

# Winter 2025



## RECREATION Guide



250.838.2665 | RECREATION@ENDERBY.CA

# JANUARY TO MARCH

**Sunday 3:30-5:00 pm**

*Cancelled: Jan 19 | Mar 2 | Mar 9*

**Mondays 12:30-2:00 pm**

*Cancelled: Feb 17*

**Tuesday & Thursdays**

**2:00-3:30 pm**

**Wednesdays 11:00-12:15 pm**

**Friday 7:45-9:00 pm**

*Cancelled: Feb 28 | Mar 7*



**Public Skating**

**FREE**

**Helmets strongly recommended.**

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

No sticks/pucks during public skate  
No Skate Rentals or Skate Sharpening

## Adult/Senior Skinny

**(ages 19+)**

This program is open to Adult and Seniors who want to enjoy some Good Old Stick 'n' Puck on the best ice in BC. Players organize themselves into teams and self-referee.

Helmet, skates, gloves and Shin guards are required.

\*Full equipment not encouraged. This program requires preregistration and signing an activity waiver.

**Wednesdays Jan 15 to Mar 5 1:45-2:45pm**

**Cost: \$60.00 (8 sessions)**

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

## Private Arena Rentals

Book the Enderby Arena for your family event or special occasion. All rentals 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**



# 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 and 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**

Thursdays Jan. 16- March 6 (8 classes)

Time	1	2	3
3:00-3:30	Ice Puppies	Penguins	Public Skate
3:30-4:00	Polar Bears	SK-1	SK-4
4:00-4:30	Ice Puppies	SK-2	
4:30-5:00	Penguins	SK-3	Teen / Adult

**\$75.50 for 30 min classes**

**\$86.00 for 45 min classes**

**(8 classes)**

## 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.

**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**

**Thursdays Jan 16 - March 8 (8 sessions)**

**Jr's (6-9yrs) 4:00-4:45pm \$80.00**



# Youth Programs

## LIL' ATHLETICS

**(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 early years 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 strike to prepare them for future sports and an Active Life.

**Session I- Mondays Jan. 27- March 10  
@ 11:00-11:30am**

**Cost: \$42.00 (6 classes) @ The Drill Hall**



## LIL' DANCE CLUB

**(ages 3-5yrs)**

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

**Wednesdays February 5- March 12 @11:00-11:30am**

**Cost: \$42.00 (6 classes) @ The Drill Hall**

## LIL' NINJA

**(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.

**Fridays February 7- March 14 @ 11:00-11:30am**

**Cost: \$42.00 (6 classes) @ The Drill Hall**



# LIL' BALLET

**(3-5yrs with ballet slippers and long hair tied back)**

This adorable program led by Miss Taylor will introduce your child to Ballet dance techniques in a fun and welcoming way. Each class will teach stretching, jumping, twirling, balance and taking turns with fun props, songs and games.

**Session I - Tuesdays January 21-February 25  
@3:00 to 3:30 pm**

**Session II - Saturdays January 11-March 15  
@1:00 to 1:30 pm (cxl Feb 8 & 15)**

**Cost: \$42.00 (6 classes )**

**\$56.00 (8 classes) @ The Drill Hall**



# JR. DANCE (Hip Hop/Jazz)

**(6-9yrs)**

Explore two dance styles in one class with Miss Taylor. Hip Hop combines a variety of freestyle movements including popping, locking, and breaking while Jazz dance pairs animated expressions with sharp yet fluid motions – all to fun and upbeat music.

**Session I - Tuesdays January 21-February 25 @3:40 to 4:20 pm**

**Session II - Saturdays January 11-March 15 @1:40 to 2:20 pm (cxl Feb 8 & 15)**

**Cost: \$52.00 (6 classes ) | \$69.25 (8 classes) @ The Drill Hall**

# JR. DANCE (Contemporary/Lyrical)

**(9-12yrs)**

This program will introduce a style of interpretive dance that embraces innovation, blending techniques from various genres, including ballet, jazz, modern dance, and lyrical dance to tell a story through mind- body connection.

