

# 2019 WINTER Recreation Guide

CHECK OUT OUR  
**FREE**  
PUBLIC SKATES



*Enderby & District*  
**Recreation  
Services**

*Our Place to Play*

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

**TO BOOK CALL**  
**250.838.2665**  
recreation@enderbychamber.com



 **BC Family Day** 

**February 18th, 2019**  
10:00-12:00 pm  
**FREE Family Day Fun in Enderby**  
Skating @ the Enderby Arena  
Family Curling @ the Curling Rink  
Games & Crafts @ the Curling Rink Lounge

*Cookies and hot chocolate provided by the Enderby & District Community Resource Center*

**Unplug and Play**  **FREE Fun in Enderby**

Sunday January 27 **Family Skate** 5:30-6:30 pm  
*(Our regular ice slot is cancelled)*  
Thursday January 31 **Youth Skinny** 2:45-3:45 pm  
Friday February 1 **Youth Ice Games** 3:15-4:15 pm  
Friday February 1 **Public Skate** 7:15-8:15 pm

*Put down the screens and be "Active in Enderby" with Enderby & District Recreation Services.*





**SKATE WITH SANTA**  
**2:30-4:00 PM**

**December 9 2018**

# **PUBLIC SKATING**

**MONDAYS 12:15 - 1:15 PM**  
*(CANCELLED FEB 18)*

**WEDNESDAYS 11:15 - 12:15 PM**  
*(CANCELLED DEC 26)*

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

**FRIDAYS 7:15 - 8:15 PM**  
*(CANCELLED JAN 25)*

**SUNDAYS 2:30 -4:00 PM**  
*(CANCELLED DEC 2/ DEC 23/ JAN 27/ FEB 24/ MAR 3 2:45-4:15)*



# **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*  
STILL HALF A SEASON LEFT!! 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 **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 \$62.50 SENIORS \$100.00**

**FEE INCLUDES PRACTICES & AN ICE HAWKS JERSEY**

*(FUNDING ASSISTANCE AVAILABLE THROUGH JUMP START)*



# 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.)

<b>PARENT &amp; TOT</b>	2.5 - 3.5 YRS WITH PARENT OR GUARDIAN ON ICE PARTICIPATION
<b>ICE PUPPY 1</b>	3-5 YRS WITH LITTLE OR NO PRIOR SKATING EXPERIENCE
<b>ICE PUPPY 2</b>	3-5 YRS WHO CAN STAND FROM SEATED POSITION ON OWN & MOVE 5-10 STEPS INDEPENDENTLY
<b>SUPER SKATER 1</b>	SCHOOL AGED CHILDREN WITH LITTLE OR NO PRIOR SKATING EXPERIENCE.
<b>SUPER SKATER 2</b>	SCHOOL AGED CHILDREN READY TO LEARN STOPPING, EDGES AND BACKWARD SKATING.
<b>SUPER SKATER 3/4</b>	FOCUS IS CROSSOVERS, SIDE STOPS AND PUMPING BOTH FORWARD AND BACKWARDS & ADDING POWER

DATES: TUESDAYS **SESSION II JANUARY 8 – FEBRUARY 26**

TIMES: **3:00-3:30 PM** | ICE PUPPY 1 | ICE PUPPY 2 | SUPER SKATER 2/3

**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**



# 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 **JANUARY 9, 16, 23, 30**

SESSION II **FEBRUARY 6, 13, 20, 27**

TIME: **3:15-4:30PM** @ THE DRILL HALL COST: **\$40.00** (4 X 1.25HR CLASSES)

# 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 II

**January 11 - March 1**

Times: **11:00-11:30am** @ 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 II

**January 10 - February 28**

Times: **2:15-3:15 pm** @ Drill Hall

Cost: **\$45.00** (8 sessions)

# 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 III

**JANUARY 8 - FEBRUARY 12**

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 II

**JANUARY 10 - FEBRUARY 28**

TIMES: **3:15- 4:00 PM** @ DRILL HALL

COST: **\$60.00** (8 SESSIONS)



# DROP IN PROGRAM 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
Youth Shinny	\$2.00	\$20.00	\$45.00
Adult Shinny	\$5.00	\$50.00	



## 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 & 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.

## Winter 2019 Recreation Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
8:30-9:30am <b>Barre</b>	8:30-9:30am <b>STRONG</b>	8:30-9:30am <b>HiIT</b>		8:30-9:45am <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</b>		* Childminding 9:45-10:45am <b>Cardio / Core</b>	
	11:00-11:30am PS Dance PL3Y	11:15-12:15pm <b>Public Skate</b>	2:15-3:15pm <b>Kidz Sports</b>	11-11:30am PS Sports	2:30-4pm <b>Public Skate</b>
12:15-1:15pm <b>Public Skate</b>		12:30-1:30pm <b>Adult Shinny</b>	2:45-3:45pm <b>Youth Shinny (8-12yrs)</b>		
	3-4:45pm <b>Skating Lessons</b>	3:15-4:30pm <b>Kids Mindful &amp; Moving</b>	3:15-4pm <b>Dance PL3y</b>		
3:15-4:45pm <b>Fun Hockey</b>			4-5pm <b>Public Skate</b>		6:30-7:45pm <b>Adult Shinny</b>
			<b>NEW</b> 5:30-6:30pm <b>Barre</b>		
<b>BC Family Day Feb. 18th</b> Free Events at the Enderby Arena from 10am-12pm			7-8pm <b>Yoga Flow</b>	7:15-8:15pm <b>Public Skate</b>	
<b>UNPLUG &amp; PLAY WEEK</b> January 26 - February 2			<b>REGISTRATION</b> Program Registration can be done at the Chamber Building 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				



# OUR TEAM

## FITNESS INSTRUCTORS



ELISHA CLARK



BOBBI CASSIDY



TARA LEGERE



CANDI DIGNESS



BROOKLYN HAY



SHERYL HAY

## YOUTH INSTRUCTORS



SHERYL HAY



BOBBI CASSIDY



TARA LEGERE



BAILY WEIR



BROOKLYN HAY



ALLEN BATTEN

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!

