

# SPRING 2024 ACTIVITY GUIDE

FITNESS ROOM | PROGRAMS | WORKSHOPS | COMMUNITY EVENTS | RENTALS



OUR PLACE  
TO BECOME  
YOUR PLACE



BLACK CREEK  
community centre

250.337.5190  
[www.blackcreek-cc.com](http://www.blackcreek-cc.com)





# HISTORY CORNER

## THE TIME HAS COME TO SAY FAREWELL!

**T**here are many great board & staff members who have passed through these doors in it's 66

years of existence, but there are none who have been more a part of the Centre then Vi Ellis. She has given us 35 years' service! Not only has she maintained our bookkeeping requirements for all of those years, but she also has a passion & love for this place that is recognizable to anyone who has spent time with her. She has decided to officially retire this year. Here are some words from her:

How does one sum up 35 years in a couple of sentences. I first started attending fitness classes when our son Graeme was born in 1982. The facility then consisted of the middle part of the main hall now. In 1987 the east part was added to give Pumpkin Patch NS a home in the downstairs. When our daughter Christine started attending PPNS in 1989, I was asked to join the BCCA board as treasurer. I accepted the position knowing that my husband Andrew who was a CGA would be my right-hand man in that position. It soon became apparent that keeping track of the finances was more than a volunteer job with the growth that was occurring. The Office Manager at the time offered to take on being the treasurer and I become a paid staff. That was November of 1989. What is now the chair closet when you enter the main hall was the office shared with the Programmer.

Those were the beginnings of my time on staff and so much growth has happened in the ensuing years. What a wonderful community centre we Black Creekers and beyond enjoy today. Many faces, both staff and board members have come & gone. Too many to name but I have to say each one was a joy to work with. So many great people with vision, wisdom & courage to create what we have today. And my role was to keep the books in order. From 48 column paper ledgers & miles long of adding tape to accounting software, so much has changed as a finance coordinator from those first days.

And now its time to "hang up the shingle" and pass on the baton. A heartfelt THANK

YOU to everyone of you that I have the privilege to meet. We live in a great community. ADIOS!!

*Vi we thank you for every question you have answered (and there have been a lot!), every after-hours phone call you received (as an emergency contact) from Instructors, Staff or Renters who forgot keys or set off the alarm. We thank you for your many many hours of volunteering at events over the years and staying late to count money! Your attention to detail & organization is impeccable. You will be greatly missed.*

*We must also say thank you to Vi's husband Andrew for supporting her & us for the above-mentioned time she has given. Also, for his many volunteer hours picking up garbage, helping keep this place clean & safe and for stopping by to have a friendly chat.*

*We wish you all the best in your retirement, but we cannot guarantee that you will not still get a few phone calls. 35 years is a lot of knowledge & we know you still have it all stored in your mind.*

*The BCCA board of directors & the staff*



### BOARD OF DIRECTORS

Chair & Facilities Director - Jerry Griffin  
Vice Chair - Andrea Sorensen  
Treasurer - Laurie Beldam  
Secretary - Ian Doe  
At Large - Kerry Amos, Deanna McLeod,  
Karin Koschack, Chris McPhedran

### STAFF

Executive Director/Programming  
Kim Blackwell  
[execdirector@blackcreek-cc.com](mailto:execdirector@blackcreek-cc.com)

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

Office Administrators  
Lauren McClung, Jessie Roland,  
Kristine MacMillan and Stacey Stotts  
[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 - Remco Wagenmakers



Vi & Andrew





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DON'T MISS OUT, REGISTER TODAY!



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

## OFFICE HOURS

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

## OFFICE CLOSED

May 20

## 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/)

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michellegjerde@gmail.com

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

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Trainer/Behavioural Coach

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7778 Sturgess Rd. Black Creek, BC V9J 1G7

## CLUB KIDZ- AFTER SCHOOL CARE

2:30-6:00pm on all school days  
Located in Miracle Beach School  
\$20 flat rate per day  
Please contact- Sara O'Malley  
[clubkidz2022@gmail.com](mailto:clubkidz2022@gmail.com)

## Macaulay Road and Area Neighbourhood Association



"Not just a road,  
it's our community."

email: [macaulayroadana@gmail.com](mailto:macaulayroadana@gmail.com)  
web: [macaulayroadneighbours.com](http://macaulayroadneighbours.com)

For those living in the Macaulay Road area, including anyone  
who uses Macaulay Road to access their properties.



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# REPORT

## EXECUTIVE DIRECTOR



**T**his spring I have one of those milestone birthdays and it makes one reflect on where you have been and where you have landed. I grew up in a small town on the east coast of Canada and I was one of those kids who could not wait to get out & get to the big city. I did just that & enjoyed those years, but as is so often the case, as life changes and evolves, I found myself back

in a small community. This community reminds me every day of the enjoyment & values that small town living offers. Whether you have travelled the world or always remained with your feet planted close by it is easy to see why we choose Black Creek. There is a great level of caring in this community not only for friends, family & neighbours but also for the community itself by the support shown to local businesses big or small.

We have so many community members that support our Centre in so many ways, whether it's through fitness room memberships, participating in programs and events or volunteering their time. Thank you for being a part of our community centre.

As we come into Spring we look forward to longer days, warmer weather and more time outdoors. When we roll out the awning on the back deck (for sunshade) and roll up the sides on the pavilion, you will know spring is here!

