



SALT SPRING ISLAND PARKS & RECREATION

APRIL - AUGUST 2026 GUIDE

POOL
& SIMS GYM
SCHEDULE
INSIDE



New for 2026:
Pool OPEN on select Stat holidays!
Sunday Swimming Lessons!

YOUR SPRING AND SUMMER GUIDE TO COMMUNITY ACTIVITIES & PROGRAMS
www.ssiparc.ca • 250 537 1402 • ssiparc@crd.bc.ca



ssiparc
Parks, Arts, Recreation & Culture



Driftwood
SALT ISLANDS



RAINBOW RECREATION CENTRE

SPRING 2026 SCHEDULE: APRIL 27 - JUNE 27 • 250 537 1402

SUNDAY OPEN 1pm-5:30pm	MONDAY OPEN 6:30am-8pm	TUESDAY OPEN 8:30am-7:30pm	WEDNESDAY OPEN 6:30am-8pm	THURSDAY OPEN 8:30am-7:30pm	FRIDAY OPEN 6:30am-8pm	SATURDAY OPEN 8am-4pm
	LAPS (6) 6:30am-7:45am		LAPS (6) 6:30am-7:45am		LAPS (6) 6:30am-7:45am	
	AQUAFIT: ENERGIZER 8am-9am		AQUAFIT: ENERGIZER 8am-9am		AQUAFIT: ENERGIZER 8am-9am	LAPS (6) 8am-9:30am
	AQUAFIT: AQUALITE 9:30am-10:30am	LAPS (6) 8:30am-10:30am	AQUAFIT: AQUALITE 9:30am-10:30am	LAPS (6) 8:30am-10:30am	AQUAFIT: AQUALITE 9:30am-10:30am	
REGISTERED PROGRAMS ONLY 10:30am-1pm <i>*No public admission</i>	TOT SPLASH 10:45am-12pm	LAPS (3) 10:45am-12pm	LAPS & LEISURE 10:30am-12pm	TOT SPLASH 10:45am-12pm	LAPS (3) 10:45am-12pm	LAPS & LEISURE 10:30am-12pm
	CLOSED 12pm-1pm	REGISTERED PROGRAMS ONLY 12pm-1pm <i>*No public admission</i>	CLOSED 12pm-1pm	CLOSED 12pm-1pm	CLOSED 12pm-1pm	CLOSED 12pm-1pm
EVERYONE WELCOME 1pm-2:30pm <i>*Sensory-Friendly</i>	LAPS & LEISURE 1pm-3:45pm <i>*Possible school booking</i>	LAPS & LEISURE 1pm-3:45pm <i>*Possible school booking</i>	LAPS & LEISURE 1pm-3:45pm <i>*Possible school booking</i>	LAPS & LEISURE 1pm-3:45pm <i>*Possible school booking</i>	LAPS & LEISURE 1pm-3:45pm <i>*Possible school booking</i>	LAPS & LEISURE 1pm-3:45pm <i>*Possible school booking</i>
EVERYONE WELCOME 2:30pm-5:30pm	EVERYONE WELCOME 3:45pm-6pm <i>*Shared with Swim Club</i>	EVERYONE WELCOME 3:45pm-6pm <i>*Shared with Swim Club</i>	EVERYONE WELCOME 3:45pm-6pm <i>*Shared with Swim Club</i>	EVERYONE WELCOME 3:45pm-6pm <i>*Shared with Swim Club</i>	EVERYONE WELCOME 1:30pm-5:30pm <i>*Shared with Swim Club 1pm-3pm</i>	AQUAFIT: TABATA 2:45pm-3:45pm
	LAPS & LEISURE 6pm-8pm <i>*Shared with Swim Club</i>	AQUAFIT: DUAL DEPTH 6:15pm-7:15pm	ADULT ONLY LAPS (2) 6:15pm-7:30pm	LAPS & LEISURE 6pm-8pm <i>*Shared with Swim Club *Hot Tub Closed 7pm-8pm</i>	AQUAFIT: INTERVALS 6:15pm-7:15pm	ADULT ONLY LAPS (2) 6:15pm-7:30pm
					FRIDAY NIGHT MADNESS 5:30pm-8pm <i>*No lanes available *WIBIT Open: 6pm-7:30pm</i>	

**CLOSED FOR ANNUAL MAINTENANCE:
Mar 30 - Apr 26**

**STAT HOLIDAY SCHEDULE:
Victoria Day:
Monday May 18
10am - 3pm**

No admission 30 minutes before closing

ENERGIZER (16+)

Work hard in shallow or deep water with a focus on strength, flexibility and fitness.

AQUALITE (16+)

Low-intensity cardio with a focus on balance and core strength.

INTERVALS & TABATA (16+)

Aerobic and muscular conditioning workout with full body strength training and high-intensity cardio bursts.

DUAL DEPTH (16+)

Cardio, strength, core and flexibility that can be performed in either deep or shallow water.

SHOWER PROGRAM

Showers are available at half price of admissions during public swim times only.

LAPS & LEISURE

Designated public pool space is divided into half laps, half leisure space. Pool equipment usage is up to the discretion of the aquatics staff. Possible school booking in these blocks.

EVERYONE WELCOME SWIM

Leisure swim space with the opportunity to bring out the rope swing, mats, tubes, and other bigger pool equipment (subject to pool space and staff's discretion). **When shared with swim club, there will be only 1 lap lane available.**

FRIDAY NIGHT MADNESS

WIBIT availability is subject to change based as staffing permits, must be 7 or older to use. Limited leisure space and no lap lanes available at this time.

TOT SPLASH

This drop-in swim time is specifically for families with babies and toddlers to come and splash around the pool. Small toys are available to play with at this time.

REGISTERED PROGRAM ONLY

No public access (including pool, hot tub & showers), registered program participants only.

LAPS

Number of laps indicated (subject to change). Patrons are encourage to circle swim in lap lanes. **No leisure space available during these times.**

ADULT ONLY LAPS

A lap time for 16 years or older. **No leisure space available during these times.**

SENSORY-FRIENDLY SWIM

An everyone welcome swim with no music, dimmed lights, and calmed whirlpool area.

16+ SENSORY-FRIENDLY SWIM

A sensory-friendly swim for 16+ featuring no music, dimmed lights, and a calmed whirlpool area.

HOT TUB CLOSED

For maintenance, Wednesdays from 7pm-8pm



RAINBOW RECREATION CENTRE

SUMMER 2026: JUNE 28 - AUGUST 29 • 250 537 1402

SUNDAY OPEN 1pm-5:30pm	MONDAY OPEN 6:30am-8pm	TUESDAY OPEN 8:30am-7:30pm	WEDNESDAY OPEN 6:30am-8pm	THURSDAY OPEN 8:30am-7:30pm	FRIDAY OPEN 6:30am-8pm	SATURDAY OPEN 8am-4pm
	LAPS (6) 6:30am-7:45am		LAPS (6) 6:30am-7:45am		LAPS (6) 6:30am-7:45am	
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	AQUAFIT: AQUALITE 9:30am-10:30am		LAPS (6) 8:30am-10:30am		LAPS (6) 8:30am-10:30am	
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		REGISTERED PROGRAMS ONLY 12pm-1pm <i>*No public admission</i>		REGISTERED PROGRAMS ONLY 12pm-1pm <i>*No public admission</i>		LAPS & LEISURE 9:30am-11am
						CLOSED 11am-12pm
EVERYONE WELCOME 1pm-2:30pm <i>*Sensory-Friendly</i>						EVERYONE WELCOME 12pm-2:45pm
EVERYONE WELCOME 2:30pm-5:30pm	EVERYONE WELCOME 1pm-6pm <i>*Shared with Camps & Swim Club</i>	EVERYONE WELCOME 1pm-6pm <i>*Shared with Camps & Swim Club</i>	EVERYONE WELCOME 1pm-6pm <i>*Shared with Camps & Swim Club</i>	EVERYONE WELCOME 1pm-6pm <i>*Shared with Camps & Swim Club</i>	EVERYONE WELCOME 1pm-5:30pm <i>*Shared with Camps & Swim Club 1pm-3pm</i>	AQUAFIT: TABATA 2:45pm-3:45pm
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	LAPS & LEISURE 6pm-8pm <i>*Shared with Swim Club</i>	AQUAFIT: DUAL DEPTH 6:15pm-7:15pm	LAPS & LEISURE 6pm-8pm <i>*Shared with Swim Club</i> <i>*Hot Tub Closed 7pm-8pm</i>	AQUAFIT: INTERVALS 6:15pm-7:15pm	ADULT ONLY LAPS (2) 6:15pm-7:30pm	FRIDAY NIGHT MADNESS 5:30pm-8pm <i>*No lanes available</i> <i>*WIBIT Open: 6pm-7:30pm</i>

CLOSURE FOR SWIM MEET:
FRIDAY JULY 10
EARLY CLOSURE 4:30PM
SATURDAY JULY 11: CLOSED
SUNDAY JULY 12: CLOSED

STAT HOLIDAY SCHEDULE:
WEDNESDAY JULY 1 10AM -3PM
MONDAY AUGUST 3 10AM - 3PM

No admission 30 minutes before closing

ENERGIZER (16+)
Work hard in shallow or deep water with a focus on strength, flexibility and fitness.

AQUALITE (16+)
Low-intensity cardio with a focus on balance and core strength.

INTERVALS & TABATA (16+)
Aerobic and muscular conditioning workout with full body strength training and high-intensity cardio bursts.

DUAL DEPTH (16+)
Cardio, strength, core and flexibility that can be performed in either deep or shallow water.

SHOWER PROGRAM
Showers are available at half price of admissions during public swim times.

LAPS & LEISURE
Designated public pool space is divided into half laps, half leisure space. Pool equipment usage is up to the discretion of the aquatic staff.

EVERYONE WELCOME SWIM
Leisure swim space with the opportunity to bring out the rope swing, mats, tubes, and other bigger pool equipment (subject to pool space and staff's discretion). Shared with camps.
When shared with swim club , there will be only 1 lap lane available.

FRIDAY NIGHT MADNESS
WIBIT availability is subject to change based as staffing permits, must be 7 or older to use. Limited leisure space and no lap lanes available at this time.

REGISTERED PROGRAM ONLY
No public access (including pool, hot tub & showers), registered program participants only.

LAPS
Number of laps indicated (subject to change). Patrons are encourage to circle swim in lap lanes.
No leisure space available during these times.

ADULT ONLY LAPS
A lap time for 16 years or older. **No leisure space available during these times.**

SENSORY-FRIENDLY SWIM
An everyone welcome swim with no music, dimmed lights, and calmed whirlpool area.

16+ SENSORY-FRIENDLY SWIM
A sensory-friendly swim for 16+ featuring no music, dimmed lights, and a calmed whirlpool area.

HOT TUB CLOSED
For maintenance, Wednesdays from 7pm-8pm



SALT SPRING ISLAND MULTI SPACE (SIMS)

SPRING & SUMMER 2026 SCHEDULE: APRIL - AUGUST • 250 538 4250

OPEN HOURS: MONDAY TO FRIDAY 9am - 7pm, SATURDAY & SUNDAY 9am - 4pm

Drop-in passes can be used for swimming at Rainbow Recreation Centre, or Gym Drop-in Programs at SIMS!

The Salt Spring Island Multi Space (SIMS) offers a wide variety of activities and classes for all ages. SIMS is home to PARC Spring Break and Summer camps. Whether you're looking for fitness classes, martial arts, gym sports, roller skating, or a place to host a children's birthday party, SIMS has something for everyone.

SIMS GYM DROP-IN SCHEDULE (April 12 - June 1) (Closed May 3, 4, 10 & 18)

SUNDAY	MONDAY
Adult Basketball 10:30am - 12pm (self-led)	Kindergym 10am - 12pm (self-led)
Family Fun Gym 12:30pm - 2pm (self-led)	
Rollerskating 2:30pm - 4pm (staff led)	Pickleball 1pm - 3pm (self-led)

ADULT BASKETBALL:

Drop-in basketball for adults (16+)

FAMILY FUN GYM:

Open gym time for families and youth

ROLLERSKATING:

Open to all levels! Bring your own skates or rent at the gym.

Skate rental \$5

KINDERGYM:

Join us for play time in the gym with ride-on toys, tumbling mats, music, toys & more!

Parent participation required.

PICKLEBALL:

Drop-in pickleball for adults.

Paddle rental available for \$3

SIMS Gym available for rentals please contact **250 538 4250** for more information



POOL & RECREATION GENERAL ADMISSION FEES Effective September 1, 2025

	Single	10 x Pass (get 10 for 9) <i>*valid for 2 years</i>	20 x Pass (get 20 for 17) <i>*valid for 2 years</i>	1 Month Pass (30 Days)	Annual Pass (360 Days)
Adult (19 yrs and older)	\$7.10	\$63.55	\$120.05	\$70.75	\$482.40
Youth (13-18 yrs or valid student card)	\$5.30	\$47.70	\$90.10	\$53.10	\$361.85
Child (5-12 yrs)	\$4.25	\$38.15	\$72.05	\$42.45	\$289.45
Tot (4 yrs and under)	No Charge	No Charge	No Charge	No Charge	No Charge
Family (max 5 people)	\$14.15	\$127.15	\$240.15	\$141.55	\$964.85
Aquatic Fitness	\$8.80	\$79.20	\$149.60	\$79.75	\$676.55

Single admission rates apply to each entry per day. Showers are half price of single admission. See website for terms & conditions. Prices include 5% GST. **No charge for Support Workers accompanying a participant. Pool passes apply to SIMS drop-in programs.**



CONTACT US

Rainbow Recreation Centre:

PHONE250 537 1402
 ADDRESS262 Rainbow Road
Salt Spring Island, BC V8K 2M3
 HOURSSee schedule on page 2-3
 FACEBOOK.....www.facebook.com/ssiparc

CRD Administrative office:

PHONE250 537 4448
 FAX250 537 4456
 ADDRESS#108-121 McPhillips Avenue
Salt Spring Island, BC V8K 2T6
 HOURSMonday to Friday, 8:30am-4:30pm
 EMAILssiparc@crd.bc.ca
 WEBSITE.....www.ssiparc.ca
 FACEBOOK.....www.facebook.com/ssiparc

Salt Spring Island Multi Space (SIMS):

PHONE250 538 4250
 ADDRESS124 Rainbow Road
Salt Spring Island V8K 2V5
 HOURSSee schedule on page 4

Staff:

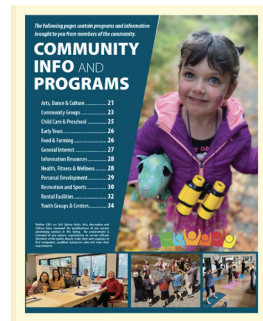
Manager of Parks and RecreationKent Bittorf
 Maintenance SupervisorJustin Byron
 Administrative CoordinatorChantalle Charron
 Recreation CoordinatorZachary Lundrie
 Aquatic ProgrammerChelsea Harris
 Recreation ProgrammerKate Gilliam
 Recreation Program AssistantAmy Haysom

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COMMUNITY Programs

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Our website is new, improved and easier to access and navigate!
 Check out www.ssiparc.ca for program registration, information and more.

