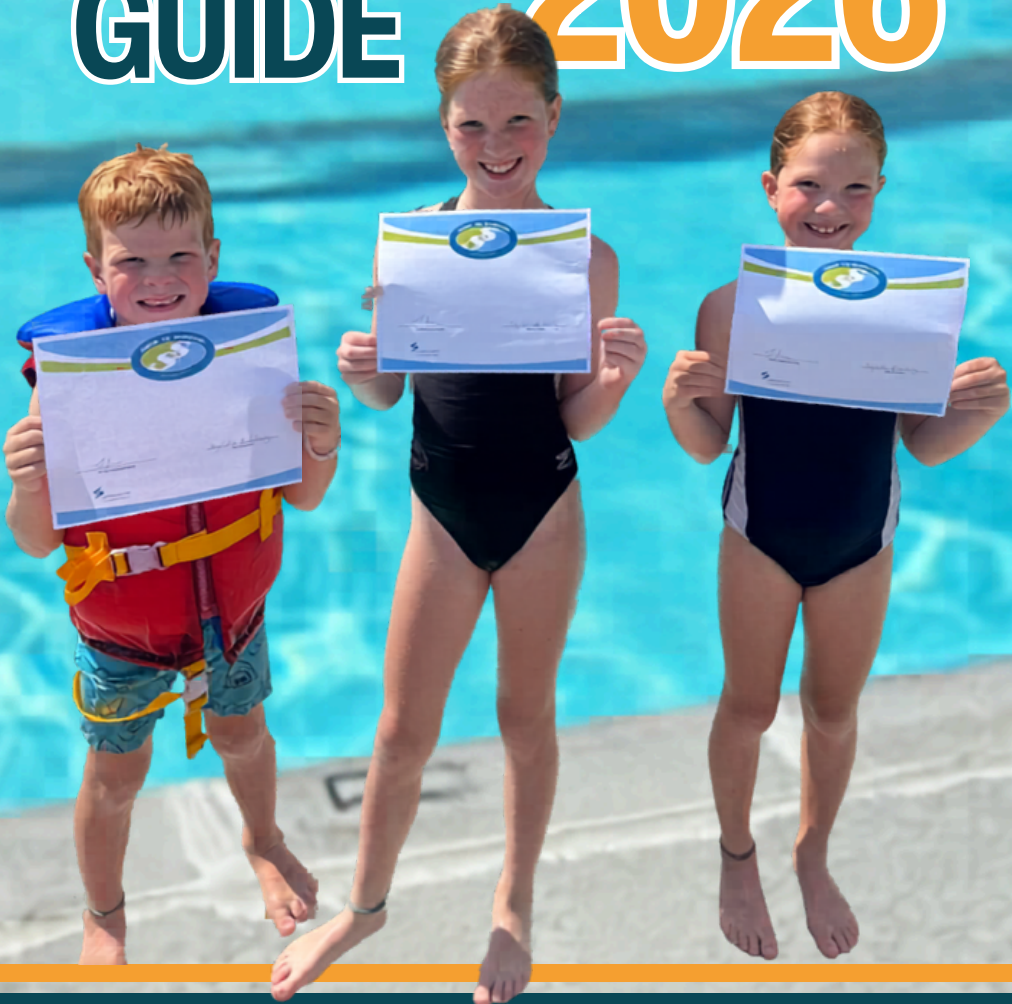




# RECREATION SUMMER GUIDE 2026



250.838.2665 RECREATION@ENDERBY.CA



Registration now

**ONLINE** [www.enderbyrecreation.com](http://www.enderbyrecreation.com)

## Summer Registration Opens

Lessons will be at  
the **NEW** Pool

### Private Swim Lessons

**April 27 at 6:00 am** **Enderby & Area F**

**May 4 at 6:00 am** **All communities**

### Group Swim Lessons

**May 5 at 6:00 am** **Enderby & Area F**

**May 11 at 6:00 am** **All communities**

*Area F residents include Grindrod, Mara, Ashton Creek, Kingfisher & Mabel Lake (with property in the Regional District North Okanagan Area F)*

### Private & Semi Private Lesson Request

Private lesson requests will ONLY be accepted through the online 'private request form' on Enderby & District Recreation Services website ([www.enderbyrecreation.com](http://www.enderbyrecreation.com)). Any requests submitted prior to the registration date for your community at 6:00 am will be disregarded.

Each submission will have the first and second choice. (Please only do one submission per request)

Those requesting 'semi' private lessons must know who they will be taking the lessons with and must be within 1 swim level of the other participants.

If you were awarded the dates you request you will be notified by the following date:

Those registering on **April 27** will be notified by **May 1** (*Enderby & Area F*)

Those registering on **May 4** will be notified by **May 8** (*All Communities*)

A registration link for payment will be sent which must be complete within **3 days of receipt**.



### In person registration will be available 10:00 am starting May 7

Please submit any questions or if you require assistance setting up an account through our online registration system (Amilia) prior to May 1 by phone (**250-838-2665**) or email ([recreation@enderby.ca](mailto:recreation@enderby.ca)) Accounts for registration can be set up prior to the registration date. Programs will be held in your 'shopping cart' for 15 minutes for group lesson registration.

