



### 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 and the Quesnel Recreation Centre. 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! Great fun for singles, couples or a great gift for your favourite foodie. Sessions are held at Bouchie Lake Hall, 1975 Centennial Road

*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.*

### THE ROAD LESS TRAVELLED: TACO NIGHT! | Ages 19yrs+

Taco night is a common night in most households – let's take it to a whole new level! Join us as we explore crowd-pleasing pulled pork tacos, grilled shrimp tacos with creamy cilantro sauce, and flank steak Vampire tacos with a side of homemade tortilla chips, fresh guacamole and black bean dip.

14540 FRI OCT 6 6:00PM–9:00PM \$66.30/\$82.90

### TASTE OF INDIA | Ages 19yrs+

Travel across the world and dive into some of the most savoury foods on the planet! Vegetable pakora – crispy, golden, battered vegetables with big and bold flavors, butter chicken, shrimp coconut curry, vegetable korma with a creamy cashew sauce, and so much more.

14541 FRI NOV 17 6:00PM–9:00PM \$66.30/\$82.90

### HOLIDAY APPETIZERS | Ages 19yrs+

Join Chef Jennifer to learn how to create unbelievable appetizers that make party guests say "Wow!" You'll come away from this class with new ideas, new ingredients and even new ways of presenting fabulous appetizers! You've got one bite to grab someone and make them want to reach for more and more and more, and this class will show you the secret to doing just that.

14542 FRI DEC 15 6:00PM–9:00PM \$66.30/\$82.90

### CANADIAN CHINESE COOKING | Ages 19yrs+

These simple dishes that you can easily make at home are sure to excite your taste buds. Learn impressive cooking techniques as you prepare Canadian style Chinese dishes. The aromas alone will take you away!

14543 FRI FEB 9 6:00PM–9:00PM \$66.30/\$82.90





## 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 OCT 6–MAR 1 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 SEP 18-MAR 6 8:30PM-10:00PM DROP-IN ADMISSION**

## 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 SEP 20-MAR 6 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 SEP 19-MAR 7 5:30PM-6:30PM \$7.10/\$8.90**

## SWIM FOR GOOD CHEER

Hey, did you know that on the last Sunday of each month the Recreation Centre offers free admission to the center? Just bring in a non-perishable food item (one item per person is required). What a great way to help support the Amata Transition House.

**SUN SEP 24-FEB 25 1:00PM-3:00PM BY DONATION**

## POOL BIRTHDAY PARTY

Splash, 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;

- \$59.70/\$74.60 | includes admission for 15 children and 2 adults, deck space with tables and chairs
- Additional swimmers will receive a 15% off regular admission
- \$21.60/\$27.00 | 30 minutes with a games leader
- \$12.85/\$16.05 | rental of BBQ

Availability options in two-hour blocks;

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







### CPR C PROGRAMS

#### CPR C COURSE

Courses on cardiopulmonary resuscitation (CPR) provide the skills needed to recognize and respond to cardiovascular emergencies and choking for adult, children and infants 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).

15093	SAT	SEPT 23	9:00AM-2:00PM	\$91.85 /\$114.80
15139	SAT	OCT 21	9:00AM-2:00PM	\$91.85 /\$114.80
15140	SAT	NOV 18	9:00AM-2:00PM	\$91.85 /\$114.80
15141	SAT	JAN 13	9:00AM-2:00PM	\$91.85 /\$114.80
15142	SAT	FEB 10	9:00AM-2:00PM	\$91.85 /\$114.80
15143	SAT	MAR 9	9:00AM-2:00PM	\$91.85 /\$114.80

#### CPR RECERTIFICATION CLINIC

In this course, participants will update their skills and knowledge including Adult/Child/Infant CPR, treatments for choking, barrier devices, pocket masks and Automated External Defibrillator (AED).

15144	SUN	OCT 15	9:00AM-1:00PM	\$40.20/\$50.25
15145	SUN	JAN 21	9:00AM-1:00PM	\$40.20/\$50.25
15146	SUN	MAR 3	9:00AM-1:00PM	\$40.20/\$50.25



### HEALTH AND SAFETY PROGRAMS

#### PREVENTING DISEASE TRANSMISSION AND OPIOID POISONING AWARENESS WORKSHOP | Ages 12yrs+

Preventing Disease Transmission is a course that shares knowledge on how infections occur and how they can be prevented with a strong focus on how to use PPE correctly. The workshop is ideal for those working in schools, recreation and community centres and is also suitable for those who want to support friends or loved ones and learn how to respond in an opioid poisoning situation. Topics include basics of opioids, identifying an opioid poisoning, assessment and care for a suspected opioid poisoning.

ORGANIZATIONS MAY CONTACT THE FACILITY TO BOOK TIME AND DATE

#### PSYCHOLOGICAL FIRST AID – SELF CARE

Learn the effects of stress, with an emphasis on building and using a personal self-care plan. This course is for anyone interested in self-care practices that promote psychological wellbeing. This includes professional responders, people in the workplace, and youth (must be 14 years of age and older, adult support recommended for younger audiences). Complete the Caring for Others course as well for a well-rounded approach to psychological first aid and wellness.

