

SUMMER 2026

ALMER CARLSON RECREATION GUIDE



PROGRAM REGISTRATION
fvrd.ca/recreation
604-869-2304

**NEW RATES
& FEES**

LOCATION

48846 Highline Rd North Bend, BC

HOURS OF OPERATION

Daily Pool Hours 10:30am - 6:00pm

IMPORTANT DATES

Open for the Season June 26
Canada Day July 1
Last Day of the Season Sept 5

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RATES & FEES

	Drop In	10 Pass*	20 Pass*	Season
Child (4 - 6 yrs)	\$2.00	\$15.00	\$20.00	\$35.00
Youth (7 - 13 yrs)	\$3.75	\$26.00	\$52.00	\$45.00
Student (14 - 18 yrs)	\$3.75	\$32.00	\$64.00	\$50.00
Adult (19 - 54 yrs)	\$4.75	\$41.00	\$80.00	\$65.00
Senior (55+ yrs)	\$3.75	\$30.00	\$60.00	\$50.00
Family **	\$9.00	\$65.00	\$125.00	\$100.00

**Family rate includes up to 5 people. Maximum of 2 adults, minimum of 1 child under 18 years old (additional child \$1.00 each).

PASS EXTENSION & SUSPENSION POLICY

Pass extensions or suspensions are not permitted on passes due to statutory holidays or facility closures. Seasonal pass holders with a medical issue or relocating outside the service area may request a refund for the remaining balance of their pass.

CANCELLATION POLICY

Register at least 3 days before the start date of a program!

Don't wait until the last minute! If program registration requirements are not met 72-hours prior to the scheduled program start date, the program will be cancelled and you will be issued a full refund.

WITHDRAWAL & REFUND POLICY

If you wish to withdraw from a program, a refund (less 20% administration fee) will be issued if at least 72-hours notice has been provided prior to the program start date. If less than 72-hours of notice is provided prior to the program start date, please email your request to leisure@fvrd.ca. If the request is approved, a 20% administration fee will be charged and pro-rated accordingly, if applicable.

Live 5-2-1-0 is a simple, easy-to-remember message to help kids and families adopt healthy habits. When shared and supported across a community, Live 5-2-1-0 can make it easier for kids to eat healthy and be active every day.



supporting the
Live 5-2-1-0
campaign by **SCOPE**
www.lives210.ca

LIVE 5-2-1-0 PLAYBOXES

To encourage families to be active, the Hope and Area Healthy Communities Committee has provided mobile and stationary Playboxes in Hope and the surrounding area.

These mobile and stationary Playboxes have everything families need to play actively outside, with recreational equipment for sports games and activities for barrier-free access to play.

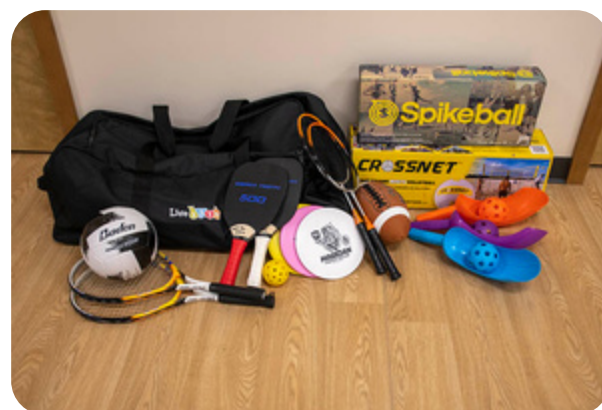
Some of the equipment that can be found in the Playboxes include skipping ropes, hula hoops, frisbees, basketballs, volleyballs, soccer balls, badminton and tennis racquets, pickleball paddles, disc golf discs, and more!



Locations: **Hope (mobile playbags)**
North Bend - Almer Carlson Pool*
Yale
**open during summer season only*

How to Access: Mobile playbags are signed out on a first-come, first-served basis for up to 24 hours at a time. Please call the rec centre for availability.

To gain access to the boxes, fill out an application form and drop it off at the rec centre or email it to leisure@fvrd.ca.



Unlock the fun!

Visit fvrd.ca/playboxes to fill out an application or call us at 604-869-2304 for more information.

