

# FUN GUIDE

## WINTER 2025



 **ROGERS Rink**

  
SHUSWAP  
RECREATION  
SOCIETY

**SASCU**

**Online Registration begins MONDAY DECEMBER 9 at 6:30am**

**[www.salmonarmrecreation.ca](http://www.salmonarmrecreation.ca) 250.832.4044**

# REGISTRATION INFORMATION

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**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](http://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:

- 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.

**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](http://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@GYMOTROCK.COM

**KIDS LESSONS  
START IN JANUARY  
REGISTER TODAY!  
WWW.GYMOTROCK.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				

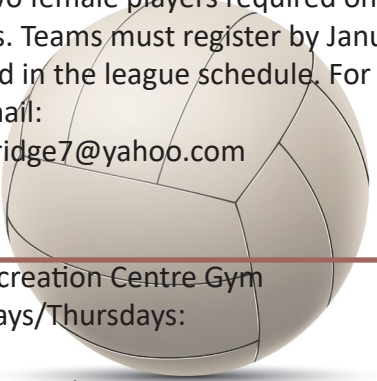
### ADULT VOLLEYBALL LEAGUE

**\$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 Live)*

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](http://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](http://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](http://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 10<sup>TH</sup> AVE NE, SALMON ARM, B.C. V1E 2S4  
[www.sasilverbacks.com](http://www.sasilverbacks.com)

### 2024-2025 Exhibition Games & Regular Season

#### HOME GAMES:

Trail Smoke Eaters	September 8 <sup>th</sup>	5:00 PM
Vernon Vipers	September 10 <sup>th</sup>	7:30 PM
Vernon Vipers	October 4 <sup>th</sup>	7:00 PM
Okotoks Oilers	October 5 <sup>th</sup>	6:00 PM
West Kelowna Warriors	October 12 <sup>th</sup>	6:00 PM
Vernon Vipers	October 25 <sup>th</sup>	7:00 PM
Trail Smoke Eaters	October 26 <sup>th</sup>	6:00 PM
Blackfalds Bulldogs	November 2 <sup>nd</sup>	6:00 PM
SP Crusaders	November 8 <sup>th</sup>	7:00 PM
Penticton Vees	November 9 <sup>th</sup>	6:00 PM
Penticton Vees	November 22 <sup>nd</sup>	7:00 PM
Spruce Grove Saints	November 29 <sup>th</sup>	7:00 PM
Trail Smoke Eaters	November 30 <sup>th</sup>	6:00 PM
Cranbrook Bucks	December 6 <sup>th</sup>	7:00 PM
Brooks Bandits	December 7 <sup>th</sup>	6:00 PM
Vernon Vipers	December 29 <sup>th</sup>	4:00 PM
Blackfalds Bulldogs	January 11 <sup>th</sup>	6:00 PM
Okotoks Oilers	January 25 <sup>th</sup>	6:00 PM
Brooks Bandits	January 31 <sup>st</sup>	7:00 PM
SP Crusaders	February 8 <sup>th</sup>	6:00 PM
Vernon Vipers	February 17 <sup>th</sup>	2:00 PM
Penticton Vees	February 21 <sup>st</sup>	7:00 PM
Cranbrook Bucks	February 22 <sup>nd</sup>	6:00 PM
West Kelowna Warriors	February 28 <sup>th</sup>	7:00 PM
PG Spruce Kings	March 2 <sup>nd</sup>	4:00 PM
Powell River Kings	March 14 <sup>th</sup>	7:00 PM
Spruce Grove Saints	March 15 <sup>th</sup>	6:00 PM
West Kelowna Warriors	March 28 <sup>th</sup>	7:00 PM

