



KITIMAT
A Marvel of Nature and Industry



Fall 2026 Leisure Guide

Registration

In Person and Online begins Fri., Sept. 11 at 9 am

Phone In begins Sat., Sept. 12 at 10 am

Swim Lesson Registration begins Fri., Sept. 25 at 9 am

Riverlodge Recreation Centre
654 Columbia Avenue
Phone: 250-632-8970
Fax: 250-632-5953

kitimat.ca

Tamitik Jubilee Sports Complex
400 City Centre
Phone: 250-632-8955
Fax: 250-632-3668



Like us on Facebook!



KITIMAT MARLIN SWIM CLUB



COME SWIM WITH US



OFFERING AQUATIC PROGRAMS FOR AGES 7 & UP (SUBJECT TO SWIMMING ABILITY) SWIMMERS
LEARN SKILLS WHICH PROVIDE LIFELONG BENEFITS THAT REACH BEYOND THE POOL. START YOUR
MEMBERSHIP AT ANY TIME!

W: [HTTPS://KMSC.POOLQ.NET/](https://kmsc.poolq.net/)

E: KMSCHEADCOACH@GMAIL.COM

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Kitimat Transit

Going to Tamitik and Riverlodge recreation facilities? Let us do the driving!



Children 12 and under always ride free on the bus. But did you know that all Kitimat students 13-18 can also ride free with a pass?

To receive a free Youth Pass, contact the District of Kitimat Municipal Office.

For students of Mt. Elizabeth Middle Secondary School, contact the school administration.

Learn more at bctransit.com/kitimat/fares/youth-pass.



Transit Info 250-632-4449
bctransit.com/Kitimat

District of Kitimat | 

Coming Events

- September 7 Labour Day - Recreation Facilities CLOSED (*Ice Rentals Available*)
- September 11..... In Person and Online Registration begins at Riverlodge 9 am
- September 12..... Phone In Registration begins at Riverlodge 10 am
- September 12..... Community Registration Day at Riverlodge 10 am - 12 pm
- September 25 In Person and Online Swim Lesson Registration begins at Tamitik 9 am
- September 30..... National Day for Truth and Reconciliation - Recreation Facilities CLOSED
(*Ice Rentals Available*)
- October 3..... LNG Canada Sponsored Free Welcome Back Swim 2 - 4 pm
- October 12 Thanksgiving Day - Recreation Facilities CLOSED (*Ice Rentals Available*)
- October 14 LNG Canada Sponsored Free Community Swim 6 - 8 pm
- October 17 Aqua Pumpkin Patch Swim 2 - 4 pm
- October 23 LNG Canada Sponsored Free NID Day Swim 2 - 4 pm
- October 24 Halloween Haunted House Presented by Dance Kitimat 5 - 8 pm
\$5 Entry / 5 and Under Free
- October 25 Halloween Howl & Haunted House at Riverlodge:
2 - 2:30 pm Preschool/Sensory time.
2:30 - 4 pm (All Ages) (Entry by Food Donation)
- October 31 Halloween Skate 1 - 3 pm in KIR
- November 6 & 7..... Christmas Craft Fair (Fri. 5 - 8:30 pm / Sat. 10 am - 3:30 pm)
- November 7 Dive In Movie 6 - 9 pm
- November 11 Remembrance Day - All Recreation Facilities CLOSED (*Ice Rentals Available*)
- November 14..... LNG Canada Sponsored Free Community Swim 2 - 4 pm
- November 20..... National Child Day Celebration Free Swim 6 - 8 pm
- November 27..... LNG Canada Sponsored Free Community Skate 1 - 3 pm
- December 12..... CDN Controls Sponsored Free Skate 1 - 3 pm
- December 20..... LNG Canada Sponsored Free Winter Wonderland Skate 1 - 4 pm
- December 23..... LNG Canada Sponsored Free Community Swim 2 - 5 pm
- December 31 Family New Years Skate & Swim



Message from the Mayor



Through Kitimat Leisure Services, the District of Kitimat is committed to creating a community where residents and visitors alike have opportunities for recreation, connection, enjoyment, and cultural experiences.

As we look ahead to the fall and into 2027, I am excited about what Leisure Services has in store for our community.

Perhaps most anticipated is the reopening of the Kitimat Ice Rink. Work to repair the facility has progressed steadily over the past year, and we are pleased to welcome ice users back this fall. From figure skating and hockey to recreational skating, the reopening will restore an important space for some of our community's favourite winter activities.

We are also continuing to expand recreational opportunities throughout Kitimat.

With pickleball continuing to grow in popularity, our existing pickleball facilities are being expanded, and new courts are being added throughout the community. These additions will provide more opportunities for residents to enjoy this increasingly popular sport.

Our regular programming also continues to offer something for everyone. As you explore this edition of the Leisure Guide, you'll find high-quality classes led by local instructors, drop-in opportunities, and special events happening throughout the season.

Accessibility and inclusion remain priorities for Kitimat Leisure Services. Programs such as the Leisure Access Program and KidSport Kitimat help reduce barriers so that more people can participate in recreation and make use of our facilities. Whether someone wants to join an organized sport, take part in a program, or simply enjoy a drop-in activity, these supports can help make recreation more accessible for individuals and families who may face financial or other barriers.

For more information about these programs, please ask our staff at the Tamitik Jubilee Sports Complex or Riverlodge Recreation Centre.

The District also supports community well-being through a number of other initiatives, including:

- Airport Transportation Subsidy for eligible riders travelling to and from the airport.
- Free public transit for school-aged youth in Kitimat.
- Community sport and travel grants.

More information about these programs and services is available at Kitimat.ca.

I hope this edition of the Leisure Guide inspires you to try something new, stay active, connect with others, or simply enjoy what Kitimat has to offer. Beyond our recreation facilities and programs, our community is fortunate to have kilometres of nature trails, dozens of playgrounds and parks, an extensive connected walkway network, and growing recreational spaces to explore and enjoy.

I look forward to seeing our community make the most of the opportunities ahead this fall and into 2027.

Thank you.

A handwritten signature in black ink that reads "Philip Germuth".

Mayor Phil Germuth



NEW Landfill Hours & Tipping Fees

Kitimat Municipal Landfill

Summer hours

April 1 to September 30

Tuesday to Sunday
10:00 a.m. to 5:00 p.m.
(Closed Monday)

Winter Hours

October 1 to March 31

Tuesday to Sunday
10:00 a.m. to 4:00 p.m.
(Closed Monday)

Closed on: New Years Day,
Christmas Day, Easter Sunday and
Canada Day

GARBAGE SELF-HAUL FEES

	RESIDENTIAL (Up to 100 kg)	RESIDENTIAL (More than 100 kg)	COMMERCIAL
2026	\$10 / trip	\$1.10 / per kg	\$1.10 / per kg
2027	\$10 / trip	\$1.20 / per kg	\$1.20 / per kg

Download RecycleCoach

RecycleCoach will send you notifications for your curbside collection days and show you where to dispose of different materials.



SCAN ME

For more information:

www.kitimat.ca/waylesswaste
waylesswaste@kitimat.ca
 250-632-8900



TSW is a non-profit society that provides programs and services for individuals and families who are affected by social issues, with emphasis on addressing violence against women, youth and children.

Housing Services	Support Services	Support Programs	Childcare
Day Shelter Dunmore Place Extreme Weather Shelter Homeless Prevention Program Long Term Housing Second Stage Housing	Cultural Support Worker Outreach Worker P.E.A.C.E Children's Worker S.T.V Women's Counsellor	Angel Tree Program Food Share Furniture Exchange Heather's Free Store Hygiene & Baby Needs	gulali 24 Hour Childcare Centre

See below for more information on how to access our services



info@tamitik.ca



606 Mountainview Square



(250)632-8787



www.tamitik.ca

RIVERLODGE RECREATION CENTRE

A FACILITY FOR ALL OCCASIONS

 **250-632-8970**



The Riverlodge Recreation Centre offers a variety of rooms available for rent, ideal for meetings, seminars, workshops, conferences, church gatherings, business functions, birthday parties, and weddings. The facility provides ample parking, including accessible spaces and services.

WE OFFER THE USE OF THE FOLLOWING EQUIPMENT AND / OR SERVICES

Multimedia projector and screen, whiteboards, flipcharts, PA system, podiums, microphones, coffee service, urns, kitchen facilities, round and rectangular tables, table linens, chairs, room set up and clean up

JIM LINTON



GYMNASIUM

JOANNE MONAGHAN



COMMUNITY ROOM

ACTIVITY



ROOM

MEETING



ROOM



Joanne Monaghan Community Kitchen

NO CHARGE USAGE OF KITCHEN AT RIVERLODGE



For the purpose of sharing skills pertaining to food preparation and preservation when the kitchen is not otherwise booked. Please call Riverlodge to reserve, 250.632.8970.

- A refundable deposit of \$50 will be collected and returned if the kitchen is cleaned and left in the condition it was found.
- Note - If paid bookings for the Joanne Monaghan Community Room and kitchen are received outside 48 hours of the no charge booking of the kitchen, paid bookings will receive priority for the use of the kitchen space and the free booking will be cancelled.

Applicable

- Groups or individuals interested in sharing skills or teaching friends on how to do food preparation or preservation
- Food Bank or Food Share Program
- Groups such as Kitimat Community Services, Tamitik Status of Women, Community Garden Programs, etc.

Not Applicable

- Commercial ventures i.e. preparation of food for a business or for selling of the food
- Commercial ventures to train employees how to do this for businesses
- Commercial ventures where someone is being paid to teach others



Welcome to our ACCESSIBLE facility!



- 5 parking stalls
- Wide ramp entrance into the facility
- 2 entrances - both with automatic entrance doors
- 2 ramps for emergency exit on either end of the building
- Universal, accessible, private washroom/shower
- NEW adaptable pottery wheel



Girl Guides
of Canada

Guides
du Canada

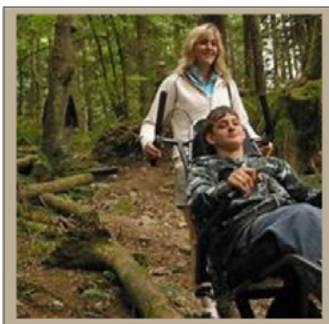
CALLING ALL GIRLS!

Online registration
is now open for:

● SPARKS ● EMBERS ● GUIDES ● PATHFINDERS

REGISTER @ girlguides.ca

For more information contact us on Facebook @ Kitimat Girl Guides



AVAILABLE TO RENT

TRAIL RIDER

A unique single-wheel wheelchair that allows individuals with physical limitations to experience the outdoors with the assistance of two or three people. It is equipped with brakes, seat belts and adjustable leg and arm restraints, making it suitable for both adults and children.

CHAMBER OF COMMERCE

☎ **250 - 632 - 6294**

THE KITIMAT HUMANE SOCIETY

Animal Adoption Centre

Hours of Operation

1-5 pm DAILY

ANIMAL CONTROL ISSUES

☎ 250-632-7373

AFTER HOUR EMERGENCY

☎ 250-639-6297



❁ ❁ ❁ ❁ ❁ **100 Eurocan Way, Kitimat, B.C. V8C 2G7** ❁ ❁ ❁ ❁ ❁

Infant and Pre-Kindergarten / Youth Programs

Parent & Tot Open Gym

Parents and guardians are FREE! Only the children pay.

Just a reminder that if you have a child under the age of 5 years you must pay the child rate. You may use your own subsidy card to get the subsidy rate for your child.

Parent & Tot Open Gym & Romper Room

Bring your child to play with hopper balls, ride-on toys, scooter boards, hockey sticks and more. Burn off that extra energy! Parents/guardians supervise.

Drop in fee covers both the gymnasium and romper room.

Mon.	10:30 am - 12:30 am
Wed.	1 - 2:30 pm
Thurs.	11:15 am - 1:15 pm
Fri.	10:30 am - 12:30 pm

Preschool

Tot Soccer

4 - 6 yrs

Introduce your little athletes to the exciting world of soccer with our tots' program. Designed specifically for children aged 4 – 6 years, this engaging and energetic class focuses on developing basic motor skills, coordination and a love for sports- all in a fun, safe and nurturing environment.

Fri., Sept. 25 - Oct. 23	5 - 5:45 pm
\$50 / 5 sessions	Gym

Youth Programs

Laser Tag Night - New Blow Up Maze

7 - 14 yrs *Paityn Sevigny and Theirry Martin*

Let the wild side come out!! Challenge your friends to play a game or two! The Joanne Monaghan room will be filled with the new massive Blow Up Maze. Be ready to face your inner being. You are going to love it!

Sun., Sept. 20 - Nov. 15	6:30 - 7:30 pm
(no class Oct. 25 due Halloween Howl)	
\$75 / 8 sessions	

Joanne Monaghan Room

Youth Floor Hockey

7 - 13 yrs

Grab your stick and hit the floor! This action-packed program gives participants the opportunity to develop floor hockey skills through fun drills, games, and scrimmages in a positive and supportive environment. Players will build confidence, improve teamwork and sportsmanship, and stay active while learning the fundamentals of passing, shooting, stick handling, and game play. Whether you're new to the sport or already have experience, this program is a great way to have fun, make friends, and enjoy the game of floor hockey!

Fri., Sept. 25 - Oct. 23	6 - 7 pm
\$40 / 5 sessions	Gym

Babysitting Basics

12 yrs +

Tina Readman

This program is designed to provide the young babysitter with more in depth information on child care. Learn valuable babysitting skills, how to handle emergencies, child development, rights and responsibilities. Certificates will be issued to students successfully completing the course. (Must attend both classes)

Mon., Nov. 2	5:30 - 8:30 pm
Tues., Nov. 3	5:30 - 8:30 pm
\$62 / 2 sessions	Meeting Room

Home Alone Program

10 - 13 yrs

Tina Readman

The Home Alone Program is designed to provide children with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied. The program focuses on small group discussions, problem solving, role-playing, and instructor-led demonstrations.

Wed., Nov. 4	5:30 - 7:30 pm
\$39 / 1 session	Meeting Room

Young Artists' Studio

7 - 12 yrs

Rebecca Lapierre

Unleash your creativity in this fun, two-session painting class designed for youth! Participants will explore painting techniques while learning about colour mixing, brushwork, composition, and creative expression. Guided by the instructor, each young artist will complete their own unique canvas painting to take home. No previous painting experience is needed—just bring your imagination and be ready to have fun creating in a supportive and encouraging environment.

Mon., Nov. 2 & 9	6 - 8 pm
\$69 (supplies are included)	Pottery Room

General Interest Programs / Workshops

Teens French Club

12 - 15 yrs

Maya Brown

Looking for a fun way to practice your French outside the classroom? Join Maya for an engaging and interactive French Immersion program where learning happens through play! Participants will build confidence using their French language skills while enjoying a variety of games, activities, crafts, and group challenges. Whether you're reinforcing what you've learned in school or simply looking for a fun French-filled experience, this program is the perfect place to learn, laugh, and make new friends.

Mon., Nov. 9 - 30

6 - 7:30 pm

\$49 / 4 session (12 - 14 yrs.)

Meeting Room

\$52 / 4 session (15 yrs.)

Christmas Pottery Creations

9 - 13 yrs

Aaron Oakes

Aaron creates a fun environment, and the kids can explore their creative side. They will make some fun Christmas ornaments for the tree. On the second day, they will have the opportunity to use glazes to create their pottery creation. The glaze firing takes a few days, so they will have to come back to pick them up.

Wed., / Thurs., Dec. 2, 3

5:30 - 7:30 pm

\$55 / 2 sessions

Pottery Room

Adult Programs

Beginner Wheel Throwing

16 yrs +

Shawny Metz

In this introductory class, you will gain skills to turn a lump of clay into a beautiful, functional piece, using the pottery wheel. You will learn basic studio safety and etiquette, how to prepare your clay for throwing, centering, pulling, and trimming. You'll create basic forms of cylinders, bowls, and plates. On the last day, glazing techniques will be demonstrated and you'll have a chance to glaze your pieces, which we will load into the kiln and fire. Tool kits and clay are provided for this class. You will need to bring along an apron and a bucket (gallon size).

Tues., Sept. 29 - Nov. 10

6 - 9 pm

(No class Oct. 20)

\$275 / 6 sessions

Pottery Room

Includes clay, studio time, glaze and firings

Zumba

16 yrs +

Jill Carrasco, Certified Zumba Instructor

Join us for a high-energy Zumba Dance class for all abilities that blends Latin, African and Middle Eastern dance rhythms with easy-to-follow dance moves to strengthen and tone the whole body. Come out and join the fun!

