

# ACTIVITY GUIDE

SPRING 2022



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## Black Creek Community Association (BCCA) Information

### Spring 2022 Activity Guide

#### BOARD OF DIRECTORS

Chair & Facilities Director - *Jerry Griffin*  
Vice Chair - *Andrea Sorensen*  
Treasurer - *Chris McPhedran*  
Secretary - *Ian Doe*  
At Large - *Kerry Amos*

#### STAFF

Executive Director - *Dana Starritt*  
[execdirector@blackcreek-cc.com](mailto:execdirector@blackcreek-cc.com)

Finance Coordinator - *Vi Ellis*  
[finance@blackcreek-cc.com](mailto:finance@blackcreek-cc.com)

#### Office Administrators

*Tasha Harrison, Tonya Crawford*  
*Lauren McClung & Shelley Hunter*  
[info@blackcreek-cc.com](mailto:info@blackcreek-cc.com)

Programmer - *Kim Blackwell*  
[programmer@blackcreek-cc.com](mailto:programmer@blackcreek-cc.com)

Janitorial - *Top Notch Cleaning Services*  
Maintenance - *John vander Maaten*

#### OFFICE DETAILS

2001 Black Creek Road  
Black Creek, BC V9J 1G5  
Ph: 250-337-5190 Fax: 250-337-5192  
[info@blackcreek-cc.com](mailto:info@blackcreek-cc.com)

#### OFFICE HOURS

Mon through Sat – 9am to 1pm  
Mon through Thurs – 4pm to 8pm

#### OFFICE CLOSED

Office closed April 15, 18 & May 23

#### CIRCULATION AND DISTRIBUTION

2500 copies are distributed in the Spring, Fall and Winter  
Mail delivery to Merville, Black Creek & Oyster River North to York Road. If you don't get one, feel free to pick one up at the BCCA office. You can always find a digital copy on our website homepage.

[www.blackcreek-cc.com](http://www.blackcreek-cc.com)

[facebook.com/blackcreekcommunitycentre](https://facebook.com/blackcreekcommunitycentre)  
[instagram.com/blackcreekbc/](https://instagram.com/blackcreekbc/)

#### GRAPHIC DESIGN

[michellegjerde@gmail.com](mailto:michellegjerde@gmail.com)

\* We accept cash, debit, cheques,  
Visa and MasterCard



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TRX Free Trial!  
S.W.E.A.T.  
Ladies Only

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**FITNESS**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 - 9:00am	Fused Combo		Fused Combo		Weightless Weight		
9:05 - 10:05am	Shape Up		Shape Up		Shape Up	S.W.E.A.T.	Step N' Pump
9:15 - 10:15am		Fit for Life Circuit		Fit for Life			
10:15 - 11:15am			Fitness to Music		TRX Full Body Blast		
10:30 - 11:30am	Strength & Stamina						
6:00 - 7:00pm	S.W.E.A.T.		S.W.E.A.T.				
7:30 - 8:00pm		Ladies Kickboxing					

**HEALTH & WELLNESS**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:45 - 10:15am		Core Yoga					
10:30 - 11:45am						Hatha Flow Yoga	
11:30 - 12:30am			Mom & Baby Yoga				
5:45 - 7:15am		Kripalu Yoga					
7:15 - 8:15pm	Buddhist: Meditation						
7:30 - 8:30pm			Tai Chi				
7:45 - 8:45pm				Vinyasa Flow Yoga			

**ART, DANCE, MUSIC, LANGUAGE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1:00 - 2:00pm	Line Dance						
2:00 - 3:00pm							Ukulele Adv. Beg
3:15 - 4:15pm							Ukulele Intermediate
3:30 - 4:00pm					Pre-School Ballet		
4:00 - 4:30pm					Pre-School Jazz		
6:00 - 7:00pm			SPANISH Beginner				
7:15 - 8:15pm			SPANISH Int/Advanced				

**SPORT**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 - 10:00am						Soccer 5-7yrs	
10:15 - 11:15am						Soccer 8-12yrs	
3:30 - 5:00pm	T-Ball 4-6 yrs						
3:30 - 4:15pm	Ball Hockey 5-7 yrs						
4:00 - 5:30pm			Softball 7-9 yrs	Softball 10-14 yrs			
4:30 - 5:30pm	Ball Hockey 8-13 yrs						
4:30 - 5:30pm	Taekwondo		Taekwondo				
6:00 - 7:30pm				Karate			
6:30 - 8:00pm		Pickleball		Pickleball			

# VISION AND MISSION



## OUR VISION

We are an essential part of every community member's day.

To do this we will:

- Be a place to go for fun and enjoyment within our community
- Have our membership take ownership of our facility and programs
- Instill a sense of community within our membership
- Understand and meet our community's leisure and recreational needs

## MISSION STATEMENT

**Our place to become your place.**

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**Antonietta Gaudet**

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# REPORT

## EXECUTIVE DIRECTOR



**Q**uite unbelievable to see the initial stages of the outdoor pavilion construction get underway! We are so excited for this project. We're already starting to plan which new programs could take place in the pavilion, making space for other programs to run at the same time in the main hall; we can now have two different

programs happening in the same time slot!! We hope to get more folks making use of our childminding services as well, once we have extra space. We've also had lots of interest from people hoping to use it as additional space for their wedding booking, as well as inquiries about it as an event venue (for music and dance events).

This year, we'll combine our Annual General Meeting with a ground-breaking celebration on March 17 at 6pm. We'd love you to come join us to learn more about the pavilion, our financial outlook, and other plans for the Black Creek Community Centre. Meet the Board of Directors, the staff, and enjoy some refreshments (in person at the centre, but with all necessary Covid safety protocols in place).

It's been a long, hard road through this pandemic; it's nice to have something worth celebrating! I'd like to celebrate our staff as well: Kim (programmer), Vi (finance), John (maintenance), and our office staff (Tonya, Tasha, Lauren, and Shelley) have all been patient and reliable through the many ups and downs, changes, and general uncertainty of life and work during Covid. Thanks to all of you!

See you soon at the centre,

Dana



## CHAIR CHAT



With the arrival of the spring season exciting things are happening at BCCA. First and foremost is the progress being made on our outdoor activity pavilion. The BCCA board members have been busy behind the scene hammering out the details of the project, while staying within our budget, and, as project manager, I can

say how smooth the process has flowed thus far working with George Weibe of Sturdi Construction to make this all possible. We hope to be finished late Spring/early Summer and a celebration and grand opening party will follow. Keep your eye on our website for more details!!!!

Spring has also brought a loosening of restrictions regarding public gatherings, meetings, fitness center and group class covid-19 regulations. YEAH!!!!

As a result our class participation is bouncing back to pre restriction numbers. If you are ready to get out and mingle, check out all we have to offer. Whatever your interests may be, chances are the BCCA has something in store for you. Check out all of our programs here in the activity guide and remember....

