Armstrong Spallumcheen Parks & Recreation

Everyone Plays!

Recreation & Leisure Guide

Winter 2026/27



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



March 19th -20th 2027

More information here!



Local Food Festival - Ambassador Dinner - Cheesy Challenges
Food + Buyer Expo - Cheese Workshops

Valley First
A DIVISION OF FIRST WEST CREDIT UNION

VILLAGE DAIRY

FOOD & BEVERAGE
Land to Table Network Society

BC DAIRY

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Contact Us:

Armstrong Spallumcheen Parks and Recreation
Main Office: Sunbelt Arena
3351 Park Drive
Mail: Box 88, Armstrong, BC
V0E 1B0
Mon-Fri 8:30am-4:00pm
250-546-9456
info@asprd.com

Armstrong Spallumcheen Outdoor Pool
3347 Park Drive
CLOSED for the Season
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 **Winter Programs**

Viewable Online:
Dec 1
Register Online:
Dec 7
In Person 9:00am
Dec 7

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 Feb. 15.**

Hassen Arena
Mon 10:30am-12:30pm Dec-Mar
FREE

General Interest

Beginners Clay Hand-Building — 8-12 years

You will create a simple functional piece such as a soap dish, a cell phone holder, moustache cup or another small project of your choosing, allowing room for creativity and personal expression. Designed for complete beginners, you will be encouraged to play, experiment, and try something new. You will leave with a handmade piece that will be fired and glazed by the instructor.

Sunbelt Meeting Rm — Clara
Mon 9:00am-12:00pm Jan 18
Fri 9:00am-12:00pm Feb 12
$65/session

Woodworking-Nesting Box & Mason Bee Hut — 6-14 years

You will be guided through the process of building a nesting box for chickadees and swallows. The kits use recycled BC red cedar wood. Participants will also make their very own mason bee hut. All materials will be provided, and participants will get to take home their creations.

Centennial Hall — Don
Sat 10:30-11:45am Mar 13
$45

Register Online asprd.com

Call Reception at 250-546-9456

Sports

Co-Ed Basketball — 9-13 years

Build basketball skills, boost confidence, and stay active in a fun, non-competitive environment. Develop dribbling, passing, and shooting through skill-building activities, then put those skills into action during a friendly game focused on teamwork, participation, and good sportsmanship. No pressure, no scorekeeping, just a great opportunity to learn, improve, and enjoy the game!

LWMS Gym — Peter
Wed 6:00-7:00pm Jan 6-Mar 10
$65/10 sessions

Youth 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. **No sessions Jan 18 & Feb 15.**

Hassen Arena
Mon 5:15-6:15pm Jan 4-Mar 8
$50/8 sessions

Outdoors Programs

CORE Course — 12 years and over

Build the knowledge and skills you need to hunt safely and responsibly with the CORE (Conservation and Outdoor Recreation Education)! You will learn practical firearms handling and hunting essentials, including conservation, ethics, BC hunting laws and regulations, first aid and survival, firearm safety, wildlife identification, and Indigenous Peoples and hunting in BC. You will also be required to complete a 2-hour exam. Please note: Registration with the BC Wildlife Federation upon successful course completion is separate.

Centennial Hall — Devin
Sat/Sun 8:00am-5:00pm Jan 16-17
$175/2 sessions -Youth 12-18
$200/2 sessions - Adult 19+

PAL Course — 12 years and over

Interested in target shooting, hunting, or developing firearm safety skills for employment? This engaging, hands-on course teaches the knowledge and practical skills needed to handle firearms safely and responsibly. Successful completion of the Canadian Firearms Safety Course is required to apply for a Possession and Acquisition License (PAL) for non-restricted firearms, typically long firearms used for hunting and target shooting. You must be at least 12 years old. Those under 18 may apply for a Minor's License or wait until age 18 to apply for a regular PAL. Please note there will be a written evaluation.

