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TLA'AMIN NATION

SUMMER
JULY - AUGUST 2026

COMMUNITY PROGRAM GUIDE

Sport, Recreation, and Education Programs and Services



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MEET THE REC TEAM



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Recreation Manager
Office: 604-414-3255



Jimmy Harry
Recreation Assistant
Office: 604-414-3231



Drew Galligos
Recreation Coordinator
Office: 604-414-3270



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



Haddon Common
Youth Recreation
Leader
Office: 604-414-3247

Thinking about a summer job in Recreation?

Stay tuned to the Tla'amin job board as
summer positions will be posted soon.

REGISTRATION PROCESS

Tla'amin Citizen Registration Begins: May 25, 2026 at 8am

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 XPLORE 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

Camp ʕoqowi – Summer Camp

Ages 5–9 years
(must have participated in Kindergarten)

Get ready for a summer full of adventure, discovery, and fun! Camp ʕoqowi (klo-ko-wee) is an 8-week day camp where čičuy will engage in a wide variety of experiences. Through games, crafts, outdoor play, and field trips, staff will support čičuy in developing healthy habits and personal wellness. Discover new interests, strengthen friendships, and build meaningful connections at Camp ʕoqowi!

PLEASE NOTE: During the first 3–4 weeks of Summer Camp we have partnered with the qathet School District to incorporate playful exploration of fun literacy & numeracy games and activities for children. Please register by June 23, 2026.



Week 1 – nəms kʷaθ taʔow (Your Teachings)

Week 1 of Camp ʕoqowi focuses on our taʔow. These foundational teachings guide how we care for ourselves, others, and the world around us. Through stories, games, and hands-on experiences, čičuy will learn about values such as respect, honesty, and kindness, and reflect on how these teachings show up in everyday life.

Mon–Fri 8:30am–4:30pm Jul 06–Jul 10

FREE 5 Sessions

Location: ʔayłstən ʔaye – Cousin’s House



Please **ONLY** register for the days your child will attend to ensure there is space for every čičuy requiring care this summer.



Week 2 – ʔiʔ ʕukʷənəs čičuy (Good-Hearted Children)

This week centers on kindness, empathy, and community. Čičuy will take part in experiences that encourage caring for one another, expressing gratitude, and nurturing positive friendships. Through sharing, self-expression, and cooperative play, čičuy will discover what it means to lead with a good heart.

Mon–Fri 8:30am–4:30pm Jul 12–Jul 17

FREE 5 Sessions

Location: ʔayłstən ʔaye – Cousin’s House

Week 3 – qʷaqʷθəmštəm (We Will Tell a Story)

Stories come to life this week! Čičuy will experience storytelling through art, movement, and oral traditions. They will have opportunities to listen to stories, invent their own, and share them in imaginative ways while building confidence and connection through storytelling.

Mon–Fri 8:30am–4:30pm Jul 20–Jul 24

FREE 5 Sessions

Location: ʔayłstən ʔaye – Cousin’s House

Week 4 – ʕasəm qayemłxʷ (Strong People)

This week focuses on building strength in body, mind, and spirit. Čičuy will take part in team games, physical challenges, and experiences that encourage confidence, resilience, and supporting one another. Strength will be discovered not only through movement, but through teamwork, positive relationships, and healthy habits.

Mon–Fri 8:30am–4:30pm Jul 27–Jul 31

FREE 5 Sessions

Location: ʔayłstən ʔaye – Cousin’s House

SUMMER CAMPS

Week 5 – qat^əetsštəm yiɣxmet ta guǵe (Together We Take Care of the Land)

This week čičuy and the team will connect with the guǵe through outdoor exploration, stewardship projects, and land-based learning. From forest walks to hands-on discoveries, čičuy will focus on what it means to care for the land and the importance of giving back to the places we call home.

Mon–Fri 8:30am–4:30pm Aug 04–Aug 07

FREE 4 Sessions

Excluding Aug. 3 due to Stat holiday

Location: ʔaylštən ʔaye – Cousin's House

Week 6 – qaqsem qayeʔ (To Play with Water)

Get ready to get wet! This week čičuy will experience our coastal community while learning about water safety and respect for local waterways. Through water games, sensory play, and outdoor adventures, čičuy will strengthen their confidence and deepen their connection with the water.

