



## Media Release

THE CORPORATION OF THE CITY OF VERNON  
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FOR IMMEDIATE RELEASE

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### **Greater Vernon joins ParticipACTION's Community Better Challenge**

Greater Vernon Recreation Services is hoping to inspire residents to spring into action next month and be part of a nationwide campaign to support more active communities.

Each year, ParticipACTION sponsors a challenge to find *Canada's Most Active Community*. It is open to everyone and there are awesome prizes to be won by individuals, teams, and communities. Joining is easy! Citizens can download the ParticipACTION app and create a profile to start adding your minutes to Vernon's total. For the month of June, all active minutes count towards the challenge, including walking the dog, housework, and gardening.

To encourage youth to be part of the challenge, between June 1 – 30, Recreation Services is offering *Toonie Try It* sport sessions as an opportunity for kids to try their hand at a new sport or activity for just a couple of bucks.

"We are very excited to be able to offer youth aged 5 to 12 an opportunity to get active and try something new!" said Tima Coad, Recreation Programmer. "We are thankful to have amazing partners like BottMan Sports and Rosters Sports Club who are volunteering their time and facilities to share their passion for sport as part of the campaign."

The sport sessions will be available for registration up to 48 hours before each timeslot. The cost for each session is \$2.00 per person and the sports include squash, racquetball, tennis, pickleball and beach volleyball.

"We believe that through recreation, we improve quality of life," said Coad. "To help keep our community healthy and our residents active, we also believe it's vital to find ways to get young people excited about sports and recreation, and make activities accessible and fun for everyone."

To register for *Toonie Try It* sessions, visit [www.gvrec.ca](http://www.gvrec.ca) and select *Programs and Activities*, then pick your sport to start your adventure! For more information about ParticipACTION, to download the app or create an account, visit [www.participaction.com](http://www.participaction.com)