

WINTER/SPRING 2026

# HOPE & AREA RECREATION GUIDE

**NEW RATES &  
FEES CHANGES  
STARTING 2026!**

**PROGRAM REGISTRATION**  
[fvrd.ca/recreation](http://fvrd.ca/recreation)  
604-869-2304

## LOCATION

1005 6th Ave Hope, BC

## RECEPTION HOURS

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

## POOL HOURS

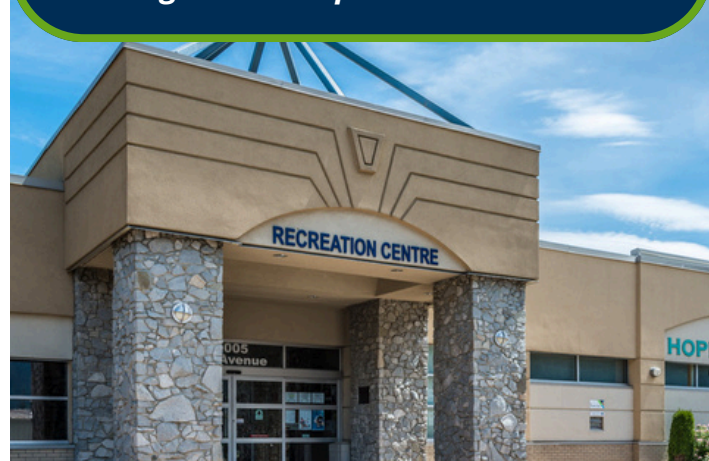
Mon, Wed, Fri	6:30 am - 8:00 pm
Tue, Thur, Sat	12:00 pm - 8:00 pm
Sunday	12:00 pm - 5:00 pm

## FACILITY CLOSURE DATES

New Year's Day	Jan 1 <sup>st</sup>
Good Friday	Apr 3 <sup>rd</sup>
Easter Monday	Apr 6 <sup>th</sup>
Victoria Day	May 18 <sup>th</sup>

## Registration Dates

**December 16<sup>th</sup>**  
*Registration opens at 8:30 am*



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## How to Register



**online**  
[fvr.d.ca/recreation](https://fvr.d.ca/recreation)



**call us**  
604-869-2304



**in person**  
1005 6th Avenue

## Registration Dates

**December 16<sup>th</sup>**  
*Registration opens at 8:30 am*

**January 4<sup>th</sup>**  
*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](https://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](https://jumpstart.canadiantire.ca)

## CANCELLATION POLICY

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

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

## WITHDRAWAL & REFUND POLICY

If you wish to withdraw from a program, a refund (less 20% administration fee) will be issued if at least 72-hours notice has been provided prior to the program start date. If less than 72-hours of notice is provided prior to the program start date, please email your request to [leisure@fvr.d.ca](mailto:leisure@fvr.d.ca). If the request is approved, a 20% administration fee will be charged and prorated accordingly, if applicable. Supporting documentation such as a medical note or a 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

## WINTER 2026 DROP-IN SCHEDULE

January - March



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

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

ARENA						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Adult Skate 9:00am-10:00am		Adult Skate 9:00am-10:00am		Adult Skate 9:45am-10:45am	
	Parent & Tot Skate 10:00am-11:00am	Adult Shinny 1:00pm-2:15pm	Parent & Tot Skate 10:00am-11:00am	Adult Shinny 12:15pm-1:45pm	Parent & Tot Skate 10:45am-11:45am	
Public Skate 2:00pm-3:30pm		*Youth OR Student Hockey 2:30pm-3:30pm		Public Skate 2:00pm-3:30pm	Family Hockey 4:15pm-5:30pm	Public Skate 2:00pm-3:30pm
		45+ Hockey 8:15pm-9:30pm	Public Skate 5:45pm-7:00pm	45+ Hockey 9:00pm-10:15pm		

Please note the last day for ice is March 20<sup>th</sup>.

\*Please see dates in the guide

FITNESS				
Monday	Tuesday	Wednesday	Thursday	Friday
TRX 6:15am-7:00am				
Zumba Gold 9:30am-10:15am	Yoga Lite 9:00am-10:00am			Yoga Lite 9:00am-10:00am
Forever Fit 10:30am-11:30am	Seated Zumba 10:30am-11:15am	Forever Fit 10:30am-11:30am	Seated Zumba 10:30am-11:15am	Forever Fit 10:30am-11:30am
Spin Fusion 12:00pm-12:45pm	Strength & Core 12:00pm-12:45pm	Full Body Circuit 12:00pm-1:00pm	Strength & Core 12:00pm-12:45pm	Cardio Combo 12:00pm-12:45pm
Chair Yoga 1:30pm-2:15pm		Stretch & Strengthen 1:30pm-2:15pm	Teen Fit 3:15pm-4:00pm	
Spin 5:30pm-6:30pm	Zumba 5:30pm-6:30pm	20-20-20 5:30pm-6:30pm	Spin Express 5:45pm-6:30pm	
TRX 7:00pm-8:00pm	Strong 7:00pm-8:00pm	TRX 7:00pm-8:00pm	Yin Yoga 7:00pm-8:00pm	

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

# RATES & FEES

**NEW RATES &  
FEES CHANGES**  
STARTING 2026!

## DAILY SPECIALS

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

<b>Senior Mondays</b>	\$2.00 until 5:00 pm
<b>Wacky Wednesdays</b>	\$2.00
<b>50% off Fridays</b>	On single drop-ins until 5:00 pm
<b>Family Sundays</b>	\$4.50 (1/2 price)
<b>Last Hour Gym or Swim</b>	\$3.25

## DROP-IN RATES & PASSES

### Drop-in Rates & Facility Pass\*

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

### All Inclusive Pass\*

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

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

## PASS EXTENSION & SUSPENSION POLICY

Pass extensions or suspensions are not permitted on passes due to statutory holidays or facility closures. Annual and 6 month pass holders with a medical issue or relocating outside the service area may request a refund for the remaining balance of their pass.