*Please avoid the use of Facebook for registration inquiries as response may be delayed.*

*Responses to inquiries will only be done during business hours.*

## REFUND POLICY

A minimum \$10 admin fee for cancelling or changing lessons will be charged per program.

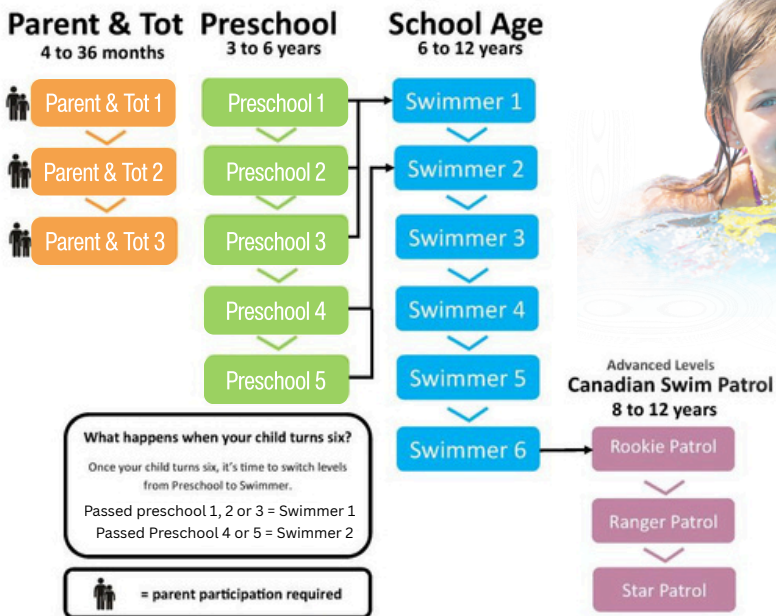
There are NO refunds after the program has started unless accompanied by a medical note.

No refunds once the lessons have started unless fewer than 7 lessons are available due to weather, air quality, or maintenance issues.

Pro-rated refunds will be applied when less than 7 out of 8 (3 /4 private) lessons are available due to unforeseen events.

Drop-in passes will be available for unforeseen events out of our control or when weather becomes uncooperative in the first 1/2 of the public swim times, lap swim or aqua fit classes.

# Swim for Life Program Structure



## Swimming Lesson Description

### Parent & Tot At-a-glance

Especially for children aged 4 months to 3+ years and their parents. Based on the principle "Within Arms Reach", these classes focus on close playful interaction and shared fun between child, parent and water.

#### Parent & Tot 1 (4–12 months)

1. Enter & exit the water safely with tot
2. Readiness for submersion
3. Hold tot on front, eye contact
4. Hold tot on back, head & back support
5. Front float (face out) – assisted
6. Back float – assisted
7. Float wearing PFD – assisted
8. Arms: splashing, reaching, paddling, on front & back
9. Legs: tickling, splashing, kicking, on front & back
10. Water Smart Messages

#### Parent & Tot 2 (12–24 months)

1. Entry from sitting position – assisted
2. Exit the water – assisted
3. Blow bubbles on & in water
4. Face wet & in water
5. Attempt to recover object below surface
6. Entry from sitting position wearing PFD & return – assisted
7. Front float (face in) – assisted
8. Back float – assisted
9. Kicking on front & back – assisted
10. Surface passes with continuous contact
11. Water Smart Messages

#### Parent & Tot 3 (2–3 years)

1. Jump entry – assisted
2. Entry & submerge from sitting position – assisted
3. Exit the water – unassisted
4. Hold breath underwater – assisted
5. Attempt to open eyes underwater
6. Attempt to recover object from bottom
7. Standing jump entry, return to edge – assisted
8. Jump entry & float wearing PFD – assisted
9. Front & back "starfish" floats – assisted
10. Front & back "pencil" floats – assisted
11. Kicking on front & back – assisted
12. Underwater passes
13. Water Smart Messages

# Swimming Lesson Description

## Preschool At-a-glance

The Swim for Life Preschool Program gives children a head start on learning to swim. They'll have fun developing the basics to be safe and confident little swimmers. Water Smart® education is part of every Preschool level.

### Preschool 1

1. Enter & exit shallow water - assisted
2. Jump into chest-deep water - assisted
3. Face in water
4. Blow bubbles in water
5. Float on front & back (3 sec. each) - assisted
6. Safe movement in shallow water - wearing PFD
7. Glide on back wearing (3 m. each) - assisted
8. Water Smart Messages

### Preschool 2

1. Enter & exit shallow water wearing PFD
2. Jump into chest-deep water
3. Submerge
4. Submerge & exhale (3 times)
5. Float on front & back (3sec. each) wearing PFD or with buoyant aid
6. Roll laterally front to back & back to front, wearing PFD
7. Glide on front & back wearing PFD (3 m each) wearing PFD or with buoyant aid
8. Flutter kick on back with buoyant aid (5m)
9. Water Smart Messages

### Preschool 3

1. Jump into deep water wearing PFD, return & exit
2. Sideways entry wearing PFD
3. Hold breath under water (3 sec.)
4. Submerge & exhale (5 times)
5. Recover object from bottom in waist -deep water
6. Back float; roll to front; swim 3 m
7. Float on front & back (5 sec. each)
8. Roll laterally front to back & back to front
9. Glide on front & back (3 m each)
10. Flutter kick on back (5 m)
11. Flutter kick on front (3 m)
12. Water Smart Messages

