

**SALMONARM**  
RECREATION

# FUN GUIDE

## WINTER 2026



 **ROGERS** Rink



**SASCU**

**Online Registration begins MONDAY DECEMBER 1 at 6:30am**

**[www.salmonarmrecreation.ca](http://www.salmonarmrecreation.ca) 250.832.4044**

# REGISTRATION INFORMATION

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**SASCU Recreation Centre**  
250-832-4044 • 2550 10th Ave NE

**FACILITY BOOKING**  
**Parks/fields/SASCU Recreation Centre**  
rscott@salmonarmrecreation.ca

**SWIMMING POOL**  
tmoore@salmonarmrecreation.ca

**ROGERS RINK**  
250-832-4044 • 2600 10th Ave NE

**ROGERS RINK ice rinks/rooms**  
cdeboer@salmonarmrecreation.ca

[www.salmonarmrecreation.ca](http://www.salmonarmrecreation.ca)

### Don't wait to register

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

## Salmon Arm Recreation Refund Policy

A full refund will be issued for cancelled 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.

## NEW THIS WINTER Sunday Morning Swim Lessons

See page 26 for  
levels and times

### Recreation On Demand

Do you have a skill or passion you'd like to share with the community? Are you trained to teach a class or lead a workshop? If you have an idea for a course you'd like to offer at the Salmon Arm Recreation Centre, we'd love to hear from you! Please email [rscott@salmonarmrecreation.ca](mailto:rscott@salmonarmrecreation.ca) with the following details:

**-A brief course description**

**-Your qualifications and relevant experience**

We look forward to exploring your ideas!

# REGISTRATION INFORMATION

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## Important Update: Software Upgrade Happened this Fall



This fall we launched a new and improved software platform to bring you a faster, more reliable, and user-friendly experience. There were some hiccups during our first registration with the new system as there often are with any new program. We expect this winter's registration to have fewer hiccups!

### What You Need to Know:

#### New System, Fresh Start

If you successfully registered for the Fall, you are ready to go. If this is your first time registering with us since the Summer, you will need to create a new account.

#### Creating a new account (IF YOU HAVE NOT DONE SO ALREADY)

How to Get Started:

- 1) Visit <https://salmonarmrecreation.finnlyconnect.com/>
  - 2) Select "Create Your Account"
  - 3) Enter your email address for account
    - i) A valid email address is required and will require access to complete your account set up.
  - 4) Fill out Account information
    - i) Fill out Name, Communication Preferences, Phone, and Address
  - 5) Select Account type
    - i) Choose from the options given such as Individual, Family, Organization or Business
      - (1) Family Account names should be changed to "Surname Family"

**For Example – Jane Smith would be "Smith Family"**
- \*\*Please note that most user groups have already had an account created and should connect with your scheduling contact with Salmon Arm Recreation before creating a new account.**
- 6) Enter a password - you will use this for logging in, in the future.
  - 7) Enter the Security Code that will be emailed to you for the next step.
  - 8) Account Set up Complete!

**Now login and add any additional family members to your account and have a look around!**

**Thank you for your cooperation and support as we  
make this exciting transition!**



# HOLIDAY AUDITORIUM SCHEDULE

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## 2025 Holiday Auditorium Schedule

Sat Dec 20	Sun Dec 21	Mon Dec 22	Tues Dec 23	Wed Dec 24	Thurs Dec 25	Friday Dec 26
	CLOSED	9-11am Motoring Munchkins	Drop In Adult Badminton 8-10am	CLOSED		
	Adult Drop In Pickleball	Adult Drop In Pickleball	Adult Drop In Pickleball	Adult Drop In Pickleball		
	Advanced 12:15-1:45pm	11:30am-1:30pm Advanced	11am-1pm Recreational	11am-1:pm Competition	CLOSED	CLOSED
	Recreation 2--3:30pm	1:45-3:45pm Competition	1:15-3:15 Advanced	1:15-3:15pm Recreational		
	CLOSED	Drop in Youth Basketball 5-7pm Drop in Adult Basketball 7-9pm	Drop in Youth Futsal 5-7pm Drop in Adult Futsal 7-9pm	CLOSED		

Sat Dec 27	Sun Dec 28	Mon Dec 29	Tues Dec 30	Wed Dec 31	Thurs Jan 1	Friday Jan 2
	CLOSED	9-11am Motoring Munchkins	Drop In Adult Badminton 8-10am	CLOSED		Adult Drop In Pickleball
	Adult Drop In Pickleball	Adult Drop In Pickleball	Adult Drop In Pickleball	Adult Drop In Pickleball		9-11am Advanced
	Advanced 12:15-1:45pm	11:30am-1:30pm Advanced	11am-1pm Recreational	11am-1:pm Competition	CLOSED	11:15am-1:15pm Recreation
	Recreation 2--3:30pm	1:45-3:45pm Competition	1:15-3:15 Advanced	1:15-3:15pm Recreational		1:30-3:30pm Competition
	CLOSED	Drop in Youth Basketball 5-7pm Drop in Adult Basketball 7-9pm	Drop in Youth Futsal 5-7pm Drop in Adult Futsal 7-9pm	CLOSED		Drop in Youth Volleyball 5-7pm
						Drop in Adult Volleyball 7-9pm

**NextGen LEADERSHIP PROGRAM  
REGISTER**  
\$180/9 week session  
(12-15 years old)

SASCU Recreation Centre Room 2  
Tuesdays  
6:30-8pm  
January 6-March 10

NextGen is an engaging leadership development experience designed for teens who want to discover their potential and lead with confidence. This program equips young people with essential skills—communication, teamwork, problem-solving, and decision-making—while fostering a sense of responsibility and purpose. Through interactive workshops, real-world projects, and mentorship, participants learn what it means to be a leader in school, community, and beyond.

# CHILD & YOUTH PROGRAMS

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## MOTORING MUNCHKINS DROP IN 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**

9 -11am

Mondays & Wednesdays

January 12-March 11

Exclusion Dates on our website

Schedules are subject to change without notice



This program is sponsored by the  
Shuswap Children's Association

## LEARN TO SKATE - YOUTH REGISTER

**\$100/10 Sessions \$90/9 Sessions  
(3+years old)**

This program introduces children to the fundamentals of skating in a fun, supportive environment. Designed to build confidence and foundational skills, young skaters prepare for future participation in community sports or simply enjoy recreational skating. Rather than focusing on levels, we emphasize individual skill development allowing each child to progress at their own pace.

**HELMETS, SKATES & GLOVES REQUIRED**

### **PENGUINS - Learn to Skate**

Perfect for beginners, the Penguin level teaches essential skills such as falling and getting back up, moving, hopping, and gliding. It's all about building comfort and confidence on the ice.

### **MONDAYS:**

9 Sessions

January 5-March 9

NO CLASS February 16

11:45 am - 12:15 pm

### **WEDNESDAYS:**

10 Sessions

January 7- March 11

11:45 am - 12:15 pm

### **WALRUS - Improve your Skills**

For skaters who can already move independently and recover from falls, the Walrus level focuses on advancing technique. Participants will work on stopping, gliding, building speed, and developing strength.

