

Online Registration begins Monday March 4 • 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 rscott@salmonarmrecreation.ca
Swimming pool

sthiessen@salmonarmrecreation.ca kmaclaren@salmonarmrecreation.ca

Shaw Centre ice rinks/rooms

cdeboer@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.

Online registration begins 6:30 am Monday March 4, 2023

Holiday Hours

March 29......1:00pm - 4:00 pm

April 1.....1:00pm - 4:00 pm

May 20.....1:00pm - 4:00 pm



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



Making Movement Matter



Fishing Derby

Salmon Arm Fishing Derby

Mala

For children 12 years and under Sunday June 16 ● 7:00-11:00 am Salmon Arm Marine Peace Park

All children must wear a PFD

LOTS OF PRIZES and FUN!









Child & Youth Programs

MOTORING MUNCHKINS

(0-5 year olds)

Drop in to this program 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

*EXCLUSION DATES CAN BE FOUND ON THE WEBSITE AND POSTED ON THE WHITE BOARD NEAR THE AUDITORIUM *Schedules are subject to change without notice

FREE program Thanks to the Shuswap Children's Association and the Ministry of Children and Families and the Shuswap Recreation Society

TOT SPORTS

(3-5 years old)

A play-based sports and movement program that teaches children the fundamental skills needed to play a variety of sports. 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.

SASCU Recreation Centre Gym Wednesdays • 11:45am-12:30pm April 10-May 15 \$36 / 6 sessions

* 3 year olds must be accompanied by an adult

WIZ KIDS

(kids turning 5 in 2024)

This multi-faceted program will give your kids a head start for kindergarten through crafts and story time as well as doing some fun sports and physical activity. This program is designed for children 5 years of age in 2024. Wiz Kids uses recreation-based activities to develop your child's social skills while increasing their self confidence.

SASCU Recreation Centre Room 2
Tuesdays
9:30-11:30am
April 9-June 11
\$150/10 sessions



Child & Youth Programs

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Red Cross Babysitters Course

(11+ year olds)

Learn how to take care of infants, toddlers, and children safely. This includes first aid, diapering, disciplining and what to incase of emergency.

SASCU Rec Center Room 2 \$120 + \$8 workbook



Wednesdays April 10- May 15 5:45-7:45pm 6 sessions

Saturday June 1 8:30am-4:30pm 1 session



Must be 11 years old by the final class Must attend all session to be certified

Safe at Home Safe Alone

(9-12 year olds)

Safe at home, safe alone class helps your child prepare for independence. Children will learn how to be safe and responsible when being left at home for a short time.

SASCU Rec Center Room 2 \$20/session includes workbook 5:45-7:45pm

A - Tuesday April 16 B - Wednesday June 5



Best suited for kids ready to stay home alone. Must be 9 years old at time of class

teen game night

April 6, May 4 6-9pm

12-16 year olds - must preregister online

Over sized games, card games, ping pong, basketball,

floor hockey, ladder ball,

...each month will be a little different...

\$10,70

... play ... eat... socialize ... pun ...





Shaw Centre Hockey

2023-2024 Salmon Arm Silverbacks Home 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

2023-2024 Home Exhibition Games & Regular Season

HOME GAMES:

Vernon Vipers	September 8th	7:00 PM
Merritt Centennials	September 15th	7:00 PM
Vernon Vipers	September 22 nd	7:00 PM
PG Spruce Kings	September 23rd	6:00 PM
Cranbrook Bucks	September 30th	6:00 PM
West Kelowna Warriors	October 6th	7:00 PM
PG Spruce Kings	November 4th	6:00 PM
Vernon Vipers	November 11th	6:00 PM
Victoria Grizzlies	November 17th	7:00 PM
Vernon Vipers	November 18th	6:00 PM
Surrey Eagles	November 24th	7:00 PM
Cranbrook Bucks	November 25th	6:00 PM
Penticton Vees	December 8th	7:00 PM
West Kelowna Warriors	December 13th	6:00 PM
Penticton Vees	December 30 th	6:00 PM
Cowichan Capitals	January 12th	7:00 PM
Merritt Centennials	January 13th	6:00 PM
Vernon Vipers	January 24th	6:00 PM
Penticton Vees	February 2 ^{rel}	6:00 PM
PG Spruce Kings	February 9th	7:00 PM
Penticton Vees	February 19th	2:00 PM
Merritt Centennials	February 23 rd	7:00 PM
Trail Smoke Eaters	March 2 nd	6:00 PM
Trail Smoke Eaters	March 15th	7:00 PM
Coquitlam Express	March 16th	6:00 PM
Merritt Centennials	March 24th	4:00 PM
Cranbrook Bucks	March 29th	6:00 PM
Trail Smoke Eaters	March 30th	6:00 PM

