



# SALT SPRING ISLAND PARKS & RECREATION

## APRIL - AUGUST 2025 GUIDE

POOL  
& SIMS GYM  
SCHEDULE  
INSIDE



SUMMER CAMPS - NEW FORMAT!  
NEW! BADMINTON  
YOUTH WEEK EVENT

YOUR SPRING AND SUMMER GUIDE TO COMMUNITY ACTIVITIES & PROGRAMS  
[www.ssiparc.ca](http://www.ssiparc.ca) • 250-537-1402 • [ssiparc@crd.bc.ca](mailto:ssiparc@crd.bc.ca)



Driftwood

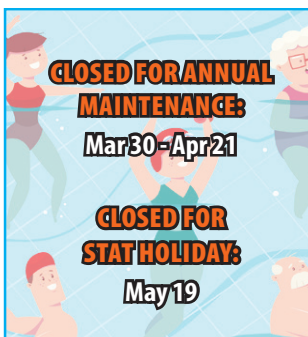




# RAINBOW RECREATION CENTRE

**SPRING 2025 SCHEDULE: APRIL 22 - JUNE 28 • 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-9:45am
	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	
	TOT SPLASH 10:45am-12pm	LAPS & LEISURE 10:45am-12pm	TOT SPLASH 10:45am-12pm	LAPS & LEISURE 10:45am-12pm	REGISTERED PROGRAMS ONLY 10:30am-1:30pm	REGISTERED PROGRAMS ONLY 9:45am-12:30pm
	CLOSED 12pm-1pm	AQUA YOGA 12:05pm-12:50pm	CLOSED 12pm-1pm	AQUA YOGA 12:05pm-12:50pm		
EVERYONE WELCOME 1pm-5:30pm <i>*Sensory-Friendly 1pm-2:30pm</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 1:30pm-5:30pm <i>*Shared with Swim Club until 3pm</i>	EVERYONE WELCOME 12:30pm-2:45pm
						AQUAFIT: TABATA 2:45pm-3:45pm
	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>		ADULT ONLY LAPS (2) 2:45pm-4pm
	LAPS & LEISURE 6pm-8pm <i>*Shared with Masters Swim Training &amp; Swim Club</i>	AQUAFIT: DUAL DEPTH 6:15pm-7:15pm	LAPS & LEISURE 6pm-8pm <i>*Shared with Masters Swim Training &amp; Swim Club</i>	AQUAFIT: INTERVALS 6:15pm-7:15pm	FRIDAY NIGHT MADNESS 5:30pm-8pm <i>*No lanes available *WIBIT Open: 6pm-7:30pm</i>	



**\*No admission 30 minutes  
before closing\***

## AQUAFIT

### 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.

### AQUA YOGA (16+)

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.

**No Aqua Yoga sessions during July & August**

## SHOWER PROGRAM

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

## LAPS & LEISURE

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

**When shared with swim club, only one (1) lap lane available.**

## EVERYONE WELCOME

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 one (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). **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 whirl pool area.



# RAINBOW RECREATION CENTRE

SUMMER 2025 SCHEDULE: JUNE 29 - AUGUST 30 • 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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EVERYONE WELCOME 1pm-5:30pm <i>*Sensory-Friendly 1pm-2:30pm</i>	EVERYONE WELCOME 12:30pm-6pm <i>*Shared with camp &amp; Swim Club</i>	EVERYONE WELCOME 12:30pm-6pm <i>*Shared with camp &amp; Swim Club</i>	EVERYONE WELCOME 12:30pm-6pm <i>*Shared with camp &amp; Swim Club</i>	EVERYONE WELCOME 12:30pm-6pm <i>*Shared with camp &amp; Swim Club</i>	EVERYONE WELCOME 12pm-5:30pm <i>*Shared with camp &amp; Swim Club until 3pm</i>	LAPS & LEISURE 9:45am-12:30pm
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	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	AQUAFIT: INTERVALS 6:15pm-7:15pm	ADULT ONLY LAPS (2) 6:15pm-7:30pm	AQUAFIT: TABATA 2:45pm-3:45pm
			LAPS & LEISURE 6pm-8pm <i>*Shared with Swim Club</i>		FRIDAY NIGHT MADNESS 5:30pm-8pm <i>*No lanes available *WIBIT Open: 6pm-7:30pm</i>	ADULT ONLY LAPS (2) 2:45pm-4pm

**CLOSURE FOR  
SWIM MEET:**  
July 11 at 4:30pm  
July 12 & 13, all day

**CLOSED FOR  
STAT HOLIDAY:**  
August 4

**\*No admission 30 minutes  
before closing\***

**AQUAFIT  
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**  
Pool is divided into half laps, half leisure space. Pool equipment usage is up to the discretion of the aquatics staff. **When shared with swim club, only one (1) lap lane available.**

**EVERYONE WELCOME**  
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 one (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). **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 whirl pool area.



# SALT SPRING ISLAND MULTI SPACE (SIMS)

**Monday – Friday 9am -7pm • Saturday & Sunday 9am - 4pm**

**SIMS Gym Closed: Apr 21, May 4, 5, 11, 12, 19**

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 SPRING DROP-IN SCHEDULE (April 6 - June 23)

Single Admission Rates Apply

SUNDAY	MONDAY
<b>Adult Basketball</b> 10:30am - 12pm (self-led)	<b>Kindergym</b> 9:30am - 11am (self-led)
<b>Family Fun Gym</b> 12:30pm - 2pm (self-led)	<b>Adult Fitness Circuit</b> 12pm - 1pm (self-led)
<b>Rollerskating</b> 2:30pm - 4pm (staff led)	<b>Adult Pickleball</b> 2pm - 3:30pm (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 free-play in the gym with ride-on toys, tumbling mats, music, toys & more!

**Parent participation required.**

### ADULT FITNESS CIRCUIT:

Join us for a lunchtime workout! Fitness circuit equipment provided.

### ADULT PICKLEBALL:

Drop-in pickleball for adults. (16+)

**Paddle rental \$3**



## POOL & RECREATION GENERAL ADMISSION FEES Effective September 1, 2024

	Single	10 x Pass (get 10 for 9)	20 x Pass (get 20 for 17)	1 Month Pass (30 Days)	Annual Pass (360 Days)
Adult (19 yrs and older)	\$6.85	\$61.45	\$116.05	\$68.35	\$466.10
Youth (13-18 yrs or valid student card)	\$5.15	\$46.30	\$87.45	\$51.30	\$349.60
Child (5-12 yrs)	\$4.10	\$36.85	\$69.60	\$41.00	\$279.65
Tot (4 yrs and under)	No Charge	No Charge	No Charge	No Charge	No Charge
Family (max 5 people)	\$13.65	\$122.85	\$232.05	\$136.70	\$932.20
Aquatic Fitness	\$8.50	\$76.55	\$144.60	\$77.10	\$653.70

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





### CONTACT US

#### Rainbow Recreation Centre:

PHONE .....250 537 1402  
 ADDRESS .....262 Rainbow Road  
 .....Salt Spring Island, BC V8K 2M3  
 HOURS .....See schedule on page 2-3  
 FACEBOOK.....www.facebook.com/ssiparc

#### CRD Administrative office:

PHONE .....250 537 4448  
 FAX .....250 537 4456  
 ADDRESS .....#108-121 McPhillips Avenue  
 .....Salt Spring Island, BC V8K 2T6  
 HOURS .....Monday to Friday, 8:30am-4:30pm  
 EMAIL .....ssiparc@crd.bc.ca  
 WEBSITE.....www.ssiparc.ca  
 FACEBOOK.....www.facebook.com/ssiparc

#### Salt Spring Island Multi Space (SIMS):

PHONE .....250 538 4250  
 ADDRESS .....124 Rainbow Road  
 .....Salt Spring Island V8K 2V5  
 HOURS .....See schedule on page 4

#### Staff:

Parks & Recreation Manager .....Dan Ovington  
 Administrative Coordinator.....Chantalle Charron  
 Recreation Marketing .....Tanya Downing  
 Recreation Coordinator .....Zachary Lundie  
 Recreation Programmer .....Kate Gilliam  
 Recreation Program Assistant .....Brett Webb  
 Aquatic Programmer.....Chelsea Harris  
 Maintenance Supervisor.....Justin Byron

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### COMMUNITY Programs

See page 20 for the beginning of the Community Info and Programs section.



## Driftwood

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driftwood@gulfislandsdriftwood.com • www.gulfislandsdriftwood.com

## New website coming soon!

Get ready for a new and improved website in *early March*.  
 Based on your feedback, we're making [www.ssiparc.ca](http://www.ssiparc.ca) easier to access and navigate.

**STAY  
 CONNECTED**  
 with **PARC**



[www.facebook.com/ssiparc](http://www.facebook.com/ssiparc)

Visit our Website!  
[www.ssiparc.ca](http://www.ssiparc.ca)



The CRD conducts its business within the Territories of many First Nations, including but not limited to BOKEĆEN (Pauquachin), MÁLEXEL (Malahat), paa?čiid?atx (Pacheedaht), Sc'ianew (Beecher Bay), Spune'luxutth (Penelekut), Son ghees, STAUTW (Tsawout), T'Sou-ke, WJOŁE ŁP (Tsartlip), WSIKEM (Tse ycum), and x"sepsum (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. 250 537 4448 | [ssiparc@crd.bc.ca](mailto:ssiparc@crd.bc.ca)

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

[www.crd.bc.ca/ssiparc/trails](http://www.crd.bc.ca/ssiparc/trails)

Check out the **Salt Spring Island Trails At A Glance Guide** that includes a trail locator map, photos and descriptions of CRD trails.

## 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.

## 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.

## PICKLEBALL COURTS

[www.saltspingpickleball.net](http://www.saltspingpickleball.net)

- Portlock Park: Four evening-lit public pickleball courts.
- Fulford Tennis Court: Two public pickleball courts located next to the Fulford Fire Hall. See website for details.

## PUBLIC TENNIS COURTS

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

## CRD PLAYGROUNDS

Check out Portlock Park, Centennial Park and Drummond Park playgrounds.

