

HOPE & AREA RECREATION GUIDE

WINTER 2025

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HOPE & AREA RECREATION CENTRE
604-869-2304

ONLINE REGISTRATION
fvrd.ca/recreation

WINTER 2025 RECREATION GUIDE

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How Programs & Classes are Listed in the Guide

Use the example below to reference how programs and classes are listed in the Guide.

Program name → **OCTOPUS**

Age requirement → Age: 3 - 5 yrs

Sep 13 - Oct 6	M, W	10:30 am - 11:00 am	5/\$45	<u>6797</u>
Oct 18 - Nov 10	M, W	10:30 am - 11:00 am	5/\$45	<u>6798</u>
Nov 15 - Dec 8	M, W	10:30 am - 11:00 am	5/\$45	<u>6799</u>

↑
Dates

↑
Days

↑
Time

↑
Represents the total amount of sessions & the fee.

↑
Use this code to easily search our programs online or by clicking the link.

REGISTRATION INFORMATION

How to Register



call us
604-869-2304



in person
1005 6th Avenue



online
fvrd.ca/recreation

Registration Dates

December 16th, 2024

Registration opens at 8:30 am

January 6th, 2025

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 schedule 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 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

Mon, Wed, Fri	6:00 am - 8:30 pm
Tue, Thur	8:00 am - 8:30 pm
Saturday	10:00 am - 8:30 pm
Sunday	10:00 am - 5:30 pm

POOL HOURS

Mon, Wed, Fri	6:30 am - 8:00 pm
Tue, Thur, Sat	12:00 pm - 8:00 pm
Sunday	12:00 pm - 5:00 pm

REGISTRATION

Registration for Winter programming opens
December 16th at 8:30 am!

FACILITY CLOSURE DATES

Jan. 1	New Years Day
Apr. 18	Good Friday

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 Shiny, 55+ Hockey, rentals 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 issue 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

SCHEDULES

Please follow us on Facebook or inquire at reception for the most current and up to date information regarding changes to the fitness schedule or programming.



@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

**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

HOPE & AREA RECREATION CENTRE

WINTER 2025 DROP-IN SCHEDULE



Schedules are subject to change without notice, contact facility to confirm.

CARDIO ROOM & WEIGHT ROOM						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 10:00 am - 8:30 pm	Open Gym 6:00 am - 8:30 pm	Open Gym 8:00 am - 8:30 pm	Open Gym 6:00 am - 8:30 pm	Open Gym 8:00 am - 8:30 pm	Open Gym 6:00 am - 8:30 pm	Open Gym 10:00 am - 8:30 pm
	Teen Gym (13+) 3:30 pm - 5:30 pm		Teen Gym (13+) 3:30 pm - 5:30 pm		Teen Gym (13+) 3:30 pm - 5:30 pm	Teen Gym (13+) 1:00 pm - 4:00 pm

AQUATICS						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public Swim 12:00 pm - 5:00 pm	Public Swim 6:30 am - 8:00 pm	Public Swim 12:00 pm - 8:00 pm	Public Swim 6:30 am - 8:00 pm	Public Swim 12:00 pm - 8:00 pm	Public Swim 6:30 am - 8:00 pm	Public Swim 12:00 pm - 8:00 pm
	Lane Swim 6:30 am - 10:30 am	Lane Swim 6:00 pm - 8:00 pm	Lane Swim 6:30 am - 10:30 am	Lane Swim 6:00 pm - 8:00 pm	Lane Swim 6:30 am - 10:30 am	Lane Swim 6:00 pm - 8:00 pm
	Blended Aquafit 1:30 pm - 2:30 pm		Blended Aquafit 1:30 pm - 2:30 pm		Blended Aquafit 1:30 pm - 2:30 pm	

FITNESS CLASSES						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Zumba Gold 9:15 am - 10:00 am	Yoga Lite 9:00 am - 10:00 am			Yoga Lite 9:00 am - 10:00 am	
	Forever Fit 10:30 am - 11:30 am	Seated Zumba 10:30 am - 11:15 am	Forever Fit 10:30 am - 11:30 am	Seated Zumba 10:30 am - 11:15 am	Forever Fit 10:30 am - 11:30 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	Fitness Express 12:00 pm - 1:00 pm	
		Chair Yoga 1:30 pm - 2:15 pm				
	Spin 5:30 pm - 6:30 pm	Zumba 5:30 pm - 6:30 pm	Cardio Kickboxing 5:30 pm - 6:30 pm	Spin Express 5:45 pm - 6:30 pm		
	TRX 7:00 pm - 8:00 pm	Flow Yoga 7:00 pm - 8:00 pm	TRX 7:00 pm - 8:00 pm	Slow Yoga 7:00 pm - 8:00 pm		

