

RECREATION GUIDE

 SUMMER 2022

MAY TO SEPTEMBER

**SWIMMING LESSON REGISTRATION
OPENS APRIL 30 2022**



250.838.2665

Recreation@enderby.ca

www.enderbyrecreation.com





REFUND POLICY

A \$10 admin fee for canceling or changing lessons will be charged per class. There are NO refunds after the program has started unless accompanied by a medical note. No refunds once the lessons have started unless fewer than 7 lessons are available due to weather, air quality, or maintenance issues. Prorated refunds will be applied when less than 7 out of 8 (or 3/4) lessons are available due to unforeseen events.

Refunds take 2 weeks to be processed by the City. Drop-in passes will be available for unforeseen events out of our control or when weather becomes uncooperative in the first 1/2 of the public swim times, lap swim or aqua fit classes.

TOONIE SWIMS

The best deal to make a Splash this Summer!
Enjoy playing in the pool at this special rate
ONLY \$2.00 person

Public Swims from 2:45-3:30 pm &
Monday | Wednesday | Friday After 7:15 pm



**According to Provincial Pool Regulation; all children 6yrs and under MUST be accompanied by an adult 16 years or older in the pool and within arm's reach.*



POOL RENTALS

A great way to enjoy the pool with your closest friends and family. Rental includes 2 life-guards and pool toys. Rentals must be booked a minimum 7 days in advance. Cancellations must happen a minimum 5 days prior to the rental for full refund. (Unless cancellation is due to medical related reasons or weather not permitting outdoor swimming)

May & June Weekdays 4:00-6:30pm

June to August Sat. & Sun.

11:30-1:30 or 3:45-5:45pm

Cost: \$75.50/ hour (max 50 swimmers)



SPECIAL EVENTS

National Life Jacket Day

On May 19, 2022, the Canadian Red Cross marks National Life Jacket Day, an annual campaign to encourage and promote the use of life jackets and PFDs among boaters. Wear your life jacket or personal flotation device (PFD) this summer and make every outing a return



Did you know... When floating the river you are required to either be wearing or carrying a life jacket. Any "floatie" is considered a self propelled vessel and requires either:



WATER SAFETY WEEK

June 4 to 11, 2022

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.

Take the Swim to Survive Challenge during Water Safety Week and be entered to win a 10x Swim Pass for the 2022 season.

YOUTH NIGHTS

AGES 9-13

It's Back... join our Aquatic Staff in the return of Youth Night themed swims. Dress up and make a splash with games, snacks, music and prizes!

