

VOLUNTEER FOR WINTER PAAL

(Physical Activity for Active Living)

PAAL Fitness (18+)

Tuesday and/or Thursday,

5:45 – 7:00pm

Tuesday: Jan 17-March 28

Thursday: Jan 19-March 30

*We highly encourage individuals to volunteer both days (although not required)

Child/Teen PAAL

Saturday,

8:45-10:30am/10:30am – 12:15pm

Jan 14-April 1

Volunteer Orientation

Child/Teen PAAL – Friday, Jan 13th (5:30-7:00pm)

PAAL Fitness – Tuesday, Jan 10th (5:30-7:00pm) or

Thursday, Jan 12th (5:30-7:00pm)

Send in application to usaskrec.aquatics@usask.ca or apply in person at the PAC (87 Campus Drive, Room 222).

For more information, email usaskrec.aquatics@usask.ca

PAAL VOLUNTEER APPLICATION FORM:

Name: _____ Gender & Pronouns: _____

Age: _____ Address: _____

City/Province: _____ Postal Code: _____

Phone: _____ Email: _____

Program(s) you would like to volunteer with (shown above): _____

Child/Teen PAAL only – What swimming experience do you have/what is your comfort level in the water (only comfortable in the shallow end, have lifeguarding/swim instructor certifications, etc)?

Please indicate any qualifications/certifications (Recreational Therapy, etc) and previous experience (weightlifting/gym training, coaching/teaching, working with kids, etc) that may help you in volunteering with PAAL. **If you have volunteered with PAAL before, please indicate what program you did and which participant you were with:**

What is PAAL?

The PAAL (Physical Activity for Active Living) program provides an opportunity for individuals experiencing intellectual and/or physical disabilities to be physically active, participate in a variety of cooperative games and activities, and socialize with others. Volunteers are necessary for the PAAL program to run – they are essential in helping the participants feel supported and successful in being physically active. This volunteer opportunity can be used towards volunteer hours, to build your resume, and is a very rewarding experience overall!

Child & Teen PAAL – includes swimming and cooperative games/activities in the Education gymnasium

PAAL Fitness – includes exercises/workouts in the PAC weight room and running track

Thank you for your interest and helping make our program the success that it is!