

Recreation Activity Guide - Program / Activity Posting

Thank you for posting on our Recreation Activity Guide wall. It is our intent to create one location in Silverton that will have current recreational opportunities that are available to the community. It is the goal to connect instructors who are offering program/activities, to participants who are looking for a variety of ways to recreate or stay healthy. These activities should promote the benefits of living a life that is mentally, physically and emotionally healthy. The Silverton Pool has on its front, a glass wall to mount a sheet of paper that is 8,5" x 5,5". Each program will be categorized into one of five different program groups. Those groups are Arts, (Senior and Youth) Center Life, Outdoor Recreation, Athletics, Wellness & Enrichment. It is the hope that by grouping the programs, they will be easier for participants to find interested activities. Each program or activity will be invited to complete a standard Activity Guide Form. This form will consist of two parts. The top portion will be mounted to the glass wall of the pool facing out. The bottom portion will be retained by YMCA of Marion and Polk Counties.

The top portion to be mounted to the glass wall will include:

Program group: Arts, Center Life, Outdoor Recreation, Athletics, Wellness & Enrichment

Program name:

Duration of program; Ages program is appropriate for; Instructor Name;

Description: To include equipment situation, Meeting location, cost per participant

Meeting Days; Meeting dates; Meeting times

The bottom portion to be retained by the YMCA staff will include:

Program group: Arts, Center Life, Outdoor Recreation, Athletics, Wellness & Enrichment

Program name; Instructor Name; Instructor phone and email

Instructor is from: company, agency, non-profit, group, club, league, etc.

Within the program groups, we anticipate some of the following activities:

Silverton Arts Association

Preschool, Workshops, Camps, Craft, quilting and photography workshops

Silverton Senior Center

Arts, Outdoor recreation, Athletics, wellness and enrichment with other seniors

Silverton Youth Center (planning stages)

Arts, Outdoor recreation, Athletics, wellness and enrichment with other youth

Outdoor Recreation

Biking, Camps, Hiking, Snowshoe, Paddle sports, Cycling

Athletics

Softball, Corn hole, Volleyball, Soccer, Football, Flag Football, Track & Field, Disc golf

Wellness & Enrichment

Yoga, Pickle ball, Martial Arts, eSports, Theatre, Music

Please read the following information on how to complete this form. Only print page 3.

Pick the program group you think best fits. Program groups left blank will be assigned a group.

Tell us the name of your program. How long are you planning on the program lasting? 8

weeks? On going? What ages will receive the greatest value from the program? Who is the

Point Of Contact for a program if questions arise. Give a brief description of the program. To

include equipment situation, meeting location, cost per participant. What day of the week?

Beginning date and ending date. Start and end times. Please see the examples below.

We are looking for recreation programs instructors that would be willing to have your

participants fill out an evaluation at the end of the program. This evaluation will be shared with

the instructor only. Coaching will be available to instructors who request.

Program group: Wellness & Enrichment

Program name: **Yoga Gentle Stretch *Example***

Duration of program; Ages program is appropriate for; Instructor Name;
8 weeks **16+** **Anjali Mudra**

Description: Gentle stretch yoga is for those living with aches and pains or starting to exercise after taking a long break. The accommodating approach this class offers is idled down from a Basic Yoga class. Please bring a mat if you own one. I do have a few to loan that are #COVID clean. New Flour Park, \$85

Meeting Days; Meeting dates; Meeting times
Saturday **9/18-11/6** **9-10am**

Program group: Outdoor Recreation

Program name: **Silverton's Radical Road Cyclist *Example***

Duration of program; Ages program is appropriate for; Instructor Name;
Ongoing Club **16+** **Cesar Legstrong**

Description: Silverton Road Cycles is a group of people who like to ride the road. We create groups based on your riding speed. Take one of our routes to time yourself. Most rides are around 20 miles. Join our FB. Bring Your Own Gear (BYOG) . Silverton Middle School, Free

Meeting Days; Meeting dates; Meeting times
Saturday **Rain or Shine** **7am & 7pm**

Program group: Arts

Program name: **School 2 Sewing (S2S) *Example***

Duration of program; Ages program is appropriate for; Instructor Name;
4 weeks **8-17yrs.** **Isaac M. Singer**

Description: S2S is an ongoing program designed to teach all basics of sewing. Students projects match their own personal interest and skill. Students can bring their own machine or use a studio machines. Materials for the first project are provided. Make-up classes on case by case. NO EXPERIENCE NEEDED. Class is held at Row by Row Sewing, 412 N. Water St., (503) 555-5555 \$125

Meeting Days; Meeting dates; Meeting times
Tuesday OR **10/5-10/27** **4-6pm**
Wednesday

Program group:

Program name:

Duration of program: Ages appropriate: Instructor Name:

Description:

Meeting Days: Meeting dates: Meeting times:

Recreation Activity Guide Participation Notification

Program group:

Program name:

Instructor Name: Instructor phone: Instructor email:

Instructor is from:

Thank you for your willingness to participate in the Recreation Activity Guide. The YMCA of Marion and Polk Counties and the City of Silverton are committed to communicating the recreation that is available to the community. We want to thank you for providing the recreation activity that makes our community so special. And please keep in mind that instructors and parents/ guardians of minor instructors must recognize that there is an inherent risk of injury when choosing to lead a program. You are solely responsible for determining if you or your minor child/ ward are physically fit and/or adequately skilled to perform the instructional activities required by the program.

I, the below signed, recognize and acknowledge that there are certain risks of physical injury to instructors providing and/or engaging in instruction of program activities, and I voluntarily agree to assume the full risk of and all injuries, death, damages, or loss, regardless of severity, that my minor child/ward and/or I may sustain as a result of said program activities. I further agree to waive and release all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of or related to the instruction of program activities advertised in the Silverton Activity Guide, against the YMCA of Marion and Polk Counties and the City of Silverton, its officials, officers, employees, agents, volunteers and/or other instructors collectively or individually.

This program will comply with the Americans with Disabilities Act.

This program will not exclude a participant based on race, color, religion, national origin, sex, physical or mental disability or age.

Instructor's (handwritten) signature: _____

Parents/guardians of minor instructor signature: _____