

# HOPE & AREA **RECREATION GUIDE**

**FALL 2025**



# FALL RECREATION GUIDE

## 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

Labour Day	Sept 1st
Truth & Reconciliation Day	Sept 30th
Thanksgiving	Oct 13th
Remembrance Day	Nov 11th
Christmas Day	Dec 25th
Boxing Day	Dec 26th
New Year's Day	Jan 1st

## Registration Dates

August 18th

Registration opens at 8:30 am



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## How to Register



**online**  
[fvrd.ca/recreation](http://fvrd.ca/recreation)



**call us**  
604-869-2304



**in person**  
1005 6th Avenue

## Registration Dates

**August 18th**

*Registration opens at 8:30 am*

**September 8th**

*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@fvrd.ca](mailto: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 & AREA RECREATION CENTRE

## FALL 2025 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-10:30am	Lane Swim 6:00pm-8:00pm	Lane Swim 6:30am-10:30am	Lane Swim 6:00pm-8:00pm	Lane Swim 6:30am-10:30am	Lane Swim 6:00pm-8:00pm
	Blended Aquafit 9:00am-10:00am		Blended Aquafit 9:00am-10:00am		Blended Aquafit 9:00am-10:00am & 1:00pm-2:00pm	

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 12:15pm-1:45pm	Parent & Tot Skate 10:45am-11:45am	
Public Skate 2:00pm-3:30pm		Youth Hockey 2:30pm-3:30pm		Public Skate 2:00pm-3:30pm	*Student OR Family Hockey 4:15pm-5:30pm	Public Skate 2:00pm-3:30pm
		45 + Hockey 8:15pm-9:30pm	Public Skate 5:45pm-7:00pm	45+ Hockey 9:00pm-10:15pm	*Please see dates in guide	

FITNESS CLASSES						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Zumba Gold 9:15 am - 10:00 am	Yoga Lite 9:00 am - 10:00 am			Yoga Lite 9:00am - 10:00am	
	Forever Fit 10:30 am-11:30 am	Seated Zumba 10:30 am-11:15 am	Forever Fit 10:30 am-11:30 am	Seated Zumba 10:30 am-11:15 am	Forever Fit 10:30am - 11:30am	
	Rotating Fitness Series 12:00 pm-12:45 pm	Strength & Core 12:00 pm-12:45pm	Full Body Circuit 12:00 pm - 1:00 pm	Strength & Core 12:00 pm-12:45 pm	Rotating Fitness Series 12:00 pm-12:45 pm	
	Chair Yoga 1:30pm - 2:15pm		Functional Strength & Mobility 1:30pm - 2:30pm			
	Spin 5:30 pm - 6:30 pm	Zumba 5:30 pm - 6:30 pm	Flow Yoga 5:30 pm - 6:30 pm	Spin Express 5:45 pm- 6:30 pm		
	TRX 7:00 pm - 8:00 pm <i>Start date TBD</i>		TRX 7:00 pm - 8:00 pm <i>Start date TBD</i>	Yin Yoga 7:00 pm - 8:00 pm		

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



## 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, rentals and programs that require pre-registration

## 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

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

\*\*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>	\$5.00	\$3.00	\$2.25	\$3.00	\$10.00	\$3.00	\$2.25

# 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:		Dry Floor Rental:	
Peak	\$162/hr	Adult	\$41.50/hr
Non-peak	\$153/hr	Youth	\$23/hr
Youth	\$74/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:** \$143.25/hr\* *\*Includes one lifeguard. Sauna & steam room not included.* **Lane Rental:** \$14/hr



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

**Not-for-profit:** \$64.75/hr\* **Day Rate:** \$323.50\*\*  
**Commercial:** \$83.25/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-flourescent 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.

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.

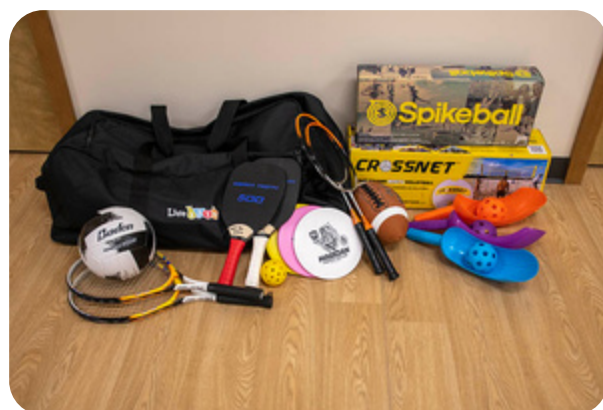
These mobile and stationary Playboxes have everything families need to play actively outside, with recreational equipment for sports games and activities for barrier-free access to play.