STAY CONNECTED
 with **PARC**



www.facebook.com/ssiparc

Visit our Website!
www.ssiparc.ca



The CRD conducts its business within the Territories of many First Nations, including but not limited to BOKECEN (Pauquachin), MALEXEL (Malahat), paa?ciid?atx (Pacheedaht), Sc'ianew (Beecher Bay), Spune'luxutth (Penelekut), Son ghees, STAUTW (Tsawout), T'Sou-ke, WJOLE LP (Tsartlip), WSIKEM (Tseycum), and x^wsepsum (Esquimalt), all of whom have a long-standing relationship with the land and waters from time immemorial that continues to this day.

PARC FACILITIES

SALT SPRING ISLAND PARKS, ARTS, RECREATION & CULTURE (PARC) FACILITIES AND FIELD BOOKINGS

Centennial Park, Drummond Park, Meadow Park, Peace Park and Rotary Park, as well as the Portlock Park sports fields/ tennis courts are available for general use & group reservations. All group events and gatherings require a Park Use Permit. 250 538 4250 | ssiparc@crd.bc.ca

SALT SPRING ISLAND PARKS, ARTS, RECREATION & CULTURE (PARC) TRAILS

Check out www.crd.ca/parks-recreation/find-park-or-trail for locations and descriptions

CRD DOG PARK

A fenced play area for large and small dogs in the Rainbow Road Park, in front of the Rainbow Recreation Centre. A great place to meet with other dog owners while exercising your pet.

HART MEMORIAL DISC GOLF COURSE

An 18-pin public disc golf course located in Mouat Park. For information regarding disc golf, see the Outdoor Recreation section.

RAINBOW RECREATION CENTRE

262 Rainbow Road. A 25 metre swimming pool with six lanes available for both leisure and lap swimming, featuring a rope swing, a Wibit inflatable obstacle course and a hot tub. www.ssiparc.ca | 250 537 4448 ssiparc@crd.bc.ca

KANAKA SKATEPARK

A public outdoor skateboard facility located on Aldous Road, below the Salt Spring Island Multi Space (SIMS). Maintained jointly by School District 64 and Salt Spring Island Parks and Recreation.

PORTLOCK PARK TRACK

A 400-metre track that is ideal for running or walking.

TENNIS & PICKLEBALL COURTS

There are four public tennis and pickleball courts located at Portlock Park and one public tennis court (two pickleball courts) located in Fulford, next to the Fulford Fire Hall. The Portlock Park courts have evening lights. Please contact PARC to reserve the courts for tournaments. 250 537 4448 | ssiparc@crd.bc.ca

CRD PLAYGROUNDS

Check out Portlock Park, Centennial Park and Drummond playgrounds.

SALT SPRING ISLAND MULTI SPACE (SIMS)

Check out PARC's community centre located at 124 Rainbow Road. SIMS is available for not-for profit groups, recreation and public service providers and the general public looking for meeting rooms, gym rentals and indoor space. 250 538 4250

SALT SPRING LIONS COMMEMORATIVE BIKE PARK

Located at the southeast corner of Mouat Park at 160 Seaview Avenue, the family bike park is a dirt surfaced, outdoor recreation space with technical features professionally designed to facilitate and develop bicycle skills among children, youth and adults.

PARC FACILITY BOOKINGS

PARC has meeting and program rooms available to the public for rent.

- **Portlock Park Portable Classroom:** Suitable for meetings. Located at 145 Vesuvius Bay Rd.
- **Rainbow Room:** Suitable for a variety of classes and meetings. Located at 262 Rainbow Rd.
- **Salt Spring Island Multi Space (SIMS):** Classrooms, Boardroom (Wi-Fi and video conferencing equipped), Dance Studio, Gym rentals and storage available. Located at 124 Rainbow Road.

Hourly fees for all locations (tax not included):

- **Classrooms/ Meeting Rooms:** Non-Profit Youth \$18.15, Non-Profit Adult \$22.70, Commercial \$30.25.
- **SIMS Gym:** Non-Profit Youth \$55.85 (\$279.40/day), Non-Profit Adult \$69.85 (\$349.25/day), Commercial \$93.15 (\$465.65/day)
- **SIMS Dance Room:** Non-Profit Youth \$23.55, Non-Profit Adult \$29.50, Commercial \$39.30.

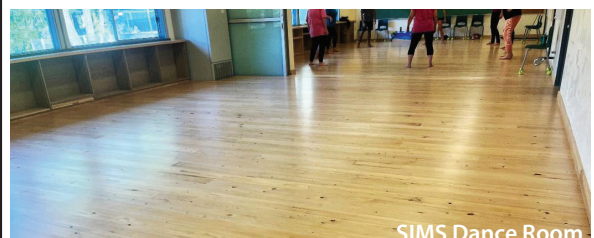
Contact ssiparc@crd.bc.ca or call 250 538 4250 for more information or to inquire about availability.



SIMS Boardroom



SIMS Gym



SIMS Dance Room



LEISURE ECONOMIC ACCESS POLICY (LEAP)

The Leisure Economic Access Policy (LEAP) allows low income and in need individuals and families access to

recreation programs and services by removing cost barriers.

Residents who qualify for the LEAP program will receive either (1) 52 free drop-in admissions and 50% off PARC program registrations (to a maximum of \$241.20) OR (2) 50% off the price of an annual pool pass (up to a maximum of \$241.20).

WHO IS ELIGIBLE? The LEAP program is designed for individuals and families residing on Salt Spring Island who are working low income or on Income Assistance.

HOW DO I APPLY? Applications are available at the CRD Administrative office at #108-121 McPhillips Avenue, the Rainbow Recreation Centre and at SIMS Reception. Complete one application per household and submit it with proof of residency and income to the Rainbow Recreation Centre. Contact Rainbow Recreation Centre to see if you are eligible.

PARK USE PERMIT REMINDER

Salt Spring Island Parks and Recreation manages all activities and uses within the Salt Spring Island community parks.

The goal of the park use permit system is to regulate and manage special uses within community parks to minimize the impact on the natural environment, park users, park operations and facilities. A park use permit is required for anyone who intends to hold a commercial or non-commercial activity or event which attracts participants and spectators, commercial filming or reserve exclusive use of a park, trail or picnic shelter. This includes but is not limited to a festival, competition, tournament, show or outdoor ceremony within a community park or on a trail. Applications should be submitted 2 weeks prior to the event date.

To book a facility:
Call 250 538 4250
Email: ssiparc@crd.bc.ca



CANCELLATION POLICY - Notice of 3 business days or more is required before the first class or facility booking date in order to receive a refund. Refund requests after this time must be approved by the Manager, unless otherwise stated. A \$5 administration fee will be charged on all requests for refunds for each program. There is no charge to leave a credit on your account.

COURSE CANCELLATION - Programs may, at times, be cancelled or combined, due to insufficient enrollment. These decisions are made a few days in advance of the start date, so please register early to avoid disappointment. In the event of a cancellation, time or location change, participants will be notified with as much lead time as possible, and refunds will be given proportionate to rate of fees or charges paid.

MEMBERSHIP CANCELLATION - Pass refunds are available only for medical or relocation reasons and documentation must be presented for a refund to be considered. The refund amount, if applicable, is calculated by determining the equivalent 1, 3 and 6 month pass rate or combination of passes for usage. Any pass refund is subject to a \$5 administration fee.

SECURITY CAMERAS AT RAINBOW RECREATION CENTRE - To promote staff and patron safety, video surveillance is taking place within various common areas of the pool. Any personal information is collected under FOIPPA legislation.

FREEDOM OF INFORMATION - If you are registering for a program, purchasing a pool pass, or applying for a Park Use Permit, we will ask for certain personal information. This is required to ensure proper record keeping, to properly register you in the program of your choice, to ensure the security and proper use of your pass, and for invoicing and other correspondence as needed. The information is for the sole use of Salt Spring Island Parks and Recreation and its staff, and is collected under the authority of the Freedom of Information and Protection of Privacy Act, Section 26(c).

PARC **CRD**
Making a difference...together

Ways to Register

for Spring & Summer 2026 Recreation & Aquatics Programs

- On our new website www.ssiparc.ca
- In person at Rainbow Recreation Centre
- By telephone 250 537 1402

PARC PROGRAMS

BIRTHDAY PARTIES WITH PARC!

CHOOSE FROM 3:

POOL PARTY

Fri 5:45-7:45pm
Sat 12:30-2:30pm

Includes shared access to the pool. Friday parties include shared access to WIBIT, 7+ yrs

SIMS GYM

Sun 12-2pm

Includes shared access to the gym with sports equipment & gym toys

ROLLERSKATING

Sun 2-4pm

Includes shared access to Roller Skating in SIMS Gym



Book online at ssiparc.ca or by calling 250 537 1402
Fee: \$130 Includes access to the party room and admission for 15 kids. 2 weeks advanced notice for booking. Regular cancellation policy applies. Renter responsible for set-up and clean up of party room



CALENDAR OF EVENTS

MAY



Saturday 8-10pm
DIVE-IN MOVIE
Rainbow Rec Centre

Watch a movie in the pool for Youth Week!



Sunday 1-5:30pm
MOTHER'S DAY SWIM
Rainbow Rec Centre

Free admission for Mums!

JUNE



Sunday 1-5:30pm
FATHER'S DAY SWIM
Rainbow Rec Centre

Free admission for Dads!



Friday 6-8pm
SCHOOL'S OUT SWIM
Rainbow Rec Centre

Games! Prizes! Fun!

AUGUST



Friday, 6-8pm
LAST DAY OF SUMMER SWIM
Rainbow Rec Centre

Games & Treats!



EARLY YEARS

Early Years

JIUJITSU (3-5 yrs)

A fun introduction to Jiu-jitsu. Children learn problem solving skills, determination, and cooperation. Games and obstacle courses, technique and skill. Taught by a Black Belt level Brazilian Jiu-jitsu instructor with 13 years' teaching experience.

Instructor: Rachael Gilliam

Th 3:15pm - 3:45pm Apr 9 - Jun 25

\$110/ 11 Sessions

*No session Jun 4

Location: SIMS Room 1



KARATE FOR KIDS (3-6 yrs)

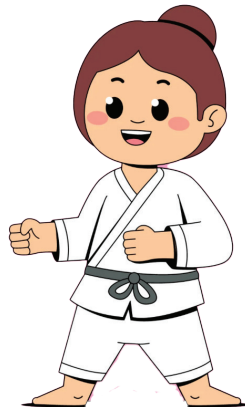
Karate teaches focus, coordination, self-defense and self-control. A fun and accessible class where kids develop confidence while burning off some energy.

Instructor: Martin Mongard

F 3pm - 3:30pm Apr 10 - Jun 19

\$110/ 11 Sessions

Location: SIMS Room 1





School Age

SPORTS & OUTDOOR RECREATION

JIUJITSU

Brazilian JiuJitsu is a ground-based martial art that teaches problem solving skills, and increases self-confidence, determination, stamina and cooperation. A well-rounded physical work out. Taught by a Black Belt level Brazilian JiuJitsu instructor with 13 years' teaching experience.

Instructor: Rachael Gilliam

Ages 6-9 Years

M 4pm – 5pm Apr 13 - Jun 22
\$135/ 9 Sessions
*No Session May 18, Jun 8

Th 4pm – 5pm Apr 9 - Jun 25
\$165/ 11 Sessions
*No session Jun 4

Ages 10-13 Years

M 5:15pm – 6:15pm Apr 13 - Jun 22
\$135/ 9 Sessions
*No Session May 18, Jun 8

Tu 5:15pm – 6:15pm Apr 7 - Jun 23
\$165/ 11 Sessions
*No Session Jun 9

Th 5:15pm – 6:15pm Apr 9 - Jun 25
\$165/ 11 Sessions
*No Session Jun 4

Location: SIMS Room 1

KARATE KIDS (6-12 yrs)

Karate teaches focus, coordination, self-defense, and self-control. A fun and accessible class where kids develop confidence while burning off some energy.

Instructor: Martin Mongard

Tu 3:45pm - 4:45pm Apr 7 - Jun 16
\$154/ 11 Sessions

Location: SIMS Dance Room

F 3:45pm - 4:45pm Apr 10 - Jun 19
\$154/ 11 Sessions

Location: SIMS Room 1

**JIUJITSU
BELT GRADING**

Saturday, June 6, 9-11am

SIMS Gym

save the date!





Summer Camps

SUMMER CAMPS

PRESCHOOL CAMP

CRAFT & SPLASH CAMP (3-5 yrs)

Activities include play time, snack, a creative craft and then a half hour swimming lesson with a certified instructor. Swimming ability not required. Children should be dropped off wearing a dry bathing suit and old play clothes. Please dress for the weather.

Instructor: PARC Program Staff

M Th 9am – 12pm Jul 6 – 9
\$100/ 4 Sessions

M Th 9am – 12pm Aug 17 – 20
\$100/ 4 Sessions

Location: Rainbow Recreation Centre

LITTLE EXPLORERS (3-5 yrs)

Enjoy story time, sharing, creative arts, games, movement and song and more. We will fill your little camper's day with activities, imagination and creative play.

Instructor: PARC Program Staff

M Th 9am – 11am Jul 13 – 16
\$88/ 4 Sessions

M Th 9am – 11am Jul 27 – 30
\$88/ 4 Sessions

M Th 9am – 11am Aug 10 – 13
\$88/ 4 Sessions

M Th 9am – 11am Aug 24 – 27
\$88/ 4 Sessions

Location: Heron's Nest Portable Classroom

GENERAL CAMPS

ADVENTURE CAMP (5-7 yrs)

Fill your Summer Break with daily adventures. Games, swimming, crafts and island adventures to the local beaches and parks. Extra hour (3pm-4pm) available as an extra fee upon registration

Instructor: PARC Program Staff

M Th 9am – 3pm Jul 6 – 9
\$180/ 4 Sessions

M Th 9am – 3pm Jul 13 – 16
\$180/ 4 Sessions

M Th 9am – 3pm Jul 20 – 23
\$180/ 4 Sessions

M Th 9am – 3pm Jul 27 – 30
\$180/ 4 Sessions

Tu-Th 9am – 3pm Aug 4 – 6
\$135/ 3 Sessions

M Th 9am – 3pm Aug 10 – 13
\$180/ 4 Sessions

M Th 9am – 3pm Aug 17 – 20
\$180/ 4 Sessions

M Th 9am – 3pm Aug 24 – 27
\$180/ 4 Sessions

Location: SIMS Home Ec Room

ADVENTURE CAMP FRIDAYS (5-7 yrs)

Instructor: PARC Program Staff

F 9am – 3pm \$45/ Session
Jul 10, Jul 17, Jul 24, Jul 31, Aug 7, Aug 14, Aug 21, Aug 28

Location: SIMS Home Ec Room

QUEST CAMP (8-11 yrs)

Campers will participate in a variety of activities. Swimming, daily baking, arts and crafts, sports and on-island trips to local parks and beaches. Extra hour (3pm-4pm) available as an extra upon registration.

