

FALL 2026

HOPE & AREA RECREATION GUIDE



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

LOCATION

1005 6th Ave Hope, BC

RECEPTION HOURS

Mon, Wed, Fri	6:00 am - 8:30 pm
Tue, Thur	8:00 am - 8:30 pm
Saturday	10:00 am - 8:30 pm
Sunday	10:00 am - 5:30 pm

POOL HOURS

Mon, Wed, Fri	6:30 am - 8:00 pm
Tue, Thur, Sat	12:00 pm - 8:00 pm
Sunday	12:00 pm - 5:00 pm

FACILITY CLOSURE DATES

Truth and Reconciliation Day	Sept. 30 th
Thanksgiving	Oct. 12 th
Remembrance Day	Nov. 11 th
Christmas Day	Dec. 25 th
Boxing Day	Dec. 26 th

Registration Dates

August 10th
Registration opens at 8:30 am



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How to Register

 **online**
fvr.d.ca/recreation

 **call us**
604-869-2304

 **in person**
1005 6th Avenue

Registration Dates

August 10th
Registration opens at 8:30 am

September 1st
Programs start

SUBSIDIES INFORMATION

KIDSPORT BRITISH COLUMBIA

KidSport is a national not-for-profit organization that provides grants for children aged 18 and under so they can play a season of sport.

Kidsportcanada.ca

CANADIAN TIRE JUMPSTART

Canadian Tire Jumpstart is a nationally registered charity dedicated to removing financial barriers so kids aged 4 to 18 across Canada have the opportunity to get off the sidelines and into the game. Jumpstart.canadiantire.ca

CANCELLATION POLICY

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

Sometimes great programs are cancelled due to low registration. Don't wait until the last minute! If program registration requirements are not met 72-hours prior to the schedule 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@fvr.d.ca. If the request is approved, a 20% administration fee will be charged and pro-rated accordingly, if applicable. Supporting documentation such as a medical note or change of address may be requested. Refunds will be returned by the original method of payment. Cash and cheque transactions will be refunded to the address on the account.

WANT TO BE NOTIFIED OF PROGRAM CANCELLATIONS?

Ensure your contact information is up-to-date to get notified if a program is cancelled.

HOPE & AREA RECREATION CENTRE

FALL 2026 DROP-IN SCHEDULE

September - December



Schedules are subject to change without notice, contact facility to confirm.

AQUATICS						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public Swim 12:00pm - 5:00pm	Public Swim 6:30am - 8:00pm	Public Swim 12:00pm - 8:00pm	Public Swim 6:30am - 8:00pm	Public Swim 12:00pm - 8:00pm	Public Swim 6:30am - 8:00pm	Public Swim 12:00pm - 8:00pm
	Lane Swim 6:30am - 8:30am	Lane Swim 6:00pm - 8:00pm	Lane Swim 6:30am - 8:30am	Lane Swim 6:00pm - 8:00pm	Lane Swim 6:30am - 8:30am	Lane Swim 6:00pm - 8:00pm
	Aquafit 9:00am - 10:00am		Aquafit 9:00am - 10:00am		Aquafit 9:00am - 10:00am	

*Please note Aquafit will resume in October. This is subject to change.

ARENA						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Adult Skate 9:00am-10:00am		Adult Skate 9:00am-10:00am		Adult Skate 9:45am-10:45am	
	Parent & Tot Skate 10:00am-11:00am	Adult Shinny 1:00pm-2:15pm	Parent & Tot Skate 10:00am-11:00am	Adult Shinny 2:15pm - 3:30pm	Parent & Tot Skate 10:45am-11:45am	
Public Skate 2:00pm - 3:30pm		Family Casual Hockey 4:30pm-5:45pm	Public Skate 5:45pm-7:00pm			Public Skate 2:00pm - 3:30pm
			45+ Hockey 7:15pm-8:30pm			

FITNESS				
Monday	Tuesday	Wednesday	Thursday	Friday
		Spin Express 6:15am - 7:00am		
		Flow Yoga 9:00am - 10:00am		Yoga Lite 9:00am - 10:00am
Forever Fit 10:30am - 11:30am	Seated Zumba 10:30am - 11:15am	Forever Fit 10:30am - 11:30am	Seated Zumba 10:30am - 11:15am	Forever Fit 10:30am - 11:30am
Zumba Gold 12:00pm - 12:45pm	Strength & Core 12:00pm - 12:45pm	Full Body Circuit 12:00pm - 1:00pm	Strength & Core 12:00pm - 12:45pm	Cardio Combo 12:00pm - 12:45pm
Chair Yoga 1:30pm - 2:15pm		Chair Yoga 1:30pm - 2:15pm		
Spin Fusion 5:30pm - 6:30pm	Zumba 5:30pm - 6:30pm	20-20-20 5:30pm - 6:30pm	Spin 5:30pm - 6:30pm	
	Vinyasa Yoga 7:00pm - 8:00pm		Yin Yoga 7:00pm - 8:00pm	

CARDIO & WEIGHT ROOM						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 10:00am - 5:30pm	Open Gym 6:00am - 8:30pm	Open Gym 8:00am - 8:30pm	Open Gym 6:00am - 8:30pm	Open Gym 8:00am - 8:30pm	Open Gym 6:00am - 8:30pm	Open Gym 10:00am - 8:30pm
Teen Gym (13+) 1:00pm - 4:00pm		Teen Gym (13+) 3:30pm - 5:00pm		Teen Gym (13+) 3:30pm - 5:00pm		Teen Gym (13+) 1:00pm - 4:00pm

RATES & FEES

DAILY SPECIALS

Daily specials include admission to the aquatic centre, fitness centre, public skate, and aquafit.

