

# PEMBERTON & DISTRICT COMMUNITY CENTRE



# SUMMER Leisure Guide

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# WELCOME TO THE SUMMER LEISURE GUIDE

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## HOW TO REGISTER



### Online Registration

Visit [slrd.bc.ca/pemrec-register](http://slrd.bc.ca/pemrec-register)

Details on opposite page

Payment accepted: Amex, Visa or MasterCard



Walk-In

Visit the Pemberton & District Community Centre located at:

7390 Cottonwood Street, Pemberton, BC

Payment accepted: Amex, Visa, MasterCard, Debit, Cheque or Cash

## Online Summer Registration begins Monday, May 9, 2016 at 9 am

### Cancellations and Refunds:

Avoid disappointment – register early!

Programs are based on cost recovery and will be cancelled due to insufficient registration three days prior to the start date.

**A full refund is given with 48 hours' notice before the start of a program with the exception of First Aid / CPR programs which require 7 days' notice.** A \$7 service charge for processing will be applied. No refunds will be issued after this period. For more information on our comprehensive refund policy please contact us at (604) 894-2340.

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### RECREATION FINANCIAL SUPPORT PROGRAM – L.I.F.E

**L.I.F.E. stands for “Leisure Involvement for Everyone.” The program is designed to provide healthy lifestyle opportunities to residents who face financial challenges by offering discounted program fees to low-income families.**

#### Who is Eligible?

All permanent Pemberton and Area C residents who meet the annual family income limitations may apply.

#### How Can I Apply?

Applications are available at the Pemberton & District Community Centre or download the application form from the SLRD Website, [www.slrd.bc.ca](http://www.slrd.bc.ca). Complete one application per family and return it to the registration desk with proof of residency and proof of household income.

#### What are the benefits of the L.I.F.E Program?

- ◆ 50% off one program per season per individual (some exceptions may apply)
- ◆ One 10-time fitness centre pass per family per year

Look for the L.I.F.E. symbol in the Leisure Guide which signifies if a program qualifies for the L.I.F.E. discount.



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### Other funding available to Pemberton & District residents who meet criteria:



Canadian Tire Jump Start Program

[www.jumpstart.canadiantire.ca](http://www.jumpstart.canadiantire.ca)



KidSport

[www.kidsportcanada.ca/british-columbia](http://www.kidsportcanada.ca/british-columbia)

# Online Registration

**NEW!**

**AVAILABLE NOW!**

**WEBSITE: [slrd.bc.ca/pemrec-register](http://slrd.bc.ca/pemrec-register)**

## Step 1



Visit our website at [slrd.bc.ca/pemrec-register](http://slrd.bc.ca/pemrec-register) and click on the "REGISTER HERE" icon

## Step 2



From here, select Activity category and click on "CLASSES"

## Step 3



Click on "SHOW COURSES" to list the class offerings

## Step 4



Click on the desired activity and click "REGISTER". Click "REGISTER" again on the following page

## Step 5



Log into your Account or click "CREATE AN ACCOUNT"

## Step 6



From here click "CONTINUE BOOKING" to add more classes or "CHECKOUT" and follow prompts to complete registration

**Summer registration begins Monday, May 9, 2016 at 9 am**

Phone: 604-894-2340

Email: [pemrecinfo@slrd.bc.ca](mailto:pemrecinfo@slrd.bc.ca)



Visa, Mastercard and AMEX accepted

## ZUMBA KIDS JR.

With Carmen Laslett

Zumba® Kids Jr. is a dance and play party **for lil' feet and pint-sized** party animals to be creative, dream big and to begin their journey towards a healthy lifestyle. This program is a place where kids can let loose and be themselves; little bundles of natural energy that are endlessly curious about new sounds and experiences! Participants will learn the joy of healthy movement and dance to age appropriate music.

Day: Monday  
 Set 1: July 4 – 25  
 Set 2: August 8 – 29  
 Time: 9 – 9:45 am  
 Age: 4 – 6 years  
 Fee: \$32 (4 sessions) OR \$10 drop-in



## MOMMY/DADDY & ME DANCE

With Anna Kroupina

Our Creative Mommy/Daddy and Me Dance is designed for children 2 to 3 years of age. Come learn basic dance steps, listen and dance to fun music, play some games and meet new friends! Parent participation is mandatory. At the end of each class we will have snack time (bring your own snacks) and do a cool craft.

Day: Wednesday  
 Date: July 6 – 27  
 Time: 10 – 10:45 am  
 Age: 2 – 3 years  
 Fee: \$35 (4 sessions)



## MUSIC & MOVEMENT

With Jody Gartner

Classes foster your child's natural enthusiasm for music and movement. This program provides elements children need to achieve basic musical skills to enjoy school and social musical activities. Music is learned through developmentally appropriate activities that support and respect the unique style of very young children. Parents participation required and more than one sibling is welcome to register.

Day: Tuesday  
 Set 1: July 12 – 26  
 Set 2: August 9 – 23  
 Time: 9:30 – 10:30 am  
 Age: 0 – 5 years  
 Fee: \$24 (3 sessions)



## SOCCER TOTS

With Roz Patrickson

Develops gross motor skills and the ability to use your feet to learn a variety of movement techniques through the game of soccer.

Day: Thursday  
 Set 1: July 7 – 28  
 Set 2: August 4 – 25  
 Time: 9:30 – 10:15 am  
 Age: 3 – 4 years  
 Fee: \$24 (4 sessions)



## RAINING OUTSIDE or NEED SOME SHADE?

Come visit us in the Great Hall for Open Gym playtime! If we have the space, you are welcome to come in and play! Call the front desk to confirm space is available. Cost \$2 per child.



