

SUMMER 2026

HOPE & AREA RECREATION GUIDE



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

LOCATION

1005 6th Ave Hope, BC

RECEPTION HOURS

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

POOL HOURS

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

FACILITY CLOSURE DATES

Canada Day	July 1 st
BC Day	Aug 3 rd

Registration Dates

June 5th

Registration opens at 8:30 am



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COMMUNITY EVENTS

How to Register



online
fvrd.ca/recreation



call us
604-869-2304



in person
1005 6th Avenue

Registration Dates

June 5th

Registration opens at 8:30 am

July 2nd

Programs start

SUBSIDIES INFORMATION

KIDSPORT BRITISH COLUMBIA

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

Kidsportcanada.ca

CANADIAN TIRE JUMPSTART

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

CANCELLATION POLICY

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

Sometimes great programs are cancelled due to low registration. Don't wait until the last minute! If program registration requirements are not met 72-hours prior to the schedule program start date, the program will be cancelled and you will be issued a full refund.

WITHDRAWAL & REFUND POLICY

If you wish to withdraw from a program, a refund (less 20% administration fee) will be issued if at least 72-hours notice has been provided prior to the program start date. If less than 72-hours of notice is provided prior to the program start date, please email your request to leisure@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

SUMMER 2026 DROP-IN SCHEDULE



July - August

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

AQUATICS						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public Swim 12:00pm - 5:00pm	Public Swim 6:30am - 8:00pm	Public Swim 12:00pm - 8:00pm	Public Swim 6:30am - 8:00pm	Public Swim 12:00pm - 8:00pm	Public Swim 6:30am - 8:00pm	Public Swim 12:00pm - 8:00pm
	Lane Swim 6:30am - 8:30am	Lane Swim 6:00pm - 8:00pm	Lane Swim 6:30am - 8:30am	Lane Swim 6:00pm - 8:00pm	Lane Swim 6:30am - 8:30am	Lane Swim 6:00pm - 8:00pm
	Aquafit 9:00am - 10:00am		Aquafit 1:30pm - 2:30pm		Aquafit 1:30pm - 2:30pm	

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

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

RATES & FEES

DAILY SPECIALS

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

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

DROP-IN RATES & PASSES

Drop-in Rates & Facility Pass*

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

All Inclusive Pass*

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

*Passes DO NOT include Casual Hockey, Adult Shinny, 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.

RATES & FEES

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

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

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

FACILITY RENTALS



ARENA

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

Ice Rental:

Peak	\$175/hr
Non-peak	\$155/hr
Youth	\$78/hr

Dry Floor Rental:

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



DAN SHARRERS AQUATIC CENTRE

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

Pool Rental: \$145/hr*

Lane Rental: \$15/hr

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



CONFERENCE CENTRE

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

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

Day Rate: \$350.00**

Commercial: \$90/hr*

**Maximum 10 hours

*Minimum 2 hours



MEZZANINE

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

Not-for-profit: \$31/hr

Day Rate: \$185*

Commercial: \$52/hr

*Maximum 10 hours



REC CENTRE MEETING ROOM

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

Not-for-profit: \$26.50/hr

Day Rate: \$130*

Commercial: \$40/hr

*Maximum 10 hours

Want to rent a space?

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

LED MESSAGE BOARD

Our LED message board can help get your message out.

User Group Rates:

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

Commercial Rates:

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

Live 5-2-1-0 is a simple, easy-to-remember message to help kids and families adopt healthy habits. When shared and supported across a community, Live 5-2-1-0 can make it easier for kids to eat healthy and be active every day.