Jerry

**“OUR PLACE  
IS YOUR PLACE”**



## REPORT PROGRAMMER

**S**pring is here! I am looking forward to the smells, colours and warmth after the winter we have had. Not only does Springtime lift our spirits

so does the easing of Covid restrictions. We are happy to have our facilities back to full capacity for gym users, classes, and rentals. At the time of writing this we will still follow the guidelines for proof of vaccination and masks.

As a programmer I always look forward to the return of our outdoor sports and classes at this time of the year. We cannot wait to see the kids back to play Softball & Soccer. It is so nice to have the field and bleachers full of kids and parents enjoying the fresh air and social time.

Many of our popular fitness classes will also move outside. We have 2 new fitness classes this session. We will have a TRX class outside on our back deck. Join

*Instructor Kristine MacMillan for a great workout! Kristine will give a free 1/2 hour intro for anyone who would like to come try TRX and see all that you can do. This will be on April 8th at 10:15am, please call ahead to register. We are also offering a Women's only Kickboxing class on Tuesday evenings. Come out for a great workout in a fun environment.*

*Another new class we are pleased to offer is a mom & baby yoga class. I did one of these classes when my daughter was a baby, and it was so much fun. This is a wonderful time to be together with other parents of young babies. It is casual (yes there will be babies crawling around) and a fantastic way to get some exercise. The instructor herself is a new mom and she will have her brand-new baby with her!*

*Amidst all our regular activities we will also see the building of the new outdoor pavilion. This will offer even more opportunities for classes, events, and rentals. In the meantime, please be aware that traffic patterns and parking may be different while construction is going on.*

*See you soon!*

*Kim*

## WE HAVE A NEW PIECE OF EQUIPMENT IN THE GYM!

### Glute Hamstring Developer (GHD)

The GHD machine is exactly as its full name implies: a piece of equipment that can be used to strengthen (or develop) your glutes and hamstrings. Of course, those aren't the only muscles it works. If the machine was dubbed for all of them—the core, quads, calves, and hip flexors, etc—its name would be too long for a cute little abbreviation like GHD. The GHD may be intimidating because it's unlike any other machine at the gym, but don't let yourself miss out on its posterior chain and core strengthening benefits. Like most things in the gym, it's perfectly safe as long as you know how to use it correctly.

With that in mind, if you're wondering how can you add the GHD machine into your routine? In one word: Slowly. "It's like hot sauce, just enough adds some spice to your life....too much and you'll regret it for a couple of days."



*(Excerpt taken from Shape by Gabrielle Kassel Feb.12, 2020)*

There are various YouTube videos available to show you all the different exercises. Scan the QR code beside the machine to get started.

# Frequently Asked Questions

## POLICIES, PASSES & PROMOS

### BCCA PROGRAM POLICIES

- 1 How do I register for a program?
- 2 Why is my program cancelled?
- 3 What options do I have if I want to withdraw from a program?

- 1 You can register for a program by calling the Community Centre at 250-337-5190, or dropping by in person. \*Please check office hours as they may be different at certain times of the year. You can register for many programs online by visiting our website [www.blackcreek-cc.com](http://www.blackcreek-cc.com) and following the link under programs/registration (please note our registration software works best with the Chrome browser). Certain program products will not be available online such as FIT PASSES and PUNCH CARDS that allow you access to various classes.
- 2 Programs require a minimum number of registrations in order to cover the instructor fees & program supplies. Most often cancellations are due to numbers not being met so regretfully they have to be cancelled.
- 3 Pro-rated refunds will be issued with a doctor's note as of the notification date and other requested refunds will reflect a \$5 admin fee if deemed reasonable. No refunds will be issued after a program has ended. Refunds will not be given if withdrawing from a workshop less than 48 hours before it is scheduled to start. Most often refunds will be done using the same payment method that was used to register.
  - Fees are to be paid in full at the time of registration. We accept cash, debit, visa or mastercard
  - Punch cards expire after each session
  - BCCA credits must be used or paid out within a year
  - All program/workshop participants must have a current BCCA membership (this is a free membership) with a signed Liability/Photo Consent form
  - BCCA reserves the right to cancel any program at any time, all efforts will be made to contact participants
  - BCCA will not be held responsible for classes missed due to illness, weather, power failures or other events which are beyond our control and require facility closure for health and/or safety reasons.

Come try your first class for FREE!!

### BCCA FITNESS ROOM POLICIES

- 1 What options do I have for using the fitness room?
  - 2 What can I do if I lose my punch card?
  - 3 What can I do if I lose my access card?
  - 4 What requirements do I have if I am a youth under the age of 18?
  - 5 What should I wear to the fitness room?
1. Anyone 19yrs + can purchase an Earlybird or monthly membership and receive an access card which will allow you to work out any day of the year between the hours of 5am and midnight. We also offer punch cards and a drop-in fee which can be used only during office hours. \*Please check office hours as they may be different at certain times of the year.
  2. Punch cards should be treated like cash. They are non-transferable and non-replaceable if lost, stolen or destroyed. They are valid for one year from the date of purchase or until the 10 punches are used up (whichever comes first).
  3. If you lose your access card it will be de-activated and you can receive a new card with a \$10 deposit.
  4. Anyone between the ages of 16 and 18 years may buy any of the membership options available however they will not be given an access card and therefore will have to come during office hours OR with an adult (19yrs +) who has a valid membership & access card. Youth between the ages of 13 to 15 years MUST be accompanied by an adult. All youth must have an orientation, valid membership & waiver signed by a guardian.
  5. You will require clean indoor running shoes and breathable clothes. Users are also reminded to respect other users and maintain personal hygiene and refrain from using strong fragrances & perfumes.
    - All fitness room users must have a current BCCA membership (this is a free membership) with a signed Liability/Photo Consent form
    - All fitness room users must sign in at the front desk (sign in sheet will be left out for after hours)
    - Access cards require a \$10 deposit
    - Each person using the Fitness Room after hours must have their own access card and not bring in unauthorized guests
    - Punch cards & monthly memberships are non-transferable and non-refundable (unless due to medical reasons)
    - BCCA credits must be used or paid out within a year
    - Deposits on the access cards can be returned anytime



# FITNESS ROOM INFORMATION

## PERSONAL TRAINING

The BCCA is very fortunate to have these three experienced individuals offering personal training here at our fitness centre! If you are interested in these services, please contact any of them directly at the email addresses provided below for rates and availability. Clients accessing these services must still purchase a BCCA fitness room drop-in, punch card or monthly membership.



**Madeleine Ramsay** is a Fitness Instructor and Personal Trainer with over 40 years' experience. She is a former world-class athlete, silver medalist in the sport of synchronized swimming, has coached the sport and is still involved as an official. [mramsay888@gmail.com](mailto:mramsay888@gmail.com) to book your personal training with Madeleine.



