

Fall 2016

September-December

# Leisure Guide



PEMBERTON & DISTRICT COMMUNITY CENTRE

[sird.bc.ca/pemrec](http://sird.bc.ca/pemrec)  
604.894.2340

Operated by:



**SQUAMISH - LILLOOET**  
REGIONAL DISTRICT



# Facility Information

## Hours of Operation

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

**Fall Registration Begins:**  
**Tuesday, August 2 at 9am**

## Cancellations & 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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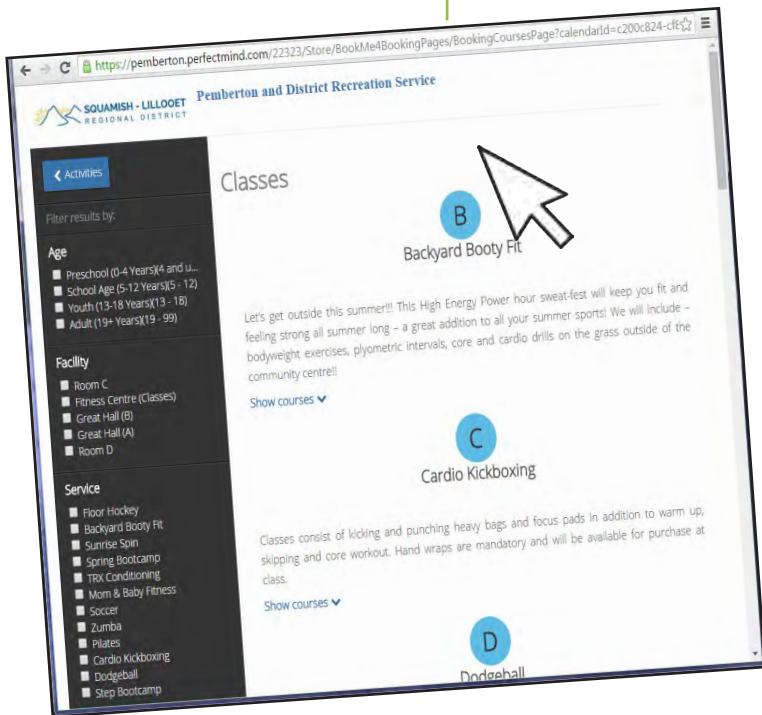
# HOW TO REGISTER

## 1 Online

Visit our website for online registration  
Payment accepted:  
Visa, Mastercard or Amex  
[sldr.bc.ca/pemrec-register](https://sldr.bc.ca/pemrec-register)

## 2 Come-in

Pemberton & District  
Community Centre  
7390 Cottonwood Street  
Pemberton, BC  
Payment accepted:  
Visa, Mastercard, Amex, Debit,  
Cash or Cheque



## Stay Updated



Facebook  
@pemrec



Mailing list  
pemrecinfo@sldr.bc.ca

# Facilities, Parks & Trails



## Pemberton & District Community Centre

7390 Cottonwood Street

Welcome to Pemberton and District's showcase recreational, learning and meeting facility. The Community Centre is a key component of this vibrant community. It's spacious and bright fitness centre, library and multi-purpose rooms are home to a multitude of fitness, arts, wellness and dance programs for all ages. Whether gathering in the lobby for a visit with friends, relaxing on the outdoor lawns, or getting together at a function or your little one's birthday party, there's always something wonderful to do.

## The REC - Youth and Seniors Centre

7390 Cottonwood Street

Home to seniors activities during the day and youth activities in the later afternoons and weekends, the REC provides unique intergenerational opportunities.

From pool, table tennis, iPads or just a comfortable couch to lounge on there is fun for all ages.



## Spray Park

7390 Cottonwood Street

Warmer weather means it's time for water fun for all ages at the Pemberton and District Community Centre Spray Park. The spray park is open until September 30 and during open hours you can activate the water system by push buttons. Regular operating hours are 10am to 8pm.

## Children's Nature Play Park

7390 Cottonwood Street

The Nature Play Park has been designed to expand the outdoor play opportunities available at the Community Centre. The Park carefully integrates elements to support creative play, encourage confident exploration and help children develop a lasting affinity for the natural world. The park currently includes a natural grass maze and patio area and expansion plans are based on grant funding. For more information on the park plan visit

[sIRD.bc.ca/inside-sIRD/current-projects-initiatives/childrens-nature-play-park](http://sIRD.bc.ca/inside-sIRD/current-projects-initiatives/childrens-nature-play-park)





### Gates Lake Community Park

The park is approximately 3 acres and located on the north shore of Gates Lake, near the small community of Birken. Accessed from Portage Road, the site was purchased by the Squamish-Lillooet Regional District in 2013 with the plan of developing a community park to enhance recreation and leisure opportunities in the Mount Currie to D'Arcy corridor. The site includes a large parking lot, bathroom and many grassy areas to enjoy. Bring a picnic lunch and plan to spend an enjoyable day in the park.

**Pemberton Meadows Fields**  
The fields located at the old high school site along Pemberton Meadows Road provide endless opportunities for outdoor fun and fitness. The site includes 2 softball pitches, 1 full-size soccer field, 1 small-size soccer field, a track and plenty of parking.



# Trails



**Pemberton Valley Loop Trail**  
A 7.5 km route, suitable for walking, biking or horseback riding. Begin your adventure at Urdal Road or the Pemberton Valley Lodge, walk along the banks of the Lillooet River or Arn Canal, and see the valley from a whole different perspective.

For more information on our facility hours and rental opportunities phone 604-894-2340 or slrd.bc.ca





# Parent & Tot

## Parent & Tot Dance

With Anna Kroupina

2 - 3 years

Our creative Parent and Tot Dance is designed for children between 2 and 3 years of age. Learn basic dance steps, listen and dance to fun music, play games and meet new friends! Parent participation is mandatory.

Wed Sep 21 - Oct 19 10 - 10:30am \$35 /5

Wed Oct 26 - Nov 23 10 - 10:30am \$35 /5

## Music Together

With Ira Pettle

7 mos - 5 years

This is an internationally recognized early childhood music program for mixed ages. Based on the recognition that all children can learn to sing in tune, keep a beat and participate with confidence. Music is learned through developmentally appropriate activities that support and respect the unique style of very young children. Parents participate with the children and may bring more than one sibling to the classes. Second child in the same family is \$50. Music Literacy Bursaries are available, contact [growinggreatchildren@gmail.com](mailto:growinggreatchildren@gmail.com) for bursary information.

Fri Sep 9 - Nov 18 9:30 - 10:30am \$100 /10

Fri Sep 9 - Nov 18 10:45 - 11:45am \$100 /10

## Family Open Gym

Join us for family open gym to meet new friends and neighbours, share ideas with other parents and have fun with your child. Activities: ride on toys, mats and balls.

An adult must participate and are responsible for the supervision of their child(ren). Schedule is subject to change.

\$2 per child

### Family Open Gym Schedule

Monday

9am - 2:30pm

Wednesday

9am - 2:30pm

Friday

9am - 2:30pm

Saturday

9am - 2:30pm

## Music Together With Jody Gartner

7 mos - 5 years

This is an internationally recognized early childhood music program for mixed ages of children. The program is based on the recognition that all children can learn to sing in tune, keep a beat and participate with confidence. Music is learned through developmentally appropriate activities that support and respect the unique style of very young children. Parents participate with the children and may bring more than one sibling to the classes. Second child in the same family is \$50. Music Literacy Bursaries are available, contact [growinggreatchildren@gmail.com](mailto:growinggreatchildren@gmail.com) for bursary information.

