

Special points of interest:

- Zumba
- Kickboxing
- 8th fire
- Traditional Community Garden
- Food Co-op
- Adult Soccer
- Family Nights
- Stay Active
- Upcoming Lacrosse
- New Rec. Format
- Fitness Classes
- Pink Shirt Day
- SALL
- No Electronics
- Guidelines & Expectations
- Rec. Form
- Calendars

Recreation Weekly

February 03 / 2012

ZUMBA at Totem Hall

It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-program that's moving millions of people toward joy and health.

WHO WE ARE

Zumba Fitness® is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to

form a "fitness-party" that is downright addictive. Since its inception in 2001, the Zumba program has grown to become the world's largest – and most successful – dance-fitness program with more than 12 million people of all shapes, sizes and ages taking weekly Zumba classes in over 110,000 locations across more than 125 countries.

*Zumba classes have started at 6:30pm Wednesday, January 25th at Totem Hall and run every Wednesday for 8 weeks!

*We will be charging \$60 for 8 sessions and \$10 drop in for our current and past fitness clients.

*Participants must be registered in advance. We will need a minimum of 6 people to continue a class.

Contact Leanne Lewis to sign up 604-848-2225

Kickboxing at Totem Hall - starting March

Looking for participants willing to pay \$50 per month for 2 classes per week. Minimum 8 people and **must pay in advance**. Must be 16yrs and up. May start a men's class if we get enough men.

Also a youth class 11-15 yrs if parents will pay. Cost will be the same for

all groups. Probably Monday and Wednesday nights time to be determined and will start 1st week in March

Balafkan was originally drawn to Vancouver for the 2002 Sport Kickboxing Federation World Championships. He chose Squamish because of the active lifestyle it

promotes

"Most people think kickboxing is a violent sport but it's not. It's the best sport to get your body toned," he said

"You can tell he's a World Champion. He's really strict but can teach new people as well as experienced,"

Contact Leanne Lewis to sign up 604-848-2225

8th Fire

CBC just premiered their new documentary series on indigenous people, **8th Fire**, last night. The first episode is called *Indigenous in the City*, and it's fantastic! The episode includes interviews with our very own Lynda Gray and other wonderful local FN people, as well as other great interviews and footage from across Canada. It's grounded on the theme of reconciliation, directly presenting the realities of Canada's history with indigenous people, contemporary issues, and highlights the resiliencies and aspirations of our peoples. If you didn't get to see it last night, I

highly recommend you check it out. **The series is airing weekly on CBC, on Thursday nights from 9 - 10pm locally.** The first episode is now available online at: <http://www.cbc.ca/doczone/8thfire/index.html?1326470771982> You can also view at least 40 more really informative, short documentaries/interviews which were filmed as part of this project, at: <http://www.cbc.ca/doczone/8thfire/blog.html>

I encourage you to help spread the

word about this series! It could go a long ways towards educating Canadians about FN/ Aboriginal issues, and supporting the process of reconciliation.

Sasha McArthur - UNYA Reception Urban Native Youth Association 1618 E Hastings St., Vancouver, BC, V5L 1S6
Phone: (604) 254-7732 Fax: (604) 254-7811
Website: <http://www.unya.bc.ca>

Facebook: UNYA Fanpage



Traditional Community Garden

Food habits of the first nation have changed drastically over the years. Unfortunately our bodies have not had enough time to evolve to keep up with these changes. These changes have caused health related effects and we are experiencing a growing number of medical conditions from arthritis, diabetes to cancer. Our traditional food remains an important as-

pect of social, & cultural events. We need to incorporate these foods into our daily lives and eating habits.

Traditionally we spent much of our time growing and harvesting food, which did not only benefit us physically but socially as well.

We would like to bring

back our traditional foods by creating a traditional garden which will also be used to teach our community about native plants and foods but how to cook and prepare them.

The Traditional garden will be an ongoing project starting this fall.

If you would like to participate leave your name with Leanne at the totem Hall.

Food Co-op

The idea of a community Food Co-op is to have everyone gather food, such as what can be grown in our gardens, on fruit trees, by hunting or fishing.

We would then crate a list of community members and what they supply.

Nation members could then order what they need to feed their fami-

lies such as moose or deer roasts, steaks, or stewing meat, fish, fresh or smoked, shell fish, vegetables, chicken, eggs etc. just like shopping at a grocery store.

This could also include harvested items such as mushrooms, berries, jams etc

We could also include baked goods, assorted breads, rolls, ban-

nock, pies desserts and more

We would be able to order our food instead of going to a grocery store and purchasing foods that are filled with steroids, artificial color, and preservatives to name a few.

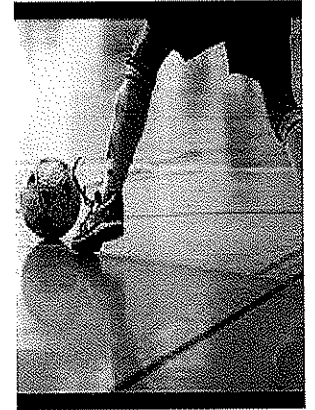
If you would like to be part of this committee please leave your name with Leanne at the totem Hall.

