

Activity Guide

Spring 2021 / Summer 2021

A young woman in a pink swim cap and dark blue swimsuit is the central focus, looking directly at the camera with a slight smile. She is in a swimming pool, with other swimmers in the background. The water is bright blue. A white line-art graphic of a swimmer is overlaid on the bottom left of the page.

See what's inside:

- Recreation
- Fitness
- Aquatics
- First Aid
- Art



WONDERLAND MOUNTAIN BIKING CAMP | Ages 9-15yrs

Let's hit the biking trails and learn new skills, make new friends and have a little fun on the Wonderland Trails. Riders will progress their skills while creating life long memories with new friends. Please bring a water bottle and snack. Drop off and pick-up at the Wonderland Parking Lot located on Quesnel-Hydraulic Road.

7783 TUE JUL 27 1:00PM-4:00PM \$36.00/45.00

Photo courtesy of Six Sigma Productions



Wonderland Trails

Located 10.2 km southeast of Quesnel on Quesnel Hydraulic Rd, is a recently updated network of multi-use trails for hiking, biking and snowshoeing. There is a parking lot and an information kiosk located at the trailhead. Use the Trailforks app to navigate on the trails.

Like us on Facebook

Search for the 'Quesnel Arts and Recreation Centre' and become a fan today!

ACTIVITY GUIDE IS ONLINE

Follow the link www.quesnel.ca



Arts and Recreation Centre
POOL UPGRADE

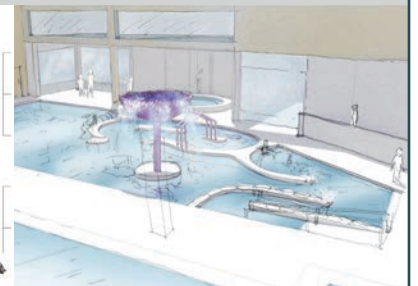
Pool Upgrade Referendum

Your Vote Counts!

The Quesnel and District Arts and Recreation Centre pool facilities need upgrades. The proposed project's cost estimate is \$20 million. Public approval via referendum is necessary to move forward. If the referendum passes, a tax increase, beginning in 2022, would pay for the cost of borrowing up to \$20 million to do the work. Eligible voters include residents and property owners in portions of electoral areas A, B, C, I, and residents and property owners in the City of Quesnel.

PROJECT SCOPE

- construction of a new leisure pool, lazy river, whirlpool, and saunas
- renovated family change rooms.
- retention of the existing 25-metre pool
- replacement of the tile around the pool



Voting Day for the referendum is Saturday, June 19, 2021.

Mail-in and advance voting options will be available.

Visit www.quesnel.ca/poolupgrade for background on the project.

Visit www.cariboord.ca/poolupgrade to learn more about the referendum, eligibility, and official voting information.



Hours of Operation | Arts and Recreation

Effective dates:

January 4, 2021 – August 31, 2021

Fall and Winter	Pool	Fitness Centre
Sunday	10:00am – 9:00pm	10:00am – 9:00pm
Monday	6:00am – 10:00pm	5:30am – 10:00pm
Tuesday	6:00am – 10:00pm	5:30am – 10:00pm
Wednesday	6:00am – 10:00pm	5:30am – 10:00pm
Thursday	6:00am – 10:00pm	5:30am – 10:00pm
Friday	6:00am – 10:00pm	5:30am – 10:00pm
Saturday	8:30am – 9:00pm	8:30am – 9:00pm

*Schedule is subject to change without notice

Statutory Holidays

	Pool	Fitness Centre
Monday, February 15, 2021	1:00pm – 4:00pm	1:00pm – 4:00pm
Friday, April 2, 2021	1:00pm – 4:00pm	1:00pm – 4:00pm
Monday, April 5, 2021	1:00pm – 4:00pm	1:00pm – 4:00pm
Monday, May 24, 2021	1:00pm – 4:00pm	1:00pm – 4:00pm
Thursday, July 1, 2021	1:00pm – 4:00pm	1:00pm – 4:00pm
Monday, August 2, 2021	1:00pm – 4:00pm	1:00pm – 4:00pm
Monday, September 6, 2021	Closed	Closed

Annual Maintenance Shutdown: September 5 – 19 2021

Each year our pools must close for maintenance. Yearly maintenance is necessary to meet public safety standards and service expectations.

	Pool	Fitness Centre	Reception
Sunday, September 5, 2021	10:00am – 3:00pm	10:00am – 3:00pm	10:00am – 3:00pm
Monday, September 6, 2021	Closed	Closed	Closed
Tuesday, September 7, 2021	Closed	5:30am – 6:00pm	5:30am – 6:00pm
Wednesday, September 8, 2021	Closed	7:00am – 7:00pm	7:00am – 7:00pm
Thursday, September 9, 2021	Closed	5:30am – 6:00pm	5:30am – 6:00pm
Friday, September 10, 2021	Closed	7:00am – 7:00pm	7:00am – 7:00pm
Saturday, September 11, 2021	Closed	8:30am – 3:00pm	8:30am – 3:00pm
Sunday, September 12, 2021	Closed	8:30am – 12:30pm	8:30am – 12:30pm
Monday, September 13, 2021	Closed	7:00am – 7:00pm	7:00am – 7:00pm
Tuesday, September 14, 2021	Closed	7:00am – 7:00pm	7:00am – 7:00pm
Wednesday, September 15, 2021	Closed	7:00am – 7:00pm	7:00am – 7:00pm
Thursday, September 16, 2021	Closed	7:00am – 5:00pm	7:00am – 5:00pm
Friday, September 17, 2021	Closed	7:00am – 5:00pm	7:00am – 6:00pm
Saturday, September 18, 2021	Closed	Closed	Closed
Sunday, September 19, 2021	Closed	Closed	Closed



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REGISTER EARLY TO AVOID PROGRAM CANCELLATIONS!

If a minimum number of registrants is not met, we may have to cancel or combine classes. These decisions are made a few days in advance of the start date, so please register early to avoid disappointment.

CANCELLATION POLICY

There is a \$10.00 cancellation fee to withdraw from any recreation program unless medical authorization with documentation or five (5) days notice is received before the start of the program. No refunds will be issued after the second class.

In the event of unforeseen circumstances that result in the closure of the facility or program cancellation, refunds will be given on a proportionate ration for fees or charges paid.

To register please have the following information ready:

- Name
- Phone number
- Address
- Birthdate
- E-mail address
- Course code
- Payment



Registration Information

3 WAYS TO REGISTER



ONLINE

www.quesnel.ca/register
Credit card



IN PERSON

500 North Star Rd
Credit card, debit, cash or cheque



PHONE

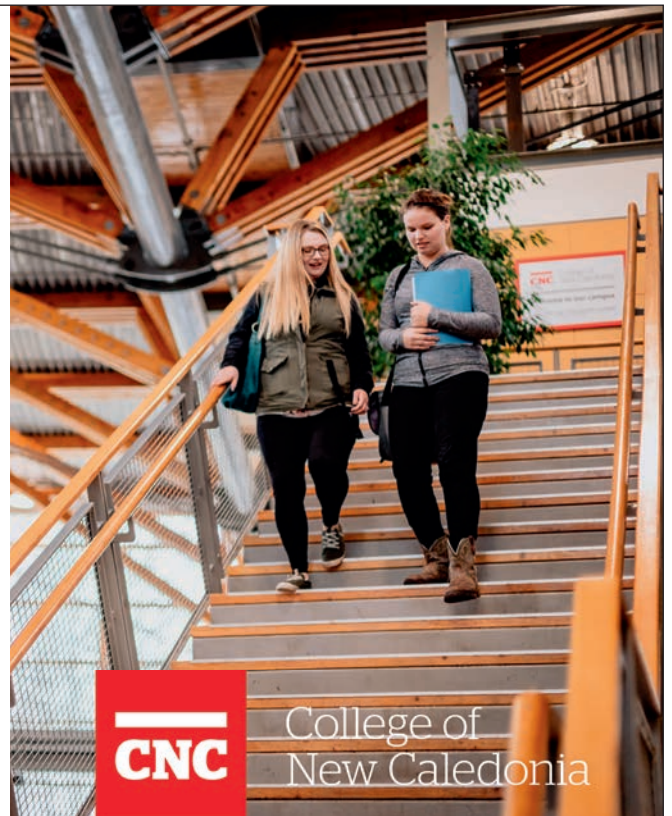
250-992-8200
Credit card

College of New Challenges

Are you ready for Fall 2021?

- Health Care Assistant Program
- Industry, Safety, and Skills Training
- Nursing BSc
- Social Service Worker Diploma
- Trades Training
- University Courses
- Upgrading Courses

P 250 991 7500 TF 866 680 7550
cnc.bc.ca/quesnel



CNC

College of
New Caledonia



Staff Directory | Residential Pass

Recreation Manager
Richard Gauthier
250-991-4010
rgauthier@quesnel.ca

Aquatic Coordinator
Angele Nutley
250-991-4012
anutley@quesnel.ca

Recreation Coordinator
Tarin Lefebvre
250-991-4011
tlefebvre@quesnel.ca

**Facilities Administration
Coordinator**
Sue Millership
250-991-4013
smillership@quesnel.ca

**Service Clerk, Quesnel
Arenas**
Lori Smetaniuk
250-992-7125
lsmetaniuk@quesnel.ca

TAKE A TOUR OF THE COMPLEXES!

The staff at the Quesnel Arts and Recreation Centre and the Quesnel Arenas are happy to offer tours of the complexes. The tour includes the fitness centre, swimming pool, meeting rooms or the rinks. This is a great way to get to know the facilities and to have all of your questions answered. Ask one of our friendly staff members for your personal tour.

WE RECYCLE!

At the Arts and Recreation Centre, we take responsibility to minimize our impact on the environment and recycling throughout our offices! Recycling diverts waste from the landfill conserves resources, saves energy, feeds a green economy and contributes to a healthy planet. Let's do what we can to keep our planet beautiful!



RESIDENTIAL PASS

- What is a Residential Pass?**
Individuals residing within the City of Quesnel limits or the North Cariboo Recreation and Parks Service taxation area are eligible to obtain a Residential Pass free of charge. Individuals living outside of these defined areas may purchase a Residential Pass to get the same discounts as residents. Residential Pass holders receive a discount on program registration, drop in fees, fitness passes and pool/rink rentals.
- How much does the pass cost?**
Passes are issued based on the calendar year of January 1 – December 31

<i>Residents</i>	<i>Free</i>
<i>Non-Resident Individuals</i>	<i>\$232.05/yr</i>
<i>Non-Resident Families</i>	<i>\$232.05/yr</i>
- How do I obtain a Residential Pass?**
Visit the Quesnel Arts and Recreation Centre or the Quesnel Arenas, show proof of residency in the form of a BC Driver's Licence or BC Identification Card or two pieces of identification validating name and residential address (ie. utility bills).



DID YOU KNOW?

Recycling ONE aluminum can saves enough energy to power a 100-watt light bulb for 20 hours? Aluminum is infinitely recyclable and can be recycled, filled and back on a store shelf in 60 days.



Facility Pass Rates | Arts and Rec Centre

Access the entire facility and all the drop-in programs for one low price! A pass includes swimming, dry and steam saunas, hot tub, both aqua and dryland fitness classes (Zumba and Strong classes excluded) and weightroom use. You also gain access to the pottery studio for all those potters who have taken at least one pottery class.

Prices valid from September 1, 2020 to August 31, 2021

NON-RESIDENTIAL PASS HOLDER	SINGLE DROP-IN	10 VISIT PASS	1 MONTH PASS	3 MONTH PASS	6 MONTH PASS	1 YEAR PASS
Tot (0-4 yrs)	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Youth (5-12 yrs)	\$5.10	\$43.55	\$56.10	\$153.00	\$275.40	\$413.10
Student (13-18 yrs)	\$6.70	\$56.95	\$73.65	\$200.80	\$361.45	\$636.50
Adult (19+)	\$8.30	\$70.55	\$91.15	\$248.60	\$477.50	\$795.60
Senior (65-79)	\$6.70	\$56.95	\$73.65	\$200.80	\$361.45	\$636.50
Family (1 or 2 parents + up to 4 kids)	\$15.60	\$133.00	\$171.80	\$468.55	\$843.40	\$1265.45
Special Needs	\$6.70	\$56.95	\$73.65	\$200.80	\$361.45	\$636.50
Special Needs – Youth	\$4.00	\$34.00	\$44.35	\$120.50	\$216.75	\$385.70
Noon Hour Swim (12:00pm – 2:00pm Monday–Friday excludes school & Statutory Holidays)	\$5.15					
Monthly Friday Night Discount Swim (6:00pm – 10:00pm)	\$4.10					

RESIDENTIAL PASS HOLDER	SINGLE DROP-IN	10 VISIT PASS	1 MONTH PASS	3 MONTH PASS	6 MONTH PASS	1 YEAR PASS
Tot (0-4 yrs)	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Youth (5-12 yrs)	\$4.10	\$34.85	\$44.90	\$122.40	\$220.30	\$330.50
Student (13-18 yrs)	\$5.35	\$45.50	\$58.90	\$160.65	\$289.20	\$509.20
Adult (19+)	\$6.65	\$56.50	\$72.90	\$198.90	\$358.00	\$636.50
Senior (65-79)	\$5.35	\$45.50	\$58.90	\$160.65	\$289.20	\$509.20
Family (1 or 2 parents + up to 4 kids)	\$12.50	\$106.25	\$137.45	\$374.85	\$674.75	\$1012.35
Special Needs	\$5.35	\$45.50	\$58.90	\$160.65	\$289.20	\$509.20
Special Needs – Child	\$3.20	\$27.20	\$35.45	\$96.40	\$173.40	\$308.55
Noon Hour Swim (12:00pm – 2:00pm Monday–Friday excludes school & Statutory Holidays)	\$4.10					
Monthly Friday Night Discount Swim (6:00pm – 10:00pm)	\$3.25					



Affordable Recreation

CANADIAN TIRE JUMPSTART PROGRAM

Giving all kids a sporting chance Cariboo Jumpstart Program is an affiliate of the Canadian Tire Foundation for Families. It provides funding for financially disadvantaged children, ages 4-18, to participate in arts, scouts, guides, sports and recreational activities, so they develop essential life skills, self-esteem and confidence. Funding is available up to \$300.00. This program donates approximately \$10,000 each year to assist children in Quesnel to register for programs. Apply online at www.jumpstart.canadiantire.ca.



