



Fall

RECREATION GUIDE

September to December
2021



Enderby & District
**Recreation
Services**
Our Place to Play

250.838.2665 | recreation@enderby.ca





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Baseball SKILLS CAMP

Ages 8 to 12

(with shoes, ball glove, & helmet)

Fall Ball is Fun. Enderby & District Recreation Services has partnered with Enderby Minor Baseball to offer this 4 day Baseball Skills Camp led by some of our local Bantam and Midget players and coaches. Drills and stations will be put together to work on fielding, base running, batting and positional play to get you excited for next season!

Monday September 13/20/27 & October 4
4:30 TO 5:30 PM @ RIVERSIDE PARK DIAMOND #4 COST: \$30.00



I CAN PLAY Baseball

Ages 5 to 7

(with outdoor running shoes & a ball glove)

Let's Play Ball. Enderby & District Recreation Services has partnered with Enderby Minor Baseball to offer this 4 day fall camp geared towards brand new and beginner players interested in trying out the great sport of Baseball. Players will be introduced to the fundamental skills of throwing, catching, batting and base running.

Monday September 13/20/27 & October 4
4:15 TO 5:15 PM @ RIVERSIDE PARK DIAMOND #1 COST: \$20.00



Youth PROGRAMS

MINI MOVERS

Ages 3 to 5

(with comfortable footwear & water bottle)

A high energy 30min 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, and striking to prepare them for future sports and an Active Life.

Mondays Session 1 September 13 to October 25
 Session 2 November 1 to December 6

Tuesdays Session 1 September 14 to October 19
 Session 2 November 2 to December 7

11:15 TO 11:45 AM @ THE DRILL HALL COST: \$35.75 (6 CLASSES)

NEW

LIL'SHAKERS

Ages 3 to 5

(with comfortable footwear & water bottle)

Check out this NEW pre-school dance program that combines movement & music with imagination & fun. Designed to build on the confidence of Physical literacy Movement Skills as well as connect mind and muscle with beats, rhythm, drumming and a whole lot of fun.

Tuesdays Session 1 September 14 to October 19
 Session 2 November 2 to December 7

10:30 TO 11:00 AM @ THE DRILL HALL COST: \$35.75 (6 CLASSES)

NEW

DANCE CLUB

Ages 6 to 10

(with comfortable footwear & water bottle)

Let your pre-teen get their GROOVE On with this new Club that allows them to build confidence and express themselves through music and movement. Designed to build on important Physical literacy Movement Skills in a safe and positive environment; this program brings into play many different dance styles and music while encouraging your dancer to move to their own beat! It is 45 minutes of high energy fun that will leave wanting more.

Wednesdays Session 1 September 22 to October 27
 Session 2 November 3 to December 8

3:30 TO 4:15 PM @ THE DRILL HALL COST: \$49.50 (6 CLASSES)



NEW

BOUNCE & BEATS

Ages 9 to 12

(with comfortable footwear & water bottle)

We are so excited to bring this new program to town for pre-teens!! Take music, movement, drumming and add mini trampolines! Jump, Rebound, Spring & Leap into 45 minutes of Active Fun!! Limited spaces available.

Mondays Session 1 September 20 to November 1
 Session 2 November 8 to December 13

3:30 TO 4:15 PM @ THE DRILL HALL COST: \$49.50 (6 CLASSES)



CANADIAN RED CROSS Courses



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 September 20 9:30 - 2:30 pm

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

@ the Information Center Building

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 October 22 9:00 to 3:00pm

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

@ the Information Center Building

PHYSIOLOGICAL FIRST AID Online Course

Both of these online courses assists learners in developing a personal understanding of the effects of stress, loss, trauma and grief, with emphasis on self-care and personal protection. Learners will be introduced to the Red Cross Look, Listen, Link, Live model and will learn how to cope with the effects of various types of stress. The Self Care course can also be taken in combination with the Red Cross Caring for Others online course to supplement and strengthen an overall wellness program.