Tues Sep 6 - Nov 8 9:30 - 10:30am \$100 /10

## Childminding With Franny Moody

2.5+ years

Get in a quick workout while we provide activities for your child. This program requires a minimum number of pre-registered participants to run. Don't let this service be cancelled, register early! \*\* Parents must remain in the building for the duration of session \*\* **\$7.50 Drop-in**

No Class Nov 11

Fri	Sep 9 - 30	9 - 10:30am	\$30 /4
Fri	Oct 7 - 28	9 - 10:30am	\$30 /4
Fri	Nov 4 - 25	9 - 10:30am	\$22.50 /3
Fri	Dec 2 - 16	9 - 10:30am	\$22.50 /3



### Family Fun Night 4 - 8 pm

Join us at the Pemberton & District Community Centre August 9th for an evening of music, children's activities, bubbles and socializing.

See page 34.

# PEMBERTON VALLEY *Wellness* be well for life.

*Offering*  
CHIROPRACTIC, MASSAGE, SPA THERAPY  
and CRANIAL SACRAL THERAPY



*Keeping Pemberton families happy and healthy.*

WWW.PEMBERTONVALLEYWELLNESS.COM | 604.894.2009 | #3-7438 PROSPECT STREET  
Open 6 days a week. New patients and families welcome.



## Pre Junior Acro With Anna Kroupina

4 - 6 years

This acrobatics program provides a foundation to transition to Junior 1 Acro Dance class. Dancers will learn to stretch and strength train in a fun and creative environment. This program is open to students with previous dance or gymnastics training.

Fri Sep 16 - Nov 25 3:15 - 4pm \$120 /10

## Mini Tutu's With Anna Kroupina

3 - 5 years

Explore the beautiful world of ballet through story time, magic and movement! Simple positions and posture will be taught in an encouraging environment with plenty of room for expression and imagination. Your little ballerina will surely fall in love with dance!

Sat Sep 10 - Nov 26 9 - 9:45am \$144/10

## Soccer Tots With Roz Patrickson

3 - 5 years

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

**\$8 Drop-in**

**No Class Nov 11**

3 - 4 years

Fri Sep 16 - Oct 21 10 - 10:45am \$36 /6

Fri Oct 28 - Dec 16 10 - 10:45am \$42 /7

4 - 5 years

Fri Sep 16 - Oct 21 11 - 11:45am \$36 /6

Fri Oct 28 - Dec 16 11 - 11:45am \$42 /7

## Zumba Kids With Carmen Laslett

4 - 6 years

Zumba® Kids Jr. classes are a dance 'n' play party for lil' feet where pint-sized party animals get silly, dream big and begin their journey to a healthy future. This program is for 4 to 6 year olds to let loose and be themselves - little bundles of natural energy that are endlessly curious about new sounds and experiences! Here they can socialize, move to age appropriate music and play games with other kids

**\$10 Drop-in**

**No Class Sept 28 and Nov 9**

Wed Sep 7 - Oct 12 4:45 - 5:30pm \$40 /5

Wed Oct 19 - Nov 23 4:45 - 5:30pm \$40 /5

**!** Don't forget to register online!  
Registration opens on August 2 at 9am.





## Stewardship Pemberton Society

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

### **Pro-Nature Day!**

October 21st and November 4th from 9am to 5pm

Fee: \$45/session

### **Spring Go Play Outside After School Club**

Does your child love to play outside after school? Book them in with Stewardship Pemberton for an afternoon of interest led outdoor free play in a natural setting.

Tuesdays - Thursdays (excluding Stats), 3pm to 5:30 pm. Starts September 13 - December 1st

Fee: \$18 per session

\*\*\*Early Dismissal session September 21st. 12-5. \$30

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 September).

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. Ages: 3-5 years old

### **Shorter Sessions:**

Dates: Monday - Thursday, September 6th to November 30th

Fee: \$42/session

Time: 9am to 2:30 pm

### **Longer Session:**

Dates: Wednesdays, September 7th - November 30th

Fee: \$60 per session

Time: 9am to 5pm

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 [stewardship Pemberton@gmail.com](mailto:stewardship Pemberton@gmail.com) or call 604 698 5686

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



# School Age

## Arts, Dance & Music

### Drawing

With Karen Love

6 - 9 years

All children have a natural talent to draw. Let them discover themselves through the exploration of line and creative images. Learn mark making techniques and systems which can help develop new ways of seeing objects around us with different detail. Bring along a pencil and a drawing pad/journal and make art.

Tues Sep 27 - Oct 18 3:15 - 4:15pm \$60 /4

### Painting

With Karen Love

6 - 9 years

Explore a variety of different watercolour techniques and learn how the medium is so lovely to work with. Create beautiful works by applying watercolour paint in different layers and styles. Everyone will have a chance to make a final masterpiece! Materials supplied.

Thu Sep 29 - Oct 20 3:15 - 4:15pm \$70 /4

### Beginner's Chainmail

With Kali Griffith

6 - 12 years

Would you like to make a loved one a beautiful piece of jewelry from chainmail? Learn how to use pliers to make designs and have fun being creative. Chainmail is made up of a pattern of interlocking rings called a weave. It can be designed to form a wide variety of beautiful necklaces, earrings, belts and more. Tools included in the price (you keep the tools).

Fri Sep 16 - Oct 14 3:15 - 4:15pm \$37 /5

### Whittling

With Bill Reynolds

6 - 10 years

Learn the foundational techniques of wood whittling, knife care and safety. In this beginners course, children will be guided through the process of whittling and hopefully be inspired to whittle more! Bring your own pocket knife — thin blades work best for whittling. Knife Information: Parents may drop off knives at the Community Centre prior to the start of class for safe keeping. Please drop off knife in a Ziploc style bag with the child's name clearly marked. Knives will be kept in our safe and brought to the class by the instructor.

Wed Sep 14 - Oct 19 3:15 - 4pm \$36 /6

Wed Oct 26 - Nov 30 3:15 - 4 pm \$36 /6

## Pre Junior Acro With Anna Kroupina

4 - 6 years

This acrobatics program gives a foundation to transition to Junior 1 Acro Dance class. Dancers will learn to stretch and strength train in a fun and creative environment. This program is open to students with previous dance or gymnastics training.

Fri Sep 16 - Nov 25 3:15 - 4pm \$120 /10

## Acro 1 With Anna Kroupina

7 - 12 years

Acro combines classical dance technique with precision of acrobatics. Students will learn to execute various acrobatics tricks like handstands, cartwheels, headstands, chest stands, as well as work on partner tricks. Strength and flexibility are key to this class, emphasis will be placed on extensive conditioning and stretching.

Fri Sep 16 - Nov 25 4 - 5:15pm \$187 /10

## Acro 2 With Anna Kroupina

7 - 12 years

Acro combines classical dance technique with precision of acrobatics. Students will learn to execute various acrobatics tricks like handstands, cartwheels, headstands, chest stands, as well as work on partner tricks. Strength and flexibility are key to this class, emphasis will be placed on extensive conditioning and stretching.

For students who have completed Acro Junior 1

Wed & Fri Sep 16 - Nov 25 5:15 - 6:15pm \$230 /20



PEMBERTON DANCE STUDIO

OFFERING CLASSES FOR AGES 2 - 18 THIS FALL IN:

BALLET | JAZZ | TAP | ACRO

FOR MORE INFO GO TO [WWW.PEMBERTONDANCESTUDIO.COM](http://WWW.PEMBERTONDANCESTUDIO.COM)

## Ballet 1

7 - 12 years

With Anna Kroupina

Ballet is a formalized type of performance dance which is primarily performed to the accompaniment of classical music. It is a highly technical and poised style of dance that lays foundation for many other dance styles. It teaches dancers poise, proper alignment, strength, coordination, flexibility, agility and gracefulness.