### **MONDAYS:**

9 Sessions

January 5-March 9

NO CLASS February 16

12:15 pm - 12:45 pm

### **WEDNESDAYS:**

10 Sessions

January 7- March 11

12:15 - 12:45 pm

## TODDLER & ME DROP IN \$2 (0-5years old)

Every Friday 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  
JANUARY 9-MARCH 13**



# CHILD & YOUTH PROGRAMS

## SAFE AT HOME, SAFE ALONE REGISTER

**\$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. Best suited for kids ready to stay home alone.

SASCU Recreation Centre Room 2  
6-8pm

Session 1 - WEDNESDAY JANUARY 14

Session 2 - THURSDAY FEBRUARY 26

(includes work booklet)

## TINY DANCERS REGISTER

**\$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 RACQUET COURTS  
THURSDAYS  
9-9:30am

Session 1-JANUARY 15-FEBRUARY 19

## RED CROSS BABYSITTERS COURSE REGISTER

**\$120/session+ \$10.50 book**  
(11+ years old)



The Babysitters Course teaches youth essential skills to prevent and respond to emergencies. You will learn how to recognize and prevent unsafe situations, make safe choices and promote safe behaviours. Moreover, you will also learn how to feed, diaper, dress, and play with children and babies.

This program also gives you the skills to promote yourself as a babysitter to prospective families. You will learn to make good decisions, manage complex behaviours, be responsible, and demonstrate leadership.

The course also covers information on children's developmental stages and specific strategies for each stage, as well as first aid skills and the business of babysitting. Don't miss out on this opportunity to become a skilled babysitter and make a positive difference in the lives of children.

SASCU Recreation Centre Room 2  
2 Day Course  
JANUARY 31/FEBRUARY 1  
9am-2pm

SASCU Recreation Centre Room 2  
5 Week Course  
Wednesdays JANUARY 28-MARCH 4  
6-8pm



# CHILD & YOUTH PROGRAMS

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## LASER TAG REGISTER \$12 (8-14 years old)

Come play laser tag with friends. We provide the equipment, you bring the energy!

Pop and popcorn snack after the game.

**SASCU Recreation Centre Auditorium**  
**SATURDAY**  
**January 24**  
**February 28**

8-10 year olds 11am -12pm  
10-12 year olds 12:30pm - 1:30pm  
12-14 year olds 2 - 3pm

## PRO D DAY PASS DROP IN \$9-11 (9+ years old)

**SASCU Recreation Centre Check in at Front Desk**  
**Friday February 13**

ACTIVITY	TIME	CHILD	STUDENT
Drop in Gym Sport	10am-12pm	\$3.50	\$4.75
Crafts & Board Games	12-1pm	\$2.00	\$2.00
Public Swim	1-4:00pm	\$4.50	\$5.50
<b>ALL ACTIVITIES</b>	<b>10am-4pm</b>	<b>\$9</b>	<b>\$11</b>

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

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 gym sport and crafts. No direct supervision for public swim life guards on duty.

## KIDS SPRING BREAK CAMP REGISTER \$240/week (7-12 year olds)

March 16-20/March 23-27

Drop off Little Mountain Field House  
8:30am

Pick up Recreation Centre Auditorium  
3:30pm



### Spring Break Adventure Camp Where Fun Meets Exploration!

Looking for an unforgettable way to keep your kids active and engaged this spring break? Our 5-day full-day camp is packed with exciting activities designed to spark creativity, build friendships, and burn off energy in the best ways possible!

Campers will enjoy a dynamic mix of group games, sports, hiking, swimming, arts & crafts, and much more. Each day brings new adventures as we explore local parks, playgrounds, courts, and visit the recreation center and swimming pool.

Please pack a lunch, snacks, and a water bottle each day to keep your child fueled for fun!

Whether your child loves being outdoors, getting creative, or making new friends, this camp offers something for everyone. Don't miss out—spaces fill fast for this popular spring break experience!



# KIDS FISHING DERBY

## 27TH ANNUAL SALMON ARM KIDS' FISHING DERBY



SUNDAY JUNE 21  
7-11AM

END OF THE SALMON ARM WHARF  
REGISTRATION 6AM  
AWARD CEREMONY 11:30AM

**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**

~ PARENT APPRECIATION ~ KIDS PARTICIPATION DRAW ~ KIDS EFFORT DRAWS ~  
FISHING AWARDS  
FIRST FISH, LARGEST FISH, MOST FISH AND MANY MORE!





# ADULT PROGRAMS

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## ADULT SPORTS DROP IN

ADULT \$5.75 SENIOR/STUDENT \$4.75

(16+ years old)

### BASKETBALL

SASCU RECREATION CENTRE-AUDITORIUM  
MONDAYS  
8-10pm

### FUTSAL

SASCU RECREATION CENTRE-AUDITORIUM  
TUESDAYS  
8-10pm

### NEW PROGRAM CARPET BOWLING

SASCU RECREATION CENTRE-RACQUET COURTS  
WEDNESDAYS  
1-3pm

### TABLE TENNIS

SASCU RECREATION CENTRE-RACQUET COURTS  
DROP IN MONDAY 9-11am  
LEAGUE TUESDAYS 7-9pm/SUNDAYS 2-4pm

### BADMINTON

SASCU RECREATION CENTRE-AUDITORIUM  
TUESDAYS/THURSDAYS  
8-10am

### INDOOR PICKLEBALL

SASCU RECREATION CENTRE-AUDITORIUM  
see winter Auditorium calendar for level days  
and times

**No experience needed, bring clean  
indoor shoes and come give it a try**

**ALL DROP IN SPORTS SCHEDULES ARE SUBJECT TO CANCELLATION AND CHANGE WITHOUT NOTICE**

## ADULT VOLLEYBALL LEAGUE REGISTER \$240/team 16+ years



SASCU Recreation Centre Gym  
Wednesdays/Thursdays:  
6 - 10pm  
January 7- March 11  
No Session February 4/5

Ready to Level Up Your Game?  
Join Our Co-Ed Volleyball League!

Whether you're in it for the fun or hungry for competition, this league is built for players who love a fast-paced, high-energy game! Rally your squad and bring your A-game—just make sure you've got at least two female players on the court at all times to keep things balanced and fierce.

Deadline to register: January 1, 2026  
Don't miss your shot to spike, dig, and dominate the court this season!

Questions reach out to Krista at:  
kbridge7@yahoo.com



# ADULT PROGRAMS

## CHOOSE TO MOVE REGISTER 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.

SASCU Recreation Centre Room 1  
Thursdays 9-10am  
January 8 to February 26  
**MANDATORY INTRO MEETING**  
**TUESDAY JANUARY 6, 9-10am**

## ACTIVAGE REGISTER FREE

(65+ years)

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

LEVEL 1: Participants must be able to walk 100 feet with or without assistance of a walker or cane. Most exercises are done in a sitting position.

