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Health & Wellness

SPRING 2026

CJMC

Recreation Program Guide

squamish.net/recreation-cjmc



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 a.m.–4:30 p.m.

Gymnasium/Weight Room Hours

Monday–Thursday: 8:00 a.m.–10:00 p.m.
Friday: 8:00 a.m.–5:00 p.m.

kw'eshkw'shétsutay' - Playing Place

9:00 a.m.–10:00 p.m.
Open floor times will vary based on programs

Telephone: 604-980-6338

Fax: 604-980-8277

Email: rec@squamish.net

Spring Closures

Good Friday: Friday, April 3

Easter Monday: Monday, April 6

National Indigenous Peoples Day: Monday, June 22

CJMC Staff

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

Saxon Jacobs - Maintenance Officer

saxon_jacobs@squamish.net

What's Inside

▶ Adult Fitness

Circuit Training
Pilates
Women's Weight Training
Coed Weight Training
Hatha Flow Yoga
Kickboxing and Self Defense
Tennis
Pickleball
Body Sculpt

▶ Youth Sports Programs

Jiu-Jitsu
Swimming
Soccer
Lacrosse (U10, U13, U17)
Social Circus
Tennis

▶ Drop In / Cultural Activities

Drop-in Volleyball
Drop-in floorhockey
Beading

▶ Financial Assistance

▶ Booking Information

▶ BC Lions Youth Flag Football

▶ Indigenous Rookie League

Stay Connected

📘 @ChiefJoeMathiasCentre - Check for daily updates!

📷 @cjmc.1992

🌐 www.squamish.net

ADULT FITNESS

CJMC 2026 Spring Program Guide



Pilates

Day: Sunday
Date: April 19–June 28
Time: 11:30 a.m.–12:30 p.m.
Location: Takaya Room
Instructor: Erika Schold



Women's Weight Training

Day: Wednesday
Date: April 1–June 24
Time: 7:00–8:00 p.m.
Location: Weight Room
Instructor: Tony Xu



Circuit Training

Day: Thursday
Date: April 2–June 25
Time: 6:00–7:00 p.m.
Location: Weight Room
Instructor: Chris Dahan



Circuit Training

Day: Sunday
Date: April 5–June 28
Time: 10:00–11:00 a.m.
Location: Weight Room
Instructor: Chris Dahan



Body Sculpt

Day: Friday
Date: April 10–June 26
Time: 12:05 p.m.–12:55 p.m.
Location: Takaya Room
Instructor: Emily Batrim



Kickboxing & Self-Defense

Day: Tuesday
Date: April 7–June 16
Time: 6:00–7:00 p.m.
Location: Takaya Room
Instructor: Jennifer Bajus



Coed Weight Training

Day: Wednesday
Date: April 1–June 24
Time: 6:00–7:00 p.m.
Location: Weight Room
Instructor: Tony Xu

Register Online



ADULT FITNESS CONT'D

CJMC 2026 Spring Program Guide



Pickleball

Day: Sunday
Date: April 19–June 8
Time: 11:00 a.m.–12:00 p.m.
Location: Playing Place
Instructor: SummerSmash



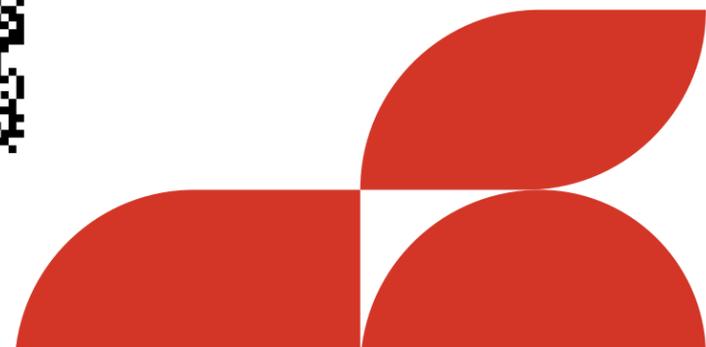
Tennis

Day: Tuesday
Date: April 28–June 16
Time: 6:00–7:00 p.m.
Location: Playing Place
Instructor: SummerSmash



Hatha Flow Yoga

Day: Thursday
Date: April 2–June 25
Time: 12:05–12:55 p.m.
Location: Takaya Room
Instructor: Rheanna Corpuz



YOUTH SPORTS

CJMC 2026 Spring Program Guide



Jiu-Jitsu

Day: Monday
Date: April 13–June 29
Time: 3:30–4:15 p.m.
Location: Definitive Jiu-jitsu
Instructor: Coach Amir/Anthony
Cancellation: June 22



Swimming

Day: Wednesday
Date: April 1–June 10
Time: 5:30–6:15 p.m.
Location: Harry Jerome
Instructor: NVRC Staff