Centennial Hall — Dorian
Sat 8:00am-5:00pm Feb 6
$185/session -Youth 12-18
$200/session - Adult 19+

Family Programs

Karate – Family — 5 years and over

Discover traditional Japanese karate through practical techniques, kata, and self-defense skills. Develop physical fitness, coordination, focus, and confidence while working toward belt advancements at a pace that suits your experience and abilities. Beginners are welcome! All instructors are fully registered and hold a range of qualifications, including coaching, first aid, and concussion awareness certifications. Sign up the whole family in our "Family Class". Must register individually.

LWMS Gym — **Larry**

Tue	**6:00-7:00pm**	**Jan 5-Mar 9**
Thu	**6:00-7:00pm**	**Jan 7-Mar 11**

$60/10 sessions

Register Online asprd.com

Call Reception at 250-546-9456



bgc Okanagan

SCHOOL AGE PROGRAM

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 closure care is also available during Pro-D Days, Winter Break, Spring Break, and Summer Break.

GRADES K-5

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 $199* + tax
26-60 People $315* + tax

***Prices effective January 2, 2027 & subject to GST**

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 Dec 8
Sun 1-3pm Starts Dec 6

No Sessions Dec 4, 13, 25 Jan 1 & Mar 19
Skating ends for the season Mar 21

Drop In Skating/Shinny Hockey

* All dates and times are subject to change *

	Mon	Wed	Thur	Fri	Sun
10:00-11:30am	**55+ Shinny** $7.50	**Adult 19+ Shinny Hockey** $7.50	**65+ Stick & Puck** $7.50	**55+ Shinny** $7.50	
11:45am-12:45pm	**All Ages Skate** $2.00 Under 2 yrs FREE	**Adult 19+ Skate** $2.00		**Parent & Tot Skate** FREE	
3:30-5:30pm					**Family Skate** $5.00 per person Under 2 yrs FREE

***No sessions: All ages Skate: Dec 21, 28, Feb 15, Mar 29 | 65+ Stick & Puck: Dec 24 & 31 | 55+ Shinny Dec 25 & Jan 1**
Parent & Tot: Dec 11, 25, Jan 1, Feb 26, Mar 5
Shinny hockey: *Full gear required.*
Stick and Puck: *Helmets and gloves required.*
No skate rentals available.

* Both must sign in and pay before going on ice.

Toonie Skates

Mon	**Jan 18**	**1:00-2:00pm**
Fri	**Feb 12**	**1:00-2:00pm**
Mon	**Feb 15, Mar 29**	**11:45am-12:15pm**

$2
*All dates and times are subject to change





FREE Courtesy of the Armstrong Kin Club

Sun Dec 20	Mon Dec 21	Tue Dec 22	Wed Dec 23	Thu Dec 24	Fri Dec 25	Sat Dec 26
	Indoor Walking FREE Hassen 9:15-10:15am	**Indoor Walking** FREE Hassen 8:15-10:15am	**Indoor Walking** FREE Hassen 9:15-10:15am	**Indoor Walking** FREE Hassen 8:15-10:15am		
	55+ Shinny $7.50 Sunbelt 10-11:30am		**19+ Shinny** $7.50 Sunbelt 10-11:30am			
	Free Floor Time FREE Hassen 10:30-12:30pm					
	5+ Stick & Puck $2 Sunbelt 11:45am-12:45pm		**19+ Skate** $2 Sunbelt 11:45am-12:45pm			
Roller Skate Hassen 1:00-3:00pm	**Holiday Ice Skate** FREE Sunbelt 1:00-3:00pm	**Holiday Ice Skate** FREE Sunbelt 1:00-3:00pm	**Holiday Ice Skate** FREE Sunbelt 1:00-3:00pm	**Holiday Ice Skate** FREE Sunbelt 1:00-3:00pm		
Holiday Ice Skate FREE Sunbelt 3:30-5:30pm						