### Preschool 4

1. Jump into deep water, return & exit
2. Sideways entry
3. Tread water 10 sec. wearing PFD
4. Open eyes under water
5. Recover object from bottom in chest-deep water
6. Wearing a PFD, sideways entry into deep water; tread (15 sec.); swim/kick (5 m)
7. Front float; roll to back; swim 5 m
8. Glide on side (3 m)
9. Flutter kick: on front (7 m); on back (7 m); on side (5 m)
10. Front crawl (5 m) wearing PFD
11. Water Smart Messages

### Preschool 5

1. Forward roll entry wearing PFD
2. Tread water (10 sec.)
3. Submerge & hold breath (5 sec.)
4. Recover object from bottom in chest-deep water
5. Wearing PFD, sideways entry into deep water; tread (20 sec.); swim/kick (10 m)
6. Whip kick in vertical position (20 sec.) with PFD or buoyant aid
7. Front crawl (5m)
8. Back crawl (5 m)
9. Interval training: 4 x 5 m flutter kick on back with 30 sec. rests
10. Water Smart Messages

### You can spot people who are Water Smart® right away!

They're the ones who know how to swim and behave safely in, on and around water. Swim for Life includes fun, hands on teaching activities that focus on teaching water safety for the whole family. Lessons that will last a lifetime!

### Next Steps:

**Swimmer 1** - for children turning five or six

**Swimmer 2** - if the child has completed Preschool 5



# Swimming Lesson Description



## Swimmer At-a-glance

**Swim for Life Swimmer levels make sure your child learns how to swim before they get in too deep. Each level challenges school aged children 5 years and older to develop safe entries, deep water support, underwater skills, and swimming strokes. Kids learn everlasting healthy habits by getting and staying fit. Swimmer levels include fun, hands on teaching activities that focus on teaching water safety — lessons that will last a lifetime!**

### Swimmer 1

1. Enter & exit shallow water
2. Jump into chest-deep water
3. Jump into deep water wearing PFD
4. Tread water (30 sec.) wearing PFD
5. Hold breath under water (5 sec.)
6. Submerge and exhale (5 times)
7. Open eyes under water
8. Float on front & back (5 sec. each)
9. Roll laterally front to back & back to front
10. Glide on front, back & side (3 m each)
11. Flutter kick on front & back (5 m each)
12. Front Crawl (5 m) wearing PFD
13. Water Smart Messages

### Swimmer 2

1. Jump into deep water, return & exit
2. Sideways entry wearing PFD
3. Tread water (15 sec.)
4. Recover object from bottom in chest-deep water
5. Wearing PFD jump into deep water, tread 30 sec. & swim / kick (15 m)
6. Flutter kick on front, back & side (10 m each)
7. Whip kick in vertical position (30 sec.) with aid
8. Front crawl & back crawl (10 m each)
9. Interval training: 4 x 5 m flutter kick with 20 sec. rests
10. Water Smart Messages

### Swimmer 3

1. Kneeling dive into deep water
2. Forward roll entry into deep water
3. Tread water (30 sec.)
4. Handstand in shallow water
5. Front somersault (in water)
6. Jump into deep water, tread 30 sec. & swim / kick (25 m)
7. Flutter kick on back (5 m); reverse direction and flutter kick on front (5 m)
8. Flutter kick on front (5 m); reverse direction and flutter kick on back (5 m)
9. Whip kick on back (10 m)
10. Front crawl & back crawl (15 m each)
11. Interval training: 4 x 15 m flutter kick with 20 sec. rests
12. Water Smart messages

### Swimmer 4

1. Standing dive into deep water
2. Tread water (1 min.)
3. Swim underwater (5 m)
4. Canadian Swim-to-Survive® Standard: Roll entry into deep water, tread 1 min. and swim 50 m
5. Whip kick on front (15 m)
6. Breaststroke arms drill (15 m)
7. Front crawl & back crawl (25 m each)
8. Interval training: 4 x 25 m front or back crawl with 20 sec. rests
9. Sprint front crawl (25 m)
10. Water Smart Messages

### Swimmer 5

1. Shallow dive into deep water
2. Tuck jump (cannonball) into deep water
3. Jump entry into deep water & tread 2 min.
4. Stationary eggbeater kick (30 sec.)
5. Back somersault (in water)
6. Roll entry into deep water, tread 90 sec. and swim 75 m
7. Breaststroke (25 m)
8. Front crawl & back crawl (50 m each)
9. Head-up front crawl (10 m)
10. Interval training: 4 x 50 m front or back crawl with 30 sec. rests
11. Interval training: 4 x 15 m breaststroke with 30 sec. rests
12. Sprint front crawl & back crawl (25 m each)
13. Water Smart Messages

### Swimmer 6

1. Stride entry into deep water
2. Compact jump into deep water
3. Legs-only surface support 45 sec.
4. Swim underwater (10 m) to recover object
5. Eggbeater kick on back (15 m)
6. Scissor kick (15 m)
7. Breaststroke (50 m)
8. Front crawl & back crawl (100 m each)
9. Head –up swim 25 m
10. Interval training: 4 x 25 m breaststroke with 30 sec. rests
11. Sprint breaststroke (25 m)
12. Workout (300 m)
13. Water Smart Messages

