

SALMON ARM
RECREATION

FUN GUIDE

SPRING BREAK 2025



 **ROGERS Rink**



SASCU

Online Registration begins MONDAY FEBRUARY 10 at 6:30am

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

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.

Online registration begins 6:30 am Monday February 10, 2025

**THIS IS REGISTRATION FOR
SPRING BREAK PROGRAMS ONLY.
THE FULL SPRING FUN GUIDE WILL BE
RELEASED MARCH 3,
WITH REGISTRATION ON MARCH 10**

REGISTRATION INFORMATION

Salmon Arm Recreation is trying something **NEW!!**

After careful consideration, listening to customer feedback, and aligning with common practice in other communities, Salmon Arm Recreation will be running a pilot program for Monday/Wednesday morning lesson starting this spring.

This spring, our **mid-week morning** lessons will be offered once-a-week on either **Monday's OR Wednesday's**, rather than twice a week, allowing for increased swim lesson opportunities and better scheduling abilities.

Starting in April, we will have lessons four times a week, Monday mornings, Wednesday mornings, Monday/Wednesday afternoons and Saturday mornings. These sessions will roll out in our Spring registration and start right after Spring Break.

Please let us know if you have any questions about this change so that we can ensure a smooth transition for all this spring.

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 & 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

KIDS SPRING BREAK CAMP \$240/week (6-12 years old)

It's BACK! The most fun your kids will have this spring break!

These 5 Day camps during Spring Break are diverse full-day schedules of activities!

Play group games and sports.

Go hiking and swimming every day.

Do art and crafts and so much more.

Join us for these dynamic weeks this 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



AUDITORIUM SCHEDULE

Auditorium Sport Schedule

SPRING BREAK March 16-March 28

Saturday 15	Sunday 16	Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
PRIVATE BOOKING		PRIVATE BOOKING 9am-2pm	PRIVATE BOOKING 9am-2pm	PRIVATE BOOKING 9am-2pm	PRIVATE BOOKING 9am-2pm	PRIVATE BOOKING 9am-2pm
	Adult Pickleball Comp 12:15-2:15pm	Spring Break Camp 2-4pm	Spring Break Camp 2-4pm	Spring Break Camp 2-4pm	Spring Break Camp 2-4pm	Spring Break Camp 2-4pm
	Adult Pickleball Recreational 2:30-4:30pm	Kids Drop in Basketball 4-5pm	Kids Drop in Soccer 4-5pm	Kids Drop In Basketball 4-5pm	Kids Drop In Volleyball 4-5pm	Kids Drop in Floor Hockey 4-5pm
	PRIVATE BOOKING 5-9pm	PRIVATE BOOKING 5:30-7:30pm	Youth Drop in Soccer 5-7pm	Youth Drop in Basketball 5-7pm	Youth Drop in Volleyball 5-7pm	Youth Drop in Floor Hockey 5-7pm
		Adult Drop in Basketball 8-10pm	Adult Drop in Soccer 7-9pm	Adult Drop in Basketball 7-9pm	Adult Drop in Volleyball 7-9pm	Adult Drop in Floor Hockey 7-9pm
Saturday 22	Sunday 23	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
PRIVATE BOOKING		Drop in Pickleball Competition 9-11am	Drop In Badminton 9-11am	Drop In Pickleball Advanced 9-11am	Drop In Badminton 9-11am	Pickleball Competition 9-11am
	Adult Pickleball Comp 12:15-2:15pm	Pickleball Advanced 11:15am-1:15pm	Pickleball Rec 11:15am-1:15pm	Pickleball Competition 11:15am-1:15pm	Pickleball Rec 11:15am-1:15pm	Pickleball Advanced 11:15am-1:15pm
	Adult Pickleball Recreational 2:30-4:30pm	Spring Break Camp 2-4pm	Spring Break Camp 2-4pm	Spring Break Camp 2-4pm	Spring Break Camp 2-4pm	Spring Break Camp 2-4pm
	PRIVATE BOOKING 5-9pm	PRIVATE BOOKING 5:30-7:30pm	Youth Drop in Soccer	Youth Drop in Basketball	Youth Drop in Volleyball	Youth Drop in Floor Hockey
		Adult Drop in Basketball 8-10pm	Adult Drop in Soccer 7-9pm	Adult Drop in Basketball 7-9pm	Adult Drop in Volleyball 7-9pm	Adult Drop in Floor Hockey 7-9pm

