

2025/26



RecreationNL

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Recreation NL

ANNUAL REPORT

Serving the people of Newfoundland and Labrador for over 50 years



BOARD OF DIRECTORS AND STAFF

Recreation NL would like to recognize our volunteers and their organizations for their dedication, support and commitment to the association's programs and services this past year. Thank you!

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MESSAGE FROM THE PRESIDENT

As we reflect on the 2025–2026 year, it's clear this has been a pivotal and transformative time for Recreation NL. This past year marked our first under the new 2025 RNL Constitution, a significant milestone that reshaped our organization with a renewed focus on programming, professional development, and meaningful member engagement. It also represented the final year of our 2024–2026 Strategic Plan, giving us an opportunity to both review our progress and set the stage for what comes next.

Throughout the year, we were proud to deliver several key events that brought our sector together and strengthened our collective impact. Our AGM and Conference in Grand Falls-Windsor provided a valuable opportunity to showcase best practices, professional development on strategic topics, and networking with peers on community recreation in our towns. The Active Living Leadership Network ALL IN! Event showcased a collaborative approach across multiple sectors to improve healthy living opportunities for our residents, while the Aquatic Leaders Symposium in Corner Brook created space for specialized learning within the aquatic sector. Each of these events reinforced the strength and passion that exists for our sector across our province.

A major priority this year was deepening our connection with members. The launch of our Membership Engagement Tour marked a new and important step forward. Through one-on-one meetings with communities, beginning on the west coast and most recently in Conception Bay North and Centre, we gained valuable insights into local needs, challenges, strengths, and opportunities. This initiative has created new relationships and ensured that our work continues to be informed by the voices of those we serve.

We also made meaningful strides in building partnerships that support the long-term sustainability of our sector. Collaborations with organizations such as the Newfoundland and Labrador Therapeutic Recreation Association have helped position recreation as a viable and rewarding career path, while also supporting the development of emerging leaders who will shape the future of our communities. Staff hosted 25 students from both Memorial University and College of the North Atlantic to discuss both community and therapeutic recreation as a career choice.

Advocacy remains at the core of Recreation NL's work. Over the past year, we maintained regular dialogue with government, focusing on key priorities such as enhancing the Inclusive Day Camp Program and increasing awareness of the vital role recreation plays in building safer, healthier communities. We continue to emphasize recreation's impact on health, emergency preparedness, community building, tourism, youth empowerment, and the integration of newcomers. In addition, we have been actively advocating for increased support and solutions to address rising energy costs in arenas and recreation facilities—an issue that directly affects the sustainability of services across the province.

While 2025–2026 has been a year of progress and transformation, it is also a launching point. The Board and staff of Recreation NL are energized by the momentum we have built and are committed to carrying it forward into 2026–2027. Together, we will continue to advance our sector, strengthen our communities, and contribute to a healthier Newfoundland and Labrador.

Thank you for your continued dedication and commitment to recreation in your communities and please know we are here to assist you anytime.



WHO WE ARE



Recreation is the experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing.

Mission

Recreation Newfoundland and Labrador envisions a province of engaged communities where all people embrace the benefits of recreation to enhance their quality of life.

Vision

Recreation NL is the provincial association promoting wellness through the practice of recreation. We support and enhance our member's ability to deliver recreation.

Core Services

Communicate

Facilitate the exchange of ideas, methods, and concerns and raise the understanding of recreation through effective networking, collaboration and promotion.

Advocate

Ensure recreation continues to be a critical part of the provincial dialogue on enhancing the well being of communities and individuals in NL.

Educate & Train

Encourage, advise, develop, co-ordinate, deliver and evaluate programs of education and training in the field of recreation.

STRATEGIC PLAN UPDATE

As we look to conclude the 2024–2026 Strategic Plan this year, we are proud to reflect on the progress made across our key priority areas and the strong foundation that has been built for the future of Recreation NL. Our Strategic Plan reflects the collective voice of our members. This plan has guided our efforts over the past three years, helping to align our work with the evolving needs of our members and communities. The following highlights a snapshot of the actions taken, milestones achieved, and continued momentum in advancing recreation throughout Newfoundland and Labrador.

Raising Awareness of Recreation

a. Articulate the role of recreation in Health and well-being

- i. Rec NL continues to engage in regular meetings with the Minister of Tourism, Culture, Arts and Recreation (TCAR)

to clearly articulate and reinforce the critical role recreation plays in supporting health and well-being. These discussions provide an important platform to advance awareness, strengthen government alignment, and advocate for sustained investment in recreation as a key contributor to individual and community wellness.

