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Myron Thompson, M.P.
Wild Rose, Alberta

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For Immediate Release

CHILDREN'S FITNESS TAX CREDIT BEGINS THIS WEEK

OTTAWA- Myron Thompson, Member of Parliament for Wild Rose, reminded all of his constituents this week that on January 1, 2007, the Children's Fitness Tax Credit came into effect to help Canadian parents with the cost of organized sports.

"I know that parents understand that regular physical activity is good for their children. At the same time, parents could use a hand with the rising price of these activities. For example, if a family claims the full amount of \$500, they will have an extra \$77.50 in their pockets," said Thompson.

The Children's Fitness Tax Credit will allow up to \$500 of eligible fees for programs of physical activity for each child under age 16. It covers many sports, as well as other children's recreational programs that also involve significant physical activity, such as dance lessons.

A few highlights of the requirements for the tax credit are as follows:

*Programs of prescribed physical activity for which tax receipts are issued should encourage children to strive towards at least 30 minutes of sustained moderate to vigorous physical activity per session for children under 10, and 60 minutes of sustained moderate to vigorous physical activity for children 10 and over.

*Programs are eligible for the tax credit if they last at least eight weeks at a minimum of one session per week, or, in the case of children's camps, five consecutive days-provided that in the case of such camps, that more than 50 per cent of the program time is devoted to physical activity.

*While fees charged for extracurricular programs that take place at school will be eligible, the credit will not cover fees charged for regular school physical education programming.

"I'm sure this credit will help a lot of parents offset some of the costs associated with these activities, and start children down the road to a lifetime of healthy, active living," concluded Thompson.

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