

Programs

SPRING BREAK DAY CAMPS FOR PRESCHOOL AGE

There's no better way to spend your spring break than with us! Come and join us for sports, games, and creativity. Open for daily registration. \$16 per day.

Week 1	22954	March 12	Week 2	22959	March 19
9am to 11am	22955	March 13	9am to 11am	22960	March 20
	22956	March 14		22961	March 21
	22957	March 15		22962	March 22
	22958	March 16		22963	March 23

SPRING BREAK DAY CAMPS FOR SCHOOL AGE

There's no better way to spend your holiday than with us! Come and join us for a day packed full of sports, games, creativity, swimming and skating. Due to pool restrictions, children 6yrs and under may not be able to swim depending on instructor to camper ratio; an alternate activity will be planned. Children who are registered in Kindergarten may attend. Open for daily registration. \$42 per day.

Week 1	22964	March 12	Week 2	22969	March 19
8:45am to 4pm	22965	March 13	8:45am to 4pm	22970	March 20
	22966	March 14		22971	March 21
	22967	March 15		22972	March 22
	22968	March 16		22973	March 23

TENNIS LESSONS

Learn the basic skills needed to rally the ball and play a game. Beginners will focus on introduction to basic strokes, lead up games, fun and fitness. Intermediates will focus on stroke development, court strategies, game play, scoring, fun and fitness. No experience necessary for the programs. Children will be divided into groups based on age and ability within each level.

Tuesday	June 5 - 26
22867	Beginner 4:00-5:00pm
22868	Intermediate 5:00-6:00pm

HOCKEY SHINNY

A fun and exciting 1.5 hour hockey shinny for children born 2006 for March 19, 20, 21 and 23. For all levels of ability, beginners and new players welcome. Teams to be drawn out based on skill level so please register early. Half ice, non-contact pond hockey, full minor hockey gear required. Goalies will not be needed as we will use shooter tutors or parents instead.

22974 \$40 Mon, Tues, Wed, Friday

YOUTH MOUNTAIN BIKE

On bike skill building on the dump trail network in Squamish plus single track with cornering and obstacles, this is a professional program filled with fun and exciting times.

Brackendale Elementary

9-12y

Thursday	Apr 12-May 3	\$58 (4 sessions)
23009	3:30-5:30pm	

MOUNTAIN BIKE WOMEN'S ONLY PROGRAM

Women's only bike program, an introduction to mountain biking is Squamish working on a foundation up of skills ensuring safety and confidence comes on each ride. Exciting, no pressure coaching with many laughs! Given the weather conditions, auditorium and mats will be used on some occasions. www.markbunyan.ca.

Tuesday	May 8-May 29	\$160 (4 sessions)
23008	5:00-7:00pm	

SPRING BREAK BLAST 5 DAY CAMPS

School age

Come and join us for a day packed full of sports, games and creativity swimming and skating. 5 year olds who are currently in Kindergarten may register for the full 5 day camp. Due to pool restrictions, children 6yrs and under may not be able to swim depending on instructor to camper ratio; an alternative activity will be planned.

22138	March 12 - 16	\$160	8:45am - 4:00pm
22139	March 19 - 23	\$160	8:45am - 4:00pm

SPRING BREAK BLAST 5 DAY CAMPS

Preschool age

There's no better way to spend your spring break than with us! Come and join us for sports, games and creativity! Register for all 5 days

23018	March 12 - 16	\$55	9:00am - 11:00am
23019	March 19 - 23	\$55	9:00am - 11:00am

ADULT MOUNTAIN BIKING PROGRAMS

Intermediate to Advance adult bike program, learning key skills in mountain biking such as descending cornering, steep sections, rocks and roots. This program is designed to have fun while learning and building more confidence and ensuring a safer riding. www.markbunyan.ca.

Wednesday	May 9-May 30	\$160 (4 sessions)
23007	5:00-7:00pm	

MOUNTAIN BIKE CHILDREN'S PROGRAM

This introductory program will improve bike skills on trails in and around the Squamish trail network. Fun and excitement for both genders for children 6-8 years of age. Hand brake bikes are required. www.markbunyan.ca.

6-8y		
Wednesday	Apr 11-May 2	\$58 (4 sessions)
23010	3:30-5:30pm	

OFFICE NEWS AT BRENNAN PARK RECREATION CENTRE

1009 Centennial Way | 604.898.3604

BRENNAN PARK OFFICE HOURS

Saturday	9am - 8pm
Sunday	9am - 9pm
Monday	8am - 10pm
Tuesday	8am - 10pm
Wednesday	8am - 10pm
Thursday	8am - 10pm
Friday	8am - 9:30pm

*Pool opens at 6am

SKATE SHOP HOURS:

Huddy's skate shop rental shop will be open for rentals on all Public Skate times and Parent and Child Skate.

