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TLA'AMIN NATION

SPRING
APRIL - JUNE 2026

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 Coordinator
Office: 604-414-3247

REGISTRATION PROCESS

Tla'amin Citizen Registration Begins: March 9, 2026

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.

SPORTS PROGRAMS

Girls Skills and Ride Mountain Bike Program

Ages 9–12 years

This program will teach you the fundamental 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 meet and depart from Cousins House to Sunset Park for 2 sessions and Mount Mahoney for 2 sessions

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: Mahony Bike Co.

Mon 4:00pm–6:30pm Apr 13–May 11

FREE 4 Sessions | Exclusion dates: Apr 27

Location: ʔayłstən ʔaye – Cousin's House



Learn To Ride – Trailblazers

Ages 5–7 years

This program will teach you the fundamental skills needed to learn how to bike ride. In partnership with Mahony Bike Co., and led by experienced and certified instructors, participants will receive coaching to help you master essential techniques, conquer challenges, and ride with confidence. Transportation to and from Cousin's House will be provided for participants.

Participants will meet and depart from Cousins House to Sunset Park

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: Mahony Bike Co.

Tue 4:00pm–6:00pm May 19–Jun 09

FREE 4 Sessions

Location: ʔayłstən ʔaye – Cousin's House



SPORTS PROGRAMS

Pickleball Rally & Refine

Ages 8 years +

Join us for a fun and welcoming 4-week Pickleball series designed specifically for **Tla'amin Nation citizens!** Whether you're 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 refine your pickleball skills and make you ready to rally. All equipment is provided, and no prior experience is needed. *Children must be accompanied by an adult.*

Instructor: Mary Charter

SESSION #1

Tue 6:30pm–8:30pm Apr 21–May 12

FREE 4 Sessions

SESSION #2

Tue 6:30pm–8:30pm May 19–Jun 09

FREE 4 Sessions

Location: Salish Centre Gym

Otago Rugby – čičuy Try It Day!

Ages 7–15 years

Join in on some controlled chaos and learn the basics of the sport of rugby! In this high energy skills and game-based session you'll be passing, kicking, racing, and competing! This is a sport where all body types have an advantage and contribute to the team as long as you have the energy and enthusiasm to play. This non-contact session consists of instructional demonstrations at the beginning and then goes into a drills, skills, and games session. Please bring water, a snack, and cleats to make the most of this experience.

Instructor: Otago Rugby

Sat 10:00am–12:00pm Jun 06

FREE 1 Session

Location: ʔayłstən ʔaye – Cousin's House Sports Field



Otago Rugby – ADULT Try It Day!

Ages 16 years +

Join in on learning the same skills as the younger program while adding the basics to tackling and contact in a safe and controlled setting with our club's equipment specifically designed for impact! This session consists of instructional demonstrations at the beginning and then goes into a drills, skills, and games session full of passing, kicking, racing, and competing. Please bring water, a snack, and cleats to make the most of this experience.

Instructor: Otago Rugby

Sat 1:00pm–3:00pm Jun 06

FREE 1 Session

Location: ʔayłstən ʔaye – Cousin's House Sports Field

SWIM LESSONS

Swimmer 1

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 stroke skills are introduced. Transportation to & from Cousin's House provided. **This is a 10-week session to build skills to pass the levels čičuy are working on. Attending each class will help čičuy be successful.**

Instructor: Powell River Recreation Complex

Wed 4:00pm–4:30pm Apr 08–Jun 17

FREE 10 Sessions | **Exclusion dates: Apr 29**

Location: Powell River Recreation Complex Aquatic Centre

Swimmer 2 & 3

Ages 6–12 years

These swimmers will continue to develop safety and confidence in deep water. They will practice dives, in-water somersaults and hand stands to practice weight-transfer skills. They will practice skills such as whip kick, front crawl and back crawl. Transportation to & from Cousin's House provided. **This is a 10-week session to build skills to pass the levels čičuy are working on. Attending each class will help čičuy be successful.**

Instructor: Powell River Recreation Complex

Wed 4:30pm–5:00pm Apr 08–Jun 17

FREE 10 Sessions | **Exclusion dates: Apr 29**

Location: Powell River Recreation Complex Aquatic Centre



GENERAL INTEREST & CERTIFICATIONS

Arts & Crafts

Traditional Crafts for Youth: Sewing Regalia, Bark Stripping and Basket Weaving

Ages 10–12 years

Youth will depart from After School Program or meet at the Education/Culture Portable. This Traditional craft program gives youth the chance to learn hands-on skills that connect them to culture grounded in the Tla'amin seasonal teachings and our responsibilities to the lands. Over four weeks of sewing, two weeks of bark stripping, and three weeks of basket weaving, participants will explore techniques that have been passed down through generations.

