

EVERYONE PLAYS



Armstrong Spallumcheen Parks & Recreation

RECREATION AND LEISURE GUIDE WINTER 2025/26



Registration
Opens
Dec. 1!

ASPRD.COM

ARMSTRONG SPALLUMCHEEN PARKS & RECREATION



ARMSTRONG SPALLUMCHEEN
CHAMBER OF COMMERCE

We have it all!

- shopping
- services
- dining
- building
- exploring
- connecting
- relaxing

**Now, go show
local some love.**



www.aschamber.com



Armstrong Spallumcheen Parks & Recreation

WINTER 2025/26



ARMSTRONG SPALLUNCHEEN 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.

FACILITY RENTAL INFORMATION

250-546-9456

Call for information on renting
our facilities for your event.

ROLLER SKATING

CHILD & YOUTH PROGRAMS

SUNBELT ARENA ICE SCHEDULE

BIRTHDAY PARTIES

ADULT PROGRAMS

CALENDAR OF EVENTS

REGISTRATION FORMS

4

5-11

8

10

13-20

21

22-23

**ASPRD
REGISTRATION
OPENS
DECEMBER 1**



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.



Free Family Floor Time

All dates & times are subject to change

Families of all sizes welcome to burn off energy! NO equipment 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 30, 2026

Cancellations: December 25, 2025 & January 1, 2026



INDOOR WALKING

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

Hassen Arena

Mondays/Wednesdays/Fridays

7:30-9:30am — Ongoing — FREE

Ends August 7, 2026

Cancellations: March 27 & June 1, 2026

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.

ROLLER SKATING

Hassen Arena

Cash/Credit/Debit

\$7 (no rentals)

\$10 (includes rentals)

\$70 for a 12-punch card (no rentals)

\$100 for a 12-punch card (includes rentals)

Fridays 7:00-9:00 pm

Ends May 29, 2026

Sundays 1:00-3:00 pm

Ends April 19, 2026



- 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: December 5 & March 27

Sundays: December 14 • All dates & times subject to change

CHILD, YOUTH & FAMILY PROGRAMS



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.

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



Babysitting

Ages: 11 & Up
Start: March 2
End: March 11
Day: Mondays & Wednesdays
Sessions: 4
Location: Sunbelt Meeting Room
Time: 6:00-8:00pm
Instructor: Taliesan
Register early \$72.00
After February 23 \$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

Basketball *Girls only*

Ages: 8-12
Start: January 7
End: March 11
Day: Wednesday
Sessions: 10
Location: Lenwood Middle School Gym
Time: 6:00-7:00pm
Instructor: Peter
Register early \$65.00
After December 31 \$78.00



Basketball *Co-Ed*

Ages: 8-12
Start: January 7
End: March 11
Day: Wednesday
Sessions: 10
Location: Lenwood Middle School Gym
Time: 7:00-8:00pm
Instructor: Peter
Register early \$65.00
After December 31 \$78.00



This is a Non-competitive, FUN Co-Ed basketball program for ages 8-12yrs. First half hour will focus on having fun and practicing basic skills: dribbling, passing, and shooting. Second half will have a game without scorekeeper and emphasis on good sportsmanship.

Looking for a couple Parent volunteers who have any basketball knowledge who want to be on the court to have fun and maybe give pointers and encouragement

**Register
Online**

ASPRD.COM



FOLLOW US



Beaver Scouts

Ages: 5 – 8 Kindergarten to Grade 2

Start Date: January 1, 2026

End Date: December 31, 2026

Day: Wednesday

Time: 5:30–6:30pm

Classes/sessions: weekly – some weekend activities

Location: Zion United Church Hall

Cost: \$270 January 1, 2026, to December 31, 2026 (early registration is possible if there is space)

Organization: 1st Armstrong Scout Group

To register contact: <https://help.scouts.ca/hc/en-ca> - Local contact Lisa Westoby - lisa1starmstrongscouts@hotmail.com

Welcome to the Pond. Beavers is an active program for kindergarten to Grade 2. Youth/Scouters choose unique opportunities, camping, rock climbing, sleepovers, community involvement, games, crafts etc...Our goal is for everyone to have fun in a safe environment. We are always looking for adults to assist with programming. Come join the fun!



Break In Bags

Ages: School aged Kids

Dates: January 12, February 9, March 9

Location: Armstrong Library 250-546-8311

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

Registration: No Registration required

Escape Room fans, this ones for you! Break In Bags flip the script.



Solve three puzzles to break in & unlock your reward. It's hands-on fun that'll keep you guessing. While supplies last.

Cub Scouts

Ages: 8 – 11 Grade 3 to Grade 5

Start Date: January 1, 2026

End Date: December 31, 2026

Day: Tuesdays

Time: 5:30–7:00pm

Classes/session: weekly – some weekend activities

Location: Zion United Church Hall

Cost: \$270 January 1st, 2026 to December 31st, 2026 (early registration is possible if there is space)

Organization: 1st Armstrong Scout Group

To register contact: <https://help.scouts.ca/hc/en-ca> - Local contact Lisa Westoby - 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 youths interests. We are always looking for adults to assist with programming. Come join the fun.



**Register
Online**



WHAT DO YOU WANT TO LEARN TODAY?

Just B4

Ages: 4-5
Start Date: September 2025
End Date: June 2026
Day: Tuesday & Thursday
(Monday/Wednesday/Friday program schedule dependant upon minimum number of registrations)
Time: 11:45am-2:15pm
Price: \$12.82/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
Licensed childcare program for children eligible for Kindergarten September 2026. Nurture your child's social, emotional, physical and cognitive growth in a play-based, elementary school setting. Registration is open until spots are filled.



