

# 2018 FALL Recreation Guide

REGISTRATION STARTS

MONDAY

AUGUST 27TH

@ THE ENDERBY POOL



*Enderby & District*

## Recreation Services

*Our Place to Play*

250.838.2665 | [recreation@enderbychamber.com](mailto:recreation@enderbychamber.com)



EVENTS

## REGISTRATION BLITZ - AUGUST 31

TIME: 1:00-4:00 PM @ ENDERBY POOL & BARNES PARK

## FALL FITNESS SAMPLER - SEPTEMBER 5

TIME: 8:30-10:00 AM @ THE DRILL HALL

## RIVERS DAY - SEPTEMBER 23

TIME: 10:00-12:00 PM @ BELVIDERE PARK

## DAD & DAUGHTER DANCE PL3Y- NOVEMBER 23

TIME: 6:30-7:30 PM @ THE DRILL HALL

## SKATE WITH SANTA - DECEMBER 9

TIME: 2:30-4:00 PM @ ENDERBY ARENA

## HOCKEY TOURNAMENT - DECEMBER 22&23

TIME: TBA @ ENDERBY ARENA



### CHRISTMAS ADULT HOCKEY TOURNAMENT

WHAT A GREAT WAY TO CONNECT  
WITH FRIENDS OVER THE HOLIDAYS!  
REGISTER YOUR CO-ED TEAM IN A FUN  
HOCKEY TOURNAMENT AT THE ENDERBY  
MEMORIAL ARENA.  
REGISTER EARLY TO GET YOUR TEAM IN.  
MAXIMUM 8 TEAMS  
**COST: \$500/ TEAM**

**TO BOOK CALL**

**250.838.2665**

recreation@enderbychamber.com



## PUBLIC SKATING

**MONDAYS 12:15 - 1:15 PM**

(CANCELLED OCT 8/ FEB 18)

**WEDNESDAYS 11:15 - 12:15 PM**

(CANCELLED DEC 26)

**THURSDAYS 4:00-5:00 PM**

**FRIDAYS 7:15 - 8:15 PM**

(CANCELLED NOV 23/ JAN 25)

**SUNDAYS 2:30 - 4:00 PM**

(CANCELLED SEPT 30/ NOV 11/ DEC 2/ DEC 23/ JAN 27/ FEB 24/ MAR 3 2:45-4:15)

## Drop-in Shinny Hockey

September 19- March 14 *waivers, sign-in and exact change required*

**Youth Shinny (8-12 years)**

Thursdays 2:45-3:45 pm

**Adult Shinny (18+ years)**

Wednesdays 12:15 - 1:15 pm & Sundays 6:30 - 7:45 pm

Youth drop-in **\$2.00** (supervising Adults \$2.00)    Adult drop-in **\$5.00**

**Only Skates, helmet, & gloves.**

**Ice Available September 17th 2018 to March 15th 2019**  
**The Arena will be closed: October 8th / November 11th /**  
**December 25th & December 26th / January 1st**

# 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 & MITTS/GLOVES.)

- PARENT & TOT** 2.5 - 3.5 YRS WITH PARENT OR GUARDIAN ON ICE PARTICIPATION
- ICE PUPPY 1** 3-5 YRS WITH LITTLE OR NO PRIOR SKATING EXPERIENCE
- ICE PUPPY 2** 3-5YRS WHO CAN STAND FROM SEATED POSITION ON OWN & MOVE 5-10 STEPS INDEPENDENTLY
- SUPER SKATER 1** SCHOOL AGED CHILDREN WITH LITTLE OR NO PRIOR SKATING EXPERIENCE.
- SUPER SKATER 2** SCHOOL AGED CHILDREN READY TO LEARN STOPPING, EDGES AND BACKWARD SKATING.
- SUPER SKATER 3/4** FOCUS IS CROSSOVERS, SIDE STOPS AND PUMPING BOTH FORWARD AND BACKWARDS & ADDING POWER
- TEEN/ ADULT** 12+ CAN ALSO ENJOY WINTER'S FAVORITE PASS TIME WITH AN OPPORTUNITY TO LEARN OR FINE TUNE THEIR SKATING SKILLS. A GREAT OPPORTUNITY FOR PARENTS WHILE THEIR KIDS ARE ON THE ICE.

