

2012 **SPRING
PROGRAM GUIDE**
RECREATION SERVICES



squamish.ca



2012 Spring Guide

contents

general information	3
registration information.....	5
special events	6
parent and tot programs	7
tot time & kinderprep	8
preschool age programs.....	9
school age gymnastics	10
school age programs	11
adult programs.....	12
drop-in sports	13
spring pool schedule	14
spring break pool schedule	15
aquatic programs	15
swim lessons	17
squamish arts council.....	20
seniors' centre information	22
seniors' programs	23

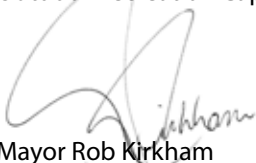
message from the mayor

Recreation Services is going through some new and exciting changes. As you may know the District conducted a Core Service Review for Recreation Services over the summer and the findings were presented to Council this past October. Several recommendations were made and the District is moving forward on many of those recommendations including the hiring of a new Director of Recreation Services.

Tim Hoskin joined the District in January as our new Director of Recreation Services. Tim will be leading Recreation Services into a new period of growth and development to improve and expand recreation services in Squamish.

The Core Service Review is completed, but we still want to hear from the community about recreation services in Squamish. Residents can stop by Brennan Park Recreation Centre and talk with the friendly staff there or I can be reached at Municipal Hall, my door is always open. It is important to continue the dialogue as we continually work to improve recreation programming and activities to meet the needs of our community.

Spring is here! Take advantage of the many programs offered throughout the spring guide and take the time to have fun outdoors. There is no better place to be than in the Outdoor Recreation Capital of Canada.



Mayor Rob Kirkham

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General Information

Brennan Park Recreation Centre

1009 Centennial Way, Squamish, BC

604.898.3604

Office Hours:

Saturday	9:00am - 8:00pm
Sunday	9:00am - 9:00pm
Monday	8:00am - 10:00pm
Tuesday	8:00am - 10:00pm
Wednesday	8:00am - 10:00pm
Thursday	8:00am - 10:00pm
Friday	8:00am - 9:30pm

Office hours are subject to change.

Brennan Park Recreation Centre is open most statutory holidays from 12:30-3:30pm

Keep Your Receipts Children's Fitness Tax Credit

Amount of Tax Credit

The children's fitness tax credit lets parents claim up to \$500 per year for eligible fitness expenses paid for each child who is under 16 years of age at the beginning of the year in which the expenses are paid.

What types of programs?

An eligible fitness expense must be for the cost of registration or membership of an eligible child in a prescribed program of physical activity. Generally, such a program must: be ongoing (either a minimum of eight consecutive weeks long or, for children's camps, five consecutive days long); be supervised; be suitable for children; and include a significant amount of physical activity that contributes to cardio-respiratory endurance, muscular strength, muscular endurance, flexibility, or balance.

Keep your receipts

Keep the receipts issued by the organizations that deliver the programs. Do not include the receipts when you file your income tax return. However, keep receipts for six years in case asked to verify your claim.

More Information

For more information about the Children's Fitness Tax Credit, please visit the Government of Canada website at

www.cra-arc.gc.ca/fitness

Recreation Access Pass Information

The District of Squamish would like to make recreation programs and admissions available and accessible to as many residents as possible.

Any individual or family in need of financial assistance can apply through local service agencies, schools or the health unit for a recreation access pass.

This seasonal pass reduces program fees and admissions for swimming and skating.

Arena/Pool Admissions

Drop-in Rates (including HST)

5 & under	FREE
Child 6-12yrs	\$2.80
Youth 13-18yrs	\$3.20
Adult 19-54yrs	\$4.95
Senior 55 & older	\$3.20
Family*	\$9.90

Economy Passes

	10	20
Child	\$24.98	\$47.76
Youth	\$28.78	\$54.43
Adult	\$44.35	\$83.78
Senior	\$28.78	\$54.43

* includes two parents and up to four children of the same family.

Passes

	3 Month	6 Month	1 Year
Child	\$ 97.65	\$ 169.60	\$ 282.15
Youth	\$ 114.15	\$ 198.15	\$ 329.75
Adult	\$ 176.90	\$ 307.10	\$ 511.10
Senior	\$ 114.15	\$ 198.15	\$ 329.75

Conduct rules apply to everyone.

General Information



Jumpstart
giving kids a sporting chance.

Canadian Tire Jumpstart is a charitable program that helps Squamish kids in financial need participate in organized sports and recreation such as hockey, dance, soccer and swimming. The program covers costs such as registration fees, transportation and equipment. Applications can be picked up at Sea to Sky Community Services and the Howe Sound Women's Centre. **Application deadline for Fall/Winter 2012 is May 2012.**



So ALL Kids Can Play!

KidSport™ is a community-based sport funding program that provides grants for children aged 6 to 18 to participate in a sport season of their choice.



District of Squamish offers a seasonal pass reduction program to an individual or family in need of financial assistance.

To learn more about these programs please contact
Brennan Park Recreation Centre at
604.898.3604

Facility Rentals

Available Facilities:

- Auditorium
- Mezzanine
- Lounges
- Arena
- Pool
- Playing Fields
- Seniors' Centre

When booking a facility within the Brennan Park Recreation Centre, a rental contract must be completed and signed along with payment of the required damage deposit, rental and other applicable charges. A Fees and Charges Manual is available upon request at the Recreation Centre office.

All user groups renting municipal property must have liability insurance co-naming the District of Squamish as an additional insured. It is the responsibility of each user to ensure they have acquired the applicable liability insurance for use of any municipal property.

**For booking information call:
Barb Woodard at 604.898.6884**

Staff Contacts

Customer Service Office 604.898.3604

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Code of Conduct

Brennan Park Recreation Centre would like to ensure everyone visiting this public facility enjoys his or her time, feels safe and is not harassed while doing so. This Code of Conduct is to ensure everyone understands what is safe and appropriate behaviour while visiting this facility.

Appropriate behaviour includes: respect of all individuals, patrons and staff alike; respect of the facility and its equipment; respect of guidelines and rules which are there to keep individuals, facility staff and the public as a whole safe. Disregard of the rules, facility's guidelines and staff will not be tolerated and will result in a suspension of facility use. Please use appropriate behaviour and think before you act or react.

Registration Information

Two easy ways to register

1 in person

You can visit Brennan Park Recreation Centre to register for all programs. We accept Visa, MasterCard, Interac, cheque or cash.

2 online

Go to www.squamishlive.ca to browse and register for programs.

To register, you will need your Visa or MasterCard and a client number and PIN number.

If we have your correct e-mail in our database, you can obtain these numbers by clicking **Forgot My PIN** and inputting that e-mail address when requested.

If we do not have your current e-mail address, we require ID in person to add it to your account.



Credit/Refund Policy

- » Credits/refunds will be issued in full when the Recreation Services Department cancels a program before it starts.
- » Partial credits/refunds will be issued at the discretion of the Program Coordinator to clients who withdraw from programs for medical, compassionate or customer service purposes.
- » Credits will be valid for 12 months (1 year) from the date of issue.
- » No refunds or credits will be issued after the 12 month period.
- » An administrative fee of \$5.00 will be charged for all refunds initiated by the client.

Registration Information

- » Register early for all programs. Programs with low registration may be cancelled before the start date.
- » Please ask to be put on the waitlist if the program you want to register for is full.
- » You may be asked to sign a waiver for programs that are high risk.
- » Please notify staff of any disability, allergy or other medical conditions that we should be aware of before the program start date.

Spring Special Events

Spring Break Camps

Two weeks long this year! March 12-16th and March 19-23

Easter Bunny Skate Sunday

April 8th 12:00-2:20pm

Kids Toys Clothing and Sports Sale

April 14th 9:00-1:00pm

Children's Health Fair

Fri May 11th 9:00am -1:00pm

Squamish Youth Triathlon

May 13th

Grandparents' Day

4-12y

Spend quality time with your grandchild at the Seniors' Centre! Enjoy arts, crafts and playing games with your special one. Supplies included. Pre-registration required.

