

FALL 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...

H. Schulz General Store



The Schulz's homesite through the years evolved into the present day Black Creek Country Market. Elizabeth and Henry Schulz Sr. first arrived in Black Creek with their children, Henry, Elsie, Peter and Annie in 1932, upon arrival he built a simple wood-framed house.

By 1933 Mr. Schulz had a Union 76 gas pump installed in front of his home. Due to the depression gas sales were not too profitable but he kept the station anyway. Foreseeing an increase in settlers Elizabeth encouraged Henry to open a small store in the covered porch of their home. The store sold staples such as flour, sugar, salt, etc., as the community grew, so did the store which now measured six feet by eight feet.

At the age of 47, in 1936, Henry Schulz Sr. decided to call the area Black Creek. Prior to 1936 the mail was delivered to the Fisherman's Lodge. Someone in the community would then pick up the mail for everyone in the area and bring it to the Schulz General Store. Once there the mail was sorted then given to it's rightful owners.

This system continued until a chance visit by A.W. Neil MP for Comox/Alberni. Mr. Neil asked Henry Schulz if he would be willing to have a post office in his store. Henry Schulz accepted and on June 1st. 1936 the Black Creek Post Office was officially opened with Henry Schulz as the first Postmaster.

In 1951 Henry Schulz sold the store but kept his position as postmaster until his untimely death from a heart attack at age 66 in 1955.



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DON'T MISS OUT, REGISTER TODAY!

BOARD OF DIRECTORS

Chair & Facilities Director -

Jerry Griffin

Vice Chair - *Deanna McLeod*

Treasurer - *Laurie Beldam*

Secretary - *Ian Doe*

At Large - *Kerry Amos,*

Sarah Kehler, Shannon Bablitz

STAFF

Executive Director - *Kim Blackwell*

execdirector@blackcreek-cc.com

Finance Coordinator - *Stacey Stotts*

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

Sept 1 & 30, Oct 13, Nov 11,

Dec 22 to Jan 4

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



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

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REPORT

EXECUTIVE DIRECTOR



As the lazy days of summer wind down we look toward the fall and getting back into our routines. Although Stacey, Jessie and I have enjoyed some quiet time in the office getting some projects completed we always look forward to having all our community members back on a regular basis.

The start of the fall season is our annual Fall Fair. Marked your calendars for Saturday, Sept 6th Jessie is back for another year as our coordinator so expect to see some favourites from last year such as logger sports demonstrations, petting zoo, zucchini car races, tug of war, watermelon eating contest and much more! Fred Hinz will be back with his band of musicians playing live music throughout the day. There will also be some new activities for the children including build your own hobby horse & some surprises to be revealed only on the day of the event! The Fall Fair is our biggest fundraiser of the year and we always have a raffle with some great prizes. This year we have Westjet tickets for 2 to anywhere Westjet flies, along with a Nootka Sound Day Cruise with GetWest Adventure Cruises, Green Fees for 4 at The Park, Crown Isle, Janelle Lee Photography including a 16 x 24 Gallery Wrap and a \$250 gift certificate from North Island Septic. Don't miss out

on a chance for these great prizes. Tickets are \$10 and available now from the office.

After our Fall Fair our regular programs start up along with a variety of workshops and more events. Many of our popular programs are back with the addition of some new programs including a youth bootcamp for all those wanting some off-season training or just to come out and be active in a fun environment. A new event we are looking forward to this Fall is a CHILI COOK OFF, stay tuned for more information. This could be the start of another annual event. Speaking of annual events we will be having our very popular Winter Market on December 6th.

We look forward to seeing you this fall.
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 four 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. youturnactive@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 September 8 to December 31 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 December 31.

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	\$330
Shape Up	Marion	\$350
S.W.E.A.T (includes S.W.E.A.T. & SPIN)	Jerry	\$325
Strength & Stamina, Fit for Life, Fitness to Music, Fit for Life 2	Janine	\$180

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		
9:00 - 10:00am			TRX				
9:05 - 10:05am	Shape Up		Shape Up		Shape Up	Spin & Core	
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.	Youth Bootcamp	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						
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						
2:00 - 3:00pm							
2:30 - 3:30pm							
3:15 - 4:15pm							
6:00 - 6:30pm					Pre-School Ballet		
6:30 - 7:00pm					Pre-School Jazz		
6:45 - 8:45pm			Beginner Knitting				

