

2022 FALL

RECREATION GUIDE



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

Youth PROGRAMS

LIL' ATHLETICS

Ages 3 to 5

This program is 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 run, jump, skip, throw, catch, and more to prepare them for future sports and an Active Life.

Tuesdays *Session 1* *September 20 to October 25*
Session 2 *November 1 to December 6*
10:30 TO 11:00 AM @ THE DRILL HALL COST: \$35.75 (6 CLASSES)

LIL'DANCE CLUB

Ages 3 to 5

Music and movement are fantastic for little bodies, and this program provides a variety of both. Let your little one sing, dance, clap, drum, and move to beats and rhythms that inspire laughter and imagination.

Wednesday
October 5 to November 9
3:15 TO 3:45 PM @THE DRILL HALL
COST: \$35.75 (6 CLASSES)

JR DANCE MIX

Ages 7 to 10

This class will introduce your child to the basics in hip hop and ballet. Each class will be filled with ballet stretching, jumping and leaping to hip hop, grooving and bending. Join Abi for her last program in Enderby

Monday & Wednesday
September 12 to 28
3:15 TO 4:00 PM @THE DRILL HALL
COST: \$49.50 (6 CLASSES)

LIL' BALLET

Ages 2 to 3

This class will introduce your child to the basics of dance. They will learn movement through songs, games, and by using props. Each class will be filled with stretching, jumping, leaping, bending and fun!

Monday & Wednesday
September 12 to 28
1:30 TO 2:00 PM @ THE DRILL HALL COST: \$35.75 (6 CLASSES)

LIL'DANCE MIX

Ages 4 to 6

This class will introduce your child to the basics in hip hop and ballet. They will learn movement through songs, games, and by using props. Each class will be filled with ballet stretching, jumping and leaping to hip hop, grooving and bending. Join Abi for a fun filled dance party!!

Monday & Wednesday
September 12 to 28
2:15 TO 3:00 PM @ THE DRILL HALL
COST: \$49.50 (6 CLASSES)

JR DANCE CLUB

Ages 6 to 10

It is time to get a GROOVE ON with this new Club that allows kids to build confidence and express themselves through music and movement. Designed to build on important Physical literacy 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 them wanting more.

Wednesday
October 5 to November 9
3:45 TO 4:30 PM @THE DRILL HALL
COST: \$49.50 (6 CLASSES)

JR FIT CLUB

Ages 9 to 12

Get your child excited about fitness & exercise in a Fun Club environment. Drills and stations will be set up to improve muscle strength, endurance, agility, balance and coordination using a variety of equipment that will stimulate both mind and muscles. A great training program for sports, or just to feel good.

Tuesday
September 27 to November 1
4:00 TO 4:45 PM @THE DRILL HALL
COST: \$49.50 (6 CLASSES)



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.

Thursday September 8/15/22/29

4:00 TO 5:00 PM @ RIVERSIDE PARK DIAMOND #1 COST: \$25.00



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.

SATURDAY & SUNDAY OCTOBER 15 & 16 9:00 - 5:00 PM

Cost: Youth **\$160.00** Adult **\$175.00**

(includes Manual, 12 hour course, and 2 hour exam)



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.

Session I Saturday September 10 10:00 - 3:00 pm

Session II Friday October 21 (Pro-D) 10:00 - 3:00 pm

Cost: **\$55.00** (includes Stay Safe Manual and Certificate)

@ the Information Center Building (Upstairs)

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.

