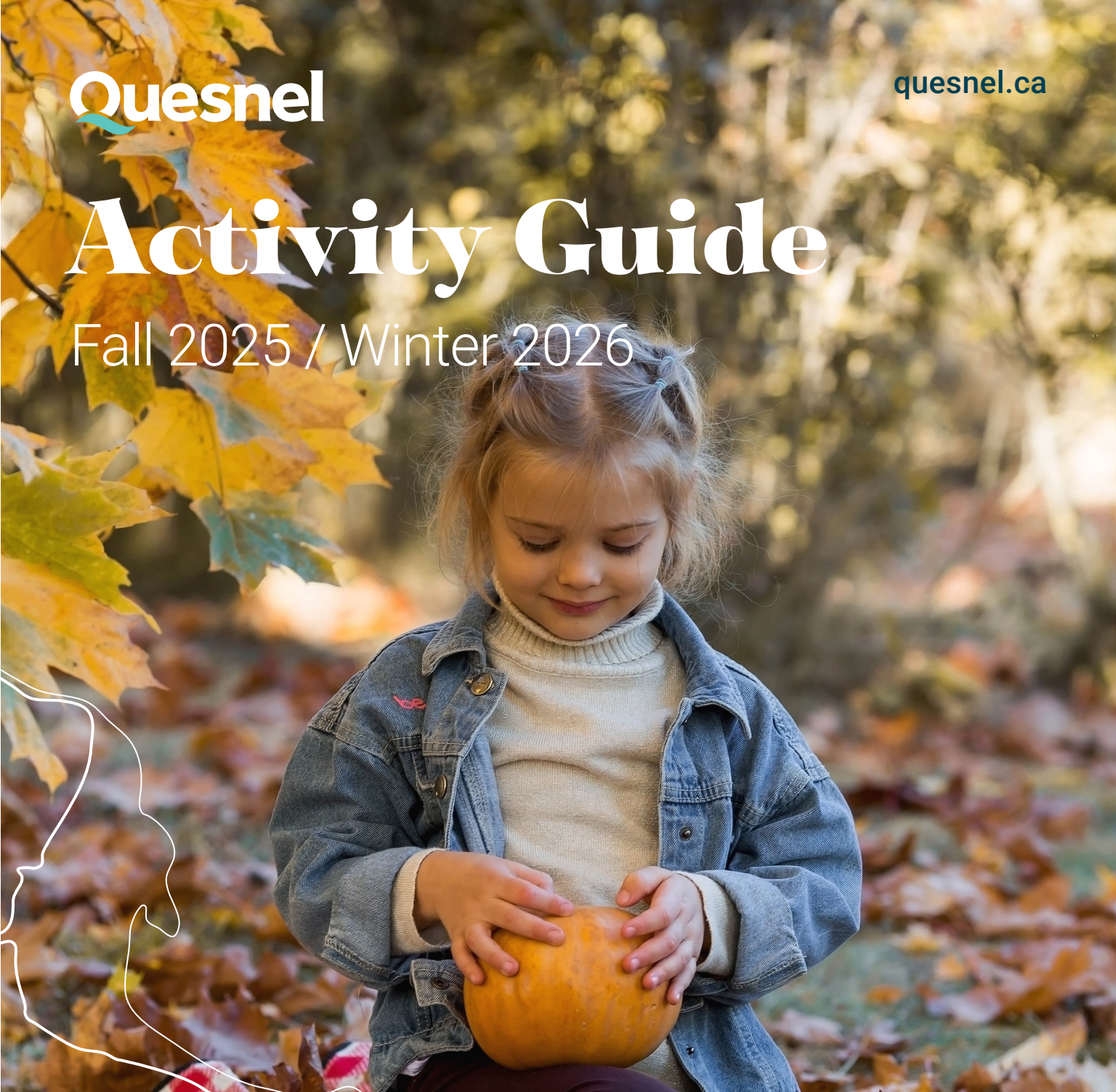


# Activity Guide

Fall 2025 / Winter 2026



## What we offer:

- Recreation
- Fitness
- Aquatics
- First Aid
- Art



### YOUTH KARATE | Ages 6-15yrs

Learn discipline, gain confidence, increase flexibility, develop cooperation, and have fun. This class is for kids new to Karate and those at the beginner level. Classes are structured to be fun while instilling the traditional values of discipline and respect for others. Youth are encouraged to improve but always at their own pace.

20770 MON SEPT 15-DEC 15 5:30PM-6:30PM \$100.25/\$125.30  
 20771 MON JAN 5-MAR 9 5:30PM-6:30PM \$69.40/\$86.75



### KIDS NIGHT OUT | Ages 7-12

Looking for a fun and exciting evening for your kids? Join us at the Quesnel Arts and Recreation Centre for a Kids Night Out filled with laughter, games, and adventure! The night will kick off with a variety of board games, where kids can challenge their friends, learn new strategies, and enjoy some friendly competition. After the games, we'll dive into an awesome pool party, complete with music, pool toys, and tons of splashing fun! Pizza included. Don't miss out on this fantastic event—fun is guaranteed! Spaces are limited, so be sure to sign up early!

20769 THU NOV 27 6:00PM-8:30PM \$20.00/\$25.00





### GENTLE FLOW YOGA | Ages 15yrs+

Join us for a dynamic and grounding yoga experience that invites you to explore the foundational elements of mindful movement. In this all-levels class, we'll move beyond the surface of poses to deepen your personal practice—both on and off the mat. Whether you're brand new to yoga or a seasoned practitioner, you'll find space to grow, challenge yourself, and reconnect with your body and breath. Expect a mix of slow, intentional sequences, breathwork (pranayama), and moments of stillness to cultivate focus and inner calm. Throughout the practice, you'll be offered modifications and variations to honor your body's unique needs and energy levels. This class is more than just movement—it's a space to reconnect with yourself, quiet the mind, and build awareness that you can carry into your daily life. Come as you are and find your movement, your rhythm, your breath.

#### MORNINGS

20760	MON	SEP 15-DEC 15	11:00AM-12:00PM	\$114.00/\$142.50
20761	WED	SEP 17-DEC 17	11:00AM-12:00PM	\$122.80/\$153.50
20762	MON	JAN 5-MAR 9	11:00AM-12:00PM	\$78.95/\$98.70
20763	WED	JAN 7-MAR 11	11:00AM-12:00PM	\$87.70/\$109.60

#### EVENINGS

20764	TUE	SEP 16-DEC 16	6:40PM-7:30PM	\$105.25/\$131.55
20766	TUE	JAN 6-MAR 10	6:40PM-7:30PM	\$87.70/\$109.60
20767	THU	JAN 8-MAR 12	6:40PM-7:30PM	\$87.70/\$109.60

### BADMINTON | Ages 16yrs+

Come on out and try your hand at the always popular and fun-filled sport of badminton. Whether you are a recreational player, a beginner or a pro we have a place for you! Set two evenings aside every week and take this opportunity to meet new friends. Register early to guarantee your spot!

20775	MON & WED	SEP 29-DEC 19	7:15PM-9:15PM	\$110.50/\$138.10
20776	MON & WED	JAN 5-MAR 13	7:15PM-9:15PM	\$80.75/\$100.95

### RECREATIONAL VOLLEYBALL | Ages 16yrs+

Bump, set, spike! Whether you've played in high school, college, just for fun, or never before, there is a spot for you where you'll fit right in. Volleyball is a high energy sport, which makes it appealing to athletes of various ages and skill levels. You will quickly learn that volleyball is just as much about teamwork and communication as it is about talent. Quesnel recreational volleyball emphasizes fun and team play. Court rules and regulations will be presented on the first evening. With two courts available you will have lots of playing time.

