



Armstrong Spallumcheen Parks & Recreation

Everyone Plays!

Recreation & Leisure Guide

Fall 2026



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

Fall 2026 Events

Armstrong & Spallumcheen



NOS Barn Quilt Trail

Map for self-guided tours available
at Visitor Centre year round



Farmstand Trail

QR Code available at the
Visitor Centre year round



Armstrong Farmers Market

Until October 17



Interior Provincial Exhibition

September 2–6 | Parade September 5



ASMAS Art Shows

September 3–26 | October 1–24 |
October 29–Nov 24



Scarecrows in the Street

September 28–October 15



Caravan Farm Theatre – The Fall of the House of Usher

September 23–October 4



CC Bloom Autumn Love Market

September 26



Spallumcheen Food & Farm Festival

September 27



26th Annual Harvest Pumpkin Festival

October 2–12



26th Annual Harvest Pumpkin Festival Family Day

October 10



Demolition Derby

October 11



Caravan Farm Theatre Horse Drawn Halloween

October 17 & 18



Caravan Farm Theatre Walk of Terror

October 24



Downtown Trick or Treat

October 31



Armstrong Winter Farmers Market

November–April



CC Bloom Winter Love Market

November 14



Armstrong Legion 100th Anniversary

November 16



6th Annual Farmstrong Cider Co. Christmas Markets

November 21 & 28



Downtown Light Up

November 28

Celebrate the season. Support local. Enjoy our community!

Check us out!



250 546 8155



www.aschamber.com



www.tourismarmstrongspall.com

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Contact Us:

Armstrong Spallumcheen Parks and Recreation

Main Office: Sunbelt Arena
3351 Park Drive
Mon-Fri 8:30am-4:00pm
☎ 250-546-9456
✉ info@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!



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

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



www.asprd.com



info@asprd.com

Registration Information



Registration for **Fall Programs**



Viewable Online:
Aug 1
Registration In Person & Online:
Aug 17



Armstrong Spallumcheen Parks & Recreation



Register Online www.asprd.com

Call Reception at 250-546-9456

Program Cancellation & Refund Policy

- Withdrawals from registered programs are subject to a 15% administration fee.
- Refund requests must be submitted through the Recreation Office prior to the start of the program.
- Refunds will be issued to the original method of payment whenever possible.
- Please allow up to two (2) weeks for refunds issued by cheque.
- No refunds will be provided after a program has started.
- Refunds without penalty may be provided for medical reasons, family emergencies or other extenuating circumstances, subject to the General Manager approval supported by reasonable documentation.

Program Cancellations

Armstrong Spallumcheen Parks and Recreation reserves the right to cancel, postpone, relocate, or modify programs due to low registration, instructor availability, facility rentals, weather conditions, emergencies, or other unforeseen circumstances. When a program is cancelled by ASPR, participants will receive a full refund or account credit for the cancelled portion of the program.

Programs Locations

- Armstrong Elementary School (AES) - 3010 Pleasant Valley Road
- Centennial Hall - 3120 Pleasant Valley Road
- Hassen Arena - 3315 Pleasant Valley Road
- Highland Park Elementary School (HPES) - 3200 Wood Ave
- Len Wood Middle School (LWMS) - 3700 Patten Drive
- Pleasant Valley Secondary School (PVSS) - 2365 Pleasant Valley Road
- Sunbelt Arena - 3351 Park Drive

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, call 250-546-9456 OR visit in person, at 3351 Park Dr.

Free Floor Time

All Ages

Enjoy a safe, flexible indoor space designed for movement, play, and staying active together as a family!

Activities permitted:

- Walking & jogging around the perimeter
- Bodyweight circuits, fitness, stretching & yoga
- Parent & child active play
- Clean bikes & scooters
- Sports skills & drills (soft practice balls, plastic sticks, mini nets)

Activities not permitted:

- Full court games or set-ups (pickleball, lacrosse, roller derby, floor/ball hockey, etc.)
- Hard equipment (wooden hockey sticks, golf balls/clubs, softballs, baseballs, lacrosse balls, pucks, etc.)
- Archery

Clean indoor shoes required. No equipment provided. **No session Oct 12.**

Hassen Arena

Mon 10:30am-12:30pm Sep 28-Dec 28
FREE

Karate-Family

5 years and over

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

LWMS Gym

Larry

Tue 6:00-7:00pm Sep 29-Dec 1
Thu 6:00-7:00pm Oct 1-Dec 3
\$60/10 Sessions

Stay Safe!

9-13 years

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. Includes first aid skills and a Stay Safe workbook!

Sunbelt Meeting Rm

Taliesan

Mon/Wed 4:30-5:45pm Nov 16-25
\$57/4 Sessions

Babysitting

11-15 years

Participants will learn first aid, and how to provide care to children in a variety of age groups, and how to prevent and respond to emergencies. Youth develop 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.

Sunbelt Meeting Rm

Taliesan

Mon/Wed 6:00-8:00pm Nov 16-25
\$72/4 Sessions



Centennial Cinema

Movies

are back in this Fall!

