

# Summer 2024

## RECREATION GUIDE

Swimming Lesson Registration starts April 27



250.838.2665 | RECREATION@ENDERBY.CA

# Refund Policy

A \$10 admin fee for cancelling or changing lessons will be charged per program.

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.

Pro-rated 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.



# Events



## NATIONAL LIFE JACKET DAY

Friday May 17, 2024 is National Life jacket Day, an annual campaign to encourage and promote the use of life jackets and PFD's among boaters. Wear your life jacket or personal flotation device (PFD) this summer and make every outing a return trip!

## DROWNING PREVENTION WEEK

July 14-20 is Drowning Prevention Week. Over 400 Canadians die in preventable water-related incidents annually. Even one drowning is one too many. Join our staff and take part in the **Swim to Survive Challenge** at any Public Swim and your name will be entered in a draw for Family Swim pass.

## YOUTH NIGHTS

(ages 9-13yrs)

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

**Cost: \$10.00/ child**  
**Fridays: 6:30-8:00pm**

**JUNE 21 – WILD WEST**  
**JULY 26 – UNDER THE SEA**  
**AUGUST 23 – NEON GLOW**



# Lesson Description

## Parent & Tot At-a-glance

Especially for children aged 4 months to 3+ years and their parents. Based on the principle "Within Arms Reach", these classes focus on close playful interaction and shared fun between child, parent and water.

### Parent & Tot 1 (4–12 months)

1. Enter & exit the water safely with tot
2. Readiness for submersion
3. Hold tot on front, eye contact
4. Hold tot on back, head & back support
5. Front float (face out) – assisted
6. Back float – assisted
7. Float wearing PFD – assisted
8. Arms: splashing, reaching, paddling, on front & back
9. Legs: tickling, splashing, kicking, on front & back
10. Water Smart Messages

### Parent & Tot 2 (12–24 months)

1. Entry from sitting position - assisted
2. Exit the water – assisted
3. Blow bubbles on & in water
4. Face wet & in water
5. Attempt to recover object below surface
6. Entry from sitting position wearing PFD & return – assisted
7. Front float (face in) – assisted
8. Back float – assisted
9. Kicking on front & back – assisted
10. Surface passes with continuous contact
11. Water Smart Messages

### Parent & Tot 3 (2–3 years)

1. Jump entry – assisted
2. Entry & submerge from sitting position – assisted
3. Exit the water – unassisted
4. Hold breath underwater – assisted
5. Attempt to open eyes underwater
6. Attempt to recover object from bottom
7. Standing jump entry, return to edge – assisted
8. Jump entry & float wearing PFD – assisted
9. Front & back "starfish" floats – assisted
10. Front & back "pencil" floats – assisted
11. Kicking on front & back – assisted
12. Underwater passes
13. Water Smart Messages

**You can spot people who are Water Smart® right away!** They're the ones who know how to swim and behave safely in, on and around water. Swim for Life includes fun, hands on teaching activities that focus on teaching water safety for the whole family. Lessons that will last a lifetime!

### Next Steps:

If your child is under 3 years register in Parent & Tot classes, when they are three years old consider Preschool levels.

# Lesson Description

## Preschool At-a-glance

The Swim for Life Preschool Program gives children a head start on learning to swim. They'll have fun developing the basics to be safe and confident little swimmers. Water Smart® education is part of every Preschool level.

### Preschool 1

1. Enter & exit shallow water - assisted
2. Jump into chest-deep water - assisted
3. Face in water
4. Blow bubbles in water
5. Float on front & back (3 sec. each) - assisted
6. Safe movement in shallow water - wearing PFD
7. Glide on back wearing (3 m. each) - assisted
8. Water Smart Messages

### Preschool 2

1. Enter & exit shallow water wearing PFD
2. Jump into chest-deep water
3. Submerge
4. Submerge & exhale (3 times)
5. Float on front & back (3sec. each) wearing PFD or with buoyant aid
6. Roll laterally front to back & back to front, wearing PFD
7. Glide on front & back wearing PFD (3 m each) wearing PFD or with buoyant aid
8. Flutter kick on back with buoyant aid (5m)
9. Water Smart Messages

