

FUN GUIDE

Spring 2024



SASCU Recreation Centre



Online Registration begins Monday March 4 • 6:30 am

www.salmonarmrecreation.ca 250-832-4044

Registration info

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SASCU Recreation Centre

250-832-4044 • 2550 10th Ave NE

Shaw Centre

250-832-4044 • 2600 10th Ave NE

Facility bookings.. 250-832-4044

Parks/fields/SASCU Recreation Ctr

rscott@salmonarmrecreation.ca

Swimming pool

sthiessen@salmonarmrecreation.ca

kmaclaren@salmonarmrecreation.ca

Shaw Centre ice rinks/rooms

cdeboer@salmonarmrecreation.ca

Web www.salmonarmrecreation.ca



Salmon Arm Recreation Refund Policy

A full refund will be issued for canceled programs and lessons. Please allow 3 weeks for processing and mailing of a refund cheque.

All program or lesson refund requests are subject to a minimum \$10 administration fee. Refunds will be issued if request is received a minimum of 48 hours prior to the program start; the administration fee will apply. Refunds received less than 48 hours prior

to the program start and up to the second session will result in a refund based on:

- Deductions for the first class or any class attended
- Non-refundable program costs (program supplies)
- Administration fee will apply

No refunds issued for requests received after the second date of a program. Medical refund requests must be accompanied by a valid doctor's note.

Don't wait to register

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

Online registration begins 6:30 am Monday March 4, 2023

Holiday Hours

March 29.....1:00pm - 4:00 pm

April 1.....1:00pm - 4:00 pm

May 20.....1:00pm - 4:00 pm



Registration info

Online Registration System

All Program Registration is now being done by our patrons through our Online Registration Module available on the Home Page of our Website: www.salmonarmrecreation.ca.

If you have registered yourself or family members for activities such as swim lessons in the past few years, you will likely already have an account. Please do not set up a second account. Should you be unable to access our online services, cannot remember your password, or are uncertain as to whether you have an existing account, please call our reception staff at the number shown below and they will assist you.

If you do not have an account set up as of yet, go to our website and select the Online Registration icon on the home page. Once logged in, follow the prompts to create a new client and add family members to set up your family account.

The system will ask for the following information in order to set up an account for you: full name of primary account holder, email address, phone number, date of birth and address. You will then receive an email with a temporary password, and the system will direct you to set up your own password when you login.

You are now ready to register for programs offered by the Salmon Arm Recreation Centre & Shaw Centre.

For further information or assistance with this process, please feel free to contact Salmon Arm Recreation Staff for assistance at:
250-832-4044 ext. 101



Making Movement Matter



I love to run.

Help me develop physical literacy and I will be

ACTIVE FOR LIFE[®]

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

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

Salmon Arm Fishing Derby

For children 12 years and under
Sunday June 16 • 7:00-11:00 am
Salmon Arm Marine Peace Park
All children must wear a PFD
LOTS OF PRIZES and FUN!



Child & Youth Programs

MOTORING MUNCHKINS

(0-5 year olds)

Drop in to this program designed for parents who have children at various stages of growth and development. Activities are arranged to enhance physical, and social development with an area for those children who are not yet motoring. If bringing a snack, please choose nut-free products.

Parent participation required.

SASCU Recreation Centre Auditorium
Monday & Wednesdays 9-11am

*EXCLUSION DATES CAN BE FOUND ON THE WEBSITE AND POSTED ON THE WHITE BOARD NEAR THE AUDITORIUM
*Schedules are subject to change without notice



FREE program Thanks to the Shuswap Children's Association and the Ministry of Children and Families and the Shuswap Recreation Society

TOT SPORTS

(3-5 years old)

A play-based sports and movement program that teaches children the fundamental skills needed to play a variety of sports. Parents and children will enjoy being active together while the children learn to move efficiently by improving gross motor skills, co-ordination and balance. The program activities will also enhance social skills along with building confidence and positive self esteem.

SASCU Recreation Centre Gym
Wednesdays • 11:45am-12:30pm
April 10-May 15
\$36 / 6 sessions

* 3 year olds must be accompanied by an adult

WIZ KIDS

(kids turning 5 in 2024)

This multi-faceted program will give your kids a head start for kindergarten through crafts and story time as well as doing some fun sports and physical activity. This program is designed for children 5 years of age in 2024. Wiz Kids uses recreation-based activities to develop your child's social skills while increasing their self confidence.

SASCU Recreation Centre Room 2
Tuesdays

9:30-11:30am
April 9-June 11
\$150/10 sessions



Child & Youth Programs

Red Cross Babysitters Course

(11+ year olds)

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

SASCU Rec Center Room 2
\$120 + \$8 workbook



Wednesdays
April 10- May 15
5:45-7:45pm
6 sessions

Saturday June 1
8:30am-4:30pm
1 session



Must be 11 years old by the final class
Must attend all session to be certified

Safe at Home Safe Alone

(9-12 year olds)

Safe at home, safe alone class helps your child prepare for independence. Children will learn how to be safe and responsible when being left at home for a short time.

SASCU Rec Center Room 2
\$20/session includes workbook
5:45-7:45pm

A - Tuesday April 16
B - Wednesday
June 5



Best suited for kids ready to stay home alone.
Must be 9 years old at time of class

teen game night

April 6, May 4 6-9pm

12-16 year olds - must preregister online

Over sized games, card games, ping pong, basketball,
floor hockey, ladder ball,
...each month will be a little different...

