

Adult Recreation Programs

Seniors Walk - Quesnel Youth Soccer Centre

Walking will increase your energy level; help you relax and sleep better; make you healthier by reducing your body weight and body fat and tone your muscles; lower your risk of disease and osteoporosis and reduce high cholesterol.

980 Anderson Drive- Quesnel Soccer Facility

Monday to Friday 8:30 – 4:30 pm

Tuesday October 11th- FREE (after Thanksgiving Monday)

It would be free for:

- Over 60 years of age
- Individuals with permanent physical and mental disabilities
- Those with a financial disability & providing a Leisure Access Card (available at the Arts & Rec. Centre)

ADULT SKATING & FITNESS

This program, open to males and females, will improve your overall skills for beginners or advanced participants. Taught by a certified skating instructor, this class will have you enjoying the ice and new friends in no time at all! Come try something new! Course includes power skating and general skating technique (improving stopping, forward & backward skating technique etc...).

Please note the schedule may change due to skating competitions.

18494

Tuesdays

September 13 - March 07 (No class Dec 20, Dec 27)

4:00pm - 5:00pm

\$190.00/\$237.50 incl tax

Twin Arena's Rink 1

Chronic Disease Self-Management Program

KNOWLEDGE, SKILLS & CONFIDENCE

You CAN have chronic conditions and still live a healthy life.

SELF-MANAGEMENT programs are available in Quesnel for adults living with or supporting someone with chronic health conditions and are FREE. In these fun, practical workshops you will learn:

- To manage your chronic health condition to continue living a healthy life
- New knowledge and skills to become more confident in managing your health
- To problem-solve to make daily tasks easier
- To get started in making healthy lifestyle changes
- To develop good communication skills with your health care team
- To find and use community resources

Interested in taking a workshop or becoming a volunteer leader?

Toll Free 1-866-902-3767 |

selfmanagement@eastlink.ca | www.selfmanagementbc.ca for info on the next set of courses!



Adapted Fitness

GET HEALTHY QUESNEL

10 reasons why exercise is important!

1. Improves quality of life
2. Reduces the risk of heart disease
3. Improves the quality of sleep
4. Enhances self-image
5. Relieves stress and anxiety
6. Relieves depression
7. Can slow the aging process
8. Improves mental sharpness
9. Increases good cholesterol
10. Prevents certain types of cancer

WE NOW HAVE A TIME FOR YOUTH AGES 13-14 YR OLDS TO USE OUR WEIGHT ROOM 1 HOUR PER WEEK!

Follow these guidelines and you can use the weight room WEDNESDAYS 4:30-5:30pm.

- Fill out a Personal Training & Fitness Consultation (2 hour session includes a personalized program and how to safely use our equipment)
- Resident Fee: \$78.75/ Non Resident Fee: \$98.45
- Parent and youth meet with our certified personal trainer for initial consult & how to use your personalized program.
- Parent/Youth/Personal Trainer sign off on an UNDER 15 WEIGHT ROOM AGREEMENT; adhering to the program & privilege to use the weight room
- Parent and child use the gym together/every time during Wednesdays 4:30-5:30pm



Power Parent Participants

ADAPTED FITNESS

This fitness class designed for persons with a developmental disability incorporates everything you need for a well-rounded fitness class. This bi-monthly class is very well attended and popular!

Mondays Drop-In

Dates: Sept 12 & 26, Oct 24, Nov 07 & 21, Dec 12, Jan 09, 23, Feb 27, Mar 13

1:00 – 2:00 pm

\$1.65 per person



Aquatic Special Services

SWIM PROGRAMS FOR THOSE WITH SPECIAL NEEDS

Quesnel Leisure Services department offers one-on-one swim instruction for those with special needs. Call us at 250-992-8200 for further information or to book your lessons.

\$14.70 per 30 minute lesson/\$18.40 (non-resident)



PRIVATE SWIMMING LESSONS

If one-on-one instruction suits your needs, call or drop by the Quesnel Arts & Recreation Centre to fill out a private lesson request form. We will schedule your private lessons on the times, dates and with the instructor you prefer whenever possible.

