



RECREATION S P R I N G GUIDE 2024

A MESSAGE FROM THE MAYOR



We are pleased to offer the City of Merritt's latest *Recreation Guide* for Spring 2024. As a user of our amazing facilities, I invite you to explore all that Merritt has to offer. From swimming lessons and exercise classes to community events and activities, this guide highlights many opportunities for fitness, recreation and community connection.



TABLE OF CONTENTS

CITY PARKS AND FACILITIES	3
FACILITY RENTALS + BIRTHDAY PARTIES	7
MERRITT CIVIC CENTRE	10
YOGA + MINDFUL STRETCH.....	11
FITNESS: ADULT	14
FITNESS: CHILDREN	15
GYMNASTICS	16
FIRST AID	17
NICOLA VALLEY AQUATIC CENTRE	18
POOL ADMISSION FEES	19
TEEN FITNESS	19

AQUAFIT PROGRAMS	20
SWIMMING LESSONS	21
PRIVATE + ADULT SWIMMING LESSONS	24
CANADIAN SWIM PATROL	25
AQUATIC LEADERSHIP	26
NICOLA VALLEY MEMORIAL ARENA.....	28
EMERGENCY SERVICES PROGRAMS	30
SENIORS PROGRAMS	31
ARTS PROGRAMS	32
EVENTS	33
COMMUNITY DIRECTORY	40



CITY HALL + COUNCIL CHAMBERS
2185 VOGHT STREET | 250.378.4224

CITY PARKS + FACILITIES



**NICOLA VALLEY
MEMORIAL ARENA**
2075 MAMETTE AVENUE
| 250.378.4832

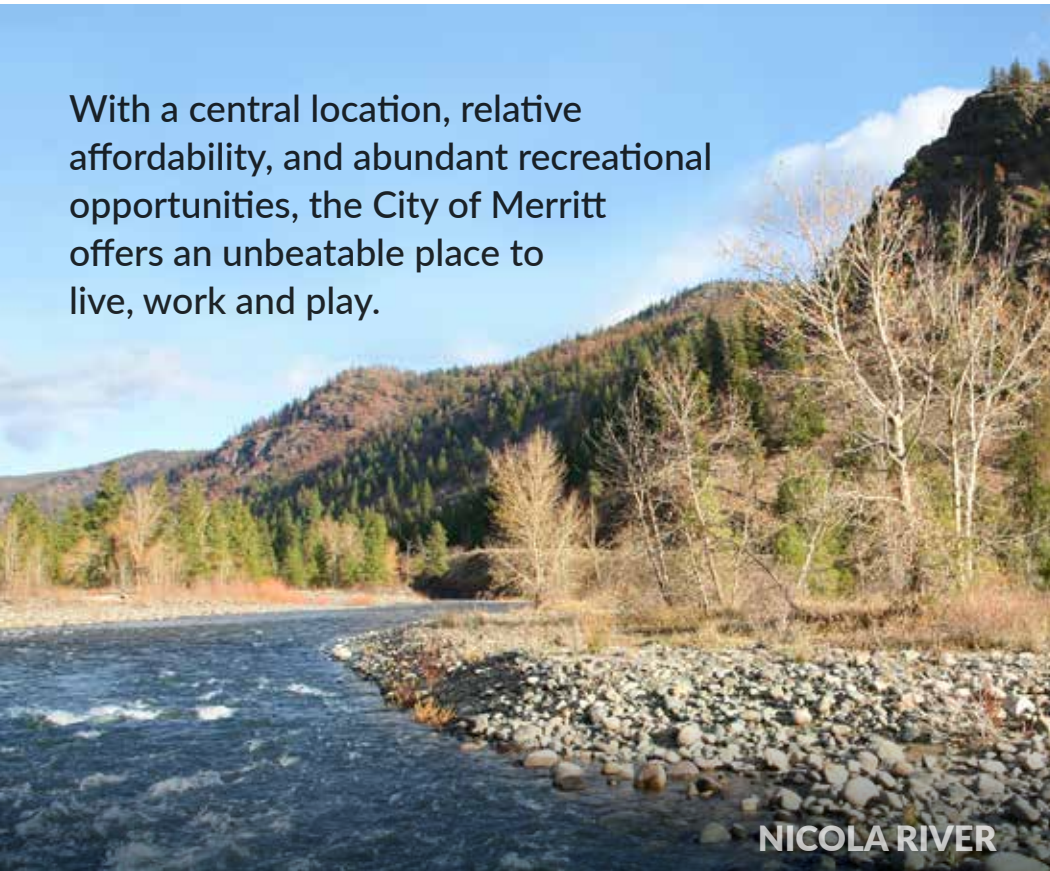


NICOLA VALLEY AQUATIC CENTRE
2040 MAMETTE AVENUE | 250.378.6662



MERRITT CIVIC CENTRE
1950 MAMETTE AVENUE | 250.315.1050

With a central location, relative affordability, and abundant recreational opportunities, the City of Merritt offers an unbeatable place to live, work and play.



NICOLA RIVER



DISC GOLF | 9-HOLE COURSE
BENCH PARK | 2175 GILLIS CRESCENT
**DISCS AVAILABLE AT
PUBLIC LIBRARY + CIVIC CENTRE*

EXPLORE MERRITT



VOGHT DOG PARK
1500 CANFORD AVENUE



ROTARY BIKE PARK | PUMP TRACK
CENTRAL PARK | 2975 VOGHT ST



MULTI-USE SPORTS BOX
CENTRAL PARK | 2975 VOGHT ST

**BASKETBALL
LACROSSE
PICKLEBALL
HOCKEY**

8 PARKS

BENCH PARK

2175 GILLIS CRESCENT
Dog-friendly park with tennis courts and 9-hole Disc Golf course.

CENTENNIAL PARK

1350 GOVERNMENT AVE
Grassy park with trails and benches.

CENTRAL PARK

2975 VOGHT STREET
Main community park with 5 ball fields, playground, washrooms, concession and gazebo. Includes a paved trail along the golf course that leads to Rotary Park. A multi-sports box, bike pump track, and youth skate park are also located on this site.

FAIRLEY PARK

1788 QUILCHENA AVE
Toddler-friendly neighbourhood park with playground.

LIONS MEMORIAL PARK

2408 VOGHT STREET
Small central park with picnic tables, washrooms, and trails set along the Nicola River.

N'KWALA PARK

2050 MERRITT AVE
Walk across the pedestrian bridge from Lions Memorial Park to access this hidden gem.

ROTARY PARK

1990 MAXWELL AVENUE
With Bandshell, spray park and playground, this main park off the banks of the Nicola River is a primary location for major community events like Easter and Music in the Park.

VOGHT PARK

1500 CANFORD AVENUE
With a fenced dog park, oval running track and soccer posts, this historic park is currently being renovated.



ROTARY PARK BANDSHELL
ROTARY PARK | 1990 MAXWELL AVE



BALL FIELDS
CENTRAL PARK | 2975 VOGHT ST



TENNIS COURTS
BENCH PARK | 2175 GILLIS CRESCENT
GOLF COURSE | 1450 JUNIPER DR



TRAILS
COLDWATER RIVER TRAIL | 1301 VOGHT STREET



SKATEBOARD TRACK
CENTRAL PARK | 2975 VOGHT ST



PLAYGROUNDS
ROTARY PARK | 1990 MAXWELL AVE
CENTRAL PARK | 2975 VOGHT ST
FAIRLEY PARK | 1788 QUILCHENA AVE

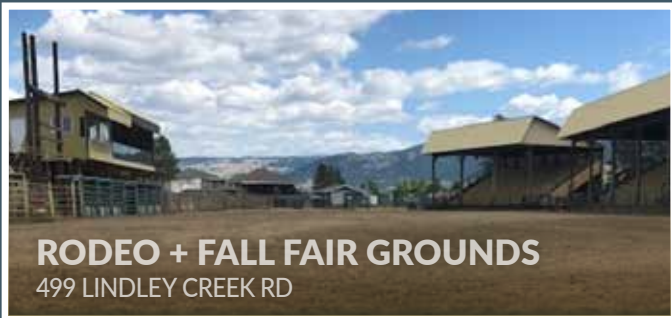


SPRAY PARK
ROTARY PARK | 1990 MAXWELL AVE



SPIRIT SQUARE STAGE
2026 GRANITE AVE

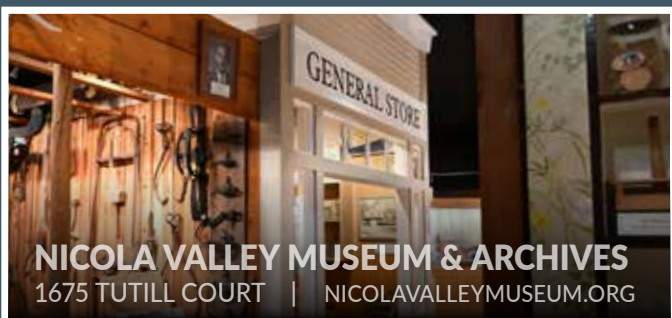
OTHER LOCAL FACILITIES



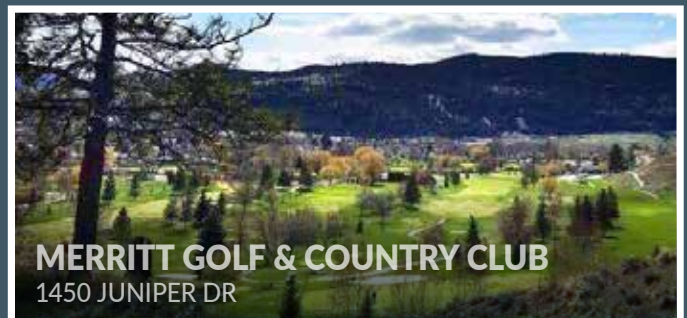
RODEO + FALL FAIR GROUNDS
499 LINDLEY CREEK RD



MERRITT PUBLIC LIBRARY
1691 GARCIA STREET | MERLIB@TNRD.CA



NICOLA VALLEY MUSEUM & ARCHIVES
1675 TUTILL COURT | NICOLAVALLEYMUSEUM.ORG



MERRITT GOLF & COUNTRY CLUB
1450 JUNIPER DR



CENTRAL PARK CONCESSION
2975 VOGHT ST

FACILITY RENTALS



CENTRAL PARK BALL FIELDS
2975 VOGHT ST



ROTARY PARK BANDSHELL
1990 MAXWELL AVENUE

Various City of Merritt facilities can be reserved for private events.

ROTARY PARK BANDSHELL

SPIRIT SQUARE

PARKS

BALL FIELDS

CENTRAL PARK CONCESSION

CENTRAL PARK GAZEBO

ARENA ICE RINK | DRY FLOOR

ARENA MEZZANINE

AQUATIC CENTRE

MERRITT CIVIC CENTRE

BOOKINGS ► CIVICCENTRE@MERRITT.CA

► MERRITT.CA/RENTALS

MERRITT CIVIC CENTRE SPACE RENTALS



ENTIRE AUDITORIUM

CAPACITY: 520 CHAIRS (320 CHAIRS + RECTANGULAR TABLES)
SPLITS INTO 2 ROOMS: EAST + WEST AUDITORIUMS

FREE PARKING (200) | FREE WI-FI

AUDIO-VISUAL | SOUND SYSTEM



LARGE MEETING ROOMS

ROOM 2 | 80 CHAIRS
ROOM 3 | 80 CHAIRS
COMBINED: 160 CHAIRS



SMALL MEETING ROOMS

ROOM 1 | 35 CHAIRS
ROOM 4 | 45 CHAIRS (SEPARATE ENTRY)



FULL COMMERCIAL KITCHEN

- FOOD WARMER
- REGULAR OVEN
- 2 CONVECTION OVENS
- GRILL
- 6 BURNER STOVE TOP
- WALK-IN COOLER
- ICE MACHINE
- LARGE DOUBLE DOOR UPRIGHT FREEZER
- FULL PLACE SETTINGS AND COOKWARE



FOYER

EXTRA CAPACITY: 10 TABLES

BOOK YOUR BIRTHDAY Party



POOL PARTY NICOLA VALLEY AQUATIC CENTRE

FUN LEADER PACKAGE | \$100

- Admission for 10 children
- Party includes 1 hour of swimming with an energetic fun leader
- Use of viewing deck for 2 hours (includes tables and chairs)
- Set-up while children in the pool.

