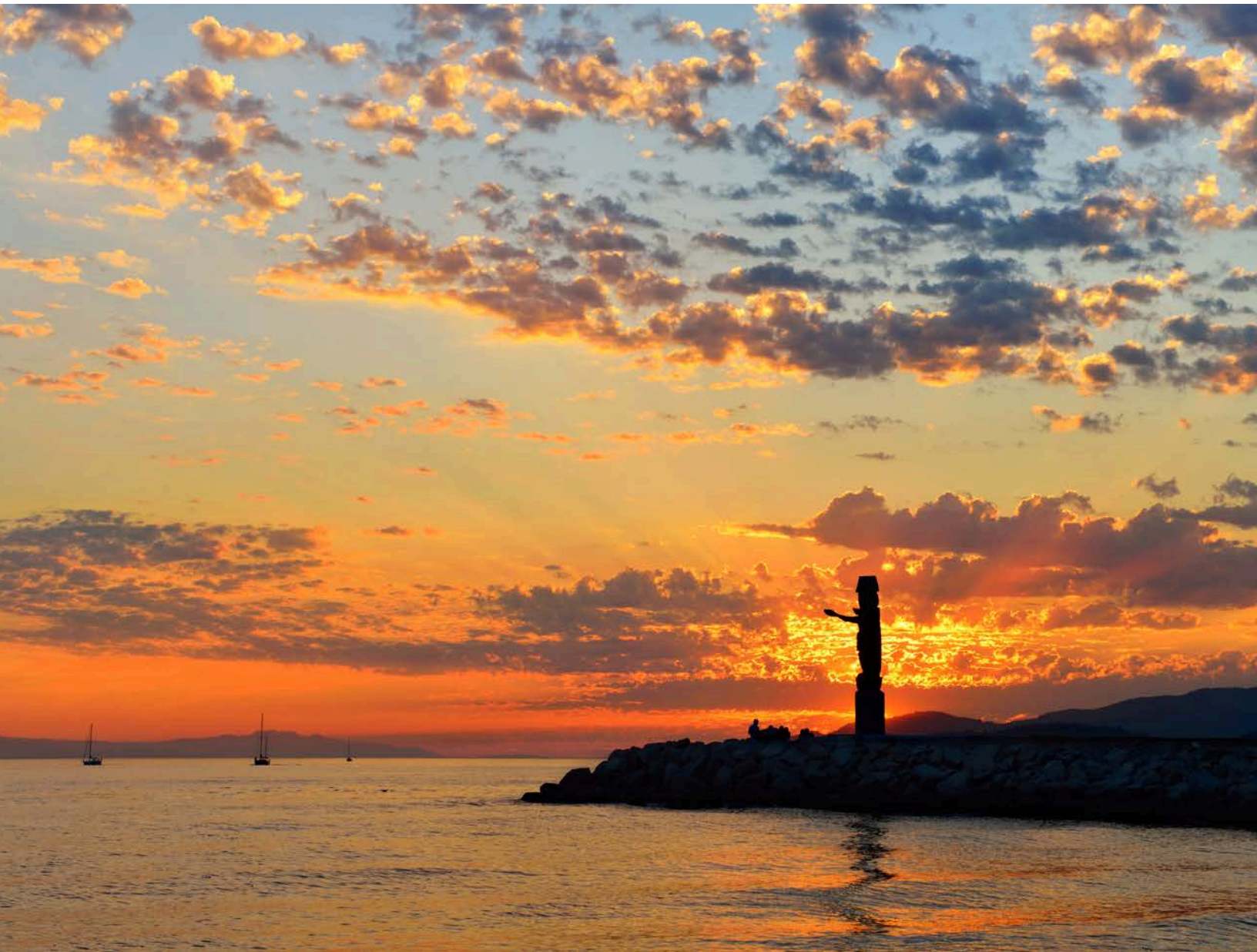


CJMC Recreation Program Guide Summer 2024



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Yúustway
Health & Wellness
Recreation

CJMC RECREATION WELCOMES YOU

All of Chief Joe Mathias Center (CJMC) programs are free for Nation members, community members and Squamish Nation staff. Yúustway Health Wellness & Recreation understands the valuable role that leisure, sports and recreation play in enhancing the lives of Squamish Nation Members. The Recreation team strives to offer a variety of recreation programs and events that meet the needs and interests of our Members of all ages.