LEISURE ACCESS

This program provides 50% subsidies for children and adults on all public swimming and skating admissions and a 25% subsidy for programs offered by the Arts and Recreation Centre and Quesnel Arenas. Residents may be eligible for this program if they are receiving income assistance from the Ministry of Social Development and Poverty Reduction or have a household income of up to \$21,418 (1 person); \$26,771 (2 person family); \$37,321 (3 person family); \$37,477 (4 person family) or \$42,836 for a family of 5 or more. Leisure Access is subsidized by the North Cariboo Parks and Recreation Service taxation.

KIDSPORT QUESNEL

KidSport™ is a community-based sport funding program that provides grants for children ages 18 and under to participate in a sport season of their choice. When kids have access to physical activity, they have the opportunity to reach their highest potential, which can positively impact physical health, development of social skills, self-esteem, and friendships. Funding is available for up to \$300.00 per kid per year for subsidizing registration fees for sports. KidSport applications for funding are available at the Arts and Recreation Centre and online registrations are now accepted at www.kidsportcanada.ca/british-columbia/cariboo-quesnel/.



COVID-19 greatly impacted the ability for kids to participate in sports for the whole of 2020. Even with these obstacles, KidSport Quesnel managed to help 21 kids providing \$4,584.10 in grants for sports in our community. If you are interested in helping us make a difference in a child's life by donating to KidSport Quesnel, please contact Richard Gauthier at the Quesnel Arts and Recreation Centre 250-991-4010 or rgauthier@quesnel.ca.





Rental Space

Looking for a space to host a meeting or special event?

The Quesnel Arts and Recreation Centre has several meeting room options available for private and community events. All rooms include the amenities of Wi-Fi, flip charts, tables and chairs. Meeting rooms are rented on an hourly or full day basis with rates dependent on room size. Additional fees may apply for Liability Insurance, SOCAN (Society of Composers, Authors and Music Publishers of Canada), damage deposit and maintenance set up/clean up fees. To check availability, go to www.quesnel.ca/rentals. To reserve a space call 250-992-8200 or email arc@quesnel.ca.

Activity Room

At 525 sq. ft., this room is designed for smaller, more intimate meetings and workshops that can accommodate up to 25 people.

\$22.70/\$28.35 PER HOUR

\$113.50/\$141.75 DAILY RATE (5+ HRS)

Boardroom

This 380 sq. ft. room is perfect for hosting small and private meetings. The space features a 16 ft. board table with seating for up to 15 people. It also displays several pieces of artwork donated by local artists of Quesnel that gives the room a tranquil atmosphere.

\$22.70/\$28.35 PER HOUR

\$113.50/\$141.75 DAILY RATE (5+ HRS)

Lounge

Located at the north end of the centre, this 576 sq. ft. space works well for all types of events. It features a small kitchen area convenient for serving refreshments or food. This room can be set up with or without tables and chairs to a capacity of 49 people.

\$28.30/\$35.35 PER HOUR

\$141.50/\$176.75 DAILY RATE (5+ HRS)

Meeting Room

This 268 sq. ft. room is perfect for those small personable meetings and gatherings. It is conveniently set up with a 7ft. x 7 ft. work surface accompanied with round table seating for up to 12 people.

\$22.70/\$28.35 PER HOUR

\$113.50/\$141.75 DAILY RATE (5+ HRS)

Multi Purpose Room

This beautiful, bright 780 sq. ft. space features a partial wall with floor to ceiling windows that allows you to overlook and access both the patio and Japanese Garden areas. This room features hardwood floors, a 22 ft. wall of mirrors and a small counter with a sink. This space is perfect for meetings, small banquets or classes as it can accommodate up to 75 people.

\$28.30/\$35.35 PER HOUR

\$141.50/\$176.75 DAILY RATE (5+ HRS)

West Fraser Timber Room

This 2835 sq. ft. hall is the perfect venue to have your next big event or small gathering. Features include hardwood floors, a wall of mirrors, a wall with windows looking out onto green space, kitchen facilities, tables and chairs for 175+ guests, a remote screen with a projector and a music/PA system.

\$78.80/\$98.50 PER HOUR

\$394.00/\$492.50 DAILY RATE (5+ HRS)

SCHOOL FACILITIES

The Quesnel Arts and Recreation Centre rents school facilities outside of school hours for community users. Users can rent school gymnasium and libraries. They can also rent the theatre at Correlieu Secondary School. For more information on availability and rental rates or to reserve a space, contact Sue Millership at smillership@quesnel.ca or 250-991-4013.

Elementary Schools:

Barlow Creek
Bouchie Lake
Carson
Dragon Lake
Lakeview
Parkland
Red Bluff
Riverview
Voyageur

Secondary Schools:

Correlieu
Quesnel Junior School





Quesnel Arenas

ARENA 2

500 Barlow Avenue
Quesnel, BC V2J 2C8
250-992-7125 | www.quesnel.ca/arena-2

WEST FRASER CENTRE

330 Vaughan Street
Quesnel, BC V2J 2T2
250-992-7125 | www.quesnel.ca/west-fraser-centre

RENTAL SPACE

Looking for a space to host a meeting or special event? The Quesnel Arenas have several meeting room options available for both private and community events. All rooms include Wi-Fi, flip charts, tables and chairs. Meeting rooms are rented on an hourly or full day basis with rates dependent on room size. Additional fees may apply for Liability Insurance, SOCAN (Society of Composers, Authors and Music Publishers of Canada), damage deposit and maintenance set up/clean up fees. For more information on availability or to reserve a space, contact Lori Smetaniuk at lsmetaniuk@quesnel.ca or 250-992-7125.

Dunkley Multi-Purpose Room

1632 sq. ft. is a great venue for your private or corporate event! The room overlooks the West Fraser Centre Arena
\$46.15/\$57.70 PER HOUR
\$230.80/\$288.50 DAILY RATE (5+ HRS)

Quesnel Observer Meeting Room

This 672 sq. ft. room is located downstairs on the ice level in the West Fraser Centre. It is perfect for any business or organization meetings.
\$19.90/\$24.90 PER HOUR
\$99.55/\$124.45 DAILY RATE (5+ HRS)

West Fraser Centre Dry Floor Surface

Is available to rent for any ceremony or celebration.
\$1,114.35/\$1,392.95 DAILY RATE

Arena #2 Dry Floor Surface

Is available to rent for many sport or special events.
\$865.25/\$1,081.55 DAILY RATE

J3 Adventure Camp
Experience, Connect & Horse Around!

TRIPLE J RANCH
TRAIL RIDES

Wednesdays in July
Day Camps

August 12 - 16
Overnight Camp

For More Info Call or Text 250 255 8347



Parks, Trails and Fields

BAKER CREEK PARK

Baker Creek Park is a great place for a stroll during any season. Part of the Riverfront Trail system, it offers a large grassy area for hosting events, views of spawning salmon, and is home to the Quesnel Skate Park. Located in the West Village, it is next to the West Park Mall and close to local shops and restaurants.

CARIBOO FIELD

Located in West Village this location has a large grass field and two baseball diamonds with stands and dug outs.

LEBOURDAIS PARK

LeBourdais Park is Quesnel's main city park, located in downtown Quesnel. Its facilities include a large grassy field, picnic tables, a large playground, a water spray park, a band stand and a little league baseball diamond. LeBourdais Park is also home to the Quesnel Museum, heritage rose garden, the Visitor Information Centre and Shiraoi House. Bordering the park is the Pioneer Cemetery, the Quesnel Arenas and the Quesnel Curling Rink. LeBourdais Park was named after Louis LeBourdais, who represented this area in B.C.'s Legislative Assembly in Victoria. His gravestone is found in Pioneer Cemetery.

QUESNEL RIVER FRONT TRAIL

The Riverfront Trail System is a paved trail that gives residents and visitors access to the river environment and provides a scenic, peaceful circle tour through the community. The Riverfront Trail has two sections, north and west, connected by the Fraser River Footbridge. The north section is five kilometres long and takes about one hour to complete at a leisurely walking pace. Ceal Tingley Park, located at the confluence of the Quesnel and Fraser Rivers is "Kilometer 0" of the system and has many attractions within its borders. The trail passes along the Quesnel River, through the North Quesnel neighbourhood and along the Fraser River to return to Heritage Corner and Ceal Tingley Park. The west section is 4.3 km. long. From the footbridge, the trail follows the Fraser River before crossing North Fraser Drive, taking you through Sugarloaf Park, along a short stretch of residential streets, before crossing and meandering alongside Baker Creek. Signage along the trail provides insight into the history, nature, and First Nations of the area.

PIONEER PARK

Pioneer Park is perhaps one of Quesnel's best kept secrets. Situated on Dragon Lake and accessed from Campsite Road, Pioneer Park has firepits, a large open grassy area, picnic tables, and a forested area. The park is designated for group functions. If you would like to book the park call Louise at 250-747-2578.

WEST FRASER TIMBER PARK

West Fraser Timber Park is the largest park in Quesnel and is located west of Johnston Subdivision. The park features four softball diamonds, one baseball diamond, a playground, a lawn bowling facility, the Nature Education Centre, four tennis courts, a sand volleyball court a large grassy area, a pond, a toboggan hill and a system of hiking trails.

SCHOOL FIELDS AND DIAMONDS

Fields and baseball diamonds located at the many schools within School District 28 are available to rent during the summer season. For more information on availability or to reserve a space, contact Lori Smetaniuk at lsmetaniuk@quesnel.ca or 250-992-7125



Earn your degree at UNBC!

**Business • Engineering • English
First Nations • Nursing • Social Work**

Attend Classes in Quesnel



UNBC UNIVERSITY OF
NORTHERN BRITISH COLUMBIA
South-Central



S100-100 Campus Way, Quesnel B.C.
250-991-7540 | 1-800-827-9931
sc-info@unbc.ca
unbc.ca/south-central



Birthday Parties

ART PARTY!

Are you planning your child's next birthday party or team wind-up? We offer a variety of options for you and your child. We take all the work out of hosting a great party. You provide the kids, food, beverages and goody bags and we do the rest. We provide the place, equipment, materials and fun. All activities are age appropriate and when the party is over you go home and we clean up!

PARTY OPTIONS:

Painting Party | 2 hours

Held in the Pottery Studio with a party leader, children will paint on canvas with acrylic paint and create a one of a kind masterpiece. All materials are provided and at the end, each party-goer will create one original painting that they will be able to take home.

MINIMUM 7 / MAXIMUM 14 CHILDREN | \$20.00/\$25.00 PER PARTICIPANT

Arts and Crafts Party | 2 hours

Held in the Pottery Studio with a party leader, organized crafts and activities are where it's at! Party-goers will create two crafts that they will be able to take home at the end of the party. Craft options can vary from dream catchers, beaded wind chimes, tic-tac-toe boards, wearable masks and fairy houses. Please indicate preference when you register.

MINIMUM 7 / MAXIMUM 14 KIDS | \$20.00/\$25.00 PER PARTICIPANT

For more information or to book your party call 250-992-8200 or email tfebvre@quesnel.ca

POOL PARTY!

Spish, splash it's time for a birthday bash! Celebrating your child's birthday with a pool party is a great way to bring some fun and excitement to your celebration. You and your child have all the fun and we take care of the mess for you. You can design your child's party to include the following options;

- \$55.70/\$69.60 | includes admission for 15 swimmers and 2 adults, tables and chairs
- Additional swimmers will receive 15% OFF regular admission
- \$20.15/\$25.20 | 30 minutes with a games leader

Availability options in two-hour blocks:

- Friday nights | 7:30pm – 9:30pm
- Saturday and Sundays | 12:30pm – 8:30pm

For more information or to book your party call 250-992-8200 or email anutley@quesnel.ca





Aquatic Programs

SWIMMING ADMISSION STANDARDS

Children under the age of 7 years

Children under the age of 7 years must be accompanied by a responsible person aged 16 or older. This person will be responsible for the child's direct supervision and must stay within arms-reach at all times. There is a maximum of four children under the age of 7 allowed per responsible person.

Deep end of the pool

At the staff's discretion, a patron may be asked to do a swim test before being allowed to swim in the deep end of the pool without a lifejacket. The swim test is comprised of swimming two continuous widths or a portion of the length of the main pool comfortably and without stopping. Anyone who cannot complete this test to the staff member's satisfaction will be asked to wear a lifejacket while using the deep end of the pool.

Patrons and staff

The staff reserve the right to refuse access to the facility. This includes patrons who may be under the influence of drugs and/or alcohol. Anyone being verbally or physically abusive towards staff or other patrons will be asked to leave the facility immediately.

PRIVATE SWIMMING LESSONS

If one-on-one instruction suits your needs, call or visit the Quesnel Arts and Recreation Centre to fill out a private lesson request form. Private lessons will now be offered at set times.

MON – THU	MAR 2021 – JUN 2021	10:00AM – 3:30PM
FRI	MAR 2021 – JUN 2021	10:00AM – 5:30PM
MON – WED – FRI	JUL 2021 – SEP 2021	12:00PM – 6:30PM
TUE	JUL 2021 – SEP 2021	12:00PM – 3:30PM
SUN	MAR 2021 – SEP 2021	10:30AM – 7:00PM

\$25.50/\$31.90 PER 30 MINUTE PRIVATE LESSON

\$18.35/\$22.95 PER PERSON PER 30 MINUTE SEMI-PRIVATE LESSON (FIVE PEOPLE MAX)

Note: Adult bookings will have additional applicable taxes

SWIM PROGRAMS FOR THOSE WITH SPECIAL NEEDS

We offer one-on-one swim instruction for those with special needs. Please contact the centre at 250-992-8200 for information and to book your lesson.

\$25.50/\$31.90 PER 30 MINUTE LESSON

FREE SWIM EVALUATIONS

Unsure of which swim level to register your child? A qualified swim instructor can help you. Visit or give us a call at 250-992-8200 and set up your free swim evaluation!