Soccer

Day: Thursday
Date: April 9–June 25
Time: 5:45–7:30 p.m.
Location: CJMC
Instructor: Jason Taylor

DROP-IN / CULTURAL ACTIVITIES

CJMC 2026 Spring Program Guide



Adult Drop-In Volleyball

Day: Tuesday
Date: March 31–June 22
Time: 7:00–9:00 p.m.
Location: CJMC
Instructor: N/A



Drop-In Floor Hockey

Day: Monday
Date: March 30–June 29
Time: 8:00–10:30 p.m.
Location: CJMC Main Gym
Instructor: N/A
Cancellation: May 18



Drop-In Floor Hockey

Day: Thursday
Date: April 2–June 25
Time: 9:15–10:45 p.m.
Location: CJMC
Instructor: N/A



Lacrosse | U10

Day: Tuesday
Date: April 7–May 12
Time: 4:00–5:00 p.m.
Location: Playing Place
Instructor: Aaron Skye



Lacrosse | U13

Day: Thursday
Date: April 2–May 14
Time: 4:00–5:00 p.m.
Location: Playing Place
Instructor: Aaron Skye



Lacrosse | U17

Day: Thursday
Date: April 2–May 14
Time: 5:00–6:00 p.m.
Location: Playing Place
Instructor: Aaron Skye



Beading

Day: Thursday
Date: April 2–June 25
Time: 6:00–8:00 p.m.
Location: Eslha7an Room
Instructor: Laurine Daniels



Social Circus

Day: Tuesday
Date: April 14–June 30
Time: 5:30–6:30 p.m.
Location: CJMC
Instructor: Social Circus Foundation



Tennis

Day: Tuesday
Date: April 28–June 16
Time: 5:15–6:00 p.m.
Location: Playing Place
Instructor: SummerSmash

Register Online



Register Online



FINANCIAL ASSISTANCE

BOOKING INFORMATION

CJMC 2026 Spring Program Guide

CJMC 2026 Spring Program Guide

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:

www.squamish.net/Sports-Rec-Grant-Policy.pdf



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:

www.jumpstart.canadiantire.ca/pages/individual-child-grants



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:

www.kidsportcanada.ca/british-columbia/north-shore-north-west-vancouver/apply-for-a-grant/

Booking Rates | CJMC

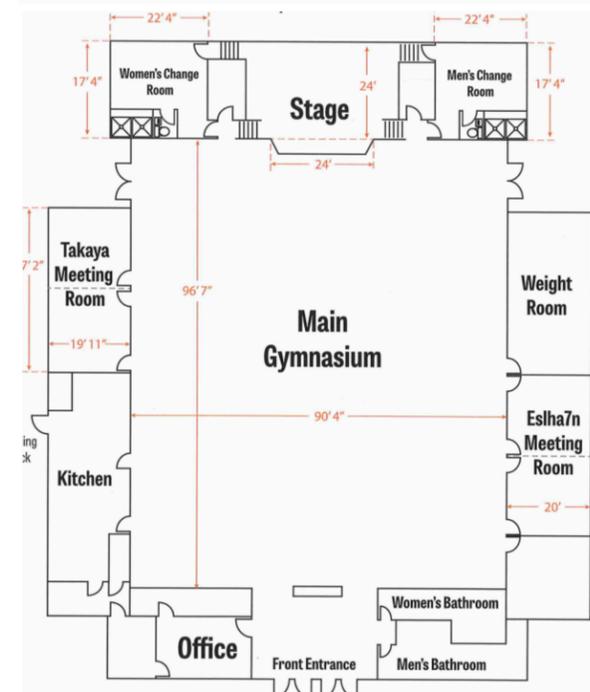
DEPOSITS - Due at time of application

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	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:
 - o Rectangular tables
 - o Chairs
 - o 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 a.m.-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.

BOOKING INFORMATION

CJMC 2026 Spring Program Guide

Booking Rates | Playing Place

Kw'eshkw'shétsutay (Playing Place)

DEPOSITS - Due at time of application

Lacrosse Box / Multi-Sport Surface \$200.00

Deposit will be refunded after final inspection is completed by the Kw'eshkw'shétsutay maintenance Team. Deposit return may take up to 5-10 business days.

HOURLY RATES

User Type	Rate Per Hour
Squamish Nation / Community Member	\$18.00
Community (CJMC Affiliate/Partner)	\$33.00
Private (Non-Squamish Nation)	\$55.00
For Profit / Commercial (Non-Squamish Nation)	\$69.00

Kw'eshkw'shétsutay (Playing Place) includes:

- Outdoor covered lacrosse / multi-sport surface
- AV system with Scoreboard/shot clocks/speakers
- Outdoor basketball court adjacent to the space
- Spectator standing area around playing surface
- Washrooms and Changerooms

Additional rentals:

- Tables and chairs (limited)
- Tents (limited)
- Nets
- Additional sport equipment (case-by-case)

Policies:

Squamish Nation cultural and community events take priority over all external bookings.

