



SUMMER 2018

Recreation Guide



Enderby & District Recreation Services

702 Railway Street

PO Box 1000

Enderby BC, V0E 1V0

Phone: 250-838-2665

Fax: 250-838-0123

recreaion@enderbychamber.com

Toonie Swims



The best deal in Town.

Only \$2.00 person

Tuesdays & Thursdays

6:00-7:00 pm

Saturday & Sunday

4:00-5:00pm

Dash & Splash

*(ages 4-7yrs) (*must register by Wednesday noon for Thursdays class)*

An Action Packed Afternoon for children aged 4-7yrs 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.

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

Thursdays: 1:00-3:00pm July & August

**Phone to Reserve a Spot – Limited space

Cost: \$5.00 (signed up by Wednesday 4:00pm)

\$6.00 (Thursday Drop-in)

YOUTH NIGHT SPLASH

(AGES 7-12)

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, snacks, and beverages

6:00-8:00 pm

Cost: \$5 /student

June 23 – “Summer Survivor Challenge”

July 28 – “Hawaiian Luau”

Aug. 25 – “Disco Glow”

Free

Family Swim Fridays

The Early Years Committee has sponsored a weekly Free Swim for Families to enjoy in July & August. Celebrate the end of the week and bring the kids down for a great time at the Enderby Lions Pool.

Fridays July 6 to Aug. 24

4:00-5:00pm

Cost: FREE

*(*kids of all ages must be accompanied by an adult family member*)*



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! This is a great opportunity for your child to gain confidence, self-awareness and physical literacy skills in 2 different environments. The Land portion is in Barnes Park so dress according to weather.

Limited Space Available –register early to avoid disappointment

Dates: Session I

Monday to Thursday June 4-7

Session II

Monday to Thursday June 11-14

Times: 11:15am-12:30pm

(11:15-11:45 Park / 11:45-12:00 Snack & Change / 12:00-12:30 Pool)

Cost: \$40.00 (4 classes)



SWIMMING

After School Session June 11-22

Level 3 3:45-4:15	Parented PS 3:45-4:45pm	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	Level 4 5:30-6:00

Session I July 2-13

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 IV August 13-24

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

Advanced Courses

Bronze Star	July 10-12 / 17-19 \$90.25
Bronze Medallion	July 23-26 / July 30- Aug. 2 \$150
Bronze Cross	July 23-26 / July 30- Aug. 2 \$135
Jr. Lifeguard club	June 26 - August 23
WSI School	July 4-26 \$325

Private Lessons

Are you looking for smaller group sizes or 1 on 1 instruction?

Limited times available

Private 30min. lesson \$16.00 per person (\$80.00 per week)

Semi-Private 30min. lesson (2-3) \$11.00 per person (\$55.00 per week)

Private Lessons will also be offered 5:00-6:00 pm (July & August)



LESSONS

Session II July 16-27			
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 July 30 - Aug. 10 * (9 classes)			
Aug. 7-10 (4 days)			
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	Croc / Whale 10:15-10:45	PV Lesson 10:00-10:30
Level 6/7 10:30-11:15	Salamander 10:30-11:00	Parented PS 10:45-11:15	PV Lesson 10:30-11:00
Level 8-10 11:15-12:00	Level 3/4 11:00-11:30	Sea Otter- A 11:15-11:45	PV Lesson 11:00-11:30
	Level 3/4 11:30-12:00	Wait List	PV Lesson 11:30-12:00

Lesson Fees	10 classes	9 classes
30 min classes	\$42.50	\$37.80
45 min Classes	\$55.00	\$49.50
	per person	per week
Pv Lessons	\$16.00	\$80.00
Semi-Pv Lessons	\$11.00	\$55.00

Pool Registration starts April 18th 2017

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!

June Monday – Friday 4:30-6:00pm (except June 11-22)

Saturday & Sunday 1:00-2:00pm or 5:00-7:00pm

July & August Saturday & Sunday 12:00-2:00pm or 5:00-7:00pm

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

Cost: 5 to 49 swimmers **\$67.00/ hour**

50 to 75 swimmers **\$91.50/ hour**

Games Leader **\$20.00/ hour**

ADVANCED

Bronze Star

(recommended 11+ years)

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.

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. This course is a pre-requisite for LSS Bronze Cross.

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.

