



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

Recreation & Leisure Guide



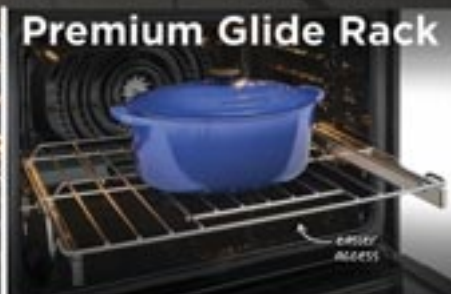
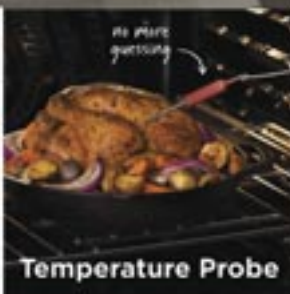
SPRING SUMMER 2024

Everyone Plays!



asprd.com

ARMSTRONG SPALLUMCHEEN PARKS & RECREATION



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with Total Convection
Our most advanced and
powerful convection system,
Total Convection

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appliance

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Spring Summer 2024



**ASPRD
REGISTRATION
OPENS
MARCH 1**

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

**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

Call for information on renting our facilities for your event.



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

**NOW AVAILABLE
AFFORDABLE
ACCESS PASS**
Stop by and pickup your
flyer today!

CHILD & YOUTH PROGRAMS
BIRTHDAY PARTIES
ADULT PROGRAMS
NOR-VAL ICE SCHEDULE
POOL SCHEDULE
CALENDAR OF EVENTS
REGISTRATION FORMS

5-9
4
11-18
18
19-28
29
30-31

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.

Awesome Birthday Parties



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

Party bookings are available Sept-May

Max 25 people \$189 + tax
Over 25 people \$299 + tax

Max Capacity of 60 people per party, for parties over 25
 Visit our website for more information www.asprd.com.
 Call Armstrong Spallumcheen Parks and Recreation to book your
 Party 250-546-9456 ext. 204

HASSEN FITNESS CENTRE

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

More information at asprd.com

OPEN 5AM-10PM, 7 DAYS A WEEK

Subject to change

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

FOB fee: \$10 (yours to keep)

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



ALERTABLE

**All your notifications
 in one place.**

ACCESSIBLE

ONLINE

Stay connected
 in an emergency



City of Armstrong

The City of Armstrong uses the Alertable notification system to send alerts and information about significant emergencies that are impacting our community.

It is crucial for individuals to recognize the role each one of us plays in emergency preparedness. Establishing a connection to emergency notifications is your responsibility. Alertable will keep you up-to-date from a trusted and reliable source.

Customizable to your needs!

You can receive notifications through land line, text, email, website, mobile app, social media, home smart speaker, and more. Customize your preferences by signing up for any combination that suits your needs.

VISIT: WWW.ALERTABLE.CA

Need assistance? Want more info?

Having difficulty setting up your account? Come visit us at City Hall, 3535 Bridge Street, Armstrong, or call us at: (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.

CHILD, YOUTH & FAMILY PROGRAMS

ASPRD

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.

Register online

asprd.com

NCPO

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

Homeschool Primary Art

Ages: Grades K-3

Start: April 8

End: April 22

Day: Mondays

Time: 11:00-12:30pm

Sessions: 3 sessions

Location: Centennial Hall

Instructor: Darcie

Programmer: Juli

Register early \$55.50

After March 31 \$66.50

An introduction to a variety of art mediums for primary aged children. Please have children wear appropriate clothing as art can get messy.

ASPRD



Sessions: 3 sessions

Location: Centennial Hall

Instructor: Anna & Darcie

Programmer: Juli

Register early \$42.00

After March 31 \$50.40

Students will be introduced to a variety of different mediums and learn the basics of how to use them. This loosely structured program allows kids to freely explore the materials and will have the opportunity for further instruction if wanted. Please wear appropriate clothing as art can get messy.

Babysitting (Ages 11 & up)

Start: April 16

End: April 25

Day: Tuesdays & Thursdays

Sessions: 4

Location: Nor-Val Banquet Room

Time: 6:00-8:00pm

Instructor: Taliesan

Programmer: Allison

Register early \$72.00

After April 9 \$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!

ASPRD

Parent & Tot Paint & Play

Ages: Pre-school

Start: April 8

End: April 22

Day: Mondays

Time: 1:00-1:45pm

Sessions: 3 sessions

Location: Centennial Hall

Instructor: Darcie

Programmer: Juli

Register early \$42.00

After March 31 \$50.40

An opportunity for preschool aged children to play and interact with various art supplies. This loosely structured program is meant to encourage creativity and artistic exploration. Please wear appropriate clothing as art can get messy.

ASPRD

Afterschool Mixed Media Art

Ages: 7-10

Start: April 8

End: April 22

Day: Mondays

Time: 2:45-3:45pm

ASPRD

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

Armstrong Preschool Registration

Ages: 3 & 4

Dates April 4-April 5

Day: Thursday & Friday

Time: 6:00-7:00pm

Location: 3260 Rosedale Avenue

Organization: Armstrong Preschool

Registration Fee: \$25.00

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 to explore, discover and grow. Our registration night for the upcoming school year will be held on April 4th & 5th between 6-7pm at the Preschool. Registration forms, class schedules, fees and more information is available on our website www.armstrongpreschool.ca



Quiet the Mind/Cure the Soul

Ages: Parent with child 9-13 yrs.

Date: April 27

Sessions: 1 session

Day: Saturday

Time: 9:30am-11:00am

Location: Centennial Hall

Instructor: Tanya

Programmer: Juli

Register early \$50.00 + tax (1 parent & 1 child)

After April 19 \$60.00+ tax

In the 90 minute workshop, you and your child will be invited to join activities that promote a sense of calm and well-being while having some fun. You will learn different meditation and calm exercises to help deal with racing minds and worry, skills both kids and guardians can use in coping when challenging situations arises.



Stay Safe!

Ages: 9-13

Start: April 16

End: April 25

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 April 9th \$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

Break-In Bags

Ages: School Age

Dates: April 9 & May 14

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 19, 2023

End Date: June 27, 2024

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

Play based licensed program for children eligible for kindergarten registration September 2024. Give your child the advantage of fostering their Kindergarten readiness in a school setting. They will have a BLAST developing confidence and independence in a small group setting. They will make friends and have fun growing.



Volleyball

Tuesdays

Ages 14-17

Start: April 2

End: June 4

NO Session May 21

Day: Tuesdays

Time: 8-10pm

Sessions: 9 sessions

Location: Len Wood Middle School Gym

Instructors: Jason

Programmer: Allison

Register early \$100.00

After March 26 \$120.00



Thursdays

Ages 11-14yrs

Start: April 4

End: June 6

NO Session May 23

Day: Thursdays

Time: 6-8pm

Sessions: 9 sessions

Location: Len Wood Middle School Gym

Instructors: Jason

Programmer: Allison

Register early \$100.00

After March 28 \$120.00

Join us in learning and developing skill and knowledge in the sport of Volleyball. From beginner to advanced levels of skill, Coach Jason will work with you on everything you need to know to understand the mechanics and ins and outs of volleyball.



Basketball

Tuesdays

Ages 10-13

Start: April 2

End: June 4

No Session May 21

Day: Tuesdays

Time: 6-8pm

Sessions: 9 sessions

Location: Len Wood Middle School Gym

Instructors: Sarah

Programmer: Allison

Register early \$100.00

After March 26 \$120.00



Register online at
asprd.com

Thursdays

Ages 13-16yrs

Start: April 4

End: June 6

No Session May 23rd

Day: Thursdays

Time: 8-10pm

Sessions: 9 sessions

Location: Len Wood Middle School Gym

Instructors: Sarah

Programmer: Allison

Register early \$100.00

After March 28 \$120.00

Join us in learning and developing your mechanics in the sport of basketball.

Learn to understand positions, how to shoot, dribble, defend and be a team

player with Coach Sarah!



Karate – Kyokushin

Family - Mondays

Ages: 5+

Start: April 8

End: June 10

NO Sessions April 29 & May 20

Day: Mondays

Time: 6:00-7:00pm

Sessions: 8 sessions

Location: Len Wood Middle School Gymnasium

Instructors: Larry Robinson

Programmer: Allison

Register early \$40.00 + tax

After April 1st \$48.00 + tax

Family - Wednesdays

Ages: 5+

Start: April 3

End: June 5

Day: Wednesday

Time: 6:00-7:00pm

Sessions: 10 sessions

Location: Len Wood Middle School Gymnasium

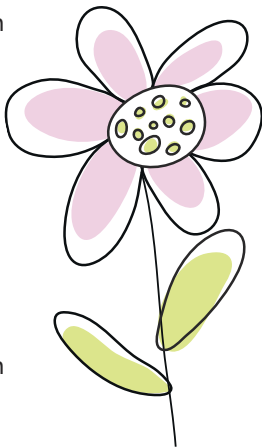
Instructors: Larry Robinson

Programmer: Allison

Register early \$50.00 + tax

After March 27 \$60.00 + 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.