Multi Purpose Room - Seniors' Centre

Monday Apr 23 \$5 (1 session)

22851 9:30am-12:00pm

Friday May 18 \$5 (1 session)

22852 9:30am-12:00pm

Ice comes out April 30th

Watch for our Spring Flyer detailing Spring Break Camps, Dry Slab (Arena) Programs, and other Special Events!



   <p>Can Skate</p> <p>A learn to skate program for ages 4- 15 years. Begins: January 2, 2012</p> <p>Monday & Wednesday 4:45 – 5:30pm</p> <p>*Canskate Saturday's Only!*</p> <p>This will be run separately! Begins: January 7, 2012 9:40 - 10:20am</p>  <p>A program designed for hockey players to increase strength, conditioning & skating skills-Begins: January 4, 2012</p> <p>Wednesday 5:30-6:15pm</p>	<p>Squamish Skating Club Coaches</p> <p>Kari-Ann Macdonald 25 years coaching NCCP Level 2 Partial 3</p> <p>Jennifer Hull 3 years of coaching and is Partial Level 1 NCCP</p> <p><i>Registration is ongoing providing space is available.</i></p> <p>For more information please contact: Janet Beatty at 604.898.3515 janet.beatty@shaw.ca or Kari-Ann MacDonald at 604.898.4609 krnmac@shaw.ca</p> <p>All it takes is a pair of skates!</p>
 <p>Jr. StarSkate: A transition stage between Canskate & Starskate!</p> <p>For skaters wishing to continue developing skills and enter into the Test & Competitive stream of our sport. “Feel the thrill as Steel and Ice Collide!”</p>	

Parent & Tot Programs

Mini Music Makers

(6mo-2yrs)

Using puppets and instruments, babies and toddlers will experience the delights of movement and song! Join instructor Hilary Wight in this fun introduction to music for your little one! Drop-ins are permitted if space is available. Please see the front desk.

Jr. Lounge

6m-2y

Wednesday Apr 18-Jun 6 \$80 (8 sessions)

22813 10:30-11:15am

Hilary Wight

Parent & Tot Ballet

Parent & Tot Dance programs. This fun-filled class is the perfect place for little dancers to learn to move their bodies in the comfort of their parent's presence. Your child will learn to jump and turn to their favourite music.

Mezzanine

2-3y

Friday Apr 13-Jun 22 \$70 (10 sessions)

22814 1:00-1:30pm

Jessica Kelly

Parent and Tot Gymnastics

1.5y & 2.5y

15 minutes of free time to explore the gym, followed by: circle time, stretching and instructor-directed circuits including bars, beam, vault and mini-trampoline. Parent participation is required. No un-registered siblings permitted on equipment.

Auditorium

Thursday Apr 5-Jun 7 \$72 (9 sessions)

22775 11:45am-12:30pm

2.5's & 3.5's

Thursday Apr 5-Jun 7 \$72 (9 sessions)

22776 10:15-11:00am

22777 11:00-11:45am

Amanda Morris

(No class May 24)

Little Sneakers

1-5y

Join us in our indoor playground! Children and parents will enjoy this social environment with special circle time, songs, and games. Come and ride, slide, balance, and explore while being active and making new friends! Drop-ins admitted for \$7 only if program is not full; please see the front desk. Reduced price for second child in the same family. Program will not run unless minimum registration numbers are met - Please register to avoid disappointment.

Auditorium

Tuesday

Apr 17-Jun 5 \$48 (8 sessions)

22824 9:30-10:30am

22826 10:45-11:45am

Friday

Apr 20-Jun 8 \$36 (6 sessions)

22825 9:30-10:30am

22827 10:45-11:45am

(no class May 11, 25)

Sunday

Apr 15-Jun 10 \$42 (7 sessions)

22822 9:30-10:30am

22823 10:45-11:45am

(no class May 13, June 3)

Parent and Tot Soccer

2-3y

Soccer fun for parent and tots! This introduction to soccer will give 2-3 year olds a chance to learn basic soccer skills while having fun with Mom or Dad and making new friends!

Wednesday

April 25-June 13 \$56 (8 sessions)

22888 10:00-11:00am

Kids' Toys, Clothing and Sports Sale

April 14th 9:00-1:00pm

Come early!

It's going to be really busy.



Preschool Age Programs

Kinder Prep & Tot Time

Kinder Prep

4-5y

The Kinder Prep program is designed specifically for children who will be attending Kindergarten. Children must turn 5 before December 31, 2012. The Kinder Prep program promotes physical activity and learning in a respectful social environment that stimulates creativity, enriches early literacy and encourages exploration. A 10% discount applies to families registering more than one child in the same family (up to 3 children total) - first child is full price, 2nd and 3rd child receive a 10% discount.

Sr. Lounge

Wednesday/Friday/Monday

Apr 11-Jun 22 \$567.92(31 sessions)
21155 9:15-11:15am

Tot Time

3-4y

Tot Time encourages a respectful social environment that stimulates creativity, enriches language and encourages exploration. Preschoolers will have the opportunity to paint, draw, glue, sculpt and experiment with a wide variety of media. We offer experiences for all areas of development. Children must be 3 yrs. or older and toilet trained. 10% discount applies to families registering more than one child in the same family (up to 3 children total) - first child is full price, 2nd and 3rd child receive a 10% discount. If you are paying by cheque, please wait to fill in the amount when payment is made at the front desk.

Sr. Lounge

Tuesday/Thursday

Apr 10-Jun 21 \$403.05(22 sessions)
21103 9:15-11:15am

Check out Go and Play! This physical activity program can be coupled with Kinder Prep or Tot Time programs. See page 9 for more information.

Kinder Ballet

5-6y

This class is the perfect place for your child to learn ballet skills in a fun-filled environment. Students will learn all the positions of ballet and the technique to help them on their way to becoming a beautiful ballerina.

Mezzanine

Friday Apr 13-Jun 22 \$105 (10 sessions)
22816 3:30-4:15pm

Jessica Kelly

(No class June 8)

Ballet for Preschoolers

3-4y

This class is the perfect place to learn ballet skills in a fun-filled environment. Students will learn body awareness and musicality as they work on a dance to perform on the last day of classes.

Mezzanine

Friday Apr 13-Jun 22 \$105 (10 sessions)
22815 1:30-2:15pm

Jessica Kelly

Kinder Freestyle

5y+

This is a gymnastics-based program designed to enhance the agility of those involved in other freestyle sports such as skiing, snowboarding, skateboarding and biking. This class will help develop spatial awareness in flight as well as safe and precision landing techniques. We will experiment with holding different body positions in the air as well as learning rotations around 3 axes.

Auditorium

Friday Apr 13-May 4 \$42 (4 sessions)
22792 3:30-4:30pm

Amanda Morris

Freestyle Gymnastics for Preschoolers

4y+

This is a gymnastics-based program designed to enhance the agility of those involved in other freestyle sports such as skiing, snowboarding, skateboarding and biking. This class will help develop spatial awareness in flight as well as safe and precision landing techniques. Gymnasts will experiment with holding different body positions in the air as well as learning rotations around 3 axes.

Auditorium

Friday Apr 13-May 4 \$42 (4 sessions)
22791 1:30-2:30pm
22793 2:30-3:30pm

Amanda Morris

Kindergym

5y

This introductory gymnastics program provides a safe and fun environment for preschoolers to develop social skills as well as physical and motor attributes including flexibility, strength, power, balance, endurance and spatial orientation.

Auditorium

Wednesday Apr 4-Jun 6 \$94.50 (9 sessions)
22782 3:30-4:30pm

Amanda Morris

Gymnastics for Preschoolers

4y

This introductory gymnastics program provides a safe and fun environment for preschoolers to develop social skills as well as physical and motor attributes including flexibility, strength, power, balance, endurance and spatial orientation.

Auditorium

Wednesday Apr 4-Jun 6 \$94.50 (9 sessions)
22780 2:30-3:30pm

Thursday Apr 5-Jun 7 \$94.50 (9 sessions)
22781 2:30-3:30pm

Amanda Morris

Transition Gymnastics for Preschoolers

3.5-4y

This introductory gymnastics program provides safe and fun environment for preschoolers to develop social skills as well as physical and motor attributes including flexibility, strength, power, balance, endurance and spatial orientation.

