

The background features a vibrant blue sky with two large, stylized sunflowers. The sunflowers have bright yellow petals and dark brown, textured centers. Green leaves are visible at the base of the stems. The overall style is graphic and modern.

Lillaoet

& District

*R*ECREATIONAL

*E*DUCATIONAL &

*C*ULTURAL

FALL
2011

Centre

LILLOOET REC CENTRE

**WELCOME TO THE LILLOOET
& DISTRICT REC CENTRE**

**WEIGHT ROOM
SQUASH & RACQUET BALL
GYMNASIUM
MEETING ROOMS
ICE ARENA
(Sept - Mar)
25 METRE POOL
HOT TUB & SAUNA**

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Office Hours

Monday - Friday
8:30 am – 4:30 pm

Fall Facility Hours

Monday - Friday
7:00 am – 9:00 pm
Saturday
11:00 am – 2:00 pm
Sunday
3:00 pm – 8:00 pm

Christmas Break Hours in Effect

Dec 17/11 – Jan 2/12

Closed on Statutory Holidays

Facility hours subject to change without notice.

Lillooet REC Centre

**Join us on Facebook and you'll be the
first to know about:**

- What's new
- Tournaments
- Program Changes
- Upcoming Movies
- Special Events
- And much, more...



**Find us on
Facebook**

@ Lillooet REC Centre

REGISTRATION INFORMATION

REGISTER TODAY!

Registration is conducted on a first come, first served basis. Registration will be accepted during regular office hours until the start of each program. All programs have a minimum registration number that must be met three business days prior to the start of the program. Programs that do not meet registration requirements will be cancelled.

REGISTRATION INFORMATION

3 easy ways to register!

In Person

Drop by the REC Centre office during regular office hours and our staff will be happy to help you. Our office is open Mon – Fri, 8:30 am – 4:30 pm.

By Fax: 250.256.4037

Complete a registration form and include your Visa or Master Card number and we will register you in the requested program and confirm your registration by phone.

By Phone: 250.256.7527

Call our office during regular office hours and we would be happy to help. Please have a credit card available.

FOR YOUR INFORMATION

Registering for a program?

You can register for programs in person, by fax or by phone. We, unfortunately, are unable to take registrations without payment. We do accept Visa, MasterCard and Amex over the phone.

Sorry, the course is full:

Staff reviews the waitlists on a continuous basis and makes efforts to accommodate everyone interested in a program. Please add your name to the waitlists for our classes so that you won't be disappointed.

Program minimum ages:

For the enjoyment of all participants, children must be the correct age prior to the first class of the program.

Sorry, we had to cancel:

If the minimum number of registrants is not met, we may have to cancel a program. If we cancel programs a complete refund will be issued. These decisions are made 3 days prior to the start date so please register early.

Need to cancel?

Refunds for registered participants withdrawing from programs are available by request. A 10% administration fee will be charged for all withdrawals made within 72 hours of the program start date. Participants withdrawing from a program following the first class and prior to the completion of half the classes will be issued a pro-rated refund after a 10% administration fee. Refunds may only be issued to the person named on the original receipt. Refunds will only be issued for requests made prior to one third of the program being completed.

PLEASE PRINT

Name: (Parent's name if under 19) _____

Mailing Address: _____ City: _____ Postal Code: _____

Telephone Number: (H) _____ (W) _____ (Cell) _____

Last Name	First Name	Date of Birth	Program Name	Program Start Date	Fee

Method of Payment () Cheque () Visa () M/C () Amex Total: _____

Credit Card Holder's Name: _____

Card Number: _____ Expiry Date: _____

RATES & RENTALS

DROP IN & FACILITY PASSES

	Drop In	11 Punch Pass	1 Month Pass	3 Month Pass	6 Month Pass	Annual Pass
Child (4 – 12)	\$2.75	\$27.50	\$24.75	\$59.40	\$130.95	\$178.20
Youth (13 – 17)	\$3.75	\$37.50	\$33.75	\$81.00	\$141.75	\$243.00
Adult(18 - 54)	\$5.00	\$50.00	\$45.00	\$108.00	\$189.90	\$324.00
Senior (55 +)	\$3.75	\$37.50	\$33.75	\$81.00	\$141.75	\$243.00
Family	\$10.00	\$100.00	\$90.00	\$216.00	\$378.00	\$648.00
Fitness Class	\$6.50					
Showers	\$2.25					

All facility passes and drop in rates **include** HST. Facility passes and drop in passes provide full facility access to drop in programs including the gymnasium, weight room, arena and swimming pool. Facility availability dependent on seasonal openings. Facility hours are subject to change without notice. Passes do not provide access to scheduled fitness or community programs.