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.



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

## SKATING

### PRE - CANSKATE

**Age: 3 - 5**



Designed for young children with little to no skating experience, Pre-Can Skate introduces the basics of skating in a fun, safe, and supportive environment. Through age-appropriate instruction and engaging games, children will develop fundamental skills like balance, forward movement, and falling safely. Skaters will build confidence on the ice while learning at their own pace with the help of qualified instructors.

**Sep 9 - Nov 4    Tu    11:00am - 11:45am    8/\$120    8040**

### HOME SCHOOL SKATE PROGRAM

**Age: 6 - 12**



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. Led by experienced instructors, participants will receive structured lessons tailored to their skill level—whether they're learning to skate for the first time or hoping to improve their technique. Following instruction, skaters will have time to practice and enjoy free skate under supervision.

**Sep 9 - Nov 4    Tu    12:00pm - 12:45pm    8/\$120    8041**



### PRO-D-DAY SKATE

**Dates:**

**Sep. 29<sup>th</sup>**

**1:00pm - 3:00pm**

**Oct. 24<sup>th</sup>**

**12:00pm - 1:15pm**

**Nov. 10<sup>th</sup>**

**1:00pm - 3:00pm**

**Spend your Pro D Day at the rink!**



### CANCELLATION DATES

*Public Skating*

Oct 13,25,26

Nov 8,9,22,23

Dec 6,7,19,24,25,26

### ADULT SKATE

**Age: All**

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**

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

**Drop-in Fee**

**F**

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

### 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.

**Th,Sa,Su**

**2:00 pm - 3:30 pm**

**Drop-in Fee**

**W**

**5:45 pm - 7:00 pm**

### 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**

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

**Drop-in Fee**

**F**

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

*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.

## 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.

<b>Tu</b>	<b>1:00 pm - 2:15 pm</b>	<b>Drop-in Fee</b>
<b>Th</b>	<b>12:15 pm - 1:30 pm</b>	

### 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.

<b>Tu</b>	<b>8:15pm - 9:30pm</b>	<b>\$10.00</b>
<b>Th</b>	<b>9:00pm - 10:15pm</b>	<b>\$10.00</b>

### FAMILY CASUAL HOCKEY

**Age: 14 - 18**

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. Dates below.

<b>Fr</b>	<b>4:15 pm - 5:30 pm</b>	<b>\$3/per</b>
Aug. 22,29 /Sep. 12,26 /Oct 10 /Nov. 28/Dec 19 /Jan 23 /Feb. 6, 20		

### STUDENT CASUAL HOCKEY

**Age: 14 - 18**

Drop-in non-contact hockey session for students. It's a great way to enjoy some friendly competition with peers, improve skills, and stay active. Open to all skill levels. Full gear is required for everyone. Guardian sign-in required. Dates below.

<b>Fr</b>	<b>4:15pm - 5:30pm</b>	<b>\$3.00</b>
Sep. 5,19/ Oct.3,17,31/ Nov.14 / Dec.12/ Jan.2,16/ Feb.13,27/ Mar.6,13		

### YOUTH CASUAL HOCKEY

**Age: 7 - 13**

This drop-in, non-contact, session allows youth to play a friendly game of hockey in a relaxed environment. All skill levels are welcome. Full gear is required for everyone. Guardian sign-in required.