Auditorium

Wednesday Apr 4-Jun 6 \$72 (9 sessions)
22778 1:45-2:30pm

Thursday Apr 5-Jun 7 \$72 (9 sessions)
22779 1:45-2:30pm

Amanda Morris



Go & Play

3-5y

Get ready, set, and go during this active hour for preschoolers. Through games, activities, and sports, your child will learn, socialize, and play! Come and Play with Us!

Auditorium

Monday Apr 16-Jun 18 \$73 (10 sessions)
22820 11:45am-12:45pm

Tuesday Apr 10-Jun 19 \$80 (11 sessions)
22821 11:45am-12:45pm

Friday Apr 13 - Jun 22 \$73 (10 sessions)
22953 11:45am-12:45pm

Tot Sportacular Outdoors!

3-5y

Sports and co-operative games - Outdoors! Come out and learn new games and activities while making new friends and having fun! We will be outside rain or shine so come prepared! Meet outside the Senior Lounge.

Friday Apr 27-Jun 15 \$56 (8 sessions)
22828 1:30-2:30pm

Musical Theatre

4-6y

Sing, Dance, Act! Learn songs and dances from favourite musicals. Classes are taught with an emphasis on learning through fun and instilling a love of performing arts. Age groupings will be finalized dependant on registration.

Jr. Lounge

Wednesday Apr 11-Jun 13 \$115 (10 sessions)
22810 3:30-4:30pm

Hilary Wight

Soccer for Preschoolers

2-3y

Soccer fun for Preschoolers! An introduction to basic soccer skills with an emphasis on having fun!

Wednesday

April 25-June 13 \$56 (8 sessions)
22890 9:00-10:00am



The Brennan Park Recreation Centre Outdoor Gym for ages 14 and up features 10 exercise machines including inclined crunch bench, leg press, lat pull-down and vertical press, cross air walker, and more.

Gymnastics Programs

Achievement Gymnastics

Gymnastics is a key foundation sport for both genders of any age and ability and provides the building blocks necessary for development in all sports. Learn and develop dominant movement patterns with an emphasis on fun, fitness and fundamental gymnastics skills following LTAD and the 14 levels of the CANGYM program (Red, Tan, Bronze, Purple, Blue, Turquoise, Silver, Orange, Yellow, Green, Grey, White, Gold).
Auditorium
Amanda Morris

Beginner I-Red & Tan

6-7y
Wednesday Apr 4-Jun 6 \$94.50 (9 sessions)
22783 4:30-5:30pm
(No class May 23)

Beginner 2- Red/Tan/Bronze

8-11y
Wednesday Apr 4-Jun 6 \$118 (9 sessions)
22784 6:45-8:00pm

Intermediate 1-Bronze

6y+
Wednesday Apr 4-Jun 6 \$118 (9 sessions)
22785 5:30-6:45pm

Intermediate 2-Purple & Blue

6y+
Thursday Apr 5-Jun 7 \$142 (9 sessions)
22786 3:30-5:00pm
(No class May 24)

Advanced I - Turquoise - Gold

7y+
Thursday Apr 5-Jun 7 \$189 (9 sessions)
22787 5:00-7:00pm
(No class May 24)

Youth Gym Jam

12y+
For youth of all ages who are interested in gymnastics, free-style gymnastics, parkour or circus arts. An opportunity to work on skills of your choice, learn some new tricks, socialize and keep fit.
Auditorium
Wednesday Apr 4-Jun 6 \$142 (9 sessions)
22789 7:00-8:30pm
Amanda Morris

Freestyle Gymnastics

This is a gymnastics-based program designed to enhance the agility of those involved in other freestyle sports such as skiing, snowboarding, skateboarding and biking. This class will help develop spatial awareness in flight as well as safe and precision landing techniques. Participants will experiment with holding different body positions in the air as well as learning rotations around three axes.

Auditorium
Amanda Morris

Beginner

6y+
Friday Apr 13-May 4 \$42 (4 sessions)
22794 4:30-5:30pm

Beginner/Intermediate

7-8y
Friday Apr 13-May 4 \$42 (4 sessions)
22795 6:45-7:45pm

Intermediate/Advanced

9-12yrs
Friday Apr 13-May 4 \$42 (4 sessions)
22796 7:45-8:45pm

Gymnastics - Gymnaestrada

7y+, Turquoise +, Inst. approval
Gymnaestrada is a group performance event involving the use of creative and freestyle gymnastics, dance, circus and acrobatic skills. Rehearsals may be scheduled on Wed, Thurs, or Fri evenings. Gymnasts will not be required during all these times. A rehearsal schedule will be created according to regular class times, individual availability, and requirements of the choreography. Event, Gymnastics BC and costume fees are TBA. Please see Amanda for further details.

Auditorium
7y+
Wednesday/Thursday/Friday
Apr 4-Jun 7 \$240 (26 sessions)
22790 8:30-10:00pm
Amanda Morris
(No class May 23, 24, 25, June 11, 8)

Beginner Circus Arts

5-7y
An introduction to gymnastics-based creative Circus Arts including basic acrobatics, balancing skills, object manipulation, performance development and some circus crafts.
Auditorium
Friday Apr 13-May 4 \$42 (4 sessions)
22797 5:45-6:45pm
Amanda Morris

School Age Programs

Babysitter Training

11 - 17y

Calling all future babysitters! This course will provide students with emergency first aid, safety tips, and information on games suitable for all ages. Students must attend all classes, pass a babysitter exam and show a level of maturity to receive a certificate. Babysitter's manual is included in the fee.

Senior Lounge

Monday

22846 Apr 16 - May 14 6:30 - 8:30pm \$65

22874 Mar 14 & 16 12:00 - 4:00pm \$65

Lisa McIntosh

Get up and Go Pro D Camp

22135 Monday, April 23 \$55 (1 session)

22136 Monday, May 23 \$55 (1 session)

Musical Theatre

7-11y

Sing, dance, act, learn songs and dances from favourite musicals. Classes are taught with an emphasis on learning through fun and instilling a love of performing arts. Age groupings will be finalized dependant on registration.

Jr. Lounge

7-11y

Wednesday Apr 11-Jun 13 \$150 (10 sessions)

22811 4:30-6:00pm

Hilary Wight

Watercolour Painting for Young People

9-14y

Weekly drawing and painting in watercolour subjects. Learn how to take what is in your heart and convert it to your audience. In this series, we will learn how to create texture and emotion in your paintings using one of the most popular mediums.

Jr. Lounge

Monday Apr 2-Apr 30 \$60 (4 sessions)

22807 4:45-6:15pm

(no class April 9)

Monday May 7-June 4 \$60 (4 sessions)

22808 4:45-6:15pm

(no class May 21)

Michael Sherlock

Jazz

This class is the perfect place for your child to learn jazz dance skills with hip hop elements to the latest popular music. This is a great way to have fun and learn body awareness.

Mezzanine

Jazz I

6-8y

Friday Apr 13-Jun 22 \$120 (10 sessions)

22817 4:15-5:15pm

(no class June 8)

Jazz II

9-12 y

Friday Apr 13-Jun 22 \$120 (10 sessions)


22818 5:15-6:15pm

(no class June 8)

Jessica Kelly

Tennis anyone?


Check back with us for information about our tennis programs.



sea2sky FAMILIES

THE ULTIMATE FAMILY GUIDE TO LIVING & VISITING SQUAMISH, WHISTLER & PEMBERTON

- Calendar of Events
- Activities/Programs
- Business Directory
- Weekly Newsletter
- Great Contests
- Family News Blog



sea2skyfamilies.com



Adult Programs

Belly Dancing Beginner

Dare to explore the dance of the gypsies and enjoy the exotic music of the middle east. Celebrate the power of your inner goddess while discovering body awareness, strength and feminine sensuality. Florence has been empowering women through dance for over 25 years; 15 of those as a professional performer.