For more information contact Jennifer McGregor, Program Coordinator at [jmcgregor@quesnel.ca](mailto:jmcgregor@quesnel.ca) or 250-991-4012

SELF-PACED \$20.00

#### PSYCHOLOGICAL FIRST AID – CARING FOR OTHERS

Learn how to recognize when a person is in distress and how to offer help without judgement or assumptions. This course is for anyone looking to develop the skills to help others cope with stress while also developing self-care practices to promote their own psychological wellbeing. This may include professional responders, people in the workplace, and youth (must be 14 years of age and older, adult support recommended for younger audiences). Complete the Self Care course as well for a well-rounded approach to psychological first aid and wellness. For more information contact Jennifer McGregor, Program Coordinator at [jmcgregor@quesnel.ca](mailto:jmcgregor@quesnel.ca) or 250-991-4012

SELF-PACED \$20.00



### FIRST AID PROGRAMS

#### CHILDCARE EMERGENCY FIRST AID

Basic one-day course designed to introduce caregivers to injury prevention skills and knowledge. Course covers lifesaving first aid skills and cardiopulmonary resuscitation (CPR and AED) for children, and babies. Course meets legislation requirements for provincial/territorial early childhood education and day care worker safety requirement. Cost includes pocket mask.

15147	SAT	OCT 14	8:30AM-5:00PM	\$124.10/\$155.15
15148	SAT	JAN 20	8:30AM-5:00PM	\$124.10/\$155.15
15149	SAT	MAR 2	8:30AM-5:00PM	\$124.10/\$155.15

#### 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.

15150	SAT	SEPT 23	9:00AM-4:00PM	\$125.10/\$156.35
15151	SAT	OCT 21	9:00AM-4:00PM	\$125.10/\$156.35
15152	SAT	NOV 18	9:00AM-4:00PM	\$125.10/\$156.35
15153	SAT	JAN 13	9:00AM-4:00PM	\$125.10/\$156.35
15156	SAT	FEB 10	9:00AM-4:00PM	\$125.10/\$156.35
15157	SAT	MAR 9	9:00AM-4:00PM	\$125.10/\$156.35

#### EMERGENCY FIRST AID RECERTIFICATION

Basic one-day course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Emergency First Aid certifications are valid for 3 years. In order to qualify for a re-certification, proof of current certificate must be shown prior to commencement of class.

15159	SUN	OCT 15	9:00AM-2:00PM	\$53.95/\$67.45
15160	SUN	JAN 21	9:00AM-2:00PM	\$53.95/\$67.45
15161	SUN	MAR 3	9:00AM-2:00PM	\$53.95/\$67.45

#### 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.

15172	SAT/SUN	SEPT 23 & 24	9:00AM-4:00PM	\$200.90/\$251.10
15173	SAT/SUN	OCT 21 & 22	9:00AM-4:00PM	\$200.90/\$251.10
15174	SAT/SUN	NOV 18 & 19	9:00AM-4:00PM	\$200.90/\$251.10
15175	SAT/SUN	JAN 13 & 14	9:00AM-4:00PM	\$200.90/\$251.10
15176	SAT/SUN	FEB 10 & 11	9:00AM-4:00PM	\$200.90/\$251.10
15177	SAT/SUN	MAR 9 & 10	9:00AM-4:00PM	\$200.90/\$251.10

#### STANDARD FIRST AID RECERTIFICATION

Comprehensive one-day recertification 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. Standard First Aid certifications are valid for 3 years. In order to qualify for a re-certification, proof of current certificate must be shown prior to commencement of class.

15178	SUN	OCT 15	9:00AM-4:00PM	\$83.90/\$104.90
15179	SUN	JAN 21	9:00AM-4:00PM	\$83.90/\$104.90
15180	SUN	MAR 3	9:00AM-4:00PM	\$83.90/\$104.90

#### BASIC LIFE SUPPORT WITH AIRWAY MANAGEMENT AND OXYGEN THERAPY

Designed to build participant confidence in performing cardiopulmonary resuscitation (CPR) skills and provide the important steps to perform a rapid assessment, perform Basic Life Support (BLS) skills, and perform rapid defibrillation. Airway Management and Oxygen Therapy are also added as additional certifications to this course. This program is designed for in-facility and health care providers (nursing, care aides, dental industry, medical offices etc.), pre-hospital care groups (fire departments, rescue teams, sports therapists, lifeguards, SCUBA divers, ski patrol, etc.). Cost includes manual and pocket mask.

15260	SUN	JAN 28	9:00AM-4:00PM	\$124.10/\$155.15
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### BECOME A LIFEGUARD!

We are looking for energetic, positive people who want to help make a difference. The National Lifeguard (NL) award builds on the skill, knowledge and values that the Lifesaving Society teaches in its pre-Bronze and Bronze Medal awards to develop the practical skills and knowledge required by lifeguards.

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

Bronze Medallion, as our flagship certification, teaches an understanding of the lifesaving principles embodied in the four components of water rescue education - judgement, knowledge, skill and fitness. Bronze Medallion challenges the candidate both mentally and physically. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Bronze Medallion is a pre-requisite for assistant lifeguard training in Bronze Cross. Lifesaving Manual \$55.00

15190 SUN-TUE MAR 17-19 9:00AM-4:00PM \$229.55/\$286.95

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

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a pre-requisite for advanced training in the Society's National Lifeguard and leadership certification programs.

