



**RECREATION** SPRING/SUMMER  
GUIDE **2023**

## A MESSAGE FROM THE MAYOR

“

We are pleased to offer the City of Merritt’s latest *Recreation Guide* for Spring/Summer 2023. 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.



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**CITY HALL + COUNCIL CHAMBERS**  
2185 VOGHT STREET | 250.378.4224

# CITY PARKS + FACILITIES



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



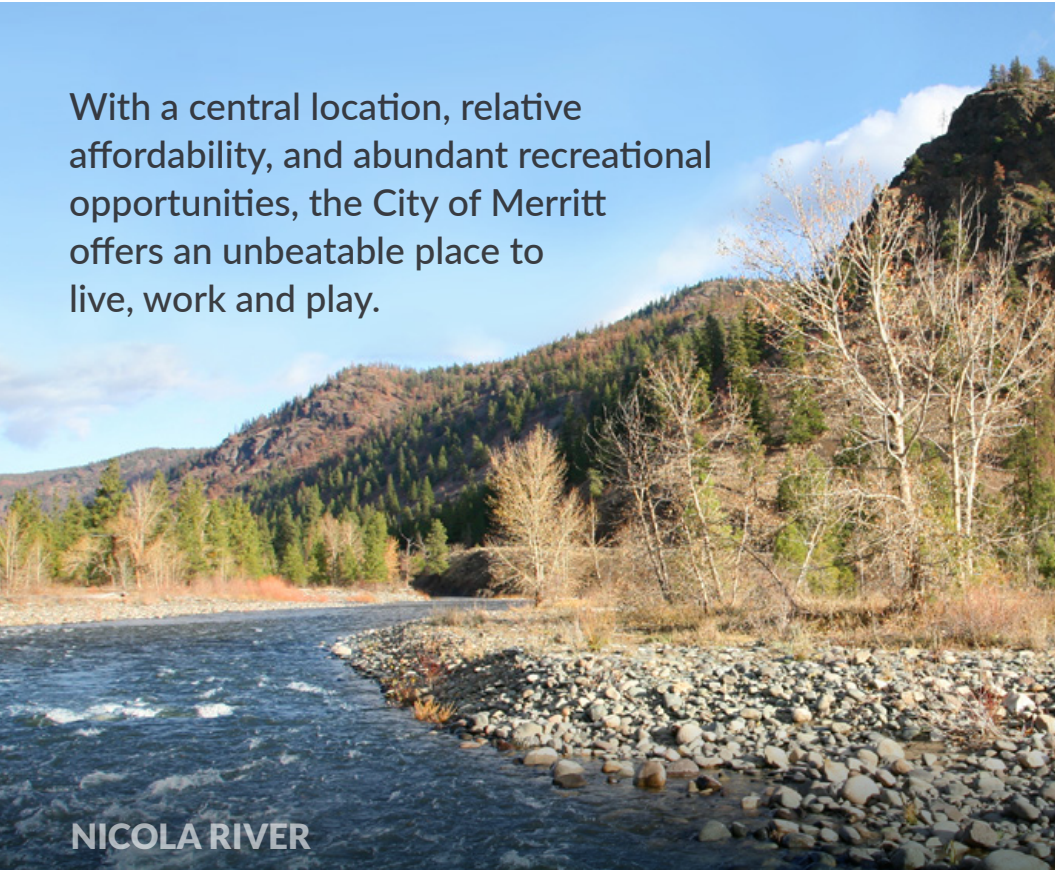
**NICOLA VALLEY AQUATIC CENTRE**  
2040 MAMETTE AVENUE | 250.378.6662



**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**  
4 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



**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

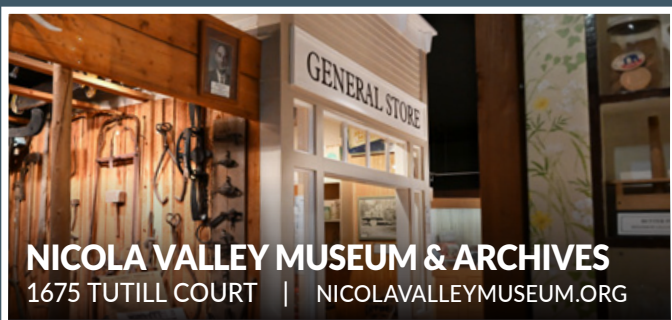
## OTHER LOCAL FACILITIES



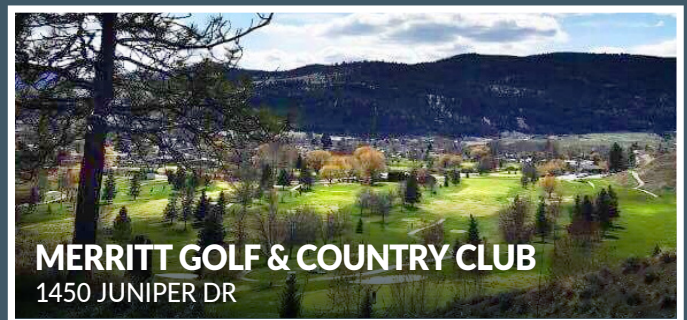
**RODEO + FALL FAIR GROUNDS**  
499 LINDLEY CREEK RD



**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





# FACILITY BOOKINGS

## PARTIES AT THE AQUATIC CENTRE

### FUN LEADER PACKAGE | \$80

- Admission for 10 children
- Party includes 1 hour of swimming with an energetic fun leader and use of viewing deck for 2 hours

### THEMED PARTY PACKAGE | \$175

- Admission for 10 children
- Includes 1 hour of swimming with a fun leader and use of viewing deck for 2 hours
- Includes 2 medium pizzas, 2L pop, tablecloth, cups, napkins, cutlery and piñata
- Decorated to theme of choice (*inquire about available themes*)

#### GENERAL PARTY INFORMATION:

- All children under the age of 7 must be accompanied in the water by a responsible supervisor 16 years of age or older. One supervisor may be responsible for up to 3 children.
- Maximum 10 children per 1 fun leader. Additional children will require a second fun leader which will result in additional fees.
- The viewing deck will be available during the pool portion of the party to allow for set-up.
- The party area will include 2 full tables and 10+ chairs as well as a table for cake and presents.
- Decorations and food are permitted on the viewing deck but must be removed and cleaned up.



**POOL@MERRITT.CA | 250.378.6662**





## BOUNCY CASTLE AT THE CIVIC CENTRE

### FUN EXPRESS TRAIN STATION | \$150

Enjoy 2 hours of bounce/gym time with an energetic fun leader! Includes:

- 12 party goers
- Tables and chairs
- 15 minutes before and after the party for set-up/clean up

If you would like to have more than 12 kids, it will be \$5/additional child. 15+ kids will require an additional fun leader which will result in additional fees.

