

FUN GUIDE

SPRING BREAK 2026



Information about
Spring Break Camps
page 4



Online Registration begins MONDAY FEBRUARY 9 at 6:30am

www.salmonarmrecreation.ca 250.832.4044

REGISTRATION INFORMATION

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

Facility bookings
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

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 a request is received a minimum of 48 hours prior to the program start. Refund requests 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.

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.

Online registration begins 6:30 am Monday, February 9, 2026

**THIS REGISTRATION IS FOR
SPRING BREAK PROGRAMS ONLY.
THE FULL SPRING FUN GUIDE WILL BE
RELEASED MARCH 2,
WITH REGISTRATION ON
MARCH 9 STARTING AT 6:30AM**

REGISTRATION INFORMATION

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.

What You Need to Know:

New System, Fresh Start

If you successfully registered for the fall or winter, 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)

****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.**

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"
- 6) Enter a password - you will use this to log on, 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
continue to polish processes in this transition.**

KIDS SPRING BREAK CAMP

KIDS SPRING BREAK CAMP
\$240/week
(7-12 years old)

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 centre 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!



Week 1 - March 16-20

Week 2 - March 23-27

Drop off

SASCU Recreation Centre

Lower Floor Room 2

8:30am

Pick up

SASCU Recreation Centre

Lower Floor Room 2

3:30pm



KIDS & YOUTH DROP IN SPRING BREAK SPORTS



BASKETBALL
AUDITORIUM
MONDAYS & WEDNESDAYS

Kids 9-12 year olds
4-5pm
Youth 12-16 year olds
5-7pm



VOLLEYBALL
AUDITORIUM
THURSDAYS

Youth 12-16 year olds
5-7pm

FLOOR HOCKEY
AUDITORIUM
FRIDAYS

Kids 9-12 year olds
4-5pm
Youth 12-16 year olds
5-7pm

SUNDAYS
Youth 12-16 year olds
5-7pm

BADMINTON
AUDITORIUM
TUESDAYS

Kids 9-12 year olds
4-5pm
Youth 12-16 year olds
5-7pm



AUDITORIUM SPORTS SCHEDULE

Auditorium Sport Schedule

SPRING BREAK March 14-March 27

| Saturday 14 | Sunday 15 | Monday 16 | Tuesday 17 | Wednesday 18 | Thursday 19 | Friday 20 |
|-------------|---|--|--|---|--|--|
| | Adult Drop In Pickleball Competition 10am-12pm | Adult Drop In Pickleball Competition 9-11am | Adult Drop In Badminton 9-11am | Adult Drop In Pickleball Advanced 9-11am | Adult Drop In Badminton 9-11am | Adult Drop In Pickleball Competition 9-11am |
| | Adult Drop In Pickleball Advanced 12:15-2:15pm | Adult Drop In Pickleball Advanced 11:15am-1:15pm | Adult Drop In Pickleball Recreational 11:15am-1:15pm | Adult Drop In Pickleball Competition 11:15am-1:15pm | Adult Drop In Pickleball Recreational 11:15am-1:15pm | Adult Drop In Pickleball Advanced 11:15am-1:15pm |
| | Adult Drop In Pickleball Recreational 2:30-4:30pm | Spring Break Camp 1:30-4pm | Spring Break Camp 1:30-4pm | Spring Break Camp 1:30-4pm | Spring Break Camp 1:30-4pm | Spring Break Camp 1:30-4pm |
| | Youth Drop In Basketball 5-7pm | Kids Drop In Basketball 4-5pm | Kids Drop In Badminton 4-5pm | Kids Drop In Basketball 4-5pm | | Kids Drop In Floor Hockey 4-5pm |
| | | Youth Drop In Basketball 5-7pm | Youth Drop In Badminton 5-7pm | Youth Drop In Basketball 5-7pm | Youth Drop In Volleyball 5-7pm | Youth Drop In Floor Hockey 5-7pm |
| | | Adult Drop In Basketball 7-9pm | Adult Drop In Soccer 7-9pm | Adult Drop In Basketball 7-9pm | Adult Drop In Volleyball 7-9pm | |
| Saturday 21 | Sunday 22 | Monday 23 | Tuesday 24 | Wednesday 25 | Thursday 26 | Friday 27 |
| | Adult Drop In Pickleball Competition 10am-12pm | Adult Drop In Pickleball Competition 9-11am | Adult Drop In Badminton 9-11am | Adult Drop In Pickleball Advanced 9-11am | Adult Drop In Badminton 9-11am | Adult Drop In Pickleball Competition 9-11am |
| | Adult Drop In Pickleball Advanced 12:15-2:15pm | Adult Drop In Pickleball Advanced 11:15am-1:15pm | Adult Drop In Pickleball Recreational 11:15am-1:15pm | Adult Drop In Pickleball Competition 11:15am-1:15pm | Adult Drop In Pickleball Recreational 11:15am-1:15pm | Adult Drop In Pickleball Advanced 11:15am-1:15pm |
| | Adult Drop In Pickleball Recreational 2:30-4:30pm | Spring Break Camp 1:30-4pm | Spring Break Camp 1:30-4pm | Spring Break Camp 1:30-4pm | Spring Break Camp 1:30-4pm | Spring Break Camp 1:30-4pm |
| | Youth Drop In Basketball 5-7pm | Kids Drop In Basketball 4-5pm | Kids Drop In Badminton 4-5pm | Kids Drop In Basketball 4-5pm | | Kids Drop In Floor Hockey 4-5pm |
| | | Youth Drop In Basketball 5-7pm | Youth Drop In Badminton 5-7pm | Youth Drop In Basketball 5-7pm | Youth Drop In Volleyball 5-7pm | Youth Drop In Floor Hockey 5-7pm |
| | | Adult Drop In Basketball 7-9pm | Adult Drop In Soccer 7-9pm | Adult Drop In Basketball 7-9pm | Adult Drop In Volleyball 7-9pm | |