CORPORATE PASSES

	1 Month Pass	3 Month Pass	6 Month Pass	Annual Pass
Adult	\$38.25	\$91.80	\$160.65	\$275.40
Family	\$76.50	\$183.60	\$321.30	\$550.80

Help keep your staff fit, healthy and happy at work by participating in our corporate fitness pass program. With a minimum of three participants your staff can enjoy the use of the REC Centre and receive a discount on monthly and annual passes. Call for details.

PRO - D- DAY!

School is out!
 Oct 21 & Nov 14
 Floor Hockey
 10:00 am – 12:00 pm
 Toonie Skate
 1:00 – 3:00 pm

FALL HOURS

September 25 – December 16

OFFICE

Monday – Friday 8:30 AM – 4:30 PM

BUILDING HOURS

(gym, weight room, showers, etc.)

Monday-Friday 7:00AM – 9:00PM

Saturday 11:00 AM – 2:00 PM

Sunday 3:00PM – 8:00PM

PUBLIC SKATES

Tuesday 3:30 – 4:45 PM

Sunday 3:30 - 4:30 PM

FAMILY SKATE

Wednesday 6:30 - 7:30 PM

TEEN SKATE

Friday 8:15 - 9:30 PM

FACILITY RENTALS & BOOKINGS

Looking for a space to host an event or meeting? We have several different amenity rooms and spaces that will fit your needs.

The Mezzanine

Overlooking our arena, the Mezz can seat up to 120 people. Great for meetings, socials, or special gatherings. \$32/hour.

Room 201 & 101

Great meeting rooms that can hold up to 50 people. \$27/\$21 per hour.

Equipment

Looking for tables or chairs, audio video equipment, or special event machines including popcorn, cotton candy and hot dog machines? We can help you out. Call for available equipment and rental rates.

Call 250.256.7527 or email rec@lillooetbc.ca for details and bookings.

FALL PROGRAMS

LITTLE SNEAKERS

(Ages 2 -5)

An answer for active youngsters. Your child will have the opportunity to try a variety of activities such as kicking, throwing and passing balls and using gym equipment to help him/her develop coordination in a fun-filled environment. Minimum 8 participants.

Dates: Mondays, Oct. – March.
Times: 5:00 – 5:45pm
Fees: \$25 (8 Sessions)

Program dates and times subject to instructor availability.

GYM WALKING

Inclement weather? Just too cold to get outside for a walk? Drop by the REC centre Monday through Friday, take a stroll around the gym and keep active this winter.

Dates: Monday – Friday, October - March
Times: 7:00 – 8:00 am
Fees: FREE

PARENT & TOT OPEN GYM

Bring your child and play with balls, scooter boards, skipping ropes, tunnels and hockey sticks. Burn off that extra energy. Moms/Dads supervise. **(FREE for children 3 & under.)** Children must be supervised by a parent or guardian at all times. Moms & Dads are FREE!

Dates: Mondays
Times: 11:30 – 12:30 pm
Fees: Free for children 3 & under

RIDE 'EM TIME

Bring your child and their favorite ride-on-toy to the gym to ride off that extra energy. Moms/Dads supervise. Please ensure your wheels are free of sand and dirt. **(FREE for children 3 & under.)** Children must be supervised by a parent or guardian at all times.

Dates: Fridays
Times: 10:00 am – 11:00 pm
Fees: Free for children 3 & under

KINDERPLAY

(Ages 18 mths - 5 yrs)

Looking for a place for your child to let loose and use up some of that extra energy? Come out and join our leader for some games, crafts, free play and activities. Parents are encouraged to participate. This program provides semi-structured play and activities for you and your children. Children 17 months and younger are welcome to attend at no charge. Minimum 12 participants.

Dates: Tues/Thu.
Times: 10:00 - 11:00 am
Fees: \$25 (8 Sessions)

New sessions start in October & November. Ask for Dates & Times.

KID'S CLUB

(Grades 1 – 4)

The kid's club after school program has great choices for kids of all ages! We have a large interactive facility and program where we provide the opportunity to make new friends and to choose from a variety of activities such as crafts, gym time and lots of games. It's a fun safe place for your kids to come after school. Minimum 10 participants.

Dates: Mon/Wed, Nov. 2 – Nov. 28
Times: 3:15 – 5:00 pm
Fees: \$40.50 (8 Sessions)

HALLOWEEN MONSTER BASH

At the Lillooet REC Centre

Guaranteed family fun! Wear your costume and participate in Halloween-y games and crafts. Then head outside for our annual Halloween fireworks display.

6:30 – 8:30 pm
FREE



FALL PROGRAMS

Make A Difference & Join The Lillooet & District REC Centre Instructor Team.

Support your community by becoming a program instructor. Your involvement will be a key factor in keeping Lillooet active. Haven't instructed before? Not sure what you could teach? No problem we will be happy to work with you to develop a fulfilling program for everyone. For more information or to start developing your program contact the Lillooet & District REC Centre today at 250.256.7527.



