FUN GUIDE

Winter 2023

SASCU Recreation Centre
Shaw CENTRE

Online Registration begins Monday December 5 • 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
Facility bookings. . 250-832-4044
Parks/fields/SASCU Recreation Ctr
programs@salmonarmrecreation.ca
Swimming pool
sthiessen@salmonarmrecreation.ca
kgilliam@salmonarmrecreation.ca
Shaw Centre ice rinks/rooms
dknight@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 December 5th

Holiday Hours

Dec 24 . . . . . . .10:00am - 2:00 pm
Dec 25/26 . . . . . Closed
Dec 27 . . . . . 10:00am - 2:00pm
Dec 31 . . . . . . .10:00am - 2:00 pm
Jan 1 . . . . . Closed
Jan 2 . . . . . .1:00 - 4:00 pm
Feb 20 . . . . . .1:00 - 4:00 pm

Closed for Swim Meet:

Feb 24 . . . . . .Closed @ 4:00 pm
Feb 25-26 . . . . . .Closed

Registration info

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 & Shaw Centre.

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

xplor

Making Movement Matter

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 13-18

Child & Youth Programs

Motoring Munchkins

(0 - 5 years)

Parent Participation

FREE

Drop in to this fun program! Munchkins is designed for children to enjoy active play in a safe indoor environment no matter the weather. Your child can choose from racing around on the plasma cars, testing their climbing & balance skills on our climbing equipment or our soft play climbing blocks. After all that energy is burnt up, we have a painting station and an arts & crafts table to experiment with your child's creative skills.

For the pre-walkers we have a soft play area just for them.

If bringing a snack for your child, please ensure it is NUT FREE.

SASCU Recreation Centre Gym

Mondays and Wednesdays

10:00 am – 12:00 pm

January 4 - March 15

No session Jan 9

Free - *Sponsored by the Shuswap Children's Association through a partnership with the Ministry of Children and Families*

Safe at Home ~ Safe Alone

(9 – 12 years)

Home Alone helps your child prepare for independence with this 1 day course. Children will learn how to be safe & responsible when being left at home alone for short periods of time.

Topics covered include First Aid, Fire Safety & how to handle real situations. Course includes workbook.

SASCU Recreation Centre Room 2

Tuesdays

6:00 - 8:00 pm

A January 17

B March 14

$20/1 session

Red Cross Babysitting Course

(11 years +)

Learn how to care for infants, toddlers and children safely.

This course includes First Aid, how to change diapers, learning strategies for keeping the children in your care happy, healthy & safe.

Course includes workbook & will receive a certificate upon completion. Candidate must attend all sessions.

SASCU Recreation Centre Room 2

Wednesdays

6:00 – 8:00 pm

A January 4 - February 1

B February 15 - March 15

$75/5 sessions + book **$8**

Skating Programs

Salmon Arm Recreation

Learn to Skate Program

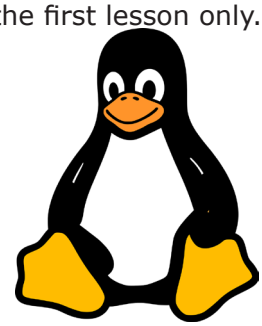
Our Learn to Skate program is designed to teach the basics of skating to allow children the opportunity to advance into other community programs or enjoy recreational skating. The Learn to Skate Program is a skill-based program that focuses on accomplishing individual skills rather than levels. All children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

All sessions are held at the Hucul Pond Arena

Cost: **$80**/10 sessions
$64/8 Sessions

Penguins (3 years +)

This class is for children that have never skated before.
Parents are welcome to come on the ice for the first lesson only.

