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TLA'AMIN NATION

FALL
SEPT. - DEC. 2025

COMMUNITY PROGRAM GUIDE

Sport, Recreation, and Education Programs and Services



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MEET THE REC 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

REGISTRATION PROCESS

Tla'amin Citizen Registration Begins: August 11, 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.

AFTER SCHOOL PROGRAMS

Licensed Afterschool Care

Ages 5–9 Years

Tla'amin Recreation's Licensed Afterschool Care Program for ages 5–9 years provides a safe, inclusive, and engaging environment for children after school hours. Our program focuses on cultural connection, active play, creative learning, and social development. We work closely with families, schools, and community services to support each child's unique needs. With trained staff and a commitment to quality care, your child will thrive in a fun and nurturing setting.

Mon–Fri 3:00pm–4:45pm Sep 02–Dec 19

FREE 76 Sessions | Excluding Sep 30, Oct 13, Nov 11

Location: ʔaylštən ʔaye (Cousin's House) – poho (Raven) Room

School's Out Leadership Program

Ages 10–12 Years

Join our Afterschool Leadership Program, created especially for Tla'amin Nation youth! This program helps build confidence, communication skills, and cultural pride through fun, hands-on activities and mentorship. Youth will explore what it means to be a strong leader in their community while learning from Tla'amin values and teachings. Come connect, grow, and lead the way for future generations!

Mon–Fri 3:00pm–4:45pm Sep 02–Dec 19

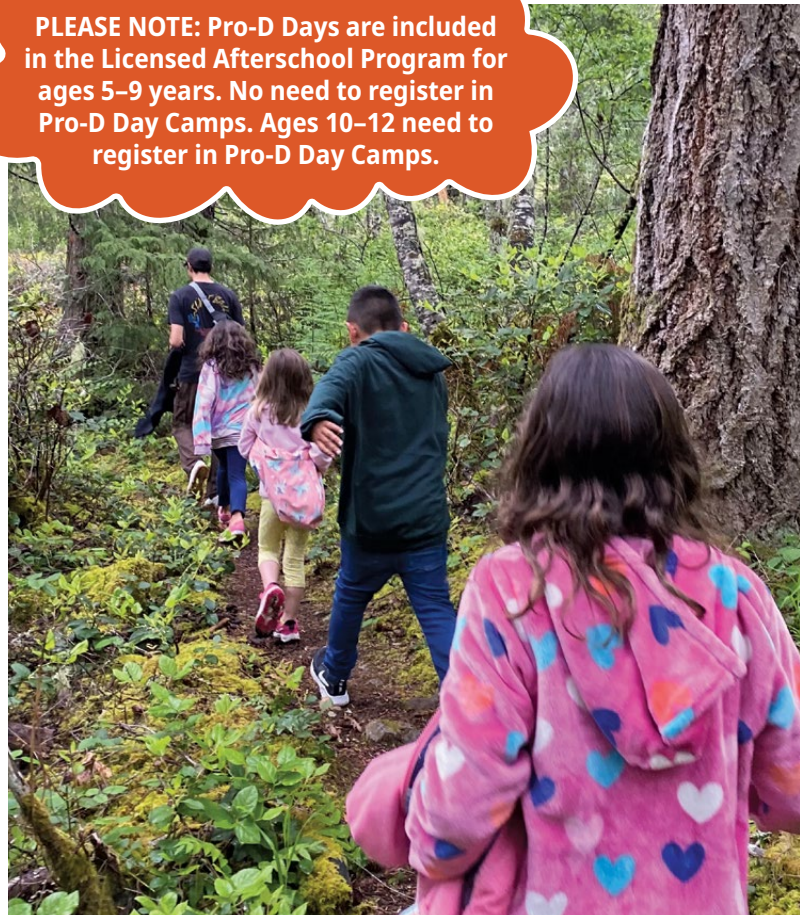
FREE 74 Sessions

Excluding Sep 19, Sep 30, Oct 13, Oct 24, Nov 11

Location: ʔaylštən ʔaye (Cousin's House) – ǵaykʷ (Eagle) Room



PLEASE NOTE: Pro-D Days are included in the Licensed Afterschool Program for ages 5–9 years. No need to register in Pro-D Day Camps. Ages 10–12 need to register in Pro-D Day Camps.



Pro-D Day Camps

Ages 9–12 Years

Programming offered on School Professional Development days. A full day camp that will have kids exploring on various field-trips, and learning different arts and crafts, sports, and games. Pre-registration is required for each date.