Sun Dec 27	Mon Dec 28	Tue Dec 29	Wed Dec 30	Thu Dec 31	Fri Jan 1	Sat Jan 2
	Indoor Walking FREE Hassen 9:15-10:15am	**Indoor Walking** FREE Hassen 8:15-10:15am	**Indoor Walking** FREE Hassen 9:15-10:15am	**Indoor Walking** FREE Hassen 8:15-10:15am		
	55+ Shinny $7.50 Sunbelt 10-11:30am		**19+ Shinny** $7.50 Sunbelt 10-11:30am			
	Free Floor Time FREE Hassen 10:30-12:30pm					
	5+ Stick & Puck $2 Sunbelt 11:45am-12:45pm		**19+ Skate** $2 Sunbelt 11:45am-12:45pm			
Roller Skate Hassen 1:00-3:00pm	**Holiday Ice Skate** FREE Sunbelt 1:00-3:00pm	**Holiday Ice Skate** FREE Sunbelt 1:00-3:00pm	**Holiday Ice Skate** FREE Sunbelt 1:00-3:00pm	**Holiday Ice Skate** FREE Sunbelt 1:00-3:00pm		
Holiday Ice Skate FREE Sunbelt 3:30-5:30pm						

Shinny hockey: *Full gear required.*
Stick and Puck: *Helmets and gloves required.*
No skate rentals available for ice skating.

* Both must sign in and pay before going on ice.



Sunday Is Library Day!



Looking for something to do on a winter Sunday? The Armstrong Branch of the ORL is now open Sundays from 12:00 to 4:00 p.m., giving residents more opportunities to explore, discover, and enjoy everything their library has to offer.

Expanded hours run from January 3, 2027 through March 2027.

Join Us for Sunday Fun-Days

Bring the family to the Armstrong Library for an afternoon of creativity, discovery, and hands-on fun!

Sundays from 1:00 to 3:00 p.m., drop by the library's meeting room to enjoy a variety of easygoing activities designed for children and families. It's a wonderful opportunity to spend time together, try something new, and brighten up a winter afternoon.

More Time to Explore

There's plenty to discover beyond Sunday Fun-Days! Browse the shelves for your next great read, pick up a hold, find books to share with the kids, or explore the library's collections and resources. Your ORL library card also opens the door to thousands of ebooks, audiobooks, digital magazines, streaming films, and online learning resources to enjoy from home.

Armstrong Library Sunday Hours

Sundays 12:00–4:00 p.m.
January 2027–March 2027

Visit orl.bc.ca to learn more about the Armstrong Branch, explore upcoming programs, and discover everything available with your free ORL library card.

OKANAGAN REGIONAL LIBRARY

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OKANAGAN REGIONAL LIBRARY ARMSTRONG BRANCH

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General Interest

Beginners Clay Hand-Building — 13 years and over

You will create a simple functional piece such as a soap dish, cell phone holder or another small project of your choosing, allowing room for creativity and personal expression. Designed for complete beginners, you will be encouraged to play, experiment, and try something new. You will leave with a handmade piece that will be fired and glazed by the instructor. Supplies are provided.

Sunbelt Meeting Rm — **Clara**

Mon	**9:00am-12:00pm**	**Feb 1**
Fri	**9:00am-12:00pm**	**Feb 8**

$65/session

Introduction to Sourdough — 19 years and over

Learn to make a classic sourdough. From making a starter, to proper fermenting and baking techniques, create 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**

Sat	**2:00-4:00pm**	**Jan 23**

$60/session

Fitness Programs

Gentle Core & Strength — 19 years and over

Improve your mobility, balance, and core strength with this gentle yet energizing fitness experience, suitable for all ability levels. Begin with a head-to-toe standing warm-up, then transition to the mat for a flowing sequence of core-strengthening and mobility exercises.

Centennial Hall — **Leanne**

Tue	**10:15-11:15am**	**Jan 12-Mar 2**

$100/8 sessions

HIIT Mix — 19 years and over

Boost your fitness with this fun, high-energy workout combining cardio, core, and strength exercises in short bursts of high-intensity intervals. Build endurance, improve strength, and challenge yourself at your own pace, with modifications available for different fitness levels.

Centennial Hall — **Leanne**

Wed	**11:30am-12:20pm**	**Jan 13-Mar 3**

$90/8 sessions

Karate — 13 years and over

Discover traditional Japanese karate through practical techniques, kata, and self-defense skills. Develop physical fitness, coordination, focus, and confidence while working toward belt advancements at a pace that suits your experience and abilities. Beginners are welcome! All instructors are fully registered and hold a range of qualifications, including coaching, first aid, and concussion awareness certifications.

