

SALMON ARM
RECREATION

FUN GUIDE

FALL 2025



 **ROGERS Rink**



SASCU

Online Registration begins MONDAY AUGUST 25 at 6:30am

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

tmoore@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 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 cancelled 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.

**ANNUAL POOL
SHUT DOWN
AUGUST 22nd at
12pm to
SEPTEMBER 8th at
6:30am**

Recreation On Demand

Do you have a skill or passion you'd like to share with the community? Are you trained to teach a class or lead a workshop? If you have an idea for a course you'd like to offer at the Salmon Arm Recreation Centre, we'd love to hear from you! Please email rscott@salmonarmrecreation.ca with the following details:

-A brief course description

-Your qualifications and relevant experience

We look forward to exploring your ideas!

REGISTRATION INFORMATION



Important Update: Software Upgrade Coming This Fall



We're excited to announce that we'll be launching a new and improved software platform this fall to bring you a faster, more reliable, and user-friendly experience.

What You Need to Know:

New System, Fresh Start

As part of this upgrade, all users will need to create a new account. Previous login credentials will not carry over to the new system.

Action Required Before August 25th

To ensure a smooth transition, please set up your new account before the upcoming registration day on August 25th.

How to Get Started:

- 1) Visit <https://salmonarmrecreation.finnlyconnect.com/>
- 2) Select "Create Your Account"
- 3) Enter your email address for account
 - i) A valid email address is required and will require access to complete your account set up.
- 4) Fill out Account information
 - i) Fill out Name, Communication Preferences, Phone, and Address
- 5) Select Account type
 - i) Choose from the options given such as Individual, Family, Organization or Business
 - (1) Family Account names should be changed to "Surname Family"

For Example – Jane Smith would be "Smith Family"
- **Please note that most user groups have already had an account created and should connect with your scheduling contact with Salmon Arm Recreation before creating a new account.
- 6) Enter a password - you will use this for logging in, in the future.
- 7) Enter the Security Code that will be emailed to you for the next step.
- 8) Account Set up Complete!

Now login and add any additional family members to your account and have a look around!

Go Live Date: Fall 2025

We'll share more details as we get closer to launch. If you have any questions or need help, our staff are ready to assist at 250.832.4044.

Thank you for your cooperation and support as we make this exciting transition!

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

Monday & Wednesdays

September 8 - December 17

Exclusion Dates on our website

Schedules are subject to change without notice



This program is sponsored by the
Shuswap Children's Association

LEARN TO SKATE - YOUTH REGISTER

**\$100/10 Sessions \$90/9 Sessions
(3+years old)**

This program introduces children to the fundamentals of skating in a fun, supportive environment. Designed to build confidence and foundational skills, young skaters prepare for future participation in community sports or simply enjoy recreational skating. Rather than focusing on levels, we emphasize individual skill development allowing each child to progress at their own pace.

HELMETS, SKATES & GLOVES REQUIRED

PENGUINS - Learn to Skate

Perfect for beginners, the Penguin level teaches essential skills such as falling and getting back up, moving, hopping, and gliding. It's all about building comfort and confidence on the ice.

MONDAYS:

9 Sessions

October 6- December 15

NO CLASS September 29, October 13, November 10
11:45 am - 12:15 pm

WEDNESDAYS:

10 Sessions

October 1- December 3

11:45 am – 12:15 pm

WALRUS - Improve your Skills

For skaters who can already move independently and recover from falls, the Walrus level focuses on advancing technique. Participants will work on stopping, gliding, building speed, and developing strength.

MONDAYS:

9 Sessions

October 6 - December 15

NO CLASS September 29, October 13, November 10
12:15 pm - 12:45 pm

WEDNESDAYS:

10 Sessions

October 1 - December 3

12:15 - 12:45 pm

TODDLER & ME SOCIAL DROP IN \$2 (0-5years old)

Every Friday 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
SEPTEMBER 19-DECEMBER 12**

CHILD & YOUTH PROGRAMS



SAFE AT HOME, SAFE ALONE REGISTER

\$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. Best suited for kids ready to stay home alone.

SASCU Recreation Centre Room 2
6-8pm

Session 1 - THURSDAY SEPTEMBER 25

Session 2 - TUESDAY OCTOBER 21

Session 3 - THURSDAY NOVEMBER 27

(includes work booklet)

TINY DANCERS REGISTER

\$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

9-9:30am

Session 1 - SEPTEMBER 18 - OCTOBER 23

Session 2 - NOVEMBER 6 - DECEMBER 11

RED CROSS BABYSITTERS COURSE REGISTER

\$120/session+ \$10.50 book
(11+ years old)



The Babysitters Course teaches youth essential skills to prevent and respond to emergencies. You will learn how to recognize and prevent unsafe situations, make safe choices and promote safe behaviours. Moreover, you will also learn how to feed, diaper, dress, and play with children and babies.

This program also gives you the skills to promote yourself as a babysitter to prospective families. You will learn to make good decisions, manage complex behaviours, be responsible, and demonstrate leadership.