ARENA						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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 10:00 am - 11:15 am	Parent & Tot Skate 10:00 am - 11:00 am		Parent & Tot Skate 10:00 am - 11:00 am	
				Adult Shinny 12:15 pm - 1:30 pm		
Public Skate 2:00 pm - 3:30 pm		Youth Hockey 2:30 pm - 3:30 pm (7-13 yrs)		Public Skate 1:45 pm - 3:30 pm	Student Hockey 3:00 pm - 4:15 pm (14-18 yrs)	Public Skate 2:00 pm - 3:30 pm
		45+ Hockey 8:15 pm - 9:30 pm	Public Skate 5:45 pm - 7:00 pm		Family Hockey 4:30 pm - 5:30 pm	

*No public skate: Jan 11 - 12, Feb. 1 - 2, Mar. 8 - 9, 14 - 15.

**No casual hockey/shinny: Jan. 10, 31, Mar. 7, 13.

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

Dry Floor Rental:

Adult	\$41.50/hr
Youth	\$23/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*

Day Rate: \$323.50**

Commercial: \$83.25/hr*

**Maximum 10 hours

*Minimum 2 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-flourescent lighting options.

Not-for-profit: \$29/hr

Day Rate: \$178.50*

Commercial: \$45/hr

*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

Day Rate: \$129*

Commercial: \$28/hr

*Maximum 10 hours



LED MESSAGE BOARD

Our LED message board can help get your message out.

User Group Rates:

Daily	\$18
Weekly	\$99
Monthly	\$360

Commercial Rates:

Daily	\$20
Weekly	\$110
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.

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.lives210.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.

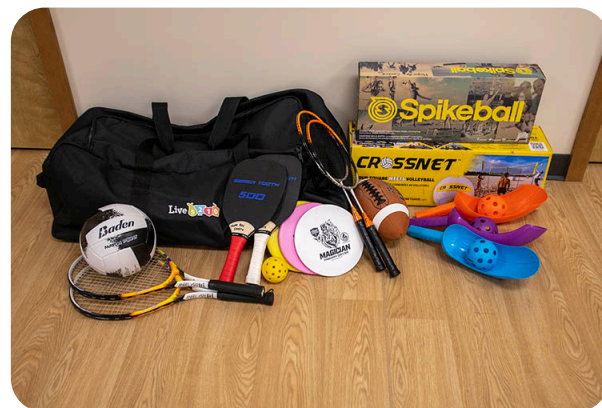
Some of the equipment that can be found in the Playboxes include skipping ropes, hula hoops, frisbees, basketballs, volleyballs, soccer balls, badminton and tennis racquets, pickleball paddles, disc golf discs, and more!



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

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.

ARENA

SKATING

PUBLIC SKATE

Age: All Ages

Open to all ages and skill levels, this session is perfect for family fun or practicing your skating skills. Helmets are recommended for safety. Skating only - no sticks allowed. All participants must get a wristband from the front desk.

Sa, Su	2:00 pm - 3:30 pm	Drop- in Fee
W	5:45 pm - 7:00 pm	
Th	1:45 pm - 3:30 pm	

PARENT & TOT SKATE

Age: All Ages

This special skate time is for parents and their little ones. It's a great way to introduce children to the ice in a safe, fun environment. Skating aids available. Skating only - no sticks allowed.

M,W,F	10:00 am - 11:00 am	Drop- in Fee
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ADULT SKATE

Age: 19 +

A quieter session designed for adults 19+, offering a relaxed environment to enjoy skating, whether you're a beginner or a seasoned skater. Skating only - no sticks allowed.

M,W,F	9:00 am - 10:00 am	Drop- in Fee
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Schedule subject to change without notice, please contact facility or check online for latest updates.

PRO - D - DAY SKATE

Age: All Ages

Skating only - no sticks allowed.

Fr Jan 31	10:00 am - 12:00 pm	Drop In Fee
Fr Feb 14	10:00 am - 12:00 pm	Drop In Fee



HOCKEY

ADULT SHINNY HOCKEY

Age: 19 +

For adults looking for a fun and informal hockey game, this drop-in session is non-competitive and a great way to stay active while enjoying the sport. Participants are required to wear a helmet and gloves.

Tu	10:00 am - 11:15 am	Drop- in Fee
Th	12:15 pm - 1:30 pm	

45 + DROP IN HOCKEY

Age: 45 +

Designed for players 45 and older, this drop-in session offers a friendly and recreational game of hockey with peers, focusing on fun, fitness, and skill-building. Full gear is required for those participating in casual hockey.

Tu	8:15 pm - 9:30 pm	\$10.00
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FAMILY CASUAL HOCKEY

Age: 5 +

Bring the whole family to this fun, informal hockey session! It's the perfect opportunity for family members of all ages to enjoy a non-competitive game of hockey together. Full gear is required for everyone participating. All children and youth must be accompanied on the ice by an adult.