# 2019 FITNESS KICKOFF

START TO TACKLE YOUR NEW YEAR'S FITNESS GOALS

DATES: WEDNESDAY JANUARY 2 HIIT

THURSDAY JANUARY 3 BARRE

FRIDAY JANUARY 4 YOGA

COST: \$6.50-8.75

9:30-10:30 AM @ THE DILL HALL  
(CHILD MINDING AVAILABLE)

TODAY I ~~HAVE TO~~ WORKOUT  
get to

## DROP IN VOLLEYBALL/ BASKETBALL

(AGES 16+ WITH SIGNED WAIVER & INDOOR SHOES)

CHOOSE FROM TWO SPORTS AND HIT THE COURT FOR SOME FUN RECREATIONAL TIME WITH YOUR FRIENDS. BOTH VOLLEYBALL AND BASKETBALL (1/2 COURT) WILL BE SET UP AND TEAMS WILL BE DETERMINED EACH SESSION. DON'T HIBERNATE THIS WINTER, GET ACTIVE IN ENDERBY.



DATES: **MONDAYS JANUARY 7-FEBRUARY 25 (CXL FEB 18)**  
**6:30-8:30 PM @ AL FORTUNE SECONDARY GYM**



DATES: **TUESDAYS JANUARY 8-MARCH 12**  
**7:00-9:00 PM @ GRINDROD ELEMENTARY GYM**  
(JUST VOLLEYBALL ON TUESDAYS)

**COST: \$2.00 DROP-IN**

Follow us on Facebook for upto date cancellations  
Sessions may be cancelled with short notice due to school activities

## SELF CARE WORKSHOPS

TO COMPLIMENT OUR FITNESS PROGRAMS, WE HAVE ADDED SELF CARE WORKSHOPS TO REINFORCE THE IMPORTANCE OF LOOKING AFTER YOU! WE ARE EXCITED TO BRING THE FOLLOWING MONTHLY SESSIONS

DATES: **TUESDAY JANUARY 22 12:00-2:00 PM**  
**EMOTIONAL RELEASE WITH OILS @ THE DRILL HALL**

**WEDNESDAY JANUARY 23 6:00-8:00 PM**  
**EMOTIONAL RELEASE WITH OILS @ THE SENIORS COMPLEX**

**THURSDAY FEBRUARY 14 7:00-9:00 PM**  
**COUPLES SIP & STRETCH @ THE SENIOR COMPLEX**

COST: **\$25.00 FOR EMOTIONAL RELEASE &**  
**\$35.00 FOR COUPLES SIP & STRETCH**

be good to yourself

## 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: **Wednesday March 27 9:00 - 2:00pm (Spring Break)**  
Cost: **\$50.00** (5 hour course, includes Stay Safe Manual and Certificate)

At the Chamber of Commerce Buidling

## 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: **Thursday March 28 9:00 - 4:00pm (Spring Break)**  
Cost: **\$60.00** (7 hour course, includes Babysitter Manual and Certificate)

At the Chamber of Commerce Buidling



**CANADIAN  
RED CROSS**

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** **JANUARY 7 TO MARCH 11**  
**8:30-9:30AM @ THE DRILL HALL COST: \$6.50 DROP-IN**

## 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** **JANUARY 7 TO MARCH 11**  
**9:45-10:30AM @ THE DRILL HALL**  
**COST: \$5.00 DROP-IN/ \$45.00 PER SESSION**



## 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** **JANUARY 8 TO MARCH 12**  
**8:30-9:30AM @ THE DRILL HALL COST: \$6.50 DROP-IN**

## 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** **JANUARY 8 TO MARCH 12**  
**9:45-10:45AM @ THE DRILL HALL COST: \$6.50 DROP-IN**

TUESDAYS

## 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** **JANUARY 9 TO MARCH 13**  
**8:30-9:30AM @ THE DRILL HALL COST: \$6.50 DROP-IN**

## CORE FIT

(AGES 16+ IN GOOD PHYSICAL CONDITION)

A 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** **JANUARY 9 TO MARCH 13**  
**9:45-10:45AM @ THE DRILL HALL COST: \$6.50 DROP-IN**

WEDNESDAYS

## BARRE



(AGES 16+ IN GOOD PHYSICAL CONDITION)

A SECOND CLASS BY POPULAR DEMAND

DATES: **THURSDAYS** **JANUARY 10 - MARCH 14**  
**5:30-6:30 PM @ THE SENIORS CENTER 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** **JANUARY 10 TO MARCH 14**  
**7:00-8:00 PM @ THE SENIORS CENTER**

**FRIDAYS**

**JANUARY 11 TO MARCH 15**  
**8:30-9:30 AM @ THE DRILL HALL**  
**COST: \$8.75 DROP-IN**  
*CHILD MINDING ON FRIDAYS*

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** **JANUARY 11 TO MARCH 15**  
**9:45-10:45AM @ THE DRILL HALL COST: \$6.50 DROP-IN**



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.provinciamartialarts.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](http://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	ruthielee99@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