

Fall

RECREATION GUIDE

2024



250.838.2665 | RECREATION@ENDERBY.CA

Parent & Tot Skate

2yrs+ with parent or guardian

***All participants on ice must have helmet & skates**

Bring your little ones out for some fun and adventure on ice. This is a semi-structured program is instructor guided with games, stations and activities to inspire your tots to explore the fundamental movement skill of skating.

Preregistration is required for the 8 sessions.

Registration ages 5 and under.

Wednesdays– Oct 2 to Nov 20 11:15-11:45 pm

Cost: \$40.00 (8 classes)

(Public Skate from 11:00 to 12:45 pm)

Public Skating

FREE

Sunday 3:30-5:00 pm

Cancelled: Jan 19 | Mar 2 | Mar 9

Moved 4:30-6:00 pm Nov 10 | 17 | 24 & Dec 8 | 15

Mondays 12:30-2:00 pm

Cancelled: Sept 30 | Oct 14 | Nov 11 | Feb 17

Tuesday & Thursdays 2:00-3:30 pm

Cancelled: Dec 26

Wednesdays 11:00-12:15 pm

Cancelled: Dec 25 | Jan 1

Friday 7:45-8:45 pm

Cancelled: Nov 8 | Nov 15 | Nov 22 | Dec 6 | Dec 13 |

Feb 28 | Mar 7

Helmets strongly recommended.

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

No Skate rentals. No sticks/pucks.

**Costume Skate
Oct 31 2:00-3:30pm**

Private Arena Rentals

Book the Enderby Arena for your family event or special occasion. All bookings must have a signed contract and payment prior to the booking. *Non-prime time is weekdays 9:00 am to 3:00 pm & Over the Christmas Holidays from Dec. 23 to Jan. 3*

Prime Rate - Youth \$92.30 | Family \$99.75 / Senior \$120.95 / Adult \$167.70
Non Prime Rate - Youth \$46.70 / Family \$49.90 / Senior \$60.50 / Adult \$83.85
*prices are per hour & do not include taxes or insurance

Adult/Senior Skinny

(ages 19+)

This Non-contact Skinny Hockey is for players 40+ looking for some recreational winter sport fun! Preregistration is required and the session is self guided by players. Must have min. helmet, shin & elbow pads

Tuesdays Oct 1 to Dec 3 11:00-12:30pm Cost: \$60.00 (10 sessions)

Please sign up and pay at the Enderby Recreation Office. \$\$ will not be collected by arena attendants.

Enderby ICE HAWKS

(5-12 yrs with full equipment)

This popular non-competitive hockey program has 3 age groups! It is geared to kids with some previous skating experience and desire to play hockey for FUN. Players will participate in skating enhancement drills, hockey skills and scrimmages – all under the supervision of Coaches and Community Volunteers. Players must have full equipment including a CSA approved helmet. An Ice Hawks jersey is supplied for the season.

FALL SESSION

Fridays Sept 20 - Nov 1 (7 sessions)

Lil's (4-6yrs) 3:15-4:00pm \$70.00

Jr's (7-9yrs) 3:15-4:00pm \$70.00

Sr's (9-12yrs) 4:00-5:00pm \$85.00

WINTER SESSION

Fridays Jan 17 - Feb 21 (6 sessions)

Lil's (4-6yrs) 3:15-4:00pm \$60.00

Jr's (7-9yrs) 3:15-4:00pm \$60.00

Sr's (9-12yrs) 4:00-5:00pm \$75.00



Skating Description

Level	Ages	Abilities
ICE PUPPIES	2.5-5	No previous skating experience (*parent participation encouraged). Skaters will learn standing, falling, balance and walking.
PENGUINS	3-5yrs	For skaters who can stand, balance & walk on ice unassisted. Learning: stopping, walking backwards & 2 foot hop .
POLAR BEARS	3-5yrs	Learning: backward skating progressions, push & glide, 1 foot gliding and full snow plow stop
HUSKIES	3-5yrs	Learning: backward stopping, glide & stop sequence and crossovers
Skate Kids 1	6-12 yrs	For those kids with little to no skating experience.
Skate Kids 2	6-12 yrs	Learning: stopping, 1 foot gliding & backwards skating
Skate Kids 3	6-12 yrs	Learning: crossovers, side stops, & pumping both forward & backwards.
Skate Kids 4	6-12 yrs	Learning: edges, backward gliding & transitioning from forward to backward.
Teen / Adult Beginner	13yrs+	Learning: basic skating skills of balance, start, stops, glides and turns.