20777	TUE & THU	OCT 1-APR 30	7:30PM-9:30PM	\$242.25/\$275.60
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### BOUCHIE LAKE PICKLEBALL | Ages 16yrs+

Join us for some fun Pickleball action, playing one of North America's most popular and growing sports. Serve-up the fun by playing a game of Pickleball with others in the Quesnel community. All skill levels welcome!

20779	MON	SEP 22-DEC 15	6:30PM-8:30PM	\$51.00/\$63.75
20780	MON	JAN 5-MAR 9	6:30PM-8:30PM	\$38.25/\$47.80



### RECREATIONAL TUESDAY PICKLEBALL | Ages 16yrs+

Did you know that Pickleball is one of North America's most popular and growing sports? Serve-up the fun by playing a game of Pickleball with others in the Quesnel community. All skill levels welcome!

20781	TUE	OCT 7-DEC 16	7:15PM-9:15PM	\$42.50/\$53.10
20782	TUE	JAN 6-APR 21	7:15PM-9:15PM	\$59.50/\$74.40

### QUESNEL WOMEN'S PICKLEBALL | Ages 16yrs+

Grow your passion for sport, build your skills, and participate in a fun evening with other women in the Quesnel community. This twice-a-week program will run at Quesnel Junior School on Wednesday nights. All skill levels welcome!

21999	WED	OCT 8-MAR 12	6:30PM-8:30PM	\$89.30/\$111.35
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### RECREATIONAL THURSDAY PICKLEBALL | Ages 16yrs+

Want to play one of North America's most popular and growing sports? Serve-up the fun by playing a game of Pickleball with others in the Quesnel community. All skill levels welcome!

20785	THU	OCT 2-DEC 18	7:15PM-9:15PM	\$51.00/\$63.75
20786	THU	JAN 8-APR 23	7:15PM-9:15PM	\$59.50/\$74.40

### TEEN BASKETBALL | Ages 16-24yrs

Co-ed late teen recreational basketball is a fun, social league that plays once a week and is open to all recreational skill players. This is a self-officiated program, and sportsmanship is always stressed. Register early to guarantee your spot!

20778	WED	OCT 8-FEB 25	7:30PM - 9:30PM	\$80.80/\$100.75
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## DROP-IN DRYLAND FITNESS SCHEDULE | January 2 – March 13, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				WR CIRCUIT 8:00am – 9:00am
	POWER PARENT 9:30am – 10:30am <i>Kid Friendly</i>	WR CIRCUIT 9:00am – 10:00am	POWER PARENT 9:30am – 10:30am <i>Kid Friendly</i>	RESTORATIVE FITNESS 9:00am – 10:00am
	CARDIO LITE 10:45am – 11:45am	ADAPTED DANCE FIT 10:10am – 10:55am	CARDIO LITE 10:45am – 11:45am	CHAIR YOGA 10:10am – 10:50am
		WR CIRCUIT 11:00am – 12:00pm		WR CIRCUIT 11:00am – 12:00pm
	FIT IN 40 12:10pm - 12:50pm	FIT IN 40 12:10pm - 12:50pm	FIT IN 40 12:10pm - 12:50pm	FIT IN 40 12:10pm - 12:50pm
	SENIORFIT 1:00pm – 1:40pm		SENIORFIT 1:00pm – 1:40pm	
	CARDIO STRENGTH 5:30pm – 6:30pm	ZUMBA* 6:00pm – 7:00pm	BODY SHOCK 5:30pm – 6:30pm	

## PRE-REGISTERED FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GENTLE FLOW YOGA CRS #20762 11:00 am – 12:00 pm Jan 5 – Mar 9		GENTLE FLOW YOGA CRS #20763 11:00 am – 12:00 pm Jan 7 – Mar 11		
	GENTLE FLOW YOGA CRS# 20764 6:40 pm – 7:30 pm Jan 6 – Mar 10			

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

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

**CARDIO STRENGTH** – Cardio is good. Cardio that focuses on core strength at the same time is better. This 60-minute workout lets you check off both boxes using stations in this one-of-a-kind circuit class. Get your heart pumping and your muscles moving with this cardio based class that will have your abs screaming for more!

### **CHAIR YOGA – STRENGTHEN, STRETCH, AND ENERGIZE**

This full-body workout is performed while seated or standing using a chair for support. You'll build strength, improve flexibility, enhance balance, and boost body awareness. For those seeking a more intense session, our certified instructor will guide you through options to increase the challenge and engage deeper muscle groups. With mindful movement and breathwork at its core, this class promotes mental clarity, physical resilience, and a stronger mind-body connection. Come ready to move, stretch, and feel empowered – Chair Yoga offers more than you might expect!

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

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

**RESTORATIVE FITNESS** - If you are looking to take your fitness to the next level, together lets focus on long-held postures, breathwork and guided functional movement flow that will tap into our restful state of mind; blocking out stress and re-centering our focus for the week.

**SENIORFIT** – This class is designed to improve the agility, balance, coordination and strength for older adults. Classes include stretching routines as well as exercises designed to develop participants' ability to perform daily activities. Our Fitness Leader is experienced in adapting exercises in the program to a range of health conditions and physical limitations and participants are supported in going at their own pace.

**WR CIRCUIT** - Are you looking to lean out and get a great body, and do it while saving time? This quick one-hour class is for you! Located in the weight room, this circuit fitness class is a great for someone who just wants to enjoy a little more of what the Weight Room has to offer. Learn how to use a variety of equipment while under the guidance of a personal trainer in a fun circuit environment. This class not only builds strength it is also a great way to build confidence and knowledge of the fitness centre while getting a full body work out.

**ZUMBA** – Zumba is a popular fitness program inspired by Latin dance. The word 'Zumba' comes from a Columbian word that means to move fast and have fun which is just how people describe this exhilarating calorie-burning experience. Zumba is an aerobic fitness routine that is fun and easy to learn. **NOTE: class requires an adult drop-in fee and is exempt from the free fitness class with your facility pass.**

### **ADAPTED FITNESS PROGRAMS**

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



## DROP-IN AQUATIC FITNESS SCHEDULE | January 5 – March 14, 2026

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

**ADULT DROP-IN SWIM BASICS** - Take as many or as few lessons as you would like. Our instructors will cover basic swimming introductions to high-level stroke correction and drills. It is the perfect opportunity to fine-tune your skills.

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

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

**DEEP WATER RUNNING** - Get the same benefit as running on dry land without the stress on your body. This low impact program will include a warmup, a series of deep water running and skiing movements, followed by stretching and cooldown. Flotation belts are provided.

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



## DISCOUNT SWIMS

### FRIDAY NIGHT DISCOUNT SWIMS

Have a great time at the pool with family and friends on the 1<sup>st</sup> Friday of each month.

**FRI**                      **6:00PM – 10:00PM**                      **DROP-IN ADMISSION**

### NIGHT OWL SWIM

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

**MON & WED**                      **8:30PM – 10:00PM**                      **DROP-IN ADMISSION**

## ADULT SWIM ACTIVITIES

### ADULT DROP-IN SWIM BASICS

Join our instructors to learn to swim or fine-tune your skills. Take as many or as few lessons as you would like. Instructors will cover basic swimming introduction right up to high-level stroke correction and drills.

