

Active Parents Pass

“Remember there are two people who need to be taken care of – your baby and you.”

– BC Ministry of Health



- Taking care of your body and mind is one of the best ways to ensure that you will be the best parent you can be!
- It is common for new parents to feel stressed, isolated, and sometimes even depressed – being active and eating well can help you overcome some of these feelings.
- Connecting with other parents can help to reduce feelings of isolation and help you to feel more supported.

WHAT CAN YOU DO?

- Incorporate active living into your daily routine. Exercising will help you lose weight, increases your energy level, and helps you feel better about yourself.
- Making time for yourself and exercising daily are important strategies in managing the stress of new parenthood
- Seek out social outlets. There are many new parents who are experiencing the same anxieties and stresses as you – talking and laughing about them can help.

RECOMMENDED EXERCISES & ACTIVITIES

- Swimming
- Walking groups can increase activity levels while building social networks
- Fitness classes, aerobics and yoga
- Weight training and resistance exercises

Active Parents Pass

Use Your Active Parents Pass For The Following Activities

Active Parents Pass provides admission for cardholder only

- Drop in swimming
- Drop in weight room and exercise facilities
- Drop in Aerobics and fitness classes
- Drop in Skating
- Children under 5 are free
- Childminding programs/services available for children 6 months and over, check your local centre for times (not covered by the pass).

The Active Parents Pass can be used at any of the following facilities.

Your pass will be activated upon your first visit & is valid for one year from that activation date.



250.656.7271

Panorama Recreation Centre
1885 Forest Park Drive
Greenglade Community Centre
2151 Lannon Way



ESQUIMALT
PARKS + RECREATION

250.412.8500

Esquimalt Recreation Centre
527 Fraser Street
Archie Browning Sports Centre
1151 Esquimalt Road



250.361.0732

Crystal Pool & Fitness Centre
2275 Quadra Street



250.478.8384

Juan de Fuca Recreation Centre
1767 Island Highway



PARKS & RECREATION

250.475.5422

Cedar Hill Recreation Centre
3220 Cedar Hill Road
Gordon Head Recreation Centre
4100 Lambrick Way
Commonwealth Place
4636 Elk Lake Drive
Pearkes Recreation Centre
3100 Tillicum Road



YMCA-YWCA
Greater Victoria

250.386.7511
851 Broughton Street



250.642.8000

SEAPARC Leisure Complex
2168 Phillips Road, Sooke



250.595.7946

Oak Bay Recreation Centre
1975 Bee Street
Henderson Recreation Centre
2291 Cedar Hill X Road

Community Resources For New Parents & Parents With Young Children

- Success by 6: supporting community programs for 0-6 years www.successby6victoria.ca
- Vancouver Island Health Authority www.viha.ca
- Partnership for Learning and Advocacy for Young Children www.playvictoria.org

Active Parents Partners

Greater Victoria **ACTIVE
COMMUNITIES**
fitinfitness.ca

