

SPRING 2025 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



A Look Back in Time...



First Wedding at the Black Creek Community Centre



The Black Creek Sharks Ball Team 1959



1992 Black Creek Fall Fair



Fashion Show 2008



2007 Fall Fair
Three Legged Race



Applefest 2013



July 1st Parade 1986

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DON'T MISS OUT, REGISTER TODAY!

BOARD OF DIRECTORS

Chair & Facilities Director -

Jerry Griffin

Treasurer - *Laurie Beldam*

Secretary - *Ian Doe*

At Large - *Kerry Amos,*

Deanna McLeod, Chris McPhedran

STAFF

Executive Director/*Kim Blackwell*

execdirector@blackcreek-cc.com

Finance Coordinator - *Cori Lally*

finance@blackcreek-cc.com

Office Administrators

Jessie Roland and Stacey Stotts

info@blackcreek-cc.com

Programmer - *Kim Blackwell*

programmer@blackcreek-cc.com

Janitorial - *Top Notch Cleaning Services*

Maintenance - *Remco Wagenmakers*

OFFICE DETAILS

2001 Black Creek Road

Black Creek, BC V9J 1G5

250-337-5190

info@blackcreek-cc.com

OFFICE HOURS

Mon through Sat – 9am to 1pm

Mon through Thurs – 4pm to 8pm

OFFICE CLOSED

April 18 & 21, May 19

CIRCULATION AND DISTRIBUTION

Copies are printed and distributed at businesses throughout the community in the Winter, Spring and Fall. You can find a digital copy on our website under the Programs tab..

www.blackcreek-cc.com

facebook.com/blackcreekcommunitycentre

instagram.com/blackcreekbc/

GRAPHIC DESIGN

michellegjerde@gmail.com



* We accept cash, debit, cheques,



Visa and MasterCard



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REPORT

EXECUTIVE DIRECTOR



We all choose to live in a rural community whether it's to farm, run a business, raise a family, or just to enjoy the slower pace.

I was recently invited to a meeting (thank you to our Area C director, Edwin Grieve) that reminded me of the supportive community we have. Our local businesses, non-profit organizations, farmers and com-

munity members are fortunate to have the resources available to us from the Chamber of Commerce, CVRD, RCMP, Agrolgist and our incredible local Oyster River (& Merville & Mt. Washington) Fire & Rescue. This support network helps non-profit organizations in many ways including grant opportunities that enable us to improve our community halls, neighbourhoods and more.

We are a thriving community and very fortunate to live here. I would like to thank our local businesses & community members who support us and are prompt to step up when we need a hand whether it's moving equipment or sanding/salting our parking lot. Our community members support each other, and we see that continually here at the Centre with our members, instructors and volunteers.

At our Centre this winter we had 2 great events; our annual Curling Funspiel, which brought out a full roster of teams and a full day of friendly competition and many laughs! Did you know that the Black Creek Rocks Funspiel has been going on

for almost 50 years!! We also had a fantastic sold-out pub night featuring Shotgun Kelly performing live. Thank you to everyone who came out, to our board members and to our designated driver. We have many requests for more events like this and we hear you, so stay tuned for the next event this spring.

As we head into spring, we continue to run all our fitness, health and wellness, parent & tot and sports programs. We will see the return of our outdoor sports for the kids, including softball, soccer & ball hockey. If you need certification, we will be offering another Firearms Safety course along with a CPR/AED & Food Safe course.

Don't forget about our fitness room where you can get an access card with your membership allowing you to have access when the office is closed.

We strive to continue to meet our community needs, so if there are any programs or workshops you are interested in let us know. Or if you have a skill that you would enjoy teaching, please give us a call.

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 a drop-in fee which is available 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.



