

W I N T E R 2 0 2 4

HOPE & AREA

RECREATION GUIDE

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HOPE & AREA RECREATION CENTRE
604-869-2304


ONLINE REGISTRATION
fvr.d.ca/recreation

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How to Read the Guide

Use the figure below to see how programs and classes are listed in the Guide.

Program name → **OCTOPUS**  ← This icon indicates that you need to register in advance

Age requirement → Age: 3 - 5 yrs Fee: \$45

Sep 13 - Oct 6	M, W	10:30 am - 11:00 am	6797
Oct 18 - Nov 10	M, W	10:30 am - 11:00 am	6798
Nov 15 - Dec 8	M, W	10:30 am - 11:00 am	6799

↑
Dates
↑
Days
↑
Time
↑
Use this barcode to easily search our programs online

REGISTRATION INFORMATION

How to Register

 *call us*

604-869-2304

 *in person*

1005 6th Avenue

 *online*

fvrd.ca/recreation

Registration Dates

DEC 13

Registration opens at 8:30 am

JAN 2

Programs start

SUBSIDIES INFORMATION

KIDSPORT BRITISH COLUMBIA

KidSport is a national not-for-profit organization that provides grants for children aged 18 and under so they can play a season of sport.

kidsportcanada.ca

CANADIAN TIRE JUMPSTART

Canadian Tire Jumpstart is a nationally registered charity dedicated to removing financial barriers so kids aged 4 to 18 across Canada have the opportunity to get off the sidelines and into the game.

jumpstart.canadiantire.ca

CANCELLATION POLICY

Register at least 3 days before the start date of a program!

Sometimes great programs are cancelled due to low registration. Don't wait until the last minute! If program registration requirements are not met 72 hours prior to the scheduled program start date, the program will be cancelled and you will be issued a full refund.

WITHDRAWAL & REFUND POLICY

If you wish to withdraw from a program, a refund (less 20% administration fee) will be issued if at least 72 hours of notice has been provided prior to the program start date. If less than 72 hours of notice is provided prior to the program start date, please email your request to leisure@fvrd.ca. If the request is approved, a 20% administration fee will be charged and pro-rated accordingly, if applicable. Supporting documentation such as a medical note or change of address may be requested. Refunds will be returned by the original method of payment. Cash and cheque transactions will be refunded to the address on the account.

WANT TO BE NOTIFIED OF PROGRAM CANCELLATIONS?

Ensure your contact information is up-to-date to get notified if a program is cancelled.

HOPE & AREA RECREATION CENTRE



LOCATION

1005 6th Ave Hope, BC

RECEPTION HOURS

Monday - Friday	8:30 am - 8:30 pm
Saturday	10:00 am - 8:30 pm
Sunday	10:00 am - 5:30 pm

FACILITY CLOSURES

New Year's Day	Monday, Jan 1
Good Friday	Friday, Mar 29

HOLIDAY HOURS

Family Day	Monday, Feb 19
1:00 pm - 4:00 pm	

IMPORTANT DATES

Spring Break	March 18 - April 1
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AMENITIES

- » Arena
- » 25-metre lap pool with 1-metre and 3-metre diving board
- » Leisure pool with spray features and a rapids channel
- » Hot tub, sauna, and steam room
- » Large men's, women's, family and wheelchair accessible changerooms
- » Cardio room with elliptical trainers, treadmills, recumbent and upright bikes, stair climber, rower, and a Nustep
- » Weight room with a variety of free weights including a power rack and bench press, cable systems, and a stretching area with mats, body balls, BOSUs and medicine balls
- » Conference centre and meeting rooms
- » Mezzanine (Fitness Studio)

RATES & FEES

DROP-IN RATES & PASSES

Drop-in Rates & Facility Pass*

Includes general admission to the aquatic centre, fitness centre, public skate, and aquafit.

All Inclusive Pass*

All the benefits of the Facility Pass plus drop-in fitness classes.

*Passes DO NOT include Casual Hockey, Adult Shinny, 55+ Hockey, and programs that require pre-registration.

PASS EXTENSION & SUSPENSION POLICY

Pass extensions or suspensions are not permitted on passes due to statutory holidays or facility closures. Annual and 6 month pass holders with a medical illness or relocating outside the service area may request a refund for the remaining balance of their pass.

DAILY SPECIALS

Daily specials include admission to the aquatic centre, fitness centre, public skate, and aquafit.

Senior Mondays \$2.00 until 5:00 pm

Wacky Wednesdays \$2.00

50% off Fridays On single drop-ins until 5:00 pm

Family Sundays \$4.50 (1/2 price)

Last Hour Gym or Swim \$3.25

STAY INFORMED!

Follow us on Facebook to keep up-to-date with schedule or program changes.