Adult Soccer Night - Day changed

Constant Action. Indoor soccer is a game of constant action with very few breaks in play. This keeps both the player and spectator totally entertained. As opposed to outdoor soccer where players can go for a long time without touching the ball, the small sided game provides many more touches for each player, quickly increasing the player's tech-

nical skills. The world renowned Brazilian game is heavily influenced by small sided soccer thus creating some of the most skilled and technical players in the world. Many great players have played indoor small sided games all their life and gone on to play at the highest levels of the game

Thursday Night Adult Soccer



Family Nights - Wednesdays

Family Nights are every other week now.

Even with all of today's distractions, it is possible to find time to spend with family. By adding just a couple of routines into a schedule, families can recapture their time together and reconnect

Sometimes it's important just to get out of the house. Remember, not all family outings have to be trips to a theme park. It could be as simple as a walk around the neighborhood. Pack a picnic lunch and visit a local park. Put on your hiking shoes and

go to a nearby trail. Or come out on a Wednesday for Rec. Family Night. Check your calendars. Contact Leanne Lewis to sign up. Make it a family affair so all members have an enjoyable time together.

**Family
Nights
are
every
other
Wednesday
now**

Staying active—Staying healthy

Did you know that 60 minutes of daily activity is recommended for children by Health

Canada? Being physically active at a young age can prevent high blood pressure and Type 2 diabetes later in life, just to name a few benefits.

Most days the activity level

should be moderate; **3 days per week children should participate in vigorous activities.** Some examples of moderate activity are brisk walking, skating, swimming, and playing outside. Running or any activities where children are breathing heavily are examples of vigorous activity.

It can be a challenge **finding activities to participate in during**

rainy cold winter days. Gear your kids and yourself up and take a walk in the rain.

Splashing in creeks and puddles is lots of fun once you get out there. Drive up to one of the local mountains and play in the snow, or go snowshoeing which is a vigorous activity.

AND HAVING FUN!

Upcoming Lacrosse

Bring your helmet, gloves and running shoes and you must register to attend this program



We look forward to hearing from you!

Squamish Nation hosting a coaching certification program

February 11/ 2012.

Totem Hall 1380

Stawamus Road

9am-5pm

for 16 years old and older

Those interested please contact:

Sonya Sneyd Glover

at 604-892-5166 or email:

sonya_sneyd-glover@squamish.net

In order for lacrosse to exist in Squamish, we need:

Coaches to be certified

Referees to be certified

Volunteers

Sponsorships

* Spring Break

Lacrosse camp - at Brennan Park

* Youth Lacrosse

Basics - Mondays 5-6:15pm for

5-11yr olds at Totem Hall

* Lacrosse Conditioning -

Tuesdays 8-9pm for 12yrs n up at

Totem Hall

New Recreation Format

AS OF "NOW" REGISTRATION WILL BE REQUIRED FOR ALL PROGRAMS THAT WE OFFER.

Recreation has changed the way we provide programs to our community. As of "NOW" registration will be required

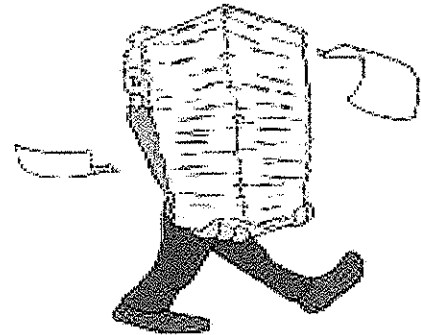
for all programs that we offer. If the person is not registered, they

will not be able to participate in any programs. Also new liability waivers are now required for all programs.

Registration for all programs will now be done only through Leanne Lewis. The forms can be picked up at the Totem Hall, Teen Centre and the Bus driver.

New programs will be offered this year, the format we will be using will be similar to the way Brennan

Park offers their programs. Registration is to be completed for each program



Fitness Classes

Fitness Classes are co-ed and for community members age 16 and up. Classes run every Tuesday and Thursday nights 6:45-7:45pm at Totem Hall.

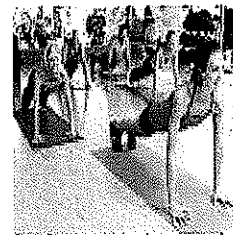
Classes are based on martial arts and boxing moves for strength training and cardio. Classes are designed for all fitness levels,

working at your own pace

Registration is done through Leanne Lewis at Totem Hall: preregistration is required for this program.

Bring a water bottle, running shoes and 12oz boxing gloves.

If you prefer you may bring your own yoga mat for floor workout or



FITNESS CLASSES ARE CO-ED AND FOR COMMUNITY MEMBERS

the Totem Hall has some for use.



PINK SHIRT DAY

Wednesday, February 29, 2012



The circumstances that helped create Pink Shirt Day first happened – it was one of the notable stories of the week, September of 2007. It had a John Hughes film quality to it – a new student attends his first day of classes at a rural high-school in Nova Scotia, wearing a pink Polo shirt. Fair enough – Polo is always a solid choice and in 2007, I think pink was supposed to be the new black.

No problem there, not counting the high-school bullies.