Instructors: Larry Robinson
Register early \$60.00 + tax
After December 30 \$72.00 + tax

Thursdays

Ages: 5+
Start: January 8
End: March 12
Day: Thursday
Time: 6:00-7:00pm
Sessions: 10 sessions
Location: Len Wood Middle School Gymnasium
Instructors: Larry Robinson
Register early \$60.00 + tax
After January 1 \$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 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
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. Please check our website for details and funding options www.nomha.com.



Karate Kyokushin - Family

Tuesdays

Ages: 5+
Start: January 6
End: March 10
Day: Tuesdays
Time: 6:00-7:00pm
Sessions: 10 sessions
Location: Len Wood Middle School Gymnasium



FOLLOW US



The KEES Advantage: Acclaimed Instructors Dedicated to Your Success

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

Children, Adult & Family Programs Available!

**REGISTER TODAY!
SPRING & SUMMER
CAMPS &
PROGRAMS
FOR KIDS!**

**KIDS MARTIAL ARTS
SPRING/SUMMER CAMPS**

KEES
tae kwon do

VERNON
250-545-7710

keesokanagan.com

Sunbelt Arena Public Drop-In Ice Schedule Winter 2025/26

All dates & times are subject to change

Mondays

ADULT/SENIOR 55+ SHINNY HOCKEY

10:00-11:30am \$7.50 / pp

Ends: March 30

*Cancelled: None currently

Wednesdays

ADULT 19+ SHINNY HOCKEY

10:00-11:30am \$7.50 / pp

Ends: April 1, 2026

*Cancelled: None currently

ADULT 19+/SENIOR SKATING

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

Ends: April 1

*Cancelled: None currently

Fridays

ADULT/SENIOR 55+ SHINNY

10:00-11:30am \$7.50 / pp

Ends: April 3, 2026

*Cancelled: February 27 & March 6

PARENT & TOT (5 & UNDER)

11:45am-12:45pm FREE

Ends: April 3, 2026

*Cancelled: February 27 & March 6

Sundays

FAMILY SKATE

3:30-5:30pm \$5.00 / pp

2 yrs & under FREE

Ends: April 5, 2026

*Cancelled: None currently

FREE Holiday Skating



Kin Canada

**Armstrong
Kin Club**

In partnership with Armstrong Kin Club

December 21 & 28 *3:30-5:30pm*

December 22, 24, 26, 29, 31 & January 2

1:00-3:00pm

Santa Skate

Sunday December 14, 2025

3:30-5:30pm \$5 pp

Come skate with your family and
take pictures with Santa!

*Santa will be in attendance from
3:45-4:45pm*

Free Hot Chocolate and Candy Canes.

Food bank donations appreciated.

*All proceeds will be donated to the
Armstrong Community Food Bank*



Stat Holiday Toonie Skates

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

February 16, 2026

Pro D Day Toonie Skates

1:00-2:00pm \$2.00 / pp

February 13, 2026



Parks & Recreation 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 Dr.
Office Hours: Mon-Fri 8:30am-4pm (closed statutory holidays).

Pickleball for Kids! Intro Lessons



Ages: 7-12

Start: January 12

End: March 9

NO SESSION February 16

Day: Mondays

Time: 6:00-7:00pm

Sessions: 8 sessions

Location: Highland Park School Gymnasium

Instructor: Jen Stehle

Register early \$40.00

After January 5 \$48.00

In partnership with Armstrong Pickleball Club this Program is a Beginner level.

What to Bring: Comfy shoes, water bottle, and a smile!

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.

Pickleball 101 Just for Teens



Ages: 13-16

Start: March 25

End: March 25

Day: Wednesday

Time: 12:00-3:00pm

Sessions: 1 session

Location: Hassen Arena

Instructor: Jen Stehle

Register early \$5.00

After March 18 \$6.00

In partnership with Armstrong Pickleball Club this 3 hour session, is an all-levels welcome Program.

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

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!

Pickleball Intensive Clinic Just for Teens



Ages: 13-18

Start: March 18

End: March 18

Day: Wednesday

Time: 10:00am-4:00pm

Sessions: 1 Session

Location: Hassen Arena

Instructor: Jen Stehle

Register early \$35.00

After March 11 \$42.00

In partnership with Armstrong Pickleball Club and Jenn Stehle as the main Instructor this Clinic is an all-levels welcome Program. 6 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!

Learn to Skate & Conditioning for Hockey/Ringette Players



Ages: 3-Adult

Start Date: January 2026

End Date: March 2026

Day: Mondays and Thursdays

Time: Various times

Location: Sunbelt Arena

Registration: See website for details

Organization: Armstrong Enderby Skating Club

To register contact: armstrongskatingclub.uplifterinc.com

Learn to Skate programs for all ages and conditioning sessions for hockey and ringette players. Programs run Mondays and Thursdays at Sunbelt Arena. Registration is ongoing with prorated fees available through our online portal. Visit armstrongskatingclub.uplifterinc.com for details.

**Register
Online**

ASPRD.COM



FOLLOW US



Stay & Play

Ages: Families

Start Date: January 13

End Date: March 17

Day: Tuesday

Time: 11:00am–12:00pm

Location: Armstrong Library

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

Registration: No Registration required

Unwind and connect during this unstructured playtime for children and caregivers. Explore soft play equipment and a variety of toys while socializing with others.



Spring Break Fun!