15221 SUN-TUE MAR 24 - 26 9:00AM-4:00PM \$229.55/\$286.95

#### STEP 3 | 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.

15172	SAT/SUN	SEPT 23 & 24	9:00AM-4:00PM	\$200.90/\$251.10
15173	SAT/SUN	OCT 21 & 22	9:00AM-4:00PM	\$200.90/\$251.10
15174	SAT/SUN	NOV 18 & 19	9:00AM-4:00PM	\$200.90/\$251.10
15175	SAT/SUN	JAN 13 & 14	9:00AM-4:00PM	\$200.90/\$251.10
15176	SAT/SUN	FEB 10 & 11	9:00AM-4:00PM	\$200.90/\$251.10
15177	SAT/SUN	MAR 9 & 10	9:00AM-4:00PM	\$200.90/\$251.10

#### STEP 4 | NATIONAL LIFEGUARD | Ages 15yrs+

This 8-day course builds on the fundamental skills, knowledge and values taught in the Lifesaving Awards to develop the practical skills and knowledge required by lifeguards. NL education develops a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude toward the role of the lifeguard. Candidates must show proof on the first day of Bronze Cross and Standard First Aid or equivalent. This course also certifies candidates in Airway Management and Oxygen Administration (AMOA).



## YOU CAN EARN HIGH SCHOOL CREDITS IN OUR LEADERSHIP PROGRAMS



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)



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

#### FRIDAYS

September 22 – December 8 | 10 Lessons (no lesson October 6 & November 10)

5:30pm	Crab	14757	Octopus	14758	Swimmer 5 14759 Swimmer 6 14764 (45 min lesson 5:30pm-6:15pm)
6:00pm	Swimmer 1	14760	Orca	14761	
6:30pm	Swimmer 2	14762	Swimmer 4	14763	
7:00pm	Swimmer 3	14765	Swimmer 2	14766	

#### SATURDAYS

September 23 – December 9 | 9 Lessons (no lesson September 30, October 7 & November 11)

9:30am	Jellyfish	14767	
10:00am	Swimmer 1	14768	Goldfish 14769
10:30am	Orca	14770	Swimmer 2 14771
11:00am	Octopus	14772	Swimmer 3 14773
11:30am	Swimmer 4	14774	Swimmer 2 14776

#### MONDAYS

September 25 – December 4 | 10 Lessons (no lesson October 9)

10:30am	Goldfish	14775	
11:00am	Octopus	14778	
3:30pm	Orca	14779	Swimmer 3 14782
4:00pm	Crab	14786	Octopus 14785
4:30pm	Swimmer 1	14788	Swimmer 5 14787 (45 min lesson 4:30pm-5:15pm)
5:00pm	Swimmer 2	14790	

#### SWIM FOR LIFE PRESCHOOL and LEVELS 1-4

8 X 30 minute lessons \$47.20/\$59.00  
9 x 30 minute lessons \$53.10/\$66.40  
10 x 30 minute lessons \$59.00/\$73.75

#### SWIM FOR LIFE LEVELS 5-6

8 x 45 minute lessons \$54.40/\$68.00  
9 x 45 minute lessons \$61.20/\$76.50  
10 x 45 minute lessons \$68.00/\$85.00

#### SWIM FOR LIFE LEVELS 7-9

8 x 60 minute lessons \$58.80/\$73.50  
9 x 60 minute lessons \$66.15/\$82.70  
10 x 60 minute lessons \$73.50/\$91.90





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

#### TUESDAYS & THURSDAYS

September 26 – October 19 | 8 Lessons

10:30am	Seahorse	14803	
11:00am	Octopus	14804	
3:30pm	Octopus	14821	Swimmer 2 14815
4:00pm	Swimmer 1	14810	Swimmer 3 14823
4:30pm	Swimmer 4	14838	Swimmer 5/6 14813/14814
5:00pm	Swimmer 1	14840	(45 min lesson 4:30pm-5:15pm)

#### TUESDAYS & THURSDAYS

October 24 – November 23 | 9 Lessons (no lesson October 31)

10:30am	Jellyfish	14842	
11:00am	Crab	14843	
3:30pm	Swimmer 3	14844	Octopus 14845
4:00pm	Swimmer 1	14846	Swimmer 4 14847
4:30pm	Swimmer 2	14849	Swimmer 7/Rookie Patrol 14848
5:00pm	Crab	14850	(60 min lesson 4:30pm-5:30pm)

#### THURSDAYS | HOME SCHOOL LESSONS

September 28 – November 30 | 10 Lessons

2:00pm	Swimmer 1 14929	Swimmer 2 14930	Swimmer 3 14931	Swimmer 4 14932
2:30pm	Swimmer 5 14933	Swimmer 6 14946	Swimmer 7/Rookie Patrol 14934	
3:00pm	(45 min lesson 2:30-3:15pm)	(45 min lesson 2:30-3:15pm)	(60 min lesson 2:30-3:30pm)	

#### SWIM FOR LIFE PRESCHOOL and LEVELS 1-4

8 X 30 minute lessons \$47.20/\$59.00  
 9 x 30 minute lessons \$53.10/\$66.40  
 10 x 30 minute lessons \$59.00/\$73.75

#### SWIM FOR LIFE LEVELS 5-6

8 x 45 minute lessons \$54.40/\$68.00  
 9 x 45 minute lessons \$61.20/\$76.50  
 10 x 45 minute lessons \$68.00/\$85.00

#### SWIM FOR LIFE LEVELS 7-9

8 x 60 minute lessons \$58.80/\$73.50  
 9 x 60 minute lessons \$66.15/\$82.70  
 10 x 60 minute lessons \$73.50/\$91.90