## RATES & FEES

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

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

	Fitness Classes	Skate Rental	Helmet Rental	Casual Hockey	55+ Hockey	Monthly Locker Rental	Shower
<b>Other Charges</b>	\$5.00	\$3.00	\$2.50	\$4.50	\$10.00	\$3.00	\$2.50

# FACILITY RENTALS



## ARENA

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

<b>Ice Rental:</b>	Peak	\$175/hr	<b>Dry Floor Rental:</b>	Adult	\$50.00/hr
	Non-peak	\$155/hr		Youth	\$23.00/hr
	Youth	\$78/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.

<b>Pool Rental:</b>	\$145/hr*	*Includes one lifeguard. Sauna & steam room not included.	<b>Lane Rental:</b>	\$15/hr
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## 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.

<b>Not-for-profit:</b>	\$66.00/hr*	<b>Day Rate:</b>	\$350.00**
<b>Commercial:</b>	\$90.00/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.

<b>Not-for-profit:</b>	\$31/hr	<b>Day Rate:</b>	\$185.00*
<b>Commercial:</b>	\$52/hr		*Maximum 10 hours



## REC CENTRE MEETING ROOM

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

<b>Not-for-profit:</b>	\$26.50/hr	<b>Day Rate:</b>	\$130*
<b>Commercial:</b>	\$40/hr		*Maximum 10 hours

## Want to rent a space?

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

## LED MESSAGE BOARD

Our LED message board can help get your message out.

### User Group Rates:

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

### Commercial Rates:

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

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



supporting the  
**Live 5-2-1-0**  
campaign by **SCOPE**  
[www.lives5210.ca](http://www.lives5210.ca)

## LIVE 5-2-1-0 PLAYBOXES

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

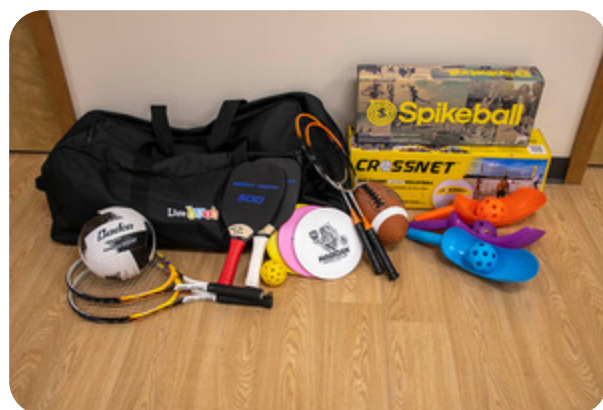
These mobile and stationary Playboxes have everything families need to play actively outside, with recreational equipment for sports games and activities for barrier-free access to play.

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

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

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

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

# ARENA

*We kindly ask that payment and sign-in be completed at the front desk prior to entering the arena*



## CANCELLATION DATES

### Public Skating

Jan 10,11,31. Feb 1. Mar 7.

\*Final public skate - March 19th

## PRE - CANSKATE

### Age: 3 - 5

Designed for young children with little to no skating experience, Pre-Can Skate introduces the basics of skating in a fun, safe, and supportive environment. Through age-appropriate instruction and engaging games, children will develop fundamental skills like balance, forward movement, and falling safely. Skaters will build confidence on the ice while learning at their own pace with the help of qualified instructors.

Jan 13 - Mar 3 Tu 11:00am - 11:45am 8/\$120 8183

## HOME SCHOOL SKATE PROGRAM

### Age: 6 - 12

This mid-day skating program is perfect for home-schooled children looking to stay active, develop skating skills, and enjoy social time on the ice. Led by experienced instructors, participants will receive structured lessons tailored to their skill level—whether they're learning to skate for the first time or hoping to improve their technique. Following instruction, skaters will have time to practice and enjoy free skate under supervision.

Jan 13 - Mar 3 Tu 12:00pm - 12:45pm 8/\$120 8184

## SKATING

### ADULT SKATE

#### Age: All

A quieter session designed for adults 19+, offering a relaxed environment to enjoy skating, whether you're a beginner or a seasoned skater. Skating only - no sticks allowed.

M,W  
F

9:00 am - 10:00 am  
9:45 am - 10:45 am

Drop-in Fee

### PUBLIC SKATING

#### Age: All

Open to all ages and skill levels, this session is perfect for family fun or practicing your skating skills. Helmets are recommended for safety. Skating only - no sticks allowed. All participants must get a wristband from the front desk.

Th,Sa,Su  
W

2:00 pm - 3:30 pm  
5:45 pm - 7:00 pm

Drop-in Fee

### PARENT & TOT SKATE

#### Age: Kids 0-5 and their guardians

This special skate time is for parents and their little ones. It's a great way to introduce children to the ice in a safe, fun environment. Skating aids available. Skating only - no sticks allowed.

M, W  
F

10:00 am - 11:00 am  
10:45 am - 11:45 am

Drop-in Fee



## PRO-D-DAY SKATE

#### Dates:

January 23<sup>rd</sup>  
February 13<sup>th</sup>

12:30pm - 2:30pm

Spend your Pro D Day at the rink!

# ARENA

*We kindly ask that payment and sign-in be completed at the front desk prior to entering the arena*

## HOCKEY

### ADULT SHINNY HOCKEY

**Age: 19 +**

For adults looking for a fun and informal hockey game, this drop-in session is non-competitive and a great way to stay active while enjoying the sport. Participants are required to wear a helmet and gloves.

Tu	1:00 pm - 2:15 pm	\$4.50
Th	12:15 pm - 1:30 pm	

### 45 + DROP IN HOCKEY

**Age: 45 +**

Designed for players 45 and older, this drop-in session offers a friendly and recreational game of hockey with peers, focusing on fun, fitness, and skill-building. Full gear is required for those participating in casual hockey.

Tu	8:15pm - 9:30pm	\$10.00
Th	9:00pm - 10:15pm	\$10.00

### FAMILY CASUAL HOCKEY

**Age: 14 - 18**

Bring the whole family to this fun, informal hockey session! It's the perfect opportunity for family members of all ages to enjoy a non-competitive game of hockey together. Full gear is required for everyone participating. All children and youth must be accompanied on the ice by an adult. Dates below.