**WED**                      **8:00PM – 8:30PM**                      **DROP-IN ADMISSION**



### MASTERS SWIMMING

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

**TUE & THU**                      **5:30PM – 6:30PM**                      **DROP-IN ADMISSION**

## POOL BIRTHDAY PARTIES

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

You can design your child's party to include the following options;

- \$63.90/\$79.90 | includes admission for 15 children and 2 adults, deck space with tables and chairs
- Additional swimmers will receive a 15% off regular admission
- \$24.15/\$30.20 | 30 minutes with a games leader
- \$13.75/\$17.15 | rental of BBQ

Availability options in two-hour blocks;

- Friday nights | 7:30pm – 9:30pm
- Saturdays & Sundays | 12:30pm – 8:30pm







## FALL SWIMMING LESSON SCHEDULE – LIFESAVING SOCIETY 'SWIM FOR LIFE' PROGRAM

### MONDAYS

**September 15 – December 8, 2025 | 10 Lessons** (No lessons Sept 29, Oct 13, Nov10)

10:30am	Goldfish	20938			
11:00am	Octopus	20939			
3:30pm	Orca	20940	Swimmer 3	20942	Fitness Swimmer 20949
4:00pm	Swimmer 1	21073	Sea Lion	21074	
4:30pm	Octopus	21075	Swimmer 2	21076	
5:00pm	Swimmer 4	21077	Crab	21078	

### TUESDAY & THURSDAYS

**September 16 – October 16, 2025 | 9 Lessons** (No lesson on September 30)

10:30am	Jellyfish	20893	Orca	20894	
11:00am	Seahorse	20895	Octopus	20896	
3:30pm	Swimmer 1	20899	Octopus	20900	Swimmer 2 20901
4:00pm	Crab	20903	Swimmer 3	20904	Sea Lion 20902
4:30pm	Swimmer 1	20908	Orca	20907	Swimmer 5/6 20910/20911
5:00pm	Swimmer 2	20909	Swimmer 4	20905	

### FRIDAYS

**September 19 – December 5, 2025 | 10 Lessons** (No lesson on October 10 & October 31)

5:30pm	Octopus	20897	Swimmer 1	20912	Crab 20913
6:00pm	Swimmer 1	20914	Octopus	20915	Swimmer 2 20916
6:30pm	Crab	20917	Swimmer 3	20918	Swimmer 5/6 20921/20922
7:00pm	Swimmer 4	20923	Swimmer 2	20924	

SWIM FOR LIFE PRESCHOOL and LEVELS 1-4	SWIM FOR LIFE LEVELS 5-9 and FITNESS
8 x 30 minute lessons \$50.40/\$63.20	8 x 60 minute lessons \$62.80/\$78.40
9 x 30 minute lessons \$56.70/\$71.10	9 x 60 minute lessons \$70.65/\$88.20
10 x 30 minute lessons \$63.00/\$79.00	10 x 60 minute lessons \$78.50/\$98.00



## FALL SWIMMING LESSON SCHEDULE - LIFESAVING SOCIETY 'SWIM FOR LIFE' PROGRAM

### SATURDAYS

**September 20 – November 29, 2025 | 10 Lessons** (No lesson on October 11)

9:30am	Jellyfish	20925	Orca	20926		
10:00am	Seahorse	20927	Octopus	20928	Swimmer 2	20929
10:30am	Crab	20930	Swimmer 1	20931	Orca	20932
11:00am	Swimmer 3	20933	Swimmer 4	20935		
11:30am	Swimmer 1	20936	Crab	20937	Swimmer 7	20934

### TUESDAYS & THURSDAYS

**October 21 – November 20, 2025 | 9 Lessons** (No lesson November 11)

10:30am	Sea Lion	21044	Goldfish	21045		
11:00am	Octopus	21046	Crab	21048		
3:30pm	Swimmer 3/4	21049/21050	Orca	21051	Swimmer 1	21052
4:00pm	Sea Lion	21053	Swimmer 2	21054		
4:30pm	Swimmer 5/6	21058/21059	Swimmer 1	21060	Swimmer 9	21057
5:00pm			Swimmer 4	21061	Crab	21062

### TUESDAYS & THURSDAYS

**November 25 – December 18, 2025 | 8 Lessons**

10:30am	Seahorse	21063	Orca	21064		
11:00am	Crab	21065	Goldfish	21066		
3:30pm	Swimmer 2	21067	Octopus	20898		
4:00pm	Swimmer 1	21069	Swimmer 2	21068		
4:30pm	Swimmer 3	21070	Swimmer 8	21071		
5:00pm	Orca	21072				

SWIM FOR LIFE PRESCHOOL and LEVELS 1-4	SWIM FOR LIFE LEVELS 5-9 and FITNESS
8 x 30 minute lessons \$50.40/\$63.20	8 x 60 minute lessons \$62.80/\$78.40
9 x 30 minute lessons \$56.70/\$71.10	9 x 60 minute lessons \$70.65/\$88.20
10 x 30 minute lessons \$63.00/\$79.00	10 x 60 minute lessons \$78.50/\$98.00



## WINTER SWIMMING LESSON SCHEDULE - LIFESAVING SOCIETY 'SWIM FOR LIFE' PROGRAM

### MONDAYS

January 5 – March 9, 2026 | 9 Lessons (No lessons Feb 16)

10:30am	Seahorse	21168	Crab	21169		
11:00am	Octopus	21170	Jellyfish	21171		
3:30pm	Swimmer 2	21173	Octopus	21174	Swimmer 5/6	21178/21179
4:00pm	Swimmer 1	21175	Orca	21176		
4:30pm	Crab	21180	Swimmer 4	21181	Swimmer 1	21188
5:00pm	Swimmer 3	21189	Swimmer 2	21190	Sea Lion	21191

### TUESDAY & THURSDAYS

January 6 – February 5, 2026 | 10 Lessons

3:30pm	Swimmer 1	21193	Swimmer 5/6	21196/21197
4:00pm	Orca	21192		
4:30pm	Swimmer 2	21194	Crab	21198
5:00pm	Sea Lion	21195	Swimmer 3/4	21199/21200

### FRIDAYS

January 9 – March 13, 2026 | 9 Lessons (No lesson on February 13)

5:30pm	Orca	21201	Swimmer 1	21204	Swimmer 5/6	21205/21206
6:00pm	Swimmer 3	21207	Octopus	21208		
6:30pm	Swimmer 2	21209	Swimmer 7/8	21210/21211	Swimmer 1	21212
7:00pm	Swimmer 4	21213			Crab	21214

SWIM FOR LIFE PRESCHOOL and LEVELS 1-4	SWIM FOR LIFE LEVELS 5-9 and FITNESS
8 x 30 minute lessons \$50.40/\$63.20	8 x 60 minute lessons \$62.80/\$78.40
9 x 30 minute lessons \$56.70/\$71.10	9 x 60 minute lessons \$70.65/\$88.20
10 x 30 minute lessons \$63.00/\$79.00	10 x 60 minute lessons \$78.50/\$98.00



## SATURDAYS

January 10- March 7, 2026 | 8 Lessons (No lesson on February 14)

9:30am	Jellyfish	21217	Narwhal	21218	
10:00am	Orca	21219	Swimmer 1	21220	Swimmer 5/6 21221/21222
10:30am	Swimmer 2	21223	Octopus	21224	
11:00am	Crab	21225	Swimmer 8/9	21229/21230	Swimmer 1 21226
11:30am	Swimmer 3/4	21227/21228			Sea Lion

