JULY 1 - SEPTEMBER 30

RECREATION & LEISURE

Summer Guide

WITH GOLDEN HEARTS
Canada Day Parade & Celebrations return

TREKKING TO TUMBLER
Transportation and guided adventures in Tumbler Ridge

MIDWEEK MAYHEM
Games and inflatbles every Wednesday at the North Peace Leisure pool

CRAZY FOR CAMP
Summer Camp options for children and youth

WHO LET THE DOGS OUT?
The grand opening for the new dog park is coming!

FRIDAYS ARE FOR FUN
Free TGIFSJ events return to the 100 & 100 green space on Friday evenings

FORT ST. JOHN
The Energetic City

2019

Party Rentals

Many options to choose from

Sports, Bouncer, NERF, Archery and more

1 - Online

Book from the comfort of your home! Available 24/7 with a valid credit card. Visit **fortstjohn.ca/activenet**

2 - In Person

Register in person with a Customer Service Representative at the North Peace Leisure Pool or Pomeroy Sport Centre.

3 - By Phone

Call **250-785-4592** to register by phone. Payment can only be made by credit card.

Please note: Birthday party bookings will be available on a three (3) month basis. All party bookings will be subject to availability of time and date slots on any given day. Booking Dates will open on up the same days the Recreation Guides are released.
View Recreation Guide publication dates on page 1.

Information

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Contacts

City Hall	250-787-8150
10631 - 100 Street	info@fortstjohn.ca
Pomeroy Sport Centre	250-785-4592
9324 - 96 Street	recreation@fortstjohn.ca
North Peace Leisure Pool	250-787-8178
9505 - 100 Street	pool@fortstjohn.ca
Visitor Centre	250-785-3033
9324 - 96 Street	visitorinfo@fortstjohn.ca

Publication Dates*

Fall (October - December)	September 1
Winter (January - March)	December 1
Spring (April - June)	March 1
Summer (July - September)	June 1

**Guides will not be released on weekends. If publication dates fall on a weekend, the guide will be released on the first business day following the listed date*

Using this guide

Program Name → **Zumba**

Instructor: Julie

Description → Zumba includes high and low intensity exercise while dancing to Latin rhythms like salsa, cumbia, reggae-ton, and merengue, as well as hip-hop and pop. Start your morning with a fitness regime that will leave you sweating and smiling! Drop ins are welcome to pay at the front desk of the Pomeroy Sport Centre.Please wear good footwear, light clothing, and bring a water bottle! No class on October 14.

Location → **Pomeroy Sport Centre - Studio** — **Age: 14Y+** ← Program Ages

Date (Start & End) → Sep 16-Oct 28 | M | 9:15am-10:00am | $50.00 | 5046 ← Registration Code

Days | Time | Price

3 Easy Ways to Register

1 - Online

Register from the comfort of your home! Available 24/7 with a valid credit card. fortstjohn.ca/activenet

- Search for programs by name or registration code
- Online registrations are charged a convenience fee

2 - In Person

Register in person at the North Peace Leisure Pool or Pomeroy Sport Centre.

3 - By Phone

Call 250-787-8178 or 250-785-4592 to register by phone. Payment can only be made by credit card.

Credits & Refunds

A full refund will be issued for programs cancelled by the City of Fort St. John or if a request for refund is submitted at least seven (7) days before the start of the program, subject to a 10% administration fee.

In the event that a patron falls ill or becomes injured, inhibiting their ability to participate in a program or utilize a facility pass, a pro-rated refund may be given based upon the date of the refund request. Documentation (i.e., doctor's note) is required.

Approved refunds are subject to a 10% administration fee. Any refund may be applied to the patron's account as a credit at their discretion. Please allow three to six (3-6) weeks for the processing of a refund cheque. Payments made by credit card will be refunded back to the credit card within three (3) business days. All credits must be used within one year. Please note: online registration fees are non refundable.

Transfer

A transfer is permitted only when administration is notified seven (7) days prior to the course start date or at the recommendation of the instructor.

Online Registrations

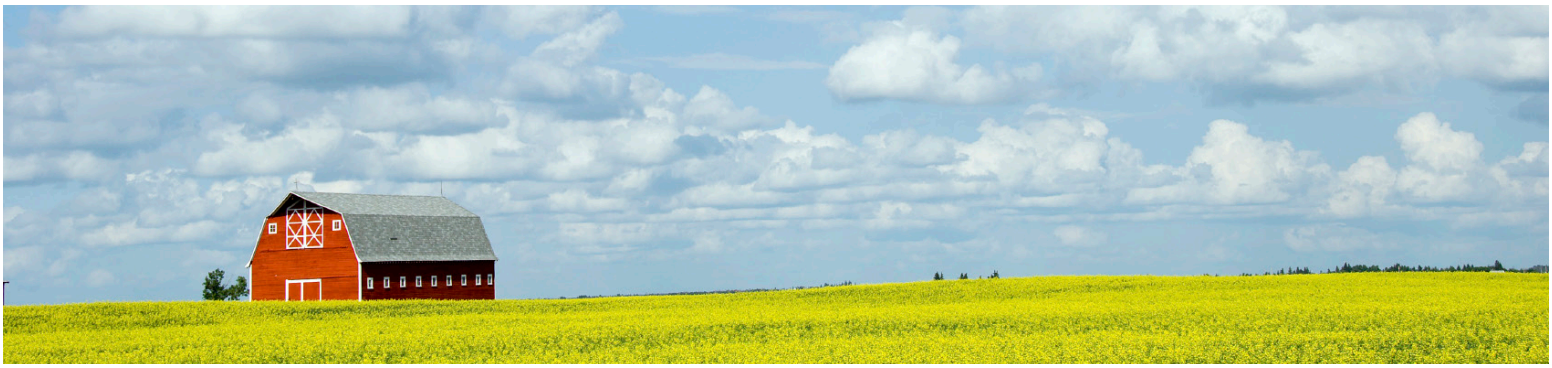
All online transactions are subject to a fee charged by ActiveNet and are not included in any refunds.

Reprinting of Receipts

Email copies are free of charge. Printed copies are available for a $1.00 charge per receipt.

Economy Passes

Some programs require a pass. Single, six (6) and twelve (12) visit passes can be purchased at the Visitor Centre, North Peace Leisure Pool or online at fortstjohn.ca/activenet. Passes are available for drop-in ice, fitness and fieldhouse programs as well as for the North Peace Leisure Pool. You can check how many uses you have left on all your passes by logging on to fortstjohn.ca/activenet. Facility specific passes are required where there is no front desk and/or the program starts before or after front desk hours. How will you know which programs require a pass? Watch for the icon or check program descriptions!



Meet our Staff - Visitor Centre Summer Students

Meet Lexi and Tenisha! These two are your guide to all things summer in Fort St. John! On a day-to-day basis, the pair will be based out of the Visitor Centre to help tourists and locals plan an unforgettable summer!

They can help you with directions, selecting souvenirs, finding local events, or even signing up for City programs! These two can also help you plan the perfect road trip, camping adventure, family vacation, and much more. They have lots of brochures, pamphlets, and maps to get you organized!

When they are not at the Visitor Centre, you will see them out at events like World Fair, TGIFSJ, the Instameet, Peace Region Poker Ride, the annual Canada Day celebrations, and so much more!

If you see them at events, be sure to say hi! You never know, they may even have prizes with them that they are looking to give away.

Book your next event at the Curling Club

Fort St John CURLING CLUB
Est 1946

We can host weddings, meetings, parties, sporting events, dinners, small and large events!

For more information:
250-785-2037 | fsjcurling.com
fsjcurlingclub@telus.net

Facilities

Pomeroy Sport Centre

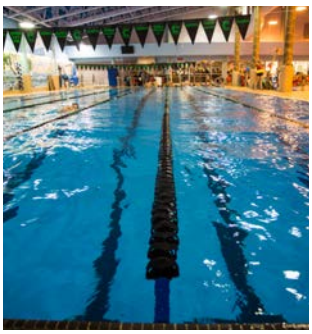
Fort St. John's newest recreation complex, the Pomeroy Sport Centre, is a beautiful ice facility and sport event centre unparalleled in British Columbia. It has been designed to create a lasting legacy that will shape the future of the Energetic City for years to come. It houses the Sport Celebration Wall that showcases local athletes and teams from the Fort St. John region, as well as sporting events hosted in the community.

The first floor of this three floor facility features 2 NHL sized ice rinks, indoor play structure for children, a concession, skate sharpening & rental vendor, 12 dressing rooms, Visitor Centre, public meeting room, studio and training room. It also houses the offices of the Fort St. John Minor Hockey Association, Energetic Learning Campus and Engage Sport North.

The second floor contains a Booster Juice outlet, meeting room, and has one of only four indoor Olympic-sized (400m) long track speed skating ovals in North America. Made with a concrete base, this level can also be used for other events with 60,000 square feet of usable space during non-ice seasons.

The third floor of this facility is home to the Northern Vac Track. The walking track is 340 meters around with heated tubing throughout, open year round and provided free of charge thanks to the generous sponsorship of Northern Vac Services Ltd.

North Peace Leisure Pool



The North Peace Leisure Pool is owned by the Peace River Regional District and operated by the City of Fort St. John. It is located on 100th Street next to the North Peace Arena.

The facility consists of a leisure pool and a 25 meter lap pool. The Leisure pool has a zero depth beach at one end and a maximum depth of 1.5 meters (five feet) at the other end. It has waves, a rapid channel and spray features. Located adjacent to the leisure pool is a small play area specifically designed for tots. The lap pool has 6 lanes. The shallow end is 1 meter (3.6 feet) deep and 3.7 meters (12.1 feet) at the deep end. There is also a 3 meter and 1 meter dive platforms. Other amenities include two full size water slides, sauna, steam room, whirlpool, universal change rooms, cardio fitness room and a meeting room. An independently operated concession is also available. The facility is fully accessible for people with limited mobility.

North Peace Arena

The North Peace Arena has an NHL ice surface measuring 200 feet x 85 feet and can accommodate ice and non-ice events, including trade shows and concerts. Seating capacity for ice events is 1550 and 450 standing room or 3500 for non-ice events.

The arena has a 48 x 28 flexible height staging system, complete with backdrop and curtains, portable sound board, 10,000 watt house sound system and 44 speakers covering the ice surface. Portable chairs and tables are also available.

There are concession services in the spacious 7000 sq. foot lobby with a dining area. Five dressing rooms and lockers are available in the lower lobby.

Kids Arena Fieldhouse

The Kids Arena was renovated in 2011 into the Kids Arena Fieldhouse. This fantastic indoor soccer pitch is used for all types of indoor sports and play activities. The facility is available year-round for rental by private groups, schools, preschools and community groups. There is a meeting room for parties and meetings available in the facility.

North Peace Cultural Centre

The North Peace Cultural Centre opened its doors in June of 1992 and has been the centre of the Arts & Cultural Community ever since. Not only does the centre host a variety of events and programs (including pre-school, language classes and art workshops), it is also home to the Peace Arts Gallery, Fort St. John Public Library, a cafe, and a 413 seat theatre! Don`t wait, sign up for an upcoming art class, buy tickets to the next show, or just stop by for a coffee and a good book.

Fort St. John Curling Club

This facility is owned by the City of Fort St. John but is run by the Fort St. John Curling Club. The Executive works to bring community bonspiels, league nights, and opportunities for newcomers to try the sport! The facility features eight ice sheets, a concession, viewing area on the main floor, as well as an upstairs lounge area that can be booked for private functions and parties!

Planning an Event

There are many events, festivals, celebrations, games and gatherings in Fort St. John that are classified as special events. Any event or activity occurring on City owned property (green spaces, parks, streets, sidewalks and parking lots) will require a permit application. Permit applications should be submitted a minimum of 30 days (4 weeks) prior to the event. The person submitting the application form is responsible for ensuring that all conditions are met.
An application is required if:

- It is a pre-planned one time, annual or infrequent event; or
- Involves the use of or has impact on public property, facilities, parks, sidewalks, streets, parking lots owned or controlled by the City of Fort St. John

These include, but are not limited to: Bicycle/Foot races, Sidewalk Sales, Parades, Weddings, Celebrations, Family Reunions, Fundraisers, Open Air Concerts, and Car Shows.

Special Permit Process:

1. Read the Municipal Property Special Event Guidelines
2. Complete a Special Permit Application Form
3. Submit to reservations@fortstjohn.ca or drop off at the Pomeroy Sport Centre
4. A City Staff member will contact you by email or phone within 48 hours to discuss your event
5. Once details and approvals are finalized you will receive an approval letter from the City of Fort St John by email

Book a Facility

Select facilities are able to be booked online at fortstjohn.ca/activenet. If the facility you are requesting is not available please contact the Facility Allocation Clerk at 250-794-3307 or email reservations@fortstjohn.ca.

Allocation Process

The City of Fort St. John works responsibly to manage its recreational spaces in an equitable manner to meet current and future demands for both organized and casual participants. After an allocation process with user groups, facilities are rented on a first come, first serve basis for any vacant time slots.

