



Skwaxwú7mesh
Úxwumixw

Yúustway
Health & Wellness

FALL 2026

CJM

Recreation Program Guide

www.cjmcrec.com



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 am – 10:00 pm
Friday: 8 am – 5 pm

kw’eshkw’shétsutay’ - Playing Place
9 am –10 pm
Open floor times will vary based on programs

Website: www.cjmcrec.com
Telephone: 604-980-6338
Fax: 604-980-8277
Email: rec@squamish.net

Fall Closures

Labour Day: Monday, September 7
National Day for Truth and Reconciliation:
Wednesday, September 30
Thanksgiving Day: Monday, October 12
Remembrance Day: Wednesday, November 11

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
Pickleball
Pilates
Zumba
Tennis
Coed Weight Training
Hatha Flow Yoga
Circuit Training

- **Youth Sports Programs**
Jiu-Jitsu
Teen Safety
Tennis
Social Circus
Swimming
Lacrosse
Skating
Soccer

- **Drop In / Cultural Activities**
Drop-In Floor Hockey
Drop-In Basketball
Beadng

- **Financial Assistance**

- **Booking Information**

Stay Connected

- 📌 @ChiefJoeMathiasCentre
- 📷 @cjmc.1992
- 🌐 www.cjmcrec.com

CJMC 2026 FALL PROGRAM GUIDE

Register Online

ADULT FITNESS

AGES 16+



Circuit Training

Day: Sunday
Date: Sept 6 – Dec 20
Time: 10 – 11 am
Location: Weight Room
Instructor: Chris Dahan



Pickleball

Day: Sunday
Date: Sept 13 – Nov 22
Time: 11 am – 12 pm
Location: Playing Place
Instructor: SummerSmash



Pilates

Day: Sunday
Date: Sept 6 – Dec 20
Time: 11:30 am – 12:30 pm
Location: Weight Room
Instructor: TBD



Zumba

Day: Monday
Date: Sept 14 – Nov 23
Time: 7 – 8 pm
Location: Takaya Room
Instructor: Marion Jacobs



Tennis

Day: Tuesday
Date: Sept 15 – Nov 24
Time: 5 – 6 pm
Location: Playing Place
Instructor: SummerSmash



Coed Weight Training

Day: Wednesday
Date: Sept 2 – Dec 9
Time: 6 – 7 pm
Location: Weight Room
Instructor: Tony Xu



Hatha Flow Yoga

Day: Thursday
Date: Sept 10 – Dec 10
Time: 12:05 – 12:55 pm
Location: Takaya Room
Instructor: Rheanna Corpuz



Circuit Training

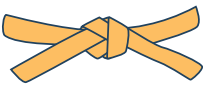
Day: Thursday
Date: Sept 3 – Dec 17
Time: 6 – 7 pm
Location: Weight Room
Instructor: Chris Dahan

YOUTH SPORTS

Register Online

DROP-IN & CULTURAL ACTIVITIES

Register Online



Jiu-Jitsu
Day: Monday
Date: Sept 14 – Nov 30
Time: 3:30 – 4:15 pm
Location: Definitive Jiu-jitsu
Instructor: Coach Amir/Anthony
Ages: 6-12



Teen Safety
Day: Tuesday
Date: Sept 8 – Oct 6
Time: 6 – 7 pm
Location: Takaya Room
Instructor: Jennifer Bajus
Ages: 13-18



Tennis
Day: Tuesday
Date: Sept 15 – Nov 24
Time: 4 – 5 pm
Location: Playing Place
Instructor: SummerSmash
Ages: 6-12

Register Online



Adult Drop-In Floor Hockey
Day: Monday
Date: Sep 7 – Dec 7
Time: 7 – 9 pm
Location: CJMC
Instructor: N/A



Drop-In Floor Hockey
Day: Thursday
Date: Sep 3 – Dec 10
Time: 9 – 10:30 pm
Location: CJMC
Instructor: N/A



Social Circus
Day: Tuesday
Date: Sept 15 – Dec 1
Time: 5:30 – 6:30 pm
Location: CJMC
Instructor: Social Circus Foundation
Ages: 3+



Swimming
Day: Wednesday
Date: Oct 14 – Dec 9
Time: 5:30 – 6:15 pm
Location: Harry Jerome
Instructor: NVRC Staff
Ages: 5-13



Lacrosse
Day: Wednesday
Date: Sept 9 – Nov 25
Location: Playing Place
Instructor: Aaron Skye

