



2 WINTER

2 Recreation Guide

WINTER GUIDE INFORMATION FOR JANUARY TO MARCH



250.838.2665 | recreation@enderby.ca

Contents

SPECIAL EVENTS -----	2
SKATING LESSONS -----	3
FUN HOCKEY -----	4
DROP-IN SHINNY -----	5
PUBLIC SKATING-----	6
NON-PRIME ICE RENTALS -----	6
ARENA & FITNESS PRICING -----	7
WINTER RECREATION SCHEDULE -----	8
FITNESS CLASSES -----	9 & 10
FITNESS KICK OFF -----	11
BABY SITTING/STAY SAFE COURSE -----	12
MINI MOVERS -----	13
KIDS MINDFUL & MOVING -----	13
DANCE PL3Y -----	14
ENDERBY CURLING CLUB -----	15



Special EVENTS

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



Friday November 29 **DAD & DAUGHTER
DANCE PL3Y**

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



Friday December 6 **THE LIGHT UP**



Sunday December 8 **HOLIDAY SKATE**

2:30 TO 4:00 PM @ THE ARENA



Jan 26 to Feb 1 **UNPLUG & PLAY
WEEK**

SCHEDULE OF EVENTS • TBA



Monday February 17 **BC FAMILY DAY**

SCHEDULE OF EVENTS • TBA



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 2 January 14 to March 3
Cost: \$65.00 for 8 X 30 minute classes

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 2



Fun HOCKEY



Ages 5 to 11
(with full equipment)

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 teamwork, 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

January 6 to March 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 9 practices & Ice Hawks Jersey
(Cancelled on February 17th)





Tim Hortons

HOLIDAY SKATE

**SUNDAY
DECEMBER 8**

2:30 TO 4:00 PM

Drop in SHINNY HOCKEY PUBLIC Skating **FREE**

(waiver, sign-in, and exact 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

Enjoy your day off school with a little pick up Stick & Puck!
(Players must have CSA approved helmet)

Monday January 27
1:30-3:00 pm - Grades 8 to 12

Monday February 3 & Friday February 21
11:15-12:15 - Grades 4 to 7

Cost: \$2.00



PUBLIC SKATING SCHEDULE FOR DECEMBER 20 TO MARCH 13.

PLEASE NOTE CANCELLATIONS OR ALTERATIONS DUE TO HOLIDAYS, GAMES, OR TOURNAMENTS

Monday to Friday **LUNCH LAPS 12:30 TO 1:30 PM**
CANCELLED: DEC 25 | DEC 26 | JAN 1 | FEB 17

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

Friday **PUBLIC SKATE 3:30 TO 4:45 PM**
CANCELLED: JAN 24 | FEB 14

Saturday **PUBLIC SKATE 6:15 TO 7:30 PM**
CANCELLED: JAN 11 | JAN 25 | FEB 1 | FEB 8 | FEB 15

Sunday **PUBLIC SKATE 2:30 TO 4:00 PM**
CANCELLED OR TIME CHANGES: JAN 26 5:30-7:00 PM | FEB 2 6:15-7:45 PM |
FEB 9 5:00-6:30 PM | FEB 16

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 payment in advance.



ArenaPRICING

PUBLIC SKATING -----FREE

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

ADULT SHINNY -----\$5.00 (per drop-in)

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

10X ADULT SHINNY -----\$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 payment in advance.

FitnessPRICING

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.

Winter Recreation SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30-9:15am Hiit	8:30-9:30am FUSION FIT	8:30-9:30am BOOTY & CORE		8:30-9:30am YOGA FLOW	
	* Childminding	* Childminding	* Childminding		* Childminding	
	9:30-10:30am CORE	9:45-10:45am STRENGTH & STRETCH	9:45-10:30am CHAIR		9:45-10:30 CHAIR YOGA	
			10:45-11:15am PS Dance PL3Y		10:45-11:15am Mini Movers	
			11:00-12:15 Adult Shinny			
	12:30-1:30pm Lunch Laps Skating					
		1:45-2:45pm Family Skate		2:30-3:30pm Stick & Puck (6-8yrs)		
2:30-4:00pm Public Skate		3:00-3:45pm Dance PL3Y	2:45-3:45pm Stick & Puck (9-12yrs)	3:00-3:30pm PS Dance PL3Y		
				3:30-4:00pm Mini Movers	3:30-4:45pm Public Skate	
	3:15-4:45pm Ice Hawks Fun Hockey	3:15-4:45pm Skating Lessons	3:00-4:15pm Kids Mindful & Moving	3:45-4:45pm Stick & Puck (13-17yrs)		
	6:30-7:30pm Cardio & Stretch (Riverside Hall)		6:30-7:30pm Fusion Fit (Riverside Hall)	6:00-6:45pm BODY WEIGHT Hiit (Seniors Complex)		6:15-7:30pm Public Skate



Canada's
MOST ACTIVE
COMMUNITY

FITNESS Classes

There will be no classes on February 17, 2020

All Classes are ages 16+

Schedule from January 6 to March 13, 2020

Monday



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: 8:30 - 9:15 am

Location: The Drill Hall



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: 9:30-10:30 am

Location: The Drill Hall

CARDIO & STRETCH

NEW

The perfect blend; this class combines a 40 minute cardio session (with high and low impact options), followed by 20 minutes of stretch and relaxation exercises.

