FUN GUIDE

Winter 2022

salmon arm recreation

SASCU Recreation Centre

Shaw CENTRE

Online Registration begins Monday November 29 • 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
dflatman@salmonarmrecreation.ca
Swimming pool
sthiessen@salmonarmrecreation.ca
kgilliam@salmonarmrecreation.ca
Shaw Centre ice rinks/rooms
dknight@salmonarmrecreation.ca
Web *www.salmonarmrecreation.ca*

Holiday Hours

Dec 24 . . . . . .10:00 - 2:00 pm
Dec 25/26 . . . . . Closed
Dec 31 . . . . . .10:00 - 2:00 pm
Jan 1 . . . . . Closed
Jan 2 . . . . . .1:00 - 4:00 pm

Closed for Swim Meet:

Feb 4 . . . . . . .Closed @ 4:00 pm
Feb 5 . . . . . . .Closed
Feb 6 . . . . . Closed

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.

Registration Online begins 6:30 am Monday November 29

We take your privacy seriously. See our privacy policy at www.salmonarmrecreation.ca/privacy.

How to register for programs:

Online Registration: In order to utilize this service, you need to have an online registration account. Go to www.salmonarmrecreation.ca to initiate the process.

In Person and Phone In: Currently we are not accepting in-person or phone in registrations (online only).

If you have any questions, please call us at 250-832-4044 ext 0.

Monday - Friday	6:30 am - 8:30 pm
Saturday	9:00 am - 8:30 pm
Sunday	1:00 pm - 3:30 pm

Please check our website for facility updates.

www.salmonarmrecreation.ca

salmon arm recreation

Making Movement Matter

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, check out our website:
www.salmonarmrecreation.ca/programs

Child & Youth Programs

Motoring Munchkins

(0 - 5 years)
Parent Participation
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 that are not yet motoring. If bringing snacks, please bring **nut free** snacks.

SASCU Recreation Centre Gym
Mondays and Wednesdays
10:00 am – 12:00 pm
January 5 - March 16
*This program will move to **Room1** starting Monday January 31.*
Please enter through the west side basement doors.

Free - *Sponsored by the Shuswap Children's Association through a partnership with the Ministry of Children and Families*

Safe at Home ~ Safe Alone

(9 – 12 years)
Learn about basic safety and protecting yourself when unattended at home. Parents are welcome to attend. First aid, fire safety and personal safety are some of the topics covered. Includes work booklet.

SASCU Recreation Centre Room 2
Wednesdays
6:00 - 8:00 pm
A January 19
B March 16
$20/1 session

Red Cross Babysitting Course

(11 years +)
Learn how to care for infants, toddlers, and children safely. This includes first aid, diapering, disciplining and what to do in emergencies.

SASCU Recreation Centre Room 2
Tuesdays
6:00 – 8:00 pm
A January 11 - February 8
B February 15 - March 15
$60/5 sessions

Special One Day Course!

SASCU Recreation Centre Room 2
Saturday
8:30 am - 4:30 pm
C March 19
$60/1 session

Skating Programs

Salmon Arm Recreation

Learn to Skate Program

Our Learn to Skate program is designed to teach the basics of skating to allow children 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.

All sessions are held at the Shaw Centre Spectator Arena

Cost: **$80**/10 sessions (all Learn to Skate programs)

Penguins (3 years +)

This class is for children that have never skated before.
Parents are welcome to come on the ice for the first lesson only.

Tuesdays
A 11:30 am – 12:00 pm
B 12:00 - 12:30 pm
January 11 - March 15

Thursdays
C 11:30 am – 12:00 pm
January 6 - March 10

Skills and Drills (3 years +)

This multi-level class is for preschool children that have completed Penguins or can push and glide short distances, stand up on their own and stop, or school aged children of any ability level.

Thursdays
A -12:00 – 12:45 pm
January 6 - March 10

BC Family Day Activities - Monday February 21

All Family Day activities are FREE through a grant from Ministry of Children and Families.

