

# P.A.A.L. (Physical Activity for Active Living)

PAAL is a program for children, youth, and adults with physical and/or intellectual impairments. The goal of the program is to provide a variety of physical activity experiences with an emphasis on fun, skill development, and social interaction. There will be a modified alternative activity provided for those who are unable to participate in any of the following activities. For more information please call Kim Jones (306) 966-1003 or Jodi Simpson (306) 966-1011.

P.A.A.L.

## Aquatics

Water safety, continuous activity, and games are used to provide children and youth with new challenges to enhance their current swimming abilities. The water's relaxing effect and stimulating qualities are used to develop lifetime skills.

## Movement Education

Through music and voice, children are encouraged to explore spatial and body awareness. Creativity, musicality and self-expression are emphasized.

## Gymnastics/Creative Games

Children and youth explore movement patterns at their own pace. The surroundings and available apparatus are appropriate for rolling, tumbling, and balancing; as well as, a number of gymnastic and creative games.

## PAAL Fitness – Fitness for Life

This program is designed to provide adults 18 years and older with opportunities for strength training and cardiovascular fitness through an environment that is structured, supervised, and social. Volunteers work alongside participants to motivate and facilitate workouts. Lifelong participation through exercise is the overall goal of PAAL Fitness. Approval for admittance into the program is required.

## PAAL Swimmers

The PAAL Swimmer program allows individuals an opportunity to gain physical fitness through a recreational, non-competitive swim program. Participants will receive instruction on stroke techniques through various drills adapted to meet the needs of the swimmers. Participants must be able to swim 50 meters independently. Coaches and volunteers are present, however independence is necessary as this is not a one on one experience. Approval for admittance into this program is required.

## Learn-To-Swim

With a one instructor to four participant ratio and volunteer assistance, PAAL participants can learn fundamental skills as well as advanced techniques to swimming. Please note that this will not be a one on one experience

<b>CHILD P.A.A.L. (Ages 5 – 10)</b>				
<b>EDUCATION BUILDING - POOL, GYM, PLAYROOM</b>				
Fall	Saturday	9:00-10:30 am	Sept. 16 to Dec. 2, 2017 (No lesson Oct. 7 & Nov. 11, 2017)	\$150.00
Winter	Saturday	9:00-10:30 am	Jan. 20 to March 24, 2018 (No lesson Feb. 17, 2018)	\$150.00
<b>CHILD P.A.A.L. (Ages 11 – 18)</b>				
<b>EDUCATION BUILDING - POOL, GYM, PLAYROOM</b>				
Fall	Saturday	10:45-12:15 pm	Sept. 16 to Dec. 2, 2017 (No lesson Oct. 7 & Nov. 11, 2017)	\$150.00
Winter	Saturday	10:45-12:15 pm	Jan. 20 to March 24, 2018 (No lesson Feb. 17, 2018)	\$150.00
<b>TEEN /ADULT P.A.A.L. (Ages 11 and older)</b>				
<b>EDUCATION BUILDING - POOL, GYM, PLAYROOM</b>				
Fall	Wednesday	4:00-5:30 pm	Sept. 20 to Nov. 29, 2017 (No lesson Nov. 15, 2017)	\$150.00
Winter	Wednesday	4:00-5:30 pm	Jan. 17 to March 28, 2018 (No lesson Feb. 21, 2018)	\$150.00
<b>P.A.A.L. SWIMMERS</b>				
<b>PAC POOL</b>				
Fall	Tuesday/Thursday	7:15-8:15 pm	Sept. 19 to Nov. 30, 2017 (No lesson Nov. 14 & 16, 2017)	\$180.00
Winter	Tuesday/Thursday	7:15-8:15 pm	Jan. 16 to March 29, 2018 (No lesson Feb. 20 & 22, 2018)	\$180.00
<b>P.A.A.L. FITNESS (Ages 18 and up)</b>				
<b>PAC FIT CENTRE</b>				
Fall	Tuesday/Thursday	6:00-7:00 pm	Sept. 19 to Nov. 30, 2017 (No lesson Nov. 14 & 16, 2017)	\$180.00
Winter	Tuesday/Thursday	6:00-7:00 pm	Jan. 16 to March 29, 2018 (No lesson Feb. 20 & 22, 2018)	\$180.00
<b>P.A.A.L. Learn to Swim (Level 1/2)</b>				
<b>EDUC POOL</b>				
Fall	Wednesday	5:45-6:15 pm	Sept. 20 to Nov. 29, 2017 (No lesson Nov. 15, 2017)	\$90.00
Winter	Wednesday	5:45-6:15 pm	Jan. 17 to March 28, 2018 (No lesson Feb. 21, 2018)	\$90.00
<b>P.A.A.L. Learn to Swim (Level 3/4)</b>				
<b>EDUC POOL</b>				
Fall	Wednesday	6:15-6:45 pm	Sept. 20 to Nov. 29, 2017 (No lesson Nov. 15, 2017)	\$90.00
Winter	Wednesday	6:15-6:45 pm	Jan. 17 to March 28, 2018 (No lesson Feb. 21, 2018)	\$90.00