



## Active Communities Grantees

(Funded 2024-2025)

### Fraser Health:

Recipient: **City of Coquitlam**

Project: The City of Coquitlam's project encourages older community members to move by implementing a low-cost program focusing on improving agility, balance, coordination and strength. Grant funds go towards staff training and purchasing new equipment to implement this new program. A communications plan also shares fun facts about the benefits of physical activity for older adults, and provides safe, engaging suggestions on ways to be active in Coquitlam.

Funding: \$25,000

Recipient: **City of New Westminster**

Project: The City of New Westminster's All Bodies Swim project is designed to increase opportunities for safe and inclusive swimming activities on a regular and consistent basis. The city offers swim sessions for participants of all bodies to support the 2SLGBTQI+ community, swim sessions for women only to support women who feel uncomfortable in mixed- gender swim areas for religious, cultural or personal reasons, and sensory-friendly sessions for participants with neural processing sensitivities.

Funding: \$40,000

Recipient: **City of Surrey**

Project: Through their Inclusive Fitness project, the City of Surrey is conducting a fitness centre accessibility audit, replacing equipment that is not accessible, and working with staff on how they can support community members of all abilities and backgrounds on their physical activity journey. The goal is to increase access to environments that support active living for people with disabilities within the community.

Funding: \$30,000

Recipient: **Golden Ears Métis Society**

Project: Activities include jigging lessons and wrap-up competition, a snowshoeing event. archery lessons and ongoing leisure centre drop ins. *\*Delivered in partnership with I•SPARC.*

Funding: \$11,000

Recipient: **S.A.Y. Lands**

Project: The Stories of Sq'ewqéyl I:mex Xalh incorporates story walks with nature and Indigenous culture through geocaching. This project promotes a walking path that integrates cultural and educational activities and combines physical activity and Indigenous knowledge-

sharing. *\*Delivered in partnership with I•SPARC.*

Funding: \$9,714

Recipient: **Seabird Island Band**

Project: Get Active! is an 18-month project to create a sustainable recreation program that provides organized physical activities for all segments of the Seabird Island community, children, youth, adults and families. This project is designed to rebuild community recreation programming in a community that has been without for over five years.

Funding: \$35,000

Recipient: **Sumas First Nation**

Project: Sumas First Nation is using their grant funding for a new soccer field for all their outdoor sport and physical activity needs, serving not just the Nation, but neighbouring Indigenous and non-Indigenous communities as well. Sumas First Nation serves as a hub for community recreation and sporting events, and a new field continues to support not just physical activity, but meaningful connections as well.

Funding: \$50,000

Recipient: **Spuzzum First Nation**

Project: An Active Living Initiative is a comprehensive active-living program designed to enhance the physical health and well-being of Spuzzum First Nation members. The program serves both on-reserve and off-reserve members of all ages and abilities, reflecting Spuzzum's commitment to inclusivity, fostering community cohesion and improving physical health. It also provides access to the FVRD Hope Recreation Centre and its different programs including swimming and cardio room. *\*Delivered in partnership with I•SPARC.*

Funding: \$18,500

Recipient: **Tsawwassen First Nation**

Project: With the grant funding, Tsawwassen First Nation is launching a three-pronged project: new equipment for the Elders' Centre gym, hiring recreational staff to provide group fitness programming, and launching The Canoe Club. The goal is to support older adults in the community and provide them with low-barrier physical activity opportunities. The Canoe Club supports all Tsawwassen members and provides them a place to learn and preserve Indigenous knowledge and culture and be active together.

Funding: \$35,000

Recipient: **Yale First Nation**

Project: Yale First Nation's project is designed to enhance physical activity within its membership through traditional community events. The Nation is using their grant funding to hire a Cultural Events Worker to lead the planning of various culturally-significant activities, including traditional gardening and land harvesting, fishing, as well as other land- or river-based activities. The goal is that through preserving culture and knowledge, Yale First Nation members will have the opportunity to participate in physical activity in meaningful ways.

Funding: \$35,000

## **Interior Health:**

### **Recipient: Aqam Community**

Project: The Athlete Program is a unique initiative that aims to provide a platform for Indigenous youth in the Aqam community to develop their athletic skills and talents. In partnership with the Columbia Pacific Sports Basin, they are offering a range of sports development programs to help young athletes improve their performance and reach their full potential. *\*Delivered in partnership with I•SPARC.*

Funding: \$12,500

### **Recipient: City of Williams Lake**

Project: The City of Williams Lake has been working on engaging community members to stay active since 2020 through increasing outdoor recreation amenities. This project builds on that work by providing no-cost exercise equipment for everyone in the community to use. The equipment will be installed at a park space near the Williams Lake Seniors' Activity Centre and Cariboo Place Retirement Facility, which is helping to create more physical activity opportunities for older adults in the community.

