

Application

Participant Information

Name (First and Last): _____

Position (If applicable): _____

Address: _____

Email: _____

Telephone: _____

Please attach answers to the following questions to your application:

- a) Why are you interested in completing the Active for Life workshop?
- b) Do you plan to incorporate Active for Life into an already existing program or start a new program? Please explain.
- c) What is your experience and qualifications working with older adults?
- d) What is your background in running physical activity programs? Please include any relevant training programs or certifications you have completed.
- e) What facilitation skills do you have?
- f) Do you have any dietary restrictions or require any accommodations or supports?

Organization Info

Organization: _____

Direct supervisors name and title: _____

Email: _____

Application Process

To apply please complete and forward to the address below by **Friday, April 24, 2026**

- Submit application (above information)
- Responses to questions

Workshop information:

Cost:

- Rec NL Members - \$150
- Non-Members - \$175
Payment isn't required till your application is approved

Please select which of the following workshops you would like to attend:

May 12 - Hosted by the Town of Twillingate

May 14 - Hosted by the Aboriginal Sport & Recreation Circle (Location: Stephenville)

If your application is approved you will be contacted and provided information for the workshop you selected.

Contact Information

If you have any questions, please contact Recreation NL office:

Pam Mills

Email: pammills@recreationnl.com

Phone: (709) 729-0569