

## Take a Body Break at the Kinsmen Sports Centre

Be a fan or get in the game as we celebrate Sports Day in Canada at the Kinsmen Sports Centre. Run through the family obstacle course. Try out the virtual spin class. Get moving with basketball and softball skills and drills clinics. There is a variety of fun, family-friendly activities for everyone!



**Date:** Saturday, November 30, 2013

**Time:** 10 a.m. to 6 p.m.

**Location:** Kinsmen Sports Centre, 9100 Walterdale Hill NW

**Cost:** Free

Sports Day in Canada is a national celebration of sport that demonstrates its power to build community, fortify national spirit and promote healthy, active living. It is presented by CBC Sports, ParticipACTION and True Sport, along with national sporting organizations and their networks of coaches, athletes and enthusiasts across the country.

For more information, please call 311 or visit:

[edmonton.ca/kinsmen](http://edmonton.ca/kinsmen)

[edmonton.ca/attractions\\_recreation/sports-recreation.aspx](http://edmonton.ca/attractions_recreation/sports-recreation.aspx)

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