Armstrong Pickleball Club

Ages: 12+

Dates: Year round

Day: Various

Time: Various

Location: Hassen Arena

Fee: \$35.00/year for membership plus \$6.00/session or \$10.00/session for non-members

Organization: Armstrong Pickleball Club (APC)

To register contact: Spencer Michielsen 250-864-9797 or email

armstrongpickleball@gmail.com

Co-Ed Recreational Pickleball. Connect with us on Facebook at Armstrong Pickleball Club.



NEW PROGRAM IN ARMSTRONG



WILLING 2 NINJA

ATHLETICS

JOIN OUR CLASS FOR
NINJA WARRIOR FUNDAMENTALS:

MOVEMENT • BALANCE • AGILITY

NEW SETS BEGIN APRIL 2nd!

TRAIN ON GROUND BASED OBSTACLES, DO CALISTHENICS AND PARTICIPATE IN TEAM CHALLENGES, ALL WHILE HAVING FUN!

ARE YOU WILLING 2 NINJA?

@willing2ninja Willing 2 Ninja Athletics

Visit us on www.willing2ninja.com for more details!





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APRIL 1ST-OCTOBER 1ST**

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Armstrong Pride

*Acknowledging, supporting, celebrating
and reflecting the diversity of
Armstrong Spallumcheen through art,
music and community events.*



Wear a
button in
support



Celebrate at
community
events



Become a
Member



Learn more
at our
website

www.armstrongpride.ca



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

Ages: School Aged

Start Date: April 2

End Date: May 25

Location: Armstrong Library 250-546-8311

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

Registration: No Registration required

Starting April 2, there will be a new kit every two weeks. (while supplies last)

NCPO

Storytime To Go Kit

Ages: Families

Start Date: April 2

End Date: June 29

Location: Armstrong Library 250-546-8311

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

Registration: No Registration required

Experience all the fun of Storytime from the comfort of your home with our Storytime to go kits! (While supplies last)

NCPO

Strong Start

Ages: 0-5

Start Date: September 19, 2023

End Date: June 26, 2024

Day: Monday-Friday

Time: 8:00-11:00am

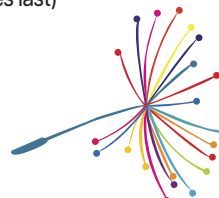
Location: Highland Park Elementary School, Room 38,
3200 Wood Ave

Organization: School District 83

Registration Fee: Free

To Register Contact: Lynn Robitaille Claeys lrobitai@sd83.bc.ca

Free drop-in program for children ages 0-5 with their caregiver. Come join the fun. We have play time, circle time, show'n share, dance party, gym and snack time! We follow School District 83 school calendar and will be closed for Pr D Days, stat holidays and school breaks.



NCPO

NORTH OKANAGAN SAILING ASSOCIATION

SAIL • LEARN TO SAIL

ALL AGES • FAMILY FUN! • CERTIFIED INSTRUCTORS



7801 Okanagan Landing Road (Paddlewheel Park) 250.260-4255



- ADD SAILING TO YOUR BUCKET LIST!
- Youth and Adult Sailing Classes
- Youth Summer Camps
- CANSail 1, 2, 3 and 4 Levels
- Elementary and High School Programs
- Memberships / Family Memberships

vernonsailing.com

info@vernonsailing.com



WINDPOWER

Super Saturdays

Ages: Families

Start Date: April 6

End Date: May 25

Days: Saturday

Times: 10:30-1:00pm

Location: Armstrong Library 250-546-8311

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

Registration: No Registration required

Come down to the library every Saturday to have fun! We will have LEGO, Keva planks and other fun activities to do!



Zumbini

Thursdays 1st set

Ages: 0-4

Start: March 21

End: Apr 25

Day: Thursdays

Sessions: 6

Location: Centennial Hall

Time 9:15-10:00am

Instructor: Natalie

Programmer: Allison

Register early: \$75.00

After March 14th \$90.00



Thursdays 2nd set

Start: May 2

End: June 6

Day: Thursdays

Sessions: 6

Location: Centennial Hall

Time 9:15-10:00am

Instructor: Natalie

Programmer: Allison

Register early: \$75.00

After April 25 \$90.00

ZUMBINI "Parent & Me" Music Program

*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!

Register online

asprd.com

VERNON RECREATION CENTRE

Exercise, Play, Relax

**2 FOR 1
KIDS ADMISSION**

**Bring in this ad and
receive 2 for 1 kids
admission.**

Expires August 25, 2024

Recreation Services

3310-37th Avenue, Vernon

www.gvrec.ca



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.



2
0
2
4

MACKENZIE CAMP

on beautiful Mabel Lake

For kids & youth aged 7-17

July 1 thru August 16, 2024

Quality care & Programming

Fly Fishing & Visual/
Performing Arts Camps, too!

URL: www.mackenziecamp.ca Facebook: MacKenzie-Camp tel: 250-838-6293 email: maccamp@shaw.ca

MacKenzie Camp – A United Church of Canada Camp & Retreat Centre

GET MORE INFO

REGISTER NOW



OPEN
APRIL 1 – OCTOBER 15

8 a.m to 5 p.m.
Monday to Saturday
10 a.m. to 4 p.m. Sundays
(April to June)

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OUR OWN
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www.bluemountainnursery.ca

Rollerskating

Fridays
7:00-9:00 pm

Ends: June 7, 2024

& Sundays
1:00-3:00pm

Ends: April 28, 2024

HASSEN ARENA

\$7.00/person

**MAX CAPACITY OF
140 PARTICIPANTS**



CREDIT, DEBIT & CASH

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

* All dates & times subject to change
Friday Cancellations: April 5 and April 19
Sunday Cancellations: April 21

SOCCER SUMMER CAMPS '24

IGNITE THE PASSION

EARLY BIRD SPECIAL

DON'T MISS OUT! SIGN UP FOR CAMP NOW TO SAVE \$

DISCOUNTS UP TO **\$40** ON SOME SESSIONS

• UNLOCK EXCLUSIVE MERCHANDISE SAVINGS

* EARLY BIRD DISCOUNT EXPIRES 30 DAYS BEFORE CAMP

FOUNDATIONAL SKILLS CAMPS

Incorporating the best coaching methodologies from around the world, players will work on technical foundation skills in a fun & safe environment. More than just a soccer camp; a cultural, educational, and informational program that uses soccer to teach core values of responsibility, respect, integrity, sportsmanship and leadership.



POWERED BY SPIRE

LOVE THE GAME. LEARN THE GAME.

NORTH AMERICA'S MOST TRUSTED SOCCER CAMP PROVIDER

Armstrong Spallumcheen Recreation Commission

Armstrong Fairgrounds, Park Dr, Armstrong, BC V0E 1E0

July 29th - August 2nd

Title	Ages	Time	Early Bird Price
Tinytikes	3 - 5	8.00am - 8.45am	\$95 \$116
Half Day	6 - 14	9.00am - 12.00pm	\$175 \$246
Full Day	7 - 14	9.00am - 3.00pm	\$240 \$280

REGISTER NOW

challengersports.com

CHALLENGERSPORTS.COM

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/DANCE

Cardio and Sculpt

Start: April 3

End: May 8

Day: Wednesdays

Time: 5:00-6:00pm

Sessions: 6 sessions

Location: Centennial Hall

Instructor: Lindsay

Programmer: Juli

Register early: \$60.00 +tax

After March 27 \$72.00 +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.

ASPRD

Social Folk Dancing:

A Teaser class of Square & Contra Dancing

Afternoons

Start: April 3

End: May 8

Day: Wednesdays

Time: 2:00-3:30pm

Sessions: 6 sessions

Location: Centennial Hall

Instructors: Roxy & Joe

Programmer: Juli

Register early: \$ 90.00 +tax

After March 27 \$108.00 +tax

ASPRD

Evenings

Start: April 3

End: May 8

Day: Wednesdays

Time: 6:30-8:00pm

Sessions: 6 sessions

Location: Centennial Hall

Instructors: Roxy & Joe

Programmer: Juli

Register early: \$ 90.00 +tax

After March 27 \$108.00 +tax

Come join us for 6 sessions of some great fun learning the basics of Contra & Square Dancing!! We will explore some of the Folk Dance forms to create a fun choreography & atmosphere for all. Men, women, couples and singles, this program is intended for beginners and no experience is required. Please bring a pair of comfy and dry shoes for the dance floor. Be there or be Square!!

Spin and Strength

Start: April 2

End: May 7

Sessions: 6 sessions

Day: Tuesdays

Time: 5:30-6:30pm

Location: Centennial Hall

Instructor: Don

Programmer: Juli

Register early \$60.00 + tax

After March 25 \$72.00 + 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.

