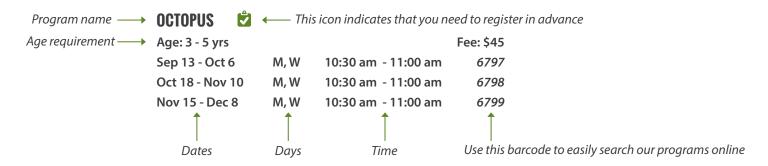


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How to Read the Guide

Use the figure below to see how programs and classes are listed in the Guide.



How to Register

I call us

604-869-2304

🏌 in person

1005 6th Avenue



fvrd.ca/recreation

Registration Dates

SEP 19

Registration opens at 8:30 am

OCT 1

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 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 of 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. 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 RECREATION CENTRE



LOCATION

1005 6th Ave Hope, BC

RECEPTION HOURS

 Monday - Friday
 8:30 am - 8:30 pm

 Saturday
 10:00 am - 8:30 pm

 Sunday
 10:00 am - 5:30 pm

FACILITY CLOSURES

Thanksgiving Day Remembrance Day Christmas Day Boxing Day New Year's Day Monday, Oct 9 Saturday, Nov 11 Monday, Dec 25 Tuesday, Dec 26 Monday, Jan 1

HOLIDAY HOURS

Christmas Eve 10:00 am - 4:00 pm New Year's Eve 10:00 am - 4:00 pm Sunday, Dec 24

Sunday, Dec 31

AMENITIES

- » Arena
- » 25-metre lap pool with 1-metre and 3-metre diving board
- » Leisure pool with spray features and a rapids channel
- » Hot tub, sauna, and steam room
- » Large men's, women's, family and wheelchair accessible changerooms
- » Cardio room with elliptical trainers, treadmills, recumbent and upright bikes, stair climber, rower, and a NEW! Nustep
- » Weight room with a variety of free weights including a power rack and bench press, cable systems, and a stretching area with mats, body balls, BOSUs and medicine balls
- » Conference centre and meeting rooms
- » Mezzanine

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, 55+ Hockey, and programs that require pre-registration.

PASS FXTFNSION & SUSPFNSION 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 illness or relocating outside the service area may request a refund for the remaining balance of their pass.

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 \$4.50 (1/2 price)

Last Hour Gym or Swim \$3.25

SCHEDULES

Due to staff shortages, our schedule is frequently changing and will not be published in this guide. Find our current schedule online or pick up a copy at the rec centre. Follow us on Facebook to keep up-to-date with schedule or program changes.



@HopeRecreation

RATES & FEES

	Drop-in	10 Pass*	20 Pass*	1 Month	3 Months	6 Months	1 Year
Child (4 - 6 yrs)	\$2.25	\$17.50	\$33.25	\$15.75	\$36.00	\$63.75	\$118.25
Youth (7 - 13 yrs)	\$3.75	\$31.50	\$58.75	\$36.00	\$80.50	\$144.25	\$265.25
Student (14 - 18 yrs)	\$4.00	\$33.25	\$62.75	\$38.75	\$86.00	\$153.50	\$283.75
Student All Inclusive Pass (16 yrs +)				\$57.25	\$127.50	\$220.00	\$394.50
Adult (19 - 54 yrs)	\$5.00	\$42.50	\$79.50	\$50.75	\$115.50	\$211.00	\$400.00
Adult All Inclusive Pass				\$69.25	\$157.00	\$278.00	\$511.00
Senior (55 yrs +)	\$4.50	\$38.00	\$71.25	\$45.25	\$100.75	\$162.50	\$302.25
Senior All Inclusive Pass				\$63.75	\$142.25	\$229.25	\$413.00
Senior (80 yrs +)	Free Admission - includes access to aquatic centre, fitness centre, public skate, and aquafit.						
Family**	\$9.00	\$77.50	\$147.00	\$102.50	\$231.00	\$412.00	\$807.50

^{*5} year expiry on 10 & 20 Pass

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

	Drop-in Fitness Classes	Skate Rental	Helmet Rental	Casual Hockey (floor & ice)	55+ Drop-in Hockey	Locker Rental (monthly)	Shower
Other charges	\$5.00	\$3.00	\$2.25	\$3.00	\$10.00	\$3.00	\$2.25







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.