Paul Smurthwaite is a certified ISSA personal trainer. He grew up in Campbell River and now lives in Black Creek. He and his family operate Barnyard Party Animals. Having competed in many sports, Paul understands the importance of physical fitness and how it translates to function in everyday life. He has been resistance training for many years and has a wealth of experience to offer clients. He specializes in fat loss and muscle gain and knows how to achieve the best results without sacrificing much time. A bookworm at heart, Paul is always learning and uses the most effective strategies. Paul can remove the guesswork from the process and ensure that nothing is standing in the way of your goals. Don't hesitate to email him at paulsmurthwaite@hotmail.com for your free consultation.



Madeleine Ramsay is a certified Personal Trainer & Group Instructor with over 40yrs experience. AEA, ACSM, CAIN, McGill (Athletics), ACE, NSCA, Aerobics Instructor and Personal Trainer. PT II Corrective Strength Conditioning YM-YWHA, Weightless Weight Training, STFA (appraisals), Yoga Fit certified, CPR, certified YMCA Water Fitness Instructor. Has worked with physiotherapists to design custom-made programs for clients with joint issues, pre-post therapy, pre/post-natal & rehab. Worked with Senior Programs in Pointe-Claire for over 30yrs. Trained athletes to reach their goals in gaining strength & flexibility within their sport. Former athlete, coach and official in 'artistic swimming' has given her the professional edge towards training others to a better lifestyle. Proper form, technique and safety is emphasized in Madeleine's designed programs and fitness classes. Contact: mramsay888@gmail.com



FITNESS ROOM

PASSES & PUNCH CARDS



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 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 to book your personal training with Kolby.



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 younger clients ages 13 to 16 years - FMI see question 4 on Pg. 6.

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.



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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 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 March 31 to June 30 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	\$300
S.W.E.A.T (includes S.W.E.A.T. & SPIN)	Jerry	\$285
Strength & Stamina, Fit for Life, Fitness to Music, Fit for Life 2	Janine	\$205

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				
10:30-11:30am	Strength & Stamina						
6:00-7:00pm	S.W.E.A.T.	TRX	S.W.E.A.T.				
7:30-8:30pm					Muay Thai Kickboxing		

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				
5:30-6:30pm	Restorative Yoga			Tween Yoga Flow			
5:45 - 7:15pm		Yoga with Nancy					
7:00-8:00pm	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
2:30-3:30pm							
3:15 - 4:15pm							Ukulele Intern.
4:00-5:00pm		ClayDate					
5:30-7:00pm			Beginner Pottery				
6:00-6:30pm					Pre-School Ballet		
6:30-7:00pm					Pre-School Jazz		
6:30-8:00pm				Adult Beginner Dance			

SPORT

9:00-10:00am						Soccer Ages 5-7yrs	
10:15-11:15am						Soccer Ages 8-12yrs	
3:30-4:15pm			Ball Hockey Ages 5-7yrs				
4:00-5:00pm	Taekwondo		Taekwondo				
4:00-5:30pm	T-Ball Ages 4-6yrs		Softball Ages 7-9yrs		Softball Ages 10-14yrs		
4:30-5:30pm			Ball Hockey Ages 8-13yrs		<i>Chilming available Mon/Wed/Fri 9:00am-10:00am & Wed during Mom & Baby Yoga *available at other times upon request Tuesday - 10:30am to 2:00pm, Main Hall reserved for Spinners user group Saturday - 1:00pm to 4:00pm, Main Hall reserved for birthday party rentals & workshops</i>		
6:00-7:30pm	Skills & Drills	Beg/Int Pickleball O/P	Beg/Int Pickleball O/P				
6:00-8:00pm							
7:30-9:00pm	Skills & Drills	Adv Pickleball O/P	Adv Pickleball O/P				

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, Mar 31 – June 27

*no session Apr 18, 21, May 19

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.



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Mon-Wed-Fri from 9:00am-1:00pm
Tues & Thurs from 9:00am- 1:00pm

PARENT & PEANUT

The Parent and Peanut program are adjusting to accommodate our community's broader range of needs! We are still a welcome, warm place to drop-in and play, we are incorporating a more "baby friendly" time to the beginning of Parent and Peanut and extending our end time to ensure every age gets a generous play time!

