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Mark Johnson 250-282-3473 Bruce Fyfe 250-282-3301

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> blisavillageholistic@gmail.com Bliss Village Holistic



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@gmail.com



Hans Hoepfner BC Master Electrician FSR B DBA HIGH Electric

TSBC License# LEL0013603

Tel: 250 201-0612 h.hoepfner84@gmail.com 721 Sayward RD Sayward, B.C.



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Sayward Valley Folk Music Society News

SAYWARD NEW

Special Features Inside this Issue:

Heritage Hall - Helping Hands and Song Circle

• Sayward Futures -Volunteers Needs...

Kelsey Centre - Teen Night Sleepover

Sayward School - Bingo



Kurt Loewen in Concert **Sunday, February 11 @ 7:00**

At the Kelsey Centre



February 2024

For our second concert of 2024, we are pleased to feature Kurt Loewen. A native of Calgary, Canadian songwriter, and multi-instrumentalist Kurt has spent much of his music career writing, performing, and traveling with his former group the Tequila Mockingbirds. His works convey that of hope, open-heartedness, kindness, and optimism. Please join us as we welcome Kurt to our stage.

Advance tickets to this concert are \$20 per person. Admission at the door is \$25.00. Children 16 and under are admitted free when accompanied by an adult. Tickets are available at the Fisherboy Store and the Village Office.

Annual memberships are now available. Individual memberships are \$100 for the year. Family memberships (up to four people) are \$200 annually. This will entitle members to admission to all SVFMS concerts in 2024. Memberships will be available at the door the night of the concert.

We wish to thank those who have attended our concerts and shown continued support for our work to put these shows together. This includes our volunteers and the Sayward Village Council, without which these events would be impossible.

If anyone has questions regarding our upcoming concerts, if you wish to become a volunteer, or would like to host our future performers, please let me know.

Bob Sampson 250-282-0134





The Strathcona Regional District Regional Board Meetings for the year 2024 will be held at **12:30 PM** on the following dates:

January	Wednesday	24
February	Wednesday	28
March	Wednesday	27
April	Wednesday	24
May	Wednesday	7
June	Wednesday	4
July	Wednesday	24
August	Wednesday	21
September	Wednesday	25
October	Wednesday	23
November	Wednesday	20
December	Wednesday	11

Elected Officials of the SRD

Area A Director

Gerald Whalley (250) 282-3787 gwhalley@srd.ca

Board of Directors Chair:

Mark Baker (250) 203-5428 <u>mbaker@srd.ca</u>

Village of Sayward

The Village of Sayward Regular Council Meetings for the year 2024 will held in Council Chambers at 7:00 PM on the following dates:

January	Tuesday	16
February	Tuesday	6
February	Tuesday	20
March	Tuesday	5
March	Tuesday	19
April	Tuesday	2
April	Tuesday	16
May	Tuesday	7
May	Tuesday	21
June	Tuesday	4
June	Tuesday	18
July	Tuesday	16
August	Tuesday	20
September	Tuesday	3
September	Tuesday	24
October	Tuesday	1
October	Tuesday	15
November	Tuesday	5
November	Tuesday	19
December	Tuesday	3

Elected Officials of the Village of Sayward

Mayor:

Mark Baker (250) 203-5428 mark.baker@saywardvalley.ca

Councillor:

Scott Burchett (604) 818-5558 scott.burchett@saywardvalley.ca
Kohen Gilkin (250) 201-1064 kohen.gilkin@saywardvalley.ca
Sue Poulsen (250) 282-0184 sue.poulsen@saywardvalley.ca
Tom Tinsley (250) 898-7067 tom.tinsley@saywardvalley.ca

Village of Sayward

PO Box 29, 652 H'Kusam Way, Sayward B.C. VOP 1R0

Office hours: 9:00am-4:00pm (closed 12-1pm for lunch

and Statutory Holidays)

Phone: 250-282-5512 Email: village@saywardvalley.ca

Website: www.sayward.ca

Strathcona Regional District

990 Cedar Street, Campbell River, B.C. V9W 7Z8

Office Hours: 8:30am-4:30pm (closed Statutory Holidays)

