

2026



FALL

RECREATION GUIDE

REGISTRATION
OPENS

AUGUST 27
2026

EXPERIENCES. CONNECTIONS. COMMUNITY.



STAY ACTIVE
programs for
every age



BUILD COMMUNITY
connect, belong
and thrive



MAKE MEMORIES
moments that
last a lifetime



ONLINE REGISTRATION
WWW.ENDERBYRECREATION.COM



(250) 838-2665

WWW.ENDERBYRECREATION.COM

RECREATION@ENDERBY.CA

PUBLIC SKATING

Please check public skate
time regularly as there may
be cancellations due
to other events
**The Arena is closed all
stat holidays*

STARTS SEPTEMBER 15

SUNDAYS 3:30 TO 5:00 PM

CANCELLED: SEPT 27 / OCT 18 / NOV 1
NOV 8 / DEC 13 /

JAN 3 *MOVED TO 11:00-1:00

JAN 17 *MOVED TO 5:30-7:00

FEB 7/ FEB 28 *MOVED TO 5:30-7:00 PM

TUES/WED/THURS 2:00 TO 3:00 PM

CANCELLED: SEPT 30 / NOV 11

FRIDAYS 3:00 TO 5:00 PM

CANCELLED: OCT 30 / NOV 6 / NOV 13 / NOV 20
DEC 18 / DEC 25 / JAN 1 / JAN 15 / JAN 22 / FEB 26

**Helmets strongly recommended. Anyone on ice must be in skates (no shoes)
No Skate rentals. No sticks/pucks. Strollers are allowed on ice.**

DO NOT LEAVE CHILDREN UNATTENDED AT THE ARENA

PRIVATE ARENA RENTAL

Book the Enderby Arena for your family event or special occasion. All bookings must have a signed contract and payment prior to the rental.
Non-prime time is weekdays 9:00 am to 3:00 pm & Over the Christmas Holidays from December 21 to 31.

PRIME RATE

YOUTH \$100.75 | FAMILY \$108.85 | ADULT \$183.00 | SENIOR \$132.00

NON-PRIME RATE

YOUTH \$51.00 | FAMILY \$54.45 | ADULT \$91.50 | SENIOR \$66.00

**prices are per hour & do not include taxes or insurance*

RECREATIONAL FUN HOCKEY

ENDERBY ICE HAWKS

(5-12 yrs with full equipment)

Hit the ice for fun! This once-a-week recreational hockey program is perfect for young players who want to develop their skills in a positive, non-competitive environment. Players build confidence through skating enhancement drills, practice fundamental hockey skills and enjoy exciting scrimmages each week- all under the supervision of Coaches and Community Volunteers. Whether your child is new to the game or looking to keep their skills sharp, this program focuses on teamwork, sportsmanship, active play and having FUN!!

Must have full equipment including a CSA approved helmet.

An Ice Hawks jersey is supplied for the season.

Cancelled on stat holidays

TUESDAYS - SEPT. 29 TO DEC. 1 (10 SESSIONS)

Geared to NEW players to the Program

Lil's (4-6yrs) 3:15-4:00pm \$75.00

Jr's (7-9yrs) 3:00-4:00pm \$85.00

WEDNESDAYS - OCT. 7 TO DEC. 16 (10 SESSIONS)

Jr's (7-9yrs) 3:15-4:15pm \$85.00

Sr's (9-12yrs) 4:15-5:15pm \$85.00

TUESDAYS - JAN. 5 TO MAR. 9 (10 SESSIONS)

Lil's (4-6yrs) 3:15-4:00pm \$75.00

Jr's (7-9yrs) 3:00-4:00pm \$85.00

WEDNESDAYS - JAN. 6 TO MAR. 10 (10 SESSIONS)

Jr's (7-9yrs) 3:15-4:15pm \$85.00

Sr's (9-12yrs) 4:15-5:15pm \$85.00



SKATING LESSON THURSDAYS

(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.

everyone on the ice must have a properly fitting helmet & Skates

\$50.00 for 30 minute class

\$75.00 for 45 minute class

\$78.45 for 45 minute Adult

SESSION I

Thursdays Oct. 1 -Nov. 5 (6 classes)