Surprising to nobody that's ever attended high-school, they went to work on the new kid, verbally beating him down with the bluntest instrument in the vocabulary of teenage boys everywhere; homo.

The surprising, almost unbelievable part of the story is that two Grade 12 students took offence on behalf of the younger Grade 9 classmate, and using their own money, a discount clothing store, and online social networking, they bought 50 pink t-shirts and handed them out at the school door the next day. And the 50 was supplemented by even more students that wore their own pink apparel. It seems like an obvious twofor – get an awesome excuse to wear that pink sweater AND stick it to the thuggish common denominator at the same time.

Anyhow, happy ending – the new student's confidence is restored, two grade 12 students are national heroes (Go Canada!), and the bullies are doing whatever it is bullies do when they don't get their way. Smoking, carving things into desks, and punching one another in the arm, one would imagine.

But it doesn't end there – an anecdote this perfect has, inevitably, become the focus of a new, annual campaign to take a stand against school bullying – the literally named Pink Shirt Day [PSD] on February 29th (yeah, I'm not sure why it's not September either – I'm assuming there's an awareness calendar and September was full.)

Most of us aren't in high-school any more, but we were all there once. And at least in some small way, the kids around us aspire to be us – independent and critical thinkers. And to be honest, we're all better looking people now anyhow. Plus black and pink looks awesome, hipsters. So, why not show a little support on Feb. 29th? Pull on some pink, and wherever possible, pass this along to your friends. The perfect Hollywood ending for this story is if the actions of two clever young men trigger an annual, international event



How bullies work

Bullies will test for potential victims although anyone can be targeted. They tend to pick on people who are nervous, shy and conscientious. This makes sense - a nervous person seems to be someone who can have their emotional 'buttons' pushed more easily. A shy person is more likely to keep the bullying to themselves and not tell others. A conscientious person will tend to assume that they themselves are somehow at fault, or can stop the bullying by working harder or doing better somehow. They will tend to look to themselves for the blame rather than the bully. A bully will stop you getting what you need to thrive in the world.

As the Human Givens Approach (2) has shown, all people everywhere have innate emotional (as well as physical) needs which have to be met in order for us to thrive and feel happy in life. People need:

- a sense of safety and security
- a sense of control over their lives
- to give and receive quality attention
- to feel connected to a wider group or community
- a sense of a role in life, or status
- to feel stretched and challenged so as to avoid stagnation and boredom, including having goals for the future
- privacy and time to reflect.

Many of these needs overlap and interconnect. If someone has a sense of control, this will give them a greater sense of security and they may therefore feel better connected to those around them, for example. A bully instinctively knows about these very human needs and will block their victim from having their needs met. So the victim's need for a sense of safety and security may be blocked by the bully suddenly shouting at them in front of colleagues, or dropping hints that their job isn't secure...

Another common bullying tactic is social exclusion, which readily blocks the completion of many of the above needs, including the need to feel connected to others and the need for status.

In fact, any type of bullying you can think of will in some shape or form prevent the victim's needs being met.

Furthermore, the bully will often meet their own needs at the expense of the victim. Taking credit for another's work is a cheap and lazy way of meeting the need for status – at the expense of someone else's status

When love is not love but manipulation

If someone loves you for who you are, respects you and is respected and loved by you in return, this is wonderful. But if someone 'loves' you by doing all kinds of things for you that you hadn't asked them to do, and then turns round and says things like: "After all I've done for you; and you can't even do this for me!" or "If you really loved me, you would do...X!" then that's not love, it's domination, however you dress it up.

But there is a further complication to this kind of subtle aggression.

Whistler Blackcomb Tube Park



Feel the wind in your face as you cruise down our exhilarating tubing hill. Located in the Base 2 Zone on Blackcomb Mountain, the Coca-Cola Tube Park offers great fun for the young and the young at heart.

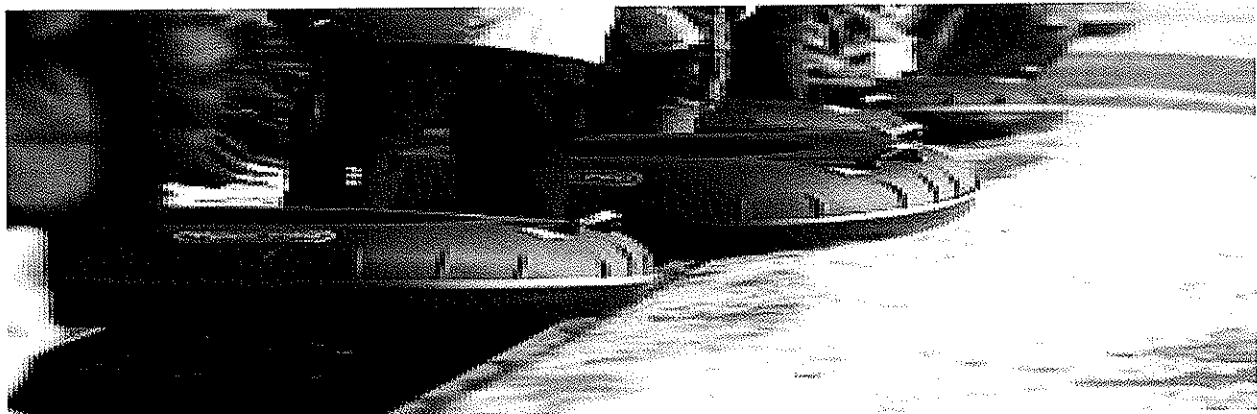
There's no skill or equipment required – just a sense of adventure and a desire for excitement.

