

CJMC Recreation Program Guide SPRING 2025



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Yúustway
Health & Wellness

www.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

Good Friday: Friday, April 18

Easter Monday: Monday, April 21

Victoria Day: Monday, May 19

Indigenous Day: Friday, June 20

SN Family Day: Monday, June 30

CJMC Staff Contact

Justine Sobell - Recreation Manager

justine_sobell@squamish.net

Marco D'Angelo - Sr. Rec & Sport Coordinator

marco_dangelo@squamish.net

Casey Baker - Bookings and Events Coordinator

casey_baker@squamish.net

Shannon Baker - Youth Program Coordinator

shannon_baker@squamish.net

Salina Williams - Admin & Program Facilitator

salina_williams@squamish.net

Kono Douglas - Sr. Events Worker & Custodian

kono_douglas@squamish.net

Ken Campbell - Program Driver

ken_campbell@squamish.net

Stay Connected!

What's Inside...

• Adult Fitness

- Circuit Training
- Hatha Flow Yoga
- Dance Fit
- Pilates
- Women's Weight Training
- Co-ed Weight Training
- Tennis
- Jiu-Jitsu
- Body Sculpt

• Youth Sports

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

• Drop in & Cultural

- Drop-in Floor Hockey
- Beading
- Drumming

• Summer Fun Camp

• Financial Assistance

• Booking Information

• Summer Craft Fair

• Community Feedback

• Indigenous Youth Flag Football



@ChiefJoeMathiasCentre



@cjmc.1992



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ADULT FITNESS

C J M C 2 0 2 5 S P R I N G P R O G R A M G U I D E



Tennis

Day: Monday
Date: April 28 - June 16
Time: 6:30 PM - 7:30 PM
Location: CJMC
Instructor: Summer Smash
Tennis

No lesson on May 19



Women's Weight Training

Day: Wednesday
Date: April 9 - June 25
Time: 7:00 PM - 8:00 PM
Location: Weight Room
Instructor: Tony Xu



Dance Fit

Day: Thursday
Date: April 10 - June 26
Time: 6:00 PM - 7:00 PM
Location: Takaya Room
Instructor: Emily Batrim



Adult Jiu-Jitsu

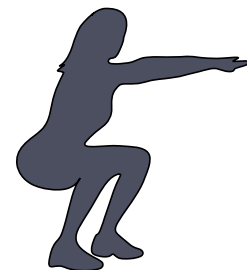
Day: Tuesday
Date: April 8 - June 24
Time: 7:00 PM - 8:00 PM
Location: Definitive Jiu-Jitsu
Instructor: Coach Amir &
Coach Anthony



Circuit Training

Day: Thursday/Sunday
Date: April 6 - June 29
Time: 7:00 PM - 8:00 PM (TH)
10:00 AM - 11:00 AM(S)
Location: Weight Room
Instructor: Chris Dahan

**No class on April 20, May 19,
June 1, June 8**



Body Sculpt

Day: Friday
Date: April 11 - June 27
Time: 12:05 PM - 12:55 PM
Location: Takaya Room
Instructor: Emily Batrim

