

Winter wonderland

JANUARY TO MARCH 2023

RECREATION GUIDE



250.838.2665 | recreation@enderby.ca

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.

Wednesday March 22 (Spring Break) 9:30 to 2:30 pm

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

@ The Visitor Centre



**CANADIAN
RED CROSS**

Red Cross BABY SITTING COURSE

(Ages 11 to 15)

Participants learn child care 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.

Thursday March 23 (Spring Break) 9:00 to 3:00 pm

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

@ The Visitor Centre

PUBLIC Skating

FREE

Bring the family down to enjoy the best ICE in BC!
All persons on the ice must be in skates (no footwear allowed on ice). **Helmets are strongly recommended.**
Don't forget your warm mitts or gloves.

Tuesdays | Thursdays | Sundays
2:00 TO 3:30 PM

Fridays
2:00 TO 3:00 PM & 7:45 TO 8:45 PM

PUBLIC SKATING SCHEDULE FOR JANUARY TO MARCH 2023

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

**CANCELLED JANUARY 1, JANUARY 6, JANUARY 13, JANUARY 15,
& JANUARY 27 (2:00-3:00PM)**

YOUTH Shiny

AGES 10 TO 14

This will be a supervised fun shiny program where players will have a 15 minute warm up skate time, then be divided into teams for a 40 minute game. Players must be able to comfortably skate and stop. Hockey Skates, Stick, helmet, gloves and shin pads are required.

*Full equipment **NOT** encouraged.

Mondays **3:30 TO 4:30 PM**

JANUARY 9 TO MARCH 6 (CANCELLED FEB 20)

\$40.00 FOR 8 OR \$6.00 PER SESSION

MUST PRE REGISTER

Skating LESSONS

Level	Ages	Abilities	Level	Ages	Abilities
ICE PUPPIES	2.5-5yrs	No previous skating experience (*parent participation encouraged). Skaters will learn standing, falling, balance and walking.	Skate Kids 1	6-12yrs	For those kids with little to no skating experience.
PENGUINS	3-5yrs	For skaters who can stand, balance & walk on ice unassisted. Learning: stopping, walking backwards & 2 foot hop.	Skate Kids 2	6-12yrs	Learning: stopping, 1 foot gliding & backwards skating
POLAR BEARS	3-5yrs	Learning: backward skating progressions, push & glide, 1 foot gliding and full snow plow stop	Skate Kids 3	6-12yrs	Learning: crossovers, side stops, & pumping both forward & backwards.
HUSKIES	3-5yrs	Learning: backward stopping, glide & stop sequence and crossovers	Skate Kids 4	6-11yrs	Learning: edges, backward gliding & transitioning from forward to backward.
**Note that All persons on the ice (adults included) must have a properly fitting helmet and skates.			Teen / Adult Beginner	12yrs+	Learning: basic skating skills of balance, start, stop, glides and turns.

Skating LESSONS

Learning to skate is an important fundamental movement skill to build physical literacy. Our instructors provide a safe, fun learning environment for kids of all ages and the young at heart

\$54.00 FOR 30 MIN CLASSES
\$81.00 FOR 45 MIN CLASSES

Time	Thursdays Jan. 12- Feb. 16	
2:30-3:00	Ice Puppies	Skate Kids 1
3:00-3:30	Penguins	Skate Kids 2
3:30-4:00	Skate Kids 3	Skate Kids 1
4:00-4:30	Polar Bears	Teen / Adult Beginners
4:30-4:45		Ice Puppies
		Skate Kids 2

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 January 20 to March 10

Junior's (age 5 to 7) 3:15 to 4:00 pm Cost: \$60.00
Senior's (age 8 to 11) 4:00 to 5:00 pm Cost: \$75.00

(Cancelled on January 27th 2023)



Arena PRICING

YOUTH PRIME TIME -----\$88.74 (per Hour)
 FAMILY PRIME TIME -----\$95.88 (per Hour)
 ADULT PRIME TIME -----\$161.16 (per Hour)
 SENIOR PRIME TIME -----\$116.28 (per Hour)

YOUTH NON PRIME -----\$44.88 (per Hour)
 FAMILY NON PRIME -----\$44.88 (per Hour)
 ADULT NON PRIME -----\$80.58 (per Hour)
 SENIOR NON PRIME -----\$58.14 (per Hour)

Arena rental pricing does not include GST or insurance.
 All one time bookings require payment in advance.

NON PRIME IS MON TO FRI 9:00 -3:00 PM

Fitness PRICING

SENIOR FITNESS -----\$6.00 (per class)
 ADULT FITNESS -----\$7.00 (per class)

5X SENIOR PASS -----\$30.00
 10X SENIOR PASS -----\$54.00
 20X SENIOR PASS -----\$100.00

5X ADULT PASS -----\$35.00
 10X ADULT PASS -----\$63.00
 20X ADULT PASS -----\$110.00

Senior is 60+. No membership required and you can save money with convenient 10x or 20x punch passes.