Mon Sep 12 - Nov 28 4:30 - 5:30pm \$165 /11

## Ballet Combo 1

5 - 6 years

With Anna Kroupina

This combo class is a blast! It gives tiny dancers an opportunity to try two disciplines in one class. A perfect combination of strength, stretch and structure mixed with the basics of ballet and jazz. **For new students.**

Sat Sep 10 - Nov 26 10 - 11am \$180 /12

## Ballet Combo 2

5 - 6 years

With Anna Kroupina

This combo class is a blast! It gives tiny dancers an opportunity to try two disciplines in one class. We will have a perfect combination of strength, stretch and structure mixed with the basics of ballet and jazz.

**For students who have completed Ballet Combo 1.**

Sat Sep 10 - Nov 26 11am - 12pm \$180 /12

## Ballet for Competitive Gymnasts

9 - 12 years

With Anna Kroupina

This class is especially designed for competitive gymnasts. Focus will be on conditioning, posture, proper foot work, stretches and improved balancing skills all through barre exercise and centre work. Learning choreography as well as improving performance skills will be a part of each 90-minute class.

Tues Sep 13 - Nov 29 4:30 - 6pm \$240 /12



Ballet



## WHISTLER GYMNASTICS- Pemberton 'FALL 2016' SCHEDULE

**Session** (12 weeks): Tues, Sept 13th to Thurs, Dec 8th, 2016

**\*2016-2017 VOLUNTEER LEVY: 5% WILL BE INCLUDED IN YOUR PROGRAM PRICE.**

**YOU CAN EARN THIS BACK BY SUBMITTING YOUR VOLUNTEER HOURS EACH SESSION.**

*As part of a recreational gymnastics class, children of all ages and abilities have fun learning challenging skills; playing on interesting equipment; doing routines; or performing in a demonstration. Gymnastics is about "how the body moves"; it is recognized by the International Olympic Committee as a "foundation sport" for all physical activity and sports. By PLAYing in gymnastics, babies, toddlers, children, youth and adults learn skills that prepare them to participate in almost every other sport.*

CLASSES	AGE/ GRADE	DAY	TIME	Registration: August 1 <sup>st</sup>
<b>AGES 1 – 6 ACTIVE START</b>				
PARENT AND TOT	Born in 2014-2015	Tuesday or Thursday or Tuesday	9:15-10:00 9:15-10:00 10:15-11:00	\$122 + \$35 yearly membership fee
TUMBLE TOT	Born Jan to Jun 2014	Tuesday	Spring session only	\$122 + \$35 yearly membership fee
SPINNERS KK3	Born in 2013	Tuesday or Thursday	11:15-12:00 10:15-11:00	\$122 + \$35 yearly membership fee
TWISTERS KK4	Born in 2012	Tuesday or Thursday	12:15-1:00 11:15-12:00	\$122 + \$35 yearly membership fee
SuperTwisters KK4	Born in 2012 With one year experience!	Thursday	12:30-2:30	\$280 + \$35 yearly membership fee *bring snack
<b>AGES (5)6 - 13 FUNdamentals Grades K-7</b>				
SPRINGERS (Highflyers)	Grade K/1-new Gr 2's Girls and boys	Tuesday or Thursday	3:15-4:30 3:15-4:30	\$176 + \$35 yearly membership fee
AERIALS/JETTS	Grade 2-3 Girls/Boys	Thursdays	3:15-4:30	\$176 + \$35 yearly membership fee
JR REBOUNDERS	Grade 1-3 with one year experience Girls/boys	Tuesday or Thursday	4:30-6:00 4:30-6:00	\$211 + \$35 yearly membership fee
REBOUNDERS	Grade 4-7 girls	Tuesday	6:30-8:00	\$211 + \$35 yearly membership fee
PARKOUR*	Grade 3-7 boys	Tuesday	6:45-7:45	\$151 + \$35 yearly membership fee *email to register
<b>Ages 13 – Adult ACTIVE FOR LIFE Grades 8+</b>				
Teen Rebounders	Grade 8 plus	Thursday	6:30-8:00pm	\$211+ \$35 yearly membership fee *email to register

### Registration Information:

HERE ARE THE INITIAL STEPS TO MAKE SURE IT IS EASY AND CLEAR.

Log on to [www.whistlerymnastics.com](http://www.whistlerymnastics.com). Click on the "Register Here" icon.. Click on Launch member area; choose "don't have a log in" on the left. You will be brought to the member area to start your registration.

### \*\* PLEASE NOTE:

- Adult (parent) information must be provided. Please do not login as a youth/child. After you login, you will be given the opportunity to add your child's information.
- If you need to pay by cash or cheque please contact us (if possible please create an online profile first)
- GBC medical/accidental insurance is considered a secondary insurer and does not apply unless the client has primary medical/accident insurance such as BC MED, other provincial med, or private/travel medical/accident coverage
- If needed, payments can be made in two installments. Please contact us for more information

IF A CLASS IS FULL, PLEASE SIGN UP TO THE WAIT LIST. WE TRY TO GET EVERYONE ON THE WAITLISTS INTO A CLASS!

Whistler Gymnastics-Pemberton [coachcatou@whistlerymnastics.com](mailto:coachcatou@whistlerymnastics.com) | 604-894-1403 |  
Classes held at Pemberton and District Community Centre

## Zumba Kids

With Carmen Laslett

4 - 6 years

Zumba® Kids Jr. classes are a dance 'n' play party for lil' feet where pint-sized party animals get silly, dream big and begin their journey to a healthy future. This program is where 4 to 6 year-olds just let loose and be themselves – little bundles of natural energy that are endlessly curious about new sounds and experiences! Here they can socialize, move to age-appropriate music and play games with other kids

**\$10 Drop-in**

No Class Sept 28 and Nov 9

Wed Sep 7 - Oct 12 4:45 - 5:30pm \$40 /5

Wed Oct 19 - Nov 23 4:45 - 5:30pm \$40 /5

## Junior Tap

With Trish Belsham

6 - 8 years

Tap dancing helps students develop a strong sense of musicality and timing. A highly energetic form of dance with exciting footwork, strength and rhythm. Let's make some noise!

Tues Sep 27 - Dec 6 4:30 - 5pm \$90 /11

## Junior Jazz

With Trish Belsham

6 - 8 years

All that jazz. Our jazz program will be a fun blend of Broadway, lyrical, African and modern jazz dance styles. Classes include warm-up, stretching, technique, and original choreography to contemporary music.

Tues Sep 20 - Dec 6 3:15 - 4:15pm \$180 /12

## Intermediate Jazz 1

With Trish Belsham

9 - 12 years

All that jazz. Our jazz program will be a fun blend of Broadway, lyrical, African and modern jazz dance styles. Classes include warm-up, stretching, technique, and original choreography to contemporary music.

For new students.

Mon Sep 19 - Dec 12 3:15 - 4:15pm \$180 /12

## Intermediate Jazz 2

With Trish Belsham

9 - 12 years

All that jazz. Our jazz program will be a fun blend of Broadway, lyrical, African and modern jazz dance styles. Classes include warm-up, stretching, technique, and original choreography to contemporary music.

For students who have completed Jazz 1.

Mon Sep 19 - Dec 12 4:30 - 5:30pm \$180 /12

## Junior Jazz / Tap

With Trish Belsham

6 - 8 years

This great class will give new students an opportunity to try two popular dance genres in one class. Students will develop a variety of skills while they make music with their feet, learn to isolate different body parts, improve musicality and coordination while moving with a huge amount of energy.

Thu Sep 22 - Dec 8 3:15 - 4:45pm \$240 /12

## Intermediate Tap

With Trish Belsham

9 - 12 years

Tap dancing helps students develop a strong sense of musicality and timing. It's a highly energetic form of dance with exciting footwork, strength and rhythm. Let's make some noise!

