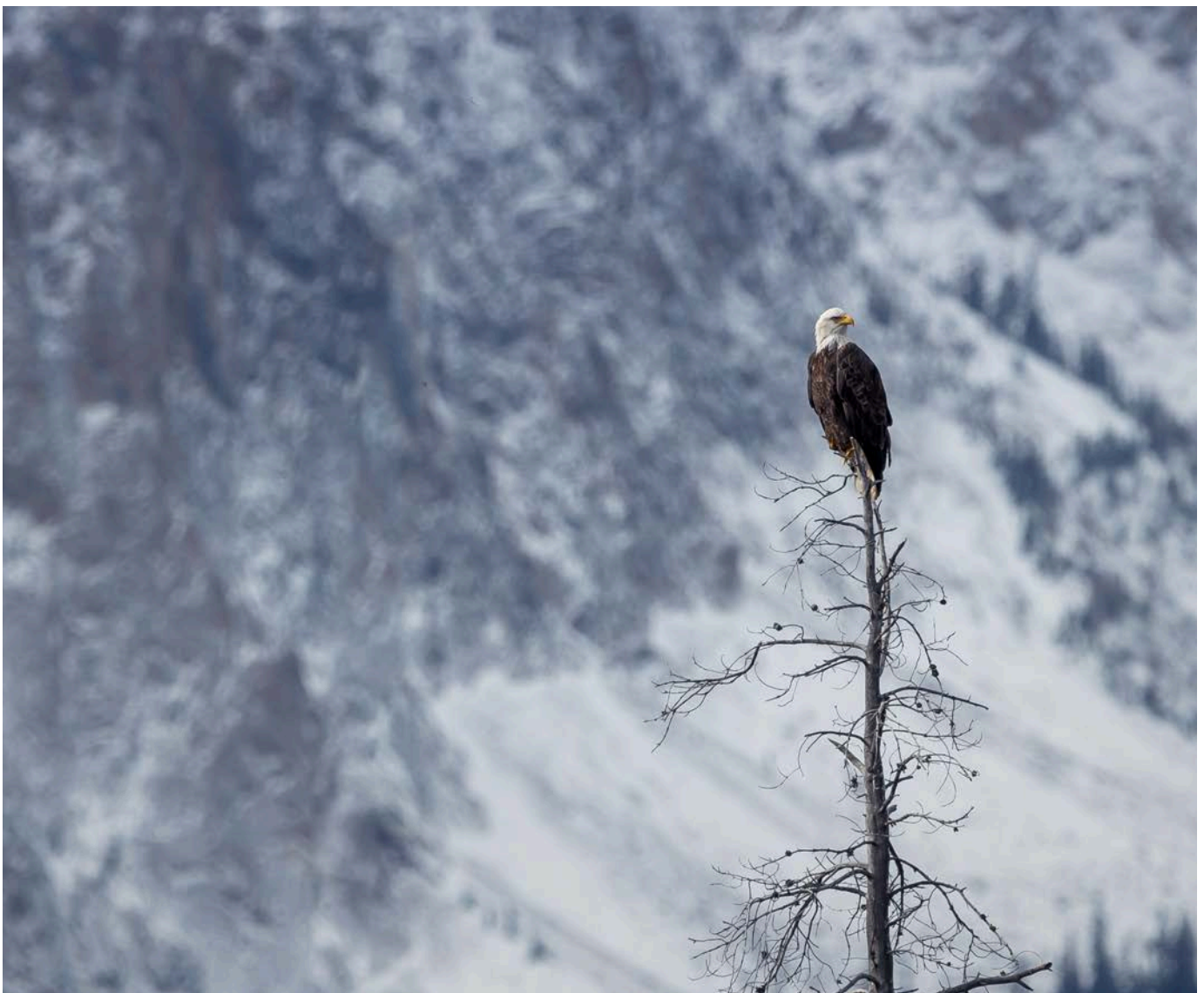


# CJMC Recreation

## Program Guide

# Winter 2025



**Skwxwú7mesh**  
**Úxwumixw**

Yúustway  
Health & Wellness  
Recreation

[squamish.net](http://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](mailto:rec@squamish.net)

## Holiday Closures

New Year's Day: Wednesday, January 1

B.C Family Day: Monday, February 17

## CJMC Staff Contact

### Justine Sobell - Recreation Manager

[justine\\_sobell@squamish.net](mailto:justine_sobell@squamish.net)

### Marco D'Angelo - Sr. Recreation & Sport Coordinator

[marco\\_dangelo@squamish.net](mailto:marco_dangelo@squamish.net)

### Casey Baker - Bookings and Events Coordinator

[casey\\_baker@squamish.net](mailto:casey_baker@squamish.net)

### Shannon Baker - Rec & Youth Program Coordinator

[shannon\\_baker@squamish.net](mailto:shannon_baker@squamish.net)