Sat., Sept. 26 - Nov. 14

10 - 11 am

(no class Oct. 17, 31 & Nov. 7)

\$60 / 5 sessions

Joanne Monaghan Room

Dance With Ehi

16 yrs +

Ehimenen Ejale

Ready to burn calories and have a blast doing it? Join Ehi for a high-energy workout that combines heart-pumping music, killer moves, and tons of fun. You'll dance your way to a fitter, healthier you in no time! Please let the front desk know if you need the babysitting service upon registration. **Babysitting Included**

Sun., Sept. 20 - Oct. 25

5 - 6 pm

\$38 / 6 sessions, incl. babysitting service

Joanne Monaghan Room

Afro-Belly Dance

14 yrs +

Abenaa (Emily Toews)

Did you know that Belly dance corrects muscle imbalance, improves posture, and tones your body all over? This low-impact dance class will focus on stretching, warming up with basic Belly dance movements, and will weave in African dance elements. No dance experience necessary. Get ready to shake and shimmy into shape this fall with music and rhythm!

Tues., Oct. 6 - Dec. 1

5:45 - 6:45 pm

(No class Oct. 20)

\$80 / 8 sessions

Joanne Monaghan Room

Pots and Knots Class

16 yrs +

Aaron and Paige Oakes

The duo team is back! Aaron and Paige will help you transform your living space with a beautiful macrame plant hanger paired with a decorative pot. Macrame, the art of knotting cords into intricate patterns that adds a bohemian and artistic vibe to any room.

Thurs., Nov. 12 & 19

6 - 9 pm

\$86 / 2 sessions

Pottery Room

Yes! We accept the following payment options:



General Interest Programs / Workshops

Adult Hand Building Pottery

16 yrs+

Aaron Oakes

Get creative with clay in this fun and relaxing hand building pottery class! Learn the fundamentals of working with clay using simple techniques such as pinching, coiling, and slab building to create beautiful and functional pieces like mugs, bowls, planters, and decorative art. Aaron will guide you through each step, from shaping and assembling your projects to adding texture and unique details. Finished pieces will be kiln-fired and glazed, ready for you to enjoy at home. Come get your hands dirty, meet new people, and discover the joy of creating something truly one of a kind!

Thurs., Sept. 24 - Oct. 29

5:30 - 7:30 pm

(No class Oct. 8 & 22)

\$170 / 4 sessions

Pottery Room

Beginner Watercolours Workshop

16 yrs +

Rebecca Lapierre

Rebecca will guide you in learning about mediums, the colour wheel, brushes, paints, and paper. Then exploring the fundamentals of watercolor, learning techniques such as washes, layering, blotting, wet in wet, wet on dry, playing with different styles – free form, and layering washes. Once the groundwork is done, you will begin to select a subject/project to begin.

Supplies needed: Watercolour paints – tubes or blocks, assorted watercolour brushes, palette, watercolour paper.

Sat., Oct. 3

10 - 3 pm

\$95 / 1 session

Pottery Room

Fabric Art

16 yrs +

Rebecca Lapierre

Take home your very own fabric landscape "painting" in this amusing workshop. Create a mountain scene with rolling hills or a beautiful ocean with a sandy beach. Rebecca will guide you through how to select your colours and how to apply various fabrics to create a gorgeous landscape of your choice. Supplies are included.

Mon., Oct. 26

5:30 - 8:30 pm

\$95 incl. supplies / 1 session

Pottery Room

Drumming and Language of the Haisla People

16 yrs +

Shelley Bolton

This workshop is a learner's guide to traditional drumming and give some understanding of Haisla language structure. The information you will receive you won't want to miss - lots of interaction and history. Bring a drum if you have one!

Fri., Oct. 23

6:30 - 8 pm

\$55 / 1 session

Activity Room

Homemade Soap

16 yrs +

Bev Gibaldi

Learn how to blend nourishing oils, incorporate delightful scents and design beautiful soap bars that are safe for your skin and environmentally friendly. Bev will guide you through all the steps to make sure you go home with one batch of soap which is 12 bars of soap. Bring a tea towel to wrap the container of soap to take home and wear long sleeve shirt.

Wed., Oct. 14

6:30 - 8 pm

\$80 / 1 session

Riverlodge Kitchen

Sushi Set Pottery Night

16 yrs +

Shawny Metz

Create a one-of-a-kind sushi set in this fun and creative 3-hour pottery workshop! Participants will roll and texture clay slabs to craft a beautiful sushi set for two, including one small serving platter, two serving plates, two dipping dishes, and two chopstick holders. Once your pieces are complete, you'll finish your project by glazing your creations. If you prefer, you can choose from a selection of solid glaze colours and have the instructor professionally glaze your set for an additional \$21.

Tues., Nov. 17

6 - 9 pm

\$75 / 1 session – if instructor is glazing for you add \$21

upon registration

Pottery Room

Macrame Wall Hanging

16 yrs +

Paige Griffiths

If you're looking for an easy night of crafty and socializing, come join Paige for this relaxing evening of learning the art of macrame.

Wed., Oct. 14

7 - 9 pm

\$60 / 1 session

Meeting Room

Make a Mug Night

16 yrs +

Shawny Metz

If you've never tried pottery before, come out for a fun social night and learn how to create a decorative pottery mug. Shawny will have the mug ready, you will be making and placing the handle on it then using underglazes to make it your own.

Tues., Dec. 1

6 - 9 pm

\$70 / 1 session / includes clay and studio tools Pottery Room

Organic Soya Candles

16 yrs +

Bev Gibaldi

Create your own cozy ambiance with your own homemade candles. This class is perfect for beginners while Bev guides you through the process of making natural, eco-friendly candles. Discover the art of blending fragrances and pouring beautiful candles that suit your style and space.

Thurs., Dec. 3

6:30 - 8 pm

\$75 / 1 session

Riverlodge Kitchen

General Interest Programs / Workshops

Farmhouse Cheesemaking & Handmade Pasta Full Day Workshop

16 + yrs

Anke Botz

Discover the art of traditional food making in this full-day, hands-on workshop! Learn to make Farmhouse Cheddar, fresh ricotta, handmade ravioli, and sourdough bread from scratch using time-honoured techniques. Gain practical skills in cheesemaking, pasta making, and sourdough baking while learning about food safety, fermentation, aging, and storage. You'll leave with recipes, course notes, and the confidence to recreate these artisan foods at home. Take home your Farmhouse Cheddar (to finish pressing at home), fresh ricotta, handmade ravioli, prepared sourdough dough, and a cheesemaking kit including a cheese press, cheese mold, cultures, rennet, ravioli mold, Danish whisk, sourdough banneton, and recipe booklets. **Please bring: 6 L of fresh milk, bread flour, all-purpose flour, and salt.** A supply package with these ingredients is available for an additional \$30. Participants will also need pressing weights to finish the cheddar at home; a complete weight package is available for an additional \$70. Perfect for home cooks and food enthusiasts looking to learn artisan cheesemaking and traditional food skills. Registration deadline: October 2, to allow time for ordering supplies.

Sat., Oct. 17

9 am - 5 pm

Adult Fee \$85 / Workshop Supply Fee \$250 = \$335

Senior \$42 / Workshop Supply Fees \$250 = \$292

Optional Cheese Press (order before Oct. 2) / \$75

Optional Milk and Flour Supplies bought for you / \$32

Riverlodge Kitchen

Sports

Co-Ed Volleyball

19 yrs +

Be part of the action; join the volleyball league for fun and fitness. Get a team together and sign up your team now. Maximum number of teams is 10. Deadline to register is Sept. 11 by noon! Schedule will be provided to the captains two days prior to start date.

Mon., Sept. 21 - Dec. 7

7:15 - 10 pm

(no games Oct. 12 & 19)

\$212 / team / 10 sessions

Gym

Pickleball Clinic

16 yrs +

Amie Butterwick

Join Amie as he guides you through the rules and strategies of pickleball. The class is limited to 3 people at a time, so Amie can give you her undivided attention. Come learn about his popular growing group.

Sat., Oct. 24

10 am - 12 pm

\$21 / 1 session

Gym

See info on Disc Golf Tournament on pg 13

Christmas Workshop

Christmas Macrame and Pottery Ornaments

16 yrs +

Paige and Aaron Oakes

Get into the holiday spirit by creating beautiful handmade ornaments that will be treasured for years to come! In this festive workshop, you'll make a collection of unique Christmas ornaments using both macramé and clay. Learn the basics of macramé knotting to craft elegant hanging ornaments, then hand-build and decorate your own pottery ornaments using seasonal textures, stamps, and designs. No previous experience is necessary. Your pottery ornaments will be kiln-fired and ready for pickup later, just in time for holiday decorating or gift giving. All materials are included.

Mon. / Wed., Nov. 23 & 25

6 - 8:30 pm

\$65 / 2 sessions

Pottery Room

Hanging Christmas Planter

16 yrs +

Jane Cummings

Create a beautiful holiday hanging planter using a variety of fresh evergreen boughs, seasonal accents, and festive decorations. Jane will guide you to arrange and design a lush hanging basket that will add natural beauty and holiday charm to your front porch, patio, or entryway throughout the season.

No experience is necessary—all materials are provided, and you'll leave with a handcrafted planter ready to display or give as a thoughtful holiday gift.

Mon., Dec. 7

6:30 - 8:30 pm

\$95 / 1 session (supplies are included)

Pottery Room

Fresh Christmas Evergreen Wreath

16 yrs +

Jane Cummings

Enjoy a cozy, festive atmosphere surrounded by like-minded crafters, and leave with a beautiful wreath you can proudly display all season long. Whether you're a beginner or an experienced crafter, you'll receive personalized guidance and support throughout the workshop.

Tues., Dec. 8

6:30 - 8:30 pm

\$95 / 1 sessions / incl. supplies

Pottery Room

Fresh Christmas Lantern Centrepiece

16 yrs +

Jane Cummings

What a great time of the year to enjoy a beautiful fresh evergreen centrepiece for your Christmas dinner. Jane will supply everything; you just have to come and delight in the festivities and create your own centrepiece. Hot beverages and goodies may be in store!

Wed., Dec. 9

6:30 - 8 pm

\$95 / 1 session / supplies included

Pottery Room

Certificate Workshop Programs

Basic Emergency First Aid

12 yrs +

Tristen Rutsatz

This 8 hour course focuses on primary assessment emergencies – airway, breathing, and circulation which include bleeding, anaphylactic shock, etc. It provides an overview of emergency first aid and CPR techniques, including AED. Covers child, adult, and infant CPR. Participants must have their own one way valve pocket mask. Can be purchased at Riverlodge.

Sat., Oct. 24

9 am - 6 pm

\$153 / 12 - 14 yrs / 1 session

\$160 / 15 yrs + / 1 session

Activity Room



VOLUNTEER OPPORTUNITY

Want to help families get out in nature?

If you love the outdoors and organizing fun activities, volunteering with NatureKids BC could be a great fit for you!

FOR MORE INFORMATION

✉ coordinator@naturekidsbc.ca

(CHECK OUT OUR WEBSITE

🌐 www.naturekidsbc.ca



Kitimat Working Dog Society is a local non-profit that offers fun, inclusive dog sports for all breeds and skill levels. Explore scent detection, disc, agility, man tracking, and more with our welcoming community.



FROM SNIFFING TO SPRINTING 🐾 THERE'S A SPORT FOR EVERY DOG

SCENT DETECTION

SCENT DETECTION, ALSO KNOWN AS NOSE WORK OR SCENT WORK, IS A DOG SPORT WHERE DOGS ARE TRAINED TO LOCATE AND IDENTIFY SPECIFIC SCENTS, OFTEN IN A VARIETY OF ENVIRONMENTS, AND COMMUNICATE THEIR FINDINGS WITH THEIR HANDLER.



MAN TRACKING

MAN TRACKING IS A DOG SPORT WHERE DOGS FOLLOW A SPECIFIC PERSON'S SCENT TRAIL TO FIND THEM, USING BOTH GROUND AND AIRBORNE SCENT. IT'S A FUN, ENGAGING ACTIVITY THAT BUILDS TEAMWORK BETWEEN DOG AND HANDLER.



DISC

DISC IS AN EXCITING, FAST-PACED, FUN SPORT THAT ALL DOGS AND PEOPLE CAN ENJOY.

UPDOG HAS TAKEN THE BASIC GAME OF FETCH WITH A FLYING DISC AND EXPANDED IT TO A WHOLE BUNCH OF FUN GAMES!



AGILITY

DOG AGILITY IS A FAST-PACED SPORT WHERE HANDLERS GUIDE THEIR DOGS THROUGH OBSTACLE COURSES THAT TEST SPEED, ACCURACY, AND TEAMWORK. COURSES INCLUDE OBSTACLES LIKE JUMPS, TUNNELS, WEAVE POLES, AND CONTACT EQUIPMENT ARRANGED IN DIFFERENT SEQUENCES.



Perks of becoming a member

- 🐾 Early registration access to seminars, trials, and club days
- 🐾 Discounts on club days and trials
- 🐾 The right to vote on issues that are important to you

Annual membership costs

- 🐾 Individual: \$50
- 🐾 Family: \$75
- 🐾 Youth: \$50
Youth must be accompanied by an adult

Interested in becoming a member?

Or just have questions?

- ✉ Kitimatdogclub@gmail.com
- 📷 Find us on Instagram!
- 📘 Find us on Facebook!

We look forward to seeing you there this year with your dog

ALL DOGS WELCOME! BIG, SMALL, YOUNG & OLD 🐾 THERE'S FUN FOR EVERYONE!

Disc Golf Tournament

Hirsch Creek Park

Sat., Oct. 17

Sun., Oct. 18

Fee: \$25 cash on site

For more Information call Jason Cathers
at 250-615-7444.



Overnight camping available to
participants only

HAUNTED HOUSE

PRESENTED BY DANCE KITIMAT
AT RIVERLODGE RECREATION
CENTRE

Saturday, October 24



5 - 8PM

\$5 ENTRY



5 AND UNDER ARE FREE



HALLOWEEN HOWL & HAUNTED HOUSE

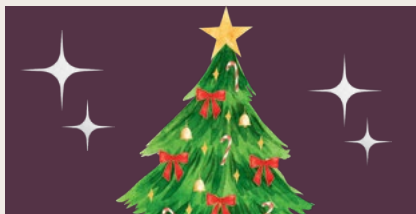
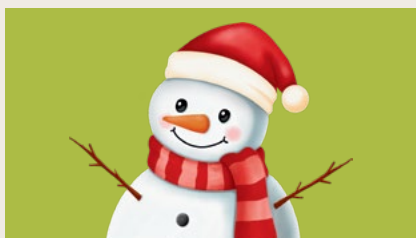
@ Riverlodge Recreation Centre
SUNDAY, OCTOBER 25

2-2:30PM - PRESCHOOLER/SENSORY TIME

2:30-4PM - HOWL & HAUNTED HOUSE

ENTRY BY FOOD DONATION
AT THE DOOR





CHRISTMAS CRAFT FAIR

@ RIVERLODGE RECREATION CENTRE

FRIDAY, NOVEMBER 6

5:00-8:30PM

SATURDAY, NOVEMBER 7

10:00AM – 3:30PM

Entry Fee: Adults-\$4 Seniors/Students-\$3
Child under 5-Free



GINGERBREAD Challenge

**Please
Register!**



Only Rule - $\frac{3}{4}$ Must be made from Gingerbread

Categories; Child - Adult - Group - Organization - Business - School Classroom

DROP OFF DATE FRIDAY, DECEMBER 4 9AM-9PM

CONTEST WINNERS ANNOUNCED FRIDAY, DECEMBER 11 @ 4PM

ALL DISPLAYS WILL NEED TO BE PICKUP BY CLOSING ON DEC. 11

2026 Annual Collection Calendar



KITIMAT
A Marvel of Nature and Industry

JANUARY

Mon	Tue	Wed	Thur	Fri
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

FEBRUARY

Mon	Tue	Wed	Thur	Fri
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27

MARCH

Mon	Tue	Wed	Thur	Fri
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

APRIL

Mon	Tue	Wed	Thur	Fri
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

MAY

Mon	Tue	Wed	Thur	Fri
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

JUNE

Mon	Tue	Wed	Thur	Fri
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

JULY

Mon	Tue	Wed	Thur	Fri
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

AUGUST

Mon	Tue	Wed	Thur	Fri
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

SEPTEMBER

Mon	Tue	Wed	Thur	Fri
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

OCTOBER

Mon	Tue	Wed	Thur	Fri
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

NOVEMBER

Mon	Tue	Wed	Thur	Fri
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

DECEMBER

Mon	Tue	Wed	Thur	Fri
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	



Food waste pick-up
(max. 1 container).

Alternating weeks for garbage and recycling pick-up.



Garbage collection
(max. 2 containers).



Recycling collection
(no container limit).