## TUESDAYS & THURSDAYS

February 10 – March 12, 2026 | 10 Lessons

3:30pm	Swimmer 2	21233	Orca	21234
4:00pm	Crab	21235	Swimmer 1	21236
4:30pm	Octopus	21237	Swimmer 7/8/9 21239/21240/21241	
5:00pm	Swimmer 3	21238		

## HOMESCHOOL SWIMMING LESSONS

### TUESDAY

September 16 – December 2, 2025 | 10 Lessons (No lesson Sept 30, Nov 11)

2:00pm	Swimmer 1-4	21296	Swimmer 5/6	21297	Swimmer 7/8/9	21298
2:30pm	(30 min lesson)					

### MONDAY

January 5 – March 9, 2026 | 9 Lessons (No lesson Feb 16)

2:00pm	Swimmer 1-4	21299	Swimmer 5/6	21300	Swimmer 7/8/9	21301
2:30pm	(30 min lesson)					

SWIM FOR LIFE PRESCHOOL and LEVELS 1-4	SWIM FOR LIFE LEVELS 5-9 and FITNESS
8 x 30 minute lessons \$50.40/\$63.20	8 x 60 minute lessons \$62.80/\$78.40
9 x 30 minute lessons \$56.70/\$71.10	9 x 60 minute lessons \$70.65/\$88.20
10 x 30 minute lessons \$63.00/\$79.00	10 x 60 minute lessons \$78.50/\$98.00



## Parent & Tot Levels

### JELLYFISH | 4-12 MONTHS

Infants will be introduced to getting their face wet, blowing bubbles and floating with the help of their parent/caregiver.

### GOLDFISH | 12-24 MONTHS

Toddlers learn how to enter and exit the water with help from their caregiver and play games to encourage them to get their face wet and blow bubbles in water. They will also develop supported floating and kicking skills.

### SEAHORSE | 2-3 YEARS

Teaches toddlers how to safely enter the water wearing a PFD, develop underwater skills such as submersion and opening their eyes. Starfish floats, pencil floats and kicking skills are taught using songs and games.

## Preschool Levels

### OCTOPUS | 3-5 YEARS

Preschoolers will have fun learning to get in and out of the water. They'll learn how to put their face in the water, blow bubbles, and how to float and glide.

### CRAB | 3-5 YEARS

Learn how to safely jump into chest-deep water and how to swim wearing a PFD. They'll learn submersion skills and continue to work on floats, glides and kicking with buoyant objects.

### ORCA | 3-5 YEARS

Learn how to submerge and exhale underwater, retrieve objects underwater, and continue developing floating, gliding and kicking skills.

### SEA LION | 3-5 YEARS

Preschoolers will become skilled at retrieving objects from the bottom of the pool in chest-deep water and performing front and side glide. Front crawl wearing a PFD is also introduced.

### NARWHAL | 3-5 YEARS

Front crawl and back crawl are introduced as well as interval fitness training. Preschoolers will also learn how to tread water and perform vertical whip kick with a buoyant aid.

## Swimmer Levels

### SWIMMER ONE | 5+ YEARS

Become comfortable jumping into the water with and without a pfd. Learn how to open eyes, exhale and hold breath underwater. Floats, glides and kicking skills are introduced.

### SWIMMER TWO | 5+ YEARS

Jump into deeper water and learn to be comfortable falling sideways into the water wearing a PFD. They'll learn how to tread water, develop kicking skills, and will be introduced to front and back crawl.

### SWIMMER THREE | 6+ YEARS

Learn how to dive and do in-water somersaults and handstands to develop weight-transfer skills. Learn Swim to Survive skills, whip kick on back and will further develop front crawl and back back crawl.

### SWIMMER FOUR | 6+ YEARS

Become better at diving, treading water, and swimming underwater. Learn the Swim to Survive standard and start to develop breaststroke. Front crawl and back crawl are further developed.

### SWIMMER FIVE | 7+ YEARS

Master dives and swimming in deep water. Further Swim to Survive skills and start to develop eggbeater kick. Breaststroke, front crawl and back crawl are further developed. Interval training and sprinting drills continue.

### SWIMMER SIX | 9+ YEARS

Become proficient at deep water skills including stride entries and compact jumps. Develop lifesaving kicks such as eggbeater and scissor kick. Breaststroke, front crawl and back crawl are further developed. Head-up swims, interval training and a 300m workout develop strength and endurance.

## Advanced Levels

### SWIMMER SEVEN/ROOKIE PATROL | 9+ YEARS

Fitness challenge includes a timed 100m swim and 350m workout. Water proficiency skills include swimming with clothes, ready position, and feet-first/head-first surface dives. First aid focus on primary assessment and calling EMS.

### SWIMMER EIGHT/RANGER PATROL | 10+ YEARS

Fitness challenge is a 200m timed swim. Lifesaving skills include a stroke medley, timed object support and a non-contact rescue with a buoyant aid. First aid focus on unconscious victims and obstructed airways.

### SWIMMER NINE/STAR PATROL | 11+ YEARS

Fitness challenge includes a 300m timed swim, 600m workout and a 25m object carry. Lifesaving skills include use of rescue aids, defense methods, victim removals and supporting a victim in shallow water. First aid focus on treatment of bone/joint injuries and respiratory emergencies.

### FITNESS SWIMMER | 10+ YEARS

No matter your age, Fitness Swimmer lets you set your own goals to improve overall physical fitness in the water. Fitness Swimmer is a structured approach based on accepted training principles including stretches, interval training, sprints and distance swims.



**BABYSITTER COURSE | Ages 11- 15yrs**

This course is designed for youth who may be responsible for younger children or spending time alone at home. It teaches the rights and responsibilities of a babysitter, how to care for children of different ages, and ways to build positive relationships. Participants will also learn basic first aid, how to respond to emergencies and security situations, and will receive training in child and infant CPR. One hundred percent attendance is required. As a bonus, participants are invited to enjoy a free swim after the course!

21079	SAT	OCT 4-18	1:00PM-4:00PM	\$72.25/\$90.40
21080	TUE/THU	JAN 6-15	3:30PM-5:45PM	\$72.25/\$90.40
21085	TUE-THU	MAR 17-19	9:00AM-12:00PM	\$72.25/\$90.40

**HOME ALONE PROGRAM | Ages 10yrs+**

A perfect way for your child to spend their day off school! This program is designed for children aged 10 and up, providing them with the skills and knowledge needed to stay safe and responsible when home alone for short periods. Through small group discussions, problem solving, role-playing, and instructor demonstrations, participants will learn how to prevent problems, handle real-life situations, and stay constructively occupied. Please send your child with a bag lunch and two snacks. As a bonus, participants are welcome to enjoy a free swim after the course!

21081	FRI	OCT 24	9:00AM-3:00PM	\$54.15/\$67.70
21082	FRI	NOV 28	9:00AM-3:00PM	\$54.15/\$67.70
21803	FRI	JAN 30	9:00AM-3:00PM	\$54.15/\$67.70
21804	MON	MAR 16	9:00AM-3:00PM	\$54.15/\$67.70





### CPR C COURSE

Courses on cardiopulmonary resuscitation (CPR) provide the skills needed to recognize and respond to cardiovascular emergencies and choking for adults, children, and babies depending on the level of CPR chosen. Courses meet legislation requirements for provincial/territorial worker safety and insurance boards, and include the latest CPR guidelines and training in the use of an automated external defibrillator (AED).

