

SPRING 2023

HOPE & AREA

RECREATION GUIDE

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HOPE RECREATION CENTRE
604-869-2304


ONLINE REGISTRATION
fvrld.ca/recreation

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How to Read the Guide

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

Program name → **OCTOPUS**  ← This icon indicates that you need to register in advance

Age requirement → Age: 3 - 5 yrs Fee: \$45

Sep 13 - Oct 6	M, W	10:30 am - 11:00 am	6797
Oct 18 - Nov 10	M, W	10:30 am - 11:00 am	6798
Nov 15 - Dec 8	M, W	10:30 am - 11:00 am	6799

↑
Dates
↑
Days
↑
Time
↑
Use this barcode to easily search our programs online

How to Register

 *call us*

604-869-2304

 *in person*

1005 6th Avenue

 *online*

fvrd.ca/recreation

Registration Dates

MARCH 13

Registration opens at 8:30 am

APRIL 1

Programs start

SUBSIDIES INFORMATION

KIDSPORT BRITISH COLUMBIA

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

kidsportcanada.ca

CANADIAN TIRE JUMPSTART

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

jumpstart.canadiantire.ca

CANCELLATION POLICY

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

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

WITHDRAWAL & REFUND POLICY

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

WANT TO BE NOTIFIED OF PROGRAM CANCELLATIONS?

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

HOPE RECREATION CENTRE



LOCATION

1005 6th Ave Hope, BC

RECEPTION HOURS

Monday - Friday	8:30 am - 8:30 pm
Saturday	10:00 am - 8:30 pm
Sunday	10:00 am - 5:30 pm

FACILITY CLOSURES

Good Friday	Friday, Apr 7
Easter Monday	Monday, Apr 10
Victoria Day	Monday, May 22
Canada Day	Saturday, Jul 1

AMENITIES

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

SCHEDULES

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

 @HopeRecreation



DROP-IN RATES & PASSES

Drop-in Rates & Facility Pass*

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

All Inclusive Pass*

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

*Passes DO NOT include Casual Hockey, Adult Shinny, 55+ Hockey, and programs that require pre-registration.

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

*5 year expiry on 10 & 20 Pass

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

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

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

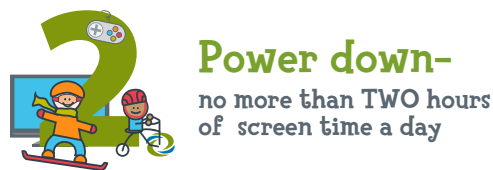
Family Sundays \$4.50 (1/2 price)

Last Hour Gym or Swim \$3.25

INCLEMENT WEATHER/STAFF ILLNESS

Program disruptions or closures may occur if the minimum number of staff required to operate safely are not available to work. Your patience and understanding are appreciated. For the latest updates, please check our Facebook page or call us.

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.live5210.ca

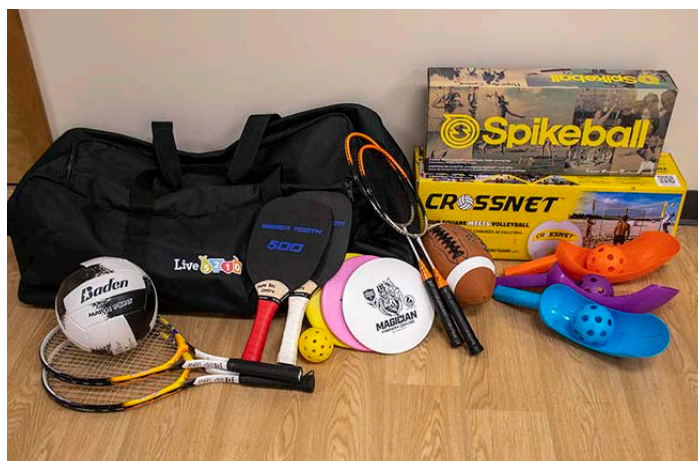
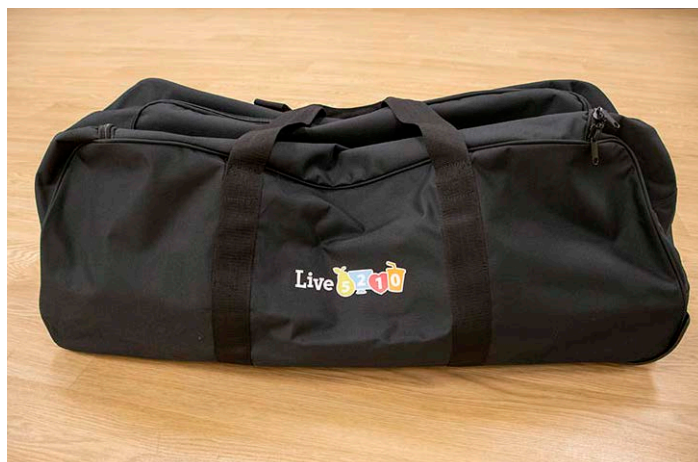
Live 5-2-1-0 Playboxes