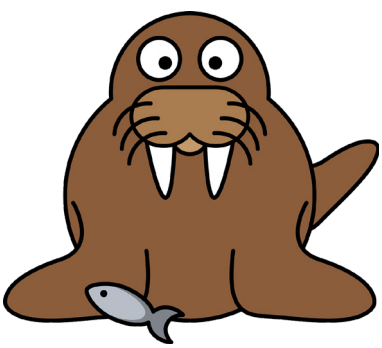


Monday (8 Sessions)
A 1:00 pm - 1:30 pm
January 9 - March 13
No class Jan 30 or Feb 20

Wednesday
B 11:30 am - 12:00 pm
January 11 - March 15

Walrus (3 years +)

This class is for children that have completed Penguins or
can push and glide short distances, stand up on their own and stop.



Wednesday
A 12:00 pm - 12:30 pm
January 11 - March 13
No class Jan 30 or Feb 20

Skills and Drills (3 years +)

This multi-level class is for preschool children that have completed Penguins or can push and glide short distances, stand up on their own and stop, or school aged children of any ability level.

Monday
A -1:30 pm - 2:00 pm
January 9 - March 13
No class Jan 30 or Feb 20

BC Family Day Activities

February 20

All Events are Free

Have a fun Family Day with Salmon Arm Recreation!

Family Skate Skills
1:30 - 2:30 pm
Join our skating instructors to practice skating skills through fun games and activities. This event will be held on Hucul Pond.

Public Swim
1:00 - 4:00 pm
Bring the family to the pool for a swim and hot tub.

Public Skating
3:00 - 5:00 pm
Bring the family to Hucul Pond for a public skate.

Skating activities are held at the Shaw Centre and swimming is at the SASCU Recreation Centre

Youth & Adult Programs

League Volleyball

(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 6** to be included in the league schedule.*

For more information email: Krista - *kbridge7@yahoo.com*

SASCU Recreation Centre Gym
Wednesdays: 7:30 - 10:00pm
Thursdays: 6:00 - 10:00pm
January 11 - March 16
$240/team

SASCU Racquetball & Squash Courts

Court times

Mon–Fri	6:30 am–8:15 pm
*Saturdays	9:45 am–8:15 pm
*No swim lesson Sat.	2:00–8:15 pm
Sundays	1:00–3:15 pm

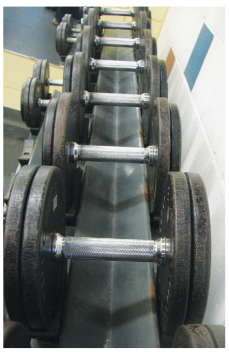
Book your court time Online!
www.salmonarmrecreation.ca
$15/court/45 min.

For more information call

SASCU Recreation Centre - 250 -832-4044 ext. 0

SASCU Recreation Centre FITNESS ROOM

clean • air-conditioned • friendly



Hours

Mon - Fri	6:30am - 9:00 pm
*Saturdays	9:30am - 9:00 pm
*No swim lesson Sat.	2:00pm - 9:00 pm
Sundays	1:00pm - 4:00 pm

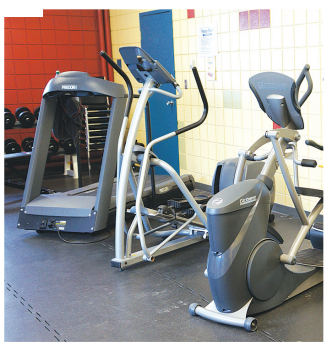
Equipment

Stability balls • Stretching mats
Medicine balls • BOSU balls
Free weights • Elliptical trainer
Upright and recumbent bicycles
Treadmill • Atlantis Cross Trainer
Flatscreen TV / music

Cost

Use of the fitness room is included in admission to the pool

- Adult $5.75
- Senior $4.75
- Student (age 16+) $4.75



For more information on the fitness room call **250-832-4044**

Canine Health and Emergency First Aid

Ages: 16 +

$169 March 11, 9am-5pm

Room 1

We teach prevention - like knowing which household plants are toxic to your dog and what people medicines they can NEVER have. We cover basic nutrition, exercise and dental care needs, we teach you about digestive emergencies and how to deal with them. You get to practice making your own Elizabethan collar and emergency muzzle (even the most docile dogs can act agressively when they're injured or scared). We teach you how to handle the scary stuff, like your dogs heart stopping, they have something lodged in their throat and can't breathe, they've gotten into poinson, or have had a terrible accident and needs to be stavalized for safe transport to the Vet. You will learn and practice a number of different hands on scenarios - so when an emergency happens muscle memory kicks in and you'll be able to help your dog in their moment of need. You will receive a certificate of completion, a wallet CPR card, and a 130 pg refrence manual.