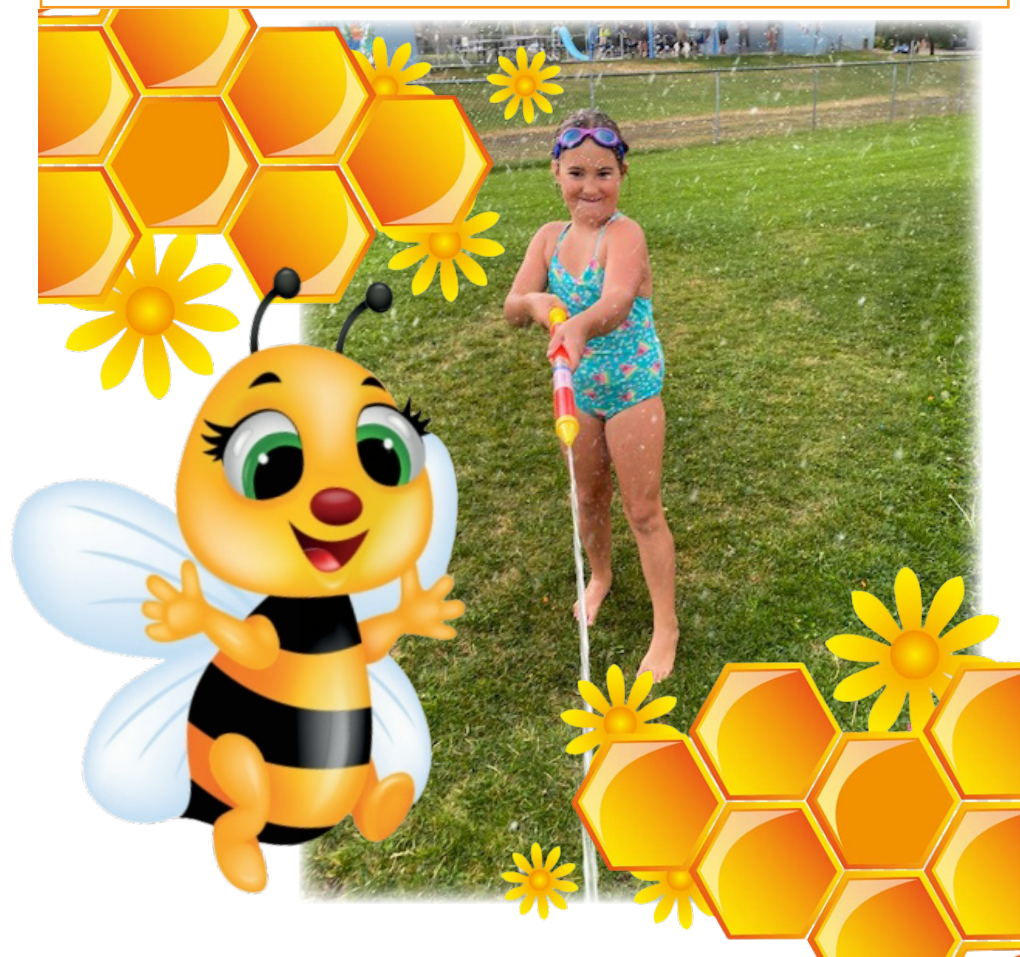
**JUNE 24
BEACH BASH**

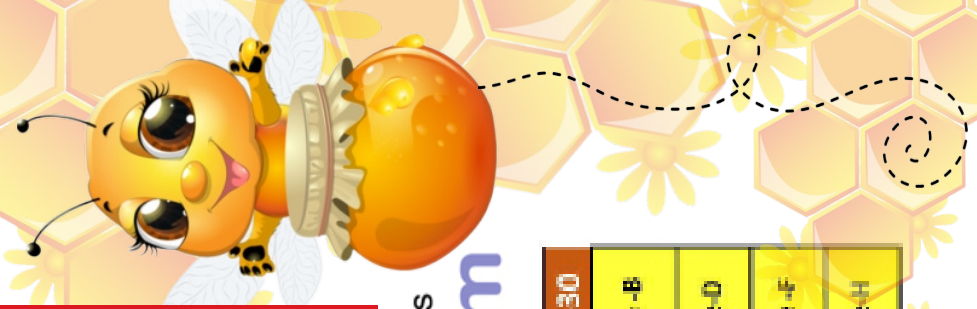
**JULY 15
PIRATE PARTY**

**AUGUST 26
SPACE JAM**

6:30 TO 8:00 PM

COST:\$10.00 PER CHILD





**SWIMMING LESSON
REGISTRATION**

**APRIL 30TH 9:30 TO 2:30
ENDERBY & AREA F**

**MAY 2ND 2:30 TO 5:30
ALL COMMUNITIES**

**MAY 3RD
PHONE IN**

SWIM LESSONS JUNE TO JULY



After School - June 13-23		
PM		
4:00-4:30	Private-A	Level 4/5
4:30-5:00	Private-B	Sea Otter-A
5:00-5:30	Private-C	Salamander
5:30-6:00	Private-D	Sea Otter-B
6:00-6:30	Private-E	Croc / Whale
		Level 1/2
		Sunfish
		Level 3
		Level 6/7

Session *June 27-30	
AM	
10:00-10:30	Private-A
10:30-11:00	Private-C
11:00-11:30	Private-E
11:30-12:00	Private-G
	Private-B
	Private-D
	Private-F
	Private-H