**SHOW CASE - Seattle **

October 25th – Langley Rivermen 2:50PM October 26th – Surrey Eagles 7:50PM

FOR AWAY GAMES PLEASE VISIT OUR WEBSITE www.sasilverbacks.com





Auditorium Schedules



y.	Auditorium Sport Schedule							
	SPRING BREAK March 16-April 1							
Saturday 16	Sunday 17	Wednesday 20	Thursday 21	Friday 22				
	2:111.116	PRIVATE BOOKING 9am-2pm	PRIVATE BOOKING 9am-2pm	PRIVATE BOOKING 9am-2pm	PRIVATE BOOKING 9am-2pm	PRIVATE BOOKING 9am-2pm		
2-5pm	Spring Break Camp 2-5pm	Spring Break Camp 2-5pm	Spring Break Camp 2-5pm	Spring Break Camp 2-5pm				
	Pickleball Rec 2:45-4:45pm	Youth Drop in Basketball 6-8pm	Kids Drop in Floor Hockey 5:30-7:30pm	Adult Pickleball 6-8pm	Youth Drop in Volleyball 6-8pm	PRIVATE BOOKING 5:30-7:30		
		Adult Drop in Basketball 8-10pm						
Saturday 23	Sunday 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29		
			Badminton 8-10am		Badminton 8-10am			
PRIVATE BOOKING	Pickleball Comp	Kids Floor Hockey 10am-12pm	Pickleball Rec 10:30am-12:30pm	Kids Floor Hockey 10am-12pm	Pickleball Adv 10:30am-12:30pm			
	12:30-2:30pm Pickleball Rec	PRIVATE BOOKING 1-2:30pm	Pickleball Comp 1-3pm		Pickleball Rec 1-3pm			
2:45-4:45pm		Kid Drop in Basketball 4-6pm	Pickleball Adv 3:30-5:30pm	Kid Drop in Basketball 4- 6pm	Pickleball Comp 3:30-5:30pm			
		Youth Drop in Basketball 6-8pm	Youth Drop in Volleyball 6-8pm	Youth Drop in Basketball 6-8pm	Youth Drop in Volleyball 6-8pm			
		Adult Drop in Basketball 8-10pm						

NO PROGRAMMING March 29-April 1

	Auditorium Sport Schedule April 2-April 14								
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
Motoring Munchkins 9-11am	Badminton 8-10am	Motoring Munchkins 9-11am	Badminton 8-10a	Pickleball Recreational 9-11am					
	Pickleball Recreational 10:30am-12:30pm	Parent and Tot Sport 11:4am5-12:30pm	Pickleball Competition 10:30am-12:30pm	Pickleball Competition 11:30am-1:30pm					
Pickleball	Pickle ball Pickle ball	Pickleball	Pickleball	11.50am-1.50pm					
Advanced	Advanced	Recreational	Advanced						
1-3pm	1-3pm	1-3pm	1-3pm						
Pickleball Conmpetition 3:15-5:15pm	PRIVATE BOOKING	PRIVATE BOOKING	PRIVATE BOOKING						
PRIVATE BOOKING 5:30-7:30pm Adult Drop in Basketball 8-10pm	3:30-9:30pm	3:30-9:30pm	3:30-9:30pm	Private Booking 5-9:30pm					
Pickleball Legend Recreational Competition Advanced	EVERYONE WELCOME AT PICKLEBALL LEVELS ARE JUST A GUIDE THIS IS DROP IS NOT PICKLEBALL CLUB	*Tot Sport and Volleyball are registered programs. *All programs are subject to change and cancellation without notice							