## SUN SHINING?

We have a little bin full of toys that are available to sign out at the front desk. Take them into the fenced area outside and get your play on!! First come, first served basis. FREE!

## ONE MILE LAKE CANOE CAMP – CANOEKIDS

An introduction to water sports for beginner and intermediate paddlers. Boats may include kayaks, canoes, outriggers, and dragon boats. Fun activities will help paddlers feel comfortable on the water and develop a lifelong love of paddle sports. Bring water, snacks, lunch, sunscreen, towels, bathing suit, and a hat.



Day: Monday – Thursday  
 Camp 1: July 4 – 7  
 Camp 2: July 11 – 14  
 Camp 3: July 18 – 21  
 Camp 4: August 8 – 11  
 Time: 9 am – 3 pm  
 Age: 7 – 12 years  
 Fee: \$160 (4 sessions) OR \$45/day

## ONE MILE LAKE CANOE CAMP – REGATTA READY

Regatta Ready introduces paddlers to competitive canoe-kayak racing. Paddlers will expand on their knowledge of introductory canoe and kayak technique, and learn the basic skills required to compete in sprint canoe and kayak racing. These new skills will help prepare participants to race at an optional regatta at the end of the camp. The planned regatta is the Maple Ridge Invitational on August 6th. Regatta Ready will focus on water safety, paddling technique in singles, doubles, fours and War Canoe, racing rules, and equipment. This program will help foster the values of fair-play, teamwork, self-confidence, leadership, and healthy lifestyle. Bring water, snacks, lunch, sunscreen, towels, bathing suit, and a hat.

Day: Monday – Friday	Day: Tuesday – Friday
Camp 1: July 25 – 29	Camp 2: August 2 – 5
Fee: \$150 (5 sessions)	Fee: \$120 (4 sessions)
Time: 9 am – 1 pm	
Age: 9 – 14 years	

Prior to getting in boats, participants must show they have the ability to roll into the water and swim 50 metres (any stroke) and tread water for 1 minute (as per the National Lifesaving Society Swim to Survive standard). Instructors will assess swimming ability on the first day of the program so please come ready to get in the water. Swim ability is assessed with a lifejacket or other flotation device. If your child is nervous about this process, we welcome you to swim along with your child to ease the nerves.

## DANCE CAMP

With Anna Kroupina

### PRINCESS DANCE CAMP

Age: 3 – 5 years

Date: July 8

Celebrate being a princess! Join this magical journey as we practice manners, have a tea party, curtsy, make crafts to transform you into princesses and play games. Learn to dance like a princess-ballerina!

### FROZEN DANCE CAMP

Age: 4 – 6 years

Date: August 19

Calling ALL Frozen fans! Beat the heat of summer with Frozen Dance Camp! Explore creative movement and ballet while singing, acting out and dancing away with Elsa, Anna and Olaf! Arts, crafts and snow-themed games will be a part of this adventure. Dancers are encouraged to dress up as a favourite Elsa or Anna for this special day.

Day: Friday  
 Time: 9 am – 12 pm  
 Fee: \$35 (1 session)





## AFTER CAMP CLUB

The After Camp Club is provided for children requiring supervision following registered camps. The instructor will meet your child at the end of camp and supervise play at the Pemberton & District Community Centre. Activities include outdoor play, arts and crafts, music and games. We do ask that parents respect the hours of the program when picking up their children. Families must pre-register as we do not offer day of registration.

Day: Monday – Thursday  
Age: 6 – 12 years

### AFTER CAMP CLUB

Set 1: July 4 – 7  
Set 2: July 11 – 14  
Set 3: July 18 – 21  
Set 4: \*August 2 – 4  
Time: 3 – 5:30 pm  
Fee: \$40 (4 sessions) OR  
\*\$30 (3 sessions) OR \$15/day

### AFTER CAMP CLUB

Set 1: July 25 – 28  
Set 2: August 8 – 11  
Set 3: August 15 – 18  
Set 4: August 22 – 25  
Time: 12 – 5:30 pm  
Fee: \$76 (4 sessions) OR \$24/day



**WHEN SCHOOL IS OUT,  
CAMP IS IN!**

## CHALLENGER SPORTS BRITISH SOCCER CAMP

**LOCATION:** Signal Hill Elementary

Challenger Sports British Soccer Camp is the most popular soccer camp in North America. Hundreds of Challenger coaches each year have helped the company develop one of the most innovative approaches to coaching youth soccer in Canada and the US. Our experienced staff study the game at all levels and we have identified the key techniques and skills that your players need to work on and master to reach their true potential.

Day: Monday – Friday  
Date: August 8 – 12

REGISTRATION: Pemberton & District Community Centre  
OR [sIRD.bc.ca/pemrec-register](http://sIRD.bc.ca/pemrec-register) OR [CHALLENGERSPORTS.COM](http://CHALLENGERSPORTS.COM)

### PLAYER DEVELOPMENT

Time: 9 am – 12 pm  
Age: 6 – 16 years  
Fee: \$125

Time: 1 – 4 pm  
Age: 6 – 16 years  
Fee: \$125

### FULL DAY PROGRAM

Time: 9 am – 4 pm  
Age: 7 – 16 years  
Fee: \$190

### FIRST KICKS

Time: 11 am – 12 pm  
Age: 3 – 4 years  
Fee: \$75

### MINI SOCCER

Time: 9 – 10:30 am  
Age: 4 – 5 years  
Fee: \$95



British Soccer is also looking for host families for their coaches during their stay in Pemberton. In exchange for accommodations, providers will be given a credit towards any Soccer Camp. For more information on how to be a host family, please email: [runsworth@challengersports.com](mailto:runsworth@challengersports.com)

## BRICKS4KIDZ – SUMMER CAMP

With Ryan Donohue

BRICKS4KIDZ® camps are a high-energy, fast-paced setting where kids discover, explore, invent and create using LEGO® bricks. The extended hours of a day camp provides a child the opportunity to take a simple model, add their own imagination and test the limits of their creativity.