ASSUMPTION & JT PRO-D DAY

Fri 8:30am–4:30pm Sep 19

FREE 1 Session

Fri 8:30am–4:30pm Oct 24

FREE 1 Session

ASSUMPTION PRO-D DAY

Mon 8:30am–4:30pm Nov 10

FREE 1 Session

Location: ʔaylštən ʔaye (Cousin's House) – poho (Raven) Room



SPORTS PROGRAMS

Junior Canucks Floor Hockey

Ages 6–16 Years

The Vancouver Canucks and the Canucks for Kids Fund are bringing the game of hockey to the Tla'amin Nation Community! We're thrilled to offer local youth access to inclusive, lightweight floor hockey equipment—designed for fun, safety, and accessibility. This program is rooted in values of inclusion, physical literacy, teamwork, and mentorship. By taking hockey beyond the rink, we're helping to remove barriers and create meaningful opportunities for kids and communities to connect, play, and grow together.

Instructor: Sam Hackett

Thu 6:00pm–7:00pm Oct 23–Nov 27

FREE 6 Sessions

Location: Salish Centre Gym

Trailblazers Mountain Bike Program

Ages 7–15 Years

This program will teach you the skills needed to become an avid mountain biker. In partnership with Mahony Bike Co. and led by experienced and certified instructors, participants will receive coaching to help you master essential techniques, conquer challenging trails, and ride with confidence. Transportation to and from Cousin's House will be provided for participants.

Participants will need the following:

- Helmets are mandatory.
- Mountain bikes ONLY, please no BMX bikes.
- If you require a mountain bike to borrow please let us know upon registration.

Instructor: Jordan Marciniak & Hillary Marciniak – Mahoney Bike Co.

BEGINNERS 7–12 YEARS

Tue 4:30pm–6:00pm Sep 09–Oct 07

FREE 4 Sessions | Excluding Sep 30

ADVANCED 10–15 YEARS

Tue 4:30pm–6:00pm Sep 09–Oct 07

FREE 4 Sessions | Excluding Sep 30

Location: Sunset Park & Mt. Mahoney

Learn to Play Pickleball

All Ages

Join us for a fun and welcoming 4-week Learn to Play Pickleball series designed specifically for members of the Tla'amin Nation community! Whether you are brand new to the game or just looking to brush up on the basics, this program offers an inclusive space to get active, connect with others, and enjoy the fastest-growing sport in North America. Led by experienced instructors, each session will guide you through the fundamentals of pickleball—from rules and scoring to movement and strategy—with a focus on teamwork, wellness, and community spirit. All equipment is provided, and no prior experience is needed.

Instructor: Mary Charter

SESSION #1

Tue 6:30pm–8:30pm Oct 07–Oct 28

FREE 4 Sessions

SESSION #2

Tue 6:30pm–8:30pm Nov 18–Dec 09

FREE 4 Sessions

Location: Salish Centre Gym



SWIM LESSONS



Swimmer 1

Ages 5.5–12 Years

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 to and from Cousin's House provided. This is a 10-week session to build skills to pass the level čičuy are working on. Attending each class will help čičuy be successful.

Fri 4:00pm–4:30pm Sep 26–Dec 05

FREE 10 Sessions | Excluding Oct 31

Location: Powell River Recreation Complex Aquatic Centre

Swimmer 2 & 3

Ages 6–12 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. This is a 10-week session to build skills to pass the level čičuy are working on. Attending each class will help čičuy be successful.

Fri 4:30pm–5:00pm Sep 26–Dec 05

FREE 10 Sessions | Excluding Oct 31

Location: Powell River Recreation Complex Aquatic Centre

Group Fitness

Functional Circuit Training

Ages 16 years +

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

Instructor: Terri Cramb

SESSION #1

Mon 4:45pm–5:30pm Sep 08–Oct 06

FREE 5 Sessions

SESSION #2

Mon 4:45pm–5:30pm Oct 20–Dec 01

FREE 7 Sessions

Location: Salish Centre Weight Room

Elders Strengthening Program

Ages 55 years +

This program is specific to Tla'amin First Nation Elders wishing to improve their fitness and mobility. 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

Wed 10:30am–11:30am Oct 22–Dec 03

FREE 6 Sessions | Excluding Oct 29

Location: Salish Centre Gym



Spin & Strength

Ages 16 years +

Spin and Strength is a full-body workout for **Tla'amin citizens only** that will start with an invigorating spin interval session that transitions into a strength training segment. This class offers the perfect balance of cardio and strength to help you push your limits and achieve your fitness goals. Open to all levels.