The course also covers information on children's developmental stages and specific strategies for each stage, as well as first aid skills and the business of babysitting. Don't miss out on this opportunity to become a skilled babysitter and make a positive difference in the lives of children.

SASCU Recreation Centre Room 2

Session 2 - 2 day course OCTOBER 4/5

9am-1pm

Session 1 - OCTOBER 1-29

Session 3 - NOVEMBER 12-DECEMBER 10

WEDNESDAYS 6-8pm



CHILD & YOUTH PROGRAMS

LASER TAG REGISTER \$12

(8-14 years old)

Come play laser tag with friends. We provide the equipment, you bring the energy!

Pop and popcorn snack after the game.

SASCU Recreation Centre Auditorium

SUNDAYS

September 21

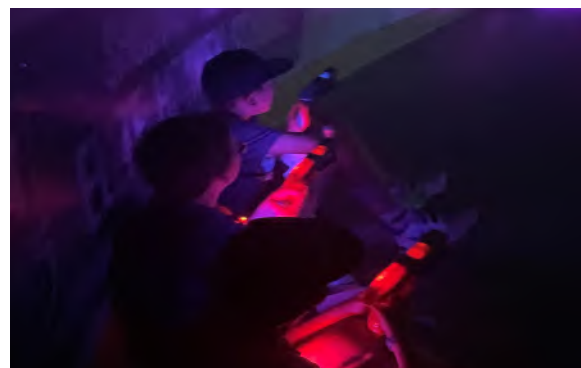
October 5

November 23

8 - 10 year olds 11am -12pm

10 - 12 year olds 12:30pm - 1:30pm

12 - 14 year olds 2 - 3pm



A WIDE VARIETY OF YOUTH PROGRAMS.

BOXING
RECREATIONAL | COMPETITIVE

ATHLETIC DEVELOPMENT TRAINING
TO LEARN ATHLETIC SKILLS INCLUDING STRENGTH
| SPEED | AGILITY | EXPLOSIVE POWER

PRIVATE | TEAM TRAINING



FOR MORE
INFORMATION
VISIT OUR
WEBSITE.

INQUIRIES EMAIL: INFO@BULLDOGSBOXING.COM

PRO D DAY PASS DROP IN \$9-11

(9+ years old)

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 gym sport and crafts. No direct supervision for public swim life guards on duty.

ACTIVITY	TIME	CHILD	STUDENT
Drop in Gym Sport	9-11am	\$3.50	\$4.75
Crafts & Board Games	11am-12pm	\$2.00	\$2.00
Public Swim	12-2:30pm	\$4.50	\$5.50
ALL ACTIVITIES	9am-2:30pm	\$9	\$11

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

SASCU Recreation Centre Check in at Front Desk
September 29, October 24, November 10

Columbia
Shuswap
Selkirks
Swim Club



Competitive year round
Swim Club

for ages 6-18

www.selkirksswim.ca

Selkirks Swim Club
 @selkirksswimclub

ADULT PROGRAMS



ADULT SPORTS DROP IN

ADULT \$5.75 SENIOR \$4.75

(16+ years old)

BASKETBALL

SASCU RECREATION CENTRE-AUDITORIUM
MONDAYS
8-10pm

FUTSAL

SASCU RECREATION CENTRE-AUDITORIUM
TUESDAYS
8-10pm

TABLE TENNIS

SASCU RECREATION CENTRE-RACQUET COURTS
DROP IN MONDAY 9-11am
LEAGUE TUESDAYS 7-9pm/SUNDAYS 2-4pm

BADMINTON

SASCU RECREATION CENTRE-AUDITORIUM
TUESDAYS/THURSDAYS
8-10am

INDOOR PICKLEBALL

SASCU RECREATION CENTRE-AUDITORIUM
see fall Auditorium calendar for level days
and times

ALL DROP IN SPORTS SCHEDULES ARE SUBJECT TO CANCELLATION AND CHANGE WITHOUT NOTICE

ADULT VOLLEYBALL LEAGUE REGISTER \$240/team

16+ years

A league for both recreational and competitive players who desire a higher level of play! A minimum of two female players required on the court at all times. Teams must register by September 1st to be included in the league schedule. For more information email:

Krista - kbridge7@yahoo.com



SASCU Recreation Centre Gym
Wednesdays/Thursdays:
6 - 10pm
September 9 - December 18

No Session November 19/20

CHAIR TO MAT YOGA REGISTER \$154/14 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 one's 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
September 11- December 11
10-11am
Drop in for \$13/class

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



ADULT PROGRAMS

CHOOSE TO MOVE REGISTER 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, September 9 at 9am to determine if this program is right for you.

SASCU Recreation Centre Room 1
Tuesdays 9 - 10am
September 16 - December 16

ACTIVAGE REGISTER 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 10:30am - 11:30am
September 16 - December 16

LEARN TO SKATE - ADULT REGISTER \$100/10 Session \$90/9 Sessions 16+ years old

Our Learn to Skate program is designed to teach the basics of skating and to enhance the skills you already have. Choose the level that is right for you! All adults on the ice must wear a helmet.

