

# FUN GUIDE

## SUMMER 2025



 **ROGERS Rink**



**SASCU**

**Online Registration begins MONDAY JUNE 16 at 6:30am**

**[www.salmonarmrecreation.ca](http://www.salmonarmrecreation.ca) 250.832.4044**



# 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**  
kmaclaren@salmonarmrecreation.ca

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

**ROGERS RINK ice rinks/rooms**  
cdeboer@salmonarmrecreation.ca

[www.salmonarmrecreation.ca](http://www.salmonarmrecreation.ca)

### Don't wait to register

Sometimes great programs are cancelled if people wait until the last minute to register. Please register early to avoid disappointment. Programs with insufficient registration will be cancelled one week prior to the start date. A full refund will be given to any participant registered in a cancelled 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, June 16, 2025**



# REGISTRATION INFORMATION



## 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](http://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

**JUNE SALMON ARM RECREATION**

# PLAY AT THE PARK

**FREE DROP IN**

June 6 Blackburn  
June 13 Fletcher  
June 20 Canoe

10am-12pm  
0-5 year olds  
parent supervision  
required.

a motoring munchkins like activity but outside!



# CHILD & YOUTH PROGRAMS

## KIDS SUMMER CAMP

**\$240/week**

**(6-12 years old)**

**It's BACK! The most fun your kids will have this summer**

These 5 day camps during Summer 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 summer! This camp will visit the swimming pool, recreation centre as well as nearby parks, courts and playgrounds.

## SUMMER CAMP DATES

July 7-11

July 14-18

July 21-25

July 28-August 1

August 11-15

August 18-22

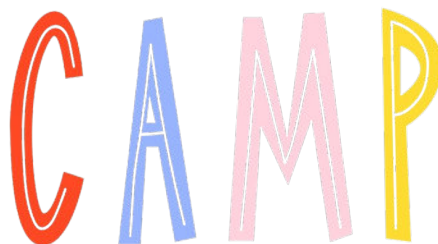
**Drop off:** SASCU Little Mountain Field House

**Pick up:** SASCU Recreation Centre Auditorium

**8:30am-3:30pm**

**Pre and post care available**

**\*limited space for 6 year olds**



## 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!

Rogers Rink - Hucul Pond

**July 4 & 25**

7-10 year olds 5-6pm

10-12 year olds 6:30-7:30pm

12-14 year olds 8-9pm



# CHILD & YOUTH PROGRAMS



## MOTORING MUNCHKINS - DROP IN 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  
9-11am  
July 15 & 17  
August 12 & 14

## WHEEL WEEK - DROP IN Tot - \$2 Child - \$3

(0-12 years old)

Practice your wheel skills! Bring your own wheels, scooters, plasma cars, skateboards, run bikes etc. (no pedal bikes or motorized wheels) **ALL PARTICIPANTS MUST WEAR A HELMET.** Children 12 and under must be accompanied by an adult.

Rogers Rink - Hucul Pond  
July 22-24  
5 & Under 9-11am  
6-12 11am-1pm

## 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 Board Room  
1-3pm  
August 26  
(includes work booklet)

## RED CROSS BABYSITTERS COURSE \$120/2 sessions + \$10.50 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 Boardroom  
2 day course  
August 25/26  
Monday 9am-3pm (bring a lunch)  
Tuesday 9am-12pm





# CHILD & ADULT DROP IN SPORTS

Beat the heat or stay out of the rain in the climate controlled gymnasium.

Drop in youth and child sports are supervised times.

Bring your own equipment for badminton, pickleball and floor hockey.