LEVEL 2: Participants must be able to walk 100 feet 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  
Thursdays  
LEVEL 1: 10:30-11:30am  
LEVEL 2: 12-1pm  
January 8-February

Funding from  
the Government  
of British  
Columbia

## LEARN TO SKATE - ADULT REGISTER \$100/10 Session \$90/9 Sessions 16+ years old

Our Learn to Skate program is designed to teach the basics of skating and to enhance the skills you already have. Choose the level that is right for you! All adults on the ice must wear a helmet.

### ADULT SKILLS & DRILLS

For skaters who want to improve their skating, for hockey, figure skating or just for fun.

WEDNESDAYS  
10 Sessions  
January 7- March 11  
12:45-1:30pm

### LEARN TO SKATE

For adults who want to learn the basics from falling & getting back up; to gliding & hopping.

MONDAYS  
9 Sessions  
January 5- March 9  
No session February 16

## CHAIR TO MAT YOGA REGISTER

**\$111/10 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 one's 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 Racquet Courts  
Thursdays 10-11am  
January 8-March 12  
Drop in for \$15/class

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

# ADULT PROGRAMS

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## COUPLES DANCE LESSONS REGISTER

**\$100/couple/5 sessions**  
(16+ years)

### Dance with Jens Goerner – All Levels Welcome

Join the popular Jens Goerner from City Dance for a dynamic and engaging dance experience. Whether you're stepping onto the dance floor for the first time or looking to refine your technique, Jens will guide you in a fun, relaxed, and professional atmosphere. These classes cover a wide range of International and American dance styles and are designed for dancers of all levels. Must register in couples.

SASCU Little Mountain Field House  
Mondays

February 2-March 9

no class February 16

Couples Country Level 2

5:30 – 6:30 pm

Couples Latin(Beginner & beginner plus)

6:30 - 7:30 pm

## BEGINNER STEP CLASS

**REGISTER**  
**\$50/5 sessions**

(16+ years)

Step into Fitness with Mackenzie from Tough Love Boot Camp for a fun, high-energy 5-week Step Class. This beginner class is a cardio workout using a raised platform for choreographed movements that builds endurance, strength, and coordination. All fitness levels are welcome! Please note that participants should be able to engage in continuous physical activity for approximately 45 minutes.

SASCU Recreation Racquet Courts  
Fridays 10 -10:45am  
January 9-March 10  
Drop In for \$15/class

## STRENGTH IN MOTION CLASS REGISTER

**\$100/10 sessions**  
(16+ years)

Join Mackenzie from Tough Love Boot Camp for a high-energy 10-week fitness series. Each week rotates between Circuit Training, Tabata for a full-body workout that keeps things fresh and effective. Expect motivation, positivity, and just the right amount of tough love. All fitness levels welcome—come ready to work hard and leave feeling strong and empowered!

SASCU Recreation Racquet Courts  
Tuesdays 10 -11am  
January 6-March 10  
Drop In for \$15/class

**KANGOO**  
**REGISTER**  
**\$100/10 sessions**

(16+ years)

Bounce your way to a healthier, happier you with Kangoo! This high-energy workout is a fun twist on Zumba—performed on specially designed bouncy boots. Our instructors lead you through easy-to-follow routines that engage your entire body, combining cardio, strength, and balance training. Whether you're looking to tone up, boost endurance, or just have a blast, Kangoo delivers a low-impact, high-results experience. Come for the bounce, stay for the burn!

SASCU Recreation Racquet Courts  
Mondays 5:15-6:16pm or  
Wednesdays 6-7pm  
January 6- March 10  
Drop In if space allows \$15/class

Boot rentals  
available. \$50  
for 10 sessions  
or \$5/drop in  
class



# AUDITORIUM SCHEDULES

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Auditorium Program Schedule						
January 5-March 15 2026						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Adult Drop In Badminton 8-10am		Adult Drop In Badminton 8-10am	PRIVATE BOOKING 8-9am		
Drop in Motoring Munchkins 9-11am	PRIVATE BOOKING 10:15-10:45am	Drop In Motoring Munchkins 9-11am	PRIVATE BOOKING 10:15-10:45am	Adult Drop in Pickleball Recreational 9-11am		
Adult Drop in Pickleball Advanced 11:30am-1:30pm	Adult Drop in Pickleball Recreational 11am-1pm	Adult Drop in Pickleball Recreational 11:30am-1:30pm	Adult Drop in Pickleball Competition 11am-1pm	Adult Drop in Pickleball Competition 11:30am-1:30pm		Adult Drop in Pickleball Adv/Comp 12:15-2:15pm
Adult Drop in Pickleball Competition 1:45-3:45pm	Pickleball Advanced 1:15-3:15pm	PRIVATE BOOKINGS 2-8pm	Pickleball Advanced 1:15-3:15pm	PRIVATE BOOKINGS 1:30-10pm		Adult Drop in Pickleball Recreational 2:30-4:30pm
PRIVATE BOOKINGS 4-8pm	PRIVATE BOOKINGS 4-8pm		PRIVATE BOOKINGS 3:30-5:50pm			
Adult Drop In Basketball 8-10pm	Adult Drop in Soccer 8-10pm	Adult Volleyball League 6-10pm	Adult Volleyball League 6-10pm			
Pickleball Legend	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		
Recreational				*Volleyball leagues is registered program.		
Competition				*All programs are subject to change and cancellation without notice		
Advanced				*All Drop in programs are unsupervised		

## SASCU RECREATION CENTRE FITNESS ROOM (16+)

### FITNESS ROOM HOURS

Monday-Friday 6:30am-9pm  
 Saturdays 7am-9pm  
 Sundays 12-4pm  
 Stat Holidays 1-4pm