# Swim Lessons

JUNE

PM (Mon – Thurs)	After School Lessons June 8 <sup>th</sup> -18 <sup>th</sup>			
4:00-4:30	P & T 1/2	Swimmer 1	STROKE CAMP Level 3/4	Jr. Lifeguard Club-A 4:15-5:30
4:30-5:00	Preschool 1	Swimmer 3	STROKE CAMP Level 5/6+	
5:00-5:30	Preschool 2	Swimmer 2		
5:30-6:00	Preschool 3	P & T 3	Swimmer 4	AQUA SPORT
6:00-6:15				

# Swim Lessons

JULY MORNING (Tues-Fri)

AM	Session I - July 7-10 / 14-17			
9:30-10:00	Preschool 1A	Preschool 4/5	Swimmer 1A	Swimmer 4
10:00-10:30	P & T 1/2	Preschool 2A	Swimmer 2A	Swimmer 5/6
10:30-11:00	Preschool 1B	Preschool 3	Swimmer 3	
11:00-11:30	Preschool 2B	Swimmer 1B	SWIM PATROL Rookie Ranger	PV -AM1 <i>Week A or B</i>
11:30-12:00	Swimmer 2B	PV -AM3 <i>Week A or B</i>		PV -AM2 <i>Week A or B</i>
				PV -AM4 <i>Week A or B</i>

AM	Session II - July 21-24 / 28-31			
9:30-10:00	P & T 3	Preschool 2A	Swimmer 2A	Swimmer 5/6
10:00-10:30	P & T 1/2	Preschool 1A	Swimmer 1A	
10:30-11:00	Preschool 3	Swimmer 3	Swimmer 4	PV -AM1 <i>Week A or B</i>
11:00-11:30	Preschool 1B	Swimmer 2B	Swimmer 1B	PV -AM2 <i>Week A or B</i>
11:30-12:00	Preschool 2B	Preschool 4/5	PV -AM3 <i>Week A or B</i>	Jr. Lifeguard Club-B 11:15-12:30



# Swim Lessons

## JULY EVENING (Mon-Thurs)

PM	Session I - July 6-9 / 13-16			July 6 to 9
4:00-4:30	P & T 3	Swimmer 2	PV -PM1 <i>Week A or B</i>	Private PM3
4:30-5:00	Preschool 1A	Swimmer 1	PV -PM2 <i>Week A or B</i>	Private PM4
5:00-5:30	Preschool 2	Swimmer 3	Swimmer 4	Private PM5
5:30-6:00	Preschool 1B	Preschool 3	Swimmer 5/6	Private PM6
6:00-6:15				
<b>Bronze Star (July 13-17)</b> 4:00-6:00pm				

PM	Session II - July 20-23 / 27-30			July 21 to 31
3:30-4:00		PV -PM1 <i>Week A or B</i>	PV -PM2 <i>Week A or B</i>	<b>Bronze Medallion 3:15- 6:00pm</b>
4:00-4:30	Preschool 1A	Swimmer 2	Swimmer 3	
4:30-5:00	Preschool 2	Swimmer 1A	Swimmer 4	
5:00-5:30	Preschool 3	Preschool 1B	<b>SWIM PATROL Star</b>	
5:30-6:00	P & T 2/3	Swimmer 1B		

# Swim Lessons

## AUGUST MORNING (Tues-Fri)

AM	Session III -Aug. 4-7/ Aug. 11-14			
9:30-10:00	P & T 1/2	Swimmer 3	Swimmer 4	PV -AM1 <i>Week A or B</i>
10:00-10:30	Preschool 2A	Swimmer 1A	Swimmer 2	PV -AM2 <i>Week A or B</i>
10:30-11:00	P & T 3	Preschool 1A	Swimmer 1B	PV -AM3 <i>Week A or B</i>
11:00-11:30	Preschool 2B	Preschool 3	SWIM PATROL Rookie Ranger	PV -AM4 <i>Week A or B</i>
11:30-12:00	Preschool 4/5	Preschool 1B		Swimmer 5/6

AM	Session IV -Aug.18-21 / Aug. 25-28			
9:30-10:00	Preschool 1A	Preschool 2A	Swimmer 3	Swimmer 5/6
10:00-10:30	P & T 1/2/3	Swimmer 1A	Swimmer 4	
10:30-11:00	Preschool 3	Preschool 2B	Swimmer 2A	AQUA SPORT
11:00-11:30	Preschool 1B	Swimmer 1B	SWIM PATROL Rookie Ranger	PV -AM1 <i>Week A or B</i>
11:30-12:00	Preschool 4/5	Swimmer 2B		PV -AM2 <i>Week A or B</i>



## Private & Semi Private lessons

Are you looking for smaller group sizes or 1 on 1 instruction?

Private classes are available in 4 day sessions. You must submit a form on Enderby & District Recreation Services website to request lesson spots.

See lesson schedules for dates and times.