Power downno more than TWO hours of screen time a day



Choose healthy-ZERO sugary drinks



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*
*open during summer season only

Yale

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.



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





ARENA

We take pride in offering the best ice in BC! The arena features seven dressing rooms, a central sound system, and bleacher seating. When the ice is gone (May - August), the arena dry floor is available for rent.

Ice Rental:Peak\$162/hrDry Floor Rental:Adult\$41.50/hr

Non-peak \$153/hr Youth \$23/hr

Youth \$74/hr



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.

Lane Rental: \$14/hr Pool Rental: \$143.25/hr*
*Includes one lifeguard



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, dance floor, central sound system, and high ceilings.

*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: \$29/hr Day Rate: \$178.50*
Commercial: \$45/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: \$25.80/hr Day Rate: \$129*
Commercial: \$28/hr *Maximum 10 hours

LED MESSAGE BOARD

Our LED message board can help get your message out.

User Group Rates:		Commercial Rates:	
Daily	\$18	Daily	\$20
Weekly	\$99	Weekly	\$110
Monthly	\$360	Monthly	\$400











Want to rent a space?

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

CHILDREN & YOUTH PROGRAMS



Club Child

Club Child is a licensed after-school childcare program for children in Kindergarten to age 12. Club Child is operated by the Fraser Valley Regional District in a fun and safe environment at Coquihalla Elementary School. Children will enjoy spending time and having fun with other children while being engaged in physical activities, games, outdoor play and arts and crafts to help them wind down after school.

The Affordable Child Care Benefit is available for families who qualify through the Province of British Columbia. For more information visit www2.gov.bc.ca.

Date: September 5 - June 27*

Time: 2:35 pm - 5:45 pm Age: Kindergarten - 12 yrs

Fee: Drop-in \$14/day

Full time \$11.25/day (min 3 days/week)**

*Program coincides with school days

**monthly fee calculated after selection of days per week

DAY CAMPS

PRO-D DAY CAMP

Age: Kindergarten - 12 yrs Fee: \$29.50/day

Our day camps provide a fun and safe environment in which children can develop new skills, self-esteem and friendships. Activities include skating, swimming, crafts, games and more!

Children should bring a lunch, snack, water bottle, swimsuit, towel and weather appropriate clothing.

Friday, October 20 8:30 am - 5:00 pm 7345 Friday, November 24 8:30 am - 5:00 pm 7346

WINTER BREAK DAY CAMP

Age: Kindergarten - 12 yrs Fee: \$29.50/day

Our day camps provide a fun and safe environment in which children can develop new skills, self-esteem and friendships. Activities include skating, swimming, crafts, games and more!

Children should bring a lunch, snack, water bottle, swimsuit, towel and weather appropriate clothing.

Dec 27 - Jan 5* 8:30 am - 5:00 pm 7347 *No camp Jan 1

PRO-D DAY SKATE

Join us for a Pro-D Day Skate on Oct 20 & Nov 24. See page 14 for more details.

GENERAL INTEREST

BABYSITTERS COURSE

Age: 12 yrs + Fee: \$65

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.

Nov 18 & Nov 25 9:00 am - 2:00 pm 7342

HOME ALONE PROGRAM

Age: 10 yrs + Fee: \$40

The Home Alone Program is designed to provide children 10 years of age and older 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. Certificate upon completion.

Monday, November 13 1:30 pm - 4:30 pm 7341

MUSIC PROGRAMS

SUNDAY MORNING MUSIC

Age: Newborn - 10 yrs Fee: \$5 for 1st child \$3 for 2nd child

This class will explore different aspects of melody, harmony, and rhythm through singing, instrument exploration, rhythmic activities, and hands-on demonstrations. Babies and tots can shake and rattle along, while older kids can sing and dance, as well as try a variety of more complex instruments. We will sing old favourites, learn new tunes, and explore many different musical genres. All instruments will be provided, and each week will feature a different surprise "instrument of the week" for participants to see up close and learn more about. A variety of take-home materials and resources will be provided so your musical explorations can continue all week long!

Note: All children must be accompanied by an adult guardian.