Hotel Transylvania

Sat, Oct 24

2pm Showtime

**Concession
On-site**

Admission:

\$5/person \$20/family (max 5)

Doors open 30 minutes prior to showtime

3305 Pleasant Valley Road

Child/Youth Programs

Woodworking-Tail Prop

Suet Feeder

6-14 years

Your child will be guided in building a suet feeder to take home, supporting creativity, hands-on skill development, and a connection to nature. Once hung at home, the feeder will help attract local wildlife, creating opportunities for ongoing observation and photo moments. All materials and tools are provided.

Centennial Hall

Sat 10:30-11:45am Nov 7
\$45

Don

Youth Intro to Pickleball

9-15 years

Your child will learn Pickleball basics through games, teamwork, and active play while developing coordination, agility, and sports skills in a supportive, high-energy environment.

Please note: Due to limited space and for safety reasons, one guardian per participant is permitted in the gymnasium per session. No siblings please. **No session Nov 11.**

HPES Gym

Wed 6:00-7:00pm Oct 7-Nov 25
\$40/7 Sessions

Lisa



A safe, supportive place for children to play, create, explore, and belong. Through hands-on activities, outdoor play, creative experiences, and friendships, children build confidence, discover new interests, and have fun every day. Full-day school age care is also available during Pro-D Days, Winter Break, Spring Break, and Summer Break.

SCHOOL AGE PROGRAM



REGISTER TODAY!

www.bgco.ca





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 Oct-May.

For more information email info@asprd.com or call 250-546-9456.

Choose from the following packages:

Sports (6 years and over)
Everyone Plays (10 years and under)
Roller Skating (7 years and over)
Ice Skating (available until Mar 31)

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

Roller Skating



\$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

- 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 Starts Oct 23

Sun 1-3pm Starts Oct 25

No Sessions Dec 4 , 13 & 25

Drop In Skating/Shinny Hockey

Drop In Skating/Shinny Hockey

*Season starts Sept 9 * All dates and times are subject to change *

	Mon	Wed	Fri	Sun
10:00-11:30am	Adult/Senior 55+ Shinny Hockey \$7.50	Adult 19+ Shinny Hockey \$7.50	Adult/Senior 55+ Shinny \$7.50	
11:45am-12:45pm		Adult 19+/ Senior Skating \$2.00	Parent & Tot FREE	
3:30-5:30pm				Family Skate \$5.00 per person Under 2 yrs FREE

*No sessions: Dec 25 * No Parent & Tot Skate Dec 11

Toonie Skates

Mon	Sep 21	1:00-2:00pm
Wed	Sep 30	1:00-2:00pm
Mon	Oct 12	11:45am-12:45pm
Fri	Oct 23	1:00-2:00pm
Wed	Nov 11	1:00-2:00pm
\$2		

*All dates and times are subject to change



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



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info@startingblock.ca
www.startingblock.ca



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Arm F 2026



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Lifetime Licence: \$125

 **City of Armstrong**



For more information:
cityofarmstrong.bc.ca



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**Registration opens
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250-546-9449
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3315 Pleasant Valley Road,
on the IPE Grounds

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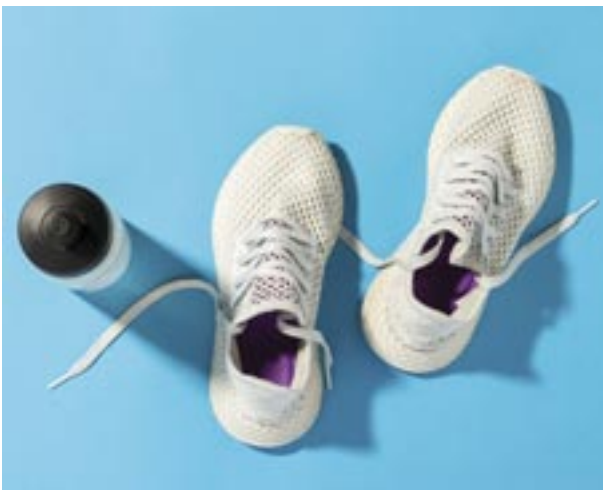


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FITNESS



Indoor Walking

All Ages

Boost your energy, support heart health, strengthen muscles and joints, and reduce stress while enjoying a safe, climate-controlled environment.

Distances include:

- Sunbelt arena: 5 laps equals 1km. *Stairs are included
- Hassen Arena: 6.25 laps equals 1km

Availability is subject to change based on programming and operational needs. **No Sessions: Nov 11, Dec 11 & 25.** Wear clean indoor shoes only.

Hassen Arena

Mon-Fri Sep 28-Dec 31 9:15-10:15am

Sunbelt Arena

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

FREE

Spin & Strength

19 years and over

A low impact, energizing workout that you'll love to hate, but hate to miss! You will develop speed, strength, and endurance. Performed on indoor spin bikes, cardio intervals are interspersed with strength components followed by a stretch. Suitable for all experience levels, this program allows you to progress at your own pace in a supportive environment that accommodates different fitness levels and abilities.

Centennial Hall

Tue 5:30-6:30pm Sep 22-Dec 15

\$130/13 sessions

Don

Step & Strength

19 years and over

Improve total-body fitness through a balanced blend of cardio and strength training. Low-impact step movements support heart health, endurance, and coordination, while hand weights and TRX exercises build strength, stability, balance, and functional movement for everyday life.

