Winter
2027



Enderby & District
RECREATION SERVICES
Our Place to Play

RECREATION Guide

250.838.2665 | RECREATION@ENDERBY.CA

PUBLIC SKATING

FREE

JANUARY TO MARCH

Sunday 3:30-5:00 pm

Moved: Jan 3 (11:00-1:00pm)
Jan 17, Feb 7 & 28 (5:30-7:00pm)

Tuesday| Wednesday| Thursdays 2:00-3:00 pm

Friday 3:00-5:00 pm

Cancelled: Jan 1, 15, 22 & Feb 26

Helmets strongly recommended.

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

No sticks/pucks during public skate

No Skate Rentals or Skate Sharpening

Skating Lessons

(mitts & properly fitted helmet required)

Learning to skate is an important fundamental movement skill to build physical literacy. Our instructors provide a safe, fun learning environment for kids of all ages and the young at heart to learn and enjoy ice skating.

Thursdays Jan. 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-3/4	New Skills & Drills
4:30-5:00	Huskies	Teen/ Adult	
5:00-5:15			

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
$85.00 for Skills & Drills

Enderby Ice Hawks

(4-12 yrs with full equipment including CSA approved helmet)

This popular program puts the FUN in Recreation Hockey. Players will participate in teamwork, skating enhancement drills, hockey skills and scrimmages – all under the supervision of Coaches and Community Volunteers.*(Jersey provided, but must be returned)*

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

ENDERBY ICE HAWKS

YOUTH PROGRAMS

Lil' Ninja

(ages 3-5yrs with Parent/ Guardian present at facility)

Check out this exciting program that will introduce your child to fun games and activities that encourage coordination, cooperation, body awareness and movement. Your child will enjoy stations and floor based obstacles to build on all physical literacy skills. Parents are encouraged to be available to assist their child as needed.

Tuesdays Feb. 2 – March 9
10:45-11:15am Where: Drill Hall
Cost: $45.00 (6 classes)



NEW

Jr Mini Sticks

(6-9yrs with knee pads & water bottle/ Sticks will be provided)

Get ready for some after school fun! Players will start with fun skill and teamwork activities to warm up – then burn off their energy in a friendly mini sticks game. A great way to make friends and enjoy being active.

Mondays Feb. 1 – March 8 @ 2:30-3:15pm
Where: Drill Hall
Cost: $30.00 (5 classes)

DANCE
With Miss Taylor

Lil' Ballet

(3-5yrs - ballet slippers & 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 include stretching, jumping, twirling, balance moves and taking turns with fun props, songs and games.

Tuesdays Jan. 12 – March 2 @ 3:00-3:30pm
Cost: $56 (8 classes) @ Drill Hall

Jr Ballet

(6-9yrs - 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 in an 8 week series.

Tuesdays Jan. 12 – March 2 @ 3:30-4:15pm
Cost: $65 (8 classes) @ Drill Hall

Jr Dance Mix

(9-12 yrs- indoor shoes & 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 for dancers to express themselves with freestyle movement.

Tuesdays Jan. 12 th – March 2 nd @ 4:20-5:00pm
Cost: $65 (8 classes) @ Drill Hall

Teen/Adult Dance

(13+ yrs- indoor shoes & water)

Get moving, build confidence, and have fun in this energetic dance program designed for teens and adults of all experience levels! Explore a variety of dance styles, including hip hop, jazz, and contemporary, while learning fun choreography, improving coordination and cardiovascular fitness. Each class combines music, movement, and creativity in a welcoming, supportive environment where you can express yourself, challenge your body, and feel the joy of dance.

Tuesdays Jan. 12 th – March 2 nd @ 5-5:45pm
Cost: $65 Youth // $75 Adult (8 classes) @ Drill Hall

STAY SAFE & BABYSITTING COURSES

CANADIAN RED CROSS

Stay Safe

(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.

Tues. March 23 (Spring Break)
Where: 9:30am-2:30pm @ Visitor Center
Cost: $65.00

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

Babysitting

(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.

Wed. March 24 (Spring Break)
Time: 9:00am-3:00pm @ Visitor Center
Cost: $85.00

(6 hr course, includes Babysitter Manual and Certificate)

NEW

Art for the Heart

(13yrs+)

Unwind, reconnect, and honor your personal journey in this gentle three-session art workshop centered on self-love, inner reflection, and emotional expression. Designed as a welcoming sanctuary for creative exploration, each class guides you through hands-on activities that transform your inner landscape into meaningful visual art. Participants will leave with personalized artwork and a renewed sense of peace and self-connection. No experience necessary—all materials provided.

