

FUN GUIDE

Fall 2024



ROGERS
together with Shaw

Walk on our new Walking Track Pg. 16

SASCU Recreation Centre

Online Registration begins Monday Aug 26 • 6:30 am

www.salmonarmrecreation.ca **250-832-4044**

Registration Info

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SASCU Recreation Centre
250-832-4044 • 2550 10th Ave NE

Shaw Centre
250-832-4044 • 2600 10th Ave NE
cdeboer@salmonarmrecreation.ca

Facility bookings. . 250-832-4044
Parks/fields/SASCU Recreation Ctr
rscott@salmonarmrecreation.ca

Swimming pool
kgilliam@salmonarmrecreation.ca

Web www.salmonarmrecreation.ca



Salmon Arm Recreation Refund Policy

A full refund will be issued for canceled programs and lessons. Please allow 3 weeks for processing and mailing of a refund cheque.

All program or lesson refund requests are subject to a minimum \$10 administration fee. Refunds will be issued if request is received a minimum of 48 hours prior to the program start; the administration fee will apply. Refunds received less than 48 hours prior

to the program start and up to the second session will result in a refund based on:

- Deductions for the first class or any class attended
- Non-refundable program costs (program supplies)
- Administration fee will apply

No refunds issued for requests received after the second date of a program. Medical refund requests must be accompanied by a valid doctor's note.

Don't wait to register

Sometimes great programs are canceled if people wait until the last minute to register. Please register early to avoid disappointment. Programs with insufficient registration will be canceled one week prior to the start date. A full refund will be given to any participant registered in a canceled program.

Registration Online begins 6:30 am Monday August 26, 2024

Shut down dates

August 23rd @ 12 pm

Reopens September 16th @ 6:30am

Holiday Hours

Sept 301:00 - 4:00 pm

Oct 141:00 - 4:00 pm

Nov 111:00 - 4:00 pm

Dec 25/26 Closed

Jan 1Closed

Online Registration System

All Program Registration is now being done by our patrons through our Online Registration Module available on the Home Page of our Website: www.salmonarmrecreation.ca.

If you have registered yourself or family members for activities such as swim lessons in the past few years, you will likely already have an account. Please do not set up a second account. Should you be unable to access our online services, cannot remember your password, or are uncertain as to whether you have an existing account, please call our reception staff at the number shown below and they will assist you.

If you do not have an account set up as of yet, go to our website and select the Online Registration icon on the home page. Once logged in, follow the prompts to create a new client and add family members to set up your family account.

The system will ask for the following information in order to set up an account for you: full name of primary account holder, email address, phone number, date of birth and address. You will then receive an email with a temporary password, and the system will direct you to set up your own password when you login.

You are now ready to register for programs offered by the Salmon Arm Recreation Centre & Rogers Rink.

For further information or assistance with this process, please feel free to contact Salmon Arm Recreation Staff for assistance at:
250-832-4044 ext. 101



Making Movement Matter



I love to run.

Help me develop physical literacy and I will be

ACTIVE FOR LIFE[®]

Our **Get Active Guide** is a comprehensive listing of community groups, businesses, indoor and outdoor facilities to help you get active.

For a complete copy of the guide please visit pages 17-22

Child & Youth Programs

MOTORING MUNCHKINS – Free

(0–5 year olds)

This drop in program is designed for parents who have children at various stages of growth and development. Activities are arranged to enhance physical, and social development with an area for those children who are not yet motoring. If bringing a snack, please choose nut-free products.



SASCU Recreation Centre Auditorium

Monday & Wednesdays 9-11am

September 16-December 18

***EXCLUSION DATES ON OUR WEBSITE**

***Schedules are subject to change without notice**

***Parent participation required**

FREE Thanks to the Shuswap Children’s Association and the Ministry of Children and Families

TOT SPORTS - \$39/6 sessions

(3+)

A play-based sports and movement program that teaches children the fundamental skills needed to play a variety of sports. Parents and children will enjoy being active together while the children learn to move efficiently by improving gross motor skills, co-ordination and balance. The program activities will also enhance social skills along with building confidence and positive self esteem.

SASCU Recreation Centre Gym

Tot 4+ years old

Mondays • 11:30am-12:15pm

October 21-December 2

\$36 / 6 sessions

NO SESSION NOVEMBER 11

Parent & Tot 3+ years old

Wednesdays • 11:30am-12:15pm

October 23-November 27

Parents must stay for this session

WIZ KIDS - \$210/14 sessions

(kids turning 5 in 2025)

This multi-faceted program will give your kids a head start for kindergarten through crafts and story time as well as doing some fun sports and physical activity. This program is designed for children 5 years of age in 2025. Wiz Kids uses recreation-based activities to develop your child’s social skills while increasing their self confidence.

SASCU Recreation Centre Room 2

Tuesdays

9:30-11:30am

Sept 17–Dec 17

Thursdays

9:30-11:30am

Sept 19–Dec 19



Children are welcome to do both days

Child & Youth Programs

SAFE AT HOME, SAFE ALONE— \$24

(9-12 year olds)

Learn about basic safety and how to stay safe when you are unattended at home. First aid, fire, internet, phone and personal safety are some of the topics covered. Parents are welcome to attend but not required. Best suited for kids ready to stay home alone.

SASCU Recreation Centre Room 2

6-8pm

Sessions:

A September 19

B October 22

C November 28

(includes work booklet)



REDCROSS BABYSITTERS COURSE—\$120 + \$10.50 for book

(11+ year olds)

Learn how to take care of infants, toddlers, and children safely. This includes first aid, diapering, disciplining and what to incase of emergency.

SASCU Recreation Centre Room 2

5 Week course

WEDNESDAYS 6-8pm

Sessions:

A October 2 - 30

B November 13-December 11



SASCU Recreation Centre

Board Room

2 day course

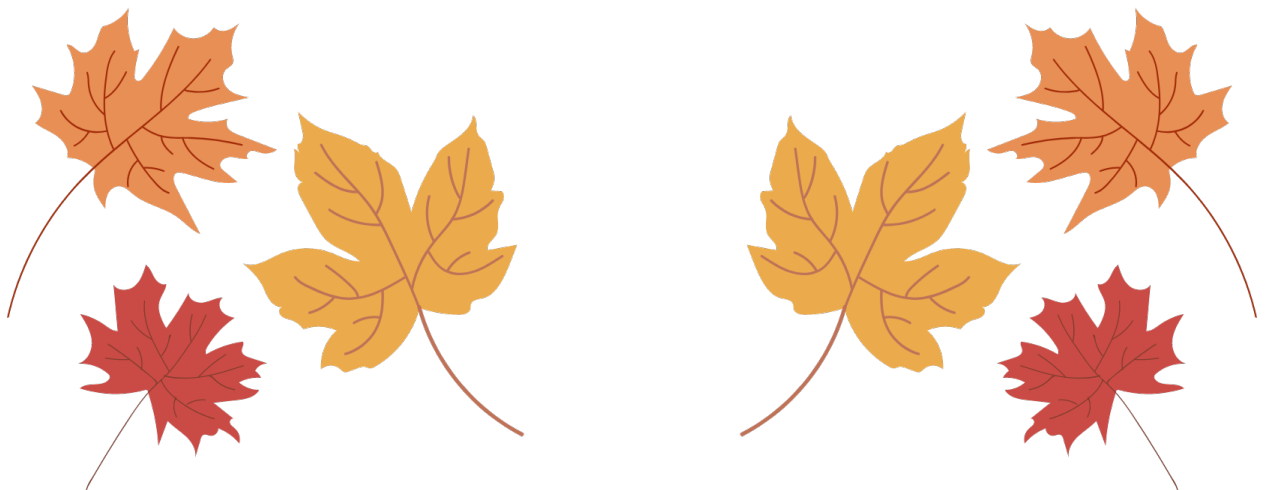
Friday/Saturday 9am-2pm

Session:

September 27/28

Participants must be 11 years old by the final class

Must attend all sessions to be certified



Child & Youth Programs

TINY DANCERS INTRO TO DANCE - \$42/6 sessions

(3.5-6 years old)

This beginners class is all about fun and learning what dance is all about. Our talented instructor Jennifer will teach the FUNdamentals of dance with musicality, imagination, and movement.