ADULT SKILLS & DRILLS

For skaters who want to improve their skating, for hockey, figure skating or just for fun.

WEDNESDAYS:

10 Sessions
October 1 - December 3
12:45-1:30pm

LEARN TO SKATE

For adults who want to learn all the basics from falling down and getting back up; to moving, hopping and gliding.

MONDAYS

9 Sessions
October 6 - December 15
No session October 13 November 10
12:45 pm - 1:30 pm



ADULT PROGRAMS



COUPLES DANCE LESSONS REGISTER

\$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. This accomplished instructor will teach a wide range of International and American dance styles. Must register in couples.

SASCU Recreation Centre
AUDITORIUM

Mondays
October 20 - November 24

Couples West Coast Swing
and Two-Step
5:30 – 6:30 pm

Couples Lindy Hop &
Foxtrot
6:30 - 7:30 pm

These classes are for dancers of all levels. Learn for the first time or perfect your skills. Jens will help you develop your dance skills no matter what level



STRENGTH IN MOTION CLASS REGISTER

\$90/9 sessions
(16+ years)

Get ready to sweat, strengthen, and stretch with Mackenzie from Tough Love Boot Camp in this dynamic 9-week fitness series! Each week, the class rotates between Circuit Training, HIIT (High-Intensity Interval Training), and Strength + Stretch, offering a well-rounded workout experience that keeps your body guessing and progressing.

With over 15 years of experience teaching fitness, Mackenzie brings an inspiring mix of energy, positivity, and tough love to every session. Whether you're looking to build endurance, tone muscles, or improve flexibility, this class has something for everyone.

All fitness levels welcome. Come ready to work hard and leave feeling empowered!

SASCU Recreation Racquet Courts
Tuesdays 10 -11am
September 16 - October 28
(no session September 30 or November 11)

Learn to Square Dance!

Free open house

Sept 10th 7 - 9 PM

170 5th Ave SE

all ages.

Casual dress

Learn while you dance

Singles welcome

Jim 250 253 2897

comedance.ca



AUDITORIUM SCHEDULES

Auditorium Program Schedule						
September 8-October 31						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Adult Drop In Badminton 8-10am		Adult Drop In Badminton 8-10am	PRIVATE BOOKING 8-9am		
Drop in Motoring Munchkins 9-11am	PRIVATE BOOKING 10:15-10:45am	Drop In Motoring Munchkins 9-11am	PRIVATE BOOKING 10:15-10:45am	Adult Drop in Pickleball Recreational 9-11am		
Adult Drop in Pickleball Advanced 11:30am-1:30pm	Adult Drop in Pickleball Recreational 11am-1pm	Adult Drop in Pickleball Recreational 11:30am-1:30pm	Adult Drop in Pickleball Competition 11am-1pm	Adult Drop in Pickleball Competition 11:30am-1:30pm		
Adult Drop in Pickleball Competition 1:45-3:45pm	Pickleball Advanced 1:15-3:15pm	Private Booking 1:45-3:15pm	Pickleball Advanced 1:15-3:15pm	PRIVATE BOOKING 1:30-3pm		
PRIVATE BOOKING 4-5pm				PRIVATE BOOKING 3-4pm		
Adult Partners Dance 5:30-7:30pm		Adult Volleyball League 6-10pm	Adult Volleyball League 6-10pm			
Adult Drop In Basketball 8-10pm						
Adult Drop In Basketball 8-10pm	Adult Drop in Soccer 8-10pm					
Pickleball Legend	EVERYONE WELCOME AT PICKLEBALL	*To maximize playing time Pickleball is Round Robin Play *Dance lessons and Volleyball & Dodgeball leagues are registered *All programs are subject to change and cancellation without notice *All Drop in programs are unsupervised				
Recreational	LEVELS ARE JUST A GUIDE					
Competition	THIS IS DROP IN NOT					
Advanced	PICKLEBALL CLUB					

Auditorium Program Schedule						
November 1-December 19						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Adult Drop In Badminton 8-10am		Adult Drop In Badminton 8-10am	PRIVATE BOOKING 8-9am		
Drop in Motoring Munchkins 9-11am	PRIVATE BOOKING 10:15-10:45am	Drop In Motoring Munchkins 9-11am	PRIVATE BOOKING 10:15-10:45am	Adult Drop in Pickleball Recreational 9-11am		
Adult Drop in Pickleball Advanced 11:30am-1:30pm	Adult Drop in Pickleball Recreational 11am-1pm	Adult Drop in Pickleball Recreational 11:30am-1:30pm	Adult Drop in Pickleball Competition 11am-1pm	Adult Drop in Pickleball Competition 11:30am-1:30pm		
Adult Drop in Pickleball Competition 1:45-3:45pm	Pickleball Advanced 1:15-3:15pm	Private Booking 1:45-3:15pm	Pickleball Advanced 1:15-3:15pm	PRIVATE BOOKING 1:30-3pm		
PRIVATE BOOKING 4-5pm	PRIVATE BOOKING 3:30-8pm	Private Booking 3:30-5:30pm	Private Booking 3:30-5:30pm	PRIVATE BOOKING 3-4pm		
Adult Partners Dance 5:30-7:30pm		Adult Volleyball League 6-10pm	Adult Volleyball League 6-10pm			
Adult Drop In Basketball 8-10pm						
	Adult Drop in Soccer 8-10pm					
Pickleball Legend	EVERYONE WELCOME AT PICKLEBALL	*To maximize playing time Pickleball is Round Robin Play *Dance lessons and Volleyball & Dodgeball leagues are registered *All programs are subject to change and cancellation without notice *All Drop in programs are unsupervised				
Recreational	LEVELS ARE JUST A GUIDE					
Competition	THIS IS DROP IN NOT					
Advanced	PICKLEBALL CLUB					