ADULT \$6.75 SENIOR \$5.50 STUDENT \$5.50




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

# ROGERS RINK

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ROGERS Rink

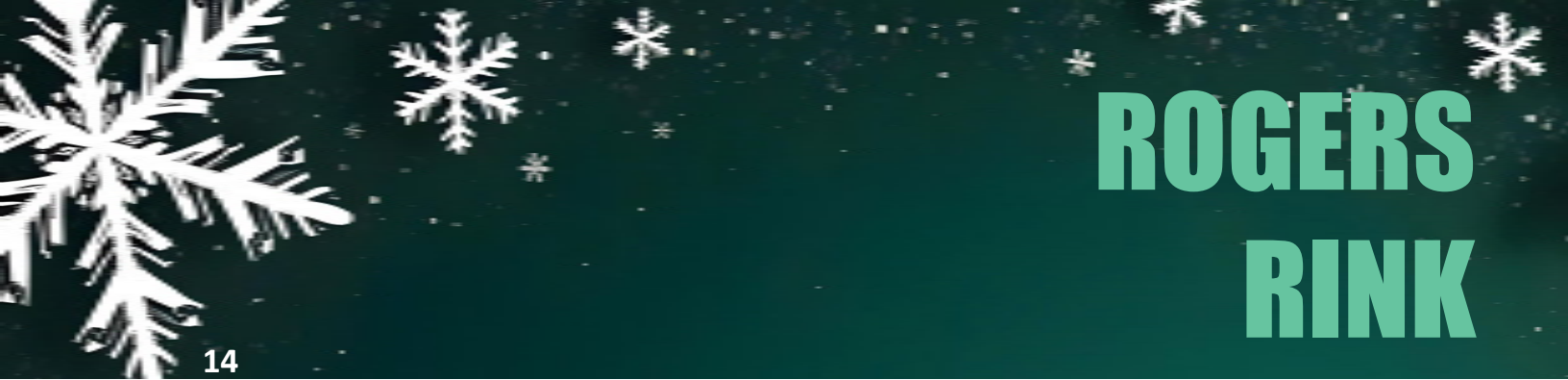
# NYE DISCO SKATE



**DECEMBER 31  
12-1:30PM**

**NO SKATE RENTALS - HELMETS RECOMMENDED**





# ROGERS RINK



# ROGERS Rink

January 3-March 15, 2026

## PUBLIC SKATE

DROP IN

SUNDAYS 3-4:30pm

HUCUL POND

FRIDAYS 7-8:30pm

HUCUL POND

## SENIOR/PARENT & TOT SKATE

DROP IN

TUESDAYS 1:30-2:30pm HUCUL POND

THURSDAYS 1:30-2:30pm SPECTATOR

## CHEAP SKATE (\$2.50)

DROP IN

TUESDAYS 2:45-4:15pm HUCUL POND

THURSDAYS 2:45-4:15pm SPECTATOR

Helmets strongly recommended

No sticks & pucks permitted on the ice

No shoes allowed on the ice

Senior (60+) - \$5.50

Adult (19+) - \$6.75

Student (13-18) - \$5.50

Child (6-12) - \$4.50

Tot (1-5) - \$2.25

Parent & Tot - \$6.25

Family (Max 5) - \$14.50

**\*\*NO RENTALS AVAILABLE AT ARENA\*\***

## LUNCH HOUR SHINNY

### REGISTER ONLINE

(16+)

THURSDAYS

12-1pm

SPECTATOR

\$5.50

Join us every week for Lunch Hour Shinny — a casual, drop-in style hockey session for players aged 16 and up. Whether you're a seasoned skater or just looking to stay active, this is a great way to enjoy the game in a relaxed and friendly environment.

Gloves, helmet and stick required. Full gear strongly recommended.

## PRO D DAY STICK & PUCK

### DROP IN

6-12 year olds HUCUL POND

13-18 year olds SPECTATOR

1-2:30pm

Student (13-18) - \$5.50

Child (6-12) - \$4.50

February 13

April 20

May 8

Gloves, helmet and stick required. Full gear strongly recommended.



**ALL ACTIVITY SCHEDULES ARE SUBJECT TO CANCELLATION AND CHANGE WITHOUT NOTICE**



# ROGERS RINK

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# ROGERS Rink

January 3-March 15, 2026

## INDOOR WALKING TRACK

### DROP IN

**FREE**  
(ALL AGES)

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

- 1 loop 200 meters
- Surface: 7+2mm PolyTurf
- Wheelchair accessible

\*Jogging permitted 10am-12pm Monday - Friday

We recommend checking with your doctor before starting a new routine.

THANK YOU ROTARY FOR SPONSORING THE  
INSTALLATION OF THE NEW WALKING TRACK

## INDOOR WALKING LOOP GROUP

### DROP IN

**FREE**  
(16+)

Stay active and social with our weekly indoor walking group. This drop-in program is perfect for anyone looking to get their steps in and enjoy a relaxed atmosphere. From seniors to new parents, come walk, connect, and make your Fridays a little brighter!

Walk at your own pace. Enjoy a coffee and conversation afterward(\$2). A group leader will be on-site to track your loops and share walking tips.

### SPECTATOR Concourse

Fridays

8:30-9:30am walk 9:30-10am coffee



**NORDIC SKI SNOWSHOE FUN EVENTS**

Affordable Memberships for all ages at [skilarchhills.ca](https://skilarchhills.ca)



# SILVERBACKS SCHEDULE

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## Regular Season Schedule

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

Friday	September 19	Cranbrook Bucks	7:00 PM
Saturday	September 20	Trail Smoke Eaters	6:00 PM
Friday	October 17	Vernon Vipers	7:00 PM
Friday	November 7	West Kelowna Warriors	7:00 PM
Sunday	November 9	Spruce Grove Saints	4:00 PM
Friday	November 14	Trail Smoke Eaters	7:00 PM
Saturday	November 15	Trail Smoke Eaters	6:00 PM
Saturday	November 22	Sherwood Park Crusaders	6:00 PM
Friday	December 5	Cranbrook Bucks	7:00 PM
Saturday	December 6	Alberni Valley Bulldogs	6:00 PM
Saturday	December 13	West Kelowna Warriors	6:00 PM
Friday	December 19	Blackfalds Bulldogs	7:00 PM
Friday	January 9	Cowichan Valley Capitals	7:00 PM
Saturday	January 10	Cranbrook Bucks	6:00 PM
Friday	January 23	Vernon Vipers	7:00 PM
Sunday	January 25	Sherwood Park Crusaders	4:00 PM
Friday	January 30	Trail Smoke Eaters	7:00 PM
Saturday	January 31	Okotoks Oilers	6:00 PM
Friday	February 20	West Kelowna Warriors	7:00 PM
Saturday	February 21	Blackfalds Bulldogs	6:00 PM
Friday	February 27	Okotoks Oilers	7:00 PM
Friday	March 6	West Kelowna Warriors	7:00 PM
Friday	March 13	Vernon Vipers	7:00 PM
Friday	March 20	Spruce Grove Saints	7:00 PM
Friday	March 27	Brooks Bandits	7:00 PM
Saturday	March 28	Brooks Bandits	6:00 PM

# BIRTHDAY PARTIES

17

## BIRTHDAY PARTIES

### POOL PARTY-\$34.25+swim admission

#### **This is the hottest party in town!**

Celebrate your next birthday party in our Party Zone. Bring the cake, goodies and we'll do the clean-up! Starting December 1, book your parties in January, February and until March 15, 2026

**What's included** - Party Zone picnic tables on deck, and swimming. Pay regular admission per child and the birthday child swim admission is free.

**How to Book** - Visit [www.salmonarmrecreation.ca](http://www.salmonarmrecreation.ca), click on 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-\$34.25+skating admission

#### **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** - pay regular admission per child and the birthday child admission is free.

**How to Book** - Visit our website @ [www.salmonarmrecreation.ca](http://www.salmonarmrecreation.ca), click on the Schedules tab, click Public 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 are an additional cost and laser tag parties are bookable if staff are available.

