

RECREATION FALL/WINTER
GUIDE **2023**

A MESSAGE FROM THE MAYOR



We are pleased to offer the City of Merritt's latest *Recreation Guide* for Fall/Winter 2023/24. 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

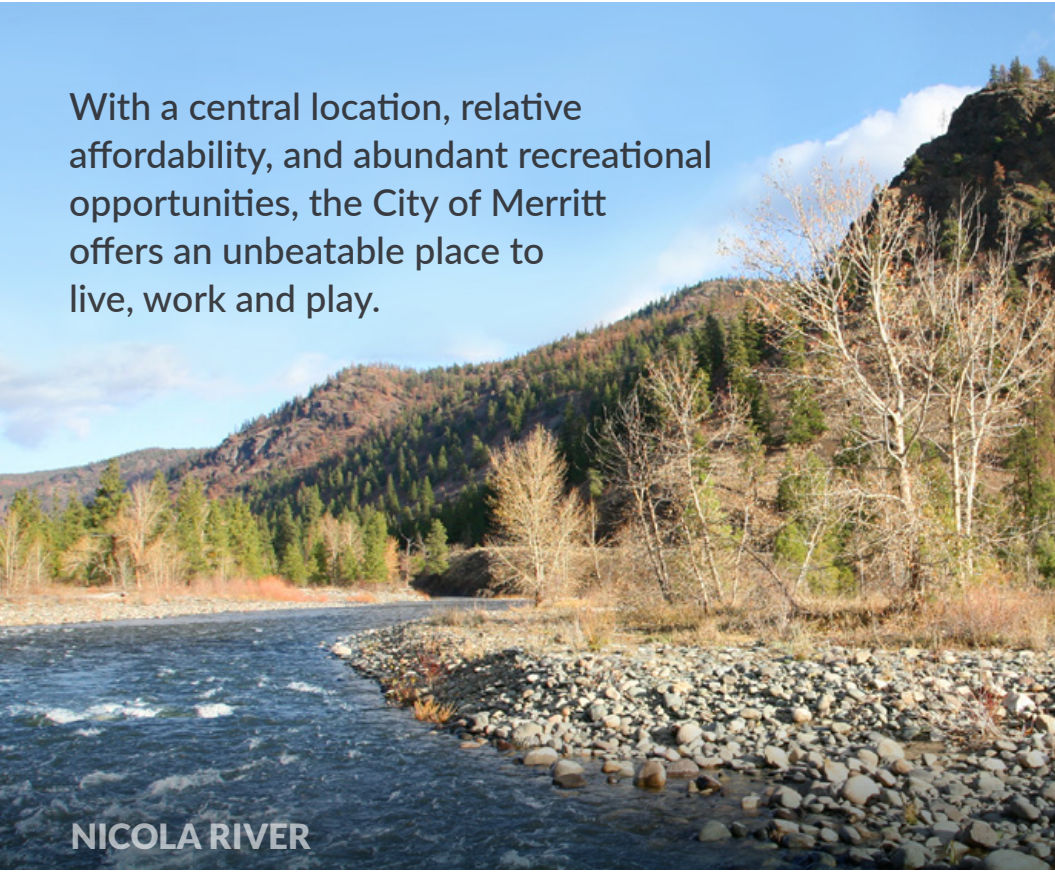


NICOLA VALLEY AQUATIC CENTRE
2040 MAMETTE AVENUE | 250.378.6662



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.



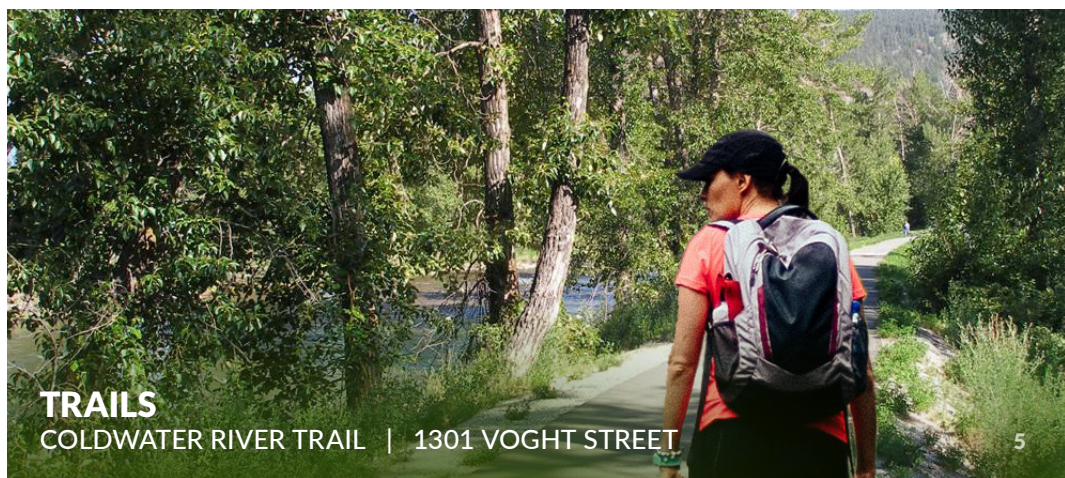
ROTARY PARK BANDSHELL
ROTARY PARK | 1990 MAXWELL AVE



