

WHATEVER GETS YOU GOING

August 2006

Your ability to swim efficiently will not only help you enjoy swimming, but it is also an important safety skill! You're never too young to learn, or too old to start!



Go₂ ...the Pool !

...for your 30 minutes of daily activity!

Beat the heat this summer – check out your local facility schedules for public swim times. Come bring the entire family and experience the cool, refreshing effects of water! Discover the water's conductive properties that help keep your body cool.

Why swim?

It's fun! – make a splash, bring a friend.

It's simple! – all you really need is a swim suit. For eye comfort and improved under water visibility, goggles are ideal. For those of you susceptible to ear infections, most facilities sell ear plugs. Waterproof or water resistant sunscreen, sunglasses or tinted goggles are a must for those of you headed to the outdoor community pools. Remember to stay hydrated and drink plenty of fresh, cool water.

It's exercise! Take the plunge and enjoy the positive effects of fitness.

It's cross training for many Calgarians! Spice up your fitness regime - swimming may be the ticket to staying motivated.

Aquatic environments provide an opportunity for enjoyable leisure activities for Calgarians of all ages. These leisure activities might include competitive swimming, water polo, synchronized swimming, water fitness classes, diving, scuba, snorkel, rowing, canoeing, yachting, and sailing.

Calgary boasts a spectrum of traditional and innovative facilities. What might you be after? – discover the wading pools, 25 metre pools, 50 metre pools, indoor pools, outdoor pools, wave pools, water slides, and hot tubs that are available at many locations in Calgary. Contact the pool nearest you for swimming lesson information.

Interested in Specialty Aquatic classes? These are just a few of the different classes that are out there:

- Pre- and Post-natal
- AquacizePre- and Post-natal
- Aquacize
- Deep Water Workouts
- Tethered Workouts

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Remember, your toddler should always be within arms reach!

If you would like to submit your own story, telling us how physical activity has impacted your life, email us at: info@go2calgary.com



Benefits of Exercising in the Water

The buoyancy of water lessens the impact and stress on the joints by supporting much of your body weight. Thus, the water can also help reduce the risk of injury while being active. It engages core muscles to help you become body aware when exercising in the water whether it is swimming horizontally or vertically in one of our many deepwater, shallow, aqua fitness, tethered or aqua jogger classes

Gentle exercise and stretching in warm water increases blood circulation and promotes healing of injured tissues. Warm water eases muscle spasms, relaxes tight muscles, and increases joint motion.

Exercising in water is an aerobic activity. Water resistance helps improve muscular strength and muscular endurance. Moving in and through the water helps maintain and improve flexibility.

Staying safe while getting active in the water

Whether you are going for a quick swim in your local outdoor swimming pool or for a raft trip down the Bow River, it is crucial that you take proper safety precautions while getting active in the water. To ensure all Calgarians enjoy the many opportunities to be active water safely, a number of City and outside agencies came together in 2001 under the name of Water Safety Partners. The partners of this initiative work to prevent water-related injury and death in Calgary.

Safety Tips

- Wear a lifejacket and carry a complete emergency kit at all times on the water.
- Always keep children within arm's reach. Remember, adequate supervision is the greatest factor in keeping children safe.
- Water and alcohol don't mix. Leave alcohol on dry land until your time in and on the water is over.
- Take smart risks. Don't swim alone or in unsupervised areas, and always take care not to dive into shallow water.
- Obey signs posted in all pool areas and around water bodies.
- Model water-safe behaviour around children in your care. Children and their caregivers should receive swimming lessons. Also, take first aid and CPR courses so you'll be ready if the unexpected should occur.
- Control water hazards at home. Cover hot tubs and rain barrels, lock gates around build-in pools, and store wading pools upside down.

The Water Safety Partners will continue to develop initiatives to prevent water-related injuries and death. To learn more about this group visit www.watersafety.ca.



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Why do Calgarians participate in aquatic fitness?

- Manage weight loss
- Relieve stress
- Reduce tension and anxiety
- Feel better, look better
- Improve their level of fitness
- Meet people, make new contacts
- Enhance their lifestyle

Check out the latest events listed on the GO₂ website

Free Fun for all Ages!

