



Media Release

THE CORPORATION OF THE CITY OF VERNON
3400 – 30 Street
Vernon, BC
V1T 5E6

FOR IMMEDIATE RELEASE

DATE: June 3 2022

MEDIA CONTACT: Christy Poirier, Manager, Communications & Grants

TELEPHONE: 250-550-3539

Greater Vernon joins ParticipACTION's Better Community Challenge

Greater Vernon Recreation Services is hoping to inspire residents to spring into action and try their hand at a new sport or physical activity this month for just a couple of bucks. Between now and June 30, Recreation Services is offering **TRY IT activity sessions** as part of a nationwide campaign to support more active communities.

"We are very excited to be able to offer the community 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 Vita Artes Performance Academy who are volunteering their time to share their passion as part of the campaign."

Events are happening throughout the month of June and range from free-of-charge to \$2 per event. Some events require pre-registration like our *Step Back to the 90's* aerobics class, and some are drop in such as Vernon Horseshoe Club Open House.

The *TRY IT* sessions are supported by ParticipACTION's Better Community Challenge and all activity from the sessions will be logged toward a Greater Vernon-wide total of "Active Minutes" for the month of June.

"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 people excited about trying something new and make activities accessible and fun for everyone."

To register for *TRY IT* sessions, visit www.gvrec.ca and select *Programs and Activities*, then click *Special Events* to start your adventure! For more information about ParticipACTION, visit www.participaction.com