Funding: \$30,000

### **Recipient: Cook's Ferry Indian Band**

Project: The Caring for Ourselves Through Movement project supports youth, adults and Elder to be physically active while bringing back traditional games and traditional movement practices. The goal is to work alongside Elders and Knowledge Keepers to develop a physical activity program that decolonize concepts of physical activity such as "working out". They are connecting physical activity back to the land and traditional practices that are missed in the community due to lack of physical abilities.

Funding: \$20,000

### **Recipient: Lytton First Nation**

Project: Lytton First Nation's Physical Wellness Space is providing community members a safe place to exercise and take care of their mental, physical, and emotional well-being. The project includes building a space for an outdoor gym area that is connected to a walking track to give community members options for physical activities. The facilities are open to all ages and abilities within the nation.

Funding: \$45,000

### **Recipient: Okanagan Indian Band**

Project: The Okanagan Indian Band's project is providing PE resources and equipment to school-aged children. Over the long term, the Band's goal is making the equipment available for everyone in the community to use free of charge. The project supports mental well-being by addressing stress through movement and making movement accessible and convenient.

Funding: \$20,000

Recipient: **Outma Sqilxw Cultural School**

Project: The project focuses on coaching and training in Martial Arts and Soccer for elementary school students. *\*Delivered in partnership with I•SPARC.*

Funding: \$15,000

Recipient: **Regional District of Central Kootenay**

Project: The Regional District of Central Kootenay's project includes staff training to increase their skills and knowledge so they can provide adaptive and inclusive programming to children, youth and community members with varying disabilities. The regional district is also purchasing adaptive equipment to use in swim programs to encourage and promote health, physical literacy, recreation and drowning prevention.

Funding: \$20,000

Recipient: **Skuppah Indian Band**

Project: After fires devastated the region in 2021, Skuppah Indian Band has been focused on rebuilding and creating opportunities for community members to be active. With this new funding, the Band is working on a multi-use path built for all ages and abilities. The new path provides outdoor activity opportunities while also connecting community members to services and amenities, including Skuppah's new community building, greenhouse, and cultural garden.

Funding: \$45,000

Recipient: **Skwalax te Secwepemecullecw**

Project: In a community where homes, buildings and infrastructure were devastated by wildfires in 2023, the community is using this opportunity to build back better by incorporating active transportation infrastructure. The project promotes the health and wellbeing of Skwlāx te Secwepemcúlecw (SteS) members by developing an Active Transportation Network Plan (ATNP) for SteS reserves, with a focus on trails and multi-use paths for pedestrians and cyclists.

Funding: \$45,000

Recipient: **Tl'esqox-Toosey Indian Band**

Project: Providing inclusive and in-community fitness classes is Tl'esqox-Toosey Indian Band's goal and with the grant funding, the Band is also focusing on training additional instructors from the community who can respond to local needs. The instructors lead hiking, swimming, and other trips and activities that connect community members to traditional Indigenous practices and knowledge.

Funding: \$25,000

Recipient: **Williams Lake First Nation**

Project: This project provides opportunities to try new activities and sports — such as skiing,

golf, curling, and pickle ball — within the community and in Williams Lake to create healthy activity and bonds. *\*Delivered in partnership with I•SPARC.*

Funding: \$19,050

#### **Island Health:**

Recipient: **Cowichan Tribes**

Project: Through soccer, the Hope and Health at Home (H3) program from Cowichan Tribes empowers Indigenous children, youth and families to realize their potential on and off the pitch. The grant provides funding to train and mentor new coaches to deliver a holistic Indigenous soccer and multi-sport program that honours the interconnections between mind, body, spirit and community.

Funding: \$25,000

Recipient: **District of Port Hardy**

Project: The District of Port Hardy is providing free access to community recreation programming, including swimming and skating. In a community with some of the highest rates of child poverty, the grant funding helps ensure that as many residents as possible in the area can access free physical activity opportunities to promote well-being and foster a sense of belonging and social cohesion.

Funding: \$35,000

Recipient: **District of Tofino**

Project: The District of Tofino aims to support community members of all ages and abilities, with a specific focus on community members who face barriers to physical activity participation. To do this, the district is training recreation staff and leaders so they can run safe and inclusive programming, create programs tailored to the needs of people with disabilities and members of the 2SLGBTQI+ community, and provide low-cost physical activity opportunities.

Funding: \$25,000

Recipient: **Ditidaht First Nation**

Project: The recreation program at the Ditidaht Community School provides activities that support students' physical, emotional, and mental well-being. With activities including various sports, cedar weaving, regalia making and berry picking, the grant funds programming that supports active living, as well as social and cultural connection, and preserves Indigenous traditional knowledge.