- ii. Rec NL had regular engagement with Dr. Pat Parfrey through the Office of Health Transformation to position recreation as a key component within provincial health planning. These discussions emphasize the role of recreation in prevention, wellness, and community resilience, while advocating for its integration into policies and initiatives that support improved health outcomes across Newfoundland and Labrador.

STRATEGIC PLAN UPDATE

- iii. Rec NL is engaged in ongoing discussions with NL Health Services and Memorial University to support the development of a new physical activity and social prescribing program. This work focuses on integrating recreation opportunities into healthcare pathways, enabling healthcare providers to connect individuals with community-based programs that enhance physical, mental, and social well-being.
- iv. Rec NL continues to define and articulate the current role of recreation within the health sector, with a focus on three key areas:
 1. Disease Prevention – Recreation plays a critical role in preventing chronic disease by promoting active lifestyles, reducing sedentary behaviour, and supporting mental health and overall well-being through accessible, community-based programs.
 2. Recruitment and Retention of Healthcare Workers – Municipalities are increasingly leveraging recreation as a tool to attract and retain healthcare professionals, with some communities dedicating recreation resources and programming to support the quality of life of healthcare workers and their families.
 3. Continuum of Care through Therapeutic Recreation – The connection between clinical care and community-based recreation, supporting more inclusive and seamless pathways for individuals transitioning from healthcare settings into regular recreation programming.
- b. **Increase public awareness of the benefits and scope of recreation and well-being**
 - i. In 2025, Rec NL contracted DC Design to lead a member-focused “That’s Recreation” campaign, highlighting monthly recreation activities from across the province.
- c. Rec NL communications continue to evolve, with an increased focus on video and reel content to showcase the benefits and impact of recreation.
- d. ***Where Recreation Happens*** Video Campaign – Rec NL continues its partnership with DC Design to produce strategic video content that emphasizes the value of recreation and the importance of sustained investment in our communities.
- e. Rec NL staff maintain regular promotion of the benefits of recreation, including messaging that encourages individuals to prioritize personal time for recreation and well-being.
- f. Rec NL staff and the Board of Directors actively collaborate with local media outlets to ensure recreation remains a consistent and visible part of public conversation. Examples include:
 1. VOXM Open Line
 2. NTV News
 3. Local newspapers
 4. Rogers – *Out of the Fog*
- g. **Position the field of recreation as a career choice**
 - i. A memorandum of understanding has been established with the Newfoundland and Labrador Therapeutic Recreation Association (NLTRA) to promote recreation as a viable and rewarding career choice.

STRATEGIC PLAN UPDATE

- As students enter post-secondary education and choose between therapeutic and community recreation streams, this partnership plays a vital role in increasing awareness and encouraging meaningful discussions about careers in recreation.
- ii. Through the joint Rec NL and NLTRA committee, a priority has been established to develop a shared booth space and supporting resources, enabling both organizations to participate more consistently in career fairs and outreach events.
 - iii. Rec NL and NLTRA hosted their first student engagement event in March 2026. This panel featured professionals from both the therapeutic and community recreation sectors who shared their career journeys and key learning experiences. The organizing committee plans to expand this initiative to twice annually, with a focus on further engaging first-year post-secondary students.
 - iv. The Rec NL Board of Directors has reinstated its annual scholarship program, which will be incorporated into the “RECOgnizing Recreation Awards” program beginning in 2027.
 - v. Rec NL staff are currently developing a re-envisioned student membership program that better reflects student needs and priorities. This work will continue into the next strategic planning cycle.
 - vi. Rec NL staff will soon launch a new education and employment board on the Rec NL website, improving access for student members seeking recreation-related job opportunities across the province.
- d. **Strengthen existing as well as forge new partnerships**
 - i. Rec NL has increased its presence at conferences and meetings hosted by the following organizations:
 1. Professional Municipal Administrators
 2. Municipalities NL
 3. Community Sector Council
 4. NL Therapeutic Recreation Association
 5. Sport NL
 6. Aboriginal Sport and Recreation Circle
 7. Canadian Parks and Recreation Association
 - ii. Rec NL continues to work closely with the Department of Tourism, Culture, Arts and Recreation, increasing meeting frequency to four times annually, including three meetings with the Minister of TCAR.
 - iii. Rec NL has been actively developing new partnerships with the following organizations:
 1. The Autism Society
 2. Hospitality Newfoundland and Labrador
 3. Music NL
 4. Association of New Canadians
 5. NL Health Services
- Membership Engagement Growth and Support**
- a. **Work to create and advance efficient means of engagement**
 - i. RNL has gone through an organizational alignment to bring increased capacity towards membership engagement. Megan Dagg was named Engagement Manager in April of 2025.
 - ii. Member Engagement Tour- Rec NL continues to travel around Newfoundland and Labrador engaging municipalities and volunteer recreation committees through one-on-one conversation.
 - iii. Development and Implementation of the Recreation Events Virtual Round Table

