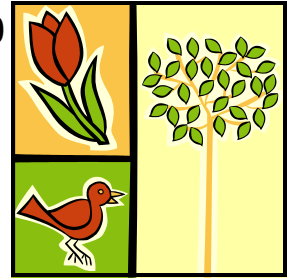


Elk Valley & Crowsnest Pass OLYMPIC COMMUNITY CHALLENGE

www.sparwood.bc.ca/OCC

April 2010



Register
Now!!!

WIND UP EVENT & 5KM RUN/WALK

Registration Deadline: April 22, 2010

May 8, 2010 at the Sparwood Curling Rink

2:30 - Check in time for Run/Walk

3pm - 5km Run/Walk

4pm - Wind up event begins. Prizes, relays, cash bar, BBQ food!



Register with your workplace administrator or at the Sparwood Recreation Department.



BUSINESS RANKINGS

1st Place: Shell Waterton Complex

2nd Place: Sparwood Dental Clinic

3rd Place: Horace Allen School

COMMUNITY RANKINGS

1st Place: Crowsnest Pass

2nd Place: Fernie

3rd Place: Sparwood

Hand in your March
points totals as soon as
possible so that points
rankings can be updated!

NINTENDO WII FITNESS BONUS WEEK

March 29 - April 4, 2010

- **Any Wii fitness related game counts!**
- **Lots to choose from!** Try a multitude of the Wii fitness games that are available/
- **Rent a new game!** Check out your local video rental store to see what catches your eye!

SQUASH/RACQUETBALL/WALLYBALL BONUS WEEK

April 12 - 18, 2010

- **Courts available at the Sparwood Recreation Department.** Call ahead to book your time in the courts.
- **Outdoor Volleyball counts too!**
- **Drop-in Ladies Wallyball at the Sparwood Recreation Centre.** Tuesdays and Thursdays from 9:30 - 11:00. A great time for a little exercise and a few laughs! Nobody takes the game too seriously & beginners welcome!

ANY PHYSICAL ACTIVITY BONUS WEEK

April 26 - 30, 2010

- **What physical activity do you enjoy the most? It's your call!** Any physical activity this week will earn your 200 bonus points. Don't forget, like all other weeks, you can only claim one bonus activity (200 points total) per week.

April's Bonus Activity Information

TRY SOMETHING NEW BONUS WEEK

April 5 - 11, 2010

- **Always wanted to try something different?** Now is a great time to try out a new activity and gain bonus points for it!
- **Check out your Community's website or stop by the Recreation Facilities for a multitude of information on activities offered.**

DROP IN FITNESS CLASS BONUS WEEK

April 19 - 25, 2010

- **Any drop in fitness class works!**
- **Sparwood Recreation Department's Spring Fitness Brochure** can be found at www.sparwood.bc.ca/recreation
- **Elkford Leisure Services 2010 Winter/Spring Leisure Guide** can be found at <http://www.elkford.ca/Programming>
- **Fernie's Active Living Guide** can be found at www.fernie.ca
- **Crowsnest Pass information** can be found at www.crowsnestpass.com