BOUNCY CASTLE MERRITT CIVIC CENTRE

FUN EXPRESS TRAIN STATION | \$150

- Entry for 12 party-goers
- 2 hours of bounce/gym time with an energetic fun leader
- Additional 15 minutes before and after the party for set-up/clean up
- Included: Bouncy Castle, tables and chairs

BOOK YOUR PARTY! ► POOL@MERRITT.CA | 250.378.6662 ► RECREATION@MERRITT.CA | 250.315.1050

* Extra charge for additional children. Additional fun leader may be required.

* Decorations and food permitted in table areas. Please remove and clean at party completion.

* All children under the age of 7 must be accompanied in the pool by a responsible supervisor 16 years of age or older. One supervisor may be responsible for up to 3 children.



WEDDINGS & GALAS

MERRITT CIVIC CENTRE

1950 MAMETTE AVENUE | 250.315.1050 | CIVICCENTRE@MERRITT.CA

OFFICE HOURS
MONDAY - THURSDAY
| 8:00AM - 5:30PM

FACILITY OPEN AS BOOKED



PROGRAMS & CLASSES



ENTERTAINMENT & EVENTS



CONFERENCES & MEETINGS



TRADE SHOWS & CRAFT FAIRS



YOGA

VINYASA YOGA

This regular Vinyasa Yoga class teaches a style of yoga that focuses on smooth, flowing movements, synchronized with deep and mindful breathing. It's known for its dynamic sequences of poses, promoting strength, flexibility, and a sense of inner calm.

YIN YOGA

This Yin style of yoga is a slow and gentle style of yoga that involves holding passive poses for an extended period, typically 3 to 5 minutes or more. It targets deep connective tissues in the body, promoting relaxation, flexibility, and a meditative state of mind.

INSTRUCTOR: LINDSAY

REGULAR YOGA THURSDAYS

MINIMUM REGISTRATION REQUIRED FOR CLASSES TO RUN

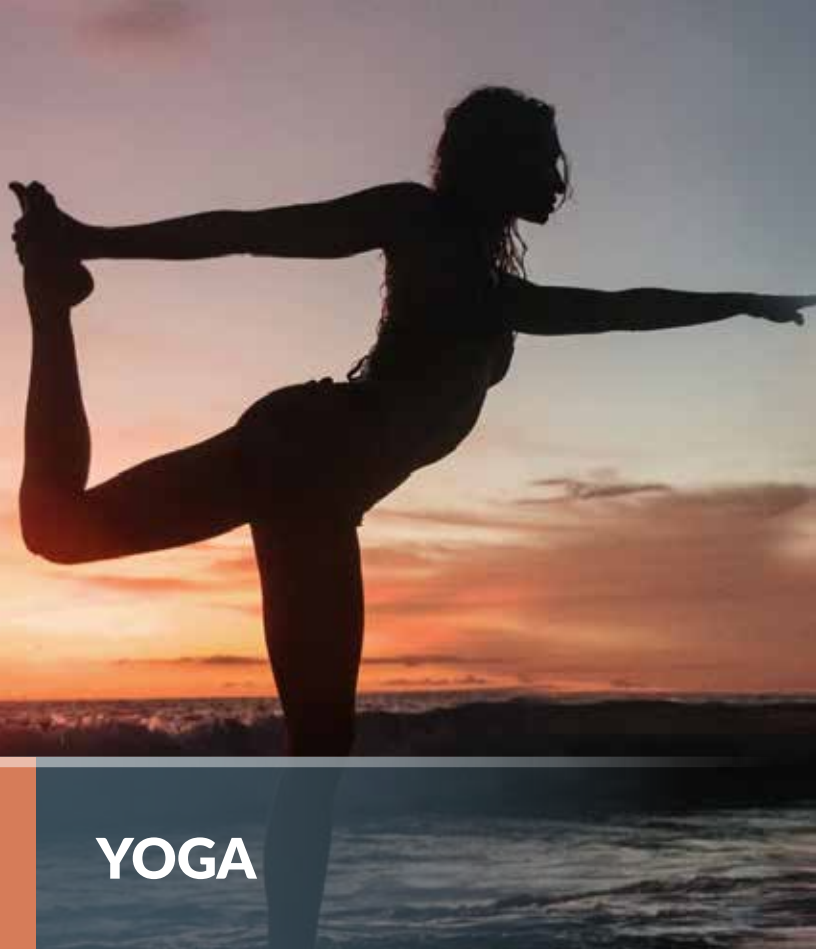
THURSDAYS VINYASA YOGA		
MARCH 14 - APRIL 25, 2024	5:30 - 6:45PM	\$70 (7 CLASSES)
MAY 16 - JUNE 27, 2024	5:30 - 6:45PM	\$70 (7 CLASSES)
SINGLE DROP-IN CLASS: \$12.50 MERRITT CIVIC CENTRE		

* BREAK FROM APRIL 26 - MAY 13

THURSDAYS YIN YOGA		
MARCH 14 - APRIL 25, 2024	7:00 - 8:15PM	\$70 (7 CLASSES)
MAY 16 - JUNE 27, 2024	7:00 - 8:15PM	\$70 (7 CLASSES)
SINGLE DROP-IN CLASS: \$12.50 MERRITT CIVIC CENTRE		

* BREAK FROM APRIL 26 - MAY 13

* SENIORS DISCOUNT: 15%



YOGA

THERAPEUTIC TUESDAYS

THERAPEUTIC VINYASA YOGA "HOW TO INHABIT YOUR BODY"

While still based on the traditional Sun Salutation of Vinyasa Yoga, this Therapeutic Vinyasa class will be much slower in pace to allow us the time to break down poses and learn to integrate movement into the whole body. We will also use movement from Tensegrity, breath work, and guided meditation to round out the practice. We will be using props more often than not to develop better body mechanics and awareness. This class is appropriate for anyone but more for older adults, injuries and persistent pain, life-limiting illness, and caregivers. Please be aware that Lindsay is not a pre/postnatal yoga instructor and this class is not appropriate for pre/postnatal students.

THERAPEUTIC YIN YOGA "HOW TO FEEL YOUR BODY"

This Therapeutic Yin class will not always be a true Yin Yoga class and it will be very gently paced. We will incorporate movement from Yin, Tensegrity, Restorative, and (light) Vinyasa to create a full and meaningful practice. We will also use breath work and guided meditation throughout the class to highlight themes and create a path to calm movement. This class is appropriate for anyone but more for older adults, injuries, persistent pain, life-limiting illness, and caregivers. Please note that Lindsay is not a pre/postnatal yoga instructor and this class is not appropriate for pre/postnatal students.

INSTRUCTOR: LINDSAY

TUESDAYS THERAPEUTIC VINYASA		
MARCH 12 - APRIL 23, 2024	5:30 - 6:45PM	\$70 (7 CLASSES)
MAY 14 - JUNE 25, 2024	5:30 - 6:45PM	\$70 (7 CLASSES)
SINGLE DROP-IN CLASS: \$12.50 MERRITT CIVIC CENTRE		

* BREAK FROM APRIL 26 - MAY 13

TUESDAYS THERAPEUTIC YIN		
MARCH 12 - APRIL 23, 2024	7:00 - 8:15PM	\$70 (7 CLASSES)
MAY 14 - JUNE 25, 2024	7:00 - 8:15PM	\$70 (7 CLASSES)
SINGLE DROP-IN CLASS: \$12.50 MERRITT CIVIC CENTRE		

* BREAK FROM APRIL 26 - MAY 13

* SENIORS DISCOUNT: 15%

MINIMUM REGISTRATION REQUIRED FOR CLASSES TO RUN



MINDFUL STRETCH

Build community and support. Participants can connect with others who are on a similar journey to improved well-being. This sense of community encourages ongoing participation and mutual support.

Our Mindful Programs empowers individuals to prioritize their physical and mental health. By incorporating simple chair stretches and mindfulness practices into their daily lives, participants can experience the benefits of enhanced flexibility, reduced stress, and improved overall well-being.

MINDFUL CHAIR STRETCH

Our Mindful Chair Stretch Program offers a unique blend of seated stretches and mindfulness practices, making it easy for participants to incorporate wellness into their daily routine. This program is ideal for individuals of all fitness levels and is particularly beneficial for those with limited mobility or busy schedules.

INSTRUCTOR: SANDY LABERMEYER

MINDFUL CHAIR STRETCH	
JANUARY 2 – MARCH 28, 2024	11:00AM - 11:45AM
APRIL 2 – JUNE 27, 2024 <small>* EXCEPT APRIL 9 + 11</small>	11:00AM - 11:45AM
SINGLE DROP-IN CLASS	\$5.00

MINDFUL STRETCH & STRENGTH

LUNCH-TIME YOGA: Our Mindful Stretch and Strength Program offers a unique fusion of physical fitness and mindfulness techniques, creating a balanced and rejuvenating experience for participants of all levels. In this program, we focus on the harmonious integration of body and mind, allowing you to achieve greater physical vitality and mental clarity.

INSTRUCTOR: SANDY LABERMEYER

MINDFUL STRETCH & STRENGTH	
JANUARY 2 – MARCH 28, 2024	12:15 - 1:00PM
APRIL 2 – JUNE 27, 2024 <small>* EXCEPT APRIL 9 + 11</small>	12:15 - 1:00PM
SINGLE DROP-IN CLASS	\$5.00

MINIMUM REGISTRATION REQUIRED FOR CLASSES TO RUN



ADULT FITNESS

RHYTHM FITNESS

Rhythm Fitness is a vibrant and all-encompassing fitness experience that brings the joy of movement to a whole new level, featuring diverse music genres that range from grooving to the beats of the 80s to the latest hits. Our dynamic sessions merge the excitement of rhythmic workouts with the infectious energy of various music styles, ensuring a fitness journey that caters to everyone.

INSTRUCTOR: KIYA GIESBRECHT

RHYTHM FITNESS		
MONDAYS		
MAY 27 - JUNE 24, 2024	12:15PM - 1:00PM	\$50 (5 CLASSES)

WALK + RUN CLUB

Join us for an inclusive Walk and Run Club! This free community program is designed for individuals of all fitness levels, providing a supportive environment to enhance your cardiovascular health and foster a sense of community. Participants will have the option to choose their preferred activity level:

- **WALKING GROUP:** Ideal for those who enjoy a brisk walk and a social atmosphere.
- **5K TRAINING GROUP:** Perfect for those looking to build up to a 5K run, incorporating a mix of walking and jogging.
- **10K TRAINING GROUP:** For individuals aiming to challenge themselves with a 10K run, combining longer intervals of walking and jogging.