Times: 6:30-7:30 pm

Location: Riverside Hall

Tuesday



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

Wednesday



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



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.

Times: 9:45-10:30 am

Location: The Drill Hall

FUSION FIT

NEW

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: 6:30-7:30 pm

Location: Riverside Hall

Thursday



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

Friday



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



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

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 mat.

2020 FITNESS Kick Off

Thursday January 2

HiIT @8:30-9:15 am

Strength & Stretch 9:30-10:30 am

Friday January 3

Fusion @8:30-9:15 am

Yoga 9:30-10:30 am

At the
Drill Hall

Get a head start on your New Year's Fitness goals with our KICK OFF to 2020 classes. Our instructors are excited to see you on the floor in the many classes we have to offer this winter.



Red Cross CANADIAN 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.

Monday February 3 (Pro-D Day) 9:30 to 2:30pm

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

@ The Chamber of Commerce Building

Red Cross CANADIAN RED CROSS BABY SITTING 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 baby sitting jobs.

Tuesday November 12 (Pro-D Day) 9:00 to 3:00pm

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

@ The Chamber of Commerce Building

Mini MOVERS

Ages 3 to 5

(with comfortable footwear & water bottle)

A high energy 35 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. Watch them laugh and learn the fundamental movements of running, jumping, skipping, throwing, catching, batting and more to prepare them for future sports and an Active Life.

Fridays Session 1 10:45 to 11:15 am

January 10 to February 14

Thursdays Session 2 3:30 to 4:00 pm

January 16 to February 20

At the
Drill Hall

\$30.00
(6 classes)

Kids MINDFUL & MOVING

Ages 6 to 12

(with comfortable footwear & water bottle)

This 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.

Wednesdays Session 1 January 8, 15, 22, 29

Session 2 February 5, 12, 19, 26

3:00 to 4:15 pm @ the Drill Hall Cost: \$40.00 (4 X 1.25hr classes)



PRE-SCHOOL DANCE PL3Y

Ages 3 to 5 (with comfortable footwear & 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".

Wednesdays Session 1 10:45 to 11:15 am

January 8 to February 19

(No class January 29)

Thursdays Session 2 3:00 to 3:30 pm

January 16 to February 20

At the
Drill Hall

\$35.00
(6 classes)

DANCE PL3Y

Ages 6 to 11 (with comfortable footwear & 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.

Kids will meet their Daily Physical Activity requirements while learning simple moves from a variety of styles - Hip Hop, Urban, Ballroom, Bollywood, Lyrical, Jazz/Funk.

Tuesdays

Session 1 February 4 to March 10

3:00-3:45pm @ the Drill Hall Cost: \$45.00 (6 Classes)

DANCEPL3Y

Enderby CURLING CLUB

MEN'S LEAGUE WEDNESDAYS 7:15 PM

DAY LEAGUE TUESDAYS & THURSDAYS 1:00 PM

MIXED LEAGUE THURSDAYS 7:15 PM

STICK LEAGUE FRIDAYS 9:30 AM

OPEN DOUBLES FRIDAYS 6:30 PM

JUNIORS SATURDAYS 9:30 AM

TOURNAMENTS

NOVEMBER 4 • OPEN STICK

NOVEMBER 22-24 • MEN'S GREY CUP SPIEL

DECEMBER 9 • MIXED STICK

JANUARY 6 • OPEN STICK

FEBRUARY 7-9 • MIXED CRAZY PANTS

BINGO

OCTOBER 27

NOVEMBER 17

DECEMBER 22

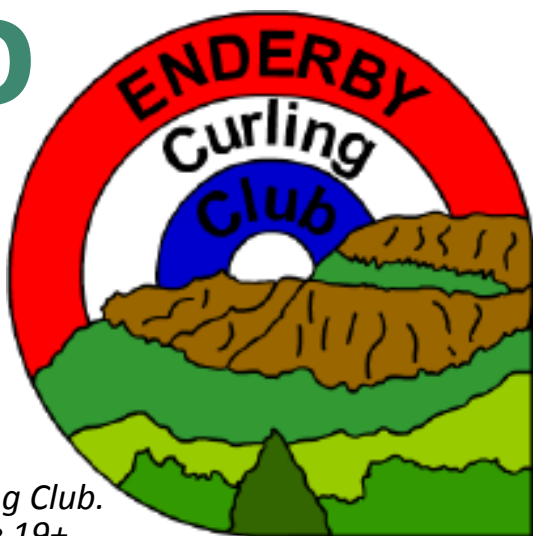
JANUARY 26

MARCH 22

MARCH 24

Fundraisers for the Curling Club.

Packages \$30.00 must be 19+



15 For more information call Dale Baker 778.443.5037