Family Skate Skills
1:00 – 2:00 pm
Join our skating instructors to practice skate skills through fun games and activities.This event will be held on Spectator Arena.

Public Skating
2:00 – 4:00 pm
Bring the family to Hucul Pond for a public skate.

Skating activities are held at the Shaw Centre and swimming is at the SASCU Recreation Centre

Public Swim
1:00 – 4:00 pm
Bring the family to the pool for a swim and hot tub.

Youth & Adult Programs

League Volleyball

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

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

SASCU Recreation Centre Gym
Thursdays 6:00 - 10:00 pm
A January 13 - March 17
$240/team

SASCU Racquetball & Squash Courts

Court times

Mon–Fri	6:30 am–8:15 pm
*Saturdays	9:45 am–8:15 pm
*No swim lesson Sat.	2:00–8:15 pm
Sundays	1:00–3:15 pm

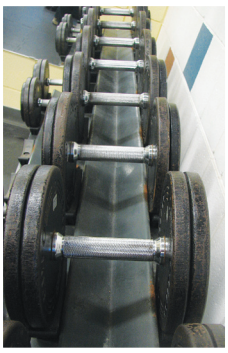
Book your court time Online!
www.salmonarmrecreation.ca
$15/court/45 min.

For more information call

SASCU Recreation Centre - 250 -832-4044 ext. 0

SASCU Recreation Centre FITNESS ROOM

clean • air-conditioned • friendly



Hours

Mon - Fri	6:30am - 9:00 pm
*Saturdays	8:30am - 9:00 pm
*No swim lesson Sat.	2:00pm - 9:00 pm
Sundays	1:00pm - 4:00 pm

Equipment

Stability balls • Stretching mats
Medicine balls • BOSU balls
Free weights • Elliptical trainer
Upright and recumbent bicycles
Treadmill • Atlantis Cross Trainer
Flatscreen TV / music

Cost

Use of the fitness room is included in admission to the pool

- Adult $5.75
- Senior $4.75
- Student (age 16+) $4.75

For more information on the fitness room call **250-832-4044**

Physical Literacy

active lifestyle. The term was first used to describe how kids learn to move and take part in physical activity. Physical Literacy also applies to adults as well – how we learn to get more active and stay that way as we age.

Youth & Adult Drop-In

Youth/Adult Drop-In Sports

These programs start the week of January 3 - 8. All admissions are drop in gym fees and are held in the SASCU Recreation Centre. For ages 16 yrs+.

Note: Drop-in programs may be cancelled due to Auditorium Rentals. Please call ahead to confirm availability as these programs are pre-empted if there is an auditorium booking.

Sports Drop-in Fee:

Student	$4.00
Adult	$4.75
Senior	$4.00

Pickleball

Players interested in playing pickleball should contact Kathy: nielsenkathy00@gmail.com to have their name put on the contact list for monthly updates on the pickleball schedule. To ensure equal playing time for all participants please limit each game to 10 – 15 minutes when there are people waiting to play.

Winter 2022 Gym Sports Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning			Badminton 7:00 - 9:00	**Pickleball 3** 7:00 - 9:00	Badminton 7:00 - 9:00	**Pickleball 3** 7:00 - 9:00	
		Motoring Munchkins 10:00 - 12:00	Pickleball 3 9:30 - 11:30	Motoring Munchkins 10:00 - 12:00	**Pickleball 2** 9:30 - 11:30	**Pickleball 1** 9:30 - 11:30	Basketball 11:00 - 1:00
Afternoon	**Pickleball 2** 1:15 - 3:30	**Pickleball 3** 1:00 - 3:00	**Pickleball 1** 1:00 - 3:00	**Pickleball 80+** 1:00 - 2:30	**Pickleball 1** 1:00 - 3:00	**Pickleball 2** 12:30 - 2:30	
		Pickleball 2 3:00 - 5:00		Discovery Kids Club 3:00 - 4:00	**Pickleball 4** 3:15 - 5:15	Discovery Kids Club 3:00 - 4:00	
Evening				Shuswap Youth Soccer 4:00 - 7:30			
			Pickleball 2 7:00 - 9:00		Volleyball 6:00 - 10:00 *Registered Program*		
		Basketball 7:00 - 9:30					