Date: Monday, August 28 - event goes rain or shine

Time: 5:30-8:00pm

Where: Acadia Recreation Complex - 240 - 90 Ave. SE

What: Entertainment, resources, fun, and games

Call 221-3550 for more information

Take a moonlight swim at the Talisman Center

Come and enjoy a unique and relaxing atmosphere for your swim workout. Preset workouts are available for your convenience. Moonlight Swim's will run on August 8th and 9th from 9-11.

See www.go2calgary.com for more event information

If you have a healthy, active event coming up, let us know!
events@go2calgary.com

Outdoor Pools

The City of Calgary's Recreation Outdoor Pools are open from mid-June until the Labour Day weekend. Hours of operation vary by location and are set under the direction of the contract operator. Please contact the playline at 268-2300, code 9600 for more information on operating hours.

- **Bowview Outdoor Pool** - 1910 6 Ave. N.W.
- **Highwood Outdoor Pool** - 25 Holmwood Ave. N.W.
- **Mount Pleasant Outdoor Pool** - 2310 6 St. N.W.
- **Silver Springs Outdoor Pool** - Silverridge Cl. & Silverridge Dr. N.W.
- **South Calgary Outdoor Pool** - 3130 16 St. S.W.
- **Stanley Park Outdoor Pool** - 4011 1A St. S.W.
- **Forest Lawn Outdoor Pool** - 1706 39 St. S.E.
- **Millican-Ogden Outdoor Pool** - 69 Ave. & 20A St. S.E.

Wading Pools

- **Riley Park Wading Pool** - 800 12 St. N.W.
- **Prairie Winds Wading Pool** - 223 Castleridge Blvd. N.E.
- **Barclay Mall Wading Pool** - 1 Ave. & 3rd St. S.W.
- **Canmore Park Wading Pool** - 19 St. & Chicoutimi Dr. N.W.
- **Rotary Park Wading Pool** - 617 1 St. N.E.
- **Olympic Plaza Reflecting Pool** - 228 8 Ave. S.E.
- **Variety Park Spray Deck** - 90 Ave. & 24 St. S.W.

Indoor Swimming Pools

Schedules can also be obtained by fax or by calling the 24-hour Talking Playline at 268-2300 and entering the code listed below for each location.

- **Acadia Aquatic & Fitness Centre** 9009 Fairmount Dr. S.E.
Schedules: (403) 268-2300 code 9810
- **Beltline Aquatic & Fitness Centre** 221 12 Ave. S.W.
Schedules: (403) 268-2300 code 9820
- **Bob Bahan Aquatic & Fitness Centre** 4812 14 Ave. S.E.
Schedules: (403) 268-2300 code 9830
- **Canyon Meadows Aquatic & Fitness Centre** - 89 Canova Rd. S.W.
Schedules: (403) 268-2300 code 9840
- **Foothills Aquatic Centre** 2915 24 Ave. N.W.
Schedules: (403) 268-2300 code 9850
- **Glenmore Aquatic Centre** 5330 19 St. S.W.
Schedules: (403) 268-2300 code 9860
- **Inglewood Aquatic Centre** 1527 17 Ave. S.E.
Schedules: (403) 268-2300 code 9760
- **Killarney Aquatic & Recreation Centre** 1919 29 St. S.W.
Schedules: (403) 268-2300 code 9870
- **Renfrew Aquatic & Fitness Centre** 810 13 Ave. N.E.
Schedules: (403) 268-2300 code 9880
- **Shouldice Aquatic Centre** 5303 Bowness Rd. N.W.
Schedules: (403) 268-2300 code 9740
- **Sir Winston Churchill Aquatic & Fitness Centre**
- 1520 Northmount Dr. N.W.
Schedules: (403) 268-2300 code 9730
- **Thornhill Aquatic & Recreation Centre** - 6715 Centre St. N.W.
- **Southland Leisure Centre** - 2000 Southland Dr. SW
Schedules: (403) 251-3505
- **Village Square Leisure Centre** - 2623 56th St. NE
Schedules: (403) 280-9714



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Stay “N” Play and Park “N” Play

These city run programs are offered at community centres across the city during the summer. The programs are free and provide children and youth opportunities to have fun and reap the health benefits that recreation programs offer. For information about times and locations visit www.calgary.ca/cns

Find out the latest news on health and physical activity, check out www.go2calgary.com

Looking for a new challenging outdoor activity?

