

**NORTHWEST
COMMUNITY
COLLEGE**

1982 SPRING PROGRAMS

TERRACE PARKS & RECREATION DEPARTMENT



OFFICE:

Located in Arena — 3320 Kalum Street
 Open Monday to Friday, 8:30 a.m. - 4:30 p.m.
 Telephone: 638-1174

MAILING ADDRESS:

No.5-3215 Eby Street, Terrace, B.C. V8G 2X6

YOUR RECREATION STAFF:

Superintendent of Parks & Rec.	Al McNiven
Head Arena Attendant	Dale McFadden
Head Pool Attendant	Cary Humphrey
Program Co-ordinator	Elaine Parmenter

REGISTRATION DATE

Saturday: April 3 from 10 a.m. - 1 p.m. — Arena Banquet Room

Registration Procedures:

All registrations are on a first-come, first-serve basis with no prior registration or registration accepted by mail. Many activities have a limited enrolment, therefore prompt registration is advised. Fees and registration will not be accepted at the program unless otherwise indicated. The Parks and Recreation Department reserve the right to cancel a program due to insufficient enrolment.

Late Registration:

Will be accepted at the Recreation Office in the Arena from April 5 up until a few days before the specific program commences if enrolment space is still available in the class. The Recreation Office is open Monday to Friday from 8:30 a.m. to 4:30 p.m.

Refunds:

Absolutely NO REFUNDS will be given without a Doctor's Certificate. However, full refunds will be given if a program is cancelled.

Holidays:

Classes will not be held on Statutory Holidays. (Good Friday, Easter Monday)

When Classes Start:

Most classes begin the week of April 13th. However, a few classes do start at different times. Please check each writeup to be sure you come to the 1st class.

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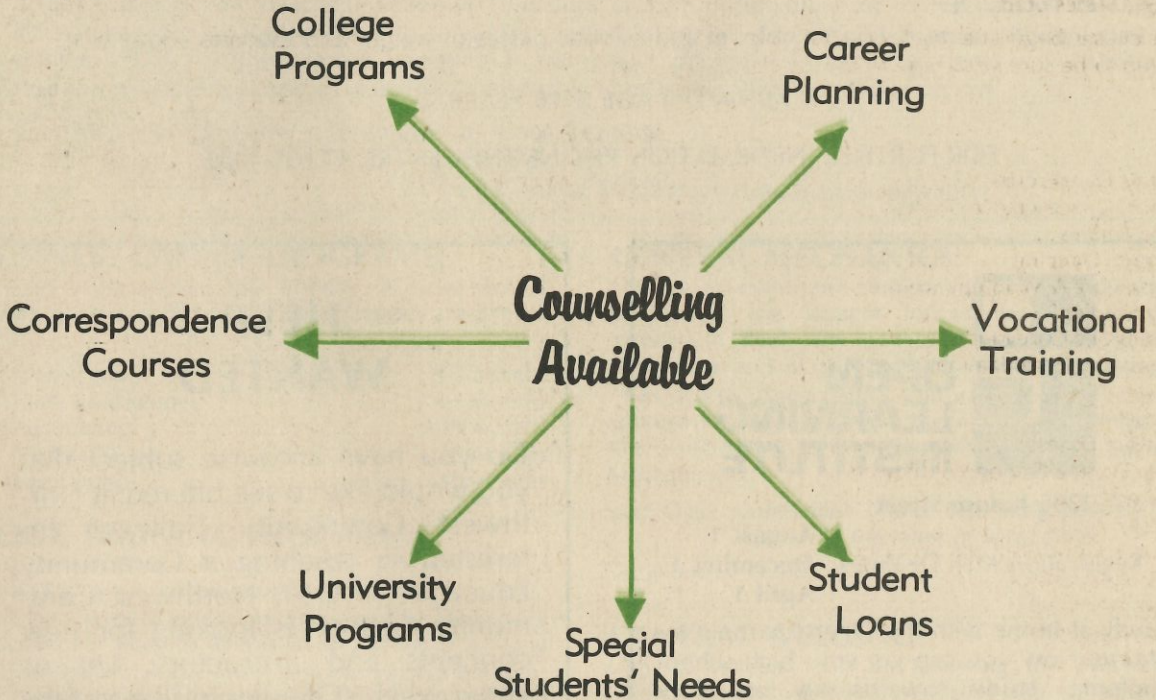
NORTHWEST COMMUNITY COLLEGE

5331 McConnell, P.O. Box 726, Terrace, B.C. V8G 4C2
Phone: 635-6511

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College Counsellors Bert Seinen and Francis Sabine are available for appointments, to discuss and advise on the following matters:



Phone the Counselling Centre, 635-6511, for information

The Counselling Centre has a wide variety of career information and College and University calendars. The Centre also has CHOICES, and a computer terminal, helpful in career decision making.



REGISTRATION

Saturday, April 3 at Arena

10 a.m. - 1 p.m.

Pre-registration is important for all courses. If we don't know you are planning to attend, we may cancel your course because we think there will not be sufficient enrolment.

STUDENTS WITH SPECIAL NEEDS

Any student who feels he/she may require assistance for any need should contact the Adult Special Education Coordinator at 635-6511, local 215.

NORTHWEST COMMUNITY COLLEGE PHYSICAL RECREATION CENTRE

OPEN FOR PUBLIC USE

CURRENT HOURS OF OPERATION ARE:

11:00 a.m. - 11:00 p.m. Monday to Friday

12:00 noon - 8:00 p.m. Weekends and holidays

FACILITIES INCLUDE:

2 Racquetball courts, Sauna, Whirlpool and various pieces of weight and exercise equipment.

MINIMUM AGE IS 16 YEARS.

FOR FURTHER INFORMATION PHONE THE CENTRE AT 635-4009.



**OPEN
LEARNING
INSTITUTE**

3306 Kalum Street

August 1

Registration Mail Dealines: **December 1**
April 1

Study at home with the Open Learning Institute! Now you can get your high school diploma, study towards an university degree, or start on a whole new career program. In Terrace, call the OLI Advisor 635-4961, or stop by the Downtown Centre. Information may also be obtained at Northwest Community College.

HELP WANTED

Do you have a course subject that you would like to see offered at Northwest Community College? Interested in teaching a Community Education course? Northwest Community College is looking for new concepts and instructors. Let us know what YOU would like to take or teach — Please contact Continuing Education, Local 254. We welcome your ideas and input anytime.

ACADEMIC DIVISION

Introduction to Mental and Physical Components of Health

During the four meetings we will discuss the interaction of the mind and the body as it relates to coping with stress and maintaining health in general. Participants will have the opportunity to assess aspects of their personality and lifestyle (nutrition and exercise) and to experience a variety of relaxation and meditative techniques.

Location: NWCC
Instructor: Andre Klingner
Dates: May 3, 10, 17 & 24th
Time: 7:00 - 10:00 p.m.
Pre-register at N.W.C.C.

Vocational and Trades Training

FULL TIME COURSES

FEES: General structure for new entry courses —

Tool and Book Deposit	\$50.00 (refundable)
Student Association	\$ 1.00 per month
Tuition	\$22.50 per month.

NEW DEVELOPMENTS IN VOCATIONAL TRAINING: In response to meeting individual student needs by providing a more flexible training system, the Vocational Division is presently developing course materials into package modules to ensure maximum flexibility for individualized training. This new system will allow students to enter programs at various times to progress according to their abilities. To accommodate this versatility in training, it will be essential for students in vocational training to apply as early as possible so that they can be enrolled into the program.

Courses presently being offered are: a) Cook Training
b) Welding
c) General Mechanics (Under development)

BUSINESS CAREER PROGRAMS:

Courses begin on the first Monday of every second month beginning January 4, 1982. Courses are offered in:

Clerk-Typist	4-6 months
Clerk Bookkeeper	4-6 months
Accounting	9-11 months
Medical Steno	10 months
Legal Steno	10 months

COOK TRAINING PROGRAM:

Program will have continuous intake. The objective of Cook Training is to prepare students in all the basic skills necessary to gain employment in the Hospitality industry. For students who have an interest in working with the general public and a desire for permanent gainful employment. Opportunities are plentiful for graduates.

General Cook Training — 12 months.

Camp Cooking — 6 months.

Short Order Cooking — 3 months.

Start Date: Continuous intake.