### Salina Williams - Admin & Program Facilitator

[salina\\_williams@squamish.net](mailto:salina_williams@squamish.net)

### Kono Douglas - Sr. Events Worker & Custodian

[kono\\_douglas@squamish.net](mailto:kono_douglas@squamish.net)

### Ken Campbell - Program Driver

[ken\\_campbell@squamish.net](mailto:ken_campbell@squamish.net)

## What's Inside...

### • Adult Fitness

- Circuit Training
- Hatha Yoga
- Dance Fit
- Pilates
- Women's Weight Training
- Coed Weight Training
- Tennis
- Kick Boxing & Self Defense
- Jiu-Jitsu
- Body Sculpt

### • Youth Sports

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

### • Drop in & Cultural

- Drop-in Floor Hockey
- Beading
- Regalia Making

### • Spring Break Camp

### • Financial Assistance

### • Coming up at CJMC

## Stay Connected!



@ChiefJoeMathiasCentre



@cjmc.1992



[www.squamish.net](http://www.squamish.net)

# ADULT FITNESS



## Kick Boxing & Self Defence

Day: Monday  
Date: Jan 20 - March 31  
Time: 6:00 PM - 7:00 PM  
Location: Takaya Room  
Instructor: Jennifer Bajus

No class  
Jan 27, Feb 17



## Women's Weight Training

Day: Wednesday  
Date: Jan 8 - March 26  
Time: 7:00 PM - 8:00 PM  
Location: Weight Room  
Instructor: Tony Xu



## Dance Fit

Day: Thursday  
Date: Jan 16 - March 27  
Time: 6:00 PM - 7:00 PM  
Location: Takaya Room  
Instructor: Emily Batrim



## Adult Jiu-Jitsu

Day: Tuesday  
Date: Jan 14 - March 25  
Time: 7:00 PM - 8:00 PM  
Location: Definitive Jiu-Jitsu  
Instructor: Coach Amir & Coach Anthony



## Circuit Training

Day: Thursday/Sunday  
Date: Jan 5 - March 30  
Time: 7:00 PM - 8:00 PM (TH)  
10:00 AM - 11:00 AM(S)  
Location: Weight Room  
Instructor: Chris Dahan



## Tennis

Day: Monday  
Date: Jan 6 - March 31  
Time: 6:35 PM - 7:45 PM  
Location: CJMC  
Instructor: Summer Smash Tennis

No class  
Feb 17

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

# ADULT FITNESS CONT'D



## Pilates

Day: Sunday  
Date: Jan 5 - March 30  
Time: 11:30 AM - 12:30 PM  
Location: Takaya Room  
Instructor: Erika Schold



## Co-ed Weight Training

Day: Wednesday  
Date: Jan 8 - March 26  
Time: 6:00 PM - 7:00 PM  
Location: Weight Room  
Instructor: Tony Xu



## Hatha Yoga

Day: Thursday  
Date: Jan 16 - March 27  
Time: 12:05 PM - 12:55 PM  
Location: Takaya room  
Instructor: Alexandra Kardas



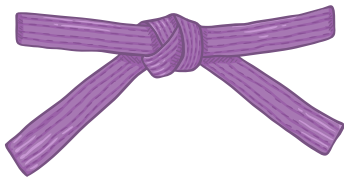
## Body Sculpt

Day: Friday  
Date: Jan 17 - March 28  
Time: 12:05 PM - 12:55 PM  
Location: Takaya Room  
Instructor: Emily Batrim



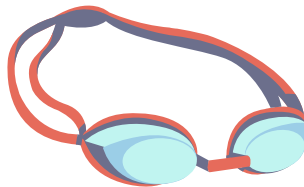
Registration: <https://form.jotform.com/221386550515050>

# YOUTH SPORT



## Jiu-Jitsu

Day: Tuesday  
Date: Jan 14 - March 25  
Time: 3:30 PM - 4:15 PM  
Location: Definitive Jiu-Jitsu  
Instructor: Coach Amir &  
Coach Anthony



## Swimming Lessons

Day: Wednesday  
Date: Jan 8 - March 12  
Time: 5:15 PM - 6:00 PM  
Location: Harry Jerome



## Skating Lessons

Day: Monday  
Date: Jan 6 - March 10  
Time: 5:45 PM - 6:30 PM  
Location: Harry Jerome