ASPRD

Step and Strength

Start: April 4

End: May 9

Sessions: 6 sessions

Day: Thursdays

Time: 10:30-11:30am

Location: Centennial Hall

Instructor: Don

Programmer: Juli

Register early \$60.00 + tax

After March 27 \$72.00 + 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.

ASPRD

TRX

Start: April 2

End: May 7

Sessions: 6 sessions

Day: Tuesdays

Time: 6:45-7:30pm

Location: Centennial Hall

Instructor: Don

Programmer: Juli

Register early \$60.00 + tax

After March 25 \$72.00 + 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.

ASPRD

Register online at
asprd.com

Yoga

Beginner Yoga – A Journey into Your Poses

Start: April 8

End: June 3

No class scheduled May 20

Sessions: 8 sessions

Day: Mondays

Time: 5:00-6:00pm

Location: Centennial Hall

Instructor: Tanya

Programmer: Juli

Register early \$88.00 + tax

After April 1 \$105.60 + tax

Join Tanya Snow in this 8 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

Start: April 4

End: June 6

Sessions: 10 sessions

Day: Thursdays

Time: 6:00-7:00pm

Location: Armstrong Elementary School Gym

Instructor: Tanya

Programmer: Juli

Register early \$110.00 + tax

After March 28 \$132.00 + 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

Yoga – Mobility Workshop – Hips and Hamstrings

Date: April 13

Sessions: 1 session

Day: Saturday

Time: 10:00-12:00

Location: Centennial Hall

Instructor: Tanya

Programmer: Juli

Register early \$50.00 + tax

After April 5 \$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



Yoga Mobility Workshop - Shoulders

Date: May 11

Sessions: 1 session

Day: Saturday

Time: 10:00am-12:00pm

Location: Centennial Hall

Instructor: Tanya

Programmer: Juli

Register early \$50.00 + tax

After May 3 \$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

Quiet the Mind/Cure the Soul

Ages: Parent with child 9-13

Date: April 27

Sessions: 1 session

Day: Saturday

Time: 9:30am-12:00pm

Location: Centennial Hall

Instructor: Tanya

Programmer: Juli

Register early \$50.00 + tax (1 parent & 1 child)

After April 19 \$60.00+ tax

In the 90 minute workshop, you and your child will be invited to join activities that promote a sense of calm and well-being while having some fun. You will learn different meditation and calm exercises to help deal with racing minds and worry, skills both kids and guardians can use in coping when challenging situations arises.

ASPRD

Restorative Yin Yoga

Start: April 4

End: June 6

Sessions: 10 sessions

Day: Thursdays

Time: 7:30-8:30pm

Location: Armstrong Elementary School Gym

Instructor: Tanya

Programmer: Juli

Register early \$110.00 + tax

After March 28 \$132.00 + 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

Walking-Indoor Nor-Val Arena

Come in and walk 8am-4pm, Monday-Friday. Free

5 times around equals 1 Kilometre. Walk includes stairs.

Inside shoes only please.

ASPRD

Hassen Arena

Monday, Wednesday, and Friday 7:30am-9:30am

Starts: November 13, 2023

Ends: August 9, 2024

Cancellations: April 5, July 1 & July 12

FREE

Approximately 6.25 times around equals 1 Kilometre, and 10.25 times around equals 1 mile. Achieve an active lifestyle...one step at a time.

Inside shoes only please

Drop-In Indoor Soccer

Ages: 30+ Co-Ed

Saturday nights 8-9pm Hassen Arena

Starts: January 13, 2024

Ends: May 25, 2024

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

CANCELLATIONS: February 24, April 6, 20 & March 2, 2024

\$10 PP/CASH ONLY

ASPRD

GENERAL INTEREST

Armstrong Bookclub

Ages: Adults

Start Date: April 3

End Date: June 5

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 good books, good discussion, and good company. The first Wednesday of each month.

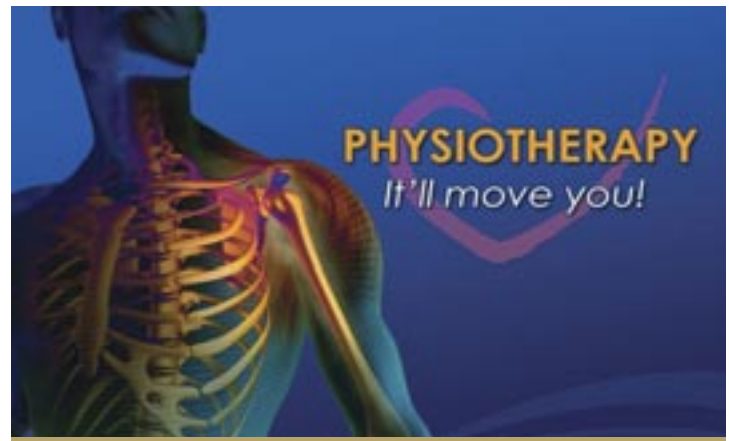


NCPO



Register online

asprd.com



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B.Sc.P.T. Registered Physiotherapist

Paul Makse

B.Sc.P.T. Registered Physiotherapist

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250.546.2468

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Armstrong, BC



Armstrong Spallumcheen
Chamber of Commerce presents

Music IN THE Park

Every Friday this summer 7-9

June 21st

6 Shades of Grey

June 28th

Rule 857 Band

July 5th

Cadillac Jack &
the Blues Tones

July 12th

The Barn Boys

July 19th

Rollin Coal Trio

July 26th

The Goods

August 2nd

Dixie Fried Hep
Katz

August 9th

Hat Trick Band

August 16th

Rockanagan
Band

August 23rd

The Young'uns



Food Trucks on Location

**Donations accepted of non perishable food items to
the Armstrong Food Bank**

LIONS GAZEBO IN MEMORIAL PARK

Canasta (Hand and Foot Version)

Ages: Adults

Start Date: April 4

End Date: August 29

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

Come and join our friendly group of Canasta players. No experience necessary – we will teach you.



Cooking: Plant-Based Programs

Elvira Rodríguez Alonso has been a vegetarian and vegan chef for over 35 years in 3 countries. She recently published the Irresistibly Vegan - Gourmet Dining Cookbook. At 64 years young, publishing this award winning cookbook has been a dream come true. Join Elvira and learn the principles and secrets of the plant-based kitchen including the importance of vegan protein in your dishes. Easier than expected! Discover how rich in flavors, diverse in combinations and delicious in taste and textures vegan food can be. Healthy and scrumptious dishes for any occasion for vegans and non-vegans alike!

We will craft in each gathering, either a main course (often with several side dishes) or create a potpourri of recipes under a theme that will constitute a full meal. We'll close up the experience around the table dining together. See below:

"No-Meat" Balls for Gentle Souls

Date: April 12

Sessions: 1

Day: Friday

Time: 5:30-8:00pm

Location: Centennial Hall

Instructor: Elvira

Programmer: Juli

Register early \$49.50 + tax

After April 4 \$59.40 + tax

Lentil Balls on Cauliflower Rice, Romesco Sauce, Rosemary Broccolini and Braised Radicchio

This dish is an Irresistibly Vegan interpretation of an Italian Classic ...

In this workshop we will learn to "translate" classics of the Italian cuisine into first class plant-based recipes, the use of hearty herbs and traditional methods like sautéing and braising, and finally, options to substitute pasta for other grains or a non-starch vegetable base.

We will address Fundamentals of the Vegan Cuisine going through the 3 most common myths about the vegan kitchen: lack of taste, non-nutritional and difficult to make.



Appetizer Trio

Date: May 17

Sessions: 1

Day: Friday

Time: 5:30-8:00pm

Location: Centennial Hall

Instructor: Elvira

Programmer: Juli

Register early \$49.50 + tax

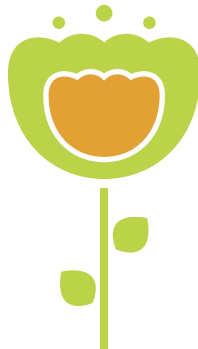
After May 9 \$59.40 + tax

Stuffed Mini Sweet Peppers

Cilantro-Lemon Hummus with Crudités

Roasted Asparagus with slow baked tomatoes

Learn the art of making appetizers – Delightful small bites packed with flavor, Appetizers can be, as their name suggests, a small dish "to open



the appetite," a side dish to a full meal or become a complete main course when served with other appetizers... if the latter, choose some protein rich recipes for a nutritious outcome. Loved for their versatility, variety, and attractive presentation are favorite foods in spring and summer. We will emphasize choosing vegetables in season for nutrition, cost and flavor and the importance of protein in a vegan diet.