Centennial Hall

Mon 9:30-10:30am Sep 21-Dec 14

Wed 9:30-10:30am Sep 23-Dec 16

\$130/13 sessions

Don

Total (Body) Resistance eXercises.

(TRX for short)

19 years and over

Experience a full-body TRX suspension trainer designed to improve core strength, cardio fitness, balance, and functional movement. Exercises can be modified to suit all fitness levels, offering both challenge and accessibility.

Centennial Hall

Tue 6:45-7:45pm Sep 22-Dec 15

\$130/13 sessions

Don



Register Online asprd.com

📞 Call Reception at 250-546-9456

Zumba Gold

50 years and over

Enjoy a fun, low-impact way to improve your health and well-being. Designed for seniors, inactive adults, or those needing modified movement, you will experience exercises that support heart health, flexibility, coordination, and balance while encouraging social connection and stress relief through music and dance. **No session Oct 12.**

Centennial Hall

Mon 12:00-12:45pm Sep 21-Nov 9

\$70/7 sessions

Krystal

Zumba Fitness "Pop Up"

14 years and over

Turn your workout into a dance party with this Latin-inspired fitness class! Choose low or high impact options based on your comfort and fitness level while moving to upbeat salsa, merengue, cumbia, and more. Improve heart health, stamina, coordination, and balance while reducing stress and boosting energy in a fun, social environment. Clean non-marking indoor shoes only please.

Centennial Hall

Mon 6:45-7:30pm Sep 28

Mon 6:45-7:30pm Oct 19

\$20

Krystal

YOGA

Chair Yoga

All Ages

Experience a gentle, accessible practice performed seated or with chair support, making it ideal for beginners, older adults, and anyone seeking a lower-impact approach to yoga. This practice helps improve flexibility, build strength, enhance balance, and increase body awareness while supporting relaxation and overall well-being. Recommended: block and strap.

Centennial Hall

Tue 12:00-12:45pm Sep 22-Nov 10

\$80/8 sessions

Krystal

Chair Yoga

All Ages

Experience modified yoga poses sitting or using a chair for balance – ideal for those who cannot stand, lack mobility, or want a quick break. Improve flexibility and joint mobility through supported stretching, making movement easier and allow you to experience the benefits of yoga. Recommended block and strap.

Centennial Hall

Tanya

Tue 3:00-4:00pm Sep 22-Dec 8

\$132/12 sessions

A Beginners Guide to Slow Flow

16 years and over

Build confidence, strength, flexibility, and relaxation through a gentle, beginner-friendly yoga practice. You will explore basic yoga postures, breathwork, meditation, alignment principles, and the foundational concepts of yoga in a supportive and welcoming environment. This program is ideal for beginners, those transitioning from chair yoga, or anyone seeking a calm and accessible movement practice. **No session Oct 12.**

Centennial Hall

Tanya

Mon 5:00-6:00pm Sep 21-Dec 14

\$132/12 sessions

YOGA WORKSHOPS

Yoga-Autumn Reset:

A Yin & Nervous System 16 years and over

Prepare for the seasonal shift inspired by the Autumn Equinox. Through long-held yoga postures and nervous system reset practices, you will slow down, restore balance, and transition from summer's busyness into autumn with greater ease and intention.

Centennial Hall

Tanya

Sat 2:00-4:00pm Sep 19

\$50

The Skier's Guide to Mobility 16 years and over

Prepare your body for ski season with functional movements to build strength, stability, and mobility in the hips, knees, ankles, and spine. Then unwind with Yin yoga and guided breathwork to improve recovery, support connective tissue health, and enhance flexibility. Please bring a yoga mat, blanket, and some props for comfort.

Centennial Hall

Tanya

Sat 2:00-4:00pm Nov 14

\$50

Winter Solstice: Release and Reflect

16 years and over

Honour the Winter Solstice with gentle movement, breathwork, yin-inspired yoga, guided journaling, and meditation. Reflect on the past year, release what no longer serves you, and welcome clarity, renewal, and your inner light through a simple Solstice ritual. Suitable for all levels. Please bring: A yoga mat, journal, cozy layers, and an optional personal item (such as a crystal, oracle card, or photo) for your mat or altar space.

Centennial Hall

Tanya

Sun 2:00-4:00pm Dec 20

\$50

Yoga Basics-Move, Breathe, Begin

16 years and over

Start Where You Are. Ideal for anyone curious about yoga or looking for a slow, supportive way to begin, you will learn the basic postures, breathwork, and movement at a comfortable pace, with plenty of guidance and time to explore. It is not about touching your toes; it is about tuning into your body and feeling empowered. Please bring a mat and any props that make your practice feel good. **No session Sept 24.**

AES Gym

Tanya

Thu 6:00-7:00pm Sep 17-Dec 10

\$132/12 sessions

Deep Dive into Yin: A Practice of Stillness & Surrender

16 years and over

Slow down and unwind through a restorative practice that combines breathwork, long-held yin postures, and deep relaxation. You will have the opportunity to release tension, support nervous system health, and cultivate a greater sense of calm and balance. Each class concludes with meditation or guided relaxation, helping to deepen mindfulness and promote overall well-being. **No session Sept 24.**

AES Gym

Tanya

Thu 7:30-8:30pm Sep 17-Dec 10

\$132/12 sessions



Register Online asprd.com

📞 Call Reception at 250-546-9456



Hassen Fitness Centre

19 years and over

Fitness That Fits Your Life

Move more, feel better, and stay active year-round with flexible, affordable membership options designed to fit your lifestyle.