Session I - July 4-14		
AM		
9:30-10:00	Private-A	Level 4/5
10:00-10:30	Private-B	Sea Otter-A
10:30-11:00	Private-C	Level 1/2
11:00-11:30	Private-D	Salamander
11:30-12:00	Private-E	Level 4/5
12:00-12:30	Croc / Whale	Sea Otter-B
		Level 6/7
		Level 3
		Sunfish
		Level 8/9/10

Session II - July 18-28		
AM		
9:30-10:00	Private-A	Sea Otter-A
10:00-10:30	Private-B	Level 1/2
10:30-11:00	Private-C	*Aqua Tots
11:00-11:30	Private-D	Salamander
11:30-12:00	Private-E	Sea Otter-B
12:00-12:30	Private-F	Croc / Whale
		Level 3
		Sunfish
		Level 8/9/10

Session I - July 4-14		
PM		
3:45-4:15	Private-F	Salamander Sun Fish
4:15-4:45	Private-H	Sea Otter
4:45-5:15	*Aqua Tots	Level 3/4
5:15-5:45	Level 1/2	Level 5/6
5:45-6:15	Croc / Whale	
		Level 7 to 10
		July 4-15
		Jr. Lifeguard Club

Session II - July 18-28		
PM		
3:45-4:15	Private-G	*Aqua Tots
4:15-4:45	Private-H	Sea Otter
4:45-5:15	Salamander Sun Fish	Level 1/2
5:15-5:45	Level 3/4	Level 5/6
5:45-6:15	Private-I	
		Level 7 to 10
		July 18-29
		4:45-6:15pm
		Bronze Star



SWIM LESSONS AUGUST

AM	Session *Aug. 2-5	
10:00-10:30	Private-A	Private -B
10:30-11:00	Private-C	Private-D
11:00-11:30	Private-E	Private -F
11:30-12:00	Private-G	Private-H

AM	Session III - August 8-18	
9:30-10:00	Private-A	*Aqua Tots Level 3
10:00-10:30	Private -B	Sea Otter-A Level 4/5
10:30-11:00	Private-C	Salamander Level 6/7
11:00-11:30	Private-D	Sunfish Level 1/2
11:30-12:00	Private-E	Croc / Whale Level 8/9/10
12:00-12:30	Private-F	Sea Otter-B

AM	Session IV - August 22-Sept. 1	
9:30-10:00	Private-A	Sea Otter-A Level 4/5
10:00-10:30	Private -B	Level 1/2 Level 6/7
10:30-11:00	Private-C	Sunfish Level 3
11:00-11:30	Private-D	Salamander Croc / Whale
11:30-12:00	Private-E	Sea Otter-B Level 8/9/10
12:00-12:30	Private-F	*Aqua Tots

PM	Session III-Aug. 8-18		Lifesaving Courses
3:45-4:15	Sea Otter	Level 5-7	Aug. 16-19 Bronze Medallion Aug. 23-26 Bronze CROSS 4:00-6:30pm
4:15-4:45	Level 3/4	Private-G	
4:45-5:15	Salamander	Private-H	
5:15-5:45	Sunfish	Level 1/2	
5:45-6:15	Private-I		

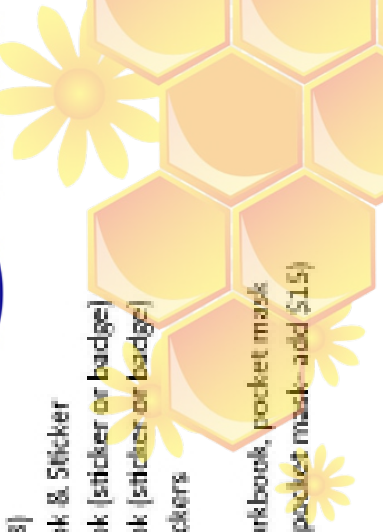
PRIVATE/SEMI PRIVATE LESSONS

Are you looking for smaller group sizes or 1 on 1 instruction?
Morning and afternoon private classes are available in 4 day sessions

See Lesson schedule for dates and times.
 Limited times available

Private (1 person)	\$22.00 each/ person (\$88.00/ 4 days)
Semi-Private (2-3)	\$15.00 each/ person (\$60.00/ 4 days)