**Private 30 minute lessons (one on one) \$90.00 per person for 4 days**

**Semi-Private 30 minute lessons (2 or 3 participants) \$64.00 per person for 4 days**

*Those requesting 'semi' private lessons must know who they will be taking the lessons with and must be within 1 swim level of the other participants.*

**Limited space available. Max 1 session / swimmer**

**Looking for stroke correction and endurance - check out our Stroke Camps**

# Swim Lessons

## AUGUST (Mon-Thurs)



PM	Session III -*Aug. 4-7 / Aug. 10-13			Aug. 4 to 7
4:00-4:30	P & T 1/2/3	Swimmer 2	SWIM PATROL Star	Private PM1
4:30-5:00	Preschool 1	Swimmer 1		Private PM2
5:00-5:30	Preschool 2	Swimmer 3	Swimmer 4	Private PM3
5:30-6:00	Preschool 3	Preschool 4/5	Swimmer 5/6	Private PM4
6:00-6:15				
<b>Bronze Cross (Aug. 11-14 / 18-21)</b> 3:15-6:00pm				

PM	Session IV -Aug.17-20 / Aug. 24-27			Aug. 24 to 27
4:00-4:30	Preschool 1A	Preschool 2	Swimmer 4	Private PM3
4:30-5:00	Preschool 3	Swimmer 1A	Swimmer 3	Private PM4
5:00-5:30	Preschool 1B	Swimmer 2	PV -PM1 <i>Week A or B</i>	Private PM5
5:30-6:00	Swimmer 5/6	Swimmer 1B	PV -PM2 <i>Week A or B</i>	Private PM6
6:00-6:15				
<b>Bronze Cross (Aug. 11-14 / 18-21)</b> 3:15-6:00pm				

# Swim Lessons

## PRICING

Program	Class	Week	Session	Includes
Private	Max 10	\$22.50	\$90.00	2 hours = 4x 30min sessions (1:1)
Semi-Pv	Max 10	\$16.00	\$64.00	2 hours = 4x 30min sessions(max 3)
Aqua Sport	Max 10		\$60.00	6 hours = 8x 45 min sessions
Stroke Camp	Max 10		\$68.00	6 hours = 8x 45 min sessions
Parent/ Tot	Max 10		\$48.00	4 hours, progress book & Sticker
Preschool	Max 4-5		\$56.00	4 hours, progress book & Sticker
Swimmer 1-4	Max 5-6		\$56.00	4 hours, progress book (sticker or badge)
Swimmer 5/6	Max 8		\$68.00	6 hours, progress book (sticker or badge)
Swim Patrol	Max 8		\$96.00	8 hours, chart, (sticker or badge)
Jr. Lifeguard	Max 10		\$110.00	10 hours, Booklet, stickers
Bronze star	Max 10		\$110.00	10 hours, workbook
Br. Medallion	Max 12		\$230.00	22 hours, manual, workbook, pocket mask
Br. Cross	Max 12		\$210.00	22 hours, workbook (pocket mask \$20, Manual \$30)
Teen/Adult	Max 10		\$60.00	4 hours, journal

# Pool Pricing

*\*According to Provincial Pool Regulation; all children under 7 years old MUST be accompanied by an adult 16 years or older in the pool and within arm's reach.*

## Pool Admission

0-2 Years	FREE	10x	Month
Child (3-5)	\$2.50	\$22.50	\$27.50
Student (6-18)	\$4.50	\$40.50	\$54.00
Senior (60+)	\$4.50	\$40.50	\$54.00
Senior (80+)	FREE		
Adult (19+)	\$5.50	\$49.50	\$66.00
Family	\$13.50	\$121.50	\$162.00

## Aquatic Fitness

Drop-in	10x	Month
90+ is \$50 season membership		
\$6.50	\$58.50	\$78.00
\$6.50	\$58.50	\$78.00
\$3.25	\$30.00	\$40.00
\$7.50	\$67.50	\$90.00
Aqua Fit SEASON PASS (17 weeks)		

## TOONIE SWIM

The toonie rate applies during the following Public Swim times:  
 May & June 2:45-3:30pm and  
 The 1st 45 minutes of all Public Swims



**NEW**

## BIRTHDAY PARTY PACKAGE

Make a Splash with a Birthday Party at the Pool. Bring your friends, cake and balloons and we will look after the clean up. Your party will have access to private "Party Zone" to celebrate.

The party zone will be available for rental during public swim times.

The reserved deck area is within the pool fence where you can bring in food and drink (\*to be kept in designated area). Only 1 party booked per Public Swim

**Cost: \$30.00 + swim admission per person (\*Birthday child is FREE)**

## PRIVATE POOL RENTALS

**Private pool requests accepted starting May 6**

by phone (250)838-2665 or email [recreation@enderby.ca](mailto:recreation@enderby.ca)

A great way to enjoy the pool with your closest friends and family. Rental includes 2 lifeguards and pool toys.

Bring your own float toys or you can use ours. Rentals must be booked a minimum 7 days in advance.

Cancellations must happen a minimum 5 days prior to the rental for full refund. (Unless cancellation is due to medical related reasons or weather not permitting outdoor swimming)

**May & June - Fridays 4:00-6:00 pm | Sundays 11:15-12:45 pm | Sat & Sun 4:15-5:15 pm**

**July & August - Sundays 11:15-12:45 | Sat & Sun 4:15-5:15 pm**

**Cost: \$149.50/ hour (max 50 swimmers)**



# LAP SWIMMING

Lap swimming is back with morning & afternoon times.

