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TLA'AMIN NATION

SUMMER
JULY - AUGUST 2025

COMMUNITY PROGRAM GUIDE

Sport, Recreation, and Education Programs and Services



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MEET THE REC TEAM



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Recreation Manager
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Sydney Stonehouse
Recreation Coordinator
Office: 604-414-3270



Jimmy Harry
Recreation Assistant
Office: 604-414-3231



Adriana Zastre
Youth Recreation Leader
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REGISTRATION PROCESS

Tla'amin Citizen Registration Begins: MAY 26, 2025

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. If no space is available you will be added to a waitlist.

Create Your Account in 5 Easy Steps

- 1. SIGN-UP:** Go to 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, 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 (e.g., !&*)
- 4. LOG IN TO XPLOR YOUR ACCOUNT:** Using your new personal password, log in to Xplor your new account!
- 5. SIGN WAIVER FORM:** Go to the waiver button to read and sign the waiver form.

On NEW accounts, before registering for any program please allow up to 48 hours to verify your resident or non-resident status.

Should you require any assistance, please email rec@tn-bc.ca, call 1-877-505-5139 or stop by Cousin's House between 10:00am–2:30pm Monday to Friday.

SUMMER CAMPS

Weekly Summer Camp

Ages 5–12 years
(must have participated in Kindergarten)

Get ready for a summer full of adventure, creativity, and fun! Our Weekly Summer Day Camps offer children a chance to explore new interests, build friendships, and stay active through themed weeks packed with games, crafts, outdoor play, and exciting activities. Each week brings a fresh opportunity for discovery and connection in a safe and supportive environment.

Special Summer Learning Fun!

During the first three weeks of Summer Camp, we're excited to partner with the **qathet School District** to offer playful exploration of literacy and numeracy through fun games and hands-on activities — specially designed for children entering Grades 1 to 3.



Important Registration Information:

As space is limited in camp programs, Weekly Summer Camps are intended for those requiring care on a weekly basis. If you do not need care each day during the week and are looking to drop in from time to time, please register under the Daily Drop-in Summer Camp Program. You may register for up to a maximum of 4 days per week under the daily drop-in option.

Join us for a summer to remember — whether you're with us for a full week or just a few days at a time!



Please only register for weeks you plan to attend or notify us of cancellations. No-shows take spots from other Nation families in need of care.



WEEK 1 – TEACHINGS OF THE TA?OW

Campers will dive into the rich Traditional Teachings of the Tla'amin Nation—learning how to live with Honesty, Respect, Fairness, and more. Through stories, hands-on activities, and guided reflections, they'll explore what it means to carry these teachings into everyday life. Every moment will be rooted in the values of the ta?ow.

Mon–Fri 8:30am–4:30pm Jul 07–Jul 11

FREE 5 Days

Location: ʔayıłtən ʔaye – Cousin's House

WEEK 2 – SPIRIT & STRENGTH: HONOUR THROUGH PLAY

Let the games begin! This action-packed week is all about teamwork, creativity, and friendly competition. Campers will join spirit teams and take on fun challenges that celebrate strength, respect, and the true meaning of play—where honour, teamwork, and heart matter most.

Mon–Fri 8:30am–4:30pm Jul 14–Jul 18

FREE 5 Days

Location: ʔayıłtən ʔaye – Cousin's House

WEEK 3 – WALKING WITH THE LAND: WILDERNESS ADVENTURE

Campers will explore the forest, visit the river, pick berries, and play wild outdoor games—all while learning and listening to stories about the land and the beautiful nature that surrounds them. From quiet moments under the trees to adventurous hikes and hands-on activities, campers will deepen their connection to the outdoors and discover the gifts nature has to offer.

Mon–Fri 8:30am–4:30pm Jul 21–Jul 25

FREE 5 Days

Location: ʔayıłtən ʔaye – Cousin's House

SUMMER CAMPS

WEEK 4 – STORYTELLERS & ART OF THE TLA'AMIN NATION

Campers will explore the rich stories and vibrant art of the Tla'amin Nation through hands-on activities, creativity, and cultural sharing. A special highlight will be an intergenerational afternoon, where čičuý, čičiye and k'wuk'pa's will join for stories, laughter, and connection. It's an afternoon of culture, creativity, and the voices that guide us.

