



# RECREATION SUMMER GUIDE 2025



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RECREATION@ENDERBY.CA

# SWIMMING LESSON REGISTRATION

## ENDERBY & AREA F RESIDENTS

### PRIVATE LESSON REQUESTS STARTS **APRIL 22**

Requests for private lessons will ONLY be accepted through the online form on our website. Any submissions prior to April 22 at 6:00 am will be disregarded. You will submit your first and second choice then be notified by April 25<sup>th</sup> if you were successful in your request. \*responses only during business hours

### GROUP LESSON ONLINE REGISTRATION OPENS **APRIL 28**

Families can create profiles prior to April 28 to speed up the process. Once you select the lessons you would like to register for, your spot will be held for 15 minutes. In person registration will be available April 28. Any phone/ email inquiries will not be addressed until April 29. **Registration will open at 6:00 am**

## OPEN REGISTRATION FOR ALL COMMUNITIES

### PRIVATE LESSON REQUESTS **APRIL 28**

People living outside of Enderby and Area F can submit their private lesson requests starting April 28 at 6:00 am (any submissions prior will be disregarded). You will be notified by April 30<sup>th</sup> if your request was available. An updated list of private lessons availability will be posted on our Facebook on April 25. Only requests through the online form will be accepted.

### GROUP LESSON ONLINE REGISTRATION OPENS **MAY 1**

Registration will be open to everyone May 1<sup>st</sup> **at 6:00 am**. Online registration is encouraged as in person and phone in will be more time consuming to enter everyone's information.

*If you have any questions or require assistance with registration please call prior to April 28 as your phone call may not be returned promptly while registration is underway. Please do not use Facebook or Messenger to inquire about lessons as messages can easily be missed.*

**Email [recreation@enderby.ca](mailto:recreation@enderby.ca) or call 250-838-2665**

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

# 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 (3 /4 private) 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.

# 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

# 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

# Swim Lessons

## JUNE & JULY

PM	After School - June 9-19			
4:00-4:30	Preschool 1A	Swimmer 1	Swimmer 3	
4:30-5:00	Preschool 2	Swimmer 2	Swimmer 5/6	
5:00-5:30	Preschool 3	Swimmer 4		
5:30-6:00	Preschool 1B	Private M WK1	WK2 Private M	<b>Jr. Lifeguard Club-A</b> June 10-20 5:15-6:30pm
6:00-6:30	Preschool 4/5	Private N WK1	WK2 Private N	
				<b>Jr. Lifeguard Club-B</b> July 2-11 5:15-6:30pm

AM	June 30/ July 2-4 *(4 day session)		
9:45-10:15	*Private-A	*Private-B	Adult Beginner
10:15-10:45	*Private-C	*Private-D	
10:45-11:15	*Private-E	*Private-F	Youth Aqua Sports
11:30-12:00	*Private-G	*Private-H	Adult Strokes
12:00-12:30	*Private-I	*Private-J	

JULY

## Swim Lessons

AM	Session I - July 7-10 / 14-17		
9:30-10:00	Preschool 1A	Swimmer 4	Swimmer 1A
10:00-10:30	*Parent / Tot	Swimmer 5/6	Preschool 2A
10:30-11:00	Preschool 3	Swimmer 2	Private A WK1 / WK2 Private A
11:00-11:30	Preschool 2B		Private B WK1 / WK2 Private B
11:30-12:00	Preschool 1B	Swimmer 3	Private C WK1 / WK2 Private C
12:00-12:30	Preschool 4/5	Swimmer 1B	Private D WK1 / WK2 Private D

PM	Session I - July 7-10 / 14-17		
3:45-4:15	Preschool 2	Private M WK1 / WK2 Private M	
4:15-4:45	Preschool 3	Private N WK1 / WK2 Private N	
4:45-5:15	Swimmer 1	Swimmer 2	Bronze Star
5:15-5:45	Preschool 1	Swimmer 3	
5:45-6:15	*Parent / Tot	Swimmer 4	

\*July 14-18  
4:15-6:15pm

# Swim Lessons

JULY

AM	Session II - July 21-24 / 28-31		
9:30-10:00	Preschool 1A	Swimmer 3	Private A WK1 / WK2 Private A
10:00-10:30	Preschool 3	Swimmer 1	Private B WK1 / WK2 Private B
10:30-11:00	*Parent / Tot	Swimmer 5/6	Private C WK1 / WK2 Private C
11:00-11:30	Preschool 2		Private D WK1 / WK2 Private D
11:30-12:00	Preschool 1B	Swimmer 2	SWIM PATROL Rookie Ranger Star
12:00-12:30	Preschool 4/5	Swimmer 4	

