

2023



# SUMMER

MAY TO SEPTEMBER



## RECREATION GUIDE

### SWIMMING LESSON REGISTRATION

APRIL 29 2023 - LOCAL RESIDENTS

MAY 1 2023 - ALL COMMUNITIES

MAY 2 2023 - PHONE IN



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 ½ 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 lifeguards and pool toys.

### MAY & JUNE

**Mondays & Wednesdays 4:15-6:15 pm**

**Saturdays & Sundays 11:30-1:30 pm or 3:45-5:45 pm**

### JUNE TO AUGUST

**Saturday & Sunday 11:30-1:30 or 3:45-5:45 pm**

**Cost: \$80.75/ hour (max 50 swimmers)**

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)*

# SWIMMING LESSON CONVERSION CHART



**2023  
NEW SWIM  
PROGRAM**

*Please make sure you know the level your child will be in this season prior to registration.*

**NOTE WE ARE CHANGING FROM  
RED CROSS SWIM TO LIFESAVING SOCIETY**

If your child....	Register in Lifesaving Society:	Previously in Red Cross Swim:
Is 4 to 12 months old and ready to learn to enjoy the water with parent...	<b>Parent &amp; Tot 1</b>	Starfish
Is 12 to 24 months old and ready to learn to enjoy the water with parent...	<b>Parent &amp; Tot 2</b>	Duck
Is 2 to 3 years old and ready to learn to enjoy the water with a parent...	<b>Parent &amp; Tot 3</b>	Sea Turtle
Is 3 to 5 years and just starting out on his or her own.... If 5 years+...	<b>Preschool 1</b> <b>Swimmer 1</b>	Sea Otter
Can get in and out and jump into chest-deep water assisted; float and glide on front and back; blow bubbles and get face wet... If 5 years+...	<b>Preschool 2</b> <b>Swimmer 1</b>	Salamander
Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec.... If 5 years+...	<b>Preschool 3</b> <b>Swimmer 1</b>	Sunfish
Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back... If 5 years+...	<b>Preschool 4</b> <b>Swimmer 1</b>	Crocodile
Can do solo jumps into deep water; swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side... If 5 years+...	<b>Preschool 5</b> <b>Swimmer 2</b>	Whale

If your child....	Register in Lifesaving Society:	Previously in Red Cross Swim:
Is 5 to 12 years and just starting out...	<b>Swimmer 1</b>	Swim Kids 1
Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath, and exhale underwater; float, kick and glide on front and back...	<b>Swimmer 2</b>	Swim Kids 2
Can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position; and swim 10 m on front and back...	<b>Swimmer 3</b>	Swim Kids 3
Can tread for 30 sec.; do kneeling dives and front somersaults; 10 m whip kick on back; and swim 15 m front crawl and back crawl...	<b>Swimmer 4</b>	Swim Kids 4 Swim Kids 5
Can complete the Canadian Swim to Survive Standard: Roll – Tread (1 min.) – Swim (50 m); dive; swim underwater; 15 m whip kick on front; breaststroke arms with breathing; and swim front and back crawl 25 m...	<b>Swimmer 5</b>	Swim Kids 6
Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50 m front and back crawl; breaststroke for 25 m; sprint 25 m; interval training 4 x 50 m...	<b>Swimmer 6</b>	Swim Kids 7
Can do stride entries and compact jumps; legs-only surface support for 45 sec.; sprint 25 m breaststroke; swim 100 m of front crawl and back crawl and 300 m workout...	<b>Swimmer 7 / Rookie Patrol</b>	Swim Kids 8
Preferred successful completion – Swimmer 7 / Rookie Patrol	<b>Swimmer 8 / Ranger Patrol</b>	Swim Kids 9
Preferred successful completion – Swimmer 8 / Ranger Patrol	<b>Swimmer 9 / Star Patrol</b>	Swim Kids 10
Preferred successful completion – Swimmer 9 / Star Patrol	<b>Bronze Star</b>	

# SWIMMING LESSON REGISTRATION

APRIL 29TH 9:30 TO 2:30 ENDERBY &  
AREA F

MAY 1ST 2:30 TO 5:30  
ALL COMMUNITIES

MAY 2ND  
PHONE IN

Phone registration will be in the order  
the calls come in/ Messages.  
Please do not call repetitively

## 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)

# SWIM LESSONS JUNE TO JULY

AM	June 26-29
9:30-10:15	Adult Beginner Adult Strokes

PM	AfterSchool - June 12-22	
4:00-4:30	Preschool 1	Swimmer 1
4:30-5:00	Preschool 3	Swimmer 4
5:00-5:30	Preschool 2	Swimmer 2/3
5:30-6:00	Preschool 1	Private-A
6:00-6:30	Preschool 4/5	Private -B
		Swimmer 5/6
		Private-C