Instructor: Paloma Kwiatkowski

SESSION #1

Wed 4:45pm–5:45pm Sep 10–Oct 15

FREE 6 Sessions

SESSION #2

Wed 4:45pm–5:45pm Oct 22–Dec 03

FREE 7 Sessions

Location: Salish Centre Gym



FITNESS & WELLNESS

Yoga & Pilates

Chair Yoga

Ages 19 years +

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

SESSION #1

Thu 11:00am–11:45am Sep 11–Oct 16

FREE 6 Sessions

SESSION #2

Thu 11:00am–11:45am Nov 06–Dec 04

FREE 5 Sessions | Excluding Oct 30

Location: Salish Centre Gym

Express Yoga – STAFF ONLY

Ages 16 years +

A yoga class designed to strengthen and elongate the body through movement while relaxing the mind and connecting with your inner self.

Instructor: Stephanie Larkin

SESSION #1

Thu 12:15pm–12:45pm Sep 11–Oct 16

FREE 6 Sessions

SESSION #2

Thu 12:15pm–12:45pm Nov 06–Dec 04

FREE 5 Sessions

Location: Salish Centre Gym



Pilates Fusion

Ages 16 years +

A full body workout focused on slow controlled movement using a variety of props and light weights. Open to all fitness levels.

Instructor: Paloma Kwiatkowski

SESSION #1

Tue 4:45pm – 5:30pm Sep 9 – Oct 10

FREE 5 Sessions | Excluding Sep 30

SESSIONS # 2

Tue 4:45pm – 5:30pm Oct 21 – Dec 02

FREE 6 Sessions | Excluding Nov 11

Location: Salish Centre Gym

Showing up for recreational programs matter – not just for your own experience, but because no-shows could have gone to others eager to participate. Your presence reflects respect for yourself, others and helps build a stronger, more engaged community for everyone.

FITNESS & WELLNESS

Mat Pilates

Ages 16 years +

Join Melissa for a mat Pilates class focused on strengthening the core, improving flexibility, and enhancing body awareness. Expect a series of controlled movements, emphasizing proper alignment and breathwork. Exercises will target deep abdominal muscles, glutes, and back, promoting stability and posture. You'll leave feeling lengthened, strengthened, and centered.

Instructor: Melissa Sloos

SESSION #1

Thu 4:45pm – 5:30pm Sep 11–Oct 16
FREE 6 Sessions

SESSION #2

Thu 4:45pm – 5:30pm Oct 23–Dec 04
FREE 7 Sessions

Location: Salish Centre Gym

Childminding

Ages 1–13 years

Specifically for participants of Fitness programming who require care for their child/ren while participating in fitness class.

CIRCUIT TRAINING

Mon 4:30pm–5:45pm Sep 08–Dec 01
FREE 12 Sessions

Exclusion dates: Oct 13

PILATES FUSION

Tue 4:30pm–5:45pm Sep 09–Dec 02
FREE 11 Sessions

Exclusion dates: Sep 30, Nov 11

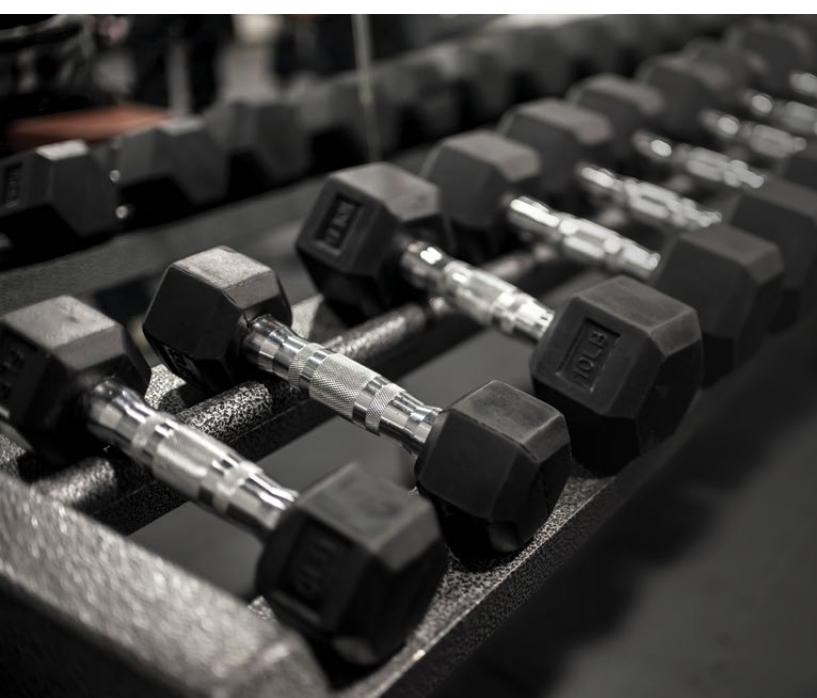
SPIN & STRENGTH

Wed 4:30pm–6:00pm Sep 10–Dec 03
FREE 13 Sessions

MAT PILATES

Thu 4:30pm–5:45pm Sep 11–Dec 04
FREE 13 Session

Location: ʔayıʔtən ʔaye (Cousin's House)



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 ʔayıʔtən 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 and older at all times.

