

# FUN GUIDE

## SPRING 2025



Kids Fishing Derby  
information page 13

 **ROGERS** Rink



**SASCU**

**Online Registration begins MONDAY MARCH 10 at 6:30am**

# REGISTRATION INFORMATION

## Contents

Info .....	2-3
Child & Youth Programs .....	4-6
Adult Programs.....	7
Child & Adult Drop in.....	8
Auditorium Schedule. ....	9
Courts & Fitness.....	10
Birthday Parties.....	11
Walking Track.....	12
Public Skate .....	12
Kids Fishing Derby .....	13
Canada Day Ball Hockey.....	14
Outdoor Courts.....	15
Aquafit.....	16
Advanced Aquatics .....	16
Pool Special Events.....	17
Swim Lessons.....	18-19
Pool Schedule.....	20-21
Get Active Guide.....	22-27

## SASCU Recreation Centre

250-832-4044 • 2550 10th Ave NE

### FACILITY BOOKING

**Parks/fields/SASCU Recreation Centre**

rscott@salmonarmrecreation.ca

### SWIMMING POOL

kmcalearen@salmonarmrecreation.ca

## ROGERS RINK

250-832-4044 • 2600 10th Ave NE

### ROGERS RINK ice rinks/rooms

cdeboer@salmonarmrecreation.ca

www.salmonarmrecreation.ca

### Don't wait to register

Sometimes great programs are canceled if people wait until the last minute to register. Please register early to avoid disappointment. Programs with insufficient registration will be canceled one week prior to the start date. A full refund will be given to any participant registered in a canceled program.

## Salmon Arm Recreation Refund Policy

A full refund will be issued for canceled programs and lessons. Please allow 3 weeks for processing and mailing of a refund cheque.

All program or lesson refund requests are subject to a minimum \$10 administration fee. Refunds will be issued if request is received a minimum of 48 hours prior to the program start; the administration fee will apply. Refunds received less than 48 hours prior to the program start and up to the second session will result in a refund based on:

- Deductions for the first class or any class attended
- Non-refundable program costs (program supplies)
- Administration fee will apply

No refunds issued for requests received after the second date of a program. Medical refund requests must be accompanied by a valid doctor's note.



**Online registration begins 6:30 am Monday March 10, 2025**



# REGISTRATION INFORMATION

## Salmon Arm Recreation is trying something NEW!!

After careful consideration, listening to customer feedback, and aligning with common practice in other communities, Salmon Arm Recreation will be running a pilot program for Monday/Wednesday morning lesson starting this spring.

This spring, our **mid-week morning** lessons will be offered once-a-week on either **Monday's OR Wednesday's**, rather than twice a week, allowing for increased swim lesson opportunities and better scheduling abilities.

Starting in April, we will have lessons four times a week, Monday mornings, Wednesday mornings, Monday/Wednesday afternoons and Saturday mornings. These sessions will roll out in our Spring registration and start right after Spring Break.

Please let us know if you have any questions about this change so that we can ensure a smooth transition for all this spring.

## Online Registration System

All Program Registration is now being done by our patrons through our Online Registration Module available on the Home Page of our Website: [www.salmonarmrecreation.ca](http://www.salmonarmrecreation.ca).

If you have registered yourself or family members for activities such as swim lessons in the past few years, you will likely already have an account. Please do not set up a second account. Should you be unable to access our online services, cannot remember your password, or are uncertain as to whether you have an existing account, please call our reception staff at the number shown below and they will assist you.

If you do not have an account set up as of yet, go to our website and select the Online Registration icon on the home page. Once logged in, follow the prompts to create a new client and add family members to set up your family account.

The system will ask for the following information in order to set up an account for you: full name of primary account holder, email address, phone number, date of birth and address. You will then receive an email with a temporary password, and the system will direct you to set up your own password when you login.

You are now ready to register for programs offered by the Salmon Arm Recreation Centre & Rogers Rink.

For further information or assistance with this process, please feel free to contact Salmon Arm Recreation Staff for assistance at: 250-832-4044 ext. 101





# CHILD & YOUTH PROGRAMS

## KIDS SPRING BREAK CAMP \$240/week (6-12 years old)

### It's BACK! The most fun your kids will have this spring break!

These 5 day camps during Spring Break are diverse full-day schedules of activities!

Play group games and sports.

Go hiking and swimming every day.

Do art and crafts and so much more.

Join us for these dynamic weeks this spring! This camp will visit the swimming pool, recreation center as well as nearby parks, courts and playgrounds.

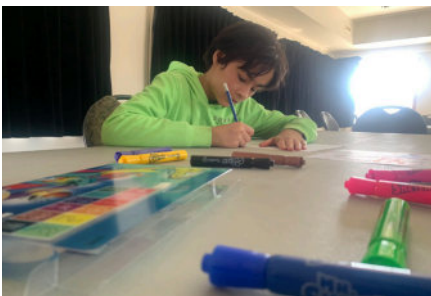
**March 17-21/March 24-28**

Drop off Little Mountain Field House

Pick up Recreation Centre Auditorium

8:30am-3:30pm

\*limited space for 6 year olds



## SUMMER CAMP REGISTRATION OPENS APRIL 1

### SUMMER CAMP DATES

July 7-11

July 14-18

July 21-25

July 28-August 1

August 11-15

August 18-22

Drop off Little Mountain Field House

Pick up Recreation Centre Auditorium

8:30am-3:30pm

Pre and post care available

\*limited space for 6 year olds

**\$240/week**

**(6-12 year old)**

CAMP

# CHILD & YOUTH PROGRAMS

## SAFE AT HOME, SAFE ALONE

**\$24/1 session**

**(9-12 years old)**

Learn about basic safety and how to stay safe when you are unattended at home. First aid, fire, internet, phone and personal safety are some of the topics covered. Parents are welcome to attend but not required. Best suited for kids ready to stay home alone.

SASCU Recreation Centre Room 2

6-8pm

Sessions:

A April 12—10am-12pm

B May 15—6-8pm

C June 10—6-8pm

(includes work booklet)



## RED CROSS BABYSITTERS COURSE

**\$120/course + \$10.50 for book**

**(11+ years old)**

Learn how to take care of infants, toddlers, and children safely. This includes first aid, diapering, disciplining and what to do in case of emergency.

SASCU Recreation Centre Room 2

**5 Week course**

WEDNESDAYS 6-8pm

April 9-May 7

**2 day course**

SATURDAY/SUNDAY 9am-2pm

June 7/8



## LASER TAG POPCORN & FUN

**\$12/Participant**

**(7-14 years old)**

Laser tag popcorn and a pop, we supply the laser tag equipment you be ready for the fun!

SASCU Recreation Centre Room Gym

**April 11 & May 30**

7-10 year olds 5:30-6:30pm

10-12 year olds 6:45-7:45pm

12-14 year olds 8-9pm





# CHILD & YOUTH PROGRAMS

## MOTORING MUNCHKINS

**FREE**

**(0-5 years old)**

This drop in program is designed for parents who have children at various stages of growth and development. Activities are arranged to enhance physical, and social development with an area for those children who are not yet motoring. If bringing a snack, please choose nut-free products.

