

SALT SPRING ISLAND PARKS & RECREATION

JANUARY - MARCH 2026 GUIDE

POOL
& SIMS GYM
SCHEDULE
INSIDE



New for 2026:
Pool OPEN on select stat holidays!

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



RAINBOW RECREATION CENTRE

WINTER 2026 SCHEDULE: JANUARY 4 - MARCH 14 • 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	
	AQUAFIT: AQUALITE 9:30am-10:30am		AQUAFIT: AQUALITE 9:30am-10:30am		AQUAFIT: AQUALITE 9:30am-10:30am	
	TOT SPLASH 10:45am-12pm	LAPS (3) 10:45am-12pm	TOT SPLASH 10:45am-12pm	LAPS (3) 10:45am-12pm	REGISTERED PROGRAMS ONLY 10:30am-1:30pm <i>*No public admission</i>	LAPS (6) 8am-9:30am
	CLOSED 12pm-1pm	LAPS & LEISURE 10:45am-12pm	CLOSED 12pm-1pm	CLOSED 12pm-1pm		REGISTERED PROGRAMS ONLY 9:30am-12:30pm <i>*No public admission</i>
EVERYONE WELCOME 1pm-2:30pm <i>*Sensory-Friendly</i>	LAPS & LEISURE 1pm-3:45pm <i>*Possible school booking</i>	LAPS & LEISURE 1pm-3:45pm <i>*Possible school booking</i>	LAPS & LEISURE 1pm-3:45pm <i>*Possible school booking</i>	LAPS & LEISURE 1pm-3:45pm <i>*Possible school booking</i>		EVERYONE WELCOME 12:30pm-2:45pm
EVERYONE WELCOME 2:30pm-5:30pm	EVERYONE WELCOME 3:45pm-6pm	EVERYONE WELCOME 3:45pm-6pm	EVERYONE WELCOME 3:45pm-6pm <i>*Shared with Swim Club</i>	EVERYONE WELCOME 3:45pm-6pm <i>*Shared with Swim Club</i>	EVERYONE WELCOME 1:30pm-5:30pm	AQUAFIT: TABATA 2:45pm-3:45pm
						ADULT ONLY LAPS (2) 2:45pm-4pm
	LAPS & LEISURE 6pm-8pm <i>*Shared with Masters</i>	AQUAFIT: DUAL DEPTH 6:15pm-7:15pm	LAPS & LEISURE 6pm-8pm	AQUAFIT: INTERVALS 6:15pm-7:15pm	FRIDAY NIGHT MADNESS 5:30pm-8pm <i>*No lanes available *WIBIT Open: 6pm-7:30pm</i>	
		ADULT ONLY LAPS (2) 6:15pm-7:30pm		ADULT ONLY LAPS (2) 6:15pm-7:30pm		

REDUCED HOURS:
Family Days Mon Feb 16
10am-3pm

**CLOSED FOR ANNUAL
MAINTENANCE:**
Mar30 - Apr26

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

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

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

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

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

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

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

EVERYONE WELCOME SWIM
Leisure swim space with the opportunity to bring out the rope swing, mats, tubes, and other bigger pool equipment (subject to pool space and staff's discretion). A minimum of one (1) lap lane will be 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.
No WIBIT Feb 6 during Dive In Theatre event.

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

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

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

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

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



RAINBOW RECREATION CENTRE

SPRING BREAK 2026: MARCH 15 - 29 • 250 537 1402

SUNDAY OPEN 1pm-5:30pm	MONDAY OPEN 6:30am-8pm	TUESDAY OPEN 8:30am-7:30pm	WEDNESDAY OPEN 6:30am-8pm	THURSDAY OPEN 8:30am-7:30pm	FRIDAY OPEN 6:30am-8pm	SATURDAY OPEN 8am-4pm
	LAPS (6) 6:30am-7:45am		LAPS (6) 6:30am-7:45am		LAPS (6) 6:30am-7:45am	LAPS (6) 8am-9:30am
	AQUAFIT: ENERGIZER 8am-9am		AQUAFIT: ENERGIZER 8am-9am		AQUAFIT: ENERGIZER 8am-9am	
	AQUAFIT: AQUALITE 9:30am-10:30am		AQUAFIT: AQUALITE 9:30am-10:30am		AQUAFIT: AQUALITE 9:30am-10:30am	
	LEISURE & LESSONS 10:45am-12:30pm	LEISURE & LESSONS 10:45am-12:30pm	LEISURE & LESSONS 10:45am-12:30pm	LEISURE & LESSONS 10:45am-12:30pm	LEISURE & LESSONS 10:45am-12:30pm	LAPS & LEISURE 9:30am-11am
EVERYONE WELCOME 1pm-2:30pm <i>*Sensory-Friendly</i>	EVERYONE WELCOME 12:30pm-3pm <i>*Shared with camps</i>	EVERYONE WELCOME 12:30pm-3pm <i>*Shared with camps</i>	EVERYONE WELCOME 12:30pm-3pm <i>*Shared with camps</i>	EVERYONE WELCOME 12:30pm-3pm <i>*Shared with camps</i>	EVERYONE WELCOME 12:30pm-3pm <i>*Shared with camps</i>	CLOSED 11am-12pm
						EVERYONE WELCOME 12pm-2:45pm
EVERYONE WELCOME 2:30pm-5:30pm	EVERYONE WELCOME 3pm-6pm	EVERYONE WELCOME 3pm-6pm	EVERYONE WELCOME 3pm-6pm	EVERYONE WELCOME 3pm-6pm	EVERYONE WELCOME 3pm-5:30pm	AQUAFIT: TABATA 2:45pm-3:45pm
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		ADULT ONLY LAPS (2) 6:15pm-7:30pm		ADULT ONLY LAPS (2) 6:15pm-7:30pm		



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

ENERGIZER (16+)

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

AQUALITE (16+)

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

INTERVALS & TABATA (16+)

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

DUAL DEPTH (16+)

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

SHOWER PROGRAM

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

LAPS & LEISURE

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

EVERYONE WELCOME SWIM

Leisure swim space with the opportunity to bring out the rope swing, mats, tubes, and other bigger pool equipment (subject to pool space and staff's discretion). A minimum of one (1) lap lane will be available.

FRIDAY NIGHT MADNESS

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

LEISURE & LESSON

Pool is divided into half lesson space, half leisure space with access to the hot tub. One lap lane will be available.

REGISTERED PROGRAM ONLY

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

LAPS

Number of laps indicated (subject to change). Patrons are encouraged to circle swim in lap lanes.

No leisure space available during these times.

ADULT ONLY LAPS

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

SENSORY-FRIENDLY SWIM

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



SALT SPRING ISLAND MULTI SPACE (SIMS)

WINTER 2026 SCHEDULE: JANUARY 4 - MARCH 14 • 250 538 4250

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

SIMS Facility Closed: Monday February 16

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

SIMS GYM DROP-IN SCHEDULE (Jan 11 - Mar 9)

Closed Monday February 16

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

ADULT BASKETBALL:

Drop-in basketball for adults (16+)

FAMILY FUN GYM:

Open gym time for families and youth

ROLLERSKATING:

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

Skate rental \$5

KINDERGYM:

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

Parent participation required.

PICKLEBALL:

Drop-in pickleball for adults.