GENERAL MECHANICS:

This is a ten-month pre-employment program intended to prepare the student for employment in the mechanical field. On successful completion of this course, the student will have gained a basic knowledge of all phases of mechanics with training equal to pre-apprentice Heavy Duty Mechanics, Automotive Mechanics and pre-employment Marine Engine Mechanics.

Start Date: Continuous intake beginning possibly in April or at the latest in September.

Duration: 10 months.

GENERAL WELDING:

General Welding will be following the Provincial Outline closely. At the present time the 'C' Module Outline is complete and is being taught. The self-paced Module 'C' will take approximately eight months for the average student to complete.

Starting Date: Continuous intake.

Duration: 10 months.

MARINE EMERGENCY DUTIES (MED I):

A safety-oriented course for small vessel operators and crew. This course was designed by the Canadian Coast Guard (Ship's Safety Branch) specifically for the small boat operator and fishermen and consists of the practical and theoretical application of life saving, survival, fire fighting and seamanship. An MoT certificate will be issued on completion of the course. Note: This certificate is a requirement for the Fishing Master III-IV certificate of competency.

Fee: \$40.00

Duration: 4-5 days, offered dependent upon student registrations.

For further information, contact your local Centre or Captain Ben West, Prince Rupert, 624-6054.

WILDERNESS GUIDING SKILLS:

This is a very intensive three week course designed to aid people planning to work in the guiding and hunting field. The student will learn Horse Use and Care, Hunting, Natural History and Non-Hunting uses, Emergency Training, Orienteering and Survival, Boating Skills, and Camp and Trail Cooking.

Course Date: June 28 - July 16

Fee: \$500.00

Location: Smithers

UPGRADING:

The Vocational Division also offers courses in upgrading.

- a) Welding
- b) Cook Training
- c) Industrial Electronics.
- d) Auto/Heavy Duty Electrical Refresher
- e) Truck Operator/Basic Maintenance

TRUCK OPERATION AND BASIC MAINTENANCE SKILLS:

This course is designed to familiarize truck operators or potential operators with the basic functions of all working components on a truck, or similar vehicles; to identify potential problems, and to inspect and perform adjustments to airbrake systems. It will also outline a clear procedure for pre and post trip inspections.

Course Content:

Engine & Engine Support Systems

Basic Power Trains.

Basic Steering Systems

Basic Electricity

Airbrakes

Tires & Maintenance

Pre-Trip Inspection

Post-Trip Inspection

General Operating & Safety Procedures.

Length of Course:

Day course - 60 hrs.

(2 weeks at 6 hrs. per day). Participants from industry sponsorship or individual fee payers are encouraged to apply.

Dates: March 29 - April 9

Location: NWCC Terrace campus

Fee: \$150.00

Upon successful completion of the course the students will receive a certificate of completion.



SUPERVISORY MANAGEMENT TRAINING

The Management Skills for Supervisors program is currently being offered throughout the college region. We offer a broad range of courses in various topics, i.e.:

- Effective Written Communications
- Time Management
- Basic Instruction Techniques, etc.

We can arrange for seminars and workshops in a variety of topics that will meet employee training requirements in industry/business including government agencies, private and public corporations, professional and volunteer organizations and individuals.

Why not call us at 635-6511, local 212 and let us assist in meeting your employee training needs.

Community Education Services

BASIC GARDENING

Growing a garden this year can save on your grocery bill and it need not be expensive or complicated! Course is designed to cover topics from planting to mulches, pest control and pollination.

Instructor: Jack Atkinson

Location: NWCC

Dates: April 20 - May 4, (Tuesdays)

Time: 7:00 - 9:00 p.m.

Fee: \$10.00

NUTRITION AND VEGETARIAN: COOKING

This course focuses on preparing balanced, wholesome meals with proper vitamins and minerals.

Learn how to cook exciting innovative dishes and save on your grocery bill at the same time.

Instructor: Dawna Ganson

Location: Caledonia School

Dates: April 20 - May 18 (Tuesdays)

Time: 7:00 - 9:00 p.m.

Fee: \$20.00

BASIC AUTO CARE

Course designed for the novice car-owner. Concentration will be on basic mechanical and electrical operations of a car. Learn maintenance and PREVENTATIVE maintenance to save you \$\$\$\$\$'s.

Instructor: John Rinaldi
Location: NWCC Shops
Dates: May 6 - June 10 (Thursdays)
Time: 7:30 - 9:30 p.m.
Fee: \$20.00

CERAMICS (Raku) WORKSHOP

This workshop will provide emphasis on one's internal physical and emotional balance and how it influences one's clay expressions. Workshops will cover basic skills to allow a range of expression and attention will be paid to the importance of integrating form and decoration.

Instructor: Denys James, Emily Carr College of Art
Location: TBA
Dates: May 7, 8, 9th
Time: TBA
Fee: \$30.00 plus materials

FOOD PRESERVING: CANNING & FREEZING

An introduction to an uncomplicated and economical way to save on your grocery bill. Workshop is designed to give basic instruction on the two methods of preserving fruits and vegetables.

Instructor: Janet Coburn
Location: Caledonia School
Date: June 12
Time: 10:00 a.m. - 2:00 p.m.
Fee: \$10.00

SALMON CANNING WORKSHOP

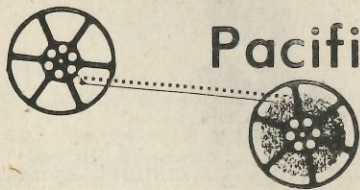
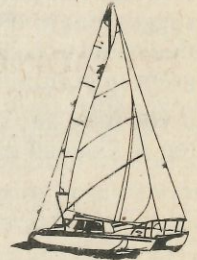
Learn how to correctly preserve salmon by pressure cooking. Bring a pint jar to keep your results. LET US KNOW THAT YOU ARE INTERESTED. CONTACT NWCC 635-6511, local 254 or Kermode Friendship Centre at 635-4906 for details.

HERBAL WORKSHOP

NWCC and KERMODE FRIENDSHIP CENTRE are planning a workshop in correct identifying, collecting and usage of herbs. IF YOU ARE INTERESTED, please call NWCC, 635-6511, local 254 and let us know.

BOATING SAFETY

In conjunction with the Canadian Coast Guard, this course is designed to give practical boating safety knowledge to the recreational boat operator. Topics to be covered include small vessel regulations, boat maintenance, search and rescue information, emergency equipment and hypothermia. PLEASE CONTACT NWCC (635-6511) local 254 and let us know you are interested.



Pacific Cinémathèque Film Series

R.E.M. Lee Theatre, Thursdays at 8:00 p.m.
Admission \$2.50

- April 1st** "MOSCOW DOES NOT BELIEVE IN TEARS"
Best Foreign Film Award: Academy award 1981. This appealing film spans twenty years in the lives of three women, their loves and adventures in Moscow from 1959 to present day.
- April 15th** "A TIME TO RISE"
The film documents the struggle to organize the farmworkers of British Columbia resulting in the formation of the Canadian Farmworkers Union.
- April 15th** "THE WILLMAR 8"
This is an inspiring story of eight women who suddenly found themselves in the forefront of the fight for women's rights.

TERRACE PARKS & RECREATION DEPARTMENT



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TELEPHONE: 638-1174



MAILING ADDRESS: No. 5-3215 Eby Street, Terrace, B.C. V8G 2X6

PARKS & RECREATION COMMITTEE OF COUNCIL:

Molly Nattress (chairperson)
David Gellately
Marguerite Clarkson
Gordon Galbraith

TERRACE ADVISORY RECREATION COMMISSION:

Flavio Cervo	Don Dunster
Glenn Thomsen	Gary Baker
Mike Brady	Linda Lee
Julius Komlos	Dennis Fisher

District of Terrace Representative:

Molly Nattress

School Board Representative:

Claudette Sandecki

The Advisory Recreation Commission consists of a cross-section of community members and is appointed by Council to assist in the development and improvement of Recreation for our community.

Public meetings are held at **8:00 p.m.** on the 2nd Wednesday of the month. For location call 638-1174. The main purpose of the Commission is to act as a sounding board for community opinion and then make suggestions to the District of Terrace Council. The Commission, through the District of Terrace Council is dedicated to facilitating, co-ordinating and providing a comprehensive system of leisure facilities and program opportunities for all citizens of the Terrace area.

If you have any suggestions or opinions regarding recreation in Terrace, please call one of your Committee of Council members or Commission members listed above.