## 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](http://www.ssiparc.ca) | 250 537 1402  
[ssiparc@crd.bc.ca](mailto:ssiparc@crd.bc.ca)

## 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 \$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.

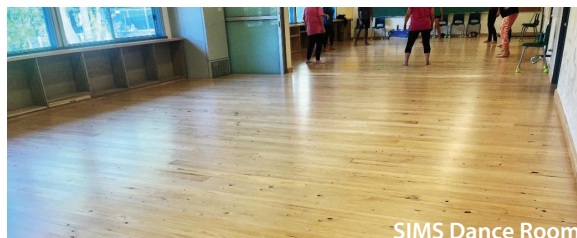
Contact [ssiparc@crd.bc.ca](mailto:ssiparc@crd.bc.ca) or call 250 537 4448 for more information or to inquire about availability. Online booking is also available through [www.ssiparc.ca](http://www.ssiparc.ca)



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 that qualify for the new LEAP program will receive 52 free admissions to drop-in swims at the Rainbow Recreation Centre and 50% off multiple PARC program registrations (to a maximum of \$233.05).

**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.

## 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 online:  
[www.ssiparc.ca](http://www.ssiparc.ca)  
Or call 250 537 4448  
Email: [ssiparc@crd.bc.ca](mailto: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.

• **LATE PICK-UP FEE** - Parents may be charged a late pick-up fee if they arrive after the end time of any PARC-run programs.

• **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).

• **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.



# Ways to Register

## for Spring & Summer 2025 Recreation & Aquatics Programs





On our new website  
[www.ssiparc.ca](http://www.ssiparc.ca)



In person at  
Rainbow Recreation  
Centre



By telephone  
250 537 1402



## Early Years

### ARTS, DANCE & CULTURE

#### EVOLVE DANCE

Evolve Dance explores dance and movement through play and imagination to create an environment where kids can learn the foundations of technique, while still being kids.

**Instructor:** Lara Raven

#### BALLET (3-5 yrs)

F 12pm – 12:30pm Apr 11 – Jun 20

\$64/ 8 Sessions

Drop-in Fee \$10

\*No Session Apr 18, 25 & May 23

**Location:** SIMS Dance Room

#### CREATIVE DANCE (3-5 yrs)

F 12:40pm – 1:10pm Apr 11 – Jun 20

\$64/ 8 Sessions

Drop-in Fee \$10

\*No Session Apr 18, 25 & May 23

**Location:** SIMS Dance Room

#### YOGA AND SONG CIRCLE (2-5 yrs)

Sing, move and learn fun (often animal based!) yoga poses together in a circle with littles, their caregivers and certified teacher Flo.

**Instructor:** Flo Benjamin

W 11am – 11:45am Apr 16 – May 21

\$90/ 6 Sessions

**Location:** SIMS Dance Room

#### JIUJITSU (3-5 yrs)

A fun introduction to Jiujiitsu! Children learn problem solving skills, determination and cooperation. Games and obstacle courses, technique and skill. Taught by a black belt level Brazilian Jiujiitsu instructor with 13+ years teaching experience.

**Instructor:** Rachael Gilliam

Th 3:15pm – 3:45pm Apr 10 – Jun 26

\$110/ 11 Sessions

\*No Session Jun 5

**Location:** SIMS Room 1

#### KARATE FOR KIDS (3-6 yrs)

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

**Instructor:** Martin Mongard

F 2:30pm – 3:15pm Apr 11 – Jun 20

\$80/ 8 Sessions

\*No Session Apr 18, 25 & May 23

**Location:** SIMS Room 1



**Easter Egg Hunt at SIMS Apr 20**

*See website for more details*





## School Age

### ART, DANCE & CULTURE

#### EVOLVE DANCE

Evolve explores dance and movement through play and imagination to create an environment where our kids can learn about dance, and the foundations of technique while still being kids.

**Instructor:** Lara Raven

#### BALLET (6-8 yrs)

F 1:30pm – 2:15pm Apr 11 – Jun 20

\$80/ 8 Sessions

\*No Session Apr 18, 25 & May 23

**Location:** SIMS Dance Room

#### CONTEMPORARY/PERFORMANCE (9-13 yrs)

F 2:45pm – 4pm Apr 11 – Jun 20

\$120/ 8 Sessions

\*No Session Apr 18, 25 & May 23

**Location:** SIMS Dance Room

### FIRST AID

#### HOME ALONE (9-12 yrs)

This course is designed for children who want to stay home alone for short periods of time. Course focuses on personal and home safety.

**Instructor:** PARC Program Staff

Su 10:30am - 3pm Jun 15 \$60

**Location:** Heron's Nest Portable

### SPORTS & OUTDOOR RECREATION

#### JIUJITSU

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 workout! Taught by a black belt Jiu-jitsu instructor with 13+ years teaching experience.

**Instructor:** Rachael Gilliam

#### Ages 6-9 Years

M 4pm – 5pm Apr 7 – Jun 23

\$135/ 9 Sessions

\*No Session Apr 21, May 19, Jun 9

Tu 4pm – 5pm Apr 8 – Jun 24

\$180/ 12 Sessions

W 4pm – 5pm Apr 9 – Jun 25

\$165/ 11 Sessions

\*No session Jun 4

Th 4pm – 5pm Apr 10 – Jun 26

\$165/ 11 Sessions

\*No Session Jun 5

Tu 4pm – 5pm Jul 8 – Jul 29

\$60/ 4 Sessions

#### Ages 10-13 Years

M 5:15pm – 6:15pm Apr 7 – Jun 23

\$135/ 9 Sessions

\*No Session Apr 21, May 19, Jun 9

Tu 5:15pm – 6:15pm Apr 8 – Jun 24

\$180/ 12 Sessions

Th 5:15pm – 6:15pm Apr 10 – Jun 26

\$165/ 11 Sessions

\*No Session Jun 5

Tu 5:15pm - 6:15pm Jul 8 - Jul 29

\$60/ 4 Sessions

**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 8 – Jun 17

\$110/ 11 Sessions

**Location:** SIMS Dance Room

F 3:45pm – 4:45pm Apr 11 – Jun 20

\$100/ 10 Sessions

\*No session April 18

**Location:** SIMS Room 1

# PARC PROGRAMS

## YOUTH



### Youth

#### **BABYSITTER TRAINING** (11-15 yrs)

Become a certified babysitter. This course covers managing difficult behaviours, how to play with different age groups, and basic first aid training.

**Instructor:** PARC Program Staff

**Su 10:30am-4pm May 26 \$80**

**Location:** Heron's Nest Portable

#### **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 workout! Taught by a black belt Jiu-jitsu instructor with 13+ years teaching experience.

**Instructor:** Rachael Gilliam

**W 5:15pm – 6:15pm Apr 9 – Jun 25**

**\$165/ 11 Sessions**

**\*No Session Jun 4**

**Location:** SIMS Room 1

**W 5:15pm – 6:15pm Jul 9 – Jul 30**

**\$60/ 4 Sessions**

**Location:** SIMS Room 1



#### **HIGH FIVE: PRINCIPLES OF HEALTHY CHILD DEVELOPMENT** (15+ yrs)

Training for Summer Camp staff and Recreation Leaders. HIGH FIVE is the only recognized certification for recreation and sport in Canada based on the Five Principles of Healthy Child Development for children aged 4-12 years. This is a pre-requisite for working at Salt Spring Island PARC camps.

**Instructor:** PARC Staff

**F 10am - 2pm June 27 \$150**

**Location:** SIMS Boardroom

### MAY 3 : SAVE THE DATE FOR YOUTH!

BC Youth Week is a provincial celebration held annually during the first week of May. PARC's Youth Day event starts with glow-in-the-dark roller-skating and local pizza at SIMS, and ends with a ride in the PARC bus to the Rainbow Recreation Center for the "Dive-In Movie" in the pool! Check our website in the Spring for more details and registration information.



**salt spring island  
foundation**

CONNECTING your giving WITH ISLAND NEEDS





## Summer Camps

## SUMMER CAMPS

### WELCOME TO SUMMER CAMPS WITH PARC!

PARC is pleased to bring you a variety of Summer Camps to choose from to keep your kids active and engaged this summer! Pre-registration is required for all camps. Register online [www.ssiparc.ca](http://www.ssiparc.ca) by phone 250-537-1402 or in person at Rainbow Recreation Centre.

### PRESCHOOL CAMP

#### LITTLE EXPLORERS (3-5 yrs)

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

**Instructor:** PARC Program Staff

M-Th 9am – 11am Jul 14 – Jul 17 \$88/ 4 Sessions

M-Th 9am – 11am Jul 21 – Jul 24 \$88/ 4 Sessions

M-Th 9am – 11am Jul 28 – Jul 31 \$88/ 4 Sessions

M-Th 9am – 11am Aug 11 – Aug 14 \$88/ 4 Sessions

M-Th 9am – 11am Aug 18 – Aug 21 \$88/ 4 Sessions

**Location:** Heron's Nest Portable

### GENERAL CAMPS

#### KIDS YOGA AND CRAFT CAMP (6-9 yrs)

Each morning consists of a fun yoga class combining games, song and activities, followed by an original crafting or art session, all led by certified teacher.

**Instructor:** Flo Benjamin

M-Th 10am – 1pm Aug 18 – Aug 21

\$180/ 4 Sessions

**Location:** SIMS Fitness Room



## PARC's Adventure and Quest camps

Online  
registration  
available for  
all camps!

From games, swimming, and arts and crafts to exciting trips to local parks and beaches, every day will bring new experiences! Campers will take part in activities that promote creativity, physical activity, friendship, and lasting memories. All our camp adventures are led by HIGH FIVE® certified staff who ensure a safe, fun, and engaging environment. Look for special off-island trips with Quest camp throughout the summer! Detailed itineraries will be posted at the end of June, on our website and available for pick up at SIMS and Rainbow Recreation Centre.

We've updated our Summer Camp registration process to give you more flexibility. Weekly camps now run Monday through Thursday, with separate registration for Friday Camp. Plus, we are offering extended camp hours from 3pm-4pm, so your camper can enjoy even more fun - chose this add-on at checkout!

