

# 2019 SPRING & SUMMER



## Recreation Guide

**POOL  
REGISTRATION  
STARTS  
APRIL 16**



250.838.2665

recreation@enderbychamber.com

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WE HAVE ENTERED THE CHALLENGE FOR ENDERBY TO BE RECOGNIZED AS CHAMPIONS OF ACTIVE LIVING! BEING CROWNED REGIONAL WINNERS OR CANADA'S MOST ACTIVE COMMUNITY COMES WITH PRIZE MONEY (\$20,000-\$150,000) THAT GOES TOWARDS PHYSICAL ACTIVITY INITIATIVES.

LET'S MAKE IT HAPPEN!

NOW IT IS TIME TO RALLY TOGETHER AND TRACK OUR PHYSICAL ACTIVITY MINUTES BETWEEN *May 31st and June 16th*. RECREATION SERVICES IS HOSTING MANY FUN EVENTS TO ENCOURAGE PARTICIPATION AS WELL AS LOOKING FOR ENDERBIANS TO LOG THEIR OWN MINUTES ON THE FREE PARTICIPATION APP.

FOR MORE INFORMATION, OR TO REGISTER YOUR ORGANIZATION OR BUSINESS TO PARTICIPATE CALL 250-838-2665.

# Community Better CHALLENGE

HERE ARE SOME EVENTS SCHEDULED SO FAR.

## Challenge Kick Off "Let's Get Physical"

**MAY 31ST**

A DAY FULL OF ACTIVE EVENTS TO GET YOU STARTED INCLUDING AQUA-FIT, OUTDOOR GYM DEMO, GUIDED RIVER WALK, DOWNTOWN FLASH MOB AND MORE. DETAILED SCHEDULE TO FOLLOW

## Organized Sports Team Challenge

**MAY 31 – JUNE 16**

RECREATION SERVICES WILL BE WORKING WITH ALL LOCAL SPORT ORGANIZATIONS TO TRACK THEIR TEAM'S PRACTICE AND COMPETITION MINUTES DURING THE CHALLENGE DATES. IF YOU HAVE A SPORTS OR ACTIVE RECREATION GROUP THAT IS INTERESTED IN PARTICIPATING, WE WOULD LOVE TO HEAR FROM YOU.

THIS CAN INCLUDE ANYTHING FROM HORSEBACK RIDING, TO BICYCLING TO KARATE OR HIKING.

## Enderby Dash 'n' Splash

**JUNE 8TH**

A FAMILY EVENT IN BARNES PARK THAT INCLUDES PHYSICAL LITERACY GAMES, MINI SPORT GAMES, OBSTACLE COURSE, DANCE, AND SWIMMING IN THE OUTDOOR POOL.

**PARTICIPACTION**

FOLLOW US ON FACEBOOK AND INSTAGRAM FOR MANY MORE EVENTS AND DETAILS TO COME. OR CALL US WITH YOUR IDEAS OR EVENTS.

LET'S GET PHYSICAL AND MAKE ENDERBY CANADA'S MOST ACTIVE COMMUNITY AND BRING \$150,000 INTO OUR COMMUNITY.

# Special PROGRAMS & EVENTS



## National Life Jacket Day

On May 16, 2019, 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 1-8, 2019, 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.

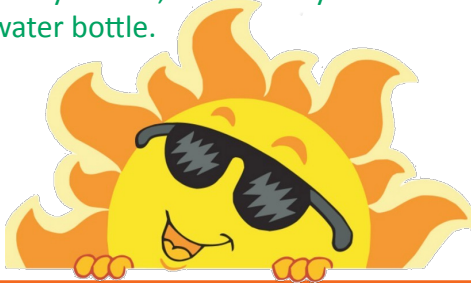
***The Red Cross Swim program teaches both swimming skills, and water safety knowledge and skills – the most effective combination in preventing water-related injuries and fatalities.***

# Summer TRAINING CAMP

(Ages 12-16yrs) *Multi Sport*

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.

