

CJMC Recreation

Program Guide

Spring 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: 8:30 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

Easter: Monday, April 1

Victoria Day: Monday, May 20

Indigenous Peoples Day: Friday, June 21

Squamish Family Day: Friday, June 28

CJMC Staff Contact

Justine Sobell - Recreation Manager

justine_sobell@squamish.net

Marco D'Angelo - Sr. Recreation & Sport Coordinator

marco_dangelo@squamish.net

Casey Baker - Events & Booking 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

Chelsea Murphy - Admin Support & Receptionist

chelsea_murphy@squamish.net

Kono Douglas - Sr. Events Worker & Custodian

kono_douglas@squamish.net

Ken Campbell - Program Driver

ken_campbell@squamish.net

What's Inside...

- **Adult Fitness**
 - Adult Tennis
 - Circuit Training
 - Hatha Yoga
 - Boxing
 - Pilates
 - Womens Weight Training
 - Coed Weight Training
 - Med Ball
- **Youth Sports**
 - Soccer Academy
 - Tennis
 - Lacrosse Academy
 - Social Circus
 - Swimming Lessons
 - Gymnastics
- **Drop in & Cultural**
 - Drop-in Floor Hockey
 - Drop-in Basketball
 - Beading
- **Financial Assistance**
- **Booking Information**
- **Flip the Script**

Stay Connected!



ChiefJoeMathiasCentre



@cjmc.1992



www.squamish.net

ADULT FITNESS



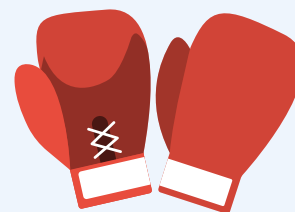
Tennis

Day: Monday
Date: April 8 - June 24
Time: 5:45 PM - 6:30 PM
Location: Takaya Room
Instructor: Smash Tennis
No class May 20



Med Ball

Day: Monday
Date: April 8 - June 24
Time: 12:00 PM - 1:00 PM
Location: Main Gym
Instructor: Gabe Pryce-Jones
No class May 20



Kick Boxing/Self Defense

Day: Tuesday
Date: April 2 - June 4
Time: 6:00 PM - 7:00 PM
Location: Takaya Room
Instructor: Jennifer Bajus
No class April 9,30 May 7



Women's Weight Training

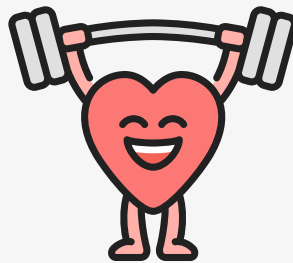
Day: Wednesday
Date: April 10 - June 26
Time: 7:00 PM - 8:00 PM
Location: Weight Room
Instructor: Tony Xu

ADULT FITNESS CONT'D



Pilates

Day: Sunday
Date: April 7 - June 23
Time: 11:30 AM - 12:30 PM
Location: Takaya Room
Instructor: Chelsea Hartwick



Co-ed Weight Training

Day: Wednesday
Date: April 10 - June 26
Time: 6:00 PM - 7:00 PM
Location: Weight Room
Instructor: Tony Xu



Hatha Yoga

Day: Thursday
Date: April 11 - June 27
Time: 12:00 PM - 1:00 PM
Location: Takaya room
Instructor: Alexandra Kardas



Circuit Training

Day: Thursday/Sunday
Date: April 7 - June 23
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



Tennis

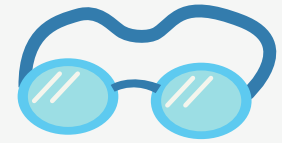
Day: Monday
Date: April 9 - June 25
Ages: 6+
Time: 5:00 PM - 5:45 PM
Location: CJMC

No lesson February 19



Gymnastics

Day: Tuesday
Date: April 2 - June 18
Ages: 5+
Time: 5:30 PM - 6:30 PM
Location: West Vancouver
Community Centre



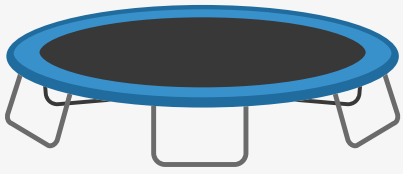
Swimming Lessons

Day: Wednesday
Date: April 3 - June 12
Ages: 6+
Time: 5:30 PM - 6:15 PM
Location: Harry Jerome



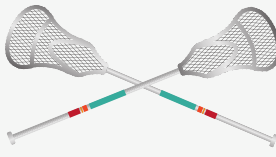
Registration: <https://form.jotform.com/221385412805048>

YOUTH SPORT CONT'D



Social Circus

Day: Thursdays
Date: April 11 - June 27
Ages: 5+
Time: 5:30 PM - 6:30 PM
Location: Main Gym
Instructor: Social Circus
Foundation



Lacrosse Academy

Day: Monday
Date: April 8 - June 24
Ages: 6-10
Time: 7:00 PM - 8:00 PM
Location: Main Gym
Instructor: Fusion Lacrosse



Soccer Academy

Day: Wednesday
Date: April 3 - June 26
Ages: 6-10 / 11-13
Time: 3:30 PM - 4:30 PM (6-10)
4:30 PM - 5:30 PM (10-13)
Location: Norgate Grass Field
Instructor: Jason Taylor



