



*Active. Your Way. Everyday.*

**Get  
Active  
Directory**

# Get Active Guide

## Get Active Guide

### Active Salmon Arm

Virtual walk/community park maps  
www.salmonarmrecreation.ca  
250-832-4044

## Archery

### Salmon Arm Archery Club

Vern Stevens 250-832-0205

## Badminton

### Salmon Arm Badminton Club

Tim 250-804-7908

### SASCU Recreation Centre

Donna 250-832-4044

## Ball – Baseball/Softball/Slo-pitch

### Salmon Arm Minor Baseball

www.salmonarmbaseball.com

### Salmon Arm Slo-pitch

info@salmonarmslopitch.com  
www.salmonarmslopitch.com

## Beaches

### Canoe Beach

7720 36th Street NE

## Biking and Hiking Trails

### Coyote Park

54th Ave NE and 60th Ave NE

### Larch Hills Nordic Ski Area

End of Edgar Rd at Larch Hills

### Little Mountain Park

Okanagan Ave just off 30 St SE

### Road/Mountain Biking/Hiking Trails

www.shuswaptrails.com/offroad.htm

### Salmon Arm Bike For Your Life Century Ride

www.bikeforyourlife.com

### Shuswap Cycling Club

www.shuswapbike.com

### Skookum Cycle Program

141 Shuswap St NE • 250-832-7368

### South Canoe Trail System

10th Ave & 70 St SE

## Bowling

### Lakeside Bowling

1880 9th Ave NE • 250-832-3946

## Cadets/Guides/Scouts

### Girl Guides of Salmon Arm

250-832-7280 • www.girlguides.ca

### Rocky Mountain Rangers and Cadets

1-800-856-8488

### Royal Canadian Air Cadets

250-833-0222

### Scouts

Diane Boxall 778-489-0088

## Cross Country Ski

### Larch Hills Nordic Society

Ed Bouma 250-832-9804  
www.skilarchhills.ca

### Larch Hills Ski Area

End of Edgar Rd in Larch Hills

## Curling

### Salmon Arm Curling Club

691 28th St NE • 250-832-8700  
www.salmonarmcurlingclub.com

## Dance

### Jamila Mai Bellydance

250-833-1915

### Just For Kicks

Patty 250-675-2121 • Margo 250-832-9469

### Salmon Arm Square Dance Club

Bernie/Sheila • bernond@live.ca

### Shuswap Dance Centre

590 Okanagan Ave SE • 250-833-5418  
www.shuswapdance.com

## Equestrian Trail Riding

### Larch Hills Nordic Ski Area

End of Edgar Rd at Larch Hills

### South Canoe Trail System

10th Ave & 70 St SE

## Fish and Game

### Salmon Arm Fish and Game Club

Ron Pederson 250-832-3431  
www.salmonarmfishandgameclub.com

# Get Active Guide

## Fitness Centres

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### Anytime Fitness

2890 10 Ave NE • (778) 489-5323

### Harbourfront Tanning & Fitness Center Ltd

681 Marine Park Dr • 250-832-5177

### The Cardio Connection

101 Hudson Ave • 250-833-2717

### CrossFit Salmon Arm

2400 Trans-Canada Hwy • 250-540-8781

### Curves (Women Only)

Suite 400-251 Trans-Canada Hwy NW  
250-804-0644

### SASCU Recreation Centre Weight Room

2550 10th Ave NE • 250-832-4044  
www.salmonarmrecreation.ca

### Shuswap Core Pilates

2-661 Ross St NE • 250-804-0393

### Shuswap Total Fitness

2450 Trans-Canada Hwy NE • 250-833-4799  
shuswaptotalfitness.com

## Football

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### Shuswap Minor Football Association

Mark Lindgren 250-832-8289  
www.shuswapfootball.com

## Golf

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### Shuswap National Golf Course

6360 Auto Rd SE • 250-832-3285  
shuswapnational.com

### Club Shuswap Golf and RV

5751 Trans Canada Hwy NE • 250-832-7345  
www.clubshuswap.com

### Salmon Arm Golf Club

3641 Hwy 97B • 250-832-4727  
www.salmonarmgolf.com

## Gymnastics

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### Momentum Gymnastics

Shawnee 250-804-0602  
www.momentumgymnastics.com

## Hockey

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### Men's and Women's Recreational Hockey

