

HOPE & AREA

RECREATION GUIDE

SPRING & SUMMER 2025

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HOPE & AREA RECREATION CENTRE

604-869-2304

ONLINE REGISTRATION

fvrd.ca/recreation

SPRING & SUMMER 2025 RECREATION GUIDE

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How Programs & Classes are Listed in the Guide

Use the example below to reference how programs and classes are listed in the Guide.

Program name → **OCTOPUS**

Age requirement → Age: 3 - 5 yrs

Sep 13 - Oct 6	M, W	10:30 am - 11:00 am	5/\$45	<u>6797</u>
Oct 18 - Nov 10	M, W	10:30 am - 11:00 am	5/\$45	<u>6798</u>
Nov 15 - Dec 8	M, W	10:30 am - 11:00 am	5/\$45	<u>6799</u>

Dates

Days

Time

Represents the total amount of sessions & the fee.

Use this code to easily search our programs online or by clicking the link.

REGISTRATION INFORMATION

How to Register



call us
604-869-2304



in person
1005 6th Avenue



online
fvr.d.ca/recreation

Registration Dates

March 17, 2025

Registration opens at 8:30 am

April 1, 2025

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 notice has been provided prior to the program start date. If less than 72-hours of notice is provided prior to the program start date, please email your request to leisure@fvr.d.ca. If the request is approved, a 20% administration fee will be charged and pro-rated accordingly, if applicable. Supporting documentation such as a medical note or change of address may be requested. Refunds will be returned by the original method of payment. Cash and cheque transactions will be refunded to the address on the account.

WANT TO BE NOTIFIED OF PROGRAM CANCELLATIONS?

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

HOPE & AREA RECREATION CENTRE



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

REGISTRATION

Registration for Spring/Summer programming opens: **March 17th at 8:30 am!**

FACILITY CLOSURE DATES

Good Friday	April 18th
Easter Monday	April 21st
Victoria Day	May 19th
Canada Day	July 1st
BC Day	August 4th

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 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 (Fitness Studio)

RATES & FEES

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

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.

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

Please follow us on Facebook or inquire at reception for the most current and up to date information regarding changes to the fitness schedule or programming.



@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
Adults 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 the aquatic centre, fitness centre, public skate, and aquafit						
Family **	\$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
Other Charges	\$5.00	\$3.00	\$2.25	\$3.00	\$10.00	\$3.00	\$2.25

HOPE & AREA RECREATION CENTRE

SPRING 2025 DROP-IN SCHEDULE

April - June



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

RECEPTION HOURS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am-5:30pm	6:00am-8:30pm	8:00am-8:30pm	6:00am-8:30pm	8:00am-8:30pm	6:00am-8:30pm	10:00am-8:30pm

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 1:30pm-2:30pm		Blended Aquafit 1:30pm-2:30pm		Blended Aquafit 1:30pm-2:30pm	

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 9:00 am - 10:00 am	
	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 10:30 am-11:30 am	
	Fitness Express 12:00 pm - 1:00 pm	Strength & Core 12:00 pm-12:45pm	Fitness Express 12:00 pm - 1:00 pm	Strength & Core 12:00 pm-12:45 pm	Fitness Express 12:00 pm - 1:00 pm	
		Chair Yoga 1:30 pm - 2:15 pm				
	Spin 5:30 pm - 6:30 pm	Zumba 5:30 pm - 6:30 pm	Cardio Kickboxing 5:30 pm - 6:30 pm	Spin Express 5:45 pm- 6:30 pm		
	TRX 7:00 pm - 8:00 pm	Flow Yoga 7:00 pm - 8:00 pm	TRX 7:00 pm - 8:00 pm	Yin Yoga 7:00 pm - 8:00 pm		

CARDIO & WEIGHT ROOM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 10:00am-5:30pm	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

HOPE & AREA RECREATION CENTRE

SUMMER 2025 DROP-IN SCHEDULE

July - August



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

RECEPTION HOURS & DROP IN SPORTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am-5:30pm	6:00am-8:30pm	8:00am-8:30pm	6:00am-8:30pm	8:00am-8:30pm	6:00am-8:30pm	10:00am-8:30pm

AQUATICS

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

FITNESS CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Yoga Lite 9:00am - 10:00am			Yoga Lite 9:00am - 10:00am	
	Forever Fit 10:30am - 11:30 am	Seated Zumba 10:30am - 11:15 am	Forever Fit 10:30am - 11:30am	Seated Zumba 10:30am - 11:15 am		
	Fitness Express 12:00pm- 1:00pm	Strength & Core 12:00pm-12:45pm	Fitness Express 12:00pm - 1:00pm	Strength & Core 12:00pm-12:45pm		
		Chair Yoga 1:30pm - 2:15pm				
	Spin 5:30 pm- 6:30 pm	Zumba 5:30pm - 6:30pm				
		Flow Yoga 7:00 pm- 8:00pm		Yin Yoga 7:00pm - 8:00 pm		

CARDIO & WEIGHT ROOM

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

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:

Peak	\$162/hr
Non-peak	\$153/hr
Youth	\$74/hr

Dry Floor Rental:

Adult	\$41.50/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.

Lane Rental: \$14/hr

Pool Rental: \$143.25/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, 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:

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

Commercial Rates:

Daily	\$20
Weekly	\$110
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

LIVE 5-2-1-0 PLAYBOXES

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

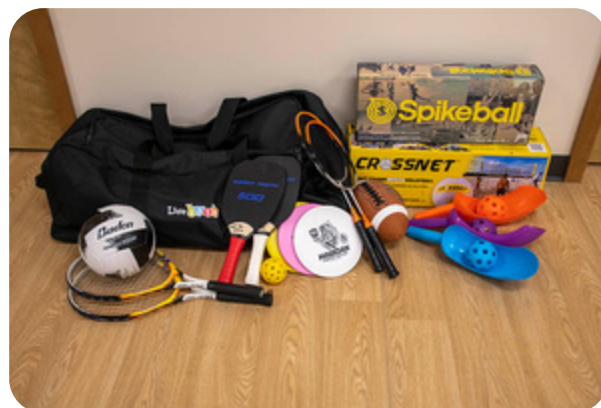
These mobile and stationary Playboxes have everything families need to play actively outside, with recreational equipment for sports games and activities for barrier-free access to play.

