

RECREATION GUIDE

Fall
2025



ARENA • YOUTH • FITNESS
250.838.2665 | RECREATION@ENDERBY.CA

Public Skating

FREE



SEPTEMBER 15 TO DECEMBER 31

Sunday 3:30-5:00 pm

*Moved to 4:30-6:00 pm

Nov 16/ Nov 30 / Dec 14

JANUARY 4 TO MARCH 15

Sunday 4:30-6:00 pm

*Moved to 3:30-5:00 pm Jan 18

SEPTEMBER 15 to MARCH 15

Tuesday & Thursdays 2:00-3:00 pm

Cancelled: Sept 30 / Nov 11 / Dec 25 / Jan 1

Wednesdays 12:00-1:30 pm

Friday 3:30-5:00 pm

Cancelled: Nov 14 / Nov 28 / Dec 12 / Dec 26 / Jan 2 / Jan 9 / Jan 23 / Jan 30 / Feb 27 / Mar 6 / Mar 13

Helmets strongly recommended.

All persons on ice must be in skates (no shoes)

No Skate rentals. No sticks/pucks. Strollers are allowed on ice.

PLEASE DO NOT LEAVE CHILDREN UNATTENDED AT THE ARENA

Private Arena Rentals

Book the Enderby Arena for your family event or special occasion. All bookings must have a signed contract and payment prior to the rental.

Non-prime time is weekdays 9:00 am to 3:00 pm & Over the Christmas Holidays from December 22 to 31.

Prime Rate - Youth \$94.15 | Family \$101.75 | Senior \$123.35 | Adult \$171.05

Non Prime Rate - Youth \$47.65 | Family \$49.90 | Senior \$61.70 | Adult \$85.50

**prices are per hour & do not include taxes or insurance*

Enderby ICE HAWKS

(5-12 yrs with full equipment)

The Fun Hockey Program is growing again! We now have two different days of the week and 3 age levels. Ice Hawks is geared to kids with some previous skating experience and desire to play hockey for FUN. Players will participate in skating enhancement drills, hockey skills and scrimmages – all under the supervision of Coaches and Community Volunteers. Players must have full equipment including a CSA approved helmet.

An Ice Hawks jersey is supplied for the season.

Cancelled on stat holidays



Tuesdays - October 7 to December 2 (8 sessions)

Geared to NEW players to the Program

Lil's (4-6yrs) 3:15-4:00pm \$65.00

Jr's (7-9yrs) 3:15-4:15pm \$65.00

Wednesdays - October 1 to December 3 (10 sessions)

Jr's (7-9yrs) 3:15-4:15pm \$85.00

Sr's (9-12yrs) 4:15-5:15pm \$85.00

Tuesdays - January 6 to February 24 (8 sessions)

Lil's (4-6yrs) 3:15-4:00pm \$65.00

Jr's (7-9yrs) 3:15-4:15pm \$65.00

Wednesdays - January 7 to March 11 (10 sessions)

Jr's (7-9yrs) 3:15-4:15pm \$85.00

Sr's (9-12yrs) 4:15-5:15pm \$85.00



Skating Lesson DESCRIPTIONS



Level	Ages	Abilities
ICE PUPPIES	2.5-5	No previous skating experience (*parent participation encouraged). Skaters will learn standing, falling, balance and walking.
PENGUINS	3-5yrs	For skaters who can stand, balance & walk on ice unassisted. Learning: stopping, walking backwards & 2 foot hop .
POLAR BEARS	3-5yrs	Learning: backward skating progressions, push & glide, 1 foot gliding and full snow plow stop
HUSKIES	3-5yrs	Learning: backward stopping, glide & stop sequence and crossovers
Skate Kids 1	6-12 yrs	For those kids with little to no skating experience.
Skate Kids 2	6-12 yrs	Learning: stopping, 1 foot gliding & backwards skating
Skate Kids 3	6-12 yrs	Learning: crossovers, side stops, & pumping both forward & backwards.
Skate Kids 4	6-12 yrs	Learning: edges, backward gliding & transitioning from forward to backward.
Teen / Adult Beginner	13yrs+	Learning: basic skating skills of balance, start, stops, glides and turns.



Skating LESSONS

(mitts and properly fitted helmet required.)