Paddle rental available for \$3

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



POOL & RECREATION GENERAL ADMISSION FEES Effective September 1, 2025

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

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

CONTACT US

Rainbow Recreation Centre:

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

CRD Administrative office:

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

Salt Spring Island Multi Space (SIMS):

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

Staff:

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

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COMMUNITY Programs

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Driftwood

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 250 537 9933

driftwood@gulfislandsdriftwood.com • www.gulfislandsdriftwood.com

New website

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

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



www.facebook.com/ssiparc

Visit our Website!
www.ssiparc.ca



The CRD conducts its business within the Territories of many First Nations, including but not limited to BOKEĆEN (Pauquachin), MALEXEL (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. 250 538 4250 | ssiparc@crd.bc.ca

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

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

CRD DOG PARK

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

HART MEMORIAL DISC GOLF COURSE

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

RAINBOW RECREATION CENTRE

262 Rainbow Road. A 25 metre swimming pool with six lanes available for both leisure and lap swimming, featuring a rope swing, a Wibit inflatable obstacle course and a hot tub.

www.ssiparc.ca | 250 537 4448
ssiparc@crd.bc.ca

KANAKA SKATEPARK

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

PORTLOCK PARK TRACK

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

TENNIS & PICKLEBALL COURTS

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

250 537 4448 | ssiparc@crd.bc.ca

CRD PLAYGROUNDS

Check out Portlock Park, Centennial Park and Drummond playgrounds.

SALT SPRING ISLAND MULTI SPACE (SIMS)

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

SALT SPRING LIONS COMMEMORATIVE BIKE PARK

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

PARC FACILITY BOOKINGS

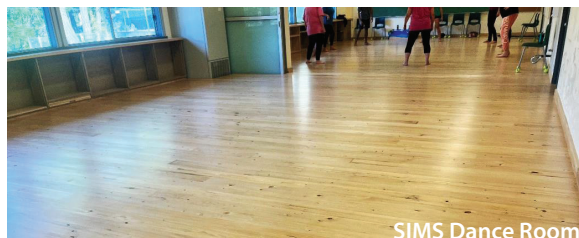
PARC has meeting and program rooms available to the public for rent.

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

Hourly fees for all locations (tax not included):

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

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





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 \$241.29).

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

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

PARK USE PERMIT REMINDER

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

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

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



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

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

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

SECURITY CAMERAS AT RAINBOW RECREATION CENTRE -

To promote staff and patron safety, video surveillance is taking place within various common areas of the pool. Any personal information is collected under FOIPPA legislation.

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



Ways to Register for Winter 2026 Recreation & Aquatics Programs

CRD
Making a difference...together



On our new website
www.ssiparc.ca



In person at
Rainbow Recreation
Centre



By telephone
250 537 1402

PARC Birthday Parties

Celebrate your next birthday with PARC

Pool Party

Includes 2 hour shared access to the pool. Friday parties include shared access to WIBIT, 7+ yrs.

Fridays 5:45pm – 7:45pm
Saturdays 12:30pm – 2:30pm

SIMS Gym Party

Includes shared access to the gym with sports equipment, gym toys, & mats.

Sundays 12pm – 2pm

Roller Skating Party

Includes shared access to Roller Skating in SIMS Gym (from 2:30pm - 4pm). Skate rentals \$5.

Sundays 2pm – 4pm



Book **online** at ssiparc.ca or by calling 250 537 1402

Fee: \$130 Includes access to a party room and admission for 15 kids

2 weeks advanced notice for booking

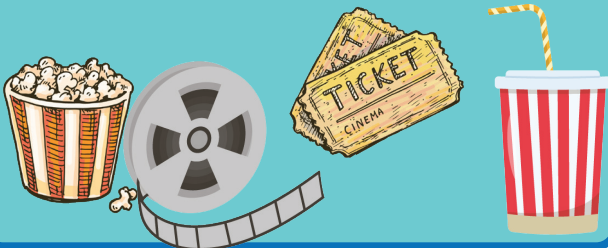
Regular cancellation policy applies

Renter responsible for set-up and clean up of party room

Dive-In Theatre

Watch a Movie in the Pool!
Friday February 6
6pm - 8pm
Everyone Welcome
Regular admission applies

**NOW
SHOWING**



Family Day Weekend

Roller Skate at SIMS
Sunday February 15th
2:30pm - 4pm
Regular admission applies



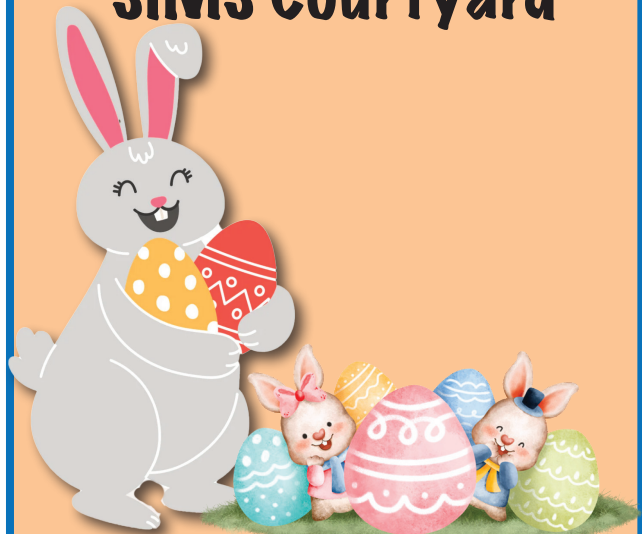
NEW: Statutory Holiday Swims

Everyone Welcome Swim
Monday February 16
10am - 3pm
Regular admissions applies



Annual Easter Egg Hunt

Saturday April 4
11am - 2pm
SIMS Courtyard





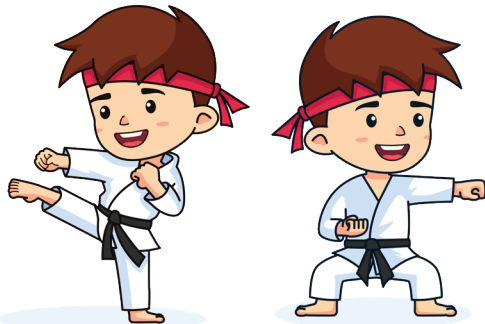
Early Years

HERON'S NEST PLAYSCHOOL (3-5 yrs)
Mornings filled with cooperative play, crafting and learning. Priority registration given to current participants. See website for availability.
Instructor: PARC Program Staff

JIUJITSU (3-5 yrs)
A fun introduction to JiuJitsu. Children learn problem solving skills, determination, and cooperation. Games and obstacle courses, technique and skill. Taught by a Black Belt level Brazilian JiuJitsu instructor with 13 years' teaching experience.
Instructor: Rachael Gilliam

Th 3:15pm - 3:45pm Jan 15 - Mar 12
\$90/ 9 Sessions

Location: SIMS Room 1



KARATE FOR KIDS (3-6 yrs)
Karate teaches focus, coordination, self-defense and self-control. A fun and accessible class where kids develop confidence while burning off some energy.
Instructor: Martin Mongard

F 3pm - 3:30pm Jan 16 - Mar 13
\$90/ 9 Sessions

Location: SIMS Room 1





School Age

SCHOOL AGE

SPORTS & OUTDOOR RECREATION

JIUJITSU

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

Instructor: Rachael Gilliam

Ages 6-9 Years

M 4pm – 5pm Jan 12 - Mar 9
\$120/ 8 Sessions

*No Session Feb 16

Tu 4pm – 5pm Jan 13 - Mar 10
\$135/ 9 Sessions

Th 4pm – 5pm Jan 15 - Mar 12
\$135/ 9 Sessions

Ages 10-13 Years

M 5:15pm – 6:15pm Jan 12 - Mar 9
\$120/ 8 Sessions

*No Session Feb 16

Tu 5:15pm – 6:15pm Jan 13 - Mar 10
\$135/ 9 Sessions

Th 5:15pm – 6:15pm Jan 15 - Mar 12
\$135/ 9 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 Jan 13 - Mar 10
\$126/ 9 Sessions

Location: SIMS Dance Room

F 3:45pm - 4:45pm Jan 16 - Mar 13
\$126/ 9 Sessions

Location: SIMS Room 1

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 content focuses on personal and home safety.

