

# WINTER 2026 ACTIVITY GUIDE

FITNESS ROOM | PROGRAMS | WORKSHOPS | COMMUNITY EVENTS | RENTALS



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# Black Creek Community Association

# FALL FAIR 2025

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## STAFF

Executive Director - *Kim Blackwell*

[execdirector@blackcreek-cc.com](mailto:execdirector@blackcreek-cc.com)

Finance Coordinator - *Stacey Stotts*

[finance@blackcreek-cc.com](mailto:finance@blackcreek-cc.com)

Office Administrators -

*Jessie Roland and Stacey Stotts*

[info@blackcreek-cc.com](mailto:info@blackcreek-cc.com)

Programmer - *Kim Blackwell*

[programmer@blackcreek-cc.com](mailto:programmer@blackcreek-cc.com)

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## OFFICE DETAILS

2001 Black Creek Road

Black Creek, BC V9J 1G5

250-337-5190

[info@blackcreek-cc.com](mailto:info@blackcreek-cc.com)

## OFFICE HOURS

Mon through Sat - 9am to 1pm

Mon through Thurs - 4pm to 8pm

## OFFICE CLOSED

Dec 21 through Jan 4, Feb 16

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

[facebook.com/blackcreekcommunitycentre](http://facebook.com/blackcreekcommunitycentre)

[instagram.com/blackcreekbc/](http://instagram.com/blackcreekbc/)

## GRAPHIC DESIGN

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



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# REPORT

## EXECUTIVE DIRECTOR



**I**t's hard to believe that winter is just around the corner and fall is coming to an end. Autumn is always a busy time here at the Centre, beginning with our annual Fall Fair. This year's fair was another wonderful success, filled with activities, participants, and community spirit.

I'd like to extend a heartfelt thank-you to all of our sponsors (listed on page 2), our vendors and demonstrators, and especially our 60 incredible volunteers! The Fall Fair would not be possible without your hard work and support.

A very special thank-you and round of applause goes to our coordinator, Jessie Roland, for organizing another amazing fair. This was Jessie's third and final year leading the event, and her dedication has shone through in the fresh ideas and energy she brought each year. Jessie feels it's time for someone else to take the reins, so if you—or someone you know—may be interested, please visit our website for the job description and send us a résumé.

As we look ahead to winter, all of your favourite classes will continue, along with a selection of new programs for both youth and adults. Please take some time to browse the guide—we hope you'll find something that inspires you. And

if there's something you'd love to see offered in the future, let us know; we'll do our best to make it happen.

On a final and more somber note, I would like to acknowledge the loss of two valued community association members this year.

Fred Hinz lost his battle with cancer on October 7th, just one year and one month after the passing of his partner, Margaret Douglas. Fred and Margaret were well-known faces around the Community Centre. Fred helped with many events—thank you, Fred, for all the hay runs—and was best recognized as the drummer in the Fall Fair band. The band played all day at both the 2023 and 2024 fairs. Fred passed away just one month after this year's fair, but he was determined to play, and we are grateful his wish came true. Fred, you will always be remembered with kindness and gratitude by the BCCA.

Karin Koschack passed away peacefully in her sleep on November 9th, a sudden and unexpected loss. Most people in Black Creek knew Karin—if not by name, then by her cheerful presence in countless volunteer roles. Over the years, Karin served on the board of directors, attended many classes (including being a regular at Nancy's Tuesday evening yoga), and devoted countless hours to helping at events. Many will remember her serving chili at the Saratoga Polar Dip, selling 50/50 tickets at pop-up events, or bringing joy as Ms. Pockets at the Fall Fair, roaming the field with stories and smiles. Karin will always be remembered for her kindness and tremendous volunteerism here at the BCCA and throughout the community.