Ages: School aged

Start Date: March 14

End Date: March 28

Location: Armstrong Library 250-546-8311

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

Registration: No Registration required

Looking for some amazingly fun activities to do during Spring Break? Come down to the Library. Please check the website in March for more information.



**Register
Online**

ASPRD.COM



Stay Safe!

Ages: 9-13

Start: March 2

End: March 11

Day: Mondays & Wednesdays

Sessions: 4 sessions

Location: Sunbelt Meeting Room

Time: 4:30-5:45pm

Instructor: Taliesan

Register early \$57.00

After February 23 \$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



HAPPY BIRTHDAY

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

* Party bookings available May to September*.
Max Capacity of 60 people per party, for parties over 25*
Visit our website for more information asprd.com



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

AWESOME BIRTHDAY PARTIES

Max 25 People

\$189.00
+ tax

Over 25 People

\$299.00
+ tax

S.T.E.A.M. Adventure Kits

Ages: School-aged
Start Date: January 12
End Date: March 21
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 January 12, a new Steam kit will be available every 2 weeks while supplies last.



Family Story Time

Ages: Families
Start Date: January 13
End Date: March 17
Date: Tuesday
Time: 10:30-11:00am
Location: Armstrong Library 250-546-8311
Organization: Okanagan Regional Library www.orl.bc.ca
Registration: No Registration required
Enjoy stories, songs and rhymes the whole family will love. Story time helps develop early literacy and social skills in a playful, welcoming environment.



FOLLOW US



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 lrobitai@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. Year round registration.



Unplug & Play Week

Ages: Families
Start Date: January 24
End Date: January 31
Location: Armstrong Library 250-546-8311
Organization: Okanagan Regional Library www.orl.bc.ca
Registration: No Registration required
From January 24 to January 31 experience Unplug & Play Week! Encourage your family to take a break from screens and enjoy a variety of fun, hands on activities.



HASSEN FITNESS CENTRE

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**



19+

FOLLOW US





Discover Curling this winter



*New curlers
always
welcome!*

For information,
registration and prices,
250-546-9449
or visit our website

3315 Pleasant Valley Road,
on the IPE Grounds



armstrongcurlingclub.ca

IT'S BACK!

THE BIG CHEESE!

ARMSTRONG BC
MARCH 27-28, 2026



Stay up-to-date by following us!

www.facebook.com/thebigcheesefestival

www.aschamber.com/thebigcheese.html



ARMSTRONG SPALLUMCHEEN
CHAMBER OF COMMERCE



Askew's FOODS

SICAMOUS • ARMSTRONG • ENDERBY • SALMON ARM (2 Locations)

Established in 1929, we proudly continue the
"Fresh food for local folks" tradition, 362 days a year.

Whole natural foods

askewsfoods.com



*buy
local*



ADULT PROGRAMS

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.

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



ASPRD

NPCO

FITNESS/DANCE

Bolly X

Start: January 13

End: March 3

Sessions: 8 sessions

Day: Tuesdays

Time: 10:00-11:00am

Location: Centennial Hall

Instructor: Caroline

Register early \$80.00 + tax

After January 6 \$96.00 + tax

The BollyX Low Impact program has all the same energy and swag as the original BollyX format but without high impact dance movements. This format was designed for individuals who love to dance and prefer or need low impact choreography. Our fitness curriculum has been created by world-class choreographers and certified fitness professionals to ensure a safe, effective and dynamic total body dance workout for all.

Learn to Skate - Adult

Start Date: January 5

End Date: February 9

Sessions: 6

Day: Mondays

Time: 1:30-2:15pm

Location: Sunbelt Arena

Instructor: Christine Turpin

Register early \$60.00+ tax

After December 29 \$72.00 + tax

ASPRD

ASPRD

Skating is a great way to keep fit and stay active. It's never too late to learn to skate.

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!

Zumba GOLD

Mondays

Start January 12

End: March 9

(no class February 16)

Sessions: 8 sessions

Day: Mondays

Time: 10:15-11:00am

Location: Centennial Hall

Instructor: Krystal

Register early \$80.00 + tax

After January 5 \$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!

ASPRD

**Register
Online**

ASPRD.COM



SO



Premium Pool and Spa

FREE COVER LIFTER!

With the purchase of a new hot tub



**Book & Attend a
Sales Appointment**
Limited Time Offer

ENTER TO WIN A
Romantic evening
ON US!!
NO PURCHASE NECESSARY!



MANY

GIVEAWAYS!

ENTER TO WIN
\$5000.00
CALL OR STOP BY TO FIND OUT HOW!



Premium Pool and Spa

Kelowna: 250-861-5484
230-2469 Hwy 97 N

Vernon: 778-475-5646
5201 26th St

Kamloops: 236-425-1390
105-805 Notre Dame Dr

Thursdays

Start January 15

End: March 5

Day: Thursdays

Sessions: 8 sessions

Time: 10:00-11:00am

Location: Centennial Hall

Instructor: Caroline

Register early \$80.00 + tax

After January 8 \$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 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!



YOGA

A Beginner's Guide to Slow Flow Yoga

Start: January 5

End: March 9

No class scheduled February 16

Sessions: 9 sessions

Day: Mondays

Time: 5:00-6:00pm

Location: Centennial Hall

Instructor: Tanya

Register early \$99.00 + tax

After December 29 \$118.00 + tax

Join Tanya for a 9 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 you're 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.



