

- What:** 2018 Summer Youth Pass
- Who:** Students graduating grades 8-12 in Bracebridge
- Why:** It's a promotion to encourage youth to be more active this summer by offering a great deal on a summer membership. It's only \$20.00
- When:** The program runs from July 2- August 31, 2018
- Where:** The Bracebridge Sportsplex

**Details:**

- The pass covers full use of the Bracebridge Sportsplex including access to the weight room, indoor track, land and water fitness classes, climbing wall and pool activities such as lap & public swims. It does not include the arena.
- Parent or legal guardian must sign waiver form (for those under 18)
- To enter the facility, pass is scanned at Reception/Kiosk
- Participants sign off on Code of Conduct when they register.
- Casual Orientation sessions will be offered with our weight room monitors who will demonstrate basic use of cardio, machines and basic equipment. For example: how to set up a program on the treadmill or how to adjust the machine weights and seats.
- The Bracebridge Sportsplex reserves the right to revoke a pass based on the Code of Conduct not being followed

**Saturday June 2, 2018**

**National Health and Fitness Day/ Summer Youth Pass Launch**

- National Health and Fitness Day is an initiative to make Canada the Fittest Nation on Earth. Saturday June 2nd, 2018, provides an opportunity to mark the day with local events, to celebrate and promote the use of local health, recreational and fitness facilities. The objective is to inspire Canadians to become more fit and active which will result in reduced health care costs attributed to preventable diseases related to inactivity.
- **All youth and their parents will have free access to the Bracebridge Sportsplex on National Health and Fitness Day.**
- We will have refreshments and handouts in the lobby and draws for iTunes cards and other fun prizes
- Saturday's Schedule includes:

8:30-9:30 am	Aquafit
10:00-11:15am	75 Minute Yoga
10:30 -1:00pm	Indoor Climbing
2:00-3:30 pm	Public Swim
7:00-8:30pm	Public Swim