**Marion Eberlein** has been a Group Fitness Leader and Personal Trainer for many years. Her expertise shows in the variety of classes and services she offers. Marion strives to provide clients with knowledge, enthusiasm, skills, guidance, support and motivation, that will allow them to explore their own fitness potential to enhance the quality of their life. [marionebe@gmail.com](mailto:marionebe@gmail.com) to book your personal training with Marion.



**Kolby Koschack** is a Kinesiologist, Strength and Conditioning Specialist and is trained in Exercise Physiology. His overall approach to exercise and wellness is a behavioral model and his training style is deeply rooted in proven scientific principles. Ensuring you efficiently reach and build off your fitness goals. [yournactive@gmail.com](mailto:yournactive@gmail.com) to book your personal training with Kolby.

## FITNESS ROOM PASSES & PUNCH CARDS

DROP-IN	COST	PASSES	COST
Adult	\$5	Adult 10 Punch *1 year expiry	\$45
Senior (65+)	\$4	Senior/Student Punch *1 year expiry	\$35
Student (13-18) or valid student card	\$4	1 Month	\$45
		2 Months	\$70
		3 Months	\$90
		6 Months	\$150
		1 Year	\$275

**Workout while you wait!**  
50% off fitness room drop-ins while you wait for your child in their program or workshop.

## FITNESS ROOM ORIENTATIONS

The Black Creek Community Centre offers free fitness room orientations upon request for new fitness room members (for punch card and monthly membership clients only; not available for drop-in clients). Fitness room orientations are required for our younger clients ages 13 to 16 years - FMI see question 4 on Page 8.



## FIT PASS OPTIONS

From April to the end of June, have unlimited access to classes with your favourite Instructor. These classes run 3 times a week (*4 times for Janine's*) to be sure to keep you fit! You will also receive an all-access card to our fitness room to give you the option of working out on your own. Fit passes and gym access valid until June 30th.

**Anyone attending a fitness class is welcome to a complimentary warm up/cool down in our fitness room for 15 minutes before/after class!**

### FIT PASS OPTIONS

PROGRAM	INSTRUCTOR	FITPASS
Fused Combo Workout, Weightless Weight Training	Madeleine	\$231
Shape Up	Marion	\$231
S.W.E.A.T	Jerry	\$224
Strength & Stamina, Fit For Life, Fit For Life Circuit, Fitness To Music	Janine	\$195

## PROGRAM PUNCH CARD OPTIONS

PROGRAM	PUNCH CARD	COST
All Class Punch Pass	10 punch pass	\$90
Calder Classes	10 punch pass	\$80

\* Fitness room drop in and punch card users must come during office hours

\*The All Class Punch Pass includes any fitness program with a drop-in price of \$10 (Adult fitness & Vinyasa Flow Yoga)

**Punch cards are non-transferrable and only good for the current session.**



# WORD SEARCH

C R J G F O R B I D D E N Z O N E P T A  
 O Y M U D Y U T A B D B H R A N U P S F  
 M C U M I M N G P K B F I S H E R M A N  
 M C B B S K I W K I J L G O F D T B U R  
 U X E O C X Z R G E D D O J K A B R I N  
 N L A O O P I B A W Y U W O D T Q M R M  
 I T R T V S O H L C O F O E M B M B J A  
 T M C S E O A X M A L U N N Z E I B B C  
 Y O R M R A Y R P W C E T I E I R Z M A  
 H G E Z Y M C S A N T K B H D M J Y E U  
 U K E A F M X L T T W P C E O T D R R L  
 D L K W O D H W N E O Z X R A U I F V A  
 I N J O O W V Y Q D R G Q Y E C S W I Y  
 Z O S L D V A Q Z E J R A S K E H E L R  
 O J V A S Q G M D S M B I D A Q K G L O  
 F A R M A N D F E E D E F V N C D A E A  
 S I X T Y Z O N E Y S V I R E X I S D D  
 F C T M O T O R S P O R T S S R N N P R  
 I S Z D O F T H E B R I D G E Q E G Y W  
 J F G B Y H A M M R O A D A C L R O E E

- |                |               |              |             |
|----------------|---------------|--------------|-------------|
| DISCOVERYFOODS | FORBIDDENZONE | MIRACLEBEACH | MOTORSPORTS |
| MACAULAYROAD   | OYSTERRIVER   | BEARCREEK    | SIXTYZONE   |
| FISHERMAN      | BLACKCREEK    | BLOOMERY     | OUTHOUSE    |
| FARMANDFEED    | THEBRIDGE     | SARATOGA     | GUMBOOTS    |
| HAMMROAD       | COMMUNITY     | MERVILLE     | GASNGO      |
| DINER          |               |              |             |

# PRESCHOOL SPRING PROGRAMS



## CHILDMINDING

We are pleased to offer childminding for certain programs and for our fitness room clients. Childminding is \$1 per hour, per child.

Facilitator: Mackenzie Keefe ■ Main Hall

**Mon/Wed/Fri Apr. 4 - June. 29**

\*no session Apr 15 & 18, May 23, June 6 & 8

8:30am- 10:30am ■ \$1.00 Per child

## PARENT AND PEANUT

Drop-in with your little one(s) for a free and friendly morning of connecting with other families! Parents and/or caregivers will have the opportunity to meet others and share in the experience of raising children. Children will have the opportunity to meet new friends in a fun and playful environment that encourages growth and learning. A knowledgeable facilitator will be present to help bridge connections between families and community resources if needed. Parent participation is required.

Ages 0 - 5yrs ■ Ebony Close ■ Main Hall

**Thursdays, Apr. 7 - June 23 (11 sessions)**

9:30am - noon

\*no session June 9

**FREE!**

## PRESCHOOL JAZZ

Preschool Jazz is a super fun dance class that includes lots of games infused with dance. This is a creative dance class, that will get all the kids on their toes and moving.

Ages 3 - 5

Instructor: Phoenix Konrad

**Fridays, Apr 22 - June 10**

4:00pm - 4:30pm

(8 sessions)

Reg \$60 Early \$55



## PRESCHOOL BALLET

This class playfully introduces the basic positions and movements of ballet for your toddler using music, games and creativity. Your child will gain confidence as they get comfortable learning the basic warm-up, stretching and beginning ballet steps in a fun environment.

Ages 3 - 5

Instructor:

Phoenix Konrad

**Fridays,**

**Apr 22 - June 10**

(8 sessions)

3:30pm - 4:00pm

Earlybird \$60

Reg \$55



We have a new mom & baby yoga class  
see page 17 for details



## PUMPKIN PATCH NURSERY SCHOOL

250-702-1102

[ppnsteacher@gmail.com](mailto:ppnsteacher@gmail.com)

[www.pumpkinpatchnurseryschool.ca](http://www.pumpkinpatchnurseryschool.ca)

or  Find us on  
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**NEW program days**

Mon-Wed-Fri from 9:00am-1:00pm

Tues & Thurs from 9:00am- 1:00pm

# YOUTH

## SPRING PROGRAMS — SPORTS

### T-BALL

Your little sluggers will have a ton of fun on the ball field this spring with non-competitive T-ball. Participants will develop their batting, throwing, catching and running skills in mock games that will also nurture good sportsmanship. Parent participation is appreciated.

