



Spring / Summer 2016

Recreation Guide

ENDERBY...

Our Place to Play

250-838-BOOK (2665)



Riverside Ball Diamonds & Lions Gazebo



The following facilities and parks are available to rent in Enderby and area:

Riverside Ball Diamonds • Lions Outdoor Pool • Lions Gazebo • Arena



Enderby & District
CHAMBER OF COMMERCE

Where the Shuswap meets the Okanagan

**Entrepreneurship and innovation
thrive in Enderby ~ enhance your
business with a membership in
the Enderby & District Chamber
of Commerce**

**702 Railway Street
Enderby, BC • 250.838.6727
www.enderbychamber.com**





Enderby & District Recreation Services

702 Railway Street, PO Box 1000
Enderby BC, V0E 1V0
Phone: 250-838-2665
Fax: 250-838-0123

Enderby Parks & Recreation

1605 Kate Street, Enderby, BC
Phone: 250-838-7557
Fax: 250-838-9613

Enderby Lions Pool

(May 25 to August 31)
606 King Avenue, Enderby, BC
Phone: 250-838-9256

Enderby & District Chamber of Commerce

702 Railway Street, PO Box 1000
Enderby BC, V0E 1V0
Phone: 250-838-6727
Fax: 250-838-0123
Hours dependant on season




City of Enderby

PO Box 400
Enderby BC, V0E 1V0
Phone: 250-838-7230
Fax: 250-838-6007

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Enderby Lions Pool Schedule

<div><h1>May 24 - June 28</h1></div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
POOL CLOSED	AQUA FIT 8-8:50am	7:15-8:15am AQUA POWER	AQUA FIT 8-8:50am	7:15-8:15am AQUA BOOT CAMP	AQUA FIT 8-8:50am	POOL CLOSED
	<div><h2>School Swimming Lessons</h2><div><div>May 30 - June 17 9:00am-3:00pm</div><div>Water Safety Week June 4-11</div></div></div>					
	<div><h2>Student "Toonie" Swim</h2><div>*May 24 - June 10 only*</div><div>3:30-4:30pm</div></div>					
Public Swim 2-5pm	<div>*Available for Rent*</div> <div>4:30-6pm</div> <div>Birthdays or Team Parties</div>		<div>To Book</div> <div>Phone</div> <div>8 3 8 - 9 2 5 6</div>	<div>*Available for Rent*</div> <div>4:30-6pm</div> <div>Birthdays or Team Parties</div>		Public Swim 2-5pm
	<div><h2>AFTER SCHOOL LESSONS</h2><div>June 13-24</div><div>3:30-6:00pm</div></div>					
Toonie Swim 4-5pm						Toonie Swim 4-5pm
Available For RENT 838-9256	Public Swim 6-8pm	<div>Toonie Swim</div> <div>6-7pm</div>	Public Swim 6-8pm	<div>Toonie Swim</div> <div>6-7pm</div>	Public Swim 6-8pm	Available For RENT 838-9256
		<div>AQUA BOOT CAMP</div> <div>7:05-8:05pm</div>		<div>AQUA ZUMBA</div> <div>7:05-8:05pm</div>		

For more information on our Schedule or programs call the Enderby Lions Pool at (250) 838-9256



*According to Provincial Pool Regulation; all children 6yrs and under MUST be accompanied by an adult in the pool and within arm's reach.

Season Grand Opening

Fri. May 27th

Toonie Swim 5-8pm
Registration, Draws, Cake,
games, Demos and more!
Draws at 7:30pm

Enderby Lions Pool Schedule

June 29 - Sept. 2						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
POOL CLOSED	Closed	Aqua Power 7:15-8:15am	Closed	Aqua Boot Camp 7:15-8:15am	Closed	POOL CLOSED
	Aqua Fit shallow & Deep 8:15-9:15am	Lap Swimming 8:15 - 9:30am (PV lessons)	Aqua Fit shallow & Deep 8:15-9:15am	Lap Swimming 8:15 - 9:30am (PV lessons)	Aqua Fit shallow & Deep 8:15-9:15am	
	<div>Red Cross Lessons 9:30 - 12:30pm<div></div></div>					
	POOL CLOSED 12:30-1:00					
Available For Rent 1-2pm	Public Swim 1-4pm <div>Dash & Splash 1-3pm (Thurs)</div>					Available For Rent 1-2pm
Public Swim 2-5pm						Public Swim 2-5pm
Toonie Swim 4-5pm	Advanced Courses & Lessons 4-6pm					Toonie Swim 4-5pm
Available For RENT 5-7pm 838-9256	<div>New</div> Aqua Tone 5:15-6pm					Available For RENT 5-6pm
POOL CLOSED	Public Swim 6-8pm	Toonie Swim 6-7pm Aqua Boot Camp 7:05-8:05pm	Public Swim 6-8pm	Toonie Swim 6-7pm Aqua Zumba 7:05-8:05pm	Public Swim 6-8pm	YOUTH NIGHT SPLASH 6-8pm
	<div><div>*All swimmers 6 and under must be accompanied by an Adult 16yrs+</div><div>Youth Night for ages 8-13ys only \$8</div><div>For Pool Information - Call (250) 838-9256</div></div>					<div>June 25 July 16 Aug. 13 Aug. 27</div>