**CONTACT RECREATION COORDINATOR**  
**RECREATION@MERRITT.CA | 250.315.1050**

## RENTAL OVERVIEW

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



**CENTRAL PARK CONCESSION**  
 2975 VOGHT ST



**CENTRAL PARK BALL FIELDS**  
 2975 VOGHT ST



**ROTARY PARK BANDSHELL**  
 1990 MAXWELL AVENUE



## 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





**WEDDINGS & GALAS**

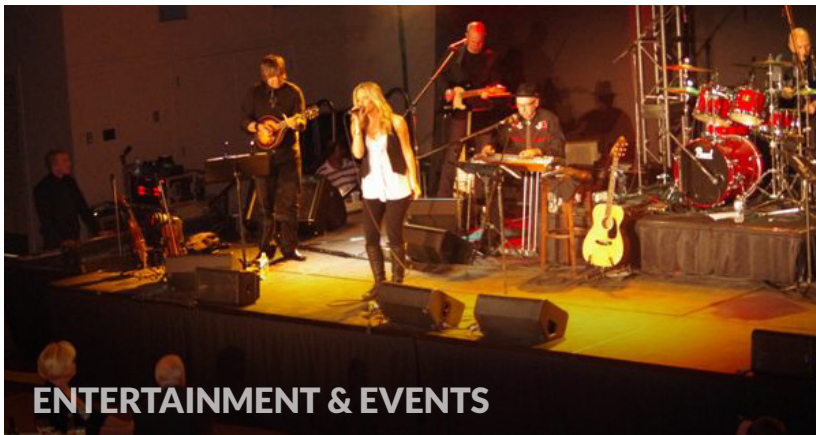
OFFICE HOURS  
MONDAY - FRIDAY  
**| 9AM - 5PM**  
FACILITY OPEN AS BOOKED

# MERRITT CIVIC CENTRE

1950 MAMETTE AVENUE | 250.315.1050 | RECREATION@MERRITT.CA



**PROGRAMS & CLASSES**



**ENTERTAINMENT & EVENTS**



**CONFERENCES & MEETINGS**



**TRADE SHOWS & CRAFT FAIRS**



## VINYASA YOGA

Ideal for beginners and more experienced practitioners, this class is based on the Sun Salutations, building integration and strength. Lindsay's method of teaching is based on anatomy and safety, often work-shopping asana to make a stronger pose.

INSTRUCTED BY LINDSAY

## YIN YOGA

Yin is the flip side of Vinyasa. Here you build flexibility and acceptance. This mostly seated practice, where poses are held for 2-8 minutes (don't be worried), gives the hard tissues of the body the time to relax and the mind time to get over itself.

INSTRUCTED BY LINDSAY

MINIMUM REGISTRATION REQUIRED FOR CLASSES TO RUN



YOGA

# REGISTER IN ADVANCE + SAVE UP TO 20%

TUESDAYS   VINYASA			
14 - 59 YEARS	MARCH 14 - APRIL 4	5:30 - 6:45PM	\$40.00   4 CLASSES
	10 CLASS DROP-IN PASS		\$125.00   10 CLASSES
	SINGLE DROP-IN		\$12.50   1 CLASS

60+ YEARS	MARCH 14 - APRIL 4	5:30 - 6:45PM	\$34.00   4 CLASSES
	SENIOR'S 10 CLASS DROP-IN PASS		\$100.00   10 CLASSES
	SENIOR'S SINGLE DROP-IN		\$10.00   1 CLASS

TUESDAYS   YIN			
14 - 59 YEARS	MARCH 14 - APRIL 4	7:00 - 8:15PM	\$40.00   4 CLASSES
	10 CLASS DROP-IN PASS		\$125.00   10 CLASSES
	SINGLE DROP-IN		\$12.50   1 CLASS

60+ YEARS	MARCH 14 - APRIL 4	7:00 - 8:15PM	\$34.00   4 CLASSES
	SENIOR'S 10 CLASS DROP-IN PASS		\$100.00   10 CLASSES
	SENIOR'S SINGLE DROP-IN		\$10.00   1 CLASS

THURSDAYS   VINYASA			
14 - 59 YEARS	APRIL 20 - MAY 18	5:30 - 6:45PM	\$50.00   5 CLASSES
	MAY 25 - JUNE 22	5:30 - 6:45PM	\$50.00   5 CLASSES
	10 CLASS DROP-IN PASS		\$125.00   10 CLASSES
	SINGLE DROP-IN		\$12.50   1 CLASS

60+ YEARS	APRIL 20 - MAY 18	5:30 - 6:45PM	\$42.50   5 CLASSES
	MAY 25 - JUNE 22	5:30 - 6:45PM	\$42.50   5 CLASSES
	SENIOR'S 10 CLASS DROP-IN PASS		\$100.00   10 CLASSES
	SENIOR'S SINGLE DROP-IN		\$10.00   1 CLASS

THURSDAYS   YIN			
14 - 59 YEARS	APRIL 20 - MAY 18	7:00 - 8:15PM	\$50.00   5 CLASSES
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LOCATION: MERRITT CIVIC CENTRE

LOCATION: MERRITT CIVIC CENTRE





## GYMNASTICS

**REGISTER EARLY**  
Gymnastics programs fill up quickly. Register early to save your spot.

### GYMNASTICS

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

*INSTRUCTED BY COLLEEN KAMINSKI*

GYMNASTICS			
TUESDAYS   APRIL 18 - JUNE 13			
* NO CLASS MAY 2 *			
2-3 YEARS *	* REGISTRATION FULL PARENT PARTICIPATION REQUIRED	3:30 - 4:10PM	\$100 (8 CLASSES)
4-5 YEARS		4:15 - 5:10PM	\$128 (8 CLASSES)
6-8 YEARS		5:15 - 6:10PM	\$128 (8 CLASSES)
9-13 YEARS		6:15 - 7:10PM	\$128 (8 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](http://JUMPSTART.CANADIANTIRE.CA)



**Jumpstart.**





## SPRING BREAK CAMPS

Items for campers to pack: lunch, snacks, water bottle, and swim gear on Tuesday & Thursday.

**MESSY MONDAY'S** | A day full of everything messy, from science experiments to crafts and making some of your favourite treats!

### SPORTS DAY | TUESDAY & THURSDAY

Join us for a day full of different sports like gymnastics, badminton, skating and pickleball. In the afternoon we will head to the pool!

### WORLD OF WONDER WEDNESDAY

Let your imagination wander. Today's activities will

take us around the world, from learning about other countries, critters under the sea, space, and more!

**FUN WITH FRIENDS FRIDAY** | Today's activities will be group oriented and will involve working as a team to complete fun challenges.

SPRING BREAK CAMPS				
MARCH 20 - 24		MARCH 27 - 31		
MON	TUES	WED	THURS	FRI
MESSY MONDAY	SPORTS DAY	WORLD OF WONDER WEDNESDAY	SPORTS DAY	FUN WITH FRIENDS FRIDAY
LOCATION: MERRITT CIVIC CENTRE				

## SUMMER CAMPS

Items for campers to pack: lunch, snacks, water bottle, hat, sunscreen & swim gear on Monday, Wednesday & Friday.

SUMMER CAMPS								
JULY				AUGUST				
JULY 3 - 7	JULY 10 - 14	JULY 17 - 21	JULY 24 - 28	JULY 31 - AUG 4	AUG 8 - 11	AUG 14 - 18	AUG 21 - 25	AUG 28 - SEPT 1
ADVENTURE LAND	MISSION IMPOSSIBLE	OOOEY GOOEY SCIENCE	DISNEY/MARVEL	HOLIDAY HOOPLA	THE GREAT OUTDOORS	BLAST FROM THE PAST	LOST IN SPACE	SUMMER SEND OFF!





