

Lethbridge Sport for Life Month

April 2013

April 1-6

Easter Monday - April 1 | **Spring Break Week** - April 2-7

Outdoor Adventure Show & Sale 2013 - April 4-6 at Exhibition Park. Come visit the Lethbridge Sport Council and sport organization member tables! Thursday & Friday 12-9pm, Saturday 10am-5pm

Chinook Open Skating Competition - April 5-7 at Nicholas Sheran and Civic Arenas; www.lethbridgeskating.com

Adult Memorial Soccer Tournament - April 5-7, Servus Sports Centre; www.lethbridgesoccer.com/

Highlevel Canoes and Kayaks - Kayak Polo - April 6, 20, 4-6pm Fritz Sick Pool, \$10 - Preregister: 403-327-4506; www.highlevelcanoesandkayaks.com

April 8-14

Lethbridge Summer Swim Club Registration - April 9 at 6pm at Fritz Sick (Small Gym) ; www.lethbridgeorcas.com

Lethbridge Sport Council Achievement Awards - April 11 at Galt Museum & Archives Viewing Gallery; Doors Open & Dessert Bar 6pm, Awards Ceremony 7pm. For tickets and info call 403-320-5412 or 403-320-9371; www.lethbridgesportcouncil.ca

Lethbridge College Be Fit for Life Family Fun Fest - April 13, 10am-12pm, Lethbridge College. FREE, outdoor community event has something for the whole family games, yoga, face painting, a bouncy castle, prizes and much more. Also featuring country music star Trevor Panczak. (Part of Alberta Get Outdoors Weekend - April 13-14)

10 Mile Road Race - April 13 at 9am (also 4 Mile Run option), www.runnersoul.com/events

April 15-21

Win With Chiropractic: How Chiropractic Gives You the Competitive Advantage - April 16 12:15-1pm, Lethbridge Sport Council Community Room. Bring your lunch! FREE! Reserve your space 403-320-9371. In this compelling talk, Dr. Pierre Gaulin and Dr. Liana Harper will teach you how to reach a higher level of performance in any sport or activity. They will share how to improve your reaction time, strength, balance and mental acuity. Also covers how the health of your spine affects your overall health, head injuries and what to do for them, cranial work, sleep and nutrition. The presentation is solidly backed up by scientific research. Come get all your questions answered! www.lethbridgesportcouncil.ca

Parent Talk/Tot Play Session - Family Centre, April 19, 10am, stephanie.wierl@lethbridgecollege.ca

Children's Festival - April 20-10am-5pm at Exhibition Park. Come visit the Lethbridge Sport Council and sport organization member tables! www.exhibitionpark.ca/

Lethbridge Fish and Game Association 'Try-It Shooting/Tour' - April 21, 9am, Lethbridge Fish & Game Range; www.lfga.org

April 22-28

The Wilson Middle School Active Living Expo - April 24, 6-7:15pm, Wilson Middle School

Right to Play - April 25, 1:30-3pm, Culver City Room, City Hall - An international organization working and volunteering in 20 countries using sport/rec to empower children with lifeskills and important lessons - based on Lori's recent trip to Liberia with the organization. Hosted by MVR (Managers of Volunteer Resources).

High 5 Sport Training - April 24-26, Lethbridge College. (PHCD Training, QUEST 2 Training, Sport Training) www.arpaonline.ca/program/high-five/workshop-descriptions

NCCP FMS Coach Professional Development - April 26, Lethbridge College, www.lethbridgecollege.ca/conted-courses/3451

Lethbridge Synchronelles Year End Watershow - April 28, 6:30-7:30pm, University of Lethbridge - Max Bell Aquatic Centre; www.lethsynchro.ca

ASDC Winning Edge Seminar: High Performance Training Truths, Facts & Myths - April 29, 7pm, U of L PE264, 403-320-5271 for info.

Alberta Sport & Recreation Leadership Summit - April 18-20, Banff

International Physical Literacy Conference - April 20-23, Banff

More Info Coming Soon - 'Movement For Health' Info Session with

Sports Chiropractor, Grayson Michel - Learn how simple lifestyle changes can alleviate and reduce back, neck and shoulder pain, especially as the weather is getting nicer and people head outside to be active (golf, yardwork, hiking, etc).

Visit www.lethbridgesportcouncil.ca for more Lethbridge Sport for Life Month info.