21250	SAT	OCT 4	9:00AM-2:00PM	\$98.35/\$122.95
21251	SAT	OCT 25	9:00AM-2:00PM	\$98.35/\$122.95
21253	SAT	NOV 15	9:00AM-2:00PM	\$98.35/\$122.95
21254	SAT	JAN 10	9:00AM-2:00PM	\$98.35/\$122.95
21255	SAT	FEB 7	9:00AM-2:00PM	\$98.35/\$122.95
21256	SAT	MAR 7	9:00AM-2:00PM	\$98.35/\$122.95

### CPR RECERTIFICATION CLINIC

In this course, participants will update their skills and knowledge including Adult/Child/Infant CPR, treatments for choking, barrier device, pocket masks and Automated External Defibrillator. In order to qualify for a re certification, proof of current certificate must be shown prior to the commencement of class.

21257	SAT	SEP 27	9:00AM-1:00PM	\$36.30/\$45.40
21258	SAT	OCT 18	9:00AM-1:00PM	\$36.30/\$45.40
21259	SUN	NOV 2	9:00AM-1:00PM	\$36.30/\$45.40
21260	SUN	DEC 7	9:00AM-1:00PM	\$36.30/\$45.40
21261	SUN	JAN 18	9:00AM-1:00PM	\$36.30/\$45.40
21262	SAT	FEB 21	9:00AM-1:00PM	\$36.30/\$45.40

### EMERGENCY FIRST AID

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

21264	SAT	OCT 4	9:00AM-4:30PM	\$143.60/\$179.50
21265	SAT	OCT 25	9:00AM-4:30PM	\$143.60/\$179.50
21266	SAT	NOV 15	9:00AM-4:30PM	\$143.60/\$179.50
21267	SAT	JAN 10	9:00AM-4:30PM	\$143.60/\$179.50
21268	SAT	FEB 7	9:00AM-4:30PM	\$143.60/\$179.50
21269	SAT	MAR 7	9:00AM-4:30PM	\$143.60/\$179.50

### EMERGENCY FIRST AID RECERTIFICATION

Basic one-day re-certification course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. Cost includes pocket mask. Emergency First Aid certifications are only valid for 3 years. In order to qualify for a re certification, proof of current certificate must be shown prior to the commencement of class.

21270	SAT	SEP 27	9:00AM-2:00PM	\$84.85/\$106.10
21271	SAT	OCT 18	9:00AM-2:00PM	\$84.85/\$106.10
21273	SUN	NOV 2	9:00AM-2:00PM	\$84.85/\$106.10
21274	SUN	DEC 7	9:00AM-2:00PM	\$84.85/\$106.10
21275	SUN	JAN 18	9:00AM-2:00PM	\$84.85/\$106.10
21276	SAT	FEB 21	9:00AM-2:00PM	\$84.85/\$106.10

### STANDARD FIRST AID

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

21280	SAT/SUN	OCT 4 & 5	9:00AM-4:30PM	\$215.20/\$269.00
21281	SAT/SUN	OCT 25 & 26	9:00AM-4:30PM	\$215.20/\$269.00
21282	SAT/SUN	NOV 15 & 16	9:00AM-4:30PM	\$215.20/\$269.00
21283	SAT/SUN	JAN 10 & 11	9:00AM-4:30PM	\$215.20/\$269.00
21284	SAT/SUN	FEB 7 & 8	9:00AM-4:30PM	\$215.20/\$269.00
21285	SAT/SUN	MAR 7 & 8	9:00AM-4:30PM	\$215.20/\$269.00

### STANDARD FIRST AID RECERTIFICATION

Standard First Aid certifications are only valid for 3 years. In order to qualify for a recertification, proof of current certificate must be shown prior to the commencement of class.

21286	SAT	SEP 27	9:00AM-4:00PM	\$89.90/\$112.35
21287	SAT	OCT 18	9:00AM-4:00PM	\$89.90/\$112.35
21289	SUN	NOV 2	9:00AM-4:00PM	\$89.90/\$112.35
21290	SUN	DEC 7	9:00AM-4:00PM	\$89.90/\$112.35
21291	SUN	JAN 18	9:00AM-4:00PM	\$89.90/\$112.35
21292	SAT	FEB 21	9:00AM-4:00PM	\$89.90/\$112.35



### EARN HIGH SCHOOL CREDITS

British Columbia and Yukon high school students can use Lifesaving Society certifications for credit toward high school graduation as follows:

- Bronze Cross is worth 2 credits for Grade 11
- Bronze Cross and Lifesaving Instructor (LSI) are worth 3 credits for Grade 11
- National Lifeguard Pool option (NL) is worth 2 credits for Grade 12

Students may only use these credits for the assigned grades (i.e. students cannot combine both certifications towards one grade) The awards do not need to be current. For more information please contact Jennifer McGregor, Aquatic Program Coordinator at 250-991-4012 or [jmcgregor@quesnel.ca](mailto:jmcgregor@quesnel.ca)

### STEP 1 | BRONZE MEDALLION | Ages 13yrs+

Bronze Medallion prepares participants with the knowledge, judgment, skills, and fitness required for water rescue. Building on basic lifesaving techniques, this course introduces more advanced rescue scenarios involving both conscious and unconscious victims in a variety of water conditions. Participants will improve stroke efficiency and build endurance through timed swims (400m), while also learning essential lifesaving strategies. CPR Level A is included in the course.

21368 SAT NOV 22-DEC 20 10:30AM-3:00PM \$245.90/\$307.40  
21369 MON-THU MAR 16-19 8:30AM-2:30PM \$245.90/\$307.40

### STEP 2 | BRONZE CROSS | Ages 13yrs+

Bronze Cross is designed for lifesavers who want the challenge of more advanced lifesaving training and an introduction to safety supervision. Pre-requisite: Bronze Medallion.

Please call 250-991-4012 to be added to interest list.

### STEP 3 | SWIM FOR LIFE INSTRUCTOR | Ages 15yrs+

The Lifesaving Society Swim Instructor course trains candidates for the Competency Level 1 knowledge, skills and attitudes needed to teach the Society's Swim for Life® and Canadian Swim Patrol programs. Pre-requisite: Bronze Cross and 15yrs+. Includes Teaching Experience.

Please call 250-991-4012 to be added to interest list.

### STEP 4 | STANDARD FIRST AID

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

21279	SAT/SUN	SEP 20 & 21	9:00AM-4:30PM	\$215.20/\$269.00
21280	SAT/SUN	OCT 4 & 5	9:00AM-4:30PM	\$215.20/\$269.00
21281	SAT/SUN	OCT 25 & 26	9:00AM-4:30PM	\$215.20/\$269.00
21282	SAT/SUN	NOV 15 & 16	9:00AM-4:30PM	\$215.20/\$269.00
21283	SAT/SUN	JAN 10 & 11	9:00AM-4:30PM	\$215.20/\$269.00
21284	SAT/SUN	FEB 7 & 8	9:00AM-4:30PM	\$215.20/\$269.00
21285	SAT/SUN	MAR 7 & 8	9:00AM-4:30PM	\$215.20/\$269.00

### STEP 5 | NATIONAL LIFEGUARD | Ages 15yrs+

The National Lifeguard Award (NL) is intended to prepare lifeguards to fulfill their role as professional facilitators of safe, enjoyable aquatics. The training is designed to teach principles and develop the basic lifeguard skills and decision-making processes that will help lifeguards evaluate and adapt to different aquatic facilities and emergencies.