**Individual day registration no longer available for Adventure Camp, with the exception of Fridays.**

### ADVENTURE CAMP (5-7 yrs)

**Instructor:** PARC Program Staff

M-Th 9am – 3pm Jul 7 – Jul 10 \$180/ 4 Sessions  
M-Th 9am – 3pm Jul 14 – Jul 17 \$180/ 4 Sessions  
M-Th 9am – 3pm Jul 21 – Jul 24 \$180/ 4 Sessions  
M-Th 9am – 3pm Jul 28 – Jul 31 \$180/ 4 Sessions  
Tu-Th 9am – 3pm Aug 5 – Aug 7 \$135/ 3 Sessions  
M-Th 9am – 3pm Aug 11 – Aug 14 \$180/ 4 Sessions  
M-Th 9am – 3pm Aug 18 – Aug 21 \$180/ 4 Sessions  
M-Th 9am – 3pm Aug 25 – Aug 28 \$180/ 4 Sessions

**Location:** SIMS Home Ec Room

### QUEST CAMP (8-11 yrs)

**Instructor:** PARC Program Staff

M-Th 9am – 3pm Jul 7 – Jul 10 \$180/ 4 Sessions  
M-Th 9am – 3pm Jul 14 – Jul 17 \$180/ 4 Sessions  
M-Th 9am – 3pm Jul 21 – Jul 24 \$180/ 4 Sessions  
M-Th 9am – 3pm Jul 28 – Jul 31 \$180/ 4 Sessions  
Tu-Th 9am – 3pm Aug 5 – Aug 7 \$135/ 3 Sessions  
M-Th 9am – 3pm Aug 11 – Aug 14 \$180/ 4 Sessions  
M-Th 9am – 3pm Aug 18 – Aug 21 \$180/ 4 Sessions  
M-Th 9am – 3pm Aug 25 – Aug 28 \$180/ 4 Sessions

**Location:** SIMS Room 2

### ADVENTURE CAMP FRIDAYS! (5-7 yrs)

**Instructor:** PARC Program Staff

F 9am – 3pm \$45/Session  
Jul 11, Jul 18, Jul 25, Aug 1, Aug 8, Aug 15, Aug 22,  
Aug 29

**Location:** SIMS Home Ec Room

### QUEST CAMP FRIDAYS! (8-11 yrs)

**Instructor:** PARC Program Staff

F 9am – 3pm \$45/ Session  
Jul 11, Jul 18, Jul 25, Aug 1, Aug 8, Aug 15, Aug 22,  
Aug 29

**Location:** SIMS Room 2

## SPORTS CAMPS

### 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.

**Instructor:** Isiah Pasquale coaches

Jul 14 – Jul 18

M-F 9am – 12pm 6-9 yrs \$165/5 Sessions

M-F 9am – 12pm 10-14 yrs \$165/ 5 Sessions

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

**Location:** SIMS Gym

### JIUJITSU CAMP (8-13yrs)

Build confidence, meet new friends, develop athleticism, learn self defense, and have fun! Games and activities including Ninja Obstacle Course and Brazilian JiuJitsu classes to give your child the exercise they need and the fun they want!

**Instructor:** Rachael Gilliam

Tu-F 9am-1pm Aug 5 – Aug 8 \$200/ 4 Sessions

M-Th 9am-1pm Aug 11 – Aug 14 \$200/ 4 Sessions

**Location:** SIMS Gym





## LIFESAVING CAMP (8-13yrs)

Learn about self-survival skills in, on, and around the water and how to save others from water-related injuries. Camp will be in and out of the pool throughout the day.

**Prerequisites:** Completion of Swimmer Level 4 in Swim for Life swimming lesson program. Swimsuit & towel required.

**Instructor:** PARC Program Staff

M-Th 10:30am – 3:30pm Jul 7 – Jul 10

\$175/ 4 Sessions

M-Th 10:30am – 3:30pm Jul 28 - Jul 31

\$175/ 4 Sessions

**Location:** Rainbow Recreation Centre

## KARATE CAMP (6-12yrs)

An immersive camp where kids learn Karate and aspects of Japanese culture. An immersive camp where kids learn Karate and aspects of Japanese history and culture. Takes place both inside SIMS and outdoors in the field.

**Instructor:** Martin Mongard

M-Th 10am – 2pm Jul 14 – Jul 17 \$175/ 4 Sessions

**Location:** SIMS Room 1

## 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.

**Instructor:** SoccerTron Coaches

M-F Jul 21 – Jul 25 & Aug 11 - 15

3-5 yrs: 10:30am – 11:30am \$95/ 5 Sessions

6-9 yrs: 9am – 12pm \$165/ 5 Sessions

7-14 yrs: 9am – 3:30pm \$290/ 5 Sessions

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

**Location:** SD64 Hydro Field



## LEGO ROBOTICS (WEDO 2.0) AND SCIENCE: BATTLEBOTS AND BEYBLADES EDITION!

(6-10yrs)

Let's get ready to rumble! Join our LITTLUNIVERSE for an exciting week of LEGO, CODING and SCIENCE! With a teammate, dive into the world of engineering using LEGO's WEDO 2.0 sets and software. No experience required.

**Instructor:** Littluniverse

M-F 9am – 4pm Jun 30 – Jul 4 \$336/4 Sessions

\*No Session Jul 1

**Location:** SIMS Fitness Room

## MINECRAFT MODDING - EXPLOSIVE EDITION (8-11yrs)

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 Jun 30 – Jul 4 \$104/4 Sessions

\*No Session Jul 1

**Location:** SIMS Fitness Room

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

Join our LITTLUNIVERSE for an exciting week of CODING and SCIENCE! Using Gamemaker, participants will create their very own PVP style game like Super Smash Bros, Street Fighter and more!

**Instructor:** Littluniverse

M-F 5pm -6:30pm Jul 7 – Jul 11 \$135/ 5 Sessions

**Location:** SIMS Fitness Room

M-F 9am – 4pm Jul 7 – Jul 11 \$435/ 5 Sessions

**Location:** SIMS Fitness Room

## SCIENCE, TECH & NATURE CAMPS

### MINECRAFT MODDING – PVP EDITION (8-14yrs)

Participants will transform the way they experience the game by learning how to mod by creating different custom objects designed to improve your chances in PvP! 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



## Adult

### LINE DANCING

Learn a variety of 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

#### BEGINNERS'

**M 7pm - 8:30pm Apr 7 - Jun 23**

**\$130 / 10 Sessions**

**\*No Session Apr 21, May 19**

**Tu 1pm - 2:30pm Apr 8 - May 27**

**\$104 / 8 Sessions**

**Tu 1pm - 2:30pm Jun 3 - Jun 24**

**\$52/ 4 Sessions**

#### BEGINNERS' 2

**Th 1:15pm - 2:45pm Apr 10 - May 22**

**\$91/7 Sessions**

**Th 1:15pm - 2:45pm May 29 - Jul 3**

**\$78 / 6 Sessions**

#### LOW INTERMEDIATE

**Tu 7pm - 8:30pm Apr 8 - May 27**

**\$104/ 8 Sessions**

**Tu 7pm - 8:30pm Jun 3 - Jun 24**

**\$51/ 4 Sessions**

**Location: SIMS Room 2**

### SPANISH 101

An entry-level Spanish class covering the absolute basics to start speaking, understanding, writing, and reading in Spanish. This class offers a fun and friendly introduction to Spanish as a second language. **16+ yrs welcome!**

**Instructor:** Talia Peckel

**Tu 5pm - 6pm Apr 22 - Jun 3**

**\$132/ 6 Sessions**

**\*No Session May 20**

**Location: SIMS Upstairs Studio**

### SPANISH 102

This class is for you if you have a basic level of Spanish and would like to strengthen your use of past tense, verb conjugation, and more complex communication/ comprehension. **16+ yrs welcome!**

**Instructor:** Talia Peckel

**Tu 6:15pm - 7:15pm Apr 22 - Jun 3**

**\$132/ 6 Sessions**

**\*No Session May 20**

**Location: SIMS Upstairs Studio**

## FITNESS, BODY & MIND

### 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 meditation. Fitness for body, mind and soul, Bellyfit will leave you feeling strong, clear and connected. **16+ yrs welcome!**

**Instructor:** Trina Aspinall

**W 6pm - 7pm Apr 9 - Jun 18**

**\$165/ 11 Sessions**

**Drop-in Fee \$20**

**Location: SIMS Dance Room**

### AGEING BACKWARDS WORKOUT

A full body stretch workout for flexibility, mobility & strength. Includes pelvic floor work and yin yoga.

**Instructor:** Sarah Hyams

**F 9:15am - 10:15am Apr 11 - Jun 20**

**\$120/ 8 Sessions**

**Drop-in fee: \$20**

**\*No Sessions Apr 18, 25 & May 23**

**Location: SIMS Dance Room**

## SPORTS & OUTDOOR RECREATION

### BADMINTON (13+ yrs)

Recreational Badminton, facilitated by SSI Badminton. Equipment provided.

**Tu 6pm - 8pm Apr 8 - May 27**

**\$49/ 7 Sessions**

**\*No Session May 6**

**Tu 6pm - 8pm Jun 3 - Jul 29**

**\$56/ 8 Sessions**

**\*No session Jul 1**

**Location: SIMS Gym**

### KARATE FOR YOUTH & ADULTS (16+ yrs)

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

**Instructor:** Martin Mongard

**F 4:45pm - 5:45pm Apr 11 - Jun 20**

**\$100/ 10 Sessions**

**\*No session Apr 18**

**Location: SIMS Room 1**

**HIGH FIVE - see page 10**





## FIRST AID



FIRST AID

**STANDARD FIRST AID WITH CPR-C** (12+ yrs)  
Comprehensive training covering all aspects of first aid, including head/spinal injuries, fractures, sudden medical emergencies, environmental illnesses, and poisoning. AED training is also included. Equivalent to Intermediate First Aid with WorkSafe BC. The Marine First Aid certification is also available as an add-on upon registration.  
**Instructor:** Mysha Dewar-McClelland

**F-Sa 9am - 4:30pm Apr 25-26**  
**\$165/ 2 Sessions**

**F-Sa 9am - 4:30pm Jul 4-5**  
**\$165/ 2 Sessions**

**Location: SIMS Boardroom**

**EMERGENCY FIRST AID WITH CPR-C** (12+ yrs)  
Comprehensive training covering all aspects of first aid, including circulatory and breathing emergencies, and wound care. AED training is also included. Equivalent to Basic First Aid with WorkSafe BC.  
**Instructor:** Mysha Dewar-McClelland

**Sa 9am - 4:30pm May 31 \$100**

**Sa 9am - 4:30pm Jul 26 \$100**

**Location: SIMS Boardroom**

**First Aid Manuals and Pocket Masks can be purchased as add-ons with any First Aid registration**

**STANDARD FIRST AID RECERTIFICATION** (12+ yrs)  
This course provides an in-depth review of first aid topics including head/spinal injuries, fractures, sudden medical emergencies, environmental illnesses, and poisoning. AED and CPR Level C training is also included.  
**Prerequisites:** candidates must bring their current, unexpired Standard First Aid certificate to attend the course.  
**Instructor:** Mysha Dewar-McClelland

**Sa 9am - 4:30pm Jun 28 \$100**

**Sa 9am - 4:30pm Aug 16 \$100**

**Location: SIMS Boardroom**



# PARC PROGRAMS

## AQUATIC FITNESS

### 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 20 lengths or more. Commit to a full series on Mondays or Wednesdays (or both!) or drop in. Late registration welcome.