**Parent participation required.**

SASCU Recreation Centre Auditorium  
Monday & Wednesdays 9-11am  
March 31-May 14

**FREE Thanks to the Shuswap Children's Association and the Ministry of Children and Families**

**\*EXCLUSION DATES ON OUR WEBSITE**

**\*Schedules are subject to change without notice**

**\*Parent participation required in some programs**

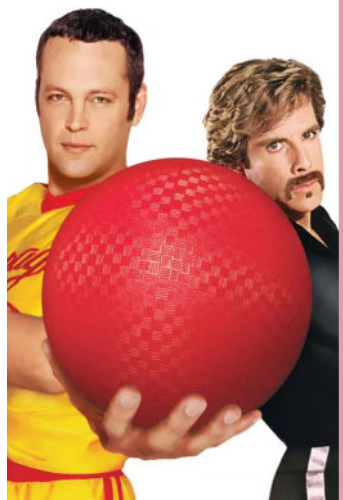
## YOUTH DODGEBALL LEAGUE

**\$160/team**

**Kids in grades 9-12**

**Recreational Dodgeball league for kids in grades 9-12. 8 players/team must have 3 female team members. Weekly round robin play. Season end tournament the last week.**

SASCU Recreation Gym  
Thursdays 6-8pm  
April 17-June 5



## TODDLER & ME SOCIAL

**\$2 Drop in**

**(Parents, Caregivers kids 5 and under)**

Every Friday from 10:30am-12pm bring your littles (5 and under) to work on a craft while you socialize and have a hot coffee with other Moms, Dads and caregivers. An adult leader will be there to help your child with the craft, of course your help may also be required! No need to register just drop in when you can.

SASCU Recreation Centre Room 2  
Fridays 10:30am-12pm  
April 4-May 16



## TINY DANCERS Intro to Dance

**\$54/6 sessions**

**(3.5-6 years old)**

This beginners class is all about fun and learning what dance is all about. Our talented instructor Jennifer will teach the FUNdamentals of dance with musicality, imagination, and movement. Jennifer Hansen, RAD RTS, AAC1, CDTA has taught dance for over 20 years and is a certified dance instructor in Ballet, Jazz, and Acrobatics.

SASCU Recreation Centre Room 1  
Thursdays 9-9:30 am  
April 3-May 8



# ADULT & SENIOR PROGRAMS

## CHOOSE TO MOVE

### FREE

(65+ years)

The Choose to Move program provides adults 65 years and older with a certified activity coach to develop a personalized physical activity plan. Choose to Move is a 3 month program that includes classroom sessions, along with additional coaching through telephone follow up sessions.

There will be a mandatory information session on Tuesday, April 15 at 9am to determine if this program is right for you.

SASCU Recreation Centre Room 1  
Tuesdays 9-10 am  
April 15-July 22

## ACTIVAGE

### FREE

(65+ years)

This active program for adults 65 years and older will work on balance, co-ordination, strength, and overall movement skills.

Participants must be able to walk 100 feet with or without assistance of a walker or cane, can easily lift in and out of a chair. Exercising will be done in and out of a chair. All participants must have a completed "Get Active" form.

SASCU Recreation Centre Room 1  
Tuesdays 10:30-11:30 am  
April 22-July 22

**Choose to Move & Active Age Funding from the Government of British Columbia and Shuswap Recreation Society**

## CHAIR TO MAT YOGA

### \$110/10 sessions

(16+ years)

CHAIR TO MAT YOGA is gentle yoga to loosen and stretch painful muscles, reduce stress, and improve circulation. Brandi will slowly progress from using only a chair to a mat/chair combination. Participants must be able to lift ones self off the floor assisted only by the chair.

Yoga is an excellent way to loosen and stretch painful muscles, reduce stress, and improve circulation.

SASCU Recreation Centre Room 1  
Thursdays  
April 3-June 5  
10-11 am  
Drop in for \$13/class

Join Brandi for gentle yoga with modifications or the aid of a chair if you need it.

## COUPLES DANCE LESSONS

### \$111/couple/6 sessions

(16+ years)

Join the popular Jens Goerner from City Dance to take you from a beginner to an accomplished dancer in a fun, relaxed and professional atmosphere. You will learn a wide range of International and American dance styles. Must register in couples

Little Mountain Field House  
Mondays April 7-May 12

Beginner Ballroom  
5:30 – 6:30 pm

Beginner Latin  
6:30 - 7:30 pm



These classes  
are for dancers  
of all levels.

# CHILD & Adult DROP IN SPORTS

## ADULT DROP IN SPORTS(16+)

STUDENT 16+ \$4.75 ADULT 19+ \$5.75 SENIOR 60+ \$4.75

March 31-June 30

BASKETBALL	BADMINTON	PICKLEBALL	SOCCER/FUTSAL	TABLE TENNIS
<b>Mondays</b>	<b>Tues/Thurs</b>	<b>Sun- Fri</b>	<b>Tuesdays</b>	<b>Sun/Mon/Tue</b>
<b>8-10pm</b>	<b>8-10am</b>	<b>Multiple Times</b>	<b>8-10pm</b>	<b>Multiple Time</b>
<b>5 on 5 Game</b>	<b>Round Robin</b>	<b>Round Robin</b>	<b>5 on 5 Game</b>	<b>Games</b>
Teams made when people arrive. Pay at the pool front desk and head to the Gym. All ability levels welcome.	2 on 2 round robin games. Come as a single get paired up and play everyone else. All ability levels welcome.	THIS IS NOT PICKLEBALL CLUB. Choose the level you feel comfortable playing. Check the schedule for times. 19 max players	Futsal style game played with smaller heavier ball, no walls. All ability levels. 20 Maximum participants	SUNDAY Drop in league  MONDAY Drop in  TUESDAY Drop in league

**Schedules subject to change, exclusion dates can be found on our website FUTSAL & PICKLEBALL ENDS APRIL 15**

## YOUTH DROP IN SPORTS(9-18 years)

CHILD (9-12) \$3.50

STUDENT (13-18) \$4.75

APRIL 16-June 30

BASKETBALL	VOLLEYBALL
<b>Mon/Wed</b>	<b>Thursday</b>
<b>9-11 YO 4:30-6pm</b>	<b>11-18 YO 4-5:30pm</b>
<b>11-14 YO 3-4:30pm</b>	
<b>14-18 YO 6-7:30pm</b>	

FLOOR HOCKEY
<b>Tuesday</b>
<b>9-11 YO 4:30-6pm</b>
<b>11-14 YO 3-4:30pm</b>
<b>14-18 YO 6-7:30pm</b>

## PRO D DAY PASS

**\$8/\$10 - Child/Student**

**(9+ years old)**

**April 7 & May 5**

What are the kids going to do on pro d days... look no further! Drop them off at the recreation centre for a day of fun. This is not a camp but we have 2 drop in activities and public swim to fill their day! Come for the day or just one activity, the choice is yours. Leaders on site to supervise drop in, public swim life guards on duty, no direct supervision.