Bronze Crash Course

Mon. to Fri. Aug. 27- 31 9:30am-2:00pm

COST: \$150 Bronze Medallion / \$135 Bronze Cross / 5 sessions

COURSES

Tuesday /Wednesday/Thursday
July 10-12 & 17-19
11:00am -1:00pm
COST: \$90.25 / 5 sessions



Monday to Thursday
July 23-26 & July 30-August 2
3:00-6:00pm
COST: \$150.00 / 8 sessions
(includes manual & exam)



Monday to Thursday
July 23-26 & July 30-August 2
3:00-6:00pm
COST: \$135.00 / 8 sessions



Course worth 2 credits towards grade 11

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.

WSI

Red Cross Water Safety Instructor Course



The love of swimming in others can start with you. Become a Red Cross Water Safety Instructor and teach all Red Cross Swim programs to various age groups, from infants to adults.

When you choose the Red Cross Instructor Development Program, you're getting:

- A fun and interactive program with online, hands-on and in-pool experiences.
- Online modules that allow you to learn at your own pace according to your schedule.
- Practical experience with the Red Cross Swim programs within the course.
- Modern learning methodology – not your traditional lecture format.
- Solid communication and leadership skills.

Individual Module cost

Intro & Screening	July 4	2:30-7:30pm	\$35.00
Online Component	July 5-16	Independent study	\$100.00
Teaching Experience	July 17/18/19/24/25	9:30am-12:00pm	\$55.00
Classroom & Pool	July 18/19/24/25/26	1:00-5:30pm	\$160.00

Cost: \$325.00 * complete course in Enderby (includes all 4 components)

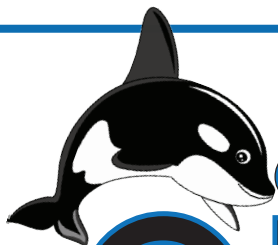
Pre-Requisites: 15yrs with Level 10 strokes & Bronze Cross or higher first aid

WSI – Re-certification

This 5 hour re-certification course offers networking opportunities and is designed to improve Water Safety Instructor Recertification candidate's skills and abilities for teaching their swimmers in the Red Cross Swim program.

Wednesday July 11 2:30-7:30pm

Cost: \$105.00



Enderby ORCAS

JR LIFEGUARD CLUB

(Pre Req. 8-13 yrs with Swim Kids Level 5)

Here is an exciting Summer club where the focus is SERIOUS FUN and is great for kids who want more than just swimming lessons. Members participate in swimming, lifesaving skills, fitness, community awareness projects, shadow guarding and teamwork.

This season the "Orca's will have 3 out trips planned including Canada Day Parade (July 1) River day (July 26) and a Jr. Lifeguard Competition vs. Armstrong Alligators (Aug. 23)

Tues & Thurs June 26 – Aug. 23 4:00-5:30pm

**Cost: \$40 Sign up Fee (includes T-shirt, journal, and stickers)
+ \$35 (5x Pass) or \$63 (10x Pass) or \$99 (season -18 sessions)**

IMPACT Athlete Training Camp

(ages 12-16yrs)

Be ready for any sport this Fall with a high energy mini- camp that includes 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.

Make an IMPACT -

Inspire / Motivate / Pursue / Achieve / Conquer / Trust

Tues/Wed/Thurs August 28-30 (10:00am-1:00pm)

Cost: \$50.00 for 3 sessions or \$18.00 / Day



Wearing a
lifejacket
saves lives

Porter un gilet
de sauvetage
sauve des vies



National Life Jacket Day

On May 17, 2018, the Canadian Red Cross marks National Lifejacket Day, an annual campaign to encourage and promote the use of lifejackets and PFDs among boaters. Wear your lifejacket or personal flotation device (PFD) this summer and make every outing a return trip!

Did you know... When floating the river you are required to either be wearing or carrying a life jacket on your vessel.

Any "floatie" is considered a self propelled vessel and requires either:



Option #1

Wear a life jacket or
PFD with a whistle



Option #2

Carry a life jacket or
PFD with a whistle and
buoyant heaving rope

Water Safety Week

June 2- 9, 2018, is Water Safety Week, an annual campaign to educate Canadians on how to stay safe around water and prevent drowning incidents.