Whistler Blackcomb's Coca-Cola Tube Park has eight lanes varying in difficulty from Green to Blue to Black. Lanes are 1000' and a state-of-the-art conveyor lift makes travelling to the top a breeze.

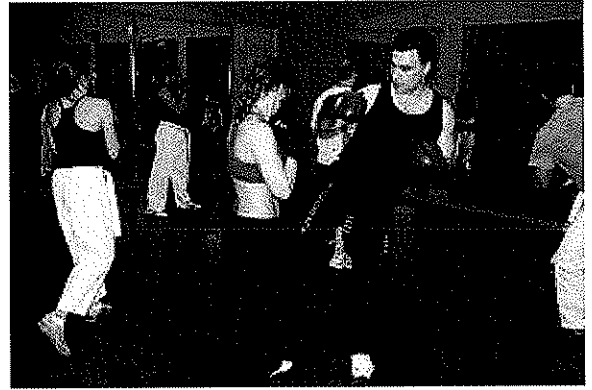
February 22 - Wednesday, LEAVING TOTEM HALL. 5 PM SHARP FAMILY NIGHT

CALL LEANNE LEWIS TO SIGN UP

Please note: Children under 12 must be accompanied by an adult. Height restriction: 36"



World Champion kickboxer
Nader Balafkan instructs a class
at Totem Hall.



Kickboxing at Totem Hall - starting March

Looking for participants willing to pay \$50 per month for 2 classes per week. Minimum 8 people and **must pay in advance**. Must be 16yrs and up. May start a men's class if we get enough men.

Also a youth class 11-15 yrs if parents will pay. Cost will be the same for all groups. Probably Monday and Wednesday nights time to be determined and will start 1st week in March.

Balafkan, 38, was originally drawn to Vancouver for the 2002 Sport Kickboxing Federation World Championships. He chose Squamish because of the active lifestyle it promotes

“Most people think kickboxing is a violent sport but it’s not. It’s the best sport to get your body toned,” he said

“The good thing about kickboxing is it gives a person self-confidence and while you’re doing it you’re thinking about nothing else and it takes the stress off your body.”

Balafkan started kickboxing in Iran when he was about 10 years old. By the time he reached his late teens he was fighting against the best in the country, he said.

“You can tell he’s a World Champion. He’s really strict but can teach new people as well as experienced,”

“He’s very gentle and humble but when he gets in the ring he’s a different animal all together.”

To sign up contact Leanne Lewis

Totem Hall	Phone: 604-892-5166
1380 Stawamus Rd	E-mail: mara_williams@ squamish.net

More info contact Mara Williams

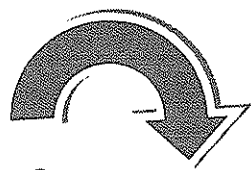
Totem Hall	Phone: 604-892-5166
1380 Stawamus Rd	E-mail: mara_williams@ squamish.net

Interested in **Sport & Physical Activity?**

- Want to learn more about how you can become a **leader** in your community?
- Apply today to become one of 18 youth (age 14-24) across BC to participate in **SALL** (Sport and Active Living Leadership for Aboriginal Youth)
- SALL is taking place as part of **Gathering Our Voices 2012** in **NANAIMO BC** March 20-23, 2012...
- Successful Applicants will receive an all expense paid trip to attend!
- Application deadline **FEBRUARY 13, 2012**

For more info and to apply: CONTACT Joe

**Email: jakerman@bcaafc.com
or call 1.800.990.2432**



Website: www.bcaafc.com/initiatives/asrpa-partners-council
Facebook: www.facebook.com/ASRPApartnersCouncil



2012

Sport & Active Living Leadership for Aboriginal Youth

Participant Application Form

The Aboriginal Sports Recreation and Physical Activity Partners Council (Partners Council) of BC is accepting applications from Aboriginal youth ages 14-24 (as of March 20, 2012) to participate in the 2012 Sport & Active Living Leadership for Aboriginal Youth (SALL) program that will be launched as part of Gathering Our Voices *Aboriginal Youth Conference*, March 20-23, 2012 in Nanaimo, BC.

A total of 18 Aboriginal Youth (residing in BC) will be selected to participate in this year's program, with 3 youth selected from each of the 6 Partners Council Regions (North West, North East, Vancouver Coastal, Fraser, Interior, Vancouver Island). Two youth alternates per Region will also be identified.

The year-long program will begin with a series of SALL specific workshops presented during Gathering Our Voices. Participants will also be able to take part in some of the general workshops being delivered by Gathering Our Voices and encouraged to attend the Career Fair, Cultural afternoon, Youth Dance, and Youth Talent Showcase.