U10
Time: 4 – 5 pm
U15
Time: 5 – 6 pm



Drop-In Basketball
Day: Tuesday
Date: Sep 8 – Dec 8
Time: 7 – 9 pm
Location: CJMC
Instructor: N/A



Beading
Day: Thursday
Date: Sep 3 – Dec 11
Time: 6 – 8 pm
Location: Esliha7an Room
Instructor: Laurine Daniels



Skating
Day: Thursday
Date: Sept 24 – Dec 10
Time: 5:45 – 6:30 pm
Location: Harry Jerome
Instructor: NVRC Staff
Ages: 4-13



Soccer
Day: Thursday
Date: Sept 17 – Dec 3
Time: 5:45 – 7:30 pm
Location: CJMC
Instructor: Jason Taylor
Ages: U10 / U15

Register Online



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



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.canadaintire.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 INFORMATION

Booking Rates | CJMC

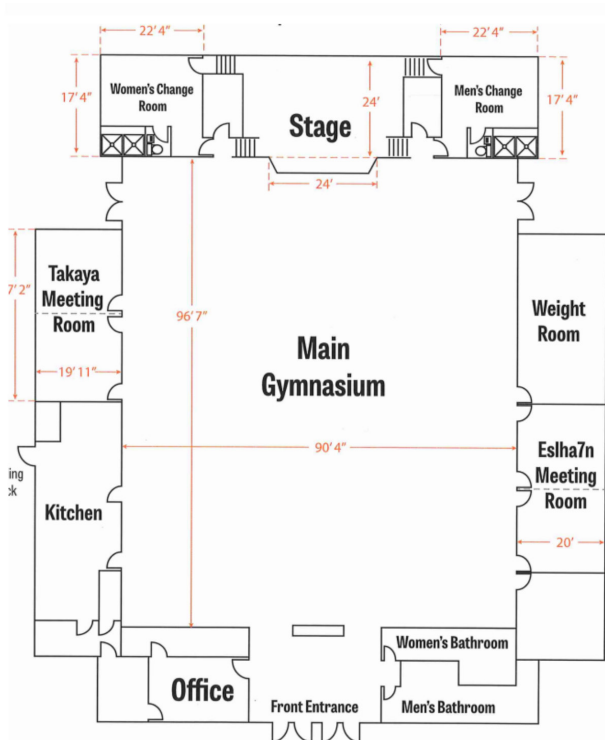
DEPOSITS - Due at time of application

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:
 - 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 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

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:

Website: www.cjmcrec.com

Phone: 604-980-6338

Email: play@squamish.net

Secondary contact:

Email: marco_dangelo@squamish.net

Fall 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.

Kw'eshkw'shétsutay (Playing Place)

MON

Open Floor: 9 am – 10 pm

TUE

Open Floor 9 am – 3 pm and 7 pm – 10 pm

Youth Tennis: 4 – 5 pm

Adult Tennis: 5 – 6:15 pm

WED

Open Floor: 9 am – 3 pm and 7 pm – 10 pm

U10 Lacrosse: 4 – 5 pm

U15 Lacrosse: 5 – 6 pm

THU

Open Floor: 9 am – 10 pm

FRI

Open Floor: 9 am – 7 pm

SAT

Open Floor: 11 am – 7 pm

SUN

Pickleball: 11 am – 12 pm

Open Floor: 12 – 5 pm



2026 Fall Program Schedule

MON

- Jiu-Jitsu: 3:30 – 4:15 pm
- Drop-in Floor Hockey: 7 – 9 pm
- Zumba: 7 – 8 pm

TUE

- Youth Tennis: 4 – 5 pm
- Adult Tennis: 5 – 6:15 pm
- Social Circus: 5:30 – 6:30 pm
- Teen Safety: 6 – 7 pm
- Drop-in Basketball: 7 – 9 pm

WED

- U10 Lacrosse: 4 – 5 pm
- U15 Lacrosse: 5 – 6 pm
- Swimming Lessons: 5:30 – 6:15 pm
- Co-ed Weight Training: 6 – 7 pm
- Women’s Weight Training: 7 – 8 pm

THU

- Hatha Flow Yoga: 12:05 – 12:55 pm
- Skating: 5:45 – 6:30 pm
- Soccer Academy: 5:45 – 7 pm
- Beading: 6 – 8 pm
- Circuit Training: 7 – 8 pm
- Drop-in Floor Hockey: 9 – 10:30 pm

SUN

- Circuit Training: 10 - 11 am
- Pickleball: 11 am – 12 pm
- Pilates: 11:30 am – 12:30 pm





Skwxwú7mesh
Úxwumixw

Yúustway
Health & Wellness

CJMC

www.cjmcrec.com