Fr	4:15 pm - 5:30 pm	\$4.50/per
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*\*Skip Dates: January 9, 30, March 6*

### STUDENT CASUAL HOCKEY *(Dates below)*

**Age: 14 - 18**

Drop-in non-contact hockey session for students. It's a great way to enjoy some friendly competition with peers, improve skills, and stay active. Open to all skill levels. Full gear is required for everyone. Guardian sign-in required. Dates below.

Tu	2:30pm - 3:30pm	\$4.50
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*\*Sessions: January 13, 27, February 10, 24 & March 10.*

### YOUTH CASUAL HOCKEY *(Dates below)*

**Age: 7 - 13**

This drop-in, non-contact, session allows youth to play a friendly game of hockey in a relaxed environment. All skill levels are welcome. Full gear is required for everyone. Guardian sign-in required.

Tu	2:30 pm - 3:30 pm	\$4.50
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*\*Sessions: January 6, 20, February 3, 17 & March 3, 17.*

## GENERAL CASUAL HOCKEY RULES

- Full CSA-approved equipment is mandatory (including helmet with visor or cage) for all participants in Casual Hockey programs.
- No contact / no slap shots - these are non-competitive, recreational sessions.
- Respectful conduct is expected at all times - players may be removed for unsafe or inappropriate behaviour.
- Recreation/Facilities staff are present for facility oversight only - participants are responsible for their own safe play.



## CANCELLATION DATES

*Hockey/Shinny*

January 9, 30 / March 6

*\*Final date for ice is March 20th*

## SPORTS

### WIGGLES & WAVES

**Age: 0 - 5**

Wiggles and Waves is the ultimate playtime—on land and in the water! Start with one hour of action-packed, unstructured fun in the mezzanine: climbing, rolling, balancing, and exploring. Then head to the pool, where you and your tot will learn basic water safety and enjoy guided water play together. Parent participation required.

<b>Jan. 17 - Feb. 28</b>	<b>Sa</b>	<b>11:00am - 1:00pm</b>	<b>6/\$60</b>	<b><u>8153</u></b>
Skip Feb. 21				
<b>May 2 - Jun. 6</b>	<b>Sa</b>	<b>11:00am - 1:00pm</b>	<b>6/\$60</b>	<b><u>8154</u></b>

### TOT SOCCER

**Age: 3 - 5**

Introduce your little one to the basics of soccer in a fun, supportive environment! This program focuses on developing coordination, motor skills, and a love for the game through simple drills, playful games, and lots of encouragement. Parent participation may be required. Program held at Silvercreek Elementary

<b>Feb. 17 - Mar. 10</b>	<b>Tu</b>	<b>6:00pm - 7:00pm</b>	<b>4/\$45</b>	<b><u>8144</u></b>
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## HOBBIES

### LITTLE EINSTEIN

**Age: 3 - 5**

It's messy, goopy, slimy, and bubbling over with FUN! From creating fizzing reactions to experimenting with forces of nature, every session encourages curiosity and creativity. Parent participation may be required.

<b>Jan. 14 - Feb. 4</b>	<b>W</b>	<b>4:30pm - 5:00pm</b>	<b>4/\$35</b>	<b><u>8145</u></b>
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### KINDER COOKING

**Age: 3 - 5**

Let's get cooking! Children will make easy, meals and snacks while learning about healthy ingredients and simple cooking techniques. From building their own mini pizzas to assembling fruit kabobs, this class encourages independence, exploration, and a love for food. Parent participation may be required.

<b>Apr. 13 - May 4</b>	<b>M</b>	<b>4:15pm - 5:00pm</b>	<b>4/\$35</b>	<b><u>8146</u></b>
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NEW

### PARENT & TOT GYMNASTICS

**Age: 0 - 2**

Through engaging games and circuits, we lay the foundation for key gymnastics movements while building the strength required to progress in the sport. Mini gymnasts work on enhancing their balance, flexibility, and strength each week. This program is led by the Chilliwack Gymnastics Club.

<b>Jan. 9 - Feb. 6</b>	<b>Fr</b>	<b>4:00 pm - 4:45 pm</b>	<b>5/\$75</b>	<b><u>8147</u></b>
<b>Feb. 13 - Mar. 13</b>	<b>Fr</b>	<b>4:00 pm - 4:45 pm</b>	<b>4/\$60</b>	<b><u>8148</u></b>
Skip Feb. 20				
<b>Apr. 10 - May 8</b>	<b>Fr</b>	<b>4:00 pm - 4:45 pm</b>	<b>5/\$75</b>	<b><u>8149</u></b>

### KINDERGYM

**Age: 3 - 5**

Through games and circuits we build up fundamental movements and start to gain the strength needed to expand our gymnastics skills. Each week mini gymnasts practice their balance, flexibility, and strength. Lead by the Chilliwack Gymnastics Club.

<b>Jan. 9 - Feb. 6</b>	<b>Fr</b>	<b>5:00 pm - 6:00 pm</b>	<b>5/\$94</b>	<b><u>8150</u></b>
<b>Feb. 13 - Mar. 13</b>	<b>Fr</b>	<b>5:00 pm - 6:00 pm</b>	<b>4/\$80</b>	<b><u>8151</u></b>
Skip Feb. 20				
<b>Apr. 10 - May 8</b>	<b>Fr</b>	<b>5:00 pm - 6:00 pm</b>	<b>5/\$94</b>	<b><u>8152</u></b>



## SPORTS

### FLOOR HOCKEY

**Age: 6 - 12**

This fast-paced, non-contact class teaches the fundamentals of floor hockey including passing, shooting, stickhandling, and teamwork. Each session includes drills, fun games, and mini scrimmages to keep players active and engaged.

*\*Held at Silvercreek Elementary*

**May 5 - May 26 Tu 6:00pm - 7:00pm 4/\$35 8165**

### LEARN TO SKATEBOARD

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

**Age: 5 - 8**

**May 6 - May 27 W 4:00 pm - 5:00 pm 4/\$35 8161**

**Age: 9 - 13**

**May 6 - May 27 W 5:00 pm - 6:00 pm 4/\$35 8162**

### ALL SPORTS

**Age: 8 - 12**

Join us for an opportunity to sample various sports and games such as volleyball, soccer, floor hockey and pickleball. Bring a water bottle and plenty of energy.

