



Armstrong Spallumcheen Parks & Recreation

# Recreation & Leisure Guide

*Everyone Plays!*

**SPRING  
SUMMER  
2025**

ARMSTRONG SPALLUMCHEEN PARKS & RECREATION **ASPRD.COM**

# FRIGIDAIRE

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**Frigidaire 24" Freestanding Electric Range**

This 24" electric range is compact  
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Smooth glass cooktop  
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Armstrong Spallumcheen Parks & Recreation

# SPRING SUMMER 2025

## ARMSTRONG SPALLUMCHEEN PARKS & RECREATION OFFICE

Monday-Friday 8:30am-4:00pm

Sunbelt Arena

3351 Park Drive, Armstrong, B.C.

VOE 1B0

P. 250-546-9456 F. 250-546-9434

as-parksandrec@asprd.com

## ARMSTRONG OUTDOOR POOL (MAY-AUGUST)

250-546-0914

aquatic@asprd.com

WEBSITE: asprd.com

MEDICAL LOAN CUPBOARD

Hassen Arena

Monday, Wednesday, Friday

10:00am-12:00pm

778-442-5255

## HOW TO REGISTER

REGISTER ONLINE at [asprd.com](http://asprd.com)

Visa or M/C

Scan or email registration form to

[as-parksandrec@asprd.com](mailto:as-parksandrec@asprd.com)

or register in person.



ASPRD  
REGISTRATION  
OPENS  
MARCH 1



## FACILITY RENTAL INFORMATION

# 250-546-9456

Call for information on renting our  
facilities for your event.

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## REGISTER EARLY

... Nothing kills a good course or recreational opportunity faster than leaving it to the last minute to register. If not enough people register, courses will be cancelled. If you wait too long, programs could be full. Instructors need to be confirmed and facilities need to be scheduled. If you are interested in a program, register early. Avoid late fees and save your money - possibly your program.



# HASSEN FITNESS CENTRE

19+

## MEMBERSHIP OPTIONS

1 month \$55 - 3 months \$150

6 months \$275 - 1 year \$410

1-year pre-authorized  
payment plan \$40/month

\*All memberships subject to GST\*

**More information  
at [asprd.com](http://asprd.com) or 250.546.9456**

Pay as little as \$40/month  
on our pre-authorized payment plan  
(1-year commitment)!

**OPEN 5AM-10PM,  
7 DAYS A WEEK**

\*Subject to change\*

\*Closes every year for 2 weeks  
during the IPE, dates vary\*

FOB fee: \$15 (yours to keep)



# AWESOME BIRTHDAY PARTIES



**Max 25 People**  
**\$189.00** + tax

**Over 25 People**  
**\$299.00** + tax

\*Max Capacity of 60 people per  
party, for parties over 25\*  
Visit our website for more  
information [asprd.com](http://asprd.com)



Armstrong Spallumcheen Parks & Recreation

**Call Armstrong Spallumcheen  
Parks and Recreation Office to  
Book your Party  
250-546-9456 ext. 204**

**Sports  
Party  
(6 & up)**  
**Everyone  
Plays Party**  
**Roller Skate  
Party**  
**Ice Skating  
Party**  
**Cinema Party**

\*Party bookings  
are available  
September.-May\*

# CHILD, YOUTH & FAMILY PROGRAMS



Programs listed in GREEN are offered through Armstrong Spallumcheen Parks and Recreation. To register please go to [www.ASPRD.com](http://www.ASPRD.com) or visit our office located in Sunbelt Centre.



Programs listed in BLUE are offered through local Non-Profit Community Organizations, to register please follow the instructions on each individual listing.



## Armstrong Preschool Registration

Ages: 3 & 4

Dates March 2025-June 2025

Day: MWF (4 year olds)

T/TH (3-4 year olds)

Time: MWF 8:30-12:30pm

T/TH 8:30-10:45 or T/TH 12:00-2:15

Location: Armstrong Preschool

3260 Rosedale Avenue

Organization: Armstrong Preschool

Registration Fee: MWF 4hr class \$229/month

T/TH 2 hr class \$83/month (can apply for ACCB)

To Register Contact: Brandy Weeks:

[Manager@armstrongpreschool.ca](mailto:Manager@armstrongpreschool.ca)



Where children learn through play! Our program is designed to promote each child's individual social, emotional, physical, and cognitive development. Our environment is warm, safe, and nurturing.



## Challenger Soccer Summer Camp

Ages: 3-14

Start: July

End: August 1

Day: Monday-Friday

Time: Various

Location: Armstrong Fairgrounds Diamond #1

Organization: Challenger Sports

Registration: Varies

To register: [challengersports.com](http://challengersports.com) see

Advertisement on page 14.



## Cookies & Canvas

Ages: Tweens

Dates: April 11-May 9

Day: Fridays

Time: 2:45pm - 4:15pm

Location: Armstrong Library 250-546-8311

Organization: Okanagan Regional Library

[www.orl.bc.ca](http://www.orl.bc.ca)

Registration: No Registration required



Tweens - indulge in an afternoon socializing and creating during Cookies & Canvas! Unleash your creativity, paint your masterpiece and enjoy delicious cookies.



# Family Story Time

Ages: Families

Start Date: April 1

End Date: May 27

Date: Tuesdays

Time: 10:30am – 11:00am

Location: Armstrong Library 250-546-8311

Organization: Okanagan Regional Library

[www.orl.bc.ca](http://www.orl.bc.ca)

Registration: No Registration required

Family fun featuring picture books, interactive songs and rhymes. Story time helps develop early literacy and social skills.



# Just B4

Ages: 4/5

Start Date: September 2024

End Date: June 2025

Day: Tuesday & Thursday

Time: 11:45-2:15

Price: \$5.00/day after CCFRI

Location: Highland Park Elementary School,  
3200 Wood Ave

Organization: School District 83

To Register Contact: Allison de Boer

[adeboer@sd83.bc.ca](mailto:adeboer@sd83.bc.ca)



Licensed childcare program for children eligible for Kindergarten September 2025. Nurture your child's social, emotional, physical and cognitive growth in a play-based, elementary school setting.



## Sunbelt Arena Public Drop-In Ice Schedule Spring/Summer 2025

Season Ends: April 6, 2025 – All dates & times are subject to change.

### MONDAYS

#### Adult/Senior 55+ Shinny Hockey

10:00-11:30am

\$7.00 PP

Ends: March 31

### WEDNESDAYS

#### Adult 19+ Shinny Hockey

10:00-11:30am

\$7.00 PP. Ends: April 2

#### 19+ Public Skating

11:45am-12:45pm

ONLY \$2.00 PP -

Ends: April 2

### FRIDAYS

#### Adult/Senior 55+ Shinny

10:00-11:30am

\$7.00 PP – Ends: April 4

\*Cancelled: March 7

#### Parent & Tot

11:45am-12:45pm

FREE – Ends: April 4

\*Cancelled: March 7

### SUNDAYS

#### Family Skate

3:30-5:30pm

\$5.00 PP

2 years & under FREE

Ends: April 6

### SPRING BREAK TOONIE SKATES

March 18, 20, 25 & 27

11:00am-12:30pm

\$2.00 PP



Armstrong Spallumcheen Parks & Recreation



# Karate - Kyokushin

## Tuesdays

Family (ages 5+)

Start: April 1

End: June 3

Day: Tuesdays

Time: 6:00-7:00pm

Sessions: 10 sessions

Location: Len Wood Middle School Gymnasium

Instructors: Larry Robinson

Programmer: Allison

Register early \$60.00 + tax

After May 27 \$72.00 + tax



## Thursdays

Family (ages 5+)

Start: April 3

End: June 5

Day: Thursday

Time: 6:00-7:00pm

Sessions: 10 sessions

Location: Len Wood Middle School Gymnasium

Instructors: Larry Robinson

Programmer: Allison

Register early \$60.00 + tax

After May 29 \$72.00 + tax

Kyokushin Karate is a traditional Japanese style karate with an emphasize on basic technique, kata and self defense. Students will be expected to work towards belt grades within the class. Beginners are welcome and can work along at their own pace. All instructors are fully registered, and all have numerous coaching, first aid, concussion awareness and various other



## Free Family Floor Time

Families of all sizes welcome to burn off some energy! NO equipment is provided.

Bring your own \*clean\* equipment.

Bikes, scooters, balls etc.

\*Clean indoor shoes only!

## Hassen Arena

Tuesdays & Thursdays

7:30am-9:30am

FREE

Ends: June 26, 2025

Cancellations: None. Subject to change.



- Anti-bullying Program • Self Defence
- Leadership Training • Physical Fitness
- Character & Personal Development



**VERNON**  
**250-545-7710**  
**keesokanagan.com**

**KEES**  
tae kwon do

Children, Adult & Family  
Programs Available!

certifications. Sign-up the whole family in our new Family Class, all ages 5+ welcome and you can sign up for both days! Space is limited, register early to secure your spot.

## Minor Hockey

Ages: 5-17

Start: Mid September 2025

End: March 2026

Day: Varies

Time: Varies

Location: Armstrong & Enderby

Organization: NOMHA - North Okanagan

Minor Hockey Association

To register contact: [register@nomha.com](mailto:register@nomha.com)

NOMHA offers recreational and competitive hockey programs for youth. Please check out our website for details and funding options [www.nomha.com](http://www.nomha.com)

NCPO

## Playlist Creations

Ages: Teens

Dates: April 26-May 31

Day: Saturdays

Time: 2:00pm - 3:30pm

Location: Armstrong Library 250-546-8311

Organization: Okanagan Regional Library

[www.orl.bc.ca](http://www.orl.bc.ca)

Registration: No Registration required

Hey teens - love music? Join Playlist Creations to share favourite playlists and discover new music with the group. While listening and socializing we'll also explore a variety of arts and crafts activities.

NCPO

Register  
Online

ASPRD.COM



# MACKENZIE CAMP

*A Place of Wonder  
on beautiful  
Mabel Lake*

**For kids & youth  
aged 7-17**

**July 1 - August 15, 2025**

**Quality care & Programming  
Fly-Fishing &  
Arts Camps, too!**



REGISTER NOW



GET MORE INFO

**MacKenzie Camp – A United Church of Canada Camp & Retreat Centre**  
**URL [www.mackenziecamp.ca](http://www.mackenziecamp.ca) email [maccamp@shaw.ca](mailto:maccamp@shaw.ca)**





## Stay & Play

Ages: Families

Start Date: April 1

End Date: May 27

Day: Tuesday

Time: 11:00am -12:00pm

Location: Armstrong Library

Organization: Okanagan Regional Library

[www.orl.bc.ca](http://www.orl.bc.ca)

Registration: No Registration required

Join us for Stay & Play, an unstructured play time for children and their caregivers to socialize and explore. Soft play equipment and a variety of toys will be available.