INSTRUCTOR: CHELSEA COOPER

WALK + RUN CLUB		
WEDNESDAYS		
APRIL 10 - JUNE 26, 2024	6:00 - 7:00PM	FREE





CHILDREN'S FITNESS

LITTLE LEGENDS | SPORTS PROGRAM

The Little Legends program dives into the world of basketball, hockey, badminton, and volleyball! Led by our instructor Chelsea Cooper, this program is all about learning, playing, and having a blast. From dribbling on the court to scoring goals, swinging the racket, and spiking that volleyball, your kids will discover the joy of different sports in a fun and supportive environment.

INSTRUCTOR: CHELSEA COOPER

LITTLE LEGENDS		
MONDAYS FEBRUARY 12 - MARCH 25		
MONDAYS APRIL 15 - JUNE 3, 2024		
2 - 5 YEARS	3:00PM - 3:45PM (45 MIN)	\$45 (8 CLASSES)
6 - 12 YEARS	4:00PM - 4:00PM (1 HR)	\$45 (8 CLASSES)
COQUIHALLA MIDDLE SCHOOL 2975 CLAPPERTON AVENUE		

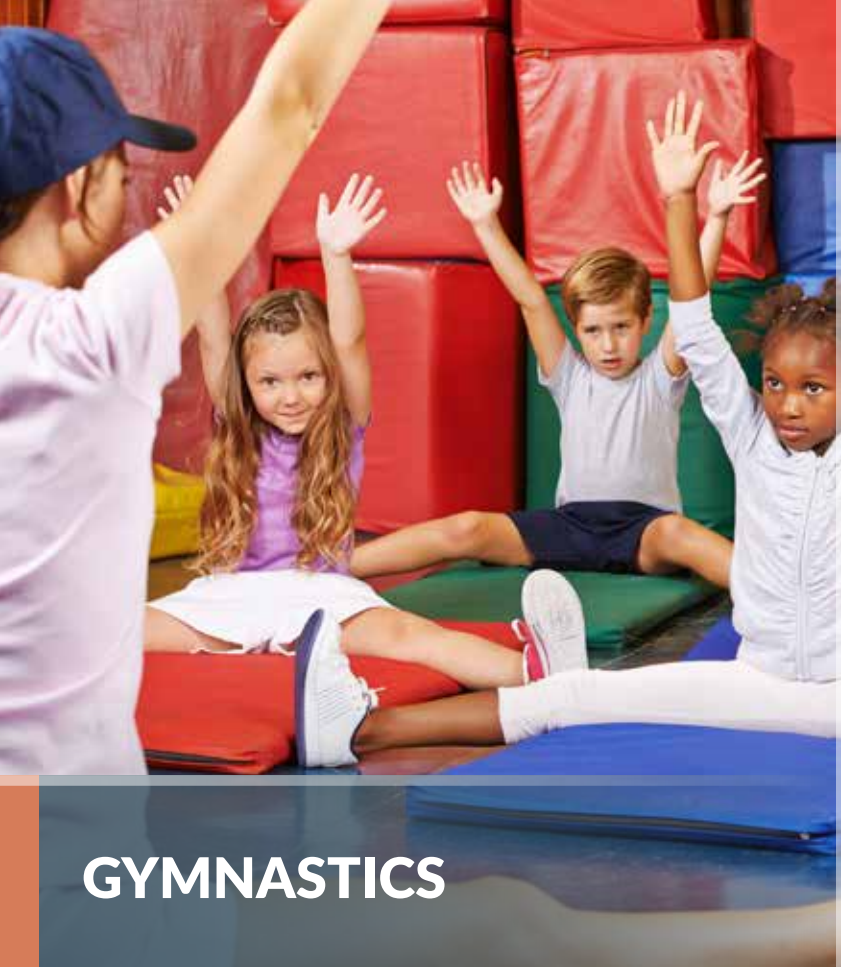


CHEER PROGRAM

Our "Cheer" program is an exhilarating and empowering cheerleading class designed to instill confidence, teamwork, and a passion for spirited performance. This program caters to individuals of all skill levels, from beginners eager to learn the fundamentals to seasoned cheerleaders looking to refine their techniques.

INSTRUCTOR: ERICA KABOTOFF

CHEERLEADING		
MONDAYS APRIL 8 - MAY 13, 2024		
5 - 6 YEARS	4:00PM - 4:45PM (45 MIN)	\$55 (6 CLASSES)
7 - 12 YEARS	5:00PM - 6:00PM (1 HR)	\$65 (6 CLASSES)



GYMNASTICS



REGISTER EARLY
 Programs fill up quickly.
 Register early to
 save your spot.

REGISTRATION DATES

SPRING	MARCH 1
SUMMER	JUNE 1
FALL	SEPTEMBER 1
WINTER	DECEMBER 1

GYMNASTICS

A certified gymnastics coach will help participants discover gymnastics movements through guided exploration and physical challenges appropriate to individual abilities.

INSTRUCTOR: ERICA KABOTOFF

GYMNASTICS		
THURSDAYS APRIL 3 - JUNE 5, 2024 (NO CLASS MAY 15)		
2-3 YEARS * PARENT PARTICIPATION REQUIRED	4:00 - 4:45PM	\$112.50 (9 CLASSES)
4-5 YEARS	4:50 - 5:35PM	\$144.00 (9 CLASSES)
6-8 YEARS	5:40 - 6:40PM	\$144.00 (9 CLASSES)
9-13 YEARS	6:45 - 7:45PM	\$144.00 (9 CLASSES)
LOCATION: MERRITT CIVIC CENTRE		



INDIVIDUAL CHILD GRANTS REMOVING FINANCIAL BARRIERS.

Sometimes, families need financial assistance to get their kids into a sport or physical activity. We're committed to helping all families access a range of activities, from boxing to bowling and skating to skiing, and more.

JUMPSTART.CANADIANTIRE.CA





FIRST AID

STANDARD FIRST AID WITH CPR-C/AED

Standard First Aid is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. This course includes comprehensive training covering all aspects of first aid, CPR and AED use. Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. In addition to the material covered in Emergency First Aid, candidates will learn how to treat head/neck injuries, soft tissue and musculo-skeletal injuries and medical emergencies.

STANDARD FIRST AID

MAY 4 + 5

JULY 27 + 28

\$150

CONTACT: MERRITT CIVIC CENTRE

EMERGENCY FIRST AID WITH CPR-A/AED

Emergency First Aid is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. Using hands-on training and practice, this basic first aid course will give you confidence to respond effectively in an emergency. You will learn lifesaving skills such as CPR/AED and obstructed airway procedures to respond to adult, child and infant emergencies. You will also learn to recognize and respond to respiratory and circulatory emergencies including asthma, allergic reactions, heart attack, stroke, and bleeding.





LAZY RIVER & VORTEX + LEISURE POOL + MAIN POOL (6 LANES | 25 METRE)

NEW POOL HOURS
HOURS AND PROGRAMS MAY BE AFFECTED BY POSSIBLE UNFORESEEN STAFFING CHALLENGES. CAPACITY MAY BE LIMITED TO 40 PATRONS.

MONDAY - FRIDAY *
| 6:00AM - 8:15AM
| 9:00AM - 1:45PM
| 3:30PM - 7:30PM

SATURDAY
| 10AM - 5PM

SUNDAY
| 12PM - 4PM

**WEDNESDAY SENIOR'S
FREE SWIM**
| 9AM - 10AM

FITNESS ROOM
UNAFFECTED BY POOL STAFFING CHALLENGES

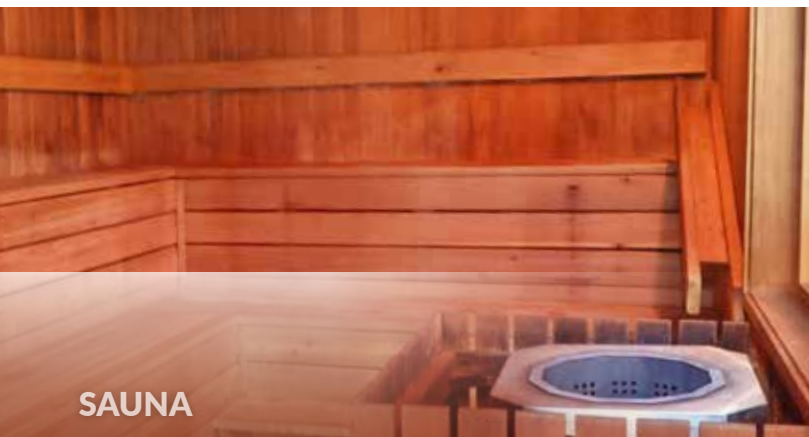
MONDAY - FRIDAY
| 6:00PM - 7:30PM

SATURDAY | 10AM - 5PM

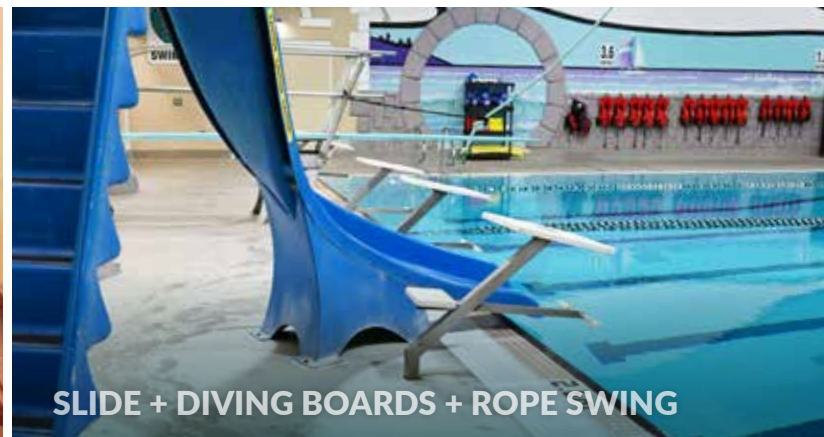
SUNDAY | 12PM - 4PM

NICOLA VALLEY AQUATIC CENTRE

▶ MERRITT.CA/POOL 2040 MAMETTE AVENUE | 250.378.6662 | POOL@MERRITT.CA



SAUNA



SLIDE + DIVING BOARDS + ROPE SWING



WHIRLPOOLS



FITNESS ROOM



ADMISSION FEES

NICOLA VALLEY AQUATIC CENTRE FEES					
ADMISSION FEES	DROP-IN	10 PUNCH CARD	MONTHLY	6 MONTH	ANNUAL
TOT (UNDER 2 YRS)	FREE	N/A	N/A	N/A	N/A
CHILD (2-12 YRS)	\$3.00	\$30.00	\$30.00	\$162.00	\$306.00
YOUTH (13-18 YRS)	\$3.50	\$35.00	\$35.00	\$189.00	\$357.00
ADULT (19-59 YRS)	\$5.00	\$50.00	\$50.00	\$270.00	\$510.00
SENIOR (60+)	\$3.50	\$35.00	\$35.00	\$189.00	\$357.00
FAMILY (2 ADULTS + UP TO 2 CHILDREN)	\$12.00	N/A	\$120.00	\$648.00	\$1224.00
SUMMER SPLASH PASS	\$60 CHILD \$70 YOUTH ALL SUMMER (JUNE 28 - AUGUST 30)				
PARTY FUN LEADER	\$100 FUN LEADER				
SENIOR FREE SWIM WEDNESDAYS 9-10 AM					

TEEN FITNESS ORIENTATION (13 - 15 YRS)

If you are between the ages 13 - 15 and want to start using the fitness room, this class is for you! One-on-one or group orientation sessions available as scheduled or by request. Contact the aquatic supervisor for more information.