AQUATIC PERSONAL TRAINING AND THERAPY

Our qualified WaterART rehabilitation instructor will set up a program designed specifically for your fitness and therapy goals. Individuals with cardiovascular disease, pulmonary disease, Parkinson's, Multiple Sclerosis, arthritis, Fibromyalgia, functional and age related problems, motor vehicle accidents and concerns with back, hip, knees, shoulders and ankles will find this program beneficial.

Please call us at 250-992-8200 or visit the Quesnel Arts and Recreation Centre to book your aqua therapy sessions.

\$25.50/\$31.90 PER 30 MINUTE LESSON

\$50.50/\$63.80 PER 60 MINUTE LESSON



POOL RULES

SHOWER BEFORE ENTERING THE POOL

Help keep the pool water clean by showering before entering the pool. Oils and sweat put more strain on the filtration system. By showering before entering the pool you are helping to keep chlorine levels in the pool low.

RED CROSS PRESCHOOL SWIMMING LESSONS



STARFISH
4-12 MONTHS
With parent participation

DUCK
12-24 MONTHS
With parent participation



SEA TURTLE
2-3 YEARS
With parent participation

SEA OTTER
3-5 YEARS
Assisted basic floats, glides and kicks, with parent participation



SALAMANDER
3-5 YEARS
Open eyes under water, assisted distance swim, floats and glides, with parent participation

SUNFISH
3-6 YEARS
5m front and back glides, 5m front swim, 5m distance swim, with parent participation



CROCODILE
3-6 YEARS
7m front and back glides, front swim 5m, 10m distance swim, with parent participation

WHALE
3-6 YEARS
10m front, back and side glides, 10m front swim, 15m distance swim, with parent participation



RED CROSS SWIM KIDS



LEVEL 1 5+YRS
3 sec front and back float, 5 sec front and back glide, 5m front swim, 5m distance swim, with parent participation



LEVEL 2 5+YRS
Move in deep water with assistance, 10m front glide, 5m back and side glide, 5m front swim, 10m distance swim, with parent participation



LEVEL 3 7+YRS
Comfortable in deep water, 15m front glide, 10m back and side glide, 10m front swim, 15m distance swim, with parent participation



LEVEL 4 7+YRS
10m front crawl, 15m front/side glide, 15m back swim with shoulder roll, 25m swim, with parent participation



LEVEL 5 7+YRS
15m front and back crawl, 10m whip kick on back, 50m swim



LEVEL 6 7+YRS
25m front and back crawl, 15m elementary back stroke, 75m swim



LEVEL 7 7+YRS
50m front and back crawl, 25m elementary back, 15m front scull, 15m whip kick on front, 150m swim



LEVEL 8 7+YRS
75m front and back crawl, 25m elementary back, 15m breast stroke, 300m swim



LEVEL 9 7+YRS
100m front and back crawl, 50m elementary back, 25m breast stroke, 15m side stroke kick, 400m swim



LEVEL 10 7+YRS
100m front and back crawl, 50m elementary back and breast stroke, 500m swim

Please make sure that your child is in the appropriate level. If you are unsure, please call or visit the Quesnel Arts and Recreation Centre and ask about our free swim evaluations.



Spring Swimming Lessons

NOTE: Due to COVID-19 restrictions, swim lesson levels Starfish to Level 4 may require a parent to participate during each lesson.

MONDAY – FRIDAY

March 15 – March 19 | 5 x 45 minute lessons

10:00am	Sea Otter 6820	Salamander 6841
11:00am	Level 1 / 2 6821 / 6823	Level 3 / 4 6842 / 6843
11:45am	Level 5 / 6 6825 / 6828	Sunfish 6844
3:30pm	Sea Otter 6835	Level 5 / 6 6845 / 6846
4:30pm	Level 1 / 2 6836 / 6837	Salamander 6847
5:15pm	Level 3 / 4 6838 / 6840	Sunfish 6848

MONDAY – FRIDAY

March 22 – March 26 | 5 x 45 minute lessons

10:00am	Sunfish 6849	Level 1 / 2 6860 / 6861
11:00am	Salamander 6850	Level 5 / 6 6862 / 6863
11:45am	Level 3 / 4 6851 / 6852	Sea Otter 6864
3:30pm	Sea Otter 6854	Sunfish 6865
4:30pm	Level 1 / 2 6855 / 6856	Level 3 / 4 6867 / 6869
5:15pm	Level 5 / 6 6857 / 6859	Salamander 6872

FRIDAYS

April 9 – June 18 | 10 lessons (No lesson May 21)

5:30pm	Duck 8020	Salamander 8021	Level 1 / 2 8022 / 8023
6:00pm	Salamander 8024	Level 3 / 4 8025 / 8026	Level 7 / 8 8027 / 8028
6:30pm	Level 5 / 6 8033 / 8034	Sea Otter 8031	
7:00pm		Level 1 / 2 8029 / 8030	Sea Otter 8032

SATURDAYS

April 10 – June 19 | 10 lessons (no lessons May 22)

10:00am	Sea Otter 8035	Level 1 / 2 8036 / 8037	Salamander 8038
10:30am	Level 1 / 2 8039 / 8040	Duck 8041	Level 3 / 4 8042 / 8043
11:00am	Sea Turtle 8044	Level 7 / 8 / 9 / 10 8048 / 8049 / 8050 / 8051	Level 5 / 6 8052 / 8053
11:30am	Salamander 8054		

MONDAYS

April 12 – June 21 | 10 lessons (no lessons May 24)

3:30pm	Sea Otter 8055	Level 3 / 4 8061 / 8062
4:00pm	Level 1 / 2 8056 / 8057	Salamander 8063
4:30pm	Sunfish 8058	Level 5 / 6 8064 / 8065
5:00pm	Level 3 / 4 8059 / 8060	

TUESDAYS

April 13 – June 15 | 10 lessons

3:30pm	Sea Otter 8066	Level 1 / 2 8071 / 8072	Sea Turtle 8077
4:00pm	Level 3 / 4 8067 / 8068	Salamander 8073	Level 1 / 2 8078 / 8079
4:30pm	Level 5 / 6 8069 / 8070	Duck 8074	Salamander 8080
5:00pm		Level 3 / 4 8075 / 8076	Sea Otter 8081

RED CROSS PRESCHOOL and LEVEL 1-4 8 x 30 minute lessons \$44.40/\$55.45 9 x 30 minute lessons \$49.95/\$62.55 10 x 30 minute lessons \$55.50/\$69.50	LEVEL 5-6 8 x 45 minute lessons \$50.40/\$63.00 9 x 45 minute lessons \$56.70/\$70.80 10 x 45 minute lessons \$63.00/\$78.70	RED CROSS LEVEL 7-10 8 x 60 minute lessons \$54.80/\$68.50 9 x 60 minute lesson \$61.65/\$77.05 10 x 60 minute lesson \$68.50/\$85.60
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Summer Swimming Lesson Schedule

NOTE: Due to COVID-19 restrictions, swim lesson levels Starfish to Level 4 may require a parent to participate during each lesson.

MONDAY – FRIDAY

July 5 – 16 | 10 lessons

10:00am	Sea Otter 8082	Level 1 / 2 8088 / 8090
10:30am	Level 1 / 2 8083 / 8084	Level 5 / 6 8091 / 8092
11:00am	Level 3 / 4 8085 / 8086	
11:30am	Sunfish 8087	Salamander 8093

TUESDAY AND THURSDAY

July 6 – July 29 | 8 lessons

3:30pm	Level 1 / 2 8094 / 8095	Level 3 / 4 8099 / 8100	Salamander 8105
4:00pm	Salamander 8096	Sea Otter 8101	Level 7 / 8 / 9 / 10 8106 / 8107 / 8108 / 8109
4:30pm	Level 5 / 6 8097 / 8098	Sea Turtle 8102	
5:00pm		Level 1 / 2 8103 / 8104	Sea Otter 8110

MONDAY – FRIDAY

July 19 – 30 | 10 lessons

10:00am	Level 1 / 2 8111 / 8112	Sea Otter 8117	Level 3 / 4 8122 / 8123
10:30am	Salamander 8113	Level 3 / 4 8118 / 8119	Duck 8124
11:00am	Sea Otter 8114	Starfish 8120	Level 1 / 2 8125 / 8126
11:30am	Level 5 / 6 8115 / 8116	Sea Turtle 8121	Salamander 8127

MONDAY – FRIDAY

August 3 – 13 | 9 lessons

10:00am	Level 1 / 2 8128 / 8129	Sea Turtle 8133
10:30am	Sea Otter 8130	Level 3 / 4 8134 / 8135
11:00am	Level 5 / 6 8131 / 8132	Salamander 8136
11:30am		Level 1 / 2 8137 / 8138

MONDAY – FRIDAY

August 16 – 27 | 10 lessons

10:00am	Level 1 / 2 8152 / 8153	Sea Otter 8159
10:30am	Salamander 8154	Level 1 / 2 8160 / 8161
11:00am	Level 7 / 8 / 9 / 10 8155/8156/8157/8158	Sunfish 8162
11:30am		Salamander 8163

TUESDAYS AND THURSDAYS

August 3 – August 26 | 8 lessons

3:30pm	Level 1 / 2 8139/8140	Sea Otter 8145
4:00pm	Salamander 8141	Level 3 / 4 8146 / 8147
4:30pm	Sea Otter 8142	Level 7 / 8 / 9 / 10 8148 / 8149 / 8150 / 8151
5:00pm	Level 5 / 6 8143 / 8144	

RED CROSS PRESCHOOL and LEVEL 1-4
 8 x 30 minute lessons \$44.40/\$55.45
 9 x 30 minute lessons \$49.95/\$62.55
 10 x 30 minute lessons \$55.50/\$69.50

LEVEL 5-6
 8 x 45 minute lessons \$50.40/\$63.00
 9 x 45 minute lessons \$56.70/\$70.80
 10 x 45 minute lessons \$63.00/\$78.70

RED CROSS LEVEL 7-10
 8 x 60 minute lessons \$54.80/\$68.50
 9 x 60 minute lesson \$61.65/\$77.05
 10 x 60 minute lesson \$68.50/\$85.60



Aquatic Youth Programs

ROOKIE / RANGER / STAR PATROL | Ages 8-12yrs

The Canadian Swim Patrol (CSP) is a 3-level pre-Bronze award progression that delivers "work hard/play hard" training for skilled swimmers 8-12 years old. Canadian Swim Patrol is designed to take young swimmers beyond the learn-to-swim program and provide them with basic lifesaving skills. Candidates earn recognition for success in content modules (stickers) and for overall award achievement (badges). The Rookie, Ranger, and Star Patrol programs each have three modules to include Water Proficiency, Recognition & Rescue and First Aid. No lesson May 22.

8219 SAT APR 10 – JUN 19 1:00PM – 2:30PM \$102.75/\$128.45

BRONZE STAR | Ages 12yrs+

Bronze Star is a pre-Bronze Medallion training program that helps to prepare candidates for success in Bronze Medallion. The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. Pre-requisites: ability to swim 25-meter and tread water for one minute. No lesson on May 21

8220 FRI APR 9 – JUN 18 7:30PM – 9:00PM \$102.75/\$128.45

SINK OR SWIM | Ages 7-10yrs

This program is based on the Red Cross Water Safety skill development criteria. The skills taught in this program will help the participants prevent water related incidents and provide them with the necessary knowledge and tools when dealing with emergencies. Skills include but are not limited to, contacting EMS 9-1-1, rescue aids, hypothermia and heat related emergencies. Participants must be in level 5. No lesson on May 23

8221 SUN APR 11 – JUN 20 1:00PM – 2:00PM \$68.50/\$85.60

SWORDFISH | Ages 7-11yrs

This program will help students with stroke technique, endurance and skill development. Level 5 and up is recommended for this program as we are developing stroke technique and many of the skills will be performed in the deep end.

8222 WED APR 7 – JUN 9 5:00PM – 6:00PM \$68.50/\$85.60



Aquatic Youth and Teen Programs

BABYSITTER COURSE | Ages 11–15yrs

This course offers basic first aid and caregiving skills for youth 11-15 years old. Participants learn how to provide care to children in a variety of age groups, and how to prevent and respond to emergencies. The course also offers youth the skills to promote themselves as babysitters to prospective families. In order to complete this program participant must have 100% attendance. Participants are welcome to a free swim after the course.

8164	TUE & WED	MAR 16 & 17	8:30AM – 3:30PM	\$90.80/\$113.50
6893	SAT & SUN	APR 17 & 18	9:00AM – 4:00PM	\$90.80/\$113.50
8165	SAT & SUN	MAY 15 & 16	9:00AM – 4:00PM	\$90.80/\$113.50
8166	SAT & SUN	JUN 19 & 20	9:00AM – 4:00PM	\$90.80/\$113.50
8167	TUE & WED	JUL 13 & 14	8:30AM – 3:30PM	\$90.80/\$113.50
8168	TUE & WED	AUG 17 & 18	8:30AM – 3:30PM	\$90.80/\$113.50

HOME SCHOOL SWIMMING LESSONS

This once a week program is ideal for home school students. Participants will work towards their Red Cross Badges.

8223	THU	APR 8–JUN 10	2:00PM – 3:00PM	\$55.50/\$69.50
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HOME ALONE PROGRAM | Ages 10yrs+

The Home Alone Program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for limited periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied. The program focuses on small group discussions, problem solving, role-playing and instructor demonstrations. Included in the course will be basic first aid, and a cyber-safety/fire safety component lead by a member of the RCMP and Fire Department. Please bring a lunch and 2 snacks. Participants are welcome to a free swim after the course.

8169	MON	MAR 15	8:30AM – 3:30PM	\$54.00/\$67.50
6896	SAT	APR 24	9:00AM – 4:00PM	\$54.00/\$67.50
8170	SAT	MAY 29	9:00AM – 4:00PM	\$54.00/\$67.50
8172	MON	JUL 12	8:30AM – 3:30PM	\$54.00/\$67.50
8173	MON	AUG 16	8:30AM – 3:30PM	\$54.00/\$67.50

SAFETY SUPERHEROES | Ages 6-8yrs

Developed with youth in mind, this course will focus on personal safety, drug safety awareness, internet safety, bullying, and harassment. Instructors will take a careful approach with games and activities creating a learner-centered environment. Included in the course, is a 1-hour water safety component taught by one of our experienced Water Safety Instructors.