Senior Mondays	\$2.00 until 5:00 pm
Wacky Wednesdays	\$2.00
50% off Fridays	On single drop-ins until 5:00 pm
Family Sundays	\$6.00 (1/2 price)
Last Hour Gym or Swim	\$3.25

DROP-IN RATES & PASSES

Drop-in Rates & Facility Pass*

Includes general admission to the aquatic centre, fitness centre, public skate, and aquafit.

All Inclusive Pass*

All the benefits of the Facility Pass plus drop-in fitness classes.

*Passes DO NOT include Casual Hockey, Adult Shinny, 45+ Hockey, rentals and programs that require pre-registration

PASS EXTENSION & SUSPENSION POLICY

Pass extensions or suspensions are not permitted on passes due to statutory holidays or facility closures. Annual and 6 month pass holders with a medical issue or relocating outside the service area may request a refund for the remaining balance of their pass.

RATES & FEES

	Drop In	10 Pass*	20 Pass*	1 Month	3 Months	6 Months	1 Year
Child (4 - 6 yrs)	\$2.25	\$20.00	\$35.00	\$20.00	\$45.00	\$70.00	\$120.00
Youth (7 - 13 yrs)	\$3.75	\$35.00	\$58.75	\$36.00	\$80.50	\$147.00	\$265.25
Student (14 - 18 yrs)	\$4.50	\$40.00	\$64.00	\$42.00	\$90.00	\$157.00	\$285.00
Student All Inclusive Pass (16+ yrs)	-	-	-	\$57.25	\$127.50	\$220.00	\$394.50
Adult (19 - 54 yrs)	\$6.00	\$50.00	\$90.00	\$55.00	\$125.00	\$225.00	\$415.00
Adults All Inclusive Pass	-	-	-	\$72.00	\$157.00	\$278.00	\$511.00
Senior (55+ yrs)	\$4.50	\$45.00	\$73.00	\$48.00	\$106.00	\$165.00	\$305.00
Senior All Inclusive Pass	-	-	-	\$66.00	\$142.25	\$229.25	\$413.00
Senior (80+ yrs)	Free Admission - Includes access to the aquatic centre, fitness centre, public skate, and aquafit						
Family **	\$12.00	\$90.00	\$160.00	\$110.00	\$240.00	\$425.00	\$825.00

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

	Fitness Classes	Skate Rental	Helmet Rental	Casual Hockey	55+ Hockey	Monthly Locker Rental	Shower
Other Charges	\$6.00	\$3.00	\$2.50	\$4.50	\$10.00	\$3.00	\$2.50

FACILITY RENTALS



ARENA

We take pride in offering the best ice in BC! The arena features seven dressing rooms, a central sound system, and bleacher seating.

Ice Rental:

Prime \$175/hr
Non-Prime \$155/hr

Dry Floor Rental:

Adult \$50/hr
Youth \$23/hr



DAN SHARRERS AQUATIC CENTRE

Our Aquatic Centre features a 25-metre lap pool with 1-metre and 3-metre diving boards, a leisure pool with spray features and a rapids channel. It also has a hot tub, sauna, and steam room, as well as large men's, women's, family and wheelchair accessible changerooms.

Pool Rental: \$145/hr*

Lane Rental: \$15/hr

**Includes one lifeguard. Sauna & steam room not included.*



CONFERENCE CENTRE

With expansive mountain views and a wall of windows, this roomy meeting area is not only ideal for meetings and conferences, but also perfect for special events and weddings. It features a kitchenette, central sound system, mountain views and high ceilings.

Not-for-profit: \$66/hr*

Day Rate: \$350.00**

Commercial: \$90/hr*

***Maximum 10 hours*

**Minimum 2 hours*



MEZZANINE

This versatile room serves as the main venue for most of the fitness classes offered at the rec centre. It's also a fantastic meeting and event room featuring a mirrored wall, central sound system, breakout meeting room, and dimmable non-fluorescent lighting options.

Not-for-profit: \$31/hr

Day Rate: \$185*

Commercial: \$52/hr

**Maximum 10 hours*



REC CENTRE MEETING ROOM

For smaller groups and board-style meetings, the meeting room at the rec centre is ideal. Features include WiFi and a whiteboard. This room is attached to the Mezzanine, and can be rented together for larger gatherings where a private space is required.

Not-for-profit: \$26.50/hr

Day Rate: \$130*

Commercial: \$40/hr

**Maximum 10 hours*

Want to rent a space?

Call us to learn more about facility rentals, including our cancellation policy, insurance, Liquor License, and clean up requirements.

LED MESSAGE BOARD

Our LED message board can help get your message out.