Yard waste pick-up seasonally
May to November
(max. 6 containers).



If your garbage, recycling, and food waste collection day is Tuesday or Thursday, your yard waste is collected on days noted with a green leaf.



If your garbage, recycling, and food waste collection day is Wednesday or Friday, your yard waste is collected on days noted with a maple leaf.

Dec 25th & Jan 1st routes will be collected on Dec 24th and Dec 31st



RECYCLEBC

Visit www.kitimat.ca/WayLessWaste



Simply Sort-it.

Kitimat 50+ Society

We've Got A Lot Going On!

658 Columbia Ave. V8C 1V5 (beside Riverlodge)

250-632-3405 • Kitsca@citywest.ca • Website: Kitimat50society.com • Facebook: [Kitimat 50+ Society Centre](https://www.facebook.com/Kitimat50+SocietyCentre)

This is a very busy place! We have dozens of ongoing games, and activities, special events, workshops, and guest speakers, as well as delicious lunch every month. Our Centre is also a place where seniors can just hang out and mingle. At the Kitimat 50+ Society, we strive to create a positive, safe environment where seniors can feel welcome and have fun. Membership is just \$25 per year, and you can try any activities at the 50+ Centre three times before buying a membership. All programs at Riverlodge are for seniors age 50+ only and require a paid membership.

Programs at the 50+ Centre are open to members of all ages.

Ongoing Activities

Chess
Bingo
Bridge
Canasta
Whist
Crib
Sueca
Mahjong
Mexican Train
Book Club
Crafts
Sing Along
Ukulele
Tai Chi
Yoga
Chair Exercise
Line Dancing
Carpet Bowling
Table Tennis
Pickleball

SENIORS' CENTRE DAILY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.	SUNDAY
Tai Chi 7 am	Tai Chi 7 am	Tai Chi 7 am	Tai Chi 7 am	Tai Chi 7 am		
Co-Ed Pickleball 8 am	Sunrise Yoga Table Tennis 8:30 am	Co-Ed Pickleball 8 am	Sunrise Yoga Table Tennis 8:30 am	Co-Ed Pickleball 8 am		Sunrise Yoga 9:30 am
Chess Book Club 10:30 am <i>Once a month</i>	Ladies Pickleball 9 am	Chair Exercise 11 am	Ladies Pickleball 9 am	Chess Line Dancing 10:30 am		
Sueca 12:15 pm	Sueca 12:15 pm	Sueca 12:15 pm	Sueca 12:15 pm	Sueca 12:15 pm		
Crib 1 pm	Canasta 1 pm	Mahjong 1 pm	Crafts Whist 1 pm			Canasta 1 pm
	Carpet Bowling 1 pm Sing Along 1:30 pm	Chess 6:30 pm	Carpet Bowling 1 pm	Ukulele 12:30 pm		
Bridge 6:30 pm	Bingo 6 pm					Mexican Train 6:30 pm

President's Message

Welcome from the President

On behalf of the Board of Directors and our members, welcome to the Kitimat 50+ Society. My name is Mary-Ellen Proctor, and I am proud to serve as President. The Kitimat 50+ Society is a welcoming, inclusive, and active community where adults build friendships, stay active, learn new skills, and enjoy a variety of recreational, educational, and social opportunities. Whether you enjoy fitness programs, pickleball, line dancing, book club, creative activities, card games, computer assistance, special events, or simply a cup of coffee and good conversation, there's something for everyone. Please note that programs held at Riverlodge are restricted to Society members 50 years of age and older. Membership in the Kitimat 50+ Society is open to everyone 19 years of age and older who shares our vision of friendship, lifelong learning, volunteerism, and community involvement. Whether you're new to Kitimat, recently retired, or simply looking to get involved, we invite you to visit, explore our programs, and discover all the Kitimat 50+ Society has to offer. We look forward to welcoming you!



Mary-Ellen Proctor

President

Kitimat 50+ Society

Building friendships, promoting active living, and strengthening our community — together.

Way Less Waste – Recycling Program Update & Landfill Tour

Join us for an informative update on the Way Less Waste recycling program and learn more about the changes taking place at our local landfill. This session will provide an opportunity to discover how our waste management practices are evolving, what improvements have been made, and how our community can continue working together to reduce waste. Following the presentation, participants will have the opportunity to take a guided tour of the landfill upgrades and see firsthand the changes being implemented. Come learn, ask questions, and find out how you can be part of creating a more sustainable future for our community.

Wed., Sept. 23

10:30 am
50+ Society Centre

iPhone Photo Management Workshop

Is your iPhone running out of storage or are your photos becoming difficult to find? Join us to learn simple tips and tricks for organizing, managing, and freeing up space on your iPhone while keeping your favourite memories safe. This hands-on workshop is perfect for anyone who wants to feel more confident using their iPhone and making the most of their photo library.

Thurs., Oct. 8

10:30 am
50+ Society Centre

BINGO!!

Mark your calendar for every Tuesday and join us for a fun-filled evening of bingo with great company! Everyone is welcome 19 years and older so bring your friends, family, and neighbours for an enjoyable night out. Enjoy exciting bingo games, a 50/50 draw, and our progressive pot with the chance to take home some great prizes. Whether you are a regular player or new to bingo, you are sure to have a great time in a welcoming and social atmosphere. Make a night out of it, bring your lucky charm, grab your bingo cards and join us every Tuesday for an evening of fun, friendship, and excitement!

Tues., Sept. 8 -

Doors open at 5 pm games start 6 pm 50+ Society Centre

Christmas Dinner and Dance

Join us on December 10th for one of our favourite events of the year! Enjoy a delicious meal, festive entertainment, great company, and lots of fun prizes throughout the evening and a 50/50 draw. Bring your holiday spirit and come celebrate the season with friends old and new! Enjoy fun entertainment, laughter, and a chance to relax and enjoy the festive atmosphere. This is a wonderful opportunity to connect with fellow members and share in the joy of the holiday season.

Thursday, December 10th (time to be determined)

Royal Canadian Legion

Centre Christmas Concert

Celebrate the joy of the season at our annual Christmas Concert at the Centre! This festive event features entertaining skits, live music, spoken presentations, and delicious refreshments, all presented by some of our talented community members. Gather with friends, enjoy the holiday spirit, and share in an afternoon of entertainment, and community as we celebrate the Christmas season together. Everyone is welcome to join us for this special holiday tradition!

Wed., Dec. 16

1 pm
50+ Society Centre

Meet the Candidates

With municipal elections taking place this year, we invite you to join us for a special opportunity to meet the candidates and learn more about their vision for our community. Candidates will be invited to join us for a lunch gathering where they can share their goals, priorities, and what they hope to accomplish if elected. This is a great opportunity to hear directly from those seeking to represent our community, ask questions, and learn more about the issues that matter to you. Come enjoy a meal, connect with fellow members, and take part in this important community conversation. Limited seating, reservations will be required. Call the Centre for more information.

Thurs., Oct. 8

12 pm
50+ Society Centre

Chess Club

Enjoy the challenge and fun of chess in a friendly, relaxed atmosphere. Whether you are an experienced player or new to the game, everyone is welcome to join. Come enjoy a game, improve your skills, and meet others who share an interest in chess. On Wednesday's evenings, junior players are also welcome to enjoy a game of chess. Bring your curiosity and a willingness to play!

Bring your enthusiasm and join us for a great opportunity to keep your mind sharp. Please let us know you'll be attending.

Mon.

10:30 am

Wed.

6 pm

50+ Society Centre

Pickleball

Pickleball is a great exercise, providing mental and physical release. Pickleball is an event in the BC 55+ games! Come join the fun.

Mon., Wed., Fri.

8 - 10:30 am

Ladies Only: Tues., Thurs.

9 - 11 am

Jim Linton Gym

Chair Exercise

Chair yoga is for everyone at any fitness level! The health benefits of this exercise program are endless. Come and join this fun group as a great start to a fitness routine.

Wed.

11 am

50+ Society Centre

Table Tennis

Table tennis is a great way to socialize while having some friendly competition. It engages your mind and keeps your body in shape. Table Tennis is a sporting event at The 55+ BC Games! Come try it out today.

Tues. & Thurs.

8:30 - 10:30 am

Activity Room

Carpet Bowling

Come join us for a fun and social game of carpet bowling! This enjoyable activity is a great way to keep moving, stay active, and enjoy some friendly competition in a relaxed atmosphere. Staying connected and socializing with others is an important part of maintaining a healthy and active lifestyle. Whether you are an experienced player or trying it for the first time, everyone is welcome to participate and have fun.

Tuesdays and Thursdays

1 pm

Joanne Monaghan Room

Tai Chi

Tai Chi's meditation in motion, is an ancient Chinese tradition based in martial arts that is now a popular low-impact exercise involving slow movements and breath. Tai chi provides mental, physical, and emotional benefits.

Mon. to Fri.

7 am

Joanne Monaghan Room

Afternoon Games

Join us for a fun afternoon of board games and good company! The games are easy to learn, so everyone can join in, whether you've played before or not. We keep things relaxed, with plenty of laughs along the way. If you don't know how to play, no worries – we'll teach you! The group decides what will be played and when the next gathering will be. The group will be starting late September, call the Centre for start date.

Mahjong

Mahjong is a game of skill, strategy, calculation, and chance. Mahjong is played with various sets of tiles and often involves interesting patterns. Everyone is welcome. Instruction can be provided.

Wed.

1 pm

50+ Society Centre

Craft Corner

This crafty bunch is willing to try anything! We've tried weaving, sewing, embroidery, crochet, needle and wet felting. We repurpose items into beautiful art, and we'll paint on anything! All you need is a willingness to try. The fun is in the making! Supplies provided.

Thurs.

1 pm

Drop-In

50+ Society Centre

Book Club

Join us monthly to chat in depth about our latest read. We always have insightful conversations and a few laughs. The Kitimat Public Library assists us in borrowing Book Club Kits. We have some basic rules to keep us on track but otherwise it is a fairly informal group. Discussion date may change depending on arrival of monthly selection. Call the centre for more information.

Meets on one Monday per month 11 am
50+ Society Centre

Sing Along

We rotate between singing at the 50+ Centre, Delta King Place and Mountainview Lodge. We sing for happiness, not perfection. Call the centre for more information.

Tues. 1:30 pm
50+ Society Centre

Ukulele Group

Ukulele is easy to learn. The Ukeladies and Laddies are a welcoming group of musicians who play for the joy of it. We have ukuleles to lend.

Fri. 1 - 3 pm
50+ Society Centre

Sunrise Yoga

Yoga is a mind and body practice that can build strength and flexibility. Yoga offers physical and mental health benefits, regardless of your age or level of yoga expertise. Join a relaxed group and enjoy the benefits of regular yoga practice. Bring your mat, strap or belt, blanket and follow our video instructors.

Tues. & Thurs. 8:30 am
Sun. 9:30 am
50+ Society Centre

Mexican Train

Mexican Train is a domino game where players aim to build the longest possible continuous path of end matching tiles. Bring your strategic planning skills!

Sun. 6:30 pm
50+ Society Centre

Crib

We have an active Cribbage community at the seniors' center, and we are always welcoming to new players. Another opportunity to keep your mind active.

Mon. 1 pm
50+ Society Centre

Canasta (Hand and Foot)

Canasta is a melding card game that encourages strategic planning and collaboration. The intricate rules keep the mind active, while the teamwork promotes social bonding. Join our dedicated group for this enjoyable card game.

Tues. & Sun. 1 pm
50+ Society Centre

Chess

Chess is one of the oldest and most popular games in the world. Whether you have experience or not, it's never too late to learn to play chess.

Mon. - Fri. 10:30 am
50+ Society Centre

Bridge

Join our bridge group for some brain fitness and social interaction. It may be thrilling when you win and humbling when you don't. It will never be boring.

Mon. 7 pm
50+ Society Centre

Whist

Whist is a partners game. The object is to win as many tricks as possible to reach five points. Our whist group is very welcoming and eager to teach new players the game.

Thurs. 1 pm
50+ Society Centre

Line Dancing

Join our weekly dance group where we dance to all different genres of music! Line dancing has been said to increase flexibility, muscular strength, and lung capacity and coordination. Come try it out and have some foot stomping fun! Age 50+.

Fri. 10:30 am
Joanne Monaghan Room

Centre Luncheon

We serve an inexpensive, homemade lunch once per month that includes drinks and dessert. Meet your friends or come out and make some new ones! Contact the Centre for dates. Registration required.

12 pm
50+ Society Centre

Looking for a great Christmas Gift?

How about a membership to the Kitimat Seniors' Centre for that older adult in your life!

It's a gift of friendship, learning, and lots of fun that lasts all year long! Only \$25! Come do your Christmas shopping at the Centre today.



FIRE SAFETY TIPS



SMOKE ALARMS:

INSTALLATION

1. SMOKE ALARMS SHOULD BE INSTALLED IN EACH BEDROOM, OUTSIDE EACH SLEEPING AREA AND ON EVERY FLOOR OF THE HOME.
2. TO AVOID FALSE ALARMS, INSTALL SMOKE ALARMS AT LEAST 10 FT FROM COOKING APPLIANCES.
3. MOUNT SMOKE ALARMS HIGH ON WALLS/CEILINGS SINCE SMOKE RISES.
4. **DO NOT** INSTALL SMOKE ALARMS NEAR WINDOWS, DOORS, OR DUCTS WHERE DRAFTS MIGHT INTERFERE WITH THEIR OPERATION.
5. **NEVER** PAINT SMOKE ALARMS, THIS CAN CAUSE THEM TO NOT WORK.



TESTING

1. SMOKE ALARMS SHOULD BE TESTED AT LEAST ONCE A MONTH.
2. SMOKE ALARM BATTERIES SHOULD BE REPLACED ONCE A YEAR.
3. PEOPLE WHO ARE HARD-OF-HEARING OR DEAF CAN USE SPECIAL ALARMS. THESE ALARMS HAVE STROBE LIGHTS AND BED SHAKERS.
4. REPLACE ALL SMOKE ALARMS WHEN THEY ARE 10 YEARS OLD.

CARBON MONOXIDE ALARMS:

1. CO ALARMS SHOULD BE INSTALLED OUTSIDE EACH SLEEPING AREA, ON EVERY LEVEL OF THE HOME, AND IN OTHER LOCATIONS WHERE REQUIRED.
2. TEST CO ALARMS AT LEAST ONCE A MONTH, REPLACE THEM ACCORDING TO THE MANUFACTURER'S INSTRUCTIONS.
3. IF THE AUDIBLE TROUBLE SIGNAL SOUNDS, CHECK FOR LOW BATTERIES. IF THE BATTERY IS LOW, REPLACE IT. IF IT STILL SOUNDS, CALL THE FIRE DEPARTMENT.
4. IF THE CO ALARM SOUNDS, **IMMEDIATELY** MOVE TO A FRESH AIR LOCATION OUTDOORS OR BY AN OPEN WINDOW OR DOOR. CALL FOR HELP FROM A FRESH AIR LOCATION AND STAY THERE UNTIL EMERGENCY PERSONNEL ARRIVE.
5. **DO NOT** WARM UP YOUR VEHICLE IN YOUR GARAGE AS IT CAN CAUSE A BUILD UP OF CO.
6. DURING AND AFTER A SNOWSTORM, MAKE SURE VENTS FOR THE DRYER, FURNACE, STOVE, AND FIREPLACE ARE CLEAR OF SNOW BUILD-UP.
7. GAS OR CHARCOAL GRILLS CAN PRODUCE CO - ONLY USE THEM OUTSIDE.

LI-ON BATTERY SAFETY:



1. KNOW THE PRODUCTS IN YOUR HOME THAT CONTAIN BUTTON BATTERIES.
2. CHECK REGULARLY THAT BUTTON BATTERY COMPARTMENTS ARE SECURE.
3. ALLOW BATTERIES TO COME TO ROOM TEMPERATURE BEFORE CHARGING.
4. NEVER ATTEMPT TO CHARGE A BATTERY IN BELOW FREEZING TEMPERATURES.
4. USE THE CHARGER THAT CAME WITH YOUR DEVICE. DO NOT USE UNCERTIFIED CHARGERS.
5. DO NOT CHARGE YOUR DEVICE ON SOFT SURFACES, SUCH AS A COUCH OR BED, AS THESE CAN TRAP HEAT AROUND THE BATTERY.
6. DO NOT EXCEED THE RECOMMENDED CHARGING TIME.
7. LI-ON BATTERIES FROM UNRECOGNIZED BRANDS OR MARKETPLACES (3RD PARTY) MIGHT BE SUBSTANDARD, COUNTERFEIT OR POORLY MANUFACTURED.