<b>Tu</b>	<b>2:30 pm - 3:30 pm</b>	<b>\$3.00</b>
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### CANCELLATION DATES

*Hockey/Shinny*

Sep 30	Nov 7-9, 11, 21-23, 28
Oct 13, 24 -26	Dec 5-7, 19, 21, 24-26







## KIDS NIGHT OUT

**Age: 5 - 12**

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

Sep 26	Fr	5:00pm-7:30pm	\$20
Nov 14	Fr	5:00pm-7:30pm	\$20
Dec 19	Fr	5:00pm-7:30pm	\$20



## FEATURED PROGRAMS!

### SKATING LESSONS

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### NEW \* FLOOR HOCKEY PROGRAM

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### BIRTHDAY PARTIES

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### CAMPS

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### NEW \* DROP IN SPORTS

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### BAKING COURSES WITH VANILLA & HONEYBEE

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## COMMUNITY EVENTS

### REC & RALLY PICKLEBALL TOURNAMENT

October 4<sup>th</sup> 9:00am Start  
Silvercreek Elementary

### HOPE'S AMAZINGEST RACE

October 18<sup>th</sup>  
More information to come

### HALLOWEEN PARTY

October 25<sup>th</sup> 1:00pm - 4:00pm  
Conference Centre

### HAUNTED SKATE

October 29<sup>th</sup> 5:45pm - 7:00pm  
Hope Arena

### 50TH ANNIVERSARY SKATE

December 13<sup>th</sup> 2:00pm - 3:30pm  
Hope Arena

### SKATE WITH SANTA

December 20<sup>th</sup> 1:00pm - 4:00pm  
Hope Arena



## TEENS NIGHT OUT

**Age: 13 - 18**

Looking for something fun to do on a Friday night? Grab your friends and join us for Teens Night Out—a night packed with swimming, pizza, and games just for teens! Whether you're chilling in the pool, taking part in team challenges, or just enjoying a slice and hanging out, this is your space to relax, socialize, and have a blast.

Sep 19	Fr	5:00pm - 7:00pm	\$20
Nov 7	Fr	5:00pm - 7:00pm	\$20





## SPORTS

### TOT SOCCER

**Age: 3 - 5**

Introduce your little one to the basics of soccer in a fun, supportive environment! This program focuses on developing coordination, motor skills, and a love for the game through simple drills, playful games, and lots of encouragement. Parent participation may be required.

**Sep 13 - Oct 4    Sa    10:30am - 11:00am    4/\$20    7990**



## HOBBIES

### LITTLE EINSTEIN

**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.

**Nov 1 - Nov 22    Sa    10:15am - 11:15am    4/\$30    7987**

### KINDER COOKING

**Age: 3 - 5**

Let's get cooking! Children will make easy, meals and snacks while learning about healthy ingredients and simple cooking techniques. From building their own mini pizzas to assembling fruit kabobs, this class encourages independence, exploration, and a love for food. Parent participation may be required.

**Sep 8 - Oct 6    M    4:15pm - 5:00pm    4/\$30    7989**

### LIL BAKERS

**Age: 3 - 5**

Each week, little ones will create a new baked treat to enjoy while learning basic kitchen skills, following simple instructions, and exploring textures and tastes. Parent participation may be required.

**Nov 19 - Dec 10    W    4:15pm - 5:00pm    4/\$30    7988**

### MESSY HANDS

**Age: 3 - 5**

Dive into a world of textures and sensory exploration through art. From squishy paints and soft fabrics, each session invites little ones to discover different materials while creating their own masterpieces. This class encourages hands-on creativity, fine motor skills, and sensory development. Parent participation may be required.

**Sep 18 - Oct 2    Th    4:15pm - 5:00pm    4/\$30    7991**

### ELF HOLIDAY CLUB

**Age: 3 - 5**

Get ready to jingle all the way through the holiday season in our Little Elves Holiday Club! Each week, your little one will create festive crafts like cards and ornaments, decorate cookies, and enjoy holiday music, songs, and stories. This joyful program is the perfect way to celebrate the season with fun, creativity, and a sprinkle of magic! Parent participation may be required.

**Dec 1 - Dec 22    M    4:00pm - 4:30pm    4/\$30    7992**



SPORTS

ALL SPORTS

Age: 8 - 12

Join us for an opportunity to sample various sports and games such as volleyball, soccer, floor hockey and pickleball. Bring a water bottle and plenty of energy.

*\*Held at Silvercreek Elementary*

Sep 9 - Oct 7    Tu    6:00pm - 7:00pm    4/\$40    7997

SOCCER SKILLS & PLAY

Age: 5 - 8

This program is designed to build foundational soccer skills, teamwork, and confidence in young players. Participants will enjoy engaging drills, small-sided games, and age-appropriate instruction that focuses on dribbling, passing, and shooting.

