

GRATEFUL FOR A GREAT FALL

FALL 2019 PLAY EXPERIENCE CHEAT SHEET



OVERVIEW

We are grateful to have a community that shares, co-creates and plays together! All summer long you played, played, played – this fall is all about keeping up the good vibes from the summer and bringing that spontaneous play into a great fall!

Raising healthier generations comes down to spending time outside, playing every chance you get and making social connections with those around us. It's no small mission but it's one that we take on with excitement, inspiration and of course, all while having fun.

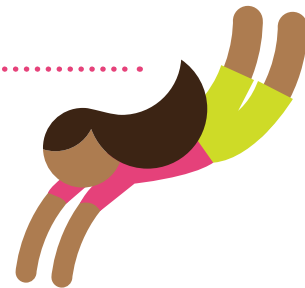
THE COMMUNITY SPOKE, WE LISTENED!

Sometimes the best play is the kind that comes in the form of unplanned and spontaneous moments. That means more drop-in time and less registered programs. We are here to listen and provide the space and time you need to live your best life.

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FALL 2019 PLAY EXPERIENCE
CHEAT SHEET

FREE YOUR PLAY, THE REST WILL FOLLOW



DROP-IN EXPERIENCES

NEW + WELL-LOVED

DROP-IN, PLAY UP

We're showing some love to some new drop-in experiences, but don't worry, we've kept all the old favourites. PRIME TIME has levelled up with elements of registered programs while maintaining the flexibility of a drop-in.

REGISTERED EXPERIENCES

NEW + WELL-LOVED

COMMIT TO HEALTHY LIVING

We're adding some new registered programs this fall to give our guests even more chances to play together and commit to a healthy lifestyle.

DROP-IN EXPERIENCES

These are our new elevated drop-in experiences with the added bonus of an instructor to help you improve your skills.



SWIM

WHO: ALL AGES AND ABILITIES. ALTHOUGH DROP-IN INSTRUCTORS ARE AVAILABLE DURING THIS TIME, SWIMMERS UNDER THE AGE OF 9 STILL NEED TO BE ACCOMPANIED BY A SWIMMING ADULT.

WHERE: SWIMMING POOL **FEE:** DROP-IN RATE OR FREE WITH MEMBERSHIP

VIVO FAMILY PLAY

BUILD SWIM SKILLS NEW

SATURDAY (EXACT TIME TBD)

Have some fun in the pool while improving your technique. Instructors are there to provide tips and tricks as well as level assessments. Even better, get on the inside track to pass your Red Cross report card.

VIVO FAMILY PLAY

THEME SWIMS

SWIMMING SIRENS

MONTHLY (DATE & TIMES VARY)

Embrace mermaid magic every month with a night to splash around with your fellow finned swimmers. New to tails? Borrow a pair of flippers and make a splash.

*Tails are permitted anytime, not just on Mermaid Connection nights!

SUPER SOAKER NIGHT

LAST FRIDAY OF THE MONTH 7:00-10:00PM

Prepare for total super soaker annihilation. BYOSS (bring your own super soaker).

DANCE

VIVO FAMILY PLAY

DANCE SKILL BUILDER & PLAY NEW

TUESDAY 5:30 – 7:30PM

Choose your own way to play. Come out to this gym-based experience where dance, badminton, the bouncy house and play are combined for one epic session.

Whether you're breaking a sweat together during one of our highlighted dance experiences or bouncing around in the bouncy house, you can be in one place having fun together.

WHO: FAMILIES WITH CHILDREN AGES 3 AND UP (CHILDREN UNDER 10 MUST BE ACCOMPANIED BY AN ADULT)

WHERE: YELLOW GYM **FEE:** DROP-IN RATE OR FREE WITH MEMBERSHIP



CLIMB

VIVO FAMILY PLAY

CLIMBING SKILL BUILDER NEW

WEDNESDAY 5:30 – 7:30PM

A mountaineering expedition with the whole family helps build self-esteem by working through varying challenges and hitting awesome achievements. You'll have a climbing expert alongside to elevate your skill level without committing to a registered program.

WHO: FAMILIES WITH CHILDREN 3 AND UP (CHILDREN UNDER 10 MUST BE ACCOMPANIED BY AN ADULT)

WHERE: CLIMBING WALL **FEE:** DROP-IN RATE OR FREE WITH MEMBERSHIP

SKATE



VIVO FAMILY PLAY

SKATING SKILL BUILDER NEW

THURSDAY 5:30 – 7:00PM **LAST WEEKEND OF THE MONTH** 11:00AM-1:00PM (SAT) 2:00-3:15PM (SUN)

This might be the coolest family playtime around. Every drop-in session becomes a chance with one of our coaches to better your family's skating skills without registering for a program.