DRYER SAFETY:

1. THE MAIN CAUSE OF DRYER FIRES IS FAILURE TO CLEAN.
2. HAVE YOUR DRYER INSTALLED AND SERVICED BY A PROFESSIONAL.
3. DO NOT USE THE DRYER WITHOUT A LINT TRAP.
4. MAKE SURE YOU CLEAN THE LINT FILTER BEFORE OR AFTER EACH LOAD OF LAUNDRY. REMOVE LINT THAT HAS COLLECTED AROUND THE DRUM.
5. MAKE SURE THE AIR EXHAUST VENT PIPE IS NOT RESTRICTED AND THE OUTDOOR VENT FLAP WILL OPEN WHEN THE DRYER IS OPERATING.
6. ONCE A YEAR, OR MORE OFTEN IF YOU NOTICE THAT IT IS TAKING LONGER THAN NORMAL FOR YOUR CLOTHES TO DRY, CLEAN LINT OUT OF THE VENT PIPE OR HAVE A DRYER LINT REMOVAL SERVICE DO IT FOR YOU.
7. TURN THE DRYER OFF IF YOU LEAVE HOME OR WHEN YOU GO TO BED.



Fitness & Yoga Classes

Food, Friends and Fitness

Cheri Demelo

Kick off your fall fitness routine by joining your favourite class or trying something new! Class format will be Mon. / Wed., Walk & Stretch and Tue., AM Keep Fit. Enjoy the benefits of movement, community, and giving back.

Admission is a non-perishable food bank donation.

Mon. / Wed., Sept. 21, 23

10 - 11 am

Tues., Sept. 22

9:15 - 10 am

Joanne Monaghan Room

Walk & Stretch

Cheri Demelo

Move, Breathe and Feel Better – One step at a time! This class begins with walking while using resistance equipment to strengthen your upper body and ends with full body stretching to help increase range of motion and flexibility.

Mon., Oct. 26 - Dec. 7

10 - 11 am

\$56 / 7 sessions

Joanne Monaghan Room

Wed., Nov. 4 - Dec. 9

10 - 11 am

(no class Nov. 11)

\$40 / 5 sessions

Joanne Monaghan Room

AM Keep Fit

Cheri Demelo

A full body workout that will leave you feeling stronger, healthier, and more energized. This low impact class consists of aerobics and muscle conditioning segments to improve your overall fitness.

Tues., Oct. 13 - Dec. 8

9:15 - 10 am

(no class Oct. 20)

\$64 / 8 sessions

Joanne Monaghan Room

Thurs., Nov. 5 - Dec. 10

9:15 - 10 am

(no class Nov. 26)

\$40 / 5 sessions

Joanne Monaghan Room

Mindful Monday

Cori Boguski

This class blends the core-strengthening focus of Pilates with the flexibility, balance and mindfulness of yoga. Through moves that strengthen and stretch with breathwork to support focus and relaxation. This class will leave you feeling balanced and refreshed.

Set 1: Mon., Sept. 21 - Oct. 5

7 - 8 pm

\$36 / 3 sessions

Activity Room

Set 2: Mon., Oct. 26 - Dec. 7

7 - 8 pm

(no class Nov. 9)

\$72 / 6 sessions

Activity Room

Women on Weights Small Group Training

Joanne Mueller

Build strength and confidence in this supportive small group training class in the weight room designed specifically for women. NO DROP INS ACCEPTED.

Beginner

Wed. / Fri., Oct. 7 - 28

6:30 - 7:30 pm

\$112 / 7 sessions

Weightroom

Intermediate

Wed. / Fri., Nov. 18 - Dec. 11

6:30 - 7:30 pm

\$128 / 8 sessions

Weightroom

Pelvic Floor and Core

Cori Boguski

This class focuses on improving both pelvic floor function and core strength through a combination of gentle stretches, muscle activation techniques, and strengthening exercises. Take the first step to build stability, prevent injury, and support your body's natural alignment to get a more balanced stronger you!

Set 1: Wed., Sept. 16 - Oct. 7

6:15 - 7 pm

(no class Sept. 30)

\$24 / 3 sessions

Joanne Monaghan Room

Set 2: Wed., Nov. 4 - 25

6:15 - 7 pm

(no class Nov. 11)

\$24 / 3 sessions

Joanne Monaghan Room

Lunchtime Half Hour Hustle

Cheri Demelo

This 30-minute tabata class is the perfect midday energy boost to help you power through the rest of your day, leaving you feeling stronger, refreshed, and ready to tackle the afternoon.

Mon. / Thurs., Nov. 2 - 23

12:15 - 12:45 pm

\$56 / 7 sessions

Joanne Monaghan Room

Yoga Classes

Strength Yoga with Tai Chi

Amber Chao

This program offers a thoughtfully designed workout that combines effective physical exercise with yoga and Tai Chi techniques. Each session includes relaxation, meditation, breathing exercises, and Asanas, leaving participants feeling both physically energized and mentally at peace.

Wed., Nov. 4 - Dec. 16

6:30 - 7:45 pm

(no class Nov. 11)

\$96 / 6 sessions

Activity Room

Spin and Aquatic Fitness Classes

Spin Classes

All spin classes are adaptable to all fitness levels. You control the resistance and pace to suit your ability while still enjoying the groups energy.

Rhythm Ride

Angela Pace

Let the music drive your ride. Build lower-body strength and improve cardiovascular fitness in this high-energy spin class.

Set 1: Mon., Sept. 28 - Nov. 2
(no class Oct. 12)

5:30 - 6:15 pm

\$40 / 5 sessions

Set 2: Mon., Nov. 9 - Dec. 7

5:30 - 6:15 pm

\$40 / 5 sessions

AM Cycle

Tony Pace

Stay active, strong, and energized while improving cardiovascular fitness, joint mobility, and endurance in a safe, supportive environment. Enjoy great music, movement, and motivation.

Set 1: Thurs., Oct. 1 - 29

9:30 - 10:15 am

\$40 / 5 sessions

Set 2: Thurs., Nov. 5 - Dec. 10

9:30 - 10:15 am

\$48 / 6 sessions

Spin Fusion

Cori Boguski

This class combines indoor cycling with off-bike strength and core training for a total-body workout. Enjoy high-energy cardio on the bike, then move to the floor for strength, toning, and flexibility.

Wed., Oct. 14 - 28

7:15 - 8 pm

\$24 / 3 sessions

Tabata Spin

Cori Boguski

Get your heart pumping and your legs moving in this high-energy indoor cycling class. On and off the saddle tabatas will challenge your limits and leave you feeling stronger.

Wed., Dec. 2 - 16

7:15 - 8 pm

\$24 / 3 sessions

Aquatic Fitness Classes

Shallow Water

Shari Pereira

This water based low-impact fitness class is a fun, full-body workout perfect for improving cardiovascular health, muscle endurance, flexibility, and balance – all while reducing stress on the joints. This class uses the natural resistance of water along with various equipment to tone muscles and boost the heart rate.

AM Classes

Mon., Oct. 5 - Dec. 14

9:10 - 10 am

(no class Oct. 12)

\$80 / 10 sessions

Wed., Oct. 7 - Dec. 16

9:10 - 10 am

(no class Oct. 14, Nov. 11)

\$72 / 9 sessions

Fri., Oct. 9 - Dec. 18

9:10 - 10 am

(no class Oct. 16)

\$80 / 10 sessions



DROP IN RATES

FITNESS/SPIN/AQUAFIT

ADULT \$9.50
SENIOR \$4.75
STUDENT \$7.60

STRENGTH YOGA WITH TAI CHI

ADULT \$19
SENIOR \$9.50
STUDENT \$15.20

MINDFUL MONDAY

ADULT \$14
SENIOR \$7
STUDENT \$11.20

The following qualify for a subsidy:
IAFF • Rio Tinto Retirees • District of Kitimat • Pyrotek

Information for dog owners



Dogs over four months of age need a dog license, available from the Kitimat Municipal Hall or the Kitimat Community Humane Society



Always clean up after your dog and do not leave dogs unattended in public places



Here's where you can let your dogs be off-leash:

- Kuldo Dog Park
- Dyke Road
- Forest Avenue
- Hirsch Creek Park* and Hirsch Creek North Trail

* Certain sections as marked



All animal control services are provided by the Kitimat Community Humane Society.

Animal Control Officer: 250-639-6297

www.kitimat.ca/issues



KITIMAT

ROCK WALL ROMPER ROOM



OPEN EVERYDAY

8:30AM - 9:30PM

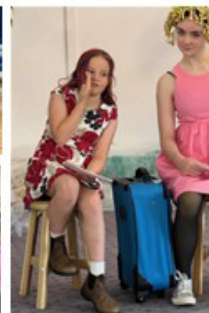
Anyone under the age of 18yrs must have a signed consent form by their parent/guardian.

Youth 15yrs and under must be accompanied by an adult 19yrs and older

KITIMAT ARTS FOR YOUTH

KAFY supports all fine arts programming for youth—band, dance, spoken word, visual arts, performing arts camps, music basics, scholarships and awards.

For more information, email
kitimatartsforyouth@gmail.com





Kitimat Champion Taekwondo



Fall Classes Start:
Wed., Sept. 9th

Mon., Wed., Fri., 7:30 - 8:30pm
Joanne Monaghan Room, Riverlodge



	7-17yrs.	18+ yrs.
Full Year: Sept. - Apr.	\$260	\$400
Half Year: Sept. - Dec.	\$175	\$260
Jan. - Apr.	\$175	\$260

Head Instructor
Master Ian Auton (4th Dan)

Assistant Instructor
Jeremy Toews (3rd Dan)

For Information Call: 250-632-6326 or 250-407-2251

A new way to support your local business



Keep It Local Kitimat is a buy local initiative by the Kitimat Chamber of Commerce and the District of Kitimat that promotes the value of keeping our dollars within the Kitimat economy. Kitimat is home to more than 760 registered businesses. Every local purchase helps sustain the entrepreneurs who invest in our community every day.

** Participants must have a valid District of Kitimat business licence*

What's in it for you

- Promotion of local businesses through Facebook & Instagram
- Spotlight on products, services, and in-store experiences
- Support for activating vacant and underused commercial spaces
- Option to be featured on the BC Buy Local website
- Join a community-wide effort to promote spending local

Get with our program

- E-mail edo@kitimat.ca to learn more and find out how to get your business promoted through this program.
- xá'isla members can also reach out to info@yaqwadevcorp.com for details.



**KITIMAT
CHAMBER
OF COMMERCE**

22¢

of each dollar spent
circulates into
wages/benefits to B.C.
employees



4¢

of each dollar goes to
local charitable causes

8x

the economic impact
locally compared to
buying from
multinational
corporations.

66%

of every dollar stays in
the community



[/keepitlocalkitimat](https://www.facebook.com/keepitlocalkitimat)

[/keepitlocalkitimat](https://www.instagram.com/keepitlocalkitimat)





KITIMAT Karate Club

SHITO - RYU / RENSHIKAN KARATE - DO

Youth Classes

(9 - 12 years)

Mon. and Wed.

6 - 7 pm

St. Anthony's Gymnasium

\$180 / semester

(September - December)

Begins: Mon. Sept. 14



Teen & Adult Classes

(13 years +)

Mon. and Wed.

7:30 - 9 pm

St. Anthony's Gymnasium

\$250 / semester

(September - December)

Begins: Mon. Sept. 14

For more information contact Paul Silvestre:



250-639-9322



Kitimat Karate Club

Newcomers to any level are invited to try the first week of classes in September FREE!

Gymnasium, Weight & Cardio Room Schedule

Fall Gymnasium Schedule

September 8 - December 18, 2026 (closed Sept. 30, Oct. 12, Nov. 11)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:30 am - 12:30 pm Parent & Tot Open Gym			11:15 am - 1:15 pm Parent & Tot Open Gym	10:30 am - 12:30 pm Parent & Tot Open Gym	
			1 - 2:30 pm Parent & Tot Open Gym		1 - 4:30 pm Open Gym	
2 - 5:30 pm Open Gym		3:30 - 5 pm Open Gym	2:30 - 5 pm Open Gym	3:30 - 5 pm Open Gym		1:30 - 5:30 pm Open Gym
5:30 - 7:30 pm Everyone Welcome Racquet Sports		5:15 - 7 pm Roller Derby *Starts Oct. 6		5:15 - 7 pm Roller Derby *Starts Oct. 8	Schedule is subject to change. Call Riverlodge at 250-632-8970 to confirm times.	
7:30 - 9:30 pm Everyone Welcome Badminton	7 - 10 pm Co-ed Volleyball League see pg. 11	7:30 - 9:30 pm Everyone Welcome Racquet Sports	7 - 9 pm Everyone Welcome Pickleball		7 - 9 pm Drop In Soccer	7:30 - 9:30 pm Drop In Basketball
WEIGHT AND CARDIO ROOM HOURS						
8:30 am - 9:30 pm	6 am - 9:30 pm	6 am - 9:30 pm	6 am - 9:30 pm	6 am - 9:30 pm	6 am - 9:30 pm	8:30 am - 9:30 pm
Weight and Cardio rooms are open to those 16 years or older. Youth 13 to 15 years must be accompanied by an adult 19 years or older. Note: Reduced hours on craft fair dates.						
ADMINISTRATION HOURS 8:30 AM - 9:30 PM DAILY.						



FREE COMMUNITY SWIMS & SKATES

WELCOME BACK SWIM!

OCTOBER 3

2 - 4PM

OCTOBER 14

6 - 8PM

OCTOBER 23

2 - 4PM

NOVEMBER 14

2 - 4PM

DECEMBER 23

2 - 5PM

NOVEMBER 27

1 - 3PM

WINTER WONDERLAND SKATE

DECEMBER 20

1 - 4PM



GENEROUSLY SPONSORED BY

LNG CANADA
Opportunity for British Columbia. Energy for the world

Tamitik Jubilee Sports Complex

TAMITIK JUBILEE SPORTS COMPLEX



250-632-8955



SAM LINDSAY AQUATIC CENTRE

Main pool, leisure pool, lazy river, water park, water slide, whirlpool, co-ed sauna, 1m diving board, tot slide, pool toys, exercise area, handicap lift, disabled friendly & accessible and universal change rooms.

TAMITIK ARENA

Ice surface 29m X 63m, seating capacity 2,052, concession, 4 dressing rooms and 1 female dressing room, 170m indoor walking track, arena floor private rentals (ice or dry), pickleball, lacrosse, in-line & ball hockey, and roller derby



KITIMAT ICE RINK

Ice surface 26m X 57m, seating capacity 600, 4 dressing rooms and 1 female dressing room, private rentals, skate rentals

FITNESS AREA

Equipped with rubberized flooring, medicine balls, resistance tubing, hand weights, rowing machine, stationary & recumbent bike, elliptical, and treadmill.



GEORGE THOM MEETING ROOM

90 person capacity (28" X 22.5")

Tamitik Jubilee Sports Complex

Roller Derby – Coastal Crushers

16 yrs +

Leah McCormick

Join the Coastal Crushers to learn how to skate on quad skates, the ins and outs of playing flat track roller derby, how to improve your fitness on & off skates, and so much more! Never tried roller derby and want to see what it's all about? Join us for our free sessions on Oct. 6, 8, 13, 15. No experience needed – we'll provide the gear and guidance to get you rolling.

Tues. / Thurs., Nov. 10 - Dec. 17

5:15 pm

\$40 / 12 sessions

Riverlodge Gymnasium



Glow & Flow – A Night of Mindful Movement & Relaxation

18 yrs +

Janie Pelletier

Join us for a unique evening of tranquility, movement and rejuvenation at the pool! Begin your evening with gentle guided meditation and yoga led by Janie Pelletier. Finish the evening with a private pool session featuring a deep stretch and unwind in the hot tub, sauna or peaceful float! Learn how to manage stress through mindfulness practice and leave your session feeling grounded, recharged and glowing from the inside out! Light refreshments included. **Registration deadline is Sept. 28 at 4 pm.**

Sat., Oct. 3

6 - 9 pm

\$60 / 1 session

George Thom Room / Sam Lindsay Aquatic Centre

NID Day Kids Camps

6 - 12 yrs

Looking for something fun, active, and engaging for your child on school non-instructional days? Our NID Day Camp is the perfect solution! Each camp is packed with games, crafts, and outdoor adventures that keep kids busy, social and smiling all day long!!