**\*\*SHOW CASE - Chilliwack\*\***

October 16<sup>th</sup> – Nanaimo Clippers 1:00PM

October 17<sup>th</sup> – Victoria Grizzlies 10:00AM

#### AWAY GAMES:

West Kelowna Warriors	September 13 <sup>th</sup>	7:00 PM
Penticton Vees	September 14 <sup>th</sup>	3:00 PM
Cowichan Capitals	September 20 <sup>th</sup>	7:00 PM
Albemi Bulldogs	September 21 <sup>st</sup>	7:00 PM
SP Crusaders	September 27 <sup>th</sup>	7:00 PM
Spruce Grove Saints	September 28 <sup>th</sup>	7:00 PM
Penticton Vees	October 11 <sup>th</sup>	7:00 PM
West Kelowna Warriors	October 19 <sup>th</sup>	7:00 PM
Vernon Vipers	November 1 <sup>st</sup>	7:00 PM
SP Crusaders	November 19 <sup>th</sup>	7:00 PM
Spruce Grove Saints	November 15 <sup>th</sup>	7:00 PM
Blackfalds Bulldogs	November 16 <sup>th</sup>	6:00 PM
Vernon Vipers	November 24 <sup>th</sup>	2:00 PM
Cranbrook Bucks	December 13 <sup>th</sup>	7:00 PM
Brooks Bandits	December 14 <sup>th</sup>	7:00 PM
Vernon Vipers	December 28 <sup>th</sup>	6:00 PM
Brooks Bandits	January 1 <sup>st</sup>	4:00 PM
Blackfalds Bulldogs	January 3 <sup>rd</sup>	7:00 PM
Okotoks Oilers	January 4 <sup>th</sup>	7:05 PM
Penticton Vees	January 10 <sup>th</sup>	7:00 PM
West Kelowna Warriors	January 24 <sup>th</sup>	7:00 PM
West Kelowna Warriors	February 7 <sup>th</sup>	7:00 PM
Trail Smoke Eaters	February 15 <sup>th</sup>	7:00 PM
Cranbrook Bucks	March 7 <sup>th</sup>	7:00 PM
Okotoks Oilers	March 8 <sup>th</sup>	7:05 PM
Trail Smoke Eaters	March 21 <sup>st</sup>	7:00 PM
Trail Smoke Eaters	March 22 <sup>nd</sup>	7:00 PM
Penticton Vees	March 29 <sup>th</sup>	6:00 PM

# 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 evelator
- Walking permitted any time during regular operating hours
- Jogging permitted 10am-12pm Monday- Friday

We reccommend 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 any one 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 POND	7-8:30pm 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**

A festive poster for a New Year's Eve disco skate. It features a colorful globe character wearing sunglasses and holding a martini glass, and a green boombox character with a face and arms. The background is orange with white stars and snowflakes.

**NYE  
DISCO SKATE**

**DECEMBER 31 12-1:30PM**

A festive poster for an Aquafit Jingle Mingle event. The background is dark green with white snowflakes, gold and silver ornaments, and a red gift box. The text is in white and yellow.

*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

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

## 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	<b>Closed</b>	<b>Closed</b>	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

*times subject to change without notice*

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	<b>Closed</b>	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

*times subject to change without notice*

# SWIM LESSONS

<b>Saturday</b> <b>January 4 - March 15</b> 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

<b>M/W Session 1 - PM</b> <b>Jan 6 - Feb 5</b> 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

<b>M/W Session 1 - AM</b> <b>Jan 6 - Feb 5</b> 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

<b>M/W Session 2 - AM</b> <b>Feb 10 - Mar 12</b> 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

