

### Definition/Description:

The term recreational facility is a very broad one and therefore is difficult to define. It holds a different meaning for each individual, especially in a region of such diverse social and economic status.

The Canadian Oxford Dictionary defines recreational as "*pertaining to the process or means of entertaining oneself, an activity or pastime pursued for the pleasure or interest it gives.*" Using this definition as a guideline, recreational facilities include a wide range of indoor and outdoor venues where physical and social activities occur that encourage both active living and emotional enjoyment. These relate to such areas as fitness, sports, social interactions, education, culture and arts.

Exposure to recreation and recreational facilities contributes positively to personal health, economic, social and spiritual needs and healthy child development. Research suggests that an individual's mental health benefits from exercise and physical activity as it reduces depression and anxiety, and promotes self-esteem. As a result, the quality of life, health and well-being of the population, their communities and their environment are enhanced.

### Method

Information was obtained by reviewing various reference materials from the City of Winnipeg, Sherlock's Map of Winnipeg, Destination Winnipeg, and the MTS White Pages.

### Source:

Sources of the information for this section:

- Sherlock's Map of Winnipeg 2003 listing of Recreational Facilities.
- Winnipeg Leisure Guide listing of programs and services, published bi-annually.
- Destination Winnipeg web site ([www.tourism.winnipeg.mb.ca](http://www.tourism.winnipeg.mb.ca)) for sites and activities.
- City of Winnipeg web site ([www.winnipeg.ca](http://www.winnipeg.ca)) for activities and locations.

### Findings:

Multi-purpose recreational sites have a strong presence in the Winnipeg Health Region. This is evident by the numerous community, leisure and fitness centres, sports venues, athletic fields, pools, golf courses, parks, museums and shops distributed throughout the region and offering a wide variety of active living and quality of life programs and services for all ages. These range from low-level activities such as reading and social conversation to more physical, high-level activities as running and work-outs.

Access to certain recreational facilities and activities frequently involve a fee to enter or participate which may be difficult for populations with limited financial resources. Some program and service providers have recognized this as a limitation and have adopted policies to consider written requests from those with limited finances for reduced registration fees. There are also some recreational programs and services that are available at no cost, however these are often utilized to full capacity and access may be difficult or limited.

Efforts are also made to accommodate individuals with special needs or disabilities. Existing recreational programs and services are often adapted to meet these special needs. Staff support and assistance is also made available to individuals, to ensure a safe and positive experience and encourage socializing.