STRATEGIC PLAN UPDATE

- iv. Development of RNL Connects – RNL Connects was launched to bring staff expertise and resources directly to each region identified in the Rec NL Constitution. This initiative will be delivered annually, offering a combination of in-person and virtual workshops to maximize accessibility and impact. **Grow and diversify the membership base**
- v. Development of a new Membership and Corporate Package to assist with membership growth and member to corporate engagement.
- vi. Member Engagement Tour- Regular meetings with non-members to discuss recreation in their towns and the benefits of becoming a RNL member.
- vii. Increased partnership opportunities with Association of New Canadians (ANS). RNL is currently working with ANS to be the link between new Canadians and our members to increase participation in recreation.
- viii. Attend MNL and PMA conferences to connect with Municipal Councils and Administrators on the importance recreation investment.

b. Articulate the value and benefits of RNL membership

- i. The Manager of Engagement has developed a membership benefits tool that clearly outlines the value of an RNL membership. This resource will be regularly evaluated and incorporated into all new member meetings moving forward.
- ii. RNL staff are developing a video that highlights the value of an RNL membership and emphasizes the importance of being part of the collective conversation around recreation in our province.

- iii. Regular evaluation of our membership package through environmental scans with our Provincial and Territory partners across the country.

Ensure professional development aligns with member needs

a. Collaborate to deliver professional development opportunities where appropriate

- i. Increasing engagement in professional development – RNL staff are committed to ongoing collaboration with federal, provincial, and territorial partners, as well as with Rec NL members, to ensure our professional development offerings remain relevant and aligned with sector needs.
- ii. Over the course of the Strategic Plan, Rec NL has collaborated with the following groups to offer professional development:
 1. Professional Municipal Administrators
 - a. **Stronger Together** – A panel discussion focused on best practices for collaboration between volunteer recreation committees and municipal administrators.
 2. Municipalities NL
 - a. **Creative Communities** – A presentation exploring how recreation can be used as a catalyst to support and grow key sectors such as economic development, tourism, and community health.
 3. Community Sector Council (CSC)
 - a. Rec NL is currently working with the CSC to group all professional development regarding volunteering in the recreation sector. RNL will have these virtual sessions available on Rec NL on Demand summer of 2026.

STRATEGIC PLAN UPDATE

4. Aquatics Community
 - a. Rec NL has collaborated with members within our aquatic community to start providing in-person training for aquatic leaders.
 5. Sport NL
 - a. Rec NL and Sport NL have a newly formed partnership that will see 2 new professional development opportunities through the Sport NL Summit and Game On Labrador!
 6. Association of New Canadians
 - a. Recreation NL is currently working with Training Works and ASN on a new training course for RNL members to assist in bridging the gap between new Canadians and their recreational opportunities.
- b. Determine the resource requirements to sustain professional development services**
- i. Development of Rec NL On Demand – Rec NL recognizes that members’ time and budgets are critical to delivering recreation services, and that these constraints can create barriers to attending in-person training. While Rec NL On Demand continues to evolve, we remain committed to providing a streamlined, accessible professional development platform available to members anytime, year-round.
- ii. Review of The Rec Zone – RNL’s Board of Directors has undertaken a review of The Rec Zone to better understand and enhance the value it provides to members.
 - iii. Development of a Three-Year Professional Development Calendar – To ensure a balanced and strategic approach to professional development, RNL has mapped out offerings for the next three years. This calendar will play a key role in aligning opportunities with member needs and sector priorities.
- c. Ensure a framework and/or processes are in place to evaluate all professional services**
- i. Recreation NL continues to work towards a consistent approach towards evaluating all professional services we offer. Staff are currently starting discussion on a universal evaluation tool that will provide useful data on everything we offer moving forward.

