

2023 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.

COST: \$35.75 (6 CLASSES)

Mondays

SESSION I SEPT 11 TO OCT 23
SESSION II OCT 30 TO DEC 4
11:00 TO 11:30 AM
@ THE DRILL HALL

Thursdays

SESSION I SEPT 14 TO OCT 19
SESSION II OCT 26 TO NOV 30
1:30 TO 2:00 PM
@ THE DRILL HALL

Fridays

OCT 3 TO NOV 7
10:15 TO 10:45 PM
@ MARA HALL

LIL' DANCE PARTY

Ages 2 to 5

(with parent/guardian participation)

We have added the Dance Party sessions because what is more fun then moving and grooving with your kids? And it is a great way to introduce your little one to the Lil' Dance Club. We have 2 sessions available for you to dance, play and move to the beat.

Wednesday
September 13 & 20

11:00 TO 11:30 AM @ THE DRILL HALL
COST: \$5.00 PER CLASS



LIL' DANCE CLUB

Ages 3 to 5

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

Wednesday
October 11 to November 15

11:00 TO 11:30 AM @ THE DRILL HALL
COST: \$37.75 (6 CLASSES)



JR ATHLETICS

Ages 6 to 8

A great program to introduce and practice key Fundamental Movement Skills for multi-sport. Our fall program will practice skills for basket ball, baseball and soccer along with agility, balance, fitness & coordination for all recreation and sport activities.

Thursdays September 14 to October 19

2:15 TO 3:00 PM @THE DRILL HALL COST: \$49.50 (6 CLASSES)



JR FIT CLUB

Ages 9 to 12

Here is a COOL class to 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.

SESSION I 4:30 TO 5:15 PM

Tuesday Oct 10 to Nov 21

SESSION II 2:15 TO 3:00 PM

Thursday Oct 26 to Nov 30

@THE DRILL HALL COST: \$49.50 (6 CLASSES)

No Class October 31

JR DANCE CLUB

Ages 6 to 10

It is time to get a GROOVE ON with this exciting 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.

Participants will be invited to participate in the Monster Mash Flash Mob on Oct. 31st

Tuesdays

October 10 to November 21

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

No Class October 31



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 3 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.

Tuesdays September 12/19/26

4:00 TO 5:00 PM @ RIVERSIDE PARK DIAMOND #1 COST: \$20.00



Teen & Adult **C.O.R.E COURSE**

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, 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 14 & 15 8:00 - 5:00 PM

@ THE VISITOR CENTRE

Cost: Youth \$165.00

Adult \$185.00



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 November 4 9:00 - 2:00 pm

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

@ the Visitor Center (Upstairs)

BABY SITTING COURSE



(Ages 11 to 15)

Participants will learn child care for babies, toddlers, pre-school and school aged children. They also learn first aid, injury prevention, leadership and even business skills to acquire baby sitting jobs.

Saturday October 28 9:00 to 3:00pm

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

@ the Visitor Centre (Upstairs)

Fun HOCKEY

Ages 5 to 11 (with full equipment)



This popular non-competitive hockey program now includes a younger age group! This program is geared to kids with some previous skating experience and desire to play hockey for FUN. Players will participate in skating enhancement drills, hockey skills and scrimmages – all under the supervision of Coaches and Community Volunteers. Players must have full equipment including a CSA approved helmet.

An Ice Hawks jersey is supplied for the season.

Fall Session

FRIDAYS SEPT 29 TO NOV 24

Lil's (age 4 to 6) 3:15-4:00 pm \$70.00
 Junior's (age 7 to 9) 3:15-4:00 pm \$70.00
 Senior's (age 9 to 12) 4:00-5:00 pm \$85.00
 CXL : November 17



Winter Session

MONDAYS JAN 15 TO MARCH 4

Lil's (age 4 to 6) 3:30-4:30 pm \$80.00
 Junior's (age 7 to 9) 3:30-4:30 pm \$80.00
 CXL : February 19

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

PUBLIC Skating **FREE**

PUBLIC SKATING STARTS SEPTEMBER 19 2023

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



Sunday | Tuesdays | Thursdays **2:00 TO 3:30 PM**

CANCELLED NOV 19 | DEC 17/26 | JAN 7/14/21/28 | FEB 4/18 | MAR 3/10/17

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

CANCELLED NOV 17 | DEC 15 | JAN 5/12/26 | FEB 2/16

HALLOWEEN COSTUME SKATE

TUESDAY OCTOBER 31 2:00 TO 3:30 PM



PARENT & TOT SKATE

(2+ with parent or guardian. all participants on ice must have helmet & skates)

Bring your little ones out for some fun and adventure on ice. This is a semi-structured program with games, stations and activities to inspire your tots to explore the fundamental movement skill of skating. Pre-registration is required for the 8 sessions. Bring up to 3 kids / registration ages 5 and under.

