

Register
Today!



SPRING

into motion

Enter 'Spring into Motion' for your chance to win!

Start your challenge anytime in February

Within 12 weeks:

- Earn free gifts for those who complete 36, 54 and 72 visits!
- Exclusive try-it classes available only to registrants of the challenge!
- Over \$2,000 in draw prizes available to those who complete 36 visits!

Grand Prize: 12 Month Leisure Pass & snowboard valued at over \$1,000 !

2nd Prize: 3 Month Leisure Pass & a Hemlock Resort Card

3rd Prize: 3 month Leisure Pass & a Hemlock Resort Card

4th & 5th Prizes: 1 month Leisure Pass

Register for the "Spring into Motion" Fitness incentive program and complete 36 exercise visits at the Mission Leisure Centre within 12 weeks of your start date to be eligible. See reverse or Call or visit the Leisure Centre for more information.



Mission Leisure Centre

7650 Grand Street
604-820-5350

www.mission.ca/leisure



Spring into Motion 2012

Register anytime in February for this great incentive!



Guidelines

1. Register for the spring into Motion Fitness Incentive program between February 1 and February 29 and complete 36 exercise visits at the Mission Leisure Centre within a 12 week period and you're a winner! The Spring into Motion registration fee is \$10.
2. Complete a minimum 30 minute workout to earn a stamp on your card. This can include any combination of: swimming, weight training, stationary cycling, treadmill, elliptical trainer, land fitness class, water fitness class, deep water workout, racquetball, squash, ice skating, select drop-in gym programs such as basketball, volleyball and indoor soccer. Registered fitness programs such as Yoga, Running Clinics, Tai Chi, and more are now included. However registered programs which are not active such as First Aid, music and arts programs do **not** qualify.
3. At the end of your visit ask a staff member at the pool reception office to record the visit on your Spring into Motion card.
4. Keep your card in the file box at the Mission Leisure Center. Your card must be stamped at the end of your visit in order to earn the credit. You may have only one personal Spring into Motion card. If you forget to have your card stamped, you may not do so at a later date. Cards must be kept on site.
5. In order to encourage regular physical activity, as well as reduce the incidence of injury, you may only record one visit per day, regardless of the amount of time spent at the facility.
6. Exclusive try-it classes will be available on select dates to those who have signed up for the Spring into Motion Challenge. Draw prizes will also be available at these sessions.
7. In addition to receiving your Spring into Motion shirt upon completion of 36 visits, the following milestones also net a prize: those who complete 54 visits and 72 visits. All visits need to be completed within 12 weeks of the start date.
8. Participants must be 16 years of age or older qualify.



Prizes

Receive a free Spring into Motion shirt upon completion of your 36 workouts and additional prizes for completion of 54 and 72 visits within the 12 week period. Those who complete 36 visits are also eligible to win one of the fabulous draw prizes listed below. The draw for these prizes and other draw prizes will take place at the Spring Into Motion Wrap-Up day on May 30, 2012.

1st Prize: 12 Month Leisure Pass and Snowboard, 2nd & 3rd Prizes: 3 Month Leisure Pass and Hemlock Resort Card, and 4th & 5th Prizes: 1 Month Leisure Pass.

(Employees & their immediate families of the District of Mission, TheraGear, Mad Dogs Sports, Hemlock Resort & Peninsula Runners are not eligible for draw prizes.)



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