**Instructor:** Elyse Walsh

**M 6pm – 7pm Apr 28 – Jun 23**

**\*No Session May 19**

**\$80/ 8 Sessions**

**Drop-in fee \$12**

**W 6pm – 7pm Apr 23 – Jun 25**

**\$100/ 10 Sessions**

**Drop-in fee \$12**

**Location: Rainbow Recreation Centre**



### 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

**W 8:45am – 1:45pm Apr 2, Apr 9, Apr 16**

**Single session pre-registration \$34 (\$25 for 65+)**

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

### PRIVATE AQUAFIT

One-on-one aqua fitness instruction to meet all your fitness goals.

**Instructor:** Leanne Brunelle

**Tu 11:30am – 12pm Apr 22 – May 20 \$225/ 5 Sessions**

**Th 11:30am – 12pm Apr 24 – May 22 \$225/ 5 Sessions**

**Tu 11:30am – 12pm May 27 – Jun 24 \$225/ 5 Sessions**

**Th 11:30am – 12pm May 29 – Jun 26 \$225/ 5 Sessions**

**Location: Rainbow Recreation Centre**

## PARC Birthday Parties

### 3 parties to choose from...

#### Pool Parties

Fridays 5:45pm – 7:45pm

\*Shared access to WIBIT, 7+ yrs

Saturdays 12:30pm – 2:30pm

Bring your friends for a party at the pool! Includes 2 hours access to the pool and private access to the multipurpose room. Price includes up to 15 guests.

#### SIMS Gym Parties

Sundays 12:30pm – 2pm

Celebrate your next birthday with a Gym Party! Each party includes shared access to gymnasium and a private party room for up to 15 guests.

All Gym Parties include use of equipment including kindergym toys, sports equipment, tumbling mats, and more!

#### Roller Skating Parties

Sundays 2:30pm – 4pm

\*Skate rentals \$5

Celebrate your next birthday with a Roller Skating Party! Each party includes shared access to Roller Skating in the gymnasium (from 12:30pm - 2pm) and a private party room for up to 15 guests.

Book **online** at [ssiparc.ca](http://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



# PARC PROGRAMS

## ADVANCED AQUATICS

### BRONZE MEDALLION

This is the first step to 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-Th 11:30am – 5:30pm Jul 21 - Jul 25**  
**\$180/ 4 Sessions**

**Location:** Rainbow Recreation Centre

### BRONZE CROSS

Candidates strengthen and expand their lifesaving skills and learn active surveillance in aquatic environments. The importance of teamwork and communication in preventing and responding to emergencies are also learnt.

**100% attendance and participation required.**

**Prerequisite:** Bronze Medallion

**Instructor:** Jana Philipp

**M-Th 11:30am – 5:30pm Aug 18 – Aug 21**  
**\$180/ 4 Sessions**

**Location:** Rainbow Recreation Centre

### NEW! LIFESAVING CLUB

Participants will learn about self-survival skills in, on and around the water and how to save others from water-related injuries.

**Prerequisites:** completion of Swimmer Level 4 or higher in the Swim for Life swimming lesson program

**Instructor:** Jana Philipp

**F 3pm – 4:30pm May 2 – Jun 27**  
**\$120/ 8 Sessions**  
**\*No Session May 23**

**Location:** Rainbow Recreation Centre

## Mother's Day Swim

**Sun May 11**  
**Mothers get in for free**  
**1pm – 5:30pm**



## Father's Day Swim

**Sun Jun 15**  
**Fathers get in for free**  
**1pm – 5:30pm**



### SWIM INSTRUCTOR

Become a Swim Instructor with the Lifesaving Society. Candidates are trained using a competency-based model that teaches the techniques and approaches required to teach Swim for Life® and Canadian Swim Patrol programs.

**Prerequisites:** 15 years old by the last day of the course and Bronze Cross (need not be current)

**Instructor:** Chelsea Harris

**Sa Apr 5 & 12 10:30am - 6pm (in SIMS Boardroom)**  
**F May 2 - Jun 20 10:30am - 6pm**  
**\$400/ 9 Sessions**

**\*No Session Apr 18, 25 & May 23**

**Location:** Rainbow Recreation Centre

### SWIM INSTRUCTOR RECERTIFICATION

Get re-certified as a Swim Instructor 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

**Sa 9am – 3pm Apr 26 \$100**

**Location:** Rainbow Recreation Centre

### LIFESAVING INSTRUCTOR RECERTIFICATION

Get re-certified as a Lifesaving Instructor for two more years. Candidates must bring proof of previous Lifesaving Instructor certification and a whistle.

**Prerequisites:** Lifesaving Instructor certification (need not be current)

**Instructor:** Chelsea Harris

**Su 9am – 3pm Apr 27 \$120**

**Location:** Rainbow Recreation Centre

### NATIONAL LIFEGUARD RECERTIFICATION

Get re-certified as a Lifeguard with the Lifesaving Society. Candidates must bring proof of previous National Lifeguard Pool Option certification.

**Prerequisites:** Proof of previous NL Pool Option (need not be current)

**Instructor:** Chelsea Harris

**Su 10am – 6:30pm Aug 10**

**Location:** Rainbow Recreation Centre

## Summer Solstice Swim

**Fri Jun 20. Fun & games!**  
**5:30pm – 8pm Regular admission rates apply**



## RAINBOW RECREATION CENTRE GROUP AND PRIVATE SWIM LESSONS

For program information or to register for classes online, go to [www.ssiparc.ca](http://www.ssiparc.ca).  
You can also register by phone at 250-537-1402 or in person at Rainbow Recreation Centre.

Spring Swim Lessons: May-June					
Parent & Tot Program Levels: 4 Months-3 Years					
	Fridays	Saturdays	Program Information		
Level	May 9-Jun 27 (no session May 23)	May 3-Jun 28 (no session Jun 14)	Ages	Number of Sessions	Lesson Price
Parent & Tot 1/2 (Jellyfish/ Goldfish) (4-12 months) 30 min lesson	10:45am-11:15am	9:45am-10:15am	4-24 Months	7 / 8	\$59.50 / \$68
Parent & Tot 3 (Sea Horse) (24-36 months) 30 min lesson	11:15am-11:45am	10:15am-10:45am	24-36 Months	7 / 8	\$59.50 / \$68
Preschool Program Levels: 3-5 Years					
	Fridays	Saturdays	Program Information		
Level	May 9-Jun 27 (no session May 23)	May 3-Jun 28 (no session Jun 14)	Ages	Number of Sessions	Lesson Price
Preschool 1 (Octopus) 30 min lesson	12:15pm-12:45pm	11:15am-11:45am	3-5 Years	7 / 8	\$59.50 / \$68
Preschool 2 (Crab) 30 min lesson	11:45am-12:15pm	10:45am-11:15am	3-5 Years	7 / 8	\$59.50 / \$68
Preschool 3 (Orca) 30 min lesson	12:15p-12:45pm	11:15am-11:45am	3-5 Years	7 / 8	\$59.50 / \$68
Preschool 4/5 (Sea Lion/Narwhal) 30 min lesson	12:45pm-1:15pm	10:45am-11:15am	3-5 Years	7 / 8	\$59.50 / \$68
Swimmer Program Levels: 6-14 Years					
	Fridays	Saturdays	Program Information		
Level	May 9-Jun 27 (no session May 23)	May 3-Jun 28 (no session Jun 14)	Ages	Number of Sessions	Lesson Price
Swimmer 1 30 min lesson	10:45am-11:15am	9:45am-10:15am	6-12 Years	7 / 8	\$59.50 / \$68
Swimmer 2 30 min lesson	11:15am-11:45am	10:15am-10:45am	6-12 Years	7 / 8	\$59.50 / \$68
Swimmer 3 45 min lesson	10:45am-11:30am	9:45am-10:30am	6-12 Years	7 / 8	\$73.50 / \$84
Swimmer 4 45 min lesson	11:30am-12:15pm	10:30am-11:15am	6-12 Years	7 / 8	\$73.50 / \$84
Swimmer 5/6 45 min lesson	11:45am-12:30pm	11:15am-12:00pm	6-12 Years	7 / 8	\$73.50 / \$84
Swimmer 7/8/9 60 min lesson	12:30pm-1:30pm		8-14 Years	7	\$91
Block Private Swim Lessons: 2 + Years					
	Fridays	Saturdays	Program Information		
	May 9-Jun 27 (no session May 23)	May 3-Jun 28 (no session Jun 14)	Ages	Number of Sessions	Lesson Price
1 or 2 registrants 30 min lesson	12:45pm-1:15pm	11:45am-12:15pm	2 Years +	7 / 8	\$152.50 / \$174 (1 registrant) \$210 / \$240 (2 registrants)



# PARC PROGRAMS

## PRIVATE LESSONS



### BLOCK PRIVATE LESSONS

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

**\$21.75/ 30 mins for 1 registrant**

**\$30/ 30 mins for 2 registrants**

### CUSTOM PRIVATE LESSONS

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

**\$30/ 30 mins for 1 registrant**

**\$38.50/ 30 mins for 2 registrants**



## Summer Swim Lessons: July-August

### Parent & Tot Program Levels: 4 Months to 3 Years

	Mondays/Wednesdays	Tuesdays/Thursdays	Lesson Prices		Program Information
Level	Set 1: Jun 30-Jul 23 Set 2: Jul 28-Aug 27 (no lesson Aug 4)		Mon/Wed Set 1 *8 Sessions	Mon/Wed Set 2 *9 Sessions	Program Ages
Parent & Tot 1/2 (Jellyfish/ Goldfish) 30 min lesson	10:45am-11:15am		\$68	\$76.50	4-24 Months
Parent & Tot 3 (Sea Horse) 30 min lesson	11:15am-11:45am		\$68	\$76.50	24-36 Months