PM	Session II - July 21-24 / 28-31		
3:45-4:15	*Parent / Tot	Swimmer 3	Bronze Medallion  *July 22-25 & July 29-Aug. 1 3:45-6:15pm
4:15-4:45	Preschool 1	Swimmer 2	
4:45-5:15	Swimmer 1	Private M WK1 / WK2 Private M	
5:15-5:45	Preschool 2/3	Private N WK1 / WK2 Private N	
5:45-6:15	Swimmer 4	Private O WK1 / WK2 Private O	



AM	Session III - *Aug. 5-8 / Aug. 11-14		
9:30-10:00	*Parent / Tot	Swimmer 2	Private A WK1 / WK2 Private A
10:00-10:30	Preschool 2A	Swimmer 3	Private B WK1 / WK2 Private B
10:30-11:00	Preschool 1A	Swimmer 1	Private C WK1 / WK2 Private C
11:00-11:30	Preschool 3	Preschool 4/5	Swimmer 4
11:30-12:00	Preschool 1B	Swimmer 5/6	Swimmer 1
12:00-12:30	Preschool 2B		Private-D

PM	Session III - *Aug. 5-8 / Aug. 11-14		
3:45-4:15	*Parent / Tot	SWIM PATROL Rookie Ranger Star	*Private-W
4:15-4:45	Preschool 1A		*Private-X
4:45-5:15	Preschool 2/3	Swimmer 1	*Private-Y
5:15-5:45	Preschool 1B	Swimmer 2	*Private-Z
5:45-6:15	Swimmer3	Swimmer 4	* Aug. 5-8 only

Swim Lessons

AUGUST

# Swim Lessons

## AUGUST



AM	Session IV -Aug.18-21 / Aug. 25-28		
9:30-10:00	Preschool 2A		Swimmer 4
10:00-10:30	Preschool 1A	Swimmer 5/6	Swimmer 2
10:30-11:00	Preschool 3	Preschool 2B	Swimmer 1
11:00-11:30	Preschool 4/5	Swimmer 3	Private A WK1 WK2 Private A
11:30-12:00	Preschool 1B	SWIM PATROL Rookie Ranger Star	Private B WK1 WK2 Private B
12:00-12:30	*Parent / Tot		Private C WK1 WK2 Private C

PM	Session IV -Aug.18-21 / Aug. 25-28		
3:45-4:00			
4:00-4:30	Private M WK1 WK2 Private M	Private N WK1 WK2 Private N	*Private-W
4:30-5:00	Private O WK1 WK2 Private O	Private P WK1 WK2 Private P	*Private-X
5:00-5:30	Private Q WK1 WK2 Private Q	Private R WK1 WK2 Private R	*Private-W
5:30-6:00	Private S WK1 WK2 Private S	Private T WK1 WK2 Private T	*Private-Z
6:00-6:15			

\*Aug. 25-28  
only

Bronze  
Cross

\*Aug. 12-15  
& 19-22  
3:45-6:15pm

PRIVATE & SEMI PRIVATE  
LESSONS

Are you looking for smaller group sizes or 1 on 1 instruction? Private classes are available in 4 day sessions. Must submit form on our website to book.

See Lesson schedule for dates and times.

Private 30minute lesson (one on one)

\$22.50 each / person (\$90.00 for 4 days)

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

\$16.00 each / person (\$64.00 for 4 days week)

# Lesson Pricing

Program	Class	Week	Session	Includes
Private	\$22.50	\$90.00		2 hours = 4x 30min sessions (1:1)
Semi-Pv	\$16.00	\$64.00		2 hours = 4x 30min sessions(max 3)
Adult Lessons	Max 10	\$45.00		3 hours = 4x 45 min sessions
Parent/ Tot	Max 10		\$48.00	4 hours, progress book & Sticker
Preschool	Max 4-5		\$56.00	4 hours, progress book & Sticker
Swimmer 1-4	Max 5-6		\$56.00	4 hours, progress book (sticker or badge)
Swimmer 5/6	Max 8		\$68.00	6 hours, progress book (sticker or badge)
Swim Patrol	Max 8		\$96.00	8 hours, chart, (sticker or badge)
Jr. Lifeguard	Max 10		\$110.00	10 hours, Booklet, stickers & Youth Night
Bronze star	Max 10		\$110.00	10 hours, workbook
Br. Medallion	Max 12		\$230.00	20 hours, manual, workbook, pocket mask
Br. Cross	Max 12		\$210.00	20 hours, workbook (pocket mask- add \$15)