ACTIVITY	TIME	CHILD	STUDENT
Arts & Crafts	10-11:30am	\$2	\$2
Drop in Gym Sport	11:30am-1pm	\$3.50	\$4.75
Public Swim	1-4pm	\$4.50	\$5.50
<b>ALL ACTIVITIES</b>	<b>10am-4pm</b>	<b>\$8</b>	<b>\$10</b>

\*children must be able to swim without an adult to participate



# AUDITORIUM SCHEDULE

Auditorium Sport Schedule						
March 31-April14						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Badminton 8-10am		Badminton 8-10a			
Motoring Munchkins 9-11am	PRIVATE BOOKING 10-10:25am	Motoring Munchkins 9-11am	PRIVATE BOOKING 10-10:25am	Pickleball Recreational 9-11am		
	Pickleball Recreational 10:30am-12:30pm		Pickleball Competition 10:30am-12:30pm	Pickleball Competition 11:30am-1:30pm		
Pickleball Advanced 1-3pm	Pickleball Advanced 1-3pm	Pickleball Recreational 1-3pm	Pickleball Advanced 1-3pm			Pickleball Comp/Adv 12:30-2:30pm
Pickleball Competition 3:15-5:15pm	PRIVATE BOOKING 3:30-7:30pm	PRIVATE BOOKING 3:30-5:30pm	PRIVATE BOOKING 3:30-5:30pm	Private Booking 3-4pm		Pickleball Recreational 2:45-4:45pm
PRIVATE BOOKING 5:30-7:30pm						
Adult Drop in Basketball 8-10:pm	Adult Drop in Soccer 8-10pm					PRIVATE BOOKING 5-9pm
EVERYONE WELCOME AT PICKLEBALL LEVELS ARE JUST A GUIDE THIS IS DROP IN NOT PICKLEBALL CLUB		*To maximize playing time Pickleball is Round Robin Play *All programs are subject to change and cancellation without notice *All Drop in programs are unsupervised				

Auditorium Sport Schedule						
April 15-June 30						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Badminton 8-10am		Badminton 8-10a			
Motoring Munchkins 9-11am	PRIVATE BOOKING 10-10:25am	Motoring Munchkins 9-11am	PRIVATE BOOKING 10-10:25am			
Youth Drop In Basketball 3-4:30pm	Youth Drop In Floor Hockey 3-4:30pm	Youth Drop In Basketball 3-4:30pm		PRIVATE BOOKING 3-4pm		
Child Drop In Basketball 4:30-6pm	Child Drop In Floor Hockey 4:30-6pm	Child Drop In Basketball 4:30-6pm	Drop In Youth Volleyball 4-5:30pm			
Student Drop In Basketball 6-7:30pm	Youth Drop In Floor Hockey 6-7:30pm	Student Drop In Basketball 6-7:30pm	Youth Dodgeball League 6-8pm			
Adult Drop in Basketball 8-10pm						
*All programs are subject to change and cancellation without notice *All Drop in programs are unsupervised						



# COURTS & FITNESS ROOM

## SASCU RACQUETBALL & SQUASH COURTS

**\$17.50/court/45min**

**BOOK YOUR COURT TIME ONLINE**

**Courts can be booked for Racquetball, Squash, Walleyball or Table Tennis**

### COURT TIMES

Monday-Saturday	6:30am-8:15pm
No Swim lesson Saturday	2-8:15pm
Sundays	12-3:15pm
Stat Holidays	1-3:15pm

Courts may be closed for private bookings and holidays



## SASCU RECREATION CENTRE FITNESS ROOM

**Adult(19+) - \$6.75 ~ Senior(60+) \$5.50 ~ Student(16-18) \$5.50**

**Equipment: stability balls, stretching mats, medicine balls, BOSU balls, free weights, elliptical trainer, upright & recumbent bikes, treadmills, cross trainer, TV**

### GYM HOURS

Monday-Saturday	6:30am-9pm
No Swim lesson Saturday	2-8:15pm
Sundays	12-4pm
Stat Holidays	1-4pm



# BIRTHDAY PARTIES

## BIRTHDAY PARTIES



### POOL PARTY-\$34+swim admission

**This is the best Birthday Party Deal in Town!**

Make a big SPLASH and book your next birthday party in our Aqua Party Zone. Bring the cake, goodies and decorations and we'll do the clean-up!

**What's included** - Party Zone picnic tables on deck, and swimming.

**How many kids** - pay per kiddo and the birthday child swim admission is free

**How to Book** - Visit our website @ [www.salmonarmrecreation.ca](http://www.salmonarmrecreation.ca), hover over the Aquatics tab, click Birthday Party Zone and follow the instructions.

NOTE: All children under 7 years must have an adult in the water within arm's reach at all times.  
*Only available during public swims*

### SKATING PARTY-\$66

**This is the Coolest Party in Town!**

Book your next birthday party at the Arena. Bring the cake, goodies and decorations we'll bring the fun!

**What's included** - 2 Hours in the Multi purpose room and skating

**How many kids** - up to 10 included in the price. More can be added for the cost of the public skate

**How to Book** - Visit our website @ [www.salmonarmrecreation.ca](http://www.salmonarmrecreation.ca), hover over the Arena tab, click skating schedule then find the birthday party request form.

NOTE: Rentals are not available at the Arena, must bring own equipment. Hockey is not permitted during public skate, this includes skating with a hockey stick.  
*Only available during public skate*

### GYM PARTY-\$92.23/hour

**This party can be anything you want!**

Book your next birthday party at the Rec Centre, play basketball, soccer, dodgeball, laser tag, the choices are endless. Bring the cake, goodies and decorations.

**What's included** - 1 Hour in the gym (additional time can be added)

**How many kids** - up to you! The gym has a large capacity.

**How to Book** - Visit our website @ [www.salmonarmrecreation.ca](http://www.salmonarmrecreation.ca), hover over the Recreation Centre tab, click Rentals .

NOTE: equipment rentals like dodgeball and laser tag are additional cost





# **ROGERS** Rink

## INDOOR WALKING TRACK

Spectator Rink Concourse

Open during regular operating hours of Rogers Rink. Closed during admission events.

- 1 loop 200 meters
  - surface: 7+2mm PolyTurf
  - Wheelchair accessible
  - Walking permitted any time during regular operating hours, Jogging 10am-12pm Mon-Fri
- We recommend checking with your doctor before starting a new exercise routine

Thank you to the Rotary Clubs of Salmon Arm for their generosity and support in the installation of the new walking track flooring.

## PRIVATE ICE RENTALS

**\$125.44/hour + insurance**

**March 15 - May 15**

To book, email:

[cdeboer@salmonarmrecreation.ca](mailto:cdeboer@salmonarmrecreation.ca)

## PRO D DAY PUBLIC SKATE

**1-2:30pm**

**April 7 & May 5**

**\*\* No skate rentals available**

## INDOOR WALKING LOOP GROUP

**(16+)**

Come once a week to this informal drop in group. Get your steps in and stay for a coffee. The group leader will be onsite to track your loops and offer walking tips. This group is for anyone looking to walk indoors and meet new people. From seniors, to new parents, this group is for you.

