



South West District
for Culture,
Recreation & Sport

Wellness Wagon Program

April 1, 2011 – March 31, 2012

SWDCRS will assist up to 10 communities to offer 4 Wellness Wagon programs between April 1, 2011 - March 31, 2012.

> PROGRAMS MUST BE 2 HOURS IN LENGTH.

> PROGRAMS CANNOT BE REPEATED.

Here is what SWDCRS will do:

- Reimburse your recreation board for 4 program instructors @ \$30.00 for each minimum 2 hour program delivered
- Support a Wellness Wagon Coordinator @ \$20.00 per program delivered

Here is what your Recreation Board needs to do:

- Identify your Wellness Wagon Program Coordinator
- Pay instructors at the completion of their program

The Wellness Wagon Program Coordinator will:

- Find a leader or instructor from your community to lead/teach each program
- Decide the dates, times and location of your programs
- Email: c.saas.swdcrs@sasktel.net or fax 694-7907 with your program requests
- Advertise and promote the program in your community and surrounding area
- Register participants and collect registration fees to cover any additional costs
- Ensure each instructor completes a program evaluation on each program delivered
- Submit the completed community evaluation report and the instructor evaluations after all 4 programs have been completed
- Ensure instructors are paid by the community recreation board, at a rate of \$30.00 for each minimum 2 hour program

• **Note:** Trained Play leaders from your community must be asked first to deliver any Wellness Wagon program for children 5-12 years of age.

Don't wait! Take advantage of this program for your community right away!

There are no limits to ideas ... Introduction to Contests or Learn How to Do: Yoga; Chocolate Making; Build a Bird House; Make a Willow Basket; Make Up Application; Manicures; Family Day Event; Pedicures; Crafts; Card Games; Activity Night; Sport Clinics, Horseshoe Clinic; Sleigh Rides; Dance Night; Scavenger Night; Snowman Making Contest; Painting Class; Carnival; Fitness Class; Cooking Clinic; Quilting; Story Hour; Movie Night, etc.

**Plan events for children, youth, adults, seniors, families
or your entire community.**