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

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

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

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



Unlock the fun!

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

ONE DAY WONDERS



TEDDY BEAR PICNIC

Age: 0 - 6 & their families

Grab your favorite stuffed friend and join us for a delightful day of games, crafts, and stories. It's the perfect way to make memories with your furry companion!

Jul. 27 Su 11:00 am - 1:00 pm \$10 7872

EVENTS

BIKE - TO - REC WEEK

Age: All

Bike to the Recreation Centre for the week of May 31-June 6 for free swim admissions and a chance to win exciting prizes!

May 31 - Jun. 6 7906

SKATEBOARD WORKSHOP

Age: 6 - 13

Come board in the sunshine with HMI Skate in this one day workshop! All skill levels are welcome. Must bring your own helmet and board.

Jul. 23 W 9:00 am - 12:00 pm \$20 7904

GARDENING PARTY

Age: 5 - 12

Get your hands dirty and explore the wonders of gardening! Kids will enjoy planting, crafting, and learning about gardening through fun, hands-on activities.

Jul. 19 Sa 12:00 pm - 2:00 pm \$10 7869

ECO ENGINEERS

Age: 5 - 12

Design, build, and innovate! This program challenges kids to create eco-friendly structures and inventions while learning about sustainability and teamwork.

Jun. 20 Fr 5:00 pm - 7:00 pm \$10 7870

CONSTRUCTION CHALLENGE

Age: 13 - 18

Kids will get to build a structure using recycled materials that can support a specific weight. Bring your recyclable materials to share—it's a fun, creative, and educational experience all rolled into one!

Jul. 11 Fr 5:00 pm - 7:00 pm \$10 7871

ADULTS NIGHT OUT

GARDENING 101

Age: 15 +

Dive into the world of vegetable gardening! Choose from a variety of seeds and learn how to get your garden started, from planting to caring for your crops. This hands-on workshop is perfect for anyone looking to grow their own fresh and tasty veggies at home.

Apr. 26 Sa 12:00 pm - 2:00 pm \$20 7873

DOORMAT PAINTING

Age: 15 +

Design a personalized doormat to brighten up your doorstep! This fun, social activity provides all the materials you need to create a unique and functional piece of art. Perfect for adding a personal touch to your home or gifting to someone special!

Jul. 27 Su 3:00 pm - 5:00 pm \$25 7874

Explore more!



FAMILY NATURE DAYS

Discover, Explore, and Play in the Great Outdoors!

Join us for an exciting outdoor adventure series designed to get kids and families outside, exploring nature and creating unforgettable memories. Each session features hands-on activities like scavenger hunts, nature crafts, and outdoor games.

Rain or shine get ready to unplug, explore, and create lasting memories with your family!

What to Expect:

Enjoy nature-themed games, crafts, and challenges.

Spend quality time together outdoors.

Activities designed for kids aged 4-12 and their families.



FREE!

ROTARY NATURE TRAIL

(7th Avenue and Wardle Street, Hope, BC)

9:00 am - 11:00 am

- April 12
- May 10
- June 14
- July 12
- August 9
- Sept 13



Fraser Valley Regional District



TD Friends of the Environment Foundation

EARLY YEARS

ACTIVE

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.

May 24 - June 14 Sa 11:00 am - 11:45 am 4/\$30 7831

PARENT & TOT GYMNASTICS

Age: 0 - 3

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.

Apr. 4 - May 9 Fr 4:00 pm - 4:45 pm 5/\$75 7879

May 23 - Jun. 20 Fr 4:00 pm - 4:45 pm 5/\$75 7880

*No class April 18th

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. Lead by the Chilliwack Gymnastics Club.

Apr. 4 - May 9 Fr 5:00 pm - 6:00 pm 5/\$94 7881

May 23 - Jun. 20 Fr 5:00 pm - 6:00 pm 5/\$94 7882

*No class April 18th



HOBBIES

LIL' CHEFS

Age: 3 - 5

Get ready to measure, mix, and cook up some fun in this hands-on cooking class! Enter the world of culinary adventures as you discover essential skills that will make you a kitchen superstar. Parent participation may be required.

Apr. 17 - May 8 Th 3:15 pm - 4:15 pm 4/\$30 7832

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 while creating their own masterpieces. This class encourages hands-on creativity, fine motor skills, and sensory development. Parent participation may be required.

Apr. 15 - May 6 Tu 4:00 pm - 4:45 pm 4/\$30 7833

LITTLE EINSTIEN

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.

Apr. 19 - May 10 Sa 3:00 pm - 3:45 pm 4/\$30 7830

JR. NATURE CLUB

Age: 3 - 5

Come rain or shine, this program gets the littlest ones outside and moving! Dive into nature with exciting activities focused on art, physical activity, and thrilling exploration adventures! Parent participation may be required.

*Held at Thacker Park

May 23 - Jun. 13 Fr 9:30 am - 11:00 am 4/\$40 7834

Sponsored by:



**TD Friends of the
Environment Foundation**

CHILDREN

ACTIVE

SOCCER SKILLS & PLAY

Age: 5 - 8

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

May 24 - Jun. 14 Sa 12:00 pm - 1:00 pm 4/\$30 7840



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. Lead by the Chilliwack Gymnastics Club.

