

## **Annual Hornby Island Recreation Report Presented at HIRRA 2008 AGM**

We had a very good year. Through monthly articles in the First Edition, an Active Newsletter and constant publicity with posters, sandwich boards and word of mouth, recreation and physical activity have become household words in the Hornby community.

From September to May Recreation ran a special event a month, and sometimes twice a month.

In September Recreation organized and operated the games section at the Fall Fair, as well as the Best Shot Golf Day.

In October and November, there were walking and running trail events..

One hundred pedometers given by the Province to Active Communities, working in partnership with Recreation, helped to raise the profile of physical activity in the community. Grades 5-7 were given pedometers as well as a challenge to see how much they walked in a week, which was well received; other classes asked to receive pedometers also. A weekly walking group started at New Horizons grew with pedometers as a driving force.

In December there was a fitness demonstration for older adults and a kids' day at the gym

In response to a request from parents, Recreation sponsored Systema, a martial arts program, for children, which they very much enjoyed.

In January a Snow Day was organized for Mt. Washington but unfortunately poor road conditions prevented most people from going. Another, focusing on cross country skiing and snow shoeing, was held in March with enthusiastic participants.

The Coordinator participated in two big events of the year, the opening of the track at the School with a ceremony and cutting of the ribbon, and the opening of the fitness room at the Athletic Centre.

The summer months were full of activities for both islanders and off islanders; as always the goal was for islanders to be active, stay healthy and have fun. Of 146 participants in the summer programs, 105 were locals and 41 visitors.

The Coordinator arranged for the printing of t-shirts for all participants, which were sponsored by many island businesses and organizations.

Activities sponsored by Recreation in July and August were:

Sailing classes for youth and adults.

Swimming in July, with the pool generously donated by Keith and Bertie Stonehouse, and totally attended by Hornby children

Soccer for ages 6-9yrs.

Gymnastics.

Weaving,

Pilates/Body Rolling for adults.

The ever popular circus course with a well attended performance on the last afternoon.

A wilderness week for children to learn how to cope in the wild.

Hoola Hooping and Spinning for both adults and children.

It has been a busy and successful year, as measured by the level of enjoyment of participants and increasing numbers in some activities. It has been a learning year as well, as the coordinator tried out different ideas and responded to community needs. Learning has taken place in the community as well, as community members have become more aware that Recreation is offering a regular schedule of activities.

The Recreation Committee's goal is to continue to increase awareness of the importance of being physically active, as demonstrated by participation in programs and activities. We need to continue to reach out to all ages on the island and be responsive to changing community needs. As well as planning and implementing programs, the Coordinator's role is to act as a facilitator, liaising with community groups and individuals wherever recreation activities can be developed.

Submitted by the Hornby Island Recreation Committee

March 12<sup>th</sup>, 2008