6973	FRI	APR 23	8:30AM – 12:00PM	\$30.00/\$37.50
8174	SUN	MAY 23	9:00AM – 12:30PM	\$30.00/\$37.50
8175	SUN	JUN 27	9:00AM – 12:30PM	\$30.00/\$37.50
8176	SUN	JUL 25	9:00AM – 12:30PM	\$30.00/\$37.50
8177	SUN	AUG 22	9:00AM – 12:30PM	\$30.00/\$37.50

SAFETY SCAVENGERS | Ages 9-11yrs

This program is similar to the SAFETY SUPERHEROES program however; it will discuss personal safety, drug safety awareness, internet safety, bullying and harassment in further detail. It will also include a water safety component led by one of our experienced Water Safety Instructors. Through a variety of different games, activities, discussions and presentations, Safety Scavengers will learn how to work together and gain self-confidence.

8178	SUN	MAY 2	10:00AM – 2:30PM	\$40.00/\$50.00
8179	SUN	JUN 13	10:00AM – 2:30PM	\$40.00/\$50.00
8180	SAT	JUL 31	10:00AM – 2:30PM	\$40.00/\$50.00
8181	SAT	AUG 21	10:00PM – 2:30PM	\$40.00/\$50.00

YOUTH SAFETY – STREET SMARTS | Ages 11-15 years

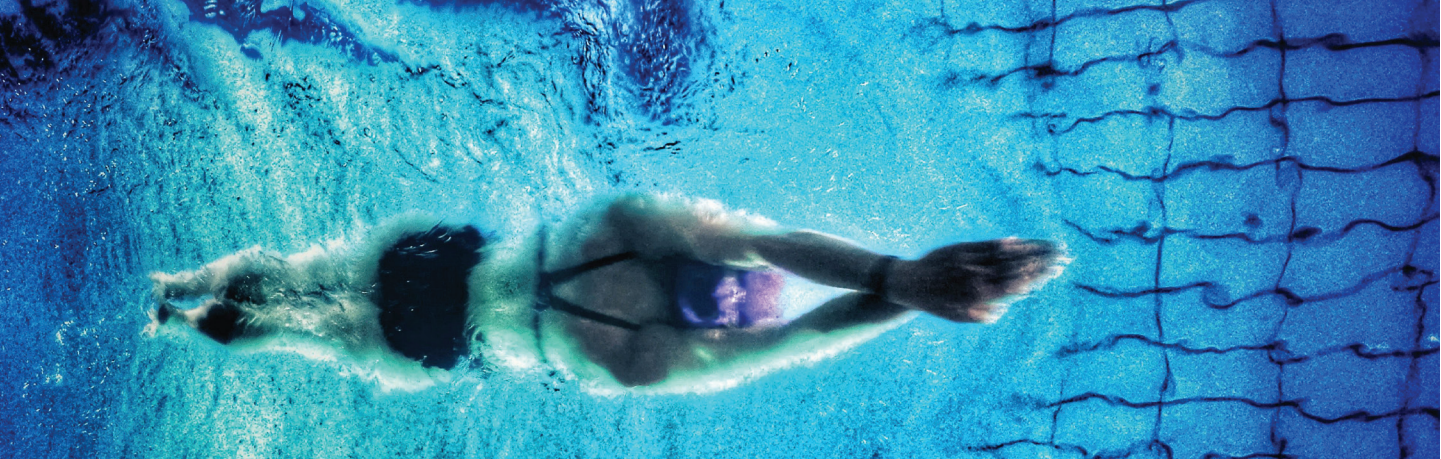
Welcome to Youth Street Smarts. The instructors will discuss personal safety, drug safety awareness, internet safety, fire safety, bullying and harassment and mental health. All subjects will be taught in a learner-centered environment.

8182	FRI	MAR 19	8:30AM – 3:30PM	\$54.00/\$67.50
6915	SUN	APR 25	9:00AM – 4:00PM	\$54.00/\$67.50
8183	FRI	JUL 16	8:30AM – 3:30PM	\$54.00/\$67.50
8184	FRI	AUG 20	8:30AM – 3:30PM	\$54.00/\$67.50

YOUTH CRASH COURSE | Ages 11-15yrs

This 6-in-1 course includes Home Alone, Babysitters, Stay Safe, Basic First Aid, Swim to Survive, Youth Street Smarts and self-safety water rescues. Participants learn how to provide care to children in a variety of age groups, and how to prevent and respond to emergencies. They will learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities. We will have professional guest speakers throughout the week. Bring your bathing suit for the water safety components.

6882	MON – FRI	MAR 15 – 19	8:30AM – 3:30PM	\$198.00/\$248.00
8185	MON – FRI	JUL 12 – 16	8:30AM – 3:30PM	\$198.00/\$248.00
8186	MON – FRI	AUG 16 – 20	8:30AM – 3:30PM	\$198.00/\$248.00



Aquatic Teen and Adult Programs

FRIDAY NIGHT DISCOUNT SWIMS

Have a great time at the pool with your family and friends on the 1st Friday of the month from 6:00pm-10:00pm.

THE DATES ARE APR 2, MAY 7, JUN 4, JUL 2, AUG 6 AND SEP 3

SWIM FOR GOOD CHEER

Let's support our local food bank. We are offering free admission to the centre on one Sunday per month from 1:00pm – 3:00pm. Each person must bring a minimum of one non-perishable food item.

THE DATES ARE MAR 28, APR 25, MAY 30, JUN 27, JUL 25, AUG 29 AND SEP 26

ADULT DROP-IN SWIM BASICS

Take as many or as few lessons as you would like. Our instructors will cover basic swimming introduction right up to high-level stroke correction and drills. It is the perfect opportunity to fine-tune your skills.

WED APR 7 – AUG 25 8:00PM – 9:00PM REGULAR ADMISSION

MASTERS SWIMMING

Join other adults who are eager to increase and maintain their fitness levels while improving their swimming skills and endurance. The workouts are designed by our experienced coaches to help you reach your goals.

TUE & THU APR 6 – AUG 26 5:30PM – 6:30PM REGULAR ADMISSION

NIGHT OWL SWIM

Enjoy a refreshing swim and a soak in the hot tub or relax in the steam sauna before you turn in for the evening. Join us during our quiet time at a great discounted rate!

MON & WED MAR 29 – SEP 1 8:30PM – 10:00PM \$4.10/\$5.15



Dr Ginger Langan and her staff provide an excellent level of care for your animal friends, whether they are large, small or exotic

 **Wellness exams are important throughout the life of your pet.** 

Make preventative medicine part of the conversation with your Vet when you come in for your pet's first visit. We can work together to make a Plan for Lifelong Health!

- Wellness testing – In house rapid results
- Medical Care & Surgery
- Dentistry
- Ultrasounds
- X-Rays
- Online store



Equine



Bovine



Other Livestock

CPR and Health and Safety Programs

CPR C PROGRAMS

CPR C COURSE

Courses on cardiopulmonary resuscitation (CPR) provide the skills needed to recognize and respond to cardiovascular emergencies and choking for adults, children, and babies depending on the level of CPR chosen. Courses meet legislation requirements for provincial/territorial worker safety and insurance boards, and include the latest CPR guidelines and training in the use of an Automated External Defibrillator (AED). Cost includes a pocket mask and tax.

6947	SAT	MAR 6	9:00AM – 2:00PM	\$85.70/\$107.15
8187	SAT	MAY 1	9:00AM – 2:00PM	\$85.70/\$107.15
8188	SAT	JUN 26	9:00AM – 2:00PM	\$85.70/\$107.15
8189	SAT	JUL 24	9:00AM – 2:00PM	\$85.70/\$107.15
8190	SAT	AUG 14	9:00AM – 2:00PM	\$85.70/\$107.15

CPR C RECERTIFICATION CLINIC

In this course, participants will update their skills and knowledge including Adult/Child/Infant CPR, treatments for choking, barrier devices, pocket masks, and Automated External Defibrillator. Cost includes tax.

6951	SUN	MAR 14	9:00AM – 1:00PM	\$63.00/\$78.75
8191	SUN	MAY 9	9:00AM – 1:00PM	\$63.00/\$78.75
8192	SUN	JUL 11	9:00AM – 1:00PM	\$63.00/\$78.75

HEALTH AND SAFETY PROGRAMS

PREVENTING DISEASE TRANSMISSION AND OPIOID POISONING AWARENESS WORKSHOP | Ages 12yrs+

Preventing Disease Transmission is a course that shares knowledge on how infections occur and how they can be prevented, with a strong focus on how to use PPE correctly. The workshop is ideal for those working in schools, recreation, and community centres, and is also suitable for those who want to support friends or loved ones and learn

how to respond in an opioid poisoning situation. Topics include: Basics of opioids, identifying an opioid poisoning, assessment and care for a suspected opioid poisoning.

8238	SAT	MAR 13	10:30AM – 12:30PM	\$31.50/\$39.38
8241	SUN	APR 11	10:30AM – 12:30PM	\$31.50/\$39.38
8242	SAT	MAY 29	10:30AM – 12:30PM	\$31.50/\$39.38
8243	SAT	JUL 17	10:30AM – 12:30PM	\$31.50/\$39.38
8244	SAT	AUG 28	10:30AM – 12:30PM	\$31.50/\$39.38

PSYCHOLOGICAL FIRST AID – SELF CARE

This online course assists learners in developing a personal understanding of the effects of stress, loss, trauma and grief, with emphasis on self-care and personal protection. Learners will be introduced to the Red Cross Look, Listen, Link, Live model and will learn how to cope with the effects of various types of stress. This course can also be taken in combination with the Red Cross Caring for Others online course to supplement and strengthen an overall wellness program. For more information contact Angele Nutley, Program Coordinator at anutley@quesnel.ca or 250-991-4012.

SELF-PACED \$20.00

PSYCHOLOGICAL FIRST AID – CARING FOR OTHERS

This online course assists learners in developing a personal understanding of the effects of stress, loss, trauma and grief on others, with emphasis on self-care and personal protection. Learners will be introduced to the Red Cross Look, Listen, Link, Live model and will learn how to support others to cope with the effects of various types of stress. This course can also be taken in combination with the Red Cross Self-Care online course to supplement and strengthen an overall wellness program. For more information contact Angele Nutley, Program Coordinator at anutley@quesnel.ca or 250-991-4012.

SELF-PACED \$20.00



First Aid Programs

BASIC LIFE SUPPORT WITH AIRWAY MANAGEMENT AND OXYGEN THERAPY

Designed to build participant confidence in performing cardiopulmonary resuscitation (CPR) skills and provide the important steps to perform a rapid assessment, perform Basic Life Support (BLS) skills, and perform rapid defibrillation. Airway Management and Oxygen Therapy are also added as additional certifications to this course. This program is designed for in-facility and health care providers (nursing, care aides, dental industry, medical offices etc.), pre-hospital care groups (fire departments, rescue teams, sports therapists, lifeguards, SCUBA divers, ski patrol etc.). Cost includes pocket mask.

8202	THU	MAY 13	9:00AM – 4:00PM	\$125.40/\$156.75
8203	THU	AUG 12	9:00AM – 4:00PM	\$125.40/\$156.75

BASIC LIFE SUPPORT WITH AIRWAY MANAGEMENT AND OXYGEN RECERTIFICATION

Designed to build participant confidence in performing cardiopulmonary resuscitation (CPR) skills and provide the important steps to perform a rapid assessment, perform Basic Life Support (BLS) skills, and perform rapid defibrillation. Airway Management and Oxygen Therapy are also added as additional certifications to this course. This program is designed for in-facility and health care providers (nursing, care aides, dental industry, medical offices etc.), pre-hospital care groups (fire departments, rescue teams, sports therapists, lifeguards, SCUBA divers, ski patrol etc.). Cost includes pocket mask.

8204	FRI	MAY 14	9:00AM – 1:00PM	\$88.00/\$110.00
8205	FRI	AUG 6	9:00AM – 1:00PM	\$88.00/\$110.00

CHILDCARE EMERGENCY FIRST AID

Basic one-day course designed to introduce caregivers to injury prevention skills and knowledge. Course covers lifesaving first aid skills and cardiopulmonary resuscitation (CPR and AED) for children, and babies. Course meets legislation requirements for provincial/territorial early childhood education and day care worker safety requirement. Cost includes pocket mask.

6995	SAT	APR 10	8:30AM – 5:00PM	\$115.65/\$144.55
8200	SAT	JUN 5	8:30AM – 5:00PM	\$115.65/\$144.55
8201	SAT	AUG 21	8:30AM – 5:00PM	\$115.65/\$144.55

EMERGENCY FIRST AID

Basic one-day course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. Cost includes pocket mask.

6958	SAT	MAR 6	9:00AM – 4:00PM	\$116.75/145.95
8193	SAT	MAY 1	9:00AM – 4:00PM	\$116.75/145.95
8194	SAT	JUN 26	9:00AM – 4:00PM	\$116.75/145.95
8195	SAT	JUL 24	9:00AM – 4:00PM	\$116.75/145.95
8196	SAT	AUG 14	9:00AM – 4:00PM	\$116.75/145.95

EMERGENCY FIRST AID RECERTIFICATION COURSE

Basic one-day course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

8197	SUN	MAR 14	9:00AM – 2:00PM	\$63.00/\$78.75
8198	SUN	MAY 9	9:00AM – 2:00PM	\$63.00/\$78.75
8199	SUN	JUL 11	9:00AM – 2:00PM	\$63.00/\$78.75

STANDARD FIRST AID

Comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. Cost includes pocket mask.