 @HopeRecreation

RATES & FEES

	Drop-in	10 Pass*	20 Pass*	1 Month	3 Months	6 Months	1 Year
Child (4 - 6 yrs)	\$2.25	\$17.50	\$33.25	\$15.75	\$36.00	\$63.75	\$118.25
Youth (7 - 13 yrs)	\$3.75	\$31.50	\$58.75	\$36.00	\$80.50	\$144.25	\$265.25
Student (14 - 18 yrs)	\$4.00	\$33.25	\$62.75	\$38.75	\$86.00	\$153.50	\$283.75
Student All Inclusive Pass (16 yrs +)	--	--	--	\$57.25	\$127.50	\$220.00	\$394.50
Adult (19 - 54 yrs)	\$5.00	\$42.50	\$79.50	\$50.75	\$115.50	\$211.00	\$400.00
Adult All Inclusive Pass	--	--	--	\$69.25	\$157.00	\$278.00	\$511.00
Senior (55 yrs +)	\$4.50	\$38.00	\$71.25	\$45.25	\$100.75	\$162.50	\$302.25
Senior All Inclusive Pass	--	--	--	\$63.75	\$142.25	\$229.25	\$413.00
Senior (80 yrs +)	Free Admission - includes access to aquatic centre, fitness centre, public skate, and aquafit.						
Family**	\$9.00	\$77.50	\$147.00	\$102.50	\$231.00	\$412.00	\$807.50

*5 year expiry on 10 & 20 Pass

**Family rate includes up to 5 people. Maximum of 2 adults, minimum of 1 child under 18 years old (additional child \$1.00 each).

	Drop-in Fitness Classes	Skate Rental	Helmet Rental	Casual Hockey (floor & ice)	55+ Drop-in Hockey	Locker Rental (monthly)	Shower
Other charges	\$5.00	\$3.00	\$2.25	\$3.00	\$10.00	\$3.00	\$2.25

DROP-IN SCHEDULES

WEIGHT ROOM & CARDIO ROOM

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Open Gym 8:30 am - 8:30 pm	Open Gym 8:30 am - 8:30 pm	Open Gym 8:30 am - 8:30 pm	Open Gym 8:30 am - 8:30 pm	Open Gym 8:30 am - 8:30 pm	Open Gym 10:00 am - 8:30 pm	Open Gym 10:00 am - 5:30 pm
Teen Gym (13 - 15 yrs) 3:30 pm - 6:30 pm		Teen Gym (13 - 15 yrs) 3:30 pm - 6:30 pm		Teen Gym (13 - 15 yrs) 3:30 pm - 6:30 pm	Teen Gym (13 - 15 yrs) 1:00 pm - 4:00 pm	Teen Gym (13 - 15 yrs) 3:30 pm - 5:30 pm

AQUATICS

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Public Swim 8:30 am - 8:00 pm	Public Swim 12:00 pm - 8:00 pm	Public Swim 8:30 am - 8:00 pm	Public Swim 12:00 pm - 8:00 pm	Public Swim 8:30 am - 8:00 pm	Public Swim 12:00 pm - 8:00 pm	Public Swim 12:00 pm - 5:00 pm
Lane Swim 8:30 am - 10:30 am	Lane Swim 6:00 pm - 8:00 pm	Lane Swim 8:30 am - 10:30 am	Lane Swim 6:00 pm - 8:00 pm	Lane Swim 8:30 am - 10:30 am	Lane Swim 6:00 pm - 8:00 pm	

FITNESS CLASSES

See pages 16-17 for Fitness Class descriptions.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Zumba Gold 9:45 am - 10:30 am		Zumba Gold 9:45 am - 10:30 am				
Seated Zumba Gold 10:45 am - 11:30 am	Seated Zumba Gold 10:45 am - 11:30 am	Seated Zumba Gold 10:45 am - 11:30 am	Seated Zumba Gold 10:45 am - 11:30 am		Slow Yoga 10:15 am - 11:15 am	
Fitness Express 12:00 pm - 1:00 pm	Strength & Core 12:00 pm - 12:45 pm	Fitness Express 12:00 pm - 1:00 pm	Strength & Core 12:00 pm - 12:45 pm			
Strength & Core 5:00 pm - 5:45 pm	Zumba 5:30 pm - 6:30 pm					
TRX 6:30 pm - 7:30 pm	Flow Yoga 6:45 pm - 7:45 pm	TRX 6:30 pm - 7:30 pm	Power Yoga 6:30 pm - 7:30 pm			

ARENA - UNTIL MARCH 14

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Adult Skate 9:00 am - 10:00 am		Adult Skate 9:00 am - 10:00 am		Adult Skate 9:00 am - 10:00 am		
Parent & Tot Skate 10:00 am - 11:00 am	Adult Shinny 10:30 am - 11:45 am	Parent & Tot Skate 10:00 am - 11:00 am	Public Skate 12:15 pm - 1:30 pm	Parent & Tot Skate 10:00 am - 11:00 am		
			Adult Shinny 1:30 pm - 2:45 pm		Public Skate 1:30 - 3:00 pm	Public Skate 1:30 pm - 3:00 pm
	Youth Casual Hockey 3:15 pm - 4:30 pm		Student Casual Hockey 3:15 pm - 4:30 pm	Adult Casual Hockey 3:15 pm - 4:30 pm		
	55+ Hockey 8:00 pm - 9:15 pm	Public Skate 5:45 pm - 7:00 pm		Family Casual Hockey 4:45 pm - 6:00 pm		

*No Adult or Family Casual Hockey Jan 19, Feb 9, Mar 1. No Public Skate Jan 20 & 21, Feb 10, Mar 2.

