

SALMONARM
RECREATION

FUN GUIDE

WINTER 2026



 **ROGERS** Rink



SASCU

Online Registration begins MONDAY DECEMBER 1 at 6:30am

www.salmonarmrecreation.ca 250.832.4044

REGISTRATION INFORMATION

CONTENTS

Info	2-3
Holiday Gym Schedule.....	4
Child & Youth Program.....	4-6
Kids Fishing Derby	8
Adult Programs	9-11
Auditorium Schedule.....	12
Courts & Fitness	12
New Years Eve Skate.....	13
Rogers Rink	
Public Skate	13
Stick & Puck	14
Indoor Walking Track	15
Silverbacks.....	16
Birthday Parties	17
Facility Rentals	18-19
AquaFit	20
WeeFit.....	20
Pool Schedule	21
Pool Holiday Schedule.....	22
Pool Special Events.....	22-23
Swim Lessons	24-26
Advanced Aquatics.....	27
Get Active Guide	28
Family Day Free Events.....	33

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

FACILITY BOOKING
Parks/fields/SASCU Recreation Centre
rscott@salmonarmrecreation.ca

SWIMMING POOL
tmoore@salmonarmrecreation.ca

ROGERS RINK
250-832-4044 • 2600 10th Ave NE

ROGERS RINK ice rinks/rooms
cdeboer@salmonarmrecreation.ca

www.salmonarmrecreation.ca

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.

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.

NEW THIS WINTER Sunday Morning Swim Lessons

See page 26 for
levels and times

Recreation On Demand

Do you have a skill or passion you'd like to share with the community? Are you trained to teach a class or lead a workshop? If you have an idea for a course you'd like to offer at the Salmon Arm Recreation Centre, we'd love to hear from you! Please email rscott@salmonarmrecreation.ca with the following details:

- A brief course description
- Your qualifications and relevant experience

We look forward to exploring your ideas!

REGISTRATION INFORMATION



Important Update: Software Upgrade Happened this Fall

This fall we launched a new and improved software platform to bring you a faster, more reliable, and user-friendly experience. There were some hiccups during our first registration with the new system as there often are with any new program. We expect this winter's registration to have fewer hiccups!

What You Need to Know:

New System, Fresh Start

If you successfully registered for the Fall, you are ready to go. If this is your first time registering with us since the Summer, you will need to create a new account.

Creating a new account (IF YOU HAVE NOT DONE SO ALREADY)

How to Get Started:

- 1) Visit <https://salmonarmrecreation.finnlyconnect.com/>
 - 2) Select "Create Your Account"
 - 3) Enter your email address for account
 - i) A valid email address is required and will require access to complete your account set up.
 - 4) Fill out Account information
 - i) Fill out Name, Communication Preferences, Phone, and Address
 - 5) Select Account type
 - i) Choose from the options given such as Individual, Family, Organization or Business
 - (1) Family Account names should be changed to "Surname Family"

For Example – Jane Smith would be "Smith Family"
- **Please note that most user groups have already had an account created and should connect with your scheduling contact with Salmon Arm Recreation before creating a new account.**
- 6) Enter a password - you will use this for logging in, in the future.
 - 7) Enter the Security Code that will be emailed to you for the next step.
 - 8) Account Set up Complete!

Now login and add any additional family members to your account and have a look around!

**Thank you for your cooperation and support as we
make this exciting transition!**

HOLIDAY AUDITORIUM SCHEDULE

2025 Holiday Auditorium Schedule

Sat Dec 20	Sun Dec 21	Mon Dec 22	Tues Dec 23	Wed Dec 24	Thurs Dec 25	Friday Dec 26
	CLOSED	9-11am Motoring Munchkins	Drop In Adult Badminton 8-10am	CLOSED		
	Adult Drop In Pickleball	Adult Drop In Pickleball	Adult Drop In Pickleball	Adult Drop In Pickleball		
	Advanced 12:15-1:45pm	11:30am-1:30pm Advanced	11am-1pm Recreational	11am-1:pm Competition	CLOSED	CLOSED
	Recreation 2--3:30pm	1:45-3:45pm Competition	1:15-3:15 Advanced	1:15-3:15pm Recreational		
	CLOSED	Drop in Youth Basketball 5-7pm	Drop in Youth Futsal 5-7pm	CLOSED		
		Drop in Adult Basketball 7-9pm	Drop in Adult Futsal 7-9pm			

Sat Dec 27	Sun Dec 28	Mon Dec 29	Tues Dec 30	Wed Dec 31	Thurs Jan 1	Friday Jan 2
	CLOSED	9-11am Motoring Munchkins	Drop In Adult Badminton 8-10am	CLOSED		Adult Drop In Pickleball
	Adult Drop In Pickleball	Adult Drop In Pickleball	Adult Drop In Pickleball	Adult Drop In Pickleball		9-11am Advanced
	Advanced 12:15-1:45pm	11:30am-1:30pm Advanced	11am-1pm Recreational	11am-1:pm Competition	CLOSED	11:15am-1:15pm Recreation
	Recreation 2--3:30pm	1:45-3:45pm Competition	1:15-3:15 Advanced	1:15-3:15pm Recreational		1:30-3:30pm Competition
	CLOSED	Drop in Youth Basketball 5-7pm	Drop in Youth Futsal 5-7pm	CLOSED		Drop in Youth Volleyball 5-7pm
		Drop in Adult Basketball 7-9pm	Drop in Adult Futsal 7-9pm			Drop in Adult Volleyball 7-9pm

**NextGen LEADERSHIP PROGRAM
REGISTER**
\$180/9 week session
 (12-15 years old)

SASCU Recreation Centre Room 2
 Tuesdays
 6:30-8pm
 January 6-March 10

NextGen is an engaging leadership development experience designed for teens who want to discover their potential and lead with confidence. This program equips young people with essential skills—communication, teamwork, problem-solving, and decision-making—while fostering a sense of responsibility and purpose. Through interactive workshops, real-world projects, and mentorship, participants learn what it means to be a leader in school, community, and beyond.

CHILD & YOUTH PROGRAMS

MOTORING MUNCHKINS DROP IN 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 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

9 -11am

Mondays & Wednesdays

January 12-March 11

Exclusion Dates on our website

Schedules are subject to change without notice



This program is sponsored by the
Shuswap Children's Association

TODDLER & ME DROP IN \$2 (0-5 years old)

Every Friday bring your littles (5 and under) to work on a craft while you socialize and have a hot coffee with other Moms, Dads and caregivers. An adult leader will be there to help your child with the craft, of course your help may also be required! No need to register just drop in when you can.

**SASCU RECREATION CENTRE ROOM 2
FRIDAYS**

10:30am-12pm

JANUARY 9-MARCH 13

No session February 13

LEARN TO SKATE - YOUTH REGISTER

**\$100/10 Sessions \$90/9 Sessions
(3+years old)**

This program introduces children to the fundamentals of skating in a fun, supportive environment. Designed to build confidence and foundational skills, young skaters prepare for future participation in community sports or simply enjoy recreational skating. Rather than focusing on levels, we emphasize individual skill development allowing each child to progress at their own pace.