### Preschool Program Levels: 3-5 Years

	Mondays/Wednesdays	Tuesdays/ Thursdays	Lesson Prices		
Level	Set 1: Jun 30-Jul 23 Set 2: Jul 28-Aug 27 (no lesson Aug 4)	Set 1: Jul 3-31 Set 2: Aug 5-28 (no lesson Aug 15)	Mon/Wed Set 1 *8 Sessions	Mon/Wed Set 2 & Tues/Thurs Set 1 *9 Sessions Each	Tues/Thurs Set 2 *7 Sessions
Preschool 1 (Octopus) 30 min lesson	11:45am-12:15pm	11:45am-12:15pm	\$68	\$76.50	\$59.50
Preschool 2 (Crab) 30 min lesson	11:15am-11:45am	11:30am-12pm	\$68	\$76.50	\$59.50
Preschool 3 (Orca) 30 min lesson	11:45am-12:15pm		\$68	\$76.50 *No sessions available Tuesday/Thursday	
Preschool 4/5 (Sea Lion/Narwhal) 30 min lesson	11:15am-11:45am		\$68	\$76.50 *No sessions available Tuesday/Thursday	

### Swimmer Program Levels: 6-14 Years

	Mondays/Wednesdays	Tuesdays/Thursdays	Lesson Prices		
Level	Set 1: Jun 30-Jul 23 Set 2: Jul 28-Aug 27 (no lesson Aug 4)	Set 1: Jul 3-31 Set 2: Aug 5-28 (no lesson Aug 15)	Mon/Wed Set 1 *8 Sessions	Mon/Wed Set 2 & Tues/Thurs Set 1 *9 Sessions Each	Tues/Thurs Set 2 *7 Sessions
Swimmer 1 30 min lesson	10:45am-11:15am	10:45am-11:15am	\$68	\$76.50	\$59.50
Swimmer 2 30 min lesson	11:15am-11:45am	11:15am-11:45am	\$68	\$76.50	\$59.50
Swimmer 3 45 min lesson		10:45am-11:30am		\$94.50 *No sessions available Monday/Wednesday	\$73.50
Swimmer 4 45 min lesson		11:30am-12:15pm		\$94.50 *No sessions available Monday/Wednesday	\$73.50
Swimmer 5/6 45 min lesson		10:45am-11:30am		\$94.50 *No sessions available Monday/Wednesday	\$73.50
Swimmer 7/8/9 60 min lesson	*see dates & times for Lifesaving Camp				

### Block Private Swim Lessons: 2 + Years

	Mondays/Wednesdays	Tuesdays/Thursdays	Lesson Prices		
	Set 1: Jun 30-Jul 23 Set 2: Jul 28-Aug 27 (no lesson Aug 4)	Set 1: Jul 3-31 Set 2: Aug 5-28 (no lesson Aug 15)	Mon/Wed Set 1 *8 Sessions	Mon/Wed Set 2 & Tues/Thurs Set 1 *9 Sessions Each	Tues/Thurs Set 2 *7 Sessions
1 or 2 registrants 30 min lesson	11:45am-12:15pm	12:00-12:30pm	\$174 (1 Registrant) \$240 (2 Registrants)	\$195.75 (1 Registrant) \$270 (2 Registrants)	\$152.25 (1 Registrant) \$210 (2 Registrants)

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

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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](http://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

[www.saltspringarts.com](http://www.saltspringarts.com)

Salt Spring Arts' mission is to build and nurture the creative capacity of our community on Salt Spring Island. The non-profit arts council delivers a broad range of cultural programs and initiatives with the aim of promoting participation in, and access, to the arts.  
250 537 0899 • [info@ssartscouncil.com](mailto:info@ssartscouncil.com)

## DANCE

### ARGENTINE TANGO - POR EL AMOR AL TANGO

[www.saltspringislandtango.wordpress.com/](http://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](mailto:ssi.tango@gmail.com)

### DANCE TEMPLE

[www.dancetemplesaltspring.com](http://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.

### 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](mailto:mabeaudoin@shaw.ca)

### NIA

Discover the "Joy of Moving Your Body's Way" to delicious music. Experience the Dance, Martial & Healing Arts with a welcoming community of women of all ages. Online classes Mon, Thurs 10:15 am, Thurs 6:15pm.  
Arleen Sadler • [movingtobealive@gmail.com](mailto:movingtobealive@gmail.com)

### SALTY WHEELS SQUARE DANCE

[www.region1.squaredance.bc.ca](http://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](mailto:almarcun@telus.net)

### SSI SCOTTISH COUNTRY DANCE CLUB

[sites.google.com/view/ssiscdc/home](https://sites.google.com/view/ssiscdc/home)

Whether you are an experienced dancer or just curious, come out

and dance Scottish with us, it is a lot of fun. Weekly classes.  
Contact • John at [jkhowe54@gmail.com](mailto:jkhowe54@gmail.com) • Shelley at [shelcurr@telus.net](mailto:shelcurr@telus.net)

## MUSIC GROUPS & ASSOCIATIONS

### BACH ON THE ROCK

[www.bachontherock.com](http://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.  
Contact • [bachontherock1@gmail.com](mailto:bachontherock1@gmail.com) or for more information.

### BANDEMONIUM MUSIC SOCIETY

[saltspringband.com](http://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](mailto:benmcconchie@gmail.com)  
Swing Shift: Michelle Footz • [mfootz@gmail.com](mailto:mfootz@gmail.com)

### FIDDLEWORKS COMMUNITY DEVELOPMENT SOCIETY

[www.fiddleworks.ca](http://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.

### PIPERS & DRUMMERS ASSOCIATION

For any occasion. Hire one piper or the whole band.  
Doug Fraser • 250 537 7748 • [totemt@telus.net](mailto:totemt@telus.net)

### SALT SPRING FOLK CLUB

[www.saltspringfolkclub.com](http://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 SINGERS

[www.saltspringsingers.ca](http://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](mailto:barbaramarie@telus.net)

### VIVA CHORALE! CHOIR

[www.vivachoralesaltspring.com](http://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.

**SEE PARC PROGRAMS**  
Kids Evolve Dance pg 9

## MUSIC LESSONS

### DREAM DEEP MUSIC

[www.oonamcouat.com](http://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](http://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](http://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/](https://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](http://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](http://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](http://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](http://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

### SAORI SALT SPRING WEAVING STUDIO

[www.saorisaltspring.com](http://www.saorisaltspring.com)

SAORI freestyle weaving classes, workshops and retreats. Ages 6-adult. No experience required. "Try-It" classes for new weavers – create a beautiful weaving in 2 hours.

Terri Bibby • 250 221 0052 • saltspringweaving@gmail.com

### STITCH DIMENSION QUILT GUILD

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

Monthly meetings: September through June on the first Friday of the month at 2 PM. All skill levels welcome. Join in a variety of guild projects or bring your own.

**SEE PARC PROGRAMS**

• Teen JiuJitsu pg. 10

## VISUAL ART GROUPS

### SALT SPRING CALLIGRAPHY GUILD AKA CALLIGRAPHRENDS

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](http://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



## **SALT SPRING ISLAND PAINTERS GUILD**

[www.ssipaintersguild.ca](http://www.ssipaintersguild.ca)

The Painters Guild offers a range of activities once a week, including workshops, drawing sessions, printmaking, outdoor sketching, calligraphy, shows and fellowship. Anyone who has a desire to draw and paint is welcome to become a member. To join the Painters Guild simply visit the website to register. [ssipg@hotmail.com](mailto:ssipg@hotmail.com)

## **SALT SPRING PHOTOGRAPHY CLUB**

[www.ssphotog.ca](http://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. Judy H. McPhee, President • 250 537 1752 • [jhmcphée@shaw.ca](mailto:jhmcphée@shaw.ca)

## **SALT SPRING POTTERS GUILD**

[www.saltspingpottersguild.com](http://www.saltspingpottersguild.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](mailto:patriciagibson198@gmail.com)

## **SALT SPRING PRINTMAKERS SOCIETY**

[www.ssiprintmakers.ca](http://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. [ssiprintmakers@gmail.com](mailto:ssiprintmakers@gmail.com)

## **SALT SPRING WEAVERS & SPINNERS GUILD**

[saltspingweaversandspinnners.com](http://saltspingweaversandspinnners.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.

**SEE PARC PROGRAMS ON PG 14 FOR:**

• Belly Fit

## **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](http://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](mailto:gillian@artbygillian.com)

### **BASKETRY WORKSHOPS**

[www.joancarrigan.com](http://www.joancarrigan.com)

Offering ongoing workshops for all levels. Joan Carrigan • 250 538 1877 • [info@joancarrigan.com](mailto:info@joancarrigan.com)

## **CREATIVE BY NATURE ART STUDIO**

[www.creativebynature.org](http://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](mailto:lisa@creativebynature.org)

## **FINE JEWELLERY WORKSHOPS**

[www.martinus-gold.com](http://www.martinus-gold.com)

Martinus Studio Gallery. Located at #5-121 McPhillips Ave. Martin Ebberts • 250 538 1730 • [ask@martinus-gold.com](mailto:ask@martinus-gold.com)

## **GLASS CLASSES**

[www.theglassfoundry.com](http://www.theglassfoundry.com)

Glass classes for kids, teens and adults. Includes sand casting, kiln casting, fusing, dichroic jewelry making, and etching. Mark Lauckner • 250 537 9200 • [info@theglassfoundry.com](mailto:info@theglassfoundry.com)

## **PASTEL AND BEGINNER DRAWING WORKSHOPS**

[howtopastel.com](http://howtopastel.com) • Gail Sibley • 778 440 313 • [gail@howtopastel.com](mailto:gail@howtopastel.com)

## **POTTERY SCHOOL**

<https://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](mailto:juliemackinnonceramics@gmail.com)

## **COMMUNITY GROUPS + RESOURCES**

### **CENTRE FOR CHILD HONOURING**

[www.childhonouring.org](http://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](mailto:info@childhonouring.org)

### **CFUW SSI**

[www.cfuwssi.ca](http://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. We have special interest groups for members and monthly meetings featuring guest speakers. [info@cfuwssi.ca](mailto:info@cfuwssi.ca)

### **CHAMBER OF COMMERCE & SALT SPRING TOURISM**

[www.saltspingchamber.com](http://www.saltspingchamber.com) • [www.saltspingtourism.com](http://www.saltspingtourism.com)

The Salt Spring Island Chamber of Commerce, established in 1948, is a not-for-profit organization representing 300 business owners and individuals. In addition to supporting the needs of local businesses, we operate the Visitor Information Centre and Salt Spring Tourism. 250 537 4223 • [chamber@saltspingchamber.com](mailto:chamber@saltspingchamber.com)

### **DEATH CAFÉ**

[www.deathcafe.com](http://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](mailto:ssideathcafe@gmail.com)

## **GULFISLANDEVENTS.COM**

**www.gulfislandevents.com**

This cultural calendar promotes local events centred in arts, food, and nature: from concerts to art exhibitions, farm-to-table dinners, workshops and more. Visit [www.gulfislandevents.com](http://www.gulfislandevents.com) to explore what's on in your community, learn more or submit your upcoming event details for free.  
info@gulfislandevents.com

## **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](mailto:saltspringpride@gmail.com)

## **EMERGENCY MANAGEMENT SALT SPRING ISLAND**

**www.crd.bc.ca/service/fire-and-emergency-programs/emergency-management**

**www.PrepareYourself.ca**

Offering the Neighbourhood (POD) program, Emergency Branch Operations Centre (BOC), Emergency Support Services (ESS), and training in disaster mitigation, preparedness, response, and recovery. Register for the Public Alert Notification System (PANS) at [www.crd.bc.ca/pans](http://www.crd.bc.ca/pans) • 250-537 1220 • [ssiepc@crd.bc.ca](mailto:ssiepc@crd.bc.ca)

## **FULFORD SENIORS**

**www.fulfordseniors.com**

At the Fulford Hall annex. Activities include yoga, life writing, book club, carpet bowling, get-togethers and the Oldtimers Café each month.

