



Armstrong Spallumcheen Parks & Recreation

Recreation & Leisure Guide

Everyone Plays!



**FALL
2025**

IT'S FALL Y'ALL



Here are some family fun activities and events to enjoy this Fall!



Armstrong Farmers' Market

Until Oct 25th

Barn Quilt Trail Self-Guided Tour

**Armstrong Spallumcheen Art
Gallery**

Sept 2nd-27th Oct 2nd-25th
Oct 30th-Nov 22nd

Farmstrong Cider Co.

farmstrongcider.com

Sparrow Grass Field & Flower

Heritage Pumpkin Patch

sparrowgrassfieldandflower.com

Scarecrows in the Street

Sept 22nd-Oct 13th

**Bloom
Sunflower Festival**

Sept 26th-28th

**Spallumcheen
Food & Farm Festival**

Sept 28th

**CC Bloom
Autumn Love Market**

Sept 27th

Pumpkin Harvest Festival

Oct 3rd - 13th

**Pumpkin Harvest Festival
Family Day**

Oct 11th

**Caravan Farm Theatre
Walk of Terror**

Oct 25th

Downtown Trick or Treat

Oct 31st

Downtown Light Up

Nov 28th

For more information on these and other events or to plan
a visit, check out our websites and social medias



@tourismarmstrong
@aschamberofcommerce

WE'RE HERE ALL YEAR! CHECK OUT SOME OF THE EVENTS

AND ACTIVITIES OFFERED THIS SEASON

www.aschamber.com

www.tourismarmstrongspall.com



fall 2025



Armstrong Spallumcheen Parks & Recreation

FACILITY RENTAL INFORMATION

250-546-9456

Call for information on renting
our facilities for your event.

**ASPRD
REGISTRATION
OPENS
AUGUST 1**

ARMSTRONG SPALLUMCHEEN PARKS & RECREATION OFFICE

Monday-Friday 8:30am-4:00pm
Sunbelt Arena
3351 Park Drive, Armstrong, B.C.
V0E 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
Visa or M/C
Scan or email registration form to
as-parksandrec@asprd.com
or register in person.



AFFORDABLE ACCESS PASS

Who is eligible?

Must be a resident of The Township of Spallumcheen
OR The City of Armstrong AND qualify with one of the following:
Ministry of Social Development and Poverty Reduction:

- *Regular income assistance benefits
- *Person with disability (PWD)
- *Person with persistent multiple barriers (PPMB)

For more information, contact us at 250-546-9456 OR in
person, located in the Sunbelt Arena: 3351 Park Drive. Office
Hours: Mon-Fri 8:30am-4pm (closed statutory holidays).



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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.

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

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!

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

REGISTER NOW

www.bgco.ca

**ROLLER
SKATING**
\$10.00 PP
Hassen Arena
Cash/Credit/Debit

Fridays (Starts Oct. 3)

7:00-9:00 pm

Sundays (Starts Oct. 5)

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:
Fridays: Dec. 5, Sundays: None

AWESOME BIRTHDAY PARTIES

Max 25 People

\$189.00
+ tax

Over 25 People

\$299.00
+ tax

**Sports
Party
(6 & up)**

**Everyone
Plays Party
Roller Skate
Party**

**Ice Skating
Party**

Max Capacity of 60 people per party, for parties over 25
Visit our website for more information asprd.com



Armstrong Spallumcheen Parks & Recreation

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

CHILD, YOUTH & FAMILY PROGRAMS

ASPRD

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

NCPO

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



Armstrong Preschool

Ages: 3 & 4

Dates September 2025-June 2026

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 \$285/month

T/TH 2 hr class \$130/month (can apply for ACCB)

To Register Contact: Brandy Weeks:

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.

NCPO

Armstrong Enderby Skating Club

Program: Learn to Skate & Figure Skating Programs

Ages: 3-Adult

Start Date: September 9, 2025

End Date: March 13, 2026

Location: Sunbelt Arena

Organization: Armstrong Enderby Skating Club

To register contact: Head Coach/Director of Skating Tannis Crerar at crerar@telus.net

Registration: Please check our registration portal armstrongskatingclub.uplifterinc.com

Registration will open August 2025. Credit Cards will be accepted for payments.

Programs & Schedule:

Pre-Canskate (Ages 3-4): Mondays at 3:00pm

Beginning October

Canskate (Ages 5-11): Mondays at 4:45pm/Thursdays 5:00pm

Beginning October

Junior Program: Mondays 3:45pm/Thursdays 2:45pm

Beginning October

Intermediate: Tuesdays, Wednesdays, Fridays (Time Varies)

Senior: Tuesdays – Fridays (Time Varies)

Adults Learn to Skate: Fridays 5:30pm join us for an hour of skill-building and fun with dedicated coaches who can help you reach your skating goals. Let's make your skating dreams come true!

Adult Master STARskate: Fridays 5:30pm former skaters looking to get back on the ice, we've got a class for you! Get Back in Shape, Master Jumps & Spins or Train to Compete as an Adult.

NCPO

Skate into the 2025/2026 Season! Join us for a season of fun, skill building, and skating excellence. Whether you're a beginner or a competitive skater, there's a program for you! Ready to glide, spin, or simply stay on your feet?

Babysitting

Ages: 11 & up

Start: October 20

End: October 29

Day: Mondays & Wednesdays

Sessions: 4

Location: Sunbelt Meeting Room

Time: 6:00-8:00pm

Instructor: Taliesan

Programmer: Allison

Register early \$72.00

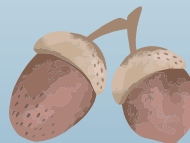
After October 13 \$86.40

This course offers basic first aid and caregiving skills for youth 11-15 years old. Participants learn how to provide care to children in a variety of age groups, and how to prevent and respond to emergencies. The course also offers youth the skills to promote themselves as babysitters to prospective families. Babysitter's Manual provided. All sessions must be attended. There will be a written evaluation. Register early to secure your spot!

Course Content:

- How to be responsible and demonstrate leadership
- How to make good decisions and manage difficult behaviours
- Information on children's developmental stages, and specific strategies for each stage
- How to feed, diaper, dress, and play with children and babies
- How to recognize and prevent unsafe situations, make safe choices, and promote safe behaviours
- First aid skills
- The business of babysitting

ASPRD



Beaver Scouts

Ages: 5–8
Start Date: Mid September
End Date: End of May (new Beavers welcome all year)
Day: Wednesdays
Time: 5:30–6:30pm
Location: Zion United Church Hall
Cost: \$277 will include September to December 2026
(Subject to change)
Organization: Scouts Canada
To register contact: <https://www.myscouts.ca>
Local contact Lisa 250-550-6645 - lisa1starmstrongscouts@hotmail.com
Welcome to the Pond. Beaver Scouts is an active program for Kindergarten to Grade 2 aged Youth. We offer lots of fun and unique opportunities for your Youth. Camping, rock climbing, sleepovers, community involvement, games, crafts and more :) Our program is tailored to the Youth's interests.



Break In Bags

Ages: School aged kids
Dates: September 8, October 6, November 3, December 1
Location: Armstrong Library 250-546-8311
Organization: Okanagan Regional Library www.orl.bc.ca
Registration: No Registration required
Escape room fans, this one's for you! A Break In Bag flips the challenge: solve three puzzles to break in and unlock your reward. It's a fun, hands-on game that will keep you guessing. While supplies last.