Kim



# 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
Adult	\$7
Senior (65+)	\$6
Student (13-18) or valid student card	\$6

#### Workout while you wait!

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

PASSES	COST
Adult 10 Punch *1 year expiry	\$55
Senior/Student 10 Punch *1 year expiry	\$45
1 Month Adult	\$55
1 Month Senior/Student	\$45
2 Month Adult	\$80
2 Month Senior/Student	\$70
3 Month Adult	\$100
3 Month Senior/Student	\$90
6 Month Adult	\$160
6 Month Senior/Student	\$150
1 Year Adult	\$285
1 Year Senior/Student	\$275



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# Program Information

## POLICIES & FIT PASS OPTIONS

### BCCA PROGRAM POLICIES

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

1 You can register for a program by calling the Community Centre at 250-337-5190, or dropping by in person. \*Please check office hours as they may be different at certain times of the year. You can register for many programs online by visiting our website [www.blackcreek-cc.com](http://www.blackcreek-cc.com) and following the link under programs/registration (please note our registration software works best with the Chrome browser). Certain program products will not be available online such as FIT PASSES and PUNCH CARDS that allow you access to various classes.

2 Programs require a minimum number of registrations in order to cover the instructor fees & program supplies. Most often cancellations are due to numbers not being met so regrettably 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 January 5 to March 31 have unlimited access to classes with your favourite Instructor. se 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 March 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	\$240
Shape Up	Marion	\$305
S.W.E.A.T (includes Spin & Core)	Jerry	\$275
Strength & Stamina, Strong Seniors, Fitness to Music, Forever Fit	Janine	\$260

### 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
6:30-7:15am		Early Morning Spin		Early Morning Spin			
8:00 - 9:00am	Early Bird Workout		Early Bird Workout		Early Bird Workout		
9:05 - 10:05am	Shape Up		Shape Up		Shape Up	Spin & Core	
9:15 - 10:15am		Strong Seniors		Forever Fit			
10:15 - 11:15am			Fitness To Music				
10:30 - 11:30am	Strength & Stamina						
1:00-1:45pm				Mom & Baby Strength			
4:00-5:00pm	Centered Strength	Step N' Pump					
6:00 - 7:00pm	S.W.E.A.T.	Youth Winter Cond.	S.W.E.A.T.	Step N' Pump			
7:00-8:00 pm	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				
2:00 - 1:00pm			Tai Chi				
3:15-4:45pm				All Levels Yoga			
5:30 - 6:30pm	Restorative Yoga						
5:45 - 7:15pm		Yoga with Nancy					
7:00 - 8:00pm				Meditation			

## ART, DANCE, MUSIC

1:00 - 2:00pm	Line Dance						
2:00 - 3:00pm	Intermediate Line Dance						
4:00-5:00pm					Claydate		
6:00 - 6:30pm					Pre-School Ballet		
6:30 - 7:00pm					Pre-School Jazz		
6:45 - 8:45pm			Beginner Knitting				
7:15-8:00pm					Junior Jazz Jam		

## SPORT

6:00-7:30pm		Beg/Int Pickleball O/P		Beg/Int Pickleball O/P			
6:30-8:30pm	Drills For Skills Dvlpmnt						
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

## WINTER 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, Jan 8 – Mar 19**

*(11 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, Jan 23 - Mar 13 (8 sessions)**

*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, Jan 23 – Mar 13 (8 sessions)**

*6:30pm – 7:00pm ■ Reg \$70 Early \$65*



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# YOUTH WINTER PROGRAMS

## JUNIOR JAZZ JAM

This upbeat and energetic class introduces young dancers to the fundamentals of jazz technique and performance. Dancers will explore style, rhythm, and expression while learning classic jazz movements such as kicks, turns, and isolations. Perfect for kids who love to move with personality and confidence!