*\*Held at the field behind the Conference Centre*

Sep 13 - Oct 4    Sa    11:15am - 12:00pm    3/\$30    7999

FLOOR HOCKEY

Age: 8 - 12

This fast-paced, non-contact class teaches the fundamentals of floor hockey including passing, shooting, stickhandling, and teamwork. Each session includes drills, fun games, and mini scrimmages to keep players active and engaged.

*\*Held at Silvercreek Elementary*

Oct 14 - Nov 4    Tu    6:00pm - 7:00pm    4/\$40    7998



LEARNING

HOMEALONE 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

Nov 2    Su    1:00pm - 5:00pm    1/\$10    8000

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.

Nov 29 & 30    Sa, Su    1:00pm - 5:00pm    2/\$65    8001

YOUTH KARATE

Age: 8 - 13

The first rule of Karate, "Seek perfection of character." In this traditional Karate training, youth will focus on individual growth, coordination, concentration and achieving goals. Building a strong mind and body through traditional Karate training will prepare them for the world ahead. A Karate gi will be required and can be purchased through Sensi. Please inquire for further info.

*\*Held in Conference Centre*

Sep 4 - Sep 25    Tu,Th    6:00pm - 7:00pm    7/\$70    8037

Oct 7 - Oct 30    Tu,Th    6:00pm - 7:00pm    8/\$75    8038

Nov 4 - Dec 2    Tu,Th    6:00pm - 7:00pm    8/\$75    8039





## HOBBIES

### DIY & UPCYCLING

Age: 5 - 12

Get crafty and make a difference! Kids will explore the fun of DIY projects and upcycling by turning everyday items into creative new treasures. Each session encourages creativity, problem-solving, and environmental awareness.

Oct 22 - Nov 12 W 4:00pm - 5:00pm 4/\$40 7993



### MISSION TO THE STARS

Age: 5 - 12

Join us for an exciting presentation from the HR MacMillan Space Centre! Young Astronomers will train as space explorers, navigate cosmic challenges, and experience the immersive Portable Planetarium. Stand on the Moon, look back at Earth, witness a Martian sunrise, and explore the Milky Way. This one-day adventure is perfect for curious minds ready to reach for the stars! We're thrilled to have HR MacMillan Space Centre and their signature sponsor, Enbridge, bring us their Portable Planetarium.

Oct 18 Sa 1:00pm - 3:00pm 1/\$10 8012

### MAD SCIENTIST

Age: 5 - 8

Become a science wizard in this exciting class where older kids will take on advanced experiments and challenges! From building lava lamps to creating chemical reactions, each session will push scientific curiosity to new heights.

Nov 1 - Nov 22 Sa 11:00am - 11:45am 4/\$40 7994

### JR. CHEFS

Age: 5 - 8

Young food lovers can explore the basics of cooking in this hands-on program! Each week, participants will create simple, delicious recipes while learning kitchen safety and essential skills.

Sep 17 - Oct 8 W 4:00pm - 5:00pm 4/\$40 7996

### COOKING BASICS

Age: 8 - 12

Calling all young foodies! Each week, kids will explore a new recipe, practice kitchen safety, and build confidence with basic cooking techniques—mixing, measuring, chopping, and more. Whether your child is a budding chef or just curious about cooking, this class is the perfect recipe for fun!

Oct 16 - Nov 6 Th 4:00pm - 5:00pm 4/\$40 7995



## KIDS NIGHT OUT

Age: 5 - 12

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

Sep 26	Fr	5:00pm-7:30pm	\$20
Nov 14	Fr	5:00pm-7:30pm	\$20
Dec 19	Fr	5:00pm-7:30pm	\$20





# PRO-D-DAZE CAMP

**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 29	<u>8009</u>	9:00am - 5:00pm	1/\$29.50
Oct 24	<u>8010</u>		
Nov 10	<u>8011</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. Our camps offer a safe and fun environment where they can develop new skills, build confidence, and make lasting friendships. Please pack a lunch, water bottle, swimsuit, towel, and warm clothes for skating!