Instructor: PARC Program Staff

M Th 9am – 3pm Jul 6 – 9
\$180/ 4 Sessions

M Th 9am – 3pm Jul 13 – 16
\$180/ 4 Sessions

M Th 9am – 3pm Jul 20 – 23
\$180/ 4 Sessions

M Th 9am – 3pm Jul 27 – 30
\$180/ 4 Sessions

Tu-Th 9am – 3pm Aug 4 – 6
\$135/ 3 Sessions

M Th 9am – 3pm Aug 10 – 13
\$180/ 4 Sessions

M Th 9am – 3pm Aug 17 – 20
\$180/ 4 Sessions

M Th 9am – 3pm Aug 24 – 27
\$180/ 4 Sessions

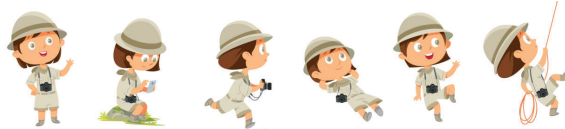
Location: SIMS Room 2

QUEST CAMP FRIDAYS (8-11 yrs)

Instructor: PARC Program Staff

F 9am – 3pm \$45/ Session
Jul 10, Jul 17, Jul 24, Jul 31, Aug 7, Aug 14, Aug 21, Aug 28

Location: SIMS Room 2



SCIENCE, TECH & NATURE CAMPS

LEGO ROBOTICS (WEDO 2.0) AND SCIENCE: 4 IN 1 MEGA EDITION! (6-10 yrs)

Join our LITTLUNIVERSE for LEGO, programming and science! Teammates will dive into engineering using LEGO's WeDo 2.0 Sets/Software! Everyday is a GIANT Theme build! Take-home science experiments! Indoor/outdoor activities! Game consoles! Air hockey! Foosball! Arts/Crafts! Camp T-shirt! & MORE!

Instructor: LITTLUNIVERSE

M, T, Th, F 9am – 4pm Jun 29 – Jul 3
\$345/ 4 Sessions
* No session Jul 1

Location: SIMS Fitness Room

VIDEO GAME DESIGN AND SCIENCE: 2D PLATFORMER EDITION (8-14 yrs)

3,2,1 Fight! Join our LITTLUNIVERSE for an exciting week of CODING and SCIENCE! Using Gamedemaker, participants will create their very own PVP style game like Super Smash Bros, Street Fighter and more! There's something for everyone with plenty of indoor and outdoor activities. We also have game consoles, air hockey, foosball, arts/crafts, board games, and MORE! Participants will get their own LITTLUNIVERSE camp t-shirt!

Instructor: LITTLUNIVERSE

M-F 9am – 4pm Jul 6 – 10
\$435/ 5 Sessions

Location: SIMS Fitness Room

MINECRAFT MODDING (8-12 yrs)

Participants will transform the way they experience the game by learning how to mod by creating different custom objects designed to cause destruction! Using blockly coding they will program and test each mod they create thus adding a new level of gameplay to their Minecraft experience.

Instructor: LITTLUNIVERSE

M-F 5pm – 6:30pm Jul 6 – 10
\$135/ 5 Sessions

Location: SIMS Fitness Room





SPORT CAMPS

JIUJITSU CAMP (7-13 yrs)

Jiu-jitsu camp is an opportunity to build confidence, meet new friends, develop athleticism, learn self defense, and have fun! Games and activities including Ninja Obstacle Course and Brazilian Jiu-Jitsu classes to give your child the exercise they need and the fun they want.

Instructor: Rachael Gilliam

M Th 9am – 1pm Jul 6 – 9
\$250/ 4 Sessions

Location: SIMS GYM

KARATE CAMP (6-12 yrs)

An immersive camp where kids learn Karate and aspects of Japanese culture. Learn about the history and culture of Japan while practicing new skills. Karate will take place both inside at SIMS and outdoors in the fields.

Instructor: Martin Mongard

M Th 10am – 2pm Jul 13 – 16
\$200/ 4 Sessions

Location: SIMS Room 1

ELI PASQUALE BASKETBALL CAMP

These upbeat, instructional sessions are perfect for players wanting to learn the FUNdamentals of basketball. Progressive skills are taught using fun games, drills, and scrimmages under the supervision of Eli Pasquale's enthusiastic coaches.

Full day camps end with a swim at Rainbow Recreation Centre.

Instructor: Eli Pasquale

M-F Jul 13 – 17

Half Day:
6-9 yrs: 9am – 12pm \$165/ 5 Sessions
10-14 yrs: 9am – 12pm \$165/ 5 Sessions

Full Day:
8-14 yrs: 9am – 3:30pm \$290/ 5 Sessions

Location: SIMS Gym

LIFESAVING CAMP (8-13 yrs)

Participants will learn about self-survival skills in, on and around the water and how to save others from water-related injuries. Participants will also be eligible to obtain their Bronze Star certification with the ability to complete their Bronze Medallion earlier than age 13.

Prerequisites: completion of Swimmer Level 4 in the Swim for Life swimming lesson program.

Instructor: PARC Program Staff

Tu-F 1pm – 5:30pm Aug 4 – 7
\$150/ 4 Sessions

Location: Rainbow Recreation Centre



SOCCERTRON

These upbeat, instructional sessions are perfect for players wanting to learn the FUNdamentals of Soccer. Progressive skills are taught using fun games, drills, and scrimmages under the supervision of Soccertron's enthusiastic coaches. Full day camps end with a swim at Rainbow Recreation Centre.

Instructor: Eli Pasquale

M-F Jul 20 – 24 & Aug 10 – 14

Half Day:
3-5 yrs: 9am – 12pm \$95/ 5 Sessions
6-9 yrs: 9am – 12pm \$165/ 5 Sessions
10-14 yrs: 9am – 12pm \$165/ 5 Sessions

Full Day:
8-14 yrs: 9am – 3:30pm \$290/ 5 Sessions

Location: Salt Spring Elementary School Field

DRAMA, DANCE & MUSIC CAMPS

MODERN DANCE AND MUSIC CAMP (7-10 yrs)

Develop modern dance techniques with an added musical twist in this fun, energetic camp! Move, groove and create, with a focus on modern dance skills. We will blend movement, music, and creative expression, and conclude the week with a group performance to share with family and friends.

Instructor: Charlotte Priest

M Th 10am - 2pm Jul 27-30
\$230/ 4 Sessions

Location: SIMS Dance Room

CREATIVE BALLET CAMP (5-9 yrs)

In this camp we will use stories, games and creative play to explore the world of ballet and dance. Participants will get to explore creating dances with their friends, and will be introduced to more technical elements of ballet such as plies, tendus, jumps and across the floor exercises.

Instructor: Charlotte Priest

M Th 10am - 2pm Aug 24 - 27
\$230/ 4 Sessions

Location: SIMS Dance Room

SUMMER CAMPS



Youth

BABYSITTER TRAINING (11-15 yrs)

Become a certified babysitter with the Canadian Safety Council. This course covers managing difficult behaviors, how to play with different age groups, and basic first aid.

Instructor: PARC Program Staff

Sa 9:30am – 3pm May 2 \$80

Location: Heron's Nest Portable Classroom

DIVE IN THEATRE EVENT

Watch a movie in the pool for Youth Week! Ages 12 yrs +

Instructor: PARC Program Staff

Sat 8pm – 10pm May 2

Location: Rainbow Recreation Centre

TEEN JIUJITSU (14-17 yrs)

Brazilian Jiu-jitsu is a ground-based martial art that teaches problem solving skills, and increases self-confidence, determination, stamina and cooperation. A well-rounded physical work out! Taught by a Black Belt level Brazilian Jiu-jitsu instructor with 14 years' teaching experience.

Instructor: Rachael Gilliam

W 5:15pm – 6:15pm Apr 8 – Jun 24

\$150/ 10 Sessions

*No Session Jun 3 & 10

Location: SIMS Room 1

ARTS, DANCE & CULTURE

BEGINNERS' LINE DANCING

Come learn some basic dance patterns put to music the very first class, building your repertoire each week. All styles of dance steps. Bring your fun-loving spirit and be prepared to laugh as you learn.

Instructor: Bev Sutherland

M 7pm – 8:30pm Mar 30 – May 25

\$91/ 7 Sessions

*No Session April 6 & May 18

Location: SIMS Room 2

BEGINNERS' 2 LINE DANCING

If you have had 6 months or more of Beginners' Line Dancing classes and are looking forward to continuing the fun, this is the class for you.

Instructor: Bev Sutherland

M 7pm – 8:30pm Jun 1 – Jul 27

\$117/ 9 Sessions

Location: SIMS Room 2

LOW INTERMEDIATE LINE DANCING

If you've taken Beginners' 2 Line Dancing and are looking forward to continuing to learn with fun in mind, this is the class for you!

Instructor: Bev Sutherland

Tu 7pm – 8:30pm Mar 31 – May 26

\$117/ 9 Sessions

Th 1:15pm – 2:45pm Apr 2 – May 28

\$117/ 9 Sessions

Tu 7pm – 8:30pm Jun 2 – Jul 28

\$117/ 9 Sessions

Th 1:15pm – 2:45pm Jun 4 – Jul 30

\$117/ 9 Sessions

Location: SIMS Room 2



FITNESS, BODY & MIND

INVOKE MOVEMENT (formerly BELLYFIT)

Cardio-inspired by ancient dance, belly dance, fitness and yoga. Classes include isolated glutes and core work, and finish with a yoga inspired stretch and mediation. Fitness for body, mind and soul, leaving you feeling strong, clear and connected. 16+ yrs welcome.

Instructor: Trina Aspinall

M 5:30pm – 6:30pm Apr 13 – Jun 15

\$135/ 9 Sessions

Pre-Registration Single Session Fee: \$20

***No Session May 18**

W 5:30pm – 6:30pm Apr 15 – Jun 17

\$150/ 10 Sessions

Pre-Registration Single Session Fee: \$20

Location: SIMS Dance Room

AGEING BACKWARDS WORKOUT

A Full Body Stretch Workout for Flexibility, Mobility & Strength. Includes pelvic floor work, Essentrics body conditioning, and yin yoga.

Instructor: Sarah Hyams

F 9:15am – 10:15am Apr 17 – Jun 19

\$135/ 9 Sessions

Pre-Registration Single Session Fee: \$20

No Session May 22

Location: SIMS Dance Room

COMMUNITY AWARENESS THROUGH MOVEMENT WEEKEND WORKSHOP

Find easier, more balanced movement, with this 2-day workshop theme of focusing on our hips and how to make them work efficiently. For current students who want to take their experience to a different level or those new to Awareness Through Movement© open to the possibility of life-long practice. Led by a Guild Certified ATM© Teacher.

Instructor: Jeffery Wilson

Sa & Su 10am – 4pm May 23 & 24

\$50/ 2 Sessions

Location: SIMS Dance Room



PERSONAL DEVELOPMENT

INCLUSIVE COMMUNITY SERIES

What does it really mean to build an inclusive, healthy community? This training series invites professionals, caregivers, educators, service providers, parents, and community members to deepen their understanding of inclusion, neurodiversity, Fetal Alcohol Spectrum Disorder, and supportive care across the lifespan. Led by local experts and grounded in real-world experience, each 1 day session offers practical knowledge, thoughtful conversation, and tools you can use in your work and everyday life.

There are 4 session topics to choose from: Inclusion, FASD, Neurodiversity and Childminding.

Instructor: Gulf Islands Families Together Society (GIFTS)

INCLUSION:

W 12:30pm – 3pm Apr 22 \$60/ 1 Session

Sa 12:30pm – 3pm May 23 \$60/ 1 Session

FASD (Fetal Alcohol Spectrum Disorder):

W 12:30pm – 3pm Apr 29 \$60/ 1 Session

Sa 12:30pm – 3pm May 30 \$60/ 1 Session

NEURODIVERSITY:

W 12:30pm – 3pm May 6 \$60/ 1 Session

Sa 12:30pm – 3pm Jun 6 \$60/ 1 Session

CHILDMINDING:

W 12:30pm – 3pm May 13 \$60/ 1 Session

Sa 12:30pm – 3pm Jun 13 \$60/ 1 Session

Location: SIMS Boardroom

SPORTS & OUTDOOR RECREATION

BADMINTON (13+ yrs)

Recreational Badminton, facilitated by SSI Badminton. Equipment provided.

Instructor: Salt Spring Island Badminton

Su 5pm – 7pm Apr 5 – Jun 28

\$77/ 11 Sessions

Pre-Registration Single Session Fee: \$10

***No Sessions May 3 & 10**

Location: SIMS Gym

KARATE FOR YOUTH & ADULTS (16+ yrs)

Karate teaches focus, coordination, breathing, posture and self-defense. A fun and accessible way to develop strength and skill.

Instructor: Martin Mongard

F 4:45pm – 5:45pm Apr 10 – Jun 19

\$154/ 11 Sessions

Location: SIMS Room 1

EMERGENCY FIRST AID WITH CPR LEVEL C (BASIC FIRST AID)

This course covers all aspects of first aid, including circulatory and breathing emergencies, and wound care. AED training is also included.

Instructor: Mysha Dewar-McClelland

F 9:30am - 5pm May 8 \$100

F 9:30am - 5pm Jun 5 \$100

Location: SIMS Boardroom

STANDARD FIRST AID (INTERMEDIATE FIRST AID)

This course covers all aspects of first aid, including head and spinal injuries, fractures, sudden medical emergencies, environmental illnesses, and poisoning. AED training is also included. Marine First Aid certification is available as an add-on upon registration.

Instructor: Mysha Dewar-McClelland

F 9:30am - 6pm May 22 & Sa 9:30am - 4pm May 23 \$165/ 2 Sessions

Th 9:30am - 5pm July 2 & F 9:30am - 5pm Jul 3 \$165/ 2 Sessions

Location: SIMS Boardroom

STANDARD FIRST AID RECERTIFICATION

This course provides an in-depth review of first aid topics including head and spinal injuries, fractures, sudden medical emergencies, environmental illnesses, and poisoning. AED and CPR level C training is also included. Marine First Aid certification is available as an add-on upon registration.

Instructor: Mysha Dewar-McClelland

F 9:30am - 5pm May 29 \$100

Location: SIMS Boardroom



AQUATICS FITNESS

BUS TRIP TO COWICHAN AQUATIC CENTRE

Bus trip to Cowichan Aquatic Centre for Aquafit and lap swimming during the Rainbow Recreation Centre maintenance closure. Pre-registration is required.

Instructor: PARC Program Staff

**M 8:45am - 1:45pm Apr 13 - Apr 20 (2 sessions)
Pre-Registration Single Session Fee: \$39 (\$30 for 65+)**

Location: Pick-up/Drop-off at Rainbow Recreation Centre

MASTERS SWIM TRAINING

Get stronger and improve your strokes with this coached Masters Swim Training series. This is aimed at swimmers with the ability to swim 16 lengths or more. Commit to a full series on Mondays and/or Wednesdays, or drop-in to try. Late registration welcome.

Instructor: PARC Program Staff

**M 6pm - 7pm Apr 27 - Jun 23
\$80/ 8 Sessions
Drop-In Fee: \$12
*No session May 18**

**W 6pm - 7pm Apr 29 - Jun 24
\$90/ 9 Sessions
Drop-In Fee: \$12**

Location: Rainbow Recreation Centre

STRENGTH & STRETCH (formerly Aqua Yoga)

This 45-minute shallow water class combines guided meditation, deep stretching, and a slower Aquafit routine to move the body through a full range of motion.

Pre-registration required.

