FUN GUIDE

Summer 2022

Online Registration available for
Summer 2022 Programs
Registration begins
Monday June 6 @ 6:30 am
Online Only - No In-Person Registration
250-832-4044

Registration info

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Program Registration

Monday June 6th
Starts 7:00 am
Online Only

No In-Person registration

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
dflatman@salmonarmrecreation.ca

Swimming pool
sthiessen@salmonarmrecreation.ca
kgilliam@salmonarmrecreation.ca

Shaw Centre ice rinks/rooms
dknight@salmonarmrecreation.ca

Web *www.salmonarmrecreation.ca*

Admin hours
Mon - Fri.....6:30 am - 8:00 pm
Saturday.....1:00 pm - 3:30 pm

Holiday Hours/Closures
Friday July 1 .....closed
Monday August 1 .....closed
Sundays July/August.....closed

Annual Shutdown

Friday August 26 @ 4:00 pm to Sunday September 11.
Re-Opening: Monday September 12

Salmon Arm Recreation Refund Policy

A full refund will be issued for cancelled 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 cancelled if people wait until the last minute to register. Please register early to avoid disappointment. Programs with insufficient registration will be cancelled one week prior to the start date. A full refund will be given to any participant registered in a cancelled program.

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

xplor

Motoring Munchkins 0–5 yrs

Special Summer Days

Drop in to this program designed for parents who have children at various stages of growth and development. Stations are arranged to enhance creative, physical, and social development with an area for those children who are not yet motoring. If bringing a snack, please choose nut-free products.
No program leader in atttendance.

Parent participation required.

SASCU Recreation Centre Auditorium
10:00 am – 12:00 pm
July 18, 19, 20
August 15, 16, 17

FREE

Sponsored by Shuswap Children's Association and Ministry of Children and Families. Regular admission will resume September 2022.

P·L·A·Y Shuswap
Move Together, Live Better ~ For Life.

PLAY Shuswap is dedicated to promoting Physical Literacy and the development of Fundamental Movement Skills.

As part of our community outreach we will have Fundamental Movement stations set up at the following events:

July 1	Enderby Canada Day Festival	Enderby
July 30	Sicamous Family Fun Day	Sicamous
Fall 2022	Coaches Connection and Courses	Salmon Arm

Plan on attending these great community events and drop in to the PLAY Shuswap tent for some Physical Literacy Fun!

Safe at Home ~ Safe Alone
(9 – 12 years)

Learn about basic safety and protecting yourself when unattended at home. First Aid, fire safety and personal safety are some of the topics covered. Includes work booklet. Bring own waterbottle/snack

SASCU Recreation Centre Room 3
Wednesday
9:30 - 11:30 am
A July 20
B August 17
$20/1 session

Red Cross Babysitting Course
(11yrs+)

Learn how to care for infants, toddlers and children safely. This includes First Aid, diapering, disciplining and what to do in emergencies. Participants must attend all sessions to receive certificate of completion. Bring own waterbottle/snack

SASCU Recreation Centre Gym
One Day Course - Wednesdays
8:30 am - 4:00 pm
A July 6
B August 24
$60/1 sessions

Minor League Tennis (7 – 14 years)

This 5-session tennis program provides participants with the opportunity to combine practice and play, with a focus on skill development through match play. Games are played using the Kid's Tennis format, which includes appropriate equipment (based on age and skill level) with corresponding court sizes. Coaching provided by certified coaches of the Salmon Arm Tennis Club.

Register early - limited spaces!

Salmon Arm Tennis Club
Monday - Friday
9:00 – 11:00 am
A July 4 - 8
B August 15 - 19
$100/5 sessions

Drop in Sports

Badminton

SASCU Recreation Centre
Tuesday/Thursday
8:00 am - 10:00 am

Outdoor Tennis

Klahani Park/SAS Jackson have 2 courts on a first come first serve basis.

Outdoor Pickleball

Klahani Park has 6 courts on shared use availability.

