

SPRING 2024

HOPE & AREA

# RECREATION GUIDE

## *Program Highlights*

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**HOPE & AREA RECREATION CENTRE**

604-869-2304

**ONLINE REGISTRATION**

[fvrld.ca/recreation](http://fvrld.ca/recreation)



Fraser Valley Regional District

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

## REGISTRATION INFORMATION

# How to Register

 *call us*

604-869-2304

 *in person*

1005 6<sup>th</sup> Avenue

 *online*

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

## Registration Dates

**MAR 13**

*Registration opens at 8:30 am*

**APR 2**

*Programs start*

## SUBSIDIES INFORMATION

### KIDSPORT BRITISH COLUMBIA

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

[kidsportcanada.ca](http://kidsportcanada.ca)

### CANADIAN TIRE JUMPSTART

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

[jumpstart.canadiantire.ca](http://jumpstart.canadiantire.ca)

## CANCELLATION POLICY

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

Sometimes great programs are cancelled due to low registration. Don't wait until the last minute! If program registration requirements are not met 72 hours prior to the 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](mailto:leisure@fvrd.ca). If the request is approved, a 20% administration fee will be charged and pro-rated accordingly, if applicable. Supporting documentation such as a medical note or change of address may be requested. Refunds will be returned by the original method of payment. Cash and cheque transactions will be refunded to the address on the account.

### WANT TO BE NOTIFIED OF PROGRAM CANCELLATIONS?

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

# HOPE & AREA RECREATION CENTRE



## LOCATION

1005 6<sup>th</sup> 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

Easter Monday	Monday, Apr 1
Victoria Day	Monday, May 20
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 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, 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.

### 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

#### STAY INFORMED!

Follow us on Facebook to keep up-to-date with schedule or program changes.

 @HopeRecreation

### RATES & FEES

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

\*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
<b>Other charges</b>	\$5.00	\$3.00	\$2.25	\$3.00	\$10.00	\$3.00	\$2.25

# DROP-IN SCHEDULES

## WEIGHT ROOM & CARDIO ROOM

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Open Gym</b> 8:30 am - 8:30 pm	<b>Open Gym</b> 8:30 am - 8:30 pm	<b>Open Gym</b> 8:30 am - 8:30 pm	<b>Open Gym</b> 8:30 am - 8:30 pm	<b>Open Gym</b> 8:30 am - 8:30 pm	<b>Open Gym</b> 10:00 am - 8:30 pm	<b>Open Gym</b> 10:00 am - 5:30 pm
<b>Teen Gym (13 - 15 yrs)</b> 3:30 pm - 6:30 pm		<b>Teen Gym (13 - 15 yrs)</b> 3:30 pm - 6:30 pm		<b>Teen Gym (13 - 15 yrs)</b> 3:30 pm - 6:30 pm	<b>Teen Gym (13 - 15 yrs)</b> 1:00 pm - 4:00 pm	<b>Teen Gym (13 - 15 yrs)</b> 3:30 pm - 5:30 pm

## AQUATICS

Mon	Tue	Wed	Thur	Fri	Sat	Sun
<b>Public Swim</b> 8:30 am - 8:00 pm	<b>Public Swim</b> 12:00 pm - 8:00 pm	<b>Public Swim</b> 8:30 am - 8:00 pm	<b>Public Swim</b> 12:00 pm - 8:00 pm	<b>Public Swim</b> 8:30 am - 8:00 pm	<b>Public Swim</b> 12:00 pm - 8:00 pm	<b>Public Swim</b> 12:00 pm - 5:00 pm
<b>Lane Swim</b> 8:30 am - 10:30 am	<b>Lane Swim</b> 6:00 pm - 8:00 pm	<b>Lane Swim</b> 8:30 am - 10:30 am	<b>Lane Swim</b> 6:00 pm - 8:00 pm	<b>Lane Swim</b> 8:30 am - 10:30 am	<b>Lane Swim</b> 6:00 pm - 8:00 pm	