Youth & Adult Drop-In

City Dance Lessons
(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 and there is limited space, so register early.

SASCU Recreation Centre Gym
Mondays
A 5:30 – 6:30 pm Jive Swing Beginner/Intermediate
B 6:30 - 7:30 pm Two Step
January 16 - February 27
No Class Feb 20
$98/couple/6 sessions

Youth/Adult Drop-In Sports

These programs start the week of January 2. All admissions are drop in gym fees and are held in the SASCU Recreation Centre. For ages 16 yrs+.

Note: Drop-in programs may be canceled due to Auditorium Rentals. Please call ahead to confirm availability as these programs are pre-empted if there is an auditorium booking.

Table Tennis

Get a small group together or as a single and join in. Play on our competition gradetable.

Thursdays
9:00 - 11:00 am
January 5 - March 16
Meeting Room 1

Basketball

Mondays
7:30 - 10:00 pm

Drop in gym fee
January 16 - March 13

Pickleball

Players interested in playing pickleball should contact Kathy: nielsenkathy00@gmail.com to have their name put on the contact list for monthly updates on the pickleball schedule. To ensure equal playing time for all participants please limit each game to 10 – 15 minutes when there are people waiting to play.

Badminton

Tues/Thurs
8:00 - 10:00 am
Drop in gym fee
Jan 3 - March 16

Sports Drop-in Fee:	
Student	$4.00
Adult	$4.75
Senior	$4.00

Youth & Adult Drop-In

Auditorium Sport Schedule

Janaury 3-March 31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Badminton 8-10a		Badminton 8-10a			
Motoring Munchkins 10a-12p	Pickleball Recreational 10:30a-12:30p	Motoring Munchkins 10a-12p	Pickleball Competition 10:30a-12:30p	Pickleball Recreational 9-11a		
				Pickleball Competition 11:15a-1:15p		
Pickleball Adv/Tourn 1-3p	Pickleball Adv/Tourn 12:45-2:45p	Pickleball Recreational 1-2:45p	Pickleball Adv/Tourn 12:45-2:45p	Special Olympics 1:30-3p		Pickleball Comp/Adv 12:30-2:30p
Pickleball Conpetition 3:15-5:15p	Kids Drop in Floor Hockey 3-4p	Discovery Kids 3-4p	Kids Drop in Sports 3-4p	Discovery Kids 3-4p		Pickleball Recreational 2:30-430p
	Youth Drop in floor hockey 4-5p	Youth Drop in Basketball 4-5:30p	Youth Drop in Sport 4-5:30p			
Dance 5:30-7:30p	Pickleball Comp/Adv 5:45-7:45p	Adult Volleyball 6-10p	Adult Volleyball 6-10p			
Drop In Basketball 7:30-10p	Drop in Dodgeball 8-10p					

Pickleball Legend

- Recreational 3.0
- Competition 3.25
- Advanced 3.5
- Tournament 4.0

*Dance lessons and volleyball are registered programs.

All programs are subject to change and cancellation

Floor Hockey

Tuesday (January 3-March 14)
Child 9-12yo, 3-4pm
Youth 12-16yo, 0 4-5:30pm
This is unsupervised drop in time for kids to play floor hockey. This is not a guided practice or game.
No Drop in Floor Hockey on January 10

Basketball

Wednesday (January 4-March 15)
Youth 12-16yo, 0 4-5:30pm
This is unsupervised drop in time for youth to play basketball. This is not a guided practice or game.