Time	1	2	3
3:00-3:30	Ice Puppies	Penguins	SK-1
3:30-4:00	SK-2	SK-4	SK-3
4:00-4:30	Ice Puppies		Penguins
4:30-5:00	Polar Bears Huskies	SK-1	Teen / Adult
5:00-5:15		SK-2	

SESSION II

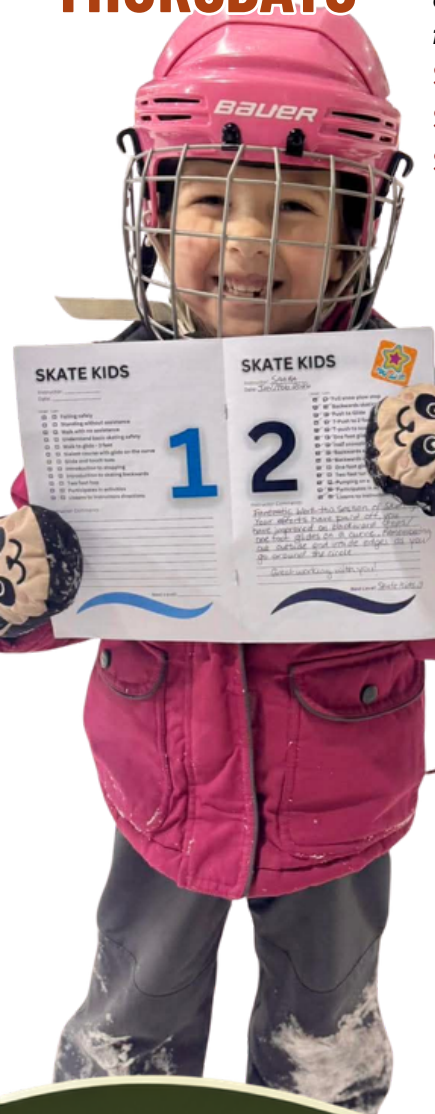
Thursdays Nov. 12- Dec. 17 (6 classes)

Time	1	2	3
3:00-3:30	Ice Puppies	Polar Bears	Huskies
3:30-4:00	Penguins	SK-1	SK-2
4:00-4:30	Ice Puppies	SK-3	SK-4
4:30-5:00	Penguins	Teen/ Adult	SK-1
5:00-5:15			

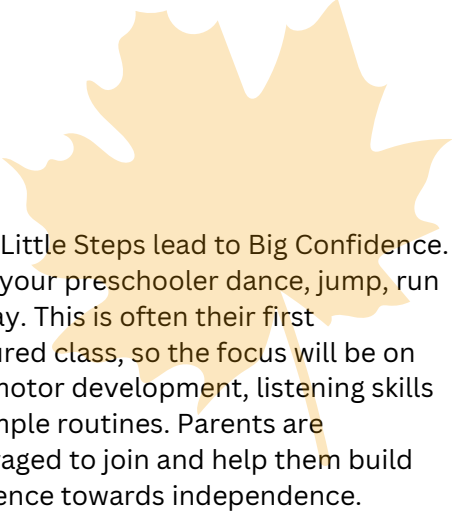
WINTER SESSION

Thursdays Jan. 14 – Feb. 18 (6 classes)

Time	1	2	3
3:00-3:30	Ice Puppies	Penguins	Polar Bears
3:30-4:00	Penguins	SK-1	SK-2
4:00-4:30	Ice Puppies	SK-3	SK-4
4:30-5:00	Huskies	Teen/ Adult	SK-1
5:00-5:15			



YOUTH PROGRAMS



MINI MOVERS

(2-3 years & parent participation)

SEPT. 28 TO NOV. 9
MONDAYS @ THE DRILL HALL

2:00 to 2:30 pm

\$36.00 for 6 classes

Where Little Steps lead to Big Confidence. Watch your preschooler dance, jump, run and play. This is often their first structured class, so the focus will be on gross motor development, listening skills and simple routines. Parents are encouraged to join and help them build confidence towards independence.

LIL' DANCE

(3-5 years with comfy footwear)

SEPT. 22 TO OCT. 27
TUESDAYS @ THE DRILL HALL

10:45 to 11:15 am

\$42.00 for 6 classes

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.

