

# GRADE 5 ACTIVE PASS

## **Who can sign up for a pass?**

The program is for any grade 5 student that resides in Abbotsford, regardless of whether they attend public school, private school or are home schooled.

## **Why grade 5 students?**

The purpose of the program is to increase physical activity in Grade 5's by eliminating some of the barriers to recreation.

The intention of the pass is for children to establish recreation patterns for life, because of the growing obesity rate in children, and because less than 50% of all Canadian children are active enough for optimal growth and development.

The target group was narrowed to Grades 5's for the Get Active Program, as they were identified as a key age group to begin building a pattern of physical activity, because children in this age group are becoming more independent and are able to participate in activities of their choice without parental supervision, they are interested in active play, and are generally less self-conscious trying new things than children in higher grades.

## **How do I sign up for a pass?**

To sign up for a pass, grade 5 students can visit Abbotsford Rec Centre or Matsqui Rec Centre with a parent or guardian, proof of birth (birth certificate or passport), and proof of residency in Abbotsford (parent/guardian's phone bill or driver's license) to sign up for the pass.

## **When can I use my pass?**

Grade 5 Get Active Passes are valid during the school year and provide free access to drop in swimming and skating sessions