FIELDS, COURTS FITNESS ROOM



SASCU RACQUETBALL & SQUASH

COURTS

\$17.52/court/45min

BOOK YOUR COURT TIME ONLINE

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

COURT TIMES

Monday-Friday	6:30am-9pm
Saturday	9am-8:30pm
Sundays	12-4pm
Stat Holidays	1-4pm

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-9pm
Sundays	12-4pm
Stat Holidays	1-4pm

CLOSED: December 25, 26 and January 1

SASCU RECREATION CENTRE FITNESS ROOM (16+)

ADULT \$6.75 SENIOR \$5.50 STUDENT \$5.50

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 **PLEASE REMEMBER FIELDS ARE CLOSED OCTOBER 31 - APRIL 15.**

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



ROGERS RINK

ROGERS Rink

STARTING THE WEEK OF SEPTEMBER 7th

PUBLIC SKATE

DROP IN

SUNDAYS 3-4:30pm

HUCUL POND

FRIDAYS 7-8:30pm

HUCUL POND

SENIOR/PARENT & TOT SKATE

DROP IN

TUESDAYS 1:30-2:30pm HUCUL POND

THURSDAYS 1:30-2:30pm SPECTATOR

CHEAP SKATE (\$2.50)

DROP IN

TUESDAYS 2:45-4:15pm HUCUL POND

THURSDAYS 2:45-4:15pm SPECTATOR

Helmets strongly recommended

No sticks & pucks permitted on the ice

No shoes allowed on the ice

NO PUBLIC SKATE OCTOBER 31

Senior (60+) - \$5.50

Adult (19+) - \$6.75

Student (13-18) - \$5.50

Child (6-12) - \$4.50

Tot (1-5) - \$2.25

Parent & Tot - \$6.25

Family (Max 5) - \$14.50

****NO RENTALS AVAILABLE AT ARENA****



LUNCH HOUR SHINNY

REGISTER ONLINE

(16+)

THURSDAYS

12-1pm

Join us every week for Lunch Hour Shinny — a casual, drop-in style hockey session for players aged 16 and up. Whether you're a seasoned skater or just looking to stay active, this is a great way to enjoy the game in a relaxed and friendly environment.

Gloves, helmet and stick required. Full gear strongly recommended.

PRO D DAY STICK & PUCK

DROP IN

6-12 year olds HUCUL POND

13-18 year olds SPECTATOR

1-2:30pm

September 2, 29

October 24

November 10

February 13

April 20

May 8



Gloves, helmet and stick required. Full gear strongly recommended.

ALL ACTIVITY SCHEDULES ARE SUBJECT TO CANCELLATION AND CHANGE WITHOUT NOTICE

ROGERS RINK



ROGERS Rink

STARTING THE WEEK OF SEPTEMBER 7th

INDOOR WALKING TRACK DROP IN

FREE
(ALL AGES)

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

- 1 loop 200 meters ■
- Surface: 7+2mm PolyTurf
- Wheelchair accessible

*Jogging permitted 10am-12pm Monday - Friday

We recommend checking with your doctor before starting a new routine.

THANK YOU ROTARY FOR SPONSORING THE
INSTALLATION OF THE NEW WALKING TRACK

INDOOR WALKING LOOP GROUP DROP IN

FREE
(16+)

Stay active and social with our weekly indoor walking group. This drop-in program is perfect for anyone looking to get their steps in and enjoy a relaxed atmosphere. From seniors to new parents, come walk, connect, and make your Fridays a little brighter!

Walk at your own pace. Enjoy a coffee and conversation afterward (\$2). A group leader will be on-site to track your loops and share walking tips.

SPECTATOR Concourse

Fridays

8:30-9:30am walk 9:30-10am coffee

No Session October 24



Salmon Arm Minor Hockey Association

Salmon Arm Minor Hockey Association
63rd year of Minor Hockey Operation.
Open to ages 5 yrs old to 18 yrs old.
Recreation, Rep and Female Programs

Check our website at:

www.salmonarminorhockey.com

Contact: saminorhockey@shaw.ca

for more information

LET'S HIT THE ICE!