Enderby Lions Pool Lessons

After School Session

June 13-24

Level 3 3:45-4:15	Level 4 3:45-4:15	Sea Otter-A 3:45-4:15
Level 1/2 4:15-4:45	Salamander 4:15-4:45	Level 5/6 4:15-5:00
Sea Otter-B 4:45-5:15	Level 7/8 4:45-5:30	Croc / Whale 5:00-5:30
Level 9/10 5:15-6:00	Sunfish 5:30-6:00	Parented PS 5:30-6:00

Session I

July 4-15

Parented PS 9:30-10:00	Level 3 9:30-10:00	Level 4 9:30-10:00	PV Lesson 9:30-10:00
Level 5 10:00-10:45	Sea Otter -A 10:00-10:30	Level 2 10:00-10:30	PV Lesson 10:00-10:30
Salamander 10:45-11:15	Level 1 10:30-11:00	Level 6 / 7 10:30-11:15	PV Lesson 10:30-11:00
Sunfish 11:15-11:45	Levels 8-10 11:00-11:45	Sea Otter -B 11:15-11:45	PV Lesson 11:00-11:30
Level 3/4 11:45-12:15	Croc / Whale 11:45-12:15	Wait List	PV Lesson 11:30-12:00

Session II

July 18-29

Level 6/7 9:30-10:15	Salam - A 9:30-10:00	Sea Otter-A 9:30-10:00	PV Lesson 9:30-10:00
Parented PS 10:15-10:45	Level 3 10:00-10:30	Level 4 10:00-10:30	PV Lesson 10:00-10:30
Sunfish 10:45-11:15	Level 8-10 10:30-11:15	Salam- B 10:30-11:00	PV Lesson 10:30-11:00
Level 5 11:15-12:00	Sea Otter-B 11:15-11:45	Level 1/2 11:00-11:30	PV Lesson 11:00-11:30
	Wait List	Croc / Whale 11:30-12:00	PV Lesson 11:30-12:00

Session III

Aug. 8-19

Sunfish 9:30-10:00	Sea Otter- A 9:30-10:00	Level 4/5 9:30-10:15	PV Lesson 9:30-10:00
Level 2 10:00-10:30	Level 1 10:00-10:30	Level 4/5 9:30-10:15	PV Lesson 10:00-10:30
Level 6/7 10:30-11:15	Salamander 10:30-11:00	Croc / Whale 10:15-10:45	PV Lesson 10:30-11:00
Level 8-10 11:15-12:00	Level 3/4 11:00-11:30	Parented PS 10:45-11:15	PV Lesson 10:30-11:00
	Level 3/4 11:30-12:00	Sea Otter- A 11:15-11:45	PV Lesson 11:00-11:30
		Wait List	PV Lesson 11:30-12:00

Parented Pre-School

= Starfish, Duck, Sea Turtle

Lifesaving Classes

Bronze Star	July 11-15 \$87.75
Bronze Medallion	July 19-22 & 26-29 \$145
Bronze Cross	July 19-22 & 26-29 \$130
Jr. Lifeguard club	July & August



Pool Registration starts April 18th 2016

Pool Pricing 2016

Admissions	Public Swim Admission	10 x Pass	1 month Pass	Aqua Fit Single Class	Aqua Fit 10x Pass	Aqua Fit Month Pass
0-2yrs	Free					
Pre-School (3-5yrs)	\$2.50	\$22.50	\$27.50			
Youth (6-18yrs)	\$3.50	\$31.50	\$38.50	\$5.75	\$51.75	\$57.50
Adult (19+)	\$3.75	\$33.75	\$41.25	\$6.00	\$54.00	\$60.00
Seniors (60+)	\$3.50	\$31.50	\$38.50	\$5.75	\$51.75	\$57.50
Families	\$9.00	\$79.50	\$99.00			
Parent & Tot	\$5.00					
Dash 'n' Splash	\$6.00	\$54.00				
Youth Nights (8-13yrs)	\$8.00					
Jr. Lifeguard	\$10.00					
Day Camps	\$17.00					

Lessons		
Parented Classes (30min)	\$40.00	
Pre-School Lessons (30min)	\$40.00	
Levels 1-4 (30min)	\$40.00	
Levels 5-10 (45min)	\$51.50	
Bronze Star	\$87.75	
Bronze Medallion	\$145.00	
Bronze Cross	\$130.00	
Jr. Lifeguard /Month	\$70.00	\$125 / Summer
Private / person (30min)	\$15.00	\$75/ week
Semi Private / person (30min)	\$11.00	\$55/ week

Rentals	Per Hour
Up to 50 People	\$67.00
50-85 People	\$91.50
Swim Club	\$30.00

Pool Rentals

The best place to hold a birthday, team wind-up, or group event is at the Enderby Lions Pool. Have the whole pool to yourself - including 2 lifeguards and all the toys! Games leaders available for in the water too!