Mon–Fri 8:30am–4:30pm Jul 28–Aug 1

FREE 5 Days

Location: ʔaylštən ʔaye – Cousin's House

WEEK 5 – FROM LAKE TO OCEAN: SPLASH AND SHORE

Pack your flip-flops and watershoes and dive into a week of sun-soaked adventure! We'll be exploring sparkling lakes, sandy beaches, and crashing ocean waves—from calm bays to wild tidepools. Get ready for water-filled fun as we journey through different shores and discover the treasures of splashy summer days!

Mon–Fri 8:30am–4:30pm Aug 05–Aug 08

FREE 4 Days

Location: ʔaylštən ʔaye – Cousin's House



WEEK 6 – LITTLE FEET: WISE HEARTS

This week will include activities designed to nurture the spirit, confidence, and cultural pride of campers through hands-on experiences. A special part of the week will be an Intergenerational Celebration Day where Elders and čičuý gather to honour the deep wisdom of the community and give children the chance to learn directly from those who have walked the path before them.

Mon–Fri 8:30am–4:30pm Aug 11–Aug 15

FREE 5 Days

Location: ʔaylštən ʔaye – Cousin's House

WEEK 7 – COASTAL QUEST: LEARNING FROM THE LAND & SEA

To end the summer on a high note, our final week will be a meaningful adventure as we explore the traditional lands of the Tla'amin Nation. We'll paddle together to ʔagayqsen on Wednesday August 20th, spending the day immersed in the beauty and stories of this special place.

Mon–Fri 8:30am–4:30pm Aug 18–Aug 22

FREE 5 Days

Location: ʔaylštən ʔaye – Cousin's House



SPORTS CAMPS



Sponsored by:



NEW! Tla'amin X Indigenous Athletics Academy (IAA) Soccer Camp

Join Indigenous Athletics Academy for a fun and inspiring two-day soccer camp designed to motivate and empower youth who want to develop all aspects of their game. Our camp is open to players of all skill levels, in a supportive, high-energy environment. We work on technical drills to improve ball control, dribbling, passing, and shooting. Game-based drills to sharpen decision making and positioning followed by scrimmages to put skills into action.

JR – 5–10 YEARS

Sun–Mon 10:00am–12:00pm Jul 27–Jul 28

FREE 2 Sessions

Location: tišosem Sports Field

SR – 11–19 YEARS

Sun–Mon 1:00am–3:00pm Jul 27–Jul 28

FREE 2 Sessions

Location: tišosem Sports Field

ADVANCED SKILLS SESSION WITH COACH MATEO – 11–19 YEARS

Sun 3:30am–4:30pm Jul 27

FREE 1 Session

Location: tišosem Sports Field

Hockey Skills Camp

Ages 6–17 years

This camp is designed for čičuy aged 6 to 17 years of all skill levels. Guided by skilled and experienced coaches, participants will enhance their skating, stickhandling, passing, and shooting abilities through engaging drills and exciting game scenarios. This camp is great as conditioning camp before Minor hockey try-outs or the hockey season!

Instructor: Brock Sawyer

Mon–Fri 5:15pm–6:45pm Aug 18–Aug 22

FREE 5 Sessions

Location: Powell River Recreation Complex Ice Surface

YOGA & PILATES

Chair Yoga

Ages 19 years & older

Improve your body awareness, function, and mobility by practicing yoga movements with the assistance of a chair while connecting with your inner self.