7 Days a Week 5:00am–10:00pm

Take advantage of great value with memberships starting as low as \$40/month on a 1-year pre-authorized payment plan (commitment required).

Membership Options (plus GST):

- **1 Month: \$55**
- **3 Months: \$150**
- **6 Months: \$275**
- **1 Year: \$410**
- **1-Year Pre-Authorized Payment Plan: \$40/month**

FOB access fee: \$15 (yours to keep)

* Please note: Hours of operation are subject to change based on programming, maintenance, and operational needs. The facility closes annually for approximately 2 weeks during the IPE.

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



GENERAL INTEREST

Introduction to Sourdough 19 years and over

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

Centennial Hall **Cathie**
Sun 2:00-4:00pm Nov 8
\$60

Needle Felting 19 years and over

Discover the art of needle felting while creating unique three-dimensional projects using wool. You will learn basic felting techniques and develop skills through a variety of beginner-friendly projects that range from dryer balls to Christmas tree ornaments. This creative and relaxing class is suitable for those new to needle felting as well as anyone looking to explore a fun fiber art hobby. You will be provided with a kit that includes all the wool and tools you need. No experience or artistic skills necessary.

Centennial Hall **Sharon**
Wed 7:00-9:00pm Oct 28
\$50

Beginners Clay Hand-Building 18 years and over

You will create a simple functional piece-such as a soap dish-or another small project of their choosing, allowing room for creativity and personal expression. This workshop is designed for complete beginners, encouraging you to play, experiment, and try something new in a low-pressure environment. You will leave with a handmade piece that is fired and glazed by the instructor. Supplies are provided.

Sunbelt Arena Meeting Rm **Clara**
Mon 9:30-12:30pm Oct 5
Mon 9:30-12:30pm Oct 26
\$65

Clay Transitions Workshop 18 years and over

You will explore your transition through a variety of hand-building techniques and tools, sculpting a form that reflects your personal journey. You will leave with a handmade piece that is fired and glazed by the instructor. Supplies are provided.

Sunbelt Arena Meeting Rm **Clara**
Mon 9:30-12:30pm Oct 19
\$65

SPORTS/ADULT

Karate-Adult

13 years and over

Kyokushin Karate is a traditional Japanese style karate with a focus on basic technique, kata and self-defense. Within the class, you will be expected to work towards belt grades. Beginners are welcome and can work 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 "Family Class".

LWMS Gym

Larry

Tue 7:00-9:00pm Sep 29-Dec 1

Thu 7:00-9:00pm Oct 1-Dec 3

\$70/10 sessions

Pickleball

15 years and over

Whether you're new to the game or looking to improve your abilities, you will build confidence, enhance coordination, and develop strategies through active play. Pickleball is a great way to stay active, improve balance and cardiovascular health, and enjoy friendly competition in a welcoming and supportive environment. Equipment will be provided. Non-Marking indoor shoes only please.

HPES Gym

Tue 6:00-8:00pm Oct 6-Dec 8

Thu 6:00-8:00pm Oct 1-Dec 3

\$60/10 Sessions

Pickleball-Skills & Drills

12 years and over

In partnership with the Armstrong Pickleball Club

Designed to help you improve through focused instruction, purposeful practice, and game-based learning. This includes coaching, demonstrations, drills, and opportunities to apply new skills in play.

Hassen Arena

Fri 7:00-9:00am Oct 2-Nov 6

Fri 7:00-9:00am Nov 13-Dec 18

\$36/6 sessions

Pickleball 101-Learn to Play

15 years and over

In partnership with the Armstrong Pickleball Club

Curious about pickleball? Learn the basics of the game in a fun, supportive environment. You will build confidence, develop new skills, and discover why pickleball is one of the fastest-growing sports. Learn the rules, scoring, and basic techniques. Practice serving, rallying, and court positioning. Improve coordination, balance, and fitness. Meet new people and have fun while learning. No experience necessary. Equipment provided. Come ready to learn, move, laugh, and enjoy the game at your own pace. By the end of the program, you will have the skills and confidence to join recreational games and keep the fun going!

Hassen Arena

Jenn

Mon 6:30-9:30pm Sep 28

Mon 6:30-9:30pm Nov 2

\$10



Register Online asprd.com

📞 Call Reception at 250-546-9456

Adult Programs

Pickleball 102-Beginner Plus 15 years and over

In partnership with the Armstrong Pickleball Club

Are you ready to build on the basics of pickleball? You will improve consistency with serves, returns, volleys, and dinks while developing court awareness and positioning. Learn simple game strategies and gain confidence through skill-building drills and guided play.

