

FUN GUIDE

SPRING 2025



Kids Fishing Derby
information page 13



Online Registration begins MONDAY MARCH 10 at 6:30am

REGISTRATION INFORMATION

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SASCU Recreation Centre
250-832-4044 • 2550 10th Ave NE

FACILITY BOOKING
Parks/fields/SASCU Recreation Centre
rscott@salmonarmrecreation.ca

SWIMMING POOL
kmcallearen@salmonarmrecreation.ca

ROGERS RINK
250-832-4044 • 2600 10th Ave NE

ROGERS RINK ice rinks/rooms
cdeboer@salmonarmrecreation.ca

www.salmonarmrecreation.ca

Don't wait to register

Sometimes great programs are canceled if people wait until the last minute to register. Please register early to avoid disappointment. Programs with insufficient registration will be canceled one week prior to the start date. A full refund will be given to any participant registered in a canceled program.

Salmon Arm Recreation Refund Policy

A full refund will be issued for canceled programs and lessons. Please allow 3 weeks for processing and mailing of a refund cheque.

All program or lesson refund requests are subject to a minimum \$10 administration fee. Refunds will be issued if request is received a minimum of 48 hours prior to the program start; the administration fee will apply. Refunds received less than 48 hours prior to the program start and up to the second session will result in a refund based on:

- Deductions for the first class or any class attended
- Non-refundable program costs (program supplies)
- Administration fee will apply

No refunds issued for requests received after the second date of a program. Medical refund requests must be accompanied by a valid doctor's note.



Online registration begins 6:30 am Monday March 10, 2025



REGISTRATION INFORMATION

Salmon Arm Recreation is trying something **NEW!!**

After careful consideration, listening to customer feedback, and aligning with common practice in other communities, Salmon Arm Recreation will be running a pilot program for Monday/Wednesday morning lesson starting this spring.

This spring, our **mid-week morning** lessons will be offered once-a-week on either **Monday's OR Wednesday's**, rather than twice a week, allowing for increased swim lesson opportunities and better scheduling abilities.

Starting in April, we will have lessons four times a week, Monday mornings, Wednesday mornings, Monday/Wednesday afternoons and Saturday mornings. These sessions will roll out in our Spring registration and start right after Spring Break.

Please let us know if you have any questions about this change so that we can ensure a smooth transition for all this spring.

Online Registration System

All Program Registration is now being done by our patrons through our Online Registration Module available on the Home Page of our Website: www.salmonarmrecreation.ca.

If you have registered yourself or family members for activities such as swim lessons in the past few years, you will likely already have an account. Please do not set up a second account. Should you be unable to access our online services, cannot remember your password, or are uncertain as to whether you have an existing account, please call our reception staff at the number shown below and they will assist you.

If you do not have an account set up as of yet, go to our website and select the Online Registration icon on the home page. Once logged in, follow the prompts to create a new client and add family members to set up your family account.

The system will ask for the following information in order to set up an account for you: full name of primary account holder, email address, phone number, date of birth and address. You will then receive an email with a temporary password, and the system will direct you to set up your own password when you login.

You are now ready to register for programs offered by the Salmon Arm Recreation Centre & Rogers Rink.

For further information or assistance with this process, please feel free to contact Salmon Arm Recreation Staff for assistance at: 250-832-4044 ext. 101



CHILD & YOUTH PROGRAMS

KIDS SPRING BREAK CAMP
\$240/week
 (6-12 years old)

It's BACK! The most fun your kids will have this spring break!

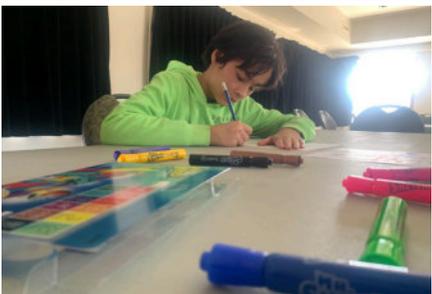
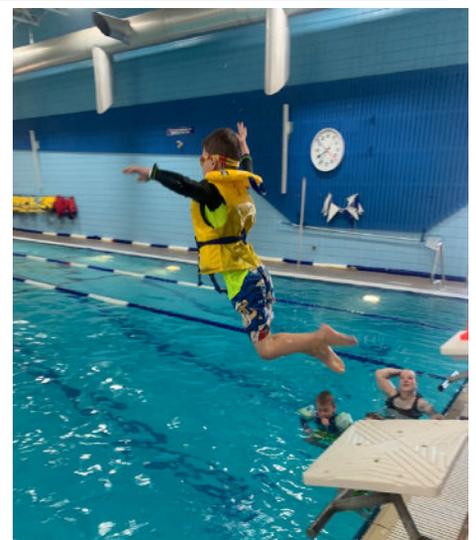
These 5 day camps during Spring Break are diverse full-day schedules of activities!
 Play group games and sports.
 Go hiking and swimming every day.
 Do art and crafts and so much more.

Join us for these dynamic weeks this spring! This camp will visit the swimming pool, recreation center as well as nearby parks, courts and playgrounds.

March 17-21/March 24-28

Drop off Little Mountain Field House
 Pick up Recreation Centre Auditorium
 8:30am-3:30pm

*limited space for 6 year olds



SUMMER CAMP REGISTRATION OPENS APRIL 1

SUMMER CAMP DATES

- July 7-11
- July 14-18
- July 21-25
- July 28-August 1
- August 11-15
- August 18-22

Drop off Little Mountain Field House
 Pick up Recreation Centre Auditorium
 8:30am-3:30pm
 Pre and post care available

\$240/week
 (6-12 year old)

*limited space for 6 year olds





CHILD & YOUTH PROGRAMS

SAFE AT HOME, SAFE ALONE

\$24/1 session

(9-12 years old)

Learn about basic safety and how to stay safe when you are unattended at home. First aid, fire, internet, phone and personal safety are some of the topics covered. Parents are welcome to attend but not required. Best suited for kids ready to stay home alone.

SASCU Recreation Centre Room 2

6-8pm

Sessions:

A April 12—10am-12pm

B May 15—6-8pm

C June 10—6-8pm

(includes work booklet)



RED CROSS BABYSITTERS COURSE

\$120/course + \$10.50 for book

(11+ years old)

Learn how to take care of infants, toddlers, and children safely. This includes first aid, diapering, disciplining and what to do in case of emergency.

SASCU Recreation Centre Room 2

5 Week course

WEDNESDAYS 6-8pm

April 9-May 7

2 day course

SATURDAY/SUNDAY 9am-2pm

June 7/8



LASER TAG POPCORN & FUN

\$12/Participant

(7-14 years old)

Laser tag popcorn and a pop, we supply the laser tag equipment you be ready for the fun!