### Preschool 3

1. Jump into deep water wearing PFD, return & exit
2. Sideways entry wearing PFD
3. Hold breath under water (3 sec.)
4. Submerge & exhale (5 times)
5. Recover object from bottom in waist -deep water
6. Back float; roll to front; swim 3 m
7. Float on front & back (5 sec. each)
8. Roll laterally front to back & back to front
9. Glide on front & back (3 m each)
10. Flutter kick on back (5 m)
11. Flutter kick on front (3 m)
12. Water Smart Messages

### Preschool 4

1. Jump into deep water, return & exit
2. Sideways entry
3. Tread water 10 sec. wearing PFD
4. Open eyes under water
5. Recover object from bottom in chest-deep water
6. Wearing a PFD, sideways entry into deep water; tread (15 sec.); swim/kick (5 m)
7. Front float; roll to back; swim 5 m
8. Glide on side (3 m)
9. Flutter kick: on front (7 m); on back (7 m); on side (5 m)
10. Front crawl (5 m) wearing PFD
11. Water Smart Messages

### Preschool 5

1. Forward roll entry wearing PFD
2. Tread water (10 sec.)
3. Submerge & hold breath (5 sec.)
4. Recover object from bottom in chest-deep water
5. Wearing PFD, sideways entry into deep water; tread (20 sec.); swim/kick (10 m)
6. Whip kick in vertical position (20 sec.) with PFD or buoyant aid
7. Front crawl (5m)
8. Back crawl (5 m)
9. Interval training: 4 x 5 m flutter kick on back with 30 sec. rests
10. Water Smart Messages

### You can spot people who are Water Smart® right away!

They're the ones who know how to swim and behave safely in, on and around water. Swim for Life includes fun, hands on teaching activities that focus on teaching water safety for the whole family. Lessons that will last a lifetime!

### Next Steps:

**Swimmer 1** - for children turning five or six

**Swimmer 2** - if the child has completed Preschool 5

# Lesson Description

## Swimmer At-a-glance

**Swim for Life Swimmer levels make sure your child learns how to swim before they get in too deep. Each level challenges school aged children 5 years and older to develop safe entries, deep water support, underwater skills, and swimming strokes. Kids learn everlasting healthy habits by getting and staying fit. Swimmer levels include fun, hands on teaching activities that focus on teaching water safety — lessons that will last a lifetime!**

### Swimmer 1

1. Enter & exit shallow water
2. Jump into chest-deep water
3. Jump into deep water wearing PFD
4. Tread water (30 sec.) wearing PFD
5. Hold breath under water (5 sec.)
6. Submerge and exhale (5 times)
7. Open eyes under water
8. Float on front & back (5 sec. each)
9. Roll laterally front to back & back to front
10. Glide on front, back & side (3 m each)
11. Flutter kick on front & back (5 m each)
12. Front Crawl (5 m.) wearing PFD
13. Water Smart Messages

### Swimmer 2

1. Jump into deep water, return & exit
2. Sideways entry wearing PFD
3. Tread water (15 sec.)
4. Recover object from bottom in chest-deep water
5. Wearing PFD jump into deep water, tread 30 sec. & swim / kick (15 m)
6. Flutter kick on front, back & side (10 m each)
7. Whip kick in vertical position (30 sec.) with aid
8. Front crawl & back crawl (10 m each)
9. Interval training: 4 x 5 m flutter kick with 20 sec. rests
10. Water Smart Messages

### Swimmer 3

1. Kneeling dive into deep water
2. Forward roll entry into deep water
3. Tread water (30 sec.)
4. Handstand in shallow water
5. Front somersault (in water)
6. Jump into deep water, tread 30 sec. & swim / kick (25 m)
7. Flutter kick on back (5 m); reverse direction and flutter kick on front (5 m)
8. Flutter kick on front (5 m); reverse direction and flutter kick on back (5 m)
9. Whip kick on back (10 m)
10. Front crawl & back crawl (15 m each)
11. Interval training: 4 x 15 m flutter kick with 20 sec. rests
12. Water Smart messages

### Swimmer 4

1. Standing dive into deep water
2. Tread water (1 min.)
3. Swim underwater (5 m)
4. Canadian Swim-to-Survive® Standard: Roll entry into deep water, tread 1 min. and swim 50 m
5. Whip kick on front (15 m)
6. Breaststroke arms drill (15 m)
7. Front crawl & back crawl (25 m each)
8. Interval training: 4 x 25 m front or back crawl with 20 sec. rests
9. Sprint front crawl (25 m)
10. Water Smart Messages

