

# VOLUNTEER FOR FALL PAAL

(Physical Activity for Active Living)

## PAAL Fitness

Ages 18+

Tuesday and/or Thursday,

6 – 7pm

Tuesday: Sept 20 – Nov 29

Thursday: Sept 22 – Dec 1

## Child/Teen PAAL

Ages 5-10/11 – 18

Saturday,

9-10:30am/10:45 – 12:15pm

Sept 17 – Dec 3

## Volunteer Orientation

September 13<sup>th</sup> from 5 – 7pm at PAC

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

For more information, email [usaskrec.aquatics@usask.ca](mailto:usaskrec.aquatics@usask.ca) or visit [rec.usask.ca](http://rec.usask.ca).

### PAAL VOLUNTEER APPLICATION FORM:

Name: \_\_\_\_\_ Gender: \_\_\_\_\_

Age: \_\_\_\_\_ Address: \_\_\_\_\_

City/Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Program(s) you would like to volunteer with: \_\_\_\_\_

What swimming experience do you have/what is your comfort level in the water (are you able to swim, only comfortable in the shallow end, etc)?

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Please indicate any qualifications/certifications (CPR/SFA, aquatics, etc) and previous experience (volunteering, sport/coaching experience, etc) that may help you in volunteering with PAAL. **If you have volunteered with PAAL before, please indicate which participant you were with:**

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## 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 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!