Dec 22	9:00am - 5:00pm	\$29.50	<u>8004</u>
Dec 23	9:00am - 5:00pm	\$29.50	<u>8005</u>
Dec 29	9:00am - 5:00pm	\$29.50	<u>8006</u>
Dec 30	9:00am - 5:00pm	\$29.50	<u>8007</u>
Jan 2	9:00am - 5:00pm	\$29.50	<u>8008</u>

# BIRTHDAY PARTIES AT HOPE REC

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 pool.

**Saturday & Sunday options**  
**Party Room from 1:00 - 2:00pm**

## Skate

**From 2:00 - 3:30pm**

**Package 1**  
1-12 kids

**\$90**

**Package 2**  
13-16 kids

**\$120**

**Package 3**  
17-24 kids

**\$150**

\*Rentals included

## Swim

**From 2:00pm**

**Package 1**  
1-12 kids

**\$60**

**Package 2**  
13-16 kids

**\$80**

**Package 3**  
17-24 kids

**\$120**

## Additional Notes:

1 Adult admissions per 3 kids.  
Entrance to party room half an hour before to set up!



## SPORTS

### 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 8 - Dec 4 M, Th 6:00pm - 8:00pm \$2 8002

### INDOOR DROP IN SOCCER, BASKETBALL, VOLLEYBALL

**Age: 10 +**

This flexible, all-skill-level program invites players to rotate through popular gym sports like soccer, basketball, and volleyball. Whether you're a seasoned athlete or just want to give something new a shot, this is your chance to play, socialize, and stay moving.

*\*Held at Silvercreek Elementary*

Sep 9 - Dec 9 Tu 7:00pm - 8:00pm \$2 8003



### KARATE

**Age: 14 - 18**

In this traditional Karate training, students will focus on individual growth, coordination, concentration and achieving goals. Building a strong mind and body through traditional Karate training will prepare them for the world ahead.

*\*Held in Conference Centre*

Sep 4 - Sep 25 Tu, Th 7:00pm - 8:00pm 7/\$70 8057

Oct 7 - Oct 30 Tu, Th 7:00pm - 8:00pm 8/\$75 8058

Nov 4 - Dec 2 Tu, Th 7:00pm - 8:00pm 8/\$75 8059

## HOBBIES

### PAINT A CAKE WORKSHOP

**Age: 15 +**

Join Vanilla & Honeybee for an afternoon of mastering edible painting techniques and creating a one-of-a-kind custom cake in the kitchen. All materials are provided — just show up and get creative! No baking or artistic experience required.

Nov 28 Fr 5:00pm - 7:00pm 1/\$70 8021



### HOLIDAY CARD MAKING

**Age: 13 +**

We'll provide all the supplies—cardstock, stickers, envelopes, and more. Create heartfelt, handmade holiday cards for friends, family, or community members in need of a little seasonal cheer. Hot chocolate included!

Dec 12 Fr 5:00pm - 7:00pm 1/\$30 8019



### Non-Restricted Firearms Safety Course (CFSC / PAL Course)

**\$170**

This introductory firearm safety course is intended for new non-restricted firearm users. The course includes approximately 8 hours of classroom time, followed by a written and practical test. Successful completion will allow you to apply for a Possession and Acquisition License (PAL)

**Saturday, October 25<sup>th</sup>**  
**8:30am - 6:30pm**

**Register online at:**  
[www.ontargetfirearms.ca](http://www.ontargetfirearms.ca)

### DIY CANDLE MAKING

**Age: 15 +**

Whether you're looking for a fun night out with friends or a unique date idea, this workshop will guide you through the art of candle making. Choose from a variety of fragrances and colours to create your personalized candles, perfect for gifting or enjoying at home.

Oct 10 Fr 4:00pm - 6:00pm 1/\$20 8018

### CUPCAKE PIPING WORKSHOP

**Age: 15 +**

Join Vanilla & Honeybee for an afternoon of mastering piping skills and creating beautifully decorated cupcakes that are almost too pretty to eat! Learn how to use different piping tips, and design florals, and swirls like a pro. All materials are provided — just show up and let your sweet side shine!