HELMETS, SKATES & GLOVES REQUIRED

PENGUINS - Learn to Skate

Perfect for beginners, the Penguin level teaches essential skills such as falling and getting back up, moving, hopping, and gliding. It's all about building comfort and confidence on the ice.

MONDAYS:

9 Sessions

January 5-March 9

NO CLASS February 16

11:45 am - 12:15 pm

WEDNESDAYS:

10 Sessions

January 7- March 11

11:45 am - 12:15 pm

WALRUS - Improve your Skills

For skaters who can already move independently and recover from falls, the Walrus level focuses on advancing technique. Participants will work on stopping, gliding, building speed, and developing strength.

MONDAYS:

9 Sessions

January 5-March 9

NO CLASS February 16

12:15 pm - 12:45 pm

WEDNESDAYS:

10 Sessions

January 7- March 11

12:15 - 12:45 pm



6

CHILD & YOUTH PROGRAMS

SAFE AT HOME, SAFE ALONE REGISTER

\$24/1 session
(9-12 years old)

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. Best suited for kids ready to stay home alone.

SASCU Recreation Centre Room 2
6-8pm
Session 1 - WEDNESDAY JANUARY 14
Session 2 - THURSDAY FEBRUARY 26

(includes work booklet)

TINY DANCERS REGISTER

\$54/6 sessions
(3.5-6 years old)

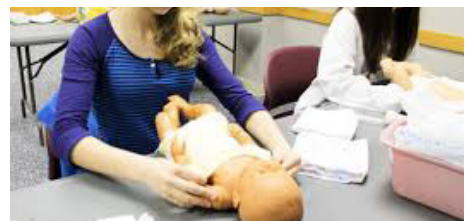
This beginners class is all about fun and learning what dance is all about. Our talented instructor Jennifer will teach the FUNDamentals of dance with musicality, imagination, and movement. Jennifer Hansen, RAD RTS, AAC1, CDTA has taught dance for over 20 years and is a certified dance instructor in Ballet, Jazz, and Acrobatics.

SASCU RECREATION RACQUET COURTS
THURSDAYS
9-9:30am

Session 1-JANUARY 15-FEBRUARY 19

RED CROSS BABYSITTERS COURSE REGISTER

\$120/session+ \$10.50 book
(11+ years old)



The Babysitters Course teaches youth essential skills to prevent and respond to emergencies. You will learn how to recognize and prevent unsafe situations, make safe choices and promote safe behaviours. Moreover, you will also learn how to feed, diaper, dress, and play with children and babies.

This program also gives you the skills to promote yourself as a babysitter to prospective families. You will learn to make good decisions, manage complex behaviours, be responsible, and demonstrate leadership.

The course also covers information on children's developmental stages and specific strategies for each stage, as well as first aid skills and the business of babysitting. Don't miss out on this opportunity to become a skilled babysitter and make a positive difference in the lives of children.

SASCU Recreation Centre Room 2
2 Day Course
JANUARY 31/FEBRUARY 1
9am-2pm

SASCU Recreation Centre Room 2
5 Week Course
Wednesdays FEBRUARY 4-MARCH 4
6-8pm

CHILD & YOUTH PROGRAMS

LASER TAG REGISTER \$12

(8-14 years old)

Come play laser tag with friends. We provide the equipment, you bring the energy!

Pop and popcorn snack after the game.

SASCU Recreation Centre Auditorium

SATURDAY

January 24

February 28

8-10 year olds 11am -12pm

10-12 year olds 12:30pm - 1:30pm

12-14 year olds 2 - 3pm

PRO D DAY PASS DROP IN \$9-11

(9+ years old)

SASCU Recreation Centre Check in at Front Desk
Friday February 13

ACTIVITY	TIME	CHILD	STUDENT
Drop in Gym Sport	10am-12pm	\$3.50	\$4.75
Crafts & Board Games	12-1pm	\$2.00	\$2.00
Public Swim	1-4:00pm	\$4.50	\$5.50
ALL ACTIVITIES	10am-4pm	\$9	\$11

*children must be able to swim without an adult to participate

What are the kids going to do on pro d days... look no further! Drop them off at the Recreation Centre for a day of fun. This is not a camp, but we have 2 drop in activities and public swim to fill their day! Come for the day or just one activity, the choice is yours. Leaders on site to supervise drop in gym sport and crafts. No direct supervision for public swim life guards on duty.

KIDS SPRING BREAK CAMP REGISTER

\$240/week

(7-12 year olds)

March 16-20/March 23-27

Drop off Little Mountain Field House
8:30am

Pick up Recreation Centre Auditorium
3:30pm



Spring Break Adventure Camp Where Fun Meets Exploration!

Looking for an unforgettable way to keep your kids active and engaged this spring break? Our 5-day full-day camp is packed with exciting activities designed to spark creativity, build friendships, and burn off energy in the best ways possible!

Campers will enjoy a dynamic mix of group games, sports, hiking, swimming, arts & crafts, and much more. Each day brings new adventures as we explore local parks, playgrounds, courts, and visit the recreation center and swimming pool.

Please pack a lunch, snacks, and a water bottle each day to keep your child fueled for fun!

Whether your child loves being outdoors, getting creative, or making new friends, this camp offers something for everyone. Don't miss out—spaces fill fast for this popular spring break experience!



KIDS FISHING DERBY

27TH ANNUAL SALMON ARM KIDS' FISHING DERBY



SUNDAY JUNE 21
7-11AM

END OF THE SALMON ARM WHARF
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**

~ PARENT APPRECIATION ~ KIDS PARTICIPATION DRAW ~ KIDS EFFORT DRAWS ~
FISHING AWARDS
FIRST FISH, LARGEST FISH, MOST FISH AND MANY MORE!



ADULT PROGRAMS

ADULT SPORTS DROP IN

ADULT \$5.75 SENIOR/STUDENT \$4.75

(16+ years old)

BASKETBALL

SASCU RECREATION CENTRE-AUDITORIUM
MONDAYS
8-10pm

FUTSAL

SASCU RECREATION CENTRE-AUDITORIUM
TUESDAYS
8-10pm

NEW PROGRAM CARPET BOWLING

SASCU RECREATION CENTRE-RACQUET COURTS
WEDNESDAYS
1-3pm

TABLE TENNIS

SASCU RECREATION CENTRE-RACQUET COURTS
DROP IN MONDAY 9-11am
LEAGUE TUESDAYS 7-9pm/SUNDAYS 2-4pm

BADMINTON

SASCU RECREATION CENTRE-AUDITORIUM
TUESDAYS/THURSDAYS
8-10am

INDOOR PICKLEBALL

SASCU RECREATION CENTRE-AUDITORIUM
see winter Auditorium calendar for level days
and times

No experience needed, bring clean
indoor shoes and come give it a try

ALL DROP IN SPORTS SCHEDULES ARE SUBJECT TO CANCELLATION AND CHANGE WITHOUT NOTICE

ADULT VOLLEYBALL LEAGUE REGISTER \$240/team 16+ years



SASCU Recreation Centre Gym
Wednesdays/Thursdays:
6 - 10pm
January 7- March 11
No Session February 4/5

Ready to Level Up Your Game?
Join Our Co-Ed Volleyball League!