SASCU Recreation Centre Room Gym

April 11 & May 30

7-10 year olds 5:30-6:30pm

10-12 year olds 6:45-7:45pm

12-14 year olds 8-9pm



CHILD & YOUTH PROGRAMS

MOTORING MUNCHKINS

FREE

(0-5 years old)

This drop in program is designed for parents who have children at various stages of growth and development. Activities are arranged to enhance physical, and social development with an area for those children who are not yet motoring. If bringing a snack, please choose nut-free products.

Parent participation required.

SASCU Recreation Centre Auditorium
Monday & Wednesdays 9-11am
March 31-May 14

FREE Thanks to the Shuswap Children's Association and the Ministry of Children and Families

***EXCLUSION DATES ON OUR WEBSITE**

***Schedules are subject to change without notice**

***Parent participation required in some programs**

TODDLER & ME SOCIAL

\$2 Drop in

(Parents, Caregivers kids 5 and under)

Every Friday from 10:30am-12pm bring your littles (5 and under) to work on a craft while you socialize and have a hot coffee with other Moms, Dads and caregivers. An adult leader will be there to help your child with the craft, of course your help may also be required! No need to register just drop in when you can.

SASCU Recreation Centre Room 2
Fridays 10:30am-12pm
April 4-May 16



TINY DANCERS Intro to Dance

\$54/6 sessions

(3.5-6 years old)

This beginners class is all about fun and learning what dance is all about. Our talented instructor Jennifer will teach the FUNdamentals of dance with musicality, imagination, and movement. Jennifer Hansen, RAD RTS, AAC1, CDTA has taught dance for over 20 years and is a certified dance instructor in Ballet, Jazz, and Acrobatics.

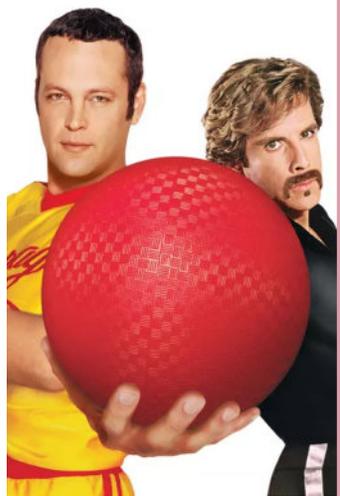
SASCU Recreation Centre Room 1
Thursdays 9-9:30 am
April 3-May 8

YOUTH DODGEBALL LEAGUE

\$160/team

Kids in grades 9-12

Recreational Dodgeball league for kids in grades 9-12. 8 players/team must have 3 female team members. Weekly round robin play. Season end tournament the last week.



SASCU Recreation Gym
Thursdays 6-8pm
April 17-June 5



ADULT & SENIOR PROGRAMS

CHOOSE TO MOVE

FREE

(65+ years)

The Choose to Move program provides adults 65 years and older with a certified activity coach to develop a personalized physical activity plan. Choose to Move is a 3 month program that includes classroom sessions, along with additional coaching through telephone follow up sessions.

There will be a mandatory information session on Tuesday, April 15 at 9am to determine if this program is right for you.

SASCU Recreation Centre Room 1
Tuesdays 9-10 am
April 15-July 22

ACTIVAGE

FREE

(65+ years)

This active program for adults 65 years and older will work on balance, co-ordination, strength, and overall movement skills.

Participants must be able to walk 100 feet with or without assistance of a walker or cane, can easily lift in and out of a chair. Exercising will be done in and out of a chair. All participants must have a completed "Get Active" form.

SASCU Recreation Centre Room 1
Tuesdays 10:30-11:30 am
April 22-July 22

Choose to Move & Active Age Funding from the Government of British Columbia and Shuswap Recreation Society

CHAIR TO MAT YOGA

\$110/10 sessions

(16+ years)

CHAIR TO MAT YOGA is gentle yoga to loosen and stretch painful muscles, reduce stress, and improve circulation. Brandi will slowly progress from using only a chair to a mat/chair combination. Participants must be able to lift ones self off the floor assisted only by the chair.

Yoga is an excellent way to loosen and stretch painful muscles, reduce stress, and improve circulation.

SASCU Recreation Centre Room 1
Thursdays
April 3-June 5
10-11 am
Drop in for \$13/class

Join Brandi for gentle yoga with modifications or the aid of a chair if you need it.

COUPLES DANCE LESSONS

\$111/couple/6 sessions

(16+ years)

Join the popular Jens Goerner from City Dance to take you from a beginner to an accomplished dancer in a fun, relaxed and professional atmosphere. You will learn a wide range of International and American dance styles. Must register in couples

Little Mountain Field House
Mondays April 7-May 12

Beginner Ballroom
5:30 – 6:30 pm

Beginner Latin
6:30 - 7:30 pm



These classes are for dancers of all levels.

CHILD & Adult DROP IN SPORTS

ADULT DROP IN SPORTS(16+)

STUDENT 16+ \$4.75 ADULT 19+ \$5.75 SENIOR 60+ \$4.75

March 31-June 30

BASKETBALL	BADMINTON	PICKLEBALL	SOCCER/FUTSAL	TABLE TENNIS
Mondays 8-10pm 5 on 5 Game	Tues/Thurs 8-10am Round Robin	Sun- Fri Multiple Times Round Robin	Tuesdays 8-10pm 5 on 5 Game	Sun/Mon/Tue Multiple Time Games
Teams made when people arrive. Pay at the pool front desk and head to the Gym. All ability levels welcome.	2 on 2 round robin games. Come as a single get paired up and play everyone else. All ability levels welcome.	THIS IS NOT PICKLEBALL CLUB. Choose the level you feel comfortable playing. Check the schedule for times. 19 max players	Futsal style game played with smaller heavier ball, no walls. All ability levels. 20 Maximum participants	SUNDAY Drop in league MONDAY Drop in league TUESDAY Drop in league

Schedules subject to change, exclusion dates can be found on our website FUTSAL & PICKLEBALL ENDS APRIL 15

YOUTH DROP IN SPORTS(9-18 years)

CHILD (9-12) \$3.50

STUDENT (13-18) \$4.75

APRIL 16-June 30

BASKETBALL	VOLLEYBALL
Mon/Wed 9-11 YO 4:30-6pm 11-14 YO 3-4:30pm 14-18 YO 6-7:30pm	Thursday 11-18 YO 4-5:30pm

FLOOR HOCKEY
Tuesday 9-11 YO 4:30-6pm 11-14 YO 3-4:30pm 14-18 YO 6-7:30pm

PRO D DAY PASS

\$8/\$10 - Child/Student

(9+ years old)

April 7 & May 5

What are the kids going to do on pro d days... look no further! Drop them off at the recreation centre for a day of fun. This is not a camp but we have 2 drop in activities and public swim to fill their day! Come for the day or just one activity, the choice is yours. Leaders on site to supervise drop in, public swim life guards on duty, no direct supervision.

