



Armstrong Spallumcheen Parks & Recreation
Operated by Canon Management Services Ltd.

Recreation & Leisure Guide
ARMSTRONG SPALLUMCHEEN PARKS & RECREATION
asprd.com

Fall 2024



**Everyone
Plays!**



FALL EVENTS 2024

ARMSTRONG SPALLUMCHEEN CHAMBER OF COMMERCE

SCARECROWS IN THE STREET

Sept. 26th - Oct. 14th



All over town!

HARVEST PUMPKIN FESTIVAL

-FAMILY DAY-
Thanksgiving Weekend



Horticulture Barn Fair Grounds

DOWNTOWN TRICK OR TREAT

Halloween Oct. 31st



Downtown

DOWNTOWN LIGHT UP

Nov. 29th



Pleasant Valley Blvd

For more information phone (250)546-8155 or email info@aschamber.com



FALL 2024



Armstrong Spallumcheen Parks & Recreation
Operated by Canlan Management Services Ltd.

ARMSTRONG SPALLUMCHEEN PARKS & RECREATION OFFICE

Monday-Friday 8:30am-4:00pm
Nor-Val Centre
3351 Park Drive, Armstrong, B.C.
VOE 1B0
P. 250-546-9456 F. 250-546-9434
armstrong@canlansports.com

CITY OF ARMSTRONG

info@cityofarmstrong.bc.ca · 250-546-3023

THE TOWNSHIP OF SPALLUMCHEEN

mail@spallumcheentwp.bc.ca · 250-546-3013

ARMSTRONG OUTDOOR POOL (MAY-AUGUST)

250-546-0914

aquatic@canlansports.com

WEBSITE: asprd.com

MEDICAL LOAN CUPBOARD

Hassen Arena

Monday, Wednesday, Friday

10:00am-12:00pm

778-442-5255

HOW TO REGISTER

REGISTER ONLINE at asprd.com

Visa or M/C

Scan or email registration form to

armstrong@canlansports.com

or register in person.



Facility Rental Information 250-546-9456

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REGISTER EARLY

... Nothing kills a good course or recreational opportunity faster than leaving it to the last minute to register. If not enough people register, courses will be cancelled. If you wait too long, programs could be full. Instructors need to be confirmed and facilities need to be scheduled. If you are interested in a program, register early. Avoid late fees and save your money - possibly your program.



WILLING 2 NINJA ATHLETICS

Unlocking Kids Potential

One Obstacle At A Time

We offer Ninja Warrior obstacle course training in Armstrong, BC.
Our program helps kids build physical and mental strength in a fun, supportive space



OUR NEW LOCATION

3395 Okanagan Street
Armstrong, BC

 604.961.7808

OUR SERVICES

FOR AGES 2-13

- After School Program
- Tiny Ninjas
- Camps
- Home School Groups
- Birthday Parties
- Field Trips
- Special Events



REGISTER NOW

www.willing2ninja.com



YOUTH PROGRAMS



Programs listed in **GREEN** are offered through Armstrong Spallumcheen Parks and Recreation. To register please go to www.ASPRD.com or visit our office located in Nor-Val Centre.



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

Acting for Teens

Ages: 12-17
Start: September 12
End: October 17
Sessions: 6
Day: Thursdays
Time: 4:00-5:30pm
Location: Centennial Auditorium
Instructor: Julie D.
Programmer: Juli
Register early \$60.00 + tax
After September 5 \$78.00 + tax

Offered through Asparagus Community Theatre, this class is ideal for teens with little or no previous acting. Over a course of 6 weeks, we will explore the key elements of the acting process in an inclusive, friendly, supportive environment. Through imagination, improvisation, voice, movement and acting exercises we will explore what it looks like to bring a character to life.



Course Content:

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

Girl Guides (Sparks, Embers, Guides or Pathfinders)

Ages: 4-17 (19+ for volunteers)
Start: September 2024
End: Spring 2025
Days: Various

Times: varied by age group
Location: Armstrong Bible Chapel
Organization: Girl Guides of Canada
Registration: \$149.00

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



Babysitting

Ages: 11 & Up
Start: September 24
End: October 3
Day: Tuesdays & Thursdays
Sessions: 4
Location: Nor-Val Banquet Room
Time: 6:00-8:00pm
Instructor: Taliesan
Programmer: Allison
Register early \$72.00
After Sept 17 \$86.40

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



Minor Hockey

Ages: 5-17

Start: Mid September 2024

End: March 2025

Location: Armstrong/Enderby

Organization: NOMHA - North Okanagan Minor Hockey Association

Registration: Varies

To register contact: register@nomha.com

NOMHA offers recreational and competitive hockey programs for youth. For more information check out our website at www.nomha.com



Stay Safe!

Ages: 9-13

Start: September 24

End: October 3

Day: Tuesdays & Thursdays

Sessions: 4 sessions

Location: Nor-Val Banquet Room

Time: 4:30-5:45pm

Instructor: Taliesan

Programmer: Allison

Register early \$57.00

After September 17 \$68.40

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

Course Content:

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



Armstrong Preschool

Ages: 3-4

Dates September 2024 – June 2025

Location: 3260 Rosedale Avenue

Organization: Armstrong Preschool

To Register Contact: Brandy Weeks:

Manager@armstrongpreschool.ca

Armstrong Preschool is a non-profit, inclusive and play-based preschool that has been serving this community since 1976! We offer a variety of engaging classes for young learners aged 3-4 to explore, discover and grow. Registration for Fall 2024 has started. Classes fill up quick! Registration forms, class schedules, fees along with more information is available on our website www.armstrongpreschool.ca



AWESOME BIRTHDAY PARTIES

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

Max 25 People
\$189.00 + tax

Over 25 People
\$299.00 + tax

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

Party bookings are available September.-May

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

Break-In Bags

Ages: School Age

Dates: September 16, October 21 and November 18

Location: Armstrong Library 250-546-8311

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

Registration: No Registration required

Do you love escape rooms and puzzles? Then you are going to love Break-In Bag! Think "Escape Room", except instead of trying to break out, you're trying to break in! Solve 3 puzzles to find the numeric code that will open the lock & free your loot! (while supplies last)



Just B4

Ages: 4

Start Date: September 2024

End Date: June 2025

Day: Tuesday & Thursday

Time: 11:45-2:15

Price: \$5.00/day after CCFRI

Location: Highland Park Elementary School, 3200 Wood Ave

Organization: School District 83

To Register Contact: Allison de Boer adeboer@sd83.bc.ca

Licensed child care program for children eligible for Kindergarten

September 2025. Nurture your child's social, emotional, physical and cognitive growth in a play-based, elementary school setting.



