

2019

FALL

Recreation Guide



FALL GUIDE INFORMATION FOR SEPTEMBER TO DECEMBER



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Contents

SPECIAL EVENTS	2
SKATING LESSONS	3
FUN HOCKEY	4
ADULT SKATING LESSONS	4
DROP-IN SHINNY	5
PUBLIC SKATING	6
NON-PRIME ICE RENTALS	6
PRICING	7
SCHEDULE	8
FITNESS CLASSES	9-10
FITNESS SAMPLER	11
MOTIVATIONAL MONDAYS	11
BABYSITTING/STAY SAFE COURSE	12
YOUTH PROGRAMS	13
DANCE PL3Y	14
DROP-IN VOLLEYBALL/ BASKETBALL	15
BC RIVERS DAY	15



Special EVENTS

Saturday October 5

FAMILY YOGA

10:00 TO 11:00 AM @ THE DRILL HALL

\$10 PER FAMILY

All Ages

Here is a class you can do together as a family. Bring the kids and join Tara for come yoga moves and mindfulness that will have you ready for the week.

Thursday November 14 **MOM & ME DANCE PL3Y**

\$10 FOR MOM & CHILD

(\$2.00 PER ADDITIONAL CHILD)

4:30 TO 5:30 PM @ THE DRILL HALL

Ages 5 to 8 (with comfortable footwear & water bottle)

Show your kids "mom has the moves" with this special mom & me Dance PL3Y session. Enjoy the music and move to the beat and finish with a snack and juice.

Friday November 22

DAD & DAUGHTER DANCE PL3Y

\$10 FOR DAD & CHILD

(\$2.00 PER ADDITIONAL CHILD)

6:30 TO 7:30 PM @ THE DRILL HALL

Ages 6 to 11 (with comfortable footwear & water bottle)

Returning for a 2nd year, this onetime event is 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.
"Bubble of Awesome".



Tim Hortons
HOLIDAY SKATE
SUNDAY
DECEMBER 8
2:30 TO 4:00 PM

Skating LESSONS

(mitts and properly fitted helmet required)

Skating is an important Physical Literacy Skill for all ages. It is never too early or too late to learn to skate.

Our instructors deliver a great program to meet individual needs and get you on your way to lifelong enjoyment of skating.

- 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 kids with little or no skating experience.
- Super Skater 2** School aged kids ready to learn stopping, edges & backwards skating
- Super Skater 3** Focus is crossovers, side stops and pumping both for ward and backwards.
- Super Skater 4** Now it is time to master the basics and add power, strength and edges.

Dates: Tuesdays Session I October 8 to November 26
Session II January 14 to March 3

Cost: \$65.00 for 8 X 30 minute classes

Private lessons by request (Sundays) \$18.00/ person for 30 minute session.

- | | | | |
|--------------------|-----------------------|-----------------------|-----------------------|
| 3:15-3:45pm | Ice Puppy 1 | Ice Puppy 2 | Super Skater 1 |
| 3:45-4:15pm | Ice Puppy 1 | Ice Puppy 2 | Super Skater 2 |
| 4:15-4:45pm | Super Skater 1 | Super Skater 3 | Super Skater 4 |



Fun HOCKEY



Ages 5 to 11
(with full equipment)

Returning for its 5th season!! This non-competitive hockey program is geared to school aged children with some previous skating experience and desire to play hockey for FUN. Players will participate in team-work, skating enhancement drills, hockey skills and scrimmages – all under the supervision of a Coach and leadership students from A.L. Fortune Hockey Academy. Players must have full equipment including CSA approved helmet. An Ice Hawks jersey is supplied.

Mondays September 23 to December 9
Junior's (age 5 to 7) 3:15 to 4:00 pm Cost: \$65.00
Senior's (age 8 to 11) 3:45 to 4:45 pm Cost: 100.00

Fee covers 10 practices & Ice Hawks Jersey
(Funding assistance available through Canadian Tire Jumpstart)

Adult Skating TUNE UP CLINIC

(ages 18+ with some skating ability)

Join Stacey Larsen for a short intensive program that is all about mastering the basics. Tune up your skating skills and learn a few new skills to help you get ready for a great skating season.

Wednesdays September 18, 25, & October 2
8:30 to 9:30 pm Cost: \$42.50



Drop in SHINNY HOCKEY PUBLIC Skating **FREE**

(waiver, sign-in, and exaxt change required)

Bring your skates, helmet, and gloves for some drop-in hockey fun.

Stick & Puck	Ages 6 to 8	Thursdays	2:30 to 3:30 pm
Stick & Puck	Ages 9 to 12	Wednesdays	2:45 to 3:45 pm
Stick & Puck	Ages 13 to 17	Thursdays	3:45 to 4:45 pm
Adult Shimmy	Ages 18+	Wednesdays	11:00 to 12:15 pm

Cost: Youth \$2.00 || Supervising Adults \$2.00 || Adults \$5.00
(punch passes available - call 250.838.2665)

PRO-D DAY Stick & Puck

Ages 9 to 12

Enjoy your day off school with a little pick up Stick & Puck!