Instructor: Leanne Brunelle

**Tu 12:05pm - 12:50pm Apr 28 - Jun 23
\$90/ 9 Sessions
Pre-Registration Single Session Fee: \$12**

**Th 12:05pm - 12:50pm Apr 30 - Jun 25
\$90/ 9 Sessions
Pre-Registration Single Session Fee: \$12**

**Tu 12:05pm - 12:50pm Jun 30 - Aug 25
\$90/ 9 Sessions
Pre-Registration Single Session Fee: \$12**

**Th 12:05pm - 12:50pm Jul 2 - Aug 27
\$90/ 9 Sessions
Pre-Registration Single Session Fee: \$12**

Location: Rainbow Recreation Centre



ADVANCED AQUATICS

BRONZE MEDALLION

This is the first step in becoming a lifeguard. Candidates learn the foundational lifesaving principles focusing on judgment, knowledge, skill, and fitness.

100% attendance and participation required.

Prerequisite: Age 13+ or have taken Bronze Star.

Instructor: Jana Philipp

M-F 12pm – 5:30pm Jul 20 – 24
\$180/ 5 Sessions

Location: Rainbow Recreation Centre

BRONZE CROSS

This is the second step to becoming a lifeguard. Focusing on prevention of aquatic-related injuries and scanning supervision, this course certifies candidates as Assistant Lifeguards.

100% attendance and participation required.

Prerequisites: Successful completion of Bronze Medallion

Instructor: Jana Philipp

M-F 12pm – 5:30pm Jul 27 – 31
\$180/ 5 Sessions

Location: Rainbow Recreation Centre



SWIM INSTRUCTOR

Become a certified swim instructor with Lifesaving Society. **100% attendance and participation required.**

Prerequisites: Successful completion of Bronze Cross and age 15 by the last day of the course.

Instructor: Chelsea Harris

F & Sa 8:30am – 4pm May 8 – Jun 12
\$400/ 9 Sessions
***No Session May 22**

Location: Rainbow Recreation Centre

SWIM INSTRUCTOR RECERTIFICATION

Become re-certified swim instructor with Lifesaving Society for two more years. Candidates must bring proof of previous Swim Instructor certification and a whistle.

Prerequisites: Swim instructor certification (need not be current)

Instructor: Lily Armstrong

Su 10am – 3:30pm Jun 7 \$120

Location: Rainbow Recreation Centre

NATIONAL LIFEGUARD (POOL OPTION) RECERTIFICATION

Become re-certified as a lifeguard for two more years. Candidates must bring proof of previous National Lifeguard (Pool Option) certification, a whistle, pocket mask, and fanny pack.

Prerequisites: National Lifeguard (Pool Option) certification (need not be current)

Instructor: Chelsea Harris

Su 10am – 6:30pm Jul 26 \$120

Location: Rainbow Recreation Centre

PARC PROGRAMS

AQUATICS

Spring Swim Lessons: May & June

Parent & Tot Program Levels: 4 Months - 3 Years

Level	Saturday Session May 2 - June 20 (no session June 13)			Sunday Session May 3 - June 14			Friday Session May 8 - June 26 (no session May 22)		
	Time	Sessions	Price	Time	Sessions	Price	Time	Sessions	Price
Parent & Tot 1/2/3 (Jellyfish/Goldfish/Sea Horse) 30 minutes	9:45am	7	\$61.25				10:45am	7	\$61.25

Preschool Program Levels: 3 - 5 Years

Level	Saturday Session May 2 - June 20 (no session June 13)			Sunday Session May 3 - June 14			Friday Session May 8 - June 26 (no session May 22)		
	Time	Sessions	Price	Time	Sessions	Price	Time	Sessions	Price
Preschool 1 (Octopus) 30 minutes	11:45am	7	\$61.25	12:15pm	7	\$61.25	12:45pm	7	\$61.25
Preschool 2 (Crab) 30 minutes	11:15am	7	\$61.25	11:45am	7	\$61.25	12:15pm	7	\$61.25
Preschool 3 (Orca) 30 minutes	11:45am	7	\$61.25	11:15am	7	\$61.25	12:15pm	7	\$61.25
Preschool 4 (Sea Lion) 30 minutes	11:15am	7	\$61.25				11:45am	7	\$61.25
Preschool 5 (Narwhal) 30 minutes	11:30am	7	\$61.25				11:45am	7	\$61.25

Swimmer Program Levels: 6 - 14 Years

Level	Saturday Session May 2 - June 20 (no session June 13)			Sunday Session May 3 - June 14			Friday Session May 8 - June 26 (no session May 22)		
	Time	Sessions	Price	Time	Sessions	Price	Time	Sessions	Price
Swimmer 1 30 minutes	10:45am	7	\$61.25	10:45am	7	\$61.25	10:45am	7	\$61.25
Swimmer 2 30 minutes	10:15am	7	\$61.25	10:45am	7	\$61.25	11:15am	7	\$61.25
Swimmer 3 45 min lesson	9:45am	7	\$75.25				11:30am	7	\$75.25
Swimmer 4 45 minutes	10:30am	7	\$75.25				10:45am	7	\$75.25
Swimmer 3/4 45 minutes				11:15am	7	\$75.25			
Swimmer 5/6 45 minutes	9:45am	7	\$75.25	12pm	7	\$75.25	11:15am	7	\$75.25
Swimmer 7/8/9 60 minutes	10:30am	7	\$94.50				12pm	7	\$94.50

Block Private Swim Lessons: 2 Years +

Level	Saturday Session May 2 - June 20 (no session June 13)			Sunday Session May 3 - June 14			Friday Session May 8 - June 26 (no session May 22)		
	Time	Sessions	Price	Time	Sessions	Price	Time	Sessions	Price
1 or 2 registrants 30 minutes	9:45am	7	\$157.50 - \$217				12:45pm 1pm	7	\$157.50 - \$217

GROUP AND PRIVATE SWIM LESSONS

PRIVATE LESSONS

BLOCK PRIVATE LESSONS

Available as a series alongside regular group swim lessons. See below for available times.

\$22.50 / 30 mins for 1 registrant
\$31 / 30 mins for 2 registrants

CUSTOM PRIVATE LESSONS

To request lessons outside of Block Private times, contact ssiparc@crd.bc.ca for more info. Requests are filled in order received and based on staff availability.

\$31 / 30 mins for 1 registrant
\$39.75 / 30 mins for 2 registrants





Summer Swim Lessons: July & August

Parent & Tot Program Levels: 4 Months - 3 Years

Level	Fridays July 3 - August 21			Mondays & Wednesdays: Set 1 July 6 - 29			Mondays & Wednesdays: Set 2 August 5 - 26		
	Time	Sessions	Price	Time	Sessions	Price	Time	Sessions	Price
Parent & Tot 1/2/3 (Jellyfish/Goldfish/Sea Horse) 30 minutes	10:45am	8	\$70						

Preschool Program Levels: 3 - 5 Years

Level	Fridays July 3 - August 21			Mondays & Wednesdays: Set 1 July 6 - 29			Mondays & Wednesdays: Set 2 August 5 - 26		
	Time	Sessions	Price	Time	Sessions	Price	Time	Sessions	Price
Preschool 1 (Octopus) 30 minutes	11:15am	8	\$70	12:15pm	8	\$70	12:15pm	7	\$61.25
Preschool 2 (Crab) 30 minutes	11:45am	8	\$70	11:45am	8	\$70	11:45am	7	\$61.25
Preschool 3 (Orca) 30 minutes	12:15pm	8	\$70	11:15am	8	\$70	11:15am	7	\$61.25
Preschool 4/5 (Sea Lion/Narwhal) 30 minutes	12:15pm	8	\$70	10:45am	8	\$70	10:45am	7	\$61.25

Swimmer Program Levels: 6 - 14 Years

Level	Fridays July 3 - August 21			Mondays & Wednesdays: Set 1 July 6 - 29			Mondays & Wednesdays: Set 2 August 5 - 26		
	Time	Sessions	Price	Time	Sessions	Price	Time	Sessions	Price
Swimmer 1 30 minutes	12pm	8	\$70	10:45am	8	\$70	10:45am	7	\$61.25
Swimmer 2 30 minutes	11:30am	8	\$70	11:15am	8	\$70	11:15am	7	\$61.25
Swimmer 3 45 min lesson	10:45am	8	\$86						
Swimmer 4 45 minutes	11:30am	8	\$86						
Swimmer 3/4 45 minutes				11:45am	8	\$86	11:45am	7	\$75.25
Swimmer 5/6 45 minutes	10:45am	8	\$86	10:45am	8	\$86	10:45am	7	\$75.25
Swimmer 7/8/9 60 minutes				11:30am	8	\$108	11:30am	7	\$94.50

Block Private Swim Lessons: 2 Years +

Level	Fridays July 3 - August 21			Mondays & Wednesdays: Set 1 July 6 - 29			Mondays & Wednesdays: Set 2 August 5 - 26		
	Time	Sessions	Price	Time	Sessions	Price	Time	Sessions	Price
1 or 2 registrants 30 minutes				12:30pm	8	\$180 - \$248	12:30pm	7	\$157.50 - \$217

GROUP AND PRIVATE SWIM LESSONS



BLOCK PRIVATE LESSONS

Available as a series alongside regular group swim lessons. See below for available times.

\$22.50 / 30 mins for 1 registrant
\$31 / 30 mins for 2 registrants

CUSTOM PRIVATE LESSONS

To request lessons outside of Block Private times, contact ssiparc@crd.bc.ca for more info. Requests are filled in order received and based on staff availability.

\$31 / 30 mins for 1 registrant
\$39.75 / 30 mins for 2 registrants



The following pages contain programs and information brought to you from members of the community.

COMMUNITY INFO AND PROGRAMS

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Neither CRD nor Salt Spring Parks, Arts, Recreation and Culture have reviewed the qualifications of any person advertising services in this listing. No endorsement is intended of any person, organization or service offered. Members of the public should make their own inquiries to find competent, qualified instructors who will meet their requirements.



ARTS ASSOCIATIONS AND FACILITIES**ARTSPRING****www.artspring.ca**

Salt Spring's premier performing arts and community centre for 25 years. Hosting world-class artists from close to home to around the world on our professional stage. A hub for community exhibits, forums, productions, dances, screenings, schools, and workshops.

250 537 2102

SALT SPRING ARTS COUNCIL**www.saltspringarts.com**

Situated in historic Mahon Hall, we support the creativity of local artists through programs such as Artcraft Gallery & Shop, Artist in the Class, Grants & Awards, Spring Art Show, and Workshops.

250 537 0899 • info@ssartscouncil.com

DANCE**ARGENTINE TANGO - POR EL AMOR AL TANGO****www.saltspringislandtango.wordpress.com/**

Welcoming all dancers, experienced and beginners to the beautiful embrace of tango. Tuesday practices 7:30 – 9:30 pm \$5 drop-in at All Saints by the Sea Church.

Facebook: Por El Amor Al Tango- Salt Spring Island
ssi.tango@gmail.com

DANCE TEMPLE**www.dancetemplesaltspring.com**

A dance experience for all ages/walks of life. Conscious dance held in a safe space. Facilitators, soundscapes and musical guests vary. Mondays and Thursdays 7-9pm at Beaver Point Hall.

FULL CIRCLE DANCE STUDIO**www.fullcircledance.ca**

Community-oriented dance training for all ages and abilities.
Charlotte Priest: Instructor

INTERNATIONAL FOLK DANCE CLUB

Enjoy learning traditional and contemporary ethnic dances from around the world. These are 90% non-partner dances. Anyone who can smile is welcomed, regardless of dance experience. We dance every second Sunday morning. We are at Fulford Hall from September through May; and we dance outdoors June through August.

Marie Beaudoin • mabeaudoin@shaw.ca

NIA

Movement as Medicine! Come join our joyful, diverse community of women, moving "Your Body's Way" nurturing your "Whole Self". Mon & Thurs 10:15am & Thurs 6:15pm online. Dancing in comfort in our own homes!

Arleen Sadler, Certified Instructor • movingtoalive@gmail.com

SALTY WHEELS SQUARE DANCE**www.region1.squaredance.bc.ca**

Thursdays 7:30 pm - 9:30 pm. Runs from the end of September to the beginning of May. New dancers always welcome. 734 Upper Ganges Road. Please call for more information.

Alan & Marilynne Cunningham • 250 537 5356
almarcun@telus.net

SSI SCOTTISH COUNTRY DANCE CLUB**sites.google.com/view/ssiscdc/home**

web page: SSISCDC

New members are always welcome. We meet every Monday, 6pm-8pm- Sept-May, All Saints Anglican Church Hall. Annual Robbie Burns celebration in January. For more information contact: John Howe at jkhowe54@gmail.com, or Michelle Grant at mgrant09@telus.net

MUSIC GROUPS & ASSOCIATIONS**BACH ON THE ROCK****www.bachontherock.com**

Do you enjoy singing or playing classical music? Bach on the Rock Chamber Choir and Orchestra welcomes new members, particularly singers (SATB) and string players. We rehearse Sunday afternoons at All Saints by-the-Sea Church.

bachontherock.president@gmail.com for more information

BANDEMONIUM MUSIC SOCIETY**saltspringband.com**

Bandemonium concert band and Swing Shift big jazz band: players of all ages, with basic music reading skills, are welcome! Please contact the Director:

Bandemonium: Ben McConchie • benmcconchie@gmail.com
Swing Shift: Michelle Footz • mfootz@gmail.com

FIDDLEWORKS COMMUNITY DEVELOPMENT SOCIETY**www.fiddleworks.ca**

We aim to foster community through music, celebration and education; to create and implement educational programs which use music to develop leadership, teamwork, self-esteem, and life skills (such as our summer music camps), and to provide accessible, affordable music education for children and adults.

SALT SPRING FOLK CLUB**www.saltspringfolkclub.com**

Group of volunteers that provide the structure for folk singing friends and performers to gather on Salt Spring Island. Fulford Hall is home to the Salt Spring Folk Club and hosts some of the finest folk music musicians. See website for details.

SALT SPRING PIPES & DRUMMERS ASSOCIATION

We are a dedicated group formed 30 plus years ago. We meet for practices Tuesdays 4:15 pm at the Legion's Meaden Hall. New members welcome. Available for private events.

Rod MacDonald, Pipe Major • 250 537 5278
svrainbow24@gmail.com

SALT SPRING SINGERS**www.saltspringsingers.ca**

Meet weekly to sing under the guidance of a skilled director. Concerts are presented twice a year.

UBUNTU SACRED SONG CIRCLE

Learn chants and rounds from many traditions in a relaxed and reverent environment. All voices welcome.

Barbara Slater • 250 653 4186 • barbaramarie@telus.net

VIVA CHORALE! CHOIR

www.vivachoralesaltspring.com

Community choir, youth to adult, dedicated to improving our musicianship and delivering quality music through formal concerts and informal performances at seniors' residences and community events.

MUSIC LESSONS

DREAM DEEP MUSIC

www.oonamcouat.com

Piano, Voice, Harp, Music Theory and Songwriting for all ages and levels. From preschool piano to adult beginners, our private lessons and studio-wide activities are engaging, meaningful and fun, cultivating community and nurturing a life-long love of music. Oona McOuat • 250-537-2088 • oonasong@yahoo.com

ISLAND WINDS MUSIC STUDIO

Piano, woodwinds, brass, singing, theory, harmony for all ages and levels. 250-537-4654

Wendy Milton • islandwinds@telus.net • Derrick Milton dsmilton@telus.net

THEATRE / DRAMATIC ARTS / FILM

ACTIVE PASS PRODUCTIONS

A performers' collective doing productions in drama, comedy, and music. Workshops in theatre arts are also held periodically in specific areas of interest. Lynda Jensen • 250 537 4168

FRITZ CINEMA

www.thefritz.ca

Up-to-date cinema with surround sound and digital projection. Open Friday to Tuesday year-round and 7 days a week in July & August. 250 537 4656 • thefritz@hotmail.com

GULF ISLANDS SCHOOL OF THE PERFORMING ARTS

(GISPA) – YOUTH

www.gispa.ca

GISPA offers advanced education in music, dance, and theatre for students in grades 9-12. GISPA is a school within Gulf Islands Secondary School. Send in expressions of interest and questions. Jason Donaldson • 250 537 9944 • jdonaldson@sd64.org

SALT SPRING COMMUNITY THEATRE

www.facebook.com/saltspringcommunitytheatre/

A non-profit society dedicated to the advancement of community amateur theatre. We welcome all newcomers of whatever interests and experience, to share their skills with us and to enjoy every aspect of playmaking.