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

#### MONDAYS

January 8 – March 11 | 9 Lessons (no lesson February 19)

3:30pm	Swimmer 3	14894	Crab	14895
4:00pm	Sealion	14892	Swimmer 1	14897
4:30pm	Swimmer 4	14898	Swimmer 9/Star Patrol	14899
5:00pm	Swimmer 2	14902	(60 min lesson 4:30pm-5:30pm)	

#### FRIDAYS

January 12 – March 15 | 9 Lessons (no lesson February 23)

5:30pm	Seahorse	14852	Swimmer 1	14853	
6:00pm	Swimmer 3	14855	Crab	14856	
6:30pm	Swimmer 2	14860	Swimmer 7/Rookie Patrol	14858	Swimmer 8/Ranger Patrol 14859
7:00pm	Swimmer 4	14863	(60 min lesson 6:30pm-7:30pm)		(60 min lesson 6:30pm-7:30pm)

#### SATURDAYS

January 13 – March 16 | 8 Lessons (no lesson February 17 & 24)

9:30am	Goldfish	14870		
10:00am	Narwhal	14873	Swimmer 4	14872
10:30am	Crab	14884	Swimmer 1	14875
11:00am	Orca	14885	Swimmer 2	14887
11:30am	Swimmer 1	14888	Swimmer 5/6	14889/14890
			(45 min lesson 11:30am-12:15pm)	

#### SWIM FOR LIFE PRESCHOOL and LEVELS 1-4

8 X 30 minute lessons \$47.20/\$59.00  
 9 x 30 minute lessons \$53.10/\$66.40  
 10 x 30 minute lessons \$59.00/\$73.75

#### SWIM FOR LIFE LEVELS 5-6

8 x 45 minute lessons \$54.40/\$68.00  
 9 x 45 minute lessons \$61.20/\$76.50  
 10 x 45 minute lessons \$68.00/\$85.00

#### SWIM FOR LIFE LEVELS 7-9

8 x 60 minute lessons \$58.80/\$73.50  
 9 x 60 minute lessons \$66.15/\$82.70  
 10 x 60 minute lessons \$73.50/\$91.90



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

#### TUESDAYS & THURSDAYS

January 9 – February 1 | 8 Lessons

10:30am	Goldfish	14905	Crab	14906
11:00am	Octopus	14907	Seahorse	14908
3:30pm	Orca	14909	Swimmer 2	14910
4:00pm	Swimmer 3	14911	Octopus	14912
4:30pm	Swimmer 4	14913	Swimmer 5/6 (45 min lesson 4:30pm-5:15pm)	14915/14916
5:00pm	Swimmer 1	14914		

#### TUESDAYS & THURSDAYS

February 6 – March 7 | 9 Lessons (No lesson February 22)

3:30pm	Octopus	14917	Crab	14918
4:00pm	Swimmer 3	14920	Swimmer 1	14921
4:30pm	Swimmer 4	14925	Swimmer 7/Rookie (60 min lesson 4:30pm-5:30pm)	14924
5:00pm	Swimmer 2	14927		

#### THURSDAYS | HOME SCHOOL LESSONS

January 11 – March 14 | 9 Lessons (No lesson February 22)

2:00pm	Swimmer 1    14948	Swimmer 2    14949	Swimmer 3    14954	Swimmer 4    14955
2:30pm	Swimmer 5    14956	Swimmer 6    14957	Swimmer 7/Rookie    14958	
3:00pm	(45 min lesson 2:30-3:15pm)	(60 min lesson 2:30-3:30pm)	(60 min lesson 2:30-3:30pm)	

#### SWIM FOR LIFE PRESCHOOL and LEVELS 1-4

8 x 30 minute lessons \$47.20/\$59.00  
 9 x 30 minute lessons \$53.10/\$66.40  
 10 x 30 minute lessons \$59.00/\$73.75

#### SWIM FOR LIFE LEVELS 5-6

8 x 45 minute lessons \$54.40/\$68.00  
 9 x 45 minute lessons \$61.20/\$76.50  
 10 x 45 minute lessons \$68.00/\$85.00

#### SWIM FOR LIFE LEVELS 7-9

8 x 60 minute lessons \$58.80/\$73.50  
 9 x 60 minute lessons \$66.15/\$82.70  
 10 x 60 minute lessons \$73.50/\$91.90





### SPRING BREAK SWIMMING LESSON SCHEDULE - LIFESAVING SOCIETY 'SWIM FOR LIFE'

#### MONDAY - FRIDAY

March 18 – March 22 | 5 Lessons

9:00am	Swimmer 1 (45 min lesson 9:00am – 9:45am)	15239	
10:00am	Seahorse	15233	Swimmer 3 (60 min lesson 10:00am – 11:00am)
10:30am	Crab	15234	
11:00am	Octopus	15235	Swimmer 2 (60 min lesson 11:00am – 12:00pm)
11:30am	Sealion	15236	

#### MONDAY - FRIDAY

March 18 – March 22 | 5 Lessons

3:00pm	Swimmer 3/4 (60 min lesson 3:00pm – 4:00pm)	15242/15243	Swimmer 6 (60 min lesson 3:00pm – 4:00pm)
4:15pm	Swimmer 1 (45min lesson 4:15pm – 5:00pm)	15244	Swimmer 7/8 (90 min lesson 4:15pm – 5:45pm)
5:00pm	Swimmer 2 (60 min lesson 5:00pm – 6:00pm)	15245	

