

FUN GUIDE

Winter 2024



SASCU Recreation Centre

 **ROGERS**
together with Shaw

Online Registration begins Monday Dec 11 • 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 Dec 11, 2023

Holiday Hours

Dec 24.....10:00am - 2:00 pm

Dec 25/26.....Closed

Dec 30/31.....10:00am-2:00pm

Jan 1.....Closed

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



I love to run.

Help me develop physical literacy and I will be

ACTIVE  LIFE 

Our **Get Active Guide** is a comprehensive listing of community groups, businesses, indoor and outdoor facilities to help you get active.

For a complete copy of the guide please visit pages 16-21



FREE Family Day Activities

February 19, 2024

FREE SKATE WITH THE SILVERBACKS

4:15-5:15pm

Bring the family for a free skate after the Silverbacks game.

No ticket required for the free skate. Must bring own equipment (skates and helmet)



FREE PUBLIC

SWIM

1-4pm

Bring the family for a free public swim

Space is Limited

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.

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

January 8—March 13

***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 Thanks to the Shuswap Children's Association and the Ministry of Children and Families

TOT SPORTS

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

Tot 4+ years old

Mondays • 11:45am-12:30pm

January 22-February 26

\$36 / 6 sessions

Parent & Tot 3+ years old

Wednesdays • 11:45am-12:30pm

January 24-February 28

\$36 / 6 sessions

Parents must stay for this session

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

January 9-March 12

\$150/10 sessions



Child & Youth Programs

SAFE AT HOME, SAFE ALONE

(9-12 year olds)

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

5:45-7:45pm

Sessions:

A January 23

B February 21

C March 13

\$20/Session

(includes work booklet)



BABYSITTERS COURSE

RED CROSS (11+ year olds)

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

SASCU Recreation Centre Room 2

Sessions:

A January 10 - February 7, 6-8pm

B February 16, 8:30am-4:30pm

\$100/5 2 hour Session + \$8 work book

\$100/1 8hour Session + \$8 work book



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

MEDITATION & MINDFULNESS AND BREATH FOR KIDS AND TEENS

\$60/6 session

Thursdays
3-4pm Kids 4-5pm Teens

learn how to use breath to reduce stress and manage emotions with Brandi from Galeria Estima

COLUMBIA SHUSWAP SELKIRKS SWIM CLUB

JOIN US TODAY

FUN, FRIENDSHIP, FITNESS

WWW.SELKIRKSSWIM.CA

Selkirks Swim Club
 @selkirksswimclub

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

Skating/Walking loop



PUBLIC SKATING

SUNDAY	TUESDAY	THURSDAY	FRIDAY
	 SENIOR/ PARENT & TOT 1:30-230 HUCUL POND	 SENIOR/ PARENT & TOT 1:30-230 SPECTATOR	
PUBLIC SKATE 3-4:30pm HUCUL POND	CHEAP SKATE 2:45-4:15pm HUCUL POND	CHEAP SKATE 2:45-4:15pm SPECTATOR	PUBLIC SKATE 7-8:30pm HUCUL POND

Admission

Adult (19+) \$6.25 ♦ Senior(60+) \$5 ♦ Student (13-18) \$5 ♦ Child (6-12) \$4
Tot (1-5) \$1.75 ♦ Parent & Tot \$5.75 ♦ Family (max 5 people) \$13.50

- ♦ CASH ONLY
- ♦ NO SKATE RENTALS AVAILABLE AT THE ARENA
- ♦ HELMETS ARE HIGHLY RECOMMENDED FOR ALL PARTICIPANTS
- ♦ SCHEDULES ARE SUBJECT TO CHANGE WITH OUT NOTICE

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

Skating

KIDS AND ADULT LEARN TO SKATE PROGRAMS

Our Learn to Skate program is designed to teach the basics of skating to allow skaters 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 (3+yo)

Learning all the basics from falling down and getting back up; to moving, hopping and gliding.

A. Mondays: 9 Sessions (Jan 8-March 11)

11:30 am - 12:00 pm

B. Wednesdays: 10 Sessions (Jan 10-March 13)

11:30 am - 12:00 pm

HUCUL POND
\$80/10session
\$72/9sessions

Walrus - Improve your Skills (3+yo)

This class 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.

