



TLA'AMIN COMMUNITY RECREATION

SPRING PROGRAM GUIDE

APRIL - JUNE 2024



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Address, Phone Number, & Email,
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MEET THE RECREATION TEAM



Christine Parsons
Recreation Manager
Office: 604-414-3255
Cell: 604-578-0500



Sydney Stonehouse
Recreation Coordinator
Office: 604-414-3270



Jimmy Harry
Recreation Assistant
Office: 604-414-3231
Cell: 604-578-0559

REGISTRATION PROCESS

Tla'amin Citizen Registration Begins: March 4, 2024

REGISTRATION FOR ONLY TLA'AMIN CITIZEN IS AVAILABLE UNTIL 72 HRS. PRIOR TO THE START OF A PROGRAM.

Tla'amin Nation leaseholders can express interest in a program & will be added to a waitlist. Leaseholders will be registered into a program after the Tla'amin Citizen registration period has ended & space is available.

Some programs offered each season will ask you to pre-register due to limited spots equipment. Please follow the steps below to register:

STEP 1:

DROP BY ʔayl̓st̓ən ʔaye | Cousin's House in person and speak to Recreation Assistant, Jimmy Harry. **OR**

CALL ʔayl̓st̓ən ʔaye | Cousin's House at 1-877-505-5139. **OR**

EMAIL rec@tn-bc.ca with the program name, participant name, contact info and which session you are interested in.

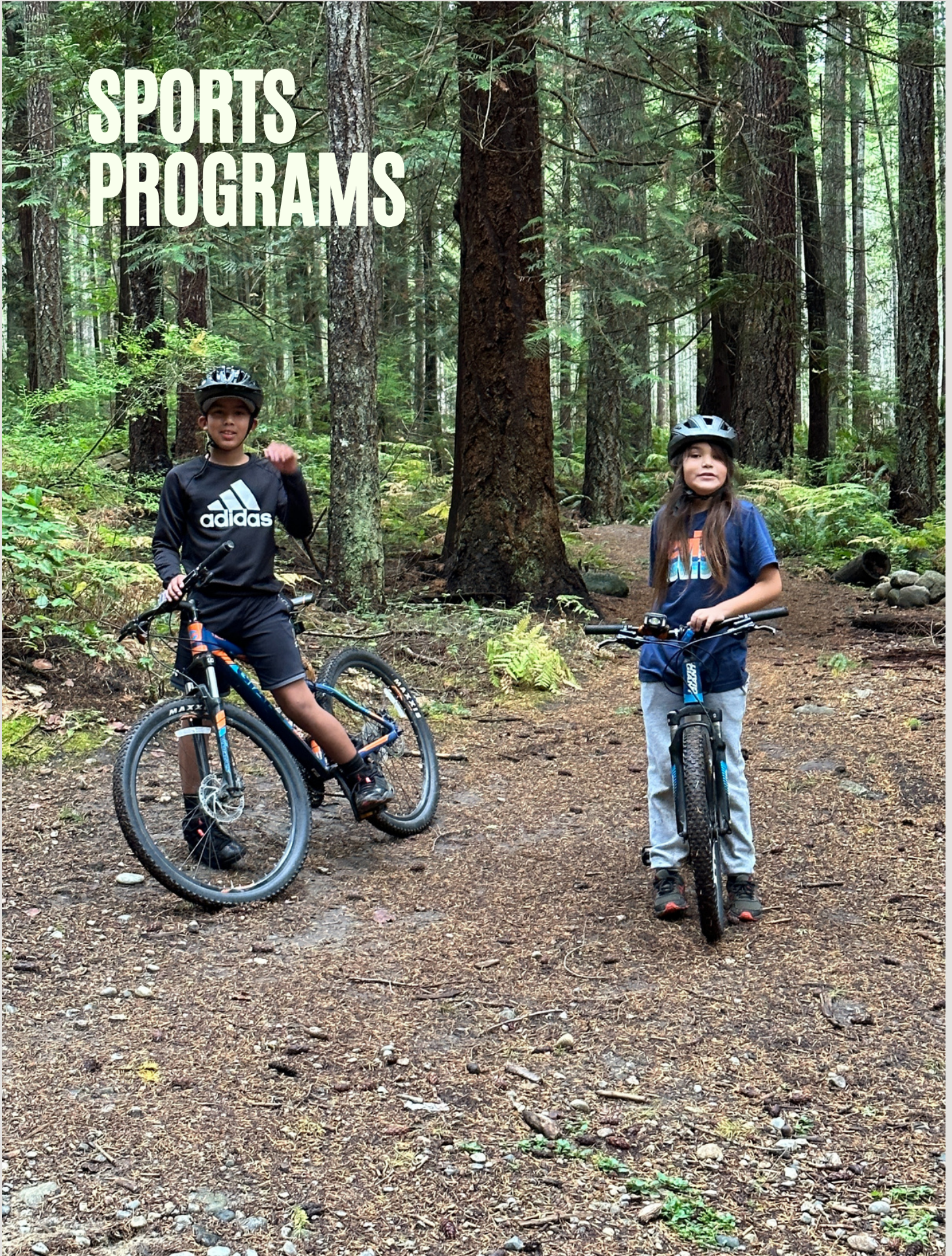
STEP 2:

Once registered, you will receive an email confirmation with paperwork to be completed. Complete paperwork & email back to rec@tn-bc.ca. If you are registering for multiple programs, paperwork can be used for all programs (excluding School's Out & Youth Nights), but please be sure that you have completed the above step for all interested programs and that program names are listed on your paperwork.

Step 3:

Enjoy the program!

SPORTS PROGRAMS



YOUTH

5 V 5 CHAMPIONS LEAGUE



AGES: 6 - 17 YEARS

In partnership with Hope & Health we are offering this 5v5 Champions Soccer League that will run for 6 weeks! Jersey's Provided. **Pre-registration is required for this program.**

Apr. 2 - May 9

Tue. Skills & Drills

6-11 yrs. Junior Champion Session - 5:00 pm-6:00 pm

12 - 17 yrs. Senior Champion Session - 6:15 pm-7:15 pm

Thu. Game Days

6-11 yrs. Junior Champion Session - 5:00 pm-6:00 pm

12 - 17 yrs. Senior Champion Session - 6:15 pm-7:15 pm

Location: Mini-Pitch

ARCHERY



AGES: 11-15 YEARS

Archery requires skills of precision, control, focus, repetition and determination. This 4-week program will teach these fundamental skills that you can use for hunting or just target practice.

Pre-registration is required for this program.

Tue. Apr. 9 - Apr. 30 4:30 pm- 5:15 pm

Location: Sports Field

DROP-IN YOUTH BASKETBALL



AGES: 11-17 YEARS

Join us for a pick-up game of basketball or drop-in just to practice your shot.

Mon. Apr. 8 - Jun. 10 5:30 pm - 6:45 pm

***no program on Monday May 20th**

Location: Salish Centre

SWIM LESSONS



AGES: 5-12 YEARS

The ability to swim is a life skill that every child should learn. This season we are offering two programs to build upon skill development.

Transportation from Cousin's House & back is included.

Pre-registration is required and secures participation for the entire length of the program.

Swimmer Level 1, 2 or 3 (10-week badge program):

Wed. Apr. 3 - Jun. 5 3:30 pm - 5:30 pm

Swim to Survive (4-week program):

Fri. Apr. 5 - 26 3:30 pm - 5:30 pm

Location: Complex

TRAILBLAZERS YOUTH BIKE NIGHTS



AGES: 7-13 YEARS

Come learn skills & techniques for mtn. biking. Helmet is mandatory. Mtn. Bike ONLY. If you require a Mtn. Bike to borrow please let us know upon registration. Transportation to location will be provided for participants & bikes. **Pre-registration is required for this program.**

Thu. Apr. 11 - May 2 4:30 pm - 6:00 pm

Location: Sunset Park / Complex

LITTLE KICKS SOCCER



AGES: 4-6 YEARS

This little kicks program will introduce your little one to soccer through fun games for skill development. **Pre-registration is required for this program.**

Sun. Apr. 7 - 28 10:15 - 11:00 am

Location: Sports Field

KARATE

AGES: 6-12 YRS.