Jennifer Hansen, RAD RTS, AAC1, CDTA has taught dance for over 20 years and is a certified dance instructor in Ballet, Jazz, and Acrobatics.



SASCU Recreation Centre Room 1

Wednesdays 10:00-10:30am

A. September 18 - October 23

B. November 13-December 18

Tiny
DANCER

PRO D DAY PASS - \$8/\$10 - Child/Student

(9+)

What are the kids going to do on pro d days... look no further! Drop them off at the recreation centre for a day of fun. This is not a camp but we have 3 drop in activities and public swim to fill their day! Come for the day or just one activity, the choice is yours. Leaders on site to supervise drop in, public swim life guards on duty, no direct supervision.



ACTIVITY	TIME	Child 9-12	Student 13+
Arts and Crafts	10-11:30am	\$2	\$2
Drop in Gym Sport	11:30am-1pm	\$3.25	\$4.50
Public Swim	1-4pm	\$4.25	\$5.50
ALL ACTIVITIES	10am-4pm	\$8	\$10

SASCU Recreation Centre

September 27, October 25, November 8

***children must be able to swim without an adult to participate**

Courts and Fitness Room

SASCU Racquetball & Squash Courts



COURT TIMES

Monday-Friday	6:30am-8:15pm
Saturday	8:30am-8:15pm
No Swim Lesson Saturday	2pm-8:15pm
Sunday/Stats	1pm-3:15pm

**Book your court time
ONLINE!**

\$17/court/45min
Additional time can be
purchased at \$5/15min

*schedules are subject to change and cancellation without notice

SASCU Recreation Center **FITNESS ROOM** clean ♦ air conditioned ♦ friendly

GYM HOURS

Monday-Friday	6:30am-9pm
Saturday	8:30am-9pm
No Swim Lesson Saturday	2pm-9pm
Sunday/Stats	1pm-4pm

COST

ADULT \$6.50
SENIOR \$5.25
STUDENT(16+) \$5.25

EQUIPMENT

Stability balls ♦ stretching mats ♦ medicine balls ♦ BOSU balls ♦ free weights ♦ elliptical trainer ♦ upright & recumbent bikes ♦ treadmills Atlantis ♦ cross trainer ♦ TV/Music

*schedules are subject to change and cancellation without notice

Rogers Rink Hockey



2024-20245 Salmon Arm Silverbacks Game Schedule

NEED TICKETS? Call (250) 832-3856

SALMON ARM SILVERBACKS HOCKEY CLUB
2600 10TH AVE NE, SALMON ARM, B.C. V1E 2S4

www.sasilverbacks.com

2024-2025 Exhibition Games & Regular Season

HOME GAMES:

Trail Smoke Eaters	September 8 th	5:00 PM
Vernon Vipers	September 10 th	7:30 PM
Vernon Vipers	October 4 th	7:00 PM
Okotoks Oilers	October 5 th	6:00 PM
West Kelowna Warriors	October 12 th	6:00 PM
Vernon Vipers	October 25 th	7:00 PM
Trail Smoke Eaters	October 26 th	6:00 PM
Blackfalds Bulldogs	November 2 nd	6:00 PM
SP Crusaders	November 8 th	7:00 PM
Penticton Vees	November 9 th	6:00 PM
Penticton Vees	November 22 nd	7:00 PM
Spruce Grove Saints	November 29 th	7:00 PM
Trail Smoke Eaters	November 30 th	6:00 PM
Cranbrook Bucks	December 6 th	7:00 PM
Brooks Bandits	December 7 th	6:00 PM
Vernon Vipers	December 29 th	4:00 PM
Blackfalds Bulldogs	January 11 th	6:00 PM
Okotoks Oilers	January 25 th	6:00 PM
Brooks Bandits	January 31 st	7:00 PM
SP Crusaders	February 8 th	6:00 PM
Vernon Vipers	February 17 th	2:00 PM
Penticton Vees	February 21 st	7:00 PM
Cranbrook Bucks	February 22 nd	6:00 PM
West Kelowna Warriors	February 28 th	7:00 PM
PG Spruce Kings	March 2 nd	4:00 PM
Powell River Kings	March 14 th	7:00 PM
Spruce Grove Saints	March 15 th	6:00 PM
West Kelowna Warriors	March 28 th	7:00 PM

AWAY GAMES:

West Kelowna Warriors	September 13 th	7:00 PM
Penticton Vees	September 14 th	3:00 PM
Cowichan Capitals	September 20 th	7:00 PM
Alberni Bulldogs	September 21 st	7:00 PM
SP Crusaders	September 27 th	7:00 PM
Spruce Grove Saints	September 28 th	7:00 PM
Penticton Vees	October 11 th	7:00 PM
West Kelowna Warriors	October 19 th	7:00 PM
Vernon Vipers	November 1 st	7:00 PM
SP Crusaders	November 13 th	7:00 PM
Spruce Grove Saints	November 15 th	7:00 PM
Blackfalds Bulldogs	November 16 th	6:00 PM
Vernon Vipers	November 24 th	2:00 PM
Cranbrook Bucks	December 13 th	7:00 PM
Brooks Bandits	December 14 th	7:00 PM
Vernon Vipers	December 28 th	6:00 PM
Brooks Bandits	January 1 st	4:00 PM
Blackfalds Bulldogs	January 3 rd	7:00 PM
Okotoks Oilers	January 4 th	7:05 PM
Penticton Vees	January 10 th	7:00 PM
West Kelowna Warriors	January 24 th	7:00 PM
West Kelowna Warriors	February 7 th	7:00 PM
Trail Smoke Eaters	February 15 th	7:00 PM
Cranbrook Bucks	March 7 th	7:00 PM
Okotoks Oilers	March 8 th	7:05 PM
Trail Smoke Eaters	March 21 st	7:00 PM
Trail Smoke Eaters	March 22 nd	7:00 PM
Penticton Vees	March 29 th	6:00 PM

****SHOW CASE - Chilliwack ****

October 16th – Nanaimo Clippers 1:00PM

October 17th – Victoria Grizzlies 10:00AM

Skating

LEARN TO SKATE PROGRAMS - \$100/\$80 10 sessions/8 sessions

(3 years +)

Our Learn to Skate program is designed to teach the basics of skating to allow children the opportunity to advance into other community programs or enjoy recreational skating. The Learn to Skate Program is a skill-based program that focuses on accomplishing individual skills rather than levels. All children and adults on the ice must wear a helmet.