Age: 5 - 8

Apr. 4 - May 9 Fr 6:00 pm - 7:00 pm 5/\$120 7875

May 23 - Jun. 20 Fr 6:00 pm - 7:00 pm 5/\$120 7876

Age: 7 - 12

Apr. 4 - May 9 Fr 7:00 pm - 8:00 pm 5/\$120 7877

May 23 - Jun. 20 Fr 7:00 pm - 8:00 pm 5/\$120 7878

*No class April 18th

LEARN TO SKATEBOARD

Get ready for an exhilarating skateboarding adventure with an experienced instructor from HMI Skatepark! Learn the basics of balance, control, and safety while diving into exciting activities and practice sessions. Participants are required to bring their own skateboard and helmet.

Age: 5 - 8

May 7 - May 28 W 4:00 pm - 5:00 pm 4/\$30 7838

Age: 9 - 13

May 7 - May 28 W 5:00 pm - 6:00 pm 4/\$30 7839

SKATEBOARD WORKSHOP

Age: 6 - 13

Come board in the sunshine with HMI Skate in this one day workshop! All skill levels are welcome. Must bring your own helmet and board.

Jul. 23 W 9:00 am - 12:00 pm \$20 7904

YOUTH KARATE

Age: 9 - 12

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 at Silver Creek Elementary

July session at Hope & Area Recreation Centre

Apr. 3 - 29 Tu,Th 6:00 pm - 7:00 pm 8/\$75 7930

May. 6 - 29 Tu,Th 6:00 pm - 7:00 pm 8/\$75 7928

Jun. 3 - 24 Tu,Th 6:00 pm - 7:00 pm 7/\$70 7929

Jul. 3 - 29 Tu,Th 6:00 pm - 7:00 pm 8/\$75 7903

CHILDREN

HOBBIES

MAD SCIENCE

Age: 5 - 8

Become a science wizard in this exciting class where 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.

Apr. 19 - May 10 Sa 4:30 pm - 5:30 pm 4/\$30 7836

ART ATTACK

Age: 5 - 8

Unleash your inner artist! Explore techniques in painting, drawing, and mixed media. Each session dives into artistic styles and skills, helping participants refine their craft while expressing their creativity.

Apr. 15 - May 6 Tu 5:30 pm - 6:30 pm 4/\$30 7835

TRIVIA CLUB

Age: 8 - 12

Calling all curious minds! Put your knowledge to the test in a fun, interactive environment. Each week, participants will compete in team-based trivia challenges covering a variety of exciting topics like animals, space, history, and more!

May 21 - Jun. 11 W 5:00 pm - 6:00 pm 4/\$20 7837

LEARNING

HOME ALONE COURSE

Age: 10 +

The Home Alone Program is designed to provide children 10 and up 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

May 17 Su 10:00 am - 2:00 pm 1/\$10 7841

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.

May 24 - 25 Sa, Su 1:30 pm - 5:30 pm 1/\$65 7842



TEENS AND ADULTS

ACTIVE

DROP IN PICKLEBALL

Age: 18 +

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.

Mar. 31 - Jun. 23 M,F* 6:00 pm - 8:00 pm \$2.00

**Mondays will be held at Silver Creek Elementary*

**Fridays will be held at Coquihalla Elementary*

Note: No session Apr. 18, 21, 25, May 16, 19

LEARN TO PLAY PICKLEBALL

Age: 18 +

Looking to try something new? Want to improve your skills? On a designated beginners court come learn to play Pickleball with one of our skilled recreation leaders. Held at Silver Creek Elementary.

Mar. 31 - Jun. 23 M 6:00 pm - 7:00 pm \$2.00

Note: No session April 21, May 19

DROP IN VOLLEYBALL

Age: 15 +

Looking for a fun way to stay active and connect with others? Our Drop-In Volleyball is perfect for players of all ages and skill levels! Teams are formed on the spot, making it easy to jump in and play.

Jun. 11 - Aug. 27 W 6:00 pm - 8:00 pm \$2.00

DROP IN BADMINTON

Age: 15 +

Open to all ages and skill levels, this program is a great way to stay active and enjoy a fast-paced sport. Whether you're a beginner or an experienced player, drop in for casual games in a relaxed environment. Equipment is available, or feel free to bring your own.

Jun. 9 - Aug. 25 M 6:00 pm - 8:00 pm \$2.00

TEEN GUIDED HIKE SERIES

NEW

Age: 13 - 18

Explore the great outdoors with our Guided Teen Hike Series, offered in collaboration with Hope Mountain Centre for Outdoor Learning! Teens will enjoy four exciting weekday hikes through stunning local trails, learn about nature, and connect with peers. Each week, the hike will feature a unique interactive and educational activity, covering topics like outdoor survival skills, navigation, the Three Ts, and Leave No Trace principles. Perfect for adventure seekers and outdoor enthusiasts alike! Register for one or all for maximum fun.

Participants are required to bring sturdy hiking shoes, weather-appropriate clothing, a water bottle, and a small backpack with snacks needed.

Jul. 3	Th	Thacker Mountain Loop (beginner-intermediate) 5km, Approx. 3 hours	Located 5 mins from Rec. Centre	Fee: \$43	<u>7931</u>
Jul. 10	Th	Hope Lookout (intermediate) 4.5km, Approx. 3 hours	Located 3 mins from Rec. Centre	Fee: \$43	<u>7932</u>
Jul. 17	Th	Spirit Caves (intermediate-advanced) 7km, Approx. 4 hours	Located 20 mins from Rec. Centre	Fee: \$50	<u>7933</u>
Jul. 24	Th	Wells Peak (advanced) 6.2km, Approx. 5 hours	Located 25 mins from Rec. Centre*	Fee: \$50	<u>7934</u>

Each week participants will meet at the Rec Centre at 9:00am for check in and a briefing. Participants will be responsible for their own transportation to the trailhead, as it is not provided.

