

FUN GUIDE

SPRING 2026



 **ROGERS** Rink



SASCU

Online Registration begins MONDAY MARCH 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

kgilliam@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 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.

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.

ROGERS RINK

250-832-4044 • 2600 10th Ave NE

ROGERS RINK ice rinks/rooms

cdeboer@salmonarmrecreation.ca

SASCU LITTLE MOUNTAIN FIELD HOUSE

cdeboer@salmonarmrecreation.ca

**Online registration begins
6:30 am Monday March 9, 2026**

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)

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
continue to polish processes in this transition.**

RACQUET COURT DROP IN SPORTS



ADULT SPORTS DROP IN

ADULT \$5.75 SENIOR/STUDENT \$4.75
(16+ years old)

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

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

SASCU RACQUETBALL & SQUASH COURT

\$17.50/court/1hour

BOOK YOUR COURT TIME ONLINE

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

COURT TIMES

Monday-Saturday	6:30am-8:15pm
Sundays	12-6pm
Stat Holidays	12-4pm

Times subject to availability



AUDITORIUM DROP IN SPORTS

Auditorium Program Schedule						
March 28-April 15						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Adult Drop In Badminton 8-10am		Adult Drop In Badminton 8-10am			
Drop in Motoring Munchkins 9-11am		Drop In Motoring Munchkins 9-11am		Adult Drop in Pickleball Recreational 9-11am		Adult Drop in Pickleball Competition 10am-12pm
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 Advanced 12:15-2:15pm
Adult Drop in Pickleball Competition 1:45-3:45pm	Pickleball Advanced 1:15-3:15pm		Pickleball Advanced 1:15-3:15pm			Adult Drop in Pickleball Recreational 2:30-4:30pm
PRIVATE BOOKINGS 4-8pm	PRIVATE BOOKINGS 3:30-8pm	PRIVATE BOOKINGS 3:30-5:30pm	PRIVATE BOOKINGS 3:30-5:30pm	PRIVATE BOOKINGS 1:30-10pm		Drop In Youth Basketball 5-7pm
Adult Drop In Basketball 8-10pm	Adult Drop in Soccer 8-10pm					
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 youth programs are supervised			

Auditorium Program Schedule						
April 16-June 26						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drop in Motoring Munchkins 9-11am ENDS May 11	Adult Drop In Badminton 8-10am	Drop In Motoring Munchkins 9-11am	Adult Drop In Badminton 8-10am			
Child Drop in Basketball 3-5pm	Child Drop in Floor Hockey 3-5pm		Child Drop in Basketball 3-5pm	Child Drop in Badminton 3-5pm		Child Drop in Basketball 3-5pm
Youth Drop In Basketball 5-7pm	Youth Drop In Floor Hockey 5-7pm	Youth Drop In Volleyball 5-7pm	Youth Drop In Basketball 5-7pm	Youth Drop In Badminton 5-7pm		Youth Drop In Basketball 5-7pm
Adult Drop In Basketball 7-9pm	Adult Drop In Floor Hockey 7-9pm	Adult Drop in Volleyball 7-9pm	Adult Drop In Basketball 7-9pm	Adult Drop In Badminton 7-9pm		
*All programs are subject to change and cancellation without notice *All Drop in youth programs are supervised						

Adult 16+ Youth 12-16 Child 9-12

MOTORING MUNCHKINS WILL BE WEDNESDAY ONLY STARTING MAY 20

ALL SCHEDULES ARE SUBJECT TO CANCELLATION AND CHANGE WITHOUT NOTICE

CHILD & YOUTH PROGRAMS



SAFE AT HOME, SAFE ALONE \$24/1 session (9-12 years old)

This class helps kids learn essential safety skills for staying home on their own with confidence. Students will explore basic home safety, including first aid, fire safety, internet safety, phone safety, and personal safety. Through age-appropriate discussion and activities, kids will learn how to make smart choices, recognize potential hazards, and know what to do in common situations.

SASCU Recreation Centre Room 2

Sessions:

A April 18—10am-12pm

B May 14—6-8pm

C June 11—6-8pm

(includes work booklet)

RED CROSS BABYSITTERS COURSE \$120/course + \$10.50 for book (11+ years old)

The Red Cross Babysitters Course helps youth build the skills and confidence needed to safely care for children and infants. Participants learn essential topics such as child safety, basic first aid, feeding and diapering, age-appropriate activities, and emergency response through hands-on learning. This course is ideal for youth interested in babysitting, caring for younger siblings, or developing responsibility and leadership skills.

SASCU Recreation Centre Room 2

5 Week course

WEDNESDAYS 6-8pm

April 8-May 6

2 day course

SATURDAY/SUNDAY 9am-2pm

June 13/14



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.**

APRIL 6-MAY 13

**SASCU Recreation Centre Auditorium
Monday & Wednesdays 9-11am**

MAY 20-JUNE 24

**SASCU Recreation Centre Auditorium
Wednesdays 9-11am**

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



LASER TAG POPCORN & FUN

\$12/Participant

(7-12years old)

Get ready for an action-packed Laser Tag Adventure filled with excitement, strategy, and non-stop fun! All equipment is supplied by us, so you just show up ready to play!