LWMS Gym — **Larry**

Tue	**7:00-9:00pm**	**Jan 5-Mar 9**
Thu	**7:00-9:00pm**	**Jan 7-Mar 11**

$70/10 sessions

Spin and 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, participants will progress at their own pace in a supportive environment that accommodates different fitness levels and abilities.

Centennial Hall — **Shauna**

Tue	**5:30-6:30pm**	**Jan 5-Mar 9**
Thu	**5:30-6:30pm**	**Jan 7-Mar 4**

$100/10 sessions

Step & Strength — 19 years and over

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

Centennial Hall — **Don**

Mon	**9:30-10:30am**	**Jan 4-Mar 22**
Wed	**9:30-10:30am**	**Jan 6-Mar 24**
Fri	**9:30-10:30am**	**Jan 8-Mar 26**

$120/12 sessions

Total Body Resistance (TRX) — 19 years and over

Experience full-body TRX suspension training 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 — **Don**

Tue	**6:45-7:45pm**	**Jan 5-Mar 23**

$120/12 sessions

Register Online asprd.com

Call Reception at 250-546-9456



Yoga

Yoga – CHAIR 16 years and over

Experience modified yoga poses sitting 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 allowing you to experience the benefits of yoga. Recommended block and strap.

Centennial Hall **Krystal**
Tue **12:00-12:45pm** **Jan 12-Mar 2**
$80/8 sessions

Centennial Hall **Tanya**
Tue **2:00-3:00pm** **Jan 5-Mar 9**
$110/10 session

Yoga Basics-Move, Breathe, Begin 16 years and over

Start Where You Are. Discover the benefits of yoga in a welcoming, supportive environment. Learn foundational poses, breathing techniques, and gentle movement at a comfortable pace while improving flexibility, balance, and body awareness. With plenty of guidance and time to explore, you will build confidence, ease tension, and develop a practice that feels right for you. No experience or flexibility required—just come as you are!

AES Gym **Tanya**
Thu **6:00-7:00pm** **Jan 7-Mar 11**
$110/10 session

Yoga 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, 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.

AES Gym **Tanya**
Thu **7:30-8:30pm** **Jan 7-Mar 11**
$110/10 sessions

Yoga: A Beginners Guide to Slow Flow 16 years and over

Build confidence, strength, flexibility, and relaxation through gentle, beginner-friendly yoga practice. You will explore basic yoga postures, breathwork, meditation, alignment, 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 calm and accessible movement practice. **No session Feb 15.**

Centennial Hall **Tanya**
Mon **5:00-6:00pm** **Jan 4-Mar 8**
$99/9 sessions

Yoga Workshops

The Art of Beginning Again 16 years and over

A New Year Without the Pressure to Become Someone New. Through intentional movement, restorative yoga, guided meditation, reflection, and a beautiful permission-setting ritual, you will explore what it means to begin again from a place of self-trust rather than self-criticism. Come exactly as you are. Leave feeling grounded, inspired, and ready to move into the new year on your own terms.

Centennial Hall **Tanya**
Sat **5:00-7:00pm** **Jan 9**
$50/session

The Love You Give 16 years and over

Experience a nurturing yoga experience designed to help you slow down, release tension, and reconnect with your own needs. Through gentle heart-opening movement, restorative yoga, guided meditation, and a meaningful reflection ritual, you'll explore the art of receiving, deepen your connection with yourself, and create space for greater balance, self-compassion, and inner calm. You deserve the same kindness and care you so freely give to others. Come as you are, and leave feeling grounded, supported, and more connected to yourself.

Centennial Hall **Tanya**
Sat **5:00-7:00pm** **Feb 13**
$50/session

Wild and Unapologetic 16 years and over

Celebrate International Women's Day, reconnecting with your strength, confidence, and joy. Through empowering yoga, intuitive movement, music, guided reflection, and a powerful declaration ritual, you will have space to let go of self-doubt, embrace your individuality, and feel free to take up space. Expect movement, connection, laughter, and a whole lot of heart. Come as you are and leave feeling empowered to be unapologetically yourself!