Thu Sep 22 - Dec 8 5 - 5:30pm \$90 /12

# Local Motion Therapy

## WELCOME TO LOCAL MOTION THERAPY

We have a special interest in getting you out there again!

Physiotherapy, Massage Therapy,  
Acupuncture, Chiropractic, Pedorthist  
(Orthotics), Craniosacral Therapy, IMS

**604-894-5525**

Come in our call us to organise an appointment...



Open Monday - Saturday  
Find us at 110-1411 Portage Road, Pemerton,  
BC, V0N 2L0

[www.localmotiontherapy.com](http://www.localmotiontherapy.com)  
[info@localmotiontherapy.com](mailto:info@localmotiontherapy.com)

# Sports & Fitness

## Bumble Bee Boxing 7 - 13 years

With Michelle Nelson

This non-competitive afterschool program is designed to help kids learn the basics of boxing, while burning off some steam after sitting at a desk all day. Classes will include hand-eye coordination drills, shadow boxing, kicking, skipping, core conditioning, and controlled sparring with partners using focus pads. Boys and girls are encouraged to attend these classes. Aggressive behaviours will not be accepted and could result in removal from future classes, without a refund. Registration fees are for Mondays or Thursdays and are not interchangeable.

### 7 - 11 years

Mon	Sep 12 - Oct 3	3:30 - 4:15pm	\$36 /4
Thu	Sep 8 - Oct 6	3:30 - 4:15pm	\$45 /5
Mon	Oct 17 - Nov 7	3:30 - 4:15pm	\$36 /4
Thu	Oct 13 - Nov 3	3:30 - 4:15pm	\$36 /4
Mon	Nov 14 - Dec 5	3:30 - 4:15pm	\$36 /4
Thu	Nov 10 - Dec 10	3:30 - 4:15pm	\$36 /4

### 11 - 13 years

Mon	Sep 12 - Oct 3	4:15 - 5pm	\$36 /4
Thu	Sep 8 - Oct 6	4:15 - 5pm	\$45 /5
Mon	Oct 17 - Nov 7	4:15 - 5pm	\$36 /4
Thu	Oct 13 - Nov 3	4:15 - 5pm	\$36 /4
Mon	Nov 14 - Dec 5	4:15 - 5pm	\$36 /4
Thu	Nov 10 - Dec 10	4:15 - 5pm	\$36 /4

## Kindersoccer 5 years

With Anne Crowley

Introduction to the game of soccer for girls and boys **5 years old or in Kindergarten**. Emphasis is on physical literacy and fun. Everyone must wear cleats or good running shoes. Shin pads are mandatory. Please bring a water bottle.

Tues	Sep 13 - Oct 25	5 - 6pm	\$40 /7
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**Don't forget to register online!**  
Registration opens on August 2 at 9am.

## Fundamental Movement Skills 5 - 12 years

With Anngela Leggett

Fundamental Movement Skills will help children learn and practice a wide variety of key abilities like footwork, catching, throwing, changing direction and jumping in a fun and encouraging environment. These skills lay the foundation for greater confidence and motivation to participate in a wide variety of competitive and social sports and to maintain a healthy active lifestyle throughout life.

### 5 - 9 years

Tues	Sep 20 - Oct 25	3:15 - 4:05pm	\$42 /5
Tues	Nov 1 - Dec 6	3:15 - 4:05pm	\$42 /5

### 9 - 12 years

Tues	Sep 20 - Oct 25	4:15 - 5:05pm	\$42 /5
Tues	Nov 1 - Dec 6	4:15 - 5:05pm	\$42 /5

## A FRESH PERSPECTIVE



**ASK ME** ABOUT MY RECENT SALES  
IN YOUR NEIGHBOURHOOD...



### MATT KUSIAK

Residential Property Specialist  
Office 604.932.2300 / Direct 604.935.0762  
kusiak@myseatosky.com  
#listwithmatt



## Mini Floor Hockey

With Daniel Cindric

5 - 8 years

Designed to develop hockey skills in a fun atmosphere. Learn skills, do some drills and play games. Indoor running shoes required.

**\$9 Drop-in**

No Class Sept 14

Wed	Sep 7 - Oct 19	4:30 - 5:30pm	\$45 /6
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Wed	Oct 26 - Dec 21	4:30 - 5:30pm	\$67.50 /9
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## Dodgeball

With Daniel Cindric

5 - 8 years

Participate in one of your favourite active games in a safe and fun environment. Indoor running shoes required.

**\$9 Drop-in**

No Class Sept 14

Wed	Sep 7 - Oct 19	3:15 - 4:15pm	\$45 /6
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Wed	Oct 26 - Dec 21	3:15 - 4:15pm	\$67.50 /9
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## Floor Hockey

With Daniel Cindric

8 - 12 years

Designed to develop hockey skills in a fun atmosphere. Learn skills, do some drills and play games. Indoor running shoes required.

**\$9 Drop-in**

No Class Oct 10

Mon	Sep 19 - Nov 7	3:15 - 4:15pm	\$52.50 /7
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Mon	Nov 14 - Dec 19	3:15 - 4:15pm	\$45 /6
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# General Interest

## Childminding

With Franny Moody

2.5+ years

Get a quick workout in while we provide activities for your child. This program requires a minimum number of pre-registered participants to run. Don't let this service be cancelled, register early! \*\*Parents must remain in the building for the duration of session\*\*

**\$7.50 Drop-in**

No Class Nov 11

Fri	Sep 9 - 30	9 - 10:30am	\$30 /4
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Fri	Oct 7 - 28	9 - 10:30am	\$30 /4
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Fri	Nov 4 - 25	9 - 10:30am	\$22.50 /3
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Fri	Dec 2 - 16	9 - 10:30am	\$22.50 /3
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## Introduction to Badminton

With Erica Osburn

7 - 10 years

This is an introduction to the game of badminton. Learn the rules, proper grip, footwork and match play. Participants must wear proper athletic attire and footwear. Racquets provided or you may bring your own.

**\$8 Drop-in**

No Class Nov 11

Fri	Sept 23 - Oct 14	3:15 - 4:15pm	\$24 /4
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Fri	Oct 21 - Nov 18	3:15 - 4:15pm	\$24 /4
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~Regular YOGA schedule

~PEMF (Magnetic Therapy)

~LIVE BLOOD ANALYSIS

specialized workshops, special events

and other forms of healing and

wellness.

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

## Babysitters Course

With Lee-Ann Barczynski

11-14 years

Students will learn about child behaviour, first aid, emergency responses and the many responsibilities required of a reliable babysitter. Certification provided upon successful completion of the course.

Sat	Nov 19	9am - 4:30pm	\$79 /1
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## Home Alone

With Lee-Ann Barczynski

10 - 11 years

This workshop is designed by Kidproof Canada to prepare children to look after themselves when left home alone. Important skills are learned through interactive lessons and role playing that help make both you and your child more confident when they are home alone.

Thu	Sep 15	4 - 6pm	\$45 /1
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**HELLO**

MY NAME IS

The Rec

*Free*

for youth 13-18

## Youth Drop-in Lounge

Open for games, movies and more..

Tue-Thu 3-5, Fri 3-11, Sat 7-11



**Phone 604.894.2340**

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





## Teen Jazz

With Trish Belsham

13 - 16 years

All that jazz. Our jazz program will be a fun blend of Broadway, lyrical, African and modern jazz dance styles. The classes will include warm-up, stretching, technique, and original choreography to contemporary music.

For new students.

Mon Sep 19 - Dec 12 5:45 - 6:45pm \$180 /12

## Free Food Fridays

13 - 18 years

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

Every Friday

7pm

Free

## Dinner and a Movie

13 - 18 years

Themed dinner and a movie. No sign up necessary.

