

FUN GUIDE

WINTER 2025



 **ROGERS Rink**


SHUSWAP
RECREATION
SOCIETY

SASCU

Online Registration begins MONDAY DECEMBER 9 at 6:30am

www.salmonarmrecreation.ca 250.832.4044

REGISTRATION INFORMATION

Contents

Info	2-3
Child & Youth Programs	4-7
Adult & Senior Programs	8-9
Birthday Parties	10
Auditorium Schedule.	11
Racquet Courts	12
Fitness Centre.....	12
Silverbacks	13
Walking Track.....	14
Public Skate	15
Holiday Events/Schedules. .	16-17
Swim Lessons.....	18-20
Aquafit Schedule	21
Pool Special Events	22
Pool Schedules	23
Family Day	24
Get Active Guide.....	25-30

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

Facility bookings
Parks/fields/SASCU Recreation Centre
rscott@salmonarmrecreation.ca

Swimming pool
kgilliam@salmonarmrecreation.ca

ROGERS RINK
250-832-4044 • 2600 10th Ave NE

ROGERS RINK ice rinks/rooms
cdeboer@salmonarmrecreation.ca

www.salmonarmrecreation.ca

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.

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:

- 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.

- Deductions for the first class or any class attended

Online registration begins 6:30 am Monday Dec 9, 2024

POOL HOLIDAY HOURS

December 24 10am - 3pm

December 25/26 Closed

December 31 10am-3pm

January 1 Closed

ARENA HOLIDAY HOURS

CLOSED
December 24,25
January 1

REGISTRATION INFORMATION

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



CHILD & YOUTH PROGRAMS

MOTORING MUNCHKINS

FREE

(0-5 years old)

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.

Parent participation required.

SASCU Recreation Centre Auditorium
Monday & Wednesdays 9-11am
January 6-March 12

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

TINY DANCERS Intro to Dance

\$54/6 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
Thursdays 9-9:30 am
January 16-February 20

***EXCLUSION DATES ON OUR WEBSITE**

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

***Parent participation required in some programs**

PARENT & TOT PLAY

\$39/6 sessions

(3-5)

A play-based program that develops physical literacy by teaching children the FUN-damental movement skills needed to prepare to play and learn sport skills. 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.

Wednesdays • 11:30am-12:15pm
January 22-February 26
Parents must stay



TODDLER & ME SOCIAL

\$2 Drop in

(Parents, Caregivers kids 5 and under)

Every Friday from 10:15am-12:15pm bring your littles (5 and under) to work on a craft while you socialize and have a hot coffee with other Moms, Dads and caregivers. An adult leader will be there to help your child with the craft, of course your help may also be required! No need to register just drop in when you can.

SASCU Recreation Centre Room 2
Fridays 10:15am-12:15pm
January 10-March 14

CHILD & YOUTH PROGRAMS

SAFE AT HOME, SAFE ALONE

\$24/1 session

(9-12 years old)

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 January 25—10am-12pm
B February 11—6-8pm
C March 6—6-8pm
(includes work booklet)



REDCROSS BABYSITTERS COURSE

\$120/course + \$10.50 for book

(11+ years old)

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

SASCU Recreation Centre Room 2
5 Week course
WEDNESDAYS 6-8pm
January 22-February 19

2 day course
Saturday/Sunday 9am-2pm
March 8/9



PRO D DAY PASS

\$8/\$10 - Child/Student

(9+ years old)

FEBRUARY 14

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 2 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	Student
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

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

CHILD & YOUTH PROGRAMS

LEARN TO SKATE PROGRAMS

\$100/\$90 10 sessions/9

(3+)

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.

WINTER MONDAYS:

9 Sessions (Jan 6-Mar 10)
no class February 17
11:45 am - 12:15 pm

WINTER WEDNESDAYS:

10 Sessions (Jan 8-Mar 12)
11:45 am - 12:15 pm

WALRUS - Improve your Skills

Walrus 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.

WINTER MONDAYS:

9 Sessions (Jan 6-Mar 10)
no class February 17
12:15 pm - 12:45 pm

WINTER WEDNESDAYS:

10 Sessions (Jan 8-Mar 12)
12:15 - 12:45 pm

LASER TAG POPCORN & FUN February 1 & March 1

We provide the laser tag equipment, you be ready for fun!