Although we are just getting ready to have our Curling Funspiel as I write this and curling doesn't make you think of Spring, it will be followed up by a Community Swap & Shop Market in April.

Our kids outside sports will also be returning. It's definitely springtime when the field is full of kids and the sidelines full of adults enjoying a coffee and a chat with friends.

See you at the Centre  
Kim



## 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.**



# FITNESS ROOM INFORMATION

## 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



### 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. [mrmsay888@gmail.com](mailto:mrmsay888@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. [youturnactive@gmail.com](mailto:youturnactive@gmail.com) to book your personal training with Kolby.

# FITNESS ROOM

## PASSES & PUNCH CARDS

### 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 6.

### FITNESS ROOM PASSES & PUNCH CARDS

| DROP-IN                                     | COST | PASSES                                 | COST  |
|---------------------------------------------|------|----------------------------------------|-------|
| Adult                                       | \$5  | Adult 10 Punch<br>*1 year expiry       | \$45  |
| Senior (65+)                                | \$4  | Senior/Student Punch<br>*1 year expiry | \$35  |
| Student (13-18)<br>or valid<br>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.



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# Program Information

## POLICIES & FIT PASS OPTIONS

### 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!!

### 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 30.

**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 |
|--------------------------------------------------------------------|------------|---------|
| Early Bird Workout                                                 | Madeleine  | \$280   |
| Shape Up                                                           | Marion     | \$280   |
| S.W.E.A.T (includes S.W.E.A.T. & SPIN)                             | Jerry      | \$270   |
| Strength & Stamina, Fit for Life, Fitness to Music, Fit for Life 2 | Janine     | \$200   |

#### PROGRAM PUNCH CARD OPTIONS

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

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

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





# CALENDAR

## AT A GLANCE

### FITNESS

|                | MONDAY             | TUESDAY              | WEDNESDAY          | THURSDAY       | FRIDAY              | SATURDAY          | SUNDAY |
|----------------|--------------------|----------------------|--------------------|----------------|---------------------|-------------------|--------|
| 8:00 - 9:00am  | Early Bird Workout |                      | Early Bird Workout |                | Early Bird Workout  |                   |        |
| 9:05-10:05am   | Shape Up           |                      | Shape Up           |                | Shape Up            | S.W.E.A.T. & Spin |        |
| 9:15 - 10:15am |                    | Fit For Life Circuit |                    | Fit For Life 2 |                     |                   |        |
| 10:15-11:15am  |                    |                      | Fitness To Music   |                | TRX Full Body Blast |                   |        |
| 10:30-11:30am  | Strength & Stamina |                      |                    |                |                     |                   |        |
| 600-7:00pm     | S.W.E.A.T.         | REV UP               | S.W.E.A.T.         | Spin Out       |                     |                   |        |

### HEALTH & WELLNESS

|                |                     |                 |                 |                 |                   |                 |  |
|----------------|---------------------|-----------------|-----------------|-----------------|-------------------|-----------------|--|
| 8:45 - 10:15am |                     | Core Yoga       |                 |                 |                   |                 |  |
| 9:30-12:00pm   |                     |                 |                 | Parent & Peanut |                   |                 |  |
| 10:15-11:15am  |                     |                 | Mom & Tot Yoga  |                 | Art of Stretching |                 |  |
| 10:30-11:45am  |                     |                 |                 |                 |                   | Hatha Flow Yoga |  |
| 12:00-1:00pm   | Seniors Lunch       |                 | Mom & Baby Yoga |                 |                   |                 |  |
| 5:45 - 7:15pm  |                     | Yoga with Nancy |                 |                 |                   |                 |  |
| 7:15-8:15pm    | Buddhist Meditation |                 |                 |                 |                   |                 |  |
| 7:30-8:30pm    |                     |                 | Tai Chi         |                 |                   |                 |  |

### ART, DANCE, MUSIC

|               |            |                     |  |                 |                   |  |                  |
|---------------|------------|---------------------|--|-----------------|-------------------|--|------------------|
| 1:00 - 2:00pm | Line Dance |                     |  |                 |                   |  | Ukulele Beginner |
| 2:00 - 3:00pm |            |                     |  |                 |                   |  | Ukulele Adv. Beg |
| 3:00 - 4:00pm |            | Itsy-bitsy Claydate |  |                 |                   |  |                  |
| 3:15 - 4:15pm |            |                     |  |                 |                   |  | Ukulele Interm.  |
| 4:00-5:00pm   |            | ClayDate            |  | Kids Afro Beats |                   |  |                  |
| 6:00-7:00pm   |            |                     |  |                 | Pre-School Ballet |  |                  |
| 6:30-7:00pm   |            |                     |  |                 | Pre-School Jazz   |  |                  |
| 6:45-7:45pm   |            | Beginner Knitting   |  |                 |                   |  |                  |

### SPORT

|               |                         |                        |                   |                        |                  |  |  |
|---------------|-------------------------|------------------------|-------------------|------------------------|------------------|--|--|
| 9:00-10:00am  |                         |                        |                   |                        | Soccer (5-7yrs)  |  |  |
| 12:00-12:45pm |                         |                        |                   |                        | Soccer (8-12yrs) |  |  |
| 3:30-4:15pm   |                         | Ball Hockey (5-7yrs)   |                   |                        |                  |  |  |
| 4:00-5:00pm   | Taekwondo               |                        | Taekwondo         |                        |                  |  |  |
| 4:00-5:30pm   | T-ball                  |                        | Softball (7-9yrs) | Softball (10-14yrs)    |                  |  |  |
| 4:30-5:30pm   |                         | Ball Hockey (8-13yrs)  |                   |                        |                  |  |  |
| 5:30-7:00pm   |                         |                        |                   | Karate                 |                  |  |  |
| 6:00-7:30pm   | Beg Pickleball Lesson   | Beg/Int Pickleball O/P |                   | Beg/Int Pickleball O/P |                  |  |  |
| 7:30-9:00pm   | Inter Pickleball Lesson | Adv Pickleball O/P     |                   | Adv Pickleball O/P     |                  |  |  |