Let us make your next birthday party "a piece of cake!" Choose from gym time, movies on the 'big screen', skating or swimming (all activities are subject to seasonal openings). Your party will include one hour of activity time and one hour in a party room. We'll set everything up and look after cleaning up. A great, easy way for you and your birthday boy or girl. All parties include access for groups up to 12. Additional participants @ \$5 ea. N/C for parents.

GYM PARTIES \$65

Activities include floor hockey, dodge ball, indoor soccer, basketball and any games and activities your kids can think of. All equipment included.

PARTIES ON ICE \$65

Head out onto the ice during one of our scheduled public or family skates and enjoy a fun filled hour of skating. All skate rentals included. Private ice time available, subject to availability and building hours.

MOVIE PARTIES \$65

Looking for a big screen and lots of volume? Bring your favorite movie or choose from our pre-release movies and make your party a big experience. Pre-releases (\$25 each) must be booked in advance and are subject to availability. Please ask for details.

CATERING

Want us to take care of everything? We can cater your birthday party. Everything you need and no mess to clean up afterwards! Looking for healthy choices? We can make it happen! Call 250.256.7527 for details.

All parties subject to building hours and availability. Additional staffing fee may apply outside of regular operational hours.



GHOUL SCHOOL (Ages 8 – 12)

It's all about fun! Join our activity leader for some evening fun just for tweens. Crafts, gym-time, movies and more, all with a Halloween theme. Bring a friend or come on your own and make some new friends. Minimum 6 participants.

Dates: Friday, October 21
Times: 6:00 – 10:00 pm
Fees: \$25

BABYSITTER TRAINING (Ages 12+)

Learn the essentials of being a responsible and safe babysitter. This program will teach you basic first aid, how to respond in an emergency, and the responsibilities of a good babysitter. Participants receive a recognized certificate upon successful completion of the program. Minimum 6 participants.

Dates: Saturday, November 19
Times: 9:00 am – 5:00 pm
Fees: \$45

TEEN SKATE (Ages 13+)

Join us every Friday night from for our weekly teen skate. We'll turn the lights down and crank up the tunes. Looking for a couple of good tracks? Bring a CD and we'll play it! Please ensure there are no inappropriate lyrics including swearing.

Dates: Fridays (may be cancelled due to tournaments)
Times: 8:15-9:30pm
Fees: \$3.75

CARPET BOWLING

Every Monday and Thursday our carpet bowling group comes out for a few matches of bowling. This challenging sport is great for all ages. Beginners welcome. For more information contact Yvonne @250-256-4591.

Dates: Mondays & Thursdays
Times: 9:00am – 12:00pm
Fees: \$3.75 drop in fee

FALL PROGRAMS

SQUASH, RAQUETBALL

Squash, racquetball and walleyball courts are open throughout the week. Call 256-7527 to book a court time or just drop in during regular weight room hours.

Times: Regular facility hours
Fees: Regular drop in rates apply

ADULT DROP IN HOCKEY

(Ages 17+)

Looking for some extra ice time or just want to shoot the puck around? Drop in to our no contact adult hockey. Helmets and gloves mandatory.

Dates: Mon & Wed, Oct. – Mar.
Times: 12:15 – 1:15 pm
Fees: Regular drop in rates apply

DROP-IN TENNIS

(Ages 14+)

For all those tennis players in Lillooet. We now have indoor tennis. Sorry, our court is set for singles matches only. Available any time the gym is free. Call ahead to make sure it's available.

Times: Subject to availability
Call to book your time
Fees: Regular drop in rates apply

STANDARD FIRST AID & CPR (SFA)

(Ages 14+)

Learn first aid and CPR basics in this recognized first aid program. You will learn how to deal with life-threatening injuries as well as infant, child and adult CPR. You will learn how to treat head and spinal injuries, burns, seizures, stroke, diabetes and shock along with other injuries. Minimum 6 participants.

Dates: Please call if you are interested
Times: 8:30 am – 4:00 pm, 2 day course
Fees: \$140

BADMINTON

(Ages 14+)

Drop in at the REC Centre for a fun game of badminton every Wednesday night. Equipment is included or bring your own. Have a membership? **All recreation drop-in programs are included with your membership.**

Dates: Mondays
Times: 7:30 – 9:00 pm
Fees: Regular drop in rates apply

CO-ED VOLLEY BALL

(Ages 17+)

Adult co-ed recreational volleyball. Drop in on your own or organize a team and register for our team challenge. More details available at the REC Centre office.