Various skill levels and ages  
Shaw Centre • 250-832-4044

### Salmon Arm Minor Hockey

Shaw Centre, 2600 10th Ave  
www.salmonarmminorhockey.com

## Horseshoes

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### Salmon Arm Horseshoe Club

691 28 St NE  
Faith Juell 250-832-9873  
Doug Winslow 250-832-8520

## Jungle Gym

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### Junglemania

2450 Trans-Canada Hwy NE • 250-803-0300  
www.junglemania.ca

## Lacrosse

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### Shuswap Minor Lacrosse

registrar@shuswapminorlacrosse.com

## Lawn Bowling

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### Salmon Arm Lawn Bowling

691 28 Street NE  
Dan Quilty 250-253-0873

## Martial Arts

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### Community Karate & Kickboxing

Holly 250-253-2406

### Double Winds T'ai Chi

Kim and Heather Arnold  
250-832-8229/250-515-1476

### Kees Tae Kwon Do

Tyler Irving 250-833-0661

### Salmon Arm Judo

Rich Mori 250-832-3945  
Sean Weisenborn 250-832-7406

### Taoist T'ai Chi

Jim Clarke 250-832-9038

## Fitness Centres

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### Anytime Fitness

2890 10 Ave NE • (778) 489-5323

### Harbourfront Tanning & Fitness Center Ltd

681 Marine Park Dr • 250-832-5177

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101 Hudson Ave • 250-833-2717

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2400 Trans-Canada Hwy • 250-540-8781

# Get Active Guide

## **Curves (Women Only)**

Suite 400-251 Trans-Canada Hwy NW  
250-804-0644

## **SASCU Recreation Centre Weight Room**

2550 10th Ave NE • 250-832-4044  
www.salmonarmrecreation.ca

## **Shuswap Core Pilates**

2-661 Ross St NE • 250-804-0393

## **Shuswap Total Fitness**

2450 Trans-Canada Hwy NE • 250-833-4799  
shuswaptotalfitness.com

## **Pickleball**

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### **Club Shuswap Golf and RV**

5751 Trans Canada Hwy NE  
250-832-7345 • www.clubshuswap.com

### **Klahani Park**

6391 10 Ave SE • free facilities

### **Salmon Arm Pickleball Club**

www.salmonarmpickleballclub.wordpress.com

### **SASCU Recreation Centre**

2550 10 Ave NE • 250-832-4044

## **Playground Parks**

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### **Badger Park**

1611 20th Ave SE

### **Blackburn Park**

681 10th Avenue SW

### **Canoe Beach**

7720 36th Street NE

### **Klahani Park**

10 Ave SE (South Canoe)

### **Fletcher Park Playground & Water Spray Park**

450 2nd Avenue NE

### **John Lund Park**

Access from 70th Ave NE in Canoe

### **SASCU Little Mountain Sports Field**

250 30th Street SE

### **William Baker**

4290 Canoe Beach Drive NE

## **Recreation Facilities—Location/Bookings**

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### **Salmon Arm Fairgrounds**

490 5th Ave SW  
250-833-4096 • safallfair@shaw.ca

### **SASCU Recreation Centre**

2550 10 Ave NE • 250-832-4044

## **Salmon Arm Waterslides & RV Park**

1001 Trans Canada Hwy SW  
250-832-4386

## **Scout Hall**

2460 Auto Road SE  
Dianne Boxall 778-489-0088

## **Seniors Activity Centre**

170-5th Ave. SE • 250-832-1065

## **Shaw Centre**

2600 10th Ave NE • 250-832-4044

## **Ringette**

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### **Shuswap Ringette**

Donna Helgeson (250) 833-7660  
www.shuswapringette.ca

## **Rowing and Paddling**

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### **Shuswap Association for Rowing/Paddling**

Canoe Beach Boat Launch  
www.shuswaprowingandpaddling.com

## **Rugby**

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### **Yeti Rugby**

Greg Seed 250-832-2052

## **Skating**

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### **Salmon Arm Skating Club**

