

LOOKING 4

THINGS 2 DO?

AGES 9-18

- ❖ Volunteering & Clubs & Groups & Teams
- ❖ Programs & Jobs & Organized ALPHABETICALLY

Castlegar & District Youth (Ages 9-18) Community Guide Provided by: The Castlegar & District Youth Centre

- Inclusive and Accessible to **ALL** youth in Castlegar and District Area
- **Demonstrative of collaborative and partnered** programs with local and regional community providers, based on **community needs** and **tangible outcomes**.
- **Youth Engagement:** *“the meaningful participation and sustained involvement of a young person in an activity with a focus outside of him or herself”* (KFP and Community)
- Incorporating **age appropriate** programming for youth ages **9-18** years.
- **Internationally Accredited** by the Council of Accreditation and National Youth Centre Best Practices Standards.

Castlegar & District Youth Centre

875 Columbia Ave, Castlegar, B.C. V1N 3H4

Phone: (250) 304-9019

Email: thestation@telus.net

Website: www.stationyouthcentre.com

Subscribe to our MONTHLY E-NEWSLETTER WITH CURRENT COMMUNITY YOUTH PROGRAMS (9-18 YRS)



The Castlegar & District Youth Centre

A Kootenay Family Place Program (www.kootenayfamilyplace.org and 250.365.8448)

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Rough Draft – A Community Project in Process. Please call or email us with updates or information. Aug 09

Peers R Here Leadership Group – Applications and interviews are done in September each year. Their goal is to receive training on youth issues and develop initiatives in their community based on group consensus. They also produce an educational theatre show for grades 6/7's that they create, act in and direct for May each year. This dynamic group of 10 students (gr 9 -12) are encouraged and supported during this 8 month commitment.

Movie Nights: Grades 4-6 and grades 7-9 and Grades 10-12. Various times and locations – please visit our website.

Open Mic. Nights: Various locations. Please visit our website for current information.

Air Cadets

216 8th Avenue, Castlegar, BC V1N 1N1

Phone: (250) 365-6511

E-mail: 581air@cadets.gc.ca

Website: www.cadets.ca

Meetings are weekly on Tuesday evenings

Ages: 12+

Cost: Free

Why you want to join: The following list of skills; citizenship, leadership, community service, drills, sports, marksmanship, first aid, survival, music, aircraft identification, navigation, aerospace, communication, meteorology and airport operations.

B.E.A.K.S

318 – 103rd Street, Castlegar, BC V1N 3G2

Phone: (250) 365-3701

E-mail: beaks@kics.bc.ca

Website: www.beaks.kics.bc.ca

Why you want to join: This is a non-profit small scale organization that cares for injured or orphaned birds of all sizes! They are interested in volunteers to help with a variety of things.

Behavior Support Services (Autism and Asperger Youth and Family Support)

875 Columbia Ave, Castlegar, B.C. V1N 3H4

Phone: (250) 365-6881 or (250) 304-5473

E-mail: behaviorsupport.kfp@telus.net

Website: www.kootenayfamilyplace.org

Cost: Free

Why you want to join: Service offered by Kootenay Family Place. Youth groups meets 2x/ month.

Blueberry Creek Community School

200 Centre Avenue, Castlegar, BC V1N 3B9

Phone: (250) 365-7201

E-mail: solheiser@sd20.bc.ca

Website: www.blueberrycreekcommunityschool.org

Girls Night Out: Grades 5-7 Tuesdays 3:00 – 4:30 p.m.

FREE

Blueberry Patch Out of School Care: Day Care K-7; Mon to Fr 11:30 a.m. – 6pm & Full days on Pro D

Big Kids Program: Grades 4-7 Movie and Gym time Friday Nights 6:30 p.m. – 8:00 p.m.

Thank Goodness It's Friday: Grades 8-12 Movie-Social-Rec. Friday Nights 8:00 p.m. – 10:00 p.m.

Breakfast Club @ On-Line Learning Centre

Located @ 601 7th Avenue, Castlegar, BC V1N 1R5

Information: This free breakfast is offered to On-Line Learning students on Thursday mornings by Freedom Quest.