Summer Ramen

Date: June 21

Sessions: 1

Day: Friday

Time: 5:30-8:00pm

Location: Centennial Hall

Instructor: Elvira

Programmer: Juli

Register early \$49.50 + tax

After June 6 \$59.40 + tax

Summer Ramen with Spinach-Cilantro Sauce, Stir-fry Vegetables and Tempeh. Asian recipes are the best for the plant-based cuisine, as they use the very source of protein that we use: tofu, tempeh, beans. Learn the versatility of stir fries, other options to noodles (rice, cauliflower, or root vegetable rice) and a sauce that you will use not just for vegetables but for dressings, dips and more, along with marinades for tempeh/tofu. We will emphasize the different components of a vegan menu (vegetable, protein, starch, or starch substitute).



Adult Safe Hockey League – 2023/2024 Season

Registration Opens: Season Currently Ongoing.

Ends March 31st, 2024. More info at ashl.ca

Referees & Timekeepers always needed. Please call 250-546-9456 if interested.

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Email carlypaynerealtor@payneinc.ca

Volunteer Income Tax

Primarily for people with low income and basic deductions.

Dates: March 5-April 30

Day: Tuesdays

Time: 9:00am-12:00pm (by appointment)

Location: Armstrong Seniors Activity Centre 2520 Patterson Ave

Organization: Armstrong Seniors Activity Centre

Registration: Phone for an appointment Patti 250-503-7299 or

Rubin 250-540-1889

All clinics and appointments are taking place at Seniors Patterson Avenue Activity Centre (unless arranged differently with volunteer). Volunteers using Federal Government computer program cannot make changes from previous years or complete complicated returns. We can do previous years if needed however. The new Canadian Dental Subsidy Program is income based so you have to have your income done! We can help.

NCPO

Foraging as a Way of Life - Book Talk

Ages: Adults

Date: May 3

Day: Friday

Time: 6:00pm

Location: Armstrong Library 250-546-8311

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

Registration: No registration required

Come meet local author Mikaela Cannon & get a sneak peak into her new book "Foraging as a Way of Life". Learn some uses of wild plants and meet fellow foragers in this fun workshop. To find out more about the author, visit www.forestfables.ca

NCPO

Kombucha, Ginger Beer and Fermented Soda

Date: May 5

Sessions: 1

Day: Sunday

Time: 1:00-4:00pm

Location: Centennial Hall

Instructor: Kris

Programmer: Juli

Register early \$50.00 + tax

After April 28 \$60.00 + tax

Learn how to make fizzy, probiotic rich, effervescent refreshing beverages from scratch! In this 3-hour fermentation workshop you will learn how to brew kombucha, flavor kombucha, care for a scoby hotel (starter colony), make a ginger bug (starter colony), brew ginger beer, flavor ginger beer and bottle your brews. Lastly, explore fermented sodas by making homemade coca-cola and sprite at home the authentic way. Enrollees will have the opportunity to taste all the beverages, receive a starter scoby (\$20 value) and recipe booklet.

ASPRD

Summer Reading Club 2024: World of Curiosities

Ages: All ages

Start Date: Mid-June

End Date: End of August

Location: Armstrong Library 250-546-8311

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

Registration: No Registration required

"World of Curiosities" Looking for some amazing fun activities to do during the summer? Please check the website in June for more information.

NCPO

Register online at
asprd.com

Introduction to Growing Gourmet Mushrooms

Date: March 17

Sessions: 1

Day: Sunday

Time: 1:00-4:00pm

Location: Centennial Hall

Instructor: Brent

Programmer: Juli

Register early \$50.00 + tax

After March 10 \$60.00 + tax

Learn how to grow your own gourmet mushrooms at home. Lions Mane, Oysters, Reishi and any wood loving fungus. Learn the steps needed to become a successful home Mycologist. Working in a still air box with agar, grain and substrate, learn the process and different techniques of sterilization/sanitation of grains and substrates. Soon you can harvest your own beautiful, nutritious, and delicious Fungi. Each registrant will leave with a prepared Mushroom grow bag to take home.

ASPRD

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: January 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.

NCPO

Plant Share

Ages: Adults

Dates: May 4

Day: Saturday

Time: 10-4

Location: Armstrong Library 250-546-8311

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

Registration: No registration required

Too many plants? Not enough plants? Come to the Library plant share to drop off or pick up plants.

NCPO

Armstrong Seed Library

Ages: Adults

Dates: Ongoing

Location: Armstrong Library 250-546-8311

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

Registration: No registration required

In partnership with Shuswap Seed Savers, the Armstrong Library has launched a seed library. Sign out seeds, grow, harvest and share your seed stock with your community.

NCPO

Soap Making

Date: April 14

Sessions: 1

Day: Sunday

Time: 1:00-4:00pm

Location: Centennial Hall

Instructor: Kris

Programmer: Juli

Register early \$55.00 + tax

After April 7 \$66.00 + tax

ASPRD

This is a 3 hour cold process soap making workshop. This workshop will give you the skills you need to safely make homemade soap yourself from scratch. The science of soap making will be discussed, how saponification works, ingredients for soaping, fragrance oils, essential oils, pouring soap, coloring, soap, cutting soap, and curing soap. A live demonstration will be given. Enrollees may take part in the soap making process (please bring safety goggles), receive prepared soap (valued at \$22), and receive a recipe and information booklet.

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)



Waterbath and Pressure Canning Basics

Date: June 16

Sessions: 1

Day: Sunday

Time: 1:00-4:00pm

Location: Centennial Hall

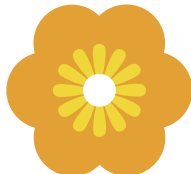
Instructor: Kris

Programmer: Juli

Register early \$50.00 + tax

After June 9 \$60.00 + tax

In this 3 hour informative workshop, you will learn how to preserve food safely and effectively. A great introductory course for the novice canner or update your canning knowledge with this refresher. In the first half of the class you will learn the basics of water bath canning high acid foods like: jam, jelly, syrup, pickles, relish, chutney, fruit and applesauce. The second half of the class will focus on pressure canning low acid foods like: meat, poultry, fish, beans, prepared soups, broth, and much more! Learn how to sterilize, jars and lids, leave the appropriate amount of head space, remove air bubbles, tighten screw bands, the connection between elevation and processing times, and how to store your goods once canned. Prepare for the bounty of the growing season ahead by taking this food preservation workshop. Enrollees will receive an instruction booklet for both methods and watch a live demonstration of both canners being operated.



SPORTS

Karate – Kyokushin Mondays

Ages: 13+

Start: April 8

End: June 10

NO Session April 29 & May 20

Day: Mondays

Time: 7:00-9:00pm

Sessions: 8 sessions

Location: Len Wood Middle School Gymnasium

Instructors: Larry Robinson

Programmer: Allison

Register early \$56.00 + tax

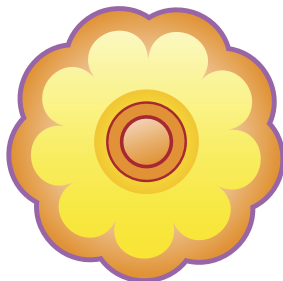
After April 1 \$67.20 + tax

Wednesdays

Ages: 13+

Start: April 3

End: June 5



Day: Wednesdays

Time: 7:00-9:00pm

Sessions: 10 sessions

Location: Len Wood Middle School Gymnasium

Instructors: Larry Robinson

Programmer: Allison

Register early \$70.00 + tax

After March 27 \$84.00 + tax

Kyokushin Karate is a traditional Japanese style karate with an emphasis on basic technique, kata, and self defense. Students will be expected to work towards belt grades within the class. Beginners are welcome and can work along at their own pace. All instructors are fully registered, and all have numerous coaching, first aid, concussion awareness and various other certifications. Space is limited. Register early to secure your spot!

Roller Dance Skating

Ages: 12+

Start: April 15

End: May 27

No Session May 20

Day: Mondays

Sessions: 6 sessions

Time: 6:30-8:00pm

Location: Hassen Arena

Programmer: Allison

Register early \$100.00 + tax

After April 8 \$120.00 + tax

Introduction to basic roller dance skate and safe skating techniques. Class goals are individually tailored and aim to provide steps to build your own dance skate routine! ASPRD will provide use of roller skates IF needed. Please call the office at 250-546-9456, once you've registered, if you require skate use.