**Ages 7-9yrs** ■ Main Hall

**Instructor:** Calla Cunningham & Chelsea Brotherston

**Fridays, Jan 23 – Mar 13 (8 sessions)**

7:15pm to 8:00pm ■ Reg \$75 Early \$70

## YOUTH WINTER CONDITIONING

Build Strength. Improve Speed. Stay Active. Keep your young athlete moving and motivated through the winter months! This class focuses on developing strength, endurance, agility, and coordination through age-appropriate training. Using a mix of bodyweight exercises, resistance work, and functional movement drills, participants will build a solid athletic foundation while learning proper form and technique. Each session promotes confidence, teamwork, and a lifelong love of fitness — all in a supportive and encouraging environment. Perfect for off-season athletes or any youth looking to stay active and strong during the winter.

**Ages 10-16 yrs** ■ **Instructor: Sara Fountain** ■ Pavilion

**Tuesdays, Feb 3 – Mar 10 (6 weeks)**

6:00pm – 7:00pm ■ Reg \$50 Early \$45 DI \$10

## CLAYDATE

In this 8-week course, your child will explore the fun and creative world of clay sculpting. They'll make animal figures like giraffes, elephants, gorillas, crocodiles, and more, following easy step-by-step lessons in forming, glazing, and firing. It's a great way to build skills, have fun, and bring home artwork they'll be excited to share.

Check out Judit's youtube video: <https://youtube.com/watch?v=8al3JQE-WeA&feature=share>

**Ages 6 - 12yrs**

**Instructor: Judit Szilvasi**  
Lower Level

**Fridays, Jan 16 – Mar 6**  
(8 weeks)

4:00pm – 5:00pm  
\$200

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# YOUTH & ADULT

## WINTER PROGRAMS — DANCE, ART, SPORTS

### 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, Jan 5 – Mar 16 (10 sessions)** \*no class Feb 16

1:00pm - 2:00pm ■ Reg \$85 Early \$80 DI \$10

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

### INTERMEDIATE LINE DANCE

Ready to take your line dancing to the next level? This intermediate-level class is designed for dancers who already know the basics and want to expand their skills, confidence, and repertoire.

You'll learn a variety of fun, energetic line dances set to country, pop, and contemporary hits. We'll focus on improving technique, timing, styling, and transitions, while introducing more complex footwork, turns, and rhythms.

Each week, you'll review familiar patterns, learn new choreography, and practice putting it all together with plenty of repetition and encouragement. Whether you dance for fun, fitness, or social events, this class will keep you moving and smiling!

**Prerequisite:** Comfortable with basic line dance steps (grapevines, shuffles, pivots, etc.) and simple choreography.

**Mondays, Jan 5 – Mar 16 (10 sessions)** \*no class Feb 16

2:15pm – 3:15pm ■ Reg \$85 Early \$80 DI \$10

### 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 (\$25) or you can bring your own 5mm needles and 100g of heavy worsted weight yarn (wool suggested).

*Instructor: Sarah Thornton ■ Lower Level*

**Wednesdays, Feb 4 – Feb 25 (4 sessions)**

6:45pm – 8:45pm ■ \$80



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### PICKLEBALL

*Ages 16+*

*Facilitator: Lisa Sawatsky*

Miracle Beach Elementary School Gymnasium

### Drills for Skills Development with Lisa

Practice makes progress! The objective of these classes will be to improve accuracy, consistency, and confidence by practicing shots that we commonly use in the game of pickleball.