June Mon. – Fri 4:30-6pm (except June 13-24) Sat. & Sun. 12pm-2pm or 5-6pm
July & Aug. Sat. & Sun. 12pm-2pm or 5-6pm

*Other times may be available – call to reserve (250) 838-9256

COST: Up to 50 swimmers \$67/hr 50-75 swimmers \$91.50/hr Games Leader \$17/hr

Private and Semi-Private Swim Lessons

Are you looking for smaller group sizes or 1 on 1 instruction? Phone the Enderby Lions Pool to book your private lessons with one of our Red Cross swim instructors.

Limited times available

*Private 30min. lesson \$15 each / person (\$75 for a week)

*Semi-Private 30min. lesson (2 or 3 ppl) \$11 each / person (\$55 for a week)

Enderby Lions Pool Advanced Courses

Bronze Star (Recommended 11+)

Bronze Star is the Lifesaving Society's 1st step in lifeguard training. It is recommended for those students between the ages of 11 and 13 and is designed to deliver high performance training for skilled pre-teens. Candidates learn CPR, land spinal recovery, solo and partner rescues, searches and other first aid skills.

Mon. to Fri. July 11-15 (10:00am-12:30pm) COST: \$87.75 / 5 sessions

Bronze Medallion (Pre Req. 13+ years or Bronze Star)

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components for water rescue education – Judgment, Knowledge, Skill and Fitness. In this course participants will learn to recognize and respond as a lifesaver to a variety of aquatic emergencies.

Tues. to Fri. July 19-22 & July 26-29 (3-6pm) COST: \$145 / 8 sessions

Bronze Cross (Pre Req. Bronze Medallion)

This course is the 3rd step in lifeguard training. Bronze Cross teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures, and teamwork. Bronze Cross is the pre-requisite for all Life Saving Advance courses.

*Course worth 2 credits towards grade 11**

Tues. to Fri. July 19-22 & July 26-29 (3-6pm) COST: \$130 / 8 sessions

NEW Bronze Crash Course

Take your Bronze Medallion or Bronze Cross in a one week crash course before the summer ends. Swimming skills evaluation and pre-course assignment required.

Mon. to Fri. Aug. 22- 26 (10am-2:30pm)

COST: \$145 Bronze Medallion / 5 sessions & \$130 Bronze Cross / 5 sessions

Junior Lifeguard Club (Pre Req. 8-13 yrs & can swim 25m)

Here is an exciting club with a focus on SERIOUS FUN for kids who want more than just swimming lessons! Members participate in swimming, lifesaving skills, fitness, community awareness projects and teamwork. They will also join pool staff for special events and aquatic staff training sessions.

**BONUS – Club members can Participate in Youth Nights for only \$5

Tues & Thurs July 5 to August 25 (3:30-5pm)

COST: \$10 Drop-in/\$70 per Month (8 sessions) or \$125 for the whole summer

Enderby Lions Pool Special Events

Season Grand Opening

Help us celebrate the start of another season at the Enderby Lions Pool with cake, games, draws, prizes, program demos and registration! Drop in for a Toonie swim between 5-8pm and get all the latest info on our great summer classes and schedules.

Friday May 27 (5-8pm)

COST: \$2 / person

Toonie Swims

New this summer, enjoy the “Toonie Swim” 4 times a week! Stay cool, stay active and splash around with friends and family.

Tues./ Thurs. (6-7 pm) Sat. & Sun. (4-5pm) COST: \$2/ person

Father's Day Dunk

Challenge dad to a cannonball competition, noodle surfing contest or water basketball game. On June 21st Dad's swim for Free at the Enderby Lions Pool. Bring your dad, grandpa, or uncle and you will be entered to win a ticket to one of our Fabulous Youth Night Splash Events.

Sun June 19 (2-5pm) COST: Regular Admission **Dad's are FREE!**

YOUTH NIGHT SPLASH (AGES 8-13)

Join our Staff for a fun and entertaining evening at the Enderby Lions Pool. There will be a different Theme each Event with games, music, prizes, and snacks.

NEW DAY & TIME Saturdays (6-8pm)

June 25th – “PJ Party”

July 16th – “Summer Survivor”

Aug. 13th - “Heroes & Villains”

Aug. 27th - “Disco Glow Dance Party”

COST: \$8 /student

Jr. Lifeguard Club: \$5 / member

Aqua Fit Fun Days

Join our entertaining and energetic fitness team for special classes with a KICK!

Dress up and take part in choreographed routines, surprises and more.....

Fri. June 24th **Summer Kick off**

Fri. July 29th **Fiesta Friday**

Fri. Aug 19th **Pirate Party**

Fri. Sept. 2nd **Summer Send off 80's Style**

**According to Provincial Pool Regulation; all children 6yrs and under MUST be accompanied by an adult in the pool and within arm's reach.*

Enderby Lions Pool Aqua Fit

Aqua Fit (Shallow and Deep Water)

Our most popular class that now includes shallow and deep water options. You can enjoy a low impact or no impact cardio workout with resistance work for muscle strength and endurance. All fitness levels can be challenged in a safe and welcoming environment.

