



Winter

RECREATION GUIDE

2024



250.838.2665 | RECREATION@ENDERBY.CA

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. Preregistration is required for the 8 sessions. Bring up to 3 kids / registration ages 5 and under.

Wednesdays– Jan. 17 – Feb. 28 1:00-1:45 pm

Cost: \$35.00 (7 classes)

Public Skating

FREE

No Skate rentals.
No sticks/pucks.

Sunday 2:00-3:30 pm

Tuesday 2:00-3:30 pm

Thursday 2:00-3:30 pm

Friday 2:00-3:30 pm & 7:45-8:45 pm

Cancelled: Jan 4, 7, 21, 26, 28, Feb 2, 4, Mar 8, 17

Helmets strongly recommended.

All persons on ice must be in skates (no shoes)



NEW ADULT & SENIOR SHINNY

(ages 19+)

This new program is open to Adult and Seniors who want to enjoy some Good Old Stick 'n' Puck on the best ice in BC. Players will organize themselves into teams and self-referee. Helmet, skates, gloves and Shin guards are required. *Full equipment not encouraged. This program requires preregistration and signing an activity waiver.

Wednesdays Jan. 10 – March 13 **1:45-2:45 pm**

Cost: \$65.00 (10 sessions) or \$8 pre-paid drop-in/ session.

Please sign up and pay at the Enderby Recreation Office. \$\$ will not be collected by arena attendants.

PRE REGISTERED YOUTH SHINNY

(ages 9-12yrs)

This will be a supervised fun shinny 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. Ice Hawks Jersey supplied for season.

Wednesdays Jan. 10 – March 13 **Time: 3:00-4:00pm**

Cost: \$55.00 (10 sessions) or \$6 pre-paid drop-in/ session

ICE HAWKS

(4-9yrs with full equipment)

This popular program puts the FUN in Recreation Hockey. 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. (Jersey provided, but must be returned)

Mondays Jan. 8– March 4 (8 practices - no practice Feb. 19)

Lil's (4-6yrs) 3:30-4:15pm Cost: \$65.00

Junior's (7-9yrs) 3:30-4:30pm Cost: \$80.00



Skating Lessons



Level	Ages	Abilities
ICE PUPPIES	2.5-5	No previous skating experience (*parent participation encouraged). Skaters will learn standing, 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.

Skating Lessons

(mitts and properly fitted helmet required.)

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 to learn and enjoy ice skating.

Thursdays Jan. 18- Feb. 22

Cost: \$56.75 for 30 min classes & \$85.00 for 45 min classes
everyone on the ice must have a properly fitting helmet & Skates

Thursdays Jan. 18- Feb. 22

Time	1	2	3
3:00-3:30	Ice Puppies	Penguins	
3:30-4:00	Polar Bear	SK-1	SK-2
4:00-4:30	Ice Puppies	SK-3	SK-4
4:30-5:00	Penguins	SK-1	SK-2

Thurs. Feb. 29 / March 7 & 14

Time	Ice Puppies	
3:00-3:30	Ice Puppies	
3:30-4:00	Private A	Private B
4:00-4:30	Private C	Private D
4:30-5:00	Private E	Teen / Adult Fitness Skate

Thursdays
Feb. 29, March 7 & 14

Cost: Ice Puppies \$28.50
Private
\$66.00 (1 persons)
Semi-Private
\$45.00 (2-3 people)
Teen / Adult \$42.50



YOUTH PROGRAMS

LIL' ATHLETICS

(3-5yrs with comfy footwear & water bottle)

This program is a high energy 30min session led by a Fundamental Movements Instructor that will have your early years child using games and play to improve their physical literacy skills that build self-esteem and confidence. Watch them run, jumping, skip, throw, catch, strike and more to prepare them for future sports and an Active Life.

Drill Hall - Session I- Mondays Jan. 8- Feb. 12 @ 11:00-11:30am

Drill Hall - Session II- Thursdays Jan. 11- Feb. 15 @ 2:00-2:30pm

Mara Hall - Session -Tuesdays Jan. 9 – Feb. 13 @ 11:00 – 11:30 am

Cost: \$40.00 (6 classes)

LIL' DANCE CLUB

(ages 3-5yrs)

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.