Ages 0 – 5yrs ■ Facilitator: Ebony Close
Family Connector: Darcie Emerson, Building Connections with Valley Families Project
Main Hall

Thursdays, Apr 3 – June 19

(12 sessions)

9:30am to 10:15pm* see below

Drop-in for babies 12months and under
(and their siblings).

10:15am to 12:30pm ■ Our play space gets bigger,
and we welcome families with children 0 to 5 years olds!

* During both these times, parents and/or caregivers will have the opportunity to meet others and share in the experience of raising children. Little ones 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.



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: Calla Cunningham & Chelsea Brotherston
Main Hall

Fridays, Apr 4 – May 30 (8 sessions)

*no session Apr 18

6:00pm – 6:30pm ■ Reg \$70 Early \$65

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: Calla Cunningham & Chelsea Brotherston
Main Hall

Fridays, Apr 4 – May 30 (8 sessions)

*no session Apr 18

6:30pm – 7:00pm ■ Reg \$70 Early \$65

PRESCHOOL

SPRING PROGRAMS

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 ■ Instructors: t.b.a.
Black Creek Community Centre Field

Wednesdays, April 30 – June 25

(9 sessions)

4:00pm – 5:30pm ■ Reg \$95 Early \$90

Ages 10 - 14yrs

Instructors: Dave Barr & Jamie Hicks
Black Creek Community Centre Field

Fridays, May 2 – June 27 (9 sessions)

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



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

Mondays, April 28 – June 23 (8 sessions)

*no session May 19

4:00pm - 5:30pm ■ Reg \$80 Early \$75



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
Black Creek Community Centre Field

Saturdays, May 10 – June 28 (8 sessions)

9:00am – 10:00am ■ Reg \$75 Early \$70

Ages 8 - 12yrs ■ Instructor: Ayo Ipaye

Saturdays, May 10 – June 28 (8 sessions)

10:15am – 11:15am

Reg \$75 Early \$70

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
Miracle Beach School Gymnasium

Wednesdays, April 23 – June 11 (8 sessions)

3:30pm – 4:15pm ■ Reg \$60 Early \$55

Ages 8 - 13 yrs

Wednesdays, April 23 – June 11 (8 sessions)

4:30pm – 5:30pm ■ Reg \$65 Early \$55





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YOUTH & ADULT

SPRING PROGRAMS

CLAYDATE

In this 8-week course your child will discover the fun and creative world of sculpting with clay. Create fun animal figures like Blue whale, Crab, Panda, Harpy eagle, Sea horse with coral 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=8a13JQE-WeA&feature=share>

Ages 6 - 12yrs

Instructor: Judit Szilvasi

Lower Level

Tuesdays, April 8 – May 27

(8 sessions)

4:00pm – 5:00pm ■ \$200

BEGINNER POTTERY:

Pintch, Coil and Slab building class

Basic ceramic hand building techniques using clay for firing. In this 6-week class you will learn to build your favourite mug, dish, vase, usable kitchen tools and bathroom decors. Traditional way from firing to glazing the ceramics. Max. participants: 6

Ages 16+ ■ Instructor: Judit Szilvasi

Wednesdays, Apr 9 – May 7 *(6 Weeks)*

Main Hall

5:30pm – 7:00pm ■ \$250



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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 & Wednesdays, Mar 31 – June 25 *(24 sessions)*

**no session April 21, May 19*

4:00pm – 5:00pm ■ Reg \$240 Early \$235



TWEEN YOGA FLOW

A class to support your tween as they navigate the transformative years of adolescence with an empowering yoga class. Designed specifically for young girls, this class focuses on building confidence, fostering growth, and creating a supportive community. Join us on Thursdays to explore inner strength and unity through mindful practice and peer connection.