**Session I - Tuesdays January 21-February 25 @4:30 to 5:10 pm**

**Session II - Saturdays January 11-March 15 @2:30 to 3:10 pm (cxl Feb 8 & 15)**

**Cost: \$52.00 (6 classes ) | \$69.25 (8 classes) @ The Drill Hall**

# Teen/Open Dance

## *Hip Hop/Jazz*

**(13+yrs)**

Here is a chance to use upbeat music to explore two different dance genres in a fun and safe environment. Release your inhibitions and learn Hip Hop freestyle movements including popping, locking, and breaking as well as Jazz dance's animated expressions with sharp yet fluid motions.

**Tuesdays January 21-February 25**

**@5:15 to 6:00 pm**

**Cost: \$52.00 (13-18 yrs ) | \$60.00 (19+) | 6 classes @ The Drill Hall**



## *Contemporary/Lyrical*

**(13+yrs)**

This program will introduce a style of interpretive dance that embraces innovation, blending techniques from various genres, including ballet, jazz, modern dance, and lyrical dance to tell a story through mind and body connection.

**Saturdays January 11-March 15 @3:15 to 4:00 pm (cxl Feb 8 & 15)**

**Cost: \$69.25 (13-18 yrs ) | \$80.00 (19+) |**

**8 classes @ The Drill Hall**

# 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.

Wednesday March 19 (*Spring Break*)

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

Cost: \$60.00 (5 hr course, includes Stay Safe Manual and Certificate)



**CANADIAN  
RED CROSS**



# 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.

Tuesday March 18(*Spring Break*)

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

Cost: \$75.00 (6 hr course, includes Babysitter Manual and Certificate)



# 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 • \$32.50



10X Pass • \$54.00

20X Pass • \$100.00

## SEASON PASS

	<u>Jan-Mar</u>	<u>Mar- May</u>
Senior Chair	• \$180.00	\$90.00
Senior All Classes	• \$255.00	\$126.00
Adult All Classes	• \$315.00	\$147.00

# January 6 to March 15

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				7:15-8:00 FIT FUSION		
	8:30-9:30 TABATA & TONE	8:30-9:30 MIND & MUSCLE	8:30-9:30 BOOTY & CORE		8:30-9:30 STRENGTH & STRETCH	SPRING WELLNESS EVENT March 8 <sup>th</sup> 7:00-12:30
				FREE		
	10:00-10:45 CHAIR STRENGTH	9:45-10:30 MEN'S FIT	10:00-10:45 CHAIR GROOVE	10:00-10:45 WINTER WALKING CLUB	10:00-10:45 CHAIR STRETCH	
	*11:00-11:30 Lil' Athletes	10:45-11:30 FRESH AIR FITNESS & FRIENDS	*11:00-11:30 Lil' Dance Club	10:45-11:30 CONNECTION & CRAFTS	*11:00-11:30 Lil' Ninja	
	12:30-2:00 PUBLIC SKATING		11:00-12:15 PUBLIC SKATING			
	1:15-2:00 BODY BALANCE		1:15-2:00 OSTEO FIT			
	 BC Family Day	2:00-3:30 PUBLIC SKATING		2:00-3:30 PUBLIC SKATING		*1:00-4:00 DANCE PROGRAMS for all ages  (see guide for dates & times)
3:30-5:00 PUBLIC SKATING	Mon. Feb. 17 <sup>th</sup>	*3:00-6:00 DANCE PROGRAMS (see guide for dates & times)		*3:00-5:00 SKATING LESSONS	*3:00-5:00 ICE HAWKS FUN HOCKEY	
				5:00-5:50 BARRE FUSION	6:30-8:30 DROP-IN SPORTS @ A.L.F.	
*6-8pm Restorative Yoga by Candlelight  <i>Drill Hall Jan. 12<sup>th</sup></i>	6:00-7:00 FIT MIX @ A.L.F.				Volleyball Basketball	
				7:30-8:30 MARA YOGA	7:45-9:00 PUBLIC SKATING	
Fitness Fees	Single Time	10x	20x	Season Pass	Jan. 6- March 28	Mar. 31-May 16
Senior (60+)	\$6.50	\$54.00	\$100.00	Senior -Chair classes	\$180.00	\$90.00
Adult (18+)	\$7.50	\$63.00	\$110.00	Senior - All classes	\$255.00	\$126.00
Fitness Passes are good for all Regular Scheduled classes				Adult - All Classes	\$315.00	\$147.00
Lil' Programs	\$42.00	ALF DI Youth	FREE	Restorative Yoga	Pre-reg	\$20.00
Jr. Programs	\$52.00	ALF DI Adult	\$5.00		Drop-in	\$25.00