Led by Amber with spliltmilkArt

Tuesdays February 9/ 16/ 23
Time: 12:30-2:30pm @ the Drill Hall (Nov. 23 rd at the Visitor Center)
Cost: $110.00 (3 classes, includes all supplies and materials)

PAL COURSE

Possession & Acquisistion License

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.

April 10 OR 11 8:00am-5:30pm at the Visitor Center (Upstairs)
Cost: $200.00 + tax (8hr course, plus exam)

CORE COURSE

Conservation & Outdoor Recreation Education

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 a 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 20 & 21
8:00am-5:00pm @ Visitor Center (Upstairs)
Cost: Youth $175.00 / Adult $200.00
(12hr course, 2hr exam, includes Manual)

Private Arena Rental

Youth Rental	Prime $100.75	Non Prime $51.00
Family Rental	Prime $108.85	Non Prime $54.45
Adult Rental	Prime $183.00	Non Prime $91.50
Senior Rental	Prime $132.00	Non Prime $66.00

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

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





Fitness Pricing

ADULT	SENIOR (60+)	SENIOR (80+)
Drop in • $8.50	Drop in • $7.00	Drop in • $3.50
5X Pass • $42.50	5X Pass • $35.00	5X Pass • $17.50
10X Pass • $76.50	10X Pass • $60.00	10X Pass • $35.00
20X Pass • $135.00	20X Pass • $105.00	20X Pass • $65.00

SEASON PASS

January 5 -March 12

Senior Chair	• $142.00
Senior All Classes	• $210.00
Adult All Classes	• $235.00

JANUARY 4 TO MARCH 12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				7:15-8:05 FIT MIX		
	8:30-9:30 AWAKEN & ALIGN	8:30-9:30 STRENGTH IN MOTION	8:30-9:30 CORE & MORE	FREE	8:30-9:30 PILATES	
	10:00-10:45 CHAIR STRENGTH	9:45-10:30 MEN'S FIT	10:00-10:45 CHAIR GROOVE	10:00-10:45 WINTER WALKING CLUB	10:00-10:45 CHAIR STRETCH	
	BC Family Day Mon. Feb. 15th	*10:45-11:15 Lil' PROGRAMS				
For Arena Rentals Call 250-838-BOOK (2665)	1:15-2:00 BODY BALANCE		1:15-2:00 OSTEO FLEX			For Arena Rentals Call 250-838-BOOK (2665)
	*2:00-3:15 Youth Shinny	2:00-3:00 PUBLIC SKATING				
	*2:30-3:15 Jr. MINI STICKS					
3:30-5:00 PUBLIC SKATING		*3:00-4:00 LIL' & JR. ICE HAWKS	*3:15-5:15 JR. & SR. ICE HAWKS	*3:00-5:00 SKATING LESSONS	3:00-5:00 PUBLIC SKATING	
		*3:00-5:45 DANCE PROGRAMS (see guide for Levels and times)		5:00-5:55 BARRE BLEND		
Jan. 10th *6:00-7:15 SOUND BATHNew Waves	6:00-7:00 FIT FUSION @ A.L.F.					

Fitness Fees	Single Time	10x	20x
Senior (60+)	$7.00	$60.00	$105.00
Senior (80+)	$3.50	$35.00	$65.00
Adult (18+)	$8.50	$76.50	$135.00

Season Pass	Jan. 5- March 12 (10 weeks)
Senior -Chair classes	$142.00
Senior – All classes	$210.00
Adult – All classes	$235.00
Sound Bath- pre-registration	$35.00

Fitness Passes are good for all Regular Scheduled classes

Lil' Programs	$45.00	Jr. Mini Sticks	$30.00
Lil' Ballet	$56.00	Youth Shinny	$40.00
Jr. Dance	$65.00	Public Skate	$FREE

***Register ONLINE @ www.enderbyrecreation.com**



CHAIR & RECOVERY FITNESS

MONDAY

CHAIR STRENGTH

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

A Fun and Functional mix of seated and standing moves, this class will use exercises and equipment that works your whole body to promote flexible joints, good posture and maintaining muscle.