## CHILD & YOUTH DROP IN SPORTS

CHILD (9-12yo) \$3.50 YOUTH (13-18yo) \$4.75

(9-18 years old)

### BASKETBALL

SASCU RECREATION CENTRE-AUDITORIUM  
MONDAYS

CHILD 10-11:30am

YOUTH 11:30am-1pm

Exclusion July 21

### FLOOR HOCKEY

SASCU RECREATION CENTRE-AUDITORIUM  
TUESDAYS

CHILD 10-11:30am

YOUTH 11:30am-1pm

Exclusion  
July 15(9-12),22(both)  
Aug 12(9-12)

### VOLLEYBALL

SASCU RECREATION CENTRE-AUDITORIUM  
THURSDAYS

YOUTH 11:30am-1pm

Exclusion July 17/Aug 14



## ADULT DROP IN SPORTS

ADULT \$5.75 SENIOR \$4.75

(16+ years old)

### BASKETBALL

SASCU RECREATION CENTRE-AUDITORIUM  
MONDAYS

7-9pm

Exclusion July 21

### BADMINTON

SASCU RECREATION CENTRE-AUDITORIUM  
TUESDAYS/THURSDAYS

8-10am

Exclusion July 15,17,22 Aug 12,14

### FUTSAL

SASCU RECREATION CENTRE-AUDITORIUM  
TUESDAYS

7-9pm

Exclusion July 22

### INDOOR PICKLEBALL

SASCU RECREATION CENTRE-AUDITORIUM  
WEDNESDAYS

8-10am

Exclusion July 23

### VOLLEYBALL

SASCU RECREATION CENTRE-AUDITORIUM  
THURSDAYS

7-9pm

July 2-August 21

ALL DROP IN SPORTS SCHEDULES  
ARE SUBJECT TO CANCELLATION

# COURTS & FITNESS ROOM



## SASCU RACQUETBALL & SQUASH COURTS

\$17.50/court/45min

### BOOK YOUR COURT TIME ONLINE

Courts can be booked for racquetball, squash, wallyball or table tennis.

## COURT TIMES

Monday-Friday	6:30am-8:30pm
Saturday	9am-8:30pm
Sundays	10am-2pm
Stat Holidays	closed

## 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. 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

	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

## GYM HOURS

Monday-Saturday	6:30am-8:30pm
Sundays	10am-2pm
Stat Holidays	closed

## SASCU RECREATION CENTRE FITNESS ROOM (16+)

ADULT \$5.75 SENIOR \$4.75 STUDENT \$4.75

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

## FIELD & PARK BOOKINGS

All fields and some parks require a booking. To book the following facilities please fill out the online form or email: [rscott@salmonarmrecreation.ca](mailto: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



### PARKS

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

\*weekends and after 6pm week days



# FIELDS, PARKS & ROGERS RINK



# ROGERS Rink

## PRIVATE ICE BOOKINGS

Aug 17 – Sept 15

\$125.44/hr plus insurance

Email: [cdeboer@salmonarmrecreation.ca](mailto:cdeboer@salmonarmrecreation.ca) to book or for information

## SASCU

## LITTLE MOUNTAIN FIELD HOUSE

**Book your Holiday Party now!**

\$42.29/hour or \$296.00 for 12 hours

For more details about the facility or booking, head to [salmonarmrecreation.ca](http://salmonarmrecreation.ca), or email [cdeboer@salmonarmrecreation.ca](mailto:cdeboer@salmonarmrecreation.ca)

## DROP IN STICK & PUCK FLOOR HOCKEY EDITION

**HUCUL POND**

**JULY 10, 24, AUGUST 7**

**1-2:30pm**

**18 and Under**

Floor hockey Stick & Puck requires gloves, helmet and stick. Other gear strongly recommended.

Kids 12 and under play together and kids 13-18 play together.



## SUMMER PUBLIC SKATING

**Tuesday August 5 – 6-7:30pm**

**Friday August 8 - 6-7:30pm**

**Sunday August 10 - 2:30-4pm**

**Tuesday August 12 - 5-6:30pm**

**Friday August 15 - 5-6:30pm**

**Monday August 18 - 1-2:30pm**

**Friday August 22 - 1-2:30pm**

**Tuesday August 26 - 4-5:30pm**

## DROP IN YOUTH STICK & PUCK (5-18yo)

**Tuesday August 19 – 4:30-6pm**

**Monday August 25 - 1-2:30pm**

**Friday August 29 - 1-2:30pm**

## DROP IN FAMILY STICK & PUCK

**Sunday August 17 – 2:30-4pm**

**Sunday August 24 - 2:30-4pm**

**\*\* No skate rentals available**

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

## 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 operating hours, jogging 10am-12pm Monday - Friday

We recommend checking with your doctor before starting a new routine



# BIRTHDAY PARTIES



## BIRTHDAY PARTIES

### POOL PARTY-\$34.25+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](http://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](http://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](http://www.salmonarmrecreation.ca), hover over the Recreation Centre tab, click Rentals .