6957	SAT/SUN	MAR 6 & 7	9:00AM – 4:00PM	\$187.40/\$234.25
8207	SAT/SUN	MAY 1 & 2	9:00AM – 4:00PM	\$187.40/\$234.25
8208	SAT/SUN	JUN 26 & 27	9:00AM – 4:00PM	\$187.40/\$234.25
8209	SAT/SUN	JUL 24 & 25	9:00AM – 4:00PM	\$187.40/\$234.25
8210	SAT/SUN	AUG 14 & 15	9:00AM – 4:00PM	\$187.40/\$234.25

STANDARD FIRST AID RECERT

Comprehensive one-day recertification course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

8211	SUN	MAR 14	9:00AM – 4:00PM	\$78.20/\$97.75
8212	SUN	MAY 9	9:00AM – 4:00PM	\$78.20/\$97.75
8213	SUN	JUL 11	9:00AM – 4:00PM	\$78.20/\$97.75



Aquatic Leadership Programs

BECOME A LIFEGUARD!

We are looking for energetic, positive people who want to help make a difference. The National Lifeguard® (NL) award builds on the skills, knowledge and values that the Lifesaving Society teaches in its pre-Bronze and Bronze Medal awards to develop the practical skills and knowledge required by lifeguards.

STEP 1 | BRONZE MEDALLION | Ages 13yrs+

Bronze Medallion, as our flagship certification, teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Bronze Medallion is a prerequisite for Assistant Lifeguard training in Bronze Cross.

8206 MON – WED MAR 22 – 24 9:00AM – 4:00PM \$214.20/\$267.75

STEP 2 | BRONZE CROSS | Ages 13yrs +

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

6964 THU – SAT MAR 25 – 27 9:00AM – 4:00PM \$214.20/\$267.75

STEP 3 | STANDARD FIRST AID

Comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

6957 SAT/SUN MAR 6 & 7 9:00AM – 4:00PM \$187.40/\$234.25

8207 SAT/SUN MAY 1 & 2 9:00AM – 4:00PM \$187.40/\$234.25

8208 SAT/SUN JUN 26 & 27 9:00AM – 4:00PM \$187.40/\$234.25

8209 SAT/SUN JUL 24 & 25 9:00AM – 4:00PM \$187.40/\$234.25

8210 SAT/SUN AUG 14 & 15 9:00AM – 4:00PM \$187.40/\$234.25

STEP 4 | NATIONAL LIFEGUARD AWARD | Ages 16yrs+

This 8-day course builds on the fundamental skills, knowledge and values taught in the lifesaving awards to develop the practical skills and knowledge required by lifeguards. NL

education develops a sound understanding of lifeguarding principles, good judgment and a mature and responsible attitude toward the role of the lifeguard. Participants must show proof of Bronze Cross and Standard First aid or equivalent.

8214 TUE – THU/SUN – THU JUL 20 – 22/JUL 25 – 29 8:30AM – 3:30PM \$540.75/\$675.95

STEP 5 | RED CROSS WATER SAFETY

INSTRUCTOR (WSI) COURSE | Ages 15yrs+

Candidate evaluations are based on water safety skills and strokes to meet the highest level of performance criteria in the Red Cross Swim Kids program. The Water Safety Instructor (WSI) Course prepares candidates to instruct the Red Cross Swim programs. Candidates focus on strategies to introduce and develop swimming and water safety skills in the Red Cross Swim Preschool, Red Cross Swim Kids, Red Cross Swim @ School, Red Cross Swim @ Camp, Red Cross Swim for Adults & Teens, and Red Cross Swim Adapted programs. Participants must have completed Red Cross Level 10 and Bronze Cross.

8215 SEE COURSE DETAILS BELOW \$410.55/\$513.20

1) 8216 SKILLS EVALUATION AND COURSE ORIENTATION

Candidates will complete Water Safety Skills, Strokes, and Instructor Emergency Response (IER) Skills.

WED APR 14 3:30PM – 5:30PM

WED APR 21 3:30PM – 5:30PM

WED APR 28 3:30PM – 5:30PM

2) 8217 ONLINE

Candidates will work at their own pace to complete a series of modules online. They must successfully complete each module to move on. A printed certificate is required before the commencing of the in-class component.

SAT JUN 6 – JUL 13

3) **WSI – Teaching Experience:** complete a minimum of eight hours (total) of teaching experience (with 100% attendance and participation, including assisting a Supervising WSI in the water) – 4 hours in a Red Cross Swim Preschool class and 4 hours in a Red Cross Swim Kids class. The WSI – Teaching Experience is completed within 6 months of finishing the WSI – Online and before starting the WSI – Classroom and Pool component.

4) 8215 CLASSROOM AND POOL

Candidates will complete the in class component and consolidate their learning and teaching experience

MON-THU JUL 12 – 15 8:30AM – 3:30PM

5) ADDITIONAL TEACHING EXPERIENCE

Candidates will be given the opportunity to teach alongside an instructor and monitor the swimmers' progress in a variety of levels.

AUG 3-27 10:00AM-12:00PM OR 3:30PM-5:30PM



Youth Pro-D Day Programs

SCHOOLS OUT PRO-D DAY FUN | Ages 7yrs+
 On this Pro-D day join the aquatic staff with dive games, seaweed challenges, water pong, ring toss games and more. Take the day off to splash and play.

FRI APR 23 1:00PM – 3:00PM REGULAR ADMISSION

SAFETY SUPERHEROES | Ages 6-8yrs
 Developed with youth in mind, this course will focus on personal safety, drug safety awareness, internet safety, bullying, and harassment. Instructors will take a careful approach with games and activities creating a learner-centered environment. Included in the course, is a 1-hour water safety component taught by one of our experienced Water Safety Instructors.

6973 FRI APR 23 8:30AM – 12:00PM \$30.00/\$37.50

AQUA SAFETY CAMP | Ages 6-8yrs
 This is where sink or swim meets safety superheroes. In this powerful jam packed safety program, youth ages 6-8 years will learn how to prevent water-related incidents and provide them with the necessary knowledge and tools when dealing with emergencies. The dry component includes personal

safety, drug safety awareness, internet safety, bullying, and harassment. Instructors will take a careful approach with games and activities.

6983 FRI APR 23 8:30AM – 3:30PM \$40.00/\$50.00

COOKING CREATIONS CAMP | Ages Kindergarten 5-12yrs
 Make new friends while you discover new recipes! This camp is designed to get kids involved in the kitchen. Our team of chefs will be teaching campers how to prepare those school snack favourites to fuel them throughout the day. They will be preparing tasty mini pizza pockets, muffins, refreshing smoothies and more! No need to send a lunch – we will eat what we make. Bring your swim wear as we will be joining the Aquatic Staff in the pool from 1:00pm – 2:00pm.

6834 FRI APR 23 9:00AM – 3:30PM \$35.00/\$43.75

POOL SAFARI SUNDAY | Ages 7yrs+
 Adventure's away! Underwater treasure chest seek and find, exotic animal window paintings, thrill-seeking high dive competitions, lifejacket diaper races, etc. Come and join us for hours of fun with games and prizes before our annual shutdown.

SUN SEP 5 1:00PM – 3:00PM REGULAR ADMISSION

 <p>Quesnel Children's Festival Date TBA @ LeBourdais Park Free On-stage entertainment with Kellie Haines Ventriloquist/Puppeteer Karima Essa Bollywood Dancer Various Activities for the children/youth, along with free food Brought to you in conjunction with the Early Learning Table organizations Checkout our website & facebook pages For Upcoming Events</p>	<p>Spring Break Camp March 15 – 19, 2021 With Puppeteer/Ventriloquist Kellie Haines <hr/> Will's Jams May 1, 2021 Venue TBA <hr/> Coming Summer 2021 RAWK CAMP With Speed Control July 19 – 23, 2021 All made possible with funding from    </p>	 <p>Phone: 250.991.4014 Email: quesnelartgallery@gmail.com Website: www.quesnelartgallery.com Facebook: Quesnel Art Gallery</p> <p>2021 Quesnel Art Gallery Shows</p> <p>March 4th to 27th "KidzArt" Elementary Schools Student Show Sponsor: SD#28</p> <p>April 8th to 29th "The Cowboys and Cowgirls of the Cariboo" with Nicole Johnston Sponsor: Cariboo Pulp</p> <p>May 6th to 28th "Resonate" with Judith DesBrisay and Cheri Maisonneuve Sponsor: South Quesnel Business Association</p> <p>June 3rd to 25th "Ingrained Stories - What the Wood Said to Me" with Darin Corbiere Sponsor: AC&D Insurance</p> <p>July 3rd to 29th "Summer Garden Community Show" Sponsors: Bill & Sue-Ellen Miller and Forsythia Holdings Inc.</p> <p>August 5th to 27th "Connection" with Lee-Anne Chisholm and Aaron Harder Sponsor: Conquest Projects</p> <p>Gallery Open Tuesday to Saturday 10am to 4pm</p>
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Youth and Teen Art Programs

DOODLES! THE ART OF DRAWING FOR KIDS I
Ages 7-14yrs

Learn all the basics to draw using a variety of media and papers. Using fun and interactive building block exercises, learn the concepts of line, shading, form, depicting three-dimensional space, texture, composition and perspective. This class is about teaching the basics to students and helping them express their story on paper.

7739 WED APR 7, 14 & 21 3:15PM – 5:00PM \$50.00/\$62.50

MUD PIES I **Ages 3-6yrs**

Little hands will stay busy while pinching, rolling and squeezing clay. Basic hand-building skills will be utilized as children have fun working and creating unique ceramic pieces. Dress for mess.

7740 TUE MAY 4 & 11 8:45AM – 9:30AM \$20.00/\$25.00

SEWING – MAKE A TOTE BAG I **Ages 8–14yrs**

Make your own fold-up tote bag in one class! Learn some sewing basics like threading a machine, winding a bobbin and more. Using a straight stitch sew a tote bag and learn how to make a flat felled seam to enclose the raw edges. A template will be made to help with cutting the fabric and a pocket will be added so that the bag can be tucked into and folded away! Sewing machine, iron and thread will be provided. Please bring 1 metre of 45" wide cotton fabric.

7742 SAT MAY 15 2:00PM – 4:30PM \$29.00/\$36.25

CARTOONING CAMP I **Ages 8–15yrs**

Unleash your funny side! Do you enjoy doodling and making up your own comic characters and stories? Then this camp is for you. Explore the world of cartooning by learning tips and techniques of the trade from an experienced cartoonist. Come join our one day camp, make new friends and have a little fun!

7748 THUR AUG 5 1:30PM – 4:00PM \$25.00/\$31.25

**BOOK A PRIVATE
 WORKSHOP OR YOUR
 NEXT FIELD TRIP AT
 OUR ART STUDIO!**

Customize your art experience in our Art Studio. We can create a workshop tailored just for you and your family, or build a home learners art course or even field trips for schools, daycares, Guides, Scouts and more! From painting to sculpting, our art studio is a great space to introduce art to your group. Our knowledgeable instructor will educate and engage children in an unforgettable experience.

For more information contact Tarin Lefebvre, Program Coordinator at tlefebvre@quesnel.ca or 250-991-4011



Youth and Teen Special Events and Camps

SCOOTER CAMP | Ages 8-14yrs

This camp offers children a unique, exciting and engaging scooter riding experience unlike any other, whether they are looking to crush their first trick or continue to hone their skills as advanced riders. In our camp there will be a strong emphasis on safety and the importance of park etiquette and rules. We start off with an orientation to the parts of their scooters then onto the fun and interesting stuff! Our instructors will work with campers to improve their balance, speed control, flexibility and develop safe falling techniques. There is a low instructor to child ratio for optimal support. Register early to ensure a spot. Children must bring their scooters, a proper skateboarding helmet and other padding as they see fit. Bike helmets are NOT accepted.

7750 MON & TUE JUL 12 & 13 1:00PM – 3:00PM \$55.00/\$68.75

LEGO MY EGGO | Ages 6-10yrs

Rise early and join us for an Eggo breakfast in your pajamas. Spend the morning playing, creating and building Lego. Please bring a water bottle and mid-morning snack.

7752 WED JUL 21 8:00AM – 11:30AM \$25.00/\$31.25

WONDERLAND MOUNTAIN BIKING CAMP | Ages 9-15yrs

Let's hit the biking trails! Learn new skills, make new friends and have a little fun on the Wonderland trail. Riders will progress their skills while creating life long memories with new friends. Please bring a water bottle and snack. Drop off and pick-up at the Wonderland parking lot located on Quesnel-Hydraulic Road.

7783 TUE JUL 27 1:00PM – 4:00PM \$36.00/\$45.00

YOUTH PICKLEBALL CAMPS | 7-10yrs / 11-15yrs

Learn to play the fastest-growing sport in North America and enjoy the benefits of social and physical well-being with other youth in the community. Pickleball combines the elements of Badminton, Tennis and Ping-Pong, using a paddle and Wiffle ball. Experienced instructors and the Quesnel Pickleball Club will teach the basics of the game and help to build a solid foundation of skills. Join us for a little fun on the courts this summer!

For children 7-10yrs

7959 MON-WED JUL 5 – 7 5:30PM – 7:30PM \$50.00/\$62.50

7962 MON-WED AUG 16 – 18 5:30PM – 7:30PM \$50.00/\$62.50

For children 11-15yrs

7961 MON-WED JUL 12 – 14 5:30PM – 7:30PM \$50.00/\$62.50

7964 MON-WED AUG 23 – 25 5:30PM – 7:30PM \$50.00/\$62.50



Youth and Teen Special Events and Camps

BEYOND BEGINNERS YOUTH PICKLEBALL CAMP | 7-10yrs / 11-15yrs

Beyond Beginners Youth Pickleball is a continuation program designed for participants who have already completed a beginner pickleball program or who are experienced and are looking for more advance skills.

For children 7-10yrs

7998 MON - WED AUG 16 - 18 5:30PM - 7:30PM \$50.00/\$62.50

For children 11-15yrs

7999 MON - WED AUG 23 - 25 5:30PM - 7:30PM \$50.00/\$62.50

T-REX TREKKERS CAMP | Ages 6-12yrs

Trek back into time to trace the tracks of the T-Rex and other exciting dinosaurs. Let's explore the wonderful world of dinosaurs. This one-day camp will keep them entertained all day long. Join our 'paleontologist' for a scavenger hunt, prospecting hike, fossil casting and digging, and watch raptors in action.