Clay Hand Building Santa Plate & Cup

Ages: 6-9
Start: November 22
End: November 22
Day: Saturday
Time: 10:00am-Noon
Sessions: 1 session
Location: Centennial Hall
Instructor: Carrie Weber
Programmer: Allison
Register early \$83.00
After November 15 \$99.60



FOLLOW US



Clay Hand Building Christmas Candle

Ages: 10-16
Start: November 22
End: November 22
Day: Saturday
Time: 12:30-3:30pm
Sessions: 1 session
Location: Centennial Hall
Instructor: Carrie Weber
Programmer: Allison
Register early \$83.00
After November 15 \$99.60
Join Carrie Weber who is the owner of Peace & Joy Pottery for a fun project, creating your very own special keepsake Christmas Candle theme. Youth of all abilities are welcome to register for this clay making class. Carrie deals with the drying process, does all the glazing & firing and will deliver to the Main Office for pick up once complete.



Cub Scouts

Ages: 8-11
Start Date: Mid September
End Date: End of May (new Cubs welcome all year)
Day: Tuesdays
Time: 5:30-7:00pm
Location: Zion United Church Hall
Cost: \$277 will include Sept to Dec 2026 (Subject to change)
Organization: Scouts Canada
To register contact: <https://www.myscouts.ca>
Local contact Lisa 250-550-6645 - lisa1starmstrongscouts@hotmail.com
Welcome to the Jungle. Cub Scouts is an active program for Grade 3 to Grade 5 aged Youth. We offer lots of fun and unique opportunities for your Youth. Multi season camping, rock climbing, community involvement, games, crafts and more :) Our program is tailored to the Youth's interests.



Cookies & Canvas

Ages: Tweens
Dates: Sept 12, Oct 10, Nov 14, Dec 12
Day: Fridays
Time: 2:45-4:15pm
Location: Armstrong Library 250-546-8311
Organization: Okanagan Regional Library 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.



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

Children, Adult & Family Programs Available!

VERNON
250-545-7710

KEES
tae kwon do

keesokanagan.com

Deck the Halls with Gingerbread

Ages: Family

Dates: December 1-December 23

Location: Armstrong Library 250-546-8311

Organization: Okanagan Regional Library
www.orl.bc.ca

Registration: No Registration required

Get into the festive spirit this holiday season! Swing by the Armstrong Library & grab your very own gingerbread house kit to take home. Supplies are limited, so don't miss out on this delightful activity.



Di-November

Ages: Family

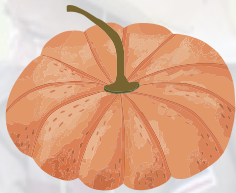
Dates: November 1-November 29

Location: Armstrong Library 250-546-8311

Organization: Okanagan Regional Library www.orl.bc.ca

Registration: No Registration required

Wanted: The Dinosaurs! The Armstrong Library staff need your help! The dinosaurs have escaped from storage and are wrecking havoc in the library. Join us for dinosaur themed activities throughout the month of Dinovember and search to see what they're up to next.



*Register
Online*



Girl Guides

Ages: 5-17

Start: September 2025

End: Spring 2026

Days: Various

Times: varied by age group

Location: Armstrong Bible Chapel

Organization: Girl Guides of Canada

To register and for more information www.girlguides.ca click on the Join Us link!

Sparks age 5-6 (2020/2019) 2 units 1st Armstrong Sparks Tuesday 3:30-4:30 or 2nd Armstrong Sparks Thursday 4-5
Embers age 7-8 (2018/2017) 2 units 2nd Armstrong Embers Wednesday 3:30-5 or 1st Armstrong Embers Thursday 4-5
Guides age 9,10,11 (2016,2015,2014) 3 units 1st Armstrong Guides every other Thursday 6-7:30, 2nd Armstrong Guides Wednesday 3:30-5, 2nd Armstrong Guides and Pathfinders Tuesday 5:30-7
Pathfinders age 12,13,14 (2013,2012,2011) 2 units 2nd Armstrong Guides and Pathfinders Tuesday 5:30-7 or 1st Armstrong Pathfinders and Rangers every other Thursday 6-7:30
Rangers age 15,16,17 (2010,2009,2008) 1st Armstrong Pathfinders and Rangers every other Thursday 6-7:30

At Girl Guides, we believe in the power of fun, hands-on activities that inspire girls to grow, lead, and connect. Our programs are designed for girls ages 5-17 and cover everything from outdoor adventures and STEM projects to arts and leadership training. Whether your child loves the outdoors, enjoys creative projects, or wants to build new skills, our programs offer something for everyone. Girl Guide units concurrent to the school year; fall until late spring.



ACCENTZ DANCE STUDIO

REGISTER NOW FOR DANCE : SEASON 21!

BALLET | JAZZ | HIP HOP | ACRO | TAP | LYRICAL | MUSICAL THEATRE | CONTEMPORARY | MODERN

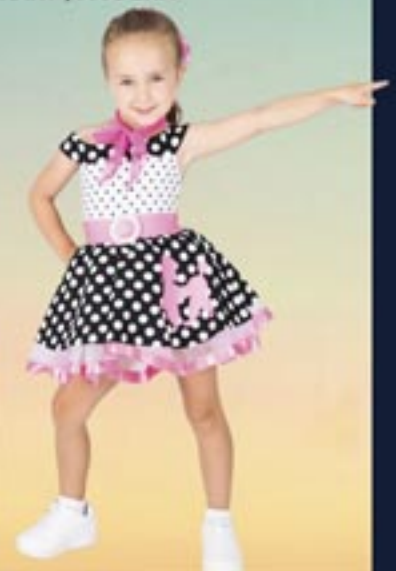
- ★ For Ages 2 to Adult
- ★ Beginner to Competitive Levels
- ★ Certified, Passionate Instructors
- ★ Welcoming, Positive Studio Culture

🏠 Technique. Confidence. Friendship. Fun.

Whether you're dancing for joy, fitness, or the stage — we've got a class for you!

📍 Located in the heart of VERNON - Below Natures Fare

📅 Fall Classes Start: September 8th — Don't Miss Out!



📞 Call or Text: (250) 260-8223 | www.accentz.ca | info@accentz.ca

SUNBELT ARENA PUBLIC DROP-IN ICE SCHEDULE

Season Starts: September 3 Season Ends: April 5, 2026

All dates & times are subject to change

Mondays

Adult/Senior 55+ Shinny Hockey

10:00-11:30am — \$7.50/pp

Starts: September 8 Ends: March 3

*Cancelled: No Cancellations

Wednesdays

Adult 19+ Shinny Hockey

10:00-11:30am — \$7.50/pp

Starts: September 3 Ends: April 1

*Cancelled: No Cancellations

Adult 19+/Senior Skating

11:45am-12:45pm — \$2.00/pp

Starts: September 3 Ends: April 1

*Cancelled: No Cancellations

Fridays

Adult/Senior 55+ Shinny

10:00-11:30am — \$7.50/pp

Starts: September 5 Ends: April 3

*Cancelled: February 27 & March 6

Parent & Tot

11:45am-12:45pm. FREE

Starts: September 5 Ends: April 3

*Cancelled: November 21 & February 27 & March 6

Sundays

Family Skate

3:30-5:30pm — \$5.00/pp 2 yrs & under FREE

Starts: September 7 Ends: April 5

*Cancelled: No Cancellations

Stat Holiday Toonie Skates

11:45am-12:45pm \$2.00/pp

September 30, October 13, November 11 & February 16

Pro D Day Toonie Skates

1:00-2:00pm \$2.00/pp — October 24 & February 13

11:45-12:45pm/\$2.00/pp — September 29 & November 10



INDOOR WALKING

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

Hassen Arena

Mondays/Wednesdays/Fridays

7:30-9:30am — Ongoing — FREE

Starts: September 15 Ends: August 7, 2026

Cancellations: No Cancellations

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.



