

Recreation Guide



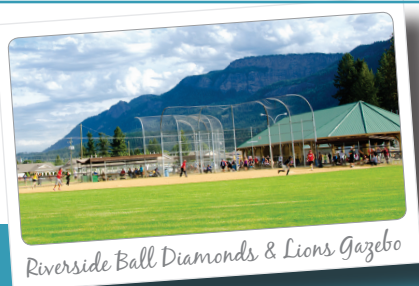
2016/2017 Fall & Winter

Our Place to Play





250-838-BOOK (2665)



The following facilities and parks are available to rent in Enderby and area:
Riverside Ball Diamonds • Lions Outdoor Pool • Lions Gazebo • Arena



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**



Follow us on



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

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

City of Enderby

PO Box 400
 Enderby BC, V0E 1V0
 Phone: 250-838-7230
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**Rental Informamtion
 250.838.2665**

recreation@enderbychamber.com



Ice Available

September 17th 2016 to March 20th 2017

The Arena will be closed:

October 10th, 2016 December 25th & 26th, 2016
November 11th, 2016 January 1st, 2017

Ice Rates

Youth \$85.00 per hour

Adult \$154.00 per hour

Senior \$111.00 per hour

Additional insurance fee may apply

Drop-in & non-prime rentals available upon request

FREE Public Skating

Sundays 2:30 - 4:00 pm (cancelled Oct 2/Dec 4/ Dec 25/ Jan 1)

Tuesdays 12:00 - 1:00 pm (cancelled Dec 20/ Dec 27)

Wednesdays 12:45 - 1:45 pm (cancelled Dec 21/ Dec 28)

Thursdays 3:45 - 4:45 pm (cancelled Dec 22/ Dec 29)

Fridays 7:15 - 8:15 pm (cancelled Nov 11/ Nov 25/ Dec 2 Jan 27)

Holiday Ice Schedule

Daily from December 19th to 23rd & 27th to 30th

12:30 - 1:30 pm Sticks 'n' Pucks Jr

1:45 - 2:45 pm Sticks 'n' Pucks

5:45 - 6:45 pm Public Skate

7:00 - 8:15 pm Adult Drop-in Shinny

Drop-in Hockey

Stick n Puck (13-17 years) Tuesdays 3:30-4:30 pm

Stick n Puck Jr (7-12 years) Thursday 2:30-3:30 pm

Adult Shinny (18+ years) Wednesdays 11:30 -12:30 pm &

Sundays 6:30 - 7:45 pm

Youth drop-in **\$2.00**

Adult drop-in **\$5.00**

Watch for Pro-d Day Shinny Times



SEPTEMBER 1ST



Ice Rentals available for Birthday Parties & Group Gatherings

Skating Lessons

(*properly fitted CSA approved helmet required.)

- Ice Puppy I** 3-5 yrs with little or no prior skating experience
- Ice Puppy II** 3-5yrs who can stand from seated position on own & move 5-10 steps independently
- Super Skater I** school aged children with little or no prior skating experience.
- Super Skater II** school aged children with some skating skills ready to learn stopping, edges and backward skating.
- Adult Lesson** 16yrs+ with a desire to learn to skate.

Dates: Wednesdays Session I **October 12 – November 30**
Session II **January 11 – March 1**

Times: Ice Puppy I & II 2:00-2:30pm & 2:30-3:00pm
Super Skater I & II 3:00-3:45pm
Adult by request Cost: TBA

Cost: \$65.00 for Ice Puppy I & II \$75.00 for Super Skater I & II

Red Cross Babysitting Course (11-15yrs)

Participants learn child care giving for babies, toddlers, pre-schooler 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: **Saturdays October 22 & 29** Times: 10:00 - 2:00pm

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

At the Chamber of Commerce Building

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: **October 1** Times: 9:00- 5:00 pm Cost: **ONLY \$10.00**

Sponsored by Via Sport as part of National Coaches Week

Recreation Information Event

“Get Active in Enderby and Area”

Come check out the many family and recreational opportunities in Enderby and Area! Try out great programs like Dance Pl3y, Zumba, I Can Play Sports, Mother Goose, Curling and more. Get all the info you need to make informed decisions on your families recreation choices. The Concession will be open for supper, so mark it on your calendar.