Centennial Hall **Tanya**
Sat **5:00-7:00pm** **Mar 6**
$50/session

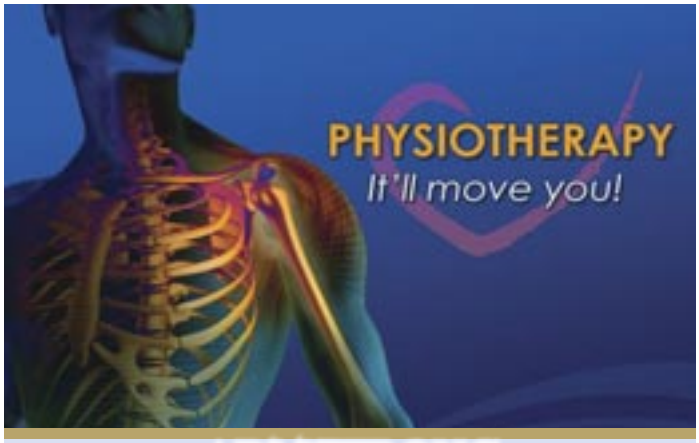
Register Online asprd.com

Call Reception at 250-546-9456



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COMMUNITY APPLIANCE

PARTS & SERVICE

Know Your Court · Enjoy the Game · Keep Play Flowing

Welcome to Pickleball

Parks & Recreation is entering its second season managing pickleball programming and court scheduling, with the Armstrong Pickleball Club continuing to play an active role through its advice, experience, and volunteer court hosts.

We appreciate the Club's ongoing partnership in supporting welcoming, accessible, and well-organized play for everyone, from beginners to experienced players. We look forward to another great season 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.

Program Types:

Registered Programs – Register for a season including Pickleball, Beginner/Intermediate, Senior's Pickleball, Rise and Shine, Competitive Pickleball and Skills and Drills.

Flex Registration – Register for single or multiple days in a one transaction including Court Rentals and Open Pickleball. Advance registration is recommended. Registered players must arrive within 15 minutes of the program start time, after which available spots may be offered to wait-listed players using punch passes.

Flex Registration Instruction:

- Visit asprd.com/pickleball and click the Pickleball Registration link
- In search bar type "Pickleball" and select your preferred session
- Select all desired drop-in time slots
- Add each selection to your cart
- Proceed to checkout to complete your registration
- Drop in and court rentals are non-refundable

Pickleball Court Guide

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

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.

PICKLEBALL AT A GLANCE

(Jan 2027–Mar 2027)

Program location is Hassen Arena except Tue/Thu pm at Highland Park Elementary (HPE)

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
7:00am – 9:00am		Rise & Shine				Skills & Drills	
8:30am – 10:30am	*Open Pickleball						
10:30am – 12:30pm			Pickleball	*Open Pickleball	Pickleball		
10:45am – 12:45pm							Competitive Pickleball
12:30pm – 2:30pm						*Court Rentals	
12:45pm – 2:45pm		*Court Rentals	Beginner/ Intermediate	*Court Rentals	Seniors Pickleball		
2:30pm – 4:30pm						*Open Pickleball	
6:00pm- 8:00pm			Pickleball @HPE		Pickleball @HPE		
6:30pm – 8:30pm		*Open Pickleball					

Pickleball Programs

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'll build confidence, develop new skills, and discover why pickleball is one of the fastest-growing sports for all ages. 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'll have the skills and confidence to join recreational games and keep the fun going!

Hassen Arena **Jenn**
Sun **6:30-9:30pm** **Jan 10**
$36/session

Pickleball 102- Learn to Play — 15 years and over

In partnership with the Armstrong Pickleball Club

Ready to build on the basics? 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**
Sun **6:30-9:30pm** **Jan 17**
$36/session

Pickleball-Beginner-Intermediate — 15 years and over

In partnership with the Armstrong Pickleball Club

Whether you're learning the basics or building on your existing skills, enjoy active play while developing confidence, improving coordination, and learning game strategies. Pickleball is a fun way to boost cardiovascular health, improve balance, and stay active while enjoying friendly competition in a welcoming environment. Perfect for beginners and those ready to take their game to the next level!