## FITNESS CLASSES

See pages 15-16 for Fitness Class descriptions.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Zumba Gold</b> 9:45 am - 10:30 am		<b>Zumba Gold</b> 9:45 am - 10:30 am				
<b>Seated Zumba Gold</b> 10:45 am - 11:30 am	<b>Seated Zumba Gold</b> 10:45 am - 11:30 am	<b>Seated Zumba Gold</b> 10:45 am - 11:30 am	<b>Seated Zumba Gold</b> 10:45 am - 11:30 am		<b>Slow Yoga</b> 10:15 am - 11:15 am	
<b>Fitness Express</b> 12:00 pm - 1:00 pm	<b>Strength &amp; Core</b> 12:00 pm - 12:45 pm	<b>Fitness Express</b> 12:00 pm - 1:00 pm	<b>Strength &amp; Core</b> 12:00 pm - 12:45 pm			
<b>Strength &amp; Core</b> 5:00 pm - 5:45 pm	<b>Zumba</b> 5:30 pm - 6:30 pm					
<b>TRX</b> 6:30 pm - 7:30 pm	<b>Flow Yoga</b> 6:45 pm - 7:45 pm	<b>TRX</b> 6:30 pm - 7:30 pm	<b>Power Yoga</b> 6:30 pm - 7:30 pm			

## DROP-IN SPORTS @ SILVER CREEK ELEMENTARY

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Pickleball</b> 6:00 pm - 8:00 pm				<b>Open Gym</b> 6:00 pm - 8:00 pm		

*All schedules are subject to change.*

### ARENA RENOVATIONS

The arena is undergoing renovations starting March 14.

# 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



## 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*



## 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-fluorescent lighting options.

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



## REC CENTRE MEETING ROOM

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

**Not-for-profit:** \$25.80/hr                      **Day Rate:** \$129\*  
**Commercial:** \$28/hr                      *\*Maximum 10 hours*



## LED MESSAGE BOARD

Our LED message board can help get your message out.

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

*Want to rent a space?*

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

# CHILDREN & YOUTH PROGRAMS

## DAY CAMPS

### PRO-D DAY CAMPS

Age: Kindergarten - 12 yrs

Fee: \$29.50/day

"Kids just want to have fun..." and that's exactly what this Pro-D day camp is for. Swimming, crafts and fundamental skill-developing activities that will keep them engaged, active and smiling.

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

Friday, April 26	8:30 am - 5:00 pm	7479
Friday, May 17	8:30 am - 5:00 pm	7480
Tuesday, May 21	8:30 am - 5:00 pm	7481
Friday, June 28	8:30 am - 5:00 pm	7482



## ART & SCIENCE

### ART ATTACK

Age: 5-7 yrs

Fee: \$30

Unleash your creativity and expand your imagination with different techniques and artistic outlets. Tap into a world without limits and see what you can create.

May 18 - Jun 8 Sa 12:00 pm - 1:00 pm 7478

### 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 here we don't mind making a bit of a mess in order to figure out the 'hows' and 'whys' of chemical reactions, gravity and all things science.

Apr 22 - May 13 M 3:00 pm - 3:45 pm 7475

### MAD SCIENTISTS

Age: 6 - 12 yrs

Fee: \$40

Explore the curiosities surrounding the 'hows' and 'whys' of the elements, the excitement in learning something new and the potential in discovering hidden interests. Come for an experience in science and stay for the fun!

Apr 22 - May 13 M 4:00 pm - 5:00 pm 7474

## PLAYTIME

### PARENT & TOT PLAYTIME

*Spaces Limited*

Age: 0 - 5 yrs

Fee: \$2

An opportunity for families to come together, meet, build connections and allow for some unstructured playtime. With toys and time to run, climb, laugh...play!

*All children must be accompanied by an adult guardian. Limit of two children per adult.*

Apr 6 - Jun 29 Sa 2:00 pm - 3:00 pm  
\*No drop-in May 11

## 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 17 - May 8 W 3:00 pm - 3:45 pm 7476

### JR. CHEFS

Age: 6 - 12 yrs

Fee: \$40

Learn tips and tricks in the kitchen and build a love for the endless creative potential of everyday food. This class will teach how to create healthy, inspired snacks while adding a dash of fun to the mix.

Apr 17 - May 8 W 4:15 pm - 5:15 pm 7477



## LOVE TO PLAY SPORTS?

Bring your friends and play a recreational sport of your choice during our drop-in open gym on Friday evenings at Silver Creek Elementary. Find more details on page 11.

## Hip Hop Dance

Hip Hop is a fast-paced, funky dance that is influenced by modern street dance. It's a vibrant and energetic style filled with the latest dance steps.

Age: 5 - 7 yrs 

Fee: \$30

This class will focus on the basics of hip hop in a fun and energetic atmosphere! Dancers will develop musicality, creativity and coordination in an encouraging and safe environment.

