

Youth in HRM

Youth in HRM

Bradley William Martin, Halifax

How are you involved with HRM Recreation?

I am involved in HRM as a staff member of the George Dixon Centre.

How did you start with HRM recreation?

I started with HRM when I was a child and attended the programs at the George Dixon Centre. As I got older, I became a Junior Leader and Youth Leader

What are some of the benefits of being a youth leader? Or being involved with a youth group?

Some of the benefits of being a youth leader is that I get to give back to my community. I love teaching the kids to set goals in life and that being involved in their community is a way of giving back.

What have been some of your favourite experiences?

My favourite experiences are just being at work everyday and seeing the kids look so excited and having fun.

Why should physical activity be important in your life?

Physical activity should be important in your life because it allows you to stay active. Playing sports and being active helps you feel better.

Any words of advice to other youth to get them involved in recreation...

My advice is that it's a great experience and it teaches you things that could be extremely useful in the future. Being involved is great, especially if you enjoy it.



Youth in HRM

Youth in HRM

Janica Arsenault, Tantallon area

How are you involved in HRM recreation?

I'm a Children's Day Camp leader during the summer months and throughout the winter I have the privilege of teaching a soccer program for preschoolers, as well as running an active program for young girls in our community.

How did you start with HRM recreation?

I originally started out as a camper during the summer when I was young. Gradually, I began working as a Youth Volunteer and then for the past two summers I have been working as a Camp Leader!

What are some of the benefits of being a youth leader? Or being involved in a youth group?

There are many benefits of being a youth leader. It's an awesome experience to go to work each day and put a smile on the children's faces, and to make sure that they are having a blast! It's also extremely rewarding because I'm learning so much from them as I'm trying to help them learn and grow.

What have been some of your favorite experiences?

The most memorable experience I have ever had in my life happened because I'm a member of HRM youth. I was recently chosen, along with many of my other peers, to run with the 2010 Olympic Torch in the relay!

Why should physical activity be important in your life?

Physical activity should be important to everyone because not only does it make you healthier, but it also makes you happier. You constantly get to meet new people and learn exciting new things.

Any words of advice to other youth to get them involved in recreation ...

Being involved in recreation is a very rewarding experience for anyone because they constantly get to learn new things, meet new people, always feel welcome and of course, have a lot of fun!



Youth in HRM

Zipora Hunter, Halifax

How are you involved in HRM recreation?

I am a summer day camp leader at the Chocolate Lake Recreation Centre, and I am also involved in the preschool programs at both the Chocolate Lake and Northcliffe Centres as well.

How did you start with HRM recreation?

A friend of mine convinced me to participate in a March Break Camp and I loved it so much that I've been working for HRM ever since.

What are some of the benefits of being a youth leader? Or being involved in a youth group?

There is a long list of benefits of being a youth leader, but it all comes down to putting a smile on a child's face and knowing that you had a part in that. You are also giving them skills they will carry with them for years.

What have been some of your favourite experiences?

My first summer working at Chocolate Lake was my favourite experience. I made many great friends with both the leaders and the campers, and had one of the best summers of my life.

Why should physical activity be important in your life?

Physical activity should be important in everyone's life for so many reasons. The benefits of physical activity affect not only your health but many other aspects of your life, such as happiness and overall well being.

Any words of advice to other youth to get them involved in recreation

...

Don't be afraid to be yourself!
Recreation gives you opportunities to grow as a person and gain many experiences along the way.



Youth in HRM

Youth in HRM

Andrew & Kathleen Watson, Cole Harbour Area

How are you involved in HRM Rec?

We are Program Leaders for HRM recreation. We teach children's programs five nights a week. Including soccer, basketball, ballet, cooking, karate, tumblebugs, and Broadway kids.

How did you start with HRM?

In the summer after grade seven we enrolled to become Junior Leaders. Later, we were asked to be volunteers in the fall/winter/spring programs. We did this for two years. After our second year of being program volunteers we, applied and were hired as summer day camp leaders.

What are the benefits of being a Youth Leader?

There are many benefits that come from being a youth leader. We spent two years as youth volunteer leaders before becoming staff. This gave us the experience we needed to work with kids and it was a great introduction into the role of a program leader. The experiences are great not only with the kids, but with the other Youth Leaders as well.