Mezzanine

Monday Apr 2-May 28 \$144 (9 sessions)
22798 6:30-7:30pm

Florence Tetrault

Intermediate

Refine your dance skills with more complex combinations and speed. This class builds on beginner basics and encourages self-expression and attention to detail. Veil work, finger cymbals and performing may be part of this course. Prerequisite - 1 or 2 sessions of beginner level class.

Mezzanine

Monday Apr 2-May 28 \$144 (9 sessions)
22799 7:45-8:45pm

Florence Tetrault

Adult Dance Fit

This class is a perfect way to get a great workout and learn dance skills. Each week you will improve your flexibility, strength and ability while having fun dancing to the latest music. No experience required.

Mezzanine

Friday Apr 13-Jun 22 \$135 (10 sessions)
22819 6:15-7:15pm

(no class June 8, 12)

Jessica Kelly

Pilates

Improve stamina, flexibility, and joint mobility without straining and lose unwanted body weight. Strengthen deep core and firm abdominal muscles to help prevent or overcome lower back pain. Relax, recharge, or rejuvenate before, during or after a hard day. Pilates will help improve posture, alignment, and help you feel taller while developing long lean coordinated muscles.

Sr. Lounge

Beginner

Tuesday Apr 10-May 15 \$96 (6 sessions)
22771 6:00-7:00pm

Intermediate

Tuesday Apr 10-May 15 \$96 (6 sessions)
22772 7:05-8:05pm

Hoop Dance Beginner

Hoop Dance is a new form of exercise and a fun way to dance and express yourself. The Certified Hoop Instructor will teach you Hula Hoop moves on and off your body. This class will increase coordination, cardiovascular fitness, flexibility and strength. Hoops are provided and for sale. Beginner and advanced hoopers are welcome.

Auditorium

Tuesday Mar 13-Apr 3 (4 sessions)
\$90 new students

\$54 returning students

22773 7:00-8:15pm

Courtney Driver

Intermediate

This class will help you link your moves together, learn the space around and in your hoop, floor work, extremes and opposites, working in groups and performances. Advanced hoopers are welcome.

Auditorium

Tuesday Apr 17-May 8 (4 sessions)
\$90 new students

\$54 returning students

22774 7:00-8:15pm

Courtney Driver

Zumba

This class fuses hypnotic Latin and International rhythms with easy to follow moves to create a dynamic workout system that will blow you away. Zumba uses the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party that's moving millions of people toward joy and health. Drop-ins available if space permits.

Great Room - Seniors' Centre

Tuesday Apr 17-Jun 5 \$90 (8 sessions)
22506 7:45-8:45pm

Natural Sun Protection Skincare

Customize your sun protection - worry free! Look after skin and hair naturally by making your own beach and poolside essentials: make and take home a tropical sun lotion, aloe after sun spray, chamomile hair treatment and a sun protection lip balm. Recipes on hair rinses and deep conditioners. All supplies included in the course fee. open to all ages 15+.

Art Room, Seniors' Centre

Tuesday May 8 \$40.00 (1 session)
22854 6:30-8:30pm

Cheryl Theilade

Dance Samplers

Try one or all of these two-hour two-class samplers that will help you get your dancing off on the right foot!

Michele Perron

Cha, Cha, Cha Level 1

Great Room - Seniors' Centre

Wednesday May 16-May 23 \$20 (2 sessions)
22840 7:00-9:00pm

Nightclub 2-Step

Great Room - Seniors' Centre

Wednesday Apr 18-Apr 25 \$20 (2 sessions)
22838 7:00-9:00pm

Salsa Level 1

Great Room - Seniors' Centre

Wednesday May 2-May 9 \$20 (2 sessions)
22839 7:00-9:00pm

Drop-in Sports

Pre-register at the Recreation Centre or purchase a Drop-in Punch Card. Punch cards are sold at the Recreation Centre only and can be used at all Adult sport programs if space is available. Programs run for 5 weeks starting the last week of March and cost \$30.

Recreational Volleyball

Come out and meet new friends and players in a recreational volleyball game. Everyone welcome.

Howe Sound Secondary Gymnasium
Sarah Ruth

Floor Hockey for Women

A night of floor hockey fun!

Garibaldi Highlands Gymnasium
Emma Jarrett

Competitive Volleyball

This program is for those who have previous volleyball experience and enjoy a faster paced, more competitive game.

Howe Sound Secondary Gymnasium
Noel Dodd

Dodgeball

Join us for a fun and energetic game of Dodgeball! Dodgeball is no longer just a game for kids! Drop in \$7 (if space available).

Mamquam Elementary
Kimberly Martin

Basketball

All are welcome to this recreational scrimmage game.

Howe Sound Secondary Gymnasium
Daryl McCullagh

Watercolour Painting

A fun and friendly environment for artists of all levels.

Jr. Lounge

Monday Apr 2-Apr 30 \$101 (4 sessions)
22800 2:30-4:30pm
(no class April 9)

Monday May 7 - Jun 4 \$101 (4 sessions)
22803 2:30-4:30pm
(no class May 21)
Michael Sherlock

Acrylic Painting

A fun and friendly environment for artists of all levels.

Jr. Lounge

Tuesday Apr 3-Apr 24 \$101 (4 sessions)
22804 6:30-8:30pm

Tuesday May 8-May 29 \$101 (4 sessions)
22805 6:30-8:30pm
Michael Sherlock

Floor Hockey for Women	Thurs	8-9:30pm	GHE	22831
Basketball	Thurs	8-9:30pm	HHS	22833
Indoor Soccer	Tues	8-9:30pm	GHE	22834
Recreational Volleyball	Wed	8-9:30pm	HSS	22835
Competitive Volleyball	Mon	8-9:30pm	HSS	22836
Dodgeball	Thurs	8-9:30pm	ME	22837
Badminton	Mon	8-9:30pm	DR	22870
Badminton	Wed	8-9:30pm	DR	22871

Field Hockey for Women

If you are interested in playing field hockey, please contact us at 604.898.3604 or email ktapp@squamish.ca

Indoor Soccer

A casual environment as well as a mixture of skill and sportsmanlike attitude for men and women.

Garibaldi Elementary Gymnasium
Jose Oreamuno

Badminton

A fun recreational game of badminton. Beginners quickly experience success. As skills develop, the challenge grows. Drop-in \$7 (if space available).

Bring your own racquet. Birdies supplied.
Don Ross Secondary Gymnasium
Richard Ryan

Pool Schedule Spring 2012

Schedule in effect from March 26 - June 30 (Subject to Change)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
6 - 8 am		Early Bird 6 - 9 am						
8 - 9 am		AquaFit	Lane Swim	AquaFit	Lane Swim	AquaFit		
9 - 10 am		Hydrotherapy	Public Swim and Lessons 9 am - 1 pm	Gentlefit	Public Swim and Lessons 9 am - 1 pm	Gentlefit	Lessons & Family Swim 9 am - 1 pm	
10 - 11 am	Lessons & Family Swim 10:30 am - 1 pm	Lessons 9 am - 12 pm & 4 - 7 pm		Lessons 9 am - 12 pm & 4 - 7 pm		Public Swim & School Rentals 10 am - 4 pm		Public Swim & School Rentals 10 am - 4 pm
11 - Noon								
Noon - 1 pm								
1 - 2 pm	Public Swim 1 - 8 pm	Public Swim 10 am - 4 pm 7 - 9 pm	Seniors Swim 1 - 3 pm	Public Swim 10 am - 4 pm 7 - 9 pm	Seniors Swim 1 - 3 pm	Public Swim 1 - 8 pm		
2 - 3 pm			Seniors AquaFit 1:30 - 2:30 pm		Seniors AquaFit 1:30 - 2:30 pm			
3 - 4 pm			Lessons 4 - 7 pm		Lessons 4 - 7 pm			
4 - 5 pm	Adults Only	Public Swim 10 am - 4 pm 7 - 9 pm	Public Swim 2 - 4 pm 7 - 9 pm	Public Swim 10 am - 4 pm 7 - 9 pm	Public Swim 2 - 4 pm 7 - 9 pm	Public Swim 6:30 - 9 pm	Kayak Lessons 8 - 9:30 pm	
5 - 6 pm								
6 - 7 pm								
7 - 8 pm								
8 - 9 pm								
9 - 10 pm		Adult Swim						

Swim Descriptions

- Adults Only** Must be 16 or older.
- Family Swim** Responsible adult (16 or older) must accompany children in the water. See Public Swim for length swimming info.
- Lane Swim** Swim lengths or do water running. Parents and small children are welcome to use the Teach Pool & the beach area of the Main Pool during these swims.
- Public Swim** Everyone is welcome. Length swimmers, generally we are able to leave in at least one lane and often two. However, if the swim becomes really busy, we will need to remove the lanes.
- Quieter Alternatives** If you are looking for quieter swim times, it is usually between 6-9 am, 11:30-1pm weekdays or the Adults Only evening sessions.

