

You are invited!

Get up, Get out, and Get Active
for the environment and you!



Promoting Eco-Mobility through
Active Transportation

Saturday, June 18, 2011

12 pm - 4 pm

102 Avenue between 104 Street (Farmer's
Market) and 102 Street (YMCA)

Leave the car at home and join us for
fun family activities. Learn about eco-
mobility and how you can engage in active
transportation!



Join in on the **FREE** fun activities scheduled throughout the day!



YMCA ACTIVITY ZONE	TIME
ZUMBA . . . Street Party	12:15 - 1 pm
Urban Cycle Fit featuring Alex Stieda , first Canadian to wear the coveted yellow jersey at the Tour de France	1:15 - 2 pm
YOGA . . . for the soul	2:15 - 3 pm
BIG BIKE RIDES for Heart & Stroke (20 minutes per ride) Note: Riders must be 14 yrs+, helmets provided.	12:30 pm 1:30 pm 2:30 pm 3:30 pm



ALL DAY ACTIVITIES

YMCA Kids' Activity Zone

Bicycle Try It Library

Segway demonstrations

Salsa with Santiago Lopez

Face Painting



Fill out an event ballot and be eligible to win fabulous **Door Prizes!**

For more information about Park(ed) - Car Free Day visit www.edmonton.ca/activedmonton



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