Oct 12 Su 3:00pm - 5:00pm 1/\$70 8020



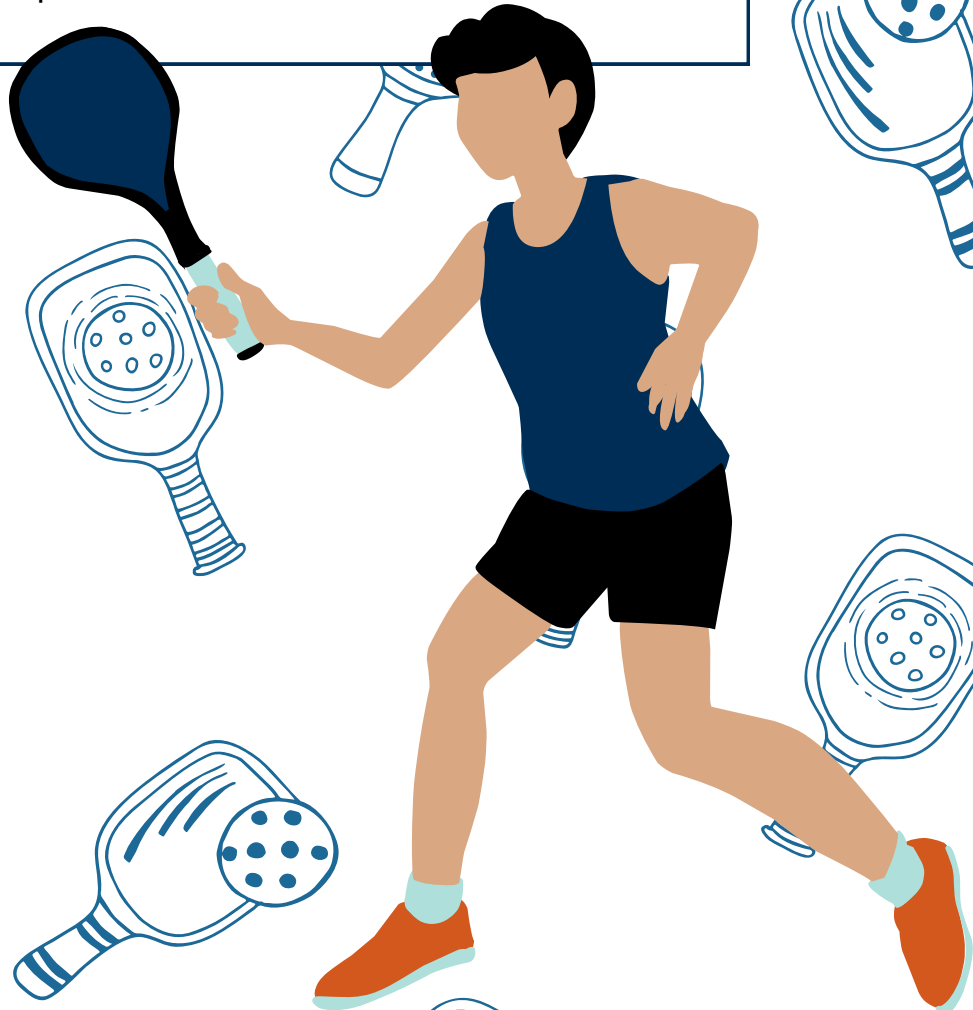
# REC & RALLY PICKLEBALL TOURNAMENT

Join us for a full day of pickleball fun, friendly competition, and community spirit!  
Open to all skill levels.

**SATURDAY, OCTOBER 4th**  
**9:00AM START**  
**SILVERCREEK ELEMENTARY**

**\$20 PER  
PLAYER**

Doubles format  
Round robin pool play + playoffs  
Guaranteed 2 matches per team  
Games to 11, win by 2  
Includes snacks, hydration station & free  
paddle rentals





## 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

# SWIM LESSONS

## SWIMMING LESSONS

### PARENT & TOT 1 - JELLYFISH

Age: 4mo - 1

Nov 17 - Dec 10 M,W 10:30am - 11:00am 8/\$45 7983

### PARENT & TOT 3 - SEAHORSE

Age: 2 - 3

Oct 6 - Nov 3 M,W 10:30am - 11:00am 8/\$45 7975

### PRESCHOOL 1 - OCTOPUS

Age: 3 - 5

Oct 6 - Nov 3 M,W 11:00am - 11:30am 8/\$45 7976  
Nov 18 - Dec 11 Tu,Th 4:15pm - 4:45pm 8/\$45 7981