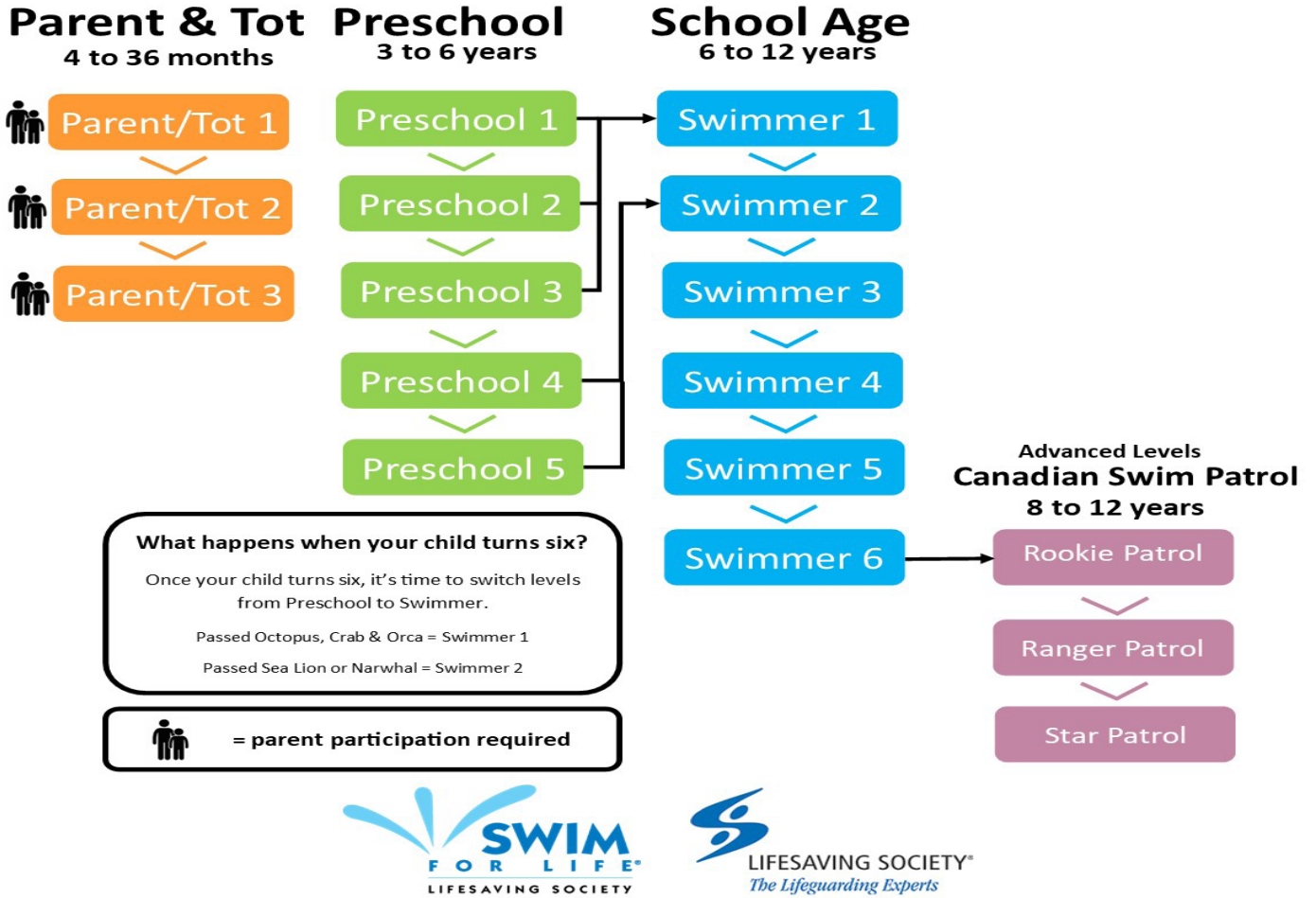
## Pop Up Lessons! Saturdays January 4 - March 15

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\*\***



# 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
<b>Lap Lanes</b>		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
<b>Laps &amp; Leisure</b>		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	
<b>Public Swim</b>	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
<b>Leisure Only</b>		8:30-9:00am	6:30-7:30am	8:30-9:00am	6:30-7:30am	8:30-9:00am	
<b>Discount Dip</b>		1:00-2:00pm	3:00-4:00pm	1:00-2:00pm	3:00-4:00pm		
<b>CLOSED to Public</b>		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
<b>Aqua Fit</b>		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/Sat 9-2pm) 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
<b>Adult 19+</b>	\$6.50	\$7.75	\$58.50	\$69.75	\$341.38	\$411.36
<b>Senior 60+</b>	\$5.25	\$6.50	\$44.62	\$54.83	\$266.16	\$344.96
<b>Student (13-18yrs)</b>	\$5.25	\$6.50	\$44.62	\$54.83	\$266.16	\$344.96
<b>Child (6 - 12yrs)</b>	\$4.25		\$38.25		\$231.44	
<b>Tot (1 - 5yrs)</b>	\$2.00		\$15.00			
<b>Family</b>	\$14.00		\$126.00		\$688.54	
<b>Parent &amp; Tot</b>	\$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





# GET ACTIVE GUIDE



## SALMON ARM GET ACTIVE GUIDE

### BADMINTON

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

### BASEBALL/SLOWPITCH

Minor Baseball		<a href="mailto:registrar@salmonarmbaseball.com">registrar@salmonarmbaseball.com</a>	www.salmonarmbaseball.com
Minor Fastball		<a href="mailto:fastballscott@salmonarmbaseball.com">fastballscott@salmonarmbaseball.com</a>	www.salmonarmbaseball.com
Slo-pitch		<a href="mailto:info@salmonarmslopitch.com">info@salmonarmslopitch.com</a>	www.salmonarmslopitch.com

