

# Program Summary

## Community Activator



### **Overview:**

The Community Aboriginal Recreation Activator (CARA) provides the First Nation with community-driven

Sport, recreation, and physical activities to enhance the quality of life for community members.

### **Objectives and Services:**

To create, facilitate and implement a recreation plan tailored to community needs, with the goal of enhancing the community's participation in sport and recreation while recognizing the various interests and circumstances. Specific activities currently offered include hockey, yoga, golf, swimming, walking group, kindergym, volleyball, and the ROOTED Program.

### **Target Audience:**

Entire community 0 -100

### **Recent Developments:**

Currently Moving in to fall programming with hockey every Sunday. New addition this year is the under-12 skate from 6-7pm has been more successful than I ever imagined. Over the first 4 weeks we have averaged 24 kids on the ice with a couple of great volunteers out there running skills and drills. The Rooted fall session is ongoing as well.

### **Recent Limitations**

Not having the use of the Community Centre for sports is one of the biggest limitations to the program also the lack of storage space for equipment has been an ongoing challenge

### **Next Steps**

We will be starting yoga again in the New Year, however, with little to no venue availability for recreation programming, offerings are very limited In the Winter. There has been some interest in starting pickleball, but will only be possible with the use of the community centre.

### **Community Engagement**

Most programming is advertised via the Communications manager through the newsletters as well as social media. Main contact is via Corey West cell phone. Some programming is by drop in and some by Registration only