Hassen Arena
Tue **12:45-2:45pm** **Jan 5-Feb 2**
Tue **12:45-2:45pm** **Feb 9-Mar 9**
$32/5 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
Thu **12:45-2:45pm** **Jan 7-Feb 4**
Thu **12:45-2:45pm** **Feb 11-Mar 11**
$32/5 sessions

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

Mon	**7:00-9:00am**	**Jan 4-Feb 1**
Mon	**7:00-9:00am**	**Feb 8-Mar 8**

$32/5 sessions

Pickleball Skills & Drills — 15 years and over

In partnership with the Armstrong Pickleball Club

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

Hassen Arena

Fri	**7:00-9:00am**	**Jan 8-Feb 5**
Fri	**7:00-9:00am**	**Feb 12-Mar 12**

$32/5 sessions

Pickleball — 15 years and over

In partnership with the Armstrong Pickleball Club

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.

Hassen Arena

Tue	**10:30am-12:30pm**	**Jan 5-Feb 2**
Tue	**10:30am-12:30pm**	**Feb 9-Mar 9**
Thu	**10:30am-12:30pm**	**Jan 7-Feb 4**
Thu	**10:30am-12:30pm**	**Feb 11-Mar 11**

$32/5 sessions

HPES Gym

Tue	**6:00-8:00pm**	**Jan 5-Mar 9**
Thu	**6:00-8:00pm**	**Jan 7-Mar 11**

$60/10 sessions



Register Online asprd.com

Call Reception at 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 complete effectively with players of similar skill level. **No session March 20.**

Hassen Arena

Sat	**10:45am-12:45pm**	**Jan 9-Feb 6**
Sat	**10:45am-12:45pm**	**Feb 20-Mar 27**

$32/5 sessions

Open Pickleball — Ages: 15+

In partnership with the Armstrong Pickleball Club

Multiple courts accommodate all skill levels, from beginner-friendly play to advanced competition. 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. Players are encouraged to choose the court that best matches their skill level. Court hosts can assist with court selection, guidelines, and player rotations. As space permits, one court may be designated for training.

Advance registration is recommended. Registered players must arrive within 15 minutes of the start time, after which available spots may be offered to waitlisted players using punch passes. Cancellations and transfers are not permitted. **No sessions Feb 15, Mar 19, 21.**

Hassen Arena

Sun	**8:30-10:30am**	**Jan 3-Mar 28**
Mon	**6:30-8:30pm**	**Jan 4-Mar 22**
Wed	**10:30am-12:30pm**	**Jan 6-Mar 24**
Fri	**2:30-4:30pm**	**Jan 8-Mar 26**

$8/visit – to reserve your space visit: asprd.com or call 250.546.9456

$80/12 punch pass

Punch passes accepted as space permits.

Pickleball Court Rentals — Ages: 18+

In partnership with the Armstrong Pickleball Club

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. Daily court assignment has first come first serve rights.

Advance booking is required. No cancellation or transfers permitted. **No session Feb 15 and Mar 19.**

Hassen Arena

Mon	**12:45-2:45pm**	**Jan 4-Mar 22**
Wed	**12:45-2:45pm**	**Jan 6-Mar 24**
Fri	**12:15-2:15pm**	**Jan 8-Mar 26**

$38/court/2-hour rental

To reserve your court visit: asprd.com/pickleball or call 250.546.9456



Indoor Soccer Drop-In — Ages: 19+

Build fitness, develop soccer skills, and strengthen teamwork in a welcoming environment that emphasizes fun, safety, and fair play. Players of all abilities can stay active, build confidence, and connect with others through the game.