7-10 YEAR OLDS 5:30-6:30
10-12 YEAR OLDS 6:45-7:45PM
12-14 YEAR OLDS 8-9PM

LASER TAG, POPCORN, POP \$12
IN THE SASCU GYM



CHILD & YOUTH PROGRAMS

KIDS SPRING BREAK CAMP \$240/week (6-12 years old)

It's BACK! The most fun your kids will have this spring break!

This 5 Day camp during Spring Break is a diverse full-day schedule of activities! Play group games and sports. Go hiking and swimming. Do art and crafts and so much more. Join us for this dynamic week of spring! This camp will visit the swimming pool, recreation center as well as nearby parks, courts and playgrounds.

March 17-21/March 24-28

Drop off Little Mountain Field House
Pick up Recreation Centre Auditorium
8:30am-3:30pm

*limited space for 6 year olds



Join Larch Hills Nordics Club

Over 170 KM to Explore!
6KM of Lit Groomed Trails
Extensive Snowshoe Trails
10KM Dedicated Dog Trails
Heated Chalet

**LARCH HILLS
NORDICS**

**MEMBERSHIP DETAILS:
skilarchhills.ca**

Shuswap Gym of Rock

INDOOR ROCK CLIMBING

**DROP IN
MEMBERSHIPS
BIRTHDAY PARTIES
TEAM PARTIES
STAFF PARTIES
LESSONS
RENTAL EQUIPMENT**

OPEN 7 DAYS A WEEK
778.489.5594
CLIMB@GYMROCK.COM

**KIDS LESSONS
START IN JANUARY
REGISTER TODAY!
WWW.GYMROCK.COM**

ADULT & SENIOR PROGRAMS


ADULT DROP IN SPORTS

<u>BASKETBALL</u>	<u>BADMINTON</u>	<u>PICKLEBALL</u>	<u>SOCCER/FUTSAL</u>	<u>TABLE TENNIS</u>
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
				
January 6-March 14			EXCLUSION DATES FOR ALL DROP IN CAN BE FOUND ON OUR WEBSITE	
EVERYONE WELCOME - these are not leagues or clubs			DROP IN PROGRAMS ARE SUBJECT TO CHANGE AND CANCELATION WITHOUT NOTICE	
ADULTS \$5.50 SENIOR \$4.50				

ADULT VOLLEYBALL LEAGUE

\$200/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 January 1st to be included in the league schedule. For more information email:
Krista - kbridge7@yahoo.com



SASCU Recreation Centre Gym
Wednesdays/Thursdays:
6 - 10pm
January 8-March 13
No Session February 5/6

ADULT SKATING LESSONS

\$100/\$90 10 sessions/9 sessions
(16+)

Our Learn to Skate program is designed to teach the basics of skating and to enhance the skills you already have. All adults on the ice must wear a helmet.

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

Mondays
12:45-1:30pm
9 Sessions (Jan 6-Mar 10) no class February 17

Learn to skate - for adults who want to learn all the basics from falling down and getting back up; to moving, hopping and gliding

Wednesdays
10 Sessions (Jan 8-Mar 12)
12:45 pm - 1:30 pm

ADULT & SENIOR 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, January 7 at 9am to determine if this program is right for you.

SASCU Recreation Centre Room 1
Tuesdays 9-10 am
January 7-April 8

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
January 14-April 8

Funding from the Government of British Columbia

CHAIR TO MAT YOGA

\$110/10 sessions

(16+ years)

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.

Yoga is an excellent way to loosen and stretch painful muscles, reduce stress, and improve circulation.