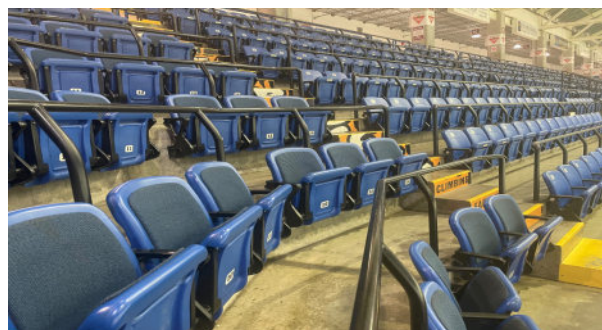


# FACILITY RENTALS

## PRIVATE POOL & PRIVATE ICE RENTALS

Family Parties, Corporate Events, Team Celebrations  
Special Gatherings

**250-832-4044**



### POOL RENTAL at the SASCU RECREATION CENTRE

Make your next celebration unforgettable with exclusive access to our pool! Rentals include use of the sauna, hottub, leisure pool and main pool. Perfect for family gatherings, team parties, corporate events, or just a fun day with friends.

Enjoy a safe and welcoming environment. Private bookings after regular hours only.

For more details about the facility, rates or to make a booking, email [tmoore@salmonarmrecreation.ca](mailto:tmoore@salmonarmrecreation.ca)

### PRIVATE ICE RENTAL at ROGERS RINK

Take your event to the next level with exclusive access to our premium ice surface! Perfect for family gatherings, extra practices, or special celebrations, private ice time is available whenever the ice is in—based on availability.

For more details about the facility, rates or to make a booking, email [cdeboer@salmonarmrecreation.ca](mailto:cdeboer@salmonarmrecreation.ca)

#### Special Holiday Ice

Dates: December 22 – January 2 (CLOSED Dec 24, 25, 26, Jan 1)

Rate: \$69.43/hour plus insurance

Limited days and times available—book early to secure your spot!

For more details or to reserve your ice time email: [cdeboer@salmonarmrecreation.ca](mailto:cdeboer@salmonarmrecreation.ca)

# FACILITY RENTALS

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## SASCU LITTLE MOUNTAIN FIELD HOUSE

Seating for up to 60 people

\$42.29/hour or \$296.00 for 12 hours

For more details about the facility or booking, head to [salmonarmrecreation.ca](http://salmonarmrecreation.ca), or email [cdeboer@salmonarmrecreation.ca](mailto:cdeboer@salmonarmrecreation.ca)

## SASCU RECREATION CENTRE AUDITORIUM

Seating for up to 400 people

\$92.23/hour or \$905.58/day

For more details about the facility or booking, head to [salmonarmrecreation.ca](http://salmonarmrecreation.ca), or email [rscott@salmonarmrecreation.ca](mailto:rscott@salmonarmrecreation.ca)

## SASCU RECREATION CENTRE ROOM 1/2/3 & BOARD ROOM

Seating for up to 50/40/15 people

\$33.20/\$23.27/\$16.18 per hour or \$232.14/\$162.90/113.80 per day

For more details about the facility or booking, head to [salmonarmrecreation.ca](http://salmonarmrecreation.ca), or email [rscott@salmonarmrecreation.ca](mailto:rscott@salmonarmrecreation.ca)

## ROGERS RINK NEUTRAL ZONE

Seating for up to 40 people

\$42.44/hour or \$297.05/day

**WIFI, TV, projector, sounds system included**

For more details about the facility or booking, head to [salmonarmrecreation.ca](http://salmonarmrecreation.ca), or email [cdeboer@salmonarmrecreation.ca](mailto:cdeboer@salmonarmrecreation.ca)

## ROGERS RINK MPR 1/MPR 2

Seating for up to 15 people

\$25.54/hour or \$179.36/day

For more details about the facility or booking, head to [salmonarmrecreation.ca](http://salmonarmrecreation.ca), or email [cdeboer@salmonarmrecreation.ca](mailto:cdeboer@salmonarmrecreation.ca)

## ROGERS RINK LOUNGE

Seating for up to 60 people

\$30.93/hour or \$216.82/day

For more details about the facility or booking, head to [salmonarmrecreation.ca](http://salmonarmrecreation.ca), or email [cdeboer@salmonarmrecreation.ca](mailto:cdeboer@salmonarmrecreation.ca)

**BOOK YOUR HOLIDAY PARTY, MEETING,  
TEAM WINDUP OR FUNCTION TODAY**

# AQUAFIT & CLASSES

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## Aquafit Schedule January 8 - March 15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aquafit Shallow 9-9:45am		Aquafit Deep 9-9:45am		Aquafit Shallow 9-9:45am
	NoonFit 12:15-1pm		NoonFit 12:15-1pm	

### 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 ADMISSION

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

AQUAFIT SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE

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.

## Wee Fit

Wednesday's 2-2:45pm



\$6.25 per class

Come join our water based fitness class  
with your little one!

From 4 months (must be able to hold their  
head up on their own) to 2 years old.



**SALMON ARM**  
RECREATION

PH: 250-832-4044

[www.salmonarmrecreation.ca](http://www.salmonarmrecreation.ca)



# POOL SCHEDULES

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## Pool Schedule - Jan 5-Mar 15 2026

250-832-4044 [www.salmonarmrecreation.ca](http://www.salmonarmrecreation.ca)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Lap Lanes</u>		6:30-8:30am 9:00-10:00am 1LL 10:00-12:00pm 3LL 7:30-9:00pm 2LL	7:30-9:00am 12:00-1:00pm 2LL 4:00-6:00pm 1LL	6:30-8:30am 9:00-10:00am 1LL 10:00-12:00pm 3LL 7:30-9:00pm 2LL	7:30-9:00am 12:00-1:00pm 2LL	6:30-7:30am 2LL 7:30-8:30am 9:00-10:00am 1LL 4:00-6:00pm 1LL	
<u>Laps &amp; Leisure</u>		12:00-1:00pm	*9:00-12:00pm 1:00-3:00pm	12:00-1:00pm	*9:00-12:00pm 1:00-3:00pm	10:00-2:00pm	9:00-2:00pm 3LL No wade pool
<u>Discount Dip</u>		1:00-2:00pm	3:00-4:00pm	1:00-2:00pm	3:00-4:00pm		
<u>Public Swim</u>	12:00-4:00pm	6:00-7:30pm	7:30-9:00pm	6:00-7:30pm	7:30-9:00pm	2:00-4:00pm 6:00-9:00pm	2:00-5:00pm 6:00-9:00pm
<u>Leisure Only</u> no main pool		8:30-9:00am	6:30-7:30am 6:00-7:00pm	8:30-9:00am 4:00-6:30pm	6:30-7:30am 6:30-7:30pm	8:30-9:00am	
<u>CLOSED to Public</u>	9:00am-12:00pm	2:00-6:00pm		2:00-6:00pm	4:00-6:30pm		5:00-6:00pm
<u>Aqua Fit</u>		Shallow 9:00-9:45am	Noonfit 12:15-1:00pm	Deep 9:00-9:45am	Noonfit 12:15-1:00pm	Shallow 9:00-9:45am	
<u>Wee Fit</u>				2:00-2:45pm			

\*Number of Lap Lanes available may change with program requirements

### Dates of Note

\*Tuesday/Thursday 9am-12pm - Closed If school rental, please check socials or call in advance.