A. Mondays: 9 Sessions (Jan 8-March 11)

12:00 pm - 12:30 pm

B. Wednesdays: 10 Sessions (Jan 10-March 13)

12:00 - 12:30 pm

HUCUL POND
\$80/10session
\$72/9sessions

Adult Learn to Skate/Skills and Drills

Learn to skate is for the very beginner, learn the basics from moving to gliding to stopping
Mondays: 5 Sessions (Jan 29- March 11)

12:30 pm - 1:15 pm

Skills & Drills - is for skaters looking to improve skating skills.

S&D, Wednesdays: 6Sessions (Feb 7-March 13)

12:30 pm - 1:15 pm

HUCUL POND
\$60/5session
\$72/6session



Auditorium Schedule

Auditorium Sport Schedule						
January 8-March 17						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Badminton 8-10am		Badminton 8-10a			
Motoring Munchkins 9-11am	PRIVATE BOOKING 10-10:25am	Motoring Munchkins 9-11am	PRIVATE BOOKING 10-10:25am	Pickleball Recreational 9-11am	Private Booking 10am-12pm	
TOT Sport 11:45am-12:30pm	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 Advanced 1-3pm	Pickleball Advanced 1-3pm	Pickleball Recreational 1-3pm	Pickleball Advanced 1-3pm			Pickleball Comp/Adv 12:30-2:30pm
Pickleball Competition 3:15-5:15pm	PRIVATE BOOKING 3:30-9:30pm	PRIVATE BOOKING 3:30-6pm	PRIVATE BOOKING 3:30-6pm	Private Booking 3:30-9:30pm		Pickleball Recreational 2:45-4:45pm
PRIVATE BOOKING 5:30-8:30pm		Adult Volleyball 6:30-10:30pm	Adult Volleyball 6:30-10:30pm			
Adult Drop in Basketball 8:30-10:30pm						
Pickleball Legend	EVERYONE WELCOME AT PICKLEBALL LEVELS ARE JUST A GUIDE THIS IS DROP IN NOT PICKLEBALL CLUB					
Recreational						
Competition						
Advanced						
			*To maximize playing time Pickleball is Round Robin Play *Tot Sport and Volleyball are registered programs. *All programs are subject to change and cancellation without notice *All Drop in programs are unsupervised			