ARENA CONCESSION

The Arena Concession will be open for our public skates.

SQUAMISH SENIORS' CENTRE

1201 Village Green Way | 604.848.6898

REGULAR OPERATING HOURS:

Mon - Fri	9am - 1pm & 2pm - 4pm
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2012 SPRING BREAK GUIDE

RECREATION SERVICES



squamish.ca



Aquatics Schedule

Friday, March 9 to Sunday, March 25 (Subject to Change)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9	10
SPRING BREAK LESSONS 10am - noon 5 day sets = March 12-16 or March 19-23				Public Swim 1-9pm	9am-1pm Family Swim & Lessons 1-8pm Public Swim	
11/18	12/19	13/20	14/21	15/22	16/23	17/24
10:30-1:00pm Family Swim 1:00-8:00pm Public Swim 8:00-9:00pm Adults Only	6am-9am 9am-1pm 1pm-9pm 9pm-10pm	Lane Swim, Family Swim & Lessons Public Swim Adults Only (Monday - Thursday) AquaFit, Hydrotherapy, Gentlefit, Senior Swim, Pirates & Titans will resume March 26.			9am-1pm Family Swim 1-8pm Public Swim	
25	March 26 - Spring 2012 schedule begins					
10:30-1:00pm Family Swim 1:00-8:00pm Public Swim 8:00-9:00pm Adults Only	Parent Supervision Children 6 and under must be within arm's reach of a responsible adult (16 or older) while in the water. Maximum 3 children per adult.					

Splash 'n Play

Our popular class for 2 year olds who are ready to try independent play, games and water exploration. This program helps toddlers learn to be in the pool without Mom and Dad (if your child is shy or timid you need to be prepared to participate in the water the first day or two).

Sea Turtle/Sea Otter

Preschooler's first opportunity to independently enter the water with an instructor. Sea Turtle focuses on submersion, breath control and shallow water movement. Front & back floats and glides are assisted skills. Sea Otter focuses on developing unassisted front glides and introduces front swim of 1 metre.

Salamander/Sunfish

Preschooler's first exposure to deep water to develop front and back skills. Also introduced to rollover and side glides. Salamanders focus on glide with kick on front & back each for 2m and an unassisted distance swim of 2m. Sunfish do an unassisted distance swim of 5m. Their deep water skills include slip-in entry and treading water for 5 seconds.

Crocodile/Whale

Preschooler's most advanced combination of levels. Crocodiles practice front & back glides and swims from 5-7m with a distance swim of 10m. Whales do front & back glides and swims up to 10m with a distance swim of 15m. Regardless of age, when Preschoolers have completed Whale, the instructor will recommend a Swim Kids level.

Swim Kids 1

Children's first opportunity to swim independently with an instructor. Focus is on shallow water orientation with the development of unassisted front & back floats and glides. Students must do unassisted floats for 3 seconds, unassisted glides for 5m and an unassisted 3m swim.

Swim Kids 2

Children must be confident own shallow water for this level. Back (5m) and front (10m) glides with flutter kick are practiced. Assisted side glides are introduced and the front swim is performed for 5m. The distance swim is 10m.

Swim Kids 3 & 4

Children's confidence is developed in deep water for all skills. SK 3 covers front glide with kick and distance swim both for 15m. Front swim progresses into Front Crawl with out of water arm recovery and rolling to the side to breathe. SK 4 has additional evaluation criteria for Front Crawl and the distance swim is now 25m (one length of the pool).

Swim Kids 5 & 6

Children build on their Front Crawl criteria and learn Back Crawl with over water arm recovery. SK 5 do proper stroke criteria for Front and Back Crawl for 15m with a distance swim of 50m (2 lengths of the pool). Whip kick is introduced. SK 6 do proper criteria for Front and Back Crawl for 25m with a distance swim of 75m (3 lengths). Elementary Backstroke is introduced.