Private: \$23 per 30 minute lesson / \$28.75 (non-resident)

Semi-private: \$16.50/per person - 30 minute lesson / \$20.60/person (non-resident)

CUSTOM CPR/FIRST AID TRAINING

If our regularly scheduled classes do not fit into your schedule, drop by and fill out a private lesson form. Costs and time requirements will be listed on the form.

FREE SWIM EVALUATIONS

Not sure which level to register your child in? Drop by or give us a call at 250-992-8200 to set up your free swim evaluation!

CUSTOM DESIGNED PROGRAMS

Problems fitting into our regular swimming lesson schedule? Contact us at 250-992-8200. A program can be arranged for you on the days and times of your choice for 3 or more participants.

AQUATIC PERSONAL TRAINING & THERAPY

Get one-on-one aquatic personal training and therapy using the natural resistance of the water. We will set up a program designed specifically to help you reach your fitness and therapy goals. Programs for people with cardiovascular disease, pulmonary disease, Parkinson's, Multiple Sclerosis, Arthritis, fibromyalgia, functional and age related problems, motor vehicle accidents and concerns with back, hip, knees, shoulders and ankles will find this very helpful. Please contact us at 250-992-8200 or drop by the Arts & Recreation Centre to book your first free consultation.

Cost per 30 minute session after consultation is \$30.40/\$38

Twin Arenas

Jr. Drop in Hockey

5-12 years

Keep the kids busy when school is out; bring your hockey gear, suite up and join in!

Drop in for a half hour, hour or the full hour and half.

Skate Patrol is on duty at all times. **FULL HOCKEY GEAR IS MANDATORY .**

Offered on NI Days,
9:30-11:00 am

Adult Noon Hour Skate

Monday to Friday

12:00 noon-1:00 pm

Help stay fit this winter and come out for a noon-hour skate with friends, family or co-workers! Adults only, please

Cost \$3.55 (\$2.85 Rec Pass holders)

Adult Shinny Hockey

Looking to play hockey but you work nights or rotating shifts? Full Hockey gears is suggested **HELMETS ARE MANDATORY.**

Monday thru Friday (Monday and Friday available for 14-18 yrs. on Prod D day or holidays)

11:30-1:30 Drop in come for ½ hour, full hour or the whole 2 hours.

Cost \$6.35 (\$5.10 Rec Pass holders)

Sledge Hockey

If you cannot skate, try out Sledge Hockey. We have sledges donated by wonderful organizations in our community. Come and try this great Olympic sport.

FIRST TIME FREE!!

Session 1: Oct 1, 8, 15, 29, Nov 5, 12, 19, 26, Dec 3, 10th

Session 2; Jan 7, 14, 21, 28, Feb 4, 18, 25, March 4, 11

Saturday 8-9 pm

Drop in \$4.00 with Rec Pass/\$5.00 without

5 punch pass available \$15.00 WRP/ \$18.75 WOPR

HELMETS ARE MANDATORY

UNBC UNIVERSITY OF
NORTHERN BRITISH COLUMBIA
QUESNEL

LIVE | WORK | STUDY
UNBC SOUTH-CENTRAL, QUESNEL



- ➔ 93% of grads are employed after graduation
- ➔ **1 in 5** Students receive Financial Awards
- ➔ **10:1** Student to Instructor ratio.
- ➔ **65%** of undergraduate programs have an intake of 26 students - one of the best in western Canada
- ➔ **150** Worldwide Exchange Student Opportunities
- ➔ **1 of 4** Research intensive universities in BC
- ➔ **Access** to 1,052 Academic Courses
- ➔ **Live at home while you study**

Degree Programs and Courses in:

- ➔ **First Nations Language Certificates**
- ➔ **General Arts**
- ➔ **Bachelor of Social Work**
- ➔ **Bachelor of Science in Nursing**
- ➔ **Bachelor of Arts First Nations Studies**
- ➔ **Master of Education**
- ➔ **Master of Social Work**
- ➔ **And More!**

Create a road map to your future! Contact us for more information.

UNBC South-Central | North Cariboo Community Campus | S100 - 100 Campus Way | Quesnel | BC | V2J 7K1
Phone: 250.991.7540 | Fax: 250.991.7528 | Website: www.unbc.ca/south-central | Email: sc-info@unbc.ca



Like us on Facebook to receive updates on programs and special events!
<http://bit.ly/UNBCQuesnelIFB>