Please call 250-991-4012 to be added to interest list.





## WINTER BREAK CAMPS

### SNOW ART WINTER CAMP | Ages Kindergarten-12yrs

Bundle up and get ready to turn the winter wonderland into your own outdoor studio at Snow Art Camp! Campers will use snow as their canvas to paint, sculpt, and build incredible icy creations. From colourful snow paintings to sculpting snow animals and castles, the possibilities are endless! With fun games, creative challenges, and a day full of frosty fun, this camp is perfect for young artists who love the magic of winter. So grab your mittens and let's make some snowy masterpieces! Bring your swim wear as we will be joining the Aquatic Staff in the pool from 1:00pm–2:00pm. "Pre-Care" (8:00am–9:00am) and "Post-Care" (3:30pm–5:00pm) will be available for an additional fee.

20729 MON DEC 22 9:00AM–3:30PM \$43.35/\$54.20

### WINTER IGLOO CAMP | Ages Kindergarten-12yrs

Ready yourself for a frosty adventure at Winter Igloo Camp! Campers will learn how to build their own mini igloos, explore the science behind these amazing snow shelters, and take part in exciting winter games. From snow sculpting to cozy campfire stories (with hot cocoa, of course!), this day is all about fun in the snow. Whether you're stacking snow blocks or creating a winter village, this camp is the perfect way to enjoy the magic of winter. Bundle up and join us for a cool day of creativity and outdoor fun! Bring your swim wear as we will be joining the Aquatic Staff in the pool from 1:00pm–2:00pm. "Pre-Care" (8:00am–9:00am) and "Post-Care" (3:30pm–5:00pm) will be available for an additional fee.

20730 FRI DEC 23 9:00AM–3:30PM \$43.35/\$54.20

### FROZEN WINTER CAMP | Ages Kindergarten-12yrs

Step into a world of ice and snow at our Frozen Wonderland Winter Camp! Inspired by the magic of winter and the beloved Frozen movies, this special camp day is packed with exciting activities, creative fun, and snowy adventures. Bring your swim wear as we will be joining the Aquatic Staff in the pool from 1:00pm–2:00pm. "Pre-Care" (8:00am–9:00am) and "Post-Care" (3:30pm–5:00pm) will be available for an additional fee.

20731 MON DEC 29 9:00AM–3:30PM \$43.35/\$54.20

### HAPPY FEET CAMP | Ages Kindergarten-12yrs

Dance, waddle, and slide into an exciting winter adventure at our Happy Feet Winter Camp! Inspired by the fun-loving penguins of the hit movie *Happy Feet*, this one-day camp is packed with music, movement, and snowy fun that will have kids laughing and playing all day long. Kids are encouraged to wear their best black-and-white outfits or comfy winter gear! This camp is perfect for young adventurers who love dancing, playing, and celebrating the wonders of winter. Bring your swim wear as we will be joining the Aquatic Staff in the pool from 1:00pm–2:00pm. "Pre-Care" (8:00am–9:00am) and "Post-Care" (3:30pm–5:00pm) will be available for an additional fee.

20732 TUE DEC 30 9:00AM–3:30PM \$43.35/\$54.20





## PRO-D DAY ADVENTURES

Looking for a fun way to spend your day off from school? Join us for an action-packed day of Pro-D Day Camp activities that will include an exciting blend of colourful crafts, outrageous games and swimming in the pool! Each day will feature a special theme and activity. All camps are for children in Kindergarten to 12 years of age and are held at the Quesnel Arts and Recreation Centre.

"Pre-Care" from 8:00am–9:00am and "Post-Care" from 3:30pm–5:00pm will be available for all camps. Registration for pre and post care is available as a \$5.00 add-on option when registering for the camp online, by phone or in person at the Quesnel Arts and Recreation Centre. **Space is limited for our Pro-D Day Camps and spots do fill quickly – register early!**

### CAMP CARNIVAL | Ages Kindergarten-12yrs

Get ready for a day of fun, laughter, and excitement at Camp Carnival! Step right up and enjoy classic carnival games, thrilling challenges, and colourful face painting. Try your luck at the ring toss, test your skills at the balloon pop, and indulge in delicious carnival treats! With music, prizes, and surprises around every corner, it's a magical event you won't want to miss. So grab your friends, wear your brightest smiles, and join us for an unforgettable day under the big top! Don't forget to bring your swim wear as we will be joining the Aquatic Staff in the pool from 1:00pm–2:00pm.

20722 FRI OCT 24 9:00AM–3:30PM \$43.35/\$54.20

### SPACE AND ROCKETS | Ages Kindergarten-12yrs

Explore the wonders of the universe at Space and Rockets Day Camp! Young astronauts will embark on an exciting mission filled with hands-on activities, rocket-building, and space-themed games. Learn about planets, stars, and astronauts while launching your very own mini rocket into the sky! With fun experiments, cosmic crafts, and an out-of-this-world adventure, this one-day camp is sure to be a blast. So suit up, count down, and get ready for liftoff into a universe of fun! Bring your swim wear as we will be joining the Aquatic Staff in the pool from 1:00pm–2:00pm.

20723 MON NOV 28 9:00AM-3:30PM \$43.35/\$54.20

### TIME TRAVELERS | Ages Kindergarten-12yrs

Prepare for an epic adventure through the past, present, and future at **Time Travelers Day Camp!** Step into our time machine and journey to ancient civilizations, medieval castles, and even the futuristic world of tomorrow. Campers will unlock history's greatest mysteries, create their own time-travel gadgets, and take part in thrilling challenges from different eras. With exciting games, hands-on activities, and surprises from across time, this one-day camp is an adventure you won't want to miss. The clock is ticking—are you ready to travel through time? Bring your swim wear as we will be joining the Aquatic Staff in the pool from 1:00pm–2:00pm.

20724 FRI JAN 30 9:00AM–3:30PM \$43.35/\$54.20

### POTTERY PRO D DAY CAMP | Ages 7-14yrs

Enjoy a creative morning of clay sculpting and crafting! Participants will use their imagination to design and shape small projects, which will be fired and ready for pickup approximately two weeks after class. In addition to studio time, fun crafts and games will add to the experience. All materials are provided.

20727 FRI OCT 24 9:00AM–11:30AM \$40.00/\$50.00  
20728 FRI NOV 28 9:00AM–11:30AM \$40.00/\$50.00

### PAJAMAS AND LEGO | Ages Kindergarten-12yrs

Be cozy and creative at Pajamas & LEGO Day Camp! Wear your favourite pajamas and let your imagination run wild as you build, design, and create with LEGO. From towering castles to speedy race cars, the possibilities are endless! Campers will take on fun building challenges, work together on epic creations, and enjoy a relaxing day full of games, storytelling, and snacks. Whether you're a master builder or just love to play, this comfy, colourful day is all about fun, friendship, and LEGO magic! Bring your swim wear as we will be joining the Aquatic Staff in the pool from 1:00pm–2:00pm.

20725 FRI APR 24 9:00AM–3:30PM \$43.35/\$54.20

### TIE-DYE CAMP | Ages Kindergarten-12yrs

Swirl, twist, and splash into a world of colour at Tie-Dye Camp! Campers will learn cool tie-dye techniques to create their very own vibrant t-shirts, bandanas, and more. With bright dyes, fun patterns, and plenty of hands-on creativity, every masterpiece will be one-of-a-kind! Plus, enjoy games, music, and a day filled with artistic fun. Wear your mess-friendly clothes and get ready to make some colourful memories at this bright and cheerful camp! Bring your swim wear as we will be joining the Aquatic Staff in the pool from 1:00pm–2:00pm.