Successful applicants will have registration, travel, accommodation, and meals paid for by the Partners Council through the generous support of 2010 Legacies Now with the following notations:

- Departure location and mode of travel will be determined by the Partners Council (Bus and/or ferry, airplane)
- Some travel related costs will be the responsibility of the participant (eg. travel from home to and from departure location and meals during travel)

Chaperones will be provided for those applicants age 14-17 years of age.

Note:

Successful applicants will be required to participate in other SALL related activities (inclusive of a community project, teleconferences, email communications, and other opportunities) conducted throughout the year and must commit to serving as a youth representative on their corresponding Partners Council Regional Committee for a minimum of 1 year ending March 31, 2013.

Application Deadline: 5 pm, Monday, February 13, 2012

*Note: all applications must be received by this date



Aboriginal Sport Recreation and Physical Activity Partners Council

Please complete all sections below:

A. Participant Information

Full Name:	Birth Date:	Age:
Current Address (Include Postal Code and Town/City):		
Email #1:	Email #2:	
Phone #1:	Phone #2:	
Medical # (Care Card):	Gender: Female <input type="checkbox"/> Male <input type="checkbox"/>	
Known Medical Conditions:		
Aboriginal Ancestry: <input type="checkbox"/> First Nations <input type="checkbox"/> Non-Status <input type="checkbox"/> Inuit <input type="checkbox"/> Métis		
First Nation/ Métis Chartered Community/ Friendship Centre Affiliation:		
Please circle 1 of the 6 Partners Council Regions you live or spend most of your time in:		
North West North East Vancouver Coastal Fraser Interior Vancouver Island		
* Maps can be found on our website: http://www.bcaafc.com/initiatives/asrpa-partners-council		

B. Parent/Guardian/ Emergency Contact Information:

Name:	Relationship to Applicant:
Current Address: (Include Postal Code and Town/City)	
Email Address(es):	
Home Phone:	Mobile or Alternate Phone:

C. Please tell us more about yourself: (You may attach a separate page if more space is needed)

1. Describe your involvement and personal commitment to sport, recreation and physical activity:
2. Tell us what makes you a good leader or role model:



Canada



Aboriginal Sport Recreation and Physical Activity Partners Council

Empty response box for question 3.

3. Tell us about how you are involved in your community or Friendship Centre:

Empty response box for question 3.

4. Please list your academic and/or career goals :

Empty response box for question 4.

5. a) What new sport, recreation, or physical activity opportunities would you like to see in your community?

Empty response box for question 5a.

b) How do you see yourself involved in making this happen?

Empty response box for question 5b.

6. a) Will you commit to be an active participant on your Partners Council Regional Committee for 1 year ending March 31, 2013? And to helping out your community in some way (including up to 6 teleconference meetings, email communication, and other opportunities)?

YES NO

b) Will you commit to develop and lead a community based project that will promote sport, recreation, or physical activity in your community or Friendship Centre?

YES NO

Empty response box for question 6b.



Aboriginal Sport Recreation and Physical Activity Partners Council

7. Why do you want to be a part of SALL 2012?

8. Please attach 2 reference letters from an elder, leader, teacher, coach, etc.

D. Declaration - Please READ:

By completing this registration form the applicant is agreeing to the following:

- Availability and commitment to attending the Sport & Active Living Leadership (SALL) initiative as part of G.O.V. 2012 in Nanaimo BC **March 20-23, 2012.**
- Applicants between the ages of 14-17 must have parent/guardian permission to attend.
- Applicant agrees to pay any additional costs that may arise during their time at the conference and while travelling to and during G.O.V. 2012.
- Applicant agrees to respect all participants and hosts of G.O.V. 2012 and adhere to regulations and standards set by the organizing body and host community. Failure to adhere to regulations and standards will result in participant being removed from the conference and participant will be required to arrange their own travel home, under their own expense.

E. Application Package Checklist

- Completed Registration Form
- 2 signed reference letters
- Attached resume (optional)

F. How to Submit Applications and/or Make Inquiries:

- Deadline for applications is **February 13, 2012 by 5pm**
- **Note: All applications must be received in office by above date** (email submissions are recommended)
- All applications will be reviewed and selected by the Partners Council Regional Selection Committee.

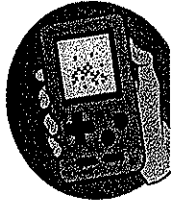
Applications should be sent to the attention of **Joe Akerman** via:
Email to: jakerman@bcaafc.com
Fax: 250 388-5502
 or
Mail: BCAAFC #200 -506 Fort St. Victoria BC V8W 1E6

- **Further information on G.O.V. 2012 Conference can be found at:**
<http://www.bcaafc.com/newsandevents/gathering-our-voices>
- **For further inquiries, please call or email:**
 Joe Akerman, Manager Regional Engagement, ASRPA Partners Council
 Phone: 250.388.5522 ext. 213 | 1.800.990.2432 Fax: 250.388.5502 | Email: jakerman@bcaafc.com
 Website: www.bcaafc.com/initiatives/asrpa-partners-council
 Facebook: www.facebook.com/ASRPAPartnersCouncil



Attention Parents

Due to disruption of programs:



Electronics will no longer be permitted at any Recreation Programs including evening recreation times and during the Afterschool Program.