AQUAFIT CLASSES



AQUA BOARD (16+)

Challenge your balance to the core focusing on your strength and cardio on an anchored flotation mat. Register a minimum of two weeks before the course dates.

AQUA BOARD	
FRIDAY AFTERNOONS 12:00PM - 12:30PM	
MARCH 22 - APRIL 19 (EXCEPT MARCH 29)	\$40 (4)
APRIL 26 - MAY 24	\$50 (5)
MAY 31 - JUNE 28	\$50 (5)
LOCATION: NICOLA VALLEY AQUATIC CENTRE MAIN POOL	

REGISTRATION REQUIRED 2 WEEKS PRIOR TO COURSE DATE
MINIMUM 4 | MAXIMUM 6 PARTICIPANTS

STRETCH AND STABILITY (16+)

Want to increase your muscular strength, balance, stretch and flexibility? This class will build on maintaining proper form by keeping a well-aligned spine and stable core.

STRETCH AND STABILITY		
MONDAYS, WEDNESDAYS & FRIDAYS	TUESDAYS & THURSDAYS	DROP-IN
10:00AM - 10:45AM	7:00AM - 7:45AM	REGULAR ADMISSION + \$1.50
LOCATION: NICOLA VALLEY AQUATIC CENTRE LEISURE POOL		



AQUA FIT (16+)

This class combines running, interval training and a variety of exercises designed to decrease body fat, increase cardiovascular efficiency, improve strength, and help people get into a routine of regular exercise.

AQUAFIT		
MONDAYS, WEDNESDAYS & FRIDAYS	TUESDAYS	DROP-IN
11:00AM - 11:45AM	5:45PM - 6:30PM	REGULAR ADMISSION + \$1.50
LOCATION: NICOLA VALLEY AQUATIC CENTRE MAIN POOL		





SWIMMING LESSONS

▶ [MERRITT.CA/REGISTRATION](https://merritt.ca/registration)

PARENT & TOT PROGRAM

The Lifesaving Society Parent & Tot lessons structure in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skills.

Activities and progressions are based on child development allowing parents to register in the level appropriate for their child's age: 4-12 months, 12-24 months, or 2-3 years.



PARENT & TOT

JELLYFISH - PARENT & TOT 1 | 4-12 MONTHS

Parent & Tot 1 provides an orientation to water for infants. Parents/caregivers receive instruction on safe holds and supports. Infants are introduced to getting their face wet, blowing bubbles and floating with the help of their caregiver.

GOLDFISH - PARENT & TOT 2 | 12-24 MONTHS

Parent & Tot 2 teaches toddlers how to play in the water safely. They learn how to enter and exit the water with help from their parent/caregiver and play games to encourage them to get their face wet and blow bubbles in the water. Toddlers will also develop floating and kicking skills with the support of their parent/caregiver.

SEA HORSE - PARENT & TOT 3 | 2-3 YEARS

Parent & Tot 3 teaches toddlers how to safely enter the water wearing a PFD. They'll develop underwater skills such as submersion and opening their eyes underwater. 'Starfish' floats, 'pencil' floats and kicking skills are taught using songs and games.

JELLYFISH | GOLDFISH | SEA HORSE PARENT & TOT SCHEDULE

TUESDAYS + THURSDAYS | 10:00 - 10:30AM

APRIL 2 - 25

MAY 7 - 30

JUNE 4 - 27

\$50 (8 CLASSES)

PRESCHOOL



PRESCHOOL SWIMMING LESSONS

Give your child a head start on learning to swim! The Lifesaving Society Preschool lessons develop an appreciation and healthy respect for the water before they get in too deep. With a progression based approach, instructors work to ensure 3-5 year olds become comfortable in the water and have fun while developing a foundation of water skills. Water Smart education is included in all Preschool levels. Preschoolers enter Swimmer 1 once they turn five or six years old and can enter Swimmer 2 once they've completed Preschool 5.

OCTOPUS | PRESCHOOL 1

RECOMMENDED AGE: 3-5 YEARS.

Preschool 1 is a transitional level which transfers the preschooler to the care of the instructor. Preschoolers will have fun learning to get in and out of the water. They'll learn how to put their face in the water, blow bubbles in the water, and how to float and glide.

OCTOPUS PRESCHOOL 1			
SPRING BREAK CRUNCHER #1 MON - FRI	MARCH 18 - 22	9:00 - 9:30AM	\$25 (5)
SPRING BREAK CRUNCHER #2 MON - THURS	MARCH 25 - 28	9:00 - 9:30AM	\$25 (4)
MONDAYS + WEDNESDAYS	APRIL 3 - 29	4:00 - 4:30PM	\$50 (8)
MONDAYS + WEDNESDAYS	MAY 1 - 29 (EXCEPT MAY 20)	4:00 - 4:30PM	\$50 (8)
MONDAYS + WEDNESDAYS	JUNE 3 - 26	4:00 - 4:30PM	\$50 (8)

CRAB PRESCHOOL 2			
SPRING BREAK CRUNCHER #1 MON - FRI	MARCH 18 - 22	9:30 - 10:00AM	\$25 (5)
SPRING BREAK CRUNCHER #2 MON - THURS	MARCH 25 - 28	9:30 - 10:00AM	\$25 (4)
MONDAYS + WEDNESDAYS	APRIL 3 - 29	4:00 - 4:30PM	\$50 (8)
MONDAYS + WEDNESDAYS	MAY 1 - 29 (EXCEPT MAY 20)	4:00 - 4:30PM	\$50 (8)
MONDAYS + WEDNESDAYS	JUNE 3 - 26	4:00 - 4:30PM	\$50 (8)

CRAB | PRESCHOOL 2

RECOMMENDED: COMPLETED PRESCHOOL 1.

Preschool 2 teaches preschoolers how to safely jump into chest-deep water and how to swim wearing a PFD. They'll learn submersion skills and continue to work on floats, glides, and kicking with buoyant objects.

ORCA | PRESCHOOL 3

RECOMMENDED: COMPLETED PRESCHOOL 2.

Preschool 3 teaches preschoolers how to enter deep water safely wearing a PFD. They'll learn how to submerge and exhale underwater, retrieve objects underwater, and will continue developing their floating, gliding and kicking skills.

SEA LION | PRESCHOOL 4

RECOMMENDED: COMPLETED PRESCHOOL 3.

Preschool 4 teaches deep-water entries and treading water wearing a PFD. Preschoolers will become skilled at retrieving objects from the bottom of the pool in chest-deep water and performing front and side glide. Front crawl wearing a PFD is also introduced.

NARWHAL | PRESCHOOL 5

RECOMMENDED: COMPLETED PRESCHOOL 4.

Preschool 5 teaches Swim to Survive® skills wearing a PFD. Front crawl and back crawl are introduced as well as interval fitness training. Preschoolers will also learn how to tread water and perform vertical whip kick with a buoyant aid. Once complete, preschoolers can register into Swimmer 2.



SWIMMER PROGRAM

The Lifesaving Society's Swimmer program makes sure your children learn how to swim before they get in too deep. Each level challenges school-aged children to develop safe entries, deep water support, underwater skills, and swimming strokes.

Kids learn healthy habits by getting and staying fit in the water. Swimmer levels include fun, hands-on activities that focus on teaching water safety – lessons that will last a lifetime!

SWIMMER 1

These beginners will become comfortable jumping into the water with and without a PFD. They'll learn how to open their eyes, exhale and hold their breath underwater. Floats, glides and kicking skills are introduced.

SWIMMER 2

These swimmers will jump into deeper water and learn to be comfortable falling sideways into the water wearing a PFD. They'll learn how to tread water, develop kicking skills, and will be introduced to front crawl and back crawl.

SWIMMER 3

These swimmers will learn how to dive and will do in water somersaults and handstands to develop weight-transfer skills. They'll learn Swim to Survive® skills, whip kick on back and will further develop their front crawl and back crawl.

SWIMMER 4

These swimmers will become better at diving, treading water, and swimming underwater. They'll learn the Swim to Survive® standard and start to develop breaststroke. Front crawl and back crawl are further developed.

SWIMMER 1/2 SCHEDULE

SPRING BREAK CRUNCHER #1 MON - FRI	SWIMMER 1 MARCH 18 - 22	10:00 - 10:30AM	\$25 (5)
SPRING BREAK CRUNCHER #1 MON - FRI	SWIMMER 2 MARCH 18 - 22	10:30 - 11:00AM	\$25 (4)
SPRING BREAK CRUNCHER #2 MON - THURS	SWIMMER 1 MARCH 25 - 28	10:00 - 10:30AM	\$25 (5)
SPRING BREAK CRUNCHER #2 MON - THURS	SWIMMER 2 MARCH 25 - 28	10:30 - 11:00AM	\$25 (4)

MONDAYS + WEDNESDAYS	APRIL 3 - 29	4:30 - 5:00PM	\$50 (8)
MONDAYS + WEDNESDAYS	MAY 1 - 29 (EXCEPT MAY 20)	4:30 - 5:00PM	\$50 (8)
MONDAYS + WEDNESDAYS	JUNE 3 - 26	4:30 - 5:00PM	\$50 (8)

SWIMMER 3/4 SCHEDULE

SPRING BREAK CRUNCHER #1 MON - FRI	MARCH 18 - 22	11:15 - 12:00PM	\$30 (5)
SPRING BREAK CRUNCHER #2 MON - THURS	MARCH 25 - 28	11:15 - 12:00PM	\$30 (4)

MONDAYS + WEDNESDAYS	APRIL 3 - 29	5:00 - 5:45PM	\$60 (8)
MONDAYS + WEDNESDAYS	MAY 1 - 29 (EXCEPT MAY 20)	5:00 - 5:45PM	\$60 (8)
MONDAYS + WEDNESDAYS	JUNE 3 - 26	5:00 - 5:45PM	\$60 (8)

SWIMMER 5

These swimmers will master dives and swimming in deep water. They'll further their Swim to Survive® skills and start to develop eggbeater kick. Breaststroke, front crawl, and back crawl are further developed. Interval training and sprinting drills continue to challenge these swimmers.

SWIMMER 6

These swimmers will become proficient at deep water skills including stride entries and compact jumps. They'll develop lifesaving kicks such as eggbeater and scissor kick. Breaststroke, front crawl, and back crawl are further developed. Head-up swims, interval training and a 300m workout develop strength and endurance.

SWIMMER 5/6 SCHEDULE			
SPRING BREAK CRUNCHER #1 MON - FRI	MARCH 18 - 22	12:00 - 12:45PM	\$30 (5)
SPRING BREAK CRUNCHER #2 MON - THURS	MARCH 25 - 28	12:00 - 12:45PM	\$30 (4)

MONDAYS + WEDNESDAYS	APRIL 3 - 29	5:45 - 6:30PM	\$60 (8)
MONDAYS + WEDNESDAYS	MAY 1 - 29 (EXCEPT MAY 20)	5:45 - 6:30PM	\$60 (8)
MONDAYS + WEDNESDAYS	JUNE 3 - 26	5:45 - 6:30PM	\$60 (8)

PRIVATE + ADULT SWIMMING LESSONS

ADULT SWIMMING LESSONS 13+

Whether you're just starting out or just want help with your strokes, the Adult Swim program is ideal for young and old alike. Work with certified instructors to learn to swim or improve your current swimming ability and fitness. You'll develop confidence in the water and be able to set your own goals. Water Smart education is included in all adult levels.

FITNESS SWIMMER PROGRAM

No matter your age, Fitness Swimmer lets you set your own goals to improve overall physical fitness in the water. Fitness Swimmer is a structured approach based on accepted training principles including stretches, interval training, sprints and distance swims.