*Please note to access this trailhead AWD or 4x4 is required.

Please call the Hope & Area Recreation Centre with questions!



TEENS AND ADULTS

LEARNING

SELF DEFENCE CLASS

Age: 15+

LEVEL 1: SELF DEFENSE PRIMER:

This is an introduction to Street Proofing and will identify common situations where confrontations can escalate, requiring the need for self-defence and evasion tactics for public or in the home. The focus of this primer is de-escalation and escape. Basic practice of self-defence tactics will be included.

April 8, 15, 22 Tu 7:00 pm - 8:00 pm 3/\$80 7851

LEVEL 2: TACTICAL SELF DEFENSE

Building on the progress of the Level 1 Primer, this course will practice repeated drills of self-defence techniques. Level 2 will be more physical applications of lessons and tactics learned at Level 1. Discussion of the emotional and mental toll after such attacks will take place, in order to aid victims to return to a grounded normalcy.

April 29, May 6, 13 Tu 7:00 pm - 8:00 pm 3/\$80 7852

*Programs will be held at Silver Creek Elementary



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.

May 24 - 25 Sa, Su 1:30 pm - 5:30 pm 1/\$65 7842

HOBBIES

COOKING BASICS

Age: 13 - 18

This hands-on program is designed for teens who want to gain confidence in the kitchen. Each class will focus on a different meal or snack, ranging from breakfast dishes to quick dinners and tasty desserts.

Apr. 17 - May 8 Th 4:00 pm - 5:00 pm 4/\$30 7843

CREATIVE WRITING

Age: 15 +

Through guided writing prompts, group discussions, and constructive feedback, participants will explore character development, world-building, and storytelling techniques. No previous writing experience is necessary, just a passion for creativity!

May 23 - Jun. 12 Th 4:00 pm - 5:00 pm 4/\$20 7846

ADULTS NIGHT OUT

GARDENING 101

Age: 18 +

Dive into the world of vegetable gardening! Choose from a variety of seeds and learn how to get your garden started, from planting to caring for your crops. This hands-on workshop is perfect for anyone looking to grow their own fresh and tasty veggies at home.

Apr. 26 Sa 12:00 pm - 2:00 pm 1/\$20 7873

DOORMAT PAINTING

Age: 18 +

Design a personalized doormat to brighten up your doorstep! This fun, social activity provides all the materials you need to create a unique and functional piece of art. Perfect for adding a personal touch to your home or gifting to someone special!

Jul. 26 Sa 3:00 pm - 5:00 pm 1/\$40 7874

CAMPS AND BIRTHDAYS

PRO - D - DAZE

Ages: 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, 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 dress for a full day of excitement.

April 25th
May 16th

7883
7884

9:00 am - 5:00 pm
\$29.50 /day



BIRTHDAY PARTIES AT HOPE REC

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

Timeline:

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

Package 1
1-12 kids

\$60

Package 2
13-16 kids

\$80

Package 3
17-24 kids

\$120

HOPE SUMMER CAMP

Ages: 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, 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. Sign up for a single day or the whole week for maximum fun! Please pack a lunch, water bottle, swimsuit, towel, and dress for a full day of excitement.

Week 1	Jul. 7 - 11	7886
Week 2	Jul. 14 - 18	9:00 am - 5:00 pm
Week 3	Jul. 21 - 25	
Week 4	Jul. 28 - Aug. 1	Fee:
Week 5	Aug. 4 - 8	\$29.50 /day
Week 6	Aug. 11 - 15	\$118/week
Week 7	Aug. 18 - 22	
Week 8	Aug. 25 - 29	

KIDS PROGRAMMING NORTH BEND HALL



Please pre-register to help ensure programs meet the minimum number of participants needed to run.

KIDS PROGRAMS

MOVIE NIGHT

Age: 5-12

Grab your blankets and join us for a cozy Kids' Movie Night! Enjoy a family-friendly film on the big screen with popcorn.

Jun. 28	Sa	5:00 pm - 7:00 pm	\$5	<u>7887</u>
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MAD SCIENCE LAB

Age: 5-12

Enter the Mad Science Lab, where science gets wild! Kids will become junior scientists, exploring fun, hands-on experiments like making slime, erupting volcanoes, and lava lamps!

Jul. 19	Sa	1:00 pm - 3:00 pm	\$10	<u>7888</u>
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SPORTS DAY

Age: 5-12

Get ready for action at Sports Day! Kids will participate in team sports, relays, and fun challenges, including soccer, volleyball, obstacle courses, and more.

Aug. 8	Fr	5:00 pm - 7:00 pm	\$5	<u>7891</u>
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COLOR WARS POOL PARTY

Age: 5-12

Dive into a day of fun, laughter, and friendly competition! Whether you're ready to rep your team's color, cool off in the pool, or enjoy the vibrant vibes, this event has it all. Challenges and games, water balloon fights, snacks, music and so much more

Aug. 14	Th	12:30 pm - 3:00 pm	\$5	<u>7901</u>
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GARDENING DAY

Age: 5-12

Kids will learn about gardening by planting flowers and vegetables, decorating pots, and creating nature-inspired crafts. Discover the magic of growing plants while enjoying fresh air and hands-on exploration.

Jul. 26	Sa	12:00 - 2:00	\$10	<u>7892</u>
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CONSTRUCTION CHALLENGE

Age: 5-12

Put your building skills to the test in the Construction Challenge! Kids will work solo or in teams to build creative structures using recyclable materials like cardboard, bottles, and cans.

Aug. 30	Sa	1:00 pm - 3:00 pm	\$5	<u>7893</u>
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FITNESS NORTH BEND HALL



Please pre-register to help ensure programs meet the minimum number of participants needed to run.