Karate – Kyokushin

Family - Mondays

Ages: 5+

Start: September 16

End: December 9

NO Sessions Sept 30, Oct 14 & Nov 11

Day: Mondays

Time: 6:00-7:00pm

Sessions: 10 sessions

Location: Len Wood Middle School Gymnasium

Instructors: Larry Robinson

Programmer: Allison

Register early \$50.00 + tax

After September 9 \$60.00 + tax



Family - Wednesdays

Ages: 5+

Start: September 18

End: December 4

Day: Wednesday

Time: 6:00-7:00pm

Sessions: 12 sessions

Location: Len Wood Middle School Gymnasium

Instructors: Larry Robinson

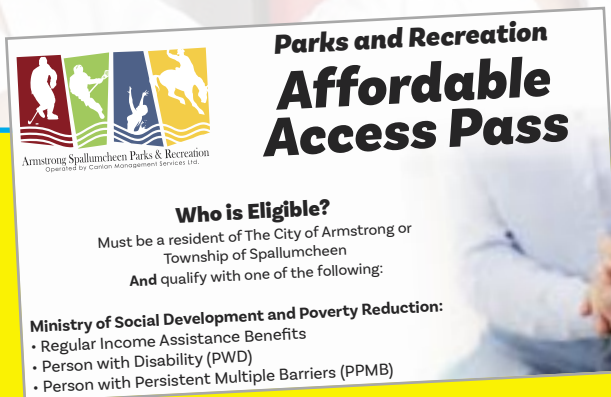
Programmer: Allison

Register early \$60.00 + tax

After September 11 \$72.00 + tax

Kyokushin Karate is a traditional Japanese style karate with an emphasize on basic technique, kata and self defense. Students will be expected to work towards belt grades within the class. Beginners are welcome and can work along at their own pace. All instructors are fully registered, and all have numerous coaching, first aid, concussion awareness and various other certifications. Sign-up the whole family in our new Family Class, all ages 5+ welcome and you can sign up for both days! Space is limited, register early to secure your spot.

NO Sessions September 30, October 14 & November 11



Parks and Recreation
Affordable Access Pass

Armstrong Spallumcheen Parks & Recreation
Operated by Carlson Management Services Ltd.

Who is Eligible?
Must be a resident of The City of Armstrong or Township of Spallumcheen
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)

NOW AVAILABLE

Affordable Access Pass

Stop by and pickup your flyer today!



SCHOOL BUS

The KEES Advantage:
Acclaimed Instructors Dedicated to Your Success

AFTER SCHOOL MARTIAL ARTS
REGISTER NOW!

CALL & REGISTER TODAY!

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

Children, Adult & Family Programs Available!

VERNON
250-545-7710

KEES tae kwon do keesokanagan.com

Youth Kickboxing

Tuesdays

Ages: 5-10

Start: September 17

End: December 3

Day: Tuesdays

Time: 6:00-6:30pm

Sessions: 12 sessions

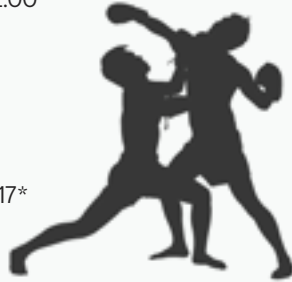
Location: Len Wood Middle School Gymnasium

Instructors: Chance Goodings

Programmer: Allison

Register early \$60.00

After September 10 \$72.00



Thursdays

Ages: 5-10

Start: September 19

End: December 12

NO SESSION October 17

Day: Thursdays

Time: 6:00-6:30pm

Sessions: 12 sessions

Location: Len Wood Middle School Gymnasium

Instructors: Chance Goodings

Programmer: Allison

Register early \$60.00

After September 12 \$72.00



Tuesdays

Ages: 11-18

Start: September 17

End: December 3

Day: Tuesdays

Time: 6:45-7:45pm

Sessions: 12 sessions

Location: Len Wood Middle School Gymnasium

Instructors: Chance Goodings

Programmer: Allison

Register early \$72.00 +tax

After September 10 \$86.40 +tax



Thursdays

Ages: 11-18

Start: September 19

End: December 12

NO SESSION October 17

Day: Thursdays

Time: 6:45-7:45pm

Sessions: 12 sessions

Location: Len Wood Middle School Gymnasium

Instructors: Chance Goodings

Programmer: Allison

Register early \$72.00 +tax

After September 12 \$86.40 +tax

Equipment:

-Water Bottle, gloves, wraps, kick/punch pads.

Kids/youth kickboxing helps them strengthen their muscles & hearts. It teaches body awareness, coordination, balance, respect & discipline. Learning the art of the sport with a full breakdown of kicks, punches, strikes, head & foot movement. Class is designed to be fun & challenging. -Warm up, workout, cool down & stretching.

Ignite your inner spark

NO SESSION October 17

Armstrong Pickleball Club

Ages: 12-90

Dates: January-December

Day: Varies

Time: Varies

Location: Hassen Arena

Organization: Armstrong Pickleball Club

To register contact: armstrongpickleball@gmail.com

Armstrong Pickleball club offers a variety of playing sessions throughout the week for all levels of play. Please check us out on Facebook or email us at armstrongpickleball@gmail.com for information on membership and drop in opportunities. We look forward to your inquiries.



Armstrong Enderby Skating Club

Ages: 3-Adult

Start Date: September 2024

End Date: March 2025

Day: See website for days and times

Time: See website for days and times

Location: Norval Centre

Registration: See website for details

Organization: Armstrong Enderby Skating Club

To register contact: armstrongskatingclub.uplifter.com

www.armstrongskatingclub.com

AESC offers skating programs for all levels and abilities. We are offering Learn to Skate programs for 3-4 year old (Pre-Canskate), 5-11 year old's (Canskate) and 12-Adult (Teen/Adult Canskate). For those entering Figure Skating we have our entry level Juniors, followed by Intermediates, Seniors and Master Adult. There is lively music, strong NCCP coaching background, and a safe fun environment. For more information contact Director of Skating at crerart@telus.net.



S.T.E.A.M. Take and Make Kits

Ages: School Aged

Start Date: September 16

End Date: November 23

Location: Armstrong Library 250-546-8311

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

Registration: No Registration required

Are you ready to embark on an exciting journey of creativity, curiosity and innovation? Starting September 16, there will be a new kit every two weeks. (while supplies last)



Fall Storytime – Coming Soon

Ages: Families
Start Date: TBA
End Date: TBA
Location: Armstrong Library 250-546-8311
Organization: Okanagan Regional Library www.ori.bc.ca
Registration: No Registration required
Stay tuned: Keep an eye on our website for updates and details. Or stop by the library for more details.



October Spooktacular

Ages: Families
Start Date: October 1
End Date: October 31
Location: Armstrong Library 250-546-8311
Organization: Okanagan Regional Library www.ori.bc.ca
Registration: No Registration required
Join us throughout October for a month of spooky fun!



Strong Start

Ages: 0-5
Start Date: September 2024
End Date: June 2025
Day: Monday-Friday
Time: 8:00-11:00am
Location: Highland Park Elementary School, Room 38, 3200 Wood Avenue
Organization: School District 83
Registration Fee: Free
To Register Contact: Lynn Robitaille Claeys lrobitai@sd83.bc.ca
Free drop-in program for children ages 0-5 with their caregiver. Come join the fun. We have play time, circle time, show'n share, dance party, gym and snack time! We follow School District 83 school calendar and will be closed for Pr D Days, stat holidays and school breaks.