Each participant also gets to enjoy laser tag, popcorn, and a pop, making the experience even more memorable. It's the perfect blend of friendly competition, movement, and treats—all in one amazing activity!

SASCU Recreation Centre Gym

April 18 & May 23

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

10-12 year olds 7-8pm

PRO D DAY PASS

DROP IN

\$9-11

(9+ years old)

**SASCU Recreation Centre Check in at Front Desk
April 20 or May 8**

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
ALL ACTIVITIES	10am-4pm	\$9	\$11

*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



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 8:30am
 SASCU Recreation Centre
 Lower Floor Room 2

Pick up 3:30pm
 SASCU Recreation Centre
 Lower Floor Room 2

KIDS SUMMER BREAK CAMP



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

Ultimate Summer Camp
Fun in the Sun, All Day Long!

Looking for a memorable way to keep your kids active, engaged, and smiling all summer? Ultimate Summer Camp offers a 5-day, full-day experience filled with sunshine, laughter, and exciting activities designed to inspire creativity, build friendships, and burn energy in the best possible ways.

Campers will enjoy a fun-filled mix of group games, sports, hiking, swimming, and arts & crafts. Every day brings something new as we explore local parks, playgrounds, and courts, enjoy time at the recreation centre and swimming pool, and head out on exciting day trips—including splash-worthy visits to waterparks.

Please pack a lunch, snacks, and a water bottle each day to keep your camper fueled and ready for fun in the sun.

Whether your child loves outdoor play, creative activities, or making new friends, Ultimate Summer Camp has something for everyone. Spaces fill quickly, so don't miss out on this ultimate summer experience!

Week 1 - July 6-10
Week 2 - July 13-17
Week 3 - July 20-24
Week 4 - July 27-31
Week 5 - August 10-14
Week 6 - August 17-21
Week 7 - August 24-28

Drop off 8:30am
SASCU Recreation Centre
Lower Floor Room 2

Pick up 3:30pm
SASCU Recreation Centre
Lower Floor Room 2



ADULT & SENIOR PROGRAMS

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
April 13-May 11
Couples Country Level 2
5:30 – 6:30 pm

Couples Latin(Beginner & beginner plus)
6:30 - 7:30 pm

STRENGTH IN MOTION CLASS REGISTER

\$80/8 sessions
(16+ years)

Join Mackenzie from Tough Love Boot Camp for a high-energy 8-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
March 31-May 26(no class April 7)
Drop In for \$15/class

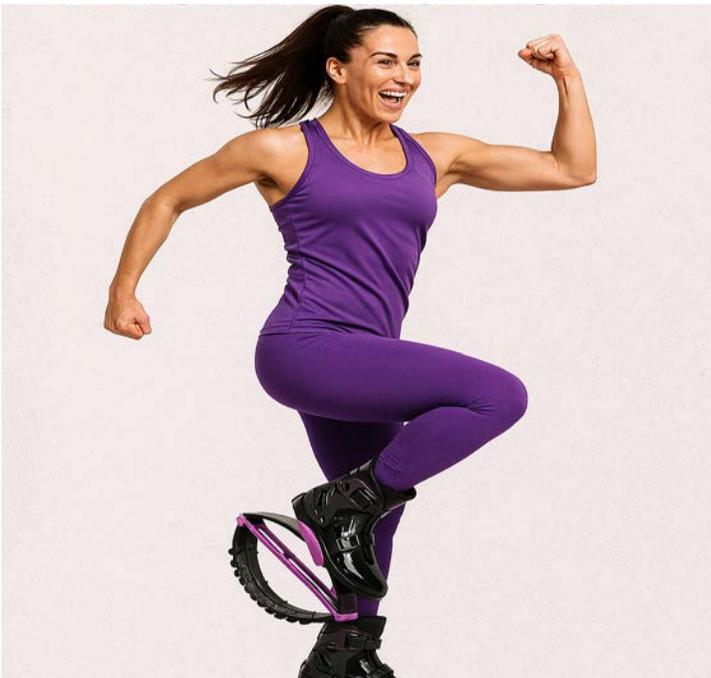
KANGOO REGISTER \$50/5 sessions

(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. Tania from Kangoo in the Shuswap will lead you through easy-to-follow routines that engage your entire body. Whether you're looking to tone up, boost endurance, or just have a blast, Kangoo delivers a low-impact, high-results experience.