# 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 musculoskeletal injuries and medical emergencies.

STANDARD FIRST AID		
2 DAY PROGRAM		
MARCH 11 + 12	8:30AM - 5:00PM	\$145.00
JULY 26 + 27	8:30AM - 5:00PM	\$145.00
LOCATION: MERRITT CIVIC CENTRE		

REGISTRATION DEADLINE 2 WEEKS PRIOR TO COURSE DATE  
MINIMUM 6 CANDIDATES | 100% ATTENDANCE REQUIRED

\* STANDARD FIRST AID IS REQUIRED FOR  
NATIONAL LIFEGUARD CERTIFICATION ► PAGE 25

\* RECERTIFICATION FOR STANDARD FIRST AID ► PAGE 25

## 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.

EMERGENCY FIRST AID		
1 DAY PROGRAM		
APRIL 28	8:30AM - 5:00PM	\$95.00
JUNE 9	8:30AM - 5:00PM	\$95.00
AUGUST 25	8:30AM - 5:00PM	\$95.00
LOCATION: MERRITT CIVIC CENTRE		



## BABYSITTER'S COURSE

Offers basic first aid and care giving skills for youth 11-15 years. 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 COURSE		
1 DAY PROGRAM		
APRIL 29	9:00AM - 4:00PM	\$70.00
JULY 14	9:00AM - 4:00PM	\$70.00
LOCATION: MERRITT CIVIC CENTRE		

## STAY SAFE

Offers basic first aid and safety skills for youth 9-13 years. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their community.

STAY SAFE COURSE		
1 DAY PROGRAM		
JUNE 3	9:00AM - 2:00PM	\$50.00
AUGUST 25	9:00AM - 2:00PM	\$50.00
LOCATION: MERRITT CIVIC CENTRE		



## 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.

TEEN FITNESS ORIENTATION		
MARCH 23	1:00PM - 1:30PM	\$15.00
APRIL 27	4:00PM - 4:30PM	\$15.00
MAY 12	4:00PM - 4:30PM	\$15.00
JUNE 22	4:00PM - 4:30PM	\$15.00
JULY 6	4:00PM - 4:30PM	\$15.00
AUGUST 14	4:00PM - 4:30PM	\$15.00
UPON REQUEST   PRIVATE		\$25.00
LOCATION: NICOLA VALLEY AQUATIC CENTRE   FITNESS ROOM		





## PUBLIC SWIM

MONDAY - FRIDAY \*  
**| 6AM - 7:30PM**  
LIMITED LAP LANES MAY-JUNE  
DUE TO CONCURRENT PROGRAMS  
MON-THURS | 4-6:30PM

SATURDAY  
**| 10AM - 5PM**

SUNDAY  
**| 12PM - 4PM**

TUESDAY ADULT SWIM (13+)  
(STARTING APRIL 4)  
**| 7:30PM - 8:15PM**

WEDNESDAY SENIOR'S  
FREE SWIM (ENDING MAY 30)  
**| 9AM - 10AM**

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

# NICOLA VALLEY AQUATIC CENTRE

SEE PRICES PAGE 27 | 2040 MAMETTE AVENUE | 250.378.6662 | POOL@MERRITT.CA



SAUNA



SLIDE + DIVING BOARDS + ROPE SWING



WHIRLPOOLS



FITNESS ROOM



# 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.

AQUABOARD		
TUESDAY EVENINGS	FRIDAY AFTERNOONS	
6:45PM - 7:15PM	12:00PM - 12:30PM	COST
APRIL 11 - MAY 9	APRIL 14 - MAY 12	\$50 (5)
MAY 16 - JUNE 13	MAY 19 - JUNE 16	\$50 (5)
JULY 11 - AUGUST 1	JULY 14 - AUGUST 4	\$40 (4)
AUGUST 8 - 29	AUGUST 11 - SEPT 1	\$40 (4)
LOCATION: NICOLA VALLEY AQUATIC CENTRE   MAIN POOL		
REGISTRATION REQUIRED ▶ MERRITT.CA/REGISTRATION		

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	COST
10:00AM - 10:45AM	7:00AM - 7:45AM	REGULAR ADMISSION
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	COST
11:00AM - 11:45AM	5:45PM - 6:30PM	REGULAR ADMISSION
LOCATION: NICOLA VALLEY AQUATIC CENTRE   MAIN POOL		







# SWIMMING LESSONS

## 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.

#### PARENT & TOT SCHEDULE

JELLY FISH | GOLD FISH | SEAHORSE

TUESDAYS THURSDAYS	APRIL 4 - 27	10:00 - 10:30AM	\$32.60 (8)
	MAY 2 - 25	10:00 - 10:30AM	\$32.60 (8)
	MAY 30 - JUN 22	10:00 - 10:30AM	\$32.60 (8)



## 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.

PRESCHOOL 1			
OCTOPUS			
SPRING BREAK CRUNCHER MON - FRI	MARCH 20 - 24	9:00 - 9:30AM	\$20.25 (5)
	MARCH 27 - 31	9:30 - 10:00AM	\$20.25 (5)
MONDAYS WEDNESDAYS	APRIL 3 - 26	3:30 - 4:00PM	\$28.65 (7)
	MAY 1 - 24	3:30 - 4:00PM	\$28.65 (7)
	MAY 29 - JUN 21	3:30 - 4:00PM	\$32.60 (8)
TUESDAYS THURSDAYS	APRIL 4 - 27	9:30 - 10:00AM 4:00 - 4:30PM	\$32.60 (8)
	MAY 2 - 25	9:30 - 10:00AM 4:00 - 4:30PM	\$32.60 (8)
	MAY 30 - JUN 22	9:30 - 10:00AM 4:00 - 4:30PM	\$32.60 (8)
SUMMER CRUNCHER MON-THURS TWO WEEKS	JULY 10 - 20	9:00 - 9:30AM 9:30 - 10:00AM	\$32.60 (8)
	JULY 24 - AUG 3	9:00 - 9:30AM 9:30 - 10:00AM	\$32.60 (8)
	AUGUST 8 - 17	9:00 - 9:30AM 9:30 - 10:00AM	\$28.65 (7)
	AUGUST 21 - 31	9:00 - 9:30AM 9:30 - 10:00AM	\$32.60 (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.