Tues/Wed/Thurs  
August 20-22 (10:00am-1:00pm)  
Cost: **\$50.00** for 3 sessions or  
**\$25.00** / Day



## 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: **Saturday September 7 10:00 - 3:00pm** @ the Chamber Building  
Cost: **\$50.00** (includes Stay Safe Manual and Certificate)

## 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: **Friday September 20 (Pro-D Day) 9:00 - 3:30pm** @ the Chamber building  
Cost: **\$60.00** (includes Baby sitter Manual and Certificate)

# Kids MINDFUL & MOVING

(AGES 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. MAY 1/8/15/22** TIMES: **3:15-4:30 PM**  
COST: **\$40.00** @ THE DRILL HALL

## COMMUNITY PROGRAMS

### PLAY IN THE Park

*Wednesdays*  
**JULY & AUGUST**  
**9:30-12:00 PM**  
**BARNES PARK**

### ART IN THE Park

*Tuesdays 8 -12 years*  
*Thursdays 3-7 years*  
**JULY & AUGUST**  
**10:00-12:00 PM**  
**BARNES PARK**

Activities will be targeted at certain age groups but all are welcome



# Dash & SPLASH

(Ages 4-7yrs)

*(\*\*must register by Wed. noon for Thursday's class)*

An Action Packed Afternoon for children ages 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).

*\*\*Phone to Reserve a Spot - Limited space*

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

Cost: **\$5.00** (signed up by Wed. 4pm)

**\$6.00** (Thurs Drop-in)



# Dash & SPLASH

(Ages 4-5yrs) *Camp*

*(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 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 for this popular program!

**Dates: Mon-Thurs June 3- 6**

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

Cost: **\$40.00** (4 sessions)



# 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 juice

**Fridays 7:30-9:00pm**

Cost: **\$5.00** /student

**JUNE 7** "Outer Space"

**JULY 5** "Treasure Island"

**JULY 26** - "Super Hero's"

**AUG. 23** - "Survivor Challenge"

# 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 (Aug. 1) and a Jr. Lifeguard Competition at Armstrong (Aug. 22)

**Tues & Thurs June 25 - Aug 22 4:00-5:30pm**

Cost: **\$40.00** Sign up Fee (includes T-shirt, journal, and stickers)

+ **\$35.00** (5x Pass) or **\$65.00** (10x Pass) or **\$108.00** (season -18 sessions)

# SWIM Lessons

After School Session June 10-21		
Level 3 3:45-4:15	Parented PS 3:45-4:15pm	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 2-12 * (9 classes)			
July 2-5 (4 days)			
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 II July 15-26			
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 29 - Aug. 9 * (9 classes)			
Aug. 6-9 (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- B 11:15-11:45	PV Lesson 11:00-11:30
Wait List	Salamander 11:30-12:00	Wait List	PV Lesson 11:30-12:00

Session IV August 12-23		
Level 5-7 9:30-10:15	Salamander 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

Evening Private Lessons		
June 24-28	3:00-3:30pm	3:30-4:00pm
July 8-12	4:45-5:15pm	5:15-5:45pm
July 15-19	4:45-5:15pm	5:15-5:45pm
July 22-24/26	4:45-5:15pm	5:15-5:45pm
Aug. 12-16	4:45-5:15pm	5:15-5:45pm
Aug. 19-23	4:45-5:15pm	5:15-5:45pm
Aug. 26-30	10-10:30am	10:30-11am

## LESSON PRICING

- 30 Minute Class -- \$40.00 /set (9 Classes)
- 30 Minute Class -- \$44.50 /set (10 Classes)
- 45 Minute Class -- \$52.00 /set (9 Classes)
- 45 Minute Class -- \$57.75 /set (10 Classes)
- Private Lesson ----- \$18.00 /each
- Private Lesson ----- \$72.00 /week (4 days)
- Private Lesson ----- \$90.00 /week (5 days)
- Semi Private ----- \$12.00 /each
- Semi Private ----- \$48.00 /week (4 days)
- Semi Private ----- \$60.00 /week (5 days)

## Advanced Courses

Bronze Star	July 16-18/ 23-25 \$95.00
Bronze Medallion	July 22-25/ July 29- Aug. 1 \$160.00
Bronze Cross	July 22-25 / July 29- Aug. 1 \$145.00
Jr. Lifeguard Club	June 25 - August 22
WSI School	June 5 - July 5 \$340

## 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 life-guards and all the toys! Want a games leader to organize activities and help out in the water? You can book that as well. Call to reserve your booking.

June	Mon. – Fri	4:00-6:00pm (except June 10-21)
	Sat. & Sun.	12:00-1:00pm or 4:00-6:00pm
July & Aug	Sat. & Sun.	11:00am-1:00pm or 4:00-6:00pm

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

Cost:	5 to 49 swimmers	\$67.00/ hour
	50-75 swimmers	\$91.50/ hour
	Games Leader	\$25.00/ hour

## POOL PRICING

	Single Pass	10X	Month
0-2 YEARS	Free		
PRE SCHOOL (3-5 YEARS)	\$2.50	\$22.50	\$27.50
YOUTH ( 6-8 YEARS)	\$3.50	\$31.50	\$38.50
ADULT ( 19+ YEARS)	\$4.00	\$36.00	\$44.00
SENIOR ( 60+ YEARS)	\$3.50	\$31.50	\$38.50
FAMILY	\$10.00	\$90.00	\$105.00
PARENT & TOT	\$5.00		