Childminding Available Mon/Wed/Fri 9:00am-10:00am \*Available At Other Times Upon Request

Tues. 10:30am To 2pm Main Hall Reserved For Spinner & V.i.b.e.s. User Groups • Sat. 1pm To 4pm Main Hall Reserved For Birthday Party Rentals

# 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 3 – June 28** \*no session May 20

9:00am – 10:00am

\$1.00 Per child

\*Childminding will be outside & in the pavilion. Please dress children for outside play.

Childminding may be available on request for certain programs. Please call the office to confirm childminding in advance.



### PARENT & 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 ■ Facilitator: Ebony Close*

*Family Connector: Darcie Emerson, Building Connections with Valley Families Project*

Main Hall

**Thursdays, Apr 4 – June 20**

(12 sessions) ■ 9:30am – noon



# 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: Pheonix Konrad*

Main Hall

**Fridays, April 19 – June 7** (8 sessions)

Reg \$65 Early \$60 ■ 6:30pm – 7:00pm

### 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 - 5yrs*

*Instructor:*

*Pheonix Konrad*

Main Hall

**Fridays, April 19 – June 7** (8 sessions)

6:00pm – 6:30pm ■ Reg \$65 Early \$60



## PUMPKIN PATCH NURSERY SCHOOL

250-702-1102

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

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



# YOUTH

## SPRING PROGRAMS – SPORT

### 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. There will be an end of season BBQ and awards ceremony (date t.b.d)

*Ages 7 - 9yrs ■ Instructor: t.b.a.*

Black Creek Community Centre Field

**Wednesdays, April 24 – June 19** (9 sessions)

4:00pm – 5:30pm ■ Reg \$95 Early \$90

*Ages 10 - 14yrs*

*Instructors: TBA*

Black Creek Community Centre Field

**Thursdays, April 25 – June 20** (9 sessions)

4:00 pm – 5:30 pm ■ Reg \$95 Early \$90



### SOCCER

Come play soccer with us! In this 8 week program you will practice all the skills needed to play soccer with drills and fun games. Runners or cleats are recommended

*Ages 5 - 7yrs ■ Instructor: Ayo Ipaye*

**Saturdays, May 11 – June 29** (8 sessions)

9:00am – 10:00am ■ Reg \$70 Early \$65

*Ages 8 - 12yrs*

**Saturdays, May 11 – June 29** (8 sessions)

10:15am – 11:15am ■ Reg \$70 Early \$65

### BALL HOCKEY

Come have some fun with Kolby while learning new skills including stick handling, passing and shooting. Runners are recommended and don't forget a water bottle.

*Ages 5 - 7yrs*

*Instructor: Kolby Koschack ■ Black Creek Tennis Court*

**Tuesdays, April 23 – June 11** (8 sessions)

3:30pm – 4:15pm ■ Reg \$60 Early \$55

*Ages 8 - 13 yrs*

**Tuesdays, April 23 – June 11** (8 sessions)

4:30pm – 5:30pm ■ Reg \$65 Early \$55



### 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 - 6yrs ■ Instructor: Steve McNamee*

Black Creek Community Centre Field

**Mondays, April 22 – June 17** (8 sessions)

*\*no session May 20*

4:00pm - 5:30pm ■ Reg \$80 Early \$75



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# YOUTH

## SPRING PROGRAMS

### 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

**Mondays & Wednesdays, Apr 8 – June 26** (23 sessions)

\*no session Apr 17, 29, May 1, 20 June 12

4:00pm – 5:00pm ■ Reg \$190 Early \$185



### ITSY-BITSY CLAYDATE

Playing with clay is fun, regardless of your age! This course is available for young children who would love to learn how to handle clay creating cute, simplified animals and other fun shapes. This helps develop the child's eye/hand coordination, expressing creativity and is also calming. Using air dry clay, you can bring home the same day your little one's first art work. Parent supervision is necessary.

**Tuesdays, Apr 30 – June 18** (8 sessions)  
3:00pm – 4:00pm ■ \$178

**NEW  
CLASS**



### CLAYDATE

In this 8-week course your child will discover the fun and creative world of sculpting with clay. Create fun animal figures like Crocodile, squid, sea star, puffer fish and colourful tucan bird and many more fun ideas! Easy to follow, step by step instructions that will demonstrate the traditional artform of forming, glazing and firing the clay. They will have loads of fun, learn new skills, and bring home some great artwork to show their family and friends.

Check out Judit's youtube video to see what the kids will make: <https://youtube.com/watch?v=8al3JQE-WeA&feature=share>

Ages 6 - 12yrs ■ Instructor: Judit Szilvasi  
Lower Level

**Tuesdays, Apr 30 – June 18** (8 sessions)  
4:00pm – 5:00pm ■ \$195

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# ADULT

## SPRING PROGRAMS – Dance, Music & Sport

### 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,**  
**April 22 – May 13**  
(4 sessions)  
1:00pm - 2:00pm  
\*no session Feb 19  
Reg \$35 Early \$30



Come early  
and have  
lunch \$10

### 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 available from Long & McQuade in Courtenay. Instructor may have a couple of loaners but no guarantee.