Every year, approximately 520 Canadians die needlessly in unintentional water-related fatalities

While the ability to swim is important, swimming skills alone aren't always enough to save a life. Learning water safety is key to preventing an emergency in or on the water, and also teaches what to do if you find yourself in an emergency situation.

The Red Cross Swim program teaches both swimming skills, and water safety knowledge and skills – the most effective combination in preventing water-related injuries and fatalities.

FATHER's DAY DUNK

Challenge dad to a cannonball competition, noodle surfing contest or belly flop challenge. 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.

Sunday June 17th 2:00-5:00 pm

Cost: Regular Admission*Dad's are FREE!*

Canada Day Free Family Swim

Celebrate Canada's birthday by making a Splash at the Enderby Lions Pool! Enjoy all the events in Barnes Park and cool off in the pool or Spray Park!

1:00-4:00pm

Cost: FREE

Sunday July 1



ENDERBY LIONS

May 22- June 30



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool CLOSED		Aqua Power 7:15-8:15am		Aqua Boot Camp 7:15-8:15am		Pool CLOSED
	Aqua Fit 8:15-9:15am	Lap Swim 8:15-9:30am	Aqua Fit 8:15-9:15am	Lap Swim 8:15-9:30am	Aqua Fit 8:15-9:15am	
	School Swimming Lessons 9:30am-3:00pm					
						
Available for RENT 1-2pm	"Water Safety Week" is <u>June 3-9</u>					Available for RENT 1-2pm
Public Swim 2-4pm	Spring Toonie Swim 3:00-4:00pm (May 22 - June 8 only)					Public Swim 2-4pm
	<u>AFTER SCHOOL LESSONS</u> ➡ June 11-22 ⬅ 3:30-6:00pm					
Toonie Swim 4-5pm						Toonie Swim 4-5pm
Available For RENT 5-7pm 838-9256	*Available for Rent* 4-6pm Birthdays or Team Parties		To Book Phone 838-9256	*Available for Rent* 4-6pm Birthdays or Team Parties		Available For RENT 5-7pm 838-9256
	Public Swim 6-8pm	Toonie Swim 6 - 7 pm	Public Swim 6-8pm	Toonie Swim 6 - 7 pm	Public Swim 6-8pm	
Pool CLOSED		Aqua Boot Camp 7:05-8:05pm		Aqua Power 7:05-8:05pm		Pool CLOSED

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

POOL SCHEDULE

July & August

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 Swim 8:15 - 9:30am <small>(Private lessons Available)</small>	Aqua fit Shallow / Deep 8:15-9:15am	Lap Swim 8:15 - 9:30am <small>(Private lessons Available)</small>	Aqua fit Shallow / Deep 8:15-9:15am	
	Red Cross Lessons 9:30 - 12:30pm					
Available for RENT 12-2pm	POOL CLOSED 12:30-1:00					Available for RENT 12-2pm
Public Swim 2-4pm	<div></div> <div>Public Swim 1-4pm</div> <div>Dash & Splash Thurs. 1-3pm (4-6yrs)</div>					Public Swim 2-4pm
Toonie Swim 4-5pm	Advanced Courses & Swim Lessons 4-6pm				Free Family Swim 4-5pm	Toonie Swim 4-5pm
Available For RENT 5-7pm 838-9256	Aqua Tone 5-5:50pm	New				Sponsored by 
	Public Swim 6-8pm	Toonie Swim 6-7 pm	Public Swim 6-8pm	Toonie Swim 6-7 pm	Public Swim 6-8pm	
Pool CLOSED		Aqua Boot Camp 7:05-8:05pm	New	Aqua Motion 7:05-8:05pm		
						Themed Youth Night SPLASH 6-8pm * June 23 * July 28 * Aug. 25 Only \$5 (Ages 7-12)

Rates	Single Pass	10x Pass	Month	AquaFit- Single	AquaFit- 10x	AquaFit- Month
0-2 Years	FREE					
Pre-School (3-5)	\$2.50	\$22.50	\$27.50		9 classes	10.5 classes
Youth (6-18)	\$3.50	\$31.50	\$38.50	\$6.00	\$54.00	\$63.00
Senior (60+)	\$3.50	\$31.50	\$38.50	\$6.00	\$54.00	\$63.00
Adult (19+)	\$4.00	\$36.00	\$44.00	\$6.50	\$58.50	\$68.25
Family	\$10.00	\$90.00	\$105.00			
Parent & Tot	\$5.00					

Aquatic Fitness

Aqua Fit

(Shallow and Deep Water)

Our most popular class with 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.