19+ INDOOR DROP-IN SOCCER

Hassen Arena — Tuesdays

6:30-8:00pm

\$10 per person (CASH ONLY)

Starts: September 16 Ends: March 30

Bring a light & dark jersey for team sorting

**Open to all skill levels 19+. This is a friendly
environment that emphasizes safety,**

fun and fair play!

Cancellations: November 11, December 23 & 30

Family Story Time

Ages: Families
Start Date: September 9
End Date: December 9
Date: Tuesdays
Time: 10:30–11:00am
Location: Armstrong Library 250-546-8311
Organization: Okanagan Regional Library 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.

NCPO

Holiday Tween Movie Bash

Ages: Tweens
Date: November 28
Day: Friday
Time: 3:00–5:00pm
Location: Armstrong Library 250-546-8311
Organization: Okanagan Regional Library www.orl.bc.ca
Registration: No Registration required
Enjoy a heartwarming holiday movie with friends, complete with pizza & popcorn. It's the perfect way to spend a festive afternoon at the library. Don't miss out on the holiday cheer! Check back in November for the movie title.

NCPO

Just B4

Ages: 4–5
Start Date: September 2025
End Date: June 2026
Day: Tuesday & Thursday
(Mon/Wed/Fri program schedule dependent upon minimum Number of registrations)
Time: 11:45am–2:15pm
Price: \$5.00/day after CCFR
Location: Highland Park Elementary School, 3200 Wood Ave
Organization: School District 83
To Register Contact: Allison de Boer 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.

NCPO

Karate – Kyokushin

Tuesdays

Family (Ages 5+)
Start: September 9
End: December 9
NO SESSIONS September 30 & November 11
Day: Tuesdays
Time: 6:00–7:00pm
Sessions: 12 sessions
Location: Len Wood Middle School Gymnasium
Instructors: Larry Robinson
Programmer: Allison
Register early \$60.00 + tax
After September 2 \$72.00 + tax

ASPRD

Thursdays

Family (Ages 5+)
Start: September 11
End: November 27
Day: Thursday
Time: 6:00–7:00pm
Sessions: 12 sessions
Location: Len Wood Middle School Gymnasium
Instructors: Larry Robinson
Programmer: Allison
Register early \$60.00 + tax
After September 4 \$72.00 + tax
Kyokushin Karate is a traditional Japanese style karate with an emphasis 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. 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.

ASPRD

Minor Hockey

Ages: 5–17
Start: Mid September 2025
End: March 2026
Day: Varies
Time: Varies
Cost: Varies
Location: Armstrong & Enderby
Organization: NOMHA – North Okanagan Minor Hockey Association
To register contact: register@nomha.com
NOMHA offers recreational and competitive hockey programs for youth of all skill levels. We provide a positive, supportive environment for growth on and off the ice. Visit www.nomha.com for details, registration, and funding options.

NCPO

Pickleball for Kids! – Intro Lessons

Ages 7–12
Start: September 15
End: December 1
NO SESSIONS Sept 29, Oct 13, 20 & Nov 10
Day: Mondays
Time: 6:00–7:00pm
Sessions: 8 sessions
Location: Highland Park School Gymnasium
Instructor: Jen Stehle
Programmer: Allison
Register early \$40.00
After September 8 \$48.00
In partnership with Armstrong Pickleball Club this Program is a Beginner level.
What to Bring: Comfy shoes, water bottle, and a smile!
Registration includes a FREE paddle to keep playing the game afterwards. What's Pickleball? It's fast, fun, and kind of like if tennis and ping pong had a baby! In this action-packed intro class, kids will learn how to play one of the coolest (and easiest-to-learn) sports around. We'll cover the basics through games, teamwork, and lots of laughs! Let's play pickleball! Whether your child is brand new to the sport or just loves trying new things, this high-energy intro class is the perfect way to get in the game.

ASPRD

Register
Online

ASPRD.COM





FREE
MEDIUM COFFEE*
WITH ANY PURCHASE

COFFEE HOUSE
BEAN TO CUP
AND ROASTERS

  @beantocup

*with this coupon

Gourmet Coffee, Breakfast, Lunch & Catering in Vernon
3903 27th Street, Vernon BC | 250.503.2222
beantocup.com FallArm2025

Pickleball Intensive Clinic – Just for TEENS

Ages 13-18

Start: September 29 (Pro-D Day for SD83 Students)

End: September 29

Day: Monday

Time: 10:00am-4:00pm

Sessions: 1 Session

Location: Hassen Arena

Instructor: Jen Stehle

Programmer: Allison

Register early \$35.00 +tax

After September 22 \$42.00 +tax

In partnership with Armstrong Pickleball Club and Jenn Stehle as the main Instructor this Clinic is an all-levels welcome Program. 5 hrs of fun learning all the basics of pickleball and some fun games in the mix as well! The day will consist of Instruction, lunch and 2 short breaks!

What to Bring: Athletic shoes, water & lunch, and a let's-go attitude! Pickleball paddles will be supplied for use.

It's one of the fastest-growing sports in the country and for good reason. Pickleball is a fun, fast-paced mix of tennis, ping pong, and badminton. It's easy to learn, great for all skill levels, and way more exciting than just hitting a ball around. Whether you're sporty or brand new, this is the place to start! This high-energy intro class is all about movement, strategy, and skills with a little bit of friendly competition thrown in. Pickleball is not just fun it sharpens your reflexes, boosts your focus, and builds teamwork. Plus, it's a lifelong sport you can play anywhere. Pickleball is easy to try and hard to stop playing. Come give it a shot and see what all the buzz is about!

ASPRD

Move Better with the Right Shoe from The Starting Block

Run, walk, train or just getting started—whatever your pace, we've got the perfect fit to keep you moving. Let our team help you find the right shoe.




Starting Block
RUNNING, WALKING & TRAIL GEAR

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

Starting Block
RUNNING, WALKING & TRAIL GEAR

3100 - 29 Avenue
Vernon, BC
250.541.9232
info@startingblock.ca
www.startingblock.ca



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
Starts: Sept. 16. Ends: June 30, 2026
Cancellations: Nov. 11, Dec. 25 & Jan. 1

Pickleball 101 – Just for TEENS

Ages 13-16

Start: September 15

End: December 1

NO SESSIONS September 29, October 13, 20 & November 10

Day: Mondays

Time: 7:00-9:00pm

Sessions: 8 sessions

Location: Highland Park School Gymnasium

Instructor: Jen Stehle

Programmer: Allison

Register early \$48.00

After September 8 \$57.60

In partnership with Armstrong Pickleball Club this Program, is an all-levels welcome Program.

What to Bring: Athletic shoes, water, and a let's-go attitude!

Registration includes a FREE paddle to keep playing the game afterwards. It's one of the fastest-growing sports in the country and for good reason. Pickleball is a fun, fast-paced mix of tennis, ping pong, and badminton. It's easy to learn, great for all skill levels, and way more exciting than just hitting a ball around.

Whether you're sporty or brand new, this is the place to start!

This high-energy intro class is all about movement, strategy, and skills with a little bit of friendly competition thrown in. Pickleball is not just fun it sharpens your reflexes, boosts your focus, and builds teamwork. Plus, it's a lifelong sport you can play anywhere. Pickleball is easy to try and hard to stop playing. Come give it a shot and see what all the buzz is about!