**Tuesdays & Thursdays 8:00-9:15 am (all season)**

**Monday/ Wednesday/Friday 12:00-1:00 pm (July & August)**

**Saturday 11:00-12:30 pm (all season)**

*Regular admission rates apply*

**NEW**

## SENIOR SWIM

This new Senior Swim invites adults 60+ to relax, move, and connect while enjoying the facility's accessible features. Take advantage of the soothing hot tub, gentle ramp access, lazy river, and the every popular bubble bench. Plus - you can join the 45 min. Aqua Flow class for a gentle, guided workout to support mobility and well-being.

**Mondays 9:30-11:00am (all Season)**

**NEW**

## TEEN SWIM

This new Teen Swim time is designed just for youth ages 13-18! It's a chance to hang out with friends, play games, and explore the freedom to make the space your own.

**Tues. 7:15-8:45am (May & June)**

**NEW**

## STROKE CAMPS

This program is designed for swimmers who want focused stroke correction and to build swimming endurance.

Stroke Camps offer targeted instruction, technique refinement and structured training to help participants swim more efficiently and confidently.

**NEW**

## AQUA SPORT

(must have completed level 4)

A high energy program where youth explore a variety of water based games like water polo, basketball, volleyball, relays and obstacle challenges. It's designed to build teamwork, confidence, and overall

aquatic skills in a fun and supportive environment.



# Advanced Courses



*(recommended 11+ years)*

Bronze Star is the Lifesaving Society's 1st step in lifeguard training. It is recommended for those swimmers between the ages of 11 and 13 and is designed to deliver high performance training for skilled pre-teens. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts.

**Monday to Friday July 13-17**

**@ 4:00-6:00pm**

**COST: \$110.00 / 10 hours (includes workbook)**



*(Pre Req. 13+ yrs or Bronze Star)*

This program challenges the candidate both mentally and physically. Judgment, knowledge, skill and fitness – the four components of water rescue – form the basis of Bronze Medallion training. 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 Bronze Cross / Assistant Lifeguard.

**Tuesday to Friday**

**July 21-24/ 28-31**

**@ 3:15-6:00 pm**

**COST: \$230.00 / 20 hours (includes manual, workbook, exam & pocket mask)**



*(Pre Req. Bronze Medallion)*

Bronze Cross begins the transition from lifesaving to life guarding and emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is the pre-requisite for all Life Saving Advance courses and is worth 2 high school credits towards grade 11

**Tuesday to Friday August 11-14/ 18-21 @ 3:15-6:00 pm**

**COST: \$210.00 / 20 hours (includes workbook & exam)**

\$20 extra if pocket mask is required

# Junior LIFEGUARD Club



(Pre Req. 8-13 yrs with Swimmer4 )

Here is an exciting club where the focus is **SERIOUS FUN!** This is a great program for kids who want more than just swimming lessons. Members participate in swimming, lifesaving skills, fitness, community awareness projects, shadow guarding and teamwork.

**SESSION I - Mon to Thurs. June 8-11/15-18 @ 4:15-5:30pm**

**SESSION II - Tues. to Fri. July 21-24 / 28-31 @ 11:30-12:15**

**Cost:\$110.00 / 10 hours (includes journal & stickers)**



## LS SWIM INSTRUCTOR RE-CERT

*(bring proof of certification current within 5 years)*

The Swim for Life Instructor Re-cert renews a candidate's Swim for Life Instructor award for 24 months. Candidates must have completed the online Adapted Swim Instructor course prior to attending the in-person session. Candidates must successfully pass the course and complete a Swim for Life® skills assessment.

**Session I - Saturday May 23 @ 9:00 -2:30 pm**

**Session II - Tuesday Sept 1 @ 9:00 -2:30 pm**

**Cost: \$90.00 (5 hours)**

## NL-R (NATIONAL LIFEGUARD) RE-CERT

*(pre-requisites NL award & Current SFA /CPR "C")*

This evaluation based re-cert reviews and assesses essential life guarding knowledge, judgment, fitness, and rescue skills required to effectively supervise aquatic environments.

**Saturday August 15 @ 8:00 -4:30 pm**

**Cost: \$120.00 (8 hours)**

# Aquatic Fitness

**\*\*Note ALL participants must complete a 2026 PAR-Q form (Health Questionnaire). Participants who are over 69yrs or answer "yes" to any of the questions require a Dr's note to participate.**

## MON & TUES AQUA INTERVAL

*(moderate to high intensity)*

This deep water program offers a zero impact workout with full body resistance training to improve cardio and coordination as well as tone and strengthen muscles. Widths of deep water traveling intervals will be mixed with stationary strength and core work

**Mondays 7:15-8:00am (July & August)**

**Tuesdays 6:15-7:00 pm**

## MON/WED/FRI AQUA FIT

*(Shallow and Deep Water – low to moderate intensity)*

Our most popular class with shallow and deep water options. You can enjoy a low impact or no impact cardio workout with resistance work for muscle strength and endurance. All fitness levels can be challenged in a safe and welcoming environment.

**8:15-9:15 am**

*\* 2 instructors for July & August*

## TUES & THURS AQUA POWER

*(moderate to high intensity)*

A higher intensity workout using timed interval training and power moves to build cardio, core, strength, and muscular endurance.

To keep it fresh, moves change every 4 weeks!