Dates: Tuesdays
Times: 7:30 – 9:00 pm
Fees: \$30/team of 3



DROP IN FLOOR HOCKEY

(Ages 14+)

Drop in at the REC Centre for a fun game of floor hockey every Wednesday night. Equipment is included. Fiberglass sticks only and no black tape please. Have a membership? **All recreation drop-in programs are included with your membership.**

Dates: Wednesdays
Times: 7:30 – 9:00 pm
Fees: Regular drop in rates apply

DROP IN BASKETBALL

(Ages 14+)

Drop in at the REC Centre for a fun game of basketball every Thursday night. Have your own 3 on 3 team and want to challenge other teams? Sign up on our challenge board and arrange fun competitions against other teams.

Dates: Thursdays
Times: 7:30 - 9:00 pm
Fees: Regular drop in rates apply

FALL PROGRAMS

MENOPAUSE 101

Learn about Menopause; what it is, what it does and how to relieve menopausal symptoms with 7 principles of Health. These 7 principles will explain how your body works and are time and science tested ways to gain health. Michelle Greenman, Health and Wellness Coach and Educator will be presenting these vital steps in this Health Class for menopause. RENEWAL is an acronym that stands for Rest, Environment, Nutrition, Environment, Water, Alternatives and Limits. Menopause causes, symptoms and solutions will be discussed in a classroom environment. While you connect with other women in your same situation you will get support, ideas and encouragement. Includes one executive coaching session. Minimum of 10 participants.

Dates: Tues & Thur, Nov. 1 – Nov. 24/11
Times: 6 pm
Fees: \$60.00 (9 sessions)



CORE & MORE (Ages 17+)

Flatten, tone and strengthen your body to improve posture and prevent injury. You will learn to balance strength and endurance with flexibility in this new effective class. Equipment will include stability balls, tubing, medicine balls and weights. Minimum 8 participants.

Dates: Tuesdays & Thursdays
Times: 6:00 – 7:00 pm

YOGA



In the Mezzanine at the REC Centre
Instructor: Cate Soffer
Mondays & Wednesdays – 5:30-6:30pm
To register or for more information
Contact Cate at 250.256.0035

Make A Difference & Join The Lillooet & District REC Centre Instructor Team.

Support your community by becoming a program instructor. Your involvement will be a key factor in keeping Lillooet active. Haven't instructed before? Not sure what you could teach? No problem we will be happy to work with you to develop a fulfilling program for everyone. For more information or to start developing your program contact the Lillooet & District REC Centre today at 250.256.7527.

UPCOMING PROGRAMS

LOSE WEIGHT GAIN HEALTH

Lasting weight loss is possible without crash diets, surgery or drugs. Learn basic principles of how to work to prevent and reverse diabetes, cancer, heart disease, osteoporosis, obesity, arthritis and stroke. Learn ways to support the body's power to heal and regulate weight. Get support and time proven best practices for a lighter, healthier and longer life. Course includes workbook, health assessment and two private coaching sessions about goals and nutrition. Minimum of 10 participants.

Dates: Mondays beginning in January
Times: 6:00 – 7:00 pm
Fees: \$119.00 (10 sessions)

TOTAL VEGETARIAN

Education and Demonstration of Whole Plant Based Food

Health and delicious food with no cholesterol?! It's easy with a plant based diet. If you are wondering how to eat healthier this class will demonstrate how easy cooking can be. Learn recipes and cooking techniques to produce great looking and tasting food that is healthy. Get informed! Each week we will discuss nutritional needs such as how to get enough protein and vitamin B12. This class is hands on and will offer the tools for you to eat and live a healthier life. Minimum of 10 participants.

Dates: Sundays beginning in January
Times: 2:00 – 3:30 pm
Fees: \$67.00 (6 sessions)



FALL PROGRAMS

YOUTH WEIGHT ROOM TRAINING

(Ages 14+)

Are you 14 years or older and would like to work out in the weight room independently? Take this educational three-hour program over two sessions and you will be on your way to an individual exercise regime you helped design. Try a variety of equipment safely and independently. Minimum 2 – Maximum 4 per class.

Dates: By Appointment
Private: \$42

NEW!!

WEIGHT ROOM ORIENTATION

(Ages 17+)

Our personal trainers will take you through how to safely and effectively work out in our weight room. Learn how to safely operate all the cardio and strength training equipment. Includes a generic exercise program.

Dates: By appointment
Private: \$40 per hour
Semi-Private: \$30 per person, per hour (max 2 people)

PERSONAL TRAINING

(Ages 17+)

Personal Training sessions are designed by our staff around the individual's current level of fitness and goals. Whether you want to increase energy, lower body fat, tone up or train for a sport we can help you achieve your goals.