All schedules are subject to change.

FACILITY RENTALS

ARENA

We take pride in offering the best ice in BC! The arena features seven dressing rooms, a central sound system, and bleacher seating.

Ice Rental: Peak \$162/hr
Non-peak \$153/hr
Youth \$74/hr



DAN SHARRERS AQUATIC CENTRE

Our Aquatic Centre features a 25-metre lap pool with 1-metre and 3-metre diving boards, a leisure pool with spray features and a rapids channel. It also has a hot tub, sauna, and steam room, as well as large men's, women's, family and wheelchair accessible changerooms.

Lane Rental: \$14/hr
Pool Rental: \$143.25/hr*
**Includes one lifeguard*



CONFERENCE CENTRE

With expansive mountain views and a wall of windows, this roomy meeting area is not only ideal for meetings and conferences, but also perfect for special events and weddings. It features a kitchenette, dance floor, central sound system, and high ceilings.

Not-for-profit: \$64.75/hr*
Commercial: \$83.25/hr*
**Minimum 2 hours*
Day Rate: \$323.50**
***Maximum 10 hours*



MEZZANINE

This versatile room serves as the main venue for most of the fitness classes offered at the rec centre. It's also a fantastic meeting and event room featuring a mirrored wall, central sound system, breakout meeting room, and dimmable non-fluorescent lighting options.

Not-for-profit: \$29/hr
Commercial: \$45/hr
Day Rate: \$178.50*
**Maximum 10 hours*



REC CENTRE MEETING ROOM

For smaller groups and board-style meetings, the meeting room at the rec centre is ideal. Features include WiFi and a whiteboard. This room is attached to the Mezzanine, and can be rented together for larger gatherings where a private space is required.

Not-for-profit: \$25.80/hr
Commercial: \$28/hr
Day Rate: \$129*
**Maximum 10 hours*



LED MESSAGE BOARD

Our LED message board can help get your message out.

User Group Rates:		Commercial Rates:	
Daily	\$18	Daily	\$20
Weekly	\$99	Weekly	\$110
Monthly	\$360	Monthly	\$400

Want to rent a space?

Call us to learn more about facility rentals, including our cancellation policy, insurance, Liquor License, and clean up requirements.

CHILDREN & YOUTH PROGRAMS



Spring Break Day Camp

Our Day Camps are a great opportunity for kids to have fun over Spring Break with swimming, skating, crafts and fundamental skill-developing activities. Our day camps provide a fun and safe environment in which children can develop new skills, self-esteem and friendships.

Children should bring a lunch, snack, water bottle, swimsuit, towel and weather appropriate clothing.

Date: March 18 - 22 & March 25 - 28

Time: 8:30 am - 5:00 pm



Age: Kindergarten - 12 yrs

Fee: \$29.50/day
\$118/week

CHILDREN & YOUTH PROGRAMS

DAY CAMPS

PRO-D DAY CAMP

Age: Kindergarten - 12 yrs Fee: \$29.50/day

Our Day Camps are a great opportunity for kids to have fun on a Pro-D day with swimming, skating, crafts and fundamental skill-developing activities. Our day camps provide a fun and safe environment in which children can develop new skills, self-esteem and friendships.

Children should bring a lunch, snack, water bottle, swimsuit, towel and weather appropriate clothing.

Friday, January 26	8:30 am - 5:00 pm	7385
Friday, February 16	8:30 am - 5:00 pm	7384



GENERAL INTEREST

BABYSITTERS COURSE

Age: 12 yrs + Fee: \$65

The Babysitters Training Course provides the knowledge and skills needed to become a responsible babysitter, skills that will serve the students well into adulthood. Certificate upon completion.

Mar 20 - 21	9:00 am - 2:00 pm	7419
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HOME ALONE PROGRAM

Age: 10 yrs + Fee: \$40

The Home Alone Program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied. Certificate upon completion.

Saturday, February 3	1:00 pm - 4:00 pm	7420
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MUSIC PROGRAMS

SUNDAY MORNING MUSIC

Age: Newborn - 10 yrs Fee: \$5 for 1st child
\$3 for 2nd child

This class will explore different aspects of melody, harmony, and rhythm through singing, instrument exploration, rhythmic activities, and hands-on demonstrations. Babies and tots can shake and rattle along, while older kids can sing and dance, as well as try a variety of more complex instruments. We will sing old favourites, learn new tunes, and explore many different musical genres. All instruments will be provided, and each week will feature a different surprise "instrument of the week" for participants to see up close and learn more about.

All children must be accompanied by an adult guardian.