Self Care

Ages 14+ Adult Support recommend for younger audiences

REGISTRATION DEADLINE SEPTEMBER 15 & OCTOBER 15

Time: 45 to 90 minutes (self paced)

Cost: **\$20.00** (includes registration to online course • Printable certificate issued upon successful completion)

Care for Others

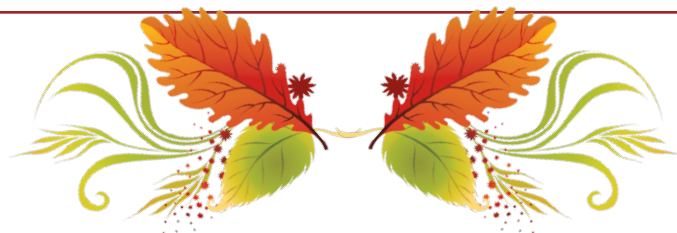
Ages 14+ Adult Support recommend for younger audiences

REGISTRATION DEADLINE SEPTEMBER 15 & OCTOBER 15

This online course covers all the material of the Self-care module and will look at how to support others to cope with the effects of various types of stress. Learners will be introduced to the Red Cross Look, Listen, Link, Live model

Time: 45 to 90 minutes (self paced)

Cost: **\$20.00** (includes registration to online course • Printable certificate issued upon successful completion)



Youth C.O.R.E COURSE



AGES 11 to 15

Is your child interested in Hunting and the Outdoors? The Conservation & Outdoor Recreation Education (CORE) program ensures you have the basic knowledge and skill requirements for safe and ethical participation in hunting.

This 12 course (+ 2 hour exam) consists of a practical firearms handling test, and learning and written examination on Conservation, Ethics, Law & Regulations, First Aid and Survival, Firearm Safety, Animal & Bird Identification and Indigenous Peoples & Hunting in BC.

Registration with BC Wildlife Federation upon successful completion of the CORE course is separate.

WEDNESDAY & FRIDAY OCTOBER 6/8/13/15 4:30 - 8:00 PM

Cost: \$145.00 (includes Manual, 12 hour course, and 2 hour exam)

@ the Information Center Building

Teen & Adult C.O.R.E COURSE



AGES 16+

Be Ready for Hunting Season and take your CORE Program in Enderby. This 12 course (+ 2 hour exam) consists of a practical firearms handling test, and learning and written examination on Conservation, Ethics, Law & Regulations, First Aid and Survival, Firearm Safety, Animal & Bird Identification and Indigenous Peoples & Hunting in BC.

Registration with BC Wildlife Federation upon successful completion of the CORE course is separate.

TUESDAY & THURSDAY SEPTEMBER 21/23/28/30 5:30 - 9:00 PM

Cost: \$160.00 (includes Manual, 12 hour course, and 2 hour exam)

@ the Information Center Building

PUBLIC Skating

FREE

PLEASE CHECK UPDATED PUBLIC SKATE TIMES FOR JANUARY 2022

PUBLIC SKATING STARTS SEPTEMBER 19 2021

Free Public Skating is back at the Enderby Arena. Bring the family down to enjoy the best ICE in BC! Don't forget your helmets and warm mitts or gloves for the best experience.

HELMETS RECOMMENDED FOR ALL SKATERS

Tuesdays & Thursdays 2:15 TO 3:15 PM

CANCELLED NOV 11

Fridays 7:15 TO 8:15 PM

CANCELLED NOV 19 | DEC 10

Sundays 3:00 TO 4:00 PM

TIME CHANGE: 4:15 TO 5:15 NOV 28, DEC 5, & DEC 12

HOLIDAY PUBLIC SKATE TIMES (DEC 20TH TO JAN 3RD)

WILL BE POSTED AT A LATER TIME

Drop in SHINNY HOCKEY

(Parent signed waiver, sign-in, and exact change required)

Players must be able to comfortably skate and stop. Skates, Stick, helmet, gloves and shin pads required.

Full equipment **NOT** encouraged.

Ages 9 to 12 MONDAYS 3:30 to 4:30 pm

CANCELLED OCT 11

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





Skating LESSONS

We are excited to launch our Revised Learn to Skate Program with 4 pre-school levels, 4 levels for school aged kids and a Teen/ Adult Beginner class.

** All persons on the ice must have a properly fitting helmet and skates.

<i>Ice Puppy</i>	3-5 years with little or no prior skating experience. <i>(Parent participation encouraged)</i>
<i>Penguins</i>	3-5 years who can stand, balance, & walk on ice unassisted Learning: Stopping, walking backwards, and 2 foot hop.
<i>Polar Bears</i>	3-5 years learning backward skate progressions, push and glide, one foot glide and full snow plow stop.
<i>Huskies</i>	3-5 years learning backward stopping, glide & stop sequence and crossovers.

<i>Skate Kids 1</i>	6-12 years with little or no skating experience.
<i>Skate Kids 2</i>	6-12 years ready to learn stopping, one foot gliding and backwards skating.
<i>Skate Kids 3</i>	6-12 years ready to learn crossovers, side stops and pumping both forward and backwards.
<i>Skate Kids 4</i>	6-12 years ready to learn edges, backward glide and transitions from forward to backward.
<i>Teen/ Adult</i>	13 years + new to skating and ready to learn this exciting skill in a safe fun environment.