Day: Monday – Friday  
Time: 9 am – 12 pm  
Age: 6 – 12 years  
Fee: \$165 (5 sessions) OR \$40/day

### MINING & CRAFTING II

Camp 1: July 25 – 29

Steve is jumping for joy as he introduces the newest members of his Minecraft® world. Whether or not your child has attended our first Mining and Crafting camp, reward them with the creativity and excitement this camp has to offer! Campers will be challenged to bring their virtual designs to life by building new mob figures, mosaics and custom models, all incorporating LEGO® bricks! So, are you ready for the challenge?

### CLASH OF BRICKS

Camp 2: August 8 – 12

Gather your barbarians and archers! **It's time for battle...Bricks4Kidz style!** Collect and store gold and elixir to train troops and build villages. You must stop at nothing to defend your village from enemy attacks! Experience greedy goblins, powerful PEKKAs and wild wall breakers. Projects will utilize traditional bricks, motorized technic and art mosaic LEGO® bricks.

### GALAXY FAR AWAY SPACE CAMP

Camp 3: August 22 – 26

Join us on an adventurous journey through space! Build the Redstone Rocket to blast through the atmosphere into a realm that is truly out of this world. **Travel back in time to build NASA's Gemini Capsule. Trust your astronaut's** building skills to pilot a spacecraft that will bring you back to Earth safely. **We'll build motorized models that represent** spacecraft from your favourite popular space movie. Come experience this stellar journey to a galaxy far, far away!

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Mojang © 2009-2013. "Minecraft" is a trademark of Notch Development AB which does not sponsor, authorize or endorse these.

## FUN SCIENCE CAMP

With Veronique Hamel

A full day for children to participate in an educational and bilingual fun science camp! Children will explore the outdoors, experiment through hands-on activities, play active games and make at least one take home project. Please bring: lunch, snacks, swimsuit, sun screen and outdoor clothing.

### ALL ABOUT H2O

Day: Wednesday  
Date: August 3  
Time: 9 am – 5 pm  
Age: 6 – 10 years  
Fee: \$50/day

### ACTION/REACTION

Day: Thursday  
Date: August 4  
Time: 9 am – 5 pm  
Age: 6 – 10 years  
Fee: \$50/day

## TENNIS CAMP

With Whistler Racquet Club

Morning program with an emphasis on fun! Red, Orange and Green Court groups designed to fit the age and ability of participants. All equipment provided. Students will be divided based on age and ability.

**LOCATION:** Pemberton Creekside Tennis Courts

Day: Monday – Friday  
Date: August 15 – 19  
Time: 9 am – 12 pm  
Age: 5 – 12 years  
Fee: \$109 (5 sessions) OR \$25/day



## AWESOME ACRO DAY CAMP

With Anna Kroupina

This camp will get you thrilled about acrobatics. Learn and practice simple cool acro tricks, do lots of partner work while burning tonnes of energy and having a blast!

Day: Friday  
Date: August 19  
Time: 1 – 3:30 pm  
Age: 7+ years  
Fee: \$35 (1 session)



SUMMER CAMP

# CANADA DAY

IN

## *Pemberton*

FRIDAY, JULY 1ST 2016

### VOLUNTEERS NEEDED



NATIONAL ANTHEM SINGER IN ENGLISH  
NATIONAL ANTHEM SINGER IN FRENCH  
CHILDREN'S ACTIVITIES SUPERVISORS



### SCHEDULE OF EVENTS

*10 am Canada Day Parade*  
Beginning at the Pemberton Community Barn

*11 am – 2 pm Canada Day Celebrations*  
Pemberton & District Community Centre

To get involved email Dan Cindric, Recreation Programmer  
[dcindric@slrd.bc.ca](mailto:dcindric@slrd.bc.ca)