Every 3rd Friday

7pm

Free

## Youth on Weights

13 - 18 years

With PCC Personal 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.

\* Price based on minimum 2 participants per appointment

By Appointment

\$48.95 / 3

## Games for Geeks

10 - 14 years

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 play whether winning or losing.

Location: Signal Hill Elementary School.

Tuesday

3 - 4:30pm

Free



Don't forget to register online!  
Registration opens on August 2 at 9am.

The  
**WHISTLER REAL ESTATE**  
Company Limited



\*Based on sold unit volume in Pemberton as provided by the Whistler Listing System, 2015

## WE KNOW PEMBERTON INSIDE AND OUT

The Whistler Real Estate Company has consistently dominated the Pemberton market thanks to the dedication and exceptional knowledge of our agents.

Our dedicated team of Pemberton specialists are true locals who live, work, and play in the community year-round.

We look forward to welcoming you home.

LUXURY  
PORTFOLIO  
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604.894.5166 | 5-7331 ARBUTUS ST.  
PEMBERTONVALLEYREALESTATE.COM

LEADING  
REAL ESTATE  
COMPANIES\*  
OF THE WORLD



Adult

## Arts, Dance & Music

### Gruff Goat Dance Theatre

With Trish Belsham

Introduction to the basic skills and terminology of modern dance. Focus on control, breathing, balance, strength and musicality. Designed for the dancer who has some basic dance technique and desire for creating original movement with direction from choreographer to prepare a performance piece for concert.

Tues	Sep 20 - 27	7 - 8:30pm	\$20 /2
Tues	Oct 4 - 25	7 - 8:30pm	\$40 /4
Tues	Nov 1 - 29	7 - 8:30pm	\$50 /5
Tues	Dec 6 - 13	7 - 8:30pm	\$20 /2

### Intermediate Flash Mob

With Trish Belsham

Flash Mobs are a group of performers (crew) that learn a dance and perform spontaneously in community for many reasons, often political. In this case our intent is to raise an awareness of dance as an art form that can be appreciated for its unique value to bring beauty, vitality and the joy of movement. Opportunities to perform will be selective and appropriate for children, such as Canada Day, Arts Council events and Tea Parties. No dance experience is necessary. Choreography can be adjusted to challenge the level of registrants.

Thu	Sep 22 - Oct 27	5:45 - 6:45pm	\$90 /6
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### Line Dancing

With Lindsay May

Friday night is date night, so round up your sweetie, your best buds or better yet, BOTH and sign up for this set of 4 line dancing classes over 5 weeks. Each week will build on the last, as we perfect our moves to Achy Breaky Heart, the Boot Scootin Boogie and Country Girl.

No Class Nov 11

Fri	Oct 28 - Nov 26	7 - 7:45pm	\$45 /4
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### Basic DSLR Camera Class

With Amie LeBlanc

Understand the advantages of manual shooting and utilizing your photography equipment to its full potential. You will receive useful handouts and lessons on how to use your DSLR camera; understanding exposure, aperture, shutter speed and more. Fun assignments and class critiques will be given each week so you can leave the class feeling confident and inspired with your photography!

Tues	Sep 13 - Oct 18	7 - 8:15pm	\$66 /6
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### Introduction to Spanish

With Elena Aranguren

Learn to speak Spanish the easy way – through conversation, interaction and fun! An entry level program based on the level of the group and their motivations. Focus will be on relevant concepts for communication depending on class interest in a fun and social environment.

Mon	Oct 17 - Nov 21	6 - 7pm	\$59 /6
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## Theatre Fun and Exploration

With Trish Belsham

A practical introduction to a performance oriented theatre that presents the local experience for the stage. Participants will create and rehearse individual and group scenes exploring exercises to include movement and improvisation. Actors will gain a basic understanding of the elements and vocabulary of theatre through the art of storytelling and the process of writing a script. All levels welcome.

Tues Sep 20 - Oct 25 5:15 - 6:45pm \$60 /6

Tues Nov 1 - 29 5:15 - 6:45pm \$50 /5

## Fitness

### Beginner Cardio Kickboxing

With Michelle Nelson

Whether you are looking to increase strength, confidence, coordination or you are just after an awesome overall cardio workout this kickboxing class will keep you coming back for more. Learn and perfect combinations of punches and kicks on the heavy bag and focus mitts. Wraps are mandatory and will be available for purchase for \$7. Boxing gloves will be provided or you can bring your own.

**\$16 Drop-in**

Mon Sep 12 - Oct 3 6:45 - 7:45pm \$58 /4

Mon Oct 17 - Nov 7 6:45 - 7:45pm \$58 /4

Mon Nov 14 - Dec 12 6:45 - 7:45pm \$58 /4

### Intermediate / Advanced Cardio Kickboxing

With Michelle Nelson

If you are ready to take kickboxing to the next level this is the class for you. Learn how to perfect your punches and kicks on the heavy bag and focus mitts as well as how to correctly block them and move as you throw them. Wraps are mandatory and will be available for purchase for \$7. Boxing gloves will be provided or you can bring your own.

**\$16 Drop-in**

Wed Sep 7 - Oct 5 5:45 - 6:45pm \$72.50 /5

Wed Oct 12 - Nov 9 5:45 - 6:45pm \$72.50 /5

Wed Nov 16 - Dec 14 5:45 - 6:45pm \$72.50 /5

### Tabata Bootcamp

With Lindsay May

This class is NEW for fall . . . the first 30 minutes will be high intensity tabata drills on the spin bikes, followed by 30 minutes of high energy, fat blasting plyometrics and heavy lifts! The last 15 minutes will be spent doing core work and stretching!

**\$20 Drop-in**

Tues Sep 6 - 28 7:45 - 9pm \$68 /4

## Emergency Childcare

### First Aid - Red Cross

With Lee-Ann Barczynski

A basic one-day course offering an overview of first aid and cardiopulmonary resuscitation (CPR) skills with a focus on childhood injuries and illnesses. Course is designed for those in the early childhood education industry as well as for parents/caregivers. Includes the latest first aid and CPR guidelines.

Sat Dec 17 9am - 5pm \$95 /1

## HIIT

With Jessica Turner

Get lean, get fit, get tough! High Intensity Interval Training aka H.I.I.T alternates high intensity intervals with lower intensity recovery periods. Can't promise it's going to be easy...but it sure gets results.

**\$16 Drop-in**

Thu Sep 8 - 29 6:30 - 7:30pm \$58 /4

Thu Oct 6 - 27 6:30 - 7:30pm \$58 /4

Thu Nov 17 - Dec 15 6:30 - 7:30pm \$72.50 /4

## Pilates

With Debbie Christianson

Learn the basic series of exercises upon which the entire Pilates method is built with emphasis on abdominal strengthening, a necessity at every fitness level.

**\$9 Drop-in**

Mon Sep 12 - Oct 3 7:45 - 8:45pm \$28/4

Mon Oct 17 - Nov 7 7:45 - 8:45pm \$28/4

Mon Nov 14 - Dec 5 7:45 - 8:45pm \$28/4

## Pre-Natal Circuit

With Lindsay May

Designed for moms-to-be, this multi-level, all trimesters class will help you connect with other moms while learning about the finer details of pregnancy, fitness and your ever changing body! Exercising through pregnancy makes for a happy, healthy mom and babe, and contributes to a faster recovery period post-partum. Each class will be a blend of light cardio, muscle conditioning, core conditioning and stretching, all designed specifically for pregnant women! Participants must complete a Par-Med-X with their doctor or midwife.

**\$17 Drop-in**

Thu Sep 8 - 30 7:45 - 8:45pm \$58 /4

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



We have the information and tools you need to find work quickly.