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

DROP-IN AND CULTURAL



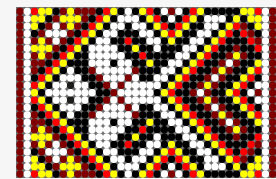
Drop-in Floor Hockey

Day: Monday / Thursday
Date: April 1 - June 27
Ages: 16+
Time: 8:30 PM - 10:00 PM (M)
7:00 PM - 8:30 PM (TH)
Location: Main Gym



Drop-in Basketball

Day: Tuesdays
Date: April 2 - June 25
Ages: 13-18
Time: 9:00 PM - 10:30 PM
Location: Main Gym



Beading

Day: Tuesdays
Date: April 9 - June 25
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)

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

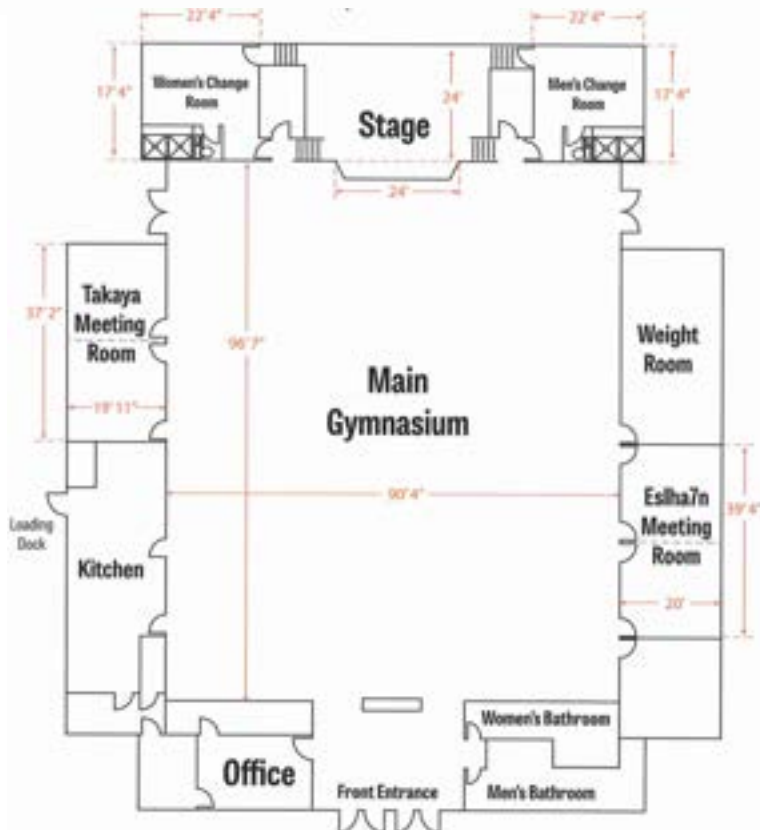


BOOKING RATES

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

Construction for our open-air fully covered lacrosse box is well underway. We are looking forward to the revitalized new home for the creator's game on Squamish Nation Territory.



2024 Summer Fun

Summer Fun is a 6-week kids camp that provides services up to 150 of our Squamish Nation youth aged 6-12 years old. Summer Fun is full of lots of exciting daily outings to places throughout the Lower Mainland.

July 15 - 18 / Aug 5 - 8: 6-7 year olds

July 22 - 25 / Aug 12-15: 8-9 year olds

July 29 - Aug 1 / Aug 19 - 22: 10-12 year olds

Registration will open at 10:30 AM on **June 3rd**

Afterschool Achievers : Age 13-16

CJMC's Afterschool Achievers Program (AAP) is a new project that aims to bring in teenage youth to give them organized activities to participate in. Registered youth will take part in art classes, sports programs, architect programs and more! We have highly celebrated and experienced cultural artists coming in and teach our students wool weaving and powwow culture. The 13-16 year old AAP runs every Friday from 3:00 pm - 6:00 pm at Chief Joe Mathias Centre.

Spring 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 Spring Family and Friends schedule will be released on Friday, April 19th - 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.

Medicine Ball - 12:00 PM - 1:00 PM

Tennis - 5:00 PM - 6:30 PM

Lacrosse Academy - 7:00 PM - 8:00 PM

Drop-in Floor Hockey - 8:30 PM - 10:00 PM

Tues.

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

Beading - 6:00 PM - 8:00 PM

Youth Gymnastics - 5:30 PM - 6:30 PM

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

Wed.

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

Youth Swimming Lessons - 5:30 PM - 6:15 PM

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

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

Thur.

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

Social Circus - 5:30 PM - 6:30 PM

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

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

Fri.

Sat.

FLIP THE SCRIPT ON SEXUAL ASSAULT

Flip The Script is a 4-day evidence-based program where young women learn about healthy boundaries and sexual health



Youth will learn to:

- **Trust instincts when they feel uncomfortable or unsafe**
- **Explore their values on relationships**
- **Practice defending themselves**
- **know how to help a friend**

Chief Joe Mathias Centre - Eslha7an Room

Time: 5:00 PM - 9:00 PM

Duration: 12 Hours

Dates: April 15-18

Ages: 15-25

Facilitated by certified staff from the North Shore Women's Centre

To Register: <https://form.jotform.com/233305047940249>



**North Shore
Women's Centre**

This project has been funded in part by Women and Gender Equality Canada.



**Women and Gender
Equality Canada**

**Femmes et Égalité
des genres Canada**



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Health & Wellness
Recreation