Phone: 604-894-2340





# FAMILY FUN NIGHT!

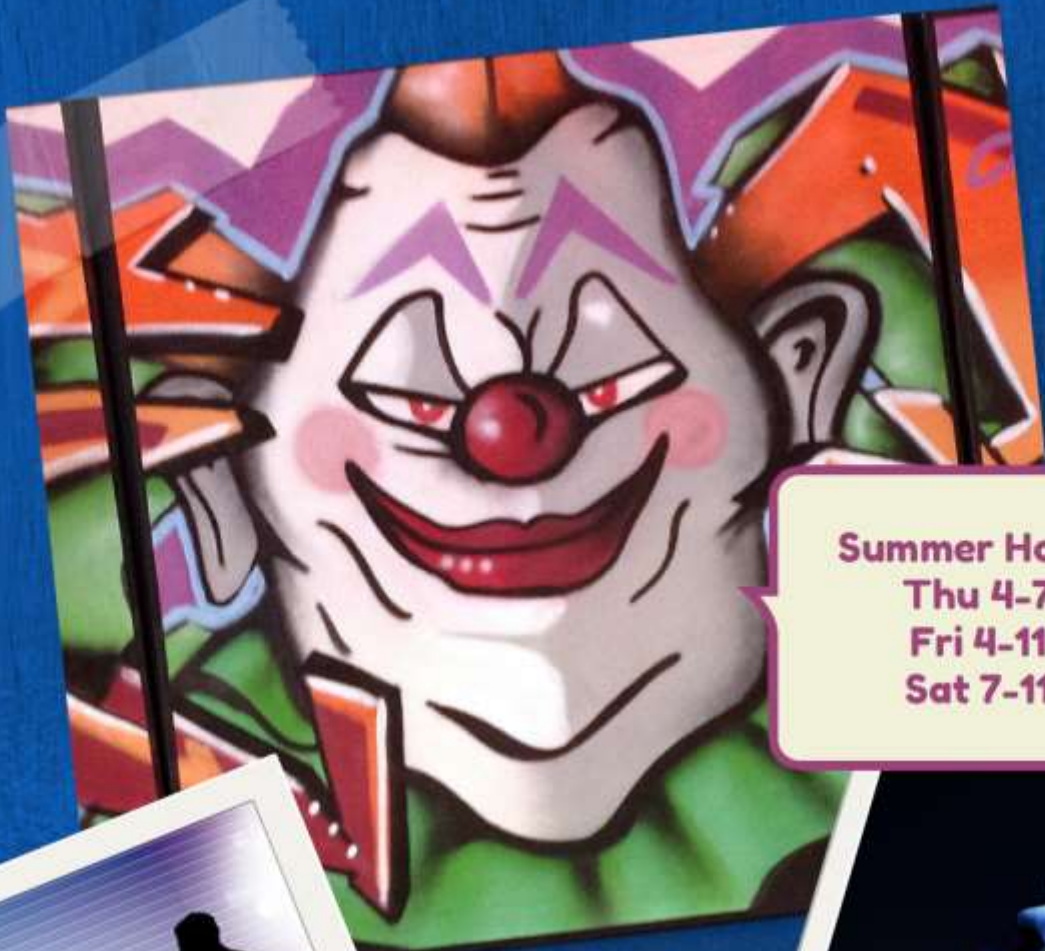
Come and join us at the Pemberton & District Community Centre for an evening of music, children's activities, bubbles and socializing. The perfect place to have some fun with your family and just relax while your children PLAY!

**FREE FAMILY FUN!**

Tuesday, July 12  
and  
Tuesday, August 9  
4 — 8 pm

**FOOD FOR SALE ON SITE**





**Summer Hours**  
Thu 4-7  
Fri 4-11  
Sat 7-11



# The REC

Free Drop-in for Youth 13-18

Come play pool, surf the net on our ipads, play ping pong, Netflix and chill or play Rock Band on the big screen.

*featuring*

[gross@slrd.bc.ca](mailto:gross@slrd.bc.ca) 604-894-2340

## FREE FOOD FRIDAYS

Day: Every Friday at 7 pm  
Age: 13 — 18 years  
What: FREE hot & healthy meals

We are always looking for donations to support Free Food Fridays.

## DINNER AND A MOVIE

Day: Every 3rd Friday  
Age: 13 — 18 years  
Time: 7 pm  
Fee: Free



Themed dinner and a movie.  
No sign up necessary.

## ROCK BAND BATTLE OF THE BANDS

**Get a band together for The Rec's upcoming PLAYSTATION Rock Band Battle of the Bands.** Register a band (drums, vocals & guitar) at The Rec and practice your chops. Prizes for high score, best costumes and loudest groupies! Stay tuned for concert dates and times.

AGE: 13 — 18 years old  
FREE (food & fun provided)



## DJ LESSONS

Day: Monday  
Date: Ongoing  
Age: 10 — 18 years  
Time: 3:30 — 6 pm  
Fee: Free



Sign up for a FREE 45 minute lessons with DJ Pete.  
You must register in advance to book a spot.



## GAMES FOR GEEKS

Day: Tuesdays  
Begins: July 5  
Age: 10 — 14 years  
Time: 3 — 4:30 pm  
Fee: Free

Space is limited register today. Board games, strategy card games club. Screen-free games that use your brain. Play games like Magic, Settlers of Catan and Pandemic or bring your own! The Club will focus on solving puzzles, learning strategy, playing as a good sport and enjoying the playing whether winning or losing.

## SEED TO TABLE

Day: Ongoing  
Age: 13 — 18 years



This mentorship program provides learning opportunities and activities around food, growing food and building a solid resume for the future.

For more information contact Geoff at [ggross@sld.bc.ca](mailto:ggross@sld.bc.ca)

## YOUTH ON WEIGHTS

With PCC Fitness Trainer

If you are between the ages of 13 — 15 years old and want to work out in the gym you must complete the **"Youth on Weights" program. Participants are asked to complete a test of knowledge prior to issuance of certificate.**



Contact the Community Centre for more information 604-894-2340  
Fee: \$48.95 \* (max 3 sessions with trainer)

\* Price based on minimum 2 participants per appointment \*



ZUMBA FITNESS

With Carmen Laslett

An exhilarating, effective, and easy-to-follow Latin-inspired dance fitness program. It blends red-hot international music with contagious dance steps to form a calorie burning fitness party. The classes are fun, you can burn up to **1000 calories in a one hour class and you don't** need to know how to dance to participate.

