

WALK & SWIM

Activity Challenge



Name: _____

Phone number: _____

Email: _____

Track the number of laps you swim at the North Peace Leisure Pool and the number of laps you walk at the Northern Vac Track at the Pomeroy Sport Centre from January 1 - March 1, 2025.

JAN 1 - MARCH 1								
Week 1				Wednesday, Jan 1	Thursday, Jan 3	Friday, Jan 3	Saturday, Jan 4	WEEKLY TOTAL
Jan 1-4								
Week 2	Sunday, Jan 5	Monday, Jan 6	Tuesday, Jan 7	Wednesday, Jan 8	Thursday, Jan 9	Friday, Jan 10	Saturday, Jan 11	WEEKLY TOTAL
Jan 5-11								
Week 3	Sunday, Jan 12	Monday, Jan 13	Tuesday, Jan 15	Wednesday, Jan 16	Thursday, Jan 17	Friday, Jan 18	Saturday, Jan 19	WEEKLY TOTAL
Jan 12-18								
Week 4	Sunday, Jan 19	Monday, Jan 20	Tuesday, Jan 21	Wednesday, Jan 22	Thursday, Jan 23	Friday, Jan 24	Saturday, Jan 25	WEEKLY TOTAL
Jan 19-25								
Week 5	Sunday, Jan 26	Monday, Jan 27	Tuesday, Jan 28	Wednesday, Jan 29	Thursday, Jan 20	Friday, Jan 31	Saturday, Feb 1	WEEKLY TOTAL
Jan 26- Feb 1								
Week 6	Sunday, Feb 2	Monday, Feb 3	Tuesday, Feb 4	Wednesday, Feb 5	Thursday, Feb 6	Friday, Feb 7	Saturday, Feb 8	WEEKLY TOTAL
Feb 2-8								
Week 7	Sunday, Feb 9	Monday, Feb 10	Tuesday, Feb 11	Wednesday, Feb 12	Thursday, Feb 13	Friday, Feb 14	Saturday, Feb 15	WEEKLY TOTAL
Feb 9-15								
Week 8	Sunday, Feb 16	Monday, Feb 17	Tuesday, Feb 18	Wednesday, Feb 19	Thursday, Feb 20	Friday, Feb 21	Saturday, Feb 22	WEEKLY TOTAL
Feb 16-22								
Week 9	Sunday, Feb 23	Monday, Feb 24	Tuesday, Feb 25	Wednesday, Feb 26	Thursday, Feb 27	Friday, Feb 28	Saturday, Mar 1	WEEKLY TOTAL
Feb 23-Mar 1								

BENCHMARKS:

- 400 laps = A chance to win a Fitbit Charge 6 or \$100 gift card
- 200 laps = A chance to win a gift basket

Checkout facebook.com/CityFSJRecreation for more ways to win

Submission Deadline: Tuesday, March 4, 2025 by 4:30 PM - email completed form to recreation@fortstjohn.ca or drop off at the Visitor Centre or North Peace Leisure Pool.

OVERALL TOTAL

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