Pro D Day Swims: 1-4pm Friday Feb 13

Closed for Swim Meet Starting Feb 6th at 4pm-Feb 8th

### Special Events

Super Saturday: Jan 3, Feb 14, Mar 7 6-8:30pm- No Lap Lanes  
Youth Night: Jan 16, Feb 20, Mar 13 6:30-9pm - No Public Swim

Free swims- Unplug and Play Jan 25 1-4pm

Family day Feb 16 1-4pm

Valentines Day 2 for 1 Swim- 2-5pm

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 SPECIAL EVENTS

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## Pool Holiday Schedule 2025/26

Please Note: Saturday December 20, Closed until noon - Public Swim 12:00-5:00pm & 6:00-9:00pm

### Sunday, December 21 - Saturday, December 27

	Sunday 21	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27
Lap Lanes		6:30-8:30am	6:30-8:30am		Closed	Closed	
Laps & Leisure		8:30am-1:00pm 3LL 4:00-6:00pm 3LL	8:30am-1:00pm 3LL 4:00-6:00pm 3LL	10:00am-12:30pm 3LL			9:00am-12:00pm
Public Swim	12:00-4:00pm	1:00-4:00pm 6:00-9:00pm	1:00-4:00pm 6:00-9:00pm	12:30-3:00pm			12:00-5:00pm 6:00-9:00 pm

### Sunday, December 28 - Saturday, January 3

	Sunday 28	Monday 29	Tuesday 30	Wednesday 31	Thursday 1	Friday 2	Saturday 3
Lap Lanes		6:30-8:30am	6:30-8:30am		Closed	6:30-8:30am	
Laps & Leisure		8:30am-1:00pm 3LL 4:00-6:00pm 3LL	8:30am-1:00pm 3LL 4:00-6:00pm 3LL	10:00am-12:30pm 3LL		8:30am-1:00pm 3LL 4:00-6:00pm 3LL	9:00am-12:00pm
Public Swim	12:00-4:00pm	1:00-4:00pm 6:00-9:00pm	1:00-4:00pm 6:00-9:00pm	12:30-3:00pm		1:00-4:00pm 6:00-9:00pm	12:00-5:00pm 6:00-9:00 pm

\*\* Times subject to change without notice

250 832 4044

www.salmonarmrecreation.ca

## FREE SWIMS

Unplug & Play January 25<sup>th</sup> 1:00-4:00pm

Family Day February 16<sup>th</sup> 1:00-4:00pm

www.salmonarmrecreation.ca

**SALMON ARM**  
RECREATION

PH: 250-832-4044

## SANTA SPLASH



**DECEMBER 14TH**  
**1-3 PM**

MEET SANTA · GAMES · PRIZES



# POOL SPECIAL EVENTS

23

## SUPER SATURDAY

### DROP IN

### Drop In Rates (ALL AGES)

FUN for all ages, our SUPER SIZED INFLATABLE makes for SUPER SIZED FUN on SUPER SATURDAYS.

**6-8:30pm**

**January 3  
February 14  
March 7**

Adult \$6.75, Senior \$5.50, Student \$5.50  
Child \$4.50, Tot \$2.25, Parent & Tot \$6.25  
Family \$14.50

\*no lap lane during this time

## YOUTH NIGHT

### REGISTER

**\$10.70**

(8-12 years old)

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

**6:30-9pm**

**January 16  
February 20  
March 13**

Movies will be announced the week of the event



**Valentines Day**  
**2 for 1 Swim**

**FEBRUARY 14<sup>TH</sup> 2:00-5:00PM**

[www.salmonarmrecreation.ca](http://www.salmonarmrecreation.ca) **SALMON ARM** RECREATION **PH: 250-832-4044**



# SWIM LESSONS

24

## Monday/Wednesday - AM January 5 - February 4, 2026

10 Sessions

Level	Time
Parent and Tot 1	10:00-10:30am
Parent and Tot 2	10:00-10:30am
Parent and Tot 3	10:00-10:30am
Preschool 1	10:30-11:00am
Preschool 2	11:00-11:30am

## Monday/Wednesday - PM January 5 - February 4, 2026

10 Sessions

Level	Time
Parent and Tot 1	4:30 - 5:00 pm
Parent and Tot 2	4:30 - 5:00 pm
Preschool 1	4:30 - 5:00 pm
Preschool 2	4:00 - 4:30 pm
Preschool 3	5:30 - 6:00 pm
Preschool 4	5:30 - 6:00 pm
Preschool 5	5:30 - 6:00 pm
Swimmer 1	4:00 - 4:30 pm
Swimmer 2	5:00 - 5:30pm
Swimmer 3	5:00 - 5:30pm

## Monday - PM January 5 - March 9, 2026

9 Sessions - No Lesson Feb. 16/26

Time
Parent and Tot 1
Parent and Tot 2
Parent and Tot 3
Preschool 1
Preschool 1
Preschool 2
Preschool 3

## Monday - PM January 5 - March 9, 2026

9 Sessions - No Lesson Feb. 16/26

Time
Parent and Tot 1
Parent and Tot 2
Parent and Tot 3
Preschool 1
Preschool 1
Preschool 2
Preschool 2
Preschool 3
Preschool 4
Preschool 5
Swimmer 1
Swimmer 2
Swimmer 2
Swimmer 3
Swimmer 3
Swimmer 4
Swimmer 6

## Wednesday - AM January 7 - March 11, 2026

10 Sessions

Time
Parent and Tot 1
Parent and Tot 2
Parent and Tot 3
Preschool 1
Preschool 1
Preschool 2
Preschool 3