BODY BALANCE

(Mild intensity) 1:15-2:00pm (Drill Hall)

A whole body approach to fitness -this program focuses on fall prevention exercises 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 and coordiation.

WEDNESDAY

CHAIR GROOVE

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

Connect mind to muscle and let the music move you. Try the simple and fun choreography to inspire both seated and standing full body movement exercises that also help with memory and mood.

OSTEO-FLEX

(Mild intensity) 1:15-2:00pm (Drill Hall)

Join Zoe for exercise, education, 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 "osteo safe" resistance training with weights, bands and other fun equipment.

FRIDAY

CHAIR STRETCH

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

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

TUESDAY

MEN'S FITNESS

(Moderate intensity with modifications) 9:45-10:30am (Drill Hall)

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 exercises and flexibility / mobility moves for the whole body.

FITNESS CLASSES

Most of our Fitness classes are Drop-in. We have 5x, 10x & 20x passes available as well as a Season's Pass. Participants must complete a 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.

MONDAY

NEW

AWAKEN & ALIGN

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

A feel good, full body fitness class that combines gentle mobility, strength and toning exercises with a relaxing full body stretch that will leave you feeling energized, confident and ready to take on the week ahead.

FIT FUSION @ A.L. FORTUNE

(Moderate to high intensity)
6:00-7:00pm (AL Fortune School Gym-upstairs)

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

TUESDAY

NEW

STRENGTH IN MOTION

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

Find your strength, confidence and proper lifting techniques in this full body workout focused on form and progressive muscle building. This class offers a supportive environment to learn, lift and grow stronger at your own pace.

TEEN/ ADULT DANCE

(13+ yrs with with indoor shoes and water bottle *registration required)

Get moving, build confidence, and have fun in this energetic dance program designed for teens and adults of all experience levels! Explore a variety of dance styles, including hip hop, jazz, and contemporary, while learning fun choreography, improving coordination and cardiovascular fitness.

Tuesdays Jan. 12 th – March 2 nd @ 5-5:45pm
Cost: $65 Youth // $75 Adult (8 classes) @ Drill Hall

WEDNESDAY

NEW

CORE & MORE

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

Build strength from the inside out! This fun, impactful and challenging class targets your entire core and the supporting muscle groups that keep you strong, stable and moving with confidence. Through dynamic, functional exercises, we'll build the strength, balance and mobility that help you move well, feel strong and stay active for life!

THURSDAY

FIT MIX

(Moderate to high intensity with modifications) 7:15-8:05am (Drill Hall)

Fit Mix 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 and formats to challenge your body and boost motivation, making it the perfect start to your day.

WINTER WALKING CLUB

(Self-guided) 10:00am (Meet at the Information Center)

A FREE Winter Walking Club where you can meet your friends (and bring your 4- legged fur babies) to take a brisk and adventurous stroll through Enderby & Area.

BARRE BLEND

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

Barre blends elements of ballet, Pilates and strength training for a full body workout. With small controlled movements and upbeat energy, it helps improve posture, flexibility and muscle tone for all fitness levels.

FRIDAY

PILATES

(Moderate to high intensity) 8:30-9:30am (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!



Upcoming Events

Unplug and Play
Family Literacy Week

January 23- 30
Free Family Events sponsored by
Enderby & District Recreation Services
Thursday January 28
Storybook Skate 2:00-3:30pm
@ Enderby Arena

POLAR BEAR DIP

NEW YEARS DAY

Ready to kick off the New Year with a splash?
Join us on January 1st for a chilly but exhilarating Polar Bear Dip into the beautiful Shuswap River! Whether it's a New Year's challenge you've been wanting to check off your bucket list or simply a fun way to start the year, come brave the cold and take the plunge with us!

What to bring:

- A swimsuit or lightweight clothing you don't mind getting wet.
- A housecoat, robe, or warm, cozy clothes to change into
- Your sense of adventure!

Please note: All participants will be required to sign an activity waiver form before taking part.





REDEMPTION SOUND BATH

Frequency is our natural state and where we come face to face with the life force within. Rediscover your inner radiance with Ada as she uses sound bowls, vocals, flute, hand pan, and a variety of percussion instruments to weave a musical journey to relaxation, inner stillness, and healing. Dress comfortable and bring your pillows, blankets.

Sundays –January 10 (New Waves)
April 18 (Pink Moon – Inner Light)
Time: 6:00-7:15pm @ the Drill Hall
Cost: $35.00 / session