

# FUN GUIDE

## SUMMER 2026



 **ROGERS Rink**



**SASCU**

**Online Registration begins MONDAY JUNE 8 at 6:30am**

**[www.salmonarmrecreation.ca](http://www.salmonarmrecreation.ca) 250.832.4044**

# REGISTRATION INFORMATION

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## SASCU Recreation Centre

250-832-4044 • 2550 10th Ave NE

### Facility bookings

#### Parks/fields/SASCU Recreation Centre

rscott@salmonarmrecreation.ca

### SWIMMING POOL

kgilliam@salmonarmrecreation.ca

## ROGERS RINK

250-832-4044 • 2600 10th Ave NE

### ROGERS RINK ice rinks/rooms

cdeboer@salmonarmrecreation.ca

### SASCU LITTLE MOUNTAIN FIELD HOUSE

cdeboer@salmonarmrecreation.ca

## 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 begins  
6:30 am Monday June 8, 2026**

# KIDS SUMMER BREAK CAMP

**KIDS SUMMER CAMP**  
**\$240/week**  
(7-12 years old)

## Ultimate Summer Camp

Fun in the Sun, All Day Long!

Looking for a memorable way to keep your kids active, engaged, and smiling all summer? Ultimate Summer Camp offers a 5-day, full-day experience filled with sunshine, laughter, and exciting activities designed to inspire creativity, build friendships, and burn energy in the best possible ways.

Campers will enjoy a fun-filled mix of group games, sports, hiking, swimming, and arts & crafts. Every day brings something new as we explore local parks, playgrounds, and courts, enjoy time at the recreation centre and swimming pool, and head out on exciting day trips—including splash-worthy visits to waterparks.

Please pack a lunch, snacks, a water bottle, and sunscreen each day to keep your camper fueled and ready for fun in the sun.

Whether your child loves outdoor play, creative activities, or making new friends, Ultimate Summer Camp has something for everyone. Spaces fill quickly, so don't miss out on this ultimate summer experience!



Week 1 - July 6-10  
Week 2 - July 13-17  
Week 3 - July 20-24  
Week 4 - July 27-31  
Week 5 - August 10-14  
Week 6 - August 17-21  
Week 7 - August 24-28

Drop off 8:30am  
SASCU Recreation Centre  
Lower Floor Room 2

Pick up 3:30pm  
SASCU Recreation Centre  
Lower Floor Room 2



# BLACKBURN PARK CONCESSION

**BLACKBURN PARK CONCESSION - OPEN May 15-September 7**

**Every day 10am-6pm**

**Hours may vary based on events in the park**

We're excited to announce that we've taken over the concession at Blackburn Park and can't wait to serve the community! Stop by for all your classic rink favourites, including chicken strips, fries, poutine, popcorn, hotdogs, cold drinks, and frozen treats. This summer, we'll also be adding some fun seasonal favourites like Spitz!

We plan to be open during as many sports games and special events as possible, so there's always a place to grab lunch or a quick snack.

Make sure to stop by, say hello, and fuel up while you enjoy the action at the park!



**I HELP GIRLS  
BELIEVE IN  
THEMSELVES.**

Volunteer today at  
[girlguides.ca/volunteer](http://girlguides.ca/volunteer)

**Girl Guides**

**Shuswap  
Gym of Rock**

**KIDS INDOOR  
ROCK CLIMBING  
SUMMER CAMPS**

**Gym is also open all summer for  
drop in climbing  
all ages all abilities!**

for more information and to register for camp  
head to [www.gymofrock.com](http://www.gymofrock.com)  
or call 778.489.5594

# AUDITORIUM DROP IN SPORTS

Auditorium Program Schedule June 29-September 4						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Adult Drop In Badminton 8-10am</b>		<b>Adult Drop In Badminton 8-10am</b>			
<b>Child Drop In Basketball 3-5pm</b>	<b>Child Drop In Floor Hockey 3-5pm</b>		<b>Child Drop In Basketball 3-5pm</b>	<b>Child Drop In Badminton 3-5pm</b>		
<b>Youth Drop In Basketball 5-7pm</b>	<b>Youth Drop In Floor Hockey 5-7pm</b>	<b>Youth Drop In Volleyball 5-7pm</b>	<b>Youth Drop In Basketball 5-7pm</b>	<b>Youth Drop In Badminton 5-7pm</b>		
<b>Adult Drop In Basketball 7-9pm</b>	<b>Adult Drop In Floor Hockey 7-9pm</b>	<b>Adult Drop In Volleyball 7-9pm</b>	<b>Adult Drop In Basketball 7-9pm</b>	<b>Adult Drop In Badminton 7-9pm</b>		

\*All programs are subject to change and cancellation without notice  
\*All Drop in youth programs are supervised

**CARPET BOWLING  
DROP IN (16+)**  
RACQUET COURTS  
WEDNESDAYS  
1-3pm

**TABLE TENNIS  
DROP IN (16+)**  
RACQUET COURTS  
DROP IN MONDAY 9-11am  
LEAGUE TUES 7-8:30pm/SUN 2-4pm

DROP IN SPORTS FEES		
<b>Adult</b>	<b>19+</b>	<b>\$5.75</b>
<b>Senior</b>	<b>60+</b>	<b>\$4.75</b>
<b>Youth</b>	<b>13 to 18</b>	<b>\$4.75</b>
<b>Child</b>	<b>6 to 12</b>	<b>\$3.50</b>



Adult 16+ Youth 12-16 Child 9-12

ALL SCHEDULES ARE SUBJECT TO CANCELLATION AND CHANGE WITHOUT NOTICE

# CHILD & YOUTH PROGRAMS



## SAFE AT HOME, SAFE ALONE \$24/1 session (9-12 years old)

This class helps kids learn essential safety skills for staying home on their own with confidence. Students will explore basic home safety, including first aid, fire safety, internet safety, phone safety, and personal safety. Through age-appropriate discussion and activities, kids will learn how to make smart choices, recognize potential hazards, and know what to do in common situations.