 FOLLOW US



**VERNON  
VORTEX  
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**REGISTER NOW**  
[www.vernonminorsoftball.ca](http://www.vernonminorsoftball.ca)

**U7, U9, U11, U13, U15, U17 AND U20 DIVISIONS**



**LEARN, PLAY, EXPLORE &  
DISCOVER**

Allan Brooks  
NATURE CENTRE

Introducing  
**Okanagan Okie**  
(the mascot)

**VISIT US FOR:**

- Guided Trail Tours
- Workshops
- Nature Talks
- Summer Camps

*and more nature fun activities!*

Opening Day  
**April 19th**

Season Hours  
Tuesday to Saturday  
9am - 4pm

Visit Our Website 







## S.T.E.A.M. Explorers: Family Fun Day

Ages: Families

Start Date: April 5

End Date: May 30

Day: Saturdays

Time: 10:30am – 12:00pm

Location: Armstrong Library 250-546-8311

Organization: Okanagan Regional Library

[www.orl.bc.ca](http://www.orl.bc.ca)

Registration: No Registration required



Join us every Saturday for family-friendly STEAM! The first Saturday of each month features a guided activity and other Saturdays are drop-in sessions. Explore Science, Technology, Engineering, Arts and Mathematics together!

  
**FOLLOW US**





### AFTER SCHOOL PROGRAM

Our programs emphasize a sense of belonging, help children make positive choices, learn healthy behaviours and build on a child's strengths encouraging them to reach their potential.

**MONDAY-FRIDAY  
AFTER SCHOOL BELL  
TO 6PM**

**FULL DAY SCHOOL  
CLOSURE CARE  
(PRO D DAYS/SPRING  
BREAK/SUMMER/  
WINTER BREAK)**





### REC PROGRAMS



**AGES 7-13**

**PURCHASE A  
YEARLY \$10 CLUB  
MEMBERSHIP AND  
ACCESS REC  
PROGRAMS FOR  
FREE!**

**Drop by the club on  
Thursday nights to hang  
out and participate in  
activities, games, and  
Armstrong outings! A  
space to meet new  
friends, try new activities  
and be active!**

**REGISTER NOW**

[www.bgco.ca](http://www.bgco.ca)

# S.T.E.A.M. Adventure Kits: Unleash your Imagination

Ages: School-aged

Start Date: March 31

End Date: June 7

Location: Armstrong Library 250-546-8311

Organization: Okanagan Regional Library

www.orl.bc.ca

Registration: No Registration required

Embark on an exciting journey of creativity, curiosity and innovation! Beginning March 31, a new kit will be available every two weeks while supplies last.

NCPO

Register  
Online

ASPRD.COM



## Strong Start

Ages: 0-5

Start Date: September 2024

End Date: June 2025

Day: Monday-Friday

Time: 8:00-11:00am

Location: Highland Park Elementary School,  
Room 38, 3200 Wood Ave

Organization: School District 83

Registration Fee: Free

To Register Contact: Lynn Robitaille Claeys

lrobitai@sd83.bc.ca

ASPRD

Free drop-in program for children ages 0-5 with their caregiver. Come join the fun. We have play time, circle time, show'n share, dance party, gym and snack time! We follow School District 83 school calendar and will be closed for Pro D Days, stat holidays and school breaks.

**THIS SUMMER  
COOL OFF**  
AT  
**SPLASHDOWN  
VERNON**

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**splashdown.ca**



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This is your sign.***



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Maria Besso RE/MAX Vernon 250-308-1152 [www.besso.ca](http://www.besso.ca)



**ROLLER  
SKATING**

**\$10.00 PP**

Hassen Arena  
Cash/Credit/Debit

**Fridays (Ends May 30)**

**7:00-9:00 pm**

**Sundays (Ends April 27)**

**1:00-3:00 pm**

Includes skate rental if required – Unisex Size 3 and  
up skates available – Bring your own Roller  
Skates/blades or use ours!! – Bring your own  
Helmet & Pads – On-site Concession  
Cancellations: Friday April 11, May 23; Sunday None

# ADULT PROGRAMS



Programs listed in GREEN are offered through Armstrong Spallumcheen Parks and Recreation. To register please go to [www.ASPRD.com](http://www.ASPRD.com) or visit our office located in Sunbelt Centre.



Programs listed in BLUE are offered through local Non-Profit Community Organizations, to register please follow the instructions on each individual listing.



## FITNESS/DANCE

### Cardio and Strength

Start: March 26

End: April 23

Day: Wednesdays

Time: 5:00-6:00pm

Sessions: 5 sessions

Location: Centennial Hall

Instructor: Lindsay

Programmer: Juli

Register early: \$50.00 +tax

After March 19 \$60.00 +tax

ASPRD

A combination of cardio and strength building exercises for a full body workout using a variety of equipment. This class offers low and high impact options to suit any fitness level.

### Pain Reduction with Movement

Start: March 16

End: May 4

Sessions: 8 sessions

Day: Sundays

Time: 11:00am-12:00pm

Location: Centennial Hall

Instructor: Will

Programmer: Allison

Register early \$80.00 + tax

After March 9 \$96.00 + tax

ASPRD

“Move Better’s in-person Awareness Through Movement (ATM) class offers a gentle, guided approach to improving how you move and feel in your daily life. Whether you’re dealing with stiffness, pain, or simply want to move more comfortably, this class is designed to help. Through slow, mindful

movements, you’ll explore new ways to enhance your flexibility, balance, and overall function. Each session is accessible and tailored to all levels of ability, making it a perfect choice if you’re looking for a safe, supportive environment to try something new. Discover how small, subtle changes in movement can lead to big improvements in how you move and feel every day.”

### Spin and Strength

Start: April 1

End: May 6

Sessions: 6 sessions

Day: Tuesdays

Time: 5:30-6:30pm

Location: Centennial Hall

Instructor: Don

Programmer: Juli

Register early \$60.00 + tax

After March 25 \$72.00 + tax

ASPRD

A low impact, energizing workout that you’ll love to hate, but hate to miss! Work on speed, strength and endurance in this class that includes a strength training portion. Performed on indoor spin bikes, cardio intervals are interspersed with strength components followed by a stretch. Beginner through experienced can participate in one class... you work at your own pace and level of fitness.

Register  
Online

**ASPRD.COM**





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**CHALLENGER**  
SPORTS™

# FOUNDATIONAL SKILLS CAMPS

IGNITE THE PASSION

**JOIN US IN 2025!**

Camps for all ages and ability levels across North America with international and professional staff.



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Coaches



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Curriculum



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Safety & Core



Value &  
Affordability



Innovative  
Programming



SCAN TO REGISTER



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**NORTH AMERICA'S MOST TRUSTED SOCCER CAMP PROVIDER**

## Armstrong Spallumcheen Recreation Commission

Armstrong Fairgrounds Park Drive Armstrong, BC V0E 1B0

July 28th - August 1st

CAMP SESSION	AGES	TIME	PRICE
Half Day (AM)	6-14	9.00am - 12.00am	\$205* <del>\$225</del>
Half Day (PM)	6-14	12.00pm - 4.00pm	\$170* <del>\$200</del>
Full Day	6-14	9.00am - 4.00pm	\$255* <del>\$295</del>
Late Pick Up	6-14	4.00pm - 4.30pm	\$35

\* EARLY BIRD DISCOUNT EXPIRES 30 DAYS BEFORE CAMP

AVOID A \$10 LATE FEE BY COMPLETING YOUR REGISTRATION 10 DAYS BEFORE CAMP

**CHALLENGERSPORTS.COM**



# Step and Strength

## Mondays

Start: March 31  
End: May 5  
Sessions: 6 sessions  
Day: Wednesdays  
Time: 9:30-10:30am  
Location: Centennial Hall  
Instructor: Don  
Programmer: Juli  
Register early \$60.00 + tax  
After March 24 \$72.00 + tax

ASPRD

## Wednesdays

Start: April 2  
End: May 7  
Sessions: 6 sessions  
Day: Wednesdays  
Time: 9:30-10:30am  
Location: Centennial Hall  
Instructor: Don  
Programmer: Juli  
Register early \$60.00 + tax  
After March 26 \$72.00 + tax  
This class combines cardio and functional strength movements to provide a great overall workout. Steps are used for low impact and self paced cardio. Hand weights and TRX are used for the strength component.

## Total (Body) Resistance eXercises.

(TRX for short)  
Start: April 1  
End: May 6  
Sessions: 6 sessions  
Day: Tuesdays  
Time: 6:45-7:45pm  
Location: Centennial Hall  
Instructor: Don  
Programmer: Juli  
Register early \$60.00 + tax  
After March 25 \$72.00 + tax

ASPRD

Use a TRX suspension trainer to get a full body workout. Every exercise can be modified to suit your level of strength and fitness. Challenge yourself and achieve core strength, cardio and functional fitness.

# Zumba Fitness

Start: April 5  
End: June 14  
(No class May 24)  
Day: Saturdays  
Sessions: 10 sessions  
Time: 9:00-9:45am  
Location: Centennial Hall  
Instructor: Krystal  
Programmer: Juli  
Register early \$100.00 + tax  
After March 29 \$120.00 + tax

ASPRD

Low or High impact, you choose what works best for you and your body. For all fitness levels. We groove to the beats of salsa, merengue cumbia and many more. This Latin inspired exercise class feels more like a dance party than workout. Come join the party as we move, sweat, and have a whole lot of fun!!! Clean non-marking indoor shoes only please.

## YOGA

### Beginners Guide to Meditation

Date: April 12  
Sessions: 1  
Day: Saturday  
Time: 11:30am-1:00pm  
Location: Centennial Hall  
Instructor: Tanya  
Programmer: Juli  
Register early \$50.00 + tax  
After April 5 \$60.00 + tax

ASPRD

Come join Tanya Snow for her Beginners Guide to Meditation. This workshop is designed to get you started with tools and techniques to set you up for success with a new healthy habit of meditation. We'll start by breaking down myths about meditation and give you all the benefits of this amazing practice and how it can change your everyday life. Once we get clear on what meditation is and why we want to do it. We will get to experience a few different types and styles of meditation helping to find one that fits with your lifestyle.

## Beginner Yoga - A Journey into Your Poses

Start: April 7

End: June 9

No class scheduled April 21 or May 19

Sessions: 8 sessions

Day: Mondays

Time: 5:00-6:00pm

Location: Centennial Hall

Instructor: Tanya

Programmer: Juli

Register early \$88.00 + tax

After March 31 \$105.60 + tax

ASPRD

Join Tanya Snow in this 8-week series and learn all about yoga from breathwork, meditation and breakdown the poses so you can learn basic alignment in your body. You will develop balance, strength and flexibility without feeling overwhelmed or confused. This class is designed to strengthen the body, reduce stress and calm the mind. No yoga experience is required. If you've tried chair yoga this is the next step or continue to use a chair. Please bring a mat, and if you have blocks or other props you would like to use, please bring them.

## Beginner Yoga

### Thursdays

Start: April 3

End: June 5

Sessions: 10 sessions

Day: Thursdays

Time: 6:00-7:00pm

Location: Armstrong Elementary School Gym

Instructor: Tanya

Programmer: Juli

Register early \$110.00 + tax

After March 27 \$132.00 + tax

ASPRD

This class will introduce the very basics of the yoga practice, where movements are broken down individually. Students will learn the basic alignment of postures and the difficulty is geared to individuals that are new to yoga practice. Students will be instructed to move mindfully to increase the awareness of the body in each posture. Please bring a mat.

