

SQUAMISH VALLEY RECREATION

# FALL GUIDE

**2023  
SEPT-DEC**

Adult & Youth Programs  
Healthy Children's Program  
Family Programs  
and many more!



**Skw̓xwú7mesh  
Úxwumíxw**

Ta na wa Cháwát ta Sxwéxwel  
Squamish Valley Operations  
Recreation

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



# Office Info

Office Hours:

8:30 am - 4:30 pm

Gym Hours:

9:00 - 10:00

Tel: 604.892.5166

Fax: 604.892.3486

Email:

SquamishRecreation@  
Squamish.net



# Holiday Closures

Labour Day: Sept 4th

Truth & Reconciliation: Oct 2nd

Thanksgiving: Oct 9th

Remembrance Day: Nov 13th

Christmas Break: Dec 20 - Jan 2



SquamishValleyRecreation

## Staff:

Lindsay Hubley  
Manager

Shawwna Apodaca  
Team Leader

Pauline Baker  
Coordinator/  
Facilitator

Brenna Peters  
HCP Facilitator

Ciara Lewis  
Teen Facilitator

Jan Eckstein  
Driver

Chanelle Lewis  
Admin Coordinator

Kammera Chandler  
Teen Program Worker

## On-call

Sarah Kermeen, Hazel Paull, Aiden Baker,  
William August, Emma Morrisey



## ADULT PROGRAMS

### Core & Cardio

Monday's 5:45-6:45 pm

*Nic Castro*

Totem Hall Gym

Register

### Circuit Training

Wednesday's 6-7 pm

*Nic Castro*

Totem Hall Gym

Register

### Hockey

Monday's 8-10 pm

*Pauline Baker*

*Totem Hall Gym*

Drop in

### Basketball

Tuesdays 8-10 pm

*Pauline Baker*

*Totem Hall Gym*

Drop in

### Women's Weightlifting

Tues/ Thurs 6:00-7:00 pm

*Tony Xu*

Weight Room

Register

### Men's Weightlifting

Tues/ Thurs 7:00-8:00 pm

*Tony Xu*

Weight Room

Register

### Volleyball

Wednesday's 8-10 pm

*Pauline Baker*

*Totem Hall*

Drop in

### Soccer

Thursdays 8-10 pm

*Pauline Baker*

*Totem Hall Gym*

Drop In

### Lunch Time Hit Fitness

Tues, Thurs 12-1 pm

*Mary Lewis*

*Totem Hall Gym*

Register



### Kickboxing

*The Sound*

Fridays

8-9 pm

Register

### Personal Training

*Nic Castro*

*Camargo or*

*Mary Smith*

Totem Hall Gym

Call to book a session

**Weight Room** - Mon- Thurs 9 am - 10 pm, Fri 9 am - 5 pm

Ages 16+, You must call ahead to book a time slot

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## TEEN CENTRE + RIGHT TO PLAY PROGRAMS 10-16 YRS

### **13+ Drop In**

Mon 3:30 - 5:30 pm

*Ciara & Kamerra*

Teen Centre

### **Teen Weightlifting**

Mon 6-7 pm

*Tony Xu*

Fitness Room

### **Kickboxing**

Tues & Thurs 4:05 - 5:10 pm

*The Sound Martial Arts*

101-37717 2nd ave, Squamish

### **Girls Club 10-11 years**

**Tues** 5:30 - 7 pm

*Pauline Baker*

*Teen Centre*

*Separate Registration*

### **10-13 Drop In**

Wed 3:30 - 5:30 pm

*Ciara & Kamerra*

Teen Centre

### **Boys Club 10-11 years**

**Thurs** 5:30 - 7 pm

*Pauline Baker*

*Teen Centre*

*Separate Registration*

### **Menkis Group**

Friday 3:30 - 4:30 pm

*Lindsay, Ciara, Kamerra*

Totem Hall

### **Special events & trips:**

Oct 13 - Halloween trip

Dec 15: Christmas Party



**HEALTHY CHILDRENS PROGRAM  
(HCP) 6-11 YRS**

**Physical Activity**

Monday  
3:30 - 5:00 pm

**Brenna Peters**

*Totem Hall Gym*

Register

**Outdoors Club**

Wednesday  
3:30 - 5:00 pm

**Brenna Peters**

*Totem Hall Gym*

Register

**Cooking/ Craft**

Tuesday  
3:30 - 5:00 pm

**Brenna Peters**

*Totem Hall Gym*

Register

**jujitsu**

Thursday

***The Sound Martial Arts***

101-37717 2nd ave, Squamish

Register

**Trips & Events:**

Oct 20 PRO D Day - Pumpkin Patch

Nov 20 TBD





Squamish Valley Recreation

# Events

## Community Thanksgiving

Totem Hall

Wednesday, October 4th

6:00 - 8:00 pm

RSVP mandatory

## Movie Nights

Totem Hall

Sept 29, Oct 20

6:00 - 8:00 pm

Drop in

## Family Halloween Party

Totem Hall

Wednesday, October 25th

6:00 - 8:00 pm

## Ciniplex Movie Night

Park Royal

Nov 22, Dec 19

Time TBD

Registration

## Community Information Session

Totem Hall

Wednesday, November 8th

6:00 - 8:00 pm

## FAMILY PROGRAMS

**Airhouse Family**

*Sunday*

12-3 pm

*Brenna Peters*

Must register

**Pumpkin Patch**

*Oct 14*

12-3 pm

*Brenna Peters*

Must register

**Christmas workshop**

**Totem Hall**

Wednesday, Nov 29

6-8 pm

Registration

**Wreath Workshop**

*Totem Hall*

Wednesday, Dec 6th

6-8 pm

Registration

**Gingerbread**

**Workshop**

*Totem Hall*

Wednesday, Dec 13th

6-8 PM

Registration

**Family Nights**

*Wednesdays*

6-8 pm

*Brenna Peters*

See Calendars for activities

Must register

**Other Family Programs**

to be determined, follow our social media or look at the newsletter for day to day information.