SASCU Recreation Centre Room 2

Sessions:

August 5

2-4pm

(includes work booklet)

## RED CROSS BABYSITTERS COURSE \$120/course + \$10.50 for book (11+ years old)

The Red Cross Babysitters Course helps youth build the skills and confidence needed to safely care for children and infants. Participants learn essential topics such as child safety, basic first aid, feeding and diapering, age-appropriate activities, and emergency response through hands-on learning. This course is ideal for youth interested in babysitting, caring for younger siblings, or developing responsibility and leadership skills.

SASCU Recreation Centre Room 2

2 day course

THURSDAY/ FRIDAY

9am-2pm

August 6/7

Workbook required



# CHILD & YOUTH PROGRAMS



## MOTORING MUNCHKINS FREE (0-5 years old)

This drop in program is designed for parents who have children at various stages of growth and development. Activities are arranged to enhance physical, and social development. If bringing a snack, please choose nut-free products.

**Parent participation required.**

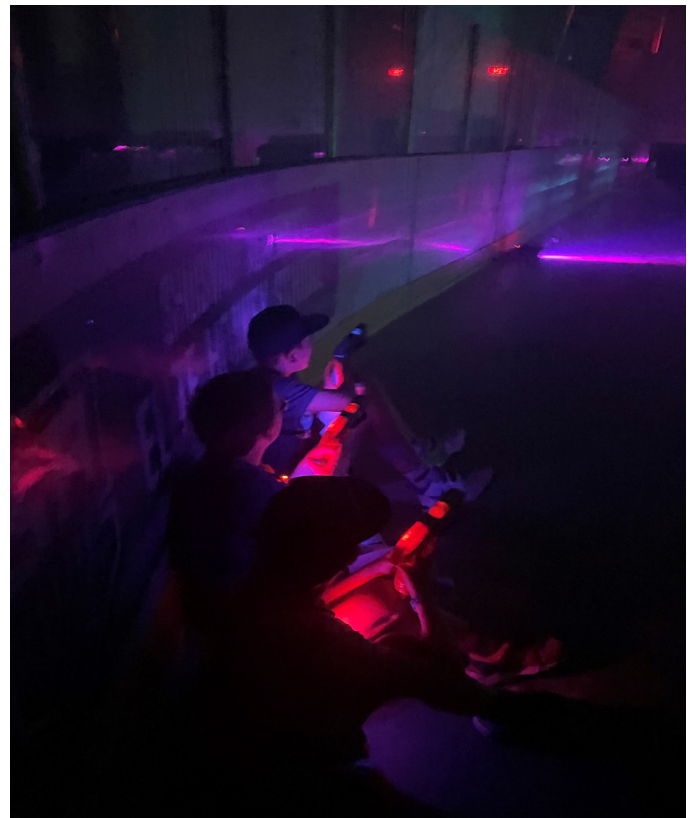
July 15/August 5/September 2  
SASCU Recreation Centre Auditorium  
1-3pm

## LASER TAG POPCORN & FUN \$15/Participant (9-12 years old)

Get ready for an action-packed Laser Tag Adventure filled with excitement, teamwork, strategy, and non-stop fun! During this event, you'll be placed on a team with a program leader, where you and your teammates will work together to design your base, help set up the terrain, and develop a winning team strategy before jumping into an epic game of laser tag.

All equipment is supplied—so just show up ready to play! In Addition to laser tag, each participant gets to enjoy popcorn and a pop, making the experience even more memorable. It's the perfect blend of friendly competition, movement, creativity, and treats—all rolled into one amazing activity!

ROGERS RINK - HUCUL POND  
July 10 or 29  
5:30-7pm



ALL SCHEDULES ARE SUBJECT TO CANCELLATION AND CHANGE WITHOUT NOTICE



# NEW FITNESS ROOM

## FITNESS ROOM HOURS

Monday-Friday	6am-8:30pm
Saturdays/Sundays	9:30am-4pm
Stat Holiday	12-4pm

Salmon Arm — it's time to experience a next-level Fitness Room! Our newly upgraded space is loaded with brand-new premium cardio machines, powerful strength equipment, a full functional training setup, free weights, Olympic plates, benches, and fresh professional rubber flooring throughout. Whether you're chasing personal bests, building strength, or just getting started, this is your place to train harder, move better, and feel stronger than ever. The wait is over — come see what everyone will be talking about!

To request any session, please call the SASCU Recreation Centre at (250) 832-4044. All participants will be required to complete a PARQ+ form before any session.

## FITNESS ROOM TRAINING

- 30 minute Fitness Room Orientation - \$15
- 1 hour Fitness Assessment\* - \$65
- 1 hour Single Personal Training Sessions - \$65
- Kickstart Fitness Package (3 sessions) - \$180
- Momentum Fitness Package (5 sessions) - \$275
- Performance Fitness Package (10 sessions) - \$500
- Youth Fitness Fundamentals\*\* (3 sessions) - \$70

Drop in - Adult \$6.75/Senior \$5.50/Student \$5.50 Punch passes and memberships available

Enjoy more value with every visit! All pool memberships, punch passes, and drop-in fees include full access to our fitness centre. That means you can swim, work out, and relax in the sauna or hot tub—all for one convenient price. See page 19 for prices.

\* required before any personal training session \*\* required for 13 to 15 year-olds to use Fitness Room



## KIM BOND

Weight Room Instructor | Personal Trainer | Group Fitness Instructor

Kim brings energy and direction to the Salmon Arm Recreation Centre, helping participants build strength, move safely, and feel capable in the weight room. She works with all fitness levels — from beginners learning equipment to experienced members wanting better results. Her sessions focus on practical strength, balance, and movement that supports everyday life, with clear coaching and steady progress.

In addition to coaching, Kim educates future fitness leaders, so participants don't just follow exercises — they understand what they're doing and why it works. Expect sessions that are purposeful, supportive, and enjoyable along the way.

Whether you're starting out, returning after time away, or ready for a new challenge, Kim is ready to help you move forward.