Funding: \$25,000

Recipient: **Kwakiutl First Nation**

Project: The Kwakiutl Canoeing project introduces canoeing into the community and

neighbouring communities. The project prepares people through safety, community, ancient practices, and connectedness. The Project includes traditional dug out and western canoes and visits to traditionally named places, village sites, and resources places, some only accessible via water while sharing cultural canoeing songs. *\*Delivered in partnership with I•SPARC.*

Funding: \$20,000

Recipient: **Songhees Nation**

Project: The project is to develop an inclusive and diverse children's playground, centrally located in an under-served area for the benefit of a diverse range of users including the Songhees Head Start Program, neighbourhood daycares and stay-at-home caregivers. The goal is to ensure the playground is accessible to children with different physical abilities by installing ramps and sensory-rich elements.

Funding: \$40,000

Recipient: **Strathcona Regional District**

Project: "All of Community" is Strathcona Regional District's (SRD) motto as it works to increase access to water fitness for people with fixed income, people with low income and Indigenous residents. The "All of Community" project includes training more Aquatic Fitness instructors and lifeguards in the communities within the SRD to increase open swim sessions throughout the north island.

Funding: \$49,999

Recipient: **Tla-o-qui-aht First Nation**

Project: Surf and Spirit is expanding culturally relevant instruction in surf and other physical and holistic wellness activities alongside camaraderie, cultural knowledge and stewardship practices for Indigenous youth across Nuuchah-nulth territories as part of the Nuuchah-nulth Surf Team Mulaa. *\*Delivered in partnership with I•SPARC.*

Funding: \$20,000

Recipient: **Toquaht Nation**

Project: With the grant funding, Toquaht Nation is building a sheltered outdoor fitness facility for residents that can be used year-round. The facility has accessible fitness equipment that can be used in a variety of ways for a full fitness routine for users of all ages and abilities. The goal of the project is providing residents village residents convenient and free physical activities.

Funding: \$40,000

Recipient: **Uckucklesaht Tribe Government**

Project: Uchucklesaht Tribe Government is expanding their community weekly physical activities programming with the Active Communities Grant. The project's goal is to provide physical activity opportunities with professional instructors and coaches to residents of all ages. With the funding, Uchucklesaht can offer a wider variety of classes and times for the

community.

Funding: \$10,000

Recipient: **We Wai Kai Nation Cape Mudge Band Council**

Project: This project is providing members with an opportunity to get together as a family or individuals and try new activities that some may not be able to afford. Activities include fitness classes, elder chair exercise classes, archery lessons, swimming classes and nature medicine walks led by a local elder and knowledge keeper. *\*Delivered in partnership with I•SPARC.*

Funding: \$14,990

## **Northern Health:**

Recipient: **Cariboo Regional District**

Project: The grant funding is bringing new playground equipment and a permanent nine-hole disc-golf course to the Cariboo Regional District's Bouchie Lake Community Hall. The upgrades ensure that children play in a safe and accessible environment, and that residents can be outdoors and participate in fun, outdoor disc-golf games.

Funding: \$27,000

Recipient: **City of Dawson Creek**

Project: Increasing access to physical activity opportunities starts with reducing barriers to training for leaders, and this project led by the City of Dawson Creek does just that. With funding from the grant, current and prospective fitness leaders from Dawson Creek, Fort Saint John, and Fort Nelson, and the Districts of Tumbler Ridge, Chetwynd, and Hudson Hope are receiving training to help increase access to physical activity opportunities within their communities.

Funding: \$25,000

Recipient: **Daylu Dena Council**

Project: Daylu Dena Council's project is introducing a series of activities to encourage physical activity for all ages and abilities, including indoor hockey, basketball, indoor soccer, chair yoga classes, cultural dancing, drumming workshops, and traditional games tournaments. The Council aims to offer physical activity opportunities for everyone in the community, and with the grant funding, is offering other activities based on interests and abilities within the community.

Funding: \$35,000

Recipient: **Kitselas First Nation**

Project: This project aims to increase physical activity opportunities for members of the community living in Kulspai and Thornhill through the Kulspai-Kitselas Cultural and Wellness Trail. The new trail begins in Kulspai, loops through picturesque Kitselas lands and runs through their traditional territory along the Skeena River. The goal is to encourage appreciation of the

outdoors while also serving as a living classroom to promote and preserve Indigenous knowledge and traditions.

Funding: \$50,000

Recipient: **Nak'azdli Whu'ten First Nation**

Project: Nak'azdli Whu'ten First Nation's project addresses barriers that the community faces, particularly for women, when it comes to year-round physical activity. With the funding, the Nation will upgrade the gym equipment at Nak'azdli Youth and Recreation Centre, and community members can attend a workshop geared towards women's health and fitness.