Strength & Stretch

Start: January 7

End: March 11

Sessions: 10 sessions

Day: Wednesdays

Time: 10:00-11:00am

Location: Centennial Hall

Instructor: Tanya



Register early \$110.00 + tax

After December 31 \$132.00 + tax

Get your workout fix with this standing-focused class designed to build strength, stability, and flexibility. Challenge yourself with yoga-inspired lunges, squats, wall planks, and standing core work that'll make you sweat. Finish with a satisfying stretch sequence to keep you mobile and strong. This isn't gentle yoga—it's a real push for those who want results. Bring light hand weights if you have them.

Perfect for active adults seeking a powerful midday workout that respects your body while challenging it.

Yoga Basics – Move, Breathe, Begin

Start: January 8

End: March 12

Sessions: 10 sessions

Day: Thursdays

Time: 6:00-7:00pm

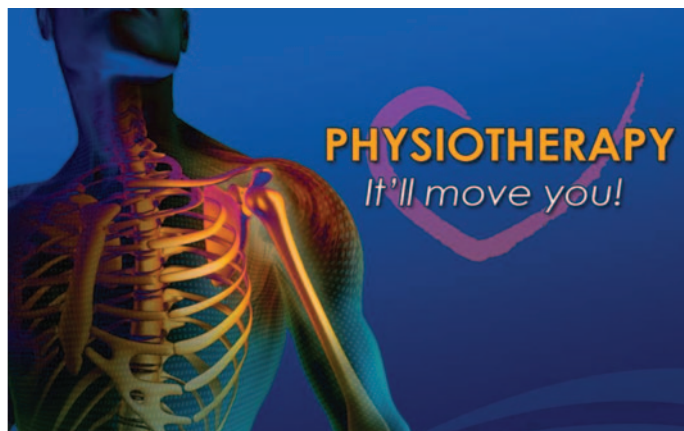
Location: Armstrong Elementary School Gym

Instructor: Tanya

Register early \$110.00 + tax

After January 1 \$132.00 + 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



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

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: January 8

End: March 12

Sessions: 10 sessions

Day: Thursdays

Time: 7:30-8:30pm

Location: Armstrong Elementary School Gym

Instructor: Tanya

Register early \$110.00 + tax

After January 1 \$132.00 + tax

This 10-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.



Yoga Nidra

Start: January 11

End: March 1

Sessions: 8 sessions

Day: Sundays

Time: 7:00-7:45pm

Location: Centennial Hall

Instructor: Krystal

Register early \$88.00 + tax

After January 4 \$105.60 + tax

Yoga Nidra, is a guided meditation that leads you into a state of deep relaxation between wakefulness and sleep. Through gentle breath awareness, body scanning, and visualization, it calms the nervous system and supports deep rest and healing.

Please bring a yoga mat (required) and I recommend pillows and blankets to ensure you are comfortable and fully supported throughout the practice. Suitable for all levels—simply lie down, listen, and let go.



Chair Yoga

Tuesdays

Start: January 6

End: March 10

Sessions: 10 sessions

Day: Tuesdays

Time: 3:00-4:00pm

Location: Centennial Hall

Instructor: Tanya



FOLLOW US



WWW.ASPRD.COM

Register early \$110.00 + tax

After December 30 \$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.

Wednesdays

Start: January 14

End: March 4

Sessions: 8 sessions

Day: Wednesdays

Time: 12:00-12:45pm

Location: Centennial Hall

Instructor: Krystal

Register early \$88.00 + tax

After January 7 \$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.

New Year Reset Workshop

Date: January 10

Sessions: 1 session

Day: Saturday

Time: 1:00-3:00pm

Location: Centennial Hall

Instructor: Tanya

Register early \$40.00 + tax

After January 3 \$48.00 + tax

Start 2026 with clarity and intention in this transformative two-hour experience. Move through grounding floor work, energizing somatic sequences, and restorative yin poses before diving deep into breathwork and meditation. Clear mental clutter, reconnect with your intuition, and journal your way to insight. Culminate in a powerful future-self visualization where you'll speak your biggest intention aloud to yourself or the group. Leave with a fresh perspective and actionable direction for your year ahead. All levels welcome—come ready to move, breathe, and step boldly into your next chapter. Bring a mat, (if you have them bolster & blocks), blankets and journal and pen.



Love Letter to Yourself: A Valentines Workshop

Date: February 14

Sessions: 1 session

Day: Saturday

Time: 1:00-3:00pm

Location: Centennial Hall



Instructor: Tanya
 Register early \$40.00 + tax
 After February 7 \$48.00 + tax
 Treat yourself to two hours of heart-opening yoga, gentle movement, and self-discovery this February. Flow through nurturing poses designed to release tension and reconnect with your worth, then craft a personal love letter celebrating YOU. End by sharing in circle (optional) and sealing your letter to open on a day you need the reminder. Leave feeling seen, valued, and deeply connected to yourself. No yoga experience necessary—just bring an open heart. Perfect for anyone ready to prioritize self-love and exploration beyond traditional practice. Bring a mat, blanket, (and if you have them bolster and blocks) and a pen and journal.

Wild Woman Workshop – Reclaim Your Power

Date: March 8
 Sessions: 1 session
 Day: Sunday
 Time: 1:00-3:00pm
 Location: Centennial Hall
 Instructor: Tanya
 Register early \$40.00 + tax
 After March 1 \$48.00 + tax

Celebrate your fierce feminine energy this March with two hours of unapologetic expression. Shake, roar, and move through somatic releases and warrior sequences designed to unleash what you've been holding back. Explore primal sound work and voice reclamation (no singing required—just raw, powerful expression). Give yourself permission to be loud, wild, and “too much” in a safe container. End with spoken declarations of your power in circle. This isn't your typical yoga workshop—it's a homecoming to your untamed self. All levels welcome. Come ready to break free from “nice” and step into fierce. Bring a mat, blanket, (and if you have them bolster and blocks) and a pen and journal.