FOLLOW US



## NORTH OKANAGAN SAILING ASSOCIATION

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ALL AGES • FAMILY FUN! • CERTIFIED INSTRUCTORS



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- Memberships / Family Memberships

[vernonsailing.com](http://vernonsailing.com)

[admin@vernonsailing.com](mailto:admin@vernonsailing.com)



WINDPOWER

## Saturdays

Start: April 5

End: June 14

No class scheduled May 24

Sessions: 10 sessions

Day: Saturdays

Time: 10:00-11:00am

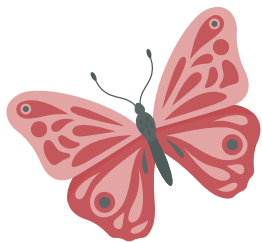
Location: Centennial Hall

Instructor: Krystal

Programmer: Juli

Register early \$110.00 + tax

After March 29 \$132.00 + tax



In Beginner Yoga, time is spent instructing the poses and breathing techniques. The pace is gentle, but classes can still be challenging, helping you to build up strength. Or if you have an injury and need to take it easy this class is for you. Please bring a mat. Blocks and straps are optional but recommended.

## Chair Yoga

Start: April 8

End: June 10

Sessions: 10 sessions

Day: Tuesdays

Time: 3:00-4:00pm

Location: Centennial Hall

Instructor: Tanya

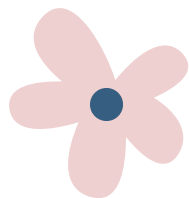
Programmer: Juli

Register early \$110.00 + tax

After April 1 \$132.00 + tax



Chair yoga is a gentle form of yoga that's done while seated or using a chair for balance. It modifies yoga poses so they can be done by people who cannot stand, lack mobility, or want a quick break. Chair yoga makes the benefits of yoga accessible to more people, regardless of age, flexibility level, injuries, or mobility issues. Recommended block and strap.



**ASPRD.COM**

*Register  
Online*



## Summer Yoga – Beginner

### Thursdays

Start: July 3

End: August 7

Sessions: 6 sessions

Day: Thursdays

Time: 6:00-7:00pm

Location: Centennial Hall

Instructor: Tanya

Programmer: Juli

Register early \$66.00 + tax

After June 27 \$79.20 + tax



This class will introduce the very basics of the yoga practice, where movements are broken down individually. Students will learn the basic alignment of postures and the difficulty is geared to individuals that are new to yoga practice. Students will be instructed to move mindfully to increase the awareness of the body in each posture. Please bring a mat.

### Join the **Buoyant Buddies Breast Cancer Survivor Dragon Boat Team!**

- No experience necessary
- All fitness levels welcome
- All equipment provided



Paddling Tuesday and Thursday evenings,  
May to September, on beautiful Swan Lake

**Fitness, Friends & Fun!**



For more info email [bbvernon01@gmail.com](mailto:bbvernon01@gmail.com)

Member of the Vernon Rowing & Dragon Boat Club

Register at

**[www.vernonrowinganddragonboat.com](http://www.vernonrowinganddragonboat.com)**



## Yoga – Mobility Workshop – Hips and Hamstrings

Date: April 26  
Sessions: 1 session  
Day: Saturday  
Time: 11:30am-1:30pm  
Location: Centennial Hall  
Instructor: Tanya  
Programmer: Juli  
Register early \$50.00 + tax  
After April 19 \$60.00 + tax

ASPRD

Join Tanya Snow in a 2-hour mobility workshop. You will gain freedom and flexibility in your hips and hamstrings while learning yoga stretching and strengthening techniques designed to open hips and release tight hamstrings. Healthy hips and hamstrings are necessary for preventing knee, and lower back issues. When hips are open, there is greater range of movement, better circulation, and more ease in the lower back and throughout the body.

## Restorative Yin Yoga

Start: April 3  
End: June 5  
Sessions: 10 sessions  
Day: Thursdays  
Time: 7:30-8:30pm  
Location: Armstrong Elementary School Gym  
Instructor: Tanya  
Programmer: Juli  
Register early \$110.00 + tax  
After March 27 \$132.00 + tax

ASPRD

This quiet, still form of yoga stretches the ligaments and connective tissues of the body that may be overlooked during a flow style class. In addition to giving the body a deep stretch, Restorative Yin Yoga prepares the mind for meditation. Extended time in each pose allows the student to witness their thoughts more closely. Effort in Yin Yoga is balanced between calming the tension in the body and quieting a busy overactive mind. Please bring blankets, bolsters, or any props you have.

FOLLOW US



## Walking-Indoor

Achieve an active lifestyle..... one step at a time!

\*Dates and times are subject to change\*

### Hassen Arena

Mondays/Wednesdays/Fridays  
7:30am-9:30am  
Ongoing

Ends: August 8, 2025

Cancellations: April 11, May 23, June 6, July 11 & 18

FREE \*Clean/Indoor shoes only please\*

Approximately 6.25 times around equals 1 Kilometre, and 10.25 times around equals 1 Mile.

### Sunbelt Arena

Come in and walk any time the facility is open.  
5 times around equals 1 Kilometre. Walk includes stairs.

ASPRD

## GENERAL INTEREST

### Armstrong Bookclub

Ages: Adults  
Dates: April 2, May 7, June 4  
Day: Wednesdays  
Time: 1:30-2:30pm  
Location: Armstrong Library 250-546-8311  
Organization: Okanagan Regional Library  
www.orl.bc.ca  
Registration: No registration required

NCPO

Join us for captivating reads and lively discussions. Our bookclub is a haven for bookworms, where every page is an adventures & new characters become friends. The first Wednesday of each month.

## Armstrong Spallumcheen Community Resource Centre

### Thursdays

Time: 1:00-4:00pm  
Location: Armstrong Library 250-546-8311  
Organization: Okanagan Regional Library  
Registration: No registration required  
www.orl.bc.ca or www.ascrc.ca

NCPO

ASCRC will be hosting NexusBC, who will be offering drop-in supports & Starting in February, a Service Canada representative will be available every third Thursday of the month. Please visit <https://ascrc.ca> for more information.



## Fridays

Time: 10:00-12:30

Location: Armstrong Library 250-546-8311

Organization: Okanagan Regional Library

Registration: No registration required [www.orl.bc.ca](http://www.orl.bc.ca)

or [www.ascrc.ca](http://www.ascrc.ca)

In addition to hosting a NexusBC representative weekly on Thursday afternoons, the ASCRC will be hosting a representative from BC Ministry of Social Development.. Please visit <https://ascrc.ca> for more information.

## Armstrong and District Garden Club

NCPO

Ages: All Ages

Dates: 1st Tuesday of each month February-June and September-December

Day: Tuesdays

Time: 7:00pm

Location: St. James Anglican Church

2315 Patterson Avenue

Registration: \$15.00/year

Organization: Armstrong & District Garden Club

Registration: Heather Hayes triple-h@telus.net

Group of funloving gardeners, looking to share our gardening knowledge, as well as learning from others. We welcome both flower and vegetable gardeners and have either an activity or a speaker at our meetings.

## Basic First Aid (OFA Level 1)

Date: April 6

Sessions: 1

Day: Sunday

Time: 9am-5:30pm

Location: Sunbelt Meeting Room

Instructor: Victoria

Programmer: Allison

Register early \$90.00 + tax

After March 30 \$108.00 + tax

Whether in the workplace or out in the world, Basic First Aid with CPR-A & AED gives you the practical skills needed to respond to an emergency involving adults. You'll learn how to recognize and respond to a variety of emergencies such as asthma, allergic reaction, heart attack, stroke, and bleeding. Written examination required. Also available is Basic First Aid

SPRING/SUMMER 2025



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**WITH ANY PURCHASE**

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AND ROASTERS

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\*with this coupon

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[beantocup.com](http://beantocup.com) S/S A2025

## Find your Perfect Fit at The Starting Block

Looking for the right running shoe? We've got over **100 pairs** on the wall to choose from! Whether you are a seasoned runner or just starting out on your fitness journey, our knowledgeable staff will help you find the perfect shoe that fits your unique stride!



We help keep you moving in the right direction with the right fit - we guarantee it!

**Starting Block**  
RUNNING, WALKING & TRAIL GEAR

3100-29th Ave,  
Vernon, BC  
250.541.9232  
[info@startingblock.ca](mailto:info@startingblock.ca)  
[www.startingblock.ca](http://www.startingblock.ca)





with CPR-C & AED (EFA-C) and Basic First Aid Child & Community Care (EFA-CC) which meets the requirements outlined by the Ministry of Health for child and community/residential care workers. Contact your local Lifesaving Society Affiliate to determine which program is right for you. Prerequisite(s): None Course time: 8 hours (8 hours for EFA-C; 9.5 hours for EFA-CC) Reference Material: Canadian First Aid Manual, Candidate Supplement Guide Currency: 3 years from date of certification. To recertify, candidates take another full Emergency First Aid course.

## Canasta (Hand and Foot Version)

Ages: Adults

Dates: April 3 -ongoing

Day: Thursdays

Time: 1:00-3:00pm

Location: Armstrong Library 250-546-8311

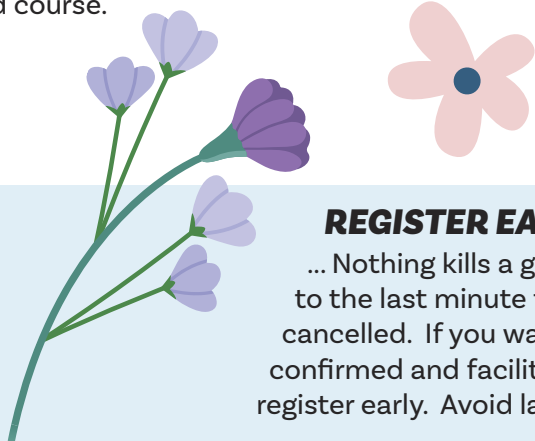
Organization: Okanagan Regional Library

[www.orl.bc.ca](http://www.orl.bc.ca)

Registration: No Registration required



Join our friendly group of Canasta enthusiasts! Whether you're a seasoned player or a complete beginner, our welcoming community will teach you the ropes. Come play this exciting card game & enjoy some great company.



### REGISTER EARLY

... Nothing kills a good course or recreational opportunity faster than leaving it to the last minute to register. If not enough people register, courses will be cancelled. If you wait too long, programs could be full. Instructors need to be confirmed and facilities need to be scheduled. If you are interested in a program, register early. Avoid late fees and save your money - possibly your program.

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# Crafts and Laughs

Ages: Adults

Location: Armstrong Library 250-546-8311

Organization: Okanagan Regional Library

www.orl.bc.ca

Registration: No registration required



Join us this spring for Crafts & Laughs, where imagination knows no bounds. Our sessions celebrate the joy of making. Connect with fellow crafters, share laughter and let your creativity flow. Stay tuned for more information.