supporting the
Live 5-2-1-0
campaign by **SCOPE**
www.lives210.ca

LIVE 5-2-1-0 PLAYBOXES

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

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

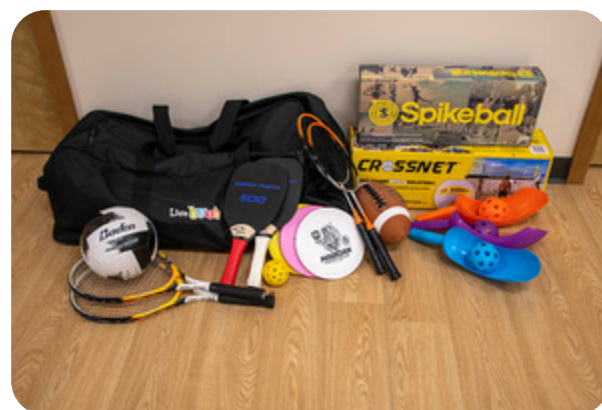
Some of the equipment that can be found in the Playboxes include skipping ropes, hula hoops, frisbees, basketballs, volleyballs, soccer balls, badminton and tennis racquets, pickleball paddles, disc golf discs, and more!



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

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

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



Unlock the fun!

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



Hope Summer Camp



Jul. 6 – Sep. 4 **9:00AM – 5:00PM**
\$35.00 per day

Join us for 9 weeks of high-energy summer fun. Each day is packed with themed games, creative adventures, crafts, swimming, and exciting challenges. Campers will enjoy a weekly field trip plus local excursions and special presentations right here on site, making every week a new experience to look forward to.

THEMED WEEKS

Want the full scoop? Explore our weekly program details online.

- Week 1: Animal Adventures
- Week 2: Creative Kids
- Week 3: Time Travellers
- Week 4: XploreSportz
- Week 5: Fish Frenzy
- Week 6: Space & Science
- Week 7: Nature Explorers
- Week 8: Water Wonders
- Week 9: Farm Week

WEEKLY FIELD TRIPS

Additional \$15 transportation fee

- Jul 9 - The Greater Vancouver Zoo
- Jul 16 - The Reach Art Gallery
- Jul 23 - Kilby Historic Site
- No Trip
- Aug 6 - Fraser Valley Trout Hatchery
- Aug 13 - H.R. MacMillan Space Centre
- Aug 20 - Syéxw Chó:leqw Adventure Park
- Aug 26 - Almer Carlson Outdoor Pool
- Sep 3 - Greendale Acres

Schedule subject to change



Register Today!
Online at fvrd.ca/recreation or call 604-869-2304

ONE DAY WONDERS

MINI MESS LAB

Age: 3 - 6

Step into a world where getting messy is the whole point! Mini Mess Lab invites young creators to explore bubbles, colours, textures, and squishy science in a hands-on sensory adventure. Kids will rotate through playful stations like bubble painting, oobleck, and ice-cube art, discovering how everyday materials can transform into something magical. Parent participation may be required.

July 15 **W** **4:00pm - 5:00pm** **\$10** **8263**

PIRATE PALOOZA

Age: 3 - 6

Ahoy, mateys! Young adventurers will step into a world of imagination as they suit up as pirates and set off on a playful treasure hunt. Children will build mini boats, take part in challenges, and complete a pirate training course before uncovering the Lost Treasure Chest filled with surprises.

Aug 12 **W** **4:00pm - 5:00pm** **\$10** **8264**



BIRTHDAY PARTIES

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

Additional Notes:

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



ONE DAY WONDERS



ULTIMATE NERF BATTLE

Age: 6 - 12

Gear up for an exciting outdoor Nerf Battle run by the Blaster Brawls team! We'll start with a short safety talk so everyone knows how to play safely. After that, the games begin. Players can move through a maze of big barriers — great for hiding, dodging, and planning their next move. Teams will work together to score points, protect their zones, and try to outsmart the other side in fun, fast games. All equipment is provided.

Aug 19 **W** **4:45pm - 6:30pm** **\$50** **8267**

AMAZING RACE: HOPE REC EDITION

Age: 7 - 12

Teams will dash, solve, and build their way through this high-energy challenge. The Amazing Race: Rec Centre Edition sends participants across the facility to complete puzzles, physical challenges, brain-teasers, and quirky tasks that test teamwork and creativity.

Jul 9 **Th** **5:00pm - 7:00pm** **\$20** **8265**

EXIT ESCAPE ROOM CHILLIWACK

Age: 7 - 12

Join us for an exciting evening out as we travel to EXIT Escape Room in Chilliwack for a team-based puzzle adventure. Work together to crack clues, solve challenges, and escape one of EXIT's immersive themed rooms. Program fee includes transportation and admission, making this a fun, hassle-free summer outing for anyone who loves a good challenge.

