

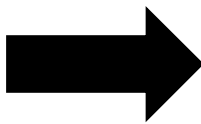
2022 JUNE

Name: _____ Age: _____
 Phone: _____ E-mail: _____



PARTICIPATE IN ANY OF THESE **FREE** ACTIVITIES, **ACTIVITY RECORD INSTRUCTIONS:**
 OR DO SOMETHING ON YOUR OWN!

Record physical activity minutes done each day in the calendar below. Submit your activity calendar to Harvey Health Centre by **WEDNESDAY, JUNE 29 TO ENTER** for the chance to WIN!
 Prizes for most active Youth, Adult (18+) and Senior (55+)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEK TOTAL
		1	2	3	4	5	
Note: Tweedside Walk begins at mail boxes at top of Stephen's Lane (Lane 7)		9 am - Tweedside Walk 6:30 pm - Youth Ball Hockey @ HMCC Arena 7 pm - HIIT Class @HMCC 8 pm - Pickleball @ HMCC	9 am - Tweedside Walk 7:30 pm - Walk/Run from Lakeside Trail 8 pm - Men's Basketball @ HHS	4 pm - 24 HR Marathon Kick-off (see schedule)	24 HR Marathon Kick-off (see schedule)	6:30 pm - Harvey Curling Club Walk - start at Harvey Lakeshore	
6	7	8	9	10	11	12	
9 am - Tweedside Walk 7 pm - HIIT Class @ HMCC 8 pm - Men's Basketball @ HHS	9 am - Tweedside Walk 7:30 pm - Walk/Run from Lakeside Trail 8pm - Co-Ed Volleyball @HHS	9 am - Tweedside Walk 5:30 pm - Gr 5-7 Basketball @ HHS 6:30 pm - Youth Ball Hockey @ HMCC Arena 7 pm - HIIT Class @HMCC 8 pm - Pickleball @ HMCC	9 am - Tweedside Walk 7:30 pm - Walk/Run from Lakeside Trail 8 pm - Men's Basketball @ HHS	6 pm - Chase the Ace Walk/Run - starts at Harvey Memorial Community Centre Gym	8am - Walk/Run from Lakeside Trail 9am - HIIT @ HMCC 9 am - Basketball (gr. 2-4) @ HHS	1 pm - Scavenger Hunt & Relay Races @ HES	
13	14	15	16	17	18	19	
9 am - Tweedside Walk 7 pm - HIIT Class @ HMCC 8 pm - Men's Basketball @ HHS	9 am - Tweedside Walk 7:30 pm - Walk/Run from Lakeside Trail	9 am - Tweedside Walk 5:30 pm - Gr 5-7 Basketball @ HMCC 6:30 pm - Youth Ball Hockey @ HMCC Arena 7 pm - HIIT Class @HMCC 8 pm - Pickleball @ HMCC	9 am - Tweedside Walk 7:30 pm - Walk/Run from Lakeside Trail 8 pm - Men's Basketball @ HMCC	6 pm - Chase the Ace Walk/Run - starts at Harvey Memorial Community Centre Gym	8am - Relay Around Harvey 9am - HIIT @ Davis Park 9 am - Basketball (gr. 2-4) @ HMCC	6:30 pm - Harvey Community Days Walk - start at Harvey Lakeshore	
20	21	22	23	23	25	26	
9 am - Tweedside Walk 7 pm - HIIT Class @ HMCC 8 pm - Men's Basketball @ HMCC	9 am - Tweedside Walk 7:30 pm - Walk/Run from Lakeside Trail	9 am - Tweedside Walk 5:30 pm - Gr 5-7 Basketball @ HMCC 6:30 pm - Youth Ball Hockey @ HMCC Arena 7 pm - HIIT Class @HMCC 8 pm - Pickleball @ HMCC	9 am - Tweedside Walk 7:30 pm - Walk/Run from Lakeside Trail 8 pm - Men's Basketball @ HHS	6 pm - Chase the Ace Walk/Run - starts at Harvey Memorial Community Centre Gym	9am - HIIT @ Davis Park 9 am - Basketball (gr. 2-4) @ HHS 11 am - Community Activity Day	HMBA Parents vs. Kids Baseball Tournament @ HHS	
27	28	29	30				
9 am - Tweedside Walk 7 pm - HIIT Class @ HMCC 8 pm - Men's Basketball @ HHS	9 am - Tweedside Walk 7:30 pm - Walk/Run from Lakeside Trail 8pm - Co-Ed Volleyball @HHS	9 am - Tweedside Walk 9am - Gr K-1 Basketball camp @ HHS 5:30 pm - Gr 5-7 Basketball @HHS 6:30 pm - Youth Ball Hockey @ HMCC Arena 7 pm - HIIT Class @HMCC 8 pm - Pickleball @ HMCC	9 am - Tweedside Walk 9am - Gr K-1 Basketball camp @ HHS 7 pm - Colour Run @ Lakeside Trail 8 pm - Men's Basketball @ HHS				 <p>Have you recorded your minutes on the ParticipACTION App? Circle one: Yes No</p>



We're excited to announce that the Harvey area will be participating in the ParticipACTION Community Better Challenge from June 1– June 30, as we strive to be named **Canada's Most Active Community**.

The community with the most tracked minutes based on the size of their community will be named "**Canada's Most Active Community**" and awarded **\$100,000 to community recreation betterment**.

We encourage all residents of the Harvey area to track their active minutes using the **ParticipACTION app**. By doing so, minutes tracked through your app will automatically go toward your community score. The more you use the app, the greater chance your community will have of succeeding. So download the free ParticipACTION app on your mobile device and get tracking!

* We can also help with entering your minutes if you can't use the app!

****To be eligible for prizes in the Harvey Activity Challenge, you will still need to complete the activity record sheet and drop off at the Harvey Health Centre by June 29.***

24 HOUR ACTIVITY MARATHON SCHEDULE		
Activities are open to anyone - pre-registration only required for activities with *		
For more information please e-mail: harveycommunitydays@gmail.com		
Friday, June 4	Activity	Location
4 - 6 PM	Tennis	HHS Tennis Courts
6:30 - 8 PM	Family Scooter / Skateboard Night	HHS Skatepark / Tennis Courts
8:30 - 10 PM	Badminton	HMCC Gym
10:30 PM - 12 AM	Co-Ed Volleyball	HHS Gym
Saturday, June 5		
12:30 - 2 AM	Adult Basketball	HMCC Gym
2:30 - 4:30 AM	Adult Pickleball	HMCC Gym
5 - 6:30 AM	Early Bird Walk/Run	Start @ HMCC
7 - 8 AM	High Intensity Interval Training Class	HMCC Gym
8:30 - 9:30 AM	Seniors' (60 plus) Low Impact Exercise	HMCC Gym
9 AM - 10:30 AM	Youth Basketball (Grades 2-4) *	HHS Gym
11 AM - 12:30 PM	Adult Ball Hockey	HMCC Arena
1 - 2 PM	Community Walk	Harvey Lakeshore
2 - 4 PM	Community Paddle	Harvey Lakeshore