*Ages 4 – 6* ■ *Instructor: Steve McNamee*  
Black Creek Community Centre Field

**Mondays, Apr. 25 - June 27** (8 sessions)

*\*no session May 23, June 6*

3:30 pm – 5:00 pm

Reg \$80 Early \$75

### YOUTH SOCCER

You will practice dribbling, passing and shooting through drills and scrimmages in this 8-week program. Runners or cleats are recommended.

*Instructor: TBD*

Miracle Beach Elementary School Field

*Ages 5 - 7*

**Saturdays, May 7 – June 25** (8 sessions)

9:00am – 10:00am ■ Early \$40 Reg \$45

*Ages 8 – 12*

**Saturdays, May 7 – June 25** (8 sessions)

10:15am – 11:15am ■ Early \$50 Reg \$55

### TAEKWONDO

Taekwondo is a Korean martial art and an Olympic sport. Known for its dynamic kicks, Taekwondo offers students a combination of physical training and character development. Starting at white belt students will progress through the coloured belt system while learning exciting kicks, dynamic hand strikes and self-defense all in a supportive, inclusive and structured learning environment. Students will build confidence, strength, endurance, coordination, flexibility, and reflex reactions. Sanctioned by the BC and Canadian Taekwondo federations.



*Ages 7-14yrs* ■ *Instructor: Fae Clarke* ■ Main Hall

**Monday & Wednesday Apr. 4 - June 22** (20 sessions)

*\*no session Apr.18, May 23, June 6 & 8*

4:30pm – 5:30pm ■ Reg \$200 Early \$195



### BLACK CREEK BEARS SOFTBALL

Participants will develop their batting, throwing, catching and base running skills in this non-competitive Softball program. Their new skills will be applied in many games that will also nurture good sportsmanship, team spirit and self confidence through learning new physical skills. Parent participation is encouraged.



*Ages 7 - 9*

*Instructor: Joel Johnson*

Black Creek Community Centre Field

**Wednesdays Apr. 27 - June 22** (8 sessions)

*\*No session June 8*

4:00pm – 5:30pm ■ Reg \$70 Early \$65

**Ages 10 – 14**

*Instructors: Sayre Neufeld & Jesse Haslehurst*

Black Creek Community Centre Field

**Thursdays Apr. 28 - June 30** (8 sessions)

*\*no session June 2 & 9*

4:00 pm – 5:30 pm ■ Reg \$90 Early \$85

### BALL HOCKEY

You will practice stick handling, passing and shooting in this 8 week session. Runners are recommended and don't forget a water bottle.

*Instructor: Kolby Koschack*

Black Creek Community Centre Courtyard

*Ages 5 – 7*

3:30pm – 4:15pm ■ Reg \$50 Early \$45

*Ages 8 – 13*

4:30pm – 5:30pm ■ Reg \$60 Early \$55

**Mondays, April 25 – June 27** (8 sessions)

*\*no session Apr 18 & June 6*

# ADULT

## SPRING PROGRAMS — DANCE, MUSIC & LANGUAGE



### LINE DANCE

Line dancing is great exercise for your body. It improves your memory and balance and it is FUN! This class is for beginners and beyond. Please Come Dance with Us!

*Instructor: Debbie Dickie*  
Main Hall

**Mondays, Apr. 4 – June 27**  
(10 sessions)

\*no session Apr 18, May 23 & June 6  
1:00pm – 2:00pm  
Reg \$90 Early \$85



### PICKLEBALL

Come have some fun on the court! This program is designed for those that have Pickleball experience and already know the rules. Equipment is provided.

*Facilitators: Annette & Hannah*  
Miracle Beach School Gym

**Tuesdays & Thursdays,**  
**Apr. 4 - June 23** (24 sessions)

6:30pm – 8:00pm  
Reg \$100 Early \$95 DI \$7

### SPANISH FOR TRAVELLERS

Are you looking to learn Spanish or develop your Spanish conversational skills? In this beginner-to-intermediate class, your instructor, a native Spanish speaker, will teach you proper Spanish pronunciation, development of Spanish reading and writing skills, as well as introduction to Spanish dialogue. You will receive weekly homework. Come join the fiesta!

*Instructor: Spanish Tutor & More*  
Black Creek Community Centre Downstairs

**Wednesdays, Apr. 6 - June 15** (11 sessions)  
6:00 pm – 7:00 pm ■ Early \$165 Reg \$170 DI \$15

### SPANISH - INTERMEDIATE TO ADVANCED

Are you looking to brush up on and expand your Spanish conversational skill set? Your instructor, a native Spanish speaker, will work on Spanish fluency, further development of your grammar, reading and writing skills, Spanish comprehension, as well as intermediate-to-advanced Spanish dialogue. You will receive weekly homework. Come join the Fiesta! *A follow up to our Spanish For Travellers Course.*

*Instructor: Spanish Tutor & More*  
Black Creek Community Centre Downstairs

**Wednesday, Apr. 6 - June 15** (11 sessions)  
7:15 pm – 8:15 pm ■ Early \$165 Reg \$170 DI \$15

### UKULELE

Come learn how to play the ukulele and develop your skills! Ruth will teach you all you need to know for playing this little instrument, strumming, chords, and music theory basics in a fun and encouraging environment. Singing is optional, but encouraged.

*Ukulele rentals are available at Long & McQuade in Courtenay. Instructor may have a couple loaners, but no guarantee.*

All Ages ■ *Instructor: Ruth Rae* ■ Lower Level

**Advanced Beginners**  
**Sunday, Apr 24 – May 29**  
(6 sessions)

2:00pm - 3:00pm  
Reg \$85 Early \$80

**Intermediate**  
**Sunday, Apr 24 – May 29**  
(6 sessions)

3:15pm - 4:15pm  
Reg \$85 Early \$80



# ADULT SPRING PROGRAMS — FITNESS

## KARATE

This class is suitable for beginner and returning students. Participants will improve their fitness, flexibility, coordination, focus and body awareness. Participants will learn self-defense techniques and karate techniques. Traditional Okinawan weapons will be introduced occasionally with most focus on the Bo Staff.

*\*Participants are required to have a Karate BC and Sato Kai Association annual membership, this will be paid directly through the association*

**Ages 13 – Adult** ■ *Instructor: Roy Tippenhauer*  
Black Creek Community Centre

**Thursdays, Apr. 7 - June 23** (11 sessions)

*\*no session June 9*

6:00 pm – 7:30 pm ■ Reg \$155 Early \$150

## FUSED COMBO WORKOUT

Fusing the following in one workout has become popular to get in shape.... combining Yoga/Pilates, Bar, Strength, Flexibility, Balance, Mobility, Stamina, all while focusing on core strength. Various intensity levels will be shown throughout the exercises from beginner to advanced. Equipment used: rubber bands, steps, dumbbells, stability balls.