Instructor: Petra Ebner

Thu 11:00am-11:45am Jul 10–Jul 31

FREE 4 Sessions

Location: Salish Centre Gym

Lunchtime Yoga – STAFF ONLY

Ages 19 years & older

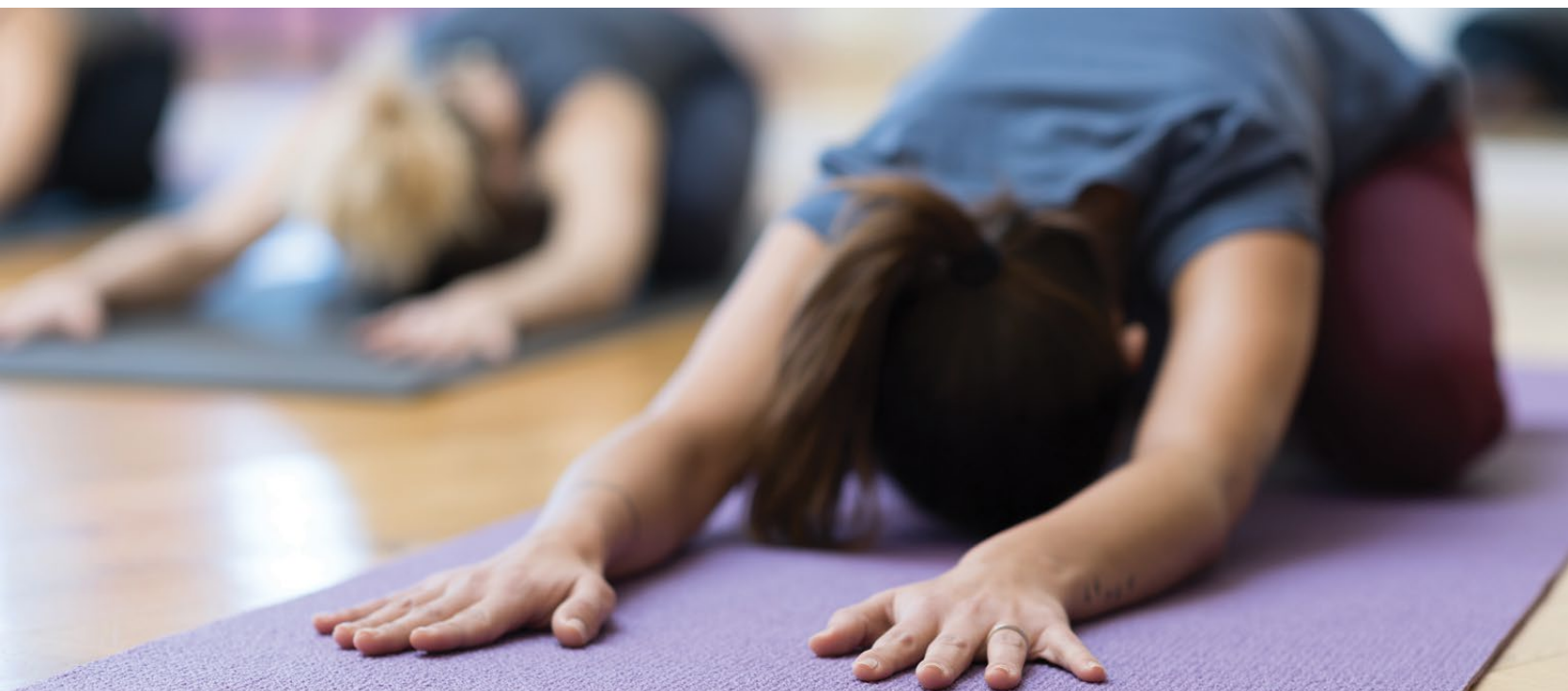
A yoga class designed to strengthen and elongate the body through movement while relaxing the mind and connecting with your inner self. Must be able to get up and down from the floor.

Instructor: Stephanie Larkin

Wed 12:15pm-12:45pm Jul 09–Jul 30

FREE 4 Sessions

Location: Salish Centre Gym



GROUP FITNESS

Summer FUNctional Training

Ages 16 years & older

A FUN full-body workout in the great outdoors! Engage in bodyweight exercises, sports drills, and conditioning intervals to build lean muscle and functional strength, all while enhancing your core stability and cardiovascular endurance.