Category	Packages Emailed	Season	Requests Due	Published Dates
Fitness - Spring & Summer	Jan 15	Apr - Sept	Feb 1	Feb 15
Outdoor Fields - Spring & Summer	Feb 15	May 1 - Oct	Mar 1	Apr 1
Ice - Summer	Apr 1	Aug	Apr 15	May 1
Ice - Fall & Winter	May 1	Sept 1 - Mar 15	May 15	Aug 1 - Tentative Sept 15 - Confirmed
Fieldhouse - Fall & Winter	May 1	Sept 1 - Feb 28	May 15	Jul 1
SD #60 - For credit	May 1	Sept - Jun	May 15	Aug 1 - Tentative Sept 15 - Confirmed
Fitness - Fall	July 1	Oct - Dec	July 15	Aug 1
SD #60 - Field Trips	Sept 15	Oct - Jun	Oct 1	Oct 15
Fieldhouse - Spring & Summer	Oct 1	Mar 1 - Aug 31	Oct 15	Oct 30
Ice - Spring	Oct 1	Mar 16 - Apr	Oct 15	Oct 30
Fitness - Winter	Oct 15	Jan - Mar	Nov 1	Nov 15
Dry Floor - Spring & Summer	Nov 15	Apr - Aug	Nov 30	Dec 15

Celebrate CANADA DAY

July 1 Community Celebration

8 am Pancake Breakfast at the Fire Hall

11 am Parade

10:45 pm Fireworks at Surerus Park

12-4 pm Centennial Park

- Classic Cruiser Car Show
- Live Entertainment
- Farmers Market
- Food Vendors
- Inflatables
- Face Painting
- Carnival Games
- Balloon Animals
- Mini Golf
- Spray Park

June 29

RockIN the Peace Concert featuring: Chris Buck Band

at the North Peace Arena

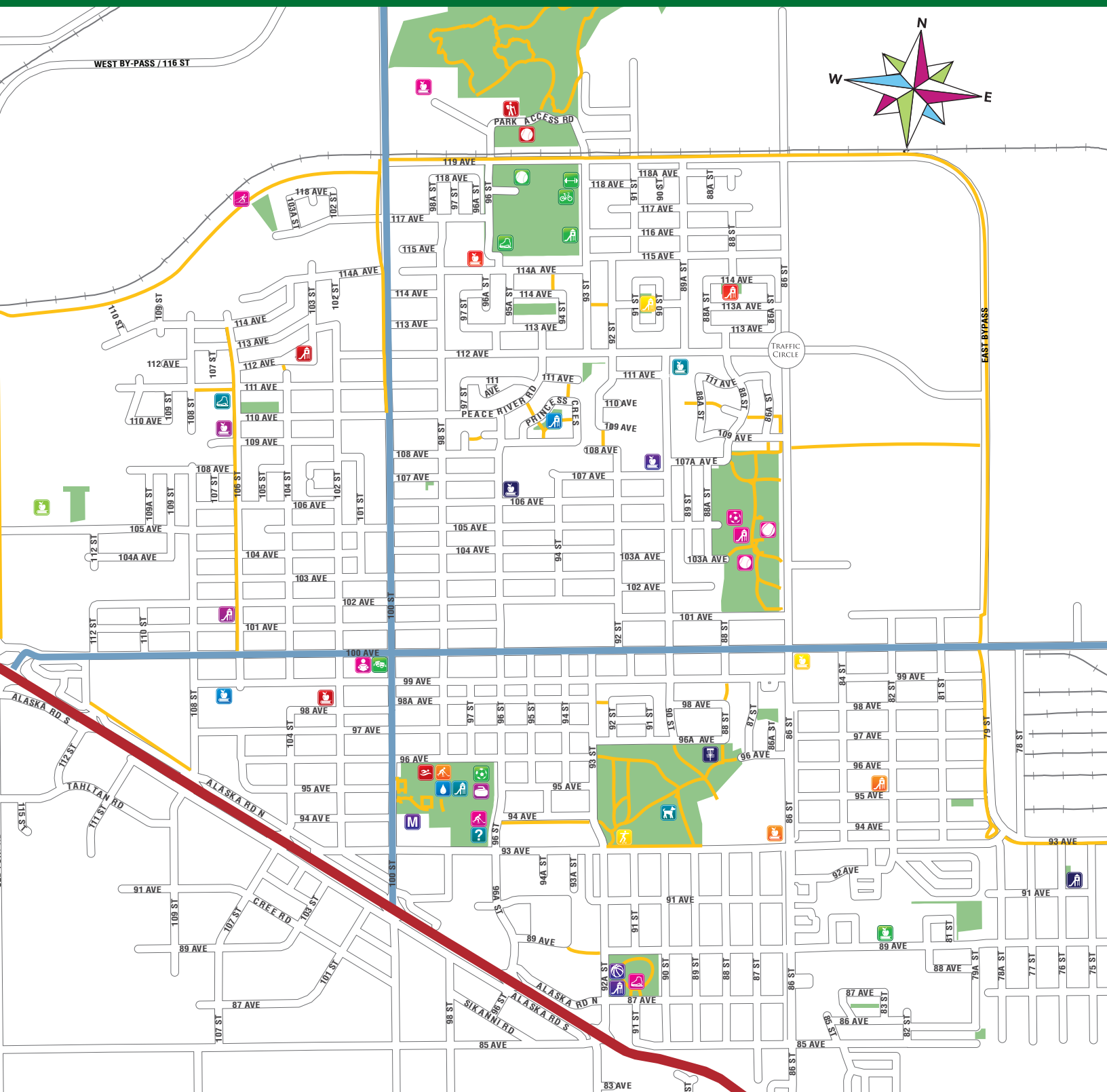
YouTube

fortstjohn.ca/canada-day-celebrations

FORT ST. JOHN
The Energetic City

LIVE IT! FUN

Parks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PARK ACCESS RD
TRAFFIC CIRCLE
EAST BYPASS
PEACE RIVER RD
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Arenas
- Fort St. John Curling Club
- North Peace Arena
- Pomeroy Sport Centre

Arts Centre
- North Peace Cultural Centre

Aquatics
- North Peace Leisure Pool

Baseball Diamonds
- College Park (7 - 9)
- Kin Park (1 - 6)
- Surerus Park (A - H)

Basketball Courts
- Mathews Park

BMX Track
- Kin Park

Cross Country Ski Trails
- West Bypass Trail

Disc Golf
- Toboggan Hill Park

Hiking Trails
- Fish Creek Community Forest

Indoor Fieldhouse
- Kids Arena Fieldhouse

Museum
- North Peace Museum

Off-Leash Dog Park
- Toboggan Hill Park

Outdoor Exercise Equipment
- Kin Park

Outdoor Skating Rink
- Kin Park
- Mathews Park Skating Loop
- CM Finch

Outdoor Walking Trails
- Walking Trails

Playgrounds
- Carriere Park
- Centennial Park
- Concorde Park
- Kin Park
- Mathews Park
- Panorama Ridge Park
- Pickell Park
- Princess Cresent Park
- Surerus Park
- Tot Lot Park
- Triangle Park

Public Library
- Fort St. John Public Library

Schools
- Alwin Holland Elementary
- Bert Ambrose Elementary
- Bert Bowes Middle School
- Christian Life School
- C.M. Finch Elementary
- Dr. Kearney Middle School
- Duncan Cran Elementary
- Ecole Central Elementary
- Margaret “Ma” Murray Community
- Northern Lights College
- North Peace Secondary School
- Robert Ogilivie Elementary

Skateparks
- Toboggan Hill Park

Soccer Fields
- Surerus Park

Spray Park
- Centennial Park

Tennis Courts
- Surerus Park

Visitor Information Centre
- Pomeroy Sport Centre

Off-Leash Dog Park at Toboggan Hill

This summer the new off-leash dog park at Toboggan Hill will open. This is the first large off-leash dog park in our community and it comes with a new set of etiquette for park users to learn.

First, the park has three fenced areas for different sized dogs:

1. Mini dogs: up to about 7 pounds
2. Small dogs: about 8-25 pounds
3. Large dogs: over 25 pounds

Taking a smaller dog into a larger dog area is your choice, but larger dogs should not enter the smaller dog areas.

Second, just because your dog is off-leash doesn't mean you can let them out of your sight. Off-leash dogs must be watched over and under your verbal command at all times.

Third, in collaboration with local dog groups and our Bylaw Department, we have drafted park rule signs that will be posted at the entrances to off-leash areas. Some of these rules are bylaws, and some are proper dog park etiquette.

If you experience problems with other park users or notice maintenance issues in the park call 3-1-1 to talk to City Hall. You can also make online reports through the Fort St. John City App on your Android or Apple phone, or use the Report a Problem page on the city website fortstjohn.ca.

Dog Park Rules

- **No dogs without people**
- **Maintain verbal control of your dog at all times**
- **Dogs must wear a collar or harness – no spike, prong, or pinch collars allowed**
- **No aggressive dogs – this includes posturing or mounting behavior**
- **If your dog gets in a fight, exchange contact information and leave the park**
- **Dogs must be licensed and immunized**
- **No dogs in heat allowed – monitor un-neutured dogs closely**
- **Clean up after your dog – baggies and trash cans are provided**
- **Bring children at your own risk – children under 10 must be accompanied by a parent or guardian**
- **No glass – and use caution bringing food into the park**

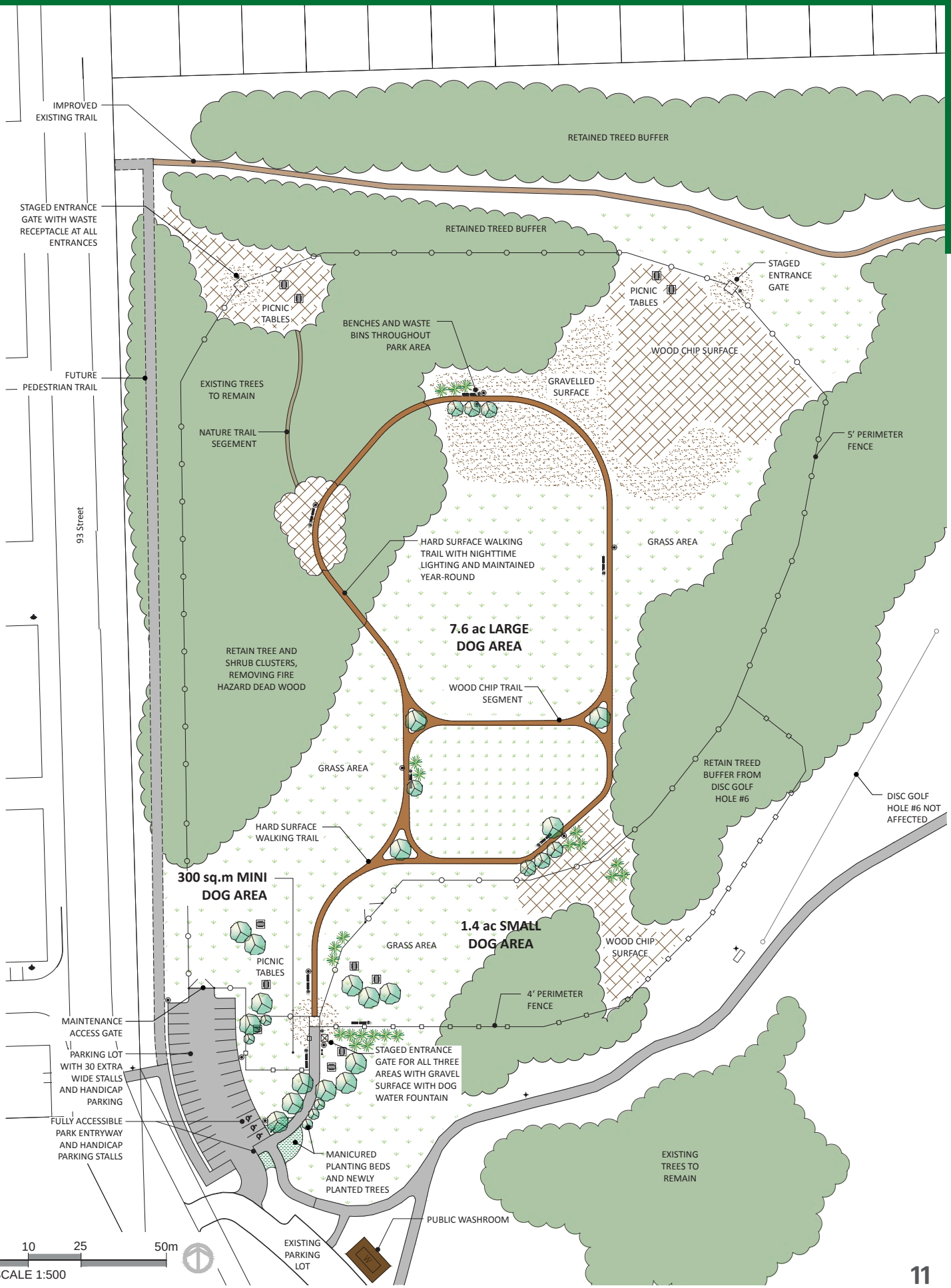
More information for Dog Owners

- Dogs left in vehicles are required to have shade, ventilation and water to drink.
- Dogs must be leashed in public places.
- Clean up after your dog.
- Do not allow your dog on school grounds, ball diamonds, playgrounds or in the Rotary Spray Park

Failure to obey these bylaws can result in a $100-150 fine.

Questions or concerns? Contact the Bylaw Enforcement Department at 3-1-1.

Final design of the off-leash dog park at Toboggan Hill Park



Schedules & Rates

Pomeroy Sport Centre - Dry Floor

Dry Floor Drop-In Activities (July 2-20)								
	Location	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Basketball (Free)	West Pad	8am - 8pm	8am - 8pm	8am - 8pm	8am - 8pm	8am - 8pm	8am - 8pm	8am - 8pm
Table Tennis (Free)		8am - 8pm	8am - 8pm	8am - 8pm	8am - 8pm	8am - 8pm	8am - 8pm	8am - 8pm
Open Net (Free)	East Pad	8am - 8pm	8am - 8pm	8am - 8pm	8am - 8pm	8am - 8pm	8am - 8pm	8am - 8pm
Badminton	East Rink	12 - 2pm	-	-	-	-	-	2 - 4pm
Pickleball	East Rink	2 - 4pm	-	-	-	-	-	12 - 2pm
Open Oval	Second floor	11 - 2pm	-	5 - 7pm	-	5 - 7pm	-	2 - 5pm
Strictly Skateboards & Scooters	Second floor	2 - 5pm	-	-	5 - 7pm	-	-	11 - 2pm

Information

Open Oval

For beginners to practice with scooters, skateboards or rollerblades. Also, perfect for toddlers to learn to ride a bike. No tricks permitted, helmets required for ages 8 & under.

Strictly Skateboards & Scooters

Improve on your flat-ground tricks and skills. Helmets required for children 8 & under. No outside equipment permitted.

Equipment

Sign out basketball, pickleball, badminton or table tennis equipment at the Visitor Centre.

Schedules

Schedules are subject to change without notice, visit fortstjohn.ca for up-to-date schedules. All programming will be cancelled on statutory holidays.

Prices

	DROP IN	VISIT PASS (6)	VISIT PASS (12)
YOUTH (6-18 YRS.)	$3.50	$16.25	$32.50
ADULT (19-64 YRS.)	$4.25	$20.00	$40.00
SENIOR (65+ YRS.)	$3.50	$16.25	$32.50
FAMILY	$9.00	$43.75	$87.50

Tax applies to drop-in fees

All dry floor programs will end on July 20 for the Pomeroy Sport Centre annual shut down and ice preperations. Ice in the Pomeroy Sport Centre will be ready for public use on Monday, August 19.

