

## Children's Fitness Tax Credit – Save Your Receipts

The 2006 federal budget proposed the creation of a Children's Fitness Tax Credit to cover eligible fees up to \$500 for enrolment in a physical activity program, effective January 1, 2007. The purpose of this credit is to facilitate access by children and youth to physical activity and recreation programs, as a means of helping them maintain a healthy active lifestyle.

### What qualifies for the tax credit?

- Ongoing programs that are a minimum of once per week for eight weeks. The programs need to be a minimum of 30 minutes of sustained moderate to vigorous physical activity for children under ten, or a minimum of 60 minutes children ten and over.
- Seasonal or membership fees paid at mixed-use facilities and community centers:
- In cases where children are participating in programs through family memberships, a portion of the fee related to the child or children would be eligible.
- Fees charged for extra-curricular teams or programs that take place at a school that are managed by either a third-party or the school itself.
- Fees for camps that emphasize a physical activity theme. To qualify, the camp program would need to last at least five consecutive days, during which at least 50% of the activity during the program hours of each day would involve physical activity.

## Program sessions

Session A Saturday January 12th to Friday March 7th  
– 8 weeks

Session B – Saturday March 15th to Friday May 2nd  
– 7 weeks

Session C – Saturday May 3rd to Friday June 27th  
– 8 weeks

## Registration Dates

### Members – FOR ALL SESSIONS

Starts Friday December 14th at 8:00am.

### Non Members

Session A – Wednesday January 2nd starting at 8:00am

Session B – Friday February 29th starting at 8:00am

Session C – Friday April 25th starting at 8:00am

If you cannot be accommodated in any of your selections, your name will be added to the waiting list for your 1st choice. Every effort is made to add additional classes or to accommodate you into another program.

All registrations must be done in person at the YMCA during regular hours of operation.

## VOLUNTEER AT THE YMCA

A YMCA volunteer is defined as anyone who willingly gives time to help the YMCA accomplish its mission without receiving compensation or special privileges of any kind from the YMCA.

The volunteer-staff partnership allows the volunteer to:

- Develop leadership skills and other skills.
- Give back to the community.
- Develop a higher sense of self-esteem.
- Develop self-discipline through goal setting

The YMCA has always been and continues to be dedicated to helping people grow in spirit, mind and body. The YMCA continues to help people realize their potential by developing self-esteem and a greater sense of pride in themselves and their community.

The YMCA actively involves volunteers, members and staff in offering relevant programs that build healthy lives and communities.

Our values have directed our past, and will drive our future as they are imparted from one generation to the next. These, combined with our mission of personal growth and social responsibility have inspired countless Canadians to give their time, talent and money to provide needed services whenever possible.

As a charitable organization, volunteers form the heart and soul of a YMCA. They are ambassadors, providing us with a unique way to reach our members and participants. When you volunteer for the YMCA, you help us create stronger communities.

Become a volunteer today. Pick up a volunteer application form at the Sales desk.



## Youth Outreach Services-Gambling

Did you know that the YMCA of Peterborough runs a gambling awareness/education program? The YMCA remains committed to helping youth gain the necessary skills & knowledge to become healthy, happy and productive adults. For most people, gambling is something they do occasionally for fun, entertainment or to support a local charity. However, for some people, gambling is more than an occasional activity. Gambling can become the only activity they enjoy and the focus of their lives. The YMCA Youth Gambling Program supports youth to weigh the costs and benefits of gambling, using a compassionate and straight forward approach. Our presentations focus on decision making, coping strategies, and asset development that support components of the Ontario Ministry of Education curriculum. So, if you are a teacher, educator, parent, health professional, youth, or simply interested in this unique program the YMCA offers, feel free to contact Elizabeth Martin for more information at 748-9622 Ext. 209 or elizabeth\_martin@ymca.ca.