DATES: TUESDAYS    **SESSION I**    **OCTOBER 2- NOVEMBER 20**  
                                 **SESSION II**    **JANUARY 8 - FEBRUARY 26**

TIMES:    **3:00-3:30 PM** | PARENT & TOT | ICE PUPPY 2 | TEEN/ ADULT  
              **3:30-4:00 PM** | ICE PUPPY 1 | ICE PUPPY 2 | SUPER SKATER 1  
              **4:00-4:30 PM** | SUPER SKATER 1 | SUPER SKATER 2 | SUPER SKATER 3/4

**COST:**    **\$65.00** FOR 8 30 MINUTE LESSONS | **\$75.00** FOR ADULT LESSONS



## ICE GAMES

(MITTS AND PROPERLY FITTED HELMET REQUIRED - AGES 6-12YRS)

A FUN AND EXCITING EVENT FOR KIDS AGES 6-12 YEARS WITH A DIFFERENT THEME EACH WEEK. DRESS UP & JOIN ONE OF OUR SKATING RECREATION LEADERS FOR ON ICE GAMES, RELAYS, OBSTACLE COURSES AND MORE! PRE-REGISTER AND SAVE \$\$

DATES: TUESDAYS 3:15-4:30PM

**NOVEMBER 27 HERO'S & VILLAINS**

**DECEMBER 4 BRIGHT & SHINY**

**DECEMBER 11 SANTA'S SKATING ELVES**

COST: \$5 PRE-REGISTERED / \$6 DROP-IN

## Fun Hockey

*\*FULL HOCKEY EQUIPMENT REQUIRED INCLUDING CSA APPROVED HELMET*  
**RETURNING FOR THE 4TH SEASON!!! THIS NON-COMPETITIVE HOCKEY PROGRAM IS GEARED TO SCHOOL AGED CHILDREN WITH SOME PREVIOUS SKATING EXPERIENCE AND A DESIRE TO PLAY HOCKEY FOR FUN!**

PLAYERS WILL PARTICIPATE IN SKATING ENHANCEMENT DRILLS, HOCKEY SKILLS AND SCRIMMAGES UNDER THE SUPERVISION OF A COACH & ASSISTANTS.

DATES: MONDAYS    **SEPTEMBER 24 - DECEMBER 10** (CXL OCT 8)  
                                 **JANUARY 7 - MARCH 11** (CXL FEB 18)

**TIME:** **3:15 - 4:00 PM JUNIORS (5-7 YEARS)**  
              **3:45 - 4:45 PM SENIORS (8-11 YEARS)**

**COST:** JUNIORS **\$125.00**    SENIORS **\$200.00**

**FEE INCLUDES OVER 20 PRACTICES & AN ICE HAWKS JERSEY**  
(FUNDING ASSISTANCE AVAILABLE THROUGH JUMP START)





# Pre-School Sports

(Ages 3 to 5 with comfy shoes & a water bottle)

A high energy 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 that build self-esteem and confidence. These little movers will experience 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: Fridays Session I **September 21 – November 9**  
Fridays Session II **January 11 – March 1**  
Times: 9:45 - 10:25 am @ Drill Hall Cost: **\$40.00** (8 sessions)

# Kidz Sports

(Ages 5 to 8 with good running shoes & a water bottle)

Get your school aged child active with this multi-sport and movement program. Kids will discover 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 Session I **September 20 – November 8**  
Session II **January 10 – February 28**  
Times: 2:15-3:15 pm @ Drill Hall Cost: **\$45.00** (8 sessions)



# Kids MINDFUL & MOVING

(Ages 7 to 12)

THIS NEW PROGRAM ENCOURAGES YOUTH TO BUILD A POSITIVE MIND AND BODY CONNECTION. IN EACH CLASS, KIDS WILL EXPLORE THE POWER OF THEIR MINDS IN FUN WAYS THROUGH THE MOVEMENT OF YOGA, STORIES, MEDITATION, AND CREATIVE EXPRESSION.