Pickleball Legend	
	Golden Oldies (80 + years)
	Beginner ("1" Skill Group)
	Intermediate ("2" Skill Group)
	Advanced ("3" Skill Group)
	Tourn. Adv. ("4" Skill Group)

Subject to change
Effective until April 14, 2022
All drop in gym programs are subject to cancellation due to special events.

Shaw Centre Walking Loop

The Shaw Centre Walking Loop is open:

Monday to Friday, 8:00 am—2:00 pm

The Walking Loop is closed during any events that require admission.

- The Shaw Centre walking loop is a 200 metre 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.
- Add the walking tips below to enhance your workout.

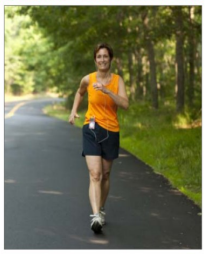
We recommend checking with your doctor before starting a new exercise program.

Walking Tip: Stairs - Up and Down

- Use the stairs in the bleachers to increase your cardio and leg strength: go down 1 - 2 stairs walk across the row in front of the seats and go back up the stairs to the main walking loop, continue on the loop
- Repeat 3 - 10 times
- Build up to more stairs and increased speed

Walking Tip: Swing your Arms

- Elbows bent at 90
- Palms face inwards
- Hands relaxed
- When swinging arms bring thumb to shoulder height in front and elbow to shoulder height when back
- Arms dictate the pace: want to go faster, swing your arms faster!



Walking Tip: Speed up/Slow down

- Start with a good warm up: walk for 5—10 minutes at a comfortable pace
- Walk with increased speed of legs and arms for 2 minutes, then walk at a slower pace for 2 minutes
- Repeat for 3—5 times
- Build up to increased speed for 5
- minutes and a slower pace for
- 3 minutes

Shaw Centre Skating

Tim Horton's Holiday Skate

Shaw Centre – Hucul Pond
Sunday
1:00 – 3:00 pm
December 12
Includes Timbits and Hot Chocolate

Free – *Sponsored by Tim Horton's and Salmon Arm Recreation*

PUBLIC SKATING - 2022

Public Skating	**Friday - 7:00-8:30pm** **Sunday - 3:00-4:30pm**
Cheap Skates ***Tuesday Disco Ball!***	**Tuesday and Thursday** **2:45-4:15pm**
Senior/P&T Skate	**Tuesday and Thursday** **1:30pm-2:30pm**
Stick and Puck	**Dates TBD**

Holiday schedule to be released in December

Admissions	
Adult (19 & over)	**$5.75**
Student/Senior (13-18 years old)	**$4.75**
Children (6-12 years old)	**$3.75**
Parent & Tot	**$5.25**
Tot (0-5 years old)	**$1.50**
Family (Maximum 5 family members)	**$12.50**

salmon arm recreation

Shaw Centre

Please note that all schedules are subject to change without notice.

2021-2022 Salmon Arm Silverbacks 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

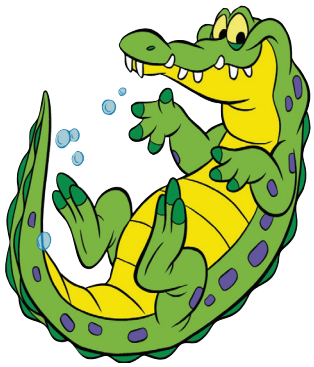
2021-2022 Regular Season & Exhibition Games