\$10.70

INCLUDES PIZZA AND POP

... play ... eat... socialize ... fun ...



2023-2024 Salmon Arm Silverbacks Home Game Schedule

NEED TICKETS? Call (250) 832-3856

SALMON ARM SILVERBACKS HOCKEY CLUB
2600 10TH AVE NE, SALMON ARM, B.C. V1E 2S4
www.sasilverbacks.com

2023-2024 Home Exhibition Games & Regular Season

HOME GAMES:

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

****SHOW CASE - Seattle ****

October 25th – Langley Rivermen 2:50PM

October 26th – Surrey Eagles 7:50PM

FOR AWAY GAMES PLEASE VISIT OUR WEBSITE www.sasilverbacks.com

Auditorium Schedules

Auditorium Sport Schedule						
SPRING BREAK March 16-April 1						
Saturday 16	Sunday 17	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
PRIVATE BOOKING		PRIVATE BOOKING 9am-2pm	PRIVATE BOOKING 9am-2pm	PRIVATE BOOKING 9am-2pm	PRIVATE BOOKING 9am-2pm	PRIVATE BOOKING 9am-2pm
	Pickleball Comp 12:30-2:30pm	Spring Break Camp 2-5pm	Spring Break Camp 2-5pm	Spring Break Camp 2-5pm	Spring Break Camp 2-5pm	Spring Break Camp 2-5pm
	Pickleball Rec 2:45-4:45pm	Youth Drop in Basketball 6-8pm	Kids Drop in Floor Hockey 5:30-7:30pm	Adult Pickleball 6-8pm	Youth Drop in Volleyball 6-8pm	PRIVATE BOOKING 5:30-7:30
		Adult Drop in Basketball 8-10pm				
Saturday 23	Sunday 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
PRIVATE BOOKING			Badminton 8-10am		Badminton 8-10am	
	Pickleball Comp 12:30-2:30pm	Kids Floor Hockey 10am-12pm	Pickleball Rec 10:30am-12:30pm	Kids Floor Hockey 10am-12pm	Pickleball Adv 10:30am-12:30pm	
	Pickleball Rec 2:45-4:45pm	PRIVATE BOOKING 1-2:30pm	Pickleball Comp 1-3pm		Pickleball Rec 1-3pm	
		Kid Drop in Basketball 4-6pm	Pickleball Adv 3:30-5:30pm	Kid Drop in Basketball 4- 6pm	Pickleball Comp 3:30-5:30pm	
		Youth Drop in Basketball 6-8pm	Youth Drop in Volleyball 6-8pm	Youth Drop in Basketball 6- 8pm	Youth Drop in Volleyball 6-8pm	
		Adult Drop in Basketball 8-10pm				

NO PROGRAMMING March 29-April 1

Auditorium Sport Schedule						
April 2-April 14						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Motoring Munchkins 9-11am	Badminton 8-10am	Motoring Munchkins 9-11am	Badminton 8-10a	Pickleball Recreational 9-11am		
	Pickleball Recreational 10:30am-12:30pm	Parent and Tot Sport 11:4am5-12:30pm	Pickleball Competition 10:30am-12:30pm	Pickleball Competition 11:30am-1:30pm		
Pickleball Advanced 1-3pm	Pickleball Advanced 1-3pm	Pickleball Recreational 1-3pm	Pickleball Advanced 1-3pm			
Pickleball Competition 3:15-5:15pm	PRIVATE BOOKING 3:30-9:30pm	PRIVATE BOOKING 3:30-9:30pm	PRIVATE BOOKING 3:30-9:30pm			
PRIVATE BOOKING 5:30-7:30pm						
Adult Drop in Basketball 8-10pm				Private Booking 5-9:30pm		
Pickleball Legend	EVERYONE WELCOME AT PICKLEBALL LEVELS ARE JUST A GUIDE THIS IS DROP IS NOT PICKLEBALL CLUB		*To maximize playing time Pickleball is Round Robin Play *Tot Sport and Volleyball are registered programs. *All programs are subject to change and cancellation without notice *All Drop in programs are unsupervised			
Recreational						
Competition						
Advanced						

Auditorium Schedules

Auditorium Sport Schedule						
April 15-April 30						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Motoring Munchkins 9-11am	Badminton 8-10am	Motoring Munchkins 9-11am	Badminton 8-10a			
		Parent and Tot Sport 11:4am-12:30pm				
PRIVATE BOOKING 3-4pm	PRIVATE BOOKING 3:30-9:30pm	PRIVATE BOOKING 3-4pm	PRIVATE BOOKING 3:30-9:30pm	Private Booking 5-9:30pm		
PRIVATE BOOKING 5:30-7:30pm		PRIVATE BOOKING 4-9:30pm				
Adult Drop in Basketball 8-10pm						
SOME EXCLUSION DATES APPLY		*All programs are subject to change and cancellation without notice				
*Tot Sport is a registered programs.		*All Drop in programs are unsupervised				