PRESCHOOL 2			
CRAB			
SPRING BREAK CRUNCHER MON - FRI	MARCH 20 - 24	10:30 - 11:00AM	\$20.25 (5)
	MARCH 27 - 31	10:30 - 11:00AM	\$20.25 (5)
TUESDAYS THURSDAYS	APRIL 4 - 27	9:00 - 9:30AM 3:30 - 4:00PM	\$32.60 (8)
	MAY 2 - 25	9:00 - 9:30AM 3:30 - 4:00PM	\$32.60 (8)
	30 - JUN 22	9:00 - 9:30AM 3:30 - 4:00PM	\$32.60 (8)
SUMMER CRUNCHER MON-THURS TWO WEEKS	JULY 10 - 20	9:00 - 9:30AM	\$32.60 (8)
	JULY 24 - AUG 3	9:00 - 9:30AM	\$32.60 (8)
	AUGUST 8 - 17	9:00 - 9:30AM	\$28.65 (7)
	AUGUST 21 - 31	9:00 - 9:30AM	\$32.60 (8)



## PRE-SCHOOL SWIMMING LESSONS

### 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.

PRESCHOOL 3			
ORCA			
SPRING BREAK CRUNCHER MON - FRI	MARCH 20 - 24	10:30 - 11:00AM	\$20.25 (5)
	MARCH 27 - 31	10:30 - 11:00AM	\$20.25 (5)
TUESDAYS THURSDAYS	APRIL 4 - 27	9:00 - 9:30AM	\$32.60 (8)
		3:30 - 4:00PM	
	MAY 2 - 25	9:00 - 9:30AM 3:30 - 4:00PM	\$32.60 (8)
	MAY 30 - JUN 22	9:00 - 9:30AM 3:30 - 4:00PM	\$32.60 (8)
SUMMER CRUNCHER MON-THURS TWO WEEKS	JULY 10 - 20	9:30 - 10:00AM	\$32.60 (8)
	JULY 24 - AUG 3	9:30 - 10:00AM	\$32.60 (8)
	AUGUST 8 - 17	9:30 - 10:00AM	\$28.65 (7)
	AUGUST 21 - 31	9:30 - 10:00AM	\$32.60 (8)

### 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.

PRESCHOOL 4   5
SEA LION   NARWHAL
NOT CURRENTLY SCHEDULED   CONTACT NVAC

# NATIONAL DROWNING PREVENTION WEEK

| JULY 16 - 22, 2023

July sees the peak of water-related incidents. Whether you head to your favourite lake, river or swimming pool, think ahead and stay safe on the water. Get tips and more.

▶ [MERRITT.CA/LIFESAVING](https://merritt.ca/lifesaving)





# 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 1 SCHEDULE			
SPRING BREAK CRUNCHER MON - FRI	MARCH 20 - 24	9:00 - 9:30AM	\$20.25 (5)
	MARCH 27 - 31	9:30 - 10:00AM	\$20.25 (5)
MONDAYS WEDNESDAYS	APRIL 3 - 26	4:00 - 4:30PM	\$28.65 (7)
	MAY 1 - 24	4:00 - 4:30PM	\$28.65 (7)
	MAY 29 - JUN 21	4:00 - 4:30PM	\$32.60 (8)
TUESDAYS THURSDAYS	APRIL 4 - 27	4:30 - 5:00PM	\$32.60 (8)
	MAY 2 - 25	4:30 - 5:00PM	\$32.60 (8)
	MAY 30 - JUN 22	4:30 - 5:00PM	\$32.60 (8)
SUMMER CRUNCHER MON-THURS TWO WEEKS	JULY 10 - 20	10:00 - 10:30AM	\$32.60 (8)
	JULY 24 - AUG 3		\$32.60 (8)
	AUGUST 8 - 17	11:00 - 11:30AM	\$28.65 (7)
	AUGUST 21 - 31		\$32.60 (8)

## 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 2 SCHEDULE			
SPRING BREAK CRUNCHER MON - FRI	MARCH 20 - 24	10:00 - 10:30AM	\$20.25 (5)
	MARCH 27 - 31	10:00 - 10:30AM	\$20.25 (5)
MONDAYS WEDNESDAYS	APRIL 3 - 26	4:30 - 5:00PM	\$28.65 (7)
	MAY 1 - 24	4:30 - 5:00PM	\$28.65 (7)
	MAY 29 - JUN 21	4:30 - 5:00PM	\$32.60 (8)
SUMMER CRUNCHER MON-THURS TWO WEEKS	JULY 10 - 20	10:30 - 11:00AM	\$32.60 (8)
	JULY 24 - AUG 3	10:30 - 11:00AM	\$32.60 (8)
	AUGUST 8 - 17	10:30 - 11:00AM	\$28.65 (7)
	AUGUST 21 - 31	10:30 - 11:00AM	\$32.60 (8)



# SWIMMER PROGRAM

## 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 3 SCHEDULE			
SPRING BREAK CRUNCHER MON - FRI	MARCH 20 - 24	10:00 - 10:30AM	\$20.25 (5)
	MARCH 27 - 31	10:00 - 10:30AM	\$20.25 (5)
MONDAYS WEDNESDAYS	APRIL 3 - 26	5:00 - 5:30PM	\$28.65 (7)
	MAY 1 - 24	5:00 - 5:30PM	\$28.65 (7)
	MAY 29 - JUN 21	5:00 - 5:30PM	\$32.60 (8)
SUMMER CRUNCHER MON-THURS TWO WEEKS	JULY 10 - 20	10:00 - 10:30AM	\$32.60 (8)
	JULY 24 - AUG 3	10:00 - 10:30AM	\$32.60 (8)
	AUGUST 8 - 17	10:00 - 10:30AM	\$28.65 (7)
	AUGUST 21 - 31	10:00 - 10:30AM	\$32.60 (8)

## 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 4 SCHEDULE			
SPRING BREAK CRUNCHER MON - FRI	MARCH 20 - 24	10:30-11:00AM	\$20.25 (5)
	MARCH 27 - 31	10:30-11:00AM	\$20.25 (5)
TUESDAYS THURSDAYS	APRIL 4 - 27	5:00 - 5:30PM	\$32.60 (8)
	MAY 2 - 25	5:00 - 5:30PM	\$32.60 (8)
	MAY 30 - JUN 22	5:00 - 5:30PM	\$32.60 (8)
SUMMER CRUNCHER MON-THURS TWO WEEKS	JULY 10 - 20	10:30 - 11:00AM	\$32.60 (8)
	JULY 24 - AUG 3	10:30 - 11:00AM	\$32.60 (8)
	AUGUST 8 - 17	10:30 - 11:00AM	\$28.65 (7)
	AUGUST 21 - 31	10:30 - 11:00AM	\$32.60 (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 MON - FRI	MARCH 20 - 24	11:00 - 11:45AM	\$ 22.75 (5)
	MARCH 27 - 31	11:00 - 11:45AM	\$ 22.75 (5)
TUESDAYS THURSDAYS	APRIL 4 - 27	5:30 - 6:15PM	\$36.50 (8)
	MAY 2 - 25	5:30 - 6:15PM	\$36.50 (8)
	MAY 30 - JUN 22	5:30 - 6:15PM	\$36.50 (8)
SUMMER CRUNCHER MON-THURS TWO WEEKS	JULY 10 - 20	11:00 - 11:45AM	\$36.50 (8)
	JULY 24 - AUG 3	11:00 - 11:45AM	\$36.50 (8)
	AUGUST 8 - 17	11:00 - 11:45AM	\$32.15 (7)
	AUGUST 21 - 31	11:00 - 11:45AM	\$36.50 (8)





**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).

## CANADIAN SWIM PATROL

### 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.

SWIM PATROL			
ROOKIE   RANGER			
WEDNESDAYS + FRIDAYS	APR 12 - MAY 12	3:30 - 4:30PM	\$60.30 (10)
	MAY 17 - JUNE 16	3:30 - 4:30PM	\$60.30 (10)