ASPRD

Pro-D Halloween Spooktacular

Ages: Families

Dates: October 24

Day: Friday

Location: Armstrong Library 250-546-8311

Organization: Okanagan Regional Library www.orl.bc.ca

Registration: No Registration required

Get your Halloween groove on with hands on spooky activities. It's sure to be a boo-tiful time for all. Kids are encouraged to wear their Halloween costumes. Please check back in September for the exact times.

NCPO

Spooky Tween Movie Bash

Ages: Tweens

Date: October 17

Day: Friday

Time: 3:00-5:00pm

Location: Armstrong Library 250-546-8311

Organization: Okanagan Regional Library www.orl.bc.ca

Registration: No Registration required

Enjoy a thrilling Halloween movie with friends, complete with pizza and popcorn. It's the perfect way to spend a spooky afternoon at the library. Don't miss out on the frightful fun! Check back in October for the movie title.

NCPO

Register
Online

ASPRD.COM



Stay & Play

Ages: Families

Start Date: September 9

End Date: December 9

Day: Tuesday

Time: 11:00am -12:00pm

Location: Armstrong Library

Organization: Okanagan Regional Library 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.

NCPO

Stay Safe!

Ages 9-13

Start: October 20

End: October 29

Day: Mondays & Wednesdays

Sessions: 4 sessions

Location: Sunbelt Meeting Room

Time: 4:30-5:45pm

Instructor: Taliesan

Programmer: Allison

Register early \$57.00

After October 13 \$68.40

This course offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities. Stay Safe! Workbook provided. Register early to secure your spot!

Course Content:

- The importance of responsibility and respect while being accountable for yourself
- The importance of setting and following safety rules when on your own
- How to stay safe at home and within the community
- How to prepare for, recognize and respond to unexpected situations (e.g., inclement weather, strangers, and unanticipated visits)
- Basic first aid skills

ASPRD

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

Ages: School-aged

Start Date: September 8

End Date: November 29

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 September 8, a new kit will be available every two weeks while supplies last.

NCPO

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Strong Start

Ages: 0-5

Start Date: September 2025

End Date: June 2026

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 Irobitai@sd83.bc.ca

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.

NCPO

Teen Holiday Movie Extravaganza

Ages: Teens

Date: November 28

Day: Friday

Time: 5:00-7:00pm

Location: Armstrong Library 250-546-8311

Organization: Okanagan Regional Library www.orl.bc.ca

Registration: No Registration required

Enjoy a festive holiday movie with friends, complete with pizza
and popcorn. Don't miss out on the holiday fun! Check back in
November for the movie title.

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ADULT PROGRAMS



ASPRD

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



NCPO

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

FITNESS/DANCE

Bolly X

Start: September 18
End: November 20
Sessions: 10 sessions
Day: Thursdays
Time: 10:00-11:00am
Location: Centennial Hall
Instructor: Caroline
Programmer: Juli
Register early \$100.00 + tax

After September 11 \$120.00 + tax

BollyX, featured on ABC's SHARK TANK, is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and smiling. At the very core of a BollyX workout is the inspiration it draws from the music and dance of Bollywood, the film industry of India. We embody the infectious energy, expression and movement of Bollywood and aim to expand the reach of fitness to more people worldwide.

Learn to Skate - Adult

Start Date: October 6
End Date: November 17
No Session Oct 13
Sessions: 6
Day: Mondays
Time: 1:30-2:15pm
Location: Sunbelt Arena
Instructor: Christine Turpin
Programmer: Allison
Register early \$60.00+ tax
After September 29 \$72.00 + tax
What to Expect:

- Friendly, certified instructor
- Supportive, judgment-free environment
- Step-by-step lessons tailored to your level
- Learn or improve: forwards and backwards skating, stops, turns, balance, control, and agility
- Work on the basics or fine-tune your technique
- A fun, active way to move your body and meet new people!



ASPRD



ASPRD

Spin and Strength

Tuesdays

Start: September 16
End: December 16
No classes Sept 30 and Nov 11
Sessions: 12 sessions
Day: Tuesdays
Time: 5:30-6:30pm
Location: Centennial Hall
Instructor: Don
Programmer: Juli
Register early \$120.00 + tax
After September 9 \$144.00 + tax

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.



ASPRD

Step and Strength

Mondays

Start: September 15
End: December 15
No class October 13
Sessions: 13 sessions
Day: Mondays
Time: 9:30-10:30am
Location: Centennial Hall
Instructor: Don
Programmer: Juli
Register early \$130.00 + tax
After September 8 \$156.00 + tax



ASPRD

Wednesdays

Start: September 17
End: December 17
Sessions: 14 sessions
Day: Wednesdays
Time: 9:30-10:30am
Location: Centennial Hall
Instructor: Don
Programmer: Juli



Register early \$140.00 + tax
After September 10 \$168.00 + 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: September 16

End: December 16

No classes September 30 or November 11

Sessions: 12 sessions

Day: Tuesdays

Time: 6:45-7:45pm

Location: Centennial Hall

Instructor: Don

Programmer: Juli

Register early \$120.00 + tax

After September 9 \$144.00 + tax

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: September 20

End: November 8

Day: Saturdays

Sessions: 8 sessions



Time: 9:00-9:45am

Location: Centennial Hall

Instructor: Krystal

Programmer: Juli

Register early \$80.00 + tax

After September 13 \$96.00 + tax

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.

Zumba GOLD

Tuesdays

Start September 16

End: November 18

No classes September 30 or November 11

Day: Tuesdays

Sessions: 8 sessions

Time: 10:00-11:00am

Location: Centennial Hall

Instructor: Caroline


Programmer: Juli

Register early \$80.00 + tax

After September 9 \$96.00 + tax


Zumba Gold is a modified Zumba class for active older adults that recreates the original moves you love at a lower intensity. Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you





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love at a lower intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

Fridays

Start: September 19
End: November 7
Day: Fridays
Sessions: 8 sessions
Time: 12:00-12:45pm
Location: Centennial Hall
Instructor: Krystal
Programmer: Juli
Register early \$80.00 + tax
After September 12 \$96.00 + tax

Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors, inactive adults or others needing modifications in their exercise routine. Zumba Gold is a 45 min slow, low impact class that is fun and gets you moving. I look forward to meeting you!



YOGA

A Beginner's Guide to Slow Flow Yoga

Start: September 15
End: December 8
No class scheduled October 13
Sessions: 12 sessions
Day: Mondays
Time: 5:00-6:00pm
Location: Centennial Hall
Instructor: Tanya
Programmer: Juli
Register early \$132.00 + tax
After September 8 \$158.40 + tax

Join Tanya for a 12-week journey into slow, sustainable yoga that meets you exactly where you are. This beginner-friendly class includes breathwork, gentle flows (no push-ups!), and an introduction to the 8 limbs of yoga—blending ancient wisdom with modern insights. You'll explore meditation, breath awareness, and basic alignment in a way that builds confidence, strength, and flexibility without confusion or overwhelm. Whether your brand new to yoga, transitioning from chair yoga, or simply looking for a calming movement practice, this class offers a supportive space to move, breathe, and reconnect. Please bring a yoga mat, and if you have blocks, a blanket, or other props you enjoy using, feel free to bring those too.