## Intermediate First Aid (OFA Level 2)

Date: April 26/27

Sessions: 2

Day: Saturday/Sunday

Time: 9:00am-5:30pm

Location: Sunbelt Meeting Room

Instructor: Victoria

Programmer: Allison

Register early \$150.00 + tax

After April 19 \$180.00 + tax



Builds on the skills learned in Emergency First Aid to respond with confidence to many first aid emergencies. New items covered are soft tissue and skeletal injuries, environmental emergencies, and medical emergencies. Written examination required.

Prerequisite(s): None

Course time: 14-16 hours (2 days)

Reference Material: Canadian First Aid Manual,

Candidate Supplement Guide

Currency: 3 years from date of certification

## Intermediate First Aid RECERTIFICATION

Date: May 4th

Sessions: 1

Day: Sunday

Time: 9am-5:30pm

Location: Sunbelt Meeting Room

Instructor: Victoria

Programmer: Allison

Register early \$90.00 + tax

After April 27 \$108.00 + tax



Builds on the skills learned in Emergency First Aid to

**SPRING/SUMMER 2025**

respond with confidence to many first aid emergencies. New items covered are soft tissue and skeletal injuries, environmental emergencies, and medical emergencies. Written examination required.

Prerequisite(s): None

Course time: 8 hours for Recertification

Reference Material: Canadian First Aid Manual,

Candidate Supplement Guide

Currency: 3 years from date of certification

## Intermediate First Aid RECERTIFICATION

Date: June 15

Sessions: 1

Day: Sunday

Time: 9am-5:30pm

Location: Sunbelt Meeting Room

Instructor: Victoria

Programmer: Allison

Register early \$90.00 + tax

After June 8 \$108.00 + tax



Builds on the skills learned in Emergency First Aid to respond with confidence to many first aid

**Coming April 2025**

City of Armstrong  
is introducing...

**DocuPet**  
A Safe and Happy Home for every pet

**BENEFITS OF DOCUPET ONLINE LICENCING**

- Simple online purchasing of dog licenses.
- Payments can be made using a credit card or debit card.
- Licenses will be valid for one year from the date of purchase.
- Registered dogs can be identified with DocuPet's 24/7 lost pet dispatch team to be reunited with their owners.

**WWW.DOCUPET.COM**

ARMSTRONG SPALLUMCHEEN CHAMBER OF COMMERCE PRESENTS

2025

# MUSIC IN THE PARK

EVERY FRIDAY THIS SUMMER 7-9PM

JUNE 20TH

**ROLLIN'  
COAL TRIO**

JUNE 27TH

**RULE 857**



JULY 4TH

**CADILLAC  
JACK & THE  
BLUE TONES**

JULY 11TH

**THE SHADES**

JULY 18TH

**THE BARN  
BOYS**

JULY 25TH

**HAT TRICK  
BAND**

AUGUST 1ST

**LEGENDARY  
LAKE  
MONSTERS**

AUGUST 8TH

**ROCK'N  
HORSE BAND**

AUGUST 15TH

**THE  
YOUNG'UNS**

AUGUST 22ND

**TBA**

\*FOOD TRUCKS ON LOCATION\*

\*\*DONATIONS ACCEPTED OF NON PERISHABLE FOOD ITEMS TO  
THE ARMSTRONG FOOD BANK\*\*

LIONS GAZEBO IN MEMORIAL PARK



emergencies. New items covered are soft tissue and skeletal injuries, environmental emergencies, and medical emergencies. Written examination required.

Prerequisite(s): None

Course time: 8 hours for Recertification

Reference Material: Canadian First Aid Manual,

Candidate Supplement Guide

Currency: 3 years from date of certification

## Painting with Friends

Ages: 15+

Dates: Ongoing

Day: Wednesday

Time: 1:00-3:00pm

Location: Armstrong Spallumcheen Museum and Art Gallery, 3415 Pleasant Valley Road

Registration: Free

To register contact: Jan Barr 250-550-6465



Feel free to drop into this non-structured afternoon gathering of artists and artisans. Bring your own project, share the space, and meet other creative minds in a casual setting where ideas, support, and encouragement are shared.

## Introduction to Sourdough

### Pain au Levain

Date: March 29

Sessions: 1

Day: Saturday

Time: 5:00-9:00pm

Location: Centennial Hall

Instructor: Cathie

Programmer: Juli

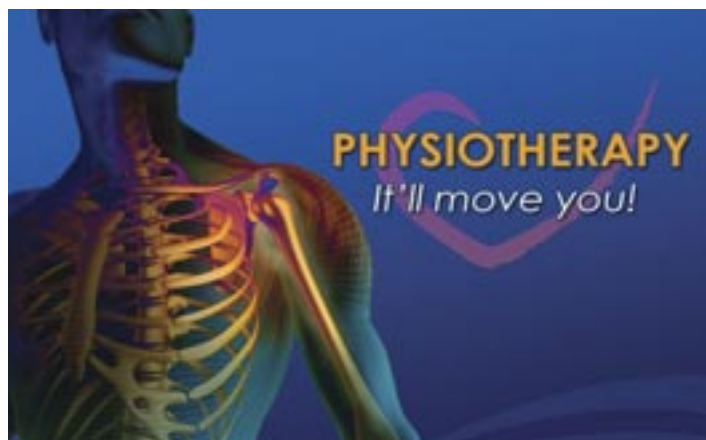
Register early \$60.00 + tax

After March 22 \$72.00 + tax



Learn to make a classic sourdough. From making a starter to fermenting and proper baking techniques for a crusty loaf of French bread. Class will include your own starter and ingredients to make your own sourdough bread at home. Lots of tips and tricks included.

Register  
Online



## ARMSTRONG PHYSIOTHERAPY CLINIC

**Spine • Orthopedics • Sport • Acupuncture**

Did you know we offer top of the line **Shockwave Therapy**.  
For even better treatment of **Tendonitis, Plantar Fasciitis,**  
**Trigger Finger** and much more.

### Andre Sigmond

B.Sc.P.T. Registered Physiotherapist

### Paul Makse

B.Sc.P.T. Registered Physiotherapist

2775 Wood Avenue, Armstrong

**250.546.2468**

**SPRING/SUMMER 2025**



# OPEN

**APRIL 1 – OCTOBER 15**

8 a.m to 5 p.m.  
Monday to Saturday  
10 a.m. to 4 p.m. Sundays  
(April to June)

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• PERENNIALS • SOILS • POTS • FERTILIZERS • GARDENING SUPPLIES

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**www.bluemountainnursery.ca**

## Repair & Repurpose Cafe

Ages: All Ages

Dates: April 16, May 21, June 18

Day: Wednesday

Time: 2:30-4:30

Location: Armstrong Library

Organization: No registration required Okanagan

Regional Library [www.orl.bc.ca](http://www.orl.bc.ca)

NCPO

Bring your broken or unused items & learn how to fix or creatively repurpose them with the help of our skilled volunteers. Whether it's mending clothes, repairing small appliances, or making printed stylish patches, you'll leave with valuable skills & a renewed sense of sustainability. Let's reduce waste & have fun doing it.

## Spices of the World

Ages: Adults

Dates: Ongoing

Location: Armstrong Library 250-546-8311

Organization: Okanagan Regional Library

[www.orl.bc.ca](http://www.orl.bc.ca)

Registration: No registration required

NCPO

Do you like to try new flavours and recipes? Join the Library on a culinary adventure! Each month we will feature a different spice with recipes to try. (While supplies last)

## Spring Plant Sale

Start: May 23

End: May 24

Day: Friday & Saturday

Time: 10:00-3:00

Location: Armstrong Library

Organization: Okanagan Regional Library

NCPO

Do you have too many plants or are you looking for something new? Bring your labelled extras or stop by to browse the table. Everything is free! We help find new homes for both house and garden plants.

  
**FOLLOW US**



## Summer Reading Club 2025: 'Colour Your Summer'

Ages: All Ages

Start: Mid-June

End: End of August

Location: Armstrong Library

Organization: Okanagan Regional Library

[www.orl.bc.ca](http://www.orl.bc.ca)

NCPO

Join the Summer Reading Club & colour your summer! Dive into a world of vibrant programs, creative activities & exciting events. Let's make this summer the most colourful one yet!

## Women's Self Defence Level 1

Ages: 12 & up

Start Date: March 30

End Date: April 20

Sessions: 4

Day: Sundays

Time: 6:00-8:00pm

Location: Centennial Hall

Instructor: Paul

Programmer: Juli

Register early \$60.00 + tax

After March 23 \$72.00 + tax

ASPRD

This course was designed for Women by a woman Martial Arts expert. The focus of this course is to give women the skills and the confidence to evaluate situations and the confidence on how to react. Fighting and aggression is not the aim. Awareness, reaction and survival skills in a stressful situation are the goal. Comfortable clothing with good shoes (runners). A yoga style mat and knee pads are suggested. This course is taught in 2 parts by a Judo Canada Certified Self Defence Instructor. The level 1 is an introduction to see if this is for you. Level 2 is a continuation to advance your skills.

**ASPRD.COM**

*Register  
Online*





# Women's Self Defence

## Level 2

Ages: 12 & up  
Start Date: May 11  
End Date: June 8  
(no class May 25)  
Sessions: 4  
Day: Sundays  
Time: 6:00-8:00pm  
Location: Centennial Hall  
Instructor: Paul  
Programmer: Juli  
Register early \$60.00 + tax  
After May 4 \$72.00 + tax



This course was designed for Women by a woman Martial Arts expert. The focus of this course is to give women the skills and the confidence to evaluate situations and the confidence on how to react. Fighting and aggression is not the aim. Awareness, reaction and survival skills in a stressful situation are the goal. Comfortable clothing with good shoes (runners). A yoga style mat and knee pads are suggested. This course is taught in 2 parts by a Judo


Canada Certified Self Defence Instructor. The level 1 is an introduction to see if this is for you. Level 2 is a continuation to advance your skills.

## SPORTS

### Karate - Kyokushin


#### Tuesdays

Ages: 13+  
Start: April 1  
End: June 3  
Day: Tuesdays  
Time: 7:00-9:00pm  
Sessions: 10 sessions  
Location: Len Wood Middle School Gymnasium  
Instructors: Larry Robinson  
Programmer: Allison  
Register early \$70.00 + tax  
After May 27 \$84.00 + tax



PAR  
56

**Play. Relax. Repeat.**  
2 Executive 9 Hole Courses.  
Perfect for all skill levels.



**HILLVIEW**  
GOLF COURSE

1101 14 Avenue, Vernon, BC  
hillviewgolf.ca



# Karate – Kyokushin

## Thursdays

Ages: 13+

Start: April 3

End: June 5

Day: Thursdays

Time: 7:00-9:00pm

Sessions: 10 sessions

Location: Len Wood Middle School Gymnasium

Instructors: Larry Robinson

Programmer: Allison

Register early \$70.00 + tax

After May 29 \$84.00 + tax



Kyokushin Karate is a traditional Japanese style karate with an emphasize on basic technique, kata, and self defense. Students will be expected to work towards belt grades within the class. Beginners are welcome and can work along at their own pace. All instructors are fully registered, and all have numerous coaching, first aid, concussion awareness and various other certifications. Space is limited. Register early to secure your spot!