Hassen Arena

Jenn

Mon 6:30-9:30pm Oct 19
\$10

Rise & Shine Pickleball 15 years and over

In partnership with the Armstrong Pickleball Club

Start your morning with a stronger body and a smarter game. Designed to help players move better, feel stronger, and stay on the courts longer, you will be guided through mobility, flexibility, and strength exercises designed for the demands of pickleball. Then head to the court to develop touch, control, and strategy through soft game drills. Welcome all skill levels. Bring your paddle and water bottle.

Hassen Arena

Jenn

Mon 7:00-9:00am Sep 28-Nov 9
Mon 7:00-9:00am Nov 16-Dec 21
\$36/6 sessions

Seniors Pickleball 50 years and over

In partnership with the Armstrong Pickleball Club

Whether you sit, stand, stroll, or roll, you will learn pickleball basics and experience social connection, and plenty of smiles. Enjoy gentle movement that works for you and build confidence in a supportive setting. Share lots of laughs, meet new friends and have fun! Got a walker? A chair? A great sense of humor? You are already qualified! No experience needed. No athletic ability required. Just come as you are.

Hassen Arena

Jenn

Tue 12:45-2:45pm Sep 29-Nov 3
Thu 12:45-2:45pm Oct 1-Nov 5
Tue 12:45-2:45pm Nov 10-Dec 15
Thu 12:45-2:45pm Nov 12-Dec 17
\$36/6 Sessions

Spooky Round Robin 15 years and over

In partnership with the Armstrong Pickleball Club

No tricks, just dinks! Join us for a spooky round robin filled with costumes, competition, and plenty of pickleball magic. The court is calling... if you dare. Costumes welcome and recommended! Come join the fun.

Hassen Arena

Sat 2:00-5:00pm Oct 31
\$15



FIRST AID & SAFETY

Basic First Aid (OFA Level 1) 12 years and over

Learn practical emergency response skills for adults, including asthma, allergic reactions, heart attack, stroke, and bleeding. The course includes a written exam.

Centennial Hall

Victoria

Sun 8:00am-5:30pm Oct 4
\$145

Intermediate First Aid (SFA) 12 years and over

Builds on Basic/Emergency First Aid, covering soft tissue and skeletal injuries, environmental emergencies, and medical emergencies. The course includes a written exam, requires no prerequisites.

Centennial Hall

Victoria

Sun 8:00am-5:30pm Nov 21-22
\$225/2 sessions

Standard First Aid *RECERTIFICATION* with CPR-C & AED 12 years and over

Refreshes and builds on Emergency First Aid skills, covering soft tissue and skeletal injuries, environmental emergencies, and medical emergencies.

Centennial Hall

Victoria

Sun 8:00-5:30pm Oct 25
\$145

Pickleball Moves to Parks & Recreation

Beginning this season, Parks & Recreation will be managing pickleball programming and court scheduling.

We extend our sincere appreciation to the Armstrong Pickleball Club and its volunteers for their years of service and commitment to growing the game locally. As we move forward, our focus will be on providing welcoming, accessible, and well-organized play opportunities for everyone—from beginners to experienced players.

The Armstrong Pickleball Club will continue to play an important role during this transition by providing advice, sharing their experience, and supporting play through volunteer court hosts. Their knowledge and dedication will help ensure a smooth transition while maintaining the welcoming and inclusive culture that players have come to enjoy.

Whether you're new to the sport or a longtime player, we're excited to have you join us on the courts.

Pickleball Etiquette and Safety Requirements

To ensure a safe, fair, and enjoyable experience for all players, please follow these guidelines:

- Show respect and good sportsmanship to all players, staff, and court hosts.
- Follow posted court rotation systems and share court time fairly.
- Wear appropriate athletic footwear (non-marking indoor shoes).
- Be aware of your surroundings and avoid entering active courts during play.
- Stop play immediately if a safety concern or injury occurs.
- Keep courts clear of bags, equipment, and loose items.
- Play at a level appropriate to your skill to help ensure balanced and enjoyable games for everyone.
- Wear protective eye wear

Thank you for helping keep pickleball safe, welcoming, and fun for all participants.

Open Pickleball Drop In Registration Information

- You may purchase **one time slot per day** (e.g., **Monday, 6:30–8:30 PM**).
- To register for **multiple days within the same week**, repeat the enrollment process for each day.
- After selecting each time slot, click **Add to Cart** before choosing another day.
- **Sessions can only be booked one week at a time.** To book beyond a one-week period, you must wait 24 hours before being able to book the same day of the next week. (Ex. Cannot book multiple Mondays on the same transaction).
- Once all desired time slots have been added to your cart, proceed to checkout to complete your registration.

For more registration information about Open Pickleball, Competitive Pickleball or Court Rentals, please visit www.asprd.com/pickleball.



Pickleball Court Guide

Please choose a court that best matches your current skill level.