# FISHING DERBY

## WIN

OVER \$5000 IN PRIZES  
INCLUDING:

- FISHING TRIP
- ONE YEAR POOL PASS
- FISHING KAYAK
- AND MANY MORE!
- PARENT APPRECIATION PRIZE  
\$1000 IN GROCERIES



# 27TH ANNUAL SALMON ARM KIDS' FISHING DERBY

SUNDAY JUNE 21  
7AM - 11 AM

REGISTRATION 6AM  
AWARD CEREMONY 11:30AM

**THIS IS A FREE EVENT  
FOR KIDS 12 AND UNDER**

All children must be accompanied by  
an adult and **wear a life jacket or PFD**



# OUTDOOR PICKLEBALL & TENNIS COURTS

## PICKLEBALL COURTS - Klahani Park(April 15-October 31)

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

Community courts are first come first serve. **NEW THIS YEAR** - Pickleball courts can be booked for a fee of \$13/hour. To book your court time email [rscott@salmonarmrecreation.ca](mailto:rscott@salmonarmrecreation.ca)

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

## TENNIS COURTS - Jackson, Klahani Park, SMS(April 15-October 31)

### Jackson Tennis Courts (2 courts)

Available for first-come, first-served use on school days after 6:00 pm, and on non-school days from dawn until dusk.

### Shuswap Middle School Tennis Courts (3 courts)

Available for first-come, first-served use on school days after 6:00 pm, and on non-school days from dawn until dusk.

### Klahani Park Tennis Courts (2 courts)

Available for first-come, first-served use daily from dawn until dusk.

Community courts are first come first serve. **NEW THIS YEAR** - Pickleball courts can be booked for a fee of \$13/hour. To book your court time email [rscott@salmonarmrecreation.ca](mailto:rscott@salmonarmrecreation.ca)

# GAZEBOS & FIELDS

## FIELD & PARK BOOKINGS

All fields and park gazebos require a booking for group and recurring use. While fields and gazebos may be available on a first-come, first-served basis, availability cannot be guaranteed.

To book any of the facilities listed below, please email [rscott@salmonarmrecreation.ca](mailto:rscott@salmonarmrecreation.ca).

### FIELDS & DIAMONDS

- Blackburn Multi Use Fields
- Blackburn Ball Diamonds
- Canoe Ball Diamonds
- Downtown Cricket Pitch
- Downtown Multi Use Fields
- Elks Park Ball Diamonds
- Klahani Ball Diamonds
- JL Jackson Field\*
- Little Mountain Multi Use Fields

\*weekends and after 6pm week days

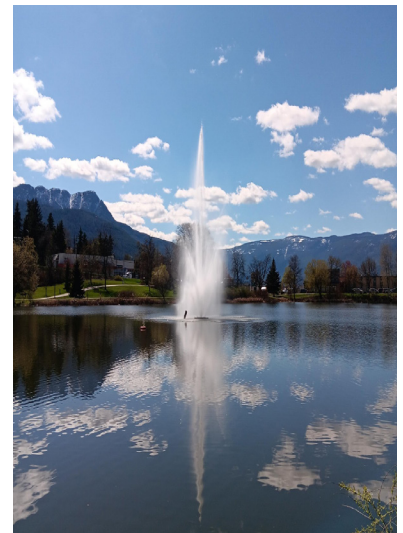
### GAZEBOS

- Blackburn Park
- Canoe Beach
- Klahani Park
- Marine Peace Park
- McGuire Lake Park
- South Canoe Trail



### PARKS

McGuire Lake



# INDOOR FACILITY RENTALS

## SASCU LITTLE MOUNTAIN FIELD HOUSE

**Seating for up to 60 people**

\$42.29/hour or \$296.00 for 12 hours

For more details about the facility or booking, head to [salmonarmrecreation.ca](http://salmonarmrecreation.ca), or email [cdeboer@salmonarmrecreation.ca](mailto:cdeboer@salmonarmrecreation.ca)

## SASCU RECREATION CENTRE - AUDITORIUM

**Seating for up to 400 people**

\$92.23/hour or \$905.58/day

For more details about the facility or booking, head to [salmonarmrecreation.ca](http://salmonarmrecreation.ca), or email [rscott@salmonarmrecreation.ca](mailto:rscott@salmonarmrecreation.ca)

## SASCU RECREATION CENTRE - ROOM 1/2/3 & BOARD ROOM

**Seating for up to 50/40/15 people**

\$33.20/\$23.27/\$16.18 per hour or \$232.14/\$162.90/113.80 per day

For more details about the facility or booking, head to [salmonarmrecreation.ca](http://salmonarmrecreation.ca), or email [rscott@salmonarmrecreation.ca](mailto:rscott@salmonarmrecreation.ca)

## ROGERS RINK - NEUTRAL ZONE

**Seating for up to 40 people**

\$42.44/hour or \$297.05/day

**WIFI, TV, projector, sounds system included**

For more details about the facility or booking, head to [salmonarmrecreation.ca](http://salmonarmrecreation.ca), or email [cdeboer@salmonarmrecreation.ca](mailto:cdeboer@salmonarmrecreation.ca)

## ROGERS RINK - MPR 1/MPR 2

**Seating for up to 15 people**

\$25.54/hour or \$179.36/day

For more details about the facility or booking, head to [salmonarmrecreation.ca](http://salmonarmrecreation.ca), or email [cdeboer@salmonarmrecreation.ca](mailto:cdeboer@salmonarmrecreation.ca)

## ROGERS RINK - LOUNGE

**Seating for up to 60 people**

\$30.93/hour or \$216.82/day

For more details about the facility or booking, head to [salmonarmrecreation.ca](http://salmonarmrecreation.ca), or email [cdeboer@salmonarmrecreation.ca](mailto:cdeboer@salmonarmrecreation.ca)

**BOOK YOUR PARTY, MEETING,  
TEAM WINDUP OR FUNCTION TODAY**

# PRIVATE POOL, ICE, RACQUET COURT RENTALS

**Family Parties, Corporate Events,  
Team Celebrations, Special Gatherings**  
**250-832-4044**

## **POOL RENTAL at the SASCU RECREATION CENTRE**

Make your next celebration unforgettable with exclusive access to our pool! Rentals include use of the sauna, hot tub, leisure pool and main pool. Perfect for family gatherings, team parties, corporate events, or just a fun day with friends.