SALT SPRING FILM FESTIVAL

Salt Spring Film Festival Society presents a three-day feast of international documentary films on the first weekend in March yearly, as well as regular films over winter. We focus on social justice, arts, culture, gender issues, environment, and science. We rent film-showing equipment to the community year-round. We love our volunteers! Therin Gower • 250 537 5169

STAGECOACH SCHOOL FOR THE PERFORMING ARTS SOCIETY

www.stagecoachtheatre.ca

StageCoach is a non-profit society offering after-school and Friday programs in the performing arts for youth ages 5+. The programs run from September through April, culminating in an Annual Show. Please see website for current programs.

THEATRE ALIVE

www.saltspringtheatrealive.com

Bringing innovative performances, workshops and readings to Salt Spring audiences.

Maggie O'Scalleigh, artistic director. • 250 537 5955

Tsunami CIRCUS YOUTH PERFORMANCE TROUPE

www.ssicircusandgymnastics.com

Tsunami Juniors Ages 7-12. A fun and supportive environment for young performers to explore creativity and develop circus performance skills. Tsunami Circus Ages 12+. An advanced program for teens to refine their skills and take on leadership roles, including choreography, rigging, stage makeup & costumes for the annual performance.

FABRIC ART GROUPS & INSTRUCTION

FELT MAKING WORKSHOPS & PRIVATE FELTING & TEXTILE COURSES

www.ulriekebenner.com

Art You Wear in Felt & Silk.

Ulrieke Benner • 250 537 1723 • ulriekebenner@gmail.com

ISLAND COMFORT QUILTS

Providing comfort quilts free of charge to any islander with a life-threatening illness or injury. To request a quilt for someone, volunteer your time or to make a donation, please contact us. 250 537 5302 • islandcomfortquilts@shaw.ca

VISUAL ART GROUPS

SALT SPRING CALLIGRAPHY GUILD AKA CALLIGRAFRIENDS

We are a small group of all levels of calligraphers who meet monthly to share ideas and learn new techniques. New members are welcome. Contact us at: bthread@shaw.ca

SALT SPRING BASKETRY GUILD

www.ssibasketryguild.ca

The Salt Spring Basketry Guild is a group of basket makers (of all levels) and collectors who meet regularly. Guild activities include learning about basketry materials and techniques, guest speakers and social activities, organizing exhibits of members' work. New members welcome.

contact@ssibasketryguild.ca • [facebook.com/ssibasketryguild](https://www.facebook.com/ssibasketryguild)

SALT SPRING ISLAND PAINTERS GUILD

The Painters' Guild is a society promoting artistic expression and creativity on Salt Spring Island. We provide art classes for painting and drawing, and activities for our members to collaborate in developing their skills techniques. We share our art with our community through exhibitions and displays at several venues each year. The only prerequisite to join us is a desire to draw and paint. All levels are welcome. Our annual membership fee is \$30. Activities Include: Weekly Workshops, Life Drawing / Portraiture, Urban Sketching, Plein Air Painting. Shows: Major Annual Summer Show, ArtSpring Lobby Show, Country Grocer Café, Lady Minto Hospital. To join, please visit our website to register: www.ssipaintersguild.com

SEE SUMMER CAMPS

• pg 11

SALT SPRING PHOTOGRAPHY CLUB

www.ssphotog.ca

Open to anyone, beginner to expert. We meet on the second Wednesday of every month at 7pm virtually on Zoom or in person at the Salt Spring Public Library community program room. Contact: Curt Firestone - membership coordinator. curtfirestone@gmail.com

SALT SPRING POTTERS GUILD

www.saltspringpottersguild.com

A group of potters, at all levels of development from beginners to production potters, artist potters and sculptors, organize monthly meetings for mutual support and to hold workshops. Patricia Gibson • patriciagibson198@gmail.com

SALT SPRING PRINTMAKERS SOCIETY

www.ssiprintmakers.ca

The SSI Printmakers offer workshops and mentored sessions in our studio at SIMS. (Open 6 days/week to members.) We host 2-3 exhibitions/year. Our original prints are made using a variety of non-toxic techniques. New members are welcome. info@ssiprintmakers.ca

SALT SPRING WEAVERS & SPINNERS GUILD

saltspringweaversandspinnners.com

A group exploring fibre related crafts including spinning, knitting, weaving, dyeing and felting. Located in SIMS, the guild offers a place for learning and socializing, with access to our library and equipment 7 days a week. Everyone welcome.

VISUAL ART INSTRUCTION

ARTS AND CRAFTS (SS SENIORS SERVICES SOCIETY)

Arts and Crafts afternoon, support and sharing, at the SS Seniors Centre, Tuesdays 12:30 to 3pm. Bring your painting and crafts projects to share with the group. 379 Lower Ganges Road • 250 537 4604

ARTVENTURES

www.artbygillian.com

Create thought-provoking, emotionally moving, spiritually uplifting, visually powerful art. Painting, drawing, collage, composition, critique and working in a series. Private sessions and workshops. Gillian McConnell • 250 537 4439 • gillian@artbygillian.com

BASKETRY WORKSHOPS

www.joancarrigan.com

Offering ongoing workshops for all levels. Joan Carrigan 250 538 1877 • info@joancarrigan.com

CREATIVE BY NATURE ART STUDIO

www.creativebynature.org

Learn to paint with nature & your wild heart, in the studio, garden & forest. Youth & Adult classes year-round. Lisa Lipsett 250 537 9785 • lisa@creativebynature.org

FALCON ARCHERY

www.falconarchery.net

Learn the art of making bows and arrows! I can welcome you into the workshop and help you make magic happen. Join Falcon archery for a very creative experience! info@falconarchery.net

FINE JEWELLERY WORKSHOPS

www.martinus-gold.com

Martinus Studio Gallery. Located at #5-121 McPhillips Ave. Martin Ebbers • 250 538 1730 • ask@martinus-gold.com

PASTEL AND BEGINNER DRAWING WORKSHOPS

howtopastel.com

Gail Sibley • 778 440 313 • gail@howtopastel.com

POTTERY SCHOOL

juliemackinnonceramics.com

The "Hey Julie" School of Clay offers weekend clay workshops, drop-in memberships, homeschool programming and summer camps. Hand building, wheel thrown forms, surface design and more! Absolute beginners through advanced. juliemackinnonceramics@gmail.com

COMMUNITY GROUPS + RESOURCES

CENTRE FOR CHILD HONOURING

www.childhonouring.org

Child Honouring is a philosophy, a vision, an organizing principle, and a way of life - the children-first way of sustainability. Activities include education, communication and awareness, and innovation through creating dialogues and forums. 250 931 3190 • info@childhonouring.org

CFUW SSI

www.cfuwssi.ca

Canadian Federation of University Women Salt Spring Island (CFUW SSI) advocates higher education and support for women and children. Bursaries/scholarships provided locally and overseas to disadvantaged students. info@cfuwssi.ca

SALT SPRING CHAMBER + VISITOR INFORMATION CENTRE

www.saltspringchamber.com • www.saltspringtourism.com

The Salt Spring Island Chamber of Commerce, established in 1948, is a not-for-profit organization representing local business owners and community members. We support the needs of Salt Spring businesses by offering monthly Member Mixers and our annual Salty Awards for excellence in local business. We also operate the Visitor Information Centre and Salt Spring Tourism. LOVE SALT SPRING? Share it! Become a Visitor Centre Ambassador and help welcome the world to our island. Volunteer today! 250-537-5252 • chamber@saltspringchamber.com

DEATH CAFÉ

www.deathcafe.com

Join Jaya Lynda Cole and other Salt Spring Hospice facilitators for a conversation about death where even humour and light heartedness can emerge. All are welcome. Jenna Dashney • ssideathcafe@gmail.com

GULFISLANDEVENTS.COM

www.gulfislandevents.com

This cultural calendar promotes local events centered in arts, food, nature, and wellness: from concerts to art exhibitions, farm-to-table dinners, workshops and more. Visit gulfislandevents.com to explore what's on in your community or submit your upcoming event details for free.

DIVERSE AND INCLUSIVE SALT SPRING ISLAND (DAISSI)

www.daissi.org

DAISSI (formerly GLOSSI) is a social and advocacy organization for people of diverse sexualities and gender identities and their allies on Salt Spring Island. saltspringpride@gmail.com

EMERGENCY MANAGEMENT SALT SPRING ISLAND

PrepareYourself.ca

Emergency.crd.ca

Building community resilience through the Neighbourhood Pod program, Emergency Support Services (ESS), SSI Emergency Operations Centre (EOC), and Emergency Communications Team (ECT). Register for the Public Alert Notification System (PANS) at www.crd.bc.ca/pans
250 537 1220 • ssiepc@crd.bc.ca

FULFORD SENIORS

www.fulfordseniors.com

At the Fulford Hall annex. Activities include yoga, life writing, community acupuncture, carpet bowling, monthly get-togethers and nights at the Old Timers Café. We also offer guidelines to safely age-in-place at home and are exploring options to foster an accessible and age-friendly community.
fulfordseniors@gmail.com

FRIENDS OF RUCKLE HERITAGE

www.friendsofruckleheritage.info

A B.C non-profit society that showcases the Ruckle family's spirit of sharing that created Ruckle Park, as well as other, unending community-building gifts. New members and volunteer's welcome. Contact via website form or phone 250 653 4722

OGIFA – OMETEPE GULF ISLAND FRIENDSHIP ASSOCIATION

ometepecoffee.ca

A volunteer non-profit raising funds for Central American projects and farmers through the sale of coffee at local events and grocers. New members and volunteer's welcome.
johnmoore@shaw.ca

ISLAND COMMUNITY SERVICES

www.saltspringcommunityservices.ca

A charitable organization dedicated to supporting individuals, families and communities. We provide a range of services and support including the Food Bank, Emergency Shelter, Family Place, Recycling Depot, Seniors' Wellness, Core Youth Centre, and FETCH (For Community Health) Directory (www.saltspring.fetchbc.ca).
250 537 9971 • connect@ssics.ca

ISLAND PATHWAYS

islandpathways.ca

A registered charity working for 30+ years to improve active transportation on island and connecting regionally. Committees are Partners Creating Pathways, Cycling Salt Spring, and Maps. Partnerships, generous grants, donations, and volunteers make this work possible. Check out our brochure on our website, for a quick summary.

JAPANESE GARDEN SOCIETY

www.saltspringjapanesegarden.com

Creating Heiwa Garden in the Peace Park to be a place of unity and reconciliation, where the history of SSI Japanese Canadian pioneers is acknowledged. We host the Annual Blossom Picnic and organize cultural programs. As a volunteer organization, we provide tax receipts for donations.
Sheryl Taylor-Munro • 250 537 4716
info@saltspringjapanesegarden.com

LADY MINTO HOSPITAL AUXILIARY SOCIETY (LMHAS)

The LMHAS supports the comfort & welfare of the patients in Southern Gulf Island healthcare facilities. Members volunteer in the ECU at our hospital, Greenwoods, Braehaven & in our Thrift Shop. 250 931 3311 • contact@lmhas.ca

PROBUS CLUB OF SALT SPRING ISLAND

www.probus-ssi.ca

A club for professionals and businesses. Monthly speakers' program, interest groups, dinner club, bridge club and off-island trips. probus.ssi@gmail.com

ROTARY CLUB

www.saltspringislandrotary.org

Rotarians are diverse business and professional leaders who take an active role in their communities while greatly enriching their personal and professional lives.

ROYAL CANADIAN LEGION

www.saltspringlegionbr92.com

A non-profit organization in support of veterans, their families and our community. Our great pub with food, entertainment and games is open to the public but membership has benefits! New members welcome, no military association required to join.

SALT SPRING ISLAND FOUNDATION

www.ssifoundation.ca

Through your donations, the Foundation supports local charitable organizations through its grant programs, streamlining your community impact. Over 41 years of giving, the Foundation has contributed more than \$6 million back to Salt Spring charities. Shannon Cowan, Executive Director • 250 537 8305
shannon@ssifoundation.ca

SALT SPRING HOSPICE SOCIETY

www.saltspringhospice.org

Trained and caring volunteers offer one-to-one grief support, bereavement support, grief support groups, advance care planning and vigil sitting. Office: Unit 5, 127 Rainbow Road, Ganges. Mon-Fri - 10:30am - 2:30pm
250 537 2770 • office@saltspringhospice.org

SALT SPRING ISLAND LIONS CLUB

Lions members doing volunteer work to improve their communities. Island projects include the Directory, Garage Sale, Senior's housing, Scholarship, Adopt a Senior & many more. Meetings-the 2nd & 4th Thurs of the month. Interested in joining or just to see what we do, give us a call to come for a dinner meeting.
103 Bonnet Avenue • 250 537 2000
saltspringlionsclub@gmail.com

SEE PARC PROGRAMS

• First Aid pg. 16

SALT SPRING ISLAND PARKS, ARTS, RECREATION AND CULTURE (PARC)

www.crd.bc.ca

PARC is responsible for the establishment, ongoing operation and maintenance of all community parks, PARC athletic fields and tennis courts, public trails, and waterfront parks on Salt Spring Island, as well as the maintenance of Hart Memorial Disc Golf Park in Mouats Park. PARC is also responsible for recreation programming at Salt Spring Island Multi-Space (SIMS) and Rainbow Recreation Centre. Contact for information on trails, water access, playing fields and public spaces • 250 537 4448 ssiparc@crd.bc.ca

SALT SPRING MEN'S SHED

saltspringmensshed.ca

A free community workshop for men to socialize and improve their well-being through shared hobbies and activities. The Men's Shed is recognized for its positive and therapeutic aspects and aims to improve men's physical, mental, and social health. Located at 154 Kings Lane • 250 999 1033 info@saltspringmensshed.ca

SALT SPRING ISLAND SEARCH AND RESCUE

www.saltspringsar.org

Salt Spring Island SAR is a volunteer search and rescue team. 250 526 0095 • info@saltspringsar.org • Facebook: @saltspringsar

SALT SPRING ISLAND HISTORICAL SOCIETY & ARCHIVES

www.saltspringarchives.com

We preserve, educate, and stimulate interest in Salt Spring Island history. Our website showcases some of our collection of photographs, documents, newspapers, and audio files. Inquiries/collection donations to: info@saltspringarchives.com 250 537 4666 ext. 237

SALT SPRING ISLAND WOMEN'S INSTITUTE

Part of a worldwide movement empowering women to make a difference. We sell homemade pies at AppleFest and the Fall Fair to raise funds for an annual GISS bursary and other local charities. Monthly meetings. New members welcome - whether you bake or not! Margaret Reid • 250 537 9848

SALT SPRING SENIORS SERVICES SOCIETY

www.saltspringseiorscentre.ca

A drop-in Centre and volunteer outreach centre for seniors, we offer drives to medical appointments, Thursday luncheons, caregivers program, Parkinson's group, choir, recorders, art, bridge, Mahjong, Calligraphy and more. 379 Lower Ganges Road • 250 537 4604. Driver's desk number: 250 537 4635

SALT SPRING ISLAND SPCA

540 Lower Ganges Rd, behind Gulf Islands Vet Clinic. Our services include adoption of cats, fostering, rescue and treatment of domestic and farm animals. Our programs include a low-cost spay/neuter program as well as a seasonal doggie daycare at the Saturday Market. For animal welfare concerns or general inquiries, call 1 855 622 7722 • 250 537 2123 • saltspring@sPCA.bc.ca

SENIORS' COMMUNITY CONNECTOR

www.saltspringcommunityservices.ca/seniors-community-connector/

The Seniors' Community Connector at Island Community Services uses a social prescribing approach offering non-medical supports that enable older adults to identify, set and achieve personal health and wellness goals using appropriate local programs and services. 250 537 9971 ext. 251 • seniors@ssics.ca

SENIORS' WELLNESS

www.saltspringcommunityservices.ca/seniors-services/better-at-home/

www.saltspringcommunityservices.ca/seniors-services/seniors-wellness/

Seniors' Wellness, operated by Island Community Services, offers Peer Counselling, Health Education and the Better at Home Program for non-medical supports with simple day-to-day tasks for seniors to maintain independence and stay connected to their community. Shellyse Szakacs, Coordinator • 250 537 9971 • sszakacs@ssics.ca

SHRINE CLUB #39 GULF ISLANDS

www.shriners.bc.ca

Shriners International is a fraternity based on fun, fellowship and the Masonic principles of brotherly love, relief, and truth. If you hold the title of Master Mason in Freemasonry, you qualify and are invited. Doug Wellington • 250 537 5655

THE CIRCLE EDUCATION

www.thecircleeducation.org

The Circle Education is a non-profit society dedicated to fostering violence-free communities through education, research, awareness-building and collaborative action. We develop and deliver social-emotional education programs for children, youth and adults for schools and other community settings.