### Beginner/Intermediate

**Mondays, Jan 12 – Feb 2 (4 sessions)**

6:30pm – 8:30pm ■ \$80

### Advanced

**Mondays, Feb 23 – Mar 16 (4 sessions)**

6:30pm – 8:30pm ■ \$80

### Open Play Pickleball

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

*1st session:*

**Tuesdays, Jan 13 – Feb 10 (5 sessions)**

6:00pm – 7:30pm ■ \$35

**Thursdays, Jan 15 – Feb 12 (5 sessions)**

6:00 – 7:30pm ■ \$35

*2nd session:*

**Tuesdays, Feb 17 – Mar 17 (5 sessions)**

6:00pm – 7:30pm ■ \$35

**Thursdays, Feb 19 – Mar 19 (5 sessions)**

6:00 – 7:30pm ■ \$35

### Advanced Open Play

*1st session:*

**Tuesdays, Jan 13 – Feb 10 (5 sessions)**

7:30pm – 9:00pm ■ \$35

**Thursdays, Jan 15 – Feb 12 (5 sessions)**

7:30pm – 9:00pm ■ \$35

*2nd session:*

**Tuesdays, Feb 17 – Mar 17 (5 sessions)**

7:30pm – 9:00pm ■ \$35

**Thursdays, Feb 19 – Mar 19 (5 sessions)**

7:30pm – 9:00pm ■ \$35

# ADULT WINTER 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

**Fridays, Jan 9 – Mar 20 (10 sessions)**  
10:15am – 11:15am  
Reg \$90 Early \$85 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, Jan 5 – Apr 3 (38 sessions)**

\*no class Feb 16  
9:05am – 10:05am  
Fit Pass \$305 DI \$10

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

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

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# ADULT WINTER 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, Jan 5 – Mar 20 (32 sessions)

*\*no class Feb 16  
8:00am – 9:00am ■ Fit Pass \$240 DI \$10  
\*Fit Pass includes access card to fitness room for session*

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## 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 StabilityWith ExtremeAthleticTraining

*Ages 16+ ■ Instructor: Jerry Griffin  
Pavilion*

### Mondays & Wednesday, Jan 5 – Mar 25

*(23 sessions) \*no class Feb 16  
6:00pm – 7:00pm ■ Fit Pass \$275 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 excercises . All levels welcome as you go at your own pace.

*Ages 16+ ■ Instructor: Jerry Griffin  
Pavilion*

### Saturdays, Jan 10 – Mar 28

*(12 sessions)  
9:00am – 10:00am  
Reg \$110 Early \$105 DI \$10*

*\*Buy Jerry's Fit Pass which includes  
Mon & Wed evening  
S.W.E.A.T. class for \$275*

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

## 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  
Main Hall*

### Mondays, Jan 5 – Mar 16

*(10 sessions)  
\*no session Feb 16  
7:00pm – 8:00pm  
Reg \$85 Early \$80 DI \$10*

**Now on  
Mondays!**

# ADULT WINTER PROGRAMS — FITNESS

## MOM & BABY STRENGTH

This postpartum-focused strength class is thoughtfully designed to help new mothers regain strength, stability, and confidence after giving birth — all while bonding with their baby. Through a blend of functional strength training, breathwork, and mobility, we'll emphasize deep core and pelvic floor activation to support recovery and improve posture. Light to moderate weights are incorporated to safely rebuild overall strength and endurance, progressing at a pace that honors your body's healing process. Each session provides a supportive, encouraging environment where you can move, strengthen, and connect — with your baby right by your side. Ideal for: Moms cleared for physical activity (typically 6+ weeks postpartum) looking to restore their core, improve total-body strength, and enjoy a balanced return to fitness.

*Instructor: Sarah Fountain  
Main Hall*

**Thursdays, Jan 8 – Feb 12** (6 weeks)  
1:00pm – 1:45pm  
Reg \$55 Early \$50 DI \$10

## STEP N' PUMP

A workout for all levels, combining step aerobics and resistance training. Using a bench and weights to provide a full-body cardio and strength workout. Various exercises will be emphasized for all muscle groups. Options will be demonstrated for the participants' needs. The 1-hr class ends with a 15min stretch.