## BOOK GROUP SWIMMING LESSONS

▶ [POOL@MERRITT.CA](mailto:POOL@MERRITT.CA)







# AQUATIC LEADERSHIP

▶ [MERRITT.CA/BRONZE](http://MERRITT.CA/BRONZE)

## 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   13+ YEARS			
TUES - SATURDAY	JULY 4 - 8	12:00 PM - 6:00 PM	\$205
LOCATION: NICOLA VALLEY AQUATIC CENTRE			

REGISTRATION REQUIRED 2 WEEKS PRIOR TO COURSE DATE  
100% ATTENDANCE REQUIRED

## 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			
FRIDAYS + SATURDAYS	MAY 5 + 12 MAY 6 + 13	4:00 PM - 9:00 PM 9:00 AM - 4:00 PM	\$165
TUESDAY - FRIDAY	JULY 11 - 14	12:00 PM - 6:00 PM	\$165
LOCATION: NICOLA VALLEY AQUATIC CENTRE			

## BECOME A LIFEGUARD

**STANDARD FIRST AID** REQUIRED IN ADDITION TO BRONZE MEDALLION AND BRONZE CROSS CERTIFICATION

NEXT STANDARD FIRST AID PROGRAMS		
MARCH 11 + 12	8:30AM - 5:00PM	\$145.00
JULY 26 + 27	8:30AM - 5:00PM	\$145.00
LOCATION: MERRITT CIVIC CENTRE		

DETAILS ON PAGE 14





# 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	AUG 13 - 18	9:00AM - 5:3 PM	\$395
LOCATION: 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.

LIFESAVER + INSTRUCTOR COURSES
DATES TO BE ANNOUNCED   CONTACT NVAC

REGISTRATION REQUIRED 2 WEEKS PRIOR TO COURSE DATE  
100% ATTENDANCE REQUIRED

# 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			
SUNDAY	APRIL 23	11:00 AM - 3:00 PM	\$125
FRIDAY	AUGUST 18	12:00 PM - 4:00 PM	\$125
LOCATION: 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 14			
THURSDAY	AUGUST 24	8:30 AM - 5:00 PM	\$125
LOCATION: MERRITT CIVIC CENTRE			





# MORE 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.

ADULT SWIM			
WEDNESDAYS	APRIL 5 - 26	5:30 - 6:00 PM	\$25 (4)
	MAY 3 - 24	5:30 - 6:00 PM	\$25 (4)
	MAY 31 - JUNE 21	5:30 - 6:00 PM	\$25 (4)
LOCATION: NICOLA VALLEY AQUATIC CENTRE			

THERE IS ALSO AN ADULT PUBLIC SWIM TUESDAY EVENINGS | 7:30 - 8:15PM (STARTING APRIL 4, 2023)

## 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.

AVAILABLE UPON REQUEST
CONTACT NVAC

## 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 SWIMMING LESSONS			
SPRING SCHEDULE			
WEDNESDAYS	APRIL 12 - MAY 10	4:30PM-5:00PM	\$75(5)
		5:00PM-5:30PM	\$75(5)
		5:30PM-6:00PM	\$75(5)
		6:00PM-6:30PM	\$75(5)
FRIDAYS	APRIL 14 - MAY 12	4:30PM-5:00PM	\$75(5)
		5:00PM-5:30PM	\$75(5)
		5:30PM-6:00PM	\$75(5)
		6:00PM-6:30PM	\$75(5)
WEDNESDAYS	MAY 17 - JUNE 14	4:30PM-5:00PM	\$75(5)
		5:00PM-5:30PM	\$75(5)
		5:30PM-6:00PM	\$75(5)
		6:00PM-6:30PM	\$75(5)
FRIDAYS	MAY 19 - JUNE 16	4:30PM-5:00PM	\$75(5)
		5:00PM-5:30PM	\$75(5)
		5:30PM-6:00PM	\$75(5)
		6:00PM-6:30PM	\$75(5)
SUMMER SCHEDULE			
FRIDAYS	JULY 14 - AUGUST 4	9:00AM-9:30AM	\$60 (4)
		9:30AM-10:00AM	\$60 (4)
		10:00AM-10:30AM	\$60 (4)
		10:30AM-11:00AM	\$60 (4)
		11:00AM-11:30AM	\$60 (4)
FRIDAYS	AUGUST 11 - SEPT 1	11:30AM-12:00PM	\$60 (4)
		9:00AM-9:30AM	\$60 (4)
		9:30AM-10:00AM	\$60 (4)
		10:00AM-10:30AM	\$60 (4)
		10:30AM-11:00AM	\$60 (4)
		11:00AM-11:30AM	\$60 (4)
		11:30AM-12:00PM	\$60 (4)
SEMI-PRIVATE   ADD \$7.20 PER EXTRA STUDENT			

# JOIN SWIM CLUB

## MAY - AUGUST

▶ [MERRITTOTTERS.TEAMPAGES.COM](http://MERRITTOTTERS.TEAMPAGES.COM)



# AQUATIC COSTS

## PUBLIC SWIM FEES

ADMISSION FEES	DROP-IN	10 PUNCH CARD	MONTHLY	6 MONTH	ANNUAL
TOT (0-2 YRS)	FREE	N/A	N/A	N/A	N/A
CHILD (3-12 YRS)	\$2.40	\$21.60	\$25.90	\$142.50	\$259.20
YOUTH (13-18 YRS)	\$3.00	\$27.00	\$32.40	\$178.20	\$324.00
ADULT (19-59 YRS)	\$4.00	\$36.00	\$43.20	\$237.60	\$432.00
SENIOR (60+)	\$3.00	\$27.00	\$32.40	\$178.20	\$324.00
STUDENT	\$3.20	\$28.80	\$34.60	\$190.10	\$345.00
LIONS DEN FITNESS ROOM	\$3.00	\$27.00	\$32.40	\$178.20	\$324.00
FAMILY 1ST PERSON	\$3.00	N/A	N/A	N/A	N/A
FAMILY ADDITIONAL	\$2.20	N/A	N/A	N/A	N/A
FAMILY PASS	N/A	N/A	\$140.00	\$570.00	\$900.00

**SENIOR FREE SWIM | WEDNESDAYS | 9-10 AM (ENDS MAY 30)**

## SWIMMING LESSON PRICING

NUMBER OF LESSONS	GROUP			PRIVATE	SEMI-PRIVATE *
	30 MINUTES	45 MINUTES	60 MINUTES	30 MINUTES	30 MINUTES
4 LESSONS	N/A	N/A	N/A	\$60.00	\$67.20
5 LESSONS	\$20.25	\$ 22.75	N/A	\$75.00	\$82.50
6 LESSONS	\$24.30	\$27.40	\$36.20	N/A	N/A
7 LESSONS	\$28.65	\$32.15	\$42.50	N/A	N/A
8 LESSONS	\$32.60	\$36.50	\$48.40	N/A	N/A
9 LESSONS	\$36.55	\$41.15	\$54.40	N/A	N/A
10 LESSONS	\$40.50	\$45.50	\$60.30	N/A	N/A