This includes iPods', PSPs or Nintendo DS

The only exception will be cell phones but only in the case of contacting a parent for emergencies.

If a child brings any of these items they may be taken away by the Program Facilitator, and locked up, until a parent can come to the Totem Hall to pick the item up.





SQUAMISH NATION

Recreation

Squamish Valley

P.O. BOX 2180 ☞ 1380 Stawamus Road ☞ SQUAMISH, B.C. ☞ V8B 0B5 ☐ TEL (604) 892-5166 ☞ FAX (604) 892-3846

Recreation Guidelines and Expectations - while attending all Recreation Programs.

Recreation Programs are designed to provide a fun and safe environment for children and adults while enjoying a Social, Physical, Intellectual, & Cultural/ Creative activities. Our expectations as the Recreation Department are as follows:

Zero tolerance for

- Rough housing
- Playing with pay phones
- Throwing of food
- Bullying or put downs
- Disrespectful behavior such as swearing or yelling or any type of verbal abuse
- Aimless running around

During Family & Community Events you are, as a parent/ guardian, responsible for keeping your child/ren with you at all times and encouraging acceptable behaviors.

At community Movie Nights all parents are expected to be seated in the same movie as their children.

Please keep in mind that Recreation events are not to be used for babysitting.

Acceptable behavior

- Inside voices
- Respect/ Cooperation for Recreation employees/volunteers
- Participation throughout the entire event
- Cleaning up after you & your children.
- Blissful & Enjoyable attitudes

Not abiding to the Recreation Guidelines and Expectations could result in refusal of request for participation in upcoming Recreation Programs and Events.

Squamish Valley RECREATION DEPARTMENT

SQUAMISH NATION 1380 Stawamus Road. 2180 Squamish BC. VoN 1To. Phone 604-892-5166 Fax 604-892-3486

NAME: _____

Please read the contents of this Consent and Acknowledgement of Risk form. Clarify any questions or concerns with Recreation BEFORE signing it.

If this form is not signed and returned to RECREATION by _____, you WILL NOT BE ALLOWED TO ATTEND.

PROGRAM/ACTIVITY INFORMATION

DESTINATION/ACTIVITY: _____ DATE(S): _____

ITINERARY/ACTIVITIES: _____

OTHER CONSIDERATIONS: _____

Recreation will every reasonable effort to ensure or ascertain that:

- A. The staff, volunteers and/or service providers involved are suitable trained and qualified.
- B. The participants are adequately supervised over all aspects of the program/activity.
- C. The location(s) used are appropriate and safe for the activity(ies) and group.
- D. A Safety Plan is in place to identify and manage known potential risks.
- E. An Emergency Plan is in place to deal with an injury or illness to any of the participants.

POTENTIAL KNOWN RISKS

Potential known risks include the following:

CONSENT AND ACKNOWLEDGE OF RISK

1. I acknowledge my right to obtain as much information as I require about this program or activity and associated risks and hazards, including information beyond that provided to me by Recreation.
2. I freely and voluntarily assume the risks/hazards inherent in this program/activity and understand and acknowledge the participant may suffer potentially serious injury from his/her participation.
3. The participant has been informed that he/she is to abide by the rules and regulations, including directions and instructions from Recreation staff over all phases of the program/activity.
4. In the event the participant fails to abide by these rules and regulations, disciplinary action may require his/her exclusion from further participation, or that I be contacted to have him/her picked up, unless I have specified other transportation arrangements.
5. I acknowledge that the trip supervisors may secure transportation to emergency medical services as they deem necessary for the participant immediate health and safety, and that I shall be financially responsible for such services.
6. We do not have coverage for these losses—that the participants hold us harmless not only for bodily injury but for any losses/damages. And I ultimately, we have to do things properly and pay attention to our loads.

(Name) _____ (Date of Birth) _____

participation Date: _____

Name (please print) _____ Signature: _____

Contact Numbers: Day _____ Evening _____



SQUAMISH NATION Recreation Squamish Valley

P.O. BOX 2180 c 1380 Stawamus Road c SQUAMISH, B.C. c V8B 0B5 □ TEL (604) 892-5166 c FAX (604) 892-3846

Reimbursement Procedures

- Sign your child up for a program
- Get receipt
- Bring receipt to Leah Newman
- Wait for cheque for five business days

Thank you, for you cooperation

Squamish Nation Recreation Dept.

For your information - Movie ratings

G for General Audiences

- G-rated movies fall into the general category rating of film where all audiences are welcome and all ages are permitted. The content contains no offensive material as judged by the Ratings Board that would be questionable for a minor child. Orion Home Video release "Babes in Toyland," Walt Disney studio's "The Little Mermaid" and MGM studio's "The Wizard of Oz" are examples of well known G-rated motion picture content.

PG for Parental Guidance Suggested

- The PG rating for motion pictures indicates that parental guidance is suggested when a minor child's attendance and viewing is in question. More mature themes than G-rated movies are explored in PG-rated films along with very brief or rare instances of profanity or nudity, and the parent is asked to make the decision for the child based on this information. Universal studio's "ET," DreamWorks studio's "Shrek" and 20th Century Fox studio's "Star Wars" are familiar examples of PG-rated motion picture content.