Fr	4:30 pm - 5:30 pm	\$3.00
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STUDENT CASUAL HOCKEY

Age: 14 - 18

Drop-in non-contact hockey session for students. It's a great way to enjoy some friendly competition with peers, improve skills, and stay active. Open to all skill levels. Full gear is required for everyone. Guardian sign-in required.

Fr	3:00 pm - 4:15 pm	\$3.00
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YOUTH CASUAL HOCKEY

Age: 7 - 13

This drop-in, non-contact, session allows youth to play a friendly game of hockey in a relaxed environment. All skill levels are welcome. Full gear is required for everyone. Guardian sign-in required.

Tu	2:30 pm - 3:30 pm	\$3.00
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We kindly ask that payment and sign-in be completed at the front desk prior to entering the arena

CANCELLATION DATES

Public skate/Casual hockey/Shinny

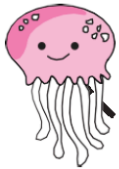
January 1, 10-12, 31 Feb. 1-2 & 17 March 7-9 & 13-15

AQUATICS

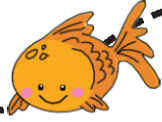
PARENT AND TOT LESSONS

Ages 4 months–3 years

Caregiver participation is required.
Progression is based on age.



Jellyfish
4–12 months



Goldfish
12–24 months



Seahorse
24 months–3 years

PRESCHOOL LESSONS

Ages 3–5 years

Progression is based on completion of level.



Octopus

- Blowing bubbles with face in water
- Front and back floats and glides with instructor help



Crab

- Front and back floats and glides with buoyant aid
- Roll-over floats
- 5 m back swim with buoyant aid



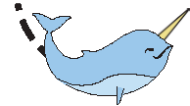
Orca

- Front, back and roll-over floats and glides
- 5 m swim on front and back



Sea Lion

- Basic front crawl and side glides
- Deep-water activities
- 7 m swim on front and back



Narwhal

- Deep-water swimming
- 5 m front and back crawl
- 4 x 5 m swim on back



Moving from Preschool to Swimmer Lessons

To advance to Swimmer Lessons, your child must be at least 5 years old on the first day of lessons. If they have completed Narwhal, they will advance to Swimmer 2. All other preschool swimmers will benefit from gaining more experience in Swimmer 1.

SWIMMER LESSONS

Progression is based on completion of level.



Swimmer 1 (5 years +)

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 5 m swim on front and back



Swimmer 2 (5 years +)

- Deep-water activities
- Front, back and side swims
- 10 m front and back crawl



Swimmer 3 (5 years +)

- Deep-water swimming
- Whip kick on back
- 15 m front and back crawl



Swimmer 4 (5 years +)

- Tread water for 1 minute
- Basic breaststroke
- 25 m front and back crawl
- Swim to Survive Standard



Swimmer 5 (5 years +)

- Eggbeater for 30 seconds
- 25 m breaststroke
- 50 m front and back crawl



Swimmer 6 (5 years +)

- 50 m breaststroke
- 100 m front and back crawl
- 300 m distance swim



Swimmer 7/Rookie Patrol (8–14 years)

- Front and back crawl and breaststroke mastery
- Lifesaving: victim recognition and ready position
- First Aid: primary assessment and calling EMS



Swimmer 8/Ranger Patrol (8–14 years)

- Eggbeater kick and object support
- First aid: obstructed airway, checking breathing and shock
- Removing conscious victim



Swimmer 9/Star Patrol (8–14 years)

- First aid: bone and joint injuries, asthma and allergic reactions
- Support and removal unconscious victim
- 300 m swim in 9 minutes

AQUATICS

SWIM LESSONS

PARENT & TOT 2 - GOLDFISH

Age: 1 - 2 yrs

Jan. 6 - Jan. 29 M, W 11:00 am - 11:30 am 8/\$45 7696

PARENT & TOT 3 - SEAHORSE

Age: 2 - 3 yrs

Feb. 10 - Mar. 10 M, W 10:30 am - 11:00 am 8/\$45 7702

PRESCHOOL 1 - OCTOPUS

Age: 3-6 yrs

Jan. 7 - Jan. 30 Tu, Th 4:15 pm - 4:45 pm 8/\$45 7692

Jan. 6 - Jan. 29 M, W 10:30 am - 11:00 am 8/\$45 7695

Feb. 10 - Mar. 10 M, W 11:30 am - 12:00 pm 8/\$45 7704

PRESCHOOL 2 - CRAB

Age: 3-6 yrs (completed Octopus)

Jan. 7 - Jan. 30 Tu, Th 4:15 pm - 4:45 pm 8/\$45 7693

PRESCHOOL 3 - ORCA

Age: 3-6 yrs (completed Crab)