# SWIM LESSONS

25

## Wednesday - PM January 7 - March 11, 2026

10 Sessions

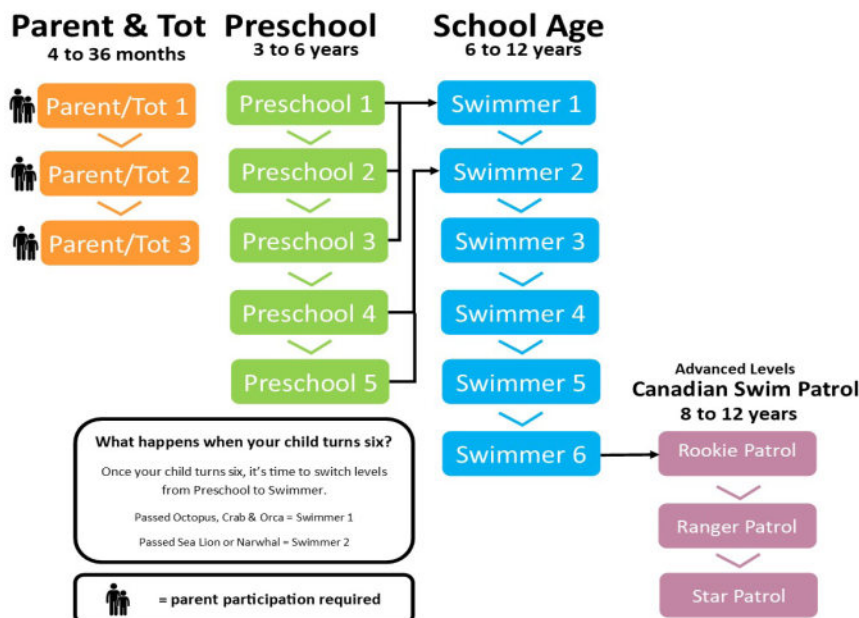
	Time
Parent and Tot 1	3:00 - 3:30 pm
Parent and Tot 2	3:00 - 3:30 pm
Parent and Tot 3	3:00 - 3:30 pm
Preschool 1	4:00 - 4:30 pm
Preschool 2	3:30 - 4:00 pm
Preschool 2	5:30 - 6:00 pm
Preschool 3	4:30 - 5:00 pm
Preschool 4	4:00 - 4:30 pm
Preschool 5	4:00 - 4:30 pm
Swimmer 1	3:30 - 4:00 pm
Swimmer 1	5:30 - 6:00 pm
Swimmer 2	4:30 - 5:00 pm
Swimmer 3	5:00 - 5:30 pm
Swimmer 4	4:45 - 5:30 pm
Swimmer 5	4:00 - 4:45pm

## Thursday - PM January 8 - March 12, 2026

10 Sessions

Level	Time
Preschool 1	4:00 - 4:30 pm
Preschool 1	5:00 - 5:30 pm
Preschool 2	4:45 - 5:15 pm
Preschool 3	4:30 - 5:00 pm
Preschool 4	5:00 - 5:30 pm
Preschool 5	5:00 - 5:30 pm
Swimmer 1	4:00 - 4:30 pm
Swimmer 1	5:30 - 6:00 pm
Swimmer 2	4:30 - 5:00 pm
Swimmer 2	5:45 - 6:15 pm
Swimmer 3	5:15 - 5:45 pm
Swimmer 4	4:00 - 4:45 pm
Swimmer 5	5:30 - 6:15 pm
Swimmer 6	5:30 - 6:15 pm

## Swim for Life Program Structure





# SWIM LESSONS

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## NEW THIS WINTER: SUNDAY MORNING SWIM LESSONS

### Saturday January 10 - March 14, 2026

9 Sessions - No Lesson Feb. 7/26

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

### Monday/Wednesday - AM February 9 - March 11, 2026

9 Sessions - No Lesson Feb. 16/26

Level	Time
Parent and Tot 1	10:30-11:00am
Parent and Tot 2	10:30-11:00am
Parent and Tot 3	10:30-11:00am
Preschool 1	11:00-11:30am
Preschool 2	10:00-10:30am

### Sunday January 11 - March 15, 2026

9 Sessions - No Lesson Feb. 8/26

Level	Time
Parent and Tot 1	9:30 - 10:00 am
Parent and Tot 2	9:30 - 10:00 am
Parent and Tot 3	10:00 - 10:30 am
Preschool 1	11:00 - 11:30 am
Preschool 2	9:30 - 10:00 am
Preschool 3	10:00 - 10:30 am
Preschool 4	10:30 - 11:00 am
Preschool 5	10:30 - 11:00 am
Swimmer 1	9:30 - 10:00 am
Swimmer 2	10:30 - 11:00 am
Swimmer 3	11:00 - 11:30 am
Swimmer 4	10:00 - 10:45 am
Swimmer 5	10:45 - 11:30 am
Swimmer 6	10:45 - 11:30 am

### Monday/Wednesday - PM February 9 - March 11, 2026

9 Sessions - No Lesson Feb. 16/26

Level	Time
Parent and Tot 1	4:00 - 4:30 pm
Parent and Tot 2	4:00 - 4:30 pm
Preschool 1	5:00 - 5:30pm
Preschool 2	4:00 - 4:30 pm
Preschool 3	5:00 - 5:30pm
Preschool 4	4:30 - 5:00 pm
Preschool 5	4:30 - 5:00 pm
Swimmer 1	4:30 - 5:00 pm
Swimmer 2	5:30 - 6:00 pm
Swimmer 3	5:30 - 6:00 pm



# ADVANCED AQUATICS

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## LIFESAVING SOCIETY BRONZE MEDALLION

SASCU RECREATION CENTRE POOL

January 10/24 10am-3pm, January 11/ 25 9am-2pm,

**Please email: [tmoore@salmonarmrecreation.ca](mailto:tmoore@salmonarmrecreation.ca)  
for more information or to register**

Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness (the four components of water rescue education) form the foundation of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water.

**Prerequisite:** 13 years of age (by last day of course) or Bronze Star.

## LIFESAVING SOCIETY BRONZE CROSS

SASCU RECREATION CENTRE POOL

February 21, 22, 28 & March 1 9am-3:30pm

**Please email: [tmoore@salmonarmrecreation.ca](mailto:tmoore@salmonarmrecreation.ca)  
for more information or to register**

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

**Prerequisite:** Bronze Medallion (need not be current)

## LIFESAVING SOCIETY SWIM INSTRUCTOR COURSE

(Includes Teaching Experience)

SASCU RECREATION CENTRE POOL

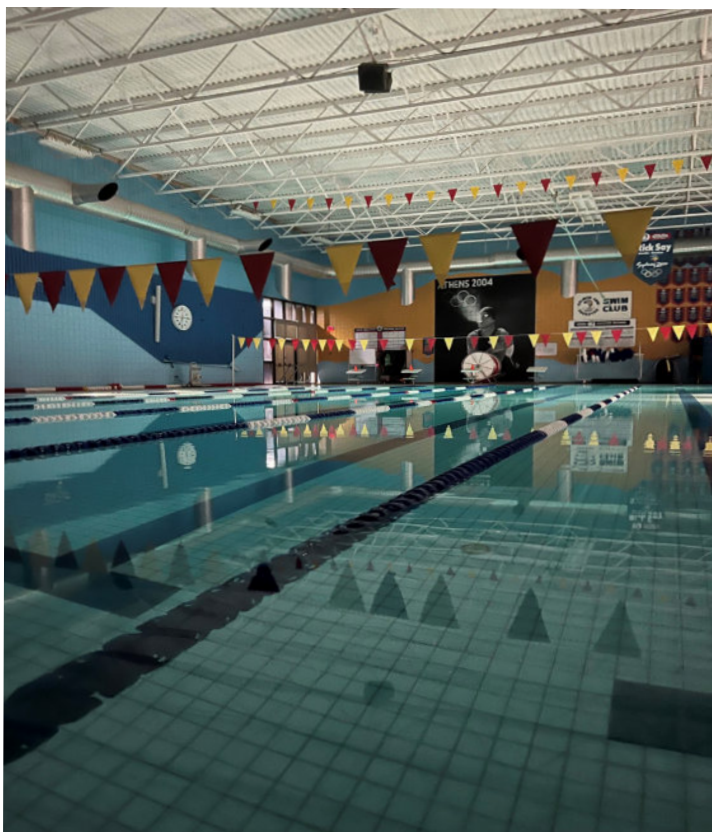
March 16-19/23-26

11:30am-6pm

**Please email: [tmoore@salmonarmrecreation.ca](mailto:tmoore@salmonarmrecreation.ca)  
for more information or to register**

The Lifesaving Society Swim for Life Instructor certification prepares candidates to teach and evaluate basic swim strokes and related skills. Swim Instructors teach and evaluate candidates in the Society's Swim for Life® and Canadian Swim Patrol levels. Candidates are trained in, and must demonstrate skills, knowledge, and attitudes at a Competency Level 1 to achieve certification.