ACTIVITY	TIME	CHILD	STUDENT
Arts & Crafts	10-11:30am	\$2	\$2
Drop in Gym Sport	11:30am-1pm	\$3.50	\$4.75
Public Swim	1-4pm	\$4.50	\$5.50
ALL ACTIVITIES	10am-4pm	\$8	\$10

*children must be able to swim without an adult to participate



AUDITORIUM SCHEDULE

Auditorium Sport Schedule						
March 31-April 14						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Badminton 8-10am		Badminton 8-10a			
Motoring Munchkins 9-11am	PRIVATE BOOKING 10-10:25am	Motoring Munchkins 9-11am	PRIVATE BOOKING 10-10:25am	Pickleball Recreational 9-11am		
	Pickleball Recreational 10:30am-12:30pm		Pickleball Competition 10:30am-12:30pm	Pickleball Competition 11:30am-1:30pm		
Pickleball Advanced 1-3pm	Pickleball Advanced 1-3pm	Pickleball Recreational 1-3pm	Pickleball Advanced 1-3pm			Pickleball Comp/Adv 12:30-2:30pm
Pickleball Competition 3:15-5:15pm	PRIVATE BOOKING 3:30-7:30pm	PRIVATE BOOKING 3:30-5:30pm	PRIVATE BOOKING 3:30-5:30pm	Private Booking 3-4pm		Pickleball Recreational 2:45-4:45pm
PRIVATE BOOKING 5:30-7:30pm						
Adult Drop in Basketball 8-10:pm	Adult Drop in Soccer 8-10pm					
EVERYONE WELCOME AT PICKLEBALL LEVELS ARE JUST A GUIDE THIS IS DROP IN NOT PICKLEBALL CLUB		*To maximize playing time Pickleball is Round Robin Play *All programs are subject to change and cancellation without notice *All Drop in programs are unsupervised				

Auditorium Sport Schedule						
April 15-June 30						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Badminton 8-10am		Badminton 8-10a			
Motoring Munchkins 9-11am	PRIVATE BOOKING 10-10:25am	Motoring Munchkins 9-11am	PRIVATE BOOKING 10-10:25am			
				PRIVATE BOOKING 3-4pm		
Youth Drop In Basketball 3-4:30pm	Youth Drop In Floor Hockey 3-4:30pm	Youth Drop In Basketball 3-4:30pm	Drop In Youth Volleyball 4-5:30pm			
Child Drop In Basketball 4:30-6pm	Child Drop In Floor Hockey 4:30-6pm	Child Drop In Basketball 4:30-6pm	Youth Dodgeball League 6-8pm			
Student Drop In Basketball 6-7:30pm	Youth Drop In Floor Hockey 6-7:30pm	Student Drop In Basketball 6-7:30pm				
Adult Drop in Basketball 8-10pm						
*All programs are subject to change and cancellation without notice *All Drop in programs are unsupervised						



COURTS & FITNESS ROOM

SASCU RACQUETBALL & SQUASH COURTS

\$17.50/court/45min

BOOK YOUR COURT TIME ONLINE

Courts can be booked for Racquetball, Squash, Walleyball or Table Tennis



COURT TIMES

Monday-Saturday	6:30am-8:15pm
No Swim lesson Saturday	2-8:15pm
Sundays	12-3:15pm
Stat Holidays	1-3:15pm

Courts may be closed for private bookings and holidays



SASCU RECREATION CENTRE FITNESS ROOM

Adult(19+) - \$6.75 ~ Senior(60+) \$5.50 ~ Student(16-18) \$5.50

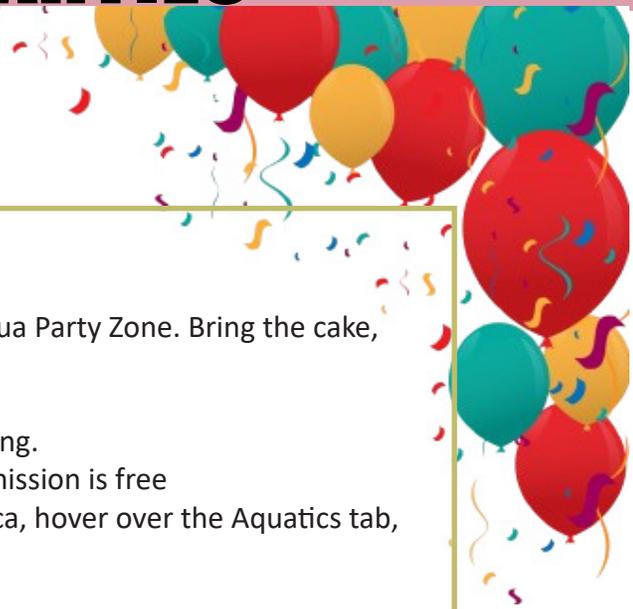
Equipment: stability balls, stretching mats, medicine balls, BOSU balls, free weights, elliptical trainer, upright & recumbent bikes, treadmills, cross trainer, TV

GYM HOURS

Monday-Saturday	6:30am-9pm
No Swim lesson Saturday	2-8:15pm
Sundays	12-4pm
Stat Holidays	1-4pm



BIRTHDAY PARTIES



BIRTHDAY PARTIES

POOL PARTY-\$34+swim admission

This is the best Birthday Party Deal in Town!

Make a big SPLASH and book your next birthday party in our Aqua Party Zone. Bring the cake, goodies and decorations and we'll do the clean-up!

What's included - Party Zone picnic tables on deck, and swimming.

How many kids - pay per kiddo and the birthday child swim admission is free

How to Book - Visit our website @ www.salmonarmrecreation.ca, hover over the Aquatics tab, click Birthday Party Zone and follow the instructions.

NOTE: All children under 7 years must have an adult in the water within arm's reach at all times.
Only available during public swims

SKATING PARTY-\$66

This is the Coolest Party in Town!

Book your next birthday party at the Arena. Bring the cake, goodies and decorations we'll bring the fun!

What's included - 2 Hours in the Multi purpose room and skating

How many kids - up to 10 included in the price. More can be added for the cost of the public skate

How to Book - Visit our website @ www.salmonarmrecreation.ca, hover over the Arena tab, click skating schedule then find the birthday party request form.

NOTE: Rentals are not available at the Arena, must bring own equipment. Hockey is not permitted during public skate, this includes skating with a hockey stick.
Only available during public skate

GYM PARTY-\$92.23/hour

This party can be anything you want!

Book your next birthday party at the Rec Centre, play basketball, soccer, dodgeball, laser tag, the choices are endless. Bring the cake, goodies and decorations.

What's included - 1 Hour in the gym (additional time can be added)

How many kids - up to you! The gym has a large capacity.

How to Book - Visit our website @ www.salmonarmrecreation.ca, hover over the Recreation Centre tab, click Rentals .