Phone: 250-830-6700 Email: info@srd.ca

Website: www.srd.ca



Trustee:

Shannon Briggs (250) 282-3364 shannon.briggs@sd72.bc.ca



Provincial Government Member of Legislative Assembly:

Michele Babchuk 1-866-387-5100 or (250) 287-5100



Federal Government Member of Parliament:

Rachel Blaney 1-250-287-9388 or 1-800-667-8404



COMMUNITY SHARE SHED

Monday, Wednesday, Friday, & Sunday 8:00am-11:00am located beside the Sayward Recycling Depot

Donations accepted during opening hours only. No electronics, books, or clothing please





Village of Sayward



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- North Island Job Bank
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- Employment Counselling

Call: 250-286-3441 or Toll-free: 1-866-286-6788 today!





This program is funded by the Government of Canada and the Province of British Columbia.



Got Extra Garbage? GARBAGE STICKERS FOR SALE



Each household is allowed two garbage receptacles (cans/bags) per week.

Additional receptacles (up to 77 liters/25 kgs) must have a garbage sticker on it for pick-up.



WHERE TO PURCHASE GARBAGE STICKERS?

Village of Sayward - \$5.00 each

Municipal office
 During business hours

SRD (Sayward Valley) - \$3.50 each
• SRD Corporate Office - Campbell River
• Sayward Municipal Office
During business hours

Village of Sayward

Strathcona Regional District 250-830-6700 • engineering@srd.ca

No Parking

on boulevards between

November 15th to March 15th

to help Public Works in clearing snow and ice to keep you safe.



Village of Sayward



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Electrical Contractor

Master Electrician 587-298-5333

j4electricItd@gmail.com | www.j4electric.ca

Residential

Commercial

Sayward Christian



For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

> Morning Service 11:00 AM 740 Gentry Rd.

Mark Johnson 250-282-3473 Bruce Fyfe 250-282-3301

Everyone Welcome!

Garden Club News



The snow has come and hopefully gone by the time you read this, giving us a chance to complete some garden tasks, pruning the dead canes out of the raspberries, and mulching the more cold-sensitive plants can keep us outdoors on a pleasant day.

Winter pruning of fruit trees can happen any time in the next few months. Summer pruning is best for removing unwanted growth (suckers, parts of limbs pointing toward the center of the tree, or growth in the center of the tree that impedes air circulation). When growth is taken off in the summer it is less likely to regrow. Winter pruning is for shaping the tree. While shortening a limb choose a bud that is growing in the desired direction and prune back just outside that bud. This encourages the limb to grow in the direction you want.

The December meeting of the club featured our spectacular Christmas potluck dinner. Following our brief business meeting we crafted Christmas decorations from local plant materials. We saw creations of wreaths, swags, table decorations, garden gnomes, and more. Sandra Scarrow showed us how to make wreaths without the use of metal frames. She has a well-developed technique that produces beautiful, bushy wreaths. Thanks, Sandra.

The Garden Club took a break for January but will meet again on the second Thursday of February. The features of the meeting will be swapping and ordering seeds. Members are asked to bring their seed collections for comparison and exchange. We will provide small envelopes for packaging; you can bring along any seed catalogs. Please come and join our friendly group.



Local Organization Information

AA Meetings: 250-282-0030

Crisis Line: 1-888-494-3888 Available 24/7

Heritage Hall: 250-282-0192

heritagehall@saywardvalley.net

Kelsey Centre: 250-282-5500 kelseycentre@saywardvalley.ca

Mainroad Contracting: 1-877-215-7122 Available 24/7

Ocean View Gifts & Gallery: 250-282-0018

info@saywardfutures.ca

Royal Canadian Legion Branch #147: 250-895-4500

President - Debbie Grill

Saturday Farmer's Market: 250-282-3242 Barb

10:00am to 1:00pm Saturdays at Heritage Hall Savward Burial Park: 250-282-5512

Sayward Bursary: 250-282-3465 Marilyn Barry Sayward Christian Fellowship: 740 Gentry Road

> Sunday Service at 11:00am 250-282-3301 Bruce Fyfe 250-282-3473 Mark Johnson Everyone Welcome!