Adult 16+ Youth 12-16 Kids 9-12

Drop in sports may be unsupervised

Schedules are subject to change without notice

DROP IN SPORTS FEES

| | | |
|---------|----------|--------|
| Adult | 19+ | \$5.75 |
| Senior | 60+ | \$4.75 |
| Student | 13 to 18 | \$4.75 |
| Child | 6 to 12 | \$3.50 |

OTHER DROP IN ADULT SPORTS

16+ years old

RACQUET COURTS

TABLE TENNIS

SUNDAY 2-4pm, MONDAY 9-11am, TUESDAY 7-9pm

CARPET BOWLING

WEDNESDAYS 1-3pm

ROGERS RINK



INDOOR WALKING TRACK

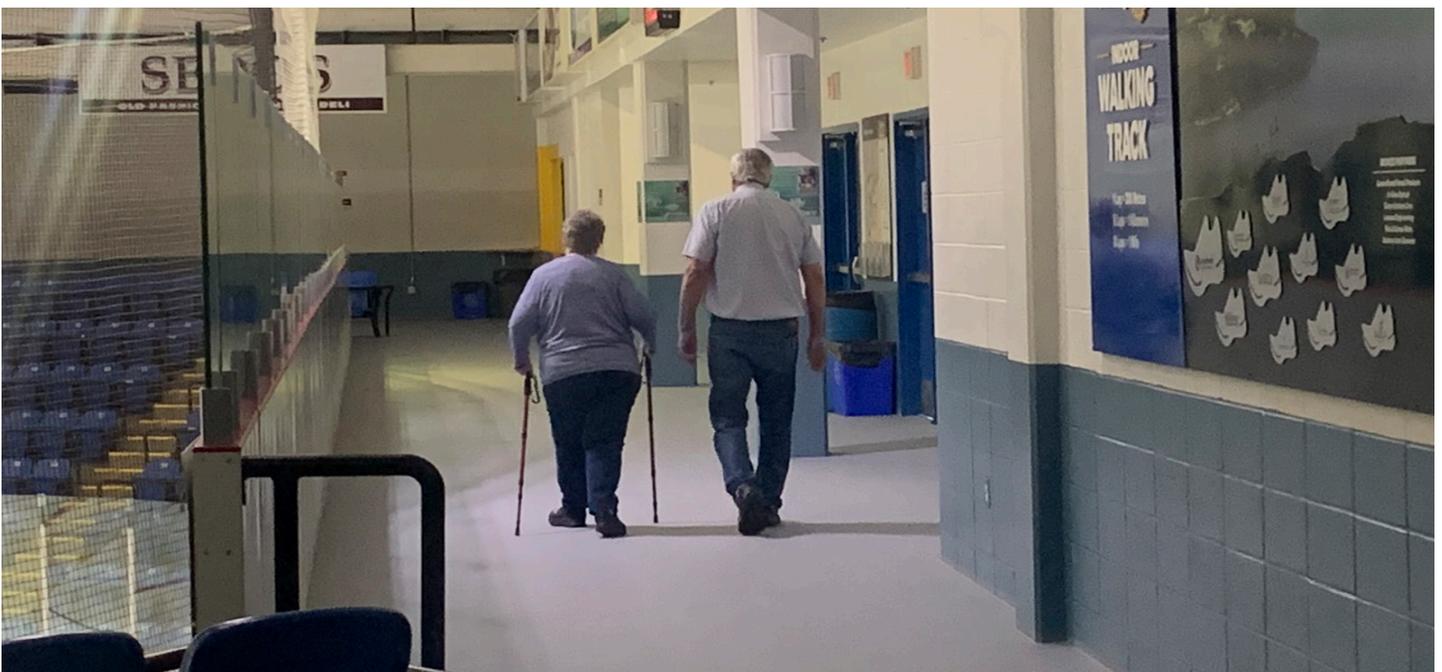
Spectator Rink Concourse

Open during regular operating hours of Rogers Rink. Closed during any event that requires admission.

- 1 loop = 200 meters
- Surface: 9mm PolyTurf rubber flooring
- The loop is wheelchair accessible and the arena is equipped with an elevator
- Walking permitted anytime during regular operating hours
- Jogging permitted 10am-12pm Monday- Friday

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 walking track flooring.



ROGERS RINK



ROGERS Rink

| Rogers Rink Drop In Schedule | | | | | | |
|--------------------------------|---|---|---|-----------------------------------|------------------------------------|-------------|
| SPRING BREAK March 15-March 28 | | | | | | |
| Sunday 15 | Monday 16 | Tuesday 17 | Wednesday 18 | Thursday 19 | Friday 20 | Saturday 21 |
| PUBLIC SKATE 3-4:30pm | FAMILY STICK & PUCK (younger families) 4-5:30pm | YOUTH STICK & PUCK 1-2:30pm | PUBLIC SKATE 1-2:30pm | YOUTH STICK & PUCK 1-2:30pm | | |
| | FAMILY STICK & PUCK (older families) 5:45-7:15pm | | | | | |
| Sunday 22 | Monday 23 | Tuesday 24 | Wednesday 25 | Thursday 26 | Friday 27 | Saturday 28 |