Mon./Wed./ Fri. 8:00 - 8:50am (June)
 8:15 - 9:15am (July & Aug)

Aqua Power

A higher intensity workout using interval training and power moves to build cardio, core strength and muscular endurance.

Tuesday 7:15-8:15am (June to Aug)

Aqua Boot Camp

Take the plunge into HARD CORE Aqua-fit! More intensity, more travelling, more repetitions and more PUSH by our instructors.... Be ready to Go..... HARDER!! This class is for the hard core aqua fitter with high fitness level and is regularly active.

Tuesday 7:05-8:05pm & Thursday 7:15-8:15am (June to Aug)

Aqua Tone

In a new day and time, join us after work for a terrific class with a focus on specific muscle groups like Arms, Legs and Abdominals! Learn to activate certain muscles and use buoyancy equipment to create effective resistance for the ultimate toning workout. (45min class Shallow & Deep)

Wednesdays 5:15-6:00pm (July & August)

Aqua Zumba

A Dance Party in the pool! Returning this season, join Amie and get the whole body moving with pumping music & fun routines! What a great way to spend Thursday nights

Thursdays 7:05-8:05pm (June to Aug)

***Note ALL participants must complete a 2016 PAR-Q form (Health Questionnaire). Participants who are over 69yrs or answer "yes" to any of the questions require a Dr's note to participate.*

Dash 'n' Splash Camps

(4-5yrs with good running shoes & water bottle, swim suit & towel)

A perfect combination of Gym & Swim time for your active pre-schooler. Fundamental movement skills will be taught and practiced through games and drills on land and in the pool! A great opportunity to gain confidence, self-awareness and physical literacy skills in 2 different environments.

Land portion in Park if weather is good

Limited Space Available – so register early!

Dates: Session I Mon. to Thurs May 30 – June 2

Session II Tues. & Thurs June 7,9,14,16

Times: 11am-12:15pm (11-11:30 Gym / 11:30-11:45 Snack / 11:45-12:15 Pool)

Cost: \$40 (4 sessions)

Summer Dash & Splash (ages 4-7yrs)

An Action Packed Afternoon for children aged 4-8yrs lead by one of our fun and creative Aquatic leaders! Kids will play games that develop physical literacy skills, do crafts that stimulate the imagination, and enjoy supervised play time in the pool. Limited space available – pre-register to guarantee your spot.

Class cancelled during poor weather (rain or stormy days).

Thursdays (1-3pm) July & August ****Phone to Reserve a Spot – Limited space**

Cost: \$5 (signed up by Wed. 4pm) \$6 (Thurs. Drop-in)

Athlete Sport Training Camp (ages 12-16yrs)

Be ready for any sport with this high energy mini- camp with both physical and mental athlete training components. Explore different training methods that improve the physical ABC'S (Agility, Balance, Coordination and Speed) as well introduce mental toughness training techniques to set goals, build confidence, and handle the pressure of competition. *Bring healthy snacks, wet and dry workout clothes and water bottle.

Tues./Wed./Thurs. Aug. 23-25 (10am-12:30pm)

COST: \$55 Whole Camp or \$20 / Day



MACKENZIE CAMP

on beautiful Mabel Lake

2016 SUMMER CAMPS

for kids aged 6-17, July 2 thru August 19

Camp available for rental prior to July 1 & after August 20

Quality care & Programming

Specialty Camps, too – Drama & Fly Fishing!

See our website and brochure for details!

Register online: www.mackenziecamp.ca or phone/email 250-838-6293 maccamp@shaw.ca
MacKenzie Camp – A United Church of Canada Camp & Retreat Centre



2016

Fitness Programs

H.I.I.T – High Intensity Interval Training ***(16yrs+ in good physical condition)***

Time to take it to the next level. Start with goal setting, then combine mental motivation, boot camp style drills, team work exercises and a little bit of sweat. It is all about Process before Outcome and Outcome = Results.

Strength & Stretch

(bring your own matt, and weights *optional)

Build and protect your body with focus on strengthening and lengthening your muscle groups. Put your mind to muscle and become more aware of body posture and balance.

Core Fit

(bring your own mat and weights *optional)

A great class that combines low impact moves (with high impact options) floor work and resistance training to build core strength. Support your posture, burn calories and keep the tummy tight.