Di-November

Ages: Families
Start Date: November 1
End Date: November 30
Location: Armstrong Library 250-546-8311
Organization: Okanagan Regional Library www.ori.bc.ca
Registration: No Registration required
Wanted: The Dinosaurs. The Armstrong Library Staff need your help! The dinosaurs have escaped from storage and are wreaking havoc in the library! Join us for dinosaur-themed activities throughout the month of Dinovember and search to see what they're up to next.



The Armstrong Enderby Skating Club is pleased to present

Sounds of the Holiday Season

Join us in watching performances by our Pre Canskate, Canskate, Junior, Intermediate, Senior, and Master Adult Skaters.

Friday, Dec. 13
7:00 pm
Norval Arena

ARE YOU INTERESTED IN LEARNING TO SKATE?

NEW PROGRAM! Learn to Skate Teen/Adult

Bring your friends and family to explore what the Armstrong Enderby Skating Club has to offer. CANSKATE is Skate Canada's nationally standardized learn-to-skate program. Led by Skate Canada Certified coaches and designed for beginners of all ages, the program focuses on basic skill development in an energetic, progressive and fun atmosphere.

For information on programs please contact Tannis Crerar, Crerart@telus.net or visit www.armstrongskatingclub.com

Paint Party: Celebrate Polar Bear

Week (October November 2) with Destanne Norris

Ages: Families +/- Children

Date: November 9

Days: Saturday

Times: 10:30am -11:45am

Location: Armstrong Library 250-546-8311

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

Registration: To register, contact the ORL

Celebrate Polar Bear Week (October 27-November 2) at the Armstrong Library with Destanne Norris, artist + art facilitator. We'll talk a little about the life of a polar bear, feel the fur of a polar bear + make an easy + fun acrylic Polar Bear portrait painting to take home! No experience necessary. All painting supplies + instruction/included. Please bring an apron or wear paint appropriate clothing.

About Destanne Norris: www.destannenorris.com



Deck the Halls with Gingerbread (Gingerbread House Kits)

Ages: Families

Start Date: December 2

End Date: December 21

Location: Armstrong Library 250-546-8311

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

Registration: No Registration required

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



Woodworking: "I can build it" Feeder, Suet + Seeds

Ages: 6 - 14

Date: Saturday, Oct 26

Time: 11:30-12:45am

Location: Centennial Hall

Instructors: Don Thomson

Programmer: Allison

Register early \$45.00

After October 19 \$54.00

Participants will be guided through the process of building their very own feeders (suet and seed). Participants will build both units and receive a bag of seed along with instructions on how to make suet (can be made readily from more kitchen ingredients). All materials will be provided, and participants will get to take home their creations.



Zumbini "Parent & Me" Music Program

Wednesdays 1st set

Ages: 0-4

Start: September 18

End: October 23

Day: Wednesdays

Sessions: 6

Location: Centennial Hall

Time 9:15-10:00am

Instructor: Natalie

Programmer: Allison

Register early: \$75.00

After Sept 11th \$90.00



Wednesdays 2nd set

Ages: 0-4

Start: October 30

End: December 4

Day: Wednesdays

Sessions: 6

Location: Centennial Hall

Time 9:15-10:00am

Instructor: Natalie

Programmer: Allison

Register early: \$75.00

After October 23 \$90.00



*Sing*Dance*Play*Bond*Learn*

Explore music and movement through instrument play and dance, while strengthening the bond with your child and developing social, emotional, physical, and cognitive skills. Join one session or both!

Free Family Floor Time

Families of all sizes welcome to burn off some energy!
NO equipment is provided. Bring your own *clean* equipment. Bikes, scooters, balls etc.

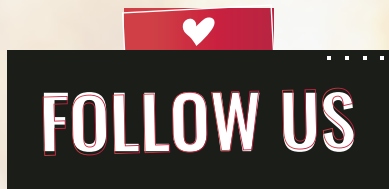
*Clean indoor shoes only!

Hassen Arena

Tuesdays & Thursdays 7:30am-9:30am – FREE

Starts: September 17, 2024. Ends: December 31, 2024

Cancellations: December 25, 26



ADULT PROGRAMS



Programs listed in **GREEN** are offered through Armstrong Spallumcheen Parks and Recreation. To register please go to www.ASPRD.com or visit our office located in Nor-Val Centre.



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



FITNESS

Cardio and Strength

Start: September 11
End: October 30
Day: Wednesdays
Time: 5:00-6:00pm
Sessions: 8 sessions
Location: Centennial Hall
Instructor: Lindsay
Programmer: Juli
Register early: \$80.00 + tax
After September 4 \$96.00 + tax

A combination of cardio and strength building exercises for a full body workout using a variety of equipment. This class offers low and high impact options to suit any fitness level.



Spin and Strength

Tuesdays

Start: September 17
End: December 3
Sessions: 12 sessions
Day: Tuesdays
Time: 5:30-6:30pm
Location: Centennial Hall
Instructor: Don
Programmer: Juli
Register early \$120.00 + tax
After September 10 \$144.00 + tax

A low impact, energizing workout that you'll love to hate, but hate to miss! Work on speed, strength and endurance in this class that includes a strength training portion. Performed on indoor spin bikes, cardio intervals are interspersed with strength components followed by a stretch. Beginner through experienced can participate in one class... you work at your own pace and level of fitness.



Thursdays

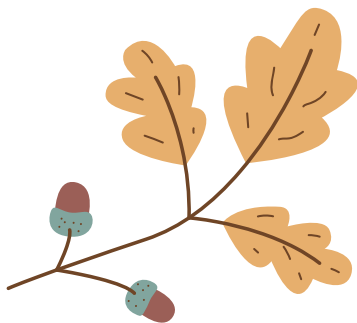
Start: September 19
End: November 21
Sessions: 10 sessions
Day: Thursdays
Time: 5:30-6:30pm
Location: Centennial Hall
Instructor: Don
Programmer: Juli
Register early \$100.00 + tax
After September 12 \$120.00 + tax

A low impact, energizing workout that you'll love to hate, but hate to miss! Work on speed, strength and endurance in this class that includes a strength training portion. Performed on indoor spin bikes, cardio intervals are interspersed with strength components followed by a stretch. Beginner through experienced can participate in one class... you work at your own pace and level of fitness.

Step and Strength

Start: September 18
End: December 4
Sessions: 12 sessions
Day: Wednesdays
Time: 10:30-11:30am
Location: Centennial Hall
Instructor: Don
Programmer: Juli
Register early \$120.00 + tax
After September 11 \$144.00 + tax

This class combines cardio and functional strength movements to provide a great overall workout. Steps are used for low impact and self paced cardio. Hand weights and TRX are used for the strength component.



TRX

Tuesdays

Start: September 17
 End: December 3
 Sessions: 12 sessions
 Day: Tuesdays
 Time: 6:45-7:45pm
 Location: Centennial Hall
 Instructor: Don
 Programmer: Juli
 Register early \$120.00 + tax
 After September 10 \$144.00 + tax

Thursdays

Start: September 19
 End: November 21
 Sessions: 10 sessions
 Day: Thursdays
 Time: 6:45-7:45pm
 Location: Centennial Hall
 Instructor: Don
 Programmer: Juli
 Register early \$100.00 + tax
 After September 12 \$120.00 + tax
 Use a TRX suspension trainer to get a full body workout. Every exercise can be modified to suit your level of strength and fitness. Challenge yourself and achieve core strength, cardio and functional fitness.