Ages 9+ ■ Instructor: Shauncy Wright ■ Main Hall

Thursdays, Apr 3 – June 26 *(13 sessions)*

5:00pm – 6:00pm ■ Reg \$115 Early \$110

ADULT SPRING PROGRAMS

Dance, Music and Sport



BEGINNER DANCE LESSONS: Swing

Get ready to swing, sway, and step back in time with this fun and energetic 6-week beginner swing dance course! You'll learn the fundamentals of two exciting swing styles: Single Time Jive and East Coast Swing. Whether your brand new to dancing or looking to refine your basics, this course will introduce you to footwork, partner connection, and classic moves to get you feeling confident on the dance floor. Taught in a welcoming and inclusive environment, each class will build on the previous week, ensuring steady progress. No prior experience required—just bring comfortable shoes and a love for great music! Join us for six weeks of rhythm, movement, and fun with Sweatshop Social. Let's dance!

Ages 18+ ■ Instructor: Jay Kirsch
Sweatshop Social ■ Main Hall

Thursdays, April 10 – May 15

(6 sessions)

6:30pm – 8:00pm ■ \$20 per session

Come early
and have
lunch \$10

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, Mar 31 – May 12 (6 weeks)

*no class Apr 21

1:00pm - 2:00pm ■ Reg \$53 Early \$48

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:

Sundays, Apr 6 – May 4 (5 sessions)

1:00pm – 2:00pm ■ Reg \$75 Early \$70

Advanced Beginners:

Sunday, Apr 6 – May 4 (5 sessions)

2:00pm s– 3:00pm ■ Reg \$75 Early \$70

Intermediate:

Sundays, Apr 6 – May 4 (5 sessions)

3:15pm – 4:14pm ■ Reg \$75 Early \$70

PICKLEBALL

Age 16+

Facilitator: Lisa Sawatsky

Miracle Beach
Elementary School
Gymnasium

Skills & Drills

Join Lisa for a fun skills and drills session, work on improving your consistency, shot selection and placement. We'll finish the evening with game play.

Beginner/Intermediate will play from 6:00pm to 7:30pm and Advanced will play from 7:30pm – 9:00pm. Registration will fill up but drop-ins may still be available as not all registered players may show up. Drop ins are on a first come first serve basis. Please be respectful of new folks wanting to get into the sport and register for only your level of play.

1st session:

Mondays, Mar 31 – Apr 28 (4 sessions)

*no session Apr 21 ■ \$40

Beginner/Intermediate 6:00pm – 7:30pm

Advanced 7:30pm – 9:00pm

2nd session:

Mondays, May 12 – June 9 (4 sessions)

*no session May 19 ■ \$40

Beginner/Intermediate 6:00pm – 7:30pm

Advanced 7:30pm – 9:00pm

Open Play

Open play will be held Tuesdays & Thursday evenings. Beginner/Intermediate will play from 6:00pm to 7:30pm followed by Advance play from 7:30pm to 9:00pm. Registration will fill up but drop-ins may still be available as not all registered players may show up. Drop ins are on a first come first serve basis. Please be respectful of new folks wanting to get into the sport and register for only your level of play.

1st session:

Tuesdays, Apr 1 – Apr 29 (5 sessions) ■ \$35

Beginner/Intermediate 6:00pm – 7:30pm

Advanced 7:30pm – 9:00pm

2nd session:

Tuesdays, May 13 – June 10 (4 sessions) ■ \$28

*no session May 6

Beginner/Intermediate 6:00pm – 7:30pm

Advanced 7:30pm – 9:00pm

1st session:

Thursdays, Apr 3 – May 1 (5 sessions) ■ \$35

Beginner/Intermediate 6:00pm – 7:30pm

Advanced 7:30pm – 9:00pm

2nd session:

Thursdays, May 15 – June 12 (5 sessions) ■ \$35

Beginner/Intermediate 6:00pm – 7:30pm

Advanced 7:30pm – 9:00pm

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/Pavilion

Mon/Wed/Fri, Mar 31 – June 27 (37 sessions)

*no class Apr 18, May 19

9:05am – 10:05am ■ Fit Pass \$300 DI \$10

*Fit Pass includes access card to fitness room for session

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, Apr 4 – May June 27

(12 sessions)

*no class Apr 18, May 19

10:15am – 11:15am

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

TRX

Join Sarah for a TRX class this spring. TRX is a suspension training system that uses body weight resistance and is accessible to all levels, ages and abilities. Strengthen your core, increase your balance, tone those muscles and more.