Dates: **Sundays** **Session I** **October 3 to November 14**
Thursdays **Session I** **October 14 to November 25**
Session II **January 13 to February 14**
(No Lessons on Holidays - November 11 or October 10)

Cost: \$54.00 for 6 lessons

Private lessons \$25.00 Semi Private \$15.00 per person per lesson

Fun HOCKEY



Ages 5 to 11 (with full equipment)

This popular 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 Coaches and Community Volunteers. Players must have full equipment including CSA approved helmet.

Fridays

Session 1 October 1 to November 12

Session 2 January 7 to March 4



Junior's (age 5 to 7)

3:15 to 4:00 pm Cost: \$60.00 per session

Senior's (age 8 to 11)

3:45 to 4:45 pm Cost: \$80.00 per session

Fee covers 8 practices and includes Ice Hawks Jersey that is returned at the end of the season

Session SCHEDULE

Sundays October 3 - November 7

Time	1	2	3
3:00-3:30	Private lessons	Ice Puppies	Ice Puppies
3:30-4:00		Penguins	SK-1
4:00-4:30	Polar Bears	SK-2	SK-3
4:30-5:00	Huskies	Penguins	SK-4

Thursdays October 14 - November 25

Time	1	2	3
3:30-4:00	Ice Puppies	Ice Puppies	SK-3
4:00-4:30	Penguins	SK-1	SK-2
4:30-5:00	Polar Bear	Penguins	SK-4
5:00-5:30	Huskies	Polar Bear	Teen/ Adult

Thursdays January 13 - February 17

Time	1	2	3
3:30-4:00	Ice Puppies	Penguins	SK-3
4:00-4:30	Polar Bear	SK-2	SK-4
4:30-5:00	Ice Puppies	Penguins	SK-1
5:00-5:30	Huskies	Polar Bear	Teen/ Adult

Arena PRICING



PUBLIC SKATING ----- FREE

YOUTH SHINNY ----- \$2.00

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

ARENA RENTAL YOUTH ----- PRIME \$87.00 NON PRIME \$44.00

ARENA RENTAL ADULT ----- PRIME \$158.00 NON PRIME \$79.00

ARENA RENTAL SENIOR ----- PRIME \$114.00 NON PRIME \$57.00

ARENA RENTAL FAMILY ----- PRIME \$94.00 NON PRIME \$47.00

Non-Prime rate applies for Monday to Friday 9:00 to 3:00 pm

Arena rental pricing does not include GST or insurance. Rate is based per hour.

All one time bookings require a credit card to hold the booking.

Fitness PRICING



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

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

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

20X CHAIR PASS ----- \$100.00 (3.5 class savings)

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

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

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

20X FITNESS PASS ----- \$110.00 (4.5 class savings)

YOGA ----- \$8.50 (per class)

5X YOGA PASS ----- \$42.50

10X YOGA PASS ----- \$76.50 (1 class savings)

20X YOGA PASS ----- \$140.00 (3.5 class savings)

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

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 Recreation SCHEDULE



September 7- December 17						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30-9:30am FITNESS FUSION	8:15-9:00am TABATA	8:30-9:30am CARDIO & CORE	9:00-10:00am Barnes Park Boot Camp	8:30-9:30am YOGA FLOW	9:00-10:00am ReBOUND FIT +
	10:00-10:45am CHAIR FUSION	9:15-10:15am STRENGTH & STRETCH	10:00-10:45am CHAIR GROOVE	Sept. 9- Oct. 7	10:00-10:45am CHAIR FLOW	
	11:15-11:45am MINI MOVERS	10:30-11:00am lil' SHAKERS				
		11:15-11:45am MINI MOVERS				
				1:00-1:45pm ReBOUND FIT		
3:00-4:00pm PUBLIC SKATE	3:30-4:15pm BOUNCE & BEATS	2:15-3:15pm PUBLIC SKATE	3:30-4:15pm DANCE CLUB	2:15-3:15pm PUBLIC SKATE		
3:00-5:00pm SKATE LESSONS	3:30-4:30pm SHINNY HOCKEY			3:30-5:30pm SKATE LESSONS	3:00-4:45pm FUN HOCKEY	
				6:15-7:15pm BARRE (Sr.'s Center)	7:15-8:15pm PUBLIC SKATE	

Rebound classes re-quire reservation

All participants must complete a Liability Waiver Form with registration. Health PAR-Q required for all Fitness Classes

FITNESS Classes

There will be no classes on October 11 or November 11

All Classes are ages 16+

Schedule from September 7 to December 20, 2021

Monday

FITNESS FUSION

Moderate to High Intensity

Power up your Monday by getting the heart pumping and muscles working with our own blend of Fitness workouts. A great balance of mild cardio, muscle strength, toning, balance and core work.