Dates: Mondays

April 4 – May 16

Times: 8:30-9:30am at

Drill Hall

Cost:\$42.00 (7 sessions)

Dates: Tuesdays

April 5 – May 24

Times: 9-10am at

Drill Hall

Cost:\$48.00 (8 sessions)

Dates: Wednesdays

April 6 – May 25

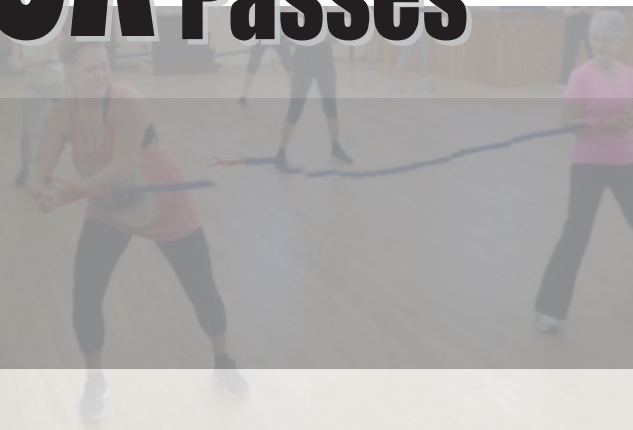
Times: 8:30-9:30am at

Drill Hall

Cost:\$48.00 (8 sessions)

5X Punch Passes

*5X Punch passes are available for
Drop-ins to all Land fitness classes*



Zumba

(16yrs+ with good running shoes)

Join the Fitness Dance Party with calorie burn, toning and most important – good times!

NEW Day, Time and Place!!

Dates: Thursdays

April 7 – May 26

Times: 6:45-7:45pm at

Enderby Legion

Cost:\$48.00 (8 sessions)

Yoga

(bring your own matt,)

Progressive classes encourage you to enjoy a more active and challenging practice combining core strength, flexibility, stamina, and mental discipline. You will leave class feeling energized, invigorated, yet with an inner calm

Dates: Fridays

April 15 – June 3

Times: 8:30-9:30am at

Drill Hall

Cost:\$64.00 (8 sessions)

NEW Women, Water & Weights

(55+ yrs ready for land and water classes)

Keep your body “Forever Active” with this class for women 55yr+. The 8 week program combines a 4 week land and 4 week water class with weights and resistive equipment designed to strengthen and tone your body.

Dates: Tuesdays

June 7 –July 26

Times: 9-10am at Drill

Hall & Enderby Pool

Cost:\$48.00 (8 sessions)

*limited to 12
registrations

We are always looking for enthusiastic Fitness Instructors to join our team. If you are a certified instructor or interested in becoming one, contact Sheryl Hay – Recreation Coordinator at 250 838-2665 or Sheryl@enderbychamber.com

Youth Programs **P.L.A.Y = Physical –Literacy – Active- Youth**

Active Tots (24-36months, parent participation required)

This 30min, semi-structured class with caregiver that incorporates cooperative play with basic fundamental movement skills. Start them early with learning the physical literacy skills that build confident and healthy toddlers.

Dates: Tuesdays April 5 – May 24 Times: 10:15-10:45am @ Drill Hall

Cost: \$35.00 (8 sessions)

Pre-School Sports (3-5yrs with comfy footwear & water bottle)

A 45min session led by a FMS instructor that will have your pre-school child using games and play to improve their physical literacy skills that build self-esteem and confidence. These little movers will learn and practice the main fundamental movements of running, jumping, skipping, throwing, catching, batting and more to prepare them for future sports and an Active Life.

Dates: Tuesdays April 5 – May 24 Times: 11-11:45am @ Drill Hall

Cost: \$40.00 (8 sessions)

I Can Play Sports (5-8yrs with good running shoes & water bottle)

Get your school aged child active with this multi-sport and movement program. Kids will learn physical literacy skills through play in a variety of games and activities where the focus is FUN!! Run, kick, jump, throw, balance and be active with your friends.

Dates: Thursdays April 7 – May 26 Times: 4:00-5:00pm @ Drill Hall

Cost:\$45.00 (8 sessions)

NEW Rhythm and Moves (4-6yrs)

Join Molly (A.L. Fortune theatre and music student) for a fun and active class using music and song to teach rhythm, moves as well as confidence in body awareness and expression. Watch your young musician sing and dance their way through traditional rhymes and new music waves.

Dates: Tuesdays April 5 – May 10 Times: 4:00-4:30pm @ Drill Hall

Cost:\$30.00 (6 sessions)

NEW To the Beat (7-9yrs)

Get excited about music with A.L. Fortune Secondary Music and Theatre students. Discover new moves and dances to traditional and modern beats or express your own groove. Build confidence to sing or lip sync to catchy songs and participate in mini theatrical productions and drills that build confidence and spark that inner entertainer!

Dates: Tuesdays April 5 – May 10 Times: 4:45-5:30pm @ Drill Hall

Cost:\$35.00 (6 sessions)



Community Programs

Family Place

Wednesdays - 8:00 am to 12:00 pm
St Andrew's United Church, 1106 Belvedere St
Free drop in program for pre-school aged children

Mother Goose

Tuesdays - 12:30 pm to 1:30 pm
St Andrew's United Church, 1106 Belvedere St
Free drop in program for parents and their infants or young children

Kids & Company

Thursdays - 9:30 am to 11:30 am
Enderby Drill Hall, 200 George St
Free drop in program

Healthiest Babies

Free, confidential service to help women have healthy babies
For pregnant women or parents of 0-6 month old children

Play in the Park

July to August
Wednesdays 9:30 am to 12:00 pm
Barnes Park, Old Vernon Road

Food Skills for Families

A six-week program with weekly three hour sessions

Community Kitchen

Every Second Tuesday - 9:00 am to 12:00 pm
Learn to cook healthy, nutritious meals