PG-13 for Parents Strongly Cautioned

- The PG-13 rating strongly cautions parents that some content may be inappropriate for children, especially those below the age of 13 years. Brief nudity, mild violent situations or themes and use of profanity often will cause a film to be rated PG-13 and less suitable for younger children. Warner Brothers studio's "The Dark Knight," New Line Cinema's "The Lord of the Rings Trilogy" and Buena Vista studio's "Pirates of the Caribbean" franchise films are well-known examples of PG-13-rated motion picture content.

R for Restricted

- no individuals below the age of 17 being admitted without a legal guardian or parent accompanying them. This rating cautions the parent of the introduction of heavy adult themes both in violence and sexuality, of extended or frequent scenes with nudity or profanity and of exposure to re-created drug or domestic abuse situations. Newmarket studio's "The Passion of the Christ," Warner Brothers studio's "The Matrix Reloaded" and DreamWorks studio's "Saving Private Ryan" are examples of successful films that hold an R rating with mature themes.

NC-17 for No Entrance Under 17

- The rare NC-17 film rating designates that no one below the age of 17 years is allowed entrance into the film even with a legal guardian or parent. Studios typically shy away from producing movies that garner this rating or edit the films to reach an R-level rating if an NC-17 is handed back after submittal to the Ratings Board.


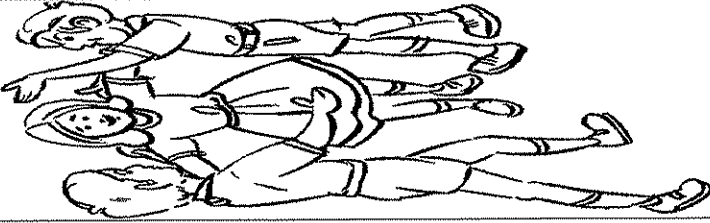
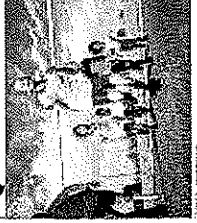
Unrated Motion Picture Content

- Unrated motion picture content is content that has not been submitted to the MPAA for the voluntary ratings system. It can be any content from a studio production to an independent documentary or specialty film. The advertising pre-release trailers either close out or begin with a mandatory disclaimer that the content advertised in them has not been reviewed by nor been assigned a rating by the MPAA as of the trailer release date. This occurs often when the rating has not yet been assigned in time to make the advertising campaign deadlines.
-

February 2012 After School Program

330-530 pm Mon-Fri \$20 monthly fee

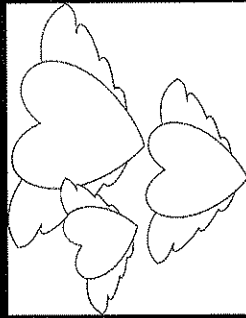
See Leanne Lewis to make monthly payment

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Library	2 Space Invaders	3 Water Shed-Dike walk/Eagle	4
		7 Don't let baby drop	8 Library	9 Basket Ball	10 Swimming	11
	6 Soccer	14 U-Pick	15 Library	16 Basket Ball	17 Stawamus Play Ground	18
	13 Pro-D-Day	21 Tag Games	22 Library	23 Soccer	24 Swimming	25
	20 Cooking	28 Hockey	29 Library			
	27 Balloon Games					
5 						
12						
19						
26 						