Saturday October 22 10:00 to 4:00pm

Cost: **\$65.00** (includes Baby sitter Manual and Certificate)

@ the Information Center Building (Upstairs)

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 *October 7 to November 25*

Junior's (age 5 to 7)
3:15 to 4:00 pm Cost: \$60.00 per session

Senior's (age 8 to 11)
4:00 to 5:00 pm Cost: \$75.00 per session

CXL :November 11

Fee covers 7 practices and includes Ice Hawks Jersey that is returned at the end of the season



PUBLIC Skating **FREE**

PLEASE CHECK UPDATED PUBLIC SKATE TIMES FOR JANUARY 2023

PUBLIC SKATING STARTS SEPTEMBER 19 2022

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 | Friday | Sunday

CANCELLED NOV 11 | DEC 2 | DEC 4 | DEC 9 | DEC 11 | DEC 16 | DEC 18

2:00 TO 3:30 PM

Fridays

CANCELLED NOV 11 | DEC 2 | DEC 9 | DEC 16

7:45 TO 8:45 PM



HOLIDAY PUBLIC SKATE TIMES (DEC 16TH TO JAN 3RD) WILL BE POSTED AT A LATER TIME



Youth SHINNY HOCKEY

MUST PRE REGISTER

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 TUESDAYS \$50.00 (10 SESSIONS)

OCTOBER 4 TO DECEMBER 6 3:45 TO 4:45 PM

Skating LESSONS



Lesson SCHEDULE

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.

Level	Ages	Abilities
ICE PUPPIES	2.5-5	No previous skating experience (*parent participation encouraged). Skaters will learn stading, falling, balance and walking.
PENGUINS	3-5yrs	For skaters who can stand, balance & walk on ice unassisted. Learning: stopping, walking backwards & 2 foot hop .
POLAR BEARS	3-5yrs	Learning: backward skating progressions, push & glide, 1 foot gliding and full snow plow stop
HUSKIES	3-5yrs	Learning: backward stopping, glide & stop sequence and crossovers
Skate Kids 1	6-12 yrs	For those kids with little to no skating experience.
Skate Kids 2	6-12 yrs	Learning: stopping, 1 foot gliding & backwards skating
Skate Kids 3	6-12 yrs	Learning: crossovers, side stops, & pumping both forward & backwards.
Skate Kids 4	6-12 yrs	Learning: edges, backward gliding & transitioning from forward to backward.
Teen / Adult Beginner	13yrs+	Learning: basic skating skills of balance, start, stops, glides and turns.

****Note that All persons on the ice (adults included) must have a properly fitting helmet and skates.**

Intro to Skating for Beginners 3 sessions only

Time	Thursdays Oct. 13/20/27	
3:30	Ice Puppies	Skate Kids 1
3:45		
4:00	Teen / Adult Beginners	Ice Puppies
4:15		
4:30		

Intro Session

Thursdays Oct 13 | Oct 20 | Oct 27

Cost: 30 minute lessons \$27.00
45 minute lessons \$40.50

Thursdays Nov. 3 - Dec. 8th

Time	Thursdays Nov. 3 - Dec. 8th	
3:30	Penguins	Skate Kids 2
3:45		
4:00	Skate Kids 3/4	Polar Bears
4:15		
4:30		

Regular Sessions

Thursdays Nov 3 to Dec 8
Saturdays Oct 15 to Nov 19

Cost: 30 minute lessons \$54.00
45 minute lessons \$81.00

Saturday Oct. 15 - Nov. 19

Time	Saturday Oct. 15 - Nov. 19	
9:30	Ice Puppies	Skate Kids 2
9:45		
10:00	Polar Bear	Skate Kids 1
10:15		
10:30	Penguins	Skate Kids 3
10:45		
11:00	Skate Kids 4	Huskies
11:15		
11:30		
11:45	Teen / Adult	Penguins
12:00		



Arena PRICING

PUBLIC SKATING ----- FREE

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.