In partnership with the Canadian Martial Arts Academy we are hosting a basic karate program. There will be 6 small groups sessions. Come to the TRY-IT Day to see if this is something you are interested in, then sign up for the 6 sessions.

Pre-registration is required for this program.

TRY-IT Day Apr. 7th

6-8 yrs. Sun. Apr. 14 - May 26 1:00 - 1:30 pm

9-12 yrs. Sun. Apr. 14 - May 26 1:45 - 2:15 pm

(no class on May 12)

Location: Salish Centre



SPECIAL FILM SCREENING & BIKE NIGHT

APRIL 4

5:00 pm - 8:00 pm at ʔaylštən ʔaye | Cousin's House

Join us for an evening of Mtn. Biking fun and film screening in collaboration with the qRCA, & the Indigenous Youth Mountain Bike Program.

All AGES WELCOME, please bring own mtn. bike & helmet.

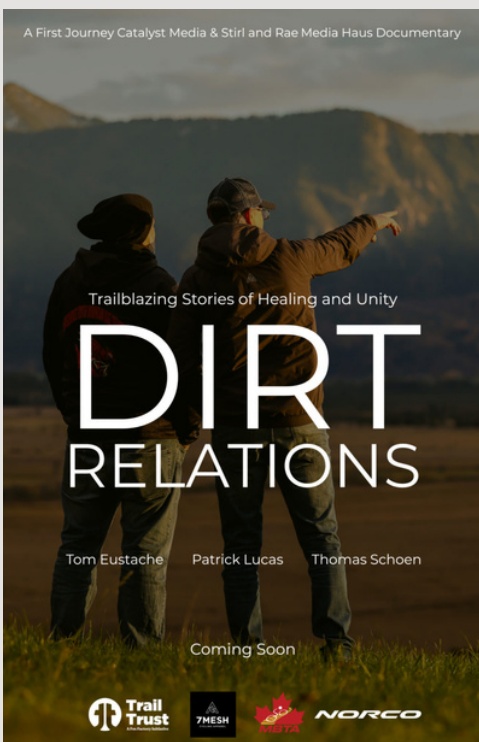
Some bikes may be available to borrow for the evening.

If you don't have a bike and wish to participate, please email rec@tn-bc.ca

MTN. BIKE SKILLS 5:00 - 6:30 PM
SCREENING 6:30 - 8:00 PM



“Dirt Relations” is an inspiring and thought-provoking documentary that delves into the powerful connection between mountain biking, reconciliation, and healing intergenerational trauma. Through captivating storytelling and breathtaking visuals, the film follows the journey of three individuals: Patrick, Thomas, and Tom, as they collaborate with Indigenous communities across British Columbia to build trails and empower Indigenous youth.



ADULT & ALL AGES

ARCHERY



AGES: 16 YEARS & OLDER

Archery requires skills of precision, control, focus, repetition, and determination. This 4-week program will teach these fundamental skills that you can use for hunting or just target practice.

Pre-registration is required for this program.

Tue. Apr. 9 - Apr. 30 5:30 pm - 6:30 pm

Location: Sports Field

DROP-IN YOUTH VOLLEYBALL



AGES: 10 - 17 YEARS

Drop on by the Salish Centre on Wednesdays for a pick-up game of volleyball

Wed. Apr. 3 - Jun. 12 6:00 pm - 7:30 pm

Location: Salish Centre

PICKLEBALL



AGES: ALL AGES

Everyone welcome.

One court reserved for beginners.

Tue. Apr. 2 - Jun. 11 6:00 pm - 8:00 pm

Location: Salish Centre

COMMUNITY VOLLEYBALL

ALL AGES

Drop on by the Salish Centre on Thursdays for some volleyball action!

Thu. Apr. 4 - Jun. 13 6:30 pm - 8:30 pm

Location: Salish Centre



APRIL - JUNE 2024

TLA'AMIN COMMUNITY RECREATION

FITNESS PROGRAMS



ADULT



RISE & SHINE SPIN

AGES: 16 YEARS & OLDER

Jumpstart your day with an invigorating 45 minute spin workout, filled with hills, sprints and more! **Pre-registration is required for this program.**

Mon. Apr. 8 - Jun. 10 6:15 am - 7:00 am

* No class May 20th

Location: Salish Centre



SPIN, SCULPT & CORE

AGES: 16 YEARS & OLDER

A full body class beginning with cardio on the bike, followed by conditioning and core exercises and a relaxing stretch at the end. **Pre-registration is required for this program.**

Wed. Apr. 3 - Jun. 12 4:45 pm - 5:45 pm

Location: Salish Centre



INTRODUCTION TO WEIGHT TRAINING

AGES: 16 YEARS & OLDER

This program will introduce you to all the equipment in the weight room and get you comfortable using the machines.