Instructor: PARC Program Staff

Sa 10:30am - 3pm Mar 14 \$60

Location: Heron's Nest Portable Classroom





PRESCHOOL CAMP

LITTLE EXPLORERS (3-5 yrs)

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

Instructor: PARC Program Staff

M-Th 9am - 11am Mar 16 - Mar 19
\$88/ 4 Sessions

M-Th 9am - 11am Mar 23 - Mar 26
\$88/ 4 Sessions

Location: Heron's Nest Portable Classroom

GENERAL CAMP

ADVENTURE CAMP (5-7 yrs)

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

Instructor: PARC Program Staff

M-Th 9am - 3pm Mar 16 - Mar 19
\$180/ 4 Sessions

F 9am - 3pm Mar 20 \$45

M-Th 9am - 3pm Mar 23 - Mar 26
\$180/ 4 Sessions

F 9am - 3pm Mar 27 \$45

Location: SIMS Home Ec. Room

YOGA & CRAFT CAMP (5-9 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 Mar 16 - Mar 19
\$190/ 4 Sessions

Location: SIMS Fitness Room

QUEST CAMP (8-11 yrs)

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

Instructor: PARC Program Staff

M-Th 9am - 3pm Mar 16 - Mar 19
\$180/ 4 Sessions

F 9am - 3pm Mar 20 \$45

M-Th 9am - 3pm Mar 23 - Mar 26
\$180/ 4 Sessions

F 9am - 3pm Mar 27 \$45

Location: SIMS Room 1



Youth

TEEN JIUJITSU (14-17 yrs)

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

Instructor: Rachael Gilliam

W 5:15pm - 6:15pm Jan 14 - Mar 11
\$135/ 9 Sessions

Location: SIMS Room 1

KARATE FOR YOUTH AND ADULTS (13+ yrs)

See page 15 for details.

INVOKE MOVEMENT (16+ yrs)

See page 14 for details

BADMINTON (13+ yrs)

See page 15 for details

BABYSITTER TRAINING (11-15 yrs)

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

Instructor: PARC Program Staff

Sa 9:30am - 3pm Feb 14 \$80

Location: Heron's Nest Portable Classroom

FIRST AID COURSES (12+ yrs)

See page 16 for details

ADVANCED AQUATIC COURSES (13+ yrs)

See page 17 for details



YOUTH



Adult

ARTS, DANCE & CULTURE

BEGINNERS' LINE DANCING

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

Instructor: Bev Sutherland

M 7pm - 8:30pm Jan 12 - Mar 9
\$104/ 8 Sessions
***No session Feb 16**

Location: SIMS Room 2

BEGINNERS' 2 LINE DANCING

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

Instructor: Bev Sutherland

Tu 7pm - 8:30pm Jan 13 - Mar 10
\$117/ 9 Sessions

Th 1:15pm - 2:45pm Jan 15 - Mar 12
\$117/ 9 Sessions

Location: SIMS Room 2

AQUATIC FITNESS PROGRAMS (16+)
See Page 18 for details

FITNESS, BODY & MIND

AGEING BACKWARDS WORKOUT

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

Instructor: Sarah Hyams

F 9:15am - 10:15am Jan 16 - Mar 13
\$120/ 8 Sessions
***No session Feb 20**

Location: SIMS Dance Room

INVOKE MOVEMENT (formerly BELLYFIT)

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

Instructor: Trina Aspinall

M 5:30pm - 6:30pm Jan 19 - Mar 9
\$105/ 7 Sessions
Pre-Registration Single Session Fee: \$20
***No session Feb 16**

W 6pm - 7pm Jan 21 - Mar 11
\$105/ 8 Sessions
Pre-Registration Single Session Fee: \$20

Location: SIMS Dance Room



AWARENESS THROUGH MOVEMENT

A practice for learning to organize oneself to move with comfort, ease, and elegance. Led by a Guild Certified ATM© Teacher.

Instructor: Jeffery Wilson

Th 10am - 11:30am Jan 15 - Mar 12
\$120/ 8 Sessions
***No Session Feb 12**

Location: SIMS Dance Room

AWARENESS THROUGH MOVEMENT (FOR THE CHAIR)

Movement mobility on a chair. Turn to look behind, reach above, bend down to the ground, walk the feet. How can we make movement easier, lighter, softer, more balance? Led by a Guild Certified ATM© Teacher.

Instructor: Jeffery Wilson

Th 12pm - 1pm Jan 15 - Mar 12
\$80/ 8 Sessions
***No Session Feb 12**

Location: SIMS Dance Room

SPORTS & OUTDOOR RECREATION

BADMINTON (13+ yrs)

Recreational Badminton, facilitated by SSI Badminton. Equipment provided.

Su 5pm - 7pm Jan 11 - Mar 8
\$56/ 8 Sessions
***No Session Feb 15**
Pre-Registration Single Session Fee: \$10

Location: SIMS Gym

KARATE FOR YOUTH & ADULTS (13+ yrs)

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

Instructor: Martin Mongard

F 4:45pm - 5:45pm Jan 16 - Mar 13
\$126/ 9 Sessions

Location: SIMS Room 1

ADULT





FIRST AID

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

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

Instructor: Mysha Dewar-McClelland

F 9:30am - 5pm Jan 23 \$100

F 9:30am - 5pm Mar 13 \$100

Location: SIMS Boardroom



STANDARD FIRST AID WITH CPR LEVEL C (INTERMEDIATE FIRST AID)

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

Instructor: Mysha Dewar-McClelland

**F 9:30am - 6pm Feb 27 &
Sa 9:30am - 4pm Feb 28
\$165/ 2 Sessions**

Location: SIMS Boardroom



PARC PROGRAMS



ADVANCED AQUATICS

BRONZE MEDALLION

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

100% attendance and participation required.

Prerequisite: Age 13+ or have taken Bronze Star.

Instructor: Jana Philipp

F 11am - 5:30pm Jan 16 – Feb 6
\$180/ 4 Sessions

Location: Rainbow Recreation Centre

BRONZE CROSS

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

100% attendance and participation required.