***Know Your Court • Enjoy the Game
• Keep Play Flowing***

Court 1 – Beginner / Gentle Social Play

- Designed for new players and those learning the game
- Soft, gentle rallies
- No overhead smashes or aggressive play
- Focus on serving in, improving control, and aiming at opponents' feet
- Lots of laughter, encouragement, and social fun
- A welcoming, low-pressure learning environment

Court 2 – Advanced Beginner / Recreational

- Players know the rules and can call the score
- Beginning to develop partner positioning and simple strategies
- Overhead returns are deliberate and controlled, with minimal pace (gentle and slow)
- Fun, relaxed atmosphere with growing confidence
- Ideal for beginners transitioning into recreational play

Court 3 – Novice / Developing Player

- Players have been playing for some time
- Methodical, intentional play
- Strategy becomes more evident
- Pace increases gradually
- Overhead returns are slow and deliberate with no pace
- Emphasis on consistency, placement, and patience

Court 4 – Intermediate

- Overhead smashes are permitted
- Faster rallies and more aggressive strategies
- Improved court awareness and shot selection
- Higher intensity and quicker reactions
- Players approaching advanced-level pickleball

Court 5 – Intermediate Advanced

- Fast-paced, competitive play
- Overhead smashes and aggressive shot-making
- Advanced strategies and strong teamwork
- High level of consistency, control and court awareness

Court 6 – Advanced / Expert

- Reserved for highly-experienced players
- Very fast-pace play
- Consistent overhead smashes
- Aggressive, decisive shot-making
- Advanced shot variety and court presence

Important Reminder - If courts are full and play is flowing, players may rotate into available games. However, each court has a defined level of play and participants should expect the pace, style and level of competition described above.



Open Pickleball

15 years and over

In partnership with the Armstrong Pickleball Club

Multiple courts are available and designated by skill level, ranging from beginner-friendly play to advanced competitive games.

Whether you're learning the fundamentals, looking for social rallies, or seeking faster-paced competition, there's a court that matches your experience and comfort level.

Court hosts are available to help direct players, explain court guidelines, and keep play flowing smoothly. Players are encouraged to choose the court that best fits their current skill level and playing style to ensure an enjoyable experience for everyone.

All skill levels welcome. Players rotate in and out of games using the posted court procedures. Advance booking is required. No cancellation or transfers permitted. **No session Sep 28, Oct 19, Nov 2, 11 Dec 4, 11, 13, & 25**

Hassen Arena

Sun	8:30-10:30am	Oct 4-Dec 27
Mon	6:30-8:30pm	Oct 5-Dec 28
Tue	10:30am-12:30pm	Sep 29-Dec 29
Wed	10:30am-12:30pm	Sep 30-Dec 30
Thu	10:30am-12:30pm	Oct 1-Dec 31
Fri	2:30-4:30pm	Oct 2-Dec 18

\$8/visit – to book your space visit: www.asprd.com or call 250-546-9456

Competitive Pickleball

15 years and over

In partnership with the Armstrong Pickleball Club

Looking for a faster pace and stronger competition? Competitive Pickleball is designed for experienced players who can consistently sustain rallies, demonstrate solid court positioning, and play with strategy and control. Games are played at a higher intensity, with an emphasis on shot selection, teamwork, and competitive play.

Participants should be comfortable with the rules, scoring, and flow of the game and be able to compete effectively with players of a similar skill level. Advance booking is required. No cancellation or transfers permitted. **No session Nov 21, 28, Dec 5, 12, & 26.**

Hassen Arena

Sat	10:45-12:45pm	Sep 26-Dec 27
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\$8/visit – to book your space visit: www.asprd.com or call 250-546-9456



Register Online asprd.com

Call Reception at 250-546-9456

Pickleball Court Rentals

18 years and over

Reserve a court for your own group and enjoy pickleball on your schedule. Court rentals are ideal for friends, families, practice sessions, lessons, or organized group play. Renters have exclusive use of their reserved court during the booking period and are responsible for ensuring all participants follow facility rules and pickleball etiquette. Maximum 5 people per court. Must be 18 years+ to book a court rental. 12 years and over are welcome to play but must have parental supervision. Daily court assignment has first come first serve rights.

Advance booking is required. No cancellation or transfers permitted. **No session Dec 4, 11, 13, & 25.**

Hassen Arena

Sun	3:30-5:30pm	Sep 27-Dec 27
Mon	12:45-2:45pm	Sep 28-Dec 28
Wed	12:45-2:45pm	Sep 30-Dec 30
Fri	12:30-2:30pm	Oct 2-Dec 18

\$30/court/visit – to book your court visit:

www.asprd.com/pickleball or call 250-546-9456



Library Programs

The following programs are hosted at and offered by the Okanagan Regional Library. For more information: Armstrong Library 250-546-8311 or www.orl.bc.ca

Armstrong Book Club

Ages: 18+

Connect with fellow readers to discuss books, characters, and themes in a welcoming group

Wed **Sep 2, Oct 7,**
Nov 4 & Dec 2 **1:30-2:30pm**

Drop in

Break In Bags

Ages: 5-18

Solve fun escape room-style puzzles to unlock a small prize. Available while supplies last.

Tue **Sep 14, Oct 13 & Nov 9**

Drop In

Canasta

Ages: 18+

Join a friendly group for this classic card game. Beginners welcome.

Thu **Sep 3-Dec 17** **1:00-3:00pm**

Drop in

Deck the Halls with Gingerbread

All Ages

Pick up a gingerbread house kit to decorate at home. While supplies last.