No class on April 18, June 20

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

ADULT FITNESS CONT'D

C J M C 2 0 2 5 S P R I N G P R O G R A M G U I D E



Pilates

Day: Sunday

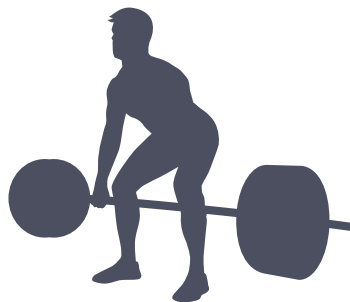
Date: April 6 - June 29

Time: 11:30 AM - 12:30 PM

Location: Takaya Room

Instructor: Erika Schold

**No class on April 20, June 1,
June 8**



Co-ed Weight Training

Day: Wednesday

Date: April 9 - June 25

Time: 6:00 PM - 7:00 PM

Location: Weight Room

Instructor: Tony Xu



Hatha Flow Yoga

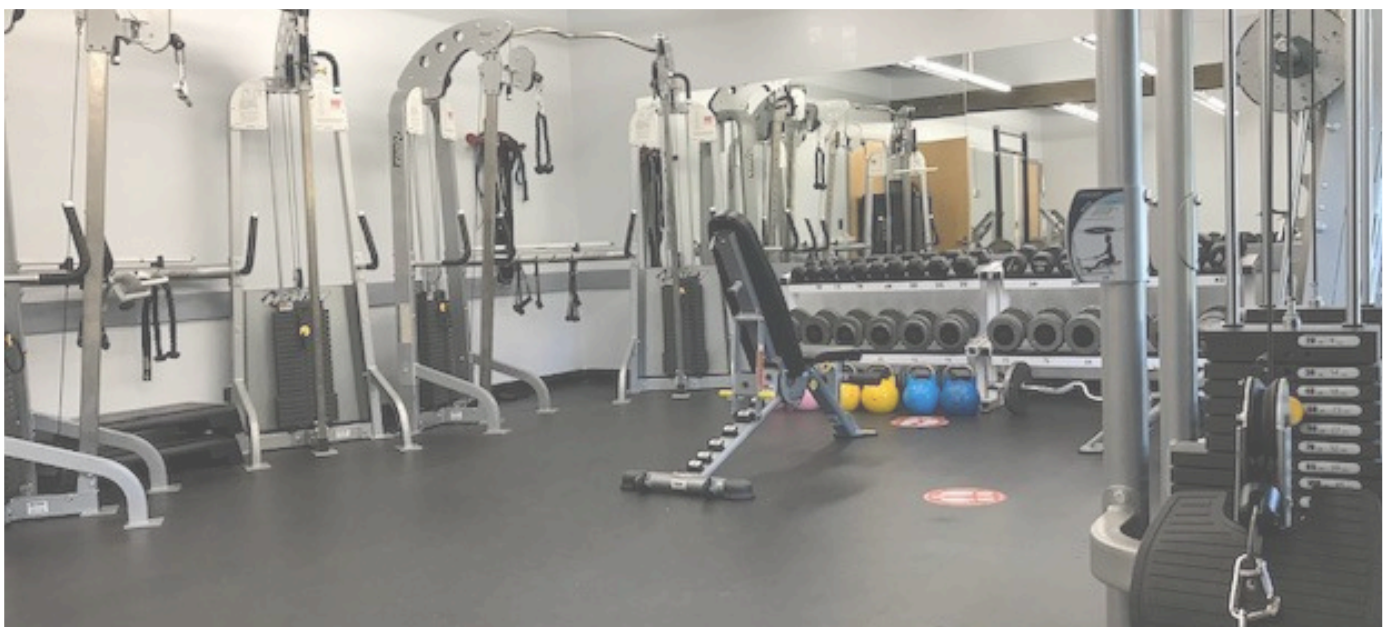
Day: Thursday

Date: April 17 - June 26

Time: 12:05 PM - 12:55 PM

Location: Takaya room

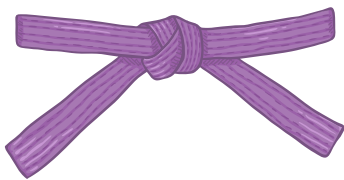
Instructor: Rheanna Corpuz



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

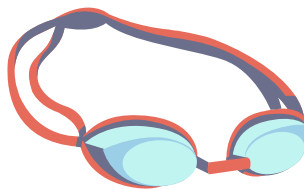
YOUTH SPORT

C J M C 2 0 2 5 S P R I N G P R O G R A M G U I D E



Jiu-Jitsu

Day: Tuesday
Date: April 8 - June 24
Time: 3:30 PM - 4:15 PM
Location: Definitive Jiu-Jitsu
Instructor: Coach Amir &
Coach Anthony