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Castle Bowl

206 11th Avenue, Castlegar BC

Phone: (250) 365-5723 Website: www.castlebowl.ca

Why you want to join: Leagues available include:

Mixed: Monday to Friday evenings

Youth:

4-10 Years = Saturdays

11-13 Years (Juniors) = Thursdays

11-18 Years (Juniors & Seniors) = Wednesdays

14-18 Years (Seniors) = Mondays

Castlegar & District Curling Club

937 Columbia Avenue, Castlegar, B.C, V1N 2A8

Phone: (250) 365-6666

Why you want to join:

Men's Club: Mondays, Tuesdays, & Wednesdays Prices include: \$200.00/Annual

Ladies Club: Thursdays Prices include: \$200.00/Annual

Mixed Men's & Ladies Club: Fridays Prices include: \$185.00/Annual

Junior Curling League: Thursdays After school Prices: **Free**

Castlegar & District Public Library

1005 3rd Street, Castlegar, BC V1N 2A2

Phone: (250) 365-6611 E-mail: info@castlegarlibrary.com

Website: www.castlegar.bclibrary.ca/

Why you want to join: **Teen advisory board** that meets the last Wednesday of each month ages 13-16 (website development, book review, book selection, etc.) **Tween Program** for ages 9-12 meets every 2nd Wednesday for snacks, crafts and fun! **Homework Club** gr.1-7 Wednesdays 4-5 pm - snacks provided, drop-in. **Summer reading club** kindergarten to grade 7's.

Castlegar & District Recreation and Aquatic Centre

2101 6th Avenue, Castlegar, B.C. V1N 3B2

Phone: (250) 365-3386 Email: casrec@rdck.bc.ca

Website: www.rdck.bc.ca and go to Castlegar

Recreation and select their leisure guide to find all the cool things for youth.

Hours: Monday - Friday 8:30am - 9:00 pm; Saturday & Sunday 1:30 pm - 8:30 pm

They also have swimming, public skating and hockey for everyone. Karate, Taekwondo Do, Belly-Dancing, Jazz, Yoga, and Pilates. Step, On the Ball and Workout and Circuit Weight Training classes

Castlegar Arts Council

Phone: (250) 365-8026 E-mail: castlegararts@canada.com

Website:

Why you want to join: The local Arts council is always looking for youth ideas and perspective



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Castlegar Friends of Parks and Trails

President: Lawrence Redfern **Phone:** (250) 365-5350 **Website:** www.friendsoftrails.org

Why you want to join: CFPT supports outdoor recreation and preserving heritage locations. They encourage the use of parks and trails, help maintain them, and create new ones, all the while respecting the habitat and environment. We maintain a network of contacts with local, regional, provincial and national organizations seeking to encourage cooperation and unite efforts. They look for volunteers for help with items such as trail building and maintaining, active membership, mapping, newsletter, etc. Please call or check the website for trail information or to become a member.

Castlegar Golf Club

1602 Aaron Road, Ootischenia, Castlegar, BC V1N 4L6

Golf Shop: (250) 365-5006

Office: (250) 365-7732

Clubhouse Restaurant: (250)365-2439:

Call toll free: 1-800-666-0324

Website: www.golfcastlegar.com

Cost: Membership Fees Apply

Note: Youth Programs Available

Castlegar in Action

Phone: (250) 365.3386 (Complex)

Email: info@castlegarinaction.ca

Website: www.castlegarinaction.ca

Information: An excellent online resource that has a directory of health and wellness services as well as initiatives in the community to keep us active. Join the Castlegar in Action committee and have a youth voice.

Castlegar Minor Soccer Association

Phone: **Email:** CMSoccerA@hotmail.com

Website: <http://eteamz.active.com/CMSAss>

Why you want to join: There are a variety of soccer groups and leagues for youth between the ages of 4 and 18 years of age. Please visit the website for further information. They are currently looking for volunteers for coaching, assisting or even executive positions for the 2010 year.

Castlegar Nordic Ski Club (Cross-Country Skiing)

Box 3213, Castlegar, BC V1N 3H5

Website: www.castlegarnordic.ca

Cost: Membership

Why you want to join: They would love members and volunteers. If you are interested in working in the outdoors, helping build things, pile wood, maintain trails, or collect fees.

Castlegar Youth Employment Services (15-30 yrs)

875 Columbia Ave, Castlegar, BC V1N 3H4

Phone: (250) 365-8432

E-mail: cyes@telus.net

Website: www.stationyouthcentre.com

Why you want to join: This is a Kootenay Family Place Program service available for youth between the ages of 15 and 30. There is a job board on the website and in the office, qualified staff to help with resumes and interview skills. They offer workshops (First Aid, WHMIS, FoodSafe, etc.) They also have a casual job list where clients or employers can place short term jobs. Service is available Monday through Friday 9:00 a.m. until 4:30 p.m.