Nov 30-Dec 22

Drop in

Family Story Time

Families

Stories, songs, and rhymes that build early literacy and social skills.

Tue **Sep 22-Dec 8** **10:30-11:30am**

Drop in

Mah Jongg: American Version

Ages 18+

Learn or enjoy this classic game in a friendly, welcoming group.

Wed **Sep 9-Dec 16** **10:30am-12:30pm**

Drop In

Pro-D Minecraft STEAM Builders

All Ages

Build, design, and create with Minecraft-inspired activities.

Mon **Sep 21** **10:30am-2:30pm**

Drop in

Pro-D Halloween Spooktacular

All Ages

Enjoy Halloween-themed activities, costumes, and spooky fun for all ages.

Fri **Oct 23** **10:30am-3:30pm**

Drop in

Spend Sundays with Us

All Ages

Drop in during Sunday library hours to relax, explore, and enjoy the library.

Sun **Oct 4-Mar 22** **12:00-4:00pm**

Drop in



Spices of the World

Ages: 19+

Pick up a featured spice and recipe ideas to try at home. While supplies last.

Drop in

Sourdough 101

Ages: 19+

Learn sourdough basics with Carol and take home your own starter.

Sat **Oct 24** **1:30-3:30pm**

Registrations required

Stay & Play

Families

Children and caregivers can enjoy free play, toys, and social time.

Tue **Sep 22-Dec 8** **11:00am-12:00pm**

Drop in

STEAM Adventure Kits:

Unleash Your Imagination

School Age

Hands-on kits that inspire creativity, curiosity, and problem-solving. While supplies last.

Tue **Sep 21-Nov 28**

Drop in

Sunday Fun-Days

Families

Enjoy simple hands-on activities and family fun every Sunday.

Sun **Oct 4-Mar 22** **1:00-3:00pm**

Drop in

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



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

Discover the joy of skating for all ages and abilities! From preschool beginners to elementary and middle school skaters. Figure Skating (Juniors, Intermediates, Seniors, Adults). Plus, hockey/ringette skills, conditioning classes available. We offer a fun, supportive environment to build confidence, friendship, fitness, and lifelong skating skills. Our experienced coaches are Skate Canada and NCCP certified, ensuring quality instruction every step of the way. Join us today!

Sunbelt Arena

Mon-Fri Sep-Mar Various

To register visit: armstrongskatingclub.com

Armstrong Spallumcheen Community Resource Centre

Ages: 55+

The Armstrong Spallumcheen Community Resource Centre hosts Nexus BC to provide support with federal pensions, benefit applications, subsidized housing, SAFER renewals, and other community services. Please visit ascrc.ca for more information.

Okanagan Regional Library

Thu Sep 3-Dec 17 1:00-4:00pm

Drop in

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

Beaver Scouts

Ages: 5-8

1st Armstrong Scout Group

Welcome to the pond! Beaver scouts is an active program for kindergarten to grade 2 aged youth. We offer lots of fun and unique opportunities for your youth including camping, hikes, sleepovers, campfires, etc.

Zion United Church

Wed Mid Sep-end of May 5:45-6:45pm

\$295/year

Contact: Lisa Westoby lisa1starmstrongscouts@hotmail.com

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 including multi season camping, hikes, rock climbing, community involvement, water activities, etc.

Zion United Church

Tue Mid Sep-end of May 5:30-7:00pm

\$295/year

Contact: Lisa Westoby lisa1starmstrongscouts@hotmail.com

Just B4

Ages: 4-5

School District #83

Licensed childcare pre-k 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.

HPE, Rm 38

Tue/Thu Sep-Jun

11:45am-2:15pm

\$12.82/day after CCFRI

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

Learn to Curl

Ages: 17+

LTC program introduces adults to the sport of curling in a fun atmosphere. Our certified coaches will tailor your lessons to your skill level. We teach both styles of delivery (hack or stick). Players with mobility issues are encouraged to use stick delivery.

Armstrong Curling Club

Mon Oct 19-Nov 23 5:30-7:00pm

\$90/6 sessions

To register contact: 250-546-9449 or email armstrongcurling@telus.net

Learn to Skate

Families

Okanagan Shuswap Roller Derby Association

Learn how to skate on quads or inlines! You will be gently guided from a wall-hugging Bambie to being able to skate confidently around the arena (*results may vary). Join like-minded future skaters in this joyous movement! Free skate afterwards.

Hassen Arena

Wed Oct 21-Nov 25 6:30-7:30pm

\$50/6 sessions

To register contact: Alexis Fleming osrda.derby@gmail.com

Little Acorns

Ages: 30 Months-3 years

Over 50 years of quality inclusive programs and activities for children 30 months to school age. Strong focus on social/emotional development in a fun and interactive environment. Government funding available. Check our website for spaces and more information, armstrongpreschool.ca

Armstrong Preschool

Tue/Thu Sep-Jun

8:30am-12:00pm

To register contact: Brandy Weeks 250-546-9314 or manager@armstrongpreschool.ca

Community Programs



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



Little Sprouts

Ages: 4-5

Over 50 years of quality inclusive programs and activities for children 30 months to school age. Strong focus on social/emotional development in a fun and interactive environment. Government funding available. Check our website for spaces and more information, armstrongpreschool.ca

Armstrong Preschool

Mon/Wed/Fri Sep-Jun 8:30am-1:30pm

To register contact: Brandy Weeks 250-546-9314 or manager@armstrongpreschool.ca

Minor Hockey

Ages: 5-17

North Okanagan Minor Hockey Association

NOMHA offers recreational and competitive hockey programs for youth in Armstrong & Enderby. Please check out our website for details and funding options: www.nomha.com.