| PUBLIC SKATE 3-4:30pm | FAMILY STICK & PUCK (younger families) 4-5:30pm | YOUTH STICK & PUCK 1-2:30pm | PUBLIC SKATE 1-2:30pm | YOUTH STICK & PUCK 1-2:30pm | FEMALE STICK & PUCK 1-2:30pm | |
| | FAMILY STICK & PUCK (older families) 5:45-7:15pm | | | | | |
| Adult 16+ | Youth 5-18 | SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE | | | | |
| NO Skate Rentals available | | | STICK & PUCK: is casual, non competitive, for all ages must wear gloves and helmet, must bring own stick | | | |

| DROP IN FEES | | |
|--------------|----------|---------|
| Adult | 19+ | \$6.75 |
| Senior | 60+ | \$5.50 |
| Student | 13 to 18 | \$5.50 |
| Child | 6 to 12 | \$4.50 |
| Tot | 1 to 5 | \$2.25 |
| Family | Max 5 | \$14.50 |
| Parent & Tot | | \$6.25 |



SWIM LESSONS

| Spring Break Monday to Thursday - AM | |
|---|------------------|
| March 16 - 26, 2026 8 Sessions | |
| Level | Time |
| Parent & Tot 1 | 8:30 - 9:00 am |
| Parent & Tot 1 | 10:30 - 11:00 am |
| Parent & Tot 2 | 8:30 - 9:00 am |
| Parent & Tot 2 | 10:30 - 11:00 am |
| Parent & Tot 3 | 9:00 - 9:30 am |
| Preschool 1 | 9:30 - 10:00 am |
| Preschool 2 | 9:15 - 9:45 am |
| Preschool 2 | 10:30 - 11:00 am |
| Preschool 3 | 9:30 - 10:00 am |
| Preschool 3 | 10:30 - 11:00 am |
| Preschool 4 | 9:45 - 10:15 am |
| Preschool 5 | 9:45 - 10:15 am |
| Swimmer 1 | 8:30 - 9:00 am |
| Swimmer 1 | 10:15 - 10:45 am |
| Swimmer 2 | 9:00 - 9:30 am |
| Swimmer 2 | 10:00 - 10:30 am |
| Swimmer 3 | 8:30 - 9:00 am |
| Swimmer 3 | 10:00 - 10:30 am |
| Swimmer 4 | 8:30 - 9:15 am |
| Swimmer 5 | 9:45 - 10:30 am |
| Swimmer 6 | 9:00 - 9:45 am |