**Tuesdays 6:45-7:45 am**

**Thursdays 6:15-7:00 pm**





## WEDNESDAYS AQUA TONE

*(moderate intensity)*

A 60 minute class with a focus on specific muscle groups like Arms, Legs and Abs! Learn to use the liquid gym and buoyancy equipment to create effective resistance for the ultimate toning workout.

**7:00-8:00 am** (July & August)

## THURSDAY AQUA BLAST

*(moderate to high intensity)*

Aqua Blast is a high energy aqua-fit class designed to turn up the intensity while keeping things fun! Using the Hydro buoyant ankle cuffs, you'll increase resistance in every movement; blasting calories, challenging your muscles and boosting the toning effect.

**Thursdays 6:45-7:45 pm**

## FRIDAYS AQUA GROOVE


*(moderate to high intensity)*

Find your Liquid Rhythm and join the Splash Dance. This class is a dynamic program that blends dance-inspired movement in the water with traditional synchronized swimming skills. Enjoy patterns and routines that challenge your coordination, connection and strength.

**7:00-8:00 am** (July & August)



# MAY 19 TO JUNE 28



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>POOL CLOSED</b>		<b>AQUA POWER</b> 6:45-7:45am	Lap Swim 6:45-8:00am	<b>AQUA BLAST</b> 6:45-7:45am		<b>POOL CLOSED</b>	
	<b>AQUA FIT</b> 8:15-9:15am	Laps & Leisure 8:00-9:15am	<b>AQUA FIT</b> 8:15-9:15am	Laps & Leisure 8:00-9:15am	<b>AQUA FIT</b> 8:15-9:15am		
<i>Available for RENT</i> 11:15-12:45	<b>SENIOR SWIM</b> 9:30-11:00am (2LL & HT)	<b>SCHOOL SWIM PROGRAM</b> <b>9:30am-2:30pm</b> 					Laps & Leisure 11:00-12:30
	<b>AQUA FLOW</b> 10:00-10:45am						
<b>Public Swim</b> 1:00-4:00	Pool Rentals Or Maintenance 11am-2:30pm	<b>TOONIE SWIM</b> 2:45-3:45pm					<b>Public Swim</b> 1:00-4:00
<i>Available for RENT</i> 4:15-5:15pm	<i>Available for RENT</i> May 25 - June 4 & June 22-24 (4:00-6:00pm)				<i>Available for RENT</i> 4:00-6:00pm	<i>Available for RENT</i> 4:15-5:15pm	
	<b>AFTER SCHOOL LESSON SET</b> June 8-18 (4:00-6:00pm)						
<b>POOL CLOSED</b>	<b>Public Swim</b> 6:30-8:30pm <i>\$2 after 7:45pm</i>	<b>AQUA INTERVAL</b> 6:15-7:00pm	<b>Public Swim</b> 6:30-8:30pm <i>\$2 after 7:45pm</i>	<b>AQUA POWER</b> 6:15-7:00pm (LP)	<b>Public Swim</b> 6:30-8:30pm <i>\$2 after 7:45pm</i>	<b>POOL CLOSED</b>	
		<b>Teen Swim</b> (13 - 18yrs) 7:15-8:45pm		<b>Public Swim</b>			
<b>For more information on any of our programs call the Enderby Lions Pool at (250) 838-9256</b>							

## Pool Pricing



0-2 Years	FREE	10x	Month	Drop-in	10x	Month
Child (3-5)	\$2.50	\$22.50	\$27.50	<i>90+ is \$50 season membership</i>		
Student (6-18)	\$4.50	\$40.50	\$54.00	\$6.50	\$58.50	\$78.00
Senior (60+)	\$4.50	\$40.50	\$54.00	\$6.50	\$58.50	\$78.00
Senior (80+)		FREE		\$3.25	\$30.00	\$40.00
Adult (19+)	\$5.50	\$49.50	\$66.00	\$7.50	\$67.50	\$90.00
Family	\$13.50	\$121.50	\$162.00	<b>Aqua Fit SEASON PASS (17 weeks)</b>		
Pool Rental \$149.50/ hour (max 50 people)				Youth & Senior = \$250 // Adult = \$300		
Birthday Party Pkg = \$30 + swim admission (bday child is FREE)				*Birthday Bookings during Public Swim Times		
For Pool Rentals or Birthday Party packages - email <a href="mailto:sheryl@enderby.ca">sheryl@enderby.ca</a>						