*\*Held at Silvercreek Elementary*

**Jan. 13 - Feb. 3 Tu 6:00pm - 7:00pm 4/\$35 8163**

### SOCCER SKILLS

**Age: 5 - 9**

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

*\*Held at Silvercreek Elementary*

**Apr. 7 - Apr. 28 Tu 6:00pm - 7:00pm 4/\$35 8166**



### GYMNASTICS

This class is for beginner and intermediate gymnasts looking to learn the basics of handstands, rolls, and cartwheels or those working to refine the skills they already know. Lead by the Chilliwack Gymnastics Club.

**Age: 6 - 8**

**Jan. 9 - Feb. 6 Fr 6:00 pm - 7:00 pm 5/\$120 8155**

**Feb. 13 - Mar. 13 Fr 6:00 pm - 7:00 pm 4/\$100 8156**

**Apr. 10 - May 8 Fr 6:00 pm - 7:00 pm 5/\$120 8157**

**Age: 7 - 12**

**Jan. 9 - Feb. 6 Fr 7:00 pm - 8:00 pm 5/\$120 8158**

**Feb. 13 - Mar. 13 Fr 7:00 pm - 8:00 pm 4/\$100 8159**

**Apr. 10 - May 8 Fr 7:00 pm - 8:00 pm 5/\$120 8160**

### VOLLEYBALL

**Age: 8 - 12**

The perfect starting point for anyone eager to learn the fundamentals of this fast-paced and exciting sport!

Whether you're brand new to volleyball or looking to brush up on the basics, this program offers a supportive and energetic environment to build skills, confidence, and teamwork.

**Jun. 2 - Jun. 23 Tu 6:00pm - 7:00pm 4/\$35 8164**



# HOPE & AREA RECREATION CENTRE BIKE-TO-REC WEEK



## May 30 – June 5, 2026

**FREE Drop-in admission on the day you bike to the recreation centre  
Every time you bike, you'll be entered into a draw for amazing giveaways**

### HOW TO PARTICIPATE

1. Ride your bike to the recreation center anytime during May 31 – June 6
2. Check-in at the front desk to get your free admission and enter the draw
3. Enjoy your admissions on us!



**PEDALFORCHANGE**



# CHILDREN

## HOBBIES

### DIY & UPCYCLING

**Age: 5 - 12**

Get crafty and make a difference! Kids will explore the fun of DIY projects and upcycling by turning everyday items into creative new treasures. Each session encourages creativity, problem-solving, and environmental awareness.

**May 25 - Jun. 15 M 4:15pm - 5:00pm 4/\$35 8174**

### MAD SCIENTIST

**Age: 5 - 8**

Become a science wizard in this exciting class where older kids will take on advanced experiments and challenges! From building lava lamps to creating chemical reactions, each session will push scientific curiosity to new heights.

**Apr. 12 - May 3 Su 4:00pm - 5:00pm 4/\$45 8176**

### CRAFTY KIDS

**Age: 8 - 12**

Let your imagination shine! Crafty Kids is all about experimenting with different art materials and making unique creations to take home. From painting and paper crafts to seasonal projects, kids will have the chance to explore their creativity and develop new artistic skills.

**May 7 - May 28 Th 4:15pm - 5:15pm 4/\$35 8169**

### KIDS IN THE KITCHEN

**Age: 8 - 12**

In this hands-on program, kids will learn basic kitchen skills while making tasty and healthy recipes. Each week introduces new ingredients and techniques, building confidence and creativity in the kitchen.

**Apr. 9 - Apr. 30 Th 4:15pm - 5:15pm 4/\$45 8170**

### TWEENS CLUB

**Age: 9 - 12**

A space just for tweens! Join us each week for games, activities, and hangouts designed for ages 9-12. From creative projects to team challenges, Tween Club is the perfect place to make new friends and enjoy a little independence in a safe, supervised environment.

**Feb. 2 - Mar. 9 M 4:15pm - 5:00pm 5/\$35 8172**

Skip Feb. 16

## LEARNING

### HOMEALONE COURSE

**Age: 10 +**

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

**Feb. 8 Su 1:00pm - 5:00pm 1/\$25 8167**

### BABYSITTERS COURSE

**Age: 12 +**

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

This is a drop-off program.

**Apr. 11 & 12 Sa,Su 11:00am - 3:30pm 2/\$70 8168**

## KIDS NIGHT OUT

Drop the kids off for a fun-filled evening they won't forget! Our Kids Night Out program includes swimming at the pool, yummy pizza for dinner, and exciting games and activities to keep everyone entertained. It's the perfect way for children to enjoy a night out with friends while parents get a well-deserved break. This is a drop-off program.

**Age: 5 - 12  
Fr 5:00pm - 7:30pm 1/\$20**

**Feb. 27 8177**

**Apr. 17 8178**

**May 29 8179**

**Jun. 26 8180**



# BIRTHDAY PARTIES AT HOPE REC

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

A Recreation Assistant will be on hand to help with setup, manage the timeline, and ensure everyone gets ready for the pool.

## Additional Notes:

1 Adult admissions per 3 kids.

Rentals included in skate birthday.

Entrance to party room half an hour before to set up!

**Saturday & Sunday options**  
**Party Room from 1:00 - 2:00pm**

## Skate

From 2:00 - 3:30pm

## Swim

From 2:00

**Package 1**  
1-12 kids

**\$100**

**Package 2**  
13-16 kids

**\$120**

**Package 3**  
17-24 kids

**\$150**

# PRO-D-DAZE CAMP

**Age: 5 - 12**

Looking for a fun way to spend the day off school?

Our Pro D Day Camp is packed with exciting activities like games, crafts, and sports designed to keep kids active and engaged. Be sure to bring a lunch and a water bottle for a day full of fun!

These camps will participate in both swimming and skating so be sure to pack warm clothes for the rink and a swimsuit and towel for the pool!

Please note: No Skating April 24<sup>th</sup>,

May 15<sup>th</sup> and June 26<sup>th</sup>

This is a drop-off program.