SEPTEMBER- MARCH

FUNDamentals:
Ages 3+, learn to skate, learn basics of the game,
1 practice & 1 game/wk
U10, U12, U14, U16, U19, OPEN (18+)

RINGETTE IS FOR EVERYONE!

- Non-contact ✓
- Co-ed ✓
- Competitive Play ✓
- Focus on Passing & Teamwork ✓
- Attend fun tournaments! ✓
- Opportunities to join Rep Teams ✓

www.shuswapringette.com

STARS ON ICE

STARS ON ICE®

2025

HOLIDAY TOUR

Coming this December

 **ROGERS** Rink

Stay tuned for
date and ticket information

SALMON ARM
RECREATION

SALMON ARM
MRDT Program

SILVERBACKS SCHEDULE



2025-2026 Home Game Schedule



Home Exhibition Games

Friday September 5th - 7pm vs West Kelowna Warriors

Saturday September 6th- 6pm vs Cranbrook Bucks

Regular Season Games

Friday	September 19	Cranbrook Bucks	7:00 PM
Saturday	September 20	Trail Smoke Eaters	6:00 PM
Friday	October 17	Vernon Vipers	7:00 PM
Friday	November 7	West Kelowna Warriors	7:00 PM
Sunday	November 9	Spruce Grove Saints	4:00 PM
Friday	November 14	Trail Smoke Eaters	7:00 PM
Saturday	November 15	Trail Smoke Eaters	6:00 PM
Saturday	November 22	Sherwood Park Crusaders	6:00 PM
Friday	December 5	Cranbrook Bucks	7:00 PM
Saturday	December 6	Alberni Valley Bulldogs	6:00 PM
Saturday	December 13	West Kelowna Warriors	6:00 PM
Friday	December 19	Blackfalds Bulldogs	7:00 PM
Friday	January 9	Cowichan Valley Capitals	7:00 PM
Saturday	January 10	Cranbrook Bucks	6:00 PM
Friday	January 23	Vernon Vipers	7:00 PM
Sunday	January 25	Sherwood Park Crusaders	4:00 PM
Friday	January 30	Trail Smoke Eaters	7:00 PM
Saturday	January 31	Okotoks Oilers	6:00 PM
Friday	February 20	West Kelowna Warriors	7:00 PM
Saturday	February 21	Blackfalds Bulldogs	6:00 PM
Friday	February 27	Okotoks Oilers	7:00 PM
Friday	March 6	West Kelowna Warriors	7:00 PM
Friday	March 13	Vernon Vipers	7:00 PM
Friday	March 20	Spruce Grove Saints	7:00 PM
Friday	March 27	Brooks Bandits	7:00 PM
Saturday	March 28	Brooks Bandits	6:00 PM



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, 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-\$34.25+skating admission

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 are an additional cost and laser tag parties are bookable if staff are available.

FACILITY RENTALS



SASCU LITTLE MOUNTAIN FIELD HOUSE

Seating for up to 60 people

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

For more details about the facility or booking, head to salmonarmrecreation.ca, or email cdeboer@salmonarmrecreation.ca

SASCU RECREATION CENTRE AUDITORIUM

Seating for up to 400 people

\$92.23/hour or \$905.58/day

For more details about the facility or booking, head to salmonarmrecreation.ca, or email rscott@salmonarmrecreation.ca

SASCU RECREATION CENTRE ROOM 1/2/BOARD ROOM

Seating for up to 50/40/15 people

\$33.20/\$23.27/\$16.18 per hour or \$232.14/\$162.90/113.80 per day

For more details about the facility or booking, head to salmonarmrecreation.ca, or email rscott@salmonarmrecreation.ca

ROGERS RINK NEUTRAL ZONE

Seating for up to 40 people

\$42.44/hour or \$297.05/day

WIFI, TV, projector, sounds system included

For more details about the facility or booking, head to salmonarmrecreation.ca, or email cdeboer@salmonarmrecreation.ca

ROGERS RINK MPR 1/MPR 2

Seating for up to 15 people

\$25.54/hour or \$179.36/day

For more details about the facility or booking, head to salmonarmrecreation.ca, or email cdeboer@salmonarmrecreation.ca

ROGERS RINK LOUNGE

Seating for up to 60 people

\$30.93/hour or \$216.82/day

For more details about the facility or booking, head to salmonarmrecreation.ca, or email cdeboer@salmonarmrecreation.ca

**BOOK YOUR HOLIDAY PARTY, MEETING,
TEAM WINDUP OR FUNCTION TODAY**



AQUAFIT

2025 Aquafit Schedule

September 8 - December 19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aquafit Shallow 9:00 - 9:45am		Aquafit Deep 9:00 - 9:45am		Aquafit Shallow 9:00 - 9:45am
	Noon Fit 12:15 - 1:00pm		Noon Fit 12:15 - 1:00pm	

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

AQUAFIT SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE

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.

Wee Fit

Wednesday's 2-2:45pm

Starting September 10th



\$6.25 for a limited time!

Come join our water based fitness class with your little one!

From 4 months (must be able to hold their head up on their own) to 2 years old.