LIL' SPORTS

(3-5 years with comfy footwear)

NOV. 3 TO DEC. 8
TUESDAYS @ THE DRILL HALL

10:45 to 11:15 am

\$42.00 for 6 classes

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

ONCE UPON A GROOVE

NEW

Seniors & Pre-schoolers

SEPT 23/ OCT 28/ NOV 25
WEDNESDAYS @ THE DRILL HALL

11:00 to 11:40 am

\$5.00 / session per family (*parents encouraged to attend*)

Seniors attend for FREE

We are excited to bring this multi-generational experiences where books, music and movement bring people together. Come read, dance, share stories and songs, and discover the joy of connecting across the generations.

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.

MONDAY SEPT. 21

@ Visitor Center (upstairs) 9:30am-2:30pm Cost: \$65.00

(5 hr course, includes Stay Safe Manual and Certificate)

BABY SITTING 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.

SATURDAY SEPT. 26

@ Visitor Center (upstairs)

9:30am-3:30pm Cost: \$85.00

(6 hr course, includes Babysitter Manual and Certificate)

DROP IN VOLLEYBALL



(12yrs+ with indoor shoes & signed waiver)

Enderby Recreation Services is excited to bring back Drop-In Volleyball this fall. Grab your friends and Join us Friday nights at the A.L Fortune Secondary Gym. There will be 1 Youth Drop-in court and 2 courts for Adult mixed teams. All levels welcome.

Play for fun, exercise, or the social aspects - you can't beat volleyball!

FRIDAYS - START DATE: SEPTEMBER 26 @ AL FORTUNE GYM

(cancelled on holidays and pro-d days)

6:15 to 7:15 pm - Youth (12+) & Families 7:15 to 8:45 pm - Teen (16+) & Adult

Youth Drop \$2.00 or FREE for AL Fortune students Adult Drop in \$5.00

Must Pre-register online

OUTDOOR EDUCATION

CORE COURSE

Age 12+

Be Ready for Hunting Season and take your CORE Program in Enderby.

This 14 course (+ 2 hour exam) consists of a practical firearms handling test, 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 Oct. 17 & 18 8:00am-5:00pm @ the Visitor Centre
Youth - \$175.00 Adult - \$200.00 (16hr course, 2hr exam, includes Manual)



PAL COURSE

Age 12+

This Course is required to apply for a Canadian firearms license or a Possession and Acquisition license (PAL) for non-restricted firearms. Non-restricted firearms are typically long firearms used for hunting, target practice or plinking.

If you are interested in learning more about gun safety or getting into target shooting, hunting or your employment, which may require firearm safety training, this is a fun, hands-on, interesting course which you will enjoy. Anyone over the age of 12 can take and pass the course. Students under 18 can apply for a minors PAL or wait until they turn 18 and apply for the regular PAL. This is typically a one day course, starting at 8:00 am and finishing at 4:00pm with testing after 4:00.

Saturday Oct. 3 8:00am-5:30pm @ the Visitor Centre

Cost - \$200.00 (8hr course plus exam)

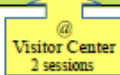
FITNESS PRICING

SEASON PASS *(September to December)*
SENIOR CHAIR • \$200.00
(all chair, body balance & Osteo)
SENIOR AL • \$295.00
(pays for 3.25 classes a week for 14 weeks)
ADULT ALL • \$325.00
(pays for 2.9 classes a week for 14 weeks)

ADULT	SENIOR (60+)	SENIOR (80+)
DROP IN • \$8.00	DROP IN • \$6.50	DROP IN • \$3.25
10X PASS • \$72.00	10X PASS • \$58.50	10X PASS • \$32.50
20X PASS • \$130.00	20X PASS • \$105.00	20X PASS • \$65.00

Fitness classes are Drop-in. We have 10x, 20x and season passes available. Participants must complete Health Questionnaire & waiver before participating. Please bring your own mat, water bottle and clean indoor shoes. Our Fitness team is passionate about your overall wellness. We strive to bring you a safe workout experience that you will both enjoy and feel the benefits from.