### SPECTATOR RINK CONCOURSE

**FRIDAYS**

**8:30-10am walking**

**9:15 coffee will be available**

## SPRING PUBLIC SKATE & STICK & PUCK

**Mon, March 31 – 4:30-6pm Public Skate**

**Tues, April 1 – 4:30-6pm Family Stick & Puck**

**Wed, April 2 – 4:30-6pm Public Skate**

**Thurs, April 3 – 4:30-6pm Family Stick & Puck**

**Thurs, April 3 – 7-8:30pm – Adult Stick & Puck**

**\*\* No skate rentals available**

**\*\* Stick & Puck requires Skates, gloves, helmet and stick. Full gear strongly recommended.**



# FISHING DERBY

## 26TH ANNUAL SALMON ARM KIDS' FISHING DERBY

SUNDAY JUNE 15  
7-11AM

END OF THE SALMON ARM WHARF

**THIS IS A FREE EVENT  
FOR KIDS 12 AND UNDER**

All children must be accompanied by  
an adult and **wear a life jacket or PFD**

REGISTRATION 6AM  
AWARD CEREMONY 11:30AM

**PARENT APPRECIATION  
\$1000 ASKEWS GIFT CARD**



### THANK YOU SPONSORS

CITY OF SALMON ARM  
SHUSWAP REC SOCIETY  
FAMILY FISHING WEEKEND  
SASCU  
ASKEWS FOODS  
CANADIAN TIRE  
WESTSIDE STORES  
ROTARY CLUBS OF SALMON ARM  
ELKS #455  
YAN'S KITCHEN  
SALMON ARM FISH & GAME  
CANOE FOREST PRODUCTS LTD  
A&R SITES SERVICES  
SALMAR THEATER  
BOSTON PIZZA  
BEAVER LAKE RESORT  
SA OBSERVER  
VELLA RADIO  
BRUSHSTROKES



**2ND ANNUAL  
CANADA DAY  
BALL HOCKEY  
TOURNAMENT**

**JULY 1, 2025 | ROGERS RINK**

**3 on 3**

**Categories based on grade in September 2025**  
**k-1, 2-3, 4-5, 6-7, 8-9, 10-12, Adults**

**\$100/team entry fee**

MORE INFORMATION AND TO REGISTER:  
**[WWW.SALMONARMRECREATION.CA](http://WWW.SALMONARMRECREATION.CA)**





## PICKLEBALL COURTS - Klahani Park

### First Come First Serve based on schedule

The Klahani Park Facility has 6 pickleball courts that are shared between community players and the Salmon Arm Pickleball Club Players. The courts are available for use between 8am and 9pm Monday to Sunday. The usage chart outlines the schedule of when all courts are available and the shared usage between community and the Salmon Arm Pickleball Club.

	Community Use All Courts Available	SHARED USAGE	
		Salmon Arm Pickleball Club Use Courts 1, 2, 3 & 6	Community Use Courts 4 & 5
Monday/Wednesday/Friday	5-9pm	8am-5pm	8am-5pm
Tuesday/ Thursday		8am-9pm	8am-9pm
Saturday	8am-12pm	12-5pm	12-5pm
	5-9pm		
Sunday	12-9pm	8am-12pm	8am-12pm

## FIELD & PARK BOOKINGS

All fields and some parks require a booking. To book the following facilities please email [rscott@salmonarmrecreation.ca](mailto:rscott@salmonarmrecreation.ca)

### FIELDS

Blackburn Multi Use Fields  
Blackburn Ball Diamonds  
Canoe Ball Diamonds  
Downtown Cricket Pitch  
Downtown Multi Use Fields  
Klahani Ball Diamonds  
JL Jackson Field\*  
Little Mountain Multi Use Fields

\*weekends and after 6pm week days

### PARKS

Blackburn Gazebo  
Canoe Beach Gazebo  
Marine Peace Park Gazebo  
McGuire Lake Parks





# AQUAFIT

Aquafit Schedule				
March 31 - June 28				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aquafit Shallow 9:00 - 9:45		Aquafit Deep 9:00 - 9:45		Aquafit Shallow 9:00 - 9:45
	Noon Fit 12:15 - 1:00		Noon Fit 12:15 - 1:00	

## AQUAFIT ADMISSION

	ADULT	SENIOR	STUDENT
<b>SINGLE</b>	<b>\$8</b>	<b>\$6.75</b>	<b>\$6.75</b>
<b>10 x PASS</b>	<b>\$72</b>	<b>\$57.38</b>	<b>\$57.38</b>
<b>30 x PASS</b>	<b>\$216</b>	<b>\$172.13</b>	<b>\$172.13</b>

To meet provincial standards and to ensure that we know your individual physical needs, it is policy that all participants in any of our exercise programs must fill out a Get Active Questionnaire (GAQ). These forms must be updated annually or when anything physical has changed.

## Aquafit Program Descriptions

**Noon Fit:** A mixture of shallow and deep exercises.

**Aqua Lite:** A low intensity class used to train up and coming instructors.

**Shallow:** Medium intensity. A variety of moves and cardio based in shallow water.

**Deep:** Medium intensity. Class fully based in the deep end. Low impact.

**Deep Power:** A higher intensity workout using interval training and power moves.

AQUAFIT SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE

# ADVANCED AQUATICS

## BRONZE CROSS, BRONZE MEDALLION, FIRST AID

Class dates have not been set. For more information or to be put on the list to be contacted once dates are set please email [kmaclaren@salmonarmrecreation.ca](mailto:kmaclaren@salmonarmrecreation.ca)





# SPECIAL EVENTS

## SUPER SATURDAY

FUN for all ages, our SUPER sized inflatable makes for SUPER sized fun!

April 5

May 3

June 7

6-8:30pm



\*no lap lane during this time

## YOUTH NIGHT

A great evening for the pre-teen! Enjoy a movie on the big screen while you float in the pool. Pizza, drink, swim and a movie!

April 11

May 16

June 27

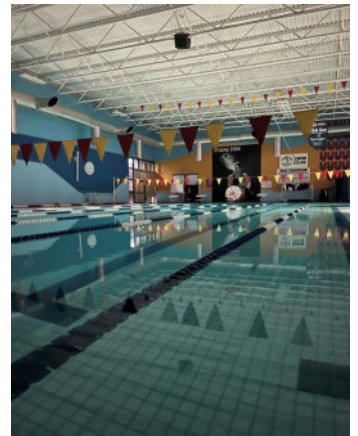
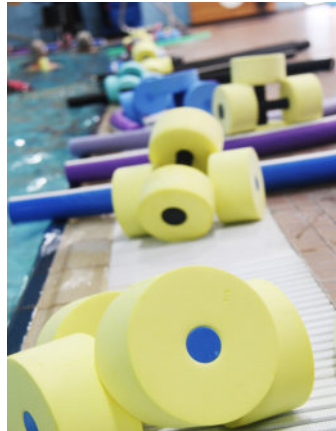
6:30-9pm

\$10.70



\*pre register online only

\*this is drop and go, no parents allowed!