WHO: FAMILIES WITH CHILDREN AGES 3 AND UP (CHILDREN UNDER 10 MUST BE ACCOMPANIED BY AN ADULT) **WHERE:** EAST ARENA **FEE:** DROP-IN RATE OR FREE WITH MEMBERSHIP

WHAT TO BRING: CSA APPROVED HELMET AND SKATES

GYM

VIVO FAMILY PLAY

GYM SKILL BUILDER NEW

THURSDAY 5:30 – 7:30PM

Yellow doesn't mean slow down around here! This family experience has everything you need to learn with your family and meet new friends. Try soccer, gymnastics, obstacle courses, parkour, VIVO's 4in1 program, and even build circus skills. This is a skill-based drop in program without having to register. Is there something you've always wanted to try? Let us know and we'll do our best to make it happen.

WHO: FAMILIES WITH CHILDREN 3 AND UP (CHILDREN UNDER 10 MUST BE ACCOMPANIED BY AN ADULT)

WHERE: YELLOW GYM **FEE:** DROP-IN RATE OR FREE WITH MEMBERSHIP



PLAY

VIVO FAMILY PLAY

COME PLAY UNDER THE TREE! NEW

MONDAY & WEDNESDAY 11:45 – 12:30PM

VIVO's Main Street comes alive with forts, crafts, adventure and play. Our Play Lab Experts invite you to join them on Main Street. Now that's what we call a family tree!



WHO: FAMILIES WITH CHILDREN AGES 0-5. (CHILDREN MUST BE ACCOMPANIED BY AN ADULT.)

WHERE: UNDER THE VIVO TREE, MAIN STREET (UPSTAIRS NEAR MAIN ENTRANCE) **FEE:** FREE

VIVO PLAY LAB

PLAY + CHILDCARE = TIME FOR YOU!

MON – FRI 8:30 – 1:30PM SAT 8:15 – 12:30PM SUN 8:30-12:30PM MON – WED EVE 4:45 – 8:15PM

You can make every workout count or enjoy a relaxing moment in the hot tub, either way you can be sure your little one is cared for and having playtime too. Play Lab is there every day to celebrate play with music, movement, art and more.

*Confirm opening and closing times online – closing times may vary if no children are present in the Play Lab.

WHO: PARENTS, LEAVE KIDS AGED 3 MONTHS TO 9 YEARS WITH US WHILE YOU ENJOY YOUR TIME AT VIVO. PLEASE MAKE SURE KIDS HAVE EVERYTHING THEY NEED.

WHERE: PLAY LAB **FEE:** DROP-IN, PUNCH CARD OR MEMBER PASS

PARENT & TOT

ACTIVE PLAY

TUESDAY & THURSDAY 10:00 – 12:00PM

Take playtime with your little one to the next level. We'll take care of the bouncy house, story time and music, you just take care of having the best time with your child and the new friends you'll both make. This time is designed for fun but your child won't be able to help but learn as well. One of our amazing instructors will always be there for support.

WHO: THIS EXPERIENCE IS DESIGNED FOR FAMILIES WITH CHILDREN AGES 0-5.

WHERE: RED GYM **FEE:** PARENT AND TOT DROP-IN FEE OR NO ADDITIONAL FEE FOR MEMBERS.

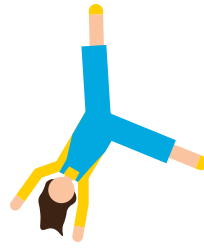
PLAY

VIVO PLAY PROJECT PLAY HUB CHANGING LIVES THROUGH PLAY NEW

NEW (DATES & TIMES VARY)

When you change your community, you change your life. Our Play Hub and pop-ups are helping get people outside and connect in new ways. Our Play Ambassadors are there to lead the way and help figure out which fun activities are the best and most exciting.

Play at the VIVO Play Hub, or explore the pop-up hubs in the community! Learn more at VIVOplayproject.com.