Program Announcements, Arena or Pool Events

Watch the local
Newspapers!

NEWS ADVERTISER
DAILY HERALD

Listen to Radio
CFTK's Datebook

Arena and Pool Schedules

Available at Arena Office
or call our
24-Hour
recorded information line:
635-9212

INSTRUCTORS REQUIRED



We need instructors for cultural, sports, fitness and outdoor programs for people of all ages. Some experience and an interest in working with people are all you need. We'll help you set up the course and give you tips on teaching.

If interested, phone 638-1174, or send your course description and qualifications to:

Recreation Program Division,
District of Terrace,
Parks & Recreation Department,
No. 5 - 3215 Eby Street, Terrace, B.C.
V8G 2X6.

**DISTRICT OF TERRACE
PARKS & RECREATION DEPARTMENT**

SUMMARY OF 1981 OPERATIONS

ARENA

The arena operated ice for approximately six and one half months in 1981. There was a brief closing in April to remove the ice, do some necessary maintenance, and prepare for roller skating. Roller skating operated from mid-April through to the end of June at which time the building was closed for major renovations, the installation of new boards and glass around the ice surface.

1981 was one of the busiest years to date with summer arena bookings. We have made some changes in the public ice skating schedule to more convenient times in the hope of attracting more people. However, this fall we have been somewhat disappointed with the response. Following are the arena attendance statistics for 1981:

ACTIVITY	NO. OF PEOPLE PARTICIPATING
Clubs and Private Bookings	56,000
Public Ice Skating	7,336
Roller Skating	6,600

The arena banquet room is being used more heavily by Parks & Recreation Programs. There are activities in the Banquet Room Monday to Friday, mornings and most afternoons. The room is also booked in the evenings Sunday to Thursday with Friday and Saturday being left for Banquet bookings.

SWIMMING POOL

1981 has been the busiest year to date for the Terrace Swimming Pool. Attendance at most public swim sessions has been very good with some of the sessions being crowded. This past year has also seen the introduction of the new Red Cross Learn to Swim Program, and installation of the Sun Solarium which has been reasonably busy. This year, during May and June the District administered a Junior Resuscitation Program with the cooperation of School District No. 88 to teach artificial respiration and basic first aid techniques to the students. Participation statistics for 1981 were as follows:

Public Swim Sessions	45,208
Clubs and Private Rentals	12,300
Lessons and Programs	21,632
Schools	<u>19,992</u>
Total:	<u>99,162</u>

PARKS

1981 was a year of basic maintenance for the Parks with no major projects being undertaken. However there was a very nice contribution by the Terrace Rotary Club and the Community Services who cooperatively constructed a Cross Country Ski Trail on Ferry Island.

PROGRAMS

The program division of the Parks and Recreation Department had a very active year in 1981 with several new programs being introduced. Ladies Fitness classes are in great demand and the department has had difficulty finding enough instructors and gym space to accommodate this demand. Some of the new programs were Sailing and Wind Surfing Schools, Outdoor Scrub Volleyball Tournament, Northwest Sports Camp, Pre-school Playground Program, Children's Hallowe'en and Christmas parties. We are looking forward to more programs in 1982 with the addition of more children's programs and fitness classes.

Overall, the department had a good increase in use of facilities and programs in 1981. We have new programs being planned for 1982 and hope that we can meet the requests of the community. It is our objective to provide top quality programs and services to the community. We appreciate any feedback the people who use the facilities or participate in programs can provide to assist us in improving our services. We are looking forward to working with the people of Terrace in 1982 and encourage you to participate in the activities we provide.

Terrace Arena

3320 Kalum Street

ROLLER SKATING SCHEDULE — April 19 to July 16



MONDAY (April 21 - July 12), except May 3

6:30 - 8:00 p.m. Everyone Welcome

8:30 - 10:00 p.m. 16 and over

WEDNESDAY (April 14 - July 14), except April 28

6:30 - 8:00 p.m. Everyone Welcome

8:30 - 10:00 p.m. 16 and over

FRIDAY (April 16 - July 16), except April 30, May 14, June 25

6:30 - 8:00 p.m. Everyone Welcome

8:30 - 10:00 p.m. Teen Night



Public Skate Admission

Adult	1.50
Student	.80
Children/Senior Citizen	.60
Family	2.25

Rental

1.00
1.00
.75
2.25

Private Rentals
\$25.00/hour

DOORS OPEN 15 MINUTES BEFORE EACH SESSION

Admission charge to cover ALL people entering the building.

I.D. required for all persons renting roller skates — 13 and under School Picture with name, address and phone number.

PRIVATE RENTAL TIMES AVAILABLE

Phone Recreation office 638-1174, 8:30 - 4:30 pm. Monday - Friday.

24 HOUR INFORMATION SERVICE: 635-9212

1982-83 ICE SEASON

Anyone wishing information on booking ice time for 1982-83 season please phone Arena office 638-1174 before May 21, 1982.

BANQUET ROOM is available for bookings. Rates are as follows:

LOCAL NON-PROFIT	Evenings (6:00 p.m. - 2:00 a.m.)	\$110.00
	Other times	\$10.00 per hour
COMMERCIAL OR OUT OF TOWN	Evenings (6:00 p.m. - 2:00 a.m.)	\$250.00
	Other times	\$10.00 per hour

FOR MORE INFORMATION APPLY AT THE ARENA OFFICE OR PHONE 638-1174
MONDAY TO FRIDAY 8:30 a.m. — 4:30 p.m.

PRE-SCHOOL PROGRAMS

KIDNASTICS — Beginners

For ages 4 - 5 only, this is a program for building strength, coordination, and flexibility. Through various exercises and tumbling, balance will be emphasized. An excellent program to start a youngster off into any sport.

Instructor: Eva Komlos
Time: Monday & Wednesday, 1:00-2:00 p.m.
Dates: April 19 - May 31
Location: Arena Banquet Room
Fee: \$16.00

KIDNASTICS — Intermediate

For those 4 and 5 year olds who have taken 2 or more kidnastics classes and want a more in-depth class.

Instructor: Eva Komlos
Time: Monday & Wednesday, 2:15-3:15 p.m.
Dates: April 19 - May 31
Location: Arena Banquet Room
Fee: \$16.00

MOM AND TOT GYM TIME

Gym fun for 2 and 3 year olds. An opportunity to explore movement skills, co-ordination, balance and strength building exercises through fun activities and games. Parents must attend each session.

Instructor: Eva Komlos
Times: Monday & Wednesday, 10:30-11:30 a.m.
Dates: April 19 - May 31
Location: Arena Banquet Room
Fee: \$16.00

TIME FOR TOTS (3-5 yr. olds)

This creative pre-school variety program includes arts, crafts, games, sing songs, story time and free play, with an emphasis on socialization. Parents are asked to assist for one duty-day.

Instructor: Lucy Silva Carrita
Time: Tuesday & Thursday, 1:00-3:00 p.m.
Dates: April 20 - May 27
Location: Arena Banquet Room
Fee: \$31.00

TIME FOR TOS (2½ - 3½ yr. olds)

This introductory program is for those who have never participated in a preschool recreation program before. Program includes free play, arts and crafts, games, sing-song, story time and other socializing activities. Parents are asked to assist for one duty-day. Children must be toilet trained.

Instructor: Lucy Silva Carrita
Time: Tuesday & Thursday, 9:30-11:30 a.m.
Dates: April 20 - May 27
Location: Arena Banquet Room
Fee: \$31.00



YOUTH

PET CARE

For 8-12 year olds, this will be an introduction to pet care, for dogs, cats and pet store variety rodents. Course will cover feeding and housing requirements, health and basic training.

Instructor: Garth Webber
Time: Tuesday, 6:30 - 8:00 pm.
Dates: April 20 - May 11
Location: Arena Banquet Room
Fee: \$8.00



KIDS IN THE KITCHEN

Learn all about mixing ingredients, baking, nutrition and best of all, eating your own creations. Different recipes are used in each class. For ages 8-12.

Instructor: Cathy Van Dyk
Time: Wednesday, 6:30 - 8:30 p.m.
Dates: April 21 - May 26
Location: Skeena Jr. Sec. Home Ec. Rm.
Fee: \$15.00, plus \$10.00 lab fee

BEGINNER GUITAR

For 9-12 year olds — a continuation of the Winter Session or for those who have had guitar lessons before.