7753 MON AUG 9 9:00AM - 3:00PM \$40.00/\$50.00

ARCHERY FOR YOUTHS | Ages 9-15yrs

Two days of exploring the sport of archery. Every year this co-ed program teaches many technical skills to do with the sport but in an exciting and creative way. Shoot at targets and balloons from varied distances! This popular program always draws big numbers, so register early to ensure your spot. Held at the Quesnel Arts and Recreation Centre back parking lot. Please note that parents must stay onsite for this program. Archery equipment will be provided.

7754 MON & TUE AUG 16 & 17 5:30PM - 7:00PM \$25.00/\$31.25

KIDS PATHFINDERS | Ages 8-14yrs

There is no other way to put it... HIKING equals FUN, MEMORIES AND ADVENTURE! Hikers will go on a journey of wonder and exploration on the Wonderland Trail. This program utilizes the mountain as a playground, inspiring juniors to get outdoors, connect with nature and make new friends.

7774 WED AUG 25 1:00PM - 3:00PM \$10.00/\$12.50



Imagination Park Summer Camp | Theme Weeks

IMAGINATION PARK SUMMER CAMP

Quesnel Arts and Recreation Centre Summer Camps are filled with activities for children ages Kindergarten – 12yrs. The program will run Monday through Thursday, July 5 – August 26, 2021 from 9:00am – 3:30pm. Each week has an exciting theme ending with the ever-popular Special Event Friday. Friday's special event times vary according to the event. Parents, please remember to drop off and pick-up children at special event locations.

Start and end the camp day with fun! Get active with games and sports, be creative with arts and crafts and enjoy some quiet time for reading too. Discover new friends when you join our Pre and Post-Care that is available Monday through Thursday. Pre-care is from 8:00am – 9:00am and post-care is from 3:30pm – 5:00pm. An additional fee for these care programs is required and can be added on when registering or after the fact.

Please Note: If your child is on any medications for behavior modification, the summer program may not be the time to take him/her off of them. If your child has a support worker for any reason, please provide them for when your child is in the program. Though our staff is highly qualified, they are not support workers or special needs trained professionals. Consult with the Imagination Park Supervisor so we can provide a healthy outcome for your child and all of the other children involved.

IMAGINATION PARK FULL SUMMER CAMP

This program includes all eight theme weeks and all seven special event Fridays! This program package has a savings of 10%.

7723 MON – THU & FRI JUL 5 – AUG 26 9:00AM – 3:30PM \$1,113.40/\$1,391.80

HARRY POTTER | WEEK 1

Calling all wizards! It's time to get your acceptance letter to the Camp of Wizardry! We will be hosting Hogwarts at Imagination Park this week! No matter which house you belong to, each little wizard will have an enchanting good time making wands, learning spells and learning the secrets of the wizarding world. It will be a truly magical experience. "Expelliarmus"!

7724 MON – THU JUL 5 – 8 9:00AM – 3:30PM \$130.00/\$162.50

SURVIVOR | WEEK 2

This fun-filled week will be full of outdoor adventures, cooperative games, theme days, arts and crafts, and plenty of team building activities. The experience of "survivor" will be brought to our campers. It will be a week full of adventure!

7725 MON – THU JUL 12 – 15 9:00AM – 3:30PM \$130.00/\$162.50



Imagination Park Summer Camp | Theme Weeks

JURASSIC ADVENTURE | WEEK 3

Are you a big fan of dinosaurs? Unravel the mysterious world and go on an once-in-a-lifetime adventure back to the Mesozoic Era where these creatures walked the earth. Spend a fun-filled week at the learning all about dinosaurs through games, crafts, fossils, activities and more! You won't want to miss this action-packed week!

7727 MON - THU JUL 19 - 22 9:00AM - 3:30PM \$130.00/\$162.50

TIME TRAVELLERS | WEEK 4

History class will come in handy on this adventure as we travel back in time to walk with the dinosaurs, visit pirates on the open sea, spend a day in the wild west and so much more. If you are up for an adventure this is the camp for you!

7726 MON - THU JUL 26 - 29 9:00AM - 3:30PM \$130.00/\$162.50

FISH ARE FRIENDS, NOT FOOD | WEEK 5

Let's explore the ocean and learn about the life under the sea with Bruce. This week is jam packed with activities that are exciting for kids of all ages. Learn about all the fascinating creatures that live in our oceans, create water science experiments, make crafts and participate in summer STEM activities. These events are all on the list for this camp!

7728 TUE - THU AUG 3 - 5 9:00AM - 3:30PM \$97.50/\$121.90

WACKY WILD SCIENCE | WEEK 6

For the little mad creator in your house! Work with other inspired youth and let's see what we can create! This week-long odyssey will have us predicting, observing and discovering the amazing world of science experiments.

7729 MON - THU AUG 9 - 12 9:00AM - 3:30PM \$130.00/\$162.50

ANIMAL PLANET | WEEK 7

What child is not wild about animals? Animal planet brings you amazing animals, awesome crafts, fascinating facts and tons of fun! Get ready for a walk on the wild side through every continent on Earth! Kids can discover the animal kingdom like never before.

7730 MON - THU AUG 16 - 19 9:00AM - 3:30PM \$130.00/\$162.50

BEST OF THE BEST | WEEK 8

Too many cool camps to choose from? We agree. This week we will check out best of the best. Explore science, tinker with technology, make some of the all-time favorite art and craft projects and race around playing outdoor gym games. We guarantee a week full of variety and fun!

7731 MON - THU AUG 23 - 26 9:00AM - 3:30PM \$130.00/\$162.50



Imagination Park Summer Camp | Special Event Fridays

Friday's special event times vary according to the event. Parents, please remember to drop off and pick-up children at special event locations.

KIDS CARNIVAL | WEEK 1

Join us as we hold our very own carnival! Learn to juggle, try target games and relay races as we enjoy a fun filled day at our carnival. Of course, no carnival is complete without some goodies and prizes!

7732 FRI JUL 9 10:00AM – 2:00PM \$32.80/\$41.00

MYTH BUSTERS | WEEK 2

If you swallow gum does it really stay in your stomach? Is there a dark side of the moon? Can you shatter a penny with a hammer? Join our myth busters team as we dispel some of these mind-bending science myths. Use scientific investigation, exploration, crafts and games to determine if they are verified or busted.

7733 FRI JUL 16 10:00AM – 2:00PM \$32.80/\$41.00

BOXES, BOXES, BOXES | WEEK 3

Today is a day of adventure, creation and imagination. If your child enjoys making things with cardboard boxes and tape or is just up for a challenge this camp is perfect for them. In this super fun event kids will build, solve and construct box forts, cardboard boats, cars or castles.

7734 FRI JUL 23 10:00AM – 2:00PM \$32.80/\$41.00

SUPERHEROES IN TRAINING | WEEK 4

Calling all superheroes! Join us and let your powers shine! Campers will create their own hero capes and symbols, train to fight villains and even capture their own galaxy in a jar! Unleash your creativity and discover the hero within you!

7735 FRI JUL 30 10:00AM – 2:00PM \$32.80/\$41.00

LETS GO LEGO | WEEK 5

Do you LOVE Lego? Then come and join us for a group build of machines, buildings and structures. The only thing that could stop your creativity is your imagination. Let's see what you can create! Hot dog lunch provided!

7736 FRI AUG 6 10:00AM – 2:00PM \$32.80/\$41.00

LITTLE CHEFS | WEEK 6

Hmmm . . . anyone out there like to cook and eat? This special event is all about yummy food and a lot of fun. Spend the day with us in the kitchen as we cook up a storm.

7737 FRI AUG 13 10:00AM – 2:00PM \$32.80/\$41.00

INVENTOR'S WORKSHOP | WEEK 7

Childhood curiosity, experimentation and imagination can develop one's play instinct. Let's brainstorm our way to creating popsicle stick catapults, candy dispensers that actually work and baking soda boats that zoom through water. You won't want to miss out on this event!

7738 FRI AUG 20 10:00AM – 2:00PM \$32.80/\$41.00

Cariboo Elite Hockey



Cariboo Elite Hockey Camps are dedicated and focus on player skill development through advanced teaching techniques, structured practices and high-performance off-ice training. The coaches are focused on providing leading-edge, top quality hockey instruction in a positive and supportive environment. Cariboo Elite will

strengthen skills including skating, stickhandling, passing, shooting and goaltending, and allow your child to play alongside other kids who have the same love of the game. If your child wants to explore their love of hockey or take their ambitions of becoming a pro player further, Cariboo Elite hockey camps are the perfect opportunity. Explore the list of programs available here.

POWER SKATING CAMP

AK Hockey is a hockey skating and skill development company training beginners to NHL. All-stars such as Shea Weber, Jonathon Toews, Duncan Keith and many more. Brent Hayter will provide key components to skating correctly and will offer video analysis assisting the technical feedback to participants. This camp also touches on topics such as the fundamentals of skating, balance and agility, power and quickness; this is a great camp to prepare for the upcoming season on the ice. Birth year determines which camp your child is eligible for.

SKILLS DEVELOPMENT

Quality instruction from past NHLer's Ed Patterson & Chris Murray! Focus on fun, the core fundamentals of individual skill development, game tactics, high tempo drills, position-

specific instruction, offensive and defensive tactics and conditioning. This camp is structured, safe, positive and has a fun environment for male and female players. Come on out and meet new teammates and make new friends with Cariboo Elite! Birth year determines which camp your child is eligible for.

THE ON-ICE FOCUS FOR THE CAMP IS:

- Power skating techniques
- Puck management and skills
- Game situation drills
- Small area games
- End of camp championship game
- 2.5 hours of ice time daily and 1 hour of dryland training

SKILLS DEVELOPMENT & POWER SKATING COMBO CAMP

This is the best of both camps at a discounted camp price. Join for two full weeks of hockey camps; prepare yourself for the upcoming season with some of the top coaches in BC. Birth year determines which camp your child is eligible for.

SKILLS GOALIE CAMP

Are you a goalie that wants to take your skills to the next level? This three day camp provides goalies the latest in current training techniques and offers a wide range of building blocks that cover the fundamental goaltending skills including body position, proper stance, angles and crease depth, and save technique with rebound control. During this camp you will not only have a 60 minute goal tending specific session but you will also join your respected pods for on-ice group work to put your skills to practice. This practice will allow you to integrate new knowledge into game/drill situations.

CARIBOO ELITE SKILL DEVELOPMENT CAMP 2021						
Birth Year	U9		U11		U13 & U15	
Camp Dates	August 16-20, 2021		August 16-20, 2021		August 16-20, 2021	
Itinerary	9:00-10:15am Ice Time 1:20-2:20pm Dryland 2:45-3:45pm Ice Time		10:30-11:45am Ice Time 1:20-2:20pm Dryland 4:00-5:15pm Ice Time		12:00-1:15pm Ice Time 1:20-2:20pm Dryland 5:30-6:45pm Ice Time	
Player	U9 Code: 7811	\$413.90/\$517.40	U 11 Code: 7799	\$413.90/\$517.40	U13/U15 Code: 7807	\$413.90/\$517.40
Goalie	U9 Code: 7812	\$78.05/\$97.60	U 11 Code: 7798	\$78.05/\$97.60	U13/U15 Code: 7803	\$78.05/\$97.60
CARIBOO ELITE POWER SKATING CAMP 2021						
Birth Year	U9		U11		U13 & U15	
Camp Dates	August 23-27, 2021		August 23-27, 2021		August 23-27, 2021	
Itinerary	9:00-10:00am Ice Time 1:15-2:15pm Ice Time		10:15-11:15am Ice Time 2:30-3:30pm Ice Time		11:30-12:30pm Ice Time 3:45-4:45pm Ice Time	
Player	U9 Code: 7810	\$413.90/\$517.40	U 11 Code: 7797	\$413.90/\$517.40	U13/U15 Code: 7802	\$413.90/\$517.40
CARIBOO ELITE SKILLS DEVELOPMENT & POWER SKATING COMBO CAMP 2021						
Combo Camp	U9 Code: 7808	\$786.45/\$983.10	U 11 Code: 7795	\$786.45/\$983.10	U13/U15 Code: 7800	\$786.45/\$983.10
CARIBOO ELITE GOALIE CAMP 2021						
Birth Year	U9		U11		U13 & U15	
Camp Dates	August 24-26, 2021		August 24-26, 2021		August 24-26, 2021	
Itinerary	9:00-10:00am Ice Time 1:15-2:15pm Ice Time 5:00pm-6:00pm Ice Time		10:15-11:15am Ice Time 2:30-3:30pm Ice Time 5:00pm-6:00pm Ice Time		11:30-12:30pm Ice Time 3:45-4:45pm Ice Time 5:00pm-6:00pm Ice Time	
Goalie	U9 Code: 7809	\$122.40/\$153.00	U11 Code: 7796	\$122.40/\$153.00	U13/U15 Code: 7801	\$122.40/\$153.00
Dryland fitness training is open to all Cariboo Elite hockey participants. Any participant who registered for Cariboo Elite 2021 hockey camps is welcome to join dryland training August 16-20 in Rink 2 from 1:20pm to 2:20pm.						

Art Centre Information

PUBLIC ARTRIUM DISPLAY CASE

Display space is available for community artists or art/culture organizations to show their work and what they do on a monthly basis, free of charge and open to all art forms. Call Tarin Lefebvre 250-991-4011 or email tlefebvre@quesnel.ca to book your spot.

ART REFERENCE LIBRARY

Art books are available on a sign-in/sign-out system. Visit the reception desk at the Quesnel Arts and Recreation Centre for the key and log book. We accept donated books to build our library.

PERMANENT ART COLLECTION

The Artrium collection of fine art is continually added to with work donated by visiting workshop artists. Work by local, regional, provincial, national and international artists are on display. Also located in the Artrium is the Quesnel Art Gallery, which exhibits local artists' work in monthly shows.



COMMUNITY POTTERY STUDIO

The Arts Centre is home to a large pottery studio, consisting of a manufacturing area, glazing area and the kiln room. The manufacturing area has ten pottery wheels and space for hand building. Available glazes are displayed in the studio with a reference library and three electric kilns of varying sizes. Clay can be purchased from the Art Centre; a clay supply list is available in the studio. Drop-in studio time is available during regular operating hours of the facility.