HOME GAMES:			AWAY GAMES:		
West Kelowna Warriors	September 25th	6:00PM	Vernon Vipers	September 21st	7:00PM
Vernon Vipers	September 28	7:00PM	West Kelowna Warriors	September 24th	7:00PM
Penticton Vees	October 1st	7:00PM	Penticton Vees	October 2nd	6:00PM
Vernon Vipers	October 15th	7:00PM	Merritt Centennials	October 9th	7:00PM
Wenatchee Wild	October 29th	7:00PM	Vernon Vipers	October 16th	6:00PM
Victoria Grizzles	October 30th	6:00PM	Wenatchee Wild	October 23rd	6:00PM
Vernon Vipers	November 3rd	7:00PM	Coquitlam Express	November 6th	7:00PM
Merritt Centennials	November 5th	7:00PM	West Kelowna Warriors	November 10th	7:00PM
Cranbrook Bucks	November 13th	6:00PM	Vernon Vipers	November 17th	7:00PM
Cranbrook Bucks	November 14th	4:00PM	Wenatchee Wild	November 26th	7:05PM
West Kelowna Warriors	November 19th	7:00PM	Wenatchee Wild	November 27th	6:00PM
West Kelowna Warriors	November 20th	6:00PM	West Kelowna Warriors	December 3rd	7:00PM
Vernon Vipers	November 24th	7:00PM	Alberni Valley	December 10th	7:00PM
Prince George Cougars	December 4th	6:00PM	Powell River	December 11th	7:00PM
Langley Rivermen	December 5th	4:00PM	Merritt Centennials	December 29th	7:00PM
Prince George Cougars	December 17th	7:00PM	Vernon Vipers	January 1st	2:00PM
Vernon Vipers	January 2nd	4:00PM	Penticton Vees	January 12th	6:30PM
Trail Smoke Eaters	January 7th	7:00PM	Chilliwack Chiefs	January 22nd	7:00PM
Penticton Vees	January 8th	6:00PM	Cranbrook Bucks	January 28th	7:00PM
Surrey Eagles	January 20th	7:00PM	Cranbrook Bucks	January 29th	7:00PM
Merritt Centennials	January 26th	7:00PM	West Kelowna Warriors	February 5th	7:00PM
Penticton Vees	February 2nd	7:00PM	Trail Smoke Eaters	February 11th	7:00PM
Trail Smoke Eaters	February 4th	7:00PM	Prince George Cougars	February 25th	7:00PM
Penticton Vees	February 16th	7:00PM	Prince George Cougars	February 26th	7:00PM
Prince George Cougars	February 18th	7:00PM	Trail Smoke Eaters	March 2nd	7:00PM
Cowichan Valley	February 19th	6:00PM	Cranbrook Bucks	March 3rd	7:00PM
Merritt Centennials	March 5th	6:00PM	Penticton Vees	March 9th	6:30PM
Trail Smoke Eaters	March 11th	7:00PM	Prince George Cougars	March 18th	7:00PM
Wenatchee Wild	March 12th	6:00PM	Prince George Cougars	March 19th	3:00PM

****SHOW CASE- Chilliwack ** October 20th – Coquitlam Express 4:00PM October 21st – Nanaimo Clippers 7:00PM**

Swim Lessons

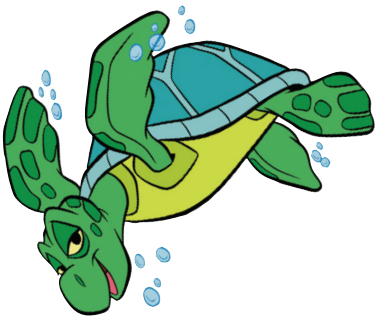
Monday/Wednesday AM January 10 - February 9 (10 sessions)		
Level	**Code**	**Time**
Star	1 - A	10:15 - 10:45 am
Duck	1 - A	10:15 - 10:45 am
Sea Turtle	1 - A	10:45 - 11:15 am
Sea Otter	1 - A	11:15 - 11:45 am
Sea Otter	1 - B	11:15 - 11:45 am
Salamander	1 - A	10:45 - 11:15 am