EACH SESSION (4 CLASSES) WILL HAVE A NEW THEME WITH INTENTION, MOVEMENT ACTIVITIES AND CRAFTS THAT MATCH.

DATES: **WEDNESDAYS** SESSION I **OCTOBER 3,10,17,24**  
SESSION II **NOVEMBER 7,14,21,28**  
TIME: **3:15-4:30PM** @ THE DRILL HALL COST: **\$40.00** (4 X 1.25HR CLASSES)



# Red Cross Stay Safe Course

(Ages 9 to 10)

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: **September 17** **10:00 - 3:30pm** (Pro-D Day)  
Cost: **\$50.00** (5.5 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.

Dates: **October 19** **9:30 - 4:30pm** (Pro-D Day)  
Cost: **\$60.00** (7 hour course, includes Babysitter Manual and Certificate)

At the Chamber of Commerce Building



**CANADIAN  
RED CROSS**

# DANCEPL3Y

## PRE-SCHOOL DANCE PL3Y

(AGES 3 TO 5 WITH COMFY SHOES & A WATER BOTTLE))

THE DANCE PL3Y PROGRAM IS DESIGNED SPECIFICALLY FOR CHILDREN AGES 3-5 YEARS 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".

DATES: TUESDAYS	SESSION I	<b>SEPTEMBER 18 - OCTOBER 23</b>
	SESSION II	<b>NOVEMBER 6 - DECEMBER 11</b>
	SESSION III	<b>JANUARY 10 - FEBRUARY 12</b>

TIMES: 11:00- 11:30 AM @ DRILL HALL COST: **\$30.00** (6 SESSIONS)

## DANCE PL3Y

(AGES 6 TO 11 WITH COMFY SHOES & A WATER BOTTLE)

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	<b>SEPTEMBER 20 - NOVEMBER 8</b>
	SESSION II	<b>JANUARY 10 - FEBRUARY 28</b>

TIMES: 3:15- 4:00 PM @ DRILL HALL COST: **\$60.00** (8 SESSIONS)

## DAD & DAUGHTER DANCE PL3Y NIGHT

AGES 6-11

FRIDAY NOVEMBER 23RD

6:30-7:30 @ THE DRILL HALL

**\$10.00** FOR DAD & DAUGHTERS

A ONETIME EVENT PERFECT FOR DAD & DAUGHTER BONDING TIME WITH MUSIC AND DANCE MOVES LEAD BY A DANCE PL3Y INSTRUCTOR. CREATE A LASTING MEMORY WITH YOUR LITTLE GIRL AND SHOW HER DAD HAS THE MOVES.

## Drop in Volleyball & Basketball

(16yrs+ with signed waiver & Indoor Shoes)

Choose from 2 enjoyable sports and hit the court for some fun recreational time with your friends. Both Volley ball and Basket ball (1/2 court) will be set up and teams will be determined at each session. Don't hibernate this fall join us and get Active in Enderby.

Where: AL Fortune School Gym

Time & Date TBA Mid September

Cost: **\$2.00**/ player

## REGISTRATIONS BLITZ & POOL WIND UP



BRING THE KIDS FOR A FREE SWIM IN THE ENDERBY POOL TO CELEBRATE AN AWESOME SEASON.... AND REGISTER FOR GREAT FALL RECREATION PROGRAMS LIKE SKATING LESSONS, FUN HOCKEY, DANCE PL3Y, PRE-SCHOOL SPORTS, FITNESS CLASSES AND MORE!