# SWIM LESSONS

## Session 1 - PM March 31 - May 5

\*10 Sessions Mon/Wed PM \*No lessons April 2st\*

	Code	Time
Parent and Tot 1	Mon/Wed - B	3:00 - 3:30 pm
Parent and Tot 2	Mon/Wed - B	3:00 - 3:30 pm
Parent and Tot 3	Mon/Wed - B	3:30 - 4:00 pm
Preschool 1	Mon/Wed - C	4:00 - 4:30 pm
Preschool 1	Mon/Wed - D	5:30 - 6:00 pm
Preschool 2	Mon/Wed - B	4:00 - 4:30 pm
Preschool 3	Mon/Wed - B	4:30 - 5:00 pm
Preschool 4	Mon/Wed - A	5:30 - 6:00 pm
Preschool 5	Mon/Wed - A	5:30 - 6:00 pm
Swimmer 1	Mon/Wed - A	4:30 - 5:00 pm
Swimmer 1	Mon/Wed - B	4:45 - 5:15 pm
Swimmer 2	Mon/Wed - A	5:00 - 5:30 pm
Swimmer 3	Mon/Wed - A	5:15 - 5:45 pm
Swimmer 4	Mon/Wed - A	4:00 - 4:45 pm
Swimmer 5	Mon/Wed - A	4:45 - 5:30 pm
Swimmer 6	Mon/Wed - A	4:00 - 4:45 pm
Rookie Patrol	Mon/Wed - A	5:00 - 6:00 pm
Ranger Patrol	Mon/Wed - A	5:00 - 6:00 pm
Star Patrol	Mon/Wed - A	5:00 - 6:00 pm

## Saturday April 5 - June 28

10 Sessions \*No lessons April 19, May 17th, June 21st\*

	Code	Time
Parent and Tot 1	Sat - A	8:30 - 9:00 am
Parent and Tot 2	Sat - A	8:30 - 9:00 am
Parent and Tot 3	Sat - A	9:30 - 10:00 am
Preschool 1	Sat - A	10:00 - 10:30 am
Preschool 1	Sat - B	12:15 - 12:45 pm
Preschool 2	Sat - A	12:45 - 1:15 pm
Preschool 2	Sat - B	11:15 - 11:45 am
Preschool 3	Sat - A	11:45 - 12:15 pm
Preschool 3	Sat - B	1:30-2:00pm
Preschool 4	Sat - A	9:00 - 9:30 am
Preschool 5	Sat - A	9:00 - 9:30 am
Swimmer 1	Sat - A	9:30 - 10:00 am
Swimmer 1	Sat - B	1:15 - 1:45 pm
Swimmer 2	Sat - A	10:30 - 11:00 am
Swimmer 3	Sat - A	1:00 - 1:30 pm
Swimmer 4	Sat - A	12:15 - 1:00 pm
Swimmer 5	Sat - A	11:30 - 12:15 pm
Swimmer 6	Sat - A	10:00 - 10:45 am
Rookie Patrol	Sat - A	8:30 - 9:30 am
Ranger Patrol	Sat - A	8:30 - 9:30 am
Star Patrol	Sat - A	8:30 - 9:30 am

## Session 1 - AM March 31 - May 19

\*10 Sessions Mon AM \*No Lessons April 21st, May 19th\*

	Code	Time
Parent and Tot 1	Mon - A	10:15 - 10:45 am
Parent and Tot 2	Mon - A	10:15 - 10:45 am
Parent and Tot 3	Mon - A	10:45 - 11:15 am
Preschool 1	Mon - A	11:15 - 11:45 am
Preschool 1	Mon - B	10:15 - 10:45 am
Preschool 2	Mon - A	10:45 - 11:15 am
Preschool 3	Mon - A	11:15 - 11:45 am

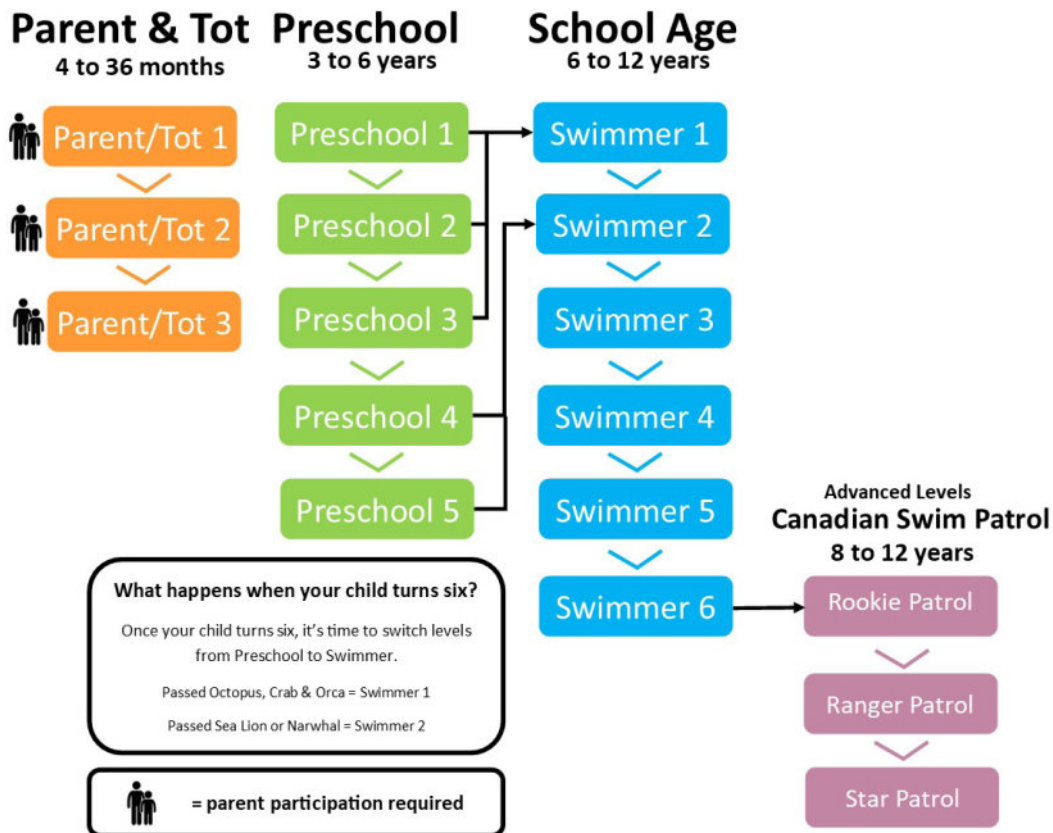
## Session 2 - AM April 2 - June 4

10 Sessions Wed AM

	Code	Time
Parent and Tot 1	Wed - A	10:00 - 10:30 am
Parent and Tot 2	Wed - A	10:00 - 10:30 am
Parent and Tot 3	Wed - A	10:30 - 11:00 am
Preschool 1	Wed - A	10:00 - 10:30 am
Preschool 1	Wed - B	11:00 - 11:30 am
Preschool 2	Wed - A	10:30 - 11:00 am
Preschool 3	Wed - A	11:00 - 11:30 am
Preschool 4	Wed - A	11:30 - 12:00 pm
Preschool 5	Wed - A	11:30 - 12:00 pm

# SWIM LESSONS

## Swim for Life Program Structure



## 2025 POOL Admission Rates

		Single	10 time Pass	6 month Pass
Adult	19+	\$6.75	\$60.75	\$351.62
Senior	60+	\$5.50	\$46.75	\$274.14
Student	13 to 18	\$5.50	\$46.75	\$274.14
Child	6 to 12	\$4.50	\$40.50	\$238.38
Tot	1 to 5	\$2.25	\$20.25	NA
Family	Max 5	\$14.50	\$130.50	\$709.20
Parent & Tot		\$6.25	\$56.25	NA