Fri., Sept. 25

8:30 am - 3:30 pm

Fri., Oct. 23

8:30 am - 3:30 pm

Fri., Nov. 27

8:30 am - 3:30 pm

\$45 / session

Mini Mitts

3 - 5 yrs

Gia Whelan / Terry Whelan

Kitimat Leisure Services has developed a hockey program for your preschooler. This program is designed to introduce your little one to the sport of hockey. The focus is on skill development in a fun supportive environment. Players must be able to skate on their own. Helmet, with full face cage, gloves and stick required. Full hockey gear is optional. **Registration deadline is Oct. 3 at 4 pm.**

Fri., Oct. 9 - Dec. 11

4 - 4:45 pm

\$50 / 10 sessions

Tamitik Arena



Adult Beginner Hockey

18 yrs +

New to hockey or looking to build confidence on the ice? Our Introduction to Hockey program is designed specifically for adults (18+) with little to no experience. Learn the fundamental skills of skating, puck handling, passing, and shooting in a supportive, non-competitive environment. **Registration deadline is Sept. 28 at 4 pm.**

Sun., Oct. 4 - Dec. 13 (no class Oct. 11)

4:30 - 5:45 pm

\$150 / 10 sessions

Tamitik Arena



STREAMING LIVE & ON DEMAND

SAVE 10% PROMO CODE: tam1-kir2

Kitimat Ice Rink

Kitimat Ice Rink Schedule

October 5 - December 18, 2026

Closed Oct. 12 & Nov. 11 (Private Rentals Available)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Parent & Tot Skate 11 am - 1 pm	-	Parent & Tot Skate 11 am - 1 pm	
Family Soft Puck Shinny 2:15 - 3:30 pm	Ice Maintenance 8 am - 4 pm	Everyone Welcome Skate 1:30 - 2:30 pm		Everyone Welcome Skate 1:30 - 2:30 pm		Everyone Welcome Skate 1 - 3 pm
Youth Hard Puck Shinny 3:45 - 5:15 pm		Figure Skating 4:30 - 6:30 pm				Family Soft Puck Shinny 3:15 - 4:30 pm
Everyone Welcome Skate 5:30 - 7:30 pm	Minor Hockey 4:45 - 9 pm	Minor Hockey 6:45 - 9 pm	Minor Hockey 4:45 - 9 pm	Figure Skating 4:30 - 7:15 pm	Figure Skating 4:30 - 6:30 pm	Youth Hard Puck Shinny 4:45 - 6 pm
WHL 7:45 - 9:15 pm				Minor Hockey 7:30 - 9 pm	Minor Hockey 6:45 - 7:45 pm	
					WHL 8 - 9:30 pm	

This schedule as per ice users meeting May 13, 2026. Weekday and weekend ice may change due to tournament or special events.

Above schedule subject to changes or cancellations. No sessions on Statutory Holidays (Oct. 12 & Nov. 11), but private rentals are available.

Schedule Descriptions

New

Adult Shinny (ages 18+ yrs):

Enjoy a fun, casual game of hockey while staying active, improving your skills, and connecting with other players in the community. Seniors are encouraged to participate. Hard pucks, no contact, helmet and gloves required.

Mon. - Wed., 11:45 am - 1 pm (TAM)

Parent and Tot (ages 0-4 yrs):

Build your child's confidence on the ice while sharing quality one-on-one time together! Our fun, low-pressure sessions help toddlers learn to skate with the comfort of a parent by their side—at no extra cost to you, just the child pays.

Wed./Fri., 11 am - 1 pm

Everyone Welcome Skate (all ages):

Whether you're gliding for the first time or a seasoned skater, enjoy a relaxed, social atmosphere that brings the whole community together on the ice. Seniors are encouraged to participate.

Tues./Thurs., 1:30 - 2:30 pm / Sat., 1 - 3 pm / Sun., 5:30 - 7:30 pm

Family Soft Puck Shinny (recommended ages 5 - 11 yrs):

Enjoy quality family time on the ice while building confidence and developing hockey skills in a fun, lower impact environment using soft pucks. Good introductory session for younger or less experienced players. Full equipment recommended, no body contact, helmet required.

Sat., 3:15 - 4:30 pm / Sun., 2:15 - 3:30 pm (KIR)

Youth Hard Puck Shinny (recommended ages 12 - 17 yrs):

Develop your hockey skills, confidence, and game awareness through fun, informal play with other youth using regulation pucks. Full equipment required, no body contact.

Sat., 4:45 - 6 pm / Sun., 3:45 - 5:15 pm (KIR)

New

New

Dates to Remember

Statutory Holiday Closures: Oct. 12, Nov. 11
Private Rentals are Available

Please note: Admission fees are to be paid at pool front desk for all public sessions.
Skate rentals available. HELMETS ARE MANDATORY FOR ALL PUBLIC SESSIONS

Tamitik Arena Schedule

October 5 - December 18, 2026

Closed Oct. 12 & Nov. 11 (Private Rentals Available)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Minor Hockey 6:15 - 7:30 am	Figure Skating 6 - 8 am	Minor Hockey 6:15 - 7:30 am	Minor Hockey 6:15 - 7:30 am	Minor Hockey 6:15 - 7:30 am	
Minor Hockey 8 am - 4:15 pm				Ice Maintenance 8 am - 4 pm	Available For Rentals	Figure Skating 8 am - 1 pm
	Adult Shinny 11:45 - 1 pm	Adult Shinny 11:45 - 1 pm	Adult Shinny 11:45 - 1 pm		Mini Mitts 4 - 4:45 pm	Minor Hockey 1:15 - 7:15 pm
Adult Beginner Hockey 4:30 - 5:45 pm	Figure Skating 3:45 - 7:30 pm	Minor Hockey 4:30 - 9 pm	Figure Skating 4:30 - 7:30 pm	Minor Hockey 4:45 - 7:30 pm	Minor Hockey 5 - 7:45 pm	
Ladies Hockey 6 - 7:15 pm	Minor Hockey 7:45 - 9 pm		Minor Hockey 7:45 - 9 pm		45+ Hockey 8 - 9:15 pm	
Old Timers 7:30 - 10:30 pm	WHL 9:15 - 10:45 pm	Old Timers 9:15 - 10:45 pm	WHL 9:15 - 10:45 pm	Ice Demons 7:45 - 9 pm		
				Old Timers 9:15 - 10:45 pm		

This schedule as per ice users meeting May 13, 2026. Weekday and weekend ice may change due to tournament or special events. Above schedule subject to changes or cancellations. No sessions on Statutory Holidays (Oct. 12 & Nov. 11), but private rentals are available.





ONLY THE BEST CAN BRING OUT THEIR BEST
Canada's best learn-to-skate program.
Fun, focused skills for all ice sports.
Nationally certified coaches.



PRECANSKATE*

A learn to skate program
for skaters aged 3-4 with
no skating experience.

Mon & Wed 6:10-6:45pm

Set 1: Oct 5-Dec 16, 2026 \$120

Set 2: Jan 4-Apr 17, 2027 \$126

Set 3: Apr 19-May 16, 2027 \$63

CANSKATE*

A learn to skate program
for skaters aged 5+ or those
that have completed

PreCanskate. No skating
experience required.

Mon & Wed 6:40-7:30pm

Set 1: Oct 5-Dec 16, 2026 \$171

Set 2: Jan 4-Apr 17, 2027 \$180

Set 3: Apr 19-May 16, 2027 \$90

PRESTAR*

A program that
introduces skaters to
"figure skating".

September 8, 2026 -

May 16, 2027

Tues 5:45-7:10pm &

Thurs 4:30-6:05pm

\$573

STARSKATE

A program for
competitive and
non-competitive
figure skaters.

Times vary.

September 8, 2026 -

May 16, 2027

****MANDATORY EQUIPMENT: PRECANSKATE, CANSKATE & PRESTAR
Skates, warm gloves and a CSA approved hockey helmet.****

Prices do not include insurance and fees paid once per season: \$100 (Sep 1 to Aug 31)
Please note there is mandatory fundraising.

**SET 1 GALA
DATE:
DEC 16/26**

For more information and to register please visit our website

<https://snowvalleyskatingclub.uplifterinc.com>

Contact us at snowvalleyskatingclub@gmail.com

We acknowledge the financial support of the Province of British Columbia

**SET 2 GALA
DATE:
APR 17/27**

FALL EXPERIENCES



GOLF

CURLING

DINING

GOLF SIMULATOR



Pro Shop

250-632-4653

Legends Kitchen & Bar

250-632-4242



Hirsch Creek Golf & Winter Club

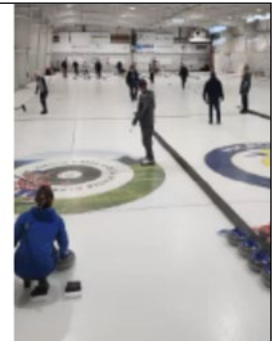


hirschcreekclub.ca

Contact us now to book your 2026 holiday parties!



events@hcgwc.ca



Sam Lindsay Aquatic Centre

Sam Lindsay Aquatic Centre Fall Swim Schedule

September 27 - December 20, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 - 4 pm 6 - 9 pm	9 am - 1 pm 3:30 - 9 pm	9 am - 1 pm 3:30 - 9 pm	9 am - 1 pm 3:30 - 9 pm	9 am - 1 pm 3:30 - 9 pm	9 am - 1 pm 3:30 - 9 pm	10 am - 1 pm 2 - 4 pm 6 - 8 pm
PUBLIC SWIM SCHEDULE						
	Morning Fitness 9 am - 1 pm	Morning Fitness 9 am - 1 pm	Morning Fitness 9 am - 1 pm	Morning Fitness 9 am - 1 pm	Morning Fitness 9 am - 1 pm	
	*Family Swim 10 am - 12 pm	*Family Swim 10 am - 12 pm	*Family Swim 10 am - 12 pm	*Family Swim 10 am - 12 pm	Family Swim 10 am - 12 pm	Family Swim 10 am - 1 pm
**Water Park 2 - 4 pm						**Water Park 2 - 4 pm
	*Family Swim 3:30 - 6 pm	*Family Swim 3:30 - 6 pm	*Family Swim 3:30 - 6 pm	*Family Swim 3:30 - 6 pm	Family Swim 3:30 - 6 pm	
**Water Park 6 - 8 pm	**Water Park 6 - 8 pm	**Water Park 6 - 8 pm	**Water Park 6 - 8 pm	**Water Park 6 - 8 pm	**Water Park 6 - 8 pm	**Water Park 6 - 8 pm
Adult 16 yr+ 8 - 9 pm	Adult 16 yr+ 8 - 9 pm	Adult 16 yr+ 8 - 9 pm	Adult 16 yr+ 8 - 9 pm	Adult 16 yr+ 8 - 9 pm	Adult 16 yr+ 8 - 9 pm	
*Limited lane space due to swim lessons **One shared lane available						
POOL PROGRAMS SCHEDULE						
Private Pool Rentals Available 4 - 5 pm	AquaFit 9:10 - 10 am		AquaFit 9:10 - 10 am		AquaFit 9:10 - 10 am	Private Pool Rentals Available 4 - 5 pm

All children under the age of 10 must be under the supervision of a caregiver who is 16 yrs + while participating in recreational swims and swim lessons.

LAZY RIVER: Mon. - Fri., 9 - 10 am the lazy river is restricted for walking.

SLIDE REQUIREMENTS: must be a min. of 107 cm (42 in) tall and up to a max. weight of 136 kg (300 lbs).

ADULT ONLY SWIM: must be 16 yrs or older to attend during this time.

Schedule Descriptions

Water Park Swim: Water slide and spray park open during these hours.

Adult Only: Must be 16 years and older to attend during this time.

Toonie Thursdays: Swim during all public sessions for just \$2.

Lazy River: The Lazy River is restricted for walking Mon. - Fri., 9 - 10 am.

Dates to Remember

Pool Maintenance Closure: Aug. 4 - Sept. 27

Statutory Holiday Closures:

National Day for Truth and Reconciliation

Sept. 30 Closed

Thanksgiving

Oct. 12 Closed

Remembrance Day

Nov. 11 Closed

NID Waterpark Swims

Oct. 23 2 - 4 pm

Nov. 27 2 - 4 pm

Sam Lindsay Aquatic Centre

Swimming Admission Policy

To ensure that children have a safe and enjoyable swimming experience, Sam Lindsay Aquatic Centre has implemented a wristband procedure. This allows staff to identify children at greater risk of accidents and ensures adequate supervision when in the pool area.			
AGES	WRISTBAND		
0 to 5 yrs	RED	<u>STOP</u>	Children age 5 and under must always be accompanied by a caregiver 16+ years. The caregiver must be in the water and within arms reach. Maximum 2 children per caregiver.
6 yrs	ORANGE	<u>CAUTION</u>	Children age 6 must always be accompanied by a caregiver 16+ years and provides direct supervision. The caregiver must be in the water and within arms reach. To access the deep end, the child may obtain a GREEN wristband (in addition to orange) by completing the facility swim test. The child must still be within arms reach of a caregiver. Max. 4 children per caregiver.
7 to 9 yrs	YELLOW	<u>CAUTION</u>	Must be accompanied by a caregiver. If the child completes the facility swim test, a GREEN wristband is added, caregiver must remain on site. Max. 6 children per caregiver.
6 to 9 yrs	GREEN	<u>GO</u>	Complete our facility swim test to obtain GREEN wristband and access to the deep end. Children age 6 must still be accompanied. Children age 7-9 must have a caregiver remain on site. Children aged 10+. No supervision is required. Swimming with a buddy is highly recommended.
All children under the age of 10 must be under the supervision of a caregiver who is 16 years + while participating in recreational swims and swimming lessons.			

Swimming Admission Policy Definitions

Caregiver: An individual, such as a parent, foster parent, teacher or babysitter, fully responsible for attending to the needs of a child or dependent adult.

Direct supervision: Maintaining continual eye contact on deck and in water: able to alert lifeguards.

Recreational swim: Any period of time where a bathers' activities in the pool are not under the direction of supervision of a coach or instructor. These times may include, but are not limited to events such as birthday parties, day camps, free swims, lane swims, open swims, public swims, rentals, teens swims, etc.

Swim test: A measure of swimming competence determined by the facility owner/operator and supervised by aquatic personnel.

Within arm's reach: Able to render immediate assistance and make immediate physical contact.

Accompanied: Must be accompanied by a parent, guardian or designate (caregiver) who is at least 16 years of age and is responsible for their direct supervision. The caregiver must be always in bathing attire and within arm's reach of the child(ren), both in and out of the water.

Pool Guidelines

To ensure your enjoyment and safety, please observe the following:

ADMISSION GUIDELINES - GENERAL

- All children under the age of 10 must be under the supervision of a caregiver who is 16 years + while participating in recreational swims and swim lessons and follow our wristband procedures.
- All bathers must take a cleansing shower prior to entering the pool.
- Infants & toddlers who are toilet training or persons with incontinence must wear a swim diaper and/or elastic swim pants under their bathing attire.
- Street shoes are not permitted on the pool deck.
- No open or glass containers are allowed in the change room or pool area.
- Patrons who have flu-like symptoms/illness such as diarrhea or vomiting are not permitted to enter the pool.
- Patrons who have head colds, ear or nose discharge, ear infections, or have open sore(s) or bandages, or have related symptoms should not enter the pool.
- Diving is only permitted in designated areas.
- Running, fighting or engaging in other conduct likely to cause an injury is not permitted in the pool area.
- The practice of hyperventilation and extended breath-holding is not permitted.
- Any injury, pool contamination or fouling must be reported to staff immediately.
- Admission will be refused to anyone who appears to be under the influence of alcohol or drugs.
- Follow the Facility code of Conduct.

FACILITY SWIM TEST

- To successfully pass the facility swim test individuals must demonstrate comfort in the water and be able to swim a minimum of 2 widths continuously in shallow water.

GUIDELINES FOR USE OF PFD'S

- PFD's are available for use.
- Children wearing a red or orange wrist band must remain within arm's reach of their caregiver while wearing a PFD.
- To enter the deep end wearing a PFD the bather must demonstrate comfort in the use of the PFD by rolling from front to back and back to front in a relaxed manner.

SERIOUS MEDICAL CONDITIONS

Those with serious medical conditions should be accompanied by an individual knowledgeable of their condition and responsible for their direct supervision. Your medical doctor should be consulted before swimming.

PHOTOGRAPHIC FREE ZONE

- Cell phone and camera use is prohibited for the purpose of recording or photographing in all the changerooms.
- Cell phone and camera use is prohibited for the purpose of recording or photographing without prior approval from Aquatic Staff.

WHIRL POOL AND DRY SAUNA GUIDELINES

- Whirl pool is for use by persons age 7 or older unless closely supervised by an adult or caregiver.
- Dry Sauna is for use by persons age 14 or older unless closely supervised by an adult or caregiver.
- Pregnant women, seniors and persons with cardiac, respiratory, or blood pressure conditions should consult their physician prior to use.