## New – Prescribed Nature Wellness

Our newest wellness program encourages the healing powers of nature and community. Join us Tuesday & Thursdays for Fresh Air Fitness, Conversation, Connection & Crafts

# C.O.R.E Course

(13yrs+)

**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, as well as learning and a 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 March 29 & 30 8:00am-5:00pm**

**\$165.00 Youth | \$185.00 Adult**

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



# DROP IN Basketball

**(13yrs+ with indoor shoes)**

Bring your friends for some recreational fun basketball on Friday nights at A.L Fortune Gym. There will be two short courts set up. (one for youth & one for adults).

Don't forget your non-marking indoor shoes and water bottle.

**Warm up 6:30pm & Games 7:00-8:30pm.**

*Program is cancelled on Holidays, Pro-d days and for school tournaments*

Fraturdays January to March (Spring Break).

**Cost: Students at A.L.Fortune = Free**

**Adults \$5.00**



# Wellness Series



## RE-FRESH POLAR BEAR DIP

While Cold plunges have many physical and medical benefits – our Polar Bear “Dip” is more of a New Year’s challenge that you may have wanted to check off your bucket list. Come with suit or light clothing you can get wet and a housecoat or warm clothes for after. Stay and warm up with hot beverages in the Visitor Center afterwards.

All participants will be required to sign an activity waiver form.

**Thursday January 2 @ 9:30 am  
(meet at Visitor Center)**

**COST: Donation for Food Bank**

## RE-START MOVEMENT, MINGLE & MOTIVATION

Come mingle with our Instructor team and share your motivation and thoughts for 2025. Re-connect with your fellow participants and enjoy light refreshments while you update your PAR-Q and fill in your goal sheet so we can better serve your wellness needs.

**Friday January 3 @ 9:30-10:30am (Drill Hall) COST: Free**

**\*Free FUN Fitness testing - 8:30 to 9:30 am**

## RESTORATIVE YOGA & TEA

Join Amelia as she guides you through a relaxing and restorative 90 minute gentle and relaxing yoga session followed by warm herbal tea – just in time to get you relaxed and ready for bed. Take advantage of this calm and nurturing environment during the 1st full moon to bring forth your visions for 2025!

**Sunday January 12 @ 6:00-8:00pm (Drill Hall)**

**COST: \$20 pre-registered | \$30 Drop in**

# Spring Fling Event

## FITNESS/ WELLNESS/ HAPPINESS

**Saturday March 8 7:00am-12:30pm**

Be part of our first Mini Wellness Event and participate in movement classes, information sessions and more. Stimulate the mind, body and soul with education, exercise and laughter. Check out local health and wellness products and services and enter to win cool prizes.

**7:15-8:15am Sunrise Yoga & Breath work**

**8:30-9:30 – Keynote Speaker on Humor and Health**

**9:30-10:15 – Session I-Education or Exercise**

**10:30-11:15 – Session 2- Education or Exercise**

**11:30-12:30 – Food, Fashion & Prizes**

**\*more detailed information to come Cost: \$25/ person**

**\$15 – EDRS Fitness Pass Holders \$10 – EDRS Season Pass Holders**

## Fitness Dress Up Days

**WEDNESDAY JANUARY 29**



**Self  
love**

**FRIDAY FEBRUARY 14**

**ST. PADDY'S DAY**



Watch for our Annual February Fitness Challenge for **Heart & Stroke**

# Chair & Recovery Fitness

## CHAIR STRENGTH

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

Power up your Monday with Chair Strength. Start with an active warm-up followed by seated and standing moves that will help maintain and improve muscle strength and joint mobility.

## 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; and finishes with gentle stretching for muscle, joint and mind relaxation.

## CHAIR GROOVE

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

Connect mind to muscle and let the music move you. Try the simple and fun choreography to inspire both seated and standing full body movement exercises that also help with memory and mood.

## 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.

## CHAIR STRETCH

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

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

## MEN'S FITNESS

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

The Men's only class is back - this program is designed to build confidence in participating in an exercise program that includes strength training, mild cardio exercises, flexibility, mobility and stretching.