Lane Swim

- Sun* 10:30am-1:00pm
5:00pm-9:00pm
- M-Th 6:00am-10:00pm
- Fri 6:00am-9:00pm
- Sat* 9:00am-1:00pm
5:00pm-8:00pm

* Lane 1-5pm if swim space available

Fine Print

Public swim spaces and use of pool features may be restricted due to programs. Children 6 & younger must be within arm's reach of a responsible adult (16 or older) while in the water. Maximum 3 children per adult.

Spring Break Pool 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.					

Aquatic Programs

Gentle Fit

Designed to optimize range of motion of all joints, improve balance, coordination and agility. A low impact program designed to increase exercise tolerance and endurance.

Wednesday/Friday 9:00-10:00am

Regular Admission Rates apply

Adult Lessons

This program is open for those 16 years and over who want to learn to swim or improve current skills. Once you are comfortable in the water, the next step is to learn breathing efficiency while practising front and back swims. For those that need some extra help with strokes we help you improve your front crawl or any other stroke you want to master.

Sunday

Apr 15-May 13 \$50.40 (5 sessions)
22885 8:00-8:45pm

May 27-June 24 \$50.40 (5 sessions)
22886 8:00-8:45pm

Our Aquatic Centre features a wheel chair accessible 25-metre pool and leisure pool, whirl pool, steam room and family change rooms.

Seniors' Fitness

Join in an afternoon of socializing with other seniors. Relax in the steam room and hot tub or swim lengths at your own pace. An instructor-led fitness class is also available and the movements are easy to follow even if you are a beginner. Please note that other customers also use the pool during these times.

Tuesday/Thursday 1:00-3:00pm

Fitness class runs from 1:30-2:30pm

Hydrotherapy

A program for those suffering from long term health problems like heart conditions, fibromyalgia, post MVA, arthritis, chronic joint pain, athletic strains, and post stroke care. Anyone requiring one-on-one care must have a personal attendant for changing and in the water. Drop in \$7.50 or punch cards (see admissions)

Monday 9:00-10:00am



Aquatic Programs

How to Become a Swim Instructor and Lifeguard

1. Bronze Medallion
2. Bronze Cross
3. Assistant Water Safety Instructor
4. Water Safety Instructor
5. CPR-C and Standard First Aid
6. National Lifeguard Pool Option
7. Lifesaving Instructor

Approved High School Credits

Bronze Cross = two grade 11 credits

Lifesaving Instructor + **Bronze Cross** = 3 grade 11 credits

NLS = two credits for grade 12

Students are asked to inform their school counsellor that they wish to use these as part of the "External Credit Program". Students will be asked to provide proof of certification.

AWSI

15y+

This is the first of two courses to become a swim lesson instructor. AWSI is a 30 hr course with 8 extra hours of practice teaching that must be completed within 6 months of the last day of the course.

Saturday

Apr 14-May 12

\$340.00 (5 sessions)

22594

10:00am-4:30pm

National Lifeguard Pool Option

National Lifeguard Service is designed to train lifeguards. Teamwork, leadership, communication and prevention are emphasized.

This course requires obtaining employment at a swimming pool. Must be 16 years old by the last day of the course and complete Bronze Cross and Basic Rescuer CPR (within one year). Course includes manual.

Please call us to ask to be put on the program interest list 604.898.3604.

Bronze Medallion

13y+

Bronze Medallion prepares participants to respond effectively to a variety of aquatic emergencies. Students will develop their fitness, safety knowledge, water rescue skills and judgment while learning lifesaving, first aid and CPR skills.

Lane 1

Friday

Apr 13-May 11

\$198.00 (5 sessions)

22590

4:30pm-8:30pm

Bronze Cross

14y+

Bronze Cross challenges students to perform more complex lifesaving rescues, first aid and CPR. This course is a pre-requisite for further lifeguard training or is simply an excellent life skill and confidence builder.

Lane 1

Friday

May 25-June 22

\$198.00 (5 sessions)

22591

4:30pm-8:30pm

NLS Pool Pre/Recertification

18y+

Evaluation of candidates in all skills and procedures necessary to meet the NLS recertification requirements. A practical and written exam is required. Prerequisites: NLS award (up to 3 years past the expiry date) and CPR C which must have been taken within the past 12 months.

Lane 1

Please call us to ask to be put on the program interest list 604.898.3604.

WSI

16y+

This course is the second of two courses needed to become a swim lesson instructor. It builds on all materials covered in AWSI. It is a 25 hour course with 12 extra hours of practice teaching that must be completed within 6 months of the last day of the course. 100% attendance is mandatory.

Lane 1

Please call us to ask to be put on the program interest list 604.898.3604.

Standard First Aid/CPR C

15+

Saturday

June 2 & 9

\$180.00 (2 sessions)

22592

9:30am-6:00pm

Swim Lesson Information

Age	Level	Class Maximum	Time/Days	Fee
6 month to 2 years	Starfish, Duck	10	30 min/5	\$32
2 to 3 years	Splash n' Play	4	30 min/5	\$32
3 to 5 years	Sea Turtle, Sea Otter, Salamander, Sunfish, Crocodile, Whale	5	30 min/10	\$51
6 & older	Swim Kids 1 to 6	6	30 min/10	\$51
6 & older	Swim Kids 7 to 10	8	45 min/10	\$60

Conversion Chart

Previous Tots/Preschool	Red Cross Tots/Preschool	When your child turns 6 they enter
Aquatots 1/2	Starfish	I/C=Incomplete
Aquatots 3	Ducks	COM=Complete
Starfish/Lobsters	Sea Turtle	Swim Kids 1
Seahorses	Sea Otter	Swim Kids 1
Seals/Octopus	Salamander	Swim Kids 1
Whales	Sunfish	I/C= SK1 or COM=SK2
Goldfish	Crocodile	I/C =SK2 or COM=SK3
Dolphin	Whale	I/C = SK2 or COM=SK3

If your 3 to 5 year old can...	Then register in
Play with an instructor independently	Sea Turtle
Go underwater unassisted with ease, assisted relaxed front & back floats	Sea Otter
Front & back float then front & back glide for 3 seconds, all unassisted	Salamander
Front swim 2m, rollover glide & kick, front & back glide with kick 2m	Sunfish
Front swim 5m, back glide & kick 5m in deep water	Crocodile
Front & back swim 5m each in deep water	Whale



Swim Lesson Schedule

No lessons Easter weekend April 6-9 or Victoria Day weekend May 18-21.

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.