Ages 16+

Instructor: Sarah Fountain

Pavilion

Tuesdays, April 29 – June 17

(8 sessions)

6:00pm – 7:00pm

Reg \$75 Early \$70 DI \$10



ADULT

SPRING PROGRAMS — FITNESS

EARLY BIRD WORKOUT

Alright, we get it, too early for you to attend this class?

The advantages, once you are done working out, you still have the whole morning in front of you to do other activities. "Early to bed and early to rise, makes a man/woman healthy and wise." (B. Franklin)

Class is geared to all ages and levels. You go at "Your Own Pace" and at your "Own Level". The exercise is same for everyone... either you go hard, or you go easy. You decide the intensity. However, Madeleine will push you if you slack too much... LOL! Class will have you gain strength, balance and flexibility no matter what level of fitness you are at. Ending with a good 15min stretch.

Remember that muscle knows no age! It's never too late to start doing strength training. More and more studies have shown that it helps increase your metabolism, mental health, and physical health. Learn to push yourself and feel that you have worked to get results.

Ages 16+

Instructor: Madeleine Ramsay
Main Hall

**Mon/Wed/Fri,
Mar 31 – June 27**

(37 sessions)

*no class Apr 18, May 19

8:00am – 9:00am

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, Mar 31 – June 25 (25 sessions)

*no class May 19

6:00pm – 7:00pm ■ Fit Pass \$285 DI \$10

*Jerry's fit pass includes Saturday morning & Thursday evening S.W.E.A.T & Spin class, see dates for details **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, Apr 5 – May 31 (9 sessions) ■ 9:00am – 10:00am

Thursdays, June 5 – June 26 (4 sessions) ■ 6:00pm – 7:00pm

*no Saturday class Apr 26, May 10,

class will move to Thursday Apr 24 & May 8 from

6:00pm – 7:00pm ■ Fit Pass \$285 DI \$10

*Buy Jerry's Fit Pass which includes all the above classes and Mon & Wed evening S.W.E.A.T. class for \$285

Purchase a
10 punch pass for
\$90, valid for fitness
classes with a
\$10 drop in

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ADULT

SPRING PROGRAMS — HEALTH & WELLNESS



BUDDHIST MEDITATION & TECHNIQUES

Buddha's most profound insight into the nature of the mind remains as revolutionary in our modern world as it was 2500 years ago: the mind is the source of all happiness and suffering. All of it.

In meditation we uncover the beautiful qualities of our mind. Our patience. Our kindness. Our gratitude. Our empathy. Our inner peace. Our love. With meditation, we first familiarize ourselves with the process of uncovering these beautiful minds. The more we practice meditation, the more we shift our minds away from negative and painful states to positive and joyful ones. Through daily practice we learn how to rely on and take refuge in peaceful, positive minds.

Training in Meditation – based on the books *The Mirror of Dharma with Additions and Universal Compassion*
Ages 16+ Instructor: Janet Marriott ■ Main Hall

Series 1

Living with Purpose-

The Buddhist Perspective on Life and Death

We are alive, therefore we will die. This is the simplest, most obvious truth of our existence, yet very few of us have come to terms with this fact. Buddha gave extensive teachings on the death process and how to use our awareness of our death to live a more joyful and meaningful life.

Mar 31 Buddhist perspective on dying and rebirth process

April 7 Seeing ourselves as a traveler:
what happens after death?

April 14 Making every moment count by thinking a
bout Dharma

April 21 Easter *no session

April 28 How to Live and Die Without Regrets

May 5 Practicing Powa at the Time of Death

Mondays, Mar 31 – May 5 (5 sessions) *no session Apr 21

7:00pm – 8:00pm ■ Reg \$55 Early \$50 DI \$12

Series 2

Realizing Our Full Potential – Understanding the Path to Enlightenment

What is the ultimate goal of human life? Buddha taught that enlightenment is a goal that will bring us profound and lasting peace, and the ability to truly benefit others. The first step on the path to enlightenment, is learning to cherish others. As we develop a mind that cherishes others without bias, we will naturally develop the beneficial minds of real love and compassion.