Day: Wednesday  
 Date: June 1 – July 13  
*(No Class June 29)*  
 Time: 6 – 7 pm  
 Age: 14+ years  
 Fee: \$60 (6 sessions) OR \$12 drop-in



GRUFF GOAT DANCE THEATRE

With Trish Belsham

A contemporary class open to all levels. The first hour is spent developing strong technique, combinations, strength and flexibility. The last half hour is a rehearsal in choreography for those who wish to perform. This year we are working on a jazz based performance art piece for local events.

Day: Tuesday  
 Set 1: July 5 – 26  
 Set 2: August 2 – 30  
 Time: 7 – 8 pm  
 Time: 7 – 8:30 pm  
 Fee: \$36 per month (1 hour class) OR  
 \$40 per month (1.5 hour class)



BACKYARD BOOTY FIT

With Anngela Leggett

**Let's get outside this summer!!! This High Energy Power hour sweat**-fest will keep you fit and feeling strong all summer long – a great addition to all your summer sports! We will include bodyweight exercises, plyometric intervals, core and cardio drills on the grass outside of the community centre!!

Day: Thursday  
 Set 1: July 7 – 28  
 Set 2: August 4 – 25  
 Time: 6:30 – 7:30 pm  
 Fee: \$58 (4 sessions) OR \$16 drop-in



ADULT DROP-IN PROGRAMS

MENS TENNIS

Begins: May 2  
 Monday  
 6 – 8 pm  
 Free  
 Creekside Tennis Court



WOMENS TENNIS

Begins: May 11  
 Wednesday  
 6 – 7:30 pm  
 Free  
 Creekside Tennis Court

BASKETBALL

Ends: May 30  
 Monday  
 8 – 9:30 pm  
 Fee: \$4  
 Secondary School



RED CROSS FIRST AID

With Lee-Ann Barczynski

Anyone interested in completing Red Cross Standard First Aid, Emergency First Aid, Emergency Childcare First Aid or CPR class please contact the Pemberton and District Community Centre to schedule a class.

Phone: 604-894-2340  
 Email: pemrecinfo@slrd.bc.ca



## CARDIO KICKBOXING

With Michaela (Michelle) Nelson



Classes consist of kicking and punching heavy bags and focus pads in addition to a warm-up, skipping and core workout. Hand wraps are mandatory and will be available for purchase (\$7).



Day: Wednesday  
 Set 1: July 6 — 27  
 Set 2: August 3 — 31  
 Time: 6:45 — 7:45 pm  
 Fee: \$56 (4 sessions) OR \$70 (5 sessions) OR \$16 drop-in

## SUNRISE SPIN

With Lindsay May

**This energetic “wake you up” class will be a little different each morning, but you are sure to get a great full body workout between a mix of spinning, weight lifting and core conditioning!**



Day: Tuesday or Thursday  
 Set 1: July 5 — 28  
 Set 2: August 2 — September 1  
 Time: 6 — 7 am  
 Fee: \$72.50 (5 sessions) OR \$58 (4 sessions) OR \$17 drop-in

# Summer

## STEP BOOTCAMP

With Lindsay May



This 6 week intensive STEP meets SWAT will have you in great shape throughout the summer! Come ready for everything from a little choreography on the step, to full blown HIIT drills, plus weights & CORE to boot! You will be sweating throughout this high energy, fat blasting workout that will leave you feeling strong & confident!

Day: Tuesday  
 Date: July 19 — August 23  
 Time: 7:45 — 8:45 pm  
 Fee: \$87 (6 sessions) OR \$17 drop-in



## TRX CONDITIONING

With Jessica Turner

Are you TRX Strong? TRX straps allow you to play with gravity and balance while improving your overall strength and power. Cardio intervals are mixed in with TRX exercises to up the sweat factor and keep the fat burning long after the workout is complete. Find Your Strong!



Day: Tuesday  
 Set 1: July 5 — 26  
 Set 2: August 16 — 30  
 Time: 6 — 7 pm  
 Fee: \$58 (4 sessions) OR \$43.50 (3 sessions) OR \$16 drop-in



# VALUE ADDED FITNESS CLASSES UNDER \$6

Value Added classes are included in your Fitness Centre membership for no additional cost. Class schedule is subject to change based on attendance, instructor availability and holiday closures. All levels welcome!

CLASS	DESCRIPTION
ZUMBA GOLD	For the active older adult participant. Zesty Latin music, easy-to-follow Zumba® choreography and an invigorating workout. The class focuses on balance, range of motion and coordination.
S.S.T.	SST stands for Strengthen, Sweat and Tone. Start your Monday off with this high energy class that will leave you drenched in sweat and out of breath. You can expect a mix of cardio intervals, strength training, balance challenges and more.
COMBO SPIN	The perfect mix of spinning, strength and core training to develop a strong, lean body. Each class is different from the last to keep your body guessing. All levels welcome.
STOLLER FIT	Stroller Fit is a baby-friendly full body workout including intervals, strength training and postnatal-specific core work. Women should be 4+ weeks postpartum (6 weeks for caesareans). All fitness levels are welcome. You do not need a jogging stroller.
CARDIO BOXING	A blend of cardio, muscle conditioning and ABS!!! Use focus pads, while learning and perfecting basic punches. Come prepared for boxing, plyometrics, TRX, BOSU training and more!
CIRCUIT	This muscle conditioning class is filled with cardio intervals and lots of AB work! Each class is different from the last, come prepared for something new each time!
YOGA	A fun and playful Vinyasa Flow Class connecting breath with movement. Move through standing, balancing, seated and core poses. All levels welcome!