Program	Class	Week	Session	Includes
Private	\$22.00	\$88.00		120 minutes (1:1)
Semi-Private	\$15.00	\$60.00		120 minutes (1: 2 or 3)
Pre-School	Max 4-5	\$25.00	\$50.00	4 hours, progress book & Sticker
Levels 1-5	Max 5-6	\$25.00	\$50.00	4 hours, progress book (sticker or badge)
Levels 6-10	Max 8	\$32.50	\$65.00	6 hours, progress book (sticker or badge)
Jr. Lifeguard	Max 12		\$97.50	10 hours, Booklet, stickers
Bronze star	Max 10		\$110.00	15 hours, workbook
Br. Medallion	Max 12		\$210.00	20 hours, manual, workbook, pocket mask
Br. Cross	Max 12		\$165.00	20 hours, workbook (pocket mask-add \$15)



MAY 23 TO JUNE 30

JUNE 27 TO SEPT 2

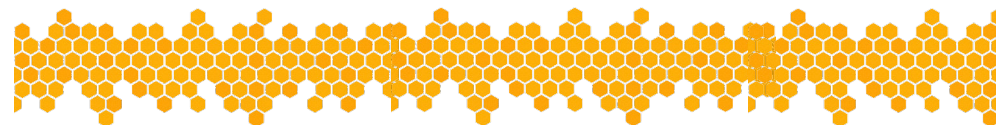
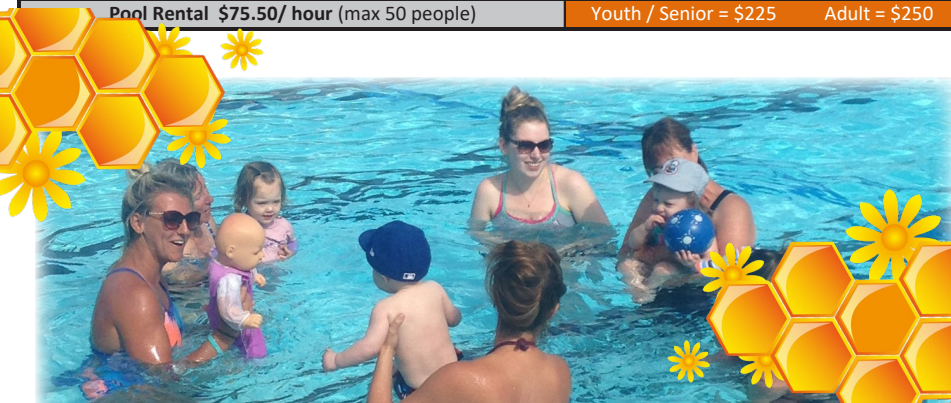
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
POOL CLOSED		Aqua Power 7:00-8:00am		Boot Camp 7:00-8:00am		POOL CLOSED
	AQUA FIT 8:15-9:15am	Lap Swim 8:15-9:30am	AQUA FIT 8:15-9:15am	Lap Swim 8:15-9:30am	AQUA FIT 8:15-9:15am	
	School District #83 Lessons 9:30am-2:00pm					
	Cleaning Closure 2:00-3:00pm					
<i>Available for RENT</i> 11:30-1:30pm	Private & Homeschool Lessons				<i>Available for RENT</i> 11:30-1:30pm	
Public Swim 1:30-3:30pm	Toonie Swim 3:00-4:00pm					Public Swim 1:30-3:30pm
<i>Available for RENT</i> 3:45-5:45pm	<i>Available for RENT</i> May 24 - June 10 (4:00-6:30pm)				<i>Special Event or Available for Rent</i> 4:30-6:30pm	<i>Available for RENT</i> 3:45-5:45pm
	After School Lesson Set June 13-16 / 20-23 (4:00-6:30pm)					
POOL CLOSED	Public Swim 6:30-8:00pm	Aqua Boot Camp 6:45-7:45pm	Public Swim 6:30-8:00pm	Aqua Power PLUS 6:45-7:45pm	Public Swim 6:30-8:00pm	POOL CLOSED
	\$2 after 7:15pm	POOL CLOSED	\$2 after 7:15pm	POOL CLOSED	\$2 after 7:15pm	
For more information on any of our programs call the Enderby Lions Pool at (250) 838-9256						
Rates	Single Pass	10x Pass	Month	AquaFit- Single	AquaFit- 10x	AquaFit- Month
0-2 Years	FREE					
Pre-School (3-5)	\$2.50	\$22.50	\$27.50		9 classes	11.5 classes
Youth (6-18)	\$3.75	\$33.75	\$41.25	\$6.00	\$54.00	\$69.25
Senior (60+)	\$3.75	\$33.75	\$41.25	\$6.00	\$54.00	\$69.25
Adult (19+)	\$4.50	\$40.50	\$49.50	\$7.00	\$63.00	\$80.75
Family	\$12.00	\$108.00	\$132.00	Aqua Fit SEASON PASS		
Pool Rental \$75.50/ hour (max 50 people)				Youth / Senior = \$225 Adult = \$250		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
POOL CLOSED	AQUA INTERVAL 7:15-8:00am	AQUA POWER 7:00-8:00am	AQUA TONE 7:00-8:00am	AQUA BOOTCAMP 7:00-8:00am	AQUA IN-SYNC 7:15-8:00am	POOL CLOSED
	AQUA FIT <i>Shallow / Deep</i> 8:15-9:15am	LAP SWIM 8:15 - 9:30am	AQUA FIT <i>Shallow / Deep</i> 8:15-9:15am	LAP SWIM 8:15 - 9:30am	AQUA FIT <i>Shallow / Deep</i> 8:15-9:15am	
	Red Cross & Private Lessons 9:30am-12:30pm				LAP SWIM 9:30-11:00am	
<i>Available For RENT</i> 11:30-1:30pm	LAP SWIM 12:30-1:30pm		LAP SWIM 12:30-1:30pm		<i>Facility Cleaning</i>	<i>Available For RENT</i> 11:30-1:30pm
Public Swim 1:30-3:30pm						
					 Canada Day Free Swim	
<i>Available For RENT</i> 3:45-5:45	Red Cross & Lifesaving Lessons 3:45-6:15pm				Advanced Lessons & Special Events	<i>Available For RENT</i> 3:45-5:45pm
POOL CLOSED	Public Swim 6:30-8:00pm	AQUA BOOTCAMP 6:45-7:45pm	Public Swim 6:30-8:00pm	AQUA POWER PLUS 6:45-7:45pm	Public Swim 6:30-8:00pm	POOL CLOSED
	\$2 after 7:15pm		\$2 after 7:15pm		\$2 after 7:15pm	