*Ages 16+  
Instructor: Madeleine Ramsay  
Main Hall*

**Tuesdays & Thursdays, Jan 6 – Mar 19**  
(22 sessions)

**Tuesdays** 4:00pm – 5:00pm  
**Thursdays** 6:00pm – 7:00pm  
Reg \$185 Early \$180 DI \$10

## CENTERED STRENGTH

Strengthen, stabilize, and unwind in this dynamic class that blends core conditioning, balance training, and deep stretching. You'll challenge your core with controlled movements, improve balance through mindful exercises, and finish with a relaxing stretch to release tension. Perfect for all fitness levels, this class is your midweek reset — feel stronger, more centered, and ready to move with ease.

*Ages 16+ ■ Instructor: Sarah Fountain ■ Main Hall  
**Mondays, Jan 5 – Mar 16** (10 weeks) \*no session Feb 16  
4:00pm – 5:00pm  
Reg \$85 Early \$80 DI \$10*

## EARLY MORNING SPIN

Wake up and ride into your day with this high-energy 45-minute Spin class! Set to motivating beats and led by an instructor who'll push you to find your edge, this session will fire up your legs, lungs, and mindset. Expect climbs, sprints, and intervals that torch calories and boost endurance — all before breakfast. You'll leave sweaty, smiling, and ready to conquer the day! Note this class is in the outdoor pavilion; the pavilion is protected from wind & rain. Dress in layers as you will warm up fast!

*Ages 16+ ■ Instructors: Sarah Fountain & Paul Smurthwaite  
Pavilion*

**Tuesdays & Thursdays, Feb 24 – Mar 19** (8 sessions)  
6:30am – 7:15am  
Reg \$70 Early \$65 DI \$10



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# ADULT WINTER 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: Shaunty Wright  
Main Hall

**Mondays, Feb 23 – Mar 23 (5 sessions)**  
5:30pm – 6:30pm  
Reg \$55 Early \$50 DI \$12



## MOM & BABY YOGA

Mom and baby yoga is a playful, informative and supportive class for moms and their babies. This class is a wonderful and safe way to get back into a mindful healing movement practice while having your little one join you in the experience. Your new babe will be included as much as possible, starting off with some gentle breathing and baby massage then bringing them into specific yoga postures and movements. This helps to develop a very positive physical connection between you and your baby. During class you have the freedom to meet your babies' needs with feeding and changing whenever it is needed. You will get to connect and bond with your babe amongst a supportive community of other new moms. You will learn some pelvic floor awareness and health, as well as some gentle yoga poses to help regain your strength flexibility and balance. Different breathing techniques will be taught to help release tension held in the body from the physical, mental and emotional demands of motherhood to help bring you back into harmony. At the end of class, you will have the option to stay for tea and connect and chat with the other moms and babies.

Instructor: Lena Watt  
Main Hall

**Wednesdays, Jan 14 – Mar 4 (8 sessions)**  
12:00pm – 1:00pm ■ Reg \$110 Early \$105 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.

**Wednesdays, Jan 14 – Mar 4 (8 sessions)**

10:15am – 11:15am  
Reg \$110 Early \$105 DI \$15

## 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, Jan 7 – Mar 25 (12 sessions)**  
2:00pm- 3:00pm  
Reg \$95 Early \$90 DI \$9



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# ADULT WINTER PROGRAMS — HEALTH & WELLNESS

## NANCY MOELAERT

*is a Kripalu Yoga Instructor certified in 2007.*

**D**iscovering yoga in 1995 after living an active lifestyle in sports. After years of coping with injuries & chronic pain, I was looking for a physical activity that healed & nurtured. The pain diminished eventually, while my strength and flexibility increased & I was awakened to what yoga is really about; Awareness of our whole being; physical, emotional, energetic and spiritual body. This transformation was so profound that it became the base for the style of Yoga I teach today. Nancy's style invites a deep inner exploration, encouraging participants to breathe and feel more deeply to open our awareness, cultivating inner peace. Nancy started teaching at the Black Creek Hall in January 2008. Enjoying 18 years of sharing her passion with this awesome community!



## CORE YOGA

This class 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.

