

# Spring 2024

## RECREATION GUIDE



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# Youth Programs

## LIL' ATHLETICS

**(3-5yrs with comfy footwear & water bottle)**

This program is a high energy 30min session led by a Fundamental Movements Instructor that will have your pre-school child using games and play to improve their physical literacy skills that build self-esteem and confidence. Watch them run, jumping, skip, throw, catch, and more to prepare them for future sports and an Active Life.

**Drill Hall Mondays April 8- May 13 11:00-11:30am Cost: \$40.00 (6 classes)**

## LIL' DANCE CLUB

**(ages 3-5yrs with comfy footwear & water bottle)**

Music and movement are fantastic for little bodies, and this program provides a variety of both. Let your little one sing, dance, clap, drum, and move to beats and rhythms that inspire laughter and imagination.

**Drill Hall Wednesdays April 10 – May 15  
11:00-11:30am Cost: \$40.00 (6 classes)**



## LIL' BALLET

**(ages 3-5 with ballet slippers)**

*Please tie back long hair*

This adorable program led by Miss Taylor will introduce your child to Ballet dance techniques in a fun and welcoming way. Each class will include stretching, jumping, twirling and balance and the Lil' dancers will enjoy songs, games and fun props.

**Drill Hall 2:45-3:15 pm**

**Session I • Tuesday May 7 - June 11**

**Session II • Thursdays May 9 - June 13**

**Cost: \$40.00 (6 classes)**

## JR. BALLET

(ages 6-8 with ballet slippers)

*Please tie back long hair*

We are excited to offer the Jr. Ballet Dance program with Miss Taylor. This is a wonderful program to improve posture, flexibility, strength, grace and self confidence.

**Drill Hall 3:30-4:15 pm**

**Tuesday May 7 - June 11**

**Cost: \$50.00 (6 classes)**

## JR. DANCE MIX

(ages 6-10 yrs with indoor shoes)

It is time to get a GROOVE ON with this exciting Dance Class that allows kids to build confidence and express themselves through music and movement. This program brings into play many different dance styles including Jazz, Hip Hop, Ballet, and offers a chance to express themselves with freestyle movement.

**Drill Hall Thursdays May 9- June 13**

**3:30-4:15 pm Cost: \$50.00 (6 classes)**

## JR. OUTDOOR ATHLETICS

(6-9yrs dressed for the weather & water bottle)

It's time to play outdoors! This program provides structured activities and drills that build confidence in Fundamental Movement Skills that are important for multi-sports.

**Meet at the Visitor Center Thursdays April 11- May 16 11:00-11:45 am**

**Cost: \$50.00 (6 classes)**



# NEW

## JR. NINJA CLUB

(6-9yrs with indoor shoes & water bottle)

Watch your child's strength, stamina, and agility grow through relays, conditioning exercises, and floor based obstacle courses that change every week. High-energy games and team-building activities teach cooperation, patience, and problem-solving in a safe and fun environment.

**Drill Hall Mondays April 8- May 13**

**3:30-4:15 am Cost: \$50.00 (6 classes)**

# Fitness Events

## INTRO TO DANCE FOR FITNESS

Join Sheryl for an active 1 hour session that introduces line dance patterns and routines for fun and fitness. The health benefits of dance include building confidence, reduce stress, burn calories, stronger heart, better balance, boost mood, improve flexibility. So catch the beat and move your feet (and the rest of your body too:)

**Thursday March 21 8:30-9:30 am (Drill Hall) COST: Regular Fitness Admission**

## RESTORATIVE YOGA & TEA

Join Amelia as she guides you through a relaxing and restorative 90 minute gentle and relaxing yoga session followed by warm herbal tea. Take advantage of this calm and nurturing environment for self care and reset.

**Thursday March 21 6:00-8:00 pm (Mara Hall)**

**Sunday March 24 6:00-8:00 pm (Drill Hall)**

**COST: \$20.00 pre registered // \$25.00 at the door (if space available)**

## Fitness Pricing



### ADULT

Drop in • \$7.00

5X Pass • \$35.00

10X Pass • \$63.00

20X Pass • \$110.00

### SENIOR (60+)

Drop in • \$6.00

5X Pass • \$30.00

10X Pass • \$54.00

20X Pass • \$100.00

### SEASON PASS

Jan-Mar Jan- May

Senior Chair • \$155.00 \$250.00

Senior All Classes • \$180.00 \$295.00

Adult All Classes • \$205.00 \$330.00

# Chair & Recovery Fitness

Monday

## CHAIR STRENGTH

**(mild to moderate intensity) 10:00-10:45am (Drill Hall)**

Get Fit while you sit (and stand) with an active warm-up, seated and standing moves, stretching and strengthening to promote flexible joints, improve balance and maintain muscle mass.

## BODY BALANCE

**(Mild intensity) 1:00-1:45pm (Drill Hall)**

This program focuses on fall prevention exercise that builds confidence in mobility and strength. Each class has a gentle warm up, functional stations that work on gait, muscle retention and balance followed by gentle stretching.

Wednesday

## CHAIR GROOVE

**(mild to moderate intensity) 10:00-10:45am (Drill Hall)**

This is not your ordinary Chair fitness class. Connect mind to muscle and let the music move you. Try the simple and fun choreography to inspire both seated and standing full body movement exercises that also help with memory and mood.

## OSTEOFIT

**(Mild intensity) 1:00-1:45pm (Drill Hall)**

Osteofit is BC Women's certified exercise, education and falls prevention program for individuals with osteoporosis, low bone density or who are at risk of fractures and falls. This class includes cardio conditioning, balance and agility practices and "osteosafe" resistance training with weights and bands.