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Columbia Basin Alliance for Literacy

Phone: (250) 365-6061 **E-mail:** amurdoch@cbal.org **Website:** www.cbal.org

Information: CBAL offers a variety of programs for babies, children, youth and adults. Examples for youth are; Girl's Night Out, Endless Adventures, Family Night Out, Scrabble Club, etc. Please visit their website for current community programs.

Columbia Basin Trust

Phone: (250) 365-6633 **E-mail:** dwelsh@cbt.org **Website:** www.cbt.org

Why you want to join: CBT offers a variety of youth initiatives, forums, and grants. They have a youth magazine called Scratch Online @ www.scratchonline.ca and a youth advisory committee that takes applications annually. Youth is defined as 15-30 year olds with the trust.

Communities in Bloom

Phone: (250) 365-5096 or (250) 304-9342 **E-mail:** castlegarinbloom@gmail.com

Website: http://castlegar.ca/city_communitiesinbloom.php

Why you want to join: This volunteer group is dedicated to "Planting pride in our communities". They are part of a nation-wide beautification project that works at creating and maintaining planting beds and arrangements, selecting flowers/plants for upcoming judging, community clean-up projects, etc.

Freedom Quest Regional Youth Services

Phone: (250) 304.2676 **E-mail:** **Website:** www.freedomquestonline.ca

Information: This service provides a variety of programs; Alcohol and Drug Day program (RADD), Youth Drug and Alcohol counseling-support-outreach, Youth Prevention-Education-Community Development, Youth Substance Abuse Management Program, Youth Hospital Liaison, Youth Reconnect, Family Programs, Fetal Alcohol Syndrome and Complex Disorder Family Support, Peer to Peer Support Programs, Youth Support group for Gay-Lesbian-BiSexual-Transgendered-TwoSpirited-Questioning, Kootenay Youth Adventure Summer Program, Breakfast Club and Girls Group. Please contact them directly to find out about current programs being offered.

Girl Guides

Phone: 1-800-565-8111 **E-mail:** **Website:**

Why you want to join: Sparks (5-6), Brownies (7-8), Guides (9-11), Pathfinder (12-14), and Rangers (15-17). If you are interested in volunteering with this organization, whether you are youth or adults, please call them 1800 # and let them know.

Guitar Lessons – Supercat Studios

Phone: (250) 365-1671 **E-mail:** supercatstudios@gmail.com

Website: www.freewebs.com/supercatstudios

Ages: All ages and various times **Cost:** Ranges

Why you want to join: They have one on one instruction and group instruction. They also offer rock and roll boot camps.



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Kinnaird Kids Club – After School

Phone: (250) 365-8478 (school) or Kinnaird Kids Club @ (250) 365-5022 **Website:** www.kootenayfamilyplace.org
Why you want to join: This after-school program is designed for ages 5-12 and runs Mon.–Fri. 2 – 6pm. The program maintains a 1 – 10 worker/child ratio, operating in full accordance with Child Care Regulations.

Kinnaird Park Community Church

1250 26th Street, Castlegar, BC V1N 4C9
Phone: (250) 365-3430 **Website:** www.kinnairdpark.com
Why you want to join: They have a youth group that meets regularly and a youth centre on-site. Please contact the main office for more information.

Kootenay Family Place

Phone: (250) 365-8448 **E-mail:** lynnene.kfp@telus.net **Website:** www.kootenayfamilyplace.org
Why you want to join: KFP offers a variety of youth based programs; Early Intervention services, Behaviour Support Services (Autism and Asperger Youth and Families), Child Care, After-school care, Youth Programs, Physiotherapy, Speech Therapy, Occupational Therapy, Family Programs, Supported Child Development Programs, and Infant Development Programs. Please visit the website or call for more detailed information.

Kootenay Food Strategy Society

Phone: (250) 365-7678 **E-mail:** info@kootenayfood.ca **Website:** www.kootenayfood.ca
Why you want to join: An organization committed to initiating and supporting activities that foster an abundant, equitable and sustainable food system for the Kootenay Region. Youth are welcome to volunteer with projects such as the community garden, being a part of local committees, and/or other interests. Please contact them directly for further information.