Mon–Fri 8:30am–4:30pm Aug 10–Aug 14

FREE 5 Sessions

Location: ʔaylštən ʔaye – Cousin's House



Week 7 – ʔuk^wštət jejeʔenx^wegəs (We Are All Related)

This week focuses on belonging, connection, and community. Čičuy will reflect on how we are all connected to one another, to the land, and to past and future generations. Through collaborative games and shared experiences, čičuy will strengthen their sense of unity and respect for one another.

Mon–Fri 8:30am–4:30pm Aug 17–Aug 21

FREE 5 Sessions

Location: ʔaylštən ʔaye – Cousin's House

Week 8 – čéʔ^əm tox^wox^wt^əm (I Will Learn)

As summer comes to a close, this week celebrates growth, confidence, and readiness for new challenges. Čičuy will have opportunities to reflect on what they've learned, try new experiences, and grow their confidence as they prepare for the school year ahead. It's a time to recognize their strengths, celebrate progress, and inspire a love of learning.

Mon–Fri 8:30am–4:30pm Aug 24–Aug 28

FREE 5 Sessions

Location: ʔaylštən ʔaye – Cousin's House



SUMMER CAMPS

Camp ʕoqowiʔ – Summer Camp

Ages 10–12 years

Camp ʕoqowiʔ for ages 10-12 gets the best of both worlds: mornings spent with the older cohort, taking on bigger challenges and leadership-focused activities, and afternoons joining the 5–9s, where they step into the role of mentors, helpers, and playful role models. This blended structure gives them space to grow confidence, build friendships across ages, and explore their strengths in a supportive community.

Each week features a rich cultural or nature-based theme rooted in learning, creativity, and adventure.

Week 1 – nəms kʷaθ taʔow (Your Teachings)

Mon–Fri 8:30am–4:30pm Jul 06–Jul 10

FREE 5 Sessions

Location: ʔayłʕtən ʔaye – Cousin’s House

Week 2 – ʔiʔ ʕukʷənəs čičuy (Good-Hearted Children)

Mon–Fri 8:30am–4:30pm Jul 12–Jul 17

FREE 5 Sessions

Location: ʔayłʕtən ʔaye – Cousin’s House

Week 3 – qʷaqʷθəmʕtəm (We Will Tell a Story)

Mon–Fri 8:30am–4:30pm Jul 20–Jul 24

FREE 5 Sessions

Location: ʔayłʕtən ʔaye – Cousin’s House

Week 4 – ʕasəm qayemłxʷ (Strong People)

Mon–Fri 8:30am–4:30pm Jul 27–Jul 31

FREE 5 Sessions

Location: ʔayłʕtən ʔaye – Cousin’s House

Week 5 – qatʰetsʕtəm yiɣxmet ta gı̆ɣe (Together We Take Care of the Land)

Mon–Fri 8:30am–4:30pm Aug 04–Aug 07

FREE 4 Sessions

Excluding Aug. 3 due to Stat holiday

Location: ʔayłʕtən ʔaye – Cousin’s House

Week 6 – qaqsem qayeʔ (To Play with Water)

Mon–Fri 8:30am–4:30pm Aug 10–Aug 14

FREE 5 Sessions

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FREE 5 Sessions

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Week 8 – četʰəm toxʷoxʷtʰəm (I Will Learn)

Mon–Fri 8:30am–4:30pm Aug 24–Aug 28

FREE 5 Sessions

Location: ʔayłʕtən ʔaye – Cousin’s House



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

Thu 11:00am–11:45am Jul 09–Jul 30

FREE 4 Sessions

Location: Salish Centre Gym

Group Fitness

Zumba

Ages 19 years +



Zumba® is a total body workout 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. This class is specifically for Tla'amin citizens only.

Thu 6:15pm–7:15pm Jul 09–Jul 30

FRE 4 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.



Weight Room Memberships

Ages 13 years +

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 ʔayl̓stən ʔaye – Cousin's House.

