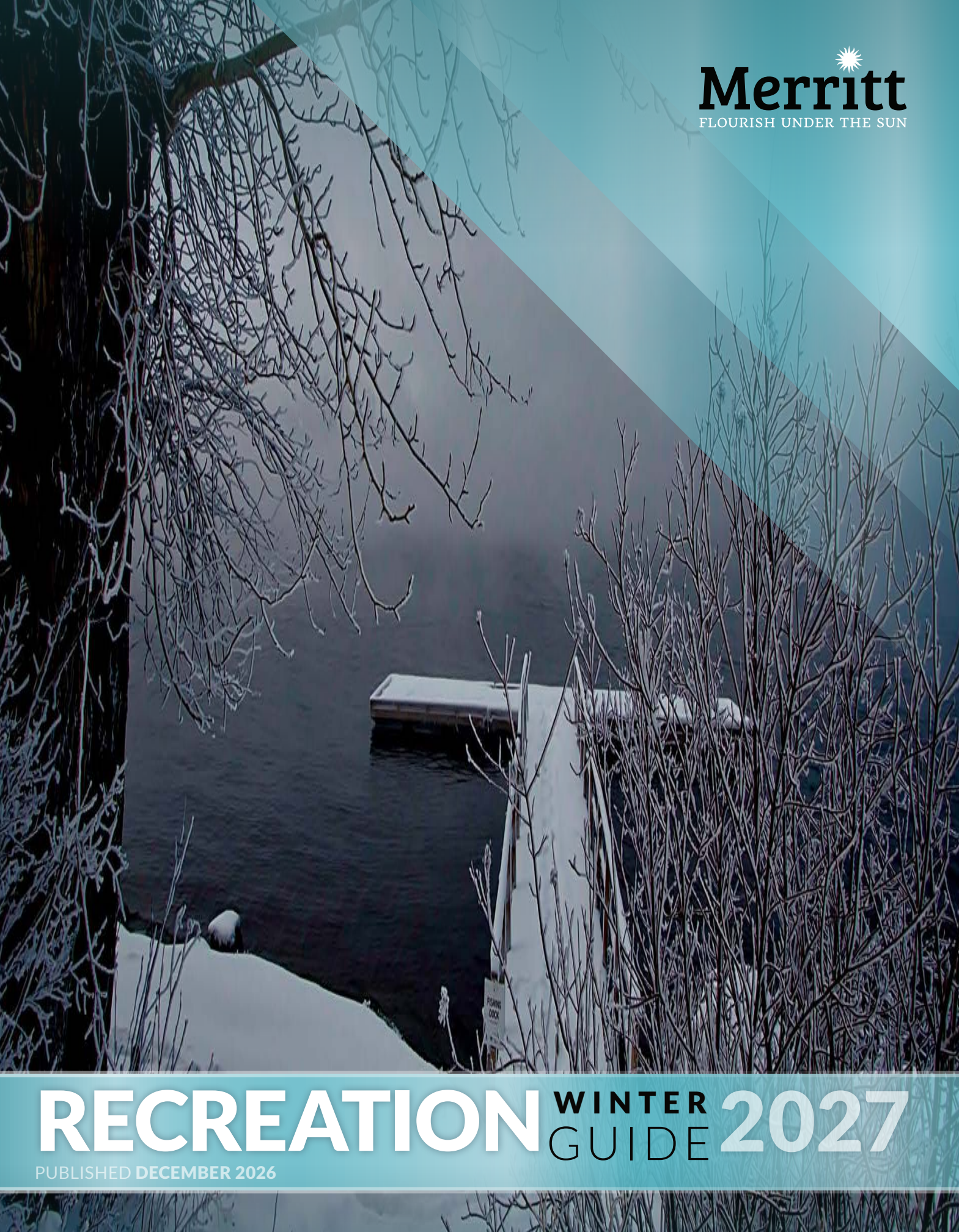

Merritt
FLOURISH UNDER THE SUN

RECREATION WINTER GUIDE 2027

PUBLISHED **DECEMBER 2026**

A MESSAGE FROM THE MAYOR



We are pleased to offer the City of Merritt's latest *Recreation Guide* for Winter 2027. 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

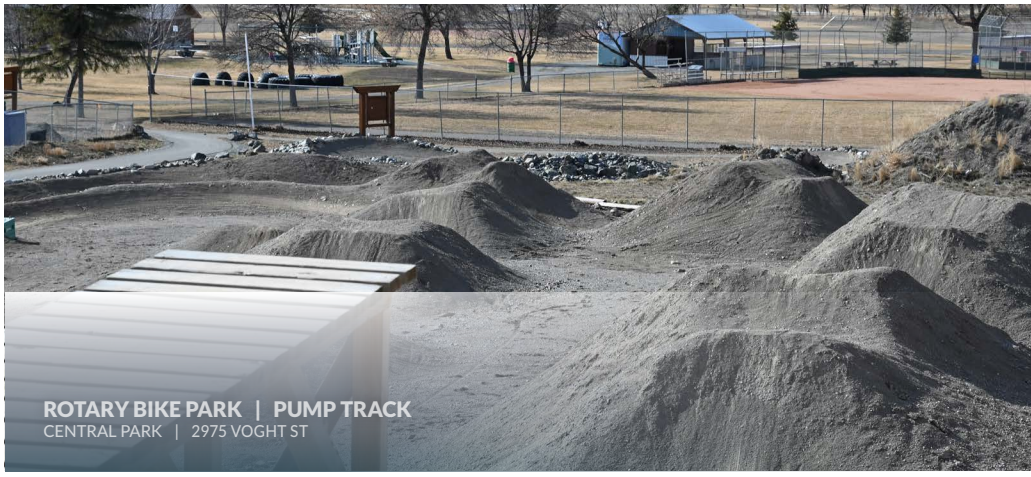
EXPLORE MERRITT



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



VOGHT DOG PARK
1500 CANFORD AVENUE



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



MULTI-USE SPORTS BOX
CENTRAL PARK | 2975 VOGHT ST

BASKETBALL
LACROSSE
PICKLEBALL
HOCKEY

8 PARKS

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

CENTENNIAL PARK
1350 GOVERNMENT AVE
Grassy park with trails and benches.

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

FAIRLEY PARK
1788 QUILCHENA AVE
Toddler-friendly neigh-bourhood
park with playground.

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

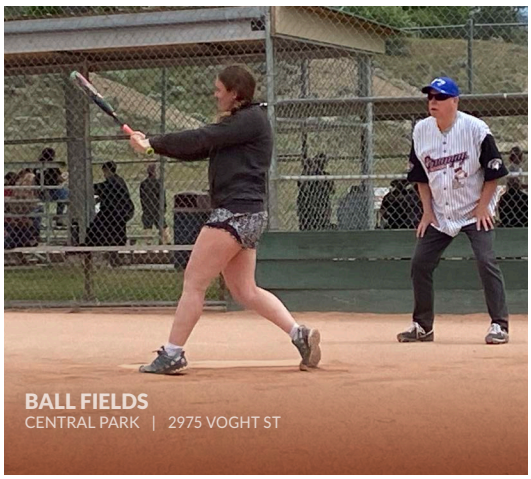
N'KWALA PARK
2050 MERRITT AVE
Walk across the pedestrian bridge from Lions Memori-al Park to
access this hidden gem.