User Group Rates:

Daily \$18
Weekly \$99
Monthly \$360

Commercial Rates:

Daily \$20
Weekly \$110
Monthly \$400

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.

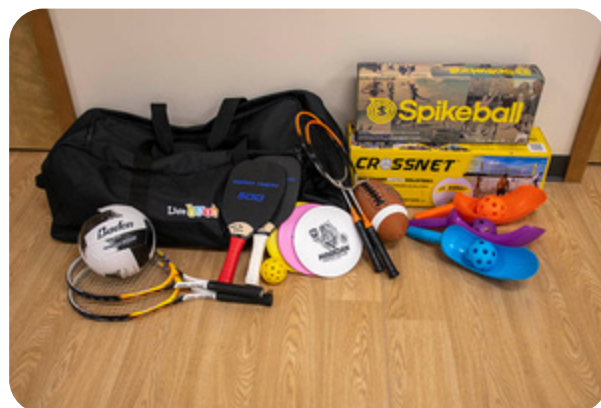
These mobile and stationary Playboxes have everything families need to play actively outside, with recreational equipment for sports games and activities for barrier-free access to play.

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.

ARENA

We kindly ask that payment and sign-in be completed at the front desk prior to entering the arena



PUBLIC SKATE CANCELLATION DATES

30 Sep / 3,4,24,25 Oct / 7,11,21 Nov / 12,26 Dec
2:15pm start time - Nov 8, 22 & Dec 13

HOMESCHOOL CANSKATE

Age: 6 - 13

This mid-day skating program is perfect for home-schooled children looking to stay active, develop skating skills, and enjoy social time on the ice.

Our program focuses on developing strong fundamental skating skills through engaging group lessons led by certified professional coaches and supported by trained program assistants. Skaters develop balance, control, agility, and confidence.

Each session includes 45 minutes of instruction, games, circuits, and movement-based activities. Skaters are assessed on an ongoing basis throughout the season and receive report cards to track their development and achievements.

Participants must bring the following items, or come early to take advantage of the Recreation Centre's rental equipment.

- Properly fitted skates
- A CSA-approved hockey helmet

Please note that a portion of the program fee covers the Skate Canada registration fee. If you register for the program again in January, the fee will be prorated, as you will not need to pay the Skate Canada registration fee a second time in the season!

Oct. 20 - Dec 8 Tu 12:00pm - 12:45pm 8/\$130 8405



SKATING

ADULT SKATE

Age: 19+

A quieter session designed for adults 19+, offering a relaxed environment to enjoy skating, whether you're a beginner or a seasoned skater. Skating only - no sticks allowed.

**M,W
F**

**9:00 am - 10:00 am
9:45 am - 10:45 am**

Drop-in Fee

PUBLIC SKATING

Age: All

Open to all ages and skill levels, this session is perfect for family fun or practicing your skating skills. Helmets are recommended for safety. Skating only - no sticks allowed. All participants must get a wristband from the front desk.

**Sa,Su
W**

**2:00 pm - 3:30 pm
5:45 pm - 7:00 pm**

Drop-in Fee

PARENT & TOT SKATE

Age: Kids 0-5 and their guardians

This special skate time is for parents and their little ones. It's a great way to introduce children to the ice in a safe, fun environment. Skating aids available. Skating only - no sticks allowed.

**M, W
F**

**10:00 am - 11:00 am
10:45 am - 11:45 am**

Drop-in Fee



PRO-D DAY SKATE

Dates:

Sept. 25th

Oct. 23rd

Nov. 27th

12:30pm - 2:30pm

Spend your Pro D Day at the rink!

HOCKEY

ADULT SHINNY HOCKEY

Age: 19 +

For adults looking for a fun and informal hockey game, this drop-in session is non-competitive and a great way to stay active while enjoying the sport. Participants are required to wear a helmet and gloves.

Tu	1:00 pm - 2:15 pm	\$4.50
Th	2:15pm - 3:30pm	

45 + DROP IN HOCKEY

Age: 45 +

Designed for players 45 and older, this drop-in session offers a friendly and recreational game of hockey with peers, focusing on fun, fitness, and skill-building. Full gear is required for those participating in casual hockey.

W	7:15 pm - 8:30 pm	\$10.00
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FAMILY CASUAL HOCKEY

Age: 4 +

Bring the whole family to this fun, informal hockey session! It's the perfect opportunity for family members of all ages to enjoy a non-competitive game of hockey together. Full gear is required for everyone participating. **All children and youth must be accompanied on the ice by an adult, and adults attending must also be accompanied by a child or youth.**

Tu	4:30 pm - 5:45 pm	\$4.50/per
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We kindly ask that payment and sign-in be completed at the front desk prior to entering the arena

GENERAL CASUAL HOCKEY RULES

- Full CSA-approved equipment is mandatory (including helmet with visor or cage) for all participants in Casual Hockey programs.
- No contact / no slap shots – these are non-competitive, recreational sessions.
- Respectful conduct is expected at all times – players may be removed for unsafe or inappropriate behaviour.
- Recreation/Facilities staff are present for facility oversight only – participants are responsible for their own safe play.