How to Register

 **call us**
604-869-2304

 **in person**
1005 6th Avenue

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

Registration Dates

March, 2025

Registration opens at 8:30 am

April, 2025

Programs start

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.

COURSES & EVENTS

NORTH BEND HALL

FIRST AID COURSES

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.

Jul. 5 Sa 9:00 am - 2:30 pm \$75 7913

EMERGENCY FIRST AID & CPR/AED LEVEL C

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.

Jul. 5 Sa 9:00 am - 5:00 pm \$80 7914

STANDARD FIRST AID & CPR/AED LEVEL C

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.

Jul. 5 - 6 Sa,Su 9:00 am - 5:00 pm \$150 7915

COURSES

HOME ALONE COURSE

Age: 10 +

The Home Alone Program is designed to provide children 10 and up 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

Aug. 2 Su 10:00 am - 2:00 pm 1/\$10 7895

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.

Jul. 12-13 Sa, Su 10:00 am - 2:00 pm 1/\$65 7894

Please pre-register to help ensure programs meet the minimum number of participants needed to run.

CANADA DAY

Location: Almer Carlson Pool

Time: 12:00 pm - 3:00 pm

Celebrate Canada Day with an afternoon full of fun and community spirit!

- Cupcake handouts
- Free field games & activities available
- BBQ thanks to the Boston Bar/North Bend Enhancement Society

Bring your friends and family for a relaxing and activity packed day that's sure to make your holiday unforgettable.

Please note free access to the pool is not included in the festivities.



ALMER CARLSON POOL



LOCATION

48846 Highline Rd North Bend, BC

HOURS OF OPERATION

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

IMPORTANT DATES

Open for the season Friday, June 27

Last day of the season Sunday, August 31

Dates subject to change

RATES

	Drop In	10 Pass*	20 Pass*	1 Month
Child (4 - 6 yrs)	Free	-	-	-
Youth (7 - 13 yrs)	\$3.25	\$26.00	\$52.00	\$43.00
Student (14 - 18 yrs)	\$3.75	\$30.00	\$60.00	\$49.00
Adult (19 - 54 yrs)	\$4.75	\$39.00	\$78.00	\$60.00
Senior (55+ yrs)	\$3.75	\$30.00	\$60.00	\$49.00
Family **	\$7.50	\$60.00	\$120.00	\$86.00

*5 years 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).

SWIM LESSONS ALMER CARLSON POOL

SWIM LESSONS

PRESCHOOL 1 - OCTOPUS

Age: 3-6 yrs

Jul. 7 - Jul. 17 M-Th 11:15 am - 11:45 am 8/\$45 7918

Aug. 18 - Aug. 28 M-Th 4:00 pm - 4:30 pm 8/\$45 7936

PRESCHOOL 2 - CRAB

Age: 3-6 yrs (completed Octopus)

Aug. 5- Aug.14 T-Fr,M-Th 10:30am - 11:00am 8/\$45 7922

PRESCHOOL 3 - ORCA

Age: 3-6 yrs (completed Crab)

Jul. 21 - Jul. 31 M-Th 11:00 am - 11:30am 8/\$45 7920

PRESCHOOL 2 - SEA LION

Age: 3-6 yrs (completed Orca)

Aug. 5- Aug.14 T-Fr,M-Th 11:45am - 12:15pm 8/\$45 7924

FREE SWIM ASSESSMENTS

Not sure what level to register your child in?

Call us to book a free swim assessment.



PLEASE NOTE

These lessons are in North Bend, at the Almer Carlson Pool.

SWIMMER 1

Age: 5 - 13 yrs

Jul. 7 - Jul. 17 M-Th 10:30 am - 11:00 am 8/\$45 7916

Aug. 18 - Aug. 28 M-Th 11:45 am - 12:15 pm 8/\$45 7927

SWIMMER 2

Age: 5 - 13 yrs

Jul. 21 - Jul. 31 M-Th 10:30 am - 11:00 am 8/\$45 7919

SWIMMER 3

Age: 5 - 13 yrs

Aug. 5- Aug.14 T-Fr,M-Th 11:00am - 11:45am 8/\$60 7923

SWIMMER 4

Age: 5 - 13 yrs

Jul. 7 - Jul. 17 M-Th 11:00 am - 11:45 am 8/\$60 7917

SWIMMER 5

Age: 5 - 13 yrs

Jul. 21 - Jul. 31 M-Th 11:30 am - 12:15 am 8/\$60 7921

SWIMMER 6

Age: 5 - 13 yrs

Aug. 18 - Aug. 28 M-Th 10:30 am - 11:15 am 8/\$60 7925



SWIMMING SAFETY

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

SWIM LESSONS

DAN SHARRES AQUATIC CENTRE

PARENT AND TOT LESSONS

Ages 4 months–3 years

Caregiver participation is required.

