



# WINTER

# COMMUNITY PROGRAM GUIDE

JANUARY - MARCH 2025



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# MEET THE RECREATION TEAM



Christine Parsons  
Recreation Manager  
Office: 604-414-3255



Sydney Stonehouse  
Recreation Coordinator  
Office: 604-414-3270



Jimmy Harry  
Recreation Assistant  
Office: 604-414-3231



Adriana Zastre  
Youth Recreation Leader  
Office: 604-414-3247

## NEW REGISTRATION SYSTEM

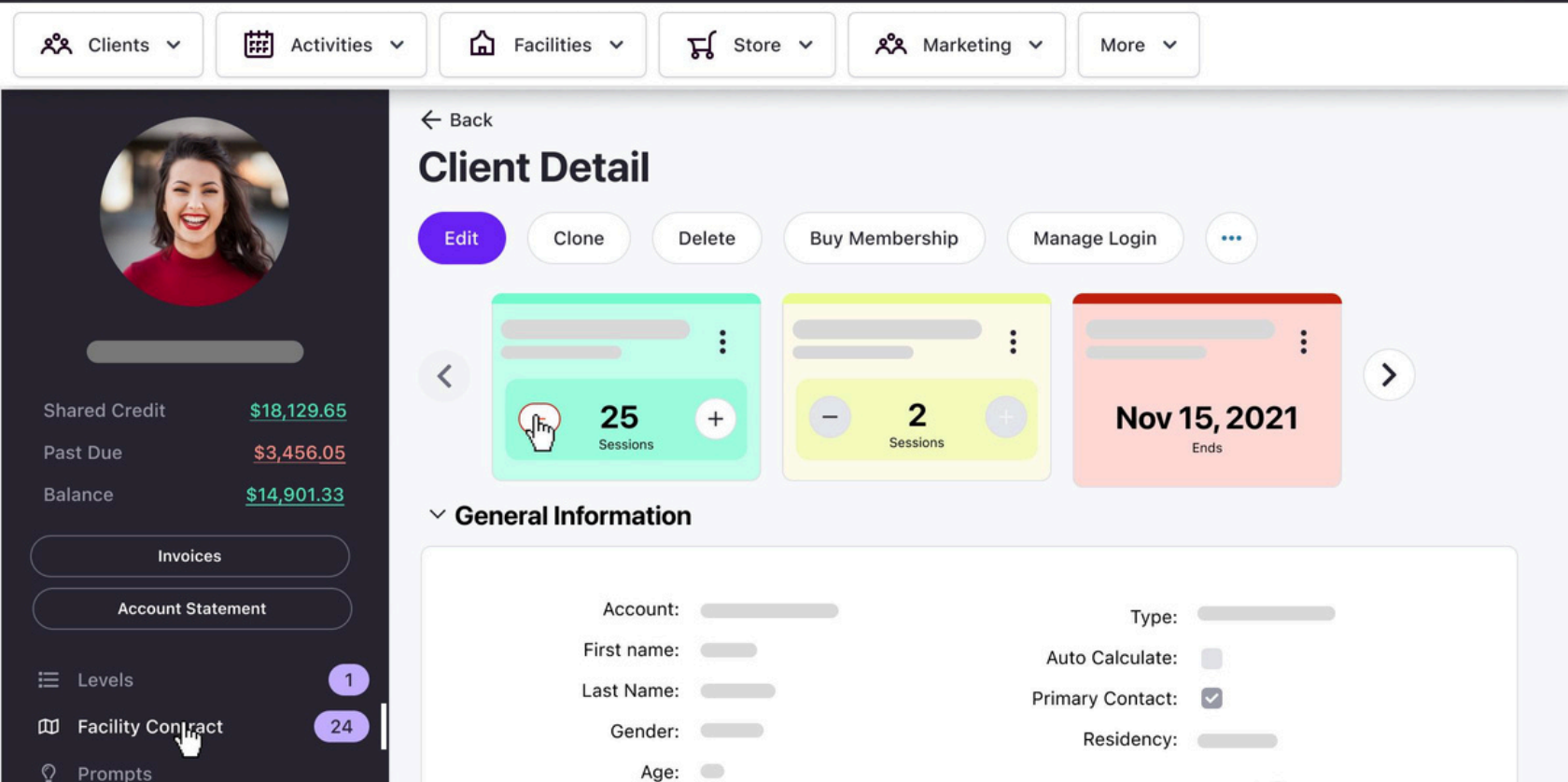
Create your account TODAY to WIN!

