

Family Sports Day



Monday, February 16, 2009 9:30am - 4:00pm
McNabb Community Centre 180 Percy & Gladstone

752 Somerset St W. 2nd Floor, Ottawa, On K1R 6P8
Tel: (613) 232-2226 glcc@graciouslight.org www.graciouslight.org

| Time | General Manager | | George Kong Helena Ng | | | | |
|----------------|---|---|---|---|---|--|--|
| | Coordinators | | Sharon Yu, Veon Lee & Lily Ning | | | | |
| | Runners | | Dineke Poon, Jason & Volunteers TBA | | | | |
| | McNabb Park Leader Rev David Nguyan OCAC | Gym Leader Ricky am Ethel pm | Community Room Leader Wilson am Veon pm | Assembly Hall Leader Paddison am CCCO pm | Dance Studio Leader Kachusa | Pre-school Rm/ Craft Room Leader Veon | |
| 9:30am-10:00am | Opening Ceremony by : MPP Etc. (GLCC Board Directors) | | | | | | |
| 10:00-1pm | Outdoor Activities Rev Dave Nguyen (OCAC) for teens Alexandra Seguin & Adam Langlois (City of Ottawa) | Sports Final 10am-12:20pm Badminton Fei Tam 12:30-1pm Basketball Free Throw Competition Lemuel | Sports Final Table Tennis 10-12:20pm Wilson Hui CCCO | Intergenerational Group Games 10-11am Hula Hoop EACO 11-12:00 Baby Crawling Race Ming-I OMAC | Fun Activities Demonstration 10-11am Line dancing MelAuDi Dance Studio 11-12noon HIP HOP TBN | Intergenerational Group Games 10-11am Jump Ropes EACO 10-12pm Craft & Face Painting TBN | |
| 12:30pm | Lunch Break | | | | | | |
| 12:30-1pm | Award Presentation at Assembly Hall George | | | | | | |
| 1:00-3:00pm | Closed | Intergenerational Group Games: Family Obstacle Race Ethel & Queenie OCAC | Food Court Lily Ning | Intergenerational Group Games Kids' Obstacle Race May SWCHC Alexandra Seguin & Adam Langlois (City of Ottawa) | Demonstration -Tai Chi Sword and Fan for beginners Zheng Hu & Yi Wang | Children Dance Class Valiant Dance Club | |
| 3:00-4:00pm | | PM Award Presentation Closing Ceremony at Gym George | Closed | Closed | Closed | | |

Partners :



partly funded by Government of Ontario (CIAF)