*Instructor:* Ruth Rae ■ Lower Level

#### Beginners:

**1st session: Sundays, April 7 – May 12** (6 sessions)  
**2nd Session: Sundays, May 19 – June 23** (6 sessions)  
1:00pm – 2:00pm ■ Reg \$85 Early \$80

#### Advanced Beginners:

**1st Session: Sundays, April 7 – May 12** (6 sessions)  
**2nd Session: Sundays, May 19 – June 23** (6 sessions)  
2:00pm – 3:00pm ■ Reg \$85 Early \$80

#### Intermediate:

**1st Session: Sundays, April 7 – May 12** (6 sessions)  
**2nd Session: Sundays, May 19 – June 23** (6 sessions)  
3:15pm – 4:14pm ■ Reg \$75 Early \$70



### PICKLEBALL

Come have some fun on the court! New to the sport? Learn the game with Lisa. We are offering Beginner and Intermediate lessons on Mondays. For those of you who know the rules and have been playing for a while, join us Tuesday or Thursday evenings for Beginner Intermediate Open play and later for Advanced Open Play.

*Age 16+ ■ Facilitator:* Lisa Sawatsky  
Miracle Beach Elementary School Gymnasium

#### Beginner Lessons

**1st session: Mondays, April 8 – May 6** (5 sessions)  
6:00pm – 7:30pm ■ Reg \$65

**2nd session: Mondays, May 27 – June 24** (5 sessions)  
6:00pm – 7:30pm ■ Reg \$65

#### Intermediate Lessons

**1st session: Mondays, April 8 – May 6** (5 sessions)  
7:30pm – 9:00pm ■ \$65

**2nd session: Mondays, May 27 – June 24** (5 sessions)  
7:30pm – 9:00pm ■ \$65

#### Beginner/Intermediate Open Play

**1st session: Tuesdays, April 9 – May 14** (6 sessions)  
6:00pm – 7:30pm ■ \$40

**1st session: Thursdays, April 11 – May 16** (6 sessions)  
6:00 – 7:30pm ■ \$40

**2nd session: Tuesdays, May 21 – June 25** (6 sessions)  
6:00pm – 7:30pm ■ \$40

**2nd session: Thursdays, May 23 – June 27**  
(6 sessions)  
6:00pm – 7:30pm ■ \$40

#### Advanced Open Play

**1st session: Tuesdays,**  
**April 9 – May 14**  
(6 sessions)  
7:30pm – 9:00pm ■ \$40

**1st session: Thursdays,**  
**April 11 – May 16**  
(6 sessions)  
7:30 – 9:00pm ■ \$40

**2nd session: Tuesdays,**  
**May 21 – June 25**  
(6 sessions)  
7:30pm – 9:00pm ■ \$40

**2nd session: Thursdays,**  
**May 23 – June 27**  
(6 sessions)  
7:30pm – 9:00pm ■ \$40

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# 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: Sandra Chervel  
Main Hall

**Thursdays, April 4 – June 27**  
(12 sessions)

*\*no session April 25*  
5:30pm – 7:00pm ■ Reg \$180 Early \$175



### THE ART OF STRETCHING

We all know that exercise is important in our daily lives, but what about stretching? Does stretching take a back seat to your exercise routine? Decrease your risk of injury, improve circulation, release fascia tightness, decrease back pain, among other benefits by improving your range of motion (rom). Understand why stretching can help and how to stretch correctly.

Ages 16+ ■ Instructor: Madeleine Ramsay  
Main Hall

**Fridays, April 5 – June 28** (13 sessions)  
10:15am – 11:15am ■ Reg \$100 Early \$95 DI \$10

*\*note Madeleine's Fit Pass does not include The Art of Stretching*

### SPIN OUT

Join Marion for a super fun spin class! Marion is an avid mountain biker with hundreds of kilometres on her legs. She is absolutely thrilled to be back teaching on the bike. She has cycled from Baja to California to Canada (which we are happy that she stayed here in Canada!) and with a trailer through New Zealand, climbed mountains in Austria & the German Alps. She loves the workout, the push and the reward. Join her on a tour up to the mountain, through the valleys and down the hills. This is a moderate intensity class, suitable for all levels to get started. Get those quads and glutes pumped and feel better than ever before!

Ages 16+ ■ Instructor: Marion Eberlein  
Pavilion

**Thursdays, April 11 – June 27** (12 sessions)  
6:00pm – 7:00pm ■ Reg \$100 Early \$95 DI \$10



### REV UP

Join Jerry for a combination class using the spin bikes for legs and cardio, alternating with upper body weight training and core work. This class will make you feel fit and strong in no time. All levels welcome as you go at your own pace.

Ages 16+ ■ Instructor: Jerry Griffin  
Pavilion

**Tuesdays, April 9 – June 25** (12 sessions)  
6:00pm – 7:00pm ■ Reg \$100 Early \$95 DI \$10  
*\*Drop in availability limited by number of bikes*





# ADULT

## SPRING PROGRAMS — FITNESS



### EARLY BIRD WORKOUT

Start your day with this energized workout focusing on core strength, compound exercises for upper and lower body, balance, posture & mobility. Proper technique will be shown with the emphasis on safety.

