



Public Service Announcement

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SWIM-A-THON AND MORE DURING SPIRIT WEEK FEB. 11-18

Port Coquitlam residents are invited to support a City lifeguard as he swims for six consecutive hours Feb. 17 to raise funds to provide aquatic training and swimming lessons to children and youth who cannot otherwise afford them.

The Miracle Swim for Youth – part of the City's week-long Spirit Week festivities – will take place at Hyde Creek Recreation Centre pool on Feb. 17 from 6 a.m. to noon. Lump sum donations and pledges will be accepted as long-term Port Coquitlam lifeguard Yue-Ching Cheng swims lengths for six consecutive hours.

All proceeds will fund aquatic activities such as the *Youth Aquatic Volunteer Leadership Training* program, which teaches youth mentorship and leadership skills in an aquatic environment. The goal is that by empowering youth with lifesaving and life skills, they can become self-reliant and build the confidence to gain employment in areas that were previously financially out of reach.

For more information or to make a donation, call Chris Eastman, Recreation Program Coordinator, 604-927-7981 or visit the Hyde Creek pool.

The swim-a-thon is part of the City's sixth annual Spirit Week celebrations, running Feb. 11 to 18. Initially launched to create excitement for the 2010 Winter Games, Spirit Week has grown into a popular community festival celebrating all facets of the community.

Spirit Week 2012 brings back many of the popular events from past years, including a community dinner, arts and cultural activities, special swims and skates, family activities and Hockey Night in PoCo. New this year is the all-ages Silver Fox Run on Feb. 18, held in support of the Terry Fox Foundation. This year's Wilson Centre Health and Resource Fair on Feb. 18 is also taking place during Spirit Week.

This year's Spirit Week activities are listed below. For more information, including a downloadable program, visit www.portcoquitlam.ca/spiritweek.

Until Monday, Feb. 20

- Community Spirit: New Works by Art Focus Members, Gathering Place, Leigh Square: Members of the Art Focus group interpret the theme of community spirit. Free.

Saturday, Feb. 11

- Spirit Skate – 3-5 p.m., Port Coquitlam Rec Complex: Dress in red and join us for an afternoon skate and free hot chocolate! Regular admission.
- Hockey Night in Port Coquitlam – Drop in after 5 pm, Port Coquitlam Rec Complex: The evening includes terrific minor hockey and the popular coaches' game. Free.

Sunday, Feb. 12

- Sunday Coffee Concert: Whiskey Jane (New Country) – 1:30-3:30 p.m., Terry Fox Theatre: Whiskey Jane kicks off the 13th annual Sunday Coffee Concert series. Recent Western Canadian Music Award and B.C. Country Music Association awards nominees, Vancouver's Whiskey Jane brings a fresh and exciting approach to new country. Info: www.whiskeyjane.com. Tickets \$10 adults, \$5 students, free for age 12 and under; buy in advance at www.experienceit.ca or 604.927.8400, or at the door.

Monday, Feb. 13

- Babytime (0-12 months) – 10:15-10:40 a.m., Terry Fox Library: A special storytime for babies. Call 604.927.7999 to register. Free.
- Spirit Week Boot Camp – 7-8 p.m., Hyde Creek Rec Centre: Take the challenge and exercise like a champion! Anyone age 13 and up is invited to try this great workout, suitable for any fitness level. Spaces limited; call 604.927.7946 at least 24 hours ahead to reserve your spot. Free.

Tuesday, Feb. 14

- Playmates has Spirit! (0-6 years) – 9:30-11:30 a.m., Port Coquitlam Rec Complex: Drop-in play program for children and their parents, with special spirit activities. Come meet neighborhood families and share a laugh. \$2.50 per child.

Wednesday, Feb. 15

- Community Dinner – 5:30 p.m., Wilson Centre: Join Youth and Adult Services in celebrating Spirit Week with a community dinner. Burger, poutine and Canadian snowflake cookies will be served. Tickets available at the door or in advance at the Port Coquitlam Rec Complex. \$4.50 adults, \$2 age 18 and under.
- Spirit Week Boot Camp – 7-8 p.m., Hyde Creek Rec Centre: Take the challenge and exercise like a champion! Anyone age 13 and up is invited to try this great workout, suitable for any fitness level. Spaces limited; call 604.927.7946 at least 24 hours ahead to reserve your spot. Free.

Thursday, Feb. 16

- English Conversation Group – 10:30 a.m. - noon, Terry Fox Library: Drop in and practice English with other adults in a friendly, social situation. Presented in partnership with SHARE Family and Community Services. Free.

Friday, Feb. 17

- The Miracle Swim for Youth – 6 a.m.-noon, Hyde Creek Pool: Cheer on lifeguard Yue-Ching Cheng, who will swim for six consecutive hours to raise awareness of some of the barriers to recreation faced by marginalized and youth at risk. Funds raised will be used to provide youth aquatic opportunities such as admission costs or registration fees for lessons and courses. Donations and pledges accepted. Regular admission.
- Time for Gym (0-6 yrs) – 9:30-11:30 a.m., Hyde Creek Rec Centre: Drop-in play program for children and their parents, with special spirit activities. Come meet neighbourhood families and share a laugh. \$2.50 per child.

- The More We Read Together (preschool) – 10:15-10:45 a.m., Terry Fox Library: Drop in for this fun preschool storytime. Free.
- Spirit Pro D Day Camp (5-10 years) – 9 a.m. - 4 p.m., Hyde Creek Rec Centre: Join your friends for some spirit and fun! \$35/child, registration required.
- Spirit Swim for Kids (up to 13 years) – 1-4 p.m., Hyde Creek Pool: Games and activities. Regular admission.
- Spirit Swim for Youth (13-18 years) – 1-4 p.m., Hyde Creek Pool: Music and fun. Regular admission.
- Spirit Late Night Skate (13-18 years) – 10:15-11:15 p.m., PoCo Rec Complex: Wear red! \$2 drop-in.

Saturday, Feb. 18

- Silver Fox Run (all ages, all abilities) – 9 a.m., Lions Park: Wilson Centre Seniors' Advisory Board hosts this run, in support of the Terry Fox Foundation. Pledge forms available at Wilson Centre. Walk, run or wheel 2.5km or 5km routes. Join in the warm-up at 8:45 a.m.
- Health and Resource Fair – 10 a.m. - 3 p.m., Wilson Centre: Over 50 health service providers have been invited; there will be information booths and informative talks. Free.
- A Taste of PoCo Spirit – 7-8:30 p.m., Gathering Place, Leigh Square: This fourth annual wine-tasting event features winemakers that follow sustainable practices, in keeping with the Heritage Week theme "Energy in B.C." Adults only. Tickets \$45, purchase in advance. Info: www.pocoheritage.org.

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