Monday & Wednesday				Tuesday & Thursday			
	Set 1	Set 2	Set 3		Set 1	Set 2	Set 3
Starts:	Mar 26	Apr 30	June 4	Starts:	Mar 27	May 1	June 5
Ends:	Apr 25	May 30	June 27	Ends:	Apr 26	May 31	June 28
Sessions:	9	9	8	Sessions:	10	10	8
Time	Barcode	Barcode		Time	Barcode	Barcode	
Starfish/Duck							
Splash n Play							
9:00 M	22595	22657	22728	9:30 Tu		22681	22750
9:00 W	22596	22658	22729	9:30 Th		22682	22751
10:00 M	22597		22730	10:00 Tu		22683	22752
10:00 W	22598		22731	10:00 Th		22684	22753
4:00 M	22599	22661	22732	5:00 Tu	22617	22679	22754
4:00 W	22600	22662	22733	5:00 Th	22618	22680	22755
Sea Turtle/Sea Otter							
9:00am	22601	22663	22734	9:00am		22685	22756
9:30am	22602	22664	22735	10:30am		22686	22757
10:30am	22603		22736	4:00pm		22687	22758
4:30pm	22604	22666	22737	5:30pm	22619	22688	22759
5:30pm	22605	22667	22738				
Salamander/Sunfish							
10:00am	22606	22668	22739	9:00am		22689	22760
		22669					
10:30am	22607		22740	10:00am		22690	22761
4:00pm	22608	22670	22741	5:00pm	22620	22691	22762
5:00pm	22609	22671	22742	5:30pm	22621	22692	22763
Crocodile/Whale							
9:30am	22610	22672	22743	10:30am		22693	22764
5:30pm	22611	22673	22744	5:00pm	22622	22694	22765
Swim Kids 1							
4:30pm	22612	22674	22745	5:30pm	22623	22695	22766
Swim Kids 2							
5:00pm	22613	22675	22746	4:00pm	22624	22696	22767
Swim Kids 3 & 4							
5:30pm	22614	22676	22747	4:30pm	22625	22697	22768
Swim Kids 5 & 6							
4:00pm	22615	22677	22748	4:30pm	22626	22698	22769
Swim Kids 7 to 10							
4:30pm	22616	22678	22749	4:00pm	22627	22699	22770

Friday			Saturday			Sunday		
	Set 1	Set 2		Set 1	Set 2		Set 1	Set 2
Starts:	Apr 13	May 25	Starts:	Apr 14	May 26	Starts:	Apr 15	June 3
Ends:	May 11	June 22	Ends:	May 12	June 23	Ends:	May 13	May 27
Sessions:	5	5	Sessions:	5	5	Sessions:	5	4
Time	Barcode	Barcode	Time	Barcode	Barcode	Time	Barcode	Barcode
Starfish/Duck								
			10:00am	22631	22703			
			12:30pm	22632	22704			
Splash n Play								
			9:00am	22633	22705	10:30am	22653	22724
			10:30am	22634	22706			
			11:00am	22635	22707			
Sea Turtle/Sea Otter								
4:30pm	22628	22700	9:00am	22636	22708	11:00am	22654	22725
			10:00am	22637	22709	Noon	22655	22726
			11:30am	22638	22710			
Salamander/Sunfish								
			9:30am	22639	22711	11:30am	22656	22727
			10:00am	22640	22712			
			11:30am	22641	22713			
Crocodile/Whale								
			9:30am	22642	22714			
			Noon	22643	22715			
Swim Kids 1								
			11:00am	22644	22716			
Swim Kids 2								
4:00pm	22629	22701	9:00am	22645	22717			
			10:30am	22646	22718			
Swim Kids 3 & 4								
5:00pm	22630	22702	10:30am	22648	22719			
			12:30pm	22649	22720			
Swim Kids 5 & 6								
			11:00am	22650	22721			
			Noon	22651	22722			
Swim Kids 7 to 10								
			11:30am	22652	22723			

Swim Kids 2

Children must be confident in 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 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.

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.



Squamish Arts Council

Squamish Arts Council

SAC plays a critical role in helping Squamish evolve into a world-class model for environmental and economic sustainability, beauty and livability. The volunteer working board donates in excess of 3,000 hours annually and provides a voice for the collective vision of our arts & culture community. SAC manages two venues including the SAC building at 37950 Cleveland Ave, which is available to local nonprofit groups, courtesy of the District of Squamish, and the Artisan Galleries at 1336 Main St., Contact Chair, Krisztina Egyed 604.892.9838, kegyed@telus.net www.squamishartscouncil.ca

Squamish Arts Council Artisan Gallery

Working together the Squamish Arts Council Directors and the District of Squamish brought to life an art exhibition space at 1336 Main Street. The window gallery space is intended to be viewed from the outdoors 24 hours a day. The unexpected infusion of 80 feet of visual art enhances the downtown outdoor experience and ambience, while providing exhibit space for local artists as well as invited internationally recognized artists. The gallery is particularly beautiful at night with the gallery lights, colors and shadows redefining Main Street. www.squamishartscouncil.ca

Brackendale Art Gallery

Home of the Brackendale Winter Eagle Festival and Count. Located one scenic hour north of Vancouver, Brackendale Art Gallery is a center for the arts in the Squamish Valley. The Gallery offers licensed food service, gallery exhibits, concerts, live theatre, workshops and facilities for meetings and celebrations. www.brackendaleartgallery.com

Britannia Mine Museum

Last century, it rendered copper, zinc and gold. This century, it's producing understanding of life underground. All thanks to a \$14.7 million makeover. Knowledgeable, quick-witted guides take you aboard the mine train and usher you to years gone by. Ancient drills will once again fire up. Outside, come in touch with dozens of clever exhibits, films, displays and hands-on activities, including gold panning! See how it's done. Take home what you find! Once the site of the Empire's biggest copper mine, Britannia is still rich in history. Make it your family's next discovery. Toll free: 1.800.896.4044 Local: 1.604.896.2233 www.bcmm.ca

The Squamish Mountain Festival

A five-day celebration of all things rock! Clinics, presentations, films, demos and climbing in the best place at the best time of year! www.squamishmountainfestival.com

Squamish Days Loggers Sports Festival

This festival, held annually on the BC Day long weekend, features non-stop entertainment including: art, music, children's activities, parade, bed races, chain saw carving, 10 km run, pancake breakfast and two world class Loggers Sports Shows with competitors from all around the world. Meetings: 3rd Wednesday of the month, 7pm, Location TBA. celebrate@squamishdays.ca – www.squamishdays.ca

The Whistler Arts Council

(WAC) has been integrating the arts into the daily life of Canada's premier resort community since 1982.

Our Fall/Winter Events and Programs include:

- ARTrageous
- Bizarre Bazaar
- Performance Series
- Out of Bounds: Tales from the Backcountry
- Whistler Winter Arts Festival

For more information about the WAC, visit our website at artswhistler.com or call 604.935.8410

Welh Tima Dance Group

Our Dance Group consists of 12 youth and 8 adults from the Squamish First Nations. Our dance group has been together for seven years and have entertained in many venues. Our dance group is performing on Canada Day at the Totem Hall.

Contact Organizers: Shirley Lewis & Charlene Williams at 604.892.5166 @ Totem Hall.

International Folk Dance

Learn many dances from around the world with the Squamish International Folk Dance Club. Instruction is provided with the emphasis more on fun than footwork. Most are circle dances so a partner is not needed.

Instructor: Marcia Danielson

For time and place, please contact Judith, 604.892.3340.

Squamish Arts Council (SAC) is the umbrella arts organization which represents over 35 diverse arts, culture and heritage groups currently active in Squamish.

The Sound Youth Chorus

Community choir comprised of youth ages 13-18. Under the direction of Kelly Coubrough, they meet Sundays 6:00pm-8:00pm at the Squamish Arts Council building on Cleveland Avenue. For more information, please contact Kelly at 604.849.0708 / kellycoubrough@hotmail.com

The Sound Children's Choir

Directed by Melissa Braun, is open to children ages 8-12. This choir is an introduction to choral singing. The main emphasis is on skill-building with an introduction to singing in parts and reading music. Rehearsals are at the Squamish Arts Council Building on Cleveland Avenue in Pavilion Park on Sundays from 5:00pm-5:45pm. For more information, please contact Melissa Braun 604.815.728 melissa_braun@live.ca

Howe Sound Performing Arts Association

A Non-profit organization committed to supporting the Squamish arts community. We run various programs including a professional concert series and community music festival, and support music education through our Access to Music Education fund. For more information, please visit: www.howesoundarts.ca

The Foyer Gallery

The Foyer Gallery at the Squamish Public Library is a contemporary space dedicated to the exhibition of excellent artwork. Submissions from artists in all disciplines are invited for future juried exhibitions. Curator email: toby@jaxondesignstudio.com squamish.bclibrary.ca/services-programs/foyer-gallery

Squamish Valley Photography Club

Take photos with a group of like-minded people in a casual setting and learn how to operate your camera and how to take better photos. We're meeting every first Wednesday of the month, 7-9pm for a tutorial at the SAC Building during the winter months and go for Photowalks in the spring to fall months. Please refer to our blog or Facebook page to find out about times and locations.