| Spring Break Monday to Thursday - PM | |
|---|----------------|
| March 16 - 26, 2026 8 Sessions | |
| Level | Time |
| Parent & Tot 1 | 4:00 - 4:30 pm |
| Parent & Tot 2 | 5:00 - 5:30 pm |
| Parent & Tot 3 | 5:30 - 6:00 pm |
| Preschool 1 | 4:00 - 4:30 pm |
| Preschool 2 | 4:30 - 5:00 pm |
| Preschool 3 | 5:00 - 5:30 pm |
| Preschool 4 | 4:00 - 4:30 pm |
| Preschool 5 | 5:30 - 6:00 pm |
| Swimmer 1 | 5:30 - 6:00 pm |
| Swimmer 2 | 4:30 - 5:00 pm |
| Swimmer 3 | 4:30 - 5:00 pm |
| Swimmer 4 | 4:45 - 5:30 pm |
| Swimmer 5 | 4:00 - 4:45 pm |
| Swimmer 6 | 4:00 - 4:45 pm |
| Rookie Patrol | 5:00 - 6:00 pm |
| Ranger Patrol | 5:00 - 6:00 pm |
| Star Patrol | 5:00 - 6:00 pm |

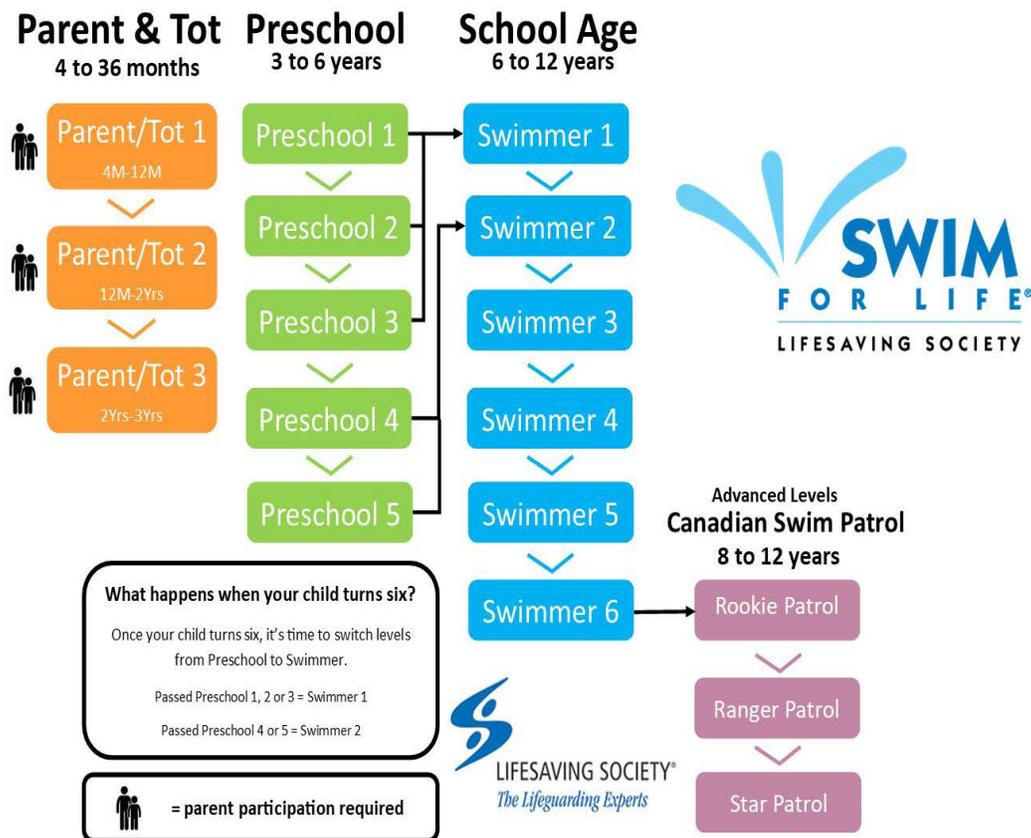
**Spring Break Lessons are
Monday-Thursday.
No lessons on Fridays**

| SWIM FOR LIFE LESSON RATES | | 8 Sessions |
|----------------------------|--------|------------|
| Parent & Tot | 1 to 3 | \$48.00 |
| Preschool | 1 to 5 | \$56.00 |
| Swimmer | 1 to 3 | \$56.00 |
| Swimmer | 4 to 6 | \$68.00 |
| Rookie/Ranger/Star | | \$96.00 |



