

# Milton celebrates June's Recreation and Parks Month

## Lots of free activities going on around town

Free fitness classes, a free skate and a free swim are all part of June's Recreation and Parks Month, which celebrates the benefits and value of recreation in everyday life.

"On behalf of Milton council, I would like to encourage Milton residents to be more active every day," said Mayor Gord Krantz.

"The Town of Milton provides a wide variety of options for indoor and outdoor activities for everyone to enjoy, so be sure to get

out, try some new activities and have some fun."

Free Fitness Fridays is back again this year, with residents invited to attend a no-cost fitness class at the Milton Leisure Centre.

And dads accompanied by a paying child can enjoy Father's Day Sunday, June 20 with a free skate from 1 to 2:50 p.m. at the Milton Sports Centre or a free swim from 2 to 3:30

p.m. at the Milton Leisure Centre.

The Recreation and Parks Month calendar shows a wide variety of daily activities and is available online at [www.milton.ca](http://www.milton.ca) and at Town facilities.

Those who prefer the outdoors can take advantage of the extensive trails and bike-ways to walk, bike or Rollerblade.

Coinciding with Recreation and Parks Month is Move More, Milton!, a new, community-wide campaign that encourages everyone living and working in Milton to be more active, more often for improved physical and mental health.

As part of the program, residents can pick up a Take to the Trails brochure, which con-

tains specific urban and rural trail walks.

In addition, the Community Connections map can serve as a guide to parks, playgrounds, pools, spray pads, transit routes/schedules and more.

Both publications are available at Town facilities and online at [www.milton.ca](http://www.milton.ca).

Residents can visit the Move More, Milton! booth at Saturday's Downtown Milton Street Festival to learn more about incorporating physical activity into daily routines and to participate at the Move More Minutes stations to win prizes.

For exercise tips, sign up for the Move More, Milton! e-newsletter at the above website.

## Draw Your Dad! FATHER'S DAY CONTEST

Draw your dad and enter to win a \$30 gift certificate!