DAY	CLASS	DATES	TIME	INSTRUCTOR
Monday	S.S.T.	July 4 – August 29	9:15 – 10:15 am	Jessica Turner
	ZUMBA GOLD	July 4 – August 29	10 – 11 am	Carmen Laslett
	STROLLER FIT	July 4 – August 29	10:30 – 11:30 am	Jessica Turner
	CARDIO BOXING	July 4 – August 29	5:15 – 6:15 pm	Michaela Nelson
Wednesday	OUTDOOR YOGA	July 6 – August 31	7 – 8 am	Anngela Leggett
	COMBO SPIN	July 6 – August 31	9:15 – 10:15 am	Anngela Leggett
	CIRCUIT CONDITIONING	July 6 – August 31	5:15 – 6:15 pm	Michaela Nelson
Thursday	YOGA	July 7 – September 1	5:15 – 6:15 pm	Anngela Leggett
Friday	COMBO SPIN	July 8 – August 26	9:15 – 10:15 am	Anngela Leggett

# FREE FITNESS CENTRE ORIENTATION

New to the gym? Join one of our fitness instructors as they walk you through the equipment and familiarize you with the Fitness Centre. Great for new members!

To register: Sign up at the Front Desk or call (604) 894 - 2340

## LINDSAY MAY

*BCRPA Certified Personal Trainer, Weight Trainer, Group Fitness Leader, Third Age Leader (Older Adults) & Pre / Post Natal Specialist, Certified First Aid and CPR Attendant, BA Degree – University of British Columbia*

Lindsay May has been offering her personal training expertise in the community for the last ten years, and is well equipped to tailor a program to fit your individual fitness needs. She is fully certified to work with a variety of clients and is available for personal training at the community centre, plus continues to offer a huge spectrum of classes to keep you interested and active.



## JESSICA TURNER

*BCRPA Certified Personal Trainer, BCRPA Group Fitness Leader, TRX Trained, Certified First Aid and CPR Attendant. Diploma in Broadcast Performing Arts.*

Exercise is necessary for everyone, yet not everyone is the same. Jessica believes that finding what style of workout works best for each person and their fitness goals leads to long term health. Her goal is to help you discover your full potential and have fun in the process. She teaches a variety of group fitness classes at the community centre and offers personal and small group training options. In her spare time she can be found doing laps at the BMX track or skiing down mountains.



## ANNGELA LEGGETT

*HFA Certified Personal Trainer, Weight Trainer, and Group Fitness Instructor, 500RYT Yoga Teacher - Vinyasa, Flow, Restorative, Yin, Prenatal Yoga, Bachelor of Recreation and Leisure Studies, Certified First Aid and CPR Attendant.*

Anngela is a certified personal trainer and is passionate about sharing health and wellness. In all facets of life - one needs to create balance, strength and to ultimately feel the best they can in whatever it is that they are pursuing. She offers a variety of group fitness classes, personal training sessions, and private yoga classes at the community centre.



## MICHAELA (MICHELLE) NELSON

*BCRPA Certified Personal Trainer, Weight Trainer, Group Fitness Leader, Kickboxing Instructor, Certified First Aid and CPR Attendant.*

**Michaela's 7 years experience and knowledge as a Canadian** kickboxing competitor provides her with a solid foundation to inspire her clients in innovative workout regimes. She motivates everyone to achieve and surpass their training goals. Her ultimate goal is to empower everybody to live a healthy lifestyle and believes that physical activity is a large portion of overall fitness. She offers a variety of group fitness, kickboxing classes and personal training.





# HEALTH & WELLNESS CALENDAR



Monday	Tuesday	Wednesday	Thursday	Friday
<p>STRENGTHEN, SWEAT &amp; TONE July 4 – August 29 9:15 – 10:15 am</p>	<p>SUNRISE SPIN July 5 – 26 August 2 – 30 6 – 7 am</p>	<p>OUTDOOR YOGA July 6 – August 31 7 – 8 am</p>	<p>SUNRISE SPIN July 7 – 28 August 4 – September 1 6 – 7 am</p>	
<p>ZUMBA GOLD July 4 – August 29 10 – 11 am</p>		<p>COMBO SPIN July 6 – August 31 9:15 – 10:15 am</p>		<p>COMBO SPIN July 8 – August 26 9:15 – 10:15 am</p>
<p>STROLLER FIT July 4 – August 29 10:30 – 11:30 am</p>		<p>WOMENS TENNIS 6 – 7:30 pm Begins May 11 Creekside Tennis Court</p> <p><b>FREE</b></p>		
<p>CARDIO BOX July 4 – August 29 5:15 – 6:15 pm</p>	<p>TRX CONDITIONING July 5 – 26 August 16 – 30 6 – 7 pm</p>	<p>CIRCUIT CONDITIONING July 6 – August 31 5:15 – 6:15 pm</p>	<p>YOGA July 7 – August 25 5:15 – 6:15 pm</p>	
<p>MENS TENNIS April 4 – 25 7 – 9 pm Creekside Tennis Courts</p> <p><b>FREE</b></p>		<p>ZUMBA June 1 – July 13 6 – 7 pm</p>	<p>BACKYARD BOOTY FIT July 7 – 28 August 4 – 25 6:30 – 7:30 pm</p>	
<p>INDOOR ADULT BASKETBALL April 4 – May 30 8 – 9:30 pm Pemberton Secondary</p>	<p>STEP BOOTCAMP July 19 – August 23 7:45 – 8:45 pm</p>	<p>CARDIO KICKBOXING July 6 – 27 August 3 – 31 6:45 – 7:45 pm</p>		

## VALUE ADDED CLASSES

Value Added classes LISTED IN ORANGE are included in your Fitness Centre membership for no additional cost or a fitness centre drop-in fee. Class schedule subject to change based on attendance, instructor availability and holiday closures. Please call to confirm.