TRANSITION SALT SPRING SOCIETY

www.transitionsaltspring.com

Your local hub for climate action: restoring, reimagining, and responding to a climate-resilient community. Looking into green upgrades, forest restoration, food security, or fighting built obsolescence? We've got you covered - visit our website for more information and upcoming events.

COMMUNICATION & LITERACY

PATHS TO AUTHENTIC WRITING

www.lorrainegane.com

Paths to Authentic Writing and Publishing. Manuscript development and editing by Lorraine Gane. Lorraine Gane • info@lorrainegane.com

SALT SPRING ISLAND PUBLIC LIBRARY

www.saltspring.bc.libraries.coop

129 McPhillips Avenue. Collections: fiction, non-fiction, large print, children's, audiobooks DVDs, magazines. Also available: computer and internet access, databases, many community events including book launches and clubs, MakerSpace, Teen Area, Indigenous Learning Area, tech tutoring, and children's programming.



SALT SPRING LITERACY

A non-profit dedicated to supporting literacy on SSI. We provide volunteer tutors in local elementary schools and for adult learners in reading, writing, math, English language learning, course work, with forms, and on computers. Computer lab and exam invigilation onsite. All services free!
Contact • 250 537 9717 • info@saltspringliteracy.org

TUTORING SERVICES

Qualified and experienced tutor and counsellor specializing in supporting neurodiverse children and teens. Offering academic (all subjects), social, emotional, functional, and behavioral support for families. Sessions available individually, with siblings, or as family sessions. Mimi Cossette • Petitsoleillearning@gmail.com • 1 514 809 6112

CHILDCARE AND PRESCHOOLS

AMELIA'S PLACE FAMILY CHILDCARE

Licensed family childcare for children 1 year to early school age. Play and nature based.
250 538 7212 • ameliaschildcare@gmail.com

CHILD CARE RESOURCE AND REFERRAL (CCRR)

www.gov.bc.ca/ChildCareResourceReferralCentres
CCRR offers in-person, virtual & mobile services to families, childcare providers & workforce. Offerings include a lending library, professional development & learning opportunities, family activities/crafts, childcare referrals and support applying for ChildCareBC funding programs.
250 931 1302 • ccrr@beaconcs.ca • <https://beaconcs.ca/ccrr/>

EARLY LEARNING FOR FAMILIES (ELF) STRONG START CENTRES

Program provides a free learning environment for adults and children up to five. Qualified childhood educators lead learning activities, including stories, music and art.
Fulford Elementary: Monday to Thursday 8:15am-11:15am
250 653 9223
SS Elementary: Monday to Thursday 8:30am-11:30am
250 537 9928
Fernwood Elementary: Mondays 8:30am-11:30am, Thursdays 12:30pm-3:30pm • 250 537 9332

FAMILY PLACE

www.saltspringcommunityservices.ca/family-place/
Family Place is a safe and inclusive space welcoming parents, caregivers and children 0-6 years with programs throughout the week. Island Infant Circle, Monday 11:00-1:00, Stay & Play Drop-in, Tues & Thurs. 11:30-2:30, Dad's Pancake Breakfast Sun. 8:30-10:30, Prenatal and Parent Education classes, summer schedule will vary.
250 537 9176 • familyplace@ssics.ca

PARENT CHILD MOTHER GOOSE

www.saltspringcommunityservices.ca/family-place/
Share in the power and pleasure of songs, rhymes and stories! Parents, caregivers and children 0-6 yrs. are welcome. A partnership of the SSI Public Library and Family Place held at the library. Check website for dates and times.
familyplace@ssics.ca • jwagner@saltspringlibrary.com

FULFORD HARBOUR CHILD CARE SOCIETY

www.treefrogdaycare.com
TreeFrog is a non-profit daycare offering year-round care for children newborn to kindergarten. Our "Learning through play" approach and wooded yard offer many opportunities to explore. Flexible schedules and subsidy available. • 250 653 4998
treefrogdaycare@shaw.ca

LITTLE BLUE EARLY LEARNING CENTRE

A learning through play morning preschool for 2 and 3 year-olds plus occasional afternoon drop-in. Licensed Multi-age Centre. (2-5 yrs.) Infant/Toddler Centre (under 3 years old).
250 221 BLUE (2583) • littleblue2583@gmail.com

LITTLE RED SCHOOLHOUSE

www.littleredschoolhouse.ca
Non-profit that provides outdoor and indoor nature-based programs based on learning through play. 3 to 5 year-olds.
250 653 4343 • earlylearning@littleredschoolhouse.ca

MORNING GLORY DAYCARE

Morning Glory is a home-based Waldorf initiative operating throughout the year. Ages 3-7.
250 653 9545 • kimsyurt@gmail.com

MomCo SALT SPRING

A support group for mothers. Biweekly meetings, Mondays 10:30am - 12pm, Community Gospel Chapel, 147 Vesuvius Bay Rd. Supporting mothers by creating community. Informative videos, guest speakers, lively discussions, crafts. Childcare provided.
250 537 2622 • susannacommunitygospelchapel@gmail.com

SALT SPRING CO-OPERATIVE PRESCHOOL

www.saltspringcoopreschool.com
A play-based licensed V.I.C.P.A preschool program for 3 and 4 year-olds. Small classes led by an experienced Early Childhood Educator with parent involvement in the classroom and in the non-profit preschool business.
250 537 8445 • saltspringcooperativepreschool@gmail.com

SALT SPRING EARLY LEARNING CENTRE

Our centre is a non-profit society that offers year-round early learning for children 30 months to 5 years old. Qualified licensed staff provide a play-based curriculum revolving around the children's interests. 250 537 2114 • ssidc@saltspring.com

STORYWALK®

StoryWalk is a unique program that brings literacy and the outdoors together for children and adults to enjoy. Every Friday a story is put up on signs through Mouat Park, from the entrance on McPhillips, towards the Rainbow Recreation Centre. Sign-pages lead walkers through a story as they make their way through the woods to the pool. School groups and daycares welcome! This self-led program is brought to you in partnership with Salt Spring Island Public Library and Salt Spring Island Parks and Recreation.
jwagner@saltspringlibrary.com

SEE PARC PROGRAMS ON PAGE 14 & 15
• Line Dancing
• Awareness Through Movement

STORYTIME

StoryTime features experienced storytellers with backgrounds in libraries, writing and education! StoryTime sessions may include puppets, felt boards, songs, rhymes, toys or crafts, and ALWAYS showcase wonderful books, fostering excitement and engagement with reading. Join us for an enjoyable shared early literacy experience great for families. Salt Spring Island Public Library.
 jwagner@saltspringlibrary.com

TARA BROWN'S FAMILY DAYCARE

Accepts enrolment for of all ages, including school age children. Offering regular scheduling and a drop-in option. Open year round. tarabrown@shaw.ca

FOOD AND FARMING

FOXGLOVE FARM'S CENTRE FOR ARTS, ECOLOGY & AGRICULTURE

www.foxglovefarmbc.ca
 The Centre was established to demonstrate and interpret the vital connections between farming, land stewardship, food, the arts and community wellbeing. • 250 931 5336
 programs@foxglovefarmbc.ca

HARVEST FOOD PROGRAMS

www.harvestsaltspring.ca
 Food security programs and services run by Island Community Services including the Food Bank, meal delivery for seniors and market coupon program.
 250 537 9971 • connect@ssics.ca

ISLAND NATURAL GROWERS

www.cog.ca/chapters/island-natural-growers
 Island Natural Growers (ING) is committed to supporting and building organic food production on Salt Spring. Our ongoing projects include Seedy Saturday in February each year.
 Anne Macey • 250 537 5511 • annemacey@shaw.ca

SALT SPRING ABATTOIR

www.saltspringabattoir.ca
 A community facility to provide custom slaughter service for red meat and poultry. Salt Spring Abattoir is a non-profit society.
 778 354 1111 • ssiabattoir@gmail.com

SALT SPRING ISLAND FARMERS' INSTITUTE

www.ssifi.org
 The oldest Institute in BC. A volunteer organization that provides agriculturally oriented courses, runs the Fall Fair and encourages the preservation of island heritage and community involvement in all projects. 250 537 4755 • contact@ssifi.org

SALT SPRING ISLAND FARMLAND TRUST SOCIETY

www.ssifarmlandtrust.org
 A charitable society that promotes agriculture and acquiring agricultural land. Develops and maintains the Shaw Family Community Gardens at the Burgoyne Valley Community Farm, 2232 Fulford Ganges Road. Allotment garden plots and acreage available for rental. 250 537 4282

SALT SPRING ISLAND GARDEN CLUB

www.ssigardenclub.com
 Encourages local gardeners by sponsoring speakers on all aspects of horticulture. Educational workshops, garden tours, monthly newsletter, plant sales, lending library, parlor shows and mentor gardeners.

SEEDY SATURDAY

Seedy Saturday is a public event that brings together home gardeners, seed savers, native plant collectors, agriculture conservation groups, and community gardeners as well as local seed companies that sell open-pollinated varieties of vegetables, fruits, flowers, grains and herbs. See: Island Natural Growers.

TRANSITION SALT SPRING SOCIETY

www.transitionsaltspring.com
 Transition Salt Spring Society (TSS) is a volunteer run, not-for-profit society. We support community initiatives for resilience including locally produced food, sustainable energy and water supplies, waste-management, and protecting our natural environment. Visit website for local event calendar, to donate and to sign up for our newsletter. info@transitionsaltspring.com • Facebook: Transition Salt Spring Society

GENERAL INTEREST

DOG TRAINING CLASSES

Group classes and private lessons. Puppies and adult dogs. Certified trainer.
 Ann McPhee • 250 538 8044 • trekhond@me.com

DOG TRAINING CLASSES

www.jessicabeck.ca
 From puppyhood to specialized classes like recall, nose work and trick training, discover fun and innovative games-based training. Dog behavior issues? Barking, lunging, pulling on lead? Jessica is a certified, professional dog trainer using a holistic, force-free approach to preventing and transforming behavior.

FAMILY SEARCH CENTRE

Welcome to the Family Search Centre. We provide genealogical help in finding your ancestors and developing your family tree. Many paying genealogical sites are free at the centre. Location 221 Vesuvius Bay Rd. Hours- Wednesdays 10:00 am- 3:00 pm and 7:00-9:00 pm. • Yvonne Gibbon • 250 537 5400

SALT SPRING AMATEUR RADIO SOCIETY

www.ssiarc.ca/
 The Society operates repeaters on Bruce Peak for regular and emergency communications. Other than the first Friday each month, informal meetings are held Fridays at 10am at the SAR facility (old RCMP building) on Fulford-Ganges Rd. Everyone is welcome! For further information, including licensing courses, see the website.

SALT SPRING FORUM

www.saltspringforum.com
 A charitable, non-profit organization that brings world-class thinkers and leaders to Salt Spring for community discussion and democratic debate. The organization is committed to the sharing of ideas of national and global significance. The Forum offers an annual speaker series, salons for Forum members, conferences and more • forum@saltspringforum.com

SALT SPRING HISTORY & MYSTERY

"Local tours with a mindful twist." Each performance celebrates the future by confronting the shadows of the past, together. May through September. tours@saltspringhistory.com

SALT SPRING MODEL RAILWAY SHOW

www.pkbenon.wixsite.com/railway

The show includes a disco, a brief history lesson and ends with a helicopter ride. We have both indoor and outdoor sections, and we appeal to all ages. The show is interactive - visitors can operate the controls and drive the trains. We also view the guinea pigs and chickens who run around the lawn.
250 538 5520 • thincontroller024@gmail.com

SALT SPRING MUSEUM

www.saltspringmuseum.com

Bittancourt House Museum is located on the Farmers' Institute grounds at 351 Rainbow Road. Hours of operation- April 1 to Jun 30 - 11am to 3pm. July 1 to Aug 31 - 11am to 4pm. Sept 1 to Oct 31 - 11am-3pm.
John Fulker • 250 537 4895 • jandifulker@gmail.com

SALT SPRING ROD & GUN CLUB

www.saltspringislandrodandgunclub.ca

Established 1913, facilities include indoor range for pistols, .22 rifle and archery. Trap shooting, 100-yard rifle range and 50-yard archery range. Firearms and junior courses available. Firearms disposal, legal advice, and appraisals possible.
ssirodandgun@gmail.com

INFORMATION RESOURCES**FULFORD SENIORS**

www.fulfordseniors.com

Resources and support for aging in place. Monthly presentations on senior related topics.
See website for times and dates or email fulfordseniors@gmail.com

GULF ISLANDS DRIFTWOOD

www.gulfislandsdriftwood.com

241 Fulford-Ganges Road
Community newspaper featuring local news, entertainment news, sports, events calendar and classifieds. In print and online. The Driftwood also publishes The Gulf Islander tourist guide and Aqua - Gulf Islands Living magazine, among other special publications in print and digital versions.
250 537 9933 • driftwood@gulfislandsdriftwood.com

LIONS CLUB DIRECTORY

sslionsdirectory@gmail.com

Local phone book and general island resource guide published annually by The Lions Club of Salt Spring Island.