Auditorium Schedules

Auditorium Sport Schedule April 15-April 30 Monday Tuesday Wednesday Thursday Friday Sunday Saturday Badminton Badminton Motoring Munchkins Motoring Munchkins 8-10am 8-10a 9-11am 9-11am Parent and Tot Sport 11:4am5-12:30pm PRIVATE BOOKING PRIVATE BOOKING 3-4pm 3-4pm **PRIVATE** PRIVATE BOOKING PRIVATE BOOKING BOOKING PRIVATE BOOKING 3:30-9:30pm Private Booking 5:30-7:30pm 3:30-9:30pm 4-9:30pm 5-9:30pm Adult Drop in Basketball 8-10pm SOME EXCLUSION DATES APPLY *All programs are subject to change and cancellation without notice

*All Drop in programs are unsupervised

Auditorium Sport Schedule								
	May 1-June 30							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Motoring Munchkins 9-11am	Badminton 8-10am	Motoring Munchkins 9-11am	Badminton 8-10a					
		Parent and Tot Sport 11:4am5-12:30pm			Von the Donne in			
PRIVATE BOOKING 3-4pm	Child Drop in Floor Hockey 4-6pm	PRIVATE BOOKING 3-4pm Child Drop in			Youth Drop in Basketball 2-4pm			
Youth Drop in Basketball 6-8pm	Youth Drop in Floor Hockey 6-8pm	Basketball 5-7pm	Youth Drop in Volleyball 6-8pm					
Adult Drop in Basketball 8-10pm								

SOME EXCLUSION DATES APPLY

*Tot Sport is a registered programs.

^{*}Tot Sport is a registered program.

^{*}All programs are subject to change and cancellation without notice

^{*}All Drop in programs are unsupervised



Drop in/walking loop

D.Ab

DROP IN SPORTS

ADULTS APRIL 2-JUNE 30

CHILD & YOUTH MAY 1- JUNE 30



MONDAYS

TUESDAYS

WEDNESDAYS

THURSDAYS

SATURDAYS

Youth Basketball 6-8pm

Adult Badminton 8-10am Child Basketball 5-7pm Adult Badminton 8-10am Youth Basketball 2-4pm

Adult Basketball 8-10pm Child Floor Hockey 4-6pm

Youth Floor Hockey

6-8pm

Youth Volleyball 6-8pm

Pickleball plays inside until April 15th at which point they head outside. See the auditorium schedule for pickleball days and times

Child Drop In 8-12 years old - Youth Drop In 12-16 year olds - Adult Drop In 16+ years old
Child(8-12 year olds) \$3.25 - Student (13-18 year olds) \$4.50 - Adult(19-59 year olds) \$5.50 - Senior(60+ year olds) \$4.50

Shaw Center WALKING LOOP

Available during regular operating hours of the Shaw Center.

Closed during any events that require admission

- The Shaw Centre walking loop is a 200 meter 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.

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





Spring break activities





MONDAYS

TUESDAYS

WEDNESDAYS

THURSDAYS

March 18

Youth Basketball 6-8pm

March 25

Kids Floor Hockey 10am-12pm Kids Basketball 4-6pm Youth Basketball 6-8pm

March 19

Kids Floor Hockey 5:30-7:30pm

March 26

Youth Volleyball 6-8pm

March 27

Kids Floor Hockey 10am-12pm Kids Basketball 4-6pm Youth Basketball 6-8pm

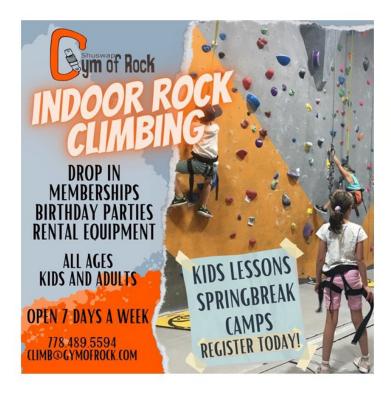
March 21

Youth Volleyball 6-8pm

March 28

Youth Volleyball 6-8pm

Child Drop In 8-12 years old - Youth Drop In 12-16 year olds Child(8-12 year olds) \$3.25 - Student (13-18 year olds) \$4.50







Spring break activities

D.Ab

KIDS SPRING BREAK

(7-11 years old)

This is a NEW program for 2024!