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 commu-nity 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
GOLDWATER 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

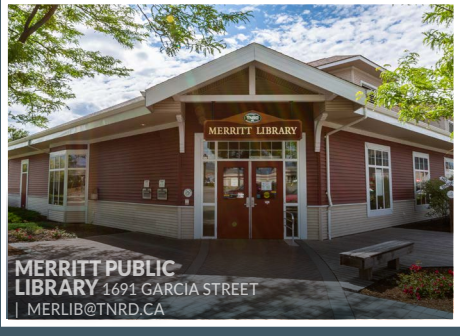


SPIRIT SQUARE STAGE
2026 GRANITE AVE

OTHER LOCAL FACILITIES



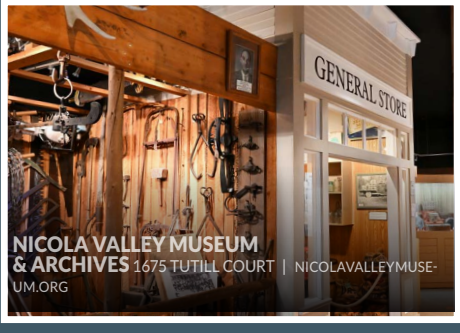
RODEO + FALL FAIR GROUNDS
499 LINDLEY CREEK RD



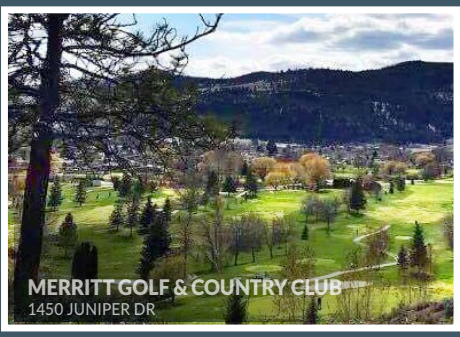
MERRITT PUBLIC LIBRARY 1691 GARCIA STREET | MERLIB@TNRD.CA



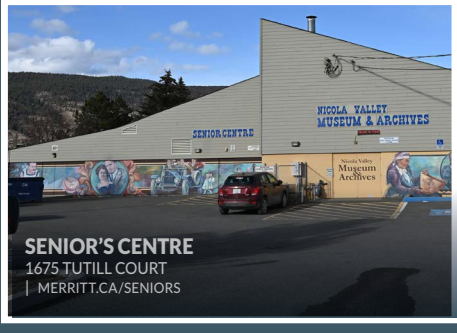
BAILLIE HOUSE + VISITOR INFORMATION CENTRE
2202 VOGHT | MERRITT.CA/VISITOR



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



MERRITT GOLF & COUNTRY CLUB
1450 JUNIPER DR



SENIOR'S CENTRE
1675 TUTILL COURT
| MERRITT.CA/SENIORS



CENTRAL PARK CONCESSION
2975 VOGHT ST | MERRITT.CA/CONCESSION

FACILITY RENTALS



CENTRAL PARK BALL FIELDS
2975 VOGHT ST



ROTARY PARK BANDSHELL
1990 MAXWELL AVENUE

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

ROTARY PARK BANDSHELL
SPIRIT SQUARE
PARKS
BALL FIELDS
CENTRAL PARK CONCESSION
CENTRAL PARK GAZEBO
ARENA ICE RINK | DRY FLOOR
ARENA MEZZANINE
AQUATIC CENTRE
MERRITT CIVIC CENTRE



ENTIRE AUDITORIUM

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

FREE PARKING (200) | FREE WI-FI AUDIO-VISUAL

AUDIO-VISUAL SYSTEM AVAILABLE



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

VIEW PHOTO GALLERY + FACILITY DETAILS ▶ MERRITT.CA/RENTALS



FOYER

EXTRA CAPACITY: 10 TABLES



MERRITT CIVIC CENTRE

1950 MAMETTE AVENUE | 250.315.1050 | CIVICCENTRE@MERRITT.CA

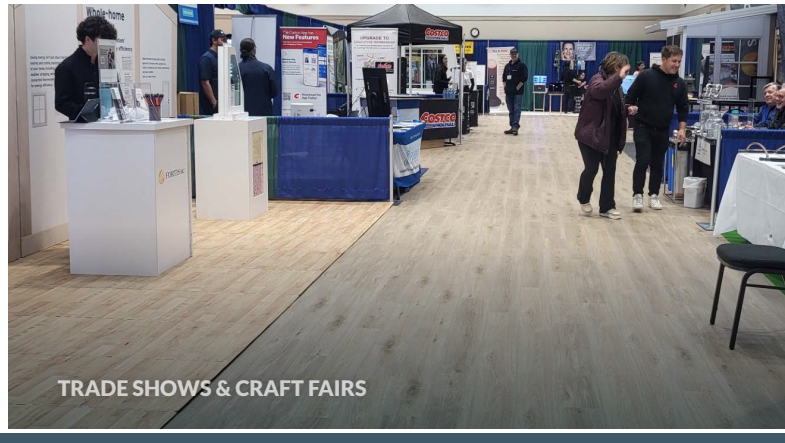
OFFICE HOURS
MONDAY - FRIDAY
| 8:00AM - 4:30PM
**CLOSED FOR LUNCH*

FACILITY OPEN AS BOOKED









ADULT FITNESS

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 break down poses and learn to integrate movement into the whole body. It incorporates movement from Tensegrity, breathwork, and guided meditation. This class is appropriate for anyone, including older adults and those that endure persistent pain.

YIN YOGA: How to feel your body

This therapeutic Yin class will be very gently paced, incorporating movements from Yin, Tensegrity, Restorative, and (light) Vinyasa. The class will include breathwork and guided meditation. This class is appropriate for anyone, including older adults and those that endure persistent pain.

YOGA MONDAYS		
MERRITT CIVIC CENTRE		
VINYASA JANUARY 11 -MARCH 15	5:45PM-7:00PM	$120/10 SESSIONS $15 DROP-IN
YIN JANUARY 11 - MARCH 15	7:15PM - 8:30PM	$120/10 SESSIONS $15 DROP-IN

** REQUIRES 6 REGISTERED PARTICIPANTS BEFORE DROP-IN OPENS*

YOGA WEDNESDAYS		
MERRITT CIVIC CENTRE		
VINYASA JANUARY 13 – MARCH 17	5:45PM – 7:00PM	$120/10 SESSIONS $15 DROP-IN
YIN JANUARY 13 – MARCH 17	7:15PM - 8:30PM	$120/10 SESSIONS $15 DROP-IN

** REQUIRES 6 REGISTERED PARTICIPANTS BEFORE DROP-IN OPENS*

BEGINNER TAI CHI / INTERMEDIATE TAI CHI

Experience the benefits of movement and relaxation with indoor Tai Chi Wu Style class. Reduce stress and stay active without heavy exercise. This easy-to-follow program focuses on slow, gentle movements that help improve balance, strength, and overall well-being. Open to people of all ages and abilities, and ideal for those 50 and above.

TAI - CHI PROGRAMS		
BEGINNER MONDAY / INTERMEDIATE WEDNESDAY		
BEGINNER TAI CHI (MONDAY) JANUARY 11 – MARCH 15	1:30PM - 2:30PM	$50/9 SESSIONS
INTERMEDIATE TAI CHI (WEDNSEDAY) JANUARY 13 - MARCH 24	1:30PM – 2:30PM	$45 /7 SESSIONS
MERRITT CIVIC CENTRE | ROOM 3		

MAUY THAI

Join our ten week introductory Muay Thai program. Are you between 13–100 years old and ready to try something new? Build confidence, improve fitness, and learn the exciting art of Mauy Thai in a fun and supportive environment!

