



Authentic. Community. Adventure.

ToG Recreation Services
Dedicated to Golden Recreation Awareness



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In the Fall of 2014, the Town of Golden
took over operations of the Mount 7 Rec Plex

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Since then, we have been hard at work looking for new ways to fill the space with innovative programming that appeals to a broad demographic!

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This fall, ToG Rec Staff launched a brand new platform to enhance the drop-in gym programming offered at the Mount 7 Rec Plex - similar to the program we launched at the pool this summer!



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A \$130-membership grants access any of our drop-in programs at the Rec Plex, Public Skate and drop-in shinny at the Arena and Aquafit at the Ramada pool.

The NEW! UNIVERSAL RECREATION PASS

\$130 Membership
With UNLIMITED ACCESS to ALL drop in programs

OR

one price \$5 Drop In
for ALL drop in programs

*Valid Sept 2015 - April 2016

Two easy ways to play

Golden Arena

Public Skate
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Winter Aquatics

AquaFIT
Shinny Hockey

Mount 7 Rec Plex

Badminton
Winter Walking
Indoor Soccer
Volleyball
Basketball

TOWN OF GOLDEN
Riding Horse Country

Your PLAY made easy!

"LIKE" us on Facebook!
ToG Recreation Services
rec.booking@golden.ca

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NEW! **open**
GYM NIGHTS
@ the Mount 7 Rec Plex
Starting in
November

What
night
works
4you?



TOWN OF
GOLDEN
Riding Horse Country

We have also introduced new, volunteer-facilitated drop-in activities under this platform with the hopes that we can diversify the programs offered and appeal to a broader demographic!

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Golden, BC

Physical Activity Program

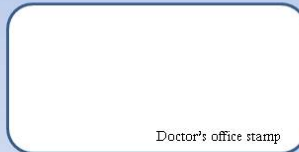
In support of the Healthy Families BC Rx for Health Program

\$50 Gets You: Season's Pass / Facility Orientation / Resource information
Redeem this coupon @ The Town of Golden

Name: _____

Date: _____

Doctor's signature: _____



Must present this coupon with doctor's signature to qualify. Offer valid for one season.



Patients must receive a personal health risk assessment from their physician to be part of this program.

Administered in cooperation with The Town of Golden Recreation Services
Department and Golden's Health Care Professionals!
Visit www.healthyfamiliesbc.ca to learn more.

One of our other new initiatives is the Physical Activity program! It is aimed at supporting family physicians help their patients become more active by providing doctors with a coupon to give to their patients that are inactive or medically obese. The coupons are good for a discounted Universal Pass!

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Our Winter Walking program provides the opportunity to take a walk in a safe and warm environment for those that may have trouble getting out in the winter. It's a great, a low impact way to get some exercise.

There are a variety of higher-impact programs as well!

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It is now very easy for the public to use the space and host an active activity! Simply get in touch with us and let us know what kind of program you would like to facilitate.



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Offering more
mid-day, 'young-at-
heart-programs' is
definitely something
we would like to
facilitate.



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There are many ways to partner with other demographics in the community! Help facilitate one of our children's programs like Parent & Tot or host one of our children's holiday parties.



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We look forward
to building a partnership with you!

Questions?

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