20726 MON JUN 1 9:00AM–3:30PM \$43.35/\$54.05



## IMAGINATION PARK SPRING BREAK DAY CAMP

Are you looking for something fun and exciting this spring break for your Kindergarten -12yr old? If so, then look no further! The kids will take part in cooking, crafts, pottery, and sports! All our camps are led by trained and dedicated staff with an emphasis on active learning and fun! "Pre-Care" (8:00am–9:00am) and "Post-Care" (3:30pm–5:00pm) will be available for all camp days. Registration for Pre & Post care is available as a \$5.00 per service add-on option when registering for the camp online, by phone or in person at the Quesnel Arts and Recreation Centre.

Monday	Tuesday	Wednesday	Thursday	Friday
March 16, 2026	March 17, 2026	March 18, 2026	March 19, 2026	March 20, 2026
9:00AM – 3:30PM	9:00AM – 3:30PM	9:00AM – 3:30PM	9:00AM – 3:30PM	9:00AM – 3:30PM
\$43.35/\$54.20	\$43.35/\$54.20	\$43.35/\$54.20	\$43.35/\$54.20	\$43.35/\$54.20
Code: 20703	Code: 20704	Code: 20705	Code: 20706	Code: 20707
Monday	Tuesday	Wednesday	Thursday	Friday
March 23, 2026	March 24, 2026	March 25, 2026	March 26, 2026	March 27, 2026
9:00AM – 3:30PM	9:00AM – 3:30PM	9:00AM – 3:30PM	9:00AM – 3:30PM	9:00AM – 3:30PM
\$43.35/\$54.20	\$43.35/\$54.20	\$43.35/\$54.20	\$43.35/\$54.20	\$43.35/\$54.20
Code: 20708	Code: 20709	Code: 20710	Code: 20711	Code: 20712

### SPRING BREAK CREATIVITY ART CAMP | Ages 5-12yrs

Children will explore their creativity and bring stories to life with a variety of different spring themed art stations to choose from. Whether they prefer painting, sculpting, or crafting, there's something for every young artist to enjoy. This event promises non-stop fun and a memorable way to celebrate the beauty of spring!

20713 WED MAR 18 10:00AM-12:00PM \$25.00/\$31.25



### SPRING BREAK MINI LEGO CAMP | Ages 5-12yrs

This Lego-themed camp gives you hands-on experience in building and learning. Challenge yourself through creative play in a fun, relaxed and stimulating environment. Bring your imagination and curiosity and be prepared to build as a team!

20714 MON MAR 23 9:00AM-12:00PM \$20.00/\$25.00

### SPRING BREAK GARDENING CAMP | Ages 5-10yrs

DIG, PLANT, AND GROW! Get your hands dirty and discover the magic of nature at **Gardening Camp!** Campers will learn how to plant flowers, vegetables, and herbs while exploring the wonders of soil, sunshine, and water. Through fun hands-on activities, they'll decorate their own plant pots, create garden crafts, and even meet some friendly garden critters! With plenty of digging, watering, and exploring, this camp is perfect for young nature lovers who want to watch their plants grow. Come join us for a blooming good time!

20715 WED MAR 25 9:00AM-12:00PM \$26.25/\$32.80



**FOOD AND DRINK PAIRING SERIES | A fresh look at fall indulgements and specialty drinks**

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

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

**A JOURNEY THROUGH INDIAN CUISINE | Ages 19yrs+**

Get ready to embark on a delicious adventure as we dive into the vibrant world of **Indian Cuisine!** In this hands-on class, chefs will discover the rich flavors and spices that make Indian food so unique and exciting. From mouthwatering curries to fragrant rice dishes and sweet treats, we'll explore a variety of recipes that bring the heart of India to your kitchen. So, grab your aprons and join us for a culinary adventure through the vibrant tastes of India!

20755 FRI OCT 3 6:00PM–9:00PM \$72.10/\$90.10

**UMAMI QUEST: JAPANESE COOKING | Ages 19yrs+**

Let's explore the key ingredients that make Japanese cuisine so unique, from delicate sushi rolls to hearty ramen bowls and flavorful tempura. We'll uncover the magic of umami—the fifth taste—through simple yet delicious dishes that pack a punch of flavor. We will learn how to prepare sushi, mix sauces, and master basic Japanese cooking techniques, all while discovering the harmony of flavors that make Japanese food truly special. Get ready to chop, roll, and taste your way through a delicious quest that will leave you craving more!

20758 FRI NOV 14 6:00PM–9:00PM \$72.10/\$90.10

**SPICE & SIZZLE: A TASTE OF THE MIDDLE EAST | Ages 19yrs+**

Step into a world of bold flavors, fragrant spices, and sizzling delights in **Spice & Sizzle: A Taste of the Middle East!** In this hands-on cooking class, you'll explore the rich culinary traditions of the region, from perfectly spiced kebabs to fluffy pita and creamy hummus. Learn how to balance warm, aromatic spices like cumin, coriander, and sumac to create mouthwatering dishes that bring people together. Whether you're new to Middle Eastern cuisine or a longtime fan, this class will ignite your senses and leave you with flavorful recipes to enjoy at home. Get ready to chop, grill, and spice things up!

20759 FRI FEB 6 6:00PM–9:00PM \$72.10/\$90.10

*Please note the format of our culinary education series may not always allow for dietary and allergy considerations and some classes may include nuts, seafood, etc.*



## THURSDAYS ARTISTS

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

## ABSOLUTE ART

The Quesnel Arts and Recreation offers a free adapted art program to the community members with disabilities or diverse abilities. This inclusive program is designed to guide and explore the world of art with professional trained art instructors. Join us for an afternoon of exploring all things art in a supportive environment from 1:00pm-2:00pm on **October 20, December 15, and March 9.**



## BEGINNING WATERCOLOUR PART 1: THE BASICS | Ages 15yrs+

Watercolour painting can be a wonderful adventure! Explore the properties of this unique medium and learn how to paint expressively with lessons taught by Joan Bourke. Learn watercolour techniques to apply on landscape paintings, fashion illustrations, floral designs, and more. This two-part foundation course is a perfect entry point for beginners, providing a basic understanding of how to paint successfully with watercolours. This course will offer everything you need to know in rich, easy-to-follow lessons. All supplies provided.

**20751 SAT JAN 10, 17 & 24 1:00PM-4:30PM \$262.50/\$328.15**



## BEGINNING WATERCOLOUR PART 2: MARK-MAKING AND EXPRESSIVE BRUSH STROKES | Ages 15yrs+

Watercolour painting can be a wonderful adventure Part 2! Now that you've had a chance to play with colour and basic techniques, you're ready to get to know your paintbrushes and different forms of paper. This class is all about exploring the effects you can achieve with different brushes and strokes. In this course, Joan will demonstrate a variety of techniques to polish your creative style.

**20752 SAT FEB 14, 21 & 28 1:00PM-4:30PM \$262.50/\$328.15**



### MASTER MONDAYS | Ages 14yrs+

Are you looking to join other potters to share tips and tricks or get together for a little studio fun? Join our drop-in pottery club on the 3<sup>rd</sup> Monday of every month from 6:00pm-8:00pm. Each month a new project will be posted for inspiration. Master Mondays is a self-lead studio time slot with other potters that share the same passion. Attendees must complete a beginner program before attending drop-in studio time.