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, Jan 6 – Mar 24** (12 sessions)

8:45am – 10:15am

Reg \$155 Early \$150 DI \$15

## 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 intention 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

**Saturdays, Jan 10 – Mar 28** (11 sessions) \*no session Feb 7

10:30am – 11:45am ■ Reg \$120 Early \$115 DI \$12

## YOGA WITH NANCY MOELAERT

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

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

**Tuesdays, Jan 6 – Mar 24** (12 sessions)

5:45pm – 7:15pm ■ Reg \$155 Early \$150 DI \$15

## ALL LEVELS YOGA

Build on the basic postures and explore some advanced asana that build strength and endurance. Every class will include postures to relax and stretch. We will use Pranayama techniques (breathing exercises) to delve into the vibrations of the body. Discover an open mind to the sensations in the body as we hold postures beyond our initial desire to release. This class is for all levels; incorporating the fundamentals of a safe yoga practice. You will be provided with detailed instruction to build a strong foundation in your postures with modification to accommodate less flexibility or injuries as well as guidance to deepen your practice.

*Ages 16+ Instructor: Nancy Moelaert*

Main Hall

**Thursdays, Jan 8 – Mar 26** (12 sessions)

3:15pm – 4:45pm ■ Reg \$155 Early \$150 DI \$15

# ADULT WINTER PROGRAMS

## BUDDHIST MEDITATION

### WINTER SERIES 1 – Cultivate a Peaceful Life

#### Through Meditation

Imagine living without stress and tension – a life free from worry, anxiety, and the many daily problems these negative states of mind create. In this series of 6 classes, we will look at how Buddhist meditation can eliminate stress and help us become more relaxed, peaceful and positive in our daily life. By understanding Buddha's teachings on the mind, we can learn to face life's adversities with a happy heart, deal with 'difficult people' without getting angry and transform hardships into opportunities for spiritual growth.

- Jan 22** The benefits of meditation
- Jan 29** How anger harms both ourself and others
- Feb 5** Why we get angry
- Feb 12** Why we need to learn to be patient
- Feb 19** Deepening our experience of patience
- Feb 26** Learning not to retaliate – through compassion and understanding

*Instructor: Colleen Neely* ■ Main Hall

#### Thursdays, Jan 22 – Feb 26 (6 sessions)

7:00pm – 8:00pm

Reg \$65 Early \$60 DI \$12

## WINTER SERIES 2 –

*The Power to Change: A Meditation Class for Everyone*  
Do habits like procrastination, discouragement or attachment interfere with your efforts to engage effectively in meaningful activities such as meditation? Join us for this series to learn practical methods and meditations that give us the power to change and overcome these limiting habits, so that we can start to find real inner peace and be free to live the life we want to live. Based on 9th century Buddhist master Shantideva's Guide to the Bodhisattva's Way of Life, we will learn how the powers of aspiration, confidence, joy and relaxation empower us to change our experience of life for the better.

- Mar 5** Becoming Free from Discouragement
- Mar 12** The Power of Aspiration
- Mar 19** Developing Spiritual Self-Confidence
- Mar 26** Inviting Joy into our Practice

*Instructor: Janet Marriott* ■ Main Hall

#### Thursdays, Mar 5 – Mar 26 (4 sessions)

7:00pm – 8:00pm

Reg \$45 Early \$40 DI \$12

**Purchase Janine's 10 Punch Card for \$80 and come to any of her classes \*valid until Mar 31**



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, Jan 5 – Mar 16 (10 sessions) \*no class Feb 16

10:30am – 11:30am ■ Reg \$80 Early \$75 DI \$9

## STRONG SENIORS

Introduction to weight training exercises using the fitness room 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, Jan 6 – Mar 17 (11 sessions)

9:15am – 10:15am ■ Reg \$85 Early \$80 DI \$9

## FITNESS TO MUSIC

Join Janine for an easy fun workout to your favorite tunes, focus on building stamina and strength. This one-hour class will include use of light weights. Walking is NOT enough, You need to strengthen your muscles. This low impact functional exercise class is designed specifically for people in their 50's, 60's, 70's and 80's. Increase your strength, stamina and stability. Suitable for all participants and levels of fitness.