PENGUINS - Learn to Skate

Penguins will learn all the basics from falling down and getting back up; to moving, hopping and gliding.

FALL MONDAYS:

8 Sessions (Oct 7-Dec 9) no class Oct 14 or Nov 11

11:45am - 12:15pm

FALL WEDNESDAYS:

10 Sessions (Oct 9-Dec 11)

11:45am - 12:15pm



WALRUS - Improve your Skills

This class is for skaters who can already fall down, get back up and move on their own. They will work on stopping, gliding, speed and strength.

FALL MONDAYS:

8 Sessions (Oct 7-Dec 9) no class Oct 14 or Nov 11

12:15pm - 12:45pm

FALL WEDNESDAYS:

10 Sessions (Oct 9-Dec 11)

12:15pm - 12:45pm



ADULT - Learn to Skate or Skills & Drills

FALL MONDAYS:

Skills & Drills - is for skaters who want to improve their skating, whether for hokey or just for fun

8 Sessions (Oct 7-Dec 9) no class Oct 14 or Nov 11

12:45pm-1:30pm

FALL WEDNESDAYS:

Learn to stake for adults who want to learn to skate

10 Sessions (Oct 9-Dec 11)

12:45pm - 1:30pm



Skating



ADULT SHINNY

(16+)

Come every week for this fun informal hockey game. Players must bring and wear a helmet and gloves and bring their own hockey stick.

Register on-line minimum 1 hour prior to the start time.

Student (16-18) - \$5.25
 Adult - \$6.50
 Senior - \$5.25

Spectator

Thursdays

12-1pm

Starting September 26th.

YOUTH STICK & PUCK

(5-18 years old)

Come every Pro D Day and play some hockey. 5-12 year olds on Hucul and 13+ on Spectator. Players must bring and wear a helmet and gloves and bring their own hockey stick. Full gear recommended.

Pay at counter upon arrival

Student (13-18) - \$5.25
 Child (6-12) - \$4.25

1-2:30pm

September 27

October 25

November 8

Public Skate Admission

Adult (19+) \$5.50 ♦ Senior(60+) \$5.25 ♦ Student (13-18) \$5.25

Child (6-12) \$4.25 ♦ Tot (1-5) \$2 ♦ Parent & Tot \$6 ♦ Family (max 5 people) \$14

PUBLIC SKATING

*Starts September 22

SUNDAY

TUESDAY

THURSDAY

FRIDAY

** Volunteers are needed for Public Skating Marshalls. Please contact Crystal at cdeboer@salmonamrecreation.ca for more information or if you are interested.

**SENIOR/
 PARENT & TOT**
1:30-230
HUCUL POND

**SENIOR/
 PARENT & TOT**
1:30-230
SPECTATOR

PUBLIC SKATE
3:00-4:30pm
HUCUL POND

CHEAP SKATE
2:45-4:15pm
HUCUL POND

CHEAP SKATE
2:45-4:15pm
SPECTATOR

PUBLIC SKATE
7-8:30pm
HUCUL POND

- ♦ NO SKATE RENTALS AVAILABLE AT THE ARENA
- ♦ HELMETS ARE HIGHLY RECOMMENDED FOR ALL PARTICIPANTS
- ♦ SCHEDULES ARE SUBJECT TO CHANGE AND CANCELLATION WITHOUT NOTICE

Have a Birthday?

Birthday Parties

POOL PARTY-\$33+swim admission

This is the best Birthday Party Deal in Town!

Make a big SPLASH and book your next birthday party in our **Aqua Party Zone**. Bring the cake, goodies and decorations and we'll do the clean-up!

What's included - Party Zone picnic tables on deck, and swimming.

How many kids - pay per kiddo and the birthday child swim admission is free

How to Book - Visit our website @ www.salmonarmrecreation.ca, hover over the **Aquatics** tab, click **Birthday Party Zone** and follow the instructions.

NOTE: All children under 7 years must have an adult in the water **within arm's reach at all times**.

Only available during public swims

SKATING PARTY-\$66

This is the best Coolest Party in Town!

Book your next birthday party at the Arena. Bring the cake, goodies and decorations we'll bring the fun!

What's included - 2 Hours in the Multi purpose room and skating

How many kids - up to 10 included in the price. More can be added for the cost of the public skate

How to Book - Visit our website @ www.salmonarmrecreation.ca, hover over the **Arena** tab, click **skating schedule** then find the birthday party request form.

NOTE: Rentals are not available at the Arena, must bring own equipment. Hockey is not permitted during public skate, this includes skating with a hockey stick.

Only available during public skate

GYM PARTY-\$90

This party can be anything you want!

Book your next birthday party at the Rec Center, play basketball, soccer, dodgeball, laser tag, the choices are endless.. Bring the cake, goodies and decorations.

What's included - 1 Hour in the gym (additional time can be added)

How many kids - up to you! The gym has a large capacity.

How to Book - Visit our website @ www.salmonarmrecreation.ca, hover over the **Recreation Centre** tab, click **Rentals**.

NOTE: equipment rentals like dodgeball and laser tag are available at an additional cost

Drop-In Sports

ADULT DROP IN SPORTS

BASKETBALL	BADMINTON	PICKLEBALL	SOCCER	TABLE TENNIS
8-10pm MONDAYS	8-10am TUES/THURS	Multiple Times SUN-FRI	8-10pm TUESDAYS	9-11am MONDAYS
5 on 5 Game	Round Robin Game Play	Round Robin Game Play	4 on 4 Game	One on One & Doubles Games
				

SEPTEMBER 16-DECEMBER 20, 2024

EVERYONE WELCOME - these are not leagues or clubs

ADULTS \$5.50 SENIOR \$4.50

EXCLUSION DATES FOR ALL DROP IN CAN BE FOUND ON OUR WEBSITE

DROP IN PROGRAMS ARE SUBJECT TO CHANGE AND CANCELLATION WITHOUT NOTICE

ADULT Volleyball League - \$240/team (16 years +)

A league for both recreational and competitive players who desire a higher level of play! A minimum of two female players required on the court at all times.

Teams must register by **September 20th** to be included in the league schedule. For more information email: Krista - kbridge7@yahoo.com



SASCU Recreation Centre Gym
Wednesdays/Thursdays:
6 - 10pm
September 18-December 5
\$240/team

COUPLES DANCE LESSONS - \$111/couple/6 sessions (16+ years old)



Join the popular Jens Goerner from City Dance to take you from a beginner to an accomplished dancer in a fun, relaxed and professional atmosphere. This professional instructor will teach you in a wide range of International and American dance styles. **Must register in couples**

SASCU Recreation Centre Auditorium

Mondays 5:30 – 6:30 pm

Beginner Ballroom Basics (Swing, Two-Step and Waltz)

Learn the basics in a few of the most important dances

Mondays 6:30 - 7:30 pm

Beginner Dance PLUS (Ballroom, Latin and Country)

This is a great class to refresh your dance knowledge in several Ballroom and Latin styles. We will review, practice and add to your repertoire .