Enjoy a safe and welcoming environment. Private bookings after regular hours only.

For more details about the facility, rates or to make a booking, email [kgilliam@salmonarmrecreation.ca](mailto:kgilliam@salmonarmrecreation.ca)

## **PRIVATE ICE RENTAL at ROGERS RINK**

**\$125.44/hour+insurance**

**AUGUST 3-SEPTEMBER 15**

Take your event to the next level with exclusive access to our premium ice surfaces! Perfect for family gatherings, extra practices, or special celebrations, private ice time is available whenever the ice is in—based on availability. For more details about the facility, rates or to make a booking, email [cdeboer@salmonarmrecreation.ca](mailto:cdeboer@salmonarmrecreation.ca)

ALL SCHEDULES ARE SUBJECT TO CANCELLATION AND CHANGE WITHOUT NOTICE

## **SASCU RACQUETBALL & SQUASH COURTS**

**\$17.50/court/1 hour**

**BOOK YOUR COURT TIME ONLINE**

**Courts can be booked for Racquetball,  
Squash, Walleyball or Table Tennis**

### **COURT TIMES**

<b>Monday-Friday</b>	<b>6:am-8:30pm</b>
<b>Saturday/Sundays</b>	<b>9:30am-4pm</b>
<b>Stat Holidays</b>	<b>12-4pm</b>

Times are subject to availability



# SPECIAL EVENTS THIS FALL

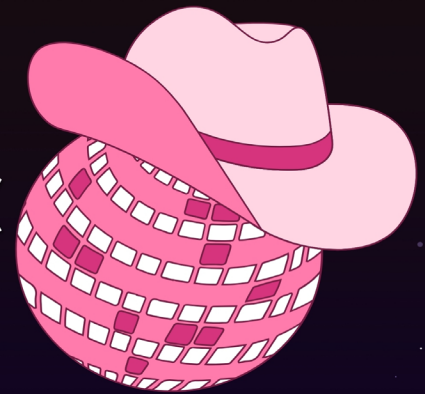
## Community Dances



September 26  
80's Theme

7-11 PM

February 27  
Country Music  
Theme



- 19+ – Non stop Music – Photo Booth – Bar
- Dance the Night Away

TICKETS AVAIBLE IN THE FALL

# SPECIAL EVENTS THIS FALL

## 80'S THEME AEROBICS CLASS



LET'S MAKE  
THIS THE  
LARGEST  
80'S STYLE  
AEROBICS  
CLASS EVER!

THIS ONE  
TIME CLASS  
IS ABOUT  
FUN AND  
FITNESS

OCTOBER 3  
DETAILS TO COME

# BIRTHDAY PARTIES

## BIRTHDAY PARTIES

### POOL PARTY-\$34.25+swim admission

**This is the hottest party in town!**

Celebrate your next birthday party in our Party Zone. Bring the cake, goodies and we'll do the clean-up!

**What's included** - Party Zone picnic tables on deck, and swimming. Pay regular admission per child and the birthday child swim admission is free.

**How to Book** - Visit [www.salmonarmrecreation.ca](http://www.salmonarmrecreation.ca), click on the Aquatics tab, 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.

*This offer only available during public swims*

### SKATING PARTY-\$34.25+skating admission

**This is the Coolest Party in Town!**

Book your next birthday party at the Arena. Bring the cake, goodies and decorations, we'll bring the fun!

**What's included** - 2 Hours in the Multi Purpose Room and skating.

**How many kids** - pay regular admission per child and the birthday child admission is free.

**How to Book** - Visit our website @ [www.salmonarmrecreation.ca](http://www.salmonarmrecreation.ca), click on the Schedules tab, click Public Skating Schedule, scroll down to find the birthday party request form.

NOTE: Rentals are not available at the Arena, must bring own equipment. Hockey is not permitted during public skate, this includes skating with a hockey stick.

*This offer only available during public skate*

### GYM PARTY-\$92.23/hour

**This party can be anything you want!**

Book your next birthday party at the Rec Centre Play basketball, soccer, dodgeball, laser tag, the choices are endless. Bring the cake, goodies and decorations.

**What's included** - 1 Hour in the gym (additional time can be added).

**How many kids** - up to you! The gym has a large capacity.

**How to Book** - Visit our website @ [www.salmonarmrecreation.ca](http://www.salmonarmrecreation.ca), hover over the Recreation Centre tab, click Rentals.

**NOTE:** equipment rentals like dodgeball are an additional cost and laser tag parties are bookable based on staff availability

# ROGERS RINK



# ROGERS Rink

## INDOOR WALKING TRACK

Spectator Rink Concourse

Open during regular operating hours of Rogers Rink. Closed during any event that requires admission.

- 1 loop = 200 meters
  - Surface: 9mm PolyTurf rubber flooring
  - Wheelchair accessible equipped with elevator
  - Walking permitted anytime during regular operating hours
  - Jogging permitted 10am-12pm Monday to Friday
- We recommend checking with your doctor before starting a new exercise routine

## SUMMER SKATE/STICK & PUCK

### Public Skating:

- Mon, Aug 3 – 3-4pm
- Wed, Aug 5 – 3-4pm
- Fri, Aug 7 – 3-4pm
- Sun, Aug 9 – 5-6:30pm
- Mon, Aug 10 – 3-4pm
- Wed, Aug 12 – 3-4pm
- Fri, Aug 14 – 3-4pm
- Tues, Aug 18 – 1-2:30pm
- Thurs, Aug 20 – 1-2:30pm
- Tues, Aug 25 – 1-2:30pm
- Thurs, Aug 27 – 1-2:30pm
- Tues, Sept 1 – 1-2:30pm
- Thurs, Sept 3 – 1-2:30pm

### Stick & Puck:

- Hucul – No scrimmages
- Spectator – Scrimmages
- Sun, Aug 16 – 1-2:30pm
- Mon, Aug 17 – 12:15-1:15pm
- Wed, Aug 19 – 12:15-1:15pm
- Mon, Aug 24 – 1-2:30pm
- Fri, Aug 28 – 1-2:30pm
- Mon, Aug 31 – 1-2:30pm
- Wed, Sept 2 – 1-2:30pm

Skate and gear rentals not available.