Bookings may be cancelled with short notice due to cultural work or Nation priority event.

Payments will be refunded in full if this occurs.

Contact Information:

Primary contact:
Telephone: 604-980-6338
Email: play@squamish.net

Secondary contact:
Email: marco_dangelo@squamish.net

Winter Hours of Operation / Availability:

Regular booking hours are:
Monday–Thursday: 9:00 a.m.–11:00 p.m.
Friday: 9:00 a.m.–7:00 p.m.
Saturday–Sunday: 11:00 a.m.–7:00 p.m.

Weekend bookings are available — limited availability depending on programming.



LEARN FROM THE PROS

INDIGENOUS YOUTH FLAG FOOTBALL



PRACTICES | WEEK 1 - APR 7-10 | WEEK 2 - APR 13-16 | WEEK 3 - APR 20-23

LIFE SKILLS WORKSHOP - APR 19 | TOURNAMENT - APR 26

AGES 10-12 **NO EXPERIENCE REQUIRED** **ALL GENDERS WELCOME**

PARTICIPANTS GET FREE SWAG & BC LIONS TICKETS

FREE TO ALL SELF-IDENTIFYING INDIGENOUS YOUTH

SCAN HERE TO JOIN



Player Registration Open

Indigenous Rookie League

DETAILS:

- Season runs June 8 to August 9, 2026
- 1 game and 1 practice per week
- Equipment provided
- 2 new teams added for season 2!
 - Team Surrey/Delta & Team North Van
- Visit mnb.ca/indigenous-rookie-league

Register Online



**Join the Indigenous
Rookie League now!**

The IRL offers an incredible opportunity for Indigenous players ages 12 to 18 to come together in sport, develop leadership skills, and build on culture and connections.



Kw'eshkw'shétsutay (Playing Place)

MON

Open Floor: 9:00 a.m.–4:00 p.m.

NSI Conditioning: 7:00–8:00 p.m.

NSI Lacrosse: 8:00–10:00 p.m.

TUE

Open Floor: 9:00 a.m.–3:00 p.m.

U10 Lacrosse: 4:00–5:00 p.m.

Youth Tennis: 5:15–6:00 p.m.

Adult Tennis: 6:00–7:00 p.m.

NSI Lacrosse: 7:00–10:00 p.m.

WED

Open Floor: 9:00 a.m.–5:00 p.m.

NSI Lacrosse: 7:00–10:00 p.m.

THU

Open Floor: 9:00 a.m.–3:00 p.m.

U13 Lacrosse: 4:00–5:00 p.m.

U17 Lacrosse: 5:00–6:00 p.m.

NSI Lacrosse: 7:00–10:00 p.m.

FRI

Open Floor, 9:00 a.m.–7:00 p.m.

SAT

Open Floor, 11:00 a.m.–7:00 p.m.

SUN

Pickleball: 11:00 a.m.–12:00 p.m.

Open Floor: 12:00–5:00 p.m.

2026 Spring Program Schedule

MON

Jiu-Jitsu: 3:30–4:15 p.m.

Drop-in Floor Hockey: 8:00–10:30 p.m.

TUE

Lacrosse (ages 7-9): 4:00–5:00 p.m.

Youth Tennis: 5:15–6:00 p.m.

Social Circus: 5:30–6:30 p.m.

Kick Boxing and Self Defense: 6:00–7:00 p.m.

Adult Tennis: 6:00–7:00 p.m.

Drop-in Volleyball: 7:00–9:00 p.m.

WED

Swimming Lessons: 5:30–6:15 p.m.

Co-ed Weight Training: 6:00–7:00 p.m.

Women's Weight Training: 7:00–8:00 p.m.

THU

Hatha Flow Yoga: 12:05–12:55 p.m.

Lacrosse (ages 10-12): 4:00–5:00 p.m.

Lacrosse (ages 15-16): 5:00–6:00 p.m.

Soccer Academy: 5:45–7:00 p.m.

Beading: 6:00–8:00 p.m.

Circuit Training: 6:00–7:00 p.m.

Drop-in Floor Hockey: 9:15–10:45 p.m.

FRI

Body Sculpt: 12:05–12:55 p.m.

SUN

Circuit Training: 10:00–11:00 a.m.

Pickleball: 11:00 a.m.–12:00 p.m.

Pilates: 11:30 a.m.–12:30 p.m.



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