To reserve a table (no fee) call Recreation Services at (250) 838-2665
September 15 at the Lions Gazebo Time: 4:00-6:30pm

Some organizations participating are:

Enderby & District Recreation, Zumba, Enderby Fastball, Enderby Curling Club, Enderby Karate, Resource Center and Early Years Committee, and more.

There is something for EVERYONE!!!

MVP Hockey Program (6-11yrs)

*Full equipment Required

Non-competitive hockey program geared to school aged children with some previous skating experience and a desire to “play”.

Players will participate in skating enhancement drills, hockey skills and scrimmages under the supervision of a coach.

Dates: Mondays Session I **September 26 – December 5 (cxl Oct 10)**
Session II **January 2 – March 13 (cxl Feb 13)**

Time: 3:30-4:30pm **Cost: \$110** (10 sessions) **\$210** (All season)

NEW

Power Skating Plus (8-13yrs)

*properly fitted CSA approved helmet & gloves required

Skating program that draws on fun drills to develop the ABC’S of skating
(**A**gility, **B**alance, **C**oordination, and **S**peed.)

The program includes both dry-land and ice drills

Dates: **September 23 – October 28**
Session I
Session II **January 6 – February 17 (cxl Jan 27)**

Time: 3:15-4:15pm **Cost: \$54.00** (6 sessions)

Active Tots (24-36 months, parent required)

Active Tots is a 30min, semi-structured class that incorporates co-operative play with fundamental movement skills like running, jumping, hopping, throwing, catching and balance.

Dates: Tuesdays Session I **September 27 – November 15**
 Session II **January 10 – February 28**

Times: 10:15-10:45am @ Drill Hall Cost: **\$35.00** (8 sessions)

Pre-School Sports (3-5yrs)

A 45min session led by a Fundamental Movements Instructor that will have your pre-school child using games and play to improve their physical literacy skills, build self-esteem and confidence.

Dates: Tuesdays Session I **September 27– November 15**
 Session II **September 30 –December 2**
 Session III **January 10 - February 28**
 Session IV **January 13 - March 3**

Times: Tuesdays 11:00-11:45am & Fridays 9:45- 10:30 am @ Drill Hall
 (no class Oct 14/ Nov 11) Cost: **\$40.00** (8 sessions)

I Can Play Sports (5-8yrs)

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.

Dates: Thursdays Session I **September 29 – November 17**
 Session II **January 12 – March 2**

Times: Session I 4:00-5:00pm @ Drill Hall Cost: **\$45.00** (8 sessions)
 Session II 5:00-6:00pm



Dance Pl3y (6-11yrs)

DANCEPL3Y (dance-play) is a new and innovative kids physical activity program that “plays” with dance while promoting positive mental health through the 3 Rules of PL3Y: Be positive. Be fun. Be yourself.

Learn a variety of styles- Hip Hop, Urban, Ballroom, Bollywood, Lyrical, Jazz/Funk as they meet their Daily Physical Activity requirements.

Dates: Tuesdays Session I **October 18 - December 6**
 Session II **January 10 - February 28**
 Session III **January 12 – March 2**

Times: 4:00-5:00pm @ Drill Hall Cost: **\$60.00** (8 sessions)



Check out some of the activities in the works for this year’s Family Day long week-end:

Free Skating, Family Fitness class, Story and games night, Photo booth...and so much more.

Stay tuned for event details and times.
 Enjoy a safe and happy BC Family Day weekend this year!

Learn to Curl

Want to curl, but not sure how to throw a rock? How to sweep? Where to stand? When to yell; “Hurry Hard” This clinic will “rock your world”
 *** Clean shoes is all you need

When: Saturday October 15th Where: Enderby Curling Club
 Cost: \$60.00 and then we will take the \$60 off any Curling you decide to join in for the season
 Instructor: Sandy Farynuk
 For more information call 250.838.6702

ICE Jam Youth Nights (12-15yrs)

Carve & Rock it out in the arena and curling rink with great music, fun games and cool prizes. Join your friends for a fantastic Friday night where you can skate, curl and jam to the latest music in the coolest atmosphere!