**January 23** **8209**

**February 13** **8210**

**April 24** **8211**

**May 15** **8212**

**June 26** **8213**

**9:00am - 5:00pm**

**1/\$35.00**



# SPRING BREAK DAY CAMP

**Age: 5 - 12**

Whether your child enjoys creative projects, friendly competitions, or simply burning off energy, our camp has something for everyone. Each day is packed with a variety of engaging activities, including sports, team games, creative crafts, themed challenges, skating and swimming that will keep kids active and entertained all day long. Our camps offer a safe and fun environment where they can develop new skills, build confidence, and make lasting friendships.

Please pack a lunch, water bottle, swimsuit, towel, and warm clothes for skating!

This is a drop-off program.

**9:00am - 5:00pm**

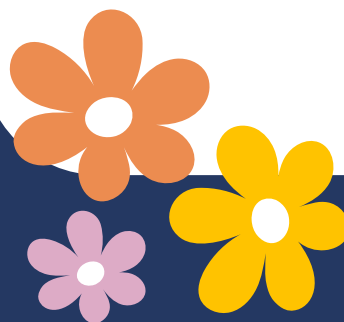
**8214**

**Week 1 March 16-20**

**Week 2 March 23-27**

**\$35.00/day**

**\$140.00/week**



## WORKSHOPS

### SPRING DOORMAT PAINTING

**Age: 13 +**

Step into spring with a splash of color! This cheerful DIY session invites participants to design and paint their own seasonal doormat. Whether you choose florals, fun greetings, or whimsical patterns, your creation will welcome guests with personality and style. Great for all skill levels.

**Apr. 10      Fr      6:30pm - 8:00pm      1/\$40      8202**

### WINE BOTTLE HUMMINGBIRD FEEDER

**Age: 13 +**

Give old bottles new life and help our feathered friends thrive! In this eco-friendly workshop, participants will transform empty wine bottles into charming hummingbird feeders. Learn how to assemble, decorate, and safely hang your feeder to attract hummingbirds all season long.

**May 22      Fr      6:30pm - 8:00pm      1/\$30      8203**

### TEACUP CANDLE MAKING

**Age: 13 +**

Turn vintage charm into cozy ambiance! We'll guide you through the process of melting, scenting, and pouring wax, and adding a personal touch with dried flowers or herbs. Perfect for gifting or adding a warm glow to your home.

**Feb. 6      Fr      6:30pm - 8:00pm      1/\$30      8204**

## CHECK OUT OUR COURSES!

Check out our First Aid Programs and more courses on page 17



## SPORTS

### DROP IN PICKLEBALL

**Age: 13 +**

Stop by for a great session of pickleball with others in the community. It's an awesome place to practice skills and enjoy good company.

*\*Held at Silvercreek Elementary*

**Jan. 5 - Jun. 18      M, Th      6:00pm - 8:00pm      \$6      8207**

*Skip Dates: Jan. 1 / Feb. 16 / March 16, 19, 23, 26 / April 6 / May 18*

### OPEN GYM

**Age: 10 +**

This flexible, all-skill-level program invites players to rotate through popular gym sports like soccer, basketball, and volleyball. Whether you're a seasoned athlete or just want to give something new a shot, this is your chance to play, socialize, and stay moving.

*\*Held at Silvercreek Elementary*

**Jan. 6 - Jun. 16      Tu      7:00pm - 8:00pm      \$6      8208**

*Skip Dates: March 17, 24*

# Senior Social Hour

## Daily Core

- Cribbage boards
- Open card play

## Weekly Activities

- Jan. 9 – New Year Kick-Off
- Jan. 16 – Music
- Jan. 30 – Puzzles
- Feb. 6 – Valentine's Social
- Feb. 20– Fancy Hat Day
- Feb. 27 – Crafts
- Mar. 6 – Brain Games
- Mar. 13 – Gardening
- Apr. 10 – Trivia
- Apr. 17 – Game Favourites
- May 1– Card Making
- May 8 – Gardening
- May 22 – Craft Day
- May 29 – Puzzles
- Jun. 5 – Music
- Jun. 12 – Trivia
- Jun. 19 – Brain Games

## Friday's

10:30am - 11:30am

\$2 Drop-in

Hope Recreation - Conference Centre



# COURSES

## KIDS COURSES

### HOMEALONE COURSE

**Age: 10 +**

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

**Feb. 8 Su 1:00pm - 5:00pm 1/\$25 8167**

### BABYSITTERS COURSE

**Age: 12 +**

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

**Apr. 11 & 12 Sa,Su 11:00am - 3:30pm 2/\$70 8168**

## NORTH BEND HALL

### Home Alone Program

**Apr. 26 Su 12:00pm - 4:00pm \$25 8195**

### Babysitters Course

**May 9 & 10 Sa,Su 12:00pm - 4:00pm \$70 8194**

### FoodSafe Course

**Apr. 11 Sa 9:00 am - 5:00 pm \$115 8206**

### CPR/AED Level C

**Mar. 7 Sa 9:00 am - 2:30 pm \$80 8197**

### Emergency First Aid & CPR-C/AED

**Mar. 7 Sa 9:00 am - 5:00 pm \$90 8199**

### Standard First Aid & CPR-C/AED

**Mar. 7 & 8 Sa,Su 9:00 am - 5:00 pm \$160 8201**

## LEARNING

### FOODSAFE COURSE

**NEW**

**Age: 12 +**

FoodSafe Level 1 is a specialized training program tailored for frontline food service workers, including cooks, servers, bus-persons, dishwashers, and deli workers. This comprehensive course provides vital knowledge on food safety practices and worker safety protocols.

Gain the necessary skills to maintain a safe and hygienic environment for both customers and staff. Key Content includes Foodborne illness, receiving and storing food, preparing food, serving food and cleaning and sanitizing

**May 16 Sa 9:00am - 5:00pm 1/\$115 8205**

## FIRST AID

### CPR/AED LEVEL C

**Age: 13 +**

The CPR-C course provides comprehensive training to recognize and respond to emergencies, including cardiovascular issues like heart attacks and strokes, and choking incidents in adults, children, and infants. It covers essential skills such as the recovery position, administering CPR and using an AED, assisting with medications, and managing deadly bleeding.