BALL FIELDS
CENTRAL PARK | 2975 VOGHT ST



TENNIS COURTS
BENCH PARK | 2175 GILLIS CRESCENT
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

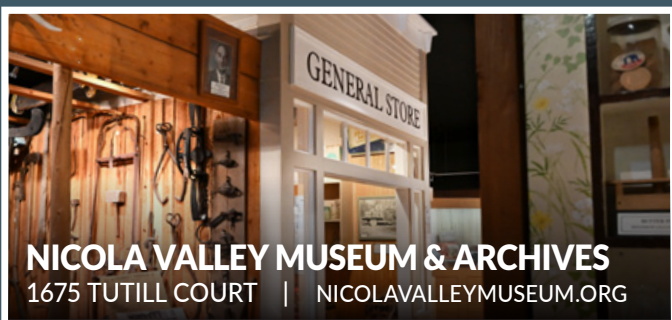
OTHER LOCAL FACILITIES



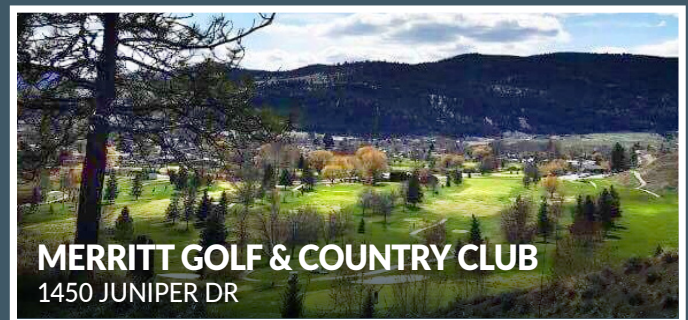
RODEO + FALL FAIR GROUNDS
499 LINDLEY CREEK RD



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



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

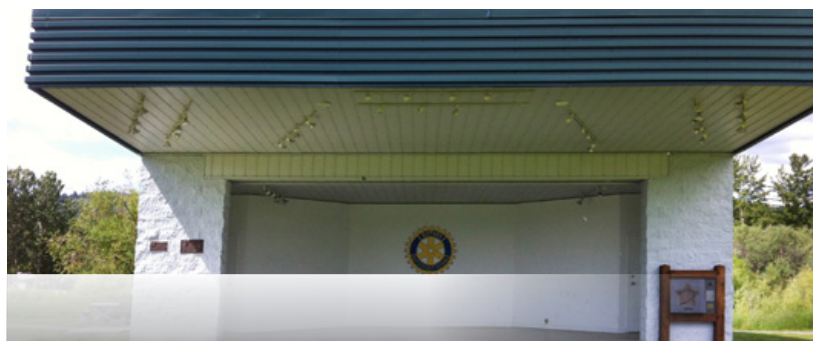
MERRITT CIVIC CENTRE



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 - THURSDAY

| 8:00AM - 5:30PM

CLOSED FOR LUNCH
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



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.

INSTRUCTED BY LINDSAY

REGULAR YOGA THURSDAYS

MINIMUM REGISTRATION REQUIRED FOR CLASSES TO RUN

THURSDAYS VINYASA YOGA		
SEPTEMBER 14 - OCTOBER 19 <small>* EXCEPT OCTOBER 3, 2023</small>	5:30 - 6:45PM	\$47.62 (5 CLASSES)
NOVEMBER 9 - DECEMBER 7 <small>* EXCEPT NOVEMBER 21 & 23, 2023</small>	5:30 - 6:45PM	\$38.10 (4 CLASSES)
JANUARY 11 - MARCH 28 <small>* EXCEPT: JAN 18, JAN 25, FEB 01, FEB 15, MAR 7</small>	5:30 - 6:45PM	\$70.00 (7 CLASSES)
SINGLE DROP-IN CLASS: \$12.50 MERRITT CIVIC CENTRE		

THURSDAYS YIN YOGA		
SEPTEMBER 14 - OCTOBER 19 <small>* EXCEPT OCTOBER 3, 2023</small>	7:00 - 8:15PM	\$47.62 (5 CLASSES)
NOVEMBER 9 - DECEMBER 7 <small>* EXCEPT NOVEMBER 21 & 23, 2023</small>	7:00 - 8:15PM	\$38.10 (4 CLASSES)
JANUARY 11 - MARCH 28 <small>* EXCEPT: JAN 18, JAN 25, FEB 01, FEB 15, MAR 7</small>	7:00 - 8:15PM	\$70.00 (7 CLASSES)
SINGLE DROP-IN CLASS: \$12.50 MERRITT CIVIC CENTRE		



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, breathwork, 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 breathwork 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.