PRIVATE AND SEMI-PRIVATE POTTERY LESSONS

Are there classes that don't fit into your schedule? We offer private lessons to meet your needs. Please visit the Quesnel Arts and Recreation Centre to coordinate a private lesson. Lessons are \$45.00 per hour and semi-private (up to 3 people) are \$84.00 per hour.

***Clay and kiln fees must be purchased separately**

PRIVATE EVENTS

Book the Pottery Studio for your next private event. We can accommodate groups of up to 10 people. Please visit or call the Quesnel Arts and Recreation Centre to coordinate your event. For information about pottery and other art programs contact Tarin Lefebvre at 250-991-4011 or email tlefebvre@quesnel.ca

POTTERY

DROP-IN STUDIO

Whether you are a beginner or an established artist, you will find inspiration in our studio. The Quesnel Arts and Recreation Centre offers numerous venues for drop-in pottery, pottery club and many youth and adult programs. Our facility includes 10 wheels for throwing, slab rollers, extruders and kilns. To protect our equipment, only work produced with the Arts and Recreation Centre clay can be fired in our kilns.

Our Studio is open during regular facility hours of operation. Please note that programs will take priority over drop-in studio times. The only way to be 100% sure of our hours is to give us a call before you head over 250-992-8200.

Hours of Operation

MONDAY	6:00AM – 10:00PM
TUESDAY	6:00AM – 10:00PM
WEDNESDAY	6:00AM – 10:00PM
THURSDAY	6:00AM – 10:00PM
FRIDAY	6:00AM – 10:00PM
SATURDAY	8:30AM – 9:00PM
SUNDAY	10:00AM – 8:00PM

JOIN OUR TEAM!

Each of our artists are experts in their field. The Quesnel Arts and Recreation Centre is constantly trying to expand our team of talented artists. If you are interested, please contact Tarin Lefebvre at 250-991-4011.





Teen and Adult Art Programs

THURSDAYS ARTISTS

Join other artists and painters for this drop-in session where you can practice your skills and learn from others. Meet each Thursday afternoon in the Lounge from 1:00pm–4:00pm at the Quesnel Arts and Recreation Centre. Whether you are a beginner or have been an artist for years, this is a great chance to share and have a little fun with others. No instruction is provided but all artists share their experiences and levels of ability. Drop-in admission rates apply.

ABSOLUTE ART

Quesnel Community Living Association, Prima Enterprises, Dengarry Professional Services, Correlieu Secondary School and Quesnel Junior Secondary School participate in this art program for individuals with developmental and intellectual disabilities. Local artists instruct a variety of art forms such as pottery, watercolor, print making, fabric art and experimental art. The program brings the artists and students together to discover and foster their creative well-being on the third Monday of every month, except for May.

MON **APR 19** 1:00PM – 2:00PM
MON **MAY 17** 1:00PM – 2:00PM
MON **JUN 21** 1:00PM – 2:00PM

ALCOHOL INK MIXED MEDIA PAINTING | Ages 15yrs+

Learn about this trending art form that brings abstract to a whole new level. Using alcohol inks our instructor, Cheryl will demonstrate how to move the ink around, create rings, gold foil layers and more stunning effects on stone paper. This is about sharing and exploring and Cheryl will share her tips and tricks on using these versatile inks.

7758 **SUN** **APR 11** **6:00PM – 8:00PM** **\$52.50/\$65.75**

BEGINNING ON THE POTTERY WHEEL | Ages 14yrs+

The ultimate beginner class to learn the basics of clay and the pottery process. Over the course of 4 weeks, beginners will learn clay centering and how to throw clay on the potter's wheel. Simple forms like the cylinder and bowl shapes are created. Along with throwing, this class covers the basic skills in hand building. We begin with raw clay, and then complete the process of trimming and adding handles. Clay must be purchased separately from the Quesnel Arts and Recreation Centre. Firing and glazing are included.

7756 **WED** **MAY 5 – 26** **6:00PM – 8:00PM** **\$97.00/\$121.25**



Teen and Adult Art Programs

LANTERNS TO LIGHT POTTERY WORKSHOP | Ages 14yrs+

Learn how to use a flat slab to create a one-of-a-kind handmade clay lantern in one class! This workshop is an excellent opportunity to get your hands into clay and check out the Art Studio. No previous experience is necessary and all levels are encouraged to come out for a day of fun and exploration to get those creative juices flowing!

All supplies are included. Finished products will be ready for pick-up approximately 3 weeks after the workshop following firing and glazing.

7757 SUN JUN 6 2:00PM – 4:00PM \$40.00/\$50.00

DRAWING: YES YOU CAN! | Ages 13yrs+

It's not magic! It's not talent! Learn about the elements of drawing in these introductory-level drawing classes. Explore

lines, shape shading and gesture using pencil, charcoal, ink, aquarelles and a healthy dose of laughter! Grow your imagination while exploring a wide range of subject matter including wildlife, landscapes, flowers and still life. Our approach to teaching is lighthearted and fun.

7759 MON/THU JUN 7 – 17 6:30PM – 8:00PM \$71.50/\$89.50

CAMPFIRE WHITTLING: A BEGINNER'S GUIDE | Ages 10yrs+

Discover the world of wood carving. This 2-day workshop covers knife safety, whittling techniques and offers some traditional projects that will range from simple to challenging. At the end of this session you will have the skills and knowledge needed to build on what you have learned in your own time and around the campfire this summer. This class also covers the basics of knife sharpening and provides tips on how to find and source wood.

Please note an adult must accompany participants under the age of 18.

7760 TUE/WED JUN 22 – 23 6:00PM – 7:30PM \$40.00/\$50.00

ASSAI

The mission of the After School Sport and Arts Initiative (ASSAI) is to invest in enriched after school programming that enhances participants overall health, learning and well-being. Funded by the Province of BC through the Ministry of Community, Sport and Cultural Development, ASSAI support participating school districts to offer safe, accessible, high quality and fun programming that meets the needs of their school communities.

For additional information or if you are interested in being a part of our team as a leader or sponsor, contact Tarin Lefebvre, Program Coordinator at tlefebvre@quesnel.ca or 250-991-4011

We gratefully acknowledge the financial support of the Province of British Columbia through the Ministry of Community Sport and Culture Development.





Cooking Programs

FOOD AND DRINK PAIRING SERIES

A fresh look at summer indulgements and specialty drinks

Join us for our 7th season of the famous spring and summer culinary series hosted by Jennifer Lineger-Johnston with the Quesnel Arts and Recreation Centre! Great fun for singles, couples or a great gift for your favourite foodie!

As we welcome the warmer weather, our taste buds are craving fresh and mouth-watering seasonal menus that are sure to be a crowd-pleaser! Explore new flavours and dish ideas and get inspired by Jennifer who cannot wait to share her love for food and cooking with you! Sessions are held at Bouchie Lake Hall, 1975 Centennial Road. Register early these sessions fill fast!



FOOD TRUCK INSPIRED COOKING CLASS | Ages 19yrs+

Taking everyday foods like mac and cheese, grilled chicken sandwich or pizza and turning them into LA famous Street Food. Join the extremely popular Chef Jennifer Lineger-Johnston as she teaches you how to make your favourite crave-worthy food truck dishes! Learn to make ole mole guacamole chicken sandwich, baconator mac and cheese, deep fried meatball pizza and s'mores french toast. Pull over and register for this over-the-top class! Beep beep!

7761 FRI MAY 28 6:00PM - 9:00PM \$65.00/\$81.25

MASTERING THE GRILL | Ages 19yrs+

It's all about outdoor dining and celebrating that barbecue season is finally here. Join us and find out what is trending in the Summer of 2020. We will be looking into plant-based grilling, how to BBQ the perfect steak and how to grill fish to perfection. Let's not forget about the traditional veggie and meat burgers, learn how to create the perfect burger that is sure to thrill your family and friends.

7762 THU JUN 17 6:00PM - 9:00PM \$65.00/\$81.25



Teen and Adult Recreation and Sports

Yoga can be as much or as little as you want it to be. For some it's purely a physical pursuit, keeping the body toned, strong and flexible. For others, yoga becomes more of a mindset and a way of living. Learn powerful, yet gentle stretch and strength exercises. Become more aware of your body and the greater spirit that moves within you! Whatever your reason for practicing, or your level of experience. We welcome you to yoga.

FOUNDATIONS YOGA | Ages 15yrs+

As a new yogi this class will help you learn the basics. Foundations Yoga will teach you the in's and out's of this relaxing exercise. We will focus on structure and posture as well as more advanced moves that will capture every element including balance and flexibility. All levels welcome – find your movement!

- 7778 MON MAY 31 – JUN 28 11:00AM – 12:00PM \$37.10/\$46.25
- 7779 WED APR 7 – MAY 26 11:00AM – 12:00PM \$59.30/\$74.00
- 7780 WED APR 7 – MAY 26 6:30PM – 7:30PM \$59.30/\$74.00

SPRING PICKLEBALL | Ages 14yrs+

Join the pickleball program with the Quesnel Arts and Recreation Centre. It looks like tennis, sounds like ping pong and favours the same light-on-your-toes action of badminton. But pickleball is a sport in its own right, and an explosion of popularity with all ages and has made it a fast-growing sport in Canada. Join others and learn the in's and out's of pickleball. All ages and abilities welcome. Please note: all participants are required to provide their own paddle.

VOYAGEUR ELEMENTARY

- 7764 TUE MAR 30 – MAY 4 6:15PM – 8:15PM \$21.00/\$26.25

BOUCHIE LAKE ELEMENTARY

- 7765 WED MAR 31 – MAY 5 6:15PM – 8:15PM \$21.00/\$26.25

LAKEVIEW ELEMENTARY

- 7766 THU APR 1 – MAY 6 6:15PM – 8:15PM \$21.00/\$26.25

OUTDOOR PICKLE BALL | Ages 14yrs+

Join the new pickleball program at the West Fraser Timber Park. This fun and energizing sport is sweeping across North America and is the fastest-growing sport around. Bring your racket and wiffle ball to join others while you learn the ins and outs of pickleball. This program is self-lead.

- TUE & THU MAY 25 – SEPT 23 6:00PM – 8:00PM FREE

BEACH VOLLEYBALL | Ages 14yrs+

Bump... set... spike... recreational mixed beach volleyball! This program is suited to players who are both new or experienced to beach volleyball, whether you've played in high school, college, just for fun, or never at all, there is a spot for you. Beach volleyball is a low impact and high energy sport, which makes it appealing to athletes of various ages and skill levels. Come out every Monday night and join other players in a game of volleyball at the West Fraser Timber Park beach volleyball courts. Please bring a volleyball. This program is self-lead.

- MON JUN 7 – AUG 30 6:30PM – 8:30PM FREE

TRAIL BLAZERS NORDIC WALKING | 16yrs+

Walk your way to better health! Nordic walking is a fun and social way to improve your overall health and well-being. Nordic walking is a complete sport that incorporates all fitness levels and has multiple health benefits such as cardio endurance, muscular strength and toning, posture improvement and enhancing your overall state of mind. This unique form of walking uses specialized poles, activating nearly all of your muscles while minimizing the impact on your joints. Trails will vary each week.

- 7770 THU JUL 8 – 29 1:30PM – 3:00PM \$33.75/\$42.00

COME DRAGON BOATING

WITH THE
DRAGON LAKE
PADDLERS

Mondays & Wednesdays
May thru September @ 6:00 pm
Leaves from Pioneer Park (off Campsite Rd)



FOR MORE INFO, CONTACT DOREEN 250-983-9167



Fitness Centre

Come on by and check it out! Meet our friendly and helpful fitness centre staff who can help guide you along your way to health and happiness. Get active, get healthy, get started today! It has never been so easy to get involved in the most popular recreation activities in Quesnel! Whether you have been involved with our programs for a long time, or are just getting started, our registered programs are sure to make you a fitness fanatic.

15 YR OLD FITNESS CENTRE RESTRICTIONS -

You must be 15 years or older to use our fitness centre! If you are under the age requirement please refer to **Youth Personal Training and Fitness Consultation**.

WELCOME TO OUR FITNESS CENTRE FACILITY!

- 7 Treadmills
- 5 Recumbent bikes
- 4 Upright bikes
- 2 rowing machines
- 8 Ellipticals
- 1 Jacob's Ladder Climber
- 2 Stair climbers
- 1 Evolv Glider
- 1 Speed bag/punching bag
- 1 Smith machine
- Assortment of weight machines
- 1 Summit Trainer
- Universal gym(s)
- 1 Wheelchair accessible equipment
- Free weights/weight bars
- 2 Cable cross-over machines
- 2 Spin bikes
- 1 Nordic Ski Machine
- 1 TRXs – suspension training
- 1 Large raised mat/stretch area

WHEELCHAIR ACCESSIBLE EQUIPMENT

Universal gym called the Equalizer. Made in Canada by a wheelchair bound adult, this piece of equipment takes into account wheelchair needs as well as able-bodied needs! This dual-purpose universal gym will meet every goal you have. Combine that with our Active Passive Trainer and our adjustable cable crossover machines; we have everything you need for a great full body workout!

PARAMILL

The Paramill (wheelchair treadmill) is just one more opportunity to achieve cardio workouts and strength conditioning. Accessible to both standard & athletic chairs, the Paramill's single or split roller options allow for customized rehabilitation and training in both forward and reverse motions.

ACTIVE PASSIVE TRAINER

The Active Passive Trainer (APT) is an exercise unit that provides both active resistance and passive motion. APT provides a wide range of exercises either workload dependent, where it provides a set level of resistance regardless of pedal speed, or Isokinetic, where resistance grows as effort increases. Come on in and try it!

EVOLV GLIDER

The ultimate exercise and rehabilitation machine! At one time, this type of equipment would only be found in rehabilitation medical centers, but now active wheelchair users, sports enthusiasts or those in recovery can benefit from whole body workouts whenever they like. The fully adjustable unit is easily transferred to, and after securing the calf straps, a simple hydraulic mechanism raises the user into position. The user is then free to exercise the pull/push handles, altering the resistance as desired as fitness increases.

Personal Training

The Quesnel Arts and Recreation Centre is home to a team of driven, focused and determined personal trainers. Our goal is to work with you to meet your goals by inspiring and motivating you with support and determination. We will work with you to set and achieve your daily goal while working towards your end objective. We want to help you live your best life!

