

RECREATION GUIDE

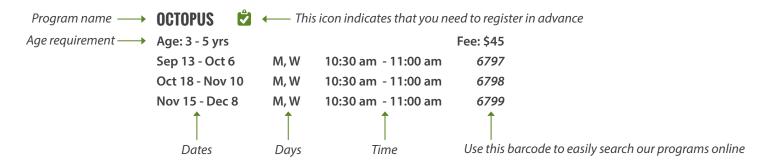


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How to Read the Guide

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



How to Register

call us

604-869-2304

🏌 in person

1005 6th Avenue



fvrd.ca/recreation

Registration Dates

JUNE 12

Registration opens at 8:30 am

JUNE 30

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 Saturday Sunday

8:30 am - 8:30 pm 10:00 am - 8:30 pm 10:00 am - 5:30 pm

FACILITY CLOSURES

Canada Day BC Day Labour Day Truth & Reconciliation Day Saturday, Jul 1 Monday, Aug 7 Monday, Sep 4 Saturday, Sep 30

POOL CLOSURES

Annual Maintenance August 6 - September 22

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

Pool reopens Monday, September 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, and programs that require pre-registration.

PASS FXTFNSION & SUSPFNSION 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

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.



f @HopeRecreation

RATES & FFFS

	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







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.



Power downno more than TWO hours of screen time a day



Choose healthy-ZERO sugary drinks



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



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



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.

*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.

Day Camps

Day camps are a great opportunity for kids to have fun over the summer with swimming, skating, crafts and fundamental skill-developing activities. Each week will have a fun new theme and will include a field trip. All of our staff are certified in First Aid, High Five: Principles of Healthy Child Development and Physical Literacy and Leadership.

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

Time: 8:30 am - 5:00 pm

Age: 6 - 12 yrs Fee*: \$29.50/day \$118/week

\$940 entire camp

*Family rates available upon request



DATES & THEMES

Jul 3 - Jul 7 Wild Education Week

Celebrate the first week of summer vacation with a presentation from the Reptile Guy.

Jul 10 - Jul 14 Little Picasso Art Week

Channel your inner Picasso with directed painting and enjoy a performance by a Bollywood dancer.

Jul 17 - Jul 21 Trail Blazers Camp Week

Explore the great outdoors with field trip to a camp

Jul 24 - Jul 28 Xtreme Sports Week

Kick, throw, run, and swing! Spend the week with a Pacific Sports coach learning about fun sports you might not have tried before!

Jul 31 - Aug 4 Shred Week

Learn to skateboard Tuesday & Thursday at Hippie Mike Industries this week.

Aug 8 - Aug 11 Safari Week

Discover the sights and sounds of 140 animal species with a field trip to the Greater Vancouver Zoo in Aldergrove this week.

Aug 14 - Aug 18 Ocean Week

Learn about the creatures that live under the sea with a fin-tastic field trip to the Vancouver Aquarium!

Aug 21 - Aug 25 Roaming the Wild Week

Learn how to be safe outdoors with a bear safety presentation and learn about fish conservation

Aug 28 - Sep 1 Water Week

Slip, slide, smile! Wrap up summer with a party and a trip to Bridal falls waterpark.







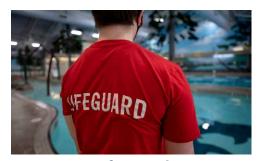
Fitness Attendant



Facility Operator



Daycare Attendant



Lifeguard



Customer Service Representative



Recreation Assistant

Apply today at fvrd.ca/careers

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 6

Swimmer 1

Prerequisite: 5 yrs

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

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.

Prerequisite: Complete Swimmer 6

Prerequisite: Complete Swimmer 5

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

workout develop strength and endurance.

Swimmer 7 - Rookie 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.