Learning to skate is an important fundamental movement skill to build physical literacy. Our instructors provide a safe, fun learning environment for kids of all ages and the young at heart to learn and enjoy ice skating.

everyone on the ice must have a properly fitting helmet & Skates

Saturdays Oct. 4-Nov. 8 (6 classes)

Time	1	2	3
9:00-9:30	Ice Puppies	Penguins	SK-2
9:30-10:00	SK-4	SK-1	SK-3
10:00-10:30		Polar Bears Huskies	SK-2
10:30-11:00	Teen / Adult	Ice Puppies	SK-1

Saturdays

October 4 to November 8
(6 classes)

\$50.00 for 30 min classes

\$75.00 for 45 min classes

Thursdays Oct. 2 -Nov. 20 (8 classes)

Time	1	2	3
3:00-3:30	Ice Puppies	Polar Bears	Huskies
3:30-4:00	Penguins	SK-1	SK-2
4:00-4:30	Ice Puppies	SK-3	SK-4
4:30-5:00	Penguins	SK-1	

Thursdays

October 2 to November 20
or

January 8 to February 26
(8 classes)

\$65.00 for 30 min classes

\$100.00 for 45 min classes

Thursdays Jan. 8 – Feb. 26 (8 classes)

Time	1	2	3
3:00-3:30	Ice Puppies	Penguins	Polar Bears
3:30-4:00	Penguins	SK-1	SK-2
4:00-4:30	Ice Puppies	SK-3	SK-4
4:30-5:00	Huskies	SK-1	



YOUTH Programs

NEW!

MINI MOVERS

(18-36 months with parent participation)

Where Little Steps lead to Big Confidence. This program is designed to introduce your Mini Mover aged 2 & 3 years to dance, music and movement.

This is often their first structured class, so we will focus on gross motor development, listening skills and simple routines. Parents are encouraged to join and help them build confidence towards independence. It's joyful, playful and full of those "first class" memories you'll treasure.

Drill Hall - Wednesdays Sept 24 to Oct 29 @ 11:00-11:30am \$36.00 (6 classes)

LIL' NINJA

(ages 3-5yrs) *with parent/guardian present at facility

Check out this new program that will introduce your child to fun games and activities that encourage coordination, cooperation, body awareness and movement. They will enjoy stations and floor based obstacles to build on all physical literacy skills. Parents are encouraged to be available to assist their child as needed.

Drill Hall - Tuesdays Oct 14 to Nov 25 @ 11:00-11:30am \$42.00 (6 classes)

LIL' SPORTS CLUB

(3-5yrs)

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, jump, skip, throw, catch, and more to prepare them for future sports and an Active Life.

Drill Hall - Mondays Oct 20- Nov 24 @ 12:30-1:00am \$42.00 (6 classes)

LIL' BASEBALL

(5-7yrs)

(outdoor running shoes & ball glove.)

Let's Play Ball. Enderby & District Recreation Services has partnered with Enderby Minor Baseball to offer a 4-day fall camp geared towards brand new and beginner players interested in trying out the great sport of Baseball.

Players will be introduced to the fundamental skills of throwing, catching, batting and base running.

Players will receive an *Enderby Minor Baseball Swag Kit* with this program.

Riverside Park D#4

Tues & Thurs Sept. 9/11/16/18 @ 4:00-5:00pm \$30.00 (4 practices)

Dance with miss Taylor

LIL' BALLET

(3-5yrs with ballet slippers and long hair tied back)

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, balance moves and taking turns with fun props, songs and games.

Session I - Wednesdays Sept 17 to Oct 22

Session II - Wednesdays Nov 5 to Dec 10

Drill Hall @ 2:45-3:15pm \$42.00 (6 classes)

JR BALLET

(6-9yrs with ballet slippers and long hair tied back)

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. Session I is for new or beginner Ballet students and

Session II is designed to build on those skills for dancers with previous experience or who have completed a beginner session with Miss Taylor

Session I - Wednesdays Sept 17 to Oct 22

Session II - Wednesdays Nov 5 to Dec 10 (second level of ballet)

Drill Hall @ 3:15-4:00pm \$60.00 (6 classes)

JR DANCE MIX

(9-12yrs with indoor shoes and water bottle)

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 for dancers to express themselves with freestyle movement.

Wednesdays Sept 17 to Oct 22 Drill Hall @ 4:00 -4:45pm \$60.00 (6 classes)

JR LYRICAL DANCE

(9-12yrs with ballet slippers (or barefeet) and long hair tied back)

Lyrical dance is a style that blends ballet and jazz to express emotion through flowing movement using music with meaningful lyrics. Lyrical dance helps connect with feelings and ability to express yourself.