SASCU Recreation Centre Room 1
Thursdays
January 9-March 13
10-11am
Drop in for \$13/class

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

COUPLES DANCE LESSONS

\$111/couple/6 sessions

(16+ years)

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

Little Mountain Field House

*Mondays
February 3-March 10*

*Beginner Ballroom
5:30 – 6:30 pm
(Foxtrot and Waltz)*

*Beginner Latin
6:30 - 7:30 pm
(Salsa and Jive)*

These classes are for dancers of all levels. Learn for the first time or perfect your skills. Jens will help you develop your dance skills no matter what level



BIRTHDAY PARTIES

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 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 Centre, 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 additional cost

AUDITORIUM SCHEDULE

Auditorium Program Schedule						
January 6-March 14						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Adult Drop In Badminton 8-10a		Adult Drop In Badminton 8-10a			
Drop in Motoring Munchkins 9-11am	PRIVATE BOOKING 10:15-10:45am	Drop In Motoring Munchkins 9-11am	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	Pickleball Advanced 1:15-3:15pm	Pickleball Recreational 1-3pm	Pickleball Advanced 1:15-3:15pm	MAINTENANCE 1:30-2:30pm		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		Pickleball Recreational
PRIVATE BOOKING 5:30-7:30pm		Adult Volleyball League 6-10p	Adult Volleyball League 6-10p	PRIVATE BOOKING 4-10pm		
Adult Drop In Basketball	Adult Drop in Soccer 8-10pm					
Pickleball Legend	EVERYONE WELCOME AT PICKLEBALL		*To maximize playing time Pickleball is Round Robin Play			
Recreational	LEVELS ARE JUST A GUIDE		*Dance lessons, Tot Sport and Volleyball & Dodgeball leagues are registered programs.			
Competition	THIS IS DROP IS NOT PICKLEBALL CLUB		*All programs are subject to change and cancellation without notice			
Advanced			*All Drop in programs are unsupervised			



Youth XC SKI PROGRAMS

Bunnies
Jack Rabbits
Explorers
Ski Team

Registration is open.
Limited spaces!

LARCH HILLS NORDICS 

skilarchhills.ca



SPEED SKATING

- All ages and skill levels welcome
- Wednesday & Friday evenings
- Recreational or Competitive
- Speed Skate rentals included
- Intro to Speed Skating Sessions

SALMON ARM ICEBREAKERS



Watch for our Open House Try Speed Skating in September

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

COURTS & FITNESS ROOM

SASCU RACQUETBALL & SQUASH COURTS

COURT TIMES

Monday-Saturday	6:30am-8:15pm
No swim lesson Saturday	2pm-8:15pm
Sundays	12-3:15pm
Stat Holidays	1-3:15pm



BOOK YOUR COURT TIME ONLINE

\$17/court/45min

Additional time can be purchased for \$5/15min

SASCU RECREATION CENTRE FITNESS ROOM

GYM HOURS

Monday-Saturday	6:30am-9pm
No swim lesson Saturday	2pm-9pm
Sundays	12-4pm
Stat Holidays	1-4pm



GYM 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 balls - treadmills - cross trainer - TV/Music



ROGERS RINK



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



ROGERS Rink

INDOOR WALKING TRACK

Spectator Rink Concourse
Open during regular operating hours of Rogers Rink. Closed during any event that requires admission.

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

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

Thank you to the Rotary Clubs of Salmon Arm for their generosity and support in the installation of the new walking track flooring.



INDOOR LOOP GROUP

(16+)
Come once a week to this informal drop in group. Get your steps in and stay for coffee. The group leader will be onsite to track your loops and offer walking tips. This group is for anyone looking to walk indoors and meet new people. From seniors, to new parents, this group is for you.

SPECTATOR RINK CONCOURSE
FRIDAYS
 8:30-9:30am walking FREE
 9:30-10am \$2 COFFEE



ROGERS RINK



ROGERS Rink

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 stick.

Register online minimum 1 hour prior to the start time

Spectator Rink

12-1pm Thursdays

Student (13-18) \$5.25

Adult (19+) \$6.50

Senior (60+) \$5.25

YOUTH STICK & PUCK

(5-18 years old)

Come every Pro D Day and play some hockey. 5-12 year olds play on Hucul and 13+ play 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

Spectator & Hucul Rinks

1-2:30pm

February 14

Student (13-18) \$5.25

Child (6-12) \$4.25

PUBLIC SKATE

SUNDAY	TUESDAY	THURSDAY	FRIDAY
	1:30-2:30pm SR/PARENT/TOT HUCUL POND	1:30-2:30pm SR/PARENT/TOT SPECTATOR	SUNDAY
3-4:30pm PUBLIC SKATE HUCUL POND	2:45-4:15pm CHEAP SKATE HUCUL POND	2:45-4:15pm CHEAP SKATE HUCUL POND7-	8:30pm PUBLIC SKATE HUCUL POND