Zumba Fitness

Start: September 28
 End: November 16
 Day: Saturdays
 Sessions: 8 sessions
 Time: 9:00-9:45am
 Location: Centennial Hall
 Instructor: Krystal
 Programmer: Juli
 Register early \$80.00 + tax
 After September 21 \$96.00 + tax
 Low or High impact, you choose what works best for you and your body. For all fitness levels. We groove to the beats of salsa, merengue cumbia and many more. This Latin inspired exercise class feels more like a dance party than workout. Come join the party as we move, sweat, and have a whole lot of fun!!! Clean non-marking indoor shoes only please.



All your notifications in one place.

ACCESSIBLE ONLINE

Stay connected in an emergency



City of Armstrong

The City of Armstrong uses the Alertable to send alerts and information about significant emergencies that occur within our community.

This is one way we keep our community up-to-date on emergency notifications in case of a wildfire, flood, extreme weather or hazardous materials incident.

With over 14 methods of notifications to choose from, including text, email, phone, website, social media, home smart speaker and more, Alertable is accessible to everyone.

Getting Set Up:

If you are using your smartphone, visit your App store and search Alertable.



GET NOTIFICATIONS TO YOUR LAND LINE!

Click the link below:

<https://alertable.ca/signup/index.html?site=BC18B>

Let Us Assist You!

If you do not have access to a computer, The City of Armstrong is here to help.

Call: (250) 546-3023, and Staff will help you set up your Alertable account!

BEING PREPARED IS EVERYONE'S RESPONSIBILITY! DON'T WAIT UNTIL THE NEXT EMERGENCY EVENT.

Zumba GOLD

Start September 27

End: November 15

Day: Fridays

Sessions: 8 sessions

Time: 11:00-11:45pm

Location: Centennial Hall

Instructor: Krystal

Programmer: Juli

Register early \$80.00 + tax

After September 20 \$96.00 + tax

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

ASPRD

YOGA & QIGONG Beginner Yoga – A Journey into Your Poses

Start: September 16

End: December 9

No class scheduled September 30, October 14, November 11

Sessions: 10 sessions

Day: Mondays

Time: 5:00-6:00pm

Location: Centennial Hall

Instructor: Tanya

Programmer: Juli

Register early \$110.00 + tax

After September 9 \$132.00 + tax

Join Tanya Snow in this 10 week series and learn all about yoga from breathwork, meditation and breakdown the poses so you can learn basic alignment in your body. You will develop balance, strength and flexibility without feeling overwhelmed or confused. This class is designed to strengthen the body, reduce stress and calm the mind. No yoga experience is required. If you've tried chair yoga this is the next step, or continue to use a chair. Please bring a mat, and if you have blocks or other props you would like to use please bring them.

ASPRD

Beginner Yoga

Thursdays

Start: September 12

End: December 12

No class scheduled October 3 and October 17

Sessions: 12 sessions

Day: Thursdays

Time: 6:00-7:00pm

Location: Armstrong Elementary School Gym

Instructor: Tanya

Programmer: Juli

Register early \$132.00 + tax

After September 5 \$158.40 + tax

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.

ASPRD

Beginner Yoga

Saturdays

Start: September 28

End: November 16

Sessions: 8 sessions

Day: Saturdays

Time: 10:00-11:00am

Location: Centennial Hall

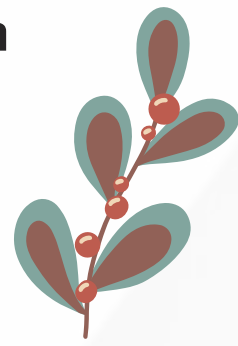
Instructor: Krystal

Programmer: Juli

Register early \$88.00 + tax

After September 21 \$105.60 + tax

In Beginner Yoga, time is spent instructing the poses and breathing techniques. The pace is gentle, but classes can still be challenging, helping you to build up strength. Or if you have an injury and need to take it easy this class is for you. Please bring a mat. Blocks and straps are optional but recommended.



ARMSTRONG PHYSIOTHERAPY CLINIC

Spine • Orthopedics • Sport • Acupuncture

Did you know we offer top of the line **Shockwave Therapy**. For even better treatment of **Tendonitis, Plantar Fasciitis, Trigger Finger** and much more.

Andre Sigmund

B.Sc.P.T. Registered Physiotherapist

Paul Makse

B.Sc.P.T. Registered Physiotherapist

2775 Wood Avenue, Armstrong

250.546.2468

Chair Yoga

Start: September 26
End: November 14
Sessions: 8 sessions
Day: Thursdays
Time: 10:00-10:45am
Location: Centennial Hall
Instructor: Krystal
Programmer: Juli
Register early \$88.00 + tax
After September 19 \$105.60 + tax

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

ASPRD

Restorative Yin Yoga

Start: September 12
End: December 12
No class scheduled October 3 and October 17
Sessions: 12 sessions
Day: Thursdays
Time: 7:30-8:30pm
Location: Armstrong Elementary School Gym
Instructor: Tanya
Programmer: Juli
Register early \$132.00 + tax
After September 5 \$158.40 + tax

This quiet, still form of yoga stretches the ligaments and connective tissues of the body that may be overlooked during a flow style class. In addition to giving the body a deep stretch, Restorative Yin Yoga prepares the mind for meditation. Extended time in each pose allows the student to witness their thoughts more closely. Effort in Yin Yoga is balanced between calming the tension in the body and quieting a busy overactive mind.

Please bring blankets, bolsters, or any props you have.

ASPRD

Yoga – Mobility Workshops Hips and Hamstrings

Date: November 2
Sessions: 1 session
Day: Saturday
Time: 11:30am-1:30pm
Location: Centennial Hall
Instructor: Tanya
Programmer: Juli
Register early \$50.00 + tax
After October 26 \$60.00 + tax

Join Tanya Snow in a 2-hour mobility workshop. You will gain freedom and flexibility in your hips and hamstrings while learning yoga stretching and strengthening techniques designed to open hips and release tight hamstrings. Healthy hips and hamstrings are necessary for preventing knee, and lower back issues. When hips are open, there is greater range of movement, better circulation, and more ease in the lower back and throughout the body.

ASPRD

Qigong & Taoist Yoga

Start: September 17
End: November 26
Sessions: 11 sessions
Day: Tuesdays
Time: 9:30-10:30am
Location: Centennial Hall
Instructor: Stephanie
Programmer: Juli
Register early \$187.00 + tax
After September 10 \$224.00 + tax

Get centered with practices that help you to calm, self-nourish, energize, and heal. We'll incorporate breathing, energy awareness, emotional and mental healing meditations, yoga, and Qigong (like Tai Chi). Taoist practices are based on the same principles as Chinese medicine theories. You will become familiar with yin, yang, the 5 elements and the meridians for self healing. Please bring a yoga mat, water, and wear stretchy clothes.

ASPRD

Shoulders

Date: November 16
Sessions: 1 session
Day: Saturday
Time: 11:30am-1:30pm
Location: Centennial Hall
Instructor: Tanya
Programmer: Juli
Register early \$50.00 + tax
After November 9 \$60.00 + tax

Join Tanya Snow in a 2-hour shoulder mobility workshop. This workshop offers a range of simple and accessible ways to boost shoulder movement in all directions.