E00. \$60

SWIM LESSONS

PARENT & TOT 1- JI	LLYFISH	Ż	
Age: 4 - 12 mo (wi	th caregiv	ers)	Fee: \$45
Jul 3 - Jul 13	M - Th	11:15 am - 11:45 am	7222
PARENT & TOT 2 - G	OLDFISH	څ	
Age: 1 - 2 yrs (with	caregive	rs)	Fee: \$45
Jul 3 - Jul 13	M - Th	11:15 am - 11:45 am	7223
PARENT & TOT 3 - S	EAHORSE	Ž	
Age: 2 - 3 yrs (with	caregive	rs)	Fee: \$45
Jul 3 - Jul 13	M - Th	11:15 am - 11:45 am	7224
PRESCHOOL 1-OC	TOPUS	~	
Age: 3 - 5 yrs			Fee: \$45
Jul 3 - Jul 13	M - Th	11:00 am - 11:30 am	7214
PRESCHOOL 2 - CR	AB 🗳		
Age: 3 - 5 yrs			Fee: \$45
Jul 3 - Jul 13	M - Th	11:00 am - 11:30 am	7215
Jul 17 - Jul 27	M - Th	12:00 pm - 12:30 pm	7227
PRESCHOOL 3 - OF	RCA 💆		
Age: 3 - 5 yrs			Fee: \$45
Jul 3 - Jul 13	M - Th	11:45 am - 12:15 pm	7225
Jul 17 - Jul 27	M - Th	11:00 am - 11:30 am	7226
PRESCHOOL 4 - SE	A LION E		
Age: 3 - 5 yrs			Fee: \$45
Jul 3 - Jul 13	M - Th	12:00 pm - 12:30 pm	7218
PRESCHOOL 5 - NA	RWHAL	Ż	
Age: 3 - 5 yrs			Fee: \$45
Jul 3 - Jul 13	M - Th	12:00 pm - 12:30 pm	7219
SWIMMER1 🗳			
Age: 5 - 12 yrs			Fee: \$45
Jul 3 - Jul 13	M - Th	10:30 am - 11:00 am	7213
Jul 17 - Jul 27	M - Th	11:45 am - 12:15 pm	7233
SWIMMER 2 💆			
Age: 5 - 12 yrs			Fee: \$45
Jul 3 - Jul 13	M - Th		7216
Jul 17 - Jul 27	M - Th	11:30 am - 12:00 pm	7232

FREE SWIM ASSESSMENTS

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

SW	IMN	IER 3	
W2	IMN	IFR 3	
311	IIAIIA	ILIN J	

Age: 5 - 12 yrs			Fee: \$60
Jul 17 - Jul 27	M - Th	10:30 am - 11:15 am	7228

SWIMMER 4

Age: 5 - 12 yrs			Fee: \$60
lul 17 - lul 27	M - Th	10·30 am - 11·15 am	7229

SWIMMER 5

Age: 5 - 12 yrs			Fee: \$60
Jul 3 - Jul 13	M - Th	10:30 am - 11:15 am	7220

SWIMMER 6

Age: 5 - 12 yrs			Fee: \$60
Jul 3 - Jul 13	M - Th	10·30 am - 11·15 am	7221

SWIMMER 7-ROOKIE PATROL

Age: 5 - 12 yrs			Fee: \$80
Jul 17 - Jul 27	M - Th	10:30 am - 11:30 am	7230

SWIMMER 8 - RANGER PATROL

Age: 5 - 12 yrs			Fee: \$80
Jul 17 - Jul 27	M - Th	10:30 am - 11:30 am	7231

SWIMMING SAFETY

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

SPECIAL EVENTS

SUMMER BLAST OFF POOL PARTY

Age: all ages (parent required if under 7 yrs) Fee: Drop-in Pool parties are back at the Dan Sharrer's Aquatic Centre! Come kick off summer with fun and games in the pool with our staff.

Friday, June 30 4:00 pm - 6:00 pm

WATER WARS POOL PARTY

Age: all ages (parent required if under 7 yrs) Fee: Drop-in Come prepared to get soaked! Join our staff as we have a full on water battle including a water balloon fight, the ever

challenging water walkway, games and more! Friday, August 4 4:00 pm - 6:00 pm

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 112

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

FITNESS CLASS ETIQUETTE

Please arrive at least 5 minutes before fitness classes.