LAP SWIMMING

Lap swimming will be pre-registered this season with maximum 6 swimmers & at a time. Swimmers can book a 35 min. lane (for \$2.25) or 1 ¼ hour for full admission. Lap lane equipment is available for use.

Tuesday & Thursday 8:15-9:30am (8:15-8:50 / 8:55-9:30)
Fridays starting in July 9:30-11:00 am (9:30-10:10/10:15-11:00)
July & August Monday & Wednesday – 12:30-1:30pm



ADVANCED

COURSES

BRONZE STAR

(Recommended 11+ years)

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 refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts.

Monday to Friday July 18-29
(4:45-6:15 pm)

COST: \$110.00/ 10 sessions
(Includes workbook)

BRONZE MEDALLION

(Pre Req. 13+ or Bronze Star)

Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for Bronze Cross / Assistant Lifeguard.

Tuesday to Friday August 2-12
(4:00-6:30 pm)
COST: \$210.00 / 20 hours *(includes manual, workbook, exam & pocket mask)*

BRONZE CROSS/ ASSISTANT LIFEGUARD

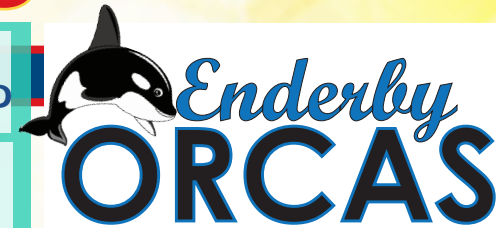
(Pre Req. Bronze Medallion)

Bronze Cross begins the transition from lifesaving to life guarding and emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.