ASPRD



GENERAL INTEREST

Acting for Adults

Start: September 11
End: October 16
Sessions: 6
Day: Wednesdays
Time: 6:30-8:30pm
Location: Centennial Auditorium
Instructor: Julie D.
Programmer: Juli
Register early \$72.00 + tax
After September 4 \$86.40 + tax



Offered through Asparagus Community Theatre, this class is ideal for anyone with little or no previous acting experience, or anyone wanting to get back to acting basics. Over the course of 6 weeks, we will explore the key elements of the acting process in a friendly and supportive environment. Students will explore character development and script interpretations through monologues and scene work. They will also explore their playful side through improvisation, voice and movement exercises.

Acting for Teens 12-17

Start: September 12
End: October 17
Sessions: 6
Day: Thursdays
Time: 4:00-5:30pm
Location: Centennial Auditorium
Instructor: Julie D.
Programmer: Juli
Register early \$60.00 + tax
After September 5 \$72.00 + tax



Offered through Asparagus Community Theatre, this class is ideal for teens with little or no previous acting. Over a course of 6 weeks, we will explore the key elements of the acting process in an inclusive, friendly, supportive environment. Through imagination, improvisation, voice, movement and acting exercises we will explore what it looks like to bring a character to life.



Drop-In Indoor Soccer 2024/2025

Saturday Nights from 7:00-8:00pm Hassen Arena
October 19 - November 16
plus December 14

(End time subject to change based on numbers of participants)

30+ Co-Ed

\$10.00 PP
CASH ONLY

ASKEW'S OWN

HAND CRAFTED
AUTHENTIC FLAVOURS

GOURMET SAUSAGES

FROM AROUND THE WORLD

Made right here
the old fashioned way!

Armstrong Bookclub

Ages: Adults

Start Date: September 4

End Date: December 4

Day: Wednesday

Time: 1:30pm

Location: Armstrong Library 250-546-8311

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

Registration: No registration required Join us at the Armstrong Library for captivating reads and lively discussions. Our bookclub is a haven for bookworms, where pages turn into adventures & characters become friends. The first Wednesday of each month.



Canasta (Hand and Foot Version)

Ages: Adults

Dates: Ongoing

Day: Thursdays

Time: 1:00-3:00pm

Location: Armstrong Library 250-546-8311

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

Registration: No Registration required

Join our friendly group of Canasta enthusiasts! Whether you're a seasoned player or a complete beginner, our welcoming community will teach you the ropes. Come play this exciting card game & enjoy some great company.



Emergency First Aid with CPR-A & AED

Start: September 22

End: September 22

Sessions: 1

Day: Sunday

Time: 9am-5:30pm

Location: Centennial Hall

Instructor: Victoria Voth

Programmer: Allison

Register early \$90.00 + tax

After September 15 \$108.00 + tax

Whether in the workplace or out in the world, Emergency First Aid with CPR-A & AED gives you the practical skills needed to respond to an emergency involving adults. You'll learn how to recognize and respond to a variety of emergencies such as asthma, allergic reaction, heart attack, stroke, and bleeding. Written examination required. Prerequisite(s): None Course time: 7 hours (8 hours for EFA-C; 9.5 hours for EFA-CC) Reference Material: Canadian First Aid Manual, Candidate Supplement Guide. Includes Manual. Currency: 3 years from date of certification. To recertify, candidates take another full Emergency First Aid course.



Standard First Aid with CPR-C & AED

Start: November 23

End: November 24

Sessions: 2

Day: Saturday & Sunday

Time: 9am-5:30pm (each day)



Location: Centennial Hall

Instructor: Victoria Voth

Programmer: Allison

Register early \$150.00 + tax

After November 16 \$180.00 + tax

Builds on the skills learned in Emergency First Aid to respond with confidence to many first aid emergencies. New items covered are soft tissue and skeletal injuries, environmental emergencies, and medical emergencies. Written examination required. Prerequisite(s): None Course time: 14-16 hours (8 hours for recertification) Reference Material: Canadian First Aid Manual, Candidate Supplement Guide. Includes Manual. Currency: 3 years from date of certification.

Standard First Aid with CPR-C & AED Recertification

Start: October 20

End: October 20

Sessions: 1

Day: Sunday

Time: 9am-5:30pm

Location: Centennial Hall

Instructor: Victoria Voth

Programmer: Allison

Register early \$90.00 + tax

After October 13 \$108.00 + tax

Recertification Builds on the skills learned in Emergency First Aid to respond with confidence to many first aid emergencies. New items covered are soft tissue and skeletal injuries, environmental emergencies, and medical emergencies. Written examination required. Prerequisite(s): None Course time: 8 hours for recertification. Reference Material: Canadian First Aid Manual, Candidate Supplement Guide. Includes Manual. Currency: 3 years from date of certification.



Painting with Friends

Ages: 15+

Dates: Ongoing

Day: Wednesday

Time: 1:00-3:00pm

Location: Armstrong Spallumcheen Museum and Art Gallery, 3415 Pleasant Valley Road

Registration: Free

To register contact: Jan Barr 250-550-6465 or asmas@telus.net Feel free to drop into this non-structured afternoon gathering of artists and artisans. Bring your own project, share the space, and meet other creative minds in a casual setting where ideas, support, and encouragement are shared.



Spices of the World

Ages: Adults

Dates: Ongoing

Location: Armstrong Library 250-546-8311

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

Registration: No registration required

Do you like to try new flavours and recipes? Join the Library on a culinary adventure! Each month we will feature a different spice with recipes to try. (While supplies last)



SPORTS

Karate – Kyokushin

Mondays

Ages: 13+
Start: September 16
End: December 9
Day: Mondays
Time: 7:00-9:00pm
Sessions: 10 sessions
Location: Len Wood Middle School Gymnasium
Instructors: Larry Robinson
Programmer: Allison
Register early \$60.00 + tax
After September 9 \$72.00 + tax
No Sessions September 30, October 14 & November 11



Wednesdays

Ages: 13+
Start: September 18
End: December 4
Day: Wednesdays
Time: 7:00-9:00pm
Sessions: 12 sessions
Location: Len Wood Middle School Gymnasium
Instructors: Larry Robinson
Programmer: Allison
Register early \$70.00 + tax
After September 11 \$84.00 + tax
Kyokushin Karate is a traditional Japanese style karate with an emphasize on basic technique, kata, and self defense. Students will be expected to work towards belt grades within the class. Beginners are welcome and can work along at their own pace. All instructors are fully registered, and all have numerous coaching, first aid, concussion awareness and various other certifications. Space is limited. Register early to secure your spot!