**SEPTEMBER 15, OCTOBER 20, NOVEMBER 17, DECEMBER 15, JANUARY 19, FEBRUARY 9 & MARCH 16**

### BEGINNER POTTERY & GLAZING COMBO CLASS | Ages 15yrs+

This 5-part combo beginner class is designed to teach the basics of clay and the pottery process takes place over 6 weeks. Beginners learn clay centering and how to throw clay on the potter's wheel. Simple forms like the cylinder and bowl shapes are created. Along with throwing, this class covers the basic skills in hand building. We begin with raw clay and then complete the process of trimming and adding handles. This class also includes an introduction to basic glazing, where you will learn how to choose an appropriate glaze for your clay type and how to plan glazing. You will also learn pouring, dipping, and brushing techniques for glaze applications. Clay must be purchased separately from the Quesnel Arts and Recreation Centre. Firing and glaze are included.

20744 THU OCT 2 – NOV 6 6:00PM–8:00PM \$167.60/\$209.50  
20748 THU MAR 19 – APR 23 6:00PM–8:00PM \$167.60/\$209.50

### BEGINNING ON THE POTTERY WHEEL | Ages 15+

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

20745 TUE JAN 6 - 27 6:00PM–8:00PM \$134.05/\$167.60

### POTTERY GLAZING WORKSHOP | Ages 15yrs+

This two-hour glazing session is for students who want to learn the ins and outs of glazing. This workshop includes a detailed introduction to ceramic glazes and techniques. It will help you choose an appropriate glaze for your clay type and how to plan the glazing process. Additionally, you will learn pouring, dipping, and brushing techniques for glaze application, as well as decorating work with underglazes.

20746 WED FEB 11 6:00PM–8:00PM \$33.50/\$41.90

### INTERMEDIATE POTTERY | Ages 15yrs+

This class is designed to enhance your pottery skills by teaching you how to throw complex pieces with precision and consistency in height, thickness, and trimming. The class is perfect for experienced potters alike who are looking to take their skills to the next level and refine their craft.

20747 THU FEB 5 – 26 6:00PM–8:00PM \$134.05/\$167.60





### WATERCOLOUR WONDERS | Ages 7-12yrs

Dive into the colourful world of watercolour painting in this fun and creative 2-part class designed just for kids! Each week, young artists will explore new techniques like blending, layering, and creating stunning textures using salt and resist methods. From painting dreamy landscapes to playful animals and abstract designs, this class will spark imagination and build confidence with every brushstroke. Whether your child is a beginner or already loves to paint, they'll discover the magic of watercolour while having fun with friends. Get ready to mix, splash, and create beautiful masterpieces!

20735 THU SEPT 18 & 25 3:15PM-4:45PM \$40.00/\$50.00

### MUD PIES | Ages 3-6yrs

Little hands will stay busy by pinching, rolling, and squeezing clay in this fun and interactive class! Young artists will explore the magic of clay as they learn basic hand-building techniques to shape and create their very own unique ceramic pieces. From sculpting fun shapes forming creative textures, this class encourages imagination and fine motor skill development. Kids will love the hands-on experience of working with clay while bringing their ideas to life. Dress for mess and get ready to create one-of-a-kind masterpieces!

20737 WED OCT 1-15 9:00AM-10:00AM \$30.00/\$37.50



### DIY PAPER MÂCHÉ FOR KIDS | Ages 7-12yrs

Get ready to sculpt, shape, and create in this exciting 2-part Paper Mâché class! Kids will learn how to design and build their very own masterpieces using simple materials like paper, glue, and paint. In the first session, they'll mold and shape their projects, and bring them to life with bright colors and fun details in the second. Whether it's a cool mask, an adorable animal, or a unique sculpture, this class is all about creativity and fun. Let's get messy and make something amazing!

20736 MON/THU OCT 6 & 9 3:30PM-5:30PM \$40.00/\$50.00



### SCHOOL AGE POTTERY | Ages 5-12yrs

Explore creative and tactile fun with clay. You'll learn new skills in sculpture and hand building. Create your pots, plaques, containers or creatures with clay. Wear clothes that can get dirty. Supplies and firing are included. Pottery is fired twice after the last session, which takes some time. All pieces are usually ready for pick up 3 weeks after the last class.

20701 TUE OCT 7-28 3:30PM-5:00PM \$100.00/\$125.00



### COLLAGE CREATIONS | Ages 7-12yrs

Time to cut, tear, glue, and design in this exciting Collage Creations class! Young artists will explore their creativity by layering colorful paper, magazine clippings, fabric, and other fun materials to make one-of-a-kind masterpieces. From wild animals to abstract patterns and storytelling scenes, the possibilities are endless! This hands-on class encourages kids to think outside the box, experiment with textures, and create amazing works of art using everyday materials. For endless creativity and fun! Come ready to snip, stick, and make something amazing!

20738 WED NOV 5-19 3:30PM-5:00PM \$80.00/\$100.00

### CANVAS MIXED MEDIA | Ages 5-10yrs

This exciting two-part course invites you to dive into the world of artistic expression, exploring the endless possibilities within an artist's toolkit—all while using canvas as your creative foundation. In **Part One**, you'll be introduced to a variety of tools and techniques, from traditional brushes and palette knives to unconventional methods like sponges and textured materials. Experiment with different painting styles, blending colors, and layering effects to bring depth and movement to your work.

**Part Two** takes your creativity even further! You'll apply the skills you've learned to create a personal masterpiece, guided by expert instruction. Whether you choose to craft an abstract expression, a serene landscape, or a bold, modern design, you'll have the freedom to let your imagination soar.

Join us in the art studio for an immersive experience where you'll develop your artistic voice, refine your techniques, and most importantly—have fun bringing your vision to life on canvas!

20739 TUE/THUR DEC 2 & 4 3:15PM-5:00PM \$50.00/\$62.50

### CLAY & SCULPT | Ages 8-14yrs

Have a little fun with clay! This class provides an amazing opportunity for students to experiment with a variety of clays while learning sculpting, hand-building and wheel-throwing techniques using professional clay tools and glazes. Students will progress at their own pace and enjoy the creative process to design and build their creations.

20740 TUE FEB 3-24 3:15PM-5:00PM \$100.00/\$125.00

### BIG SCALE ABSTRACT ART | Ages 5-12yrs

Kids get to dream BIG and let their imaginations run wild. This class is all about nature and abstract art - anything goes! We will be exploring the great outdoors and using that as inspiration to paint, pastel, collage and more. Students will create one large one-of-a-kind piece.

20741 WED JAN 14 & 21 3:15PM-5:00PM \$50.00/\$62.50

### EARRING & RING DISH POLYMER CLAY CAMP

#### | Ages 5-12yrs

Let's design, shape, and bake your own stylish accessories in this fun and creative Polymer Clay Camp! Kids will mold and craft beautiful earrings and personalized ring dishes using colorful polymer clay. From swirling marble patterns to playful shapes and textures, the possibilities are endless! Campers will explore basic clay techniques, color mixing, and finishing touches to create stunning, one-of-a-kind pieces they can wear or gift. Let's roll, sculpt, and create wearable art!

20742 SAT FEB 7 10:00AM-12:00PM \$25.00/\$31.25