Date: Fridays **October 21 Monster Mash**
 December 16 Cosmic Curling (curling club only)
 January 27 Mad Scientist
 February 24 Crazy Pants and Dance
 Time: **7:30-9:30pm** Cost: **\$5.00** (includes snack)



All participants will be required to complete a PAR-Q (Physical Activity Readiness Questionnaire), and provide Dr.'s Note if needed. Please bring proper footwear, water bottle and matt. Some mats and equipment are available. Classes can be pre-registered or you can purchase a 5x or 10x punch card.

NOTE: Yoga class has separate pricing. *= child minding available for \$2/ child

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!
Dates: Session I Mondays Sept. 12 – Dec. 12* 8:30-9:30am
Session II Mondays Jan. 2 – March 13 8:30-9:30am
Where: Drill Hall
Cost: 5x pass= \$30/ 10x pass= \$54 / *Session \$66

Strength & Stretch

(16yrs+, bring your own matt & weights *optional)
Build and protect your body with focus on strengthening and lengthening your muscle groups. Participants will feel stronger, more balanced and ready to handle the rest of their day.
Dates: Session I Tuesdays Sept. 13 – Dec. 13* 9-10am
Session II Tuesdays Jan. 3 – March 14 9-10am
Where: Drill Hall
Cost: 5x pass= \$30/ 10x pass= \$54 / *Session \$66

Early Fit

(16+ bring your own matt, water bottle)
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: Session I Wednesdays Sept. 14 – Dec. 14* 6:15-7:15am
Session II Wednesdays Jan. 4 – March 15 6:15-7:15am
Where: Drill Hall
Cost: 5x pass= \$30/ 10x pass= \$54 / *Session \$66

Core Fit*

(bring your own matt, water bottle 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: Session I Wednesdays Sept. 14 – Dec. 14* 8:30-9:30am
Session II Wednesdays Jan. 4 – March 15 8:30-9:30am
Where: Drill Hall
Cost: 5x pass= \$30/ 10x pass= \$54 / *Session \$66

Fresh Air Fitness

(16yrs+ dress according to weather and bring own matt)
This Fall, take advantage of the outdoors with this 50min class at Barnes Park. A mix of interval training (using green gym equipment), cardio drills and strength and stretch exercises will be delivered in the fresh air!
Dates: Session I Thursdays Sept. 15 – Oct. 20 9-10am
Where: Barnes Park
Cost: \$36 (6 sessions) **must pre-register

Zumba

(16yrs+ bring comfortable shoes and water bottle)
Join the Dance Party. Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — and resistance training.
Dates: Session I Thursdays Oct. 6– Dec. 8 6:45-7:45pm
Session II Thursdays Jan. 5 – March 9 6:45-7:45pm
Where: Enderby Legion
Cost: \$60 (10 sessions) **must pre-register

Yoga Flow*

(16yrs+ bring your own Matt, blocks and straps (some equipment is available)
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: Session I Fridays (13) Sept. 16- Dec. 16* (no class Nov. 11)
Session II Fridays (13) Jan. 6 – March 17
Where: Drill Hall
Cost: 5x pass = \$45, 10x pass = \$81, *Session = \$99

GATEWAY Living Fitness

Enderby! Fitness – Retail – Stand Up Paddle Boarding

ph: 250 833 5600 / txt: 250 804 8449
e: gatewaylivingfitness@gmail.com

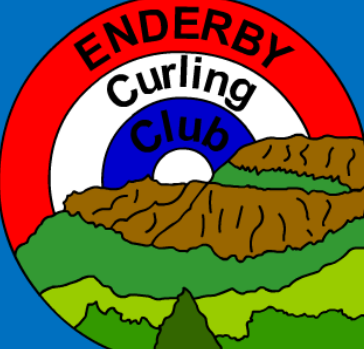
Fall Fitness!
Small class sizes!

- Spin
- Spin & Core
- Spin Boot Camp
- PraiseMoves
- Toned
- Fit Walkers
- Stretching Strong
- Personal Training

SUP Gardom Lk
SUP River Paddle
SUP Paddle - PMoves Canoe

Like us on facebook

Reserve your space!