*Instructor: Janine Calder* ■ Main Hall

#### Wednesdays, Jan 7 – Mar 18 (11 sessions)

10:15am – 11:15am ■ Reg \$85 Early \$80 DI \$9

## FOREVER FIT

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, Jan 8 – Mar 19 (11 sessions)

9:15am – 10:15am

Reg \$85 Early \$80 DI \$9

Buy Janine's  
Fit Pass for \$260 and  
come to all 4 classes  
a week, also includes  
an access card to the  
fitness room

# WORKSHOPS

## Visioning Boarding & Manifesting with the New Moon

Date: Sunday, January 18th

Time: 1:00pm-5:00pm

Place: Black Creek Community Centre

Price: \$108

Register: Phone: 12503375190 Email: <https://blackcreek-cc.com/>

Join Lena Watt, Yoga Therapist and Moon Goddess for an integrated workshop to move, breathe and create together in community. Using a combination of Moon Wisdom, Astrology, Meditation, Movement, Manifesting, Oracle Cards, Journaling, and Vision Boarding. You will be guided through a transformational circle to help incorporate simple lunar and

planetary wisdom to help you create a vision board with intention, presence and passion connected to the energies of the number 1 and the year 2026. Moon Wisdom is a deep dive into the mysteries, magic, and wisdom of the moon. Traditional lunar wisdom draws on the powers of the moon to enrich our lives, improve our health, understand our fertility, enhance our sensual pleasure, connect us with the energetic and astrological realms, allow our gardens to flourish, embody our cyclical nature and light our path forward. Learn my simple and powerful Manifestation tips and tricks to help you release old blocks and outdated thinking and step deeper into your purpose and true nature. Let's Create Together!

### What to Expect

#### \* Opening and Closing Circle

\* Learn about working with the Moon Phases

\*Manifesting with the New Moon and Planets

Explore and Learn about your personal Natal Chart

\* Learn about the over aching energies of the 2026 and what to focus on to have your best year yet

\* Journaling for Clarity and Creating Your Dream Year

\*Explore different breathing, yoga and meditation practices to help connect you to your intuition, desires and purpose

\* Explore the numerology of 1 the main energy of 2026

\* Create a vision board together for 2026 with focus and intention

\*Snacks, Tea and Manifesting Gift Bag

\*Connect and build community



# WORKSHOPS



## 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  
Oyster River Fire Department*

**TBD**

7:00pm – 9:00pm

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## 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 Mar 14 & 15

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

## JR. FIREFIGHTER CAMP

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



*Grades 6 – 12*

Oyster River Fire Hall

**TBD**

9:00am – 4:00pm

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# WORKSHOPS

## LADIES POTTERY NIGHT

Wear your mud clothes because its pottery time! No matter what you are interested in: pinch, coil, slab, or wheel technique, you can design your own pieces in Judit's studio. We will use traditional ways to fire the clay using glaze to cover the art pieces. This course is for beginners who would love to try having fun with clay! All materials included.

Ages 18+

Instructor: Judit Szilvasi  
Judit's studio

*\*\*This class will run dependent on interest. If you are interested in this class please let us know what day of the week and time of day works best for you. This class will run if we have enough participants that are able to attend at the same time.*

4 weeks/2 hours per session ■ \$230



## FUSED GLASS

Jewelry Join Some Antics to make some fused glass jewelry! With Ilene's assistance, you will design and build three glass cabochons. After she fuses them in her kiln and glues them to the settings, you will pick up your completed pieces from BCCA approximately a week later. You will have made a beautiful pendant and either of: a pair of earrings, or a ring and a hair or hat pin. All the metal is hypoallergenic. Come have some fun. Please wear close toed shoes.