	Community Use All Courts Available	Shared Usage	
		Salmon Arm Pickleball Club Use Courts #1, 2, 3, and 6	Community Use Courts # 4 and 5
Monday to Friday	5:00 pm - 9:00 pm	8:00 am - 5:00 pm	8:00 am - 5:00 pm
Saturday	8:00 am - 12:00 pm	12:00 pm - 5:00 pm	12:00 pm - 5:00 pm
	5:00 pm - 9:00 pm		
Sunday	12:00 pm - 9:00 pm	8:00 am - 12:00 pm	8:00 am - 12:00 pm

Aquafit Schedule
July 4 - August 26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aquafit Shallow 9:00 - 9:45am		Aquafit Deep 9:00 - 9:45am		Aquafit Shallow 9:00 - 9:45am

Aquafit Rates

Adult	$7.00
Senior 60+	$5.75
Student 13-18 yrs	$5.75

Self-Guided Aquafit Routine

Can't get to a scheduled class? Like to work out on your own? This 30-minute aquatic workout will help you to work on cardio, core strength and flexibility!

Warmup – 1 minute each of the following moderate paced exercises:

- Stationary jog with elbows swinging back
- Travelling jog with arms pulling you forward in breaststroke form
- Small forward toe kicks with elbows locked at side, hands opening outward and closing back together
- Small cross-country ski with arms straight at sides slicing water forward and back

Stretch – 15 seconds for each of the following exercises (repeat 2 times):

- Straight long-legged cross-country ski with arms opening up wide and closing together.
  Jog forward with arms dragging wide and behind

Cardio – 30 seconds for each of the following exercises (repeat 3 times) to increase heart rate to a comfortable level:

- Jog forward or stationary
- Jumping Jacks\Cross Country Ski – bend front knee/pull water with alternating hands
- Knee lifts - raise knees to a comfortable level

Core Strength – 30 seconds for each exercise:

- Rocking horse back to front raising right knee, breaststroke arms (thumbs up, push water with back of hand)
- Rocking horse back to front raising left knee, swing arms past hips/thumbs inward

Stretch – 15 seconds for each stretch

- Stretch arms and legs by lengthening the muscles you have worked and hold the move for 15 sec.

Please contact kgilliam@salmonarmrecreation.ca if you need clarification on the exercises listed or need alternative exercises.

Consult your physician before starting a new exercise program.

Advanced Aquatics

BRONZE CROSS

Pre-requisite: Completed Bronze Medallion

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as an assistant lifeguard. Candidates strengthen and expand their lifesaving skills and begin to apply principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs. Includes Pocket Mask.

SASCU Recreation Centre Pool
Monday - Friday
July 4-8th
9:00 - 2:30pm
$200/5 Sessions

Water Safety Instructor Course

Pre-requisites:

- 15 years +
- One of: Red Cross Assistant Lifeguard or Bronze Cross (certification does not need to be current)
- Red Cross Swim Kids Level 10 (water safety skills and swim strokes)

Step 1: WSI Skill Evaluation June 7/21st 5:30-9pm

- 4 - 6 hours - Registration required
- SASCU Recreation Centre Swimming Pool

$65

Step 2: WSI Online Component

- 14 - 20 hours - Independent Study

$150

Step 3: WSI Teaching Experience July 11-22 (Mon-Fri)

- 8 - 20 hours - SASCU Recreation Centre Swimming Pool

Free - Must have completed Steps 1 & 2

Step 4: WSI Classroom and Pool Session July 27-29th 8:00am-4:30pm

- 21 - 26 hours - SASCU Recreation Centre

$260 - Must have completed Steps 1 - 3

National Lifeguard

Pre-requisite: Completed Bronze Cross, Standard First Aid CPR-C, 15 years of age

The National Lifeguard Pool certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments.

Dates TBA/Predicted end of August

Dream Job!
LIFEGUARD

National Lifeguard
15 years, Bronze Cross, SFA

Water Safety Instructor
Module 3 - Pool & Classroom
15 years, Bronze Cross, and
Modules 1 & 2

Water Safety Instructor
Module 2 - Experience & Teaching
15 years, Bronze Cross, WSI Skills Evaluation, and Online Course

Water Safety Skills
& Online Course
Evalulation - Module 1
15 years, Bronze Cross

Standard First Aid
15 years

Bronze Cross
Bronze Medallion

Bronze Medallion
13 years or Bronze Star

Bronze Star
for Children 10-13 years

Start Here!