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



# 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

**KIDS PARTICIPATION DRAW**

KAYAK

**5 KIDS EFFORT DRAWS**

ALL KIDS WHO CATCH A FISH ARE ENTERED TO WIN

**FISHING AWARDS**

FIRST FISH, LARGEST FISH, MOST FISH AND MANY MORE!



### THANK YOU SPONSORS

CITY OF SALMON ARM  
SHUSWAP REC SOCIETY  
FRESHWATER FISHERIES  
SOCIETY OF BC  
SASCU  
ASKEWS FOODS  
CANADIAN TIRE  
WESTSIDE STORES  
BANNISTER GM  
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**



**SALMON ARM**  
RECREATION  
**CANADA DAY  
CELEBRATION**

**JULY 1, 2025 | 11AM-4PM**

**ROGERS Rink**  
**BALL HOCKEY TOURNAMENT**  
**(PLEASE REGISTER)**

**BOUNCY CASTLES (FREE)**

**LASER TAG (FREE)**

**FACE PAINTING (FREE)**

**BIRTHDAY CAKE**

**FARMERS MARKET**

**FIRE DEPARTMENT**

**RCMP K9 UNIT**

**BC PARAMEDICS**

**SALMON ARM SKYDIVING**

**ROGERS RINK CONCESSION**

**SHOW AND SHINE  
MUSIC**

**HONG FROM THE SALMON ARM SILVERBACKS**





# AQUAFIT & POOL SCHEDULE

Aquafit Schedule				
June 30 - August 22				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aquafit Shallow 9-9:45am		Aquafit Deep 9-9:45am		Aquafit Shallow 9-9:45am
	Noon Fit 12:15-1pm		Noon Fit 12:15-1pm	

NO CLASSES JULY 1 & AUGUST 4

## 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 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 SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE

## Pool Schedule - July 1 - July 31, 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Lanes		6:30-8:30am 9:00-10:00am (1LL)	6:30-8:30am (2LL) 7:30-9:30am 12:00-1:00pm(2LL)	6:30-7:30am (2LL) 7:30-8:30am 9:00-10:00(1LL)	6:30-7:30am (2LL) 7:30-9:30am 12:00-1:00pm(2LL)	6:30-7:30 (2LL) 7:30 -8:30am 9:00-10:00(1LL)	
Laps & Leisure		12:00-2:00pm	1:00-2:00pm	12:00-2:00pm	1:00-2:00pm	10:00-2:00pm 5:00-6:30pm	9:00-2:00pm
Public Swim	10:00-2:00pm	2:00-4:00pm 6:30-8:30pm	2:00-4:00pm 6:30-8:30pm	2:00-4:00pm 6:30-8:30pm	2:00-4:00pm 6:30-8:30pm	2:00-4:00pm 6:30-8:30pm	2:00-5:00pm 6:00-8:30pm
Leisure Only		8:30-9:00am 4:00-6:30pm	9:30-10:00am 4:00-6:30pm	8:30-9:00am 4:00-6:30pm	9:30-10:00am 4:00-6:30pm	8:30-9:00am 4:00-5:00pm	
CLOSED to Public		10:00am-12:00pm	10:00am-12:00pm	10:00am-12:00pm	10:00am-12:00pm		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

**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:

July 1 Closed

Pool Space subject to change 9:00am -5:30pm due to National Lifeguard course July 7 - 12