Sam Lindsay Aquatic Centre

- Please shower before and after each use.
- After exercise allow pulse to return to normal prior to entry.
- 8-10 mins recommended time- be sure to cool down completely after use.
- It is prohibited to pour water onto the sauna rocks- our sauna is a dry sauna.
- Cell phone and camera use is prohibited for the purpose of recording or photographing in the whirlpool.

CHANGE ROOM USE GUIDELINES

Scent Free Zone

Help us keep the air we share healthy and fragrance-free.

- The chemicals used in scented products can make some people sick, especially those with fragrance sensitivities, asthma, allergies, and other medical conditions.

Photographic Free Area

- Cell phone and camera use is prohibited for the purpose of recording or photographing in all changerooms.

Universal change rooms are for all patrons.

- Patron's using the universal change room must use privacy cubicles and not the common area for changing.

KEEP OUR POOLS CLEAN AND CLEAR

- A cleansing shower is required before entering the water.
- Street shoes are not permitted on the pool deck.
- Finish eating and drinking before entering the change room.
- Use garbage bins provided.
- No open or glass containers are allowed in the change room or pool area.

Tips for Healthy Swimming

- PLEASE:**
- shower with soap before and after swimming
 - do not swallow pool water
 - take kids on frequent bathroom breaks
 - change diapers in specified changing areas
 - do not swim when you have diarrhea
 - wash children thoroughly before and after swimming



AED

AUTOMATIC EXTERNAL DEFIBRILLATOR

Recreation Complex Locations:

- Aquatic Centre – Pool Deck
- KIR – Behind penalty box
- Tamitik – By referee room

Lifesaving Society Programs

Swim For Life

The Sam Lindsay Aquatic Centre, along with the Lifesaving Society, are pleased to promote the Swim For Life program. The Swim for Life program stresses lots of in-water practice to develop solid swimming strokes and skills and incorporates valuable Water Smart® education that will last a lifetime.

Parent and Tot

Recommended age: 4 months to 3 years old. The Lifesaving Society Parent & Tot lessons structure in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skills. Activities and progressions are based on child development allowing parents to register in the level appropriate for their child's age: 4-12 months, 12-24 months, or 2-3 years..

Preschool

Recommended age: 3 to 5 years. Give your child a head start on learning to swim! The Lifesaving Society Preschool lessons develop an appreciation and healthy respect for the water before they get in too deep. With a progression-based approach, instructors work to ensure 3-5 year olds become comfortable in the water and have fun while developing a foundation of water skills. Water Smart education is included in all Preschool levels. Preschoolers enter Swimmer 1 once they turn five or six years old and can enter Swimmer 2 once they've completed Preschool 5.

Swimmer

Recommended age: 5 to 12 years. The Lifesaving Society's Swimmer program makes sure your children learn how to swim before they get in too deep. Each level challenges school-aged children to develop safe entries, deep water support, underwater skills, and swimming strokes. Kids learn healthy habits by getting and staying fit in the water. Swimmer levels include fun, hands-on activities that focus on teaching water safety – lessons that will last a lifetime!

Adult Swimmer

Whether you're just starting out or just want help with your strokes, the Adult swim program is for you no matter what your age! Work with certified instructors to learn to swim or improve your current swimming ability and fitness. You'll develop confidence in the water and smooth, recognizable strokes. You'll be able to set your own goals in consultation with your instructor. Water Smart education is included in all Adult levels.

Junior Lifeguard Club

The Junior Lifeguard Club (JLC) offers serious fun for kids 8 years and up who can swim 25m and tread water for 2 minutes. The Junior Lifeguard Club provides an action-packed challenge for kids who love the water but want more than a Lesson. The Junior Lifeguard Club is for quick learners, those between levels or programs who thrive in an energetic learning environment.

Advanced Aquatics - Leadership Programs

National Lifeguard

National Lifeguard (NL) certification is the industry standard for professional lifeguards in Canada, and is offered through the Lifesaving Society's programs. NL guards are water rescue professionals trained in emergency care. They prevent accidents. They are trained to spot potential trouble and intervene before it becomes life-threatening. They identify hazards and determine safe practices. They educate the public about the hazards and risks associated with aquatic activities and how to be Water Smart.

Bronze Cross

This program begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as future lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of team-work and communication in preventing and responding to aquatic emergencies. Stroke mechanics and endurance are also included. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard award (NL) and leadership certification programs such as Lifesaving Instructor. Includes a 400 metre timed swim.

Bronze Medallion

This program challenges the candidate both mentally and physically. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Stroke mechanics, endurance, and rescue of others are included. Includes a 400 metre timed swim.

Bronze Star

This program develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Includes a 400 metre fitness challenge workout.

Canadian Swim Patrol

This program consists of three modular levels; Rookie, Ranger and Star. The Patrol program is great for swimmers who are ready to go beyond our Learn-to-Swim program. This program provides a strong foundation for the Bronze Medal awards.



Sam Lindsay Aquatic Centre

Fall Swim Lessons

Monday and Wednesday Afternoons								
Set 1: Oct. 14 - Nov. 4 (Pro-rated, 7 lessons)								
Set 2: Nov. 16 - Dec. 9 (8 lessons)								
4:00 pm	Pre-School 1A (30 min)	\$63	4:00 pm	Pre-School 3A (30 min)	\$63	4:00pm	Swimmer 4A (45 min)	\$70
4:30 pm	Swimmer 1A (45 min)	\$63	4:30 pm	Swimmer 3A (30 min)	\$63	4:45pm	Swimmer 5A (45 min)	\$70
5:00 pm	Pre-School 2A (45 min)	\$63	5:00 pm	Pre-School 4A (30 min)	\$63			
5:30 pm	Swimmer 2A (30 min)	\$63	5:30 pm	Pre-School 5A (30 min)	\$63			

Tuesday and Thursday Afternoons								
Set 1: Oct. 13 - Nov. 5 (8 Lessons)								
Set 2: Nov. 17 - Dec. 10 (8 Lessons)								
4:00 pm	Swimmer 2B (30 Min)	\$63	4:00 pm	Pre-School 4B (30 Min)	\$63	4:00pm	Swimmer 4B (45 Min)	\$70
4:30 pm	Pre-School 2B (30 Min)	\$63	4:30 pm	Pre-School 5B (30 Min)	\$63	4:45pm	Swimmer 6A (45 Min)	\$70
5:00 pm	Swimmer 1B(30 Min)	\$63	5:00 pm	Swimmer 3B (30 Min)	\$63			
5:30 pm	Pre-School 1B (30 Min)	\$63	5:30 pm	Pre-School 3B (30 Min)	\$63			

Wednesday Mornings		
Oct. 14 - Dec. 9 (8 Lessons) (no lesson Nov. 11)		
10:00 am	Parent & Tot 1A (30 Min)	\$63
10:30 am	Pre -School 1C (30 Min)	\$63
11:00 am	Parent & Tot 2/3A (30 Min)	\$63
11:30 am	Pre-School 2C (30 Min)	\$63



Friday Afternoons		
Oct. 16 - Dec. 4 (8 Lessons)		
4:00pm	Junior Lifeguard Club	\$85
	(120 min)	

Saturday Mornings								
Oct.17 - Dec. 5 (8 Lessons)								
10:00 am	Pre - School 1D (30 Min)	\$63	10:00 am	Pre-School 3C (30 Min)	\$63	10:00 am	Parent & Tot 1B (30 Min)	\$63
10:30 am	Swimmer 1 C (30 Min)	\$63	10:30 am	Swimmer 3C (30 Min)	\$63	10:30 am	Parent & Tot 2/3B (30 Min)	\$63
11:00 am	Pre - School 2D (30 Min)	\$63	11:00 am	Pre-School 4C (30 Min)	\$63	11:00 am	Swimmer 1D (30 Min)	\$63
11:30 am	Swimmer 2C (30 Min)	\$63	11:30 am	Pre-School 5C (30 Min)	\$63	11:30 am	Swimmer 4C (45 Min)	\$70

Adult 16+ Sunday and Wednesday Evenings		
Set 1: Oct. 11 - Nov. 4 (8 Lessons)		
Set 2: Nov. 15 - Dec. 9 (8 Lessons)		
8:00 pm	Adult Swimmer 1, 2 (45 min)	\$80

Private & Semi Private Swim Lessons	
Private Swim Lessons (30 min)	\$48
Private Swim Lessons (30 min) per Participant	\$27

Reminders:

- All children under the age of 10 must be under the supervision of a caregiver who is 16 years + while participating in recreational swims and swim lessons.
- Attending swim lessons while exhibiting symptoms of a communicable disease is not permitted.

Private Swim Lessons requests can be found at Tamitik or at www.kitimat.ca in the Aquatics Section.

Sam Lindsay Aquatic Centre



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JUNIOR LIFEGUARD CLUB

Fridays
Oct. 16 - Dec. 4
4 - 6pm
\$85 / 8 sessions
8+ yrs



The Junior Lifeguard Club (JLC) offers serious fun for kids 8 years and up who can swim 25m and tread water for 2 minutes. The Junior Lifeguard Club provides an action packed challenge for kids who love the water but want more than a "Lesson". The Junior Lifeguard Club is for quick learners, those between levels or learners who thrive in an energetic learning environment. Join the club today and work towards being a lifeguard tomorrow!



Sam Lindsay Aquatic Centre

Semi - Private Swim Lessons 2026

\$27 / Person per 30 mins

Swimmers must be similar in swim levels - Min. 2, Max 4

- ✓ All ages welcome
- ✓ Strokes and development
- ✓ Confidence in the water

Request forms available at Tamitik Front Desk

Sam Lindsay Aquatic Centre

Private Swim Lessons 2026

\$48 / 30 min

- ✓ All ages welcome
- ✓ Strokes and development
- ✓ Confidence in the water
- ✓ Overcome difficult skills
- ✓ Assessing a person's skills

Request forms available at Tamitik Front Desk

FREE LIFEGUARD 2027 PROGRAM

JAN
16, 17 & 23

09:00am - 06:00pm
BRONZE MEDALLION



09:00am - 06:00pm
BRONZE CROSS

JAN
24, 30 & 31

FEB
13, 14, 15
MAR
13 & 14

09:00am - 06:00pm
SWIM INSTRUCTOR
8 Hour Apprenticeship



09:00am - 06:00pm
INTERMEDIATE FIRST AID
CPR C / AED

FEB
27 & 28

APR
10, 11, 17
18, 24 & 25

09:00am - 06:00pm
NATIONAL LIFEGUARD
POOL AMOA



PERKS OF THE PROGRAM

- Free Private Swim Lessons
- Free Swim Admission (For duration of program)
- Highschool Credits
- Opportunity to apply for multiple positions at DOK

PRE REQUISITES

- 15 Years of age by March. 14, 2026
- 100% Attendance
- 100% Participation
- Kitimat Resident

Registration opens October. 2, 2026

* ALL DATES AND TIMES SUBJECT TO CHANGE*

FREE WELCOME BACK SWIM

Saturday, October 3
2 - 4PM

Celebrate the end of our seasonal shutdown

DUNK A LIFEGUARD



GENEROUSLY SPONSORED BY

LNG CANADA
Opportunity for British Columbia. Energy for the world

Aqua Pumpkin Patch Swim

COME PLUNGE IN THE POOL
FOR YOUR PERFECT PUMPKIN!

SATURDAY, OCTOBER 17
2 - 4 PM



DIVE IN MOVIE NIGHT



MOVIE NIGHT

SATURDAY, NOV 7
6 - 9pm

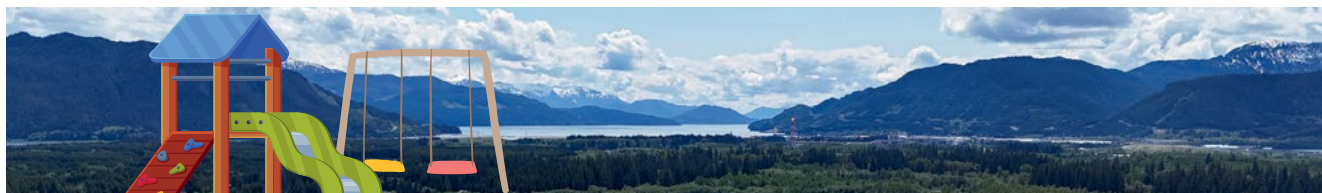
COME ENJOY A MOVIE AT THE POOL
WITH POPCORN & REFRESHMENTS

NATIONAL CHILD DAY CELEBRATION

FREE SWIM

FRIDAY, NOV. 20TH
6 - 8PM





Adventure parks and leisure sites

Parks and playgrounds

Angle Street

Bunting / Lahakas Blvd.

Centennial Park

Chilko Street

Coghlin Park

Dog Park

Gryfalcon Avenue

Gwyn Street

Lions Park (near pool)

Mallard Street

Minette Bay West

Pintail Street

Raley Street

Ray Brady Memorial

Riverlodge

Smith Street

Stikine Street

Yukon Street

Heron Street

Municipal campgrounds

Hirsch Creek

Radley Park



Find our parks



www.kitimat.ca/parks

- Accessible equipment
- Basketball court
- Ball field
- Campfires permitted*
* in designated fire pits
- Camping
- Climbing toy

- Covered area
- Disc golf
- Dog friendly
- Fitness equipment
- Nature / garden
- Picnic table

- Slides
- Soccer field
- Spinning cup
- Spring toys
- Swings
- Teeter tot
- Tennis court
- Viewpoint
- Wading pool



KITIMAT



Fire Mountain Shooting Club

Fire Mountain Shooting Range is an open-access shooting facility owned by the District of Kitimat and operated by the Fire Mountain Shooting Club. The range is available to all firearm users to practice and improve their shooting skills.

Our Range Features:

- 500 yrd. rifle range
- 50 yrd. rimfire/handgun range
- An 18m x 4m covered shooting line
- A 5 stand covered shotgun shooting range
- Restricted firearm use only with membership

Check out the range calendar on our website or visit our Facebook page to keep up with news and events.

Upcoming Events

- Weekly Trap Shooting
- Ladies Only Trap Shoots
- Weekly Pistol Shoots
- Large Bore Challenge

Come out to our weekly trap shooting

Tuesday Nights, April - Sept
All skill levels welcome.

No experience necessary, we'll show you the ropes!
\$25/round, includes clays and shells.

No shotgun? No problem? We're happy to lend you one of ours!

Range Open Daily 8:30 AM - Dusk



Memberships are available at
Bradley's Bait & Tackle

\$60/Year

(all memberships expire on January 31 of the following year)

Range rentals available

KITIMATSHOOTINGCLUB.COM

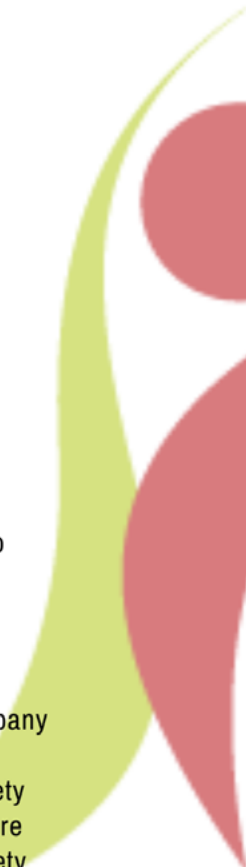


Kitimat Fire Mountain Shooting Range

firemountainshootingclub@gmail.com

District of Kitimat Leisure Services Department 2026 CORPORATE / COMMUNITY PARTNERS

The following advocates partnered with the Leisure Services Department to promote healthy living in Kitimat.



