

FALL 2026

# HOPE & AREA RECREATION GUIDE



PROGRAM REGISTRATION  
[fvrd.ca/recreation](https://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 <sup>th</sup> |
| Thanksgiving                 | Oct. 12 <sup>th</sup>  |
| Remembrance Day              | Nov. 11 <sup>th</sup>  |
| Christmas Day                | Dec. 25 <sup>th</sup>  |
| Boxing Day                   | Dec. 26 <sup>th</sup>  |

## 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 10<sup>th</sup>**  
*Registration opens at 8:30 am*

**September 1<sup>st</sup>**  
*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](http://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](http://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](mailto: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<br>12:00pm - 5:00pm | Public Swim<br>6:30am - 8:00pm | Public Swim<br>12:00pm - 8:00pm | Public Swim<br>6:30am - 8:00pm | Public Swim<br>12:00pm - 8:00pm | Public Swim<br>6:30am - 8:00pm | Public Swim<br>12:00pm - 8:00pm |
|                                 | Lane Swim<br>6:30am - 8:30am   | Lane Swim<br>6:00pm - 8:00pm    | Lane Swim<br>6:30am - 8:30am   | Lane Swim<br>6:00pm - 8:00pm    | Lane Swim<br>6:30am - 8:30am   | Lane Swim<br>6:00pm - 8:00pm    |
|                                 | Aquafit<br>9:00am - 10:00am    |                                 | Aquafit<br>9:00am - 10:00am    |                                 | Aquafit<br>9:00am - 10:00am    |                                 |

\*Please note Aquafit will resume Sept. 14<sup>th</sup>. This is subject to change.

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

| FITNESS                          |                                        |                                       |                                           |                                   |
|----------------------------------|----------------------------------------|---------------------------------------|-------------------------------------------|-----------------------------------|
| Monday                           | Tuesday                                | Wednesday                             | Thursday                                  | Friday                            |
|                                  |                                        | Spin Express<br>6:15am - 7:00am       |                                           |                                   |
|                                  |                                        | Flow Yoga<br>9:00am - 10:00am         |                                           | Yoga Lite<br>9:00am - 10:00am     |
| Forever Fit<br>10:30am - 11:30am |                                        | Forever Fit<br>10:30am - 11:30am      | Seated Dance Fitness<br>10:30am - 11:15am | Forever Fit<br>10:30am - 11:30am  |
| HIIT<br>12:00pm - 12:45pm        | Strength & Core<br>12:00pm - 12:45pm   | Full Body Circuit<br>12:00pm - 1:00pm | Strength & Core<br>12:00pm - 12:45pm      | Cardio Combo<br>12:00pm - 12:45pm |
| Chair Yoga<br>1:30pm - 2:15pm    |                                        | Chair Yoga<br>1:30pm - 2:15pm         |                                           |                                   |
| Spin<br>5:30pm - 6:30pm          | Suspension Training<br>5:30pm - 6:30pm |                                       | Spin Express<br>5:45pm - 6:30pm           |                                   |
|                                  | Hatha/Vinyasa Yoga<br>7:00pm - 8:00pm  |                                       | Yin Yoga<br>7:00pm - 8:00pm               |                                   |

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

# RATES & FEES

## DAILY SPECIALS

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

|                              |                                  |
|------------------------------|----------------------------------|
| <b>Senior Mondays</b>        | \$2.00 until 5:00 pm             |
| <b>Wacky Wednesdays</b>      | \$2.00                           |
| <b>50% off Fridays</b>       | On single drop-ins until 5:00 pm |
| <b>Family Sundays</b>        | \$6.00 (1/2 price)               |
| <b>Last Hour Gym or Swim</b> | \$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   |
|---------------------------------------------|----------------------------------------------------------------------------------------------------------|----------|----------|----------|----------|----------|----------|
| <b>Child (4 - 6 yrs)</b>                    | \$2.25                                                                                                   | \$20.00  | \$35.00  | \$20.00  | \$45.00  | \$70.00  | \$120.00 |
| <b>Youth (7 - 13 yrs)</b>                   | \$3.75                                                                                                   | \$35.00  | \$58.75  | \$36.00  | \$80.50  | \$147.00 | \$265.25 |
| <b>Student (14 - 18 yrs)</b>                | \$4.50                                                                                                   | \$40.00  | \$64.00  | \$42.00  | \$90.00  | \$157.00 | \$285.00 |
| <b>Student All Inclusive Pass (16+ yrs)</b> | -                                                                                                        | -        | -        | \$57.25  | \$127.50 | \$220.00 | \$394.50 |
| <b>Adult (19 - 54 yrs)</b>                  | \$6.00                                                                                                   | \$50.00  | \$90.00  | \$55.00  | \$125.00 | \$225.00 | \$415.00 |
| <b>Adults All Inclusive Pass</b>            | -                                                                                                        | -        | -        | \$72.00  | \$157.00 | \$278.00 | \$511.00 |
| <b>Senior (55+ yrs)</b>                     | \$4.50                                                                                                   | \$45.00  | \$73.00  | \$48.00  | \$106.00 | \$165.00 | \$305.00 |
| <b>Senior All Inclusive Pass</b>            | -                                                                                                        | -        | -        | \$66.00  | \$142.25 | \$229.25 | \$413.00 |
| <b>Senior (80+ yrs)</b>                     | <b>Free Admission</b> - Includes access to the aquatic centre, fitness centre, public skate, and aquafit |          |          |          |          |          |          |
| <b>Family **</b>                            | \$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 |
|----------------------|-----------------|--------------|---------------|---------------|------------|-----------------------|--------|
| <b>Other Charges</b> | \$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](http://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.