Wed. Apr. 10 - May 15 1:30 pm - 2:15 pm

Location: Weight Rm.

FUNCTIONAL CIRCUIT TRAINING

AGES: 16 YEARS & OLDER

A great way to familiarize yourself with the weight room all while getting an full body workout!

Mon. Apr. 8 - Jun. 10 4:45 pm - 5:30 pm

*No class May 20th

Location: Weight Room



FULL BODY CONDITIONING

AGES: 16 YEARS & OLDER

This low impact, full body conditioning class is designed to challenge balance and coordination while simultaneously improving strength and range of motion.

Wed. Apr. 3 - Jun. 12 6:15 am - 7:00 am

Location: Weight Room.



LUNCHTIME POWER SPIN

AGES: 16 YEARS & OLDER

This express 30 minute spin class combines fun intervals and challenging drills with upbeat music, all within your lunch hour. **Pre-registration is required for this program.**

Thu. Apr. 4 - Jun. 13 12:15 pm - 12:45 pm

Location: Salish Centre



CHAIR YOGA

AGES: 16 YEARS & UP

Improve your body awareness, function and mobility by practicing yoga movements with the assistance of a chair. Elders welcome!

Thu. Apr. 4 - Jun. 13 11:00 am - 11:45 am

Location: ʔaylštən ʔaye | Cousin's House - Poho Rm.



YOUTH

ATHLETE TRAINING

AGES: 15 - 18 YEARS

This program is designed for soccer and hockey athletes looking to improve their strength, reaction speed & endurance.

Tue. Apr. 2 - May. 7 4:30 pm - 5:30 pm

Location: Salish Centre Weight Rm. & Track



WEIGHT ROOM MEMBERSHIPS

Weight Room memberships for the Salish Centre Weight Room are available for all Tla'amin Citizens FREE of charge.

Membership forms can be picked up at Government House front desk or ʔaylštən ʔaye | Cousin's House.



GENERAL PROGRAMS

APRIL - JUNE 2024

TLA'AMIN COMMUNITY RECREATION

YOUTH



United Way
British Columbia

SCHOOL'S OUT PROGRAM

AGES: 5-12 YEARS

In partnership with United Way of BC, this after school program offers Tla'amin youth between ages 5 & 12 years of age an opportunity to connect, play and learn. **Pre-registration is required for this program.**

Mon. - Fri. Sept. - Jun. 3:00 - 4:45 pm

Location: ʔayt̓st̓n ʔaye | Cousin's House

PRO-D DAY



AGES: 5-12 YEARS

A full day camp that will have kids exploring on various field-trips, and learning different arts & crafts, sports, and games. **Pre-registration is required for each date.**

Fri. May 17 8:30 am - 4:30 pm - Assumption

Fri. Jun. 7 8:30 am - 4:30 pm - All Schools

Location: ʔayt̓st̓n ʔaye | Cousin's House

SUMMER VOLUNTEERS



AGES: 15 - 17 YEARS

Are you a youth between the ages of 15-18 who loves working with children? We are looking for volunteers to work with our summer camp participants this July & August. Hours can be used for work experience toward high school graduation and reference letters will be provided.

Email christine.parsons@tn-bc.ca if you are interested.



YOUTH NIGHTS DROP-IN

AGES: 13-18 YEARS

You've asked and we listened! Starting in the New Year we will be offering a youth drop-in on

Thu. & Fri.

5:00 pm-9:00 pm

Mar. 7 - Jun. 28

Providing a culturally safe space and support, this program will give youth the opportunity to connect with friends, learn life skills, connect with our land, and includes fieldtrips such as tubing, ropes course, bowling & swimming.