DATE: **AUGUST 31ST 1:00-4:00PM**  
@ENDERBY LIONS POOL

## RIVERS DAY

THE SHUSWAP RIVER AMBASSADORS PROMOTE KNOWLEDGE, RESPECT, SAFETY AND PLANNING. JOIN THEM ON SEPTEMBER 24TH TO CELEBRATE RIVER'S DAY AND HONOR THE BEAUTIFUL SHUSWAP RIVER. PITCH IN TO HELP CLEAN THE RIVER AND BANKS, TAKE PART IN A PADDLEBOARD OR KAYAK TOUR FROM BELVIDERE TO TUEY PARK AND ENJOY A PARTICIPATION APPRECIATION LUNCH.

DATE: **SUNDAY SEPTEMBER 24TH 11:00AM-2:00PM @ BELVIDERE PARK**





## ICE RENTAL RATES

YOUTH **\$85.00** PER HOUR  
 FAMILY **\$92.00** PER HOUR  
 ADULT **\$154.00** PER HOUR  
 SENIOR **\$111.00** PER HOUR  
 ADDITIONAL INSURANCE FEE MAY APPLY

## NON-PRIME ICE RATES

YOUTH **\$40.00** PER HOUR  
 FAMILY **\$40.00** PER HOUR  
 ADULT **\$60.00** PER HOUR  
 SENIOR **\$50.00** PER HOUR

NON-PRIME ICE RATES ARE AVAILABLE WEEKDAYS 9:00 AM TO 3:00 PM ON A FIRST COME BASIS. NON-PRIME ICE RATES ARE IN EFFECT ALL DAY FROM DECEMBER 24 TO JANUARY 4.



## Fall 2018 Recreation Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
			<b>NEW</b> 6:15-7:00am <b>BOOT Camp</b>		
<b>NEW</b> 8:30-9:30am <b>BARRE</b>	8:30-9:30am <b>STRONG</b>	8:30-9:30am <b>HiIT</b>		8:30-9:30am <b>YOGA Flow</b>	
* Childminding 9:45-10:30am <b>CHAIR Fit</b>	* Childminding 9:45-10:45am <b>STRENGTH &amp; STRETCH</b>	* Childminding 9:45-10:45am <b>CORE Fit</b>		* Childminding 9:45-10:25 <b>PS Sports</b>	
	11:00-11:30am <b>PS Dance PL3Y</b>	11:15-12:15pm <b>Public Skate</b>		10:30-11:30am <b>CARDIO &amp; CORE</b>	
12:15-1:15pm <b>Public Skate</b>		12:15-1:15pm <b>Adult Shinny</b>	2:15-3:15pm <b>Kidz Sports</b>		2:30-4:00pm <b>Public Skate</b>
3:15-4:45pm <b>Fun Hockey (5-11yrs)</b>	<b>NEW</b> 3-4:45pm <b>Skating Lessons</b>	3:15-4:30pm <b>Kids Mindful &amp; Moving</b>	2:45-3:45pm <b>Youth Shinny (8-11yrs)</b>	<b>For Arena Bookings Call 838-2665</b>	
			3:15-4pm <b>Dance PL3Y</b>		
			4-5pm <b>Public Skate</b>		
			<b>NEW</b> 7-8pm <b>YOGA Flow</b>	7:15-8:15pm <b>Public Skate</b>	6:30-7:45pm <b>Adult Shinny</b>
<b>REGISTRATION</b> Enderby Lions Pool Aug. 27- 31 and Chamber Building from Sept. 4th onward or call (250) 838-2665					

<b>Fitness Classes</b>	Pre-register & Drop-in Passes
<b>Youth Programs</b>	Pre-register only
<b>Arena Programs</b>	Pre-registered or Drop-in