## Arena Admission Rates

Rates		
Age	Drop In	10 Punch
Adult (19+)	\$6.75	\$60.75
Infant (0-2)	Free	NA
Preschool (3-6)	\$2.25	\$20.25
Child (7-12)	\$4.50	\$40.50
Youth (13-18)	\$5.50	\$49.50
Senior (60+)	\$5.50	\$49.50
Super Sr. (80+)	\$2.25	\$20.25
Family (max 5)	\$14.50	\$130.50

\* NEW: 10 punch passes do not expire



# AQUAFIT

## 2026 Aquafit Schedule

June 29th - August 14th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aquafit Shallow 9:00 - 9:45am	Aqua Lite 9:00 - 9:45am	Aquafit Deep 9:00 - 9:45am		Aqua Combo 9:00 - 9:45am
Water Running 10:00 - 10:30am		Water Running 10:00 - 10:30am		
Evening Aquafit 7:00 - 7:45pm	Noon Fit 12:15 - 1:00pm	Evening Aquafit 7:00 - 7:45pm	Noon Fit 12:15 - 1:00pm	



	ADULT	SENIOR
SINGLE	\$8	\$6.75
10x PASS	\$72	\$57.38

\*NO Aqua Lite June 26, July 7, 14/NO Classes July 1 and August 3

### AQUAFIT PROGRAM DESCRIPTIONS

**Noon Fit:** A mixture of shallow and deep exercises.

**Shallow:** Medium intensity. A variety of moves and cardio based in shallow water.

**Deep:** Medium intensity. Class fully based in the deep end.

#### **Water Running: Medium Intensity**

A 30 min classed focused in the deep end! After a quick warm up, you'll jump into a travelling the deep end with a variety of moves. This low impact, medium intensity class builds cardio and strength.

#### **Aqua Lite: Low intensity**

This 45 min class is designed for those looking for a slower-paced, supportive workout in the water. Ideal for individuals with mobility challenges, preparing or recovering from surgery, or anyone who is looking for a low impact option, also inclusive to participants living with memory changes. We use a mix of the shallow and deep end (deep always optional for those not comfortable there), focusing on improving balance and strength.

#### **Combo: Medium-High intensity**

A medium to high intensity aqua fit class that keeps you moving from start to finish. This unique format features two instructors running shallow and deep end workouts at the same time. You don't have to choose just one of these instructors as they will switch the side they are teaching half way through. Expect a dynamic mix of cardio and strength.

#### **Evening aqua fit: Medium Intensity**

Your end of day reset. This class blends fun movement, great music and fitness. Unwind the day with a fun workout that has mixtures of shallow and deep water components. Expect a mixture of cardio and feel good movement to energizing beats. Want to hear some of your favourite songs? Tell the instructor and we will make an effort to add it to the queue!

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 SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE

# POOL SCHEDULE

## Pool Schedule - June 29 - August 14, 2026

250-832-4044 [www.salmonarmrecreation.ca](http://www.salmonarmrecreation.ca)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Sauna and Hot Tub are available anytime the pool is open</i>							
<u>Lap Lanes</u>	9:30am-12:00pm	6:00-8:30am 8:30-10:00am(1LL)	7:30-9:00am 9:00-10:00am(3LL) 12:00-1:00(2LL)	7:30-8:30am 8:30-10:00am(1LL)	7:30-9:00am 9:00-10:00am(3LL) 12:00-1:00(2LL)	7:30-8:30am(4LL) 8:30-10:00am(1LL) 5:00-6:30pm	9:30am-12:00pm
<u>Laps &amp; Leisure</u> (no public swim in main pool)		12:00-2:00pm	1:00-2:00pm	1:00-2:00pm	1:00-2:00pm	10:00am-12:00pm	
<u>Discount Dip</u>				12:00-1:00pm			
<u>Public Swim</u>	12:00-4:00pm	2:00-4:00pm 6:30-8:30pm	2:00-4:00pm 6:30-8:30pm	2:00-4:00pm 6:30-8:30pm	2:00-4:00pm 6:30-8:30pm	12:00-4:00pm 6:30-8:30pm	12:00-8:30pm
<u>Relax and Renew</u> (no main pool)			6:00-7:30am	6:00-7:30am	6:00-7:30am	6:00-7:30am	
<u>Heat Retreat</u> (hot tub & sauna only)		10:00am-12:00pm 4:00-6:30pm	10:00-12:00pm 4:00-6:30pm	10:00am-12:00pm 4:00-6:30pm	10:00am-12:00pm 4:00-6:30pm	4:00-5:00pm	
<u>Aqua Fit</u>		<b>Shallow</b> 9:00-9:45am Water Running 10:00-10:30am Evening Fit 7:00-7:45pm	<b>AquaLite</b> 9:00-9:45am NoonFit 12:15-1:00pm	<b>Deep</b> 9:00-9:45am Water Running 10:00-10:30am Evening Fit 7:00-7:45pm	<b>NoonFit</b> 12:15-1:00pm	<b>Dual Bootcamp</b> 9:00-9:45am	

*Number of Lap Lanes available may change with program requirements*

### Dates of Note

**Stat Holiday July 1st Canada Day:** Only open 11:00-3:00pm for Free Public swim

**Stat Holiday August 3rd:** Only open 12-4pm for Public Swim

**Shut Down August 14 @4:00pm - September 6, 2026.**

**Re Open September 7, 2026 12:00-4:00pm ~ Public Swim**

### Special Events

**Friday Fun Swims:** Every Friday we will have a fun activity, all ages.

**Canada Day:** Free swim 11:00-3:00pm, and other fun activities!

## Pool Admission Categories

Rates						
Age	Drop In	10 Punch	1-Month	3-Month	6-Month	1-Year
Adult (19+)	\$6.75	\$60.75	\$67.50	\$182.25	\$324.00	\$567.00
Infant (0-2)	Free	NA	NA	NA	NA	NA
Preschool (3-6)	\$2.25	\$20.25	\$22.50	\$60.75	\$108.00	\$189.00
Child (7-12)	\$4.50	\$40.50	\$45.00	\$121.50	\$216.00	\$378.00
Youth (13-18)	\$5.50	\$49.50	\$55.00	\$148.50	\$264.00	\$462.00
Senior (60+)	\$5.50	\$49.50	\$55.00	\$148.50	\$264.00	\$462.00
Super Sr. (80+)	\$2.25	\$20.25	\$22.50	\$60.75	\$108.00	\$189.00
Family (max 5)	\$14.50	\$130.50	\$145.00	\$391.50	\$696.00	\$1,218.00