Email: svpc@shaw.ca

Blog: <http://svphotoclub.blogspot.com/>
Facebook group: Squamish Photography

Laurel Terlesky Artist Studio & Homebase Studio

Art Workshops for all ages.
#204 – 37760 2nd Ave, Squamish
www.laurelterlesky.ca
604.898.2525

Squamish Quilters Guild

The Squamish Valley Quilters Guild welcomes quilters of all levels. Meetings are on the first Wednesday of every month (except July and August) from 7:00 to 9:00 pm. Guests are always welcome. Each meeting includes business, followed by a learning program which introduces techniques, new and old. There is a 'Show and Share' segment which is always the highlight of the evening.

Contact: squamishquilters@gmail.com

www.members.shaw.ca/squamishvalleyquiltersguild/

SERF (Squamish Equinox Rock Festival)

Squamish's home-grown festival. As a vehicle for showcasing local, regional and national talent, SERF brings the Squamish community together to enjoy live music and life by the sea. After collaborating with Live at Squamish in 2010, SERF looks forward to moving into its fifth year to celebrate live music in Squamish and the changing of the season. Please check our website for other SERF events www.squamishmusicfestival.com

Squamish Writers Group

We are a loose group of creative writers and readers who meet monthly for inspiration. Meetings include comment, news, assignment and special guests. Visit our website for more information: www.squamishwritersgroup.com

Squamish Fiddlers Group

The Sea to Sky Fiddlers is a community fiddle group with a focus on old time fiddle tunes. All levels and ages of fiddlers welcome. Other instruments are also encouraged. It's a great place to improve your skills in a social low key environment, learn to play the tunes and then join the group for performances around town. We meet every Tuesday at the Squamish Arts Council Building @ 7pm, unless we are performing out in the community.

Contact Rick Roy at rikroy@live.com or phone 604.898.2012

Visuals

The Squamish Valley Artists Society supports the development, education and promotion of local visual artists. Community activities, run for and by member volunteers, include organizing group exhibitions such as ArtWalk. Emerging and professional artists welcome, membership fee \$25. Meeting/critique nights 1st Wednesdays, Demos/workshops 3rd Wednesdays.

<http://www.squamishart.com/>

Contact: info@squamishart.com

Squamish Seniors' Centre

1201 Village Green Way 604.848.6898

Office Hours:

Monday – Friday

9:00am – 1:00pm / 2:00pm – 4:00pm

Preregister for programs and activities at the Seniors' Centre at least one week in advance:

- In Person at the Squamish Seniors' Centre
- In Person at Brennan Park Recreation Centre
- Online at squamishlive.ca

Please pre-register. Drop-ins admitted if space permits. Program fees and Cafe prices are reduced for Squamish Senior Centre Members.

Minimum registration required for all programs, workshops and seminars. Programs with low registration may be cancelled.

Members' Lounge & Computer Lab

Drop in to play billiards, use the computer, try the Nintendo Wii, play board games, or puzzles. Book ahead for computer lab & Nintendo Wii. Free for members, drop-in fee for non-members.

Volunteer Opportunities

We are always looking for great volunteers to help us out in the following areas:

Cashiers/Kitchen Assistants
Special Event Workers
Activity Leaders
Fitness Program Assistants
Club Leaders
Fundraising & Sponsorship

For more information call 604.848.6898 or leave your name and phone number at the front desk.

Membership Fees: \$26.75 including tax

Membership open to ages 50 & up

Complimentary membership for ages 90 & up.

Seniors' Centre Staff:

Camilla Say - Manager of Facilities

Shannon Collier – Program Specialist

Wendy Shard - Seniors' Office Coordinator

Jodie Martinello - Janitor

Seniors' Advisory Board:

President:

Glenn Rudkin

Vice President:

Harold Wilson

Secretary:

Muriel Shephard

Treasurer:

Bill Berg

Board of Directors:

Tom Bruusgaard

Maureen Gilmour

Mike Jenson

Julie Miles

Yvonne Ramage

Suzanne St. John,

Herbert Vesely

Penny Wilmot

Seniors' Centre Facility Rentals

For information on room rentals call 604.848.6898.

Parking at the Squamish Seniors' Centre

There are 18 designated underground parking spaces at the Seniors' Centre with five marked spots available at the front, and four marked spaces at the back of the Centre. Parking is permitted along Eaglewind Boulevard. Carpooling is encouraged. Please, no parking at the bus loop.

Did you know...

We are always planning courses, workshops and talks at the Seniors' Centre. Drop by to see what going on each month and to pick up our monthly calendar of events.

Seniors' Programs

Prices are for members.
Non-members prices
will be higher.

Seniors' Keep Well Program

The Seniors' Keep Well program is designed specifically for seniors who want to become more active, exercise safely, and improve their bone density, balance and overall physical condition while having fun! We have six different classes to suit your needs: Chair Fit, Sit and Stand Fitness, Cardio Fit, Rhythmic Gymnastics, Dance and Stretch and Men On the Move. Great Room

Chair Fit - Level 1

Tuesday/Thursday Apr 3-May 10 \$31 (12 sessions)
22393 11:00am-12:00pm

Tuesday/Thursday May 15-Jun 28 \$36 (14 sessions)
22397 11:00am-12:00pm

Sit and Stand Fitness - Level 2

Monday/Wednesday
Apr 2-May 9 \$28.50 (11 sessions)
22392 9:45-10:45am
22396 1 1:00-12:00pm

May 14-Jun 27 \$33.50 (13 sessions)
22396 9:45-10:45am
22399 11:00am-12:00pm

Cardio Fit - Level 3

Tuesday/Thursday Apr 3-May 10 \$31 (12 sessions)
22394 9:45-10:45am

Tuesday/Thursday May 15-Jun 27 \$18.50 (7 sessions)
22398 9:45-10:45am

Dance & Stretch

This hour-long class includes a half an hour of mild graceful dancing moves and half an hour of full-body stretching both standing and on the mat. It will help improve posture, equilibrium and bone strength.

Wednesday Apr 4-May 9 \$16 (6 sessions)
22875 1:30-2:30pm

Wednesday May 16-Jun 20 \$16 (6 sessions)
22876 1:30-2:30pm
Krisztina Richter

Men on the Move

Using bands, light weights and your own body weight, you will increase your mobility, balance, muscle strength and range of motion in a class just for men!

Wednesday Apr 4-May 9 \$16 (6 sessions)
22507 12:15-1:15pm

Wednesday May 16-Jun 27 \$18.50 (7 sessions)
22508 12:15-1:15pm
Krisztina Richter

Modified Rhythmic Gymnastics

The class will incorporate the graceful movements of rhythmic gymnastics using the traditional equipment such as ball, ropes, ribbons, scarves and hoops and will include gentle, graceful music. Don't worry-there won't be any tumbling!

Tuesday/Thursday Apr 3-May 10 \$31 (12 sessions)
22855 1:00-2:00pm

Tuesday/Thursday May 15-Jun 21 \$31 (12 sessions)
22856 1:00-2:00pm

Chair Yoga

Easy yoga to strengthen muscles and help increase mobility for people who are challenged by arthritis or the stiffness that comes with age. Modifications for the poses; standing, seated or using a chair for support. Suitable for all levels.

Great Room
Friday Apr 13-May 11 \$27.50 (5 sessions)
22523 11:00am-12:00pm

Friday May 18-Jun 25 \$27.50 (5 sessions)
22524 11:00am-12:00pm

Yoga

Gentle yoga exercises will help to improve balance, increase energy levels and your immune system. Bring a mat, blanket and pillow and wear comfortable clothing.

Art Room
Tuesday Apr 10-May 8 \$27.50 (5 sessions)
22521 1:00-2:00pm

Tuesday May 15-Jun 12 \$27.50 (5 sessions)
22522 1:00-2:00pm
Bev Blackett

Did you know...

