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Dear Parent or Guardian,

The Durham Region Health Department, in collaboration with all Durham Region municipalities and the Oshawa Mary Street YMCA, is pleased to announce the return of the Grade 5 Action Pass for the 2026/2027 school year!

According to the ParticipACTION 2024 Children and Youth Report Card, only 39% of children and youth in Canada are getting the recommended 60 minutes of physical activity each day, according to the Canadian 24-Hour Movement Guidelines for Children and Youth. Since physical activity tends to decline with age, giving Grade 5 students more opportunities to be active can help them build healthy habits for life.

The Grade 5 Action Pass gives students free access to public swimming, public skating, and selected drop-in recreation programs (offered at select locations). Passes can be used as often as students like from September through August 31 of the summer following Grade 5.

How to Get an Action Pass:

To get a pass, please bring the following to a participating recreation centre in your municipality:

- A printed or electronic copy of the Grade 5 Action Pass promotional postcard (available at durham.ca/ActionPass)
- Proof of your child's age and your address
- A parent or guardian must be present

Additional Notes:

- If registering in Brock, please email recreation@brock.ca to get a pass.

Once registered, your child can enjoy free recreation programs at participating recreation centres across Durham Region.

For more information and a list of participating recreation centres, visit durham.ca/ActionPass or contact the Durham Health Connection Line at 311 (within Regional limits) or 1-800-841-2729.

Tara Wheeler, RN
Public Health Nurse
Durham Region Health Department

If this information is required in an accessible format, please contact 1-800-841-2729.