\* SEMI-PRIVATE: EACH ADDITIONAL STUDENT IS \$7.20 EXTRA | SWIMMERS MUST HAVE SIMILAR ABILITIES

## HAVE FUN! EXPLORE OUR AQUATIC EVENTS

MARCH 17+ | FAMILY FUN NIGHTS | MONTHLY

JUNE 30 | END OF SCHOOL PARTY

JULY 3+ | SUMMER FUN DAYS | MONTHLY

FUN DAYS | MON + WED + FRI

▶ PAGE 36

▶ [MERRITT.CA/EVENTS](http://MERRITT.CA/EVENTS) 27





**DRY FLOOR** | APRIL - JULY

**ICE RINK** | AUGUST-MARCH  
ENDS MARCH 19

**PUBLIC ICE SKATE**  
NO PUBLIC SKATE DURING HOCKEY GAMES

**FRIDAY** | ENDS MARCH 19  
| 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** (FALL 2023)  
| 8:00 - 9:30PM

FACILITY OPEN AS BOOKED

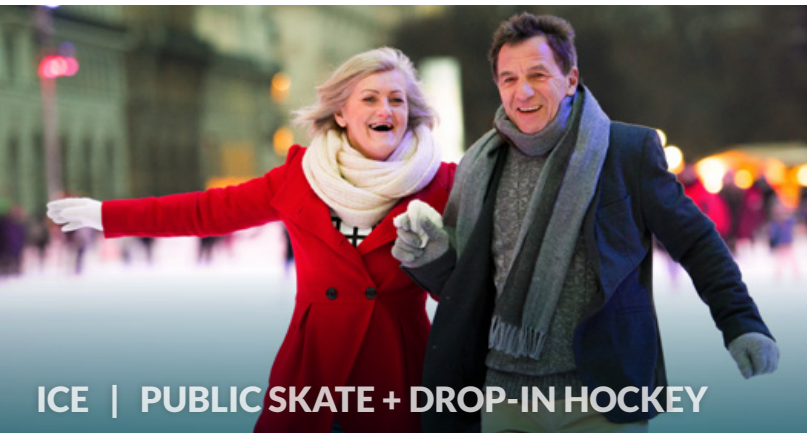


▶ [MERRITT.CA/ARENA](http://MERRITT.CA/ARENA)

**FREE PUBLIC SKATE**  
SEE SPONSORS

# NICOLA VALLEY MEMORIAL ARENA

2075 MAMETTE AVENUE | 250.378.4832 | [RECREATION@MERRITT.CA](mailto:RECREATION@MERRITT.CA)



**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 the best Junior A Hockey in BC, and some would say Canada. See you at the next Game Day!



### MERRITT CENTENNIALS | BC HOCKEY LEAGUE

MERRITTCENTENNIALS.COM | 250.378.3604

FRI   MARCH 3	PENTICTON VEES	7:00 PM
SAT   MARCH 4	WEST KELOWNA WARRIORS	7:00 PM
FRI   MARCH 10	WENATCHEE WILD	7:00 PM
SAT   MARCH 25	VERNON VIPERS	7:00 PM

LOCATION: NICOLA VALLEY MEMORIAL ARENA

**MINOR HOCKEY** | MERRITTMINORHOCKEY.COM

**CURLING** | MERRITTCURLING.CA | 250.378.4423



### SKATING LESSONS | TBA

NICOLA VALLEY SKATING CLUB | 250.378.0114

<b>PRE-CANSKATE</b>   3+ YRS <i>NO EXPERIENCE NEEDED</i>	MONDAYS	3:20 - 3:50PM
	WEDNESDAYS	3:30 - 4:00PM
<b>CANSKATE</b> <i>PREREQUISITE: PRE-CANSKATE</i>	MONDAYS	3:45 - 4:30PM
	WEDNESDAYS	3:30 - 4:15PM
<b>JUNIOR ACADEMY</b> <i>PREREQUISITE: CANSKATE 3</i>	WEDNESDAYS	4:15 - 5:00PM
	FRIDAYS	3:30 - 4:15PM
<b>JUNIOR STARSKATE</b> <i>PREREQUISITE: JUNIOR ACADEMY</i>	WEDNESDAYS	4:15 - 5:00PM
	FRIDAYS	3:30 - 4:15PM
<b>STARSKATE +COMPETITIVE</b>	CONTACT NV SKATING CLUB	
<b>POWERSKATING</b> <i>FOR HOCKEY PLAYERS   U9+</i>	MONDAYS	5:00 - 5:45PM

REGISTER IN DECEMBER | NICOLAVALLEYSC.UPLIFTERINC.COM

### ICE RINK RENTALS

AUGUST - APRIL | HOURLY + WEEKLY

ADULT .....	\$105
YOUTH PRIME .....	\$60
YOUTH OFF SEASON .....	\$85
SENIOR PRIME .....	\$60
SENIOR OFF SEASON .....	\$85
FAMILY REGULAR SEASON .....	\$85
SD 58 ADULT RATE .....	\$75
SD 58 YOUTH RATE .....	\$50
OFF SEASON (WEEKLY) .....	\$7000

### ARENA RENTALS

APRIL - JULY | DRY FLOOR

ORGANIZED SPORT YOUTH .....	\$42
ORGANIZED SPORT ADULT .....	\$79

### MEZZANINE RENTALS

MEZZANINE ½ AREA NON-PROFIT .....	\$30
MEZZANINE AREA NON-PROFIT .....	\$47

PRIME TIME: Sat + Sun + Holidays + Weekdays 3PM+

CANCELLATION FEE: Ice Rentals cancelled with less than 30 days notice will be charged full rates.

### 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





# 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](https://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**  
7PM | 3RD THURSDAY | MERRITT CIVIC CENTRE

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





# MERRITT SENIOR'S CENTRE

## + OTHER SENIOR'S INFORMATION

MERRITT SENIOR CITIZEN'S ASSOCIATION OFFICE HOURS  
**WEDNESDAY & FRIDAY | 11AM - 2PM**  
 250.378.3763 | [MSCA2@TELUS.NET](mailto:MSCA2@TELUS.NET)  
 1675 TUTILL COURT

► [MERRITT.CA/SENIORS](http://MERRITT.CA/SENIORS)

### SENIOR'S YARD SALE

**SATURDAY, MARCH 25**

| **9:00 AM - 2:00 PM** (SET-UP FROM 7:30 AM)

SENIOR'S CENTRE | 1675 TUTILL COURT  
 CONTACT: TOM | 250.315.1881

### PUZZLING TRIVIA NIGHT

**THURSDAY, MARCH 30**

| **5:30 PM - 8.30 PM**

\$10 MEMBERS | \$15 NON-MEMBERS

### STAND TALL, DON'T FALL FITNESS | NEW!

**THURSDAY MORNINGS**

| **9:00 AM - 10:00 AM**

SENIOR'S CENTRE | 1675 TUTILL COURT  
 \$1

### EVENTS & SOCIALS

The Merritt Senior Citizens Association schedules various special socials throughout the year. Contact them for more information: 250.378.3763.

### 15% SENIORS DISCOUNT

Want to attend 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](http://MERRITT.CA/REGISTRATION).