Monday/Wednesday/ Friday 8:15 - 9:15am

(2 instructors for July & August)

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 & Thursday 7:05-8:05pm *(May & June)*

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

***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.*

Aqua Tone

Join us after work for a terrific class with a focus on specific muscle groups like Arms., Legs and Abdominals! Learn to use the liquid gym and buoyancy equipment to create effective resistance for the ultimate toning workout. (50 min class Shallow & Deep)

Mondays 5:00-5:50pm *(July & August)*

Aqua Motion

A 60-minute workout with a variety of resistance and buoyancy equipment that will elevate the heart rate and tone and strengthen specific muscle groups. Are you ready to get in Motion-Aqua Motion!

Thursdays 7:05-8:05pm *(July & August)*

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.....

Friday June 15

Friday July 27

Friday August 31

Crazy Hair / Hat Day

Hawaiian Holiday

70's Dance Party

Single Pass

Youth & Senior \$6.00

Adult \$6.50

10X punch

Youth & Senior \$54.00

Adult \$58.50

Month Pass

Youth & Senior \$63.00

Adult \$68.25



PLAY in the Park

Bring a Blanket and relax in the play ground area at Barnes Park and enjoy family crafts, games, snacks and outdoor fun and play.

Dates: Wednesdays in July & August

Time: 9:30am-12:00 Noon



ART in the Park

This is a Free Summer Drop-in art program led by local artist Heather Edwards. All ages are welcome, but the art projects will be geared to certain age groups.

Note that parent oversight is required.

Tuesdays (8-12yrs) &

Thursdays (3-7 yrs)

July & August

10:00am-12:00 Noon

To find out more about this FREE program or to participate in the program call:

250 838-9446 or email edcomrc@outlook.com



RED CROSS *Babysitting Course*

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: Tuesday & Wednesday August 27 & 28

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

Cost:\$50.00

(2 – 3 hour sessions, includes Manual and Certificate)

Red Cross Babysitting Course **(11-15yrs)**

This course offers basic first aid and care giving skills for youth 11-15 years old. Participants learn how to provide care to children in a variety of age groups, and how to prevent and respond to emergencies. The course also offers youth the skills to promote themselves as babysitters to prospective families. This course is also great training for self care and taking care of younger siblings.

Dates: Tuesday & Wednesday August 27 & 28

Times: 10:00am-2:30pm @ Chamber Building

Cost:\$60.00

(2 – 4 hour sessions, includes Babysitter Manual and Certificate)

Kids Mindful & Moving

(ages 7-12)

This NEW program encourages children to create a positive mind/ body connection. In the two hour sessions, kids will explore the power of their minds in fun ways through the movement of yoga, mindful eating, stories, meditation, and creative expression. Each week will have a new theme with intention, movement activities and crafts that match.

You can register by the week or for all 4 sessions in July!

Registration includes 1 free swim per week

Session I	Tues/ Thurs/ Fri	July 3, 5, & 6	Growth Mindset
Session II	Tues/ Thurs/ Fri	July 10, 12, & 13	Self-Love
Session III	Tues/ Thurs/ Fri	July 17, 19, & 20	Gratitude
Session IV	Tues/ Thurs/ Fri	July 24, 26, & 27	Power of Positivity

Times: 10:00am-12:00pm

Cost: \$35.00 (1 week session plus 1 student swim pass)

\$126.00 (4 weeks plus 4 student swim passes)

**Children are required to bring a water bottle, healthy snack, blanket, clothes that can get dirty and or an art smock.*

Yoga mats will be provided but each child is encouraged to bring their own if they have one.

Go Girls – Yoga & Body Positivity

(ages 13-16)

This program will give young girls a safe space to connect to themselves and others in a positive and healthy way, empowering them to define their value and explore their potential as they grow into young women. In a world that is dominated by social media and ever growing unrealistic standards of perceived worth and beauty we want to equip them to have a solid foundation of self-reliance, healthy self talk and expression. This program will start each meeting with a 50 min yoga flow session, followed by 50 min of conversation and creative expression and close with a 10min meditation.