SASCU Recreation Racquet Courts
Mondays 5:15-6:15pm
March 30-May 4 (no class April 6)
May 11-June 15 (no class May 18)

Wednesdays 6-7pm
April 1-29
May 6-June 3



ADULT & SENIOR PROGRAMS

BEGINNER STEP CLASS

REGISTER
\$80/8 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
April 10-May 29
Drop In for \$15/class



SENIOR FITNESS CLASSES LEVEL 1 & 2

REGISTER
\$65/10 sessions
(60+ years)

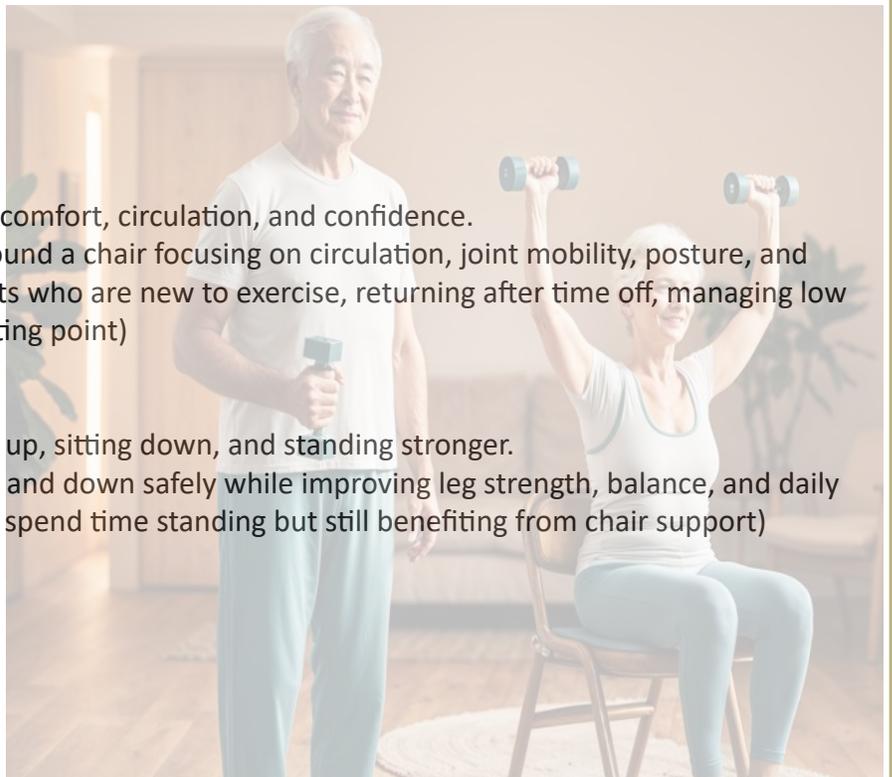
Level 1 — Stay Moving

Chair Movement Seated movement for comfort, circulation, and confidence. A supportive class performed in and around a chair focusing on circulation, joint mobility, posture, and confidence with movement. (Participants who are new to exercise, returning after time off, managing low strength, or wanting a comfortable starting point)

Level 2 — Rise-Up

Sit 2 Stand Movement - Practice getting up, sitting down, and standing stronger. A transitional class practicing getting up and down safely while improving leg strength, balance, and daily movement ability. (Participants ready to spend time standing but still benefiting from chair support)

SASCU Recreation Racquet Courts
Thursdays
April 9-June 11
Level 1 - 9:30-10:30am
Level 2 - 10:45-11:45am





NEW FITNESS ROOM

FITNESS ROOM HOURS

Monday-Friday	6:30am-9pm
Saturdays	9am-9pm
Sundays & Stat Holiday	12-4pm

Salmon Arm — it's time to experience a next-level Fitness Room! Our newly upgraded space is loaded with brand-new premium cardio machines, powerful strength equipment, a full functional training setup, free weights, Olympic plates, benches, and fresh professional rubber flooring throughout. Whether you're chasing personal bests, building strength, or just getting started, this is your place to train harder, move better, and feel stronger than ever. The wait is over — come see what everyone will be talking about!

To request any session, please call the SASCU Recreation Centre at (250) 832-4044. All participants will be required to complete a PARQ+ form before any session.

FITNESS ROOM TRAINING

- 30 minute Fitness Room Orientation - \$15
- 1 hour Fitness Assessment* - \$65
- 1 hour Single Personal Training Sessions - \$65
- Kickstart Fitness Package (3 sessions) - \$180
- Momentum Fitness Package (5 sessions) - \$275
- Performance Fitness Package (10 sessions) - \$500
- Youth Fitness Fundamentals** (3 sessions) - \$70
- Drop in - Adult \$6.75/Senior \$5.50/Student \$5.50
- Punch passes and memberships available
- * required before any personal training session
- ** required for 13 to 15 year-olds to use Fitness Room



KIM BOND

Weight Room Instructor | Personal Trainer | Group Fitness Instructor

Kim brings energy and direction to the Salmon Arm Recreation Centre, helping participants build strength, move safely, and feel capable in the weight room. She works with all fitness levels — from beginners learning equipment to experienced members wanting better results. Her sessions focus on practical strength, balance, and movement that supports everyday life, with clear coaching and steady progress.

In addition to coaching, Kim educates future fitness leaders, so participants don't just follow exercises — they understand what they're doing and why it works. Expect sessions that are purposeful, supportive, and enjoyable along the way.

Whether you're starting out, returning after time away, or ready for a new challenge, Kim is ready to help you move forward.

FISHING DERBY

13

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!



OUTDOOR PICKLEBALL & TENNIS COURTS

PICKLEBALL COURTS - Klahani Park(April 15-October 31)

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 courts are first come first serve. *NEW THIS YEAR* - Pickleball courts can be booked for a fee of \$13/hour. To book your court time email rscott@salmonarmrecreation.ca

	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

TENNIS COURTS - Jackson, Klahani Park, SMS(April 15-October 31)

Jackson Tennis Courts (2 courts)

Available for first-come, first-served use on school days after 6:00 pm, and on non-school days from dawn until dusk.