Skating Lessons

(mitts and properly fitted helmet required.)

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

everyone on the ice must have a properly fitting helmet & Skates

Saturdays Oct. 5-Nov. 2 (5 classes)			
Time	1	2	3
9:00-9:30	Ice Puppies	Penguins	SK-2
9:30-10:00	SK-4	SK-1	SK-3
10:00-10:30		Polar Bears	SK-2
10:30-11:00	Teen / Adult	Ice Puppies	SK-1

Saturdays

October 5 to November 2
(5 classes)

\$47.50 for 30 min classes

\$70.00 for 45 min classes

Thursdays Oct. 10 -Dec. 5 (8 classes)			
No class Oct. 31 st			
Time	1	2	3
3:00-3:30	Ice Puppies	Ice Puppies	Public Skate
3:30-4:00	Penguins	SK-1	SK-4
4:00-4:30	Polar Bears	SK-2	
4:30-5:00	Penguins	SK-3	SK-1

Thursdays

October 10 to December 5
(8 classes)

\$75.50 for 30 min classes

\$112.00 for 45 min classes

Winter skating lessons TBA

Youth Programs

LIL' SPORTS CLUB

(3-5yrs with comfy footwear & water bottle)

This program is a high energy 30min session led by a Fundamental Movements Instructor that will have your pre-school child using games and play to improve their physical literacy skills that build self-esteem and confidence. Watch them run, jump, skip, throw, catch, and more to prepare them for future sports and an Active Life.

Drill Hall - Session I- Mondays Sept 9 to Oct 28 @ 11:00-11:30am

Drill Hall - Session II- Mondays Nov 4 to Dec 16 @ 11:00-11:30am

Cost: \$40.00 (6 classes) *no classes on stat holidays

LIL' NINJA

(ages 3-5yrs) *with parent/guardian participation

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

Drill Hall - Session I- Tuesdays Sept 17 to Oct 22 @ 11:00-11:30am

Drill Hall - Session II- Tuesdays Nov 5 to Dec 10 @ 11:00-11:30am

Cost: \$40.00 (6 classes)

LIL' DANCE

(3-5yrs)

Music and movement are fantastic for mind and muscle development, and this program provides a variety of both. Let your little one sing, dance, clap, drum, and move to different beats and rhythms that inspire laughter and imagination.

Drill Hall - Wednesdays Sept 18 to Oct 30

@ 11:00-11:30am

Cost: \$40.00 (6 classes)

***no classes October 2**



JR. FIT CLUB

(9-12yrs with comfy footwear & water bottle)

Here is a COOL class to get your child excited about fitness & exercise in a Fun Club environment. Drills and stations will be set up to work on muscle endurance, agility, balance, flexibility and coordination using a variety of equipment that will stimulate both mind and muscles.

Drill Hall - Wednesdays Oct 16 to Nov 20 @ 3:30-4:15 pm
Cost: \$50.00 (6 classes)

JR. ATHLETICS (OUTDOORS)

(6-9yrs with comfy footwear & water bottle)

A great program for home school youth that will introduce the key Fundamental Movement Skills for multi-sport. Our fall outdoor program will practice skills for baseball and soccer along with agility, balance, fitness & coordination stations for all recreation and sport activities.

*Dress for the weather

Lions Gazebo - Thursdays Sept 19 to Oct 24 @ 9:00-9:45 am
Cost: \$50.00 (6 classes)

NEW

KIDS YOGA IN MARA

(3-7yrs with comfy clothing)

Join Amelia for a fun and playful Kids Yoga session where little ones can stretch, breath and explore their imagination! This class will introduce basic yoga poses through stories & games, helping children develop balance, strength & relaxation in a joyful, supportive environment.

Mara Community Hall - Tuesdays Oct 1 to Nov 5 @ 9:45-10:15 am
Cost: \$40.00 (6 classes)

'I CAN PLAY' BASEBALL

(5-7yrs with outdoor shoes and ball glove)

Let's Play Ball. Enderby & District Recreation Services has partnered with Enderby Minor Baseball to offer a 4-day fall camp geared towards brand new and beginner players interested in trying out the great sport of Baseball. Players will be introduced to the fundamental skills of throwing, catching, batting and base running.