Pomeroy Sport Centre - Ice

Summer Ice Schedule (August 19 - 31)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public Skate *Oval*	PETRONAS Free Skate 12:00-2:30pm 3:30-6:00pm						12:00-3:00pm 4:00-7:00pm
Engage Sport North: Try Women's Hockey *East Rink*		7:00-8:15pm *(free)*					

Schedules are subject to change without notice, visit www.fortstjohn.ca for up-to-date schedules

August Skating Rates

Tax applies to drop-in fees

	DROP IN	PUNCH PASS (6)	PUNCH PASS (12)
YOUTH (6-18 YRS.)	$3.50	$17.50	$35.00
ADULT (19-64 YRS.)	$4.25	$21.25	$42.50
SENIOR (65+ YRS.)	$3.50	$17.50	$35.00
FAMILY	$9.00	$45.00	$90.00

September Skating Rates

Tax applies to drop-in fees

In effect September 1

	DROP IN	PUNCH PASS (6)	PUNCH PASS (12)
YOUTH (6-18 YRS.)	$3.50	$17.50	$35.00
ADULT (19-64 YRS.)	$4.25	$21.25	$42.50
SENIOR (65+ YRS.)	$3.50	$17.50	$35.00
FAMILY	$10.25	$51.25	$102.50

Fall Ice Schedule (September 1 - 30)	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Drop in Hockey (16+) *West Rink*		12:00-1:30pm	12:00-1:30pm	12:00-1:30pm	12:00-1:30pm *East Rink*	12:00-1:30pm	
Drop in Hockey (50+) East Rink		12:00-1:30pm				12:00-1:30pm	
Public Skate *Oval*	PETRONAS Free Skate 12:00-2:30pm 3:30-6:00pm	3:30-6:00pm					12:00-3:00pm 4:00-7:00pm
Parent & Tot Skate *Oval*			11:00am-12:00pm		11:00am-12:00pm		
Parent & Tot Stick & Puck *West Rink*	7:00-8:00pm						
Senior Skate *Oval*		10:00-11:00am				10:00-11:00am	
Lap Skate *Oval*			12:00-1:00pm		12:00-1:00pm		

Schedules are subject to change without notice, visit www.fortstjohn.ca for up-to-date schedules

Descriptions

Drop-In Hockey (16+) and (50+)

Full equipment must be worn. All participants must sign in & pay at the Front Desk.

Parent & Tot Skate

Reserved for children 5 and under to skate with a guardian 16 years of age or older.

Senior Skate

Age 50+. Have a leisurely skate while socializing with others.

Lap Skate

Requires moderate to excellent skating skills to skate for fitness or increase their skills.
This is not for beginners. Participants are expected to move at a fast pace and helmets are recommended.

Public Skate

Everyone welcome. Children 8 years and younger must be accompanied on the ice by a guardian of 16 years of age or older.

The Oval will be unavailable for public use on the following dates:

- **September 2 (STAT)**
- **September 13-15**

Visitor Centre

Whether you are a local or visiting, the staff at the Fort St. John Visitor Centre are here to keep you informed on all things FSJ! Come quiz our staff on directions, dining, recreational activities, and more! The Visitor Centre is open year-round so our staff are always available to help you make your way around the Energetic City. With a population of 21,000+ and growing fast, there is always something to do and see all year round. We invite you to visit our friendly Visitor Centre staff in the Pomeroy Sport Centre. Our staff would love the opportunity to help make your stay fun, and ensure you experience Fort St. John's vibrant spirit!

Visitor Centre

Fall/Winter (September - May)

Monday - Thursday	9:00am - 8:00pm
Friday	9:00am - 9:00pm
Saturday & Sunday	11:00am - 7:00pm

Closed all Statutory Holidays

Spring/Summer (May - September)

Monday - Friday	8:00am - 7:00pm
Saturday, Sunday & Holidays	9:00am - 6:00pm

Northern Rac Track

Fall/Winter (September - May)

Monday - Friday	6:00am - 9:00pm
Saturday & Sunday	9:00am - 9:00pm

Closed all Statutory Holidays

Spring/Summer (May - September)

Monday - Friday	8:00am - 8:00pm
Saturday & Sunday	8:00am - 8:00pm

Closed all Statutory Holidays

Join the Lifeguard Team

North Peace Leisure Pool

LIVE IT! PROUD

Visit fortstjohn.ca for more information

Want to become a lifeguard?

Optional Step

Bronze Star

- *Must be 8 years old (recommend 12)*
- *Ability to swim (Swim Kids Level 4)*

Step 1

Bronze Medallion

- *Must be 13 years old or have completed Bronze Star*

Step 2

Bronze Cross

- *Completed Bronze Medallion*

Step 3

Standard First Aid

Step 4

National Lifeguard - Pool

- *16 years old by last day of course*
- *Completed Bronze Cross*
- *Completed Standard First Aid*

Step 5

Water Safety Instructor

- *15 years old by last day of course*
- *Able to perform Red Cross Swim Kids Level 10 skills & strokes*
- *Emergency First Aid or higher*

North Peace Leisure Pool

The North Peace Leisure Pool is owned by the PRRD and operated by the City of Fort St. John

Hours of Operation	Sunday 9am-5pm	Monday 6am-10pm	Tuesday 6am-10pm	Wednesday 6am-10pm	Thursday 6am-10pm	Friday 6am-10pm	Saturday 9am-9pm
Reception Hours	10am-5pm	9am-10pm	9am-10pm	9am-10pm	9am-10pm	9am-10pm	11am-9pm
Lap Swim*	12-1pm	6am-3:00pm 8:30-10pm	6am-3:00pm 8:30-10pm	6am-3:00pm	6am-3:00pm 8:30-10pm	6am-3:00pm	12-1pm
Public Swim*	12-5pm	6am-3pm 6-10pm	6am-3pm 6-10pm	6am-3pm 6-10pm	6am-3pm 6-10pm	6am-3pm 6-10pm	12pm-9pm
Hot Spots**	9am- 12pm	3 - 6pm	3 - 6pm	3 - 6pm	3 - 6pm	3 - 6pm	9am- 12pm
Cardio Room	9am-5pm	6am-10pm	6am-10pm	6am-10pm	6am-10pm	6am-10pm	9am-9pm

** Pool space may be restricted due to classes, lessons, and/or swim club practice | ** Hot Tub, Steam Room & Sauna only*

Schedules are subject to change without notice

Pool Information

Showers

For health reasons, all swimmers are required to shower thoroughly before entering the pool.

Children Under 8

Must be accompanied by a parent/guardian 16+ and must remain within arms reach at all times. Ratio of children under 8 years to adults is 3:1.

Water Diapers

Swimmers who are not fully potty-trained must wear water diapers. Water diapers are available to purchase at the front desk.

Water Slides

Children must be 42 inches /107 cm tall to ride the slides. Double riding is not permitted.

Statutory Holidays

The North Peace Leisure Pool will be closed on all STAT holidays unless otherwise posted.

Food & Beverage

Permitted in the viewing area only. No glass containers.

Life Jackets

Complementary to all swimmers.

The North Peace Leisure Pool hours will be altered on the following days:

Monday July 1 (Closed - Canada Day)

Monday Aug 5 (Closed - BC Day)

September 2 - 29 (Annual Maintenance)

Swim Prices

	DROP IN	VISIT PASS (6)	VISIT PASS (12)	1 MONTH	3 MONTH	6 MONTH	12 MONTH
YOUTH (6-18 YRS.)	$3.00	$15.00	$30.00	$30.00	$85.50	$162.00	$316.80
ADULT (19-64 YRS.)	$6.00	$30.00	$60.00	$60.00	$171.00	$324.00	$633.60
SENIOR (65+ YRS.)	$4.00	$20.00	$40.00	$40.00	$114.00	$216.00	$422.40
FAMILY	$15.00	$75.00	$150.00	$150.00	$427.50	$810.00	$1584.00

Tots (5 & under) are free.

Family is up to a maximum of two adults and four dependent children living in the same household.

Aquafit Schedule (July 2 - August 31)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Hydro Rider 6:45 - 7:30 am	Hydro Rider 6:45 - 7:30 am	Hydro Rider 6:45 - 7:30 am	Hydro Rider 6:45 - 7:30 am	Hydro Rider 6:45 - 7:30 am	
*FloatFit 10:00 - 11:00 am * Registration required or specialty drop in	Cardio Blast Shallow 9:30 - 10:30 am		Cardio Blast Shallow 9:30 - 10:30 am		Cardio Blast Deep 9:30 - 10:30 am	
Stroke Correction 11:30 - 12 pm	Watercise Low 11 - 11:50 am		Watercise Low 11 - 11:50 am		Watercise Low 11 - 11:50 am	Cardio Blast 11 - 12 pm
	Cardio Blast Deep 7:45 - 8:45 pm	*FloatFit 7:45 - 8:45 pm * Registration required or specialty drop in	Hydro Rider 7:45 - 8:45 pm	Cardio Blast Shallow 7:45 - 8:45 pm		

Schedules are subject to change without notice. Contact the North Peace Leisure Pool to confirm class times.

Cardio Blast
This class is aimed to give you a full body work-out with shallow focussing on cardio and deep focussing on low impact and balance.

Hydro Rider
A low impact, low resistance, intense workout on stationary spin bikes. Make sure to bring water shoes and get ready to ride!

Strength & Stretch
Takes place in our leisure pool with a focus on balance and range of motion.

Watercise Low
Held in the shallow end of our lap pool. This class is a full body work-out with low intensity movements. All fitness levels are welcome!

Stroke Correction Clinic
An instructor will offer guidence in order to maximise your stroke efficiency or endurance to complete a preplaned lap swim workout. All levels of welcome!

Float Fit* Registration or Specialty fee required
Held in our lap pool this class takes place on top of the water using the innovative AquaBases! similar to a paddle board or floating yoga mat, this class really works to develop your core strenght, cardiovascular endurance and flexibilty.

Aquafit Prices

	DROP IN	VISIT PASS (6)	VISIT PASS (12)	1 MONTH PASS	3 MONTH PASS	6 MONTH PASS	12 MONTH PASS
YOUTH AQUAFIT	$4.00	$20.00	$40.00	$40.00	$114.00	$216.00	$422.40
ADULT AQUAFIT	$7.00	$35.00	$70.00	$70.00	$199.50	$378.00	$736.20
SENIOR AQUAFIT	$5.00	$25.00	$50.00	$50.00	$142.50	$270.00	$528.00
SPECIALTY	$14.00 - this drop in fee applies to specialty classes including FloatFit						

Ask us about Lifeguard Scholarship Now!

Top 3 reasons for a career in lifeguarding:

1. Team environment
2. Excellent pay with job security
3. Endless training opportunities

Lifeguarding provides a work environment based on providing an outstanding public service to other community members. As a lifeguard you instill confidence in facility users; that their time spent at the North Peace Leisure Pool will be safe and enjoyable. A career as a lifeguard with the City of Fort St. John is not only a foundational job to get into the leisure and recreation industry but it also offers endless life time training opportunities to stay in aquatics.

The North Peace Leisure Pool offers excellent pay, flexible hours, job security, and training opportunities for career advancement within the City of Fort St. John.

Scholarship Requirements

In order to achieve the discount candidates must complete each of the following courses:

Get Ready to Guard		$92.00
Red Cross Standard First Aid/ CPR C	(-15%)	$218.66
Lifesaving Society Bronze Medalion/Cross	(-20%)	$325.63
Lifesaving Society National Lifeguard	(-25%)	$404.73
Water Safety Instructor Stage 1	(-30%)	$170.99
Water Safety Instructor Stage 2	(-35%)	$ 37.15
Water Safety Instructor Stage 3	(-40%)	$159.96

Lifeguard Scholarship Information

The purpose of this scholarship program is to provide aid to National Lifeguard candidates looking to achieve their goal of becoming future North Peace Leisure Pool National Lifeguards. A tiered discount system has been applied to current fees for candidates.

Acquire the certifications and skills needed to become a Lifeguard, such as stroke techniques, fitness, stamina, endurance, team work, and leadership.

Contact pool for more information on further funding with JumpStart and KidsSport.

Lifeguard Scholarship saves you $457.14

Special Events

July 1 | Canada Day Celebrations

Help us celebrate our home and native land! Kick the day off with the annual parade, followed by a wide variety of activities in Centennial Park including: inflatables, live music, farmers market, face painting, classic cruiser car show, food trucks, fireworks at Surerus Park to cloes out the day! For more information or to apply to be in the parade, visit fortstjohn.ca/canada-day-celebrations

Please note, there will be many road closures in effect for the parade portion of Canada Day. We encourage famlies to walk, bike, or park and walk to Centennial Park. For regular updates, follow the City of Fort St. John Recreation facebook page.

July 3 - Aug 28 | Midweek Mayhem

Midweek Mayhem is back at the NPLP! Every Wednesday from 1-3pm there will be a Games Leader to facilitate summer swim fun! Can't make the afternoons? Come from 7:30 to 9:30pm there will be the Inflatable Obstacle Course. Bring your friends and family to cool off this summer. Regular admission rates apply.

July 5 - Aug 30 | T.G.I.F.S.J

Thank goodness it's Friday in Fort St. John! Kick off your weekend with a different free event at the green space at 100 Street and 100 Avenue every Friday night this summer between 6-8pm! Everyone is invited so bring your friends and family out for fun theme nights and our Park Play Pack (featuring multiple outdoor games you can play for free).
Follow the City of Fort St. John Recreation Facebook page for more information on these TGIFSJ activities:
July 5 - Carnival Night
July 12 - Moose FM Presents: Movie in the Park (Location NPSS)
July 19 - Lawn Games & Live Music
July 26 - Teddy Bear Picnic
August 2 - Inflatables with Evangel
August 9 - Moose FM Presents: Movie in the Park (Location NPSS)
August 16 - The Very Hungry Caterpillar 50th Anniversary Celebration
August 23 - Art Attack
August 30 - Party in the Park (live music)

TBD | Dog Park Grand Opening/Pet Fair

Bring your pooch and celebrate the launch of Fort St. John's new dog park! There will be special pet-friendly activities and prize giveaways to celebrate your four-legged friend! Follow the City of Fort St. John Recreation Facebook page for the official date release!

July 13| Agents of Discovery Event

Calling all explorers! We're inviting you to Fish Creek Community Forest for a fun day of learning about nature in Fort St. John. This is your chance to win prizes just for trying out this free app! Simply download the Agents of Discovery on your Android or iOS device, then head to Fish Creek between 11am-1pm to get active while learning about our local outdoor environment! No WiFi is required because you can download the mission before leaving home.

July 27 | Swim to Survive Day

Staff at the North Peace Leisure Pool are challenging famiies to take the Swim to Survive Challenge this summer! Come into the Pool from 12-5pm, complete the challenge, get next swim on us and enter to win an amazing prize pack! Participants need to roll into deep water, tread water for one minute, and swim 50 metres. Think you have what it takes? Head to the pool on July 27 and put your skills to the test! Regular admission fees apply.