Jul 22 **W** **5:00pm - 8:00pm** **\$60** **8302**

REC CENTRE IRON CHEF

Age: 7 - 12

Ready, set... create! In this playful, no-heat cooking challenge, teams are given a basket of mystery ingredients and a limited time to design their most imaginative snack-based "dish." A panel of friendly judges will award fun categories like "Most Unexpected Creation" or "Best Team Spirit."

Aug 6 **Th** **4:00pm - 5:30pm** **\$20** **8266**

SPORTS & LEARNING

DROP IN SPORTS

OUTDOOR VOLLEYBALL

Age: 13 +

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.

Jul. 7 - Sept. 1 Tu 5:00 pm - 7:00 pm \$6.00

COURSES

HOME ALONE COURSE

Age: 10 +

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

This is a drop-off program.

Aug. 8 Sa 11:00am - 3:00pm 1/\$25 8269

BABYSITTERS COURSE

Age: 12 +

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

Certificate upon completion.

This is a drop-off program.

Jul. 18 & 19 Sa,Su 11:00am - 4:00pm 2/\$65 8270

Parks and Trails Survey



Community input is being gathered to help shape the Fraser Valley Regional District's Parks and Trails 2050 Plan.

Take a quick survey to share your priorities, ideas, and vision for the future of parks and trails in the Fraser Valley.

Take the Survey:

- Scan the QR code or
- Visit haveyoursay.fvrd.ca/parks2050

Questions?

Email OutdoorRecreation@fvrd.ca



MISSION TO THE STARS

AUGUST 11th

Bring the family and experience the **HR MacMillan Space Centre's Portable Planetarium** right here in our community. Register for one of our upcoming sessions and explore the stars like never before.

Session Times:

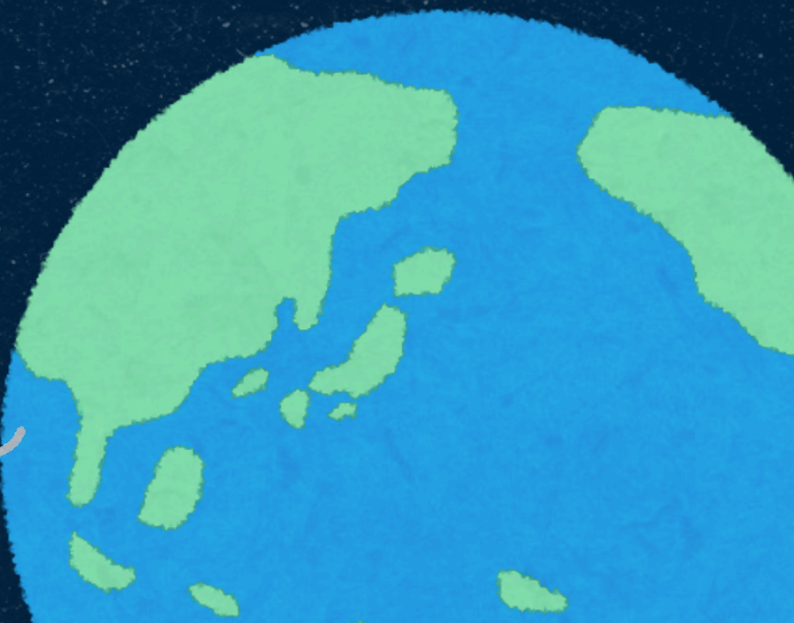
11:30am - 12:00pm

12:15pm - 12:45pm

1:00pm - 1:30pm

\$4 per person

at the **Hope & Area Recreation
Conference Centre**



PARENT AND TOT LESSONS

Ages 4 months–3 years

Caregiver participation is required.
Progression is based on age.



Jellyfish
4–12 months



Goldfish
12–24 months



Seahorse
24 months–3 years

PRESCHOOL LESSONS

Ages 3–5 years

Progression is based on completion of level.