Feb. 10 - Mar. 10 M, W 11:00 am - 11:30 am 8/\$45 7703

Jan. 11 - Mar. 1 Sa 11:00 am - 11:30 am 8/\$45 7706

PRESCHOOL 4 - SEA LION

Age: 3-6 yrs (completed Orca)

Jan. 6 - Jan. 29 M, W 11:30 am - 12:00 pm 8/\$45 7697

Feb. 11 - Mar. 6 Tu, Th 4:15 pm - 4:45 pm 8/\$45 7700

PRESCHOOL 5 - NARWHAL

Age: 3-6 yrs (completed Sea Lion)

Jan. 6 - Jan. 29 M, W 11:30 am - 12:00 pm 8/\$45 7698

SWIMMER 1

Age: 5 - 13 yrs

Jan. 7 - Jan. 30 Tu, Th 4:15 pm - 4:45 pm 8/\$45 7694

Jan. 11 - Mar. 1 Sa 11:30 am - 12:00 pm 8/\$45 7707

SWIMMER 2

Age: 5 - 13 yrs

Jan 11. - Mar. 1 Sa 10:30 am - 11:00 am 8/\$45 7705

Feb 11. - Mar. 6 Tu, Th 4:45 pm - 5:15 pm 8/\$45 7701

SWIMMER 4

Age: 5 - 13 yrs

Jan. 7 - Jan. 30 Tu, Th 3:30 pm - 4:15 pm 8/\$60 7690

SWIMMER 5

Age: 5 - 13 yrs

Jan. 7 - Jan. 30 Tu, Th 3:30 pm - 4:15 pm 8/\$60 7691

SWIMMER 6

Age: 5 - 13 yrs

Feb. 11 - Mar. 6 Tu, Th 3:30 pm - 4:15 pm 8/\$60 7699

FREE SWIM ASSESSMENTS

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



ADULT SWIM LESSONS

Age: 18 +

Jan. 7 - Jan. 30 Tu, Th 6:30 pm - 7:00 pm 8/\$60 7708

Feb. 11 - Mar. 6 Tu, Th 6:30 pm - 7:00 pm 8/\$60 7709

BRONZE CROSS

Age: 13 +

Bronze Cross transitions from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply 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.

Pre-requisite Bronze Medallion

Feb. 7 - Feb. 10 F & M 4:00 pm - 8:00 pm 4/\$120 7774
F-M Sa & Su 9:00 am - 5:30 pm

SWIMMING SAFETY

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

SPRING BREAK LESSONS

PRESCHOOL 2 - CRAB

Age: 3-6 yrs (completed Octopus)

Mar. 17 - Mar. 27 M-Th 10:30 am - 11:00 am 8/\$45 7788

SWIMMER 1

Age: 5 - 13 yrs

Mar. 17 - Mar. 27 M-Th 10:00 am - 10:30 am 8/\$45 7787

SWIMMER 2

Age: 5 - 13 yrs

Mar. 17 - Mar. 27 M-Th 11:00 am - 11:30 am 8/\$45 7789

SWIMMER 4

Age: 5 - 13 yrs

Mar. 17 - Mar. 27 M-Th 11:30 am - 12:15 pm 8/\$45 7790

FIRST AID COURSES



CPR/AED LEVEL C

Age: 13 +

The CPR-C course provides comprehensive training to recognize and respond to emergencies, including cardiovascular issues like heart attacks and strokes, and choking incidents in adults, children, and infants. It covers essential skills such as the recovery position, administering CPR and using an AED, assisting with medications, and managing deadly bleeding.

Mar. 1 Sa 9:00 am - 2:30 pm \$75 7754

RECERTIFICATION CPR/AED LEVEL C

Age: 13 +

The CPR-C recertification course reviews key Red Cross skills, including emergency response, airway management, CPR for all ages, and AED use. Participants must bring a valid First Aid certificate for the recertification level. Participants must hold a current First Aid Certificate for the Recertification on level they are taking (Before it Expires). A copy of the certification must be brought to class.

Mar. 15 Sa 9:00 am - 12:30 pm \$75 7755

EMERGENCY FIRST AID & CPR/AED LEVEL C

Age: 13 +

The Canadian Red Cross offers a one-day First Aid and CPR course that provides essential emergency medical care techniques. Participants will learn about the Red Cross, the EMS system, airway emergencies, breathing and circulation issues, first aid for respiratory and cardiac arrest, and wound care.

Mar. 1 Sa 9:00 am - 5:00 pm \$80 7752

RECERTIFICATION EMERGENCY FIRST AID & CPR/AED LEVEL C

Age: 13 +

This course reviews key Red Cross skills, including CPR-C, airway and breathing emergencies, AED use, and choking response for all ages. Participants must hold a current First Aid Certificate for the Recertification on level they are taking (Before it Expires). A copy of the certification must be brought to class.