Multi Sport

Thursday (January 5-March 16)
Child 9-12yo, 3-4pm
Youth 12-16yo, 4-5:30pm
This is unsupervised drop in time for kids to play a variety of sports. Each week will be a different sport, volleyball, dodgeball, basketball, floor hockey, etc.
This is not a guided practice or game.

No registration required. Drop in and pay at the front desk before heading to the auditorium.
Youth(13-17yo) drop in $4
Child(6-12yo) Drop in $2.75

Adult Drop in Dodgeball 16+

Tuesday (January 17-March 14)
7:30-10pm
Must be 16+ to participate

Classic dodgeball rules with some exceptions for our league. Teams will be made each week and will be random based on participants that week. No registration required. Drop in and pay at the front desk before heading to the auditorium.
Youth(13-17yo) drop in $4
Adult (18+) drop in $4.75
Senior(60+) drop in $4

Adult Fitness

Choose to Move (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 10 from 10:00 – 11:00 am 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 9:00 - 10:00 am
January 17 - March 28

Free/subsidized

Activage (65+ years)

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

Level 1: can walk 100 feet with or without assistance of a walker or cane. Most exercises are done in a sitting position

Level 2: can walk more than 100 feet without any assistance, can easily lift in and out of a chair. Exercising in and out of a chair.

All participants must have a completed "Get Active" form.

SASCU Recreation Centre Gym
Tuesdays
Level 1 10:30 - 11:30 am
Level 2 12:00 - 1:00pm
January 17 - March 28
Free/12 sessions (subsidized)

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

Shaw Centre Walking Loop

The Shaw Centre Walking Loop is available during regular operating hours

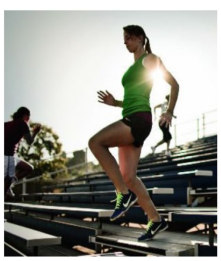
The Walking Loop is closed during any events that require admission.

- The Shaw Centre walking loop is a 200 metre loop around the perimeter of Spectator Arena. It is wheelchair accessible and the facility is equipped with an elevator.
- This indoor facility allows you to exercise safely without the risk of injury on outdoor slippery surfaces.
- Add the walking tips below to enhance your workout.

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

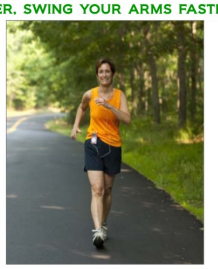
Walking Tip: Stairs - Up and Down

- Use the stairs in the bleachers to increase your cardio and leg strength: go down 1 - 2 stairs walk across the row in front of the seats and go back up the stairs to the main walking loop, continue on the loop
- Repeat 3 - 10 times
- Build up to more stairs and increased speed



Walking Tip: Swing your Arms

- Elbows bent at 90
- Palms face inwards
- Hands relaxed
- When swinging arms bring thumb to shoulder height in front and elbow to shoulder height when back
- Arms dictate the pace: want to go faster, swing your arms faster!



Walking Tip: Speed up/Slow down

- Start with a good warm up: walk for 5—10 minutes at a comfortable pace
- Walk with increased speed of legs and arms for 2 minutes, then walk at a slower pace for 2 minutes
- Repeat for 3—5 times
- Build up to increased speed for 5
- minutes and a slower pace for
- 3 minutes

SALMON ARM GET ACTIVE GUIDE

ARCHERY

Archery Club	250-832-0205		

BADMINTON

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

BASEBALL/SLOWPITCH

Minor Baseball		regirstrarsamba1@gmail.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

BEACHES

Canoe Beach			7720 36th Street NE

BIKING TRAILS

South Canoe Biking Trails			6970 10 Ave SE

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
Rocky Mountain Rangers and Cadets	800-856-8488	
Royal Canadian Air Cadets	250-833-0222	www.222air.com
Scouts	778-489-0088	

SALMON ARM GET ACTIVE GUIDE

CROSS COUNTRY SKI

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

CURLING

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

DANCE

Jamila Mai Bellydance	250-833-1915		
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