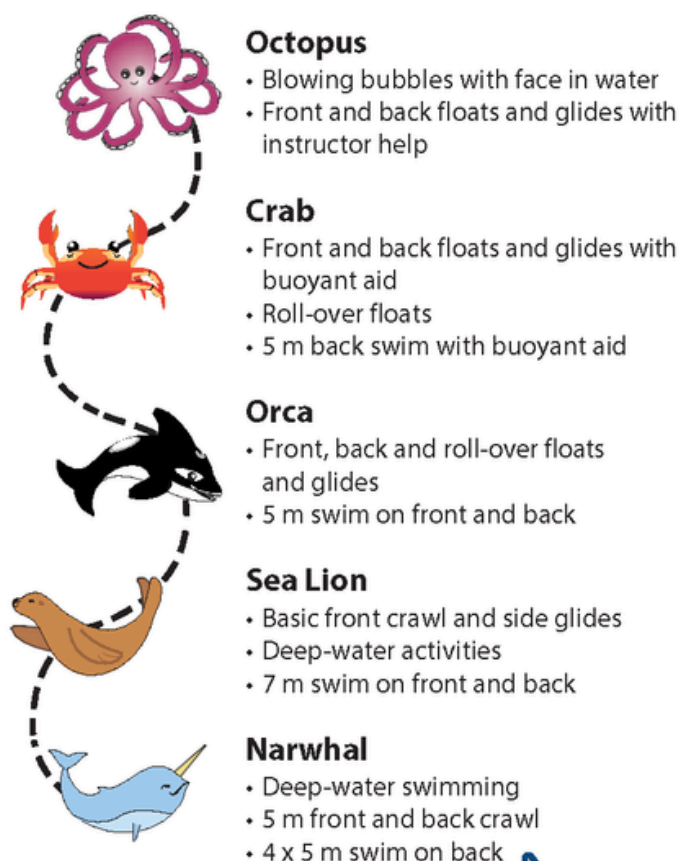
Progression is based on age.



PRESCHOOL LESSONS

Ages 3–5 years

Progression is based on completion of level.

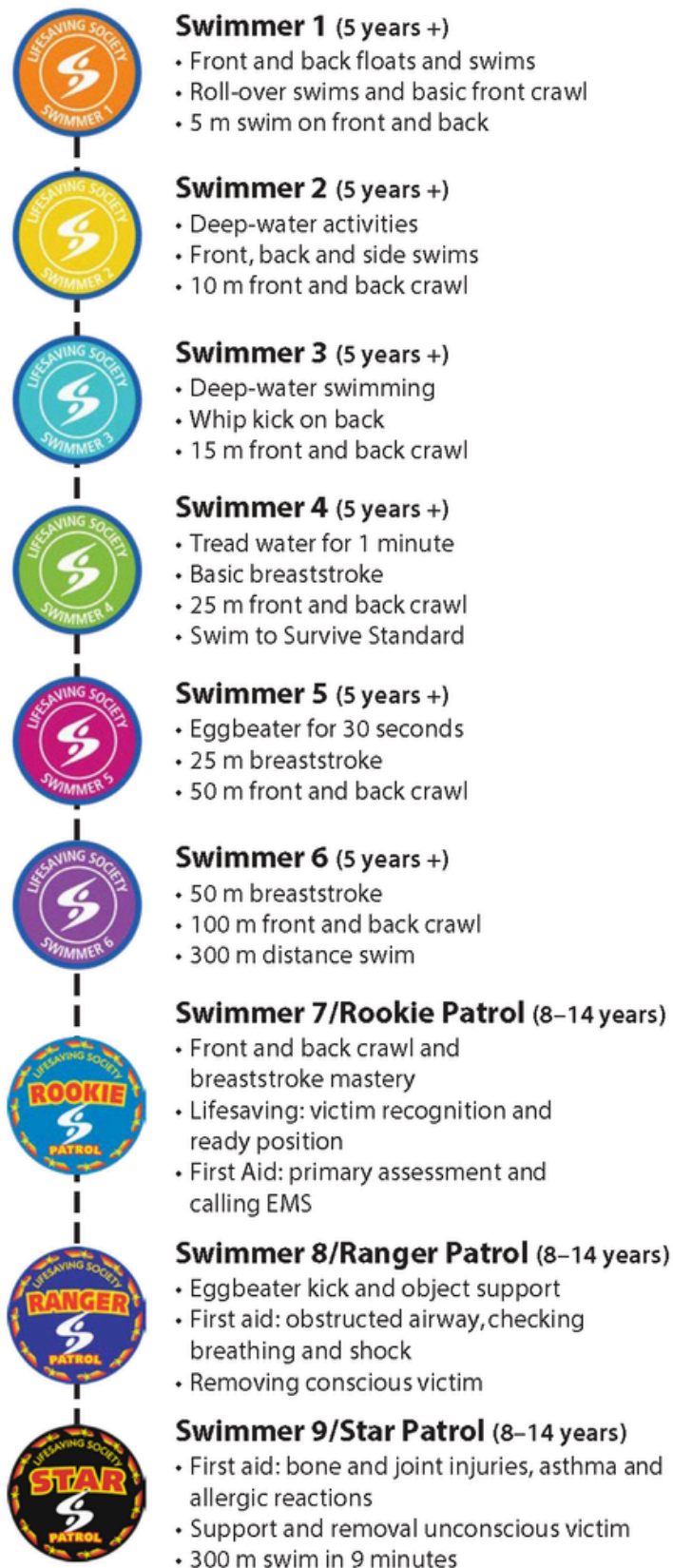


Moving from Preschool to Swimmer Lessons

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.



SWIM LESSONS

DAN SHARRES AQUATIC CENTRE

SWIM LESSONS

PARENT & TOT 1 - JELLYFISH

Age: 4 months - 1 yrs

Apr. 7 - May 5 M, W 10:30 am - 11:00 am 8/\$45 7795

PARENT & TOT 2 - GOLDFISH

Age: 1 - 2 yrs

May 26 - Jun 18 M, W 10:30 am - 11:00 am 8/\$45 7810

PRESCHOOL 1 - OCTOPUS

Age: 3 - 6 yrs

Apr. 7 - May 5 M, W 11:00 am - 11:30 am 8/\$45 7796

May 13 - Jun. 5 Tu, Th 4:00 pm - 4:30 pm 8/\$45 7807

Jul. 21 - Jul. 31 M-Th 10:30 am - 11:00 am 8/\$45 7823

PRESCHOOL 2 - CRAB

Age: 3 - 6 yrs (completed Octopus)

