

Winter 2017 ACT-i-Pass Schedule

Starts week of January 22nd

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spectrum (programs start week of January 22nd and run 8 weeks)						
<p>Boys Basketball: Byron Somerset PS Ages 10-12 6:15 - 7:15 p.m. 294072</p> <p>Co-ed Basketball: Westmount PS Ages 10-12 6:45 - 7:45 p.m. 294104</p> <p>Glee Club: Masonville PS Ages 10-12 7:00 - 8:00 p.m. 295266</p> <p>Hip Hop: Wilfrid Jury PS Ages 10-12 7:15 - 8:15 p.m. 292972</p> <p>Multisport for Kids: Northbrae PS Ages 7-9 7:15 - 8:15 p.m. 295256</p> <p>Soccer: Byron Somerset PS Ages 10-12 7:30 - 8:30 p.m. 294704</p> <p>Co-ed Basketball: Knollwood PS Ages 10-12 8:15 - 9:15 p.m. 293517</p>	<p>Volleyball: Ryerson PS Ages 10-12 7 - 8 p.m. 294865</p> <p>Dance Mix: Tweedsmuir PS Ages 10-12 7 - 8 p.m. 293342</p> <p>Soccer: Westmount PS Ages 10-12 7 - 8 p.m. 294713</p> <p>Girls Basketball: Wilfrid Jury PS Ages 10-12 7:15 - 8:15 p.m. 294147</p> <p>Glee Club: Berkshire Club Ages 10-12 7:30 - 8:30 p.m. 293127</p> <p>Soccer: Masonville PS Ages 10-12 7:45 - 8:45 p.m. 294855</p>	<p>Dance Mix: Westminster Family Centre Ages 10-12 6:30 - 7:30 p.m. 296072</p> <p>Hip Hop: Ealing PS Ages 10-12 7 - 8 p.m. 293436</p> <p>Floor Hockey: Ryerson PS Ages 10-12 7 - 8 p.m. 294145</p> <p>Volleyball: White Oaks PS Ages 10-12 7:15 - 8:15 p.m. 294807</p> <p>Children's Yoga: South London Community Centre Ages 10-12 7:15 - 8:15 p.m. 293143</p> <p>Hip Hop: Clara Brenton PS Ages 10-12 7:30 - 8:30 p.m. 292973</p> <p>Multisport for Kids: Lord Nelson PS Ages 10-12 7:45 - 8:45 p.m. 295247</p>	<p>Cheerleading: White Oaks PS Ages 7-10 6 - 7 p.m. 294197</p> <p>Boys Basketball: Wilton Grove PS Ages 7-9 6:45 - 7:45 p.m. 294121</p> <p>Floor Hockey: Westmount PS Ages 10-12 7 - 8 p.m. 294202</p> <p>Cheerleading: White Oaks PS Ages 11-14 7 - 8 p.m. 294195</p> <p>Children's Yoga: West Oaks FI PS Ages 10-12 7:15 - 8:15 p.m. 293145</p> <p>Dance Mix: Medway Arena Ages 10-12 7:30 - 8:30 p.m. 292966</p> <p>Dance Mix: Ealing PS Ages 10-12 7:45 - 8:45 p.m. 293350</p> <p>Girls Basketball: Wilton Grove PS Ages 7-9 7:45 - 8:45 p.m. 294115</p> <p>Soccer: Clarke Road S.S. Ages 10-12 8 - 9 p.m. 294844</p>		<p>Co-ed Basketball: South London CC Ages 10-12 9 - 10 a.m. 294836</p> <p>Dance Mix: South London CC Ages 10-12 10 - 11 a.m. 292954</p> <p>Soccer: South London CC Ages 10-12 10:30 - 11:30 a.m. 294853</p> <p>Dance Mix: East London Public Library Ages 7-9 11:15 a.m -12:15 p.m. 293426</p> <p>Open Gym: South London CC Ages 6-13 2 - 3 p.m. 292289</p>	

Only these specific Spectrum programs are offered as part of the ACT-i-Pass program. Please preregister by phone at 519-661-5575 or in-person before attending.

Please note that all Grade 5's, regardless of their age, are eligible to register for any Spectrum programs offered through ACT-i-Pass.



Winter 2017 ACT-i-Pass Schedule

Starts January 2nd

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Skating: Free entry to all public skating/family skating September through to the end of March at all City Facilities.</p>						
<p>Swimming: ACT-i-Pass users can use their passes for ANY City of London Recreational Swims (any City of London pool facility, any Recreational Swim time). City admission policy is in effect. Visit www.london.ca/aquatics for more details.</p>						
<p>Boys and Girls Club Drop-In Programs: Children are placed in groups, supervised by BGCL staff members. Together, the children rotate to a variety of fun and exciting activities of their choice. ACT-i-Pass users join these programs for free. Activities include:</p> <ul style="list-style-type: none"> Swimming Gym and Sports Creative Arts Computers Special Theme Events Gymnastics, Martial Arts, Dance, etc <p>Located at 184 Horton Street. Visit www.bgclondon.ca for more information.</p> <p>Weekdays: 1-4 p.m. and 4-7 p.m. Saturday: 1-4 p.m.</p>						
<p>YMCA Drop-In Program: ACT-i-Pass users are welcome to go to any of the three YMCA branches for any evening or weekend family swims offered! Please refer to the individual facility schedules for family swim times throughout the week.</p> <p>(Centre Branch, Stoney Creek or The Bob Hayward YMCA)</p>						
<p>London Children's Museum: All ACT-i-Pass users, and their families, can visit the London Children's Museum for Free Friday Family Fun Night! Come explore the London Children's Museum for extraordinary hands-on learning experiences in a distinctly child-centred environment. Free for the whole family!</p> <p>Located at 21 Wharncliffe Rd. S. Visit londonchildrensmuseum.ca for more details.</p> <p>Fridays: 5 - 8 p.m.</p>						
<p>Shangrila Family Yoga: Bring the kids and grandparents - everyone is welcome for this playful practice, including yoga poses, musical movement, partner play and community love! For children up to 12 years old. Entry for ACT-i-Pass participant and one guest.</p> <p>2 -3 pm (every 3rd Sunday of the month, starting October 15th)</p>						
<p>Shangrila Yoga for Youth: Learn how to slow down and play through learning new movement, breathing techniques, and building strength and focus. The program will incorporate self expression through music and movement, building self-awareness and confidence, & empowering the body and mind through focused breathing, postures, & relaxation. Please bring your own yoga mat. Suitable for ages 10-12.</p> <p>12:30 -1:30 pm (every 3rd Sunday of the month, starting October 15th)</p>						

Please contact Service Providers for more information about programs offered, including start/end dates, program details, and cancelations.