\$40.00 (8 SESSIONS)

WEDNESDAYS OCTOBER 4 TO NOVEMBER 22 11:00 TO 11:45 AM



Youth SHINNY HOCKEY

Must have helmet, skates, stick & shin pads

This program is semi-structured with an adult supervisor to help organize teams and keep things running smoothly.

Full equipment **NOT** encouraged.

JUNIOR SHINNY (AGES 9-11)

SENIOR SHINNY (AGES 12-15)

WEDNESDAYS

MONDAYS

OCT 18 TO DEC 6 3:00 TO 4:00 PM **OCT 16 TO DEC 4 3:30 TO 4:30 PM**

\$45.00 (8 SESSIONS)

Skating FOR FITNESS

(NEW PROGRAM in 2024)

Do you want to get more out of your skating sessions? We are looking at offering this new program in 2024.

Take part in 3 x 45min sessions to work on fine tuning your existing skills and developing new skills to help you increase your flexibility, strength and stamina. This program is for skaters 14 years and older and is suitable for novice, intermediate and advanced levels of skaters.

We have an interest list for this program.

To sign up call or e-mail Enderby & District Recreation Services

Skating LESSONS



Our Learn to Skate Program has 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 unnassisted. 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.**

PRIVATE CLASSES

Private skating lessons consist of 3 classes.

Register for either a 1:1 instruction or a small class of maximum 3 skaters **with similar abilities**

Session SCHEDULE

Thursdays Oct. 5 -Nov. 9 (6 classes)

Time	1	2	3
3:00-3:30	Ice Puppies	Ice Puppies	Public Skate
3:30-4:00	Penguins	SK-1	SK-4
4:00-4:30	Polar Bears	SK-2	SK-1
4:30-5:00	Penguins	SK-3	

Saturdays Oct. 14-Dec. 2 (no class Nov. 11 & 18)

Time	1	2	3	4
9:00-9:30	Ice Puppies	Penguins	SK-2	SK-3
9:30-10:00	Polar Bears	SK-1	SK-3	SK-4
10:00-10:30	Ice Puppies	Polar Bears	SK-2	Teen / Adult
10:30-11:00	Huskies	Penguins	SK-1	

Thursdays Nov. 16 / 23 / 30

3:30-4:00	Teen Intro 2 Sk8	Private A	Private B
4:00-4:30	Games & Obstacles	Private C	Private D
4:30-5:00	Stick n Puck	Private E	Private F

SKATING LESSONS

30 Minute Class \$56.75

45 Minute Class \$85.00

* Cost is for 6 classes

PRIVATE & SPECIALTY

30 Minute (1 person) \$66.00

30 Minute (2 to 3 people) \$45.00

Specialty Class \$30.00

* Cost is for 3 classes

Winter Skating Lesson Dates coming November 2023

SPECIALTY CLASSES

We are excited to offer some fun specialty skating classes in a 3 time session. **Teen Intro 2 Sk8** is for new or beginner skaters ages 13+ wanting to try skating lessons in a quiet and safe space.

Game & Obstacles – practice your skating skills in a lesson filled with fun games and obstacle courses that change each session.

Stick n Puck – is a great chance for kids to learn and practice hand-eye coordination with stick handling drills and shooting practice.

Arena PRICING

PUBLIC SKATING	FREE	
ARENA RENTAL YOUTH	PRIME \$90.50	NON PRIME \$45.80
ARENA RENTAL ADULT	PRIME \$164.40	NON PRIME \$82.20
ARENA RENTAL SENIOR	PRIME \$118.60	NON PRIME \$59.30
ARENA RENTAL FAMILY	PRIME \$97.80	NON PRIME \$48.90

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

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)

NEW SEASON PASS

CHAIR FITNESS	\$198.00	(9 class savings)
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Valid for all Chair Classes, Body Balance & Osteofit

FITNESS SENIOR	\$285.00	(pays for 3 classes per week)
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Can attend 6 classes or more per week

FITNESS ADULT	\$325.00	(pays for 3 classes per week)
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Can attend 6 classes or more per week

CHILD MINDING

4 month +

Are you wanting to attend an exercise program but need someone to watch the kids? We have child minding twice a week to help you get back to your fitness routine. Pre-registration is encouraged and saves you \$\$