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*
**open during summer season only*
Yale

How to Access: Mobile playbags are signed out on a first-come, first-served basis for up to 24 hours at a time. Please call the rec centre for availability. To gain access to the boxes, fill out an application form and drop it off at the rec centre or email it to leisure@fvrd.ca.



Unlock the fun!

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

ARENA

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

Ice Rental: Peak	\$162/hr	Dry Floor Rental: 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.

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

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*	<i>**Maximum 10 hours</i>
<i>*Minimum 2 hours</i>	

MEZZANINE

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

Not-for-profit: \$29/hr	Day Rate: \$178.50*
Commercial: \$45/hr	<i>*Maximum 10 hours</i>

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	<i>*Maximum 10 hours</i>

LED MESSAGE BOARD

Our LED message board can help get your message out.

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



Want to rent a space?

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

CHILDREN & YOUTH PROGRAMS



DAY CAMPS

PRO-D DAY CAMP

Age: Kindergarten - 12 yrs

Fee: \$29.50/day

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

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

Friday, April 28	8:30 am - 5:00 pm	7201
Friday, May 19	8:30 am - 5:00 pm	7202
Friday, June 30	8:30 am - 5:00 pm	7203

TEEN AQUATIC PROGRAMS

Lifeguards are in high demand! Start your training toward a great career as a lifeguard. Check out our Bronze Medallion & Bronze Cross programs on page 13.

COOKING

LITTLE CHEFS

Age: 3 - 5 yrs

Fee: \$30

You're never too young to start exploring a kitchen! Learn basic kitchen safety and prepare delicious, kid-friendly dishes, while interacting with other little chefs.

Apr 12 - May 3 Th 3:00 pm - 3:45 pm 7189

SCIENCE

LITTLE EINSTEIN

Age: 3 - 5 yrs

Fee: \$30

It's messy, goopy, slimy and bubbling over with FUN! These colourful experiments may not be your first choice for an activity at your kitchen table. But, we don't mind making a bit of a mess here to figure out the 'hows' and 'whys' of chemical reactions, gravity and all things science.

May 11 - Jun 1 Th 3:00 pm - 3:45 pm 7190

MAD SCIENTISTS

Age: 6 - 12 yrs

Fee: \$40

It's messy, goopy, slimy and bubbling over with FUN! These colourful experiments may not be your first choice for an activity at your kitchen table. But, we don't mind making a bit of a mess here to figure out the 'hows' and 'whys' of chemical reactions, gravity and all things science.

May 11 - Jun 1 Th 4:00 pm - 5:00 pm 7191

LOVE TO PLAY SPORTS?

Bring your friends and play a recreational sport of your choice during our drop-in open floor program on Friday evenings. Find more details on page 16.



Swim for Life Program

PARENT & TOT AND PRESCHOOL LEVELS

Parent & Tot 1 – Jellyfish

Age: 4 - 12 mo (with caregivers)

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

Parent & Tot 2 – Goldfish

Age: 1 - 2 yrs (with caregivers)

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

Parent & Tot 3 – Seahorse

Age: 2 - 3 yrs (with caregivers)

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

Preschool 1 – Octopus

Age: 3 - 5 yrs

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

Preschool 2 – Crab

Age: 3 - 5 yrs (completed Octopus)

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

Preschool 3 – Orca

Age: 3 - 5 yrs (completed Crab)

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

Preschool 4 – Sea Lion

Age: 3 - 5 yrs (completed Orca)

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

Preschool 5 – Narwhal

Age: 3 - 5 yrs (complete Sea Lion)

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

SWIMMER LEVELS

Swimmer 1

Prerequisite: 5 yrs

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

Swimmer 2

Prerequisite: Complete Swimmer 1 or Narwhal

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

Swimmer 3

Prerequisite: Complete Swimmer 2

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

Swimmer 4

Prerequisite: Complete Swimmer 3

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

Swimmer 5

Prerequisite: Complete Swimmer 4

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

Swimmer 6

Prerequisite: Complete Swimmer 5

These swimmers will become proficient at deep water skills including stride entries and compact jumps. They'll develop lifesaving kicks such as eggbeater and scissor kick. Breaststroke, front crawl and back crawl are further developed. Head-up swims, interval training and a 300m workout develop strength and endurance.