SPORT

12:00 - 12:45am						Gymnastics (Tot)	
1:00 - 2:00pm						Gymnastics (Pre/Hm)	
3:30 - 4:15pm							
4:00 - 5:00pm							
4:00 - 5:30pm							
4:30 - 5:30pm							
6:00 - 7:30pm		Beg/Int Pickleball O/P		Beg/Int Pickleball O/P			
7:30 - 9:00pm		Adv Pickleball O/P		Adv Pickleball O/P			

Tuesday 10:30am to 2:00pm / Main Hall / Reserved For Spinner & V.i.b.e.s. User Groups
 Saturday 1:00pm to 4:00pm / Main Hall / Reserved For Birthday Party Rentals

PRESCHOOL

FALL PROGRAMS

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, Sept 11 – Dec 18

(14 sessions)

*no session Sept 25

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, Sept 26 – Nov 28 (8 sessions)

*no class Oct 17 & 31

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, Sept 26 – Nov 28 (8 sessions)

*no class Oct 17 & 31

6:30pm – 7:00pm ■ Reg \$70 Early \$65



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YOUTH FALL PROGRAMS

PARENT & TOT GYMNASTICS

Chimo's parent & tot gymnastics program is a child-directed yet structured discovery of the fundamental movement patterns of gymnastics. Caregivers lead little ones through the circuits as coaches give active direction, feedback, and encouragement to parents and participants to ensure they get the very most out of their first gymnastics experience. Parents must dress to actively participate.

Ages 1 – 3yrs ■ Instructors: Chimo Gymnastic Club Coaches
Main Hall

Fridays, Sept 12 – Dec 12 (14 sessions)

12:00pm to 12:45pm ■ Reg \$170 Early \$165

PRESCHOOL GYMNASTICS

This program promotes independent learning. Children need to be able to listen to and follow instructions the coaches give. Coaches work with the children to develop problem solving, balance, coordination, and confidence. Learning the fundamental movement patterns of gymnastics, sport and life. Children must be able to work without their parents.

Ages 3 – 5yrs ■ Instructor: Chimo Gymnastics Club Coaches
Main Hall

Fridays, Sept 12 – Dec 12 (14 sessions)

1:00pm – 2:00pm ■ Reg \$195 Early \$190



HOMESCHOOL GYMNASTICS

Fundamental movement patterns are taught and refined through mastery of progressions and basic skills at each level. Using a strong understanding of the basic skills will allow children to learn more advanced gymnastics on men's and women's apparatus.

Ages 6 – 8yrs ■ Instructors: Chimo Gymnastic Club Coaches
Main Hall

Fridays, Sept 12 – Dec 12 (14 sessions)

1:00pm – 2:00pm ■ Reg \$195 Early \$190

YOUTH BOOTCAMP

Led by certified youth personal trainer Sarah Fountain, this high-energy bootcamp is specially designed to build strength, endurance, and confidence in young athletes and beginners alike. The class combines three essential components of youth fitness:

• Strength Training:

Learn proper lifting techniques using light weights, resistance bands, and bodyweight exercises to build strong, balanced muscles.

• Spin Intervals:

Improve cardiovascular health and endurance with fun, music-driven spin bike sessions designed for younger riders.

• Bodyweight Conditioning:

Engage the core, improve mobility, and increase overall stamina through functional bodyweight drills.

Each session focuses on **form, fun, and fitness**, promoting lifelong healthy habits in a **safe and supportive** environment. Sarah brings expert guidance, encouragement, and age-appropriate programming to help youth feel empowered and strong.

What to Bring: Water bottle, Athletic shoes, Positive energy!

Ages 12 – 17yrs ■ Instructor: Sarah Fountain
Pavilion

Tuesdays, Sept 9 – Dec 9 (12 sessions)

6:00pm – 7:00pm

*no session Sept 30, Nov 11 ■ Reg \$100 Early \$95 DI \$10



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ADULT FALL PROGRAMS

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, Sept 8 – Nov 24

(10 sessions)

*no session Sept 29, Oct 13

1:00pm - 2:00pm

Reg \$85 Early \$80 DI \$10

Drop in before
Line Dancing
and have lunch
for \$10



PICKLEBALL

Age 16+

Facilitator:

Lisa Sawatsky

Miracle Beach

Elementary School

Gymnasium



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.