ADMISSION RATES:

ADULT(19+) \$6.50, 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, CHEAP SKATE \$2.50

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

HOLIDAY EVENTS & SCHEDULES

HOLIDAY SKATES

HOLIDAY STICK & PUCK ROGERS RINK

Monday December 23	1-2:30pm
Friday December 27	1-2:30pm
Monday December 30	1-2:30pm
Friday January 3	1-2:30pm



HOLIDAY PUBLIC SKATE ROGERS RINK

SUNDAY December 22	3-4:30pm
Thursday December 26	3-4:30pm
Sunday December 29	3-4:30pm
Thursday January 2	3-4pm



FREE PUBLIC SKATE December 1st
THANK YOU MCDONALDS FOR SPONSORING

NYE DISCO SKATE

DECEMBER 31 12-1:30PM

Aquafit
Jingle Mingle

DECEMBER 9
10AM-12PM

Please join us after your aquafit class for a coffee and some treats.
Please feel free to bring a treat to share.

HOLIDAY EVENTS & SCHEDULES

HOLIDAY DROP IN SPORTS

SASCU Auditorium

Wednesday December 23	9-11am 11:15am-1:15pm 1:30-3:30pm 5-7pm 7-9pm	Competition Pickleball Advanced Pickleball Recreational Pickleball Basketball—Youth Basketball—Adult
Thursday December 24	8-10am 10:15-12:15 12:30-2:30	Badminton Advanced Pickleball Recreational Pickleball
Friday December 27	9-11am 11:15am-1:15pm 1:30-3:30pm 5-7pm 7-9pm	Advanced Pickleball Competition Pickleball Recreational Pickleball Soccer—Youth Soccer—Adult
Monday December 30	9-11am 11:15am-1:15pm 1:30-3:30pm 5-7pm 7-9pm	Recreational Pickleball Advanced Pickleball Competition Pickleball Basketball—Youth Basketball—Adult
Thursday January 2	9-11am 11:15am-1:15pm 1:30-3:30pm 5-7pm 7-9pm	Badminton Recreational Pickleball Advanced Pickleball Volleyball—Youth Volleyball—Adult
Friday January 3	9-11am 11:15am-1:15pm 1:30-3:30pm 5-7pm 7-9pm	Competition Pickleball Advanced Pickleball Recreational Pickleball Basketball—Youth Basketball—Adult

HOLIDAY SWIMS

Sunday, December 22 - Saturday, December 28

	Sunday 22	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28
Lap Lanes		6:30 - 8:30am	10:00am - 12:00pm	Closed	Closed	6:30 - 8:30am	
Laps & Leisure		8:30am - 1:00pm (3LL) 4:00 - 6:00pm (3LL)				8:30am - 1:00pm (3LL) 4:00 - 6:00pm (3LL)	
Public Swim	12:00 - 4:00pm	1:00 - 4:00pm 6:00 - 9:00pm	12:00 - 3:00pm			1:00 - 4:00pm 6:00 - 9:00pm	12:00 - 4:00pm

Sunday, December 29 - Saturday, January 4

	Sunday 29	Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3	Saturday 4
Lap Lanes		6:30 - 8:30am	10:00am - 12:00pm	Closed	6:30 - 8:30am	6:30 - 8:30am	9:00am - 2:00pm
Laps & Leisure		8:30am - 1:00pm (1LL) 4:00 - 6:00pm (3LL)			8:30am - 1:00pm (1LL) 4:00 - 6:00pm (3LL)	8:30am - 1:00pm (1LL) 4:00 - 6:00pm (3LL)	
Public Swim	12:00 - 4:00pm	1:00 - 4:00pm 6:00 - 9:00pm	12:00 - 3:00pm		1:00 - 4:00pm 6:00 - 9:00pm	1:00 - 4:00pm 6:00 - 9:00pm	2:00 - 5:00pm 6:00-9:00 pm



