

Active Living Services in Calgary 2007 Low Cost Solutions



These programs will help pay the cost if needed

City Information and Programs

Community and Neighbourhood Services

Ph: 3-1-1

- ◆ Information on active living programs
- ◆ Park & Play and Stay & Play program
- ◆ Youth drop-in open gyms

Fee Assistance

Ph: 3-1-1

- ◆ Pay less for access to City of Calgary pools, recreation facilities, and many fun activities in the City
- ◆ Call to find out how to apply

Parks and Recreation

Ph: 3-1-1

- ◆ Information on parks, playgrounds, baseball diamonds, basketball courts, soccer fields, Devonian Gardens, golf courses, pools, fitness centers, tennis courts and more.
- ◆ Pick up a free *Recreation In The City* Program at all city grocery store

For an updated City of Calgary, "Recreation's Best Deals" information guide go to www.go2calgary.com

Ph: 268-CITY if calling from outside of Calgary

Clubs and Facilities

Accessible Recreation for Persons of All Ages and Abilities

Ph: 284-2231

3304-33 St NW

- ◆ Recreation opportunities to Calgarians of all ages and abilities

Boys and Girls Club

Ph: 276-9981 www.calgaryboysandgirlsclub.ca

- ◆ Before and after school programs
- ◆ Boys, girls and youth ages 3-18
- ◆ Clubs located at: Bowness, Dover, Forest Lawn, Falconridge, Penbrooke, Pineridge and Thorncliffe

Calgary Catholic Immigration Society

Ph: 266-6686

- ◆ Before and after school recreation programs for youth
- ◆ Play with your kids and meet other families
- ◆ Multiple locations

Fitness on 5th (Y.W.C.A.)

Ph: 232-1575

320 5th Ave SE

- ◆ Recreation facilities and programs
- ◆ Child care and day camps

Girl Guides of Canada

Ph: 283-8348

- ◆ Games, crafts, music and outdoor activities
- ◆ Girls ages 5-17
- ◆ Help pay for uniform and registration fee

Scouts Canada

Ph: 1-888-726-8876

- ◆ Games, crafts, music and outdoor activities
- ◆ Boys, girls and youth ages 5-26
- ◆ Help pay for uniform and registration fee

Y.M.C.A. of Calgary

Ph: 237-9622

- ◆ Pools, fitness centers, day and week camps
- ◆ Multiple locations

Youth Can Fish 2 Society

Ph: 247-0723

- ◆ Teaches outdoor skills (fishing, camping, cooking, and fish conservation) as part of a week long summer camp
- ◆ Boys and girls ages 8 - 14
- ◆ \$20.00 deposit that is returned when your child returns from camp

Children's Fitness Tax Credit

Parents with children under 16 years old are eligible for a tax credit for up to \$500 for each child. The tax credit can help with costs of sports and recreation programs. Apply when filling out your tax return!

Neighbourhood Supports

Fun Team Alberta

Ph: 1-888-FUNTEAM

- ◆ Set up community sports
- ◆ Participate in low cost sports
- ◆ Provides free start up guides to volunteers
- ◆ Offers money for equipment and start up costs
- ◆ Membership as low as \$10/year

SHAPE

(Safe and Happy Active People Everyday)

Ph: 1-780-406-8530

www.shapeab.com

- ◆ Ideas to help children walk to school
- ◆ School walking clubs

Funding Opportunities

Canadian Tire JumpStart

Ph: 1-877-616-6600 www.canadiantire.ca/jumpstart

- ◆ Helps children pay for sports fees and equipment
- ◆ Must be agency referred

KidSport Society of Calgary

Ph: 202-0251

www.kidsport.ca

- ◆ Helps pay for registration fees and/or equipment for children 5-18 yrs

Transportation Solutions

Calgary Transit

Ph: 262-1000

- ◆ Helps you get places without using a car
- ◆ Trail maps, bus routes and road maps
- ◆ Low-Income Monthly Transit Pass
- ◆ For free printed maps visit 224 7th Ave SW (maps can be mailed to you)

Access Calgary

Ph: 537-7770

- ◆ Door-to-door service
- ◆ Shared rides on Calgary Handi-Bus or Taxi
- ◆ For people unable to take a bus
- ◆ Must have an application completed by a doctor or other professional
- ◆ Cost is one bus ticket

Additional Services Information

The City of Calgary Street Survival Guide 2006

- ◆ 268-CITY (2489) or www.calgary.ca

Health Link

- ◆ Talk to a public health nurse about health related questions
- ◆ 24 hours a day, 7 days a week
- ◆ Ph: (403) 943-5465 or 1-866-408-LINK
- ◆ e-mail: publicweb@calgaryhealthregion.ca

GO₂ Calgary

- ◆ www.go2calgary.com
- ◆ e-mail: info@go2calgary.com

Community Connection

- ◆ www.211calgary.ca
- ◆ Call 211 and get connected to the community services you need
- ◆ Information about subsidies also available

Calgary Health Region Website

- ◆ www.calgaryhealthregion.ca/activeliving

Calgary's Children's Initiative

- ◆ www.childrensinitiative.ca/resources

This handout is for general information purposes only
Contact Nutrition and Active Living at 943-8127 to update information.