# Pool Pricing

Rates	Single Pass	10x Pass	Month	Aqua Fit- Single	Aqua Fit- 10x	Aqua Fit- Month
0-2 Years or 80+	<b>FREE</b>			<b>80+ is 1/2 price &amp; 90+ is \$40 season membership</b>		
Pre-School (3-5)	\$2.50	\$22.50	\$27.50	Drop-in	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	<b>Aqua Fit SEASON PASS (17 weeks)</b>		
<b>Pool Rental \$87.50/ hour (max 50 people)</b>				<b>Youth &amp; Senior = \$245 // Adult = \$275</b>		

## PRIVATE 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 Thursday 3:00-6:15pm**

**May to August - Saturday & Sundays**

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

**Cost: \$87.50/ hour (max 50 swimmers)**

# 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 14-18**

**@ 4:15-6:15pm**

**COST: \$110.00 / 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 22-25/ July 29 - Aug 1**

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

**COST: \$230.00 / 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**

**August 12-15/ 19-22**

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

**COST: \$210.00 / 20 hours**

**(includes workbook & exam)**

**\$15 extra if pocket mask is required**

## **LS- Swim Instructor Re-cert**

*(bring proof of certification current within 5 years)*

The Swim for Life Instructor Recert renews a candidate's Swim for Life Instructor award for 24 months. Candidates must successfully pass the course and complete a Swim for Life® skills assessment.

**Saturday May 24 @ 9:00am-2:00pm**

**COST: \$80.00 / 5 hours**



**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 10-13/17-20 @ 5:15-6:30pm**

**+ Youth Night June 20**

### **SESSION II**

**July 2- 4 / 7-11 @ 5:15-6:30 pm**

**+ Youth Night July 11**

*Cost:\$110 / 10 hours*

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

## **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 20 – JERSEY NIGHT**

**JULY 11 – PIRATE PARTY**

**AUGUST 15– AMAZING RACE**

# Aquatic Fitness



**\*\*Note ALL participants must complete a 2025 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)*

The Men's only class is back this Spring! Take the plunge and join us for a workout in the Liquid Gym. Once you jump in – you will want to join our regular summer Aqua fit programs.

**9:30– 10:15 am \* May 26 to June 23.**

## MON & THURS

### AQUA INTERVAL

*(moderate to high intensity)*

This deep water program 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.

**Monday 7:15-8:00am (July & August)**  
**Thursdays 6:45-7:45 pm**

## 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 liquid environment.

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

**\* 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**





## FRIDAYS

### AQUA IN-SYNC

*(moderate to high intensity)*

Returning for its 3<sup>rd</sup> Season, 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)*

## 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)*

## 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 20**  
"Summer Sparkle"

**Friday July 25**  
"Christmas in July"

**Friday August 29**  
"Splash Dance"



## 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**

# Pool Schedule

## MAY 20 TO JUNE 29

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
POOL CLOSED	AQUA FIT 8:15-9:15am	AQUA POWER 7:00-8:00am	AQUA FIT 8:15-9:15am	BOOT CAMP 7:00-8:00am	AQUA FIT 8:15-9:15am	POOL CLOSED
	AQUA MAN 9:30-10:15am	Lap Swim 8:15-9:30am	Lap Swim 8:15-9:30am	<b>SCHOOL SWIM PROGRAM</b>		
	Pool Maintenance 10:15 -12:15					
	Private Lessons and Bookings by Request 12:15-3pm					
Available for RENT 11:15-1:15pm	Pool Closure 2:00-3:00pm					Available for RENT 11:15-1:15pm
Public Swim 1:30-3:30	Available for RENT 3:00-4:00pm					Public Swim 1:30-3:30
Available for RENT 3:45-5:45pm	Available For Rent 4:15-6:15pm				NEW Family Swim 4:15-6:15pm	Available for RENT 3:45-5:45pm
	AFTER SCHOOL LESSON SET (June 9-19)					
POOL CLOSED	Public Swim 6:30-8:00pm	AQUA BOOT CAMP 6:45-7:45pm	Public Swim 6:30-8:00pm	AQUA INTERVAL 6:45-7:45pm	Public Swim 6:30-8:00pm <i>*Youth Night June 20</i>	POOL CLOSED
	\$2 after 7:15pm	POOL CLOSED	\$2 after 7:15pm	POOL CLOSED	\$2 after 7:15pm	