SALT SPRING ISLAND PARKS, ART & CULTURE (PARC)

www.crd.bc.ca/saltspring

PARC is your contact for information on all things recreation, community groups, trails, water accesses, playing fields and public spaces on Salt Spring Island. PARC produces the Salt Spring Leisure Guide together with the Driftwood - in print and online. Call or email our office to be included in the next edition 3 times a year - December, April and August. Facebook: facebook.com/ssiparc • 250 537 4448 • ssiparc@crd.bc.ca

SALT SPRING ISLAND PUBLIC LIBRARY

www.saltspring.bc.libraries.coop

129 McPhillips Avenue. Collections: fiction, non-fiction, large print, children's, audiobooks DVDs, magazines. Also available: computer and internet access, databases, many community events including book launches and clubs, MakerSpace, Teen Area, Indigenous Learning Area, tech tutoring, and children's programming.

SALT SPRING EXCHANGE

www.saltspringexchange.com

Online community news, events, live-cams, rentals, real-estate, maps, jobs, accommodations, classifieds, daily deals, and visitor information.

SALT SPRING SENIORS SERVICES SOCIETY

www.saltspringseiorscentre.ca

Drop in for resources, information, and connecting with others. Our volunteers offer support groups, choirs, arts & crafts, lunches, dance classes and more. Drivers for medical appointments available through our Medical Rides program.
379 Lower Ganges Rd.
250-537-4604 • 1-844-940-6617 (Medical Rides Booking)
saltspringseiors@shaw.ca

SALTY FISHBOWL

www.saltyfishbowl.com

Community magazine – everything but the news. Salt Spring stories, events, entertainment and classified. In print and online.

THE ISLANDS MARKETPLACE

www.islandsmarketplace.com

The Gulf Islands Free Buy and Sell - published bi-weekly. Free classified ads, events, stories and more. 100% locally owned & printed. Contour Media, publisher • 250-537-7217
info@islandsmarketplace.com

VISITOR INFORMATION CENTRE

www.saltspringtourism.com

For locals and visitors alike, you'll find a wealth of information about Salt Spring and the Gulf Islands, Vancouver Island and British Columbia. We also have Welcome Bags for new arrivals to Salt Spring. 121 Lower Ganges Road • 250 537 5252
visitorcentre@saltspringtourism.com

HEALTH & FITNESS CLASSES**EVERYBODY STRETCH**

www.gangesyogastudio.com

EveryBODY Stretch is a series of guided classes using the emotive tones of classical music to enhance and develop every stretch and movement. Tuesdays and Fridays at 11 am at Ganges Yoga Studio. Catherine Bennett: cdbennett53@gmail.com

FULFORD SENIORS

Iyengar Yoga with Susan Bull (Nationally Certified since 1980). Monday and Saturday: 10:30 a.m.-12:00 noon at the Fulford Hall (O.A.P. Room). Gentle-Restorative Class for all ages and abilities! Emphasis on postural alignment, stretching and strengthening poses, ending with deep relaxation.
250 653 4474 • susanbull@shaw.ca

NIA

Movement as Medicine! Come join our joyful, diverse community of women, moving “Your Body’s Way” nurturing your “Whole Self”. Mon & Thurs 10:15am & Thurs 6:15pm online. Dancing in comfort in our own homes!
Arleen Sadler, Certified Instructor • movingtobealive@gmail.com

SOUTH ISLAND TAI CHI

Gentle Tai Chi and Qi Gong practice for health and flexibility. Mondays at Beaver Point Hall, Thursdays at Cedar Lane Studio. Instructor: Rumiko Kanesaka • rkanesaka@gmail.com

SEVEN STARS TAI CHI CLUB

7stars@cedarlanestudio.com
Tuesdays 4.30pm-6pm, Partner practice. Thursdays 4pm-5pm New beginners’ class & 5.30pm-6.30pm ongoing form class. All at Cedar Lane Studio, 210 Cedar Lane.
For any class contact Osman 250 537 5667 or Rumi 250 653 4774

FITNESS CENTRES & GYMS

GANGES FITNESS

www.gangesfitness.com
Open 7 days a week: aerobics, yoga, spin classes, weight circuit, free weights, cardio machines, full change rooms with showers, infrared sauna, childcare (M-F), sunbeds, qualified trainers. Non-members welcome! 102 McPhillips Avenue
250 537 5217 • gangesfitness@gmail.com

SALT SPRING ISLAND WELLNESS CENTRE

www.ssiwellness.com
All things wellness! 24hr full gym. A beautiful 1200 sq foot studio offering a variety of yoga classes and is also available for private rentals. Massage, acupuncture, and more. Check website for current offerings.
250 900 1125 • info@ssiwellness.com

PRIVATE TRAINERS

GULF ISLAND ATHLETIC TRAINING

2 - 1429 Fulford Ganges Rd. See Facebook page for information: Gulf Islands Athletic Training
Sue Spencer • 250 931 0103

LESLIE BARCLAY PERSONAL TRAINER

Personal trainer on Salt Spring Island since 1996. Customized programs to meet your personal needs; post rehab, general fitness, HIIT training, 3rd degree black belt in Karate, well versed in kickboxing. Leslie Barclay • 250 537 0040 • lesonss@msn.com

TRISHA MOROZ-BARSTEAD, Personal Trainer

trisha.synergyfit@gmail.com
60+ age focus, Specializing in Senior’s needs, offering In-Home Visits. Inquire about fitness classes. Certified with over 25 years experience. References available. Trisha 250 653 4656
Cell: 250-222-8366

YOGA

DOROTHY PRICE YOGA

www.santoshayoga-retreats.com
Certified Yoga Tacher. Offers local drop-in, and online classes for all ages and abilities. Rejuvenating retreats on Salt Spring and in Italy. Dorothy Price • 250 537 7675 • dorothy@santoshayoga-retreats.com

GATEHOUSE YOGA

www.stowellakefarm.com
Weekly classes – yoga, meditation and more. Wellness retreats and workshops also available.
Liz Young • 250 653 4308 • info@stowellakefarm.com

IYENGAR YOGA (Restorative) with Susan Bull

Nationally Certified since 1980. Monday 10:30 a.m.-12:00 noon at the Fulford Hall (O.A.P. Room)
Gentle-Restorative Class for all ages and abilities!
Emphasis on breath awareness, correct postural alignment, stretching and strengthening poses, and deep relaxation.
Susan Bull • 250-653-4474 • susanbull@shaw.ca

SALT SPRING CENTRE OF YOGA

www.saltspringcentre.com
Experience the traditional roots of yoga at the Salt Spring Centre of Yoga. We offer a wide range of “by donation” or “pay-what-you-can” community classes including asana, pranayama, meditation, yoga philosophy, satsang, kirtan, and more. Join us for rejuvenating yoga and wellness retreats, personal retreats, and yoga programs throughout the season. All are welcome.
250 537 2326 • info@saltspringcentre.com

THE NEST HOT YOGA

www.thenesthotyoga.com
We offer small sized, hot and regular yoga classes and workshops led by inspired and skilled teachers in a variety of styles designed for all levels.
Sarah Jane Smith • 250 537 6630 • thenesthotyoga@gmail.com

YOUTH SAILING LESSONS THIS SUMMER AT THE SALT SPRING ISLAND SAILING CLUB.
Skill, confidence, and a little salt spray

Learn to sail this summer at the Salt Spring Island Sailing Club. Our Summer Sailing School offers safe, fun, and skill-building lessons for youth ages 9–18. Taught by certified Sail Canada instructors, our small group programs focus on water safety, sailing skills, and confidence — whether it’s a first time on the water or the next step in a sailor’s journey. Classes run every week in July and August, giving sailors time to build skills and confidence all summer long.

CHART YOUR COURSE. REGISTER TODAY.
saltspringsailing.ca/sailing-school
school@saltspringsailing.ca

GANGES YOGA STUDIO

www.gangesyogastudio.com

So much more than yoga, come and visit us for yoga, pilates, stretch, MELT, capoeira, tapping, sound baths, dance, breathwork, special events, and much more. Calm your mind, strengthen your body, and nourish your spirit!

250-221-8721 luna@gangesyogastudio.com

MIND + BODY

ANNA HALTRECHT - MINDFUL LIVING

www.bonesforever.com

Move with greater ease, and less pain. Offering innovative movement classes and private sessions, including Feldenkrais Awareness Through Movement® on Fridays at 10 am and Pilates reformer by appointment. Also, online classes.

Anna Haltrecht • 250 537 5681 • annahaltrecht@gmail.com

JEFFERY WILSON, COMMUNITY & PRIVATE MOVEMENT COACHING

Studio, gym, community centre, zoom sessions. Re-organizing one's movement to find ease, efficiency, balance, comfort. Certified Feldenkrais Awareness Through Movement© Teacher. jefferywilson660@gmail.com • 250 732 8894 • inquiries welcomed, no website. \$2 to \$40 sliding scale.

EDUCATION IN HERBAL MEDICINE & HOMEOPATHY

Alchemy of Herbal Medicine

www.seraphinacapranos.com

Seraphina Capranos • 250 537 0602 • info@seraphinacapranos.com

KARIN BEVIERE, EDUCATOR OF HOMEOPATHIC MEDICINE

www.karinbeviere.com

See website for upcoming class offerings.

Karin Beviere • 250 537 4728

SALT SPRING DOULA COLLECTIVE

www.saltspringdoulas.ca

A group of Doulas who offer emotional, physical and informational support in pregnancy, birth and postpartum. The Collective offers birth pool rentals, local perinatal information directory, specialized breastfeeding support, prenatal and postnatal fitness and yoga, placental services and much more.

Angela Flegel • 250 713 4327 • ssi.doulas@gmail.com

TAOIST TAI CHI®arts

Fung Loy Kok Institute of Taoism Taoist Tai Chi® practice is a moving meditation that reduces stress and helps you find joy. Physically it will make you energetic, balanced, strong, and supple. All are welcome. All Saints by the Sea. Mondays 4-6 pm, lower hall. 250 383 4103 • victoria.bc@taoist.org

PERSONAL DEVELOPMENT

BIG BROTHERS BIG SISTERS

bbbsvictoria.com

Mentor a student during school hours at Salt Spring or Fernwood Elementary. Training/support provided. Volunteers are 14 to 80+yrs. • 1 (877) 475 1114, ext. 28 salt.spring@bigbrothersbigisters.ca

SUCCESSWORKS

www.saltspringcommunityservices.ca

Island Community Services' vocational rehabilitation program. 250 537 9971 • connect@ssics.ca

SALT SPRING ISLAND TOASTMASTERS PUBLIC SPEAKING CLUB

www.saltspring.toastmastersclubs.org

"Fitness Club for the Mind". We practice public speaking and improve our communication and leadership skills every second Monday night at the library. 250 653 4893 • info@christinboyd.ca

TRANSITION SALT SPRING SOCIETY

www.transitionsaltspring.com

Your local hub for climate action: restoring, reimagining, and responding to a climate-resilient community. Looking into green upgrades, forest restoration, food security, or fighting built obsolescence? We've got you covered - visit our website for more information and upcoming events.

WISDOM OF THE EARTH

www.wisdomoftheearth.ca

Deep transformative journey of nature, self and community connection for adults. Knows deeply yourself, your gift and the service to the world you were born to offer. Belong to the local joyous, resilient nature connected community. 250 653 9122 • jean-claude@wisdomoftheearth.ca

Be sure to stay informed with ALERTABLE NOTIFICATIONS



COMMUNITY NOTIFICATIONS

Stay Aware & Plan Ahead

*Emergency Dashboard
Realtime alerts & trusted information
emergency.crd.ca*

SIGN UP NOW
crd.bc.ca/pans



SEE PARC PROGRAMS

- Aqua Fitness pg. 16
- Advanced Aquatics pg. 17
- Swimming Lessons pg. 18-19

RECREATION & SPORTS

AQUATICS

RAINBOW RECREATION CENTRE

www.ssiparc.ca

Indoor public swimming pool at 262 Rainbow Road. Group or private swim lessons for all ages, aquatic fitness classes, lap swims, and public swims. 25-meter lanes and hot tub. Rental times available. See PARC program section for current schedule and details of classes offered. Shower program available. 250 537 1402

SALT SPRING ISLAND SAILING CLUB

www.saltspringsailing.ca/sailing-school

Learn to sail this summer at the Salt Spring Island Sailing Club! Our Summer Sailing School offers safe, fun lessons for ages 9–18. Certified coaches, small groups, and confidence-building days on the water. Registration now open, contact school@saltspringsailing.ca or on our website.

SALT SPRING STINGGRAYS SWIM TEAM

www.saltspringstingrays.com

Swimmers 6-18 will learn how to swim all 4 strokes efficiently, work towards developing a high level of fitness, and have the opportunity to engage in competition. Older Stingrays develop leadership skills through the Coach-In-Training program. Practices run 4 days/week occur late afternoon/evening with morning practices for intermediate/senior swimmers.

EQUESTRIAN

SALT SPRING THERAPEUTIC RIDING ASSOCIATION

www.sstra.ca

Promoting the well-being and education of individuals having physical, intellectual, or emotional challenges through the development of equine skills and structured programs with horses. We offer therapeutic and community horse camps. info@sstra.ca

PRINGLE FARM

www.pringlearabians.ca

Riding lessons for all ages – Western, English, Hunter, Show Hack or Halter. John or Andrea Pringle • 250 537 5132 • pringlefarm@telus.net

MARTIAL ARTS

SALT SPRING AIKIDO CLUB

www.saltspringaikido.ca

Aikido is a peaceful martial art that builds awareness and strength in a supportive atmosphere. Youth and adult classes on Tuesday evenings (4:30 – 8:00 pm) at the SSI Wellness Centre (120 Hereford).

SALT SPRING ISLAND KARATE CLUB

www.ssikarate.com

Karate for kids and adults. Chris Barclay • 250 537 0040 • barclay@shaw.ca

SHOREI-KAN KARATE

www.bguiled.com/karate

“House of Politeness & Respect”, traditional Okinawan, non-competitive, go-ju (hard-soft) karate, on island since 2002; new south-end Zen Dojo, adult classes. Brenda Guiled, founder & chief instructor. 250 653 4722 • bguiled@ymail.com

SPORTS

ADULT SLO-PITCH

Join a co-ed team or start a new one! Recreational league; ages 16+; all skill levels welcome; games played on island; several tournaments available off island; season from May - August. Liz Wilson • 250 538 7555

ARCHERY SOCIETY OF SALT SPRING ISLAND

www.jadefarm.ca

Learn the art and joy of traditional archery. All ages and skill levels welcome. Hundreds of challenging shots to make across 3 acres of beautiful landscape. Reservations and group bookings are made through the website.

ROLLER SKATING

www.ssiparc.ca

Indoor Drop-in Roller skating at SIMS Gym. Bring your own skates or rent a pair from us! See website for drop-in schedule. 250 538 4250 • ssiparc@crd.bc.ca

SALT SPRING ADVENTURE CO. LTD.