#### MONDAY - THURSDAY

March 25 – March 28 | 4 Lessons

10:00am	Orca	15249	Swimmer 6 (60 min lesson 10:00am – 11:00am)
10:30am	Seahorse	15250	
11:00am	Octopus	15251	Swimmer 1 (45min lesson 11:00am – 11:45am)
11:30am	Crab	15252	

#### MONDAY - THURSDAY

March 25 – March 28 | 4 Lessons

3:00pm	Orca	15258	Swimmer 2/3 (60 min lesson 3:00pm – 4:00pm)
3:30pm	Sealion	15281	
4:00pm	Crab	15253	Swimmer 4/5 (60 min lesson 4:00pm – 5:00pm)
4:30pm	Narwhal	15282	

SWIM FOR LIFE - PRESCHOOL	SWIM FOR LIFE - LEVEL 1	SWIM FOR LIFE - LEVELS 2-6	SWIM FOR LIFE - LEVELS 7/8
4 X 30 min lessons \$23.60/\$29.50	4 X 45 min lessons \$27.20/\$34.00	4 X 60 min lessons \$29.40/\$36.75	4 X 90 min lessons \$44.00/\$55.00
5 X 30 min lessons \$29.50/\$36.90	5 X 45 min lessons \$34.00/\$42.50	5 X 60 min lessons \$36.75/\$45.95	5 X 90 min lessons \$55.00/\$68.75



## 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 Centre offers a free adapted art program once a month to 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 from 1:00pm – 2:00pm on **Sept 18, Oct 16, Nov 20, Dec 18, Jan 15, Feb 12 and Mar 11** for a fun afternoon of exploring all things art in a supportive environment.

## TILE MAKING WORKSHOP | Ages 15yrs+

Join Vancouver based artist Carla St. Pierre in the wonderful world of art wall tile making. This 3D sculpture art form mimics nature and at the end of the class you will have a one-of-a-kind piece of art that you can display inside or outside your home.

**14536 WED OCT 18 6:00PM-8:30PM \$55.00/\$68.75**



## ABSTRACT ACRYLIC LAYERED PAINTING | Ages 15yrs+

In this beginner's course we will learn a variety of paint and brush techniques, colour planning and simple design layout. This course will leave you with a one-of-a-kind 16" x 20" painting to take home. No painting experience necessary.

**14537 WED NOV 8-15 6:00PM-8:00PM \$125.00/\$131.25**



## 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.

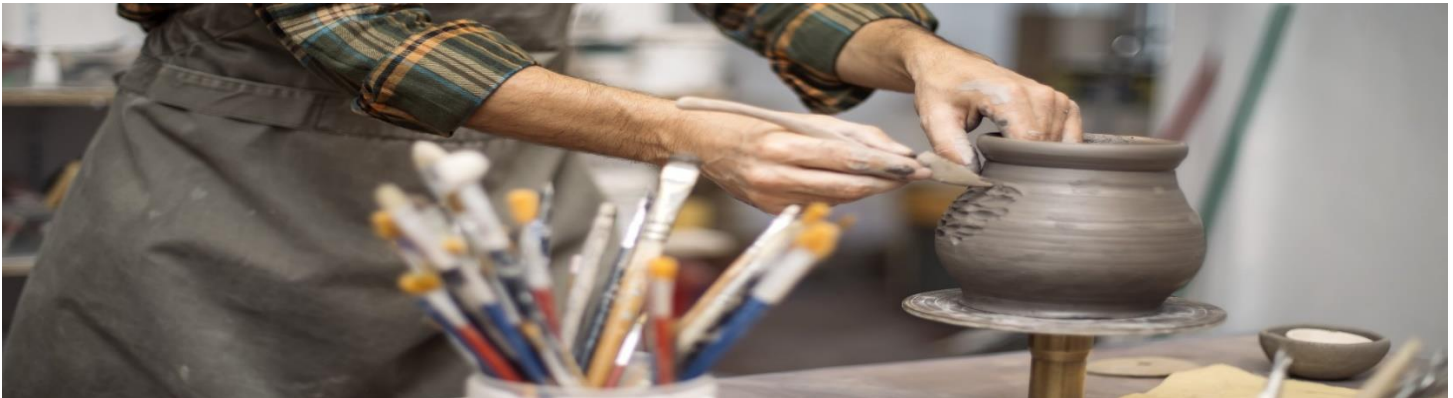
**14538 SAT JAN 13, 20 & 27 1:00PM-4:00PM \$168.30/\$210.40**

## 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.

**14539 SAT FEB 3, 10 & 17 1:00PM-4:00PM \$168.30/\$210.40**





## 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 6:30pm-8:30pm. 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. Users must complete a beginner program before attending drop-in studio time.

SEPTEMBER 18, OCTOBER 16, NOVEMBER 20, DECEMBER 18, JANUARY 15, FEBRUARY 12 & MARCH 11

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

This combo beginner class is designed to teach the basics of clay and the pottery process. Over the 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 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, brushing techniques for glaze application. Clay must be purchased separately from the Quesnel Arts and Recreation Centre. Firing and glaze is included.

15657 THU OCT 5 – NOV 9 6:00PM–8:00PM \$150.00/\$187.50

## POTTERY- POTS, LIDS AND SPOUTS

How do you make a lid to fit a pot? This class will show you different techniques and ways! Jug rims and spouts... we will cover this too. All pieces will be bisque fired.