Does being a twin ever come into play?

Yes! We work together in two programs, and it is very easy for us to communicate and back each other up. We know how to be honest with each other, and it helps when planning and running the camps and programs. We have teamwork skills from working together our whole lives, so it is easy to work with other staff.

Any words of advice for other youth?

Take on the great opportunity to become a Youth Leader, especially if you want to become a teacher or work with kids. It looks great on applications and resumes, and is also a great way to have fun and make a ton of new friends. It is rewarding, and you actually look forward to going to work every day.



Youth in HRM

Brianna Stevens, Gaetz Brook

How are you involved in HRM recreation?

I am a Lifeguard at Pleasant Drive Beach in the summer and I also work at the Nova Scotia Hospital during the winter.

How did you start with HRM recreation?

I wanted to become a lifeguard, so I took the necessary courses and signed up!

What are some of the benefits of being a youth leader? Or being involved in a youth group?

All the people I have the chance to interact with! Everyone from the children I teach, to their parents and their friends are great! I am there to teach the children and I'm the one that ends up being taught. I constantly get to learn.

What have been some of your favourite experiences?

I love seeing the kids accomplish something they didn't think they could do. Whether it's putting their head in the water or jumping off the dock for the first time. I love seeing them happy and the feeling of knowing that I helped them to accomplish those things.

Why should physical activity be important in your life?

It keeps us healthy, not just physically but mentally.

Any words of advice to other youth to get them involved in recreation ...

It might seem a little bit scary in the beginning, but it is so worth it. Everyone I have encountered is so friendly and willing to help one another. It's like having another family.



Youth in HRM

Youth in HRM

Nicole Deveau, Fall River

How are you involved with HRM Recreation?

I am a proud member of the District 2 Youth Action Team (D2Y). We're a group by youth, for youth, who puts on amazing events in the community such as Winterfest, Hot Chocolate House, Bike Jam, and Skate Jam.

How did you start with HRM recreation?

About three years ago, I was required by my leadership group to attend the WOAHI! event in Bedford. I had so much fun that the moment I heard we were forming our own youth action team within our community, I jumped at the chance to be involved.

What are some of the benefits of being a youth leader? or being involved with a youth group?

While I am not the most socially adept person, there's something about a group of people working towards a common goal, that forms strong bonds and friendships with one another. I consider this to be the greatest benefit of all.

Why should physical activity be important in your life?

Physical activity is necessary. During exam times when greater focus is needed for studying, I find myself running about three to four times a day.

Any words of advice to other youth to get them involved in recreation...

One big hurdle for those trying to get involved in programs like this is that they don't want to go alone.

Don't stress about it. You'll meet other altruistic like persons who are in exactly the same situation and you'll be having a blast in no time at all.



Youth in HRM

Andrew Webber, Dartmouth

How are you involved in HRM Recreation?

I'm involved as a program leader of soccer, gymnastics and youth night throughout the Fall, Winter and Spring. I also work at different community events throughout the year, and I work as a day camp leader over the summer.

How did you start with HRM Recreation?

I started as a youth leader within the summer camps in 2004 and continued with this until I became a fulltime leader in 2006. I started working with HRM because as a child, I was attending the summer camps every year and enjoyed it so much that I wanted to stay involved and provide other children with the amazing times that I had.

What are some of the benefits of being a youth leader? Or being involved in youth group?

Working with youth provides many benefits, such as being able to provide a fun, welcoming environment for youth to come and enjoy themselves. I know that when I was younger, there weren't many places for me to go, so I know that providing the facilities and opportunity for youth to come relax, play sports or just hang out with friends is extremely valuable within the community.

What have been some of your favourite experiences?

It's almost impossible to pick one favorite moment from my time with HRM Recreation, but just talking and joking with the youth or children is always a lot of fun. There are also so many great memories from playing games like dodgeball and capture the flag in the summer; those two games were always amazing.

Why should physical activity be important in your life?

Physical activity should be important in your life because it is a crucial part in living a healthy lifestyle. Being healthy is very important to me personally. I find that physical activity helps me to relax and I know that it's helping me to be as healthy as possible. Your health has a large influence on how you feel on a daily basis. Being healthy can lead to feeling good about yourself and even help you with the tasks you are focusing on throughout the day.