Location: ʔaylštən ʔaye | Cousin's House

YOUTH COUNCIL

Are you a Tla'amin youth between the ages of 13 - 24 who is looking to make a difference in the Nation? Then we want you to be a part of our Youth Council!

Join us on

Wednesday April 17th from 5:00 - 6:30 pm at ʔaylštən ʔaye | Cousin's House

for an evening discussion about ways you can provide feedback, ideas and suggestions on issues facing Tla'amin youth, youth programs & Nation-wide initiatives.

For more information email the Recreation Coordinator at sydney.stonehouse@tn-bc.ca

Pizza & Drinks Provided





SPORTS FIELD & OUTDOOR TRACK

COMMUNITY USE

The new sports field & track are in the final stages of development. Please watch the Tla'amin Community Recreation page for field updates.

The Sports Field

- Dogs are not permitted on the field at any time.
- No motorized vehicles permitted on the field.
- Field may close due to inclement weather. This is to protect the field from damage.

The Track

- Bicycles & scooters are not permitted on the track at any time.
- No motorized vehicles permitted on the track.
- The track is open to all community members unless otherwise stated.

LET THERE BE LIGHT

Lights can be turned on during the evening hours. There is a small panel box between the changerooms & mechanical room at the back of ʔayl̓st̓ən ʔaye | Cousin's House with a green button inside the box.

Press the button and the lights will be turned on for a set time of 2 hours.

MINI PITCH LIGHTING

Lighting is available in the evenings for groups using the mini-pitch. Please email rec@tn-bc.ca with the day and time you require lighting.

DO YOU HAVE A PROGRAM IDEA?

Recreation is always looking for ways to expand programming for the community! If you have a program idea you wish to share email us at rec@tn-be.ca

PASSIONATE ABOUT YOUR COMMUNITY, RECREATION IS A CAREER FOR YOU!

Recreation is the heart of every community. It's where we go, the things we do, and the services we rely on to keep us active, healthy, and socially connected. The people that make up the sector come from an array of educational backgrounds and fill an even wider array of jobs, all of which are focused on helping and bettering the people and communities they serve.

A career in recreation provides you with:

MEANINGFUL WORK

What you do directly affects the health and well-being of all community members.

UNIQUE WORK ENVIRONMENTS

From the office to the community centre, parks, beaches and everywhere in between – every day is different day.

VARIETY OF OPPORTUNITIES

The sector has an enormous variety of positions, many that offer full, part, or casual status.

A FIT FOR ANY DEGREE & EXPERIENCE

With such a variety of occupations, many post-secondary education and work experience has transferable skills that can be applied in the field of recreation.

For more information on how you can get involved in a career in Recreation email

rec@tn-bc.ca





ᑭayl̥st̥ən ᑭaye | Cousin's House

📍 5180 Hwy. 101, Tla'amin, BC., V8A 0B3 📞 1-877-505-5139 ✉️ rec@tn-bc.ca

VISION

A recreation department that strives to honour our ancestors and embraces ᑭəms taʔow (our teachings) in all recreation and sport opportunities creating a healthy, vibrant Nation for all.

MISSION

To provide high quality recreation and sport opportunities where Tla'amin citizens are able to enhance their holistic wellbeing while collectively building a strong, thriving community forming ONE HEART, ONE MIND and ONE NATION.

GOALS

Goal #1:

Active Living – Foster active for life principles through sport & recreation physical activity opportunities for all.

Goal #4:

Supportive Environments – Ensure the provision of supportive physical and social environments in all programming that provides a culturally safe spaces, encourages participation and a sense of belonging in recreation and sport while fostering community cohesion.

Goal #2:

Inclusion and Access – Increase inclusion and access to recreation through identifying & managing barriers for participation, provision of subsidized community programs and opportunities for transportation assistance to out of community recreational programs & services.

Goals #5:

Building Recreation Capacity – Strengthen the foundation of Tla'amin Recreation through policy development, staff training, improved efficiencies, effective budgeting, collaborative partnerships, continued growth & sustainability of programs & services.

Goal #3:

Connecting People with the Land – Embrace ᑭəms taʔow (our teachings) and connection to the land through the provision of culturally appropriate recreation programs that explore connections to all ecosystems.