Kickboxing

Tuesdays

Ages: 19+
Start: September 17
End: December 3
Day: Tuesdays
Time : 8:00-9:00pm
Sessions : 12 sessions
Location: Len Wood Middle School Gymnasium
Instructors: Chance Goodings
Programmer: Allison
Register early \$84.00 + tax
After September 10 \$100.80 + tax



Thursdays

Ages: 19+
Start: September 19
End: December 12
NO SESSION October 17
Day: Thursdays



Time: 8:00-9:00pm
Sessions: 12 sessions
Location: Len Wood Middle School Gymnasium
Instructors: Chance Goodings
Programmer: Allison
Register early \$84.00 +tax
After September 12 \$100.80 +tax
Equipment:

-Gloves, wraps, kick/punch pads & water bottle.
Designed for all fitness levels. Learning the art of kickboxing, punches, kicks, foot & head movement. Each session is broken down so everyone can learn easily. Kickboxing challenges the body physically, helps to tap into inner power, outwardly expel stress & gain mental focus. Leads to a sense of empowerment, accomplishment, control, respect & discipline. -Warmup, workout, cool down & stretch.
Ignite your inner spark
NO SESSION Thursday, October 17

Drop-In Indoor Soccer

Ages: 30+ Co-Ed
Saturday nights 7:00-8:00pm
Hassen Arena
Runs October 19 - November 16 plus December 14
(End time subject to change based on numbers of participants)
\$10 PP/CASH ONLY



Trust an expert to help you with all your real estate needs anywhere in the North and Central Okanagan!

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PLATINUM



Indoor Walking

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

HASSEN ARENA

Mondays/Wednesdays/Fridays

7:30am-9:30am - Ongoing

Starts: September 16, 2024

Ends: August 8, 2025

Cancellations: November 11,

December 25 & January 1, 2025

FREE *Clean/Indoor shoes only please*

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

NOR-VAL ARENA

Come in and walk any time the
facility is open. 5 times around equals 1 km.
Walk includes stairs.

Pickleball

Tuesdays

Ages: 15+

Start: September 24

End: December 3

Sessions: 11 sessions

Time: 6:00-8:00pm

Location: Highland Park Elementary School Gym

Programmer: Allison

Register early \$60.00 + tax

After September 17 \$72.00 + tax



Wednesdays

Ages: 15+

Start: September 25

End: December 4

Sessions: 11 sessions

Time: 6:00-8:00pm

Location: Highland Park Elementary School Gym

Programmer: Allison

Register early \$60.00 + tax

After September 18 \$72.00 + tax

Thursdays

Ages: 15+

Start: September 26

End: December 5

Sessions: 10 sessions

NO Session October 17

Time: 6:00-8:00pm

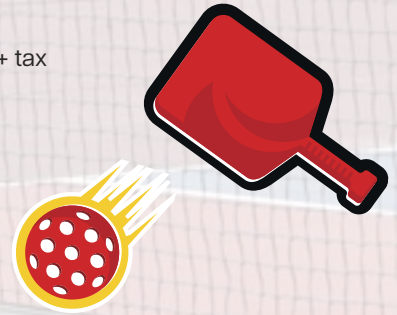
Location: Highland Park Elementary School Gym

Programmer: Allison

Register early \$60.00 + tax

After September 19 \$72.00 + tax

Keep active with this popular racquet sport. A cross between tennis, badminton, and ping-pong, and has been played in North America since 1965. Equipment will be provided. Sign up for one day or all four! Participants MUST register for a particular day or ALL four days separately. Non-Marking Indoor Shoes only please. Space is limited. Register early to secure your spot! *NO Sessions September 30, October 14, October 17 & November 11*



Hassen Fitness Centre 19+

MEMBERSHIP OPTIONS

(not including GST)

1 month \$55 – 3 months \$150

6 months \$275 – 1 year \$410

1-year pre-authorized payment plan

\$40/month

Discounts for family members in same house

OPEN 5AM-10PM, 7 DAYS A WEEK

Subject to change

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

FOB fee: \$15 (yours to keep)

More information at asprd.com



Armstrong Pickleball Club

Ages: 12-90

Dates: January-December

Day: Varies

Time: Varies

Location: Hassen Arena

Organization: Armstrong Pickleball Club

To register contact: armstrongpickleball@gmail.com

Armstrong Pickleball club offers a variety of playing sessions throughout the week for all levels of play. Please check us out on Facebook or email us at armstrongpickleball@gmail.com for information on membership and drop in opportunities. We look forward to your inquiries.



Armstrong Enderby Skating Club

Ages: 3-Adult

Start Date: September 2024

End Date: March 2025

Day: See website for days and times

Time: See website for days and times

Location: Norval Centre

Registration: See website for details

Organization: Armstrong Enderby Skating Club

To register contact: armstrongskatingclub.uplifter.com

www.armstrongskatingclub.com

AESC offers skating programs for all levels and abilities. We are offering Learn to Skate programs for 3-4 year old (Pre-Canskate), 5-11 year old's (Canskate) and 12-Adult (Teen/Adult Canskate. For those entering Figure Skating we have our entry level Juniors, followed by Intermediates, Seniors and Master Adult. There is lively music, strong NCCP coaching background, and a safe fun environment. For more information contact Director of Skating at crerart@telus.net.



FREE
MEDIUM COFFEE*
WITH ANY PURCHASE

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AND ROASTERS

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*with this coupon

Gourmet Coffee, Breakfast, Lunch & Catering in Vernon
3903 27th Street, Vernon BC | 250.503.2222
beantocup.com Fall Armstrong 24



ROLLER SKATING

\$10.00 PP

Hassen Arena

Cash/Credit/Debit

Fridays (Starts Oct. 4) 7:00-9:00 pm
Sundays (Starts Oct. 6) 1:00-3:00 pm

Includes skate rental if required – Unisex Size 3 and up skates available
Bring your own Roller Skates/blades or use ours!! – Bring your own Helmet & Pads
On-site Concession

Friday Cancellations: December 6, 2024 - Sunday Cancellations: November 17, 2024

Nor-Val Public Drop In Ice-Skating Schedule

Season Starts: September 15, 2024, Season Ends: April 6, 2025

All dates & times are subject to change

MONDAYS

Adult/Senior 55+ Shinny Hockey

10:00-11:30am

\$7.00/pp

Starts: September 16 Ends: March 31

*No cancellations

SUNDAYS

Family Skate

3:30-5:30pm

\$5.00/pp 2yrs & under FREE

Starts: September 15 Ends: April 6

*No cancellations

WEDNESDAYS

Adult 19+ Shinny Hockey

10:00-11:30am

\$7.00/pp

Starts: September 18 Ends: April 2

*Cancelled: December 25 & January 1

STAT HOLIDAY TOONIE SKATES

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

September 30, October 14,

November 11 & February 17

Adult 19+/Senior Skating

11:45am-12:45pm

\$2.00/pp

Starts: September 18 Ends: April 2

*No cancellations

PRO D DAY TOONIE SKATES

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

September 27, October 25,

November 8 & February 14



FRIDAYS

Adult/Senior 55+ Shinny

10:00-11:30am

\$7.00/pp

Starts: September 20 Ends: April 4

*Cancelled: February 28 & March 7

Parent & Tot

11:45am-12:45pm FREE

Starts: September 20

Ends: April 4

*Cancelled:

February 28 &

March 7



Parks and Recreation
Affordable Access Pass

Armstrong Spallumcheen Parks & Recreation
Operated by Corner Management Services Ltd.

Who is Eligible?
Must be a resident of The City of Armstrong or
Township of Spallumcheen
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)

NOW AVAILABLE
Affordable Access Pass

Stop by and pickup your flyer today!