Beginner/Intermediate Open Play

Tuesday, Oct 7 – Dec 2 (8 sessions) *no session Nov 11

6:00pm – 7:30pm ■ \$56 DI \$7

Thursday, Oct 9 – Nov 27 (8 sessions)

6:00 – 7:30pm ■ \$56 DI \$7

Advanced Open Play

Tuesday, Oct 7 – Dec 2 (8 sessions) *no session Nov 11

7:30pm – 9:00pm ■ \$56 DI \$7

Thursday, Oct 9 – Nov 27 (8 sessions)

7:30pm – 9:00pm ■ \$56 DI \$7



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

Wednesdays, Nov 5 - Nov 26 (4 sessions)

6:45pm – 8:45pm

\$80



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CONGRATULATIONS

to our very own Madeleine Ramsay for her Lifetime Achievement Award in recognition of 40 years of dedication and contribution to the sport of Artistic Swimming.



ADULT

FALL PROGRAMS — FITNESS

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

Friday, Sept 12 – Dec 19

(15 sessions)

10:15am – 11:15am

Reg \$125 Early \$120 DI \$10

TRX

Join Kristine for a TRX class this fall. 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: Kristine MacMillan

Pavilion

Wednesdays, Oct 1 – Oct 29

(5 sessions)

9:00am – 10:00am

Reg \$45 Early \$40 DI \$10



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, Sept 8 – Dec 19 (44 sessions)

*no class Oct 13

9:05am – 10:05am ■ Fit Pass \$350 DI \$10

*Fit Pass includes access card to fitness room for session



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ADULT

FALL 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, Sept 8 – Dec 19
(44 sessions)

*no class Oct 13

8:00am – 9:00am

Fit Pass \$330 DI \$10

*Fit Pass includes access card to fitness room for session

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

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

Monday & Wednesday, Sept 8– Dec 17 (29 sessions) *no class Oct 13
6:00pm – 7:00pm ■ Fit Pass \$325 DI \$10

*Jerry's fit pass includes Saturday morning Spin & Core class

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

SPIN & CORE

Start your weekend off right! This class will alternate between using the spin bikes and a variety of core exercises. All levels welcome as you go at your own pace.

Ages 16+ ■ Instructor: Jerry Griffin ■ Pavilion

Saturdays, Sept 13 – Dec 20 (12 sessions) ■ 9:00am – 10:00am

*no session Sept 20, Oct 18 & Dec 6 ■ Reg \$100 Early \$95 DI \$10

*Buy Jerry's Fit Pass which includes Mon & Wed evening S.W.E.A.T. class for \$325

MUAY THAI KICKBOXING

Muay Thai is a cardio infused martial art where students will learn a style of striking that emphasizes effective footwork and includes techniques and combinations with the hands, elbows, knees, feet and within the clinch. This will be a fun energetic class where you will improve strength, flexibility and overall fitness level. The class is open to beginner and intermediate skill levels.

Ages 16+ ■ Instructor: Chase Gundersen ■ 7:30pm – 8:30pm ■ Main Hall

Fridays, Sept 26 – Dec 19 (11 sessions) ■ Reg \$95 Early \$90 DI \$10 *no session Oct 17, 31








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ADULT

FALL PROGRAMS — HEALTH & WELLNESS

BUDDHIST MEDITATION & TECHNIQUES

Training in Meditation:

The Practice of Timeless Buddhist Wisdom

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 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 New Meditation Handbook

This fall, we will explore the meditations from The New Meditation Handbook, by Buddhist master Geshe Kelsang Gyatso Rinpoche. This book is a practical guide to meditation. It teaches us how to make both ourselves and others happy.

Although we wish to be happy all the time, we do not know how to, and because of this we often destroy our happiness by developing anger and other delusions. By practicing the series of meditations in The New Meditation Handbook, we can learn how to let go of our negative states of mind and create peaceful states of mind. When we practice meditation regularly, we receive great benefits and our inner peace and happiness increase.