Dates: By appointment
Private: \$40 per hour
Semi-Private: \$30 per person, per hour (max 2 people)

Arena Drop In Schedule

Mondays	12:15 – 1:15pm	Adult Hockey
Tuesdays	3:30 – 4:45pm	Public Skate
Wednesdays	12:15 – 1:15pm	Adult Hockey
Wednesdays	6:30 – 7:30pm	Family Skate
Fridays	TBA	Teen Skate (13 -18)
Sundays	3:30 – 4:30pm	Public Skate

ADULT WEIGHT TRAINING

(Ages 17+)

Looking to shape up and get fit. Drop into our fully equipped weight room and cardio centre.

Dates: Mon – Fri & Sat
Times: Regular facility hours
Fees: Regular drop in rates apply

Drop In Schedule

Mondays	9:00 – 11:00 am 7:30 – 9:00 pm	Carpet Bowling Badminton
Tuesdays	7:30 – 9:00 pm	Volley Ball
Wednesdays	7:30 – 9:00 pm	Floor Hockey
Thursdays	9:00 – 11:00 am 7:30 – 9:00 pm	Carpet Bowling Basketball
Mon - Fri	7:00 - 8:00 am	Gym Walking
Mon – Fri	Anytime	Tennis Racquetball

Squash

SENIORS FITNESS CONSULT

(Ages 60+)

Are you 60 years or better and want to get fit? In one session we will show you how to use our equipment safely and effectively and design a program for your specific needs. Allow up to 90 minutes.

Dates: By appointment
Private: \$55
Semi-Private: \$35 per person (max 2 people)

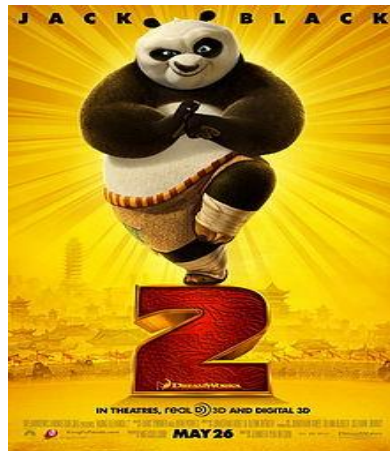
Movie Nights

Special Presentations



OUR NEXT MOVIE

OCTOBER 28

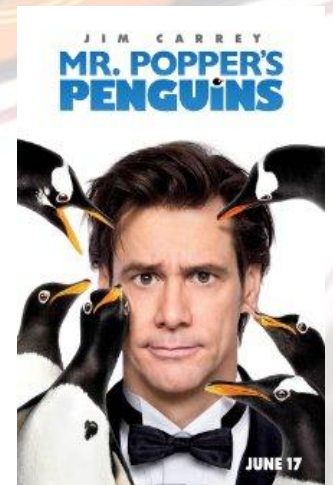


Kung Fu Panda 2

September 30,

7-9pm

NOVEMBER 18



General Admission \$3.00

Children under 10 must be accompanied by a parent or guardian 16 yrs or older.

Private Movie Nights

Birthdays, Special Events, Tournaments & School Events

Ask us for our Pre-DVD release list, all movies subject to licensing & availability.

Call for details 250.256.7527.

COMMUNITY PROGRAMS

LILLOOET & DISTRICT MINOR HOCKEY ASSOCIATION

Lillooet and District Minor Hockey Association believes that hockey should be fun, that it should be experienced by as many people as possible and that hockey can foster important life skills including, but not limited to: sportsmanship, fitness, creativity and respect for others. Therefore, in policy and program development, LDMHA will endeavor to:

- Keep the fun in hockey, where fun can be defined by watching a group of children playing pond hockey.
- Introduce the largest possible number of children to hockey bearing in mind the social and economic environment in which we live.
- Encourage development of important life skills, including development, support and recognition of our volunteers and supporters.
- Provide challenge to our players without sacrificing fun or the safety of the organization as a whole.
- Focus on skating as the primary hockey skill and promote player development within the team concept.
- Maintain a structured set of hockey levels within the organization and as much as possible support the concept of a continuum of recreational hockey levels within the community.

Dates:	Practice times and game dates & TBA
Tykes	Beginners
Novice	6-8 year olds
Atom	9-10 year olds
Pee Wee	11-12 year olds
Bantam	13-14 year olds
Midget	15-17 year olds

For registration contact Mike Carson at 250-256-9475 or our website at lillooetminorhockey.org.

LILLOOET OLDTIMERS HOCKEY

The Lillooet Old-timers Hockey is a fun no-contact recreation hockey group. Open to all skill levels. Come out for some fun recreational hockey. Full gear required. Open to ages 35 years plus.

Times:	Tuesdays	8:30 – 10:00 pm
	Sundays	4:45 – 6:45 pm
Fees:	Call for details @ 250-256-4292	

SKATE LILLOOET

Skate Lillooet offers programs for first time skaters to experienced competitive skaters. The club operates under SKATE CANADA and is coached by our professional club coach with over ten years' experience and who is working towards completing her level 3 NCCP certification and holds a Bachelor's Degree in human movement. This year, we are excited to have two associate coaches to run programs who bring different experiences and viewpoints to the ice to provide a well-rounded approach to coaching. New to the club this year, we have our very own local evaluator, which means we will be having regular test days so skaters have the chance to advance at a greater rate.