PM	AfterSchool - June 12-22	
4:00-4:30	Preschool 1	Swimmer 1
4:30-5:00	Preschool 3	Swimmer 4
5:00-5:30	Preschool 2	Swimmer 2/3
5:30-6:00	Preschool 1	Private-A
6:00-6:30	Preschool 4/5	Private -B
		Swimmer 5/6
		Private-C

AM	Session I - July 3-13	
9:30-10:00	*Parent / Tot	Swimmer 4
10:00-10:30	Preschool 1	Swimmer 5/6
10:30-11:00	Preschool 3	Swimmer 2
11:00-11:30	Preschool 2	Swimmer 3
11:30-12:00	Preschool 1	Swimmer 1
12:00-12:30	Preschool 4/5	Private-A
		Private -B
		Swimmer 1
		Private-C
		Private-D
		Private-E

PM	Session I - July 3-13	
3:45-4:15	Preschool 2	Swimmer 4
4:15-4:45	Preschool 1	Swimmer 2/3
4:45-5:15	Swimmer 1	Private-F
5:15-5:45	*Parent / Tot	Private-G
5:45-6:15	Preschool 3	Private-H
		LSS Bronze Programs See Advanced Programs

AM	Session II - July 17-27	
9:30-10:00	Preschool 1	Swimmer 3
10:00-10:30	Swimmer 1	Swimmer 5/6
10:30-11:00	*Parent / Tot	Swimmer 2
11:00-11:30	Preschool 2	Preschool 3
11:30-12:00	Preschool 1	Swimmer 4
12:00-12:30	Preschool 4/5	SWIM PATROL Rookie Ranger / Star
		Private-A
		Private -B
		Private-C
		Private-D
		LSS Bronze Programs See Advanced Programs

PM	Session II - July 17-27	
3:45-4:15	*Parent / Tot	Swimmer 4
4:15-4:45	Preschool 1	Private-E
4:45-5:15	Swimmer 1	Private-F
5:15-5:45	Preschool 2/3	Private-G
5:45-6:15	Swimmer 2/3	Private-H
		LSS Bronze Programs See Advanced Programs

AM	Session III - *July 31- Aug. 3/ Aug. 8-11		
9:30-10:00	*Parent / Tot	Swimmer 2	Private-A
10:00-10:30	Preschool 2	Swimmer 3	Private -B
10:30-11:00	Preschool 1	Swimmer 5/6	Private-C
11:00-11:30	Preschool 3		Swimmer 4
11:30-12:00	Preschool 4/5	Preschool 1	Swimmer 1
12:00-12:30	Preschool 2	Private-D	Private-E

AM	Session IV - August 14-24		
9:30-10:00	Preschool 1	SWIM PATROL Rookie Ranger / Star	Private-A
10:00-10:30	Preschool 3		Private -B
10:30-11:00	Preschool 2	Swimmer 4	Swimmer 5/6
11:00-11:30	Preschool 4/5	Swimmer 1	Private-C
11:30-12:00	Preschool 1	Swimmer 2/3	
12:00-12:30	*Parent / Tot	Preschool 2	Private-D

PM	Session III - * July 31- Aug. 3/ Aug. 8-11		
3:45-4:15	Private-F	Private-J	LSS Bronze Programs See Advanced Programs
4:15-4:45	Private-G	Private-K	
4:45-5:15	Private-H	Private-L	
5:15-5:45	Private-I	Private-M	
5:45-6:15			

PM	Session IV - August 14-24		
3:45-4:15	*Parent / Tot	Private-E	SWIM PATROL Rookie Ranger / Star
4:15-4:45	Preschool 1	Private-F	
4:45-5:15	Swimmer 1	Swimmer 2/3	Jr. Lifeguard Club
5:15-5:45	Preschool 2/3	Private-G	
5:45-6:15	Swimmer 4	Private-H	

AM	August 28-31	
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

\*\*Registration for this set starts July 24th




Program	Class	Week	Session	Includes
Private	\$22.00	\$88.00		2 hours = 4x 30min sessions (1:1)
Semi-Pv	\$15.00	\$60.00		2 hours = 4x 30min sessions(1: 2 or 3)
Parent/ Tot	Max 8	\$24.00	\$48.00	4 hours, progress book & Sticker
Preschool	Max 4-5	\$28.00	\$56.00	4 hours, progress book & Sticker
Swimmer 1-4	Max 5-6	\$28.00	\$56.00	4 hours, progress book (sticker or badge)
Swimmer 5/6	Max 8	\$34.00	\$68.00	6 hours, progress book (sticker or badge)
Swim Patrol	Max 8		\$90.00	8 hours, chart, (sticker or badge)
Jr. Lifeguard	Max 10		\$105.00	10 hours, Booklet, stickers & Youth Night
Bronze star	Max 10		\$97.50	10 hours, workbook
Br. Medallion	Max 12		\$215.00	20 hours, manual, workbook, pocket mask
Br. Cross	Max 12		\$185.00	20 hours, workbook (pocket mask- add \$15)