MAUY THAI		
TUESDAYS + THURSDAYS		
YOUTH MAUY THAI (13 - 16) JANUARY 5 – MARCH 11	6:30PM - 7:30PM	$100
ADULT MAUY THAI (17 - 100) JANUARY 5 – MARCH 11	7:45PM – 8:45PM	$125
MERRITT CIVIC CENTRE		

MINDFUL STRETCH

Our Mindful Programs empower 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 STRETCH & STRENGTH		
TUESDAYS + THURSDAYS		
JANUARY 19 – FEBRUARY 11	12:15 – 1:00PM	$45/8 SESSIONS $5 DROP-IN *
FEBRUARY 16 - MARCH 11	12:15 – 1:00PM	$45/8 SESSIONS $5 DROP-IN *
MERRITT CIVIC CENTRE | ROOM 2		

MINDFUL CHAIR STRETCH		
TUESDAYS + THURSDAYS		
JANUARY 19 – FEBRUARY 11	11:00 – 11:45AM	$45/8 SESSIONS $5 DROP-IN *
FEBRUARY 16 - MARCH 11	11:00 – 11:45AM	$45/8 SESSIONS $5 DROP-IN *
MERRITT CIVIC CENTRE | ROOM 2		



GYMNASTICS

GYMNASTICS

This introductory gymnastics class provides a fun and supportive environment for children to learn and enhance their gymnastics skills. With a skilled instructor and a new assistant instructor, your child will have the opportunity to develop their abilities, build confidence, and make new friends.

GYMNASTICS		
MONDAYS | JANUARY 4 – MARCH 15		
2-3 YEARS * *PARENT PARTICIPATION REQUIRED*	4:00PM-4:45PM	$125/10 CLASSES
4-5 YEARS	5:00PM - 5:45PM	$125/10 CLASSES
MERRITT CIVIC CENTRE		

DROP IN TINY TOTS SUNDAYS AGES 0 - 5 YRS

Join us for Tiny Tots Time, an affordable fun-filled program for children aged 0-5 years! This program offers a variety of exciting activities such as balloon olympics, parachute fun, toddler-friendly games, hula-hoop games, toddler obstacle course, and more!

TINY TOTS		
SUNDAYS | MERRITT CIVIC CENTRE		
JANUARY 3- MARCH 28	10:00AM-12:30PM	$5.00 DROP-IN ONLY
NO SESSION: JAN 17,24 FEB 21, MARCH 14,21		

OPEN GYM		
SUNDAYS | MERRITT CIVIC CENTRE		
JANUARY 3 – MARCH 28	1:00PM-3:00PM	$5.00 DROP-IN ONLY
NO SESSION: JAN 17,24 FEB 21, MARCH 14,21		

DROP-IN OPEN GYM AGES 7 -12

Looking for some winter fun? Bring the kids for active play, games and a chance to burn off some energy! open to ages 7 - 12 just $5 to drop in. Bring your friends, get moving and make this winter a blast. We can't wait to see you there.

MINI-KICKERS SOCCER AGES 1-5

Introduce your little one to the exciting world of soccer with Mini Kickers Soccer! Each session includes fun scrimmages and simple drills to help young kids get comfortable with the basics. Classes are tailored to different skill levels and abilities, ensuring a positive and enjoyable experience for all. ** Bring clean indoor shoes & water.*

MINI-KICKERS SOCCER		
MONDAYS | JANUARY 4 -MARCH 8		
AGES 1 YRS-2YRS	10:00AM-10:45AM	$50/ 9 CLASSES
AGES 3 YRS- 5YRS	11:00AM-11:45AM	$50/ 9 CLASSES

KIDS YOGA		
MONDAYS | MERRITT CIVIC CENTRE		
JANUARY 4 - MARCH 15	6:00PM-6:45PM	$5 DROP-IN ONLY
NO SESSION FEB 15		

KIDS YOGA AGES 6-12

Join us for a fun and playful introduction to yoga for children aged 6–12 years! Our introductory class helps kids explore movement, balance, flexibility and relaxation through fun yoga poses, breathing exercises and mindful activities in a welcoming, supportive environment. Come stretch, move, breathe and have fun while building confidence and discovering the joy of yoga!

Looking for a creative way to spend your winter days? Join the Merritt Crafters at the Merritt Civic Centre. This popular recreation program is back, and offers a welcoming space to connect with fellow crafters, share ideas, and work on your favorite projects

MERRITT CRAFTERS		
STARTS 1PM FRIDAY - ENDS 4PM SUNDAY		
JANUARY 22 - JANUARY 24	1PM FRIDAY - 4PM SUNDAY	$60
FEBRUARY 19 - FEBRUARY 21	1PM FRIDAY - 4PM SUNDAY	$60
MARCH 19 - MARCH 21	1PM FRIDAY - 4PM SUNDAY	$60
MERRITT CIVIC CENTRE		



BOOK YOUR BIRTHDAY Party

POOL PARTY
NICOLA VALLEY AQUATIC CENTRE

FUN LEADER PACKAGE | $100

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

BOUNCY CASTLE
MERRITT CIVIC CENTRE

FUN EXPRESS TRAIN STATION | $150

- Entry for 12 party-goers
- 2 hours of bounce/gym time with an energetic fun leader
- Additional 15 minutes before and after the party for set-up/clean up
- Included: Bouncy Castle, tables and chairs
- Extra: Basketball rental | $25

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

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

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

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



FIRST AID

INTERMEDIATE FIRST AID WITH CPR-C/AED

Intermediate First Aid is a WorkSafeBC Occupational Level 2 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.