Jan 14 - Mar 17	Su	10:15 am - 11:00 am
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*No class Mar 3

RHYTHM & MOVEMENT

Age: 2 - 6 yrs Fee: \$5 for 1st child
\$3 for 2nd child

This class is designed to introduce children and their caregivers to basic elements of rhythm and dance, including body awareness, self-expression, experimentation, coordination, and creative movement. Through a variety of games, activities, and imaginative guided play, participants will be exposed to different dance genres and styles, introduced to rhythmic techniques, and encouraged to "move to the music" in all kinds of fun new ways!

All children must be able to walk steadily on their own and be accompanied by an adult guardian.

Jan 18 - Mar 21	Th	9:30 am - 10:15 am
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Live 5-2-1-0 is a simple, easy-to-remember message to help kids and families adopt healthy habits. When shared and supported across a community, Live 5-2-1-0 can make it easier for kids to eat healthy and be active every day.



Enjoy-
FIVE or more vegetables & fruits every day



Power down-
no more than TWO hours of screen time a day



Play actively-
at least ONE hour each day



Choose healthy-
ZERO sugary drinks

supporting the **SCOPE**
Live 5-2-1-0 campaign by www.live5210.ca

Live 5-2-1-0 Playboxes

To encourage families to be active, the Hope and Area Healthy Communities Committee has provided mobile and stationary Playboxes in Hope and the surrounding area. These mobile and stationary Playboxes have everything families need to play actively outside, with recreational equipment for sports games and activities for barrier-free access to play.

Some of the equipment that can be found in the Playboxes include skipping ropes, hula hoops, frisbees, basketballs, volleyballs, soccer balls, badminton and tennis racquets, pickleball paddles, disc golf discs, and more!

Locations: Hope (mobile playbags)
North Bend - Almer Carlson Pool*
**open during summer season only*
Yale

How to Access: Mobile playbags are signed out on a first-come, first-served basis for up to 24 hours at a time. Please call the rec centre for availability. To gain access to the boxes, fill out an application form and drop it off at the rec centre or email it to leisure@fvrd.ca.



Unlock the fun!

Visit fvrd.ca/playboxes to fill out an application or call us at 604-869-2304 for more information.

ADULT & TEEN PROGRAMS

DROP-IN SPORTS

PICKLEBALL @ SILVER CREEK ELEMENTARY

Age: 15 yrs +

Fee: \$2

Challenge your friends to this exciting game which is played on a badminton court using tennis rules, a racquet that resembles a ping pong paddle, and a wiffle ball. Cash only. Exact change appreciated.

Jan 8 - Mar 11* M 6:00 pm - 8:00 pm 7423

No session Feb 19



PRO-D DAY SKATE

Join us for a Pro-D Day Skate on Jan 26 & Feb 16.
See page 18 for more details.

FALL PREVENTION

FALLS PREVENTION CLINIC

Age: 15 yrs +

Fee: Free

Individuals with a history of falls will have the opportunity to sit one-on-one with a Pharmacist, Kinesiologist, and Physiotherapist for an individualized assessment.

Thursday, April 18 9:00 am - 4:00 pm 7418

FIRST AID

STANDARD FIRST AID

Age: 15 yrs +

Fee: \$150

Comprehensive two-day course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

Feb 10 - 11 8:30 am - 4:30 pm 7348



Swim for Life Program

PARENT & TOT AND PRESCHOOL LEVELS

Parent & Tot 1 – Jellyfish

Age: 4 - 12 mo (with caregivers)

Jellyfish provides an orientation to water for infants and their parents/caregivers. Parents/caregivers will learn how to swim safely with their infants in the pool through instructions on holds and supports. Infants will be introduced to getting their face wet, blowing bubbles and floating with the help of their caregiver.

Parent & Tot 2 – Goldfish

Age: 1 - 2 yrs (with caregivers)

Goldfish teaches toddlers how to play in the water safely! They'll learn how to enter and exit the water with help from their parent/caregivers and will play games to encourage them to get their face wet and blow bubbles in the water. Toddlers will also develop floating and kicking skills with the support of their parent/caregivers.

Parent & Tot 3 – Seahorse

Age: 2 - 3 yrs (with caregivers)

Seahorse teaches toddlers how to safely enter the water wearing a PFD. They'll develop underwater skills such as submersion and opening their eyes underwater. 'Starfish' floats, 'pencil' floats and kicking skills are taught using songs and games.

Preschool 1 – Octopus

Age: 3 - 5 yrs

Preschoolers will have fun learning to get in and out of the water. They'll learn how to put their face in the water, blow bubbles in the water and float and glide.

Preschool 2 – Crab

Age: 3 - 5 yrs (completed Octopus)

Crab teaches preschoolers how to safely jump into chest-deep water and how to swim wearing a PFD. They'll learn submersion skills and continue to work on floats, glides and kicking with a buoyant object.

Preschool 3 – Orca

Age: 3 - 5 yrs (completed Crab)

Orca teaches preschoolers how to enter deep water safely wearing a PFD. They'll learn how to submerge and exhale underwater, retrieve objects underwater and will continue developing their floating, gliding and kicking skills.