SERIES 1 - (7 sessions)

- Sept 8** Where Does Happiness Come From?
- Sept 15** The Benefits of Meditation
- Sept 22** How to Understand Our Mind
- Sept 29** Our Precious Human Life
- Oct 6** Death and Impermanence
- Oct 13** No class, closed for Thanksgiving
- Oct 20** Creating the Causes for a Better Future
- Oct 27** Cultivating the Mind of Equanimity

Mondays, Sept 8 – Oct 27 (7 sessions)

*no class Oct 13

7:00pm – 8:00pm ■ Reg \$75 Early \$70 DI \$12

SERIES 2 - (7 sessions)

- Nov 3** Remembering the Kindness of Living Beings
- Nov 10** Equalizing Self and Others
- Nov 17** Learning to Cherish Others
- Nov 24** Exchanging Self with Others
- Dec 1** The Special Meditation of Taking and Giving
- Dec 8** Seeing with Wisdom
- Dec 15** The Mind of Love for All Living Beings: Bodhichitta

Mondays, Nov 3 – Dec 15 (7 sessions)

7:00pm – 8:00pm ■ Reg \$75 Early \$70 DI \$12



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.

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Real Estate Agent
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RE/MAX Check Realty

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.

NORTH ISLAND SURVIVORS' HEALING SOCIETY Trauma & Abuse Counselling Centre



CALL 250-287-3325

professional counselling by appointment
www.nishs.ca

ADULT

FALL 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, Sept 8 – Dec 15

(14 sessions) *no class Oct 13

5:30pm – 6:30pm

Reg \$145 Early \$140 DI \$12

NEW
Class!!



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

1st session:

Wednesday, Sept 17 – Oct 22 (6 sessions)

12:00pm – 1:00pm ■ Reg \$85 Early \$80 DI \$15

2nd session:

Wednesday, Nov 5 – Dec 10 (6 sessions)

12:00pm – 1:00pm ■ Reg \$85 Early \$80 DI \$15



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:

Wednesday, Sept 17 – Oct 22 (6 sessions)

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

2nd session:

Wednesday, Nov 5 – Dec 10 (6 sessions)

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

ADULT

FALL 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

Tuesday, Sept 9 – Dec 16 (13 sessions)

*no session Sept 30 & Nov 11

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

Wednesday, Sept 10 – Dec 17 (15 sessions)

7:30pm – 8:30pm

Reg \$110 Early \$105 DI \$9

HATHA YOGA

Soft and Strong Series

Everyone is welcome! This weekly class will bring you closer to the true nature of yoga within you. Attuning to your breath as you move through the various asanas. Becoming more aware of your body, its strengths and weaknesses. We will move together gaining strength and mobility with a heightened awareness. The energy level is moderate, with an offering to either heighten your efforts or relax them. Always acknowledging every day is different in your body and honoring it. Suggestions will be offered for modifying the asanas either to assist in more challenging asanas or deepen them. The class will have a two-cycle rhythm, it will repeat twice so you will have two opportunities to move more deeply into the intensity of the class. We will follow the format of a classical hatha with each class cycle offering different asanas. You will end leaving feeling refreshed and renewed!

Laurie is a certified instructor with RDY and has been teaching at BCCC for 5 years.

Ages 16+ ■ Instructor: Laurie Beldam ■ Main Hall

Saturday, Sept 13 – Dec 20 (11 sessions)

*no session Oct 11, 18, 25 & Dec 6

10:30am – 11:45am ■ Reg \$120 Early \$115 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

Tuesday, Sept 9 – Dec 16 (13 sessions)

*no session Sept 30 & Nov 11

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

OLDER ADULT

FALL 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

Monday, Oct 6 – Nov 24 (7 sessions)

*no class Oct 13

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

Tuesday, Oct 7 – Nov 25 (7 sessions) *no class Nov 11

9:15am – 10:15am ■ Reg \$55 Early \$50 DI \$9

Purchase Janine's 10 Punch Card for \$80 and come to any of her classes *valid until Nov 28th

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mrana.ca

macaulayroadana@gmail.com

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

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

Wednesday, Oct 8 – Nov 26 (8 sessions)

10:15am – 11:15am ■ Reg \$65 Early \$60 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

Thursday, Oct 9 – Nov 27

(8 sessions)

9:15am – 10:15am

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

Buy Janine's Fit
Pass for \$180 and
come to all 4 classes
a week, also includes
an access card to the
fitness room

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WORKSHOPS

NUTRITION WORKSHOP

Nutrition is vital to health and fitness, but it can be so confusing. Recommendations contradict each other, and it can be difficult to know what to eat. It doesn't have to be this way; you don't need to suffer to stay lean and healthy. Join Paul Smurthwaite and a like-minded group for an educational workshop tackling this subject, and turn the puzzle into simple, understandable pieces. By the end, the basics will make sense to you, and you will have control over your nutrition. This is a one-day workshop, but we will offer it on various days.

