



Algonquin & Lakeshore
Catholic District School Board



Kingston Gets Active

28 Division Street

Kingston, ON K7L 3N6

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info@kingstongetsactive.ca

October 2025

Dear Parents and Guardians of Grade 9 Students,

A healthy mind and body play a crucial role in learning and overall quality of life for everyone, including staff and students. As a school community, we actively support physical activity and encourage all students to adopt an active lifestyle.

Recent data suggests that if current physical activity trends don't improve, this generation may face a shorter life span than previous ones. To address this, Kingston Gets Active, in partnership with local communities (Loyalist Township, Town of Greater Napanee, Township of Central Frontenac, City of Kingston, Township of South Frontenac, Town of Gananoque, and Township of Stone Mills), is promoting an active lifestyle through the ActivPass.

All grade 9 students can use their Student Card as their ActivPass, or they may pick up a dedicated ActivPass from their main school office. This pass grants free access to participating recreation centers for activities such as public swimming, skating, curling, or open gym use and youth connection programs. The schedule for recreation centers and their available times from **October 2, 2025, to August 31, 2026**, will be available on the Kingston Gets Active website at www.KingstonGetsActive.ca after October 2nd.

Our goal is to improve both health and learning through increased physical activity. We hope your child takes full advantage of this incredible opportunity, made possible by Kingston Gets Active and our community partners.

Thank you for your continued support.

Sincerely,

Limestone District School Board,
Algonquin and Lakeshore Catholic District School Board,
Kingston Gets Active