# POOL SCHEDULES



## Pool Schedule - August 1 - August 9, 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Lanes		C	6:30-7:30am (1LL) 7:30-9:30am 12:00-1:00pm(1LL)	6:30-7:30am (1LL) 7:30-8:30am 9:00-10:00(1LL)	6:30-7:30am (1LL) 7:30-9:30am 12:00-1:00pm(1LL)	6:30 -7:30am (1LL) 7:30- 8:30am 9:00-10:00(1LL)	
Laps & Leisure		L	1:00-2:00pm	12:00-2:00pm	1:00-2:00pm	10:00-2:00pm 5:00-6:30pm	9:00-2:00pm
Public Swim	10:00-2:00pm	O	2:00-4:00pm 6:30-8:30pm	2:00-4:00pm 6:30-8:30pm	2:00-4:00pm 6:30-8:30pm	2:00-4:00pm 6:30-8:30pm	2:00-5:00pm 6:00-8:30pm
Leisure Only		S	9:30-10:00am 4:00-6:30pm	8:30-9:00am 4:00-6:30pm	9:30-10:00am 4:00-6:30pm	8:30-9:00am 4:00-5:00pm	
CLOSED to Public		E	10:00am-12:00pm	10:00am-12:00pm	10:00am-12:00pm		5:00-6:00pm
Aqua Fit		D	12:15-1:00pm	9:00-9:45am	12:15-1:00pm	9:00-9:45am	

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

Dates of note:

August 4 Closed

## Pool Schedule - August 10 - August 22, 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Lanes		6:30-8:30am 9:00-10:00am (1LL)	6:30-9:30am 12:00-1:00pm(2LL)	6:30-8:30am 9:00-10:00(1LL)	6:30-9:30am 12:00-1:00pm(2LL)	6:30-8:30am 9:00-10:00(1LL)	
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Public Swim	10:00-2:00pm	2:00-4:00pm 6:30-8:30pm	2:00-4:00pm 6:30-8:30pm	2:00-4:00pm 6:30-8:30pm	2:00-4:00pm 6:30-8:30pm	2:00-4:00pm 6:30-8:30pm	2:00-5:00pm 6:00-8:30pm
Leisure Only		8:30-9:00am	9:30-10:00am	8:30-9:00am	9:30-10:00am	8:30-9:00am	
CLOSED to Public		10:00am-12:00pm	10:00am-12:00pm	10:00am-12:00pm	10:00am-12:00pm		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	

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Dates of note:

**Leisure only 4:00-6:30 pm August 11,12, and 13**

Closed for annual shutdown August 22 at 12:00pm





14

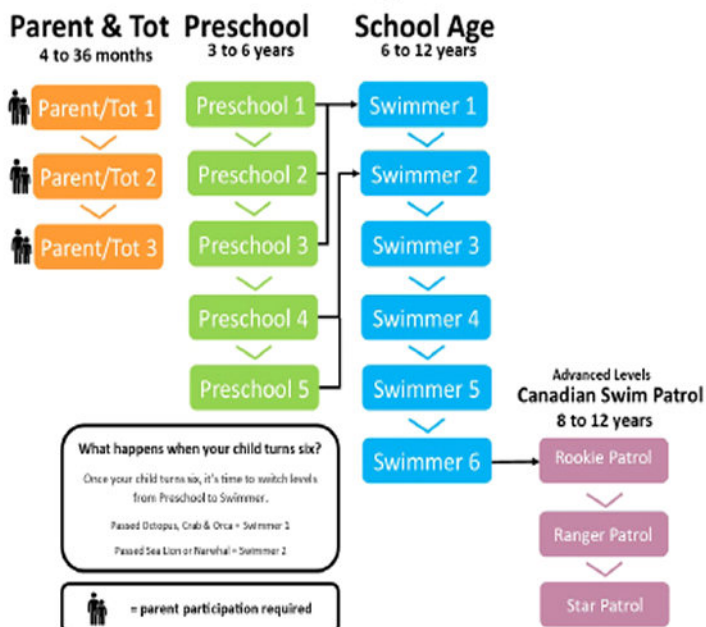
# SWIM LESSONS

<b>Session 1</b> <b>July 7 - July 17</b> 8 Sessions Mon-Thurs		
	Code	Time
Parent and Tot 1	1 - A	10:00 - 10:30 am
Parent and Tot 2	1 - A	10:00 - 10:30 am
Parent and Tot 3	1 - A	10:45 - 11:15 am
Preschool 1	1 - A	10:00 - 10:30 am
Preschool 1	1 - B	11:00 - 11:30 am
Preschool 2	1 - A	10:30 - 11:00 am
Preschool 3	1 - A	11:30 - 12:00 pm
Preschool 4	1 - A	11:00 - 11:30 am
Preschool 5	1 - A	11:00 - 11:30 am
Swimmer 1	1 - A	11:30 - 12:00 pm
Swimmer 2	1 - A	9:45 - 10:15 am
Swimmer 3	1 - A	10:30 - 11:00 am
Swimmer 4	1 - A	10:15 - 11:00 am
Swimmer 5	1 - A	11:15 - 12:00 pm
Swimmer 6	1 - A	10:00 - 10:45 am
Rookie Patrol	1 - A	11:00 - 12:00 pm
Ranger Patrol	1 - A	11:00 - 12:00 pm
Star Patrol	1 - A	11:00 - 12:00 pm

<b>Session 3</b> <b>August 11 - August 21</b> 8 Sessions Mon- Thurs		
	Code	Time
Parent and Tot 1	3 - A	10:00 - 10:30 am
Parent and Tot 2	3 - A	10:00 - 10:30 am
Parent and Tot 3	3 - A	10:45 - 11:15 am
Preschool 1	3 - A	10:00 - 10:30 am
Preschool 2	3 - A	10:30 - 11:00 am
Preschool 2	3 - B	11:00 - 11:30 am
Preschool 3	3 - A	11:30 - 12:00 pm
Preschool 4	3 - A	11:00 - 11:30 am
Preschool 5	3 - A	11:00 - 11:30 am
Swimmer 1	3 - A	11:30 - 12:00 pm
Swimmer 2	3 - A	9:45 - 10:15 am
Swimmer 3	3 - A	10:30 - 11:00 am
Swimmer 4	3 - A	10:15 - 11:00 am
Swimmer 5	3 - A	11:15 - 12:00 pm
Swimmer 6	3 - A	10:00 - 10:45 am
Rookie Patrol	3 - A	11:00 - 12:00 pm
Ranger Patrol	3 - A	11:00 - 12:00 pm
Star Patrol	3 - A	11:00 - 12:00 pm

<b>Session 2</b> <b>July 21 - July 31</b> 8 Sessions Mon-Thurs		
	Code	Time
Parent and Tot 1	2 - A	10:00 - 10:30 am
Parent and Tot 2	2 - A	10:00 - 10:30 am
Parent and Tot 3	2 - A	10:45 - 11:15 am
Preschool 1	2 - A	10:00 - 10:30 am
Preschool 2	2 - A	10:30 - 11:00 am
Preschool 3	2 - A	11:30 - 12:00 pm
Preschool 4	2 - A	11:00 - 11:30 am
Preschool 5	2 - A	11:00 - 11:30 am
Swimmer 1	2 - A	11:30 - 12:00 pm
Swimmer 1	2 - B	11:00 - 11:30 am
Swimmer 2	2 - A	9:45 - 10:15 am
Swimmer 3	2 - A	10:30 - 11:00 am
Swimmer 4	2 - A	10:15 - 11:00 am
Swimmer 5	2 - A	11:15 - 12:00 pm
Swimmer 6	2 - A	10:00 - 10:45 am
Rookie Patrol	2 - A	11:00 - 12:00 pm
Ranger Patrol	2 - A	11:00 - 12:00 pm
Star Patrol	2 - A	11:00 - 12:00 pm

## Swim for Life Program Structure





# ADVANCED AQUATICS



## LIFE SAVING SOCIETY BRONZE STAR

SASCU RECREATION CENTRE POOL

July 14-17

10am -12:30pm

Bronze Star: develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

Prerequisite: None  
(Swim Patrol experience recommended.)

