



Armstrong Spallumcheen Parks & Recreation

Everyone Plays!

Recreation & Leisure Guide

Spring/Summer 2026



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

ARMSTRONG SPALLUMCHEEN CHAMBER OF COMMERCE
PRESENTS
2026

MUSIC IN THE PARK

EVERY FRIDAY THIS SUMMER 7-9PM

JUNE 26TH

**LEGENDARY LAKE
MONSTERS**
Sponsored by
TBA

JULY 3RD

RULE 857 BAND
Sponsored by
TBA



JULY 10TH

DEJA VU

Sponsored by
TBA

JULY 17TH

THE BARN BOYS
Sponsored by
TBA

JULY 24TH

GHOST TOWN
Sponsored by
TBA

JULY 31ST

THE SHADES
Sponsored by
Armstrong I.P.E.

AUGUST 7TH

ROCKINOMIX BAND

Sponsored by
TBA

AUGUST 14TH

ROLLIN COAL TRIO

Sponsored by
TBA

AUGUST 21ST

HEADWAY
Sponsored by
TBA

AUGUST 28TH

DIRT ROAD KINGS
Sponsored by
Okanagan Aggregate Ltd
& Associated Mix

FOOD TRUCKS ON LOCATION

**DONATIONS ACCEPTED OF NON PARISHABLE FOOD ITEMS TO
THE ARMSTRONG FOOD BANK**

LIONS GAZEBO IN MEMORIAL PARK

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Contact Us:

**Armstrong Spallumcheen
Parks and Recreation**

Sunbelt Arena
3351 Park Drive
Mon-Fri 8:30am-4:00pm
☎ 250-546-9456
✉ as-parksandrec@asprd.com

**Armstrong Spallumcheen
Outdoor Pool**

3347 Park Drive
May 1-Sept 1
*see website for operational hours
☎ 250-546-0914
✉ pool@asprd.com

**Medical Loan
Cupboard**

3315 Pleasant Valley Road
Mon/Wed/Fri
10:00am-12:00pm
☎ 778-442-5255



Stay Connected!

**Call for information on renting our
facilities for your event.**

**Program Registration &
Facility Rental Information
250-546-9456**



www.asprd.com



as-parksandrec@asprd.com

Registration Information

Registration for **Spring/Summer Programs**



**Resident/
Non-Resident Registration:**
Mar 1



Armstrong Spallumcheen Parks & Recreation

Registration for **Spring Swim Lessons** (May 25-Jun 22)

Viewable online: Apr 7



Resident Registration:
May 1-8
at 9:00 AM

Non-Resident Registration:
May 9
at 9:00 AM

Registration for **Summer Swim Lessons** (Jul 6-Aug 28 end of session 4)

Viewable online: Jun 1



Resident Registration:
Jun 6-12
at 9:00 AM

Non-Resident Registration:
Jun 13
at 9:00 AM



Register Online asprd.com

Call Reception at 250-546-9456 or Pool 250-546-0914

Programs: A 15% administration fee will be charged for cancellation or transfer. There are NO refunds after the program has started unless accompanied by a doctor's note. No refunds are provided once the swim lessons have started unless less than 8 lessons are available due to weather, air quality, or maintenance issues - pro-rated refunds will be applied.

Processing: Refunds may take two weeks to be processed.

Cancellations: Programs may be cancelled due to insufficient registrations, inclement weather, or non-availability of facilities. If your program is cancelled, you will receive a full or pro-rated refund. Swim lessons cancelled due to weather, air quality or maintenance will only be refunded if less than 8/10 lessons are available.

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 at 3351 Park Drive.

Armstrong Spallumcheen Outdoor Pool Pricing 2026 Season

All prices include taxes

| Public Swim | Single | 12 Pass | Monthly Pass | Season Pass |
|---------------------|---------|----------|--------------|----------------------------|
| Tot | FREE | FREE | FREE | FREE |
| Preschool (2-5 yrs) | \$4.75 | \$47.50 | \$28.00 | \$74.00 |
| Child and youth 6+ | \$4.75 | \$47.50 | \$40.00 | \$115.00 |
| Adult (19+) | \$6.00 | \$60.00 | \$57.50 | \$140.00 |
| Senior (65+) | \$4.75 | \$47.50 | \$40.00 | \$115.00 |
| Family (Max 5) | \$16.00 | \$160.00 | \$120.00 | \$280.00 |
| Additional child | \$1.00 | \$10.00 | \$10.00 | \$10.00 |
| Aqua Fitness | Single | 12 Pass | Monthly Pass | Monthly Combo Aquafit/Pool |
| Student (14-19 yrs) | \$6.00 | \$56.00 | \$39.00 | \$59.50 |
| Adult (19+) | \$6.50 | \$65.00 | \$42.00 | \$78.50 |
| Senior (65+) | \$5.50 | \$55.00 | \$37.00 | \$58.50 |

Refund Policy: Refunds will not be applied to drop-in programs due to weather unless the weather changes within the first 60 minutes of the swim. In such case, drop-in passes will be provided.

Please view our Program refund policies online at www.asprd.com and during your registration for programs. Refund policies are also found on your receipt.

Additional Information:

- A 10% discount will be applied to passes purchased from May 1-18. Are you unsure if your discount has been applied? You can confirm online by clicking the drop-down menu of your fees.
- Family defined as max 2 adults and their dependants, who live in the same household to a max of 5.

Group Rates

- Group of 10 – 10%
- Group of 20 – 20%
- Group of 30 – 30%

Available during public swims only



Swim for Life Sessions:

Program offerings, rates and additional pool information will be available online Apr 7 at: www.asprd.com.

| Session | Days | Dates | Times |
|--------------------|---------|--------------|------------------------------|
| Spring Set 1 (SG1) | Mon-Fri | May 25-Jun 5 | 2:30-5:00pm |
| Spring Set 2 (SG2) | Mon-Fri | Jun 8-19 | 2:30-5:00pm |
| Spring Set 3 (SG3) | Mon-Fri | Jun 22-26 | 2:30-5:00pm |
| Summer Set 1 (SR1) | Mon-Fri | Jul 6-17 | 9:00am-12:00pm & 3:30-4:30pm |
| Summer Set 2 (SR2) | Mon-Fri | Jul 20-30 | 9:00am-12:00pm & 3:30-4:30pm |
| Summer Set 3 (SR3) | Mon-Fri | Aug 4-14 | 9:00am-12:00pm & 3:30-4:30pm |
| Summer Set 4 (SR4) | Mon-Fri | Aug 17-28 | 9:00am-12:00pm & 3:30-4:30pm |

| Swim for Life | | |
|-------------------------------|------------|------------------|
| Preschool (Jellyfish-Narwhal) | 0.5 Hours | \$60/8 sessions |
| Swimmer 1-3 | 0.5 Hours | \$62/8 sessions |
| Swimmer 4 | 0.75 Hours | \$77/8 sessions |
| Swimmer 5-6 | 1 Hour | \$82/8 sessions |
| Swim Adapt | 0.5 Hours | \$65/6 sessions |
| Rookie/Ranger/Star Patrol | 1 hour | \$140/8 sessions |

| Private Lessons - Contact Pool Office | | |
|---------------------------------------|----------|-----------------|
| 1 person | .5 hour | \$32/1 session |
| 1 person | .75 hour | \$82/3 sessions |
| 2 person | .5 hour | \$31/1 session |
| 2 person | .75 hour | \$81/3 sessions |

10% discounts will apply for Swim for Life Spring registrations: May 1-18 and Summer registrations: Jun 6-13.