Mar. 15 Sa 9:00 am - 3:30 pm \$80 7756

STANDARD FIRST AID & CPR/AED LEVEL C

Age: 13 +

A two-day Red Cross course offering essential first aid and CPR skills, covering topics such as the EMS system, airway emergencies, breathing and circulation issues, wound care, and response to respiratory and cardiac arrest. Ideal for those needing training for work or personal emergency preparedness.

Mar. 1 - Mar. 2 Sa,Su 9:00 am - 5:00 pm \$150 7753

RECERTIFICATION STANDARD FIRST AID & CPR/AED LEVEL C

Age: 13 +

The Standard First Aid recertification includes all CPR-C and Emergency First Aid content, plus advanced topics like head and spine injuries, joint injuries, sudden medical emergencies, environmental hazards, and poisons. Participants must hold a current First Aid Certificate for the Recertification on level they are taking (Before it Expires). A copy of the certification must be brought to class.

Mar. 15 Sa 9:00 am - 5:00 pm \$150 7757

CAMPS



PRO - D - DAZE

Age: 5-12

Looking for a fun way to spend the day off school? Our Pro D Day Camp is packed with exciting activities like games, crafts, and sports designed to keep kids active and engaged. With a variety of hands-on projects and group challenges, children will have a blast while making new friends in a safe and supervised environment. Be sure to bring a lunch and a water bottle for a day full of fun! These camps will participate in both swimming and skating so be sure to pack warm clothes for the rink and a swimsuit and towel for the pool!

Jan. 31	Fr	8:30 am - 5:00 pm	\$29.50	<u>7760</u>
Feb. 14	Fr	8:30 am - 5:00 am	\$29.50	<u>7761</u>

SPRINGIN' IT

Ages: 5-12

Whether your child enjoys creative projects, friendly competitions, or simply burning off energy, our camp has something for everyone. Each day is packed with a variety of engaging activities, including sports, team games, creative crafts, themed challenges, and swimming that will keep kids active and entertained all day long. Our camps offer a safe and fun environment where they can develop new skills, build confidence, and make lasting friendships. Sign up for a single day or the whole week for maximum fun! Please pack a lunch, water bottle, swimsuit, towel, and dress for a full day of excitement.

Mar. 17 - Mar. 21	8:30 am - 5:00 pm	<u>7773</u>
Mar. 23 - Mar. 28	\$29.50 /day	\$118/week

ONE DAY WONDERS



EVENTS

BC FAMILY DAY

Age: All

Join us for a free family skate and swim!

Feb. 17 M 12:00 pm - 4:00 pm Free

ADULTS NIGHT OUT

SCRAPBOOKING SESSION

Age: 18 +

Join us for a fun and creative evening dedicated to capturing your memories! Bring your own scrapbook, personal photos, and mementos to create meaningful and beautiful pages. We'll provide all the textures, stickers, ribbons, and decorative supplies you need to enhance your designs. Whether you're an experienced scrapbooker or new to the craft, this is a perfect opportunity to unwind and get creative.

Feb. 8 Sa 5:00 pm - 7:00 pm \$20 7750



DIY YOUR OWN CANDLE

Age: 18 +

Whether you're looking for a fun night out with friends or a unique date idea, this workshop will guide you through the art of candle making. Choose from a variety of fragrances, colors, and candle types to create your personalized candles.

Mar. 8 Sa 5:00 pm - 7:00 pm \$20 7758



KIDS NIGHT OUT

MOVIE NIGHT

Age: 5- 12

We'll be screening a movie that kids will love, with popcorn provided. Bring your blankets, pillows, and favorite stuffed animals to get cozy!

Feb. 22 Sa 5:00 pm - 7:00 pm \$5 7746

MAD SCIENCE LAB

Age: 5- 12

This event is perfect for young scientists eager to explore science through exciting experiments and hands-on activities. From bubbling potions to fizzy reactions, kids will enjoy creating their own science projects.

Mar. 15 Sa 5:00 pm - 7:00 pm \$10 7747



TEENS NIGHT OUT

MOVIE NIGHT

Age: 13 - 18

We'll be showing a popular flick on the big screen with snacks to enjoy. Kick back and, bring your favorite cozy gear, and enjoy a night of fun and laughs with your crew

Mar. 1 Sa 6:00 pm - 8:00 pm \$5 7748

MYSTERY CHALLENGE

Age: 13 - 18

Looking for a night full of intrigue? Join our Teens Night Out and team up to solve a thrilling murder mystery! Fun, excitement, and teamwork await!

Feb. 1 Sa 5:00 pm - 7:00 pm \$5 7749

EARLY YEARS

ACTIVE

PARENT & TOT GYMNASTICS

Age: 0 - 2

This parent involvement program is for children walking age to 2 years and will introduce them to fundamental movements through circuits, and exploration. Lead by the Chilliwack Gymnastics Club.