May 12 Learning to Cherish Others

May 19 Victoria Day *no session

May 26 Enhancing our Love for Others

June 2 Exchanging Self with Others

June 9 How to Extend and Deepen our Compassion

June 16 Love – Believing the Happiness of Others is
Important

Mondays, May 12 – June 16 (5 sessions) *no session May 19

7:00pm – 8:00pm ■ Reg \$55 Early \$50 DI \$12b

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Real Estate Agent
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STAY IN TOUCH...

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



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

RESTORATIVE YOGA

Perfect for beginners, Yin Yoga is a gentle, slow-paced style that promotes relaxation, a sense of calm, and supported joint mobility. This gentle practice involves holding poses for 1-5 minutes, deeply stretching your body's connective tissues. Join us to cultivate a sense of inner peace and find a deeper connection with your body!

Ages 16+ ■ Instructor: Shauntcy Wright
Main Hall

Mondays, Mar 31 – June 23

(11 sessions) *no class Apr 21, May 19

5:30pm – 6:30pm

Reg \$115 Early \$110 DI \$12

NEW
Class!!



MOM & BABBYOGA

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

1st session:

Wednesdays, April 2 – April 30 (5 sessions)

12:00pm – 1:00pm ■ Reg \$70 Early \$65

2nd session:

Wednesdays, May 14 – June 18 (6 sessions)

10:15am – 11:15am ■ Reg \$85 Early \$80



MOM & TOT YOGA

Mom and Tot yoga is a playful, informative, exploratory and supportive class for moms and their Toddlers. Lena's 2 1/2 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

1st session:

Wednesdays, April 2 – April 30 (5 sessions)

12:00pm – 1:00pm ■ Reg \$70 Early \$65

2nd session:

Wednesdays, May 14 – June 18 (6 sessions)

10:15am – 11:15am ■ Reg \$85 Early \$80



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

Tuesdays, Apr 1 – June 24 (13 sessions)
8:45am – 10:15am
Reg \$143 Early \$138 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, Apr 2 – June 25 (13 sessions)
7:30pm – 8:30pm
Reg \$110 Early \$105 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, Apr 5 – June 28 (12 sessions)

*no class May 24

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

Tuesdays, Apr 1 – June 24 (13 sessions)

5:45pm – 7:15pm ■ Reg \$143 Early \$138 DI \$12

OLDER ADULT SPRING PROGRAMS



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, Mar 31 – May 26 (7 sessions)

*no class Apr 21, May 19

10:30am – 11:30am ■ Reg \$55 Early \$50 DI \$9

FIT FOR LIFE CIRCUIT

Introduction to weight training exercises using the gym equipment. Class includes a cardio warmup, strength exercises for individual needs followed by stretching to complete this 60 minute program.

Instructor: Janine Calder ■ Fitness Room

Tuesdays, Apr 1 – May 27 (9 sessions)

9:15am – 10:15am ■ Reg \$70 Early \$65 DI \$9

Buy Janine's Fit Pass for \$205 and come to all 4 classes a week, also includes an access card to the fitness room

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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 2 – May 28 (9 sessions)

10:15am – 11:15am ■ Reg \$70 Early \$65 DI \$9

FIT FOR LIFE 2

Focus for this 60 minute class will be improving balance, strength and flexibility. Using different exercises and a variety of equipment this is a complete workout for all participants. No running or jumping involved, fun easy routine to promote your wellness.