HOBBIES

WONDER LAB

Age: 3 - 5

It's messy, goopy, slimy, and bubbling over with FUN! From creating fizzing reactions to experimenting with forces of nature, every session encourages curiosity and creativity. Parent participation may be required.

Sep. 26 - Oct. 17 Su 11:00am - 11:30am 4/\$35 8347

ELF HOLIDAY CLUB

Age: 3 - 5

Join us for festive fun as little elves enjoy crafts, songs, games, and playful holiday activities. A magical way for young children to celebrate the season!

Nov. 29 - Dec. 20 Su 11:00am - 11:30am 4/\$35 8372



ACTIVE

PARENT AND TOT GYMNASTICS

Age: Walking - 2

Through engaging games and circuits, we lay the foundation for key gymnastics movements while building the strength required to progress in the sport. Mini gymnasts work on enhancing their balance, flexibility, and strength each week. *This program is led by the Chilliwack Gymnastics Club.*

Oct. 2 - Oct. 30	Fr	4:00pm - 4:45pm	5/\$75	<u>8348</u>
Nov. 6 - Dec. 4	Fr	4:00pm - 4:45pm	5/\$75	<u>8349</u>

KINDERGYM

Age: 3 - 5

Through games and circuits we build up fundamental movements and start to gain the strength needed to expand our gymnastics skills. Each week mini gymnasts practice their balance, flexibility, and strength. *Led by the Chilliwack Gymnastics Club.*

Oct. 2 - Oct. 30	Fr	5:00pm - 6:00pm	5/\$94	<u>8350</u>
Nov. 6 - Dec. 4	Fr	5:00pm - 6:00pm	5/\$94	<u>8351</u>

ALL SORTS OF SPORTS

Age: 3 - 5

Introduce your little one to the joy of movement! This playful and engaging class encourages young children to explore rhythm and coordination through music. It's a wonderful way for them to develop motor skills, socialize and have fun in a supportive environment.

**At Silvercreek Elementary*

Nov. 2 - Nov. 23	M	5:00pm - 5:30pm	4/\$30	<u>8373</u>
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WIGGLES & WAVES

Age: 3 - 5

Wiggles and Waves is the ultimate playtime - on land and in the water! Start with 45 mins of action-packed, unstructured fun in the mezzanine: climbing, rolling, balancing, and exploring. Then head to the pool, where you and your tot will learn basic water safety and enjoy guided water play together.

Parent participation is required - must accompany child in water.

Nov. 14 - Dec. 5	Sa	11:30am - 1:00pm	4/\$50	<u>8374</u>
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HOBBIES

JR. BAKERS

Age: 5 - 8

Perfect for budding bakers, this program lets kids explore baking through fun, guided recipes and tasty creations.

Skip date Nov. 11

Nov. 4 - Dec. 2 W 4:15pm - 5:15pm 4/\$45 8375

KIDS IN THE KITCHEN

Age: 9 - 13

In this hands-on program, kids will learn basic kitchen skills while making tasty and healthy recipes. Each week introduces new ingredients and techniques, building confidence and creativity in the kitchen.

Oct. 7 - Oct. 28 W 4:15pm - 5:15pm 4/\$45 8376

COURSES

HOME ALONE COURSE

Age: 10 +

The Home Alone Program is designed to provide kids with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real life situations, and keep them safe and constructively occupied. Certification upon completion.

This is a drop-off program.

Nov. 15 Su 11:00am - 3:00pm 1/\$25 8377

BABYSITTERS COURSE

Age: 12 +

The Babysitters Training Course provides the knowledge and skills needed to become a responsible babysitter, skills that will serve the students well into adulthood. Certificate upon completion.

This is a drop-off program.

**Oct. 17 & Oct. 18 Sa 11:00am - 4:00pm 2/\$70 8378
Su 12:00pm - 5:00pm**

ACTIVE

GYMNASTICS

This class is for beginner and intermediate gymnasts looking to learn the basics of handstands, rolls, and cartwheels or those working to refine the skills they already know. Led by the Chilliwack Gymnastics Club.

Age: 6 - 8

**Oct. 2 - Oct. 30 Fr 6:00 pm - 7:00 pm 5/\$120 8352
Nov. 6 - Dec. 4 Fr 6:00 pm - 7:00 pm 5/\$120 8353**

Age: 7 - 12

**Oct. 2 - Oct. 30 Fr 7:00 pm - 8:00 pm 5/\$120 8354
Nov. 6 - Dec. 4 Fr 7:00 pm - 8:00 pm 5/\$120 8355**

GIRLS GET ACTIVE

Age: 6 - 10

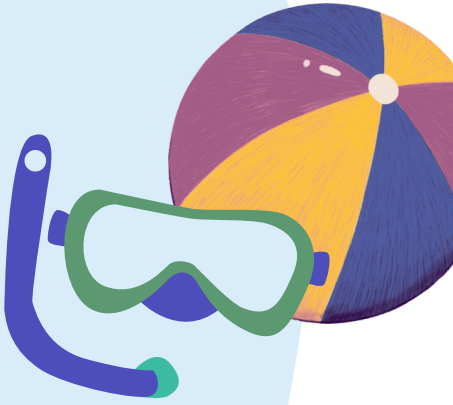
A fun program where girls play games, try different sports, and stay active together. It's a great way to build confidence, make friends, and have fun moving!