Drill Hall Tuesdays Feb. 6 – March 12 @10:30-11:00am

Cost: \$40.00 (6 classes)



JR. ATHLETICS

(ages 6-9yrs)

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

Drill Hall Thursdays Jan. 11- Feb. 15

@ 2:45-3:30pm

Cost: \$50.00

LIL' & JR. OUTDOOR CLUB

(ages 3-5 / 6-9 yrs)

Try our new 3-session Outdoor program that explores physical activity and fun in the Fresh Air. Dress for the weather and be ready for games, drills and challenges that keep the kids moving while practicing and learning physical literacy skills. There are 2 age groups to choose from.

Thursdays Feb. 29, March 7 & 14

Lil.'s @ 2:00 – 2:30 pm Jr.'s @ 2:45 – 3:30 pm

Where: Meet at Visitor Center in Belvidere Park

Cost: Lil.'s \$20.00 Jr.'s \$25.00 (3 classes)



C.O.R.E Course

(13yrs+)

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.

Adult- Saturday & Sunday March 16 & 17 8:00am-5:00pm \$185.00

Youth- Friday, Saturday & Sunday March 22/23/24 9:00am-2:00pm \$165.00

(12hr course, 2hr exam, includes Manual)



Arena Pricing

Public Skating • FREE

Youth Rental • Prime \$90.50 Non Prime \$45.80

Family Rental • Prime \$97.80 Non Prime \$48.90

Adult Rental • Prime \$164.40 Non Prime \$82.20

Senior Rental • Prime \$118.60 Non Prime \$59.30

*Non Prime rate applies Monday to Friday
9:00 am to 3:00 pm*

Arena rental rate is per hour.
Pricing does not include GST or insurance



Fitness Pricing

ADULT

Drop in • \$7.00

5X Pass • \$35.00

10X Pass • \$63.00

20X Pass • \$110.00

SENIOR (60+)