Swim for Life Registration Guide

| Register In: | Preschool Level Requirements: | Register In: | Swimmer Level Requirements: |
|---|---|---|--|
|  Jellyfish (Parent & Tot 1) | Is 4 to 12 months old (Participation Based) |  Swimmer 1 | 5 to 12 years, preferred age 6. Skills are Unassisted. Front and Back floats 5 sec. Front and back glides 3m. Glides with Kick 5m. Front Crawl with PFD 5m. |
|  Goldfish (Parent & Tot 2) | Is 12 to 24 months old (Participation Based) |  Swimmer 2 | Tread water 15 sec. Front, Back, and Side glide with kick 10m. Front and back crawl 10m. Whip kick 30 sec with aid. Interval Training. |
|  Sea Horse (Parent & Tot 3) | 24 to 36 months old (Participation Based) |  Swimmer 3 | Change of direction and surface supports. Tread water 30 sec. Front and back crawl 15m. Whip Kick on back 10m. Interval Training. Standing Dives. |
|  Octopus (Preschool 1) Ages 3-6 | Skills are Assisted by the Instructor. Blow bubbles and get their entire face wet comfortably. Float on front and back 3 sec. Glide on front and back 3m comfortably. |  Swimmer 4 | Tread water 1 min. Front and Back 25m. Whip kick on front 15m. Arms Drill 15m. Interval and Sprint Training. Various Entries. |
|  Crab (Preschool 2) Ages 3-6 | Skills are Assisted. Blow bubbles and get their entire face wet. Float on front and back for 3 sec, Glide on front and back for 3m. |  Swimmer 5 | Tread water 2 min. Front and Back Crawl 50m. Breaststroke 25m. Head up Front Crawl 10. Sprint and Interval Training. Various Entries. |
|  Orca (Preschool 3) Ages 3-6 | Skills are Unassisted. Submerge. Float on front and back 5 sec. Glide on front and back 3m. Kick front and back 5m. |  Swimmer 6 | Legs only surface supports, and lifesaving kicks. Front and back crawl 100m. Breaststroke 50m. Workouts and Interval Training. Once passed, Swimmer 7 or Rookie is next. |
|  Sea Lion (Preschool 4) Ages 3-6 | Skills are Unassisted. Rollover Float and swim. Side glide 3m. Side glide with kick 5m. Glide(s) with kick for 7m. PFD Front crawl 5m. | Swim Adapt Lessons Ages 3 & Above Adapt lessons are available during the Private lesson time slots listed in the Spring and Summer Lesson schedules. | |
|  Narwhal (Preschool 5) Ages 3-6 | Skills are Unassisted. Front and Back Crawl 5m. Assisted Whip Kick. Interval Training | Unsure what to register in? If you have completed lessons at another facility, please bring your previous report card to registration. Swim assessments can be set up once we are open by emailing pool@asprd.com | |

Additional Information:

- Please bring any previous report cards on the first day, including print out of online cards.
- Private lessons are subject to availability – contact the Pool Office for additional information.



Swim for Life Swimmer 7 to Bronze Levels Registration Guide

| Register in: | Level Requirements |
|---|---|
|  <p>Swimmer 7/ Rookie Patrol</p> | <p>Can do stride entries and compact jumps; legs only surface support for 45 sec.; sprint 25 m breaststroke; swim 100 m of front crawl and back crawl and 300 m workout...</p> |
|  <p>Swimmer 8/ Ranger Patrol</p> | <p>Preferred succession of completion- Rookie Patrol</p> |
|  <p>Swimmer 9/ Star Patrol</p> | <p>Preferred succession of completion- Ranger Patrol</p> |
|  <p>Bronze Star</p> | <p>Preferred succession of completion- Star Patrol Fitness Based lifesaving skills level</p> |
|  <p>Bronze Medallion</p> | <p>Preferred succession of completion- Bronze Star, or 13 years old by the last day of the course. This is a Pass or Fail Course with Physical Standards Required <i>Pre-requisite for Bronze Cross</i></p> |
|  <p>Bronze Cross</p> | <p>Must have Passed Bronze Medallion and have proof of Certification. This is a Pass or Fail Course with Physical Standards Required <i>Pre-requisite for Swim Instructor & National Lifeguard</i></p> |



Pool Schedules

Pool Schedule Spring 2026 May 16-18

Soft Opening Weekend

| Sat, May 16 | Sun, May 17 | Mon, May 18 |
|---------------------------|---------------------------|---------------------------|
| Lap Swim 9:30-11:30 | Lap Swim 9:30-11:30 | Stat VICTORIA DAY |
| Public Swim 12:00-4:00 | Public Swim 12:00-4:00 | Public Swim 12:00-4:00 |

Children 6 & under must be within arms reach at all times in the facility by adult 16 years or older. Children must be 10 years old to be in the facility without an adult 16 years or older.

May 19 - Jun 28

Statutory Holidays 12:00-4:00pm Public Swim only!

| Mon | Tue | Wed | Thur | Fri | Sat | Sun |
|-------------------------------------|---|-------------------------------------|---|-------------------------------------|---------------------------|---------------------------|
| Lap Swim 6:30-8:15 | Maintenance | Lap Swim 6:30-8:15 | Maintenance | Lap Swim 6:30-8:15 | Maintenance | Maintenance |
| Prebooked School Swims 8:30-1:30 | Prebooked School Swims 8:30-1:30 | Prebooked School Swims 8:30-1:30 | Prebooked School Swims 8:30-1:30 | Prebooked School Swims 8:30-1:30 | Lap Swim 9:30-11:00 | Lap Swim 9:30-11:00 |
| Aqua Fit 2:00-3:00 | Aqua Fit 2:00-3:00 | Aqua Fit 2:00-3:00 | Aqua Fit 2:00-3:00 | Aqua Fit 2:00-3:00 | Aqua Fit 11:15-12:15 | Aqua Fit 11:15-12:15 |
| Lessons 2:30-5:00 | Lessons 2:30-5:00 | Lessons 2:30-5:00 | Lessons 2:30-5:00 | Lessons 2:30-5:00 | Public Swim 12:30-4:00 | Public Swim 12:30-4:00 |
| Public Swim 5:15-8:00 | Lap Swim 5:00-6:00 Toonie Swim 6:15-8:15 | Public Swim 5:15-8:00 | Lap Swim 5:00-6:00 Toonie Swim 6:15-8:15 | Public Swim 5:15-8:00 | Pool Rentals 4:30-5:30 | Pool Rentals 4:30-5:30 |