At Silvercreek Elementary

Skip date Oct. 12th

Sept. 28 - Oct. 26 M 5:00pm - 5:45pm 4/\$35 8379

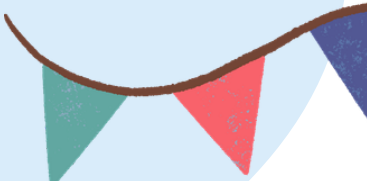




Hope & Area Recreation Presents



Kids Night Out



Drop the kids off for a fun-filled evening they won't forget! It includes swimming at the pool, yummy pizza for dinner, and exciting games and activities to keep everyone entertained.

Sept. 18th

Oct. 9th

Nov. 20th

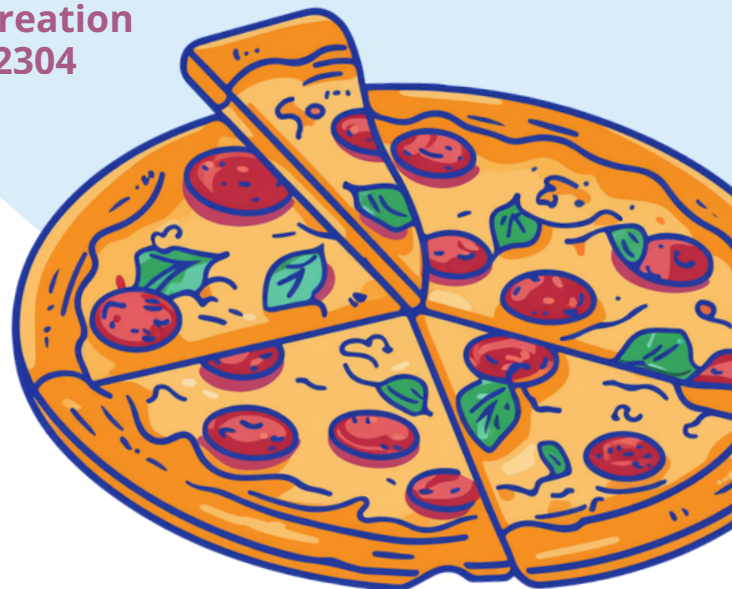
Dec. 11th

Ages 5 - 12
4:30PM - 7:30PM
\$20

Register today to save your spot!

Visit fvrd.ca/recreation

Call 604-869-2304



CAMP & BIRTHDAYS

CAMP

PRO D DAZE

Age: 5 - 12

Looking for a fun way to spend the day off school? Our Pro D Day Camp is packed with exciting activities like games, crafts, and sports designed to keep kids active and engaged.

Be sure to bring a lunch and a water bottle for a day full of fun! These camps will participate in both swimming and skating so be sure to pack warm clothes for the rink and a swimsuit and towel for the pool.

Sep 25	<u>8339</u>	9:00am - 5:00pm	1/\$35
Oct 23	<u>8340</u>		
Nov 27	<u>8341</u>		

WINTERFEST CAMP

Age: 5 - 12

Whether your child enjoys creative projects, friendly competitions, or simply burning off energy, our camp has something for everyone. Each day is packed with a variety of engaging activities, including sports, team games, creative crafts, themed challenges, skating and swimming that will keep kids active and entertained all day long. Please pack a lunch, water bottle, swimsuit, towel, and warm clothes for skating!

Mon. Dec 21	<u>8359</u>	9:00am - 5:00pm	1/\$35
Tues. Dec 22	<u>8360</u>		
Wed. Dec 23	<u>8361</u>		
Mon. Dec 28	<u>8362</u>		
Tues. Dec 29	<u>8363</u>		
Wed. Dec 30	<u>8364</u>		

BIRTHDAY PARTIES

Celebrate your birthday with an exciting swim or skate party! Your celebration includes one hour in the party room, followed by swimming, or skating.

A Recreation Assistant will be on hand to help with setup, manage the timeline, and ensure everyone gets ready for the activities.

Party Room from 1:00pm - 2:00pm
Swim or Skate from 2:00pm

Additional Notes:

1 Adult admission per 3 kids.
Kids rentals included
Entrance to party room half an hour before to set up!

Up to 12 kids: \$100
Up to 16 kids: \$120
Up to 20 kids: \$150



FIRST AID

CPR/AED LEVEL C

Age: 13 +

The CPR-C course provides comprehensive training to recognize and respond to emergencies, including cardiovascular issues like heart attacks and strokes, and choking incidents in adults, children, and infants. It covers essential skills such as the recovery position, administering CPR and using an AED, assisting with medications, and managing deadly bleeding.

Nov. 7 Sa 9:00 am - 2:30 pm \$80 8380

EMERGENCY FIRST AID & CPR-C/AED

Age: 13 +

The Canadian Red Cross offers a one-day First Aid and CPR course that provides essential emergency medical care techniques. Participants will learn about the Red Cross, the EMS system, airway emergencies, breathing and circulation issues, first aid for respiratory and cardiac arrest, and wound care.

