

CJMC Recreation

Program Guide

Fall 2024



Skwxwú7mesh
Úxwumixw

Yúustway
Health & Wellness
Recreation

squamish.net

CJMC Recreation Welcomes you

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

Facility Information

Office Hours

Monday - Friday: 8:30 AM - 4:30 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

Labour Day: Monday, September 2

National Day for Truth and Reconciliation:

Monday, September 30

Thanksgiving: Monday October 14

Remembrance Day: Monday, November 11

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
- Tennis
- Kick Boxing & Self Defence

• Youth Sports

- Swimming Lessons
- Jiu-Jitsu
- Social Circus
- Tennis
- Skating Lessons
- Soccer Academy

• Drop in & Cultural

- Drop-in Floor Hockey
- Drop-in Basketball
- Beading

• Youth Mountain Biking Program

• After School Program (ASP) 2024

• Fall Community Celebrations

• Financial Assistance

• Coming up at CJMC

Stay Connected!



@ChiefJoeMathiasCentre



@cjmc.1992



www.squamish.net

ADULT FITNESS



Kick Boxing & Self Defence

Day: Tuesday
Date: Sept 10 - Oct 29
Time: 6:00 PM - 7:00 PM
Location: Takaya Room
Instructor: Jennifer Bajus
No class
Sept 17, Nov 5 & 12



Women's Weight Training

Day: Wednesday
Date: Sept 11 - Dec 11
Time: 7:00 PM - 8:00 PM
Location: Weight Room
Instructor: Tony Xu



Tai-Chi

Day: Monday
Date: Sept 9 - Nov 25
Time: 6:00 PM - 7:00 PM
Location: Takaya Room
Instructor: Edgardo Cheb-Terrab
No class
Sept 30, Oct 14, 21, 28
& Nov 11



Tennis

Day: Monday
Date: Sept 23 - Dec 9
Time: 6:35 PM - 7:45 PM
Location: CJMC
Instructor: Summer Smash Tennis
No class
Sept 30, Oct 14, & Nov 11

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

ADULT FITNESS CONT'D



Pilates

Day: Sunday
Date: Sept 8 - Dec 15
Time: 11:30 AM - 12:30 PM
Location: Takaya Room
Instructor: Erika Schold
No class
Sept 22, Nov 24



Co-ed Weight Training

Day: Wednesday
Date: Sept 11 - Dec 11
Time: 6:00 PM - 7:00 PM
Location: Weight Room
Instructor: Tony Xu



Hatha Yoga

Day: Thursday
Date: Sept 12 - Oct 31
Time: 12:05 PM - 12:55 PM
Location: Takaya room
Instructor: Alexandra Kardas



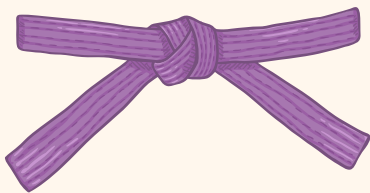
Circuit Training

Day: Thursday/Sunday
Date: Sept 8 - Dec 15
Time: 7:00 PM - 8:00 PM (TH)
10:00 AM - 11:00 AM(S)
Location: Weight Room
Instructor: Chris Dahan
No class
Sept 22, Nov 24



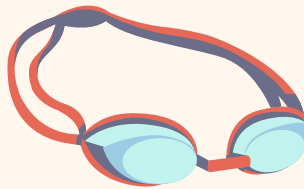
Registration: <https://form.jotform.com/221386550515050>

YOUTH SPORT



Jiu-Jitsu

Day: Tuesday
Date: Sept 10 - Dec 3
Time: 3:30 PM - 4:15 PM
Location: Definitive Jiu-Jitsu
Instructor: Coach Amir &
Coach Anthony



Swimming Lessons

Day: Wednesday
Date: Sept 25 - Dec 11
Time: 5:15 PM - 6:00 PM
Location: Harry Jerome