SEPTEMBER 14 TO DECEMBER 19

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>*Childminding</i>			7:15-8:05FIT CAMP		
	8:30-9:30 MIND & MUSCLE	8:30-9:30 TONE & STRETCH	8:30-9:30 RHYTHM & CORE		8:30-9:30 PILATES	PAL Course 8am-5:30pm (Oct. 3)
C.O.R.E Hunting Course 8am-5pm (Oct.18/ 19)		9:45-10:30		FREE		C.O.R.E Hunting Course 8am-5pm (Oct. 18/19)
	10:00-10:45 CHAIR STRENGTH	MIND & MUSCLE (for MEN)	10:00-10:45 CHAIR GROOVE	10:00-10:45 WALKING GROUP	10:00-10:45 CHAIR STRETCH	
		*10:45-11:15 LIL' PROGRAMS	*11:00-11:40 "Once Upon A Groove" Multi-generational story and dance 1x per month	Meet @ Visitor Centre	*11:00-11:50 FRIDAY FREESTYLE LINE DANCE & MORE	
		New		11-11:45 CONNECTION & CRAFTS		
For Arena Rentals Call 250-838-BOOK (2665)	1:00-1:45 BODY BALANCE	1:00-2:00 CHAIR PILATES	1:00-1:45 OSTEO FLEX			
	*2:00-2:30 MINI MOVERS	2:00-3:00 PUBLIC SKATING				
3:30-5:00 PUBLIC SKATING **CXL when Tournaments**		*3:00-4:00 LIL' & JR. ICE HAWKS	*3:15-5:15 JR. & SR. ICE HAWKS	*3:00-5:15 SKATING LESSONS	3:00-5:00 PUBLIC SKATING **CXL when tournaments**	
		*PRE-REGISTER 5:00-5:50 *STRONG & EMPOWERED Sept. 8-Oct. 27		5:00-5:50 SHAPE & SCULPT		
	6:00-7:00 FIT FUSION @ A.L.F				6:15-9:00 VOLLEYBALL at A.L.F.	

CHAIR & RECOVERY FITNESS

MONDAYS

CHAIR STRENGTH

10:00-10:45 am

(Mild to moderate)

Drill Hall

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

BODY BALANCE

1:00-1:45 pm

(Mild Intensity)

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 joint mobility and relaxation.

TUESDAYS

CHAIR PILATES

1:00-1:45 pm

(Moderate with
modifications)

Drill Hall

Discover the benefits of Pilates in a supportive chair-based format. Chair Pilates uses the foundational techniques, controlled movements, coordination, and principles of Pilates to encourage continued movement, improved range of motion, strength, balance and posture. A mindful and accessible class designed to help you move with greater awareness, confidence and ease.

WEDNESDAYS

CHAIR GROOVE

10:00-10:45 am

(Mild to moderate)

Drill Hall

This is not your ordinary Chair fitness class. Connect mind to muscle and let the music move you with simple and fun choreography to inspire both seated and standing full body movement and dance.

OSTEO FLEX

1:00-1:45 pm

(Mild Intensity)

Drill Hall

Join Zoe for a seated and station program designed for individuals with osteoporosis, low bone density or who are at risk of fractures and falls. This class includes light cardio conditioning, balance and agility practices and "Osteo safe" resistance training with weights and bands.

FRIDAYS

CHAIR STRETCH

10:00-10:45 am

(Mild to moderate)

Drill Hall

This chair class focuses on joint care, flexibility, and intentional movement to support mobility and strength. Guided by breath and mindfulness, the session offers a gentle yet effective way to reconnect with our body and promote overall well-being.



FITNESS CLASSES

MONDAYS

MIND & MUSCLE

8:30-9:30 am

(Moderate)

Drill Hall

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

POWER CIRCUIT

6:00-7:00 pm

(Moderate to High)

AL Fortune

Get ready to sweat, burn and build with a total body workout that will keep you coming back for more. This class features dynamic style stations with modifications and intensity options so you can work at a level that feels right for you.

START DATE: TBA *(cancelled for school functions)*

TUESDAYS

TONE & STRETCH

8:30-9:30 am

(Moderate with
modifications)

Drill Hall

Strengthen, lengthen and unwind! Tone & Stretch is a balanced full-body workout targeting all major muscle groups with a variety of resistance equipment and movements designed to build strength while improving muscle tone. Finish with relaxing stretches that increase flexibility, release tension and inspire a sense of calm and relaxation.

MIND & MUSCLE FOR MEN

9:45-10:30 am

(Moderate)

Drill Hall

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

STRONG & EMPOWERED

5:00-5:55 pm

(Moderate with
modifications)

Drill Hall

NEW

Transform your strength, body, and mindset in a welcoming, supportive environment designed specifically for women. Strong & Empowered focuses on progressive resistance training to help you build lean muscle, increase functional strength, and move with confidence both in and out of the gym. Within the workout, you'll receive personalized guidance to refine your form and practical nutritional strategies to fuel your body effectively.