Auditorium Sport Schedule						
May 1-June 30						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Motoring Munchkins 9-11am	Badminton 8-10am	Motoring Munchkins 9-11am	Badminton 8-10a			
		Parent and Tot Sport 11:4am-12:30pm				
PRIVATE BOOKING 3-4pm	Child Drop in Floor Hockey 4-6pm	PRIVATE BOOKING 3-4pm	Youth Drop in Volleyball 6-8pm		Youth Drop in Basketball 2-4pm	
Youth Drop in Basketball 6-8pm	Youth Drop in Floor Hockey 6-8pm	Child Drop in Basketball 5-7pm				
Adult Drop in Basketball 8-10pm						
SOME EXCLUSION DATES APPLY		*All programs are subject to change and cancellation without notice				
*Tot Sport is a registered program.		*All Drop in programs are unsupervised				

Drop in/walking loop

DROP IN SPORTS

**ADULTS
APRIL 2-JUNE 30**

**CHILD & YOUTH
MAY 1- JUNE 30**



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	SATURDAYS
Youth Basketball 6-8pm	Adult Badminton 8-10am	Child Basketball 5-7pm	Adult Badminton 8-10am	Youth Basketball 2-4pm
Adult Basketball 8-10pm	Child Floor Hockey 4-6pm		Youth Volleyball 6-8pm	
	Youth Floor Hockey 6-8pm			

Pickleball plays inside until April 15th at which point they head outside. See the auditorium schedule for pickleball days and times

Child Drop In 8-12 years old - Youth Drop In 12-16 year olds - Adult Drop In 16+ years old

Child(8-12 year olds) \$3.25 - Student (13-18 year olds) \$4.50 - Adult(19-59 year olds) \$5.50 - Senior(60+ year olds) \$4.50

Shaw Center WALKING LOOP



Available during regular operating hours of the Shaw Center.

Closed during any events that require admission

- The Shaw Centre walking loop is a 200 meter loop around the perimeter of Spectator Arena. It is wheelchair accessible and the facility is equipped with an elevator.
- This indoor facility allows you to exercise safely without the risk of injury on outdoor slippery surfaces.

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



Salmon Arm SOCKEYES

@salmonarmsockeye
 sockeyespres@gmail.com
 www.salmonarmsockeyes.ca

THE SOCKEYE SUMMER SWIM CLUB OFFERS SOMETHING FOR EVERYONE. IT IS FOR THE BEGINNER WHO STRUGGLES TO SWIM A LENGTH, THE SWIMMER WHO STRIVES FOR COMPETITIVE AND PERSONAL EXCELLENCE, TO THE SWIMMER GOING FOR A REGIONAL OR PROVINCIAL CHAMPIONSHIP.

Spring break activities

SPRING BREAK DROP IN SPORTS CHILD & YOUTH MARCH 18-28



MONDAYS

TUESDAYS

WEDNESDAYS

THURSDAYS

March 18

Youth Basketball
6-8pm

March 19

Kids Floor Hockey
5:30-7:30pm

March 21

Youth Volleyball
6-8pm

March 25

Kids Floor Hockey
10am-12pm
Kids Basketball
4-6pm
Youth Basketball
6-8pm

March 26

Youth Volleyball
6-8pm

March 27

Kids Floor Hockey
10am-12pm
Kids Basketball
4-6pm
Youth Basketball
6-8pm

March 28

Youth Volleyball
6-8pm

Child Drop In 8-12 years old - Youth Drop In 12-16 year olds
Child(8-12 year olds) \$3.25 - Student (13-18 year olds) \$4.50

Shuswap Gym of Rock
INDOOR ROCK CLIMBING
DROP IN MEMBERSHIPS
BIRTHDAY PARTIES
RENTAL EQUIPMENT
ALL AGES
KIDS AND ADULTS
OPEN 7 DAYS A WEEK
778.489.5594
CLIMB@GYMOFROCK.COM

**KIDS LESSONS
SPRINGBREAK
CAMPS
REGISTER TODAY!**

SPEED SKATING

- All ages and skill levels welcome
- Wednesday & Friday evenings
- Recreational or Competitive
- Speed Skate rentals included
- Intro to Speed Skating Sessions

SALMON ARM ICEBREAKERS

SPEED SKATING

Watch for our Open House
Try Speed Skating in September

For more information:
s.a.speedskating@gmail.com
www.salmonarmspeedskating.ca

Spring break activities

KIDS SPRING BREAK

(7-11 years old)

This is a **NEW** program for 2024!

This 5 Day camp during Spring Break is a diverse full-day schedule of activities! Play group games and sports. Go hiking and swimming. Do art and crafts and so much more. Join us for this dynamic week of spring! This camp will visit the swimming pool, recreation center as well as nearby parks, courts and playgrounds.

March 18-22

Drop off Little Mountain Filed House

Pick up Recreation Center Auditorium

8:30am-3:30pm

\$200/5days



SPRING BREAK
STICK & PUCK

2:45-4:15PM
MARCH
20, 25, 27

CASH ONLY
Pay at the window.
Adult (19+) \$6.50
Senior (60+) \$5.25
Student (13-18) \$5.25
Child (6-12) \$4.25

12 AND UNDER ON HUCUL
13+ ON SPECTATOR
MUST BRING ALL OWN GEAR
(SKATES HELMET STICK)

SPRING BREAK
PUBLIC
SKATE

CASH ONLY
Pay at the window.
Adult (19+) \$6.50
Senior (60+) \$5.25
Student (13-18) \$5.25
Child (6-12) \$4.25
Parent Tot \$6
Family (Max 5) \$14

2:45-4:15PM
TUESDAY MARCH 19, 26
THURSDAY MARCH 21, 28

PICKLEBALL COURTS—Klahani Park

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



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

CHAIR TO mat YOGA

(16+ years old)

Join Brandi from the local studio Galeria Estima for some gentle yoga. Use the chair the whole time or move from chair to mat, it's up to you. This gentle yoga helps loosen and stretch painful muscles, reduce stress, and improve circulation. Brandi will slowly progress from using only a chair to a mat/chair combination. Participants who wish to move to the mat must be able to lift ones self off the floor assisted only by the chair.