Adult 16+ Youth 12-16
All drop in Sports are unsupervised

Child 9-12

SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE

DROP IN SPORTS FEES

Adult	19+	\$6.75	Child	6 to 12	\$4.50
Senior	60+	\$5.50	Tot	1 to 5	\$2.25
Student	13 to 18	\$5.50	Family	Max 5	\$14.50
Parent & Tot					\$6.25



ROGERS RINK



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

We recommend 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.



ROGERS RINK

ROGERS Rink

Rogers Rink Drop In Schedule

SPRING BREAK March 16-March 28

Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
PUBLIC SKATE 1-2:30pm	YOUTH STICK & PUCK 1-2:30	PUBLIC SKATE 1-2:30pm	YOUTH STICK & PUCK 1-2:30	FEMALE STICK & PUCK 1-2:30pm
FAMILY STICK & PUCK 5-6:30pm			ADULT STICK & PUCK 7-8:30pm	
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
PUBLIC SKATE 1-2:30pm	YOUTH STICK & PUCK 1-2:30	PUBLIC SKATE 1-2:30pm	YOUTH STICK & PUCK 1-2:30	FEMALE STICK & PUCK 1-2:30pm
FAMILY STICK & PUCK 5-6:30pm			ADULT STICK & PUCK 7-8:30pm	

Adult 16+

Youth 5-18

SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE

FAMILY STICK & PUCK is casual, non competitive, for all ages

DROP IN FEES

Adult	19+	\$6.75
Senior	60+	\$5.50
Student	13 to 18	\$5.50
Child	6 to 12	\$4.50
Tot	1 to 5	\$2.25
Family	Max 5	\$14.50
Parent & Tot		\$6.25





SWIM LESSONS

Spring Break AM March 17 - 27 8 Sessions		
	Code	Time
Parent and Tot 1	Spring Break - A	8:30 - 9:00 am
Parent and Tot 2	Spring Break - A	8:30 - 9:00 am
Parent and Tot 3	Spring Break - A	8:30 - 9:00 am
Preschool 1	Spring Break - A	9:00 - 9:30 am
Preschool 1	Spring Break - B	10:15 - 10:45 am
Preschool 2	Spring Break - A	10:30 - 11:00 am
Preschool 2	Spring Break - B	9:15 - 9:45 am
Preschool 3	Spring Break - A	10:00 - 10:30 am
Preschool 4	Spring Break - A	9:45 - 10:15 am
Preschool 5	Spring Break - A	9:45 - 10:15 am
Swimmer 1	Spring Break - A	10:15 - 10:45 am
Swimmer 1	Spring Break - B	10:15 - 10:45 am
Swimmer 2	Spring Break - A	9:45 - 10:15 am
Swimmer 3	Spring Break - A	8:30 - 9:00 am
Swimmer 4	Spring Break - A	9:30 - 10:15 am
Swimmer 5	Spring Break - A	9:00 - 9:45 am
Swimmer 6	Spring Break - A	8:30 - 9:15 am
Rookie Patrol	Spring Break - A	9:00 - 10:00 am
Ranger Patrol	Spring Break - A	9:00 - 10:00 am
Star Patrol	Spring Break - A	9:00 - 10:00 am