Rates:	Drop-in	10x pass	20x pass
Chair Fitness	\$5.00	\$45 for session	
Regular Fitness	\$6.50	\$58.50	\$112.00
Yoga	\$8.75	\$78.75	\$150.00
Child minding	\$2.00	\$20.00	\$35.00
3 or more	\$5.00	10 x Pass	Season Pass
Youth Shinny	\$2.00	\$20.00	\$45.00
Adult Shinny	\$5.00	\$50.00	



# FALL FITNESS SAMPLER

COME MEET OUR INSTRUCTOR TEAM AND CHECK OUT OUR "SAMPLER" OF FALL FITNESS CLASSES. SET YOUR FALL FITNESS GOALS, COMPLETE OR UPDATE YOUR PAR-Q (PHYSICAL ACTIVITY READINESS QUESTIONNAIRE), AND PURCHASE YOUR PUNCH PASSES AND BE ENTERED TO WIN A PRIZE. COFFEE AND SNACKS PROVIDED

8:30 MEET INSTRUCTORS  
9:00 GROUP WARM-UP  
9:15 CHAIR OR BARRE  
9:30 STRENGTH & STRETCH OR STRONG  
9:45 CORE OR HIIT  
10:00 YOGA

WEDNESDAY  
SEPTEMBER 5TH  
8:30-10:30 AM

# FITNESS RATES

Rates:	Drop-in	10x pass	20x pass
Chair Fitness	\$5.00	\$45 for session	
Regular Fitness	\$6.50	\$58.50	\$112.00
Yoga	\$8.75	\$78.75	\$150.00
Child minding	\$2.00	\$20.00	\$35.00
3 or more	\$5.00	10 x Pass	Season Pass

# BARNES PARK BOOT CAMP

(BRING OUTDOOR FOOTWEAR AND LAYERED CLOTHING, WATER BOTTLE & MATT)  
TIME TO RE-BOOT YOUR FITNESS SCHEDULE WITH OUR 2-DAY OUTDOOR BOOT CAMP. JOIN US AT BARNES PARK FOR SOME FRESH AIR FITNESS TO GIVE YOU A KICK START INTO YOUR FALL FITNESS GOALS!

DATES: TUESDAY & WEDNESDAY SEPTEMBER 6TH & 7TH  
8:30-9:30AM @ BARNES PARK  
COST: REGULAR FITNESS ADMISSION/ CLASS

# CHAIR FITNESS

(AGES 16+ IN GOOD PHYSICAL CONDITION - BRING CUSHION FOR THE CHAIR)

GET FIT WHILE YOU SIT – EXERCISE IS FOR EVERYONE AND CHAIR FITNESS OFFERS A LOW IMPACT WORKOUT THAT HELPS YOU GET IN SHAPE AND STAY IN SHAPE. SOME "OPTIONAL" STANDING EXERCISE OFFERED AND LOTS OF EQUIPMENT AVAILABLE.

DATES: MONDAYS SEPTEMBER 10TH - DECEMBER 10TH  
9:45-10:30AM @ THE DRILL HALL  
COST: \$5.00 DROP-IN/ \$45.00 PER SESSION

MONDAYS

# OUR INSTRUCTORS



ELISHA CLARK



BOBBI CASSIDY



TARA LEGERE



CANDI DIGNESS



BROOKLYN HAY



SHERYL HAY

ENDERBY & DISTRICT RECREATION SERVICES IS ALWAYS LOOKING FOR SPORT OPPORTUNITIES IN OUR AREA. WHETHER IT BE COOKING, ARCHERY, INTERESTED IN FACILITATING, CALL OR

LEADERS, INSTRUCTORS, AND COACHES TO DELIVER NEW RECREATION AND FITNESS, MUSIC, OR ART – IF YOU HAVE TALENT, HOBBY OR ACTIVITY YOU ARE COME SEE US ABOUT MAKING IT HAPPEN!

