

2018



City of Denver
**Recreation
Services**
Our Place to Play

SPRING



Recreation Guide

Youth Programs

P.L.A.Y

Physical – Literacy – Active- Youth

Pre-School Sports

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

A 40 min 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, kicking, batting and more to prepare them for future sports and an Active Childhood.

Dates: Tuesdays April 3 – May 22

Times: 9:45-10:25am @ Drill Hall

Cost: \$35.00 (8 sessions)

ACTIVE FOR LIFE

Enderby Soccer Registration

Wednesday March 7 6:30-8:00 pm

Saturday March 10 11:00-1:00 pm

Wednesday March 14 6:30-8:00 pm

@ The Chamber of Commerce building



Register Now @

www.enderbyfastball.ca

Pool Registration starts April 19th 2018

DANCEPL3Y

Pre-School Dance PL3Y (3-5 years)

The DANCEPL3Y Preschool program is designed specifically for children ages 3-5 to discover dance in a playful and interACTIVE way through creative story lines and music that MOVES them. Building the foundations for dance through rhythms, fundamental movement skills and playful group formations, young movers discover a love of physical activity as they leap, hop, crawl, turn, spin and jump into their "Bubble of Awesome".

NEW

Dates: Fridays April 6 – May 11

Times: 11:00-11:30am @ Drill Hall

Cost: \$30.00 (6 sessions)

DANCE PL3Y (6-11yrs with running shoes & water bottle)

DANCEPL3Y (dance-play) is a new kids physical activity program that "plays" with dance in an unique and innovative way. Your kids will love learning simple moves from a variety of styles - Hip Hop, Urban, Ballroom, Bollywood, Lyrical, Jazz/Funk as they get interACTIVE with dance. Watch self-confidence and positive attitudes grow each week thanks to our motivating coaching.

Dates: Thursdays April 5 – May 24

Times: 3:15-4:00pm @ Drill Hall

Cost: \$60.00 (8 sessions)

3 Rules of PL3Y

Be Positive

Be Fun

Be Yourself



@DANCEPL3Y #BubbleofAwesome



RED CROSS *Babysitting Course*

NEW

Red Cross Stay Safe Course (9-11yrs)

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: Tues. / Wed. March 27 & 28 (Spring Break)

Times: 10am-1:00pm @ Chamber Building

Cost:\$50.00 (2 – 3hr sessions, includes Manual and Certificate)

Red Cross Babysitting Course (11-15yrs)

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

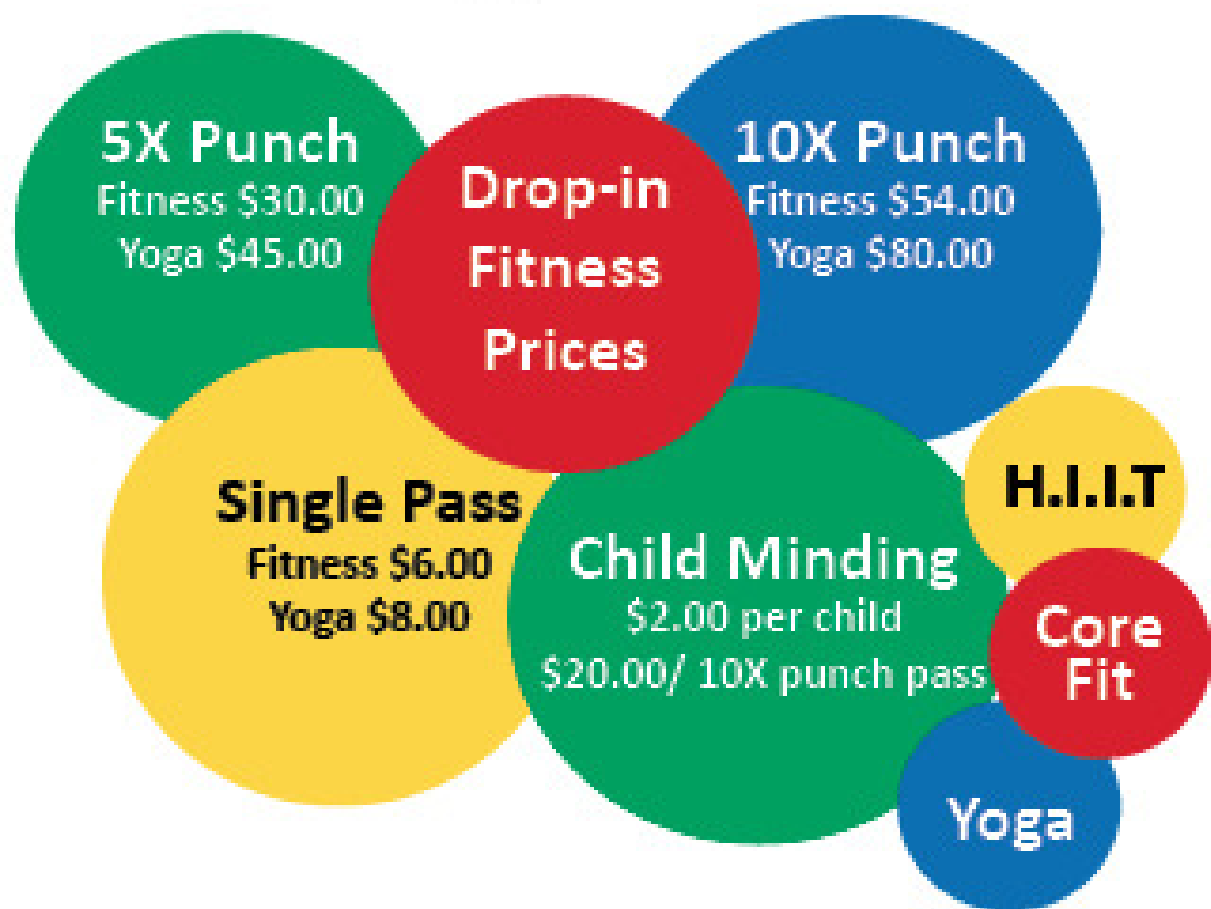
Dates: Tues. / Wed. March 27 & 28 (Spring Break)