Personal Training and Orientation PDF Forms are available online at Quesnel.ca/recreation or at the Quesnel Arts and Recreation Centre 500 North Star Rd

FITNESS CENTRE ORIENTATION	Get to know the Fitness Centre layout and all of our equipment. This one hour session includes a basic program for the participant. A certified trainer will introduce the common policies and procedures of the cardio floor and Fitness Centre equipment while demonstrating proper technique on equipment pieces.	\$46.95/\$58.70
PERSONAL TRAINING AND FITNESS CONSULTATION	This two hour personalized training and fitness consultation includes a personalized training program and an orientation to our fitness centre. This is for anyone needing more than the basic Fitness Centre orientation to our facility.	\$87.00/\$108.75
PERSONAL TRAINING	This personal training option involves workout sessions with a personal trainer. The trainer will design specific and appropriate fitness training to meet the needs of the client. Each training session is completed under the supervision, direction and coaching of the trainer.	\$249.00/\$316.25 for 5 x 60 mins \$498.00/\$632.50 for 10 x 60 mins
FITNESS CENTRE GROUP ORIENTATION	We all know the saying less is more, but let's be truthful, sometimes two is just better than one. When it comes to working out, having a friend along for the ride makes it that much better. The benefits include fewer skipped workouts and pushing yourself further than you would on your own.	\$70.45/\$88.10
YOUTH PERSONAL TRAINING AND FITNESS CONSULTATION	This two-hour personalized training and fitness consultation includes an individualized training program and an orientation to our Fitness Centre. This consultation is for youth under the age of 15 that would like to use the fitness area and gym, as well as youth that would like to take part in fitness classes. Your trainer will spend two hours enhancing your strength, stamina, circulation, flexibility and cardiovascular fitness.	\$87.00/\$108.75

15 YR OLD FITNESS CENTRE RESTRICTIONS - You must be 15 years or older to use our fitness centre! If you are under the age requirement please refer to *Youth Personal Training and Fitness Consultation*.





Nutrition & Active Living

READING NUTRITION LABELS LIKE A PRO | Ages 14yrs+

The increasing amounts of packaged foods in a grocery store can make label reading overwhelming. In this workshop, participants will learn how to read a nutrition fact table, recognize certain nutrients and what ingredients to look for. This course will be your guide to smart and healthy shopping.

7772 WED MAY 12 3:15PM – 4:30PM \$17.85/\$22.50

MINDLESS VS. MINDFUL EATING | Ages 14yrs+

Participants will learn how to overcome environmental factors that lead to mindless eating and how to be more aware when making food decisions. Everyone has different needs and goals when it comes to health and wellness, but one thing is certain a balanced, healthy diet is crucial to being fit and it's more complicated than calories in – calories out. Getting professional coaching can help you lose weight, gain muscle and improve your overall health.

7773 WED JUN 9 3:15PM – 4:30PM \$17.85/\$22.50

INDOOR WALKING PROGRAM

The indoor walking program is a non-structured free program that takes place at the West Fraser Centre. The goal is for participants to take part and walk for whatever length of time is right for them. Using a pedometer to track steps can be a great motivational tool. A reasonable goal for most people is to increase average daily steps each week by 500 per day until you can easily average 10,000 per day. Walking regularly helps to reduce body fat, decrease blood pressure, reduce stress levels, lower the risk of heart disease, strengthen your heart, muscles, joints, bones and additionally it helps to release natural endorphins that promote feelings of happiness. Join us at the West Fraser Centre Monday thru Friday | 7:00am – 5:00pm.

CHRONIC DISEASE SELF MANAGEMENT PROGRAM - KNOWLEDGE, SKILLS AND CONFIDENCE

You can have chronic conditions and still live a healthy life. Self management programs are available in Quesnel for adults living with or supporting someone with chronic health conditions and are FREE. In these fun, practical workshops you will learn:

- To manage your chronic health condition to continue living a healthy life
- New knowledge and skills to become more confident living a healthy life
- To problem-solve to make daily tasks easier
- To get started in making healthy lifestyle changes
- To develop good communication skills with your health care team
- To find and use community resources

Interested in taking a workshop or becoming a volunteer leader? Toll Free 1-866-902-3767 | selfmgmt@uvic.ca | www.selfmanagementbc.ca



Fitness Instructors

JOELENE BERRY

Joelene's passion for fitness makes her an energetic member of the Arts and Recreation Centre family. She has had a love for health and fitness throughout her life and makes physical activity and connecting with others a priority every day! Joelene's philosophy focuses on continual lifelong learning as she works towards enhancing the well-being of her clients by empowering them with the knowledge, skills, support, guidance and resources to assist and inspire them on their journey to a healthier life. She is a certified Personal Trainer through BC Recreation and Parks Association (BCRPA) in Fitness Theory, Group Fitness and Weight Training, 3rd Age, HIIT and boot camps. Joelene looks forward to meeting you and helping you reach your fitness goals.



TAMARA PELLETIER

Tamara's positive energy and love for health and fitness makes her a welcome addition to our team of dedicated fitness leaders at the Arts and Recreation Centre. Tamara is no stranger to the health and fitness world. Tamara is a busy mother of four, a registered nurse and currently completing her Personal Training Diploma. She is living proof that you can make time for fitness in your life and being a positive role model for your family is one of the best gifts you can give them. Her objective is to help others reach their health and fitness goals in a fun and positive environment.



Find our drop-in fitness class schedule at:
www.quesnel.ca/drop-in
cityofquesnel.perfectmind.com
facebook.com/quesnelartsandrecreationcentre
Call: 250-992-8200
Visit: 500 North Star Rd., Quesnel



All Age Fitness Programs

The Quesnel Arts and Recreation Centre is home to a team of driven, focused and determined personal trainers. Our goal is to work with you to meet your goals by inspiring and motivating you with support and determination. We will work with you to set and achieve your daily goal while working towards your end objective. We will work to establish a core foundation of knowledge in health and wellness. We want to help you live your best life.

Get Involved in our Flexible Drop-In Fitness Programs:

BODY SHOCK

A fun and challenging class for people of all fitness levels. A combination of strength training, high intensity cardio intervals and core strengthening will help to build lean muscle, burn calories and keep your metabolism jacked all day! Push yourself to the limit, have fun, and discover a strength in yourself that you didn't know existed!

BARRE FITNESS

Barre Fitness is a specialized workout that will shape, tone and transform your body by combining Pilates, sports conditioning and Ballet Barre. This invigorating one hour workout will change your body. This class is for all ages and fitness levels using mostly body weight and low impact movements. This is the perfect addition to your fitness routine.

CARDIO LITE

This NO IMPACT class combines not only strength training, cardio and core but participants will also gain balance, endurance and flexibility. This class is full of variety using everything from free weights, bands, balls and even suspension in a safe way that is guided by personal ability. Cardio Lite empowers participants at every age and fitness level to improve their health in a fun way.

CARDIO STRENGTH

This combination of cardio and strength training in one powerful full 60 minute body workout which uses a combination of cardio and strength together in the same

workout and by using a series of high-intensity strength exercises that will hit every muscle in the body. This class will build stamina, improve coordination and flexibility and burn calories as you build lean muscle with this fun and challenging workout.

CIRCUIT TRAINING

Come prepared to work hard! This class will blast fat, build endurance, condition muscles and tone the body! This one stop full body workout is a constantly changing workout so your body never gets accustomed to one format. Every class is something different and you will never know what you are going to get!

FIT IN 40

Don't have much time? We have the solution for you! This is a 40 minute class that you can do on your lunch hour. Classes include cardio, strength and core training designed to help you get the most out of your workout in the least amount of time! If you're ready to pick up the pace, these convenient lunch time fitness classes will make sure you pull your weight!

H.I.I.T. IT

The High Intensity Interval Training class is a total body, heart pumping cardio workout. This class is designed to tone and strengthen your body while improving your endurance level. Come prepared to HIIT IT hard; there's no slowing down in this class!

POWER PARENT

Finding time to exercise as a parent can be challenging. The Power Parent class can introduce your child to active living and fitness in a social setting that will promote and encourage lifelong fitness. Components of this class will cover strength training, high intensity cardio, core strengthening and flexibility. This fitness class is a great way to stay in shape, be with your little ones and meet other parents and caregivers!



R.I.P. IT!

Resistance! Intervals! Power! You can do it! This one hour class is a total body workout – utilizing free weights, resistance bands, balls, body weight, and other various equipment. Through split sets, pyramid sets and intervals we will work towards your goals. Weight training helps shape and strengthen muscles for more power every day!

SUSPENSION TRAINING +

A total body workout for all fitness levels! Build strength while improving balance, mobility, and flexibility at the same time using your own body weight and suspension training equipment! You will be led through a series of exercises that targets every inch of your body (especially your core) and helps build beautiful, lean muscle. Perfect for everyone; elite athletes to beginners.

TARGET: FUSION

This class is designed to be the best of both worlds! Joining together to tone and strengthen your body to create healthy, long and lean muscles. This class focuses on targeting the arms, glutes and thighs in a low impact class. All moves mimic ballet, kickboxing, pilates and much more with a low impact, high repetition approach to creating your desired silhouette.

This class is kid friendly!

WR CIRCUIT

Are you looking to lean out? Get a great body? And do it while saving time? This quick one hour class is for you! Located in the weight room, this circuit fitness class is a great for someone who just wants to enjoy a little more of what the Weight Room has to offer. Learn how to use a variety of

equipment while under the guidance of a personal trainer in a fun circuit environment. This class not only builds strength it's also a great way to build confidence and knowledge of the fitness centre while getting a full body workout.

ZUMBA

Zumba is a popular fitness program inspired by Latin dance. The word “Zumba” comes from a Columbian word that means to move fast and have fun, which is just how people describe this exhilarating calorie-burning experience. Using upbeat Latin music together with cardiovascular exercise, Zumba is an aerobic fitness routine that is fun and easy to learn. **NOTE:** Class requires an adult drop-in fee and is exempt from the free fitness classes with your facility pass.

ADAPTED FITNESS PROGRAM

ADAPTED DANCE-FIT

Get fit with DANCE! DANCE-FIT is an innovative and energetic special needs dance fitness program where you learn simple moves, get inter-ACTIVE with others and get a workout while you bust a move to your favorite music.

ADAPTED WEIGHTROOM CIRCUIT | Ages 15yrs+

This adapted circuit training program is designed for those with developmental disabilities and is led by a certified fitness leader. It occurs in our Fitness Centre using a series of designated equipment to give participants a great workout while gaining confidence..



Drop in Fitness Schedule

DROP IN FITNESS SCHEDULE

JULY 1 – AUGUST 31, 2021

*Please note this schedule is subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	POWER PARENT 9:30am-10:30am <i>Kid Friendly</i>		POWER PARENT 9:30am-10:30am <i>Kid Friendly</i>	
	CARDIO LITE 10:45am-11:45am		CARDIO LITE 10:45am-11:45am	
	FIT IN 40 12:10pm-12:50pm		FIT IN 40 12:10pm-12:50pm	
	BODY SHOCK 5:30pm-6:30pm		BODY SHOCK 5:30pm – 6:30pm	

How to have a positive class experience:

- Obtain a drop-in fitness ticket from reception desk and bring to your instructor
- Enjoy being unplugged! Please turn off cell-phones and other devices
- Be air aware and avoid the use of scented products whenever possible
- Respectful language is the only option in our classes
- Encouraging words are the best words!



Aquatic Fitness Programs

ADULT DROP IN SWIM BASICS

Take as many or as few lessons as you would like. Our instructors will cover basic swimming introduction right up to high level stroke correction and drills. It is the perfect opportunity to fine tune your skills.

AQUALITE

This class is a low impact, all ages, water fitness class used to improve muscle tone and range of motion. Those with arthritis and other medical conditions will find Aqualite extremely beneficial.

AQUASIZES

This energizing class starts with a ten minute warm-up followed by a great cardio workout, and ends with stretching and a cool down. A great way to stay fit and enjoy the refreshing water! Our energized staff will have you coming back for more.

AQUA FITNESS CHASERS

This action packed aqua fitness class will have you moving in every direction. It will have various exercises targeting full body movements. The instructors will be using medicine balls, bands and much more. Drop-in and come and play.

DEEP WATER RUNNING

Get the same benefit as running on dry land without the stress on your body. This low impact program will include a warm up, a series of deep water running and skiing movements, followed by stretching and cool down. Flotation belts are provided.

MASTERS SWIMMING

Join other adults who are eager to increase and maintain their fitness levels while improving their swimming skills and endurance. Workouts are designed by our experienced coaches to help you reach your goals.

DROP-IN AQUATIC FITNESS SCHEDULE

APRIL 1 – SEPTEMBER 4, 2021 (no classes April 2, 3, May 24, July 1, August 2)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUA LITE 8:15am – 8:45am		AQUA LITE 8:15am – 8:45am		AQUA LITE 8:15am – 8:45am		
AQUAFIT 9:00am – 10:00am	DEEP WATER RUNNING 9:00am – 10:00am	AQUAFIT 9:00am – 10:00am	DEEP WATER RUNNING 9:00am – 10:00am	AQUAFIT 9:00am – 10:00am	DEEP WATER RUNNING 9:00am – 10:00am	
	MASTERS SWIM 5:30pm – 6:30pm		MASTERS SWIM 5:30pm – 6:30pm		AQUA FITNESS CHASERS 5:30pm – 6:30pm	AQUA FITNESS CHASERS 5:30pm – 6:30pm
DEEP WATER RUNNING 6:30pm – 7:30pm	DEEP WATER RUNNING 7:30pm – 8:30pm	DEEP WATER RUNNING 6:30pm – 7:30pm	DEEP WATER RUNNING 7:30pm – 8:30pm			
		ADULT DROP IN SWIM BASICS 8:00pm – 9:00pm				

** Please be mindful of your fellow aquatic fitness classmates. Constant conversation and chatter may keep people from hearing the instructor and decrease the effectiveness and enjoyment of the class.



Quesnel and District Arts
and Recreation Centre
500 North Star Road
250-992-8200
www.quesnel.ca