SWIM LESSONS

Swim for Life Program Structure



LIFESAVING SOCIETY SWIM INSTRUCTOR COURSE

\$475

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 and Bronze Cross

Date: March 16-19/23-26

Time: 11:30am-6pm full attendance mandatory

Includes Teaching Experience

Please email: tmoore@salmonarmrecreation.ca for more information or to register

POOL SCHEDULE

Spring Break Pool Schedule - March 16 - 29, 2026

250-832-4044 www.salmonarmrecreation.ca

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|------------------|---|---|---|---|------------------------------------|------------------|
| <i>Sauna and Hot Tub are available anytime the pool is open</i> | | | | | | | |
| <u>Lap Lanes</u> | | 6:30-8:30am 6LL 4:00-6:00pm 2LL 7:30-9:00pm 2LL | 6:30-7:30am 3LL 7:30-8:30am 6LL 4:00-6:00pm 2LL | 6:30-8:30am 6LL 4:00-6:00pm 2LL 7:30-9:00pm 2LL | 6:30-7:30am 3LL 7:30-8:30am 6LL 4:00-6:00pm 2LL | 6:30-9:00am 6LL | |
| <u>Laps & Leisure</u> (no public swim in main pool) | 9:30-12:00pm 3LL | 11:00-1:00pm 3LL 7:30-9:00pm 3LL | 11:00-12:00pm 1LL 12:00-1:00pm 3LL | 11:00-1:00pm 3LL 7:30-9:00pm 3LL | 11:00-12:00pm 1LL 12:00-1:00pm 3LL | 9:00-1:00pm 3LL 4:00-6:00pm 3LL | 9:00-12:00pm 3LL |
| <u>Public Swim</u> | 12:00-4:00pm | 1:00-4:00pm 6:00-7:30pm | 1:00-4:00pm 6:00-9:00pm | 1:00-4:00pm 6:00-7:30pm | 1:00-4:00pm 6:00-9:00pm | 1:00-4:00pm 6:00-9:00pm | 12:00-9:00pm |
| <u>Heat Retreat</u> (hot tub & sauna only) | | 8:30-11:00am | 8:30-11:00am | 8:30-11:00am | 8:30-11:00am | | |
| <u>Aqua Fit</u> | | | 11:15-12:00pm | | 11:15-12:00pm | | |

2026 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 |

GET ACTIVE GUIDE

ARCHERY

| | | | |
|--------------|--------------|--|--|
| Archery Club | 250-832-0205 | | |
|--------------|--------------|--|--|

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 |
|-------------|--|--|---------------------|

BIKING TRAILS

| | | | |
|---------------------------|--|--|----------------|
| South Canoe Biking Trails | | | 6970 10 Ave SE |
|---------------------------|--|--|----------------|

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 |

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 |
|----------------------------|--------------|--|----------------------|

CURLING

| | | | |
|--------------|--------------|--|------------------------------|
| Curling Club | 250-832-8700 | | www.salmonarmcurlingclub.com |
|--------------|--------------|--|------------------------------|

DANCE

| | | | |
|----------------------|--------------|----------------------|----------------------|
| Just For Kicks | 250-675-2121 | | www.justforkicks.ca |
| Square Dance Club | 250-253-2897 | jellis4747@gmail.com | www.comedance.ca |
| Shuswap Dance Center | | | www.shuswapdance.com |

EQUSTRIAN

| | | | |
|----------------|--------------|------------------------|-----------------------|
| Trail Alliance | 250-832-0102 | info@shuswaptrails.com | www.shuswaptrails.com |
|----------------|--------------|------------------------|-----------------------|

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FACILITIES

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

FISH & GAME

| | | | |
|--------------------|--------------|--|-------------------|
| Fish and Game Club | 250-832-3431 | | https://safgc.ca/ |
|--------------------|--------------|--|-------------------|