Basics – Move, Breathe, Begin

Start: September 18
End: December 4
Sessions: 12 sessions
Day: Thursdays
Time: 6:00-7:00pm
Location: Armstrong Elementary School Gym
Instructor: Tanya
Programmer: Juli
Register early \$132.00 + tax

After September 11 \$158.40 + tax

Start Where You Are. This class is perfect for anyone curious about yoga or looking for a slow, supportive way to begin. You'll learn the basics of postures, breathwork, and movement at a comfortable pace, with plenty of guidance and time to explore. It's not about touching your toes—it's about tuning into your body and feeling empowered. Please bring a mat and any props that make your practice feel good.

Deep Dive into Yin: A Practice of Stillness & Surrender

Start: September 18
End: December 4
Sessions: 12 sessions
Day: Thursdays
Time: 7:30-8:30pm
Location: Armstrong Elementary School Gym
Instructor: Tanya
Programmer: Juli
Register early \$132.00+ tax
After September 11 \$158.40 + tax

This 12-week journey invites you to slow down and soften through breathwork, long-held yin postures, and deeply nourishing stillness. Each class is an opportunity to surrender tension, support your nervous system, and reconnect with your inner quiet. We'll close every session with meditation or Savasana to integrate the calm and carry it forward. Please bring a yoga mat, blocks, a blanket, and a bolster if you have one.

ASPRD



Beginner Saturdays

Start: September 20

End: November 8

Sessions: 8 sessions

Day: Saturdays

Time: 10:00-11:00am

Location: Centennial Hall

Instructor: Krystal

Programmer: Juli

Register early \$88.00 + tax

After September 13 \$105.60 + 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.

ASPRD

Chair Yoga

Tuesdays

Start: September 16

End: December 9

No classes scheduled September 30 and November 11

Sessions: 11 sessions

Day: Tuesdays

Time: 3:00-4:00pm

Location: Centennial Hall

Instructor: Tanya

Programmer: Juli

Register early \$121.00 + tax

After September 9 \$145.20 + tax

ASPRD

Thursdays

Start: September 18

End: November 6

Sessions: 8 sessions

Day: Thursdays

Time: 12:00-12:45pm

Location: Centennial Hall

Instructor: Krystal

Programmer: Juli

Register early \$88.00 + tax

After September 11 \$105.60 + tax

Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair. Chair yoga classes typically target those with physical disabilities or aging men and women who find a typical yoga session too challenging. It is also a great form of yoga for beginners or anyone who wants to focus on a gentle practice. Like regular yoga practice, chair yoga increases flexibility, strength and body awareness.

Recommended block and strap.

ASPRD

Autumn Reset: A Yin & Nervous System Workshop

Date: September 21

Sessions: 1 session

Day: Sunday

Time: 2:00-4:00pm

Location: Centennial Hall

Instructor: Tanya

Programmer: Juli

Register early \$50.00 + tax

ASPRD

After September 14 \$60.00 + tax

Find your center. Restore your rhythm. Align with the season. As the light and dark meet in perfect balance, the Autumn Equinox marks a powerful seasonal threshold—a time to pause, reflect, and realign. Join Tanya for a 2-hour Yin Yoga and nervous system reset workshop that honors this sacred shift. Through deeply restorative yin poses, grounding breathwork, and stillness-based practices, you'll explore what it means to come back to your own internal balance as nature does the same.

This is a space to slow down, soften, and reconnect to what truly matters as you prepare for the season ahead.

This class is gentle and beginner friendly. Please bring a yoga mat, blanket, journal, and any props you love for comfort.

Unwind the Mind: A Somatic Yoga Journey

Date: October 18

Sessions: 1 session

Day: Saturday

Time: 2:00-4:00pm

Location: Centennial Hall

Instructor: Tanya

Programmer: Juli

Register early \$50.00 + tax

After October 10 \$60.00 + tax

Release tension, restore calm, and return to your Self.

Let your body lead you back to balance. Join Tanya for a 2-hour somatic yoga journey designed to gently unwind stress, release held tension and reconnect with your nervous system's natural rhythm. Through a blend of slow, mindful movement, guided breathwork, and reflective journaling, this workshop invites you to soften, settle, and remember what it feels like to feel safe in your body. Expect grounding flows, subtle somatic cues, and a deeply restful close with meditation and journaling prompts to anchor your experience. This workshop is beginner-friendly and trauma-aware. Bring your yoga mat, a blanket, journal, and any props you love to support your practice.

ASPRD

Yoga Workshop - The Skier's Guide to Mobility

Date: November 8

Sessions: 1 session

Day: Saturday

Time: 2:00-4:00pm

Location: Centennial Hall

Instructor: Tanya

Programmer: Juli

Register early \$50.00 + tax

After October 31 \$60.00 + tax

A functional movement + yin yoga combo designed to prep the body for ski season! We'll focus on hips, knees, and spine mobility, starting with targeted strength + stability and ending with deep release and recovery.

Get slope-ready with this powerful blend of movement and stillness.

The Skier's Guide to Mobility is a 2-hour workshop designed to help you feel stronger, more stable, and more flexible heading into ski season.

In the first hour, you'll move through a functional yoga-based sequence to build strength and mobility in the knees, hips, and ankles—areas most prone to tightness and injury on the slopes. The second hour slows things down with yin yoga and guided

ASPRD

breathwork to help hydrate the connective tissues, improve recovery, and enhance your body's natural resilience. Whether you're a downhill skier, cross-country cruiser, or snowboarder, this class is your pre-season tune-up to move better, ski smarter, and feel amazing all winter long. This class is gentle and beginner friendly. Please bring a yoga mat, blanket, and any props you love for comfort.

Yoga Workshop - Winter Solstice Ritual: Release & Reflect

Date: December 21

Sessions: 1 session

Day: Sunday

Time: 2:00-4:00pm

Location: Centennial Hall

Instructor: Tanya

Programmer: Juli

Register early \$50.00 + tax

After December 12 \$60.00 + tax

Step into the stillness. Let go. Begin again.

Description:

As we reach the darkest night of the year, the Winter Solstice invites us to pause, go inward, and reconnect with the light within. This two-hour workshop blends gentle movement, breath-led stillness, and soul-nourishing reflection to help you release what no longer serves and create space for what's to come. We'll begin with grounding breathwork and a soft yin-style flow to unwind the body. Through guided journaling prompts, you'll reflect on your journey this past year—your lessons, your growth, your letting go. Together, we'll hold space for a simple Solstice ritual and close with a candlelit meditation to call in clarity, renewal, and your inner light.

What to Bring:

A journal, your mat, cozy layers, and any personal item (like a crystal, oracle card, or photo) for your mat or altar space.

Walking-Indoor

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

Hassen Arena

Mondays/Wednesdays/Fridays

7:30-9:30am

Ongoing

Starts: September 15, 2025

Ends: August 7, 2026

Cancellations: No Cancellations

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.

GENERAL INTEREST

Armstrong Bookclub

Ages: Adults

Dates: Sept 3, Oct 1, Nov 5, Dec 3

Day: Wednesdays

Time: 1:30-2:30pm

Location: Armstrong Library 250-546-8311

ASPRD

ASPRD

NCPO

Organization: Okanagan Regional Library www.orl.bc.ca

Registration: No registration required

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

Dates: September 18-November 27

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

ASCRC will host NexusBC, to offer drop-in supports & services including federal pensions and benefits applications, subsidized housing applications, shelter aid for elderly renters(SAFER) applications & renewals and more. Please visit <https://ascrc.ca> for more information.

NCPO

Fridays

Time: 10:30-11:30am

Location: Armstrong Library 250-546-8311

Organization: Okanagan Regional Library

Registration: No registration required www.orl.bc.ca or www.ascrc.ca

The ASCRC will be hosting a representative from the BC Ministry of Social Development. Please visit <https://ascrc.ca> for more information.