Weekly Blood Pressure clinic and we are exploring options to foster an accessible and age-friendly community.  
[fulfordseniors@gmail.com](mailto:fulfordseniors@gmail.com)

## **FRIENDS OF RUCKLE PARK HERITAGE**

**www.friendsruckleparkheritage.ca**

A B.C. non-profit that works to showcase the Ruckle family's gifts and legacy, to help enhance visitors' experience of the human heritage of the park. New members and volunteer's welcome. Contact website form or phone • 250 653 4722

## **ISLAND COMMUNITY SERVICES**

**www.saltspringcommunityservices.ca**

A charitable organization dedicated to supporting individuals, families, and communities. We provide a range of services and supports to Island communities including the Food Bank, Emergency Shelter, Family Place, Recycling Depot, Seniors' Wellness, Core Inn Youth Centre, and FETCH (For Community Health) Directory. ([www.saltspring.fetchbc.ca](http://www.saltspring.fetchbc.ca)) • 250 537 9971  
[connect@ssics.ca](mailto: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](mailto: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](mailto: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](mailto: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 our grant programs, streamlining your community impact. Celebrating 40 years of giving, the Foundation has contributed nearly \$6 million back to Salt Spring charities. Shannon Cowan, Executive Director • 250 537 8305  
[shannon@ssifoundation.ca](mailto: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](mailto:office@saltspringhospice.org)

## **SALT SPRING ISLAND LIONS CLUB**

Lions - Men & Women doing volunteer work to improve their communities. Island projects incl. the Directory, Garage Sale, Senior's housing, Scholarship, Adopt a Senior & many more. Dinner meetings - the 2nd & 4th Thur 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 • [sslions@telus.net](mailto:sslions@telus.net)

## **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

## COMMUNITY INFORMATION AND PROGRAMS **CHILD CARE + PRESCHOOLS**

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](mailto:ssiparc@crd.bc.ca)

### **SALT SPRING MEN'S SHED**

[saltspringmensshed.ca](http://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](mailto:info@saltspringmensshed.ca)

### **SALT SPRING ISLAND SEARCH AND RESCUE**

[www.saltspringsar.org](http://www.saltspringsar.org)

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

### **SALT SPRING ISLAND HISTORICAL SOCIETY & ARCHIVES**

[www.saltspringarchives.com](http://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](mailto: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**

<https://saltspringseniorscentre.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 Rd. • 250 537 4604

### **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 1855 622 7722 • 250 537 2123 • [saltspring@spca.bc.ca](mailto:saltspring@spca.bc.ca)

### **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](mailto:sszakacs@ssics.ca)

### **SHRINE CLUB #39 GULF ISLANDS**

[www.shriners.bc.ca](http://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](http://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](http://www.transitionsaltspring.com)

We're your hub for local Climate Action, leading and supporting programs and activities for climate resilience and justice. Join us, become a monthly donor, and follow us on social media. Responding, Restoring, and Reimagining Together!

## COMMUNICATION & LITERACY

### **PATHS TO AUTHENTIC WRITING**

[www.lorrainegane.com](http://www.lorrainegane.com)

Paths to Authentic Writing and Publishing. Manuscript development and editing by Lorraine Gane.

Lorraine Gane • [info@lorraineane.com](mailto:info@lorraineane.com)

### **SALT SPRING ISLAND PUBLIC LIBRARY**

[www.saltspring.bc.libraries.coop](http://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](mailto:info@saltspringliteracy.org)

## 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](mailto:ameliaschildcare@gmail.com)

**SEE PARC PROGRAMS**

• First Aid pg. 15

**SEE PARC PROGRAMS**

• Arts, Dance & Culture pg 8



## **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/](http://www.saltspringcommunityservices.ca/family-place/)

Family Place is a safe and inclusive space for parents, caregivers and their children 0-6 yrs, welcoming families of all cultures, identities and abilities. Stay & Play Drop-ins, Island Infant Circle, Prenatal and Parent Education classes, and more resources.

250 537 9176 • familyplace@ssics.ca

## **FULFORD HARBOUR CHILD CARE SOCIETY**

[www.treefrogdaycare.com](http://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](http://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 • susanna@communitygospelchapel.com

## **PARENT CHILD MOTHER GOOSE**

[www.saltspringcommunityservices.ca/family-place/](http://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

## **SALT SPRING CO-OPERATIVE PRESCHOOL**

[www.saltspringcoopreschool.com](http://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

## **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 enrollment of all ages including school age children. Open year round.

250 538 0340 • taracbrown@shaw.ca

# **FOOD AND FARMING**

## **FOXGLOVE FARM'S CENTRE FOR ARTS, ECOLOGY & AGRICULTURE**

[www.foxglovefarmbc.ca](http://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](http://www.harvestsaltspring.ca)

Food security programs and services run by Island Community Services, including meal delivery for seniors and market coupon program.

250 537 9971 • connect@ssics.ca

## **ISLAND NATURAL GROWERS**

[www.cog.ca/chapters/island-natural-growers](http://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](http://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](mailto:ssiabattoir@gmail.com)

## **SALT SPRING ISLAND FARMERS' INSTITUTE**

**[www.ssifi.org](http://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](mailto:contact@ssifi.org)

## **SALT SPRING ISLAND FARMLAND TRUST SOCIETY**

**[www.ssifarmlandtrust.org](http://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](http://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](http://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.

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

Facebook: TransitionSaltSpringSociety

## **GENERAL INTEREST**

### **DOG TRAINING CLASSES**

Group classes and private lessons. Puppies and adult dogs. Certified trainer.

Ann McPhee • 250 538 8044 • [trekhond@me.com](mailto:trekhond@me.com)

### **DOG TRAINING CLASSES**

**[www.jessicabeck.ca](http://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 Familysearch 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/](http://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 CRUISERS CAR CLUB**

**[www.saltspringcruisers.com](http://www.saltspringcruisers.com)**

For residents who own a classic or antique automobile. The club promotes friendship, care and restoration of antique and classic cars. Meetings are the last Monday of the month. Annual Show n' Shine held July 1st. • Ken Fetherston • [kfethers@shaw.ca](mailto:kfethers@shaw.ca)  
John Teagle • 250 537 9749 • [teagle46@gmail.com](mailto:teagle46@gmail.com)

## **SALT SPRING FORUM**

**[www.saltspringforum.ca](http://www.saltspringforum.ca)**

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](mailto: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](mailto:tours@saltspringhistory.com)

## **SALT SPRING MODEL RAILWAY SHOW**

**[www.pkbenson.wix.com/railway](http://www.pkbenson.wix.com/railway)**

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.

250 538 5520 • [cottageoftranquility@yahoo.ca](mailto:cottageoftranquility@yahoo.ca)

## **SALT SPRING MUSEUM**

**[www.saltspringmuseum.com](http://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](mailto:jandifulker@gmail.com)

## **SALT SPRING ROD & GUN CLUB**

**[www.saltspringislandrodandgunclub.ca](http://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.

[info@nifsc.ca](mailto:info@nifsc.ca) • [ssirodandgun@gmail.com](mailto:ssirodandgun@gmail.com)

## INFORMATION RESOURCES

### GULF ISLANDS DRIFTWOOD

[www.gulfislandsdriftwood.com](http://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](mailto:driftwood@gulfislandsdriftwood.com)

### LIONS CLUB DIRECTORY

[sslionsdirectory@gmail.com](mailto: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](http://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](https://facebook.com/ssiparc) • 250 537 4448 • [ssiparc@crd.bc.ca](mailto:ssiparc@crd.bc.ca)

### SALT SPRING ISLAND PUBLIC LIBRARY

[www.saltspring.bc.libraries.coop](http://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](http://www.saltspringexchange.com)

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

### SALT SPRING SENIOR SERVICES SOCIETY

<https://saltspring seniorscentre.ca/>

A resource, information, drop-in centre, and volunteer outreach program for seniors.

250 537 4604 • 379 Lower Ganges Rd.