Whether you're in it for the fun or hungry for competition, this league is built for players who love a fast-paced, high-energy game! Rally your squad and bring your A-game—just make sure you've got at least two female players on the court at all times to keep things balanced and fierce.

Deadline to register: January 1, 2026
Don't miss your shot to spike, dig, and dominate the court this season!

Questions reach out to Krista at:
kbridge7@yahoo.com



ADULT PROGRAMS

CHOOSE TO MOVE REGISTER FREE

(65+ years)

The Choose to Move program provides adults 65 years and older with a certified activity coach to develop a personalized physical activity plan. Choose to Move is a 3 month program that includes classroom sessions, along with additional coaching through telephone follow up sessions.

SASCU Recreation Centre Room 1
Thursdays 9-10am
January 8 to February 26
MANDATORY INTRO MEETING
TUESDAY JANUARY 6, 9-10am

ACTIVAGE REGISTER FREE

(65+ years)

This active program for adults 65 years and older will work on balance, co-ordination, strength, and overall movement skills.

LEVEL 1: Participants must be able to walk 100 feet with or without assistance of a walker or cane. Most exercises are done in a sitting position.

LEVEL 2: Participants must be able to walk 100 feet without assistance of a walker or cane can easily lift in and out of a chair. Exercising will be done in and out of a chair.

All participants must have a completed "Get Active" form.

SASCU Recreation Centre Room 1
Thursdays
LEVEL 1: 10:30-11:30am
LEVEL 2: 12-1pm
January 8-February 26

Funding from
the Government
of British
Columbia

LEARN TO SKATE - ADULT REGISTER \$100/10 Session \$90/9 Sessions 16+ years old

Our Learn to Skate program is designed to teach the basics of skating and to enhance the skills you already have. Choose the level that is right for you! All adults on the ice must wear a helmet.

ADULT SKILLS & DRILLS

For skaters who want to improve their skating, for hockey, figure skating or just for fun.

WEDNESDAYS
10 Sessions
January 7- March 11
12:45-1:30pm

LEARN TO SKATE

For adults who want to learn the basics from falling & getting back up; to gliding & hopping.

MONDAYS
9 Sessions
January 5- March 9
12:45-1:30pm
No session February 16

CHAIR TO MAT YOGA REGISTER

\$111/10 sessions
16+ years

CHAIR TO MAT YOGA is gentle yoga to 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 must be able to lift one's self off the floor assisted only by the chair. Yoga is an excellent way to loosen and stretch painful muscles, reduce stress, and improve circulation.

SASCU Recreation Racquet Courts
Thursdays 10-11am
January 8-March 12
Drop in for \$15/class

Join Brandi for
gentle yoga with
modifications or the
aid of a chair if you
need it.

ADULT PROGRAMS

11

COUPLES DANCE LESSONS REGISTER

\$100/couple/5 sessions
(16+ years)

Dance with Jens Goerner – All Levels Welcome

Join the popular Jens Goerner from City Dance for a dynamic and engaging dance experience. Whether you're stepping onto the dance floor for the first time or looking to refine your technique, Jens will guide you in a fun, relaxed, and professional atmosphere. These classes cover a wide range of International and American dance styles and are designed for dancers of all levels. Must register in couples.

SASCU Little Mountain Field House
Mondays

February 2-March 9

no class February 16

Couples Country Level 2

5:30 – 6:30 pm

Couples Latin(Beginner & beginner plus)

6:30 - 7:30 pm

BEGINNER STEP CLASS REGISTER

\$50/5 sessions
(16+ years)

Step into Fitness with Mackenzie from Tough Love Boot Camp for a fun, high-energy 5-week Step Class. This beginner class is a cardio workout using a raised platform for choreographed movements that builds endurance, strength, and coordination. All fitness levels are welcome! Please note that participants should be able to engage in continuous physical activity for approximately 45 minutes.

SASCU Recreation Racquet Courts
Fridays 10 -10:45am
January 9-February 6
Drop In for \$15/class

STRENGTH IN MOTION CLASS REGISTER

\$100/10 sessions
(16+ years)

Join Mackenzie from Tough Love Boot Camp for a high-energy 10-week fitness series. Each week rotates between Circuit Training, Tabata for a full-body workout that keeps things fresh and effective. Expect motivation, positivity, and just the right amount of tough love. All fitness levels welcome—come ready to work hard and leave feeling strong and empowered!

SASCU Recreation Racquet Courts
Tuesdays 10 -11am
January 6-March 10
Drop In for \$15/class

KANGOO REGISTER

\$100/10 sessions
(16+ years)

Bounce your way to a healthier, happier you with Kangoo! This high-energy workout is a fun twist on Zumba—performed on specially designed bouncy boots. Our instructors lead you through easy-to-follow routines that engage your entire body, combining cardio, strength, and balance training. Whether you're looking to tone up, boost endurance, or just have a blast, Kangoo delivers a low-impact, high-results experience. Come for the bounce, stay for the burn!

SASCU Recreation Racquet Courts
Mondays 5:15-6:16pm or
Wednesdays 6-7pm
January 6- March 10
Drop In if space allows \$15/class

Boot rentals
available. \$50
for 10 sessions
or \$5/drop in
class

AUDITORIUM SCHEDULES

12

Auditorium Program Schedule January 5-March 15 2026						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Adult Drop In Badminton 8-10am		Adult Drop In Badminton 8-10am	PRIVATE BOOKING 8-9am		
Drop in Motoring Munchkins 9-11am	PRIVATE BOOKING 10:15-10:45am	Drop In Motoring Munchkins 9-11am	PRIVATE BOOKING 10:15-10:45am	Adult Drop in Pickleball Recreational 9-11am		Adult Drop in Pickleball Competition 10am-12pm
Adult Drop in Pickleball Advanced 11:30am-1:30pm	Adult Drop in Pickleball Recreational 11am-1pm	Adult Drop in Pickleball Recreational 11:30am-1:30pm	Adult Drop in Pickleball Competition 11am-1pm	Adult Drop in Pickleball Competition 11:30am-1:30pm		Adult Drop in Pickleball Adv/Comp 12:15-2:15pm
Adult Drop in Pickleball Competition 1:45-3:45pm	Pickleball Advanced 1:15-3:15pm	PRIVATE BOOKINGS 2-8pm	Pickleball Advanced 1:15-3:15pm	PRIVATE BOOKINGS 1:30-10pm		Adult Drop in Pickleball Recreational 2:30-4:30pm
PRIVATE BOOKINGS 4-8pm	PRIVATE BOOKINGS 4-8pm		PRIVATE BOOKINGS 3:30-5:50pm			
Adult Drop In Basketball 8-10pm	Adult Drop in Soccer 8-10pm	Adult Volleyball League 6-10pm	Adult Volleyball League 6-10pm			
Pickleball Legend	EVERYONE WELCOME AT PICKLEBALL LEVELS ARE JUST A GUIDE THIS IS DROP IN NOT PICKLEBALL CLUB			*To maximize playing time Pickleball is Round Robin Play *Volleyball leagues is registered program. *All programs are subject to change and cancellation without notice *All Drop in programs are unsupervised		
Recreational						
Competition						
Advanced						