Bronze Cross is the pre-requisite for all Life Saving Advance courses and is worth 2 high school credits towards grade 11

Tuesday to Friday Aug. 16-26
(4:00-6:30 pm)

COST: \$165.00 /20 hours
(Includes workbook and exam)
\$15.00 extra if pocket mask is required



JR LIFEGUARD CLUB

Monday to Friday

July 4-15 (5:15-6:15pm)

Cost: \$97.50 / 10 sessions

(Includes journal & stickers)

(Pre Req. Age 8+ with Level 5)

Here is an exciting club where the focus is **SERIOUS FUN!** This is a great program for kids who want more than just swimming lessons. Members participate in swimming, lifesaving skills, fitness, community awareness projects, shadow guarding and teamwork.



AQUATIC FITNESS

AQUA FIT

(Shallow & Deep Water - Low to Moderate intensity)

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.

Monday | Wednesday | Friday 8:15 - 9:15 am

** 2 instructors for July & August*

AQUA INTERVAL

(Moderate to High intensity)

This 45 minute deep water program that offers a zero impact workout with full body training to improve cardio and coordination as well as tone and strengthen muscles. Widths of deep water travelling intervals will be mixed with stationary strength and core work.

Mondays 7:15 - 8:00 am (July & August)

AQUA POWER

(Moderate to High intensity)

A higher intensity workout using interval training and power moves to build cardio, core, strength, and muscular endurance.

Tuesday 7:00 - 8:00 am

AQUA TONE

(Moderate intensity)

Now a 60 minute class with a focus on specific muscle groups like Arms, Legs and Abs! Learn to use the liquid gym and buoyancy equipment to create effective resistance for the ultimate toning workout.

Wednesday 7:00 - 8:00 am (July & August)

****Note ALL participants must complete a 2022 PAR-Q form (Health Questionnaire). Participants who are over 69yrs or answer "yes" to any of the questions require a Dr's note to participate.**



AQUA BOOT CAMP

(Moderate to High intensity)

Take the plunge into HARD CORE Aqua-fit! More intensity, more traveling, more repetitions and more PUSH by our instructors.... Be ready to Go... HARDER!!

Tuesday 6:45 - 7:45 pm

Thursday 7:00 - 8:00 am

AQUA POWER PLUS

(Moderate to High intensity)

This class takes the interval stations of Aqua-Power and kicks it up a notch with added buoyancy and resistance equipment.

Thursday 6:45 - 7:45 pm

AQUA IN-SYNC

(Moderate to High intensity)

Our newest class that will challenge your arms and core strength with sculling and body hold positions. Increase the Fitness Fun Factor with patterns, routines and a little choreography.

Friday 7:15 - 8:00 am

**Single Pass
Youth & Senior
\$6.00
Adult \$7.00**

**10X punch
Youth & Senior
\$54.00
Adult \$63.00**

**Month Pass
Youth & Senior
\$69.25
Adult \$80.75**

**Season Pass
Youth & Senior
\$225.00
Adult \$250**

AQUA FIT FUN DAYS

Join our entertaining and energetic fitness team for Festive fitness classes with an extra dash of FUN!

Dress up and take part in themed music, choreography and costumes.

Friday June 24 "Summer Kick Off"

Friday July 29 "Christmas in July"

Friday September 2 "Fabulous 50's"

Enderby & District Recreation Services

702 Railway Street

PO Box 1000

Enderby BC, V0E 1V0

Phone: 250-838-2665

Fax: 250-838-0123

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www.enderbyrecreation.com

FOR OUR MOST CURRENT
INFORMATION



ENDERBY OUTDOOR POOL

ENDERBY & DISTRICT RECREATION
SERVICES



ACTIVE IN ENDERBY!



MORE INFORMATION
ABOUT THE 2022
PARTICIPATION
COMMUNITY BETTER
CHALLENGE COMING
SOON!

JUNE 1 TO 30, 2022