

Spring 2025



Registration
opens
February 26



RECREATION GUIDE

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YOUTH PROGRAMS

PARENT & TOT SPORTS

(10 to 30 Months with parent or guardian)

A New Program for parents and their little ones to play together to develop the basic fundamentals of movement & coordination through games and songs. A playful session with lots of equipment and fun!

@ Drill Hall Wednesdays April 9- May 14 11:00-11:30am

Cost: \$35.00 (6 classes)



LIL' ATHLETICS

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

Our Spring Session of Lil' Athletics will focus on the fundamental skills of Soccer and Baseball. This is an active 30min session led by a FMS Instructor that will use games and drills to get them excited to play ball.

@ Drill Hall Mondays March 31- May 12 11:00-11:30am

Cost: \$42.00 (6 classes) *no class April 21



LIL' NINJA

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

This popular program introduces 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

Tuesdays April 8 – May 13

11:00-11:30am

Cost: \$42.00 (6 classes)

LIL' BALLET

(ages 3-5 with ballet slippers)

Please tie back long hair

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.

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

**Spring Break Camp • Tues/Thurs/Fri
March 18 to 28 11:00- 11:30 am**

**Session II • Thursdays April 3 - May 8
2:30-3:00 pm**





JR. BALLET

(ages 6-10 with ballet slippers)

Please tie back long hair

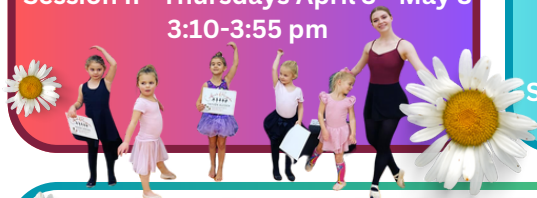
We are excited to offer the Jr. Ballet Dance program with Miss Taylor.

This is a wonderful program to improve posture, flexibility, strength, grace and self confidence.

@Drill Hall Cost: \$52.00 (6 classes)

**Spring Break Camp • Tues/Thurs/Fri
March 18 to 28 11:45-12:30 pm**

**Session II • Thursdays April 3 - May 8
3:10-3:55 pm**



JR. DANCE MIX

(ages 6-10 yrs with indoor shoes)

It is time to get a GROOVE ON with this exciting Dance Class that allows kids to build confidence and express themselves through music and movement. This program brings into play many different dance styles including Jazz, Hip Hop, Ballet, and offers a chance to express themselves with freestyle movement.

@Drill Hall Cost: \$52.00 (6 classes)

**Spring Break Camp • Tues/Thurs/Fri
March 18 to 28 12:40- 1:30 pm**

**Session II • Thursdays April 3 - May 8
4:00-4:45 pm**



JR. OUTDOOR ATHLETICS

(6-10yrs dressed for the weather & water bottle)

It's time to play outdoors! This program provides structured activities and drills that build confidence in

Fundamental Movement Skills that are important for multi-sports.

**Meet at the Visitor Center Thursdays April 10- May 15 11:00-11:45 am
Cost: \$52.00 (6 classes)**



YOUTH BALL HOCKEY

(With indoor shoes, shin pads, hockey stick & water bottle)

We are very excited to offer indoor Floor Ball Hockey this Spring. Minimal equipment is required and the focus is to play for FUN!

Players will participate in a brief warm-up, a few skills and then "game on". There are 3 age groups offered in the 6 week program.

**John Pritchard Memorial Sports Complex (Enderby Arena dry floor)
Tuesdays April 1- May 6**

Lil's (age 4-5) 3:30-4:15 pm Cost: \$36.00 (6 classes)

Jr's (age 6-9) 3:30-4:15 pm Cost: \$36.00 (6 classes)

Sr's (age 9-12) 4:15-5:15 pm Cost: \$45.00 (6 classes)



NEW

TEEN/ADULT SPRING SPORTS TRAINING

(Age 13+ with indoor shoes & water bottle)

Get your body ready for Spring Sports with this 2 day physical training camp. Learn how to properly warm up the whole body for injury prevention and take part in some sport specific training – including agility, balance, coordination, speed and power. Great for Ball, Soccer, Golf, Pickleball and more.

Thursday March 20 to 27 5:00-6:00 pm @ Drill Hall

Cost: \$15.00 youth | \$20.00 adult (2 sessions)



SPRING Fling

Fitness • Wellness • Happiness

A full day of connection through movement and educational speakers. Activities range from Sunrise Yoga, 'Prescribed Nature', Chair Dance Party, and/or Circuit Breaker.

Speakers topics include: The Secret to Health & Wellness, Wellness Mindset - Self Love, Emotional Freedom Tapping, and or Cycle Synching

Saturday March 8 7:00 am-12:30 pm (Visitor Center & Drill Hall)

Cost: \$30 | \$20.00 for pass holders | \$15.00 for season pass holders

Includes All sessions, Lunch & Prizes

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

March 31 to May 16

Senior Chair • \$97.50

Senior All Classes • \$130.00

Adult All Classes • \$150.00



CHAIR & RECOVERY FITNESS



Monday

CHAIR STRENGTH

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

Get Fit while you sit (and stand) with an active warm-up, seated and standing moves, stretching and strengthening to promote flexible joints, improve balance and maintain muscle mass.