Shuswap Middle School Tennis Courts (3 courts)

Available for first-come, first-served use on school days after 6:00 pm, and on non-school days from dawn until dusk.

Klahani Park Tennis Courts (2 courts)

Available for first-come, first-served use daily from dawn until dusk.

Community courts are first come first serve. *NEW THIS YEAR* - Pickleball courts can be booked for a fee of \$13/hour. To book your court time email rscott@salmonarmrecreation.ca

GAZEBOS & FIELDS

FIELD & PARK BOOKINGS

All fields and park gazebos require a booking for group and recurring use. While fields and gazebos may be available on a first-come, first-served basis, availability cannot be guaranteed.

To book any of the facilities listed above, please email rscott@salmonarmrecreation.ca.

FIELDS & DIAMONDS

Blackburn Multi Use Fields

Blackburn Ball Diamonds

Canoe Ball Diamonds

Downtown Cricket Pitch

Downtown Multi Use Fields

Elks Park Ball Diamonds

Klahani Ball Diamonds

JL Jackson Field*

Little Mountain Multi Use Fields

*weekends and after 6pm week days

GAZEBOS

Blackburn

Canoe Beach

Klahani Park

Marine Peace Park

McGuire Lake Parks

South Canoe



PARKS

McGuire Lake



INDOOR FACILITY RENTALS

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, or email 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, or email 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, or email 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, or email 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, or email 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, or email cdeboer@salmonarmrecreation.ca

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

PRIVATE POOL, ICE, RACQUET COURT 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, hot tub, 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

PRIVATE ICE RENTAL at ROGERS RINK

\$125.44/hour+insurance

March 15-May15

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

ALL SCHEDULES ARE SUBJECT TO CANCELLATION AND CHANGE WITHOUT NOTICE

SASCU RACQUETBALL & SQUASH COURTS

\$17.50/court/1 hour

BOOK YOUR COURT TIME ONLINE

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

COURT TIMES

Monday-Saturday	6:30am-9pm
Sundays	12-4pm
Stat Holidays	12-4pm

Times are subject to availability



BIRTHDAY PARTIES

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!

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, 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.

This offer 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, click on the Schedules tab, click Public Skating Schedule, scroll down to 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.

This offer 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, hover over the Recreation Centre tab, click Rentals.

NOTE: equipment rentals like dodgeball are an additional cost and laser tag parties are bookable based on staff availability

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
- Wheelchair accessible equipped with elevator
- Walking permitted anytime during regular operating hours
- Jogging permitted 10am-12pm Mon- Friday

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

SPRING PUBLIC SKATE/STICK & PUCK

Public Skate

- Sunday, March 29 - 3-4:30pm
- Tuesday, March 31 - 5-6:30pm
- Thursday, April 2 - 5-6:30pm

Family Stick & Puck

- Monday, March 30
- Wednesday, April 1
- 4-5:30pm (young families), 5:45-7:15pm (older families)

No rentals available

PRO D DAY STICK & PUCK

- 1-2:30pm
- April 20 & May 8
- All on 1 sheet
- No rentals available**

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



AQUATIC SPECIAL EVENTS

Teen
MOVIE NIGHT!

APRIL 24
6:30-9:00PM

APRIL 24
6:30-9:00PM

AT THE SASCU RECREATION CENTRE POOL!

Cost includes a pop & two pieces of pizza!

\$15
per person

SALMON ARM RECREATION

Ages 13-17 Only

Shuswap Gym of Rock
INDOOR ROCK CLIMBING

DROP IN MEMBERSHIPS
BIRTHDAY PARTIES
TEAM PARTIES
SPRING BREAK CAMP
SUMMER CAMP
LESSONS
RENTAL EQUIPMENT

OPEN 7 DAYS A WEEK
778.489.5594
CLIMB@GYMOFROCK.COM

KIDS CAMP & LESSONS
REGISTRATION OPEN
REGISTER TODAY!

JOIN THE SOCKEYES SWIM CLUB

- Ages 5- 18 years
- Season: May - August
- Flexible schedule options
- Compete at swim meets
- Supportive and FUN for all levels

TRY THE FRIES PROGRAM

- Introduction to competitive swimming for younger swimmers
- Small group sizes
- Builds skills, confidence, and fun in the pool.

sockeyes.teampages.com

AQUATIC SPECIAL EVENTS



Meet the Easter Bunny!

Games & Prizes!

Easter Egg Hunt!

AQUAFIT

Aquafit Schedule

March 30 - June 30

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 RATES

	ADULT	SENIOR
SINGLE	\$8	\$6.75
10x PASS	\$72	\$57.38

AQUAFIT PROGRAM DESCRIPTIONS

Noon Fit: A mixture of shallow and deep exercises.

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.