Pool Schedule Canada Day Week Jun 29 – Jul 5

Statutory Holidays 12:00-4:00pm Public Swim only!

| Mon, Jun 29 | Tue, Jun 30 | Wed, Jul 1 | Thur, Jul 2 | Fri, Jul 3 | Sat, Jul 4 | Sun, Jul 5 |
|---------------------------|---------------------------|--------------------------------------|---------------------------|--------------------------------|--|--|
| Lap Swim 6:30-10:00 | Lap Swim 6:30-9:30 | Stat Public Swim 12:00-4:00 | Lap Swim 6:30-9:30 | Lap Swim 6:30-10:00 | Closed All Day Due to mid-season shut down | Closed All Day Due to mid-season shut down |
| Aqua Fit 9:00-10:00 | Closed due to training | | Closed due to training | Aqua Fit 9:00-10:00 | | |
| Public Swim 10:00-3:00 | Public Swim 12:30-3:00 | | Public Swim 12:30-3:00 | Public Swim 10:00-3:00 | | |
| Closed 3:00-3:30 | Closed 3:00-3:30 | | Closed 3:00-3:30 | Closed for mid-season shutdown | | |
| Toonie Swim 3:30-5:30 | Toonie Swim 3:30-5:30 | | Toonie Swim 3:30-5:30 | | | |





Children 6 & under must be within arms reach at all times in the facility by adult 16 years or older. Children must be 10 years old to be in the facility without an adult 16 years or older.

Summer 2026 Jul 6 – Aug 30

Statutory Holidays 12:00-4:00pm Public Swim only!

| Mon | Tue | Wed | Thur | Fri | Sat | Sun |
|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| Lap Swim 6:30-8:30 | Maintenance | Lap Swim 6:30-8:30 | Maintenance | Lap Swim 6:30-8:30 | Maintenance | Maintenance |
| Aqua Fit 7:30-8:30 | | Aqua Fit 7:30-8:30 | | Aqua Fit 7:30-8:30 | Lap Swim 9:30-11:00 | Lap Swim 9:30-11:00 |
| Lessons 9:00-12:00 | Lessons 9:00-12:00 | Lessons 9:00-12:00 | Lessons 9:00-12:00 | Lessons 9:00-12:00 | Aqua Fit 11:15-12:15 | Aqua Fit 11:15-12:15 |
| Public Swim 12:15-3:00 | Public Swim 12:30-4:00 | Public Swim 12:30-4:00 |
| Lessons 3:30-4:30 | Lessons 3:30-4:30 | Lessons 3:30-4:30 | Lessons 3:30-4:30 | Lessons 3:30-4:30 | | |
| Lap Swim 3:30-5:00 | | |
| Aqua Fit 4:30-5:30 | | |
| Public Swim 5:30-9:00 | Toonie Swim 6:00-8:00 | Public Swim 5:30-9:00 | Toonie Swim 6:00-8:00 | Public Swim 5:30-9:00 | | |
| | Lap Swim 8:15-9:00 | | Lap Swim 8:15-9:00 | | Pool Rentals 4:30-5:30 | Pool Rentals 4:30-5:30 |

For Aug 31 & Sept 1 See Online Schedule



Roller Skating

- Cash/Credit/Debit
- Unisex Size 3 and up skates available.
- Bring your own Roller Skates/blades or use ours!
- Bring your own Helmet & Pads.
- On-site Concession

Hassen Arena
Fri 7-9pm Ends May 29
Sun 1-3pm Ends Apr 19
Cancelled Mar 27

\$7 (no rentals)
 \$10 (includes rentals)
 \$70 for a 12-punch card (no rentals)
 \$100 for a 12-punch card (includes rentals)
 All dates & times are subject to change



CHALLENGER SPORTS™

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EARLY BIRD SPECIAL

DON'T MISS OUT! SIGN UP FOR CAMP NOW TO SAVE \$
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 + UNLOCK EXCLUSIVE MERCHANDISE SAVINGS

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

LOVE THE GAME. LEARN THE GAME.
 NORTH AMERICA'S MOST TRUSTED SOCCER CAMP PROVIDER

Armstrong Spallumcheen Recreation Commission
 Armstrong Fairgrounds, Park Dr, Armstrong, BC V0E 1B0
 July 27th - July 31st

| Title | Ages | Time | Early Bird Price |
|---------------|--------|------------------|------------------|
| Half Day (AM) | 5 - 14 | 9.00am - 12.00pm | \$205 \$235 |
| Half Day (PM) | 6 - 14 | 12.00pm - 4.00pm | \$170 \$200 |
| Full Day | 6 - 14 | 9.00am - 4.00pm | \$255 \$295 |
| Late Pick UP | 6 - 14 | 4.00pm - 4.30pm | \$40 |

REGISTER NOW Get in touch regarding this camp
Adam Lambert — 343-542-4371 — alambert@challengersports.com

 Passionate International Coaches
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 Value & Affordability
 Innovative Programming

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Awesome birthday parties!

We make hosting a birthday party easy with packages available to suit your needs. The party room (max 20) is included with the party packages.

Bring your food, drinks plates, utensils and decorations to make the room festive for the perfect birthday celebrations.

Party bookings are available September-May.

Choose from the following packages:

- Sports (6 and over)
- Everyone Plays
- Roller Skating
- Ice Skating (available until Mar 31)

Up to 25 People \$189 + tax
26-60 People \$299 + tax

For more information visit www.asprd.com or call 250-546-9456.

Drop In Skating/Shinny Hockey

*Season ends Sun, Apr 5.

| | Mon | Wed | Fri | Sun |
|-----------------|-----------------------------|-----------------------------|---|----------------------------------|
| 10:00-11:30am | 55+ Shinny \$7.50 | 19+ Shinny \$7.50 | 55+ Shinny \$7.50 | |
| 11:45am-12:45pm | | 19+ Skate \$2.00 | Parent and Tot Skate Free (5 & Under) | |
| 3:30-5:30pm | | | | Family Skate \$5.00/pp |

Spring Break Toonie Skate

Tue/Thu Mar 17, 19, 24 & 26 11:00am-12:30pm
\$2

*All dates and times are subject to change



Child/Youth Programs

Basketball

All Ages-Family

FUN Family basketball program. Beginners and youth welcome. Mini games/skill practice and 3vs3 scrimmages.

Lenwood Middle School Gym

Wed Apr 1-May 20 6:00-7:00pm

\$55/8 sessions-early bird

\$66/8 sessions-after May 27

Peter

Karate-Kyokushin Family

Ages: 5+

Experience 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. You can sign up for both days! Space is limited, register early to secure your spot.