# JUNE 29 TO SEPTEMBER 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>POOL CLOSED</b>	<b>AQUA INTERVAL</b> 7:00-8:00am	<b>AQUA POWER</b> 6:45-7:45am	<b>AQUA TONE</b> 7:00-8:00am	<b>AQUA BLAST</b> 6:45-7:45am	<b>AQUA GROOVE</b> 7:00-8:00am	<b>POOL CLOSED</b>
	<b>AQUA FIT</b> 8:15-9:15am	Laps & Leisure 8:00-9:15am	<b>AQUA FIT</b> 8:15-9:15am	Laps & Leisure 8:00-9:15am	<b>AQUA FIT</b> 8:15-9:15am	
	<b>SENIOR SWIM</b> 9:30-11:00am (2LL & HT)	<b>Swim Lessons</b> 9:30am-12:00pm				<i>Pool Maintenance</i> 9:30-11am
	<b>AQUA FLOW</b> 10:00-10:45am					
<i>Available for RENT</i> 11:15-12:45	Laps & Leisure 11:00am-1:00pm	Lunch Laps 12:00-1:00pm		Lunch Laps 12:00-1:00pm		
<b>Public Swim</b> 1:00-4:00pm			<b>Public Swim</b> 1:00-3:30pm			
<i>Available for RENT</i> 4:15-5:15pm	<b>Swim Lessons &amp; Advanced Courses</b> 4:00-6:00pm				<i>Advanced Courses</i>	<i>Available for RENT</i> 4:15-5:15pm
<b>POOL CLOSED</b>	<b>Public Swim</b> 6:15-8:15pm	<b>AQUA INTERVAL</b> 6:15-7:00pm	<b>Public Swim</b> 6:15-8:15pm	<b>AQUA POWER</b> 6:15-7:00pm (LP)	<b>Public Swim</b> 6:15-8:15pm	<b>POOL CLOSED</b>
	<i>\$2 after 7:30pm</i>	<b>Public Swim</b> 7:00-8:30pm	<i>\$2 after 7:30pm</i>	<b>Public Swim</b> 7:00-8:30pm	<i>\$2 after 7:30pm</i>	



# Land Fitness

## MONDAY

### **RHYTHM & RESISTANCE**

*(moderate to high intensity)*

An energizing class that blends dance-inspired cardio with targeted muscle toning for a fun full-body workout.

High-energy rhythm with controlled resistance exercises to help you feel strong & confident.

**8:30-9:25 am** (@ the Drill Hall)

## TUESDAY

### **FRESH AIR FITNESS**

*(moderate intensity)*

Get the benefits of exercise and movement in Fresh air mixed with the sights and sounds of beautiful Belvidere Park. Enjoy stations and a variety of moves that can be modified for several fitness levels.

**8:45-9:45 am** (@ Belvidere Park)

## TUESDAY & FRIDAY PILATES

*(moderate to high intensity)*

Learn the core principles of Pilates while improving strength, flexibility, and body awareness in a calm, supportive setting. An ideal way to reset, recharge, and develop skills you can carry into any workout.

**Tuesdays 5:00-5:50 pm &**

**Fridays 8:30-9:30 am** (@ the Drill Hall)

## WEDNESDAY

### **POWER UP CIRCUIT**

*(moderate to high intensity with adaptations)*

Power up with a full body circuit class where you will move through dynamic stations that challenge your muscles and boost overall performance in an efficient, results driven workout.

**8:30-9:30 am** (@ the Drill Hall)

## THURSDAY WALKING CLUB

*(mild to moderate intensity)*

This is a FREE program where you can meet your friends to explore Enderby and Area. This group is pet and child friendly. Dress for the weather and come enjoy some Prescribed Nature Wellness.

**10:00-10:45 am** (@ Belvidere Park)

**FREE!**

# Chair & Recovery

## MONDAY & WEDNESDAY CHAIR FIT

*(mild to moderate intensity)*

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.

**9:45-10:30 am** (@ the Drill Hall)

## MONDAYS BODY BALANCE

*(mild intensity)*

This program focuses on fall prevention exercise that builds confidence in balance, mobility & strength. Enjoy a gentle warm up, group activities and functional stations that work on gait, muscle retention, & balance.

**1:15-2:00 pm** (@ the Drill Hall)

## WEDNESDAY OSTEO-FLEX


*(mild intensity)*

Enjoy a full body warm up, balance and agility practices and “osteo safe” resistance training with weights and bands.

You will also learn valuable Osteo prevention information.

**1:15-2:00 pm** (@ the Drill Hall)

## MAY 19 TO JUNE 27

Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:25am RHYTHM & RESISTANCE	Meet @ Visitor Centre 8:45-9:45am FRESH AIR FITNESS	8:30-9:25am POWER UP CIRCUIT		8:30-9:30am PILATES
9:45-10:30am CHAIR FIT		9:45-10:30am CHAIR FIT	Meet @ Visitor Centre 10:00-10:45am WALKING CLUB	
1:15-2:00pm BODY BALANCE		1:15-2:00pm OSTEO FLEX		
	5:00-5:55pm PILATES			
Rates	Drop-in	5x pass	10x pass	20x pass
Senior Fit (60+)	\$6.50	\$32.50	\$58.50	\$105.00
Adult Fit (18+)	\$8.00	\$48.00	\$72.00	\$130.00
Senior (80+)	\$3.25	\$19.50	\$29.25	\$55.25
<b>Walking Club = FREE</b>				

\*Programs that require registration have a cut off 5 days prior to the start date.

# POOL EVENTS

Stay Tuned for Aqua Fit FUN Days  
& Youth Night dates & themes  
coming soon!

## NATIONAL LIFEJACKET DAY

**Friday May 15 2026** is National Life jacket Day, an annual campaign to encourage and promote the use of life jackets and PFD's among boaters. Wear your life jacket or personal flotation device (PFD) this summer and make every outing a return trip!

## DROWNING PREVENTION WEEK

**July 12-18** is Drowning Prevention Week. Over 400 Canadians die in preventable water-related incidents annually. Even one drowning is one too many. Join our staff and take part in the Swim to Survive Challenge at any Public Swim and your name will be entered in a draw for Family Swim pass.



**ENDERBY**  
OUTDOOR POOL



# ENDERBY & DISTRICT RECREATION SERVICES

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