

Get Active directory

Get Active Guide

Active Salmon Arm
Virtual walk/community park maps
www.salmonarmrecreation.ca
250-832-4044

Archery

Salmon Arm Archery Club
Vern Stevens 250-832-0205

Badminton

Salmon Arm Badminton Club
Tim 250-804-7908
Chuck 250-832-6732

Ball – Baseball/Softball/Slo-pitch

Salmon Arm Minor Baseball
www.salmonarmbaseball.com

Salmon Arm Minor Softball
www.salmonarmfastpitch.com

Salmon Arm Slo-pitch
Kristal Burgess 250-253-2478
www.salmonarmslopitch.com

Beaches

Canoe Beach
7720 36th Street NE

Biking and Hiking Trails

Coyote Park
54th Ave NE and 60th Ave NE

Larch Hills Nordic Ski Area
End of Edgar Rd at Larch Hills

Little Mountain Park
Okanagan Ave just off 30 St SE

Road/Mountain Biking/Hiking Trails
www.shuswaptrails.com/offroad.htm

Salmon Arm Bike For Your Life Century Ride
www.bikeforyourlife.com

Shuswap Cycling Club
www.shuswapbike.com

Dance (continued)

Shuswap School of Ballet
Meg Genn 250-463-5308

Equestrian Trail Riding

Larch Hills Nordic Ski Area
End of Edgar Rd in Larch Hills

South Canoe Trail System
10th Ave & 70 St SE

Fish and Game

Salmon Arm Fish and Game Club
Ron Pederson 250-832-3431
www.salmonarmfishandgameclub.com

Fitness Centres

Harbourfront Tanning & Fitness Center Ltd
681 Marine Park Dr • 250-832-5177

The Cardio Connection
681 Marine Park Dr • 250-833-2717

CrossFit
2400 Trans-Canada Hwy • 250-540-8781

Curves (Women Only)
Suite 400-251 Trans-Canada Hwy NW
250-804-0644

Lifetime Fitness
2450 Trans-Canada Hwy NE • 250-833-4799

ProActive Health and Wellness
1-2770 10th Ave NE • 250-832-3200

SASCU Recreation Centre Weight Room
2550 10th Ave NE • 250-832-4044
www.salmonarmrecreation.ca

Shuswap Core Pilates
2-661 Ross St NE • 250-804-0393

Football

Shuswap Minor Football Association
Rob Ellis 250-517-8475
www.shuswapfootball.com

Golf

Canoe Creek Golf Course Inc
6360 Auto Rd SE • 250-832-3285
www.canocreekgolf.com

Club Shuswap Golf and RV
5751 Trans Canada Hwy NE • 250-832-7345
www.clubshuswap.com

Martial Arts (continued)

Four Dragons Martial Arts
Lucas Wilson 250-517-7367

Kees Tae Kwon Do
Tyler Irving 250-833-0661

Taoist Tai Chi
Jim Clarke 250-832-9038

Salmon Arm Judo
Rich Mori 250-832-3945
Sean Weisenborn 250-832-7406

Pickleball

Club Shuswap Golf and RV
5751 Trans Canada Hwy NE
250-832-7345 • www.clubshuswap.com

Klahani Park
10 Ave SE (South Canoe)

SASCU Recreation Centre
2550 10 Ave NE • 250-832-4044

Playground Parks

Badger Park
1611 20th Ave SE

Canoe Beach
7720 36th Street NE

Klahani Park
10 Ave SE (South Canoe)

Fletcher Park Playground & Water Spray Park
450 2nd Avenue NE

John Lund Park
Access from 70th Ave NE in Canoe

SASCU Little Mountain Sports Field
250 30th Street SE

William Baker
4290 Canoe Beach Drive NE

Recreation Facilities—Location/Bookings

SASCU Downtown Activity Centre
451 Shuswap Street SW • 250-832-0108

Salmon Arm Fairgrounds
490 5th Ave SE • safalfair@shaw.ca
250-833-4096

SASCU Recreation Centre
2550 10 Ave NE • 250-832-4044

Sport Parks/Centres

Blackburn Park Sport Fields
Soccer, Softball and Baseball
681 10th Avenue SW
Field Bookings 250-832-4044

Blackburn Skateboard Park
681 10th Avenue SW

Elks Park and Elks Hall
3690 30 St NE
Don 250-833-4803

Little Mountain Sports Complex
250 30th Street SE
Field & Field House Bookings 250-832-4044

SASCU Indoor Sports Complex
351 3rd St SW
Bookings 250-832-4044 • safalfair@shaw.ca