SASCU RECREATION CENTRE FITNESS ROOM (16+)

FITNESS ROOM HOURS

Monday-Friday	6:30am-9pm
Saturdays	7am-9pm
Sundays	12-4pm
Stat Holidays	1-4pm

ADULT \$6.75 SENIOR \$5.50 STUDENT \$5.50



Equipment: stability balls, stretching mats, medicine balls, BOSU balls, free weights, elliptical trainer, upright & recumbent bike, treadmills, cross trainer, TV

ROGERS RINK

13

ROGERS Rink

NYE DISCO SKATE



**DECEMBER 31
12-1:30PM**

NO SKATE RENTALS - HELMETS RECOMMENDED



ROGERS RINK



ROGERS Rink

January 3-March 15, 2026

PUBLIC SKATE

DROP IN

SUNDAYS 3-4:30pm

HUCUL POND

FRIDAYS 7-8:30pm

HUCUL POND

SENIOR/PARENT & TOT SKATE

DROP IN

TUESDAYS 1:30-2:30pm HUCUL POND

THURSDAYS 1:30-2:30pm SPECTATOR

CHEAP SKATE (\$2.50)

DROP IN

TUESDAYS 2:45-4:15pm HUCUL POND

THURSDAYS 2:45-4:15pm SPECTATOR

Helmets strongly recommended

No sticks & pucks permitted on the ice

No shoes allowed on the ice

Senior (60+) - \$5.50

Adult (19+) - \$6.75

Student (13-18) - \$5.50

Child (6-12) - \$4.50

Tot (1-5) - \$2.25

Parent & Tot - \$6.25

Family (Max 5) - \$14.50

****NO RENTALS AVAILABLE AT ARENA****



LUNCH HOUR SHINNY

REGISTER ONLINE

(16+)

THURSDAYS

12-1pm

SPECTATOR

\$5.50

Join us every week for Lunch Hour Shinny — a casual, drop-in style hockey session for players aged 16 and up. Whether you're a seasoned skater or just looking to stay active, this is a great way to enjoy the game in a relaxed and friendly environment.

Gloves, helmet and stick required. Full gear strongly recommended.

PRO D DAY STICK & PUCK

DROP IN

6-12 year olds HUCUL POND

13-18 year olds SPECTATOR

1-2:30pm

Student (13-18) - \$5.50

Child (6-12) - \$4.50

February 13

April 20

May 8

Gloves, helmet and stick required. Full gear strongly recommended.

ALL ACTIVITY SCHEDULES ARE SUBJECT TO CANCELLATION AND CHANGE WITHOUT NOTICE

ROGERS RINK

15

ROGERS Rink

January 3-March 15, 2026

INDOOR WALKING TRACK

DROP IN

FREE
(ALL AGES)

Open during regular operating hours of Rogers Rink.
Closed during admission events.

- 1 loop 200 meters
- Surface: 7+2mm PolyTurf
- Wheelchair accessible

*Jogging permitted 10am-12pm Monday - Friday

We recommend checking with your doctor before starting a new routine.

THANK YOU ROTARY FOR SPONSORING THE
INSTALLATION OF THE NEW WALKING TRACK

INDOOR WALKING LOOP GROUP

DROP IN

FREE
(16+)

Stay active and social with our weekly indoor walking group. This drop-in program is perfect for anyone looking to get their steps in and enjoy a relaxed atmosphere. From seniors to new parents, come walk, connect, and make your Fridays a little brighter!

Walk at your own pace. Enjoy a coffee and conversation afterward(\$2). A group leader will be on-site to track your loops and share walking tips.

SPECTATOR Concourse

Fridays

8:30-9:30am walk 9:30-10am coffee



NORDIC SKI SNOWSHOE FUN EVENTS
Affordable Memberships for all ages at skilarchhills.ca