Octopus

- Blowing bubbles with face in water
- Front and back floats and glides with instructor help



Crab

- Front and back floats and glides with buoyant aid
- Roll-over floats
- 5 m back swim with buoyant aid



Orca

- Front, back and roll-over floats and glides
- 5 m swim on front and back



Sea Lion

- Basic front crawl and side glides
- Deep-water activities
- 7 m swim on front and back



Narwhal

- Deep-water swimming
- 5 m front and back crawl
- 4 x 5 m swim on back

Moving from Preschool to Swimmer Lessons

To advance to Swimmer Lessons, your child must be at least 5 years old on the first day of lessons. If they have completed Narwhal, they will advance to Swimmer 2. All other preschool swimmers will benefit from gaining more experience in Swimmer 1.



SWIMMER LESSONS

Progression is based on completion of level.



Swimmer 1 (5 years +)

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 5 m swim on front and back



Swimmer 2 (5 years +)

- Deep-water activities
- Front, back and side swims
- 10 m front and back crawl



Swimmer 3 (5 years +)

- Deep-water swimming
- Whip kick on back
- 15 m front and back crawl



Swimmer 4 (5 years +)

- Tread water for 1 minute
- Basic breaststroke
- 25 m front and back crawl
- Swim to Survive Standard



Swimmer 5 (5 years +)

- Eggbeater for 30 seconds
- 25 m breaststroke
- 50 m front and back crawl



Swimmer 6 (5 years +)

- 50 m breaststroke
- 100 m front and back crawl
- 300 m distance swim



Swimmer 7/Rookie Patrol (8–14 years)

- Front and back crawl and breaststroke mastery
- Lifesaving: victim recognition and ready position
- First Aid: primary assessment and calling EMS



Swimmer 8/Ranger Patrol (8–14 years)

- Eggbeater kick and object support
- First aid: obstructed airway, checking breathing and shock
- Removing conscious victim



Swimmer 9/Star Patrol (8–14 years)

- First aid: bone and joint injuries, asthma and allergic reactions
- Support and removal unconscious victim
- 300 m swim in 9 minutes

SWIMMING LESSONS

PRESCHOOL 1 - OCTOPUS

Age: 3 - 5

Jul. 6 - Jul. 16 M-Th 9:30am - 10:00am 8/\$50 8225

PRESCHOOL 2 - CRAB

Age: 3 - 5 (completed Octopus)

Jul. 6 - Jul. 16 M-Th 9:30am - 10:00am 8/\$50 8226

PRESCHOOL 3 - ORCA

Age: 3 - 5 (completed Crab)

Jul. 20 - Jul. 30 M-Th 9:30am - 10:00am 8/\$50 8229

PRESCHOOL 4 - SEA LION

Age: 3 - 5 (completed Orca)

Aug. 4 - Aug. 13 M-Th 9:30am - 10:00am 8/\$50 8232

SWIMMER 1

Age: 5 - 12

Jul. 6 - Jul. 16 M-Th 10:00am - 10:30am 8/\$50 8227
 Aug. 4 - Aug. 13 M-Th 10:00am - 10:30am 8/\$50 8233

SWIMMER 2

Age: 5 - 12 (completed Swimmer 1)

Jul. 20 - Jul. 30 M-Th 10:00am - 10:30am 8/\$50 8230

SWIMMER 3

Age: 5 - 12 (completed Swimmer 2)

Jul. 6 - Jul. 16 M-Th 10:30am - 11:15am 8/\$50 8228

SWIMMER 4

Age: 5 - 12 (completed Swimmer 3)

Jul. 20 - Jul. 30 M-Th 10:30am - 11:15am 8/\$50 8231

SWIMMER 5

Age: 5 - 12 (completed Swimmer 4)

Aug. 4 - Aug. 13 M-Th 10:30am - 11:15am 8/\$50 8234

FREE SWIM ASSESSMENTS

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



ALIEN INVASION POOL PARTY

Age: 7 - 12

Calling all young space explorers! The pool has been taken over by silly, splash-loving space aliens, and it's up to our swimmers to save the day. Kids will dive into cosmic games, goofy challenges, and imaginative missions as they work together to restore peace to the galaxy.