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.

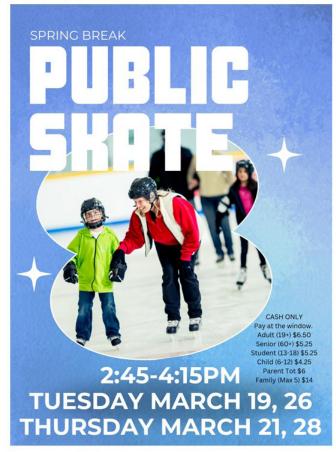
March 18-22

Drop off Little Mountain Filed House
Pick up Recreation Center Auditorium
8:30am-3:30pm
\$200/5days









Pickleball/Yoga

PICKLEBALL COURTS—Klahani Park

The Klahani Park Facility has 6 Pickleball courts that are shared between community players and Salmon Arm Pickleball Club Players. The courts are available for use between 8am and 9pm Monday to Sunday. The Usage chart below outlines the schedule of when all courts are available and the shared usage between community and Salmon Arm Pickleball Club Players.

	L	SHARED U	JSAGE
	Community Use All Courts Available	Salmon Arm Pickleball Club Use Courts 1,2,3 and 6	Community Use Courts 4 and 5
Monday/ Wednesday/Friday	5-9pm	8-5pm	8-5pm
Tuesday/Thursday		8am-9pm	8am-9pm
Caturday	8am-12pm	12-5pm	12-5pm
Saturday	5-9pm		
Sunday	12-9pm	8am-12pm	8am-12pm

CHair to mat yoga

(16+ years old)

Join Brandi from the local studio Galeria Estima for some gentle yoga. Use the chair the whole time or move from chair to mat, it's up to you. This gentle yoga helps 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 who wish to move to the mat must be able to lift ones self off the floor assisted only by the chair.

SASCU Recreation Center Room 1 Thursdays 10-11am April 11-June 13





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The City of Salmon Arm is hosting the 2024 55+BC Games. The Games is an annual multi-sport competition that attracts over 3,500 participants from across BC. The mission of the BC Seniors Games Society is to improve the health, lifestyle and image of British Columbia's 55+population.

The City of Salmon Arm is excited to be working alongside the Salmon Arm Economic Development Society and the Salmon Arm Recreation Society to plan and host this exciting event.

For information on participating in the games or to volunteer, visit the website:

https://55plusbcgames.org/salmonarm/



Courts and Fitness Room

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COURT TIMES

Monday-Friday 6:30am-8:15pm

Saturday 8:30am-8:15pm

No Swim Lesson Saturday 2pm-8:15pm

Sunday/Stats 1pm-3:15pm

Book your court time ONLINE!

\$17/court/45min

Additional time can be purchased at \$5.50/15min

SASCU Recreation Center

FITNESS ROOM

clean • air conditioned • friendly

GYM HOURS

Monday-Friday 6:30am-9pm

Saturday 8:30am-9pm

No Swim Lesson Saturday 2pm-9pm

Sunday/Stats 1pm-4pm

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 bikes • treadmills Atlantis • cross trainer • TV/Music



SALMON ARM GET ACTIVE GUIDE

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A wala a w. Club	250 022 0205	
Archery Club	230-832-0203	

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
Slo-pitch	info@salmonarmslopitch.com	www.salmonarmslopitch.com

BASKETBALL

Drop in Adult	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
Synorgy			http://salmonarmsynergybasketball.bl
Synergy			ogspot.com

BEACHES

Canoe Beach		7720 36th Street NE

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		

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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

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	l .		
Trail Alliance		www.shuswa	ptrails.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/
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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 Total Fitness	778-489-5551	shuswaptotalfitness@gmail.com	www.shuswaptotalfitness.com
The Cardio Connection	250-833-2717		https://www.cardioconnection.ca

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s/2819/salmon-arm-bc-v1e-2s7