**Ages 16+** ■ *Instructor: Madeleine Ramsay* ■ Main Hall

**Monday & Wednesday, Apr. 4 - June 29**  
(22 sessions)

8:00am – 9:00am *\*no session Apr 18, May 23, June 6, 8*  
Fit Pass \$231 (includes Fri. Class) DI \$10

**Punch Cards available for  
Fitness Classes**

## WEIGHTLESS WEIGHT TRAINING

Discover the art to body weight training without the need for equipment. See the effectiveness of body weight exercises by solely manipulating tempos, reps, and different body exercises which can be intense and challenging. You will be advised to go at your pace and set your limits. Class starts with a warm up, ending with a 10–15-minute stretch. All levels.

**Ages 16+** ■ *Instructor: Madeleine Ramsay*  
Main Hall

**Fridays, Apr 8 – June 24**

(11 sessions) *\*no session Apr 15*

8:00am-9:00am

Reg \$100 Early \$95 DI \$10

**Fit Pass \$231  
(includes  
Madeleine's  
Mon & Wed class)**



## STEP N' PUMP

Step aerobics and pumping iron has all the benefits of a high-intensity cardio workout without putting stress on your joints. It improves overall fitness by building strength, reducing fat, and boosting your cardiovascular health. We focus on the quads, the butt, the hamstrings and a whole lot of cardio. Strength training, balance, posture and core will be emphasized. This workout lasts for 45 minutes including the warmup and ending with 15 minutes of stretching. Madeleine will show the different levels of intensity from beginner to advanced.

**Ages 16+** ■ *Instructor: Madeleine Ramsay*  
Main Hall

**Sundays, Apr 24 – June 26** (7 sessions)

9:00am – 10:00am *\*no class May 8, 15 & 29*  
Reg \$60 Early \$55 DI \$10



# ADULT SPRING PROGRAMS — FITNESS

## SHAPE UP

The ideal workout for anyone looking to get lean, toned and fit – fast! Using light to moderate weights with lots of repetition, Shape Up gives you a total body workout. It will burn up to 400 calories. Marion will coach you proper form, moves and techniques while pumping out encouragement, motivation and great music, helping you achieve much more than on your own! You'll leave the class felling challenged and motivated, ready to come back for more.

**Ages 16+** ■ **Instructor:** Marion Eberlein  
Main Hall

**Monday/Wednesday/Friday, Apr 4 – June 29**  
(33 sessions) \*no class Apr 15, 18, May 23, June 6, 8  
9:05am – 10:05am ■ Fit Pass \$231 DI \$10

## TRX FULL BODY BLAST

Strengthen your core, increase your balance, tone those muscles and more. TRX is a suspension training system that uses body weight resistance and is accessible to all levels, ages and abilities. In this 6 week session you will learn the foundations of TRX and build your skills as we blast through a full body workout that will challenge you and leave you feeling strong. Make sure to sign up for the free trial to see what it is all about.

**Ages 16+** ■ **Instructor:** Kristin MacMillan  
Outside Deck

**Friday, April 22 – May 27** (8 sessions)  
10:15am – 11:15am ■ Reg \$55 Early \$50 DI \$10



## TRX FREE TRIAL!

In this 30 minute free class you will learn the basics of TRX so you can join our 6 week session with confidence. This is for all levels, so whether you are already familiar with TRX or curious to check it out for the first time, we want you to join. We will flow through several foundational movements that offer a great starting point for our 6 week session.

**Friday, April 8** ■ 10:15am – 10:45am **FREE!!**

## S.W.E.A.T.

Jerry will alternate between Sweat class and Bootcamp utilizing gym equipment, stability stations, cardio blasts and core work. All levels welcome as you go at your own pace. More than sweat, it's **StabilityWithExtremeAthleticTraining**

**Ages 16+** ■ **Instructor:** Jerry Griffin  
Main Hall \*Class is run outside weather permitting

**Monday/Wednesday/Saturday, Apr 4 – June 29**  
(32 sessions) \*no class Apr 18, May 23, June 4, 6, 8, 11

**Monday & Wednesdays**

6:00pm–7:00pm

**Saturdays** 9:00am–10:00am ■ Fit Pass \$224 DI \$10

## LADIES ONLY MAUI THAI KICKBOXING

This is a cardio-focused Muay Thai Kickboxing class that is open to participants of beginner and intermediate skill levels. Students will learn a style of striking that emphasizes effective footwork and includes techniques and combinations with the hands, elbows, knees, feet and within the clinch. Participants can expect improvements to strength, flexibility and overall fitness level in a fun and energetic environment.

**Ages 16+** ■ **Instructor:** Parallel 50  
Community Centre Main Hall

**Tuesday, April 5 – June 28** (12 sessions)  
7:30pm – 8:30pm \*no class June 7  
Reg. \$160 Early \$155



Did you know that you can try any class for the first time FREE! Come try a class to see if it's right for you!



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# ADULT HEALTH & WELLNESS

## CORE YOGA

Core Yoga blends core strengthening exercises with traditional yoga postures and breathing techniques. We will learn how to ground to the earth, feeling and using our inner thighs, pelvic floor, sacral alignment, rib cage and shoulder blades to build core stabilization that enhances strength in our bodies and supports a healthy spine. Connecting to your core is much more than physical exercise. Our core is what supports us spiritually in our lives as well as physically in our yoga practice. If our core is weak, the ups and downs of life are much harder to take. A strong core makes us more resilient as we tap into our personal power! If we're weak in the core, our digestive fire is weak. Core work and Pranayama (breathing exercises) lifts the sluggishness of the belly, quickens the blood and gets oxygen moving throughout the body increasing metabolism, clearing the mind and calming the nerves. Modifications are given to those new to yoga or those working with muscle tension or injuries. Start your day feeling strong, centered, energized, and focused!

**Ages 16+** ■ **Instructor: Nancy Moelaert** ■ Main Hall  
**Tuesdays, Apr 5 – May 31** (9 sessions)  
8:45am – 10:15am ■ Reg \$98 Early \$93 DI \$12

## KRIPALU BASICS YOGA

KRIPALU basics yoga class is an internally focused, meditative practice of performing physical postures with mindfulness of breath and sensations in the body. Learn the fundamentals of a safe yoga practice with in-depth instruction on alignment for the postures. With the continued guidance to keep the awareness of the breath, to find the balance of effort and ease. Class includes variety to compassionately challenge ourselves and also includes variety to accommodate less flexibility and you are encouraged to work at your personal level.