Facility Information

Office Hours

Monday - Friday: 8:00 AM - 4:00 PM

Gymnasium/Weight Room Hours

Monday - Thursday: 8:00 AM - 10:00 PM

Friday - 8:00 AM - 5:00 PM

Telephone: 604-980-6338

Fax: 604-980-8277

Email: rec@squamish.net

Holiday Closures

Canada Day: Monday, July 1

B.C Day: Monday, August 5th

CJMC Staff Contact

Justine Sobell - Recreation Manager

justine_sobell@squamish.net

Marco D'Angelo - Sr. Recreation & Sport Coordinator

marco_dangelo@squamish.net

Casey Baker - Bookings and Events Coordinator

casey_baker@squamish.net

Shannon Baker - Rec & Youth Program Coordinator

shannon_baker@squamish.net

Rhiannon Jacobs - Rec & Youth Program Coordinator

rhiannon_jacobs@squamish.net

Kono Douglas - Sr. Events Worker & Custodian

kono_douglas@squamish.net

Ken Campbell - Program Driver

ken_campbell@squamish.net

Salina Williams - Youth Program Worker

salina_williams@squamish.net

Theiren Louie-Baker - Rec Program Worker

What's Inside...

• Adult Fitness

- Circuit Training
- Hatha Yoga
- Tai-Chi
- Pilates
- Women's Weight Training
- Coed Weight Training
- Zumba

• Youth Camps

- Skateboarding Camp
- Archery Camp

• Drop in & Water Activities

- Drop-in Floor Hockey
- Drop-in Basketball
- Introduction to paddle boarding

• Summer Fun 2024

• Financial Assistance

• Booking Information

• Coming up at CJMC

Stay Connected!



@ChiefJoeMathiasCentre



@cjmc.1992



www.squamish.net

ADULT FITNESS



Zumba

Day: Tuesday
Date: July 2 - August 27
Time: 6:00 PM - 7:00 PM
Location: Takaya Room
Instructor: Miranda Goreshi



Women's Weight Training

Day: Wednesday
Date: July 3 - August 28
Time: 7:00 PM - 8:00 PM
Location: Weight Room
Instructor: Tony Xu



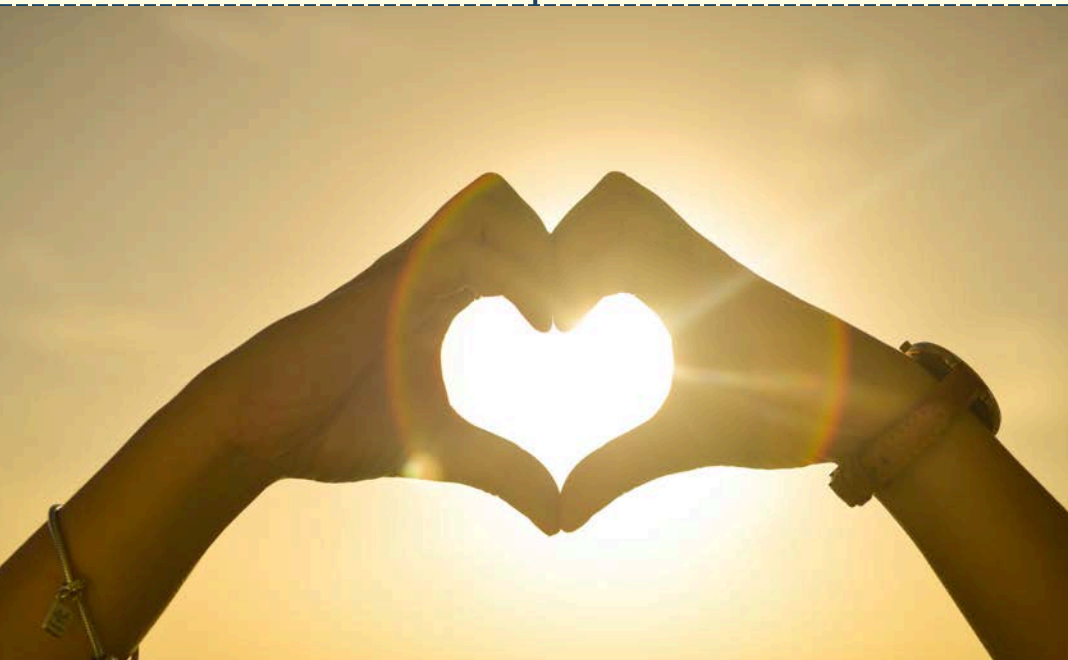
Tai-Chi

Day: Monday
Date: July 8 - August 26
Time: 6:00 PM - 6:45 PM
Location: Main Gym
Instructor: Edgardo Cheb-Terrab

- no class on Aug 5*

What is Tai-chi?