Apr 12 - May 10\* F 5:00 pm - 5:45 pm 7483

No class Apr 26

Age: 8 - 12 yrs 

Fee: \$40

This class will focus on the foundations of hip hop dance in a fun but challenging atmosphere. Dancers will learn grooving, party dances, choreography and freestyle. Each week dancers will learn a new combo which will be performed at the end of the sessions.

Apr 12 - May 10\* F 6:15 pm - 7:15 pm 7484

No class Apr 26

Age: 13 yrs + 

Fee: \$40

This class will focus on grooving, techniques and choreography of hip hop dance. Dancers will learn party dances, freestyle and more. Each week dancers will learn a new combo which will be performed at the end of the sessions.

May 24 - Jun 14 F 5:00 pm - 6:00 pm 7485



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](mailto:leisure@fvrd.ca).



### Unlock the fun!

Visit [fvrd.ca/playboxes](http://fvrd.ca/playboxes) to fill out an application or call us at 604-869-2304 for more information.

# TEEN & ADULT PROGRAMS

## DROP-IN SPORTS

### PICKLEBALL @ SILVER CREEK ELEMENTARY

Age: 15 yrs + Fee: \$2

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

*Cash only. Exact change appreciated.*

Apr 8 - Jun 24\* M 6:00 pm - 8:00 pm

\*No session May 20

### OPEN GYM @ SILVER CREEK ELEMENTARY

Age: 15 yrs + Fee: \$2

Enjoy a friendly game of basketball, volleyball, soccer, or dodgeball. First-come, first-sport.

*Cash only. Exact change appreciated.*

Apr 5 - Jun 21\* F 6:00 pm - 8:00 pm

\*No session Apr 26 & May 17

## CHRONIC DISEASE MANAGEMENT

### EXERCISE GROUP

Fee: \$5/session

This six-week group is a combination of education followed by a structured, low-impact exercise class. Sessions will be facilitated by a Chronic Disease Registered Nurse and Nurse Practitioner and are available for patients wanting to improve their overall health. Please speak with your primary care provider or contact your clinic for referral.

Tuesdays from April 9 - May 14 1:30 pm - 3:00 pm 7489

## KARATE

### YOUTH KARATE

Age: 10-14 yrs Fee: \$75

The first rule of Karate, "Seek perfection of character."

In this traditional Karate training, you 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. The cool factor is included at no charge.

May 6 - June 10 M & W 5:15 pm - 6:15 pm 7493

\*No session May 20

\*Gi will be required but can be purchased through Sensei

## FALL PREVENTION

### FALLS PREVENTION CLINIC

Age: 15 yrs + Fee: Free

Individuals with a history of falls will have the opportunity to sit one-on-one with a Pharmacist, Kinesiologist, and Physiotherapist for an individualized assessment.

Call Fraser Health at 604-374-2273 to register.

Thursday, April 18 9:00 am - 4:00 pm 7418

## FIRST AID

### STANDARD FIRST AID

Age: 15 yrs + Fee: \$150

Standard First Aid trains rescuers in the skills and knowledge needed to assess and provide basic life support to patients with airways, breathing, or circulatory emergencies and how to manage medical, musculoskeletal and environmental emergencies. Includes CPR-C & AED Certification.

TBD



## KARATE

### SMOOTH KARATE

Age: 18 yrs + Fee: \$5/Drop-in

You might call it Karate with a Taichi rhythm.

A departure from the traditional explosive ballistic movements associated with traditional Karate, to a smooth, slower cadence. This program is designed for your healthy heart and body coordination. We will employ the basics of the first primary forms, applying dynamic tension and an emphasis on stretching and breathing control.

May 7 - June 6 Tu & Th 4:00 pm - 5:00 pm 7494

\*Modest, comfortable attire required. Karate Gi recommended.