Oct 1- Dec 10 Su 10:30 am - 11:15 am *No class Nov 5 & Nov 12

RHYTHM & MOVEMENT

Age: 2 - 8 yrs Fee: \$5 for 1st child \$3 for 2nd child

This class is designed to introduce children and their caregivers to basic elements of rhythm and dance, including body awareness, self-expression, experimentation, coordination, and creative movement. Through a variety of games, activities, and imaginative guided play, participants will be exposed to different dance genres and styles, introduced to rhythmic techniques, and encouraged to "move to the music" in all kinds of fun new ways!

Note: All children must be able to walk steadily on their own and be accompanied by an adult quardian.

Oct 1- Dec 10 Su 9:45 am - 10:15 am *No class Nov 5 & Nov 12



Swim for Life Program

PARENT & TOT AND PRESCHOOL LEVELS

Parent & Tot 1 - Jellyfish

Age: 4 - 12 mo (with caregivers)

Jellyfish provides an orientation to water for infants and their parents/caregivers. Parents/caregivers will learn how to swim safely with their infants in the pool through instructions on holds and supports. Infants will be introduced to getting their face wet, blowing bubbles and floating with the help of their caregiver.

Parent & Tot 2 - Goldfish

Age: 1 - 2 yrs (with caregivers)

Goldfish teaches toddlers how to play in the water safely! They'll learn how to enter and exit the water with help from their parent/caregivers and will play games to encourage them to get their face wet and blow bubbles in the water. Toddlers will also develop floating and kicking skills with the support of their parent/caregivers.

Parent & Tot 3 - Seahorse

Age: 2 - 3 yrs (with caregivers)

Seahorse teaches toddlers how to safely enter the water wearing a PFD. They'll develop underwater skills such as submersion and opening their eyes underwater. 'Starfish' floats, 'pencil' floats and kicking skills are taught using songs and games.

Preschool 1 - Octopus

Age: 3 - 5 yrs

Preschoolers will have fun learning to get in and out of the water. They'll learn how to put their face in the water, blow bubbles in the water and float and glide.

Preschool 2 - Crab

Age: 3 - 5 yrs (completed Octopus)

Crab teaches preschoolers how to safely jump into chest-deep water and how to swim wearing a PFD. They'll learn submersion skills and continue to work on floats, glides and kicking with a buoyant object.

Preschool 3 - Orca

Age: 3 - 5 yrs (completed Crab)

Orca teaches preschoolers how to enter deep water safely wearing a PFD. They'll learn how to submerge and exhale underwater, retrieve objects underwater and will continue developing their floating, gliding and kicking skills.

Preschool 4 - Sea Lion

Age: 3 - 5 yrs (completed Orca)

Sea Lion teaches deep-water entries and treading water wearing a PFD. Preschoolers will become skilled at retrieving objects from the bottom of the pool in chest-deep water and performing front and side glides. Front crawl wearing a PFD is also introduced.

Preschool 5 - Narwhal

Age: 3 - 5 yrs (complete Sea Lion)

Narwhal teaches Swim to Survive skills wearing a PFD. Front crawl and back crawl are introduced as well as interval fitness training. Preschoolers will also learn how to tread water and perform vertical whip kick with a buoyant aid. Once complete, swimmers can register for Swimmer 2.

SWIMMER LEVELS

Swimmer 1

Prerequisite: 5 yrs

Swimmer 6 Prerequisite: Complete Swimmer 5
These swimmers will become proficient at deep water skills including stride entries and compact jumps. They'll develop lifesaving kicks such

as eggbeater and scissor kick. Breaststroke, front crawl and back crawl

are further developed. Head-up swims, interval training and a 300m

workout develop strength and endurance.

These beginners will become comfortable jumping into the water with and without a PFD. They'll learn how to open their eyes, exhale and hold their breath underwater. Floats, glides and kicking skills are introduced.

Swimmer 2 Prerequisite: Complete Swimmer 1 or Narwhal

These swimmers will jump into deeper water and learn to be comfortable falling sideways into the water wearing a PFD. They'll learn how to tread water, develop kicking skills and will be introduced to front crawl and back crawl.

Swimmer 3

Prerequisite: Complete Swimmer 2

These swimmers will learn how to dive and will do in-water somersaults and handstands to develop weight-transfer skills. They'll learn Swim to Survive skills, whip kick on back and will further develop their front crawl and back crawl.

Swimmer 4

Prerequisite: Complete Swimmer 3

These swimmers will become better at diving, treading water and swimming underwater. They'll learn the Swim to Survive standard and start to develop breaststroke. Front and back crawl are further developed.