Swimmer 7 – Rookie Patrol

Prerequisite: Complete Swimmer 6

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

Swimmer 8 – Ranger Patrol

Prerequisite: Complete Swimmer 7

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

Swimmer 9 – Star Patrol

Prerequisite: Complete Swimmer 8

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

SWIM LESSONS

PARENT & TOT 1 - JELLYFISH ✓

Age: 4 - 12 mo (with caregivers) Fee: \$45
 Apr 3 - May 1* M, W 10:30 am - 11:00 am 7155
 *No class Apr 10
 May 8 - Jun 5* M, W 10:00 am - 10:30 am 7161
 *No class May 22

PARENT & TOT 2 - GOLDFISH ✓

Age: 1 - 2 yrs (with caregivers) Fee: \$45
 Apr 3 - May 1* M, W 10:30 am - 11:00 am 7156
 *No class Apr 10
 May 8 - Jun 5* M, W 10:00 am - 10:30 am 7162
 *No class May 22

PARENT & TOT 3 - SEAHORSE ✓

Age: 2 - 3 yrs (with caregivers) Fee: \$45
 Apr 3 - May 1* M, W 10:30 am - 11:00 am 7157
 *No class Apr 10
 May 8 - Jun 5* M, W 10:00 am - 10:30 am 7163
 *No class May 22

PRESCHOOL 1 - OCTOPUS ✓

Age: 3 - 5 yrs Fee: \$45
 Apr 3 - May 1* M, W 10:00 am - 10:30 am 7160
 *No class Apr 10
 May 2 - May 25 Tu, Th 4:15 pm - 4:45 pm 7151

PRESCHOOL 2 - CRAB ✓

Age: 3 - 5 yrs Fee: \$45
 Apr 4 - Apr 27 Tu, Th 4:45 pm - 5:15 pm 7146
 May 8 - Jun 5* M, W 10:30 am - 11:00 am 7164
 *No class May 22

PRESCHOOL 3 - ORCA ✓

Age: 3 - 5 yrs Fee: \$45
 Apr 3 - May 1* M, W 11:00 am - 11:30 am 7158
 *No class Apr 10
 Apr 4 - Apr 27 Tu, Th 4:45 pm - 5:15 pm 7147

PRESCHOOL 4 - SEA LION ✓

Age: 3 - 5 yrs Fee: \$45
 Apr 3 - May 1* M, W 11:00 am - 11:30 am 7159
 *No class Apr 10
 May 30 - Jun 22 Tu, Th 4:30 pm - 5:00 pm 7153

PRESCHOOL 5 - NARWHAL ✓

Age: 3 - 5 yrs Fee: \$45
 May 8 - Jun 5* M, W 11:00 am - 11:30 am 7165
 *No class May 22

SWIMMER 1 ✓

Age: 5 - 12 yrs Fee: \$45
 Apr 4 - Apr 27 Tu, Th 4:15 pm - 4:45 pm 7143
 May 30 - Jun 22 Tu, Th 5:00 pm - 5:30 pm 7154

