

ParticipACTION By Mayor Boot

The COVID-19 pandemic has brought many challenges including the disappointment of being unable to gather at large social events, let alone visit with family and friends. We've had to adjust to virtual meetings, events and programs and, for many months, restrict visitation with older family members or those who live elsewhere.

Now more than ever, it's important to find ways to connect with our friends, family and community and the District of Summerland Parks and Recreation team has found a way to do so safely!

The District is excited to announce that Summerland will be participating in the ParticipACTION Community Better Challenge, a program that not only encourages individual physical activity, but promotes an all-of-community effort.

Helping to strengthen communities through physical activity and sport, the Community Better Challenge will award \$100,000 to the community who rallies individuals, families and community organizations to accumulate the most active minutes (per capita) during the Challenge. The \$100,000 is to be used to support local physical activity initiatives.

The Challenge runs the entire month of June 2021. If you have not done so and wish to participate, download the free ParticipACTION app or visit <https://www.participaction.com/en-ca/programs/community-challenge>. All District residents and community organizations are eligible to track active minutes and contribute to Summerland's total active minutes.

On Sunday, June 13, the Aquatic Centre is hosting two free Family Swims. Registration opens June 7 at 8 am; pre-registration is required. Family Swim times are from 1:30 to 2:30 pm and from 2:45 to 3:45 pm. Don't forget to track your active minutes!

However you are active—gardening, dancing, riding or hiking our mountain trails, skating at the Summerland Skatepark or swimming (in the Lake, if you're brave)—track your active minutes in the ParticipACTION mobile app.

Every move counts and every minute counts. Visit summerland.ca/parks-recreation/community-events for more details.