New registrants should contact **Jacquie Rasmussen at 256-4292 or jacquie.rasmussen@gmail.com**

Parent and tots – For pre-schoolers aged 3-4 years of age who have never skated. Tots incorporate thirty minutes each week of group instruction with a coach and lots of fun activities. Helmets and gloves are mandatory in this program. While parents are encouraged to participate, it is not mandatory.

Juniors– For kids age 4 and up, Skills taught in this program include forward skating, backward skating, stopping, turning, spinning, jumping, and the four basic edges. This program integrates more difficult skills that will be useful in figure skating, hockey, speed skating, ringette, or recreational skating. Helmets and mitts are mandatory. There will be two, 45 minute sessions per week.

Intermediates- For kids who have completed the junior program. Sessions will primarily be taught in group format with some individual practice time. Focus will be on improving basic skating skills and beginning to learn primary dances, skills, and free skate. There will be two 1 hour sessions per week. Skaters will also have the option of skating a third session where they can have private instruction.

Seniors- For skaters who are finishing their primary tests and working towards intermediate tests and higher. Focus will be on free skate, dance, and skills. There will be two sessions per week with an optional third session. Skaters will have the option of competing throughout the season.

Adults- This year, we are excited to offer an adult program. Emphasis will be placed on basic skating skills for either hockey or figure skating. Skaters will be given the option of learning Skate Canada tests if they chose (dances, skills, free skate).

COMMUNITY PROGRAMS

Lillooet REC Centre

Join us on Facebook and you'll be the first to know about:

- What's new
- Tournaments
- Program Changes
- Upcoming Movies
- Special Events
- And much, more...



Find us on
Facebook

LILLOOET SEIDOKAN AIKIDO

Aikido is a non-violent art of self-defense founded in Japan. Classes include mind/body coordination exercises; circular techniques and redirection; and "Ki" development. Beginners welcome any time.

Chief Instructor: Mariko Kage
Dates/Times: Tuesdays 1:00 – 2:30 pm
Thursdays 5:00 – 7:00 pm
Where: Ucwalmicw Centre in T'it'q'et
Contact: 256.0686



SHO SHOH RYA KARATE-DO

This program runs from September to June. Teaching in Lillooet since 1982. Chief Instructor: Akio Kanamaru.

Dates: Mondays at Cayoosh Elementary School
Fridays at Lillooet Secondary School
Times: Juniors (8-12 yrs) from 5:30-7:00 pm
Seniors (13 & older) from 7:00-8:30 pm
Contact: Bob at 256.4700 or John at 256.1653

LILLOOET LADIES HOCKEY

The Lillooet Ladies Hockey is a no-contact recreational club for women aimed at keeping hockey fun. Open to any skill level. Full gear required.

Times: Fridays 8:15 – 9:30 pm
Wednesdays 7:45 – 9:00 pm
Fees: Call for details
Contact: Joy at 250.256.7512

MENS REC HOCKEY LEAGUE

Join the Men's Recreational hockey league for some great hockey action. All skill levels welcome. Full gear required.

Times: Wednesdays 9:15 – 10:45 pm
Sundays 7:00 – 9:30 pm
Fees: Call for details
Contact: Darrell at 256.4550

BADMINTON

Bring some friends and have some fun up at Lillooet Secondary School. All levels welcome. Bring your own racquet.

Dates: Mondays
Times: 7:30—9:30 pm
Cost: \$10.00 per year
Where: Lillooet Secondary School Gymnasium
Contact: Lynn Albertson at 250.256.7754

LILLOOET MEMORIAL CURLING CLUB

The Lillooet Memorial Curling Club is open to any age and any ability. There is a Monday morning league, a ladies league, a men's league and a mixed league. There is also a junior curling group that meets Mondays after school. The Club is always looking for spares so please contact them if you are interested in curling occasionally. All people who have never tried curling are encouraged to come out, meet new people and have a lot of fun.

Dates: October—March
Where: 178 Mountain View Rd.
Contact: Pat Aitken at 256.4040



LILLOOET SENIORS DROP IN CENTRE

All seniors over 50 are welcome at the drop in centre. There is no charge to drop in but seniors are encouraged to purchase an annual membership.

Activities include: bridge, crib and other card games, crossword puzzles, board games, crafts, dinners, dancing, art, movies, monthly birthday teas, potluck dinners, special events, fun competitions, Wii, weekly lunches and free computer and internet training. Call 256.0402 or check out the activities bulletin board at the Seniors Centre (30—11th Ave.) for activity dates and times.