SWIMMER 2 ✓

Age: 5 - 12 yrs Fee: \$45
 May 2 - May 25 Tu, Th 4:45 pm - 5:15 pm 7148

SWIMMER 3 ✓

Age: 5 - 12 yrs Fee: \$60
 Apr 4 - Apr 27 Tu, Th 3:30 pm - 4:15 pm 7144

SWIMMER 4 ✓

Age: 5 - 12 yrs Fee: \$60
 Apr 4 - Apr 27 Tu, Th 3:30 pm - 4:15 pm 7145

SWIMMER 5 ✓

Age: 5 - 12 yrs Fee: \$60
 May 2 - May 25 Tu, Th 3:30 pm - 4:15 pm 7149

SWIMMER 6 ✓

Age: 5 - 12 yrs Fee: \$60
 May 2 - May 25 Tu, Th 3:30 pm - 4:15 pm 7150

SWIMMER 7 - ROOKIE PATROL ✓

Age: 5 - 12 yrs Fee: \$80
 May 30 - Jun 22 Tu, Th 3:30 pm - 4:30 pm 7152



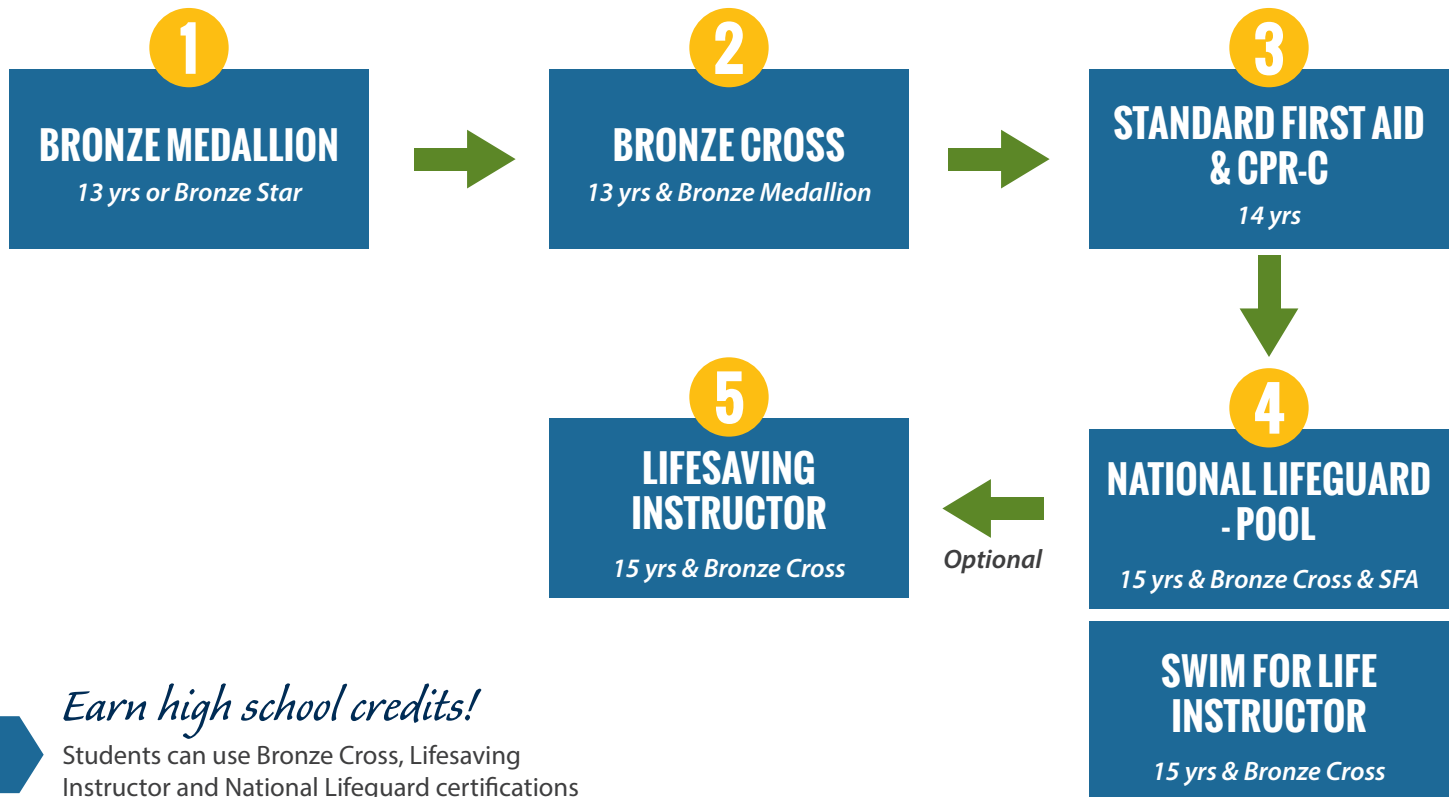
FREE SWIM ASSESSMENTS

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



📷 Adele Hinkley

Dive into a rewarding career as a lifeguard!



Earn high school credits!

Students can use Bronze Cross, Lifesaving Instructor and National Lifeguard certifications for credit toward high school graduation.

LIFESAVING

BRONZE MEDALLION

Age: 13 yrs + Fee: \$120

Bronze Medallion 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.