8:30 - 9:30 am @ The Drill Hall

CHAIR FUSION

Mild to Moderate Intensity

Start your week off the right with a Fun & Functional mix of seated and standing moves. Enjoy exercises and equipment that work your whole body to promote flexible joints, good posture and stronger muscles.

10:00-10:45 am @ The Drill Hall

Tuesday

TABATA

High Intensity

Tabata is a type of HIIT workout that aims to yield the most benefits in a short amount of time. The program offers short bursts of peak effort followed by even shorter, less intense recovery periods. Burn calories and feel great with our Tabata Tuesday.

8:15-9:00 am @ The Drill Hall

STRENGTH & STRETCH

Moderate Intensity

Strengthen & balance your muscle groups to improve balance, promote good posture and facilitate everyday living activities. Finish with a lengthy stretch to maintain or increase flexibility and mobility. A great "Feel Good Class"

9:15-10:15 am @ The Drill Hall

Wednesday

CARDIO & CORE

High Intensity with Modifications

The Super Combo class that pumps the heart and works those abs and core muscles. A variety of equipment as well as individual, group, and partner work keeps you accountable, motivated and having fun.

8:30 - 9:30 am @ The Drill Hall

CHAIR GROOVE

Mild to Moderate Intensity

This is not your ordinary Chair fitness class. Connect mind to muscle and let the music move you. Simple and fun choreography to inspire both seated and standing full body movement exercises.

10:00-10:45 am @ The Drill Hall

Thursdays

BARNES PARK BOOTCAMP

Moderate to High Intensity

It's Fresh Air Fitness at its finest. Join us outdoors for a 5 week Boot Camp that uses the park facilities and green space for great cardio, strength and overall fitness exercises. Dress appropriately for weather conditions. If wet, group will meet at Muzeebo.

**9:00-10:00 am @ Barnes Park
September 9 to October 7**

NEW

REBOUND FIT

Moderate Intensity

Jump for Joy with our newest fitness class that uses mini trampolines! Rebounding efficiently stimulates and helps lymphatic drainage which has anti-inflammatory effects on your body. It is easier on the joints and also great for weight loss.

1:00-1:45 am @ The Drill Hall

Starting September 30

LIMITED SPACE- MUST PRE REGISTER

BARE

Moderate to High Intensity

It's Back!!! Join Elisha for Thursday night Barre Workouts at the Seniors Hall! Barre brings the best of Pilates, yoga, aerobics, and elements of the strengthening exercises that dancers do. It is not only a fun and dynamic workout, but will sculpt your body with low or no-impact that is both appealing and approachable for all fitness levels and ages.

6:15-7:15 pm @ The Seniors Complex

Friday

YOGA FLOW

Moderate Intensity

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, calm and ready for the weekend.

8:30 - 9:30 am @ The Drill Hall

CHAIR FLOW

Mild to Moderate Intensity

This class is designed to increase muscle strength and endurance with resistance training and enhance relaxation and range of movement with adapted Chair Yoga moves.

10:00-10:45 am @ The Drill Hall

Saturdays

REBOUND FIT

Moderate Intensity

Jump for Joy with our newest fitness class that uses mini trampolines! Rebounding efficiently stimulates and helps lymphatic drainage which has anti-inflammatory effects on your body. It is easier on the joints and also great for weight loss.

9:00-10:00 am @ The Drill Hall

Starting October 2

LIMITED SPACE- MUST PRE REGISTER

Special EVENTS

DAD & DAUGHTER Dance

Friday November 5

Ages 8 to 12

A special evening for Dad and his little girl. Back by popular demand, this special evening is the perfect date night that will leave lasting memories. Enjoy fun and easy choreographed dances or make up your own moves. Then enjoy a light snack and refreshments.

Grandpa's, Uncles, and Guardians welcome to join their special little girls.

6:30 TO 8:00 PM @ THE DRILL HALL

Cost: \$15.00

September FITNESS RE-SET

Tuesday 10:20-11:30am

Get ready for an Active fall season by setting your wellness and fitness goals. This no pressure, motivating and fun fitness testing session is a great way to see where you're at after the summer with your flexibility, muscular strength, muscular endurance and cardio. No weight scales or measurements – just fun drills with our passionate, encouraging and experienced instructors. Then join us for a re-test in 7 weeks. Free motivation for all pass holders

SESSION I - SEPTEMBER 7

RE-TEST - OCTOBER 26

@ THE DRILL HALL

COST: FREE TO PASS HOLDERS OR \$10.00 DROP IN