Walking-Indoor

Achieve an active lifestyle..... one step at a time!
 All dates and times are subject to change

HASSEN ARENA
 Mondays/Wednesdays/Fridays
 7:30am-9:30am
 Ongoing
 Ends: August 7th, 2026

Cancellations: March 27 & June 12, 2026
 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.



**Register
Online**

ASPRD.COM



WINTER 2025/26

17

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

ArmWinter 2026

Shepherd's

Home Design Centre Outdoor
 1-888-546-3002

Introducing Shepherd's Design Centre! Experience excellent service and expert advice from our professional home design team!

250-546-3002
 2350 Pleasant Valley Blvd,
 Armstrong, BC V0E 1B0

Need help re-designing your kitchen? Come look at our amazing displays for some inspiration. Maybe you're building your dream home and have a specific idea in mind. We can help you bring that dream to life!

Shepherd's Hardware Ltd
 shepherdshh1925
 www.shepherdshardware.ca

**THE ART OF
HOME DESIGN**

GENERAL INTEREST

Armstrong Bookclub

Ages: Adults

Dates: January 7, February 4, March 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

Join us for captivating reads and lively discussions. Our book club 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

Day: 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

ASCRC hosts NexusBC, to provide drop-in support for 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.



Basic First Aid (OFA Level 1)

Date: February 22

Sessions: 1

Day: Sunday

Time: 9:00am-5:30pm

Location: Centennial Hall

Register early \$90.00 + tax

After February 15 \$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.



Canasta- Hand & Foot Version

Ages: Adults

Day: Thursdays

Time: 1:00-3:00pm

Location: Armstrong Library

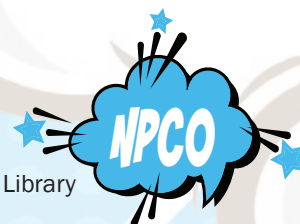
250-546-8311

Organization: Okanagan Regional Library

www.orl.bc.ca

Registration: No Registration required

New to Canasta or a long-time fan? Come play this fun card game with a friendly welcoming group. We'll show you the ropes if you're just getting started.



Carpet Bowling

Ages: Adults 55+

Dates: October-May

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.



Dancing

Ages: Adults 55+

Dates: October to May

Day: 1st Monday of each 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!



Painting with Friends

Ages: 15+

Dates: Year round

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

or email asmas@telus.net

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.



Snooker/Pool

Ages: Adults 55+

Dates: Year round

Day: Monday to Friday

Time: 12:30-2:30pm

Location: 2520 Patterson Ave

Organization: Armstrong Seniors Activity Centre

Registration: Drop-In \$2/members \$3/non-members



Standard First Aid with CPR-C & AED Recertification

Date: February 28

Sessions: 1

Day: Saturday

Time: 9:00am-5:30pm

Location: Centennial Hall

Register early \$90.00 + tax

After February 21 \$108.00 + tax

Recertification 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: 8 hours for recertification. Reference Material: Canadian First Aid Manual, Candidate Supplement Guide. Includes Manual. Currency: 3 years from date of certification.



Introduction to Sourdough

Pain au Levain

Date: January 17

Sessions: 1

Day: Saturday

Time: 6:00-8:00pm

Location: Centennial Hall

Instructor: Cathie

Register early \$50.00 + tax

After January 10 \$60.00 + 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.



Making Sourdough with Whole Grain Fresh Milled Flour

Date: January 31

Sessions: 1

Day: Saturday

Time: 6:00-8:00pm

Location: Centennial Hall

Instructor: Cathie

Register early \$50.00 + tax

After January 24 \$60.00 + tax

We will be grinding grains to make our own whole grain flour, learn the difference between fresh milled flour and commercial ground. Everyone will make their own loaf to take home.



Register Online

ASPRD.COM



WINTER 2025/26

Sourdough Pasta Noodles

Date: February 7

Sessions: 1

Day: Saturday

Time: 6:00-8:00pm

Location: Centennial Hall

Instructor: Cathie

Register early \$50.00 + tax

After January 31 \$60.00 + tax

Learn how to make sourdough pasta from scratch and the health benefits of fermenting grains. Everyone will go home with fresh made pasta noodles



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)



FOLLOW US



TOP PRODUCING INDIVIDUAL AGENT RE/MAX Vernon office for 2024

Trust an expert to help you
with all your real estate needs!



Call Maria Besso PREC
RE/MAX VERNON
mariabesso3@gmail.com



I'm here to listen and help you get what you need and deserve!

3D VIRTUAL TOURS AT WWW.BESSO.CA

Maria Besso RE/MAX Vernon 250-308-1152 www.besso.ca

SPORTS

Karate – Kyokushin

Tuesdays

Ages: 13+
Start: January 6
End: March 10
Day: Tuesdays
Time: 7:00-9:00pm
Sessions: 10 sessions
Location: Len Wood Middle School Gymnasium
Instructors: Larry Robinson
Register early \$70.00 + tax
After December 30 \$84.00 + tax



Thursdays

Ages: 13+
Start: January 8
End: March 12
Day: Thursdays
Time: 7:00-9:00pm
Sessions: 10 sessions
Location: Len Wood Middle School Gymnasium
Instructors: Larry Robinson
Register early \$70.00 + tax
After January 1 \$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

Tuesdays

Ages: 15+
Start: January 6
End: March 10
Sessions: 10 sessions
Time: 6:00-8:00pm
Location: Highland Park Elementary School Gym
Register early \$60.00 + tax
After December 30 \$72.00 + tax



Wednesdays

Start: January 7
End: March 11
Sessions: 10 sessions
Time: 6:00-8:00pm
Location: Highland Park Elementary School Gym
Register early \$60.00 + tax
After December 31 \$72.00 + tax

Thursdays

Start: January 8
End: March 12
Sessions: 10 sessions

WWW.ASPRD.COM

Time: 6:00-8:00pm

Location: Highland Park Elementary School Gym

Register early \$60.00 + tax

After January 1 \$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!