NOTE: equipment rentals like dodgeball and laser tag are additional cost



ROGERS RINK

ROGERS Rink

INDOOR WALKING TRACK

Spectator Rink Concourse
Open during regular operating hours of Rogers Rink. Closed during admission events.

- 1 loop 200 meters
 - surface:7+2mm PolyTurf
 - Wheelchair accessible
 - Walking permitted any time during regular operating hours, Jogging 10am-12pm Mon-Fri
- We recommend checking with your doctor before starting a new exercise routine

Thank you to the Rotary Clubs of Salmon Arm for their generosity and support in the installation of the new walking track flooring.

INDOOR WALKING LOOP GROUP

(16+)

Come once a week to this informal drop in group. Get your steps in and stay for a coffee. The group leader will be onsite to track your loops and offer walking tips. This group is for anyone looking to walk indoors and meet new people. From seniors, to new parents, this group is for you.

SPECTATOR RINK CONCOURSE

FRIDAYS

8:30-10am walking

9:15 coffee will be available

PRIVATE ICE RENTALS

\$125.44/hour + insurance

March 15 - May 15

To book, email:

cdeboer@salmonarmrecreation.ca

SPRING PUBLIC SKATE & STICK & PUCK

Mon, March 31 – 4:30-6pm Public Skate

Tues, April 1 – 4:30-6pm Family Stick & Puck

Wed, April 2 – 4:30-6pm Public Skate

Thurs, April 3 – 4:30-6pm Family Stick & Puck

Thurs, April 3 – 7-8:30pm – Adult Stick & Puck

** No skate rentals available

** Stick & Puck requires Skates, gloves, helmet and stick. Full gear strongly recommended.

PRO DAY PUBLIC SKATE

1-2:30pm

April 7 & May 5

**** No skate rentals available**



FISHING DERBY

26TH ANNUAL SALMON ARM KIDS' FISHING DERBY



SUNDAY JUNE 15
7-11AM

END OF THE SALMON ARM WHARF

**THIS IS A FREE EVENT
FOR KIDS 12 AND UNDER**

All children must be accompanied by
an adult and **wear a life jacket or PFD**

REGISTRATION 6AM
AWARD CEREMONY 11:30AM

**PARENT APPRECIATION
\$1000 ASKEWS GIFT CARD**

THANK YOU SPONSORS

CITY OF SALMON ARM
SHUSWAP REC SOCIETY
FAMILY FISHING WEEKEND
SASCU
ASKEWS FOODS
CANADIAN TIRE
WESTSIDE STORES
ROTARY CLUBS OF SALMON ARM
ELKS #455
YAN'S KITCHEN
SALMON ARM FISH & GAME
CANOE FOREST PRODUCTS LTD
A&R SITES SERVICES
SALMAR THEATER
BOSTON PIZZA
BEAVER LAKE RESORT
SA OBSERVER
VELLA RADIO
BRUSHSTROKES



CANADA DAY

2ND ANNUAL CANADA DAY BALL HOCKEY TOURNAMENT

JULY 1, 2025 | ROGERS RINK



Categories based on grade in September 2025
k-1, 2-3, 4-5, 6-7, 8-9, 10-12, Adults

\$100/team entry fee

MORE INFORMATION AND TO REGISTER:
WWW.SALMONARMRECREATION.CA



PICKLEBALL COURTS - Klahani Park
First Come First Serve based on schedule

The Klahani Park Facility has 6 pickleball courts that are shared between community players and the Salmon Arm Pickleball Club Players. The courts are available for use between 8am and 9pm Monday to Sunday. The usage chart outlines the schedule of when all courts are available and the shared usage between community and the Salmon Arm Pickleball Club.

	Community Use All Courts Available	SHARED USAGE	
		Salmon Arm Pickleball Club Use Courts 1, 2, 3 & 6	Community Use Courts 4 & 5
Monday/Wednesday/Friday	5-9pm	8am-5pm	8am-5pm
Tuesday/ Thursday		8am-9pm	8am-9pm
Saturday	8am-12pm	12-5pm	12-5pm
	5-9pm		
Sunday	12-9pm	8am-12pm	8am-12pm

FIELD & PARK BOOKINGS

All fields and some parks require a booking. To book the following facilities please email rscott@salmonarmrecreation.ca

FIELDS

- Blackburn Multi Use Fields
- Blackburn Ball Diamonds
- Canoe Ball Diamonds
- Downtown Cricket Pitch
- Downtown Multi Use Fields
- Klahani Ball Diamonds
- JL Jackson Field*
- Little Mountain Multi Use Fields

*weekends and after 6pm week days

PARKS

- Blackburn Gazebo
- Canoe Beach Gazebo
- Marine Peace Park Gazebo
- McGuire Lake Parks





AQUAFIT

Aquafit Schedule				
March 31 - June 28				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aquafit Shallow 9:00 - 9:45		Aquafit Deep 9:00 - 9:45		Aquafit Shallow 9:00 - 9:45
	Noon Fit 12:15 - 1:00		Noon Fit 12:15 - 1:00	

AQUAFIT ADMISSION

	ADULT	SENIOR	STUDENT
SINGLE	\$8	\$6.75	\$6.75
10 x PASS	\$72	\$57.38	\$57.38
30 x PASS	\$216	\$172.13	\$172.13

To meet provincial standards and to ensure that we know your individual physical needs, it is policy that all participants in any of our exercise programs must fill out a Get Active Questionnaire (GAQ). These forms must be updated annually or when anything physical has changed.

Aquafit Program Descriptions

Noon Fit: A mixture of shallow and deep exercises.

Aqua Lite: A low intensity class used to train up and coming instructors.

Shallow: Medium intensity. A variety of moves and cardio based in shallow water.

Deep: Medium intensity. Class fully based in the deep end. Low impact.

Deep Power: A higher intensity workout using interval training and power moves.

AQUAFIT SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE

ADVANCED AQUATICS

BRONZE CROSS, BRONZE MEDALLION, FIRST AID

Class dates have not been set. For more information or to be put on the list to be contacted once dates are set please email kmaclaren@salmonarmrecreation.ca





SPECIAL EVENTS

SUPER SATURDAY

FUN for all ages, our SUPER sized inflatable makes for SUPER sized fun!

April 5

May 3

June 7

6-8:30pm



*no lap lane during this time

YOUTH NIGHT

A great evening for the pre-teen! Enjoy a movie on the big screen while you float in the pool. Pizza, drink, swim and a movie!

