

**SPRING** 2026

# RECREATION *Guide*



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**Spring Registration Opens February 24**

Registration now

**ONLINE**

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



# Youth SPORTS

## Youth BALL HOCKEY

(\* helmet with cage, indoor shoes, shin pads, hockey stick and water bottle)

We are very excited to bring back the indoor Ball Hockey this Spring – and grow to offer 2 days to choose from. Minimal equipment is required and the focus is to play for FUN! Players will participate in a brief warm-up, a skills stations, and then “game on” for a fun scrimmage. \*Helmet with cage required\*

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

**Tuesdays April 7- May 12**

**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**

**OR**

**Thursdays April 9 – May 14**

**Parent & Tot (2-4 years) 3:30-4:00pm**

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

**Teens (13-16 years) 4:15-5:15pm**

**COST: (PARENT & TOT) \$30 // (LIL & JR.) \$36 // (SR.) \$45 (6 SESSIONS)  
@ JOHN PRITCHARD MEMORIAL SPORTS COMPLEX (ARENA DRY FLOOR)**

## Parent & Tot SPORTS

**NEW**

A fun and active Parent & Tot sports program where grown-ups and little ones play side-by-side! Families move through simple activity stations featuring different sports skills, encouraging exploration, movement, and confidence at each child's own pace.

*\*This program is at the same time as youth shinny – that older siblings could register in:)*

**Thursdays April 9 – May 14 @ 3:30-4:00pm**

**COST: \$30 (6 SESSIONS) AGES 2 TO 4 YEARS**

**@ JOHN PRITCHARD MEMORIAL SPORTS COMPLEX (ARENA DRY FLOOR)**

# Dance

# PROGRAMS

*With Miss Taylor*

## 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 teach stretching, jumping, twirling, balance and taking turns with fun props, songs and games.

### Spring Break Camp

Tues. - Thurs.

March 17-19/ 24-26

@ 11:00-11:30am

### Session II

Thursdays April 2- May 7

@ 2:45-3:15pm

Cost: \$42 (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.

### Spring Break Camp

Tues. - Thurs.

March 17-19 / 24-26

@11:30am-12:10pm

### Session II

Thursdays April 2- May 7

@ 3:20-4:00pm

Cost: \$52 (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 offers a chance to express themselves with freestyle movement.

### Spring Break Camp

Tues.- Thurs.

March 17-19 / 24-26

@12:15-1:00pm

### Session II

Thursdays April 2- May 7

@ 4:05-4:45pm

Cost: \$52 (6 classes) @ Drill Hall



# Red Cross Programs

## 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.

**Dates: Tues. March 17 (Spring Break)**

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

**Cost: \$65.00 (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.

**Dates: Wed. March 18 (Spring Break)**

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

**Cost: \$75.00 (6 hr course, includes Babysitter Manual and Certificate)**

## Hunting Education

Teen & Adult (13+ yrs)

## C.O.R.E COURSE

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.

**Saturday & Sunday March 14 & 15 Time: 8:00am-5:00pm @ the Visitor Centre**

**Cost: Youth \$165.00 | Adult \$190.00 (12hr course, 2hr exam, includes Manual)**

# Spring Wellness Event

## COMMUNITY | CONNECTION | CURIOSITY

Join our team and guest presenters for the 2nd Annual Enderby Recreation Wellness Event built around the theme of Community, Connection, Curiosity.

Be ready to learn, move and grow as you choose and experience a mix of educational presentations and active sessions designed to get you involved, asking questions, and trying something new!

There are 3 registration options to choose from and Lunch is provided for Full day and Part II registrations to connect and recharge. There will also be a mini market featuring local Wellness business and experiences as well as draw prizes at the end of the day.

### Saturday March 28 @ Drill Hall, Visitor Centre & Outdoors

**Morning Half Day 7:15 am or 8:30 am to 10:30 am \$15.00**

**Afternoon Half Day 10:45 am to 2:00 pm (includes lunch & market) \$30.00**

**Full Day \$40.00**

**\*Pre-Registration Required\***

**For a full itinerary visit our website or social media**



Land

## FITNESS CLASSES

### MONDAYS

#### 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, technique & breath for the best results.

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

#### BODY BALANCE

*(mild intensity)*

This program focuses on fall prevention exercise that builds confidence in balance, mobility and strength. Each class has a gentle warm up, group activities and functional stations that work on gait, muscle retention, and balance.

**1:15-2:00pm (Drill Hall)**

#### 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 maintaining muscle mass.

**10:00-10:45am (Drill Hall)**

#### FIT MIX @ A.L. FORTUNE

*(moderate to high intensity)*

Enjoy a blend of fitness styles and exercises with everything from strength stations, to cardio, toning and stretching. Find your Monday Motivation!

**6:00-7:00pm (A.L. Fortune School Gym-upstairs)**



Land

# FITNESS CLASSES

## TUESDAYS

### TONE & STRETCH

*(mild to moderate intensity)*

This is a full-body workout that blends strength with flexibility and will focus on improving muscle balance, increasing range of motion and sculpting lean, toned muscles.