Monday/Wednesday PM January 10 - February 9 (10 sessions)		
Level	**Code**	**Time**
Starfish	1 - B	3:00 - 3:30 pm
Duck	1 - B	3:00 - 3:30 pm
Sea Turtle	1 - B	3:00 - 3:30 pm
Sea Otter	1 - C	3:30 - 4:00 pm
Salamander	1 - B	3:00 - 3:30 pm
Salmander	1 - C	4:45 - 5:15 pm
Sunfish	1 - A	4:00 - 4:30 pm
Crocodile	1 - A	3:30 - 4:00 pm
Whale	1 - A	5:15 - 5:45 pm
Level 1	1 - A	4:45 - 5:15 pm
Level 2	1 - A	4:45 - 5:15 pm
Level 3	1 - A	5:15 - 5:45 pm
Level 4	1 - A	3:30 - 4:00 pm
Level 5	1 - A	4:00 - 4:45 pm
Level 6	1 - A	4:30 - 5:15 pm
Level 7	1 - A	4:00 - 4:45 pm
Level 8	1 - A	4:00 - 4:45 pm
Level 9	1 - A	5:15 - 6:00 pm
Level 10	1 - A	5:15 - 6:00 pm

Swim Lessons

Monday/Wednesday AM February 14 - March 16 (9 sessions) No Session Feb 21		
Level	**Code**	**Time**
Star	2 - A	10:15 - 10:45 am
Duck	2 - A	10:15 - 10:45 am
Sea Turtle	2 - A	10:45 - 11:15 am
Sea Otter	2 - A	11:15 - 11:45 am
Sea Otter	2 - B	11:15 - 11:45 am
Salamander	2 - A	10:45 - 11:15 am



Monday/Wednesday PM February 14 - March 16 (9 sessions) No Session Feb 21		
Level	**Code**	**Time**
Starfish	2 - B	3:00 - 3:30 pm
Duck	2 - B	3:00 - 3:30 pm
Sea Turtle	2 - B	3:00 - 3:30 pm
Sea Otter	2 - C	3:30 - 4:00 pm
Salamander	2 - B	3:00 - 3:30 pm
Salmander	2 - C	4:45 - 5:15 pm
Sunfish	2 - A	4:00 - 4:30 pm
Crocodile	2 - A	3:30 - 4:00 pm
Whale	2 - A	5:15 - 5:45 pm
Level 1	2 - A	4:45 - 5:15 pm
Level 2	2 - A	4:45 - 5:15 pm
Level 3	2 - A	5:15 - 5:45 pm
Level 4	2 - A	3:30 - 4:00 pm
Level 5	2 - A	4:00 - 4:45 pm
Level 6	2 - A	4:30 - 5:15 pm
Level 7	2 - A	4:00 - 4:45 pm
Level 8	2 - A	4:00 - 4:45 pm
Level 9	2 - A	5:15 - 6:00 pm
Level 10	2 - A	5:15 - 6:00 pm

Red Cross Swim Lesson Rates

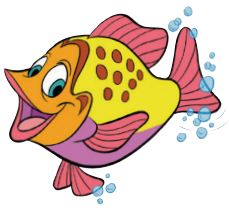
	9 Sessions	10 Sessions
Star/Duck/Sea Turtle	$50.75	$56.50
Sea Otter-Whale	$59.00	$65.75
Levels 1 - 4	$59.00	$65.75
Levels 5 - 6	$71.00	$78.75
Levels 7 - 10	$73.25	$81.25