Riverside Ball Park Diamond #1 - Tuesdays & Thursdays Sept 10/12/17/19
@ 4:00-5:00 pm Cost: \$30.00 (4 practices)



Arena Pricing

Public Skating • FREE

Youth Rental • Prime \$92.30 Non Prime \$46.70

Family Rental • Prime \$99.75 Non Prime \$49.90

Adult Rental • Prime \$167.70 Non Prime \$83.85

Senior Rental • Prime \$120.95 Non Prime \$60.50

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

Arena rental rate is per hour.

Pricing does not include GST or insurance



Fitness Pricing

ADULT

Drop in • \$7.50

5X Pass • \$37.50

10X Pass • \$63.00

20X Pass • \$110.00

SENIOR (60+)

Drop in • \$6.50

5X Pass • \$37.50

10X Pass • \$54.00

20X Pass • \$100.00

SEASON PASS

Sept-Dec

Senior Chair • \$198.00

Senior All Classes • \$285.00

Adult All Classes • \$325.00



September 3 to December 20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		*Child minding		7:15-8:00 FIT MIX	*Child minding		
	8:30-9:30 TABATA & TONE	8:30-9:30 MIND & MUSCLE	8:30-9:30 BOOTY & CORE	*9:00-9:45 Jr. ATHLETICS (OUTDOORS)	8:30-9:30 STRENGTH & STRETCH	*9:00-11:00 SKATING LESSONS	
	10:00-10:45 CHAIR STRENGTH	9:45-10:30 MIND & MUSCLE (for MEN)	10:00-10:45 CHAIR GROOVE	10:00-10:45 OUTDOOR CHAIR (Sept & Oct)	10:00-10:45 CHAIR STRETCH		
	*11:00-11:30 Lil' SPORTS CLUB	*11:00-11:30 Lil' NINJA	*11:00-11:30 Lil' DANCE CLUB	11:00-11:45 FREE WALKING CLUB	*9:00-2:00 Stay Safe Course (Sept 27)		*9:00-3:00 Babysitting Course (Sept. 28)
		*11:00-12:30 ADULT/ SR. SHINNY	11:00-12:15 PUBLIC SKATING	@ Visitor Center			
For Arena Rentals Call 250-838-BOOK (2665)	12:30-2:00 PUBLIC SKATING		*Parent & Tot Skate				
	1:15-2:00 BODY BALANCE		1:15-2:00 OSTEOFIT				
3:30-5:00 PUBLIC SKATING **CKL when tournaments**		2:00-3:30 PUBLIC SKATING		2:00-3:30 PUBLIC SKATING		3:00-5:00 ICE HAWKS FUN HOCKEY	
			*3:30-4:15pm Jr. FIT CLUB	*3:00-5:00 SKATING LESSONS			
	6:30-7:30 FIT FUSION @ A.L.F	5:00-5:50 STRENGTH BOOT CAMP		5:00-5:50 FIT MIX (BARRE in Oct)		6:30-9:00 VOLLEYBALL at A.L.F. (starting TBA)	
				7:30-8:30 MARA YOGA		7:45-9:00 PUBLIC SKATING	
2024 Fees	Single Time	5x	10x	20x	Season Pass (Sept. to Dec)		
Senior (60+)	\$6.50	\$32.50	\$54.00	\$100.00	\$198.00	Chair classes	
Adult (18+)	\$7.50	\$37.50	\$63.00	\$110.00	\$285.00	Regular- Senior	
Child Minding	\$2.50/ Child	\$12.50	\$20.00		\$325.00	Regular - Adult	
PROGRAMS	Lil Programs	\$40.00	Skating Lessons	varies by session	Public Skating	\$FREE	
	Jr. Programs	\$50.00	P & T Skating	\$40.00	Adult Shinny	\$60.00	

programs with * require pre-registration





**CANADIAN
RED CROSS**

Stay Safe Course

(9-11yrs)

Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities.

Friday September 27

Where: 9:30am-2:30pm @ Visitor Center

Cost: \$60.00

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

Babysitting Course

(11-15yrs)

Participants will learn child care for babies, toddlers, pre-school and school aged children. They also learn first aid, injury prevention, leadership and even business skills to acquire babysitting jobs.