# POOL SCHEDULES

## Pool Schedule - March 31 - April 26 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lap Lanes</b>		6:30-8:30am 9:00-10:00am (1LL) 10:00am-12:00pm (2LL) 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(2LL) 4:00-6:00pm(1LL)	6:30-8:30am 9:00-10:00(1LL) 10:00am-12:00pm(2LL) 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(2LL) 4:00-5:30pm(1LL)	6:30 -8:30am 9:00-10:00(1LL) 10:00am-12:00pm 4:00-6:00pm (1LL)	9:00am-2:00pm (3LL) *No Leisure or Wade pool
<b>Laps &amp; Leisure</b>		12:00-1:00pm	9:00am-12:00pm 1:00-3:00pm	12:00-1:00pm	9:00-12:00pm 1:00-3:00pm	12:00-2:00pm	
<b>Public Swim</b>	12:00-4:00pm	6:00-7:30pm	7:00-9:00pm	6:00-7:30pm	7:30-9:00pm	2:00-4:00pm 6:00-9:00pm	2:00-5:00pm 6:00-9:00pm
<b>Leisure Only</b>		8:30-9:00am	6:30-7:30am	8:30-9:00am	6:30-7:30am	8:30-9:00am	
<b>Discount Dip</b>		1:00-2:00pm	3:00-4:00pm	1:00-2:00pm	3:00-4:00pm		
<b>CLOSED to Public</b>		2:00-6:00pm	6:00-7:00pm	2:00-6:00pm	5:30-7:30pm		5:00-6:00pm
<b>Aqua Fit</b>		9:00-9:45am	12:15-1:00pm	9:00-9:45am	12:15-1:00pm	9:00-9:45am	
<b>All sessions noted above (excluding CLOSED times) have access to the Parent &amp; Tot Pool, Hot Tub, Sauna</b>							
<b>Public Swim:</b> Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna							
<b>Discount Dip (1 hour):</b> Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna							
<b>Lap Lanes:</b> Lanes may vary due to sharing with other programs, Hot Tub, Parent & Tot Pool, Sauna							
<b>Laps &amp; Leisure:</b> Lap Lanes, Water Walking or Running, Hot Tub, Parent & Tot Pool, Sauna							
<b>Leisure Only:</b> Parent & Tot Pool, Hot Tub, Sauna							
<b>Aquafit:</b> Lap Lane, Parent & Tot Pool, Hot Tub, Sauna							
<b>NO LAP LANES will be available during our Special Pool Events using our Inflatable.</b>							

Dates of note:

Tues/Thurs 9:00-12:00pm Closed if school rental

April 5th Super Sat No Lap Lane 6:00-9:00 pm

April 11th Youth night, no public swim 6-9pm

April 18th, 21st 1-4pm Swim only

## Pool Schedule - April 27 - May 3 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lap Lanes</b>		6:30-8:30am 9:00-10:00am (1LL) 10:00am-12:00pm (2LL) 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(2LL) 4:00-6:00pm(1LL)	6:30-8:30am 9:00-10:00(1LL) 10:00am-12:00pm(2LL) 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(2LL) 3:00-5:00pm(2LL)	6:30 -7:30am(3LL) 7:30-8:30am 9:00-10:00(1LL) 10:00am-12:00pm	9:00am-2:00pm (3LL) *No Leisure or Wade pool
<b>Laps &amp; Leisure</b>		12:00-1:00pm	9:00am-12:00pm 1:00-3:00pm	12:00-1:00pm	9:00-12:00pm 1:00-2:00pm	12:00-2:00pm	
<b>Public Swim</b>	12:00-4:00pm	6:00-7:30pm	7:00-9:00pm	6:00-7:30pm	6:30-9:00pm	2:00-4:00pm 6:00-9:00pm	2:00-5:00pm 6:00-9:00pm
<b>Leisure Only</b>		8:30-9:00am	6:30-7:30am	8:30-9:00am	6:30-7:30am	8:30-9:00am	
<b>Discount Dip</b>		1:00-2:00pm	3:00-4:00pm	1:00-2:00pm	2:00-3:00pm		
<b>CLOSED to Public</b>		2:00-6:00pm	6:00-7:00pm	2:00-6:00pm	5:00-6:30pm	4:00-6:00	5:00-6:00pm
<b>Aqua Fit</b>		9:00-9:45am	12:15-1:00pm	9:00-9:45am	12:15-1:00pm	9:00-9:45am	
<b>All sessions noted above (excluding CLOSED times) have access to the Parent &amp; Tot Pool, Hot Tub, Sauna</b>							
<b>Public Swim:</b> Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna							
<b>Discount Dip (1 hour):</b> Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna							
<b>Lap Lanes:</b> Lanes may vary due to sharing with other programs, Hot Tub, Parent & Tot Pool, Sauna							
<b>Laps &amp; Leisure:</b> Lap Lanes, Water Walking or Running, Hot Tub, Parent & Tot Pool, Sauna							
<b>Leisure Only:</b> Parent & Tot Pool, Hot Tub, Sauna							
<b>Aquafit:</b> Lap Lane, Parent & Tot Pool, Hot Tub, Sauna							
<b>NO LAP LANES will be available during our Special Pool Events using our Inflatable.</b>							

Dates of note:

Tues/Thurs 9:00-12:00pm Closed if school rental

May 3 Super Sat No Lap Lane 6:00-9:00 pm





# POOL SCHEDULES

## Pool Schedule - May 4 - May 10 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Lanes		6:30-7:30am (3LL) 7:30-8:30am 9:00-10:00am (1LL) 10:00am-12:00pm (2LL) 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(2LL) 3:00-5:00pm(2LL)	6:30-7:30am (3LL) 7:30-8:30am 9:00-10:00am (1LL) 10:00am-12:00pm (2LL) 2:00-4:00pm 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(2LL) 3:00-5:00pm(2LL)	6:30 -7:30am(3LL) 7:30-8:30am 9:00-10:00(1LL) 10:00am-12:00pm	9:00am-2:00pm (3LL) *No Leisure or Wade pool
Laps & Leisure		12:00-1:00pm	1:00-2:00pm	12:00-1:00pm	1:00-2:00pm	12:00-2:00pm	
Public Swim	12:00-4:00pm	6:00-7:30pm	6:30-9:00pm	6:30-7:30pm	6:30-9:00pm	2:00-4:00pm 6:00-9:00pm	2:00-5:00pm 6:00-9:00pm
Leisure Only		8:30-9:00am	6:30-7:30am	8:30-9:00am	6:30-7:30am	8:30-9:00am	
Discount Dip		1:00-2:00pm	2:00-3:00pm	1:00-2:00pm	2:00-3:00pm		
CLOSED to Public		2:00-6:00pm	9:00am-12:00pm 5:00-6:30pm	4:00-6:30pm	9:00am-12:00pm 5:00-6:30pm	4:00-6:00	5:00-6:00pm
Aqua Fit		9:00-9:45am	12:15-1:00pm	9:00-9:45am	12:15-1:00pm	9:00-9:45am	
All sessions noted above (excluding CLOSED times) have access to the Parent & Tot Pool, Hot Tub, Sauna							
Public Swim: Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna							
Discount Dip (1 hour): Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna							
Lap Lanes: Lanes may vary due to sharing with other programs, Hot Tub, Parent & Tot Pool, Sauna							
Laps & Leisure: Lap Lanes, Water Walking or Running, Hot Tub, Parent & Tot Pool, Sauna							
Leisure Only: Parent & Tot Pool, Hot Tub, Sauna							
AquaFit: Lap Lane, Parent & Tot Pool, Hot Tub, Sauna							
NO LAP LANES will be available during our Special Pool Events using our Inflatable.							