Jan. 10 - Feb. 7 Fr 4:00 pm - 4:45 pm 4/\$60 7775
Feb. 14 - Mar. 7 Fr 4:00 pm - 4:45 pm 4/\$60 7776

KINDERGYM

Age: 3 - 5

Through games and circuits we build up our fundamental movements and start to gain the strength needed to expand our gymnastics skills. Each week mini gymnasts practice their balance, flexibility, and strength. Lead by the Chilliwack Gymnastics Club.

Jan. 10 - Feb. 7 Fr 5:00 pm - 6:00 pm 4/\$75 7777
Feb. 14 - Mar. 7 Fr 5:00 pm - 6:00 pm 4/\$75 7778

ALL SORTS OF SPORTS

Age: 3 - 5

Introduce your kiddos to a variety of sports and fundamental movements. Each week try an exciting new sport your tot can try in a fun, safe, atmosphere. Parent participation may be required.

Feb. 16 - Mar. 16 Su 11:00 am - 12:00 pm 4/\$20 7729

*There will be no session Mar. 2

HOBBIES

LIL' BAKERS

Age: 3 - 5

Get ready to measure, mix, and bake up some fun in this hands-on baking class! Enter the world of culinary adventures as you discover essential baking skills that will make you a kitchen superstar. Parent participation may be required.

Feb. 12 - Mar. 5 W 4:00 pm - 5:00 pm 4/\$30 7732

LITTLE EINSTEIN

Age: 3 - 5

It's messy, goopy, slimy, and bubbling over with FUN! From creating fizzing reactions to experimenting with forces of nature, every session encourages curiosity and creativity. Parent participation may be required.

Jan. 12 - Feb. 2 Su 4:30 pm - 5:30 pm 4/\$30 7730

MESSY HANDS

Age: 3 - 5

Dive into a world of textures and sensory exploration through art. From squishy paints and soft fabrics, each session invites little ones to discover different materials while creating their own masterpieces. This class encourages hands-on creativity, fine motor skills, and sensory development. Parent participation may be required.

Jan. 11 - Feb. 1 Sa 10:00 am - 11:00 am 4/\$30 7731



BIRTHDAY PARTIES



SKATE & CELEBRATE

Celebrate your birthday with an exhilarating skating party! Your celebration includes one hour in the party room, followed by 1.5 hours of skating. You'll have access to the room half an hour before the party to set up. A Recreation Assistant will be on hand to support with setup, manage the timeline, and help get everyone on the ice.

Child skate admissions and rentals are included; adults must pay for rentals if needed. One adult receives free admission for every three kids. All children 7 years old or younger must wear a helmet.

Saturday & Sunday options

Packages:

- 1-12 kids: \$90
- 13-16 kids: \$120
- 17-24 kids: \$150

Timeline:

Party Room from 1:00 pm - 2:00 pm
Skate from 2:00 pm - 3:30 pm

SPLASH BIRTHDAY BASH



Celebrate your birthday with an exciting swim party! Your celebration includes one hour in the party room, followed by swimming. You'll have access to the party room half an hour before the scheduled time to set up. A Recreation Assistant will be on hand to help with setup, manage the timeline, and ensure everyone gets ready for the pool.

Child swim admissions are included; adults must pay for their admission if they plan to swim. All children under 7 years old must be accompanied by an adult in the water.

Saturday & Sunday options

Packages:

- 1-12 kids: \$60
- 13-16 kids: \$80
- 17-24 kids: \$120

Timeline:

Party Room from 1:00 pm - 2:00 pm
Swim from 2:00 pm

Decorations and food are permitted in the party room. Please ensure you remove decorations and clean up at the end of your time in the party room.

CHILDREN

HOBBIES

JR. BAKERS

Age: 6 - 12



Get ready for a fun-filled kitchen adventure! In this class, you'll learn essential kitchen skills like measuring, mixing, and decorating. You'll explore different recipes, experiment with flavors, and create delicious dishes to enjoy and share with others.

Jan. 8 - Jan. 29 W 4:15 pm - 5:15 pm 4/\$30 7735

ART ATTACK

Age: 6 - 12



Unleash your inner artist! Explore techniques in painting, drawing, and mixed media. Each session dives into artistic styles and skills, helping participants refine their craft while expressing their creativity.

Feb. 11 - Mar. 4 Tu 5:30 pm - 6:30 pm 4/\$30 7733

MAD SCIENTIST

Age: 6 - 12

Become a science wizard in this exciting class where older kids will take on advanced experiments and challenges! From building lava lamps to creating chemical reactions, each session will push scientific curiosity to new heights.