Go to [tlaamin.perfectmind.com](http://tlaamin.perfectmind.com)

Click on Sign-Up!

Online registration access to Recreation programs & services and facility booking requests!

**Win a FitBit**  
 Draw Dates:  
 Nov. 8  
 Nov. 14  
 Nov. 22 - STAFF  
 Nov. 29



# REGISTRATION PROCESS

Tla'amin Citizen Registration Begins: **NOVEMBER 5, 2024**

Tla'amin Citizens have priority registration until 72 hours (3 days) before the start of a program.

**TLA'AMIN NATION LEASEHOLDERS CAN REGISTER INTO A PROGRAM 72 HOURS (3 DAYS) PRIOR TO THE START OF A PROGRAM IF SPACE IS AVAILABLE.**

## Create Your Account in **5 EASY STEPS**

1. **SIGN-UP:** Go to [tlaamin.perfectmind.com](http://tlaamin.perfectmind.com) and click on the "Signup" link and enter all the required fields. A temporary password will be emailed to you.
2. **RETRIEVE YOUR TEMPORARY PASSWORD:** Go to your email to retrieve your temporary password. Be sure to check your junk mail.
3. **SET YOUR NEW PERSONAL PASSWORD:** Return to [tlaamin.perfectmind.com](http://tlaamin.perfectmind.com), log in using your temporary password and set your new personal password.

### Password Requirements:

- Minimum 12 characters in length
- Lowercase letter
- Uppercase letter
- Number
- Punctuation mark or symbol (i.e. !&\*)

1. **LOG IN TO XPLORE YOUR ACCOUNT:** Using your new personal password, login to Xplor your new account!
2. **SIGN WAIVER FORM:** Go to the waiver button to read and sign the waiver form.

**Should you require any assistance, please email [rec@tn-bc.ca](mailto:rec@tn-bc.ca) or call 1-877-505-5139**

# EDUCATION PROGRAMS



# EDUCATION PROGRAMS

UPCOMING

## TRAINING OPPORTUNITIES

Register at: [training@tn-bc.ca](mailto:training@tn-bc.ca) or (250) 858.2739

### WILDERNESS FIRST RESPONDER

Wilderness First Responder (WFR) encompasses a range of training components, including First Responder, Wilderness First Aid, CPR, BLS with AED, and Standard First Aid. With this comprehensive training, you will acquire the advanced first aid and CPR skills necessary to effectively respond to emergencies in remote or wilderness settings. In addition to learning life-saving techniques, participants will also gain the knowledge and expertise to provide urgent evacuation and extended care for five or more days, until organized health care can be accessed. This course will equip you with advanced leadership and rescue decision-making skills, as well as the ability to utilize professional tools and resources for extrication purposes. It is important to note that a significant portion of the course will be taught in an outdoor setting, requiring greater physical activity and endurance than typical first aid training. This hands-on approach will ensure that you are fully prepared to handle any emergency situation that may arise in the wilderness.