Grower/ Gardener Gleaning Program

Fresh fruit and vegetable donation program

The Sunshine Line

Seniors "calling" telephone line

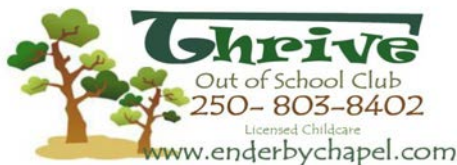
For more information call 250.838.9446 or visit www.edcrc.ca

Strong Start

Monday to Friday 8:30 am to 11:30 am
(Closed when school is not in session)
MV Beattie Elementary School

Free parent participation early learning program for children 0 to 5 years old

For more information visit www.sd83.bc.ca or call 250.838.6434



Explore... Discover... Thrive...



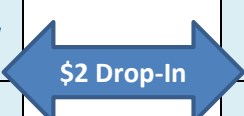


Licensed After School Care and Summer Day Camps
Exciting out trip options four Days a week all year! Arts and crafts, games and sports, cooking, baking, outdoor adventure, leadership club and so much more!
Completing kindergarten to age 12.

Full and part time registration available: www.Enderbychapel.com

Recreation Calendar

Spring Recreation Programs - April & May

Mon.	Tues.	Wed.	Thurs.	Fri.
8:30-9:30am Hiit Fitt * Childminding	9-10am Strength & Stretch	8:30-9:30am Core Fit * Childminding		8:30-9:30am Yoga * Childminding
	Red Cross Baby Sitting Course March 29 & 30 9am-1:30pm		 Teen Floor Hockey Tournament Fri. May 20 9am-4pm	
	10:15-10:45am Active Tots			
	11-11:45am Pre-School Sports			
	2:45-3:45pm Floor Hockey (5-12yrs)			2:45-3:45pm Floor Hockey (5-12yrs)
	3:45-4:45pm Floor Hockey (13-18yrs)			3:45-4:45pm Floor Hockey (13-18yrs)
	4-4:30pm Rhythm & Moves		4-5pm I can Play Sports	
	4:45-5:30pm To the Beat		6:45-7:45pm ** Zumba	
REGISTRATION Registration for all Programs can be done at Enderby Chamber Building between 10am-3pm or call Enderby Recreation Services at 250 838-2665				

*all Fitness and Youth Programs are held at Drill Hall

**Zumba is held at the Enderby Legion

Fitness Classes	Pre-register & Drop-in
Youth Programs	Pre-register only
Arena Programs	Drop-in // Pre-register for May 20 Tournament

Drop-In Floor Hockey

*(running shoes, hockey stick, gloves and H2O bottle *signed waiver required)*

Grab your friends and drop-in for a friendly game of floor hockey. No referees or coaches, just some good old stick and ball. Teams determined by stick toss at the start of each session. Bring your toonie for the drop box

Dates: Tuesdays & Thursdays

April 5 – May 26

Times: Mini Sticks (5-7yrs)

2:45-3:45pm (1/2 floor)

Jr. Sticks (8-12yrs)

2:45-3:45pm (1/2 floor)

Teen Sticks (13-18yrs)

3:45-4:45pm (full floor)

Cost:\$2 / student

Teen Floor Hockey Tournament

(4 teams of 6-12 players age 14-17yrs)

Spend your Pro-D day in a fun and friendly Floor Hockey Tournament at the Enderby Arena. Teams will be guaranteed 4- 35min games including play-off rounds. Sign up early to get your team in.

Dates: Friday May 20

Times: 9am-4pm

Cost:\$12/ player (8-12 players to team)

Volleyball Summer Camp *(grades 8-12)*

Be ready for this year's school volleyball team with a power packed 4 day skills camp. Take part in drills and games to ignite the passion to play and improve your skills in passing, hitting, serving and game play.

Dates: Mon. to Thurs.

Aug. 29 – Sept. 1

Times: 10am-12:30pm

Cost: \$35/ player (4 sessions)

Jr. Volleyball Camp *(grades 5-7)*

Get a head start on building the fundamental skills of volleyball. Join senior volleyball players from AL Fortune for games and drills that will teach proper passing, serving and game play.

Dates: Mon. to Thurs.

Aug. 29 – Sept. 1

Times: 1-2:30pm

Cost: \$20 (4 sessions)

Park and Gazebo Rental

Belvidere Park	Free of charge (Insurance required)
Barnes Park	Free of charge (Insurance required)
Lions Gazebo	\$110.00 per day (Insurance required) (+ \$500 damage deposit) *Kitchen use is an additional fee

Insurance available through the Chamber of Commerce upon booking

For more information please visit:

<http://www.enderbychamber.com/recreation/index.htm>

Enderby Arena - Dry Floor

Features seating for 900, washroom facilities, and large dressing rooms.