MONDAYS



## BARRE

(AGES 16+ IN GOOD PHYSICAL CONDITION)

BARRE ABOVE® FUSING THE BEST OF PILATES, YOGA, AEROBICS, AND ELEMENTS OF THE STRENGTHENING EXERCISES DANCERS DO, BARRE ABOVE® DELIVERS A RESULTS-DRIVEN WORKOUT THAT IS NOT ONLY FUN AND DYNAMIC, BUT IT WILL SCULPT YOUR BODY AND GET YOU INTO ABSOLUTELY AMAZING SHAPE WITH A LOW OR NO-IMPACT THAT IS BOTH APPEALING AND APPROACHABLE FOR ALL FITNESS LEVELS AND AGES.

DATES: **MONDAYS** **SEPTEMBER 10TH - DECEMBER 17TH**  
**8:30-9:30AM @ THE DRILL HALL** **COST: \$6.50 DROP-IN**



TUESDAYS



## STRONG BY ZUMBA™

(AGES 16+ IN GOOD PHYSICAL CONDITION WITH MATT)

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 11TH - DECEMBER 18TH**  
**8:30-9:30AM @ THE DRILL HALL** **COST: \$6.50 DROP-IN**



TUESDAYS

## STRENGTH & STRETCH

(AGES 16+ IN GOOD PHYSICAL CONDITION)

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 11TH - DECEMBER 18TH**  
**9:45-10:45AM @ THE DRILL HALL** **COST: \$6.50 DROP-IN**

WEDNESDAYS

## H.I.I.T

### HIGH INTENSITY INTERVAL TRAINING

(AGES 16+ IN GOOD PHYSICAL CONDITION)

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: **WEDNESDAYS** **SEPTEMBER 12TH - DECEMBER 19TH**  
**8:30-9:30AM @ THE DRILL HALL** **COST: \$6.50 DROP-IN**



## CORE FIT

(AGES 16+ IN GOOD PHYSICAL CONDITION)

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 12TH - DECEMBER 19TH**  
**9:45-10:45AM @ THE DRILL HALL** **COST: \$6.50 DROP-IN**

WEDNESDAYS

## BOOT CAMP

(AGES 16+ IN GOOD PHYSICAL CONDITION)

THIS EARLY MORNING BOOT CAMP IS A GREAT WAY TO START THE DAY WITH 45 MIN. OF STRENGTH, CARDIO, MUSCLE ENDURANCE, FLEXIBILITY, AND FUNCTIONAL MOVEMENTS DESIGNED TO CHALLENGE YOUR MIND AND BODY FOR MAXIMUM RESULTS. BRING YOUR POSITIVE ENERGY AND LET THE INSTRUCTOR MOTIVATE YOU TO MEET YOUR POTENTIAL.

DATES: **THURSDAYS** **SEPTEMBER 13TH - DECEMBER 20TH**  
**6:15-7:00AM @ THE DRILL HALL** **COST: \$6.50 DROP-IN**

THURSDAYS

## YOGA FLOW

(AGES 16+ IN GOOD PHYSICAL CONDITION)

NOW WITH A MORNING & EVENING CLASS, THIS YOGA PRACTICE OFFERS 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: **THURSDAYS** **SEPTEMBER 13TH - DECEMBER 20TH**  
**7:00-8:00 PM @ THE SENIORS CENTER**



**FRIDAYS**

**SEPTEMBER 14TH - DECEMBER 21ST**  
**8:30-9:30 AM @ THE DRILL HALL**

**COST: \$8.75 DROP-IN**

CHILD MINDING ON FRIDAYS



THURSDAYS &amp; FRIDAYS

## CARDIO & CORE

(AGES 16+ IN GOOD PHYSICAL CONDITION)

KICK IT UP A NOTCH AND GET READY TO BURN CALORIES AND FOCUS ON USING THE CORE AS YOUR STABILIZING MUSCLE FOR ALL EXERCISES.