## INDOOR WALKING

*Achieve an active lifestyle..... one step at a time!*

### Hassen Arena

Mondays/Wednesdays/Fridays

7:30am-9:30am – Ongoing – FREE

Ends: August 8, 2025

Cancellations: April 11, May 23, June 6, July 11 & July 18

\*Clean/Indoor shoes only please\*

Approximately 6.25 times around equals

1 kilometre, and 10.25 times around equals 1 mile.

### Sunbelt Arena

Come in and walk any time the facility is open.

5 times around equals 1 Kilometre.

Walk includes stairs.

WWW.ASPRD.COM

# Pickleball

## Tuesdays

Ages: 15+

Start: April 1

End: June 3

Sessions: 10 sessions

Time: 6:00-8:00pm

Location: Highland Park Elementary School Gym

Programmer: Allison

Register early \$60.00 + tax

After May 27 \$72.00 + tax



## Wednesdays

Start: April 2

End: June 4

Sessions: 10 sessions

Time: 6:00-8:00pm

Location: Highland Park Elementary School Gym

Programmer: Allison

Register early \$60.00 + tax

After May 28 \$72.00 + tax

## Thursdays

Start: April 3

End: June 5

Sessions: 10 sessions

Time: 6:00-8:00pm

Location: Highland Park Elementary School Gym

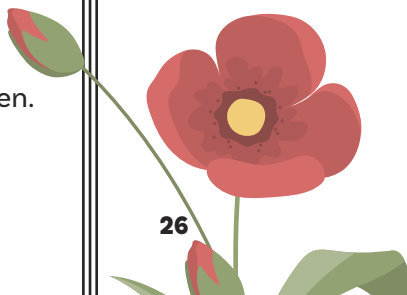
Programmer: Allison

Register early \$60.00 + tax

After May 29 \$72.00 + tax

Keep active with this popular racquet sport. A cross between tennis, badminton, and ping-pong, and has been played in North America since 1965. Equipment will be provided. Sign up for one day or all four! Participants MUST register for a particular day or ALL four days separately. Non-Marking Indoor Shoes only please. Space is limited. Register early to secure your spot!

Register  
Online





# ARMSTRONG SPALLUMCHEEN OUTDOOR POOL PRICING 2025 SEASON

ALL PRICES INCLUDE TAXES

Public Swims Admission Rates		
Each Swimmer	3 years and up	\$5.00
Tots	2 years and under	FREE
Family Rate	2 Adults & 2 Children	\$15.00
Add a child to a family rate for \$5		
Pool Rentals		
Rental Rate	Up to 40 patrons	\$165.00
Activity Leader or Running Mat		\$195.00

Lap Swimming & Aquatic Fitness Admission Rates				
Lap Swim	Drop-In	12 Punch	Monthly 30 days	Season
Adult (19+)	\$6.00	\$60.00	\$57.50	\$140.00
Senior (65+) & Teen/Student	\$4.75	\$47.50	\$40.00	\$115.00
Aqua Fitness	Drop-In	12 Punch	Month	Season
Adult	\$7.00	\$70.00	\$50.00	\$145.00
Senior	\$6.50	\$65.00	\$40.00	\$130.00
Public Swim Group Rates   Please Call to Book! Adults included in Total Group Number				
Group of 10 10% off		Group of 20 20% off		Group of 30 30% off

Swim for Life Lessons (Non-Taxable)		
Preschool (Jellyfish-Narwhal)	0.5 Hours	\$60.00
Saturday Or Sunday Lessons	0.5 hours	\$37.50
Swimmer 1-3	0.5 Hours	\$62.00
Swimmer 4	0.75 Hours	\$77.00
Swimmer 5-6	1 Hour	\$82.00
Swim Adapt (6 Lessons)	0.5 Hours	\$65.00
Rookie/Ranger/Star Patrol	1 hour	\$145.00
10-day lesson sets are priced for 8 lessons, with 2 free days.		

Private Lessons (Non-Taxable)		
1 Person	30 Minutes (One Lesson)	\$32.00
1 Person	90 Minutes (3 Lessons)	\$82.00
2 People	30 Minutes (One Lesson)	\$31.00
2 People	90 Minutes (3 Lessons)	\$81.00

All Swim Lesson registration will be restricted to Armstrong & Spallumcheen residents ONLY from May 1<sup>st</sup>-9<sup>th</sup>

**Registration opens at 9:00 am online and in-person**

All Swim Lessons will be open to Public May 10<sup>th</sup>

## Administrative Information & Refund Policy

**Programs:** A \$15 admin fee for cancelling or changing lessons will be charged per class. There are NO refunds after the program has started unless accompanied by a doctor's note. No refunds once the lessons have started unless less than 8 lessons are available due to weather, air quality, or maintenance issues, and pro-rates will be applied when less than 8 out of 10 lessons are available due to unforeseen events. For advanced courses and Pool Refunds, a 15% admin fee is applied.

**Drop-in Programs:** Refunds will not be applied to drop-in programs due to weather unless the weather changes within the first 60 minutes of the swim. Drop-in passes will be available for unforeseen events out of our control and when weather becomes uncooperative within the first hour of the swim.

**Processing:** Refunds take two weeks to be processed by the main office and are only delivered via cheques.

## Early Bird Pricing & May Office Hours

**Early bird pricing applies from May 1<sup>st</sup> until May 19<sup>th</sup>, 2025! Get 10% off!**

The discount will automatically be applied to your purchase when purchasing online or in person at the office. You can confirm that the discount is being applied online by clicking the drop-down menu of your fees and you will see the discount being applied. **\*\*Advanced aquatic courses and Rentals exempt from discount\*\***

**Office Hours Monday to Friday, from 9:00-5:00 pm, May 1-16th**

## Pool Schedule Spring 2025 May 17<sup>th</sup>-19<sup>th</sup> Soft Opening Weekend

Saturday May 17 <sup>th</sup>	Sunday May 18 <sup>th</sup>	Monday May 19 <sup>th</sup>
Lap Swim 10:30-11:30	Lap Swim 10:30-11:30	VICTORIA DAY
Public Swim 12:00-5:30	Public Swim 12:00-5:30	Public Swim 12:00-5:30

CHILDREN 6 & UNDER MUST BE WITHIN ARMS REACH AT ALL TIMES IN THE FACILITY BY ADULT 16 YEARS OR OLDER. CHILDREN MUST BE 10 YEARS OLD TO BE IN THE FACILITY WITHOUT AN ADULT 16 YEARS OR OLDER.



## Pool Schedule Spring 2025 May 20-June 29<sup>th</sup> Statutory Holidays 12-5:30 Public Swim only!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 6:30-8:00	Maintenance	Lap Swim 6:30-8:00	Maintenance	Lap Swim 6:30-8:00	Maintenance	Maintenance
Prebooked School Swims 8:30-2:00	Prebooked School Swims 8:30-2:00	Prebooked School Swims 8:30-2:00	Prebooked School Swims 8:30-2:00	Prebooked School Swims 8:30-2:00	Lap Swim 10:30-11:30	Lap Swim 10:30-11:30
					Aqua Fit 11:30-12:30	Aqua Fit 11:30-12:30
					Lessons 11:30-12:30	Lessons 11:30-12:30
Aqua Fit 2:00-3:00	Aqua Fit 2:00-3:00	Aqua Fit 2:00-3:00	Aqua Fit 2:00-3:00	Aqua Fit 2:00-3:00	Public Swim 1:00-5:30	Public Swim 1:00-5:30
Lessons 2:00-5:00	Lessons 2:00-5:00	Lessons 2:00-5:00	Lessons 2:00-5:00	Lessons 2:00-5:00		
Public Swim 5:15-8:00	Lap Swim 5:00-5:45	Public Swim 5:15-8:00	Lap Swim 5:00-5:45	Public Swim 5:15-8:00		
	Toonie Swim 6:00-8:00		Toonie Swim 6:00-8:00			
					Pool Rentals 6:00-7:00	Pool Rentals 6:00-7:00

CHILDREN 6 & UNDER MUST BE WITHIN ARMS REACH AT ALL TIMES IN THE FACILITY BY ADULT 16 YEARS OR OLDER. CHILDREN MUST BE 10 YEARS OLD TO BE IN THE FACILITY WITHOUT AN ADULT 16 YEARS OR OLDER.

## Pool Schedule Summer 2025 August 25<sup>th</sup>-26<sup>th</sup> Closing Days

CHILDREN 6 & UNDER MUST BE WITHIN ARMS REACH AT ALL TIMES IN THE FACILITY BY ADULT 16 YEARS OR OLDER. CHILDREN MUST BE 10 YEARS OLD TO BE IN THE FACILITY WITHOUT AN ADULT 16 YEARS OR OLDER.



Monday August 25 <sup>th</sup>	Tuesday August 26 <sup>th</sup>
Lap Swim 9:30-11:30	Lap Swim 9:30-11:30
Public Swim 12:00-5:30 pm	Public Swim 12:00-5:30 pm



**Pool Schedule Canada Day Week June 30<sup>th</sup> – July 7<sup>th</sup> Statutory Holidays 12-5:30 Public Swim only!**

Monday June 30 <sup>th</sup>	Tuesday July 1 <sup>st</sup>	Wednesday July 2 <sup>nd</sup>	Thursday July 3 <sup>rd</sup>	Friday July 4 <sup>th</sup>	Saturday July 5 <sup>th</sup>	Sunday July 6 <sup>th</sup>	Monday July 7 <sup>th</sup>
Lap Swim 6:30-10:00	Public Swim  12:00-5:30	Lap Swim 6:30-8:30	Maintenance	Lap Swim 6:30-8:00	Maintenance	CLOSED  ALL DAY  Due to Mid-Season Shut Down	CLOSED
Aqua Fit 7:15-8:15		Aqua Fit 7:15-8:15		Aqua Fit 7:15-8:15	Lap Swim 10:30-12:00		
Public Swim 10:00-2:00		Lessons 9:00-12:00	Lessons 9:00-12:00	Lessons 9:00-12:00	Closed from 12:00-12:30		Public Swim 12:15-3:00
		Public Swim 12:15-3:00	Public Swim 12:15-3:00	Public Swim 12:15-3:00	Public Swim 12:30-4:30		Parent & Tot 3:30-4:30
		Parent & Tot 3:30-4:30	Parent & Tot 3:30-4:30	Parent & Tot 3:30-4:30			Lessons 3:30-5:30
Closed 2:00-3:00		Lessons 3:30-5:30	Lessons 3:30-5:30	Lessons 3:30-5:30	CLOSED at 4:30 pm		Aqua Fit 4:30-5:30
Public Swim 3:00-9:00		Aqua Fit 4:30-5:30	Aqua Fit 4:30-5:30	Aqua Fit 4:30-5:30			Public Swim 5:30-9:00
		Public Swim 5:30-9:00	Toonie Swim 6:05-8:05 Lap Swim 8:15-9:00	Public Swim 5:30-9:00			Public Swim 5:30-9:00

CHILDREN 6 & UNDER MUST BE WITHIN ARMS REACH AT ALL TIMES IN THE FACILITY BY ADULT 16 YEARS OR OLDER. CHILDREN MUST BE 10 YEARS OLD TO BE IN THE FACILITY WITHOUT AN ADULT 16 YEARS OR OLDER.

