

## **Parks and Recreation 2020 Summer Recreation Programs and Events**

**Tecumseh Recreation Activity Videos:** Original videos, filmed and edited by Tecumseh Recreation Staff. Videos included activities that families can do in the safety of their home with little to no equipment and supplies required. Videos were posted on the Virtual Recreation Complex page and Recreation social media outlets (Facebook / Twitter). Video titles and themes included:

- National best friends day
- Nature scavenger hunt
- Yoga
- Canadian musical bingo
- Obstacle course
- Kitten craft
- Moon rock

**Craft Kits:** The creation and distribution of craft activity supplies and instructions. Provided an opportunity for residents to 'register' for a kit that was available to be picked up from the Parks and Recreation office that provided activities for families to do at home. The kits were available for free as the supplies provided included excess materials and supplies from the 2019 day camp program. The craft kit programs were promoted on the Virtual Recreation Complex page and Recreation social media outlets (Facebook / Twitter). Craft kit themes included an Emoji Craft for National Emoji Day and a Whale Craft for Father's Day.

**Cooking Videos:** Original videos, filmed and edited by Tecumseh Recreation Staff. Videos included step-by-step instructions for various cooking recipes. Videos and recipes were posted on the Virtual Recreation Complex page and Recreation social media outlets (Facebook / Twitter). Video recipes included:

- Homemade peach tea
- Oreo fudge
- Twice baked potato
- Infused water recipes
- Gluten free mac n cheese

**Aquafit Video Series:** Original 4 video series led by Recreation staff that are certified lifeguards. The videos provided instructions for participating in aquatic fitness in the backyard pool. The videos were posted on the Virtual Recreation Complex page and Recreation social media outlets (Facebook / Twitter). Video titles and themes included:

- Cardio workout
- Upper body workout
- Lower body workout
- Core workout

**Gardening Tips Video series:** Original 5 video series led by a member of the Tecumseh Parks and Horticulture staff. The videos, that provided instruction for home gardening, were edited by Tecumseh Recreation Staff and posted on the Virtual Recreation Complex page and Recreation social media outlets (Facebook / Twitter). Video titles and themes included:

- Poisonous plants
- Dead heading
- Pruning 101
- Tree care
- Gardening tips and tricks

**Virtual Canada Day:** In lieu of the traditional Canada Day celebration at Lakewood Park, the Tecumseh Parks and Recreation department participated with the National Virtual Celebration hosted by Heritage Canada. Heritage Canada offered live broadcasts from coast to coast to coast as well as provided various links and activities available on the National Canada Day website. In addition to the National Canada Day links and activities, the recreation department promoted a local Canada Day Colouring Contest. Residents were encouraged to submit an original drawing that depicted “Canadian Pride”. All submissions were then placed on display along the walkway in Lakewood Park for residents and park visitors to enjoy. Additionally, the recreation department filmed and edited a “Canada Day Dessert Kabob” video. All the Canada Day activities were posted on the Town’s Canada Day website and promoted on the Recreation social media outlets (Facebook / Twitter).

**Virtual Day Camp:** A free virtual day camp for children age 5 to 12 that included a scheduled virtual morning and afternoon session that was comprised of structured programs and activities that encouraged group engagement and allowed participants to socially interact while under the structured guidance and supervision of the camp counsellor. The program was offered twice a week, August 5 to September 2, with daily themes and guest speakers. Over the summer, a total of 48 participants registered for the program.

**Chair Fitness Program:** A free fitness program for adults, led by Tecumseh recreation staff, in Lacasse Park, every Tuesday and Friday from August 4 to 25. Participants used a chair for seated exercises and standing support. Advanced registration was required to ensure compliance with COVID-19 gathering restrictions and COVID-19 protocols were followed including daily screening and physical distancing. Registration for the Chair Fitness program was sold out with a waitlist; a total of 15 participants registered and participated in the program each week, with 4 individuals on the waitlist.

**Urban Poling Program:** A free walking program for adults, led by Tecumseh recreation staff, in Lacasse Park, every Tuesday and Friday from August 4 to 25. Participants were provided with walking poles that offers stability when walking while providing enhanced workout for the upper body and core. Advanced registration was required to ensure compliance with COVID-19 gathering restrictions and COVID-19 protocols were followed including daily screening and physical distancing. Registration for the Urban

Poling Fitness program was sold out with a waitlist; a total of 15 participants registered and participated in the program each week, with 4 individuals on the waitlist.