### SALTY FISHBOWL

[www.saltyfishbowl.com](http://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](http://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](mailto:info@islandsmarketplace.com)

### VISITOR INFORMATION CENTRE

[www.saltspringtourism.com](http://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](mailto:visitorcentre@saltspringtourism.com)

## HEALTH & FITNESS CLASSES

### EVERYBODY STRETCH

[www.facebook.com/EverybodyStretchAndMove](https://www.facebook.com/EverybodyStretchAndMove)

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 11am at Ganges Yoga Studio. Catherine Bennett • 250 537 4441 • [cdbennett53@gmail.com](mailto: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](mailto:susanbull@shaw.ca)

### 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](mailto:rkanesaka@gmail.com)

### SEVEN STARS TAI CHI CLUB

[7stars@cedarlanestudio.com](mailto: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

### 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, Lower Level. Wednesdays 6pm-8pm

250 383 4103 • [victoria.bc@taoist.org](mailto:victoria.bc@taoist.org)

## FITNESS CENTRES & GYMS

### GANGES FITNESS

[www.gangesfitness.com](http://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](mailto:gangesfitness@gmail.com)

### SALT SPRING ISLAND WELLNESS CENTRE

[www.ssiwellness.com](http://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](mailto: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](mailto: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.santosha-yoga-retreats.com](http://www.santosha-yoga-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@santosha-yoga-retreats.com](mailto:dorothy@santosha-yoga-retreats.com)

**GATEHOUSE YOGA**

[www.stowellakefarm.com](http://www.stowellakefarm.com)

Weekly classes – yoga, meditation and more. Wellness retreats and workshops also available.  
Liz Young • 250 653 4308 • [info@stowellakefarm.com](mailto: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](mailto:susanbull@shaw.ca)

**SALT SPRING CENTRE OF YOGA**

[www.saltspringcentre.com](http://www.saltspringcentre.com)

Established in 1981, the Centre hosts a variety of weekly yoga asana classes. Rental facilities and overnight accommodations are available. Also offering rejuvenating yoga and wellness retreats, an Annual Community Yoga Retreat with kids' programming, and more.  
250 537 2326 • [info@saltspringcentre.com](mailto:info@saltspringcentre.com)

**THE NEST HOT YOGA**

[www.thenesthotyoga.com](http://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](mailto:thenesthotyoga@gmail.com)

**MIND + BODY****ANNA HALTRECHT - MINDFUL LIVING**

[www.bonesforever.com](http://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](mailto:annahaltrecht@gmail.com)

**ART THERAPY FOR MIND, BODY, AND SPIRIT**

[www.artbyharrison.com](http://www.artbyharrison.com)

Creative and mindful transformational processes based on neuroscience research that help you align your purpose with intention, heal your body from health challenges, increase your resilience and help you move forward during difficult times. Previous art experience or skill is not necessary.  
Tracy Harrison • [tracy@artbyharrison.com](mailto:tracy@artbyharrison.com) • 250 537 6568

**AWARENESS THROUGH MOVEMENT© with Jeffery Wilson, Community Guild Certified Teacher**

Consider making possible the re-claiming of movement with ease, and using movement to restore a sense of an integrated, gentle self for Feldenkrais Awareness Through Movement© community sessions at the lowest, affordable cost, or none at all 250 732 8894  
[jefferywilson660@gmail.com](mailto:jefferywilson660@gmail.com)

**SEE SUMMER CAMPS 11-13**

- Quest Camp
- Soccertron
- Adventure Camps

**Ann McPhee, Certified Trainer**

**CERTIFIED NADOI & MENTOR TRAINER  
WITH ANIMAL BEHAVIOUR COLLEGE**



- Dog obedience training, owner counseling
- Group & puppy classes, private lessons & behaviour counseling
- Show handling also available

**250.537.9505**

**[trekhond@me.com](mailto:trekhond@me.com)**

## EDUCATION IN HERBAL MEDICINE & HOMEOPATHY

Alchemy of Herbal Medicine

[www.seraphinacapranos.com](http://www.seraphinacapranos.com)

Seraphina Capranos • 250 537 0602 • [info@seraphinacapranos.com](mailto:info@seraphinacapranos.com)

## KARIN BEVIERE, EDUCATOR OF HOMEOPATHIC MEDICINE

[www.karinbeviere.com](http://www.karinbeviere.com)

See website for upcoming class offerings.

Karin Beviere • 250 537 4728

## SALT SPRING DOULA COLLECTIVE

[www.saltspringdoulas.ca](http://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](mailto:ssi.doulas@gmail.com)

## PERSONAL DEVELOPMENT

### BIG BROTHERS BIG SISTERS

[bbbsvictoria.com](http://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@bigbrothersbigsisters.ca](mailto:salt.Spring@bigbrothersbigsisters.ca)

### SUCCESSWORKS

[www.saltspringcommunityservices.ca](http://www.saltspringcommunityservices.ca)

Island Community Services' vocational rehabilitation program.  
250 537 9971 • [connect@ssics.ca](mailto:connect@ssics.ca)

## SALT SPRING SENIORS CENTRE

379 Lower Ganges Road



• Find new friends, share ideas, talk, laugh and stretch your skills.

**OFFICE HOURS ARE**  
• Mon/Wed/Thurs: 10:00-2:00;  
Tuesday/Fri: 10:00 - noon

• 24/7 phone number for rides to medical appointments  
1-844-940-6617

**WINTER PROGRAMMES:**

<p><b>MON:</b> Italian group 10:30 Duplicate Bridge 1:00</p> <p><b>TUES:</b> Lost Chords 10:30 Arts &amp; Crafts 1:30 Women of Note 3:00</p> <p><b>WED:</b> Caregivers 11:00 Bridge 12:30 Calligraphy (3rd Wed 1:30 to 3:00)</p>	<p><b>Recorder Music group</b> 3:00 - 1st and 3rd Wed <b>Parkinsons Group 2:00</b> - 4th Wednesday</p> <p><b>THURS:</b> \$10 Lunch 11:45 Tech tutoring 12:30 &amp; 1:00 Move-2-Dance 1:00</p> <p><b>FRI:</b> Coffee Hour 10:00 Mah Jong 12:30</p>
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**[saltspringseniorscentre.ca](http://saltspringseniorscentre.ca) 250-537-4604**

## SALT SPRING ISLAND TOASTMASTERS PUBLIC SPEAKING CLUB

[www.saltspring.toastmastersclubs.org/](http://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](mailto:info@christinboyd.ca)

## RECREATION & SPORTS

### AQUATICS

#### RAINBOW RECREATION CENTRE

[www.ssiparc.ca](http://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

#### (SSPLASH) SS POOL ASSOCIATION

[www.splash.org](http://www.splash.org)

Splash works community to raise funds for the enhancement of the Rainbow Road Aquatic Centre. Our goal is to fundraise for an additional body of warmer water that can be used for therapy, learning & play. Donations and volunteers welcome.

Darlene Steele • 250 537 8718

#### SALT SPRING STINGRAYS SWIM TEAM

[www.saltspringstingrays.com](http://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](http://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. Private lessons and summer camps are available.

[info@sstra.ca](mailto:info@sstra.ca)

#### PRINGLE FARM

[www.pringlearabians.ca](http://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](mailto:pringlefarm@telus.net)

### MARTIAL ARTS

#### SALT SPRING ISLAND KARATE CLUB

[www.ssikarate.com](http://www.ssikarate.com)

Karate for kids and adults.

Chris Barclay • 250 537 0040 • [barclay@shaw.ca](mailto:barclay@shaw.ca)

## SHOREI-KAN KARATE

[www.bguiled.com/karate](http://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](mailto: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

### JADE FARM ARCHERY CLUB AND COURSE

[www.jadefarm.ca](http://www.jadefarm.ca)

Learn the art and joy of traditional archery. All ages and skill levels welcome. Hundreds of challenging shots to make across 2 acres of beautiful landscape. Reservations and group bookings are made through the website.

### ROLLER SKATING

[www.ssiparc.ca](http://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.

[ssiparc@crd.bc.ca](mailto:ssiparc@crd.bc.ca) • 250 538 4250

### SALT SPRING ISLAND MINOR BASEBALL ASSOCIATION

[www.saltspringbaseball.ca/](http://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](mailto:info@saltspringbaseball.ca)

### SALT SPRING CIRCUS AND GYMNASTICS ASSOCIATION

<https://www.ssicircusandgymnastics.com>

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.

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

### SALT SPRING ISLAND PICKLEBALL ASSOCIATION

[www.saltspringpickleball.com](http://www.saltspringpickleball.com)

Join us for outdoor play at Portlock Park or Fulford (behind Firehall). See [playtimescheduler.com/region/salt\\_spring\\_island-british\\_columbia](http://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](http://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](mailto:marketingdirectors@saltspringgolf.com)

#### SEE PARC PROGRAMS FOR:

- Babysitter Training pg.10
- Teen JiuJitsu pg. 10

### SALT SPRING SNEAKERS RUNNING CLUB

<https://runssi.teampages.com/>

The Salt Spring Sneakers is a recreational running group that welcomes runners of all abilities to join our weekly group workouts. Distances range from 5K to 10K on Mondays and Thursdays, and 10K and up on Saturdays. Check the website for a calendar of runs and events.

Julie Van Soeren • 250 537 1533 • [julievansoeren@yahoo.ca](mailto:julievansoeren@yahoo.ca)

### SALT SPRING UNITED SOCCER CLUB

[www.saltspingsoccer.com](http://www.saltspingsoccer.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.saltspingsquash.ca](http://www.saltspingsquash.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 • [saltspingsquash@gmail.com](mailto:saltspingsquash@gmail.com)

### SALT SPRING TENNIS FACILITY

[www.saltspringtennis.ca](http://www.saltspringtennis.ca)

Located at 805 Lower Ganges Rd. on the Golf Course property. This is a beautiful indoor two court facility. Please visit our website for times of operation and court rental costs.



## Salt Spring Island Golf Club



Open all year to the public  
Inquire about memberships for the whole family:

- Adult membership\* (ages 30+)
- Intermediate membership\* (ages 19-29)
- Junior membership\* (ages 5-18)

Email [members@saltspringgolf.com](mailto:members@saltspringgolf.com) or: Call 250-537-2121 or: Visit [saltspringgolf.com](http://saltspringgolf.com) "Memberships"

Please use Promo Code: SSIGC2025DW  
\* Free gift with each new membership



## **SALT SPRING TENNIS ASSOCIATION**

[www.saltspringtennis.ca](http://www.saltspringtennis.ca)

High level junior programs and adult clinics for all levels and ages. Private lessons available by internationally well-reputed coaches. Mukul Karthikeyan • coaching@saltspringtennis.ca

## **SPECIAL OLYMPICS BC**

[www.specialolympics.ca/british-columbia/communities/salt-spring-island](http://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

## **TOP TENNIS COACHING ON SALT SPRING ISLAND**

[www.saltspringtennis.ca](http://www.saltspringtennis.ca)

Private and group lessons available for adults and kids. Highly certified, insured & experienced. All levels, Centre Court and Portlock Park. Recreational and competitive camps for kids.

Marjorie Blackwood • marjorieblackwood@msn.com

Peter Schelling peteschelling@gmail.com

## **OUTDOOR RECREATION**

### **FISHING LICENSES - SERVICE BC**

[www.fishing.gov.bc.ca](http://www.fishing.gov.bc.ca)

250 537 5414

### **GULF ISLANDS CENTRE FOR ECOLOGICAL LEARNING**

[www.gicel.ca](http://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](http://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 • bjg\_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](http://www.coastalcurrentadventures.com)

We offer Environmental Education + Adventure Programs for Schools & Groups, Kayak Expeditions that explore the spectacular coast of BC, Kayak Guide Training Courses endorsed by the SKGABC and Outdoor Adventure Summer Camps for Youth.