#### *We can help you:*

- Write a great resume
- Learn about the job market
- Access online career workshops
- Connect with employers
- Develop your skills
- Start a business

Weekly services at  
Pemberton Library  
Thursdays from 1–5 PM

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.

## Spin Yoga

With Angela Leggett

Each week, you will get an intense 40 minute SPIN class before switching gears to complete your workout with 45 minutes of YOGA. This class is the perfect blend of a killer sweat fest, balanced by some refocusing Zen time! Don't forget your towels, water bottles and yoga mats!

**\$20 Drop-in**

Wed	Sep 7 - Oct 13	7 - 8:45pm	\$108 /6
Wed	Oct 19 - Nov 23	7 - 8:45pm	\$108 /6
Wed	Nov 30 - Dec 21	7 - 8:45pm	\$72 /4

## Mom and Baby Fitness

With Jessica Turner

Feel fit and more energized! Strength training, cardio and post-natal specific core exercises are incorporated into this class designed just for momma's. Women should be 4+ weeks postpartum (6 weeks for caesareans) with non-crawling babies. All fitness levels welcome. A great opportunity to connect with other women in your community.

**\$12 Drop-in**

Fri	Sep 9 - 30	10:30 - 11:30am	\$36 /4
Fri	Oct 7 - 28	10:30 - 11:30am	\$36 /4
Fri	Nov 18 - Dec 9	10:30 - 11:30am	\$36 /4

# Drop-in Sports

## Badminton

\$4 - Pemberton Community Centre

Mon	Sept 12 - Dec 19	7 - 9pm
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## Indoor Soccer

\$4 - Pemberton Secondary School

Thur	Nov 3 - Dec 22	9 - 10:30pm
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## Basketball

\$4 - Pemberton Secondary School

Mon	Sept 12 - Dec 19	9 - 10:30pm
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## Strength Training 101

With Jessica Turner

This is a no excuse, ALL IN, 8 week strength training program. We will cover form, exercise progressions, barbells, dumbbells and body weight exercises. At the end of the 8 weeks you will feel stronger, healthier and have a confidence that extends beyond the gym... plus a strength training program tailored to you. You are expected to complete solo workouts outside of our Saturday morning sessions. Space is limited.

Sat	Sep 10 - Oct 29	8 - 9am	\$199 /8
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## Break it DOWN, Build it UP

With Lindsay May

This class is brand NEW and will blow your mind! The first half of class will be a fusion of hip hop dance moves and aerobic fitness . . . your heart will be pumping, while your hips are bumping and the beats are thumping! The second half of class will be all ABS and BUTT, get ready Pemby, you ain't seen nothing like this!!!

**\$17 Drop-in**

Thurs	Oct 6 - 27	7:45 - 8:45pm	\$58 /4
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## Step Bootcamp

With Lindsay May

This 4 week "STEP meets SWAT" will have you in basic training shape in no time! Come ready for everything from a little choreography on the step, to full blown HIIT drills, plus weights and CORE to boot! You will be sweating throughout this high energy, fat blasting workout, so bring a towel and water!

**\$17 Drop-in**

Tues	Oct 4 - 26	7:45 - 8:45pm	\$58 /4
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## TRX Bootcamp

With Jessica Turner

If it doesn't challenge you, it doesn't change you. Reach your fitness goals by leveraging your body weight to increase strength, burn fat, and build a rock solid core. This workout will run you through a variety of TRX exercises intermixed with cardio and strength intervals to leave you feeling accomplished, sweaty and strong.

**\$16 Drop-in**

Tues	Sep 6 - 27	6 - 7pm	\$58/4
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Tues	Oct 4 - 25	6 - 7pm	\$58/4
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Tues	Nov 15 - Dec 13	6 - 7pm	\$72.50 /5
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## Spin, Stretch and Sigh

With Lindsay May

This spin class is great for beginners looking to ease into group fitness, pre-natal mommas or those of you who want to commit more time to stretching! The first half of class will be spent on the spin bikes, followed by 30 minutes of muscle lengthening and stretching using foam rollers!

**\$17 Drop-in**

Thu	Nov 3 - Dec 2	7:45 - 8:45pm	\$72.50 /5
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# Munroe Chiropractic

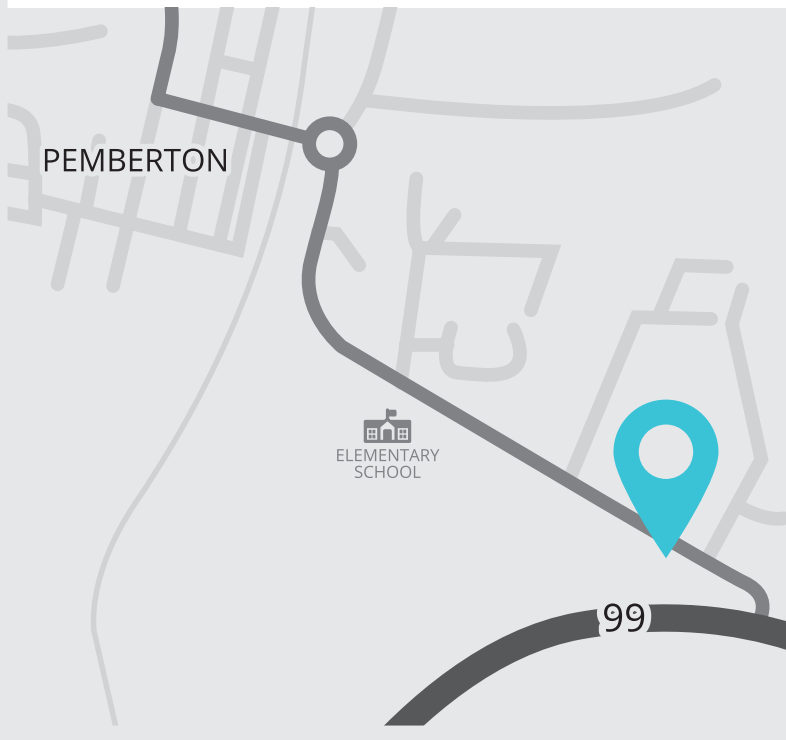
Reach your peak



We offer convenient online booking & direct billing of extended medical insurance plans.

## Techniques Used

- Manual Adjusting
- Drop Table
- Activator Methods



## NEW LOCATION

Beside Big Sky Dental

#3 108-1436 Portage Rd  
Pemberton, BC

604.902.0027

Book online today at

[munroechiropractic.ca](http://munroechiropractic.ca)

# 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! Be sure to register early, this class sells out fast!

**\$17 Drop-in**

Tues	Sep 6 - 28	6 - 7am	\$58 /4
Thu	Sep 8 - 30	6 - 7am	\$58 /4
Tues	Oct 4 - 26	6 - 7am	\$58 /4
Thu	Oct 6 - 28	6 - 7am	\$58 /4
Tues	Nov 1 - 23	6 - 7am	\$58 /4
Thu	Nov 3 - 24	6 - 7am	\$58 /4
Tues	Nov 29 - Dec 21	6 - 7am	\$58 /4
Thu	Dec 1 - 23	6 - 7am	\$58 /4



# Zumba

With Carmen Laslett

This is an exhilarating, effective, easy-to-follow, Latin-inspired dance fitness program Zumba® mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. A total workout that combines all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy.

**\$12 Drop-in**

**No Class Sept 28 and Nov 9**

Wed	Sep 7 - Oct 12	6 - 7pm	\$50 /5
Wed	Oct 19 - Nov 23	6 - 7pm	\$50 /5

# Merry “Fitness” Class

With Lindsay May

Don't wait until January to start your resolutions . . . these bonus holiday classes will be a mix of our sunrise spin and bootcamp circuit style classes, and will surely get you in the festive spirit!!! Sign up for all 10 or pick and choose the dates that work for you! \$17/class, drop-ins available for the same price if space permits.