Skating Lessons

Day: Monday
Date: Sept 23 - Dec 9
Time: 5:45 PM - 6:30 PM
Location: Harry Jerome

No class
Sept 30, Oct 14, & Nov 11



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

YOUTH SPORT CONT'D



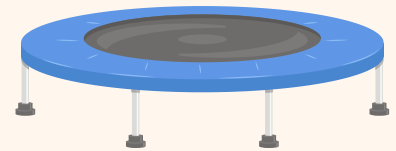
Tennis

Day: Monday
Date: Sept 23 - Dec 9
Time: 5:45 PM - 6:35 PM
Location: CJMC
Instructor: Summer Smash
Tennis
No class
Sept 30, Oct 14, & Nov 11



Soccer Academy

Day: Thursday
Date: Sept 12 - Dec 5
Time: 3:30 PM - 5:30 PM
Location: Norgate Field
Instructor: Jason Taylor



Social Circus

Day: Thursday
Date: Sept 12 - Dec 5
Time: 5:45 PM - 6:45 PM
Location: CJMC
Instructor: Vancouver
Circus School
No class Oct 24



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

DROP-IN & CULTURAL ACTIVITIES



Drop-in Floor Hockey

Day: Monday / Thursday
Date: Sept 9 - Dec 5
Ages: 16+
Time: 8:00 PM - 10:00 PM (M)
9:00 PM - 10:30 PM (TH)
Location: CJMC

No Drop-in
Sept 30, Oct 14, & Nov 11



Drop-in Basketball

Day: Tuesday
Date: Sept 11 - Dec 4
Ages: 16+
Time: 9:00 PM - 10:30 PM
Location: CJMC



Beading

Day: Thursday
Date: Sept 12 - Dec 12
Ages: 16+
Time: 6:00 PM - 8:00 PM
Location: Eslha7an Room
Instructor: Laurine Daniels



REGISTRATION:

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

YOUTH MOUNTAIN BIKING PROGRAM

Chief Joe Mathias Centre has partnered with the North Shore Mountain Biking Association to provide mountain biking skills sessions and trail building sessions on Mount Fromme. Check out the details below!

Days: Saturday's

Dates: September 14 - October 19

Location: Capilano Field & Mount Fromme

Ages: 9-13

Transportation: provided by CJMC

- ✓ Expert Instruction
- ✓ Skill Development
- ✓ Rentals included
- ✓ Transportation provided
- ✓ Hydration/nutrition provided

Registration: <https://form.jotform.com/242146782346258>



**Skwxwú7mesh
Úxwumixw**

Yúustway
Health & Wellness
Recreation

CHEIF JOE MATHIAS CENTRE



AFTER SCHOOL PROGRAM

5-7 YEAR OLDS
MONDAY &
WEDNESDAY 3-5pm

8-12 YEAR OLDS
TUESDAY &
THURSDAY 3-5 PM

REGISTRATION OPENS:
MONDAY, AUGUST 19, 2024
AT 11:00 AM

SIGN UP HERE!