April 11

May 16

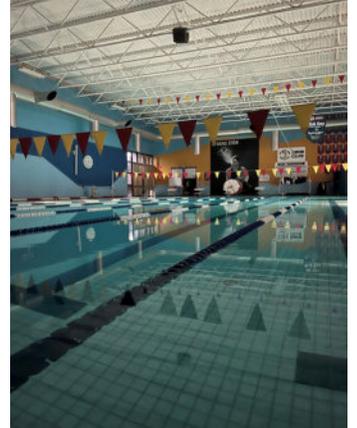
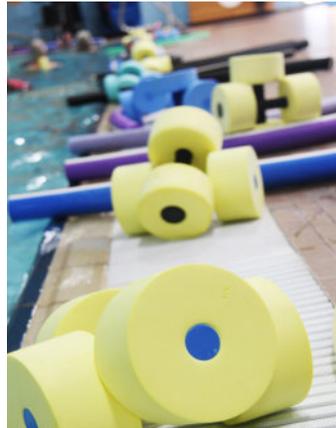
June 27

6:30-9pm

\$10.70



*pre register online only
*this is drop and go, no parents allowed!





SWIM LESSONS

Session 1 - PM March 31 - May 5		
*10 Sessions Mon/Wed PM *No lessons April 2st*		
	Code	Time
Parent and Tot 1	Mon/Wed - B	3:00 - 3:30 pm
Parent and Tot 2	Mon/Wed - B	3:00 - 3:30 pm
Parent and Tot 3	Mon/Wed - B	3:30 - 4:00 pm
Preschool 1	Mon/Wed - C	4:00 - 4:30 pm
Preschool 1	Mon/Wed - D	5:30 - 6:00 pm
Preschool 2	Mon/Wed - B	4:00 - 4:30 pm
Preschool 3	Mon/Wed- B	4:30 - 5:00 pm
Preschool 4	Mon/Wed - A	5:30 - 6:00 pm
Preschool 5	Mon/Wed - A	5:30 - 6:00 pm
Swimmer 1	Mon/Wed - A	4:30 - 5:00 pm
Swimmer 1	Mon/Wed - B	4:45 - 5:15 pm
Swimmer 2	Mon/Wed - A	5:00 - 5:30 pm
Swimmer 3	Mon/Wed - A	5:15 - 5:45 pm
Swimmer 4	Mon/Wed - A	4:00 - 4:45 pm
Swimmer 5	Mon/Wed- A	4:45 - 5:30 pm
Swimmer 6	Mon/Wed - A	4:00 - 4:45 pm
Rookie Patrol	Mon/Wed - A	5:00 - 6:00 pm
Ranger Patrol	Mon/Wed - A	5:00 - 6:00 pm
Star Patrol	Mon/Wed - A	5:00 - 6:00 pm

Saturday April 5 - June 28		
10 Sessions *No lessons April 19, May 17th, June 21st*		
	Code	Time
Parent and Tot 1	Sat - A	8:30 - 9:00 am
Parent and Tot 2	Sat - A	8:30 - 9:00 am
Parent and Tot 3	Sat - A	9:30 - 10:00 am
Preschool 1	Sat - A	10:00 - 10:30 am
Preschool 1	Sat - B	12:15 - 12:45 pm
Preschool 2	Sat - A	12:45 - 1:15 pm
Preschool 2	Sat - B	11:15 - 11:45 am
Preschool 3	Sat - A	11:45 - 12:15 pm
Preschool 3	Sat - B	1:30-2:00pm
Preschool 4	Sat - A	9:00 - 9:30 am
Preschool 5	Sat - A	9:00 - 9:30 am
Swimmer 1	Sat - A	9:30 - 10:00 am
Swimmer 1	Sat - B	1:15 - 1:45 pm
Swimmer 2	Sat - A	10:30 - 11:00 am
Swimmer 3	Sat - A	1:00 - 1:30 pm
Swimmer 4	Sat - A	12:15 - 1:00 pm
Swimmer 5	Sat - A	11:30 - 12:15 pm
Swimmer 6	Sat - A	10:00 - 10:45 am
Rookie Patrol	Sat - A	8:30 - 9:30 am
Ranger Patrol	Sat - A	8:30 - 9:30 am
Star Patrol	Sat - A	8:30 - 9:30 am

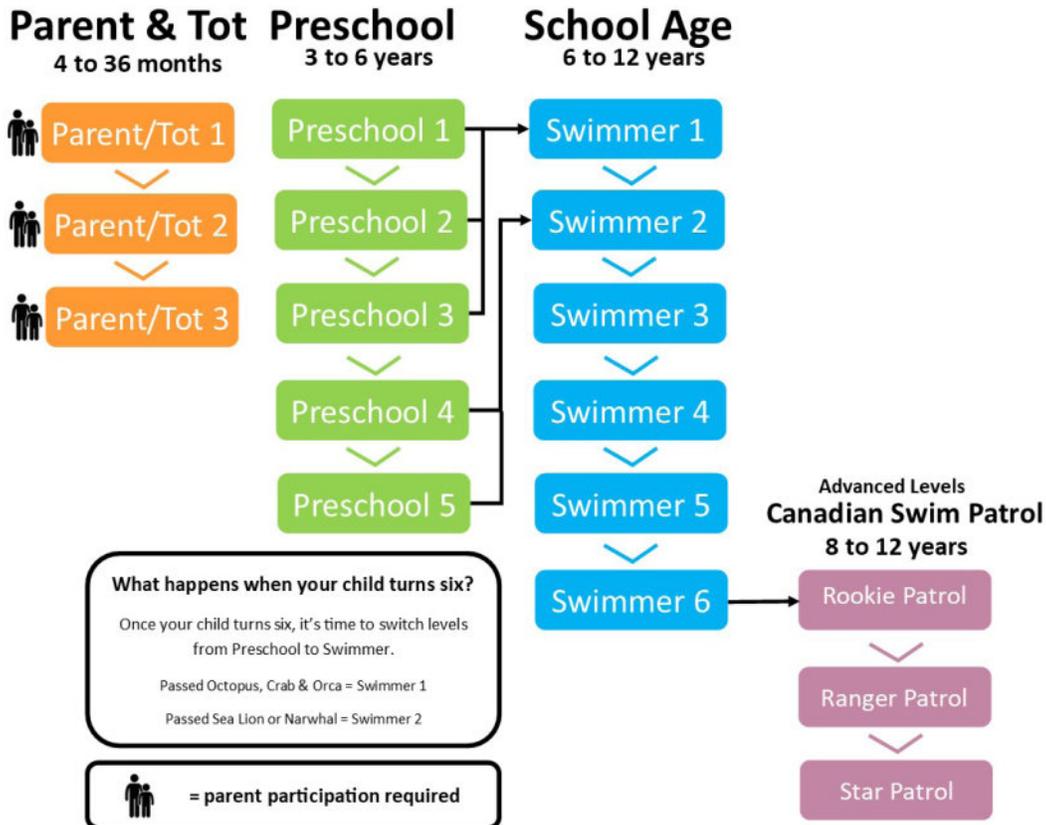
Session 1 - AM March 31 - May 19		
*10 Sessions Mon AM *No Lessons April 21st, May 19th*		
	Code	Time
Parent and Tot 1	Mon - A	10:15 - 10:45 am
Parent and Tot 2	Mon - A	10:15 - 10:45 am
Parent and Tot 3	Mon - A	10:45 - 11:15 am
Preschool 1	Mon - A	11:15 - 11:45 am
Preschool 1	Mon - B	10:15 - 10:45 am
Preschool 2	Mon - A	10:45 - 11:15 am
Preschool 3	Mon - A	11:15 - 11:45 am