## TOONIE SWIM




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

**\*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 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	AQUA BOOT CAMP 7:00-8:00am	AQUA SYNCHRO 7:00-8:00am	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	
	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		LAP SWIM 12:30-1:30		CLOSED Facility Cleaning	Available for RENT 11:15-1:15pm
<div>Public Swim 1:30-3:30pm</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 6:30-8:00pm	AQUA BOOT CAMP 6:45-7:45pm	Public Swim 6:30-8:00pm	AQUA INTERVAL 6:45-7:45pm	Public Swim 6:30-8:00pm	Youth Night FRIDAYS July 11 Aug. 15 *Public swim Cancelled
	\$2 after 7:15pm	POOL CLOSED	\$2 after 7:15pm	POOL CLOSED	\$2 after 7:15pm	
For Pool Information - Call (250) 838-9256						



## 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)**  
**BONUS lap Swim times \* see September Schedule**

# Pool Schedule

## SEPTEMBER 2 TO 13

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
POOL CLOSED	AQUA INTERVAL 7:15-8:00am	AQUA POWER 7:15-8:15am	AQUA TONE 7:15-8:15am	AQUA BOOT CAMP 7:15-8:15am	AQUA SYNCHRO 7:15-8:15am	POOL CLOSED
	AQUA FIT 8:15-9:15am	Lap Swim 8:30-10:00am	AQUA FIT 8:15-9:15am	Lap Swim 8:30-10:00am	AQUA FIT 8:15-9:15am	
	Lap Swim 9:30-11am	AQUA FIT 10-11am	Lap Swim 9:30-11am	AQUA FIT 10-11am	Lap Swim 9:30-11am	
	Available for RENT 11am-2pm					Available for RENT 11:15-1:15pm
	POOL CLOSED 2:00-3:00pm					Public Swim 1:30-3:30
	Public Swim 3:00-5:00pm					
	Available for RENT 5-6:30pm	AQUA BOOT CAMP 5:30-6:30pm	Available for RENT 5-6:30pm	AQUA INTERVAL 5:30-6:30pm	Available for RENT 5-6:30pm	POOL CLOSED

## Events

### NATIONAL LIFE JACKET DAY

Friday May 16, 2025 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 13-19 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.

# Land Schedule

## MAY 20 TO JUNE 27

LAND CLASS REGISTRATION OPENS APRIL 23, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Meet at the Visitor Centre		May 10-June 21 6:30-7:30am *READY, SET, HiIT
8:30-9:25am TABATA & TONE	*childcare available 8:45-9:45am MIND & MUSCLE	8:30-9:25am CARDIO & CORE	9:00-9:45am FRESH AIR FITNESS	8:30-9:25am PILATES For Beginners	
9:45-10:30am CHAIR FIT		9:45-10:30am CHAIR FIT	10:00-10:45am WALKING CLUB		*PILATES WORKSHOPS
	May 13-June 17 3:30-5:15pm *BALL HOCKEY 3 age groups		11:00-11:30am *LIL' SOCCER	10:00-11:00am *PILATES IN THE PARK	8:30-10:30am @ the Drill Hall Gardener May 24 Golfer – TBA Go-Getter July 19
	6:00-7:00pm *PILATES IN THE PARK	1:15-2:00pm OSTEO FIT	2:45-5:00pm *DANCE CLASS		 
Rates	Drop-in	5x pass	10x pass	20x pass	
Senior Fit (60+)	\$6.50	\$32.50	\$54.00	\$100.00	See guide for locations, cost & descriptions
Adult Fit (18+)	\$7.50	\$37.50	\$63.00	\$110.00	
Fitness / Childcare	\$10.00	\$50.00			
Pilates in the Park – must have current fitness pass			Ready, Set, HiIT – preregister required (6 sessions)		
Pilates Workshops		2 hour session with 90 min Pilates workout \$40/ session			
Li'l Soccer = \$42 / 6 sessions		Ball Hockey/ Dance = Lil' & Jr. (\$42) // Sr. (\$52) for 6 sessions			
* Programs that require registration have a cut off 5 days prior to the start date.					

**NEW**

## YOUTH BALL HOCKEY

(helmet, indoor shoes, shin pads, hockey stick and water bottle)

We are very excited to offer a 2<sup>nd</sup> round of indoor Ball Hockey this Spring.

Minimal equipment is required and the focus is to play for FUN!

Players participate in a brief warm-up, a few skills and then “game on”.

There are 3 age groups offered in the 6 week program.