GENERAL INTEREST & CERTIFICATIONS

Arts & Crafts

Bead & Weave

Ages 10–18 years

Join us for a hands-on 5-week course where youth will explore the beauty and skill of traditional beadwork and weaving. Participants will learn foundational techniques in seed beading and yarn weaving, while creating their own unique pieces over the course of the program. This course offers a space for creativity, cultural connection, and personal expression through craft. All materials will be provided, and no prior experience is necessary—just a willingness to learn and create.

Instructor: Taryn Thiel

Tue 5:30pm–7:00pm Sep 09–Oct 14

FREE 5 Sessions | Excluding Sep 30

Location: ʔaylštān ʔaye (Cousin’s House) – poho (Raven) Room

Christmas Craft Night

Ages 5–12 years

Celebrate the season with us at Cousin’s House! Join in on a festive evening of creativity as we make Christmas decorations, ornaments, and other holiday crafts to take home or share with loved ones all while watching a cozy holiday movie!

Instructor: TBD

Mon 5:30pm–7:00pm Dec 08–Dec 08

FREE 1 Session

Location: ʔaylštān ʔaye (Cousin’s House) – poho (Raven) Room

Cooking

Whisk It Up

Ages 10–18 years

Join us for this exciting 4-session kids baking program, where young bakers can learn how to whip up a variety of delicious goodies! Each session will teach the kids 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!

Instructor: TBD

FALL EDITION

Thu 5:30pm–7:00pm Oct 23–Nov 13

FREE 4 sessions

CHRISTMAS EDITION

Thu 5:30pm–7:00pm Nov 20–Dec 11

FREE 4 sessions

Location: ʔaylštān ʔaye (Cousin’s House) Kitchen



DROP-IN PROGRAMS

Youth Nights

Ages 13–18 years



RIGHT TO PLAY

Youth Nights are for Indigenous youth and their invited friends to connect, create, and have fun in a safe and welcoming space. With activities like art projects, games, sports, and field trips, the program supports mind, body, and spirit while offering chances to engage with Traditional Teachings and knowledge keepers. Snacks are provided, and youth are encouraged to share ideas and check Facebook for bi-weekly schedule updates.

Instructor: Adriana Zastre

Thu & Fri 5:00pm – 9:00pm Sep 04 – Dec 19

FREE 32 Sessions

Location: ʔayłštən ʔaye (Cousin's House) –
ǵayk™ (Eagle) Room



TLA'AMIN HEALTH

Wellbriety

Ages 16 years & older

Culturally based holistic wellness and recovery from addiction and trauma.

Mon 3:00pm–4:00pm Ongoing

FREE Excluding Stat holidays

Location: Circle Room at Tla'amin Health

Smart Recovery

Ages 16 years & older

Transformative method of moving from addictive substances and negative behaviours to a life of positive self-regard and willingness to change.

Tue 3:00pm–4:00pm Ongoing

FREE

Location: Circle Room at Tla'amin Health

Tla'amin ahjeeyit chi chuy Pre/Post Natal Program

The Tla'amin ahjeeyit chi chuy Pre/Postnatal Program supports Tla'amin families from pregnancy through early childhood with culturally grounded care, including nutrition support, health education, prenatal wellness, postpartum care, parenting, and traditional teachings that honour this sacred stage of life and strengthen connection to land, language, and culture.

Pregnant women and women up to one year postpartum who are Tla'amin or have a Tla'amin partner are eligible for a weekly grocery gift card until the child turns one, and may continue participating in the program until the child is six years old.

All ᓃᓂᓃ are welcome – register with Public Health Nurse Sheila or Health Promotions Coordinator Doreen Hopkins at (604) 483-3009.

Weekly starting September 3

Wed 11:00am–1:00pm Ongoing

FREE

Location: qathet room at T'a'amin Health



TLA'AMIN  HEALTH

Health & Wellness Program

Open to all Tla'amin citizens

Participate in any drop-in program at the Powell River Recreation Complex.

- Swimming
- Skating
- Weight Room
- Drop-in Fitness Classes

All citizens are required to sign-in at Reception.