**Pool Schedule Summer 2024 July 8<sup>th</sup> - August 24<sup>th</sup> Statutory Holidays 12-5:30 Public Swim only!**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 6:30-8:30	Maintenance	Lap Swim 6:30-8:30	Maintenance	Lap Swim 6:30-8:30	Maintenance	Maintenance
Aqua Fit 7:15-8:15		Aqua Fit 7:15-8:15		Aqua Fit 7:15-8:15	Lap Swim 10:30-11:30	Lap Swim 10:30-11:30
Lessons 9:00-12:00	Lessons 9:00-12:00	Lessons 9:00-12:00	Lessons 9:00-12:00	Lessons 9:00-12:00	Aquafit 11:30-12:30	Aquafit 11:30-12:30
Public Swim 12:15-3:00	Public Swim 12:15-3:00	Public Swim 12:15-3:00	Public Swim 12:15-3:00	Public Swim 12:15-3:00	Public Swim 1:00-5:30	Public Swim 1:00-5:30
Parent & Tot 3:30-4:30	Parent & Tot 3:30-4:30	Parent & Tot 3:30-4:30	Parent & Tot 3:30-4:30	Parent & Tot 3:30-4:30		
Lessons 3:30-5:30	Lessons 3:30-5:30	Lessons 3:30-5:30	Lessons 3:30-5:30	Lessons 3:30-5:30		
Aqua Fit 4:30-5:30	Aqua Fit 4:30-5:30	Aqua Fit 4:30-5:30	Aqua Fit 4:30-5:30	Aqua Fit 4:30-5:30		
Public Swim 5:30-9:00	Toonie Swim 6:05-8:05	Public Swim 5:30-9:00	Toonie Swim 6:05-8:05	Public Swim 5:30-9:00	Pool Rentals 6:00-7:00	Pool Rentals 6:00-7:00
	Lap Swim 8:15-9:00		Lap Swim 8:15-9:00			







CHILDREN 6 & UNDER MUST BE WITHIN ARMS REACH AT ALL TIMES IN THE FACILITY BY ADULT 16 YEARS OR OLDER. CHILDREN MUST BE 10 YEARS OLD TO BE IN THE FACILITY WITHOUT AN ADULT 16 YEARS OR OLDER.

# RED CROSS TRANSITION TO SWIM FOR LIFE PRESCHOOL REGISTRATION GUIDE

IF YOUR CHILD....	REGISTER IN LIFESAVING SOCIETY:	PREVIOUS RED CROSS LEVEL:
Is 4 to 12 months old and ready to learn to enjoy the water with parent...	JELLYFISH (Parent & Tot 1) 	STARFISH/PARENTED 1
Is 12 to 24 months old and ready to learn to enjoy the water with parent...	GOLDFISH (Parent & Tot 2) 	DUCK / PARENTED 2
Is 2 to 3 years old and ready to learn to enjoy the water with a parent...	SEA HORSE (Parent & Tot 3) 	SEA TURTLE / PARENTED 3
Is 3 to 6 years and just starting out on their own....	OCTOPUS (Preschool 1) 	SEA OTTER/ PRESCHOOL 4
Can get in and out and jump into chest-deep water assisted; float and glide on front and back; blow bubbles and get their entire face wet...	CRAB (Preschool 2) 	SALAMANDER/ PRESCHOOL 5
Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec....	ORCA (Preschool 3) 	SUNFISH/ PRESCHOOL 6
Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide, and kick on front and back...	SEA LION (Preschool 4) 	CROCODILE/ PRESCHOOL 7
Can do solo jumps into deep water; swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side...	NARWHAL (Preschool 5) 	WHALE/PRESCHOOL 8



## RED CROSS TRANSITION TO SWIM FOR LIFE SWIM LEVELS REGISTRATION GUIDE

IF YOUR CHILD....	REGISTER IN LIFESAVING SOCIETY:	PREVIOUS RED CROSS LEVEL:
Is 6 to 12 years and just starting out...	<b>SWIMMER 1</b> 	<b>SWIM KIDS 1</b>
Can jump into chest-deep water by themselves and into deep-water wearing a life jacket; open eyes, hold breath, and exhale underwater; float, kick and glide on front and back...	<b>SWIMMER 2</b> 	<b>SWIM KIDS 2</b>
Can jump into deep water and do a sideways entry wearing a life jacket; support self at the surface for 15 sec.; do whip kick in vertical position; and swim 10 m on front and back...	<b>SWIMMER 3</b> 	<b>SWIM KIDS 3</b>
Can tread for 30 sec.; do kneeling dives and front somersaults; 10 m whip kick on back; and swim 15 m front crawl and back crawl...	<b>SWIMMER 4</b> 	<b>SWIM KIDS 4</b> <b>SWIM KIDS 5</b>
Can complete the Canadian Swim to Survive Standard: Roll – Tread (1 min.) – Swim (50 m); dive; swim underwater; 15 m whip kick on front; breaststroke arms with breathing; and swim front and back crawl 25 m...	<b>SWIMMER 5</b> 	<b>SWIM KIDS 6</b>
Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50 m front and back crawl; breaststroke for 25 m; sprint 25 m; interval training 4 x 50 m...	<b>SWIMMER 6</b> 	<b>SWIM KIDS 7</b>

### Swim Adapt Lessons

Ages 3 & above	<p>Lifesaving Society lessons are all able to be adapted to the individual needs of swimmers. The lessons are worked at their own pace, using personal goals to determine success in the water.</p> <p>Adapt lessons are available during the Private lesson time slots listed in the Spring and Summer Lesson schedules. Preference given to swimmers that have already tried group lessons.</p>
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# RED CROSS TRANSITION TO SWIM FOR LIFE SWIM LEVELS REGISTRATION GUIDE

IF YOUR CHILD...	REGISTER IN LIFESAVING SOCIETY:	PREVIOUS RED CROSS LEVEL:
Can do stride entries and compact jumps; legs only surface support for 45 sec.; sprint 25 m breaststroke; swim 100 m of front crawl and back crawl and 300 m workout...	<b>ROOKIE PATROL/LEVEL 7</b> 	SWIM KIDS 8
Preferred succession of completion- Rookie Patrol	<b>RANGER PATROL/LEVEL 8</b> 	SWIM KIDS 9
Preferred succession of completion- Ranger Patrol	<b>STAR PATROL/LEVEL 9</b> 	SWIM KIDS 10
Preferred succession of completion- Star Patrol	<b>BRONZE STAR</b> 	Preferred SWIM KIDS 10 competed.
Preferred succession of completion- Bronze Star or 13 years old by the last day of the course	<b>BRONZE MEDALLION</b> 	Preferred SWIM KIDS 10 competed.
Completed Bronze Medallion.	<b>BRONZE CROSS</b> 	Preferred SWIM KIDS 10 competed.



## Pool Lesson Schedule Swim for Life Lessons Spring 2025

**\*Please bring any previous report cards on the first day\***

### Spring Set 1 (SG1): May 20<sup>th</sup>- 23<sup>rd</sup> Monday- Friday (No Lessons May 19<sup>th</sup> -Statutory Holiday)

2:00-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-4:30	4:30-5:00
Privates Available, Subject to Availability - Contact Pool Office at 250-546-0914 or Register in Person					

### Spring Set 2 (SG2): May 26<sup>th</sup>- June 6<sup>th</sup> Monday- Friday

2:00-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-4:30	4:30-5:00	
Octopus	Crab	Swimmer 2	Swimmer 3	Swimmer 4 4:00-4:45		
		Crab	Swimmer 1	Crab	Octopus	
		Swimmer 5/6 3:00-4:00			Orca	Sea Lion/Narwhal
		Swimmer 1	Octopus	Swimmer 3	Swimmer 2	
Privates Available, Subject to Availability - Contact Pool Office						

### Spring Set 3 (SG3): June 9<sup>th</sup>- 20<sup>th</sup> Monday-Friday

2:00-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-4:30	4:30-5:00
Crab	Octopus	Swimmer 3	Swimmer 3	Octopus	Swimmer 3
		Octopus	Swimmer 1	Sea Lion/Narwhal	Swimmer 1
		Orca	Crab	Swimmer 2	Crab
		Swimmer 4 3:15-4:00		Rookie 7/Ranger8 /Star 9 4:00-5:00	
Privates Available, Subject to Availability - Contact Pool Office					

### Spring Set 4 (SG4): June 23-29<sup>th</sup> Monday - Friday

2:00-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-4:30	4:30-5:00
Privates Available, Subject to Availability - Contact Pool Office					

### Spring Set 5 (SG5): May 24<sup>th</sup> – June 22<sup>nd</sup> Saturday Only Or Sunday Only Lesson Sets

Saturday 11:30-12:00	Saturday 12:00-12:30	Sunday 11:30-12:00	Sunday 12:00-12:30
Octopus	Crab	Crab	Octopus
Last Day: June 21 <sup>st</sup> , 5 Sessions		Last Day: June 22 <sup>nd</sup> , 5 Sessions	

### Lesson Evaluations & Free Lessons

If you are unsure about your child's swimming ability, please come to a public swim and ask a lifeguard for a swim assessment. Our instructors will have your child try some skills to determine what level is best suited for them at that time.

Stay tuned for free lessons set to run on June 7<sup>th</sup> to assist our new instructor candidates in their teaching journey! Registration will be online and will be announced on our website, Facebook, and Instagram, depending on the needs of the course! No formal evaluations are available from free lessons.