DATES: **FRIDAYS** **SEPTEMBER 14TH - DECEMBER 21ST**  
**10:30-11:30AM @ THE DRILL HALL** **COST: \$6.50 DROP-IN**

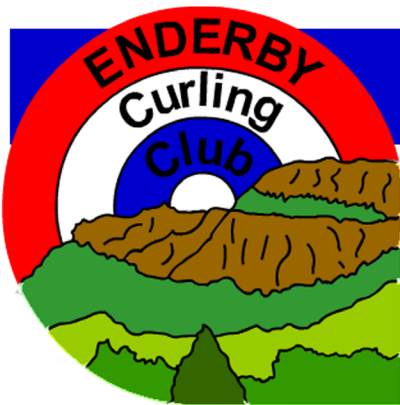
FRIDAYS

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.



Program or Organization	Name	Phone	Email	Website
<b>Afterschool Programs</b>				
Grindrod Afterschool Program	Michelle Watts	250-838-0751	fivewattbulb@shaw.ca	
<b>Camps</b>				
Gardom Lake Bible Camp		250-838-6645	office@gardomlake.ca	
Mackenzie Camp		250-838-6293	maccamp@shaw.ca	www.mackenziecamp.ca
<b>Community Resource Centre</b>				
Enderby Community Resource Centre		250-838-9446	ecdcomrc@outlook.com	www.edcrc.ca
<b>Curling</b>				
Enderby Curling Club		250-838-6702		www.enderbycurlingclub.ca
<b>Cadets</b>				
Rocky Mountain Rangers	Captian Kelly March	250-307-2103	kelly.march@cadets.gc.ca	
<b>Drill Hall</b>				
Facility Rentals		250-838-7170	enderbymuseum@shaw.ca	www.enderbymuseum.ca
<b>Fitness Classes</b>				
Aqua Fitness (Enderby Pool)	Enderby Pool	250-838-9256	recreation@cityofenderby.com	
Gateway Living Fitness	Jen Koochin	250-838-9449	gatewaylivingfitness@gmail.com	
Enderby Recreation Land Fitness	Recreation Coordinator	250-838-2665	recreation@cityofenderby.com	
<b>Golf</b>				
Birchdale Golf Course	Kim Tubb	250-838-7740	krgtubb@gmail.com	www.birchdalegolf.ca
Mabel Lake Golf Course		250-838-0881	info@mabellakegolf.com	www.mabellakegolf.com
<b>Gym</b>				
Whib's Gym		250-208-9244	info@whibsgym.com	www.whibsgym.com
<b>Hockey</b>				
Ice Hawks- Youth Fun Hockey	Recreation Coordinator	250-838-2665	recreation@cityofenderby.com	www.cityofenderby.com
N. Okanagan Minor Hockey Assoc.			registger@nomha.com	www.nomha.com
<b>Karate</b>				
Enderby Karate		250-938-0512	enderbykarate@gmail.com	www.enderbykarate.com
Provincial Martial Arts		250-253-2406	pmakarate@gmail.com	www.provincialmartialarts.com
<b>Lacrosse</b>				
Shuswap Lacrosse		250-804-5744	president@shuswapminorlacrosse.com	www.shuswapminorlacrosse.com
<b>Music</b>				
Joy of Music (Piano & Voice Lessons)	Linzy Lunkwist	250-838-7658	joy.of.music@hotmail.com	
<b>Pickle Ball</b>				
Enderby Recreation Pickle Ball	Louise Dugdale	250838-7689	lsdugdale@telus.net	
	Doug Mills	250-253-3546		
For a full list of all Recreation Services visit			www.exploringenderby.com	