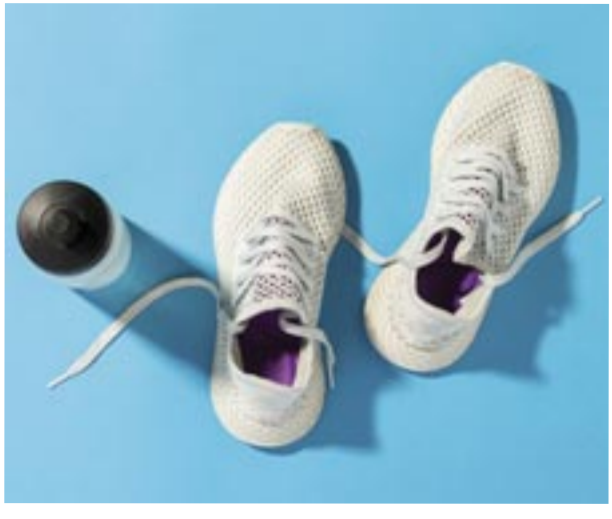
Please bring both a light and a dark jersey for team sorting. **No sessions Dec 5, 12, 19, 26 or Feb 13.** Advance booking is required. No cancellation or transfers permitted.

Hassen Arena
Sat 7:45-8:45pm Jan 2-Mar 13
$10/visit or $100/12 visit punch card
– to reserve your space visit: asprd.com or call 250.546.9456

Punch passes accepted as space permits.

Flex Reg Instruction:

- Visit asprd.com
- Click the Programs >Registration
- In search bar type "your desired program" and select your preferred session
- Select all desired drop-in time slots
- Add each selection to your cart
- Proceed to checkout to complete your registration
- Drop in Flex Reg is non-refundable



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 equal 1km. *Stairs are included.
- Hassen Arena: 6.25 laps equal 1km

Availability is subject to change based on programming and operational needs. **No sessions Dec 11, 25 & Jan 1, Mar 19 and June 11.** Wear clean indoor shoes only.

Hassen Arena		
M/W/F	**Dec 7-Mar 26**	**9:15-10:15am**
Tue/Thu	**Dec 8-Mar 25**	**8:15-10:15am**
Sunbelt Arena		
Mon-Fri	**Year-round**	**8:30am-4:30pm**

FREE

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 share perspectives, explore characters and themes in a welcoming space for book lovers.

Wed **Jan 6, Feb 3 and Mar 3** **1:30-2:30pm**
Drop in

Break In Bags — Ages: 5-18

Solve fun escape room-style puzzles to unlock a small prize. Hands-on puzzles offer a fun challenge for the curious minds. Available while supplies last.

Tue **Feb 8-Mar 8**
Drop In

Canasta — Ages: 18+

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

Thu **Jan 7-Mar 25** **1:00-3:00pm**
Drop in

Family Story Time — Families

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

Tue **Jan 19-Mar 9** **10:30-11:00am**
Drop in

Sundays Fun Day — All Ages

Families can explore, create and have fun together with a variety of easy, hands-on activities.

Sun **Jan 3-Mar 3** **12:00-4:00pm**
Drop in

Spices of the World — Ages: 19+

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

Drop in

Stay & Play — Families

Children and caregivers can unwind and connect enjoying free play, toys, and social time.

Tue **Jan 19-Mar 9** **11:00am-12:00pm**
Drop in

STEAM Adventure Kits: Unleash Your Imagination — School Age

Hands-on kits that inspire creativity, curiosity, and problem-solving. Each kit includes materials and activities that encourage hands-on learning. Available while supplies last.

Tue **Jan 18-Mar 14**
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: 3-13

Develop balance, control and agility through fun, progressive lessons led by certified coaches and trained Program Assistants. Programs are suitable for beginners and help children build skating skills, confidence and enjoyment on the ice.

Sunbelt Arena

Mon Jan-Mar 4:30-5:30pm
Thu Jan-Mar 3:00-3:30pm/4:45-5:45pm

To register visit: armstrongskatingclub.com

Beaver/Cub Scouts Ages: 5-11

From exciting outdoor adventures to games, crafts, and community involvement, Scouting gives youth opportunities to build confidence, learn new skills, make lasting friendships, and discover new interests! Whether it's camping, rock climbing, sleepovers, or trying something new, our programs are shaped around youth interests and provide a safe, supportive environment where everyone can have fun and thrive. Want to be part of the adventure? We're always looking for adults to help with programming and create memorable experiences for our youth. Come join the fun!