### Swimmer 5

1. Shallow dive into deep water
2. Tuck jump (cannonball) into deep water
3. Jump entry into deep water & tread 2 min.
4. Stationary eggbeater kick (30 sec.)
5. Back somersault (in water)
6. Roll entry into deep water, tread 90 sec. and swim 75 m
7. Breaststroke (25 m)
8. Front crawl & back crawl (50 m each)
9. Head-up front crawl (10 m)
10. Interval training: 4 x 50 m front or back crawl with 30 sec. rests
11. Interval training: 4 x 15 m breaststroke with 30 sec. rests
12. Sprint front crawl & back crawl (25 m each)
13. Water Smart Messages

### Swimmer 6

1. Stride entry into deep water
2. Compact jump into deep water
3. Legs-only surface support 45 sec.
4. Swim underwater (10 m) to recover object
5. Eggbeater kick on back (15 m)
6. Scissor kick (15 m)
7. Breaststroke (50 m)
8. Front crawl & back crawl (100 m each)
9. Head-up swim 25 m
10. Interval training: 4 x 25 m breaststroke with 30 sec. rests
11. Sprint breaststroke (25 m)
12. Workout (300 m)
13. Water Smart Messages

# Lesson Pricing



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)
Adult Lessons	Max 8		\$45.00	2 hours = 3x45 min sessions
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		\$105.00	10 hours, workbook
Br. Medallion	Max 12		\$225.00	20 hours, manual, workbook, pocket mask
Br. Cross	Max 12		\$205.00	20 hours, workbook (pocket mask- add \$15)

# Pool Pricing

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)	\$4.00	\$36.00	\$44.00	\$6.50	\$58.50	\$74.75
Senior (60+)	\$4.00	\$36.00	\$44.00	\$6.50	\$58.50	\$74.75
Adult (19+)	\$5.00	\$45.00	\$55.00	\$7.50	\$67.50	\$86.25
Family	\$13.50	\$121.50	\$148.50	Aqua Fit SEASON PASS		
Pool Rental \$85/ hour (max 50 people)				Youth & Senior = \$235 // Adult = \$261.25		

## POOL RENTALS

A great way to enjoy the pool with your closest friends and family. Rental includes 2 lifeguards and pool toys. 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)

**May & June - Monday to Friday 4:15-6:15pm**

**May to August - Saturday & Sundays**

**11:15am -1:15pm or 3:45-5:45pm**

**Cost: \$85.00/ hour (max 50 swimmers)**

# Swim Lessons

## JUNE & JULY



AM	June 25/26/27	
9:30-10:15	Adult Beginner	Adult Strokes

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

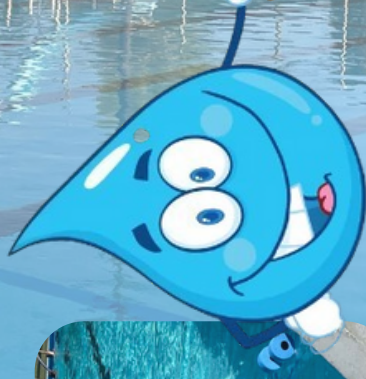
PM	After School - June 10-20			
4:00-4:30	Preschool 1A	Swimmer 1	Jr. Lifeguard Club	
4:30-5:00	Preschool 2	Preschool 3		
5:00-5:30	Preschool 4/5	Swimmer 2/3	Swimmer 4	
5:30-6:00	Preschool 1B	Private-A	Swimmer 5/6	
6:00-6:30	Private -B	Private-C		

PM	Session I - July *2-5 / 8-11			
3:45-4:15	Preschool 2	Swimmer 4	Bronze Star July 8-12	
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		



AM		Session II - July 15-25			
9:30-10:00	Preschool 1A	Swimmer 3	Private-A		
10:00-10:30	Swimmer 1	Swimmer 5/6	Private -B		
10:30-11:00	*Parent / Tot		Private-C		
11:00-11:30	Preschool 2	Swimmer 2	Private-D		
11:30-12:00	Preschool 1B	Preschool 3	<b>SWIM PATROL</b> Rookie Ranger Star		
12:00-12:30	Preschool 4/5				