Update- 2027 RNL Strategic Plan

President, Jerry Knee and the Rec NL Board of Directors are pleased to announce that HR consultants ethree has officially been awarded the 2027 Strategic Plan. We look forward to kicking off the planning process in the coming months with an update to our membership in November of this year.



EAT GREAT & PARTICIPATE



Piloted a funding program to support communities, organizations, and programs with creating nutrition initiatives and support access to nutritious foods and beverages. A total of \$28,500 was distributed between 32 organizations, representing all regions and serving all age groups.

Created a new resource on **“Eating Well for Aging”** to support nutrition in older adults.

Launched a new webinar on ideas for providing nutritious choices at events and summer programs to 10 new communities and organizations.

Awarded the community-based healthy eating award at the 2025 AGM and Conference to Kelly Park Community Garden in Logy Bay-Middle Cove-Outer Cove.

Attended and promoted of EGAP at various community events and tournaments

- Labrador Indigenous Women and Sport Symposium in Happy-Valley-Goose-Bay
- 50+ Federation Convention in Gander. Provided a \$500 sponsorship to support nutritious foods at nutrition breaks for participants
- Municipalities NL Conference and Trade Show in Corner Brook
- Athletes nutrition lounge at School Sports NL Provincial Badminton tournament in Glovertown
- Food service support at 2025 Canada Games in St. John's
- Sport NL Summit in St. Johns
- City of St. Johns Neighborhood Connect Event
- Special Olympics NL Health and Fun Day in Torbay

Supported regional, provincial, and national sporting events with access to nutritious food and beverages and provided resources to athletes on food and nutrition

- Killick Coast Games in LBMCOG
- National U18 Women's Hockey Championship at Conception Bay South Arena
- Labrador Winter Games in Happy-Valley-Goose-Bay
- Labrador West - Alvin Parrill Hockey Tournament

Offered Making the Move to Nutritious Choices webinar to 15 food service providers in recreation, sport, and community settings.

Launched a new website – EatGreatNL.com in March for Nutrition Month The website includes: nutrition resources, recipes, webinar recordings, success stories, and funding opportunities.

Secured a key partnership with Coleman's for the 2026 NL Summer Games in Corner Brook to help support access to nutritious foods and beverages for athletes.

Created new connections and enhanced existing relationships with community groups and organizations

- Easter Seals NL
- Wellness Coalitions
- Many Provincial Sport Organization and teams training for the 2025 Canada Games
- Communities Choosewell – Alberta Recreation & Parks Association
- Special Olympics NL
- Aboriginal Sport and Recreation Circle NL

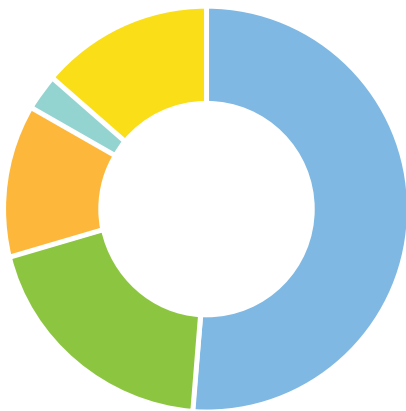


INCLUSIVE RECREATION



Parasport and Recreation for Persons with a Disability Initiative Funding Program:

- Provided \$35,000 of funding to twenty-four community and parasport groups for recreation and parasport opportunities for persons with a disability.
- There was a total of fifty applications submitted requesting \$122,212.63.
- \$17,935.00 awarded to purchase equipment.
- “Try it” Parasport sessions were approved for five organizations to offer boccia, sledge hockey, cycling, and rowing.



- Equipment
- Travel Assistance
- Projects/Initiatives
- Instructor/Coach Training
- “Try It” Sessions

Education and Training Opportunities:

A day camp debrief session was offered in August 2025. Through constructive conversation and feedback received during this session, we have developed an inclusive day camp webinar series to launch April 2026.

Forty-three participants registered for the Antiracism in Sport Campaign: Municipal Recreation Training. Participants were provided with a foundational understanding of anti-racism literacy, including key terms, definitions, and historical context, while exploring the impact of racism within sport and recreation.

Awareness, Advocacy & Resource Development:

Presented at the Aboriginal Sport and Recreation Circle Newfoundland & Labrador Indigenous Women and Sport Symposium in Happy Valley Goose Bay June 2025.