## 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.

# AQUATICS

## MORNING SWIM LESSONS

### PARENT & TOT 1 - JELLYFISH

Age: 4 - 12 mo (with caregivers)			Fee: \$45
Apr 8 - May 1	M, W	11:00 am - 11:30 am	7447
May 13 - Jun 10*	M, W	10:30 am - 11:00 am	7457
<i>*No Class May 20</i>			

### PARENT & TOT 2 - GOLDFISH

Age: 1 - 2 yrs (with caregivers)			Fee: \$45
Apr 8 - May 1	M, W	11:00 am - 11:30 am	7448
May 13 - Jun 10*	M, W	10:30 am - 11:00 am	7458
<i>*No Class May 20</i>			

### PARENT & TOT 3 - SEAHORSE

Age: 2 - 3 yrs (with caregivers)			Fee: \$45
Apr 8 - May 1	M, W	11:00 am - 11:30 am	7449
May 13 - Jun 10*	M, W	10:30 am - 11:00 am	7459
<i>*No Class May 20</i>			

### PRESCHOOL 1 - OCTOPUS

Age: 3 - 5 yrs			Fee: \$45
Apr 8 - May 1	M, W	10:30 am - 11:00 am	7445
May 13 - Jun 10*	M, W	11:30 am - 12:00 pm	7461
<i>*No Class May 20</i>			

### PRESCHOOL 2 - CRAB

Age: 3 - 5 yrs			Fee: \$45
May 13 - Jun 10*	M, W	11:00 am - 11:30 am	7460
<i>*No Class May 20</i>			

### PRESCHOOL 3 - ORCA

Age: 3 - 5 yrs			Fee: \$45
Apr 8 - May 1	M, W	11:30 am - 12:00 pm	7446

## ADULT LESSONS

### ADULT SWIM LESSONS

Age: 19 yrs +			Fee: \$60
Would you like to learn how to swim or improve your swimming skills? If so, this program is designed for you. Our certified instructor will help you gain the confidence you need.			
Apr 8 - May 6	M	5:45 pm - 6:30 pm	7470
May 27 - Jun 24	M	5:45 pm - 6:30 pm	7471

## AFTERNOON SWIM LESSONS

### PRESCHOOL 1 - OCTOPUS

Age: 3 - 5 yrs			Fee: \$45
Apr 9 - May 2	Tu, Th	4:00 pm - 4:30 pm	7451
May 14 - Jun 6	Tu, Th	3:30 pm - 4:00 pm	7466

### PRESCHOOL 2 - CRAB

Age: 3 - 5 yrs			Fee: \$45
May 14 - Jun 6	Tu, Th	4:15 pm - 4:45 pm	7464

### PRESCHOOL 3 - ORCA

Age: 3 - 5 yrs			Fee: \$45
Apr 9 - May 2	Tu, Th	4:45 pm - 5:15 pm	7456
May 14 - Jun 6	Tu, Th	4:00 pm - 4:30 pm	7467

### SWIMMER 1

Age: 5 - 12 yrs			Fee: \$45
Apr 9 - May 2	Tu, Th	4:15 pm - 4:45 pm	7455
May 14 - Jun 6	Tu, Th	4:45 pm - 5:15 pm	7465

### SWIMMER 2

Age: 5 - 12 yrs			Fee: \$45
Apr 9 - May 2	Tu, Th	3:30 pm - 4:00 pm	7450

### SWIMMER 3

Age: 5 - 12 yrs			Fee: \$60
May 14 - Jun 6	Tu, Th	4:30 pm - 5:15 pm	7468

### SWIMMER 4

Age: 5 - 12 yrs			Fee: \$60
Apr 9 - May 2	Tu, Th	3:30 pm - 4:15 pm	7453
May 14 - Jun 6	Tu, Th	4:30 pm - 5:15 pm	7469

### SWIMMER 5

Age: 5 - 12 yrs			Fee: \$60
Apr 9 - May 2	Tu, Th	3:30 pm - 4:15 pm	7454
May 14 - Jun 6	Tu, Th	3:30 pm - 4:15 pm	7462

### SWIMMER 6

Age: 5 - 12 yrs			Fee: \$60
May 14 - Jun 6	Tu, Th	3:30 pm - 4:15 pm	7463

## FREE SWIM ASSESSMENTS

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



## POOL PARTIES

### GOLDEN FLAMINGO POOL PARTY

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

Come join our staff for a treasure hunt for the Golden Flamingo. But wait, watch out for the pirates! You might have to walk the plank, if you are caught!

Friday, May 10

5:00 pm - 7:00 pm

### SHARK ATTACK POOL PARTY

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

Dive into the depths of excitement at our Shark Attack Pool Party! Join us for a fin-tastic adventure featuring thrilling games, jaw-dropping challenges, and plenty of aquatic fun. Get ready to make a splash and experience the thrill of the ocean's most exciting predator!

