

FUN GUIDE

Summer 2020



SASCU Recreation Centre

Shaw) CENTRE

New Lego and Robotic
Programs!

See page 5 for details!



Online Registration available for 2020 Summer Programs
Registration begins Monday July 6 7:00 am Online Only

No In-Person registration at this time

www.salmonarmrecreation.ca

250-832-4044

Registration info

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Registration begins Monday July 6

7:00 am Online Only
No In-Person registration at this time.

SASCU Recreation Centre

250-832-4044 • 2550 10th Ave NE

Shaw Centre

250-832-4044 • 2600 10th Ave NE

Facility bookings 250-832-4044

Parks/fields/SASCU Recreation Ctr

dflatman@salmonarmrecreation.ca

Swimming pool

sthiessen@salmonarmrecreation.ca

sfromme@salmonarmrecreation.ca

Shaw Centre ice rinks/rooms

dknight@salmonarmrecreation.ca

Web www.salmonarmrecreation.ca

Admin hours

Administration hours currently closed and will be posted as they are confirmed.

Holiday hours

Wed July 1closed

Mon Aug 3.....closed

Mon Sept 7closed

Salmon Arm Recreation Refund Policy

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

We take your privacy seriously. See our privacy policy at www.salmonarmrecreation.ca/privacy.

How to register for programs:

Online Registration: In order to utilize this service, you need to have an online registration account. Go to www.salmonarmrecreation.ca to initiate the process.

In Person and Phone In: Currently we are not accepting in person or phone in registrations (online only).

Please check our web site for facility updates.

www.salmonarmrecreation.ca





A SAFE RETURN TO RECREATION

RESTARTING RECREATION PROGRAMS SAFELY AND PROGRESSIVELY



The Salmon Arm Recreation staff are excited to welcome you back!

Operating in a pandemic environment, we ask that all participants read, understand, follow and respect the important guidelines below for the health and safety of everyone.

We appreciate your patience and cooperation as we work through this together.

WHAT TO EXPECT WHEN ATTENDING PROGRAMS OR VISITING OUR FACILITIES:



HAND HYGIENE

Hand sanitizer and hand washing facilities are available throughout the SASCUC Recreation Centre.

Frequent handwashing will be promoted, especially in kids programs and camps.

Water fountains will not be available, bring your own water bottle.



SYMPTOM SCREENING

Stay home if you're sick!

Do a self-check and stay home if you are experiencing any symptoms of not feeling well.

Any participants displaying symptoms will be kindly asked to leave for the collective safety of all participants and staff.



ENHANCED CLEANING

High touch areas and equipment will be cleaned regularly. Hand sanitizer will be available at programs and main facility entrance (auditorium).

Program equipment will receive cleaning throughout the program and in between usage. Extra time is scheduled between activities for cleaning.



PHYSICAL DISTANCING

Program capacities may be reduced based on the space and type of activity. Please do not arrive more than 5 min. before your class. A program leader will direct you upon arrival.

Activities may be modified with less focus on team or group work. Spectators are not permitted at indoor sessions.

Facility modifications have been made including signage and floor markings/barriers.

PLEASE NOTE:

The Salmon Arm Recreation staff are using current information and guidelines from Provincial agencies to provide safe programs and services.

Programs and services may need to be altered or cancelled as guidelines change. We appreciate your patience and understanding as changes need to be made throughout the course of the summer.



Children's Programs

Motoring Munchkins "Special Days" (0 - 8 years)

Parent Participation

Join us in this program designed for parents who have children at various stages of growth and development. Stations will be arranged around the floor space to enhance fundamental movement skills and play while promoting physical distancing. Equipment will be limited to stationary equipment only (no balls, hockey, wagons) and sanitized regularly. If bringing a snack, please choose nut free products. There will be an program leader to greet you at the auditorium doors to review the program participation guidelines.

SASCU Recreation Centre Auditorium

Wednesdays

10:00 am – 12:00 pm

A July 22

B August 5

Free

Pre-Registration is Required!