Mondays & Wednesday September & October

\$25.00 FOR 10X PASS

DROP IN \$3.00 FOR 1ST CHILD \$2.00 FOR ADDITIONAL CHILDREN

8:30 TO 9:30 AM

@THE DRILL HALL (UPSTAIRS)

Fall Recreation SCHEDULE



September 5th - December 22nd

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				7:15-8:00 BOOT CAMP		
	*Child minding	8:15-9:15 MIND & MUSCLE	*Child minding		8:30-9:30 STRENGTH & STRETCH	8:30-9:30 YOGA FLOW
	8:30-9:30 TABATA & TONE	9:30-10:15 STRENGTH & STRETCH (for MEN)	8:30-9:30 BOOTY & CORE			
				<i>Visitor Center</i>		
	10:00-10:45 CHAIR STRENGTH	9:00-10:00am MARA FITNESS	10:00-10:45 CHAIR GROOVE	10-10:45 FREE WALKING CLUB	10:00-10:45 CHAIR STRETCH	*9:45-10:30 MOM & BABY YOGA
		*11:00-11:30 Lil' Athletics	*11:00-11:30 Lil' Dance Club	12:30-1:15 CARDIO & CORE	10:00-11:00 BOOT CAMP (Sept. 8/15/22)	*9:00-11:00 SKATING LESSONS
		*10:15-10:45 MARA Lil' Athletics	*11:00-11:45 P & T Skate	*1:30-2:00 Lil' Athletics		*9:00-2:00 Stay Safe Course (Nov. 4)
	*1:15-2:00 BODY BALANCE		*1:15-2:00 OSTEOFIT	*2:15-3:00 Jr. Athletics Jr. Fit Club		*9:00-3:00 Babysitting Course (Oct 28)
2:00-3:30 PUBLIC SKATING		2:00-3:30 PUBLIC SKATING		2:00-3:30 PUBLIC SKATING	2:00-3:00 PUBLIC SKATING	
CXL when tournaments	*3:30-4:30 SHINNY (12-15)	*3:30-4:15 Jr. Dance Club	*3:00-4:00 SHINNY (9-12)	*3:00-5:00 SKATING LESSONS	*3:15-5:00 ICE HAWKS	
		*4:30-5:15 Jr. Fit Club		5:00-5:45 FIT MIX	6:30-9:00 Volley Ball	
		6:30-7:30 A.L.F - FIT (TBD)		6:30-7:30 MARA YOGA	7:45-8:45 PUBLIC SKATING	
Fitness Fees	Single Time	5x	10x	20x	NEW Season Pass (Sept. to Dec)	
Senior (60+)	\$6.00	\$30.00	\$54.00	\$100.00	\$198.00	Chair classes
Adult (18+)	\$7.00	\$35.00	\$63.00	\$110.00	\$285.00	Regular- Senior
programs with * require pre-registration					\$325.00	Regular - Adult



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.

CHAIR & RECOVERY *Fitness*

There will be no classes September 30, October 9 or November 11

Schedule from September 5 to December 22, 2023

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

A Fun & Functional mix of seated and standing moves, this class has exercises and equipment that works your whole body to promote flexible joints, good posture and stronger muscles.

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

BODY BALANCE

Mild Intensity

This program focuses on fall prevention exercise that build confidence in mobility and strength. Each class has a gentle warm up, functional stations that work on gait, muscle retention, and balance. Finish the class with gentle stretching for joint mobility and relaxation.

1:15-2:00 pm @ 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 with simple and fun choreography to inspire both seated and standing full body movement and dance.

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

OSTEOFIT

*Mild Intensity ** Starting Sept 13*

Osteofit is BC Women's certified exercise, education and falls prevention program for individuals with osteoporosis, low bone density or who are at risk of fractures and falls. This class includes cardio conditioning, balance and agility practices and "osteop safe" resistance training with weights and bands.

1:15-2:00 pm @ The Drill Hall

FRIDAYS

CHAIR STRETCH

Mild to Moderate Intensity

Here is a great class to finish the week. Enjoy both seated and standing exercises designed to improve posture and joint mobility followed with breathing and stretching exercise 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 September 30, October 9 or November 11

Schedule from September 5 to December 22, 2023

MONDAYS

TABATA & TONE

Moderate to High Intensity with heavier weights and ankle weights

Start your week off with interval training TABATA style – 20 seconds on and 10 seconds rest through 4 different moves. This program includes resistance training with ankle weights, dumbbells, and bands.