Jul. 3 Fr 3:00pm - 5:00pm \$3.25 8235

GYM ORIENTATION

Age: 13 +

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

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

TEEN GYM

Age: 13 - 15

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

M,W,F	3:30pm - 5:30pm	Drop In Fee
Sa	1:00pm - 4:00pm	Drop In Fee



IT'S BACK!

PERSONAL TRAINING

Age: 13 yrs +

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

Private Rates*

\$55/1 session

\$250/5 sessions

\$450/10 sessions

**Minimum 3 sessions required to start*

Clients will be charged for missed sessions.

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

FITNESS CLASS LEVELS

LEVEL 1

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

LEVEL 2

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

LEVEL 3

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

LEVEL 4

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

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



GENTLE EXERCISE

FOREVER FIT

Age: 16 +

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

M,W,F 10:30am - 11:30am \$6/class 8283

1 2

SEATED ZUMBA

Age: 16 +

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

Tu,Th 10:30am - 11:15am \$6/class 8287

1 2



GYM-FO

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

Pre-registration is required for this program.

Jul. 4 - Jul. 25

Sa 12:00pm - 1:00pm 4/\$20 8301

CARDIO, STRENGTH & CORE

FULL BODY CIRCUIT

2 3 4

Age: 16 +

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

W 12:00pm - 1:00pm \$6/class 8291

20-20-20

3 4

Age: 16 +

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

W 5:30pm - 6:30pm \$6/class 8292

STRENGTH & CORE

2 3 4

Age: 16 +

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

M,W 12:00pm - 12:45pm \$6/class 8288

CARDIO COMBO

3 4

Age: 16 +

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

Fr 12:00pm - 12:45pm \$6/class 8297

SUSPENSION TRAINING

3 4

Age: 16 +

Build strength, stability, and confidence using suspension straps in this full-body functional training class. You'll use your own body weight to challenge your core, improve balance, and develop strength through controlled, purposeful movement. Exercises can be easily modified, making this class welcoming for beginners and still challenging for those looking to level up.

W 7:00pm - 8:00pm \$6/class 8300

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	\$6/class	<u>8294</u>
W	6:15am - 7:00am	\$6/class	

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	\$6/class	<u>8286</u>
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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	12:00pm - 12:45pm	\$6/class	<u>8284</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	\$6/class	<u>8289</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	9:30am - 10:15am	\$6/class	<u>8282</u>
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YOGA

CHAIR YOGA

Age: 16 +

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

M,W	1:30pm - 2:15pm	\$6/class	<u>8285</u>
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YOGA LITE

Age: 16 +

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

F	9:00am - 10:00am	\$6/class	<u>8296</u>
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YIN YOGA

Age: 16 +

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

Th	7:00pm - 8:00pm	\$6/class	<u>8295</u>
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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.

AQUAFIT

AQUAFIT

Age: 16 +

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

M	9:00am - 10:00am	Drop-in Fee	<u>8281</u>
W,F	1:30pm - 2:30pm		

EVENTS

PARK POP UP: PARKS & TRAILS 2050

June 19th, Thacker Regional Park, 10AM

CANADA DAY CELEBRATION

July 1st, 6th Ave Park, 6PM

KELLIE HAINES VENTRILOQUIST: LAUGHING OUT LOUD

July 7th, Hope Memorial Park, 10AM
Presented by the Hope Library

WEST COAST EXOTICS: REPTILES UP CLOSE

July 16th, Hope Rec Conference Centre, 2PM
Presented by the Hope Library

OCEAN WISE: WONDERFUL WHALES

August 7th, Hope Rec Conference Centre, 3PM
Presented by the Hope Library

MISSION TO THE STARS: HR MACMILLIAN PORTABLE PLANETARIUM

August 11th, Hope Rec Conference Centre, Various times
*Pre-registration required. More information found on page 12

OPEN HOUSE: PARKS & TRAILS 2050

August 19th, Hope & Area Recreation Centre, 6PM



Hope Library
1005A - 6th Avenue, Hope | 604-869-2313
[Read. Learn. Play. | www.fvrd.ca](http://www.fvrd.ca)