Pickleball - Ages 15+ Mondays

Start: April 8

End: June 10

NO Sessions April 29 & May 20

Sessions: 8 sessions

Time: 6:00-8:00pm

Location: Highland Park Elementary School Gym

Programmer: Allison

Register early \$50.00 + tax

After April 1 \$60.00 + tax



Tuesdays

Start: April 2

End: June 4

Sessions: 10 sessions

Time: 6:00-8:00pm

Location: Highland Park Elementary School Gym

Programmer: Allison

Register early \$60.00 + tax

After March 26 \$72.00 + tax

Wednesdays

Start: April 3

End: June 5

Sessions: 10 sessions

Time: 6:00-8:00pm

Location: Highland Park Elementary School Gym

Programmer: Allison

Register early \$60.00 + tax

After March 27 \$72.00 + tax



Pickleball Thursdays

Start: April 4

End: June 13

Sessions: 10 sessions

NO Session June 6

Time: 6:00-8:00pm

Location: Highland Park Elementary School Gym

Programmer: Allison

Register early \$60.00 + tax

After March 28 \$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-Marchking Indoor Shoes only please. Space is limited. Register early to secure your spot! *NO Sessions Apr 29th & May 20th & June 6th*

Armstrong Pickleball Club

Ages: 12+

Dates: Year round

Day: Various

Time: Various

Location: Hassen Arena

Fee: \$35.00/year for membership plus \$6.00/session or \$10.00/session for non-members

Organization: Armstrong Pickleball Club (APC)

To register contact: Spencer Michielsen 250-864-9797 or email armstrongpickleball@gmail.com

Co-Ed Recreational Pickleball. Connect with us on Facebook at Armstrong Pickleball Club.



NOR-VAL SPORTS CENTRE Public Drop-In Ice Schedule Spring/Summer 2024

Season Ends: April 7, 2024 – All dates & times are subject to change

MONDAYS

Adult/Senior 55+ Shinny Hockey 10:00-11:30am
\$7.00 /pp – Ends: April 1

*Cancelled:

WEDNESDAYS

ADULT 19+ SHINNY HOCKEY 10:00-11:30am
\$7.00 /pp – Ends: April 3

*Cancelled: March 20

PUBLIC SKATING 11:45am-12:45pm
ONLY \$2/PP – Ends: April 3rd

*Cancelled: March 20

FRIDAYS

ADULT/SENIOR 55+ SHINNY 10:00-11:30am
\$7.00 /pp – Ends: 5th

*Cancelled: March 1 & March 22

PARENT & TOT 11:45am-12:45pm
FREE – Ends: April 5

*Cancelled: March 1 & March 22

SUNDAYS

FAMILY SKATE 3:30-5:30pm

\$5.00 per person 2 years & under FREE - Ends: April 7

*Cancelled: March 24



STAT HOLIDAY TOONIE SKATE

1:00-2:00pm \$2.00 pp
March 29 & April 1



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Established in 1929, we proudly continue the
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ARMSTRONG POOL SCHEDULE

250-546-0914

Pool Schedule OPENING WEEKEND SCHEDULE May 18th-20th 2024

May 1 st - 17 th	Saturday 18 th	Sunday 19 th	Monday 20 th
MAY 1-8 FOR ARMSTRONG & SPALLUMCHEEN RESIDENTS ONLY Registration begins May 1 st 10% off programs from May 1 st -20 th Coupon is automatically applied at checkout online or in-person! Valid May 1-20 th Office Hours available: Monday-Friday 9:00-5:00	Lap Swim 10:30-11:30	Lap Swim 10:30-11:30	VICTORIA DAY
	Public Swim 12:00-5:30	Public Swim 12:00-5:30	Public Swim 12:00-5:30

Pool Schedule Spring 2024 May 21st- June 30th Statutory Holidays 12-5:30 Public Swim only!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 6:30-8:00	Maintenance	Lap Swim 6:30-8:00	Maintenance	Lap Swim 6:30-8:00	Maintenance	Maintenance
School Swim 8:30-1:30	School Swim 8:30-1:30	School Swim 8:30-1:30	School Swim 8:30-1:30	School Swim 8:30-1:30	Lap Swim 10:30-11:30	Lap Swim 10:30-11:30
Aqua Fit 2:00-3:00	Aqua Fit 2:00-3:00	Aqua Fit 2:00-3:00	Aqua Fit 2:00-3:00	Aqua Fit 2:00-3:00	Aqua Fit 11:30-12:30	Aqua Fit 11:30-12:30
Lessons 2:00-5:00	Lessons 2:00-5:00	Lessons 2:00-5:00	Lessons 2:00-5:00	Lessons 2:00-5:00	Public Swim 12:30-3:00	Public Swim 12:30-3:00
Public Swim 5:15-8:15	Lap Swim 5:00-6:00 Toonie Swim 6:15-8:15	Public Swim 5:15-8:15	Lap Swim 5:00-6:00 Toonie Swim 6:15-8:15	Public Swim 5:15-8:15	Public Swim 3:30-5:30	Public Swim 3:30-5:30

CHILDREN 6 & UNDER MUST BE WITHIN ARMS REACH AT ALL TIMES IN THE FACILITY BY ADULT 16 YEARS OR OLDER.

Public Swim Information

Lockers are located on deck, outside of the Change Room Doors for 25 Cents.
 Each Patron must have a bracelet on to enter the pool- wet or dry!
 Change Room entries are controlled by the office; you must be let in by the front desk.
 Each patron MUST shower before entering the pool!
 Parent & Tot is only for Parents and children 6 yrs. & under and is restricted to the beachfront.
 PFD's available free of charge on deck- Children younger than 6 MUST be within arm's reach at all times.
 "Lap Swims" are only available for persons 16+, or for persons pursuing fitness through lap swimming.

Pool Schedule Summer 2024 July 2nd - August 25th Statutory Holidays 12-5:30 Public Swim only!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 6:30-8:30	Maintenance	Lap Swim 6:30-8:30	Maintenance	Lap Swim 6:30-8:30	Maintenance	Maintenance
Aqua Fit 7:30-8:30		Aqua Fit 7:30-8:30		Aqua Fit 7:30-8:30	Lap Swim 10:30-11:30	Lap Swim 10:30-11:30
Lessons 9:00-12:00	Lessons 9:00-12:00	Lessons 9:00-12:00	Lessons 9:00-12:00	Lessons 9:00-12:00	Aquafit 11:30-12:30	Aquafit 11:30-12:30
Public Swim 12:15-2:45	Public Swim 12:15-2:45	Public Swim 12:15-2:45	Public Swim 12:15-2:45	Public Swim 12:15-2:45	Public Swim 12:30-3:00	Public Swim 12:30-3:00
Parent & Tot 12:15-9:00	Parent & Tot 12:15-9:00	Parent & Tot 12:15-9:00	Parent & Tot 12:15-9:00	Parent & Tot 12:15-9:00		
Lessons 3:00-5:00	Lessons 3:00-5:00	Lessons 3:00-5:00	Lessons 3:00-5:00	Lessons 3:00-5:00	Public Swim 3:30-5:30	Public Swim 3:30-5:30
Aqua Fit 3:00-4:00	Aqua Fit 3:00-4:00	Aqua Fit 3:00-4:00	Aqua Fit 3:00-4:00	Aqua Fit 3:00-4:00		
Lap Swim 4:00-5:00	Lap Swim 5:00-6:00	Lap Swim 4:00-5:00	Lap Swim 5:00-6:00	Lap Swim 4:00-5:00		
Public Swim 5:15-9:00	Toonie Swim 6:15-9:00	Public Swim 5:15-9:00	Toonie Swim 6:15-9:00	Public Swim 5:15-9:00		

CHILDREN 6 & UNDER MUST BE WITHIN ARMS REACH AT ALL TIMES IN THE FACILITY BY ADULT 16 YEARS OR OLDER.

Pool Schedule Summer 2024 August 26th-27th

August 26 th	August 27 th
Lap Swim 9:30-11:30	Lap Swim 9:30-11:30
Public Swim 12:00-3:00	Public Swim 12:00-3:00
Public Swim 3:30-5:30	Public Swim 3:30-5:30 <u>LAST DAY OPEN</u>

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.

Summer Season Swim Information

Lockers are located on deck, outside of the Changerooms for 25 cents.

Each patron must have a bracelet wet or dry!
Changeroom entries are controlled by the office; you must be let in by the front desk.

Each patron MUST shower before entering the pool.
PFD's available free of charge on deck- children 6 years and under must be within arm's reach of an adult at all times. Children under 10 years old must be accompanied by an adult 16 years or older unless approved by the Aquatic Supervisor.

Maintenance at the Pool

Maintenance blocks are set aside to maintain the pool clarity and cleanliness.

Pool will be closed Tuesday/Thursday mornings for maintenance.

Pool is closed all day Sunday July 7th, 2024, for maintenance.

ALL PRICES INCLUDE TAXES

*Family Swims Admission Rates		
Each Swimmer	3 years and up	\$5.00
Tots	3 years and under	<i>FREE</i>
Family Rate	2 Adults 2 kids	\$15.00
Add a kid to family rate for \$5		
All swimmers under 10 years old must be accompanied by an adult 16 years or older. Unless otherwise approved by Aquatic Supervisor. Drop-in only for Public Swims. Family Swim regulations are subject to change as per PHO.		