SWIM LESSONS

Saturday January 4 - March 15

9 Sessions *No lessons Feb 8/15

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

M/W Session 1 - PM

Jan 6 - Feb 5

10 Sessions

	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	4:45 - 5:15 pm
Preschool 2	1 - B	4:00 - 4:30 pm
Preschool 2	1 - C	5:30 - 6:00 pm
Preschool 3	1 - B	4:00 - 4:30 pm
Preschool 4	1 - A	4:30 - 5:00 pm
Preschool 5	1 - A	4:30 - 5:00 pm
Swimmer 1	1 - A	5:15 - 5:45 pm
Swimmer 1	1 - B	4:30 - 5:00 pm
Swimmer 2	1 - A	4:00 - 4:30 pm
Swimmer 3	1 - A	3:30 - 4:00 pm
Swimmer 4	1 - A	4:00 - 4:45 pm
Swimmer 5	1 - A	5:00 - 5:45 pm
Swimmer 6	1 - A	5:00 - 5:45 pm
Rookie Patrol	1 - A	4:30 - 5:30 pm
Ranger Patrol	1 - A	4:30 - 5:30 pm
Star Patrol	1 - A	4:30 - 5:30 pm

M/W Session 1 - AM Jan 6 - Feb 5

10 Sessions

	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

M/W Session 2 - AM Feb 10 - Mar 12

9 Sessions **No lessons Feb 17

	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

SWIM LESSONS

M/W Session 2 - PM

Feb 10 - Mar 12

9 Sessions **No lessons Feb 17

	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	4:45 - 5:15 pm
Preschool 2	1 - B	4:00 - 4:30 pm
Preschool 2	1 - C	5:30 - 6:00 pm
Preschool 3	1 - B	4:00 - 4:30 pm
Preschool 4	1 - A	4:30 - 5:00 pm
Preschool 5	1 - A	4:30 - 5:00 pm
Swimmer 1	1 - A	5:15 - 5:45 pm
Swimmer 1	1 - B	4:30 - 5:00 pm
Swimmer 2	1 - A	4:00 - 4:30 pm
Swimmer 3	1 - A	3:30 - 4:00 pm
Swimmer 4	1 - A	4:00 - 4:45 pm
Swimmer 5	1 - A	5:00 - 5:45 pm
Swimmer 6	1 - A	5:00 - 5:45 pm
Rookie Patrol	1 - A	4:30 - 5:30 pm
Ranger Patrol	1 - A	4:30 - 5:30 pm
Star Patrol	1 - A	4:30 - 5:30 pm

DISCOVERY SWIM PROGRAM

This swim program is for people with cognitive, physical or emotional needs. We create a personalized plan, to fit the participants needs using a variety of equipment. We are able to create a safe space for the participant to learn, adapting to emotional requirements and lessening triggers.

All ages, all abilities.

FOR MORE INFORMATION:

Contact Tia Moore

250.832.4044 ext 111

tmoore@salmonarmrecreation.ca

ADVANCED AQUATICS

Bronze Cross

Pre-Requisite: Bronze medallion

Bronze Cross teaches the difference between a lifesaver and lifeguard, as well as the principles of emergency procedures and teamwork. Bronze Cross is a pre-requisite for all advanced lifesaving courses.

4 Sessions December 11,14,18,21

Wednesdays 4:30-7:30 & Saturdays 8am-3:30pm

National Lifeguard Recertification

Pre- Requisite: National Lifeguards Certificate(NL)

1 Session December 23

7:30am-4pm

TO REGISTER

Contact Kaylene Gilliam

250.832.4044 ext 112

kgilliam@salmonarmrecreation.ca

Pop Up Lessons!

Mon/Wed AM

Jan 6 - Feb 5

	Code	Time
Parent and Tot 1	1 - C	11:15 - 11:45am
Parent and Tot 2	1 - C	
Preschool 1	1 - E	10:45 - 11:15am

Pop Up Lessons!

Mon/Wed PM

Jan 6 - Feb 5

	Code	Time
Preschool 2	1 - D	3:30 - 4:00pm

Pop Up Lessons!