Swimmer 5

Prerequisite: Complete Swimmer 4

These swimmers will master dives and swimming in deep water. They'll further their Swim to Survive skills and start to develop eggbeater kick. Breaststroke, front crawl and back crawl are further developed. Interval training and sprinting drills continue to challenge these swimmers.

Swimmer 7 – Rookie Patrol Prerequisite: Complete Swimmer 6

Swimmers continue developing front crawl, back crawl and breaststroke. Swimmers develop individual fitness to meet a timed swim. Water proficiency skills include swimming with clothes, ready position and feet-first/head-first surface dives. First aid skills include demonstrating the ability to conduct a primary assessment, calling EMS, and victim recognition and throwing assists.

Swimmer 8 - Ranger Patrol Prerequisite: Complete Swimmer 7

Ranger Patrol enhances capability in the water including stride entries and underwater, forward and backward somersaults. Swimmers learn lifesaving sport skills with a lifesaving stroke medley, timed object support and a non-contact rescue with buoyant aid. Eggbeater kick and increased fitness levels are developed. First aid focuses on unconscious victim and obstructed airway procedures.

Swimmer 9 – Star Patrol Prerequisite: Complete Swimmer 8

Star Patrol challenges swimmers with a 300m timed swim, 600m workout and a 25m object carry. Strokes are continued to be refined. Lifesaving skills include use of rescue aids, defense methods, victim removal and supporting a victim in shallow water. First aid focuses on treatment of bone or joint injured and respiratory emergencies.

SWIM LESSONS

PARENT & TOT 1-J	ELLYFISH	\$	
Age: 4 - 12 mo (wi	th caregiv	ers)	Fee: \$45
Oct 2 - Oct 30* *No class Oct 9	M, W	11:00 am - 11:30 am	7299
PARENT & TOT 2 - 0	GOLDFISH	Ż	
Age: 1 - 2 yrs (with	caregive	rs)	Fee: \$45
Oct 2 - Oct 30* *No class Oct 9	M, W	11:00 am - 11:30 am	7300
PARENT & TOT 3-S	SEAHORSI	Ż	
Age: 2 - 3 yrs (with	caregive	rs)	Fee: \$45
Oct 2 - Oct 30* *No class Oct 9	M, W	11:00 am - 11:30 am	7301
PRESCHOOL 1- OC	TOPUS	*	
Age: 3 - 5 yrs			Fee: \$45
Oct 2 - Oct 30 *No class Oct 9	M, W	10:30 am - 11:00 am	7298
Oct 3 - Oct 26	Tu, Th	4:15 pm - 4:45 pm	7290
Nov 6 - Nov 29 Nov 7 - Nov 30	M, W	11:00 am - 11:30 am 4:15 pm - 4:45 pm	7304 7293
	Tu, Th	4:15 pm - 4:45 pm	7293
PRESCHOOL 2 - CF	KAB 🔽		
Age: 3 - 5 yrs			Fee: \$45
Oct 3 - Oct 26 Nov 6 - Nov 29	Tu, Th	4:30 pm - 5:00 pm 10:30 am - 11:00 am	7288
Nov 6 - Nov 29 Nov 7 - Nov 30	M, W Tu, Th	3:30 pm - 4:00 pm	7303 7295
PRESCHOOL 3-OI		3.30 pm 1.00 pm	, 2, 3
	TUA 🛂		Fac. 645
Age: 3 - 5 yrs	84 147	11 20 12 00	Fee: \$45
*No class Oct 9 Oct 3 - Oct 26	M, W	11:30 am - 12:00 pm 3:30 pm - 4:00 pm	7303 7286
	•		7200
PRESCHOOL 4-SE	ALIUN	/	
Age: 3 - 5 yrs			Fee: \$45
Nov 6 - Nov 29 Nov 7 - Nov 30	M, W Tu, Th	11:30 am - 12:00 pm 4:45 pm - 5:15 pm	7305 7294
SWIMMER1	14, 111	p 5.15 p	, _ , _ ,
			Fac: \$45
Age: 5 - 12 yrs Oct 3 - Oct 26	Tu, Th	4:00 pm 4:20 pm	Fee: \$45
Nov 7 - Nov 30	Tu, Th	4:00 pm - 4:30 pm 4:45 pm - 5:15 pm	7287 7297