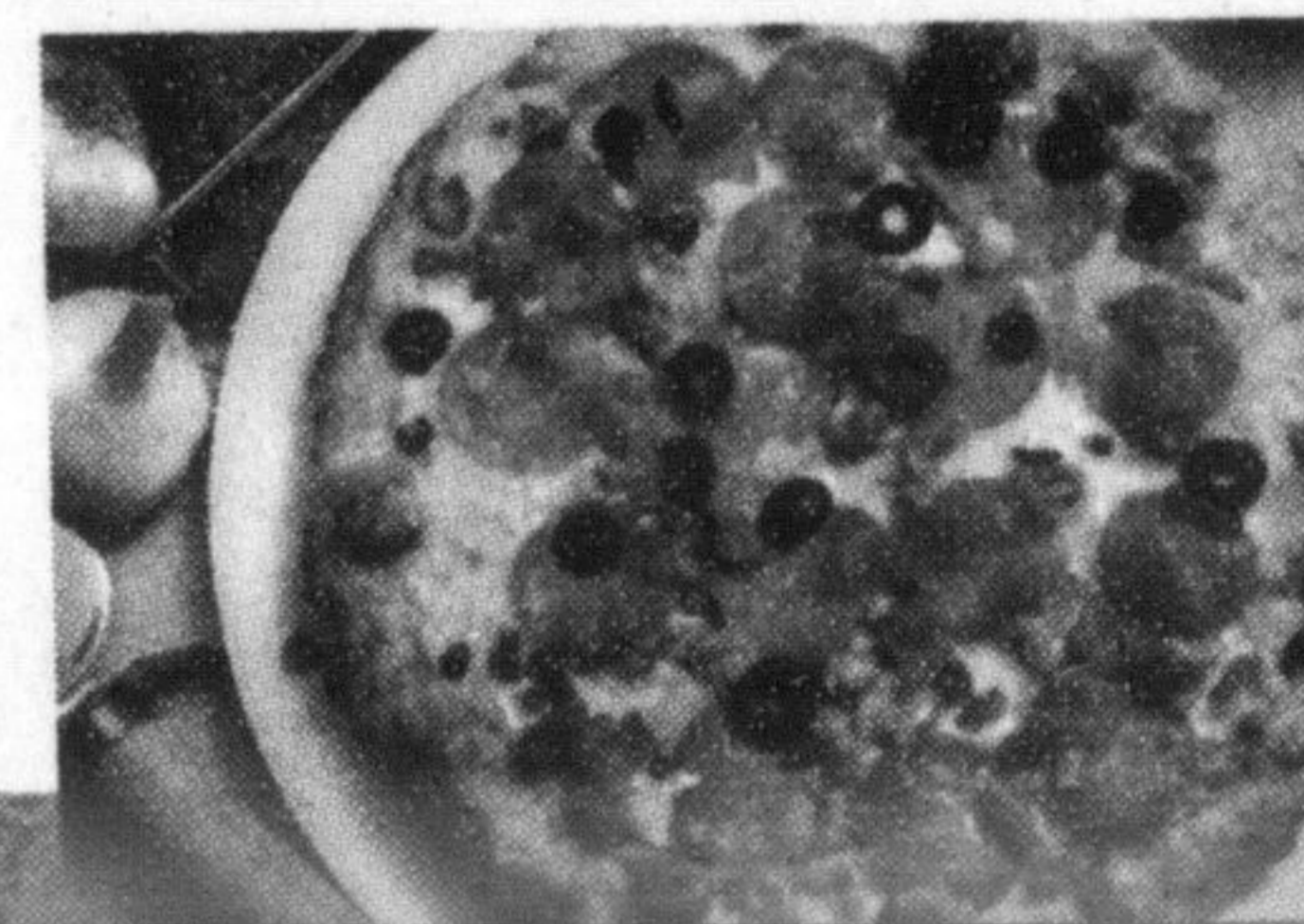
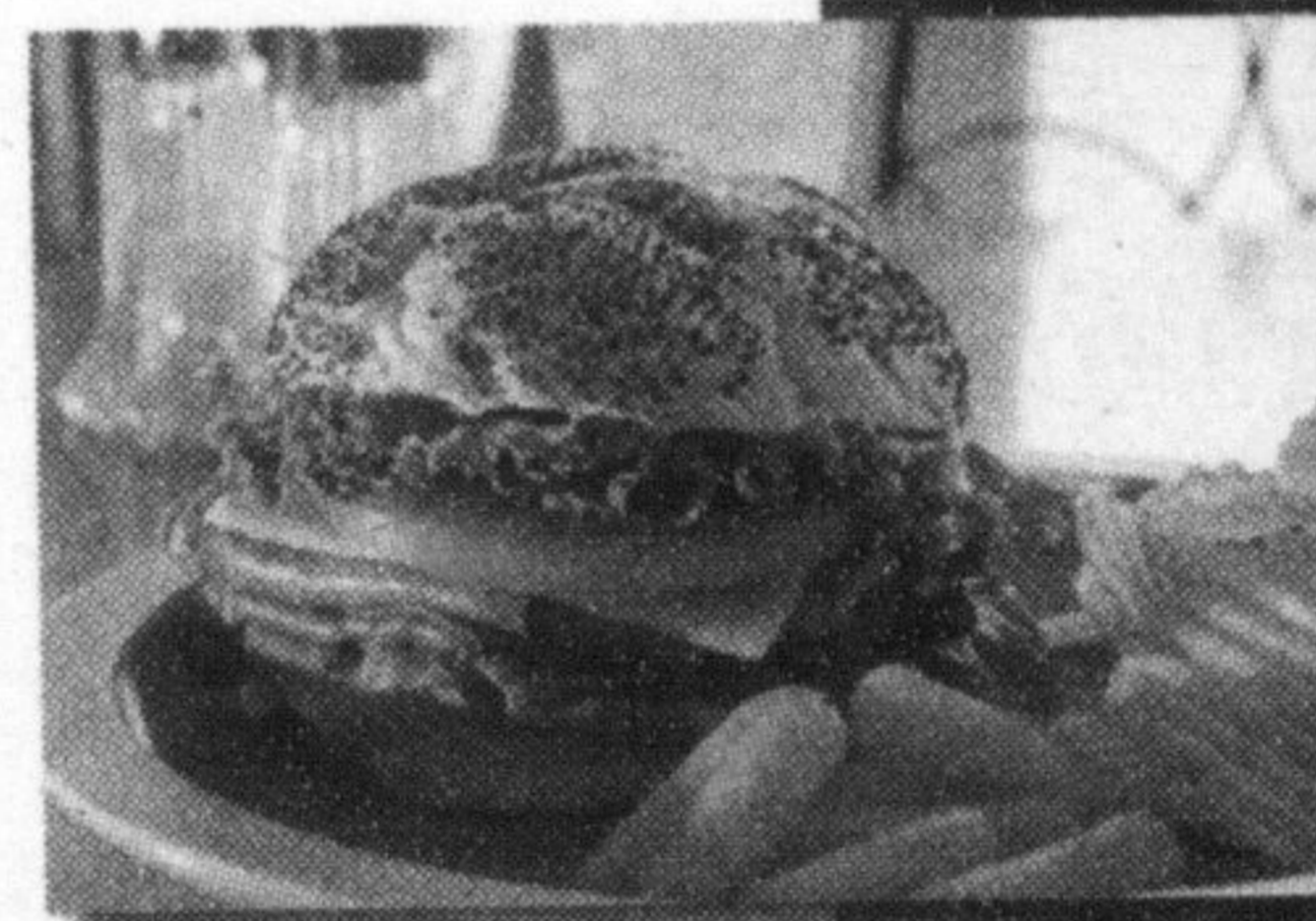
Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Return to the Champion by June 15th. 555 Industrial Drive, Milton,  
or scan and email to [contests@miltoncanadianchampion.com](mailto:contests@miltoncanadianchampion.com)

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