MONDAY

WEDNESDAY

FRIDAY

TUESDAY



# Fitness Classes



All of our Fitness classes are Drop-in. We have 5x, 10x & 20x passes available as well as a Season's Pass. Participants must complete a Health Questionnaire & waiver before participating. Please bring your own mat, water bottle and clean indoor shoes. Our Fitness team is passionate about your overall wellness. We strive to bring you a safe workout experience that you will both enjoy and feel the benefits from.

## TABATA & TONE

**(Moderate to high intensity with heavier weights & ankle weights)  
8:30-9:30am (Drill Hall)**

Start your week off with this TABATA style program (short periods of high intensity exercise alternated with short break periods of rest) that includes strength training with weight and resistance drills using a variety of equipment.

## FIT FUSION @ A.L. FORTUNE

**(Moderate to high intensity)  
6:00-7:00pm (AL Fortune School Gym-upstairs)**

Get the benefits of two different workouts combined into an all new fitness experience. Join Tara for a mix of Fitness styles including Stations, Tabatta, Core, Muscle Strengthening and Stretching.

## MIND & MUSCLE

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

This is an excellent program to get in tune with your body. A different muscle group is targeted each week with a focus on creating a strong mind to muscle connection, using proper form and technique for the best results.

## FRESH AIR FITNESS & FRIENDS

**(Mild to moderate intensity) 8:30-9:30am (Drill Hall)**

As part of our new Prescribed Nature program – experience the healing powers of nature and community connection. Beat the Winter Blues with a guided outdoor program that includes walking, (possible snow shoeing) mixed with resistance training or light weights.

Combine this with the Thursday “Winter Walking Club” and “Connection and Crafts” for a great way to stay active this winter, and avoid “SAD” (Seasonal Affective Disorder)

**\$2.00 Drop-in**

MONDAY

TUESDAY

NEW

WEDNESDAY

## BOOTY & CORE

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

A class for sculpting and strengthening your abs, back, booty and leg muscles with an added FUN FACTOR! It's time to define and transform with body weight and resistance training drills that target the booty and core.

THURSDAY

## FIT FUSION

**(High intensity with modifications) 7:15-8:00am (Drill Hall)**

This is the year to mix it up with a blend of fitness workouts. Variety is the spice of life and this 45 minute workout will leave you wanting more. Explore the fusion of Boot Camp, Dance, Pilates, Tabata, HiiT and more.

## WINTER WALKING CLUB

**(Self-guided) 10:00am (Meet at the Information Center)**

A FREE Winter Walking Club where you can meet your friends (and bring your 4- legged fur babies) to take a brisk and adventurous stroll through Enderby & Area.

Then join your group to warm up, connect and work on the weekly craft in the upstairs room of the Visitor Center.

**10:45-11:30 Connection & Crafts \$2.00 Drop-in**

## BARRE FUSION

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

A great blend of BARRE exercises mixed with other fitness elements to give you a full body workout. Adaptations available for most levels.

A great way to finish your day.

## MARA HALL YOGA

**(Mild and gentle class)**

This practice offers a combination of meditation, breathing techniques and posture alignment. Be guided through traditional and nontraditional postures to restore functional movement throughout the body.

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

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. Individual work and stations make this class fun and challenging for all levels. Finish with a lengthy stretch to maintain or increase flexibility and mobility.

# Upcoming Events

## UNPLUG & PLAY WEEK

January 25- February 1

Free Family Events sponsored by Enderby & District Recreation Services

**Tuesday January 28**

**Storybook Skate 2:00-3:30pm  
@ Enderby Arena**

**Thursday January 30**

**Jersey Skate 2:00-3:30pm  
@ Enderby Arena**



## FAMILY DAY

February 17

Free Fun Family Activities brought to you by Enderby & District Recreation Services in partnership with Enderby Curling Club, Enderby & District Community Resource Center & your Local Tim Hortons

**Family Skating 10:00-11:30am**

(must have skates – helmets recommended)

**Family Shinny 11:30 -12:00**

(must have helmet, shin pads, gloves and stick)

**Crafts & Games 10:00-12:00am**

Upstairs in Curling Lounge

**Try Family Curling – 10:30-12:00pm**

(clean indoor shoes- some equipment available)