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

### MEN'S FITNESS

*(Moderate intensity with modifications)*

The Men's only class returns! This program is designed to build confidence in participating in an exercise program that includes strength training, mild cardio and flexibility / mobility moves for the whole body.

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

### Baby & Me Boot Camp (Stroller Fit)

*(register online for full session or drop in)*



An energizing outdoor fitness class that blends stroller walking, strength, and cardio –  
Perfect for parents and their tiny training partners.

**April 7 to May 12 (10:00-10:45am) \$36.00 | Drop in \$8.00 per class (Visitor Centre)**

### PILATES FUNDAMENTALS

*(Moderate to High intensity with modifications)*

This Pilates program focuses on the core fundamentals of movement, helping you build a strong foundation in form, control and alignment. Designed for beginners or anyone seeking a slower, more mindful pace.

**5:00-5:55pm (Drill Hall)**

## WEDNESDAYS

### BOOTY & CORE

*(moderate to high intensity)*

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.

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

### CHAIR –GROOVE

*(mild to moderate intensity)*

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.

**10:00-10:45am (Drill Hall)**

### OSTEO-FLEX

*(mild intensity)*

Join Zoe for exercise, education, and connection in this 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 "oste safe" resistance training with weights and bands.

**1:15-2:00pm (Drill Hall)**

# THURSDAYS

## FIT FUSION

*(moderate to High intensity)*

Fit Fusion is a dynamic early morning class that blends a variety of fitness styles, from strength & cardio to mobility & core work, keeping your routine fresh and effective. Each session introduces new exercises & formats to challenge your body and boost motivation, making it the perfect start to your day.

**7:15-8:05am (Drill Hall)**

## LUNCH BREAK BURN

*(Moderate to High intensity)*

Reset your day with a 45-minute outdoor workout that blends strength, cardio, and mobility for a powerful afternoon comeback. Take a break, breath the fresh air and use nature as your gym.

**12:10-12:55pm (Visitor Centre)**



# FRIDAYS

## PILATES

*(Moderate to High intensity)*

This exercise program is designed to challenge both mind and body while building core strength, flexibility, and body awareness. With a focus on controlled movement and breath, each session invites you to explore your potential and move with intention. Bring your curiosity and discover what your body can do!

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

## SPRING WALK CLUB

*(self-guided & good grip shoe recommended)*

This is a FREE program where you can meet your friends to explore Enderby and Area. This group is pet and child friendly and will be using the River Walk and Rail Trail. We will be tracking steps and KM's to see how far we can collectively move this Spring.

**10:00am (meet at the Information Center)**

## \*MINDS IN MOTION

*(\*Preregistration required and participants must have a caregiver participate)*

Minds in Motion\* is a fitness and social program for people living with any form of early-stage dementia along with a family member, friend or other care partner. The program is offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs.

**April 2 to May 7**

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

**1:45-2:15pm Games and Social time**

**Cost: \$60/ Pair (GST included)**

**\*\*registration ONLINE**

## CHAIR –STRETCH

*(Mild to Moderate intensity)*

Here is a great class to finish the week. Enjoy both seated and standing exercises designed to improve poster and joint mobility followed with breathing and stretching exercise that will care for your range of motion and enhance relaxation.

**10:00-10:45am (Drill Hall)**



## Schedule

# MARCH 30 TO MAY 15

Monday	Tuesday	Wednesday	Thursday	Friday
			7:15-8:00am FIT FUSION	
8:30-9:30am MIND & MUSCLE	8:30-9:30am TONE & STRETCH	8:30-9:30am BOOTY & CORE		8:30-9:30am PILATES
10:00-10:45am CHAIR STRENGTH	9:45-10:30am MEN'S FITNESS	10:00-10:45am CHAIR GROOVE	10:00-10:45am WALKING CLUB (Free)	10:00-10:45am CHAIR STRETCH
	10:00-10:45am <b>NEW</b> *BABY & ME BOOTCAMP		Meet @ Visitor Centre	
1:15-2:00 BODY BALANCE		1:15-2:00pm OSTEO FLEX	12:10-12:55 LUNCH BREAK BURN <b>NEW</b>	
			1:00-2:15 *MINDS IN MOTION	
			2:30-5:00pm *DANCE PROGRAMS	
	3:30-5:30pm *BALL HOCKEY		3:30-5:30pm *BALL HOCKEY	
	5:00-5:55pm PILATES			
6:00-7:00pm FIT FUSION @ALF				



## Pricing

# FITNESS CLASSES

	Single Time	10x Pass	20x Pass	Season Pass	Jan 5- Mar 27	Mar 30-May 15
<b>Senior (60+)</b>	\$6.50	\$58.50	\$105.00	<b>SR Chair</b>	\$175.00	\$100.00
				<b>SR All Classes</b>	\$250.00	\$135.00
<b>Adult (18+)</b>	\$8.00	\$72.00	\$130.00	<b>ADULT</b>	\$310.00	\$175.00

Classes can be dropped into unless specified that pre-registration is required.

Discounts for participants 80+ and 90+ (Please let us know)

Fitness passes can be used for all regular scheduled classes