July 26-28 | StoryWalk ®

Bring out the family to StoryWalk at Fish Creek. The July StoryWalk will take place at the Fish Creek Community Forest. Story pages will be mounted on stakes along the trail. Just follow along, read and get lost in literature and nature at the same time! Pages will be left up for the weekend for families to enjoy.

July 30 | Teen/Tween Tuesday

Don't get the Summer time blues! Join the City Rec team for a night of FREE Capture the Flag from 4-5pm then flag football from 5-6pm at Mathews Park. We will even bring snacks and drinks! This event is open to youth ages 12-18. *Note: this event will be moved indoors to the Kids Arena Fieldhouse in the event of poor weather.*

Aug 5 | Instameet

What is an Instameet? It's simple really - our staff at the Visitor Centre pick a location, let you know where it is, and meet you there to post pictures and give out prizes! The Instameet location will be released through the City of Fort St. John Instagram page @fsjcity on the morning of August 4. Follow us today so you don't forget! Note: you wil require a mobile device and the Instagram App for this activity.

City of Fort St. John - Recreation

FORT ST. JOHN
The Energetic City
Parks, Recreation, Leisure & Events

Info on City courses, events & programs!
Updates, reminders, contests, & more!

Find us on Facebook

Aug 17|Faceoff with Friends Ball Hockey

Not hockey season? Not a big deal! Bell Media and the City of Fort St. John Recreation Department are proud to present the first annual "Faceoff with Friends" Ball Hockey Tournament! Enjoy a day of recreational ball hockey, laughs, music, and drinks with friends at the Beer Garden brought to you by Mighty Peace Brewing! All proceeds for this event are going to the North Peace Family SuperPark! Registration is $30 per person and includes a minimum of three games and a swag bag (with a tournament t-shirt). Note: All participants must sign a waiver prior to participating. Guardians must sign for minors under 18. *This tournament will be moved inside the North Peace Arena in the event of poor weather.*

Aug 17| Peace Region C2C Poker Ride

Start your engines for a ride throughout the Peace Region! Riders will stop at Visitor Centre locations in Hudson's Hope, Chetwynd, Tumbler Ridge, Dawson Creek, Taylor and Fort St. John. Start at the centre nearest you and complete this scenic route. At each destination, riders will draw a card to make up a poker hand. Registration is required but buying a poker hand is optional. Top poker hand will win half the registration pot and the other half will go to a local food bank. Check in at the your local Visitor Centre. Breakfast and check in at the Fort St. John location is at 7:30am and the event starts at 9:00am.

August 23-25 | StoryWalk ®

Explore one of Fort St. John's favourite green spaces and dive into a classic story at Kin Park. Haven't been to a story walk yet? It's simple - pages will be mounted on stakes along the trail. Just follow the trail and read each page as you go! Pages will be left up for the weekend for families to enjoy at their leisure.

Aug 27 | Teen/Tween Tuesday

Summer getting stale? Join the City Rec team for a night of FREE fun with friends! We will plan games, bring snacks, give out prizes, and give your summer the splash of fun it needs! Aug 27 will be Predator Prey and Pizza from 4-6pm at Mathews Park. This event is open to youth ages 12-18. *Note: this event will be moved indoors to the Kids Arena Fieldhouse in the event of poor weather*.

Special Events are subject to cancellation or postponement. For regular updates on our events follow "City of Fort St. John - Recreation" on Facebook

Sept 1 | Pull the Plug Carnival

September marks the time of year where the facility maintenance crew at the North Peace Leisure Pool gear up to pull the plug for the annual pool shut down. Come celebrate another year gone by with prizes and games the whole family will enjoy! This session will take place from 3-5pm. Regular admission fees apply. The pool shutdown will be in effect from September 2-29 and the facility will reopen September 30.

Sept 3-27 | Back to School with a Flash

City staff are encouraging safety for students going back to school in our City by challenging YOU to light up the Energetic City. Get involved in one of the following ways for your chance to win a prize! Draws will take place October 1st.

Students - wear bright colours or hi-vis, attach lights to your bags/bikes, use reflectors, and make yourself as bright and visible as possible. Take a picture of your outfit and submit it to us at recreation@fortstjohn.ca

Citizens - Live on a popular school route? Leave your light on or put your winter lights up early to create a bright walking path for students in the mornings! Get as creative as you like, take a picture of your lit up home and submit it to recreation@fortstjohn.ca

Teachers/classrooms - collect your students for a group photo in their safest walking gear and tell us why safety is so important for kids walking to school! Submit your picture and write up to recreation@fortstjohn to win a bouncer party for your students!

Sept 7 | Community One Stop

Celebrate the season of sport at One Stop! Do you represent a sports organization or provide programs to the public that require registration? Fall One Stop is a great opportunity to advertise and get participants signed up. One Stop will take place at the Totem Mall, but groups wanting to set up a table must register through the City in advance between August 1-31. Registration Fee is $20 per table (includes tax). This fee covers one table and two chairs. Organizations that require power must pay an additional $5 charge.

Sept 20 | YAC Archery Tag

Call your friends and bring them to the Kids Arena to put your bow and arrow skills to the test! The Youth Advisory Council (YAC) presents another Pro-D event and this September is Archery Tag! Haven't tried it yet? Archery Tag is like dogeball but with bows and foam tipped arrows! This event is open to ages 12-18 and will take place from 11am -1pm. Snacks and all equipment will be provided.
Note: City Recreation Staff will be on site to implement game play.

FORT ST JOHN PUBLIC LIBRARY

Connect, create and collaborate with our community at the Fort St. John Public Library!

Did you know?

-We have a wide selection of DVDs!
-We have computers available for public use!
-We have large print, audiobooks and multilingual books!
-We have programs and events for all ages!

All of these information services are provided for FREE!
You can find out more on Facebook or on our website at www.fsjpl.ca or by calling (250) 785-3731

my community
my connection
my fsjpl

AGENTS OF DISCOVERY

MOVE TO PLAY & LEARN

DO YOU ACCEPT THIS MISSION?
DOWNLOAD THE AGENTS OF DISCOVERY FREE APP AND FISH CREEK COMMUNITY FOREST MISSION AND START EXPLORING IN A WHOLE NEW WAY!

Agents of Discovery is an augmented reality mobile game to play and discover the world around you. Unlock hidden geo-located challenges that can only be solved through exploration and discovery.

APP

Download on the App Store

GET IT ON Google Play

Please see our Refund policy on page 3 before registering

Aquatics

Mer - Tail Club

Mer-Tail Club returns and is the chance to fulfill your fantasy of being a Mermaid or Merman! Participants will receive in-class training on how to swim like a true merperson! Swimmers will use a Monofin during the class, but it is not theirs to take home. A small selection of mer-tails are available for purchase at the front desk, or if swimmers already have a tail, they can bring their own from home!

North Peace Leisure Pool			Age: 8-13Y	
Jul 6-Aug 31	Sa	1:00 PM-2:00 PM	$64.00	4831

Private Swim Lessons - Any Level

A one-on-one lesson for swimmers of any level. Discount available for second swimmer.

North Peace Leisure Pool			Age: All Ages	
Jul 2-Jul 12	M-F	12:00 PM-12:30 PM	$197.10	4873
Jul 2-Jul 12	M-F	12:00 PM-12:30 PM	$197.10	4874
Jul 2-Jul 12	M-F	12:30 PM-1:00 PM	$197.10	4875
Jul 6-Aug 31	Sa	9:00 AM-9:30 AM	$175.20	4878
Jul 6-Aug 31	Sa	9:30 AM-10:00 AM	$175.20	4879
Jul 6-Aug 31	Sa	10:00 AM-10:30 AM	$175.20	4882
Jul 6-Aug 31	Sa	10:30 AM-11:00 AM	$175.20	4883
Jul 7-Sep 1	Su	9:00 AM-9:30 AM	$175.20	4890
Jul 7-Sep 1	Su	9:30 AM-10:00 AM	$175.20	4891
Jul 7-Sep 1	Su	11:00 AM-11:30 AM	$175.20	4897
Jul 15-Jul 26	M-F	12:00 PM-12:30 PM	$219.00	4939
Jul 15-Jul 26	M-F	12:30 PM-1:00 PM	$219.00	4941
Jul 29-Aug 9	M-F	12:00 PM-12:30 PM	$197.00	4981
Jul 29-Aug 9	M-F	12:30 PM-1:00 PM	$197.00	4983
Aug 12-Aug 23	M-F	12:00 PM-12:30 PM	$219.00	5023
Aug 12-Aug 23	M-F	12:30 PM-1:00 PM	$219.00	5025

Private Swim Lessons - Level 2 & Below

A private, one-on-one lesson directed towards swimmers Level 2 and below (including pre-school swimmers).

North Peace Leisure Pool			Age: All Ages	
Jul 6-Aug 31	Sa	11:00 AM-11:30 AM	$175.20	4886
Jul 6-Aug 31	Sa	11:30 AM-12:00 PM	$175.20	4888
Jul 7-Sep 1	Su	10:00 AM-10:30 AM	$175.20	4894
Jul 7-Sep 1	Su	10:30 AM-11:00 AM	$175.20	4896
Jul 7-Sep 1	Su	11:30 AM-12:00 PM	$175.20	4900

Red Cross Preschool

Red Cross Preschool is an 8 level program for children 4 months to 6 years old. Each level is built around an aquatic animal theme.

Starfish/Duck

Starfish: Babies and their caregivers work on getting wet, buoyancy and movement, front, back, and vertical position in the water, and shallow water entries and exits.

Prerequisites: Age 4 months-1 year, able to hold their head up, parent/caregiver participation required.

Duck: Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery, and shallow water entries and exits.

Prerequisites: Age 1 - 2 years, parent/caregiver participation required.

North Peace Leisure Pool			Age: 4m - 3Y	
Jul 2-Jul 12	M-F	9:00 AM-9:30 AM	$41.40	4835
Jul 2-Jul 12	M-F	3:30 PM-4:00 PM	$41.40	4854
Jul 15-Jul 26	M-F	9:00 AM-9:30 AM	$46.00	4901
Jul 15-Jul 26	M-F	3:30 PM-4:00 PM	$46.00	4910
Jul 29-Aug 9	M-F	9:00 AM-9:30 AM	$41.40	4943
Jul 29-Aug 9	M-F	3:30 PM-4:00 PM	$41.40	4952
Aug 12-Aug 23	M-F	9:00 AM-9:30 AM	$46.00	4985
Aug 12-Aug 23	M-F	3:30 PM-4:00 PM	$46.00	4994

Sea Turtle

Toddlers and their caregivers work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front, and front swim.

Prerequisites: Age 2 - 3 years, parent/caregiver participation required

North Peace Leisure Pool			Age: 2Y - 3Y	
Jul 2-Jul 12	M-F	9:30 AM-10:00 AM	$41.40	4836
Jul 2-Jul 12	M-F	4:00 PM-4:30 PM	$41.40	4855
Jul 15-Jul 26	M-F	9:30 AM-10:00 AM	$46.00	4902
Jul 15-Jul 26	M-F	4:00 PM-4:30 PM	$46.00	4911
Jul 29-Aug 9	M-F	9:30 AM-10:00 AM	$41.40	4944
Jul 29-Aug 9	M-F	4:00 PM-4:30 PM	$41.40	4953
Aug 12-Aug 23	M-F	9:30 AM-10:00 AM	$46.00	4986
Aug 12-Aug 23	M-F	4:00 PM-4:30 PM	$46.00	4995

Register ONLINE, it's easy!

Step 1
Go online to www.fortstjohn.ca/activenet

Step 2
Create an account & log in

Step 3
Choose an activity & register

Sea Otter

Swimmers work on front and back floats and glides, kicking on front with a buoyant object, and will be able to swim 1 meter upon completion of this level. *Prerequisites: Age 3 - 5 years, caregiver participation optional but be prepared to participate in the first class*

North Peace Leisure Pool			Age: 3Y - 5Y	
Jul 2-Jul 12	M-F	10:00 AM-10:30 AM	$41.40	4837
Jul 2-Jul 12	M-F	11:30 AM-12:00 PM	$41.40	4838
Jul 2-Jul 12	M-F	4:30 PM-5:00 PM	$41.40	4856
Jul 2-Jul 12	M-F	5:30 PM-6:00 PM	$41.40	4857
Jul 15-Jul 26	M-F	10:00 AM-10:30 AM	$46.00	4903
Jul 15-Jul 26	M-F	11:30 AM-12:00 PM	$46.00	4904
Jul 15-Jul 26	M-F	4:30 PM-5:00 PM	$46.00	4912
Jul 15-Jul 26	M-F	5:30 PM-6:00 PM	$46.00	4913
Jul 29-Aug 9	M-F	10:00 AM-10:30 AM	$41.40	4945
Jul 29-Aug 9	M-F	11:30 AM-12:00 PM	$41.40	4946
Jul 29-Aug 9	M-F	4:30 PM-5:00 PM	$41.40	4954
Jul 29-Aug 9	M-F	5:30 PM-6:00 PM	$41.40	4955
Aug 12-Aug 23	M-F	10:00 AM-10:30 AM	$46.00	4987
Aug 12-Aug 23	M-F	11:30 AM-12:00 PM	$46.00	4988
Aug 12-Aug 23	M-F	4:30 PM-5:00 PM	$46.00	4996
Aug 12-Aug 23	M-F	5:30 PM-6:00 PM	$46.00	4997

Salamander

Swimmers work on improving their front and back float and jumping into chest-deep water unassisted. icking is added to the front and back glide and swimmers will be able to swim 2 meters upon ompletion. *Prerequisites: Age 3 - 6 years, completion of Sea Otter*

North Peace Leisure Pool			Age: 3Y - 6Y	
Jul 2-Jul 12	M-F	10:00 AM-10:30 AM	$41.40	4839
Jul 2-Jul 12	M-F	11:30 AM-12:00 PM	$41.40	4840
Jul 2-Jul 12	M-F	4:00 PM-4:30 PM	$41.40	4858
Jul 15-Jul 26	M-F	10:00 AM-10:30 AM	$46.00	4905
Jul 15-Jul 26	M-F	11:30 AM-12:00 PM	$46.00	4906
Jul 15-Jul 26	M-F	4:00 PM-4:30 PM	$46.00	4914
Jul 29-Aug 9	M-F	10:00 AM-10:30 AM	$41.40	4947
Jul 29-Aug 9	M-F	11:30 AM-12:00 PM	$41.40	4948
Jul 29-Aug 9	M-F	4:00 PM-4:30 PM	$41.40	4956
Aug 12-Aug 23	M-F	10:00 AM-10:30 AM	$46.00	4989
Aug 12-Aug 23	M-F	11:30 AM-12:00 PM	$46.00	4990
Aug 12-Aug 23	M-F	4:00 PM-4:30 PM	$46.00	4998

Sunfish

Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a PFD, and swim 5 meters continuously. *Prerequisites: Age 3 - 6 years, successful completion of Salamander*

North Peace Leisure Pool			Age: 3Y - 6Y	
Jul 2-Jul 12	M-F	11:00 AM-11:30 AM	$41.40	4841
Jul 2-Jul 12	M-F	3:30 PM-4:00 PM	$41.40	4859
Jul 15-Jul 26	M-F	11:00 AM-11:30 AM	$46.00	4907
Jul 15-Jul 26	M-F	3:30 PM-4:00 PM	$46.00	4915
Jul 29-Aug 9	M-F	11:00 AM-11:30 AM	$41.40	4949
Jul 29-Aug 9	M-F	3:30 PM-4:00 PM	$41.40	4957
Aug 12-Aug 23	M-F	11:00 AM-11:30 AM	$46.00	4991
Aug 12-Aug 23	M-F	3:30 PM-4:00 PM	$46.00	4999

Crocodile

Swimmers further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a PFD in deep water, and swim 10 meters. *Prerequisites: successful completion of Sunfish.*

North Peace Leisure Pool			Age: 3Y - 6Y	
Jul 2-Jul 12	M-F	10:00 AM-10:30 AM	$41.40	4842
Jul 2-Jul 12	M-F	4:30 PM-5:00 PM	$41.40	4860
Jul 15-Jul 26	M-F	10:00 AM-10:30 AM	$46.00	4908
Jul 15-Jul 26	M-F	4:30 PM-5:00 PM	$46.00	4916
Jul 29-Aug 9	M-F	10:00 AM-10:30 AM	$41.40	4950
Jul 29-Aug 9	M-F	4:30 PM-5:00 PM	$41.40	4958
Aug 12-Aug 23	M-F	10:00 AM-10:30 AM	$46.00	4992
Aug 12-Aug 23	M-F	4:30 PM-5:00 PM	$46.00	5000

Reminder: the North Peace Leisure Pool is shut dow September 2 - 29 for annual maintenance.