Prerequisites: Successful completion of Bronze Medallion

Instructor: Jana Philipp

F 11am - 5:30pm Feb 13 - Mar 13
\$180/ 3 Sessions
***No Session Feb 20**

Location: Rainbow Recreation Centre

NATIONAL LIFEGUARD

Become a certified pool lifeguard. This course also includes the Standard First Aid prerequisite certification.

100% attendance and participation required.

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

Instructor: Chelsea Harris

M-F 11:30am - 6pm Mar 16 - 27
\$580/ 10 Sessions

Location: Rainbow Recreation Centre

Are you interested in
diving into
the world of
aquatics &
recreation
?

LIFEGUARD SCHOOL

Get certified in just 10 weeks and you'll be **Rescue Ready!**



SCHOLARSHIPS AVAILABLE!

INQUIRE AT RAINBOW RECREATION CENTRE

- ✓ Develop leadership and communication skills
- ✓ High demand, great pay and swim pass perks
- ✓ Learn valuable life saving skills
- ✓ Earn high school credits

**Register
Now!**

AQUATICS

PARC PROGRAMS

AQUATICS



**Looking for
one-on-one Aquafit to
meet your fitness goals?
Contact us at
ssiparc@crd.bc.ca
for availability.**



AQUATICS FITNESS

STRENGTH & STRETCH (Formerly Aqua Yoga)

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

Pre-registration required.

Instructor: Leanne Brunelle

Tu 12:05pm - 12:50pm Jan 13 - Mar 10

\$90/9 Session

Pre-Registration Single Session Fee: \$12

Location: Rainbow Recreation Centre

MASTERS SWIM TRAINING

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

Instructor: PARC Program Staff

M 6pm – 7pm Jan 12 – Mar 9

\$80/ 8 Sessions

Drop-In Fee: \$12

***No session Feb 16**

Location: Rainbow Recreation Centre

Staff Profile...

Introducing Kent Bittorf, the new Manager of Salt Spring Island Parks and Recreation:

"I am a transplanted Albertan from Edmonton (yes, I am an Oilers fan). I have a bachelor's degree in physical education from the University of Alberta and have spent the last 33 years of my career with the YMCA of Northern Alberta, most recently as Vice President for Health Fitness and Aquatics overseeing the operation of four Health and Fitness Centres serving over 17,000 members. I also have a passion for coaching and developing people as well as for staff training and facilitation.

When not at work I am an outdoor pursuits person who enjoys mountain climbing, skiing, scuba diving, kayaking and fishing. I am really looking forward to exploring the outdoors on and around Salt Spring. I am also a former competitive swimmer so you will see me in the mornings at Rainbow Recreation Centre when I swim.

I look forward to getting to know and working with this wonderful community."

- Kent Bittorf



Kent Bittorf
Manager, SSI Parks and Recreation

STAFF PROFILE

WINTER 2026 SWIMMING LESSONS

Winter Session: January - March

Parent & Tot Program Levels: 4 Months-3 Years

	Saturday Session January 10 - March 7 (no sessions February 14)			Friday Session January 16 - March 13 (no sessions February 20)		
Level	Time	Sessions	Price	Time	Sessions	Price
Parent & Tot 1 (Jellyfish) (4-12 months) 30 minutes	9:45am-10:15am	8	\$70	10:45am-11:15am	8	\$70
Parent & Tot 2 (Goldfish) (12-24 months) 30 minutes	9:45am-10:15am	8	\$70	10:45am-11:15am	8	\$70
Parent & Tot 3 (Sea Horse) (24-36 months) 30 minutes	9:45am-10:15am	8	\$70	10:45am-11:15am	8	\$70

Preschool Program Levels: 3-5 Years

	Saturday Session January 10 - March 7 (no sessions February 14)			Friday Session January 16 - March 13 (no sessions February 20)		
Level	Time	Sessions	Price	Time	Sessions	Price
Preschool 1 (Octopus) 30 minutes	11:15am-11:45am	8	\$70	11:15am-11:45am	8	\$70
Preschool 2 (Crab) 30 minutes	10:45am-11:15am	8	\$70	11:45am-12:15pm	8	\$70
Preschool 3 (Orca) 30 minutes	11:15am-11:45am	8	\$70	12:15pm-12:45pm	8	\$70
Preschool 4 (Sea Lion) 30 minutes	10:45am-11:15am	8	\$70	12:45pm-1:15pm	8	\$70
Preschool 5 (Narwhal) 30 minutes	10:15am-10:45am	8	\$70	12:15pm-12:45pm	8	\$70

Swimmer Program Levels: 6-14 Years

	Saturday Session January 10 - March 7 (no sessions February 14)			Friday Session January 16 - March 13 (no sessions February 20)		
Level	Time	Sessions	Price	Time	Sessions	Price
Swimmer 1 30 minutes	9:45am-10:15am	8	\$70	10:45am-11:15am	8	\$70
Swimmer 2 30 minutes	10:15am-10:45am	8	\$70	11:15am-11:45am	8	\$70
Swimmer 3 45 min lesson	9:45am-10:30am	8	\$86	10:45am-11:30am	8	\$86
Swimmer 4 45 minutes	10:30am-11:15am	8	\$86	11:30am-12:15pm	8	\$86
Swimmer 5 45 minutes	11:15am-12:00pm	8	\$86	11:45am-12:30pm	8	\$86
Swimmer 6 45 minutes	11:15am-12:00pm	8	\$86	11:45am-12:30pm	8	\$86
Swimmer 7/8/9 60 minutes				12:30pm-1:30pm	8	\$108

Block Private Swim Lessons: 2 Years+ Winter Session January - March

	Saturday Session January 10 - March 7 (no sessions February 14)			Friday Session January 16 - March 13 (no sessions February 20)		
	Time	Sessions	Price	Time	Sessions	Price
1 or 2 registrants 30 minutes	11:45am-12:15pm	8	\$180 (1 registrant) \$248 (2 registrants)	12:45pm-1:15pm	8	\$180 (1 registrant) \$248 (2 registrants)

Custom Private Lessons

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

Spring Break Session: March 16 - 27

	Spring Break Monday-Friday Set 1: March 16-20			Monday-Friday Set 2: March 23-27		
	Time	Sessions	Price	Time	Sessions	Price
1 or 2 registrants 30 minutes	10:45am-11:15am 11:15am-11:45am 11:45am-12:15pm	5	\$112.50 (1 registrant) \$155 (2 registrants)	10:45am-11:15am 11:15am-11:45am 11:45am-12:15pm	5	\$112.50 (1 registrant) \$155 (2 registrants)

SWIMMING LESSONS

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

COMMUNITY INFO AND PROGRAMS

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



ARTS ASSOCIATIONS AND FACILITIES

ARTSPRING

www.artspring.ca

Salt Spring's premier performing arts and community centre for 25 years. Hosting world-class artists from close to home to around the world on our professional stage. A hub for community exhibits, forums, productions, dances, screenings, schools, and workshops.
250 537 2102

SALT SPRING ARTS

www.saltspringarts.com

Situated in historic Mahon Hall, we support creativity of local artists through programs such as Artcraft Gallery & Shop, Artist in the Class, Grants & Awards, Spring Art Show, and Workshops.
250 537 0899 • info@ssartscouncil.com