# MAY 23 TO JUNE 30

# JULY 1 TO SEPT 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
POOL CLOSED	AQUA FIT 8:15-9:15am	Aqua Power 7:00-8:00am Lap Swim 8:15-9:30am	AQUA FIT 8:15-9:15am	Boot Camp 7:00-8:00am Lap Swim 8:15-9:30am	AQUA FIT 8:15-9:15am	POOL CLOSED
	AQUA MAN 9:15-10:00am	<b>School District #83 Lessons</b> 9:30am-2:00pm				
Available for RENT 11:30-1:30pm	Private & Homeschool Lessons					Available for RENT 11:30-1:30pm
Public Swim 1:30-3:30	Cleaning Closure 2:00-3:00pm					Public Swim 1:30-3:30
Available for RENT 3:45-5:45pm	Toonie Swim 3:00-4:00pm				Available for RENT 3:45-5:45pm	
POOL CLOSED	For Rent 4:15-6:15pm	SWIM CLUB 4:30-6:30pm	For Rent 4:15-6:15pm	SWIM CLUB 4:30-6:30pm	SWIM CLUB 4:30-6:30pm	POOL CLOSED
	After School Lesson Set June 13-16 / 20-23 (4:00-6:30pm)					
	Public Swim 6:30-8pm \$2 after 7:15pm	Aqua Boot Camp 6:45-7:45pm POOL CLOSED	Public Swim 6:30-8pm \$2 after 7:15pm	Aqua Power PLUS 6:45-7:45pm POOL CLOSED	Public Swim 6:30-8pm \$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 \$80.75/ 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 Shallow / Deep 8:15-9:15am	LAP SWIM 8:15 - 9:30am	AQUA FIT Shallow / Deep 8:15-9:15am	LAP SWIM 8:15 - 9:30am	AQUA FIT Shallow / Deep 8:15-9:15am	
Available For RENT 11:30-1:30	<b>Group &amp; Private Swim Lessons</b> 9:30am-12:30pm				LAP SWIM 9:30-11:00	Available For RENT 11:30-1:30
	LAP SWIM 12:30-1:30		LAP SWIM 12:30-1:30		Facility Cleaning	
 <b>Public Swim</b> 1:30-3:30pm						
Available For RENT 3:45-5:45	<b>Swim Lessons and Advanced Courses</b> 3:45-6:15pm				Advanced Courses & Special Events	Available For RENT 3:45-5:45
POOL CLOSED	Public Swim 6:30-8pm \$2 after 7:15pm	AQUA BOOTCAMP 6:45-7:45pm	Public Swim 6:30-8pm \$2 after 7:15pm	AQUA POWER PLUS 6:45-7:45pm	Public Swim 6:30-8pm \$2 after 7:15pm	POOL CLOSED
	For Pool Information - Call (250) 838-9256					

## LAP SWIMMING

New this season- LANE ROPES! Lap swimming will look a little different this summer, there will be a fast, medium, and two casual lanes for the morning lap swim times and open lane swimming for our summer lunch laps.

Tuesday & Thursday 8:15-9:30am  
 Fridays starting in July 9:30-11:00 am  
 July & August Monday & Wednesday – 12:30-1:30pm



# SPECIAL EVENTS

## National Life Jacket Day

On May 19, 2023, 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 trip!



*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:*



## SAFE BOATING WEEK

MAY 20 TO 26, 2023

### June 18 to 25, 2023

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.**

WATER SAFETY WEEK

# YOUTH NIGHTS

AGES 9-13

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

JUNE 23  
TEAM SPIRIT

JULY 28  
CIRCUS TIME

AUGUST 26  
STAR WARS

6:30 TO 8:00 PM

COST:\$10.00 PER CHILD



# ADVANCED

# COURSES



## JR LIFEGUARD CLUB

### SESSION I

June 12-15/19-22 + Youth Night June 23  
@ 4:00 - 5:15 pm

### SESSION II

August 15-18/22-25 @ 5:00 - 6:15 pm

**Cost: \$105.00 / 9 sessions**

*(Includes journal & stickers & Youth Night)*

*(Pre Req. Age 8+ with Swimmers 4/ Swim Kids 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.