INTERMEDIATE FIRST AID		
SATURDAY + SUNDAY		
WINTER 2027	2 DAYS	$175.00
SUMMER 2027	2 DAYS	$175.00
MERRITT CIVIC CENTRE		

EMERGENCY FIRST AID WITH CPR-A/AED

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

EMERGENCY FIRST AID CERTIFICATION		
FEB 27	8:30AM - 5PM	$110
CADET HALL		



CONTACT: NICOLA VALLEY AQUATIC CENTRE FOR MORE INFORMATION



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

HOURS

POOL HOURS

** CLOSED MONDAY - FRIDAY BETWEEN 8AM-9AM*
** WINTER BREAK HOURS FROM DEC 21 - JAN 4*

MONDAY - FRIDAY *
| 6:00AM - 8:00AM
| 9:00AM - 7:30PM

SATURDAY
| 10AM - 5PM

SUNDAY
| 1PM - 5PM

FREE SWIMS

SENIORS: WEDNESDAYS
| 9AM - 10AM

PUBLIC: THIRD SATURDAY
| 1PM - 5PM

FITNESS ROOM

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

SATURDAY | 10AM - 5PM

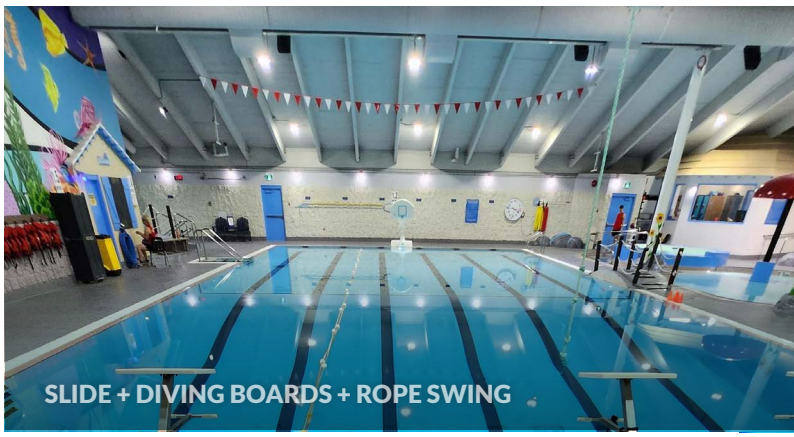
SUNDAY | 1PM - 5PM

NICOLA VALLEY AQUATIC CENTRE

2040 MAMETTE AVENUE | 250.378.6662 | POOL@MERRITT.CA



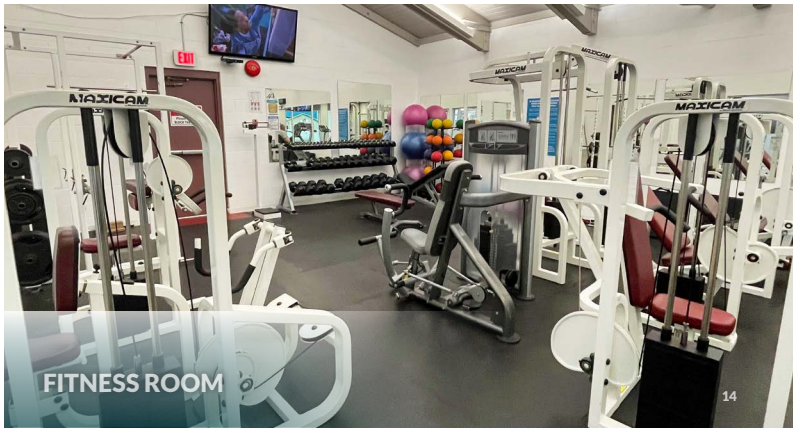
SAUNA



SLIDE + DIVING BOARDS + ROPE SWING



WHIRLPOOLS



FITNESS ROOM



ADMISSION FEES

HOURS

WINTER BREAK
DEC 21 - JAN 1

DECEMBER 21
| 8:30AM - 4PM

DECEMBER 22
| 8:30AM - 4PM

DECEMBER 23
| 8:30AM - 4PM

DECEMBER 24
| 8:30AM - 12PM

DECEMBER 25
| CLOSED

DECEMBER 26
| CLOSED

DECEMBER 27
| 1PM - 5PM

DECEMBER 29 - 31
| 8:30AM - 4PM

JANUARY 1
| CLOSED

ADMISSION FEES 2027	DROP-IN	10 PUNCH CARD	MONTHLY	6 MONTH	ANNUAL
TOT (UNDER 2 YRS) *	FREE	N/A	N/A	N/A	N/A
CHILD (2-12 YRS) *	$3.50	$35.00	$35.00	$189.00	$357.00
YOUTH (13-18 YRS)	$4.00	$40.00	$40.00	$216.00	$408.00
ADULT (19-59 YRS)	$6.00	$60.00	$60.00	$324.00	$621.00
SENIOR (60+)	$4.00	$40.00	$40.00	$216.00	$408.00
FAMILY (2 ADULTS + UP TO 2 CHILDREN)	$15.00	N/A	$150.00	$810.00	$1530.00
PARTY | FUN LEADER	**$100** FUN LEADER				
SENIOR FREE SWIM | WEDNESDAYS | 9-10 AM					
PUBLIC FREE SWIM | THIRD SATURDAY | 1-5 PM					

** ALL CHILDREN 6 AND UNDER MUST BE ACCOMPANIED AT ALL TIMES BY A SUPERVISING GUARDIAN AGED 16+ YEARS.*

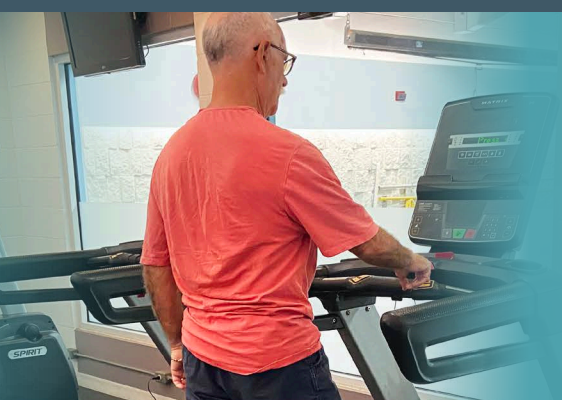
FITNESS ORIENTATION

If you want to start using the fitness room and need some orientation, one-on-one or group orientation sessions are available on request.

PERSONAL TRAINER | $50/HR

Need one-on-one training on fitness equipment? Ask the Aquatic Supervisor for more information.

FITNESS ROOM MINIMUM AGE: *16+ years*
or 13 - 15 years with adult supervision and orientation.



AQUAFIT CLASSES



AQUA BOARD (16+)

Challenge your balance to the core focusing on your strength and cardio on an anchored flotation mat.

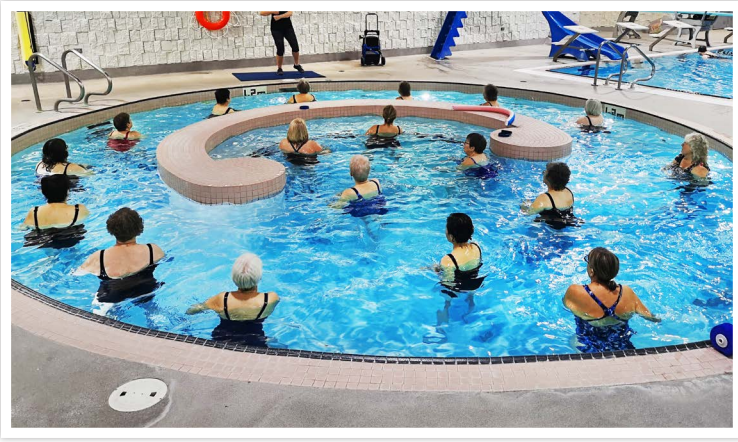
AQUABOARD	
THURSDAY EVENINGS | 6:00PM - 6:45PM	
JANUARY 7 - 28	$50/4 SESSIONS
LOCATION: NICOLA VALLEY AQUATIC CENTRE | MAIN POOL	

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.

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.



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



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



MONTHLY FREE SWIM
THIRD SATURDAY | 1:00PM - 5:00PM

December 19, 2026

January 16, 2027
February 20, 2027
March 20, 2027
April 17, 2027
May 15, 2027
June 19, 2027



SWIMMING LESSONS

MERRITT.CA/REGISTRATION

PARENT & TOT PROGRAM

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

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

JELLYFISH - PARENT & TOT 1 | 4-12 MONTHS

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

GOLDFISH - PARENT & TOT 2 | 12-24 MONTHS

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

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

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

JELLYFISH | GOLDFISH | SEA HORSE PARENT & TOT SCHEDULE		
TUESDAYS + THURSDAYS		
JANUARY 5 - 28	9:30 – 10:00AM	$55/8 CLASSES
FEBRUARY 2 - 25	9:30 – 10:00AM	$55/8 CLASSES



PARENT & TOT



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 | 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.

CRAB | PRESCHOOL 2 | *COMPLETED PRESCHOOL 1**

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

ORCA | PRESCHOOL 3 | *COMPLETED PRESCHOOL 2**

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

SEA LION | PRESCHOOL 4 | *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 | *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.