FOOTBALL

Minor Football Association 250-832-82	89 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@momentumgym	nnastics.com www.momentumgymnastics.com
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HOCKEY

Minor Hockey 250-8	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

Junglemania	778-489-5554	info@junglemania.ca	www.junglemania.ca	
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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		
Provincial Martial Arts	250.253-2406	pmakarate@gmail.com	https://www.provincialmartialarts.ca/
		pinakarate@ginan.com	contact-us

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Shuswap Brazilian Jui-Jitsu 250-80	9262	https://www.shuswapbjj.com/
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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
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RINGETTE

Ringette	tpacker@telus.net	www.shuswapringette.ca

ROCK CLIMBING

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



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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	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	dknight@salmonarmrecreation.ca	www.salmonarmrecreation.ca

SNOWMOBILING

Snow Blazers	250-675-2420	https://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

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

TENNIS



SALMON ARM GET ACTIVE GUIDE

Tennis Club		https://clubspark.ca/salmonarmtennisclub

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	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	http://yogasalmonarm.com
Sweet Freedom Yoga	250-832-2720		https://www.sweetfreedomyoga.com

YOUTH DROP IN SPORTS

Basketball, Volleyball, Floor	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
Hockey			

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



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.

April 8-May 13 *No class April 29 Mon/Wed 5:45 - 6:45 pm

Register online www.salmonarmrecreation.ca

Bronze Medaillion TBA

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

Bronze Cross

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

March 18-22 Mon-Fri 8:00am - 12:30pm

Please call to register 250-832-4044 ext. 112

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

Standard First Aid - Cpr C

Standard First Aid is a WorkSafeBC Occupational Level 1 equivalent. This course includes comprehensive training covering all aspects of first aid, CPR and AED use.

June 8-9 Sat/Sun 8:00am - 4:30pm

Please call to register 250-832-4044 ext. 112

Lifesaving Swim Instructor

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

March 23, 25-28 Sat/Sun 8:00am - 4:30pm

Please call to register 250-832-4044 ext. 112

If interested in a TBA course please call 250-832-4044 ext 112 or email kmaclaren@ salmonarmrecreation.ca





Ma

*10 Sessions Mon/Wed AM *No Lessons April 29th*

	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

Session 2 - AM May 15 - June 19

10 Sessions Mon/Wed AM *No lessons May 20th*

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



Session 1 - PM April 8 - May 8

N/L

*9 Sessions Mon/Wed PM *No lessons April 29th*

	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 2	1 - B	3:30 - 4:00 pm
Preschool 2	1 - C	5:15 - 5:45 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	4:45 - 5:15 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

Saturday April 6 - June 22

D.Ob

10 Sessions *No lessons May 18th, June 8th*

	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

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	\$90.00	\$81.00	\$72.00				

Special Events

Acquatic Meekend Fun!

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. Pre-register online so you don't miss out.

Includes pizza, beverage & swim.

Fridays 6:30 - 9:00pm

April 19 - Earth Day May 24 - Water Safety June 21- Cave Man

\$10.70/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: \$33.00 to be paid within 3 days of booking or spot will be given away as these rentals are in high demand.

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

Super Saturdays 6-8:30pm

April 6

May 4

June 1

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)



Aquafit Schedule							
	Α	pril 2 - June 2	28				
MONDAY	MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY						
Aquafit Aquafit Aquafit Shallow Deep Shallow 9:00 - 9:45 9:00 - 9:45 9:00 - 9:45							
	Noon Fit 12:15 -1:00 12:15 - 1:00						

Aquafit Program Descriptions

Noon Fit: A mixture of shallow and deep exercises.

Aqua Lite: A low intensity class used to train up and coming instructors. **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 Power: A higher intensity workout using interval training and power moves.

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

All classes are subject to change/cancellation

No Aquafit March 18-April 1st, May 20th

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.