CALENDAR OF EVENTS

August 2	Music in the Park – A/S Chamber of Commerce	Memorial Park
August 3	Armstrong Farmers' Market 8am-noon	Fairgrounds
August 8-11	Peruvian Horse Association of Canada	Agriplex
August 9	Music in the Park – A/S Chamber of Commerce	Memorial Park
August 10	Armstrong Farmers' Market 8am-noon	Fairgrounds
August 16	Music in the Park – A/S Chamber of Commerce	Memorial Park
August 17	Armstrong Farmers' Market 8am-noon	Fairgrounds
August 23	Music in the Park – A/S Chamber of Commerce	Memorial Park
August 27	CLOSING DAY, ARMSTRONG SPALLUMCHEEN OUTDOOR POOL	Pool
August 30	Music in the Park – A/S Chamber of Commerce	Memorial Park
August 28-Sept 1	Interior Provincial Exhibition	Fairgrounds
September 13-15	Ranch Horse Revolution Show	Agriplex
September 14	Armstrong Farmers' Market 8am-noon	Fairgrounds
September 28-29	Armstrong Enderby Riding Club Fun Day	Riding Ring #2
September 21	Armstrong Farmers' Market 8am-noon	Fairgrounds
September 28	Armstrong Farmers' Market 8am-noon	Fairgrounds
October 5	Armstrong Farmers' Market 8am-noon	Fairgrounds
October 4	Friday Night Public Roller-skating 7-9pm	Hassen Arena
October 6	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
October 6	Sunday Family Skate 3:30-5:30pm	Nor-Val Arena
October 11	Friday Night Public Roller-skating 7-9pm	Hassen Arena
October 12	Armstrong Farmers' Market 8am-noon	Fairgrounds
October 12	Pumpkin Fest	Fairgrounds
October 13	Demolition Derby	Ring #1/Fairgrounds
October 13	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
October 13	Sunday Family Skate 3:30-5:30pm	Nor-Val Arena
October 18	Friday Night Public Roller-skating 7-9pm	Hassen Arena
October 18-19	Vernon Pigeon and Poultry Club Show	Horticulture Building
October 20	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
October 20	Sunday Family Skate 3:30-5:30pm	Nor-Val Arena
October 25	Friday Night Public Roller-skating 7-9pm	Hassen Arena
October 27	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
October 27	Sunday Family Skate 3:30-5:30pm	Nor-Val Arena
November 1	Friday Night Public Roller-skating 7-9pm	Hassen Arena
November 3	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
November 3	Sunday Family Skate 3:30-5:30pm	Nor-Val Arena
November 8	Friday Night Public Roller-skating 7-9pm	Hassen Arena
November 10	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
November 10	Sunday Family Skate 3:30-5:30pm	Nor-Val Arena
November 11	Remembrance Day Ceremonies	Hassen/Park
November 15	Friday Night Public Roller-skating 7-9pm	Hassen Arena
November 17	CANCELLED Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
November 17	Sunday Family Skate 3:30-5:30pm	Nor-Val Arena
November 22	Friday Night Public Roller-skating 7-9pm	Hassen Arena
November 24	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
November 24	Sunday Family Skate 3:30-5:30pm	Nor-Val Arena
November 29	Friday Night Public Roller-skating 7-9pm	Hassen Arena
December 1	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
December 1	Sunday Family Skate 3:30-5:30pm	Nor-Val Arena
December 6	CANCELLED Friday Night Public Roller-skating	Hassen Arena
December 7	Armstrong Christmas Farmers Market 9:00am-2:00pm	Hassen Arena
December 8	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
December 8	Sunday Family Skate 3:30-5:30pm	Nor-Val Arena
December 13	Friday Night Public Roller-skating 7-9pm	Hassen Arena
December 13	Armstrong Enderby Skating Club Ice Show	Nor-Val Arena
December 15	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
December 15	Sunday Family Skate 3:30-5:30pm	Nor-Val Arena
December 20	Friday Night Public Roller-skating 7-9pm	Hassen Arena
December 22	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena

NOTE: Events included on the above Calendar of Events were included in time to meet early publication deadline. For further information, to confirm the above events or to inquire about additional events please: Like us on Facebook, Visit our website www.asprd.com or Email armstrong@icesports.com



Armstrong Spallumcheen Parks & Recreation

Youth/Family Programs

REGISTRATION FORM - 2024 FALL SEASON

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

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

	Quantity	Total		Quantity	Total
Acting For Teens (12-17) Thursdays, September 12-October 17 4:00-5:30pm Early Reg \$60.00 <u>after Sept 5 \$72.00</u>			Kickboxing Tuesdays 11-18yrs Tuesdays, Sept 17-Dec 3 6:45-7:45pm Early Reg \$72.00 +tax <u>after Sept 10 \$86.40</u>		
Babysitting (ages 11+) Tues/Thurs, Sept 24-Oct 3 6:00-8:00pm Early Reg \$72.00 <u>after Sept 17 \$86.40</u>			Kickboxing Thursdays 11-18yrs Thursdays, Sept 19-Dec 12 6:45-7:45 (NO Session Oct 17) Early Reg \$72.00 +tax <u>after Sept 12 \$86.40</u>		
Karate - Kyokushin - Family (ages 5+) Mondays, Sept 16-Dec 9 6-7pm (NO Sessions Sept 30, Oct 14 & Nov 11) Early Reg \$50.00 +tax <u>after Sept 9 \$60.00 +tax</u>			Stay Safe! (ages 9-13) Tues/Thurs, Sept 24-Oct 3 4:30-5:45pm Early Reg \$57.00 <u>after Sept 17 \$68.40</u>		
Karate - Kyokushin - Family (ages 5+) Wednesdays, Sept 18-Dec 4 6:00-7:00pm Early Reg \$60.00 +tax <u>after Sept 11 \$72.00 +tax</u>			Woodworking - Feeders, Suet+Seed (ages 6-14) Saturday, Oct 26 11:30-12:45am Early Reg \$45.00 <u>after Oct 19 \$54.00</u>		
Kickboxing Tuesdays 5-10yrs Tuesdays, Sept 17-Dec 3 6:00-6:30pm Early Reg \$60.00 <u>after Sept 10 \$72.00</u>			Zumbini Wednesdays 1st Set (0-4yrs) Wednesdays, Sept 18-Oct 23 9:15-10am Early Reg \$75.00 <u>after Sept 11 \$90.00</u>		
Kickboxing Thursdays 5-10yrs Thursdays, Sept 19-Dec 12 6:00-6:30 (NO Session Oct 17) Early Reg \$60.00 <u>after Sept 12 \$72.00</u>			Zumbini Wednesdays 2nd Set (0-4yrs) Wednesdays, Oct 30-Dec 4 9:15-10am Early Reg \$75.00 <u>after Oct 23 \$90.00</u>		

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

CREDIT CARD PAYMENT	<input type="checkbox"/> Visa or <input type="checkbox"/>	EXPIRY	
			(for credit card authorization)

NO LATE REGISTRATIONS - REGISTRATION ENDS ON THE PROGRAM START DATE
 Parents Consent - Parents must read and signed.