PROVINCIAL MARTIAL ARTS

JOIN OUR TEAM

SALMON ARM
ELKS HALL
MON & WED
5pm 6-12yr old
6pm Teen/Adult

SICAMOUS
Red Barn
TUES & THURS
5pm 6-12yr old
6pm Teen/Adult



TRAIN WITH
PROFESSIONAL STUNT WOMAN
6TH DEGREE BLACK BELT &
TEAM CANADA COACH
HOLLY RACZYNSKI

PROGRAM IS ON GOING
FREE TRIAL CLASS
FAMILY RATES AVAILABLE
EMAIL US TO RECEIVE REGISTRATION DETAILS

pmakarate@gmail.com **250-253-2406** **www.provincialmartialarts.ca**



INDOOR ROCK CLIMBING

DROP IN
MEMBERSHIPS
BIRTHDAY PARTIES
STAFF PARTIES
LESSONS
RENTAL EQUIPMENT

OPEN 7 DAYS A WEEK

778.489.5594
CLIMB@GYMOFROCK.COM

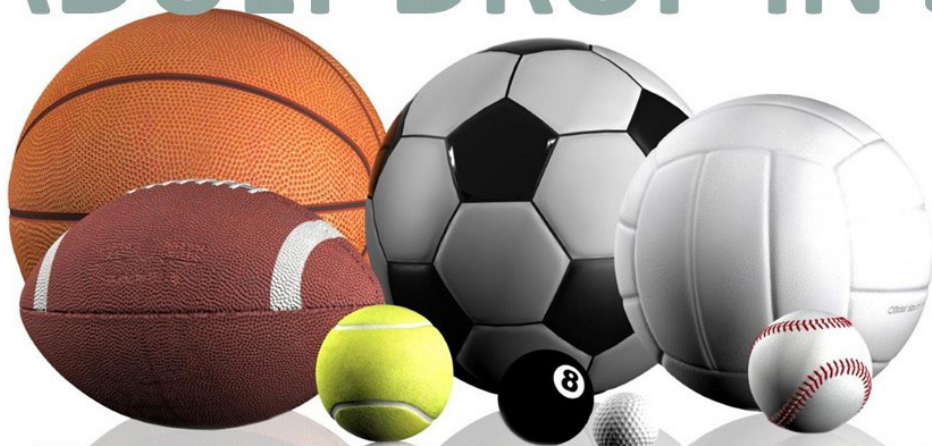


KIDS LESSONS
START IN JANUARY
REGISTER TODAY!

WWW.GYMOFROCK.COM

Drop-In Sports

ADULT DROP IN SPORTS



BASKETBALL

8:30-10:30pm
MONDAYS

Teams made
upon arrival

BADMINTON

8-10am
TUES/THURS

Round Robin
Game Play

PICKLEBALL

Multiple Times
SUN-FRI

Round Robin
Game Play

January 8-March 22

EVERYONE WELCOME -
these are not leagues
or clubs

Must be 16 to partici-
pate in the Adult Drop
in Sports

EXCLUSION DATES FOR ALL
DROP IN SPORT CAN BE FOUND
ON THE WEBSITE AND POSTED
ON THE WHITEBOARD NEAR
THE AUDITORIUM

*Schedules are subject to
change without notice



SHUSWAP
Ringette

RINGETTE PROVIDES AN
OPPORTUNITY TO...

- ✓ DISCOVER NEW SKILLS
- ✓ BE PART OF A TEAM
- ✓ MAKE FRIENDS
- ✓ GET ACTIVE
- ✓ HAVE FUN

FUN-U19
All skill levels welcome

Register Online
www.shuswapringette.rampregistrations.com

EARLY BIRD
DEADLINE
AUGUST 1ST



@shuswap_ringette

!!!NEW!!!

TEEN GAME NIGHTS

At the SASCU Auditorium

January 27, February 24, March 23
6-9pm
12-16 years olds

Oversized games like connect 4, beanbag
toss, frisbee golf, basketball, floor hockey.

Each night will be a little
different .

\$10.70/student

Includes pizza and a beverage
pre-register only



DROP IN STICK & PUCK

January 29, 1-2:30pm

12 & Under on Hucul Pond

13+ on Spectator

All participants must bring their own skates, helmet, and stick
Schedules are subject to change without notice

Admission

Student (13-18) \$5 ♦ Child (6-12) \$4 ♦ Tot (1-5) \$1.75 ♦ Parent & Tot \$5.75

Volleyball League

(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 1** to be included in the league schedule.*

For more information email: Krista - kbridge7@yahoo.com

SASCU Recreation Centre Gym
Wednesdays/Thursdays:
6 - 10pm
January 10– March 14
\$260/team



Dancing/Yoga

DANCE LESSONS

(16+ years old)

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 and there is limited space, so register early.

Little Mountain Field House

MONDAYS

January 8-February 12

5 sessions

SALSA 5:30 – 6:30 pm

TANGO 6:30 - 7:30 pm

\$87.40/ couple

February 26-April 8

6 Sessions

(No Class April 1)

FOXTROT/HUSTLE 5:30-6:30pm

TWO-STEP 6:30-7:30pm

\$104.88/couple



PROGRESSIVE TENNIS

(19+ years old)

Using low compression balls, appropriately sized racquets and nets on a smaller court you will learn skill progressions, working your way to the baseline for full-court play. You will experience immediate success by building your skills as you learn to play.

Salmon Arm Tennis Club

MONDAYS

5:30pm to 6:55pm

A January 8, 15, 22, 29

B February 5, 12, 26 March 4

C March 11, 18, 25 April 8

\$95/4 sessions

In partnership with The Salmon Arm Tennis Club

CHAIR TO MAT YOGA

(16+ years old)

Join Brandi from Galeria Estima for gentle

CHAIR TO MAT 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 oneself off the floor assisted only by the chair.