14514 THU NOV 30 - DEC 14 6:00PM–8:00PM \$90.00/\$112.50

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

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.

14515 THU JAN 4 - 25 6:00PM–8:00PM \$120.00/\$150.00

## POTTERY GLAZING WORKSHOP | Ages 15yrs+

This hour and a half 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.

14516 WED FEB 7 6:00PM–7:30PM \$34.20/\$42.75

## INTERMEDIATE POTTERY | Ages 15yrs+

This class takes your pottery skills to the next level with the focus on throwing complex pieces, height, thickness and precise trimming, all aiming to strengthen your skills.

14517 THU FEB 1 – 29 6:00PM–8:00PM \$120.00/\$150.00

## POTTERY UNDERGLAZE AND DECORATION 101 | Ages 15yrs+

This hour and a half glazing session with Judy McNeil is for students who want to learn the ins and outs of underglazing. This workshop includes a detailed introduction to ceramic glazes and techniques. It will help you choose an appropriate glaze technique for your clay type and how to plan the process to achieve the desired look.

14518 WED MAR 6 6:00PM–8:00PM \$38.00/\$47.50





### GENTLE FLOW YOGA | Ages 15yrs+

Explore the elements of movement and yoga while building up each individual's practice on and off the mat. This class emphasizes breath awareness, steadiness and flexibility. All levels welcome – find your movement!

14560	MON	SEP 18-DEC 11	11:00AM-12:00PM	\$94.20/\$118.20
14561	WED	SEP 20-DEC 13	11:00AM-12:00PM	\$102.10/\$128.05
14562	MON	JAN 8-MAR 11	11:00AM-12:00PM	\$70.65/\$88.65
14563	WED	JAN 10-MAR 13	11:00AM-12:00PM	\$78.50/\$98.50

### 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!

14544 MON & WED SEP 18-MAR 13 7:15PM-9:15PM \$146.85/\$183.90

### 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 the first evening. With two courts available you will have lots of playing time. Correlieu Secondary School.

14545 TUE & THU SEP 19-MAR 14 7:15PM-9:15PM \$157.50/\$196.90

### 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! Please note: all participants are required to provide their own paddle.

#### QUESNEL JUNIOR SCHOOL

14553	TUE	SEP 26 -MAR 12	7:15PM-9:15PM	\$80.50/\$101.60
14554	THU	SEP 28 -MAR 14	7:15PM-9:15PM	\$73.50/\$91.90

#### BOUCHIE LAKE ELEMENTARY

14558	MON	OCT 16 -MAR 11	6:30PM-8:30PM	\$63.00/\$78.75
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### 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 once a week program will run at Quesnel Junior School on Wednesday nights. All skill levels welcome!

#### QUESNEL JUNIOR SCHOOL

14556	WED	SEP 27 -MAR 13	7:15PM-9:15PM	\$73.50/\$91.90
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### PARA-ICE HOCKEY | Ages 16yrs+

Para-Ice (Sledge) Hockey is open to both male and female able-bodied and disabled players of all ages. It is a sport that everyone can play. Para-Ice Hockey is a sport that allows participants who have a physical disability to play the game of ice hockey. The rules are the same as ice hockey, with six players on the ice, including a goalie. Players sit on a sledge, which is a narrow platform with skate blades attached to the bottom, and propel themselves using two specially constructed hockey sticks that have picks on the end. Players wear full hockey gear and strap onto the sledges. The sledges can be adapted to meet the individual needs of each player. Come out and try something exciting and fun! West Fraser Centre.

14548 SAT OCT 14 –NOV 25 8:30PM–9:30PM \$60.00/\$75.00



### ADULT BASKETBALL | Ages 16yrs+

Co-ed Adult Recreational Basketball is a fun, social league that plays once a week between 7:15PM–9:15PM each Monday night and is open to all recreational skill players. This is a self-officiated program and sportsmanship is stressed at all times. Register early to guarantee your spot! This program takes place in the Quesnel Junior School gymnasium.

14550 MON JAN 8–MAR 11 7:15PM–9:15PM \$31.50/\$39.40

### YOUTH BASKETBALL | Ages 12-15yrs

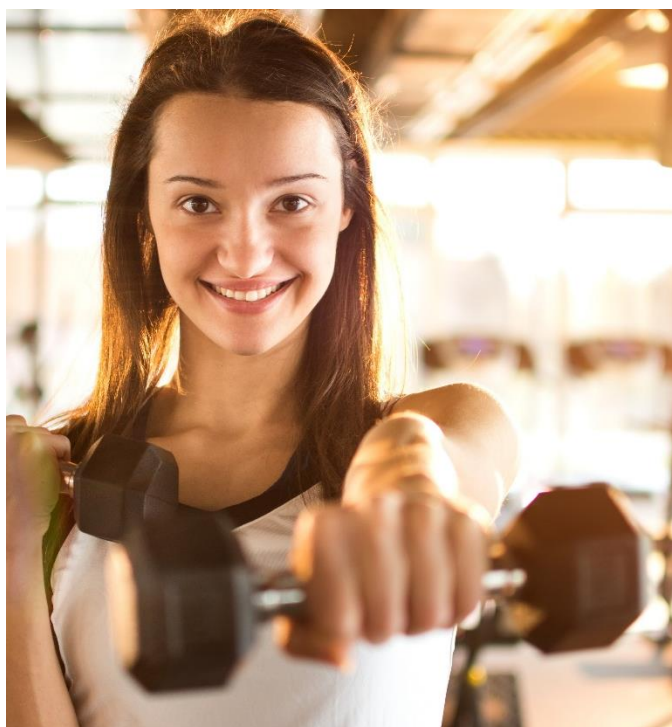
Youth Recreational Basketball is a fun, social league that plays once a week and is open to all recreational skill youth players. This program is overseen by a coach and sportsmanship is stressed at all times. Register early to guarantee your spot!