New Life Assembly

602 7th Street, Castlegar, BC V1N 3J6
Phone: (250) 365-5212 **E-mail:** cpnla@yahoo.ca **Pastor:** Dwight Soleski
Why you want to join: **KIDZONE** mid-week gym program takes place on Wednesday evenings from 6:30 to 8:00 p.m. and is for children ages 6-12 years & **YOUTH GROUP** teens meet on Saturdays 7PM for youth group & events.

Pass Creek Fall Fair – September of each year

Pass Creek in Robson
Office: (250) 365-6885 **E-mail:** hillfair@telus.net **Website:** www.passcreekfair.com
Why you want to join: This year the festivities get underway September 18th, 19th and 20th. Each year this dedicated group of volunteers is looking for more volunteers to help with festivities. Please visit their website for more detailed information and activities planned for the weekend.



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Robson Community School

Phone: (250) 365-5970 (Laurie Watson) **E-mail:** lwatson@sd20.bc.ca

Why you want to join: There are a variety of youth based programs. Please contact Laurie Watson directly for further information.

*****Tuesday YOUTH NIGHT:** Starting Fall 2009 for grades 5, 6, and 7's. Please call Laurie for more info.

Scouting (for Boys and Girls)

Phone: (250) 365-7948 or 1-888-scouts-now

E-mail:

Website:

Why you want to join: There are four different age groups to join:

- ❖ **Beavers;** ages 5-7: Outdoor activities, music, crafts and cooperative games
- ❖ **Wolf Cubs;** ages 8-10: Camping, water activities, story-telling, and play acting
- ❖ **Scouts;** ages 11-14: Biking, canoeing, extended hikes and camping with friends
- ❖ **Ventures;** ages 14-17: Mountain biking, canoeing, rock climbing and kayaking

Selkirk Challengers Gymnastic Club

1250 26th St., Castlegar, BC V1N 4C9

Phone: (250) 365-5563

E-mail: scgc@telus.net

Website:

Why you want to join: They have women's, men's, youth and children gymnastic groups and camps and also host birthday parties

Selkirk College Gymnasium

Selkirk College Castlegar Campus 301 Frank Beinder Way, Castlegar, BC V1N 4L3

Phone: (250) 365-1292

Website: <http://www.selkirk.ca/athletics>

Hours of Operation:

Mondays to Thursdays from 7:30am – 9:30pm (during school year)

Open Fridays from 7:30 – 8pm (during school year)

Open for private bookings and rentals. Indoor facilities include: Weight room, Racquetball Court, 12, 000 square foot gymnasium, Bouldering Cave. The Cage, located on the ground floor of the Castlegar Gymnasium provides a variety of equipment on loan (heart rate monitors, Frisbees, footballs, and ping pong supplies) and also offers a locker and towel service. Outside of the campus walls, you will find a spacious soccer field, an outdoor volleyball court, and three tennis courts. In addition, many kilometers of scenic cross-country trails are available for walking, jogging, and mountain biking. Just one word of caution for trail users: please watch for wildlife! It is not uncommon to find bears, deer, and other critters enjoying our trails too.

Selkirk Saints Athletics - Selkirk College

301 Frank Beinder Way, Castlegar, BC V1N 3J1

Phone: 250-365-1304

Website: <http://www.selkirk.ca/athletics>

Why you want to join: Are you headed to Selkirk next fall? Want to chat with the coaches and get an idea of the teams you would like to join? All coaches for all sports are currently recruiting for next season. If you are interested in a particular team please contact Kim Verigin, otherwise contact the coach directly. You may also complete the [Prospective Student Athlete Profile](#) (found on the website)

Women's Volleyball - Joe Moreira jmoreira@sd8.bc.ca Men's Volleyball - Mike Perra msperra@telus.net



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Men's Hockey - Darrin Kissock kissock@amford.com XC Running - Bevan Ferreira bferreira@selkirk.ca

Golf - Pat Biln patbiln@shaw.ca

Spring Fling – April each year

Organizer: Peter Laurie **Phone:** (250) 365-5655

Why you want to volunteer: This dedicated group of volunteers organizes a couple of days of events around the downtown of Castlegar each Spring which include live music, 3 on 3 hockey, vendors, etc. They would like to have interested volunteers who would either like to help in organizing, event planning, setting-up/set-down, advertising, kids games, etc. Please call Peter for more information.