INSTRUCTED BY LINDSAY

TUESDAYS THERAPEUTIC VINYASA		
SEPTEMBER 12 - OCTOBER 17 <small>* EXCEPT OCTOBER 3, 2023</small>	5:30 - 6:45PM	\$47.62 (5 CLASSES)
NOVEMBER 7 - DECEMBER 5 <small>* EXCEPT NOVEMBER 21 & 23, 2023</small>	5:30 - 6:45PM	\$38.10 (4 CLASSES)
JANUARY 9 - MARCH 26 <small>* EXCEPT: JAN 16, JAN 23, JAN 30, FEB 13, MAR 5</small>	5:30 - 6:45PM	\$70.00 (7 CLASSES)
SINGLE DROP-IN CLASS: \$12.50 MERRITT CIVIC CENTRE		

TUESDAYS THERAPEUTIC YIN		
SEPTEMBER 12 - OCTOBER 17 <small>* EXCEPT OCTOBER 3, 2023</small>	7:00 - 8:15PM	\$47.62 (5 CLASSES)
NOVEMBER 7 - DECEMBER 5 <small>* EXCEPT NOVEMBER 21 & 23, 2023</small>	7:00 - 8:15PM	\$38.10 (4 CLASSES)
JANUARY 9 - MARCH 26 <small>* EXCEPT: JAN 16, JAN 23, JAN 30, FEB 13, MAR 5</small>	7:00 - 8:15PM	\$70.00 (7 CLASSES)
SINGLE DROP-IN CLASS: \$12.50 MERRITT CIVIC CENTRE		



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.

INSTRUCTED BY SANDY LABERMEYER

MINDFUL STRETCH & STRENGTH

Our Mindful Stretch & 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.

INSTRUCTED BY SANDY LABERMEYER

MINDFUL CHAIR STRETCH	
OCTOBER 5 - DECEMBER 21 <small>* EXCEPT NOVEMBER 7, 21, 23, & DECEMBER 7</small>	11:00AM - 11:45AM
SINGLE DROP-IN CLASS	\$5.00

MINDFUL STRETCH & STRENGTH	
OCTOBER 5 - DECEMBER 21 <small>* EXCEPT NOVEMBER 7, 21, 23, 2023</small>	12:15 - 1:00PM
SINGLE DROP-IN CLASS	\$5.00

MINIMUM REGISTRATION REQUIRED FOR CLASSES TO RUN



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			
THURSDAYS SEPTEMBER 21 - NOVEMBER 30			
THURSDAYS JANUARY 11 - MARCH 14, 2024			
THURSDAYS MARCH 28 - JUNE 6, 2024			
2-3 YEARS * PARENT PARTICIPATION REQUIRED	3:30 - 4:10PM	\$125	(10 CLASSES)
4-5 YEARS	4:15 - 5:10PM	\$160	(10 CLASSES)
6-8 YEARS	5:15 - 6:10PM	\$160	(10 CLASSES)
9-13 YEARS	6:15 - 7:10PM	\$160	(10 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



Jumpstart.



SOCCER

MINI-KICKERS SOCCER

Designed for children under five years old, this age-appropriate program is designed to introduce young children to the exciting world of soccer with basic soccer skills, all while having a blast on the field.

WEE WARRIORS WEEKEND SOCCER

Designed exclusively for our youngest soccer enthusiasts, aged 1 to 4, this ultimate weekend soccer experience makes weekend family time even more special. Join us weekends for a soccer adventure that combines convenience, family fun, and skill-building.

ADULT SOCCER LEAGUE

Calling all soccer enthusiasts in Merritt! The pitch is set, and it's time to unleash your soccer spirit. Join our adult soccer league for a thrilling ride of kicks, goals, and Merritt camaraderie. Whether you're a local legend or just starting your soccer journey, this is your chance to be part of something special. From competitive matches to post-game celebrations, our league is where Merritt's soccer heartbeat thrives.