Lap Swimming & Aquatic Fitness Admission Rates				
Lap Swim	Drop-In	12 Punch	Monthly	Season
Adult (19+)	\$6.00	\$60.00	\$57.50	\$140.00
Senior (65+)	\$4.75	\$47.50	\$40.00	\$115.00
Teen/Student (13-18 or Post-Secondary)	\$4.75	\$47.50	\$40.00	\$115.00
Aqua Fitness	Drop-In	12 Punch	Month	Season
Adult	\$6.50	\$65.00	\$42.00	\$140.00
Senior	\$6.00	\$56.00	\$39.00	\$120.00

All Swim Lesson registration will be restricted to Armstrong & Spallumcheen residents ONLY from May 1st-8th

Swim for Life Lessons (Non-Taxable)		
Preschool (Jellyfish-Narwhal)	0.5 Hours	\$58.00
Swimmer 1-3	0.5 Hours	\$60.00
Swimmer 4	0.75 Hours	\$75.00
Swimmer 5-6	1 Hour	\$80.00
Swim Adapt (6 Lessons)	0.5 Hours	\$60.00
Rookie/Ranger/Star Patrol	1 hours	\$140.00

Private Lessons (Non-Taxable)		
1 Person	30 Minutes (One Lesson)	\$30.00
1 Person	90 Minutes (3 Lessons)	\$80.00
2 People	30 Minutes (One Lesson)	\$29.00
2 People	90 Minutes (3 Lessons)	\$79.00

Administrative Information & Refund Policy

Programs: A \$15 admin fee for cancelling or changing lessons will be charged per class. There are NO refunds after the program has started unless accompanied by a doctor's note. No refunds once the lessons have started unless less than 8 lessons are available due to weather, air quality, or maintenance issues, and pro-rates will be applied when less than 8 out of 10 lessons are available due to unforeseen events.

Drop-in Programs: Refunds will not be applied to drop-in programs due to weather unless the weather changes within the first 60 minutes of the swim. Drop in passes will be available for unforeseen events out of our control and when weather becomes uncooperative within the first hour of the swim.

Processing: Refunds take two weeks to be processed by the main office and are only delivered via cheques.

Early Bird Pricing

Early bird pricing applies from May 1st until May 21st 2024! Get 10% off!









The discount will automatically be applied to your purchase when purchasing online or in-person at the office. You can confirm that the discount is being applied online by clicking the drop-down menu of your fees and you will see the discount being applied.

****Advanced aquatic programs exempt from discount****







RED CROSS TO SWIM FOR LIFE SWIM LEVELS REGISTRATION GUIDE

IF YOUR CHILD...	REGISTER IN LIFESAVING SOCIETY:	PREVIOUS RED CROSS LEVEL:
Can do stride entries and compact jumps; legs only surface support for 45 sec.; sprint 25 m breaststroke; swim 100 m of front crawl and back crawl and 300 m workout...	ROOKIE PATROL 	SWIM KIDS 8
Preferred succession of completion- Rookie Patrol	RANGER PATROL 	SWIM KIDS 9
Preferred succession of completion- Ranger Patrol	STAR PATROL 	SWIM KIDS 10
Preferred succession of completion- Star Patrol	BRONZE STAR 	Preferred SWIM KIDS 10 competed.
Preferred succession of completion- Bronze Star or 13 years old by the last day of the course	BRONZE MEDALLION 	Preferred SWIM KIDS 10 competed.
Completed Bronze Medallion.	BRONZE CROSS 	Preferred SWIM KIDS 10 competed.

RED CROSS TO SWIM FOR LIFE PRESCHOOL REGISTRATION GUIDE

IF YOU CHILD....	REGISTER IN LIFESAVING SOCIETY:	PREVIOUS RED CROSS LEVEL:
Is 4 to 12 months old and ready to learn to enjoy the water with parent...	JELLYFISH (Parent & Tot 1) 	STARFISH
Is 12 to 24 months old and ready to learn to enjoy the water with parent...	GOLDFISH (Parent & Tot 2) 	DUCK
Is 2 to 3 years old and ready to learn to enjoy the water with a parent...	SEAHORSE (Parent & Tot 3) 	SEA TURTLE
Is 3 to 5 years and just starting out on their own....	OCTOPUS (Preschool 1) 	SEA OTTER
Can get in and out and jump into chest-deep water assisted; float and glide on front and back; blow bubbles and get face wet...	CRAB (Preschool 2) 	SALAMANDER
Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec....	ORCA (Preschool 3) 	SUNFISH
Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide, and kick on front and back...	SEA LION (Preschool 4) 	CROCODILE
Can do solo jumps into deep water; swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side...	NARWAL (Preschool 5) 	WHALE

RED CROSS TO SWIM FOR LIFE SWIM LEVELS REGISTRATION GUIDE

IF YOU CHILD....	REGISTER IN LIFESAVING SOCIETY:	PREVIOUS RED CROSS LEVEL:
Is 5 to 12 years and just starting out...	SWIMMER 1 	SWIM KIDS 1
Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath, and exhale underwater; float, kick and glide on front and back...	SWIMMER 2 	SWIM KIDS 2
Can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position; and swim 10 m on front and back...	SWIMMER 3 	SWIM KIDS 3
Can tread for 30 sec.; do kneeling dives and front somersaults; 10 m whip kick on back; and swim 15 m front crawl and back crawl...	SWIMMER 4 	SWIM KIDS 4 SWIM KIDS 5
Can complete the Canadian Swim to Survive Standard: Roll – Tread (1 min.) – Swim (50 m); dive; swim underwater; 15 m whip kick on front; breaststroke arms with breathing; and swim front and back crawl 25 m...	SWIMMER 5 	SWIM KIDS 6
Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50 m front and back crawl; breaststroke for 25 m; sprint 25 m; interval training 4 x 50 m...	SWIMMER 6 	SWIM KIDS 7

**EARLY BIRD
DISCOUNT**

**Early bird pricing applies from
May 1 until May 21! Get 10% off!**

The discount will automatically be applied to your purchase when purchasing online or in-person at the office. You can confirm that the discount is being applied online by clicking the drop-down menu of your fees and you will see the discount being applied. **Advanced aquatic programs exempt from discount**

Pool Lesson Schedule Swim for Life Lessons Spring 2024

Please bring any previous report cards on first day

Spring Set 1 (SG1): May 21st- May 24th Monday- Friday (No Lessons May 22nd -Statutory Holiday)

2:00-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-4:30	4:30-5:00
Privates Available, Subject to Availability - Contact Pool Office at 250-546-0914					

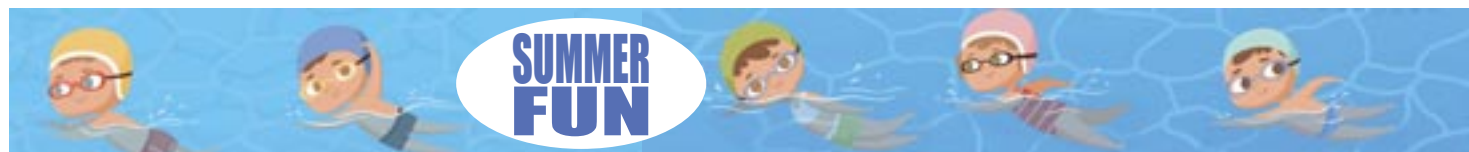
Spring Set 2 (SG2): May 27th- June 7th Monday- Friday

2:00-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-4:30	4:30-5:00
Octopus	Octopus	Swimmer 2	Swimmer 3	Swimmer 5/6 4:00-5:00	
		Crab	Swimmer 1	Crab	Octopus
		Swimmer 4 3:15-4:00		Swimmer 1	Swimmer 3
		Swimmer 1	Octopus	Sea Lion/Narwhal	Swimmer 2
Privates Available, Subject to Availability - Contact Pool Office					

Spring Set 3 (SG3): June 10th - June 21st Monday-Friday

2:00-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-4:30	4:30-5:00
Octopus	Octopus	Swimmer 1	Swimmer 3	Crab	Swimmer 1
		Crab	Swimmer 1	Orca	Sea Lion/Narwhal
		Swimmer 2	Octopus	Swimmer 2	Octopus
		Swimmer 4 3:00-3:45		Rookie/Ranger/Star 4:00-5:00	
Privates Available, Subject to Availability - Contact Pool Office					

ADAPT SWIMMING LESSONS	Pool Rentals
<p>Lifesaving Society lessons are all able to be adapted to individual needs of swimmers. The lessons are worked at their own pace, using personal goals to determine success in the water.</p> <p>Adapt lessons are available during the Private lesson time slots listed in the Spring and Summer Lesson schedules.</p> <p>Seasoned instructors trained in the Swim Adapt program will be assigned the Adapt lessons. Instructor candidates and volunteers may also assist with classes.</p>	<p>We offer one-hour rentals of the pool facility.</p> <p>The time slots are on Saturdays and Sundays from 6:00-7:00pm.</p> <p>Rentals are subject to staff availability and are a first come first serve basis. To book pool rentals it either has to be in-person or over the phone with payment occurring at the time of booking.</p> <p>Pool Rentals are \$161.40 plus tax.</p>