Sayward Community Food Table Society: 250-282-5503

scfts2023@gmail.com

Sayward Community Health Society: 250-850-7144

Charon Risdale: charonrids@gmail.com Meets - 6:30pm - 2nd Monday each month

Sayward Fish & Game

Meets - 7:30pm - last Wednesday of each month

Sayward Valley Folk Music Society: 250-282-0134

Bob Sampson saywardvalleyfolk@outlook.com

Sayward Futures Society: 250-282-0018

info@saywardfutures.ca

Sayward Food Centre: 250-282-0018

info@saywardfutures.ca

Sayward Garden Club: 250-282-3799 Alex Turner

Meets - 7:00pm - 2nd Thursday each month at Heritage Hall

Sayward Harbour Authority

250-282-0178 Colin Read Executive Director 250-201-0612 Wharfinger Hans Hoepfner

Meets - 9:30am - Last Sunday each month at Harbour Office

Sayward Health Clinic: 250-282-3815

Sayward Literacy Now

250-282-3851 Jan Bakker: bokkie.bakker@gmail.com 250-282-3450 Ann Vansnick: annv@saywardvalley.net

Sayward Post Office: 250-282-3223 Monday - Friday: 9:00am-5:00pm Saturday: 8:30am-12:30pm

St. Bernadette's Catholic Church: 963 Despins Road

Sunday Service at 11 am (3rd Sunday at 3:00pm)

VI Regional Library: 250-282-5551

Monday: Closed

Tuesday - Wednesday: 10:00am to 8:00pm Thursday - Saturday: 10:00am to 2:00pm

Sunday: 12:00pm to 4:00pm

In case of emergency – call 911

Local Emergency Services Contact information for Non-Emergencies:



Sayward RCMP 250-282-5522



Sayward Volunteer Fire Department 250-282-5505 svfd@saywardvalley.ca



Sayward Ambulance Station: 250-282-3600



Sayward Emergency Program Emergency Program Coordinator:

> Tom Tinsley 250-898-7067 epc@saywardvalley.ca



SRD Emergency Preparedness Program Protective Services Coordinator:

> Shaun Koopman 250-830-6702 preparedness@srd.ca



Emergency Phone Notification System

The Village of Sayward in conjunction with the Strathcona Regional District uses **Alertable** as our public emergency mass notification service.

Alertable can notify residents, visitors, and businesses of emergencies in a timely manner to people who subscribe to receive these alerts. It can also be used to notify residents of other non-emergency items such as scheduled road closures, power outages, water and sewer alerts, and much more. This service is free.

The system is compatible with mobile phones, tablets, computers or smart speakers. It can also send alerts via text message, voice calls to land lines, and e-mail.

The link to sign up for this system is located on the Village website here: https://www.sayward.ca/municipal-services/ emergency-services/alertsnotifications







Emergency Preparedness Corner



ROIP is coming to Emergency Services in Sayward -

What is ROIP? The acronym stands for Radio Over Internet Protocol.

Strathcona Regional District has rolled out the system and will be providing training to emergency services people in Sayward and other communities such as Gold River, Tahsis, and more.

This system allows Emergency Services staff and volunteers in communities to easily radio transmit to each other and to the Regional District provided the internet is operating. No need to worry about radio reception levels and the current radio transmission conditions which is called the 'Propagation'.

Another excellent support tool in our local Emergency Preparedness Tool Kit.

Second Seacan Coming –

Again, with the support of the Strathcona Regional District Emergency Services, Sayward will be receiving a second Emergency Supplies Seacan later this year that will be placed behind the Kelsey Centre next to the current Seacan.

This will expand the emergency resources available to the Emergency Social Services support team in both the village and the valley if an emergency is declared and the Sayward Emergency Operations Centre is opened.

Neighbourhood Emergency Preparedness Program (NEPP) Launches in Sayward Feb 07, 2024!