Whale

Swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive, and will be able to swim 15 meters continuously. *Prerequisites: Age 3 - 6 years, successful completion of Crocodile*

North Peace Leisure Pool			Age: 3Y - 6Y	
Jul 2-Jul 12	M-F	9:30 AM-10:00 AM	$41.40	4843
Jul 2-Jul 12	M-F	5:00 PM-5:30 PM	$41.40	4861
Jul 15-Jul 26	M-F	9:30 AM-10:00 AM	$46.00	4909
Jul 15-Jul 26	M-F	5:00 PM-5:30 PM	$46.00	4917
Jul 29-Aug 9	M-F	9:30 AM-10:00 AM	$41.40	4951
Jul 29-Aug 9	M-F	5:00 PM-5:30 PM	$41.40	4959
Aug 12-Aug 23	M-F	9:30 AM-10:00 AM	$46.00	4993
Aug 12-Aug 23	M-F	5:00 PM-5:30 PM	$46.00	5001

Red Cross Swim Kids

Red Cross Swim Kids is a 10 level program for children 5+ years of age. Children learn competitive and survival strokes, build their speed, enhance distance, as well as making safe decisions around the water.

Level 1

Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, and swim 5 meters. *Prerequisites: At least 5 years of age*

North Peace Leisure Pool			Age: 5Y+	
Jul 2-Jul 12	M-F	9:00 AM-9:30 AM	$41.40	4844
Jul 2-Jul 12	M-F	11:00 AM-11:30 AM	$41.40	4845
Jul 2-Jul 12	M-F	3:00 PM-3:30 PM	$41.40	4862
Jul 2-Jul 12	M-F	5:30 PM-6:00 PM	$41.40	4863
Jul 15-Jul 26	M-F	9:00 AM-9:30 AM	$46.00	4918
Jul 15-Jul 26	M-F	11:00 AM-11:30 AM	$46.00	4919
Jul 15-Jul 26	M-F	3:00 PM-3:30 PM	$46.00	4928
Jul 15-Jul 26	M-F	5:30 PM-6:00 PM	$46.00	4929
Jul 29-Aug 9	M-F	9:00 AM-9:30 AM	$41.40	4960
Jul 29-Aug 9	M-F	11:00 AM-11:30 AM	$41.40	4961
Jul 29-Aug 9	M-F	3:00 PM-3:30 PM	$41.40	4970
Jul 29-Aug 9	M-F	5:30 PM-6:00 PM	$41.40	4971
Aug 12-Aug 23	M-F	9:00 AM-9:30 AM	$46.00	5002
Aug 12-Aug 23	M-F	11:00 AM-11:30 AM	$46.00	5003
Aug 12-Aug 23	M-F	3:00 PM-3:30 PM	$46.00.	5012
Aug 12-Aug 23	M-F	5:30 PM-6:00 PM	$46.00	5013

Level 2

Swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted), and swim 10 meters continuously. *Prerequisites: Successful completion of the skills in Level 1*

North Peace Leisure Pool			Age: 5Y+	
Jul 2-Jul 12	M-F	11:00 AM-11:30 AM	$41.40	4846
Jul 2-Jul 12	M-F	10:00 AM-10:30 AM	$41.40	4847
Jul 2-Jul 12	M-F	3:00 PM-3:30 PM	$41.40	4864
Jul 2-Jul 12	M-F	5:30 PM-6:00 PM	$41.40	4865
Jul 15-Jul 26	M-F	11:00 AM-11:30 AM	$46.00	4920
Jul 15-Jul 26	M-F	10:00 AM-10:30 AM	$46.00	4921
Jul 15-Jul 26	M-F	5:30 PM-6:00 PM	$46.00	4930
Jul 15-Jul 26	M-F	3:00 PM-3:30 PM	$46.00	4931
Jul 29-Aug 9	M-F	10:00 AM-10:30 AM	$41.40	4962
Jul 29-Aug 9	M-F	11:00 AM-11:30 AM	$41.40	4963
Jul 29-Aug 9	M-F	3:00 PM-3:30 PM	$41.40	4972
Jul 29-Aug 9	M-F	5:30 PM-6:00 PM	$41.40	4973
Aug 12-Aug 23	M-F	11:00 AM-11:30 AM	$46.00	5004
Aug 12-Aug 23	M-F	10:00 AM-10:30 AM	$46.00	5005
Aug 12-Aug 23	M-F	5:30 PM-6:00 PM	$46.00	5014
Aug 12-Aug 23	M-F	3:00 PM-3:30 PM	$46.00	5015

Level 3

Swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water, and swim 15 meters continuously.
Prerequisites: Successful completion of the skills in Level 2

North Peace Leisure Pool				Age: 5Y+
Jul 2-Jul 12	M-F	10:30 AM-11:00 AM	$41.40	4848
Jul 2-Jul 12	M-F	5:00 PM-5:30 PM	$41.40	4866
Jul 15-Jul 26	M-F	10:30 AM-11:00 AM	$46.00	4922
Jul 15-Jul 26	M-F	5:00 PM-5:30 PM	$46.00	4932
Jul 29-Aug 9	M-F	10:30 AM-11:00 AM	$41.40	4964
Jul 29-Aug 9	M-F	5:00 PM-5:30 PM	$41.40	4974
Aug 12-Aug 23	M-F	10:30 AM-11:00 AM	$46.00	5006
Aug 12-Aug 23	M-F	5:00 PM-5:30 PM	$46.00	5016

Level 4

Swimmers learn back swim with shoulder roll and front crawl (10 meters), work on flutter kick on back, perform kneeling dive, introduction to sculling, and swim 25 meters continuously.
Prerequisites: Successful completion of the skills in Level 3

North Peace Leisure Pool				Age: 5Y+
Jul 2-Jul 12	M-F	10:30 AM-11:00 AM	$41.40	4849
Jul 2-Jul 12	M-F	5:00 PM-5:30 PM	$41.40	4867
Jul 15-Jul 26	M-F	10:30 AM-11:00 AM	$46.00	4923
Jul 15-Jul 26	M-F	5:00 PM-5:30 PM	$46.00	4933
Jul 29-Aug 9	M-F	10:30 AM-11:00 AM	$41.40	4965
Jul 29-Aug 9	M-F	5:00 PM-5:30 PM	$41.40	4975
Aug 12-Aug 23	M-F	10:30 AM-11:00 AM	$46.00	5007
Aug 12-Aug 23	M-F	5:00 PM-5:30 PM	$46.00	5017

Level 5

Swimmers develop front crawl (15 meters), learn back crawl (15 meters) and whip kick on back, learn stride dive and treading water, perform head-first sculling on back, and swim 50 meters continuously.
Prerequisites: Successful completion of the skills in Level 4.

North Peace Leisure Pool				Age: 5Y+
Jul 2-Jul 12	M-F	10:30 AM-11:15 AM	$62.00	4850
Jul 2-Jul 12	M-F	5:00 PM-5:45 PM	$62.00	4868
Jul 15-Jul 26	M-F	10:30 AM-11:15 AM	$69.00	4924
Jul 15-Jul 26	M-F	5:00 PM-5:45 PM	$69.00	4934
Jul 29-Aug 9	M-F	10:30 AM-11:15 AM	$62.10	4966
Jul 29-Aug 9	M-F	5:00 PM-5:45 PM	$62.10	4976
Aug 12-Aug 23	M-F	10:30 AM-11:15 AM	$69.10	5008
Aug 12-Aug 23	M-F	5:00 PM-5:45 PM	$69.10	5018

Level 6

Swimmers increase their distance on front and back crawl (25 meters), learn elementary back stroke (15 meters), learn dolphin kick, tread water in deep water, perform front dive, and swim 75 meters continuously.Prerequisites: At least 5 years of age, successful completion of the skills in Level 5

North Peace Leisure Pool				Age: 5Y+
Jul 2-Jul 12	M-F	10:30 AM-11:30 AM	$82.80	4851
Jul 2-Jul 12	M-F	3:00 PM-4:00 PM	$82.80	4869
Jul 15-Jul 26	M-F	10:30 AM-11:30 AM	$92.00	4925
Jul 15-Jul 26	M-F	3:00 PM-4:00 PM	$92.00	4935
Jul 29-Aug 9	M-F	10:30 AM-11:30 AM	$82.80	4967
Jul 29-Aug 9	M-F	3:00 PM-4:00 PM	$82.80	4977
Aug 12-Aug 23	M-F	10:30 AM-11:30 AM	$92.00	5009
Aug 12-Aug 23	M-F	3:00 PM-4:00 PM	$92.00	5019

Didn't get to register for the level that you require? Put your name on the wait list for that course. If a spot should become available, you will receive a call from us (at no additional cost to you). At that time, you can decide to take or decline the spot.

If we leave a message for you, we will provide a specific date and time for you to respond by before going to the next person on the wait list.

Level 7

Swimmers increase their distance on front and back crawl (50 meters) and elementary back stroke (25 meters), learn front scull, perform whip kick on front and dolphin kick, learn stride entry and swim 150 meters continuously. *Prerequisites: successful completion of the skills in Level 6.*

North Peace Leisure Pool				Age: 5Y+
Jul 2-Jul 12	M-F	3:00 PM-4:00 PM	$82.80	4870
Jul 15-Jul 26	M-F	3:00 PM-4:00 PM	$92.00	4936
Jul 29-Aug 9	M-F	3:00 PM-4:00 PM	$82.80	4978
Aug 12-Aug 23	M-F	3:00 PM-4:00 PM	$92.00	5020

Level 7/8

Level 7/8 provides swimmers with extra options to advance to etiher level 7 or 8. For more information on what is covered in each level, read the descriptions or contact the North Peace Leisure Pool directly.

North Peace Leisure Pool				Age: 5Y+
Jul 2-Jul 12	M-F	9:00 AM-10:00 AM	$82.80	4852
Jul 15-Jul 26	M-F	9:00 AM-10:00 AM	$92.00	4926
Jul 29-Aug 9	M-F	9:00 AM-10:00 AM	$82.80	4968
Aug 12-Aug 23	M-F	9:00 AM-10:00 AM	$92.00	5010

Level 8

Swimmers increase their distance on front and back crawl (75 meters) and elementary back stroke (25 meters), learn breast stroke (15 meters), learn eggbeater/tread water, perform feet-first surface dive and standing shallow dive, and swim 300 meters continuously.Prerequisites: At least 5 years of age, successful completion of the skills in Level 7

North Peace Leisure Pool				Age: 5Y+
Jul 2-Jul 12	M-F	4:00 PM-5:00 PM	$82.80	4871
Jul 15-Jul 26	M-F	4:00 PM-5:00 PM	$92.00	4937
Jul 29-Aug 9	M-F	4:00 PM-5:00 PM	$82.80	4979
Aug 12-Aug 23	M-F	4:00 PM-5:00 PM	$92.00	5021

Level 9/10

Level 9 : Swimmers increase their distance on front and back crawl (100 meters), elementary back stroke (50 meters) and breast stroke (25 meters), learn sidestroke kick, perform head-first surface dive, and swim 400 meters continuously.*Prerequisites: successful completion of the skills in Level 8.* Level 10: Swimmers increase their distance on front and back crawl (100 meters), elementary back stroke (50 meters) and breast stroke (50 meters), learn sidestroke (25 meters), perform dolphin kick (vertical), learn feet- and head-first surface dive, and swim 500 meters continuously. *Prerequisites: successful completion of the skills in Level 9.*

North Peace Leisure Pool				Age: 5Y+
Jul 2-Jul 12	M-F	9:00 AM-10:00 AM	$82.80	4853
Jul 2-Jul 12	M-F	4:00 PM-5:00 PM	$82.80	4872
Jul 15-Jul 26	M-F	9:00 AM-10:00 AM	$92.00	4927
Jul 15-Jul 26	M-F	4:00 PM-5:00 PM	$92.00	4938
Jul 29-Aug 9	M-F	9:00 AM-10:00 AM	$82.80	4969
Jul 29-Aug 9	M-F	4:00 PM-5:00 PM	$82.80	4980
Aug 12-Aug 23	M-F	9:00 AM-10:00 AM	$92.00	5011
Aug 12-Aug 23	M-F	4:00 PM-5:00 PM	$92.00	5022

Stroke Correction

This course is designed for adult swimmers looking to improve their swim strokes, fitness and endurance. Participants will be offered stroke correction for all four strokes, endurance, flip turns, lane etiquette, and a pre-planned swim workout to take to lap swim directly after class during regular lap swim hours. Note: Admission to lap swim is only included on Sundays immediately after the lesson. You must pay regular drop in rates at any other time. No class Aug 4. This class also has the option of a specialty drop in (space permitting).