**WHALE WATCHING
KAYAK TOURS
PADDLE BOARDING**

saltspringadventures.com

1.250.537.2764

SALT SPRING ISLAND MINOR BASEBALL ASSOCIATION

www.saltspringbaseball.ca/

We are a non-profit organization promoting minor baseball and softball on Salt Spring and the Gulf Islands, encouraging good sportsmanship, team play and good citizenship.
info@saltspringbaseball.ca

SALT SPRING CIRCUS AND GYMNASTICS ASSOCIATION

www.sscircusandgymnastics.com

Salt Spring Circus and Gymnastics classes are all about building skills, confidence, and having fun along the way. Whether it's a first somersault or mastering the balance beam, kids will learn in a safe, supportive space with awesome coaches and lots of smiles. See our website for information . SSCG is a non-profit dedicated to offering recreational circus and gymnastics classes for all ages and skill levels. We provide inclusive programming for children who need extra support to participate.
sscircusandgymnastics@gmail.com

SALT SPRING ISLAND PICKLEBALL ASSOCIATION

www.saltspringpickleball.com

Join us for outdoor play at Portlock Park or Fulford (behind Firehall). See playtimescheduler.com/region/salt_spring_island-british_columbia for times. We provide lessons/drill sessions for new players; those wishing to improve their skills.

SALT SPRING ISLAND GOLF CLUB

www.saltspringgolf.com

Established in 1928, this beautiful 9-hole course is perfect for beginners to advanced golfers. Memberships are available, and we are open to the public 7 days a week. Covered driving range, lessons and junior golfer program available.
250 537 2121 • marketingdirectors@saltspringgolf.com

SALT SPRING SNEAKERS RUNNING CLUB

The Salt Spring Sneakers is a recreational running group that welcomes runners of all abilities to join our regular group workouts. Distances range from 5K to 10K on Mondays and Thursdays, and a longer run on Saturdays. Find out more by checking out our Facebook page or by contacting Julie van Soeren. 250 537 1533 • julievansoeren@yahoo.ca

SALT SPRING UNITED SOCCER CLUB

www.saltspringsoccer.com

If you have children aged 4 to 18, get them involved in the beautiful game with us through our house program, travelling teams or skills academy. Malcolm Legg • 250 537 4970

SALT SPRING SQUASH CLUB

www.saltspringsquash.ca

Salt Spring Squash Club is a key club open to members and the public on the Salt Spring Island Golf Course property at 805 Lower Ganges Rd. Information and booking details on the website.
Markus Wenzel • 250 538 7438 • saltspringsquash@gmail.com

SALT SPRING TENNIS ASSOCIATION

www.saltspringtennis.ca

High level junior programs and adult clinics for all levels and ages. Adult memberships allow you to book indoor courts on the island. Visit saltspringtennis.ca for info on tournaments and social events.

SPECIAL OLYMPICS BC

www.specialolympics.ca/british-columbia/communities/salt-spring-island

Provides high-quality sports programs and competitions to youth and adults with intellectual disabilities, enriching lives and celebrating personal achievements through positive sport experiences. Volunteers welcome.
Carol Newmeyer • 250 537 4834 • ssitreasure@hotmail.com

OUTDOOR RECREATION

FISHING LICENSES - SERVICE BC

www.fishing.gov.bc.ca

250 537 5414

GULF ISLANDS CENTRE FOR ECOLOGICAL LEARNING

www.gicel.ca

GICEL is an ecological exploration program connecting young people with nature using the unique ecosystems of the spectacular southern Gulf Islands. Participants, ages 6-12 years old, explore together, study together and play together in the forests, freshwater and marine environments • gicel@gicel.ca

SALT SPRING ISLAND PADDLERS

www.saltspringpaddlers.ca

A social club of active paddlers, who come together in support of their active interest in recreational paddling. We are a volunteer, not-for-profit organization devoted to the promotion of safe and skillful paddling in the surrounding waters. We welcome paddlers of all skill levels. sspcmembers@gmail.com

DRAGON BOATING

Anyone is welcome to join the club. We enjoy being out on the water, socializing after practice, preparing for competitions and being part of the international community of dragon boaters.
Barry Green • 250-537-1150 • bjpg_cormorant@shaw.ca • Facebook: "Spirit Point Dragons"

MOTOCROSS - ON & OFF ISLAND

Contact for information on the sport of motocross; competitions off island; Youth & Adult.
Blaine Johnson • 250 537 6607 • blaine33@shaw.ca

COASTAL CURRENT ADVENTURES

www.coastalcurrentadventures.com

We offer Outdoor Adventure Summer Camps for Youth, Environmental Education + Adventure Programs for Schools & Groups, Kayak Expeditions that explore the spectacular coast of BC and Kayak Guide Training Courses endorsed by the SKGABC.
Jasper Snow Rosen & Carissa Winter • 250 221 2257 • 250 538 7241
coastalcurrentadventures@gmail.com

SALT SPRING ADVENTURE CO.

www.saltspringadventures.com

Experience our marine environment, while learning first-hand about local ecosystems and Salish Sea wildlife on our Whale Watching or daily Kayak Tours. If you would like to explore the area on your own, we also offer kayak rentals!
Zoë Ward • 250 537 2751 • info@saltspringadventures.com

SALT SPRING POWER & SAIL SQUADRON

www.cps-ecp.ca

We are working together with the Victoria Squadron to offer courses promoting safe and enjoyable boating. Courses include maintenance, weather, radar, navigation and the mandatory VHF Radio Course and Pleasure Craft Operator Card.
John Lugsdin • jelugsdin@gmail.com

SALT SPRING BIKE CLUB

The Salt Spring Bike Club (SSBC) is an IMBA affiliated and insured club whose primary including trails and a bike skills park for children and youth. New members welcome. Visit us on Facebook • saltspringbikeclub@gmail.com

SALT SPRING ISLAND DISC GOLF CLUB

A club open to all interested in disc golf. Find us on Facebook: Salt Spring Island Disc Golf. Ben Corno • benjamincono@gmail.com

SALT SPRING ISLAND RADIO CONTROL FLYERS

SSI Radio Control Flyers are a MAAC group of fixed wing flying and drone enthusiasts. Fliers of all ages are welcome. Our field is MAAC approved, and we fly when weather allows. Lawrie Neish • 250 537 2053 • wlneish@shaw.ca

SALT SPRING ROWING CLUB

Discover rowing for all ages! Join our youth camps, Learn to Row, recreational, coastal, and competitive programs for youth and adults. No experience needed. Email ssirowing@gmail.com to start your rowing journey today!

SALT SPRING SAILING CLUB

www.saltspringsailing.ca
SISC has sailing camps in July and August for youth over 9 years who are interested in developing strong sailing skills while having fun.

SALT SPRING TRAIL & NATURE CLUB

www.saltspringtnc.ca
Interested in experiencing our island on foot, natural history, flora and fauna? Join us for Tuesday and Sunday walks and hikes. Nonmembers may attend up to three events. Visit website or e-mail us: info.sstnc@gmail.com

WISDOM OF THE EARTH

www.wisdomoftheearth.ca
Experiential nature-based programs for children, youth, and adults, to facilitate deep connection to self, community and the wild. Rites of passage, solo overnights, primitive skills, adult survival courses, kid's camps, preschooler and parent program and more. Jean-Claude Catry • 250 653 9122 jean-claude@wisdomoftheearth.ca

WEST COAST MODEL YACHT ASSOCIATION

www.wcmya.ca
The West Coast Model Yacht Association promotes and coordinates radio sailing activities of clubs for the Canadian Radio Yachting Association. The WCMYA hosts events of regional, national and international levels. The Salt Spring branch sail International One Metres and other classes on a weekly basis. Lawrie Neish • 250 537 2053 • wlneish@shaw.ca

RENTAL FACILITIES

ALL SAINTS BY THE SEA ANGLICAN CHURCH

Upper hall and lower hall. 250 537 2171
allsaints@saltspringanglican.ca

PARC FACILITY BOOKINGS

PARC has meeting and program rooms available to the public for rent.

- **Portlock Park Portable Classroom:** Suitable for meetings. Located at 145 Vesuvius Bay Rd.
- **Rainbow Room:** Suitable for a variety of classes and meetings. Located at 262 Rainbow Rd.
- **Salt Spring Island Multi Space (SIMS):** Classrooms, Boardroom (Wi-Fi and video conferencing equipped), Dance Studio, Gym rentals and storage available. Located at 124 Rainbow Road.

Hourly fees for all locations (tax not included):

- **Classrooms/ Meeting Rooms:** Non-Profit Youth \$16.70, Non-Profit Adult \$20.90, Commercial \$27.85.
- **SIMS Gym:** Non-Profit Youth \$51.45 (\$257.10/day), Non-Profit Adult \$64.30 (\$321.40/day).
- **SIMS Dance Room:** Non-Profit Youth \$21.70, Non-Profit Adult \$27.15, Commercial \$36.20.

Contact ssiparc@crd.bc.ca or call 250-537-4448 for more information or to inquire about availability. Online booking is also available through www.ssiarc.ca



Salt Spring Seniors Services Society

Where people care about each other



Thursday Lunches

Join us in the dining room at noon (Sept-June) for a delicious, nutritious lunch for just \$10. Call ahead to reserve.

Medical Rides Program

As soon as you have an appointment time, call to book your ride with one of our friendly volunteer drivers. 1-844-940-6617

Our Regular Groups

Italian group ~ Bridge & Duplicate Bridge ~ Lost Chords Choir ~ Arts & Crafts Group ~ Women of Note Choir ~ Caregivers Support Group ~ Calligraphy ~ Recorder Group ~ Parkinson's Group ~ Rag Rug Makers ~ Coffee Time ~ Mah Jong

Become a member for just \$10/year!

Open: 10:00 – 12:00 (Mon & Fri) – 10:00 – 2:00 (Tue – Thur)

**250-537-4604 379 Lower Ganges Rd
www.saltspring seniorscentre.ca**

ARTSPRING

www.artspring.ca

ArtSpring is a 259-seat theatre, three galleries, artist workspace, and meeting area. Both the theatre and the galleries are available for rent. Please see the website for theatre equipment, schematics, gallery layout, and rental information.
250 537 2125 • info@artspring.ca

BEAVER POINT HALL

www.beaverpointhall.org

A beautiful community hall situated in the south end of Salt Spring. Large hall with built-in stage, cozy lounge with fireplace, kitchen facilities. Capacity 100 banquet/180 reception. Great for concerts, dances, workshops, weddings and other events. Contact Elizabeth Zook, Booker at Beaver Point Hall: 250 930 4000 beaverpointhall@gmail.com

CENTRAL HALL

Central Community Hall accommodates 120 persons in the upper hall and 60 persons in the lower hall. Kitchen facilities in lower hall only. 250 537 0049

COMMUNITY GOSPEL CHAPEL

www.communitygospelchapel.com

Several meeting rooms, large open hall (accommodates 250 to 300) and AV equipment available. Wheelchair accessible.
250 537 2622 • info@communitygospelchapel.com

FARMERS' INSTITUTE EXHIBITION HALL

www.ssifi.org

Exhibition hall holds a maximum of 450 people and is wheelchair accessible. The upstairs meeting room and kitchen holds 70 people. Orchard, outdoor facilities, and camping with events are also available. 250 537 4755 • rentals@ssifi.org

FULFORD COMMUNITY HALL

www.fulfordhall.com

The Fulford Community Hall has 3200 square feet for recreation. Stage can be created with the risers. Weddings, concerts, dances, memorials, craft sales, flea market, Christmas Craft Fair, Jan's Fabulous Flea market, floor hockey and pickle ball.
fulfordhall@gmail.com

FULFORD SENIORS

www.fulfordseniors.com

At the south end of Fulford Hall. Two meeting rooms accommodating 40 people each. Fully equipped kitchen, wifi and wheelchair accessible. Reasonable rates. fulfordseniors@gmail.com

GATEHOUSE AT STOWEL LAKE FARM

www.stowellakefarm.com

Farm setting with various options for events.
Liz Young • 250 653 4308 • info@stowellakefarm.com

MAHON HALL

www.saltspringarts.com/mahon-hall/rentals

Mahon Hall is a community venue for cultural events such as concerts, theatrical performances, fundraisers and exhibitions, and home to the Salt Spring Arts Council. Available for rent mid-September to mid-November and January thru May. Capacity is 200/120 seated.
250 537 0899 • rentals@ssartsCouncil.com

MEADEN HALL C/O ROYAL CANADIAN LEGION

Facility includes 2400 square foot hall with stage, full bar and commercial kitchen. Accommodates 150 for dinner/wedding. Accommodates camping and RV's for large events. 250 537 5822

BENCH DONATION PROGRAM

The Partners with PARC program enables the community and PARC to work together to provide facilities, programs and parkland which enrich our community. One way you can become a partner with PARC is by gifting a park bench, with commemorative plaque, to be placed in a scenic area of a park.

Your donation to the Partners with PARC program may have tax advantages for you, your business or your organization. The Capital Regional District will issue a "Letter of Acknowledgement" for each donation, suitable for tax purposes.

Cost of the bench, plaque, cement base, installation, and maintenance for 10 years is \$4,250.

For additional information or to purchase a memorial bench please contact the Salt Spring Island CRD Administration office at 108-121 McPhillips Avenue or email saltspring@crd.bc.ca .



These gifts benefit our community and become your legacy to the future of Salt Spring Island.

PARC MEETING ROOMS

Suitable for classes and meetings. Portlock Park Portable & SIMS Boardroom.
250 537 4448 • ssiparc@crd.bc.ca

SALT SPRING LIONS – HART BRADLEY MEMORIAL HALL

Beautiful log building with hardwood floor, covered deck, in town & wheelchair accessible. Ideal for meetings, workshops, receptions, events for up to 80. Serving kitchen available including table, chairs & basic table settings. 103 Bonnet Avenue V8K 2K8 250 537 2000 • sslions@telus.net

SALT SPRING ISLAND PUBLIC LIBRARY

Two small meeting rooms and one large Program Room with available projector.
Please email for details, capacity, and availability.
250 537 4666 • info@saltspringlibrary.com

SALT SPRING SENIORS SERVICES SOCIETY

www.saltspringseiorscentre.ca
Rooms for 6 to 60 people. Kitchen and AV equipment available. Accessible and comfortable space, great rates! Central location at 379 Lower Ganges Rd, near Country Grocer.
250-537-4604 • saltspringseiors@shaw.ca

SALT SPRING ISLAND UNITED CHURCH

www.saltspringunitedchurch.org
Wheelchair accessible, Sanctuary seats 110 with new comfortable upholstered chairs, Upper Hall with kitchenette accommodates 50, Lower Hall accommodates 60, full kitchen optional.
111 Hereford Avenue • 250-537-5812
general@saltspringunitedchurch.org

SALT SPRING WELLNESS CENTRE

www.ssiwellness.com
All things wellness! 24hr full gym. A beautiful 1200 sq foot studio offering a variety of yoga classes and is also available for private rentals. Massage, acupuncture, and more check website for current offerings info@ssiwellness.com • 250 900 1125

SCHOOL DISTRICT FACILITIES

www.sd64.bc.ca
Most school gyms are available for rental, as well as some specialized workrooms. GISS multi-purpose room is available for meetings and/or concerts (sound system available)
250 537 5723

YOUTH GROUPS

CORE YOUTH DROP-IN CENTRE

www.saltspringcommunityservices.ca
The Core Youth Centre provides a supportive environment for youth between grades 6-12. Facilities include pool table, video games, big screen TV, computer access and café. Various classes, programs and events throughout the year.
250 537 9932 • connect@ssics.ca

GIRL GUIDES OF CANADA

www.girlguides.ca
Guiding welcomes girls, women & non-binary people who are comfortable in spaces that focus on and are driven by the experience of girls. Sparks, Embers, Guides, Pathfinders, Rangers, Trefoil Guild. We are always looking for new Guiders to join the fun!
Casi:ssiguides@gmail.com

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