Monday - Friday March 12 - March 16		Monday - Friday March 19 - March 23	
Time	Barcode	Time	Barcode
Splash 'n Play			
10:00am	22006	10:00am	22920
Sea Turtle/Sea Otter			
10:00am	22002	10:00am	22918
11:30am	22002	11:30am	22919
Salamander/Sunfish			
10:30am	22012	10:30am	22921
Crocodile/Whale			
11:00am	22013	11:00am	22923
Swim Kids 1			
11:30am	22013		22929
Swim Kids 2			
11:00am	22014	11:00am	22927
Swim Kids 3 & 4			
10:00am	22004	10:00am	22924
11:30am	22005	11:30am	22925
Swim Kids 5 & 6			
10:30am	22011	10:30am	22926
Swim Kids 7 to 10			
10:30am	22015	10:30am	22928

Swim Kids 7 to 10

All stroke basics for short distances have been mastered. Students in levels 7 to 10 work on power refinements to their strokes and on building their endurance for being able to maintain proper stroke technique over longer and longer distances - SK 7 = 150m (6 lengths), SK 10 = 500m (20 lengths). First aid and rescue skills are introduced and practiced for all 4 levels.

Arena Schedule

Regular admission prices apply for all dates

	Mon. Mar 12	Tues. Mar 13	Wed. Mar 14	Thurs. Mar 15	Fri. Mar 16	Sat. Mar 17	Sun. Mar 18
Parent & Child Hockey	9-9:45am	9-9:45am	9-9:45am	3:45-4:45pm	9-9:45am	10:45-12:00pm	10:15-11:45am
Parent & Child Skate	9:45-11:15am	9:45-11:15am	9:45-11:15am		9:45-11:15am		
Adult Drop in Hockey	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm		11:30-1:00pm		
Adult Skate			3:45-4:45pm	12-1:00pm	3:45-4:45pm	3:45-4:45pm	3:45-4:45pm
Adult Stick & Puck	1:15-2:15pm		1:15-2:15pm	5-6:30pm	1:15-2:15pm	5:00-6:30pm	
Playground on Ice		1:15-2:15pm		1:15-2:15pm			
Family Skate							12:00-1:00pm
Public Skate (PM)			6:30-8:30pm		7:15-8:15pm	12:15-2:15pm	1:15-2:15pm
Teen Skate (PM)					8:30-9:30pm		
Adult Drop in Hockey	7-8:30pm	7-8:30pm	5:00-6:15pm	7-8:30pm		7:00-8:30pm	6:00-7:30pm
Parent & Child Skate	2:30-3:30pm	2:30-3:30pm	2:30-3:30pm	2:30-3:30pm	2:30-3:30pm	2:30-3:30pm	2:30-3:30pm
Parent & Child Hockey					6:00-7:00pm		
	Mon. Mar 19	Tues. Mar 20	Wed. Mar 21	Thurs. Mar 22	Fri. Mar 23	Sat. Mar 24	Sun. Mar 25
Parent & Child Hockey	10:30-11:15am	10:30-11:15am	10:30-11:15am	3:45-4:45pm	10:30-11:15am	10:45-12:00pm	10:15-11:45am
Parent & Child Skate							
Adult Drop in Hockey	11:30-1:00pm	11:30-1:00pm	11:30-1:00pm		11:30-1:00pm		
Adult Skate				12-1:00pm		3:45-4:45pm	3:45-4:45pm
Adult Stick & Puck	1:15-2:15pm		1:15-2:15pm	5-6:30pm	1:15-2:15pm	5:00-6:30pm	
Playground on Ice		1:15-2:15pm		1:15-2:15pm			
Family Skate							12:00-1:00pm
Public Skate			6:30-8:30pm			12:15-2:15pm	1:15-2:15pm
Teen Skate							
Adult Drop in Hockey	7:30-9:00pm	7-8:30pm		7-8:30pm		7:00-8:30pm	6:00-7:30pm
Parent & Child Skate	2:30-3:30pm	2:30-3:30pm	2:30-3:30pm	2:30-3:30pm	2:30-3:30pm	2:30-3:30pm	2:30-3:30pm
3x3 Hockey Shinny	9-10:30am	9-10:30am	9-10:30am		9-10:30am		
Guns and Hoses GAME					7:00-9:00pm		

NEED TO BORROW A HELMET OR RENT SKATES?

Huddy's skate shop rental shop will be opening for rentals on all Public Skate times and Parent and Child Skate.

TEEN NIGHT

Calling all Teens! Bring your friends and come to Brennan Park to Sk8, hang out, play games, and have some food. Skating is from 8:30-9:30pm. Participants must register before March 29th.

22892	\$5	Friday	February 24	6:30 - 9:30pm
22897	\$5	Friday	March 30	6:30 - 9:30pm