Session 2 - AM April 2 - June 4		
10 Sessions Wed AM		
	Code	Time
Parent and Tot 1	Wed - A	10:00 - 10:30 am
Parent and Tot 2	Wed- A	10:00 - 10:30 am
Parent and Tot 3	Wed - A	10:30 - 11:00 am
Preschool 1	Wed - A	10:00 - 10:30 am
Preschool 1	Wed - B	11:00 - 11:30 am
Preschool 2	Wed - A	10:30 - 11:00 am
Preschool 3	Wed- A	11:00 - 11:30 am
Preschool 4	Wed- A	11:30 -12:00 pm
Preschool 5	Wed- A	11:30 - 12:00 pm



SWIM LESSONS

Swim for Life Program Structure



2025 POOL Admission Rates

		Single	10 time Pass	6 month Pass
Adult	19+	\$6.75	\$60.75	\$351.62
Senior	60+	\$5.50	\$46.75	\$274.14
Student	13 to 18	\$5.50	\$46.75	\$274.14
Child	6 to 12	\$4.50	\$40.50	\$238.38
Tot	1 to 5	\$2.25	\$20.25	NA
Family	Max 5	\$14.50	\$130.50	\$709.20
Parent & Tot		\$6.25	\$56.25	NA



POOL SCHEDULES

Pool Schedule - March 31 - April 26 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Lanes		6:30-8:30am 9:00-10:00am (1LL) 10:00am-12:00pm (2LL) 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(2LL) 4:00-6:00pm(1LL)	6:30-8:30am 9:00-10:00(1LL) 10:00am-12:00pm(2LL) 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(2LL) 4:00-5:30pm(1LL)	6:30 -8:30am 9:00-10:00(1LL) 10:00am-12:00pm 4:00-6:00pm (1LL)	9:00am-2:00pm (3LL) *No Leisure or Wade pool
Laps & Leisure		12:00-1:00pm	9:00am-12:00pm 1:00-3:00pm	12:00-1:00pm	9:00-12:00pm 1:00-3:00pm	12:00-2:00pm	
Public Swim	12:00-4:00pm	6:00-7:30pm	7:00-9:00pm	6:00-7:30pm	7:30-9:00pm	2:00-4:00pm 6:00-9:00pm	2:00-5:00pm 6:00-9:00pm
Leisure Only		8:30-9:00am	6:30-7:30am	8:30-9:00am	6:30-7:30am	8:30-9:00am	
Discount Dip		1:00-2:00pm	3:00-4:00pm	1:00-2:00pm	3:00-4:00pm		
CLOSED to Public		2:00-6:00pm	6:00-7:00pm	2:00-6:00pm	5:30-7:30pm		5:00-6:00pm
Aqua Fit		9:00-9:45am	12:15-1:00pm	9:00-9:45am	12:15-1:00pm	9:00-9:45am	
All sessions noted above (excluding CLOSED times) have access to the Parent & Tot Pool, Hot Tub, Sauna							
Public Swim: Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna							
Discount Dip (1 hour): Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna							
Lap Lanes: Lanes may vary due to sharing with other programs, Hot Tub, Parent & Tot Pool, Sauna							
Laps & Leisure: Lap Lanes, Water Walking or Running, Hot Tub, Parent & Tot Pool, Sauna							
Leisure Only: Parent & Tot Pool, Hot Tub, Sauna							
Aquafit: Lap Lane, Parent & Tot Pool, Hot Tub, Sauna							
NO LAP LANES will be available during our Special Pool Events using our Inflatable.							

Dates of note:

Tues/Thurs 9:00-12:00pm Closed if school rental

April 5th Super Sat No Lap Lane 6:00-9:00 pm

April 11th Youth night, no public swim 6-9pm

April 18th, 21st 1-4pm Swim only

Pool Schedule - April 27 - May 3 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Lanes		6:30-8:30am 9:00-10:00am (1LL) 10:00am-12:00pm (2LL) 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(2LL) 4:00-6:00pm(1LL)	6:30-8:30am 9:00-10:00(1LL) 10:00am-12:00pm(2LL) 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(2LL) 3:00-5:00pm(2LL)	6:30 -7:30am(3LL) 7:30-8:30am 9:00-10:00(1LL) 10:00am-12:00pm	9:00am-2:00pm (3LL) *No Leisure or Wade pool
Laps & Leisure		12:00-1:00pm	9:00am-12:00pm 1:00-3:00pm	12:00-1:00pm	9:00-12:00pm 1:00-2:00pm	12:00-2:00pm	
Public Swim	12:00-4:00pm	6:00-7:30pm	7:00-9:00pm	6:00-7:30pm	6:30-9:00pm	2:00-4:00pm 6:00-9:00pm	2:00-5:00pm 6:00-9:00pm
Leisure Only		8:30-9:00am	6:30-7:30am	8:30-9:00am	6:30-7:30am	8:30-9:00am	
Discount Dip		1:00-2:00pm	3:00-4:00pm	1:00-2:00pm	2:00-3:00pm		
CLOSED to Public		2:00-6:00pm	6:00-7:00pm	2:00-6:00pm	5:00-6:30pm	4:00-6:00	5:00-6:00pm
Aqua Fit		9:00-9:45am	12:15-1:00pm	9:00-9:45am	12:15-1:00pm	9:00-9:45am	
All sessions noted above (excluding CLOSED times) have access to the Parent & Tot Pool, Hot Tub, Sauna							
Public Swim: Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna							
Discount Dip (1 hour): Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna							
Lap Lanes: Lanes may vary due to sharing with other programs, Hot Tub, Parent & Tot Pool, Sauna							
Laps & Leisure: Lap Lanes, Water Walking or Running, Hot Tub, Parent & Tot Pool, Sauna							
Leisure Only: Parent & Tot Pool, Hot Tub, Sauna							
Aquafit: Lap Lane, Parent & Tot Pool, Hot Tub, Sauna							
NO LAP LANES will be available during our Special Pool Events using our Inflatable.							