Build the Foundation for Success!

DID YOU KNOW ?

Your Standard First Aid CPR-C has to be through one of these agencies for the National Lifeguard Program:

1. Lifesaving Society
2. Red Cross
3. Canadian Ski Patrol
4. St. Johns
5. Heart and Stroke

Want help planning your lifeguard training?
Consult our aquatic staff by phone at 250-832-4044.

Aquatics

Swim Lessons

Session 1 July 11 - 22 Monday to Friday (10 sessions)		
	Code	Time
Star/Duck	1 - A	10:00 - 10:30 am
Sea Turtle	1 - A	10:30 - 11:00 am
Sea Otter	1 - A	10:30 - 11:00 am
Sea Otter	1 - B	11:15 - 11:45 am
Salamander	1 - A	11:45 - 12:15 pm
Sunfish	1 - A	11:45 - 12:15 pm
Crocodile	1 - A	11:00 - 11:30 am
Whale	1 - A	11:00 - 11:30 am
Level 1	1 - A	10:00 - 10:30 am
Level 2	1 - A	11:15 - 11:45 am
Level 3	1 - A	10:45 - 11:15 am
Level 4	1 - A	10:00 - 10:30 am
Level 5	1 - A	10:30 - 11:15 am
Level 6	1 - A	11:30 - 12:15 pm
Level 7	1 - A	11:00 - 11:45 am
Level 8	1 - A	11:00 - 11:45 am
Level 9	1 - A	10:00 - 10:45 am
Level 10	1 - A	10:00 - 10:45 am

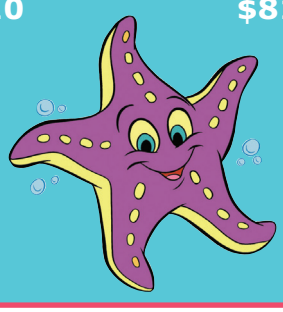
Session 2 August 2 - 12 Monday to Friday (9 sessions)		
	Code	Time
Star/Duck	2 - A	10:00 - 10:30 am
Sea Turtle	2 - A	10:30 - 11:00 am
Sea Otter	2 - A	10:30 - 11:00 am
Sea Otter	2 - B	11:15 - 11:45 am
Salamander	2 - A	11:45 - 12:15 pm
Sunfish	2 - A	11:45 - 12:15 pm
Crocodile	2 - A	11:00 - 11:30 am
Whale	2 - A	11:00 - 11:30 am
Level 1	2 - A	10:00 - 10:30 am
Level 2	2 - A	11:15 - 11:45 am
Level 3	2 - A	10:45 - 11:15 am
Level 4	2 - A	10:00 - 10:30 am
Level 5	2 - A	10:30 - 11:15 am
Level 6	2 - A	11:30 - 12:15 pm
Level 7	2 - A	11:00 - 11:45 am
Level 8	2 - A	11:00 - 11:45 am
Level 9	2 - A	10:00 - 10:45 am
Level 10	2 - A	10:00 - 10:45 am

Session 3 August 15 - 26 Monday to Friday (10 sessions)		
	Code	Time
Star/Duck	3 - A	10:00 - 10:30 am
Sea Turtle	3 - A	10:30 - 11:00 am
Sea Otter	3 - A	10:30 - 11:00 am
Sea Otter	3 - B	11:15 - 11:45 am
Salamander	3 - A	11:45 - 12:15 pm
Sunfish	3 - A	11:45 - 12:15 pm
Crocodile	3 - A	11:00 - 11:30 am
Whale	3 - A	11:00 - 11:30 am
Level 1	3 - A	10:00 - 10:30 am
Level 2	3 - A	11:15 - 11:45 am
Level 3	3 - A	10:45 - 11:15 am
Level 4	3 - A	10:00 - 10:30 am
Level 5	3 - A	10:30 - 11:15 am
Level 6	3 - A	11:30 - 12:15 pm
Level 7	3 - A	11:00 - 11:45 am
Level 8	3 - A	11:00 - 11:45 am
Level 9	3 - A	10:00 - 10:45 am
Level 10	3 - A	10:00 - 10:45 am