Instructor: Tony Bec
Time: Tuesday, 4:00 - 5:30 p.m.
Dates: April 20 - May 25
Location: Arena Banquet Room
Fee: \$12.00



STUFFED ANIMAL TOYS FOR KIDS

8-12 year olds will enjoy making a 12-inch stuffed animal in class. All sewing is done by hand and materials are provided.

Instructor: Cathy Van Dyk
Time: Monday, 6:30 - 8:00 p.m.
Dates: April 19 - May 31
Location: Skeena Jr. Sec. Home Ec. Rm.
Fee: \$11.00 plus \$5.00 lab fee

Programs continue on Page 14



Leisure Oppo

Monday, March 29

Explore recreation possibilities with the Terrace Parks and Recreation Department. We offer a wide variety of opportunities and programs for all ages and general information to help you make the most of your leisure time. To help you decide, we are offering tours of our facilities, displays and a slide show of the history of our parks, the chance to talk to

Monday, March 29

LADIES KEEP FIT

Join our instructors as they take you through a sample of their routines. Class held at Uplands Elementary School.

6:00 - 6:30 p.m. Colleen Lucas

6:30 - 7:00 p.m. Sue Springer

7:00 - 7:30 p.m. Kathy Samuel

AEROBIC DANCERCIZE

Come and watch a group who have been dancercizing for 4 weeks. Held at Uplands Elementary School.

7:30 - 8:30 p.m. Colleen Lucas



Tuesday, March 30

TIME FOR TOTS

Drop in and see what we do in the Arena Banquet Room.

9:30 - 11:30 a.m. Lucy Silva Carrita

IN THE ARENA BANQUET ROOM

Drop in between 7 and 9 p.m. to talk to our staff and program instructors. We will have information on:

POOL - staff will be available to answer questions on operation programs, job qualifications, etc. Pool tour available upon request. Displays.

ARENA - staff available to talk about scheduling and answer questions. Tours of the arena available upon request. Displays.

PARKS - Displays, maps of our parks, and a slide show of the history of the parks by Vic Jolliffe.

PROGRAMS - Come, meet all our instructors and see their displays of what they will be teaching, art & crafts, youth programs, etc. Staff available to discuss programming, new ideas, etc.

Opportunity Week

Thursday, April 1st



our staff and programs instructors, displays and demonstrations of many of our classes, and actual fitness classes you can participate in. COME ON OUT! EXPERIENCE OUR WORLD! We hope you will find something just right for you.

Wednesday, March 31

EARLY BIRD FITNESS (Co-Ed)

Join us and see what this new program will offer you. Held in the Arena Banquet Room.

7:00 - 8:00 a.m. Betty Ann Story

AEROBIC DANCERCIZE

Come and give it a try. Arena Banquet Room.

9:00 - 10:00 a.m. Colleen Lucas



MOM & TOT GYM TIME

Come and see what we do in the Arena Banquet Room.

10:30 - 11:30 a.m. Eva Komlos

KIDNASTICS

with Eva Komlos. Drop into the Arena Banquet Room and watch us.

1:00 - 2:00 p.m. - Beginners

2:15 - 3:15 p.m. - Intermediate

Thursday, April 1

BODY SHAPING - Beginner

Come out and give it a try. Held at Caledonia Sr. Secondary.

7:30 - 8:30 p.m. Betty Ann Story

BODY SHAPING - Intermediate

Held at Caledonia Senior Secondary.

8:30 - 9:30 p.m. Linda Lee



CULTURAL, SOCIAL & GENERAL INTEREST

STAINED GLASS FOR BEGINNERS

Make your own project under the guidance of an expert. Cost of materials ranges from \$30.00 upwards depending on materials chosen. Bring a 20" wooden ruler and 1 fine tip felt pen to the first class. Glass cutters are provided.

Instructor: Matt Eheses
Time: Thursday, 7:30 - 9:30 p.m.
Dates: April 15 - June 3
Location: 4820 Halliwell
Fee: \$25.00 plus cost of supplies.

CREWEL EMBROIDERY

Learn many embroidery stitches that can be used on cotton or linen. For first class bring set of embroidery needles, ½ metre embroidery linen, 3 or 4 different coloured skeins D.M.C. crewel wool and an 8-10" embroidery hoop.

Instructor: Susan Halfpenny
Time: Wednesday, 7:30 - 10:00 p.m.
Dates: April 21 - June 2
Location: Caledonia Senior Secondary, Rm. 3
Fee: \$24.00

CROCHET

Learn the basics — chain, double, half double, treble and single crochet stitch as well as increasing and decreasing. Bring one ball of light coloured knitting worsted weight wool and size 5 crochet hook to the first class.

Instructor: Susan Halfpenny
Time: Monday, 7:30 - 9:30 p.m.
Dates: April 19 - May 31
Location: Caledonia Senior Secondary Rm. 3
Fee: \$16.00



BEGINNER GUITAR

A continuation of the winter program.

Instructor: Tony Bec
Time: Wednesday, 7:30 - 9:00 p.m.
Dates: April 14 - June 2
Location: Caledonia Sr. Sec. Rm. 103
Fee: \$16.00

ADVANCED STAINED GLASS

For those who have taken a previous course and need a location to work and occasional instruction. Bring your own ideas or projects.

Instructor: Matt Eheses
Time: Wednesday, 7:30 - 9:30 p.m.
Dates: April 14 - June 2
Location: 4820 Halliwell
Fee: \$25.00 plus cost of supplies.

THE FINISHED LOOK

A self-improvement course for both the inner and outer you. Course includes skin care, make-up, fashion, along with a session on women and the law and job opportunities.

Instructor: Agnes Motz & Helen McCamen
Time: Tuesday, 7:30 - 9:30 p.m.
Dates: April 20 - May 25
Location: Caledonia Senior Secondary, Rm. 105
Fee: \$18.00

EDIBLES PLANTS AND SPRING WILDFLOWERS

Bring the whole family out and learn how to identify and gather edible plants of the Skeena Region as well as the gorgeous wildflowers. Thursday evening will be a slideshow and talk. Emphasis on Saturday is how and where to collect with practical instruction given during a field trip. Saturday bring a lunch, wear boots, and bring plastic bags to collect edibles in.
Terrace Arena

Instructor: Leslie Gottesfeld
Time: Thursday, 7:30 - 9:30 p.m.
Saturday, 9:30 a.m. - 3:00 p.m.
Dates: May 20 and 22
Location: Terrace Arena
Fee: \$12 or \$18 a couple
\$24 for a family



BUILDING SELF-CONFIDENCE

A basic course to help build self-confidence and self-image. Learn how to become more assertive, how to communicate with ease and how to have more time to enjoy life. With my help and your desire YOU CAN DO IT.

Instructor: Mary Black
Time: Wednesday, 7:30 - 9:30 p.m.
Dates: April 21 - May 26
Location: Caledonia Senior Secondary, Rm. 4
Fee: \$17.00

FITNESS AND SPORTS

LADIES KEEP FIT

(Formerly Women's Fitness to Music)

All exercise programs involve continuous exercise to taped music and a variety of strength, flexibility, muscle tone and relaxation exercises.

SESSION I:

Instructor: Kathy Samuel
Time: Monday & Thursday, 7:30-8:30 p.m.
Dates: April 19 - June 10
Location: Thornhill Primary School
Fee: \$18.00

SESSION II:

Instructor: Colleen Lucas
Time: Monday & Wednesday, 6:30-7:30 p.m.
Dates: April 19 - June 9
Location: Uplands Elementary School
Fee: \$18.00

SESSION III:

Instructor: Sue Springer
Time: Monday, 6:30 - 7:30 p.m.
Dates: April 19 - June 7
Location: Thornhill Elementary School
Fee: \$9.00

SESSION IV:

Instructor: Sue Springer
Time: Thursday, 6:30 - 7:30 p.m.
Dates: April 22 - June 10
Location: Thornhill Primary School
Fee: \$9.00

BODY SHAPING - BEGINNER

(formerly women's Body Building)

If you'd like better health and strength and a new body image — take 6 weeks and see what Body Shaping can do for you. Exercises, free weights and the universal gym comprise the program. If you have any disabilities, consult your physician before registering for this program.

Instructor: Betty Ann Story
Time: Monday, 8:30 - 9:30 p.m.
Wednesday, 8:30 - 9:30 p.m.
Dates: April 14 - May 26
Location: Caledonia Senior Secondary (Universal Gym)
Fee: \$15.00

BODY SHAPING - INTERMEDIATE

Participants must have taken a previous body building course before registering for this course.