Allteck	Mammoet
Ameco	McDonalds
Atco	McElhanney
A & W	Microtel
Bandstra Transportation Systems Ltd.	Mount Elizabeth Cycling Association
BC Hydro	Mr. Mikes
BC Recreation & Parks Association	M-Star
Canadian Helicopters	Municipal Insurance Association
Canadian Red Cross	National Recreation & Parks Association
Cedar LNG	Northern Development Initiative Trust
CFNR	Northern Health Authority Kitimat
Chinook Scaffold Systems Ltd.	Northern Light
City West	Northern Sentinel
Civeo	Overall Tools & Rentals
Daudet Creek Contracting	Pacific Northern Gas (PNG)
Dominos	Pyramid Office Supplies Inc.
Easy Tent Rentals	RCMP
Envision Financial	Recreation Facilities Association of BC
ESS	Rio Tinto
Fusion Eye Care	Royal Bank
Gyro Club of Kitimat	Royal Canadian Legion
Haisla Nation Council	Ryan Vending
Hirsch Creek Golf & Winter Club	Save on Foods
JGC Flour	Securiguard
KidSport BC	Sight & Sound Terrace
KidSport Kitimat	Silvertip
Kinsmen Club of Kitimat	SL&B
Kitamaat Services LP a Brock Company	Sodexo
Kitimat Chamber of Commerce	Spruce Tree Media
Kitimat Community Humane Society	Tamitik Status of Women
Kitimat Community Services Centre	Technicon Industries Ltd.
Kitimat Community Services Society	The Chalet
Kitimat Firefighters Associations Local # 1304	The Federation of Canadian Municipalities
Kitimat Ice Demons	The River
Kitimat Museum & Archives	Transdev
Kitimat Public Library	Tree Canada
Kitimat Understanding the Environment (KUTE)	Two Peaks Brewing
KRANK	Unifor Local 2301
Kyles No Frills	Union of BC Municipalities (UBCM)
Life Saving Society of BC/Yukon	United Rentals
Ledcor	Vista Radio
LNG Canada	Wild Bike and Back Country
Local Government Management Association of BC	Wesco
	Zanron

COMMUNITY DIRECTORY

ARTS AND CULTURAL

Art Club of Kitimat	Katherine Johnsen	250-639-5315 250-632-6888	kjohnsen@telus.net	Kitimat Art Club
Friends of the Mount Elizabeth Theatre Society	Brenda Feldhoff	250-632-7887	friendsofthemetkitimat@gmail.com	
Kitimat Arts for Youth		kitimatartsforyouth@gmail.com	Kitimat Arts for Youth	
Kitimat Concert Society	Samantha Anderson	kitimatconcertassociation@gmail.com	Kitimat Concert Association	kitimatconcerts.ca
Kitimat Museum & Archives	Bryce Watts	250-632-8950	info@kitimatmuseum.ca	Kitimat Museum & Archives kitimatmuseum.ca
Kitimat Public Library	Samantha Anderson	250-632-8985	ask@kitimatlibrary.ca	Kitimat Library kitimatlibrary.ca
Kitimat Quilters Guild	Aileen Ponter	250-632-6225	ppont@telus.net	Kitimat Quilters Club
Mount Elizabeth Theatre	Brenda Feldhoff	250-632-7887	metconcerts@mac.com	Mount Elizabeth Theatre metconcerts.com
Society for Creative Anachronism	Reid A. Nelson	250-632-3709 250-639-5503	wolfrheadoffleeds@yahoo.ca	
On Cue Players	Colin Waddell	colinwaddell@gmail.com		

SERVICE GROUPS

Canada Day (Festivals Kitimat)	Randi Kellar	250-632-8985	festivalskitimat@kitimat.ca	festivalskitimat.ca
Coast Mountain College	Heather Bastin Executive Director of External Relations	250-635-6511 1-877-277-2288	info@coastmountaincollege.ca	CoastMountainCollege/ @coastmountain college coastmountain college.ca
Kitimaat Valley Education Society	Carrie McKay	250-639-9199	admin@kves.ca	Kitimaat Valley Education Society kves.ca
Kitimat Community Foundation	Cyndi McIntosh	778-631-2021	info@kitimatcommunityfoundations.ca	Kitimat Community Foundation kitimatcommunity foundation.ca
Kitimat General Hospital Foundation	Executive Director	250-632-8348	executivedirector@kghf.ca	Kitimat General Hospital Foundation kghf.ca
Kitimat Gyro Club	Joe Bruno	250-639-2597	jobie0555@gmail.com	Gyro Club of Kitimat kitimat.gyro.org
Kitimat Valley Naturalist Club	Gillian Mullins	info@kitimatvalleynaturalist.ca	Kitimat Valley Naturalist Kitimat Valley Naturalist	kitimatvalleynaturalists.ca

COMMUNITY DIRECTORY

Kinsmen Club of Kitimat	Dan Stenson	250-632-5886 250-639-3886	bigkindan@gmail.com	
Knights of Columbus	Frank Mauro	250-639-5765	kofccouncil5148@gmail.com	Knights of Columbus Local 5148
Luso Canadian Club	Lucinda Oliveira	250-632-2961 BOOKINGS 250-632-6861 HOME 250-639-1246 ENQUIRIES	lusocanadianassoc@telus.net	
Masonic Kitimat Lodge No. 169	Kevin Guest	250-632-6320	kevin.guest@citywest.ca	
Rod & Gun Club	Al Hummel	250-632-6424		
Royal Canadian Legion Branch #250	Margaret Bogaert	250-632-7915 250-279-1324	rclkitimat250@gmail.com	Royal Canadian Legion Kitimat
Snowflake Community Fairgrounds	Cathryn Kozak	250-639-4324	snowflakefairgrounds@gmail.com	

COMMUNITY SERVICES

Alcoholics Anonymous	Warren Lapointe	250-639-4130	warren.a.lapointe@gmail.com jkmcgourty@telus.net	bcyukonaa.org
Christ the King Catholic Church	Fr. Dominic Apaatah	250-632-2215 250-632-7031 FAX	ckparish@telus.net	catholicKitimat.ca
City Centre Mall	Reception	250-632-2433 250-632-6784 FAX	info@citycentremall.ca	
KidSport Kitimat	Cyndi McIntosh Cheri Demelo	250-632-9107 250-632-8970	cheri.demelo@kitimat.ca	kidsport.ca
Kitimat Chamber of Commerce & Visitor Centre	Laurel D'Andrea	250-632-6294	info@kitimatchamber.ca	Kitimat Chamber or Visit Kitimat kitimatmatchamber.ca kitimatbound.ca
Kitimat Community Development Centre	Brittney Santos	778-631-2071 ext 2002	bsantos@kitimatcdc.ca	kitimatcdc.ca
Kitimat Community Development Centre Better at Home	Shana Wells	250-632-3144 250-639-7054 CELL 250-632-3120 FAX	swells@kitimatcdc.ca	kitimatcdc.ca
Kitimat Community Garden	Julie Christiansen	250-632-9107 250-632-6599 FAX	admin@kitimatcommunityservices.ca	kitimatcommunityservices.ca
Kitimat Community Services Society	Lucille Boudreau	250-632-9107 250-632-6599 FAX	admin@kitimatcommunityservices.ca	kitimatcommunityservices.ca
Kitimat Community Health			Northern Health - Kitimat	northernhealth.ca
Kitimat Home and Community Care (Meals on Wheels, Lifeline, Home Support)		250-632-8666 250-632-8663 FAX		

COMMUNITY DIRECTORY

Kitimat Living Well Program
(Diabetes and Heart Health
Support)

 250-632-8313
FAX 250-632-7081

Kitimat Mental Health
and Addiction Services

 250-632-3181 ext 2
FAX 250-632-7081

Kitimat Public
Health

 250-632-3181 ext 1
FAX 250-632-7081

Kitimat Emergency
Support Services
(KESS)

Steven
Dielscheider

 778-876-7390

 ess@kitimat.ca

Kitimat First
Baptist Church /Cristi Goffinet

Pastor Brian Munro

 250-632-6014

 info@kitimatfbc.com



Kitimat First Baptist Church



www.kitimatfbc.com

Kitimat Food Bank

Marjorie
Phelps

 250-639-6099
250-632-6111

 marjon@citywest.ca

Kitimat General
Hospital Auxiliary

Janet
Trottier

 250-632-8369

 kghauxsec@gmail.com

Kitimat Ground
Search & Rescue
(KGSAR)

Shannyn
Rus

 403-409-3447
FIREHALL 250-632-8945

 ksartraining@gmail.com
kitimatgsar@gmail.com



Kitimat Search and Rescue



[kitimatgsar](https://www.kitimatgsar.com)

Kitimat Humane
Society

Mary Ann
Ouellet

 250-632-7373
250-639-6297

 kchs@citywest.ca



Kitimat Humane Society



www.kitimathumane.org

Kitimat Marine
Search & Rescue -
Royal Canadian Marine
Search & Rescue (RCMSAR)

Christopher
Peacock

 250-639-0406

 rcmsar63kitimat@gmail.com



Kitimat Marine Rescue
Society



www.rcmsar63kitimat.com

Kitimat Pentecostal
Fellowship

Pastor Blake

 250-632-5623
250-639-3756
FAX 250-632-5624

 pastorblake@kpchurch.ca



Kitimat Pentecostal Fellowship

Kitimat Valley
Housing Society

Fernanda
Fontes

 250-632-1709

 kvhsresident@gmail.com

Kitimat Work BC
Centre

Susie
Barbosa

 250-632-6581
FAX 250-632-6561

 reception@workbckitimat.ca



www.kitimatcommunityservices.ca

Kermode Friendship
Society

 250-635-4906

 acymh_kitimat@kermodefriendship.ca



www.kermodefriendship.ca

K.U.T.E. (Kitimat
Understanding the
Environment)

Keith
Stewart

 250-632-6633

 kitimatrecycle@gmail.com



Kitimat Understanding
the Environment



www.kitimatrecycle.ca

Literacy Kitimat

Brandi
Thornton

 250-632-6581
250-632-9107
FAX 250-632-6561

 coordinator@literacykitimat.ca



Literacy
Kitimat



www.kitimatcommunityservices.ca

Tamitik Status of
Women

Jordana
Velho

 250-632-8787

 info@tamitik.ca



Tamitik Status of Women



www.tamitik.ca

Victim Services

Sandy
Correia

 250-639-2122
FAX 250-632-2326

 sandy.correia@rcmp-grc.gc.ca



www.kitimatcommunityservices.ca

COMMUNITY DIRECTORY

SENIORS

- Delta King Place Housing Society Lucy Borges ☎ 250-632-6535 FAX 250-632-6705 ✉ deltakingplace@telus.net 🌐 deltakingplace.ca
- Kitimat 50+ Society ☎ 250-632-3405 ✉ kitsca@citywest.ca 📘 Kitimat 50+ Society Centre 🌐 kitimat50society.com
- Kiwanis Village Lucy Borges ☎ 250-632-6535 FAX 250-632-6705 ✉ deltakingplace@telus.net 🌐 deltakingplace.ca

ETHNIC GROUPS

- AFFNO (Association des Francophones et Francophiles du Nord-Ouest) Jeremie Diesel Executive Director ☎ 450-522-4394 ✉ jeremie.diesel@affno.ca 📘 AFFNOColumbia Britannique 🌐 affno.ca
- Fiji Canadian Association of Kitimat Raymond Raj ☎ 236-991-0929 ✉ fijiwala@gmail.com
- Filipino - Canadian Association Edwin Eminado ☎ 250-639-9749 ✉ empinadoedwin@gmail.com
- Finnish Canadian Club Anneli Jaakkola ☎ 250-632-5571 ✉ jaakkit@citywest.ca
- Greek Orthodox Community Kitimat & Terrace Tom Thomopoulos ☎ 250-632-7475
- Haisla Nation Devin Wall ☎ 250-639-9361 250-632-2840 ✉ communications@haisla.ca 🌐 haisla.ca
- Kitimat Multicultural Society Raymond Raj ☎ 236-991-0929

YOUTH GROUPS

- Girl Guides of Canada 📘 Kitimat Girl Guides 🌐 girlguides.ca
- Haisla Youth Program Devin Wall ☎ 250-639-9361 FAX 250-632-3686 ✉ communications@haisla.ca 🌐 haisla.ca
- Kitimat Army Cadets Gregory Judas ☎ 250-318-7420 ✉ 2556armycadets@gmail.com 📘 Kitimat Army Cadets
- Kitimat Youth Centre Kody Wiebe ☎ 250-632-8974 ✉ coordinator@kitimatyouthcentre.ca 🌐 kitimatcommunityservices.ca

WOMEN'S GROUPS

- Catholic Women's League Cheryl Groves ☎ 250-632-3829 ✉ cherry9@gmail.com
- Royal Canadian Legion Ladies Auxiliary Branch #250 Lynn MacIsaac ☎ 250-639-6959 ✉ maclynn66@gmail.com

SPORT ACTIVITIES

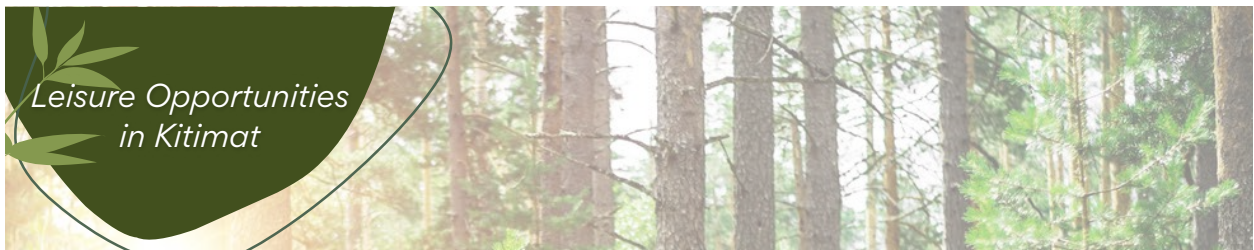
- Champion Tae Kwon Do Ian Auton ☎ 250-632-6326 Jeremy Toews ☎ 250-407-2251
- Dance Kitimat Studio Inc. Ileah Lutz ☎ 250-639-1056 ✉ dancekitimat@hotmail.com 📘 Dance Kitimat
- Fire Mountain Archers Al Hummel ☎ 250-632-6424 ✉ arhummel@telus.net

COMMUNITY DIRECTORY

Hirsch Creek Golf & Winter Club	 250-632-4653  manager@hcgwc.ca  Hirsch Creek Golf and Winter Club  hirschcreekclub.ca
Kitimat 45+ Hockey	Terry Marleau  250-279-0946  tgmarleau@telus.net
Kitimat Brazilian JiuJitsu	John Nicolai  250-407-3791  johnnymnic@gmail.com  Kitimat Brazilian JiuJitsu  kbjj.ca
Kitimat Cricket Club	Bindo Baiju  226-975-7699
Kitimat Fire Mountain Shooting Club	Jason Vines  250-632-1386  firemountainshootingclub@gmail.com  Kitimat Shooting Club  kitimatshootingclub.com
Kitimat Flying Club	Bob Rypma  250-632-3096  info@kitimatflyingclub.ca or bobrrypma@gmail.com  kitimatflyingclub.ca
Kitimat Dynamic Gymnastics Club	Angela Pitzel  250-632-6733  gymnast@telus.net  Kitimat Dynamics Gymnastics Club  kitimatdynamics.com
Kitimat Karate Club	Paul Silvestre  250-639-9322  kitimatkarateclub@gmail.com  Kitimat Karate Club
Kitimat Kickboxing	Samuel Glyn-Woods  403-807-5725  kitimatkickboxing@gmail.com  Kitimat Kickboxing
Kitimat Lacrosse	John Sorenson  john.sorenson@cmsd.bc.ca
Kitimat Marlins Swim Club	Kayla Hume  250-279-7252  kmscheadcoach@gmail.com  Kitimat Marlins Swim Club  kmsc.poolq.ca
Kitimat Minor Hockey	Tracy Tavares  kitimatminorhockey@gmail.com  Kitimat Minor Hockey  https://page.spordle.com/kitimat-minor-hockey-association
Kitimat Minor Softball Association	Hailey Levesque  250-279-5528  kitimatminorsoftball@gmail.com  Kitimat Minor Softball
Kitimat Old Timers' Hockey	Clarence Riggs  250-639-5558  clriggs@telus.net
Kitimat Slo-Pitch	Amy Pike  kitimatball@gmail.com  Kitimat Slo-Pitch League
Kitimat Snowmobile / Hikers Club	Ron Murdoch  250-639-7214  johndeere1965@hotmail.com
Kitimat Women's Hockey Ladies Beginner Hockey	Kristi Genzale  250-279-2005  kitwomenshockey@outlook.com Ilanna Hamilton
Kitimat Working Dog Society	Kim Vroon  kitimatdogclub@gmail.com  Kitimat Working Dog Society  Kitimat Working Dog Society
Kitimat Youth Curling Club	Dave Durrant  250-632-7015 778-818-0370  daveandjennifer69@gmail.com
Kitimat Youth Soccer	Robyn Iannarelli  kitimatyouthsoccer@gmail.com  kitimatsoccer.com

COMMUNITY DIRECTORY

Northern Spirit Dragon Boat Team	Carole Gagnon	250-631-7924	cdgagnon@telus.net	Northern Spirit Kitimat
Roller Derby	Leah McCormick	kitimatcoastalcrushers@gmail.com	Coastal Crushers	
Senior A Adult Hockey Kitimat Ice Demons	Meredith Bourque	kitimaticedemons@gmail.com	Kitimat Ice Demons	
Snow Valley Nordic Ski Club	Pat Moulard	250-639-6466	svnscmembership@gmail.com	Onion Lake Ski Trails snowvalley.nordic.com
Snow Valley Skating Club	April Mendoza	snowvalleypublicity@gmail.com	Snow Valley Skating Club snow.valley.skating.club	snowvalleyskatingclub.uplifterinc.com
Special Olympics BC - Kitimat	Madeleine Robinson	250-632-1658	mgrob@telus.net	SOBC Kitimat Special Olympics BC Kitimat
Tai Chi	William Willis	250-632-1077	wgwillis@telus.net	
Tragically Quick	Cyndi McIntosh	250-632-1255	TQdragonboat@gmail.com	Tragically Quick/Facebook.com/groups/17217619433
Weekend Hockey League	Randi Kellar Jordan Sheasgreen	250-615-8760	weekendhockeyleague@outlook.com	



Leisure services and opportunities in Kitimat are offered through community clubs and groups, private organizations, businesses, and tax-supported agencies. The Leisure Services Department also provides a range of programs and services that contribute to the community's quality of life. The District of Kitimat, independently and in partnership with other departments and organizations, maintains, schedules, staffs, and programs the following recreation facilities.