# POOL Schedule

## MAY 21- JUNE 30

# POOL Schedule

## JULY & AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
POOL CLOSED	Aqua Fit 8:15-9:15am	Aqua Power 7:15-8:15am Lap Swim 8:15-9:30am	Aqua Fit 8:15-9:15am	Aqua Boot Camp 7:15-8:15am Lap Swim 8:15-9:30am	Aqua Fit 8:15-9:15am	POOL CLOSED
	<b>School Swimming Lessons</b> 9:30am-3:00pm  					
Available for RENT 12:00-1:00pm						Available for RENT 12:00-1:00pm
Public Swim 1:00-3:00pm	<b>"Water Safety Week" June 1-8</b>					Public Swim 1:00-3:00pm
Toonie Swim 3:00-4:00pm	<b>AFTER SCHOOL LESSONS</b> June 10-21 3:30-6:00pm					Toonie Swim 3:00-4:00pm
Available for RENT 4:00-6:00pm	*Available for Rent* 4:00-6:00pm Birthdays or Team Parties	To Book Call 838-9256	*Available for Rent* 4:00-6:00pm Birthdays or Team Parties			Available for RENT 4:00-6:00pm
POOL CLOSED	Public Swim 6:00-8:00pm	Toonie Swim 6:00-7:00pm Aqua Boot Camp 7:05-8:05pm	Public Swim 6:00-8:00pm	Toonie Swim 6:00-7:00 pm Aqua Power Plus 7:05-8:05pm	Public Swim 6:00-8:00pm	POOL CLOSED
						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
POOL CLOSED	Closed	Aqua Power 7:15-8:15am	Closed	Aqua Boot Camp 7:15-8:15am	Lap Swim 7-8:15am Lessons Available	POOL CLOSED
	Aqua fit Shallow / Deep 8:15-9:15am	Lap Swim 8:15 - 9:30am Lessons Available	Aqua fit Shallow / Deep 8:15-9:15am	Lap Swim 8:15 - 9:30am Lessons Available	Aqua fit Shallow / Deep 8:15-9:15am	
Available for RENT 11:00-1:00pm	<b>Red Cross Lessons</b> 9:30 - 12:30pm  POOL CLOSED 12:30-1:00					Available for RENT 11:00-1:00pm
Public Swim 1:00-3:00pm	  <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <b>Dash &amp; Splash</b>                      Thurs 1:00-3:00pm                 </div>					Public Swim 1:00-3:00pm
Toonie Swim 3:00-4:00pm	<b>Public Swim</b> 1:00-4:00pm					Toonie Swim 3:00-4:00pm
Available For RENT 4:00-6:00pm	Aqua Tone 5:00-5:50pm	<b>Advanced Courses &amp; Swim Lessons</b> 4:00-6:00pm				Available For RENT 4:00-6:00pm
POOL CLOSED	Public Swim 6:00-8:00pm	Toonie Swim 6:00-7:00 pm Aqua Boot Camp 7:05-8:05pm	Public Swim 6:00-8:00pm	Toonie Swim 6:00-7:00 pm Aqua Power Plus 7:05-8:05pm	Public Swim 6:00-7:30pm	Fridays 7:30-9:00pm * June 7 * July 5 * July 26 * Aug. 23 <b>Only \$5</b> (Ages 7-12)
						Youth Night

**Enderby Lions Pool**  
 (May 21 to August 31)  
 606 King Avenue,  
 Enderby, BC  
 Phone: 250-838-9256

# 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	June 5	2:30-7:30pm	\$35.00
Online Component	June 6-14	Independent study	\$100.00
Teaching Experience	June 10-14 or 17-24	9:30am-12:00pm	\$55.00
Classroom & Pool	July 2-5	1:00-5:30pm	\$160.00

Cost: **\$340.00** \* complete course in Enderby (includes all 4 components)  
Pre-Requisites: 15yrs with Level 10 strokes & Bronze Cross or higher first aid.

*\*\*100% attendance is required to complete the course*

## WSI RE-CERTIFICATION

This 4.5 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.

Session I	Mon June 24	4:00-8:30 pm
Session II	Wed July 10	3:00-7:30 pm
Cost: <b>\$105.00</b>		

# Advanced LESSONS

## Bronze Star

(recommended 11+ yrs)

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.