Swimming Lessons

Day: Wednesday
Date: April 2 - June 11
Time: 5:15 PM - 6:00 PM
Location: Harry Jerome



Gymnastics

Day: Monday
Date: March 31 - June 23
Time: 6:30 PM - 7:30 PM
Location: West Vancouver
Community Centre

No lesson on April 21, May 19



Tennis

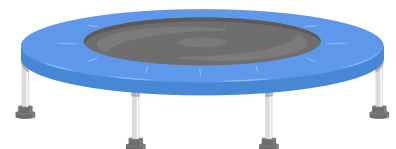
Day: Monday
Date: April 28 - June 16
Time: 5:30 PM - 6:30 PM
Location: CJMC
Instructor: Summer Smash
Tennis

No lesson on May 19



Soccer Academy

Day: Thursday
Date: April 10 - June 26
Ages: 6-9 / 10-13
Time: 3:30 PM - 4:15 PM
4:15 PM - 5:00 PM
Location: CJMC / Norgate
Grass Field
Instructor: Jason Taylor



Social Circus

Day: Tuesday
Date: April 8 - June 24
Time: 5:45 PM - 6:45 PM
Location: CJMC
Instructor: Social Circus
Foundation

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

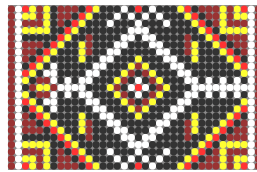
DROP-IN & CULTURAL ACTIVITIES

C J M C 2 0 2 5 S P R I N G P R O G R A M G U I D E



Drop-in Floor Hockey

Day: Tuesday / Thursday
Date: April 8 - June 26
Ages: 16+
Time: 7:00 PM - 8:30 PM (T)
9:00 PM - 10:30 PM (TH)
Location: CJMC



Beading

Day: Tuesday - Beginner
Thursday - Intermediate
Date: April 8 - June 26
Ages: 16+
Time: 6:00 PM - 8:00 PM
Location: EsIha7an Room
Instructor: Laurine Daniels



Drumming

Day: Sunday
Date: April 27 - May 25
Ages: 9+
Time: 1:00 PM - 3:00 PM
Location: EsIha7an Room
Instructor: Simon Baker & Ray Thunderchild



Registration: <https://form.jotform.com/240605797829268>

SUMMER FUN 2025

REGISTRATION IS FIRST COME FIRST SERVE BASIS
50 SPOTS MAX EACH AGE GROUP

FROM JULY 14 TO AUGUST 21, 2025

AGE GROUPS:

6-7 (JULY 14-17 & AUG 5-8)

8-9 (JULY 21-24 & AUG 11-14)

10-12 (JULY 28-JULY 31 & AUG 18-21)

13-16 (JULY 25 & AUG 15)

REGISTRATION OPENS JUNE 9 @ 11:00AM

REGISTRATION LINK:

[HTTPS://FORM.JOTFORM.COM/230116238011035](https://form.jotform.com/230116238011035)

FOR MORE INFORMATION PLEASE CONTACT US AT:

604-980-6338

REC@SQUAMISH.NET



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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>



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.

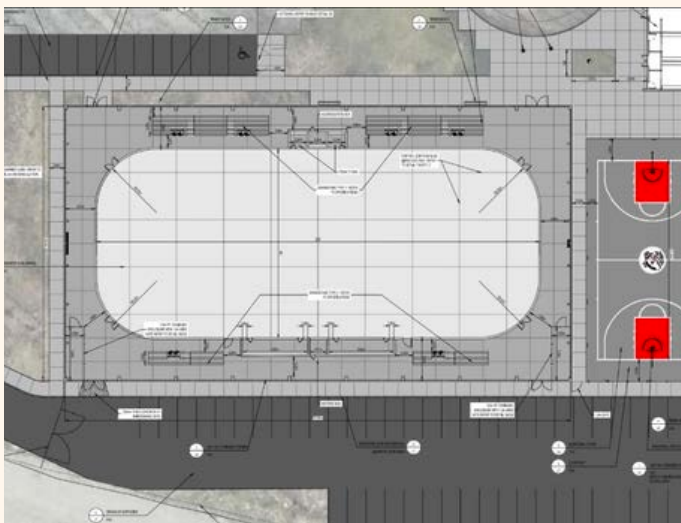
COMING UP AT CJMC

C J M C 2 0 2 5 S P R I N G P R O G R A M G U I D E

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 May, 2025.