Contact Tla'amin Health at 778-657-5921 for more information.



TA'AMIN IS OPEN!

BUILDING A COMMUNITY OF CARE

JOIN us in a judgement-free, supportive, and respectful space for everyone.

Whether you are looking for community, mental health support, or just some quiet connection, you are welcome here.

Tuesday

****Starts Aug 19****

Drop-in Nursing support with Leila!
No Appointment needed!

Connect with a nurse who's here to help - no judgement, no pressure, and no rush.

Wednesday

Drop-in with Brittany! Mental Health and Substance Use support.

Traditional medicine and healing.
Beading/Weaving/Crafting/Art
Space to create!

Thursday

Drop-in with Men's Support worker, Rob!

Mens Group 2:30-4PM

****Drop in Lunch @ 12 (Everyone Welcome)**



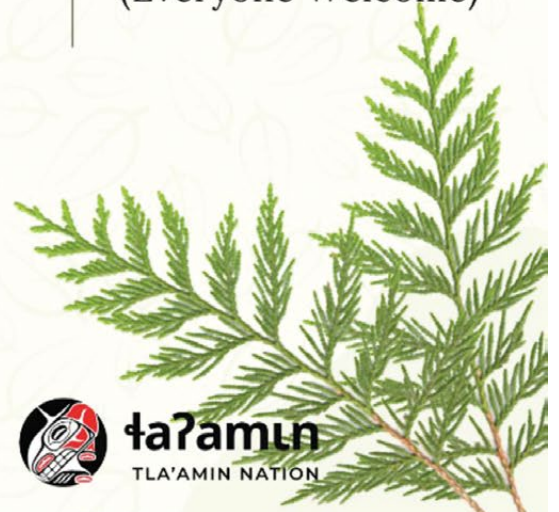
5160 HWY 101, Tishosem
(At the old soccer clubhouse)

Call: 604-483-3009

*Ask for Leila, Brittany or Rob



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TLA'AMIN NATION



TLA'AMIN PUMPKIN CARVING COMMUNITY EVENT

FAMILY EVENT - ALL AGES WELCOME

Get creative with your family at the Salish Centre during our pumpkin carving event! Enjoy an evening of fun, including a pumpkin carving contest, face painting, dinner and dessert!!

FRIDAY OCTOBER 24TH 2025

5:00PM - 8:00PM @ SALISH CENTRE



During this family event, we kindly ask that all chuids remain with their parents or family members for the duration of the gathering. Thank you for your understanding!

PRE-REGISTRATION IS REQUIRED - PLEASE REGISTER AT [TLAAMIN.PERFECTMIND.COM](https://www.tlaamin.org/perfectmind.com)

EDUCATION PROGRAMS



SCHOOL SUPPLIES

Pick up your Allowance Forms:

- Pick up in person at 6690 Tla'amin Road (Education Office); or
- Pick up in person at 4779 Klahanie Drive (Gov House); or
- Email Noreen Paul at noreen.paul@tn-bc.ca to receive them electronically.

Available: August 1, 2025
Due: September 30, 2025



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TLA'AMIN NATION



School Uniform Orders

Get Your Order Forms Today!

- Pick up in person at 6690 Tla'amin Road (Education Office)

OR

- Email Noreen Paul at noreen.paul@tn-bc.ca to receive them electronically.



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TLA'AMIN NATION

EPIC!

Tla'amin Education is proud to offer all Tla'amin families of children in K to 7 a free 6-month membership to Epic - the world's largest digital library for young readers.



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TLA'AMIN NATION

Any čuy can fall in love with reading with the right tools!



Free 6-month EPIC Membership!

Epic offers hundreds of audiobooks and eBooks, including graphic novels, video books, animated books, chapter books, picture books, etc... for K-7 students.

Contact TN Education today for a **FREE** 6-month Epic membership!
Contact Noreen Paul at noreen.paul@tn-bc.ca

✦ TUTORING SERVICES ✦

Does your child need supports with their homework or catching up in school?

Tutoring is available for **FREE!**
For Tla'amin Citizens living in the qathet region.

BOOK NOW

títəwšəm ta čičuy "the children are learning"



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TLA'AMIN NATION



Contact Tarra Tipton at
tarra.tipton@tn-bc.ca OR
Call TN Education Office
604-413-7100

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

ʔəms 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



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TLA'AMIN NATION



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'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.

**Receipts valid between April 1 - March 31,
Applications processed on Fridays.**

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 for an application form or more information.



**Apply
TODAY!**



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.



ʔAYLŠTƏN 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.