**Dates: July 16-18 & 23-25**

**Times: 11:00-1:00 pm**

**Cost: \$95.00 / 5 sessions**

## Bronze Medallion

(Ages 13+ 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 prerequisite for LSS Bronze Cross.

**Dates: July 22-25 & 29 - Aug 1**

**Times: 3:00-6:00 pm**

**Cost: \$160.00 / 8 sessions**

## 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 prerequisite for all Life Saving Advance courses.

*\*Worth 2 credits towards grade 11*

**Dates: July 22-25 & 29-Aug 1**

**Times: 3:00-6:00 pm**

**Cost: \$145.00 / 8 sessions**

## Bronze Crash Course

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.

**Dates: Aug 26-30**

**Times: 9:45-2:00 pm**

**Cost: \$160.00 Medallion**

**\$145.00 Cross (5 sessions)**



# 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.

**Mon/Wed/ Fri 8:15 - 9:15am**

(2 instructors for July & Aug)

## 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**

## 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**

## 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. (50min class Shallow & Deep)

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

## Aqua Power Plus

Our newest class that takes the interval stations of Aqua-Power and kicks it up a notch with added buoyancy and resistance equipment. Be ready to make a splash as you Power up your heart rate and muscles workout while letting the liquid gym challenge your balance and tighten your core.

**Thursdays 7:05-8:05pm**

**\*\*Note ALL participants must complete a 2019 PAR-Q form (Health Questionnaire). Participants who are over 69yrs or answer "yes" to any of the questions require a Dr's note**

# AQUATIC FITNESS PRICING

No membership required and you can save money with convenient 10x punch passes or month passes.

## Youth & Seniors

(Ages 6-18 yrs and 60+)

AQUA FIT SINGLE	\$6.00 per class
10 X AQUA FIT PASS	\$54.00
MONTH AQUA FIT	\$63.00

## Adult

AQUA FIT SINGLE	\$6.50 per class
10 X AQUA FIT PASS	\$58.50
MONTH AQUA FIT	\$68.25



# AQUA FIT Fun Days

Join our entertaining and energetic fitness team for special classes! Dress up and take part in choreographed routines, surprises and more....

**JUNE 14** Crazy Hair / Hat

**JULY 26** Super Hero's

**AUG. 31** Beach Bash

# LAND FITNESS PRICING

No membership required and you can save money with convenient 5x / 10x / 20x punch passes.

<b>REGULAR FITNESS</b> .....	<b>\$6.50</b> per class
<b>YOGA</b> .....	<b>\$8.75</b> per class
<b>5X FITNESS PASS</b> .....	<b>\$32.50</b>
<b>10X FITNESS PASS</b> .....	<b>\$58.50</b> (1 class savings)
<b>20X FITNESS PASS</b> .....	<b>\$112.00</b> (2.5 class savings)
<b>5X YOGA PASS</b> .....	<b>\$43.75</b>
<b>10X YOGA PASS</b> .....	<b>\$78.75</b> (1 class savings)
<b>20X YOGA PASS</b> .....	<b>\$150.00</b> (2.5 class savings)

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.

## Fitness INSTRUCTORS



ELISHA CLARK



CANDI DIGNESS



SHERYL HAY



TARA LEGERE

Enderby & District Recreation Services is always looking for leaders, instructors, and coaches to deliver new recreation and sport opportunities in our area. Whether it be cooking, archery, fitness, music, or art – if you have talent, hobby or activity you are interested in facilitating, call or come see us about making it happen!

# SPRING SCHEDULE

March 25 to May 17

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>
<div style="background-color: red; color: white; border-radius: 50%; padding: 10px; text-align: center;"> <b>NO CLASSES MAY 20-24</b> </div>				
				11:00-11:45am <b>CHAIR Fit</b>
			5:30-6:30pm <b>BARRE</b>	

# SPRING SCHEDULE

May 27 to June 31

Monday	Tuesday	Wednesday	Thursday
* Childminding	* Childminding	* Childminding	
8:30-9:30am <b>BARRE</b>	8:30-9:30am <b>YOGA Flow</b>	8:30-9:30am <b>HiIT</b>	8:30-9:30am <b>BOOT CAMP</b>
Barnes Park			

Starts May 2

# SPECIAL CLASSES

August 1 to 30

7-Aug	13-Aug	19-Aug	Weekly	Pre-registration required for August sessions
9:00-10:00 am	7:00-8:00 pm	9:00-10:00 am	8:30-9:30 am	
<b>Campground</b> <b>HiIT</b>	<b>Twilight</b> <b>YOGA</b>	<b>Gazebo</b> <b>BARRE</b>	<b>Beach</b> <b>BOOT CAMP</b>	
Riverside RV	Belvedere Park	Lions Gazebo	Tuey Park	

# SPRING SCHEDULE

## March 25 to May 17

### 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



**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.

**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**

### WEDNESDAYS

#### Hit

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**

*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.*

# SELF CARE Workshops

## Ladies Self Defence Practice Session

Join Tim from Enderby Karate for 5 extra-practice session on Ladies Self-Defence skills. Build competence in moves that build confidence in attitude, all in a safe and encouraging environment!!