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 SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE

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

April 4

May 2

June 13

*no lap lane during this time

YOUTH NIGHT

REGISTER

\$10.70

(8-12 years old)

Enjoy a movie on the big screen while you float in the pool. Pizza, pop swim and a movie!

6:30-9pm

April 10

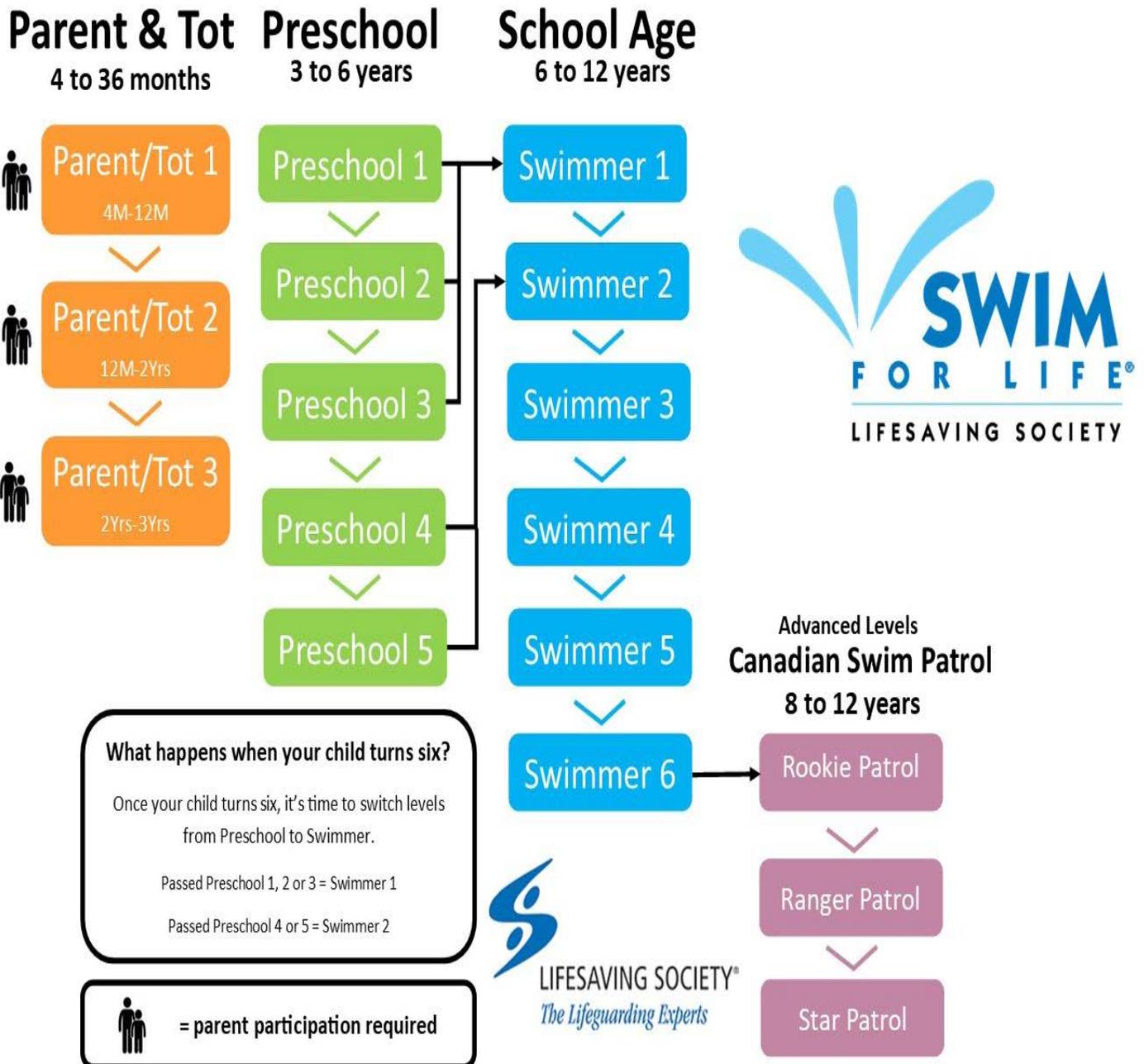
May 8

June 12

Movies will be announced the week of the event

SWIM LESSONS

Swim for Life Program Structure



SWIM LESSONS

Mon & Wed AM March 30 - April 29, 2026

10 Sessions

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

Mon & Wed PM March 30 - April 29, 2026

10 Sessions

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



Wee Fit

Fridays 10-10:45am

 \$6.25 per class

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

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

New Day & Time!