Nov. 7 Sa 9:00 am - 5:00 pm \$90 8381

STANDARD FIRST AID & CPR-C/AED

Age: 13 +

A two-day Red Cross course offering essential first aid and CPR skills, covering topics such as the EMS system, airway emergencies, breathing and circulation issues, wound care, and response to respiratory and cardiac arrest. Ideal for those needing training for work or personal emergency preparedness.

Nov. 7 & Nov. 8 Sa,Su 9:00 am - 5:00 pm \$160 8382

ACTIVE

DROP IN PICKLEBALL

Age: 13 +

Stop by for a great session of pickleball with others in the community. It's an awesome place to practice skills and enjoy good company.

**Held at Silvercreek Elementary*

Sep. 14 - Dec. 7 M 6:00pm - 8:00pm \$6 8368
Skip Date: Oct. 12

What is a Pickleball Pass? It's a time-limited pass that gives you access to a set number of scheduled pickleball sessions without having to pay each time you drop in. One purchase, simple check-in, and you're ready to play.

Pass Duration: Sep. 14 - Dec. 7
\$48.00 (12 sessions)

Why get a pass?

A pass is convenient, cost-effective, and perfect for players who join us regularly. There's no need to bring cash each time — just check in and head straight to the court. Plus, you'll save \$2 *per* session with a pass.

Please note: Passes are not pro-rated for missed dates and cannot be refunded for days not attended. If you choose not to opt for the pass, we will continue to accept cash at full charge.

Your Easy Way to Play More



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

PARENT & TOT 1 - JELLYFISH

Age: 4 - 12 months

Oct. 14 - Nov. 9 M,W 10:30am - 11:00am 8/\$50 [8304](#)

PARENT & TOT 2 - GOLDFISH

Age: 12 - 24 months

Nov. 16 - Dec. 9 M,W 10:30am - 11:00am 8/\$50 [8317](#)

PRESCHOOL 1 - OCTOPUS

Age: 3 - 5

Oct. 14 - Nov. 9 M,W 11:00am - 11:30am 8/\$50 [8305](#)

Oct. 17 - Dec. 5 Sa 10:45am - 11:15am 8/\$50 [8314](#)

Nov. 17 - Dec. 10 Tu,Th 4:15pm - 4:45pm 8/\$50 [8323](#)

PRESCHOOL 2 - CRAB

Age: 3 - 5 (completed Octopus)

Oct. 13 - Nov. 5 Tu,Th 4:15pm - 4:45pm 8/\$50 [8310](#)

Oct. 17 - Dec. 5 Sa 10:45am - 11:15am 8/\$50 [8315](#)

Nov. 16 - Dec. 9 M,W 11:00am - 11:30am 8/\$50 [8318](#)

PRESCHOOL 3 - ORCA

Age: 3 - 5 (completed Crab)

Oct. 14 - Nov. 9 M,W 11:30am - 12:00pm 8/\$50 [8306](#)

Nov. 17 - Dec. 10 Tu,Th 4:45pm - 5:15pm 8/\$50 [8326](#)

PRESCHOOL 4 - SEA LION

Age: 3 - 5 (completed Orca)

Oct. 13 - Nov. 5 Tu,Th 4:00pm - 4:30pm 8/\$50 [8309](#)

Nov. 16 - Dec. 9 M,W 11:30am - 12:00pm 8/\$50 [8319](#)

PRESCHOOL 5 - NARWHAL

Age: 3 - 5 (completed Sea Lion)

Nov. 16 - Dec. 9 M,W 11:30am - 12:00pm 8/\$50 [8320](#)

FREE SWIM ASSESSMENTS

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



PRIVATE LESSONS

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, whether it's a young swimmer working on back floats, a teen fine-tuning their stroke technique, or an adult building confidence in the water. Private lessons are not designed to replace full-level group classes, especially for younger swimmers who benefit from the social learning and progression of a class setting. Instead, they serve as a helpful supplement for targeting one or two key skills.

Not sure what to focus on? Our instructors are happy to help you identify the best areas for growth.

Private Lesson Blocks	1/\$22.50	<u>8406</u>
Oct. 5 - Dec. 11		
Monday, Friday	3:00pm - 5:00pm	
Tues, Thurs	12:30pm - 2:00pm	

SWIMMING LESSONS

SWIMMER 1

Age: 5 - 12

Oct. 13 - Nov. 5	Tu,Th	4:45pm - 5:15pm	8/\$50	<u>8312</u>
Oct. 17 - Dec. 5	Sa	11:15am - 11:45am	8/\$50	<u>8316</u>
Nov. 17 - Dec. 10	Tu,Th	3:30pm - 4:00pm	8/\$50	<u>8322</u>

SWIMMER 2

Age: 5 - 12 (completed Swimmer 1)

Oct. 13 - Nov. 5	Tu,Th	3:30pm - 4:00pm	8/\$50	<u>8308</u>
Nov. 17 - Dec. 10	Tu,Th	4:15pm - 4:45pm	8/\$50	<u>8324</u>

SWIMMER 3

Age: 5 - 12 (completed Swimmer 2)

Oct. 13 - Nov. 5	Tu,Th	3:30pm - 4:15pm	8/\$50	<u>8307</u>
Oct. 17 - Dec. 5	Sa	10:00am - 10:45am	8/\$50	<u>8313</u>