Basic First Aid (OFA Level 1)

Date: November 30

Sessions: 1

Day: Sunday

Time: 9:00am-5:30pm

Location: Centennial Hall

Programmer: Allison

Register early \$90.00 + tax

After November 23 \$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 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.

ASPRD

Canasta (Hand and Foot Version)

Ages: Adults

Day: Thursdays

Time: 1:00-3:00pm

Location: Armstrong Library 250-546-8311

Organization: Okanagan Regional Library 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.

NCPO

Carpet Bowling

Ages: Adults 55+

Dates: October 2025-April 2026

Day: Wednesdays

Time: 1:00-3:30pm

Location: 2520 Patterson Ave

Organization: Armstrong Seniors Activity Centre

Registration: \$2/members & \$3/non-members - Contact Betty 250-546-0480

Indoor Bowling – A gentle workout.

NCPO

Clay Hand building – Adult Mixing Bowl

Start: November 1

End: November 1

Day: Saturday

Time: Noon-3pm

Sessions: 1 session

Location: Centennial Hall

Instructor: Carrie Weber

Programmer: Allison

Register early \$120.00

After October 25 \$144.00

Join Carrie Weber who is the owner of Peace & Joy Pottery for a fun project, creating your very own special Mixing Bowl that you can do all your Christmas baking in or give it as a gift! Bowl will be built over a mold with a handle, foot and pouring spout. Will hold about 8 cups. Carrie deals with the drying process, does all the glazing & firing and will deliver to the Main Office for pick up once complete.

ASPRD

Dancing

Ages: Adults 55+

Dates: October 6, 2025 to June 1, 2026

Day: 1st Monday of the month

Time: 1:30-3:30pm

Location: 2520 Patterson Ave

Organization: Armstrong Seniors Activity Centre

Registration: N/A - Drop in - \$10 includes light lunch.

Live music, no partner needed, just come and enjoy!

NCPO

Evergreen Wreath Making

Ages: Adults

Location: Armstrong Library 250-546-8311

Organization: Okanagan Regional Library www.orl.bc.ca

Registration: No registration required

Basic supplies will be provided. Please bring any ribbon, bows or other decorative items you may want to use. Please check back in November for dates & times.

NCPO

Intermediate First Aid (OFA Level 2)

Date: November 15, 16

Sessions: 2

Day: Saturday, Sunday

Time: 9am-5:30pm

Location: Centennial Hall

Programmer: Allison

Register early \$150.00 + tax

After November 8 \$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

ASPRD

Needle Felting

Date: October 29

Sessions: 1

Day: Wednesday

Time: 7:00-9:00pm

Location: Centennial Hall

Instructor: Sharon

Programmer: Juli

Register early \$50.00 + tax

After October 22 \$60.00 + tax

This new craft has gained huge popularity as it is so easy, fast and fun. You can create 3 dimensional items that range from dryer balls to Christmas tree ornaments in the comfort of your easy chair! The kit provided in the class fee includes all the wool and tools you need, and we'll start you out with some simple projects. No experience or artistic skills necessary.

ASPRD

Painting with Friends (15+)

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.

NCPO

Snooker/Pool

Ages: Adults 55+

Dates: Year round

Day: Monday to Friday

Time: 12:30-3:00pm

Location: 2520 Patterson Ave

Organization: Armstrong Seniors Activity Centre

Registration: Drop-In \$2/members \$3/non-members – Call Gordy for info 250-546-3483

NCPO

Introduction to Fermentation Sauerkraut

Date: September 28

Sessions: 1

Day: Sunday

Time: 1:00-3:00pm

Location: Centennial Hall

Instructor: Cathie

Programmer: Juli

Register early \$50.00 + tax

After September 20 \$60.00 + tax

Learn the basics of lactose fermentation. Everyone will make their own jar of sauerkraut to take home.

ASPRD

Introduction to Sourdough Pain au Levain

Date: October 19

Sessions: 1

Day: Sunday

Time: 1:00-4:00pm

Location: Centennial Hall

Instructor: Cathie

Programmer: Juli

Register early \$60.00 + tax

After October 11 \$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. Everyone will prepare a loaf to take home as well as a starter. Lots of tips and tricks included.

ASPRD

Spices of the World

Dates: Ongoing

Location: Armstrong Library 250-546-8311

Organization: Okanagan Regional Library www.orl.bc.ca

Registration: No registration required

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)

NCPO

Your Inspiration: A Community Collaborative Art Puzzle

Ages: Adults

Start: December 1, 2025

End: January 31, 2026

Location: Armstrong Library

Organization: Okanagan Regional Library www.orl.bc.ca

Think about what inspires you, whether it's a person, nature, art, achievements, culture, dreams, music, everyday moments or abstract ideas like love and hope. Pick up a blank puzzle piece and decorate it with simple images or quotes that reflect these inspirations. Share your unique story & connect with others through your creation.

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FOLLOW US



SPORTS

Karate – Kyokushin (13+)

ASPRD

Tuesdays

Start: September 9

End: December 9

NO SESSIONS September 30 & November 11

Day: Tuesdays

Time: 7:00-9:00pm

Sessions: 12 sessions

Location: Len Wood Middle School Gymnasium

Instructor: Larry Robinson

Programmer: Allison

Register early \$70.00 + tax

After September 2 \$84.00 + tax

Thursdays

Start: September 11

End: November 27

Day: Thursdays

Time: 7:00-9:00pm

Sessions: 12 sessions

Location: Len Wood Middle School Gymnasium

Instructor: Larry Robinson

Programmer: Allison

Register early \$70.00 + tax

After September 4 \$84.00 + tax

Kyokushin Karate is a traditional Japanese style karate with an emphasis 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!

Pickleball (Ages 15+)

ASPRD

Tuesdays

Start: September 16

End: December 2

NO SESSIONS September 30 & November 11

Sessions: 10 sessions

Time: 6:00-8:00pm

Location: Highland Park Elementary School Gym

Programmer: Allison

Register early \$60.00 + tax

After September 9 \$72.00 + tax

Wednesdays

Start: September 17

End: November 26

Sessions: 11 sessions

Time: 6:00-8:00pm

Location: Highland Park Elementary School Gym

Programmer: Allison

Register early \$60.00 + tax

After Sept 10 \$72.00 + tax

Thursdays

Start: September 18

End: November 27

Sessions: 11 sessions

Time: 6:00-8:00pm

Location: Highland Park Elementary School Gym

Programmer: Allison

Register early \$60.00 + tax

After September 11 \$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!

ASPRD

Armstrong Pickleball Club

Ages: 12+

Dates: September 1 - December 31, 2025

Day: Varies

Time: Evenings, Afternoons & Mornings

Cost: \$60 Annual Memberships. \$7.50

Members & \$11.50 Non-members each drop-in.

Location: Hassen Arena

Organization: Armstrong Pickleball Club

Website: armstrongpickleball.ca

To register contact: armstrongpickleball@gmail.com

All ages/abilities welcome! Days vary. We teach beginner classes and have open play for all levels. Excellent exercise and community fun. Social & Competitive options. Flexible and responsive schedule based on members needs. No experience needed.

NCPO

19+ Soccer – Indoor DROP IN

Hassen Arena

Tuesdays

6:30-8:00pm

\$10 per person (CASH ONLY)

Starts: September 16

Ends: March 30

Cancellations: Nov 11, Dec 23 & 30th

Bring a light & dark jersey for team sorting

Open to all skill levels 19+. This is a friendly environment that emphasizes safety, fun and fair play!