Co-taught by Brooklyn Richards and Leanne Morris.
Maximum 15 participants * **Pre-registration Required**

WEDNESDAYS

RHYTHM & CORE

8:30-9:30 am

(High Intensity)

Drill Hall

A mid week Super Combo class that blends energizing movement to music with core focused exercises for a fun, full body workout. This Program changes month to month, so you will stay challenged, motivated and inspired to keep moving.

THURSDAYS

FIT CAMP

7:15-8:05 am
(Moderate to High)
Drill Hall

Fit Camp is a dynamic early morning class that blends a variety of fitness styles; from strength and cardio to mobility and 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.

OUTDOOR WALKING GROUP

10:00-10:45 pm
Visitor Centre

Step into wellness with our FREE Outdoor walking program that harnesses the healing power of nature. Designed to promote physical and mental well-being, each walk offers fresh air, gentle movement, and the chance to connect with others in a supportive yet powerful way to boost your health. Four-legged friends and Littles in strollers are welcomed and encouraged to come.

Dress for the weather

CONNECTION & CRAFTS

11:00-11:45 pm
Visitor Centre
SEPT 24 TO OCT 15

Rock Painting
NOV 5 TO 26
Holiday Cards

Mental and Social well being is important too! Stay connected through conversation, creativity, and community. Enjoy good company while creating something meaningful. The Fall session featuring rock painting to create colorful, inspirational rocks to place along our local River Walk. No artistic experience is needed, just bring your creativity, coffee and willingness to connect.

COST: \$10.00/ 4 CLASSES OR \$3.00 DROP-IN

NEW

SHAPE & SCULPT

5:00-5:55 pm
(Moderate to High)
Drill Hall

A Fun focused workout designed to challenge and define your muscles through targeted movements and lots of repetition. Enjoy motivational music, inspirational cueing and energizing moves to keep you engaged while you build strength, tone and endurance.

FRIDAYS

PILATES

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

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!

FRIDAY FREESTYLE

11:00-11:50 am
(Mild to Moderate)
Drill Hall
SEPT 18 TO 23
NOV 6 TO DEC 11

This is your your feel good way to kick off the weekend with music, movement, connection and plenty of FUN! Get ready for a little bit of everything from line dancing to country favorites and golden oldies, to modern hits. And try fun choreography inspired by today's popular dance trends. No dance experience is needed, just bring your energy - let the music move you and dance your way into the weekend.

COST: \$50.00

***Pre-registration Required**

BC River's Day is Sunday September 27. It is an opportunity to bring together community members and organizations to raise awareness about our local streams and habitat. This year we are putting out a community River Clean Challenge the week leading up to River's Day. .

BC Rivers Day
Clean up Challenge
SEPTEMBER 13-27

From September 13-27 take an opportunity to float, paddle, kayak, or wade the Shuswap River to help clean up garbage and debris. You can also walk sections of the banks to collect items that do not belong in Nature. Take pictures and email or post on our Socials to be entered to win some fabulous prizes. Prizes will be drawn at random on Monday September 28th

WITCHES DANCE & MONSTER MASH



We are celebrating our 10th Annual Witches Dance in Enderby!! Join us for the high energy, community wide flash mob that brings costumes, creativity, music and plenty of Halloween fun.

This year, we're taking the spooking celebration on tour! Gather your friends, family, co-workers, and fellow Halloween enthusiasts to dress up in your best witchy, wacky, or monstrous costume, and join us for a fun filled performance that's all bout community, connection and having a BOO-tiful time.

REHEARSAL – FRIDAY OCT 30 11:00 TO 11:50 OR 5:00 TO 5:45 @ DRILL HALL
EVENT –SATURDAY OCT 31 –MEET @ VISITOR CENTER TIME TBA

We are looking at setting up performances at Parkview Seniors home, Mainstreet, Lions Gazebo. You can participate in any or all of the locations

SKATE WITH SANTA

Bring your holiday spirit, lace the skates and join Santa for some festive fun on the Ice!
Enjoy a magical skate filled with holiday cheers, smiles and maybe a little Santa magic!

FRIDAY DECEMBER 11

3:00 TO 5:00PM

@ The John Pritchard Memorial Sports Complex

