

# UCLUELET RECREATION

Recreation on the West Coast



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## RECREATION HIGHLIGHTS

The month of June is always so exciting! The weather is warmer, the sun shines a little brighter, and the longer daylight hours means more time for activity and to play.

The Ucluelet Recreation Department has officially launched our summer program guide which you can find [here](#). We're also offering a variety of summer camps and programs to keep your families occupied all summer long! **Don't forget, Tuesday June 8th is registration day** and you can register in person at the Ucluelet Community Centre, [online](#), or over the phone at 250-726-7772. We look forward to hosting you for another great season of recreation on the coast.

# WE NEED YOU!



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SURF  
SUP  
RUN  
JOG  
WALK  
HIKE  
BIKE  
YOGA  
CLEAN  
DANCE  
KAYAK  
PILATES  
SOCCER  
HOCKEY  
SWIM  
SKATEBOARD  
GYMNASTICS  
MARTIAL ARTS  
REC PROGRAMS

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## PARTICIPACTION COMMUNITY BETTER CHALLENGE

The month of June also marks the beginning of the ParticipACTION Community Better Challenge. A Canada-wide physical activity initiative to find Canada's most active community. The Ucluelet recreation team is on a mission to have our community crowned the winner!

Community members are encouraged to log their physical activity minutes through the ParticipACTION [app](#) or [website](#) because **every minute matters**. At the end of the month, the community with the most logged minutes will compete to be crowned the winner and receive a grand prize of **\$100,000**. The District hopes to put the winnings toward outdoor lighting at the Skateboard Park and Basketball Court.

Everyone can use this opportunity to challenge friends, family members, and business owners! Every minute matters, so get out there and get moving! Be sure to check out our Facebook and Instagram pages for more details and share your activity progress with us @UkeeRec.

Canada 

UCLUELET COMMUNITY CENTRE  
500 MATTERSON DR.  
UCLUELET, BC, V0R3A0  
250-726-7772



SHARE YOUR FAVOURITE REC  
MOMENTS WITH US ON FACEBOOK  
AND INSTAGRAM



## CANADA DAY

Canada Day is right around the corner and the Ucluelet Recreation Department has some special treats in store for you!

### **Cookie Monsters:**

How well do you know Canada? Answer a patriotic quiz question and get a free cookie if you answer correctly! If you think you've got what it takes, head over to Zoe's Bakery or Gray Whale Deli on July 1st for a free Canada Day treat!

### **Decorate your space:**

Give the neighbours something to talk about and deck out your house in a patriotic way! Have some fun with reds, whites, and flags of all sizes. Show your civic pride for those driving by!

### **Treasure Hunt:**

How well do you know Ucluelet's recent history? Join us on July 1st at different locations around town for a treasure hunt! Stay tuned to our Facebook and Instagram pages @UkeeRec for more information. Special thank you to the Ucluelet Historical Society for making this treasure hunt come to life.

### **Canada Day Goodie Bag:**

Stop by the Ucluelet Community Centre between June 23 - 30th to pick up a Canada Day goodie bag and create some sidewalk chalk art with your friends!

**HAPPY  
CANADA  
DAY!!**

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"THERE ARE NO LIMITS ON WHAT YOU CAN ACCOMPLISH, EXCEPT THE LIMITS YOU PLACE ON YOUR OWN THINKING."

- BRIAN TRACY

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"I KNOW FOR SURE WHAT WE DWELL ON IS WHO WE BECOME."

- OPRAH WINFREY

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## FITNESS TIPS & TRICKS

Your fitness tip for the month is a trick to help you remain motivated throughout your journey. We all know it can be easy to begin strong to later fall off the band wagon.

Try beginning with motivating reasons for why you want to begin your fitness journey. These reasons should reflect your own personal interests and not someone else's. For example, "I want to lead a healthier lifestyle" is a great motivating reason to get you moving. Your overall wellbeing depends on this! Once you've figured out why you want to lose that weight or strengthen your stamina, you can then use them as motivation.

Be sure to find exercises you find fun and rewarding. There's nothing worst than feeling obligated to do something to gain an end result. Start with 30 mins instead of an hour and importantly, find something you enjoy doing. You will be more likely to keep it up.

Lastly, reward yourself for your achievements and use positivity to keep up the moral. Pat yourself on the back, thank yourself for creating the time, and allow yourself a treat. Life is short, after all.