# Pemberton Gymnastics

## SUMMER CAMPS

**Gymnastics fun all day long!**

**July 4-8 and Aug 2-5**

**Register online at [whistlerymnastics.com](http://whistlerymnastics.com)  
Camps run daily from 9:00-3:00 for ages 6-12.**

Please pack a water bottle, lunch, & snacks!  
Don't forget a swim suit, towel, hat & sunscreen for  
those sunny hot days!



PEMBERTON GYMNASTICS  
Located in Pemberton and  
District Community Centre

Register Online at  
[www.whistlerymnastics.com](http://www.whistlerymnastics.com)  
604-894-1403 (email for faster  
response)

Email for more information  
[coachcatou@whistlerymnastics.com](mailto:coachcatou@whistlerymnastics.com)





# SOCCER CAMP

The Most Popular Soccer Camp in North America!

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*Make this camp even more special for your child by hosting one of our British Coaches. Call or email for more information!*

## Pemberton Community Centre

August 8th - 12th

@ Signal Hill Elementary School

First Kicks	11:00am-12:00pm	Ages 3-4yrs	\$75
Mini Soccer	8am-10:30am	Ages 4-5yrs	\$95
Half Day	9am - 12pm	Ages 6-16yrs	\$125
Half Day	1pm - 4pm	Ages 6-16yrs	\$125
Full Day	9am - 4pm	Ages 7-16yrs	\$190

Players will be split into age specific groups

Register in person: Pemberton Community Centre, 7390 Cottonwood St Pemberton BC V0N 2L0

For more information contact:  
Tel: 800 533 9374 or Email: [runsworth@challengersports.com](mailto:runsworth@challengersports.com)



800.878.2167  
[www.challengersports.com](http://www.challengersports.com)







## Stewardship Pemberton Society

For School Aged Children (must be heading to Grade 1 in September 2016)

### Grow with Nature Summer Camps

Sign your kids up for a day with Stewardship Pemberton Society at the One Mile Lake Nature Centre to learn about the wonders of nature we find in our own backyard. A different topic every day inspired by the great outdoors.

Dates: Monday July 4th to Friday September 2nd excluding Statutory holidays

Time: 9am to 5pm

Fee: \$45/session

Ages: 5 to 11

Fee: \$45/session

For the Wee Ones (3-5 years of age)

### Little Saplings

During this exploration, your little one will be guided through an interest-led nature immersion outdoor class. Families must commit to set days for the full month but can book month by month (for example, Mondays in July). Children in this program must be fully toilet trained - no exceptions. This program fills up fast, so book ahead to avoid disappointment. Please note that there are no classes on statutory holidays. Families are not charged for statutory holidays as we offer no classes.

Dates: Mondays, Wednesdays and Fridays in July and August

Fee: \$60 per session

Time: 9am to 5pm

Ages: 3-5 years old

The fee schedule depends on how many days are in the month, but works out to \$60/session (e.g. \$240 for Wednesdays in May as there are four Wednesdays in May).

36th Annual B.C. Rivers Day with Stewardship Pemberton Society

Fun for the whole family! This free event celebrates our local watershed at the One Mile Lake Nature Centre. Rain or shine - there will be lots of fun to be had.

**Sunday, September 26th, 11 am to 2pm.**

### Volunteer Opportunities

Stewardship Pemberton always needs the capable and helping hands of our community to assist us in the work we do: from salmon habitat restoration projects, food preservation initiatives, our food bank gardening project or the many to the many tasks required to keep things on track. Contact us for details at [stewardshippemberton@gmail.com](mailto:stewardshippemberton@gmail.com) or call 604 698 5686

Find out more and register for all of our programs online: [www.stewardshippemberton.com](http://www.stewardshippemberton.com)



# SUMMER AT BIG SKY



## LADIES NINE & WINE

Every Thursday, starting  
May 26th after 4:00pm.  
\$45 - 9 holes, cart, glass  
of wine, shared appetizers  
& prizes

## LADIES NIGHT GOLF & DINE

June 23, July 7, August 11,  
September 22.  
Golf, dinner, tastings,  
prizes & more!

## MEN'S NIGHT

Every Tuesday, starting  
May 24th after 4:30pm.  
\$45 - 9 holes, cart, pint of beer,  
shared appetizers & prizes

## JUNIOR GOLF CAMPS

Week 1 July 11 - 13  
Week 2 July 25 - 27  
Week 3 Aug 1 - 3







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The Pemberton Valley Seniors always welcome new members. You can join in the fun, meet new friends and stay fit for an annual membership fee of \$20

To learn more and join visit:

<http://pemberton seniors.com/>

Members & other local seniors supported by:

Vancouver Coastal Health Coordinator,  
Seniors Supported Housing – Fran Hopkins

Email: [frances.hopkins@vch.ca](mailto:frances.hopkins@vch.ca)

Phone: 604-894-6967 cell: 604-698-5380

## Pemberton Valley Men's Shed

PVMS is a fellowship of men from the Pemberton Valley Senior's Society who have come together to create both a social space and take on initiatives that can be shared with the Society and the people of Pemberton.

**Location** - The Men's Shed currently convenes informally at the "Rec" Youth/Senior building just behind the main Community Centre building on Cottonwood.

**Membership** – Open to all men over 50yrs.

**Activities** – Drop in Wednesdays 11am-3pm for a BYO lunch, and to chat, play music cribbage, snooker or to plan community projects.