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	dknight@salmonarmrecreation.ca	www.salmonarmrecreation.ca
Elks Hall	250-833-4803		
Little Mountain Fieldhouse	250-832-4044	dknight@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/

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 Core Pilates	778-821-1426		

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FITNESS CENTERS CONTINUED			
Shuswap Total Fitness	778-489-5551	shuswaptotalfitness@gmail.com	www.shuswaptotalfitness.com
The Cardio Connection	250-833-2717		https://www.cardioconnection.ca
Anytime Fitness	778-489-5323		https://www.anytimefitness.com/gyms/2819/salmon-arm-bc-v1e-2s7

FOOTBALL

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

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

HOCKEY

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

HORSESHOE

Horseshoe Club	250-832-9873		

INDOOR PLAY AREAS

Junglemania	778-489-5554	info@junglemania.ca	www.junglemania.ca

LACROSS

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

MARTIAL ARTS

Northern Spirit Martial Arts	250-463-4925		
Kees Tae Kwon Do	250 833-0661		

SALMON ARM GET ACTIVE GUIDE

MARTIAL ARTS CONTINUED

Provincial Martial Arts	250.253-2406	pmakarate@gmail.com	https://www.provincialmartialarts.ca/contact-us
Shuswap Brazilian Jui-Jitsu	250-804-9262		https://www.shuswapbjj.com/

PICKLEBALL

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

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

RINGETTE

Ringette		tpacker@telus.net	www.shuswapringette.ca

SALMON ARM GET ACTIVE GUIDE

ROCK CLIMBING

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

ROWING/PADDLING

Rowing and Paddling Club		SARPInformation@gmail.com	https://shuswaprowingandpaddling.com

RUGBY

Yeti Rugby	250-832-2052	

SKATING

Skating Club	236-586-6442	salmonarmskatingclub@gmail.com	https://www.saskatingclub.com
Speed Skating	250-804-5504	info@salmonarmspeedskating.com	http://salmonarmspeedskating.com
Public Skate	250-832-4044	dknioght@salmonarmrecreation.ca	www.salmonarmrecreation.ca

SNOWMOBILING

Snow Blazers	250-675-2420	https://www.sasnowblazers.com

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

SWIMMING

Columbia Shuswap Selkirks		president.selkirks@gmail.com	https://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

SALMON ARM GET ACTIVE GUIDE

TENNIS

Tennis Club			https://clubspark.ca/salmonarmtennisclub

VOLLEYBALL

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

WALKING TRAILS

Trail Alliance			shuswaptrails.com

WALKING/HIKING GROUPS

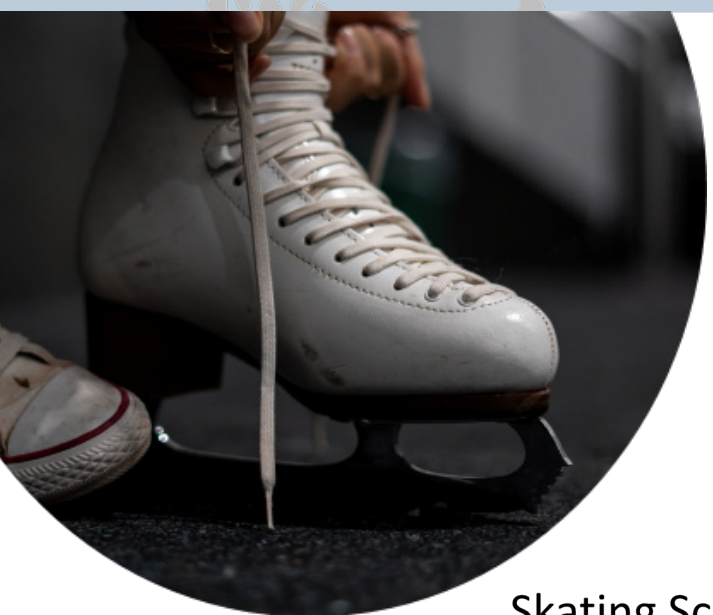
Shuswap Lady Striders		ladystriders@gmail.com	https://www.shuswapladystriders.ca
Shuswap Naturalist Club		info@shuswapnaturalists.org.	http://www.shuswapnaturalists.org
Shuswap Outdoors Club	250-832-7768		
Shuswap Trail Alliance	250-832-0102	info@shuswaptrails.com	https://shuswaptrails.com