To meet provincial guidelines to offer recreational programs (including drop in programs), we are required to have ALL PARTICIPANTS pre-register. Please refer to Page 2 on how to register for programs. Limited Registration.

Thanks to funding from the province's Ministry of Children and Family Development through a multi-year contract with Shuswap Children's Association, the Motoring Munchkins program will be free admission for participants.

Wild Week of Motoring Munchkins (0 - 8 years)

Parent Participation

You know the program – but we've gone wild. The Motoring Munchkin equipment will be set up for week to come in and run, jump, crawl and have a whole lot of fun. There will be an program leader to greet you at the auditorium doors to review the program participation guidelines.

SASCU Recreation Centre Auditorium

Monday – Friday

9:00 am – 12:00 pm

C August 24

D August 25

E August 26

F August 27

G August 28

Free

Minor League Tennis (7 – 12 years)

This 5-session tennis program provides participants with the opportunity to combine practice and play, with a focus on skill development through match play. Games are played using the Kid's Tennis format, which includes appropriate equipment (based on age and skill level) with corresponding court sizes. Bring your own waterbottle/snack, tennis racquet, hand sanitizer, sweat band and hat.

Coaching provided by certified coaches of the Salmon Arm Tennis Club.

Each participant will receive a Tennis Canada team shirt.

Salmon Arm Tennis Club

Monday - Friday

9:00 – 11:00 am

A July 20 - 24

B August 17 - 21

\$100/5 sessions



A program leader will be present to direct participants upon arrival.

Youth Programs

iLearning Canada - Lego and Robots

Kids Tech Camp

Experience our most exciting summer science & technology camp yet. Jam packed with fun indoor/outdoor games, STEAM-based activities, and science experiments that will challenge you to THINK BIG! Collaborate, build and code using the latest robotics from LEGO. To top it all off, take flight and operate an indoor drone through team-based aerial missions. Register now and get involved in this high-tech collaboration adventure! Breaks will be provided throughout the camp. Participants will need to bring snacks/lunch/waterbottle.

- Collaborate, build, and code with LEGO Education sets
- Experience the mysteries of science with take home experiments!
- Code a drone to maneuver indoors with an operating unit
- Fun Games, Activities, Challenges, Experiments and more!

SASCU Recreation Centre Auditorium

Monday - Friday
9:00 am - 3:00 pm

A (7 - 9 years)

B (10 - 14 years)

August 10 - 14

\$235/5 sessions



Game Developer 2D Level 1 (8 - 13 years)

Every good game has a story with a beginning and an end. What is the story of your HERO? Step into a 2D universe and create an epic platform game. Take charge and experience the vast world of game developing - coding, pixel art, animations, level designing, and more.

SASCU Recreation Centre Auditorium

Monday - Friday
3:15 - 5:45 pm

August 10 - 14

\$150/5 sessions



LEGO Build It Workshop (7 - 14 years)

Join us on Saturday August 15 for a fun LEGO workshop with all new exciting builds! If you participated in the Kids Tech Camp during the week, there won't be any repeat builds! Kids will be building and programming using sets appropriate for their group. Parents are welcome to stay. Please bring a snack/lunch/waterbottle.

SASCU Recreation Centre Auditorium

Saturday
10:15 - 2:15 pm

August 15

\$37/1 session



Youth & Adult Programs

Shuswap 55+ Give Sports a Try

We will be offering free sport sessions for older adults 55+ years. Be prepared to try out badminton, horseshoes, and soccer with qualified instructors - all for free! Participants will also receive a sports-oriented participation gift. The Zone 8 Representative for the 55+ BC Games will also be on hand for information on participating in future events.

More information and session schedule will be in our Fall Fun Guide. For more information please contact Donna at dflatman@salmonarmrecreation.ca.

We gratefully acknowledge the financial support of the Province of British Columbia and the Government of Canada.

September 7 - 11



Safe at Home ~ Safe Alone

(9 - 12 years)

Learn about basic safety and protecting yourself when unattended at home. First Aid, fire safety and personal safety are some of the topics covered. Includes work booklet. Bring own waterbottle/snack.