October 7– November 25

NO Class: October 14, November 11

Auditorium Schedule

Auditorium Program Schedule						
September 15-October 31						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drop in Motoring Munchkins 9-11am	Adult Drop In Badminton 8-10a PRIVATE BOOKING 10:15-10:45am	Drop In Motoring Munchkins 9-11am	Adult Drop In Badminton 8-10a PRIVATE BOOKING 10:15-10:45am	Adult Drop in Pickleball Recreational 9-11am		
TOT Sport 11:30am-12:15pm	Adult Drop in Pickleball Recreational 11am-1pm	Parent and Tot Sport 11:30am-12:15pm	Adult Drop in Pickleball Competition 11am-1pm	Adult Drop in Pickleball Competition 11:15am-1:15pm		
Adult Drop in Pickleball Advanced 1-3pm	Adult Drop In Pickleball Advanced 1:15-3:15pm	Adult Drop In Pickleball Recreational 1-3pm	Adult Drop In Pickleball Advanced 1:15-3:15pm			Adult Drop In Pickleball Comp/Adv 12:15-2:15pm
Adult Drop in Pickleball Competition 3:15-5:15pm				PRIVATE BOOKING 3-4pm		Adult Drop in Pickleball Recreational 2:30-4:30pm
Adult Partners Dance 5:30-7:30pm						
Adult Drop In Basketball 8-10pm	Adult Drop in Soccer 8-10pm	Adult Volleyball League 6-10pm	Adult Volleyball League 6-10pm			

***EVERYONE WELCOME AT PICKLEBALL, LEVELS ARE JUST A GUIDE THIS IS DROP IN NOT PICKLEBALL CLUB**

*To maximize playing time Pickleball is Round Robin Play

*Dance lessons, Tot Sport and Volleyball league are registered programs.

*All programs are subject to change and cancellation without notice

Auditorium Program Schedule						
November 1-December 15						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drop in Motoring Munchkins 9-11am	Adult Drop In Badminton 8-10a PRIVATE BOOKING 10:15-10:45am	Drop In Motoring Munchkins 9-11am	Adult Drop In Badminton 8-10a PRIVATE BOOKING 10:15-10:45am	Adult Drop in Pickleball Recreational 9-11am		
TOT Sport 11:30am-12:15pm	Adult Drop in Pickleball Recreational 11am-1pm	Parent and Tot Sport 11:30am-12:15pm	Adult Drop in Pickleball Competition 11am-1pm	Adult Drop in Pickleball Competition 11:15am-1:15pm		
Adult Drop in Pickleball Advanced 1-3pm	Adult Drop In Pickleball Advanced 1:15-3:15pm	Adult Drop In Pickleball Recreational 1-3pm	Adult Drop In Pickleball Advanced 1:15-3:15pm	MAINTENANCE 1:30-2:30pm		Adult Drop In Pickleball Comp/Adv 12:15-2:15pm
Adult Drop in Pickleball Competition 3:15-5:15pm	PRIVATE BOOKING 3:30-8pm	PRIVATE BOOKING 3:30-5:30pm	PRIVATE BOOKING 3:30-5:30pm	PRIVATE BOOKING 3-4pm		Adult Drop in Pickleball Recreational 2:30-4:30pm
Adult Partners Dance 5:30-7:30pm						
Adult Drop In Basketball 8-10pm	Adult Drop in Soccer 8-10pm	Adult Volleyball League 6-10p	Adult Volleyball League 6-10p	PRIVATE BOOKING 5-10pm		

***EVERYONE WELCOME AT PICKLEBALL, LEVELS ARE JUST A GUIDE THIS IS DROP IN NOT PICKLEBALL CLUB**

*To maximize playing time Pickleball is Round Robin Play

*Dance lessons, Tot Sport and Volleyball league are registered programs.

*All programs are subject to change and cancellation without notice

Adult Programs

CHOOSE TO MOVE—FREE

(65+ years)

The Choose to Move program provides adults 65 years and older with a certified activity coach to develop a personalized physical activity plan. Choose to Move is a 3 month program that includes classroom sessions, along with additional coaching through telephone follow up sessions.

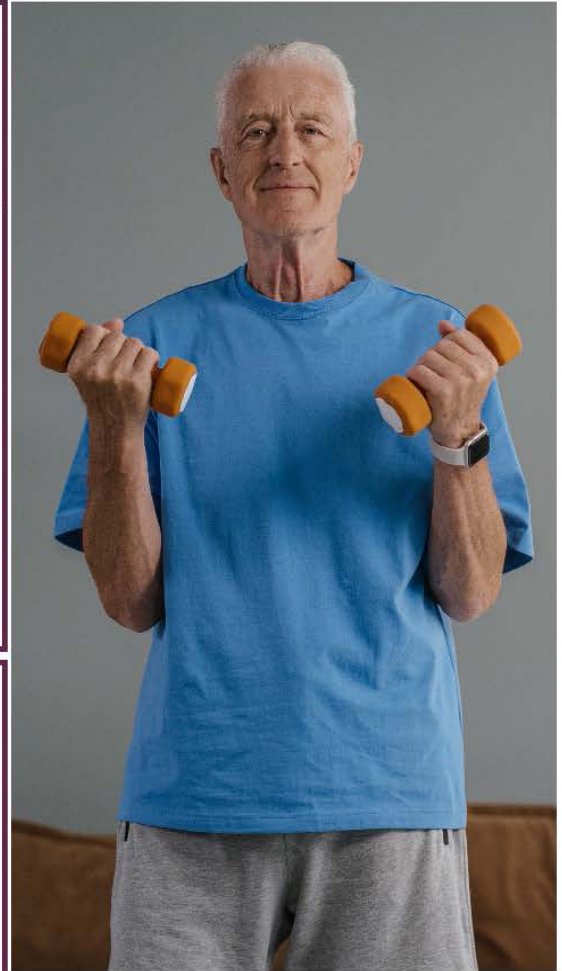
There will be a mandatory information session on Tuesday, September 17 from 9am to determine if this program is right for you.

BCRPA policy is that participants only complete Choose to Move once.

SASCU Recreation Centre Room 1

Tuesdays 9-10 am

September 17 - December 17



*Funding from the Government of
British Columbia*

ACTIVAGE —FREE

(65+ years)

This active program for adults 65 years and older will work on balance, co-ordination, strength, and overall movement skills.

Participants must be able to walk 100 feet with or without assistance of a walker or cane, can easily lift in and out of a chair. Exercising will be done in and out of a chair. *All participants must have a completed "Get Active" form.*

SASCU Recreation Centre Room 1

Tuesdays 10:30-11:30

September 17-December 3

CHAIR & CHAIR TO MAT YOGA—\$154/14 sessions

(16+ years old)

CHAIR TO MAT YOGA is gentle yoga to loosen and stretch painful muscles, reduce stress, and improve circulation. Brandi will slowly progress from using only a chair to a mat/chair combination. Participants must be able to lift ones self off the floor assisted only by the chair.



SASCU Recreation Centre Room 1

Thursdays
September 19-December 19
10-11am

Drop in for \$13/class

Join Brandi for gentle
yoga with modifica-
tions or the aid of a
chair if you need it.

