



Passport

Why not try...

- Walk to Turner Park and try the day-use Fire pits
- Try the new skating track at West River's Edge pond
- Go cross country skiing on the Nordic Ski trails
- Try a virtual yoga class through Pure Yoga Studios
- Take a socially distanced walk with family and explore the many trails the city offers
- Explore Geocaching or Pokemon GO around our city
- Go sledding at Amphitheater or Campground Toboggan Hills
- Try ice fishing at West River's Edge
- Try out a fitness video from the library's DVD collection or our online collection with Hoopla
- Jump rope for 5 minutes, or do 20 jumping jacks
- Participate in the library's "Snowmen at Work" Storywalk

Let's Get Fit!

Celebrate Physical Literacy Month!

Complete 5 physical activities in the month of February and return your completed passport to the Library, or email it to sbubel@fsp.ca, by March 3rd. You'll be entered for a chance to win some cool prizes!



Families First Society
FORT SASKATCHEWAN





List your five physical activities



1 _____

2 _____

3 _____

4 _____

5 _____



DRAW ENTRY FOR GRAND PRIZE

Name: _____

Phone: _____

Check one:

- Child
- Teen
- Adult
- Senior

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