OCTOPUS | PRESCHOOL 1			
MONDAYS + WEDNESDAYS	JANUARY 4 - 27	4:00 – 4:30PM	$55 (8)
TUESDAYS + THURSDAYS	JANUARY 5 - 28	9:00 – 9:30AM	$55(8)
SATURDAYS	JAN 9 - FEB 27	10:00 – 10:30AM	$55 (8)
MONDAYS + WEDNESDAYS	FEBRUARY 1 - 24	4:00 – 4:30PM	$55(7)
TUESDAYS + THURSDAYS	FEBRUARY 2 - 25	9:00 – 9:30AM	$55 (8)
SPRING BREAK CRUNCHER MON - FRI	MARCH 15 – 19	9:00 - 9:30AM 10:00 - 10:30AM	$27.15(5)
	MARCH 22 – 25	9:00 - 9:30AM 10:00 - 10:30AM	

CRAB | PRESCHOOL 2			
MONDAYS + WEDNESDAYS	JANUARY 4 - 27	4:30 – 5:00PM	$55 (8)
TUESDAYS + THURSDAYS	JANUARY 5 - 28	9:00 – 9:30AM	$55 (8)
SATURDAYS	JAN 9 - FEB 27	10:30 – 11:00AM	$55(8)
MONDAYS + WEDNESDAYS	FEBRUARY 1 - 24	4:30 – 5:00PM	$55 (7)
TUESDAYS + THURSDAYS	FEBRUARY 2 - 25	9:00 – 9:30AM	$55 (8)
SPRING BREAK CRUNCHER MON - FRI	MARCH 15 – 19	9:00 - 9:30AM 10:00 - 10:30AM	$27.15 (5)
	MARCH 22 – 25	9:00 - 9:30AM 10:00 - 10:30AM	

ORCA | PRESCHOOL 3			
SPRING BREAK MON - FRI	MARCH 22 – 25	10:00 – 10:30AM	$27.15 (5)

SEA LION | PRESCHOOL 4			
SPRING BREAK MON - FRI	MARCH 22 – 25	10:30 – 11:00AM	$27.15 (5)

** COMPLETION OF PRE-REQUISITE CLASS IS STRONGLY RECOMMENDED.*



SWIMMER PROGRAM

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

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

SWIMMER 1

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

SWIMMER 2

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

SWIMMER 3

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

SWIMMER 4

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

SWIMMER 1 SCHEDULE			
MONDAYS + WEDNESDAYS	JANUARY 4 - 29	5:00 – 5:30PM	$55 (8)
SATURDAYS	JAN 4 - FEB 27	11:00 – 11:30AM	$55 (8)
MONDAYS + WEDNESDAYS	FEBRUARY 1- 24	5:00 – 5:30PM	$55 (7)
SPRING BREAK CRUNCHER MON - FRI	MARCH 15 – 19	9:00 - 9:30AM	$27.15 (5)
		10:00 - 10:30AM	
	MARCH 22 - 25	9:00 - 9:30AM	
		10:00 - 10:30AM	

SWIMMER 2 SCHEDULE			
MONDAYS + WEDNESDAYS	JANUARY 4 - 27	5:30 – 6:00PM	$55 (8)
SATURDAYS	JAN 9 - FEB 27	11:30AM-12:00PM	$55 (8)
MONDAYS + WEDNESDAYS	FEBRUARY 1 - 24	5:30 – 6:00PM	$55 (7)
SPRING BREAK CRUNCHER MON - FRI	MARCH 15 – 19	9:30 - 10:00AM	$27.15 (5)
		10:30 - 11:00AM	
	MARCH 22 - 25	9:30 - 10:00AM	
		10:30 - 11:00AM	

SWIMMER 3/4 SCHEDULE			
MONDAYS + WEDNESDAYS	JANUARY 4 - 27	6:00 – 6:45PM	$55 (8)
SATURDAYS	JAN 9 - FEB 27	12:00 – 12:45PM	$55 (8)
SPRING BREAK MON - FRI	MARCH 15 – 19	11:00 - 11:45AM	$27.15 (5)

SWIMMER 5/6 SCHEDULE			
MONDAYS + WEDNESDAYS	FEBRUARY 1 - 24	6:00 – 6:45PM	$55 (7)
SPRING BREAK MON - FRI	MARCH 22 - 25	11:00 - 11:45AM	$27.15

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.

PRIVATE LESSONS

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.

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. Develop confidence in the water and 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 LESSONS		
FRIDAYS | JANUARY 8 - 29, 2027 FRIDAYS | FEBRUARY 5 - 26, 2027		
4:00PM – 4:30PM	5:00PM – 5:30PM	6:00PM – 6:30PM
4:30PM – 5:00PM	5:30PM – 6:00PM	6:30PM – 7:00PM
$144 | 4 LESSONS (OR $35 PER LESSON | $10 PER EXTRA PARTICIPANT)		

SEMI-PRIVATE LESSONS AVAILABLE UPON REQUEST



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.



INDIVIDUAL CHILD GRANTS

Jumpstart

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.

CANADIAN SWIM PATROL				
ROOKIE | RANGER | STAR				
SPRING BREAK MON - FRI	ROOKIE	MARCH 22 – 25	11:00 - 11:45AM	$31.50 (5 CLASSES)
SPRING BREAK MON - FRI	RANGER	MARCH 22 – 25	11:00 - 11:45AM	
CONTACT: NICOLA VALLEY AQUATIC CENTRE				



AQUATIC LEADERSHIP

MERRITT.CA/BRONZE

MERRITT.CA/FIRSTAID

BRONZE MEDALLION

Bronze Medallion, as our flagship certification, teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Bronze Medallion is a prerequisite for Assistant Lifeguard training in Bronze Cross.

BRONZE 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		
MARCH 15 - 19	12:30PM - 4:40PM	$193(CLASS) $40 (TEXTBOOK)
CONTACT: NICOLA VALLEY AQUATIC CENTRE		

BRONZE CROSS		
PREREQUISITE: BRONZE MEDALLION | 13+ YEARS		
MARCH 22 - 25	12:30PM - 4:40PM	$193(CLASS)
CONTACT: NICOLA VALLEY AQUATIC CENTRE		



INTERMEDIATE FIRST AID

WITH CPR-C/AED

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

INTERMEDIATE FIRST AID		
SATURDAY + SUNDAY		
WINTER 2027	2 DAYS	$175.00
SUMMER 2027	2 DAYS	$175.00
MERRITT CIVIC CENTRE		

LIFEGUARD + INSTRUCTOR



NATIONAL LIFEGUARD CERTIFICATION

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

* PREREQUISITE: BRONZE CROSS + INTERMEDIATE FIRST AID | 15+ YEARS

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.

COURSE SCHEDULE			
NATIONAL LIFEGUARD CERTIFICATION	TBD	TBD	$435
LIFESAVING INSTRUCTOR COURSE	TBD	TBD	$300
SWIM INSTRUCTOR COURSE	TBD	TBD	$300
NICOLA VALLEY AQUATIC CENTRE			



JOIN SWIM CLUB

MERRITTOTTERS.TEAMPAGES.COM

RECERTIFICATION

NATIONAL LIFEGUARD RECERTIFICATION

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

* PREREQUISITE: NATIONAL LIFEGUARD CERTIFICATION

LIFESAVING SWIM INSTRUCTOR RECERTIFICATION

Renews your Swim for Life Instructor award for another two years.

* PREREQUISITE: LIFESAVING SWIM INSTRUCTOR COURSE

INTERMEDIATE FIRST AID RECERTIFICATION

Renew your Intermediate First Aid certification with this one-day course.