LILLOOET PUBLIC LIBRARY

Satisfying your information and entertainment needs with free public access to: Internet, Books, Audio Books, DVDs, CDs, Videos, and more. There is always something new to discover.

CLOSED Sunday - Monday
11:00 am—7:00 pm Tuesday - Thursday
11:00 am—2:00 pm Friday - Saturday

STORY TIME

Beginning in September there will be a weekly Story Time at the Lillooet Public Library for pre-school aged children and their caregivers. Engaging stories, songs, rhymes and play. Siblings welcome. Day and time to be announced in September. For more information contact: Betty Weaver, 256.7944

Dates:
Cost: Free

RADIO LILLOOET BROADCASTING

Ever thought of being a broadcaster? Take this 4 hour broadcasting program and join the Radio Lillooet team of volunteer broadcasters. All ages welcome. Call 256.2457 for details and registration.

LILLOOET GIRL GUIDES OF CANADA

Enabling girls to be confident, resourceful and courageous. The Girl Guides of Canada continues to help girls and young women make a difference in the world.

Sparks: Ages 5—6
Brownies: Ages 7—8
Guides: Ages 9—11
Pathfinders: Ages 12—14
Contact: 250.256.7283 or
Kim Halayko 250.256.4768

LILLOOET ARMY CADETS

3067 Royal Canadian Army Cadet Corps

Providing youth with leadership skills. Learn bush craft, map reading, marksmanship, first aid and other important leadership skills. We parade on Tuesdays at Riverview School.

Dates: Tuesdays
September to June
Times: 6:00-9:30 pm
Cost: Free
Ages: 12-19
Where: Riverview School
Contact: Lillooet Army Cadets at 250.256.1777



CHILLAXIN YOUTH CENTRE

691 Main Street Fax: 250.256.2301, PO Box 2170
PO Box 2170 Phone: 250.256.2320
Lillooet, BC V0K 1V0 Email: cyc_chillaixn@yahoo.ca

Employees: Moon Pellett -Program Coordinator & Counsellor
Mendoe Thomas -Youth Work & Assistant to Coordinator

Chillaxin is an umbrella program of the Lillooet Friendship Centre, open Monday-Thursday 2:00 - 9:00 pm to all youth ages 9-24 years. Youth over 19 years must have an entrance meeting to verify that this program is appropriate for their needs.

Available Activities Include

Traditional Activities, Drop-in or Scheduled Personal & Group Counseling, Addictions Counseling and Groups, Weekly Life Skills Workshops, Homework Club, Youth Council Opportunities, Youth Job Shadow , Resume Writing and Job Search Support, Sports & Recreation, Arts & Crafts and Movie Nights, Baseball- Team Sports (CYC PLAYERZ)

Available to Youth through drop in basis: Computer Lab, Pool Table, TV room.

COMMUNITY PROGRAMS

KIDS FIRST PRESCHOOL

Kids First is a play-based program that incorporates a child's unique learning style, abilities and developmental level. Age appropriate activities are planned to meet a child's social, emotional, intellectual, and physical needs. This will enable a child to increase his/her self-help skills, creating positive self-esteem and independence. Snacks will be provided. Please call for more information.

Ages: 3 years old – 2 days per week
Tues & Thurs - 1:00 – 3:00
4 & 5 years old -3 days per week
Tues, Wed, & Thurs-9:30 – 12:30

Begins Sept 13, 2011- June 2012

Dates: Monday – Thursday
Fee: Free
Contact: 250.256.0099

TS'KW'AY'LAXW (PAVILION) PRESCHOOL & DAYCARE

This is an aboriginal head start program that is open to children and their families.

Ages: 0 to 6 year olds
Dates: Mondays -Thursdays
Times: 8:30-4:00
Contact: 250-256-4204 or 250-256-4230
Fee: Free



T'IT'Q'ET PRESCHOOL & DAY CARE

Fun learning environment! Tons of toys! 3-4 year old program and daycare is available.

Dates: Mondays through Fridays until June
Fee: Please call for details
Ages: 30 months – 5 years
Contact: 250.256.0033

THE FAMILY PLACE

We offer a variety of programs throughout the year. Parents can contact The Family Place to find out times and dates for the following programs:

PARENT CHILD MOTHER GOOSE

Learn rhymes and songs to support the healthy bond and attachment with your children.

Our Mother Goose Program will be starting up mid-November.

INFANT MASSAGE-one on one

We have a certified Infant Massage instructor that will teach parents and caregivers to learn the benefits Infant massage can provide, such as bonding, comforting, sleep, colic relief, skin stimulation, and socialization. Contact Simone.

PLAY GROUP

Bring your little ones out to mingle with children of their own age.

Thursdays 10:00am to Noon.



Make Children First will also be hosting a "Kids Care Fair" for Parents and children 0 to 6 years.

