

# Fall 2017 ACT-i-Pass Schedule

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday | Saturday   | Sunday |
|--|---|---|---|--------|--|--------|
| <b>Spectrum</b> (programs start week of September 25th and run 8 weeks)  |   |   |   |        |  |        |
| <p><b>Cheerleading:</b><br/>Stonach Arena<br/>Ages 7-10<br/>5:30 - 6:30 p.m.<br/>291617</p> <p><b>Boys Basketball:</b><br/>Byron Somerset PS<br/>Ages 10-12<br/>6:15 - 7:15 p.m.<br/>294071</p> <p><b>Co-ed Basketball:</b><br/>Westmount PS<br/>Ages 10-12<br/>6:45 - 7:45 p.m.<br/>294098</p> <p><b>Glee Club:</b><br/>Masonville PS<br/>Ages 10-12<br/>7:00 - 8:00 p.m.<br/>295265</p> <p><b>Children's Yoga:</b><br/>Northridge PS<br/>Ages 10-12<br/>7:15 - 8:15 p.m.<br/>293496</p> <p><b>Hip Hop:</b><br/>Wilfrid Jury PS<br/>Ages 10-12<br/>7:15 - 8:15 p.m.<br/>292971</p> <p><b>Soccer:</b><br/>Byron Somerset PS<br/>Ages 10-12<br/>7:30-8:30 p.m.<br/>294696</p> <p><b>So you think you can dance:</b><br/>Knollwood PS<br/>Ages 10-12<br/>7:30-8:30 p.m.<br/>293471</p> | <p><b>Volleyball:</b><br/>Ryerson PS<br/>Ages 7-9<br/>6 - 7 p.m.<br/>294867</p> <p><b>Dance Mix:</b><br/>Tweedsmuir PS<br/>Ages 10-12<br/>7 - 8 p.m.<br/>293324</p> <p><b>Soccer:</b><br/>Westmount PS<br/>Ages 10-12<br/>7 - 8 p.m.<br/>294710</p> <p><b>Girls Basketball:</b><br/>Wilfrid Jury PS<br/>Ages 10-12<br/>7:15 - 8:15 p.m.<br/>294146</p> <p><b>Glee Club:</b><br/>Berkshire Club<br/>Ages 10-12<br/>7:30 - 8:30 p.m.<br/>293126</p> | <p><b>Dance Mix:</b><br/>Westminster Family Centre<br/>Ages 10-12<br/>6:30 - 7:30 p.m.<br/>296071</p> <p><b>Hip Hop:</b><br/>Ealing PS<br/>Ages 10-12<br/>7 - 8 p.m.<br/>293435</p> <p><b>Badminton:</b><br/>Northbrae PS<br/>Ages 10-12<br/>7 - 8 p.m.<br/>293504</p> <p><b>Volleyball:</b><br/>White Oaks PS<br/>Ages 10-12<br/>7:15 - 8:15 p.m.<br/>294796</p> <p><b>Children's Yoga:</b><br/>South London Community Centre<br/>Ages 10-12<br/>7:15 - 8:15 p.m.<br/>293141</p> <p><b>Hip Hop:</b><br/>Clara Brenton PS<br/>Ages 10-12<br/>7:30 - 8:30 p.m.<br/>292970</p> <p><b>Multisport for Kids:</b><br/>Lord Nelson PS<br/>Ages 10-12<br/>7:45 - 8:45 p.m.<br/>295246</p> | <p><b>Cheerleading:</b><br/>White Oaks PS<br/>Ages 7-10<br/>6 - 7 p.m.<br/>294196</p> <p><b>Boys Basketball:</b><br/>Wilton Grove PS<br/>Ages 7-9<br/>6:45 - 7:45 p.m.<br/>294106</p> <p><b>Floor Hockey:</b><br/>Westmount PS<br/>Ages 10-12<br/>7 - 8 p.m.<br/>294201</p> <p><b>Children's Yoga:</b><br/>West Oaks FI PS<br/>Ages 10-12<br/>7:15 - 8:15 p.m.<br/>293144</p> <p><b>Dance Mix:</b><br/>Medway Arena<br/>Ages 10-12<br/>7:30 - 8:30 p.m.<br/>292965</p> <p><b>Dance Mix:</b><br/>Ealing PS<br/>Ages 10-12<br/>7:45 - 8:45 p.m.<br/>293335</p> <p><b>Girls Basketball:</b><br/>Wilton Grove PS<br/>Ages 7-9<br/>7:45 - 8:45 p.m.<br/>294114</p> <p><b>Soccer:</b><br/>Clarke Road S.S.<br/>Ages 10-12<br/>8 - 9 p.m.<br/>294843</p> |        | <p><b>Co-ed Basketball:</b><br/>South London CC<br/>Ages 10-12<br/>9 - 10 a.m.<br/>294835</p> <p><b>Dance Mix:</b><br/>South London CC<br/>Ages 10-12<br/>10 - 11 a.m.<br/>292953</p> <p><b>Soccer:</b><br/>South London CC<br/>Ages 10-12<br/>10:30 - 11:30 a.m.<br/>294699</p> <p><b>Write it!:</b><br/>Pond Mills Public Library<br/>Ages 10 -12<br/>10:30 - 11:30 a.m.<br/>293049</p> <p><b>Ultimate Mix:</b><br/>Stronach Arena<br/>Ages 7-10<br/>11:00 -11:45 a.m.<br/>291692</p> <p><b>Ballet:</b><br/>East London Public Library<br/>Ages 7-9<br/>11:15 a.m - 12:15 p.m.<br/>293165</p> <p><b>Badminton:</b><br/>Stronach Arena<br/>Ages 10-12<br/>1:30 - 2:30 p.m.<br/>291591</p> <p><b>Open Gym:</b><br/>South London CC<br/>Ages 6-13<br/>2 - 3 p.m.<br/>292288</p> |        |

Only these specific Spectrum programs are offered as part of the ACT-i-Pass program. Please preregister by phone at 519-661-5575 or in-person before attending.

