

MUSQUEAM RECREATION PROGRAM GUIDE

FALL 2024

COMMUNITY CENTRE HOURS

MONDAY TO FRIDAY
8:30 AM - 9:00 PM

WEEKENDS
10:00 AM - 5:00 PM



604-269-3468



recreation@musqueam.bc.ca



www.musqueam.bc.ca/recreation



MEET OUR GROWING TEAM



Courtenay Gibson

Recreation Manager

cgibson@musqueam.bc.ca

c: 604-781-1470

p: 604-269-3451

Courtenay is entering her 16th year as Recreation Manager! She recently completed a Diploma in Indigenous Community Development & Governance from UVic, and holds a Masters of Indigenous Business & Leadership from SFU. She is passionate about giving back to her community and looks forward to putting her new knowledge to use through her work with Musqueam Recreation.

Faren Sam

Recreation Coordinator

fsam@musqueam.bc.ca

c: 236-818-8625

p: 604-269-3314

Faren joined Musqueam Recreation in late June and is already an integral part of the team. Her extensive experience and knowledge in community programming greatly enriched the Summer Recreation Program, and this fall is focusing on enhancing evening programming.

Robyn Sparrow

Recreation Assistant

rsparrow@musqueam.bc.ca

p: 604-269-3468



Robyn brings over 20 years of recreation experience, a passion for health and fitness, and a love of spending time with our elders. She is an expert on everything related to the fitness facility and equipment, as well as a Master Weaver with artwork throughout the city.



Kamryn Sparrow

Sporting & Events Coordinator


ksparrow@musqueam.bc.ca

c: 672-377-3253

p: 604-269-3330

Kamryn joined us in early July to help coordinate Musqueam's involvement in 2026 FIFA World Cup and other major sporting events happening in Musqueam Territory, including the 2024 Grey Cup Festival and Invictus Games 2025. Kamryn brings previous experience as a Musqueam Recreation worker and expertise in artists calls as a practicing Musqueam artist.

RECREATION OFFICE

 604-269-3468

 recreation@musqueam.bc.ca





SUMMER RECREATION 2024

Everyone knows the annual Kids Summer Recreation Program is an essential part of Musqueam summers. It would not be such a success without the hard work of many people.

Thank you to the wonderful Musqueam youth who were our Summer Recreation Leaders. Most of our student workers previously attended this program as children and go on to work at other roles in the band office. We love providing this opportunity for work experience to the next generation of community leaders.

Thank you to the Musqueam staff who go above and beyond to make this program a summer highlight for many Musqueam kids.

Thank you to our primary funder, United Way BC, and many community partners for enabling us to grow this program.

Most importantly, thank you to the parents and children who made this summer so memorable. We already can't wait for next year!



- 8 weeks
- 8 - 36 participants per day
- 7 Musqueam youth employed
- 16 outings
- 26 meals served (and daily snacks!)
- Volunteerism, giving back & culture



YOUTH PROGRAMS

Musqueam Teens Group

Fridays
6:00 pm
Cafe & Youth Centre

Fun activities for teens, like movie nights, swimming, cultural activities, laser tag, and much more! We will also do activities for employment and career initiatives, with honoraria for teens who attend specific programming.

Kicks off on
September 13

Join us for the first meeting of this teens-only group. Dinner provided, and we will talk about what activities and experiences you'd like to do as a group.

This program is possible because of funding from ISPARC and United Way BC.

Drop-In

Ages 13 - 19

Starts Sept. 13

Bridge Through Sport

Monday and Wednesdays
3:30 pm - 5:30 pm
Cafe and Gym Floor

School-aged children can get help with their homework or other activities, and then spend some time doing a physical activity. Healthy snacks provided.

*schedule might change

Bridge Through Sport returns this fall thanks to our partners at UBC House of Learning and United Way BC.

Drop-In

Grades 1 - 7

Starts Sept. 16

Youth Super Smash Tennis

September 19 - October 24

Thursdays
4:00 - 5:00 pm
Gym Floor



Learn tennis in a fun and creative way. All levels welcome. This program is drop-in, but participants are encouraged to attend all six sessions to build skills.

Drop-In

Ages 7 - 12

6 weeks

ADULT PROGRAMS

Movement is Medicine (Walking Group) September 10 - October 15

Tuesdays

5:00 pm

Community Centre Lobby

Get your steps in and join a walk through Musqueam.

