

CJMC Recreation Program Guide

SUMMER 2025



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Yúustway
Health & Wellness
Recreation

www.squamish.net

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: 8:00 AM–4:00 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

Canada Day: Tuesday, July 1

B.C Day: Monday, August 4

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 & 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

What's Inside...

• Adult Fitness

- Circuit Training
- Hatha Flow Yoga
- Dance Fit
- Pilates
- Women's Weight Training
- Co-ed Weight Training
- Body Sculpt
- Beginner HIIT

• Youth Sports Camps

- Archery
- Multi-Sport
- Skateboarding

• Drop in

- Drop-in Floor Hockey
- Drop-in Pickle Ball
- Drop-in Tennis
- Drop-in Skateboarding

• Explore the outdoors

• Financial Assistance

• Booking Information

Stay Connected!



@ChiefJoeMathiasCentre



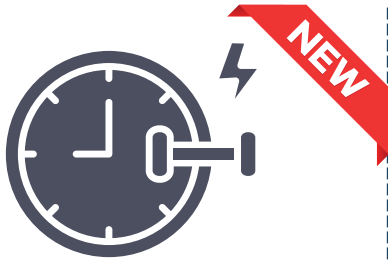
@cjmc.1992



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ADULT FITNESS

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



Beginner HIIT

Day: Monday

Date: July 7–August 25

Time: 6:00 PM–7:00 PM

Location: Takaya Room

Instructor: Erika Schold



Women's Weight Training

Day: Wednesday

Date: July 2–August 27

Time: 7:00 PM–8:00 PM

Location: Weight Room

Instructor: Tony Xu



Dance Fit

Day: Thursday

Date: July 3–August 28

Time: 6:00 PM–7:00 PM

Location: Takaya Room

Instructor: Emily Batrim



Circuit Training

Day: Thursday / Sunday

Date: July 3–August 31

Time:

7:00 PM–8:00 PM (Th)

10:00 AM–11:00 AM (Sat)

Location: Weight Room

Instructor: Chris Dahan



Body Sculpt

Day: Tuesday

Date: July 8–August 26

Time: 12:05 PM–12:55 PM

Location: Takaya Room

Instructor: Emily Batrim

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

ADULT FITNESS CONT'D

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



Pilates

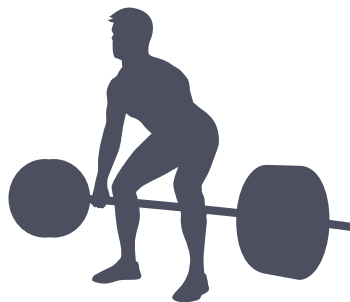
Day: Sunday

Date: July 6–August 31

Time: 11:30 AM–12:30 PM

Location: Takaya Room

Instructor: Erika Schold



Co-ed Weight Training

Day: Wednesday

Date: July 2–August 27

Time: 6:00 PM–7:00 PM

Location: Weight Room

Instructor: Tony Xu



Hatha Flow Yoga

Day: Thursday

Date: July 3–August 28

Time: 12:05 PM–12:55 PM

Location: Takaya room

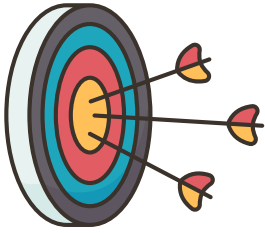
Instructor: Rheanna Corpuz



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

YOUTH SPORT CAMPS

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



Archery

Day: Sun, August 10, 17, 24

Ages 6–9 years:

10:00 AM–11:00 AM

Ages 10–12 years:

11:00 AM–12:00 PM

Ages 13+ years:

12:00 PM–1:00 PM

Location: CJMC

Instructor: David Sandquist



Indigenous United Youth Sports Camp

Day: Monday–Thursday

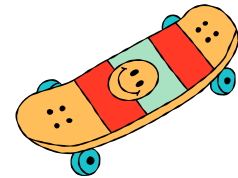
Ages 9–11 years:

July 14–17, 9:00 AM–12:00 PM

Ages 6–8 years:

July 28–31, 9:00 AM–12:00 PM

Location: CJMC



Skateboarding

Day: Sunday

Date: July 20, 27, Aug 3

Ages 6–9 years:

11:00 AM–12:00 PM

Ages 10–13 years:

12:00 PM–1:00 PM

Location: CJMC

Instructor: Mikey Barton



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

DROP-IN ACTIVITIES

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



Drop-in Floor Hockey

Day: Tuesday / Thursday

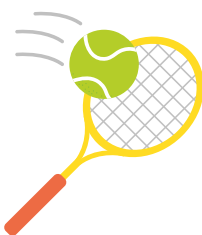
Date: July 3–August 28

Ages: 16+

Time: 7:00 PM–9:00 PM (Tu)
7:00 PM–9:00 PM (Th)

Location: Kw'eshkw'shétsutay'
(Playing place)

NEW



Drop-in Tennis

Day: Monday

Date: July 7–August 25

Time: 7:00 PM–8:30 PM

Location: Kw'eshkw'shétsutay'
(Playing place)

NEW



Drop-in pickleball

Day: Sunday / Monday

Date: July 6–August 25

Time: 11:00 AM–1:00 PM (Sat)
5:00 PM–6:30 PM (Mon)

Location: Kw'eshkw'shétsutay'
(Playing place)

NEW



Drop-in Skateboarding

Day: Wednesday

Date: July 9–August 20

Ages: 14+

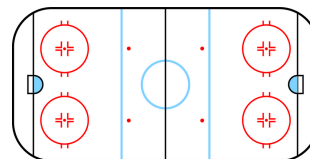
Time: 6:00 PM–7:00 PM

Location: Outdoor basketball
court

Instructor: Mikey Barton



NEW



Open Floor

Day: Monday–Friday

Date: July 2–August 25

Time: 10:00 AM–4:00 PM

Times/Date Subject to Change

Location: Kw'eshkw'shétsutay'
(Playing place)

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

FINANCIAL ASSISTANCE

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

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:

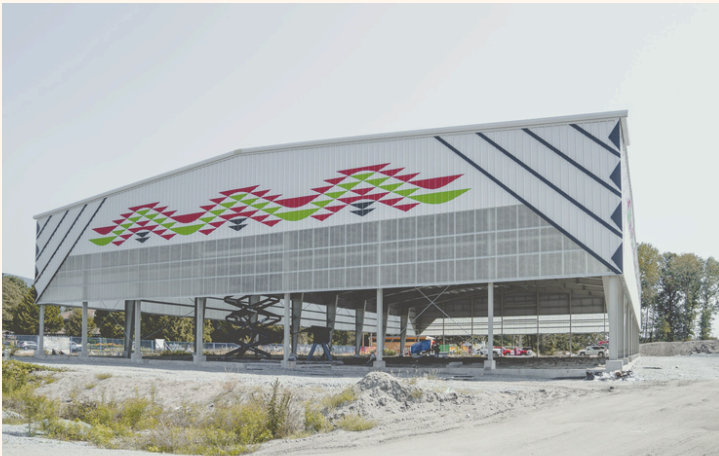
<https://kidsportcanada.ca/british-columbia/north-shore-north-west-vancouver/apply-for-a-grant/>

* 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 U M M E R P R O G R A M G U I D E

Lacrosse Box Update



Now Open: Kw'eshkw'shétsutay' – Squamish Nation's New Lacrosse Box!

We're excited to announce the opening of Kw'eshkw'shétsutay' (Playing Place) this June at Xwmélch'sten! This brand-new covered multi-sport facility will be home to a variety of Nation-led programs and events throughout the Summer. Featuring a roofed playing area, changerooms, and more, it's the perfect spot to gather, play, and build community.