North Peace Leisure Pool				Age: 16Y+
Jul 7-Sept 1	Su	11:30am -12:00pm	$56.00	4834

we are NORTH

BC GAMES
FORT ST. JOHN
2020 WINTER

Fort St. John 2020 BC Winter Games
February 20 – 23, 2020

In February 2020, Fort St. John will host the BC Winter Games for the first time in 35 years. Up to 1,800 volunteers will be responsible for planning and staging the Games, which will see up to 1,200 athletes, 300 coaches and 200 officials in our city and region from February 20 – 23, 2020. The economic impact is estimated to be approximately $1.6-million.

The BC Winter Games are British Columbia's biennial celebration of sport and community bringing together British Columbia's best emerging high-performance athletes, trained coaches, and certified officials for four days of competition. This experience is an important development opportunity and stepping stone towards higher level sport competitions. Sports will include everything from archery and badminton to speed skating to cross country skiing and alpine skiing.

We Are North. The tagline and branding for the 2020 Games is the epitome of Fort St. John, the most northern community in British Columbia to ever host the Games.

Volunteer registration will open in September 2019. Visit the BC Games website and Facebook page to learn more and receive the most up-to-date information on planning progress for the 2020 event!

/BCGamesSociety | bcgames.org

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Agents of Discovery

The Discovery Agents app returns for the spring and summer with new missions available. Make your Fish Creek Community Forest adventure even more enjoyable by downloading the app on your device before you head out! Get active while learning about our local outdoor environment. Participants are able to download the missions before leaving home so there is no Wi-Fi required. The app is available now so download today! Check out page 18 for informaiton on our first ever Agents of Disovery event on July 13!

Bouncing Beans

Bouncing Beans is back again! The highlight of this session is active play on the pitch. Our staff will have all the toys, sports gear, and bouncy castles ready, all you have to do is show up! Parents must supervise their children and indoor shoes (or socks) are required. Pass required, purchase at the Visitor Centre, North Peace Leisure Pool or fortstjohn.ca/activenet. Note: these sessions are subject to cancellation due to bookings at the fieldhouse. Follow the City of Fort St. John Recreation Facebook page for regular notices.

Kids Arena Fieldhouse			Age: 1Y - 14Y	
Sept 8 - 29	Su	1:00 - 3:00pm	$5.00	Drop-in

Junior Lifeguard Camp

Is your child getting too old for the same old crafts and games? Sign them up for days of fun and learning skills that could save a life! The Junior Lifeguard Club (JLC) is designed to let kids participate in activities similar to those of real lifeguards in a safe, fun and controlled setting. The Junior Lifeguard Club is a place for kids to learn about lifesaving and lifeguarding while enjoying friendly competition and special events. This unique program, has a coaching environment that features long-term goals and short-term personal best achievements. Prerequisites are required for this program.
Contact the North Peace Leisure Pool for more information.

North Peace Leisure Pool Meeting Room			Age: 8Y - 12Y	
Jul 8-Jul 12	M-F	8:00am-5:30pm	$245.00	4827

Play in the Park

Fort St. John's favourite summer session is back and now has something for grown ups! Meet the Recreation team all over City parks on Tuesday and Thursday mornings from 9:30- 11:30am! Parents - bring your kids to play, socialize, and get active! Our staff will be on site with games, gear, and fun activities for kids! This program is free and parental supervision is required. New to play in the park, fitness instructor Julie will be running bootcamps or zumba on select Thursdays from 9:45-10:30am. View the schedule for date listings:

Jul-02	Mathews Park	87 Avenue & 91 Street
Jul-04	Tot Lot	91 avenue & 76 Street
Jul-09	Estates Park	113 -114 Avenue & 95A Street
Jul-11	Kin Park	116 Avenue & 93 Street
Jul-16	Community Forest	119 Avenue Via Northern Lights College
Jul-18	Triangle Park *Bootcamp	112 Avenue & 104 Street
Jul-23	Panorama Ridge	88 Street and 114 Avenue
Jul-25	Princess Crescent *Bootcamp	*Behind residences in Princess Crescent. Access between houses #18 & #22*
Jul-30	Mathews Park	87 Avenue & 91 Street
Aug-01	Rotary Spray Park *Zumba	9505 100 Street
Aug-06	Surerus	86 Street & 101 Avenue
Aug-08	Carriere Park *Bootcamp	82 Street & 95 Avenue
Aug-13	WI Centennial Park	110 Avenue & 104 Street
Aug-15	Kin Park *Zumba	116 Avenue & 93 Street
Aug-20	Pickell Park	106 Street & 102 Avenue
Aug-22	Tot Lot *Bootcamp	91 avenue & 76 Street
Aug-27	Concorde Park	91 Street & 113 Avenue
Aug-29	Rotary Spray Park *Zumba	9505 100 Street

Pro-D Camp

Back to school season means City of Fort St. John Pro-D camps at the Pomeroy Sport Centre! Campers will keep busy with a day filled with pitch activities, games, crafts, movies, and much more! Campers will meet new friends, try new activities, and spend their day off having non-stop fun! Questions? E-mail camp@fortstjohn.ca

Pomeroy Sport Centre - 1st Floor Meeting Rm			Age: 5Y - 10Y	
Sept 20	F	8:00am-5:30pm	$45.00	5070

Stay Safe/Babysitting Camp

Combine summer camp and safety at this week long camp where youth will be trained on how to deal with real-world scenarios and receive a certification for the Stay Safe! and/or babysitting course. The Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve their own safety. Campers age 9+ will receive a certification of completion. The babysitting component covers basic first aid and caregiving skills to youth age 11+. 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.

North Peace Leisure Pool Meeting Room			Age: 8Y - 12Y	
Aug 12-Aug 16	M-F	8:00am-5:30pm	$245.00	4829

Summer Camp

No school? No problem! Our Recreation team has camps to keep your child busy during their time off this Summer. Sign them up for a week filled with bouncy castles, out trips to parks, swimming, games, crafts, movies, and more! City of Fort St. Summer camps are where summer memories are made! These camps fill up fast so sign up soon! Weekly registration only. Questions? E-mail us at camp@fortstjohn.ca

Pomeroy Sport Centre - 1st Floor Meeting Rm			Age: 5Y - 10Y	
Jul 8- 12	M-F	8:00am-5:30pm	$225.00	4783
Jul 15- 19	M-F	8:00am-5:30pm	$225.00	4784
Aug 12-16	M-F	8:00am-5:30pm	$225.00	4785
Aug 19-23	M-F	8:00am-5:30pm	$225.00	4786

Swim to Survive/Bronze Star Camp

Keep kids entertained this summer with swimming and skill development! The Bronze Star program helps to prepare 8+ year old skilled swimmers for success in Bronze Medallion. Candidates are taught about how to make water smart choices and learn basic lifesaving and resuscitation skills needed to be their own personal lifeguard. The class also includes a 400 metre timed swim. Participants who sucessfully complete the skills will be given a Bronze Star certification.

North Peace Leisure Pool Meeting Room			Age: 8Y - 12Y	
Jul 22-26	M-F	8:00am-5:30pm	$245.00	4826

Tumble Time

Bring your little one(s) for some active play and social time at the Kids Arena! Crawl through tunnels, build with giant blocks, play with interatctive toys, and jump on bouncy castles. This is a great time for guardians to socialize too. Parents must supervise their children and indoor shoes or socks are required. Punch pass required. Purchase your pass at the Visitor Centre, North Peace Leisure Pool or fortstjohn.ca/activenet.

Kids Arena Fieldhouse				Age: 1Y - 5Y
Sept 3 - 26	Tu,Th	9:45am - 12:45pm	$5.00	Drop-in

Youth Hiking Group

Summer is here and we have the perfect adventure for youth! We are taking groups of 14 to Tumbler Ridge for day tours led by Randy from Wild River Adventures! Spend the day hiking in one of Northern B.C's most beautiful areas while you make new friends and summer memories! Just pack a lunch, wear some good clothing and shoes, and get there before the van leaves site! All participants will be required to submit an emergency contact form and signed waiver prior to leaving Fort St. John. This program is pre-register ONLY. These are full day trips are subject to being 8-11 hours long depending on the abilities of the participants. Pickup and drop off will be at the Pomeroy Sport Centre.

Leave the Pomeroy Sport Centre at 7:00am				Age: 12Y - 18Y
Jul 10	W	Boulder Gardens	$80.00	5068
Aug 14	W	Shipyard Titanic	$80.00	5069

Youth Advisory Council

The Youth Advisory Council (YAC) was created to encourage community engagement by young people in Fort St. John. The group's focus is to understand what Fort St. John's youth would like to see in the City, and act as a liaison between local youth and City Council. It will enhance the quality of life of youth by providing information and leadership to both their peers and City Council, while creating positive alternative activities for young people to participate in. The group meets on the First and Third Tuesday of every month throughout the school year. Join today!

City Hall - Meeting Room				Age: 12Y - 18Y
Sept 17	Tu	4:30 - 5:30pm		Call for details

Courses & Training

Aboriginal Communities: Active Communities Workshop

Receive guidance from Indigenous leaders to inspire community leaders looking for culturally tailored resources for individual and community holistic development. This course will help highlight the importance of physical activity, and introduce to the concept of physical literacy, which is the development of movement skills, confidence to participate, and motivation and enjoyment to be Active for Life!
Contact David at dgreen@fortstjohn.ca to register.

Meeting Room - 2nd Floor at Pomeroy Sport Centre			Age: 16Y+
Jul 17	W	9:00am -5:00pm	Free

Babysitting Course

This Canadian Red Cross course offers basic first aid and caregiving skills for youth 11-15 years old. 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.

North Peace Leisure Pool - Meeting Room				Age: 11Y-15Y
Jul 2- 3	T-W	1:00-5:00pm	$94.65	4461
Aug 1- 2	Th-F	1:00-5:00pm	$94.65	4462

Bronze Medallion/Bronze Cross

This combination course will cover the Bronze Medallion portion first, followed immediately by the Bronze Cross portion.Participants will gain an understanding of the lifesaving principles and develop stroke efficiency and endurance in timed swims (600 meters). Includes CPR-C certification. The Bronze Cross is also worth 2 Grade 11 High School Credits. Call the North Peace Leisure Pool for more information.

North Peace Leisure Pool				Age: 13Y+
Jul 29-Aug 2	M-F	9:00am-6:00pm	$387.66	4828

Emergency First Aid

Emergency First Aid (EFA) will give you the skills and knowledge needed to assess and provide basic life support to patients with airway, breathing, or circulatory emergencies as well as how to manage external bleeding, heart attack, and stroke.The Lifesaving Society follows the 2010 ILCOR (International Liaison Committee on Resuscitation) guidelines and includes AED training. This course includes CPR-A.

North Peace Leisure Pool Meeting Room				Age: 15Y+
Aug 7	W	9:00am-6:00pm	$125.00	5028

Emergency First Aid - Blended

This course is a basic one-day course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. It meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR.

North Peace Leisure Pool				Age: 15Y+
Jul 15	M	9:00 am -1:00 pm	$125.00	4431
Jul 20	Sa	9:00 am -1:00 pm	$125.00	4432
Jul 29	M	9:00 am -1:00 pm	$125.00	4433
Aug 10	Sa	9:00 am -1:00 pm	$125.00	4434
Aug 17		9:00 am -1:00 pm	$125.00	4435

High Five - Sport

HIGH FIVE® is Canada's quality standard for children's programs. The HIGH FIVE course teaches participants innovative approaches to enhance program quality and create positive experiences for children.

Meeting Room - 1st Floor at Pomeroy Sport Centre				Age: 14Y+
Jul 23	Tu	8:30am-4:30pm	$55.00	5091

Home Alone

This program is designed to provide children 9 to 11 years of age with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. Participants will learn how to prevent problems, handle real-life situations, and keep themselves safe and constructively occupied.

North Peace Leisure Pool				Age: 9Y - 11Y
Jul 2	T	9:00 am- 12:00 pm	$48.99	4456
Aug 1	Th	9:00 am- 12:00 pm	$48.99	4457

National Lifeguard

This course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments. Prerequisites: Proof of Standard First Aid with CPR-C or Aquatic Emergency Care MUST be shown on the first day of the course and must have successfully completed Bronze Cross.

North Peace Leisure Pool Meeting Room				Age: 16Y+
Aug 18-28	Sun-W	12:00-7:00 pm	$513.95	4830

Older Adults Fitness Certification

Are you a fitness leader with a passion for working with those actively aging? Enroll in the "Older Adults Fitness Certification" course this fall at the Pomeroy Sport Centre! Note, this course requires a pre-requisite of group fitness and fitness knowledge.For more information visit: http://bevmccallumfitnesscertification.com/

Pomeroy Sport Centre				Age: 18Y+
Sept 9-12	M-Th	9am- 5pm	$299.00 course & 199.00 test fee	

Principles of Healthy Child Development

This one-day training will help front-line leaders improve the quality of programs. It provides in depth training in the HIGH FIVE Principles of healthy child development so staff understand what they need to do to ensure each child's needs are met. Topics also include bullying, conflict resolution, physical literacy, mental health and physical activity.

Meeting Room - 1st Floor at Pomeroy Sport Centre				Age: 14Y+
Jul 4	Th	8:30am -4:30pm	$55.00	5090

Quest 2

This training helps supervisors improve risk management in children's programs by learning how to assess and measure quality. Supervisors will use the QUEST 2 Tool and learn how to enter their data into the HIGH FIVE Database to track their organization's progress as well as identify areas of need. They will also learn how to debrief the results of the assessments with staff in a positive way.

Meeting Room - 1st Floor at Pomeroy Sport Centre				Age: 14Y+
Jul 24	W	8:30am -4:30pm	$55.00	5092

Standard First Aid

Participants will use hands-on training and practice to learn the first aid skills necessary to respond with confidence in an emergency. This comprehensive Standard First Aid course covers all the information in the emergency first aid program and more. Participants will be provided with the training they need to deal with: patient assessment, heart attack, how to use an AED, stroke, bleeding, shock, burns, respiratory emergencies, bone and joint injuries, diabetic emergencies, poisoning, seizures and more. Students should bring note taking materials, water bottle, non-restrictive clothing and lunch.

North Peace Leisure Pool - Meeting Room				Age: 15Y+
Aug 7 - 8	W-Th	9:00am -6:00pm	$245.00	5027

Standard First Aid - Blended

Standard First Aid (SFA) provides comprehensive first aid and CPR techniques for those who want more knowledge to respond to emergencies. The course will address a wide variety of topics from basic cardiovascular and breathing emergencies, CPR and disease transmission. There are also in-depth topics such as sudden medical conditions, injuries to the head, neck and spine, and musculoskeletal injuries. The Blended class includes 8 hours of online learning and 8 hours in-class learning. Online course work must be completed PRIOR to attending the class. Valid E-mail address required to complete work.