* PREREQUISITE: INTERMEDIATE FIRST AID | PAGE 17

MERRITT.CA/LIFEGUARD

RECERTIFICATION COURSE SCHEDULE		
NATIONAL LIFEGUARD RECERTIFICATION	TBD	$130
INTERMEDIATE FIRST AID RECERTIFICATION	TBD	$130
SWIM INSTRUCTOR RECERTIFICATION	TBD	$130

BC **Family** Day



FAMILY DAY EVENTS
SATURDAY, FEBRUARY 13, 2027

FREE SWIM | 1:00PM - 5:00PM
| NICOLA VALLEY AQUATIC CENTRE

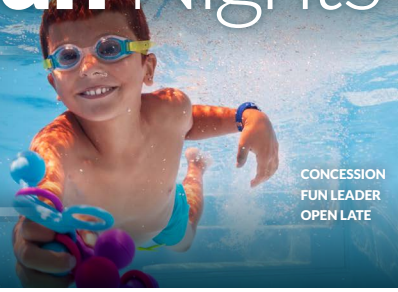
FREE FAMILY PARTY & GAMES | 10:30AM - 12:30PM
SOCCER | FLOOR HOCKEY | FACEPAINTING | FACE PAINTING | CRAFTS | OTHER GAMES
| MERRITT CIVIC CENTRE

Dive-in **Movie**



TO BE ANNOUCED CHECK OUR SOCIALS OR WEBSITE
NICOLA VALLEY AQUATIC CENTRE

Family **Fun** Nights



FRIDAY
MARCH 19
7:30PM - 8:30PM
NICOLA VALLEY AQUATIC CENTRE

CONCESSION
FUN LEADER
OPEN LATE

GAMES | PRIZES | FREE CONCESSION | FREE ADMISSION | AGES 7 - 18

Youth Night



THURSDAY
MARCH 25
7:30PM - 8:30PM
NICOLA VALLEY AQUATIC CENTRE

New Years Free Swim



THURSDAY
DECEMBER 31
1:30PM - 4:00PM
NICOLA VALLEY AQUATIC CENTRE



ICE RINK | AUGUST-MARCH
** ICE HOCKEY OPENS AUGUST*

PUBLIC ICE SKATE *(OPEN SEPT - MARCH)*
** NO PUBLIC SKATE DURING HOCKEY GAMES*

FRIDAY
| 3:30 - 5:00PM
SUNDAY
| 5:15 - 6:15PM

SENIOR'S SKATE | THURSDAYS
| 10:00 - 11:00AM

DRY FLOOR | APRIL - JULY
COMMON EVENTS AS BOOKED
DROP-IN BALL HOCKEY
LACROSSE
ROLLER SKATING

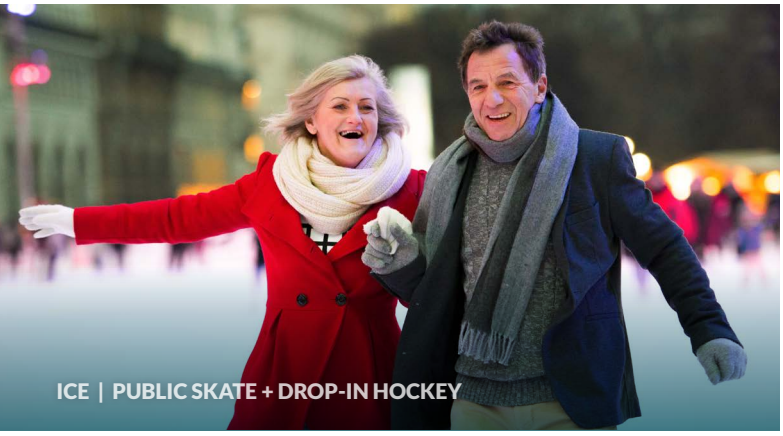
FACILITY OPEN AS BOOKED

NICOLA VALLEY MEMORIAL ARENA

FREE PUBLIC SKATE
SEE SPONSORS

MERRITT.CA/ARENA

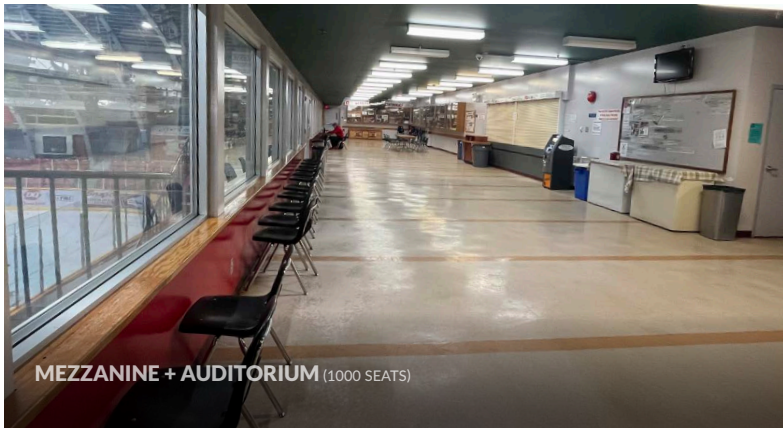
2075 MAMETTE AVENUE | 250.378.4832 | CIVICCENTRE@MERRITT.CA


ICE | PUBLIC SKATE + DROP-IN HOCKEY


DRY FLOOR | BALL HOCKEY + LACROSSE + ROLLER SKATING



EVENTS | TRADE SHOWS | DANCES


MEZZANINE + AUDITORIUM (1000 SEATS)



PUBLIC SKATE
SEPT - APRIL 2027

ADMISSION: FREE*
** SEE WEBSITE FOR SPONSORS.*

SKATE RENTALS: $2.00
SIZES: CHILD 10 – ADULT 11

NOTE: REGULAR ADMISSION
ADULT: $6.00 | SENIORS: $4.00

▸ MERRITT.CA/ARENA

SKATE SHARPENING AVAILABLE

ICE SKATING



60+ SENIORS SKATE

THURSDAYS
UNTIL **MARCH 11 | 10:00AM – 11:00AM**
SENIORS DISCOUNTED DROP-IN RATE: $4.00

▸ MERRITT.CA/SENIORSKATE



HOLIDAY SKATE

MONDAY, DECEMBER 21	**|**	**2:00PM – 4:00PM**
TUESDAY, DECEMBER 22	**|**	**3:00PM – 5:00PM**
WEDNESDAY, DECEMBER 23	**|**	**2:00PM – 4:00PM**
THURSDAY, DECEMBER 24	**|**	**2:00PM – 4:00PM**
SATURDAY, DECEMBER 26	**|**	**2:00PM – 4:00PM**
SUNDAY, DECEMBER 27	**|**	**2:00PM – 4:00PM**
WEDNESDAY, DECEMBER 28	**|**	**4:00PM – 6:00PM**
THURSDAY, DECEMBER 29	**|**	**4:00PM – 6:00PM**
FRIDAY, DECEMBER 30	**|**	**4:00PM – 6:00PM**
SATURDAY, DECEMBER 31	**|**	**4:00PM – 6:00PM**

▸ MERRITT.CA/HOLIDAYSKATE

Holiday Public Skate Schedule replaces regular public skate schedule. Regular Public Skating resumes January 2, 2027



ICE SKATING LESSONS
NICOLA VALLEY SKATING CLUB

Ice skating lessons are available from the Nicola Valley Skating Club from, January 4 to March 15, 2027.
Register online starting December 1, 2026:

• Pre-CanSkate | 4+ years	| 30 minutes	| 1-2 days/week
• CanSkate	| 45 minutes	| 1-2 days/week
• Junior Academy	| 45-60 minutes	| 2 days/week
• Junior STARskate	| 45-60 minutes	| 2 days/week
• STARskate (1-5 & 6-10 & Gold)	| 2-2.5 hours	| 2-4 days/week
• Powerskate & Skills (for Hockey)	| 45 minutes	| 1 day/week
• Competitive Skate	| 2-2.5 hours	| 1 day/week

FIGURE SKATING CARNIVAL MAR 12 - 13, 2027

▸ NICOLAVALLEYSC.UPLIFTERINC.COM
▸ FACEBOOK.COM/NICOLAVALLEYSKATINGCLUB

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





HOCKEY SEASON

MERRITT CENTENNIALS HOCKEY | JUNIOR A
KOOTENAY INTERNATIONAL JUNIOR HOCKEY LEAGUE

The Merritt Centennials are BC's longest continuously operating franchise established in 1973, and running strong ever since. The Nicola Valley Memorial Arena plays host to some of the best Junior A Hockey in BC.