DANCE

ARGENTINE TANGO - POR EL AMOR AL TANGO

www.saltspringislandtango.wordpress.com/

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

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

DANCE TEMPLE

www.dancetemplesaltspring.com

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

INTERNATIONAL FOLK DANCE CLUB

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

Marie Beaudoin • mabeaudoin@shaw.ca

NIA

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

Arleen Sadler, Certified Instructor • movingtoalive@gmail.com

SALTY WHEELS SQUARE DANCE

www.region1.squaredance.bc.ca

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

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

SSI SCOTTISH COUNTRY DANCE CLUB

sites.google.com/view/ssiscdc/home

web page: SSISCDC

New members are always welcome. We meet every Monday, 6pm-8pm- Sept-May, All Saints Anglican Church Hall. Annual

Robbie Burns celebration in January. For more information contact: John Howe at jkhowe54@gmail.com, or Michelle Grant at mgrant09@telus.net

MUSIC GROUPS & ASSOCIATIONS

BACH ON THE ROCK

www.bachontherock.com

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

BANDEMONIUM MUSIC SOCIETY

saltspringband.com

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

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

FIDDLEWORKS COMMUNITY DEVELOPMENT SOCIETY

www.fiddleworks.ca

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

SALT SPRING FOLK CLUB

www.saltspringfolkclub.com

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

SALT SPRING PIPES & DRUMMERS ASSOCIATION

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

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

SALT SPRING SINGERS

www.saltspringsingers.ca

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

UBUNTU SACRED SONG CIRCLE

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

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

VIVA CHORALE! CHOIR

www.vivachoralesaltspring.com

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

MUSIC LESSONS

DREAM DEEP MUSIC

www.oonamcouat.com

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

ISLAND WINDS MUSIC STUDIO

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

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

THEATRE / DRAMATIC ARTS / FILM

ACTIVE PASS PRODUCTIONS

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

Lynda Jensen • 250 537 4168

FRITZ CINEMA

www.thefritz.ca

Up-to-date cinema with surround sound and digital projection. Open Friday to Tuesday year-round and 7 days a week in July & August.

250 537 4656 • thefritz@hotmail.com

GULF ISLANDS SCHOOL OF THE PERFORMING ARTS (GISPA) – YOUTH

www.gispa.ca

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

SALT SPRING COMMUNITY THEATRE

www.facebook.com/saltspringcommunitytheatre/

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

SALT SPRING FILM FESTIVAL

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

Therin Gower • 250 537 5169

STAGECOACH SCHOOL FOR THE PERFORMING ARTS SOCIETY

www.stagecoachtheatre.ca

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

THEATRE ALIVE

www.saltspringtheatrealive.com

Bringing innovative performances, workshops and readings to Salt Spring audiences. Maggie O'Scalleigh, artistic director. 250 537 5955

TSUNAMI CIRCUS YOUTH PERFORMANCE TROUPE

www.ssicircusandgymnastics.com

Tsunami Juniors Ages 7-12. A fun and supportive environment for young performers to explore creativity and develop circus performance skills.

Tsunami Circus Ages 12+. An advanced program for teens to refine their skills and take on leadership roles, including choreography, rigging, stage makeup & costumes for the annual performance.

FABRIC ART GROUPS & INSTRUCTION

FELT MAKING WORKSHOPS & PRIVATE FELTING & TEXTILE COURSES

www.ulriekebenner.com

Art You Wear in Felt & Silk.

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

ISLAND COMFORT QUILTS

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

VISUAL ART GROUPS

SALT SPRING CALLIGRAPHY GUILD AKA CALLIGRAFIENDS

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

SALT SPRING BASKETRY GUILD

www.ssibasketryguild.ca

The Salt Spring Basketry Guild is a group of basket makers (of all levels) and collectors who meet regularly. Guild activities include learning about basketry materials and techniques, guest speakers and social activities, organizing exhibits of members' work. New members welcome. contact@ssibasketryguild.ca • [facebook.com/ssibasketryguild](https://www.facebook.com/ssibasketryguild)

SALT SPRING ISLAND PAINTERS GUILD

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

SALT SPRING PHOTOGRAPHY CLUB

www.ssphotog.ca

Open to anyone, beginner to expert. We meet on the second Wednesday of every month at 7pm virtually on Zoom or in person at the Salt Spring Public Library community program room.

Judy H. McPhee, President • 250 537 1752 • jhmcphee@shaw.ca

SALT SPRING POTTERS GUILD

www.saltspringpottersguild.com

A group of potters, at all levels of development from beginners to production potters, artist potters and sculptors, organize monthly meetings for mutual support and to hold workshops.

Patricia Gibson • patriciagibson198@gmail.com

SALT SPRING PRINTMAKERS SOCIETY

www.ssiprintmakers.ca

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

info@ssiprintmakers.ca

SALT SPRING WEAVERS & SPINNERS GUILD

saltspringweaversandspinnners.com

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

VISUAL ART INSTRUCTION

ARTS AND CRAFTS (SS SENIORS SERVICES SOCIETY)

Arts and Crafts afternoon, support and sharing, at the SS Seniors Centre, Tuesdays 12:30 to 3pm. Bring your painting and crafts projects to share with the group.

379 Lower Ganges Road • 250 537 4604

ARTVENTURES

www.artbygillian.com

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

gillian@artbygillian.com

BASKETRY WORKSHOPS

www.joancarrigan.com

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

CREATIVE BY NATURE ART STUDIO

www.creativebynature.org

Learn to paint with nature & your wild heart, in the studio, garden & forest. Youth & Adult classes year-round. Lisa Lipsett

250 537 9785 • lisa@creativebynature.org

FALCON ARCHERY

www.falconarchery.net

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

info@falconarchery.net

FINE JEWELLERY WORKSHOPS

www.martinus-gold.com

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

PASTEL AND BEGINNER DRAWING WORKSHOPS

howtopastel.com

Gail Sibley • 778 440 3131 • gail@howtopastel.com

POTTERY SCHOOL

juliemackinnonceramics.com

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

juliemackinnonceramics@gmail.com

COMMUNITY GROUPS + RESOURCES

CENTRE FOR CHILD HONOURING

www.childhonouring.org

Child Honouring is a philosophy, a vision, an organizing principle, and a way of life - the children-first way of sustainability. Activities include education, communication and awareness, and innovation through creating dialogues and forums.

250 931 3190 • info@childhonouring.org

CFUW SSI

www.cfuwssi.ca

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

info@cfuwssi.ca

SALT SPRING CHAMBER + VISITOR INFORMATION CENTRE

www.saltspringchamber.com • www.saltspringtourism.com

The Salt Spring Island Chamber of Commerce, established in 1948, is a not-for-profit organization representing local business owners and community members. We support the needs of Salt Spring businesses by offering monthly Member Mixers and our annual Salty Awards for excellence in local business. We also operate the Visitor Information Centre and Salt Spring Tourism.

LOVE SALT SPRING? Share it! Become a Visitor Centre Ambassador and help welcome the world to our island. Volunteer today!

250 537 5252 • chamber@saltspringchamber.com

DEATH CAFÉ

www.deathcafe.com

Join Jaya Lynda Cole and other Salt Spring Hospice facilitators for a conversation about death where even humour and light heartedness can emerge. All are welcome.