PM		Session II - July 15-25			
3:45-4:15	*Parent / Tot	Swimmer 4	<b>Bronze Medallion</b> July 16-19 & 23-26		
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			



# Swim Lessons

## AUGUST

AM	Session III - July 29- Aug. 1/ *Aug. 6-9		
9:30-10:00	*Parent / Tot	Swimmer 2	Private-A
10:00-10:30	Preschool 2A	Swimmer 3	Private -B
10:30-11:00	Preschool 1A	Swimmer 5/6	Private-C
11:00-11:30	Preschool 3		Swimmer 4
11:30-12:00	Preschool 1B	Preschool 4/5	Swimmer 1
12:00-12:30	Preschool 2B	Private-D	Private-E

PM	Session III - July 29- Aug. 1/ *Aug. 6-9		
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		Session IV - August 12-22	
9:30-10:00	Preschool 2A	SWIM PATROL Rookie Ranger Star	Private-A
10:00-10:30	Preschool 1A		Private -B
10:30-11:00	Preschool 3	Swimmer 4	Swimmer 5/6
11:00-11:30	Preschool 4/5	Swimmer 1	Private-C
11:30-12:00	Preschool 1B	Swimmer 2/3	Private-D
12:00-12:30	*Parent / Tot	Preschool 2B	

PM		Session IV - August 12-22	
3:45-4:00			
4:00-4:30	Private-F	Private-G	
4:30-5:00	Private-H	Private-I	
5:00-5:30	Private-J	Private-K	
5:30-6:00	Private-L	Private-M	
6:00-6:15			

**Bronze Cross**

Aug. 13-16  
& 20-23



AM		August 26-29	
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 22<sup>nd</sup>

## PRIVATE & SEMI PRIVATE LESSONS

Are you looking for smaller group sizes or 1 on 1 instruction?

Private classes are available in 4 day sessions.

See Lesson schedule for dates and times.

\*Limited times available\*

**Private 30minute lesson (one on one)**


**\$22.00 each / person (\$88.00 for 4 days)**

**Semi-Private 30minute lesson (2 or 3 people)**

**\$15.00 each / person (\$60.00 for 4 days week)**

# Schedule

## MAY 21 TO JUNE 30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>POOL CLOSED</b>	<b>Aqua Fit</b> 8:15-9:15am	<b>Aqua Power</b> 7:00-8:00am	<b>Aqua Fit</b> 8:15-9:15am	<b>Boot Camp</b> 7:00-8:00am	<b>Aqua Fit</b> 8:15-9:15am	<b>POOL CLOSED</b>
	<b>Aqua MAN</b> 9:15-10:00am	Lap Swim 8:15-9:30am		Lap Swim 8:15-9:30am		
	<b>Pool Maintenance</b> 10am-Noon	<b>SCHOOL SWIM PROGRAM</b>				
	<b>Private Lessons and Bookings by Request</b> 12:00-3:00pm					
<b>Public Swim</b> 1:30-3:30	<b>Pool Closure 2:00-3:00pm</b>					
<b>Available for RENT</b> 11:15-1:15pm	<b>Toonie Swim 3:00-4:00pm</b>					<b>Available for RENT</b> 11:15-1:15pm
<b>Public Swim</b> 1:30-3:30	<b>For Rent</b> 4:15-6:15pm	<b>For Rent</b> 4:15-6:15pm	<b>For Rent</b> 4:15-6:15pm	<b>For Rent</b> 4:15-6:15pm	<b>For Rent</b> 4:15-6:15pm	<b>Public Swim</b> 1:30-3:30
	<b>AFTER SCHOOL LESSON SET</b> (June 10-13 /17-20) 4:00-6:30pm					
	<b>Available for RENT</b> 3:45-5:45pm	<b>Public Swim</b> 6:30-8pm	<b>Aqua Boot Camp</b> 6:45-7:45pm	<b>Public Swim</b> 6:30-8pm	<b>Aqua Power Plus</b> 6:45-7:45pm	
<b>POOL CLOSED</b>	<i>\$2 after 7:15pm</i>	<b>POOL CLOSED</b>	<i>\$2 after 7:15pm</i>	<b>POOL CLOSED</b>	<i>\$2 after 7:15pm</i>	<b>POOL CLOSED</b>
	<b>Rates</b>					
	<b>Single Pass</b>	<b>10x Pass</b>	<b>Month</b>	<b>AquaFit- Single</b>	<b>AquaFit- 10x</b>	<b>AquaFit- Month</b>
<b>0-2 Years</b>	<b>FREE</b>					
<b>Pre-School (3-5)</b>	\$2.50	\$22.50	\$27.50		9 classes	11.5 classes
<b>Youth (6-18)</b>	\$4.00	\$36.00	\$44.00	\$6.50	\$58.50	\$74.75
<b>Senior (60+)</b>	\$4.00	\$36.00	\$44.00	\$6.50	\$58.50	\$74.75
<b>Adult (19+)</b>	\$5.00	\$45.00	\$55.00	\$7.50	\$67.50	\$86.25
<b>Family</b>	\$13.50	\$121.50	\$148.50	<b>Aqua Fit SEASON PASS</b>		
<b>Pool Rental \$85/ hour (max 50 people)</b>				<b>Youth &amp; Senior = \$235 // Adult = \$261.25</b>		