\* NEW: 10 punch passes do not expire

\*\* Please ask at front desk for policies on monthly or longer duration passes

# SWIM LESSONS

Mon-Thurs AM July 6-16 8 Sessions	
Parent and Tot 1	10:00-10:30am
Parent and Tot 2	10:00-10:30am
Parent and Tot 3	10:00-10:30am
Preschool 1	10:00-10:30am
Preschool 1	11:15-11:45am
Preschool 2	10:30-11:00am
Preschool 2	11:30-12:00pm
Preschool 3	11:45-12:15pm
Preschool 4	11:00-11:30am
Preschool 5	11:00-11:30am
Swimmer 1	11:45-12:15pm
Swimmer 1	11:30-12:00pm
Swimmer 2	10:30-11:00am
Swimmer 3	10:00-10:30am
Swimmer 4	10:30-11:15am
Swimmer 5	11:00-11:45am
Swimmer 6	11:00-11:45am
Rookie/Ranger/Star	10:30-11:30am

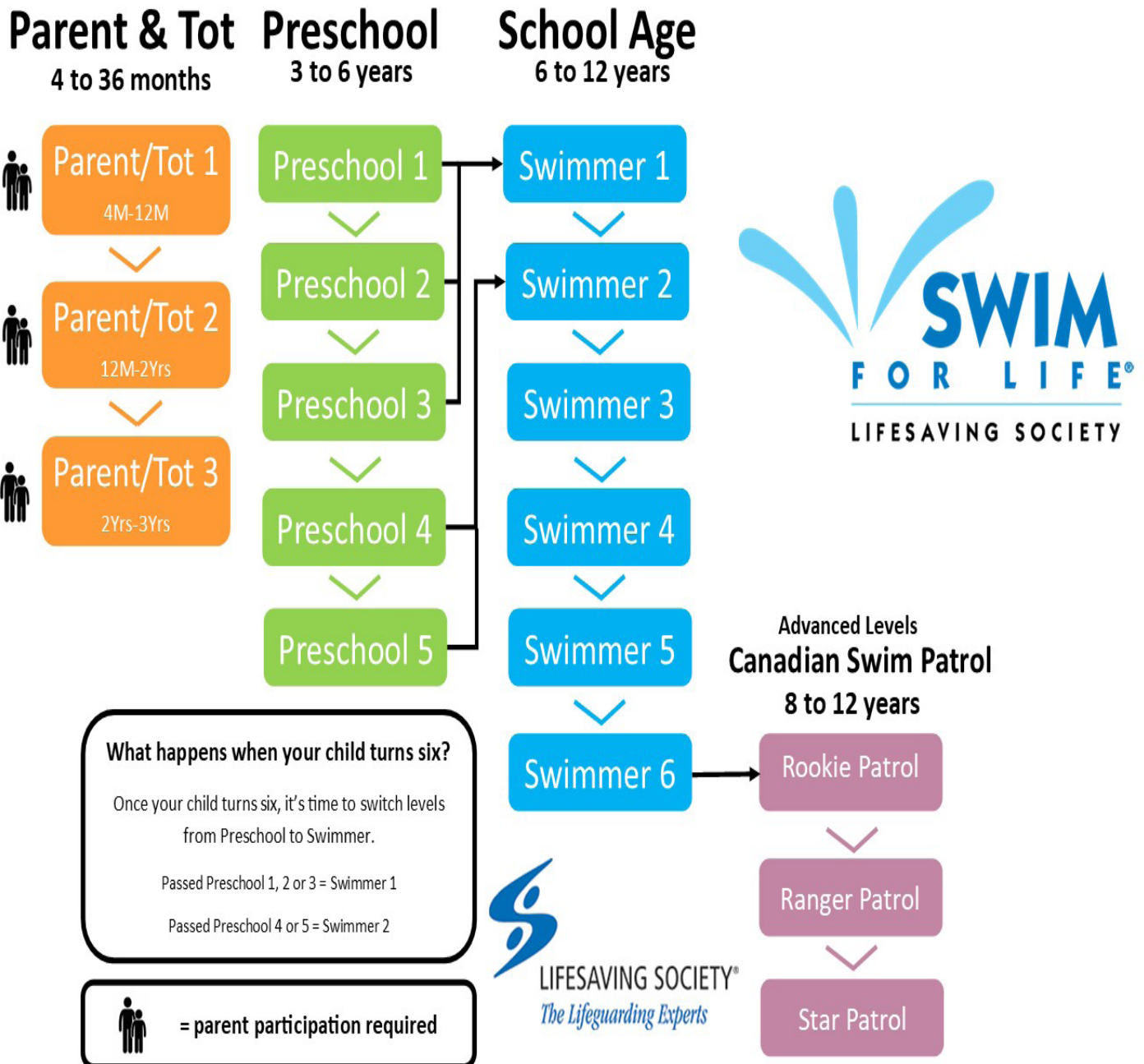
Mon-Thurs AM July 20-30 8 Sessions	
Parent and Tot 1	10:00-10:30am
Parent and Tot 2	10:00-10:30am
Parent and Tot 3	10:30-11:00am
Preschool 1	10:00-10:30am
Preschool 1	11:30-12:00am
Preschool 2	11:15-11:45am
Preschool 2	11:45-12:15am
Preschool 3	10:30-11:00am
Preschool 4	10:00-10:30am
Preschool 5	10:00-10:30am
Swimmer 1	11:15-11:45am
Swimmer 2	11:45-12:15pm
Swimmer 3	10:45-11:15am
Swimmer 4	10:30-11:15am
Swimmer 5	10:00-10:45am
Swimmer 6	10:00-10:45am
Rookie/Ranger/Star	11:00-12:00pm

SWIM FOR LIFE LESSON RATES		8 Sessions
Parent & Tot	1,2,3	\$48.00
Preschool	1 to 5	\$56.00
Swimmer	1 to 3	\$56.00
Swimmer	4 to 6	\$68.00
Rookie/Ranger/Star		\$96.00



# SWIM LESSONS

## Swim for Life Program Structure



# POOL EVENTS

## NEW AT THE POOL - PLAY LEADERS

### During public swims

Get ready to play! Our Playleaders will be there to lead games and activities at most public swims. All games and activities are come and go as you please.