WINTER SEASON HOME GAMES

FRI, DEC 4	QUESNEL	7:00PM
SAT, DEC 5	SUMMERLAND	7:00 PM
SAT, DEC 19	KAMLOOPS	7:00 PM
FRI, JAN 8	PRINCETON	7:00 PM
SAT, JAN 9	SUMMERLAND	7:00 PM
FRI, JAN 22	QUESNEL	7:00 PM
SAT, JAN 23	WILLIAMS LAKE	7:00 PM
FRI, JAN 29	REVELSTOKE	7:00 PM
SAT, FEB 20	OSOYOOS	7:00PM
FRI, FEB 26	KAMLOOPS	7:00PM
SAT, FEB 27	WILLIAMS LAKE	7:00PM

MERRITTCENTENNIALS.COM | SEE MORE GAMES KIJHL.CA

MOCCASIN HOCKEY TOURNAMENT
The Moccasin Hockey Tournament is BC's longest running Indigenous Hockey Tournament. This unofficial league will host their 56th Annual Tournament at the Nicola Valley Memorial Arena.

FEBRUARY 4 - 7, 2027

LAW ENFORCEMENT CHARITY HOCKEY CHALLENGE
FEBRUARY 19 - 21, 2027

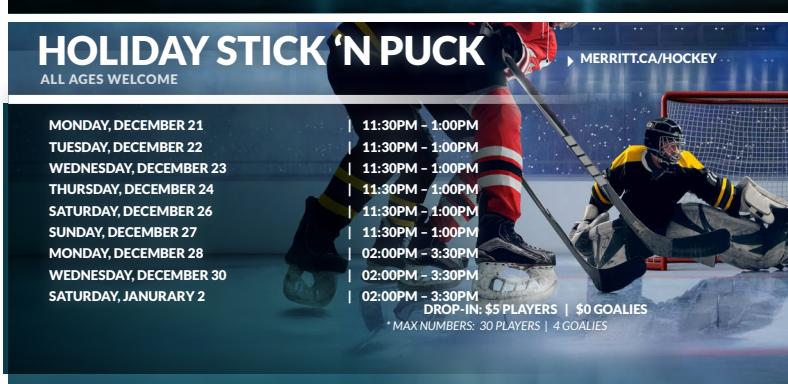
MINOR HOCKEY
The Merritt Minor Hockey Association manages skill building programs, hockey teams, tournaments, and fund events for kids from pre-school age (under 5) to teenage, up to U18. MERRITTMINORHOCKEY.COM

MSS GRAD GAME
FEBRUARY 17, 2027











MERRITT SENIOR'S CENTRE

+ OTHER SENIOR'S INFORMATION

MERRITT SENIOR CITIZEN'S ASSOCIATION OFFICE HOURS
WEDNESDAY | 9:00AM - 12:00PM
250.378.3763 | MSCA2@TELUS.NET
1675 TUTILL COURT

MERRITT.CA/SENIORS

EVENTS & SOCIALS

The Merritt Senior Citizens Association schedules various activities throughout the year. *(View the list of scheduled activities at right).* Occasionally, the seniors association may also schedule special events, such as picnics or craft fairs.

ADDITIONAL ACTIVITIES

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

15% SENIORS DISCOUNT

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

SENIORS SKATE*

Want to skate among the safety of your peers? This City of Merritt program is offered at a Seniors Discount of $4. *This program is not sponsored by the Merritt Senior Citizens Association.*

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

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

SCHEDULED ACTIVITIES

MONDAY	POOL TABLES	10 AM - 2 PM
	PING PONG	10:00 AM
	CRIB	1:00 PM
	BRIDGE	7:00 PM
TUESDAY	BINGO | *11 AM*	1:00 PM
	CANASTA	6:30 PM
WEDNESDAY	SENIOR'S SWIM | *FREE*	9 AM -10 AM
	AQUAFIT: STRETCH & STABILITY | *FREE*	10 AM
	POOL TABLES	10 AM - 2 PM
	PING PONG	10:00 AM
	FLOOR CURLING	1:00 PM
THURSDAY	FITNESS "STAND TALL, DON'T FALL" | $1	9:00 AM
	SENIOR'S SKATE *(SEPT - MARCH)* | $4 *	9:00 AM
	WHIST	10:30 AM
	SHUFFLEBOARD	2:00 PM
FRIDAY	CARPET BOWLING	2:00 PM
	GAMES NIGHT	6:30 PM
	GENERAL MEETING | 2ND FRIDAY	1:30 PM
SATURDAY	FITNESS "STAND TALL, DON'T FALL" | $1	9:00 AM
	FLOOR CURLING	1:00 PM



EXPLORE WINTER

ARTS PROGRAMS

ART GALLERY + GIFT SHOP

MONDAY - SATURDAY | 10 AM TO 5 PM

SUNDAY + HOLIDAYS | 12 PM TO 4 PM

the Arts Council Nicola Valley

2051 VOGHT STREET
250.378.6515

NICOLA VALLEY COMMUNITY ART GALLERY

The Nicola Valley Community Arts Council has been fostering creative collaboration and showcasing local artists through the Community Art Gallery since 1982.

NICOLA VALLEY ARTISAN GIFT SHOP

Home to 57 talented artisans from all around the Nicola Valley, the Artisan Gift Shop is the perfect place to pick up local crafts. Come and have a look around!

JOIN US THIS FALL FOR OUR UPCOMING SHOWS

Gifted: The Winter Artisan Show
November 12 - December 31, 2026

Rediscovered Treasures
January 11 - January 31, 2027

The Art of Tricia Sellmer
February 1 - February 28, 2027

Community Art Show
March 1 - April 3, 2027



UPCOMING PROGRAMS & EVENTS: CREATIVE KIDS

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

CREATIVE PLAY BY DAY

Free drop-in art group for ages 16+ on Tuesday afternoons in the Nicola Valley Arts Council art studio. No registration or art experience is required.

HEALING CONNECTIONS ART CLASSES

Free community art classes Arts Council Membership required. Upcoming classes include but not limited to: Fused Glass,Slow Stiching, HeArt Journals, Watercolour Cards,Knitting, Chair Yoga, Guided Writing.

ARTS AFTER DARK

Calling all night owls for this monthly drop-in arts group for ages 16+. Starts December 10th with a Christmas-themed activity

PAINT ALONG PARTY

Grab your pals, a pair of clothes that can get dirty, and join NVCAC at our upcoming paint parties: painted eggshell mosaic, shadow flower paint party, and resist art paint party. Ages 19+. Details to comeLooking for more programs, workshops, and events?