Walking Track

NEW INDOOR WALKING TRACK

On Spectator Rink concourse,
OPEN during regular operating hours of Rogers Rink.
Closed during any events that require admission

- 1 loop is 200 meters
- The new surface: 7+2mm PolyTurf
- The loop is wheelchair accessible and the Arena is equipped with an elevator.
- Walking permitted anytime during regular operating hours
- Jogging permitted 10am-12pm Monday-Friday

We recommend checking with your doctor before starting a new exercise program



DROP IN WALKING LOOP GROUP (16+)

Come once a week to this informal drop in group, get your steps in, and stay for a coffee. The group leader will be onsite to track your loops and offer walking tips.

Fridays starting September 20th
9-10am walking
9:45-10:30 coffee
\$2 cash only



Get Active Guide



SALMON ARM GET ACTIVE GUIDE

BADMINTON

Badminton Club	250-804-7908		
SASCU Recreation Centre	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca

BASEBALL/SLOWPITCH

Minor Baseball		registrar@salmonarmbaseball.com	www.salmonarmbaseball.com
Slo-pitch		info@salmonarmslopitch.com	www.salmonarmslopitch.com

BASKETBALL

Drop in Adult	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
Synergy		http://salmonarmsynergybasketball.blogspot.com	
Shuswap Hoops		shuswaphoops2023@gmail.com	

BEACHES

Canoe Beach			7720 36th Street NE
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BIKING TRAILS

South Canoe Biking Trails			6970 10 Ave SE
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BOWLING

Lakeside Bowling	250-832-3946		www.lakesidebowling.com
Lawn Bowling	250-253-0873	dbryant@sunwave.net	www.bowlsclub.org/club/1090

CADETS/GUIDES/SCOUTS

Girl Guides of Salmon Arm	250-832-7280		www.girlguides.ca
Army Cadets		saarmycadets@yahoo.com	
Royal Canadian Air Cadets	250-833-0222		www.222air.com
Scouts	778-489-0088		

CROSS COUNTRY SKI

Larch Hills Nordic Society	250-832-9804		www.skilarchhills.ca
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Get Active Guide



SALMON ARM GET ACTIVE GUIDE

CURLING

Curling Club	250-832-8700		www.salmonarmcurlingclub.com
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DANCE

Just For Kicks	250-675-2121		www.justforkicks.ca
Square Dance Club		bernond@live.ca	
Shuswap Dance Centre			www.shuswapdance.com

EQUESTRIAN

Trail Alliance			www.shuswaptrails.com
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FACILITIES

SASCU Recreation Centre	250-832-4044	rscott@salmonarmrecreation.com	www.salmonarmrecreation.ca
Salmon Arm Fair Grounds	250-832-0442	admin@salmonarmfair.com	www.salmonarmfair.com
Waterslides	250-832-4FUN		www.salmonarmwaterslides.com
Scout Hall	778-489-0088		
Shaw Centre	250-832-4044	cdeboer@salmonarmrecreation.ca	www.salmonarmrecreation.ca
Elks Hall	250-833-4803		
Little Mountain Fieldhouse	250-832-4044	cdeboer@salmonarmrecreation.ca	www.salmonarmrecreation.ca
Song Sparrow Hall		admin@songsparrowhall.ca	http://songsparrowhall.ca

FISH & GAME

Fish and Game Club	250-832-3431		https://safgc.ca/
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FITNESS CENTERS

Curves (Women Only)	250-804-0644		www.curves.com
The Cardio Connection	250-833-2717		www.cardioconnection.ca
SASCU Recreation Centre	250-832-4044		www.salmonarmrecreation.ca
Shuswap Total Fitness	778-489-5551	shuswaptotalfitness@gmail.com	www.shuswaptotalfitness.com
The Cardio Connection	250-833-2717		www.cardioconnection.ca
Anytime Fitness	778-489-5323		www.anytimefitness.com/gyms/2819/salmon-arm-bc-v1e-2s7

Get Active Guide



SALMON ARM GET ACTIVE GUIDE

FOOTBALL

Minor Football Association	250-832-8289	president@shuswapminorfootball.ca	www.shuswapfootball.com
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GOLF

Shuswap National Golf Course	250-832-3285	golfshop@shuswapnational.com	www.shuswapnational.com
Club Shuswap Golf and RV	250-832-7345	golf@clubshuswap.com	www.clubshuswap.com
Salmon Arm Golf Club	250-832-4727		www.salmonarmgolf.com

GYMNASTICS

Momentum Gymnastics	250-804-0602	info@momentumgymnastics.com	www.momentumgymnastics.com
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HOCKEY

Minor Hockey	(250) 832-009	saminorhockey@shaw.ca	www.salmonarmminorhockey.com
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HORSESHOE

Horseshoe Club	250-832-9873		
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INDOOR PLAY AREAS

Jungle Mania	778-489-5554	info@junglemania.ca	www.junglemania.ca
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LACROSS

Minor Lacrosse		shuswapminorlacrosse@gmail.com	www.shuswapminorlacrosse.com
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MARTIAL ARTS

Northern Spirit Martial Arts	250-463-4925		
Kees Tae Kwon Do	250 833-0661		
Provincial Martial Arts	250.253-2406	pmakarate@gmail.com	www.provinciamartialarts.ca/contact-us
Shuswap Brazilian Jui-Jitsu	250-804-9262		www.shuswapbjj.com

PICKLEBALL

Pickleball Club		SAPICKLEBALLCLUB@gmail.com	https://sapickleballclub.ca
Recreation Center	250-832-4044	rscott@salmonarmrecreation.com	www.salmonarmrecreation.com

Get Active Guide



SALMON ARM GET ACTIVE GUIDE

PARKS

Little Mountain			3698 Okanagan Ave
McGuire Lake			681 Trans-Canada Hwy
Blackburn			480 5 Ave SW
Klahani Aprk			6391 10 Ave SE
Elk's Hall & Park			3690 30 Street NE
Coyote park			1398 54 Ave NE
Marine Peace Park			780 Marine Park Dr
Foreshore/Raven Trail			998 Harbour Front Dr

PLAY GROUNDS

Canoe Beach			3799 Canoe Beach Dr
Klahani Park			6391 10 Ave SE
Fletcher Park			450 2 Ave NE
SASCU Little Mountain Sports Fields			250 30th Street SE
Blackburn Park			480 5 Ave SW

RACKETBALL

Courts	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
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RINGETTE

Ringette		tpacker@telus.net	www.shuswapringette.ca
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ROCK CLIMBING

Gym of Rock Indoor	778-489-5594	climb@gymofrock.com	www.gymofrock.com
Mountaineering Club			https://shuswapmountaineeringclub.wordpress.com

ROWING/PADDLING

Rowing and Paddling Club		kcrouch@shaw.ca	https://shuswaprowingandpaddling.com
Shuswap Dragon Boat Society	250-804-6377	friendsabreast@gmail.com	www.friendsabreast.com

RUGBY

Yeti Rugby	250-463-4019		www.yetirugby.com
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Get Active Guide



SALMON ARM GET ACTIVE GUIDE

SKATING

Skating Club		salmonarmskatingclub@gmail.com	www.saskatingclub.com
Speed Skating	250-804-5504	info@salmonarmspeedskating.com	http://salmonarmspeedskating.com
Public Skate	250-832-4044	cdeboer@salmonarmrecreation.ca	www.salmonarmrecreation.ca

SNOWMOBILING

Snow Blazers	250-675-2420		www.sasnowblazers.com
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SOCCER