Ages 16+ ■ Instructor: Madeleine Ramsay  
Main Hall

**Mon/Wed/Fri, April 3 – June 28** (37 sessions)

*\*no class Feb 20*

8:00am – 9:00am ■ Fit Pass \$280 DI \$10

*\*Fit Pass includes access card to fitness room for session*

### 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 feeling challenged and motivated, ready to come back for more.

Ages 16+ ■ Instructor: Marion Eberlein  
Main Hall/Pavilion

**Mon/Wed/Fri, April 3 – June 28** (37 sessions)

*\*no class Feb 20*

9:05am – 10:05am ■ Fit Pass \$280 DI \$10

*\*Fit Pass includes access card to fitness room for session*

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

This class has been running for over 10 years! Come check it out and see why. Jerry will alternate between a Tabata class, a 10 minute routine and various other interval training utilizing stability stations, bands, weights, cardio and core work. All levels welcome as you go at your own pace. More than sweat, it's StabilityWithExtremeAthleticTraining

Ages 16+ ■ Instructor: Jerry Griffin  
Pavilion

**Mondays & Wednesdays, April 3 – June 26** (24 sessions)

*\*no class Feb 20*

6:00pm – 7:00pm ■ Fit Pass \$270 DI \$10

*\*Jerry's fit pass includes Saturday morning S.W.E.A.T. & Spin class*

*\*\*Fit Pass includes access card to fitness room for session*

### S.W.E.A.T. & SPIN

Start your weekend off right! This class will alternate between using the spin bikes and strength training. All levels welcome as you go at your own pace.

Ages 16+ ■ Instructor: Jerry Griffin  
Pavilion

**Saturdays, April 6 – June 29** (12 sessions) *\*no class May 11*

9:00am – 10:00am ■ DI \$10

*\*Buy Jerry's Fit Pass which includes Mon & Wed evening S.W.E.A.T. class for \$270*

### 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: Kristine MacMillan  
Pavilion

**Fridays, April 19 – June 7** (8 sessions)

10:15am – 11:15am ■ Reg \$75 Early \$70 DI \$10

*\*Drop in availability limited by number of TRX*

### TRX FREE TRIAL!

In this 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.

Ages 16+ ■ Instructor: Kristine MacMillan ■ Pavilion

**Friday, April 12**

10:15am – 11:15am

*\*must register, space limited by number of TRX*

# ADULT

## SPRING PROGRAMS — 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 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

**Mondays, April 8 – May 13** (6 sessions)  
7:15pm – 8:15pm ■ Reg \$65 Early \$60 DI \$12

### Spring Series

#### How to Solve Our Human Problems:

Advice from Atisha's Heart

This 6-part course will review the methods Buddha taught for improving our human nature and qualities through developing the capacity of our mind. If we want to be truly happy and free from suffering, we must learn how to control our mind.

Atisha was a famous Buddhist scholar who lived in India and Tibet. He wrote the renowned text *Lamp for the Path*. If we try our best to put Atisha's advice into practice, we can develop a pure and happy mind..

- April 8** How to practice mindfulness.
- April 15** Where does happiness come from?
- April 22** Why do living beings suffer?
- April 29** Developing compassion for everyone.
- May 6** Respecting all living beings.
- May 13** Learning not to retaliate.

### STAY IN TOUCH...

Visit our website, Facebook and Instagram for additional workshops throughout the spring season. If there is a workshop or program, you would like to see offered, please contact us at [programmer@blackcreek-cc.com](mailto:programmer@blackcreek-cc.com) or give us a call.



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### HAVE YOU BEEN IN A CAR ACCIDENT IN THE LAST 12 WEEKS?

Anyone who has been in a car accident within the last 12 weeks is automatically pre-approved for 12 sessions with Kolby Koschack. Kolby is a Kinesiologist as well as a Strength & Conditioning Specialist and is trained in Exercise Physiology. In the past he has helped people understand how they can utilize complimentary health care treatment supports (like Physio, Acupuncture, counselling, massage therapy, chiropractor) before and during the time they see him. Effectively ensuring they can utilize the support that is available so they can get back to doing the things they love as soon as possible.



# ADULT

## SPRING PROGRAMS — HEALTH & WELLNESS

### MOM & BABY YOGA

Mom and baby yoga is a playful, informative and supportive class for moms and their babies.

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* ■ Main Hall

**Wednesdays, April 3 – May 22** (8 sessions)

12:00pm – 1:00pm ■ Reg \$105 Early \$100

### MOM & TOT YOGA

Mom and Tot yoga is a playful, informative, exploratory and supportive class for moms and their Toddlers. Lena's 1.5-year-old Amara will be joining in the class and loves the different yoga poses, games and movements she will be teaching during the class. This class is for toddlers that are walking up to 3 years old.

This class will be based on building strength and flexibility to better meet our needs as moms with growing toddlers that are moving around and exploring their worlds more. During class you have the freedom to meet your child's needs with whatever arises. You will learn a new fun and interactive game each week to play with your toddler, while connecting to your body and a supportive community of other moms. You will learn some pelvic floor and core awareness and health. There will be a focus on building up some heat in the body with functional movements and balancing postures with and without babes. 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 the 6 week session there will be time for free play with the kids, snacks and tea.