Offered by Ridge First Aid: Wilderness First Responders.  
**Contact Emma to sign up: [training@tn-bc.ca](mailto:training@tn-bc.ca) or (250) 858.2739**



**Part 1: January 20-24, 2025 (40 hours)**  
**Part 2: February 10-13, 2025 (40 hours, includes an overnight outdoor scenario)**



**March 19-21, 2025 (during Spring break).**  
 Location TBD.

**Contact Emma to sign up: [training@tn-bc.ca](mailto:training@tn-bc.ca) or (250) 858.2739**

### Mental Health First Aid - First Nations

The MHFA First Nations course is designed to provide an opportunity for First Nations participants and others who work with First Nations to learn and have serious conversations about mental health and wellness. Participants will reflect on their life experiences, acknowledge the historical context of the colonization of Canada, and move forward to address and explore ways to restore balance on a journey to mental health and wellness.

In the MHFA course, you will gain a solid understanding of the 5 basic actions of EAGLE:

- Engage and Evaluate the risk of suicide or harm
- Assist the person to seek professional help
- Give reassurance and information
- Listen without judgment
- Encourage self-help strategies and gather community supports

EAGLE is the framework for having a confident conversation about mental health with family, friends, colleagues, and strangers.

**JANUARY - MARCH, 2025**

TLA'AMIN COMMUNITY PROGRAM GUIDE

# EDUCATION PROGRAMS



## TRADITIONAL FOODS REVITALIZATION WORKSHOPS

AGES: ADULTS & FAMILIES

Learn to harvest, cook, and preserve traditional foods! In 2024, we offered workshops on oysters, apples, blackberries, nettle seeds, wild mushrooms, and salmon. Coming up in 2025: herring, shellfish, deer, and more! Join the mailing list and you'll get the first chance to sign up for new workshops when they are announced.

**Registration: Join the interest list! Email [training@tn-bc.ca](mailto:training@tn-bc.ca)**

**Our Voices.  
Our Language.  
Our Stories.  
Our Teachings.**



Tla'amin nəm is your Tla'amin wellness app. It is a confidential and safe place for you to connect with our ancient teachings, learn from our elders and knowledge keepers, and lift up our Tla'amin community members.

Through our songs, language, legends, and lived experiences, we all have a story to tell. In the app, you can watch teachings, listen to our songs, learn our Tla'amin language, or find balance with a daily check in or reflection.

**Win monthly prizes valued at \$250**

**Download the app today**  
Scan the QR codes or search "tla'amin" in the app or play store.






For more information visit our website  
<https://go.checkingin.co/tlaamin-community-app/>

Need help? Have questions? E-mail [hello@checkingin.co](mailto:hello@checkingin.co)

## FIREARMS SAFETY COURSE



First-time licence applicants must pass the Canadian Firearms Safety Course before applying for a Possession and Acquisition Licence. After the in-class instruction, you will do a written and practical test. Offered locally by Gerry Kirkham & Gord Gemmell.

### Topics

- evolution of firearms, major parts, types and actions
- basic firearms safety practices
- ammunition
- operating firearm actions
- safe handling and carry procedures
- firing techniques and procedures
- care of non-restricted firearms
- responsibilities of the firearms owner/user
- safe storage, display, transportation and handling of non-restricted firearms

**Registration: Join the interest list! Email [training@tn-bc.ca](mailto:training@tn-bc.ca)**

# RECREATION PROGRAMS



# SPORTS PROGRAMS

## ΛΟΛΕΤ

### RUN CLUB



**AGES: 16 YEARS & OLDER**

TRunning on your own is wonderful, but running with a group is incredible. You benefit from socialization, build friendships, and a strong sense of community, all while engaging in an exercise that improves both your mental and physical health.

**Pre-registration is required for this program.**

**Tue. Jan. 7 - Mar. 25 4:45 pm- 5:45 pm**

**Location: Tišosəm Track**

## ČIČUY

### HOCKEY SKILLS DEVELOPMENT



**AGES: 6-18 YEARS**

This program will provide players with a platform to develop and accelerate hockey skills and improve their game.