Try **GEOCACHING**

What is geocaching?

It's basically what happens when you cross an old-fashioned treasure hunt with modern technology. For anyone whose last experience with a scavenger hunt came at a childhood birthday party, geocaching might open a whole new world of family fun!

Geocaching is a game that involves hiding a small item somewhere outside, and then posting the global positioning system (GPS) coordinates of the location on the web. GPS is an electronic system based on satellites that provides coordinates for any point on the Earth's surface within a couple of metres.

With the coordinates and a GPS system, starting at about \$100, a geocache player heads for the hidden cache. A logbook usually accompanies the treasure so people who find the cache can record their success. If the geocache hunters take the treasure, they should leave something else in its place for the next person.

"It is deceptively easy," geocaching.com says. "It's one thing to see where an item is, it's a totally different story to actually get there."

Geocaching has become a worldwide phenomenon. Caches are hidden all over the world, from sites accessible only with scuba gear to urban buildings to forests. At last count, there are 246,349 active caches in 221 countries. Last week alone, the www.geocaching.com Web site recorded 163,612 new logs written by 26,790 account holders.

Geocaching is a great family-oriented activity and it's something that all ages can do – from preschoolers to grandparents, everyone loves the challenge of the hunt!

For Calgary area caches, check out members.shaw.ca/caching/pages/caches.htm



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August 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6 Cemetery Sunday (3)	7	8 Afrikadey (5)	9 Afrikadey (5)	10 Afrikadey (5) Toast n Jam (6)	11 Afrikadey (5)	12 Afrikadey (5) Couples Golf (2) X Country Run (7) Drowning Prevention 8 Little Known Parks (9)
13 Afrikadey (5) Cemetery Sunday (3) Generations of Hope (4)	14 Ice/Ball Hockey (11) ReggaeFest (12)	15 Ice/Ball Hockey (11) ReggaeFest (12)	16 Ice/Ball Hockey (11) ReggaeFest (12)	17 Ice/Ball Hockey (11) ReggaeFest (12)	18 Ice/Ball Hockey (11) ReggaeFest (12) GlobalFest (13)	19 Couples Golf (2) Chill Tour (10) Ice/Ball Hockey (11) ReggaeFest (12) GlobalFest (13) Concrete Beats (14)
20 Cemetery Sunday (3) GlobalFest (13) West 49 Jam (15)	21 GlobalFest (13)	22 GlobalFest (13)	23 GlobalFest (13)	24 GlobalFest (13) Ollie Grind (16) Xtreme Sports (17)	25 GlobalFest (13) Orienteering (18)	26 Couples Golf (2) GlobalFest (13)
27 Cemetery Sunday (3) GlobalFest (13)	28 GlobalFest (13) Beginner Golf (19)	29	30	31		



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Detailed Events Listing - August 2006

1) Boat Patrol

Location: Glenmore Reservoir

When: Friday August 4, 2006 12:00-4:00pm

Contact: 3-1-1

Spend the afternoon out in the sun on the Glenmore Reservoir with the City of Calgary Boat Patrol.

2) Couples Night at the Driving Range

Location: Shaganappi, Confederation Park & Shaganappi Point Driving Ranges

When: Saturday August 5, 12, 19 & 26

Contact: 3-1-1

Grab your clubs & your partner & head on out to one of our three driving ranges for a couples only golf event.

3) Sundays in the Cemetery

Location: Union Cemetery off Spiller Rd. SE

When: Sunday August 6, 13, 20, 27, 2006 2:00pm

Contact: 3-1-1

Tour of Union Cemetery led by a volunteer tour guide. Meet at the entrance to Union Cemetery.

4) Generations of Hope Run

Location: Heritage Park

When: Sunday August 6, 2006

Contact: www.runningroom.ca

5) Afrikadey! 2006

Location: Prince's Island Park

When: Tuesday August 8 – 13, 2006 11am to 8:00pm

Contact: Jessie Gill 234-9110 info@afrikadey.com

Weeklong festival of African culture and arts.