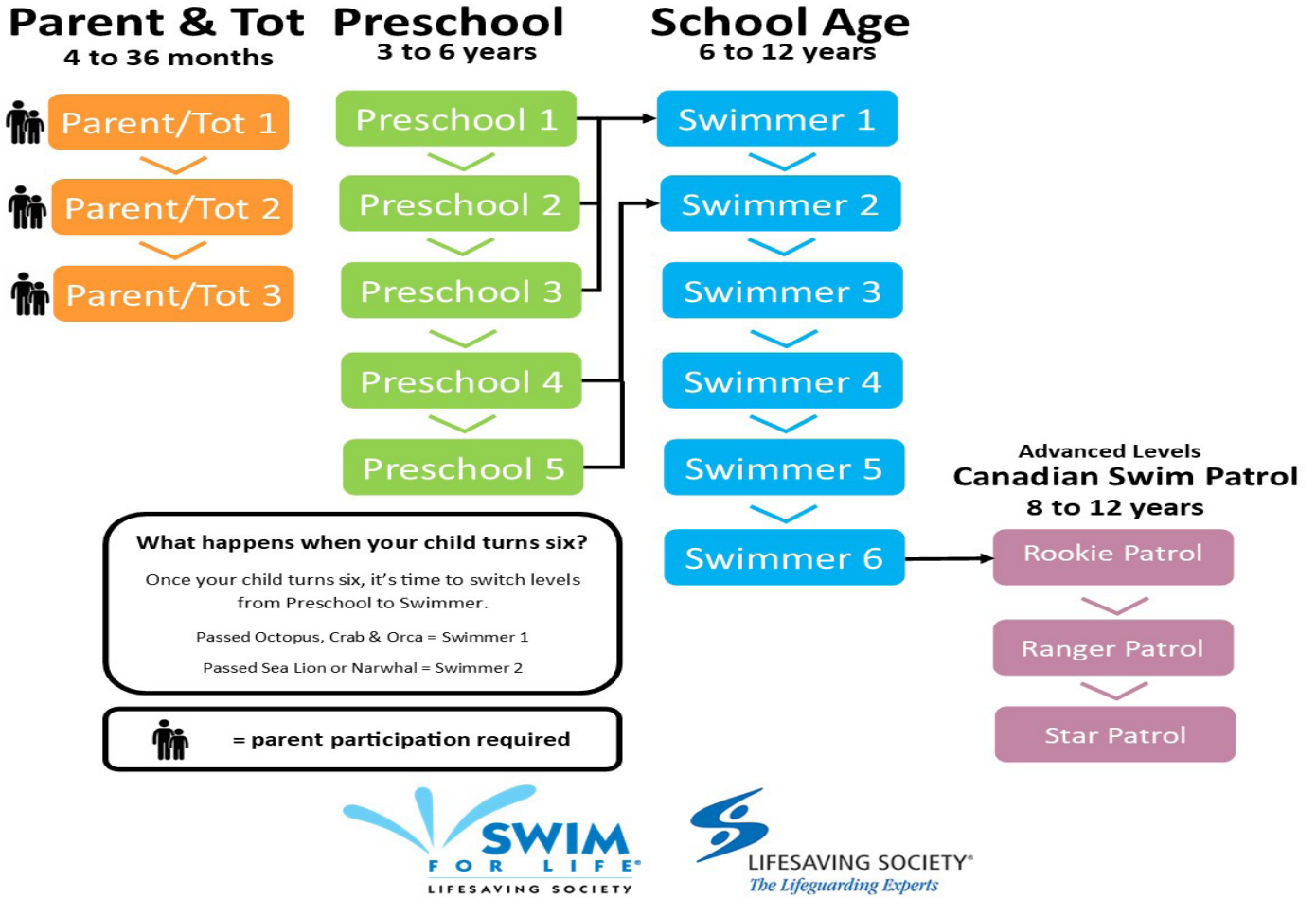
Saturdays January 4 - March 15

9 Sessions *No lessons Feb 8/15

	Code	Time
Preschool 2	Sat - C	8:30 - 9:00am
Swimmer 2	Sat - B	10:30 - 11:00am

SWIM LESSONS

Swim for Life Program Structure



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	\$120.00	\$108.00	\$96.00

AQUAFIT

2025 Aquafit Schedule

January 6 - March 14

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 February 17****

Aquafit
Jingle Mingle
DECEMBER 9
10AM-12PM

Please join us after your aquafit class for a coffee and some treats.
Please feel free to bring a treat to share.