SALMON ARM
RECREATION

PH: 250-832-4044

www.salmonarmrecreation.ca

SWIM LESSONS

Saturday AM April 11 - June 20, 2026 10 Sessions	
Level	Time
Parent and Tot 1	8:30 - 9:00 am
Parent and Tot 1	10:30 - 11:00 am
Parent and Tot 2	8:30 - 9:00 am
Parent and Tot 2	10:30 - 11:00 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	10:00 - 10:30 am
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	9:00 - 9:30 am
Swimmer 2	12:30 - 1:00 pm
Swimmer 3	9:30 - 10:00 am
Swimmer 3	12:00 - 12:30 pm
Swimmer 4	9:45 - 10:30 am
Swimmer 5	9:00 - 9:45 am
Swimmer 6	11:30 - 12:15 pm
Rookie Patrol	10:00 - 11:00 am
Ranger Patrol	10:00 - 11:00 am
Star Patrol	10:00 - 11:00 am
No Lesson June 6/26	

Sunday AM April 12 - June 21, 2026 10 Sessions	
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 2	11:00 - 11:30 am
Preschool 3	10:00 - 10:30 am
Preschool 3	10:30 - 11:00 am
Preschool 4	10:30 - 11:00 am
Preschool 5	10:30 - 11:00 am
Swimmer 1	9:30 - 10:00 am
Swimmer 2	10:00 - 10:30 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
No Lesson June 7/26	



SWIM FOR LIFE LESSON RATES		10 Sessions	9 Sessions	8 Sessions
Parent & Tot	1 to 3	\$60.00	\$54.00	\$48.00
Preschool	1 to 5	\$70.00	\$63.00	\$56.00
Swimmer	1 to 3	\$70.00	\$63.00	\$56.00
Swimmer	4 to 6	\$85.00	\$76.50	\$68.00
Rookie/Ranger/Star		\$120.00	\$108.00	\$96.00

SWIM LESSONS

Monday PM
May 4 - June 22, 2026
 7 Sessions

Level	Time
Parent and Tot 1	3:30 - 4:00 pm
Parent and Tot 1	5:30 - 6:00 pm
Parent and Tot 2	3:30 - 4:00 pm
Parent and Tot 2	5:30 - 6:00 pm
Parent and Tot 3	4:00 - 4:30 pm
Preschool 1	4:00 - 4:30 pm
Preschool 1	6:00 - 6:30 pm
Preschool 2	4:30 - 5:00 pm
Preschool 2	6:30 - 7:00 pm
Preschool 3	5:30 - 6:00 pm
Preschool 3	6:30 - 7:00 pm
Preschool 4	4:30 - 5:00 pm
Preschool 4	5:30 - 6:00 pm
Preschool 5	4:30 - 5:00 pm
Preschool 5	5:30 - 6:00 pm
Swimmer 1	5:00 - 5:30 pm
Swimmer 1	7:00 - 7:30 pm
Swimmer 2	4:00 - 4:30 pm
Swimmer 2	6:00 - 6:30 pm
Swimmer 3	5:00 - 5:30 pm
Swimmer 3	7:00 - 7:30 pm
Swimmer 4	4:30 - 5:15 pm
Swimmer 5	5:15 - 6:00 pm
Swimmer 6	5:15 - 6:00 pm

No Lesson May 18/26

Monday AM
May 4 - June 22, 2026
 7 Sessions

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

No Lesson May 18/26

Wednesday AM
May 6 - June 24, 2026
 8 Sessions

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



SWIM LESSONS

Tuesday PM
May 5 - June 23, 2026
 8 Sessions

Level	Time
Parent and Tot 1	4:00 - 4:30 pm
Parent and Tot 2	4:00 - 4:30 pm
Parent and Tot 3	3:30 - 4:00 pm
Preschool 1	4:30 - 5:00 pm
Preschool 1	6:00 - 6:30 pm
Preschool 2	3:30 - 4:00 pm
Preschool 2	5:30 - 6:00 pm
Preschool 2	6:30 - 7:00 pm
Preschool 3	5:00 - 5:30 pm
Preschool 3	6:30 - 7:00 pm
Preschool 4	4:30 - 5:00 pm
Preschool 4	6:00 - 6:30 pm
Preschool 5	4:30 - 5:00 pm
Preschool 5	6:00 - 6:30 pm
Swimmer 1	4:00 - 4:30 pm
Swimmer 1	5:30 - 6:00 pm
Swimmer 2	5:00 - 5:30 pm
Swimmer 2	7:00 - 7:30 pm
Swimmer 3	4:00 - 4:30 pm
Swimmer 3	7:00 - 7:30 pm
Swimmer 4	4:30 - 5:15pm

Thursday PM
May 7 - June 25, 2026
 8 Sessions

Level	Time
Parent and Tot 1	6:00 - 6:30 pm
Parent and Tot 2	4:30 - 5:00 pm
Parent and Tot 3	6:30 - 7:00pm
Preschool 1	3:30 - 4:00 pm
Preschool 2	4:15 - 4:45 pm
Preschool 2	5:00 - 5:30 pm
Preschool 3	4:00 - 4:30 pm
Preschool 3	5:30 - 6:00 pm
Preschool 4	4:30 - 5:00 pm
Preschool 5	4:30 - 5:00 pm
Swimmer 1	5:00 - 5:30 pm
Swimmer 2	4:00 - 4:30 pm
Swimmer 2	5:15 - 5:45 pm
Swimmer 3	4:45 - 5:15 pm
Swimmer 3	5:30 - 6:00 pm
Swimmer 4	3:30 - 4:15pm
Swimmer 5	6:00 - 6:45pm
Swimmer 6	6:00 - 6:45pm