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

Headphone ONLY Music Policy in effect Daily 8am–5pm

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

DROP-IN PROGRAMS



Youth Nights

Ages 13–18 years



RIGHT TO PLAY

A Space for Indigenous Youth to Connect, Create & Celebrate

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, create their own projects and their input into programming. Youth leaders will always provide space for youth to participate in ways that are meaningful to them, including chilling!

Check Facebook for bi-weekly schedule updates.

Upcoming nights include: Bowling, Gardening, Chess, Sports, Music, Events, and Land-based outings.

Instructor: Haddon Common

Thu 5:00pm–9:00pm

Fri 1:00pm–9:00pm

FREE Jul 09–Aug 28

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



ᑭᑭᑦᑭᑦᑭᑦᑭᑦ (To blanket someone in honour)

Ages 10–19 years

ᑭᑭᑦᑭᑦᑭᑦᑭᑦ is a creative, community centred program designed to run alongside Summer Camp (Ages 10–12) and Youth Nights (Ages 13–18), offering young people a space to explore imagination, art, and cultural connection through hands-on making. Rooted in the meaning of its name, to blanket someone in honour, the program invites you to contribute to a collective act of care and gratitude.

Participants will work with fabric, sewing materials, and artistic tools to design and create individual quilt squares. Each square reflects individual creativity, stories, and sense of belonging. Once completed, all squares will be sewn together into a community quilt.

The finished quilt will be gifted to Elders as a gesture of respect, appreciation, and intergenerational connection. Through this process, youth not only learn artistic and practical skills but also experience the power of contributing to something larger than themselves. A blanket of honour created by many hands.

Instructor: Jayce

Fri 3:00pm–6:00pm Jul 10–Aug 28

FREE 8 Sessions

Location: ᑭᑭᑦᑭᑦᑭᑦᑭᑦ ᑭᑭᑦᑭᑦᑭᑦᑭᑦ – Cousin's House ᑭᑭᑦᑭᑦᑭᑦᑭᑦ (Eagle) Room

Find us at the Family Karaoke and Dance Party Event on that Friday!



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

Mon–Fri 10:30am–11:00am Aug 17–Aug 28

FREE 10 Sessions

Location: Powell River Recreation Complex Aquatic Centre

Swimmer 2 & 3

Ages 7–12 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 session to build skills to pass the levels čičuy are working on. Attending each class will help čičuy be successful.

Mon–Fri 11:00am–11:30am Aug 17–Aug 28

FREE 10 Sessions

Location: Powell River Recreation Complex Aquatic Centre





čičłēm k^wasəm tin nanət **Tla'amin FAMILY EVENT** **KARAOKE & DANCE PARTY**

ALL AGES

**We'll start the evening with crafting, then roll
into karaoke, followed by a dance party!**

**Crafting for Community!
Singing for PRIZES!
Dancing for FUN!**

**FRIDAY, AUG. 7, 2026
6:30 PM - 10:30 PM
@ The Salish Centre**

**Fundraiser
Youth Nights
\$3 Bannock Dogs
\$2 Popcorn**



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TLA'AMIN NATION



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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!**



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.



BACK TO SCHOOL



To Apply:

- Visit www.tlaaminnation.com to apply online, OR
- Pick up your school supply allowance form in person at 6690 Sliammon Road (Education Office), or 4779 Klahanie Drive (Gov House)

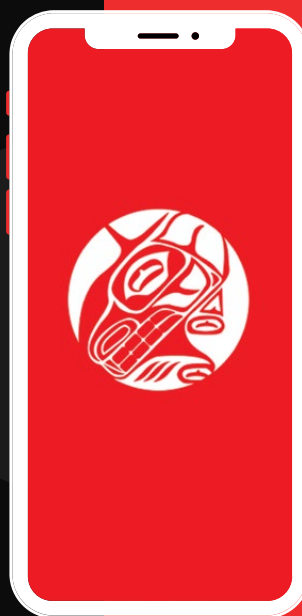


ALLOWANCE FORMS FOR SCHOOL SUPPLIES

Available: August 3, 2026
Due: September 30, 2026

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



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 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 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-bc.ca