Wednesdays Nov 5 to Dec 10 Drill Hall @ 4:00-4:45pm \$60.00 (6 classes)

Arena Pricing

Public Skating • FREE

Youth Rental • Prime \$94.15 Non Prime \$47.65

Family Rental • Prime \$101.75 Non Prime \$50.90

Adult Rental • Prime \$171.05 Non Prime \$85.50

Senior Rental • Prime \$123.35 Non Prime \$61.70

**Non Prime rate applies Monday to Friday
9:00 am to 3:00 pm**

Arena rental rate is per hour.
Pricing does not include GST or insurance

Fitness Pricing

ADULT

Drop in • \$7.50

5X Pass • \$37.50

10X Pass • \$67.50

20X Pass • \$120.00

SENIOR (60+)

Drop in • \$6.50

5X Pass • \$32.50

10X Pass • \$58.50

20X Pass • \$105.00

SEASON PASS

Senior Chair • \$200.00

(includes all chair, body balance & Osteo)

Senior All Classes • \$292.50

(pays for 3 classes a week for 15 weeks)

Adult All Classes • \$325.00

(pays for 2.8 classes a week for 15 weeks)

(September to December)

September 8 to December 19

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				7:15-8:05 FIT MIX		
	8:30-9:30 MIND & MUSCLE	8:30-9:30 YOGA FLOW	8:30-9:30 BOOTY & CORE	*9:00-9:45 STROLLER FIT (Sept. 11- Oct. 9)	8:30-9:30 PILATES	*9:00-11:00 SKATING LESSONS (Oct. 4- Nov. 8)
	10:00-10:45 CHAIR STRENGTH	9:50-10:40 MIND & MUSCLE (for MEN)	10:00-10:45 CHAIR GROOVE	10:00-10:45 FREE WALKING CLUB	10:00-10:45 CHAIR STRETCH	
C.O.R.E Hunting Course 8am-5pm (Oct. 26)		*11:00-11:30 Lil' NINJA	*11:00-11:30 MINI MOVERS	11-11:30 COMMUNITY CONNECTIONS	11:00-11:45 FLASH MOB FRIDAYS (last Friday of month)	C.O.R.E Hunting Course 8am-5pm (Oct. 25)
For Arena Rentals Call 250- 838-BOOK (2665)	*12:30-1:00 Lil' SPORTS CLUB		12:00-1:30 PUBLIC SKATING	11-11:30 COMMUNITY CONNECTIONS @ Visitor Center Sept 18 / Oct. 9 Nov. 13 / Dec. 11		
	1:15-2:00 BODY BALANCE		1:15-2:00 OSTEO FLEX			
3:30-5:00 PUBLIC SKATING <small>**CXL when tournaments**</small>		2:00-3:00 PUBLIC SKATING		2:00-3:00 PUBLIC SKATING	3:30-5:00 PUBLIC SKATING <small>**CXL when tournaments**</small>	
		*3:15-4:00 LIL' & JR. ICE HAWKS	*3:15-5:15 JR. & SR. ICE HAWKS	*3:00-5:00 SKATING LESSONS		
			*2:45-4:45pm DANCE PROGRAMS (see guide for Days and times)	*4:00-4:50 TEEN/ ADULT HIP HOP		
	6:00-7:00 FIT FUSION @ A.L.F	5:00-5:50 CARDIO BEATS	New Classes	5:00-5:50 BARRE	6:30-9:00 VOLLEYBALL at A.L.F. (starting Sept. 26)	
2025 Fees	Single Time	5x	10x	20x	Season Pass (Sept. to Dec- 15 weeks)	
Senior (60+)	\$6.50	\$32.50	\$58.50	\$105.00	\$200.00	chair classes
Adult (18+)	\$7.50	\$37.50	\$67.50	\$120.00	\$292.50	senior - all classes
Childminding	\$2.50	\$12.50	\$20.00		\$325.00	Adult- all classes
PROGRAMS	Mini Movers	\$36.00	Lil' Programs	\$42.00	Public Skating	\$FREE
	Stroller Fit	\$30.00	Jr. Programs	\$60.00	Skating Lessons	varies by session

programs with * require pre-registration





**CANADIAN
RED CROSS**

Stay Safe Course

(9-11yrs)

Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities.

Friday October 24

Where: Visitor Center (upstairs) @ 9:30am-2:30pm

Cost: \$60.00

(5 hr course, includes Stay Safe Manual and Certificate)

Babysitting Course

(11-15yrs)

Participants will learn child care for babies, toddlers, pre-school and school aged children. They also learn first aid, injury prevention, leadership and even business skills to acquire babysitting jobs.