Jenna Dashney • ssideathcafe@gmail.com

GULFISLANDEVENTS.COM

www.gulfislandevents.com

This cultural calendar promotes local events centered in arts, food, and nature: from concerts to art exhibitions, farm-to-table dinners, workshops and more. Visit 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

EMERGENCY MANAGEMENT SALT SPRING ISLAND

PrepareYourself.ca

Emergency.crd.ca

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

FULFORD SENIORS

www.fulfordseniors.com

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

FRIENDS OF RUCKLE HERITAGE

www.friendsofruckleheritage.info

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

OGIFA – OMETEPE GULF ISLAND FRIENDSHIP ASSOCIATION

ometepecoffee.ca

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

ISLAND COMMUNITY SERVICES

www.saltspringcommunityservices.ca

A charitable organization dedicated to supporting individuals, families, and communities. We provide a range of services and 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)
250 537 9971 connect@ssics.ca

ISLAND PATHWAYS

islandpathways.ca

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

JAPANESE GARDEN SOCIETY

www.saltspringjapanesegarden.com

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

LADY MINTO HOSPITAL AUXILIARY SOCIETY (LMHAS)

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

PROBUS CLUB OF SALT SPRING ISLAND

www.probus-ssi.ca

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

ROTARY CLUB

www.saltspringislandrotary.org

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

ROYAL CANADIAN LEGION

www.saltspringlegionbr92.com

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

SALT SPRING ISLAND FOUNDATION

www.ssifoundation.ca

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

SALT SPRING HOSPICE SOCIETY

www.saltspringhospice.org

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

SALT SPRING ISLAND LIONS CLUB

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

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

www.crd.bc.ca

PARC is responsible for the establishment, ongoing operation and maintenance of all community parks, PARC athletic fields and tennis courts, public trails, and waterfront parks on Salt Spring Island, as well as the maintenance of Hart Memorial Disc Golf Park in Mouat Park. PARC is also responsible for recreation programming at Salt Spring Island Multi-Space (SIMS) and

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

Rainbow Recreation Centre. Contact for information on trails, water access, playing fields and public spaces • 250 537 4448 • ssiparc@crd.bc.ca

SALT SPRING MEN'S SHED saltspringmensshed.ca

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

SALT SPRING ISLAND SEARCH AND RESCUE www.saltspringsar.org

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

SALT SPRING ISLAND HISTORICAL SOCIETY & ARCHIVES www.saltspringarchives.com

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

SALT SPRING ISLAND WOMEN'S INSTITUTE

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

SALT SPRING SENIORS SERVICES SOCIETY www.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 Road • 250 537 4604. Driver's desk number: 250 537 4635

SALT SPRING ISLAND SPCA

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

SENIORS' 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

SEE PARC PROGRAMS
• pg 10

SHRINE CLUB #39 GULF ISLANDS www.shriners.bc.ca

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

THE CIRCLE EDUCATION www.thecircleeducation.org

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

TRANSITION SALT SPRING SOCIETY www.transitionsaltspring.com

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

COMMUNICATION & LITERACY

PATHS TO AUTHENTIC WRITING www.lorrainegane.com

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

SALT SPRING ISLAND PUBLIC LIBRARY www.saltspring.bc.libraries.coop

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

SALT SPRING LITERACY

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

CHILDCARE AND PRESCHOOLS

AMELIA'S PLACE FAMILY CHILDCARE

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

CHILD CARE RESOURCE AND REFERRAL (CCRR) www.gov.bc.ca/ChildCareResourceReferralCentres

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

EARLY LEARNING FOR FAMILIES (ELF) STRONG START CENTRES

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

FAMILY PLACE

www.saltspringcommunityservices.ca/family-place/

Family Place is a safe and inclusive space 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

PARENT CHILD MOTHER GOOSE

www.saltspringcommunityservices.ca/family-place/

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

FULFORD HARBOUR CHILD CARE SOCIETY

www.treefrogdaycare.com

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

LITTLE BLUE EARLY LEARNING CENTRE

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

LITTLE RED SCHOOLHOUSE

www.littleredschoolhouse.ca

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

MORNING GLORY DAYCARE

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

MomCo SALT SPRING

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

SALT SPRING CO-OPERATIVE PRESCHOOL

www.saltspringcooppreschool.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

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

HARVEST FOOD PROGRAMS

www.harvestsaltspring.ca

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

ISLAND NATURAL GROWERS

www.cog.ca/chapters/island-natural-growers

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

SEE PARC PROGRAMS

• First Aid pg. 16

SALT SPRING ABATTOIR

www.saltspringabattoir.ca

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

SALT SPRING ISLAND FARMERS' INSTITUTE

www.ssifi.org

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

SALT SPRING ISLAND FARMLAND TRUST SOCIETY

www.ssifarmlandtrust.org

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

SALT SPRING ISLAND GARDEN CLUB

www.ssigardenclub.com

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

SEEDY SATURDAY

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

TRANSITION SALT SPRING SOCIETY

www.transitionsaltspring.com

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

GENERAL INTEREST

DOG TRAINING CLASSES

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

DOG TRAINING CLASSES

www.jessicabeck.ca

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

**SEE PARC PROGRAMS
ON PAGE 14 & 15**

- Line Dancing
- Awareness Through Movement

FAMILY SEARCH CENTRE

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

SALT SPRING AMATEUR RADIO SOCIETY

www.ssiarc.ca/

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

SALT SPRING FORUM

www.saltspringforum.com

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

SALT SPRING HISTORY & MYSTERY

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

tours@saltspringhistory.com

SALT SPRING MODEL RAILWAY SHOW

www.pkbenson.wixsite.com/railway

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

SALT SPRING MUSEUM

www.saltspringmuseum.com

Bittancourt House Museum is located on the Farmers' Institute grounds at 351 Rainbow Road. Hours of operation- April 1 to Jun 30 - 11am to 3pm. July 1 to Aug 31 - 11am to 4pm. Sept 1 to Oct 31 - 11am-3pm.

John Fulker • 250 537 4895 • jandifulker@gmail.com

SALT SPRING ROD & GUN CLUB

www.saltspringislandrodandgunclub.ca

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

INFORMATION RESOURCES

FULFORD SENIORS

www.fulfordseniors.com

Resources and support for aging in place. Monthly presentations on senior related topics.

See website for times and dates or email fulfordseniors@gmail.com

GULF ISLANDS DRIFTWOOD

www.gulfislandsdriftwood.com

241 Fulford-Ganges Road

Community newspaper featuring local news, entertainment news, sports, events calendar and classifieds. In print and online. The Driftwood also publishes The Gulf Islander tourist guide and Aqua - Gulf Islands Living magazine, among other special publications in print and digital versions.

250 537 9933 • driftwood@gulfislandsdriftwood.com

LIONS CLUB DIRECTORY

sslionsdirectory@gmail.com

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

SALT SPRING ISLAND PARKS, ART & CULTURE (PARC)

www.crd.bc.ca/saltspring

PARC is your contact for information on all things recreation, community groups, trails, water accesses, playing fields and public spaces on Salt Spring Island. PARC produces the Salt Spring Leisure Guide together with the Driftwood - in print and online. Call or email our office to be included in the next edition 3 times a year - December, April and August.