SWIMMER 4

Age: 5 - 12 (completed Swimmer 3)

Nov. 17 - Dec. 10	Tu,Th	3:30pm - 4:15pm	8/\$50	<u>8321</u>
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SWIMMER 5

Age: 5 - 12 (completed Swimmer 4)

Oct. 13 - Nov. 5	Tu,Th	4:30pm - 5:15pm	8/\$50	<u>8311</u>
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SWIMMER 6

Age: 5 - 12 (completed Swimmer 5)

Nov. 17 - Dec. 10	Tu,Th	4:30pm - 5:15pm	8/\$50	<u>8325</u>
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IT'S NEVER TOO LATE TO LEARN A NEW SKILL - TRY OUR ADULT SWIM LESSONS!

ADULT SWIM LESSONS

Age: 16+

Our Adult Swim lessons are designed for anyone 16+ who wants to feel more confident and comfortable in the water. Whether you're just starting out or looking to refine your strokes, our certified instructors will help you reach your goals in a fun, supportive environment.

Oct. 13 - Nov. 5	Tu,Th	6:30pm - 7:00pm	8/\$50	<u>8327</u>
Nov. 17 - Dec. 10	Tu,Th	6:30pm - 7:00pm	8/\$50	<u>8328</u>

START THE ROAD TO BECOMING A LIFEGUARD THIS FALL

COURSES



BRONZE MEDALLION

Age: 13 +

Bronze Medallion, as our flagship certification, teaches an understanding of lifesaving principles embodied in the four components of water rescue education: judgement, knowledge, skills and fitness. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water.

Oct. 23 - Oct. 25 Fr-Su 9:00am - 5:30pm \$135 8330

BRONZE CROSS

Age: 13 +

Bronze Cross transitions from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply 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.

Pre-requisite Bronze Medallion

Nov. 27 - Nov. 29 Fr-Su 9:00am - 5:30pm \$135 8329



GYM ORIENTATION

Age: 13 +

We understand that it can feel intimidating going to a new gym or using new equipment. That's why we offer a FREE gym orientation to all new gym users.

Call us at 604-869-2304 to book an orientation.

TEEN GYM

Age: 13 - 15

Are you a teen wanting to learn the basics of working out in a gym environment? Come to our teen gym hours when we have a certified Fitness Attendant on staff who can help you use the machines, provide tips and tricks and provide you with a FREE orientation. First time users are required to complete a Gym Orientation Waiver signed by a parent or guardian.

Tu,Th	3:30pm - 5:00pm	Drop In Fee
Sa,Su	1:00pm - 4:00pm	Drop In Fee

FITNESS CLASS ETIQUETTE

Please arrive at least 5 minutes before classes, no admittance for late arrivals.

Wear proper workout attire.

Bring a water bottle & towel.

IT'S BACK!

PERSONAL TRAINING

Age: 13 yrs +

Personal training provides a 1-hour private session with a registered fitness trainer who will help you refine your technique, provide motivation, and ensure you are getting the most out of your workout.

Private Rates*

\$55/1 session

\$250/5 sessions

\$450/10 sessions

**Minimum 3 sessions required to start*

Clients will be charged for missed sessions.

Cancellation charge will be equivalent to cost of one full session.

FITNESS CLASS LEVELS

LEVEL 1

Suitable for those who may have a past or present medical issue, injury, or limited mobility. These classes provide almost no impact and are performed in a safe and controlled environment.

LEVEL 2

Suitable for those who have a physically inactive lifestyle or have a low level of fitness and want to build up to a higher level of intensity. These low-impact classes provide the body with active recovery.

LEVEL 3

Suitable for those who are healthy, physically active, and want to improve their fitness level. These classes are designed to get you moving.

LEVEL 4

Suitable for those who are healthy, physically active, and want to improve their fitness level. These classes will elevate your heart rate with a large cardiovascular component and may include pushing, pulling, kicking, jumping, and more.

Classes can be modified; however, for safety reasons and your enjoyment, if you are a beginner please choose classes that are a level 3 or below.



GENTLE EXERCISE

FOREVER FIT

Age: 16 +

Forever Fit is designed to improve strength, balance, coordination, independence, and quality of life. This class is great for seniors or those with mobility issues.

M,W,F 10:30am - 11:30am \$6/class 8390

SEATED ZUMBA

Age: 16 +

Seated Zumba is a fitness program that caters to individuals with limited mobility, difficulty standing for long periods, or those in need of wheelchair assistance. You'll experience the rhythm and energy of Latin-inspired dance moves, all adapted to suit a sitting position.

Tu,Th 10:30am - 11:15am \$6/class 8394

1 2

1 2



GYM-FO

Your source for physical fitness information including proper warm-up; cardio equipment — where to begin and how to progress; finding your target heart rate and the best zone to be in; weight room machines — how to set them up and proper use; free weights and accessories; proper stretching technique; and recovery, nutrition and hydration. Receive a well-rounded program and learn how to progress as your fitness and strength improve.

Pre-registration is required for this program.