CARDIO, STRENGTH & CORE

CARDIO SCULPT 34

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 234

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

DANCE FITNESS

ZUMBA 34

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 102

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

AQUAFIT

BLENDED AQUAFIT 123

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



YOGA

YOGALITE 12

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)

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.

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

Semi-Private Rates
Available upon request.

\$200/5 sessions

*Minimum 3 sessions required

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



SPORTS | UNTIL JULY 25

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, noncompetitive 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 & 6:00 pm - 8:00 pm

HOCKEY | STARTS AUG 22

ADULT SHINNY

Age: 19 yrs + Fee: \$3

Grab your skates and sticks, there's a game of shinny out on the rink! Helmet and gloves required.

Tu 10:30 am - 11:45 am Th 1:30 pm - 2:45 pm

55+ HOCKEY

Age: 55 yrs + Fee: \$10

Full gear required.

Tu 8:15 pm - 9:30 pm

CASUAL HOCKEY

Age: See below Fee: \$3/person

No slapshots, no contact. Full gear required. Children under the age of 7 must be accompanied by an adult. Adults must be with a child/youth to attend family drop-in.

Tu 3:15 pm - 4:30 pm (Youth: Age 7 - 13) Th 3:15 pm - 4:30 pm (Student: Age 14 - 18) F 3:15 pm - 4:30 pm (Adult: Age 19 +)

SKATING | STARTS AUG 19

ADULT SKATE

Age: 19 yrs + Fee: Drop-in

Skating only—no sticks allowed.

M, W, F 9:00 am - 10:00 am

PARENT & TOT SKATE

Age: Adult & Child Fee: Drop-in

Skating only — no sticks allowed. Tots must be accompanied by an adult.

M, W, F 10:00 am - 11:00 am

PUBLIC SKATE

Age: All ages Fee: Drop-in

Skating only—no sticks allowed.

W 5:45 pm - 7:00 pm
Th 12:15 pm - 1:30 pm
Sa, Su 1:30 pm - 3:00 pm

ICE RENTALS

The ice is back on August 19. Contact us to rent the ice. See page 7 for rates.



ALMER CARLSON POOL



LOCATION

48846 Highline Rd North Bend, BC

HOURS OF OPERATION

JUL 4 - AUG 5

Tue-Sat 10:30 am - 6:00 pm **Sun-Mon** Closed

AUG 6-SEP3

Daily 10:30 am - 6:00 pm

IMPORTANT DATES

Open for the season Tuesday, July 4

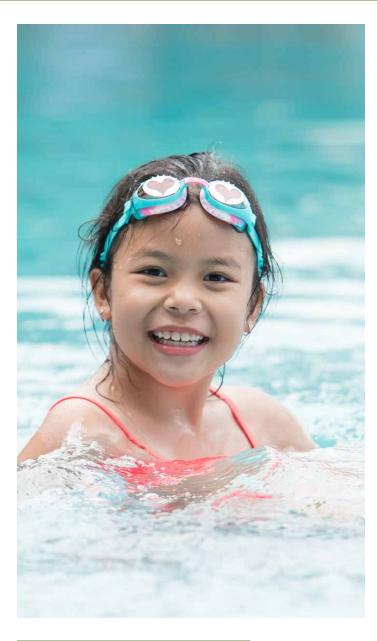
Last day of the season Sunday, September 3

RATES

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

^{*5} 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).



SPECIAL EVENTS

ALMER CARLSON CELEBRATION POOL PARTY

Age: all ages (parent required if under 7 yrs) Fee: Drop-in Come kick off summer with fun and games in the pool with our staff.

Wednesday, July 5 12:00 pm - 3:00 pm

SUMMER SEND OFF POOL PARTY

Age: all ages (parent required if under 7 yrs) Fee: Drop-in Join our staff as we have a celebrate the last days of summer with fun and games in the pool.