Jan. 12 - Feb. 2 Su 5:30 pm - 6:30 pm 4/\$30 7734

TRIVIA CLUB

Age: 6 - 12



Calling all curious minds! Put your knowledge to the test in a fun, interactive environment. Each week, participants will compete in team-based trivia challenges covering a variety of exciting topics like animals, space, history, and more!

Jan. 7 - Jan. 28 Tu 5:00 pm - 6:00 pm 4/\$20 7736

LEARNING

HOME ALONE COURSE

Age: 10 +

Designed to provide children with the necessary skills and knowledge to be safe and responsible when home alone. Understand how to prevent problems, handle real-life situations, and keep safe and occupied. Certificate upon completion.

Jan. 18 Sa 4:30 pm - 7:30 pm 1/\$10 7737

ACTIVE

YOUTH KARATE

Age: 9 - 12

The first rule of Karate, "Seek perfection of character." In this traditional Karate training, youth will focus on individual growth, coordination, concentration and achieving goals. Building a strong mind and body through traditional Karate training will prepare them for the world ahead. A Karate gi will be required and can be purchased through Sensi. Please inquire for further info.

Held at Silver Creek Elementary

Jan. 7 - Jan. 30 Tu,Th 6:00 pm - 7:00 pm 8/\$75 7783

Feb. 4 - Feb. 27 Tu,Th 6:00 pm - 7:00 pm 8/\$75 7784

GYMNASTICS

This class is for beginner and intermediate gymnasts looking to learn the basics of handstands, rolls, and cartwheels or those working to refine the skills they already know. Lead by the Chilliwack Gymnastics Club.

Age: 5 - 8

Jan. 10 - Feb. 7 Fr 6:00 pm - 7:00 pm 4/\$100 7779

Feb. 14 - Mar. 7 Fr 6:00 pm - 7:00 pm 4/\$100 7780

Age: 9 +

Jan. 10 - Feb. 7 Fr 7:00 pm - 8:00 pm 4/\$100 7781

Feb. 14 - Mar. 7 Fr 7:00 pm - 8:00 pm 4/\$100 7782



BABYSITTERS COURSE

Age: 12 +

The Canadian Red Cross Babysitting course covers everything from managing difficult behaviors to essential leadership skills and professional conduct as a babysitter. Please bring a lunch and pen. Certificate upon completion.

Jan. 25 - 26 Sa, Su 4:00 pm - 9:00 pm 1/\$65 7738

TEENS AND ADULTS

ACTIVE

DROP IN PICKLEBALL

Age: 18 +

Stop by for a great session of pickleball with others in the community. It's an awesome place to practice skills and enjoy good company.

Jan. 6 - Mar. 14 M,F* 6:00 pm - 8:00 pm Drop In Fee

**Mondays will be held at Silver Creek Elementary*

**Fridays will be held at Coquihalla Elementary*

Note: No session Jan. 31, Feb. 14 & 17.

LEARN TO PLAY PICKLEBALL

Age: 18 +

Looking to try something new? Want to improve your skills? On a designated beginners court come learn to play Pickleball with one of our skilled recreation leaders. Held at Silver Creek Elementary.

Jan. 6 - Mar. 10 M 6:00 pm - 7:00 pm Drop In Fee

Note: No session Feb. 17.

ADULT KARATE

Age: 13 +

"Way of Empty Hand" - Beginner and intermediate traditional Karate training for fun, fitness and sport. In a supportive environment, our goals are to build your coordination, concentration and self control. During this intensified program, your practice of Kata (forms) with real world application will help build a healthy body, proper posture, self esteem and confidence.

A Karate gi will be required and can be purchased through Sensi. Please inquire for further info.

TBD Tu,Th 7:00pm - 8:30pm 8/\$90 7786

HOBBIES

COOKING BASICS



Age: 13-18

This hands-on program is designed for teens who want to gain confidence in the kitchen. Participants will learn essential cooking techniques, kitchen safety, and how to create easy meals using simple, fresh ingredients. Each class will focus on a different meal or snack, ranging from breakfast dishes to quick dinners and tasty desserts.

Jan. 6 - Jan. 27 M 4:00 pm - 5:00 pm 4/\$40 7741

TEEN ART LAB



Age: 13-18

Create amazing masterpieces while exploring different techniques including painting, oil pastels, and watercolors. Discover the unique characteristics of each medium and unleash your inner artist with every stroke.

Feb. 11 - Mar. 4 Tu 7:00 pm - 8:00 pm 4/\$30 7739

CREATIVE WRITING



Age: 15 +

Through guided writing prompts, group discussions, and constructive feedback, participants will explore character development, world-building, and storytelling techniques. No previous writing experience is necessary, just a passion for creativity!

Jan. 7 - Jan. 28 Tu 6:30 pm - 7:30 pm 4/\$20 7740



FITNESS

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 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 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.