**Paint in the Park:** A registered art program for adults, led by local artist Tanya Nantais that took place under the pavilion at Lakewood Park. Advanced paid registration was required to ensure compliance with COVID-19 gathering restrictions and COVID-19 protocols were followed including screening and physical distancing. Originally, two programs were offered with a third program added due to the programs overall success. Registration fees collected covered costs for the instruction and supplies. A total of 34 participated in the 3 programs.

**Power Off and Playground:** A free program for children ages 5 to 12 that encouraged children to get off their electronic devices and to get outside and enjoy a local park. Four programs were offered throughout the Town and activities were led by recreation staff. Advanced registration was required to ensure compliance with COVID-19 gathering restrictions and throughout the program COVID-19 protocols were followed, including screening, physical distancing and individualized / cleaned equipment. Programs were offered at Arrowhead Park, Carling Park, St. Mary's Park and Buster Reaume Park. A total of 22 children participated in the 4 programs.

**Virtual Home Alone Class:** In partnership with SOS4Kids, an online education provider, a virtual home alone program for children ages 9 to 12 was offered that would teach children the safety and skills needed to stay at home alone. Advanced, paid registration, was required for the week-long program. Although the program was promoted on TecumsehRec.ca, Facebook and Twitter, no registrations were received for the program.

**Virtual Learn to Babysit Class:** In partnership with SOS4Kids, an online education provider, a virtual Learn to Babysit program for children ages 11 to 15 was offered that would teach the skills of babysitting. Program content included: caring for babies, toddlers, preschoolers and school-aged children, strategies for a safe and positive environment, preventing injuries, problem-solving skills to handle emergencies, and age-appropriate activities and games. Registration fees collected covered costs for SOS4Kids. A total of 5 children registered and participated in the program.

**Outdoor Movie Night:** A free outdoor movie night, screening Disney's The Lion King, was screened on August 29 within the ball diamond at Town Centre Park. The movie required advanced registration in order to ensure compliance with COVID-19 gathering restrictions and COVID-19 protocols. Physical distancing was maintained by painting social circles in the field that identified where registered groups were permitted to sit. A total 21 social groups registered for the movie night with a total 82 individuals.

**Corn Festival Colouring Contest:** In honour to celebrate what would have been the 2020 Tecumseh Corn Festival weekend, Tecumseh Recreation invited families to submit a colourful Corn Festival drawing. Participants had the option to create their own design or select from one of a number of Corn Festival Colouring sheets. Those that submitted a colouring sheet received a Corn Festival Prize Pack that included a variety of Corn Festival merchandise including a L'il Nibby t-shirt, water bottle, can coolie and

Pageant crown craft kit. A total of 39 colouring sheets were submitted and were placed on display at Lacasse Park August 28 to 30.

**Splash Pad Video:** In anticipation of Stage 3 Re-opening that allowed for the use of outdoor recreation facilities, the Tecumseh recreation staff filmed and edited an instruction video for what to expect while visiting the splash pads at McAuliffe Park and St. Mary's Park. The video was posted on the splash pad page of the Town's website as well as Recreation social media outlets (Facebook / Twitter).

**Welcome to Pickleball Video:** Tecumseh recreation staff filmed and edited a video showcasing the ever growing sport of Pickleball. The video included the rules of play for pickleball, how to purchase a seasonal key, and COVID-19 safety protocols. The video was posted on the pickleball page of the Town's website as well as Recreation social media outlets (Facebook / Twitter).

**Tecumseh Arena Re-opening Videos:** In anticipation of Stage 2 and Stage 3 Re-opening that allowed for the use of indoor recreation facilities, the Tecumseh recreation staff filmed and edited two instructional videos for what to expect while attending the Tecumseh Recreation Complex & Arena. Links to the videos were posted on the arena page of the Town's website and Recreation social media outlets (Facebook / Twitter). Arena rental groups shared the videos with registered participants as a way to inform and educate them on what to expect when they arrive to the arena. Responses to the videos were positive.