**Pre-registration is required for this program.**

**Sun. Jan. 12 - Mar. 9 4:00 pm- 5:00 pm**

**Location: Recreation Complex**



## SWIM LESSONS

**AGES: 5-12 YEARS**

**Swimmer 1 & 2:** These beginners will become comfortable jumping into the water with and without a PFD. They'll learn how to open their eyes and exhale their breath underwater. Floats, glides, kicking and front stroke skills are introduced. Transportation provided from school with parent pick-up after the lessons at Cousin's House.

**Pre-registration is required for this program.**

**Session 1:**

**(5 - 6 yrs.) Fri. Jan. 10 - Feb. 7 4:00 pm - 4:30 pm**

**(7 - 12 yrs.) Fri. Jan. 10 - Feb. 7 4:30 pm - 5:00 pm**

**Session 2:**

**(5 - 6 yrs.) Fri. Feb. 14 - Mar. 14 4:00 pm - 4:30 pm**

**(7 - 12 yrs.) Fri. Feb. 14 - Mar. 14 4:30 pm - 5:00 pm**

**Location: Complex Aquatic Centre**

# DROP-IN PROGRAMS

## ČIČUY

### PAJAMA GYM

AGES: 4-6 YEARS

Bring your little ones to an evening of gym time & activities to burn off that evening energy before bed.

**Wed. Jan. 8 - Mar. 12 6:00 pm - 7:00 pm**

**Location: Salish Gym**



## ʔukʷayə

### COMMUNITY VOLLEYBALL



ALL AGES

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

**Thu. Jan. 9 - Mar. 13 6:30 pm - 8:30 pm**

**Location: Salish Centre**

### PICKLEBALL



ALL AGES

Drop on by the Salish Centre on Tuesdays for some pickleball action! All ages welcome.

**Tue. Jan. 14 - Mar. 25 6:00 pm - 8:00 pm**

**Location: Salish Centre**

## YOUTH NIGHTS DROP-IN

AGES: 13-18 YEARS



Welcoming Indigenous youth and invited friends to engage in Cooking, Sports, Crafts, Events, Games, Out Trips, Leadership, Wellness, and Recreation!

**Jan. 9 - Mar. 28**

**Thu. 5:00 pm - 9:00 pm**

**Fri. 5:00 pm - 9:00 pm**

**Location: ʔaylštən ʔaye | Cousin's House**

# FITNESS PROGRAMS

## ΛΟΛΕΤ

### Functional Circuit Training



**AGES: 16 YEARS & OLDER**

A great way to familiarize yourself with the weight room all while getting a full body workout! **Pre-registration is required for this program.**

**Mon. Jan. 13 - Mar. 10**

**4:45 pm - 5:30 pm**

**Location: Salish Centre Weight Room**

### PILATES FUSION



**AGES: 16 YEARS & OLDER**

A full body workout focused on slow controlled movement using a variety of props and light weights. Open to all fitness levels. **Pre-registration is required for each session of this program.**

**Session 1:**

**Tue. Jan. 14 - Feb. 11**

**4:45 pm - 5:30 pm**

**Session 2:**

**Tue. Feb. 18 - Mar. 11**

**4:45 pm - 5:30 pm**

**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 each session of this program.**

**Session 1:**

**Wed. Jan. 8 - Feb. 12**

**4:45 pm - 5:45 pm**

**Session 2:**

**Wed. Feb. 19 - Mar. 19**

**4:45 pm - 5:45 pm**

**Location: Salish Centre**

## WEIGHT ROOM MEMBERSHIPS

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

Obtain your Membership online at [tlaamin.perfectmind.com](https://tlaamin.perfectmind.com).

We will contact you to come down to ʔayłstən ʔaye | Cousin's House for your **NEW** weight room membership card and fob/key once it is ready for pick-up.

- Memberships are for the exclusive use of the membership holder ONLY. (They are not transferable).
- You must be 16 years and older to use the weight room without supervision.
- Youth 13 - 15 years may use the weight room with a parent/legal guardian supervising.
- All members must scan their membership card upon entering the weight room.