MERRITT YOUTH SOCCER DIVISIONS U5 - U13

SEE ADVERTISER | PAGE 32

MINI-KICKERS SOCCER		
MONDAYS OCTOBER -2 - DECEMBER 18 * EXCEPT OCT 09, OCT 23, NOV 20, DEC 11, 2023 WEDNESDAYS JANUARY 3 - MARCH 27 * EXCEPT JAN 17, JAN 31, FEB 21, 2024 MARCH 20 MOVED TO MARCH 19		
LITTLE KICKS: 1-2 YEARS * <small>PARENT PARTICIPATION REQUIRED</small>	3:15PM - 4:00PM	\$36 (8 CLASSES)
JUNIOR KICKS: 3-4 YEARS	4:15PM - 5:00PM	\$40 (8 CLASSES)
MIGHTY KICKS: 4-5 YEARS	5:15PM - 6:00PM	\$40 (8 CLASSES)
LOCATION: MERRITT CIVIC CENTRE		

WEE WARRIORS WEEKEND SOCCER		
SUNDAYS DECEMBER 3 - MARCH 10 * EXCEPT DEC 10 + 31, 2023 JAN 14 FEB 11 + 18, 2024		
1-2 YEARS * <small>PARENT PARTICIPATION REQUIRED</small>	10:15AM - 11:00AM	\$32 (8 CLASSES)
3-4 YEARS	11:15AM - 12:00PM	\$32 (8 CLASSES)
LOCATION: MERRITT CIVIC CENTRE		

ADULT SOCCER LEAGUE		
WEDNESDAYS DECEMBER 13, 2023 - MARCH 13, 2024		
ADULTS	6:00PM - 7:00PM	\$65 (14 CLASSES)
LOCATION: FORMER COQUIHALLA MIDDLE SCHOOL 2975 CLAPPERTON AVE		



FITNESS

HIGH-ENERGY FALL BOOTCAMP

Welcome to our Fall Bootcamp Program! As the leaves change color and the weather turns crisp, get ready to supercharge your fitness journey with our High-Energy Fun Bootcamp! This exhilarating program is designed to help you achieve your fitness goals while having an absolute blast. Whether you're looking to shed pounds, boost your endurance, or simply enjoy a lively workout, this bootcamp has got you covered. Join us for 8 weeks of non-stop action and excitement.

INSTRUCTED BY KIYA GIESBRECHT

BOOTCAMP		
MONDAYS * EXCEPT OCT 23 *		
OCT 16 - DEC 11	9:00 - 10:00AM	\$40 (8 CLASSES)
LOCATION: MERRITT CIVIC CENTRE		

STRONG AS A MOTHER

This dynamic and nurturing Mom and Baby Workout Program is designed exclusively for new moms and their precious little ones. This program is all about celebrating the strength, resilience, and joy of motherhood while helping mothers regain their fitness, boost their energy levels, and create lasting bonds with their babies.



STRONG AS A MOTHER		
WEDNESDAYS EXCEPT DECEMBER 20 + JANUARY 17 + 31		
DECEMBER 6 - FEBRUARY 14	9:00 - 10:00AM	\$40 (8 CLASSES)



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.

CHEERLEADING		
MONDAYS JANUARY 8 - MARCH 11 EXCEPT FEB 18 + MARCH 4		
AGES 7 - 12 YEARS	3:30PM-4:30PM	\$65 (8 CLASSES)
AGES 13 - 18 YEARS	4:35PM-5:35PM	\$65 (8 CLASSES)



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.

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.

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.

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.

FIRST AID

NOT CURRENTLY SCHEDULED

CONTACT: MERRITT CIVIC CENTRE



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 (OCTOBER - MAY)
| 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

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
OCT 17 - NOV 14	OCT 20 - NOV 17	\$50 (5)
NOV 21 - DEC 19	NOV 24 - DEC 22	\$50 (5)
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

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

JELLYFISH	OCT 17 - NOV 16	NOV 21 - DEC 21	\$40.50 (10 CLASSES)
GOLDFISH	OCT 17 - NOV 16	NOV 21 - DEC 21	\$40.50 (10 CLASSES)
SEAHORSE	OCT 17 - NOV 16	NOV 21 - DEC 21	\$40.50 (10 CLASSES)

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			
MONDAYS + WEDNESDAYS	OCT 16 - NOV 15	4:00 - 4:30PM	\$36.55 (9)
MONDAYS + WEDNESDAYS	NOV 21 - DEC 20	4:00 - 4:30PM	\$40.50 (10)

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.

CRAB PRESCHOOL 2			
MONDAYS + WEDNESDAYS	OCT 16 - NOV 15	4:00 - 4:30PM	\$36.55 (9)
MONDAYS + WEDNESDAYS	NOV 21 - DEC 20	4:00 - 4:30PM	40.50 (10)

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 skill

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 3 4 5	
ORCA SEA LION NARWHAL	
NOT CURRENTLY SCHEDULED CONTACT NVAC	

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			
MONDAYS + WEDNESDAYS	OCT 16 - NOV 15	4:30 - 5:00PM	\$36.55 (9)
MONDAYS + WEDNESDAYS	NOV 20 - DEC 20	4:30 - 5:00PM	\$40.50 (10)

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.

SWIMMER2 SCHEDULE			
MONDAYS + WEDNESDAYS	OCT 16 - NOV 15	4:30 - 5:00PM	\$36.55 (9)
MONDAYS + WEDNESDAYS	NOV 20 - DEC 20	4:30 - 5:00PM	\$40.50 (10)

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.