Instructor: Linda Lee
Time: Monday, 7:30 - 8:30 p.m.
Wednesday, 7:30 - 8:30 p.m.
Dates: April 14 - May 26
Location: Caledonia Senior Secondary (Universal Gym)
Fee: \$15.00

EARLY BIRD FITNESS

(Co-ed)

Start your day with a fitness class just for you early risers. Enjoy a well rounded program with emphasis on flexibility, muscle tone, strength and endurance. Get in shape and start the day with a smile on your face. The showers and sauna at the pool will be available upon presentation of your pool pass or for a small fee.

Instructor: Betty Ann Story
Time: Monday & Wednesday, 7:00-8:00 a.m.
Dates: April 14 - May 26
Location: Arena Banquet Room
Fee: \$15.00

AEROBIC DANCERCIZE

(Co-ed)

You don't have to be a dancer to dance your way to fitness in this 6 week session. Learn 12 basic dances while stretching and strengthening muscles, increasing your endurance and strengthening your heart. Aerobic dancercize . . . the ultimate experience.

SESSION I:

Instructor: Colleen Lucas
Time: Monday & Wednesday, 9:00-10:00 a.m.
Dates: April 19 - May 31
Location: Arena Banquet Room
Fee: \$15.00

SESSION II:

Instructor: Colleen Lucas
Time: Monday & Wednesday, 7:30-8:30 p.m.
Dates: May 5 - June 9
Location: Uplands Elementary School
Fee: \$15.00

HATHA YOGA

Open to both men and women this program is designed to promote relaxing, rejuvenating and energizing of the body.

Instructor: Sue Springer
Time: Monday 8:00 - 9:30 p.m.
Dates: April 19 - June 14
Location: Clarence Michiel School, Rm. 16
Fee: \$15.00



BALLROOM DANCING

Learn the waltz, foxtrot, tango and polka. Designed for fun and enjoyment, it's advisable to sign up with a partner, but not necessary.

Instructor: Maureen Therrien
Time: Tuesday & Wednesday, 8:00-9:30 p.m.
Dates: April 20 - May 19
Location: Arena Banquet Room
Fee: \$20.00

SAILING AND BOARD SAILING SCHOOLS

The Terrace Recreation Department will be sponsoring the B.C. Sailing Association sailing schools at Lakelse Lake. All equipment and instruction is provided by the B.C. Sailing Association.

Sailing Schools - August 16 to 20
Session I 9:00 a.m. - 12 noon
Session II 1:30 p.m. - 4:30 p.m.
Session III 6:00 p.m. - 9:00 p.m.
Fee: \$35.00



Board Sailing Schools - August 11 - 13
Session I 9:00 a.m. - 12 noon
Session II 1:30 p.m. - 4:30 p.m.
Session III 6:00 p.m. - 9:00 p.m.
Fee: \$23.00

Board Sailing Schools - August 14 & 15
Session IV 9:00 a.m. - 12 noon
Session V 1:30 p.m. - 4:30 p.m.
Session VI 6:00 p.m. - 9:00 p.m.
Fee: \$12.00

TERRACE TENNIS COURTS

Locations: 1. Kalum (below Arena)
2. Straume & Thomas St.

Public Use: Everyday dawn to dusk when not being used for lessons or tournaments.



TENNIS LESSONS

Includes equipment selection, basic strokes, scoring and game strategy. Balls supplied. Purchase of racquets recommended after first class. Instructor an excellent certified B.C.T.A., level 1 coach. No classes May 24th weekend.

Adult Lessons

Instructor: Neville Hope
Time: 6:00 - 7:00 p.m. Beginners
7:00 - 8:00 p.m. Beginners
8:00 - 9:00 p.m. Intermediates
Dates: Monday, April 26 - June 7
Fees: \$12.00

Children's Lessons

Time: 9:00 - 9:45 a.m. - 8-9 yr olds
9:45 - 10:30 a.m. - 10-11 yr olds
10:30 - 11:15 a.m. - 12-14 yr olds
Dates: Saturdays, April 24 - May 29
Fee: \$12.00

WOMEN'S OUTDOOR SOCCER

For women age 17 and up. Skills practise and games. Call Gail at 635-4754 for further information. No charge.

Co-ordinator: Gail Sheasby
Times: 6:00 - 8:00 p.m.
Dates: (when fields dry) April-September
Location: Tuesday, Caledonia School Field
Thursday, Uplands School Field

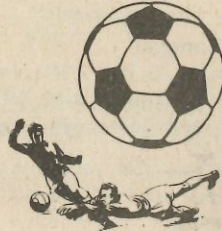
GIRLS SOCCER

Girls 8-13 years of age interested in playing in a girls soccer league call Gail at 635-4754 for further information.

MEN'S OUTDOOR SOCCER

Any experienced adult soccer player is welcome to join in these weekly games.

Co-ordinator: Peter Simpson (635-5082)
Location: T.B.A.
Dates: (when field dries April to September)



ROLLERSKATING LESSONS

Will be offered again this spring. Call the recreation department at 638-1174 for more information or ask about it at registration.



WORKSHOPS AND CLINICS

FITNESS AND UNIVERSAL GYM WORKSHOP

Emphasis is on fitness and the proper use of the universal gym. Different aspects of conditioning will be explained.

Instructor: Linda Lee
Time: Wednesday, 7:00 - 10:00 p.m.
Date: April 21st
Location: Terrace Pool Weight Room
Fee: \$8.00

NATIONAL COACHING CERTIFICATION PROGRAM

LEVEL I — Theory Course
Instructor: Gary Coons
Dates: April 17 & 18
Location: N.W.C.C., Room 208
Fee: \$10.00



BICYCLE CARE & MAINTENANCE WORKSHOP

For 5- and 10-speed bicycles. General maintenance, care, safety and proper riding procedures.

Instructor: Roy Long
Time: Wednesday, 7:30 - 8:30 p.m.
Date: April 14
Fee: \$3.00
Location: Caledonia Sr. Lecture Theatre

AEROBIC DANCERIZE INSTRUCTORS WORKSHOP

Interested in teaching aerobic dancerize? This is for you. An intensive workshop, that will include basic steps, 10 new dances, emergency procedures, physiology, the importance of warm-ups and warm-downs and much more. Saturday lunch included.

Instructor: Colleen Lucas
Time: Friday, 7:00 - 9:00 p.m.
Saturday, 10:00 a.m. - 4:00 p.m.
Sunday, 10:00 a.m. - 3:00 p.m.
Dates: April 23, 24 and 25
Location: Arena Banquet Room
Fee: \$35.00

STRETCHING & BLOCKING NEEDLEWORK

Don't hide your needlework away in the back of a cupboard. Join us and learn how to stretch and block your work (needlepoint, crewel, embroidery).

Instructor: Kaye Ehse
Time: Tuesday, 7:30 - 9:30 p.m.
Dates: April 20 & 27
Location: 4820 Halliwell
Fee: \$8.00



HAPPY GANG CENTER

The B.C. Old Age Pensioners Organization 'Happy Gang Center', located at 3226 Kalum Street, offer all Senior Citizens of our community a variety of activities that any senior may enjoy who drops into the centre. A television and stereo are also there for entertainment. Tea and coffee are served and sandwiches, soups and desserts are available for \$1.50 from 12 noon to 1:00 p.m. The centre is open Monday - Friday from 10:00 a.m. to 4:00 p.m. Visitors are always welcome.

Outside activities include bowling, skiing, curling, etc. Call the centre at 635-9090 if you have any questions.

SKEENA CENTRE

The Skeena Centre is open Monday to Friday from 9:00 a.m. to 3:00 p.m. to all Senior Citizens in the area who want to drop in and enjoy the handcraft program free of charge. A complimentary meal is provided as well.

Transportation can be provided by calling 635-2265, local 36.

Terrace Pool Programs

3320 Kalum Street, 638-1177

General Philosophy - The philosophy of the Lesson Program here at the Terrace Pool is to provide you, the participants, an opportunity to learn swimming skills, to help develop a good attitude toward fitness and to make it all an enjoyable experience. With this in mind, wholesome and pleasurable aquatic experiences can be pursued for a lifetime.

Our objective at the Terrace Pool is to introduce as many people as possible to the fun and fitness that can be derived from swimming. We keep a well balanced ratio of pupils to qualified Instructors and emphasize the joy of swimming as you learn the skills.