### BASKETBALL

Drop in Adult	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
Synergy		<a href="http://salmonarmsynergybasketball.blogspot.com">http://salmonarmsynergybasketball.blogspot.com</a>	
Shuswap Hoops		<a href="mailto:shuswaphoops2023@gmail.com">shuswaphoops2023@gmail.com</a>	

### 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		<a href="mailto:saarmycadets@yahoo.com">saarmycadets@yahoo.com</a>	
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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## SALMON ARM GET ACTIVE GUIDE

### CURLING

Curling Club	250-832-8700		<a href="http://www.salmonarmcurlingclub.com">www.salmonarmcurlingclub.com</a>
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### DANCE

Just For Kicks	250-675-2121		<a href="http://www.justforkicks.ca">www.justforkicks.ca</a>
Square Dance Club		<a href="mailto:bernond@live.ca">bernond@live.ca</a>	
Shuswap Dance Centre			<a href="http://www.shuswapdance.com">www.shuswapdance.com</a>

### EQUSTRIAN

Trail Alliance			<a href="http://www.shuswaptrails.com">www.shuswaptrails.com</a>
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### FACILITIES

SASCU Recreation Centre	250-832-4044	<a href="mailto:rscott@salmonarmrecreation.com">rscott@salmonarmrecreation.com</a>	<a href="http://www.salmonarmrecreation.ca">www.salmonarmrecreation.ca</a>
Salmon Arm Fair Grounds	250-832-0442	<a href="mailto:admin@salmonarmfair.com">admin@salmonarmfair.com</a>	<a href="http://www.salmonarmfair.com">www.salmonarmfair.com</a>
Waterslides	250-832-4FUN		<a href="http://www.salmonarmwaterslides.com">www.salmonarmwaterslides.com</a>
Scout Hall	778-489-0088		
Rogers Rink	250-832-4044	<a href="mailto:cdeboer@salmonarmrecreation.ca">cdeboer@salmonarmrecreation.ca</a>	<a href="http://www.salmonarmrecreation.ca">www.salmonarmrecreation.ca</a>
Elks Hall	250-833-4803		
SASCU Little Mountain Fieldhouse	250-832-4044	<a href="mailto:cdeboer@salmonarmrecreation.ca">cdeboer@salmonarmrecreation.ca</a>	<a href="http://www.salmonarmrecreation.ca">www.salmonarmrecreation.ca</a>
Song Sparrow Hall		<a href="mailto:admin@songsparrowhall.ca">admin@songsparrowhall.ca</a>	<a href="http://songsparrowhall.ca">http://songsparrowhall.ca</a>

### FISH & GAME

Fish and Game Club	250-832-3431		<a href="https://safgc.ca/">https://safgc.ca/</a>
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### FITNESS CENTERS

Bulldogs Fitness and Boxing Centre	250-489-5665	<a href="mailto:info@bulldogsboxing.com">info@bulldogsboxing.com</a>	<a href="https://bulldogsboxing.com/">https://bulldogsboxing.com/</a>
The Cardio Connection	250-833-2717		<a href="http://www.cardioconnection.ca">www.cardioconnection.ca</a>
SASCU Recreation Centre	250-832-4044		<a href="http://www.salmonarmrecreation.ca">www.salmonarmrecreation.ca</a>
Shuswap Total Fitness	778-489-5551	<a href="mailto:shuswaptotalfitness@gmail.com">shuswaptotalfitness@gmail.com</a>	<a href="http://www.shuswaptotalfitness.com">www.shuswaptotalfitness.com</a>
The Cardio Connection	250-833-2717		<a href="http://www.cardioconnection.ca">www.cardioconnection.ca</a>
Anytime Fitness	778-489-5323		<a href="http://www.anytimefitness.com/gyms/2819/salmon-arm-bc-v1e-2s7">www.anytimefitness.com/gyms/2819/salmon-arm-bc-v1e-2s7</a>



## SALMON ARM GET ACTIVE GUIDE

### 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	<a href="http://www.provinciamartialarts.ca/contact-us">www.provinciamartialarts.ca/contact-us</a>
Shuswap Brazilian Jui-Jitsu	250-804-9262		<a href="http://www.shuswapbjj.com">www.shuswapbjj.com</a>