**Apr. 18 Sa 9:00 am - 2:30 pm \$80 8196**

### EMERGENCY FIRST AID & CPR-C/AED

**Age: 13 +**

The Canadian Red Cross offers a one-day First Aid and CPR course that provides essential emergency medical care techniques. Participants will learn about the Red Cross, the EMS system, airway emergencies, breathing and circulation issues, first aid for respiratory and cardiac arrest, and wound care.

**Apr. 18 Sa 9:00 am - 5:00 pm \$90 8198**

### STANDARD FIRST AID & CPR-C/AED

**Age: 13 +**

A two-day Red Cross course offering essential first aid and CPR skills, covering topics such as the EMS system, airway emergencies, breathing and circulation issues, wound care, and response to respiratory and cardiac arrest. Ideal for those needing training for work or personal emergency preparedness.

**Apr. 18 - 19 Sa,Su 9:00 am - 5:00 pm \$160 8200**

## PARENT AND TOT LESSONS

**Ages 4 months–3 years**

Caregiver participation is required.  
Progression is based on age.



**Jellyfish**

4–12 months



**Goldfish**

12–24 months



**Seahorse**

24 months–3 years

## PRESCHOOL LESSONS

**Ages 3–5 years**

Progression is based on completion of level.



### Octopus

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



### Crab

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



### Orca

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



### Sea Lion

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



### Narwhal

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

### Moving from Preschool to Swimmer Lessons

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



## SWIMMER LESSONS

Progression is based on completion of level.



### Swimmer 1 (5 years +)

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



### Swimmer 2 (5 years +)

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



### Swimmer 3 (5 years +)

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



### Swimmer 4 (5 years +)

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



### Swimmer 5 (5 years +)

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



### Swimmer 6 (5 years +)

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



### Swimmer 7/Rookie Patrol (8–14 years)

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



### Swimmer 8/Ranger Patrol (8–14 years)

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



### Swimmer 9/Star Patrol (8–14 years)

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

# AQUATICS

## SWIMMING LESSONS

### PARENT & TOT 1 - JELLYFISH

**Age: 4mo - 1**

Feb. 9 - Mar. 9	M,W	10:30am - 11:00am	8/\$50	<u>8096</u>
May 25 - Jun. 17	M,W	10:30am - 11:00am	8/\$50	<u>8121</u>
<i>*Skip Date: Feb. 16th</i>				

### PARENT & TOT 2 - GOLDFISH

**Age: 1 - 2**

Jan. 12 - Feb. 4	M,W	10:30am - 11:00am	8/\$50	<u>8074</u>
May 25 - Jun. 17	M,W	10:30am - 11:00am	8/\$50	<u>8122</u>

### PARENT & TOT 3 - SEAHORSE

**Age: 2 - 3**

Apr. 13 - May 6	M,W	10:30am - 11:00am	8/\$50	<u>8109</u>
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### PRESCHOOL 1 - OCTOPUS

**Age: 3 - 5**

Jan. 10 - Feb. 28	Sa	11:30am - 12:00pm	8/\$50	<u>8085</u>
Jan. 12 - Feb. 4	M,W	11:00am - 11:30am	8/\$50	<u>8075</u>
Jan. 13 - Feb. 5	Tu,Th	4:15pm - 4:45pm	8/\$50	<u>8080</u>
Apr. 7 - Apr. 30	Tu,Th	3:30pm - 4:00pm	8/\$50	<u>8104</u>
Apr. 13 - May 6	M,W	11:00am - 11:30am	8/\$50	<u>8110</u>
May 12 - Jun. 4	Tu,Th	3:30pm - 4:00pm	8/\$50	<u>8115</u>



**IT'S NEVER TOO LATE TO LEARN A NEW SKILL - TRY OUR ADULT SWIM LESSONS!**

### ADULT SWIM LESSONS

**Age: 16 +**

Our Adult Swim lessons are designed for anyone 16+ who wants to feel more confident and comfortable in the water. Whether you're just starting out or looking to refine your strokes, our certified instructors will help you reach your goals in a fun, supportive environment.

- Learn essential water safety and swimming skills
- Build confidence and improve techniques at your own pace
- Great for beginners and those returning to the pool

Jan. 13 - Feb. 6	Tu,Th	6:30pm - 7:00pm	8/\$60	<u>8171</u>
Apr. 7 - Apr. 30	Tu,Th	6:30pm - 7:00pm	8/\$60	<u>8173</u>
May 12 - Jun. 4	Tu,Th	6:30pm - 7:00pm	8/\$60	<u>8175</u>

## FREE SWIM ASSESSMENTS

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



### PRESCHOOL 2 - CRAB

**Age: 3 - 5 (completed Octopus)**

Feb. 9 - Mar. 9	M,W	11:00am - 11:30am	8/\$50	<u>8087</u>
Feb. 17 - Mar. 12	Tu,Th	4:15pm - 4:45pm	8/\$50	<u>8091</u>
Mar. 16 - Mar. 26	M-Th	11:00am - 11:30am	8/\$50	<u>8097</u>
May 25 - Jun. 17	M,W	11:00am - 11:30am	8/\$50	<u>8123</u>
Apr. 11 - May 30	Sa	11:00am - 11:30am	8/\$50	<u>8126</u>
<i>*Skip Date: Feb. 16th</i>				

### PRESCHOOL 3 - ORCA

**Age: 3 - 5 (completed Crab)**

Jan. 12 - Feb. 4	M,W	11:30am - 12:00pm	8/\$50	<u>8076</u>
Jan. 13 - Feb. 5	Tu,Th	4:00pm - 4:30pm	8/\$50	<u>8079</u>
Feb. 17 - Mar. 12	Tu,Th	4:00pm - 4:30pm	8/\$50	<u>8092</u>
Mar. 16 - Mar. 26	M-Th	4:30pm - 5:00pm	8/\$50	<u>8101</u>
Apr. 7 - Apr. 30	Tu,Th	5:00pm - 5:30pm	8/\$50	<u>8108</u>
Apr. 13 - May 6	M,W	11:30am - 12:00pm	8/\$50	<u>8111</u>