Len Wood Middle School Gym

Tue Apr 7-Jun 9 6:00-7:00pm

\$60/10 sessions-early bird

\$72/10 sessions-after Mar 31

Thu Apr 9-Jun 11 6:00-7:00pm

\$60/10 sessions-early bird

\$72/10 sessions-after Apr 2



Pickleball for Kids! Intro Lessons Ages: 7-12

In partnership with Armstrong Pickleball Club

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

Hassen Arena

Mon Apr 13-Jun 8 5:00-6:00pm

*NO SESSION May 18

\$40/8 sessions-early bird

\$48/8 sessions-after Apr 6

Jen

Pickleball 101-Just for TEENS Ages: 13-16

In partnership with Armstrong Pickleball Club

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

Hassen Arena

Mon Apr 13-Jun 8 5:00-6:00pm

*NO SESSION May 18

\$40/8 sessions-early bird

\$48/8 sessions-after Apr 6

Jen

**Ready for
her future**

Register today at girlguides.ca/joinus

Free Floor Time

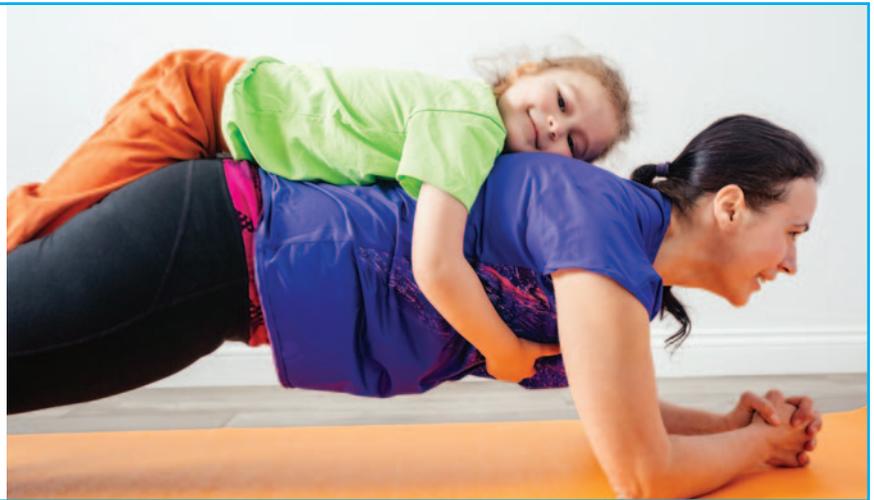
All Ages

Burn off some energy! NO equipment is provided. Bring your own *clean* equipment. Bikes, scooters, balls etc. *Clean indoor shoes only!

Hassen Arena

Tue & Thu Mar 2-Jun 30 7:30-9:30am
Free

*All dates and times are subject to change.



Pickleball Drop-In for Youth

Ages: 10-17

In partnership with Armstrong Pickleball Club.

All-levels welcome Drop-In. ALL participants MUST be registered by their guardian to play.

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

Hassen Arena

Wed Jul 8-Aug 12 12:00-2:00pm
\$12/6 sessions

Jenn



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.



Register Online asprd.com

☎ Call Reception at 250-546-9456

REGISTER NOW FOR FALL TRANSPORTED AFTERSCHOOL PROGRAMS

MARTIAL ARTS

SUMMER CAMP

FOR KIDS!

REGISTER NOW

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



VERNON
250-545-7710
keesokanagan.com

KEES
tae kwon do

Children, Adult & Family Programs Available!

Hassen Fitness Centre

19+

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

Open 5am-10pm, 7 days a week *Subject to change*

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

FOB fee: \$15 (yours to keep)

Membership Options (all subject to GST):

1 month \$55

3 months \$150

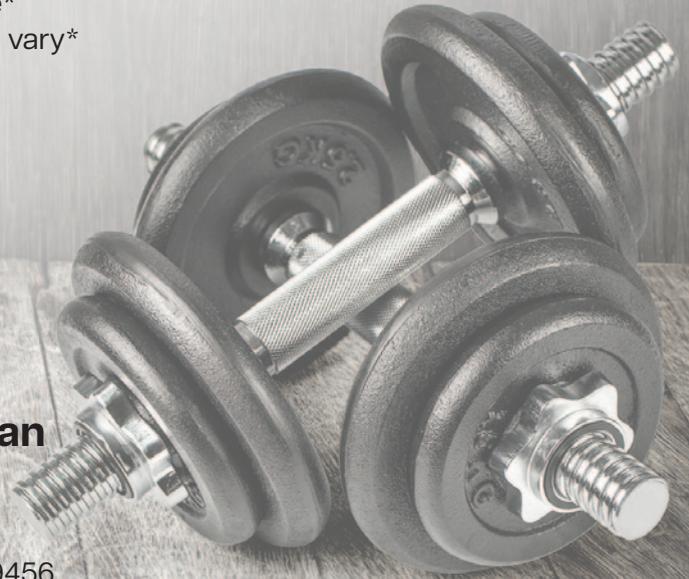
6 months \$275

1 year \$410

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

For more information:

email as-parksandrec@asprd.com or call 250-546-9456.



BMX Racing! For all ages!

Try it for FREE!
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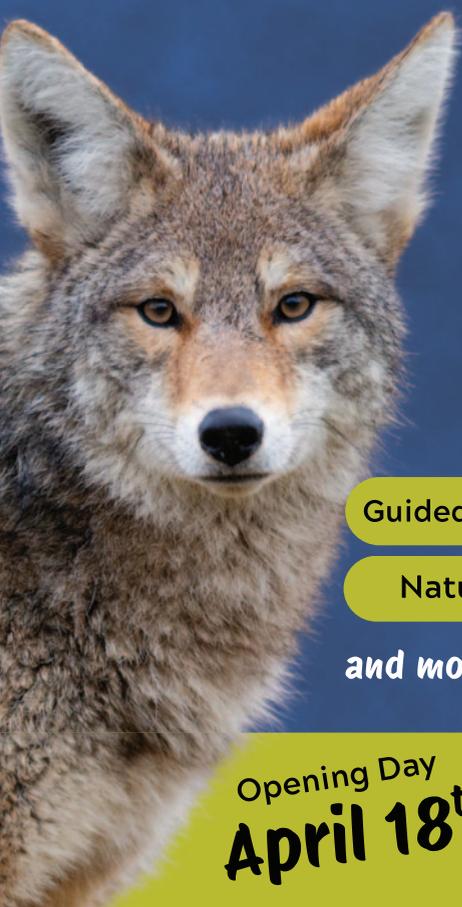
Youth and Adult
coaching weekly!

Come roll
with us!