Sept. 26 - Oct. 24

Sa 12:00pm - 1:00pm 5/\$20 8366

CARDIO, STRENGTH & CORE

FULL BODY CIRCUIT

2 3 4

Age: 16 +

This full-body workout takes you through a series of timed stations designed to boost strength, cardio, and endurance. Whether you're a beginner or looking to level up your fitness, this class offers variety, challenge, and fun in every round. All levels welcome—go at your own pace!

W 12:00pm - 1:00pm \$6/class 8398

20-20-20

3 4

Age: 16 +

This full body workout is broken down into 20-minute segments. This format is designed to be a comprehensive and challenging class that incorporates cardiovascular exercise to burn calories, strength exercises to build muscle, and flexibility work to finish refreshed.

W 5:30pm - 6:30pm \$6/class 8399

STRENGTH & CORE

2 3 4

Age: 16 +

A low-impact no cardio class! It is great for all levels and abilities. Focus on increasing core strength, stability, flexibility and overall body strength. Excellent for building bone mass to help prevent osteoporosis. Participants will use a variety of equipment throughout the class.

Tu,Th 12:00pm - 12:45pm \$6/class 8395

CARDIO COMBO

3 4

Age: 16 +

Boost your heart rate and energize your body with this upbeat cardio-focused class! Cardio Combo blends different styles of movement, like step, low-impact aerobics, or bodyweight drills, for a fun and varied workout. Perfect for all levels looking to increase stamina and sweat it out!

Fr 12:00pm - 12:45pm \$6/class 8403

AQUAFIT

AQUAFIT

1 2 3

Age: 16 +

This combination class is conducted in both the shallow end and the deep end of the pool with floatation belts to help keep you buoyant while exercising to some groovy tunes. Aquafit is a great way to improve both your cardiovascular and muscular endurance.

M,W,F 9:00am - 10:00am Drop-in Fee 8344

SPIN

SPIN EXPRESS

Age: 16 +

Indoor cycling classes provide high-energy workouts that burn calories, and improve endurance and strength through a variety of drills and exercises timed to the beat of the music. Spaces are limited.

W 6:15am - 7:00am \$6/class 8397

SPIN

Age: 16 +

Keep motivated with flats, uphill and sprints to help you stay focused for 1 hour. Bring water and a towel. Spaces are limited.

Th 5:30pm - 6:30pm \$6/class 8400

SPIN FUSION

Age: 16 +

Get your heart pumping with this high-energy blend of cycling and strength! Spin Fusion combines the calorie-burning power of cycling and light weight training for a full-body workout.

M 5:30pm - 6:30pm \$6/class 8393

DANCE FITNESS

ZUMBA

Age: 16 +

Zumba is a total body workout that combines all elements of fitness - cardio, muscle conditioning, balance and flexibility and boosted energy. This class is a combination of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Tu 5:30pm - 6:30pm \$6/class 8396

ZUMBA GOLD

Age: 16 +

A modified easy-to-follow Zumba class that recreates the original moves you love at a lower-intensity. This class is geared towards active older adults and focuses on balance, range of motion and coordination.

M 12:00pm - 12:45pm \$6/class 8391

YOGA

CHAIR YOGA

Age: 16 +

Traditional yoga classes can be difficult for some. However, in this class you will get the same benefits of increased circulation, balance, flexibility, and strength using a chair. This class is recommended for those with arthritis, osteoporosis, cancer (in recovery) rehabilitation, knee and other mobility issues.

M,W 1:30pm - 2:15pm \$6/class 8392

YOGA LITE

Age: 16 +

Yoga Lite is a yoga flow class that will offer you modifications when you require it and still challenge your mind/body connection. The class will finish with floor stretching and relaxation.

F 9:00am - 10:00am \$6/class 8402

YIN YOGA

Age: 16 +

Sometimes called "Yoga for the joints", Yin yoga consists of long-held floor poses that work to stimulate and strengthen the deeper connective tissues in the body. Suitable for almost all levels of students, Yin yoga promotes mindfulness, increased range of motion, and flexibility

Th 7:00pm - 8:00pm \$6/class 8401

VINYASA YOGA

Age: 16 +

Vinyasa is a class designed to spark your energy and fit perfectly into your busy routine. We keep moving continuously from one pose to the next, quickly building heat, strength, and core power.

Tu 7:00pm - 8:00pm \$6/class 8409

FLOW YOGA

Age: 16 +

Flow yoga connects movement with breath. Suitable for all levels, each class begins with meditation, warming up and building strength through classic poses. It ends with a cool down for improved flexibility.

W 9:00am - 10:00am \$6/class 8408

Join our dynamic team and make a difference in the community.

COME WORK WITH US!

Apply today at fvr.d.ca/careers



Fitness Attendant



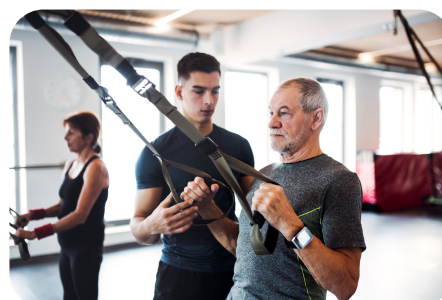
Facility Operator



Lifeguard



Recreation Assistant



Fitness Instructor



Customer Service Representative