ONE DAY WONDERS



KIDS NIGHT OUT

Age: 6 - 12

Drop the kids off for a fun-filled evening they won't forget! Our Kids Night Out program includes swimming at the pool, yummy pizza for dinner, and exciting games and activities to keep everyone entertained. It's the perfect way for children to enjoy a night out with friends while parents get a well-deserved break.

Jul 11	Sa	4:30pm - 7:00pm	\$20	8275
Aug 15	Sa	4:30pm - 7:00pm	\$20	8276

ROCK PAINTING WORKSHOP

Age: 6 - 12

Let your creativity shine in this colourful, hands-on art activity. Kids will choose their own smooth stones and transform them into mini masterpieces using paint, markers, and fun decorating tools. Whether they create animals, patterns, or characters, each rock becomes a unique keepsake to take home or hide around the community for others to discover.

Jul 25	Sa	12:00pm - 2:00pm	\$10	8273
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SCIENCE LAB POP UP

Age: 6 - 12

Step into our mini-laboratory and explore the wonders of science through fun, hands-on experiments! Participants might build the tallest tower they can engineer, test the power of magnets, launch paper airplanes, explore sink-and-float challenges, or mix simple chemical reactions that bubble, fizz, and surprise.

Aug 29	Sa	12:00pm - 2:00pm	\$10	8274
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REGISTER EARLY!

Programs need a minimum number of participants to run — registering early is the best way to make sure your favourite programs stay on the schedule!

HOPE & AREA RECREATION CENTRE PRESENTS

CANADA DAY



WED. JULY 1ST, 12PM - 3PM

ALMER CARLSON POOL

CUPCAKES, LUNCH & SWIM

BBQ COURTESY OF THE BOSTON BAR
NORTH BEND ENHANCEMENT SOCIETY

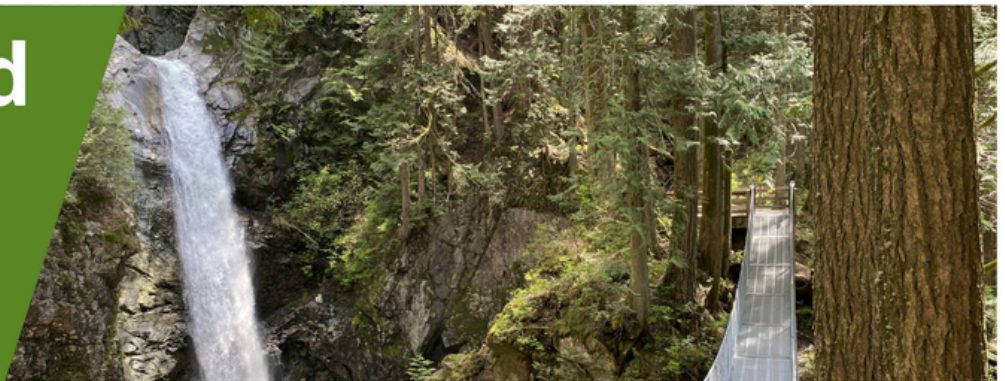


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Canada

Parks and Trails Survey



Community input is being gathered to help shape the Fraser Valley Regional District's Parks and Trails 2050 Plan.

Take a quick survey to share your priorities, ideas, and vision for the future of parks and trails in the Fraser Valley.

Take the Survey:

- Scan the QR code or
- Visit haveyoursay.fvrd.ca/parks2050

Questions?

Email OutdoorRecreation@fvrd.ca



PARENT AND TOT LESSONS

Ages 4 months–3 years

Caregiver participation is required.
Progression is based on age.



Jellyfish
4–12 months



Goldfish
12–24 months



Seahorse
24 months–3 years

PRESCHOOL LESSONS

Ages 3–5 years

Progression is based on completion of level.



Octopus

- Blowing bubbles with face in water
- Front and back floats and glides with instructor help



Crab

- Front and back floats and glides with buoyant aid
- Roll-over floats
- 5 m back swim with buoyant aid



Orca

- Front, back and roll-over floats and glides
- 5 m swim on front and back



Sea Lion

- Basic front crawl and side glides
- Deep-water activities
- 7 m swim on front and back



Narwhal

- Deep-water swimming
- 5 m front and back crawl
- 4 x 5 m swim on back

Moving from Preschool to Swimmer Lessons

To advance to Swimmer Lessons, your child must be at least 5 years old on the first day of lessons. If they have completed Narwhal, they will advance to Swimmer 2. All other preschool swimmers will benefit from gaining more experience in Swimmer 1.