ASPRD

Learn to Skate & Figure Skating Program

Ages: 3-Adult

Start Date: September 9, 2025

End Date: March 13, 2026

Location: Sunbelt Arena

Organization: Armstrong Enderby Skating Club

To register contact: Head Coach/Director of Skating Tannis

Crerar at crerart@telus.net

Programs & Schedule:

Pre-Canskate (Ages 3-4): Mondays at 3:00pm

Beginning October

Canskate (Ages 5-11): Mondays at 4:45pm/Thursdays 5:00pm

Beginning October

Junior Program: Mondays 3:45pm/Thursdays 2:45pm

Beginning October

Intermediate: Tuesdays, Wednesdays, Fridays (Time Varies)

Senior: Tuesdays – Fridays (Time Varies)

Adults Learn to Skate: Fridays 5:30pm join us for an hour of skill-building and fun with dedicated coaches who can help you reach your skating goals. Let's make your skating dreams come true!

Adult Master STARskate: Fridays 5:30pm former skaters looking to get back on the ice, we've got a class for you! Get Back in Shape, Master Jumps & Spins or Train to Compete as an Adult.

Registration: Please check our registration portal
armstrongskatingclub.uplifterinc.com

Registration will open August 2025. Credit Cards will be accepted for payments.

Skate into the 2025/2026 Season! Join us for a season of fun, skill building, and skating excellence. Whether you're a beginner or a competitive skater, there's a program for you! Ready to glide, spin, or simply stay on your feet?

NCPO

Learn to Roller Skate

Ages: All ages

Start: October 8

End: November 12

Day: Wednesdays

Time: 6:30-8:00pm

Sessions: 6

Location: Hassen Arena

Registration: \$50.00

Organization: Okanagan Shuswap Roller Derby Association

To register contact: osrda.derby@gmail.com

Ready to roll? Whether you're lacing up for the first time or getting back into the groove, this beginner-friendly class will teach you the essentials of roller skating in a safe, supportive environment. You'll learn how to balance, stop, turn and fall safely, all while building confidence and having fun.

NCPO



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

Pay as little as \$40/month on our pre-authorized
payment plan (1 year commitment, 19+)

**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)

**More information
at asprd.com or 250.546.9456**

CALENDAR OF EVENTS FALL 2025

August 1	Music in the Park – A/S Chamber of Commerce	Memorial Park
August 2	Armstrong Farmers' Market 8am-noon	Fairgrounds
August 8	Music in the Park – A/S Chamber of Commerce	Memorial Park
August 9	Armstrong Farmers' Market 8am-noon	Fairgrounds
August 15	Music in the Park – A/S Chamber of Commerce	Memorial Park
August 22	Music in the Park – A/S Chamber of Commerce – LAST ONE	Memorial Park
August 26	CLOSING DAY, ARMSTRONG SPALLUMCHEEN OUTDOOR POOL	Pool
August 27-Aug 31	Interior Provincial Exhibition	Fairgrounds
September 7	Sunday Family Ice Skate 3:30-5:30pm	Sunbelt Arena
September 13	Armstrong Farmers' Market 8am-noon	Fairgrounds
September 12-14	Ranch Horse Revolution Show	Agriplex
September 14	Sunday Family Ice Skate 3:30-5:30pm	Sunbelt Arena
September 20	Armstrong Farmers' Market 8am-noon	Fairgrounds
September 21	Sunday Family Ice Skate 3:30-5:30pm	Sunbelt Arena
September 27	Armstrong Farmers' Market 8am-noon	Fairgrounds
September 27-28	Armstrong Enderby Riding Club Fall Show	Riding Ring #2
September 28	Sunday Family Ice Skate 3:30-5:30pm	Sunbelt Arena
October 4	Armstrong Farmers' Market 8am-noon	Fairgrounds
October 3	Friday Night Public Roller-skating 7-9pm	Hassen Arena
October 5	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
October 5	Sunday Family Ice Skate 3:30-5:30pm	Sunbelt Arena
October 10	Friday Night Public Roller-skating 7-9pm	Hassen Arena
October 11	Armstrong Farmers' Market 8am-noon	Fairgrounds
October 11	Pumpkin Fest	Fairgrounds
October 12	Demolition Derby	Ring #1/Fairgrounds
October 12	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
October 12	Sunday Family Ice Skate 3:30-5:30pm	Sunbelt Arena
October 17	Friday Night Public Roller-skating 7-9pm	Hassen Arena
October 17-18	Vernon Pigeon and Poultry Club Show	Horticulture Building
October 19	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
October 19	Sunday Family Ice Skate 3:30-5:30pm	Sunbelt Arena
October 24	Friday Night Public Roller-skating 7-9pm	Hassen Arena
October 26	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
October 26	Sunday Family Ice Skate 3:30-5:30pm	Sunbelt Arena
October 31	Friday Night Public Roller-skating 7-9pm	Hassen Arena
November 2	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
November 2	Sunday Family Ice Skate 3:30-5:30pm	Sunbelt Arena
November 7	Friday Night Public Roller-skating 7-9pm	Hassen Arena
November 9	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
November 9	Sunday Family Ice Skate 3:30-5:30pm	Sunbelt Arena
November 11	Remembrance Day Ceremonies	Hassen/Park
November 14	Friday Night Public Roller-skating 7-9pm	Hassen Arena
November 16	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
November 16	Sunday Family Ice Skate 3:30-5:30pm	Sunbelt Arena
November 21	Friday Night Public Roller-skating 7-9pm	Hassen Arena
November 23	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
November 23	Sunday Family Ice Skate 3:30-5:30pm	Sunbelt Arena
November 28	Friday Night Public Roller-skating 7-9pm	Hassen Arena
November 30	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
November 30	Sunday Family Ice Skate 3:30-5:30pm	Sunbelt Arena
December 7	Sunday Family Ice Skate 3:30-5:30pm	Sunbelt Arena
December 5	CANCELLED Friday Night Public Roller-skating	Hassen Arena
December 6	Armstrong Christmas Farmers Market 9:00am-2:00pm	Hassen Arena
December 7	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
December 7	Sunday Family Ice Skate 3:30-5:30pm	Sunbelt Arena
December 12	Friday Night Public Roller-skating 7-9pm	Hassen Arena
December 14	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
December 14	Sunday Family Ice Skate 3:30-5:30pm	Sunbelt Arena
December 19	Friday Night Public Roller-skating 7-9pm	Hassen Arena
December 21	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
December 21	Sunday Family Ice Skate 3:30-5:30pm	Sunbelt Arena
December 26	Friday Night Public Roller-skating 7-9pm	Hassen Arena
December 28	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
December 28	Sunday Family Ice Skate 3:30-5:30pm	Sunbelt Arena

NOTE: Events included on the above Calendar of Events were booked in time to meet early publication deadline.