SWIMMER3 SCHEDULE			
MONDAYS + WEDNESDAYS	OCT 16 - NOV 15	5:00 - 5:30PM	\$36.55 (9)
MONDAYS + WEDNESDAYS	NOV 20 - DEC 20	5:00 - 5:30PM	\$40.50 (10)

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.

SWIMMER4 SCHEDULE			
MONDAYS + WEDNESDAYS	OCT 16 - NOV 15	5:00 - 5:30PM	\$36.55 (9)
MONDAYS + WEDNESDAYS	NOV 20 - DEC 20	5:00 - 5:30PM	\$40.50 (10)

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.

SWIMMER5 SCHEDULE			
MONDAYS + WEDNESDAYS	OCT 16 - NOV 15	5:30 - 6:15PM	\$41.15 (9)
MONDAYS + WEDNESDAYS	NOV 20 - DEC 20	5:30 - 6:15PM	\$45.50 (10)

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.

SWIMMER6 SCHEDULE			
MONDAYS + WEDNESDAYS	OCT 16 - NOV 15	5:30 - 6:15PM	\$41.15 (9)
MONDAYS + WEDNESDAYS	NOV 20 - DEC 20	5:30 - 6:15PM	\$45.50 (10)



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.

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)



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

NOT CURRENTLY SCHEDULED | CONTACT NVAC



AQUATIC LEADERSHIP

► 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 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 MEDALLION
PREREQUISITE: BRONZE STAR OR 13+ YEARS
NOT CURRENTLY SCHEDULED
CONTACT: NICOLA VALLEY AQUATIC CENTRE

BRONZE CROSS
PREREQUISITE: BRONZE MEDALLION 13+ YEARS
NOT CURRENTLY SCHEDULED
CONTACT: NICOLA VALLEY AQUATIC CENTRE



BECOME A LIFEGUARD

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

DETAILS ON PAGE 17

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
NOT CURRENTLY SCHEDULED
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.

INSTRUCTOR COURSES
NOT CURRENTLY SCHEDULED
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
NOT CURRENTLY SCHEDULED
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 14
NOT CURRENTLY SCHEDULED
CONTACT: 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.

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 + GROUP LESSONS
NOT CURRENTLY SCHEDULED
CONTACT: NICOLA VALLEY AQUATIC CENTRE

SWIMMING LESSON PRICING					
	GROUP			PRIVATE	SEMI-PRIVATE *
NUMBER OF LESSONS	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

DRY FLOOR | APRIL - JULY

ICE RINK | AUGUST-MARCH

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
HOLIDAY SKATE : PAGE 36



MERRITT.CA/ARENA

FREE PUBLIC SKATE
SEE SPONSORS

NICOLA VALLEY MEMORIAL ARENA

2075 MAMETTE AVENUE | 250.378.4832 | 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 one of the best Junior A Hockey in BC. MERRITTCENTENNIALS.COM | SEE PAGE 37

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 | SEE PAGE 35



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 | 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
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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.

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 | 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:

LUNCH

Thursday, October 12, 2023
| 11AM - 4PM | \$6

PANCAKE BREAKFAST

Sunday, November 12, 2023

CHRISTMAS DINNER

Saturday, December 2, 2023

Contact the Merritt Senior Citizens Association for the most recent information: **250.378.3763**
| MSCA2@TELUS.NET

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.

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 (OCT - MAY)</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>SEPT - MARCH</i>) \$3	9:00 AM
FRIDAY	SHUFFLEBOARD	2:00 PM
	CRAFTS 1ST & 3RD WEEK	12:00 PM
	CARPET BOWLING	2:00 PM
	RUMMOLI	6:30 PM
SATURDAY	GENERAL MEETING 2ND FRIDAY	1:30 PM
	FLOOR CURLING	1:00 PM
SUNDAY	BOARD GAMES	1:00 PM
ANYTIME	DARTBOARD	
ANYTIME	LIBRARY PUZZLES GAMES DVDS	

MEMBERSHIP (40+ YEARS): \$15 ANNUAL | ACTIVITY FEE: \$1

EXPLORE FALL + WINTER ARTS PROGRAMS

2051 VOGHT STREET
250.378.6515

▶ NICOLAVALLEYARTS.COM



MERRITT YOUTH SOCCER 2024

DIVISIONS U5 - U13
SEASON: APRIL 8 - JUNE 10



SEASON REGISTRATION
OPENS JANUARY 8, 2023
REGISTER ▶ MERRITYOUTHSOCCER.COM

FOLLOW: [FACEBOOK.COM/MERRITYOUTHSOCCER](https://facebook.com/merrityouthsoccer)
CONTACT: [INFO@MERRITYOUTHSOCCER.COM](mailto:info@merrityouthsoccer.com)
VOLUNTEERS NEEDED - COACHING, REFEREE, BOARD MEMBERS!