Drop in • \$6.00

5X Pass • \$30.00

10X Pass • \$54.00

20X Pass • \$100.00

SEASON PASS

Jan-Mar

Jan- May



Senior Chair • \$155.00 \$250.00

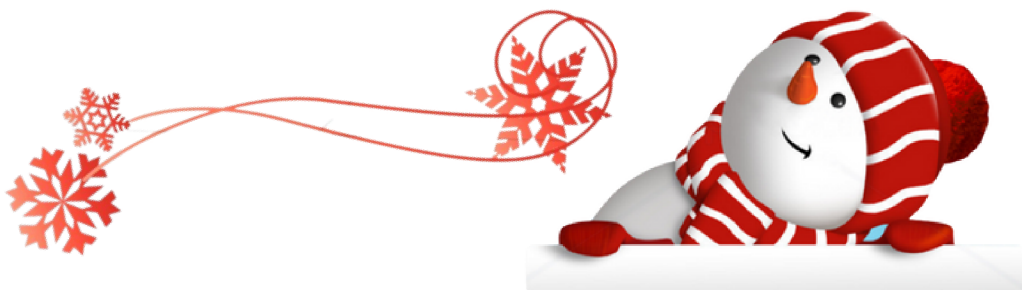
Senior All Classes • \$180.00 \$295.00

Adult All Classes • \$205.00 \$330.00



January 3 to March 15

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		* No class Jan. 9		7:15-8:00 BOOT CAMP		
	<i>*Child minding</i>	8:15-9:15 MIND & MUSCLE	<i>*Child minding</i>		8:30-9:30 STRENGTH & STRETCH	8:30-9:30 YOGA FLOW
	8:30-9:30 TABATA & TONE	9:30-10:15 MEN'S FIT	8:30-9:30 BOOTY & CORE		9:45-10:30 FRESH AIR FIT	
				FREE		
	10:00-10:45 CHAIR STRENGTH	*10:30-11:00 Lil' Dance Club	10:00-10:45 CHAIR GROOVE	10:00-10:45 WINTER WALKING CLUB	10:00-10:45 CHAIR STRETCH	
		*9:00-11:30 MARA PROGRAMS (see guide for info)				
For Arena Rentals Call 250-838-BOOK (2665)	*11:00-11:30 Lil' Athletes					For Arena Rentals Call 250-838-BOOK (2665)
		1:00-1:45 BODY BALANCE	1:00-1:45 OSTEO FIT	1:00-1:45 CHAIR FUSION		
	Monday February 19th 10am-12pm @ Enderby Arena & Curling Club		*1:00-1:45 PARENT / TOT SKATE *1:45-2:45 ADULT / SR. SHINNY *3:00-4:00 YOUTH SHINNY	*2:00-3:30 LIL' & YOUTH PROGRAMS (see guide for info)		
2:00-3:30 PUBLIC SKATING		2:00-3:30 PUBLIC SKATING		2:00-3:30 PUBLIC SKATING	2:00-3:30 PUBLIC SKATING	
CXL when tournaments	*3:30-4:30 Ice Hawks Fun Hockey			*3:00-5:00 SKATING LESSONS	6:30-9:00 DROP-IN SPORTS @ ALF	
	6:00-7:00 FIT MIX @ ALF starts Jan. 15			5:00-5:45 FIT MIX	7:45-8:45 PUBLIC SKATING	
				*6:30-7:30 MARA YOGA	**CXL when tournaments**	
Fitness Fees	Single Time	10x	20x	Season Pass	Jan. 3 – March 22	Jan 3 – May 17
Senior (60+)	\$6.00	\$54.00	\$100.00	Senior - Chair class	\$155.00	\$250.00
Adult (18+)	\$7.00	\$63.00	\$110.00	Senior – All classes	\$180.00	\$295.00
Fitness Passes are good for all Regular Scheduled classes				Adult – All Classes	\$205.00	\$330.00





Stay Safe Course

(9-11yrs)

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.

Wed. March 20 (Spring Break)

Where: 9:30am-2:30pm @ Visitor Center

Cost: \$55.00 (5 hr course, includes Stay Safe Manual and Certificate)

Babysitting Course

(11-15yrs)

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 babysitting jobs.

Thurs. March 21 (Spring Break)

Time: 9:00am-3:00pm @ the Visitor Center

Cost: \$65.00 (6 hr course, includes Babysitter Manual and Certificate)





Wellness Series

RE-START NEW YEAR'S MINGLE & MOTIVATION

Come mingle with our Instructor team and share your motivation and thoughts for 2024. Enjoy light refreshments while you update your PAR-Q, fill in your goal sheet and share your ideas, success and challenges so we can better serve your wellness needs.

Wednesday Jan. 3 @ 11:00-12:00 (Drill Hall) COST: FREE

RE-FRESH(ING) POLAR BEAR DIP

While Cold plunges have many physical and medical benefits – our Polar Bear “Dip” is more of a New Year’s challenge that you may have wanted to check off your bucket list. Come with suit or light clothing you can get wet and a housecoat or warm clothes for after. Warm up and enjoy hot beverages in the Visitor Center afterwards.

All participants will be required to sign an activity waiver form.

Thursday Jan. 4 @ 9:30am (meet at Visitor Center)

COST: Donation for Food Bank

RESTORATIVE YOGA & TEA

Join Amelia as she guides you through a relaxing and restorative 90 minute gentle yoga session followed by warm herbal tea – just in time to get you relaxed and ready for bed. Take advantage of this calm and nurturing environment to bring forth your visions for 2023!

Sunday Jan. 7 @ 6:00-8:00pm (Drill Hall) COST: \$20



**Watch for our Annual February Fitness Challenge
for Heart & Stroke**



Mara Hall Fitness



preregistration required for these programs with a minimum of participants (6) required to run classes
**COST: \$26/ Month per Program for January & February
(4 classes each month)**

GROUP FITNESS & FUN

(moderate intensity)

A new active 45-min program that adapts to the participants needs and interests with a variety of exercises and movement drills to work the body, mind and soul.

Tuesdays 9:00-9:45 am (Mara Hall)

CHAIR –FUSION

(moderate intensity)

A great program for all levels. Start with an active warm-up followed by seated and standing moves that will help maintain and improve mind to muscle connection, as well as improve muscle balance and body posture.

Tuesdays 10:00-10:45 am (Mara Hall)

YOGA FLOW

(mild and 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.

Thursdays 6:00-7:00 pm (Mara Hall)

Chair & Recovery Fitness

Monday

CHAIR STRENGTH

(mild to moderate intensity) 10:00-10:45am (Drill Hall)

Power up your Monday with Chair Strength. Start with an active warm-up followed by seated and standing moves that will help maintain and improve muscle strength and joint mobility.

Tuesday

BODY BALANCE

(Mild intensity) 1:00-1:45pm (Drill Hall)

This program focuses on fall prevention exercise that builds 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 muscle, joint and mind relaxation.