Jasper Snow Rosen & Carissa Winter

250 221 2257 • 250 538 7241

coastalcurrentadventures@gmail.com

## **SALT SPRING ADVENTURE CO.**

[www.saltspringadventures.com](http://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](http://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



## Rapid Weight Loss With Lasting Results!

Finally a weight loss method with...  
over a decade of success • weight loss  
& nutrition education medical doctor  
endorsements • personalized ongoing support  
comprehensive guidelines & tools

**Now available at Pharmasave  
on Salt Spring! Talk to your  
Ideal Protein Weight Loss Coach  
today!**

LIVE WELL WITH

PHARMASAVE®

**Pharmasave Downtown Ganges**  
104 Lower Ganges Rd, Salt Spring Island, BC V8K 2S7  
Phone: 250.537.5534

Results non-typical. You should not expect to experience similar results. You should consult your physician or other health care professional before starting this or any other diet program to determine if it is right for your needs. This is an Independent Centre approved by Ideal Protein to promote the Ideal Protein Weight Loss Method and sell Ideal Protein Products.

**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**

All skill levels and all ages of rowers' welcome. Single and/or group boats. Instruction and competitions available.  
ssirrowing@gmail.com

**SALT SPRING SAILING CLUB**

[www.saltspingsailing.ca](http://www.saltspingsailing.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](http://www.saltspringtnc.ca)  
Interested in experiencing our island on foot, natural history, flora and fauna? Join us for Tuesday and Sunday walks and hikes. Non members may attend up to three events.  
Visit website or e-mail us • info.sstnc@gmail.com

**WISDOM OF THE EARTH**

[www.wisdomoftheearth.ca](http://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](http://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

**ARTSPRING**

[www.artspring.ca](http://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

**PARC FACILITY BOOKINGS**

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

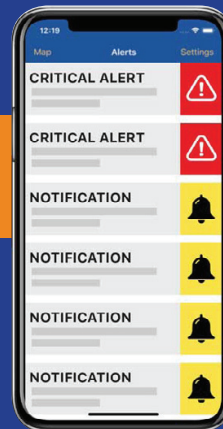
- **Portlock Park Portable Classroom:** Suitable for meetings. Located at 145 Vesuvius Bay Rd.
- **Rainbow Room:** Suitable for a variety of classes and meetings. Located at 262 Rainbow Rd.
- **Salt Spring Island Multi Space (SIMS):** Classrooms, Boardroom (Wi-Fi and video conferencing equipped), Dance 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](mailto:ssiparc@crd.bc.ca) or call 250-537-4448 for more information or to inquire about availability.  
Online booking is also available through [www.ssiparc.ca](http://www.ssiparc.ca)

## Be sure to stay informed with ALERTABLE NOTIFICATIONS



## COMMUNITY NOTIFICATIONS

Stay Aware & Plan Ahead



**SIGN UP NOW**  
[crd.bc.ca/pans](http://crd.bc.ca/pans)

Get more regional preparedness  
info at [www.prepareyourself.ca](http://www.prepareyourself.ca)



**BEAVER POINT HALL**

[www.beaverpointhall.org](http://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. 250 930 4000 • [beaverpointhall@gmail.com](mailto: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](http://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](mailto:info@communitygospelchapel.com)

**FARMERS' INSTITUTE EXHIBITION HALL**

[www.ssifi.org](http://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](mailto:rentals@ssifi.org)

**FULFORD COMMUNITY HALL**

[www.fulfordhall.com](http://www.fulfordhall.com)

The Fulford Community Hall has 3200 square feet for recreation. Stage can be created with the risers. Kitchen has supplies to

feed 200. Table and chair rentals. Weddings, concerts, dances, memorials, craft sales, flea market, Christmas Craft Fair, Jan's Fabulous Flea market, floor hockey and pickle ball. [fulfordhall@gmail.com](mailto:fulfordhall@gmail.com)

**FULFORD SENIORS**

[www.fulfordseniors.com](http://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. Phone Helga and Michael 250-653-9856

**GATEHOUSE AT STOWEL LAKE FARM**

[www.stowelllakefarm.com](http://www.stowelllakefarm.com)

Farm setting with various options for events.

Liz Young • 250 653 4308 • [info@stowelllakefarm.com](mailto:info@stowelllakefarm.com)

**MAHON HALL**

[www.saltspringarts.com/mahon-hall/rentals](http://www.saltspringarts.com/mahon-hall/rentals)

Mahon Hall is a community venue for local cultural events such as concerts, theatrical performances, fundraisers and exhibitions, and serves as the home for many Arts Council programs and events. Available for rent mid-September to May. Capacity is 200 standing and 120 seated. 250 537 0899 • [rentals@ssartsCouncil.com](mailto: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






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**SUMMER CAMPS**  
and more!





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Register online  
at [qwanoes.ca](http://qwanoes.ca) ✨



### PARC MEETING ROOMS

Suitable for classes and meetings. Portlock Park Portable & SIMS Boardroom.  
250 537 4448 • [ssiparc@crd.bc.ca](mailto: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](mailto: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](mailto:info@saltspringlibrary.com)

### SALT SPRING SENIORS CENTRE

<https://saltspringseniorscentre.ca/>  
Rooms for 6 to 60. Kitchen and AV equipment available. Handicapped friendly. Central location near Country Grocer. General Enquiries 250 537 4604 • 379 Lower Ganges Rd.

### SALT SPRING ISLAND UNITED CHURCH

[www.saltspringunitedchurch.org](http://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](mailto:general@saltspringunitedchurch.org)

### SALT SPRING WELLNESS CENTRE

[www.ssiwellness.com](http://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](mailto:info@ssiwellness.com) • 250 900 1125

### SCHOOL DISTRICT FACILITIES

[www.sd64.bc.ca](http://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 INN YOUTH DROP-IN CENTRE

[www.saltspringcommunityservices.ca](http://www.saltspringcommunityservices.ca)  
The Core Inn 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](mailto:connect@ssics.ca)

### GIRL GUIDES OF CANADA

[www.girlguides.ca](http://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 • [ssiguide@gmail.com](mailto:ssiguide@gmail.com)

### PASS IT ON MENTORSHIP PROGRAM

[www.thecircleeducation.org](http://www.thecircleeducation.org)  
Pass It On is a (free) after-school program that supports mental well-being and healthy relationships for youth Grade 8+. Pass it On Girls, Tuesdays 4-6.30 pm, Pass it On Boys, Fridays, 2-4.30 pm  
[info@thecircleeducation.org](mailto:info@thecircleeducation.org)

### SALT SPRING ISLAND 4H COMMUNITY CLUB

[www.southmalahat4h.ca](http://www.southmalahat4h.ca)  
Youth aged 6-19 years. Develop skills and experience in agriculture, leadership, citizenship, and personal development. Opportunities include public speaking, travel, scholarship, school course credits, camping, community events. "Learn to do by doing".  
Loretta Rithaler • [lrithaler@telus.net](mailto:lrithaler@telus.net)

### SCOUTS CANADA

[www.scouts.ca](http://www.scouts.ca)  
Co-ed, outdoor-oriented youth program. Great opportunities for youth and volunteers. Scouts Canada offers Beavers (age 5-7), Cubs (age 8-10), Scouts (age 11-14), Venturers (age 15-17) and Rovers (age 18-26). Running sections on SSI depend on volunteer availability. Christin • 250 653 4893 • [info@christinboyd.ca](mailto:info@christinboyd.ca)

# 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](mailto:saltspring@crd.bc.ca).**



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

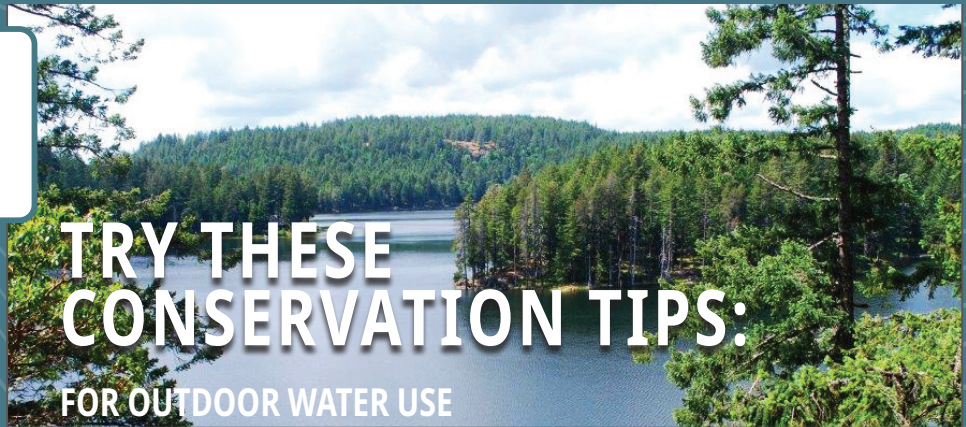


**NORTH  
SALT SPRING  
WATERWORKS  
DISTRICT**

## WATER CONSERVATION & FINANCING

## BE WATER WISE PLAN NOW FOR SPRING & SUMMER

**PLAN WATER  
SAVING EFFORTS  
NOW FOR THIS  
SUMMER!** Water is  
a precious resource  
on Salt Spring  
Island and droughts  
are becoming an  
increasing reality.  
Spring and summer  
conservation steps  
save you money and  
help conserve water  
during our most  
challenging seasons!



## TRY THESE CONSERVATION TIPS:

### FOR OUTDOOR WATER USE

- Install rain catchment barrels for any outside water use.
- Install a large holding tank to store enough water for the summer months.
- Install a shut off to isolate leaks.
- Use drip irrigation instead of sprinklers.
- Ensure your hoses are not full of water when temperatures drop.



### FOR INDOOR WATER USE

- Keep showers under 5 minutes and turn off water while lathering.
- Run only full loads in dishwashers and washing machines.
- Shut off the tap while brushing teeth, shaving, and washing.
- Flush less often.
- Install low flow fixtures.
- Put a bucket in your kitchen sink to catch excess water and use it to water plants.
- Inform guests about our island's limited water supply and ask them to be part of the solution.
- Use left over bath water to water plants.

*Learn more at [www.northsaltspringwaterworks.ca](http://www.northsaltspringwaterworks.ca)*



### GET UP TO

## \$750 REBATE FOR RAINWATER HARVESTING

**For residents of Salt Spring  
Island in the North Salt  
Spring Waterworks District**



Limited funding available on a first-come, first-served basis.

**Apply now!**

[www.tinyurl.com/WaterSaversRebate](http://www.tinyurl.com/WaterSaversRebate)