Saturday, June 22

2:00 pm - 4:00 pm

## FREE PARENT & TOT SWIM LESSON

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



## SWIMMING SAFETY

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

## 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.

## CARDIO, STRENGTH & CORE

### FITNESS EXPRESS

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 12:00 pm - 1:00 pm

### SPIN EXPRESS

Age: 16 yrs +

Fee: \$5/class

Indoor cycling classes provide high-energy workouts that burn calories, and improve endurance and strength through a variety of drills and exercises timed to the beat of the music.

TBD

### STRENGTH & CORE

Age: 16 yrs +

Fee: \$5/class

Strength and Core is a low-impact no cardio class! It is great for all levels and abilities. Focus on increasing core strength, stability, flexibility and overall body strength. This class is effective for toning up, building lean muscle, and improving posture. Excellent for building bone mass to help prevent osteoporosis. Participants will use the wall, mat and hand weights throughout the class.

M 5:00 pm - 5:45 pm

Tu, Th 12:00 pm - 12:45 pm

### TRX FUNCTIONAL TRAINING

Age: 16 yrs +

Fee: \$5/class

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

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

## FITNESS CLASS ETIQUETTE

Please arrive at least 5 minutes before fitness classes.

## *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.*

## PERSONAL TRAINING

### PERSONAL TRAINING

Age: 13 yrs +

Personal training provides a one 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.

#### 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 the cost of one full session.*

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

# FITNESS



## GENTLE EXERCISE

### MINDS IN MOTION 1 *New!*

Age: 16 yrs + Fee: \$45

Minds in Motion® is a fitness and social program for people living with any form of early-stage dementia along with a family member, friend or other care partner. The program is offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Coffee, tea and light refreshments are provided.

*Care partners must attend.*

Apr 25 - Jun 27\* Th 1:30 pm - 3:00 pm 7488

\*No class May 30

### SEATED ZUMBA GOLD 1

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

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

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

## DANCE FITNESS

### 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

## 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

## YOGA

### FLOW YOGA 2 3 4

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

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 6:45 pm - 7:45 pm

### POWER YOGA 2 3 4

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

Power Yoga helps you discover inner and outer strength. Suitable for all levels, each class begins with meditation, warming up the body, and focusing on core, legs, glutes, arms, and shoulders. The session energizes and boosts alertness.

Th 6:30 pm - 7:30 pm

### SLOW YOGA 1 2 3 4

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

Slow Yoga, or Hatha Yoga, is a gentle class symbolizing the union of opposites (Sun and Moon). Suitable for all levels, it starts with meditation and warming up, emphasizing calmness and bliss. Extended postures improve alignment, strength, and flexibility, ending with a cool down for a better mind-body-soul connection.

Sa 10:15 am - 11:15 am

# COME WORK WITH US!



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



Fitness Attendant



Facility Operator



Fitness Instructor



Lifeguard



Customer Service Representative



Recreation Assistant

Apply today at [fvr.d.ca/careers](https://fvr.d.ca/careers)

# COMMUNITY EVENTS

## MOVE FOR HEALTH DAY

Wednesday, May 8 All Day

Please join us as we celebrate BCRPA's Move for Health Day on May 8th. 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, memberships will be 20% off, admissions to the facility will be free (including fitness classes) and refreshments and snacks will be provided in the front lobby from 12:00pm to 2:00pm. Today's the day to start loving yourself a little more.

## PARTICIPACTION COMMUNITY CHALLENGE

June 1 - 30

Did you know, it's time to work together and be crowned Canada's Most Active Community? Well now you do! This challenge is an annual event that aims to get neighbourhoods across the country up out of their seats and moving together. One community will earn the top prize which will support their local sport and physical activity initiatives, but also the title of being Canada's Most Active Community! Come on everyone, let's GO!

Register at [participation.com](http://participation.com)



## *Easter Activities*



### HOPE LIONS CLUB ANNUAL EASTER EGG HUNT

Sunday, March 31

1:00 pm

Join the Hope Lions Club at Silver Creek Elementary for a free Easter Egg Hunt for toddlers to Grade 6. For up to date event details please watch the Hope Lions Club Facebook page.



# Events - At a Glance

## MARCH 2024

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Sun **31** **Easter Egg Hunt**  
1:00 pm

## MAY 2024

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Wed **08** **Move For Health Day**  
All Day

## JUNE 2024

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**1-30** **ParticipACTION Community Challenge**



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 **@HopeRecreation**