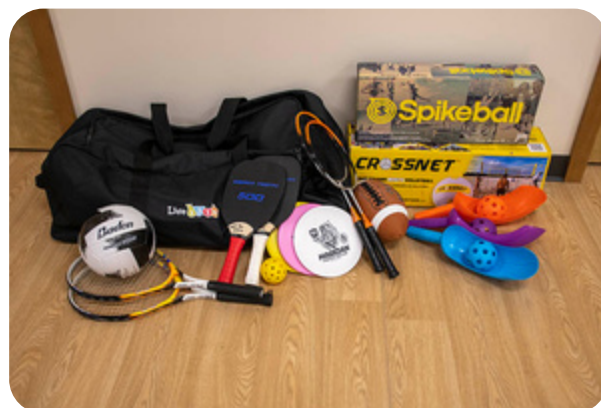
These mobile and stationary Playboxes have everything families need to play actively outside, with recreational equipment for sports games and activities for barrier-free access to play.

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](mailto:leisure@fvrd.ca).



### Unlock the fun!

Visit [fvrd.ca/playboxes](http://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, Oct / 11,21 Nov / 12,26 Dec  
2:15pm start time - Nov 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.

|            |                           |                    |
|------------|---------------------------|--------------------|
| <b>M,W</b> | <b>9:00 am - 10:00 am</b> | <b>Drop-in Fee</b> |
| <b>F</b>   | <b>9:45 am - 10:45 am</b> |                    |

### 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.

|              |                          |                    |
|--------------|--------------------------|--------------------|
| <b>Sa,Su</b> | <b>2:00 pm - 3:30 pm</b> | <b>Drop-in Fee</b> |
| <b>W</b>     | <b>5:45 pm - 7:00 pm</b> |                    |

### 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.

|             |                            |                    |
|-------------|----------------------------|--------------------|
| <b>M, W</b> | <b>10:00 am - 11:00 am</b> | <b>Drop-in Fee</b> |
| <b>F</b>    | <b>10:45 am - 11:45 am</b> |                    |



## PRO-D DAY SKATE

**Dates:**

**Sept. 25<sup>th</sup>**

**Oct. 23<sup>rd</sup>**

**Nov. 27<sup>th</sup>**

**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 |
|---|-------------------|---------|

### 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 |
|----|-------------------|------------|

*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 Sa 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> |
|------------------|---|-----------------|--------|-------------|

### 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> |
|------------------|----|------------------|--------|-------------|