Dates of note:

Tues/Thurs 9:00-12:00pm Closed due to school rental

## Pool Schedule - May 11 - June 30 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Lanes		6:30-7:30am (3LL) 7:30-8:30am 9:00-10:00am (1LL) 10:00am-12:00pm (2LL) 2:00-5:00pm 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(2LL) 3:00-5:00pm(2LL)	6:30-7:30am (3LL) 7:30-8:30am 9:00-10:00am (1LL) 10:00am-12:00pm (2LL) 2:00-4:00pm 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(2LL) 3:00-5:00pm(2LL)	6:30 -7:30am(3LL) 7:30-8:30am 9:00-10:00(1LL) 10:00am-12:00pm	9:00am-2:00pm (3LL) *No Leisure or Wade pool
Laps & Leisure		12:00-1:00pm	9:00am-12:00pm 1:00-2:00pm	12:00-1:00pm	9:00-12:00pm 1:00-2:00pm	12:00-2:00pm	
Public Swim	12:00-4:00pm	6:30-7:30pm	6:30-9:00pm	6:30-7:30pm	6:30-9:00pm	2:00-4:00pm 6:00-9:00pm	2:00-5:00pm 6:00-9:00pm
Leisure Only		8:30-9:00am	6:30-7:30am	8:30-9:00am	6:30-7:30am	8:30-9:00am	
Discount Dip		1:00-2:00pm	2:00-3:00pm	1:00-2:00pm	2:00-3:00pm		
CLOSED to Public		5:00-6:30pm	5:00-6:30pm	4:00-6:30pm	5:00-6:30pm	4:00-6:00pm	5:00-6:00pm
Aqua Fit		9:00-9:45am	12:15-1:00pm	9:00-9:45am	12:15-1:00pm	9:00-9:45am	
All sessions noted above (excluding CLOSED times) have access to the Parent & Tot Pool, Hot Tub, Sauna							
Public Swim: Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna							
Discount Dip (1 hour): Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna							
Lap Lanes: Lanes may vary due to sharing with other programs, Hot Tub, Parent & Tot Pool, Sauna							
Laps & Leisure: Lap Lanes, Water Walking or Running, Hot Tub, Parent & Tot Pool, Sauna							
Leisure Only: Parent & Tot Pool, Hot Tub, Sauna							
AquaFit: Lap Lane, Parent & Tot Pool, Hot Tub, Sauna							
NO LAP LANES will be available during our Special Pool Events using our Inflatable.							

Dates of note:

Tues/Thurs 9:00-12:00pm Closed if school rental

May 16th, June 27th Youth night, no public swim 6-9pm

May 19th 1-4pm swim only

June 20th Closed at 4pm Swim meet

June 21st,22nd Closed for Swim meet

# GET ACTIVE GUIDE



## SALMON ARM GET ACTIVE GUIDE

### ARCHERY

Archery Club	250-832-0205		
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### BADMINTON

Badminton Club	250-804-7908		
SASCU Recreation Center	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca

### BASEBALL/SLOWPITCH

Minor Baseball		registrar@salmonarmbaseball.com	www.salmonarmbaseball.com
Minor Fastball		fastballscott@salmonarmbaseball.com	www.salmonarmbaseball.com
Slo-pitch		info@salmonarmslopitch.com	www.salmonarmslopitch.com

### BASKETBALL

Drop in Adult	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
Synergy			http://salmonarmsynergybasketball.blogspot.com
Shuswap Hoops		shuswaphoops2023@gmail.com	

### BEACHES

Canoe Beach			7720 36th Street NE
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### BIKING TRAILS

South Canoe Biking Trails			6970 10 Ave SE
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### BOWLING

Lakeside Bowling	250-832-3946		www.lakesidebowling.com
Lawn Bowling	250-253-0873	dbryant@sunwave.net	www.bowlsclub.org/club/1090

### BOXING

Bulldogs Boxing	778-489-5665	info@bulldogsboxing.com	www.bulldogsboxing.com
Whizbang Boxing	250-833-0418	whizbangboxing@gmail.com	https://whizbangboxing.com



## SALMON ARM GET ACTIVE GUIDE

### CADETS/GUIDES/SCOUTS

Girl Guides of Salmon Arm	250-832-7280		<a href="http://www.girlguides.ca">www.girlguides.ca</a>
Army Cadets		<a href="mailto:saarmycadets@yahoo.com">saarmycadets@yahoo.com</a>	
Royal Canadian Air Cadets	250-833-0222		<a href="http://www.222air.com">www.222air.com</a>
Scouts	778-489-0088		

### CROSS COUNTRY SKI

Larch Hills Nordic Society	250-832-9804		<a href="http://www.skilarchhills.ca">www.skilarchhills.ca</a>
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### CURLING

Curling Club	250-832-8700		<a href="http://www.salmonarmcurlingclub.com">www.salmonarmcurlingclub.com</a>
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### DANCE

Just For Kicks	250-675-2121		<a href="http://www.justforkicks.ca">www.justforkicks.ca</a>
Square Dance Club		<a href="mailto:bernond@live.ca">bernond@live.ca</a>	
Shuswap Dance Center			<a href="http://www.shuswapdance.com">www.shuswapdance.com</a>

### EQUESTRIAN

Trail Alliance			<a href="http://www.shuswaptrails.com">www.shuswaptrails.com</a>
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### FACILITIES

SASCU Recreation Centre	250-832-4044	<a href="mailto:rscott@salmonarmrecreation.com">rscott@salmonarmrecreation.com</a>	<a href="http://www.salmonarmrecreation.ca">www.salmonarmrecreation.ca</a>
Salmon Arm Fair Grounds	250-832-0442	<a href="mailto:admin@salmonarmfair.com">admin@salmonarmfair.com</a>	<a href="http://www.salmonarmfair.com">www.salmonarmfair.com</a>
Waterslides	250-832-4FUN		<a href="http://www.salmonarmwaterslides.com">www.salmonarmwaterslides.com</a>
Scout Hall	778-489-0088		
Rogers Rink	250-832-4044	<a href="mailto:cdeboer@salmonarmrecreation.ca">cdeboer@salmonarmrecreation.ca</a>	<a href="http://www.salmonarmrecreation.ca">www.salmonarmrecreation.ca</a>
Elks Hall	250-833-4803		
Little Mountain Fieldhouse	250-832-4044	<a href="mailto:cdeboer@salmonarmrecreation.ca">cdeboer@salmonarmrecreation.ca</a>	<a href="http://www.salmonarmrecreation.ca">www.salmonarmrecreation.ca</a>
Song Sparrow Hall		<a href="mailto:admin@songsparrowhall.ca">admin@songsparrowhall.ca</a>	<a href="http://songsparrowhall.ca">http://songsparrowhall.ca</a>

### FISH & GAME

Fish and Game Club	250-832-3431		<a href="https://safgc.ca/">https://safgc.ca/</a>
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## SALMON ARM GET ACTIVE GUIDE