May 13 - Jun. 5 Tu, Th 4:00 pm - 4:30 pm 8/\$45 7808

May 26 - Jun. 18 M, W 11:00 am - 11:30 am 8/\$45 7811

Jul. 21 - Jul. 31 M-Th 10:30 am - 11:00 am 8/\$45 7824

PRESCHOOL 3 - ORCA

Age: 3 - 6 yrs (completed Crab)

Apr. 7 - May 5 M, W 11:30 am - 12:00 pm 8/\$45 7797

Apr. 8 - May 1 Tu, Th 4:15 pm - 4:45 pm 8/\$45 7799

Apr. 12 - May 31 Sa 11:15 am - 11:45 am 8/\$45 7804

Jul. 7 - Jul. 17 M-Th 10:30 am - 11:00 am 8/\$45 7820

PRESCHOOL 4 - SEA LION

Age: 3 - 6 yrs (completed Orca)

Apr. 8 - May 1 Tu, Th 4:15 pm - 4:45 pm 8/\$45 7800

May 26 - Jun. 18 M, W 10:30 am - 12:00 pm 8/\$45 7812

Aug. 5 - Aug. 14 M-Th 10:45 am - 11:15 am 8/\$45 7827

NEON GLOW POOL PARTY

Age: All

Get ready to dive into an unforgettable summer with a Neon Glow Pool Party! This exciting event is all about fun, energy, and glowing colors to start the season in style.

Perfect for all ages, this party promises endless laughter and a glowing start to the summer! Just bring your swim gear, energy, and excitement!

Jun. 27 Fr 6:00 pm - 8:00 pm 1/\$5 7829



FREE SWIM ASSESSMENTS

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



SWIM LESSONS

DAN SHARRES AQUATIC CENTRE

SWIM LESSONS

SWIMMER 1

Age: 5 - 13 yrs

Apr. 8 - May 1	Tu,Th	4:45 pm - 5:15 pm	8/\$45	<u>7801</u>
Jul. 7 - Jul. 17	M-Th	10:00 am - 10:30 am	8/\$45	<u>7819</u>
Aug. 5 - Aug. 14	M-Th	11:15 am - 11:45 am	8/\$45	<u>7828</u>

SWIMMER 2

Age: 5 - 13 yrs

Apr. 12 - May 31	Sa	11:45 am - 12:15 pm	8/\$45	<u>7805</u>
May 13 - Jun. 5	Tu,Th	3:30 pm - 4:00 pm	8/\$45	<u>7806</u>
Jul. 21 - Jul. 31	M-Th	10:00 am - 10:30 am	8/\$45	<u>7822</u>

SWIMMER 3

Age: 5 - 13 yrs

Apr. 8 - May 1	Tu,Th	3:30 pm - 4:15 pm	8/\$60	<u>7798</u>
Apr. 12 - May 31	Sa	10:30 am - 11:15 am	8/\$60	<u>7803</u>
Jul. 7 - Jul. 17	M-Th	11:00 am - 11:45 am	8/\$60	<u>7821</u>

SWIMMER 4

Age: 5 - 13 yrs

May 13 - Jun. 5	Tu,Th	4:30 pm - 5:15 pm	8/\$60	<u>7809</u>
Jul. 21 - Jul. 31	M-Th	11:00 am - 11:45 am	8/\$60	<u>7825</u>

SWIMMER 5

Age: 5 - 13 yrs

Aug. 5 - Aug. 14	M-Th	10:00 am - 10:45 am	8/\$60	<u>7826</u>
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ADULT SWIM LESSONS

Age: 18 +

Apr. 8 - May 1	Tu,Th	6:30 pm - 7:00 pm	8/\$60	<u>7802</u>
May 13 - Jun. 5	Tu,Th	6:30 pm - 7:00 pm	8/\$60	<u>7813</u>

SWIMMING SAFETY

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

NEON GLOW POOL PARTY

Age: All

Get ready to dive into an unforgettable summer with a Neon Glow Pool Party! This exciting event is all about fun, energy, and glowing colors to start the season in style. Perfect for all ages, this party promises endless laughter and a glowing start to the summer! Just bring your swim gear, energy, and excitement!

Jun. 27 Fr 6:00 pm - 8:00 pm 1/\$5 7829

SWIM ACROSS CANADA CHALLENGE

Roughly 7,000km = 288,000 lengths

Track your lengths and watch our progress unfold.

Whether you're swimming for fitness, fun, or personal growth, this challenge is your chance to:

- Stay active and motivated
- Celebrate milestones, big or small!

Stop by to learn more about our challenge!



FIRST AID COURSES



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.

May 10	Sa	9:00 am - 2:30 pm	\$75	<u>7907</u>
Aug. 23	Sa	9:00 am - 2:30 pm	\$75	<u>7855</u>

EMERGENCY FIRST AID & CPR/AED LEVEL C

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.

May 10	Sa	9:00 am - 5:00 pm	\$80	<u>7908</u>
Aug. 23	Sa	9:00 am - 5:00 pm	\$80	<u>7854</u>

STANDARD FIRST AID & CPR/AED LEVEL C

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.

May 10 - 11	Sa,Su	9:00 am - 5:00 pm	\$150	<u>7909</u>
Aug. 23 - 24	Sa,Su	9:00 am - 5:00 pm	\$150	<u>7853</u>

RECERTIFICATION CPR/AED LEVEL C

Age: 13 +

The CPR-C recertification course reviews key Red Cross skills, including emergency response, airway management, CPR for all ages, and AED use. Participants must bring a valid First Aid certificate for the recertification level. Participants must hold a current First Aid Certificate for the Recertification on level they are taking (*before it expires*). A copy of the certification must be brought to class.