YOGA

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

If you would like your activity added to our next Fun Guide, please contact Rebecca Scott at rscott@salmonarmrecreation.ca

Shaw Centre Skating



Tim Hortons Holiday Skate

Dec 11, 2022
3:00 - 4:30pm
FREE (Rentals not included)

Skating Schedule 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning							
Afternoon			Senior/P&T 1:30 - 2:30pm		Senior/P&T 1:30 - 2:30pm		
Evening	Public Skate 3:00 - 4:30pm		Cheap Skate 2:45 - 4:15pm		Cheap Skate 2:45 - 4:15pm	Public Skate 7:00 - 8:30pm	

Arena Legend: Hucul, Spectator

Dec 23 - 26, Dec 31/Jan 1 the Arena will be closed

2022-2023 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

2022-2023 Regular Season & Exhibition Games

HOME GAMES:

Vernon Vipers	September 4th	5:00 PM
Merritt Centennials	September 11th	5:00 PM
Prince George Kings	September 17th	6:00 PM
Vernon Vipers	September 23rd	7:00 PM
Penticton Vees	September 30th	7:00 PM
Wenatchee Wild	October 1st	6:00 PM
Prince George Kings	October 15th	6:00 PM
Cranbrook Bucks	October 28th	7:00 PM
Chilliwack Chiefs	November 4th	7:00 PM
Prince George Kings	November 5th	6:00 PM
Powell River Kings	November 11th	7:00 PM
Alberni Valley Bulldogs	November 18th	7:00 PM
Cranbrook Bucks	November 26th	6:00 PM
Vernon Vipers	December 10th	5:00 PM
Vernon Vipers	January 6th	7:00 PM
Merritt Centennials	January 13th	7:00 PM
Trail Smoke Eaters	January 14th	6:00 PM
West Kelowna Warriors	January 28th	6:00 PM
Wenatchee Wild	February 4th	6:00 PM
Prince George Kings	February 5th	5:00 PM
West Kelowna Warriors	February 10th	7:00 PM
Nanaimo Clippers	February 11th	6:00 PM
Merritt Centennials	February 24th	7:00 PM
Trail Smoke Eaters	March 1st	6:00 PM
Cranbrook Bucks	March 4th	6:00 PM
Wenatchee Wild	March 11th	6:00 PM
Penticton Vees	March 22nd	6:00 PM
West Kelowna Warriors	March 25th	6:00 PM

AWAY GAMES:

Vernon Vipers	September 6th	7:00 PM
Merritt Centennials	September 10th	7:00 PM
Prince George Kings	September 15th	7:00 PM
Vernon Vipers	September 24th	6:00 PM
Vernon Vipers	October 7th	7:00 PM
Penticton Vees	October 8th	6:00 PM
Trail Smoke Eaters	October 14th	7:00 PM
Langley Rivermen	October 21st	7:15 PM
West Kelowna Warriors	October 29th	7:00 PM
Trail Smoke Eaters	November 13th	3:00 PM
Wenatchee Wild	November 16th	6:05 PM
Penticton Vees	November 23rd	6:30 PM
Merritt Centennials	November 27th	2:00 PM
Surrey Eagles	December 2nd	7:00 PM
Victoria Grizzlies	December 3rd	7:00 PM
Cowichan Capitals	December 4th	2:00 PM
Vernon Vipers	December 9th	7:00 PM
Cranbrook Bucks	December 16th	7:00 PM
Trail Smoke Eaters	December 17th	7:00 PM
Merritt Centennials	December 31st	2:00 PM
West Kelowna	January 8th	2:30 PM
Wenatchee Wild	January 11th	6:05 PM
Merritt Centennials	January 27th	7:00 PM
Prince George Kings	February 18th	7:00 PM
Prince George Kings	February 19th	12:00PM
Cranbrook Bucks	February 25th	7:00 PM
Vernon Vipers	March 10th	7:00 PM
Prince George Kings	March 17th	7:00 PM
Prince George Kings	March 18th	7:00 PM
Penticton Vees	March 26th	4:00 PM

