



AAARD

Advancing Access to Affordable Recreation in Durham

January 2015

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Research has indicated that approximately 3% of low income residents living in the Durham Region access registered recreation services; this is much lower than the 20% average of the other Durham Region residents who participate in registered recreation services and programs. In order to address this gap and help improve access, the Advancing Access to Affordable Recreation in Durham (AAARD) Committee, a group of recreation service providers, has been established.

This Committee is dedicated to working together to increase the number of residents who can access and experience the benefits of recreation.

This commitment was solidified by the signing of a charter in June 2014.

The Committee is now focusing on the following three subcommittee tasks over the next year:

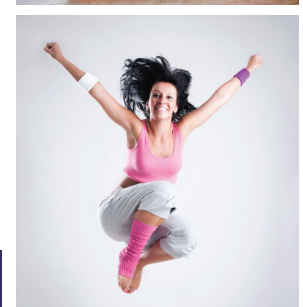
- **Tracking Success** – Development of a centralized tracking tool to compare successes year over year
- **Communications Plan/Training Tool Kit** – Development of a communications plan to promote awareness of the opportunities within each municipality and other service providers, and the provision of training sessions with staff social service providers, educators, service clubs
- **Transportation** – Attempts be made to communicate challenges and bring opportunities to neighbourhoods to reduce transportation barriers.

Testimonial

Carleen’s story depicts the benefits of recreation and the positive impact that participation in recreation has had on her and her family’s lives.

When I moved to Durham 3 years ago with my 6 month old baby, we were isolated in our new community. I am a single mom and didn’t have friends or family in Durham region. The municipal subsidy got us out of the house and interacting with people in our new neighbourhood. We took swimming and yoga with baby classes and made friends with other families who live close-by. Physical activity is important to my family but the social aspect of meeting up each week helped us as well. Having my son in swimming classes that I wouldn’t be able to afford without the subsidization program, makes me a happy mother.

Thanks for letting me share my experience!



Grade 5 Action Pass

Grade 5 students can use the Grade 5 Action Pass as many times as they wish from September 2014 - August 31, 2015. The Grade 5 Action Pass provides free activities to Durham Region Grade 5 students. These free programs include:

- Public swimming
- Public skating
- Other programs

Why Grade 5 students?

In Canada, 93% of children aged 5-11 years are not physically active for 60 minutes each day. Levels of physical activity tend to drop for both boys and girls as they reach higher grades.

Benefits of being physically active:

- Helps children focus
- Improves learning
- Helps children feel good about themselves

How can students get their Grade 5 Action Pass?

Grade 5 students with an adult need to:

- Take a Grade 5 Action Pass postcard to their local participating municipal recreation centre or Durham Family YMCA.
- Bring proof of their address and date of birth.

Where can students use their Grade 5 Action Pass?

- Abilities Centre - drop-in classes and programs
- City of Oshawa - public swimming, public skating
- City of Pickering - public swimming, public skating
- Durham College/UOIT Campus Ice Centre - public skating
- Durham Family YMCA - one year child membership
- Municipality of Clarington - public swimming, public skating
- Town of Ajax - public swimming, public skating
- Township of Brock - public skating
- Township of Scugog - public swimming, public skating
- Township of Uxbridge - public swimming, public skating
- Town of Whitby - public swimming, public skating
- For more information visit: www.durham.ca

Organizations involved with AAARD

- Abilities Centre
- Boys and Girls Club of Durham
- Brock Community Health Centre
- Canadian Tire Jumpstart
- City of Oshawa
- City of Pickering
- Community Development Council Durham
- Durham District School Board
- Durham Catholic District School Board
- Girls Inc. Durham
- Grandview Children's Centre
- Municipality of Clarington
- Region of Durham Health Department
- Region of Durham Social Services
- Their Opportunity
- Town of Ajax
- Town of Whitby
- Township of Brock
- Township of Scugog
- Township of Uxbridge
- Tucker Reid & Associates
- YMCA - Oshawa

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