## SENIOR'S ACTIVITIES

MONDAY	POOL TABLES	10AM - 2PM
	PING PONG	10:00 AM
	CRIB	1:00 PM
TUESDAY	BINGO   <i>DOORS OPEN 11 AM</i>	1:00 PM
	CANASTA	6:30 PM
WEDNESDAY	SENIOR'S SWIM   <i>FREE (UNTIL MAY 30)</i>	9AM - 10AM
	POOL TABLES	10AM - 2PM
	PING PONG	10:00 AM
	FLOOR CURLING	1:00 PM
THURSDAY	WHIST	6:30 PM
	FITNESS "STAND TALL, DON'T FALL"   \$1	9AM - 10AM
	SENIOR'S SKATE ( <i>UNTIL MARCH 9</i> )   \$3	9:00 AM
FRIDAY	SHUFFLEBOARD	2:00 PM
	CRAFTS   1RST & 3RD WEEK	12:00 PM
	LUNCHEON   2ND WEEK   \$6	12:00 PM
	CARPET BOWLING	2:00 PM
SATURDAY	RUMMOLI	6:30 PM
	GENERAL MEETING   2ND WEEK	1:30 PM
SUNDAY	FLOOR CURLING	1:00 PM
ANYTIME	BOARD GAMES	1:00 PM
ANYTIME	DARTBOARD	
ANYTIME	LIBRARY   PUZZLES   GAMES   DVDS	





2051 VOGHT STREET | 250.378.6515 | NICOLAVALLEYARTS.COM

## SPRING + SUMMER CLASSES ARTS PROGRAMS



### KID'S ART CLASSES

#### DRAWING PLAYGROUND | TIA DELANEY

This is an experimental playground of various cartoon styles and line drawings. During five classes, kids will discover their voice through creative storytelling and designing funny, memorable characters that will leap off the page!

MARCH 20 - 24 | \$50

\* AGES 7-11: 10AM - 11:30AM | SINGLE SLIDE CARTOONS  
\* AGES 12+: 1PM - 3PM | 3-6 FRAME STORYBOARDS

#### CRAFTY KIDS CLUB

Our popular afterschool program of fun and messy craft projects for children ages 7-12.

TWO SESSIONS | \$60 EACH (INCLUDES 6 CLASSES)

1 > WEDNESDAYS | APRIL 5 - MAY 10 | 3:30PM - 5:00PM  
2 > WEDNESDAYS | MAY 17 - JUNE 21 | 3:30PM - 5:00PM

#### CRAFTY KIDS SUMMER CAMP

Our one-day a week summer camp returns for summer 2023! Join our local summer staff as we spend the day Playing with Art!

WEDNESDAYS | JULY 5 - AUGUST 30 | 10AM - 2:30PM | \$20 PER DAY



## BEGINNER'S KNITTING WORKSHOP

| SARAH MOLNAR

Learn the basics of knitting in a warm and friendly atmosphere. Sarah will get you started on your first project - a simple headband, teaching you the basic knitting stitch, including casting-on.

MARCH 11 | 10AM - 1PM | \$30 | INCLUDES SUPPLIES

## WATERCOLOUR WORKSHOP

| HERTA KLASSEN

Come and create with watercolors using a variety of different paint surfaces. The goal is for you to play, have loads of fun and go home with several small paintings which can become your own original art cards. Open to all levels. Bring your own brushes and paints or use my supplies for an extra \$6.00

APRIL 1 | 10AM - 2:30PM | \$60

## EASTER BEESWAX LUMINARY

| DIANA GRIMSHIRE

Participants will use wax from local bees to make decorative luminaries. Decorate your luminary with Spring or Easter style.

APRIL 1 | 10AM - 12PM | \$25 | SOME SUPPLIES MAY BE EXTRA

## EASTER PAPER QUILLING

| AMANDA PRYZNER-DUNN

Learn to curl and twist coloured paper into detailed pictures, making a unique Easter card.

APRIL 1 | 2PM - 4PM | \$20 | TOOLS AND PAPER SUPPLIED

## DROP SPINDLE CLASS

| TRACY COOMBES

Learn how to spin and ply to make your own custom yarn. Topics include the preparation and finishing of yarn, how yarn is made and its end purpose. All supplies included: a hand-crafted spindle, fibre, and two storage balls. No previous experience required.

APRIL 5 & 12 | 6:30PM - 8:30PM | \$60

## ART FOR TIME-TRAVELLERS

| AMANDA PRYZNER-DUNN

Join this evening adventure through time as we visit several time periods, cultures, and geographic areas while exploring art using similar styles and techniques. No supplies required, just bring your curiosity and be prepared to be inspired!

APRIL 15, 22, 29, MAY 6 | 10AM - 12PM | \$80

## ART EVENTS

Watch for the Nicola Valley Arts Council's "Art in Motion" trailer at local markets and events for pop-up art activities all season!



## ADULT ART CLASSES

### BEGINNER'S DRAWING CLASSES

| DIANE WANDLER

With practice, anyone can draw! Acquire drawing skills in this 4-class series where you will explore flowers and landscapes sketched in pencil.

APRIL 15, 22, 29, & MAY 6 | 10AM - 12PM | \$80

### JEWELLERY UPCYCLE

| DIANE WANDLER

Bring your junk jewellery and use its pieces to re-create a unique bracelet or necklace. Tools supplied.

MAY 3 | 5:30PM - 8:30PM

### MOTHER'S DAY TEA & CRAFTS

| AMANDA PRYZNER-DUNN

Mothers and Children of all ages are invited to attend a special event. Crafts will include options for a variety of skills and ages, including paper quilled earrings and watercolour cards.

MAY 13 | CRAFTS 1PM - 3PM | TEA 3 - 4PM | \$45/PAIR

### ECO-DYEING

| LYNN COX

Create a colourful organic cotton sarong using plants and natural dyes to make unique and surprising patterns. A versatile wrap for beach or poolside!

MAY 27 | 10AM - 3PM | \$50

REGISTRATION ► [NICOLAVALLEYARTS.COM](http://NICOLAVALLEYARTS.COM)





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

## EVENTS & ENTERTAINMENT



### COMMUNITY YARD SALE

Is your garage, shed, or closets starting to burst? Bring all your “treasures” to the Civic Centre and join others, at one location.

SATURDAY MARCH 11  
8:00AM - 2:00PM  
MERRITT CIVIC CENTRE  
FREE PUBLIC EVENT





## EASTER EGGSTRAVAGANZA

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 making!

FRIDAY APRIL 7  
10:00AM - 12:00PM  
ROTARY PARK  
FREE EVENT

## 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](http://www.gobybikebc.ca)  
Make sure to check the GBB Merritt community page for local events and prizes.

MAY 29 - JUNE 4  
ANYWHERE YOU CAN RIDE!  
REGISTRATION IS FREE



▶ [MERRITT.CA/PARTICIPATION](http://MERRITT.CA/PARTICIPATION)

## COMMUNITY BETTER CHALLENGE JUNE 1 - JUNE 30

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.

**+** FREE PROGRAMMING FROM  
CITY OF MERRITT RECREATION

TRACK YOUR MINUTES ON THE PARTICPATION APP!