Soccer is our Favourite Season



ROCK YOUR WORKOUT

DON'T JUST LISTEN TO MUSIC—BECOME THE MUSIC.

GET YOUR CARDIO AND STRENGTH TRAINING ALL IN ONE BADASS WORKOUT. POUND® IS DESIGNED FOR **ALL FITNESS LEVELS** AND PROVIDES AN EXHILARATING ATMOSPHERE TO LET LOOSE. TONE UP AND ROCK OUT!

[FACEBOOK.COM/GROUPS/ROCKOUTWORKOUTWITHSELENA](https://facebook.com/groups/rockoutworkoutwithselena)
CALL/TEXT: 250.378.7266

SEE SCHEDULE FOR MORE CLASS TIMES

POUNDFIT.COM | @POUNDFIT



EVENTS

► MERRITT.CA/EVENTS

CITY + COMMUNITY EVENTS



FALL GOBYBIKE WEEK

We encourage everyone to ride their bikes as much as possible from October 16th to October 29th, 2023: ride to work, to school, for fun, for exercise, to relieve stress, to clear your mind. No matter the reason, ride your bike and log your total kilometers online at www.GoByBikeBC.ca and you'll be entered into a prize draw for some great prizes!

OCTOBER 16TH - 29TH, 2023
GOBYBIKE AND JOIN THE MOVEMENT!
REGISTRATION IS FREE
ANYWHERE YOU CAN RIDE!

CITY EVENTS

- SPOOKTACULAR HALLOWEEN CELEBRATION..... 34
- HALLOWEEN FIREWORKS 34
- SANTA VISITS THE POOL 36
- BREAKFAST WITH SANTA 36

- HOLIDAY SKATE..... 36
- NEW YEARS SWIM 38
- NEW YEARS DANCE..... 38
- FAMILY DAY 39
- EASTER..... 39



HALLOWEEN THRILLS

Join us for a week-long of Halloween events happening from October 25 to 31, including 3 nights of Haunted House Thrills.

The grad class of 2024 will be designing, building, and hosting the Haunted House with the help of the Recreation Department as part of their fundraising towards Prom.

FAMILY FRIENDLY NIGHT

WEDNESDAY, OCTOBER 25, 2023
| 5:00PM - 7:00PM | MERRITT CIVIC CENTRE
COST: \$2/PERSON OR \$10/FAMILY (MAX 6)

FRIGHT NIGHT | HAUNTED HOUSE

THURSDAY, OCTOBER 26, 2023
| 5:00PM - 7:00PM | MERRITT CIVIC CENTRE
COST: \$2/PERSON OR \$10/ FAMILY (MAX6)

HALLOWEEN PUBLIC SKATE

Get ready to roll into the Halloween spirit with our frightfully fun Public Skate Event! Put on your most creative costumes and lace up your skates for a howling good time.

SUNDAY, OCTOBER 29, 2023
| 5:15PM - 6:15PM | NICOLA VALLEY MEMORIAL ARENA
COST: FREE

FIRE WORKS | HALLOWEEN NIGHT

TUESDAY, OCTOBER 31, 2023
| 8:00PM | CENTRAL PARK
COST: FREE

SPOOKTACULAR | MAIN EVENT

We're thrilled to have you join us for a spine-chilling night of frights, fun, and festivities. Have a hauntingly good time with a Haunted House, Games, Prizes, Candy, DJ and Concession.

FRIDAY, OCTOBER 27, 2023
| 5:00PM - 7:00PM | MERRITT CIVIC CENTRE
COST: FREE





PUMPKIN PATCH

OCTOBER 22-23 + 29-30
| 10:00 AM - 3:00 PM
\$2/ADULT | \$1/CHILD | \$5/FAMILY (4)

SCHOOL TOURS CAN BOOK DURING OCT 17-21 & 24-28

THREE BAR FARMS
2124 TOMKINSON RD. SUNSHINE VALLEY EAST
WWW.3BARFARMS.CA

REMEMBRANCE DAY CEREMONY

NOVEMBER 11 | 10:00AM - 11:30AM
CENOTAPH AT MERRITT CIVIC CENTRE
ROYAL CANADIAN LEGION | MERRITT BRANCH 096
▶ MERRITT.CA/REMEMBRANCEDAY



VALLEY SCRAPBOOKING CROP WEEKENDS

NOV. 17-19, 2023
JANUARY 12 - 14, 2023
FEBRUARY 16-18, 2024
MAR.15-17 2024

CURLING FUN SPIEL

Enjoy a fun day of entertainment and good food with friends and family. The Merritt Curling Club welcomes novices and experienced curlers to join the fun and maybe win a prize.

