

Recreation Program and Evaluation Plan Template

Table 1: Introduction, Constraints and Program Name (Steps 1-3)

Introduction Provide a short introduction to the recreation program and evaluation plan.	The recreational program that will be outlined in this evaluation plan is The Boys & Girls Athletic Club. This recreational program can be explained as a weekly "gym class" for individuals of all ages to enjoy recreation and leisure activities. However, the initial launch of the BGAC will be tailored to older individuals looking for consistent and enjoyable recreational activities (Ages 21 – 60). The members of the BGAC will be joining a program that offers physical activity, team orientated sports, engagement with other like-minded individuals and a public space to develop new interests/hobbies. We will evaluate if the program has been successful by developing short- and long-term questions. The questions will be answered to evaluate possible program outcomes, the effect of constraints to participating individuals and if the recreational plan was successful. I look forward to introducing the idea.
Program Name	The Boys & Girls Athletic Club (BGAC)

Table 2: Visual Planning Model (Step 4)

Constraints to recreation participation: Identify two constraints that are applicable to your target population and their specific context.	Program Inputs: What we invest (what material is needed to offer the program in relation to the respective constraint)	Program Outputs: Program participants & stakeholders we reach for respective constraint	Program Outputs: Activities we do in relation to the respective constraint	Program Outcomes: Short-term results in relation to the respective constraint	Program Outcomes: Long-term results in relation to the respective constraint	Recreation program goal: Overall program objective for target audience
1. Structural Constraint: Lack of time or leisure related resources (Individuals in the target audience that are older, have less free time and have no access to recreational resources).	<ul style="list-style-type: none"> -We provide program resources such as balls (for multiple sports), rackets, gloves, nets and renting facilities. -Rent out gyms, pools for one-hour sessions, once a week. -Offer recreational programs at convenient times to members. -Offer different program rates based on how involved you want to be. Cheap and carry payment structure. 	<ul style="list-style-type: none"> -Adult Participants aged 21-60 (You will be sorted into age groups of 15 years. There will be some group outings). -Instructors to run and facilitate the different age groups and programs. 	<ul style="list-style-type: none"> -Instructors will teach basic skills for common sports in a positive setting. -Use all recreational resources purchased to run casual games. -Rent out a pool once a month for our members to relax and enjoy. -Run casual games for individuals to work on skills and participate in team sports. 	<ol style="list-style-type: none"> 1. Individuals to become used to our program, our instructors and the types of activities we will run. 2. Listen to participants to determine the best day-time that would provide the best opportunity to participate. 3. Purchase recreational resources that our members have expressed interest in using. 	<ol style="list-style-type: none"> 1. Individuals are enjoying the program. They are developing new skills, friendships with other members and instructors. 2. Individuals have added our program into their weekly schedule based on time management and our convenient time slots. 3. We have acquired all recreational resources, finding new ways to offer enjoyable physical activity and social events to our members. 	The Boys & Girls Athletic Club (BGAC) teaches adults to enjoy a range of physical activity and casual sports. The BGAC program offers 1-hour sessions, once a week, at convenient times to its members.
2. Intra-Personal	-Offer programs that	- Same target audience	- Offer several	1. Increase the self-	1. Seeing the progress of	

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