SALMON ARM
RECREATION

PH: 250-832-4044

www.salmonarmrecreation.ca

POOL SCHEDULES



Pool Schedule - Sept 8 - Dec 20, 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All sessions have access to the Parent & Tot Pool, Hot Tub & Sauna (except CLOSED times)							
Lap Lanes		6:30-8:30am 9:00-10:00(1LL) 10:00-12:00pm (3LL) 7:30-9:00pm (2LL)	7:30-9:30am 12:00-1:00pm(2LL) 4:00-6:00pm (1LL)	6:30-8:30am 9:00-10:00(1LL) 10:00-12:00pm (3LL) 7:30-9:00pm (2LL)	7:30-9:30am 12:00-1:00pm(2LL)	6:30-8:30am 9:00-10:00(1LL) 10:00-11:00am 4:00-6:00pm (1LL)	9:00-2:00pm (3LL) *No Wade pool
Laps & Leisure		12:00-1:00pm	9:00-12:00pm 1:00-3:00pm	12:00-1:00pm	9:00-12:00pm 1:00-3:00pm	11:00-2:00pm	
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
Discount Dip		1:00-2:00pm	3:00-4:00pm	1:00-2:00pm	3:00-4:00pm		
Leisure Only no main pool		8:30-9:00am	6:30-7:30am 6:00-7:00pm	8:30-9:00am	6:30-7:30am 6:30-7:30pm	8:30-9:00am	
CLOSED to Public		2:00-6:00pm		2:00-6:00pm	4:00-6:30pm		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	
Number of Lap Lanes available may change with program requirements							
Dates of Note Tuesday/Thursday 9am-12pm - Closed If there is a School Rental Statutory Swims 1-4pm ONLY: Sept 30, Oct 13, Nov 11 Pro D Day Swims: 12-2:30pm <u>Mondays</u> Sept 29 & Nov 10 1-4pm <u>Friday</u> Oct 24				Special Events Super Saturday: Sept 13, Oct 4, Nov 1, Dec 6 - No Lap Lanes Youth Night: Sept 19, Oct 17, Nov 14, Dec 12 - No Public Swim 6-9pm			

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





SWIM LESSONS

Monday - AM Sept 8 - Nov 17

10 Sessions **No lessons Oct 13th**

Time	
Parent and Tot 1	10:00 - 10:30 am
Parent and Tot 2	10:00 - 10:30 am
Parent and Tot 3	10:30 - 11:00 am
Preschool 1	10:00 - 10:30 am
Preschool 1	11:00 - 11:30 am
Preschool 2	10:30 - 11:00 am
Preschool 3	11:00 - 11:30 am

Wednesday - AM Sept 10 - Nov 12

10 Sessions

Time	
Parent and Tot 1	10:00 - 10:30 am
Parent and Tot 2	10:00 - 10:30 am
Parent and Tot 3	10:30 - 11:00 am
Preschool 1	10:00 - 10:30 am
Preschool 1	11:00 - 11:30 am
Preschool 2	10:30 - 11:00 am
Preschool 3	11:00 - 11:30 am

Monday - PM Sept 8 - Nov 17

10 Sessions **No lessons Oct 13th**

Time	
Parent and Tot 1	3:00 - 3:30 pm
Parent and Tot 2	3:00 - 3:30 pm
Parent and Tot 3	3:00 - 3:30 pm
Preschool 1	3:30 - 4:00 pm
Preschool 2	4:00 - 4:30 pm
Preschool 2	5:00 - 5:30 pm
Preschool 3	4:00 - 4:30 pm
Preschool 4	5:30 - 6:00 pm
Preschool 5	5:30 - 6:00 pm
Swimmer 1	4:00 - 4:30 pm
Swimmer 1	4:30 - 5:00 pm
Swimmer 2	3:30 - 4:00 pm
Swimmer 2	4:30 - 5:00 pm
Swimmer 3	5:15 - 5:45 pm
Swimmer 3	5:30 - 6:00 pm
Swimmer 4	4:00 - 4:45 pm
Swimmer 5	4:45 - 5:30 pm
Swimmer 6	4:30 - 5:15 pm
Rookie Patrol	5:00 - 6:00 pm
Ranger Patrol	5:00 - 6:00 pm
Star Patrol	5:00 - 6:00 pm

Wednesday - PM Sept 10 - Nov 12

10 Sessions

Time	
Parent and Tot 1	3:00 - 3:30 pm
Parent and Tot 2	3:00 - 3:30 pm
Parent and Tot 3	3:00 - 3:30 pm
Preschool 1	3:30 - 4:00 pm
Preschool 1	5:00 - 5:30 pm
Preschool 2	4:00 - 4:30 pm
Preschool 3	4:00 - 4:30 pm
Preschool 4	4:00 - 4:30 pm
Preschool 5	4:00 - 4:30 pm
Swimmer 1	4:30 - 5:00 pm
Swimmer 1	5:30 - 6:00 pm
Swimmer 2	3:30 - 4:00 pm
Swimmer 2	5:30 - 6:00 pm
Swimmer 3	4:30 - 5:00 pm
Swimmer 3	5:15 - 5:45 pm
Swimmer 4	4:00 - 4:45 pm
Swimmer 5	4:45 - 5:30 pm
Swimmer 6	4:30 - 5:15 pm