Swim Lessons

Saturdays January 8 - March 19 8:30 - 11:00 am 9 sessions		
Level	**Code**	**Time**
Starfish	Sat - A	8:30 - 9:00 am
Duck	Sat - A	8:30 - 9:00 am
Sea Turtle	Sat - A	10:00 - 10:30 am
Sea Otter	Sat - A	9:00 - 9:30 am
Sea Otter	Sat - B	10:00 - 10:30 am
Salamander	Sat - A	9:00 - 9:30 am
Salamander	Sat - B	10:30 - 11:00 am
Sunfish	Sat - A	8:30 - 9:00 am
Crocodile	Sat - A	9:30 - 10:00 am
Whale	Sat - A	9:30 - 10:00 am
Level 1	Sat- A	9:00 - 9:30 am
Level 1	Sat - B	10:30 - 11:00 am
Level 2	Sat - A	9:30 - 10:00 am
Level 2	Sat - B	10:30 - 11:00 am
Level 3	Sat - A	8:30 - 9:00 am
Level 4	Sat - A	10:00 - 10:30 am
Level 5	Sat - A	10:15 - 11:00 am
Level 6	Sat - A	8:30 - 9:15 am
Level 7	Sat - A	9:30 - 10:15 am
Level 8	Sat - A	9:30 - 10:15 am
Level 9	Sat - A	9:15 - 10:00 am
Level 10	Sat - A	9:15 - 10:00 am

Saturdays January 8 - March 19 11:30 am - 2:00 pm 9 sessions		
Level	**Code**	**Time**
Starfish	Sat - B	12:15 - 12:45 pm
Duck	Sat - B	12:15 - 12:45 pm
Sea Otter	Sat - C	11:30am - 12:00pm
Salamander	Sat - C	12:00 - 12:30 PM
Sunfish	Sat - B	11:30am - 12:00pm
Crocodile	Sat - B	12:30 - 1:00 pm
Whale	Sat - B	12:00 - 12:30 PM
Level 2	Sat - C	12:30 - 1:00 pm
Level 3	Sat - B	11:30am - 12:00pm
Level 4	Sat - B	12:00 - 12:30 pm
Level 5	Sat - B	12:45 - 1:30 pm
Level 6	Sat - B	11:30am - 12:15 pm
Level 7	Sat - B	12:30 - 1:15 PM
Level 8	Sat - B	12:30 - 1:15 PM

No Saturday lessons Feb 5 (swim meet) and Feb 19 (Family Day weekend)



Spring Break Advanced Aquatic Courses

We are preparing our Spring Break line up of advanced aquatic courses!

Please contact **Stan at 250-832-4044 ext 113**, if you are interested in any of the following courses during spring break - March 21 - April 1, 2022.

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. Pre-requisites:

Bronze Medallion
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.

National Lifeguard
This course builds on the previously learned lifesaving principles and is designed to prepare candidates to be professional facilitators of safety in aquatic environments.

Water Safety Instructor
This multi-faceted course prepares candidates to teach the Red Cross Swim Programs.

Why choose Aquafit?

It is evident that water based aerobics can help to lower the risk of chronic health conditions and promote the wellness of individuals who participate on a regular basis.
Aquafit participants may experience the following health benefits:

- Improved cardiovascular health and better utilization of oxygen
- Reduced blood pressure
- Reduction in inflammation, joint pain and muscle tension

Aquafit Schedule

Winter Schedule January 5 - March 18				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Shallow 9:00 - 9:45		Shallow 9:00 - 9:45		Shallow 9:00 - 9:45
Deep 10:00 - 10:45am		Deep 10:00 - 10:45am		Deep 10:00 - 10:45am
	Wee Fit 11:15 - 12:00		Wee Fit 11:15 - 12:00	
	Self Directed 12:00 - 12:45pm		Self Directed 12:00 - 12:45pm	*Subject to change* *No session Feb 21*

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: Self lead with equipment available.
Shallow: Medium intensity. A variety of moves and cardio based in shallow water.
Deep: Medium intensity. Class gives you the option to go into the deep end.
Wee Fit: Medium intensity. Parent and Tot fitness class. Child must be able to support their own head; no older than 2 years of age.
Self Directed: Equipment will be supplied and music playing for participants to do their own workout.