**SHOW CASE- Chilliwack **
October 19th – Powell River Kings 10:00AM
October 20th – Coquitlam Express 7:00PM

Swim Lessons

Session 1 - AM
January 4 - February 6
9 Sessions Mon/Wed AM *No lessons Jan 30th*

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

Session 1 - PM
January 4 - February 6
9 Sessions Mon/Wed PM *No lessons Jan 30th*

	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	3:30 - 4:00 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	5:15 - 5:45 pm
Swimmer 2	1 - A	3:30 - 4:00 pm
Swimmer 3	1 - A	5:15 - 5:45 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 - AM
February 8 - March 15
10 Sessions Mon/Wed AM *No lessons Feb 20*

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

Session 2 - PM
February 8 - March 15
10 Sessions Mon/Wed PM *No lessons Feb 20*

	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	4:45 - 5:15 pm
Preschool 2	2 - B	3:30 - 4:00 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	5:15 - 5:45 pm
Swimmer 2	2 - A	3:30 - 4:00 pm
Swimmer 3	2 - A	5:15 - 5:45 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 January 14 - March 18 8 Sessions *No Lessons Febuary 18/25*		
	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

Advanced Aquatic Courses

Bronze Star
Pre-Bronze Medallion training program that develops problem-solving and decision-making skills as well as basic lifesaving and resuscitations skills needed to be safe and help others be safe around water.
Feb 8- March 15 Mon/Wed 5:45-6:45pm
Register online www.salmonarmrecreation.ca

Bronze Medallion TBA
Teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness.

Bronze Cross TBA
Designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision.

National Lifeguard TBA
This course builds on the previously learned lifesaving principles and is designed to prepare candidates to be professional facilitators of safety in aquatic environments.

National Lifeguard Recertification
This 2 session course recertifys the National Lifeguard Pool Option
Feb 10/11 5-9pm
Please call to register 250-832-4044 ext. 112

Lifesaving Swim Instructor TBA
This multi-faceted course prepares candidates to teach the LSS Swim Programs.

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	$59.00	$56.00
Swimmer 1-3	$70.00	$59.00	$56.00
Swimmer 4-6	$85.00	$76.50	$68.00
Rookie/Ranger/Star	$90.00	$81.00	$72.00

Aquafit Schedule

Aquafit Schedule
January 3 - March 17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aquafit Shallow 9:00 - 9:45 am	Noon Fit 12:15 - 1:00 pm	Aquafit Deep 9:00 - 9:45am	Noon Fit 12:15 - 1:00 pm	Aquafit Shallow 9:00 - 9:45 am
Aquafit Deep 10:00 - 10:45 am		Aqua Zumba 6:15 - 7:00pm		

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.
Aqua Zumba: Fun latin music, choose your pace, dance exercise class lead by instructor.

*****All classes are subject to change/cancellation*****

!!No Aquafit December 19-Jan 2, Classes resume January 3rd!!

Special Events

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. Now you can pre-register Online so you don't miss out. Arrive in your theme outfit and swim in a bathing suit.

Includes pizza, beverage & swim.

Fridays
6:30 - 9:00pm

January 20	**Circus**
February 17	**Safari**
March 17	**Mini Olympics**

$10.00/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: $30
Admission: Regular pool admission - *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

Pro D Swims 1-4pm
Jan 30
Feb 17

Super Saturdays 6-8:30pm
Jan 7
Feb 4
March 4

Regular Admission

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)

Sponsored Public Swims

Join us for FREE Public Swims sponsored by Literacy Association of the Shuswap Society (Unplug and Play) and BC Ministry of Families (Family Day).