SWIM LESSONS



Monday/Wednesday - AM Nov 19 - Dec 17

9 Sessions

Time

Parent and Tot 1	10:00 - 10:30 am
Parent and Tot 2	10:00 - 10:30 am
Parent and Tot 3	10:30 - 11:00 am
Preschool 1	10:00 - 10:30 am
Preschool 1	11:00 - 11:30 am
Preschool 2	10:30 - 11:00 am
Preschool 3	11:00 - 11:30 am

Monday/Wednesday - PM Nov 19 - Dec 17

9 Sessions

Time

Parent and Tot 1	3:00 - 3:30 pm
Parent and Tot 2	3:00 - 3:30 pm
Parent and Tot 3	3:00 - 3:30 pm
Preschool 1	3:30 - 4:00 pm
Preschool 1	4:30 - 5:00 pm
Preschool 2	4:00 - 4:30 pm
Preschool 2	5:00 - 5:30 pm
Preschool 3	4:00 - 4:30 pm
Preschool 4	4:00 - 4:30 pm
Preschool 5	4:00 - 4:30 pm
Swimmer 1	4:00 - 4:30 pm
Swimmer 1	4:30 - 5:00 pm
Swimmer 2	3:30 - 4:00 pm
Swimmer 2	5:15 - 5:45 pm
Swimmer 3	5:30 - 6:00 pm
Swimmer 4	4:30 - 5:15 pm
Swimmer 5	5:15 - 6:00 pm
Swimmer 6	4:30 - 5:15 pm
Rookie Patrol	5:00 - 6:00 pm
Ranger Patrol	5:00 - 6:00 pm
Star Patrol	5:00 - 6:00 pm

Thursday - PM Sept 11 - Nov 13

10 Sessions

Preschool 1	4:00 - 4:30 pm
Preschool 2	4:45 - 5:15 pm
Preschool 3	4:30 - 5:00 pm
Preschool 3	5:00 - 5:30 pm
Preschool 4	5:45 - 6:15 pm
Preschool 5	5:45 - 6:15 pm
Swimmer 1	4:00 - 4:30 pm
Swimmer 2	4:30 - 5:00 pm
Swimmer 2	5:45 - 6:15 pm
Swimmer 3	5:15 - 5:45 pm
Swimmer 4	4:00 - 4:45 pm
Swimmer 5	5:00 - 5:45 pm
Swimmer 6	5:30 - 6:15 pm

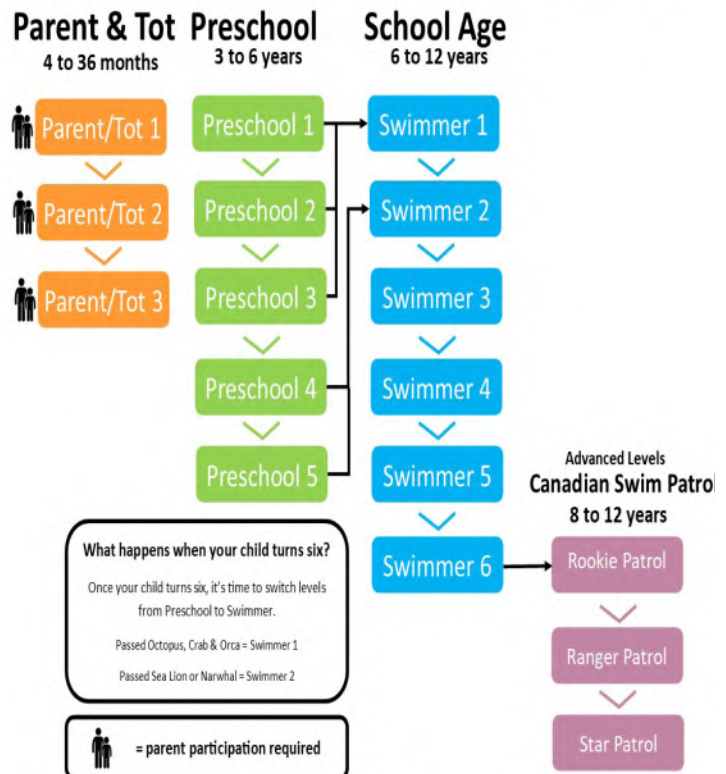
Gym of Rock
INDOOR ROCK CLIMBING
 DROP IN
 MEMBERSHIPS
 BIRTHDAY PARTIES
 STAFF PARTIES
 LESSONS
 RENTAL EQUIPMENT
 OPEN 7 DAYS A WEEK
 KIDS LESSONS
 START IN SEPTEMBER
 REGISTER TODAY!
 WWW.GYMOFROCK.COM
 778.489.5594
 CLIMB@GYMOFROCK.COM