SILVERBACKS SCHEDULE

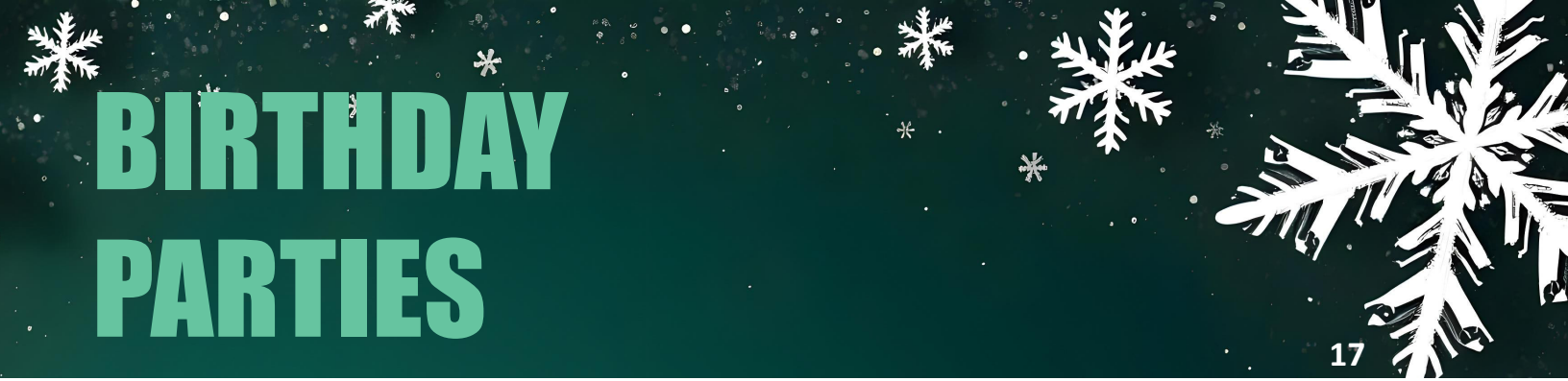
16



Regular Season Schedule

www.sasilverbacks.com

Friday	September 19	Cranbrook Bucks	7:00 PM
Saturday	September 20	Trail Smoke Eaters	6:00 PM
Friday	October 17	Vernon Vipers	7:00 PM
Friday	November 7	West Kelowna Warriors	7:00 PM
Sunday	November 9	Spruce Grove Saints	4:00 PM
Friday	November 14	Trail Smoke Eaters	7:00 PM
Saturday	November 15	Trail Smoke Eaters	6:00 PM
Saturday	November 22	Sherwood Park Crusaders	6:00 PM
Friday	December 5	Cranbrook Bucks	7:00 PM
Saturday	December 6	Alberni Valley Bulldogs	6:00 PM
Saturday	December 13	West Kelowna Warriors	6:00 PM
Friday	December 19	Blackfalds Bulldogs	7:00 PM
Friday	January 9	Cowichan Valley Capitals	7:00 PM
Saturday	January 10	Cranbrook Bucks	6:00 PM
Friday	January 23	Vernon Vipers	7:00 PM
Sunday	January 25	Sherwood Park Crusaders	4:00 PM
Friday	January 30	Trail Smoke Eaters	7:00 PM
Saturday	January 31	Okotoks Oilers	6:00 PM
Friday	February 20	West Kelowna Warriors	7:00 PM
Saturday	February 21	Blackfalds Bulldogs	6:00 PM
Friday	February 27	Okotoks Oilers	7:00 PM
Friday	March 6	West Kelowna Warriors	7:00 PM
Friday	March 13	Vernon Vipers	7:00 PM
Friday	March 20	Spruce Grove Saints	7:00 PM
Friday	March 27	Brooks Bandits	7:00 PM
Saturday	March 28	Brooks Bandits	6:00 PM



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! Starting December 1, book your parties in January, February and until March 15, 2026

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, 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.
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, click on the Schedules tab, click Public Skating Schedule, then 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.
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, hover over the Recreation Centre tab, click Rentals.

NOTE: equipment rentals like dodgeball are an additional cost and laser tag parties are bookable if staff are available.



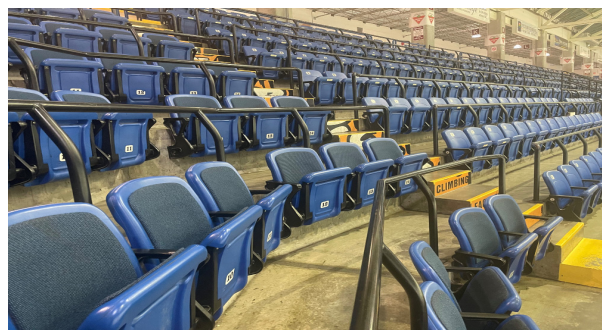
18

FACILITY RENTALS

PRIVATE POOL & PRIVATE ICE 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, hottub, 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 tmoore@salmonarmrecreation.ca

PRIVATE ICE RENTAL at ROGERS RINK

Take your event to the next level with exclusive access to our premium ice surface! 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

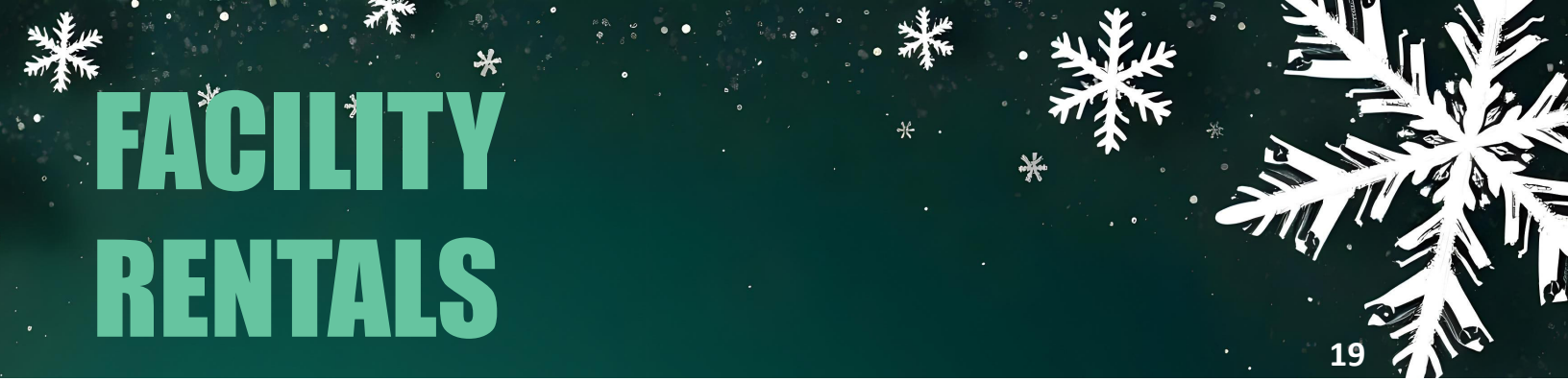
Special Holiday Ice

Dates: December 22 – January 2 (CLOSED Dec 24, 25, 26, Jan 1)

Rate: \$69.43/hour plus insurance

Limited days and times available—book early to secure your spot!

For more details or to reserve your ice time email: cdeboer@salmonarmrecreation.ca



FACILITY RENTALS

19

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, or email 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, or email 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, or email 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, or email 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, or email 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, or email cdeboer@salmonarmrecreation.ca

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



AQUAFIT & CLASSES

Aquafit Schedule

January 8 - March 15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aquafit Shallow 9-9:45am		Aquafit Deep 9-9:45am		Aquafit Shallow 9-9:45am
	NoonFit 12:15-1pm		NoonFit 12:15-1pm	

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.

AQUAFIT ADMISSION

	ADULT	SENIOR	STUDENT
SINGLE	\$8	\$6.75	\$6.75
10 x PASS	\$72	\$57.38	\$57.38
30 x PASS	\$216	\$172.13	\$172.13

AQUAFIT SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE

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.

Wee Fit

Wednesday's 2-2:45pm



\$6.25 per class

Come join our water based fitness class
with your little one!

From 4 months (must be able to hold their
head up on their own) to 2 years old.