Saturday September 28

Time: 9:00am-3:00pm @ the Visitor Center

Cost: \$70.00

(6 hr course, includes Babysitter Manual and Certificate)

A graphic featuring a black outline of a volleyball in the center. The word "Volleyball" is written in a red, cursive font across the middle of the volleyball. The entire graphic is framed by a black border and decorated with autumn leaves and branches on the left and right sides.

Volleyball

(13yrs+ with indoor shoes)

Enderby Recreation Services is excited to bring fun volleyball back this fall. Join us Friday nights for mixed recreational league play. There will be a Youth Drop-in Court and 2 courts for Adult mixed teams. Our first night will be drop-in practice and team development. Teams of 6-8 players can register and a schedule will come out once we know our start dates. Max 8 teams. Play for fun, exercise or the social aspects, you can't beat volleyball!

Fridays - Start Date: TBA 6:30 to 7:45pm | 7:45 to 9:00pm

Youth Drop in free if AL Fortune Student or \$2.00 Drop in

Adult Teams \$200.00 per team (8 games)

A graphic for the C.O.R.E Course. The text "C.O.R.E Course" is written in a large, bold, red font with a white outline. The word "Course" is in a cursive script. The graphic is framed by a red border and decorated with autumn leaves and branches on the right and bottom sides.

C.O.R.E Course

(12yrs+)

Be Ready for Hunting Season and take your CORE Program in Enderby. This 12 course (+ 2 hour exam) consists of a practical firearms handling test and learning and written examination on Conservation, Ethics, Law & Regulations, First Aid and Survival, Firearm Safety, Animal & Bird Identification and Indigenous Peoples & Hunting in BC.

Registration with BC Wildlife Federation upon successful completion of the CORE course is separate.

Saturday & Sunday October 19 & 20 8:00am-5:00pm

Youth - \$165.00 Adult - \$190.00

(12hr course, 2hr exam, includes Manual)



Mara Hall Yoga

MORNING FLOW

(for all levels)

Start your day with intention and energy through our Morning Flow Yoga class. This gentle, yet invigorating practice combines breath work with dynamic movements designed to wake up the body and mind. Designed for all levels, this flow will leave you feeling refreshed, centered, and ready to take on the day ahead.

Tuesdays 8:30-9:30am
(Mara Hall) **Starting Oct. 1

EVENING FLOW

(for all levels)

Unwind and release the stresses of the day. This soothing practice focuses on deep stretches, mindful breathing and relaxation techniques to help you let go of tension and prepare for a restful night & peaceful sleep.

Thursdays 7:30-8:30pm
(Mara Hall)



Chair & Recovery Fitness



MONDAY

CHAIR STRENGTH

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

A Fun & Functional mix of seated and standing moves, this class has exercises and equipment that works your whole body to promote flexible joints, good posture and stronger muscles.

BODY BALANCE

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

This program focuses on fall prevention exercise that builds confidence in mobility and strength. Each class has a gentle warm up, functional stations that work on gait, muscle retention, and balance. Finish the class with gentle stretching for joint mobility and relaxation.

WEDNESDAY

CHAIR GROOVE

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

This is not your ordinary Chair fitness class. Connect mind to muscle and let the music move you with simple and fun choreography to inspire both seated and standing full body movement and dance.

OSTEOFIT

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

Osteofit is a BC Women's certified exercise, education and fall prevention program for individuals with osteoporosis, low bone density or who are at risk of fractures and falls. This class includes cardio conditioning, balance and agility practices and "osteop safe" resistance training with weights and bands.

THURSDAY

OUTDOOR CHAIR

(Mild to moderate intensity) 10:00-10:45pm (Lions Gazebo)

In September and October, enjoy the Fall fresh air with our Outdoor class at the Lions Gazebo. Come dressed for the weather (wear layers and comfy shoes) and enjoy both seated and standing body exercises that focus on balance, coordination and mind to muscle connection.

FRIDAY

CHAIR STRETCH

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

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

Fitness Classes

CHILD MINDING

Are you wanting to attend an exercise program but need someone to watch the kids? We are going to give it a try again this fall to help you get back to your fitness routine. Pre-registration is encouraged and saves you \$\$

Tuesday & Fridays - September & October @ 8:30-9:30am at Drill Hall (Upstairs)

Cost: \$20.00 for 10x pass

Drop In: \$2.50 for 1st child and \$2.00 for each additional child

MONDAY

TABATA & TONE

(Moderate to high intensity with heavier weights & ankle weights)

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

Start your week off with interval training TABATA style – 20 seconds on and 10 seconds rest through 4 different moves. This program includes resistance training with ankle weights, dumbbells, and bands.