Date: **Wed April 17-May 15** (Drill Hall)

Time: **5:00-5:30 pm** Cost: **\$5.00 Drop-in** (Paid to Enderby Karate)

## Adult Dance & Plzy in the Park

Using the 3 rules of "Be Positive, Be Fun, Be Yourself" - join Dance PL3Y Instructor Sheryl Hay for a fun filled movement session in the Park. Build confidence and find your inner child with enjoyable moves and music that will lift your spirits.

Date: **Thurs April 18** (Belvedere Park)

Time: **9:30-10:30 am** Cost: **\$7.00 or one fitness pass punch**

## Fresh Air - Fresh Food

Join us for a mini re-treat to Larch Hills Chalet for a morning stretch, hike in the mountains, followed by gentle relaxation and mindfulness exercises. Then discover clean ways to prep raw and vegan foods with Ali Maki certified Raw Food Chef & Instructor.

Smoothies & Lunch provided

Date: **Thurs May 9** (Larch Hills Main Chalet)

Time: **9:30-1:00 pm** Cost: **\$40.00**

## Let's Get Physical Flash Mob

oohhh this is going to be fun!! Be part of the kick off to our quest to be Canada's Most Active Community with the "Let's Get Physical - Flash Mob" as par to the Community Better Challenge. Rehearse this fun and easy dance with our Fitness Team, then join us on main street on May 31st as we get our groove on.

Rehearsal: **Friday May 24 12:00-1:00 pm** (Drill Hall)

Event: **Friday May 31 12:00** (Main Street)

## 2019 COMMUNITY EVENTS

OPEN AIR  
MARKET

Fridays  
10:00-2:00pm

MAY 4	Plant Sale (ENDERBY LIONS GAZEBO)
MAY 12	Mothers Day
MAY 17-20	Gold Panner's Championship
MAY 26	Purina Dog Walk (ENDERBY LIONS GAZEBO)
JUNE 13	Fathers Day
JUNE 16	Music y the River (BELVEDERE PARK)
JUNE 21-23	Singin' Good News (SPLATSIN CENTER)
JUNE 28-JULY 1	Funtastics Tournament (RIVERSIDE PARK)
JULY 1	Canada Day Celebrations
JULY 7	Music y the River (PUTULA PARK)
JULY 8-11	Accordion Festival (RIVERSIDE RV PARK)
JULY 27	Enderby & District Arts Festival (DOWNTOWN)
JULY 27	Enderbeer & Wine Festival (LIONS GAZEBO)
JULY 28	Music y the River (BELVEDERE PARK)
AUGUST 18	Grindrod Garlic Festival (GRINDROD PARK)
AUGUST 23	Friday Night Lights (DOWNTOWN)
AUGUST 25	Music y the River (BELVEDERE PARK)
SEPTEMBER 22	BC Rivers Day (BELVEDERE PARK)
OCTOBER 6/8	Annual Salmon Egg Take (KIC)

## 2019 BALL TOURNAMENTS

MAY 11/12	Mixed Slopitch Mini Tournament
JUNE 1	Ladies Slopitch Mini Tournament
JUNE 7-9	Mixed Slopitch Final Tournament
JUNE 14-16	Mens Slopitch Final Tournament
JUNE 21-23	Ladies Slopitch Final Tournament
JUNE 28-JULY 1	Funtastics Slopitch Tournament

# Toonie Swims

The best deal in Town for a refreshing afternoon or evening dip!

Tues. & Thurs. 6:00-7:00 pm

Sat. & Sun. 3:00-4:00pm

Cost: \$2.00/ person



*\*According to Provincial Pool Regulation; all children 6yrs and under MUST be accompanied by an adult in the pool and within arm's reach.*

## FATHERS DAY DUNK

All Dads' swim for Free on Sunday June 16 at our Public swim. Bring them to the pool and challenge dad to a cannonball or noodle surfing Competition.

Sunday June 16th 1:00-4:00 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!

July 1st 12:00-3:00pm

Cost: FREE

FOR MORE INFORMATION 250.838.2665

RECREATION@ENDERBYCHAMBER.COM