Sunbelt Arena

Mid Sep-Mar

Days, Times & Cost: Varies

To register contact: register@nomha.com

Monthly Dances

Ages: 55+

Come dance with us the 1st Monday of each Month! Live music and a light lunch included!

Armstrong Seniors Activity Centre

Mon Oct-June 1:00-3:00pm

Drop in \$10/visit

For information call: Mary 250-546-9577

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

Wed Year Round 1:00-3:00pm

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

Play the Ukelele

Ages: 55+

Come play the ukelele on the 2nd & 4th Tues of each month! Beginners welcome!

Armstrong Seniors Activity Centre

Tue Oct-May 1:00-3:00pm

Drop in \$3/member or \$4/non-member

Membership \$12

For information call: Jackie Bland 250-309-0811

Snooker/Pool

Ages: 55+

Come play Snooker/Pool!

Armstrong Seniors Activity Centre

Mon-Fri Year-round 12:30-2:00pm

Drop in \$2 for members, \$3 for non-members

Membership \$12

For information call: Gordy 250-546-3483

Strong Start

Ages: Birth-5 years

School District #83

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.

HPE, Rm 38

Mon-Fri Sep-June 8:00-11:00am

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





Date	Event	Contact	Location
Aug 14	Music in the Park – A/S Chamber of Commerce	aschamber.com	Memorial Park
Aug 15	CamJammers 9am-2pm	camjammerscarclub@gmail.com	Fairgrounds
Aug 15	Armstrong Farmers' Market 8am-12pm	armstrongfarmersmarket.ca	Fairgrounds
Aug 15	RCMP Musical Ride 7pm	copsforkids.org/event/rcmp-musical-ride/	Fairgrounds
Aug 16	RCMP Musical Ride 3pm & 7pm	copsforkids.org/event/rcmp-musical-ride/	Fairgrounds
Aug 21	Music in the Park – A/S Chamber of Commerce	aschamber.com	Memorial Park
Aug 28	Music in the Park – A/S Chamber of Commerce – LAST ONE	aschamber.com	Memorial Park
Sep 1	CLOSING DAY - A-S Outdoor pool	www.asprd.com	Pool
Sep 2-6	Interior Provincial Exhibition	armstrongipe.com	Fairgrounds
Sep 18-20	Ranch Horse Revolution Show	ranchhorserevolution@gmail.com	Agriplex/RR#2
Sep 19	Armstrong Farmers' Market 8am-12pm	armstrongfarmersmarket.ca	Fairgrounds
Sep 20	Pollen-Nation Festival 10am-4pm	marniniles@telus.net	Fairgrounds
Sep 26	Armstrong Farmers' Market 8am-12pm	armstrongfarmersmarket.ca	Fairgrounds
Oct 3	Armstrong Farmers' Market 8am-12pm	armstrongfarmersmarket.ca	Fairgrounds
Oct 10	Armstrong Farmers' Market 8am-12pm	armstrongfarmersmarket.ca	Fairgrounds
Oct 10	Pumpkin Fest	aschamber.com	Fairgrounds
Oct 11	Demolition Derby	armstrongdemoderby.ca	Ring #1/Fairgrounds
Oct 17-18	Vernon Pigeon and Poultry Club Show	vppc.ca	Horticulture Building
Nov 11	Remembrance Day Ceremonies	royallegion35@gmail.com	Hassen/Park
Dec 5	Armstrong Christmas Farmers Market 9am-2pm	armstrongfarmersmarket.ca	Hassen Arena

NOTE: Events included on the above Calendar of Events were booked in time to meet publication deadline of June 30, 2026



www.asprd.com



info@asprd.com

Something for Everyone, **THIS FALL!**



From active living to creative learning, explore activities for all ages and abilities.

FALL HIGHLIGHTS



SKATE INTO FALL

Shinny, Parent & Tot, 19+,
Family Skate

Ages 3+



PICKLEBALL

Skills & Drills, Seniors, Rentals,
Drop in & more

All Ages



ROLLERSKATING

Public Skate, Rentals,
Concession, Birthday Parties

All Ages (Skates for 7+)



YOUTH SPORTS

Karate, Pickleball,
Free Floor Time

Ages 4-17



FITNESS FOR EVERYONE

Spin, Yoga, Strength Training
& more

Ages 14+



CRAFTING

Claybuilding, Sourdough,
Felting

All Ages

Register Today!

**SPACES FILL QUICKLY.
DON'T MISS OUT!**



ONLINE

Visit us at

asprd.com

Scan to view the
full guide & register!



*Everyone
Plays!*



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info@asprd.com



**Main Office
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