### PRESCHOOL 2 - CRAB

Age: 3 - 5 (completed Octopus)

Oct 7 - Oct 30 Tu,Th 3:30pm - 4:00pm 8/\$45 8029  
Nov 17 - Dec 10 M,W 11:00am - 11:30am 8/\$45 7984

### PRESCHOOL 3 - ORCA

Age: 3 - 5 (completed Crab)

Oct 4 - Nov 22 Sa 11:00am - 11:30am 8/\$45 8026  
Oct 6 - Nov 3 M,W 11:30am - 12:00pm 8/\$45 7977  
Oct 7 - Oct 30 Tu,Th 4:45pm - 5:15pm 8/\$45 7974

### PRESCHOOL 4 - SEA LION

Age: 3 - 5 (completed Orca)

Oct 4 - Nov 22 Sa 11:00am - 11:30am 8/\$45 8027  
Nov 17 - Dec 10 M,W 11:30am - 12:00pm 8/\$45 7985  
Nov 18 - Dec 11 Tu,Th 3:30pm - 4:00pm 8/\$45 8032



**IT'S NEVER TOO LATE TO LEARN A NEW  
SKILL - TRY OUR ADULT SWIM  
LESSONS!**

### ADULT SWIM LESSONS

Age: 19 +

Oct 7 - Oct 30 Tu,Th 6:30pm - 7:00pm 8/\$60 7978  
Nov 18 - Dec 11 Tu,Th 6:30pm - 7:00pm 8/\$60 7979

## FREE SWIM ASSESSMENTS

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





## SWIMMING LESSONS

### SWIMMER 1

**Age: 5 - 12**

Oct 4 - Nov 22	Sa	11:30am - 12:00pm	8/\$45	<u>8028</u>
Oct 7 - Oct 30	Tu,Th	3:30pm - 4:30pm	8/\$45	<u>7972</u>
Nov 18 - Dec 11	Tu,Th	4:00pm - 4:30pm	8/\$45	<u>8033</u>

### SWIMMER 2

**Age: 5 - 12 (completed Swimmer 1)**

Oct 4 - Nov 22	Sa	10:30am - 11:00am	8/\$45	<u>7986</u>
Oct 7 - Oct 30	Tu,Th	4:00pm - 4:30pm	8/\$45	<u>8030</u>
Nov 18 - Dec 11	Tu,Th	4:45pm - 5:15pm	8/\$45	<u>7982</u>

### SWIMMER 3

**Age: 5 - 12 (completed Swimmer 2)**

Oct 7 - Oct 30	Tu,Th	4:00pm - 4:45pm	8/\$60	<u>7973</u>
Nov 18 - Dec 11	Tu,Th	4:30pm - 5:15pm	8/\$60	<u>8034</u>

### SWIMMER 4

**Age: 5 - 12 (completed Swimmer 3)**

Nov 18 - Dec 11	Tu,Th	3:30pm - 4:15pm	8/\$60	<u>7980</u>
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### SWIMMER 5

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

Oct 7 - Oct 30	Tu,Th	4:30pm - 5:15pm	8/\$60	<u>8031</u>
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## START THE ROAD TO BECOMING A LIFEGUARD THIS FALL



## COURSE

### 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 24 - Oct 26 Fr-Su 9:00am - 5:30pm 1/\$120 8036**

### 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 8 - Nov 10 Fr-Su 9:00am - 5:30pm 1/\$120 8035**



JOIN OUR 4-WEEK ROTATING  
FITNESS SERIES!



Each month features a new style of workout—it's the perfect way to explore different types of fitness and keep things fresh.  
Sign up for just one session or try them all!

Pre-registration required.

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	Sep 8 - Sept 29	12:00pm - 12:45pm	4/\$20	<u>8060</u>
F	Nov 7 - Nov 28	12:00pm - 12:45pm	4/\$20	<u>8061</u>



HOOP FIT

Age: 16 +

Tone your core, improve coordination, and have fun while moving! Hoop Fit is a playful, low-impact workout using hula hoops to build strength and endurance. You'll be surprised how effective this full-body class can be. No hooping experience needed.