**REGISTER ONLINE**



## LIFE SAVING SOCIETY BRONZE CROSS

SASCU RECREATION CENTRE POOL

DATE AND TIME TBD

**Please email:**

[kmaclaren@salmonarmrecreation.ca](mailto:kmaclaren@salmonarmrecreation.ca) for more information

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

Prerequisite: Bronze Medallion and Lifesaving Society Emergency or Standard First Aid certifications



## 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



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### ARCHERY

Archery Club	250-832-0205		
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### BADMINTON

Badminton Club	250-804-7908		
SASCU Recreation Centre	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		<a href="http://www.girlguides.ca">www.girlguides.ca</a>
Army Cadets		<a href="mailto:saarmycadets@yahoo.com">saarmycadets@yahoo.com</a>	
Royal Canadian Air Cadets	250-833-0222		<a href="http://www.222air.com">www.222air.com</a>
Scouts	778-489-0088		

### CROSS COUNTRY SKI

Larch Hills Nordic Society	250-832-9804		<a href="http://www.skilarchhills.ca">www.skilarchhills.ca</a>
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### CURLING

Curling Club	250-832-8700		<a href="http://www.salmonarmcurlingclub.com">www.salmonarmcurlingclub.com</a>
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### DANCE

Just For Kicks	250-675-2121		<a href="http://www.justforkicks.ca">www.justforkicks.ca</a>
Square Dance Club		<a href="mailto:bernond@live.ca">bernond@live.ca</a>	
Shuswap Dance Center			<a href="http://www.shuswapdance.com">www.shuswapdance.com</a>

### EQUESTRIAN

Trail Alliance			<a href="http://www.shuswaptrails.com">www.shuswaptrails.com</a>
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### FACILITIES

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

### FISH & GAME

Fish and Game Club	250-832-3431		<a href="https://safgc.ca/">https://safgc.ca/</a>
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### FITNESS CENTERS

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

### FOOTBALL

Minor Football Association	250-832-8289	president@shuswapminorfootball.ca	<a href="http://www.shuswapfootball.com">www.shuswapfootball.com</a>
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### GOLF

Shuswap National Golf Course	250-832-3285	golfshop@shuswapnational.com	<a href="http://www.shuswapnational.com">www.shuswapnational.com</a>
Club Shuswap Golf and RV	250-832-7345	golf@clubshuswap.com	<a href="http://www.clubshuswap.com">www.clubshuswap.com</a>
Salmon Arm Golf Club	250-832-4727		<a href="http://www.salmonarmgolf.com">www.salmonarmgolf.com</a>

### GYMNASTICS

Momentum Gymnastics	250-804-0602	info@momentumgymnastics.com	<a href="http://www.momentumgymnastics.com">www.momentumgymnastics.com</a>
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### HOCKEY

Minor Hockey	250-832-0095	saminorhockey@shaw.ca	<a href="http://www.salmonarmminorhockey.com">www.salmonarmminorhockey.com</a>
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### HORSESHOE

Horseshoe Club	250-832-9873		
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### INDOOR PLAY AREAS

Junglemania	778-489-5554	info@junglemania.ca	<a href="http://www.junglemania.ca">www.junglemania.ca</a>
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### LACROSSE

Minor Lacrosse		shuswapminorlacrosse@gmail.com	<a href="http://www.shuswapminorlacrosse.com">www.shuswapminorlacrosse.com</a>
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### MARTIAL ARTS

Northern Spirit Martial Arts	250-463-4925		
Kees Tae Kwon Do	250 833-0661	salmonarm@kees.ca	www.keesokanagan.ca
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			<a href="https://clubspark.ca/salmonarmtennisclub">https://clubspark.ca/salmonarmtennisclub</a>
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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	<a href="https://www.shuswapladystriders.ca">https://www.shuswapladystriders.ca</a>
Shuswap Naturalist Club		info@shuswapnaturalists.org.	<a href="http://www.shuswapnaturalists.org">http://www.shuswapnaturalists.org</a>
Shuswap Outdoors Club	250-832-7768		
Shuswap Trail Alliance	250-832-0102	info@shuswaptrails.com	<a href="https://shuswaptrails.com">https://shuswaptrails.com</a>

### YOGA

Gratitude Hot Yoga	250-517-8747	gratitudehotyoga@gmail.com	<a href="https://www.gratitudevogainc.com">https://www.gratitudevogainc.com</a>
Namaste Yoga	250-803-6724	namastesalmonarm@gmail.com	<a href="http://yogasalmonarm.com">http://yogasalmonarm.com</a>
Sweet Freedom Yoga	250-832-2720		<a href="https://www.sweetfreedomyoga.com">https://www.sweetfreedomyoga.com</a>

### 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](mailto:rscott@salmonarmrecreation.ca)