## Pool Lesson Schedule Swim for Life Lessons Summer 2025

**\*Please bring any previous report cards on the first day\***

### Summer Set 1 (SR1): July 2<sup>nd</sup>- July 11<sup>th</sup> Monday-Friday (No classes on Canada Day- July 1<sup>st</sup>)

9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00
Crab	Octopus	Orca	Octopus	Sea Horse	Crab
Swimmer 1	Swimmer 2	Swimmer 1	Swimmer 3	Swimmer 2	Octopus
Swimmer 3	Swimmer 4 9:30-10:15		Sea Lion/Narwhal	Rookie/Ranger/Star 11:00-12:00	
Bronze Star July 2-4 <sup>th</sup>			Bronze Medallion Mon-Fri July 7-11 <sup>th</sup>		
3:30-4:00	4:00-4:30		4:30-5:00		5:00-5:30
Swimmer 3	Orca		Octopus		Crab
Swimmer 5/6 3:30-4:30			Jellyfish & Goldfish 4:45-5:15		
Privates Available M/W/F – Contact Pool Office					

### Summer Set 2 (SR2): July 14<sup>th</sup>- July 25<sup>th</sup> Monday-Friday

9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00
Orca	Crab	Octopus	Jellyfish & Goldfish	Octopus	Octopus
Swimmer 2	Swimmer 1	Swimmer 3	Swimmer 2	Swimmer 3	Crab
Rookie/Ranger/Star 9:00-10:00		Sea Lion/Narwhal	Swimmer 5/6 10:30-11:30		Swimmer 1
Private Lessons Available July 14 <sup>th</sup> -18 <sup>th</sup>			Bronze Cross Mon-Fri July 21-25 <sup>th</sup>		
3:30-4:00		4:00-4:30	4:30-5:00		5:00-5:30
Swimmer 1		Swimmer 2	Crab		Octopus
Swimmer 4 3:30-4:15			Seahorse 4:45-5:15		
Privates Available M/W/F – Contact Pool Office					

### Summer Set 3 (SR3): July 28<sup>th</sup> – August 8<sup>th</sup> Monday-Friday (No Lessons on BC Day – August 4<sup>th</sup>)

9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00
Octopus	Orca	Crab	Octopus	Crab	Sea Horse
Swimmer 3	Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 1	Swimmer 2
Swimmer 4 9:00-9:45		Rookie/Ranger/Star 10:00-11:00		Swimmer 5/6 11:00-12:00	
Private Lessons Available					
3:30-4:00	4:00-4:30		4:30-5:00		5:00-5:30
Swimmer 2	Sea Lion/Narwhal		Octopus		Crab
Rookie/Ranger/Star 3:30-4:30			Jellyfish & Goldfish 4:45-5:15		
Privates Available M/W/F – Contact Pool Office					

### Summer Set 4 (SR4): August 11<sup>th</sup> – August 22<sup>nd</sup> Monday-Friday

9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00
Crab	Octopus	Orca	Crab	Octopus	Jellyfish & Goldfish
Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 1	Swimmer 2	Swimmer 3
Swimmer 5/6 9:00-10:00		Octopus	Rookie/Ranger/Star 10:30-11:30		Sea Lion/Narwhal
Private Lessons Available					
3:30-4:00	4:00-4:30		4:30-5:00		5:00-5:30
Orca	Swimmer 1		Crab		Octopus
Swimmer 4 3:30-4:15			Seahorse 4:45-5:15		
Privates Available M/W/F – Contact Pool Office					



## Bronze Star

Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

**Minimum 4 candidates for the course to run.**



**July 2<sup>nd</sup> 9-12:00 pm, July 3<sup>rd</sup> 9-12:00 pm, July 4<sup>th</sup> 9-1:00 pm**

**Prerequisites:** Preferred completion of Star Patrol/Level 9

Costs:

Course Fee: **\$165.00**

Require Canadian Lifesaving Manual: **\$40.00**



## Bronze Medallion

Bronze Medallion, the Lifesaving Societies flagship certification, teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgement, skill, and fitness. Bronze

Medallion challenges the candidate both mentally and physically. Judgement, skill, and fitness- the four components of water rescue- form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around water. Bronze Medallion is a prerequisite for Assistant Lifeguard training in Bronze Cross.

**Minimum 4 Candidates for the course to run.**



**July 7-11<sup>th</sup>, 2025 9:00-1:00pm**

**Prerequisites:** Bronze Star or 13 years of age by the last day of the course.

Costs:

Course Fee: **\$185.00**

Require Canadian Lifesaving Manual: **\$40.00 – to be picked up before course starts**



## Bronze Cross/Assistant Lifeguard

Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

Bronze Cross is worth 2 Grade 11 High School Credits.

**Minimum 6 Candidates for the course to run.**

**July 21<sup>st</sup>-25<sup>th</sup> 2025 9:00-1:00 pm**

**Requirements:**

*Bronze Medallion current within 5 years*

Costs:

Course Fee: **\$185.00**

Require Canadian Lifesaving Manual: **\$40.00**

Review of Bronze Medallion course content is greatly encouraged.



### Swim for Life Instructor Courses

The Lifesaving Society Swim for Life Instructor certification prepares candidates to teach and evaluate basic swim strokes and related skills. Swim Instructors teach and evaluate candidates in the Society's Swim for Life® and Canadian Swim Patrol levels. Candidates are trained in, and must demonstrate skills, knowledge, and attitudes at a Competency Level 1 to achieve certification

**May 26<sup>th</sup> – June 7<sup>th</sup> Mon/Wed/Fri 4-8:00 pm & Saturdays 8-4:30 pm**

Prerequisite(s): 15 years of age by last day of course, Bronze Cross (need not be current)

**Minimum of 4 candidates to run.**

Apprenticeship: Mandatory 8-hour swim lesson teaching experience prior to the end of the Swim for Life Instructor course, included in course hours.

**Cost: \$380.00**

*Advanced courses are non-refundable without a doctor's note and will incur a 15% administrative fee if they are refunded.*

### Swim for Life Instructor Recertifications

The Swim for Life Instructor Recert renews a candidate's Swim for Life Instructor award for 24 months. Candidates must successfully pass the course and complete a Swim for Life® skills assessment.

**May 24<sup>th</sup> 8:30-2:00 pm**

**Prerequisites:** Swim for Life Instructor (within 5 years)

**Minimum 3 Candidates for the course to run.**

**Costs: \$115.00**

*Advanced courses are non-refundable without a doctor's note and will incur a 15% administrative fee if they are refunded.*

### National Lifeguard Recertifications

National Lifeguard Recertification courses are available to renew your NL award to "current" status. Attend the National Lifeguard Precert/Recert for the award which you wish to recertify. Each NL "option" is available in a recert exam format (i.e., NL Pool Recert, Waterpark Recert, Waterfront Recert, or Surf Recert). The NL Precert: Affiliates schedule an "NL Precert" prior to the NL Recert exam. The NL Precert clinic is designed to deliver program updates to lifeguards and offer essential skill practice prior to being evaluated. The NL Precert is not mandatory; however, it is highly recommended for candidate success in the recert exam.

**May 16<sup>th</sup> from 8-4:30 pm & July 3<sup>rd</sup> from 8-4:30 pm**

**Prerequisites:** National Lifeguard (need not be current)

**Minimum 6 Candidates for the course to run.**

**Costs: \$115.00**

*Advanced courses are non-refundable without a doctor's note and will incur a 15% administrative fee if they are refunded.*



# CALENDAR OF EVENTS SPRING/SUMMER 2025

**NOTE:** Events included on the above Calendar of Events were booked in time to meet publication deadline of February 1, 2025.

For further information, to confirm the above events or to inquire about additional events please:

Like us on Facebook  
Visit our website  
[www.asprd.com](http://www.asprd.com)

Email [as-parksandrec.com](mailto:as-parksandrec.com)

March 2 Sunday Public Roller-skating 1:00-3:00pm  
March 2 Sunday Family Skate 3:30-5:30pm  
March 7 Friday Night Public Roller-skating 7-9pm  
March 9 Sunday Public Roller-skating 1:00-3:00pm  
March 9 Sunday Family Skate 3:30-5:30pm  
March 14 Friday Night Public Roller-skating 7-9pm  
March 16 Sunday Public Roller-skating 1:00-3:00pm  
March 16 Sunday Family Skate 3:30-5:30pm  
March 21 Saanich Peninsula 4H Beef Show  
March 21 Friday Night Public Roller-skating 7-9pm  
March 23 Sunday Public Roller-skating 1:00-3:00pm  
March 23 Sunday Family Skate 3:30-5:30pm  
March 28 Friday Night Public Roller-skating 7-9pm  
March 30-31 Armstrong Pony Club  
March 30 Sunday Public Roller-skating 1:00-3:00pm  
March 30 Sunday Family Skate 3:30-5:30pm  
April 4 Friday Night Public Roller-skating 7-9pm  
April 5 Swanson Mountain Fitness- KettleBell Competition  
April 6 Sunday Public Roller-skating 1:00-3:00pm  
April 6 LAST OF THE SEASON Sunday Family Skate 3:30-5:30pm  
April 9-14 North Okanagan Holsteins  
April 11 CANCELLED Friday Night Public Roller Skating 7-9pm  
April 11-12 CheeseFest - A/S Chamber of Commerce  
April 13 Sunday Public Roller-skating 1:00-3:00pm  
April 18 Friday Night Public Roller-skating 7-9pm  
April 18-20 Armstrong Stock Dog Showdown and Shoot out  
April 19 Armstrong Green Fair 8:00am-12:00pm  
April 20 Sunday Public Roller-skating 1:00-3:00pm  
April 25 Friday Night Public Roller-skating 7-9pm  
April 26-27 Armstrong Enderby Riding Club  
April 26 Armstrong Farmers Market 8:00am-12:00pm  
April 27 LAST OF THE SEASON Sunday Public Roller-skating 1:00-3:00pm  
May 2 Friday Night Public Roller-skating  
May 3-4 B.C. High School Rodeo  
May 3 Armstrong Farmers Market 8:00am-12:00pm  
May 3 4H Rally Day  
May 9 Friday Night Public Roller-skating 7-9pm  
May 10 Armstrong Farmers Market 8:00am-12:00pm  
May 16 Friday Night Public Roller-skating  
May 17 THE POOL - OPENING DAY  
May 17 Armstrong Farmers Market 8:00am-12:00pm  
May 23 CANCELLED Friday Night Public Roller-skating 7-9pm  
May 24 Armstrong Farmers Market 8:00am-12:00pm  
May 25 Central Okanagan Bicycle Riders Asso. Century Ride  
May 30 LAST OF THE SEASON Friday Night Public Roller-skating 7-9pm  
May 31-June 1 Armstrong Enderby Riding Club  
May 31 Armstrong Farmers Market 8:00am-12:00pm  
June 7 Armstrong Farmers Market 8:00am-12:00pm  
June 14 Armstrong Farmers Market 8:00am-12:00pm  
June 14 Pride in the Park  
June 15 Western Canada Reining Association  
June 20-22 Ranch Horse Revolution  
June 21 Armstrong Farmers Market 8:00am-12:00pm  
June 28 Armstrong Farmers Market 8:00am-12:00pm  
June 20 A/S Chamber of Commerce Music in the Park  
June 26-29 Thompson Okanagan Working Equestrian Canadian Chapter  
June 27 A/S Chamber of Commerce Music in the Park  
July 2-5 Okanagan 4H Stock Show  
July 1 Canada Day Celebrations  
July 2-6 Vernon Kennel Club  
July 4 A/S Chamber of Commerce Music in the Park  
July 5 Armstrong Farmers Market 8:00am-12:00pm  
July 11 A/S Chamber of Commerce Music in the Park  
July 11-12 Armstrong Metalfest 2025  
July 12 Armstrong Farmers Market 8:00am-12:00pm  
July 18 A/S Chamber of Commerce Music in the Park  
July 18-20 Western Canada Reining Assoc. Thompson Rivers Reiners  
July 19 Armstrong Farmers Market 8:00am-12:00pm  
July 25 A/S Chamber of Commerce Music in the Park  
July 26 Armstrong Farmers Market 8:00am-12:00pm  
July 28-August 1 Challenger British Soccer Camp  
August 1 A/S Chamber of Commerce Music in the Park  
August 2 Armstrong Farmers Market 8:00am-12:00pm  
August 8-10 Peruvian Horse Association of Canada  
August 8 A/S Chamber of Commerce Music in the Park  
August 9 Armstrong Farmers Market 8:00am-12:00pm  
August 15 A/S Chamber of Commerce Music in the Park  
August 22 A/S Chamber of Commerce Music in the Park  
August 26 Pool Closing Day  
August 27-Aug 31 INTERIOR PROVINCIAL EXHIBITION

