

# South West District for Culture, Recreation & Sport

## Wellness Wagon Program Requests

April 1, 2010 - March 31, 2011



	Name of Program	Date	Time	Location (school, hall)	Target Age ( Children, Youth, Adult)	Instructor Name and Phone Number
1						
2						
3						
4						

Community: \_\_\_\_\_ WW Coordinator (WWC): \_\_\_\_\_

WWC Phone Number: \_\_\_\_\_ WWC Fax Number: \_\_\_\_\_

WWC Email Address: \_\_\_\_\_ WWC Address: \_\_\_\_\_

Member Board Chair Name: \_\_\_\_\_ Chair Signature: \_\_\_\_\_

Email Address: \_\_\_\_\_ Chair Phone #: \_\_\_\_\_

Please Complete and Return to: South West District for Culture, Recreation & Sport  
Box 39

Bengough, SK S0C 0K0  
Fax: 268-2067 Phone - 268-2064  
[d.ashby.swdcrs@sasktel.net](mailto:d.ashby.swdcrs@sasktel.net)







## **South West District for Culture, Recreation & Sport**

### **WELLNESS WAGON PROGRAM - April 1, 2010 - March 31, 2011**

SWDCRS will assist up to 10 communities to offer 4 Wellness Wagon programs between April 1, 2010 - March 31, 2011.

- > **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 @ \$25.00 for each minimum 2 hour program delivered
- ❖ Support a Wellness Wagon Coordinator @ \$10.00 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 [d.ashby.swdcrs@sasktel.net](mailto:d.ashby.swdcrs@sasktel.net) or fax 268-2067 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 \$25.00 for each minimum 2 hour program
- ❖ Receive a maximum \$40.00 honorarium based on \$10.00/program delivered
- ❖ **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, Storyhour, Movie Night, etc.

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