Ages 16+ ■ Instructor: Paul Smurthwaite ■ Lower Level

Saturday, Sept 27 or Sunday, Sept 28

Saturday, Oct 25 or Sunday, Oct 26

Saturday, Nov 15 or Sunday, Nov 16

11:00am – 1:00pm ■ \$30

BUSINESS BUILDERS BOOTCAMP

Level up your business this fall with the Business Builders Bootcamp — a new workshop series powered by the Comox Valley Chamber of Commerce and tailored for rural entrepreneurs in Area C.

These sessions were designed based on what we heard from local businesses and focus on real challenges, real solutions, and real results. Join us to build the skills that matter most to your business.

comoxvalleychamber.com/rural-business-initiative *this link will be updated with more info including the speakers
\$25 per session or \$80 if you register for all 4

CLICKS AND TRICKS:

SOCIAL MEDIA THAT WORKS

Hear from local entrepreneurs and digital pros on what's working on social media without a huge budget. This panel will share practical, time-saving tips to help you boost visibility and engagement and tell your business story authentically.

Thursday, Sept 18 ■ 6:30pm – 8:00pm ■ \$25

AI ADVANTAGE: WORK SMARTER, NOT HARDER

Feeling overwhelmed by AI? You're not alone — and you don't need to be an expert to start seeing real results. This hands-on session will guide you through practical ways to use tools like ChatGPT to boost productivity, simplify your workload, and confidently integrate AI into your daily business operations. Thursday, Oct 23 6:30pm – 8:00pm
Marketing Muscle: Strategies That Work Learn what's working in today's business landscape from local experts who've cracked the code on connecting with customers. This panel will cover no-cost and low-cost marketing strategies that work for small businesses.

Thursday, Oct 23 ■ 6:30pm – 8:00pm ■ \$25

RESISTANCE TRAINING WORKSHOP

Many people want to build muscle and strength but don't know where to begin. Others have been working out for a while but want a deeper understanding of the process. If either of these describes you, you'll love this workshop. Paul Smurthwaite will break down resistance training, give you the knowledge to build your physique, and show that building muscle doesn't have to be complicated or time-consuming. You will leave understanding what to do and where you're going. This is a one-day workshop, but we will offer it on various days.

Ages 16+ ■ Instructor: Paul Smurthwaite
Lower Level

Saturday, Oct 4 or Sunday, Oct 5

Saturday, Nov 8 or Sunday, Nov 9

11:00am – 1:00pm
\$30

MARKETING MUSCLE: STRATEGIES THAT WORK

Learn what's working in today's business landscape from local experts who've cracked the code on connecting with customers. This panel will cover no-cost and low-cost marketing strategies that work for small businesses.

**Thursday, Nov 20 ■ 6:30pm – 8:00pm
\$25**

FUEL YOUR BUSINESS: GRANT-FINDING BASICS

Discover how to find, apply for, and win grants that can help your business or non-profit grow. We'll break down where to look, how to write, and what funders are really looking for.

**Thursday, Dec 11 ■ 6:30pm – 8:00pm
\$25**



The graphic features a background image of hands writing on a document. On the right is the Comox Valley Chamber of Commerce logo, which includes a stylized bird and the text 'COMOX VALLEY CHAMBER OF COMMERCE'. Below the logo is a QR code and the text 'For more information'. On the left, the text reads: 'Business Builders Bootcamp', 'POWERED BY THE COMOX VALLEY CHAMBER OF COMMERCE', and a list of sessions: 'Thu Sep 18: Bootcamp Buzz: Social Media That Works', 'Thu Oct 23: AI Advantage: Work Smarter, Not Harder', 'Thu Nov 20: Marketing Muscle: Strategies That Work', and 'Thu Dec 11: Fuel Your Business: Grant-Finding Basics'.