Inclusive Recreation ran two very successful Social Media Campaigns. The Facility Accessibility Campaign ran for twelve weeks with 22,051 views and the Inclusive Language Campaign ran for twelve weeks with 11,751 views.



INCLUSIVE RECREATION



The Inclusive Resolution Task Force was established to advance the 2025 AGM resolution, focusing on one-on-one inclusion support, respite services, and accessible opportunities for all. A provincial survey on Inclusive Summer Day Camps received fifty-nine responses from practitioners and parents/guardians. In February 2026, the Task Force met with Ministers Barbour and Wall to share findings and a call to action, which was well received. Municipal assessment interviews are ongoing to further understand community needs and experiences.

Enhancing Respite in Recreation Settings resource was developed through the Parasport & Recreation for Persons with a Disability Initiative, this resource supports families, caregivers, and recreation providers in creating more inclusive and meaningful recreation opportunities for individuals with disabilities.

Adaptive Equipment Inventory updates are ongoing.

Partner Development:

Established and strengthened relationships with community organizations to engage with equity-deserving groups and enhance Recreation NL's inclusive recreation programs.

- The Newfoundland & Labrador Therapeutic Recreation Association
- Dementia Action Council
- Active Abilities Canada
- Easter Seals NL
- Jooay App
- Autism Society NL
- Special Olympics NL
- Aboriginal Sport and Recreation Circle NL

Diversity, Equity, Inclusion & Belonging Advisory Committee:

The Diversity, Equity, Inclusion & Belonging Advisory Committee was created to provide advice and guidance to Recreation NL on equitable access, cultural inclusion, and a sense of belonging in all recreation programs, services, facilities, and decision-making processes.



ACTIVE LIVING



Teen Challenge

We funded 34 organizations from a total of 53 applications, supporting 19 programs and 8 events that will benefit approximately 1,165 youth aged 13–19.

We were pleased to partner with the College of the North Atlantic, Community and Therapeutic Recreation Class again this year. The students partnered with 3 community organizations, and learned about committee structure, event planning, promotion, budgeting and funding applications – all through organizing 3 one-time events.

Regional breakdown

Region	# of Org.	# of Programs	# of Events	Approx. # of Youth
Labrador	1	1	1	20
Western	7	6	1	488
Central	9	8	1	398
Eastern	4	3	1	93
Avalon	6	2	4	166

Active for Life

The first Active for Life Facilitators Course was held on May 13 and 14, 2025. 8 individuals from 6 organizations were trained in how to facilitate the workshop.

The Active for Life Facilitators will expand Rec NL’s ability to train more Community Leaders across the province.

Facilitators provincial reach:

- 1 west coast
- 2 Labrador (1 west and 1 south)
- 1 Central
- 4 Avalon

To complete the course and become an Active for Life Facilitator all participants must co-facilitate a workshop with the Master Trainer. 2 facilitators completed their co-facilitation during the workshop Nov 20. 2 additional facilitators will complete theirs in May 2026.

2 Active for Life workshops were held in 2025. Training 25 community leaders from 17 organizations across the province. These workshops took place in May and November and were both held on the Avalon.

Atlantic Physical Literacy Day

Recreation NL is part of a collective of sector professionals throughout the Atlantic provinces, working together on shared initiatives to promote and improve physical literacy in the Sport, Physical Activity, and Recreation (SPAR) sector.

Atlantic Physical Literacy Day started in 2025. The purpose is to celebrate physical literacy and encourage more discussion on the topic.



ACTIVE LIVING



Highlights of 2026:

- Theme: From knowing to Doing: Putting Physical Literacy into Practice.
- The communications campaign ran from November 20 to January 30.
- A free webinar with Dr. Natalie Houser: “Physical Literacy: From Knowing to Doing” was held January 29th
 - Approximately 250 individuals registered from the 4 Atlantic provincial.
 - 70 were from NL.

Active Living Leadership Network

The goal of the Active Living Leadership Network is to enhance Active Living within the province through coordination and collaboration across sectors. The Network approach is facilitating the opportunity for all Active Living resources, communication and services to be connected, supported and leveraged to their utmost ability. The Active Living Leadership Network (ALLN) Team offered two virtual meetings, and an annual in-person event.

ALLN Virtual Meetings

The first was held June 17, 2025.

- 17 individuals attended from 10 organizations
- Presentation by Bettina Ford – CSCNL on Volunteer Tips.
- During the Roundtable the group discussed volunteering; how to attract them.

The second was scheduled in March and unfortunately had to be postponed with new date for April.