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

TUESDAYS

MIND & MUSCLE

Moderate Intensity

A 60 minute program that targets different muscle groups each class and focuses on creating a strong mind to muscle connection using proper form and technique for the best results. See and feel the difference with when you put your mind to it.

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

STRENGTH & STRETCH FOR MEN

Moderate Intensity

Our first ever Men's only class – this program is designed to build confidence in participating in an exercise program that includes strength training, mild cardio and flexibility and mobility through stretching.

9:30-10:15 am @ The Drill Hall

FITNESS @ AL FORTUNE

Watch for more information to come on our first ever classes upstairs in the gymnasium at A.L.Fortune

6:30-7:30 pm @ AL Fortune - **STARTING DATE TBA**

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

BOOT CAMP

High Intensity

It is time to step it up with and push a little harder to build cardio endurance and body strength. Work through drills and stations that will target different muscle groups, and build confidence in your abilities. Individual and team work drills keep it fun and motivating.

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

CARDIO & CORE

Moderate to High Intensity

This Lunch Break class is the perfect 45min mid day pick me up. Get the heart pumping with cardio exercise mixed with core strengthening and full body stretches.

12:30-1:15 pm @ The Drill Hall

FREE WALKING CLUB

Mild to Moderate Intensity

Join the *Enderby Explorers* for Fresh Air, Friendship and even four legged Fur babies. This walking group meets at the Visitor Center and heads out on a self guided walk about. Track your steps or time to contribute the seasonal challenge.

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

FIT MIX

Moderate to High Intensity

This popular program adds variety to your fitness routine with a change in class styles each month. Get the benefits of everything from Tabata to Step, Dance, Yoga and more. Monthly schedule will be posted on our website.

5:00-5:45 pm @The Drill Hall

FRIDAYS

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. A great "Feel Good Class"

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

OUTDOOR BOOT CAMP

Moderate to High Intensity

Take advantage of the a few more weeks of Fresh Air Fitness with the Outdoor Boot camp at Belvidere Park. Dress for the weather and be ready for muscle work, cardio drills and more.

10:00 - 11:00 am @ The Visitor Centre SEPT 8/15/22

SATURDAYS

YOGA FLOW

Mild & Gentle Class

This practice offers a combination of meditation, breathing techniques and posture alignment. Be guided through traditional and nontraditional postures to restore functional movement throughout the body, resulting in deeper body awareness.

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

MOM & BABY YOGA

*(*pre-registration required for mom's and babies not yet crawling or walking)*

A great practice for mommas and babies 6 - 8 weeks postpartum (also before the baby is crawling/walking). This is a very gentle practice that allows mom and baby some one on one using songs, sounds, movement and gentle yoga postures. A wonderful practice to meet other moms and bring movement back into the body.

9:45-10:30 am @The Drill Hall

SEPTEMBER 16 TO OCTOBER 28

\$42.00 /6 Classes or \$10.00 drop in *May be extended if enough interest

DROP IN Volleyball

Ages 13+ with indoor shoes

Enderby Recreation Services is excited to bring fun volleyball back to our community. Join us Friday nights for mixed recreational drop-in and watch for recreational league play starting in the New Year. Play for fun, exercise or just for the social aspects, you can't beat volleyball!

Fridays - Start Date TBA

6:30 TO 7:30 PM	TEEN (13 TO 18 YEARS)	\$2.00
7:30 TO 9:00 PM	ADULT (19+)	\$5.00

SpecialEVENTS

BC RIVERS DAY Clean up

ON THE 4th SUNDAY OF EVERY SEPTEMBER. World Rivers Day is a celebration of the world's waterways. It highlights the many values of rivers and strives to increase public awareness and encourages the improved stewardship of rivers around the world. Join us for the annual Shuswap River Clean-up. Meet at the Visitor Center to pick an area to clean and preserve. Coffee & snacks provided and you can enter the draw for a fabulous gift basket.

**SUNDAY SEPTEMBER 24 10:00 TO 12:00 PM
@ THE VISITOR CENTRE**

DAD & DAUGHTER Dance

Ages 7 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

Friday November 3 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!

SUNDAY DECEMBER 10 2:00-3:30 PM @ THE ENDERBY ARENA

Witches DANCE & MONSTER Mash

We are carrying on the tradition of the annual Witches dance – with the addition of the Kids Monster Mash. Come learn the easy to follow steps and get your costume ready for a freaky, fun Flash Mob on Main Street this Halloween

**REHEARSAL - OCT 30
3:15 TO 4:15 PM
@ THE DRILL HALL**

**EVENT - OCT 31
3:00 PM MEET
@ THE VISITOR CENTRE**

FREE

