

# 2019 SPRING Recreation Guide

SPRING REGISTRATION  
STARTS  
FEBRUARY 11



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## TEDDY BEAR Picnic &

(3-5yrs)

A special event for you , your little one and their favorite teddy or doll. Our popular DancePL3Y songs followed by a picnic with Juice & snacks provided

Dates: **Fri. March 29**

Times: **11:15-12:15am**

Cost: **\$10.00**



DANCEPL3Y



FOR MORE INFORMATION 250.838.2665

RECREATION@ENDERBYCHAMBER.COM



# 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** (includes Stay Safe Manual and Certificate)

At the Chamber of Commerce Building

# Red Cross Baby sitting Course

(Ages 11 to 15)

Participants learn child care giving for babies, toddlers, preschooler and school aged children. They also learn first aid, injury prevention, leadership and even business skills to acquire baby sitting jobs.

Dates: **Thursday March 28 9:00 - 4:00pm** (Spring Break)

Cost: **\$60.00** (includes Baby sitter 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 DANCEPL3Y PRESCHOOL PROGRAM IS DESIGNED SPECIFICALLY FOR CHILDREN AGES 3-5 TO DISCOVER DANCE IN A PLAYFUL AND INTER-ACTIVE WAY THROUGH CREATIVE STORY LINES AND MUSIC THAT MOVES THEM. YOUNG MOVERS DISCOVER A LOVE OF PHYSICAL ACTIVITY AS THEY LEAP, HOP, CRAWL, TURN, SPIN AND JUMP INTO THEIR "BUBBLE OF AWESOME".

DATES: FRI **APRIL 5 - MAY 10**

TIMES: 11:00- 11:30 AM @ DRILL HALL

COST: **\$35.00** (6 SESSIONS)

**NEW**

### FUN-DAMENTAL MOVERS

(3-5yrs)

Grab their runners and water bottle for this active pre-school program that uses games and play to improve the 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: **Tues. April 2 - May 7**

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

Cost: **\$30.00 @ the Drill Hall**

### KIDZ SPORTS

(5-8yrs)

Keep them active after school with this multi-sport program that teaches physical literacy and fundamental moves that are used in all sports. Participants will be engaged in activities and sport drills that improve balance, speed, coordination and overall enjoyment of "the game".

Dates: **Thurs. April 4 - May 23**

Times: **3:00-4:00pm**

Cost: **\$60.00 @the Drill Hall**

# Kids MINDFUL & MOVING

(7-11YRS)

THIS POPULAR PROGRAM HELPS YOUTH BUILD A POSITIVE MIND AND BODY CONNECTION THROUGH THE MOVEMENT OF YOGA, STORIES, MEDITATION AND CREATIVE EXPRESSION. SELF AWARENESS, GRATITUDE, POSITIVE THINKING AND GROWTH MIND SET ARE ALL LEARNED AND PRACTICED IN A FUN, SAFE AND CREATIVE ENVIRONMENT.

DATES: **WED.**

**APRIL 3/10/17/24**

TIMES: **3:15-4:30 PM**

COST: **\$40.00 @ THE DRILL HALL**

## 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 preschooler.

Fundamental movement skills will be taught and practiced through games and drills on land and in the pool! This is a great opportunity to gain confidence, self-awareness and physical literacy skills in 2 different environments. Land portion in Barnes Park so dress according to the weather. Limited Space Available –register early!

Dates: **Session I Mon. - Thurs. June 3-6**

**Session II Mon. - Thurs. June 10-13**

Times: **11:30-12:30 pm**

*(11:30-11:55 park/ 12:00-12:30 pool)*

Cost: **\$40.00 @ the The Lions Pool**



# Spring BREAK PROGRAMS

## ACTIVE & AWESOME CAMP

(6-8yrs)  
 Keep them busy and having a blast with our Active & Awesome Mini Camp! This 3 day camp will include physical and fun activities around daily themes of Imagine / Explore / Play.  
**Dates: Tues. – Thurs. March 19-21**  
**Times: 9:00-11:30am Cost: \$55.00**

## DANCE PL3Y

(6-12yrs)  
 Let them fill their “Bubble of Awesome” in this onetime Spring Break DancePL3Y class. Using many different genres, we will move and play with jazz, hip hop, lyrical, Bollywood and more. Class may move to the Park if weather is permitting. Bring appropriate shoes and a water bottle.  
**Dates: Fri. March 29**  
**Times: 10:00-11:00am Cost: \$10.00**



## MULTI-SPORT CAMP

(9-12yrs)  
 This high energy mini- camp will explore the skills and game play of popular Spring Sports like soccer, baseball and basketball. The structure for the 3 day camp is Day #1 – Develop, Day #2 – Train, Day #3 – Play. Keep them active this Spring Break and developing fundamental movements to enjoy all Sports  
**Dates: Tues. – Thurs. March 26-28**  
**Times: 12:30-3:00pm Cost: \$55.00**

## DANCE PL3Y WITH ME

(3-5yrs)  
 This onetime event is for the little one and their caregiver to share the absolute enjoyment of Dance & Play together. Using Imagination, Music and Creative Expression, watch how they build confidence and competence in their physical literacy using only the 3 rules of “Be Positive, Be Fun, Be Yourself”  
**Dates: Fri. March 22**  
**Time: 9:15-10:00am Cost: \$8.00**