February 2012 Youth Lacrosse, Youth Soccer, Baby n Me, Recreation,

Mon



Tue



Wed

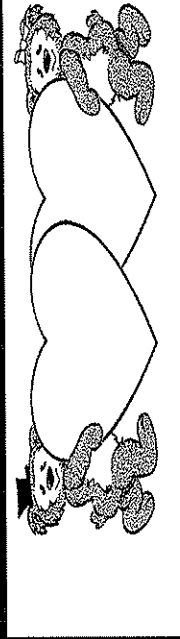
Thu

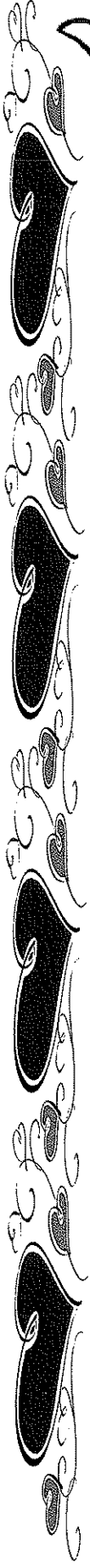
Fri

Sun

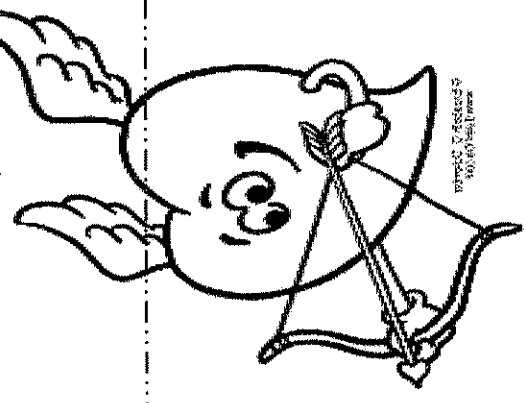
Sat

<p>6 Youth Lacrosse 5-6:15pm Youth Soccer 6:30-7:45pm</p>	<p>7 Baby & Me 1-2:30 pm 5-8 yrs old Rec 5:00-6:15pm Mats</p>	<p>1 Family Night D.V.D. Movie 6:00-7:45pm</p>	<p>2 9-12 yrs old Rec 5:00-6:15pm Soccer</p>	<p>3 Drum & Sing 5:00-6:15pm</p>
<p>13 Youth Lacrosse 5-6:15pm Youth Soccer 6:30-7:45pm</p>	<p>14 Baby & Me 1-2:30 pm 5-8 yrs old Rec 5:00-6:15pm Cooking</p>	<p>8 Family Night Swim or Skate 7:00-8:30pm</p>	<p>9 9-12 yrs old Rec 5:00-6:15pm Hockey</p>	<p>10 Drum & Sing 5:00-6:15pm</p>
<p>20 Youth Lacrosse 5-6:15pm Youth Soccer 6:30-7:45pm</p>	<p>21 Baby & Me 1-2:30 pm 5-8 yrs old Rec 5:00-6:15pm Tag Games</p>	<p>15 Family Night Swim or Skate 7:00-8:30pm</p>	<p>16 9-12 yrs old Rec 5:00-6:15pm Cooking</p>	<p>17 Drum & Sing 5:00-6:15pm</p>
<p>27 Youth Lacrosse 5-6:15pm Youth Soccer 6:30-7:45pm</p>	<p>28 Baby & me 1-2:30 pm 5-8 yrs old Rec 5:00-6:15pm Soccer</p>	<p>22 Family Night Whistler Tubing 6:00-7:45pm</p>	<p>23 9-12 yrs old Rec 5:00-6:15pm Weight room</p>	<p>24 Drum & Sing 5:00-6:15pm</p>





FEBRUARY 2012 Teen Centre

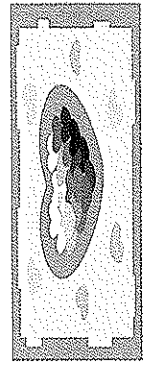


979 Axen Road
Brackendale, Reserve

Phone: 604 815-7621
Fax: 604 892-3486
E-mail: Sheryl_baker@squamish.net




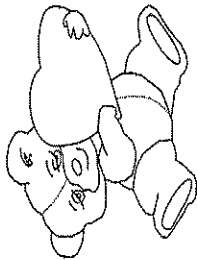












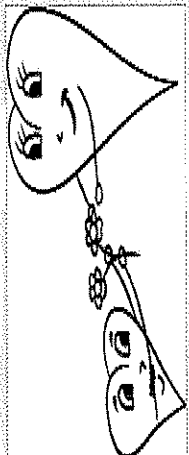
RECREATION

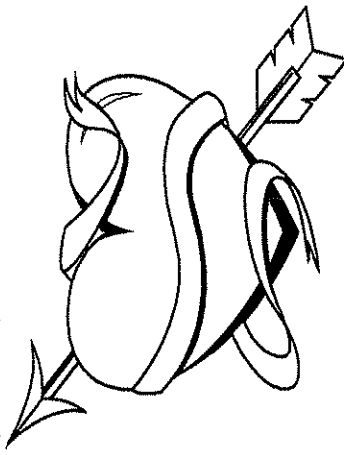


Pick-Up Times
3:00 Totem Hall
3:10pm Howe Sound
Anyone Off Reserve Please
Call Or Text **Sheryl Baker**
for Pick-Up

Sun	Mon	TUE	Wed	THU	FRI	Sat
				2 Hot Meal 3:30-7:30pm	3 Hang-Out Night 3:30-7:30pm	
		7 DVD Night 3:30-7:30pm		9 Art's Crafts 3:30-7:30pm	10 Games Night 3:30-7:30pm	
		14 Baking 3:30-7:30pm		16 Billiards 3:30-7:30pm	17 Closed	
		21 Swimming 3:30-7:30pm		23 DVD Night 3:30-7:30pm	24 Closed	
		28 Hot Meal 3:30-7:30pm				

February 2012 ADULT PROGRAMS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Zumba 630-745	2 Fitness 630-745 Soccer8-10pm	3 	4 
5 	6 Hockey 8-10pm	7 Fitness 630-745	8 Zumba 630-745	9 Fitness 630-745 NO SOCCER	10 	11 
12 	13 Hockey 8-10pm	14 Fitness 630-745	15 Zumba 630-745	16 Fitness 630-745 Soccer8-10pm	17 	18 
19 	20 Hockey 8-10pm	21 Fitness 630-745	22 Zumba 630-745	23 Fitness 630-745 Soccer8-10pm	24 	25 
26 	27 Hockey 8-10pm	28 Fitness 630-745	29 Zumba 630-745			



NO SOCCER

Feb. 09/12

Thursday

Totem Hall

1380 Stawamus Road
P.O. Box 2180
Squamish, B.C.
V8B 0B5

Phone: 604 892-5166

Fax: 604 892-3486

E-mail:

Sheryl_baker@squamish.net