Preschool 4 – Sea Lion

Age: 3 - 5 yrs (completed Orca)

Sea Lion teaches deep-water entries and treading water wearing a PFD. Preschoolers will become skilled at retrieving objects from the bottom of the pool in chest-deep water and performing front and side glides. Front crawl wearing a PFD is also introduced.

Preschool 5 – Narwhal

Age: 3 - 5 yrs (complete Sea Lion)

Narwhal teaches Swim to Survive skills wearing a PFD. Front crawl and back crawl are introduced as well as interval fitness training. Preschoolers will also learn how to tread water and perform vertical whip kick with a buoyant aid. Once complete, swimmers can register for Swimmer 2.

SWIMMER LEVELS

Swimmer 1

Prerequisite: 5 yrs

These beginners will become comfortable jumping into the water with and without a PFD. They'll learn how to open their eyes, exhale and hold their breath underwater. Floats, glides and kicking skills are introduced.

Swimmer 2

Prerequisite: Complete Swimmer 1 or Narwhal

These swimmers will jump into deeper water and learn to be comfortable falling sideways into the water wearing a PFD. They'll learn how to tread water, develop kicking skills and will be introduced to front crawl and back crawl.

Swimmer 3

Prerequisite: Complete Swimmer 2

These swimmers will learn how to dive and will do in-water somersaults and handstands to develop weight-transfer skills. They'll learn Swim to Survive skills, whip kick on back and will further develop their front crawl and back crawl.

Swimmer 4

Prerequisite: Complete Swimmer 3

These swimmers will become better at diving, treading water and swimming underwater. They'll learn the Swim to Survive standard and start to develop breaststroke. Front and back crawl are further developed.

Swimmer 5

Prerequisite: Complete Swimmer 4

These swimmers will master dives and swimming in deep water. They'll further their Swim to Survive skills and start to develop eggbeater kick. Breaststroke, front crawl and back crawl are further developed. Interval training and sprinting drills continue to challenge these swimmers.

Swimmer 6

Prerequisite: Complete Swimmer 5

These swimmers will become proficient at deep water skills including stride entries and compact jumps. They'll develop lifesaving kicks such as eggbeater and scissor kick. Breaststroke, front crawl and back crawl are further developed. Head-up swims, interval training and a 300m workout develop strength and endurance.

Swimmer 7 – Rookie Patrol

Prerequisite: Complete Swimmer 6

Swimmers continue developing front crawl, back crawl and breaststroke. Swimmers develop individual fitness to meet a timed swim. Water proficiency skills include swimming with clothes, ready position and feet-first/head-first surface dives. First aid skills include demonstrating the ability to conduct a primary assessment, calling EMS, and victim recognition and throwing assists.

Swimmer 8 – Ranger Patrol

Prerequisite: Complete Swimmer 7

Ranger Patrol enhances capability in the water including stride entries and underwater, forward and backward somersaults. Swimmers learn lifesaving sport skills with a lifesaving stroke medley, timed object support and a non-contact rescue with buoyant aid. Eggbeater kick and increased fitness levels are developed. First aid focuses on unconscious victim and obstructed airway procedures.

Swimmer 9 – Star Patrol

Prerequisite: Complete Swimmer 8

Star Patrol challenges swimmers with a 300m timed swim, 600m workout and a 25m object carry. Strokes are continued to be refined. Lifesaving skills include use of rescue aids, defense methods, victim removal and supporting a victim in shallow water. First aid focuses on treatment of bone or joint injured and respiratory emergencies.

AQUATICS



© Adele Hinkley

MORNING SWIM LESSONS

PARENT & TOT 1 - JELLYFISH

Age: 4 - 12 mo (with caregivers)	Fee: \$45
Jan 8 - Jan 31 M, W 11:00 am - 11:30 am	7352
Feb 12 - Mar 11* M, W 11:30 am - 12:00 pm	7364

*No Class Feb 19

PARENT & TOT 2 - GOLDFISH

Age: 1 - 2 yrs (with caregivers)	Fee: \$45
Jan 8 - Jan 31 M, W 11:00 am - 11:30 am	7353
Feb 12 - Mar 11* M, W 11:30 am - 12:00 pm	7365

*No Class Feb 19

PARENT & TOT 3 - SEAHORSE

Age: 2 - 3 yrs (with caregivers)	Fee: \$45
Jan 8 - Jan 31 M, W 11:00 am - 11:30 am	7354
Feb 12 - Mar 11* M, W 11:30 am - 12:00 pm	7366

*No Class Feb 19

PRESCHOOL 1 - OCTOPUS

Age: 3 - 5 yrs	Fee: \$45
Jan 8 - Jan 31 M, W 10:30 am - 11:00 am	7351
Feb 12 - Mar 11* M, W 11:00 am - 11:30 am	7363