SASCU Recreation Centre Room 1

Thursdays 10-11am

January 11-March 14

\$100/10Sessions

Drop in for \$12/class



Courts and Fitness Room

SASCU Racquetball & Squash Courts



COURT TIMES

Monday-Friday	6:30a-8:15p
Saturday	8:30a-8:15p
No Swim Lesson Saturday	2p-8:15p
Sunday/Stats	1p-3:15p

**Book your court time
ONLINE!**

\$16.50/court/45min

Additional time can be
purchased at \$5/15min

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 \$6.25

SENIOR \$5.00

STUDENT(16+) \$5.00

EQUIPMENT

Stability balls ♦ stretching mats ♦ medicine balls ♦ BOSU balls ♦ free weights ♦ elliptical trainer ♦
upright & recumbent bikes ♦ treadmills Atlantis ♦ cross trainer ♦ TV/Music

Get Active Guide



SALMON ARM GET ACTIVE GUIDE

ARCHERY

Archery Club	250-832-0205		
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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
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

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		

SALMON ARM GET ACTIVE GUIDE

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

Jamila Mai Bellydance	250-833-1915	
Just For Kicks	250-675-2121	www.justforkicks.ca
Square Dance Club		bernond@live.ca
Shuswap Dance Centre		www.shuswapdance.com

EQUESTRIAN

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		
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 Core Pilates	778-821-1426	

Get Active Guide

SALMON ARM GET ACTIVE GUIDE

FITNESS CENTERS CONTINUED			
Shuswap Total Fitness	778-489-5551	shuswaptotalfitness@gmail.com	www.shuswaptotalfitness.com
The Cardio Connection	250-833-2717		https://www.cardioconnection.ca
Anytime Fitness	778-489-5323		https://www.anytimefitness.com/gyms/2819/salmon-arm-bc-v1e-2s7

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) 832-009	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
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MARTIAL ARTS

Northern Spirit Martial Arts	250-463-4925		
Kees Tae Kwon Do	250 833-0661		

SALMON ARM GET ACTIVE GUIDE

MARTIAL ARTS CONTINUED

Provincial Martial Arts	250.253-2406	pmakarate@gmail.com	https://www.provincialmartialarts.ca/contact-us
Shuswap Brazilian Jui-Jitsu	250-804-9262		https://www.shuswapbjj.com/

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
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Get Active Guide

SALMON ARM GET ACTIVE GUIDE

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.wo

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	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
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SALMON ARM GET ACTIVE GUIDE

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 TRAILS

Trail Alliance			shuswaptrails.com
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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	
Sweet Freedom Yoga	250-832-2720		https://www.sweetfreedomyoga.com

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

Advanced Aquatics

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.

Jan 8th - Feb 7 Mon/Wed 5:45 - 6:45 pm

Register online www.salmonarmrecreation.ca

Bronze Medaillion

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

Jan 2nd - 5th Tues-Friday 11:00 - 4:30 pm

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

Bronze Cross TBA

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

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 TBA

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.

Lifesaving Swim Instructor TBA

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

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

Swim Lessons

Session 1 - AM January 8 - February 7

10 Sessions Mon/Wed AM

	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 1 - PM January 8 - February 7

10 Sessions Mon/Wed PM

	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

Session 2 - AM

February 12 - March 13

9 Sessions Mon/Wed AM *No lessons Feb 19th*

	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 2 - PM

February 12 - March 13

9 Sessions Mon/Wed PM *No lessons Feb 19th*

	Code	Time
Parent and Tot 1	2 - B	3:00 - 3:30 pm
Parent and Tot 2	2 - B	3:00 - 3:30 pm
Parent and Tot 3	2 - B	3:00 - 3:30 pm
Preschool 1	2 - C	3:30 - 4:00 pm
Preschool 2	2 - B	3:30 - 4:00 pm
Preschool 2	2 - C	5:15 - 5:45 pm
Preschool 3	2 - B	4:00 - 4:30 pm
Preschool 4	2 - A	5:30 - 6:00 pm
Preschool 5	2 - A	5:30 - 6:00 pm
Swimmer 1	2 - A	4:45 - 5:15 pm
Swimmer 1	2 - B	4:45 - 5:15 pm
Swimmer 2	2 - A	3:30 - 4:00 pm
Swimmer 3	2 - A	5:15 - 5:45 pm
Swimmer 4	2 - A	4:00 - 4:45 pm
Swimmer 5	2 - A	4:45 - 5:30 pm
Swimmer 6	2 - A	4:30 - 5:15 pm
Rookie Patrol	2 - A	4:00 - 4:45 pm
Ranger Patrol	2 - A	4:00 - 4:45 pm
Star Patrol	2 - A	5:15 - 6:00 pm