Women's Rec. Soccer Assoc.		swrsa.info@gmail.com	http://www.swrsa.net
Youth Soccer Association	250-833-5607	admin@shuswapsoccer.com	http://shuswapsoccer.com/contact
Salmon Arm Soccer			https://salmonarmsoccer.com

SQUASH

Courts	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
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SWIMMING

Columbia Shuswap Selkirks		president.selkirks@gmail.com	www.selkirksswim.ca
Sockeye Swim Club		sockeyespres@gmail.com	www.salmonarmsockeyes.ca
Waves Master Swimming		info@salmonarmwaves.ca	www.salmonarmwaves.ca

TABLE TENNIS

Drop In Table Tennis	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
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TENNIS

Tennis Club			https://dubspark.ca/salmonarmtennisclub
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VOLLEYBALL

Adult Volley Ball League	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
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Get Active Guide



SALMON ARM GET ACTIVE GUIDE

WALKING/HIKING GROUPS

Shuswap Lady Striders		ladystriders@gmail.com	www.shuswapladystriders.ca
Shuswap Naturalist Club		info@shuswapnaturalists.org.	www.shuswapnaturalists.org
Shuswap Outdoors Club	250-832-7768		
Shuswap Trail Alliance	250-832-0102	info@shuswaptrails.com	https://shuswaptrails.com

YOGA

Gr.attitude Hot Yoga	250-517-8747	gratitudehotyoga@gmail.com	www.gratitudeyogainc.com
Namaste Yoga	250-803-6724	namastesalmonarm@gmail.com	http://yogasalmonarm.com
Sweet Freedom Yoga	250-832-2720		www.sweetfreedomyoga.com

YOUTH DROP IN SPORTS

Recreation Drop in	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
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To add or edit a listing please email rscott@salmonarmrecreation.ca

New Swim Program

NEW

Discovery swim program

- A swim program built for people with cognitive, physical, or emotional needs.
- Inclusive to all ages.
- Call or email Tia for more info.
tmoore@salmonarmrecreation.ca
250-832-4044 ext 111
- Please come by and help yourself to one of our brochures at front desk.



Advanced Aquatics

Bronze Medallion

November 29, 30/December 6, 7 (4 Sessions)

Fridays 5:30-8:30pm/Saturdays 8:00am-3:30pm

The first course in the process to obtaining your lifeguarding certification

Prerequisite: 13 years of age or Bronze Star



Bronze Cross

December 11, 14, 18, 21 (4 Sessions)

Wednesdays 4:30-7:30pm/Saturdays 8:00am-3:30pm

The second course to obtain your lifeguarding certification.

Prerequisite: Bronze Medallion



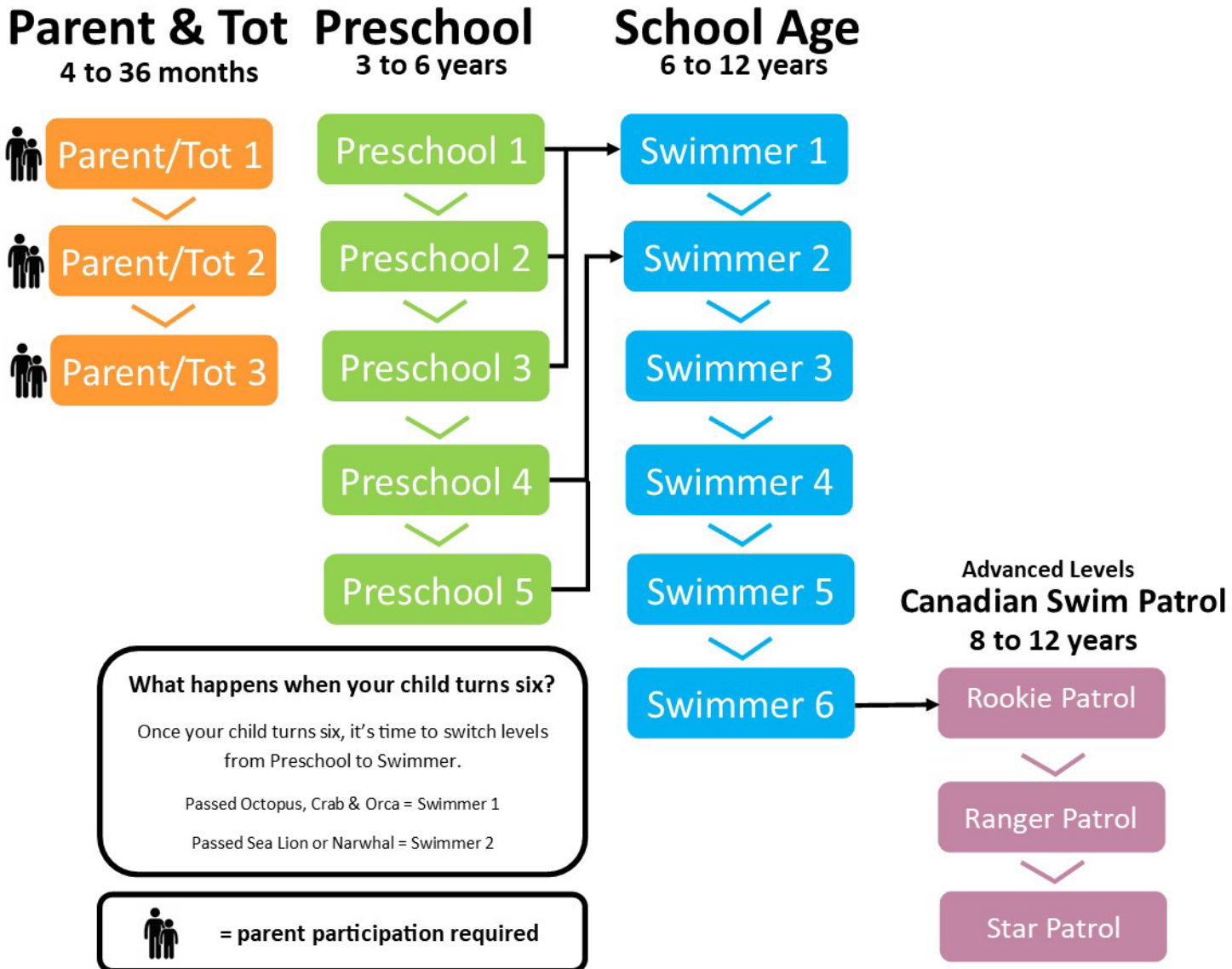
To Register

Contact Kaylene Gilliam

250-832-4044 ext. 112 or

kgilliam@salmonarmrecreation.ca

Swim for Life Program Structure



Swim Lessons

Session 1 - AM

September 23 - October 30

10 Sessions Mon/Wed AM *No lessons Sept 30/Oct 14**

	Code	Time
Parent and Tot 1	1 - A	10:15 - 10:45 am
Parent and Tot 2	1 - A	10:15 - 10:45 am
Parent and Tot 3	1 - A	10:45 - 11:15 am
Preschool 1	1 - A	11:15 - 11:45 am
Preschool 1	1 - B	10:15 - 10:45 am
Preschool 2	1 - A	10:45 - 11:15 am
Preschool 3	1 - A	11:15 - 11:45 am