Friday, Apr 28	9:00 am - 6:00 pm	7166
Saturday, Apr 29	9:00 am - 6:00 pm	7166
Sunday, Apr 30	9:00 am - 5:00 pm	7166

BRONZE CROSS

Age: 13 yrs + Fee: \$120

Candidates strengthen and expand their lifesaving skills and being 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.

Friday, May 12	4:00 pm - 8:00 pm	7167
Saturday, May 13	9:00 am - 6:00 pm	7167
Sunday, May 14	9:00 am - 5:00 pm	7167

POOL OPERATIONS

POOL OPERATORS LEVEL 1

Age: 16 yrs + Fee: \$285

Pool Operators Level 1 is an introductory course, with topics designed to build an understanding of swimming pool operations and maintenance.

June 17 - 18	9:00 am - 5:00 pm	7188
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FREE PARENT & TOT SWIM LESSON

When your baby receives their 6 month vaccinations at the Hope Health Unit.

AQUAFIT

BLENDED AQUAFIT

Age: 16 yrs + Fee: Drop-in

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

M, W, F	1:30 pm - 2:30 pm
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Fitness Class Levels

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

LEVEL 1

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

LEVEL 2

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

LEVEL 3

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

LEVEL 4

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

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

GENTLE EXERCISE

FOREVER FIT 1 2

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

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

M, W, F 10:45 am - 11:45 am

TRX LITE 2 3

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

This class offers basic instruction for anyone new to TRX training and may be beneficial to anyone coming back from an injury, older adults, post-pregnancy moms, or those who are new to regular exercise. Each class will include a mobility warmup, focus on all the main muscle groups and have a cool down and stretch period.

Th 10:45 am - 11:45 am

CARDIO, STRENGTH & CORE

CARDIO SCULPT 3 4

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

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

Tu 12:00 pm - 1:00 pm

FITNESS EXPRESS 2 3 4

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

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

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

SPIN 3 4

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

This indoor cycling class provides a high-energy workout that burn calories and improves endurance and strength through a variety of drills and exercises timed to the beat of the music.

Th 5:15 pm - 6:15 pm

SPIN FUSION 3 4

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

A fun, fast-paced class for all fitness levels with three stations, including spin, strength, and high-intensity interval training.

M 4:45 pm - 5:45 pm

TRX FUNCTIONAL TRAINING 3 4

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

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

M, W 6:30 pm - 7:30 pm

W 5:15 pm - 6:15 pm



FITNESS CLASS ETIQUETTE

Please arrive at least 5 minutes before fitness classes.

DANCE FITNESS

HOOP DANCE FITNESS 3

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

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

Tu 4:15 pm - 5:15 pm

ZUMBA 3 4

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

Zumba is a total body workout that combines all elements of fitness—cardio, muscle conditioning, balance and flexibility and boosted energy. This class is a combination of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Tu 5:30 pm - 6:30 pm

ZUMBAGOLD 1 2

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

A modified easy-to-follow Zumba class that recreates the original moves you love at a lower-intensity. This class is geared towards active older adults and focuses on balance, range of motion and coordination.

M, W 9:45 am - 10:30 am

YOGA

YOGA LITE 1 2

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

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

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

YOGA FLOW 2 3

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

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

Th 6:30 pm - 7:30 pm

GYM ORIENTATION & PERSONAL TRAINING

GYM ORIENTATION ✓

Age: 13 yrs + Free

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.

GYM-FO! ✓ *New!*

Age: 16 yrs + Free

Your source for physical fitness information including proper warmup; 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.

Apr 3 - May 15* M 1:30 pm - 2:30 pm 7185

*No class Apr 10

Apr 4 - May 9 Tu 1:30 pm - 2:30 pm 7186

PERSONAL TRAINING ✓

Age: 13 yrs +

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

Private Rates*

\$50/1 session
\$200/5 sessions

*Minimum 3 sessions required

Semi-Private Rates

Available upon request.

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

TEEN PROGRAMS

TEEN GYM

Age: 13 - 15 yrs Fee: Drop-in

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

M, W, F 3:30 pm - 6:30 pm

Sa 1:00 pm - 4:00 pm

Su 3:30 pm - 5:30 pm

Looking for Aquafit?

Find Aquafit in the Aquatics section on page 13.

ARENA - DRY FLOOR

SPORTS | STARTS APRIL 11

LACROSSE

Age: 15 yrs +

Fee: Drop-in

This recreational program is for those who want to practice their lacrosse skills through friendly scrimmage games. Come enjoy one of our national sports! Helmet, stick, gloves and elbow pads are required.