Please visit our website: **nicolavalleyarts.com.** To learn more and register for upcoming programs and workshops, We look forward to seeing you in a program soon



CITY EVENTS

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MERRITT.CA/EVENTS

CITY + COMMUNITY **EVENTS**



NEW YEAR'S EVE CELEBRATIONS

FREE SWIM: Come out and take part in a New Year's Eve Swim with the entire family!
DECEMBER 31, 2026 | 1:30 PM – 4:00 PM

NEW YEAR'S EVE PARTY: Join us for a fun-filled, family-friendly New Year's Eve celebration! Enjoy dancing, crafts, games, prizes, and concession. This year's theme back to the 90's, so come ready to go back intime
DECEMBER 31, 2026 | 5:00 PM - 7:00 PM | $5 ADMISSION



FAMILY DAY EVENTS
SATURDAY, FEBRUARY 13, 2027

FREE FAMILY PARTY & GAMES | 10:30AM - 12:30PM
SOCCER | FLOOR HOCKEY | FACEPAINTING | SKI BALL | AIR HOCKEY | FACE PAINTING | CRAFTS | OTHER GAMES | MERRITT CIVIC CENTRE

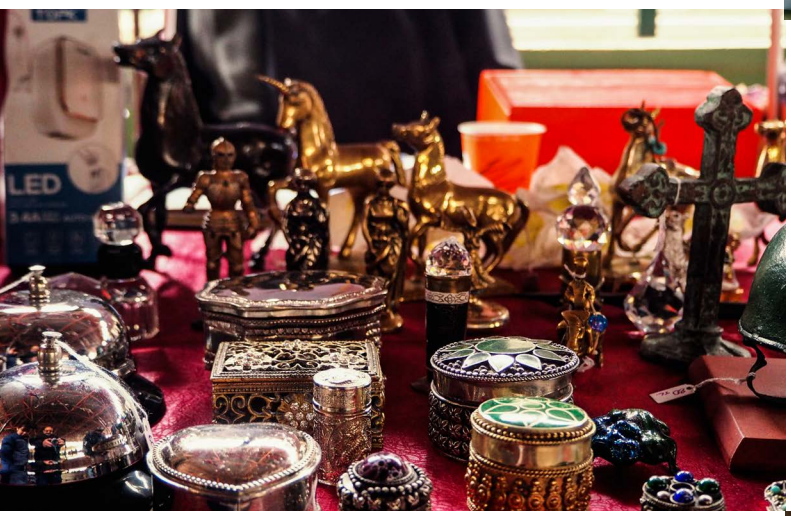
FREE SWIM | 1:00PM - 5:00PM
| NICOLA VALLEY AQUATIC CENTRE

COUNCIL + COMMUNITY CAFÉ

Savour a drink and a light snack while you connect with your City Council to discuss matters of concern in the community. Activities available for the kids.

TBA | 6 - 8 PM
MERRITT CIVIC CENTRE





COMMUNITY YARD SALE

SATURDAY, APRIL 11, 2027 | 8:00AM - 2:00PM
ADMISSION: FREE | PARKING: FREE
VENDORS: $5 PER TABLE
BOOK YOUR TABLE: 250.315.1050
MERRITT CIVIC CENTRE

EASTER EXTRAVAGANZA

SATURDAY, MARCH 27 2027
10:00 AM – 12:00 PM (EGG HUNT: 10:15 AM)
CENTRAL PARK

Come celebrate Easter with an egg hunt, bouncy castle, face painting, arts and crafts, and more. Get the Easter Egg Hunt map online.





MUNICIPAL OPEN HOUSE

Discover what's new across various City departments at this interactive, trade-show-style open house.
Fun activities, snacks and drinks available for all!

TBA | 4 - 7 PM | MERRITT CIVIC CENTRE



COMMUNITY DIRECTORY

MUSIC & ARTS

Merritt Community Choir
250.378.9899
E: merrittchoir@gmail.com
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: Kia Henriksen: 780.573.0861
E: kia.ltdadance@gmail.com
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 Krajici: 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: mgcc1450@gmail.com
W: merrittgolf.com

Merritt Minor Hockey Association
E: info@merrittminorhockey.com

Merritt Minor Softball
C: Amy Douthwright: 250.315.9873
E: merrittminorsoftball@outlook.com
FB: facebook.com/MerrittMinorSoftball

Merritt Mixed Slow-Pitch
C: Kyla Dres: 250.378.7741
E: hockeymum16_3@hotmail.com
E: merrittmixedslopitch@gmail.com

Merritt Mountain Bike Association
E: merrittbiking@yahoo.ca
W: mountainbikingbc.ca/thompson-okanagan/merritt

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
E: president@merrittyouthsoccer.com
E: info@merrittyouthsoccer.com
W: merrittyouthsoccer.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: nicolavalleysc.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

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: merrittguiding@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: admmerritt@interiorcommunityservices.bc.ca
W: interiorcommunityservices.bc.ca/programs/location/merritt-program



Merritt & District Hospice Society
T: 250.280.1701
E: merritthospice@shaw.ca
W: merritthospice.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/merrittyouthandfamilyresourcesociety

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

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: nicolavalleysc.uplifterinc.com
FB: @NicolaValleySkatingClub

Nicola Valley Fish & Game Club
C: Paul Komonoski: 250.378.4904
E: morbtr@hotmail.com

NVIT

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

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

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 | 778.661.0879
E: marketing@tourismnicolavalley.com
W: experiencenicolavalley.ca
W: experiencemerritt.ca
W: tourismnicolavalley.com
FB: @experiencenicolavalley

Thompson Okanagan Tourism Association
T: 250.860.5999
E: info@totabc.com
W: totabc.org
FB: facebook.com/TOTABCnews

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

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

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	

OTHER RATES

Various City-owned facilities and parks, including the pool, civic centre, and arena, are available for rental. (View page 7). Rates are detailed in the City's Fees and Charges Bylaw and on the City's website at merritt.ca/bylaws.

VISIT: MERRITT.CA/RENTALS

BOOKINGS:
E: CIVICCENTRE@MERRITT.CA
T: 250.315.1050

REGISTER

Merritt
FLOURISH UNDER THE SUN
MERRITT.CA

GO TO

MERRITT.CA/REGISTRATION

REGISTER FOR AQUATIC PROGRAMS:
NICOLA VALLEY AQUATIC CENTRE

VISIT: 2040 MAMETTE AVENUE
CALL: 250.378.6662
EMAIL: POOL@MERRITT.CA
ONLINE: MERRITT.CA/REGISTRATION

REGISTER FOR RECREATION PROGRAMS:
MERRITT CIVIC & CONVENTION CENTRE

VISIT: 1950 MAMETTE AVENUE
CALL: 250.315.1050
EMAIL: RECREATION@MERRITT.CA
ONLINE: MERRITT.CA/REGISTRATION

POOL

MONDAY - FRIDAY	6:00AM - 8:15AM 9:00AM - 1:45PM 3:30PM - 7:30PM
SATURDAY	10:00AM - 5:00PM
SUNDAY	12:00PM - 4:00PM

CIVIC CENTRE

MONDAY - FRIDAY | 8:30PM - 4:30PM

** ALL FACILITIES CLOSED ON STATUTORY HOLIDAYS.*

** AQUATIC CENTRE CLOSED ANNUALLY IN SEPTEMBER.*

** POOL OPENS FOR FULL DAY, 6:00 AM TO 7:30PM DURING SUMMER AND SPRING BREAK.*



MEET OUR MASCOT
"Milo the Marmot"

REGISTRATION OPENING DATES

SPRING	MARCH 1
SUMMER	JUNE 1
FALL	SEPTEMBER 1
WINTER	DECEMBER1

REGISTRATION DEADLINE
2 WEEKS BEFORE PROGRAM BEGINS

WAIT LISTS
Notifications of openings are sent via email. Prospective registrants have 72 hours to confirm or decline the spot.

***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.*

***CODE OF CONDUCT**: All patrons, spectators and staff are expected to conduct themselves in a manner that creates a safe, inclusive and respectful environment for recreation, sport, and social activities on City property. Recording devices, cameras, drugs, alcohol, and items that are deemed as weapons are strictly prohibited.*

All City facilities hold a ZERO TOLERANCE policy regarding aggressive, abusive and inappropriate behaviour. Any person deemed to be behaving contrary to the City's Code of Conduct may have their privileges revoked and asked to leave the premises immediately.

PRINTED COPIES OF THE RECREATION GUIDE ARE AVAILABLE AT NICOLA VALLEY AQUATIC CENTRE + MERRITT CIVIC CENTRE. OR VIEW THE LATEST ONLINE RECREATION GUIDE AT MERRITT.CA/RECREATIONGUIDE