NEW AT  
THE POOL

Friday  
Fun Night

July 3 - August 14  
6:30 - 8:30pm

Dive into your weekend with Friday Fun Nights at the pool! Each Friday brings the possibility of a theme... maybe a special activity... but you'll only find out if you come! Expect surprises, laughs, and plenty of poolside fun.

# ADVANCED AQUATICS

## STANDARD FIRST AID CPR-C

SASCU RECREATION CENTRE POOL

June 29/ 30 7:30am-4pm

CLASS - \$142.86 + tax

MANUAL - \$18(Required)

**Please email: [kgilliam@salmonarmrecreation.ca](mailto:kgilliam@salmonarmrecreation.ca) for more information or to register**

Standard First Aid is equivalent to WorkSafeBC/CSA Z1210-17 Intermediate and can be used by First Aid Attendants in the workplace. Standard First Aid with CPR-C & AED is a prerequisite to the Lifesaving Society's National Lifeguard Awards. This course includes comprehensive training covering all aspects of first aid, CPR and AED use. Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. Standard first aid CPR-C is a pre requisite to Lifeguard course.

**Prerequisite:** 13 years of age (by last day of course)

## LIFESAVING SOCIETY

### NATIONAL LIFEGUARD POOL OPTION

SASCU RECREATION CENTRE POOL

July 7-17 (Tuesday to Friday) 10am-4pm(lunchbreak included)

CLASS -\$416.19 +tax

MANUAL - \$45(Required)

**Please email: [kgilliam@salmonarmrecreation.ca](mailto:kgilliam@salmonarmrecreation.ca) for more information or to register**

The National Lifeguard course is a prerequisite for the Bronze Standard Lifeguard course. This course includes comprehensive training covering all aspects of first aid, CPR and AED use. Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. Standard first aid CPR-C is a pre requisite to Lifeguard course.

#### Pre-requisite:

Bronze Standard Lifeguard course or AED (from a recognized agency below; need not be current)

- Lifesaving Society
  - Canadian Red Cross
  - St. John Ambulance
  - Canadian Ski Patrol
  - Heart and Stroke Foundation
- 15 years old (by the last day)

ONLINE AMOA FAST TRACK(FREE)

**CLASS FULL  
EMAIL TO BE  
PLACED ON WAITLIST**



# 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
Minor Fastball		fastballscott@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
Shuswap Hoops		shuswaphoops2023@gmail.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

## BOXING

Bulldogs Boxing	778-489-5665	info@bulldogsboxing.com	www.bulldogsboxing.com
Whizbang Boxing	250-833-0418	whizbangboxing@gmail.com	https://whizbangboxing.com

## 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		

## 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	250-253-2897	jellis4747@gmail.com	www.comedance.ca
Shuswap Dance Center			www.shuswapdance.com

## EQUESTRIAN

Trail Alliance	250-832-0102	info@shuswaptrails.com	www.shuswaptrails.com
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# GET ACTIVE GUIDE

## FACILITIES

SASCU Recreation Centre	250-832-4044	rscott@salmonarmrecreation.ca	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		
Rogers Rink	250-832-4044	cdeboer@salmonarmrecreation.ca	www.salmonarmrecreation.ca
Elks Hall	250-833-4803		
Little Mountain Fieldhouse	250-832-4044	cdeboer@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

Bulldog Fitness & Boxing Center	250-489-5665	info@bulldogboxing.com	https://bulldogsboxing.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
Anytime Fitness	778-489-5323		https://www.anytimefitness.com

## 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		https://golfnorth.ca/salmonarm/

## GYMNASTICS

Momentum Gymnastics	250-804-0602	info@momentumgymnastics.com	www.momentumgymnastics.com
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## HOCKEY

Minor Hockey	250-832-0095	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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## LACROSSE

Minor Lacrosse		shuswapminorlacrosse@gmail.com	www.shuswapminorlacrosse.com
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## MARTIAL ARTS

Northern Spirit Martial Arts	250-463-4925	northernspiritma@live.ca	www.northernspiritmartialarts.com
Kees Tae Kwon Do	250-833-0661	salmonarm@kees.ca	www.keesokanagan.ca
Provincial Martial Arts	250.253-2406	pmakarate@gmail.com	www.provinciamartialarts.ca
Shuswap Brazilian Jui-Jitsu	250-804-9262	nosbjj@gmail.com	www.shuswapbjj.com/

# GET ACTIVE GUIDE

## PICKLEBALL

Pickleball Club		sapickleballclub@gmail.com	https://sapickleballclub.ca
Recreation Centre	250-832-4044	rscott@salmonarmrecreation.ca	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
William Barker at Canoe Ball Fields			4290 Canoe Beach Dr NE
Blackburn Park			480 5 Ave SW

## RACKETBALL

Courts	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
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## RINGETTE

Ringette		SRA_registrar@outlook.com	www.shuswapringette.com
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## ROCK CLIMBING

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

## ROWING/PADDLING

Salmon Arm Rowing Club		info@salmonarmrowing.ca	https://salmonarmrowing.ca
Shuswap Paddling Club		SARPinformation@gmail.com	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		salmonarmskatingclub@gmail.com	https://www.saskatingclub.com
Speed Skating	250-804-5504	info@salmonarmspeedskating.com	http://salmonarmspeedskating.com
Public Skate	250-832-4044	cdeboer@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
Shuswap Youth Soccer	250-833-5607	admin@shuswapsoccer.com	http://shuswapsoccer.com
Salmon Arm Soccer			https://salmonarmsoccer.com