Session 2 - AM

November 4 - December 9

10 Sessions Mon/Wed AM *No lessons Nov 11*

	Code	Time
Parent and Tot 1	2 - A	10:15 - 10:45 am
Parent and Tot 2	2 - A	10:15 - 10:45 am
Parent and Tot 3	2 - A	10:45 - 11:15 am
Preschool 1	2 - A	11:15 - 11:45 am
Preschool 1	2 - B	10:15 - 10:45 am
Preschool 2	2 - A	10:45 - 11:15 am
Preschool 3	2 - A	11:15 - 11:45 am

Session 1 - PM

September 23 - October 30

10 Sessions Mon/Wed PM *No lessons Sept 30 & Oct 14

	Code	Time
Parent and Tot 1	1 - B	3:00 - 3:30 pm
Parent and Tot 2	1 - B	3:00 - 3:30 pm
Parent and Tot 3	1 - B	3:00 - 3:30 pm
Preschool 1	1 - C	3:30 - 4:00 pm
Preschool 1	1 - D	5:15 - 5:45 pm
Preschool 2	1 - B	3:30 - 4:00 pm
Preschool 2	1 - C	5:15 - 5:45 pm
Preschool 3	1 - B	4:00 - 4:30 pm
Preschool 4	1 - A	5:30 - 6:00 pm
Preschool 5	1 - A	5:30 - 6:00 pm
Swimmer 1	1 - A	4:45 - 5:15 pm
Swimmer 1	1 - B	4:45 - 5:15 pm
Swimmer 2	1 - A	3:30 - 4:00 pm
Swimmer 3	1 - A	3:30 - 4:00 pm
Swimmer 4	1 - A	4:00 - 4:45 pm
Swimmer 5	1 - A	4:45 - 5:30 pm
Swimmer 6	1 - A	4:30 - 5:15 pm
Rookie Patrol	1 - A	4:00 - 4:45 pm
Ranger Patrol	1 - A	4:00 - 4:45 pm
Star Patrol	1 - A	5:15 - 6:00 pm

Swim Lessons

Session 2 - PM

November 4 - December 9

10 Sessions Mon/Wed PM *No lessons Nov 11*

	Code	Time
Parent and Tot 1	2 - B	3:00 - 3:30 pm
Parent and Tot 2	2 - B	3:00 - 3:30 pm
Parent and Tot 3	2 - B	3:00 - 3:30 pm
Preschool 1	2 - C	3:30 - 4:00 pm
Preschool 1	2 - D	5:15 - 5:45 pm
Preschool 2	2 - B	3:30 - 4:00 pm
Preschool 2	2 - C	5:15 - 5:45 pm
Preschool 3	2 - B	4:00 - 4:30 pm
Preschool 4	2 - A	5:30 - 6:00 pm
Preschool 5	2 - A	5:30 - 6:00 pm
Swimmer 1	2 - A	4:45 - 5:15 pm
Swimmer 1	2 - B	4:45 - 5:15 pm
Swimmer 2	2 - A	3:30 - 4:00 pm
Swimmer 3	2 - A	3:30 - 4:00 pm
Swimmer 4	2 - A	4:00 - 4:45 pm
Swimmer 5	2 - A	4:45 - 5:30 pm
Swimmer 6	2 - A	4:30 - 5:15 pm
Rookie Patrol	2 - A	4:00 - 4:45 pm
Ranger Patrol	2 - A	4:00 - 4:45 pm
Star Patrol	2 - A	5:15 - 6:00 pm

Swim Lessons

Saturday

September 21 - December 14

10 Sessions *No lessons Sept 28, Oct 12, Nov 9

	Code	Time
Parent and Tot 1	Sat - A	8:30 - 9:00 am
Parent and Tot 2	Sat - A	8:30 - 9:00 am
Parent and Tot 3	Sat - A	9:15 - 9:45 am
Preschool 1	Sat - A	9:45 - 10:15 am
Preschool 1	Sat - B	1:00 - 1:30 pm
Preschool 2	Sat - A	10:30 - 11:00 am
Preschool 2	Sat - B	1:30 - 2:00 pm
Preschool 3	Sat - A	11:30 - 12:00 pm
Preschool 4	Sat - A	12:15 - 12:45 pm
Preschool 5	Sat - A	12:15 - 12:45 pm
Swimmer 1	Sat - A	12:45 - 1:15 pm
Swimmer 2	Sat - A	12:30 - 1:00 pm
Swimmer 3	Sat - A	12:00 - 12:30 pm
Swimmer 4	Sat - A	11:30 - 12:15 pm
Swimmer 5	Sat - A	9:45 - 10:30 am
Swimmer 6	Sat - A	9:00 - 9:45 am
Rookie Patrol	Sat - A	1:15 - 2:00 pm
Ranger Patrol	Sat - A	10:15 - 11:00 am
Star Patrol	Sat - A	8:30 - 9:15 am

Swim for Life Lesson Rates

	10 Sessions	9 Sessions	8 Sessions
Parent and Tot 1/2/3	\$60.00	\$54.00	\$48.00
Preschool 1-5	\$70.00	\$63.00	\$56.00
Swimmer 1-3	\$70.00	\$63.00	\$56.00
Swimmer 4-6	\$85.00	\$76.50	\$68.00
Rookie/Ranger/Star	\$90.00	\$81.00	\$72.00

Aquafit Schedule

September 16 - December 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aquafit Shallow 9:00 - 9:45am		Aquafit Deep 9:00 - 9:45am		Aquafit Shallow 9:00 - 9:45am
Aquafit Deep Intervals 10:00 - 10:45 am	Noon Fit 12:15 - 1:00pm		Noon Fit 12:15 - 1:00pm	

To meet provincial standards and to ensure that we know your individual physical needs, it is policy that all participants in any of our exercise programs must fill out a Get Active Questionnaire (GAQ). These forms must be updated annually or when anything physical has changed.

Aquafit Program Descriptions

Noon Fit: A mixture of shallow and deep exercises.

Shallow: Medium intensity. A variety of moves and cardio based in shallow water.

Deep: Medium intensity. Class fully based in the deep end. Low impact.

Deep Intervals: Moderate to medium intensity with pre set monthly plans.

****All scheduled times are subject to change/cancellation****

****No Aquafit Sept 30, Oct 14, Nov 11, Dec 16-27****



Aquatic Weekend Fun!

Youth Night

(8 – 12 years)

A great evening out for the pre-teen! Enjoy the cool glow of underwater lights and themed games and activities. Pre-register online so you don't miss out.

Includes pizza, beverage & swim.

Fridays

6:30 - 9:00pm

Oct 18 - Monster Mash
Nov 22 - Sport Night
Dec 13 - Penguin Party

\$10.70/student **Pre-register only



Pool Birthday Parties

This is the best Birthday Party Deal in Town!

Make a big SPLASH and book your next birthday party in our **Aqua Party Zone**. Bring the cake, goodies and decorations and we'll do the clean-up! Party Zone available during public swim times only.

Party Zone rental: \$33.00 to be paid within 3 days of booking or spot will be given away as these rentals are in high demand.

Admission: Regular pool admission paid at time of entry - *birthday child is free*

How to Book: Visit our website @ www.salmonarmrecreation.ca, click on the Aquatics tab, under it click Birthday Party Zone and follow the instructions.

