

TRANSFORMATIVE RECREATION (T-REC)

Our Transformative Recreation model guides every program we deliver. Through creating an environment of high engagement among kids and a clear skill-building focus, Christie Lake Kids' programs help develop long-term resiliency.

HIGH ENGAGEMENT



SKILL BUILDING FOCUS



PHYSICAL SKILLS

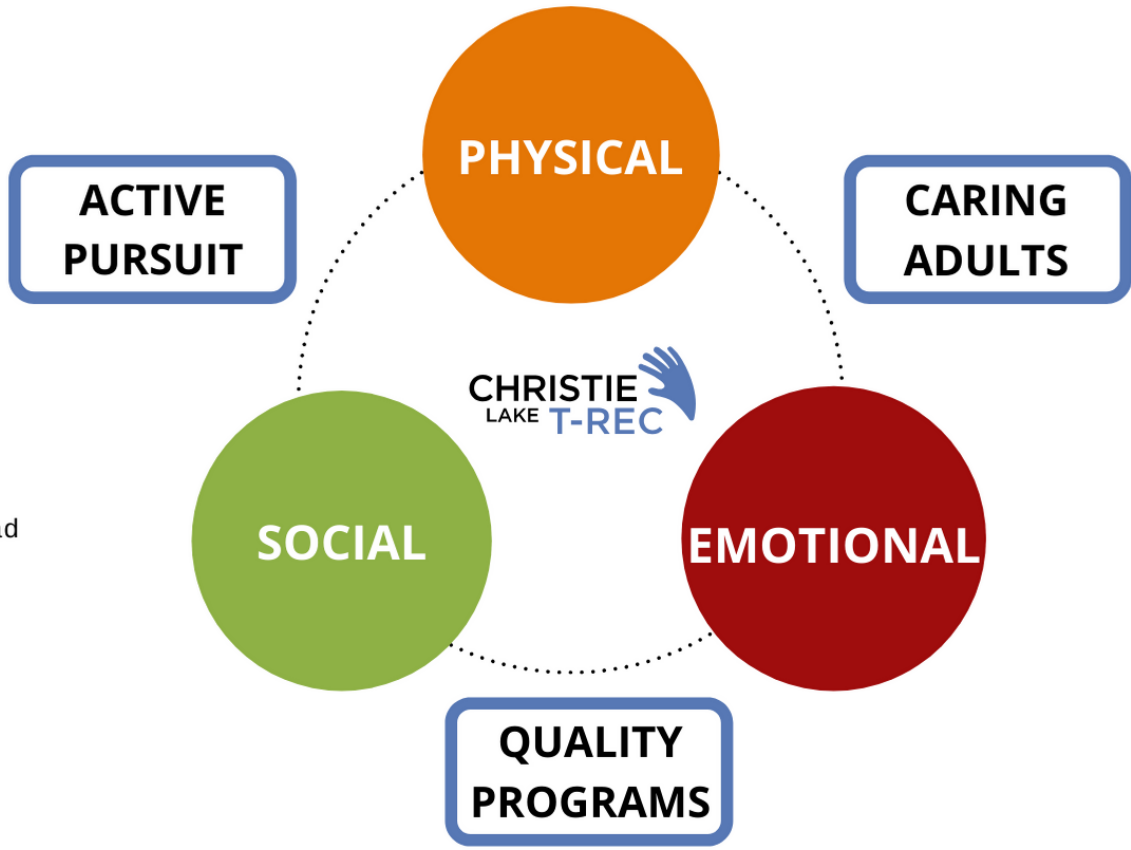
Development of basic motor skills and creating confidence and engagement in sports to lay the foundations for a healthy active life.

SOCIAL SKILLS

Strengthening social abilities such as empathy while encouraging resolution of conflicts through words instead of aggression.

EMOTIONAL SKILLS

Personal identity and values formed around positive self-esteem and self-efficacy. Ability to identify and regulate emotions.



ACTIVE PURSUIT

Remove barriers to participation for low-income families. All programs are fully subsidized, transportation and equipment are provided, and staff contact each family before programs to support attendance.

CARING ADULTS

Surround young people with compassionate, dedicated and highly trained adults who can support the behavioural needs of each child in programs.

QUALITY PROGRAMS

Deliver programs that are safe, intentionally structured, fun, engaging and focused on key skill-building components..