### PRESCHOOL 4 - SEA LION

**Age: 3 - 5 (completed Orca)**

Feb. 9 - Mar. 9	M,W	11:30am - 12:00pm	8/\$50	<u>8088</u>
Feb. 17 - Mar. 12	Tu,Th	4:00pm - 4:30pm	8/\$50	<u>8093</u>
Mar. 16 - Mar. 26	M-Th	4:30pm - 5:00pm	8/\$50	<u>8102</u>
Apr. 13 - May 6	M,W	11:30am - 12:00pm	8/\$50	<u>8112</u>
May 12 - Jun. 4	Tu,Th	4:00pm - 4:30pm	8/\$50	<u>8118</u>
<i>*Skip Date: Feb. 16th</i>				

### PRESCHOOL 5 - NARWHAL

**Age: 3 - 5 (completed Sea Lion)**

Mar. 16 - Mar. 26	M-Th	3:30pm - 4:00pm	8/\$50	<u>8099</u>
Apr. 7 - Apr. 30	Tu,Th	4:30pm - 5:00pm	8/\$50	<u>8107</u>
May 25 - Jun. 17	M,W	11:30am - 12:00pm	8/\$50	<u>8124</u>

# AQUATICS

## SWIMMING LESSONS

### SWIMMER 1

Age: 5 - 12

Jan. 10 - Feb. 28	Sa	11:00am - 11:30am	8/\$50	<u>8084</u>
Jan. 13 - Feb. 5	Tu,Th	3:30pm - 4:00pm	8/\$50	<u>8077</u>
Feb. 17 - Mar. 12	Tu,Th	4:45pm - 5:15pm	8/\$50	<u>8095</u>
Mar. 16 - Mar. 26	M-Th	10:30am - 11:00am	8/\$50	<u>8096</u>
Apr. 7 - Apr. 30	Tu,Th	4:30pm - 5:00pm	8/\$50	<u>8105</u>
Apr. 11 - May 30	Sa	11:30am - 12:00pm	8/\$50	<u>8127</u>
May 12 - Jun. 4	Tu,Th	4:45pm - 5:15pm	8/\$50	<u>8119</u>

### SWIMMER 2

Age: 5 - 12 (completed Swimmer 1)

Jan. 13 - Feb. 5	Tu,Th	4:45pm - 5:15pm	8/\$50	<u>8082</u>
Feb. 17 - Mar. 12	Tu,Th	3:30pm - 4:00pm	8/\$50	<u>8090</u>
Mar. 16 - Mar. 26	M-Th	4:00pm - 4:30pm	8/\$50	<u>8100</u>
Apr. 7 - Apr. 30	Tu,Th	4:00pm - 4:30pm	8/\$50	<u>8106</u>
Apr. 11 - May 30	Sa	10:30am - 11:00am	8/\$50	<u>8125</u>
May 12 - Jun. 4	Tu,Th	3:30pm - 4:00pm	8/\$50	<u>8116</u>

### SWIMMER 3

Age: 5 - 12 (completed Swimmer 2)

Jan. 10 - Feb. 28	Sa	10:15am - 11:00am	8/\$50	<u>8083</u>
Jan. 13 - Feb. 5	Tu,Th	3:30pm - 4:15pm	8/\$50	<u>8078</u>
Mar. 16 - Mar. 26	M-Th	11:30am - 12:15pm	8/\$50	<u>8098</u>
May 12 - Jun. 4	Tu,Th	4:00pm - 4:45pm	8/\$50	<u>8117</u>

### SWIMMER 4

Age: 5 - 12 (completed Swimmer 3)

Jan. 13 - Feb. 5	Tu,Th	4:30pm - 5:15pm	8/\$50	<u>8081</u>
Feb. 17 - Mar. 12	Tu,Th	4:30pm - 5:15pm	8/\$50	<u>8094</u>
May 12 - Jun. 4	Tu,Th	4:30pm - 5:15pm	8/\$50	<u>8120</u>

### SWIMMER 5

Age: 5 - 12 (completed Swimmer 4)

Feb. 17 - Mar. 12	Tu,Th	3:30pm - 4:15pm	8/\$50	<u>8089</u>
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### SWIMMER 6

Age: 5 - 12 (completed Swimmer 5)

Apr. 7 - Apr. 30	Tu,Th	3:30pm - 4:30pm	8/\$65	<u>8103</u>
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## PRIVATE LESSONS

Private lessons offer swimmers of all ages the opportunity to focus on specific skills in a one-on-one setting. These sessions are ideal for those who need a little extra help, whether it's a young swimmer working on back floats, a teen fine-tuning their stroke technique, or an adult building confidence in the water. Private lessons are not designed to replace full-level group classes, especially for younger swimmers who benefit from the social learning and progression of a class setting. Instead, they serve as a helpful supplement for targeting one or two key skills.

Not sure what to focus on? Our instructors are happy to help you identify the best areas for growth.

### Private Lesson Blocks

Jan. 12 - Mar. 13	1/\$22.50
Apr. 6 - Jun. 19	
Monday/Friday	3:00pm - 5:00pm
Tuesday/Thursday	12:30pm - 1:30pm



## COURSES

### NATIONAL LIFEGUARD

Age: 15 +

The Lifesaving Society's National Lifeguard Pool course is Canada's professional lifeguard certification, tailored for those aiming to provide effective safety supervision in swimming pool environments.

This comprehensive course builds essential lifeguarding skills, including judgment, knowledge, and fitness. Training focuses on prevention, effective rescue response, and first aid treatment, while fostering teamwork, leadership, and communication abilities. For Prerequisites and required materials for purchase please see our website

Mar. 16 - Mar. 20	M-Th	8:00am - 5:00pm	\$295.00	<u>8114</u>
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## GYM ORIENTATION

**Age: 13 +**

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

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

## TEEN GYM

**Age: 13 - 15**

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

<b>M,W,F</b>	<b>3:30pm - 5:30pm</b>	<b>\$4.50/entry</b>
<b>Sa</b>	<b>1:00pm - 4:00pm</b>	<b>\$4.50/entry</b>

### FITNESS CLASS ETIQUETTE

Please arrive at least 5 minutes before classes,  
no admittance for late arrivals.  
Wear proper workout attire.  
Bring a water bottle & towel.