Instructor: Adriana Zastre & Sosan Blaney
Thu 4:00pm–5:30pm Apr 16–Jun 18
FREE 9 Sessions | **Exclusion dates: Apr 30**
Location: Education/Culture Portables

Slime

Ages 5–12 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 gooey excitement!

Instructor: Ava Freeman

SESSION #1

Ages 5–9 years

Thu 5:00pm–6:00pm May 07–May 28
FREE 4 Sessions

Ages 10–12 years

Thu 6:15pm–7:00pm May 07–May 28
FREE 4 Sessions

SESSION #2

Ages 5–9 years

Thu 5:00pm–6:00pm Jun 04–Jun 25
FREE 4 Sessions

Ages 10–12 years

Thu 6:15pm–7:00pm Jun 04–Jun 25
FREE 4 Sessions

Location: ʔayıštən ʔaye – Cousin's House ʔoho (Raven) Room

Cooking

Future Foodies

Ages 10–18 years

Cooking is an essential life skill, and this hands-on class gives youth the confidence to create delicious food as they grow up. We'll explore tasty favourites like cheese buns and soup, omelettes, healthy breakfasts with smoothies, and classic chocolate chip cookies. It's a fun, creative way to learn real kitchen skills that last a lifetime. Traditional Foods will also be introduced as available.

Youth will need to:

- Put hair up if it is past shoulders
- Wear close-toed shoes

Instructor: Baillie McCullough

Wed 4:45pm–6:15pm May 06–May 27
FREE 4 Sessions

Location: ʔayıštən ʔaye – Cousin's House kʷukʷawt xʷ (Kitchen)



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 čičuy 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 čuy'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 Mar 30–Jun 25

FREE | Exclusion dates: Apr 3, Apr 6, Apr 28–30 & May 1, May 15 & May 18

Location: ʔayłštən ʔaye – Cousin's House

School's Out Leadership Program

Ages 10–12 years

Join our Afterschool Leadership Program, created especially for Tla'amin Nation čičuy! 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!

This program does not include Pro-D Days, please register separately for Pro-d days.

Mon–Fri 3:00pm–4:30pm Mar 30–Jun 25

FREE | Exclusion dates: April 28–30 & May 1

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

Licensed Afterschool Care includes all Pro-D Days and early dismissals. No need to register into Pro-D Day camp. Please notify us if your child will NOT be attending any sessions offered.



CAMPS & PRO-D DAYS

School's Out Leadership Program Pro-D Day

Ages 10–12 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.

ASSUMPTION & JT

Fri 8:30am–4:30pm May 15

FREE 1 Session

ASSUMPTION

Mon 8:30am–4:30pm Jun 08

FREE 1 Session

Location: ʔayl̓st̓ən ʔaye (Cousin's House) – áykw̓ (Eagle) Room



DROP-IN PROGRAMS



Drop In Adult Floor Hockey

Ages 16 years +

Join us for a fun, friendly game of drop-in floor hockey. Whether you're a seasoned player or just looking to try something new, this 16 years + program is all about having fun and staying active. Sticks are provided — just bring your energy and be ready to play!

Wed 6:30pm–8:30pm Apr 15–Jun 24

FREE 11 Sessions

Location: Salish Centre Salish Centre Gym

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, Tla'amin Lands and knowledge keepers. Snacks are provided, and youth are encouraged to share ideas. Check Facebook for bi-weekly schedule updates.

Instructor: Rec. Leader

Thu & Fri 5:00pm–9:00pm Apr 02–Jun 26

FREE 20 Sessions | **Exclusion dates: Apr 30 & May 1**

Location: ʔayı́stən ʔaye (Cousin's House) – ǵayk^w (Eagle) Room

Group Fitness

Functional Circuit Training

Ages 16 years +

Specifically for **Tla'amin citizens only**, this program will make you comfortable in the weight room and feeling stronger with every session! This full-body workout will teach you proper form, build your confidence, and help you reach your fitness goals one rep at a time.

Instructor: Terri Cramb

SESSION #1

Class #1

Mon 4:45pm–5:30pm Apr 13–May 11
FREE 5 Sessions

Class #2

Mon 5:45pm–6:30pm Apr 13–May 11
FREE 5 Sessions

SESSION #2

Class #1

Mon 4:45pm–5:30pm May 25–Jun 29
FREE 6 Sessions

Class #2

Mon 5:45pm–6:30pm May 25–Jun 29
FREE 6 Sessions

Location: Salish Centre Weight Room

Rise & Ride: Indoor Cycling for All Levels

Ages 16 years +

Start your day with a burst of energy and motivation in this inclusive indoor cycling class designed for all fitness levels and abilities. Whether you're a seasoned rider or brand new to the bike, you'll be guided through a dynamic mix of intervals, climbs, and rhythm-based riding that will leave you feeling strong, empowered, and ready to take on the day.