Dates of note:

Tues/Thurs 9:00-12:00pm Closed if school rental

May 3 Super Sat No Lap Lane 6:00-9:00 pm



POOL SCHEDULES

Pool Schedule - May 4 - May 10 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Lanes		6:30-7:30am (3LL) 7:30-8:30am 9:00-10:00am (1LL) 10:00am-12:00pm (2LL) 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(2LL) 3:00-5:00pm(2LL)	6:30-7:30am (3LL) 7:30-8:30am 9:00-10:00am (1LL) 10:00am-12:00pm (2LL) 2:00-4:00pm 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(2LL) 3:00-5:00pm(2LL)	6:30 -7:30am(3LL) 7:30-8:30am 9:00-10:00(1LL) 10:00am-12:00pm	9:00am-2:00pm (3LL) *No Leisure or Wade pool
Laps & Leisure		12:00-1:00pm	1:00-2:00pm	12:00-1:00pm	1:00-2:00pm	12:00-2:00pm	
Public Swim	12:00-4:00pm	6:00-7:30pm	6:30-9:00pm	6:30-7:30pm	6:30-9:00pm	2:00-4:00pm 6:00-9:00pm	2:00-5:00pm 6:00-9:00pm
Leisure Only		8:30-9:00am	6:30-7:30am	8:30-9:00am	6:30-7:30am	8:30-9:00am	
Discount Dip		1:00-2:00pm	2:00-3:00pm	1:00-2:00pm	2:00-3:00pm		
CLOSED to Public		2:00-6:00pm	9:00am-12:00pm 5:00-6:30pm	4:00-6:30pm	9:00am-12:00pm 5:00-6:30pm	4:00-6:00	5:00-6:00pm
Aqua Fit		9:00-9:45am	12:15-1:00pm	9:00-9:45am	12:15-1:00pm	9:00-9:45am	

All sessions noted above (excluding CLOSED times) have access to the Parent & Tot Pool, Hot Tub, Sauna

Public Swim: Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna

Discount Dip (1 hour): Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna

Lap Lanes: Lanes may vary due to sharing with other programs, Hot Tub, Parent & Tot Pool, Sauna

Laps & Leisure: Lap Lanes, Water Walking or Running, Hot Tub, Parent & Tot Pool, Sauna

Leisure Only: Parent & Tot Pool, Hot Tub, Sauna

Aquafit: Lap Lane, Parent & Tot Pool, Hot Tub, Sauna

NO LAP LANES will be available during our Special Pool Events using our Inflatable.

Dates of note:

Tues/Thurs 9:00-12:00pm Closed due to school rental

Pool Schedule - May 11 - June 30 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Lanes		6:30-7:30am (3LL) 7:30-8:30am 9:00-10:00am (1LL) 10:00am-12:00pm (2LL) 2:00-5:00pm 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(2LL) 3:00-5:00pm(2LL)	6:30-7:30am (3LL) 7:30-8:30am 9:00-10:00am (1LL) 10:00am-12:00pm (2LL) 2:00-4:00pm 7:30-9:00pm(2LL)	7:30-9:00am 12:00-1:00pm(2LL) 3:00-5:00pm(2LL)	6:30 -7:30am(3LL) 7:30-8:30am 9:00-10:00(1LL) 10:00am-12:00pm	9:00am-2:00pm (3LL) *No Leisure or Wade pool
Laps & Leisure		12:00-1:00pm	9:00am-12:00pm 1:00-2:00pm	12:00-1:00pm	9:00-12:00pm 1:00-2:00pm	12:00-2:00pm	
Public Swim	12:00-4:00pm	6:30-7:30pm	6:30-9:00pm	6:30-7:30pm	6:30-9:00pm	2:00-4:00pm 6:00-9:00pm	2:00-5:00pm 6:00-9:00pm
Leisure Only		8:30-9:00am	6:30-7:30am	8:30-9:00am	6:30-7:30am	8:30-9:00am	
Discount Dip		1:00-2:00pm	2:00-3:00pm	1:00-2:00pm	2:00-3:00pm		
CLOSED to Public		5:00-6:30pm	5:00-6:30pm	4:00-6:30pm	5:00-6:30pm	4:00-6:00pm	5:00-6:00pm
Aqua Fit		9:00-9:45am	12:15-1:00pm	9:00-9:45am	12:15-1:00pm	9:00-9:45am	

All sessions noted above (excluding CLOSED times) have access to the Parent & Tot Pool, Hot Tub, Sauna

Public Swim: Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna

Discount Dip (1 hour): Main Pool, Lap Lane, Parent & Tot Pool, Hot Tub, Sauna

Lap Lanes: Lanes may vary due to sharing with other programs, Hot Tub, Parent & Tot Pool, Sauna

Laps & Leisure: Lap Lanes, Water Walking or Running, Hot Tub, Parent & Tot Pool, Sauna

Leisure Only: Parent & Tot Pool, Hot Tub, Sauna

Aquafit: Lap Lane, Parent & Tot Pool, Hot Tub, Sauna

NO LAP LANES will be available during our Special Pool Events using our Inflatable.

Dates of note:

Tues/Thurs 9:00-12:00pm Closed if school rental

May 16th, June 27th Youth night, no public swim 6-9pm

May 19th 1-4pm swim only

June 20th Closed at 4pm Swim meet

June 21st,22nd Closed for Swim meet

GET ACTIVE GUIDE



SALMON ARM GET ACTIVE GUIDE

ARCHERY

Archery Club	250-832-0205		
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BADMINTON

Badminton Club	250-804-7908		
SASCU Recreation Center	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca

BASEBALL/SLOWPITCH

Minor Baseball		registrar@salmonarmbaseball.com	www.salmonarmbaseball.com
Minor Fastball		fastballscott@salmonarmbaseball.com	www.salmonarmbaseball.com
Slo-pitch		info@salmonarmslopitch.com	www.salmonarmslopitch.com

BASKETBALL

Drop in Adult	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
Synergy			http://salmonarmsynergybasketball.blogspot.com
Shuswap Hoops		shuswaphoops2023@gmail.com	

BEACHES

Canoe Beach			7720 36th Street NE
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BIKING TRAILS

South Canoe Biking Trails			6970 10 Ave SE
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BOWLING

Lakeside Bowling	250-832-3946		www.lakesidebowling.com
Lawn Bowling	250-253-0873	dbryant@sunwave.net	www.bowlsclub.org/club/1090

BOXING

Bulldogs Boxing	778-489-5665	info@bulldogsboxing.com	www.bulldogsboxing.com
Whizbang Boxing	250-833-0418	whizbangboxing@gmail.com	https://whizbangboxing.com



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CADETS/GUIDES/SCOUTS

Girl Guides of Salmon Arm	250-832-7280		www.girlguides.ca
Army Cadets		saarmycadets@yahoo.com	
Royal Canadian Air Cadets	250-833-0222		www.222air.com
Scouts	778-489-0088		

CROSS COUNTRY SKI

Larch Hills Nordic Society	250-832-9804		www.skilarchhills.ca
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CURLING

Curling Club	250-832-8700		www.salmonarmcurlingclub.com
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DANCE

Just For Kicks	250-675-2121		www.justforkicks.ca
Square Dance Club		bernond@live.ca	
Shuswap Dance Center			www.shuswapdance.com