SWIM LESSONS

Saturday September 13 - November 22 10 Sessions *No lessons Oct 11th**	
Parent and Tot 1	8:30 - 9:00 am
Parent and Tot 2	8:30 - 9:00 am
Parent and Tot 3	9:00 - 9:30 am
Preschool 1	8:30 - 9:00 am
Preschool 1	1:00 - 1:30 pm
Preschool 2	10:30 - 11:00 am
Preschool 2	1:15 - 1:45 pm
Preschool 3	11:30 - 12:00 pm
Preschool 4	12:15 - 12:45 pm
Preschool 5	12:15 - 12:45 pm
Swimmer 1	9:30 - 10:00 am
Swimmer 1	12:45 - 1:15 pm
Swimmer 2	12:30 - 1:00 pm
Swimmer 3	12:00 - 12:30 pm
Swimmer 4	11:30 - 12:15 pm
Swimmer 5	9:45 - 10:30 am
Swimmer 6	9:00 - 9:45 am
Rookie Patrol	10:00 - 11:00 am
Ranger Patrol	10:00 - 11:00 am
Star Patrol	10:00 - 11:00 am

Swim for Life Program Structure



MINI RUGBY

WINTER SESSION

REGISTRATION OPENS IN OCTOBER
Saturday mornings Nov & Dec

- Ages 3-12
- Co-ed
- Rookie Rugby Canada: Non-Contact Flag Rugby
- Kids will be grouped according to age and ability
- Hand- Eye Coordination
- Passing, Running
- Teamwork
- Indoor athletic attire, running shoes

YETI RUGBY
SALMON ARM

YETIRUGBY.COM

JUNIOR YETI RUGBY

SALMON ARM

YETI RUGBY IS GOING TO NEW ZEALAND MARCH 2026!

AGES 15-17
INTERESTED IN PLAYING RUGBY THIS FALL?

CONTACT
VP@YETIRUGBY.COM

ADVANCED AQUATICS



LIFE SAVING SOCIETY

BRONZE STAR

REGISTER ONLINE

SASCU RECREATION CENTRE POOL

September 10-November 12

5-6pm



Bronze Star: develops swimming proficiency, life-saving 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.)

RECREATIONAL SOCCER PROGRAMS

**DID YOU KNOW THAT SYSA OFFERS
YEAR ROUND PROGRAMS??**

ALL SKILL LEVELS

BOYS & GIRLS

2022 BORN & UP

- FALL OUTDOOR
- FALL INDOOR
- WINTER INDOOR
- SPRING OUTDOOR
- SUMMER CAMPS

FOR MORE INFO AND REGISTRATION
WWW.SHUSWAPSOCCER.COM

LIFE SAVING SOCIETY

BRONZE MEDALLION

SASCU RECREATION CENTRE POOL

November 5/12 4-7pm November 8/15 9am-4:30pm

Please email:

**kmaclaren@salmonarmrecreation.ca for more
information**

Bronze Medallion, teaches the four components of water rescue education: judgment, knowledge, skill, and fitness. Bronze Medallion challenges the candidate both mentally and physically. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Bronze Medallion is a prerequisite for Assistant Lifeguard training in Bronze Cross.

Prerequisite: Minimum 13 years of age or the Bronze Star award.

LIFE SAVING SOCIETY

BRONZE CROSS

SASCU RECREATION CENTRE POOL

Nov 28 4:30-8:30pm, Nov 29 9:30am-1:30pm,

Dec 5 4:30-8:30pm, Dec 6/13 9:30am-1:30pm

Please email:

**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.

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



POOL FUN

SUPER SATURDAY

DROP IN

Drop In Rates

(ALL AGES)

FUN for all ages, our SUPER SIZED INFLATABLE makes for SUPER SIZED FUN on SUPER SATURDAYS.

6-8:30pm

September 13th

October 4th

November 1st

December 6th

Adult \$6.75, Senior \$5.50, Student \$5.50

Child \$4.50, Tot \$2.25, Parent & Tot \$6.25

Family \$14.50

*no lap lane during this time



YOUTH NIGHT

REGISTER

\$10.70

(8-12 years old)

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

6:30-9pm

September 19

October 17

November 14

December 12

Movies will be announced the week of the event

YOUTH CLUB VOLLEYBALL
shuswapvc.ca

NOV/DEC TRYOUTS
JAN-MAY SEASON

**REGISTRATION OPENS
OCTOBER 1**

IF YOU'RE INTERESTED PLAYING, COACHING, VOLUNTEERING, OR SUPPORTING THE CLUB, CHECK OUT OUR WEBSITE TODAY!

POOL FUN



DIVE INTO THE HALLOWEEN SPOOKTACULAR SWIM

ACTIVITIES
GAMES
PRIZES
CANDY



OCTOBER 25TH • 6-9PM

ph: 250-832-4044
www.salmonarmrecreation.ca

SALMONARM
RECREATION

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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

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		

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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	250-253-2897	jellis4747@gmail.com	www.comedance.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

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

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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

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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

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.gratitudedyogainc.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