Friday

## CHAIR STRETCH

**(moderate intensity) 10:00-10:45pm (Drill Hall)**

This class is designed to help maintain muscle tone and flexibility with both standing and seated exercises and poses that increase range of movement and relaxation. Breath work and mindfulness techniques are included for relaxation.

# Fitness Classes



## TABATA & TONE

Monday

(moderate to high intensity)

8:30-9:30am (Drill Hall)

Start your week off with interval training TABATA style – 20 seconds on and 10 seconds rest. This program includes resistance training using a variety of equipment that challenges the whole body.

## MIND & MUSCLE

Tuesday

(moderate intensity) 7:15-8:15am (Drill Hall)

This is an excellent program to get in tune with your body. A different muscle group is targeted each week with a focus on creating a strong mind to muscle connection, using proper form and technique for the best results.

## YOGA FLOW

(Moderate to High Intensity) 8:30-9:30am (Drill Hall)

Join Amelia on Tuesday mornings for a full body stretch and movement that not only builds strength and flexibility, but also cultivates mindfulness and inner peace.

## MEN'S FITNESS

(Moderate intensity with modifications) 9:45-10:30am (Drill Hall)

The Men's only class returns with the goal of building community and confidence in participating in a fitness program. This class includes strength training, mild cardio exercises and flexibility and mobility moves.

Wednesday

## BOOTY & CORE

(moderate intensity)

8:30-9:30am (Drill Hall)

A class for sculpting and strengthening your abs, back, booty and leg muscles! It's time to define and transform with body weight and resistance training drills that target the booty and core.



Thursday

## BOOT CAMP

**(High intensity with Modifications) 7:15-8:00am (Drill Hall)**

It is time to step it up with and push a little harder to build cardio endurance and body strength. Work through drills and stations that will target different muscle groups, and build confidence in your abilities.

## OUTDOOR ACTIVE

**(Moderate to High Intensity) 8:45-9:45 am (at Visitor Center)**

Dress for the weather and join our inspiring instructors for 60 minutes of Fresh Air Fitness. Bring your mat and water bottle and get ready for a full body workout with modifications as needed.

## SPRING WALKING CLUB

**(self-guided) 10:00am (meet at the Information Center)**

This is a FREE program where you can meet your friends to explore Enderby and Area. This group is pet and child friendly. We will be tracking steps and KM's to see how far south we can explore in 6 weeks.

## FIT MIX

**(Moderate to High intensity) 5:00-5:45pm (Drill Hall)**

This popular class adds variety to your exercise routine with a mix of fitness styles each month. Get the benefits of everything from Tabata to Step, HiIT, Yoga and more.

Friday


## STRENGTH & STRETCH

**(Moderate to High intensity) 8:30-9:30am (Drill Hall)**

A whole body workout to improve stability, promote good posture and facilitate everyday living activities. Individual work and stations make this class fun and challenging for all levels. Finish with a lengthy stretch to maintain or increase flexibility and mobility



# April 2 to May 17

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:15-8:15am <b>MIND &amp; MUSCLE</b>		7:15-8:00am <b>BOOT CAMP</b>		
8:30-9:30am <b>TABATA &amp; TONE</b>	8:30-9:30am <b>YOGA FLOW</b>	8:30-9:30am <b>BOOTY &amp; CORE</b>	Meet @ Visitor Centre 8:45-9:45am <b>OUTDOOR ACTIVE</b>	8:30-9:30am <b>STRENGTH &amp; STRETCH</b>	
10:00-10:45am <b>CHAIR STRENGTH</b>	9:45-10:30am <b>MEN'S FITNESS</b>	10:00-10:45am <b>CHAIR GROOVE</b>	10:00-10:45am <b>WALKING CLUB</b>	10:00-10:45am <b>CHAIR STRETCH</b>	<b>POOL REGISTRATION</b>
11:00-11:30am *Lil' <b>ATHLETICS</b>		11:00-11:30am *Lil' Dance Club	11:00-11:45am <b>JR. OUTDOOR ATHLETICS</b>		<i>Enderby /Area F</i>
1:00-1:45pm <b>BODY BALANCE</b>	<i>May &amp; June</i>	1:00-1:45pm <b>OSTEO FIT</b>	<i>May &amp; June</i>		<i>Sat. April 27 &amp; Mon. April 29</i>
	2:45-3:15pm *Lil' Ballet		2:45-3:15pm *Lil' Ballet		<i>All Communities</i>
3:30-4:15pm *JR. NINJA CLUB	3:30-4:15pm *JR. BALLET		3:30-4:15pm *JR. DANCE MIX		<i>Starts Tues. April 30<sup>th</sup></i>
			5:00-6:00pm <b>FIT MIX</b>		<i>Phone &amp; E-mail</i>
			6:30-7:30pm <b>MARA YOGA</b>		<i>Starts May 1<sup>st</sup></i>
					
<b>Rates</b>	<b>Drop-in</b>	<b>5x pass</b>	<b>10x pass</b>	<b>20x pass</b>	<b>April/ May Unlimited</b>
Senior Fit (60+)	\$6.00	\$30.00	\$54.00	\$100.00	\$95 / \$115
Adult Fit (18+)	\$7.00	\$35.00	\$63.00	\$110.00	\$125.00
<i>Spring Walking Club</i>		<b>FREE</b>	<i>Meet at the Visitor Centre</i>		
<b>Spring Program Registration</b>		<b>Starts March 12</b>			
<b>Lil' Programs (3-5yrs)</b>		\$40.00	<a href="http://www.enderbyrecreation.com">www.enderbyrecreation.com</a>		
				