Hassen Arena  
Sunbelt Arena  
Hassen Arena  
Hassen Arena  
Sunbelt Arena  
Hassen Arena  
Hassen Arena  
Sunbelt Arena  
Cattle Swine Complex  
Hassen Arena  
Hassen Arena  
Sunbelt Arena  
Hassen Arena  
Fairgrounds  
Hassen Arena  
Sunbelt Arena  
Hassen Arena  
Horticultural Building  
Hassen Arena  
Sunbelt Arena  
Cattle swine Complex  
Hassen Arena  
Hassen Arena  
Hassen Arena  
Hassen Arena  
Grandstand Ring#1  
Fairgrounds  
Hassen Arena  
Hassen Arena  
Ring #1  
Fairgrounds  
Hassen Arena  
Hassen Arena  
Fairgrounds  
Fairgrounds  
Cattle Swine Complex  
Hassen Arena  
Fairgrounds  
Hassen Arena  
The Pool  
Fairgrounds  
Hassen Arena  
Fairgrounds  
Memorial Park/Roads  
Hassen Arena  
Ring #2, Agriplex  
Fairgrounds  
Fairgrounds  
Fairgrounds  
Memorial Park  
Agriplex  
Agriplex, Ring #1  
Fairgrounds  
Fairgrounds  
Memorial Park  
Ring #1 & #2  
Memorial Park  
C/S Complex  
Memorial Park/Pool  
Fairgrounds  
Memorial Park  
Fairgrounds  
Memorial Park  
Fairgrounds  
Hassen Arena  
Fairgrounds  
Memorial Park  
Fairgrounds  
Fairgrounds  
Memorial Park  
Fairgrounds  
Diamond #1  
Memorial Park  
Fairgrounds  
Agriplex, Ring#2  
Memorial Park  
Fairgrounds  
Memorial Park  
Memorial Park  
The Pool  
Fairgrounds



# Armstrong Spallumcheen Parks & Recreation Youth/Family Programs

## REGISTRATION FORM - 2025 SPRING SEASON

Name of Participant (first and last):		Programs Registering for:	
Male    Female	Age:	Grade:	Birthdate:

Name of Participant (first and last):		Programs Registering for:	
Male    Female	Age:	Grade:	Birthdate:

	Quantity	Total		Quantity	Total
<b>Karate - Kyokushin - Family (ages 5+)</b>			<b>Karate - Kyokushin - Family (ages 5+)</b>		
Tuesdays, April 1-June 3 6:00-7:00pm		Early Reg \$60.00 +tax after May 27 \$72.00 +tax	Thursdays, April 3-June 5 6:00-7:00pm		Early Reg \$60.00 +tax after May 29 \$72.00 +tax

Sub-total	
GST 5% (Family/teen and adult programs only)	
<b>Total \$</b>	
Cash:	
Cheque: (No Post Dated Cheques)	
Debit:	
Credit Card:	

CREDIT CARD PAYMENT

NAME AS IT APPEARS ON CARD	Visa or Mastercard	CARD NUMBER	EXPIRY DATE	SIGNATURE

(for credit card authorization)

### NO LATE REGISTRATIONS - REGISTRATION ENDS ON THE PROGRAM START DATE

Parents Consent - Parents must read and signed.

I hereby give consent and approval that my son(s)/daughter(s) may participate in the above program(s). I hereby waive any responsibility on the part of the Armstrong Spallumcheen Parks and Recreation Commission or any other person, either volunteer or staff, participating in, coaching, organizing or contracted by the Commission to run the above programs for any injury that may occur to my child while he/she is participating in these programs. I understand that unless a doctors note is provided, there is a \$15.00 administration fee to withdraw from a program. If a program has started, any refund will be pro-rated in addition to the administration fee. No withdrawals/refunds after 72 hours of a program start.

\_\_\_\_\_  
Parent or Guardian Signature

\_\_\_\_\_  
Date

Name of Parent or Legal Guardian:	E-Mail Address:	Day Telephone:
Address (mailing and street if different):	Postal Code:	Night Telephone:
Emergency Contact (other than parent or guardian listed above)    Relationship to child and phone number:		

Registrations can also be completed online at [www.ASPRD.com](http://www.ASPRD.com)  
Email: [as-parksandrec@asprd.com](mailto:as-parksandrec@asprd.com)





Armstrong Spallumcheen Parks & Recreation

## Armstrong Spallumcheen Parks & Recreation

# Adult Programs

## REGISTRATION FORM - 2025 SPRING SEASON

Name of Participant (first and last):

Birthdate

Name of Participant (first and last):

Birthdate

### FITNESS/DANCE

#### Cardio and Strength

Wednesdays, March 26-April 23  
5:00-6:00pm

Quantity	Total before Tax
Early Reg \$50.00 after March 19 \$60.00	

#### Spin and Strength

Tuesdays, April 1-May 6  
5:30-6:30pm

Early Reg \$60.00 after March 25 \$72.00	
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#### Step and Strength -Mondays

Mondays, March 31-May 5  
9:30-10:30am

Early Reg \$60.00 after March 24 \$72.00	
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#### Step and Strength -Wednesdays

Wednesdays, April 2-May 7  
9:30-10:30am

Early Reg \$60.00 after March 26 \$72.00	
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#### TRX - Tuesdays

Tuesdays, April 1-May 6  
6:45-7:45pm

Early Reg \$60.00 after March 25 \$72.00	
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#### Pain Reduction with Movement-Sundays

Sundays, March 16-May 4  
11:00am-12:00pm

Early Reg \$80.00 after Mar 9 \$96.00	
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#### Zumba Fitness

Saturdays, April 5-June 14 (no class May 24)  
9:00-9:45pm

Early Reg \$100.00 after March 29 \$120.00	
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### YOGA AND QIGONG

#### Beginners Guide to Meditation

Saturday, April 12  
11:30am-1:00pm

Early Reg \$50.00  
after April 5 \$60.00

#### Beginner Yoga - A Journey into Your Poses

Mondays, April 7-June 9 (no class April 21- or May 19)  
5:00-6:00pm

Early Reg \$88.00  
after March 31 \$105.60

#### Beginner Yoga-Thursdays

Thursdays, April 3-June 5  
6:00-7:00pm

Early Reg \$110.00  
after March 27 \$132.00

#### Beginner Yoga-Saturdays

Saturdays, April 5-June 14 (no class May 24)  
10:00-11:00am

Early Reg \$110.00  
after March 29 \$132.00

#### Chair Yoga

Tuesdays, April 8-June 10  
3:00-4:00pm

Early Reg \$110  
after April 1 \$132.00

#### Summer Yoga-Beginner

Thursdays, July 3-August 7  
6:00-7:00pm

Early Reg \$66.00  
after June 26 \$79.20

#### Yoga Mobility Workshop-Hips and Hamstrings

Saturday, April 26  
11:30am-1:30pm

Early Reg \$50.00  
after April 19 \$60.00

#### Yoga - Restorative Yin

Thursdays, April 3-June 5  
7:30-8:30pm

Early Reg \$110.00  
after March 27 \$132.00

### GENERAL INTEREST

#### Basic First Aid (OFA Level 1)

Sunday, April 6, 9am-5:30pm

Early Reg \$90.00 after Mar 30 \$108.00	
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#### Intermediate First Aid (OFA Level 2)

Sat & Sun, April 26/27, 9am-5:30pm

Early Reg \$150.00 after Apr 19 \$180.00	
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#### Intermediate First Aid Recert.

Sunday, May 4, 9am-5:30pm

Early Reg \$90.00 after Apr 27 \$108.00	
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#### Intermediate First Aid Recert.

Sunday, June 15th, 9am-5:30pm

Early Reg \$90.00 after June 8 \$108.00	
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#### Introduction to Sourdough: Pain au Levain

Saturday, March 29, 5:00-9:00

Early Reg \$60.00 after March 22 \$72.00	
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#### Women's Self Defence Level 1

Sundays, March 30-April 20,  
6:00-8:00pm

Early Reg \$60.00 after March 2 \$72.00	
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#### Women's Self Defence Level 2

Sundays, May 11-June 8 (no class May 25),  
6:00-8:00pm

Early Reg \$60.00 after May 4 \$72.00	
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### SPORTS

#### Karate - Adult (13+) Tuesdays

April 1-June 3  
7:00-9:00pm

Early Reg \$70.00  
after May 27 \$84.00

#### Karate - Adult (13+) Thursdays

April 3-June 5  
7:00-9:00pm

Early Reg \$70.00  
after May 29 \$84.00

#### Pickleball (Ages 15+) Tuesdays

Apr 1-June 3  
6:00-8:00pm

Early Reg \$60.00  
after May 27 \$72.00

#### Pickleball (Ages 15+) Wednesdays

April 2-June 4  
6:00-8:00pm

Early Reg \$60.00  
after May 28 \$72.00

#### Pickleball (Ages 15+) Thursdays

April 3-June 5  
6:00-8:00pm

Early Reg \$60.00  
after May 29 \$72.00

#### CREDIT CARD PAYMENT

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CARD NUMBER

EXPIRY DATE

NAME AS IT APPEARS ON CARD

SIGNATURE

Sub-total

GST IS CHARGED ON ALL ADULT PROGRAMS

GST 5%

Total \$

Cash:

Cheque: (No Post Dated Cheques)

Debit:

Credit Card:

### NO LATE REGISTRATIONS - REGISTRATION ENDS ON THE PROGRAM START DATE

\*\* Registrations will be processed on a first received first served basis.

\*\* I understand that my (our) participation in the above activity(s) is at my (our) own risk for injury or loss. I am the parent or legal guardian of those registered under 18. I hereby waive any responsibility on the part of the Armstrong Spallumcheen Parks and Recreation Commission or any other person, either volunteer or staff, participating in, coaching, organizing or contracted by the Commission to run the above programs for any injury that may occur while I am participating in these programs. I understand that unless a doctors note is provided, there is a \$15.00 administration fee to withdraw from a program. If a program has started, any refund will be pro-rated in addition to the administration fee. No withdrawals/refunds after 72 hours of a program start.

SIGNATURE(S)

Name of Participant(s):

E-Mail Address:

Phone #:

Address (mailing and street if different):

Postal Code:

Registrations can also be completed online at [www.ASPRD.com](http://www.ASPRD.com)

Email: [as-parksandrec@asprd.com](mailto:as-parksandrec@asprd.com)

Phone: 250-546-9456

# POTENTIALS CANADA LEARNING CENTRE

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**Free in-person  
Consultation**

“

*I finally have  
the confidence  
to do what I've  
really wanted  
to do with my  
life!*

”