**Prerequisite:** 15 years of age by last day of course, Bronze Cross (need not be current)



# GET ACTIVE GUIDE

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## SALMON ARM GET ACTIVE GUIDE

### BADMINTON

Badminton Club	250-804-7908		
SASCU Recreation Centre	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

### CADETS/GUIDES/SCOUTS

Girl Guides of Salmon Arm	250-832-7280		www.girlguides.ca
Army Cadets		saarmycadets@yahoo.com	
Royal Canadian Air Cadets	250-833-0222		www.222air.com
Scouts	778-489-0088		

### CROSS COUNTRY SKI

Larch Hills Nordic Society	250-832-9804		www.skilarchhills.ca
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# GET ACTIVE GUIDE

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## SALMON ARM GET ACTIVE GUIDE

### 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 Centre			<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		
SASCU 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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### FITNESS CENTERS

Bulldogs Fitness and Boxing Centre	250-489-5665	<a href="mailto:info@bulldogsboxing.com">info@bulldogsboxing.com</a>	<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	<a href="mailto:shuswaptotalfitness@gmail.com">shuswaptotalfitness@gmail.com</a>	<a href="http://www.shuswaptotalfitness.com">www.shuswaptotalfitness.com</a>
The Cardio Connection	250-833-2717		<a href="http://www.cardioconnection.ca">www.cardioconnection.ca</a>
Anytime Fitness	778-489-5323	<a href="http://www.anytimefitness.com/gyms/2819/salmon-arm-bc-v1e-2s7">www.anytimefitness.com/gyms/2819/salmon-arm-bc-v1e-2s7</a>	



# GET ACTIVE GUIDE

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## SALMON ARM GET ACTIVE GUIDE

### FOOTBALL

Minor Football Association	250-832-8289	president@shuswapminorfootball.ca	www.shuswapfootball.com
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### GOLF

Shuswap National Golf Course	250-832-3285	golfshop@shuswapnational.com	www.shuswapnational.com
Club Shuswap Golf and RV	250-832-7345	golf@clubshuswap.com	www.clubshuswap.com
Salmon Arm Golf Club	250-832-4727		www.salmonarmgolf.com

### GYMNASTICS

Momentum Gymnastics	250-804-0602	info@momentumgymnastics.com	www.momentumgymnastics.com
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### HOCKEY

Minor Hockey	250-832-0095	saminorhockey@shaw.ca	www.salmonarmminorhockey.com
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### HORSESHOE

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

Jungle Mania	778-489-5554	info@junglemania.ca	www.junglemania.ca
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### LACROSSE

Minor Lacrosse		shuswapminorlacrosse@gmail.com	www.shuswapminorlacrosse.com
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### MARTIAL ARTS

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/contact-us
Shuswap Brazilian Jui-Jitsu	250-804-9262		www.shuswapbjj.com

### PICKLEBALL

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

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## SALMON ARM GET ACTIVE GUIDE

### 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

Youth Ringette		tpacker@telus.net	www.shuswapringette.ca
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### ROCK CLIMBING

Gym of Rock Indoor	778-489-5594	climb@gymofrock.com	www.gymofrock.com
Mountaineering Club		https://shuswapmountaineeringclub.wordpress.com	

### ROWING/PADDLING

Rowing and Paddling Club		kcrouch@shaw.ca	https://shuswaprowingandpaddling.com
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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## SALMON ARM GET ACTIVE GUIDE

### SKATING

Skating Club		salmonarmskatingclub@gmail.com	www.saskatingclub.com
Speed Skating	250-804-5504	info@salmonarmspeedskating.com	http://salmonarmspeedskating.com
Public Skate	250-832-4044	cdeboer@salmonarmrecreation.ca	www.salmonarmrecreation.ca

### SNOWMOBILING

Snow Blazers	250-675-2420		www.sasnowblazers.com
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### SOCCER

Women's Rec. Soccer Assoc.		swrsa.info@gmail.com	http://www.swrsa.net
Youth Soccer Association	250-833-5607	admin@shuswapssoccer.com	http://shuswapssoccer.com/contact
Salmon Arm Soccer			https://salmonarmsoccer.com

### SQUASH

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

Columbia Shuswap Selkirks		president.selkirks@gmail.com	www.selkirksswim.ca
Sockeye Swim Club		sockeyespres@gmail.com	https://sockeyes.teampages.com/
Waves Master Swimming		info@salmonarmwaves.ca	www.salmonarmwaves.ca

### TABLE TENNIS

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

Tennis Club			https://clubspark.ca/salmonarmtennisclub
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### VOLLEYBALL

Adult Volleyball League	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
Youth Volleyball			www.shuswapvc.ca





## SALMON ARM GET ACTIVE GUIDE

### WALKING/HIKING GROUPS

Shuswap Lady Striders		ladystriders@gmail.com	www.shuswapladystriders.ca
Shuswap Naturalist Club		info@shuswapnaturalists.org.	www.shuswapnaturalists.org
Shuswap Outdoors Club	250-832-7768		
Shuswap Trail Alliance	250-832-0102	info@shuswaptrails.com	https://shuswaptrails.com

### YOGA

Gr.attitude Hot Yoga	250-517-8747	gratitudehotyoga@gmail.com	www.gratitudeyogainc.com
Namaste Yoga	250-803-6724	namastesalmonarm@gmail.com	http://yogasalmonarm.com
Sweet Freedom Yoga	250-832-2720		www.sweetfreedomyoga.com

### YOUTH DROP IN SPORTS

Recreation Drop in	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)



# FREE Family Day Activities

February 16, 2026

## FREE PUBLIC SKATE 10-11:30am

Bring the family for a free public skate on Hucul Pond & Spectator Arenas.

Must bring own equipment (skates and helmet)

**NO STICKS OR PUCKS**

## FREE PUBLIC

## SWIM

1-4pm

Bring the family for a free public swim

## FREE MOTORING

## MUNCHKINS

1:30-3:30pm

Is intended for preschool aged kids and younger! Older siblings welcome on Family Day to play with younger siblings.

**SALMON ARM**  
**RECREATION**