## CANADA DAY

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

SATURDAY JULY 1

TIME | TBD

ROTARY PARK

FREE EVENT



## 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 6 - AUGUST 31

6:00 - 8:00 PM

ROTARY PARK

FREE EVENT

# AQUATIC EVENTS

NICOLA VALLEY AQUATIC CENTRE

## END OF SCHOOL PARTY

JUNE 30 | REGULAR ADMISSION

## SUMMER FUN DAYS

JULY 3 - AUGUST 31 | 2-4PM  
MONDAY | WEDNESDAY | FRIDAY

## 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!

## FAMILY FUN NIGHTS

Fun filled family evening the 3rd Friday of the month. Games, activities and concession items will be available.

MARCH 17

JUNE 23

APRIL 21

JULY 21

MAY 19

AUG 18

5PM - 7PM | REGULAR ADMISSION

## END OF SUMMER SPLASH DOWN

FRIDAY SEPTEMBER 1 | 2-4PM

Fun, Games, Prizes, Concession & more





## NICOLA VALLEY RODEO EVENTS

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

HIGH SCHOOL RODEO		MAY 6-7
LITTLE BRITCHES RODEO		JUNE 3-4
BC CUTTING HORSE SHOWS		MAY 12-14   JUNE 9-11
RANCH RODEO		AUGUST 2023
63RD ANNUAL PRO RODEO		SEPTEMBER 2-3

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



## COMMUNITY EVENTS



### NICOLA VALLEY WOMEN'S FAIR

A day to celebrate being a women! Come visit dozens of vendor booths. Take part in workshops, and listen to speakers on a variety of topics, from nutrition, self healing and mental health to photography and entrepreneurship.

SATURDAY, MARCH 18 | 9 AM - 4 PM  
MERRITT CIVIC CENTRE

FREE ADMISSION  
[FACEBOOK.COM/EVENTS/578143777233469](https://www.facebook.com/events/578143777233469)



### MERRITT STOCK CAR ASSOCIATION

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

MAY 20 + 21		RACE SEASON OPENER		1:00PM
JUNE 3		NIGHT RACE		5:00PM
JUNE 24		FAMILY NIGHT RACE		5:00PM
JULY 15		TOY DRIVE NIGHT RACE		5:00PM
AUGUST 5 + 6		ALBERT KOSOLOFSKI MEMORIAL RACE		5:00PM

LOCATION: MERRITT SPEEDWAY | [MERRITTSPEEDWAY.CA](https://www.merrittspeedway.ca)  
2255 MAMIT LAKE RANCH ROAD | 250.315.0474



### VOLLYFEST | "ROARING 20'S"

MARCH 31-APRIL 2 (MIXED) | APRIL 28-30 (LADIES)  
MERRITTVOLLEYBALLASSOCIATION.ORG/VOLLEYFEST  
MERRITTVOLLEYBALLASSOCIATION@GMAIL.COM

### CANADIAN COUNTRY MUSIC HALL OF HONOUR | STEVE KOZAK BAND

SATURDAY APRIL 1, 2023 | 2025B QUILCHENA AVE, MERRITT, BC  
SUSAN ROLINE | HALLOFHONOURMERRITT@GMAIL.COM

### COMMUNITY CONCERT

APRIL 20 | MERRITT CIVIC CENTRE  
KURT CHRISTOPHERSON | KCHRISTO@SHAW.CA

### MOTHER'S DAY BALL TOURNAMENT

MAY 13-14 | 7:00 AM - 7:00 PM  
CENTRAL PARK

### NON-PROFIT COMMUNITY ENGAGEMENT FAIR

SATURDAY, MAY 27 | 10:00 AM - 3:00 PM  
MERRITT CIVIC CENTRE

### QUILCHENA STREET MARKET

SATURDAYS | 9:30 - 2PM | MAY - AUGUST | MONTHLY  
TBA | MERRITTCHAMBER.COM



# BASS COAST MUSIC FESTIVAL

| JULY 7 - 10, 2023 | 5PM

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.

MERRITT MOUNTAIN MUSIC FEST SITE





## NICOLA VALLEY FARMER'S MARKET

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

## KIDS TRI IT TRIATHLON

MAY TBA | KIDZTRIIT@GMAIL.COM

## FATHER'S DAY FISHING DERBY

SUNDAY, JUNE 18 | 9:00 AM - 2:00 PM | KENTUCKY, ALLEYNE LAKE

## INDIGENOUS DAY

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

## MSS GRAD PARADE

SATURDAY, JUNE 24 | 5:00 PM

## NICOLA VALLEY DOG SHOW

JUNE TBA | NICOLA VALLEY KENNEL CLUB (NVKC)

## CANADIAN BLUEMOON ELVIS FESTIVAL

FRIDAY, JULY 14 - SUNDAY JULY 16 | NICOLA VALLEY RODEO GROUNDS

## AIRPORT COMMUNITY DAY

WESTERN CANADIAN AIR SHOW | RC PLANE STATIC SHOW  
| DEMO FLIGHTS | HELICOPTER RIDES | CAR SHOW | FOOD VENDORS  
JULY 15 | 10AM - 4PM  
MERRITT REGIONAL AIRPORT: SAUNDERS FIELD

## NICOLA VALLEY CRUISERS CAR SHOW

JULY 23, 2023 | VOGHT PARK

## CENTRAL INTERIOR SHOW AND SHINE

AUGUST TBA | INTERIORSHOWSHINE@GMAIL.COM

## ROLLING BARRAGE

AUGUST TBA | THEROLLINGBARRAGE.COM

## 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 @ROYALCANADIANLEGION096

## NICOLA VALLEY FALL FAIR

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

## GARLIC FEST

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



## SCRAPBOOKING CROP

FRIDAYS AT NOON | SUNDAYS AT 4:00 PM  
MARCH 10 - 12 | MAY 5 - 7  
APRIL 14 - 16 | JUNE 2 - 4  
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  
250.315.5461

## NATURALIST SOCIETY

WILDFIRES AND CLIMATE CHANGE | LEONA SHEPHERD  
| MARCH 16, 2023 | 7 PM | NVIT LECTURE THEATRE

BLUEBIRD RESEARCH IN THE NICOLA VALLEY | CAROL MATTHEWS  
| APRIL 20, 2023 | 7 PM | NVIT LECTURE THEATRE

MOTHS OF THE B.C. INTERIOR | DAVID HOLDEN





# COMMUNITY DIRECTORY

## MUSIC & ARTS

### Merritt Community Choir

**C:** 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  
dianagram66@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 Krajcici: 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:** merrittmixedslopitch@gmail.com

### Merritt Mountain Bike Association

**E:** merrittbiking@yahoo.ca  
**FB:** facebook.com/merrittmixed  
slopitchleague



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:** lowernicolacommunity.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:** nicolavalleyuplifterinc.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 OPENS**

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
<b>SUBMIT TO RECREATION@MERRITT.CA</b>	





## 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

## MERRITT CIVIC CENTRE

1950 MAMETTE AVENUE | 250.315.1050

## MERRITT VISITOR CENTRE BAILLIE HOUSE

2250 VOGHT STREET | 250.378.0349

  
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+ MERRITT CIVIC CENTER