(Players must have CSA approved helmet)

Fridays September 20 & October 25
 11:15 to 12:15 pm Cost: \$2.00



PLEASE CHECK UPDATED PUBLIC SKATE TIMES FOR JANUARY 2020
 PUBLIC SKATING STARTS SEPTEMBER 16 2019

Monday to Friday **LUNCH LAPS 12:30 TO 1:30 PM**
 CANCELLED NOV 1 | NOV 22 | NOV 29

Tuesday **PUBLIC SKATE 1:45 TO 2:45 PM**

Friday **PUBLIC SKATE 3:30 TO 4:45 PM**
 CANCELLED NOV 22 | NOV 29

Saturday **PUBLIC SKATE 6:15 TO 7:30 PM**
 CANCELLED OCT 19 | OCT 26 | NOV 2 7:30 TO 8:30 PM | NOV 23 | NOV 30

Sunday **PUBLIC SKATE 2:30 TO 4:00 PM**
 CANCELLED SEPT 29 3:30 TO 5:00 PM | OCT 20 | OCT 27 5:00 TO 6:30 PM
 NOV 24 6:30 TO 7:30 PM | DEC 1 3:45 TO 5:15 PM

Non-Prime ICE RENTALS

NON-PRIME ICE RENTALS ARE AVAILABLE
 MONDAY TO FRIDAY FROM 9:00 AM TO 3:00 PM.
 CHRISTMAS HOLIDAY NON-PRIME RENTALS ARE FROM
 DECEMBER 22 TO 31.

ARENA NON-PRIME YOUTH	-----	\$40.00 (per hour)
ARENA NON-PRIME ADULT	-----	\$60.00 (per hour)
ARENA NON-PRIME SENIOR	-----	\$50.00 (per hour)
ARENA NON-PRIME FAMILY	-----	\$40.00 (per hour)

*Arena rental pricing does not include GST or insurance.
 All one time bookings require a credit card to hold the booking.*

Arena PRICING

PUBLIC SKATING ----- **FREE**

YOUTH SHINNY ----- **\$2.00** (per drop-in)

ADULT SHIINY ----- **\$5.00** (per drop-in)

10X YOUTH SHINNY ----- **\$20.00**

10X ADULT SHIINY ----- **\$50.00**

ARENA RENTAL YOUTH ----- **\$85.00** (per Hour)

ARENA RENTAL ADULT ----- **\$154.00** (per Hour)

ARENA RENTAL SENIOR ----- **\$111.00** (per Hour)

ARENA RENTAL FAMILY ----- **\$92.00** (per Hour)

*Arena rental pricing does not include GST or insurance.
All one time bookings require a credit card to hold the booking.*

Fitness PRICING

CHAIR FIT ----- **\$6.00** (per class)

REGULAR FITNESS ----- **\$7.00** (per class)

YOGA ----- **\$8.75** (per class)

5X CHAIR PASS ----- **\$30.00**

10X CHAIR PASS ----- **\$54.00** (1 class savings)

20X CHAIR PASS ----- **\$105.00** (2.5 class savings)

5X FITNESS PASS ----- **\$35.00**

10X FITNESS PASS ----- **\$63.00** (1 class savings)

20X FITNESS PASS ----- **\$122.50** (2.5 class savings)

5X YOGA PASS ----- **\$43.75**

10X YOGA PASS ----- **\$78.75** (1 class savings)

20X YOGA PASS ----- **\$153.00** (2.5 class savings)

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

Fall Recreation SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30-9:30am CORE FIT	8:30-9:30am FUSION FIT	8:30-9:30am BOOTY & CORE	Sept. 5 - Oct. 10 9:00-10:00am BOOT Camp @Barnes Park *pre-register	8:30-9:30am YOGA FLOW	
	* Childminding 9:45-10:30am CHAIR FIT	* Childminding 9:45-10:45am STRENGTH & STRETCH	* Childminding 9:45-10:30am CHAIR YOGA		* Childminding 9:45-10:30 HiIT	
			10:45-11:20am Mini Movers		10:45-11:15am PS Dance PL3Y	
			11:00-12:15 Adult Shinny			
	12:30-1:30pm Lunch Laps Skating					
2:30-4:00pm Public Skate		1:45-2:45pm Family Skate		2:30-3:30pm Stick & Puck (6-8yrs)		
		2:30-3:15pm Dance PL3Y	2:45-3:45pm Stick & Puck (9-12yrs)			
	3:15-4:45pm Ice Hawks Fun Hockey (5-11yrs)	3:15-4:45pm Skating Lessons	3:00-4:15pm Kids Mindful & Moving	3:45-4:45pm Stick & Puck (13-17yrs)	3:30-4:45pm Public Skate	
				6:00-6:45am BODY WEIGHT HiIT		6:15-7:30pm Public Skate
REGISTRATION Enderby Lions Pool August 27- 30 or call (250) 838-2665						
Fitness Classes		Pre-register & Drop-in Passes				
Youth		Pre-register only				
Arena		Pre-registered or Drop-in				



FITNESS Classes

There will be no classes on October 14 or November 11
All Classes are ages 16+

Schedule from September 9 to December 20, 2019

Monday

CORE FIT

A great class that combines low impact moves (with high impact options), functional and floor work exercises and resistance training to build core strength.