SALMON ARM
RECREATION

PH: 250-832-4044

www.salmonarmrecreation.ca

POOL SCHEDULES

21

Pool Schedule - Jan 5-Mar 15 2026

250-832-4044 www.salmonarmrecreation.ca

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Sauna and Hot Tub are available anytime the pool is open</i>							
Lap Lanes	9:30-12:00pm 3LL	6:30-8:30am 9:00-10:00am 1LL 10:00-12:00pm 3LL 7:30-9:00pm 2LL	7:30-9:00am 12:00-1:00pm 2LL 4:00-6:00pm 1LL	6:30-8:30am 9:00-10:00am 1LL 10:00-12:00pm 3LL 7:30-9:00pm 2LL	7:30-9:00am 12:00-1:00pm 2LL	6:30-7:30am 2LL 7:30-8:30am 9:00-10:00am 1LL 4:00-6:00pm 1LL	9:00-2:00pm 3LL
Laps & Leisure (no public swim in main pool)		12:00-1:00pm	‡ 9:00-12:00pm 1:00-3:00pm	12:00-1:00pm	‡ 9:00-12:00pm 1:00-3:00pm	10:00-2:00pm	
Discount Dip		1:00-3:00pm	3:00-4:00pm	1:00-3:00pm (2-3pm limited space due to Wee Fit)	3:00-4:00pm		
Public Swim	12:00-4:00pm	6:00-7:30pm	7:00-9:00pm	6:00-7:30pm	7:00-9:00pm	2:00-4:00pm 6:00-9:00pm	2:00-9:00pm
Relax and Renew (no main pool)		8:30-9:00am	6:30-7:30am 6:00-7:00pm	8:30-9:00am	6:30-7:30am 6:30-7:30pm	8:30-9:00am	
Heat Retreat (hot tub & sauna only)		3:00-6:00pm		3:00-6:00pm	4:00-6:30pm		
Aqua Fit		Shallow 9:00-9:45am	Noonfit 12:15-1:00pm	Deep 9:00-9:45am	Noonfit 12:15-1:00pm	Shallow 9:00-9:45am	
Wee Fit				2:00-2:45pm			

Number of Lap Lanes available may change with program requirements

Dates of Note

‡ Tuesday/Thursday 9am-12pm - Closed if a school rental is booked, please check social media or call in advance each week.

Pro D Day Swims: 1-4pm Friday Feb 13 (inflatable will be used)

CLOSED for Swim Meet Feb 6th at 4pm through Feb 8th

Special Events

Super Saturdays: Jan 3, Feb 7, Mar 7 - No Lap Lanes
Youth Nights: Jan 16, Feb 20, Mar 13 6:30-9pm - No Public Swim
Free swims - Unplug and Play Jan 25 1-4pm
Family Day Feb 16 1-4pm
Valentines Day 2 for 1 Swim - 2-5pm

POOL Admission Rates		Single	10 time Pass	6 month Pass
Adult	19+	\$6.75	\$60.75	\$351.62
Senior	60+	\$5.50	\$46.75	\$274.14
Student	13 to 18	\$5.50	\$46.75	\$274.14
Child	6 to 12	\$4.50	\$40.50	\$238.38
Tot	1 to 5	\$2.25	\$20.25	NA
Family	Max 5	\$14.50	\$130.50	\$709.20
Parent & Tot		\$6.25	\$56.25	NA

POOL SPECIAL EVENTS

22

Pool Holiday Schedule 2025/26

Please Note: Saturday December 20, Closed until noon - Public Swim 12:00-5:00pm & 6:00-9:00pm

Sunday, December 21 - Saturday, December 27

	Sunday 21	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27
Lap Lanes		6:30-8:30am	6:30-8:30am		Closed	Closed	
Laps & Leisure		8:30am-1:00pm 3LL 4:00-6:00pm 3LL	8:30am-1:00pm 3LL 4:00-6:00pm 3LL	10:00am-12:30pm 3LL			9:00am-12:00pm
Public Swim	12:00-4:00pm	1:00-4:00pm 6:00-9:00pm	1:00-4:00pm 6:00-9:00pm	12:30-3:00pm			12:00-5:00pm 6:00-9:00 pm

Sunday, December 28 - Saturday, January 3

	Sunday 28	Monday 29	Tuesday 30	Wednesday 31	Thursday 1	Friday 2	Saturday 3
Lap Lanes		6:30-8:30am	6:30-8:30am		Closed	6:30-8:30am	
Laps & Leisure		8:30am-1:00pm 3LL 4:00-6:00pm 3LL	8:30am-1:00pm 3LL 4:00-6:00pm 3LL	10:00am-12:30pm 3LL		8:30am-1:00pm 3LL 4:00-6:00pm 3LL	9:00am-12:00pm
Public Swim	12:00-4:00pm	1:00-4:00pm 6:00-9:00pm	1:00-4:00pm 6:00-9:00pm	12:30-3:00pm		1:00-4:00pm 6:00-9:00pm	12:00-5:00pm 6:00-9:00 pm

** Times subject to change without notice

250 832 4044

www.salmonarmrecreation.ca

FREE SWIMS DROP IN FREE (all ages)

Enjoy free swim times where everyone is welcome to dive in, play, and relax at no cost. Perfect for families, friends, and aquatic fun for all ages.

Unplug & Play
January 25
12-4pm

Family Day
February 16
1-4pm



SANTA SPLASH



DECEMBER 14TH
1-3 PM

MEET SANTA · GAMES · PRIZES

POOL SPECIAL EVENTS

23

SUPER SATURDAY DROP IN Drop In Rates (ALL AGES)

FUN for all ages, our SUPER SIZED INFLATABLE makes for SUPER SIZED FUN on SUPER SATURDAYS.

6-8:30pm

**January 3
February 14
March 7**

Adult \$6.75, Senior \$5.50, Student \$5.50
Child \$4.50, Tot \$2.25, Parent & Tot \$6.25
Family \$14.50

*no lap lane during this time

YOUTH NIGHT REGISTER \$10.70 (8-12 years old)

A great evening for the pre-teen! Enjoy a movie on the big screen while you float in the pool. Pizza, pop swim and a movie!

6:30-9pm

**January 16
February 20
March 13**

Movies will be announced the week of the event



**Valentines Day
2 for 1 Swim**

FEBRUARY 14TH 2:00-5:00PM

www.salmonarmrecreation.ca

SALMON ARM
RECREATION

PH: 250-832-4044



24

SWIM LESSONS

Monday/Wednesday - AM January 5 - February 4, 2026

10 Sessions

Level	Time
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	10:30-11:00am
Preschool 2	11:00-11:30am

Monday/Wednesday - PM January 5 - February 4, 2026

10 Sessions

Level	Time
Parent and Tot 1	4:30 - 5:00 pm
Parent and Tot 2	4:30 - 5:00 pm
Preschool 1	4:30 - 5:00 pm
Preschool 2	4:00 - 4:30 pm
Preschool 3	5:30 - 6:00 pm
Preschool 4	5:30 - 6:00 pm
Preschool 5	5:30 - 6:00 pm
Swimmer 1	4:00 - 4:30 pm
Swimmer 2	5:00 - 5:30pm
Swimmer 3	5:00 - 5:30pm

Monday - PM January 5 - March 9, 2026

9 Sessions - No Lesson Feb. 16/26

Time
Parent and Tot 1
Parent and Tot 2
Parent and Tot 3
Preschool 1
Preschool 1
Preschool 2
Preschool 3

Monday - PM January 5 - March 9, 2026

9 Sessions - No Lesson Feb. 16/26

Time
Parent and Tot 1
Parent and Tot 2
Parent and Tot 3
Preschool 1
Preschool 1
Preschool 2
Preschool 2
Preschool 3
Preschool 4
Preschool 5
Swimmer 1
Swimmer 2
Swimmer 2
Swimmer 3
Swimmer 3
Swimmer 4
Swimmer 6

