

2017 FALL RECREATION

OUR PLACE TO PLAY



250.838.2665

recreation@enderbychamber.com

Enderby Arena

Public Skating

Tuesdays 3:30 - 4:30 pm

Wednesdays 11:15 - 12:15 pm

Thursdays 11:15 - 12:15 pm

Fridays 7:15 - 8:15 pm (cancelled Nov 24/ Dec 1/ Jan 26)

Sundays 2:30 - 4:00 pm (cancelled Oct 1/Dec 3/Jan 28/Feb 25)

FREE

Skating Lessons

It is never too early or too late to learn to skate. Our instructors deliver a great program to meet individual needs and makes skating fun.

(*properly fitted CSA approved helmet required.)

- Parent & Tot** 2.5- 3.5 yrs with parent or guardian on ice participation
- 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.
- Super Skater III** Focus is crossovers, side stops and pumping both forward and backwards
- Power & Push** For the more advanced skater working on adding power and speed to all skating skills.
- Private Lesson** There is limited space for private lessons for 1-3 students

Dates: Wednesdays Session I **October 11– November 29**
Session II **January 10 – February 28**

Times: **2:15-2:45 pm** | Parent Tot | Private Lesson | Ice Puppy II
2:45-3:15 pm | Ice Puppy I | Ice Puppy II | Super Skater I
3:15-3:45 pm | Super Skater II | Super Skater III | Power & Push

Dates: Fridays Session I **September 29– November 17**
Times: **3:15-3:45 pm** | Super Skater I | Ice Puppy I | Ice Puppy II
3:45-4:15 pm | Super Skater II | Super Skater III | Power & Push

Cost: **\$65.00** for 8 30 minute lessons
\$16.00 per person for private (minimum 2 lessons)

Enderby Arena

Ice Available September 18th 2017 to March 16th 2018
The Arena will be closed: October 10th / November 11th /
December 25th & December 26th / January 1st

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

Drop-in Shinny Hockey

September 20- March 3 *waivers, sign-in and exact change required*

Youth Shinny (8-11 years)

Thursdays 2:30-3:30 pm

Junior Shinny (12-15 years)

Thursday 3:45-4:45 pm

Adult Shinny (18+ years)

Wednesdays 12:30 -1:30 pm &

Sundays 6:30 - 7:45 pm

Youth drop-in **\$2.00** (supervising Adults \$2.00)

Adult drop-in **\$5.00**

Pro-D Day Shinny (Oct 20) Youth 12:45-1:45 pm | Juniors 1:45-3:00 pm

Fun Hockey

*Full hockey 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 **September 25 – December 4** (cxl Oct 9)
January 2 – March 13 (cxl Feb 12)

Time: 3:15-4:00 pm Juniors (5-8 years)
3:45- 4:45 pm Seniors (9-11 years)

Cost: **Juniors \$125.00** (20 sessions)

Seniors \$200.00 (20 sessions)



Pre-School Sports

(Ages 3 to 5)

A 40 minute 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 26– November 14
Tuesdays	Session II	January 9 - February 27
Fridays	Session I	September 22 - November 17 (cxl Oct 13)
Fridays	Session II	January 12 - March 2
Times: 9:45- 10:25 am @ Drill Hall		Cost: \$40.00 (8 sessions)

I can Play Sports

(Ages 5 to 8)

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 21 – November 9
	Session II	January 11 – March 1
Times: 2:15-3:15 pm @ Drill Hall		Cost: \$45.00 (8 sessions)

DANCEPL3Y

(Ages 6 to 11)

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: Thursdays	Session I	September 21 - November 9
	Session II	January 11 - March 1
Times: 3:15- 4:00 pm @ Drill Hall		Cost: \$60.00 (8 sessions)

Come Try Dance PL3Y for FREE on Thursday September 14th 3:00-4:00 pm

Red Cross Stay Safe Course

(Ages 9 to 11)

Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities.

Dates: Session I **August 28 & 29** 10:30 - 1:30pm

Session II **October 20** 9:00 - 3:00 pm

Cost: **\$50.00** (6 hour course, includes Manual and Certificate)

At the Chamber of Commerce Building

Red Cross Babysitting Course

(Ages 11 to 15)

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: Session I **August 28 & 29** 10:30 - 2:30pm

Session II **October 20** 9:00 - 5:00 pm

Cost: **\$60.00** (7.5 hour course, includes Babysitter Manual and Certificate)

At the Chamber of Commerce Building

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: **September 23** Times: 9:00- 5:00 pm Cost: **ONLY \$10.00**

Sponsored by Via Sport as part of National Coaches Week

Enderby & District Recreation Services is always looking for leaders, instructors, and coaches to deliver new recreation and sport opportunities in our area. Whether it be cooking, archery, fitness, music, or art – if you have talent, hobby or activity you are interested in facilitating, call or come see us about making it happen!