Facebook: facebook.com/ssiparc • 250 537 4448

ssiparc@crd.bc.ca

SALT SPRING ISLAND PUBLIC LIBRARY

www.saltspring.bc.libraries.coop

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

SALT SPRING EXCHANGE

www.saltspringexchange.com

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

SALT SPRING SENIORS SERVICES SOCIETY

www.saltspringseniorscentre.ca

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

SALTY FISHBOWL

www.saltyfishbowl.com

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

THE ISLANDS MARKETPLACE

www.islandsmarketplace.com

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

VISITOR INFORMATION CENTRE

www.saltspringtourism.com

For locals and visitors alike, you'll find a wealth of information about Salt Spring and the Gulf Islands, Vancouver Island and British Columbia. We also have Welcome Bags for new arrivals to Salt Spring.

121 Lower Ganges Road • 250 537 5252

visitorcentre@saltspringtourism.com

HEALTH & FITNESS CLASSES

EVERYBODY STRETCH

www.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

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

SOUTH ISLAND TAI CHI

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

SEVEN STARS TAI CHI CLUB

7stars@cedarlanestudio.com

Tuesdays 4.30pm-6pm, Partner practice. Thursdays 4pm-5pm New beginners' class & 5.30pm-6.30pm ongoing form class. All at Cedar Lane Studio, 210 Cedar Lane.

For any class contact Osman 250 537 5667 or Rumi 250 653 4774

FITNESS CENTRES & GYMS

GANGES FITNESS

www.gangesfitness.com

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

SALT SPRING ISLAND WELLNESS CENTRE

www.ssiwellness.com

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

PRIVATE TRAINERS

GULF ISLAND ATHLETIC TRAINING

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

LESLIE BARCLAY PERSONAL TRAINER

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

TRISHA MOROZ-BARSTEAD, Personal Trainer

trisha.synergyfit@gmail.com

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

YOGA

DOROTHY PRICE YOGA

www.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

GATEHOUSE YOGA

www.stowellakefarm.com

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

IYENGAR YOGA (Restorative) with Susan Bull

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

SALT SPRING CENTRE OF YOGA

www.saltspringcentre.com

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

THE NEST HOT YOGA

www.thenesthotyoga.com

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

MIND + BODY

ANNA HALTRECHT - MINDFUL LIVING

www.bonesforever.com

Move with greater ease, and less pain. Offering innovative movement classes and private sessions, including Feldenkrais Awareness Through Movement® on Fridays at 10 am and Pilates reformer by appointment. Also, online classes.
Anna Haltrecht • 250 537 5681 • annahaltrecht@gmail.com

ART THERAPY FOR MIND, BODY, AND SPIRIT

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 • 250 537 6568

JEFFERY WILSON, COMMUNITY & PRIVATE MOVEMENT COACHING

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

EDUCATION IN HERBAL MEDICINE & HOMEOPATHY

Alchemy of Herbal Medicine

www.seraphinacapranos.com

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

KARIN BEVIERE, EDUCATOR OF HOMEOPATHIC MEDICINE

www.karinbeviere.com

See website for upcoming class offerings.
Karin Beviere • 250 537 4728



Shorei-Kan Karate

SALT SPRING DOULA COLLECTIVE

www.saltspringdoulas.ca

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

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

TAOIST TAI CHI®arts

Fung Loy Kok Institute of Taoism Taoist Tai Chi® practice is a moving meditation that reduces stress and helps you find joy. Physically it will make you energetic, balanced, strong, and supple. All are welcome. All Saints by the Sea. Mondays 4:30-5:30 (upper hall) & Wednesdays 6pm-8pm (lower hall).
250 383 4103 • victoria.bc@taoist.org

PERSONAL DEVELOPMENT

BIG BROTHERS BIG SISTERS

bbbsvictoria.com

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

SUCCESSWORKS

www.saltspringcommunityservices.ca

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

SALT SPRING ISLAND TOASTMASTERS PUBLIC SPEAKING CLUB

www.saltspring.toastmastersclubs.org/

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

TRANSITION SALT SPRING SOCIETY

www.transitionsaltspring.com

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

RECREATION & SPORTS

AQUATICS

RAINBOW RECREATION CENTRE

www.ssiparc.ca

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

SALT SPRING STINGGRAYS SWIM TEAM

www.saltspringstingrays.com

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

EQUESTRIAN

SALT SPRING THERAPEUTIC RIDING ASSOCIATION

www.sstra.ca

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

PRINGLE FARM

www.pringlearabians.ca

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

MARTIAL ARTS

SALT SPRING AIKIDO CLUB <https://saltspringaikido.ca/>

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

SALT SPRING ISLAND KARATE CLUB

www.ssikarate.com

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

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

SHOREI-KAN KARATE

www.bguiled.com/karate

"House of Politeness & Respect", traditional Okinawan, non-competitive, go-ju (hard-soft) karate, on island since 2002; new south-end Zen Dojo, adult classes. Brenda Guiled, founder & chief instructor.

250 653 4722 • bguiled@gmail.com

SPORTS

ADULT SLO-PITCH

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

Liz Wilson • 250 538 7555

ARCHERY SOCIETY OF SALT SPRING ISLAND

www.jadefarm.ca

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

ROLLER SKATING

www.ssiparc.ca

Indoor Drop-in Roller skating at SIMS Gym. Bring your own skates or rent a pair from us! See website for drop-in schedule.

250 538 4250 • ssiparc@crd.bc.ca

SALT SPRING ISLAND MINOR BASEBALL ASSOCIATION

www.saltspringbaseball.ca/

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

info@saltspringbaseball.ca

SALT SPRING CIRCUS AND GYMNASTICS ASSOCIATION

www.ssicircusandgymnastics.com

Salt Spring Circus and Gymnastics classes are all about building skills, confidence, and having fun along the way. Whether it's a first somersault or mastering the balance beam, kids will learn in a safe, supportive space with awesome coaches and lots of smiles. See our website for information

SSCG is a non-profit dedicated to offering recreational circus and gymnastics classes for all ages and skill levels. We provide inclusive programming for children who need extra support to participate. ssicircusandgymnastics@gmail.com

SALT SPRING ISLAND PICKLEBALL ASSOCIATION

www.saltspringpickleball.com

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



GALLERY 8 PHOTOGRAPHY CLUB EXHIBIT

SALT SPRING ISLAND GOLF CLUB

www.saltspringgolf.com

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

SALT SPRING SNEAKERS RUNNING CLUB

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

SALT SPRING UNITED SOCCER CLUB

www.saltspringsoccer.com

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

SALT SPRING SQUASH CLUB

www.saltspringsquash.ca

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

SALT SPRING TENNIS ASSOCIATION

www.saltspringtennis.ca

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

SPECIAL OLYMPICS BC

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

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

OUTDOOR RECREATION

FISHING LICENSES - SERVICE BC

www.fishing.gov.bc.ca

250 537 5414

GULF ISLANDS CENTRE FOR ECOLOGICAL LEARNING

www.gicel.ca

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

SALT SPRING ISLAND PADDLERS

www.saltspringpaddlers.ca

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

DRAGON BOATING

Anyone is welcome to join the club. We enjoy being out on the water, socializing after practice, preparing for competitions and being part of the international community of dragon boaters.
Barry Green • 250-537-1150 • 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 We offer Outdoor Adventure Summer Camps for Youth, Environmental Education + Adventure Programs for Schools & Groups, Kayak Expeditions that explore the spectacular coast of BC and Kayak Guide Training Courses endorsed by the SKGABC.
Jasper Snow Rosen & Carissa Winter • 250 221 2257 • 250 538 7241
coastalcurrentadventures@gmail.com



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over a decade of success • weight loss
& nutrition education medical doctor
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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 ADVENTURE CO.
www.saltspringadventures.com

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

Zoë Ward • 250 537 2751 • info@saltspringadventures.com

SALT SPRING POWER & SAIL SQUADRON
www.cps-ecp.ca

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

John Lugsdin • jelugsdin@gmail.com

SALT SPRING BIKE CLUB

The Salt Spring Bike Club (SSBC) is an IMBA affiliated and insured club whose primary including trails and a bike skills park for children and youth. New members welcome.