Spring Family and Friends 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 in April - 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!

rec@squamish.net

604.980.6338

BOOKING INFORMATION

C J M C 2 0 2 5 S P R I N G P R O G R A M G U I D E



BOOKING RATES

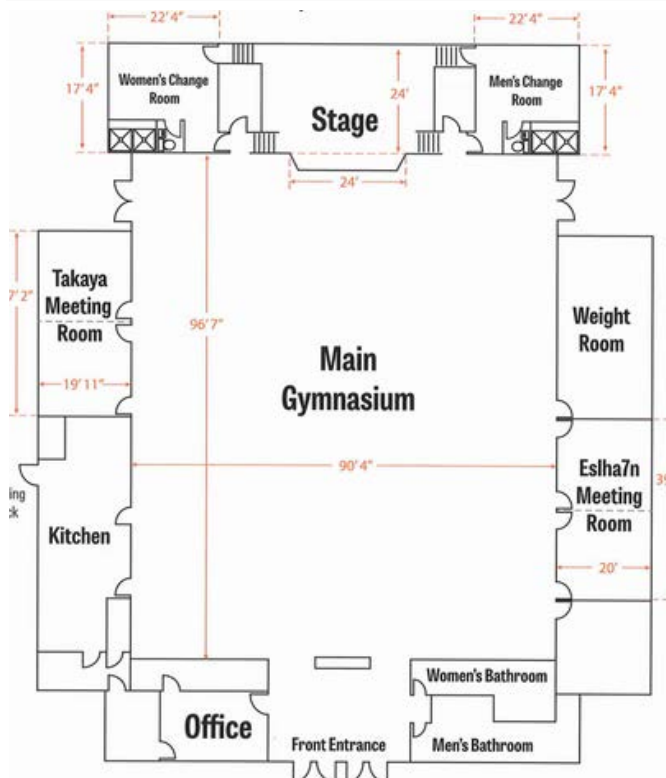
DEPOSITS – Due at time of application

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.

SQUAMISH NATION'S
2025

Summer
CRAFT FAIR

JUNE 7 & 8
10:00-3:00PM

CHIEF JOE MATHIAS CENTRE
100 CAPILANO ROAD

VENDOR REGISTRATION
OPENS MAY 5 AT 11:00AM

\$60 for 1 day / \$100 for 2 days
Elders 55yrs + receive 50% off

QR code



- No early registration
- First come first serve basis
- Scan QR code for online application
- Applications available at CJMC

**no applications will be accepted before 11am*

NO HOLDS

Table will not be assigned until application and payment is received



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cjmcevents@squamish.net



604-980-6338

Help shape our Recreation programs!

We want to hear from you! Tell us what recreation programs and activities you'd like to see in our community. Your feedback will help shape our future programming - and you'll be entered to win a \$100.00 Park Royal gift card just for participating! Click the link below to share your ideas!



[HTTPS://FORM.JOTFORM.COM
/232496797609273](https://form.jotform.com/232496797609273)



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Sun.

Circuit Training: 10:00 AM - 11:00 AM
Pilates: 11:30 AM - 12:30 PM
Youth Drumming: 1:00 PM - 3:00 PM

Mon.

Youth Tennis: 5:30 PM - 6:30 PM
Adult Tennis: 6:30 PM - 7:30 PM
Youth Gymnastics: 6:30 PM - 7:30 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: 7:00 PM - 8:30 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 Flow Yoga: 12:05 PM - 12:55 PM
Soccer Academy: 3:30 PM - 5:00 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.