**Alternate Fridays "Jam" session** - open to all who enjoy making music

**Volunteer options** – Pemberton Tool Library, Flea market and weekly Farmers Markets.



**Membership** – **Open to all** for a \$30 per year. Members of the Pemberton Valley Senior's Society are automatically members. Small annual borrowing fee waived for this first year of operation.

**Borrowing rules** - Tools will be checked out for six days

**Hours of Operation** – TBA –check website for updates

W: [pembertontoollibrary.com](http://pembertontoollibrary.com)

E: [mensshedpvss@gmail.com](mailto:mensshedpvss@gmail.com)

P: 778-655-1046

Located on site of the Event Rental Works / U-haul facility  
on Hwy 99 behind the Pemberton Information Centre.



# WorkBC

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## Need to find work but don't know where to start?



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- Start a business

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Call for information or  
an appointment

**1-877-932-1611**

**WorkBC Centre in Whistler  
204-1200 Alpha Lake Rd  
Open Monday - Friday  
9:00am - 5:00pm**

[www.whistlerESC.com](http://www.whistlerESC.com)



The Employment Program of British Columbia is funded by the Government of Canada and the Province of British Columbia.

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# Renewable energy is also solid long-term collaboration

Innergex is looking forward to continuing its work on the Upper Lillooet Hydro Project in cooperation with the Village of Pemberton, the SLRD and the Lil'wat Nation.

Updates on the Project can be found at [upperlillooethydro.com](http://upperlillooethydro.com)

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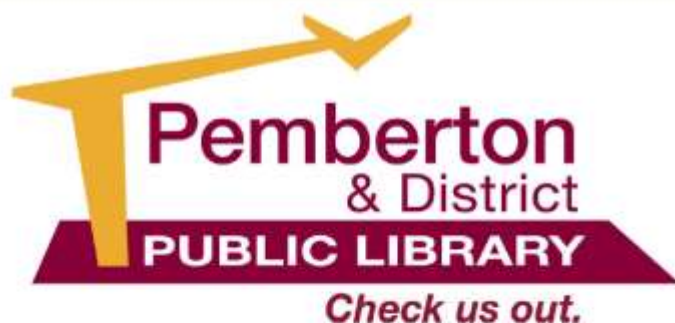
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## HOURS OF OPERATION

Monday - Friday 10 - 6  
Saturday 11 - 4  
Sunday 11 - 2

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# PEMBERTON AND DISTRICT FITNESS CENTRE

- \* 2,330 square foot weight room
- \* 18 spin bikes
- \* Fitness studio
- \* Stretching areas
- \* Variety of functional fitness weight training machines and free weights
- \* Wheelchair accessible
- \* Treadmills, ellipticals, stair climber, bikes and rowers

## ADMISSIONS AND PASSES

	ADULT	STUDENT/ SENIORS
DROP IN	\$5.59	\$4.47
10x PASS	\$44.83	\$35.86
1 MONTH	\$50.42	\$40.33
3 MONTH	\$123.26	\$98.60
6 MONTH	\$224.30	\$179.44
1 YEAR	\$392.38	\$313.90

Our fee structure is designed to fit the needs of all active people, complete with pass options and great values. Includes access to the fitness centre and value added classes.



## FREE FITNESS PASS

Volunteer at the Pemberton & District Community Centre and exercise for FREE!!

1 volunteer shift = 1 week of fitness  
Includes Value Added Classes & Fitness Centre



## FACILITY RENTALS

Meeting spaces ranging from 800 sq ft to a 3,500 sq ft hall overlooking the landscaped grounds, people gather to enjoy a variety of fitness and dance classes, sports activities and personal celebrations. The Community Centre has a variety of spaces to meet your needs from commercial and private, meetings, seminars, workshops, exhibits, large group rentals.

Host your next meeting or event at the Pemberton and District Community Centre. For more information on hours and rental opportunities phone 604-894-2340 or email [pemrecinfo@slrd.bc.ca](mailto:pemrecinfo@slrd.bc.ca) or visit [www.slrd.bc.ca/pemrec](http://www.slrd.bc.ca/pemrec)

- FACILITY FEATURES**
- Outdoor Water Park
  - Outdoor Basketball
  - Children's Nature Play Park**
  - Fitness Centre
  - Great Hall
  - Youth / Seniors Centre
  - Four Multi-Purpose Rooms
  - Pemberton Library
  - Community Kitchen



# PEMBERTON & DISTRICT COMMUNITY CENTRE

## SUMMER HOURS OF OPERATION

Monday to Friday	6 am to 9 pm
Saturday	8 am to 5 pm
Sunday	9 am to 2 pm
Statutory Holidays	CLOSED



### PEMBERTON & DISTRICT COMMUNITY CENTRE

7390 Cottonwood Street  
PO Box 104

Pemberton, BC V0N 2L0

Phone 604-894-2340 Email [pemrecinfo@slrd.bc.ca](mailto:pemrecinfo@slrd.bc.ca)

Website [slrd.bc.ca/pemrec-register](http://slrd.bc.ca/pemrec-register)

Recreation Services Manager  
Angela Barth: [abarth@slrd.bc.ca](mailto:abarth@slrd.bc.ca)

Administrative Assistant  
Cheryl Southall: [csouthall@slrd.bc.ca](mailto:csouthall@slrd.bc.ca)

Recreation Programmer  
Daniel Cindric: [dcindric@slrd.bc.ca](mailto:dcindric@slrd.bc.ca)

Youth Centre Coordinator  
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