## 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 3-7  
(4:15-6:15 pm)

COST: \$97.50/ 5 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 July 11-14/18-21  
(3:45-6:15 pm)

COST: \$215.00 / 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

July 25-28/August 1-4 (3:45-6:15 pm)

COST: \$185.00 /20 hours  
*(Includes workbook and exam)*

*\$15.00 extra if pocket mask is required*





# AQUATIC FITNESS

## AQUA MAN

*(NEW Class just for MEN)*

Guys - It is time to see what all the whoopla is about. Take the plunge and join us for a Men's only class where you will explore the Liquid Gym and the many advantages of water workouts. Once you jump in – you will want to join our regular summer Aqua fit programs.

**Monday 9:15 - 10:15 am (May 29 to June 19)**

## AQUA FIT

*(Shallow and 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**

**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 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)**

## 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 (July & August)**

## 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 theme music, choreography and costumes.

**Friday June 30 "Canada Proud"**

**Friday July 28 "Circus Under the Big Top"**

**Friday September 1 "Out of this World"**

**\*\*Note ALL participants must complete a 2023 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.**

# CHAIR FITNESS

*(Mild to Moderate Intensity)*

Mondays focus is Balance and Strength with both seated and standing moves that will promote flexible joints and stronger muscles. Resistance equipment is optional.

**Monday 9:45 - 10:30 am @ the Drill Hall**

# TABATA & TONE

*(Moderate to High Intensity)*

Start your week off with 30 minutes of Tabata (short periods of high intensity exercise alternated with short break periods of rest) followed by body weight toning and stretching to lengthen muscles.

**Mondays 8:30 - 9:30 am @ the Drill Hall**

# CHAIR FITNESS

*(Mild to Moderate Intensity)*

Wednesday's Chair class will focus on Mobility and Flexibility with a variety of seated and standing moves to work on safe joint movement and lengthening of muscles.

**Wednesday 9:45 - 10:30 am @ the Drill Hall**

# BOOTY & CORE

*(Moderate 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.

**Wednesday 8:30 - 9:30 am @ the Drill Hall**

# BOOT CAMP

*(Moderate to High Intensity)*

Our Outdoor class has moved to Barnes Park where you will be able to access more equipment, space and FUN. Check in at the Pool office then enjoy Fresh Air Fitness at its best.

**Thursdays 8:30 - 9:30 am @ Barnes Park**

# FREE WALKING CLUB




*(Self Guided)*

Our Walking Club is growing and meet your friends (and bring your 4-legged friends) to take a brisk and adventurous stroll through Enderby & Area. Join our step & KM challenge to see how far you travel this spring

**Thursdays 10:00 am Meet @ Visitor Centre**

# LAND FITNESS

## MAY 23 TO JUNE 23

Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:30am TABATA & TONE		8:30-9:30am BOOTY & CORE	8:30-9:30am BARNES PARK BOOT CAMP	8:30-9:30am YOGA
9:45-10:30am CHAIR FIT		9:45-10:30am CHAIR FIT	9:45-10:15 Lil' Outdoor Athletics	9:30-10:30am Yoga in MARA
				
<b>Community Better Challenge - June 1-30</b> <b>Let's get ACTIVE IN ENDERBY</b>				
				
<b>Fitness Classes</b>	<b>Single Time</b>	<b>5x</b>	<b>10x</b>	<b>20x</b>
Senior (60+)	\$6.00	\$30.00	\$54.00	\$100.00
Adult (18+)	\$7.00	\$35.00	\$63.00	\$110.00
<b>Indoor Classes @ the Drill Hall</b>				
<b>Outdoor Programs @ Barnes Park</b>				
<b>YOGA @ Mara Community Hall</b>				

# YOGA

*(Mild to Moderate Intensity)*

Our Friday Yoga practice has moved into a Yoga Flow with modifications to meet everyone's needs. Finish your week with grounding, mind set, stretching and breath work that will leave you feeling great.

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

# YOGA IN MARA

*(Mild to Moderate Intensity)*

Join Lori at Mara Community Hall for calming 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.

**Fridays 9:30 - 10:30 am @ The Mara Community Hall**

# Enderby & District Recreation Services

702 Railway Street

PO Box 1000

Enderby BC, V0E 1V0

Phone: 250-838-2665

[recreation@enderby.ca](mailto:recreation@enderby.ca)

[www.enderbyrecreation.com](http://www.enderbyrecreation.com)

FOR OUR MOST CURRENT  
INFORMATION



ENDERBY OUTDOOR POOL  
ENDERBY & DISTRICT RECREATION  
SERVICES

## LIL' OUTDOOR ATHLETICS

*(3 to 5 years)*

This program is a high energy 30min OUTDOOR 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, jumping, skip, throw, catch, and more to prepare them for future sports and a love for being active.

**Thursday May 18 to June 22 at Barnes Park**

**9:45 - 10:15 am Cost \$37.75 (6 classes)**