M	Oct 6 - Oct 27	12:00pm - 12:45pm	3/\$15	<u>8062</u>
F	Dec 5 - Dec 19	12:00pm - 12:45pm	3/\$15	<u>8063</u>

BAND FITNESS

Age: 16 +

Build strength, tone muscles, and improve mobility using resistance bands! This low-impact class focuses on controlled movements and full-body conditioning. Great for all fitness levels, Bands offers a versatile workout that's easy on the joints but big on results.

M	Nov 3 - Nov 24	12:00pm - 12:45pm	4/\$20	<u>8064</u>
F	Sep 5 - Sept 26	12:00pm - 12:45pm	4/\$20	<u>8065</u>

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. Perfect for all levels looking to increase stamina and sweat it out!

M	Dec 1 - Dec 22	12:00pm - 12:45pm	4/\$20	<u>8066</u>
F	Oct 10 - Oct 31	12:00pm - 12:45pm	4/\$20	<u>8067</u>

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.



## 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.

M,W,F	3:30pm - 5:30pm	\$4/class
Sa	1:00pm - 4:00pm	\$4/class



## 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.

Th	5:45pm-6:30pm	\$5/class	<u>8051</u>
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### 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.

M	5:30pm - 6:30pm	\$5/class	<u>8049</u>
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## 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.**

## 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. All levels welcome—go at your own pace!

W	12:00pm - 1:00pm	\$5/class	<u>8047</u>
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### TRX



**Age: 16 +**

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	7:00pm - 8:00pm	\$5/class	<u>8052</u>
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### 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. Participants will use a variety of equipment throughout the class.

Tu,Th	12:00pm - 12:45pm	\$5/class	<u>8045</u>
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## 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	\$5/class	<u>8050</u>
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### 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	9:15am - 10:00am	\$5/class	<u>8056</u>
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# FITNESS

## YOGA

### CHAIR YOGA

1 2

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 1:15pm - 2:15pm \$5/class 8048

### YOGA LITE

1 2

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.

Tu,F 9:00am - 10:00am \$5/class 8042

### FLOW YOGA

1 2 3 4

Age: 16 +

Flow yoga, also known as Vinyasa 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 5:30pm - 6:30pm \$5/class 8070

### YIN YOGA

1 2 3 4

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 level of students, Yin yoga promotes mindfulness, increased range of motion, and flexibility

Th 7:00pm - 8:00pm \$5/class 8054

## AQUAFIT

### BLENDED 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 \$5/class 8055

F 1:00pm - 2:00pm

## GENTLE EXERCISE

### FOREVER FIT

1 2

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 1030am - 11:30am \$5/class 8043

### FUNCTIONAL STRENGTH & MOBILITY



1 2

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 suite a sitting position.

W 1:30pm - 2:30pm \$5/class 8071

### SEATED ZUMBA

1 2

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 suite a sitting position.

Tu,Th 10:30am - 11:15am \$5/class 8044



## 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.

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**



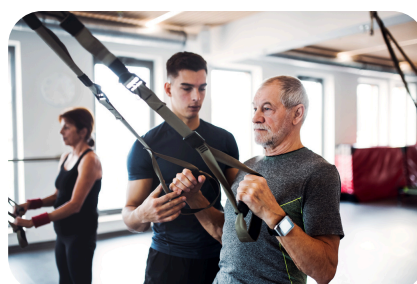
**Facility Operator**



**Lifeguard**



**Recreation Assistant**



**Fitness Instructor**



**Customer Service Representative**



# COMMUNITY EVENTS

## REC & RALLY PICKLEBALL TOURNAMENT

October 4<sup>th</sup>

Silvercreek Elementary

9:00am Start

## HOPE'S AMAZINGEST RACE

October 18<sup>th</sup>

More information to come

## HALLOWEEN PARTY

October 25<sup>th</sup>

Conference Centre

1:00pm - 4:00pm

## HAUNTED SKATE

October 29<sup>th</sup>

Hope Arena

5:45pm - 7:00pm

## 50TH ANNIVERSARY SKATE

December 13<sup>th</sup>

Hope Arena

2:00pm - 3:30pm

## SKATE WITH SANTA

December 20<sup>th</sup>

Hope Arena

1:00pm - 4:00pm