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 Nov 8 & 9

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, Nov 2

9:00am – 4:30pm ■ \$100

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HEALTHY, HAPPY HIPS WORKSHOP

In this workshop we will begin by focusing our attention on our foundation. Learn how our feet and our walking gate effects our pelvis to learn signs that we are headed for problems and what to do about it. This workshop will include exploration of hip stability, flexibility and mobility with emphasis to understand our muscular tension, pain or discomfort and learn ways to self-heal. The class may include; - Breathing and building a meditative awareness of our body and relaxing areas of tension. - Foot props to awaken and restore circulation. Release tension to improve flexibility and increase shock absorption to minimize the impact to the joints above. - Using Yamuna 4 to 10 inch Body Rolling Balls to create space in the joints and massage muscles to generate freedom in the pelvis. - Yoga poses and exercises to build strength and stability. - Yin yoga poses to relax and stretch.

Ages 16+ ■ Instructor: Nancy Moelaert

Workshop Sunday, Oct 26

9:30am – 12:00pm ■ \$45



WORKSHOPS

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.

Instructor: Helene Goulet

ZENTANGLE BASICS/ INTRODUCTION

Ages 13+

Thursday, Oct 23

5:30pm – 9:00pm

\$55 *Includes a kit to bring home

Thursday, Nov 27

5:30pm – 9:00pm

\$55 *Includes a kit to bring home



FAMILY ZEN PLAY

These workshops will introduce the whole family to zentangle inspired art.

Pumpkins

Saturday, Oct 25

1:00pm – 2:30pm

\$30 per family

*1 adult and up to 2 children, ages 8 to 13yrs



Snowmen

Saturday, Nov 29 ■ 1:00pm – 2:30pm

\$30 per family

*1 adult and up to 2 children, ages 8 to 13yrs

Sign up for both sessions for \$55!



ZENTANGLE

INSPIRED LETTERING

This class will have you creatively embellishing letters with patterns/tangles.



All supplies included (bring your Zentangle kit if you have one) No experience necessary

Ages 13+

Thursday, Oct 30, Nov 6, Nov 13 ■

6:00pm – 8:30pm

\$35 each class or \$95 for all 3

FUSED GLASS -NIGHTLIGHTS

In this 2h workshop, Ilene, of Some Antics, will guide you in creating a fused glass work of art. The piece will be 3x3 inches so as to be mounted on a nightlight or tealight (your choice). Ilene will bring all the glass and some ideas for you to enjoy putting together this piece. Then, she will take it away to be fired and mounted and you can pick your lovely finished piece up from the BCCA in about a week. Bring a friend and have an evening out being creative. 14+ welcome. **Please wear closed-toe shoes*

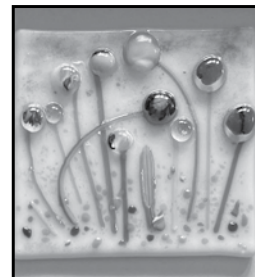


Ages 13+ ■ Instructor: Ilene Yeomans of Some Antics
Lower Level

Friday, Sept 12 ■ 6:30pm – 8:30pm
\$55

FUSED GLASS – SCENES

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 and then firing it in the kiln to fuse it all together. You will create 2 pieces approx. 12 sq. Inch in total, one that will include a hanger and one with a stand. 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.



Ages 18+ ■ Instructor: Ilene Yeomans
Lower Level

Saturday, Sept 27 ■ 6:30pm – 8:30pm
\$60



FUSED GLASS WORKSHOP HOLIDAY THEME

In this workshop you will learn the art of fused glass and make a Christmas tree holiday ornament (penguin, gnome or snowman) to gift or keep for your home. You will also make a pendant with dichroic accents. Dichroic glass is a sparkly glass which can display multiple

assorted colors depending on lighting conditions & design. 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.

Ages 18+ ■ Instructor: Ilene Yeomans, of Some Antics

Friday, Dec 12 ■ 6:30pm – 9:00pm
\$70

Stay tuned with our website, Facebook & Instagram pages for additional Workshops.

BLACK CREEK COMMUNITY CENTRE



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OCTOBER 25

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Creek Crew

Youth Volunteer Program



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TOWARDS GRADUATION CREDITS**

**Ages
11-17**



For more information email info@blackcreek-cc.com or Call 250-337-5190

Black Creek FALL FAIR

SEPTEMBER

6th

2025

10 am - 4 pm



Family Fun

Contests, face painting, petting farm, bouncy house, carnival games, zucchini car races