Swim Lessons

Saturday January 6 - March 9 8 Sessions *No lessons Febuary 10th, 17th*		
	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

Aquatic Weekend 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

January 19 - Winter Wonderland

February 23 - Tropical Resort

March 15- Spring Break

\$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: \$32.10 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

Jan 6
Feb 3
Mar 2

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

January 8 - March 15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aquafit Shallow 9:00 - 9:45		Aquafit Deep 9:00 - 9:45		Aquafit Shallow 9:00 - 9:45
Aquafit Deep Power 10:00-10:45	Noon Fit 12:15 -1:00		Noon Fit 12:15 - 1:00	

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.
- 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 Feb 19th****



Pool Schedules

Holiday Schedule

Sunday, December 24 - Saturday, December 30							
times subject to change without notice							
	Sunday 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30
Lap Lanes		Closed	Closed	6:30 - 9:00am	6:30 - 9:00am	6:30 - 9:00am	
Laps & Leisure	10:00am - 12:00pm			9:00am-12:00pm (2LL) 12:00-1:00pm 4:00-6:00pm	9:00am-12:00pm (2LL) 12:00-1:00pm 4:00-6:00pm	9:00am-12:00pm (2LL) 12:00-1:00pm 4:00-6:00pm	10:00am - 12:00pm
Public Swim	12:00-2:00pm			1:00-4:00pm 6:00-9:00pm	1:00-4:00pm 6:00-9:00pm	1:00-4:00pm 6:00-9:00pm	12:00-2:00pm
Sunday, December 31 - Saturday, January 6							
times subject to change without notice							
	Sunday 31	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
Lap Lanes		Closed	6:30 - 9:00am	6:30 - 9:00am	6:30 - 9:00am	6:30 - 9:00am	
Laps & Leisure	10:00am - 12:00pm		9:00am-12:00pm (2LL) 12:00-1:00pm 4:00-6:00pm	9:00am-12:00pm (2LL) 12:00-1:00pm 4:00-6:00pm	9:00am-12:00pm (2LL) 12:00-1:00pm 4:00-6:00pm	9:00am-12:00pm (2LL) 12:00-1:00pm 4:00-6:00pm	
Public Swim	12:00-2:00pm		1:00-4:00pm 6:00-9:00pm	1:00-4:00pm 6:00-9:00pm	1:00-4:00pm 6:00-9:00pm	1:00-4:00pm 6:00-9:00pm	2:00-4:30pm 6:00-9:00 pm
No Aquafit							



Pool space subject to change. Please be aware a Bronze Medaillion will be in the pool from 11:00 am - 4:30 pm on Jan 2-5.

Pool Schedule - January 6 - March 16, 2024

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

Jan 19, Feb 23, Mar 15 6-9pm, No Public Swim

Jan 6, Feb 3, Mar 2 No Lap Lane 6-9pm

Feb 9 Closed @4pm

Feb 10-11 Closed

Feb 19 1-4pm Public swim only

2024 Admission Rates

	Single Admission		Multi-Use Pass 10 +		6 Month Pass	
	POOL	AQUAFIT	POOL	AQUAFIT	POOL	AQUAFIT
Adult 19+	\$6.25	\$7.50	\$56.25	\$67.50	\$331.43	\$399.38
Senior 60+	\$5.00	\$6.25	\$43.35	\$53.13	\$258.41	\$334.91
Student (13-18yrs)	\$5.00	\$6.25	\$43.35	\$53.13	\$258.41	\$334.91
Child (6 - 12yrs)	\$4.00		\$36.00		\$224.70	
Tot (1 - 5yrs)	\$1.75		\$15.75			
Family	\$13.50		\$121.50		\$668.48	
Parent &Tot	\$5.75		\$51.75			