## TOONIE SWIM

The toonie rate applies during the following times:  
**Public swims from 2:45-3:30pm and**  
**Monday/ Wednesday/Friday after 7:15pm.**

# Schedule

## JULY 1 & AUGUST 30

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	BOOT CAMP 7:00-8:00am	AQUA SYNCHRO 7:00-8:00 am	POOL CLOSED
	AQUA FIT 8:15-9:15am	Lap Swim 8:15-9:30am	AQUA FIT 8:15-9:15am	Lap Swim 8:15-9:30am	AQUA FIT 8:15-9:15am	
Available for RENT 11:15-1:15pm	Group & Private Swim Lessons 9:30am-12:30pm				Lap Swim 9:30-11:00am	Available for RENT 11:15-1:15pm
					LAP SWIM 12:30-1:30	
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">  <p>Canada Day Free Swim July 1st</p> </div> <div style="text-align: center;"> <h3>Public Swim 1:30-3:30pm</h3> </div> <div style="text-align: center;">  </div> </div>						
Available for RENT 3:45-5:45pm	Swim Lessons & Advanced Courses 3:45-6:15pm				Advanced Courses & Special Events	Available for RENT 3:45-5:45pm
POOL CLOSED					Public Swim 6:30-8pm	AQUA BOOT CAMP 6:45-7:45pm
	<i>S2 after 7:15pm</i>	POOL CLOSED	<i>S2 after 7:15pm</i>	POOL CLOSED	<i>S2 after 7:15pm</i>	



## LAP SWIMMING

Lap swimming is back with morning and afternoon times.

Tuesday & Thursday 8:15-9:30am all Season  
 Fridays 9:30-11:00am (July & August)  
 Monday & Wednesday – 12:30-1:30pm (July & August)

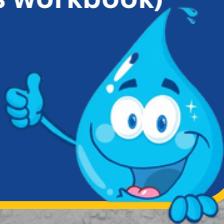
**\*According to Provincial Pool Regulation; all children 6yrs and under MUST be accompanied by an adult 16 years or older in the pool and within arm's reach.**

# Advanced Courses



*(recommended 11+ years)*  
Bronze Star is the Lifesaving Society's 1st step in lifeguard training. It is recommended for those swimmers 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 8-12**  
**@ 4:15-6:15pm**  
**COST: \$105.00 / 10 hours**  
**(includes workbook)**



*(Pre Req. 13+ yrs or Bronze Star)*  
This program 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 16-19/ 23-26**  
**@ 3:45-6:15pm**  
**COST: \$225.00 / 20 hours**  
**(includes manual, workbook, exam & pocket mask)**



*(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**

**Aug. 13-16/ 20-23**

**@ 3:45-6:15pm**

**COST: \$205.00 / 20 hours**

**(includes workbook and exam) \$15 extra if pocket mask is required**



# *Enderby* **ORCAS**

**JR LIFEGUARD CLUB**

*(Pre Req. 8-13 yrs with Swimmer4 )*

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.

## **SESSION I**

**June 11-14 /18-21**

**@ 4:00-5:15pm**

**+ Youth Night June 21**

## **SESSION II**

**July 30- Aug. 2 / Aug. 6-9**

**@ 5:00-6:15pm**

**+ Youth Night Aug. 9**

*Cost: \$105.00 / 10 hours*

*(includes journal & stickers & Youth Night Event)*

## **NL- Pre-cert / Re-cert**

*(bring proof of certification, pocket mask and LSS Manual)*

The NL Precert is to provide candidates an opportunity to review NL skills and knowledge and to provide education on new information before the start of the Re-certification.