## GENTLE EXERCISE

### FOREVER FIT

**Age: 16 +**

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

<b>M,W,F</b>	<b>1030am - 11:30am</b>	<b>\$6/class</b>	<b>8131</b>
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### SEATED ZUMBA

**Age: 16 +**

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

<b>Tu,Th</b>	<b>10:30am - 11:15am</b>	<b>\$6/class</b>	<b>8136</b>
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## FITNESS CLASS LEVELS

### LEVEL 1

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

### LEVEL 2

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

### LEVEL 3

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

### LEVEL 4

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

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

## AQUAFIT

### AQUAFIT

**Age: 16 +**

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

<b>M,W,F</b>	<b>9:00am - 10:00am</b>	<b>Drop-in Fee</b>	<b>8193</b>
<b>F</b>	<b>1:00pm - 2:00pm</b>		

## CARDIO, STRENGTH & CORE

### FULL BODY CIRCUIT

2 3 4

**Age: 16 +**

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

**W 12:00pm - 1:00pm \$6/class 8139**

### TRX

3 4

**Age: 16 +**

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 6:15am - 7:00am  
M,W 7:00pm - 8:00pm \$6/class 8134**



### STRETCH & STRENGTHEN

NEW 3 4

**Age: 16 +**

This combination of resistance training with flexibility works to build overall physical fitness. The format includes a warm-up, followed by strength exercises targeting major muscle groups using body weight or resistance tools, and concludes with stretching to improve range of motion and relax muscles. This type of class enhances balance, coordination and flexibility.

**W 1:30pm - 2:15pm \$6/class 8222**

### 20-20-20

NEW 3 4

**Age: 16 +**

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

**W 5:30pm - 6:30pm \$6/class 8192**

### STRONG

NEW 3 4

**Age: 16 +**

Get Lean & Strong. This 60 minute class is a strength circuit implementing the six basic fundamental movements: hinge, pull, push, squat, lunge and load + carry (moving the body through space.) Designed for ALL levels that want to be pushed and it is guaranteed to change your body. Using ground-based movement, body weight, dumbbells, and resistance bands make our functional training.

**Tu 7:00pm - 8:00pm \$6/class 8190**

### STRENGTH & CORE

2 3 4

**Age: 16 +**

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

**Tu,Th 12:00pm - 12:45pm \$6/class 8137**

### CARDIO COMBO

3 4

**Age: 16 +**

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

**Fr 12:00pm - 12:45pm \$6/class 8189**

### TEEN FIT

NEW 3 4

**Age: 13 - 17**

Teens will be introduced to a variety of fitness equipment in the Mezzanine, learning various exercises in multiple levels. They will develop new fitness skills with each class being unique and incorporating a warming up, cool down and stretch. Exciting workouts include learning to hula hoop, HIIT training, Zumba dance, learning to run, intro to spin bikes, dumbbells, weighted bars, step class, the bosu, exercise balls, bands and more!

**Th 3:15pm - 4:00pm \$6/class 8187**

## INTRODUCING...

### GYM-FO

NEW

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

Pre-registration is required for this program.

Sa	12:00pm - 1:00pm	5/\$20
Jan. 31 - Feb. 28		<u>8188</u>
Apr. 11 - May 9		<u>8218</u>

## SPIN

### SPIN EXPRESS

Age: 16 +

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

Th	5:45pm-6:30pm	\$6/class	<u>8142</u>
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### SPIN

Age: 16 +

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

M	5:30pm - 6:30pm	\$6/class	<u>8133</u>
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### SPIN FUSION

Age: 16 +

Get your heart pumping with this high-energy blend of cycling and strength! Spin Fusion combines the calorie-burning power of cycling and light weight training for a full-body workout.

M	12:00pm - 12:45pm	\$6/class	<u>8186</u>
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## DANCE FITNESS

### ZUMBA

Age: 16 +

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

Tu	5:30pm - 6:30pm	\$6/class	<u>8138</u>
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### ZUMBA GOLD

Age: 16 +

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

M	9:15am - 10:00am	\$6/class	<u>8130</u>
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## YOGA

### CHAIR YOGA

Age: 16 +

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

M	1:15pm - 2:15pm	\$6/class	<u>8132</u>
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### YOGA LITE

Age: 16 +

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

Tu,F	9:00am - 10:00am	\$6/class	<u>8135</u>
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### YIN YOGA

Age: 16 +

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

Th	7:00pm - 8:00pm	\$6/class	<u>8143</u>
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Join our dynamic team and make a difference in the community.

# COME WORK WITH US!

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



**Fitness Attendant**



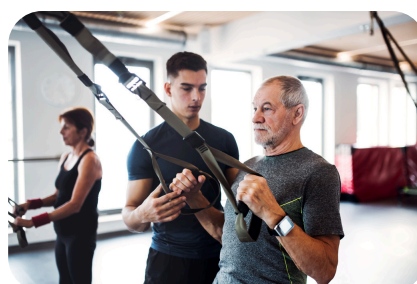
**Facility Operator**



**Lifeguard**



**Recreation Assistant**



**Fitness Instructor**



**Customer Service Representative**



# MOVE FOR HEALTH DAY

**WEDNESDAY MAY 6TH**

ACTIVE IS  
MOVE FOR  
HEALTH DAY

## DAY HIGHLIGHTS

- 20% Discount on the purchase of facility memberships
- \$2 Drop-in all day

**BEST DISCOUNT  
OF THE YEAR!**

## FITNESS CLASSES

Forever Fit	10:30am - 11:30am
Full Body Circuit	12:00pm - 1:00pm
20-20-20	1:30pm - 2:30pm
<b>Try It Fitness!</b>	<b>4:00pm - 5:00pm</b>
Flow Yoga	5:30pm - 6:30pm
TRX	7:00pm - 8:00pm

\*Fitness classes are \$5

## HOURS

### **Fitness Centre**

6:00AM - 8:30PM

### **Public Swim**

6:30AM - 8:00PM



Fraser Valley Regional District

Hope & Area Recreation Centre | 604-869-2304 | [fvrd.ca/recreation](http://fvrd.ca/recreation)