2016 Rates

Adult Dry Floor	<i>\$60.00 per hour</i>
Youth Dry Floor	<i>\$28.00 per hour</i>
Senior Dry Floor	<i>\$31.00 per hour</i>
Arena Dry Floor	<i>\$624.00 per day (8hrs)</i>
Arena Dry Floor	<i>\$1,248.00 Commercial use</i>

Red Cross Babysitting Course (11-15yrs)

This Spring Break get your babysitter training. Participants learn child care giving for babies, toddlers, pre-schoolers and school aged children. They also learn first aid, injury prevention, leadership and even business skills to acquire babysitting jobs. Great training for self care and taking care of younger siblings.

Dates: Tues. / Wed. March 29 & 30 (Spring Break)

Times: 9am-1:30pm @ Chamber Building

Cost: \$55.00 (2 – 4hr sessions, includes Babysitter Manual and Certificate)

FMS Fundamental Movement Skills Instructor (16+ years)

The Fundamental Movement Skills (FMS) of throwing, catching, jumping, striking, running, kicking, agility, balance and coordination, form the basis for future sport skill development and for the life-long enjoyment of physical activity. This course is designed to give coaches & recreation leaders the skills to: analyze and identify the various stages of development for FMS; apply a six-step process to teaching the fundamental movement skills to their athletes; create safe games where children can practice fundamental movement skills.

****Participants will receive NCCP Certification upon completion of this course.**

Dates: TBA -based on grant funding

Times: 8hr course

Cost:\$dependent on grant funding

Please Contact Recreation Services if interested (250.838.2665)

Enderby and District Recreation Services is always looking for new ideas, recreation leaders, volunteers, and fitness instructors.

To join our team or if for more information please contact Recreation Services at

250.838.2665

or by email at

recreation@enderbychamber.com

Directory

Organization	Name	Phone	Email
Afterschool Programs			
Boys & Girls Club - Enderby	Trina Devine	250-542-3121	tdevine@boysandgirlsclubs.ca
Thrive Out of School Club		250-803-8402	enderbythrive@gmail.com
Camps			
Gardom Lake Bible Camp		250-838-6645	office@gardomlake.ca
Mackenzie Camp		250-838-6293	maccamp@shaw.ca
Community Resource Centre			
Enderby Community Resource		250-838-9446	edcomrc@telus.net
Curling			
Enderby Curling Club	Sharon Taylor	250-838-6702	taylorsharon64@gmail.com
Cadets			
Rocky Mountain Rangers	Captian Kelly March	250-307-2103	kelly.march@cadets.gc.ca
Drill Hall			
Facility Rentals	Naomi	250-838-7170	enderbymuseum@gmail.com
4-H			
Hoof 'n' Boots	Cathy Forster	250-306-0168	cforster@xplornet.ca
Girl Guides of Canada			
Enderby Sparks	Amanda Isaac	250-503-8638	rennera@hotmail.com
Enderby Brownies	Amanda Isaac	250-503-8638	rennera@hotmail.com
Fitness Classes			
Aqua Fitness (Enderby Pool)	Enderby Pool	250-838-9256	recreation@cityofenderby.com
Dancercise	Inger Drescher	250-838-2655	maudststudio@gmail.com
Yoga North	Alison	250-838-0029	info@yoganorthokanagan.com
Zumba	Amie Alward	250-938-3362	alwards0206@gmail.com
Golf			
Birchdale Golf Course	Kim Tubb	250-838-7740	krgtubb@gmail.com
Mabel Lake Golf Course	Terry Laursen	250-838-6234	Reservations@mabellake.com
Gym			
Whib's Gym	Mike Whibley	800-208-9244	info@whibsgym.com
Hockey			
Adult Recreation Hockey	Programmer	250-838-2665	recreation@cityofenderby.com
N. Okanagan Minor Hockey	Chris Williamson		registger@nomha.com
Horse Back Riding			
Okanagan Horseback	Lynda	778-212-6555	okhorseback@gmail.com
Lacrosse			
Shuswap Lacrosse	Darcy	250-833-8985	president@shuswapminorlacrosse.com
Martial Arts			
Flow Martial Arts & Fitness	Ty / Mary-Lou Hunt	250-306-2539	cutat2013@yahoo.com
Enderby Karate	Tim Posynick	250-938-0512	enderbykarate@gmail.com