*No Class Feb 19

PRESCHOOL 2 - CRAB

Age: 3 - 5 yrs	Fee: \$45
Feb 12 - Mar 11* M, W 10:30 am - 11:00 am	7362

*No Class Feb 19

PRESCHOOL 3 - ORCA

Age: 3 - 5 yrs	Fee: \$45
Jan 8 - Jan 31 M, W 11:30 am - 12:00 pm	7355

AFTERNOON SWIM LESSONS

PRESCHOOL 1 - OCTOPUS

Age: 3 - 5 yrs	Fee: \$45
Jan 9 - Feb 1 Tu, Th 4:15 pm - 4:45 pm	7360
Feb 13 - Mar 7 Tu, Th 4:15 pm - 4:45 pm	7368

PRESCHOOL 2 - CRAB

Age: 3 - 5 yrs	Fee: \$45
Jan 9 - Feb 1 Tu, Th 3:30 pm - 4:00 pm	7356
Feb 13 - Mar 7 Tu, Th 3:30 pm - 4:00 pm	7370

PRESCHOOL 3 - ORCA

Age: 3 - 5 yrs	Fee: \$45
Feb 13 - Mar 7 Tu, Th 4:45 pm - 5:15 pm	7369

SWIMMER 1

Age: 5 - 12 yrs	Fee: \$45
Jan 9 - Feb 1 Tu, Th 4:00 pm - 4:30 pm	7357
Jan 9 - Feb 1 Tu, Th 4:45 pm - 5:15 pm	7361
Feb 13 - Mar 7 Tu, Th 4:00 pm - 4:30 pm	7371

SWIMMER 2

Age: 5 - 12 yrs	Fee: \$45
Jan 9 - Feb 1 Tu, Th 4:30 pm - 5:00 pm	7358

SWIMMER 3

Age: 5 - 12 yrs	Fee: \$60
Feb 13 - Mar 7 Tu, Th 4:30 pm - 5:15 pm	7372

SWIMMER 4

Age: 5 - 12 yrs	Fee: \$60
Jan 9 - Feb 1 Tu, Th 3:30 pm - 4:15 pm	7359

SWIMMER 5

Age: 5 - 12 yrs	Fee: \$60
Feb 13 - Mar 7 Tu, Th 3:30 pm - 4:15 pm	7367

FREE SWIM ASSESSMENTS

Not sure what level to register your child in? Call us to book a free swim assessment.

Find more lessons on the next page!

AQUATICS

SPRING BREAK SWIM LESSONS

PRESCHOOL 2 - CRAB

Age: 3 - 5 yrs Fee: \$45
 Mar 18 - Mar 28 M-Th 10:45 am - 11:15 am 7376

PRESCHOOL 4 - SEA LION

Age: 3 - 5 yrs Fee: \$45
 Mar 18 - Mar 28 M-Th 10:30 am - 11:00 am 7375

SWIMMER 1

Age: 5 - 12 yrs Fee: \$45
 Mar 18 - Mar 28 M-Th 10:00 am - 10:30 am 7374

SWIMMER 3

Age: 5 - 12 yrs Fee: \$60
 Mar 18 - Mar 28 M-Th 11:00 am - 11:45 am 7377

SWIMMER 5

Age: 5 - 12 yrs Fee: \$60
 Mar 18 - Mar 28 M-Th 11:15 am - 12:00 pm 7378

SWIMMER 6

Age: 5 - 12 yrs Fee: \$60
 Mar 18 - Mar 28 M-Th 10:00 am - 10:45 am 7373

SWIMMING SAFETY

Children under the **age of 7** must be within arm's reach of an adult at least **16 years of age**.

POOL PARTIES

TROPICAL BEACH PARTY

Age: all ages (parent required if under 7 yrs) Fee: Drop-in

Come join us for an evening at the beach! Relax and embrace the tropical setting or partake in the festivities! Enjoy a game of beach volleyball, scuba dive amongst the coral reef, or challenge yourself through the obstacles course on a raft.

Friday, February 9 5:00 pm - 7:00 pm

CARNIVAL FUN FAIR

Age: all ages (parent required if under 7 yrs) Fee: Drop-in

Come join us at the fair! It will be an afternoon of fun and challenging games and activities. Take a turn at beach bowling, try your luck at the floating ring toss or challenge yourself at the sponge ball target game.

Friday, March 22 3:00 pm - 5:00 pm



AQUATICS

ADULT LESSONS

ADULT SWIM LESSONS

Age: 19 yrs +

Fee: \$60

Would you like to learn how to swim or improve your swimming skills? If so, this program is designed for you. Our certified instructor will help you gain the confidence you need.

Jan 15 - Feb 12 M 5:45 pm - 6:30 pm 7379

LIFEGUARD COURSES

BRONZE MEDALLION

Age: 13 yrs +

Fee: \$120 + Manual

Bronze Medallion, as our flagship certification, teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Bronze Medallion is a prerequisite for Assistant Lifeguard training in Bronze Cross.

Jan 3 - Jan 5 W-F 9:00 am - 5:00 pm 7349

BRONZE CROSS

Age: 13 yrs +

Fee: \$120 + Manual

Prerequisites: Bronze Medallion

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen and expand 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.

