

FREDERICTON SPORTFEST

Have you ever wondered what different recreational programs are offered in the Fredericton area; Who you contact; How you register? Do you know how to receive sponsorship for program fees? Have you ever wanted to try a judo technique on a certain family member? Have you wondered what a sticky wicket is or how to do a half-nelson?

Leadership Fredericton and The New Brunswick Culture and Sport Secretariat are proud to present SportsFest '03. This free family event is designed to increase awareness of the physical activities and recreational opportunities that exist for local youth. Booths and demonstrations will allow all members of your family to:

- Get information on local programs, services, and associations.
- Watch demonstrations.
- Take part in inter-active displays.
- Get information on services that exist to support participation in recreational activities.
- Enjoy the benefits of physical activity.
- Participate in activities that you may have not yet tried.

WHO?

Everyone is welcomed and encouraged to participate.

WHAT?

You will be able to try and learn more about activities such as: martial arts, soccer, fencing, rowing, cricket, baseball, gymnastics, bowling, golf, dance, basketball, swimming, tennis, ultimate Frisbee, lacrosse, wrestling, and many more.

WHERE?

All activities take place at The Nashwaaksis Middle School.

WHEN?

Saturday, May 31 from 12:00 Noon to 4:00 p.m.

WHY?

Youth need to be more physically active. Today's youth are facing major health issues due to inactivity. Only 10% are active enough to sustain good health. 40% have at least one risk factor for coronary heart disease. The number of obese youth has tripled in the past 15 years.

HOW?

Take your entire family. There is no charge. Special free bus services will be picking up (11:30 a.m.) and dropping off (leaving the event at 3:30 p.m.) at the following locations: Hawkins Street Community Centre, Doone Street Community Centre, Perry Court, and Skyline Acres in the parking lot between Liverpool Elementary and The Boys & Girls Club.