Tai Chi Chuan, originally developed as a martial art, is also practiced as a form of meditation in movement. It combines slow, calming, and deliberate movements with breathing. The practice aims to increase the integration between body and mind, intention and action, flexibility and balance, and perception in general. Tai Chi is known for promoting physical well-being, calmness, and mental focus.



Registration: <https://form.jotform.com/221386550515050>

ADULT FITNESS CONT'D



Pilates

Day: Sunday
Date: July 8 - August 25
Time: 11:30 AM - 12:30 PM
Location: Takaya Room
Instructor: Erika Schold



Co-ed Weight Training

Day: Wednesday
Date: July 3 - August 28
Time: 6:00 PM - 7:00 PM
Location: Weight Room
Instructor: Tony Xu



Hatha Yoga

Day: Thursday
Date: July 4 - August 29
Time: 12:05 PM - 12:55 PM
Location: Takaya room
Instructor: Alexandra Kardas



Circuit Training

Day: Thursday/Sunday
Date: July 4 - August 29
Time: 7:00 PM - 8:00 PM (TH)
10:00 AM - 11:00 AM (S)
Location: Weight Room
Instructor: Chris Dahan



Registration: <https://form.jotform.com/221386550515050>

YOUTH SPORT CAMPS



Archery Camp

Day: Saturday

Date: July 13, 20, 27

Ages: 6-9 / 10-13 / 14+

Time: 10:00 AM - 11:00 AM (ages 6-9)
11:00 AM - 12:00 PM (ages 10-13)
12:00 PM - 1:00 PM (ages 14+)

Location: CJMC



Skateboarding Camp

Day: Saturday

Date: August 10, 17, 31

Level: Beginner / Intermediate

Time: Beginner: 10:00 - 11:00 AM
Intermediate: 11:00 AM - 12:00 PM

Location: CJMC Parking Lot



Registration: <https://form.jotform.com/221385412805048>

DROP-IN & WATER ACTIVITIES



Drop-in Floor Hockey

Day: Tuesday / Thursday

Date: July 4 - August 27

Ages: 16+

Time: 7:00 PM - 8:30 PM (T)

7:00 PM - 8:30 PM (TH)

Location: Main Gym



Drop-in Basketball

Day: Monday

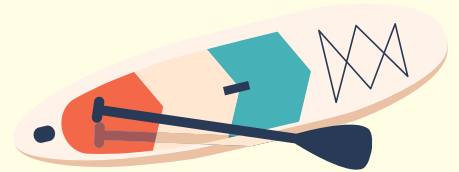
Date: July 8 - August 26

Ages: 16+

Time: 7:00 PM - 8:30 PM

Location: Main Gym

- no drop-in on Aug 5*



Intro to Paddle Boarding

Day: Sunday

Date: July 21 / August 25

Ages: 16+

Time: 10:00 PM - 12:00 PM

Location: Cates Park



REGISTRATION: [HTTPS://FORM.JOTFORM.COM/240605797829268](https://form.jotform.com/240605797829268)

SUMMER FUN 2024

FROM JULY 15 TO AUGUST 23, 2024

AGE GROUPS:

6-7 (JULY 15-18 & AUG 6-9)

8-9 (JULY 22-25 & AUG 12-15)

10-12 (JULY 29-AUG 2 & AUG 19-22)

13-16 (JULY 19 & AUG 16)

REGISTRATION OPENS JUNE 17 @ 11:00AM.

REGISTRATION LINK:

[HTTPS://FORM.JOTFORM.COM/230116238011035](https://form.jotform.com/230116238011035)

FOR MORE INFORMATION PLEASE CONTACT US AT:

604-980-6338

REC@SQUAMISH.NET



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Yúustway
Health & Wellness
Recreation

FINANCIAL ASSISTANCE

Squamish Nation Sports & Recreation Grant



The Squamish Nation Sport & Recreation Grant aims to support the athletic endeavors of individual members or groups through funding assistance. The grant has four funding categories, each having different eligibility requirements:

- Individual Recreation
- Individual High Performance
- Team Sponsorship
- Event Sponsorship

When is the grant available?