PRIVATE SWIMMING LESSONS

Enjoy some one-on-one instruction! Our private lessons offer flexibility and personalized attention. Semi-Private lessons are available by request, and swimmers must be in a *similar level or have similar swimming abilities*.

PRIVATE LESSONS		
AVAILABLE SESSIONS FRIDAYS		
APRIL 5 - 26	MAY 10 - 31	JUNE 7 - 28
AVAILABLE TIME SLOTS		
4:00 - 4:30PM	5:00 - 5:30PM	6:00 - 6:30PM
4:30 - 5:00PM	5:30 - 6:00PM	6:30 - 7:00PM
\$90 4 LESSONS		



CANADIAN SWIM PATROL

CANADIAN SWIM PATROL (CSP) is a 3-level pre-Bronze award progression that delivers “work hard/play hard” training for skilled swimmers 8-12 years old. Canadian Swim Patrol is designed to take young swimmers beyond the learn-to-swim program and provide them with basic lifesaving skills. Candidates earn recognition for success in content modules (stickers) and for overall award achievement (badges).

ROOKIE PATROL - SWIMMER 7

Swimmers continue developing front crawl, back crawl and breaststroke. Swimmers develop individual fitness to meet a timed 100m swim and 350m workout. Water proficiency skills include swimming with clothes, ready position, and feet first/head-first surface dives. Demonstrating the ability to conduct a primary assessment and calling EMS are included as first aid skills. Victim recognition and throwing assists are other key elements.

RANGER PATROL - SWIMMER 8

Ranger Patrol enhances capability in the water including stride entries and underwater, forward and backward somersaults. Swimmers learn lifesaving sport skills with a lifesaving stroke medley, timed object support and a non-contact rescue with a buoyant aid. Eggbeater kick and increased fitness levels are developed to meet a 200m timed swim. First aid focuses on unconscious victims and obstructed airway procedures.

STAR PATROL - SWIMMER 9

Star Patrol challenges swimmers with a 300m timed swim, 600m workout and a 25m object carry. Strokes are continued to be refined. Lifesaving skills include use of rescue aids, defense methods, victim removals and supporting a victim in shallow water. First aid focuses on treatment of bone or joint injuries and respiratory emergencies. Once complete, swimmers register into Bronze Star.



JOIN SWIM CLUB
▶ MERRITTOTTERS.TEAMPAGES.COM

SWIM PATROL		
ROOKIE RANGER		
\$75	NOT CURRENTLY SCHEDULED	CONTACT NVAC



AQUATIC LEADERSHIP

▶ MERRITT.CA/BRONZE

▶ MERRITT.CA/FIRSTAID

BRONZE MEDALLION

Bronze Medallion, as our flagship certification, teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, 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 the water. Bronze Medallion is a prerequisite for Assistant Lifeguard training in Bronze Cross.

BRONZE MEDALLION			
PREREQUISITE: BRONZE STAR OR 13+ YEARS			
MONDAY - THURSDAY	JULY 8 - 11	12 - 6PM	\$175 (CLASS) \$40 (TEXTBOOK)
CONTACT: NICOLA VALLEY AQUATIC CENTRE			

BRONZE CROSS CERTIFICATION

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			
PREREQUISITE: BRONZE MEDALLION 13+ YEARS			
MONDAY - THURSDAY	JULY 22-25	12 - 6PM	\$175 (CLASS)
CONTACT: NICOLA VALLEY AQUATIC CENTRE			



STANDARD FIRST AID

WITH CPR-C/AED

This course is required for National Lifeguard Certification. It covers Standard First Aid, CPR-C and AED use. It also cover how to treat head/neck injuries, soft tissue and musculoskeletal injuries and medical emergencies.

STANDARD FIRST AID		
MAY 4 + 5	JULY 27 + 28	\$150
CONTACT: MERRITT CIVIC CENTRE		

LIFEGUARD + INSTRUCTOR



NATIONAL LIFEGUARD CERTIFICATION

The National Lifeguard Pool certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments.

* PREREQUISITES: BRONZE CROSS & STANDARD FIRST AID

NATIONAL LIFEGUARD CERTIFICATION			
PREREQUISITE: BRONZE CROSS + STANDARD FIRST AID 15+ YEARS			
SUNDAY - FRIDAY	AUGUST 11 - 16	9:00 - 5:00 PM	\$395
CONTACT: NICOLA VALLEY AQUATIC CENTRE			

LIFESAVING INSTRUCTOR COURSE

Lifesaving Instructor/Examiners are trained to teach Junior Lifeguard Club, Swim to Survive, Lifesaving for Lay Rescuers, Lifesaving for Backyard Pool Owners, Safeguard, Canadian Swim Patrol (Rookie, Ranger, Star), Bronze Star, Bronze Medallion, and Bronze Cross. Candidates are trained in and must demonstrate skills, knowledge, and attitudes at competency Level 1 (Lifesaving Instructor) to include all aspects of learning as well as various approaches required to teach water rescue, First Aid, and related aquatic skills in the Canadian Lifesaving Program.

SWIM INSTRUCTOR COURSE

The Lifesaving Society Swim Instructor course trains candidates on competency Level 1 knowledge, and skills and attitudes needed to teach the Society's Swim for Life® and Canadian Swim Patrol programs.

SWIM INSTRUCTOR RE-CERTIFICATION		
MARCH 17	10:00 AM - 3:00 PM	\$125
JUNE 9	10:00 AM - 3:00 PM	\$125
CONTACT: NICOLA VALLEY AQUATIC CENTRE		

RECERTIFICATION

NATIONAL LIFEGUARD RECERTIFICATION

Have you already received your Lifeguard Certification? Has it expired? Renew it for another 2 years with this one-day course.

RECERTIFICATION: NATIONAL LIFEGUARD		
PREREQUISITE: NATIONAL LIFEGUARD CERTIFICATION		
FEBRUARY 25	12:00 PM - 4:00 PM	\$125
AUGUST 16	12:00 PM - 4:00 PM	\$125
CONTACT: NICOLA VALLEY AQUATIC CENTRE		

STANDARD FIRST AID RECERTIFICATION

Have you already received Standard First Aid training? Has your certification expired? Renew it for another two years with this one-day course.

RECERTIFICATION: STANDARD FIRST AID		
PREREQUISITE: STANDARD FIRST AID PAGE 17		
MARCH 10	9:00 AM - 5:00 PM	\$125
JUNE 2	9:00 AM - 5:00 PM	\$125
CONTACT: MERRITT CIVIC CENTRE		



DRY FLOOR | APRIL - JULY

ICE RINK | AUGUST-MARCH

** ICE SKATING + ICE HOCKEY ENDS MARCH*

PUBLIC ICE SKATE

**NO PUBLIC SKATE DURING HOCKEY GAMES*

FRIDAY
| 3:30 - 5:00PM

SATURDAY
| 8:15 - 9:45PM*

SUNDAY
| 5:15 - 6:15PM

SENIOR'S SKATE | THURSDAYS
| 9:00 - 10:00AM

PARENT & TOT | THURSDAYS
| 10:00 - 11:00AM

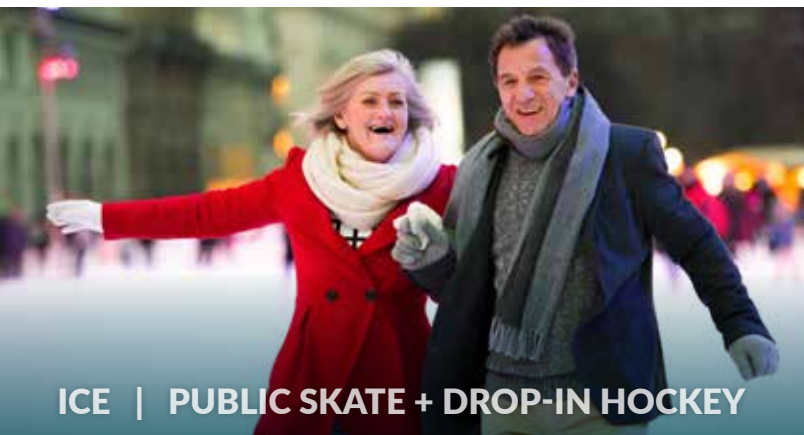
DROP-IN HOCKEY (TUES + WED)
| 9:00 - 10:30PM

FACILITY OPEN AS BOOKED

NICOLA VALLEY MEMORIAL ARENA

▶ MERRITT.CA/ARENA 2075 MAMETTE AVENUE | 250.378.4832 | RECREATION@MERRITT.CA

FREE PUBLIC SKATE
SEE SPONSORS



ICE | PUBLIC SKATE + DROP-IN HOCKEY



DRY FLOOR | LACROSSE + ROLLER SKATING



EVENTS | TRADE SHOWS | DANCES



MEZZANINE + AUDITORIUM (1000 SEATS)

MERRITT CENTENNIALS HOCKEY

JUNIOR A TEAM | BC HOCKEY LEAGUE

The Merritt Centennials are the BCHL's longest continuously operating franchise established in 1973, and running strong ever since. The NVMA plays host to one of the best Junior A Hockey in BC. MERRITTCENTENNIALS.COM

MINOR HOCKEY

The Merritt Minor Hockey Association manages skill building programs, hockey teams, tournaments, and fund events for kids from pre-school age (under 5) to teenage, up to U18.

MERRITTMINORHOCKEY.COM

CURLING

The Merritt Curling Club embraces all levels of curlers, from beginners and recreational curlers to competitors. Take a lesson or join a league.

MERRITTCURLING.CA | 250.378.4423



ICE SKATING LESSONS

NICOLA VALLEY SKATING CLUB

Ice skating lessons are available from the Nicola Valley Skating Club. They offer:

- Pre-CanSkate | 3+ years | 30 minutes
- CanSkate | 45 minutes
- Junior Academy | 45-60 minutes
- Junior STARskate | 45-60 minutes
- STARskate (1-5 & 6-10 & Gold) | 2-2.5 hours
- Powerskate & Skills (for Hockey) | 45 minutes
- Competitive Skate | 2-2.5 hours

NICOLAVALLEYSC.UPLIFTERINC.COM

FACEBOOK.COM/NICOLAVALLEYSKATINGCLUB

ICE RINK RENTALS

AUGUST - APRIL

ADULT (HOURLY)	\$150
YOUTH PRIME (HOURLY)	\$75
OFF SEASON (HOURLY)	\$100
OFF SEASON (DAILY)	\$750

MEZZANINE RENTALS

PRIVATE/COMMERCIAL (DAILY)	\$700
MEZZANINE NON-PROFIT (DAILY)	\$500
FULL FACILITY PRIVATE (DAILY)	\$1500
FULL FACILITY NON-PROFIT (DAILY)	\$1000

ARENA RENTALS

APRIL - JULY | DRY FLOOR

ORGANIZED SPORT ADULT	\$100
ORGANIZED SPORT YOUTH	\$50
PRIVATE/COMMERCIAL (DAILY)	\$800
NON-PROFIT (DAILY)	\$600

PUBLIC SKATING

ADULT (SPONSORED)	\$5.00
YOUTH/SENIOR (13-18 60+ SPONSORED) ...	\$3.50
CHILD (2-12 YRS SPONSORED)	\$3.00
FAMILY (SPONSORED)	\$10.00

SKATE RENTALS

CHILD + ADULT \$2.00

SKATE SHARPENING

HOCKEY SKATES	\$6.00
GOALIE SKATES	\$7.00
FIGURE SKATES	\$7.00
SKATE PROFILING	\$30.00
10 PUNCH CARD	\$50.00

PRIME TIME: Sat + Sun + Holidays + Weekdays 3PM+
CANCELLATION FEE: Ice Rentals cancelled with less than 30 days notice will be charged full rates.