Fall Recreation SCHEDULE



September to December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:15-9:00am HiIT	8:30-9:30am MARA FIT	*7:15-8:00am CARDIO STEP	8:30-9:30am MARA FIT	*9:30-11am Fall Wellness Series
	8:30-9:30am SCULPT & TONE	9:15-10:15am STRENGTH & STRETCH	8:30-9:30am BOOTY & CORE	8:30-9:30am OUTDOOR FITNESS	8:30-9:30am YOGA & BREATH	
	10:00-10:45am CHAIR STRENGTH	10:30-11:00 Lil' Athletics	10:00-10:45am CHAIR GROOVE	9:45-10:30am OUTDOOR STROLL & STRENGTH	10:00-10:45am CHAIR STRETCH	9:30-12pm SKATING LESSONS
	ABT'S DANCE CAMPS (Mon & Wed Sept. 12-28)					
		Lil' Ballet 1:30-2:00pm	Lil' Dance Mix 2:15-3:00pm			Oct. 21st RED CROSS STAY SAFE
		Jr. Dance Mix 3:15-4:00pm				Sept. 10th RED CROSS STAY SAFE
						Oct. 22nd RED CROSS
2-3:30pm Public Skating		2:30-3:30pm Public Skating	3:15-3:45pm Lil' Dance Club	2:30-3:30pm Public Skating	2:30-3:30pm Public Skating	BABYSITTING
		3:45-4:45pm YOUTH SHINNY	3:45-4:30pm Jr. Dance Club	3:30-4:45pm SKATING LESSONS	3:30-5:00pm ICE HAWKS	
		4:00-4:45pm Jr. Fit Club		4:00-5:00pm Fall Baseball		
	6:30-7:30pm MARA FIT	*5:00-5:45pm CARDIO STEP		Start Oct. 13 5:00-6:00pm YOGA 4 ALL	7:45-8:45pm Public Skate	
Drop-In Fee's	Fitness Classes	Single Time	5x	10x	20x	Wellness Series
Public Skate	Senior (60+)	\$6.00	\$30.00	\$54.00	\$100.00	\$11/ session
FREE	Adult (18+)	\$7.00	\$35.00	\$63.00	\$110.00	\$15 Drop-in

Fitness PRICING

SENIOR (60+) ----- \$6.00 (per class)
 5X SENIOR PASS ----- \$30.00
 10X SENIOR PASS ----- \$54.00 (1 class savings)
 20X SENIOR PASS ----- \$100.00 (3.5 class savings)

ADULT ----- \$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)

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.

Indoor Classes @ the Drill Hall
Outdoor classes @ the Lions Gazebo & Belvidere Park
 *Pre-registration Required for these Fitness Programs
 Mara Fitness Classes - @ Mara Community Hall
 Lil' Programs (3-5 yrs) run 6 weeks = \$ 37.75
 Jr. Programs (6-12 yrs) run 6 weeks = \$49.50
 For Shinny & Skating Lessons fees and dates - see program information

CHAIR Fitness

There will be no classes on October 10 or November 11
Schedule from September 6 to December 16, 2022

Chair fitness is ideal for those who want to stay active when a standard fitness class is too challenging. Build strength, balance, and confidence while having fun and being social.

MONDAYS

CHAIR STRENGTH

Mild to Moderate Intensity

This class is a Fun & Functional mix of seated and standing moves. Enjoy exercises and equipment that works your body to promote flexible joints, good posture and stronger muscles.

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



WEDNESDAYS

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



FRIDAYS

CHAIR STRENGTH

Mild to Moderate Intensity

Here is a great class to finish the week. Enjoy both seated and standing exercises designed to maintain your muscle strength and endurance. Then benefit from stretches that will care for your range of motion and enhance relaxation.

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



FITNESS Classes

There will be no classes on October 10 or November 11
Schedule from September 6 to December 16, 2022

MONDAYS

SCULPT & TONE

Moderate to High Intensity

Start the week off right with a great class that focuses on muscle balance, strength and toning. Resistance and weight equipment is available to provide optimal results.

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

TUESDAYS

HIIT

High Intensity

Interval training is awesome for calorie burn, cardio endurance and muscle endurance. This Hiit Class will even include some rebounding stations on our mini trampolines. It is High Intensity

Interval Training with a Fun Factor!
8:15-9:00 am @ The Drill Hall

STRENGTH & STRETCH

Moderate Intensity

Strengthen & balance your muscles groups to improve stability, promote good posture and facilitate everyday living activities. Finish with a lengthy stretch to maintain or increase flexibility and mobility.