SASCU Recreation Center Room 1
Thursdays 10-11am
April 11-June 13
\$100/10 Sessions



55+

BC Games

For Life, Sport and Friends

2024 | Salmon Arm

SEPTEMBER 10-14, 2024

The City of Salmon Arm is hosting the 2024 55+ BC Games. The Games is an annual multi-sport competition that attracts over 3,500 participants from across BC. The mission of the BC Seniors Games Society is to improve the health, lifestyle and image of British Columbia's 55+ population.

The City of Salmon Arm is excited to be working alongside the Salmon Arm Economic Development Society and the Salmon Arm Recreation Society to plan and host this exciting event.

For information on participating in the games or to volunteer, visit the website:

<https://55plusbcgames.org/salmonarm/>

Courts and Fitness Room

SASCU Racquetball & Squash Courts



COURT TIMES

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

Book your court time
ONLINE!

\$17/court/45min

Additional time can be
purchased at \$5.50/15min

SASCU Recreation Center **FITNESS ROOM**

clean ♦ air conditioned ♦ friendly

GYM HOURS

Monday-Friday	6:30am-9pm
Saturday	8:30am-9pm
No Swim Lesson Saturday	2pm-9pm
Sunday/Stats	1pm-4pm

COST

ADULT \$6.50

SENIOR \$5.25

STUDENT(16+) \$5.25

EQUIPMENT

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

Get Active Guide



SALMON ARM GET ACTIVE GUIDE

ARCHERY

Archery Club	250-832-0205		
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BADMINTON

Badminton Club	250-804-7908		
SASCU Recreation Centre	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca

BASEBALL/SLOWPITCH

Minor Baseball		registrar@salmonarmbaseball.com	www.salmonarmbaseball.com
Slo-pitch		info@salmonarmslopitch.com	www.salmonarmslopitch.com

BASKETBALL

Drop in Adult	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
Synergy			http://salmonarmsynergybasketball.blogspot.com

BEACHES

Canoe Beach			7720 36th Street NE
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BIKING TRAILS

South Canoe Biking Trails			6970 10 Ave SE
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BOWLING

Lakeside Bowling	250-832-3946		www.lakesidebowling.com
Lawn Bowling	250-253-0873	dbryant@sunwave.net	www.bowlsclub.org/club/1090

CADETS/GUIDES/SCOUTS

Girl Guides of Salmon Arm	250-832-7280		www.girlguides.ca
Army Cadets		saarmycadets@yahoo.com	
Royal Canadian Air Cadets	250-833-0222		www.222air.com
Scouts	778-489-0088		

SALMON ARM GET ACTIVE GUIDE

CROSS COUNTRY SKI

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

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

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

EQUSTRIAN

Trail Alliance			www.shuswaptrails.com
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FACILITIES

SASCU Recreation Centre	250-832-4044	rscott@salmonarmrecreation.com	www.salmonarmrecreation.ca
Salmon Arm Fair Grounds	250-832-0442	admin@salmonarmfair.com	www.salmonarmfair.com
Waterslides	250-832-4FUN		www.salmonarmwaterslides.com
Scout Hall	778-489-0088		
Shaw Centre	250-832-4044	dknight@salmonarmrecreation.ca	www.salmonarmrecreation.ca
Elks Hall	250-833-4803		
Little Mountain Fieldhouse	250-832-4044	dknight@salmonarmrecreation.ca	www.salmonarmrecreation.ca
Song Sparrow Hall		admin@songsparrowhall.ca	http://songsparrowhall.ca

FISH & GAME

Fish and Game Club	250-832-3431		https://safgc.ca/
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FITNESS CENTERS

Curves (Women Only)	250-804-0644		www.curves.com
The Cardio Connection	250-833-2717		www.cardioconnection.ca
SASCU Recreation Centre	250-832-4044		www.salmonarmrecreation.ca
Shuswap Total Fitness	778-489-5551	shuswaptotalfitness@gmail.com	www.shuswaptotalfitness.com
The Cardio Connection	250-833-2717		https://www.cardioconnection.ca

Get Active Guide

SALMON ARM GET ACTIVE GUIDE

Anytime Fitness	778-489-5323		https://www.anytimefitness.com/gyms/2819/salmon-arm-bc-v1e-2s7
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FOOTBALL

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

Shuswap National Golf Course	250-832-3285	golfshop@shuswapnational.com	www.shuswapnational.com
Club Shuswap Golf and RV	250-832-7345	golf@clubshuswap.com	www.clubshuswap.com
Salmon Arm Golf Club	250-832-4727		www.salmonarmgolf.com

GYMNASTICS

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

Minor Hockey	250-832-0095	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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LACROSS