Session I Wednesdays July 4, 11, 18, 25

Times: 10:00am-12:00pm

Cost: \$44.00 for 4 classes or \$12 drop-in

Participants are required to bring a water bottle, comfortable clothing, and their own yoga mat (some mats are available)



Stay
Positive

Land Fitness



H.I.I.T – High Intensity Interval Training

Time to take it to the next level. High Intensity Interval Training combines 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.

Spring: Mondays April 9 – May 14 \$30.00 (6) 8:30-9:30am

Summer: Thursdays May 31- Aug. 16 \$63.00 (11) 8:30-9:30am

Strong by ZUMBA



Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, and Cardio 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 5 more.

Spring: Tuesdays April 3- May 22 \$42.00 (8) 8:30-9:30am

Summer: Tuesdays May 29 – Aug. 21 \$74.75 (13) 8:30-9:30am

Strength & Stretch

Build and protect your body with a focus on strengthening and lengthening your muscle groups. Think mind to muscle and become more aware of body posture and balance with exercises that use resistive equipment for a full body workout.

Spring: Tuesdays April 3 – May 15 \$42.00 (8) 10:30-11:30am

Core Fit



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

Spring: Wednesdays April 4 – May 23 \$42.00 (8 classes) 8:30-9:30am

Classes are held at the Drill Hall unless otherwise posted

***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.*

Fresh Air Fitness

(outdoor shoes, layered clothing and water bottle)

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.

Spring: Thursdays April 12 – May 24 \$36.00 (7) 9:00-10:00am
(meet at Belvedere Park – Info Center)

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 often called exercise in disguise.

Spring: Thursdays April 5 – May 24 \$ 42.00 (8) 5:45-6:45pm
(Seniors Center)

Yoga Flow



(bring your own matt, strap and block – some equipment available)

A progressive class that encourages you to enjoy a more active and challenging practice combining core strength, flexibility, stamina and mental discipline. You will leave the class feeling energized, invigorated and ready for the weekend.

Spring: Fridays April 6 – June 15 \$80.00 (11) 8:30-9:30am
Summer: Fridays July 6- Aug. 17 \$49.25 (7) 8:30-9:30am

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 exercises. Fun partner and group drills keep you motivated for the fastest 60 minutes of the week!

Spring: Fridays April 6 – May 18 \$36.00 (7) 9:45-10:45am

Single Pass	5X punch	10X punch	Child Minding
Fitness \$6.00	Fitness \$30.00	Fitness \$54.00	\$2.00 per Child
Yoga \$8.00	Yoga \$45.00	Yoga \$81.00	\$20.00 11X Pass

Riverside Ball Park Tournament Schedule 2018

May 5/6	Men's 35+ Slow-pitch Tournament
May 12/13	Mixed Slow-pitch Mini Tournament
May 26/27	Men's Slow-pitch Mini Tournament
June 2/3	Ladies Slow-pitch Mini Tournament
June 8-10	Mix Slow-pitch Tournament
June 15-17	Men's Slow-pitch Tournament
June 22-14	Ladies Slow-pitch Tournament
June 29- July2	Funstastics Slow-pitch Tournament

**To book Riverside Park call*

Enderby & District Recreation Services at 250-838-2665



2018 Events

May 5	Plant Sale (Enderby Lions Gazebo)
May 13	Mothers Day
May 17-21	Gold Panner's Championship
May 23/24	Airstream Trailers
May 27	Purina Dog Walk (Enderby Lions Gazebo)
June 14	Fathers Day
June 22-24	Singin' Good News (Splatsin Center)
June 29-July 2	Funtastics Ball Tournament (Riverside Park)
July 1	Canada Day Celebrations
July 7/8	Classic Car & Trailer (Riverside RV Park)
July 9-12	Accordian Festival (Riverside RV Park)
July 20/22	Caribbean Weekend (Riverside RV Park)
July 28	Enderby & District Arts Festival (Downtown)
July 28	Enderbeer & Wine Festival (Splatsin Center)
August 19	Grindrod Garlic Festival (Grindrod Park)
August 24	Friday Night Lights (Downtown)
September 23	BC Rivers Day (Belvedere Park)
October 7/8	Annual Salmon Egg Take (KIC)





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)

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

www.enderbycamping.com

Riverside Campground –Special Events

Gold Panner's Championships

May 17-21

Airstream Trailers

May 23/24

Accordion Festival

July 9-12

Classic Car & Trailer

July 7/8

Caribbean Weekend

July 20/22