During each five week session Blue level to White level will be introduced to Spring Board Diving and Synchronized Swimming. Through this we hope that your child will develop skills in other leisure lifetime opportunities.

Royal Life Saving Society of Canada

What can these programs do for you? LIFESAVING implies the saving of a life through the acquisition of three major skills — knowledge of Prevention, Self Rescue and the Rescues of Others.



The RLSSC Programs will teach your child the necessary skills of each of these three areas which will enable them to protect and rescue himself from water hazards. In this way the student's own safety is increased.

Lifesaving I - This award introduces principles of self-rescue and basic techniques in the rescue of others.

Lifesaving II - After completing your LS I, this award then prepares you for basic water rescue involving minimum risk to the rescuer.

Lifesaving III - This will be your final stop before advancing to advanced programs. This award emphasizes rescues involving various types of victims and water situation. Strokes are further shaped and developed in preparation for Bronze Medallion.

Bronze Medallion/Bronze Cross - This award extends the capacity for one to respond to aquatic emergencies. The difference between lifeguarding and lifesaving is discussed, along with accident prevention principles of emergency procedures, and how to use by-standers.

Lifesaving II & III

SESSION I - April 13 - May 13

Times: Tues./Thurs. 4:00 - 5:00 p.m.

Fee: \$20.00

Lifesaving I

SESSION II - May 19 - June 18

Times: Wed./Fri. 4:00 - 4:30 p.m.

Fee: \$16.00

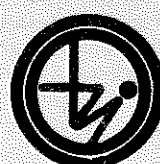


Syncro Swim British Columbia

Synchronized Swimming is the performance of stylized figures, strokes and sculling in the water. Each practised separately or arranged into routines for two or more swimmers and synchronized to music. It can be enjoyed by all and

enhance your swimming skills by providing variety, challenge, physical fitness and creative opportunity.

SESSION II - May 18 - June 17
Tuesday/Thursday, 4:15 - 5:00 p.m.
Fee: \$18.00



**Syncro
Swim**

RLSSC Bronze Medallion/ Bronze Cross

April 19 - June 16
Monday/Wednesday 5:00 - 7:00 p.m.
Pre-requisite: LS III, or Red Cross White Level
or equivalent and 14 years of age.
This award is the pre-requisite for further advancement
lifeguarding and instructor certification. If you are in-
terested in job opportunities you must receive this
award before you are able to become a lifeguard or in-
structor at a swimming pool.

Spring Board Diving

The Canadian "Learn to Dive" program will be introduced at this pool. We will teach basic diving skills including the hurdle, front/back dives, and front/back somersaults.

SESSION I: April 14 - May 14
Wednesday/Friday, 4:00 - 4:45 p.m.
Fee: \$18.00



PRE-SCHOOL WATER ORIENTATION PROGRAM

Set I - April 13 - May 4 and Set II - May 18 - June 17

Tuesday/Thursday

Fee: \$16.00

2:30 - 3:00

3 yrs. (yellow)

4/5 yrs. (yellow)

3:00 - 3:30

4/5 yrs. (yellow)

4/5 yrs. (orange)

Set I & II

Wednesday/Friday

Fee: \$16.00

2:30 - 3:00

3 yrs. (yellow)

4/5 yrs. (orange)

3:00 - 3:30

4/5 yrs. (yellow)

4/5 yrs. (yellow)

Session II only

Wednesday/Friday

4:00 - 4:30

4/5 yrs. (yellow)

NEW WATER SAFETY PROGRAM



COLOUR-CODED LEVELS

The eight levels in the new program are identified by colour. This approach is more conducive to smooth progress from level to level. Safety is stressed throughout. It becomes such a logical, integral part of the learning that it adds to the students enjoyment of water and related activities.

Yellow Level - Your child will explore and familiarize himself with shallow water. Focuses on enjoyment and basic water safety.

Orange Level - The student is taught the basic principles of propulsion in shallow water. Water safety is further emphasized.

Red Level - Here the student begins simple exercises in deep water. The student is shown how to use lifejackets and P.F.D.'s.

Maroon Level - Student is introduced to basic techniques of front crawl, rescue breathing, personnel assists and H.E.L.P. position.

Blue Level - Student will improve front crawl, back crawl is introduced. Student must also demonstrate awareness of personnel safety.

Green Level - Elementary back stroke is introduced, while improving strokes already learned.

Grey Level - Student is now ready for breast stroke introduction and continues to perfect other strokes. Students are taught shallow and surface dives.

White Level - At this level the student achieves competence in all areas, safety, strokes and survival.

TEEN LEARN TO SWIM PROGRAM

If you are between the age of 13-17 and don't know how to swim and would like to learn here is your chance, especially for your age group.

Session I - April 13 - May 13

Tuesday/Thursday, 4:30 - 5:00 p.m.

Fee: \$16.00

Session II - May 19 - June 18

Wednesday/Friday, 4:30 - 5:00 p.m.

Fee: \$16.00

RED CROSS WATER SAFETY PROGRAM 6 - 16 years.

Set I - April 13 - 14 Set II May 18 - June 17

10½ hour lessons \$16.00 - 10/45 min. lessons \$18.00 1 hour lessons \$20.00

Session I - Tuesday/Thursday Afternoon

3:30 - 4:00 p.m. yellow, orange, maroon

4:00 - 4:30 p.m. yellow, blue (LS II & III)

4:30 - 5:00 p.m. (Teen Lesson) Red

Session I Wednesday/Friday Afternoon

3:30 - 4:00 p.m. orange, yellow, blue

4:00 - 4:30 p.m. green (45 min.),

maroon (spring board diving)

4:30 - 5:00 p.m. red

Session II Tuesday/Thursday Afternoon

3:30 - 4:00 p.m. orange, yellow, blue

4:00 - 4:30 p.m. white (1 hour),

maroon (synchronized swim 45 min.)

4:30 - 5:00 p.m. Red Cross Survival

Session II Wednesday/Friday Afternoon

3:30 - 4:00 p.m. yellow, orange, red

4:00 - 4:30 p.m. grey (1 hr.), 4/5 yrs.

(yellow only) (LSI)

4:30 - 5:00 orange, teen learn to swim.

ADULT AQUATIC PROGRAMS

RED CROSS LEARN TO SWIM PROGRAMS

Session I - April 14 - May 17

Session II - May 19 - June 21

Session I & II

Tuesday/Thursday Morning

10:15 - 10:55 a.m. yellow through red level

11:00 - 11:40 a.m. maroon through white level

Fee: \$24.00

Session I & II

Monday/Wednesday Evening

8:50 - 9:30 p.m. yellow through red level

8:50 - 9:30 p.m. maroon through white level

Fee: \$24.00

ADULT FITNESS PROGRAMS

LADIES FITNESS FUN

An excellent class for active women who can spare three mornings a week to work out. Forty-five (45) minutes of exercise and running followed by a dip in the pool or/and sauna. Pre-registration is advised, minimum registration is 8.

Set I - April 14 - May 17

Set II - May 19 - June 21

Fee: \$35.00

Fee: \$35.00

Monday/Wednesday/Friday 10:30 a.m. - 11:30 a.m.

AQUACIZES

This program will be held entirely in the water. Forty-five (45) minutes of exercising to music including warm-ups, strength and cardiovascular exercises; a relaxing sauna will follow. Pre-registration is advised. Minimum is 8.

Tuesday/Thursday 10:30 a.m. - 11:30 a.m.

Set I - April 13 - May 13

Fee: \$25.00

Set II - May 18 - June 17

Fee: \$25.00

Monday/Wednesday 8:00 p.m. - 9:00 p.m.

Set I - April 14 - May 17

Fee: \$25.00

Set II - May 19 - June 21

Fee: \$25.00

PRE-NATAL PROGRAM

Program consists of exercises to music in our gym, followed by exercises in the water. Recommended to all expectant mothers wishing to shape up before the new arrival.

Set I - April 14 - May 17

Set II - May 19 - June 21

Monday/Wednesday 7:30 p.m. - 8:30 p.m.

Fee: \$25.00 or \$3.00 drop-in

POST NATAL RECREATION PROGRAM

This program offers mothers with infants a chance to get together and share successes and frustrations in the post partum period. Topics to be discussed: nutrition, growth and development, health and illness. The class is two hours in length, one hour discussion followed by an 1 hour introductory session on many different types of fitness programs you can become involved in: racquetball, yoga, aerobic dance, ladies keep fit, tennis, body shaping, aquasizes and jogging will be some of the few to choose from. Babysitting is provided at Skeena Health District office.

