



PHYSICAL ACTIVITY FOR ACTIVE LIVING (P.A.A.L.)

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P.A.A.L. Program

P.A.A.L. 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 at 306-966-1011.

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 participating in a number of gymnastic and creative games.

P.A.A.L. 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 P.A.A.L. Fitness. Approval for admittance into the program is required.

P.A.A.L. Swimmers

The P.A.A.L. 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 assistants, P.A.A.L. participants learn fundamental skills as well as advanced techniques to swimming. Please note that this will not be a one-on-one experience.

P.A.A.L. Schedule

CHILD P.A.A.L.				\$150
Ages 5-10				
EDUC - POOL, GYM , PLAYROOM				
Fall	Saturday	9-10:30 am	September 15 to December 1, 2018 (No October 6 and November 10, 2018)	
Winter	Saturday	9-10:30 am	January 19 to March 30, 2019 (No February 16 and 23, 2019)	
CHILD P.A.A.L.				\$150
Ages 11-18				
EDUC - POOL, GYM , PLAYROOM				
Fall	Saturday	10:45-12:15 pm	September 15 to December 1, 2018 (No October 6 and November 10, 2018)	
Winter	Saturday	10:45-12:15 pm	January 19 to March 30, 2019 (No February 16 and 23, 2019)	
TEEN /ADULT P.A.A.L.				\$150
Ages 11 and older				
EDUC - POOL, GYM , PLAYROOM				
Fall	Wednesday	4-5:30 pm	September 19 to November 28, 2018 (No November 14, 2018)	
Winter	Wednesday	4-5:30 pm	January 16 to March 27, 2019 (No February 20, 2019)	
P.A.A.L. SWIMMERS				\$180
PAC POOL				
Fall	Tuesday/Thursday	7:15-8:15 pm	September 18 to November 29, 2018 (No November 13 and 15, 2018)	
Winter	Tuesday/Thursday	7:15-8:15 pm	January 15 to March 28, 2019 (No February 19 and 21, 2019)	
P.A.A.L. FITNESS				\$180
Ages 18 and up				
PAC FIT CENTRE				
Fall	Tuesday/Thursday	6-7 pm	September 18 to November 29, 2018 (No November 13 and 15, 2018)	
Winter	Tuesday/Thursday	6-7 pm	January 15 to March 28, 2019 (No February 19 and 21, 2019)	
P.A.A.L. LEARN TO SWIM				\$90
Level 1/2				
EDUC POOL				
Fall	Wednesday	5:45-6:15 pm	September 19 to November 28, 2018 (No November 14, 2018)	
Winter	Wednesday	5:45-6:15 pm	January 16 to March 27, 2019 (No February 20, 2019)	
P.A.A.L. LEARN TO SWIM				\$90
Level 3/4				
EDUC POOL				
Fall	Wednesday	6:15-6:45 pm	September 19 to November 28, 2018 (No November 14, 2018)	
Winter	Wednesday	6:15-6:45 pm	January 16 to March 27, 2019 (No February 20, 2019)	