**Contact Shannon Baker
or Rhiannon Jacobs
for more information**

rec@squamish.net 604-980-6338

<https://form.jotform.com/222157013310236>



**Skwxwú7mesh
Úxwumixw**

Yúustway
Health & Wellness
Recreation

Fall Community Celebrations



CJMC HALLOWEEN PARTY

SATURDAY, OCTOBER 26

SATURDAY, DECEMBER 7

Christmas Party



**Skwxwú7mesh
Úxwumixw**

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/>

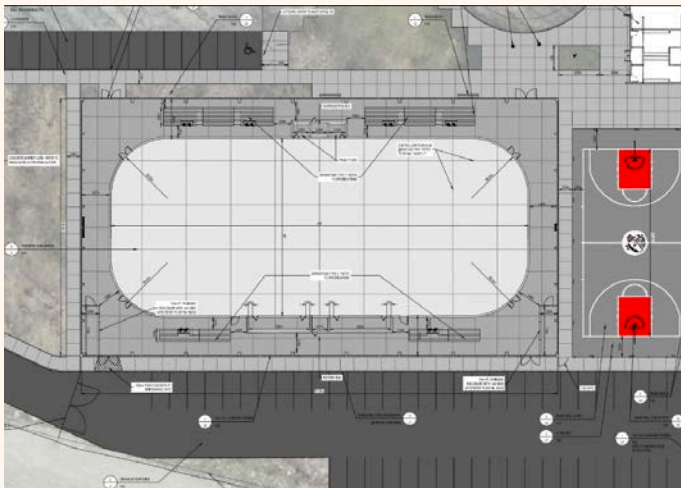
*Please note - Squamish Nation and CJMC are not working partners with KidSport or JumpStart and therefore cannot influence the funding process. We are available to assist with the application process, if requested.

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'shétsutay̓ for the use and benefit of all of Sk̓wxwú7mesh Úxwumixw!



rec@squamish.net

Fall 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 Fall Family and Friends schedule will be released in September - 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!

604.980.6338

BOOKING INFORMATION

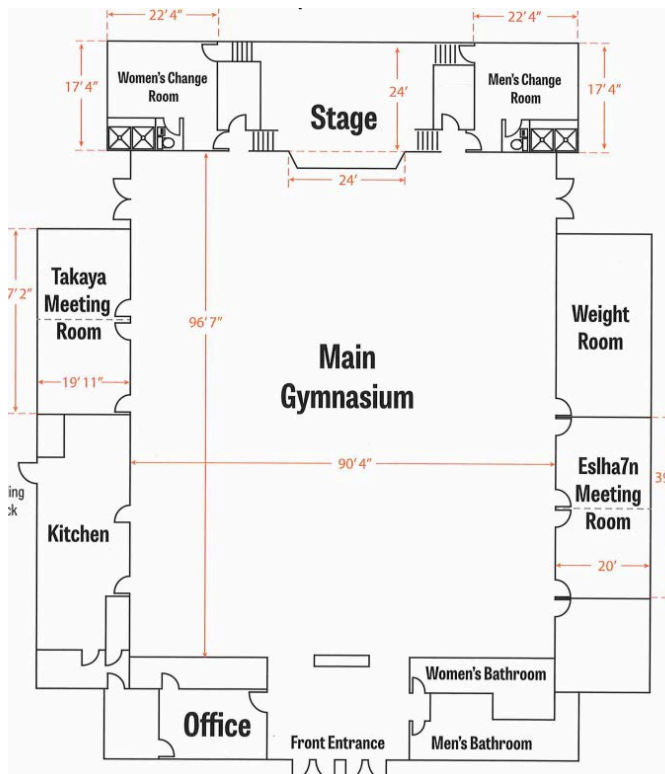


BOOKING RATES

| 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, Xwmech'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.

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

Skating Lessons - 5:45 PM - 6:30 PM

Youth Tennis: 5:45 PM - 6:45 PM

Adult Tennis: 6:45 PM - 7:45 PM

Drop-in Floor Hockey - 8:00 PM - 10:00 PM

Tues.

Youth Jiu-Jitsu: 3:30 PM - 4:15 PM

Self Defence & Kick Boxing - 6:00 PM - 7:00 PM

Guardians - 7:00 PM - 8:30 PM

Drop-in Basketball - 9:00 PM - 10:30 PM

Wed.

Swimming Lessons - 5:15 PM - 6:00 PM

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

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

Thur.

Hatha Yoga - 12:05 PM - 12:55 PM

Soccer Academy - 3:30 PM - 5:30 PM

Social Circus - 5:45 PM - 6:45 PM

Beading- 6:00 PM - 8:00 PM

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

Drop-in Floor Hockey - 9:00 PM - 10:30 PM

Fri.

Sat.