The Strathcona Regional District has recently rolled out a simplified version of this program and further information is available on the SRD website by searching the site using the name of the program.

A simple guide to how the program works is available on the SRD website and a good start for further information.

The program is designed to help neighbourhood community citizens connect more easily during an emergency as it is frequently people close by who help other people until potential outside emergency help can be received. This simple program allows for more participation by citizens who want to help but are not able to commit to a full Emergency Social Services (ESS) volunteer position.

The Sayward Emergency Program Coordinator (EPC) will be hosting a once-a-month meeting on the NEPP for those interested citizens from the village or the valley. The meeting will be on the **first Wednesday of each month from 7:45PM to 8:45PM in the Sayward Village Council Chambers**.

Note – The first monthly meeting will be on Wednesday Feb 7th at 7:45PM and please note that access to the meeting is only through the Mayor's office door which is the door on the very left of the building from the Village Administration Office public entry door. A sign saying NEPP MEETING HERE will be posted on the glass by the entrance door. Important! – There may even be free Donuts or other Treats!

Other general reminders:

- -To learn about becoming an Emergency Support Services (ESS) Volunteer, email your Emergency Program Coordinator at epc@saywardvalley.ca and I will email you a PowerPoint presentation with more information for your potential consideration of this opportunity.
- -- Sayward Walkie Talkie Wednesday 6:30PM to 7:00PM each Wednesday, continue to test your Walkie Talkie radio on channel 4 in that time slot and see who you can connect with.

Here's a motto to end off this month – When weather is cold, or windy or wet, checking the **DriveBC** website before heading out is your best bet! www.drivebc.ca

If you would like to learn more about ESS please contact your Emergency Program Coordinator (EPC), Tom Tinsley at 250-898-7067



The Sayward Volunteer Fire Department is accepting APPLICATIONS FOR RECRUITMENT.



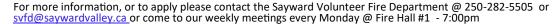
You must be:

Living in the Sayward District Fire protection area, team oriented, healthy/physically fit, and of good character (RCMP security check required).

We offer:

Involvement in community activities ranging from fire fighting, rescues, first responder medical service, to public education events. Paid training is provided

We are flexible to meet your time commitments, we work around our members lives to make it easy as possible for you to be part of our team. Insurance plans available for both on and off duty. New friends and acquaintances guaranteed. **And lots of fun!**







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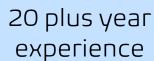
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The referral of your friends and family is the greatest compliment I can receive. Thank you for your trust.



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Susan Mallinson

Royal LePage Advance

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- 2) Save time and money. Not only are travel agents able to secure the best possible
- 3) They have your back. When things go wrong, a travel professional knows who to call to get it fixed on the spot. Whether your flight is canceled, or the wrong room was booked, one phone call will get it fixed.

Contact Janet Baker

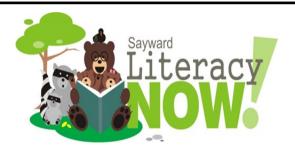
250-895-9296

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10+ years of travel experience, taking care of

all your travel needs, one step at a time.





Sayward Literacy Now 2024

If in need of help with your computer let me know!

Books! Check out our book houses. If you are in need I have books for children 0 to teens.

Ann Vansnick at annvansnick3@gmail.com 250-282-3450



Join us at the Sayward Royal Canadian Legion #147, 699 Sayward Road for BINGO:

1 pm Sunday February 4
1 pm Sunday February 18





Sayward Community Seniors Lunch program is still going strong. Our next lunch is February 14 at 12 pm. There is always a gluten free option for lunch. There is no cost for the lunch though donations are accepted. Available for ages 55 and up.

Thank you to all our volunteers. This program would not be able to run without you. Thank you to Liz for always cooking a delicious meal and to the clinic workers Ann, Crystal and Garth for all your support in helping me organize this program. All volunteers – I sincerely appreciate your help - NP Tracey Payne.