Program or Organization	Name	Phone	Email	Website
<b>Pre-School Programs</b>				
Enderby Community Resource Centre		250-838-9446	edcomrc@outlook.com	www.edcrc.ca
Enderby Pre-School		250-838-6676		www.enderbypreschool.org
Physical Literacy Classes	Sheryl Hay	250-838-2665	recreation@cityofenderby.com	www.cityofenderby.com
Strong Start	Cathy Steigleder	250-838-6434	csteigleder@sd83.bc.ca	
<b>Legion</b>				
Rentals & Events		250-838-7283		
<b>Lions</b>				
Rentals & Events	Willem Roell	250-838-6684		http://enderbylionsclub.org
Garage Sale	Vic Aulbe	250-550-6651		
<b>Ringette</b>				
Shuswap Ringette	Donna Helgeson		helgesons14@gmail.com	www.shuswapringette.ca
<b>Seniors Programs</b>				
Granville Getaway	Ronnie Korol	250-838-2486	ronnie.korol@interiorhealth.ca	
Seniors Center Programs	Doreen Stuebing	250-838-0538	enderby.seniors@shaw.ca	
Seniors Center Rentals	Bev Gale	250-838-6679	maslater2003@yahoo.com	
	Interior Health			
Seniors in Motion	Authority	250-838-2484		
Nexus BC		250-545-0585	info@nexusbc.ca	
<b>Skating</b>				
Armstrong / Enderby Skate Club	Tannis Crerar	250-260-3950	crerart@telus.net	
Learn to Skate	Recreation Coordinator	250-838-2665	recreation@cityofenderby.com	www.cityofenderby.com
<b>Skiing</b>				
Larch Hills			info@skilarchhills.com	www.skilarchhills.ca
<b>Softball</b>				
Ladies League	Kim Golz	250-833-6994	jkgolz@hotmail.com	
Mens League	Adam Clark	250-833-6560	ad.clark@telus.net	
Mixed League (Spring)	Dave Tessel	778-930-0555	dtessel007@gmail.com	
Mixed League (Summer)	Ruth Ginther	250-253-2538	ruthieleee99@gmail.com	
Youth (Enderby Minor Fastball)	Tracey Castle	250-309-1733	ctcastle@telus.net	www.enderbyfastball.ca info@enderbyfastball.ca
<b>Swimming</b>				
Enderby Lions Pool (Seasonal)	Aquatic Staff	250-838-9256	recreation@cityofenderby.com	www.cityofenderby.com
<b>Volleyball</b>				
Enderby Recreation Volleyball	Recreation Coordinator	250-838-2665	recreation@cityofenderby.com	
<b>Snowmobiling</b>				
Hunters Range			info@huntersrange.com	www.huntersrange.com
For a full list of all Recreation Services visit			www.exploringenderby.com	



# LEAGUE

MONDAYS - LEARN TO CURL 7:00-9:00 PM  
TUESDAYS - LADIES NIGHT @7:15 PM  
TUESDAYS - SENIORS 1:00-3:00 PM  
WEDNESDAYS - MENS NIGHTS @7:00 PM  
THURSDAYS - MIXED 6:15-8:00 PM  
FRIDAYS - OPEN DOUBLES @7:00 PM  
FRIDAYS - STICK CURLING 9:00-11:30 AM  
SATURDAYS - JUNIOR CURLING 9:30-11:00 AM

## BONSPIELS

OPEN STICK - NOVEMBER 5TH, 2018

OPEN SKINS - NOVEMBER 9TH -11TH, 2018

MENS GREY CUP - NOVEMBER 23RD- 25TH. 2018

MIXED STICK - DECEMBER 10TH, 2018

OPEN STICK - JANUARY 7TH, 2019

LADIES - JANUARY 11TH -13TH, 2019

REGIONAL MIXED DOUBLES - JANUARY 18TH -20TH, 2019

MIXED CRAZY PANTS - FEBRUARY 8TH-11TH, 2019



[www.enderbycurlingclub.ca](http://www.enderbycurlingclub.ca)

Registration

September 29th

7:00 pm

250.838.6727