The Enderby & District Curling Club invites everyone to curl this winter!!

Enderby has an awesome sports facility and looking for more curlers to join in the fun.

This winter give curling a try.

New Curler Clinics & Practise times are available

www.enderbycurlingclub.ca

1605 Kate Street - 250 838 6702
www.enderbycurlingclub.ca



Watch for more details ** OKTOBERFEST**
Saturday October 1st



Enderby Leagues

Start up week = October 11, 2016

Monday - Mixed Doubles - 7:30-9:30pm

Tuesday - Ladies - 7:30-9:30pm

Tues/Thursday - Seniors - 1:00-3:00pm

Wednesday - Men's - 7:30-9:30pm

Thursday - Juniors - 3:30-5:00pm

Thursday - Mixed (guys & gals) - 7:30-9:30pm

Friday - Mixed Stick - 9am - Noon

Friday - Teen Curling - 7:30 - 9:30pm. Oct 28, Dec 16, Jan 27 & Feb 24 - Themed nights .. with music and lights * see under rec. programs

Bonspiels in Enderby

Open Stick - November 7th

Open Skins - November 11-13th

Men's Open Grey Cup - November 25-27th

Mixed Stick - December 5th

Men's Playdowns - December 9 - 11th

Open Stick - January 2nd

Ladies Open January 6-8th

Mixed Open (Crazy Pants) February 10-12th

Mixed Stick - February 20th

Our Lounge is for Rent anytime you have a Meeting, Christmas, Birthday or Anniversary Celebration. Family or School Reunion, almost anything really. Fully stocked kitchen, bar, room for up to 200 guests. Best prices in town. Call 250-838-6702

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
	NEW 6:15-7:15am Early Fit	NEW 8:30-9:30am Core Fit * Childminding	NEW 9-10am Fresh Air Fitness (Sept. 15- Oct. 20)	8:30-9:30am Yoga Flow * Childminding	Fundamental Movement Skills Instr. Saturday Oct. 1st 9am-5pm	
8:30-9:30am Hiit Fitt * Childminding	9-10am Strength & Stretch			9:45-10:30am Pre-School Sports		
	10:15-10:45am Active Tots					2:30-4pm Public Skate
	11-11:45am Pre-School Sports	11:30-12:30 Adult Shiny (18+)	2:30-3:30pm Sticks & Pucks JR. (13-18yrs)	3:15-4:15pm Power Skating + (6-11yrs)	Red Cross Baby Sitting Course Saturdays Oct. 22 & 29 9:30am-1:30pm	
	12-1pm Public Skate	12:45-1:45pm Public Skate	3:45-4:45pm Public Skate			
3:30-4:30pm MVP Hockey (6-11yrs)	3:30-4:30pm Sticks & Pucks (13-18yrs)	2-4pm Skating Lessons (3-12yrs)	4-5pm Dance PI3y (6-12yrs)	7:15-8:15pm Public Skate		6:30-7:45pm Adult Shiny
	NEW 4-5pm Dance PI3y (6-12yrs)		4-5 & 5-6pm I Can Play Sports	8-10pm Ice Jam Youth Nights (12-15yrs)		
			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						

Fitness Classes	Pre-register & Drop-in Passes
Youth Programs	Pre-register only
Arena Programs	Pre-registered or Drop-in



Watch for other events & programs in our community brought to you by:





Riverside

RV PARK AND CAMPGROUND

Open
Year-Round



THE NATURAL PLACE TO STAY IN ENDERBY

Nestled along the banks of the Shuswap River and just footsteps from downtown Enderby, our RV Park gives guests the beauty of nature and all the amenities of a vibrant and welcoming community.



Tenting • Pull-thru Sites • Full Hook-ups
Covered Kitchen & BBQ • WIFI
Boat Launch • Fire Pits • Picnic Areas
Washrooms • Free Showers • Sani-dump
Adjacent Playground • Pets (on leash)

FOLLOW US



#enderbycamping



112 Kildonan Avenue, Enderby, BC
Phone: **250-838-0155** | Toll Free: **1-855-253-2350**
Email: riversidepark@enderby.com
www.enderbycamping.com