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

Northern Spirit Martial Arts	250-463-4925		
Kees Tae Kwon Do	250 833-0661		
Provincial Martial Arts	250.253-2406	pmakarate@gmail.com	https://www.provincialmartialarts.ca/contact-us

SALMON ARM GET ACTIVE GUIDE

Shuswap Brazilian Jui-Jitsu	250-804-9262		https://www.shuswapbjj.com/
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PICKLEBALL

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

PARKS

Little Mountain			3698 Okanagan Ave
McGuire Lake			681 Trans-Canada Hwy
Blackburn			480 5 Ave SW
Klahani Aprk			6391 10 Ave SE
Elk's Hall & Park			3690 30 Street NE
Coyote park			1398 54 Ave NE
Marine Peace Park			780 Marine Park Dr
Foreshore/Raven Trail			998 Harbour Front Dr

PLAY GROUNDS

Canoe Beach			3799 Canoe Beach Dr
Klahani Park			6391 10 Ave SE
Fletcher Park			450 2 Ave NE
SASCU Little Mountain Sports Fields			250 30th Street SE
Blackburn Park			480 5 Ave SW

RACKETBALL

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

Ringette		tpacker@telus.net	www.shuswapringette.ca
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ROCK CLIMBING

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

Get Active Guide

SALMON ARM GET ACTIVE GUIDE

ROWING/PADDLING

Rowing and Paddling Club		kcrouch@shaw.ca	https://shuswaprowingandpaddling.com
Shuswap Dragon Boat Society	250-804-6377	friendsabreast@gmail.com	www.friendsabreast.com

RUGBY

Yeti Rugby	250-463-4019		www.yetirugby.com
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SKATING

Skating Club	236-586-6442	salmonarmskatingclub@gmail.com	https://www.saskatingclub.com
Speed Skating	250-804-5504	info@salmonarmspeedskating.com	http://salmonarmspeedskating.com
Public Skate	250-832-4044	dknight@salmonarmrecreation.ca	www.salmonarmrecreation.ca

SNOWMOBILING

Snow Blazers	250-675-2420		https://www.sasnowblazers.com
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SOCCER

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

SQUASH

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

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

TABLE TENNIS

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

SALMON ARM GET ACTIVE GUIDE

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

Adult Volley Ball League	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
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WALKING/HIKING GROUPS

Shuswap Lady Striders		ladystriders@gmail.com	https://www.shuswapladystriders.ca
Shuswap Naturalist Club		info@shuswapnaturalists.org.	http://www.shuswapnaturalists.org
Shuswap Outdoors Club	250-832-7768		
Shuswap Trail Alliance	250-832-0102	info@shuswaptrails.com	https://shuswaptrails.com

YOGA

Gr.attitude Hot Yoga	250-517-8747	gratitudehotyoga@gmail.com	https://www.gratitudeyogainc.com
Namaste Yoga	250-803-6724	namastesalmonarm@gmail.com	http://yogasalmonarm.com
Sweet Freedom Yoga	250-832-2720		https://www.sweetfreedomyoga.com

YOUTH DROP IN SPORTS

Basketball, Volleyball, Floor Hockey	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
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If you would like your activity added to our next Fun Guide, please contact Rebecca Scott at rscott@salmonarmrecreation.ca

Advanced Aquatic Courses

Bronze Star

Pre-Bronze Medallion training program that develops problem-solving and decision-making skills as well as basic lifesaving and resuscitations skills needed to be safe and help others be safe around water.

April 8-May 13 *No class April 29 Mon/Wed 5:45 - 6:45 pm

Register online www.salmonarmrecreation.ca

Bronze Medaillon TBA

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

Bronze Cross

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

March 18-22 Mon-Fri 8:00am - 12:30pm

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

National Lifeguard TBA

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

Standard First Aid - Cpr C

Standard First Aid is a WorkSafeBC Occupational Level 1 equivalent. This course includes comprehensive training covering all aspects of first aid, CPR and AED use.

June 8-9 Sat/Sun 8:00am - 4:30pm

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

Lifesaving Swim Instructor

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

March 23, 25-28 Sat/Sun 8:00am - 4:30pm

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

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

Session 1 - AM April 8 - May 13

*10 Sessions Mon/Wed AM *No Lessons April 29th*

	Code	Time
Parent and Tot 1	1 - A	10:15 - 10:45 am
Parent and Tot 2	1 - A	10:15 - 10:45 am
Parent and Tot 3	1 - A	10:45 - 11:15 am
Preschool 1	1 - A	11:15 - 11:45 am
Preschool 1	1 - B	10:15 - 10:45 am
Preschool 2	1 - A	10:45 - 11:15 am
Preschool 3	1 - A	11:15 - 11:45 am

Session 2 - AM May 15 - June 19

10 Sessions Mon/Wed AM *No lessons May 20th*

	Code	Time
Parent and Tot 1	2 - A	10:15 - 10:45 am
Parent and Tot 2	2 - A	10:15 - 10:45 am
Parent and Tot 3	2 - A	10:45 - 11:15 am
Preschool 1	2 - A	11:15 - 11:45 am
Preschool 1	2 - B	10:15 - 10:45 am
Preschool 2	2 - A	10:45 - 11:15 am
Preschool 3	2 - A	11:15 - 11:45 am