Saturday October 18

Where: the Visitor Center (upstairs) @ 9:30am-3:30pm

Cost: \$70.00

(6 hr course, includes Babysitter Manual and Certificate)



(13yrs+ with indoor shoes & signed waiver)

Enderby Recreation Services is excited to bring back Drop-In Volleyball this fall. Grab your friends and Join us Friday nights at the A.L Fortune Secondary Gym. There will be 1 Youth Drop-in court and 2 courts for Adult mixed teams. All levels welcome.

Play for fun, exercise, or the social aspects - you can't beat volleyball!!

Fridays - Start Date: October 3rd 6:30 to 8:30pm

(cancelled on holidays and pro-d days)

Youth Drop in free if AL Fortune Student or \$2.00 Drop in

Adult Drop in \$5.00



C.O.R.E Course

(12yrs+)

Be Ready for Hunting Season and take your CORE Program in Enderby. This 14 course (+ 2 hour exam) consists of a practical firearms handling test, and written examination on Conservation, Ethics, Law & Regulations, First Aid and Survival, Firearm Safety, Animal & Bird Identification and Indigenous Peoples & Hunting in BC.

Registration with BC Wildlife Federation upon successful completion of the CORE course is separate.

Saturday & Sunday October 25 & 26 8:00am-5:00pm @ the Visitor Centre
Youth - \$165.00 Adult - \$190.00 (16hr course, 2hr exam, includes Manual)

Teen and Adult HIP HOP

NEW!

(13+ yrs with indoor shoes & water bottle)

Here is a fun and empowering way to develop rhythm, coordination and personal style. This beginner friendly class is all about building confidence through movement set to high energy beats. The class teaches foundational hip hop steps and grooves in a supportive, judgment-free space.

Thursdays Sept 25 to Nov 13 @ 4:00 to 4:50 pm Drill Hall

Youth \$75.00 | Adult \$85.00 (8 classes)

FLASH MOB Fridays

Fridays 11:00-11:50am (Drill Hall)

Sept. 26 - Country Line Dancing

Oct. 31 - Witches Dance, Monster Mash and Bollywood

Nov. 28 - Mixed Mash-up

Dec. 19 - Rocking Around the Christmas Tree

NEW!

(mild to Moderate intensity)

Flash Mob Fridays is a once -a-month dance experience where we explore different genres in a fun, playful atmosphere. Each session brings fresh music and movement to boost coordination, self-confidence, and pure joy! It's all about letting go, having fun, and moving together as a community – no experience needed.

Cost: Regular fitness drop in fees or pass

Chair and Recovery Fitness

MONDAY

CHAIR STRENGTH

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

A Fun & Functional mix of seated and standing moves, this class has exercises and equipment that works your whole body to promote flexible joints, good posture and stronger muscles.



BODY BALANCE

(Mild intensity) 1:15-2:00pm (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. Finish the class with gentle stretching for joint mobility and relaxation.

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 with simple and fun choreography to inspire both seated and standing full body movement and dance.



OSTEO FLEX

(Mild intensity) 1:15-2:00pm (Drill Hall)

Join Zoe for a seated and station program designed for individuals with osteoporosis, low bone density or who are at risk of fractures and falls. This class includes light cardio conditioning, balance and agility practices and "Osteo safe" resistance training with weights and bands.

FRIDAY

CHAIR STRETCH

(Moderate intensity) 10:00-10:45pm (Drill Hall)

This chair class focuses on joint care, flexibility, and intentional movement to support mobility and ease. Guided by breath and mindfulness, the session offers a gentle yet effective way to reconnect with our body and promote overall well-being.

Fitness Classes

MONDAY

MIND & MUSCLE

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

A 60 minute program that targets different muscle groups each class. Create a strong mind to muscle connection using proper form, technique and breathing for the best results.

See and feel the difference when you put your mind to it.



FIT FUSION @ AL FORTUNE

(moderate to high intensity)

6:00-7:00pm (AL Fortune School Gym-upstairs) - Start Date TBA

Enjoy a blend of fitness styles and exercises with everything from strength stations, to cardio, toning and stretching.

*Cancelled for school activities, pro-d days, & stat holidays

TUESDAY

YOGA FLOW

(Moderate intensity with standing & floor moves - Modifications shown)

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

This Recreational Yoga Flow program offers a gentle, yet energizing practice designed for all skill levels. With adaptable poses and mindful movement, it supports flexibility, balance, and relaxation in a welcoming environment.