Pool Lesson Schedule Swim for Life Lessons Summer 2024

Please bring any previous report cards on first day

Summer Set 1 (SR1): July 2nd- July 12th Monday-Friday

9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00
Swimmer 1	Octopus	Swimmer 4	10:00-10:45	Rookie/Ranger/Star	11:00-12:00
Crab	Sea Lion/Narwhal	Orca	Swimmer 2	Swimmer 1	Swimmer 3
Swimmer 2	Swimmer 1	Swimmer 3	Octopus	Crab	Jellyfish/Goldfish/Seahorse
Private Lessons Available July 2 nd -5 th			Bronze Star Mon-Fri 9:00-11:00am July 8 th -12 th		
3:00-3:30	3:30-4:00	4:00-4:30		4:30-5:00	
Octopus	Swimmer 2	Orca		Swimmer 3	
Swimmer 1	Crab	Swimmer 5/6 4:00-5:00			

Summer Set 2 (SR2): July 15th- July 26th Monday-Friday

9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00
Swimmer 2	Swimmer 3	Swimmer 5/6	10:00-11:00	Swimmer 4	11:00-11:45
Swimmer 1	Crab	Swimmer 1	Octopus	Swimmer 1	Sea Lion/Narwhal
Octopus	Swimmer 2	Orca	Swimmer 2	Crab	Swimmer 1
Private Lessons Available July 15 th -19 th			Bronze Medallion Mon-Fri 9:00-12:00 July 22 nd -26 th		
3:00-3:30		3:30-4:00		4:00-4:30	
Jellyfish/Goldfish/Seahorse		Octopus		Swimmer 3	
Swimmer 4 3:00-3:45			Rookie/Ranger/Star 4:00-5:00		

Summer Set 3 (SR3): July 29th – August 9th Monday-Friday (No Lessons August 5th STAT)

9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00
Swimmer 3	Octopus	Swimmer 1	Swimmer 2	Swimmer 4 11:00-11:45	
Rookie/Ranger/Star 9:00-10:00		Crab	Octopus	Swimmer 1	Swimmer 2
Orca	Swimmer 1	Swimmer 2	Swimmer 3	Jellyfish/Goldfish/Seahorse	Crab
Private Lessons Available August 6 th -9 th			Bronze Cross Mon-Fri 9:00-1:00 July 29 th -August 2 nd		
3:00-3:30		3:30-4:00		4:00-4:30	4:30-5:00
Octopus		Crab		Swimmer 5/6 4:00-5:00	
Swimmer 3		Swimmer 1		Sea Lion/Narwhal	Swimmer 2

Summer Set 4 (SR4): August 12th – August 23rd Monday-Friday

9:00-9:30	9:30-10:00	10:00-10:30	10:30-11:00	11:00-11:30	11:30-12:00
Swimmer 3	Swimmer 2	Sea Lion/Narwhal	Swimmer 1	Swimmer 5/6 11:00-12:00	
Swimmer 1	Octopus	Swimmer 2	Octopus	Swimmer 4 11:00-11:45	
Crab	Swimmer 1	Swimmer 3	Swimmer 2	Jellyfish/Goldfish/Seahorse	Orca
Private Lessons Available August 12 th -23 rd					
3:00-3:30		3:30-4:00	4:00-4:30		4:30-5:00
Octopus			Swimmer 1		Swimmer 2
Rookie/Ranger/Star 3:00-4:00			Swimmer 4 4:00-4:45		

Bronze Star Monday-Friday

Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

Minimum 4 candidates for the course to run.



July 8th-12th 2024 9:00-11:00am

Prerequisites:

Costs:

Course Fee: **\$160.00**

Require Canadian Lifesaving Manual: **\$40.00**



Bronze Medallion Monday-Friday

Bronze Medallion, the Lifesaving Societies flagship certification, teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgement, skill, and fitness. Bronze

Medallion challenges the candidate both mentally and physically. Judgement, skill, and fitness- the four components of water rescue- form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around water. Bronze Medallion is a prerequisite for Assistant Lifeguard training in Bronze Cross.

Minimum 4 Candidates for the course to run.



July 22nd-26th, 2024 9:00-12:00pm

Prerequisites: Bronze Star or 13 years of age by the last day of the course.

Costs:

Course Fee: **\$180.00**

Require Canadian Lifesaving Manual: **\$40.00**



Bronze Cross/Assistant Lifeguard Monday-Friday

Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

Bronze Cross is worth 2 Grade 11 High School Credits.

Minimum 6 Candidates for the course to run.

July 29th-August 2nd, 2024 9:00-1:00pm

Requirements:

Bronze Medallion current within 5 years

Costs:

Course Fee: **\$180.00**

Require Canadian Lifesaving Manual: **\$40.00**

Review of Bronze Medallion course content is greatly encouraged.



Lap Swim

Lap swimming is open to all fitness abilities and ages 16+ apart from persons pursuing competitive swimming.

Water Walking is permitted in the slow lane.

Lap swim lane etiquette is of the utmost importance.

Circle swimming is required.

Ensure that you are in the right speed lane for your abilities if you are unsure a lifeguard will assist you in finding the right lane for you

To pass someone in your lane you can either pass them at the wall or tap them on the foot to indicate you would like to pass and promptly move past the fellow swimmer.



No Lap Swimming on Holidays!

Aqua Fitness & Zumba Information

Come have fun in the sun at the pool with our aquatic fitness classes to keep YOU active all summer long! Every fitness class will include exercises that will improve Cardiorespiratory Endurance, Muscular Endurance, Muscular Strength, Flexibility, and Stability. Classes may include traditional Aqua Fitness or Aqua Zumba.

Classes subject to having an instructor. The pool space will be open for Aquafit pass holders or drop-ins to do self-lead Aquafit classes in the absence of an instructor.

Participants will be let in 5 minutes prior to class starting to change and prepare for the class.

Participants are not to enter the water until the instructor permits them to.

A 'Par-Q+' must be completed before participation in the class will be allowed



No classes on holidays!



Parent & Tot

Parent and Tot runs Monday-Friday from 12:15-9:00pm starting on the summer schedule on June 26th. This program is set out for parents with kids 6 and under to come to the pool. There must be a ratio of 3 kids under the age of six to one parent or guardian. During the public swims from 12:15-2:45 and night public swims you will have access to the entire facility. Outside of those times Parent and Tot participants are restricted to the Beachfront Area/Tot Pool/Hot Tub.

Participants are restricted to a Parent or Guardian with their child 6 years old and under.

Swimming Lessons will be going on during the same time. Make sure to not take the Swimming Lessons equipment or toys when taking part in Parent & Tot.



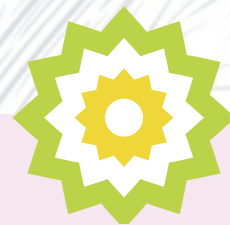
REGISTER EARLY

... 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.