Fee: \$15.00 for 4 weeks or \$3.00 drop-in.
For further information call Ann at 638-0311.

BABYSITTING SERVICES

Babysitting services are available for Adult Morning Swim lessons and Fitness programs.

They will be well supervised and will have a good assortment of toys and games to play with.

Fee: \$1.50/child/hour

.75 for each additional child.

Minimum charge of 1 hour.

BIRTHDAY PARTIES

Enjoy your Birthday party by renting the Terrace Swimming Pool. We will lead you in Fun and Games in the Pool for one hour, then retire to our Board Room for party favors.

Total cost of the party will be \$45.00, maximum limit of people is 16.

For further information contact the Terrace Pool at 638-1177.

PARENT & TOT WATER ORIENTATION PROGRAM

From six months to three years of age youngsters learn best from Mom and Dad or perhaps from Grandma or Grandpa. In this program one of the BIG FOLKS and a SMALL FRY becomes adjusted to the fun of water, together.

Session I - April 14 - May 17

Monday/Wednesday 11:15 - 11:45 a.m.

Fee: \$16.00

Session II - May 18 - June 17

Tuesday/Thursday 10:15 - 10:45 a.m.

Fee: \$16.00



Happy Mothers Day

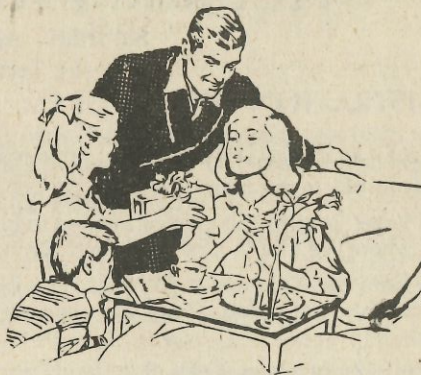
Sunday, May 9th

Make Mothers Day a Family Day. . .
Serve Mom breakfast in bed...do the dishes...clean your room... Then bring your whole family down to the Terrace Swimming Pool for one of the following Swim Sessions:

Family Swim	3:30 - 5:30 p.m.
Public Swim	6:30 - 7:30 p.m.

There will be a mini Olympics set up for Family Fitness. Afterwards we will have a FREE "Sweet Treat" for MOM.

(Not that she needs it...but she might like it). Remember this day is for the whole family, to come to the pool for fun, games and physical fitness.



TERRACE RECREATION DEPARTMENT FUN SWIM MEET

When: April 17, 1981, Saturday, 9:00 a.m. to 12 noon
 Where: Terrace Pool
 What: Swim Meet
 Why: For Fun
 Who: All kids 9 to 14 who can swim
 one (1) length of the pool.

Organize your school team. Fill out the entry forms and the consent forms and return them to the pool by April 13th. Late entries will not be accepted. All swimmers will accumulate points for their school team, and the best school will be declared the meet winner. All schools should have a designated "Coach" at the pool on Saturday, April 17.

*So get organized — everyone should have fun. Prizes and ribbons will be awarded. Be sure to have the completed entry forms and the parents consent form into the pool by **April 13.***



Easter School Break Swim Schedule

Saturday, April 3 & 10

Adult noon hour swim	12:00 - 1:00 p.m.
Public Swim	1:00 - 3:00 p.m.
Family Swim	3:30 - 5:30 p.m.
Public Swim	6:30 - 7:30 p.m.
Adult/Teen Swim	7:30 - 9:00 p.m.

Monday through Friday - April 5-9 & 12

Adult Noon Hour Swim	11:45 - 1:00 p.m.
Public Swim	2:00 - 5:00 p.m.
Family Swim	6:30 - 8:00 p.m.
Adult Swim	8:00 - 9:00 p.m.
Teen Swim*	9:00 - 10:00 p.m.

*excluding April 12th



Sunday, April 4 & 11

Public Swim	1:00 - 3:00 p.m.
Family Swim	3:30 - 5:30 p.m.
Public Swim	6:30 - 7:30 p.m.
Adult Swim	7:30 - 9:00 p.m.
Teen Swim	9:00 - 10:00 p.m.

Aquatic Program Registration

Saturday, April 2 from 10 a.m. to 1 p.m.
 at the Terrace Arena Banquet Room

REGISTRATION PROCEDURES:

If your child was registered in our fall Learn To Swim program, or if they took lessons through their school, they will have received a Personal Record Card. You **MUST** bring this card to registration in order to proceed quickly to our registration table.

If you forget to bring this card or happen to lose it, it will be necessary for you to proceed to our Master File Table where we fill out a new Personal Record Card.

If you have not had your child in the new Red Cross Learn To Swim program or you have lost your card, come to the pool **before** April 2nd and we will transfer your child's information onto a new Evaluation Card.

REMEMBER not having a new Red Cross Personal Record Card will only further increase your time spent at registration and increase the chance of your child not being registered for the class you desire.

COMMUNITY ORGANIZATIONS

SPORTS & FITNESS

TERRACE BADMINTON CLUB, Diane Jenion	638-1678	NORTHERN CHAPTER OF STEELHEAD	
BLUEBACK SWIM CLUB, Myra Philpot	635-6441	ASSOCIATION OF B.C., Jim Culp	635-9471
TERRACE YOUTH BOW CLUB, c/o Bow Alley	635-5911	NORTHWEST TRAPPERS ASSOC., Otto Lindstrom	635-2489
TERRACE FIVE PIN BOWLING, June Norby	635-4508	RECREATIONAL CANOEING ASSOC.	
TERRACE BOXING CLUB, Ken Doll	635-6820	OF CANOE SPORTS, Fred Philpot	635-6441
BUSHLEAGUERS, Jerry Martin	635-6158	TERRACE ROD & GUN CLUB, Bob Garrett	635-7438
COMMERCIAL HOCKEY, Dave Burton	635-2231	TERRACE NORTHMEN RUGBY CL., B. Kormendy	635-9528
TERRACE CURLING ASSOC., Gordon Duplisse	635-4229	SKEENA ARCHERS, Ed Morris	635-5829
TERRACE CONTACT BRIDGE CL., Bonnie Shaw	635-6970	SKEENA HANG GLIDERS, Dave Toop	635-2723
FIELD HOCKEY, Permender Gill	635-5280	SKEENA VALLEY MARATHONERS CL., P. Stewart	635-9676
FIGURE SKATING CLUB, Cathy Lambright	635-2903	SKEENA VALLEY SNOWMOB CLUB, Eug. Thomas	635-6760
GOLDEN AGE BOWLERS, Giselle Rioux	635-2161	TERRACE LADIES SOFTBALL, Lynn Boule	638-0281
TERRACE PEAKS GYMNASTICS CL., Joan Brady	638-1884	GIRLS MINOR SOCCER, Gail Sheasby	635-4754
TERRACE HIKING CLUB, Elinor Kustas	635-3303	WOMEN'S SR. SOCCER LEAGUE, Gail Sheasby	635-4754
TERRACE MINOR HOCKEY ASS., Dick Kilborne	635-6511	YOUTH SOCCER, Rick Terleski	635-9606
	635-3661	TERRACE SKY DIVERS CLUB, Tom Simpson	635-7738
TERRACE GIRLS MINOR SOFTBALL, Vic Buteau	635-7389	TERRACE STOCK CAR CLUB, B. A. Woocock	635-9245
TERRACE KARATE CLUB, Steve Thomas	635-2554	TERRACE TENNIS CLUB, Chuck Cey	635-3564
YELLOWHEAD KARATE CLUB, Joe Vienneau	635-5692	TIMBERLINE CYCLE ASSOC., Tom Staebell	635-7564
KERMODE FOURWHEELERS, W. Thickett	635-5867	TERRACE LADIES WATER POLO, Ans Hendry	635-5269
KITSUMKALUM SKI CLUB, Gordon Watmough	635-6989	TERRACE MEN'S WATER POLO, Barry Davis	635-2485
CO-ED VOLLEYBALL, Donna Lindsay	635-3648	WESTERN MARTIAL ARTS ASSOC., Don Hong	635-4583
MEN'S BASKETBALL LEAGUE, Mark Wilcox	635-2982	SPRING BOARD DIVING CLUB, Bob Garrett	635-7438
LADIES DROP-IN BASKETBALL, Jennifer Cooper	638-1573	MASTER SWIM CLUB, John Dando	635-6316
MEN'S FASTBALL, Glen Thomsen	638-1854	N.W. SCUBA DIVING CLUB, Bill Webster	635-6316
TERRACE BOYS MIN. BASEBALL, B. Vandergucht	635-5339	TERRACE B.M.X. Club, N. Orbell	635-5323
NORTH.ACADEMY OF SELF-DEFENSE, Jean Galli	635-5313	TERRACE MINOR GIRLS SOFTBALL, V. Buteau	635-7389