6) Toast N'Jam

Location: Canada Olympic Park 88 Canada Olympic Drive SW

When: Thursday August 10, 2006 7:00 – 10:00pm

Contact: 3-1-1

Come out and "Toast" in the sun and "Jam" to the music and cheer on your favorite youth band.

7) Cross Calgary Relay & Ultramarathon

Location: Baker Park

When: Saturday August 12, 2006

Contact: www.runningroom.ca



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Detailed Events Listing - August 2006

8) Drowning Prevention Day

Location: Sikome Lake

When: Saturday August 12, 2006 1:00 – 4:00

Contact: Dan Lane : dan.lane@calgary.ca

Water safety awareness event hosted by Sikome Lake.

9) Calgary's Little Known Parks

Location: Parks Outdoor Resource Centre, 1111 Memorial Drive

When: Saturday August 12, 2006 1:30 – 3:00 pm

Contact: 221-3866

Discover the little hidden gems in your city!

10) Summer Chill Tour

Location: Village Square & Southland Leisure Centres

When: Saturday August 19, 2006 10am-12pm (Village), 3pm-5pm (Southland)

Contact: 3-1-1

Bounce house, inflatable water slide, water tag, obstacle course and BBQ.

11) Ice & Ball Hockey

Location: Village Square Leisure Centre

When: Monday August 14 – Saturday August 19 1:00 – 4:00

Contact: Heather Wicksted

You shoot, you score! Participants will learn basic rules, techniques, strategy and team play in ball and ice hockey. Game play is included each day. Co-operative games and swimming also included. Full hockey equipment is required. Cost \$67.50 Course Code: 164678

12) ReggaeFest 2006

Location: Shaw Millennium Park

When: Monday August 14 to Saturday August 19, 11am to 11pm

Contact: info@calgaryreaggae festival.com

13) Global Fest 2006

Location: Elliston Park

When: Friday August 18 – Monday August 28, 7:00pm

Contact: contactus@globalfest.ca

GlobalFest International Competition features world-calibre artists whose pyrotechnic designs are choreographed to music.

14) Concrete Beats

Location: McKenzie Lake 16198 McKenzie Lake Way SE

When: Saturday August 19, 2006 3:00 – 7:00pm

Contact: 3-1-1

Celebrating Hip Hop Culture! Check out some of Calgary's best DJs, Bboys & Graffiti artists.



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15) West 49 Jamming Challenges

Location: Cardel Place 11950 Country Village Link NE

When: Sunday August 20, 2006 6:30 – 8:30pm

Contact: 3-1-1

Show off your skateboarding skills in front of a panel of judges, win great prizes from West 49 and experience skateboard demos from some of the City's best.

16) Ollie Grind Groove Tour

Location: Shaw Millennium Skate Park 1220 9 Ave SW

When: Thursday August 24, 2006

Contact: 3-1-1

Check out the third year of the Ollie Grind Groove Tour. Visit one of the awesome traveling skate park tour stops featuring a DJ, rock climbing wall, professional skateboard demonstration and cool prizes. You must have a valid skate pass and waiver to ride ramps.

17) Xtreme Sports Challenges

Location: Tuscany 212 Tuscany Way NW

When: Thursday August 24, 2006 7:00-9:00pm

Contact: 3-1-1

Take it to the extreme this summer. Meet us at the skate park to take the Sport Challenge – wall climbing, skateboarding competition, gladiator jousting and so much more!

18) Orienteering

Location: South Fish Creek Park

When: Friday August 25, 2006 12:00- 4:00pm

Contact: 3-1-1

Test your navigational skills and strategies through a free challenging orientation activity in South Fish Creek Park.

19) Beginner Nights at Richmond Green Golf Course

Location: Richmond Green Golf Course

When: Monday August 28, 2006

Contact: 3-1-1

Golf night for beginners!

20) Downtown Art Circuit with First Thursday's

Location: Municipal Building – meet at the Parking Pay Station on the South side of the building

When: Thursday, August 3, 2006

Contact: 3-1-1 or visit http://go2calgary.com/upcomingevents_artcircuit for more info.

Exercise your mind and body by participating in the Downtown Art Circuit. Katherine Yli-talo, City of Calgary Arts Collection Coordinator will take you through 11 different pieces of the Public Art Collection, all display throughout the downtown Plus 15's.