CALENDAR OF EVENTS

March 1	Friday Night Public Roller-skating 7-9pm	Hassen Arena
March 3	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
March 3	Sunday Family Skate 3:30-5:30pm	Nor-Val Arena
March 8	Friday Night Public Roller-skating 7-9pm	Hassen Arena
March 10	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
March 10	Sunday Family Skate 3:30-5:30pm	Nor-Val Arena
March 15	Friday Night Public Roller-skating 7-9pm	Hassen Arena
March 17	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
March 17	Sunday Family Skate 3:30-5:30pm	Nor-Val Arena
March 22	Friday Night Public Roller-skating 7-9pm	Hassen Arena
March 24	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
March 24	CANCELLED Sunday Family Skate 3:30-5:30pm	Nor-Val Arena
March 29	Friday Night Public Roller-skating 7-9pm	Hassen Arena
March 31	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
March 31	Sunday Family Skate 3:30-5:30pm	Nor-Val Arena
April 5	CANCELLED Friday Night Public Roller-skating 7-9pm	Hassen Arena
April 6	Cheesefest – A/S Chamber of Commerce	Hassen Arena
April 7	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
April 7	LAST OF THE SEASON Sunday Family Skate 3:30-5:30pm	Nor-Val Arena
April 12	Friday Night Public Roller-skating 7-9pm	Hassen Arena
April 14	Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
April 19	CANCELLED Friday Night Public Roller-skating 7-9pm	Hassen Arena
April 19-21	Cross Border Cattle Call – Stock Dogs	Grandstand Ring#1
April 20	Armstrong Green Fair 8:00am-12:00pm	Fairgrounds
April 21	CANCELLED Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
April 26	Friday Night Public Roller-skating 7-9pm	Hassen Arena
April 27-28	Armstrong Enderby Riding Club	Ring #2
April 27	Armstrong Farmers Market 8:00am-12:00pm	Fairgrounds
April 28	LAST OF THE SEASON Sunday Public Roller-skating 1:00-3:00pm	Hassen Arena
May 3	Friday Night Public Roller-skating	Hassen Arena
May 4	Armstrong Farmers Market 8:00am-12:00pm	Fairgrounds
May 10	Friday Night Public Roller-skating 7-9pm	Hassen Arena
May 11	Armstrong Farmers Market 8:00am-12:00pm	Fairgrounds
May 20	THE POOL - OPENING DAY	The Pool
May 17	Friday Night Public Roller-skating	Hassen Arena
May 18	Armstrong Farmers Market 8:00am-12:00pm	Fairgrounds
May 24	Friday Night Public Roller-skating 7-9pm	Hassen Arena
May 25	Armstrong Farmers Market 8:00am-12:00pm	Fairgrounds
May 26	Central Okanagan Bicycle Riders Asso. Century Ride	Memorial Park/Roads
May 31	Friday Night Public Roller-skating 7-9pm	Hassen Arena
June 1-2	Armstrong Enderby Riding Club	Ring #2, Agriplex
June 1	Armstrong Farmers Market 8:00am-12:00pm	Fairgrounds
June 1	Pride in the Park	Memorial Park
June 7	LAST OF THE SEASON Friday Night Public Roller Skating 7-9pm	Hassen Arena
June 6-10	B.C. Cutting Horse Association	Agriplex, Ring #1
June 8	Armstrong Farmers Market 8:00am-12:00pm	Fairgrounds
June 14-16	North Okanagan Tracking and Obedience Club	Horticulture
June 15	Armstrong Farmers Market 8:00am-12:00pm	Fairgrounds
June 21-23	Ranch Horse Revolution	Agriplex, Ring #1
June 22	Armstrong Farmers Market 8:00am-12:00pm	Fairgrounds
June 28	A/S Chamber of Commerce Music in the Park	Memorial Park
June 28-30	Thompson Okanagan Working Equitation Canadian Chapter	Ring #1 & #2
June 29	Western Canada Reining Association	
June 29	Armstrong Farmers Market 8:00am-12:00pm	
July 1	Canada Day Celebrations	
July 3-6	Okanagan 4 H Stock Show	
July 3-6	Vernon Kennel Club	
July 5	A/S Chamber of Commerce Music in the Park	Agriplex
July 6	Armstrong Farmers Market 8:00am-12:00pm	Fairgrounds
July 12	A/S Chamber of Commerce Music in the Park	Memorial Park/Pool
July 12-13	Armstrong Metalfest 2022	Fairgrounds
July 13	Armstrong Farmers Market 8:00am-12:00pm	Diamond #2
July 19	A/S Chamber of Commerce Music in the Park	Memorial Park
July 19-21	Western Canada Reining Assoc. Thompson Rivers Reiners	Fairgrounds
July 20	Armstrong Farmers Market 8:00am-12:00pm	Memorial Park
July 26	A/S Chamber of Commerce Music in the Park	Fairgrounds
July 27	Armstrong Farmers Market 8:00am-12:00pm	Memorial Park
July 29-August 2	Challenger British Soccer Camp	Fairgrounds
August 2	A/S Chamber of Commerce Music in the Park	Diamond #1
August 3	Armstrong Farmers Market 8:00am-12:00pm	Memorial Park
August 9-11	Peruvian Horse Association of Canada	Fairgrounds
August 9	A/S Chamber of Commerce Music in the Park	Agriplex, Ring#2
August 10	Armstrong Farmers Market 8:00am-12:00pm	Memorial Park
August 16	A/S Chamber of Commerce Music in the Park	Fairgrounds
August 17	Armstrong Farmers Market 8:00am-12:00pm	Memorial Park
August 23	A/S Chamber of Commerce Music in the Park	Fairgrounds
August 29	Pool Closing Day	Memorial Park
August 30	A/S Chamber of Commerce Music in the Park	The Pool
August 28-Sept 1	INTERIOR PROVINCIAL EXHIBITION	Memorial Park
		Fairgrounds



NOTE: Events included on the above Calendar of Events were booked in time to meet publication deadline of February 1, 2024.

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
Email
armstrong@icesports.com*



Armstrong Spallumcheen Parks & Recreation

Adult Programs

REGISTRATION FORM - 2024 SPRING/SUMMER SEASON

Name of Participant (first and last):

Birthdate

Name of Participant (first and last):

Birthdate

FITNESS/DANCE

Cardio & Sculpt

Wednesdays, April 3-May 8
5:00-6:00pm

Social Folk Dancing- Afternoons

Wednesdays, April 3-May 8
2:00-3:30pm

Social Folk Dancing- Evenings

Wednesdays, April 3-May 8
6:30-8:00pm

Spin and Strength - Tuesdays

April 2-May 7
5:30-6:30pm

Step and Strength - Thursdays

April 4-May 9
10:30-11:30am

TRX - Tuesdays

April 2-May 7
6:45-7:30pm

	Quantity	Total before Tax
Early Reg \$60.00 after March 27 \$72.00		
Early Reg \$90.00 after March 27 \$108.00		
Early Reg \$90.00 after March 27 \$108.00		
Early Reg \$60.00 after March 25 \$72.00		
Early Reg \$60.00 after March 27 \$72.00		
Early Reg \$60.00 after March 25 \$72.00		

YOGA

Beginner Yoga - A Journey into Your Poses

Mondays, April 8-June 3 (no class May 20)
5:00-6:00pm

Beginner Yoga

Thursdays, April 4-June 6
6:00-7:00pm

Yoga Mobility Workshop-Hips and Hamstrings

Saturday, April 13
10:00am-12:00pm

Yoga Mobility Workshop-Shoulders

Saturday, May 11
10:00am-12:00pm

Quiet the Mind/Cure the Soul (1 Parent & 1 Child 9-13)

Saturday, April 27
9:30am-12:00pm

Yoga - Restorative Yin

Thursday, April 4-June 6
7:30-8:30pm

	Quantity	Total before Tax
Early Reg \$88.00 after April 1 \$105.60		
Early Reg \$110.00 after March 28 \$132.00		
Early Reg \$50.00 after April 5 \$60.00		
Early Reg \$50.00 after May 3 \$60.00		
Early Reg \$50.00 after April 19 \$60.00		
Early Reg \$110.00 after March 28 \$132.00		

SPORTS

Karate - Adult (13+) Mondays

Apr 8-Jun 10 (NO SESSIONS Apr 29th & May 20th)
7:00-9:00pm

Karate - Adult (13+) Wednesdays

Apr 3-Jun 5
7:00-9:00pm

Pickleball (Ages 15+) Mondays

Apr 8-Jun 10 *NO SESSIONS Apr 29th & May 20th*
6:00-8:00pm

Pickleball (Ages 15+) Tuesdays

Apr 2-Jun 4
6:00-8:00pm

Pickleball (Ages 15+) Wednesdays

Apr 3-Jun 5
6:00-8:00pm

Pickleball (Ages 15+) Thursdays

Apr 4-Jun 13 *NO SESSION June 6th*
6:00-8:00pm

Roller Dance Skating (12+)

Monday, Apr 15 - May 27
6:30-7:30pm

Early Reg \$56.00 after Apr 1st \$67.20		
Early Reg \$70.00 after Mar 27 \$84.00		
Early Reg \$50.00 after Apr 1st \$60.00		
Early Reg \$60.00 after Mar 26 \$72.00		
Early Reg \$60.00 after Mar 27 \$72.00		
Early Reg \$60.00 after Mar 28 \$72.00		
Early Reg \$100.00 after Jan 1st \$120.00		

GENERAL INTEREST

Cooking Plant-Based "No-Meat" Balls for Gentle Souls

Friday, April 12
5:30-8:00pm

Cooking Plant-Based: Appetizer Trio

Friday, May 17
5:30-8:00pm

Cooking Plant-Based: Summer Ramen

Friday, June 21
5:30-8:00pm

Kombucha, Ginger Beer and Fermented Soda

Sunday, May 5
1:00-4:00pm

Introduction to Growing Gourmet Mushrooms

Sunday, March 17
1:00-4:00pm

Soap Making

Sunday, April 14
1:00-4:00pm

Waterbath and Pressure Canning Basics

Sunday, June 16
1:00-4:00pm

Early Reg \$49.50 after April 4 \$59.40		
Early Reg \$49.50 after May 9 \$59.40		
Early Reg \$49.50 after June 6 \$59.40		
Early Reg \$50.00 after April 28 \$60.00		
Early Reg \$50.00 after March 10 \$60.00		
Early Reg \$55.00 after April 7 \$66.00		
Early Reg \$50.00 after June 9 \$60.00		

Sub-total

GST IS CHARGED ON ALL ADULT PROGRAMS

GST 5%

Total \$

Cash:

Cheque: (No Post Dated Cheques)

Debit:

Credit Card:

CREDIT CARD PAYMENT

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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

DIVE INTO NATURE THIS SUMMER

ADMISSION
BY DONATION

Allan Brooks
NATURE CENTRE

*"Bringing nature to life
in the Okanagan"*

OPENING DAY
APRIL 20TH

Open Tuesday to Saturday
9am - 3:30pm



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