*Instructor: Lena Watt* ■ Main Hall

**Wednesdays, April 3 – May 22** (8 sessions)

10:15am – 11:15am ■ Reg \$105 Early \$100

**Check out Page 20 to 22 for a variety of Health & Wellness Workshops**



# ADULT

## SPRING PROGRAMS — 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

1st session:

**Tuesdays, April 2 – April 23** (4 sessions)

8:45am – 10:15am ■ Reg \$45 Early \$40 DI \$12

2nd session:

**Tuesdays, May 21 – June 25** (6 weeks)

8:45am – 10:15am ■ Reg \$65 Early \$60 DI \$12



### 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

**Saturdays, April 6 – June 29** (12 sessions)

\*no class April 27

10:30am – 11:45am ■ Reg \$130 Early \$125 DI \$12

### YOGA WITH NANCY MOELAERT

Yoga means Union – Unification of Body, Breath and Mind!

Through the practice of; Asanas - physical postures for strength and flexibility

Pranayama - Breathing techniques to regulate Prana (Life Force Energy) Meditation - awareness of thoughts and sensations while practicing

Yoga is a system of physical, mental, and spiritual practices that aim to create a state of oneness between the body, mind, and the spirit of breath.

In this yoga series we will explore this union by focusing on our body being breathed by the breath. The breath is always happening NOW and is the key to being present for the moment.

Awareness of our thoughts, keeping the calm even breath as we explore movement and sensations in the body as we stretch and strengthen the body is yoga!

Great for beginners! Learn the fundamentals of a safe yoga practice: postures, alignment, breathing techniques and relaxation. Explore alignment in postures with detailed instruction with varieties to accommodate less flexibility or injuries. Improve posture, body tone and flexibility while building a strong foundation for your life. This class is also suitable for more experienced people who are recovering from injuries or want to slow down, tune in and get back to basics.

Ages 16+ ■ Instructor: Nancy Moelaert ■ Main Hall

1st session:

**Tuesdays, April 2 – April 23** (4 sessions)

5:45pm – 7:15pm ■ Reg \$45 Early \$40 DI \$12

2nd session:

**Tuesdays, May 21 – June 25** (6 weeks)

5:45pm – 7:15pm ■ Reg \$65 Early \$60 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

**Wednesdays, April 3 – June 26** (13 sessions)

7:30pm – 8:30pm ■ Reg \$100 Early \$95 DI \$9





# OLDER ADULT

## SPRING PROGRAMS — HEALTH & WELLNESS



Lunch included  
after class or drop in  
before line dancing  
and have lunch  
for \$10'

### 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. Lunch is included with this program! Janine will serve up a nice lunch to enjoy after class along with board games. If you feel like staying, Line Dancing starts at 1pm.

Ages 55+ ■ Instructor: Janine Calder ■ Main Hall

**Mondays, April 8 – May 27** (7 sessions) \*no class May 20  
10:30am – 11:30am ■ Reg \$55 Early \$50 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

**Tuesdays, April 2 – May 28** (9 sessions)  
9:15am – 10:15am ■ Reg \$70 Early \$65 DI \$9

**Buy Janine's Fit Pass for \$200 and come to all 4 classes a week, also includes an access card to the fitness room**

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### FIT FOR LIFE 2

Continue improving balance, strength, flexibility, agility and energy level with this simple and fun one hour morning workout. There is no running or jumping involved, but there will be a lot of opportunities for you to improve your sense of wellbeing, maximize your independence and reduce health issues using a variety of fitness equipment. Suitable for all fitness levels.

Instructor: Janine Calder ■ Main Hall

**Thursdays, April 4 – May 30** (9 sessions)  
9:15am – 10:15am ■ Reg \$70 Early \$65 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, April 3 – May 29** (9 sessions)  
10:15am – 11:15am ■ Reg \$70 Early \$65 DI \$9

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# WORKSHOPS

## 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

*Facilitators: North Island Firearm Safety Courses*  
Main Hall

### Saturday/Sunday June 8 & 9

Sat 8:00am – 6:00pm ■ Sun 8:00am – 12:00pm 'ish  
\$200

## WOMEN'S NOURISHMENT GATHERING

Join Lena Watt from Inner Compass Yoga and Ayurveda and Sarah Sopracolle from Sound Seed Yoga for an afternoon of deep healing, rest, connection and nourishment. Lena will guide you through a therapeutic and rejuvenating yin and restorative yoga practice, using somatics, ball rolling, dowsing, intuitive movement and breath work. Next you will receive a deeply nourishing and restful yoga Nidra that focuses on the two different Chakras for each date to help you feel more open, connected and ready to receive whatever is needed in the moment. Sarah will chant and use sound to connect and tap into these energy systems even deeper. She uses voice, singing bowls, shamanic drumming and a variety of other sound medicine instruments to create a truly transformative experience. Through the phenomenon of entrainment, the body and entire being harmonize and align more easily, setting the stage for healing.

Includes gift bag and time for tea & snacks after.

*Ages 16+ ■ Instructor: Lena Watt*  
Main Hall

### Heart & Throat Chakra:

#### Sunday, April 14

1:00pm – 4:00pm ■ \$87

### Third Eye & Crown Chakra:

#### Sunday, May 26

1:00pm – 4:00pm ■ \$87 each

## 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.

*Instructor: NIC*  
Lower Level

### Saturday TBA

8:00am – 4:00pm ■ \$85

*We will offering a CPR/AED course & Personal Emergency Preparedness workshop this fall put on by Oyster River Rescue & Fire. Dates & registration will be announced later in the fall.*



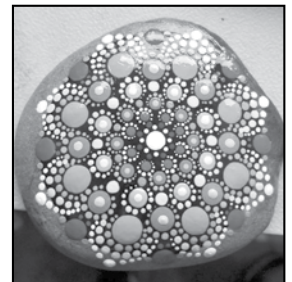
## MANDALA STONES

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. You will learn the traditional patterns as well as create your own. All materials provided.