Funding: \$28,600

Recipient: **Nazko First Nation**

Project: By integrating traditional and modern sports, cultural teachings, and nature-based experiences, Nazko First Nation is enriching youth physical and mental well-being by offering a diverse range of activities. With activities that promote and encourage physical activity, social connection and cultural awareness, youth of all abilities can participate in healthy, engaging and culturally-relevant activities that are not often available in the community.

Funding: \$45,000

Recipient: **Northern Rockies Regional District**

Project: A Community in Movement Plan provides people in the community who cannot afford to, or who are less mobile, with the opportunity to be more active. In a community that lacks access to physiotherapy and rehabilitation and with long and extremely cold winters, the stationary water and land equipment (bike and treadmill) is giving community members, especially seniors and people with disabilities or recovering from injury a more accessible way to be active.

Funding: \$25,000

Recipient: **Tahltan Band Council**

Project: Bridging Recreation and Culture is designed to provide enriching and holistic recreational experiences for all members of the Tahltan community, fostering physical activity, cultural education, and community bonding. This project features two major events: a week-long summer camp and a week-long winter camp, ensuring inclusivity for individuals of all ages. *\*Delivered in partnership with I•SPARC.*

Funding: \$20,000

Recipient: **Taku River Tlingit First Nation**

Project: With funding from the grant program, Taku River Tlingit First Nation is providing indoor exercise equipment for community members, especially youth and elders. The goal is to encourage community members of all ages and abilities to participate in physical activity to reduce the effects of addiction in the community, as well as help Elders recover from medical procedures or illnesses.

Funding: \$14,403



Recipient: **West Moberly First Nation**

Project: This project supports both youth and elders of West Moberly First Nations by creating weekly youth nights and the creation of a similar program for elders. The program features at least two youth groups per week that focus on physical activity such as on-the-land skills, soccer, archery, axe throwing, running and a variety of other activities. *\*Delivered in partnership with I•SPARC.*

Funding: \$20,000

#### **Vancouver Coastal Health:**

Recipient: **Bowen Island Municipality**

Project: Bowen Island Municipality's project has three parts: purchasing gym equipment for the island's first Community Centre, training and workshops for recreation staff and instructors, and offering free classes and programming for community members.

Funding: \$50,000

Recipient: **Central Coast Regional District**

Project: As the region's pool is being renovated, the project is filling a void by providing alternative water safety and leadership training. Summer day camps provide a range of fun activities for children in the community. Leaders are also cleaning up the outdoor Skating Rink and Skateboard Park to make the area more accessible to users and promote the use of these facilities while the pool is out of commission.

Funding: \$20,000

Recipient: **City of Vancouver**

Project: This inclusive and low-barrier initiative from the City of Vancouver is designed to get youth moving and interested in active transportation. The project is reducing the financial barrier to accessing bike-share by subsidizing the cost of Mobi bike-share passes and allowing for flexible payment options. Not only are more young people moving by cycling, this also reduces traffic congestion and promotes social connection in the community.

Funding: \$25,000

Recipient: **City of Vancouver**

Project: The City of Vancouver's Stanley Park Walking Program is designed to increase overall health and wellness for Indigenous peoples in the downtown area, as well as facilitate Indigenous community connections and cultural knowledge. The Active Communities Grant funds the weekly walking group for an inner-city group with little access to natural green spaces.

Funding: \$36,000

Recipient: **District of North Vancouver**

Project: The District of Vancouver's Walking School Bus project aims to encourage families to

walk to school, instead of driving. The project not only promotes active transportation and physical activity for as many families as possible, it also facilitates friendships between students, and addresses broader community concerns by reducing school traffic and improving air quality. This project is creating a more active, inclusive and sustainable school transportation environment.

Funding: \$45,000

Recipient: **Musqueam Indian Band**

Project: This low-barrier project from Musqueam Indian Band aims to connect youth with their Elders to foster social connectedness and health through a bike skills training course and lending program. Youth participants are leading bike safety sessions for their Elders. The bikes and e-bikes are then used for a lending program, which is open to community members who may have mobility issues or don't have access to transportation.

Funding: \$50,000

Recipient: **Musqueam Indian Band**

Project: 'We Have Good Hearts' (WHGH) is a program that exposes youth to a variety of different sport and cultural activities over a 7-month period. Every month has a different theme and opportunity to try something new. *\*Delivered in partnership with I•SPARC.*

Funding: \$19,975

Recipient: **Village of Pemberton**

Project: The Village of Pemberton is using the grant funding to invest in several important aspects: collaboration with sporting associations to expand physical activity opportunities for youth, training for staff so they can run programs tailored for neurodiverse children, and a healthy living series geared towards older adults in the community. By focusing on these initiatives, the village hopes no community members are left behind.

Funding: \$24,000