Friday, August 25 12:00 pm - 3:00 pm

SWIM LESSONS

P	RES	CHO	OL1	OCT	OPUS	Ż
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Age: 3 - 5 yrs			Fee: \$45					
Aug 8 - Aug 18	Tu - F	10:30 am - 11:00 am	7273					
PRESCHOOL 2 - CRAB								
Age: 3 - 5 yrs			Fee: \$45					
Aug 8 - Aug 18	Tu - F	10:30 am - 11:00 am	7274					
PRESCHOOL 3-ORCA								
Age: 3 - 5 yrs			Fee: \$45					
Aug 21 - Aug 31	M - Th	11:15 am - 11:45 am	7277					
SWIMMER1 🗳								
Age: 5 - 12 yrs			Fee: \$45					
Aug 8 - Aug 18	Tu - F	11:00 am - 11:30 am	7275					
SWIMMER 2								
Age: 5 - 12 yrs			Fee: \$45					
Aug 21 - Aug 31	M - Th	11:45 am - 12:15 pm	7278					
SWIMMER 3 💆								
Age: 5 - 12 yrs			Fee: \$60					
Aug 8 - Aug 18	Tu - F	11:30 am - 12:15 pm	7276					
SWIMMER 4 💆								
Age: 5 - 12 yrs			Fee: \$60					
Aug 8 - Aug 18	Tu - F	11:30 am - 12:15 pm	7279					
SWIMMER 5 💆								
Age: 5 - 12 yrs			Fee: \$60					
Aug 21 - Aug 31	M - Th	10:30 am - 11:15 am	7280					
SWIMMER 6 💆								
Age: 5 - 12 yrs			Fee: \$60					
Aug 21 - Aug 31	M - Th	10:30 am - 11:15 am	7281					

FREE SWIM ASSESSMENTS

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

See page 10 for descriptions of levels

COMMUNITY EVENTS

FVRL SUMMER READING CLUB*

June 21 - Sep 6

Journey Through Time! It's all about time travel with your local Fraser Valley Regional Library's 2023 Summer Reading Club. There's a club for everyone!

- » Kids (Age 0-Grade 6)
- » Teens (Grades 7-12)
- » Adults

Record your reading for a chance to win prizes every week all summer. The more you read, the more chances to win!

To register, visit **fvrl.bc.ca/summer_reading_clubs** or your favourite FVRL location.

WILD MOCASSIN DANCERS*

July 12 @ Conference Centre

1:00 pm - 1:45 pm

Join us for an exciting dance presentation where audience members will learn the importance of dance and culture. These dancers having been dancing for many years, and are looking forward to presenting for you!

URBAN SAFARI*

July 27 @ Conference Centre

10:00 am - 11:00 am

Live animal presentations covering topics such as animal characteristics, habitat, adaptations, why exotic animals should not be pets and more. Introduce the vast world of animals to your favourite people. These animals will fascinate you, educate you, entertain you and leave you with memories to last a lifetime.

BRIGADE DAYS

Sep 8 -10

All Day

A weekend filled with fun for the whole family! Motorsports, demo derby, live music, food trucks, rides, and so much more! Visit **brigadedays.com** for more information.

*Programs with an asterisk are presented in partnership with the **Fraser Valley Regional Library**.

Canada Day



Join us for various activities and fun throughout the day as we celebrate Canada's birthday!

Memorial Park

9:00 am - 2:00 pm

» Opening Ceremonies & Flag Raising

10:30 am

» Hope Motorsports Group Classic Car Show

6th Ave Park

6:30 pm - 10:30 pm

In the evening, head over to 6th Avenue Park for more great performances and activities.

- » Live entertainment will include performances by multiple award-winning band Appaloosa.
- » Axe throwing by the Axewood Crew, including a high score tournament.
- » Children's activities and entertainment including facepainting, balloon twisting, bouncy castles, and carnival games.







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f @HopeRecreation

604-869-2304 | fvrd.ca/recreation