Zion United Church

1st Armstrong Scout Group Ages: 5-8

Wed Mid Sep-end of Jun 5:45-6:45pm
$295/year

1st Armstrong Scout Group Ages: 8-11

Tue Mid Sep-end of Jun 5:30-7:00pm
$295/year

Contact: Lisa Westoby lisa1starmstrongscouts@hotmail.com

Armstrong Preschool 30 Months-5 years

A trusted part of Armstrong for over 50 years, Armstrong Preschool offers an inclusive, child-centered environment where every child is supported to learn, explore, and thrive. Our programs adapt to the unique needs of each child and class, helping little learners build confidence, friendships, and skills for the future. Come see what makes us special! Call or email to book a walk-through.

Armstrong Preschool

Little Acorns 30 Months-3 years

Tue/Thu Sep-Jun 8:30am-12:00pm
$10.75/day billed monthly +$25/year society fee

Little Sprouts 4-5 years

Mon/Wed/Fri. Sep-Jun 8:30am-1:30pm
$13.63/day billed monthly +$25/year society fee

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

Girl Guides of Canada Ages: 7-17

Discover, Dream and Make a Difference. Girl Guides offers girls a safe, inclusive, all-girl environment where they can build confidence, find their voice, make new friends, and try new things! From exciting adventures to developing leadership skills and making a difference in their community, girls are encouraged to explore their potential and be themselves. With over 100 years of history and a bright future ahead, Guiding welcomes girls from all backgrounds and experiences. Come discover the possibilities!

Zion United Church

1st Armstrong Sparks Ages: 5-6

Wed Mid Sep-end of Jun 3:30-4:30pm

1st Armstrong Embers Ages: 7-8

Thu Mid Sep-end of Jun 4:30-5:30pm

1st Armstrong Pathfinder/Ranger Ages: 12-17+

***Thu Mid Sep-end of Jun 6:00-7:30pm**
***biweekly**
Kin Club Armstrong

1st Armstrong Guide Ages: 9-11

Tue Mid Sep-end of Jun 4:00-5:30pm

2nd Armstrong Pathfinder Ages: 12-14

Tue Mid Sep-end of Jun 5:30-7:00pm
Len Wood Middle School

2nd Armstrong Guide Ages: 9-11

Wed Mid Sep-end of Jun 6:00-7:30pm

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



Hassen Fitness Centre

18 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



Date	Event	Contact	Location
Dec 11	Blizzard Bash A/S Pickleball Club	armstrongpickleball@gmail.com	Hassen Arena
Dec 11	Tacky X-Mas Themed Roller Skate	info@asprd.com	Hassen Arena
Dec 12	Double Feature Christmas Movie	info@asprd.com	Centennial Hall
Dec 12	Blizzard Bash A/S Pickleball Club	armstrongpickleball@gmail.com	Hassen Arena
Dec 13	Skate with Santa Ice Skate	info@asprd.com	Sunbelt Arena
Dec 13	Blizzard Bash A/S Pickleball Club	armstrongpickleball@gmail.com	Hassen Arena
Feb 13	Vernon Winter Carnival	vernonwintercarnival.com	Hassen Arena
Mar 20	The Big Cheese	www.aschamber.com	Hassen Arena

NOTE: Events included on the above Calendar of Events were booked/submitted in time to meet the publication deadline of Nov 2, 2026.

www.asprd.com **info@asprd.com**



Something for Everyone,

THIS WINTER!

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

WINTER HIGHLIGHTS



SKATE INTO WINTER
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
Co-ed basketball, Karate, Pickleball & more
Ages 5-17



FITNESS FOR EVERYONE
Spin, Yoga, Strength Training & more
Ages 16+



OUTDOOR ED
Pal and Core
Ages 12+

Register Today!

SPACES FILL QUICKLY. DON'T MISS OUT!

ONLINE
Visit us at
asprd.com

Scan to view the full guide & register!

Armstrong Spallumcheen Parks & Recreation

Everyone Plays!

250-546-9456

info@asprd.com

Main Office
3351 Park Drive

STAY CONNECTED