Prize draw every week for one  fitbit

September 10, 17 & 24, October 1, 8 & 15

Hosted by Musqueam Recreation & Land Based Healing

Drop-In

Ages 16+

6 weeks

Women's Super Smash Tennis

September 19 - October 24

Thursdays

6:15 pm

Gym Floor



Learn tennis in a fun and creative way. All levels welcome. This program is drop-in, but participants are encouraged to attend all six sessions to build skills.

Drop-In

Ages 16+

6 weeks

Men's Gym Floor Sports

Floor Hockey

Tuesdays

6:30 - 8:00 pm

Gym Floor



Indoor Soccer

Mondays &

Wednesdays

6:30 - 8:00 pm

Gym Floor



Musqueam

Community Only

All Musqueam Recreation programs and the Musqueam Community Centre are only open to the Musqueam Community.

Drop-In

Ages 16+

ALL AGES PROGRAM

Regalia & Representation (Musqueam Warriors)

Tuesdays

5:00 - 7:00 pm

Community Centre Lobby

September 17 - November 17

Registration required

An eight-week cultural sharing program where participants will learn how to make regalia and perform the Musqueam Paddle Song and Musqueam Welcome Song.

The goal of this program is to re-establish the Musqueam Warriors, a group of Musqueam cultural performers who can represent Musqueam at upcoming national and international events happening in our territory, including: Grey Cup Festival 2024, Invictus Games 2025, and FIFA World Cup 26.

The program ends with a performance at the 111th Grey Cup game on November 17, 2024.



Limited space (15 max for regalia making)

Open to all ages, but children must register and attend with an adult

Registration

If you are interested in this program or being part of the Musqueam Warriors, please contact Kamryn Sparrow: ksparrow@musqueam.bc.ca

Include your name, email address and phone number. Let us know if you already have a drum or any of your own regalia (paddle jacket or skirt, cedar hat etc.)

Although there are limited spots in this program, we want a sense of how many people are interested in regularly gathering as a cultural performance group so we can plan for future and ongoing programming.

Please note: Regalia made in this program will be owned by the band office so that it can be worn by others in upcoming performances.

EVENTS

Musqueam Youth Rugby Camp w/ Rugby Canada

Wednesday, September 25
4:00 - 6:00 pm
Musqueam Soccer Fields

Join us for a chance to play rugby
on our home field!
Friendly game to follow:
Thunder Rugby VS Meralomas Rugby



Ages 5 - 18

Registration required: recreation@musqueam.bc.ca

BC Lions Orange Shirt Day Game

Friday, September 27
BC Place
Shuttle leaves at 6:00 pm



The BC Lions invites Musqueam Elders to attend this special Orange Shirt Day game. Elders can contact Brenda Campbell or Kamryn Sparrow to request tickets.

Additional tickets for community members may become available.

Please email Kamryn Sparrow (ksparrow@musqueam.bc.ca) to register your interest in tickets.

Elders

Registration required

Halloween Lobby Party

Thursday, October 31
Community Centre Lobby



TRICK OR TREATERS: Make sure to stop by the Community Centre!
Faren Sam (Recreation) and Atziie Candy (Youth Worker) will be there waiting to see your costumes and give out hot chocolate and treats until 9:00 pm.

EVENTS

Inspiring Future Champions: The Terry Felix Speaker Series

Saturday, September 28
2:00 - 3:00pm
BC Sports Hall of Fame

Terry Felix, a member of Sts'ailes Nation, has an extraordinary story to tell. As the first Indigenous player on the Whitecaps, Canadian national team, and Olympic team, his legacy continues to inspire Indigenous athletes across the country.

Don't miss this chance to hear and connect with Terry Felix and gain invaluable insights into breaking barriers and giving back to the community.

Registration required: recreation@musqueam.bc.ca

Shuttle leaves Community Centre at 1:00 pm



VOLUNTEER OPPORTUNITY



Calling Musqueam Youth!

We are seeking youth who are interested in gaining work experience through volunteering for community events and recreation programming.

Open to Musqueam community members aged 13 - 25.

Email recreation@musqueam.bc.ca for more information and to be included on future communications about volunteering.