North Peace Leisure Pool - Meeting Room				Age: 15Y+
Jul 15	M	9:00am-6:00pm	$245.00	4447
Jul 20	Sa	9:00am-6:00pm	$245.00	4448
Jul 29	M	9:00am-6:00pm	$245.00	4449
Aug 10	Sa	9:00am-6:00pm	$245.00	4450
Aug 17	Sa	9:00am-6:00pm	$245.00	4451

Signing up? Please note the following:

1. Our refund policy is on page 3. Please review this policy BEFORE you register for a course.
2. 100% Attendance is mandatory for all courses
3. Some courses have an online component. Ensure you use a valid e-mail address and complete your online work in the allotted timeframe.

Questions? Call the NPLP at 250-787-8178

Water Safety Instructor-Stage One/Two

This 3-stage course prepares candidates to instruct the Red Cross Swim programs and focuses on strategies to introduce and develop fitness activities, skills and water safety, swimming skills in all Red Cross Swim Programs. Prerequisites: Must be 15 years or older, ability to perform Red Cross Swim Kids Level 10 strokes and skills and Emergency First Aid or equivalent.

Stage 1 - Skills Evaluation & Online Learning

North Peace Leisure Pool				Age: 15Y+
Jul 7	Su	11:00am - 4:00pm	$233.00	5062

Stage 2 - Co-Teach -Sign up to co -teach July 8

North Peace Leisure Pool			Age: 15Y+
July 8 - Aug 23	Dates TBD	$54.44	5093

Water Safety Instructor - Recert

A re-certification course for Water Safety Instructors . Participants must have completed the following online learning courses in order to attend the recertification: Evaluating Strokes Supervising the Teaching ExperienceT eaching Parented Classes.

North Peace Leisure Pool				Age: 15Y+
Jul 7	S	11:00 am-4:00 pm	$117.00	5063

Workshops for Non-Profit Organizations

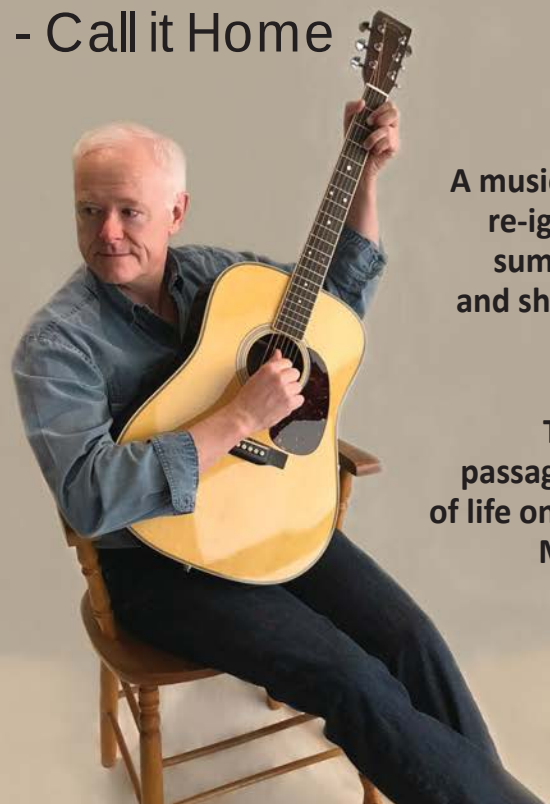
Do you work with or volunteer for a non profit organization? Develop your skills and strengthen your organization by attending this workshop seires. Cost is only $10 per person per session. These five sessions will be presented by professionals with a variety of experience in each discipline.

Meeting Room - 1st Floor at Pomeroy Sport Centre						Age: 16Y+
Governance	Sep 17	6 - 9:30 PM	T	$10	4820
Financial Management	Sep 24	6 - 9:30 PM	T	$10	4821
Strategic Planning	Oct 1	6 - 9:30 PM	T	$10	4824
Grants 101	Oct 22	6 - 9:30 PM	T	$10	4822
Volunteer Management	Oct 29	6 - 9:30 PM	T	$10	4823

NORTH PEACE CULTURAL CENTRE PRESENTS:

John McLauchlan - Call it Home

September 21



A musically dramatic journey that re-ignites glowing memories of summer vacations, growing up and sheds light on the realities of adulthood.

The songs tell of youth, the passage of time and the vibrancy of life on Hornby Island which John McLachlan now calls home.

NORTH PEACE CULTURAL CENTRE

For more information call 250-785-1992 or visit npcc.ca

Looking for the drop-in skating or hockey schedule?
Visit page 13 for details

Ice Programs

Boots to Blades

Get your little one comfortable on the ice at Boots to Blades! At these lessons, toddlers and children do their first 2 lessons in their boots then do the remaining lessons in their skates. This program is instructor based featuring on ice games, activities, and interaction with toys to learn motor skills to succeed on the ice. All parents/guardians must go on the ice with the children and helmets are mandatory.

Pomeroy Sport Centre - Oval			Age: 3Y - 5Y	
Sep 4 - Oct 2	W	5:15-6:00pm	$35.00	5077

Engage Sport North Presents: Try Women's Hockey

Learn the basics of Canada's winter sport with help from the North Peace Eagles and Taylor Faclons ladies hockey teams! This try it session is completely free and will be a basic introduction to skating, passing, and shooting. Participants must wear skates, hockey gloves, and a helmet with a cage. Those with friends or family members who have a full set of gear are welcome to wear a complete set of gear. Don't forget your water bottle and be prepared to laugh a lot!
No experience required - beginners welcome.

Pomeroy Sport Centre - East			Age: 16+
Aug 19 & 26	M	7:00-8:15pmm	FREE - Drop in

Parent & Child Stick & Puck

Brush up on your hockey skills and enjoy some open ice with your child. This is an opportunity for kids to further advance their skills or even give hockey a try. Full equipment required for children. Admission by non-perishable food bank donation. NOTE: NO SCRIMMAGES PERMITTED - this is recreational ice to practice individual skills.

Pomeroy Sport Centre -West Rink			Age: 3Y+	
Aug 19 - Sept 30	Su	7:00 - 8:00pm	By Donation	Drop-in

NOTE: All participants are required to supply their own skates for ice programs. The City of Fort St. John does NOT supply skates. For information on renting skates, contact Hard Edge Sports at 250-785-1222

Private Skating Lessons

September means ice season! Not a skater? No problem! Sign up for private skating lessons. Using the Active Communities Learn to Skate Program, participants will work on balance, stopping, turning, and getting more comfortable on the ice. Students will work through 6 levels of skills and be given a report card to showcase how much progress they make over the five week lesson set.
Note: Sept 8 and Oct 6 Sunday lessons will take place on the West Rink.

Pomeroy Sport Centre - Oval			Age: 3Y+	
Sep 8 - Oct 6	Su	9:30 - 10:00am	$99.00	5086
Sep 8 - Oct 6	Su	10:00 - 10:30am	$99.00	5087
Sep 8 - Oct 6	Su	10:30 - 11:00am	$99.00	5088
Sep 8 - Oct 6	Su	11:00 - 11:30am	$99.00	5089
Sep 10 - Oct 8	Tu	6:00 - 6:30pm	$99.00	5078
Sep 10 - Oct 8	Tu	6:30 - 7:00pm	$99.00	5079
Sep 10 - Oct 8	Tu	7:00 - 7:30pm	$99.00	5080
Sep 10 - Oct 8	Tu	7:30 - 8:00pm	$99.00	5081
Sep 12 - Oct 10	Th	6:00 - 6:30pm	$99.00	5082
Sep 12 - Oct 10	Th	6:30 - 7:00pm	$99.00	5083
Sep 12 - Oct 10	Th	7:00 - 7:30pm	$99.00	5084
Sep 12 - Oct 10	Th	7:30 - 8:00pm	$99.00	5085

Summer Private Skating Lessons

End of Summer means the ice is coming back! Take advantage of private lessons where students are on the ice five days in a row to practice. Using the Active Communities Learn to Skate Program, participants will work on balance, stopping, turning, and getting more comfortable on the ice. Students will work through 6 levels of skills and be given a report card to showcase how much progress they make over the five day lesson set.

Pomeroy Sport Centre - Oval			Age: 3Y+	
Aug 26 - Aug 30	M-F	3:00 - 3:30pm	$99.00	5074
Aug 26 - Aug 30	M-F	3:30 - 4:00pm	$99.00	5075
Aug 26 - Aug 30	M-F	4:00 - 4:30pm	$99.00	5073
Aug 26 - Aug 30	M-F	4:30 - 5:00pm	$99.00	5072

Sports & Fitness

ActivAge

Instructor: Bliss

This fun and social program is for individuals ages 65+ to get moving in a relaxed class environment with two different options. Option 1 focuses on improving activities of daily living, strengthening muscles used day-to-day. Individuals using wheelchairs, canes, and walkers welcome. Option 2 focuses on exercises that will enable participants to become more involved with other activity programs or sports. This program runs in conjunction with the Choose to Move program and includes discussions and handouts to help you improve your overall health.

Pomeroy Sport Centre - West Meeting Room					Age: 65Y+
Option 1	Sep 3-Nov 19	T	11:00am-12:00pm	Free	5029
Option 2	Sep 3-Nov 19	T	10:00am-11:00am	Free	5030

Adult Hiking Group

Instructor: Randy from Wild River Adventure Tours

Tumbler Ridge hiking groups continue with guidance from Randy of Wild River Adventures. Recreation staff have planned the perfect outdoor eventure and will do the driving for you! All you have to do is register, pack a bag, meet us at the Pomeroy Sport Centre on the morning of, and we will do the rest! Check out one of the worlds only geoparks and take a day trip that is sure to be the highlight of your summer!
Pre-Registration required. See information on youth sessions on page 26. Note: these round trips are subject to take 10-12 hours depending on the abilities of the group. Please dress for the outdoors and pack lots of food and water. Note: The July 14 hike is a High Difficulty.

Leave the Pomeroy Sport Centre at 7:00am				Age: 18Y+
Jul 6	Sa	Shipyard Titanic & Babcock Falls	$80.00	5064
Jul 14	S	Windfall Lake *High difficulty*	$80.00	5065
Aug 18	S	Nesbitt Knee & Barbour Falls	$80.00	5066

Beginner Bootcamp

Instructor: Julie

This bootcamp takes fitness back to the basics! Class features cardio and strength component with thorough explanations of each exercise. Don't let the word beginner fool you, this will be a full body workout, but the goal is to build confidence and fitness abilities by providing options for all levels. Bring your water bottles and active gear for an encouraging workout in a group atmosphere!

Pomeroy Sport Centre - Studio				Age: 16Y+
Sep 4-Oct 10	W	6:30-7:15am	$50.00	5042
Sep 5-Oct 9	Th	12:10pm-12:50pm	$50.00	5060

Beginner Yoga

Instructor: Stephanie

Get started on your yoga journey with a light, safe and fun class to create a strong foundation in your practice. A focus will be placed on proper alignment in each pose at a slower pace that is accessible to everyone. Mats and blocks are available to borrow free of cost. Please dress in comfortable clothing and bring a water bottle.

Pomeroy Sport Centre - Studio				Age: 16Y+
Sep 10-Oct 17	T/Th	9:15am-10:15am	$120.00	5032

Breakdancing

Instructor: Christian

Learn the basics of breakdancing from an instructor who loves this activity! B Boy Christian will take the time to work with all ages and dance abilities. Be sure to wear comfortable clothing and come with a positive attitude! No dance experience required so come join the fun!
Note: this session is twice a week for 6 weeks (12 classes total).

Pomeroy Sport Centre - Studio				Age: 13Y+
Sep 4-Oct 11	W/F	5:30pm-6:30pm	$80.00	5040

Choose to Move

Instructor: Bliss

Choose to Move is a free program for individuals age 65 or older to help introduce the habit of physical activity into daily life. This program is flexible and provides motivation and support to those wishing to become more active. Paricipants receive both individual and group support and work with their peers and a trained activity coach to develop and stick to a physical activity plan. To learn more about Choose to Move visit https://www.choosetomove.info/.

Pomeroy Sport Centre - West Meeting Room				Age: 65Y+
Sep 3-Oct 29	T	1:30pm-2:30pm	Free	5031

FloatFit

This super fun aquatic class takes place on top of the water using the innovative AquaBases! Similar to a paddle board or a floating yoga mat, this class really works to develop your core strength, cardiovascular endurance, and flexibility. Don't be shy! This class is suitable for anyone looking to try a new activity! Morning and evening classes available.

North Peace Leisure Pool - Lap Pool				Age: 16Y+
Jul 2-Aug 27	Tu	7:45pm-8:45pm	$90.00	4833
Jul 7-Sep 1	Su	10:00am-11:00am	$80.00	4832

Wheelchair Basketball

Engage Sport North and the City of Fort St. John Recreation are teaming up to offer another set of Try-It sports! This summer, you can try Wheelchair basketball for free! This program welcomes wheelchair users as well as able-bodied individuals to come out and try their adapted-sport skills! This activity requires upper body strength and is reccomended for individuals ages 12+. Sport chairs will be provided.

Pomeroy Sport Centre				Age: 12Y+
Jul 4, 11 , 18	Th	6:00-7:00pm	Free	Drop in

Zumba

Instructor: Julie

Zumba includes high and low intensity exercise while dancing to Latin rhythms like salsa, cumbia, reggae-ton, and merengue, as well as hip-hop and pop. Start your morning with a fitness regime that will leave you sweating and smiling! Drop ins are welcome to pay at the front desk of the Pomeroy Sport Centre.Please wear good footwear, light clothing, and bring a water bottle! No class on October 14.

Pomeroy Sport Centre - Studio				Age: 14Y+
Sep 16-Oct 28	M	9:15am-10:00am	$50.00	5046

Additional Information

Session Sets
Programs run in session sets and classes do not occur every week. For exact class dates, refer to the program descriptions above.

Minimum Participants
All programs require a minimum number of pre-registered participants. Classes are subject to cancellation in the event of low enrollment. Cancellations will be posted on fortstjohn.ca and Facebook, 7 days prior to start date. Participants who are enrolled will receive a phone and email and can be transfered into another class or receive a credit or refund.

Drop-in
All fitness programs have a drop in option (providing minimum participants are met). Drop in spots are available on a first come, first serve basis. Drop in fees must be paid at the Visitor Centre and a receipt must be presented to the instructor as proof of payment.

Statutory Holidays
No classes on statutory holidays.