Ages 13+ ■ Instructor: Ilene Yeomans

Main Hall

**Thursday, Mar 12**

7:00pm – 8:30pm ■ \$50

## PORTRAIT COURSE

Join Judit to learn how to create a human portraiture. With step by step instruction, Judit will lead you through the basics of the head proportion and anatomy. On the second day you will make the clay portrait permanent by learning the traditional method of plaster casting. Just like how the renaissance masters did it before our time. All supplies included.

Ages 18+ ■ Instructor: Judit Szilvasi  
Main Hall

**Saturday and Sunday Feb 21 & 22**

9:00am – 3:00pm ■ \$150

## HEALTHY HIPS

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.
- Pictures of particular muscles that may be involved in our pain to help visualize and understand our body's structure to receive more benefit.
- 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

Main Hall

**Sunday, Feb 8**

9:30am – 12:00pm ■ \$45

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

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## **JANUARY FUN CURLING LEAGUES!**

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**CHURCH ST. TAPHOUSE**  
**SAT. SOCIAL LEAGUE**  
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7 Weeks \$91  
Begins January 10th

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TAPHOUSE

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11 Weeks \$121  
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**COMOX VALLEY**  
**CURLING CENTRE**  
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**BLACK CREEK COMMUNITY CENTRE**

**CHILI**  
**COOK OFF**  
2025 CHILI COOK-OFF CHAMPION  
**JONATHAN BLAISE**

2<sup>ND</sup> PLACE **DAVID DURRANT**

3<sup>RD</sup> PLACE **MICHAEL HORGAN** —  
  
BLACK CREEK  
community centre

# 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

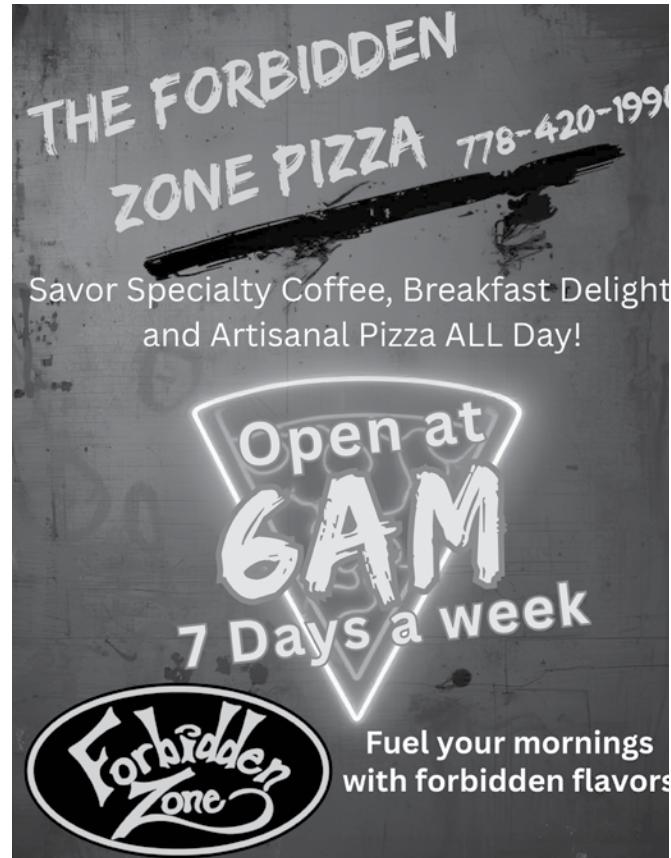
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**Register your Broom-mates and Sweep Squad  
It's time to be Rock Stars!**



**BLACK CREEK**  
community centre

**BLACK CREEK COMMUNITY ASSOCIATIONS ANNUAL  
CURLING FUNSPIEL**

**Call 250-337-5190 to register your team**



**Saturday, February 07 2026**