TURKEY SPIEL | NOVEMBER 25, 2023 | 8:00 AM - 10:00 PM
MEN & WOMEN'S BONSPIEL + SATURDAY EVENING DANCING
| JANUARY 12-14, 2023 | 8:00 AM - 5:00 PM
MIXED-UP BONSPIEL | FEBRUARY 9-11, 2023 | 8:00 AM - 5:00 PM
MERRITTCURLING.CA



CHRISTMAS CELEBRATIONS

SANTA VISITS THE POOL

SANTA VISIT + SELFIE STATION + CRAFTS
SUNDAY | NOVEMBER 26, 2023
12 - 1PM | NICOLA VALLEY AQUATIC CENTRE

BREAKFAST WITH SANTA

SUNDAY | NOVEMBER 26, 2023
9 - 11AM | MERRITT CIVIC CENTRE

HOLIDAY SKATE

*Holiday Public Skate Schedule.
Regular Public Skating resumes
January 5, 2024*

FRIDAY, DECEMBER 22	3:30PM - 5:00PM
SATURDAY, DECEMBER 23	8:15PM - 9:45PM
SUNDAY-WED, DECEMBER 24, 25, 26, 27	2:00PM - 4:00PM
FRIDAY, DECEMBER 29	3:30PM-5PM
SATURDAY, DECEMBER 30	8:15PM-9:45PM

COUNTRY CHRISTMAS WEEK

NOVEMBER 20 - 26, 2023
FACEBOOK.COM/COUNTRYCHRISTMAS

COMMUNITY CHRISTMAS TREE LIGHT UP + SING-ALONG

MONDAY, NOVEMBER 20
6:00 PM | SPIRIT SQUARE

DANCING THROUGH THE ERAS

PERFORMANCE PRESENTED BY
MERRITT DANCE SOCIETY | LOVE TO DANCE ACADEMY

WEDNESDAY, NOVEMBER 22
MATINEE AT 12:00 PM (DOORS OPEN AT 11:00 AM)
EVENING AT 6:00 PM (DOORS OPEN AT 5:00 PM)
| MERRITT CIVIC CENTRE

COMMUNITY CHRISTMAS CONCERT

THURSDAY, NOVEMBER 23
7:00 PM (DOORS OPEN AT 6:00 PM)
| MERRITT CIVIC CENTRE

LIGHT-UP CHRISTMAS PARADE

FRIDAY, NOVEMBER 24 | 7:00 PM
VIEW MAP ► MERRITT.CA/CHRISTMAS

COUNTRY CHRISTMAS CRAFT FAIR

FRIDAY, NOVEMBER 24
| 2:00 PM - 10:00 PM

SATURDAY, NOVEMBER 25
| 9:00 AM - 3:00 PM
KIDS CRAFT ACTIVITY (SATURDAY MORNING)
MERRITT CIVIC CENTRE

CHRISTMAS PARADE RIBBON PRESENTATION

| 12:00 PM (TBD)
MERRITT CIVIC CENTRE
SATURDAY, NOVEMBER 25



HOCKEY SEASON

BC HOCKEY LEAGUE

MERRITT CENTENNIALS

HOME GAMES

NICOLA VALLEY MEMORIAL ARENA

SEPTEMBER

MERRITT CENTENNIALS VS. POWELL RIVER KINGS
SEPTEMBER 22, 2023 | 7:05 PM

MERRITT CENTENNIALS VS. PENTICTON VEES
SEPTEMBER 23, 2023 | 7:05 PM

OCTOBER

MERRITT CENTENNIALS VS. PRINCE GEORGE SPRUCE KINGS
OCTOBER 10, 2023 | 7:05 PM

MERRITT CENTENNIALS VS. WEST KELOWNA WARRIORS
OCTOBER 14, 2023 | 7:05 PM

MERRITT CENTENNIALS VS. VERNON VIPERS (2023)
OCTOBER 29, 2023 | 2:00 PM

NOVEMBER

MERRITT CENTENNIALS VS. WEST KELOWNA WARRIORS
NOVEMBER 3, 2023 | 2:00 PM

MERRITT CENTENNIALS VS. PENTICTON VEES
NOVEMBER 4, 2023 | 7:05 PM

MERRITT CENTENNIALS VS. VERNON VIPERS
NOVEMBER 17, 2023 | 7:05 PM

MERRITT CENTENNIALS VS. PRINCE GEORGE SPRUCE KINGS
NOVEMBER 18, 2023 | 7:05 PM

MERRITT CENTENNIALS VS. TRAIL SMOKE EATERS
NOVEMBER 25, 2023 | 7:05 PM

MERRITT CENTENNIALS VS. LANGLEY RIVERMEN
NOVEMBER 25, 2023 | 7:00 PM

DECEMBER

MERRITT CENTENNIALS VS. PENTICTON VEES
DECEMBER 2, 2023 | 7:05 PM

MERRITT CENTENNIALS VS. NANAIMO CLIPPERS
DECEMBER 16, 2023 | 7:05 PM

MERRITT CENTENNIALS VS. CHIEFS
DECEMBER 31, 2023 | 2:00 PM

MERRITT CENTENNIALS VS. SALMON ARM SILVERBACK
DECEMBER 31, 2023 | 2:00 PM

[VIEW MORE GAMES](#) ► [MERRITTCENTENNIALS.COM](https://merrittcentennials.com)

MERRITT CENTENNIALS ICEBREAKER DINNER

Includes Silent Auction, Guest Speaker,
Local Band, 50/50 Draw, Cash Bar.