WHO: CHILDREN AND FAMILIES **FEE:** FREE
WHERE: VIVO PLAY HUB - OUTSIDE THE SOUTH ENTRANCE, THE FIELD BETWEEN NOTRE DAME HIGH SCHOOL AND VIVO. COMMUNITY POP UPS – VISIT WEBSITE FOR LOCATION DETAILS

ADULT FITNESS

ADULT FITNESS FITNESS LEADERSHIP NEW

NEW (TBD)

Stay motivated and work on your skills with the help of a trained fitness leader. Let our fitness leaders guide you in the fitness center. Feel confident using the equipment and learn how to safely execute any exercise. Ask for training guidelines that will help you take your fitness to the next level.

WHO: DETAILS TO COME **FEE:** DETAILS TO COME
WHERE: DETAILS TO COME



ADULT FITNESS BOOTCAMP & BEERS NEW

NEW (TBD)

It's been a great summer and it's time to celebrate! Let's wrap up the outdoor season with a super fun workout taught by multiple instructors. After crushing the workout, enjoy beers and s'mores around a campfire. You'll definitely deserve a cold one.

WHO: ADULTS **FEE:** \$20 FOR NON-PASSHOLDERS, \$17 FOR PASSHOLDERS
WHERE: THE FIELD BETWEEN VIVO AND NOTRE DAME

FAVOURITE EXPERIENCES

FRIDAY NIGHT IS FOR TEENS

Youth aged 11-17 can enjoy a space just for them on Friday nights. From 7:30-10:00 pm in the Blue Gym, they can play volleyball, basketball, badminton or floor hockey or just chill with their pals.

FALL 2019 THE DAILY PLAY

Whether you're looking for popular standards, or your favourite classics, the Daily Play has all the drop-in hits you've been craving.

- Drop-in Badminton
- Drop-in Basketball
- Drop-in Youth Soccer
- Drop-in Climb
- Drop-in Skate
- Drop-in Swim
- Drop-in Fitness Classes
- Drop-in Parent and Tot
- Drop-in Family Play: swimming, climbing, gym-based, skating



For more information on our drop-in schedule, check out VIVO.ca

REGISTERED EXPERIENCES

DARK HORSE ATHLETICS NEW

SEPTEMBER 24 – NOVEMBER 26 2019 (TUESDAY) 5:15 – 6:15PM

If it's not fun, what's the point? Dark Horse is an awesome multi-sport program that teaches kids to have fun while learning skills and gaining confidence. Every day is different and everything learned can apply to more than one sport.

Learn more and register at darkhorseathletic.ca

WHO: CHILDREN AGES 7-12. **WHERE:** BLUE GYM **FEE:** \$220 + GST (\$231)

LITTLE KIDS ACTIVE LEARNERS PRESCHOOL WELL-LOVED

SEPTEMBER 2019 THROUGH JUNE 2020

Magic happens when we let imagination rule. Our registered preschool lets kids follow their interests and learn through play. It's hands-on and the experiences are created and led by kids. There's no better way to figure things out and learn about the world.



ADULT FITNESS

ADULT FITNESS

NEW YOU TRANSFORMED

MONDAY 6:30-7:30PM

Be supported and motivated by our team of coaches. They will help to foster healthy habits, a love of movement, and find a lifestyle that suits you. Through whole-body workouts and nutrition workshops you'll gain the skills you need to feel your best both mentally and physically. Be part of a social group with like-minded individuals as you discover what healthy living means to you. Included is 8 passes to use the facility during the week.

ADULT FITNESS

ELEVATE YOU TRANSFORMED

WEDNESDAY 6:30-7:30PM

The support doesn't end when New You is over. Elevate You is for those who want the continued support of peers and coaches inspired and motivated. Those who've done the New You program are also encouraged to become VIVO ambassadors, leading by example. This crew of like-minded people will make sure everyone stays on the path to wellness, together. New You is a prerequisite for this program.

FAVOURITE REGISTERED EXPERIENCES

RED CROSS SWIM LESSONS

SATURDAYS & SUNDAYS 8:30AM – 12:00PM

TUESDAY, WEDNESDAYS & THURSDAYS 4:00 – 7:00PM

Lifesaving Society Leadership Courses on various days & times.

YOUTH LEADERSHIP CLUB

EVERY SECOND FRIDAY

We're giving the youth of today a boost up with our Youth Leadership Club. Ages 12-17 can connect with one another to learn about volunteer opportunities within VIVO and elsewhere, and hear from featured guest speakers. Participants can try out new activities and ideas and make connections that'll last a lifetime.

SKATING LESSONS

TUESDAY, WEDNESDAY, THURSDAY & SATURDAY

Register for skating lessons to really get that edge. Lessons for the whole family, from parent to tot, children, adult and private.

