



Any time is playtime at
Kitsilano Beach Park
PHOTO BY KK LAW

Just for Kids

Want to entice tots, tykes and teens away from the couch-potato lure of video games and TV? No matter whether the weather is filled with sunshine or the actual or the liquid variety, there's plenty to keep kids active in Vancouver BY SHERI RADFORD

Play

Tiny tots enjoy a plethora of playgrounds all over the city, sliding, swinging, climbing and jumping to their hearts' content. Top spots include David Lam Park (Map 1: E5), Kitsilano Beach Park (Map 4: D3) and the many play areas in Stanley Park (page 76).

Get Wet

Water babies splash and splash in Kitsilano Pool (page 78), Vancouver's only saltwater pool, located outdoors right on Kits Beach (Map 4: D3). Other favourite watery destinations include the spray park in the Granville Island Waterpark (page 78) and the wave pool and waterslides in Watermania (page 78).

Walk the Dog

Junior and Fido can both get their exercise in the numerous off-leash dog parks scattered around the city (see Map 1). Bonus: they both end the day absolutely dog-tired.

Get Fit

Kids can try out ice skating, badminton, rock climbing and more at the Richmond Olympic Oval (page 74), a sleek, environmentally friendly sports centre that was constructed as the speed skating venue for the Vancouver 2010 Olympic and Paralympic Winter Games.

Go Fast

Even the smallest of speed demons put the pedal to the metal at Richmond Go-Karts (page 77), racing around the track like a diminutive Dale Earnhardt or a pint-sized Richard Petty.

Pan for Gold

Petite prospectors try to strike it rich, panning for gold at the Britannia Mine Museum (page 75). If that doesn't pan out, seeing rare gems up close and riding the underground train are also worth their weight in gold.

Classes at Yoga Buttons keep
both kids and adults active

PHOTO BY KK LAW



Do Yoga

Downward-facing dog, warrior and tree pose aren't just for adults. At Yoga Buttons (page 37), kids as young as three months can start learning healthy habits in a fun environment filled with puppets, storybooks and brightly coloured yoga mats. Grown-ups are welcome, too.

The views are spectacular from the Capilano Suspension Bridge
PHOTO BY JF BERGERON, COURTESY TOURISM BC

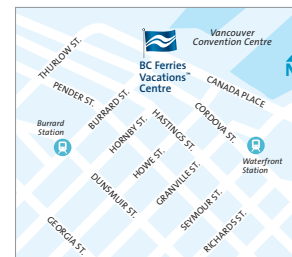
Conquer a Fear of Heights

Junior daredevils get an adrenaline rush crossing the Capilano Suspension Bridge (page 74), which sways 70 m (230 ft) above the Capilano River, and on the aerial bridges and viewing platforms of the Greenheart Canopy Walkway at UBC Botanical Garden (page 77). And acrophobic kids become so entranced by the views that they forget to be afraid.

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Kites take flight in Vanier Park
PHOTO ©HOWESJWE/DREAMSTIME.COM

See the Seawall

Cool kids hop on a bike, slip on a pair of roller-blades or just lace up some walking shoes to follow the picturesque 22-km (13.7-mi) seawall around downtown and False Creek, all the way to Kitsilano. Countless parks, playgrounds and restaurants along the way keep boredom at bay.

Fly a Kite

Winnie the Pooh may struggle with blustery days, but kite enthusiasts consider them the wind beneath their wings. On breezy afternoons, the sky above Vanier Park (page 77) fills with multi-coloured kites of every shape and size. **w**



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