1:00 - 4:00 pm
January 22 **Unplug and Play**
February 20 **Family Day**
FREE

Pool Schedules

Holiday Schedule

Sunday, December 18 - Saturday December 24

times subject to change without notice

	Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24
Public Swim	1-4:00pm	1:00-4:00pm 6:00-9:00pm	1:00-4:00pm 6:00-9:00pm	1:00-4:00pm 6:00-9:00pm	1:00-4:00pm 6:00-9:00pm	1:00-4:00pm 6:00-9:00pm	12:00-2:00pm
Laps & Leisure		9:00am-1:00pm 4:00-6:00pm	9:00-1:00pm(1LL 10:00-11:30am) 4:00-6:00pm	9:00am-1:00pm 4:00-6:00pm	9:00-1:00pm(1LL 10:00-11:30am) 4:00-6:00pm	9:00am-1:00pm 4:00-6:00pm	10:00am-12:00pm
Lap Lanes		6:30-9:00am 4:00-6:00pm	6:30-9:00am	6:30-9:00am 4:00-6:00pm	6:30-9:00am	6:30-9:00am 4:00-6:00pm	

Sunday, December 25 - Saturday, December 31

times subject to change without notice

	Sunday 25	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 31
Public Swim	Closed	Closed	12:00-2:00pm	1:00-4:00pm 6:00-9:00pm	1:00-4:00pm 6:00-9:00pm	1:00-4:00pm 6:00-9:00pm	12:00-2:00pm
Laps & Leisure			10:00am-12:00pm (1LL)	9:00am-1:00pm 4:00-6:00pm	9:00-1:00pm(1LL 10:00-11:30am) 4:00-6:00pm	9:00am-1:00pm 4:00-6:00pm	10:00am-12:00pm
Lap Lanes				6:30-9:00am 4:00-6:00pm	6:30-9:00am	6:30-9:00am 4:00-6:00pm	

Closed Sunday Jan 1. Monday Jan 2 open 1-4pm Public Swim ****No Aquafit****

Pool Schedules

Pool Schedule - January 2 - February 28, 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Lanes		6:30-8:30am 9:00-11:00am (1LL) 11:00am-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 4:00-6:00pm(1LL)	
Laps & Leisure		12:00-1:00pm	1:00-3:00pm	12:00-1:00pm	1:00-3:00pm	12:00-2:00pm	
Public Swim	1:00-4:00pm	6:00-7:30pm	7:15-9:00pm	6:00-7:30pm	7:30-9:00pm	2:00-4:00pm 6:00-9:00pm	2:00-4:30pm 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	9:00am-12:00pm 6:00-7:15pm	2:00-6:00pm	9:00am-12:00pm 5:30-7:30pm		8:30am-2pm 4:30-6:00pm
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, Diving Board, Sauna
Discount Dip (1 hour): Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Diving Board, 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 2, Feb 20 1-4 Public swim only
Jan 20, Feb 17, March 17 6-9pm, No Public Swim
Feb 24 Closed @4pm Feb 25-26 Closed

2023 Admission Rates

	Single Admission		Multi-Use Pass 10 +		6 Month Pass	
	POOL	AQUAFIT	POOL	AQUAFIT	POOL	AQUAFIT
Adult 19+	$5.75	$7.00	$51.75	$63.00	$309.75	$373.25
Senior 60+	$4.75	$5.75	$40.50	$49.00	$241.50	$313.00
Student (13-18yrs)	$4.75	$5.75	$40.50	$49.00	$241.50	$313.00
Child (6 - 12yrs)	$3.75		$33.75		$210.00	
Tot (1 - 5yrs)	$1.50		$11.25			
Family	$12.50		$112.50		$624.75	
Parent &Tot	$5.25		$47.25			