Th 4:30 pm - 5:30 pm (Age 7 - 13)

Th 5:30 pm - 6:30 pm (Age 14 - 18)

Th 6:30 pm - 8:30 pm (Age 19 +)

FLOOR HOCKEY

Age: See below

Fee: \$3

Enjoy a fast-paced workout while sharpening your hockey skills. All skill levels welcome in this co-ed, non-contact, non-competitive environment.

Tu 4:30 pm - 5:30 pm (Age 7 - 13)

Tu 5:30 pm - 6:30 pm (Age 14 - 18)

Tu 6:30 pm - 8:30 pm (Age 19 +)

OPEN FLOOR

Age: 15 yrs +

Fee: Drop-in

Come and enjoy our drop-in sports program on our dry floor! Stay active and socialize with other members of the community while playing your favorite sports such as basketball, volleyball, or indoor soccer. Our program is open to people of all ages and skills, from beginners to seasoned athletes. No need to register in advance, simply show up and play!

F 6:00 pm - 8:00 pm

PICKLEBALL

Age: 15 yrs +

Fee: Drop-in

Join us for our Pickleball drop-in program, a fun and exciting way to stay active and socialize with others in the community! Pickleball is a paddle sport that combines elements of tennis, badminton, and ping-pong, and can be played by people of all ages and skill levels. Whether you're a seasoned pro or a beginner, come on down to our courts and join in the action. No registration required, simply drop-in and play! Paddles are available on a first-come-first-serve basis.

M 6:00 pm - 8:00 pm

W 10:30 am - 12:30 pm

W 6:00 pm - 8:00 pm



Hope & District Chamber of Commerce

2ND ANNUAL PICKLEBALL TOURNAMENT

Saturday, April 15

9:00 am - 5:00 pm

Registration opens at 8:00 am

Mixed Doubles 9:00 am - 12:00 pm

Men's & Women's Doubles 1:00 pm - 5:00 pm



ICE RENTALS

Ice rentals available until April 2.

COME WORK WITH US!



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



Fitness Attendant



Facility Operator



Daycare Attendant



Lifeguard



Customer Service Representative



Recreation Assistant

Apply today at fvr.d.ca/careers

COMMUNITY EVENTS

PICKLEBALL TOURNAMENT

Saturday, April 15

9:00 am - 5:00 pm

Hope & District Chamber of Commerce presents the 2nd Annual Pickelball Tournament at the rec centre. Registration opens at 8:00 am.

Mixed Doubles

9:00 am - 12:00 pm

Men's & Women's Doubles

1:00 pm - 5:00 pm

MOVE FOR HEALTH DAY

Wednesday, May 10

All Day

Please join us as we celebrate BCRPA's Move for Health Day on May 10th. Purchase your next facility membership at a discount of 20%. This Province-wide initiative is designed to help all British Columbians invest more time in their personal health and wellness. During this all day event, admissions to the facility will be free (inclusive of fitness classes) and refreshments and snacks will be provided in the lobby from 12:00 pm to 2:00 pm.

GO BY BIKE WEEK

May 29 - June 4

It's time to tune up your bike, park your car and join your friends, classmates and family in GoByBikeWeek. This Provincial initiative encourages participants to reduce greenhouse gas emissions all while getting active and enjoying the outdoors. To register as a team or individual visit www.gobybikebc.ca. By registering you will help us track our positive environmental impact, be provided with bike safety tips and be entered to win prizes!

PARTICIPACTION COMMUNITY CHALLENGE

June 1 - 30

Help our community win and be crowned Canada's Most Active Community. This challenge is an annual event that aims to get neighbourhoods across the country moving together. One community will earn the top prize and title of being Canada's Most Active.



Easter Activities



HOPE LIONS CLUB ANNUAL EASTER EGG HUNT

Sunday, April 9 @ Silver Creek Elementary

1:00 pm

For up to date event details please watch the Hope Lions Club Facebook page.



Events - At a Glance

APRIL 2023

Sun 09 **Hope Lions Club Annual Easter Egg Hunt**
1:00 pm

Sat 15 **Hope & District Chamber of Commerce 2nd Annual Pickelball Tournament**
9:00 am - 5:00 pm

MAY 2023

Wed 10 **Move for Health Day**
All day

25-04 **GoByBike Week**

JUNE 2023

1-30 **ParticipACTION Community Better Challenge**