SunFest – 1st weekend in June each year

Organizer: Ron Armbruster **Phone:** (250) 365-257

Why you want to volunteer: This dedicated group of volunteers organizes a weekends worth of entertainment during the first weekend of June. They have music, vendors, a parade, kids games, etc. They would like to have interested volunteers who would either like to help in organizing, event planning, setting-up/set-down, advertising, kids games, etc. Please call Ron for more information.

360 After-School Program @ Twin Rivers Elementary School

Phone: (250) 365-8465 (school) or (250) 608-4360

E-mail: info@innercompassinnovations.com

Website: www.innercompassinnovations.com

Ages: Grade 5,6,7

Cost: \$20/month

Times: Monday Through Friday

Why you want to join: This program is hosted by Blueberry Creek Community School

(www.blueberrycreekcommunityschool.org) who contracts Inner Compass Innovations to deliver this program for grades 5, 6, and 7's. The program consists of; sports, arts and culture, tutoring, social and life skills, community leadership, and outdoor education.

*****MENTORS NEEDED:** Are you in grade 10, 11 or 12 and looking for a way to help provide programming for younger kids (gr. 5-7), build your resume, after-school programming, and tutoring support. Call Mike @ (250) 368-7776 if you are interesting.

Turning Pointe Dance Studio

600 18th St., Castlegar BC

Phone: (250) 365-5046

E-mail: pointe01@telus.net

Website: www.turningpointedancestudio.com

Why you want to join: They have a variety of styles of dance and classes that are youth aged specific for the following; Hip-Hop, Jazz, Ballet, Musical Theatre, Modern, Break-Dancing and Tap.

Union of Spiritual Communities of Christ

Phone: (250) 365-3613

E-mail: info@usccdoukhobors.org

Website: www.usccdoukhobors.org

Why you want to join: There are a variety of youth based programs and events including the Union of Youth Festival. Please contact them directly for further information.



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Youth Action Team

Phone: 250.304.9019 (Kathryn) or 250.365.7201 (Susan) **E-mail:**shesamountainaddict@gmail.com

Face-book Group: Bored in Castlegar

Why you want to join: This is an advisory group of youth that are helping with the design and implementation of a website for youth.

Stanley Humphries Secondary School:

Programs-Groups-Clubs-etc!

- ❖ **Global Issues**
- ❖ **Grad Council**
- ❖ **Debate Team**
- ❖ **Global Issues**
- ❖ **Grad Council**
- ❖ **Library**
- ❖ **Miss Castlegar**
- ❖ **Rotary Interact Club**
- ❖ **Sports Teams**
- ❖ **Student Council**

Debate Team

Why you want to join: Jeremy Palmer is the group facilitator. This group learns skills, meets as a team, travels, etc. For information, please see **Mr. Huttemann** (V.P.)

Global Issues Group

Why you want to join: **Mr. Sterpin** is the lead teacher for this dynamic and energetic group. They find a focus for the year and get to it! They have worked on raising money for projects in Africa with children affected by HIV and Landmines. Their mission is not only personal education, but educating their school and community and raising awareness and dollars for their goal. Each year they choose a new focus.

Grad Council

Why you want to join: **Ms. Kuiper** is the lead teacher for Grad council that is responsible for organizing many of the events and programs around graduation.

Library @ SHSS

Why you want to join: The library offers a variety of great programs. It is also a quiet place to hang out during lunch and eat!



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Miss Castlegar

Why you want to join: Ms. Creegan is the counsellor most connected to this program. You can call **Joanne Baker** who is the primary organizer @ 250.365.3884 for further information. This group of selected young women are sponsored by a local business and learn become ambassadors learning a variety of skills. They also do an amazing amount of volunteer work within their community.

Rotary Interact Club

Why you want to join: Ms. Chmara is the teacher you can talk with about this amazing program with opportunities to travel, volunteer overseas, and have excellent learning opportunities. Rotary has for two consecutive years travelled to Bolivia and extended a helping hand, raised money and worked.

Sports Teams

Why you want to join: Keeps you fit – meet great people – fun – challenges you – etc.! Volley-bal and Field Hockey are looking to keen athletes to join. Contact **Mr. Apostoliuk** for v-ball and **Ms. Martin** for Field Hockey.

Student Council

Why you want to join: Ms. McKay is the lead teacher for this year-round committed group. The goal of the group is to plan school pride activities, fundraisers, dances and a variety of other interesting programs for the school. This group has excellent opportunities to travel and learn as well. Be the change you want to see (at your school)!



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