- Funding Cycle 1 is in February and Cycle 2 is in July. Members are only eligible to apply for one round of funding per year. Applications are open for a one month prior to the deadline.

Who can apply?

- All Nation members are eligible, but priority is given to applicants ages 25 and under.
- The grant must be used by the person for whom the grant was approved and for; no portion of the grant can be transferred to someone else.

Where can I find the grant?

- Prior to each funding cycle the grant information can be found on:
 - Squamish Nation Website
 - CJMC Facebook page
 - Members email

Prior to applying please review the Grant Policy:

<https://www.squamish.net/wp-content/uploads/2021/09/Sports-Recreation-Grant-Policy-2021-1.pdf>

For more information, please email rec@squamish.net or call 604-980-6338



Canadian Tire Jumpstart

Sometimes, families need financial assistance to get their kids into a sport or physical activity. This grant is aimed to help families access a range of activities, from boxing to bowling and skating to skiing, and more.

For more detailed information regarding funding requirements and important dates and timelines, please visit:

<https://jumpstart.canadiantire.ca/pages/individual-child-grants>



KidSport North Shore

Through a confidential application process, KidSport provides grants to kids from families facing financial barriers to help cover the cost of their sport registration fee so they can experience the joy of a season of sport.

For more detailed information regarding funding requirements and important dates and timelines, please visit:

<https://kidsportcanada.ca/british-columbia/north-shore-north-west-vancouver/apply-for-a-grant/>

**Please note - Squamish Nation and CJMC are not working partners with KidSport or JumpStart and therefore cannot influence the funding process. We are available to assist with the application process, if requested.*

BOOKING INFORMATION

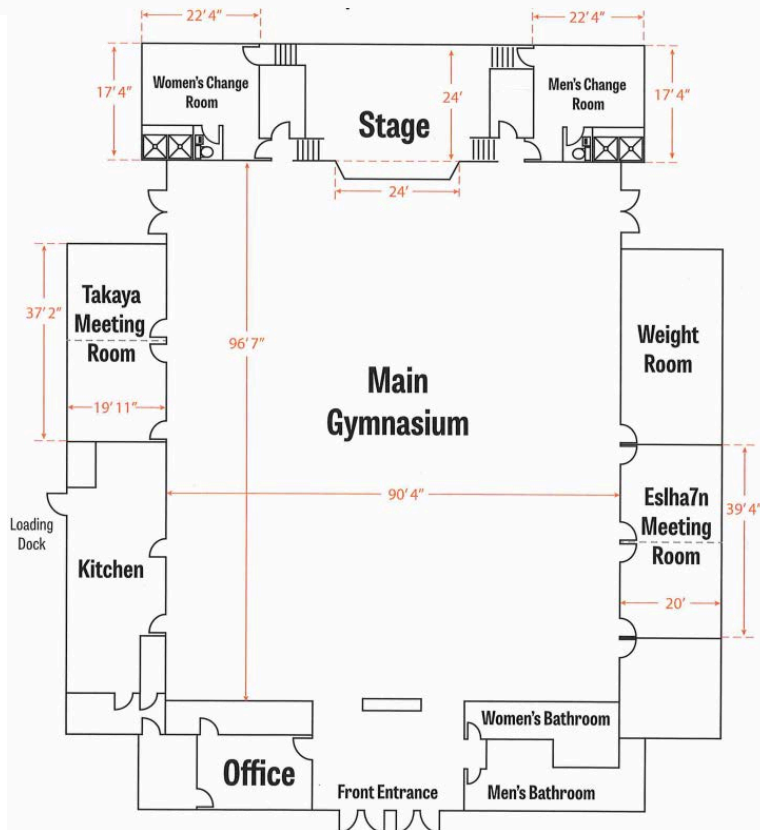


BOOKING RATES

DEPOSITS – Due at time of application	
Main Gym	\$600.00
Eslha7an Room	\$100.00
Takaya Room	\$100.00
Industrial Kitchen (Kitchen use only)	\$600.00

Damage Deposit will be returned after final inspection is completed by CJMC's Maintenance Team. Deposit Return may take up to 5-10 business days.