SWIMMER LESSONS

Progression is based on completion of level.



Swimmer 1 (5 years +)

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 5 m swim on front and back



Swimmer 2 (5 years +)

- Deep-water activities
- Front, back and side swims
- 10 m front and back crawl



Swimmer 3 (5 years +)

- Deep-water swimming
- Whip kick on back
- 15 m front and back crawl



Swimmer 4 (5 years +)

- Tread water for 1 minute
- Basic breaststroke
- 25 m front and back crawl
- Swim to Survive Standard



Swimmer 5 (5 years +)

- Eggbeater for 30 seconds
- 25 m breaststroke
- 50 m front and back crawl



Swimmer 6 (5 years +)

- 50 m breaststroke
- 100 m front and back crawl
- 300 m distance swim



Swimmer 7/Rookie Patrol (8–14 years)

- Front and back crawl and breaststroke mastery
- Lifesaving: victim recognition and ready position
- First Aid: primary assessment and calling EMS



Swimmer 8/Ranger Patrol (8–14 years)

- Eggbeater kick and object support
- First aid: obstructed airway, checking breathing and shock
- Removing conscious victim



Swimmer 9/Star Patrol (8–14 years)

- First aid: bone and joint injuries, asthma and allergic reactions
- Support and removal unconscious victim
- 300 m swim in 9 minutes

SWIMMING LESSONS

PRESCHOOL 1 - OCTOPUS

Age: 3 - 5

Jul.14 - Jul.24 Tu-Fr 10:30am - 11:00am 8/\$50 8236

PRESCHOOL 2 - CRAB

Age: 3 - 5 (completed Octopus)

Jul.14 - Jul.24 Tu-Fr 10:30am - 11:00am 8/\$50 8244

PRESCHOOL 3 - ORCA

Age: 3 - 5 (completed Crab)

Aug.4 - Aug.14 Tu-Fr 11:00am - 11:30am 8/\$50 8249

PRESCHOOL 4 - SEA LION

Age: 3 - 5 (completed Orca)

Aug.4 - Aug.14 Tu-Fr 11:00am - 11:30am 8/\$50 8250

CURIOUS ABOUT PRIVATES?

Private lessons offer swimmers of all ages the opportunity to focus on specific skills in a one-on-one setting. These sessions are ideal for those who need a little extra help.

Private lessons are not designed to replace full-level group classes. Instead, they serve as a helpful supplement for targeting one or two key skills.

Please ask the lifeguards for more information.



REGISTER EARLY!

Programs need a minimum number of participants to run — registering early is the best way to make sure your favourite programs stay on the schedule!

FREE SWIM ASSESSMENTS

Not sure what level to register your child in?
Call us to book a free swim assessment.



SWIMMER 1

Age: 5 - 12

Jul.14 - Jul.24 Tu-Fr 11:00am - 11:30am 8/\$50 8245
Aug.18 - Aug.28 Tu-Fr 10:30am - 11:00am 8/\$50 8252

SWIMMER 2

Age: 5 - 12 (completed Swimmer 1)

Aug.4 - Aug.14 Tu-Fr 10:30am - 11:00am 8/\$50 8248
Aug.18 - Aug.28 Tu-Fr 11:00am - 11:30am 8/\$50 8255

SWIMMER 3

Age: 5 - 12 (completed Swimmer 2)

Jul.14 - Jul.24 Tu-Fr 11:30am - 12:15pm 8/\$50 8246

SWIMMER 4

Age: 5 - 12 (completed Swimmer 3)

Jul.14 - Jul.24 Tu-Fr 11:30am - 12:15pm 8/\$50 8247
Aug.4 - Aug. 14 Tu-Fr 11:30am - 12:15pm 8/\$50 8253

SWIMMER 5

Age: 5 - 12 (completed Swimmer 4)

Aug.4 - Aug.14 Tu-Fr 11:30am - 12:15pm 8/\$50 8251

SWIMMER 6

Age: 5 - 12 (completed Swimmer 5)

Aug.18 - Aug.28 Tu-Fr 11:30am - 12:15pm 8/\$50 8254