FUNDRAISER

Barnes Park Boot Camp

Help fundraise for additional spray park features while getting fit. Gear up for fall with this 4 day outdoor boot camp before our regular fitness classes begin. All registration fees and donations go towards the Spray Park Fundraising.

Dates: **Tuesday to Friday**

September 5 – 8

9:00 - 10:00 am

Where: Barnes Park

Cost: **\$25.00** donation (4 sessions)

HIIT - 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: **Mondays** **September 11 – December 18** (cxl Oct 9)

8:30-9:30 am

Where: Drill Hall Cost: 5x pass **\$30.00/** 10x pass **\$54.00/** Session **\$72.00** (14)

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: **Tuesdays**

September 12 – December 19

10:30-11:30 am

Where: Drill Hall Cost: 5x pass **\$30.00/** 10x pass **\$54.00/** Session **\$78.00** (15)

NEW



STRONG
BY ZUMBA™



Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning,

Cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

Dates: **Tuesdays**

September 12 – December 19

8:30-9:30 am

Where: Drill Hall Cost: 5x pass **\$30.00/** 10x pass **\$54.00/** Session **\$78.00** (15)

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.

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: **Wednesdays** **September 13 – December 20** **8:30-9:30am**

Where: Drill Hall Cost: 5x pass **\$30.00**/ 10x pass **\$54.00** / Session **\$78.00** (15)

Boot Camp

(bring your own matt, water bottle and weights *optional)

Bootcamp is a combination of strength, cardio, muscle endurance, flexibility, core and functional movements designed to challenge your mind and body for maximum results. Bring your positive energy as bootcamp is a team environment where both your trainers and fellow bootcampers motivate and challenge you to reach your potential.

Dates: **Thursdays** **September 14 – December 14** **12:45-1:45 pm**

Where: Drill Hall Cost: 5x pass **\$30.00**/ 10x pass **\$54.00** / Session **\$72.00** (14)



Take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise.

Dates: **Thursdays** **September 14 – December 14** **6:15-7:15 pm**

Where: Seniors Complex Cost: 5x pass **\$30.00**/ 10x pass **\$54.00**/ Session **\$72.00** (14)

Yoga Flow



(16yrs+ bring your own Matt, blocks and straps (some equipment is available)

Join Yoga instructor Tara for these progressive classes that 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** **September 15 – December 15** (cxl Oct 13) **8:30-9:30 pm**

Where: Drill Hall Cost: 5x pass **\$40.00**/ 10x pass **\$81.00** / Session **\$88.00** (13)



Child Minding \$2.00

Drop in Volleyball

(16yrs+ with signed waiver)

Jump, Set, Spike – join the action with recreational volleyball night. Teams are created on the spot and mixed up weekly for a great action, comradely and fun.

Dates: Exact time and date TBA – starting mid September

Where: A.L. Fortune Gym/ Grindrod Elementary Gym /MV Beattie Gym

Cost: **\$2.00**/ player

Drop in Basketball

(16yrs+ with signed waiver)

Shoot, Pass, Jump –Get on the court for some fun recreational basketball with friends. Dates and times TBA in early September.

Where: MV Beattie Gym

Cost: **\$2.00**/ player

PARTICIPACTION
150
PLAY LIST

How many activities have you been doing from the Participation 150 Playlist? Check out www.participation.com for all the information on how to get involved and win cool prizes.

September 14th from 3:00 to 4:00 pm will be a **FREE**

demo of **Dance PL3Y** along with other physical literacy activities such as hoola hooping, hopscotch, jump rope, and an obstacle course. All of these activities can be done weekly in our Recreation Programs like Dance PL3Y, Pre-school Sports, and I Can Play Sports. There will be prizes and registration information available.



Holiday Skate

December
10th

2:30-4:00 pm

Bring the whole family down for a festive skate at the Enderby Arena. Skate laps with Santa then enjoy Timbits & Hot Chocolate donated by Tim Hortons