Scan the QR code to get started!

usabmx.com/tracks/bc-vernon-bmx



LEARN, PLAY, EXPLORE, & DISCOVER

Allan Brooks
NATURE CENTRE



Home of
okanagan Okie
the marmot mascot



Visit us for:

Guided Trail Tours

Summer Camps

Nature Talks

Workshops

and more fun nature activities!

Opening Day
April 18th

Season Hours
Tuesdays to Saturdays
9am - 4pm



Visit
our
Website



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. Full-day school closure care available.

AGES
5-12

REGISTER TODAY!

www.bgco.ca



Community Programs



The following programs are offered by local non-profit organizations.
To register, please follow the instructions in the individual listing



Armstrong Enderby Skating Club **Ages: 3-Adult**

Armstrong Enderby Figure Skating Club
Learn to Skate programs for all ages and conditioning sessions for hockey and ringette players. Registration is ongoing with pro-rated fees available through our online portal.

Sunbelt Arena
Mon/Thu Jan-Mar 2026

To register visit: armstrongskatingclub.uplifterinc.com

Beaver Scouts **Ages: 5-6**

1st Armstrong Scout Group
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!

Zion United Church Hall
Wed Jan 1-Dec 31 5:30-6:30pm
\$270/year

To register visit: <https://help.scouts.ca/hc/en-ca> or contact: lisa1starmstrongscouts@hotmail.com

Break in Bags **Ages: 5-18**

Escape room fans will enjoy solving three puzzles to “break in” & unlock a small reward. These hands-on puzzles offer a fun challenge for curious minds. Available while supplies last.

Okanagan Regional Library
Tue Apr 13, May 11 & Jun 8 anytime
Drop in

For more information: Armstrong Library 250-546-8311 or www.orl.bc.ca

Cub Scouts **Ages: 8-11**

1st Armstrong Scout Group
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. We are always looking for adults to assist with programming. Come join the fun.

Zion United Church Hall
Tue Jan 1-Dec 31 5:30-7:00pm
\$270/year

To register visit: <https://help.scouts.ca/hc/en-ca> or contact: lisa1starmstrongscouts@hotmail.com





The following programs are offered by local non-profit organizations.
To register, please follow the instructions in the individual listing



Family Story Time

All Ages/Families

Enjoy stories, songs & rhymes the whole family will love. Story time builds early literacy & social skills in a playful, welcoming environment.

Okanagan Regional Library

Tues Apr 14-May 26 10:30-11:00am

Drop in

For more information: Armstrong Library 250-546-8311 or www.orl.bc.ca

Just B4

Ages: 4-5

School District 83

Licensed childcare program for children eligible for Kindergarten Sept 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.

Highland Park Elementary School, 3200 Wood Ave

Tue/Thu Sep 2025-Jun 2026 11:45am-2:15pm

(Mon/Wed/Fri program schedule dependant upon minimum number of registrations)

\$12.82/day after CCFRI

To register contact Allison: adeboer@sd83.bc.ca

Lacrosse 5 Years-16 years

North Okanagan Minor Lacrosse Association holds practices in Armstrong/Vernon and games throughout the zone.

Apr-Jun or Jul 2026

For more information and to register: www.nomla.ca

Minor Hockey

Ages: 5-17

NOMHA-North Okanagan Minor Hockey Association

Recreational and competitive hockey programs for youth in Armstrong & Enderby. Please check our website for details and funding options www.nomha.com.

Mid Sept 2026-Mar 2027

Days, Times & Cost: Varies

To register contact: register@nomha.com

Spring Break Fun!

School Age

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

Okanagan Regional Library

Mon-Fri Mar 14-28

No registration required

For more information visit: www.orl.bc.ca or call:250-546-8311

Stay & Play

Families

Unwind & connect during this unstructured play time for children & caregivers. Explore soft play & equipment & toys while socializing with others.

Okanagan Regional Library

Tue Apr 14-May 26 11:00am-12:00pm

Drop in

For more information visit: www.orl.bc.ca or call:250-546-8311

S.T.E.A.M Adventure Kits

School Age

Explore creativity, curiosity & problem solving with different STEAM Adventure kits. Each kit includes simple materials & activities to encourage hands-on learning. Available while supplies last.

Okanagan Regional Library

Mar 30-Jun 6

Drop in

For more information visit: www.orl.bc.ca or call:250-546-8311

Strong Start

Ages: Birth-5

School District 83

Come join the fun. We have play time, circle time, show 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.

Highland Park Elementary School, Room 38, 3200 Wood Ave

Mon-Fri Sept-Jun 8:00-11:00am

Free

To register contact: Lynn Robitaille Claeys lrobitai@sd83.bc.ca

Summer Reading Club 2026

All ages

Okanagan Regional Library

Dive into adventures with SRC2026: Under the sea! Explore ocean wonders through fun activities & creative challenges that will make a splash all summer long. Join us as we journey beneath the waves for an unforgettable reading experience!

Okanagan Regional Library

Mid Jun to end of Aug

Drop in

For more information visit: www.orl.bc.ca or call:250-546-8311

City of Armstrong



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FITNESS/DANCE

Spin and Strength

Ages: 19+

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.

Centennial Hall

Don

Tue Apr 14-May 19 5:30-6:30pm

\$60/6 sessions-early bird

\$72/6 sessions-after Apr 7

Step and Strength

Ages: 19+

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.

Centennial Hall

Don

Mon Apr 13-May 18 9:30-10:30am

\$60/ 6 sessions-early bird

\$72/ 6 sessions-after Apr 6

Wed Apr 15-May 20 9:30-10:30am

\$60/6 session-early bird

\$72/6 sessions-after Apr 8

Total (Body) Resistance eXercises **Ages: 19+**

(TRX for short)

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.

Centennial Hall

Tue Apr 14-May 19 6:45-7:45pm

\$60/6 sessions-early bird

\$72/ 6 sessions-after Apr 7

Zumba Fitness

Ages: 19+

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.

Armstrong Elementary Gym

Tue Apr 14-Jun 2 6:45-7:30pm

\$80/8 sessions-early bird

\$96/8 sessions-after Apr 7



Register Online asprd.com

Call Reception at 250-546-9456



Indoor Walking

All ages

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

All dates and times are subject to change

FREE *Clean/Indoor shoes only please*

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

Hassen Arena

Mon/Wed/Fri Mar 1-Aug 7 7:30-9:30am

No Sessions: Mar 27, Jun 12 & Jul 17

Free

Sunbelt Arena

Come in and walk any time the office is open.

5 times around equals 1 Kilometre. Walk includes stairs.

Mon-Fri Year Round 8:30am-4:00pm

*except during tournaments

Free

YOGA

A Beginner’s Guide to Slow Flow Yoga **Ages: 16+**

Enjoy 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.

Centennial Hall **Tanya**
Mon **Apr 13-Jun 22 5:00-6:00pm**
***No class May 18**
\$110/ 10 sessions-early bird
\$132 /10 sessions-after Apr 6

Yoga Basics-Move, Breathe, Begin **Ages: 16+**

Where You Are. Are you 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.