# SPRING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
* Childminding	* Childminding	* Childminding		* Childminding
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>
9:45-10:30am <b>CHAIR Fit</b>	9:45-10:45am <b>STRENGTH &amp; STRETCH</b>	9:45-10:45am <b>CORE Fit</b>		9:45-10:45am <b>CARDIO &amp; CORE</b>
	11:00-11:30am <b>FUN Movers</b>	11:00-11:45am <b>CHAIR Fit</b>		11:00-11:30am <b>PS Dance PL3Y</b>
				
		3:15-4:30pm <b>Kids Mindful &amp; Moving</b>	3:00-4:00pm <b>Kidz Sports</b>	
			5:30-6:30pm <b>BARRE</b>	

*Enderby*  
**Lions Pool**

**REGISTRATION OPENS**  
**APRIL 16 2019**





# SELF CARE Workshops

## HEART & HUMOR

Time to exercise the soul. Join Sheryl Hay in her interactive discussion on heart and humor. If laughter is the best medicine – then this session will cure you of the Winter Blues.

Date: **Wed. February 27** (Drill Hall)

Time: **12:30-1:30pm**

Cost: **\$6.50 or Fitness Punch**

## LADIES SELF DEFENSE CLASS

In Celebration of National Women's Day, Recreation Services has partnered with Tim from Enderby Karate to offer this excellent 90min introduction to self-defense.

Date: **Saturday March 9** (Drill Hall)

Time: **9:30-11:00am**

Cost: **\$10.00**

*be good to yourself*

# FITNESS PRICING

*This Spring we have added even more classes to keep you Active in Enderby. No membership required and you can save money with convenient 5x / 10x / 20x punch passes.*

CHAIR FIT	-----	\$5.00	per class
REGULAR FITNESS	-----	\$6.50	per class
YOGA	-----	\$8.75	per class
5X FITNESS PASS	-----	\$32.50	
10X FITNESS PASS	-----	\$58.50	(1 class savings)
20X FITNESS PASS	-----	\$112.00	(2.5 class savings)
5X YOGA PASS	-----	\$43.75	
10X YOGA PASS	-----	\$78.75	(1 class savings)
20X YOGA PASS	-----	\$150.00	(2.5 class savings)

# SPRING SCHEDULE IS MARCH 25 TO MAY 17

*There will be no classes on April 19th & 22nd for the Easter Weekend*

# FITNESS 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

BARRE ABOVE is our newest class that fuses the best of Pilates, Yoga and Aerobics. It is not only fun and dynamic, but this class will sculpt your body and you into absolutely amazing shape.

**Times: 8:30-9:30 am**  
**Location: The Drill Hall**



### CHAIR FIT

Fitness is for everyone and our Chair Fitness class offers a low impact workout that moves your muscles and keeps you active and feeling great. A variety of equipment is used and optional standing exercises included. This Spring we have introduced a second class!

**Times: 9:45-10:30 am**  
**Location: The Drill Hall**

## TUESDAYS



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.

**Times: 8:30-9:30 am**  
**Location: The Drill Hall**



### 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 muscle balance and a full body workout.

**Times: 9:45-10:45 am**  
**Location: The Drill Hall**



*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.*

## WEDNESDAYS

### HIIT

Take it to the next level with this motivational class with boot camp style drills, team work exercises and a little bit of sweat. Get comfy outside your comfort zone!

**Times: 8:30-9:30 am**  
**Location: The Drill Hall**



### CHAIR FIT

Fitness is for everyone and our Chair Fitness class offers a low impact workout that moves your muscles and keeps you active and feeling great. A variety of equipment is used and optional standing exercise included.

**Times: 11:00-11:45 am** **Location: The Drill Hall**

## THURSDAYS

### BARRE

BARRE ABOVE is our newest class that fuses the best of Pilates, Yoga and Aerobics. It is not only fun and dynamic, but this class will sculpt your body and you into absolutely amazing shape.

**Times: 5:30-6:30 pm**  
**Location: The Seniors Complex**



## FRIDAYS

### YOGA FLOW

A progressive class that encourages you to enjoy a more active and challenging practice combining core strength, flexibility, stamina and mental discipline. Adapted moves for all levels.

**Times: 8:30-9:30 am**  
**Location: The Drill Hall**



### CARDIO & CORE

Kick it up a notch and focus on using the core as your stabilizing muscle for all moves and exercises. Bring up the heart rate for a great calorie burn before the weekend.

**Times: 9:45-10:45 am**  
**Location: The Drill Hall**

# COMMUNITY PROGRAMS

## ENDERBY MINOR FASTBALL

Registration on NOW!  
[www.enderbyfastball.ca](http://www.enderbyfastball.ca)



## ENDERBY MINOR BASEBALL

Registration on NOW!  
[www.enderbymba.com](http://www.enderbymba.com)



## ENDERBY MINOR SOCCER

### REGISTRATION DATES

March 6 - 1:30-3:00 pm @ MV Beattie School

March 8 - 1:30-2:30 pm @ Grindrod School

March 9 - 11:00-1:00 pm @ The Chamber of Commerce

March 11 - 6:30-8:00 pm @ The Chamber of Commerce

March 13 - 1:30-3:00 pm @ MV Beattie School

[edysa123@hotmail.com](mailto:edysa123@hotmail.com)

**\$50.00 FEE**

*Registration Closes March 13 2019*