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.

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. Try the simple and fun choreography to inspire both seated and standing full body movement exercises that also stimulate your memory and mood.

OSTEOFIT

(Mild intensity)

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

Osteofit is BC Women's certified exercise, education and falls 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 "osteosafe" resistance training with weights and bands.

Friday

CHAIR STRETCH

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

This class is designed to help maintain muscle tone and flexibility with both standing and seated exercises and poses that increase range of movement. Breath work and mindfulness techniques are including for relaxation.



FITNESS CLASSES



CIRCUIT BREAKER

(moderate to high intensity with stations)

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

Start your week off with circuit style interval training. This class includes stations that will target different muscle groups and includes resistance training using a variety of equipment.

Monday

FIT FUSION @ AL FORTUNE

(moderate to high intensity)

6:00-7:00pm (A.L. Fortune School Gym-upstairs) **April Only

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, Barre, Core, Muscle Strengthening and Stretching.



MIND & MUSCLE

(moderate intensity) 8:30-9:30 am (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.

Tuesday

BOOTY & CORE

(moderate intensity)

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

A class for sculpting and strengthening your abs, back, booty and leg muscles!

It's time to define and transform with body weight and resistance training drills that target the booty and core. A different warm up theme each class adds variety and fun.

Wednesday



WALK & WORKOUT

(Mild to Moderate Intensity)

10:45 -11:30 am (Visitor Centre)

This Outdoor class is part of our Prescribed Nature Program. Experience the healing powers of nature and community connection with a guided outdoor program that includes walking, mixed with resistance training or light weights stations along the journey.

Thursday

FIT MIX

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

We are mixing it up this Spring with some fun Fitness workouts to keep you Moving and Motivated! Classes change weekly to add variety and fun to your wellness journey. See our website and Facebook page for weekly themes.

OUTDOOR ACTIVE

(Moderate to High Intensity) 8:45-9:45 am (at Visitor Center)

Dress for the weather and join our inspiring instructors for 60 minutes of Fresh Air Fitness. Bring your mat and water bottle and get ready for a full body workout with modifications as needed.

SPRING WALKING CLUB

(self-guided) 10:00am (meet at the Information Center)

This is a FREE program where you can meet your friends to explore Enderby and Area. This group is pet and child friendly. We will be tracking steps and KM's to see how far south we can explore in 6 weeks.

TONE & STRETCH

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

A whole body workout 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.

Friday

MEN'S FITNESS

(Moderate intensity with modifications) (Drill Hall)

The Men's only class returns with 2 days a week. Build confidence in body awareness and participating in a fitness program. This class includes strength training, mild cardio exercises as well as flexibility and mobility moves.

**TUESDAYS
9:45- 10:30 AM**

**FRIDAYS
11:00- 11:45 AM**



MARCH 31 - MAY 16



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| | | | 7:15-8:00am FIT MIX | |
| 8:30-9:30am CIRCUIT BREAKER | 8:30-9:30am MIND & MUSCLE | 8:30-9:30am BOOTY & CORE | Meet @ Visitor Centre 8:45-9:45am OUTDOOR ACTIVE | 8:30-9:30am TONE & STRETCH |
| 10:00-10:45am CHAIR STRENGTH | 9:45-10:30am MEN'S FITNESS | 10:00-10:45am CHAIR GROOVE | 10:00-10:45am WALKING CLUB (Free) | 10:00-10:45am CHAIR STRETCH |
| 11:00-11:30am *Li'l' ATHLETICS | 11:00-11:30 *Li'l' NINJA | 11:00-11:30am *Parent/ Tot SPORTS | 11:00-11:45am *JR. OUTDOOR ATHLETICS | 11:00-11:45am MEN'S FITNESS |
| 1:15-2:00 BODY BALANCE | | 1:15-2:00pm OSTEO FIT | | |
| | | | 2:30-3:00pm *Li'l' BALLET | |
| | 3:30-5:30pm *BALL HOCKEY (3 age groups) | | 3:10-3:55pm *JR. BALLET | |
| | | | 4:00-4:45pm *JR. DANCE MIX | |
| <i>April Only</i> | | | | |
| 6:00-7:00pm FIT FUSION @ALF | | | | |
| Rates | Drop-in | 10x pass | 20x pass | April/ May Unlimited |
| Senior Fit (60+) | \$6.50 | \$54.00 | \$100.00 | \$97.50 / \$130 |
| Adult Fit (18+) | \$7.50 | \$63.00 | \$110.00 | \$150.00 |
| Spring Walking Club | | FREE | Meet at the Visitor Centre | |
| *Spring Program Registration | | Starts Wednesday Feb. 26th - ON LINE | | |
| Li'l' Programs (3-5yrs) | | \$42.00 | www.enderbyrecreation.com | |
| Jr. Programs (6-12yrs) | | \$52.00 | 250-838-2665 | |
| Ball Hockey | | \$36 / \$45 | email recreation@enderby.ca | |