## 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. 12<sup>th</sup>*

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

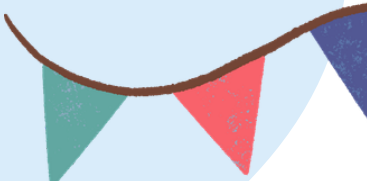




Hope & Area Recreation Presents



# 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. 18<sup>th</sup>

Oct. 9<sup>th</sup>

Nov. 20<sup>th</sup>

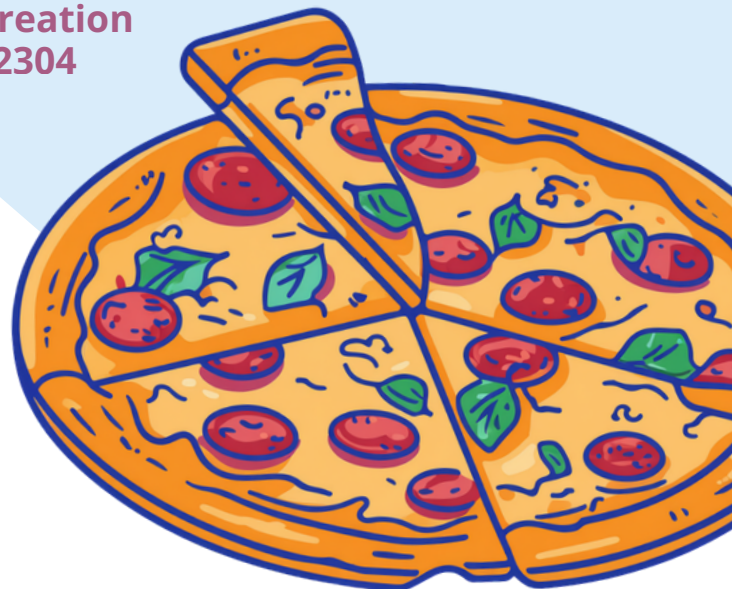
Dec. 11<sup>th</sup>

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

Register today to save your spot!

Visit [fvrd.ca/recreation](http://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.

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

## 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> |
|-------------------|-------|-----------------|--------|-------------|

### SWIMMER 5

**Age: 5 - 12 (completed Swimmer 4)**

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

### SWIMMER 6

**Age: 5 - 12 (completed Swimmer 5)**

|                   |       |                 |        |             |
|-------------------|-------|-----------------|--------|-------------|
| Nov. 17 - Dec. 10 | Tu,Th | 4:30pm - 5:15pm | 8/\$50 | <u>8325</u> |
|-------------------|-------|-----------------|--------|-------------|



**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**

## 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.

## 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.

|           |                        |                  |                    |
|-----------|------------------------|------------------|--------------------|
| <b>W</b>  | <b>6:15am - 7:00am</b> | <b>\$6/class</b> | <b><u>8397</u></b> |
| <b>Th</b> | <b>5:45pm - 6:30pm</b> |                  |                    |

### 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.

|          |                        |                  |                    |
|----------|------------------------|------------------|--------------------|
| <b>M</b> | <b>5:30pm - 6:30pm</b> | <b>\$6/class</b> | <b><u>8400</u></b> |
|----------|------------------------|------------------|--------------------|

## 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.

|              |                          |                  |                    |
|--------------|--------------------------|------------------|--------------------|
| <b>M,W,F</b> | <b>10:30am - 11:30am</b> | <b>\$6/class</b> | <b><u>8390</u></b> |
|--------------|--------------------------|------------------|--------------------|

### SEATED DANCE FITNESS

**Age: 16 +**

This class blends easy-to-follow choreography designed to build strength, improve mobility, and boost confidence. Enjoy rhythmic movement, light cardio, and fun dance-inspired routines that support balance, coordination, and joint-friendly activity.

|           |                          |                  |                    |
|-----------|--------------------------|------------------|--------------------|
| <b>Th</b> | <b>10:30am - 11:15am</b> | <b>\$6/class</b> | <b><u>8394</u></b> |
|-----------|--------------------------|------------------|--------------------|

## 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

### HATHA/VINYASA YOGA

Age: 16 +

This class combines the traditions of hatha yoga with the breath guided movement of vinyasa yoga for a well-rounded practice for the body, breath, and mind.

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

## CARDIO, STRENGTH & CORE

### FULL BODY CIRCUIT

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.

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

### HIIT

Age: 16 +

A fast-paced, full-body workout that alternates short bursts of high-intensity movement with brief recovery periods. Expect dynamic cardio, functional strength exercises, and motivating intervals that can be easily modified for all fitness levels.

M 12:00pm - 12:45pm \$6/class 8399

### STRENGTH & CORE

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.

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

### CARDIO COMBO

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.

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

### SUSPENSION TRAINING

Age: 16 +

Build strength, stability, and confidence using suspension straps in this full-body functional training class. Use your own body weight to challenge your core, improve, build, and develop strength through controlled, purposeful movement.

Tu 5:30pm - 6:30pm \$6/class 8410

## AQUAFIT

### AQUAFIT

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

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

# COME WORK WITH US!

Apply today at [fvr.d.ca/careers](https://fvr.d.ca/careers)



**Fitness Attendant**



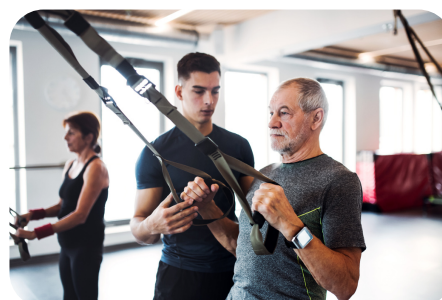
**Facility Operator**



**Lifeguard**



**Recreation Assistant**



**Fitness Instructor**



**Customer Service Representative**