February 2024

Clinic Phone (250) 282-3815 Fax (250) 282-0040

Clinic Hours 9-5 Monday to Wednesday, 9-4 Thursday Public Health Phone 250 850-2110

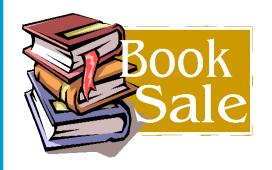
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
27	28 Labs 9-11:30	29	31	1	CLINIC CLOSED
4	5 Labs 9-12	6	7	8	CLINIC CLOSED
11	12 Labs 9-11:30	13	Public Health Nurse Seniors Lunch at Kelsey Centre	15	CLINIC CLOSED
18	CLINIC CLOSED	Telephone Appointments Only	Telephone Appointments Only	Telephone Appointments Only	CLINIC CLOSED
25	26 Labs 9:30-11:30	27	28	29	CLINIC CLOSED

This Schedule is subject to change...

Masks are once again mandatory at Island Health Sites



Sayward Community Health Clinic is planning to hold a weekend "book sale" April 6 and 7. Just in time for spring cleaning. Drop off of books can be done Friday April 5 (times to be advised). If you are unable to do a drop off, please call me, Charon Ridsdale and I will be happy to arrange for a pick up. Any updated information will be announced in the March and April newsletters.



If any patients have comments regarding the Sayward Clinic, please direct them to the Gold River Health Clinic and speak with Gaylene 1-250-283-2626.

SCRA – Heritage Hall Happenings

Sayward Helping Hands every
Tuesday 11-2
Bring your sewing, knitting etc.
\$2 drop in



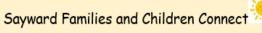
Song Circle – February 15 at
7pm
\$2 drop in
Bring your instrument and
come play and sing.



1257 Sayward Rd 250-282-0192 heritagehallscra@gmail.com (NEW EMAIL)

Monthly Meeting
Tuesday February 13
at 7 pm.

All Welcome



For young children and their parents and caregivers.

Mini Health Fair Event on Friday, March 1st

Drop in anytime from 11:00am to 2:00pm at the Heritage Hall, 1257 Sayward Road for the final session of this program.







Join us and meet health providers.

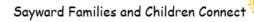
Find out more about available health services and resources. Enjoy lunch, snacks and drinks. Plus, enter to win door prizes!



Children must be accompanied by an adult.
For more information contact Ann Vansnick

saywardfamilynavigator@gmail.com or phone/text 250-203-8332

Supported by a grant from United Way British Columbia Central and Northern Vancouver Island



For young children and their parents and caregivers.

This friendly drop-in program is free and fun!

Crafts, snacks, drinks and a light lunch provided.

Join Ann at the Heritage Hall, 1257 Sayward Road.







February Schedule:

Saturday, February 3rd from 11:00am - 2:00pm.

Saturday, February 10th from 11:00am - 2:00pm.

Saturday, February 17th from 11:00am - 2:00pm.

Saturday, February 24th from 11:00am - 2:00pm.

<u>Last Session</u>: Friday, March 1st Mini Health Fair: 11:00am-2:00pm Meet Service Providers. Enjoy lunch, snacks & drinks plus door prizes!



For more information contact Ann Vansnick saywardfamilynavigator@gmail.com or phone/text 250-203-8332

Children must be accompanied by an adult.

Supported by a grant from United Way British Columbia Central and Northern Vancouver Island



PAC Meetings Schedule 2024







Join us for Bingo and 50/50 in the gym
Sayward Elementary School
From 1:00pm to 4:00pm
Support our students and purchase baking
from our Bake Sale too!

12





SAYWARD FUTURES SOCIETY Our Community, Our Future

VOLUNTEERS NEFIE

Sayward Futures Society has a number of volunteer opportunities — if you're interested in creating a welcoming and engaging atmosphere for your fellow citizens as well as visitors to our area please reach out and join our dynamic team!

Kusam Klimb 2024 — Saturday, June 22, 2024

Volunteers will be needed in the days leading up to, during and after. Email: lori@coastlineendurancerunning.com or Call 250-893-8817

Canada Day Celebration 2024 — Monday, July 1, 2024

Volunteers are needed in the week leading up to Canada Day, as well as during the day and after for clean-up. It's a wonderful way to get to know your neighbours!