NOTE: All children under 7 years must have an adult in the water **within arm's reach at all times.**

Special Events



Inflatable Dates

Super Saturdays 6-8:30pm

Oct 5
Nov 2
Dec 7

Pro D 1:00-3:30pm

Sept 27
Oct 25
Nov 8

Regular Admission Applies

Spend the afternoon with your friends in the pool with the XXL Inflatable!

Slip, Slide, Jump, Crawl - whatever it takes to get through the maze of obstacles.

Super Floatatious Fun!!

(No Lap Lane)

Swim Schedule								
www.salmonarmrecreation.ca 250 832 4044		September 16 - October 31 2024				Scheduled times subject to change		
Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Lap Lanes		6:30 - 7:15am 6LL 7:15 - 8:30am 4LL 9:00 - 10:00am 1LL 11:00 - 1:00pm 3LL 7:30 - 9:00 pm 2LL	7:30 - 9:00am 6LL 12:00-1:00pm 2LL 4:00-5:30pm 1LL	6:30 - 7:15am 6LL 7:15 - 8:30am 4LL 9:00 - 10:00am 1LL 10:00-12:00pm 3LL 7:30 - 9:00 pm 2LL		7:30 - 9:00am 6LL 12:00-1:00pm 2LL 4:00-5:30pm 1LL	6:30 - 7:15am 6LL 7:15 - 8:30 am 4LL 9:00 - 10:00am 1LL 10:00 - 11:00am 6LL 4:00 - 6:00pm 1LL	
Laps & Leisure		12:00 - 1:00 pm	9:00am-12:00pm 1:00 - 3:00 pm	12:00 -1:00 pm	9:00am-12:00pm 1:00 - 3:00 pm	11:00 - 2:00pm		
Leisure Only		8:30 - 9:00 am	6:30 - 7:30 am	8:30 - 9:00 am	6:30 - 7:30 am	8:30 -9:00 am		
Discount Dip		1:00 -2:00pm	3:00 - 4:00 pm	1:00 -2:00 pm	3:00 -4:00 pm			
Public Swim	12:00-4:00pm	6:00 - 7:30pm	7:30 - 9:00 pm	6:00 - 7:30pm	7:30 - 9:00pm	2:00 - 4:00pm 6:00 - 9:00 pm	2:00 - 5:00pm 6:00 - 9:00pm	
Aqua Fit		Shallow 9:00 - 9:45am Deep 10:00 - 10:15am	Noon Fit 12:15 -1:00pm	Deep 9:00 - 9:45 am	Noon Fit 12:15 - 1:00 pm	Shallow 9:00 - 9:45 am		
CLOSED to the public		2:00 - 6:00pm	6:00 - 7:00 pm	2:00 - 6:00pm	6:30 - 7:30pm		6:30am -2:00pm 5:00 - 6:00pm	
<p>Dates of Note **Tues/Thurs 9:00am -12 Noon L&L swim time subject to change</p> <p>*Sept 27 & Oct 25 Pro D swim 1:00-4:00pm ~ No Lap Lane</p> <p>*Oct 18 Youth Night ~ No public Swim</p> <p>*Sept 30 & Oct 14 1:00-4:00pm only</p> <p>*Oct 27 Pool CLOSED</p>								

All sessions noted above (excluding CLOSED times) have access to the Parent & Tot Pool, Hot Tub, Sauna

Public Swim: Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna

Discount Dip (1 hour): Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna

Lap Lanes: Lanes may vary due to sharing with other programs, Hot Tub, Parent & Tot Pool, Sauna

Laps & Leisure: Lap Lanes, Water Walking or Running, Hot Tub, Parent & Tot Pool, Sauna

Leisure Only: Parent & Tot Pool, Hot Tub, Sauna

Aquafit: Lap Lane, Parent & Tot Pool, Hot Tub, Sauna

NO LAP LANES will be available during our Special Pool Events using our Inflatable.

Dates of note:

Stat Swims 1:00-4:00pm only: Sept 30, Oct 14, Nov 11

Closed To Public Oct 27

Youth Night, no public swim 6-9pm: Oct 18, Nov 22, Dec 13

Pro D Swim, No Lap lane: Sept 27, Oct 25, Nov 8

2024 Admission Rates

	Single Admission		Multi-Use Pass 10 +		6 Month Pass	
	POOL	AQUAFIT	POOL	AQUAFIT	POOL	AQUAFIT
Adult 19+	\$6.50	\$7.75	\$58.50	\$69.75	\$341.38	\$411.36
Senior 60+	\$5.25	\$6.50	\$44.62	\$54.83	\$266.16	\$344.96
Student (13-18yrs)	\$5.25	\$6.50	\$44.62	\$54.83	\$266.16	\$344.96
Child (6 - 12yrs)	\$4.25		\$38.25		\$231.44	
Tot (1 - 5yrs)	\$2.00		\$15.00			
Family	\$14.00		\$126.00		\$688.54	
Parent & Tot	\$6.00		\$54.00			

Family Swim Admission
Up to 2 adults and 3 children with a maximum of 5 people from the same household

*All scheduled times are subject to change or cancellation

Community Programs

A WIDE VARIETY OF YOUTH PROGRAMS.

BOXING
RECREATIONAL | COMPETITIVE

SPORT SPECIFIC TRAINING
TO LEARN ATHLETIC SKILLS INCLUDING STRENGTH
| SPEED | AGILITY | EXPLOSIVE POWER

PRIVATE | TEAM TRAINING



SCAN

FOR MORE INFORMATION VISIT OUR WEBSITE.

INQUIRIES EMAIL: INFO@BULLDOGSBOXING.COM

Columbia
Shuswap
Selkirks
Swim Club



Competitive year round

Swim Club

for ages 6-18

www.selkirksswim.ca

Selkirks Swim Club

@selkirksswimclub

To inquire about advertisement opportunities please contact:

Rebecca Scott

250-832-4044 ext. 202



Gym of Rock
INDOOR ROCK CLIMBING

DROP IN MEMBERSHIPS
BIRTHDAY PARTIES
STAFF PARTIES
LESSONS
RENTAL EQUIPMENT

KIDS LESSONS
START IN SEPTEMBER
REGISTER TODAY!
WWW.GYMOFROCK.COM

OPEN 7 DAYS A WEEK
778.489.5594
CLIMB@GYMOFROCK.COM



FREE TRIAL CLASS

SALMON ARM EKS HALL MON & WED 5PM KIDS 6PM TEEN/ADULT	SICAMOUS RED BARN-EAGLE VALLEY ARTS TUES & THURS 5PM KIDS 6PM TEEN/ADULT
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CLASSES BEGIN SEPTEMBER 9 & 10

KARATE & KICKBOXING

Train With
World Champion Instructor
Professional Stunt Woman
Team Canada Coach
Holly Raczynski

RESERVE YOUR SPOT
PMAKARATE@GMAIL.COM
250-253-2406

SPEED SKATING

- All ages and skill levels welcome
- Wednesday & Friday evenings
- Recreational or Competitive
- Speed Skating masks included
- Intro to Speed Skating Swellies

SALMON ARM ICEBREAKERS

Watch for our Open House Try Speed Skating in September

For more information:
www.speedskating@gmail.com
www.salmonarmspeedskating.ca