Swimming

CRSD Youth Swimming Society
Reg 250-804-9970

Salmon Arm Waves Master Swimming
Lori Roy 250-832-6584 • theroy@telus.net

Salmon Arm Sockeye Swim Club
Leanne Fair 250-833-1876

Tennis

Salmon Arm Tennis Club
3440 Okanagan Ave SE
Marianne 250-832-4894

Shuswap Middle School Courts
30th St and Okanagan Ave

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

Walking Trails

Badger Park
1611 20th Ave SE

Coyote Park (dogs welcome)
54th Ave NE and 60th Ave NE

Little Mountain Park (dogs welcome)
Entrances: 10th Ave SE or Okanagan Ave

Marine Peace Park (Wharf)
750 Marine Park Drive

McGuire Lake Park - Japanese Friendship Gates
681 Trans Canada Highway NE

Skookum Cycle Program
141 Shuswap St NE • 250-832-7368

South Canoe Trail System
10th Ave & 70 St SE

Bowling

Lakeside Bowling
1880 9th Ave NE • 250-832-3946

Cadets/Guides/Scouts

Girl Guides of Salmon Arm
250-832-8864

Rocky Mountain Rangers and Cadets
1-800-856-8488

Royal Canadian Air Cadets
250-833-0222

Scouts
Diane Boxall 778-489-0088

Cross Country Ski

Larch Hills Nordic Society
Duncan Moore 250-833-2044
www.skilarchhills.ca

Larch Hills Ski Area
End of Edgar Rd in Larch Hills

Curling

Salmon Arm Curling Club
691 28th St NE • 250-832-8700
www.salmonarmcurlingclub.com

Dance

Interior Dance Academy
430 – 7th St SW • 250-517-9300

Jamila Mai Bellydance
250-833-1915

Just For Kicks
Patty 250-675-2121 • Margo 250-832-9469

Salmon Arm Square Dance Club
Jane Wood 250-833-9227

Shuswap Dance Centre
590 Okanagan Ave SE • 250-833-5418
www.shuswapdance.com

Salmon Arm Golf Club
3641 Hwy 97B • 250-832-4727
www.salmonarmgolf.com

Sonseekers Ridge Golf Course
247 Black Road • 250-833-0258
www.sonseekersridgegolf.com

Gymnastics

Momentum Gymnastics
Shawnee 250-804-0602
www.momentumgymnastics.com

Hockey

Men's and Women's Recreational Hockey
Various skill levels and ages
Shaw Centre • 250-832-4044

Salmon Arm Minor Hockey
Shaw Centre, 2600 10th Ave
www.salmonarmminorhockey.com

Horseshoes

Salmon Arm Horseshoe Club
691 28 St NE
Faith Juell 250-832-9873
Doug Winslow 250-832-8520

Jungle Gym

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

Lacrosse

Shuswap Minor Lacrosse
Jackie Bannister jackiebannister@hotmail.com

Lawn Bowling

Salmon Arm Lawn Bowling
691 28 Street NE
Dan Quilty 250-253-0873

Martial Arts

Community Karate & Kickboxing
Holly 250-253-2406

Double Winds Tai Chi
Kim and Heather Arnold
250-832-8229/250-515-1476

North Okanagan-Shuswap Brazilian Jiu-Jitsu & MMA
Mario Deveault 250-804-9262

Salmon Arm Waterslides & RV Park
1001 Trans Canada Hwy SW
250-832-4386

Scout Hall
2460 Auto Road SE
Dianne Boxall 778-489-0088

Seniors Activity Centre
170-5th Ave. SE • 250-832-1065

Shaw Centre
2600 10th Ave NE • 250-832-4044

Ringette

Shuswap Ringette
Kristi Congdon 250-804-9502
www.shuswapringette.ca

Rowing and Paddling

Shuswap Association for Rowing/Paddling
Canoe Beach Boat Launch
www.shuswaprowingandpaddling.com

Rugby

Yeti Rugby
Greg Seed 250-832-2052
James Cookson 250-515-0342

Skating

Salmon Arm Skating Club
Sharon Langlois 250-804-2979
salmonarmskating@gmail.com

Salmon Arm Speed Skating
Kimm Magill-Hofmann 250-804-3083

Shaw Centre
(Public Skating/Adult Skinny/
Learn to Skate Program)
2600 10th Ave NE • 250-832-4044

Snowmobiling

Salmon Arm Snow Blazers
Don Mitchell 250-675-2420

Soccer

Shuswap Women's Rec. Soccer Association
Theresa 250-832-9539 • swarsa.info@gmail.com

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

Peter Jannink Nature Park (Shuswap Naturalists Park)
Access from Narcisse St NW and Hudson St NW

Raven Trail
Access from 14th St NE in Raven

RJ Haney Park
751 Highway 97B NE

Rotary/Turner Creek Trail
McGuire Lake Park to 30 St/Okanagan Ave.

South Canoe Trail System
10th Ave & 70 St SE

Walking/Hiking Groups

Cool Running Walking and Fitness Inc.
Ray/Elaine Warner 250-832-1381

Shuswap Lady Striders
Linda Buker 250-804-0551

Shuswap Mountaineering Club
bose@jetstream.net

Shuswap Naturalist Club
Ed McDonald 250-835-8802

Shuswap Outdoors
Connie Harris 250-832-8729

Shuswap Trail Alliance
Phil McIntyre-Paul 250-832-9509

Shuswap Young Naturalist Club
Sherry Bowlby 250-832-8383

Yoga

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

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

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

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

Yoga with Laura
250-833-0200