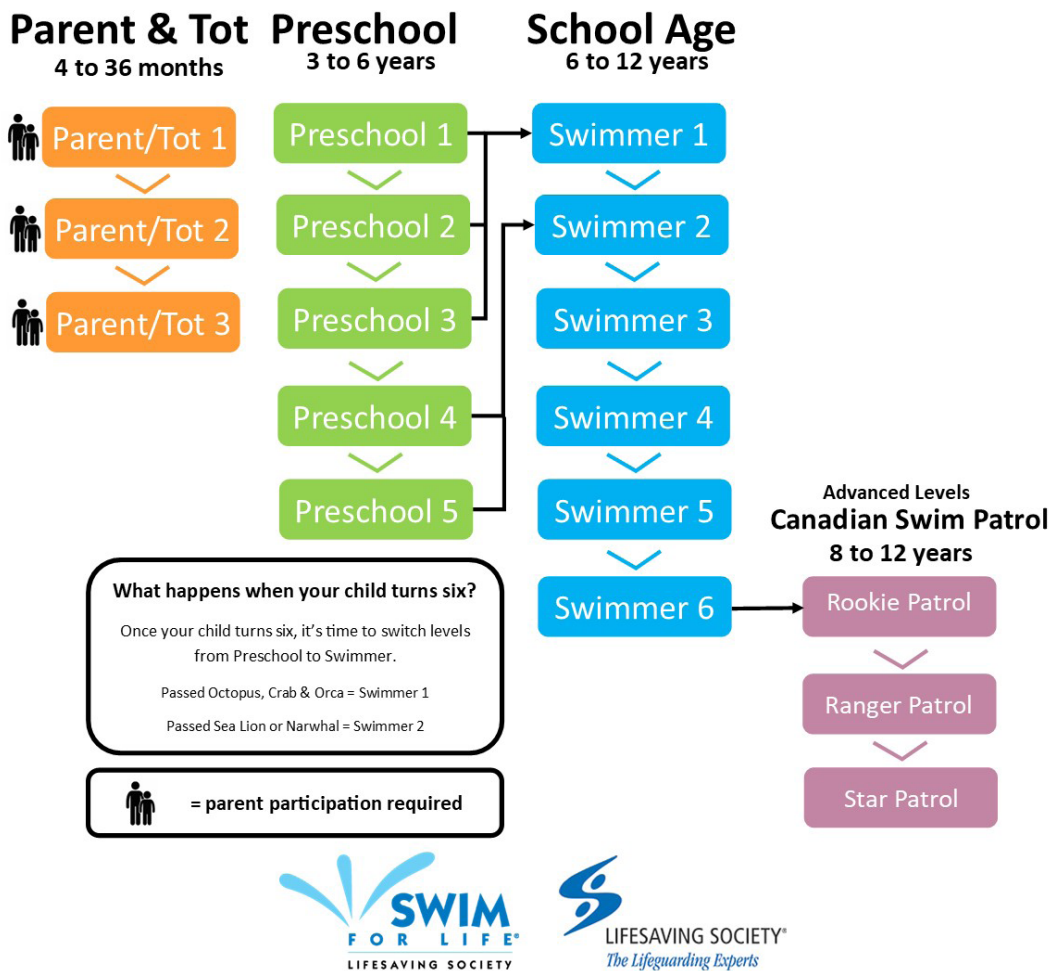
Spring Break PM March 17 - 27 8 Sessions		
	Code	Time
Parent and Tot 1	Spring Break - B	4:00 - 4:30 pm
Parent and Tot 2	Spring Break - B	4:00 - 4:30 pm
Parent and Tot 3	Spring Break - B	5:15 - 5:45 pm
Preschool 1	Spring Break - C	4:00 - 4:30 pm
Preschool 2	Spring Break - C	4:45 - 5:15 pm
Preschool 3	Spring Break - B	5:00 - 5:30 pm
Preschool 4	Spring Break - B	5:15 - 5:45 pm
Preschool 5	Spring Break - B	5:15 - 5:45 pm
Swimmer 1	Spring Break - C	5:30 - 6:00 pm
Swimmer 2	Spring Break - B	4:45 - 5:15 pm
Swimmer 3	Spring Break - B	4:30 - 5:00 pm
Swimmer 4	Spring Break - B	4:30 - 5:15 pm
Swimmer 5	Spring Break - B	4:00 - 4:45 pm
Swimmer 6	Spring Break - B	4:00 - 4:45 pm
Rookie Patrol	Spring Break - B	5:15 - 6:15 pm
Ranger Patrol	Spring Break - B	5:15 - 6:15 pm
Star Patrol	Spring Break - B	5:15 - 6:15 pm