HOURLY RATES— Squamish Nation Members receive 50% off			
Location	Hourly	Squamish Nation Member Rate	
Main Gym	\$100.00	\$50.00	
Eslha7an Room	\$75.00	\$37.50	
Takaya Room	\$50.00	\$25.00	
Industrial Kitchen	\$150.00	\$75.00	
Capilano Field	\$40.00	\$20.00	



Chief Joe Mathias Centre facilities are available for rental to SN departments, members and external groups and organizations. **Please note that CJMC is prioritized for Squamish Nation programming and events and therefore not all booking requests will be accommodated.**

Available Facilities:

- Main Gymnasium, Weight Room, Takaya Room, Eslha7an Room, Industrial Kitchen, Xwmelech'sten Field
- Rentals include:
 - Rectangular tables
 - Chairs
 - Set up/tear down

Available upon request/availability:

- Coffee & tea
- Projector screen
- TV/AV
- Kitchen use
- Tents

Contact Information:

- Primary: casey_baker@squamish.net
- Secondary: rec@squamish.net
- 100 Lower Capilano Rd, N. Vancouver, BC, V7P 3M8
- 604.980.6338

Hours of operation/availability:

- Regular hours of operation are Monday - Friday 8:00 am - 10:00 pm
- Weekend bookings are available *limited availability*

Funeral Policy

- **Squamish Nation funerals take precedent over all bookings. Bookings can be cancelled with short notice due to the scheduling of a funeral. Payments will be refunded in full if this occurs.**

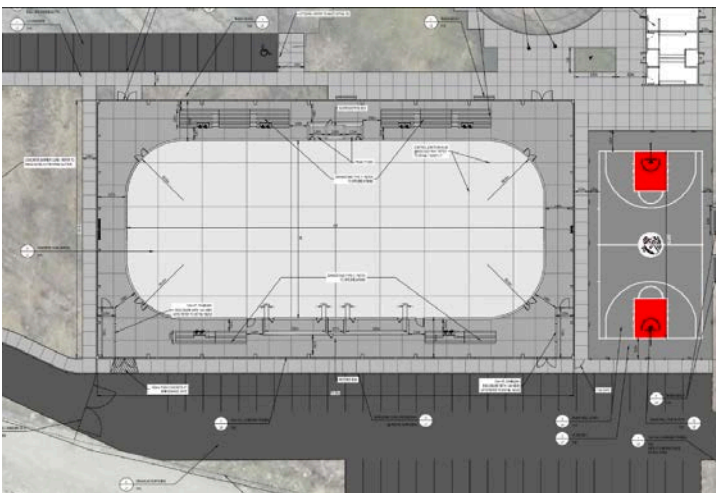
For the complete booking policy and FAQ's please inquire within.

COMING UP AT CJMC...

Lacrosse Box Update



The 2nd and final phase of construction started in May and will include everything under and around the roof structure, such as a washroom/changeroom building, the concrete playing surface, a basketball court, parking and other landscaping (see below for site layout). The overall project is anticipated to be completed before the end of 2024. Ta na wa Shéway I7xw ta Úxwumixw are looking forward to starting this next phase and can't wait to deliver K̓w'eshk̓w'shétsuta'ý for the use and benefit of all of S̓kw̓xwú7mesh Úxwumixw!



Summer Family and Friend Activities

CJMC offers seasonal family and friends activities in addition to our scheduled programming. These activities range from seasonal outdoor outings, family movies at cineplex and even take home packages.

Our Summer Family and Friends schedule will be released in July - so be sure to look out for it!



Today at CJMC

Are you ever curious to what is happening at CJMC? Be sure to follow us on Facebook @ChiefJoeMathiasCentre to find out!

Our daily schedule is updated every morning!

Sun.

Circuit Training - 10:00 AM - 11:00 AM

Pilates - 11:30 AM - 12:30 PM

Mon.

Tai-Chi - 6:00 PM - 6:45 PM

Drop-in Basketball- 7:00 PM - 8:30 PM

Tues.

Zumba - 6:00 PM - 7:00 PM

Drop-in Floor Hockey - 7:00 PM - 8:30 PM

Wed.

Co-ed Weight Training - 6:00 PM - 7:00 PM

Women's Weight Training - 7:00 PM - 8:00 PM

Thur.

Hatha Yoga - 12:00 PM - 1:00 PM

Circuit Training - 7:00 PM - 8:00 PM

Drop-in Floor Hockey - 7:00 PM - 8:30 PM

Fri.

Sat.