Entertainment

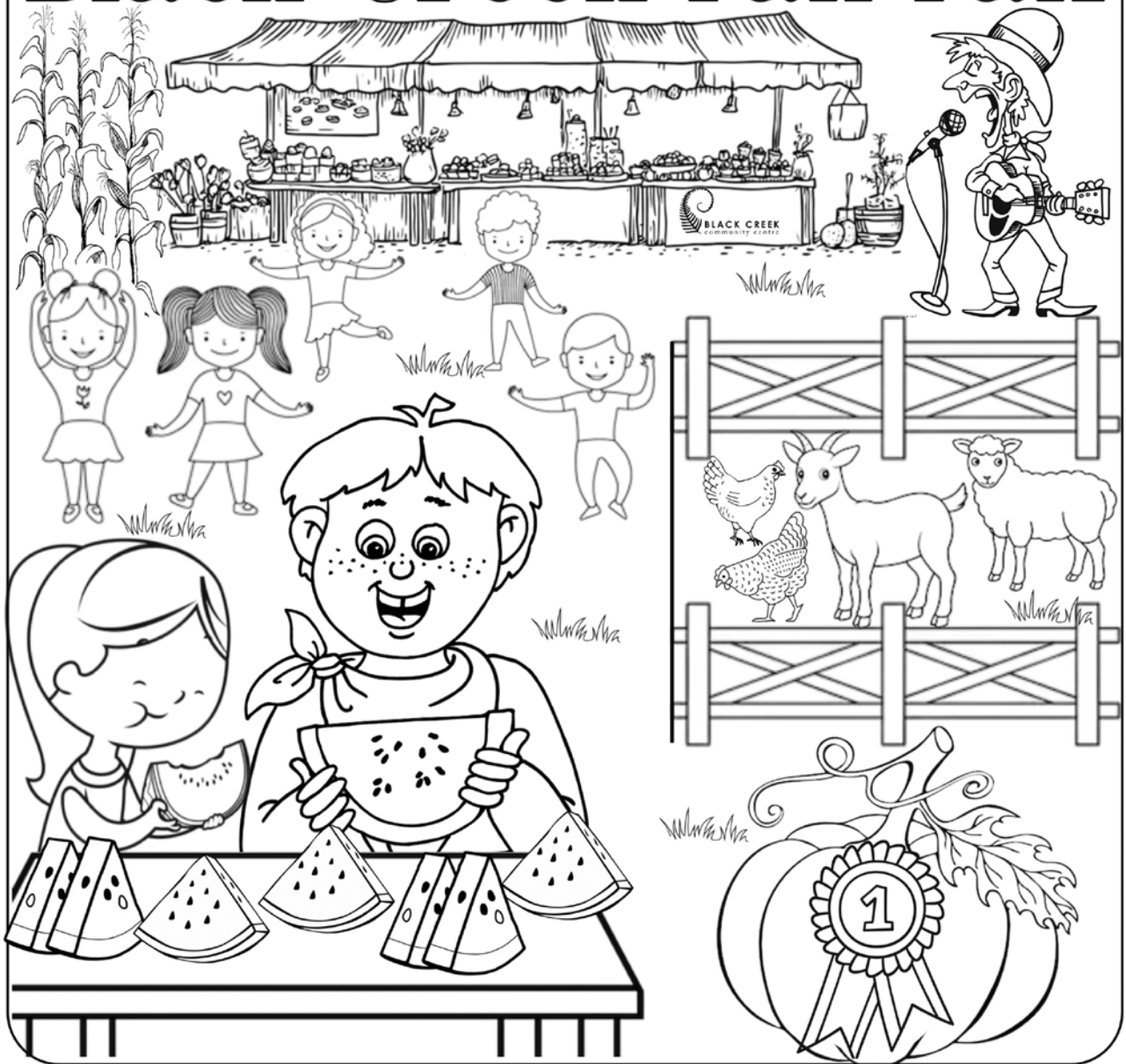
Logger sports, Vancouver Island Blacksmiths, Tyler Cochrane chainsaw artist, artisan vendors

Community

Wool spinners, Photo-booth, Food trucks, Live Music, Silent Auction, BBQ, Pancake Breakfast

OUR LARGEST COMMUNITY EVENT OF THE YEAR!

Black Creek Fall Fair



COLOURING CONTEST

All submissions must be dropped off at the Black
Creek Community Centre on or before the Black
Creek Fall Fair September 6th.
2001 Black Creek Rd, Black Creek
For More Information or additional colouring sheets
Call: 250-337-5190
email: info@blackcreek-cc.com

Name: _____

Age: _____