POOL SPECIAL EVENTS

SUPER SATURDAYS

FUN for all ages, our SUPER sized inflatable makes for SUPER sized fun on our SUPER SATURDAYS!

February 1

March 1

6-8:30pm

*no lap lane during this time

PRO D DAY SWIM

Keep the kids active while they are home from school! Our huge inflatable will be up!

February 14

1-4pm

Inflatable 1-3:30pm

*no lap lane during this time

FREE SWIMS

Salmon Arm Recreation is excited to host 2 FREE swims this winter.

Unplug & Play

January 26

1-4pm

Family Day

February 17

1-4pm

YOUTH NIGHT

A great evening for the pre-teen! Enjoy a movie on the big screen while you float in the pool. Pizza, drink, swim and a movie!

January 17

February 21

March 7

6:30-9pm

\$10.70

*8-12 year olds

*pre register online only

*this is drop and go, no parents allowed!



POOL SCHEDULE

Pool Schedule - January 5 - March 15 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Lanes		6:30-8:30am 9:00-11:00am (1LL) 11:00-12:00pm 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(2LL) 4:00-6:00pm(1LL)	6:30-8:30am 9:00-10:00(1LL) 10:00am-12:00pm 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(2LL) 4:00-5:30pm(1LL)	6:30 -8:30am 9:00-10:00(1LL) 10:00am - 12:00pm 4:00-6:00 pm(1LL)	9:00am-2:00pm
Laps & Leisure		12:00-1:00pm	9:00-12:00pm 1:00-3:00pm	12:00-1:00pm	9:00-12:00pm 1:00-3:00pm	12:00-2:00pm	
Public Swim	12:00-4:00pm	6:00-7:30pm	7:00-9:00pm	6:00-7:30pm	7:30-9:00pm	2:00-4:00pm 6:00-9:00pm	2:00-5:00pm 6:00-9:00pm
Leisure Only		8:30-9:00am	6:30-7:30am	8:30-9:00am	6:30-7:30am	8:30-9:00am	
Discount Dip		1:00-2:00pm	3:00-4:00pm	1:00-2:00pm	3:00-4:00pm		
CLOSED to Public		2:00-6:00pm	6:00-7:00pm	2:00-6:00 pm	5:30-7:30pm		6:30-9:00am 5:00-6:00pm
Aqua Fit		9:00-9:45am 10:00-10:45am	12:15-1:00pm	9:00-9:45am	12:15-1:00pm	9:00-9:45am	

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:

Jan 17th Youth night, no public swim 6-9pm

Jan 26th Free Swim 1-4pm

Feb 1st Super Sat No lap lane

Feb 7th-9th Pool Closed Swim Meet

Feb 14th Pro D swim, no lap lane 1-4pm

Feb 17th Free Swim 1-4pm

Feb 21st Youth night no public swim 6-9pm

Mar 1st Super Sat No lap lane

Mar 7th Youth night,
no public swim 6-9pm

2025 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

*rates are subject to change without notice

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

FAMILY DAY



February 17, 2025

FREE SKILLS SKATE

10-11am

Join our skating Instructors to practice skating skills through fun games and activities. Must bring own equipment (skates and helmet)

FREE PUBLIC SKATE

11am-12:30pm

Bring the family for a free public skate on Hucul Pond. Must bring own equipment (skates and helmet)

FREE PUBLIC

SWIM

1-4pm

Bring the family for a free public swim

FREE MOTORING

MUNCHKINS

1:30-3:30pm

MM is intended for preschool aged kids and younger! Older siblings welcome on Family Day to play with younger siblings.

SALMON ARM
RECREATION



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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
Minor Fastball		fastballscott@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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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

EQUSTRIAN

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		
Rogers Rink	250-832-4044	cdeboer@salmonarmrecreation.ca	www.salmonarmrecreation.ca
Elks Hall	250-833-4803		
SASCU 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

Bulldogs Fitness and Boxing Centre	250-489-5665	info@bulldogsboxing.com	https://bulldogsboxing.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



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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	250-832-0095	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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LACROSSE

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 Centre	250-832-4044	rscott@salmonarmrecreation.com	www.salmonarmrecreation.com



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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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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	https://sockeyes.teampages.com/
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://clubspark.ca/salmonarmtennisclub
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VOLLEYBALL

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