Instructor: Janine Calder ■ Main Hall

Thursdays, Apr 3 – May 29

(9 sessions)

9:15am – 10:15am

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 May 3 & 4

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

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! Food Safe certificates obtained before 2019 will expire in 2024. 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 ■ Main Hall

Sunday, Apr 13

9:00am – 4:30pm ■ \$100

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PERSONAL EMERGENCY PREPAREDNESS

Learn the basics for how to prepare yourself, your family and your pets for an emergency. Sign up for this free workshop presented by Oyster River Fire Rescue. You will learn the steps to prepare for, respond to, and recover from earthquakes, tsunamis, floods and other disasters that might occur in our area. You will also learn how to reduce possible damage to your property.

Facilitators: Oyster River Fire Department
Firefighters

Thursday, June 12

7:00pm – 9:00pm ■ \$10



CPR C/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, June 21

8:30am – 12:30pm ■ \$10

ONE DAY PORTRAIT CLASS

Take a day off and learn something fun and interesting! We will learn the basics of human portraiture using reusable modelling clay. Following a step-by-step instruction guide, we will learn the fundamental concept of the human head. Max. participant: 6

Ages 16+ ■ Instructor: Judit Szilvasi ■ Lower Level

Saturday, May 3

9:00 am - 3:00 pm ■ \$75



WORKSHOPS

EMBOSSED EASTER EGG

Paint a beautifully embossed Easter egg in this creative class! Use acrylic paints and metallic accents to highlight intricate details and create a unique, festive decoration. Perfect for all skill levels! Please note: these are casted sculptures that may have very minor flaws due to air bubbles that can usually be filled with paint.

Instructor: Jen/ Lost Arts Club
Main Hall

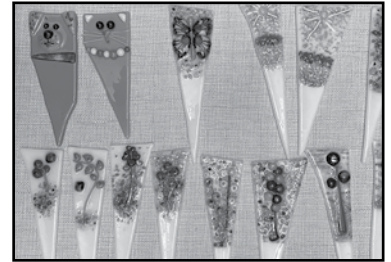
Saturday, Apr 12

1:00pm – 3:00pm ■ \$35



FUSED GLASS – PLANT POT PRETTIES

Join Ilene in this fun and creative workshop learning the art of fused glass. Glass fusing involves creating a design with small pieces of clear & coloured glass then firing it in a kiln to fuse it all together. In this 2-hour workshop you will create 2 approx. 5 to 7” tall potted plant stakes. All materials are supplied. Pieces will be taken to be kiln fired and returned and ready for pick up a few days after class. Please wear closed-toed shoes.



Age 18+ ■ Instructor: Ilene Yeomans of Some Antics ■ Main Hall
Sat, April 5 ■ 6:30pm – 8:30pm ■ \$45

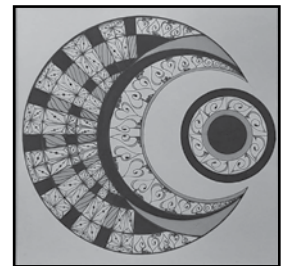
FUSED GLASS - BRING YOUR MOM EARRINGS & RINGS

Join Ilene for this fun & creative Mothers Day Workshop where you and your mom can make rings and earrings (or barrettes, hair pins or broches!) In this class you will learn tricks to make jewelry fired in a microwave kiln. Please wear closed-toed shoes and bring a snack.

Age 10+ ■ Instructor: Ilene Yeomans of Some Antics ■ Main Hall
Sat, April 12 ■ 4:00pm – 8:00pm ■ \$50

INTRODUCTION TO ZENTANGLE

Zentangle is a relaxing and fun way to create images by drawing structured patterns. These simple repetitive strokes used to create patterns encourage focus and may help create a calm, quiet time, with the bonus of a lovely art piece. You will create Zentangle paper tiles. All necessary supplies are provided and you will have a kit to take home!



Ages 13+ ■ Instructor: Helene Goulet ■ Lower Level
Thursday, May 1 ■ 5:30pm – 9:00pm ■ \$55

ZIA - ZENTANGLE INSPIRED ART ACTIVITY

Explore tangles/patterns while drawing an abstract moon (patterns may differ than the ones depicted on the picture). Supplies provided (bring your kit if you have one) No experience necessary

Ages 12+ ■ Instructor: Helene Goulet ■ Lower Level
Thursday, May 15 ■ 6:00pm – 8:00pm ■ \$35

Stay tuned for more Workshops throughout the Spring, including Art Camps for kids during Spring Break!