Sayward Visitors Centre — Approximately May through October

If you enjoy speaking about this amazing place we call home with visitors from throughout BC and from around the globe, please reach out.

Connect through Email: info@saywardfutures.ca

OR Mail: Box #143, Sayward, BC V0P 1R0

OR reach out to: SFS Board of Directors

Charon Ridsdale ~ Secretary Iason Johnson ~ Chair Ken McRae ~ Vice-Chair Paul Hibbert ~ Director

Lisa Clark ~ Treasurer Ken Vincent ~ Director

We look forward to hearing from you!!





6:00PM FEB 10TH 9:00AM 6-8PM - MAKE YOUR OWN PIZZAS! 8-10PM MOVIE ON THE BIG SCREEN 10-11PM - GLOW SWIMMING! 11-12AM HIDE N SEEK 12AM - MIDNIGHT SNACK

12-1AM - BOARD GAMES 1AM-8:00AM-SLEEP/CHILL 8:00AM - PANCAKE BREAKFAST

9:00AM - PICK - UP TIME

SLEEP IS OPTIONAL, A GOOD TIME IS MANDATORY!

2 ADULTS WILL BE SUPERVISING THIS ENTIRE EVENT. ALL





FEBRUARY 23RD 6-8PM

Let the good times roll, it's our second annual

Come and learn how to make California

All supplies provided



Ages 11-18

FREE!

Senior's Luncheon



FEBRUARY SCHEDULE

Weekly Trips to Campbell River

February 15th (Driver Michelle) February 29th (Driver Wayne)

The Age Friendly Van is for anyone over the age of 19 years.

The van will pick you up and drop you off at your home. Pick up time after 9am at your location.

The driver will take you to appointments, shopping or any other destinations required.

Return time to Sayward may vary from trip to trip, depending on the riders needs. Sayward Van will

arrive back in Sayward no later then 5pm unless

arrangements are discussed in advanced and approved.

Cost is by Donation

Please call the Village office the day before by Noon to register 250-282-5512 ext 0

For More Info Contact the Kelsey Centre

Subject to Change due to Weather





12:00-1:00pm

Come enjoy a social gathering at the Kelsey Centre. Lunch, dessert and refreshments provided. This is a free event. Rides available upon request.

> 652 H'Kusam Wav Sayward, BC

Phone: 250-282-5500

Thank you to all volunteers who put their time and effort into making this event special for our community.



February 2024

250-282-5500



KELSEY CENTRE GYM & WEIGHT ROOM SCHEDULE

MONDAY	WEDNESDAY	FRIDAY	SUNDAY
9:00am - 7:00pm	9:00am - 7:00pm	12:00pm - 8:00pm	1:00pm-5:00pm
WEIGHT ROOM	WEIGHT ROOM	WEIGHT ROOM	WEIGHT ROOM
9:00AM - 7:00PM	9:00AM - 7:00PM	12:00PM - 8:00PM	1:00PM - 5:00PM
AEROBICS	SENIORS	55+ SOCIAL	
ALL FITNESS LEVELS	CARPET BOWLING	12:00PM - 2:00PM	BB Brown
9:30AM - 10:30AM	9:15AM -11:45AM	CARDS & COFFEE	WHIP FIRE
DROP IN	FREE PROGRAM	\$2.00 DROP IN FEE	B08 12 A A
NO CLASS TILL JAN 15TH			Ban
PARENT & TOT	AEROBICS	AFTER SCHOOL PRO-	55+ SOCIAL
GYM TIME	ALL FITNESS LEVELS	GRAM	1:00PM - 3:00PM
10:45AM - 1:45PM	1:00PM - 2:00PM	5-11 years	PING PONG &
DROP IN \$2.00	DROP IN NO CLASS	2:30PM - 4:30PM	BADMONTON
AFTER SCHOOL	AFTER SCHOOL	AEROBICS	FAMILY GYM
PROGRAM	PROGRAM	ALL FITNESS LEVELS	3:00 - 5:00PM
5-11 years	5-11 YEARS	5:30PM - 6:30PM	<u>ADULT MUST</u>
2:30pm - 4:30pm	2:30PM - 4:30PM	DROP IN NO CLASS TILL	ACCOMPANY CHILD
		<u>JAN 19TH</u>	FAMILY RATE \$5.00
AEROBICS	AEROBICS	TEEN NIGHT	
ALL FITNESS LEVELS	ALL FITNESS LEVELS	11 YEARS & UP	Book your Party now!
5:00PM - 5:45PM	5:00PM - 6:00PM	6:00PM - 8:00PM	COOK YOU
<u>DROP IN</u>	DROP IN	FREE PROGRAM	PAN NOW
NO CLASS TILL JAN 15TH	NO CLASS TILL JAN 15TH		Party
OPEN GYM	OPEN GYM		
FLOOR HOCKEY	BADMINTON		
6:00PM -7:00PM	6:00PM - 7:00PM		
DROP IN	<u>Call to Sign up</u>		