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

### Saturday, May 18

1:00pm – 3:00pm ■ \$20 per person





# WORKSHOPS

## MASON BEE WORKSHOP

This course will be covering all aspects of raising Mason bees from spring release to summer, fall storage and winter harvesting as well as cleaning for winter storage. Gord will have a nesting block that was populated this past spring so you will see first-hand the parasites and learn how to control them. If anybody wishes to get started with Mason bees, Gord can supply anything they might need. Presenter is Gordon Cyr who has been raising mason bees for over 20 years.

*Instructor: Gordon Cyr*  
Main Hall

**Date & Time** TBA  
Workshop is 1 ½ to 2 hours in length

## JR. FIREFIGHTER CAMP

Spend a day at the fire department and see what it is like to be a firefighter! Students will learn how to tie knots, raise, and climb ladders, pull, and use fire hose, wear a self-contained breathing apparatus and basic first aid skills. The day will end with the students doing the Firefighter Fitness Challenge. Lunch will be provided, or you are welcome to bring your own.

*Grades 6 – 12*  
Oyster River Fire Hall

**Date** TBA  
9:00am – 4:00pm  
\$10 per person



## BEGINNER KNITTING

Welcome to knitting! Whether you are an absolute beginner or have tried knitting in the past, this class is for you. In this 4-week session, we'll explore the knit stitch, casting on and binding off, fixing mistakes, and more, and you'll make a pair or two of fingerless mitts. Your instructor, Sarah, is happy to tailor instruction to your skill level. Materials kit available for purchase (\$22) or you can bring your own 5mm needles and 100g of heavy worsted weight yarn (wool suggested).

*Instructor: Sarah Thornton*  
Lower Level

**Tuesdays, April 9 – April 30** (4 sessions)  
6:45pm – 8:45pm ■ \$80



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## COMOX VALLEY CURLING CENTRE

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## Save the Date

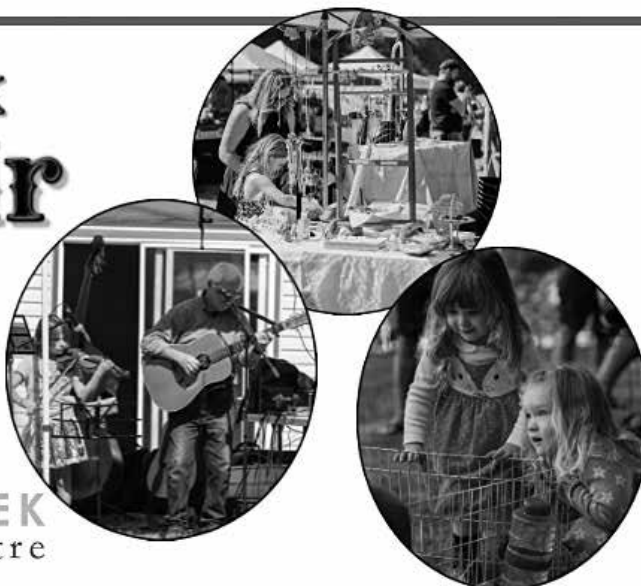
September  
7th

## Black Creek Fall Fair



BLACK CREEK  
community centre

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Artisan Vendors  
Kids Carnival  
BBQ  
Live Music  
Face Painting  
Petting Zoo  
Corn Schucking  
Silent Auction  
50/50 Draws  
Raffle  
Competitions  
Pancake  
Breakfast  
Black Smiths  
Wood Carvers  
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**JOIN US!**