Crystal 250-575-8411  
saskatingclub.com

### **Salmon Arm Speed Skating**

Crystal 250-833-4377  
info@salmonarmspeedskating.com

### **Shaw Centre**

(Public Skating/Adult Shinny/  
Learn to Skate Program)  
2600 10th Ave NE • 250-832-4044

## **Snowmobiling**

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### **Salmon Arm Snow Blazers**

Don Mitchell 250-675-2420

## **Soccer**

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### **Shuswap Women's Rec. Soccer Association**

swrsa.info@gmail.com

### **Shuswap Youth Soccer Association**

(Located at the SASCU Indoor Sports Complex)  
250-833-5607 • www.shuswapsoccer.com



# Get Active Guide

## Sport Parks/Centres

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### Blackburn Park Sport Fields

Soccer, Softball and Baseball  
681 10th Avenue SW  
Field Bookings 250-832-4044

### Blackburn Skateboard Park

681 10th Avenue SW

### Elks Park and Elks Hall

3690 30 St NE  
Don 250-833-4803

### Little Mountain Sports Complex

250 30th Street SE  
Field & Field House Bookings 250-832-4044

### SASCU Indoor Sports Complex

351 3rd St SW  
Facility bookings 250-832-4044

## Swim Clubs

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### CSRD Youth Swimming Society

[www.selkirk-swimming.club](http://www.selkirk-swimming.club)

### Salmon Arm Waves Master Swimming

Angela Carson • [angcarson22@gmail.com](mailto:angcarson22@gmail.com)

### Salmon Arm Sockeyes Swim Club

[www.salmonarmsockeyes.ca](http://www.salmonarmsockeyes.ca)

## Tennis

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### Salmon Arm Tennis Club

3440 Okanagan Ave SE  
Marietjie 250-803-8631  
[Marietjieduplessis3@gmail.com](mailto:Marietjieduplessis3@gmail.com)

### Shuswap Middle School Courts

30th St and Okanagan Ave

### SAS Jackson School Courts

14th St NE (near the hospital)

## Volleyball

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### Salmon Arm Recreation Centre

2550 10 Ave NE • 250-832-4044

## Walking Trails

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### Badger Park

1611 20th Ave SE

### Coyote Park (dogs welcome)

54th Ave NE and 60th Ave NE

### Little Mountain Park (dogs welcome)

Entrances: 10th Ave SE or Okanagan Ave

### Marine Peace Park (Wharf)

750 Marine Park Drive

### McGuire Lake Park - Japanese Friendship Gates

681 Trans Canada Highway NE

### Peter Jannink Nature Park (Shuswap Naturalists Park)

Access from Narcisse St NW and Hudson St NW

### Raven Trail

Access from 14th St NE in Raven

### RJ Haney Park

751 Highway 97B NE

### Rotary/Turner Creek Trail

McGuire Lake Park to 30 St/Okanagan Ave.

### South Canoe Trail System

10th Ave & 70 St SE

## Walking/Hiking Groups

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### Shuswap Lady Striders

[ladystriders@gmail.com](mailto:ladystriders@gmail.com)  
[www.shuswapladystriders.ca](http://www.shuswapladystriders.ca)

### Shuswap Mountaineering Club

[bose@jetstream.net](mailto:bose@jetstream.net)

### Shuswap Naturalist Club

Ed McDonald 250-835-8802

### Shuswap Outdoors

Connie Harris 250-832-8729

### Shuswap Trail Alliance

Phil McIntyre-Paul 250-832-9509

### Shuswap Young Naturalist Club

Sherry Bowlby 250-832-8383

## Yoga

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### Gr.attitude Hot Yoga

250-804-2829 • [www.grattitudehotyoga.com](http://www.grattitudehotyoga.com)

### Namaste Yoga and Wellness Centre and Namaste School of Yoga (teacher training)

201 – 310 Hudson Ave • [www.yogasalmonarm.com](http://www.yogasalmonarm.com)  
Nancy 250-832-3647

### Shuswap Yoga

[www.shuswapyoga.com](http://www.shuswapyoga.com)  
Laurie 250-832-0367 • Donna 250-838-9884

### Sweet Freedom Yoga

250-832-2720 • [www.sweetfreedomyoga.com](http://www.sweetfreedomyoga.com)

### Yoga with Laura

250-833-0200