### 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			<a href="https://shuswapmountaineeringclub.wordpress.com">https://shuswapmountaineeringclub.wordpress.com</a>

### ROWING/PADDLING

Rowing and Paddling Club		<a href="mailto:kcrouch@shaw.ca">kcrouch@shaw.ca</a>	<a href="https://shuswaprowingandpaddling.com">https://shuswaprowingandpaddling.com</a>
Shuswap Dragon Boat Society	250-804-6377	<a href="mailto:friendsabreast@gmail.com">friendsabreast@gmail.com</a>	<a href="http://www.friendsabreast.com">www.friendsabreast.com</a>

### RUGBY

Yeti Rugby	250-463-4019		<a href="http://www.yetirugby.com">www.yetirugby.com</a>
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### SKATING

Skating Club		salmonarmskatingclub@gmail.com	<a href="http://www.saskatingclub.com">www.saskatingclub.com</a>
Speed Skating	250-804-5504	<a href="mailto:info@salmonarmspeedskating.com">info@salmonarmspeedskating.com</a>	<a href="http://salmonarmspeedskating.com">http://salmonarmspeedskating.com</a>
Public Skate	250-832-4044	<a href="mailto:cdeboer@salmonarmrecreation.ca">cdeboer@salmonarmrecreation.ca</a>	<a href="http://www.salmonarmrecreation.ca">www.salmonarmrecreation.ca</a>

### SNOWMOBILING

Snow Blazers	250-675-2420		<a href="http://www.sasnowblazers.com">www.sasnowblazers.com</a>
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### SOCCER

Women's Rec. Soccer Assoc.		swrsa.info@gmail.com	<a href="http://www.swrsa.net">http://www.swrsa.net</a>
Youth Soccer Association	250-833-5607	admin@shuswapsoccer.com	<a href="http://shuswapsoccer.com/contact">http://shuswapsoccer.com/contact</a>
Salmon Arm Soccer			<a href="https://salmonarmsoccer.com">https://salmonarmsoccer.com</a>

### SQUASH

Courts	250-832-4044	rscott@salmonarmrecreation.ca	<a href="http://www.salmonarmrecreation.ca">www.salmonarmrecreation.ca</a>
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### SWIMMING

Columbia Shuswap Selkirks		president.selkirks@gmail.com	<a href="http://www.selkirksswim.ca">www.selkirksswim.ca</a>
Sockeye Swim Club		sockeyespres@gmail.com	<a href="https://sockeyes.teampages.com/">https://sockeyes.teampages.com/</a>
Waves Master Swimming		info@salmonarmwaves.ca	<a href="http://www.salmonarmwaves.ca">www.salmonarmwaves.ca</a>

### TABLE TENNIS

Drop In Table Tennis	250-832-4044	rscott@salmonarmrecreation.ca	<a href="http://www.salmonarmrecreation.ca">www.salmonarmrecreation.ca</a>
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### TENNIS

Tennis Club			<a href="https://clubspark.ca/salmonarmtennisclub">https://clubspark.ca/salmonarmtennisclub</a>
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### VOLLEYBALL

Adult Volley Ball League	250-832-4044	rscott@salmonarmrecreation.ca	<a href="http://www.salmonarmrecreation.ca">www.salmonarmrecreation.ca</a>
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### WALKING/HIKING GROUPS

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

### YOGA

Gr.attitude Hot Yoga	250-517-8747	gratitudehotyoga@gmail.com	<a href="http://www.gratitudeyogainc.com">www.gratitudeyogainc.com</a>
Namaste Yoga	250-803-6724	namastesalmonarm@gmail.com	<a href="http://yogasalmonarm.com">http://yogasalmonarm.com</a>
Sweet Freedom Yoga	250-832-2720		<a href="http://www.sweetfreedomyoga.com">www.sweetfreedomyoga.com</a>

### YOUTH DROP IN SPORTS

Recreation Drop in	250-832-4044	rscott@salmonarmrecreation.ca	<a href="http://www.salmonarmrecreation.ca">www.salmonarmrecreation.ca</a>
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To add or edit a listing please email [rscott@salmonarmrecreation.ca](mailto:rscott@salmonarmrecreation.ca)