Instructor: Terri Cramb

Mon 4:45pm-5:30pm **Jul 07–Jul 28**

FREE 4 Sessions

Location: tišosem Sports Field



NEW! Elders Strengthening Program

Elders

This program is specific to Tla'amin First Nation Elders wishing to improve their fitness and mobility. Led by a physiotherapist and kinesiologist from On Track Physiotherapy & Rehabilitation, participants will build strength, improve balance, and move with confidence! This low-impact class is designed for older adults and guided by rehab professionals to support safe, functional movement. All fitness levels welcome.

Instructor: On Track Physiotherapy & Rehabilitation

Wed 10:30am-11:30am **Jun 18–Jul 30**

FREE 7 Sessions

Location: Salish Centre



Weight Room Memberships

Ages 13 Years & Older

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 ʔayłštən ʔaye – Cousin's House.

A membership card and key fob for the weight room will be issued once the paperwork is returned and approved.

Youth ages 13–15 years that have an approved membership are welcome to attend the weight room if supervised by an adult 19 years & older at all times.

DROP-IN PROGRAMS

Youth Nights

Ages 13–18 years



RIGHT TO PLAY

Youth Nights – A Space for Indigenous Youth to Connect, Create & Celebrate

Calling all Indigenous youth (ages 13–18) and your invited friends! Whether you're into painting, gaming, shooting hoops, nature, or just hanging out, Youth Nights are your space to be yourself, explore your passions, and build community.

Every week, we offer activities that nourish the mind, body, and spirit—from expressive art projects and interactive games to cultural teachings with Knowledge Keepers. Bring your own projects or jump into something new—we've got space, supplies, and support.

Enjoy snacks and refreshments (and yes, you can help choose what we stock!), meet new friends, go on awesome field trips, and share your ideas to help shape the program. This is your time, your place—come chill, create, and connect.

Check our Facebook page for updated program schedules posted bi-weekly.

Instructor: Adriana Zastre

Thu 5:00pm-9:00pm

Fri 1:00pm-9:00pm

Jul 10–Aug 28

FREE | Excluding: Aug 14 & 15

Location: ʔayłstən ʔaye – Cousin's House qayk (Eagle) Room

Youth Nights Beach Trips

Ages 13–18 years

Mahoods Beach Day

Relax and explore the beach. Skimboards, floaties and snorkeling included. Picnics packed the evening before.

Registration required.

Instructor: Adriana Zastre

Fri 1:00pm-9:00pm

Jul 11 FREE

Savary Beach Day

Relax and explore the beach or bike around the island with many stops along the way. Picnics packed the evening before.

Registration required.

Instructor: Adriana Zastre

Fri 9:00am-5:00pm

Aug 29 FREE



COACHING & LEADERSHIP

Youth Council

Ages 15–30 years

Calling all Tla'amin Youth

The Tla'amin Nation Youth Council is here! If you're 15-30 years old and want to get involved, raise awareness, learn new skills, and make a real impact—this is your space.

The Youth Council will be a safe place to share ideas, give feedback, and help shape programs that support the social and cultural needs of our community's youth. Together, we'll empower change through education, training, and leadership, all while embracing Tla'amin culture, history, and traditions.

3rd Wednesday of the Month

Jul 16 6:00pm-8:00pm

Aug 20 6:00pm-8:00pm

Location: ʔaylštən ʔaye – Cousin's House qayk (Eagle) Room or online



SPORTS PROGRAMS

Swimmer 1 & 2

Ages 6–12 Years

These beginners will become comfortable jumping into shallow and deep water with and without a PFD. They'll learn how to open their eyes and exhale their breath underwater. Floats, glides, kicking, and front and back crawl skills are introduced. Transportation to and from Cousin's House provided. These 10 sessions are designed to build skills to pass the levels čičuy are working on. Attending each class will help čičuy be successful.

Mon–Fri 3:30pm–4:00pm Aug 11–Aug 22

FREE 10 Sessions

Location: Powell River Recreation Complex Aquatic Centre

Swimmer 3

Ages 7–12 years

These swimmers will practice dives, in-water somersaults, and hand stands to develop weight-transfer skills. They'll practice skills such as whip kick, front crawl, and back crawl. Transportation provided directly from school and will return to Cousin's House. These 10 sessions are designed to build skills to pass the levels čičuy are working on. Attending each class will help čičuy be successful.