POOL SCHEDULE

Pool Schedule - March 30 - May 2, 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>							
Lap Lanes	9:30-12:00pm 3LL	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 4:00-6:30pm 3LL	6:30-7:30am 2LL 7:30-8:30am 9:00-10:00am 1LL 4:00-6:00pm 1LL	9:00-2:00pm 3LL
Laps & Leisure <small>(no public swim in main pool)</small>		12:00-1:00pm 7:30-9:00pm	‡ 9:00-12:00pm 1:00-3:00pm	12:00-1:00pm 7:30-9:00pm	‡ 9:00-12:00pm 1:00-3:00pm 4:00-6:30pm	11:00-2:00pm 4:00-6:00pm	
Discount Dip		1:00-3:00pm	3:00-4:00pm	1:00-3:00pm <small>(2-3pm limited space due to Wee Fit)</small>	3:00-4:00pm		
Public Swim	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	2:00-9:00pm
Relax and Renew <small>(no main pool)</small>		8:30-9:00am	6:30-7:30am 6:00-7:00pm	8:30-9:00am	6:30-7:30am 6:30-7:30pm	8:30-9:00am	
Heat Retreat <small>(hot tub & sauna only)</small>		3:00-6:00pm		3:00-6:00pm			
Aqua Fit		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	
Wee Fit						10:00-10:45am	

Number of Lap Lanes available may change with program requirements

Dates of Note

‡ Tuesday/Thursday 9am-12pm - Closed if a school rental is booked, please check social media or call in advance each week.

Easter Schedule:

Good Friday & Easter Monday: Public Swim 12-4pm & 6-8pm

Laps & Leisure 4-6pm

Easter Sunday: Public Swim 12-4pm

Special Events:

Super Saturdays: Apr 4 & May 2 6:00-9:00pm - No Lap Lanes

Youth Night: Apr 10 6:30-9:00pm - No Public Swim

Teen Movie Night: Apr 24 6:30-9:00pm - No Public Swim

Pro D Day Swims: 1-4pm Monday April 20 (no inflatable)

New Admission Categories for the Pool!!

Rates (will come into effect and for purchase on March 30, 2026)

Age	Drop In	10 Punch	1-Month	3-Month	6-Month	1-Year
Adult (19+)	\$6.75	\$60.75	\$67.50	\$182.25	\$324.00	\$567.00
Infant (0-2)	Free	NA	NA	NA	NA	NA
Preschool (3-6)	\$2.25	\$20.25	\$22.50	\$60.75	\$108.00	\$189.00
Child (7-12)	\$4.50	\$40.50	\$45.00	\$121.50	\$216.00	\$378.00
Youth (13-18)	\$5.50	\$49.50	\$55.00	\$148.50	\$264.00	\$462.00
Senior (60+)	\$5.50	\$49.50	\$55.00	\$148.50	\$264.00	\$462.00
Super Sr. (80+)	\$2.25	\$20.25	\$22.50	\$60.75	\$108.00	\$189.00
Family (max 5)	\$14.50	\$130.50	\$145.00	\$391.50	\$696.00	\$1,218.00

* NEW: 10 punch passes do not expire

** Please ask at front desk for policies on monthly or longer duration passes

POOL SCHEDULE

Pool Schedule - May 3 - June 28, 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>							
Lap Lanes	9:30-12:00pm 3LL	6:30-8:30am 9:00-10:00am 1LL 10:00-1:00pm 3LL 7:30-9:00pm 1LL	7:30-8:00am 3LL 8:00-9:00 12:00-1:00pm 1LL 7:30-9:00pm 1LL	6:30-8:30am 9:00-10:00am 1LL 10:00-1:00pm 3LL 6:30-9:00pm 1LL	7:30-8:00am 3LL 8:00-9:00 12:00-1:00pm 1LL 7:30-9:00pm 1LL	6:30-8:30am 9:00-10:00am 1LL 10:00-1:00pm 3LL 6:00-9:00pm 1LL	9:00-2:00pm 3LL
Laps & Leisure <small>(no public swim in main pool)</small>		12:00-1:00pm	‡ 9:00-12:00pm	12:00-1:00pm	‡ 9:00-12:00pm	11:00-1:00pm	
Discount Dip		1:00-3:00pm	1:00-3:00pm	1:00-3:00pm <small>(2-3pm limited space due to Wee Fit)</small>	1:00-3:00pm		
Public Swim	12:00-4:00pm	7:30-9:00pm	7:30-9:00pm	6:30-9:00pm	7:30-9:00pm	1:00-3:00pm 6:00-9:00pm	2:00-9:00pm
Relax and Renew <small>(no main pool)</small>		8:30-9:00am	6:30-7:30am	8:30-9:00am	6:30-7:30am	8:30-9:00am	
Heat Retreat <small>(hot tub & sauna only)</small>		3:00-7:30pm	3:00-7:30pm	3:00-7:30pm	3:00-7:30pm	3:00-7:30pm	
Aqua Fit		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	
Wee Fit						10:00-10:45am	

Number of Lap Lanes available may change with program requirements

Dates of Note

‡ Tuesday/Thursday 9am-12pm - Closed if a school rental is booked, please check social media or call in advance each week.