## ČIČUY SLIME WORKSHOP



**AGES: 6-12 YEARS**

Join us at Cousin's House to create four different types of ooey-goey slime! This hands-on experience is designed for fun and creativity. Don't miss out on the goopy excitement!

**Pre-registration is required for this program.**

**Session 1:**

**Tue. Jan. 16 - Feb. 4 5:30 pm-7:30 pm**

**Session 2:**

**Tue. Feb. 11 - Mar. 4 5:30 pm-7:30 pm**

**Location: ʔayłštən ʔaye | Cousin's House**

## WHISK IT UP



**AGES: 10-18 YEARS**

Join us for this exciting 5-session kids baking program, where young bakers can learn how to whip up a variety of delicious goodies! Each session will teach the chuy's essential kitchen skills while they create yummy sweet treats. It's a fun and hands-on way for them to explore their creativity and develop a love for baking. Don't miss out on the chance to make new friends and enjoy some tasty creations!

**Pre-registration is required for this program.**

**Session 1:**

**Wed. Jan. 15 - Feb. 5 5:30 pm-7:30 pm**

**Session 2:**

**Wed. Feb. 12 - Mar. 5 5:30 pm-7:30 pm**

**Location: ʔayłštən ʔaye | Cousin's House**

# GENERAL PROGRAMS

## YOUTH CRAFTS NIGHT



**AGES: 10 -18 YEARS**

Dive into traditional arts and crafts of the Tla'amin Nation at Cousin's House. This program offers a fun, safe, and inclusive space for creativity and learning new skills.

**Pre-registration is required for this program.**

**Wed. Feb. 5 - Mar. 5 6:00 pm - 8:00 pm**

**Location: ʔayłštən ʔaye | Cousin's House**

## VALENTINES DAY CRAFT NIGHT



**AGES: 12-18 YEARS**

Join us at Cousin's House for a fun-filled crafting night where we are creating Valentine's, cards and more to share with friends and family!. **Pre-registration is required.**

**Mon. Feb. 10 5:15 pm - 6:30 pm**

**Location: ʔayłštən ʔaye | Cousin's House**

## SCHOOL'S OUT AFTER SCHOOL 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. Arts & crafts, sports, games, leadership, cooking and more are incorporated into this fun and supportive program.

Sign your čičuy up for everyday or just a select number of days a week.

**Pre-registration is required for this program.**

**Mon. - Fri. Jan. 6 - Jun. 26 3:00 pm - 4:45 pm**

**Location: ʔayłštən ʔaye | Cousin's House**



**United Way**  
British Columbia

Working with communities in  
BC's North, Interior, Lower Mainland,  
Central & Northern Vancouver Island

# GENERAL PROGRAMS

## 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. Jan. 27 8:30 am - 4:30 pm - Assumption**

**Thu. Feb. 13 8:30 am - 4:30 pm - Assumption**

**Fri. Feb. 14 NO CARE DUE TO STAFF TRAINING**

**Location: ʔayłstən ʔaye | Cousin's House**

## SPRING BREAK CAMP



### AGES: 5-12 YEARS

A 2-week long day camp that will have the children busy each day with outings and fun activities. Register for daily or weekly participation. **Pre-registration is required for this program.**

**ALL SCHOOLS:**

**Mon - Fri Mar. 17 - 28 8:30 am - 4:30 pm**

**Location: ʔayłstən ʔaye | Cousin's House**

## EMPOWERED SELF-DEFENSE



### AGES: 13-18 YEARS

Over this six week course, students will be taught a holistic approach to personal safety. Through a combination of activities and exercises, they will acquire a set of tools to combat the whole spectrum of violence; from micro-aggressions to physical assault. Participants will learn how to interrupt violence by listening to their intuition, asserting boundaries, using de-escalation strategies, and practicing a range of skills.