**Ages 16+** ■ **Instructor: Nancy Moelaert** ■ Main Hall  
**Tuesdays, Apr 5 – May 31** (9 sessions) 5:45pm – 7:15pm  
Reg \$98 Early \$93 DI \$12



## TAI CHI

This slow and gentle form of movement techniques helps to release the stress and tension in muscles. The practice of Tai Chi is also beneficial for stimulating circulation and improving balance, muscle tone and flexibility. This class will accommodate all levels of participants, allowing beginners to see the next stage, while advanced participants can focus on refining your basics as well as progressing to new territory.

**Ages 16+** ■ **Instructor: Albert Balbon**  
Main Hall

**Wednesday, Apr 6 – June 29** (12 sessions)  
7:30pm – 8:30pm \*no session June 8  
Reg \$95 Early \$90 DI \$9

## VINYASA FLOW YOGA

Join us Friday mornings for a beautiful Vinyasa Flow class. Moving through sun salutations, this core strengthening class will warm you up from the inside out. A perfect class for those wishing to learn the foundations of yoga as we grow and flow together. Kristi will infuse her class with Aromatherapy, sacred sound, Wild Women wisdom, and ancient Sanskrit words adding in health & wellness tips as we flow through our Asanas and move through the seasons.

**Ages 16+** ■ **Instructor: Kristi Walker, Kristi Walker Wellness**  
Main Hall

**Thursdays, Apr 7 – June 30** (12 sessions)  
7:45pm – 8:45pm \*no session June 9  
Reg \$105 Early \$100 DI \$10

## HATHA YOGA

The classical hatha class blends the breath, body and mind. It engages the breath in a specific manner for each asana and transition. The mindfulness breath allows you to connect and bring awareness to your body and your inner self.

Each class will work on your strength and flexibility as well as offer a variety of poses (asana) and modifications for various fitness levels. The class is moderately active. Students are encouraged to find their own pace, take breaks if needed or deepen their practice. Pranayama will be taught, a breathing practice to increase the power of your breath, boost the immune system, balance your body and calm your mind.

**Ages 16+** ■ **Instructor: Laurie Beldam**  
Main Hall

\*please note May 28, June 4 & 11 will be held in the lower level room

**Saturdays, Apr 9 – June 25** (12 sessions)  
10:30am – 11:45am  
Reg \$125 Early \$120 DI \$12



# ADULT HEALTH & WELLNESS

## **BUDDHIST MEDITATION AND TECHNIQUES**

This program is designed for people who have busy schedules and who want to make quick progress toward a happier and more peaceful life. Each class is designed to bring our mind to a peaceful state. If our mind is peaceful, we will be free from worries and mental discomfort and so we will experience true happiness and relaxation. But if our mind is not peaceful, we will find it very difficult to be happy and relaxed even if we are living in the very best conditions.

Each class includes guided meditation, practical instruction and discussion. These classes are suitable for everyone, whether new to meditation or looking to deepen your meditation experience. We meditate sitting on chairs, but you are welcome to bring your own mat and/or cushion if you prefer.

In this 6 part series, we will focus on reducing our tight focus on "self" and growing our compassion. This change of focus will bring great peace of mind. Attend them all or drop into the ones that fit your schedule.

**Ages 16+** ■ *Instructor: Janet Marriott*  
Community Centre Main Hall

**Monday, Apr 4- May 16** (6 sessions)

*\*no class Apr 18*

7:15pm – 8:15pm ■ Reg \$65 Early \$60 DI \$12

**April 4** *Equanimity and Love*

**April 11** *Recognizing the Kindness of Others*

**April 25** *The Benefits of Cherishing Others*

**May 2** *Living Beings Have No Faults*

**May 9** *The Faults of Self-Cherishing*

**May 16** *How to Destroy Self-Cherishing*

## **MOM AND BABY YOGA**

Mom and baby yoga is a playful, informative and supportive class for moms and their babies. I will also be a new mom and I am over the moon to offer a class like this. This class is a wonderful and safe way to get back into a mindful healing movement practice while having your little one join you in the experience. Your new babe will be included as much as possible, starting off with some gentle breathing and baby massage then bringing them into specific yoga postures and movements. This helps to develop a very positive physical connection between you and your baby. During class you have the freedom to meet your babies' needs with feeding and changing whenever it is needed. You will get to connect and bond with your babe amongst a supportive community of other new moms.

You will learn some pelvic floor awareness and health, as well as some gentle yoga poses to help regain your strength flexibility and balance. Different breathing techniques will be taught to help release tension held in the body from the physical, mental and emotional demands of motherhood to help bring you back into harmony. At the end of class, you will have the option to stay for tea and connect and chat with the other moms and babies.

*Instructor: Lena Watt*

Community Centre Main Hall

**Wednesdays, May 4- June 29** (8 sessions)

*\*no class June 8*

11:30am – 12:30pm ■ Reg \$105 Early \$100

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# OLDER ADULT

## OLDER ADULT FITNESS

### STRENGTH & STAMINA

If you would like to work on building your core strength while improving your balance, this is the class for you. One hour of low impact exercises using weights, bands and other equipment. At this time, there will be no lunch included in this program, but please feel free to bring your lunch to eat with the participants after class while you play board games and perhaps even participate in the Line Dance class at 1pm!

Ages 55+ ■ Instructor: Janine Calder  
Main Hall

**Mondays, Apr 4 – June 13** (8 sessions)

10:30am – 11:30am

\*no class Apr 18, May 23, June 6

Reg \$65 Early \$60 DI \$9

### FIT FOR LIFE

This one-hour morning workout is fun and simple. There is no running or jumping involved, but there will be a lot of opportunity to improve your sense of well-being, maximize your independence and reduce health problems. The focus will be on using exercise to improve balance, strength, flexibility, agility and energy level. This is a gentle class that will use bands, Swiss balls and free weights. You may even get to try some Cardio Drumming! All ages, shapes, sizes, abilities and fitness levels are welcome.

Instructor: Janine Calder ■ Main Hall

**Thursdays, Apr 7 – June 16** (10 sessions)

\*no class June 9

9:15am – 10:15am ■ Reg \$80 Early \$75 DI \$9



### FITNESS TO MUSIC

Join Janine for an easy fun workout to your favorite tunes, focus on building stamina and strength. This one-hour class will include use of light weights. Walking is NOT enough, You need to strengthen your muscles.

This low impact functional exercise class is designed specifically for people in their 50's, 60's, 70's and 80's. Increase your strength, stamina and stability. Suitable for all participants and levels of fitness.

Instructor: Janine Calder ■ Main Hall

**Wednesdays, Apr 6 – June 15** (10 sessions)

\*no class June 8

10:15am – 11:15am ■ Reg \$80 Early \$75 DI \$9

### FIT FOR LIFE CIRCUIT

Get a great workout, circuit style. No running or jumping in this fun total body workout that combines strength, cardio, core and flexibility training using Interval stations and the variety of equipment available in the Fitness Room. Maximize your independence, reduce health problems and improve your sense of wellbeing. A great place to kickstart your fitness routine, suitable for all fitness levels.