Mon	Dec 12	6 - 7am	\$17 /1
Wed	Dec 14	6 - 7am	\$17 /1
Fri	Dec 16	6 - 7am	\$17 /1
Mon	Dec 19	6 - 7am	\$17 /1
Wed	Dec 21	6 - 7am	\$17 /1
Fri	Dec 23	6 - 7am	\$17 /1
Tues	Dec 27	6 - 7am	\$17 /1
Wed	Dec 28	6 - 7am	\$17 /1
Thu	Dec 29	6 - 7am	\$17 /1
Fri	Dec 30	6 - 7am	\$17 /1

# Winter Bootcamp

With Lindsay May

This 1hr15min class will focus on full body conditioning exercises and HIIT . . . High Intensity Interval Training! A high energy, fat blasting workout that will leave you feeling strong and confident! Each class will be a combination of plyometric intervals and cardiovascular drills, plus an awesome lower body and core workout! The last 15 minutes of each class will be spent on the foam rollers!

Tues	Nov 1 - 30	7:45 - 9pm	\$85 /5
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**Don't forget to register online!**  
Registration opens on August 2 at 9am.



**Sandra McLaren CCST**  
Cranial Sacral Therapist

604-698-5377  
Haven\_IMT@yahoo.ca

Located at,  
Connections in Pemberton on Wednesdays  
604-894-1223  
book online at [therapypemberton.com](http://therapypemberton.com)





## Pemberton Youth Soccer Association Fall Season

**Sept 5\* – Oct 29\*, 2016**

*Fees paid now are for Fall 2016 & Spring 2017*

Birth Year	Team Division	Fees	Practice Day & Time	Practice Location
2011/2012	U6 CO-ED	\$70	Wednesday's ** 5-6pm	Meadows Field
2009/2010	U8 Boys & Girls	\$140	Mondays 5-6pm	Meadows Field
2007/2008	U10 Boys & Girls	\$160	Wednesdays 5-6pm	Meadows Field
2005/2006	U12 Boys & Girls	\$185	Tuesdays (Boys) Thursdays (Girls) 5-6:30pm	Meadows Field
2002- 2004	U15 CO-ED	\$185	Fridays 5-6:30pm	Meadows Field

\*Start date is dependent on field conditions\*

\*\*practice nights could change depending upon coaching availability

For Registration, League Information, Practice Schedule & up-to date Information visit PYSAs website: [www.pembertonsoccer.com](http://www.pembertonsoccer.com) Use the registration button on the top right!

Players are required to have: soccer cleats, shin guards, socks, comfortable clothing, an extra shirt and water bottle.

If any parents are interested in coaching or assistant coaching, please contact the administrator at [pembertonsoccer@gmail.com](mailto:pembertonsoccer@gmail.com). We will set you up to be a successful coach!

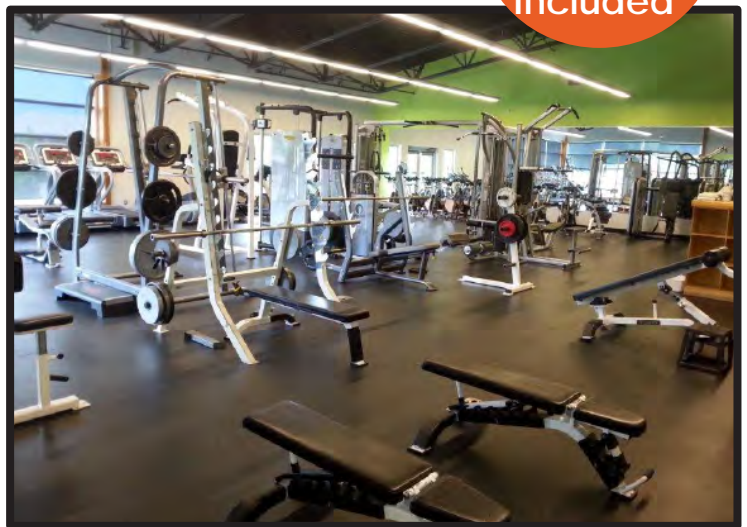
# Fitness Memberships

2,330 square foot weight room - 18 spin bikes  
 - **fitness studio** - **stretching areas**

Variety of functional fitness weight training machines and free weights - wheel chair accessible - treadmills - ellipticals - stair climber - stepmill - bikes - rowers

Become  
 a  
 Member!

Value  
 Added  
 Classes  
 Included



Free  
 Fitness pass  
 for  
 Volunteers

	Adult	Student/+60
Drop in	\$5.70	\$4.75
10x Pass	\$45.75	\$36.75
1 Month	\$51.50	\$41.25
3 Months	\$125.75	\$100.75
6 Months	\$229.00	\$183.00
1 Year	\$400.25	\$320.25

Youth  
 on  
 Weights  
 See page 17

Volunteer at the Pemberton & District Community Centre and exercise for free!  
 1 volunteer shift = 1 week of fitness. Includes Value Added Classes and Fitness Centre



# L.I.F.E

Recreation Financial Support Program

## 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's 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.

For more information on eligible programs please contact [pemrecinfo@slrd.bc.ca](mailto:pemrecinfo@slrd.bc.ca)

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)

# Value Added

## Value Added Classes under \$6

Value Added classes are included in your Fitness Centre membership for no additional cost or the drop-in fee.

Class schedule is subject to change based on attendance, instructor availability and holiday closures. All levels welcome!

Monday

### Spin Circuit

With Michelle (Michaela) Nelson

Amp up your heart rate, challenge your muscular strength! This class combines spinning intervals, weight training and core conditioning. The perfect class to build confidence and gain knowledge of gym equipment while working up a sweat. All levels welcome.

Mon Sep 12 - Dec 19 9:15 - 10:15am

### Zumba Gold

With Carmen Laslett

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.

Mon Sep 12 - Oct 24 10 - 11am

### Seniors Yoga

With Rya Letham

Yoga tones the body, keeps our internal organs and the hormonal system in balance, and refreshes the mind and spirit. This class is perfect for people with a wide range of mobility.

Mon Oct 31 - Dec 19 10:30 - 11:30am

### Cardio Kickboxing

With Michelle (Michaela) Nelson

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!

Mon Sep 12 - Dec 19 5:15 - 6:15pm

Tuesday

### Combo Spin

With Lindsay May

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.

Tues Sep 6 - Dec 20 9:15 - 10:15am

### Broga

With Franny Moody

Broga is a yoga class for men. It combines the best core strengthening, muscle toning, cardio working, yoga postures with functional fitness exercises for an amazing workout.

Tues Sep 6 - Dec 20 7:15 - 8:15pm

Wednesday

### Spin Circuit

With Anngela Leggett

Start your day with a mid-morning power hour. The first 45 minutes of the class will be a combination of cardio spin and muscle conditioning, followed by 15 minutes of hardcore ABS! All fitness levels are welcome!

Wed Sep 7 - Dec 21 9:15 - 10:15am

### Cardio Circuit

With Anngela Leggett

Get your heart pumping and muscles firing! Each week we will do a combination of strength training, cardio drills and mega core. We will focus on increasing strength and cardio all while preparing to be strong and healthy for a winter full of fun and adventure!

Wed Sep 7 - Dec 21 5:15 - 6:15pm

### Yoga

With Anngela Leggett

A fun and playful Vinyasa Flow Class connecting breath with movement. Move through standing, balancing, seated and core poses. All levels welcome!