FREE SWIM ASSESSMENTS

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

SWIMMER 2

Age: 5 - 12 yrs			Fee: \$45
Oct 3 - Oct 26	Tu, Th	4:45 pm - 5:15 pm	7291

SWIMMER 3

Age: 5 - 12 yrs			Fee: \$60
Nov 7 Nov 20	Tu Th	4.00 pm 4.45 pm	7206

SWIMMER 4

Age: 5 - 12 yrs			Fee: \$60
Oct 3 - Oct 26	Tu, Th	3:30 pm - 4:15 pm	7289

SWIMMER 5

Age: 5 - 12 yrs			Fee: \$60
Nov 7 - Nov 30	Tu, Th	3:30 pm - 4:15 pm	7292



SWIMMING SAFETY

Children under the age of 7 must be within arm's reach of an adult at least 16 years of age.

SPECIAL EVENTS

GHOULS AT THE POOL PARTY

Age: all ages (parent required if under 7 yrs) Fee: Drop-in

Come take a dip at the ghoul pool if you dare! Join us for an evening of spooky swimming and games. Put on your best disguise before you begin the Halloween festivities of ghost hunting, pumpkin races, and more!

Saturday, October 28

4:00 pm - 6:00 pm

Fitness Class Levels

We have a class for every fitness level! Each of our fitness classes has a number beside the description indicating the class intensity.

LEVEL 1

Suitable for those who may have a past or present medical issue, injury, or limited mobility. These classes provide the body with 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 dynamic movements. These classes have 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 112

Age: 16 yrs + Fee: \$5/class

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 10:45 am - 11:45 am

SEATED ZUMBA GOLD 1

Age: 16 yrs + Fee: \$5/class

Seated Zumba Gold is a specifically designed 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 Latininspired dance moves, all adapted to suit a sitting position.

Tu, Th 10:45 am - 11:30 am

CARDIO, STRENGTH & CORE

CARDIO SCULPT 34

Age: 16 yrs + Fee: \$5/class

Cardio Sculpt is designed to tone your body through a combination of cardiovascular exercise with targeted body sculpting work. This is a whole body fitness class utilizing hand weights, with intervals of high and low cardio exercises for a fun, calorie blasting workout.

Tu 12:00 pm - 1:00 pm

FITNESS EXPRESS 234

Age: 16 yrs + Fee: \$5/class

Stimulate your mind and body to carry on your day! Join us for a full body workout, including cardio and strength intervals.

M, W, F 12:00 pm - 1:00 pm

SPIN 34

Age: 16 yrs + Fee: \$5/class

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.

Th 5:15 pm - 6:15 pm

STRENGTH & CORE 234

Age: 16 yrs + Fee: \$5/class

Strength and Core is 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. This class is effective for toning up, building lean muscle, and improving posture. Excellent for building bone mass to help prevent osteoporosis. Participants will use the wall, mat and hand weights throughout the class.

M 5:00 pm - 5:45 pm Th 12:00 pm - 12:45 pm

TRX FUNCTIONAL TRAINING (3) (4)

Age: 16 yrs + Fee: \$5/class

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility, and core stability simultaneously. Expect total-body conditioning and engage all your muscles through this energizing TRX workout.

M & W 6:15 pm - 7:15 pm

FITNESS CLASS ETIQUETTE

Please arrive at least 5 minutes before fitness classes.

AQUAFIT

BLENDED AQUAFIT 1 2 3

Age: 16 yrs + Fee: Drop-in

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 1:30 pm - 2:30 pm

DANCE FITNESS

HOOP DANCE FITNESS (3)

Fee: \$5/class Age: 16 yrs +

Learn the tips and tricks on how to hula hoop and incorporate dance moves with on and off body movements. Great cardio workout for all abilities.

Tu 4:15 pm - 5:15 pm

ZUMBA (3) (4)

Age: 16 yrs + Fee: \$5/class

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 5:30 pm - 6:30 pm

ZUMBAGOLD 1 2



Age: 16 yrs + Fee: \$5/class

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, W 9:45 am - 10:30 am

PERSONAL TRAINING

PERSONAL TRAINING

Age: 13 yrs +

Personal training provides a 1 hour private or semi-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* Semi-Private Rates \$50/1 session Available upon request. \$200/5 sessions

*Minimum 3 sessions required

Call us at 604-869-2304 to book a session.