TAMITIK JUBILEE SPORTS COMPLEX ☎ 250-632-8955 FAX 250-632-3668 <i>Tamitik Arena, Kitimat Ice Rink, Sam Lindsay Aquatic Centre</i> 🌐 kitimat.ca	RIVERLODGE RECREATION CENTRE ☎ 250-632-8970 FAX 250-632-5953 <i>Meeting Rooms, Gymnasium, Socials, Sports Fields, Weight & Cardio Rooms</i> 🌐 kitimat.ca	KITIMAT YOUTH CENTRE ☎ 250-632-8974	KITIMAT MUSEUM & ARCHIVES ☎ 250-632-8950 🌐 kitimatmuseum.ca
MOUNT ELIZABETH THEATRE ☎ 250-632-7887 🌐 metconcerts.com	KITIMAT LIBRARY ☎ 250-632-8955 🌐 kitimatlibrary.ca	SCHOOL BOARD SPORTS FIELD ☎ 250-632-8970	50+ SOCIETY CENTRE ☎ 250-632-3405 🌐 kitimat50society.com
RADLEY PARK CAMPGROUND ☎ 250-632-8955			

Leisure opportunities abound throughout the community!

Tennis Courts - Softball Fields - Soccer Fields - Skate Park - Wading Pools - Mountain Bike Trails - Hiking Trails - Snowmobile Areas - Adventure Parks - Fire Mountain Rifle Range - Camping - Snowflake Community Fairgrounds - Hirsch Creek Golf and Winter Club - 50+ Society Centre - MK Bay Marina - Minette Bay Park





KITIMAT

Municipal services



BYLAW

Bylaw services relates to enforcement and education for community bylaws. For example:

- Animal control.
- Parking.
- Property maintenance.

Report bylaw concerns online at
www.kitimat.ca/issues

PERMITTING

Permitting is related to property developments and construction, including:

- Driveways.
- Fences.
- Sheds.
- Plumbing.

Permits are also required for things such as open burning, business licences, and road closures.

www.kitimat.ca/permits



PLANNING AND ECONOMIC DEVELOPMENT

Local development is supported through our Economic Development and Planning departments.

- Business Incentive Programs.
- Workforce retention campaigns.
- Rezoning applications.
- Development permits.

www.kitimat.ca/business

RCMP AND EMERGENCY SERVICES

The District operates the Kitimat Fire & Ambulance Service, as well as provides funding towards the Kitimat RCMP service.

- Public education and fire prevention.
- Fire and ambulance response.
- RCMP officer funding and office operations support.

www.kitimat.ca/emergencies



LEISURE

The District of Kitimat supports our residents' health and enjoyment.

- Sam Lindsay Aquatic Centre.
- Riverlodge Recreation Centre
- Tamitik Arena / KIR Arena
- Community playgrounds
- Nature trails

www.kitimat.ca/leisure

ENGINEERING AND PUBLIC WORKS

Our Engineering and Public Works departments work closely to manage Kitimat's infrastructure.

- Road development and repairs.
- Sanitary sewer and water treatment.
- Cemetery.
- Curbside waste collection and landfill.



Looking for bylaws? Documents? Or need to report an issue?

We provide a comprehensive amount of local services. Visit our website to find more specific information, documents or to report concerns.

Kitimat.ca

Can we help?

Reach out with any of your questions or concerns.

☎ 250-632-8900

🌐 kitimat.ca

📍 270 City Centre
(Third floor of City Centre Mall)

General Information

District of Kitimat Community Grants / Sponsorship Program

The Municipal Council of the District of Kitimat awards grants to various non-profit community groups requiring financial assistance.

The intention of municipal grants is to financially supplement the activities of community based organizations that promote youth activities, new economic incentives, tourism, athletic events, arts, culture, community spirit and improved quality of life for Kitimat residents.

The grant program covers seven areas:

1. Travel Grant

To encourage youth in our community to pursue leisure programs of their choice in arts, athletics and personal development.

2. Event Grant

To assist volunteer/non-profit organizations in the promotion of special events, tournaments and workshops that provide economic, cultural and social benefit to the community.

3. Capital Projects

To assist in capital cost of publicly accessible facilities for the social, cultural and recreational well-being of the community.

- Presentation made to Council.

4. Community Partnerships

The partnership of public and non-profit or volunteer agencies that operate facilities or events that provide economic, cultural and social benefit to the community.

- Presentation made to Council

5. Major Event Sponsorship

To assist organizations and to provide opportunities for hosting major events such as tournaments and cultural activities that will provide a significant economic benefit to our community.

6. District of Kitimat Initiated Events

To provide opportunities to host a major event such as a tournament and/or cultural activity which would result in significant economic or social benefit to our community.

7. Community Resiliency Fund

To provide funding for non-profit agencies to apply for funding programs or projects that build community resiliency for vulnerable citizens throughout the COVID-19 pandemic response and recovery.

APPLICATION FOR PROGRAM

Applications for the District of Kitimat Community Grants/Sponsorship Program are to be made prior to the activity happening, but only after the organization has confirmed the activity will proceed.

**For more information contact Kitimat Leisure Services
at 250-632-8910 or danielle.luckey@kitimat.ca**

Some of the Leisure Service Department's other services are

- Programming and organizational assistance to community groups and associations
- Office and advertising assistance to community and recreation groups
- Leadership development in summer student employment opportunities
- Rental of meeting rooms and banquet facilities
- Coordination of community use of sports fields and park picnic sites

- Disabled fishing location on Kitimat River at Methanex pumphouse
- Riverbank fishing program
- Big Spruce, largest spruce tree in BC
- Program for trees adjacent to public and private properties

The above facilities and services represent a brief outline of many opportunities provided by the District of Kitimat for and with the citizens of Kitimat.

Leisure Access Policy / KidSport

Financial Accommodation

This policy has been established to provide individuals and families facing financial barriers in our community an opportunity to participate in recreation programs.

Who is Eligible?

Low Income Individuals/Families/Foster Children

Only residents of Kitimat and Kitimaat Village may apply. Post-secondary students are not eligible. To be eligible, an individual or family must provide documentation showing they fall within the Low Income Cut Off Levels as recognized by Statistics Canada (line #15000 of your previous year's tax return) or provide evidence that their income is solely derived from employment insurance or disability insurance. Leisure Access is also available for children in foster care even if family income is not within the low income levels.

- Up to 50% off any recreation program offered exclusively by the District of Kitimat Leisure Service Department (swim lessons, fitness classes, general programs, workshops). Material costs are extra.
- Up to 50% off the regular price of memberships for access to public sessions such as swimming, skating, open gym and weight room.

- 75% off a regular drop in admission or purchase of 12 economy tickets.

- Up to 50% off on ice fees when playing for an adult hockey league

Each person on the program receives 3 complimentary drop-in admissions valid for public sessions

Public Program Access for Persons with Physical and/or Cognitive Disabilities

It is recognized that individuals with physical and/or cognitive disabilities in our community may be accompanied by a support person to ensure that public programs provide a fulfilling and wholesome experience.

- Person with Disability: Membership and programs at 50% off or 75% off drop in admission fee.
- Support Person to a Person with Disability: Free access to facilities while assisting a person with disability.

For further information visit kitimat.ca or call 250-632-8970.

Mission Statement:

We believe that no kid should be left on the sidelines and all should be given the opportunity to experience the positive benefits of organized sports.

About Us

KidSport Kitimat is a not-for-profit organization that provides financial assistance for sport registration fees to kids aged 18 and under. Through a confidential application process, we provide grants so kids can play a season sport. Our primary goal is to financially

support local youth who would not otherwise have the opportunity to take part in sports.

Application Information

Applications must be received prior or during the requested sport season. The sport must be taught by a qualified coach and the sport activity must be affiliated with Sport BC. Camps, equipment and travel are not eligible expenses. Preference for funding is given to children who are being introduced to organized sport.

For further information, contact 250-632-8970.

HELP A CHILD GROW HEALTHY!



To make a donation, please call Cyndi at 250-632-9107

Applications available at kitimat.ca

General Information

Kitimat Leisure Services Department

The Kitimat Leisure Services Department provides leisure services and opportunities for our community through many different ways. We serve you by maintaining your facilities, providing programs and direct services. In addition we provide assistance to community groups with special events. We're always pleased to receive input from you as to how we can serve you, improve what we do, or offer new and exciting programs. Call us!

Leisure Services Department Enquiries:

Tamitik Jubilee Sports Complex

250-632-8955 250-632-6338 (fax)

Deputy Director of Leisure Services - Recreation & Parks	Tristen Rutsatz
Arena Bookings / Campground / Adventure Parks	Greg Mitchell - Arena Coordinator
Pool Bookings / Programs	Paige Collier- Aquatic Coordinator
Administration Centre / Leisure Services	Haley Orr - Administration Coordinator
Tamitik Programmer	Randi Kellar
Horticulturist	Todd Gesshe
General Enquiries / Program Information & Registration / Room Rentals / Park Covered Area Bookings / Campgrounds	Sussi, Leila, Kim, McKenna, Zoe, Jasmine, Kelly

Riverlodge Recreation Centre

250-632-8970 250-632-5953 (fax)

Deputy Director of Leisure Services - Community & Culture	Theressa Rachao
Leisure Services / Event Bookings / Facility Manager	Haley Orr - Administration Coordinator
Recreation Programs / Special Events / General Interest	Marcy Rice - Programmer
Fitness Programs / Workshops / Special Events	Cheri Demelo - Programmer
Kitimat Youth Centre	Kody Wiebe - 250-632-8974 (Kitimat Community Services)
General Enquiries / Program Information & Registration / Room Rentals / Park Covered Area Bookings	Heather, Kim, Jasmine, McKenna, Zoe, Kelly

Leisure Services Department

250-632-8910 250-632-5953 (fax)

Director of Leisure Services	Devrie Sanghera
Clerk (Leisure Services, Complimentary Passes)	Danielle Luckey
Direct all Mail to: 270 City Centre, Kitimat, B.C. V8C 2H7	



Admission Fees For Public Sessions

Riverlodge, Tamitik & Sam Lindsay Aquatic Centre including Courts

Regular Admission						
Age Group	Single Drop-in	Economy Tickets	Per Month	3 Months	6 Months	12 Months
PreSchool	N/A	N/A	N/A	N/A	N/A	N/A
Child (5 - 14 yrs)	3.20	31.45	35.00	89.45	161.50	285.15
Senior (60 +)	3.90	34.90	38.80	91.60	172.85	307.25
Student (15 - 18 yrs)	4.80	47.60	60.90	152.20	274.15	487.35
Adult (19 - 59 yrs)	7.90	75.70	100.10	250.20	450.10	800.10
Family	15.85	N/A	176.10	440.45	792.95	1,409.40

Leisure Access (75% of drop-in/economy tickets. 50% of regular memberships)						
Age Group	Single Drop-in	Economy Tickets	Per Month	3 Months	6 Months	12 Months
PreSchool	N/A	N/A	N/A	N/A	N/A	N/A
Child (5 - 14 yrs)	.80	7.90	17.45	44.70	80.75	142.50
Senior (60 +)	1.00	8.95	19.45	45.80	86.35	153.65
Student (15 - 18 yrs)	1.20	12.35	27.05	76.10	137.05	243.70
Adult (19 - 59 yrs)	2.00	18.90	44.55	125.05	204.60	400.10
Family	3.95	N/A	95.25	238.20	428.75	762.15

Day Pass					
PreSchool	Child	Senior	Student	Adult	Family
N/A	5.30	5.60	8.25	12.85	25.25

*No GST on Child Admission. Industrial subsidy cards may apply to drop-in & membership prices.

Arts Memberships					
	Drop In	Per Month	3 Months	6 Months	12 Months
Child	3.20	10.05	25.50	44.45	73.20
Senior	3.90	10.90	25.85	45.30	78.30
Student	4.80	13.35	32.15	56.30	96.15
Adult	7.90	21.50	51.25	90.30	154.70

Leisure Access Arts Memberships					
	Drop In	Per Month	3 Months	6 Months	12 Months
Child	.80	5.05	12.75	22.20	36.60
Senior	1.00	5.45	12.95	22.65	41.10
Student	1.20	6.65	16.05	29.55	50.45
Adult	2.00	10.75	25.60	45.10	77.40

Includes use of Arts Room/Pottery Wheels ONLY. Firing coupons & packages additional cost. Hours: 8:30 am - 8:30 pm. Call ahead to see if the arts/pottery room is being used for a program.

Public Sessions Include:

- Public Swimming • Weight Room / Cardio Room • Table Tennis • Racquet Sports • Public Skating
- Everyone Welcome Pickleball • Badminton • Rock Wall • Shinny Hockey • Open Gym • Soccer • Basketball
- Children 12 and under are not permitted in the weight room or cardio room.
- 13 - 15 year olds must be accompanied by an adult 19+ in the weight room and cardio room.



Kitimat Leisure Services

Refund Policy

PROGRAM CANCELLATIONS:

The District of Kitimat Leisure Services Department reserves the right to cancel any program or class due to lack of registration or other issues beyond its control. Full reimbursement to all participants on cancelled programs.

REFUNDS:

Programs/Workshops/Fitness: Your satisfaction is guaranteed on all programs. If you are not completely satisfied with any class or program you may request a refund or credit for the program. Full reimbursement will be made.

Memberships: Refunds will not be issued for memberships including: Regular Memberships; Art Wing Memberships. Reasoning: The District of Kitimat Leisure Services Department deeply discounts the price of membership to the purchaser at time of purchase.

Note: Medical Excuse If a refund is requested for a membership due to the owner of the membership being unable to use it due to medical reasons, the request will be forwarded for approval to the coordinator of the program.

(Please allow 30 days for the processing and mailing of refund cheques.)



Image Recording Devices

Picture taking is only permitted in Leisure facilities with permission of staff and user group.

All electronic devices are to remain off while in change rooms and washrooms.



YOUR LEISURE FACILITIES ARE DISABILITY-FRIENDLY

Tamitik Jubilee Sports Complex and Riverlodge Recreation Centre have disability accessible doors and washrooms.

- Riverlodge Recreation Centre has entry access ramps; accessible change rooms; and showers.
- Sam Lindsay Aquatic Centre has a pool entry lift and ramp; accessible change rooms; showers; and disabled viewing area. An aquatic wheel chair is available and parking for the physically challenged is available at the rear of the pool – call ahead if you require access via the rear doors.
- Tamitik Arena and Kitimat Ice Rink have viewing areas for disabled persons and accessible change rooms.

DISABILITY-FRIENDLY PARKS

- Picnic Areas: Radley Park, Lions Park, Smith Street, Heron Street, Pintail Street, Centennial Park, Raley Street Park, Riverlodge
- Camping: Radley Park: washrooms, showers, sites
- Fishing: Disabled access fishing located at Fish Hatchery



THE KITIMAT MUSEUM & ARCHIVES

- Experience the Stories of Kitimat -

Discover stories that shaped Kitimat through inspiring exhibits on community, Indigenous heritage, natural history, and local art. Shop local treasures and Kitimat souvenirs, enjoy new exhibitions, events, and family-friendly programs.

Open Year-Round. Admission by Donation
Open Hours: Mon-Fri: 10am - 4pm, Sat: 12 - 4pm

293 City Centre,
Kitimat, BC

250 632 8950
info@kitimatmuseum.ca
www.kitimatmuseum.ca



The best community events calendar in Kitimat.

All community events
are posted for free!

Contact the Chamber today:

🌐 www.kitimatmatchamber.ca

✉ members@kitimatmatchamber.ca

KITIMAT
CHAMBER OF COMMERCE



Youth
Ages 10 - 18

Hours of Operation
Mon. to Sat. 6 - 10 pm

Contact Us

coordinator@kitimatyouthcentre.ca



(250) 632 - 8974

**Closed Sunday &
Statutory Holidays**

Kitimat Youth Centre is a program of Kitimat
Community Services Society in partnership
with the District of Kitimat