### FITNESS CENTERS

Bulldog Fitness & Boxing Center	250-489-5665	info@bulldogboxing.com	<a href="https://bulldogsboxing.com/">https://bulldogsboxing.com/</a>
The Cardio Connection	250-833-2717		<a href="http://www.cardioconnection.ca">www.cardioconnection.ca</a>
SASCU Recreation Centre	250-832-4044		<a href="http://www.salmonarmrecreation.ca">www.salmonarmrecreation.ca</a>
Shuswap Total Fitness	778-489-5551	shuswaptotalfitness@gmail.com	<a href="http://www.shuswaptotalfitness.com">www.shuswaptotalfitness.com</a>
The Cardio Connection	250-833-2717		<a href="https://www.cardioconnection.ca">https://www.cardioconnection.ca</a>
Anytime Fitness	778-489-5323		<a href="https://www.anytimefitness.com">https://www.anytimefitness.com</a>

### FOOTBALL

Minor Football Association	250-832-8289	president@shuswapminorfootball.ca	<a href="http://www.shuswapfootball.com">www.shuswapfootball.com</a>
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### GOLF

Shuswap National Golf Course	250-832-3285	golfshop@shuswapnational.com	<a href="http://www.shuswapnational.com">www.shuswapnational.com</a>
Club Shuswap Golf and RV	250-832-7345	golf@clubshuswap.com	<a href="http://www.clubshuswap.com">www.clubshuswap.com</a>
Salmon Arm Golf Club	250-832-4727		<a href="http://www.salmonarmgolf.com">www.salmonarmgolf.com</a>

### GYMNASTICS

Momentum Gymnastics	250-804-0602	info@momentumgymnastics.com	<a href="http://www.momentumgymnastics.com">www.momentumgymnastics.com</a>
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### HOCKEY

Minor Hockey	250-832-0095	saminorhockey@shaw.ca	<a href="http://www.salmonarmminorhockey.com">www.salmonarmminorhockey.com</a>
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### HORSESHOE

Horseshoe Club	250-832-9873		
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### INDOOR PLAY AREAS

Junglemania	778-489-5554	info@junglemania.ca	<a href="http://www.junglemania.ca">www.junglemania.ca</a>
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### LACROSSE

Minor Lacrosse		shuswapminorlacrosse@gmail.com	<a href="http://www.shuswapminorlacrosse.com">www.shuswapminorlacrosse.com</a>
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### MARTIAL ARTS



## SALMON ARM GET ACTIVE GUIDE

Northern Spirit Martial Arts	250-463-4925		
Kees Tae Kwon Do	250 833-0661		
Provincial Martial Arts	250.253-2406	pmakarate@gmail.com	www.provincialmartialarts.ca
Shuswap Brazilian Jui-Jitsu	250-804-9262		https://www.shuswapbjj.com/

### PICKLEBALL

Pickleball Club		sapickleballclub@gmail.com	https://sapickleballclub.ca
Recreation Centre	250-832-4044	rscott@salmonarmrecreation.com	www.salmonarmrecreation.com

### PARKS

Little Mountain			3698 Okanagan Ave
McGuire Lake			681 Trans-Canada Hwy
Blackburn			480 5 Ave SW
Klahani Aprk			6391 10 Ave SE
Elk's Hall & Park			3690 30 Street NE
Coyote park			1398 54 Ave NE
Marine Peace Park			780 Marine Park Dr
Foreshore/Raven Trail			998 Harbour Front Dr

### PLAY GROUNDS

Canoe Beach			3799 Canoe Beach Dr
Klahani Park			6391 10 Ave SE
Fletcher Park			450 2 Ave NE
SASCU Little Mountain Sports Fields			250 30th Street SE
Blackburn Park			480 5 Ave SW

### RACKETBALL

Courts	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
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### RINGETTE

Ringette		tpacker@telus.net	www.shuswapringette.ca
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## SALMON ARM GET ACTIVE GUIDE

### ROCK CLIMBING

Gym of Rock Indoor	778-489-5594	climb@gymofrock.com	www.gymofrock.com
Mountaineering Club			<a href="https://shuswapmountaineeringclub.w">https://shuswapmountaineeringclub.w</a>

### ROWING/PADDLING

Rowing and Paddling Club		kcrouch@shaw.ca	<a href="https://shuswaprowingandpaddling.com">https://shuswaprowingandpaddling.com</a>
Shuswap Dragon Boat Society	250-804-6377	friendsabreast@gmail.com	www.friendsabreast.com

### RUGBY

Yeti Rugby	250-463-4019		www.yetirugby.com
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### SKATING

Skating Club		salmonarmskatingclub@gmail.com	<a href="https://www.saskatingclub.com">https://www.saskatingclub.com</a>
Speed Skating	250-804-5504	info@salmonarmspeedskating.com	<a href="http://salmonarmspeedskating.com">http://salmonarmspeedskating.com</a>
Public Skate	250-832-4044	cdeboer@salmonarmrecreation.ca	www.salmonarmrecreation.ca

### SNOWMOBILING

Snow Blazers	250-675-2420		<a href="https://www.sasnowblazers.com">https://www.sasnowblazers.com</a>
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### SOCCER

Women's Rec. Soccer Assoc.		swrsa.info@gmail.com	<a href="http://www.swrsa.net">http://www.swrsa.net</a>
Youth Soccer Association	250-833-5607	admin@shuswapsooccer.com	<a href="http://shuswapsooccer.com/contact">http://shuswapsooccer.com/contact</a>
Salmon Arm Soccer			<a href="https://salmonarmsoccer.com">https://salmonarmsoccer.com</a>

### SQUASH

Courts	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
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### SWIMMING

Columbia Shuswap Selkirks		president.selkirks@gmail.com	<a href="https://www.selkirksswim.ca">https://www.selkirksswim.ca</a>
Sockeye Swim Club		sockeyespres@gmail.com	www.salmonarmsockeyes.ca
Waves Master Swimming		info@salmonarmwaves.ca	www.salmonarmwaves.ca





## SALMON ARM GET ACTIVE GUIDE

### TABLE TENNIS

Drop In Table Tennis	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
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### TENNIS

Tennis Club			<a href="https://clubspark.ca/salmonarmtennisclub">https://clubspark.ca/salmonarmtennisclub</a>
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### VOLLEYBALL

Adult Volley Ball League	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
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### WALKING/HIKING GROUPS

Indoor walking Loop Group	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
Shuswap Lady Striders		ladystriders@gmail.com	<a href="https://www.shuswapladystriders.ca">https://www.shuswapladystriders.ca</a>
Shuswap Naturalist Club		info@shuswapnaturalists.org.	<a href="http://www.shuswapnaturalists.org">http://www.shuswapnaturalists.org</a>
Shuswap Outdoors Club	250-832-7768		
Shuswap Trail Alliance	250-832-0102	info@shuswaptrails.com	<a href="https://shuswaptrails.com">https://shuswaptrails.com</a>

### YOGA

Gratitude Hot Yoga	250-517-8747	gratitudehotyoga@gmail.com	<a href="https://www.gratitudeyogainc.com">https://www.gratitudeyogainc.com</a>
Namaste Yoga	250-803-6724	namastesalmonarm@gmail.com	<a href="http://yogasalmonarm.com">http://yogasalmonarm.com</a>
Sweet Freedom Yoga	250-832-2720		<a href="https://www.sweetfreedomyoga.com">https://www.sweetfreedomyoga.com</a>

### YOUTH DROP IN SPORTS

Basketball, Volleyball, Floor Hockey	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
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To add or edit a listing please email [rscott@salmonarmrecreation.ca](mailto:rscott@salmonarmrecreation.ca)