Aug. 16	Sa	9:00 am - 12:30 pm	\$50	<u>7858</u>
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RECERTIFICATION EMERGENCY FIRST AID & CPR/AED LEVEL C

Age: 13 +

This course reviews key Red Cross skills, including CPR-C, airway and breathing emergencies, AED use, and choking response for all ages. Participants must hold a current First Aid Certificate for the Recertification on level they are taking (*before it expires*). A copy of the certification must be brought to class.

Aug. 16	Sa	9:00 am - 3:30 pm	\$60	<u>7857</u>
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RECERTIFICATION STANDARD FIRST AID & CPR/AED LEVEL C

Age: 13 +

The Standard First Aid recertification includes all CPR-C and Emergency First Aid content, plus advanced topics like head and spine injuries, joint injuries, sudden medical emergencies, environmental hazards, and poisons. Participants must hold a current First Aid Certificate for the Recertification on level they are taking (*before it expires*). A copy of the certification must be brought to class.

Aug. 16	Sa	9:00 am - 5:00 pm	\$75	<u>7856</u>
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FITNESS

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 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.

CARDIO, STRENGTH & CORE

CARDIO KICKBOX

Age: 16 yrs +

3 4

Join our dynamic Cardio Kickboxing class for an exhilarating, full-body workout that combines high-energy cardio with techniques. Focus on improving cardiovascular endurance, strength, coordination and flexibility.

W 5:30 pm - 6:30 pm \$5/class 7866

TRX

Age: 16 yrs +

2 3 4

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 7:00 pm - 8:00 pm \$5/class 7861

STRENGTH & CORE

Age: 16 yrs +

2 3 4

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 12:00 pm - 12:45 pm \$5/class 7868

FITNESS EXPRESS

Age: 16 yrs +

2 3 4

This session combines cardio and strength training for a full-body burn that targets every muscle group. Whether you're looking to build strength, improve endurance, or just get a great sweat on, Fitness Express is designed to give you maximum results in minimal time.

M,W,F 12:00 pm - 1:00 pm \$5/class 7845



SPIN

SPIN EXPRESS

Age: 16 yrs +

3 4

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 5:45 pm - 6:30 pm \$5/class 7860

SPIN

Age: 16 yrs +

3 4

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

M 5:30 pm - 6:30 pm \$5/class 7859

FITNESS



GENTLE EXERCISE

FOREVER FIT

Age: 16 yrs +

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 10:30 am - 11:30 am \$5/class 7844

SEATED ZUMBA GOLD

Age: 16 yrs +

Seated Zumba Gold 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* 10:30 am - 11:15 am \$5/class 7814

*No classes July & August

YOGA

YOGA LITE

Age: 16 yrs +

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 9:00 am - 10:00 am \$5/class 7863

FLOW YOGA

Age: 16 yrs +

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.

Tu 7:00 pm - 8:00 pm \$5/class 7864

YIN YOGA

Age: 16 yrs +

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 7:00 pm - 8:00 pm \$5/class 7865

CHAIR YOGA

Age: 16 yrs +

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.

Tu 1:30 pm - 2:15 pm \$5/class 7862



FITNESS

DANCE FITNESS

ZUMBA

Age: 16 yrs +

3 4

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 \$5/class 7817

ZUMBA GOLD

Age: 16 yrs +

1 2

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* 9:15 am - 10:00 am \$5/class 7816

*No classes July & August

AQUAFIT

BLENDED AQUAFIT

Age: 16 yrs +

1 2 3

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 Drop In Fee 7818



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.

PERSONAL TRAINING

PERSONAL TRAINING

Age: 13 yrs +

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

Private Rates*

\$50/1 session

\$200/5 sessions

*Minimum 3 sessions required

Clients will be charged for missed sessions with less than 72-hours notice. Cancellation charge will be equivalent to cost of one full session.

TEEN PROGRAMS

TEEN GYM

Age: 13 - 15 yrs

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 - 5:30 pm

\$5/class

Sa

1:00 pm - 4:00 pm

\$5/class

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.

COMMUNITY EVENTS



BIKE - TO - REC WEEK

Age: All

Ride your bike to the recreation centre and unlock awesome perks! Free drop in admission to on the day you bike to the rec centre. Every time you bike, you'll be entered into a draw for amazing giveaways

How to Participate:

- Ride your bike to the rec center anytime during May 31 – June 6.
- Check in at the front desk to get your free admission and enter the draw.
- Enjoy your swim or skate on us!

May 31 - June 6

FREE **7906**

EXPLORE MORE: FAMILY NATURE DAYS

Age: Families

Discover, Explore, and Play in the Great Outdoors!

Join us for an exciting outdoor adventure series designed to get kids and families outside, exploring nature and creating unforgettable memories. Each session features hands-on activities like scavenger hunts, nature crafts, and outdoor games.

Saturdays once a month **9:00 am - 12:30 pm** **FREE** **7902**

See page 11 for more details



MOVE FOR HEALTH DAY

Age: All

Stop by the Recreation Centre to get your membership 20% off! Also the chance to win cool prizes and grab some snacks!

May 7 **W** **6:00 am - 8:30 pm** **FREE** **7905**



COME WORK WITH US!



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



Fitness Attendant



Facility Operator



Lifeguard



Recreation Assistant



Fitness Instructor



Customer Service Representative

Apply today at fvr.d.ca/careers



6th AVE PARK
Hope, BC



CELEBRATE *Canada*

TUESDAY JULY 1, 2025

**DOORS OPEN AT
6:00 PM**

**Join us for an unforgettable
Canada Day celebration!**

- Featuring the 5-piece band, **Annika and the Earthlings**, for rockin' music all night long!
- Bring the whole family to enjoy the **Kids Fun Zone** that includes bouncy castles, face painting, carnival games and prizes.
- Savor delicious eats from **local food trucks** & relax in the beer gardens with **Mountainview Brewing Co.**



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