Armstrong Pickleball Club

Ages: 12+
Dates: September-June
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.



19+ Drop-In Indoor Soccer at Hassen Arena

Tuesdays

6:30pm-8pm Sept-Dec 16th
Tuesdays 6:45-8:15pm Jan 6-Mar 31st
\$10 per person/CASH ONLY
Cancellations: December 23 & 30, 2025

*Bring a light & dark jersey for the team sorting. Open to all skill levels 19+. This is a friendly environment that emphasizes safety, fun and fair play!



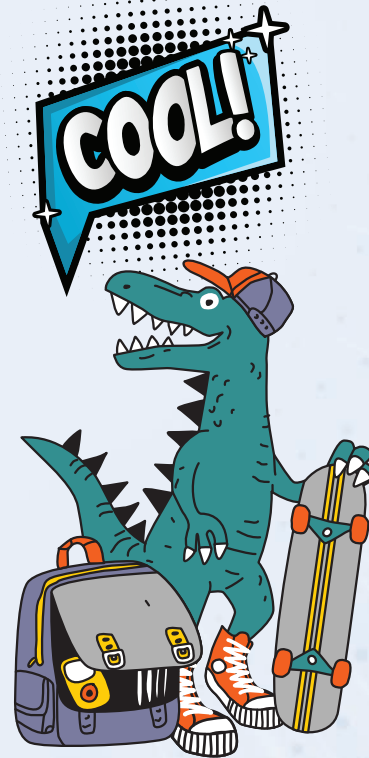
Armstrong Enderby Skating Club

Ages: 3-Adult
Start Date: January 2026
End Date: March 2026
Day: Mondays and Thursdays
Time: Various times
Location: Sunbelt Arena
Registration: See website for details
Organization: Armstrong Enderby Skating Club
To register contact: armstrongskatingclub.uplifterinc.com
Learn to Skate programs for all ages and conditioning sessions for hockey and ringette players. Programs run Mondays and Thursdays at Sunbelt Arena. Registration is ongoing with prorated fees available through our online portal. Visit armstrongskatingclub.uplifterinc.com for details.