Refund Policy
The City of Fort St. John refund policy is on page 3. Please read through this policy before signing up.

NOTE: Programs are subject to cancellation due to low registration or unforeseen circumstances. To stay informed about our classes and programs, follow us on Facebook, visit fortstjohn.ca or call us at 250-785-4592

ENGAGE SPORT NORTH

engagesportnorth.com

UPCOMING EVENTS:

July 4th, 2019 - High Five Principles of Healthy Child Development Coaching Course

July 4, 11 & 18th - Try-it: Wheelchair Basketball

August 19 & 26th - Try-it: Women's Hockey

September - IGNITE Athlete Training

September 21 - Concussion Awareness

October 5 & 6 - Northern Coach Symposium

Watch for upcoming events and courses!
New additions being added all the time.

Contact cdrschiwiski@engagesportnorth.com for more information on these events or on how we can help your organization!

Strive to Thrive.

Community Directory

AQUATICS

Inconnu Swim Club
E: inconnuoffice@gmail.com
W: inconnuswimteam.com
Find us on Facebook

Stingray Swim Club
E: fsjstingraysreg@gmail.com
W: fsjstingrays.teampages.com
Find us on Facebook

ARCHERY & HUNTING

New Totem Archery Club
P: 250-794-7304
E: newtotemarchery@live.com
W: newtotemarchery.com
Find us on Facebook

North Peace Rod & Gun Club
P: 250-785-9686
W: nprg.ca
Find us on Facebook

ARTS & CULTURE

Drama Club FSJ
E: drama.club.fsj@gmail.com

Fort St. John Public Library
P: 250-785-3731
E: circ@fsjpl.ca
W: fsjpl.ca
Find us on Facebook

Friends of the Library
P: 250-261-1754
Find us on Facebook

My hands my voice
E: myhandsmyvoice123@gmail.com
P: 250-267-0078

North Peace Cultural Centre
P: 250-785-1992
E: execdir@npcc.bc.ca
W: npcc.bc.ca
Find us on Facebook

North Peace Potters' Guild
E: nppg2017@gmail.com
W: fsjarts.com
Find us on Facebook

BASEBALL & SOFTBALL

Fort St. John Mixed Slow Pitch
E: jordan.telecor@gmail.com
P: fsjslowpitch.cansite.ca
Find us on Facebook

North Peace Minor Baseball
P: 250-329-5061
E: fliddicoat@gmail.com
W: northpeaceminorbaseball.com
Find us on Facebook

BIKING

Blizzard Bike Club
P: 250-794-1110
E: blizzardbikeclubfsj@gmail.com
W: blizzardbikeclub.com
Find us on Facebook

BOWLING

Fort Bowling Lanes
P: 250-785-8882
W: fortbowlinglanes.ca
Find us on Facebook

COMMUNITY SPORT

Engage Sport North
P: 250-794-3308
E: cdrschiwiski@engagesportnorth.com
W: engagesportnorth.com
Find us on Facebook

KidSport Canada
P: 250-787-5791
E: communitydevelopment@fortstjohn.ca
W: fortstjohn.ca/kidsport-canada
Find us on Facebook

Canadian Tire JumpStart
P: 250-787-1142
E: AKent@cantirefsj.ca
W: jumpstart.canadiantrie.ca
Find us on Facebook

CURLING

Fort St. John Curling Club
P: 250-785-2037
E: fsjcurlingclub@telus.net
W: fsjcurling.com
Find us on Facebook

Taylor Curling Club
P: 250-789-3734
E: taylorcurlingclub@gmail.com
Find us on Facebook

DANCE, MUSIC & GYMNASTICS

Alchemy Dance Collective
P: 250-785-2348
W: alchemydance.ca
E: info@alchemydance.ca
Find us on Facebook

Highland Dance
P: 250-785-8896
E: office@studio2stage.ca
W: studio2stage.ca

Mystik Borealis
P: 250-787-1662
E: suzon@awink.com
Find us on Facebook

North Peace Gymnastics
P: 250-787-5327
E: npga@telus.net
W: npga.ca
Find us on Facebook

Northern Winds Community Band
P: 250-793-2862
E: NorthernWindsBandFsj@gmail.com
Find us on Facebook

Northern Lights Youth Choir
P: 250-262-9696
E: info@thenlyc.com
W: thenlyc.com
Find us on Facebook

Simply Music
P: 250-785-7070
E: info@simplymusic.ca
W: simplymusic.ca
Find us on Facebook

Soul~n~Strings
P: 250-263-4520
E: soulnsstringsfsj@gmail.com
Find us on Facebook

Stoney Violin Studio
P: 250-793-8878

Studio 2 Stage Dance Academy
P: 250-785-8896
E: office@studio2stage.ca
W: studio2stage.ca
Find us on Facebook

The Music House
P: 250-263-4233
E: musichouse345@gmail.com

EQUESTRIAN & AGRICULTURAL

Northern Horse & Mule Harness Association
P: 250-262-6259
E: nhmha.harnessclub@gmail.com
W: nhmha-harnessclub.ca
Find us on Facebook

North Peace Light Horse Association
P: 250-787-7153
E: nplighthorse@gmail.com
W: nplha.ca
Find us on Facebook

North Peace Ride for the Disabled
E: efcalder@gmail.com
Find us on Facebook

Peace Country Barrel Racing Association
W: pcbra.ca
Find us on Facebook

FITNESS & HEALTH

Blue Moon Yoga & Wellness
P: 250-262-6798
E: bbluemoonyoga@gmail.com
Find us on Facebook

Cornerstone Yoga Collective
P: 250-793-7891
E: info@cornerstoneyoga.ca
W: cornerstoneyoga.ca
Find us on Facebook

Crossfit 187
P: 250-329-4477
E: crossfit187@hotmail.ca
W: crossfit187.com
Find us on Facebook

Gators Gym
P: 250-264-0005
E: gatorsgym@gmail.com
W: gatorsgym.ca
Find us on Facebook

Hot Mama Health & Fitness
E: amanda.s@hotmamafit.com
W: hotmamafit.com
Find us on Facebook

Jazzercise
P: 250-793-7406
E: e.brody@hotmail.com
W: jazzercise.com
Find us on Facebook

Soul Space Yoga Community
P: 250-264-7428
E: tammy@soulspaceyoga.ca
W: soulspaceyoga.ca
Find us on Facebook

The Gym
P: 250-785-7939
Find us on Facebook

Willow Moon Internal Arts
P: 250-787-9779
E: willowmooninternalarts@gmail.com
W: willowmooninternalarts.ca

World Gym
P: 250-787-1808
E: worldgym.com/ftsaintjohn
Find us on Facebook

ZENYAHWEH Fitness
P: 250-263-2156
E: info@zenyahweh.com
W: zenyahweh.com
Find us on Facebook

GOLF

Fort St. John Links Golf Course
P: 250-785-9995
E: proshop@fortstjohnlinks.com
W: fortstjohnlinks.com
Find us on Facebook

Lakepoint Golf & Country Club
P: 250-785-5566
E: proshop@lakepoint.ca
W: lakepoint.ca
Find us on Facebook

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Lone Wolf Golf Club
P: 250-789-3711
E: LJ@lonewolfgolf.ca
W: lonewolfgolf.ca
Find us on Facebook

HOCKEY & SKATING

Fort St. John Figure Skating Club
P: 250-787-1301
E: fsjfsc@telus.net
W: fsjfsc.com
Find us on Facebook

Fort St. John Minor Hockey
P: 250-787-7133
E: fsjmha@outlook.com
W: fsjminorhockey.ca
Find us on Facebook

Fort St. John Rec Hockey
W: carhahockey.ca/fort-st-john-rec-league
Find us on Facebook

Fort St. John Elks Speed Skating Club
E: info@fsjspeedskating.com
W: fsjspeedskating.com
Find us on Facebook

North Peace Eagles - Ladies Hockey
P: 250-927-2176
E: mjordan@fortstjohn.ca
Find us on Facebook

Peace Passage Skating Club
P: 250-794-7710
E: peace_passage@yahoo.ca
W: peacepassage.ca
Find us on Facebook

Taylor Minor Hockey
P: 250-262-7394
E: registrar@taylorminorhockey.com
W: taylorminorhockey.com

LACROSSE

Fort St. John Minor Lacrosse
P: 250-317-2951
E: fsjminorlacrosse@gmail.com
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Find us on Facebook

MARTIAL ARTS

Engage Can Ryu Jiu Jitsu
P: 250-271-6848
W: engagefitness01@hotmail.com
Find us on Facebook

Fivestar Mixed Martial Arts
P: 250-785-2736
E: tosha.fivestarmma@gmail.com
W: fivestar-mma.com
Find us on Facebook

Northern Tigers Shotokan Karate Association
P: 250-793-7777
Find us on Facebook

Northern Rockies Karate-do
P: 250-401-1130
E: chitoryukarate@gmail.com

Red Dragon Martial Arts
P: 250-329-4125
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Find us on Facebook

MOTOR SPORTS

Fort St. John Motocross Association
E: fsjmotoclub@gmail.com
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Find us on Facebook

Moose ATV Club
E: mooseatvclub@gmail.com
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Find us on Facebook

Northland Trailblazers Snowmobile Club
E: northlandtrailblazers@hotmail.com
W: northlandtrailblazers.com
Find us on Facebook

Peace Country River Rats Boat Club
E: admin@peacecountryriverrats.ca
W: peacecountryriverrats.ca
Find us on Facebook

RACQUET SPORTS

Fort St. John Badminton Club
P: 250-793-4394
E: areeder@telus.net
Find us on Facebook

Fort St. John Pickleball
P: 250-793-4394 E: areeder@telus.net

SKIING

Big Bam Ski Hill
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E: bigbamskiresort@hotmail.com
W: bigbam.ca
Find us on Facebook

Whiskey Jack Nordic Ski Club
P: 250-785-0973
E: whiskeyjacknsc@gmail.com
W: whiskeyjacknordic.ca
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SOCCER

Fort St. John Men's Soccer
E: northpeacesoccer@gmail.com
W: fsjsoccer.com
Find us on Facebook

Fort St. John Soccer Club
P: 250-787-5425
W: fsjsoccer@telus.net
E: fsjsoccer.com
Find us on Facebook

Fort St. John Women's Soccer
E: fsjwsl@gmail.com
W: fsjwsl.com
Find us on Facebook

SPECIAL INTEREST

1st Fort St John Scouts
P: 250-329-5336
E: phallon.stoutenburg@scouts.ca
W: scouts.ca
Find us on Facebook

2276 PPCLI - Army Cadets
P: 250-787-5323
E: 2276army@cadets.gc.ca
W: 2276armycadets.ca
Find us on Facebook

Achievers Toastmasters Club
P: 250-794-7414
W: toastmasters.org
Find us on Facebook

Aurora All-Star Cheer
P: 250-271-0988
E: auroraallstarcheer@gmail.com
Find us on Facebook

BC Sailing
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Find us on Facebook

Energetic City Roller Derby Association
E: ecrda@outlook.com
Find us on Facebook

Energetic Edge Cheer Association
P: 250-793-7846
E: energeticedgecheer@hotmail.com
Find us on Facebook

Fort St. John Classic Cruisers (Car Club)
P: 250-787-5261
E: bgdurand@telus.net
W: fsjclassiccruisers.com
Find us on Facebook

Girl Guides of Canada - Alcan District
E: campdarnall.alcan.ggc@gmail.com
W: girlguides.ca

J&J Hoot & Howl Pre School
P: 250-787-7319
E: hootandhowlpreschool@gmail.com
Find us on Facebook

Special Olympics Fort St. John
P: 250-262-5680
E: localcoordinator@sobcfortstjohn.ca
W: specialolympics.bc.ca/local/sobc-fort-st-john
Find us on Facebook

Want to be included in our Community Directory?

Please complete this form and email to recreation@fortstjohn.ca or drop off at the Visitor Centre.

Organization Type (please circle one): Recreation Culture

Organization Name: _____

Organization Phone: _____

Organization Email: _____

Organization Website: _____

Does your organization have a facebook (please circle one): Yes No

By submitting this form you agree to have your organization's information published in the City of Fort St. John Recreation & Leisure Guide.

For more information contact us at 250.785.4592 or email recreation@fortstjohn.ca.

Our diverse economy contributes 9% to BC's GDP.
Contact us. We're ready to work with you!

FORT ST. JOHN
The Energetic City

fortstjohn.ca

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Go to letstalk.fortstjohn.ca

PROJECT INFO
Learn about the project, the timeline, and how you can get involved in the process.

CONTACT INFO
Get in touch with the project lead.

RELATED LINKS
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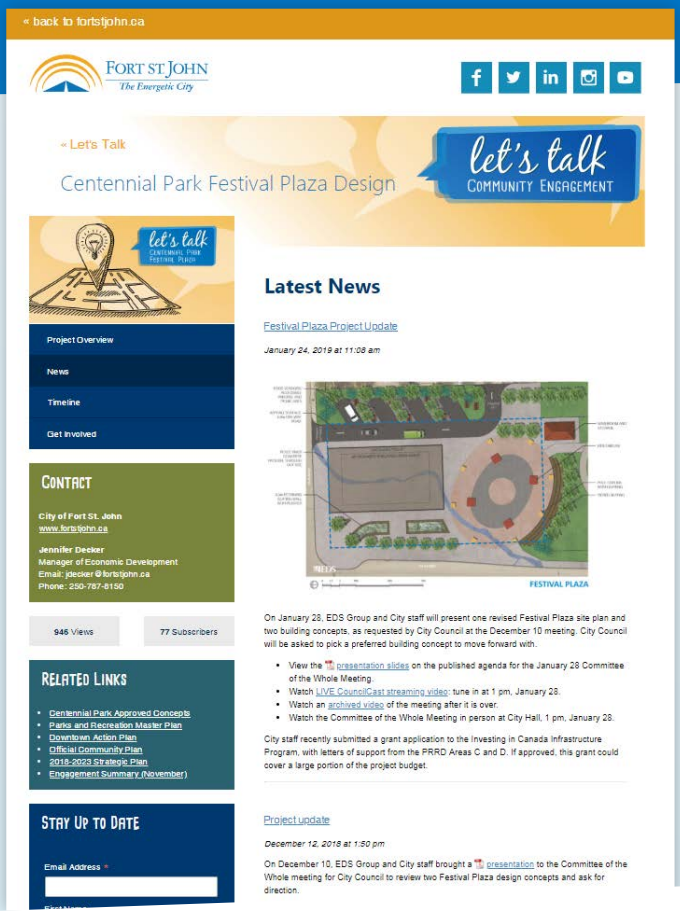

FORT ST JOHN
The Energetic City

let's talk