Spring Break Lessons are Monday-Thursday. No lessons on Fridays

SWIM FOR LIFE LESSON RATES		8 Sessions
Parent & Tot	1,2,3	\$48.00
Preschool	1 to 5	\$56.00
Swimmer	1 to 3	\$56.00
Swimmer	4 to 6	\$68.00
Rookie/Ranger/Star		\$96.00

SWIM LESSONS

Swim for Life Program Structure



SWIM INSTRUCTOR COURSE - \$475

The Lifesaving Society Swim for Life Instructor certification prepares candidates to teach and evaluate basic swim strokes and related skills. Swim Instructors teach and evaluate candidates in the Society's Swim for Life® and Canadian Swim Patrol levels. Candidates are trained in, and must demonstrate skills, knowledge, and attitudes at a Competency Level 1 to achieve certification.

Date: March 17-20/24-27 (Dates for full course)

Time: 10:00-3:30 pm practicum hours 4:00-6:00pm (full time mandatory)

Prerequisites: Bronze Cross and 15 years of age by last day of course

Contact kgilliam@salmonarmrecreation.ca to register

POOL SCHEDULE

Spring Break Schedule

Sunday, March 16 - Saturday, March 22							
<i>times subject to change without notice</i>				<i>Lap Lanes may be moved 15 min prior to next program</i>			
	Sunday 16	Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Saturday 22
Public Swim	12-4:00pm	1:00-4:00pm	1:00-4:00pm 6:00-9:00pm	1:00-4:00pm	1:00-4:00pm 6:00-9:00pm	1:00-4:00pm 6:00-9:00pm	2:00-5:00pm 6:00-9:00pm
Laps & Leisure		11:00am-1:00pm(3LL) 6:00-7:30pm(3LL)	11:00am-1:00pm(3LL)	11:00am-1:00(3LL)pm 6:00-7:30pm	11:00am-1:00pm(3LL)	9:00am-1:00pm(3LL)	9:00am-2:00pm(3LL)
Lap Lanes		6:30-8:30am(6LL) 4:00-6:00pm(2LL) 7:30-9:00pm(2LL)	6:00-7:30am(3LL) 7:30-8:30am(6LL) 4:00-6:00pm(2LL)	6:30-8:30(6LL)am 4:00-6:00pm(2LL) 7:30-9:00pm(2LL)	6:00-7:30am(3LL) 7:30-8:30am(6LL) 4:00-6:00pm(2LL)	6:30-9:00am(6LL) 4:00-6:00pm(6LL)	
Closed to Public		8:30-11:00am	8:30-11:00am	8:30-11:00am	8:30-11:00am		
Sunday, March 23 - Saturday, March 29							
<i>times subject to change without notice</i>				<i>Lap Lanes may be moved 15 min prior to next program</i>			
	Sunday 23	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29
Public Swim	12-4:00pm	1:00-4:00pm	1:00-4:00pm 6:00-9:00pm	1:00-4:00pm	1:00-4:00pm 6:00-9:00pm	1:00-4:00pm 6:00-9:00pm	2:00-5:00pm 6:00-9:00pm
Laps & Leisure		11:00am-1:00pm(3LL) 6:00-7:30pm(3LL)	11:00am-1:00pm(3LL)	11:00am-1:00(3LL)pm 6:00-7:30(3LL)pm	11:00am-1:00pm(3LL)	9:00am-11:00am(2LL) 11:00am-1:00pm(3LL)	9:00am-2:00pm(3LL)
Lap Lanes		6:30-8:30am(6LL) 4:00-6:00pm(2LL) 7:30-9:00pm(2LL)	6:00-7:30am(3LL) 7:30-8:30am(6LL) 4:00-6:00pm(2LL)	6:30-8:30(6LL)am 4:00-6:00pm(2LL) 7:30-9:00pm(2LL)	6:00-7:30am(3LL) 7:30-8:30am(6LL) 4:00-6:00pm(2LL)	6:30-9:00am(6LL) 4:00-6:00pm(6LL)	
Closed to Public		8:30-11:00am	8:30-11:00am	8:30-11:00am	8:30-11:00am		
No Aquafit							