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

Like us on Facebook: Armstrong Spallumcheen Parks & Recreation Visit our website: www.asprd.com. Email: as-parksandrec@asprd.com



Armstrong Spallumcheen Parks & Recreation

Armstrong Spallumcheen Parks & Recreation Youth/Family Programs

REGISTRATION FORM - 2025 FALL SEASON

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

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

	Quantity	Total		Quantity	Total
Babysitting (ages 11+) Mons/Weds, Oct 20-Oct 29 6:00-8:00pm Early Reg \$72.00 after Oct 13 \$86.40			Karate - Kyokushin - Family (ages 5+) Thursdays, Sept 11-Nov 27 6:00-7:00pm Early Reg \$60.00 +tax after Sept 4 \$72.00 +tax		
Karate - Kyokushin - Family (ages 5+) Tuesdays, Sept 9-Dec 9 6-7pm (NO Sessions Sept 30 & Nov 11) Early Reg \$60.00 +tax after Sept 2 \$72.00 +tax			Pickleball for Kids-Intro Lessons (ages 7-12yrs) Mondays, Sept 15-Dec 1 6-7pm (NO Sessions Sept 29 Oct 13, 20, Nov 10) Early Reg \$40.00 after Sept 8 \$48.00		
Clay Handbuilding Ages 6-9yrs Santa Plate & Cup Saturday, November 22nd 10am-Noon Early Reg \$83.00 after Nov 15 \$99.60			Pickleball Intensive Clinic for Teens (ages 13-18yrs) Monday, Sept 29 (ProD Day for SD83 Students) 10am-4pm Early Reg \$35.00 +tax after Sept 22 \$42.00 +tax		
Clay Handbuilding Ages 10-16yrs Christmas Candle Saturday, November 22nd 12:30-3:30pm Early Reg \$83.00 +tax after Nov 15 \$99.60 +tax			Pickleball 101-Just for Teens (ages 13-16yrs) Mondays, Sept 15-Dec 1 7-9pm (NO Sessions Sept 29, Oct 13, 20 Nov 10) Early Reg \$48.00 +tax after Sept 8 \$57.60 +tax		
			Stay Safe! (ages 9-13) Mons/Weds, Oct 20-Oct 29 4:30-5:45pm Early Reg \$57.00 after Oct 13 \$68.40		

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

CREDIT CARD PAYMENT

	Visa or M/C		EXPIRY DATE	(for credit card authorization)
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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



Armstrong Spallumcheen Parks & Recreation

Armstrong Spallumcheen Parks & Recreation

Adult Programs

REGISTRATION FORM - 2025 FALL SEASON

Name of Participant (first and last):	Birthdate
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Name of Participant (first and last):	Birthdate
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FITNESS

BollyX

Thursdays, September 18-November 20
10:00-11:00am

Learn to Skate - Adult

Mondays, October 6-November 17 (**NO SESSION Oct 13**)
1:30-2:15pm

Spin and Strength - Tuesdays

September 16-December 16 (No Class Sept 30 or Nov 11)
5:30-6:30pm

Step and Strength -Mondays

September 15-December 15 (No Class Oct 13)
9:30-10:30am

Step and Strength - Wednesdays

September 17-December 17
9:30-10:30am

TRX - Tuesdays

September 16-December 16 No Class Sept 30 or Nov 11)
6:45-7:45pm

Zumba Fitness

Saturdays, September 20-November 8
9:00-9:45am

Zumba Gold-Fridays

Fridays, September 19-November 7
12:00-12:45am

Zumba Gold-Tuesdays

Fridays, September 16-November 18 (no class Sept 30 or Nov 11)
10:00-11:00am

	Quantity	Total before Tax
Early Reg \$100.00 after Sept 11 \$120.00		
Early Reg \$60.00 after Sept 29 \$72.00		
Early Reg \$120.00 after Sept 9 \$144.00		
Early Reg \$130.00 after Sept 8 \$156.00		
Early Reg \$140.00 after Sept 10 \$168.00		
Early Reg \$120.00 after Sept 9 \$144.00		
Early Reg \$80.00 after Sept 13 \$96.00		
Early Reg \$80.00 after Sept 12 \$96.00		
Early Reg \$80.00 after Sept 9 \$96.00		

GENERAL INTEREST

Basic First Aid (OFA Level 1)

Sunday, November 30
9:00am-5:30pm

Clay Handbuilding - Adult Mixing Bowl

Saturday, November 1st
12pm-3pm

Intermediate First Aid (OFA Level 2)

Saturday, Nov 15 & Sunday, Nov 16
9:00am-5:30pm

Needle Felting

Wednesday, October 29
7:00-9:00pm

Introduction to Fermentation: Sauerkraut

Sunday, September 28
1:00-3:00pm

Introduction to Sourdough

Sunday, October 19
1:00-4:00pm

Early Reg \$90.00 after Nov 23 \$108.00		
Early Reg \$120.00 after Oct 25 \$144.00		
Early Reg \$150.00 after Nov 8 \$180.00		
Early Reg \$50.00 after Oct 22 \$60.00		
Early Reg \$50.00 after Sept 20 \$60.00		
Early Reg \$60.00 after Oct 11 \$72.00		

YOGA

Yoga - A Beginners Guide to Slow Flow

Mondays, September 15-December 8 (no class Oct 13)
5:00-6:00pm

Yoga Basics - Move, Breathe, Begin

Thursdays, September 18-December 4
6:00-7:00pm

Beginner Yoga-Saturdays

September 20-November 8
10:00-11:00am

Chair Yoga-Tuesdays

Tuesdays, September 16-December 9 (No Class Sept 30 or Nov 11)
3:00-4:00pm

Chair Yoga-Thursdays

Thursdays, September 18-November 6
12:00-12:45pm

Yoga - Deep Dive Into Yin

Thursdays, September 18-December 4
7:30-8:30pm

Autumn Reset: A Yin & Nervous System Workshop

Sunday, September 21
2:00-4:00pm

Yoga-Unwind the Mind: A Somatic Yoga Journey

Saturday, October 18
2:00-4:00pm

Yoga Workshop - The Skier's Guide to Mobility

Saturday, November 8
2:00-4:00pm

Yoga-Winter Solstice Ritual: Release & Reflect

Sunday, December 21
2:00-4:00pm

	Quantity	Total before Tax
Early Reg \$132.00 after Sept 8 \$158.40		
Early Reg \$132.00 after Sept 11 \$158.40		
Early Reg \$88.00 after Sept 13 \$105.60		
Early Reg \$121.00 after Sept 9 \$145.20		
Early Reg \$88.00 after Sept 11 \$105.60		
Early Reg \$132.00 after Sept 11 \$158.40		
Early Reg \$50.00 after Sept 12 \$60.00		
Early Reg \$50.00 after Oct 10 \$60.00		
Early Reg \$50.00 after Oct 31 \$60.00		
Early Reg \$50.00 after Dec 12 \$60.00		

SPORTS

Karate - Adult (13+) Tuesdays

Sept 9-Dec 9 (**NO SESSIONS Sept 30 & Nov 11**)
7:00-9:00pm

Karate - Adult (13+) Thursdays

Sept 11-Nov 27
7:00-9:00pm

Pickleball (Ages 15+) Tuesdays

Sept 16-Dec 2 (**NO SESSIONS Sept 30 & Nov 11**)
6:00-8:00pm

Pickleball (Ages 15+) Wednesdays

Sept 17-Nov 26
6:00-8:00pm

Pickleball (Ages 15+) Thursdays

Sept 18-Nov 27
6:00-8:00pm

Early Reg \$60.00 after Sept 2 \$72.00		
Early Reg \$70.00 after Sept 4 \$84.00		
Early Reg \$60.00 after Sept 9 \$72.00		
Early Reg \$60.00 after Sept 10 \$72.00		
Early Reg \$60.00 after Sept 11 \$72.00		

GST IS CHARGED ON ALL ADULT PROGRAMS

Sub-total	
GST 5%	
Total \$	

Cash:	
Cheque: (No Post Dated Cheques)	
Debit:	
Credit Card:	

CREDIT CARD PAYMENT

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CARD NUMBER

EXPIRY DATE

NAME AS IT APPEARS ON CARD

Signature

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

New



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