FIRE SAFETY PROGRAMS



FIRE LIFE SAFETY EDUCATION | SEPT - JUNE

Merritt Fire Rescue offers free public education presentations to local schools and businesses. Topics include Fire Risks, Wildfire Science, Team Building and Communication, Career Education and the Fire Service, Fire Hall Tours, Fire Extinguisher Training, and more.

FIRESMART HOME SAFETY ASSESSMENT

Merritt Fire Rescue also offers free FireSmart Home Assessments to local Merritt residents. Even small adjustments can make a big difference when increasing your home's resilience to wildfires.

▶ [MERRITT.CA/FIRERESCUE/PUBLIC-ED](https://merritt.ca/firerescue/public-ed)

JOIN THE TEAM! | PAID-ON-CALL FIREFIGHTER ▶ [MERRITT.CA/FIRERESCUE/RECRUITMENT](https://merritt.ca/firerescue/recruitment)



COMMUNITY POLICING



FRAUD + SCAM AWARENESS

Each year Canadians report losing over 300 million dollars. The Community Policing Office provides talks to community groups, sharing trends, reports on local incidents, and tips on how to protect yourself.

CRIME PREVENTION THROUGH ENVIRONMENTAL DESIGN

CPTED assessments are available to Merritt business and residential property owners to identify ways to make their property less susceptible to crime and nuisance behaviour.

COFFEE WITH A COP

Build relations with our local RCMP at this monthly meet-up. See the @MerrittCPO Facebook page for dates and locations.

BIKE RODEOS + THEFT PROTECTION

The Community Policing Office offers Bike Rodeos to school and community groups to teach youth bike safety and security. They also support the *Garage 529* project to control bike theft. Register at PROJECT529.COM.

VOLUNTEER OPPORTUNITIES

Volunteering is a great way to stay active and the CPO needs volunteer for our Speed Watch, Block Watch, and Special Events programs.

ADDITIONAL SAFETY PRESENTATIONS

Available upon request. Contact Marlene Jones at the CPO office.

COMMUNITY POLICING OFFICE | 250.378.3955 | ▶ [MERRITT.CA/COMMUNITY-POLICING](https://merritt.ca/community-policing)



NICOLA VALLEY

EMERGENCY SUPPORT SERVICES

CALL FOR VOLUNTEERS | TRAINING PROVIDED | MEETS MONTHLY
7:00PM | 3RD TUESDAY | MERRITT CIVIC CENTRE | SEPTEMBER - JUNE

▶ [MERRITT.CA/ESS](https://merritt.ca/ess)



MERRITT SENIOR'S CENTRE

+ OTHER SENIOR'S INFORMATION

MERRITT SENIOR CITIZEN'S ASSOCIATION OFFICE HOURS

WEDNESDAY | 10AM - 1PM

FRIDAY | 11AM - 2PM

250.378.3763 | MSCA2@TELUS.NET

1675 TUTILL COURT

► MERRITT.CA/SENIORS

EVENTS & SOCIALS

The Merritt Senior Citizens Association schedules various special socials throughout the year. Some currently scheduled events include:

PANCAKE BREAKFAST

Sundays | Last week of the Month

SPECIAL EVENT LUNCHEES

TBD

SPECIAL EVENT DINNERS

Easter Dinner: TBD

ADDITIONAL ACTIVITIES

In addition to scheduled events and activities, the Senior's Centre offers unscheduled activities and amenities, including shuffleboard, darts, games, and a small library with books, DVD's, puzzles, and games.

15% SENIORS DISCOUNT

Want to attend City of Merritt Recreation Programs at the Merritt Civic Centre? Seniors are eligible for a 15% discount on all fitness programs. Contact the Civic Centre for more information 250.315.1050 or register through MERRITT.CA/REGISTRATION.

Contact the Merritt Senior Citizens Association for the most recent information on their events:

250.378.3763 | MSCA2@TELUS.NET

SCHEDULED ACTIVITIES

MONDAY	POOL TABLES	10AM - 2PM
	PING PONG	10:00 AM
	CRIB	1:00 PM
	BRIDGE	7:00 PM
TUESDAY	BINGO <i>DOORS OPEN 11 AM</i>	1:00 PM
	CANASTA	6:30 PM
WEDNESDAY	SENIOR'S SWIM <i>FREE</i>	9AM - 10AM
	AQUAFIT: STRETCH & STABILITY <i>FREE</i>	10 AM
	POOL TABLES	10AM - 2PM
	PING PONG	10:00 AM
THURSDAY	FLOOR CURLING	1:00 PM
	FITNESS "STAND TALL, DON'T FALL" \$1	9AM - 10AM
	SENIOR'S SKATE (<i>SEPT - MARCH</i>) \$3	9:00 AM
	WHIST	10:30 AM
FRIDAY	SHUFFLEBOARD	2:00 PM
	CRAFTS <i>1ST & 3RD WEEK</i>	12:00 PM
	CARPET BOWLING	2:00 PM
	RUMMOLI	6:30 PM
SATURDAY	GENERAL MEETING <i>2ND FRIDAY</i>	1:30 PM
	FITNESS "STAND TALL, DON'T FALL" \$1	9AM - 10AM
	FLOOR CURLING	1:00 PM
SUNDAY	PANCAKE BREAKFAST (<i>LAST SUNDAY OF MONTH</i>)	1:00 PM

EXPLORE SPRING + SUMMER ARTS PROGRAMS

ART GALLERY
+ GIFT SHOP

WEDNESDAY - SUNDAY
| 10:00 AM - 5:00 PM
2051 VOGHT STREET
250.378.6515



CRAFTY KIDS

This regularly scheduled four-week session offers weekly fun art and craft activities for kids aged 7 - 12 years.

ART + SOUL | CREATIVE PLAY

This monthly class offers various arts and crafts activities, from needle-felting and embroidery to digital art.

PHOTOGRAPHY | DIGITAL ART

Photography lessons or digital art programs for beginners.

FIBRE ARTS

Learn needle-felting, knitting, crocheting or weaving.

PAPER CRAFTS

Paper quilling, card making, and even paper making.

PAINTING | WATERCOLOUR + ACRYLICS

Beginner to advanced day and weekend classes.

OTHER ARTS + CRAFTS

Various other arts and crafts are offered as available, and may include such activities as jewelry design, candle-making, aroma therapy, soaps, and coming up ... Ukrainian easter eggs.

PARTIES + EVENTS

Host your next team building event around the arts or book your next birthday party.

WATCH FOR MOBILE ART TRAILER | SUMMER | VARIOUS PARKS





EVENTS

▶ [MERRITT.CA/EVENTS](https://merritt.ca/events)

CITY + COMMUNITY EVENTS



CITY OF MERRITT

EASTER EXTRAVAGANZA

The Easter bunny will be joining us again this year! Many activities for the whole family to enjoy including an egg hunt, face painting, balloon creations, and a petting zoo! Concession available.

FRIDAY, MARCH 29, 2024

10:00AM - 12:00PM

ROTARY PARK

FREE EVENT

[MERRITT.CA/EASTER](https://merritt.ca/easter)

CITY EVENTS

EASTER EGGSTRAVAGANZA 33

CANADA DAY 34

AQUATIC EVENTS 34

COMMUNITY YARD SALE 36

MUSIC IN THE PARK 37



**CITY OF MERRITT
CANADA DAY**

Join us for a day filled with fun activities for the whole family to enjoy!

**MONDAY JULY 1
TIME | TBD
ROTARY PARK
FREE EVENT
MERRITT.CA/CANADADAY**



MERRITT STOCK CAR ASSOCIATION

This Speedway Track in Lower Nicola hosts regular stock car speedway races that open to the public.

MAY 18 + 19 | RACE SEASON OPENER | 12:00PM
JUNE 1 + 2 | NIGHT RACE: 5PM | SUNDAY RACE: 11:00AM
JULY 13 + 14 | NIGHT RACE: 5PM | SUNDAY RACE: 11:00AM
**AUGUST 5 + 6 | ALBERT KOSOLOFSKI MEMORIAL RACE
 | NIGHT RACE: 5PM | SUNDAY RACE: 11:00AM**
SEPT 14 + 15 | NIGHT RACE: 5PM | SUNDAY RACE: 11:00AM

**LOCATION: MERRITT SPEEDWAY | MERRITTSPEEDWAY.CA
 2255 MAMIT LAKE RANCH ROAD | 250.299.3145
 MERRITTSPEEDWAY@OUTLOOK.COM**

NICOLA VALLEY AQUATIC CENTRE

AQUATIC EVENTS

END OF SCHOOL POOL PARTY

FRIDAY, JUNE 28 | REGULAR ADMISSION

SUMMER FUN DAYS

JULY + AUGUST | 2-4PM

MONDAY FUN DAYS

Enjoy some fun and games with a Fun Leader!

GET WET WEDNESDAYS

Bring your water pistols and water balloons for some added excitement!

FREEZIE FRIDAYS

Enjoy a refreshing treat while taking a splash with your friends!

END OF SUMMER SPLASH DOWN

FRIDAY, AUGUST 30 | 2-4PM



MERRITT OTTERS SWIM MEET

JUNE 15 - 16, 2024

SUPPORTING THE MERRITT OTTERS SWIM MEET

CLOSED FOR SWIMMEET
 The Nicola Valley Aquatic Centre will be closed for public swimming during the Merritt Otters Swim Meet. Go Otters!

► MERRITT.CA/OTTERS

FISHING DERBY

NVFISHANDGAMECLUB.CA

FACEBOOK.COM/NICOLAVALLEYFISHGAMECLUB

MAY DAY DRAG RACES

MAY 17 - MAY 20, 2024 | 9AM - 11PM (MOST DAYS)

MERRITT REGIONAL AIRPORT | MERRITT.CA/DRAGRACES

INDIGENOUS DAY

THURSDAY, JUNE 21 | 10:00 AM - 2:00 PM | ROTARY PARK

MSS GRAD PARADE

WALKING PARADE | THURSDAY, JUNE 20 | 6:30 PM

PROM DRIVE | SATURDAY, JUNE 22 | 5:00 PM | MERRITT.CA/GRAD

AIRPORT COMMUNITY DAY

WESTERN CANADIAN AIR SHOW | RC PLANE STATIC SHOW

| DEMO FLIGHTS | HELICOPTER RIDES | CAR SHOW | FOOD VENDORS

MID-JULY | 10AM - 4PM | TBA

MERRITT REGIONAL AIRPORT: SAUNDERS FIELD

| MERRITT.CA/AIRPORTDAY

NICOLA VALLEY CRUISERS CAR SHOW

JULY 21, 2024 | 8AM - 3PM | VOGHT PARK | MERRITT.CA/CARSHOW

CENTRAL INTERIOR SHOW AND SHINE

AUGUST TBA | INTERIORSHOWSHINE@GMAIL.COM

| MERRITT.CA/CARSHOW

PACIFIC FOREST RALLY

SEPT. 29 & 30 | PACIFICFORESTRALLY.COM



NICOLA VALLEY RODEO EVENTS | 2024

The Nicola Valley Rodeo Association offers many events that are FREE ADMISSION!