CARDIO, STRENGTH & CORE

CARDIO KICKBOX

Age: 16 yrs +

3 4

Join our dynamic Cardio Kickboxing class for an exhilarating, full-body workout that combines high-energy cardio with techniques. Focus on improving cardiovascular endurance, strength, coordination and flexibility.

W 5:30 pm - 6:30 pm \$5/class 7717

TRX

Age: 16 yrs +

2 3 4

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 7:00 pm - 8:00 pm \$5/class 7721

STRENGTH & CORE

Age: 16 yrs +

2 3 4

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. Excellent for building bone mass to help prevent osteoporosis. Participants will use a variety of equipment throughout the class.

Tu, Th 12:00 pm - 12:45 pm \$5/class 7722

FITNESS EXPRESS

Age: 16 yrs +

2 3 4

This session combines cardio and strength training for a full-body burn that targets every muscle group. Whether you're looking to build strength, improve endurance, or just get a great sweat on, Fitness Express is designed to give you maximum results in minimal time.

M,W,F 12:00 pm - 1:00 pm \$5/class 7715



SPIN

SPIN EXPRESS

Age: 16 yrs +

3 4

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. Spaces are limited.

Th 5:45 pm - 6:30 pm \$5/class 7724

SPIN

Age: 16 yrs +

3 4

Keep motivated with flats, uphill and sprints to help you stay focused for 1 hour. Bring water and a towel. Spaces are limited.

M 5:30 pm - 6:30 pm \$5/class 7723

FITNESS



YOGA

YOGA LITE

Age: 16 yrs +

1 2

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 9:00 am - 10:00 am \$5/class 7718

FLOW YOGA

Age: 16 yrs +

1 2 3 4

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 7:00 pm - 8:00 pm \$5/class 7719

SLOW YOGA

Age: 16 yrs +

1 2 3 4

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 cooldown for a better mind-body-soul connection.

Th 7:00 pm - 8:00 pm \$5/class 7720

CHAIR YOGA

Age: 16 yrs +

NEW 1 2

Traditional yoga classes can be difficult for some. However, in this class you will get the same benefits of increased circulation, balance, flexibility, and strength using a chair. This class is recommended for those with arthritis, osteoporosis, cancer (in recovery) rehabilitation, knee and other mobility issues.

Tu 1:30 pm - 2:15 pm \$5/class 7726

GENTLE EXERCISE

FOREVER FIT

Age: 16 yrs +

1 2

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 10:30 am - 11:30 am \$5/class 7716

SEATED ZUMBA GOLD

Age: 16 yrs +

1 2

Seated Zumba Gold is a 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 suite a sitting position.

Tu, Th 10:30 am - 11:15 am \$5/class 7714



FITNESS

DANCE FITNESS

ZUMBA

Age: 16 yrs +

3 4

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 \$5/class 7713

ZUMBA GOLD

Age: 16 yrs +

1 2

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 9:15 am - 10:00 am \$5/class 7712

AQUAFIT

BLENDED AQUAFIT

Age: 16 yrs +

1 2 3

This combination class is conducted in both the shallow end and the deep end of the pool with floatation belts to help keep you buoyant while exercising to some groovy tunes. Aquafit is a great way to improve both your cardiovascular and muscular endurance.

M,W,F 1:30 pm - 2:30 pm Drop In Fee 7711



GYM ORIENTATION & PERSONAL TRAINING

GYM ORIENTATION

Age: 13 yrs +

We understand that it can feel intimidating going to a new gym or using new equipment. That's why we offer a free gym orientation to all new gym users.

Call us at 604-869-2304 to book an orientation.

PERSONAL TRAINING

Age: 13 yrs +

Personal training provides a 1-hour private or semi-private session with a registered fitness trainers 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

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

Clients will be charged for missed sessions with less than 72-hours notice. Cancellation charge will be equivalent to cost of one full session.

TEEN PROGRAMS

TEEN GYM

Age: 13 - 15 yrs

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 - 5:30 pm

\$5/class

Sa

1:00 pm - 4:00 pm

\$5/class

FITNESS CLASS ETIQUETTE

Please arrive at least 5 minutes before classes, no admittance for late arrivals.

Wear proper workout attire.

Bring a water bottle & towel.

COME WORK WITH US!



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



Fitness Attendant



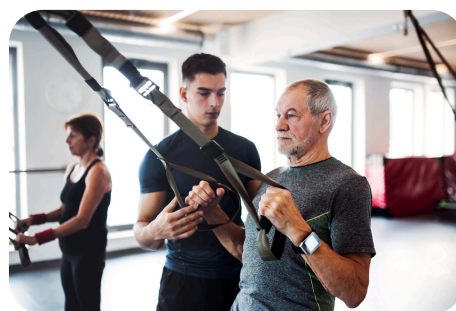
Facility Operator



Lifeguard



Recreation Assistant



Fitness Instructor



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