CALENDAR OF EVENTS WINTER 2025/26

December 2	Tuesday Drop-In Indoor Soccer (19+ Co-Ed) 6:30-8:00pm	Hassen Arena
December 5	CANCELLED Friday Night Public Roller-skating 7:00pm-9:00pm	Hassen Arena
December 6	Armstrong Christmas Farmers Market 9:00am-2:00pm	Hassen Arena
December 7	Sunday Family Ice-Skate 3:30pm-5:30pm	Sunbelt Arena
December 9	Tuesday Drop-In Indoor Soccer (19+ Co-Ed) 6:30pm-8:00pm	Hassen Arena
December 12	Friday Night Public Roller-Skating 7:00pm-9:00pm	Hassen Arena
December 14	CANCELLED Sunday Public Roller-skating 1pm-3pm	Hassen Arena
December 14	Sunday Ice-Skate with Santa 3:30pm-5:30pm	Sunbelt Arena
December 16	Tuesday Drop-In Indoor Soccer (19+ Co-Ed) 6:30pm-8:00pm	Hassen Arena
December 19	Friday Night Public Roller-skating 7:00pm-9:00pm	Hassen Arena
December 21	Sunday Public Roller-Skating 1:00pm-3:00pm	Hassen Arena
December 21	FREE Holiday Ice-Skate 3:30pm-5:30pm	Sunbelt Arena
December 22	FREE Holiday Ice-Skate 1:00pm-3:00pm	Sunbelt Arena
December 23	FREE Holiday Ice-Skate 3:30pm-5:30pm	Sunbelt Arena
December 23	CANCELLED Drop-In Indoor Soccer (19+ Co-Ed) 6:30pm-8:00pm	Hassen Arena
December 24	FREE Holiday Ice-Skate 1:00pm-3:00pm	Sunbelt Arena
December 26	FREE Holiday Ice-Skate 1:00pm-3:00pm	Sunbelt Arena
December 26	Friday Night Public Roller-skating 7:00pm-9:00pm	Hassen Arena
December 28	Sunday Public Roller-skating 1:00pm-3:00pm	Hassen Arena
December 28	Sunday Family Ice-Skate 3:30pm-5:30pm	Sunbelt Arena
December 29	FREE Holiday Ice-Skate 1:00pm-3:00pm	Sunbelt Arena
December 30	CANCELLED Drop-In Indoor Soccer (19+ Co-Ed) 6:30pm-8:00pm	Hassen Arena
December 31	FREE Holiday Ice-Skate 1:00pm-3:00pm	Sunbelt Arena
January 2	FREE Holiday Ice-Skate 1:00pm-3:00pm	Sunbelt Arena
January 2	Friday Night Public Roller-skating 7:00pm-9:00pm	Hassen Arena
January 4	Sunday Public Roller-skating 1:00pm-3:00pm	Hassen Arena
January 4	Sunday Family Ice-Skate 3:30pm-5:30pm	Sunbelt Arena
January 6	Tuesday Drop-In Indoor Soccer (19+ Co-Ed) 6:45pm-8:15pm	Hassen Arena
January 9	Friday Night Public Roller-skating 7:00pm-9:00pm	Hassen Arena
January 11	Sunday Public Roller-skating 1:00pm-3:00pm	Hassen Arena
January 11	Sunday Family Ice-Skate 3:30pm-5:30pm	Sunbelt Arena
January 13	Tuesday Drop-In Indoor Soccer (19+ Co-Ed) 6:45pm-8:15pm	Hassen Arena
January 16	Friday Night Public Roller-skating 7:00pm-9:00pm	Hassen Arena
January 18	Sunday Public Roller-skating 1:00pm-3:00pm	Hassen Arena
January 18	Sunday Family Ice-Skate 3:30pm-5:30pm	Sunbelt Arena
January 20	Tuesday Drop-In Indoor Soccer (19+ Co-Ed) 6:45pm-8:15pm	Hassen Arena
January 23	Friday Night Public Roller-skating 7:00pm-9:00pm	Hassen Arena
January 25	Sunday Public Roller-skating 1:00pm-3:00pm	Hassen Arena
January 25	Sunday Family Ice-Skate 3:30pm-5:30pm	Sunbelt Arena
January 27	Tuesday Drop-In Indoor Soccer (19+ Co-Ed) 6:45pm-8:15pm	Hassen Arena
January 30	Friday Night Public Roller-skating 7:00pm-9:00pm	Hassen Arena
February 1	Sunday Public Roller-skating 1:00pm-3:00pm	Hassen Arena
February 1	Sunday Family Ice-Skate 3:30pm-5:30pm	Sunbelt Arena
February 3	Tuesday Drop-In Indoor Soccer (19+ Co-Ed) 6:45pm-8:15pm	Hassen Arena
February 6	Friday Night Public Roller-skating 7:00pm-9:00pm	Hassen Arena
February 8	Sunday Public Roller-skating 1:00pm-3:00pm	Hassen Arena
February 8	Sunday Family Ice-Skate 3:30pm-5:30pm	Sunbelt Arena
February 10	Tuesday Drop-In Indoor Soccer (19+ Co-Ed) 6:45pm-8:15pm	Hassen Arena
February 13	Friday Pro-D-Day Toonie Ice-Skate 1:00pm-2:00pm	Sunbelt Arena
February 13	Friday Night Public Roller-skating 7:00pm-9:00pm	Hassen Arena
February 15	Sunday Public Roller-skating 1:00pm-3:00pm	Hassen Arena
February 15	Sunday Family Ice-Skate 3:30pm-5:30pm	Sunbelt Arena
February 16	Monday STAT Holiday Toonie Ice-Skate 11:45am-12:45pm	Sunbelt Arena
February 17	Tuesday Drop-In Indoor Soccer (19+ Co-Ed) 6:45pm-8:15pm	Hassen Arena
February 20	Friday Night Public Roller-skating 7:00pm-9:00pm	Hassen Arena
February 22	Sunday Public Roller-Skating 1:00pm-3:00pm	Hassen Arena
February 22	Sunday Family Ice-Skate 3:30pm-5:30pm	Sunbelt Arena
February 24	Tuesday Drop-In Indoor Soccer (19+ Co-Ed) 6:45pm-8:15pm	Hassen Arena
February 27	Friday Night Public Roller-skating 7:00pm-9:00pm	Hassen Arena
March 1	Sunday Public Roller-Skating 1:00pm-3:00pm	Hassen Arena
*Indoor Walking on Monday/Wednesday/Friday 7:30am-9:30am – Ongoing (Cancelled March 27 & June 12, 2026)		Hassen Arena
*Indoor Walking anytime the facility is opened – Ongoing		Sunbelt Arena
*Free Family Floor Time on Tuesday/Thursday 7:30am-9:30am – Ongoing (Cancelled December 25, 2025 & January 1, 2026)		Hassen 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 and follow us on Facebook – Visit our website www.asprd.com – Email as-parksandrec@asprd.com



Armstrong Spallumcheen Parks & Recreation

Armstrong Spallumcheen Parks & Recreation Youth/Family Programs

REGISTRATION FORM - 2026 WINTER 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:

Babysitting Ages 11+

Mons/Weds, March 2, 4, 9 & 11
6:00-8:00pm

Early Reg \$72.00
after Feb 23 \$86.40

Quantity	Total
----------	-------

Basketball *GIRLS only* Ages 8-12yrs

Wednesdays, January 7-March 11
6-7pm

Early Reg \$65.00
after Dec 31 \$78.00

Basketball Co-Ed Ages 8-12yrs

Wednesdays, January 7-March 11
7-8pm

Early Reg \$65.00
after Dec 31 \$78.00

Karate - Kyokushin - Family (ages 5+)

Tuesdays, January 8-March 10
6:00-7:00pm

Early Reg \$60.00 +tax
after Dec 30 \$72.00 +tax

Karate - Kyokushin - Family (ages 5+)

Thursdays, January 8-March 12
6:00-7:00pm

Early Reg \$60.00 +tax
after Jan 1 \$72.00 +tax

Pickleball for Kids-Intro Lessons (ages 7-12yrs)

Mondays, Jan 12-Mar 9
6-7pm (NO Session Feb 16)

Early Reg \$40.00
after Jan 5 \$48.00

Pickleball Intensive Clinic for Teens (ages 13-18yrs)