Armstrong Elementary School Gym **Tanya**
Thu **Apr 9-Jun 11 6:00-7:00pm**
\$110/10 sessions-early bird
\$132/10 sessions-after Apr 2

Yoga Deep Dive into Yin: A Practice of Stillness & Surrender **Ages: 16+**

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.

Armstrong Elementary School Gym **Tanya**
Thu **Apr 9-Jun 11 7:30-8:30pm**
\$110/10 sessions-early bird
\$132/10 sessions-after Apr 2

Yoga Nidra **Ages: 16+**

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.

Centennial Hall **Krystal**
Mon **Apr 13-Jun 8 7:00-7:45pm**
***No class May 18**

\$88/8 sessions-early bird
\$105.60/8 sessions-after Apr 6





Yoga-Chair

Ages: 19+

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.

Centennial Hall

Tanya

Tue Apr 7- Jun 9 3:00-4:00pm
\$110/10 sessions-early bird
\$132/10 sessions-after Mar 31

Yoga-Chair

Ages: 19+

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.

Centennial Hall

Krystal

Wed Apr 15- Jun 3 12:00-12:45pm
\$88/8 sessions-early bird
\$105.60/8 sessions-after Apr 8

Summer Yoga

Ages: 16+

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

Centennial Hall

Tanya

Thu Jul 9-Aug 13 6:00-7:00pm
\$66/6 sessions-early bird
\$79.20/6 sessions-after Jul 2

Yoga Workshop: Finding Her Voice **Ages: 16+**

Finding Her Voice is a gentle, embodied yoga and meditation experience for women ready to reconnect with their inner truth, soften people-pleasing patterns, and learn to honour boundaries from a place of presence rather than pressure. Please bring a yoga mat, blanket, any props you have, and a journal and pen.

Centennial Hall

Tanya

Sat Apr 18 1:00-3:00pm
\$50/1 session-early bird
\$60/1 session-after Apr 11

Yoga Workshop: Held

Ages: 16+

Held: The Art of Receiving Support through Embodied Presence is a gentle yoga and meditation experience for women ready to soften, release the need to hold it all together, and explore what it feels like to receive support in the body. Please bring a yoga mat, blanket, any props you have, and a journal and pen.

Centennial Hall

Tanya

Sat May 30 2:00-4:00pm
\$50/1 session-early bird
\$60/1 session-after May 23

Yoga Workshop: Summer

Solstice-She Who Radiates

Ages: 16+

Summer Solstice: She Who Radiates is a joyful yoga and meditation experience inviting women to celebrate the light within, reconnect with embodied confidence, and explore what it feels like to take up space with ease and presence. Please bring a yoga mat, blanket, any props you have, and a journal and pen.

Centennial Hall

Tanya

Sun Jun 21 6:00-8:00pm
\$50/1 session-early bird
\$60/1 session-after Jun 14

Indoor Walking

All ages

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

All dates and times are subject to change

FREE *Clean/Indoor shoes only please*

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

Hassen Arena

Mon/Wed/Fri Mar 1-Aug 7 7:30-9:30am

No Sessions: Mar 27, Jun 12 & Jul 17, 2026

Free

Sunbelt Arena

Come in and walk any time the office is open.

5 times around equals 1 Kilometre. Walk includes stairs.

Mon-Fri Year Round 8:30am-4:00pm

*except during tournaments

Free

GENERAL INTEREST

Standard First Aid RECERTIFICATION **Ages: 12+**

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

Centennial Hall **Victoria**
Sun May 10 9:00am-5:30pm
\$90/1 session-early bird
\$108/1 session-after May 1

SPORTS

Karate-Kyokushin **Ages: 13+**

Experience 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, have numerous coaching, first aid, concussion awareness and various other certifications. Early bird to secure your spot!

Len Wood Middle School Gymnasium **Larry**
Tue Apr 7-Jun 9 7:00-9:00pm
\$70/10 session-early bird
\$84/10, Sessions After Mar 31
Thu Apr 9-Jun 11 7:00-9:00pm
\$70/10 sessions-early bird
\$84/10 sessions-after Apr 2

Pickleball **Ages: 15+**

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 three! Participants MUST register for a particular day or ALL three days separately. Non-Marking Indoor Shoes only please. Space is limited. Early bird to secure your spot!

Highland Park Elementary School Gym
Tue Apr 7-Jun 9 6:00-8:00pm
\$60/10 sessions-early bird
\$72/10 sessions-after Mar 31
Wed Apr 8-Jun 10 6:00-8:00pm
\$60/10 sessions-early bird
\$72/10 sessions-after Apr 1
Thu Apr 9-May 28 6:00-8:00pm
\$50/8 sessions-early bird
\$60/10 sessions-after Apr 2



Pickleball Drop-In for Seniors **Ages: 55+**

Mobility NOT required. Fun IS. Come play Pickleball your way! Got a walker? A chair? A great sense of humor? Perfect—you're already qualified.

- Sit, stand, stroll, or roll
- Laugh more than you dink
- Zero pressure, zero judgment
- Maximum fun guaranteed

No experience needed. No athleticism expected. Just show up and enjoy the laughs.

Hassen Arena
Tue Mar 3-Jun 30 12:30-1:30pm
\$20/10 punch pass

Drop-In Indoor Soccer **Ages: 19+**

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

Hassen Arena
Tue Mar 1-Mar 31 6:45-8:15pm
\$10 per person/CASH ONLY



Register Online asprd.com

Call Reception at 250-546-9456

Community Programs



The following programs are offered by local non-profit organizations.
To register, please follow the instructions in the individual listing



Armstrong Bookclub

Ages: 18+

Connect with fellow readers for thoughtful conversation in a relaxed setting. Share perspectives, explore characters & themes, & enjoy a welcoming space for book lovers. Held on the first Wed of every month.

Okanagan Regional Library

Wed Apr 1, May 6 & Jun 3 1:30-2:30pm

Drop in

For more information: 250-546-8311 www.orl.bc.ca

Armstrong Enderby Skating Club

Ages: 3+

Learn to Skate programs for all ages and conditioning sessions for hockey and ringette players. Programs run Mon & Thu at Sunbelt Arena. Registration is ongoing with pro-rated fees available through our online portal.

Sunbelt Arena

Jan-Mar 2026

For more information and to register:
armstrongskatingclub.uplifterinc.com

Armstrong Pickleball Club

Ages: 12+

All 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.

Hassen Arena

Sept-Jun Evenings, Afternoons & Mornings

\$60 Annual Memberships

\$7.50 Members & \$11.50 Non-members each drop-in.

For more information: armstrongpickleball.ca

To register: armstrongpickleball@gmail.com

Armstrong Spallumcheen Community

Resource Centre

Ages: 55+

ASCRC will be hosting NexusBC, who will be offering drop-in supports & services.