Instructor: Janine Calder  
Fitness Room

**Tuesday, Apr 5 – June 14** (10 sessions)

\*no class June 7

9:15am – 10:15am

Reg \$80 Early \$75 DI \$9

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# WORKSHOPS

## SPRING PROGRAMS

### YIN FULL MOON YOGA

This is a seated class with no physical effort, just your awesome presence. Yin is gentle but a powerful yoga style. It works on your deep connective tissues, aiding in bone and ligament health, with a mindfulness meditation. Let the power of the full moon guide you through this practice. Props are provided, you are welcome to bring your own, especially a blanket. If you have any question you can reach the instructor at [hellolaurieb@hotmail.com](mailto:hellolaurieb@hotmail.com)

*Ages 18+ ■ Instructor: Laurie Beldam*  
Main Hall

**Friday, Friday, Apr 8, May 13, June 17**

7:00pm – 8:00pm ■ \$12

### BODY ROLLING

Body Rolling heals body problems at the same time that it helps you get in shape. We use Yamuna 4”-10” balls to apply pressure, lengthen muscles, decompress bones, joints, and nerves to restore function. There is a series of routines that use these balls to build core strength and stretch entire length of muscles while freeing restrictions in all parts of the body, increasing blood flow, and promoting healing. Body Rolling empowers people to tone, strengthen, and realign their own bodies to prevent and fix all sorts of body issues and discomfort. For a full description of this workshop, please see our website or Facebook event page. Space is limited and please indicate at the time of registration if you have your own Yamuna balls.

*Ages 16+*  
*Instructor: Nancy Moelaert ■ Main Hall*

**Sunday, Apr 10, May 15**

9:30am – 12:30pm ■ \$40

### MANDALA STONES

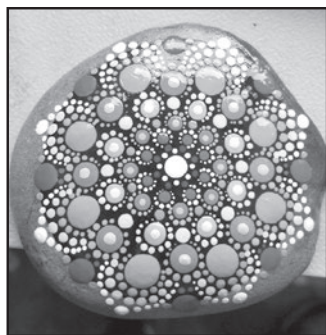
The practice of painting sacred art and mandalas is healing, meditative, spiritual and joyful. No experience is necessary to transform your everyday consciousness into the artist within. Reveal the deep inner patterns that connect you to your soul. All material provided.

*All Ages ■ Instructor: Janine Calder ■ Main Hall*

**Saturday, May 21**

1:00pm to 3:00pm ■ \$20 per person

You will learn the traditional patterns as well as create your own!



### SILK CREATIONS

Here is a unique opportunity to paint a beautiful design on silk! You can bring a photo of a design you would like to paint or choose one from the instructor. You will go home with a 22” x 22” silk that is one of a kind. To view some of these pieces (you need colour to really see the beauty!) check out [vancouverislandsilkpainters.com](http://vancouverislandsilkpainters.com) No experience necessary, all supplies provided, but if you can bring a hair dryer, this will help with drying time! Remember to pack some food!

*Ages 16+*  
*Instructor: Dianne Nelson*  
Black Creek Community Centre  
Main Hall

**Saturday, May 14**

12:00pm to 4:00pm ■ \$70

Registration ends May 7

Min. Participants 4

Max. Participants 8

### PAINT NIGHTS

As always, we will offer our popular painting nights with Connie. She will offer spring inspired painting workshops. Beginners are always welcome & all materials are included. We will do one a month, check our website & Facebook pages for details on dates, times, prices and themes.



### WOMEN'S WOOD WORKING

Here is a great workshop series for all women who would like to take action to grow their independence through learning basic to advanced home maintenance skills. Join Shelby, a Red Seal Journeywoman carpenter in a few workshops this Spring. In a fun and casual environment come and learn anything from how to use drywall anchors, repair drywall, change doorknobs, how to silicone sinks and countertops...you let Shelby know what you want to learn to do!

*Ages 16+*  
*Instructor: Shelby Rollefson*

**Friday, April 22**

6:00pm – 8:00pm ■ \$10

**Friday, May 20**

6:00pm – 8:00pm ■ \$10



# WORKSHOPS

## YOUTH



We are proud to have the Crow's Nest Art Collective host a variety of kids art workshops. Join us for some fun creativity! You must pre-register 1 week prior to the start. Don't miss out, register early! Please note we will require 8 participants minimum in order to run the workshops, so tell your friends and sign up together!

### STEP BY STEP PAINTING

**Thursday, April 28**

4:00pm – 5:00pm

Black Creek Community Centre Lower Level

\$45 Ages 4 – 7 yrs

Using acrylics, students will follow along with the teacher to create an incredible landscape painting.

### TIE DYE

**Thursday, May 12**

4:00pm – 5:00pm

\$45 Ages 4 – 7 yrs

Black Creek Community Center Main Hall

Have you always wanted to learn to tie dye? Now is your chance to earn something new and have loads of fun doing it! Make your very own tote bag! Tote bag is supplied.

### WOOD BURNING

**Saturday, May 7**

10:00am – 11:00am

Black Creek Community Centre Lower Level

\$40 Ages: 8-12 yrs

Turn up the heat on your creativity by designing your very own box or plaque. You will burn your own original designs to personalize your keepsake!



### POTTERY

Make a Chime/Mobile

**Thursday, May 19**

4:00pm – 5:00pm

Black Creek Community Centre Main Hall

\$25 Ages: 8-12yrs

Sculpt and paint your own chime/mobile. Choose from butterflies, hearts, Vancouver Island, flowers, stars... and more, or make up your own unique shapes. After the class pottery will be taken to be fired/glazed and returned to the Centre for pick up.

### THE ART OF HENNA

\$35 Ages: 8 – 12 yrs

**Thursday, June 16**

4:00pm – 5:30pm

Black Creek Community Centre Main Hall

Learn the ancient form of skin dying or tattooing with Henna!

# WORKSHOPS CERTIFIABLE

## CANADIAN FIREARMS SAFETY COURSE (CFSC)

Successful completion of this course will allow you to apply for your Firearms Possession and Acquisition License (PAL). Includes an AV presentation with animations as well as hands-on work with disabled non-restricted firearms and other teaching aids. Class time will be 9 hours for the CFSC course plus written and practical exams. Students must be 12 years of age or older and require a parent's written consent if under the age of 18 (and can apply for their minor's license only). This course emphasizes safe storage, display, transportation, handling and use of firearms and compliance with Federal, Provincial and Municipal laws, regulations and bylaws. No live fire exercises or range time included in this course.

Facilitators: North Island Firearm Safety Courses  
Black Creek Community Centre Main Hall

### Saturday & Sunday, May 7 & 8

8:00 am – 6:00 pm Saturday  
Sun 8:00am – 10:00am ■ \$175

\* It is recommended to register early to receive reading material from N.I.F.S.C. prior to course start

Register  
early to avoid  
disappointment!