- Presenters will include a community member and a provincial organization:
- Grant White, Recreation Director in the Town of Twillingate presenting – Twillingate Recreation: Supporting Wellness Across the Ages.
- Mary Lynn Pender, Director with NL Lung-Smokers’ Helpline presenting – Supporting Healthier Communities: NL Smokers’ Helpline Programs to Assist People in Quitting Smoking Tobacco and Vaping

ALL IN! Event

The event was held September 18 and 19, 2025, hosted by the Town of Conception Bay South at the Manuels River Community Centre.

- 73 individuals from 44 organizations registered
- Evaluation of the event reported the event to be successful, and participants were pleased.

Testimonials from the evaluation:

- “I enjoyed the conference and made meaningful connections with other participants.”
- “The speakers and activities were excellent.”
- “Great Networking Opportunity!”



PROFESSIONAL DEVELOPMENT

Within the last year Recreation NL has formed two new Professional Development Committees to assist with providing the most current, leading and suitable learning opportunities for members. The Practitioner Professional Development Committee consists of Scott Martin – chair, Shannon Francis and Crystal Barron. The Volunteer/Small Towns Professional Committee consists of Lisa Davis-Ryland – chair, Grant White and Suzette Doyle.

Webinars

Recreation NL strives to provide its members with sufficient learning opportunities through regular webinar opportunities. Whenever possible these webinars are recorded and posted to The Rec Zone for members to view at their convenience, whether they can't make the date/time of the live offering, to rewatch and refer back to and/or share with co-workers/staff.

Highlighting 2 webinar offerings:

1. To assist our members with keeping up with new technology tools, Rec NL offered an “AI Tools to Streamline Recreation Administration and Reduce Burnout” webinar in May 2025.
2. In October 2025 we partnered with Community Sector Council NL (CSC NL) to offer the “Well-Being Communities Program” webinar. This program is a unique opportunity from CSC NL to exploring how well-being goes beyond healthcare to include equity, income, education, social connection, and more.

Volunteer/Small Towns Wednesday Webinar Series

The first Volunteer/Small Towns Webinar Series took place in January over 3 weeks/ Wednesdays. 22 individuals registered from 20 organizations registered for the series.

The topics included in this year's series were as follows:

- Marketing Events – presented by DC Design
- Volunteer Burn Out – presented by Community Sector Council NL
- Insurance 101 – presented by Cal LeGrow
- Community Sharing – presented by Recreation NL

The Volunteer/Small Towns PD Committee is currently planning to a series again for next year.



PROFESSIONAL DEVELOPMENT

Aquatic Leaders Symposium

Recreation NL's Aquatic Committee held its first event in several years. We sincerely thank the City of Corner Brook for hosting. The event was well attended by 13 individuals from 9 organizations. It offered a variety of topics including information on the Public Pool Regulations Proposed Changes and Sector Implications, Staffing: Recruitment, Onboarding and Retention, Aquatic Safety Plans, Leadership, Incident Management, and Lifeguard In-Service.

This is the re-start of leadership opportunities for the aquatic sector. Rec NL is planning to incorporate more opportunities into upcoming events and have regular aquatic symposiums in the future.

Rec NL On Demand

To help reduce the time and cost associated with travel for professional development, Recreation NL is committed to making learning opportunities more accessible and convenient for its members. In September, we launched Rec NL On Demand! This new webpage allows members direct access to virtual professional development.

Rec NL created trainings and Webinar recordings are available on-demand for all members to take at their availability.

Rec NL On-Demand also features access to on-demand arena training provided by Global Venue institute at a reduced cost to Rec NL Members.

Rec NL has created 5 virtual trainings, designed with our volunteer/small towns members in mind, these trainings include:

- Creating Change Through Community Development
- Maximum Capacity
- Grant Proposal Writing
- Programming for Success
- Planning for Reaching Your Goals

Rec NL has created 4 on-demand/virtual-live training courses:



The first Facility Management virtual live session took place in February. 4 individuals from 4 organizations took part in the session with facilitator, Blair Delaney.



Recreation Newfoundland and Labrador is committed to encouraging the residents of Newfoundland and Labrador to access available recreation programs, facilities and healthy living supports in pursuit of a healthier and more active population



RecreationNL

Wellness Supporters

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For more information and upcoming session offerings please visit:

  recreationnl.com

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The programs of Recreation Newfoundland and Labrador are financially supported by the Government of Newfoundland and Labrador