**Pre-registration is required for this program.**

**Mon. Jan. 27 - Mar. 10 5:00 pm -6:30 pm**

**Location: ʔayłstən ʔaye | Cousin's House**

## FUTURE LEADERS



### AGES 15-29 YEARS

In partnership with the United Way, Future Leaders offers the opportunity for youth to receive free training that will prepare youth to work in the Recreation Department's programs & services. Youth will benefit from a mix of mentorship, skills development, volunteer hours, and a paid honorarium. Participants gain valuable skills, all while building a strong foundation for future employment. **Pre-registration is required for this program.**

**Tue. Feb. 4 - Mar. 25 6:00 pm - 8:00 pm**

**Location: ʔayłstən ʔaye | Cousin's House**



Working with communities in  
BC's North, Interior, Lower Mainland,  
Central & Northern Vancouver Island



ČĚČĚGATŠTƏM ʔƏMS ČİČUY  
'HELPING TO SUPPORT OUR KIDS'

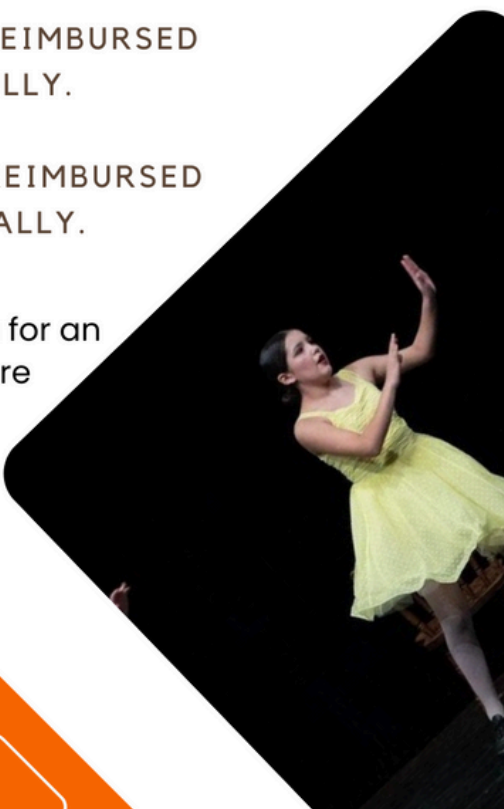
## RECREATION REIMBURSEMENT PROGRAM

Providing financial assistance to Tla'amin čičuy' from birth to 18 years old for participation in recreational programs outside of Tla'amin's Community Recreation programs.

AGES 0 TO 6 YEARS WILL BE REIMBURSED  
UP TO \$300CAD ANNUALLY.

AGES 7 TO 18 YEARS WILL BE REIMBURSED  
UP TO \$1,000CAD ANNUALLY.

Email [recfunding@tn-bc.ca](mailto:recfunding@tn-bc.ca) for an application form or more information.



**Apply  
TODAY!**



# TIŠOSƏM TRACK, SPORTS FIELD & MINI PITCH

## OPEN HOURS

**6:00 AM - 10:00 PM**

Please watch the Tla'amin Community Recreation & Tla'amin Nation Members Facebook page for field updates. If you are a sports team looking to book the field for a practice or game you can look for availability at [tlaamin.perfectmind.com](http://tlaamin.perfectmind.com) or email [bookings@tn-bc.ca](mailto:bookings@tn-bc.ca)

### 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 change rooms & mechanical room at the back of ʔaylštən 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](mailto:rec@tn-bc.ca) with the day and time you require lighting.



# ʔayłštən ʔaye | Cousin's House

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

Tla'amin Community Recreation is committed to honoring our ancestors and upholding ʔəms taʔow (our teachings) in every recreation and sport opportunity we provide. Through a diverse range of programs and services ranging from sports, arts, cooking, fitness, leadership and more. We aim to foster a healthy and vibrant community, enhance the quality of life for all residents, support the healthy development of čičuy in a culturally safe and supportive environment, and inspire future community leaders.

## GOALS

### Goal #1:

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

### 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.

### Goal #3:

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

### 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.

### 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.