

# Active Living Services in Calgary 2008

## 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](http://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

#### Beltline Youth Centre

Ph: 263-7934

221-12<sup>th</sup> Ave SW

- ◆ Recreation and education opportunities
- ◆ Inner city youth ages 12-24
- ◆ Sunday 6:00pm-10:30pm, Monday to Thursday 3:30pm-7:30pm, Friday and Saturday 3:00pm-10:30pm

#### Boys and Girls Clubs of Calgary

Ph: 276-9981 [www.calgaryboysandgirlsclub.ca](http://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, Renfrew and Thorncliffe

#### Calgary Catholic Immigration Society

Ph: 262-2006

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

#### Fitness on 5<sup>th</sup> (Y.W.C.A.)

Ph: 232-1575

320 5<sup>th</sup> 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 may help with costs of sports and recreation programs. Apply when filling out your tax return!*

---

## Neighbourhood Supports

---

### Fun Team Alberta

Ph: 1-780-490-0242 or 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.kidsportcalgary.ca

- ◆ Helps pay for registration fees and/or equipment for children 18 years and under
- ◆ Subsidizes up to \$250 per child per calendar year

---

## 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
- ◆ Senior pass for \$15.00 to \$35.00/year based on income (from downtown office)
- ◆ Free attendant pass for people accompanying passengers with special needs
- ◆ For free printed maps visit 224 7<sup>th</sup> 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 followed by an interview for qualification
- ◆ Cost is one bus ticket

---

## Additional Services Information

---

### The City of Calgary Street Survival Guide 2008

- ◆ 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

### GO<sub>2</sub> Calgary

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

### Community Connection

- ◆ www.211calgary.ca or www.informcalgary.ca
- ◆ Call 211 and get connected to the community services you need
- ◆ Information about free and subsidized programs 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.