**No Lessons  
Feb 17**



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

# YOUTH SPORT CONT'D



## Tennis

Day: Monday

Date: Jan 6 - March 31

Time: 5:45 PM - 6:35 PM

Location: CJMC

Instructor: Summer Smash  
Tennis

**No class  
Feb 17**



## Soccer Academy

Day: Thursday

Date: Jan 16 - March 27

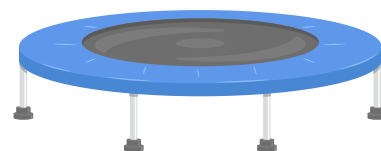
Ages: 6-9 / 10-13

Time: 5:30 PM - 6:30 PM

6:30 PM - 7:30 PM

Location: CJMC

Instructor: Jason Taylor



## Social Circus

Day: Tuesday

Date: Jan 14 - March 25

Time: 5:45 PM - 6:45 PM

Location: CJMC

Instructor: Social Circus  
Foundation



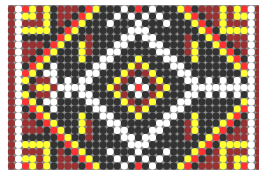
Registration: <https://form.jotform.com/221385412805048>

# DROP-IN & CULTURAL ACTIVITIES



## Drop-in Floor Hockey

Day: Tuesday / Thursday  
Date: Jan 11 - March 27  
Ages: 16+  
Time: 9:00 PM - 10:30 PM (T)  
9:00 PM - 10:30 PM (TH)  
Location: CJMC



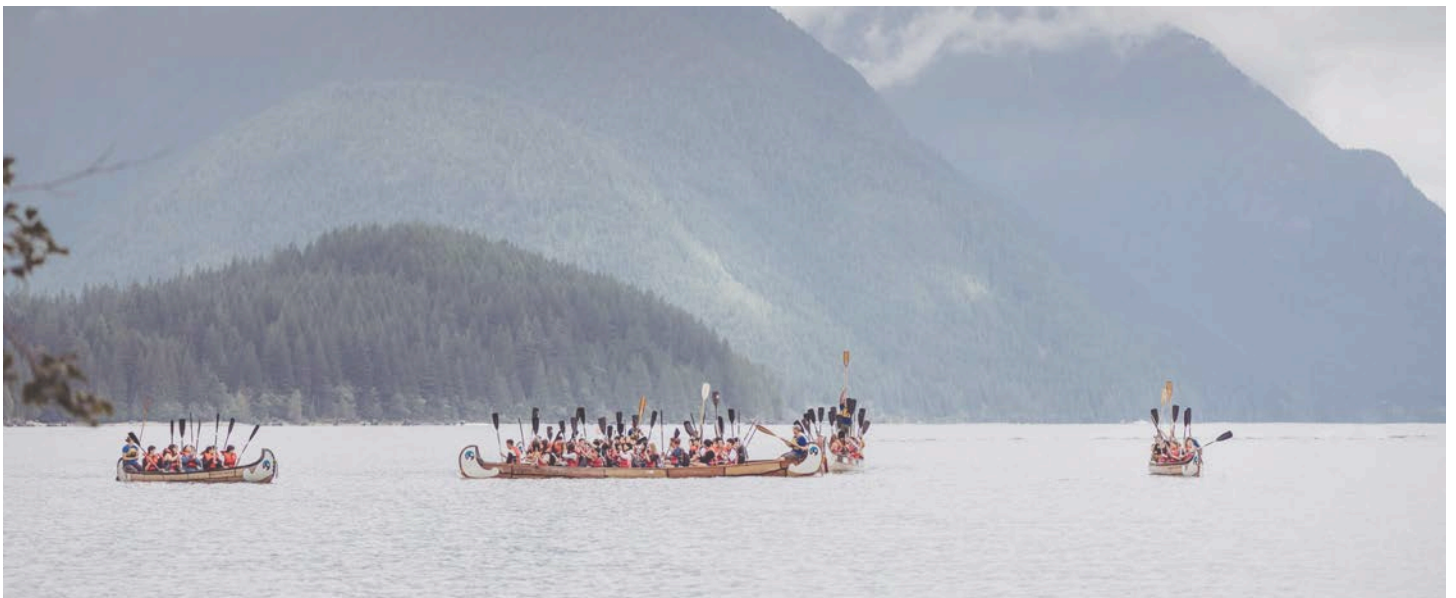
## Beading

Day: Tuesday - Beginner  
Thursday - Intermediate  
Date: Jan 14 - March 27  
Ages: 16+  
Time: 6:00 PM - 8:00 PM  
Location: Eslha7an Room  
Instructor: Laurine Daniels



## Regalia Making

Day: Sunday  
Date: Youth (8+): Jan 12 & 19  
Adult: Feb 2 & 16  
Time: 1:00 PM - 4:00 PM  
Location: Eslha7an Room  
Instructor: Kanani Nahanee  
**\*Limited Space\***  
**\*Youth must be accompanied by parent\***



REGISTRATION:

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

CJMC PRESENTS



# SPRING FUN CAMP 2025

**6-8 YEAR OLDS: MARCH 17-20, 2025**

**9-12 YEAR OLDS: MARCH 24-27, 2025**

**TEENS: FRIDAY, MARCH 21, 2025 &  
FRIDAY, MARCH 28, 2025**


**\*30 SPOTS MAX PER AGE GROUP\***

REGISTRATION OPENS:  
MONDAY, FEBRUARY 24,  
2025 @ 11:00AM  
[HTTPS://FORM.JOTFORM.C  
OM/240325718880257](https://form.jotform.com/240325718880257)

CAMP TIMES:  
9:00am - 3:00pm

ANY QUESTIONS OR FOR  
MORE INFO PLEASE CONTACT:

 SHANNON DAWN BAKER

 604-499-2384

 SHANNON\_BAKER@SQUAMISH.NET



# 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](mailto: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/>

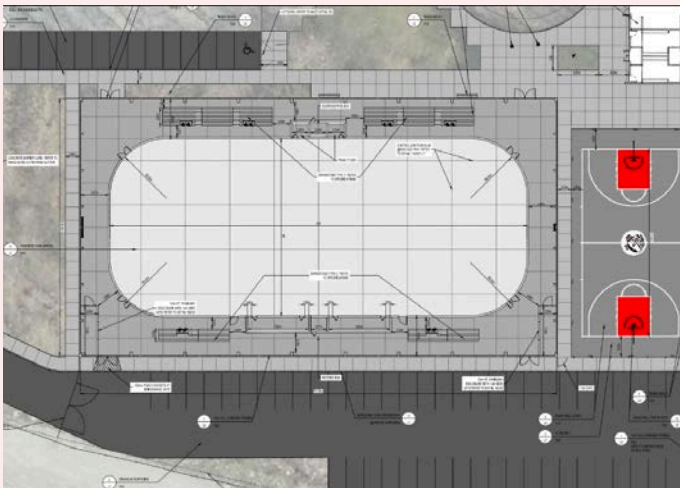
\*Please note - Squamish Nation and CJMC are not working partners with KidSport or JumpStart and therefore cannot influence the funding process. We are available to assist with the application process, if requested.

# 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 February, 2025. Ta na wa Shéway I7xw ta Úxwumixw are looking forward to starting this next phase and can't wait to deliver Kw'eshkw'shétuta' for the use and benefit of all of Skwxwú7mesh Úxwumixw!



rec@squamish.net

## Winter 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 Winter Family and Friends schedule will be released in January - 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

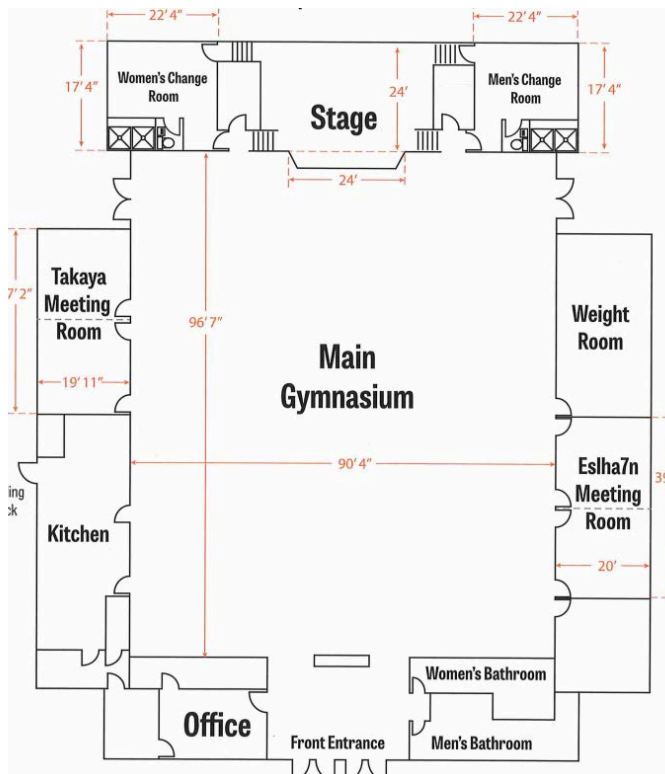
### DEPOSITS – Due at time of application

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](mailto:casey_baker@squamish.net)
- Secondary: [rec@squamish.net](mailto: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.**

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

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

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

**Self Defense and Kickboxing: 6:00 PM - 7:00 PM**

**Tues.**

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

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

**Beading for Beginners: 6:00 PM - 8:00 PM**

**Adult Jiu-Jitsu: 7:00 PM - 8:00 PM**

**Drop-in Floor Hockey: 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**

**Beading: 6:00 PM - 8:00 PM**

**Dance Fit: 6:00 PM - 7:00 PM**

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

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

**Fri.**

**Body Sculpt: 12:05 PM - 12:55 PM**

**Sat.**