2025 Admission Rates

		Single	10 time Pass	6 month Pass
Adult	19+	\$6.75	\$60.75	\$351.62
Senior	60+	\$5.50	\$46.75	\$274.14
Student	13 to 18	\$5.50	\$46.75	\$274.14
Child	6 to 12	\$4.50	\$40.50	\$238.38
Tot	1 to 5	\$2.25	\$20.25	NA
Family	Max 5	\$14.50	\$130.50	\$709.20
Parent & Tot		\$6.25	\$56.25	NA



GET ACTIVE GUIDE



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BADMINTON

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

BASEBALL/SLOWPITCH

Minor Baseball		registrar@salmonarmbaseball.com	www.salmonarmbaseball.com
Minor Fastball		fastballscott@salmonarmbaseball.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	
Shuswap Hoops		shuswaphoops2023@gmail.com	

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		saarmycadets@yahoo.com	
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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CURLING

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

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
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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		
Rogers Rink	250-832-4044	cdeboer@salmonarmrecreation.ca	www.salmonarmrecreation.ca
Elks Hall	250-833-4803		
SASCU Little Mountain Fieldhouse	250-832-4044	cdeboer@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/
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FITNESS CENTERS

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



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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	www.provinciamartialarts.ca/contact-us
Shuswap Brazilian Jui-Jitsu	250-804-9262		www.shuswapbjj.com

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			https://shuswapmountaineeringclub.wordpress.com

ROWING/PADDLING

Rowing and Paddling Club		kcrouch@shaw.ca	https://shuswaprowingandpaddling.com
Shuswap Dragon Boat Society	250-804-6377	friendsabreast@gmail.com	www.friendsabreast.com

RUGBY

Yeti Rugby	250-463-4019		www.yetirugby.com
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SKATING

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

SNOWMOBILING

Snow Blazers	250-675-2420		www.sasnowblazers.com
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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
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SWIMMING

Columbia Shuswap Selkirks		president.selkirks@gmail.com	www.selkirksswim.ca
Sockeye Swim Club		sockeyespres@gmail.com	https://sockeyes.teampages.com/
Waves Master Swimming		info@salmonarmwaves.ca	www.salmonarmwaves.ca

TABLE TENNIS

Drop In Table Tennis	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
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TENNIS

Tennis Club			https://clubspark.ca/salmonarmtennisclub
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VOLLEYBALL

Adult Volley Ball League	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
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WALKING/HIKING GROUPS

Shuswap Lady Striders		ladystriders@gmail.com	www.shuswapladystriders.ca
Shuswap Naturalist Club		info@shuswapnaturalists.org.	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	www.gratitudeyogainc.com
Namaste Yoga	250-803-6724	namastesalmonarm@gmail.com	http://yogasalmonarm.com
Sweet Freedom Yoga	250-832-2720		www.sweetfreedomyoga.com

YOUTH DROP IN SPORTS

Recreation Drop in	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
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To add or edit a listing please email rscott@salmonarmrecreation.ca