For more information please contact Deborah or Alanah

The Family Place
#203- 930 Main St
Old Mill Plaza
250-256-7877



**Community Programs are not affiliated with the District of Lillooet or the REC Centre. The District of Lillooet REC Centre provided the following groups free advertising for their recreational, educational and cultural programs as a community service. If you wish to advertise your group or program in the next Community Recreation, Education & Culture Guide please contact the REC Centre at 250.256.7527 or via email at rec@lillooetbc.ca.

CHILDREN & YOUTH

Chillaxin Youth Centre	256-2320
Girl Guides of Canada (Kim)	256-4768
Lillooet Army Cadets Corp 3067	256-1777
Lillooet Restorative Justice Program	256-0683

CHURCHES & CHURCH GROUPS

Baha'i Faith	256-4085
Jehovah's Witnesses	256-4224
Lillooet Christian Fellowship	256-4577
Lillooet Gospel Chapel	256-7655
Operation Christmas Child	256-4048
Religious Society of Friends (Quakers)	256-7178
Seventh-Day Adventist Church (Fountainview)	256-7184
St. Andrew's Soup Kitchen	256-7037
St. Andrew's United Church Women	256-7004
St. Andrew's United/St. Mary's Anglican	256-7037
St. John the Baptist Roman Catholic Church	256-4564

COMMUNITY SERVICES

Lillooet & District Chamber of Commerce	256-3884
Lillooet Area Library Association	256-7944
Lillooet Beautification Committee	256-7204
Lillooet Books for Babies Committee	256-7424
Lillooet District Historical Society	256-4308
Lillooet Food Bank	256-4400 or 256-4146
Lillooet Museum and Visitor Centre	256-4308
Lillooet Music Society	256-7888
Lillooet Seniors Group	256-0402
Radio Lillooet (CHLS)	256-2457
Uxwalmixw Centre Society	256-0101
Victim Assistance Program	256-4146

EDUCATION

First Nations Education Council Ext. #215	453-9101
Lillooet Learning Community Society	256-4186
Thompson Rivers University	256-4296

ENVIRONMENT

Lillooet Naturalist Society	256-4062
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FIRST NATIONS ORGANIZATIONS

Cayoos Creek Homemakers Society	256-4136
Cayoos Creek Indian Band	256-4136
Fountain Homemakers Club	256-4800
T'it'q'et Administration	256-4118
Ts'kw'aylaxw (Pavilion) Indian Band	256-4204
Xaxli'p (Fountain) Indian Band	256-4800
Xwisten (Bridge River) Indian Band	256-7423
Xwisten Homemakers	256-7423

OTHER SERVICES & GROUPS

International Women's Day Committee	256-0667
Lillooet Farmers Market	256-7797
Lillooet Quilters Guild	256-4809
Terry Fox Run	256-4262

HEALTH CARE & RELATED SERVICES

Alcoholics Anonymous	
Arthritis Society, BC and Yukon Division	256-7265
Canadian Cancer Society	256-7004
Lillooet Employment Centre	256-0606
Lillooet Hospice	256-4910
Mountain View Lodge Auxiliary	256-7265
Open Arms	256-4146
Within A Woman Doula Care	256-7418
Xaxli'p Health Society	256-4800

SERVICE ORGANIZATIONS & CLUBS

Benevolent and Protective Order of Elks	256-7435
Ladies Auxiliary to the Royal Canadian Legion	256-7282
Lillooet and District Rescue Society	256-0191
Lillooet Cayoosh Masonic Lodge	256-7102
Lillooet Lions Society	256-4014
Lillooet Fire Department	256-7222
Order of the Eastern Star, Chapter #94	256-4563
Royal Purple of Canada	256-4523
Royal Canadian Legion, Branch 66	256-7012

SPORTS & RECREATION

Sun Do Yoga	256-0404
Lillooet & District Minor Hockey Association or www.lillooetminorhockey.org	256-9475
Lillooet & District REC Centre	256-7527
Lillooet Angling Club	256-7625
Lillooet Golf Course	256-0550
Lillooet Karate Club	256-4700
Lillooet Killer Whales Swim Club	256-8222
Lillooet Ladies Recreational Hockey League	256-7512
Lillooet Memorial Curling Club	256-4370
Lillooet Old Timers Hockey	256-4292
Lillooet Recreational Hockey League	256-4550
Lillooet Rodeo Association	256-7102
Lillooet Seidokan Aikido Club	256-0686
Lillooet Skate 'n BMX Club	256-2195
Mile O Riding Club	256-4549
Skate Lillooet	256-2170

Is your group or organization not listed? Do we need to update the contact information? We try to maintain an up to date directory and apologize for any errors or omissions. Please contact the Lillooet & District REC Centre at 250.2567527 with current information and we will ensure updated directory information in the next issue.