## CANADIAN RED CROSS BABYSITTERS COURSE

This course is designed in compliance with the Canadian Red Cross to help children learn childcare, injury prevention and basic first aid skills. They will learn important childcare skills; safety tips for children of all ages; how to cope with common problems, like tantrums and crying; what to do if anything makes the babysitter uncomfortable; some great games and other ideas for having fun with the children while babysitting; how to make the children's environment safe and enjoyable and how to handle emergencies and basic first aid. There is a multiple-choice quiz at the end of the class.



Ages 11+ (or turning 11 by June)

Instructor: Viki Cirkvencic

\*Be sure to bring a lunch, snacks and a drink.

### Saturday, April 9

8:00am – 4:00pm ■ \$85

Black Creek Community Centre Lower Level



## CPR C WITH AED

This course on cardiopulmonary resuscitation (CPR) provides the skills needed to recognize and respond to cardiovascular emergencies and choking for adults, children, and babies depending on the level of CPR chosen. Training will also include the use of an automated external defibrillator (AED). This course offers training suitable for workplace or general interest and includes the latest CPR guidelines.

Space is limited! Ages: 14+  
Instructors: Firefighters from the Oyster River Fire Dept.

Location: Oyster River Fire Hall

### Saturday, date TBA

8:00 am – 1:00 pm ■ \$10



## FOOD SAFE

Research shows that 95% of people who took Food Safe Level 1 five years Ago or earlier would not pass the exam if they wrote it today! FOODSAFE certificates obtained before 2017 will expire this year in 2022. Upgrade your qualifications and attend a workshop! Food Safe certificates are widely recognized within the industry in BC and will increase your employability. Participants will learn about food safety and how to prevent food borne illness as well as job hazards and how to apply safe work practices to reduce job related injury and illness. Food safe workbook and certificate included.

\*Be sure to pack lunch and a drink.

Instructor: Gaetane Palardy

Sunday, April 10 ■ 9:00am – 4:00pm

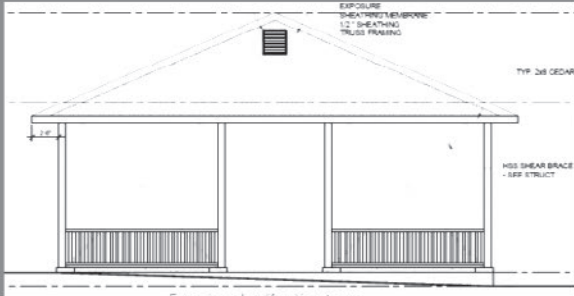
\$100



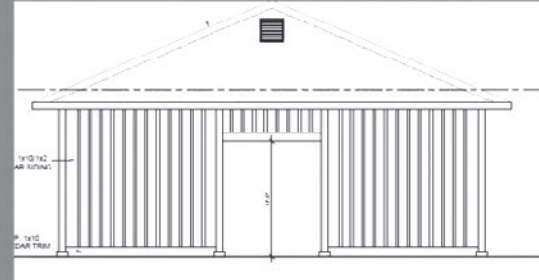
(250) 792-2366  
info@coastcatalystconstruction.com  
coastcatalystconstruction.com

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# NEW PAVILION



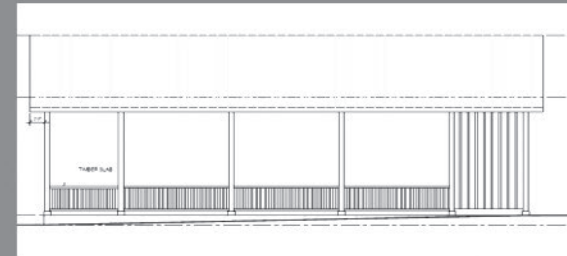
East wall



West wall



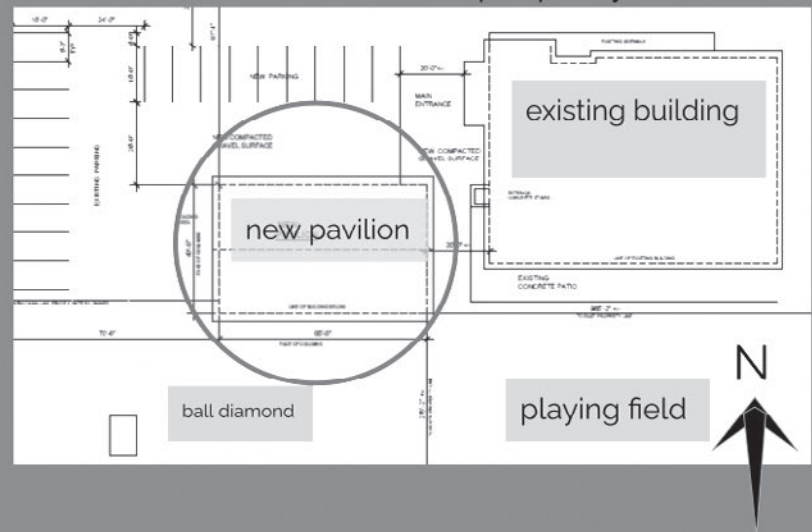
South wall



North wall

BCCA is grateful to the Province of BC for CERIP funding to build a new outdoor pavilion for our community centre. Come to the groundbreaking celebration @ 5:30pm March 17/22 to learn more....

Location on the property



Come, learn about our future plans, meet the Board of Directors and enjoy some refreshments. All necessary Covid safety protocols in place.

## BCCA AGM

@ the BLACK CREEK COMMUNITY CENTRE

THURSDAY, MARCH 17

TIME: 5:30PM

\* Everyone Welcome \*

This is ALSO a GROUNDBREAKING CELEBRATION for the NEW Outdoor Pavillion!

Contact the Front Desk for more information and/or a Zoom option  
250-337-5190

### Covid Update

We continue to follow the BC public health guidelines. We ask all members to continue with handsanitizing & cleaning of equipment. Although we no longer have any capacity limits we are still required to wear masks when moving around inside the building. Masks may be removed when using gym equipment or participating in a class. For the safety and wellness of everyone please do not enter the building if you are feeling unwell and have any covid symptoms. We will adjust protocols as per any public health updates. Stay safe and thank you for supporting your local community centre!



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VETERINARY HOSPITAL

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10 MINS NORTH OF COURTENAY

FIRST EXAM IS FREE  
• LIMIT TO 1 PET PER HOUSEHOLD •

**VET STORE NOW OPEN SATURDAY 9AM-1PM**

**SLOW DOWN! WATCH  
FOR CHILDREN**

**MORE PARKING  
AVAILABLE BEHIND  
CENTRE BY TENNIS  
COURTS**



**WORK IN PROGRESS**

**PLEASE USE CAUTION AND WATCH FOR  
TRAFFIC & PARKING CHANGES WHILE OUR  
NEW PAVILLION IS UNDER CONSTRUCTION**