Times: 8:30-9:30 am

Location: The Drill Hall



CHAIR FIT

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 is used to keep your muscles moving.

Times: 9:45-10:30 am

Location: The Drill Hall

Tuesday

NEW

FUSION FIT

This new class is our own blend of exercise and fitness moves to add diversity to your fitness regime. You will find motivation, challenge and fun with this blend of core, strength, toning and cardio moves.

Times: 8:30-9:30 am

Location: The Drill Hall



STRENGTH & STRETCH

Build and protect your body with focus on strengthening and lengthening your muscle groups. Balance and postural muscle care is practiced and adaptations are available for all levels.

Times: 9:45-10:45 am

Location: The Drill Hall

Wednesdays

NEW

BOOTY & CORE

Get ready to strengthen and tone your Booty and Core. This program will help you get those abs you have always wanted and shape your rear and legs.

Times: 8:30-9:30 am

Location: The Drill Hall



NEW

CHAIR YOGA

Our newest classes will help increase range of motion and relax mind and body with adaptable yoga moves done on a chair.

Times: 9:45-10:30 am

Location: The Drill Hall

Thursdays

NEW

BOOT CAMP

Enjoy the fresh fall air with this 6 week outdoor Boot camp class at Barnes Park.

*Must pre-register for this class – minimum 5 participants required.

Times: 9:00-10:00 am

Location: Barnes Park

(September 5 to October 10)

\$40

BODY WEIGHT HIIT

On of the most popular fitness programs, this workout is great for burning fat, boosting endurance, toning up all over – all in just 45 intense minutes!

Times: 6:00-6:45 pm

Location: The Senior Complex

Fridays

YOGA FLOW

Yoga Flow 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.

Times: 8:30-9:30 am

Location: The Drill Hall



HIIT

On of the most popular fitness programs, this workout is great for burning fat, boosting endurance, toning up all over – all in just 45 intense minutes!

Times: 9:45-10:30 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.



FALL FITNESS Sampler

Wednesday September 4

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), purchase your Punch passes and be entered to win a prize. Coffee and snacks provided Childcare available

8:30 TO 10:30 AM @ THE DRILL HALL COST: \$10.00

8:30 am -----MEET THE INSTRUCTORS

9:00 am -----GROUP WARM UP

9:15 am -----CHAIR OR BOOTY & CORE

9:30 am -----CHAIR YOGA OR HIIT

9:45 am -----STRENGTH & STRETCH OR FUSION

10:00 am -----YOGA

Motivational MONDAYS

Everyone needs a little motivation sometimes, and these fun sessions are meant to complement your current self-care and exercise program. Take some time for you and join us for 45minutes of motivation, conversation and inspiration.

October 7 - Grateful
November 4 - Remember
December 2 - Reflect

10:45 to 11:30 am @ The Drill Hall

Cost: Free for punch Pass holders or \$7 Drop-in



Red Cross STAY SAFE COURSE



**CANADIAN
RED CROSS**

(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.

Saturday September 7 10:00 to 3:30pm

Cost: **\$50.00** (includes Stay Safe Manual and Certificate)

@ the Chamber of Commerce Building

Red Cross BABYSITTING 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.

Friday September 20 9:30 to 4:00pm

Cost: **\$60.00** (includes Baby sitter Manual and Certificate)

@ the Chamber of Commerce Building

ADULT DROP-IN

Volleyball & Basketball

(16yrs+ with signed waiver and 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, get Active in Enderby.

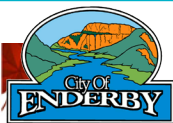
Dates: Exact time and date TBA – starting mid September
@ A.L. Fortune Secondary Gym & Grindrod Elementary Gym
\$2.00 per player paid to volunteer when signing in.



The Shuswap River Ambassadors promote knowledge, respect, safety, and planning. Join them on September 23rd to celebrate River's Day and honor the beautiful Shuswap River.

Pitch in to help clean the river and banks, take part in a paddle-board or kayak from Belvidere to Tuey Park and enjoy a participation appreciation lunch.

Sunday September 22 10:00 to 12:00 pm
@Belvidere Park



REGIONAL
DISTRICT
NORTH
OKANAGAN