Instructor: Kimberley Gage

SESSION #1

Tue 6:15am–7:00am Apr 14–May 05
FREE 4 Sessions

SESSION #2

Tue 6:15am–7:00am May 19–Jun 09
FREE 4 Sessions

Location: Salish Centre Salish Centre Gym

Elders Strengthening Program

Ages 55 years +

This program is specific to Tla'amin citizen Elders only wishing to improve their fitness & 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 Apr 15–Jun 03
FREE 8 Sessions

Location: Salish Centre Weight Room



FITNESS & WELLNESS

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

Thu 4:45pm–5:45pm Apr 16–May 21

FREE 6 Sessions

SESSION #2

Thu 4:45pm–5:45pm May 28–Jun 25

FREE 5 Sessions

Location: Salish Centre Gym

Zumba

Ages 16 years +



Zumba® is a total body workout for Tla'amin citizens only that combines all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy, and a serious dose of awesome each time you leave a class. Zumba® is for everybody and every body. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

Instructor: Lyn Oram

SESSION #1

Fri 6:15pm–7:15pm Apr 17–May 15

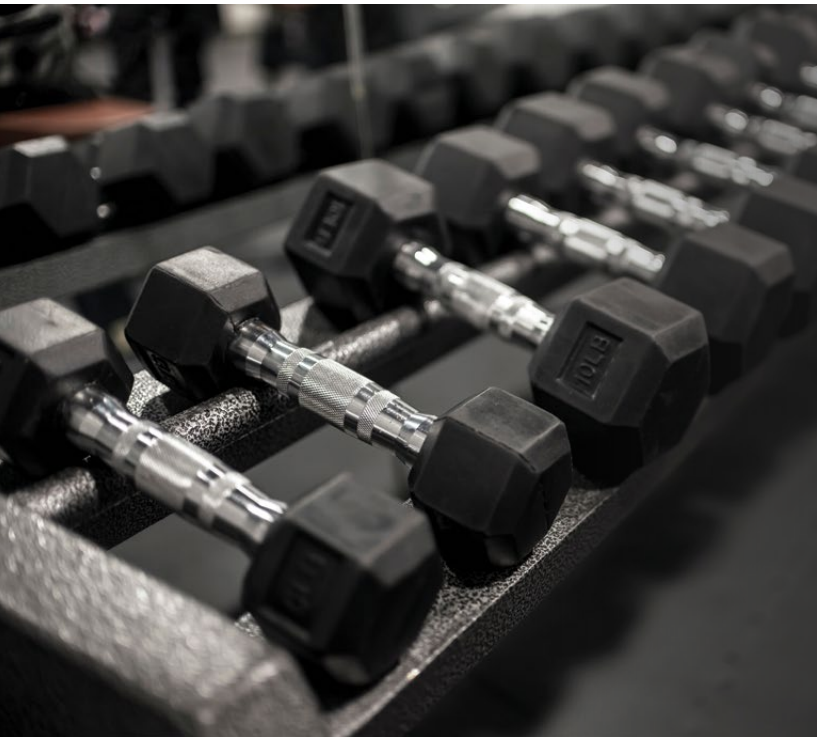
FREE 5 Sessions

SESSION #2

Fri 6:15pm–7:15pm May 22–Jun 19

FREE 5 Sessions

Location: Salish Centre Salish Centre Gym



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 ʔayl̓st̓ən 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.

Childminding

Ages 3–13 years

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

CIRCUIT TRAINING

Mon 4:30pm–6:45pm Apr 13–Jun 29
 FREE 11 Sessions | **Exclusion dates: May 18**

PILATES FUSION

Tue 4:30pm–5:45pm Apr 14–Jun 23
 FREE 10 Sessions | **Exclusion dates: April 28**

SPIN & STRENGTH

Thu 4:30pm–6:00pm Apr 16–Jun 25
 FREE 10 Sessions | **Exclusion dates: April 30**

Location: ʔaylštən ʔaye – Cousin’s House p’oho (Raven) Room

Yoga & Pilates

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 Apr 14–May 19
 FREE 6 Sessions

SESSION #2

Tue 4:45pm–5:30pm May 26–Jun 23
 FREE 5 Sessions

Location: Salish Centre Salish Centre Gym

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 Apr 16–May 14
 FREE 5 Sessions

SESSION #2

Thu 11:00am–11:45am May 21–Jun 18
 FREE 5 Sessions

Location: Salish Centre Gym



We value your attendance! By being present, you’re not only investing in your own experience—you’re also showing consideration for others and helping create a stronger, more connected community for everyone.