HIGH SCHOOL RODEO	MAY 4 + 5
LITTLE BRITCHES RODEO	JUNE 1 + 2
BULLRIDING + MINI BUCKERS	JUNE 22
BC CUTTING HORSE SHOWS	JUNE 14 - 16
CANADIAN COAST REINED COW HORSE SHOW	JULY 6 - 8
NICOLA VALLEY RANCH RODEO	AUGUST 2023
64TH ANNUAL PRO RODEO	AUGUST 31 + SEPTEMBER 1
BC LITTLE BRITCHES FINALS RODEO	SEPTEMBER 14 + 15

NICOLA VALLEY RODEO GROUNDS
499 LINDLEY CREEK ROAD, MERRITT, BC
NICOLAVALLEYRODEOASSOCIATION@GMAIL.COM
NICOLAVALLEYRODEO.COM



PRO RODEO



MARKETS + FAIRS

COMMUNITY YARD SALE

Is your garage, shed, or closets starting to burst? Bring all your “treasures” to the Merritt Civic Centre and join others at this Community Yard Sale.

SATURDAY MARCH 9, 2024 | 8:00AM - 2:00PM
FREE PUBLIC EVENT | VENDOR TABLES: \$5
| MERRITT.CA/YARDSALE

QUILCHENA STREET NIGHT MARKET

FRIDAY NIGHTS | 5PM - 8PM | MAY 17 - SEPTEMBER 6 | WEEKLY
MERRITTCHAMBER.COM | MERRITT.CA/MARKETS

NICOLA VALLEY FARMER'S MARKET

SATURDAYS | 9:30 AM TO 1 PM | MAY - OCT | WEEKLY
VOGHT ST @ MERRITT AVE | NEXT TO THE BAILLIE HOUSE
NICOLAVALLEYFARMERSMARKET.COM
FACEBOOK.COM/NICOLAVALLEYFARMERSMARKET

NICOLA VALLEY DOG SHOW

JUNE 28 - JULY 1, 2024 | NICOLA VALLEY RODEO GROUNDS
NICOLA VALLEY KENNEL CLUB (NVKC)

NICOLA VALLEY FALL FAIR

SEPTEMBER LONG WEEKEND
NICOLA VALLEY RODEO GROUNDS: 319 LINDLEY CREEK ROAD
FACEBOOK @ NICOLAVALLEYFALLFAIR

GARLIC FEST

LAST WEEKEND IN SEPTEMBER
FACEBOOK @ LOWER.NICOLA.BC.GARLIC.FEST
LOWER.NICOLA.BC.GARLIC.FEST@GMAIL.COM
LOWERNICOLACOMMUNITY.COM





MUSIC ATTRACTIONS

BASS COAST ART & MUSIC FESTIVAL

This 3-day event is a celebration of art and music, featuring larger than life exhibits and multiple musical performers. Come for the day, evening or camp for the full weekend, and come dressed in your own artistic expression.

JULY 12 - 15, 2024 | 5PM

MERRITT MOUNTAIN MUSIC FEST SITE | MERRITT.CA/BASSCOAST

CANADIAN COUNTRY MUSIC HALL OF HONOUR SHOWS

2025B QUILCHENA AVE, MERRITT, BC

SUSAN ROLINE | HALLOFHONOURMERRITT@GMAIL.COM

FACEBOOK.COM/GROUPS/109415629093829/USER/61550776907940

CANADIAN BLUEMOON ELVIS FESTIVAL

FRIDAY, JULY 12 - SUNDAY JULY 14 | NICOLA VALLEY RODEO GROUNDS
THECDNBLUEMOON.CA

MUSIC AT THE LANDING ZONE

ROYAL CANADIAN LEGION MERRITT BRANCH 96

FRIDAYS | 7:00 PM | 250.378.5631 | LEGION096@OUTLOOK.COM

1940 QUILCHENA AVE | FACEBOOK.COM/ROYALCANADIANLEGION096



CITY OF MERRITT

MUSIC IN THE PARK

Every Thursday throughout the summer we invite you to join us at the Rotary Park Bandshell and enjoy live music from many talented BC performers.

THURSDAYS JULY 4 - AUGUST 29

6:00 - 8:00 PM

ROTARY PARK

FREE EVENT



VOLLYFEST | "ROCK N' ROLL"

APRIL 5 - 7 (MIXED) | APRIL 26 - 28 (LADIES)
[MERRITTVOLLEYBALLASSOCIATION.ORG/VOLLEYFEST](https://merrittvolleyballassociation.org/volleyfest)
MERRITTVOLLEYBALLASSOCIATION@GMAIL.COM

MERRITT MIXED SLOWPITCH TOURNAMENT

[FACEBOOK.COM/MERRITTMIXEDSLOPITCHLEAGUE](https://facebook.com/merrittmixedslpitchleague)
MERRITTMIXEDSLOPITCH@GMAIL.COM

MERRITT CROWN MOUNTAIN BIKE RACE

JUNE 15, 2024 | 120KM + 60KM RELAY
[MERRITT-CROWN.MAILCHIMPSITES.COM](https://merritt-crown.mailchimp.com)
[HEADSORTRAILS.CA/MERRITT-CROWN-XC-2024](https://headsortrails.ca/merritt-crown-xc-2024)

SPRING GOBYBIKE WEEK

Make sure to register for Spring GoByBike Week and log your rides. Log at least 1 ride and be entered into the draw for a chance to win several prizes! Create your account at www.gobybikebc.ca Make sure to check the GBB Merritt community page for local events and prizes.

JUNE 3 - 9, 2024

ANYWHERE YOU CAN RIDE! | REGISTRATION IS FREE
GOBYBIKEBC.CA | MERRITT.CA/GOBYBIKE



COMMUNITY BETTER CHALLENGE

JUNE 1 - JUNE 30, 2024

The Community Better Challenge is an annual event that gets Canadians across the country moving together. At the conclusion of the challenge, one community will earn the top prize of \$100,000 and the title of being Canada's most active!

In addition to the national winner, there will also be prizes for the most active community in each province/territory.

The challenge is open to all organizations, schools, and workplaces to participate and track their minutes as a team. All group physical activity counts. Track your in-person or virtual group exercise classes, practices, and events starting June 1.

TRACK YOUR MINUTES ON THE PARTICIPATION APP!

► MERRITT.CA/PARTICIPATION



ACTIVITIES

CURLING FUN SPIEL

The Merritt Curling Club regularly hosts Bonspeils and events to welcomes novices and experienced curlers to join the fun, enjoy a fun day of entertainment and good food with friends and family, and maybe win a prize.

[FACEBOOK.COM/PROFILE.PHP?ID=100057063746600](https://www.facebook.com/profile.php?id=100057063746600)
[MERRITTCURLING.CA](https://www.merrittcurling.ca)



SCRAPBOOKING CROP

FRIDAYS AT NOON | SUNDAYS AT 4:00 PM
 MARCH 15 - 17 | MAY 10 - 12
 APRIL 12 - 14 | JUNE 14 - 16
 MERRITT CIVIC CENTRE | \$50 / WEEKEND
 INFO: DIANE SHALANSKI | 250.378.4186
 REGISTER: MERRITT CIVIC CENTRE | 250.315.1050

NICOLA VALLEY FIBRE LOVERS

FELTING | SPINNING | KNITTING | HAND-WEAVING | SOARI WEAVING

FIRST TUESDAY OF EACH MONTH | 12:00PM-3:00PM

THIRD TUESDAY OF EACH MONTH | 6:30PM-8:00PM

LOCATION: NICOLA VALLEY ART GALLERY

FACEBOOK | GROUP | NICOLA VALLEY FIBRE LOVERS

[FACEBOOK.COM/GROUPS/357301595124460](https://www.facebook.com/groups/357301595124460)

250.315.5461



MONTHLY MEETING | 2024

NICOLA NATURALIST SOCIETY

7PM | NVIT LECTURE THEATRE

MARCH 21, | NATIVE/INVASIVE FRESHWATER FISH, BC INTERIOR

APRIL 18 | NATURE MACRO-PHOTOGRAPHY

MAY 16 | NICOLA VALLEY BEAVER PROJECT

SEPTEMBER 21 | AGM + MEMBERS' PHOTO NIGHT

OCTOBER 19 | FRUIT & BERRIES; PLANTS USING ANIMALS

NOVEMBER 16 | GRASSLAND CONSERVATION

NICOLANATURALISTS@GMAIL.COM | [NICOLANATURALISTS.CA](https://www.nicolanaturalists.ca)



COMMUNITY DIRECTORY

MUSIC & ARTS

Merritt Community Choir

Ellen Nast: 250.378.9899
E: enast@telus.net
w: bcchoralfed.com/choirs/
merritt-community-choir

Canadian Country Music Hall of Honour:

2025B Quilchena Ave
T: 250.378.9569

Nicola Valley Community Arts Council

T: 250.378.6515
E: info@nicolavalleyarts.com
w: nicolavalleyarts.com

Nicola Valley Community Band

c: James Clarke: 250.315.7724
c: Steve Rose (booking):
250.280.5175

Nicola Valley Community Theatre

c: Kurt Christopherson: 250,378,4909
c: Rich Hodson: 250,378,6794
c: Margaret Carlson: 250,378,5645
E: info@nicolavalleycommunity
theatresociety.com

Nicola Valley Fibre Lovers

c: Diana Grimshire: 250.315.5461
dianagrim66@gmail.com

SPORTS & FITNESS

Love to Dance Academy

c: Lizette Neil: 250.936.9011
E: ltdadance@gmail.com
w: lovetodanceacademy.com

Merritt Centennials Hockey Club Society

T: 250.378.3604
E: info@merrittcentennials.com
w: merrittcentennials.com

Merritt Country Run Society

c: Liz Brakenreed: 250.315.9712
c: Stacey Krajcic: 250.280.1201
E: merrittcountryrun@gmail.com
w: merrittcountryrun.ca

Merritt Curling Club

c: Susan Newton: 250.378.9659
E: newton97@hotmail.com
E: office@merrittcurling.ca
w: merrittcurling.ca

Merritt Dance Society

c: Toni Stewart, President MDS
T: 250.378.8869
E: leyliam264@gmail.com

Merritt & District Tennis Club

c: Amrit Ahuja, Acting President
T: 250.315.5211
E: shotbyamrit@gmail.com
c: Diane Quinn, Secretary:
250.378.4501
T: ddquinn@telus.net
c: Marina Cadano: 250.936.8201
T: marina.cadano@gmail.com
w: globaltennisnetwork.com/tennis-
courts/courts/tennis-court-page/court/
/38967-merritt-district-tennis-club

Merritt Golf & Country Club

T: 250.378.9414
E: sydnell@yahoo.com
w: merrittgolf.com

Merritt Minor Hockey Association

Mike Moulard, President
E: president@merrittminorhockey.com
mikemoulard@merrittminorhockey.com
w: www.merrittminorhockey.com

Merritt Minor Softball

c: Amy Douthwright: 250.315.9873
E: merrittminorsoftball@outlook.com
FB: facebook.com/MerrittMinorSoftball

Merritt Mixed Slow-Pitch

c: Lisa Dewinter: 250.315.3127
E: hockeyyum16_3@hotmail.com
E: merrittmixedslowpitch@gmail.com

Merritt Mountain Bike Association

E: merrittbiking@yahoo.ca
w: mountainbikingbc.ca
/thompson-okanagan/merritt

SPORTS & FITNESS *CONTINUED***Merritt Otters Swim Club**

E: ottersmerritt@gmail.com
E: merokpres@gmail.com
E: infomerrittotters@gmail.com
 (REGISTRAR)
W: merrittotters.teampages.com

Merritt Pickleball Club

C: Gary Derksen: 250.280.0105
E: gwderksen@outlook.com

Merritt Volleyball Association

T: 250.378.2154 (LEAGUE)
E: merrittvolleyballassociation@gmail.com
W: merrittvolleyballassociation.org

