



Active. Your Way. Everyday.

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
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

Fitness Centres

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

Shuswap Minor Football Association

www.shuswapfootball.com

Golf

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

Momentum Gymnastics

Shawnee 250-804-0602

www.momentumgymnastics.com

Hockey

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

Salmon Arm Horseshoe Club

691 28 St NE

Amy Kidd 250-803-0420

Jungle Gym

Junglemania

2450 Trans-Canada Hwy NE • 250-803-0300

www.junglemania.ca

Lacrosse

Shuswap Minor Lacrosse

registrar@shuswapminorlacrosse.com

Lawn Bowling

Salmon Arm Lawn Bowling

691 28 Street NE

Dan Quilty 250-253-0873

Martial Arts

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

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

Pickleball

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

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

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

Shuswap Ringette

erinhawrys@hotmail.com
www.shuswapringette.ca

Rowing and Paddling

Shuswap Association for Rowing/Paddling

Canoe Beach Boat Launch
www.shuswaprowingandpaddling.com

Rugby

Yeti Rugby

Jeff Miller jeffmiller506@hotmail.com

Skating

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

Salmon Arm Snow Blazers

Don Mitchell 250-675-2420

Soccer

Shuswap Women's Rec. Soccer Association

swrsa.info@gmail.com

Shuswap Youth Soccer Association

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

Sport Parks/Centres

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

CSRD Youth Swimming Society
www.selkirk-swimming.club

Salmon Arm Waves Master Swimming
info@salmonarmwaves.ca

Salmon Arm Sockeyes Swim Club
www.salmonarmsockeyes.ca

Tennis

Salmon Arm Tennis Club
3440 Okanagan Ave SE
250-832-3214

Shuswap Middle School Courts
30th St and Okanagan Ave

SAS Jackson School Courts
14th St NE (near the hospital)

Volleyball

Salmon Arm Recreation Centre
2550 10 Ave NE • 250-832-4044

Walking Trails

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

Shuswap Lady Striders
ladystriders@gmail.com
www.shuswapladystriders.ca

Shuswap Mountaineering Club
bose@jetstream.net

Shuswap Naturalist Club
Ed McDonald 250-835-8802

Shuswap Outdoors
Connie Harris 250-832-8729

Shuswap Trail Alliance
info@shuswaptrails.com

Shuswap Young Naturalist Club
Sherry Bowlby 250-832-8383

Yoga

Gr.attitude Hot Yoga
250-804-2829 • www.grattitudehotyoga.com

Namaste Yoga and Wellness Centre and Namaste School of Yoga (teacher training)
201 – 310 Hudson Ave • www.yogasalmonarm.com
Nancy 250-832-3647

Shuswap Yoga
www.shuswapyoga.com
Laurie 250-832-0367 • Donna 250-838-9884

Sweet Freedom Yoga
250-832-2720 • www.sweetfreedomyoga.com

Yoga with Laura
250-833-0200