Wednesday - AM January 7 - March 11, 2026

10 Sessions

Time
Parent and Tot 1
Parent and Tot 2
Parent and Tot 3
Preschool 1
Preschool 1
Preschool 2
Preschool 3



SWIM LESSONS

25

Wednesday - PM January 7 - March 11, 2026

10 Sessions

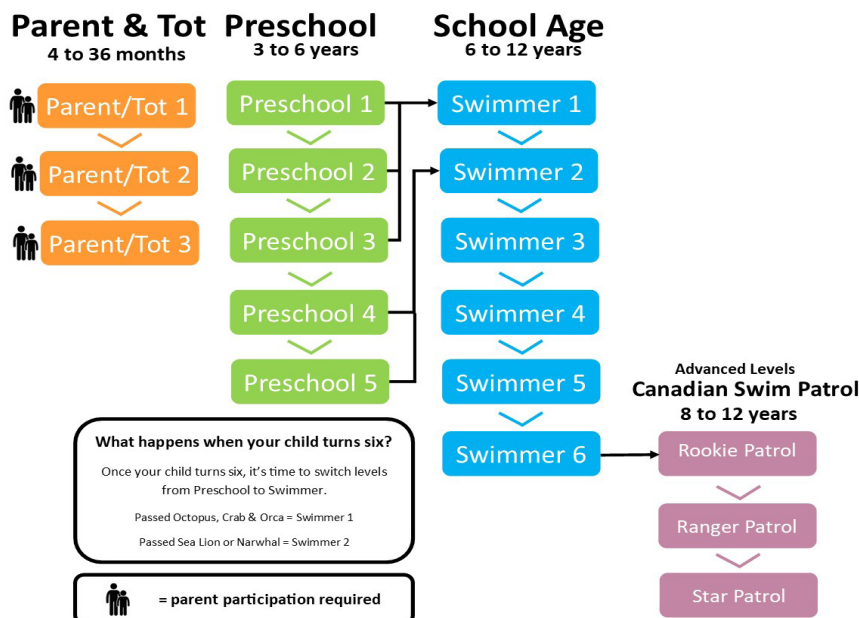
	Time
Parent and Tot 1	3:00 - 3:30 pm
Parent and Tot 2	3:00 - 3:30 pm
Parent and Tot 3	3:00 - 3:30 pm
Preschool 1	4:00 - 4:30 pm
Preschool 2	3:30 - 4:00 pm
Preschool 2	5:30 - 6:00 pm
Preschool 3	4:30 - 5:00 pm
Preschool 4	4:00 - 4:30 pm
Preschool 5	4:00 - 4:30 pm
Swimmer 1	3:30 - 4:00 pm
Swimmer 1	5:30 - 6:00 pm
Swimmer 2	4:30 - 5:00 pm
Swimmer 3	5:00 - 5:30 pm
Swimmer 4	4:45 - 5:30 pm
Swimmer 5	4:00 - 4:45pm

Thursday - PM January 8 - March 12, 2026

10 Sessions

Level	Time
Preschool 1	4:00 - 4:30 pm
Preschool 1	5:00 - 5:30 pm
Preschool 2	4:45 - 5:15 pm
Preschool 3	4:30 - 5:00 pm
Preschool 4	5:00 - 5:30 pm
Preschool 5	5:00 - 5:30 pm
Swimmer 1	4:00 - 4:30 pm
Swimmer 1	5:30 - 6:00 pm
Swimmer 2	4:30 - 5:00 pm
Swimmer 2	5:45 - 6:15 pm
Swimmer 3	5:15 - 5:45 pm
Swimmer 4	4:00 - 4:45 pm
Swimmer 5	5:30 - 6:15 pm
Swimmer 6	5:30 - 6:15 pm

Swim for Life Program Structure



SWIM LESSONS

26

NEW THIS WINTER: SUNDAY MORNING SWIM LESSONS

Saturday January 10 - March 14, 2026

9 Sessions - No Lesson Feb. 7/26

Level	Time
Parent and Tot 1	8:30 - 9:00 am
Parent and Tot 2	8:30 - 9:00 am
Parent and Tot 3	9:00 - 9:30 am
Preschool 1	8:30 - 9:00 am
Preschool 1	1:00 - 1:30 pm
Preschool 2	10:30 - 11:00 am
Preschool 2	1:15 - 1:45 pm
Preschool 3	11:30 - 12:00 pm
Preschool 4	12:15 - 12:45 pm
Preschool 5	12:15 - 12:45 pm
Swimmer 1	9:30 - 10:00 am
Swimmer 1	12:45 - 1:15 pm
Swimmer 2	12:30 - 1:00 pm
Swimmer 3	12:00 - 12:30 pm
Swimmer 4	11:30 - 12:15 pm
Swimmer 5	9:00 - 9:45 am
Swimmer 6	9:45 - 10:30 am
Rookie Patrol	10:00 - 11:00 am
Ranger Patrol	10:00 - 11:00 am
Star Patrol	10:00 - 11:00 am

Monday/Wednesday - AM February 9 - March 11, 2026

9 Sessions - No Lesson Feb. 16/26

Level	Time
Parent and Tot 1	10:30-11:00am
Parent and Tot 2	10:30-11:00am
Parent and Tot 3	10:30-11:00am
Preschool 1	11:00-11:30am
Preschool 2	10:00-10:30am

Sunday January 11 - March 15, 2026

9 Sessions - No Lesson Feb. 8/26

Level	Time
Parent and Tot 1	9:30 - 10:00 am
Parent and Tot 2	9:30 - 10:00 am
Parent and Tot 3	10:00 - 10:30 am
Preschool 1	11:00 - 11:30 am
Preschool 2	9:30 - 10:00 am
Preschool 3	10:00 - 10:30 am
Preschool 4	10:30 - 11:00 am
Preschool 5	10:30 - 11:00 am
Swimmer 1	9:30 - 10:00 am
Swimmer 2	10:30 - 11:00 am
Swimmer 3	11:00 - 11:30 am
Swimmer 4	10:00 - 10:45 am
Swimmer 5	10:45 - 11:30 am
Swimmer 6	10:45 - 11:30 am

Monday/Wednesday - PM February 9 - March 11, 2026

9 Sessions - No Lesson Feb. 16/26

Level	Time
Parent and Tot 1	4:00 - 4:30 pm
Parent and Tot 2	4:00 - 4:30 pm
Preschool 1	5:00 - 5:30pm
Preschool 2	4:00 - 4:30 pm
Preschool 3	5:00 - 5:30pm
Preschool 4	4:30 - 5:00 pm
Preschool 5	4:30 - 5:00 pm
Swimmer 1	4:30 - 5:00 pm
Swimmer 2	5:30 - 6:00 pm
Swimmer 3	5:30 - 6:00 pm

ADVANCED AQUATICS

27

LIFESAVING SOCIETY BRONZE MEDALLION

SASCU RECREATION CENTRE POOL

January 10/24 10am-3pm, January 11/ 25 9am-2pm,

**Please email: tmoore@salmonarmrecreation.ca
for more information or to register**

Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness (the four components of water rescue education) form the foundation of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water.