OCTOBER 28, 2023 | 5:00PM (DOORS OPEN)

MERRITT CIVIC CENTRE

TICKETS: \$TBA

CONTACT: 250 378 3604 | INFOR@MERRITTCENTENNIALS.COM

MORE HOCKEY EVENTS

NICOLA VALLEY MEMORIAL ARENA

MOCCASIN HOCKEY TOURNAMENT

FEBRUARY 9, 2024 | 5:15 PM-11:15 PM (TBD)

FEBRUARY 10, 2024 | 6:00 AM-11:30 PM (TBD)

FEBRUARY 11, 2024 | 6:00 AM-4:00 PM (TBD)

CONTACT: DAN MANUEL 250.315.3457

MSS GRAD HOCKEY VS. RCMP & TEACHERS

FEBRUARY 7, 2024 | 7:30PM-8:45PM

INTERNATIONAL POLICE HOCKEY CHALLENGE

FEBRUARY 23 | 5:15 PM - 11:00 PM (TBD)

FEBRUARY 24 | 8:00 AM - 5:00 PM (TBD)

FEBRUARY 25 | 8:00 AM - 4:30 PM (TBD)

CONTACT: BRODIE FERRIS 250.315.5667

OTHER EVENTS

HOME BASE BUSINESS MARKET

DECEMBER 2, 2023 | 9:00 AM
CONTACT: ELLEN MILLER | 250-315-1012
MILLERSFARMINMERRITT@GMAIL.COM



CITY OF MERRITT NEW YEAR'S EVE DAY FREE SWIM

Come out and take part in a New Year's Eve Swim with the entire family!

DECEMBER 31, 2023 | 1:30 PM - 3:30 PM
NICOLA VALLEY AQUATIC CENTER

CITY OF MERRITT NEW YEAR'S EVE DANCE

Come out and take part in a New Year's Eve Dance with crafts, games, prizes and concession.

DECEMBER 31, 2023 | 5:00PM-7:00PM
\$20.00 PER TICKET FOR FAMILY



MONTHLY MEETING NICOLA NATURALIST SOCIETY 7PM | NVIT LECTURE THEATRE

- OCTOBER 19, 2023 | ANIMALS FOR SEED DISPERSAL
- NOVEMBER 16, 2023 | GRASSLAND CONSERVATION
- DECEMBER (TBA) | CHRISTMAS BIRD COUNT
- JANUARY 18, 2024 | WILD WELLS GRAY - THEN AND NOW
- FEBRUARY 15, 2024 | LICHENS
- MARCH 21, 2024 | NATIVE/INVASIVE FRESHWATER FISH, BC INTERIOR

NICOLANATURALISTS@GMAIL.COM | NICOLANATURALISTS.CA



ANNUAL FISHING DERBY

MID-JANUARY 2024 (TBA)
NVFISHANDGAMECLUB.CA

COMMUNITY YARD SALE

MERRITT CIVIC CENTRE
MARCH 9, 2024 | 8:00 AM - 2:00 PM
\$5.00 PER TABLE
BOOK YOUR TABLE: 250.315.1050



CITY OF MERRITT EASTER EXTRAVAGANZA

MARCH 22, 2024 | 10:00 AM - 12:00 PM
ROTARY PARK

CITY OF MERRITT FAMILY DAY EVENTS MONDAY, FEBRUARY 19, 2024

FREE SWIM | 12:30 - 3:00PM
| NICOLA VALLEY AQUATIC CENTRE

FREE SKATE + HOT CHOCOLATE | 3:00 - 4:30PM
| NICOLA VALLEY MEMORIAL ARENA

FREE FAMILY MOVIE NIGHT | 6:00PM
| MERRITT CIVIC CENTRE | CONCESSION: \$2/ITEM
*RESERVE YOUR SPOT ▶ 250.315.1050

▶ MERRITT.CA/FAMILYDAY





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
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 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: hockey mum16_3@hotmail.com
E: merrittmixedslopitch@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: 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: bchsra.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/merrittyouth
 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 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
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

MERRITT CIVIC CENTRE

1950 MAMETTE AVENUE | 250.315.1050

MERRITT VISITOR CENTRE BAILLIE HOUSE

2250 VOGHT STREET | 250.378.0349




Merritt
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+ MERRITT CIVIC CENTER