\$10  
Table

Black Creek Community

# SWAP & SHOP

**SUNDAY, APRIL 21, 2024**

**9AM - 1 PM**

**We are hosting a Community Garage Sale!**

**Call our office to reserve your space**



**BLACK CREEK COMMUNITY CENTRE  
2001 BLACK CREEK ROAD  
250-337-5190**



# Saratoga Speedway 2024 Event Schedule

|                           |                                                                                                                                                                                                         |
|---------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Saturday, March 23        | Autocross                                                                                                                                                                                               |
| Saturday, April 13        | Mandatory pre-season Safety Tech/Open Practice (tech open noon/practice 2-6pm)                                                                                                                          |
| Sunday, April 14          | Autocross                                                                                                                                                                                               |
| Saturday, April 20        | Mandatory pre-season Safety Tech/Open Practice (tech open noon/practice 2-6pm)                                                                                                                          |
| Sunday, April 21          | <b>Saratoga Motorsports Park Swap Meet &amp; Market, featuring the Comox Valley Cruisers Show 'n' Shine.</b>                                                                                            |
| <b>Thursday, April 25</b> | <b>Weekly Open Practices Begin 6:00PM – 8:00PM.</b>                                                                                                                                                     |
|                           | <b>Special Event Weekends Exempt (check event details online)</b>                                                                                                                                       |
| Saturday, April 27,       | <b>Opening Night ***FIREWORKS*** \$1,500 to Win, \$500 to start SMALL CAR TOTAL DESTRUCTION DERBY!</b>                                                                                                  |
|                           | Sunwest RV Crash to Pass Cars, Kyte Courier Hornet Cars. <b>RAIN OR SHINE</b>                                                                                                                           |
| Saturday, May 4           | <b>Opening Night for:</b> OTRA and Ace Brewing Bomber Cars: (Double Points) 50-Laps. Kyte Courier Hornet Cars                                                                                           |
| Saturday, May 11          | <b>Opening Night for:</b> Upland Contracting iMod Cars: 50-Laps, Non-Winged Sprint Cars, The Jet FM Island Stock Cars: (Double Points) 50-Laps, Dwarf Cars                                              |
| Friday, May 17, 18, 19    | <b>Malicious Monster Truck Tour, Global FMX</b>                                                                                                                                                         |
| Saturday, May 25          | <b>LDI Late Model Cars 100-Lap Season Opener,</b> The Jet FM Island Stock Cars, OTRA, Ace Brewing Bomber Cars                                                                                           |
| Sunday, May 26            | Autocross                                                                                                                                                                                               |
| Saturday, June 1          | <b>White Shirt Night</b> Upland Contracting iMOD Cars, Island Dwarf Cars, Outlaw-4 Mini-Stock Cars, Kyte Courier Hornets                                                                                |
| Saturday, June 8, 9       | <b>The Three-30 Thrash</b> SISLRA Drag Racing Weekend                                                                                                                                                   |
| Saturday, June 15         | <b>June Jam OTRA 40-40,</b> Outlaw-4 Mini Stock Cars, ACE Brewing Bomber Cars, Kyte Courier Hornet Cars                                                                                                 |
| Saturday, June 22         | <b>Home Track Heroes ***\$1,000 to Win*** Crash to Pass Boat Race,</b> Sunwest RV Crash to Pass Cars, Ace Brewing Bomber Cars, Kyte Courier Hornet Cars <b>RAIN OR SHINE (Not Bombers)</b>              |
| Friday, June 28           | <b>Battle at Black Creek Closed Practice and BBQ</b>                                                                                                                                                    |
| Saturday, June 29         | <b>Battle At Black Creek, Night #1 ***\$1,500 to Win*** LDI Late Models 125 Lap Feature, ***\$500 to Win*** The Jet FM Island Street Stock 75 Laps,</b> Upland Contracting iMOD Cars                    |
| Sunday, June 30           | <b>Battle At Black Creek, Matinee ***\$1,500 to Win*** LDI Late Models 125 Lap Feature, ***\$500 to Win*** The Jet FM Island Street Stock 75 Laps,</b> Upland Contracting iMOD Cars                     |
| Saturday, July 6          | <b>Home Track Heroes</b> Sunwest RV Crash To Pass Cars "Barrel Race", Ace Brewing Bomber Cars, Kyte Courier Hornet Cars <b>RAIN OR SHINE (Not Bombers)</b>                                              |
| Thursday July 11          | <b>The Quinsam Sprint Car Classic Closed Practice and BBQ</b>                                                                                                                                           |
| Friday, July 12           | <b>***\$3,000 to Win*** Wing Sprint Cars - The Quinsam Sprint Car Classic sponsored by Quinsam Communications Night #1,</b> Non-Winged Sprint Cars, OTRA, Dwarf Cars                                    |
| Saturday, July 13         | <b>***\$3,000 to Win*** Wing Sprint Cars - The Quinsam Sprint Car Classic sponsored by Quinsam Communications Night #1,</b> Non-Winged Sprint Cars, OTRA, Dwarf Cars                                    |
| Saturday, July 20         | <b>***Gary Marcus Trucking Bomber Twin-50 Invitational*** Bomber Cars,</b> Outlaw-4 Mini Stock Cars, Kyte Courier Hornet Cars                                                                           |
| Sunday, July 21           | Autocross                                                                                                                                                                                               |
| Friday, July 26           | <b>THE TRUCKER 100 BIG RIG TAILGATE BBQ AND SHOW N SHINE</b>                                                                                                                                            |
| Saturday, July 27         | <b>THE TRUCKER 100 BC STREET STOCK INVITATIONAL</b> BC STOCK CARS, ACE BREWING                                                                                                                          |
|                           | <b>***Speedway Closed*** Monday July 29 - Wednesday August 7 ***Speedway Closed***</b>                                                                                                                  |
| Saturday, August 10       | <b>Topless in August</b> The roofs will come off for the Upland Contracting iMods 50-lap Double-Points Shootout. The Jet FM Island Street Stock Cars, Ace Brewing Bomber Cars, Outlaw-4 Mini-Stock Cars |
| Thursday August 15        | <b>Open Wheel Sizzler: Closed Practice and BBQ</b>                                                                                                                                                      |
| Friday August 16          | <b>***\$3,000 to Win*** Open Wheel Sizzler Weekend Night #1,</b> Winged Sprint Cars, Non-Winged Sprint Cars featuring the Can-Am Sprint Cars, OTRA, Dwarf Cars                                          |
| Saturday August 17        | <b>***\$3,000 to Win*** Wing Sprint Cars Night #2, Neil Montgomery Memorial Race</b> Winged Sprint Cars, Non-Winged Sprint Cars featuring the Can-Am Sprint Cars, OTRA, Dwarf Cars                      |
| Saturday, August 24       | <b>***\$1,000 to Win*** Crash to Pass Boat Race</b> Sunwest RV Crash to Pass Cars, Ace Brewing Bomber Cars, Kyte Courier Hornet Cars                                                                    |