Wed Sep 7 - Dec 21 7 - 8am

Thursday

### SOS

With Lindsay May

A combination of circuit, spinning, boxing, bosus and TRX you are sure to leave sweaty and shouting SOS! You'll feel like a kid again after an hour of punching, lifting and running around! It's a fun full body workout!

Thu Sep 8 - Dec 22 9:15 - 10:15am

### Yoga

With Anngela Leggett

A fun and playful Vinyasa Flow Class connecting breath with movement. Move through standing, balancing, seated and core poses. All levels welcome!

Thu Sep 8 - Dec 22 5:15 - 6:15pm

Friday

## Spin Circuit

With Jessica Turner

Amp up your heart rate, challenge your muscular strength! This class combines spinning intervals, weight training and core conditioning. The perfect class to build confidence and gain knowledge of gym equipment

Fri Sep 9 - Dec 16 9:15 - 10:15am

Saturday

## Gains and Pains

With Lindsay M, Michelle N, Jessica T

This muscle & strength building class will be speckled with cardio intervals & lots of AB work! Each class will be different from the last, so come prepared for something and/or someone new each time!

Sat Sep 10 - Nov 27 9:15 - 10:15am

## Combo Spin

With Michelle (Michaela) Nelson

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.

Fri Oct 7 - Dec 12 5:15 - 6:15pm



Broga

## Personal Trainers

### 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

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. Anngela offers a variety of group fitness classes, personal training sessions and private yoga classes.



### Jessica Turner

BCRPA Certified Personal Trainer, BCRPA Group Fitness Leader, TRX Trained, Certified First Aid and CPR Attendant.

Growing up on the West Coast, being active and outdoors has always been an invaluable part my life. I've taken my love of movement and turned it into what I get to call "work". Whether you are new to exercise, coming back from an injury or looking to push yourself further than you have before. My goal is for you to feel comfortable and confident in and out of the gym so that you can reach your goals.



### Lindsay May

BCRPA Certified Personal Trainer, Weight Trainer, Group Fitness Leader, Third Age Leader (Older Adults) & Pre / Post Natal Specialist, BA Degree

Lindsay May has been working as a personal trainer and group fitness instructor for the last 11 years, offering everything from weight loss programs, to sport specific training and coaching, to post-natal fitness programs. Whether you are a seasoned athlete, coming back from an injury or just getting started, Lindsay can tailor a program or class to fit your specific needs.



### Michelle (Michaela) 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 an innovative workout regimes. Her ultimate goal is to empower everybody to live a healthy lifestyle and believes that physical activity is a large portion of overall fitness.



### 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.

OPEN EVERYDAY 8AM TIL 9PM



**7438 Prospect Street -**

**Located across from the Scotia Bank and  
General Store in Pemberton's Downtown Centre**

**[www.pembertonsupermarket.com](http://www.pembertonsupermarket.com)**

**604.894.3663 ext 226**

**[mail@pembertonsupermarket.com](mailto:mail@pembertonsupermarket.com)**

WE HAVE A COMPLETE LINE OF FRESH PRODUCE,  
FULL SERVICE DELI, FRESH BAKED GOODS, ON SITE  
BUTCHER, GLUTEN FREE PRODUCTS, SPECIALTY  
PRODUCTS, DAIRY, FROZEN, AND DRY GOODS!

*"We are committed to providing excellence in  
quality, selection, service and value everyday"*





# Facility Rentals

Our meeting spaces range from 800 sq ft activity rooms to a 3,500 sq ft great hall overlooking the landscaped grounds where 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, and large group rentals.

Host your next meeting or event at the Pemberton & District Community Centre.

For more information on hours and rental opportunities phone 604-894-2340, 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 Spray Park
- Children's Nature Play Park
- Great Hall
- 4 Multi-Purpose Rooms
- Youth / Seniors Centre
- Pemberton Library
- Community Kitchen

For more information on our facility hours and rental opportunities please phone 604-894-2340 or visit [slrd.bc.ca](http://slrd.bc.ca)



## **CHEESE! BOX** PHOTO BOOTH

### INTRODUCING \*NEW\* SERVICE OPTIONS!

Choose the photo booth experience that best suits your event and budget.

#### **FULL SERVICE RENTAL** -starting at \$550

Our premium package, this fully-loaded option includes staffed booth, awesome props, instant prints, online gallery & more for the ultimate photo booth experience.

#### **DIGITAL PHOTOS ONLY** -starting at \$400

Get all the benefits of our Full Service package minus the instant prints. View photos online, download prints for free & share on social media all from your personal online event gallery.

#### **OPEN-STYLE "POLAROID" BOOTH**

-starting at \$300

With this option we will provide the backdrop, bench, props, INSTANT PRINT CAMERA with film cartridges to take up to 20 instant prints per hour. Guests can also use their own camera or smartphone.

#### **DO-IT-YOURSELF OPEN-STYLE BOOTH**

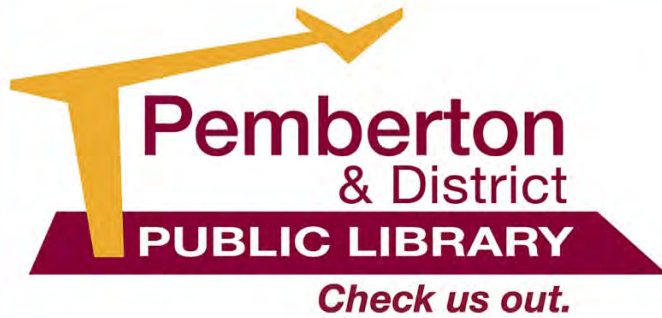
-starting at \$200

BYOC! Bring Your Own Camera :) We provide the backdrop, bench & fun props. You provide the camera or guests can also use their own camera or smartphone.



For more info call, email, or visit us online:

[info@cheesebox.ca](mailto:info@cheesebox.ca) | 604.932.7876 | [www.cheesebox.ca](http://www.cheesebox.ca)



## HOURS OF OPERATION

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

7390A Cottonwood St, Pemberton  
604-894-6916 [library@pemberton.bclibrary.ca](mailto:library@pemberton.bclibrary.ca)

## More than just an amazing collection of books!

### MOVIE NIGHTS AT THE LIBRARY

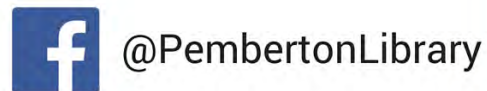


Each month we host one movie night for adults, one for teens, and a family movie matinee.

Admission is free for everyone!

*Keep in touch!*

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Facebook and Twitter







discover  
play  
train  
grow



Youth Sport  
Programs  
Fall-Winter  
2016-17



**Introductory Multi-Sport Programs**  
(8-12 years)

**Entry-Level Ski Jumping**  
(8 years and up)

**Beginner Luge & Skeleton Clinics**  
(8 years and up)

**Christmas & Spring Break Camps**  
(8-12 years)

**Pro-D-Day Camps**  
(8-12 years)

**Toddler Physical Literacy**  
(0-6 years)



Details and Registration

 [whistlersportlegacies.com/youthprograms](http://whistlersportlegacies.com/youthprograms)



# 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, August 9

4 – 8 pm

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## *Pemberton & District Community Centre*

7390 Cottonwood Street  
PO Box 104  
Pemberton, BC V0N 2L0

### **Recreation Services Manager**

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

### **Recreation Programmer**

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

### **Facility Maintenance Coordinator**

Adam Malpus: [amalpus@slrd.bc.ca](mailto:amalpus@slrd.bc.ca)

### **Administrative Assistant**

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

### **Youth Centre Coordinator**

Geoff Pross: [gpross@slrd.bc.ca](mailto:gpross@slrd.bc.ca)

**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)

Leisure Guide Design: Vanessa Lafontaine