Jan 26 - Jan 28 F-Su 9:00 am - 5:00 pm 7350

Earn high school credits!

Students can use Bronze Cross and National Lifeguard certifications for credit toward high school graduation.



Fitness Class Levels

We have a class for every fitness level! Each of our fitness classes has a number beside the description indicating the class intensity.

LEVEL 1

Suitable for those who may have a past or present medical issue, injury, or limited mobility. These classes provide the body with almost no impact and are performed in a safe and controlled environment.

LEVEL 2

Suitable for those who have a physically inactive lifestyle or have a low level of fitness and want to build up to a higher level of intensity. These low-impact classes provide the body with active recovery.

LEVEL 3

Suitable for those who are healthy, physically active, and want to improve their fitness level. These classes are designed to get you moving.

LEVEL 4

Suitable for those who are healthy, physically active, and want to improve their fitness level. These classes will elevate your heart rate with dynamic movements. These classes have a large cardiovascular component and may include pushing, pulling, kicking, jumping, and more.

Classes can be modified; however, for safety reasons and your enjoyment, if you are a beginner please choose classes that are a level 3 or below.

GENTLE EXERCISE

FOREVER FIT 1 2

Age: 16 yrs + Fee: \$5/class

Forever Fit is designed to improve strength, balance, coordination, independence, and quality of life. This class is great for seniors or those with mobility issues.

M, W, F 10:45 am - 11:45 am

MINDS IN MOTION 1 *New!* 

Age: 16 yrs + Fee: \$30/6 week session

Minds in Motion® is a fitness and social program for people living with any form of early-stage dementia along with a family member, friend or other care partner. The program is offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Coffee, tea and light refreshments are provided.

Care partners must attend.

Jan 9 - Feb 13 Tu 1:30 pm - 3:00 pm

Feb 20 - Mar 26 Tu 1:30 pm - 3:00 pm

SEATED ZUMBAGOLD 1

Age: 16 yrs + Fee: \$5/class

Seated Zumba Gold is a specifically designed fitness program that caters to individuals with limited mobility, difficulty standing for long periods, or those in need of wheelchair assistance. You'll experience the rhythm and energy of Latin-inspired dance moves, all adapted to suit a sitting position.

Tu, Th 10:45 am - 11:30 am

DANCE FITNESS

ZUMBA 3 4

Age: 16 yrs + Fee: \$5/class

Zumba is a total body workout that combines all elements of fitness—cardio, muscle conditioning, balance and flexibility and boosted energy. This class is a combination of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Tu 5:30 pm - 6:30 pm

ZUMBAGOLD 1 2

Age: 16 yrs + Fee: \$5/class

A modified easy-to-follow Zumba class that recreates the original moves you love at a lower-intensity. This class is geared towards active older adults and focuses on balance, range of motion and coordination.

M, W 9:45 am - 10:30 am

PERSONAL TRAINING

PERSONAL TRAINING 

Age: 13 yrs +

Personal training provides a 1 hour private or semi-private session with a registered fitness trainer who will help you refine your technique, provide motivation, and ensure you are getting the most out of your workout.

Private Rates*

\$50/1 session

\$200/5 sessions

*Minimum 3 sessions required

Semi-Private Rates

Available upon request.

Call us at 604-869-2304 to book a session.

YOGA

FLOW YOGA 2 3 4

Age: 16 yrs + Fee: \$5/class

Flow Yoga, also known as Vinyasa Yoga, connects movement with breath. Suitable for all levels, each class begins with meditation, warming up and building strength through classic poses. It ends with a cool down for improved flexibility.

Tu 6:45 pm - 7:45 pm

POWER YOGA 2 3 4

Age: 16 yrs + Fee: \$5/class

Power Yoga helps you discover inner and outer strength. Suitable for all levels, each class begins with meditation, warming up the body, and focusing on core, legs, glutes, arms, and shoulders. The session energizes and boosts alertness.

Th 6:30 pm - 7:30 pm

SLOW YOGA 1 2 3 4

Age: 16 yrs + Fee: \$5/class

Slow Yoga, or Hatha Yoga, is a gentle class symbolizing the union of opposites (Sun and Moon). Suitable for all levels, it starts with meditation and warming up, emphasizing calmness and bliss. Extended postures improve alignment, strength, and flexibility, ending with a cool down for a better mind-body-soul connection.

Sa 10:15 am - 11:15 am

YOGA LITE 1 2

Age: 16 yrs + Fee: \$5/class

Yoga Lite is a yoga flow class that will offer you modifications when you require it and still challenge your mind/body connection. The class will finish with floor stretching and relaxation.

Tu, F 9:15 am - 10:15 am



FITNESS CLASS ETIQUETTE

Please arrive at least 5 minutes before fitness classes.