SASCU Recreation Centre Auditorium

10:00am - 12:00 pm

A Monday July 20

B Wednesday July 27

C Wednesday August 31



Red Cross Babysitting Course

(11yrs+)

Learn how to care for infants, toddlers and children safely. This includes first aid, diapering, disciplining and what to do in emergencies. Participants must attend all sessions to receive certificate of completion. Bring own waterbottle/snack.

SASCU Recreation Centre Auditorium

Monday - Thursday

9:30 am - 12:00 pm

A July 13 - 16

B August 17 - 20

\$60/4 sessions



Keeping kids safe either by themselves or with a babysitter!

Physical Literacy



Physical Literacy and You

Partners in the Shuswap
working together for

ALL!

Physical Literacy for Communities

Sectors



EDUCATE

TRAIN

SUSTAIN



Health



Education



Recreation



Sport



Communication



Benefits For All

1

Develop the ability to participate in activities for life

2

Support development of a healthy brain

3

Improve self esteem and self worth

4

Enhance social connectedness

5

Promote resilience and well-being

For more information contact:

Jen: jengibson15@gmail.com / Laura: lpaiement@sd83.bc.ca / Donna: dflatman@salmonarmrecreation.ca

Aquatics

AQUATIC SCHEDULE

July 13 - 24

Subject to change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 - 8:30 am	Registered Lap Lane - Slow, Medium, Fast				
9:30 - 10:30 am	Registered Aquafit				
9:30 - 11:30 am	Registered Water Running - Self Directed (must enter the water before 10:30 am)				
12:30 - 2:30 pm	User Group Rentals				

All Aquatic programs are pre-registered. To register choose Activity Type, Activity Code and choose a date. See Page 2 for On-Line Registration information.

Activity Type

Registered Lap Lane 7:00 - 8:30 am

Aquafit - Shallow water Monday, Wednesday, Friday 9:30 - 10:30 am

Aquafit - Deep water Tuesday and Thursday 9:30 - 10:30 am

Water Running - Self Directed Tuesday and Thursday 9:30 - 11:30 am

Activity Codes

Registered Lap Lane:

Slow

Medium

Fast

Aquafit:

Shallow water

Deep Water

Water Running:

Self Directed

Activity Dates

Please ensure you have the correct date before registering.



Public Swim Information

- Salmon Arm Recreation is offering a reduced swim schedule to limit the number of patrons in the building during a swim session.
- Booking is done either online, see page two for online information.
- Aquatics will retain basic contact information of all group attendees, as required by the Medical Health officer.

SASCU Recreation Centre Pool will be reopened on a phased approach

Phases	Activity Type
<p>Phase 1</p> <p>July 13-24</p> <p>Programs will run Monday to Friday only</p>	<p>Progressive reopening of aquatic facilities in compliance with provincial health authority.</p> <ul style="list-style-type: none"> • Lifesaving or lifeguard training • Aquatic sports training for athletes • Aquatic fitness classes with instructors being out of the water (except for demonstrations) • Supervised lane/lap swimming with reduced bather loads
<p>Phase 2</p> <p>Dates to be Announced</p> <p>If there is no significant rise in Covid cases reported by the Health Authority during Phase 1 in the community, add activity.</p>	<ul style="list-style-type: none"> • Individual swimming lessons or training sessions that do not need physical manipulation by the instructor or coach • Expanded hours of operation
<p>Phase 3</p> <p>Dates to be Announced</p> <p>If there is no significant rise in Covid cases reported by the Health Authority during phase 2 in the community, add activity.</p>	<ul style="list-style-type: none"> • Recreational swimming • Swimming lessons excluding groups that need physical manipulation by the instructor • Whirlpools, and saunas • Other equipment (e.g. toys) with proper disinfection procedure
<p>Phase 4</p> <p>Pandemic is over, COVID-19 is under control</p>	<ul style="list-style-type: none"> • All activities can resume