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

CARDIO STEP

High Intensity

Join us on our newest piece of equipment – the “Jump & Step”. This program offers great cardio and full body muscle strengthening using a square platform step, that when flipped over, is a re-bouncer! Get the benefits of soft impact jumping that is amazing for leg muscles and your lymphatic system, and then elevate the heart rate with the raised platform! Participants need to be comfortable with balance and have a good fitness level for this class.

5:00-5:45 pm @ The Drill Hall - LIMITED SPACE- MUST PRE REGISTER

WEDNESDAYS

BOOTY & CORE

High Intensity with Modifications

The Super Combo class that works the booty, abs and core muscles – And also includes Cardio Bursts. 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

FITNESS Classes

THURSDAYS

CARDIO STEP

High Intensity

LIMITED SPACE- MUST PRE REGISTER

Join us on our newest piece of equipment – the “Jump & Step”. This program offers great cardio and full body muscle strengthening using a square platform step, that when flipped over, is a re-bouncer! Get the benefits of soft impact jumping that is amazing for leg muscles and your lymphatic system, and then elevate the heart rate with the raised platform! Participants need to be comfortable with balance and have a good fitness level for this class.

* Pre-registration is required for both am and pm classes.

7:15-8:00 am @ The Drill Hall

YOGA 4 EVERYBODY

Mild & Relaxing

STARTING OCTOBER 13

The perfect intro to YOGA, and for those who love mild and relaxing stretching that includes breath work. This is a great class for all levels of participants that will focus on stretching, movement, core strength and relaxation.

5:00-6:00 pm @ The Drill Hall

OUTDOOR FITNESS

Moderate to High Intensity

It's Fresh Air Fitness at its finest. Join us OUTDOORS and dress appropriately for weather conditions. This class will use the park facilities and green space, along with some resistance equipment, for great cardio, strength and overall fitness exercise.

8:30-9:30 am @The Lions Gazebo

September 8 to October 27

9:00-9:45 am @The Visitor Centre

November 3 to 24



OUTDOOR STROLL & STRENGTH

Mild to Moderate Intensity

This Fresh Air experience combines our walking and chair classes for a perfect blend of movement and muscle work. Make sure to have appropriate footwear for the weather and come ready to connect mind, body and soul.

9:45-10:30 am @The Lions Gazebo

September 8 to October 27

10:00-10:45 am @The Visitor Centre

November 3 to 24



FRIDAYS

YOGA & BREATH

Moderate Intensity

Our Friday class will encourage you to build into a more active and challenging practice combining core strength, flexibility, stamina and breath work.

You will leave feeling energized, calm and ready for the weekend.

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

Fall Wellness Series

SATURDAYS

LIMITED SPACE- MUST PRE REGISTER

RESTORE & REBALANCE

Bring your body, mind, and soul back into balance with this 3 week series. Using meditation, restorative yoga, sound and energy work, we will bring your bodies back to its natural state of balance and harmony.

9:30 - 11:00 am @ The Drill Hall \$33.00 or \$15.00 per one session

September 24 | October 1 | October 15

DISCOVER YOUR PEACE

Trauma & Anxiety Relief through Yoga

A New and amazing class to assist in dealing with, and healing from, trauma and anxiety. The goal of the class is to learn to calm the mind, regulate physical responses and emotions, regain a feeling of safety in our body and discover intentional movement. Participants will work to increase body awareness, relieve chronic stress patterns, centre attention, and ease anxiety. The definition of trauma is different for everyone, and what one person feels as trauma another may not. The goal is to create a space so that people feel safe and drawn to join from where they are.

9:30 - 11:00 am @ The Drill Hall \$66.00 or \$15.00 per one session

October 22 to November 26

Special EVENTS

DAD & DAUGHTER Dance

Friday October 28

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

TIM HORTON'S Santa Skate

Join the Jolly one himself for a Holiday Skate at the Enderby Arena. Tim Horton's will be sponsoring this event, providing Free Hot Chocolate and Timbits!

FREE

THURSDAY DECEMBER 15 3:00-4:45 PM
@ THE ENDERBY ARENA