14551 WED OCT 18–DEC 11 5:30PM–7:00PM \$28.00/\$35.00

### TEEN FIT GIRL | Ages 13yrs+

Feel empowered by learning what fitness is and how it can work for you. This 4 week program is designed to teach and familiarize teen girl participants with the Fitness Centre.

14279 THU JAN 11 – FEB 1 4:15PM–5:15PM \$40.00/\$50.00







### **YOUTH KARATE | Ages 6-14yrs**

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.

**15288 MON Sept 18-Nov 27 5:30PM-6:30PM \$72.00/\$88.90**

### **SLIME LAB | Ages 7-12yrs**

Calling all junior scientists! Join us in the STEM lab as we explore all things slime. We will be squishing and squeezing our way through the day. This camp is sure to be oozing with fun!

**14308 SAT SEPT 23 9:30AM-12:30PM \$30.00/\$37.50**

### **KIDS NIGHT OUT | Ages 7-12yrs**

Join us for an exciting kids night out at the Quesnel Arts and Recreation Centre. Fun will be had by all as we play board games and then head into the pool for a party with pop and pizza.

**14276 THU OCT 19 6:00PM-8:30PM \$15.00/\$18.75**  
**14277 THU FEB 1 6:00PM-8:30PM \$15.00/\$18.75**

### **KIDS HOLIDAY BAKING AND DECORATING WORKSHOP | Ages 7-14yrs**

Teaching our children basic baking skills enables them to be engaged and confident in the kitchen – they connect to their food and understand the process of making whole treats from scratch. Have your little ones learn from Chef Jennifer to make delicious holiday cookies. Children get a take-home box with their decorated samples for the whole family to try. Location: Bouchie Lake Hall, 1975 Centennial Road.

**14309 SAT DEC 16 9:30AM-11:30AM \$30.00/\$37.50**

### **MAD SCIENTISTS WINTER CAMP | Ages 5-12yrs**

This camp offers a full-day of activities as we play and learn about all things science. Please dress for the weather as we will be going outside for some of our experiments, as well as a walk on the trails behind the Quesnel Arts and Recreation Centre. "Pre-Care" (8:00am-9:00am) and "Post-Care" (3:30pm-5:00pm) will be available for an additional fee.

**14315 TUE JAN 2 9:00AM-3:30PM \$36.45/\$45.55**

### **LET IT SNOW WINTER CAMP | Ages 5-12yrs**

This winter-themed camp has a little bit of everything from indoor snow activities to creating painted works of art outside. Bring your imagination and curiosity and be prepared to sip hot chocolate, build a snowman as a team and go tobogganing on the hills behind the Recreation Centre! "Pre-Care" (8:00am-9:00am) and "Post-Care" (3:30pm-5:00pm) will be available for an additional fee.

**14316 WED JAN 3 9:00AM-3:30PM \$36.45/\$45.55**

### **JACK FROST CAMP | Ages Kindergarten-12yrs**

Let's get into the spirit of winter and enjoy a fantastic day with Jack Frost and friends! Join us as we explore fun winter activities, crafts and games that will bring out the hidden powers of ice and snow! "Pre-Care" (8:00am-9:00am) and "Post-Care" (3:30pm-5:00pm) will be available for an additional fee.

**14317 THU JAN 4 9:00AM-3:30PM \$36.45/\$45.55**

### **POLAR EXPRESS CAMP | Ages Kindergarten-12yrs**

Do you have your golden ticket? Join us for an adventurous day to the North Pole on the Polar Express train. Along the way we will be taking part in crafts, games and not to mention snow sledding on our homemade expresses. A fantastic time to be had by all! "Pre-Care" (8:00am-9:00am) and "Post-Care" (3:30pm-5:00pm) will be available for an additional fee.

**14319 FRI JAN 5 9:00AM-3:30PM \$36.45/\$45.55**







## 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 Recreation Centre.

"Pre-Care" (8:00am–9:00am) and "Post-Care" (3:30pm–5:00pm) will be available for each camp. Registration for Pre & Post care is available as a \$5.00 add-on option when registering for the activity 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!**

## OUT OF SCHOOL PAJAMA PARTY |

**Ages Kindergarten-12yrs**

Have a blast watching a movie on the big screen and playing games with new friends. Don't forget to bring your swim wear as we will be joining the Aquatic Staff in the pool from 1:00pm–2:00pm.

**14304 FRI OCT 20 9:00AM–3:30PM \$36.45/\$45.55**



## SPORTACULAR CAMP | Ages Kindergarten-12yrs

If you love gym class and playing games then this is the camp for you. Join us for a day of fun as we go on an adventure with all things sports. A fantastic time to be had by all! Bring your swim wear as we will be joining the Aquatic Staff in the pool from 1:00pm–2:00pm.

**14303 MON NOV 27 9:00AM–3:30PM \$36.45/\$45.55**

## LITTLE CHEFS | Ages Kindergarten-12yrs

Hmmm . . . Anyone out there like to cook and eat? This week focuses on food, food and yup . . . you guessed it . . . FOOD! Learn how to bake, create and cook recipes that everyone will enjoy! Bring your swim wear as we will be joining the Aquatic Staff in the pool from 1:00pm–2:00pm.