Wednesday

CHAIR GROOVE

(mild to moderate intensity) 10:00-10:45am (Drill Hall)

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.

OSTEOFIT

(Mild intensity) 1:00-1:45pm (Drill Hall)

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 "osteo safe" resistance training with weights and bands.

Thursday

CHAIR FUSION

(moderate intensity) 1:00-1:45pm (Drill Hall)

Our newest Chair class that combines individual exercises with fun partner work. Drills that challenge the mind, muscles and motivate you to stay moving.

Friday

CHAIR STRETCH

(moderate intensity) 10:00-10:45pm (Drill Hall)

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.

Fitness Classes

Monday

TABATA & TONE

(moderate to high intensity)

8:30-9:30am (Drill Hall)

Start your week off with this TABATA style program (short periods of high intensity exercise alternated with short break periods of rest) that includes strength training with weight and resistance drills using a variety of equipment.



FIT MIX @ AL FORTUNE

(moderate to high intensity)

6:00-7:00pm (AL Fortune School Gym-upstairs)

Monday nights will be so exciting with a different workout program every few weeks. This is a great way to add variety to your workout schedule. Classes may include Cardio, Toning, Strength Building, Agility, Yoga and more. Check out the schedule on our social media.

MIND & MUSCLE

(moderate to high intensity) 8:15-9:15am (Drill Hall)

This is an excellent program to get in tune with your body. A different muscle group is targeted each week with a focus on creating a strong mind to muscle connection, using proper form and technique for the best results.

MEN'S FITNESS

(Moderate intensity with modifications) 9:30-10:15am (Drill Hall)

The Men's only class is back – this program is designed to build confidence in participating in an exercise program that includes strength training, mild cardio exercises and flexibility / mobility drills

Tuesday

BOOTY & CORE

(moderate intensity) 8:30-9:30am (Drill Hall)

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

Wednesday

Thursday

BOOT CAMP

(*High intensity with Modifications) 7:15-8:00am (Drill Hall)

It is time to step it up 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.

WINTER WALKING CLUB

(self-guided) 10:00am (meet at the Information Center)

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

FIT MIX

(Moderate to High intensity) 5:00-5:45pm (Drill Hall)

Fit Mix ads variety to your fitness routine with a change in class styles every few weeks. Get the benefits of everything from Tabata to Step, Dance, Yoga and more. Monthly schedule will be posted on our social media.

Friday

STRENGTH & STRETCH

(Moderate to High intensity) 8:30-9:30am (Drill Hall)

Strengthen & balance your muscles groups to improve stability, promote good posture and facilitate everyday living activities. Individual work and stations make this class fun and challenging for all levels. Finish with a lengthy stretch to maintain or increase flexibility and mobility.

FRESH AIR FITNESS

(Moderate intensity)

9:45-10:30am (meet at Visitor Center) starts Jan. 18 & no class Jan. 23

Dress for the weather and breath in that fresh air while enjoying a 45 minute Outdoor Workout. Classes will run in good weather conditions with temperatures above -10.

Saturday

YOGA FLOW

(mild and gentle class) 8:30-9:30am (Drill Hall)

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



EVENTS

Tim Hortons Skate with Santa

Join the Jolly one himself for a Holiday Skat at the Enderby Arena. Tim Horton's will be sponsoring this event, providing FREE hot chocolate & Timbits!

**Sunday December 10
2:00 to 3:30 pm
@ The Enderby Arena**



Unplug & Play Week – January 20-28

Free Family Events sponsored by Enderby & District Recreation Services

**Tues. Jan. 23 - Storybook Skate 2:00-3:30pm
@ Enderby Arena**

**Thurs. Jan. 25 – Jersey Skate 2:00-3:30pm
@ Enderby Arena**

Family Day – Feb. 19

Free Fun Family Activities brought to you by Enderby & District Recreation Services in partnership with Enderby Curling Club & Enderby & District Community Resource Center & your Local Tim Hortons



Family Skating 10:00-11:30am

(must have skates – helmets recommended)

Family Shinny 11:30 -12:00

(must have helmet, shin pads, gloves and stick)

Crafts & Games 10:00-11:30am

Upstairs in Curling Lounge

Build a Snowman – 10:00-11:00am on diamond #3

(bring your own snowman items)

Try Family Curling – 10:30-12:00pm

(clean indoor shoes- some equipment available)