# GET ACTIVE GUIDE

## SPORT ASSOCIATIONS

Special Olympics	250-833-0157	salmonarm@specialolympics.bc.ca	<a href="https://www.specialolympics.ca/british-columbia/communities/salmon-arm">https://www.specialolympics.ca/british-columbia/communities/salmon-arm</a>
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## SQUASH

Courts	250-832-4044	rscott@salmonarmrecreation.ca	<a href="http://www.salmonarmrecreation.ca">www.salmonarmrecreation.ca</a>
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## SWIMMING

Columbia Shuswap Selkirks		president.selkirks@gmail.com	<a href="https://www.selkirksswim.ca">https://www.selkirksswim.ca</a>
Sockeye Swim Club		sockeyesinfo@gmail.com	<a href="https://sockeyes.teampages.com/">https://sockeyes.teampages.com/</a>
Waves Master Swimming		info@salmonarmwaves.ca	<a href="http://www.salmonarmwaves.ca">www.salmonarmwaves.ca</a>

## TABLE TENNIS

Drop In Table Tennis	250-832-4044	rscott@salmonarmrecreation.ca	<a href="http://www.salmonarmrecreation.ca">www.salmonarmrecreation.ca</a>
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## TENNIS

Tennis Club			<a href="https://clubspark.ca/salmonarmtennisclub">https://clubspark.ca/salmonarmtennisclub</a>
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## ULTIMATE FRISBEE

Shuswap Ultimate Frisbee	778-215-9760	info@shuswapultimate.ca	<a href="https://shuswap.ultimatecentral.com/">https://shuswap.ultimatecentral.com/</a>
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## VOLLEYBALL

Adult Volley Ball League	250-832-4044	rscott@salmonarmrecreation.ca	<a href="http://www.salmonarmrecreation.ca">www.salmonarmrecreation.ca</a>
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## WALKING/HIKING GROUPS

Indoor walking Loop Group	250-832-4044	rscott@salmonarmrecreation.ca	<a href="http://www.salmonarmrecreation.ca">www.salmonarmrecreation.ca</a>
Shuswap Lady Striders		ladystriders@gmail.com	<a href="https://www.shuswapladystriders.ca">https://www.shuswapladystriders.ca</a>
Shuswap Naturalist Club		info@shuswapnaturalists.org.	<a href="http://www.shuswapnaturalists.org">http://www.shuswapnaturalists.org</a>
Shuswap Outdoors Club	250-832-7768		
Shuswap Trail Alliance	250-832-0102	info@shuswaptrails.com	<a href="https://shuswaptrails.com">https://shuswaptrails.com</a>

## YOGA

Gratitude Hot Yoga	250-517-8747	gratitudehotyoga@gmail.com	<a href="https://www.gratitudeyogainc.com">https://www.gratitudeyogainc.com</a>
Namaste Yoga	250-803-6724	namastesalmonarm@gmail.com	<a href="http://yogasalmonarm.com">http://yogasalmonarm.com</a>
Sweet Freedom Yoga	250-832-2720		<a href="https://www.sweetfreedomyoga.com">https://www.sweetfreedomyoga.com</a>

## YOUTH DROP IN SPORTS

Basketball, Volleyball, Floor Hockey, Badminton, Futsal	250-832-4044	rscott@salmonarmrecreation.ca	<a href="http://www.salmonarmrecreation.ca">www.salmonarmrecreation.ca</a>
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To add or edit a listing please email [rscott@salmonarmrecreation.ca](mailto:rscott@salmonarmrecreation.ca)

# CANADA DAY

## 3RD ANNUAL CANADA DAY BALL HOCKEY TOURNAMENT



**SALMONARM**  
RECREATION

**JULY 1, 2026 | ROGERS RINK**

Categories based on grade in September 2026  
k-1, 2-3, 4-5, 6-7, 8-9, 10-12, Adults

**\$100/team entry fee**

MORE INFORMATION AND TO REGISTER:  
[WWW.SALMONARMRECREATION.CA](http://WWW.SALMONARMRECREATION.CA)



# CANADA DAY

**SALMON ARM**   
**RECREATION**  
**CANADA DAY**  
**CELEBRATION**

**JULY 1, 2026 | 11AM-3PM**

 **ROGERS Rink** 

**BALL HOCKEY TOURNAMENT**

**(PLEASE REGISTER)**

**FREE ACTIVITIES**

**BOUNCY CASTLES, LASER TAG,  
FACE PAINTING, GAMES, SWIMMING,  
BIRTHDAY CAKE**

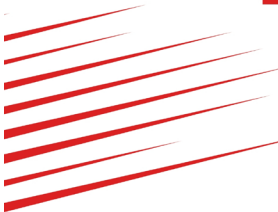
**MUSIC & ENTERTAINMENT**

**FOOD TRUCKS**

**ROGERS RINK CONCESSIONS,  
THE LEMONADE STAND, S'WICHCRAFT**

**FARMERS MARKET**

**SHOW AND SHINE**



# SA YOUTH LOUNGE

COMING THIS FALL  
RECREATION CENTER

A NEW AFTER-SCHOOL  
DROP-IN SPACE FOR  
GRADES 7-12

PLAY. RELAX. STUDY. CONNECT.

POOL · FOOSBALL · AIR HOCKEY  
SOFT HANGOUT SPACES ·  
STUDY AREAS · SPORTS

FULLY SUPERVISED

MORE DETAILS COMING SOON

## ♥ YOUTH LOUNGE SURVEY

(GRADES 7-12)

A NEW SPACE IS COMING  
TO YOUR AREA  
& WE WANT YOUR INPUT!

**TAKE OUR SURVEY**

**TEENS, COMPLETE  
THE SURVEY FOR A  
CHANCE TO WIN A  
\$25 GIFT CARD**



**SCAN  
ME**  
TO SHARE YOUR  
IDEAS