Visit us on Facebook • saltspringbikeclub@gmail.com

SALT SPRING ISLAND DISC GOLF CLUB

A club open to all interested in disc golf. Find us on Facebook: Salt Spring Island Disc Golf.

Ben Corno • benjamincono@gmail.com

SALT SPRING ISLAND RADIO CONTROL FLYERS

SSI Radio Control Flyers are a MAAC group of fixed wing flying and drone enthusiasts. Fliers of all ages are welcome. Our field is MAAC approved, and we fly when weather allows.

Lawrie Neish • 250 537 2053 • wlneish@shaw.ca

SALT SPRING ROWING CLUB

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

SALT SPRING SAILING CLUB
www.saltspringsailing.ca

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

SALT SPRING TRAIL & NATURE CLUB
www.saltspringtnc.ca

Interested in experiencing our island on foot, natural history, flora and fauna? Join us for Tuesday and Sunday walks and hikes. Nonmembers may attend up to three events.

Visit website or e-mail us: info.sstnc@gmail.com

WISDOM OF THE EARTH
www.wisdomoftheearth.ca

Experiential nature-based programs for children, youth, and adults, to facilitate deep connection to self, community and the wild. Rites of passage, solo overnights, primitive skills, adult survival courses, kid's camps, preschooler and parent program and more.

Jean-Claude Catry • 250 653 9122

jean-claude@wisdomoftheearth.ca

PARC FACILITY BOOKINGS

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

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

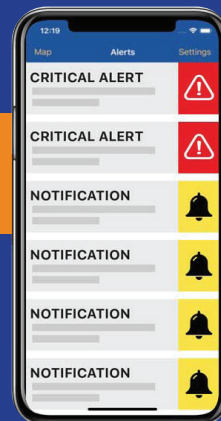
Hourly fees for all locations (tax not included):

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

Contact ssiparc@crd.bc.ca or call 250-537-4448 for more information or to inquire about availability.

Online booking is also available through www.ssiparc.ca

Be sure to stay informed with ALERTABLE NOTIFICATIONS



COMMUNITY NOTIFICATIONS

Stay Aware & Plan Ahead



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

SIGN UP NOW
crd.bc.ca/pans



WEST COAST MODEL YACHT ASSOCIATION**www.wcmya.ca**

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

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

BEAVER POINT HALL**www.beaverpointhall.org**

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

CENTRAL HALL

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

COMMUNITY GOSPEL CHAPEL**www.communitygospelchapel.com**

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

FARMERS' INSTITUTE EXHIBITION HALL**www.ssifi.org**

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

FULFORD COMMUNITY HALL**www.fulfordhall.com**

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

FULFORD SENIORS**www.fulfordseniors.com**

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

BENCH DONATION PROGRAM

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

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

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

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



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

GATEHOUSE AT STOWELL LAKE FARM

www.stowellakefarm.com

Farm setting with various options for events.

Liz Young • 250 653 4308 • info@stowellakefarm.com

MAHON HALL

www.saltspringarts.com/mahon-hall/rentals

Mahon Hall is a community venue for 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

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

PARC MEETING ROOMS

Suitable for classes and meetings. Portlock Park Portable & SIMS Boardroom.

250 537 4448 • ssiparc@crd.bc.ca

SALT SPRING LIONS – HART BRADLEY MEMORIAL HALL

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

SALT SPRING ISLAND PUBLIC LIBRARY

Two small meeting rooms and one large Program Room with available projector.

Please email for details, capacity, and availability.

250 537 4666 • info@saltspringlibrary.com

SALT SPRING SENIORS SERVICES SOCIETY

www.saltspringseniorscentre.ca

Rooms for 6 to 60 people. Kitchen and AV equipment available.

Accessible and comfortable space, great rates! Central location at 379 Lower Ganges Rd, near Country Grocer.

250 537 4604 • saltspringseniors@shaw.ca

SALT SPRING ISLAND UNITED CHURCH

www.saltspringunitedchurch.org

Wheelchair accessible, Sanctuary seats 110 with new comfortable upholstered chairs, Upper Hall with kitchenette accommodates 50, Lower Hall accommodates 60, full kitchen optional.

111 Hereford Avenue • 250 537 5812
general@saltspringunitedchurch.org

SALT SPRING WELLNESS CENTRE

www.ssiwellness.com

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

SCHOOL DISTRICT FACILITIES

www.sd64.bc.ca

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

250 537 5723

YOUTH GROUPS

CORE INN YOUTH DROP-IN CENTRE

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

GIRL GUIDES OF CANADA

www.girlguides.ca

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

Casi: ssiguide@gmail.com

PASS IT ON MENTORSHIP PROGRAM

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

SALT SPRING ISLAND 4H COMMUNITY CLUB

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

SCOUTS CANADA

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 depends on volunteer availability. Christin • 250 653 4893 • info@christinboyd.ca



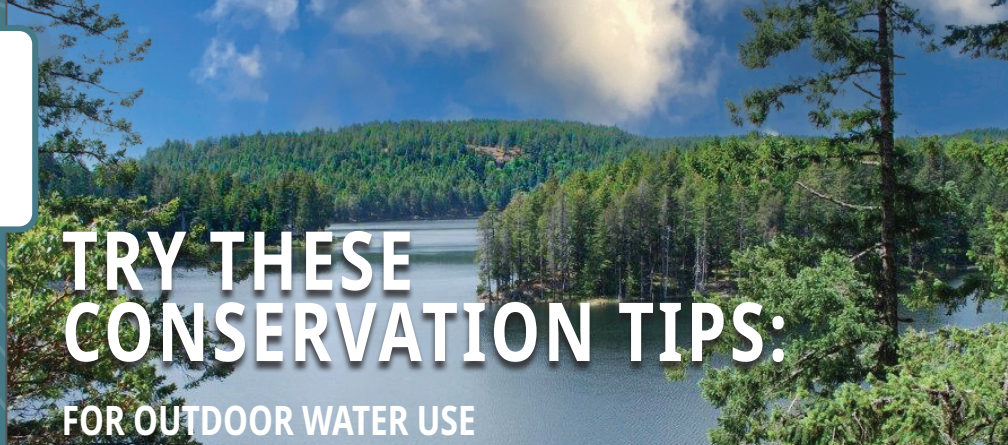
**NORTH
SALT SPRING
WATERWORKS
DISTRICT**

WATER CONSERVATION & FINANCING

BE WATER WISE PLAN NOW FOR SPRING & SUMMER

PLAN WATER SAVING EFFORTS NOW FOR NEXT SPRING & 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



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