Keep an eye out for pickleball, floor hockey, and other youth and adult programs happening here all season long!

Summer 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 Summer Family and Friends schedule will be released in July - 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 U M M E R P R O G R A M G U I D E



BOOKING RATES

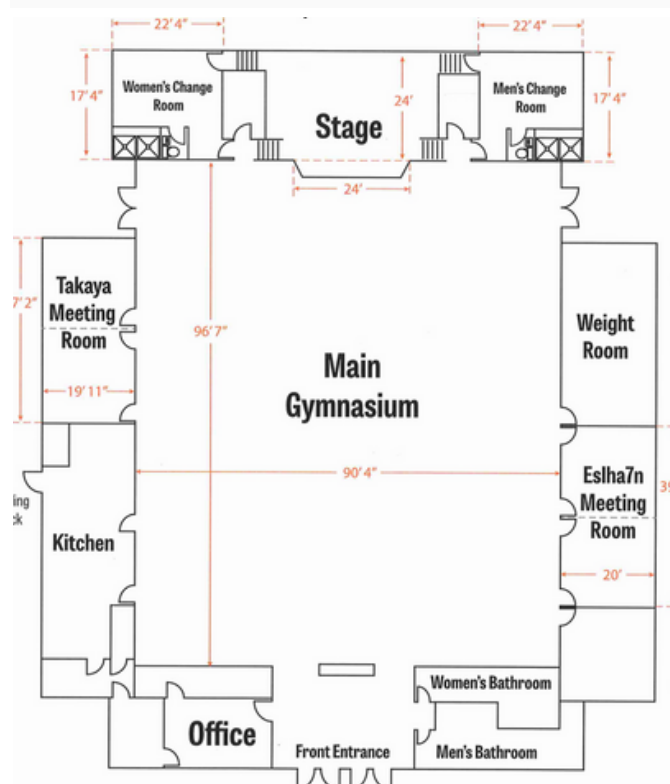
DEPOSITS — Due at time of application

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, Xwmelch'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.

Local Loops

Ambleside Park Loop

Distance: 2.3KM
Elevation: 8M
Time: 25M
Difficulty: Easy

Heywood Park Loop

Distance: 1.8KM
Elevation: 34M
Time: 26M
Difficulty: Easy

Mosquito Creek Loop

Distance: 2.7KM
Elevation: 51M
Time: 40M
Difficulty: Easy

Lynn Loop

Distance: 5.1KM
Elevation: 160M
Time: 1H30M
Difficulty: Moderate

Capilano Canyon Loop

Distance: 5KM
Elevation: 211M
Time: 1H37M
Difficulty: Moderate

Greenwood Park Loop

Distance: 1.3KM
Elevation: 51M
Time: 24M
Difficulty: Easy

Mahon Park Loop

Distance: 2.3KM
Elevation: 57M
Time: 36M
Difficulty: Easy



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Yúustway
Health & Wellness
Recreation

Sun.

Circuit Training: 10:00 AM–11:00 AM
Pilates: 11:30 AM–12:30 PM
Drop-in Pickle-ball: 11:00 AM–1:00 PM

Mon.

Beginner HIIT: 6:00 PM–7:00 PM
Drop-in Pickle-ball: 5:00 PM–6:30 PM
Drop-in Tennis: 7:00 PM–8:30 PM

Tues.

Body Sculpt: 12:05 PM –12:55 PM
Drop-in Floor Hockey: 7:00 PM–9:00 PM

Wed.

Co-ed Weight Training: 6:00 PM–7:00 PM
Women's Weight Training: 7:00 PM–8:00 PM
Drop-in Skateboarding: 6:00 PM–7:00 PM

Thur.

Hatha Flow Yoga: 12:05 PM –12:55 PM
Dance Fit: 6:00 PM–7:00 PM
Circuit Training: 7:00 PM–8:00 PM
Drop-in Floor Hockey: 7:00 PM–9:00 PM

Fri.

Sat.