**Saturday August 17**

**@ 9:00am-5:30pm**

**COST: \$110.00 / 8 hours**

# Aquatic Fitness



**\*\*Note ALL participants must complete a 2024 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.**

## MONDAYS

### AQUA MAN

*(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.

**9:15 – 10:00am \* May 27 to June 24.**

### 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 traveling intervals will be mixed with stationary strength and core work.

**7:15-8:00am (July & August)**

## MON/WED/FRI 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.

**8:15-9:15am**

*\* 2 instructors for July & August*

## TUESDAYS AQUA POWER

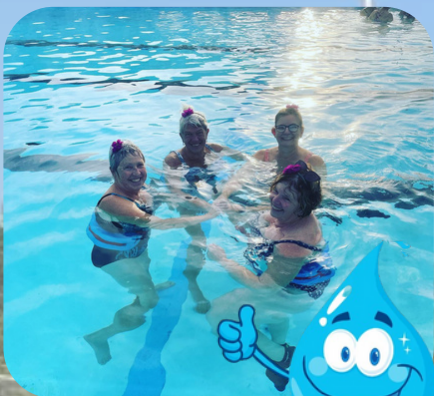
*(moderate to high intensity)*

A higher intensity workout using timed interval training and power moves to build cardio, core, strength, and muscular endurance.

**7:00-8:00am**







## THURSDAYS

### 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.

**6:45-7:45pm**

## WEDNESDAYS

### AQUA TONE

*(moderate intensity)*

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.

**7:00-8:00am**

*(July & August)*



## FRIDAYS

### AQUA IN-SYNC

*(moderate to high intensity)*

Back by popular demand and now a 60 minute class! This class 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.

**7:00-8:00am**

*(July & August)*

## TUES & THURS

### 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!!

**Tuesdays 6:45-7:45pm**

**Thursdays 7:00-8:00am**



## SUP YOGA

A three part series learning yoga on a Stand Up Paddle board!

1st class -gentle movements and understanding balance on your back, belly and seated positions.

2nd class -moving onto knee positions and stretches.

3rd class -step up onto your feet for balance postures as you move through a gentle flow.

Connect to your breath, movement and mind with the gentle movement and sounds of the water.

**Tuesday /Wednesday/ Thursday  
August 27/28/29 @ 4:30-6:00pm**

**\*\*Pre-registration required**

**\$50 for Series or \$20/ class  
(\*\$30 if you require a board –  
limited boards available)**

## 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 themed music, choreography and costumes.

**Friday June 21  
“Wild West”**

**Friday July 26  
“Christmas in July”**

**Friday Aug. 30  
“Through the Decades”**



# Youth Land Programs

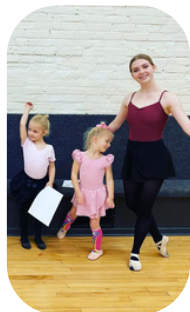
## LIL' BALLET

*(3-5yrs with ballet slippers and long hair tied back)*

This adorable program led by Miss Taylor will introduce your child to Ballet dance techniques in a fun and welcoming way. Each class will explore stretching, jumping, twirling and balance through songs, games and using fun props.

**Dates: Thursdays May 9 – June 13 Time: 2:45-3:15pm**

**Cost: \$40.00 (6 classes) @ Drill Hall**



## JR BALLET

*(6-8yrs with with ballet slippers and long hair tied back)*

We are excited to offer the Jr. Ballet Dance program with Miss Taylor. This is a wonderful program to improve posture, flexibility, strength, grace and self confidence.

**Dates: Tuesdays May 7 – June 11 Time: 3:30-4:15pm**

**Cost: \$50.00 (6 classes) @ Drill Hall**

## JR DANCE MIX

*(6-10 yrs with with indoor shoes and water bottle )*

It is time to get a GROOVE ON with this exciting Dance Class that allows kids to build confidence and express themselves through music and movement. This program brings into play many different dance styles including Jazz, Hip Hop, Ballet, and freestyle movement.