Please note that all Grade 5's, regardless of their age, are eligible to register for any Spectrum programs offered through ACT-i-Pass.



# Fall 2017 ACT-i-Pass Schedule

| Monday   | Tuesday | Wednesday | Thursday | Friday                            | Saturday                         | Sunday   |
|--|---------|-----------|----------|-----------------------------------|----------------------------------|--|
| <p><b>Skating:</b> Free entry to all public skating/family skating September through to the end of March at all City Facilities.</p>   |         |           |          |                                   |                                  |  |
| <p><b>Hickory 9 Hole Golf:</b> Use the pass on one occasion and bring a friend/parent for free.</p>  |         |           |          |                                   |                                  |  |
| <p><b>Swimming:</b> ACT-i-Pass users can use their passes for <b>ANY City of London Recreational Swims</b> (any City of London pool facility, any Recreational Swim time). City admission policy is in effect. Visit <a href="http://www.london.ca/aquatics">www.london.ca/aquatics</a> for more details.</p>  |         |           |          |                                   |                                  |  |
| <p><b>Boys and Girls Club Drop-In Programs:</b> Children are placed in groups, supervised by BGCL staff members. Together, the children rotate to a variety of fun and exciting activities of their choice. ACT-i-Pass users join these programs for free. Activities include:</p> <ul style="list-style-type: none"> <li>Swimming</li> <li>Gym and Sports</li> <li>Creative Arts</li> <li>Computers</li> <li>Special Theme Events</li> <li>Gymnastics, Martial Arts, Dance, etc</li> </ul> <p>Located at 184 Horton Street. Visit <a href="http://www.bgclondon.ca">www.bgclondon.ca</a> for more information.</p>  |         |           |          |                                   |                                  |  |
| <p><b>Weekdays:</b> 1-4 p.m. and 4-7 p.m.</p>  |         |           |          |                                   | <p><b>Saturday:</b> 1-4 p.m.</p> |  |
| <p><b>YMCA Drop-In Program:</b> ACT-i-Pass users are welcome to go to any of the three YMCA branches for any evening or weekend family swims offered! Please refer to the individual facility schedules for family swim times throughout the week.</p> <p>(Centre Branch, Stoney Creek or The Bob Hayward YMCA)</p>  |         |           |          |                                   |                                  |  |
| <p><b>London Children's Museum:</b> All ACT-i-Pass users, and their families, can visit the London Children's Museum for Free Friday Family Fun Night! Come explore the London Children's Museum for extraordinary hands-on learning experiences in a distinctly child-centred environment. Free for the whole family!</p> <p>Located at 21 Wharncliffe Rd. S. Visit <a href="http://londonchildrensmuseum.ca">londonchildrensmuseum.ca</a> for more details.</p>  |         |           |          |                                   |                                  |  |
|  |         |           |          | <p><b>Fridays:</b> 5 - 8 p.m.</p> |                                  |  |
| <p><b>SARI Therapeutic Riding:</b> Little Britches Farm Discovery is a fun-filled inclusive program open to children with and without special needs, aged 4 - 12 years. Participants enjoy crafts, games, songs and a pony ride. SARI reserves 2 of 9 spots in its Little Britches Program for grade 5 students with a disability. Guardians must commit to all 4 Sundays and SARI requires registration at least 2 weeks in advance. Priority will be given to ACT-i-Pass users with diagnosed disabilities until September 1st. If spots are still open after September 1st, students without a disability will be considered. Assessment required for children with a disability. Supervision and support provided by SARI. Caregiver welcome to stay on-site during half-day program. For more information, contact SARI Therapeutic Riding at 519-666-1123.</p> |         |           |          |                                   |                                  |  |
|  |         |           |          |                                   |                                  | <p>September 17th<br/>October 22nd<br/>November 19th<br/>December 17th</p>         |
| <p><b>Shangrila Family Yoga:</b> Bring the kids and grandparents - everyone is welcome for this playful practice, including yoga poses, musical movement, partner play and community love! For children up to 12 years old. Entry for ACT-i-Pass participant and one guest.</p>  |         |           |          |                                   |                                  |  |
|  |         |           |          |                                   |                                  | <p>2 -3 p.m.<br/>(every 3rd Sunday of the month, starting October 15th)</p>        |
| <p><b>Shangrila Yoga for Youth:</b> Learn how to slow down and play through learning new movement, breathing techniques, &amp; building strength and focus. The program will incorporate self expression through music and movement, building self-awareness and confidence, &amp; empowering the body and mind through focused breathing, postures, &amp; relaxation. Please bring your own yoga mat. Suitable for ages 10-12.</p>  |         |           |          |                                   |                                  |  |
|  |         |           |          |                                   |                                  | <p>12:30 -1:30 p.m.<br/>(every 3rd Sunday of the month, starting October 15th)</p> |

Please contact Service Providers for more information about programs offered, including start/end dates, program details, and cancellations.