FEBRUARY SPECIAL EVENTS:

TEEN KELSEY CENTRE SLEEPOVER: FEBRUARY 9TH 6:00PM - 9:00AM

REGISTRATION REQUIRED

SENIORS LUNCHEON: FEBRUARY 14TH 12:00PM - 1:00PM
FOLK MUSIC CONCERT: FEBRUARY 11TH 7:00PM - 9:00PM
PRO - D DAY CAMP: FEBRUARY 16TH 1:30PM - 4:30PM
FAMILY DAY FEBRUARY 19TH: CENTRE CLOSED



February 2024

250-282-5500



KELSEY CENTRE POOL SCHEDULE

MONDAY	WEDNESDAY	FRIDAY	SUNDAY
9:00am - 7:00pm	9:00am - 7:00pm	4:30pm - 8:00pm	1:00pm - 5:00pm
LANE & LEISURE SWIM	LANE & LEISURE SWIM	EVERYONE WELCOME	AQUA FIT
9:00AM - 11:00AM	9:00AM - 11:00AM	4:30PM - 7:00PM	MODERATE
ALL FITNESS LEVELS	ALL FITNESS LEVELS	UNDER 7 YRS WITH ADULT	1:15pm-2:00pm
			LANE OPEN & HOT TUB
PARENT & TOT SWIM	SAYWARD SCHOOL	AQUA FIT	
11:00PM - 12:00PM	PROGRAM	(Michelle & Sheri)	ADULT ONLY SWIM
DROP IN	1:15PM - 2:15PM	DEEP WATER MODERATE	2:00PM - 3:00PM
		7:00pm-8:00pm	
		LANE OPEN & HOT TUB	
SWIM LESSONS LEVEL 1-6	SWIM LESSONS LEVEL 1-6		EVERYONE WELCOME
2:35PM — 4:50PM	2:35PM — 4:50PM		3:00PM - 5:00PM
FEB 5TH -MAR 4TH	FEB 5TH –MAR 4TH		UNDER 7 YRS WITH ADULT
EVERYONE WELCOME	EVERYONE WELCOME		
4:30PM - 6:00PM	4:30PM - 6:00PM		
UNDER 7 YRS WITH ADULT	UNDER 7 YRS WITH ADULT		
AQUA FIT			CALL TO BOOK
(Michelle & Sheri)	ADULT ONLY SWIM		YOUR PRIVATE SWIM
DEEP WATER MODERATE	<u>6:00 - 7:00PM</u>		
6:00pm-7:00pm	FEBRUARY 14TH NO SWIM		LESSON
LANE OPEN & HOT TUB			\$40 HR \$20 FOR 1/2



FEBRUARY SPECIAL EVENTS:

SWIM LESSONS: LEVEL 1-6 MON & WED

2:35PM - 4:50PM

FEBRUARY 16TH: POOL PARTY EVERYONE

WELCOME

4:30PM - 7:00PM

FEBRUARY 19TH: FAMILY DAY CLOSED