CULTURAL GROUPS

TERRACE & DIST. ARTS COUNCIL, Ken Morton	635-7507
TERRACE LAPIDARY CLUB, Karl Schulte	635-5191
TERRACE MACHINE KNITTERS, Pat Colongard	638-1409
TERRACE MODEL AIRPLANE CLUB, J. Greaves	635-6480Wk 635-2442Hm
PAC. N.W. MUSIC FESTIVAL SOC., Norah Ferguson	798-2424
TERRACE PIPES & DRUMS, John Halley	635-2456
NORTHWEST REG. ARTS COUNCIL, Val George	635-4751
TERRACE ARTS ASSOCIATION, Rod Taylor	635-2744
TERRACE COFFEE HOUSE SOC., Andy Maikapar	635-9409
TERRACE CONCERT SOCIETY, Mr. & Mrs. N. Hope	635-4228
TERR. LITTLE THEATRE ASSOC., Don McLeod	635-2964
TERR.-THORNHILL BAND PARENTS, Irma Brewer	635-3744
CHESS CLUB, Joe Mandur	635-5419
TERRACE & KITIMAT AMAT. RADIO, Don Morehouse	635-3655

GENERAL INTEREST GROUPS

GOAT OWNERS ASSOC., Ed Chapplow	635-5740
QUARTER HORSE CLUB, Leo De Jong	635-5288
SKEENA VALLEY FAIR ASSOC., Marg Waldbauer	635-5615
TOTEM SADDLE CLUB, Allan Cage	635-7573
4-H CLUB, c/o Skeena Valley Fair	635-5615
KERMODE FIRNDSHIP CENTRE, Viola Thomas	635-4906
TERRACE DOG CLUB, June Kozlowski	638-1720
CANDY STRIPERS, Marg Petrick	635-2211
747 ROYAL CANAD. AIR CADETS, Derek R. Hales	635-5455
SCOUT DISTRICT COMMISSIONER, c/o F. Martin	635-7955
BROWNIES & GUIDES	
SKEENA DISTRICT, Reggie Balabanov	635-4890
KITSUMGALLUM GUIDE DIST., Ethel Jackson	635-5046

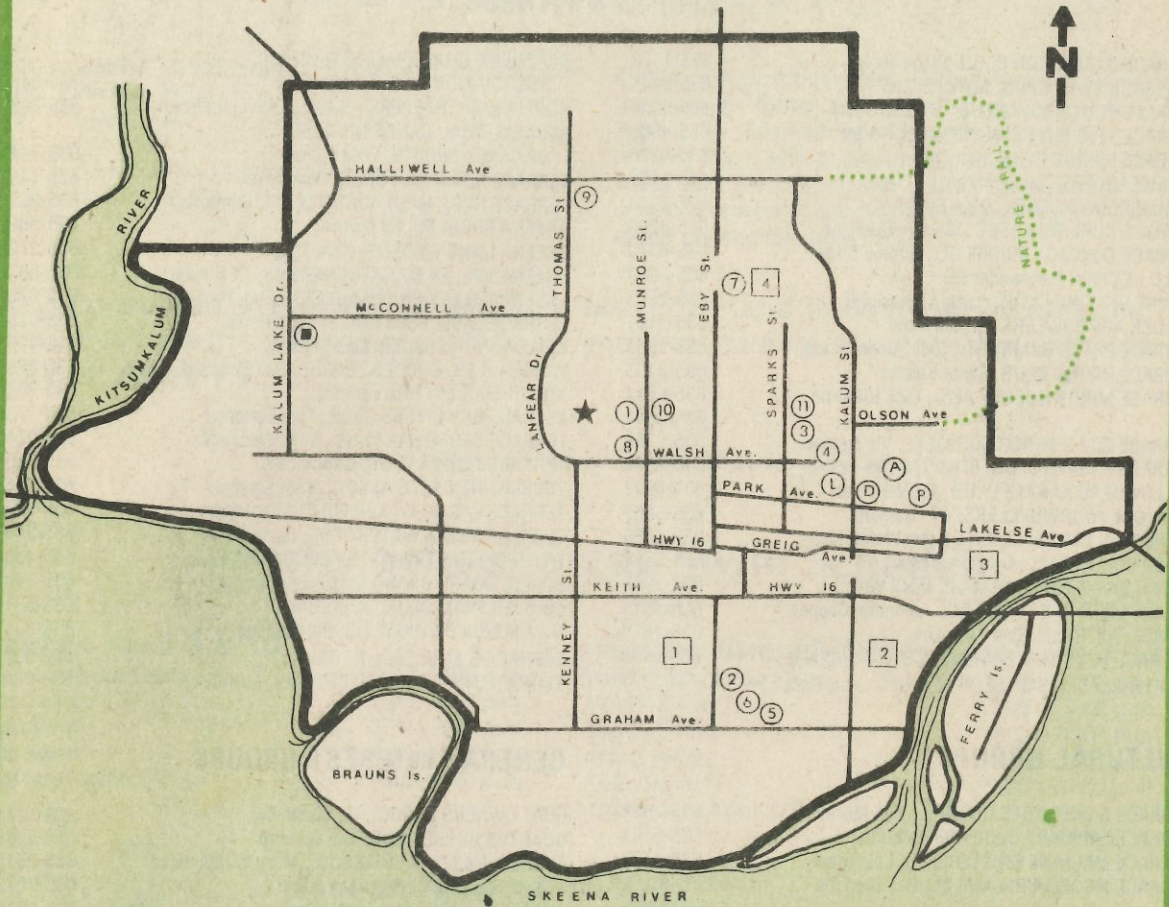
NEW ORGANIZATIONS

TERRACE TENNIS CLUB

New members 16 years of age and up welcome. The Terrace Tennis Club will be holding both a Fun Tournament and an Open Tournament this summer. For information about the Tennis Club call Chuck Cey at 635-6166, or Swarn Mann at 638-1505.

TERRACE HIKING CLUB

Interested in hiking, getting in better shape and seeing some of the beautiful scenery our community has to offer? The Terrace Hiking Club is for you. They have hikes and some overnight hikes (weather permitting) up mountains like Terrace Mountain, Maroon, Seven Sisters, Cooper City, Rocher de Boule, etc. They meet in members homes the third Monday of each month at 8:00 p.m. New members are very welcome! Hikes start in April. Call Vicki at 635-2935 if you wish to get involved.



SCHOOLS

- ① Caledonia Sr. High, 3605 Munroe St.
- ② Cassie Hall Elem., 3430 Sparks St.
- ③ Clarence Michiel Elem., 3430 Sparks St.
- ④ E. T. Kenney Primary, 4620 Loen Ave.
- ⑤ Jack Cook, 4720 Graham Ave.
- ⑥ Kiti K'Shan Primary, 4730 Graham Ave.
- ⑦ Parkside Elementary, 3824 Eby St.
- ⑧ Skeena Jr. High, 3411 Munroe St.
- ⑨ Uplands Elementary, 4110 Thomas St.
- ⑩ Veritas, 4836 Straume Avenue
- ⑪ Centennial Christian School, 3602 Sparks St.

OTHERS

- Ⓐ Arena, 3320 Kalum Street
- Ⓟ Swimming Pool, 4540 Park Ave.
- Ⓓ Downtown Centre, NWCC-OLI, 3304 Kalum St.
- Ⓕ Library, 4610 Park Ave.
- ① Agar Park, 4800 Block, Agar Ave.
- ② Rotary Park, 2800 Cramer St.
- ③ Riverside Park, 3216 Bonspiel Cresc.
- ④ Christy Park, 3824 Eby Street
- Northwest Community College, 5331 McConnell Ave.
- ★ R.E.M. Lee Theatre, 4902 Straume Street.