Membership has its privileges. For an annual fee of \$26.75 including tax, you receive lower program registration and drop-in fees, first access to registered programs, free access to certain social programs and services and the members' lounge, voting rights at the Squamish Seniors' Society AGM, food & beverage discounts at the Clock Tower Café, health & wellness resource information and specialty workshops, and volunteer opportunities.

Seniors' Programs

Prices are for members.
Non-members prices
will be higher.

Seniors Line Dancing

Easy to learn dances and a wide variety of music make this class easy to have fun and dance. Bring an extra pair of soft soled shoes to wear for dancing.

Great Room

Thursday Apr 12-Jun 28 \$24 (12 sessions)
22589 2:15-3:15pm
Barbara Rudkin

International Folk Dancing

Enjoy dancing to music from many different cultures while you increase muscle tone and coordination. The focus is more on fun than footwork! Bring soft soled shoes for dancing. Mostly circle dances so no partner is required.

Great Room

All Ages
Tuesday May 15-Jun 26 \$57.75 (7 sessions)
22558 6:00-7:30pm
Marcia Danielson, Judith Vetsch

Seniors Carpet Bowling

Meet your friends for an afternoon of fun and social recreation. Beginners and newcomers are welcome. Drop-ins welcome.

Great Room

Monday/Friday
22525 Apr 2-Jun 29 \$46 (23 sessions)

Seniors Tai Chi

Taoist Tai Chi is a traditional form of exercise for health and longevity. It is a pleasant workout suitable for all ages and body types. You will focus on proper body posture and mechanics while learning the series of continuous movements. Benefits include: relaxation, stress reduction, improved strength, circulation, flexibility and overall functioning. Practice to prevent and relieve back pain, arthritis, high blood pressure, and other health problems.

Great Room

Friday Apr 13-Jun 15 \$30 (10 sessions)
22520 9:15-10:45am
Peter Brown

Sewing Group Drop-in

Bring your own sewing machine and work on projects in the company of others. Quilters welcome.

Art Room

Friday Apr 13-Jun 15 \$1 drop-in
22848 12:30-3:00pm

Chess Club

Come out and challenge your friends to a game of chess! This club meets in the lounge to gather and play chess. All levels are welcome. Playing chess is a great way to challenge your mind and stay sharp.

Social/Lounge

All Ages

Wednesday Apr 4-Jun 20 free for members
22873 1:00-3:00pm

Journal Writing

18y+

Journaling and Memoir writing classes to help you put your thoughts, ideas and memories on paper. Journaling in a group setting transforms a solitude activity into a fun connection with others. Weekly sessions offer inspiration to deepen your writing skills and uncover writing you didn't know you could do. Learn to write in free flow and in bits and pieces, exploring thoughts and insights through guided prompts. No previous writing experience required. Dates will be confirmed in April. Please call 848.6898 for more information.

Art Room

Memoir Writing

18y+

Journaling and Memoir writing classes to help you put your thoughts, ideas and memories on paper. No story is as precious as the one we write with our own hand. Most people have thought about writing their memoirs but few do. What little stories you forgotten and tucked away? These life stories are one day lost if not told by the only one who can tell them-YOU! Join with a husband, sister, adult child or come by yourself. No previous writing experience required. Dates will be confirmed in April. Please call 848.6898 for more information.

Art Room

Drawing & Painting Lessons

Learn drawing and painting skills with Ken Davidson. Beginners and intermediates welcome.

Art Room

18y+

Wednesday Apr 18-May 9 \$20 (4 sessions)
22844 6:30-8:30pm
Ken Davidson

Did you know...

The Squamish Seniors' Centre couldn't operate without the generous contributions from our volunteers. If you are interested in being a volunteer leader and sharing your special skill with a group of participants in a social setting, please call the program coordinator at 604.848.6896.

Seniors' Programs

Prices are for members.
Non-members prices
will be higher.

Computer Courses

Welcome to the world of computers! Learn the basic procedures and techniques to help you understand more about computers. Find out how to send and receive email messages and attachments, work with pictures, and surf the internet. Laptops provided. Please do not bring your laptop.

Computer - Beginner

An introductory course for beginners including computer components, hardware, software distinction, introduction to wireless, tour of Windows XP, google toolbar, email and basic operation of a computer.

Multi Purpose Room

Monday/Thursday Apr 16-Apr 26 \$15 (4 sessions)
22501 1:00-2:30pm

Herbert Vesely

Computer - Intermediate

This intermediate computer course is ideal for people who have completed the Computers for Beginners course or who have a general comfort level when using computers. Topics include virus protection, emailing in more depth, win Zip, MSPhoto, PowerPoint Viewer, special software for seniors and other software options.

Multi Purpose Room

Monday/Thursday May 7-May 17 \$15 (4 sessions)
22502 1:00-2:30pm

Herbert Vesely

Seniors Crib

Drop-in for a fun and social game of crib. New players always welcome!

Multi Purpose Room

Tuesday Apr 3-Jun 26 \$2.15 (drop-in)
22515 1:00-3:00pm

Seniors Genealogy Club

Get together with others to discuss your family tree. Learn tips on how to access information and resources. Meetings are on the third Monday of each month.

Cafe

Monday Apr 16-Jun 18 \$2.15 (drop-in)
22519 1:00-3:00pm

Senior Coed Biking Group

Meet at the Seniors Centre for a discussion on getting this coed biking group off the ground - Free!

Multi Purpose Room

Wednesday Apr 4
22552 10:00-11:00am

Grandparents' Day

Spend quality time with your grandchild at the Seniors Centre! Enjoy arts, crafts and playing games with your special one.

Supplies included. Pre-registration required.

Multi Purpose Room

4-12y

Monday Apr 23 \$5 (1 session)
22851 9:30am-12:00pm

Friday May 18 \$5 (1 session)
22852 9:30am-12:00pm

Knitting Circle

Get together with other Seniors' Centre members to knit items for gifts, seniors centre fundraising or for yourself. Wool is available at the Seniors Centre. Bring your needles. Free for members.

Social/Lounge

Thursday Apr 5-Jun 21
22526 1:00-2:30pm

Darleen Arnold

Seniors Library Club

Join Nancy from the library on the last Thursday of the month as she highlights different resources available to patrons. Free for members.

Cafe

Thursday Apr 26-Jun 28
22584 11:00am-12:00pm

Seniors Paint and Sketch Club

Art Room

Wednesday/Friday Apr 4-Jun 29 \$2.15 (drop-in)
22516 10:00am-12:00pm

Protect Yourself: Financial Literacy Workshops

The goal of the workshops are to provide information you need to protect your finances, recognize and respond to financial abuse, and make informed decisions that meet your needs. Includes the topics:

Power of Attorney

Wednesday May 9 free
22550 1:00-2:30pm

Frauds and Scams

Power of Attorney Frauds and Scams.

Wednesday Apr 11
22551 1:00-2:30pm free

BEAR AWARE

Squamish is bear country and although bears hibernate between the months of December and April, some bears stay active all winter if there is available food. Ensure you're not keeping a bear awake by following these simple steps:

- Do secure all garbage in your tote and use both locks at all times.
- Do ensure all outdoor fridges/freezers are locked; consider moving them indoors.
- Do feed pets indoors.
- Do hang birdfeeders at least 10 feet off the ground and 6 feet away from any climbable structure. Ensure the ground underneath the feeder is clear of seeds.
- Do ensure your compost has no odour.



COUGAR AWARE

Cougars do not hibernate, so we can expect to see cougars throughout the winter months. In order to reduce conflict with cougars, follow these simple steps to ensure you are not attracting cougar prey, such as deer or raccoons, onto your property:

- Do secure all garbage in your tote and use both locks at all times.
- Do feed pets indoors and bring pets indoors overnight.
- Do ensure the ground underneath birdfeeders is clear of seeds.
- Do ensure your compost has no odour.



To report a wildlife sighting or incident:

1-877-952-7277

For more information on Bear Aware:

bearaware@squamish.ca

Bear
aware