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. Now you can pre-register Online so you don't miss out or wait in line. Arrive in your theme outfit and swim in a bathing suit.

Includes pizza, beverage & swim.

Fridays
6:30 - 9:00pm

January 28	**Glow Dance**
February 18	**Jungle**
March 18	**Spring Break**

$10.00/student **Pre-register Online
$10.50 at the door.

Pool Birthday Parties

This is the best Birthday Party Deal in Town!

Make a big SPLASH and book your next birthday party at the pool. Bring the cake, goodies and decorations and have a whole lot of fun. Party Zone table may not be available during Covid Restrictions but room rentals are available for birthday parties.
Please call 250-832-4044 ext.0 for more information.

Admission: Regular pool admission - *birthday child is free*

NOTE: All children under 7 years must have an adult in the water ***within arm's reach at all times.***

Special Events

Inflatable Pro D Swim

Fridays
1:00 - 4:00pm
February 18
March 11

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)

Sponsored Public Swims

Join us for FREE Public Swims sponsored by Literacy Association of the Shuswap Society (Unplug and Play) and BC Ministry of Families (Family Day).

1:00 - 4:00 pm
January 23 **Unplug and Play**
February 21 **Family Day**
FREE

Pool Schedules

250-832-4044
www.salmonarmrecreation.ca

Pool Schedule - January 3 - March 19

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

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

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 (3), Water Walking or Running, Hot Tub, Parent & Tot Pool, Sauna

Leisure Only: Parent & Tot Pool, Hot Tub, Sauna

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

Holiday Schedule

Sunday, December 19 - Saturday December 25

times subject to change without notice

	Sunday 19	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25
Public Swim	1-4:00pm	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	12:00pm-2:00pm	Closed
Laps & Leisure		11:00-1:00pm 4:15-6:00pm	8:30-10:00am 4:15-6:00pm	11:00-1:00pm 4:15-6:00pm	8:30-10:00am 4:15-6:00pm	10:00-12:00pm	
Lap Lanes		6:30-8:30am	6:30-8:30am 11:30-1pm	6:30-8:30am	6:30-8:30am 11:30-1pm		
Parent and Tot			10:30-11:30am		10:30-11:30am		
Aqua Fit		9:00-9:45am 10:00-10:45am		9:00-9:45am 10:00-10:45am			

Sunday, December 26 - Saturday, January 1

times subject to change without notice

	Sunday 26	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31	Saturday 1
Public Swim	Closed	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	12:00pm-2:00pm	Closed
Laps & Leisure		11:00-1:00pm(1LL) 4:15-6:00pm	8:30-10:00am 4:15-6:00pm	11:00-1:00pm(1LL) 4:15-6:00pm	8:30-10:00am 4:15-6:00pm	10:00-12:00pm (1LL)	
Lap Lanes		6:30-8:30am	6:30-8:30am 11:30-1pm	6:30-8:30am	6:30-8:30am 11:30-1pm		
Parent and Tot			10:30-11:30am		10:30-11:30am		
Aqua Fit		9:00-9:45am 10:00-10:45am		9:00-9:45am 10:00-10:45am			

Sunday Jan 2 & Monday Jan 3 open 1-4pm Public Swim

2022 Admission Rates

	Single Admission		Multi-Use Pass 10 +		6 Month Pass	
	POOL	AQUAFIT	POOL	AQUAFIT	POOL	AQUAFIT
Adult 19+	$5.75	$7.00	10%	10%	$309.75	$373.25
Senior 60+	$4.75	$5.75	15%	15%	$241.50	$313.00
Student (13-18yrs)	$4.75	$5.75	15%	15%	$241.50	$313.00
Child (6 - 12yrs)	$3.75		10%		$210.00	
Tot (1 - 5yrs)	$1.50		25%			
Family	$12.50		10%		$624.75	
Parent &Tot	$5.25		10%			