GYM ORIENTATION

GYM ORIENTATION 💆

Age: 13 yrs +

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.

YOGA

YOGA LITE 12

Age: 16 yrs + Fee: \$5/class

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.

Tu, F 9:15 am - 10:15 am

YOGA FLOW (2)

Age: 16 yrs + Fee: \$5/class

Yoga and pilates combined in a mindful class to challenge the strength and flexibility of the body and at the same time improve balance, posture, breathing capacity and brain function.

6:30 pm - 7:30 pm



TEEN PROGRAMS

TEEN GYM

Age: 13 - 15 yrs Fee: Drop-in

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.

M, W, F 3:30 pm - 6:30 pm 1:00 pm - 4:00 pm Sa Su 3:30 pm - 5:30 pm

ARENA & RECREATIONAL SPORTS

HOCKEY

ADULT SHINNY

Age: 19 yrs + Fee: \$3

Grab your skates and sticks, there's a game of shinny out on the rink! Helmet and gloves required.

Tu 10:30 am - 11:45 am Th 1:30 pm - 2:45 pm

55+ HOCKEY

Age: 55 yrs + Fee: \$10

Full gear required.

Tu 8:00 pm - 9:15 pm

CASUAL HOCKEY

Age: See below Fee: \$3/person

No slapshots, no contact. Full gear required. Children under the age of 7 must be accompanied by an adult. Adults must be with a child/youth to attend family drop-in.

Tu 3:15 pm - 4:30 pm (Youth: Age 7 - 13)
Th 3:15 pm - 4:30 pm (Student: Age 14 - 18)
F 3:15 pm - 4:30 pm (Adult: Age 19 +)
F 4:45 pm - 6:00 pm (Family: All Ages)



RECREATIONAL SPORTS

PICKLEBALL @ SILVER CREEK ELEMENTARY SCHOOL

Age: 15 yrs + Fee: \$2

Challenge your friends to this exciting game which is played on a badminton court using tennis rules, a racquet that resembles a ping pong paddle, and a wiffle ball. Cash only. Exact change appreciated.

Sep 11 - Dec 18* M 6:00 pm - 8:00 pm

*No session Oct 9

SKATING

ADULT SKATE

Age: 19 yrs + Fee: Drop-in

Skating only—no sticks allowed.

M, W, F 9:00 am - 10:00 am

PARENT & TOT SKATE

Age: Adult & Child Fee: Drop-in Skating only — no sticks allowed. Tots must be accompanied by an adult.

M, W, F 10:00 am - 11:00 am

PUBLIC SKATE

Age: All ages Fee: Drop-in

Skating only — no sticks allowed.

W 5:45 pm - 7:00 pm
Th 12:15 pm - 1:30 pm
Sa, Su 1:30 pm - 3:00 pm



PRO-D DAY SKATE

Friday, October 20 Friday, November 24 12:30 pm - 2:30 pm

> All Ages Fee: Drop-in

ICE RENTALS AVAILABLE

Contact us to rent the ice. See page 7 for rates.



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



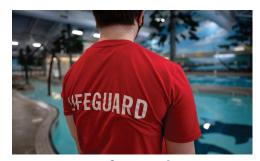
Fitness Attendant



Facility Operator



Daycare Attendant



Lifeguard



Customer Service Representative



Recreation Assistant

Apply today at fvrd.ca/careers

COMMUNITY EVENTS

GREAT BC SHAKEOUT

Thursday, October 19

Join millions of people worldwide on October 19th at 10:19 am to practice how to Drop, Cover, and Hold On during the Great BC ShakeOut Earthquake Drills.

MOVE FOR MOVEMBER

All month long

Movember is an annual event held in November to raise awareness for men's mental health and various types of cancer, that can affect the men in our lives. Join the movement by growing your best mustache and be featured on our Stache of Fame Wall. This November we encourage everyone to get active each day by participating in our 30 day challenge.

SKATE WITH SANTA

Sunday, December 24

1:30 pm - 3:00 pm

Join us for a festive public skate with Santa, sponsored by the Hope Rotary Club. There will be hot chocolate and a candy cane station! Admission and skate rentals are free.











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