YOUTH MURAL

Location of Mural:
Salish Center Workout Room
Location of Weekly Meetings:
ʔayl̓stən ʔayɛ

NO MURAL EXPERIENCE NEEDED. JUST PASSION

What to Expect:

Come create, and learn with jɛʔajɛ Kobe Galligos, and Rhys Galligos, to build towards the shared goal of a finished mural for our communities workout room. This project will have weekly sessions covering a wide range of topics, from digitizing art to Salish shapes. Intended to give you useful tools moving forward from this project.

First Session:
Salish Center
Workout Room
March 4 2026
5:30 PM

Weekly sessions:

2 hours each, for 26 weeks (March-August 2026)

Paid opportunity to allow artistic growth for those wanting dedicated space: \$27/hour

Minimum. 88 hours of time committed

Spots Available: 4 paid youth (13-30) spots



If you have any questions,
email adriana@tn-bc.ca



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TLA'AMIN NATION



BRITISH COLUMBIA
ARTS COUNCIL



BRITISH COLUMBIA

Supported by the Province of British Columbia



tlaʔamin
TLA'AMIN NATION



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'HELPING TO SUPPORT OUR KIDS'

RECREATION

REIMBURSEMENT PROGRAM

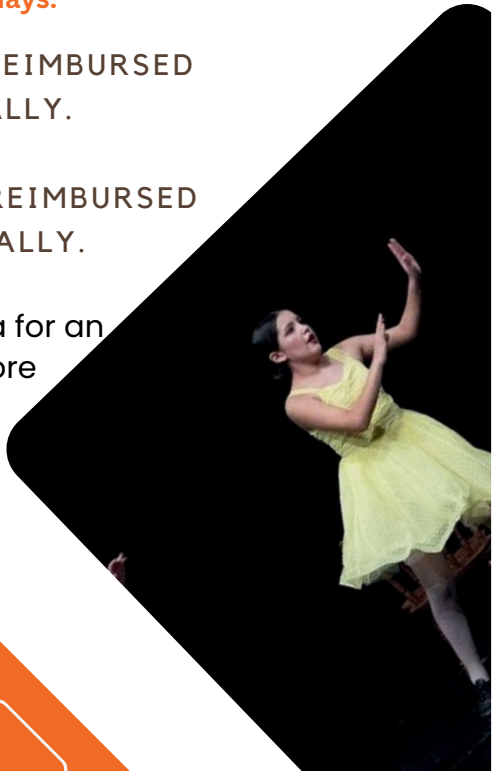
Providing financial assistance to Tla'amin čičuy' from birth to 18 years old for participation in recreational programs outside of Tla'amin's Community Recreation programs.

**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!**



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.

EDUCATION PROGRAMS

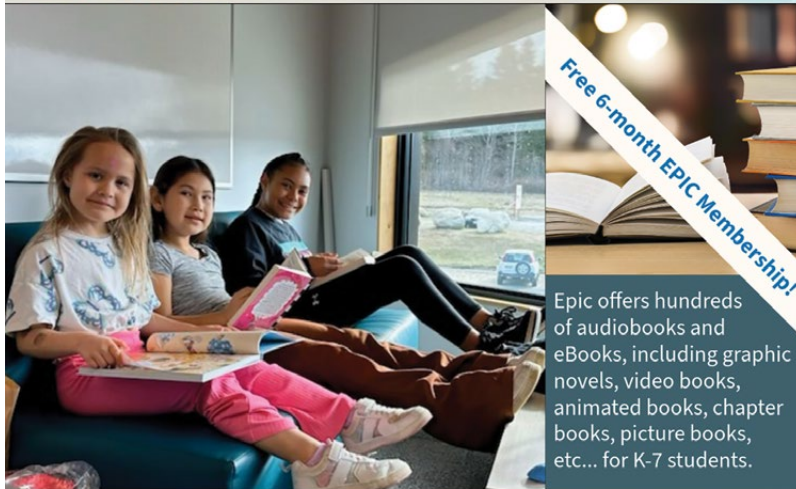
EPIC!

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!



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

titəwšəm 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.

Tla'amin 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



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.

PROGRAM IDEAS & A CAREER IN RECREATION

Passionate About Your Community, Recreation Is a Career for You!

Recreation beats at the heart of every community, bringing people together through shared experiences. 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 are passionate about helping contribute to the well-being and vibrancy of the community 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 can be different.
- **VARIETY OF OPPORTUNITIES** – Recreation has a variety of positions that offer full, part-time, or casual status.

For more information on how you can get involved in a career in Recreation email christine.parsons@tn-bc.ca

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 or one to teach, please email us at rec@tn-be.ca