Merritt Youth Soccer Association

C: Molly Brigden
E: president@merrityouthsoccer.com
E: info@merrityouthsoccer.com
W: merrityouthsoccer.com

Nicola Nordic Ski Club

C: John/Kate Anderson: 250.378.9674
E: nicolanordic@gmail.com
W: nicolanordic.ca

Nicola Valley Archery Club

C: B.J. Moore: 250.280.0304
E: morbtr@hotmail.com
FB: facebook.com/NicolaValleyArchers

Nicola Valley Disc Golf Association

C: Gareth Tilt: 250.280.2525
FB: facebook.com/NVDGA

Nicola Valley Figure Skating Club

C: Jill Starrs: 250.378.0114
E: skatinginthevalley49@gmail.com
W: nicolavalleyesc.uplifterinc.com

Nicola Valley Fish & Game Club

C: Paul Komonoski: 250.378.4904
C: B.J. Moore: 250.280.0304
E: morbtr@hotmail.com
W: nvfishandgameclub.ca

**Nicola Valley Minor Lacrosse Association**

C: President: Rose Grant
E: nvmla.president@gmail.com
W: nicolavalleylacrosse.com

SPECIAL INTEREST GROUPS**Angels Animal Rescue**

C: Judanna: 250.378.5223
T: 250.574.1316
E: aarsrescue@gmail.com
W: angelsanimalrescue.ca
FB: facebook.com/angelsanimalrescue

Ask Wellness

T: 250.315.0098
E: merritt@askwellness.ca
W: askwellness.ca
FB: @ASKWellnessSocietyMerritt

Cadet Core

950 Rocky Mountain Road Rangers
C: Vanessa Keely: 250.571.7496
E: vkeely@telus.net

Canadian Mental Health Association – Merritt Club House

T: 250.819.4470
E: Merritt.clubhouse@cmha.bc.ca
W: kamloops.cmha.bc.ca

Coldwater Ranch Lodge:**Abilitas Foundation**

T: 1.604.854.1720
E: info@abilitasfoundation.org
W: abilitasfoundation.org

**Community Futures Nicola Valley**

T: 250.378.3923
E: info@cfdcnv.com
W: communityfutures.ca

Community Policing Office

T: 250.378.3955
E: cpo@merritt.ca
W: merritt.ca/community-policing

Conayt Friendship Society Office

T: 250.378.5107
E: reception@conayt.com
W: conayt.com

Garlic Festival

E: lower.Nicola.bc.garlic.fest@gmail.com
W: lowernicolacomunity.com

Girl Guides of Canada - Merritt

C: Chelsea Werrun
T: 250.936.9015
E: 378csparks@gmail.com

High School Rodeo Association

C: Tanya Starrs: 250.378.0060
E: Email: starrslessons@gmail.com
W: bchsr.ca

Interior Community Services

T: 250.378.9676
E: admerritt@interiorcommunityservices.bc.ca
W: interiorcommunityservices.bc.ca/programs/location/merritt-program

SPECIAL INTEREST GROUPS *CONTINUED*
**Merritt & District
Chamber of Commerce**

T: 250.378.5634
E: info@merrittchamber.com
 (Joe Nemeth, Chamber Coordinator)
E: chair@merrittchamber.com
 (Margaret Hohner)
E: finance@merrittchamber.com
W: merrittchamber.com

Merritt & District Hospice Society

T: 250.280.1701
E: merrithospice@shaw.ca
W: merrithospice.org

Merritt & District Senior Association

T: 250.378.3763
E: msca2@telus.net

Merritt Little Britches Rodeo

C: April Schneider: 250.280.1728
E: aprsch@telus.net
W: bclbra.org

Merritt Regional Transit System (bus)

T: 250.378.4080
W: bctransit.com/merritt/home

Merritt Snowmobile Club

C: Simon Rizzardo: 250.315.5984
E: merrittsnowmobileclub@hotmail.ca
W: sledmerritt.ca

Merritt Stock Car Association

C: President Sean Dandy:
 250.299.3145
E: merrittspeedway@outlook.com
W: merrittspeedway.ca

Merritt Youth & Family Resources

T: 250.378.4878
E: myfrsed@telus.net
W: merrittfamilyresources.com
FB: facebook.com/merrityouth
 andfamilyresourcesociety

Nicola Family Therapy

T: 250.378.9222
E: office@nicolafamilytherapy.ca
W: nicolafamilytherapy.ca

Nicola Naturalists Society

T: Alan Burger: 250.378.2468
E: aburger@uvic.ca
W: nicolanaturalist.com

**Nicola Valley Community
Garden Society**

T: Michael Furman: 250.315.7454
E: nicolavalleycommunitygardens@gmail.com
FB: @NVCommunityGardens

Nicola Valley Cruisers Car Club

C: Gerry Kielman: 250.936.8987
E: gkielman@shaw.ca
FB: @NVCruisersCarClub

**Nicola Valley & District
Food Bank**

C: Derlanda Hewton: 250.378.2282
E: foodbank@telus.net
W: nicolavalleyfoodbank.com

**Nicola Valley ESS
Emergency Support Services**

C: Teri McMillan, Director
T: 778.921.0189
E: ess@merritt.ca
W: merritt.ca/ess

Nicola Valley Fall Fair Association

C: Marianne: 250.378.7306
E: meyunaa@telus.net
FB: @nicolavalleyfallfair


Nicola Valley Farmers Market

C: Diane Van Hoof: 250.571.3470
E: nvfarmersmarket@gmail.com
W: localline.ca/
 nicola-valley-farmers-market
FB: @nicolavalleyfarmersmarket

Nicola Valley Fibre Lovers

C: Diane Grimshire: 250.315.5461
E: dianagrim66@gmail.com

Nicola Valley Figure Skating Club

C: Jill Starrs: 250.378.0114
E: skatinginthevalley49@gmail.com
E: nvscreg@gmail.com (REGISTRATION)
W: nicolavalleyinc.uplifterinc.com
FB: @NicolaValleySkatingClub

Nicola Valley Fish & Game Club

C: Paul Komonoski: 250.378.4904
E: morbtr@hotmail.com


**Nicola Valley Institute
of Technology (NVIT)**

T: 877.682.3300
E: info@nvit.bc.ca
W: nvit.ca

Nicola Valley Kennel Club

C: Lori Jacobson: 250.378.5172
E: ljacobson@telus.net

Nicola Valley Museum & Archives

T: 250.378.4145 | nvma@telus.net
W: nicolavalleymuseum.org

Nicola Valley Quilters Guild

C: Deborah Wilkins: 250.280.4086
E: dtwilkins@telus.net

Nicola Valley Rodeo Association

C: Gert Leslie: 1.604.741.2923
E: nicolavalleyrodeoassociation@gmail.com
W: nicolavalleyrodeo.com

Nicola Valley Search & Rescue

C: Tracy Dunsmore: 250.378.4262
E: nicolavalleysar1@gmail.com
FB: facebook.com/nvsar

Nicola Valley Women in Action

C: Donna Smith: 250.378.4377

SPECIAL INTEREST GROUPS *CONTINUED*

Pacific Forest Car Rally

E: paul@rallybc.com
W: pacificforestrally.com
FB: facebook.com/PacificForestRally

Rotary Club of Merritt

E: connect@rotarymerritt.com
W: rotarymerritt.com
FB: facebook.com/RotaryMerritt

Royal Canadian Legion

T: 250.378.5631
E: legion096@outlook.com
FB: @RoyalCanadianLegion096

School District 58:

Nicola-Similkameen
T: 250.378.5161
W: sd58.bc.ca
FB: @SchoolDistrictNo58

The Merritt Elks Club

C: Bonita Hintz: 250.378.4656
E: merrittelks441@gmail.com

The Knights of Columbus

C: Mike Etchart: 250.378.7330
W: kofc.org/en/get-involved/
 /find-a-council.html

Valley Scrapbookers

T: Registration: 250.315.1050
C: Diane Shalanski: 250.378.4186
E: ggfly@telus.net

Vintage Car Club of Canada: Merritt

C: Al: 250.378.7402
E: 33dodge@telus.net
W: vccc.com/merritt-chapter
FB: facebook.com/100068918151641

Work BC

T: 250.378.5151
E: info@merrittesc.ca
W: workbccentre-merritt.ca

TOURISM & INFORMATION

TOURISM MERRITT | BAILLIE HOUSE
VISITOR INFORMATION CENTRE
 2250 VOGHT STREET

T: 250.378.0349
E: BAILLIEHOUSE@GMAIL.COM
W: MERRITT.CA/VISITOR

Tourism Nicola Valley

DESTINATION MARKETING ORGANIZATION
T: 877.830.3230 | 778.244.4303
E: admin@experiencenicolavalley.com
W: experiencenicolavalley.ca
W: experiencemerritt.ca
FB: @experiencenicolavalley

Thompson Okanagan Tourism Association

T: 250.860.5999
E: info@totabc.com
W: totabc.org
FB: facebook.com/TOTABCnews

REGISTER

REGISTRATION DATES

SPRING | MARCH 1
 SUMMER | JUNE 1
 FALL | SEPTEMBER 1
 WINTER | DECEMBER 1

REGISTRATION DEADLINE

2 WEEKS BEFORE PROGRAM BEGINS

▶ MERRITT.CA/REGISTRATION

REFUND POLICY & WITHDRAWAL: A \$10 administration fee will be charged for all program withdrawals, excluding memberships. Check each program for specific refund policies. Once a program begins, a pro-rated refund can be applied. Administration fees will be charged.

CANCELLATIONS: Programs may be cancelled due to staff shortages or low registration, so please register early to avoid disappointment. If your program is cancelled, you will receive a full refund.

DISCLAIMER: Content is for information only. It is not guaranteed to be accurate and is not to be relied upon.

ADVERTISING

Support community programs and events. Advertise in the next Recreation Guide.

DEADLINE: 4 WEEKS PRIOR TO PROGRAM REGISTRATION OPENING

FOR MORE INFORMATION CONTACT:
RECREATION@MERRITT.CA
T: 250.315.1050

ADVERTISING RATES	
FULL COLOUR TAXES INCLUDED	
BACK COVER	\$650.00
INSIDE BACK COVER	\$475.00
FULL PAGE	\$414.00
HALF PAGE	\$207.00
QUARTER PAGE	\$103.50
BANNER SIZE	\$82.90
BUSINESS CARD	\$51.50
FEATURE LISTING	\$25.00
SUBMIT TO RECREATION@MERRITT.CA	



CITY HALL

2185 VOGHT STREET | 250.378.4224

NICOLA VALLEY MEMORIAL ARENA

2075 MAMETTE AVENUE | 250.378.4832

NICOLA VALLEY AQUATIC CENTRE

2040 MAMETTE AVENUE | 250.378.6662



REGISTRATION DATES

SPRING		MARCH 1
SUMMER		JUNE 1
FALL		SEPTEMBER 1
WINTER		DECEMBER 1


Merritt
FLOURISH UNDER THE SUN

[MERRITT.CA/RECREATION](https://merritt.ca/recreation)
[MERRITT.CA/REGISTRATION](https://merritt.ca/registration)
[MERRITT.CA/RECREATIONGUIDE](https://merritt.ca/recreationguide)

MERRITT CIVIC CENTRE

1950 MAMETTE AVENUE | 250.315.1050

MERRITT VISITOR CENTRE BAILLIE HOUSE

2250 VOGHT STREET | 250.378.0349

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NICOLA VALLEY AQUATIC CENTER
+ MERRITT CIVIC CENTER