**14305 FRI FEB 2 9:00AM–3:30PM \$36.45/\$45.55**

## PANCAKES AND PAJAMAS CAMP | Ages 5-12yrs

We are throwing the ultimate pancakes and pajamas camp where we will celebrate all things winter including maple syrup. Bring your swim wear as we will be joining the Aquatic Staff in the pool from 1:00pm–2:00pm.

**14306 FRI APR 26 9:00AM–3:30PM \$36.45/\$45.55**

## KUNG FU PANDA | Ages Kindergarten-12yrs

Join Po and his friends on an adventure as they master Kung Fu, eat from Mr. Ping's noodle shop and explore the Valley of Peace. Bring your swim wear as we will be joining the Aquatic Staff in the pool from 1:00pm–2:00pm.

**14307 MON JUN 3 9:00AM–3:30PM \$36.45/\$45.55**





## 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.

14503 TUE OCT 3-24 3:30PM-5:00PM \$71.40/\$89.25

## ART FOR PRESCHOOLERS | Ages 3-5yrs

This fun filled art class for your preschooler will introduce them to simple art projects using a different art medium each week. Definitely fridge worthy!

14504 TUE OCT 3-24 9:00AM-10:00AM \$30.00/\$37.50

## HALLOWEEN TREAT BAG MAKING | Ages 5-12yrs

Have some spooktacular fun with your friends! We will be making treats and a fun bag to put them in as a Halloween celebration.

14505 FRI OCT 13 3:15PM-4:45PM \$25.00/\$31.25

## MUD PIES | Ages 3-6yrs

Little hands will stay busy while pinching, rolling and squeezing clay. Basic hand-building skills will be utilized as children have fun working and creating unique ceramic pieces. Dress for mess.

14506 TUE NOV 7-28 9:00AM-10:00AM \$40.00/\$50.00

## 3D ART EXPLORATIONS | Ages 5-10yrs

There are so many materials we can use to build things. 3D is all about making real-life objects - things you can hold and turn around. The group will dig into tons of fun materials like dry hard clay, plaster gauze, paper mâché and batches of handmade modeling clay! Wear clothes that can get mucky!

14507 TUE NOV 7-28 3:30PM-5:00PM \$80.00/\$100.00

## CANVAS MIXED MEDIA | Ages 5-10yrs

This four week course will have you exploring all that an artist's toolkit has to offer - using canvas as the baseline. Join us in the art studio and let your imagination fly!

14508 TUE JAN 9-30 3:30PM-5:00PM \$85.00/\$106.25

## 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.

14509 TUE FEB 6-27 3:30PM-5:15PM \$100.00/\$125.00

## VALENTINES PENCIL CASE FABRIC DESIGN

### WORKSHOP | Ages 6-12yrs

The weather is still cold so let's head inside for this fun art class. Learn the art of fabric painting as we design a one-of-a-kind canvas pencil case using fabric paint and stencils.

14510 THU FEB 8 3:15PM-4:45PM \$17.00/\$21.25







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

Participants learn how to provide care to children in a variety of age groups and how to prevent and respond to emergencies. The course also offers youth the skills to promote themselves as babysitters to prospective families. In order to complete this program participants must have 100% attendance. Participants are welcome to a free swim after the course.

15222	SAT & SUN	NOV 4 & 5	9:00AM-4:00PM	\$98.35/\$122.95
15223	SAT & SUN	DEC 2 & 3	9:00AM-4:00PM	\$98.35/\$122.95
15224	THU & FRI	JAN 4 & 5	9:00AM-4:00PM	\$98.35/\$122.95
15225	SAT & SUN	FEB 3 & 4	9:00AM-4:00PM	\$98.35/\$122.95
15226	WED & THU	MAR 20 & 21	9:00AM-4:00PM	\$98.35/\$122.95

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

The Home Alone Program is designed to provide children the necessary skills and knowledge to be safe and responsible when home alone for limited periods of time. It will help them understand how to prevent problems, handle real-life situations and keep them safe and constructively occupied. The program focuses on small group discussions, problem solving, role-playing and instructor demonstrations. Included in the course will be basic first aid and a cyber-safety/fire safety component lead by a member of the RCMP and Fire Department. Please bring lunch and two snacks. Participants are welcome to a free swim after the course.

15227	FRI	OCT 20	9:00AM - 4:00PM	\$59.00/\$73.75
15228	MON	NOV 27	9:00AM - 4:00PM	\$59.00/\$73.75
15229	WED	JAN 3	9:00AM - 4:00PM	\$59.00/\$73.75
15230	FRI	FEB 2	9:00AM - 4:00PM	\$59.00/\$73.75
15231	TUE	MAR 19	9:00AM - 4:00PM	\$59.00/\$73.75



### **MINI YOUTH CRASH COURSE | Ages 11-15yrs**

This 4-in-1 course includes Home Alone, Babysitters, Stay Safe and Basic First Aid. Participants learn how to provide care to children in a variety of age groups, and how to prevent and respond to emergencies. They will learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities. We will have professional guest speakers throughout the week. Bring your bathing suit as there will be a daily swim included.

15232	TUE-FRI	MAR 19-22	9:00AM-4:00PM	\$183.50/\$229.35
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