LOG CABIN BIRDHOUSE

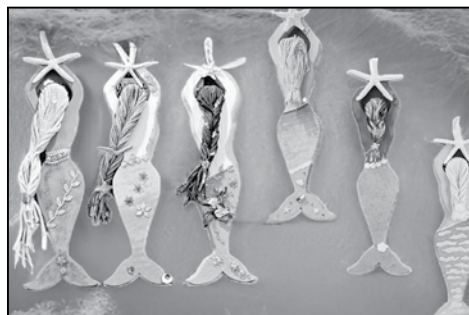
Create a charming log cabin birdhouse in this special limited-edition class! Using recycled, kiln-dried Vancouver Island cedar, you'll assemble and decorate

your birdhouse with whimsical rub-on designs. Finish it with a durable seal and enjoy its practical features, including a removable bottom for easy cleaning and included hanging hardware. Perfect for nature lovers and crafters alike

Instructor: Jen/ Lost Arts Club ■ Lower Level

Tuesday, May 13

6:00pm – 8:00pm ■ \$55



BEACH MERMAID

Create your own unique beach-themed mermaid on a 15-inch tall solid pine cutout. Choose from a large selection of paint colors

and textures, and decorate your mermaid with a variety of beach accessories. All supplies are included, and participants of all ages are welcome to join this fun and creative workshop!

Instructor: Jen/ Lost Arts Club ■ Lower Level

Tuesday, June 17

6:00pm – 8:00pm ■ \$40

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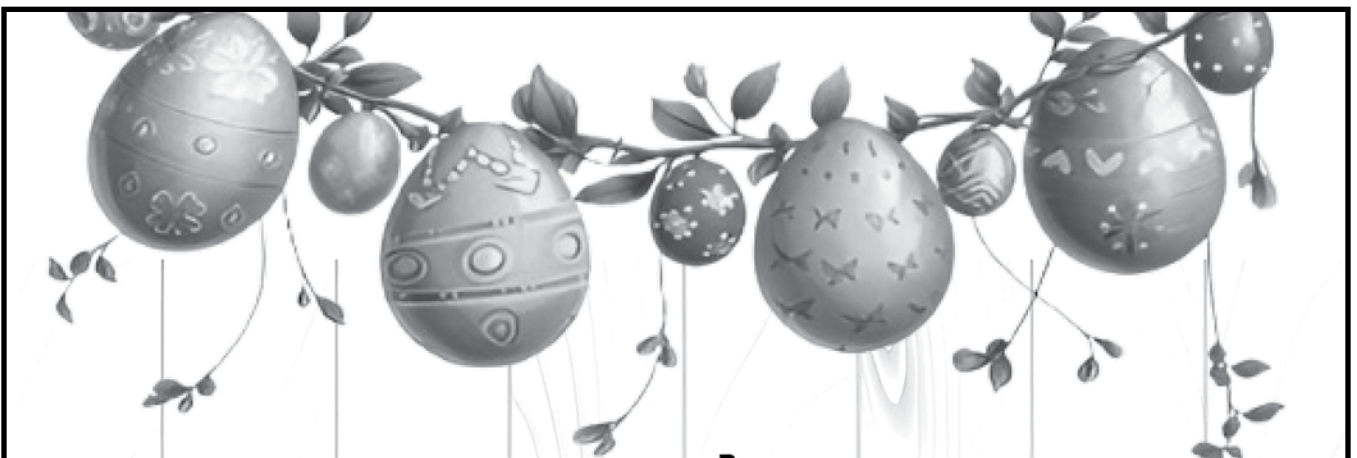
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Easter at the Centre

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EASTER EGG HUNT - CRAFTS - GAMES - HOT DOGS

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250-337-5190 or info@blackcreek-cc.com

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community centre

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