FITNESS CENTERS

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

FOOTBALL

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

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 |
|---------------------|--------------|-----------------------------|----------------------------|

HOCKEY

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

HORSESHOE

| | | | |
|----------------|--------------|--|--|
| Horseshoe Club | 250-832-9873 | | |
|----------------|--------------|--|--|

INDOOR PLAY AREAS

| | | | |
|-------------|--------------|---------------------|--------------------|
| Junglemania | 778-489-5554 | info@junglemania.ca | www.junglemania.ca |
|-------------|--------------|---------------------|--------------------|

LACROSSE

| | | | |
|----------------|--|--------------------------------|------------------------------|
| Minor Lacrosse | | shuswapminorlacrosse@gmail.com | www.shuswapminorlacrosse.com |
|----------------|--|--------------------------------|------------------------------|

MARTIAL ARTS

| | | | |
|------------------------------|--------------|--------------------------|-----------------------------------|
| Northern Spirit Martial Arts | 250-463-4925 | northernspiritma@live.ca | www.northernspiritmartialarts.com |
| Kees Tae Kwon Do | 250 833-0661 | salmonarm@kees.ca | www.keesokanagan.ca |
| Provincial Martial Arts | 250.253-2406 | pmakarate@gmail.com | www.provincialmartialarts.ca |
| Shuswap Brazilian Jui-Jitsu | 250-804-9262 | nosbjj@gmail.com | www.shuswapbjj.com/ |

GET ACTIVE GUIDE

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 |
|--------|--------------|-------------------------------|----------------------------|

RINGETTE

| | | | |
|----------|--|-------------------|------------------------|
| Ringette | | tpacker@telus.net | www.shuswapringette.ca |
|----------|--|-------------------|------------------------|

ROCK CLIMBING

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

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 |
|------------|--------------|--|-------------------|

SKATING

| | | | |
|---------------|--------------|--------------------------------|----------------------------------|
| Skating Club | | salmonarmskatingclub@gmail.com | https://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 | | https://www.sasnowblazers.com |
|--------------|--------------|--|-------------------------------|

SOCCER

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

GET ACTIVE GUIDE

SPORT ASSOCIATIONS

| | | | |
|------------------|--------------|---------------------------------|---|
| Special Olympics | 250-833-0157 | salmonarm@specialolympics.bc.ca | https://www.specialolympics.ca/british-columbia/communities/salmon-arm |
|------------------|--------------|---------------------------------|---|

SQUASH

| | | | |
|--------|--------------|-------------------------------|--|
| Courts | 250-832-4044 | rscott@salmonarmrecreation.ca | www.salmonarmrecreation.ca |
|--------|--------------|-------------------------------|--|

SWIMMING

| | | | |
|---------------------------|--|------------------------------|--|
| Columbia Shuswap Selkirks | | president.selkirks@gmail.com | https://www.selkirksswim.ca |
| Sockeye Swim Club | | sockeyespres@gmail.com | www.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 |
|----------------------|--------------|-------------------------------|--|

TENNIS

| | | | |
|-------------|--|--|---|
| Tennis Club | | | https://clubspark.ca/salmonarmtennisclub |
|-------------|--|--|---|

VOLLEYBALL

| | | | |
|--------------------------|--------------|-------------------------------|--|
| Adult Volley Ball League | 250-832-4044 | rscott@salmonarmrecreation.ca | www.salmonarmrecreation.ca |
|--------------------------|--------------|-------------------------------|--|

WALKING/HIKING GROUPS

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

YOGA

| | | | |
|--------------------|--------------|----------------------------|---|
| Gratitude Hot Yoga | 250-517-8747 | gratitudehotyoga@gmail.com | https://www.gratitudyogainc.com |
| Namaste Yoga | 250-803-6724 | namastesalmonarm@gmail.com | http://yogasalmonarm.com |
| Sweet Freedom Yoga | 250-832-2720 | | https://www.sweetfreedomyoga.com |

YOUTH DROP IN SPORTS

| | | | |
|--------------------------------------|--------------|-------------------------------|--|
| Basketball, Volleyball, Floor Hockey | 250-832-4044 | rscott@salmonarmrecreation.ca | www.salmonarmrecreation.ca |
|--------------------------------------|--------------|-------------------------------|--|

To add or edit a listing please email rscott@salmonarmrecreation.ca

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!