Times: 10am-2:30pm @ Chamber Building

Cost:\$60.00 (2 – 4hr sessions, includes Babysitter Manual and Certificate)

Land Fitness

Spring into Fitness with a variety of classes for the Young, Young at Heart and Heart Smart. All you need is your water bottle, matt, workout shoes and a good attitude. Register for the whole session for the best deal or purchase a 5x or 10x punch pass. Drop-in is also a great value at \$6/ class and \$8/ yoga session.



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

***Note ALL participants must complete a 2018 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.*



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: Mondays April 9- May 14

Times: 8:30-9:30am at Drill Hall Cost: \$30.00 (6 sessions)



Zumba Strong

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 April 3- May 22

Times: 8:30-9:30 am at Drill Hall Cost: \$42.00 (8 sessions)

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.

Dates: Tuesdays April 3-May 22

Times: 10:30-11:30am at Drill Hall Cost: \$42.00 (8 sessions)



Core Fit

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 April 4-May 23

Times: 8:30-9:30am at Drill Hall Cost: \$42.00 (8 sessions)

Fresh Air Fitness

(Outdoor running shoes and layered clothing)

Enjoy an outdoor workout! Breathe in the fresh air and enjoy drills and exercises that improve cardio, strength and flexibility. Be prepared to weather the elements and challenge mind, body and soul.

Dates: Thursdays April 5-May 17

Times: 9:00-10:00am at Belvedere Park Cost: \$36.00 (7 sessions)

**Back by
Popular Demand!**

Zumba

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 pften called exercise in disguise.

Dates: Thursdays April 5-May 24

Times: 5:45-6:45 pm at the Senior Center Cost: \$42.00 (8 sessions)

Yoga Flow

(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 6- June 15

Times: 8:30-9:30am at Drill Hall Cost: \$80.00 (11 sessions)



Cardio & Core

Kick it up a notch and get ready to burn calories and focus on using the core as your stabilizing muscle for all excercises.

Dates: Fridays April 6- May 18

Times: 9:45-10:45am at Drill Hall Cost : \$36.00 (7 sessions)

**NEW
TIME**



Riverside

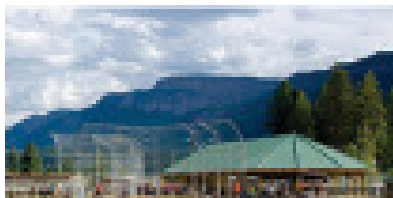
RV PARK AND CAMPGROUND

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 • Full-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)

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