FIT FUSION @ AL FORTUNE

(moderate to high intensity)

6:30-7:30pm (AL Fortune School Gym-upstairs) - Start Date TBA

Enjoy a blend of fitness styles and exercises with everything from strength stations, to cardio, toning and stretching.

TUESDAY

MIND & MUSCLE

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

A 60 minute program that targets different muscle groups each class and focuses on creating a strong mind to muscle connection using proper form and technique for the best results. See and feel the difference with when you put your mind to it.

MIND & MUSCLE FOR MEN

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

A Men's only class – this program is designed to build confidence in participating in an exercise program that includes strength training, mild cardio as well as flexibility / mobility work through stretching.

STRENGTH BOOT CAMP

(Moderate to high intensity) 5:00-5:50 pm (Drill Hall)

A 50 minute program that will focus on building strength through station and drill work with heavier weights and targeted muscle groups. A great way to finish your workday.

WEDNESDAY

BOOTY & CORE

(moderate intensity) 8:30-9:30am (Drill Hall)
The Super Combo class that works the booty, abs and core muscles – And includes Cardio Bursts. A variety of equipment as well as individual, group, and partner work keeps you accountable, motivated and having fun.



THURSDAY

FIT MIX

(Moderate to High intensity) 7:15-8:00am (Drill Hall)
Set the alarm and be ready for a super fun mix of fitness programs. Variety is the spice of life and a great way to work the body, mind and soul. September- Bootcamp, October- Dance Fit and November & December are TBD.

FREE WALKING CLUB

(Self-guided) 11:00am (Meet at the Information Center)
Join the Enderby Explorers for Fresh Air, Friendship and even four legged Fur babies. This walking group meets at the Visitor Center and heads out on a self guided walk about.

FIT MIX- BARRE

(Moderate to High intensity) 5:00-5:50pm (Drill Hall)
We will start this class as a Fit Mix to get you back into your Fall Fitness Routine, then introduce Barre in October. Barre is a toning body-weight workout that engages muscles throughout the entire body. It involves high reps and low impact movements to fine-tun your muscles.

FRIDAY

STRENGTH & STRETCH

(Moderate intensity) 8:30-9:30am (Drill Hall)
Strengthen & balance your muscles groups to improve stability, promote good posture and facilitate everyday living activities. Finish with a lengthy stretch to maintain or increase flexibility and mobility.



BC Rivers Day

Clean up Challenge

SEPTEMBER 14-22

BC River's Day is Sunday September 22. It is an opportunity to bring together community members and organizations to raise awareness about our local streams and habitat. This year we are putting out a community River Clean Challenge the week leading up to River's Day. From September 14-22 take an opportunity to float, paddle, kayak, or wade the Shuswap River to help clean up garbage and debris. You can also walk sections of the banks to collect items that do not belong in Nature. Take pictures and email or post on our Socials to be entered to win some fabulous prizes. Prizes will be drawn at random on Monday September 23rd.

Witches Dance & MONSTER MASH

We are carrying on the tradition of the annual Witches dance and the Kids Monster Mash. Join us to practice the easy to follow steps and get your costume ready for a freaky, fun Flash Mob on Main Street this Halloween.

Rehearsal – Tuesday Oct 29 @ 11-11:30am and / or

2:30-3:00pm @ Drill Hall

Event – Thursday Oct 31 –meet @ Visitor Center at 3:00pm



Father & Daughter Dance Party

A special evening for Dad and his little girl. Back by popular demand, this special evening is the perfect date night that will leave lasting memories. Enjoy fun and easy choreographed dances or make up your own moves. Then enjoy a light snack and refreshments. Grandpa's, Uncles, and Guardians welcome to join their special little girls. (ages 7 to 11)

Friday Nov. 15 @ 6:30-8:00pm @ Drill Hall

Cost: \$15.00 / Couple \$5.00 for additional child

Skate with Santa

Join the Jolly one himself for a Holiday Skate at the Enderby Arena. Tim Horton's will be sponsoring this event, providing FREE hot chocolate & Timbits!

Saturday December 21
9:30 to 11:00 am
@ The Enderby Arena

Tim
Hortons

