

# Active Parents Pass

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

– BC Ministry of Health



Greater Victoria **ACTIVE  
COMMUNITIES**  
[fitinfitness.ca](http://fitinfitness.ca)

- 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

**[fitinfitness.ca](http://fitinfitness.ca)**  
*All Greater Victoria Recreation Centres  
hours and schedules, in just one click!*

# 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](http://www.successby6victoria.ca)
- Vancouver Island Health Authority [www.viha.ca](http://www.viha.ca)
- Partnership for Learning and Advocacy for Young Children [www.playvictoria.org](http://www.playvictoria.org)

## Active Parents Partners

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