**Dates: Thursdays May 9 – June 13**

**Time: 3:30-4:15pm**

**Cost: \$50.00 (6 classes) @ Drill Hall**



# Outdoor Adventure Yoga Sessions



Bring your mat and dress for the weather to enjoy a fresh air yoga practice with Amelia.

Cost: \$25.00 for all 3 sessions  
or \$10.00 / session

*\*\*pre-registration is required*

## **NATURE CALLS**

Explore the River Walk followed by a 45 min Yoga session listening to the sounds of nature. Enjoy a gentle flow practice with breath work and warm up stretches, strength poses and finishing off with a short meditation! Great way to celebrate mothers day weekend!

**Saturday May 11  
@ 11:00am-12:00pm**

## **SUNRISE YOGA**

Start your morning off with a sunrise, fresh air and movement! Meet at Belvidere Park for a gentle flow to wake your body up and energize you for the day ahead.

**Saturday June 8th  
@ 8:30-9:30 am**



## **SUNSET YOGA**

End your day with fresh air, movement and a colorful sky! Join Amelia at Tuey Park for a gentle flow to calm your mind and body. This practice is meant to relax you with soft movements, breath work and meditation at the end.

**Thursday August 8th  
@ 6:00-7:00pm**

# Chair & Recovery Fitness

## CHAIR FIT

*(Mild to Moderate intensity)*

Get Fit while you sit (and stand) with an active warm-up, seated and standing moves, stretching and strengthening to promote flexible joints, improve balance and maintain muscle mass.

**Mondays & Wednesdays**  
**9:45-10:30am (Drill Hall)**

## OSTEO FIT

*(Mild intensity)*

Oeofit 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.

**Thursdays 1:00-1:45pm**  
**(Drill Hall)**



## 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

# Fitness Classes

Monday

## TABATA & TONE

*(Moderate to High intensity with ankle weights)*

Start your week off with interval training TABATA style – 20 seconds on and 10 seconds rest. This program includes resistance training using a variety of equipment that challenges the whole body.

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

Tuesday

## YOGA FLOW

*(Mild to Moderate intensity)*

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.

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

Wednesday

## CARDIO & CORE

*(Moderate to High intensity)*

The Cardio & Core class is great for anyone looking to strengthen the back and abdominals as well as working on their balance, co-ordination, and of course aiming to burn calories with fun cardio drills.

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



## WALKING CLUB

Thursday

*(Mild to Moderate intensity)*

This is a FREE program where you can meet your friends to explore Enderby and Area. This group is pet and child friendly. We will be tracking steps and KM's to see how far south we can explore collectively

**Thursdays 10:00-10:45am**  
**(Meet at Visitor Center)**

## MIND & MUSCLE

*(Moderate to High intensity)*

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.

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

## MEN'S FITNESS

*(Mild to Moderate intensity)*

The Men's only class returns with the goal of building community and confidence in participating in a fitness program. This class includes strength training, mild cardio exercises as well as flexibility and mobility moves.

**Fridays 9:45-10:30am**  
**(Drill Hall)**



# Land Fitness

## MAY 21 TO JUNE 28

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30am TABATA & TONE	8:30-9:30am YOGA FLOW	8:30-9:30am CARDIO & CORE		8:30-9:30am MIND & MUSCLE	 
9:45-10:30am CHAIR FIT		9:45-10:30am CHAIR FIT	10:00-10:45am WALKING CLUB	9:45-10:30am MEN'S FITNESS	<i>OUTDOOR ADVENTURE YOGA Sessions</i>
			1:00-1:45pm OSTEO FIT		Sat. May 11 <sup>th</sup> Sat. June 8 <sup>th</sup> Thur. Aug. 8 <sup>th</sup>
Rates	Drop-in	5x pass	10x pass	20x pass	Adventure Yoga
Senior Fit (60+)	\$6.00	\$30.00	\$54.00	\$100.00	See guide for locations, cost & description
Adult Fit (18+)	\$7.00	\$35.00	\$63.00	\$110.00	
<i>Spring Walking Club</i>		FREE	Meet at the Visitor Centre		

## ENDERBY & DISTRICT RECREATION SERVICES

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PO Box 1000

Enderby BC, V0E 1V0

recreation@enderby.ca

Office: 250-838-2665 Pool: 250-838-9256