EQUSTRIAN

Trail Alliance			www.shuswaptrails.com
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FACILITIES

SASCU Recreation Centre	250-832-4044	rscott@salmonarmrecreation.com	www.salmonarmrecreation.ca
Salmon Arm Fair Grounds	250-832-0442	admin@salmonarmfair.com	www.salmonarmfair.com
Waterslides	250-832-4FUN		www.salmonarmwaterslides.com
Scout Hall	778-489-0088		
Rogers Rink	250-832-4044	cdeboer@salmonarmrecreation.ca	www.salmonarmrecreation.ca
Elks Hall	250-833-4803		
Little Mountain Fieldhouse	250-832-4044	cdeboer@salmonarmrecreation.ca	www.salmonarmrecreation.ca
Song Sparrow Hall		admin@songsparrowhall.ca	http://songsparrowhall.ca

FISH & GAME

Fish and Game Club	250-832-3431		https://safgc.ca/
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FITNESS CENTERS

Bulldog Fitness & Boxing Center	250-489-5665	info@bulldogboxing.com	https://bulldogsboxing.com/
The Cardio Connection	250-833-2717		www.cardioconnection.ca
SASCU Recreation Centre	250-832-4044		www.salmonarmrecreation.ca
Shuswap Total Fitness	778-489-5551	shuswaptotalfitness@gmail.com	www.shuswaptotalfitness.com
The Cardio Connection	250-833-2717		https://www.cardioconnection.ca
Anytime Fitness	778-489-5323		https://www.anytimefitness.com

FOOTBALL

Minor Football Association	250-832-8289	president@shuswapminorfootball.ca	www.shuswapfootball.com
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GOLF

Shuswap National Golf Course	250-832-3285	golfshop@shuswapnational.com	www.shuswapnational.com
Club Shuswap Golf and RV	250-832-7345	golf@clubshuswap.com	www.clubshuswap.com
Salmon Arm Golf Club	250-832-4727		www.salmonarmgolf.com

GYMNASTICS

Momentum Gymnastics	250-804-0602	info@momentumgymnastics.com	www.momentumgymnastics.com
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HOCKEY

Minor Hockey	250-832-0095	saminorhockey@shaw.ca	www.salmonarmminorhockey.com
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HORSESHOE

Horseshoe Club	250-832-9873		
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INDOOR PLAY AREAS

Junglemania	778-489-5554	info@junglemania.ca	www.junglemania.ca
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LACROSSE

Minor Lacrosse		shuswapminorlacrosse@gmail.com	www.shuswapminorlacrosse.com
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MARTIAL ARTS



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Northern Spirit Martial Arts	250-463-4925		
Kees Tae Kwon Do	250 833-0661		
Provincial Martial Arts	250.253-2406	pmakarate@gmail.com	www.provincialmartialarts.ca
Shuswap Brazilian Jui-Jitsu	250-804-9262		https://www.shuswapbjj.com/

PICKLEBALL

Pickleball Club		sapickleballclub@gmail.com	https://sapickleballclub.ca
Recreation Centre	250-832-4044	rscott@salmonarmrecreation.com	www.salmonarmrecreation.com

PARKS

Little Mountain			3698 Okanagan Ave
McGuire Lake			681 Trans-Canada Hwy
Blackburn			480 5 Ave SW
Klahani Aprk			6391 10 Ave SE
Elk's Hall & Park			3690 30 Street NE
Coyote park			1398 54 Ave NE
Marine Peace Park			780 Marine Park Dr
Foreshore/Raven Trail			998 Harbour Front Dr

PLAY GROUNDS

Canoe Beach			3799 Canoe Beach Dr
Klahani Park			6391 10 Ave SE
Fletcher Park			450 2 Ave NE
SASCU Little Mountain Sports Fields			250 30th Street SE
Blackburn Park			480 5 Ave SW

RACKETBALL

Courts	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
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RINGETTE

Ringette		tpacker@telus.net	www.shuswapringette.ca
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ROCK CLIMBING

Gym of Rock Indoor	778-489-5594	climb@gymofrock.com	www.gymofrock.com
Mountaineering Club			https://shuswapmountaineeringclub.w

ROWING/PADDLING

Rowing and Paddling Club		kcrouch@shaw.ca	https://shuswaprowingandpaddling.com
Shuswap Dragon Boat Society	250-804-6377	friendsabreast@gmail.com	www.friendsabreast.com

RUGBY

Yeti Rugby	250-463-4019		www.yetirugby.com
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SKATING

Skating Club		salmonarmskatingclub@gmail.com	https://www.saskatingclub.com
Speed Skating	250-804-5504	info@salmonarmspeedskating.com	http://salmonarmspeedskating.com
Public Skate	250-832-4044	cdeboer@salmonarmrecreation.ca	www.salmonarmrecreation.ca

SNOWMOBILING

Snow Blazers	250-675-2420		https://www.sasnowblazers.com
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SOCCER

Women's Rec. Soccer Assoc.		swrsa.info@gmail.com	http://www.swrsa.net
Youth Soccer Association	250-833-5607	admin@shuswapsoccer.com	http://shuswapsoccer.com/contact
Salmon Arm Soccer			https://salmonarmsoccer.com

SQUASH

Courts	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
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SWIMMING

Columbia Shuswap Selkirks		president.selkirks@gmail.com	https://www.selkirksswim.ca
Sockeye Swim Club		sockeyespres@gmail.com	www.salmonarmsockeyes.ca
Waves Master Swimming		info@salmonarmwaves.ca	www.salmonarmwaves.ca



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TABLE TENNIS

Drop In Table Tennis	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
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TENNIS

Tennis Club			https://clubspark.ca/salmonarmtennisclub
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VOLLEYBALL

Adult Volley Ball League	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
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WALKING/HIKING GROUPS

Indoor walking Loop Group	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
Shuswap Lady Striders		ladystriders@gmail.com	https://www.shuswapladystriders.ca
Shuswap Naturalist Club		info@shuswapnaturalists.org.	http://www.shuswapnaturalists.org
Shuswap Outdoors Club	250-832-7768		
Shuswap Trail Alliance	250-832-0102	info@shuswaptrails.com	https://shuswaptrails.com

YOGA

Gratitude Hot Yoga	250-517-8747	gratitudehotyoga@gmail.com	https://www.gratitudeyogainc.com
Namaste Yoga	250-803-6724	namastesalmonarm@gmail.com	http://yogasalmonarm.com
Sweet Freedom Yoga	250-832-2720		https://www.sweetfreedomyoga.com

YOUTH DROP IN SPORTS

Basketball, Volleyball, Floor Hockey	250-832-4044	rscott@salmonarmrecreation.ca	www.salmonarmrecreation.ca
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To add or edit a listing please email rscott@salmonarmrecreation.ca