Pool Schedules

Spring Break Schedule

	Sunday, March 17 - Saturday, March 23									
	times subject to change without notice									
	Sunday 17 Monday 18 Tuesday 19 Wednesday 20 Thursday 21 Friday 22 Saturday 2									
Public Swim	12-4:00pm	1:00-4:00pm	1:00-4:00pm 7:00-9:00pm	1:00-4:00pm	1:00-4:00pm 7:00-9:00pm	1:00-4:00pm 7:00-9:00pm	1:00-4:00pm 6:00-9:00pm			
Laps & Leisure		11:00am-1:00pm 4:00-6:00pm	11:00am-1:00pm 4:00-6:00pm	11:00am-1:00pm 4:00-6:00pm	11:00am-1:00pm 4:00-6:00pm	11:00am-1:00pm 4:00-6:00pm				
Lap Lanes		6:30-8:30am 6:00-7:30pm 7:30-9:00pm(2LL)	6:00-8:30am 6:00-7:00pm	6:30-8:30am 6:00-7:30pm 7:30-9:00pm(2LL)	6:00-8:30am 6:00-7:00pm	6:30-8:30am 6:00-7:00pm				
Closed to Public		8:30-11:00am	8:30-11:00am	8:30-11:00am	8:30-11:00am	8:30-11:00am	4:00-6:00pm			
	5	Sunday, M	arch 24	- Saturda	ay, Marc	h 30				
					tir	nes subject to chan	ge without notic			
	Sunday 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30			
Public Swim	12-4:00pm	1:00-4:00pm	1:00-4:00pm 7:00-9:00pm	1:00-4:00pm	1:00-4:00pm 7:00-9:00pm	1:00-4:00pm	1:00-4:00pm 6:00-9:00pm			
Laps & Leisure		11:00am-1:00pm 4:00-6:00pm	11:00am-1:00pm 4:00-6:00pm	11:00am-1:00pm 4:00-6:00pm	11:00am-1:00pm 4:00-6:00pm					
Lap Lanes		6:30-8:30am 6:00-7:30pm 7:30-9:00pm(2LL)	6:00-8:30am 6:00-7:00pm	6:30-8:30am 6:00-7:30pm 7:30-9:00pm(2LL)	6:00-8:30am 6:00-7:00pm					
Closed to		8:30-11:00am	8:30-11:00am	8:30-11:00am	8:30-11:00am		4:00-6:00pm			

Pool space subject to change. Please be aware a Bronze Cross course will be in the pool from 8:00 am - 12:30 pm on March 18-21.

Swim Instructor Course will be in the pool 8:00 am - 4:30 pm March 23, 25-28.



Pool Schedules

Pool Schedule - April 1 - April 30, 2024

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Lanes		6:30-8:30am 9:00-11:00am (1LL) 11:00am-12:00pm (2LL) 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(1LL) 4:00-6:00pm(1LL)	6:30-8:30am 9:00-11:00(1LL) 11:00am-12:00pm(2LL) 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(1LL) 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	12:00-4:00pm	6:00-7:30pm	7:15-9:00pm	6:00-7:30pm	7:30-9:00pm	2:00-4:00pm 6:15-9:00pm	2:00-5:00pm 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	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, 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:

April 1 1-4pm Public swim only April 6 No Lap Lane 6-9pm April 19 6-9pm, No Public Swim April 29 Pro D day swim 1-4pm





Pool Schedule - May 1 - May 11, 2024

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Lanes		6:30-8:30am 9:00-10:00am (1LL) 10:00am-12:00pm (3LL) 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(1LL) 3 :00-5:00pm(2LL)	6:30-8:30am 9:00-10:00(1LL) 10:00am-12:00pm(3LL) 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(1LL) 3 :00-5:00pm(1LL)	6:30 - 8:30am 9:00-10:00(1LL) 10:00am-12:00pm	
Laps & Leisure		12:00-1:00pm	1:00-2:00pm	12:00-1:00pm	1:00-2:00pm	12:00-2:00pm	
Public Swim	12:00-4:00pm	6:30-7:30pm	6:45-9:00pm	6:30-7:30pm	6:45-9:00pm	2:00-4:00pm 6:45-9:00pm	2:00-5:00pm 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	2:00-3:00pm	1:00-2:00pm	2:00-3:00pm		
CLOSED to Public		2:00-6:30pm	9:00am-12:00pm 5:00-6:45pm	2:00-6:30pm	9:00am-12:00pm 5:00-6:45pm	4:00-6:45 pm	8:30am-2pm 4:30-6:00pm
Aqua Fit		9:00-9:45am	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, 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:

May 3 Closed at 4pm May 4 No Lap Lane 6-9pm

Pool Schedule - May 12 - May 31, 2024

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Lanes		6:30-8:30am 9:00-10:00am (1LL) 10:00am-12:00pm (2LL) 2:00-5:00pm 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(1LL) 3:00-5:00pm(2LL)	6:30-8:30am 9:00-10:00(1LL) 10:00am-12:00pm(2LL) 2:00-4:00pm 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(1LL) 3 :00-5:00pm(1LL)	6:30 -8:30am 9:00-10:00(1LL) 10:00am-12:00pm	
Laps & Leisure		12:00-1:00pm	1:00-2:00pm	12:00-1:00pm	1:00-2:00pm	12:00-2:00pm	
Public Swim	12:00-4:00pm	6:30-7:30pm	6:45-9:00pm	6:30-7:30pm	6:45-9:00pm	2:00-4:00pm 6:45-9:00pm	2:00-5:00pm 6:00-9:00pm
Leisure Only		8:30-9:00am	6:30-7:30am	8:30-9:00am 4:00-6:30pm	6:30-7:30am	8:30-9:00am 4:00-6:45pm	
Discount Dip		1:00-2:00pm	2:00-3:00pm	1:00-2:00pm	2:00-3:00pm		
CLOSED to Public		5:00-6:30pm	9:00am-12:00pm 5:00-6:45pm		9:00am-12:00pm 5:00-6:45pm		8:30am-2pm 4:30-6:00pm
Aqua Fit		9:00-9:45am	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, 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 **Aguafit:** 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:

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Pool Schedule - June 1 - June 30, 2024

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Lanes		6:30-8:30am 9:00-11:00am (1LL) 11:00am-12:00pm (2LL) 3:00-5:00pm 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(1LL) 3 :00-5:00pm(2LL)	6:30-8:30am 9:00-11:00(1LL) 11:00am-12:00pm(2LL) 3:00-4:00pm 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(1LL) 3 :00-5:00pm(1LL)	6:30 -7:30am (1LL) 7:30-8:30am 9:00-10:00(1LL) 10:00am-12:00pm	
Laps & Leisure		12:00-2:00pm	1:00-2:00pm	12:00-2:00pm	1:00-2:00pm	12:00-2:00pm	
Public Swim	12:00-4:00pm	6:30-7:30pm	6:45-9:00pm	6:30-7:30pm	6:45-9:00pm	2:00-4:30pm 6:45-9:00pm	2:00-5:00pm 6:00-9:00pm
Leisure Only		8:30-9:00am	6:30-7:30am	8:30-9:00am 4:00-6:30pm	6:30-7:30am	8:30-9:00am 4:30-6:45pm	
Discount Dip		2:00-3:00pm	2:00-3:00pm	2:00-3:00pm	2:00-3:00pm		
CLOSED to Public		5:00-6:30pm	9:00am-12:00pm 5:00-6:45pm		9:00am-12:00pm 5:00-6:45pm		8:30am-2pm 4:30-6:00pm
Aqua Fit		9:00-9:45am	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, 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:

June 1 6-9pm, No lap lane June 7 Closed at 4 pm June 8/9 Closed June 21 No public swim 6-9pm

2024 Admission Rates

	Single Admission		Multi-Use	Pass 10 +	6 Month Pass	
	POOL	AQUAFIT	POOL	AQUAFIT	POOL	AQUAFIT
Adult 19+	\$6.50	\$7.75	\$58.50	\$69.75	\$341.38	\$411.36
Senior 60+	\$5.25	\$6.50	\$47.25	\$54.83	\$266.16	\$344.96
Student (13-18yrs)	\$5.25	\$6.50	\$47.25	\$54.83	\$266.16	\$344.96
Child (6 - 12yrs)	\$4.25		\$38.25		\$231.44	
Tot (1 - 5yrs)	\$2.00		\$18.00			
Family	\$14.00		\$126.00		\$688.54	
Parent &Tot	\$6.00		\$54.00			