TEEN PROGRAMS

TEEN GYM

Age: 13 - 15 yrs Fee: Drop-in

Are you a teen wanting to learn the basics of working out in a gym environment? Come to our teen gym hours when we have a certified Fitness Attendant on staff who can help you use the machines, provide tips and tricks and provide you with a FREE orientation. First time users are required to complete a Gym Orientation Waiver signed by a parent or guardian.

M, W, F 3:30 pm - 6:30 pm

Sa 1:00 pm - 4:00 pm

Su 3:30 pm - 5:30 pm

CARDIO, STRENGTH & CORE

FITNESS EXPRESS 2 3 4

Age: 16 yrs + Fee: \$5/class

Stimulate your mind and body to carry on your day! Join us for a full body workout, including cardio and strength intervals.

M, W, F 12:00 pm - 1:00 pm

SPIN 3 4

Age: 16 yrs + Fee: \$5/class

Indoor cycling classes provide high-energy workouts that burn calories, and improve endurance and strength through a variety of drills and exercises timed to the beat of the music.

Th 5:15 pm - 6:15 pm

STRENGTH & CORE 2 3 4

Age: 16 yrs + Fee: \$5/class

Strength and Core is a low-impact no cardio class! It is great for all levels and abilities. Focus on increasing core strength, stability, flexibility and overall body strength. This class is effective for toning up, building lean muscle, and improving posture. Excellent for building bone mass to help prevent osteoporosis. Participants will use the wall, mat and hand weights throughout the class.

M 5:00 pm - 5:45 pm

Tu, Th 12:00 pm - 12:45 pm

TRX FUNCTIONAL TRAINING 3 4

Age: 16 yrs + Fee: \$5/class

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility, and core stability simultaneously. Expect total-body conditioning and engage all your muscles through this energizing TRX workout.

M, W 6:30 pm - 7:30 pm

ARENA

SKATING | UNTIL MAR 14

ADULT SKATE

Age: 19 yrs +

Fee: Drop-in

Skating only—no sticks allowed.

M, W, F 9:00 am - 10:00 am

PARENT & TOT SKATE

Age: Adult & Child

Fee: Drop-in

Skating only—no sticks allowed. Tots must be accompanied by an adult.

M, W, F 10:00 am - 11:00 am

PUBLIC SKATE

Age: All ages

Fee: Drop-in

Skating only—no sticks allowed.

W 5:45 pm - 7:00 pm

Th 12:15 pm - 1:30 pm

Sa, Su 1:30 pm - 3:00 pm

**No Public Skate Jan 20 & 21, Feb 10, Mar 2*

PRO-D DAY SKATE

Friday, January 26

Friday, February 16

12:30 pm - 2:30 pm

All Ages
Fee: Drop-in



ICE RENTALS AVAILABLE

Contact us to rent the ice. See page 7 for rates.



© Adele Hinkley

HOCKEY | UNTIL MAR 14

ADULT SHINNY

Age: 19 yrs +

Fee: \$3

Grab your skates and sticks, there's a game of shinny out on the rink! Helmet and gloves required.

Tu 10:30 am - 11:45 am

Th 1:30 pm - 2:45 pm

55+ HOCKEY

Age: 55 yrs +

Fee: \$10

Full gear required.

Tu 8:00 pm - 9:15 pm

CASUAL HOCKEY

Age: See below

Fee: \$3/person

No slapshots, no contact. Full gear required. Children under the age of 7 must be accompanied by an adult. Adults must be with a child/youth to attend family drop-in.

Tu 3:15 pm - 4:30 pm (Youth: Age 7 - 13)

Th 3:15 pm - 4:30 pm (Student: Age 14 - 18)

F 3:15 pm - 4:30 pm (Adult: Age 19 +)

F 4:45 pm - 6:00 pm (Family: All Ages)

**No Adult or Family Casual Hockey Jan 19, Feb 9, Mar 1*

COME WORK WITH US!



Join our dynamic team and make a difference in the community.



Fitness Attendant



Facility Operator



Daycare Attendant



Lifeguard



Customer Service Representative



Recreation Assistant

Apply today at fvr.d.ca/careers

COMMUNITY EVENTS

POLAR BEAR SWIM

Jan 1

Come ring in the new year with the Hope Lion's Club for our annual Hope, Cascades & Canyons Polar Bear Swim at Kawkawa Lake. Come out and enjoy this amazing community and the beautiful scenery.

FAMILY DAY

Monday, Feb 19 1:00 pm - 4:00 pm

Come and celebrate Family Day at the Recreation Centre in Hope. Admission will be free all day for skating, swimming, and gym use.

SPRING BREAK DAY CAMPS

Join in the fun with swimming, skating, crafts, and more! Day camps are a safe, enjoyable space for kids to grow skills, self-esteem, and friendships.

See page 8 for more details.



Events - At a Glance

JANUARY 2024

Mon **01** **Polar Bear Swim**
TBD

FEBRUARY 2024

Mon **19** **Family Day**
1:00 pm - 4:00 pm

MARCH 2024

Mon **18** **Spring Break Starts**

FOLLOW US ON FACEBOOK

 **@HopeRecreation**