Mon–Fri 4:00pm–4:30pm Aug 11–Aug 22

FREE 10 Sessions

Location: Powell River Recreation Complex Aquatic Centre



First Tee Golf

Ages 5–14 Years

This program provides basic information on learning the game of golf as a lifelong health and fitness activity while each lesson emphasizes skills, concepts, and one of the First Tee Nine Core Values: honesty, integrity, sportsmanship, respect, confidence, responsibility, perseverance, courtesy, and judgment.

Instructor: Hunter Westgate

JR AGES 5–9 YEARS:

Tue 5:15pm–6:00pm Aug 05–Aug 26

FREE 4 Sessions

SR AGES 10–15 YEARS:

Tue 6:15pm–7:00pm Aug 05–Aug 26

FREE 4 Sessions

Location: Salish Centre Gym





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TLA'AMIN NATION

PRACTICAL SKILLS Workshop Series

- **ATV TRAINING: MAY 31**
- **SMALL VESSEL OPERATION + MARINE RADIO + BOAT SAFETY: JUNE 2-7**
- **C.O.R.E. HUNTER SAFETY: JUNE 28-30**

**WORKSHOPS ON OTHER TOPICS TO COME!
PROPERTY MAINTENANCE, VEHICLE SKILLS,
FINANCIAL PLANNING, COMPUTER LITERACY,
HUNTING, FISHING, & MORE!**

These workshops are for Tla'amin
qaymıx^w / citizens and their families.

To learn more or register, contact Emma:
training@tn-bc.ca -- 604.413.6864



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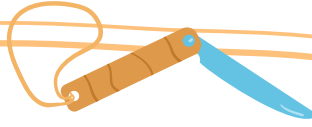
COMMUNITY GARDEN Workshop Series

**FROM MAY UNTIL OCTOBER
AT THE COMMUNITY GARDEN
BEHIND AHMS TAH OW SCHOOL**

**FREE WORKSHOPS
ON HOW TO GROW FOOD**

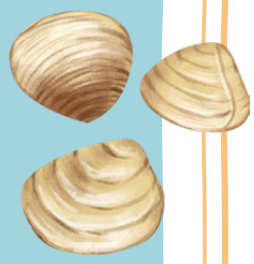
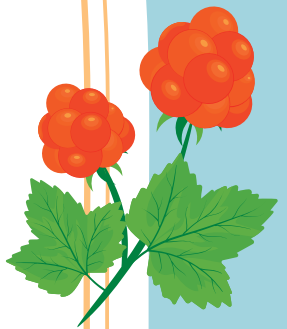
Have questions? Want to get involved?
Contact Emma to join the mailing list!
training@tn-bc.ca -- 604.413.6864





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TLA'AMIN NATION

TRADITIONAL FOODS: HARVESTING & PRESERVING



Workshop Series CONTINUES UNTIL THE END OF 2025



Is there a traditional food you'd like to
teach or attend a workshop on?
We want to hear from you!
Contact Emma:
training@tn-bc.ca -- 604.413.6864





TIŠOSƏM TRACK, SPORTS FIELD & MINI PITCH

OPEN HOURS: 6:00am–10:00pm

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 or email 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 and 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 and mechanical room at the back of ʔaylišən 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.



ʔAYŁŠTƏN ʔAYE – COUSIN'S HOUSE

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

Tla'amin Community Recreation is committed to honouring Tla'amin 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.

GOAL 1 Active Living

Foster active for life principles through sport and recreation physical activity opportunities for all.

GOAL 2 Inclusion and Access

Increase inclusion and access to recreation through identifying and managing barriers for participation, provision of subsidized community programs and opportunities for transportation assistance to out of community recreational programs and 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 culturally safe spaces, and encourages participation and a sense of belonging in recreation and sport while fostering community cohesion.

GOAL 5 Building Recreation Capacity

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