Wednesday, March 18
10am-4pm

Early Reg \$35.00 +tax
after Mar 11 \$42.00 +tax

Pickleball 101-Just for Teens (ages 13-16yrs)

Wednesday, March 25
12:00-3:00pm

Early Reg \$5.00 +tax
after Mar 18 \$6.00 +tax

Stay Safe! Ages 9-13

Mons/Weds, March 2, 4, 9 & 11
4:30-5:45pm

Early Reg \$57.00
after Feb 23 \$68.40

Quantity	Total
----------	-------

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)
--	-------------	-------------	---------------------------------

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 - 2026 WINTER SEASON

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

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

FITNESS

BollyX

Tuesdays, January 13-March 3
10:00-11:00am

Learn to Skate - Adult

Mondays, January 5-February 9
1:30-2:15pm

Yoga - Strength & Stretch

Wednesdays, January 7-March 11
10:00-11:00am

Zumba Gold-Mondays

Mondays, January 12-March 9 (no class Feb 16)
10:15-11:00am

Zumba Gold-Thursdays

Thursdays, January 15-March 5
10:00-11:00am

	Quantity	Total before Tax
Early Reg \$80.00 after Jan 6 \$96.00		
Early Reg \$60.00 after Dec 29 \$72.00		
Early Reg \$110.00 after Dec 31 \$132.00		
Early Reg \$80.00 after Jan 5 \$96.00		
Early Reg \$80.00 after Jan 6 \$96.00		

YOGA

Yoga - A Beginners Guide to Slow Flow

Mondays, January 5-March 9 (no class Feb 16)
5:00-6:00pm

Yoga Basics - Move, Breathe, Begin

Thursdays, January 8-March 12
6:00-7:00pm

Yoga Nidra

Sundays, January 11-March 1
7:00-7:45pm

Chair Yoga-Tuesdays

Tuesdays, January 6-March 10
3:00-4:00pm

Yoga - Strength & Stretch

Wednesdays, January 7-March 11
10:00-11:00am

Chair Yoga-Wednesdays

Wednesdays, January 14-March 4
12:00-12:45pm

Yoga - Deep Dive Into Yin

Thursdays, January 8-March 12
7:30-8:30pm

Yoga - New Year Reset Workshop

Saturday, January 10
1:00-3:00pm

Yoga -Love Letter to Yourself : A Valentines Workshop

Saturday, February 14
1:00-3:00pm

Yoga - Wild Woman Workshop - Reclaim Your Power

Sunday, March 8
1:00-3:00pm

	Quantity	Total before Tax
Early Reg \$99.00 after Dec 29 \$118.00		
Early Reg \$110.00 after Jan 1 \$132.00		
Early Reg \$88.00 after Jan 4 \$105.60		
Early Reg \$110.00 after Dec 30 \$132.00		
Early Reg \$110.00 after Dec 31 \$132.00		
Early Reg \$88.00 after Jan 7 \$105.60		
Early Reg \$110.00 after Jan 1 \$132.00		
Early Reg \$40.00 after Jan 3 \$48.00		
Early Reg \$40.00 after Feb 7 \$48.00		
Early Reg \$40.00 after Mar 1 \$48.00		

GENERAL INTEREST

Basic First Aid (OFA Level 1)

Sunday, February 22
9:00am-5:30pm

Standard First Aid Recertification

Saturday, February 28
9:00am-5:30pm

Introduction to Sourdough: Pain de Campagne

Saturday, January 17
6:00-8:00pm

Making Sourdough with Whole Grain Fresh Milled Flour

Saturday, January 31
6:00-8:00pm

Sourdough Pasta Noodles

Saturday, February 7
6:00-8:00pm

	Quantity	Total before Tax
Early Reg \$90.00 after Feb 15 \$108.00		
Early Reg \$90.00 after Feb 21 \$108.00		
Early Reg \$50.00 after Jan 10 \$60.00		
Early Reg \$50.00 after Jan 24 \$60.00		
Early Reg \$50.00 after Jan 31 \$60.00		

SPORTS

Karate - Adult (13+) Tuesdays

Jan 6-Mar 10
7:00-9:00pm

Karate - Adult (13+) Thursdays

Jan 8-Mar 12
7:00-9:00pm

Pickleball (Ages 15+) Tuesdays

Jan 6-Mar 10
6:00-8:00pm

Pickleball (Ages 15+) Wednesdays

Jan 7-Mar 11
6:00-8:00pm

Pickleball (Ages 15+) Thursdays

Jan 8-Mar 12
6:00-8:00pm

	Quantity	Total before Tax
Early Reg \$70.00 after Dec 30 \$72.00		
Early Reg \$70.00 after Jan 1 \$84.00		
Early Reg \$60.00 after Dec 30 \$72.00		
Early Reg \$60.00 after Dec 31 \$72.00		
Early Reg \$60.00 after Jan 1 \$72.00		

CREDIT CARD PAYMENT

--	--	--	--

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

Feeding the Team Couldn't be Easier!

New



STONE-BAKED PIZZA



FROM DOUGH TO DONE IN 2 MINUTES!

Restaurant-Quality Results at Home

The only range designed to reach temperatures of 750°F, the high heat needed to create authentic, restaurant-quality pizzas in as little as two minutes¹ right in your oven.² Learn how this brand-new innovation works.

Total Convection changes the way you think about your oven, featuring cooking modes like Air Fry, No Preheat, Slow Cook, Steam Roast, and now the game-changing Stone-Baked Pizza mode.



PARNELL'S

appliance

4408 27th Street, Vernon, BC
250-542-6998 • www.parnells.ca