No Public Swim Sunday May 24 due to Swim Meet
CLOSED for a Swim Meet on June 6 & 7 (Sat & Sun)

Stat Holiday May 18th : Only open 12-4pm for Public Swim

Special Events

Super Saturday : June 13 6-9pm - No Lap Lanes
Youth Nights : May 8, Jun 12 6:30-9pm - No Public Swim

Pro D Day Swim : 2-4pm Friday May 8 (inflatable up)



ADVANCED AQUATICS

LIFESAVING SOCIETY

BRONZE MEDALLION

SASCU RECREATION CENTRE POOL

April 18/25 10am-3pm, April 19/26 9am-2pm,

Please email: 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

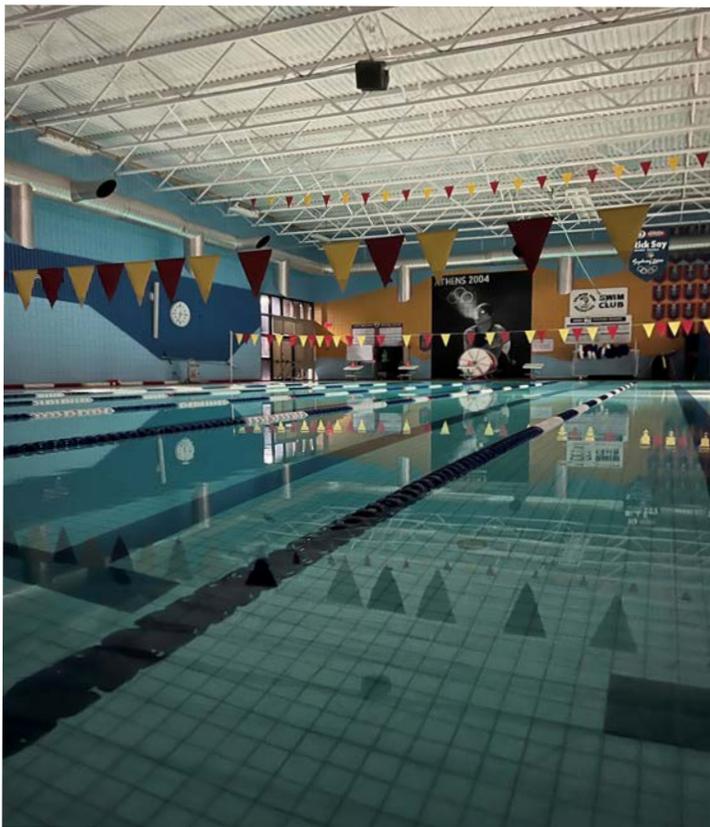
SASCU RECREATION CENTRE POOL

May 23, 24, 30, 31 9am-3:30pm

Please email: 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

NATIONAL LIFEGUARD RE-CERT

(includes pre-cert)

SASCU RECREATION CENTRE POOL

June 20

9am-5:30pm

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

For individuals whose National Lifeguard Pool certification is current or has recently expired, and who wish to renew their status.



Prerequisite: Must hold a previous National Lifeguard Certification and a current standard first aid certification with CPR-C.

GET ACTIVE GUIDE

ARCHERY

Archery Club	250-832-0205		
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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

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
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CURLING

Curling Club	250-832-8700		www.salmonarmcurlingclub.com
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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/
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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
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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		https://golfnorth.ca/salmonarm/

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

Junglemania	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	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.provinciamartialarts.ca
Shuswap Brazilian Jui-Jitsu	250-804-9262	nosbjj@gmail.com	www.shuswapbjj.com/

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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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ROCK CLIMBING

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

ROWING/PADDLING

Salmon Arm Rowing Club		info@salmonarmrowing.ca	https://salmonarmrowing.ca
Shuswap Paddling Club		SARPinformation@gmail.com	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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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
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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

GET ACTIVE GUIDE

SPORT ASSOCIATIONS

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

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

Tennis Club			https://clubspark.ca/salmonarmtennisclub
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ULTIMATE FRISBEE

Shuswap Ultimate Frisbee		shuswap.ulti@gmail.com	https://shuswap.ultimatecentral.com/
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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	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.gratitudeyogainc.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
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To add or edit a listing please email rscott@salmonarmrecreation.ca

CANADA DAY

3RD ANNUAL CANADA DAY BALL HOCKEY TOURNAMENT

JULY 1, 2026 | ROGERS RINK



3 on 3

Categories based on grade in September 2026
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

CANADA DAY

SALMON ARM RECREATION **CANADA DAY CELEBRATION**

JULY 1, 2026 | 11AM-3PM

 **ROGERS Rink**

BALL HOCKEY TOURNAMENT

(PLEASE REGISTER)

FREE ACTIVITIES

**BOUNCY CASTLES, LASER TAG,
FACE PAINTING, GAMES, SWIMMING
BIRTHDAY CAKE**

MUSIC & ENTERTAINMENT

FOOD TRUCKS

**ROGERS RINK CONCESSION,
THE LEMONADE STAND, S'WITCHCRAFT**

FARMERS MARKET

SHOW AND SHINE