Winter Recreation SCHEDULE

January 3- March 18 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NEW 8:30-9:30am TABATA & TONE	8:15-9:05am MIND & MUSCLE	8:30-9:30am BOOTY & CORE	7:15-8:00am DANCE STEP	8:30-9:30am YOGA FLOW	
		9:15-10:15am STRENGTH & STRETCH		*Dress for the weather* 9:00-9:50am OUTDOOR ACTIVE	9:30-10:30am MARA YOGA	*9:00-10:15 Wellness Series *pre-register
	10:00-10:45am CHAIR STRENGTH	10:30-11:00 Lil' Athletics	10:00-10:45am CHAIR GROOVE	10am WINTER WALK CLUB	10:00-10:45am CHAIR STRETCH	
	11:00-11:30am Lil' Athletics	11:05-11:50 Jr. Athletics	UnPlug & Play Week - January 21-29 check our Recreation Guide for awesome events			
	NEW *1:15-2:00 BODY BALANCE FITNESS *pre-register					Unplug and Play Family Literacy Week
2-3:30pm PUBLIC SKATING		2-3:30pm PUBLIC SKATING		2-3:30pm PUBLIC SKATING	2:00-3:00pm PUBLIC SKATING	
	NEW 3:30-4:30pm YOUTH SHINNY	3:45-4:45pm VINYASA YOGA (13-18yrs)	3:15-3:45pm Lil' Dance Club	2:30-4:45pm SKATING LESSONS	3:15-5:00pm ICE HAWKS	
		NEW	3:45-4:30pm Jr. Dance Club			
	Family Day Feb. 21 Check the Guide for Family Day Activities	5:00-6:00pm FIT MIX		5:00-6:00pm YOGA 4 ALL		
					7:45-8:45pm PUBLIC SKATING	

Call 250.838.2665
 for more information or to register

FITNESS Classes

January 3 to March 18, 2023 (no classes on February 20th 2023)

MONDAY

TABATA & TONE

(Moderate to High Intensity)

Start your week off with TABATA (short periods of high intensity with short break periods of rest) with body weight toning stretching to lengthen muscles.

Times: 8:30 - 9:30 am

Location: The Drill Hall

CHAIR STRENGTH

(Mild to Moderate Intensity)

Power up your Monday with an active warm-up followed by seated and standing moves that will promote flexible joints and stronger muscles.

Times: 10:00-10:45 am

Location: The Drill Hall

BODY BALANCE

(Pre-registration encouraged - Mild intensity)

This new program focuses on fall prevention exercise that builds confidence in mobility and strength. Each class has a gentle warm up, fun stations that work on gait, muscle retention and balance. Participants with canes and walkers are encouraged to participate.

Times: 1:15-2:00 pm **\$45.00 for 9 or \$6.00 drop in** **Location: The Drill**

TUESDAY

MIND & MUSCLE

(Moderate to High Intensity)

This new 50- minute class is a full body weight training program with a focus on creating a strong mind to muscle connection, using proper form and technique for the best results.

Times: 8:15-9:05 am

Location: The Drill Hall

STRENGTH & STRETCH

(Moderate Intensity)

Strengthen & balance your muscles groups to improve stability, promote good posture and facilitate your lifestyle. End with stretches to maintain or increase flexibility and mobility.

Times: 9:15-10:15 am

Location: The Drill Hall

FIT MIX

(Moderate to high intensity)

Switch it up with a different workout program each week. A great way to try something new and add variety to your workouts. Classes may include Cardio Step, STRONG, Zumba, BARRE, Pilates and more. Check out the schedule online

Times: 5:00-6:00 pm

Location: The Drill Hall

WEDNESDAY

BOOTY & CORE

(Moderate to High Intensity)

A class for sculpting and strengthening your abs, back, booty and leg muscles! It's time to define and transform with body weight and resistance training drills that target the booty and core.

Times: 8:30-9:30 am

Location: The Drill Hall

CHAIR FIT - GROOVE

(Mild to Moderate Intensity)

Connect mind to muscle and let the music move you. Try the simple and fun choreography to inspire both seated and standing full body movement exercises that also help with memory and mood.

Times: 10:00-10:45 am

Location: The Drill Hall

THURSDAY

OUTDOOR ACTIVE

(Moderate to High Intensity)

Dress warm and join our inspiring instructors for Fresh Air Fitness in a Winter Wonderland. Activities of the Day – may include snowshoeing, snow boot camp, or snow angels.

Times: 9:00-9:50 am

Location: The Information Centre

Cancelled in Extreme Weather (-10)

WINTER WALK

(Self Guided)

A FREE Winter Walking Club where you can meet your friends (and bring your 4- legged friends) to take a brisk and adventurous stroll. Join our steps & KM challenge to see how far you will travel in 3 months.

Times: 10:00 am

Location: The Information Centre

YOGA FOR ALL

(Mild intensity)

A perfect introduction to yoga and great for those who love mild and relaxing stretching that includes breath work. A class for all levels of participants.

Times: 5:00-6:00 pm

Location: The Drill Hall

FRIDAY

RESTORATIVE YIN YOGA

(Mild Intensity)

Working deeply into our body with passive, longer-held poses. This practice allows you to slow down, relax, and turn inward, which helps alleviate stress and restore your energy levels for the weekend ahead

Times: 8:30-9:30 am

Location: The Drill Hall

CHAIR STRENGTH & STRETCH

(Mild to Moderate Intensity)

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

Times: 10:00-10:45 am

Location: The Drill Hall

All of our Fitness classes are Drop-in with 10x & 20x passes available.