Red Cross Swim Lesson Rates

	10 Sessions
Star/Duck/Sea Turtle	$60.00
Sea Otter-Whale	$70.00
Levels 1 - 4	$70.00
Levels 5 - 6	$85.00
Levels 7 - 10	$90.00

	9 Sessions
Star/Duck/Sea Turtle	$54.00
Sea Otter-Whale	$59.00
Levels 1 - 4	$59.00
Levels 5 - 6	$76.50
Levels 7 - 10	$81.00



Swim Lesson Transition

Red Cross is no longer providing swimming lessons we are switching to Lifesaving Society starting September 2022 (see level comparison below).

Transition equivalency:

Red Cross Parented:	To Swim For Life Parent and Tot:
Starfish	Parent and Tot 1 (4-12months)
Duck	Parent and Tot 2 (12-24months)
Sea Turtle	Parent and Tot 3 (2-3 years)

From Red Cross Pre School 3-5years:	To Swim For Life Preschool
Sea Otter	Preschool 1 (if Sea Otter incomplete) Preschool 2 (if Sea Otter complete)
Salamander	Preschool 1 (if Salamander incomplete) Preschool 2 (if Salamander complete)
Sunfish	Preschool 2 (if Sunfish incomplete) Preschool 3 (if Sunfish complete)
Crocodile	Preschool 4 (if Crocodile incomplete) Preschool 5 (if Crocodile complete)
Whale	Preschool 5 (if Whale incomplete) Swimmer 1 or 2 (if 6 years old)

From Red Cross Swim Kids 6-12 years:	To Swim For Life Swimmer
Swim Kids 1	Swimmer 1 (if Swim Kids 1 Incomplete) Swimmer 2 (if Swim Kids 1 complete)
Swim Kids 2	Swimmer 2 (if Swim kids 2 incomplete or complete)
Swim Kids 3	Swimmer 2 (if Swim kids 3 incomplete) Swimmer 3 (if Swim Kids 3 complete)
Swim Kids 4	Swimmer 3 (if Swim Kids 4 incomplete or complete)
Swim Kids 5	Swimmer 3 (if Swim Kids 5 incomplete) Swimmer 4 (if Swim kids 5 complete)
Swim Kids 6	Swimmer 4 (if Swim Kids 6 incomplete) Swimmer 5 (if Swim Kids 6 complete)
Swim Kids 7	Swimmer 5 (if Swim Kids 7 incomplete) Swimmer 6 (if Swim Kids 7 complete)
Swim Kids 8	Swimmer 6 (if Swim Kids 8 incomplete) Rookie Patrol (if Swim Kids 8 complete)
Swim Kids 9	Rookie Patrol (If Swim Kids 9 incomplete or complete)
Swim Kids 10	Ranger or Star Patrol (if Swim Kids 10 incomplete) Bronze Star (if Swim Kids 10 complete)

Pool Schedule - July 3 - August 26 2022

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

NO LAP LANES will be available during our Special Pool Events using our Inflatable.

Annual Shut Down: August 26th Closed at 4 pm; Closed August 27-Sept 12
Starting August 15th: All lap lanes open Mon-Fri 6:30-8:30am
Closed for stat holidays: July 1st/August 1st

2022 Admission Rates

	Single Admission		Multi-Use Pass 10 +		6 Month Pass	
	POOL	AQUAFIT	POOL	AQUAFIT	POOL	AQUAFIT
Adult 19+	$5.75	$7.00	$51.75	$63.00	$309.75	$373.25
Senior 60+	$4.75	$5.75	$40.50	$49.00	$241.50	$313.00
Student (13-18yrs)	$4.75	$5.75	$40.50	$49.00	$241.50	$313.00
Child (6 - 12yrs)	$3.75		$33.75		$210.00	
Tot (1 - 5yrs)	$1.50		$11.75			
Family	$12.50		$112.50		$624.75	
Parent &Tot	$5.25		$47.25			