Swim Lessons

Session 1 - PM

April 8 - May 8

*9 Sessions Mon/Wed PM *No lessons April 29th*

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

Swim Lessons

Saturday April 6 - June 22 10 Sessions *No lessons May 18th, June 8th*		
	Code	Time
Parent and Tot 1	Sat - A	8:30 - 9:00 am
Parent and Tot 2	Sat - A	8:30 - 9:00 am
Parent and Tot 3	Sat - A	9:15 - 9:45 am
Preschool 1	Sat - A	9:45 - 10:15 am
Preschool 1	Sat - B	1:00 - 1:30 pm
Preschool 2	Sat - A	10:30 - 11:00 am
Preschool 2	Sat - B	1:30 - 2:00 pm
Preschool 3	Sat - A	11:30 - 12:00 pm
Preschool 4	Sat - A	12:15 - 12:45 pm
Preschool 5	Sat - A	12:15 - 12:45 pm
Swimmer 1	Sat - A	12:45 - 1:15 pm
Swimmer 2	Sat - A	12:30 - 1:00 pm
Swimmer 3	Sat - A	12:00 - 12:30 pm
Swimmer 4	Sat - A	11:30 - 12:15 pm
Swimmer 5	Sat - A	9:45 - 10:30 am
Swimmer 6	Sat - A	9:00 - 9:45 am
Rookie Patrol	Sat - A	1:15 - 2:00 pm
Ranger Patrol	Sat - A	10:15 - 11:00 am
Star Patrol	Sat - A	8:30 - 9:15 am

Swim for Life Lesson Rates

	10 Sessions	9 Sessions	8 Sessions
Parent and Tot 1/2/3	\$60.00	\$54.00	\$48.00
Preschool 1-5	\$70.00	\$63.00	\$56.00
Swimmer 1-3	\$70.00	\$63.00	\$56.00
Swimmer 4-6	\$85.00	\$76.50	\$68.00
Rookie/Ranger/Star	\$90.00	\$81.00	\$72.00

Aquatic Weekend Fun!

Youth Night

(8 – 12 years)

A great evening out for the pre-teen! Enjoy the cool glow of underwater lights and themed games and activities. Pre-register online so you don't miss out.

Includes pizza, beverage & swim.

Fridays

6:30 - 9:00pm

April 19 - Earth Day

May 24 - Water Safety

June 21- Cave Man

\$10.70/student **Pre-register only

Pool Birthday Parties

This is the best Birthday Party Deal in Town!

Make a big SPLASH and book your next birthday party in our **Aqua Party Zone**. Bring the cake, goodies and decorations and we'll do the clean-up! Party Zone available during public swim times only.

Party Zone rental: \$33.00 to be paid within 3 days of booking or spot will be given away as these rentals are in high demand.

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

How to Book: Visit our website @ www.salmonarmrecreation.ca, click on the Aquatics tab, under it click Birthday Party Zone and follow the instructions.

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



Inflatable Dates

Super Saturdays 6-8:30pm

April 6
May 4
June 1

Regular Admission

Spend the afternoon with your friends in the pool with the XXL Inflatable!

Slip, Slide, Jump, Crawl - whatever it takes to get through the maze of obstacles.

Super Floatatious Fun!!

(No Lap Lane)

Aquafit Schedule

April 2 - June 28

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

Aquafit Program Descriptions

Noon Fit: A mixture of shallow and deep exercises.

Aqua Lite: A low intensity class used to train up and coming instructors.

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

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

Deep Power: A higher intensity workout using interval training and power moves.

Aqua Zumba: Fun latin music, choose your pace, dance exercise class lead by instructor.

****All classes are subject to change/cancellation****

****No Aquafit March 18-April 1st, May 20th****

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.



Pool Schedules

Spring Break Schedule

Sunday, March 17 - Saturday, March 23

times subject to change without notice

	Sunday 17	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23
Public Swim	12-4:00pm	1:00-4:00pm	1:00-4:00pm 7:00-9:00pm	1:00-4:00pm	1:00-4:00pm 7:00-9:00pm	1:00-4:00pm 7:00-9:00pm	1:00-4:00pm 6:00-9:00pm
Laps & Leisure		11:00am-1:00pm 4:00-6:00pm	11:00am-1:00pm 4:00-6:00pm	11:00am-1:00pm 4:00-6:00pm	11:00am-1:00pm 4:00-6:00pm	11:00am-1:00pm 4:00-6:00pm	
Lap Lanes		6:30-8:30am 6:00-7:30pm 7:30-9:00pm(2LL)	6:30-8:30am 6:00-7:00pm	6:30-8:30am 6:00-7:30pm 7:30-9:00pm(2LL)	6:30-8:30am 6:00-7:00pm	6:30-8:30am 6:00-7:00pm	
Closed to Public		8:30-11:00am	8:30-11:00am	8:30-11:00am	8:30-11:00am	8:30-11:00am	4:00-6:00pm

Sunday, March 24 - Saturday, March 30

times subject to change without notice

	Sunday 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30
Public Swim	12-4:00pm	1:00-4:00pm	1:00-4:00pm 7:00-9:00pm	1:00-4:00pm	1:00-4:00pm 7:00-9:00pm	1:00-4:00pm	1:00-4:00pm 6:00-9:00pm
Laps & Leisure		11:00am-1:00pm 4:00-6:00pm	11:00am-1:00pm 4:00-6:00pm	11:00am-1:00pm 4:00-6:00pm	11:00am-1:00pm 4:00-6:00pm		
Lap Lanes		6:30-8:30am 6:00-7:30pm 7:30-9:00pm(2LL)	6:30-8:30am 6:00-7:00pm	6:30-8:30am 6:00-7:30pm 7:30-9:00pm(2LL)	6:30-8:30am 6:00-7:00pm		
Closed to Public		8:30-11:00am	8:30-11:00am	8:30-11:00am	8:30-11:00am		4:00-6:00pm

****No Aquafit****

Pool space subject to change. Please be aware a Bronze Cross course will be in the pool from 8:00 am - 12:30 pm on March 18-21.