Participants must complete 2023 Health Questionnaire & waiver before participating.

Please bring your own mat, water bottle and clean indoor shoes. Classes are age 16+

Lil' ATHLETICS

Ages 3 to 5

(Comfortable footwear & water bottle)

This program is a high energy class 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 for future sports and an Active Life.

Mondays 11:00 to 11:30am
JANUARY 9 TO FEBRUARY 13

Tuesdays 10:30 to 11:00am
JANUARY 17 TO FEBRUARY 21

\$35.75
for each Lil' program

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 3:15 to 3:45am
FEBRUARY 8 TO MARCH 15



Vinyasa YOGA FOR YOUTH

Ages 13 to 18

A new and awesome program for Teens that teaches the many benefits of a daily Yoga practice. Participants will explore a set movement practice as well as connect with their breath, learn skills to help regulate the nervous system, gain body awareness and flexibility while connecting with peers in a safe and caring environment.

Tuesday 3:45 to 4:45am FEBRUARY 7 TO MARCH 14 \$64.00 (6 CLASSES)



WELLNESS SERIES

Start the year off with this 3 part series. Join Robyn as she guides you in setting your intentions through meditation, restorative yoga and 75 minutes all to yourself. Take advantage of this calm and nurturing environment to bring forth your visions for 2023!

Saturdays January 14 | 21 | 28

\$33.00 for all 3 sessions or \$15.00 for 1

Times: 9:00-10:15 am

Location: The Drill Hall



CORE Teen & Adult.

Ages 13+

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, as well as 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 9:00 to 5:00 pm MARCH 11& 12
Youth \$160.00 Adult \$175.00

(12 HOUR COURSE, 2 HOUR EXAM, INCLUDES MANUAL)



Jr. ATHLETICS

Ages 6 to 9

A great program to introduce and practice key Fundamental Movement Skills for multi-sport. Our winter program will focus on skills and drills for basket ball and baseball along with agility, balance and fitness activities.

Tuesdays 11:05 to 11:50 pm
JANUARY 17 TO FEBRUARY 21

\$49.50
for each Jr. program

Jr. DANCE CLUB

Ages 8 to 12

This club will have child singing and dancing all the way home. Join Instructor Sheryl Hay for Music, Moves and Mind set that help create healthy, positive and confident kids. Dancers will develop their physical literacy skills through beats, rhythms and songs that inspire their body to move. This session will also include drumming.

Wednesdays 3:45 to 4:30 pm
FEBRUARY 8 TO MARCH 15

ALL YOUTH PROGRAMS AT THE DRILL HALL



UNPLUG & PLAY WEEK JANUARY 21-29

Free Family Events sponsored by
Enderby & District Recreation Services



SATURDAY JANUARY 21

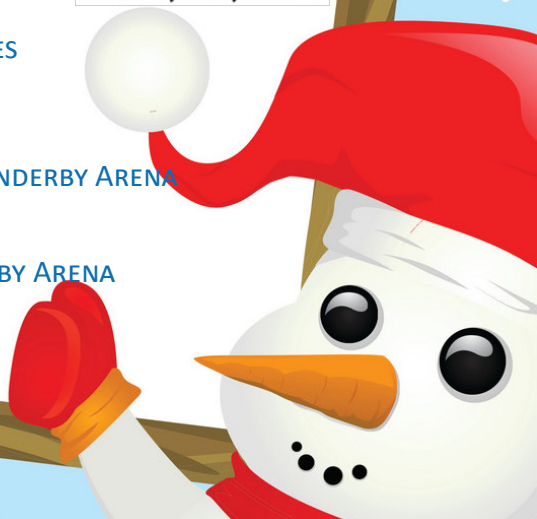
BOOKS, BOARD GAMES & BODY MOVES
10:30AM-12PM @ DRILL HALL

TUESDAY JANUARY 24

STORYBOOK SKATE 2:00-3:30PM @ ENDERBY ARENA

SUNDAY JANUARY 29

JERSEY SKATE 2:00-3:30PM @ ENDERBY ARENA



FAMILY DAY FEBRUARY 20

Free Fun Family Activities brought to you by Enderby & District Recreation Services

FAMILY SKATING 10:00-11:30 AM

MUST HAVE SKATES - HELMETS STRONGLY RECOMMENDED

FAMILY SHINNY 11:30-12:00 PM

MUST HAVE HELMET, SHIN PADS, GLOVES, AND STICK

CRAFTS & GAMES 10:00-11:30 AM

UPSTAIRS IN CURLING LOUNGE

BUILD A SNOWMAN 10:00-11:00 AM

DIAMOND #3 - MUST BRING YOUR OWN SNOWMAN ITEMS

TRY FAMILY CURLING 10:30-12:00 PM

MUST HAVE CLEAN INDOOR SHOES - SOME EQUIPMENT AVAILABLE