	Organization	Name	Phone	Email
Music				
	Joy of Music (Piano & Voice)	Linzy Lunkwist	250-838-7658	joy.of.music@hotmail.com
Pickle Ball				
	Pickle Ball	Angela Hanson	250-838-0838	angherm@live.com
Pre-School Programs				
	Enderby Community Resource		250-838-9446	edcomrc@telus.net
	Early Years Coordinator		250-838-9446	edcomrc@telus.net
	Kids and Company	Lisa Rands	250-838-9446	edcomrc@telus.net
	Physical Literacy Classes	Sheryl Hay	250-838-2665	recreation@cityofenderby.com
	Strong Start	MVB School	250-838-6434	mvp@sd83.bc.ca
Legion				
	Rentals & Events	Dee Jacobson	250-838-7283	
Lions Club				
	Rentals & Events	Willem Roell	250-838-6684	
	Garage Sale donations	Vic Aube	250-550-6651	
Ringette				
	Shuswap Ringette	Donna Helgeson	250-833-7660	registrar@shuswapringette.ca
Seniors Programs				
	Granville Getaway	Ronnie Korol	250-8-8-2486	ronnie.korol@interiorhealth.ca
	Seniors Center Programs	Doreen Stuebing	250-838-0538	enderby.seniors@shaw.ca
	Seniors in Motion	Interior Health	250-838-2484	jennifer.anderson3@interiorhealth.ca
	Nexus BC	Lynn Belsher	250-838-2324	lynn@nexusbc.ca
Skating				
	Armstrong / Enderby Skate Club	Tannis Crerar	250-260-3950	crerart@telus.net
Skiing				
	Larch Hills	General Information		info@skilarchhills.ca
	Larch Hills - Membership	Jan Naylor	250-832-7554	registrarskilarchhills@shaw.ca
Soccer				
	Enderby & District Youth Soccer	TBA		
Softball				
	Ladies League	Shawn Ferguson	250-938-0109	fishergirl111@hotmail.com
	Mens League	Adam Clark	250-838-7978	ad.clark@telus.net
	Mixed League (Spring)	Colin MacPherson	250-550-4998	mfearless@hotmail.com
	Mixed League (Summer)	Ruth Ginther	250-253-2538	ruthielee99@gmail.com
	Youth (Enderby Minor Fastball)	Tracey Castle	250-309-1733	ctcastle@telus.net
Swimming				
	Enderby Lions Pool	Aquatic Staff	250-838-9256	recreation@cityofenderby.com

*To get your organization or club into the Fall/Winter
Recreation Guide email
recreation@enderbychamber.com*

River Awareness



The Shuswap River Ambassador Program

For information on float and paddling times, river hazards, river routes, invasive species, and the biodiversity of the Shuswap River flag down one of the Ambassadors.

At the Lower Shuswap River Handlaunch sites from the end of June to August.

Go to [Facebook.com/ShuswapRiver](https://www.facebook.com/ShuswapRiver) for updates on water levels.



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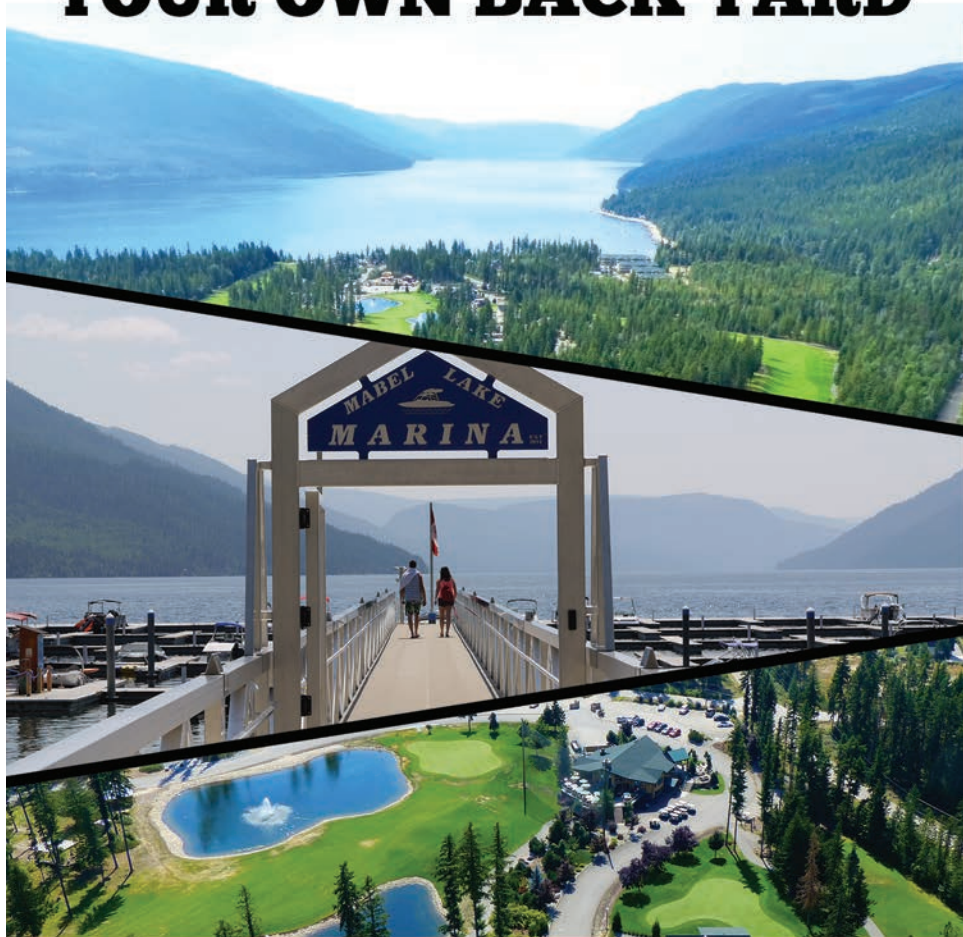
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Email: riversidepark@enderby.com

www.enderbycamping.com