Okanagan Regional Library

Thu ongoing 1:00-4:00pm

Drop in

For more information: 250-546-8311 www.orl.bc.ca or
www.ascrc.ca

Break in Bags

Ages: 5-18

Escape room fans will enjoy solving three puzzles to "break in" & unlock a small reward. These hands-on puzzles offer a fun challenge for curious minds. Available while supplies last.

Okanagan Regional Library

Apr 13, May 11 & Jun 8

Drop in

For more information: 250-546-8311 www.orl.bc.ca

Canasta (Hand and Foot Version)

Ages: 19+

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. For more information: 250-546-8311 www.orl.bc.ca

Okanagan Regional Library

Thu

1-3pm

Drop In

Family Story Time

Families

Enjoy stories, songs & rhymes the whole family will love. Story time builds early literacy & social skills in a playful, welcoming environment.

Okanagan Regional Library

Tues Apr 14-May 26 10:30am-11:00am

Drop in

For more information: 250-546-8311 www.orl.bc.ca

Painting with Friends

Ages: 15+

FREE year-round, 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 is shared.

Armstrong Spallumcheen Museum and Art Gallery,

3415 Pleasant Valley Road

Wed Year Round 1-3pm

To register: Jan 250-550-6465 or email asmas@telus.net

Spices of the World

Ages: 19+

Explore new flavours with a featured spice & recipe ideas to try at home. Inspiration is provided to help you discover tastes & cooking traditions. Available while supplies last.

Okanagan Regional Library

Drop in

For more information: 250-546-8311 www.orl.bc.ca



The following programs are offered by local non-profit organizations.
To register, please follow the instructions in the individual listing



Stay & Play

Families

Unwind & connect during this unstructured play time for children & caregivers. Explore soft play & equipment & toys while socializing with others.

Okanagan Regional Library

Tues Apr 14-May 26 11:00am-12:00pm

Drop in

For more information: 250-546-8311 www.orl.bc.ca



STEAM Adventure Kits

Ages: 5-18

Explore creativity, curiosity & problem solving with different STEAM Adventure kits. Each kit includes simple materials & activities to encourage hands-on learning. Available while supplies last.

Okanagan Regional Library

Mar 30 - Jun 6

Drop in

For more information: 250-546-8311 www.orl.bc.ca

Summer Reading Club 2026

All Ages

Dive into adventures with SRC2026: Under the seal Explore ocean wonders through fun activities & creative challenges that will make a splash all summer long. Join us as we journey beneath the waves for an unforgettable reading experience!

Okanagan Regional Library

Mid Jun to end of Aug

Drop in

For more information: 250-546-8311 www.orl.bc.ca

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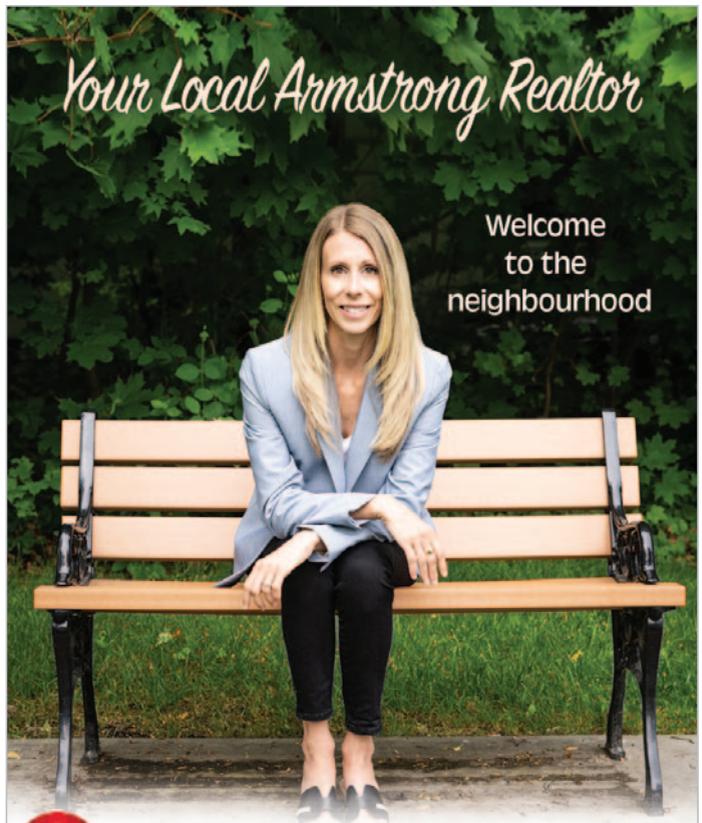


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Each round begins with a new strategy, natural beauty, and a sense of adventure that keeps players coming back. Join our Men's and Ladies' Leagues for friendly competition and camaraderie. Explore Punch Passes that never expire, or upgrade to a Membership for preferred tee times and exclusive events. After your round, step into The 1862 Bar & Grill, where signature drinks, appy platters, and locally inspired cuisine invite golfers to linger a little longer. Whether on the patio or in our cozy pub-style dining room, it's the perfect way to finish your day.



Bring your work friends, family, or group to enjoy our beautifully crafted woodland putting course. Here, nature and creativity meet - where friendly competition unfolds among handcrafted woodland creatures, carved from the very trees that once stood here, guiding your way from hole to hole. It's a unique, fun, and unforgettable experience that brings out smiles, laughter, and a touch of wonder - a must for players of all ages!

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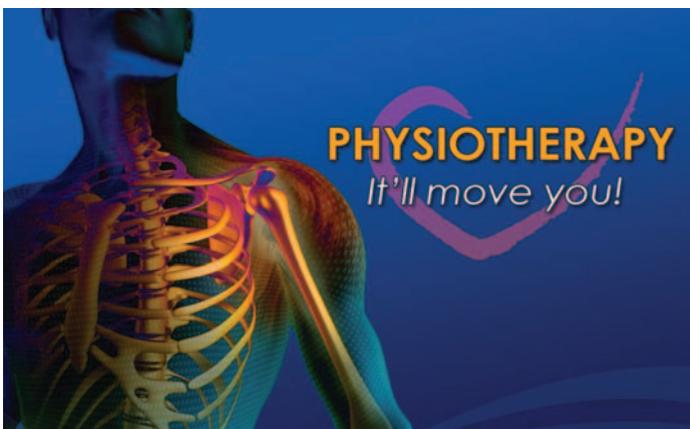
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Community Calendar