I hereby give consent and approval that my son(s)/daughter(s) may participate in the above program(s). I hereby waive any responsibility on the part of the Armstrong Spallumcheen Parks and Recreation Commission, Canlan Ice Sports Corp. or any other person, either volunteer or staff, participating in, coaching, organizing or contracted by the Commission to run the above programs for any injury that may occur to my child while he/she is participating in these programs. I understand that unless a doctors note is provided, there is a \$15.00 administration fee to withdraw from a program. If a program has started, any refund will be pro-rated in addition to the administration fee. No withdrawals/refunds after 72 hours of a program start.

_____ Parent or Guardian Signature	_____ Date
--	----------------------

Name of Parent or Legal Guardian:	E-Mail Address:	Day Telephone:
Address (mailing and street if different):	Postal Code:	Night Telephone:
Emergency Contact (other than parent or guardian listed above) Relationship to child and phone number:		

Registrations can also be completed online at www.ASPRD.com



Armstrong Spallumcheen Parks & Recreation Adult Programs

REGISTRATION FORM - 2024 FALL SEASON

Name of Participant (first and last):
 Birthdate:

Name of Participant (first and last):
 Birthdate:

FITNESS

	Quantity	Total before Tax
Cardio & Strength Wednesdays, September 11-October 30 5:00-6:00pm	Early Reg \$80.00 after Sept 4 \$96.00	
Spin and Strength - Tuesdays September 17-December 3 5:30-6:30pm	Early Reg \$120.00 after Sept 10 \$144.00	
Spin and Strength - Thursdays September 19-November 21 5:30-6:30pm	Early Reg \$100.00 after Sept 12 \$120.00	
Step and Strength Wednesdays, September 18-December 4 10:30-11:30am	Early Reg \$120.00 after Sept 11 \$144.00	
TRX - Tuesdays September 17-December 3 6:45-7:45pm	Early Reg \$120.00 after Sept 10 \$144.00	
TRX - Thursdays September 19-November 21 6:45-7:45pm	Early Reg \$100.00 after Sept 12 \$120.00	
Zumba Fitness Saturdays, September 28-November 16 9:00-9:45am	Early Reg \$80.00 after Sept 22 \$96.00	
Zumba Gold Fridays, September 27-November 15 11:00-11:45am	Early Reg \$80.00 after Sept 20 \$96.00	

YOGA AND QIGONG

	Quantity	Total before Tax
Beginner Yoga - A Journey into Your Poses Mondays, September 16-December 9 (no class Sept 30, Oct 14, Nov 11) 5:00-6:00pm	Early Reg \$110.00 after Sept 9 \$132.00	
Beginner Yoga-Thursdays Thursdays, September 19-December 12 (no class Oct 3, Oct 17) 6:00-7:00pm	Early Reg \$132.00 after Sept 12 \$158.40	
Beginner Yoga-Saturdays Saturdays, September 28-November 16 10:00-11:00am	Early Reg \$88.00 after Sept 21 \$105.60	
Chair Yoga Thursdays, September 26-November 14 10:00-11:00am	Early Reg \$88.00 after Sept 19 \$105.60	
Yoga Mobility Workshop-Hips and Hamstrings Saturday, November 2 11:30am-1:30pm	Early Reg \$50.00 after Oct 26 \$60.00	
Yoga Mobility Workshop-Shoulders Saturday, November 16 11:30am-1:30pm	Early Reg \$50.00 after Nov 9 \$60.00	
Yoga - Restorative Yin Thursdays, September 19-December 12 (no class Oct 17) 7:30-8:30pm	Early Reg \$132.00 after Sept 12 \$158.40	
Qigong and Taoist Yoga Tuesdays, September 17-November 26 9:30-10:30am	Early Reg \$187.00 after Sept 10 \$224.00	

GENERAL INTEREST

	Quantity	Total before Tax
Acting For Adults Wednesdays, September 11-October 16 6:30-8:30pm	Early Reg \$72.00 after Sept 4 \$86.40	
Acting For Teens (12-17) Thursdays, September 12-October 17 4:00-5:30pm	Early Reg \$60.00 after Sept 5 \$72.00	
Emergency First Aid with CPR-A & AED Sunday, September 22 9:00am-5:30pm	Early Reg \$90.00 after Sept 15 \$108.00	
Standard First Aid with CPR-C & AED Saturday, Nov 23 & Sunday, Nov 24 9:00am-5:30pm	Early Reg \$150.00 after Nov 16 \$180.00	
Standard First Aid *RECERT* with CPR-C&AED Sunday, October 20 9:00am-5:30pm	Early Reg \$90.00 after Oct 13 \$108.00	

SPORTS

	Quantity	Total before Tax
Karate - Adult (13+) Mondays Sept 16-Dec 9 (NO SESSIONS Sept 30, Oct 14 & Nov 11) 7:00-9:00pm	Early Reg \$60.00 after Sept 9 \$72.00	
Karate - Adult (13+) Wednesdays Sept 18-Dec 4 7:00-9:00pm	Early Reg \$70.00 after Sept 11 \$84.00	
Kickboxing - Adult (19+) Tuesdays Sept 17-Dec 3 8:00-9:00pm	Early Reg \$84.00 after Sept 10 \$100.80	
Kickboxing - Adult (19+) Thursdays Sept 19-Dec 12 8:00-9:00pm	Early Reg \$84.00 after Sept 12 \$100.80	
Pickleball (Ages 15+) Tuesdays Sept 24-Dec 3 6:00-8:00pm	Early Reg \$60.00 after Sept 17 \$72.00	
Pickleball (Ages 15+) Wednesdays Sept 25-Dec 4 6:00-8:00pm	Early Reg \$60.00 after Sept 18 \$72.00	
Pickleball (Ages 15+) Thursdays Sept 26-Dec 5 *NO SESSION Oct 17* 6:00-8:00pm	Early Reg \$60.00 after Sept 19 \$72.00	

Sub-total		
GST 5%		
Total \$		

GST IS CHARGED ON ALL ADULT PROGRAMS

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

CREDIT CARD PAYMENT

CARD NUMBER	EXPIRY DATE	NAME AS IT APPEARS ON CARD	Signature

NO LATE REGISTRATIONS - REGISTRATION ENDS ON THE PROGRAM START DATE

** Registrations will be processed on a first received first served basis.

** I understand that my (our) participation in the above activity(s) is at my (our) own risk for injury or loss. I am the parent or legal guardian of those registered under 18. I hereby waive any responsibility on the part of the Armstrong Spallumcheen Parks and Recreation Commission, Canlan Ice Sports Corp. or any other person, either volunteer or staff, participating in, coaching, organizing or contracted by the Commission to run the above programs for any injury that may occur while I am participating in these programs. I understand that unless a doctors note is provided, there is a \$15.00 administration fee to withdraw from a program. If a program has started, any refund will be pro-rated in addition to the administration fee. No withdrawals/refunds after 72 hours of a program start.

SIGNATURE(S)

Name of Participant(s): E-Mail Address: Phone #:

Address (mailing and street if different): Postal Code:

Registrations can also be completed online at www.ASPRD.com
 Email: armstrong@canlansports.com
 Phone: 250-546-9456



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