



Dear Parents/Guardians:

We are so excited for the opportunity again this year to provide our students and their families with free access to the recreation centers in partnership with the City of Red Deer! The after-school period is often a sedentary time for kids, at Holy Family School we strive to get our students active not only at school but after school as well; this is why we are so delighted, in *partnership* with the **City of Red Deer**, to have 1 Free ***Family ALL Access Recreation Pass**, available for *all* families to borrow and valid for *all* [drop-in activities](#), at *all* of the city's recreation centres (Collicutt Centre, G.H. Dawe, Recreation Centre, Michener Centre, Kinex Arena, Kinsmen Arena). This partnership runs the length of the school year.

Did you know that what your kids do after school can affect how they do at school? Research shows students who are physically active tend to have better grades, school attendance, cognitive performance (e.g., memory), and classroom behaviors (e.g., on-task behavior) Unfortunately, only 31% of children and youth are active enough to achieve the Canadian physical activity guidelines of 60 minutes per day.

The free ***Family ALL Access Recreation Pass** can be signed on Mondays and returned the following Monday (on no school Mondays the pass will need to be returned the following Tuesday) To borrow the Family Recreation Pass, please connect with Keitlyn Williams at keitlyn.williams@rdcrs.ca or at (403) 588 8155. Once the pass is signed out it will be sent home with the student or it can be picked up from the school. The pass will be signed out on a *first come first served basis*, we hope all students can have an opportunity to use the **Family Pass: a family consists of up to two adults and his/her/their children/youth, living in the same residence. Proof of legal guardianship and residency may be required.**



TAKE THE FAMILY OUT! BORROW YOUR SCHOOL'S

FAMILY RECREATION PASS

Valid for drop-in activities at the following locations

COLLICUTT CENTRE, G.H. DAWE CENTRE, MITCHENER CENTRE,
RECREATION CENTRE, KINEX ARENA, KINSMEN ARENA