| | | |
|--------------|---|----------------------|
| Mar 1 | Sunday Public Roller-skating 1-3pm | Hassen Arena |
| Mar 1 | Sunday Family Skate 3:30-5:30pm | Sunbelt Arena |
| Mar 6 | Friday Night Public Roller-skating 7-9pm | Hassen Arena |
| Mar 8 | Sunday Public Roller-skating 1-3pm | Hassen Arena |
| Mar 8 | Sunday Family Skate 3:30-5:30pm | Sunbelt Arena |
| Mar 13 | Friday Night Public Roller-skating 7-9pm | Hassen Arena |
| Mar 15 | Sunday Public Roller-skating 1-3pm | Hassen Arena |
| Mar 15 | Sunday Family Skate 3:30-5:30pm | Sunbelt Arena |
| Mar 20-22 | Saanich Peninsula 4H Beef Show | Cattle Swine Complex |
| Mar 20 | Friday Night Public Roller-skating 7-9pm | Hassen Arena |
| Mar 22 | Sunday Public Roller-skating 1-3pm | Hassen Arena |
| Mar 22 | Sunday Family Skate 3:30-5:30pm | Sunbelt Arena |
| Mar 27 | Friday Night Public Roller-skating CANCELLED | Hassen Arena |
| Mar 27 | Cheesefest – A/S Chamber of Commerce | Hassen Arena |
| Mar 28-29 | Armstrong Pony Club | Fairgrounds |
| Mar 29 | Sunday Public Roller-skating 1-3pm | Hassen Arena |
| Mar 29 | Sunday Family Skate 3:30-5:30pm | Sunbelt Arena |
| Mar 30-Apr 2 | North Okanagan Holsteins | Cattle Swine Complex |
| Apr 3 | Friday Night Public Roller-skating 7-9pm | Hassen Arena |
| Apr 5 | Sunday Public Roller-skating 1-3pm | Hassen Arena |
| Apr 5 | LAST OF THE SEASON Sunday Family Skate 3:30-5:30pm | Sunbelt Arena |
| Apr 10 | Friday Night Public Roller Skating 7-9pm | Hassen Arena |
| Apr 10-12 | Armstrong Enderby Riding Club Show | Agriplex |
| Apr 12 | Sunday Public Roller-skating 1-3pm | Hassen Arena |
| Apr 17 | Friday Night Public Roller-skating 7-9pm | Hassen Arena |
| Apr 19 | LAST OF THE SEASON Sunday Public Roller-skating 1-3pm | Hassen Arena |
| Apr 24 | Friday Night Public Roller-skating 7-9pm | Hassen Arena |
| Apr 25 | Armstrong Farmers Market 8am-12pm | Fairgrounds |
| Apr 25 | IPE Spring Dance | Horticulture |
| May 1 | Friday Night Public Roller-skating | Hassen Arena |
| May 1-3 | B.C. High School Rodeo | Fairgrounds |
| May 2 | Armstrong Farmers Market 8am-12pm | Fairgrounds |
| May 8 | Friday Night Public Roller-skating 7-9pm | Hassen Arena |
| May 9 | Armstrong Farmers Market 8am-12pm | Fairgrounds |
| May 10 | B.C. Interior Morgan Horse | Ring #2/Agriplex |
| May 15 | Friday Night Public Roller-skating | Hassen Arena |
| May 16 | Armstrong Spallumcheen Outdoor Pool - OPENING DAY | Pool |
| May 16 | Armstrong Farmers Market 8am-12pm | Fairgrounds |
| May 20-24 | Working Equitation Horse Show | Ring #1 & #2 |
| May 22 | Friday Night Public Roller-skating 7-9pm | Hassen Arena |





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| May 23 | Armstrong Farmers Market 8am-12pm | Fairgrounds |
| May 27 | Friday Night Public Roller-skating | CANCELLED |
| May 29 | LAST OF THE SEASON Friday Night Public Roller-skating 7-9pm | Hassen Arena |
| May 29-31 | Armstrong Enderby Riding Club Show | Ring #2, Agriplex |
| May 30 | Armstrong Farmers Market 8am-12pm | Fairgrounds |
| May 31 | Central Okanagan Bicycle Riders Asso. Century Ride | Memorial Park/Roads |
| Jun 6 | Armstrong Farmers Market 8am-12pm | Fairgrounds |
| Jun 12-14 | North Okanagan Tracking | Hassen |
| Jun 13 | Armstrong Farmers Market 8am-12pm | Fairgrounds |
| Jun 19-21 | Ranch Horse Revolution | Agriplex, Ring #1 |
| Jun 20 | Armstrong Farmers Market 8am-12pm | Fairgrounds |
| Jun 26 | A/S Chamber of Commerce Music in the Park | Memorial Park |
| Jun 27 | Armstrong Farmers Market 8am-12pm | Fairgrounds |
| Jul 1 | Canada Day Celebrations | Memorial Park/Pool |
| Jul 1-5 | Vernon Kennel Club | Fairgrounds/Horticultural |
| Jul 3 | A/S Chamber of Commerce Music in the Park | Memorial Park |
| Jul 4 | Armstrong Farmers Market 8am-12pm | Fairgrounds |
| Jul 7-11 | Okanagan 4H Stock Show | C/S Complex |
| Jul 10 | A/S Chamber of Commerce Music in the Park | Memorial Park |
| Jul 17 | A/S Chamber of Commerce Music in the Park | Memorial Park |
| Jul 17-18 | Armstrong Metalfest 2025 | Hassen Arena |
| Jul 18 | Armstrong Farmers Market 8am-12pm | Highland Park Grounds |
| Jul 24-26 | Western Canada Reining Assoc. Thompson Rivers Reiners | Fairgrounds |
| Jul 25 | Armstrong Farmers Market 8am-12pm | Fairgrounds |
| Jul 24 | A/S Chamber of Commerce Music in the Park | Memorial Park |
| Jul 25 | Armstrong Farmers Market 8am-12pm | Fairgrounds |
| Jul 27-Aug 31 | Challenger British Soccer Camp | Diamond #1 |
| Jul 31 | A/S Chamber of Commerce Music in the Park | Memorial Park |
| Aug 1 | Armstrong Farmers Market 8am-12pm | Fairgrounds |
| Aug 7 | A/S Chamber of Commerce Music in the Park | Memorial Park |
| Aug 8 | Armstrong Farmers Market 8am-12pm | Fairgrounds |
| Aug 14 | RCMP Musical Ride | Ring #1 |
| Aug 14 | A/S Chamber of Commerce Music in the Park | Memorial Park |
| Aug 15 | Kam Jammers Car Show | Fairgrounds |
| Aug 15 | Armstrong Farmers Market 8am-12pm | Fairgrounds |
| Aug 16 | RCMP Musical Ride | Ring #1 |
| Aug 21 | A/S Chamber of Commerce Music in the Park | Memorial Park |
| Sept 1 | Armstrong Spallumcheen Outdoor Pool Closing Day | Pool |
| Sept 2-6 | INTERIOR PROVINCIAL EXHIBITION | Fairgrounds |

NOTE: Events included on the above Calendar of Events were booked in time to meet publication deadline of February 1, 2026.



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