Swim Instructor Course will be in the pool 8:00 am - 4:30 pm March 23, 25-28.

Pool Schedules

Pool Schedule - April 1 - April 30, 2024

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Lanes		6:30-8:30am 9:00-11:00am (1LL) 11:00am-12:00pm (2LL) 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(1LL) 4:00-6:00pm(1LL)	6:30-8:30am 9:00-11:00(1LL) 11:00am-12:00pm(2LL) 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(1LL) 4:00-5:30pm(1LL)	6:30 -8:30am 9:00-10:00(1LL) 10:00am-12:00pm 4:00-6:00pm(1LL)	
Laps & Leisure		12:00-1:00pm	1:00-3:00pm	12:00-1:00pm	1:00-3:00pm	12:00-2:00pm	
Public Swim	12:00-4:00pm	6:00-7:30pm	7:15-9:00pm	6:00-7:30pm	7:30-9:00pm	2:00-4:00pm 6:15-9:00pm	2:00-5:00pm 6:00-9:00pm
Leisure Only		8:30-9:00am	6:30-7:30am	8:30-9:00am	6:30-7:30am	8:30-9:00am	
Discount Dip		1:00-2:00pm	3:00-4:00pm	1:00-2:00pm	3:00-4:00pm		
CLOSED to Public		2:00-6:00pm	9:00am-12:00pm 6:00-7:15pm	2:00-6:00pm	9:00am-12:00pm 5:30-7:30pm		8:30am-2pm 4:30-6:00pm
Aqua Fit		9:00-9:45am	12:15-1:00pm	9:00-9:45am	12:15-1:00pm	9:00-9:45am	

All sessions noted above (excluding CLOSED times) have access to the Parent & Tot Pool, Hot Tub, Sauna

Public Swim: Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna

Discount Dip (1 hour): Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Diving Board, Sauna

Lap Lanes: Lanes may vary due to sharing with other programs, Hot Tub, Parent & Tot Pool, Sauna

Laps & Leisure: Lap Lanes, Water Walking or Running, Hot Tub, Parent & Tot Pool, Sauna

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

Aquafit: Lap Lane, Parent & Tot Pool, Hot Tub, Sauna

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

Dates of note:

April 1 1-4pm Public swim only

April 6 No Lap Lane 6-9pm

April 19 6-9pm, No Public Swim

April 29 Pro D day swim 1-4pm



Pool Schedules

Pool Schedule - May 1 - May 11, 2024

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Lanes		6:30-8:30am 9:00-10:00am (1LL) 10:00am-12:00pm (3LL) 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(1LL) 3:00-5:00pm(2LL)	6:30-8:30am 9:00-10:00(1LL) 10:00am-12:00pm(3LL) 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(1LL) 3:00-5:00pm(1LL)	6:30 - 8:30am 9:00-10:00(1LL) 10:00am-12:00pm	
Laps & Leisure		12:00-1:00pm	1:00-2:00pm	12:00-1:00pm	1:00-2:00pm	12:00-2:00pm	
Public Swim	12:00-4:00pm	6:30-7:30pm	6:45-9:00pm	6:30-7:30pm	6:45-9:00pm	2:00-4:00pm 6:45-9:00pm	2:00-5:00pm 6:00-9:00pm
Leisure Only		8:30-9:00am	6:30-7:30am	8:30-9:00am	6:30-7:30am	8:30-9:00am	
Discount Dip		1:00-2:00pm	2:00-3:00pm	1:00-2:00pm	2:00-3:00pm		
CLOSED to Public		2:00-6:30pm	9:00am-12:00pm 5:00-6:45pm	2:00-6:30pm	9:00am-12:00pm 5:00-6:45pm	4:00-6:45 pm	8:30am-2pm 4:30-6:00pm
Aqua Fit		9:00-9:45am	12:15-1:00pm	9:00-9:45am	12:15-1:00pm	9:00-9:45am	

All sessions noted above (excluding CLOSED times) have access to the Parent & Tot Pool, Hot Tub, Sauna

Public Swim: Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna

Discount Dip (1 hour): Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna

Lap Lanes: Lanes may vary due to sharing with other programs, Hot Tub, Parent & Tot Pool, Sauna

Laps & Leisure: Lap Lanes, Water Walking or Running, Hot Tub, Parent & Tot Pool, Sauna

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

Aquafit: Lap Lane, Parent & Tot Pool, Hot Tub, Sauna

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

Dates of note:

May 3 Closed at 4pm

May 4 No Lap Lane 6-9pm

Pool Schedule - May 12 - May 31, 2024

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Lanes		6:30-8:30am 9:00-10:00am (1LL) 10:00am-12:00pm (2LL) 2:00-5:00pm 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(1LL) 3:00-5:00pm(2LL)	6:30-8:30am 9:00-10:00(1LL) 10:00am-12:00pm(2LL) 2:00-4:00pm 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(1LL) 3:00-5:00pm(1LL)	6:30 - 8:30am 9:00-10:00(1LL) 10:00am-12:00pm	
Laps & Leisure		12:00-1:00pm	1:00-2:00pm	12:00-1:00pm	1:00-2:00pm	12:00-2:00pm	
Public Swim	12:00-4:00pm	6:30-7:30pm	6:45-9:00pm	6:30-7:30pm	6:45-9:00pm	2:00-4:00pm 6:45-9:00pm	2:00-5:00pm 6:00-9:00pm
Leisure Only		8:30-9:00am	6:30-7:30am	8:30-9:00am 4:00-6:30pm	6:30-7:30am	8:30-9:00am 4:00-6:45pm	
Discount Dip		1:00-2:00pm	2:00-3:00pm	1:00-2:00pm	2:00-3:00pm		
CLOSED to Public		5:00-6:30pm	9:00am-12:00pm 5:00-6:45pm		9:00am-12:00pm 5:00-6:45pm		8:30am-2pm 4:30-6:00pm
Aqua Fit		9:00-9:45am	12:15-1:00pm	9:00-9:45am	12:15-1:00pm	9:00-9:45am	

All sessions noted above (excluding CLOSED times) have access to the Parent & Tot Pool, Hot Tub, Sauna

Public Swim: Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna

Discount Dip (1 hour): Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna

Lap Lanes: Lanes may vary due to sharing with other programs, Hot Tub, Parent & Tot Pool, Sauna

Laps & Leisure: Lap Lanes, Water Walking or Running, Hot Tub, Parent & Tot Pool, Sauna

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

Aquafit: Lap Lane, Parent & Tot Pool, Hot Tub, Sauna

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

Dates of note:

May 20 1-4pm Public swim only

May 24 6-9pm, No Public Swim

Pool Schedule - June 1 - June 30, 2024

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Lap Lanes		6:30-8:30am 9:00-11:00am (1LL) 11:00am-12:00pm (2LL) 3:00-5:00pm 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(1LL) 3:00-5:00pm(2LL)	6:30-8:30am 9:00-11:00(1LL) 11:00am-12:00pm(2LL) 3:00-4:00pm 7:30-9:00pm(2LL)	6:30-8:30am 9:00-11:00(1LL) 11:00am-12:00pm(2LL) 3:00-4:00pm 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(1LL) 3:00-5:00pm(1LL)	6:30 -7:30am (1LL) 7:30-8:30am 9:00-10:00(1LL) 10:00am-12:00pm	
Laps & Leisure		12:00-2:00pm	1:00-2:00pm	12:00-2:00pm	1:00-2:00pm	12:00-2:00pm		
Public Swim	12:00-4:00pm	6:30-7:30pm	6:45-9:00pm	6:30-7:30pm	6:45-9:00pm	2:00-4:30pm 6:45-9:00pm	2:00-5:00pm 6:00-9:00pm	
Leisure Only		8:30-9:00am	6:30-7:30am	8:30-9:00am 4:00-6:30pm	6:30-7:30am	8:30-9:00am 4:30-6:45pm		
Discount Dip		2:00-3:00pm	2:00-3:00pm	2:00-3:00pm	2:00-3:00pm			
CLOSED to Public		5:00-6:30pm	9:00am-12:00pm 5:00-6:45pm		9:00am-12:00pm 5:00-6:45pm		8:30am-2pm 4:30-6:00pm	
Aqua Fit		9:00-9:45am	12:15-1:00pm	9:00-9:45am	12:15-1:00pm	9:00-9:45am		

All sessions noted above (excluding CLOSED times) have access to the Parent & Tot Pool, Hot Tub, Sauna

Public Swim: Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna

Discount Dip (1 hour): Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna

Lap Lanes: Lanes may vary due to sharing with other programs, Hot Tub, Parent & Tot Pool, Sauna

Laps & Leisure: Lap Lanes, Water Walking or Running, Hot Tub, Parent & Tot Pool, Sauna

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

Aquafit: Lap Lane, Parent & Tot Pool, Hot Tub, Sauna

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

Dates of note:
 June 1 6-9pm, No lap lane
 June 7 Closed at 4 pm
 June 8/9 Closed
 June 21 No public swim 6-9pm

2024 Admission Rates

	Single Admission		Multi-Use Pass 10 +		6 Month Pass	
	POOL	AQUAFIT	POOL	AQUAFIT	POOL	AQUAFIT
Adult 19+	\$6.50	\$7.75	\$58.50	\$69.75	\$341.38	\$411.36
Senior 60+	\$5.25	\$6.50	\$44.62	\$54.83	\$266.16	\$344.96
Student (13-18yrs)	\$5.25	\$6.50	\$44.62	\$54.83	\$266.16	\$344.96
Child (6 - 12yrs)	\$4.25		\$38.25		\$231.44	
Tot (1 - 5yrs)	\$2.00		\$15.00			
Family	\$14.00		\$126.00		\$688.54	
Parent & Tot	\$6.00		\$54.00			