MIND & MUSCLE FOR MEN

(Moderate intensity with modifications) 9:50-10:40am (Drill Hall)

A Men's only class – this program is designed to build confidence in participating in an exercise program that includes strength training, joint mobility, mild cardio and flexibility through stretching.

TUESDAY TONE

(Moderate to high intensity) 5:00-5:50 pm (Drill Hall)

A 50 minute total body workout with focus on Core as the stabilizing muscle.

Have fun with a variety of exercises and equipment for toning the body, followed by a relaxing stretch.

WEDNESDAY

BOOTY & CORE

(High intensity with modifications) 8:30-9:30am (Drill Hall)

The Super Combo class that works the booty, abs and core muscles – And includes Cardio Bursts. A variety of equipment as well as individual, group, and partner work keeps you accountable, motivated and having fun.

THURSDAY

FIT MIX

**(Moderate to High intensity) 7:15-8:05am (Drill Hall)**

Fit Mix is a dynamic early morning class that blends a variety of fitness styles, from strength and cardio to mobility and core work, keeping your routine fresh and effective. Each session introduces new exercises & formats to challenge your body and boost motivation, making it the perfect start to your day.



STROLLER FIT

(* Pre-registration required - Stroller required & dress for the weather)**9:00-9:45am (Lions Gazebo) September 11 to October 9**

This outdoor fitness class is designed for moms to get active with their little ones in tow. Using the strollers as part of the workout, the class combines cardio, strength, and mobility exercises in a supportive and social environment.

Cost: \$30.00/Session or \$7.50 Drop in

PRESCRIBE NATURE FREE - WALKING CLUB

**(Dress for the weather)****10:00-10:45pm (Meet @ Visitor Centre)**

Step into wellness with our FREE Outdoor walking program that harnesses the healing power of nature. Designed to promote physical and mental well-being, each walk offers fresh air, gentle movement, and connection with others.



COMMUNITY CONNECTIONS

11:00-11:30pm (Visitor Centre) \$2.00 Drop-in

This program features a different guest speaker each session, highlighting local organizations, services, and groups that make our community thrive. It's a welcoming space for citizens to learn, ask questions, and connect in meaningful conversation. Coffee, tea and light snack provided

BARRE

(Moderate to High intensity) 5:00-5:50pm (Drill Hall)

Join us for this low-impact yet challenging class that enhances posture, flexibility and overall body awareness through a blend of controlled movements that emphasize balance, poise and agility. This workout uses small, precise motions to sculpt and strengthen legs, gluts and core.

FRIDAY

PILATES

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

This exercise program is designed to challenge both mind and body while building core strength, flexibility, and body awareness. With a focus on controlled movement and breath, each session invites you to explore your potential and move with intention.

Bring your curiosity and discover what your body can do!

BC Rivers Day Clean up Challenge

SEPTEMBER 21-28

BC River's Day is Sunday September 28. It is an opportunity to bring together community members and organizations to raise awareness about our local streams and habitat. This year we are putting out a community River Clean Challenge the week leading up to River's Day. From September 21-28 take an opportunity to float, paddle, kayak, or wade the Shuswap River to help clean up garbage and debris.

You can also walk sections of the banks to collect items that do not belong in Nature. Take pictures and email or post on our Socials to be entered to win some fabulous prizes. Prizes will be drawn at random on Monday September 29th.

Witches Dance & MONSTER MASH

We are carrying on the tradition of the annual Witches dance and the Kids Monster Mash. Join us to practice the easy to follow steps and get your costume ready for a freaky, fun Flash Mob on Main Street this Halloween.

Rehearsal – Wednesday Oct 29 @ Drill Hall

9:30-10:00am and/or 2:30-3:00pm and/or Oct 31 @ 11:00-11:45am

Event – Friday Oct 31 –meet @ Visitor Center at 3:00pm



FAMILY Dance Party

Join us for a high-energy Family Dance Party where parents / guardians and their kids can let loose and have fun together through music and movement. This lively event will have some simple and familiar routines, and also encourages self-expression, creativity and connection as families groove to the beat in a playful, welcoming atmosphere. No dance experience needed – just bring your smiles and get ready to move. Light refreshments and snacks provided

Friday November 14 @ 6:30-8:00pm @ Drill Hall Cost: \$15.00 per Family

Skate with Santa

Join the Jolly one himself for a Holiday

Skate at the Enderby Arena. Tim

Horton's will be sponsoring this event, providing FREE hot chocolate & Timbits!

Monday December 22

3:30 to 4:45pm

@ The John Pritchard Memorial Sports Complex

**Tim
Hortons**