**Dates: Tuesday's May 13- June 17**

**Time: Lil's (4 -5 years) 3:30-4:15pm**

**Jr.'s (6-9 years) 3:30-4:15pm**

**Sr.'s (9-12 years) 4:15-5:15pm**

**Cost: (Lil & Jr.) \$42.00 // (Sr.) \$52.00 (6 sessions)**

**@ John Pritchard Memorial Sports Complex**

**(Arena Dry Floor)**



# Youth Land Programs

## LIL' BALLET

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

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 8 – June 12 Time: 2:45-3:15pm**

**Cost: \$42.00 (6 classes) @ Drill Hall**

## JR BALLET

*(6-9yrs with with ballet slippers & 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 8 June 12**

**Time: 3:15-4:00pm**

**Cost: \$52.00 (6 classes)**

**@ Drill Hall**

## JR DANCE MIX

*(8-12 yrs with indoor shoes & water bottle)*

It is time to get a GROOVE ON with this 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 8 – June 12**

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

**Cost: \$52.00 (6 classes) @ Drill Hall**

## LIL' SOCCER

*(3-5yrs with & water bottle and dressed for the weather)*

This intro to Sport program will have your little one learning the fundamental movement skills for the great game of soccer. Watch them run, pass, kick and score all while learning cooperation and teamwork skills.

**Dates: Thursdays May 22 – June 26 Time: 11:00-11:30 am**

**Cost: \$42.00 (6 classes) @ Belvidere Park**

**NEW**





# NEW

# Pilates

## PM PILATES IN THE PARK

(\*must pre-register\*)

End your day with focus & fire. This next-level class is for those ready to dig deep, building dynamic strength, flexibility and full body engagement in a faster paced outdoor flow.

**Tuesdays**

**6:00-7:00pm**

**(Belvidere Park)**

## PILATES INDOORS

*(Mild to Moderate)*

This beginner-friendly Pilates program focusses on gentle, floor based exercises that build core strength, improve flexibility and enhance posture. Using controlled movements and mindful breathing, participants will develop a solid foundation in Pilates.

**Fridays**

**8:30-9:25am**

**(Drill Hall)**

## AM PILATES IN THE PARK

(\*must pre-register\*)

Move from your center-Return to your rhythm. Join Siobhan for a beginner-friendly Pilates class in the open air — where strength and breath meet balance and ease. This class will focus on building flexibility and deepening your connection to center, while moving in rhythm with the land around us. With clear, adaptable instruction and a playful spirit, you'll be supported to move in a way that restores, invigorates, and elevates —not just your body, but your whole being.

**Fridays**

**10:00-11:00am**

**(Belvidere Park)**

## PILATES WORKSHOPS

(bring your mat and water bottle)

**\*\*REGISTRATION REQUIRED**

Join Siobhan for an amazing 2 hour experience that includes exercise and education, movement and motivation.

There will be 3 different workshops offered that will focus on movement for your hobby, passion or past time. With over 30 years of teaching experience—including training professional footballers, dancers, swimmers, and endurance athletes—Siobhan brings a layered approach to Pilates that goes beyond mechanics.

(\*check our website for complete description)

**Cost: \$40 / session for 2 hour workshop with  
90 min Pilates movement  
@ the Drill Hall**

## PILATES FOR GARDENERS

**Saturday May 24 8:30-10:30am**

## PILATES FOR GOLFERS

**Date TBA**

## PILATES FOR GO-GETTERS

*The Athlete's edge*

**Saturday July 19 8:30-10:30am**

# Fitness Classes

## Fitness Pricing

### ADULT

Drop in • \$7.50

5X Pass • \$37.50

10X Pass • \$63.00

20X Pass • \$110.00

### SENIOR (60+)

Drop in • \$6.50

5X Pass • \$32.50

10X Pass • \$54.00

20X Pass • \$100.00

## 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 8:30-9:25am (Drill Hall)**

## Tuesday

### MIND & MUSCLE

*(Mild to Moderate intensity)*

This is an excellent program to get you in tune with and tone up your body. Enjoy a light cardio warm-up, glut and core activation, then to the mat for a series of controlled body weight movements. Hip bands and light weights are optional.

**Tuesdays 8:45-9:45am (Drill Hall)**

**NEW**

Child minding available \$2.50 per child

## 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 8:30-9:25am (Drill Hall)**

Thursday

## FRESH AIR FITNESS

*(Moderate to High intensity)*

Get the benefits of exercise and movement in Fresh air mixed with the sights and sounds of beautiful Belvidere Park.

Stations and partner moves are adaptable for all levels.

**Thursdays 9:00-9:50am**  
**(meet at Visitor Center)**



## WALKING CLUB

*(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 we can explore collectively

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



**NEW**

## READY, SET, HIIT

*(High intensity)*

HiIT combines bursts of high-intensity exercises with short recovery periods for full body workout. Designed to boost cardio endurance, strength, and overall fitness in a fun and motivating group setting.

**Saturdays 6:30-7:30am (Drill Hall)**

Saturday

# 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, agility practices and "osteo safe" resistance training

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



## ENDERBY & DISTRICT RECREATION SERVICES

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