Prerequisite: 13 years of age (by last day of course) or Bronze Star.

LIFESAVING SOCIETY BRONZE CROSS

SASCU RECREATION CENTRE POOL

February 21, 22, 28 & March 1 9am-3:30pm

**Please email: tmoore@salmonarmrecreation.ca
for more information or to register**

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen their lifesaving skills and begin to apply the 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.

Prerequisite: Bronze Medallion (need not be current)

LIFESAVING SOCIETY SWIM INSTRUCTOR COURSE

(Includes Teaching Experience)

SASCU RECREATION CENTRE POOL

March 16-19/23-26

11:30am-6pm

**Please email: tmoore@salmonarmrecreation.ca
for more information or to register**

The Lifesaving Society Swim for Life Instructor certification prepares candidates to teach and evaluate basic swim strokes and related skills. Swim Instructors teach and evaluate candidates in the Society's Swim for Life® and Canadian Swim Patrol levels. Candidates are trained in, and must demonstrate skills, knowledge, and attitudes at a Competency Level 1 to achieve certification.

Prerequisite: 15 years of age by last day of course, Bronze Cross (need not be current)



GET ACTIVE GUIDE

28



SALMON ARM GET ACTIVE GUIDE

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
-------------	--	--	---------------------

BIKING TRAILS

South Canoe Biking Trails			6970 10 Ave SE
---------------------------	--	--	----------------

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		

CROSS COUNTRY SKI

Larch Hills Nordic Society	250-832-9804		www.skilarchhills.ca
----------------------------	--------------	--	----------------------

GET ACTIVE GUIDE

29



SALMON ARM GET ACTIVE GUIDE

CURLING

Curling Club	250-832-8700		www.salmonarmcurlingclub.com
--------------	--------------	--	--

DANCE

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
----------------	--	--	--

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		
Rogers Rink	250-832-4044	cdeboer@salmonarmrecreation.ca	www.salmonarmrecreation.ca
Elks Hall	250-833-4803		
SASCU 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/
--------------------	--------------	--	---

FITNESS CENTERS

Bulldogs Fitness and Boxing Centre	250-489-5665	info@bulldogsboxing.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		www.cardioconnection.ca
Anytime Fitness	778-489-5323	www.anytimefitness.com/gyms/2819/salmon-arm-bc-v1e-2s7	

GET ACTIVE GUIDE

30



SALMON ARM GET ACTIVE GUIDE

FOOTBALL

Minor Football Association	250-832-8289	president@shuswapminorfootball.ca	www.shuswapfootball.com
----------------------------	--------------	-----------------------------------	-------------------------

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
---------------------	--------------	-----------------------------	----------------------------

HOCKEY

Minor Hockey	250-832-0095	saminorhockey@shaw.ca	www.salmonarmminorhockey.com
--------------	--------------	-----------------------	------------------------------

HORSESHOE

Horseshoe Club	250-832-9873		
----------------	--------------	--	--

INDOOR PLAY AREAS

Jungle Mania	778-489-5554	info@junglemania.ca	www.junglemania.ca
--------------	--------------	---------------------	--------------------

LACROSSE

Minor Lacrosse		shuswapminorlacrosse@gmail.com	www.shuswapminorlacrosse.com
----------------	--	--------------------------------	------------------------------

MARTIAL ARTS

Northern Spirit Martial Arts	250-463-4925		
Kees Tae Kwon Do	250-833-0661		
Provincial Martial Arts	250-253-2406	pmakarate@gmail.com	www.provincialmartialarts.ca/contact-us
Shuswap Brazilian Jui-Jitsu	250-804-9262		www.shuswapbjj.com

PICKLEBALL

Pickleball Club		SAPICKLEBALLCLUB@gmail.com	https://sapickleballclub.ca
Recreation Centre	250-832-4044	rscott@salmonarmrecreation.com	www.salmonarmrecreation.com

GET ACTIVE GUIDE

31



SALMON ARM GET ACTIVE GUIDE

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
--------	--------------	-------------------------------	----------------------------

RINGETTE

Youth Ringette		tpacker@telus.net	www.shuswapringette.ca
----------------	--	-------------------	------------------------

ROCK CLIMBING

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

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
------------	--------------	--	-------------------

GET ACTIVE GUIDE

32



SALMON ARM GET ACTIVE GUIDE

SKATING

Skating Club		salmonarmskatingclub@gmail.com	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		www.sasnowblazers.com
--------------	--------------	--	-----------------------

SOCCER

Women's Rec. Soccer Assoc.		swrsa.info@gmail.com	http://www.swrsa.net
Youth Soccer Association	250-833-5607	admin@shuswapssoccer.com	http://shuswapssoccer.com/contact
Salmon Arm Soccer			https://salmonarmsoccer.com

SQUASH

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

SWIMMING

Columbia Shuswap Selkirks		president.selkirks@gmail.com	www.selkirksswim.ca
Sockeye Swim Club		sockeyespres@gmail.com	https://sockeyes.teampages.com/
Waves Master Swimming		info@salmonarmwaves.ca	www.salmonarmwaves.ca

TABLE TENNIS

Drop In Table Tennis	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
----------------------	--------------	-------------------------------	----------------------------

TENNIS

Tennis Club			https://clubspark.ca/salmonarmtennisclub
-------------	--	--	--

VOLLEYBALL

Adult Volleyball League	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
Youth Volleyball			www.shuswapvc.ca



SALMON ARM GET ACTIVE GUIDE

WALKING/HIKING GROUPS

Shuswap Lady Striders		ladystriders@gmail.com	www.shuswapladystriders.ca
Shuswap Naturalist Club		info@shuswapnaturalists.org.	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	www.gratitudeyogainc.com
Namaste Yoga	250-803-6724	namastesalmonarm@gmail.com	http://yogasalmonarm.com
Sweet Freedom Yoga	250-832-2720		www.sweetfreedomyoga.com

YOUTH DROP IN SPORTS

Recreation Drop in	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
--------------------	--------------	-------------------------------	----------------------------

To add or edit a listing please email rscott@salmonarmrecreation.ca



FREE Family Day Activities

February 16, 2026

FREE PUBLIC SKATE 10-11:30am

Bring the family for a free public skate on Hucul Pond &
Spectator Arenas.

Must bring own equipment (skates and helmet)

NO STICKS OR PUCKS

FREE PUBLIC

SWIM

12-4pm

Bring the family for a free public swim

FREE MOTORING

MUNCHKINS

1:30-3:30pm

Is intended for preschool aged kids and
younger! Older siblings welcome on Family
Day to play with younger siblings.

SALMON ARM
RECREATION