Prince Rupert Recreation | Fall 2026

Active Living Guide



September 1st- December 31st

Registration Opens: **August 24th**
In person or phone

Swim Lesson Registration Dates on Page 16

THE CITY OF PRINCE RUPERT

Table of Contents

Hours of Operation.....3	Swimming Lessons.....16
Facility Schedules.....4-9	Children & Youth.....19
Drop-In Gym.....10	Adult.....22-23
Facility Use Guidelines....11	Community Events.....24
Aquafit.....14	Climbing Wall.....27

Please note, information in the Active Living Guide is subject to change. Keep an eye on our Facebook page for up-to-date information.

Fees

Membership Fees
GST not included

	10 Visits	20 Visits	1 month	3 month	6 month	Annual
Child (2-12)	$31.99	$60.21	$37.63	$101.59	$198.21	$361.22
Youth (13-18); Senior (60+)	$37.80	$71.15	$44.46	$120.06	$234.80	$426.90
Post Secondary (with valid ID)	$37.80	$71.15	$44.46	$120.06	$234.80	$426.90
Adult (19-59)	$78.50	$147.77	$92.36	$249.36	$487.65	$886.63
Family (2 adults and up to 4 children)	$157.01	$295.54	$184.72	$498.73	$975.31	$1773.28
Additional Family Member	$16.08	$30.10	$18.81	$50.80	$99.34	$180.62
Therapy (Medical note required)	$52.13	$98.11	$61.23	$165.33	$323.30	$587.81

Admission Fees
GST not included

	Single	Daily	Drop-In Gym
Child (2-12)	$3.77	$11.28	$2.60
Youth (13-18); Senior (60+)	$4.45	$13.33	$4.17
Post Secondary (with valid ID)	$4.45	$13.33	$4.17
Adult (19-59)	$9.23	$27.71	$6.42
Family (2 adults and up to 4 children)	$18.47	$55.41	-
Additional Family Member	$1.72	$5.13	-
Therapy (Medical note required)	$6.12	$18.37	-
Shower	$4.07	-	-

Skate Rentals & Sharpening
GST not included

	Single	10 Tickets
Skate Rentals	$3.42	$30.35
Skate Sharpening	$10.24	$96.81

Program Tickets

	10 Tickets
Instructed Programs	$92.25
Self-Instructed Programs	$70.00



When registering, please let our staff know any information that will help your child to have a successful and positive program

Course ID

Look up the course ID number in the left hand column of the course/program tables for easy registration!

General Info

- All registrations are processed on a first-come, first-served basis. **Payment must be made at the time of registration.**
- Registration is required for all classes except when specified as a drop-in class.
- Programs may be cancelled due to low registration numbers or staffing availability.
- If you have not received a receipt prior to the class start date, please call to confirm registration.
- Please read confirmation receipts carefully for important information.

Please be sure to have the following ready when registering:

- Course name, ID, date & time
- Registrant's birth date
- Cash, cheque or debit/credit.

How to Register

By phone: (250) 624 6707

In person: Drop by during office hours to 1000 McBride St.

Facility Hours:

Hours are subject to change

Civic Centre
Everyday: 8am - 11pm

Arena
Everyday: 6:30am - 11:45pm

Aquatic Centre
Monday to Friday:
6:30am - 8:30pm
Sat/Sun: 12pm - 6pm

Fitness Centre
Monday to Friday:
6:30am - 8:30pm
Sat/Sun: 12pm - 6pm

Scheduled Closures:

September 7 - Labour Day

September 30 - National Day for Truth and Reconciliation

October 12 - Thanksgiving

November 11 - Remembrance Day

December 24 (Early Closure at 12pm) - Christmas Eve

December 25 - Christmas

December 26 - Boxing Day

December 31 (Early Closure at 12pm) - New Year's Eve

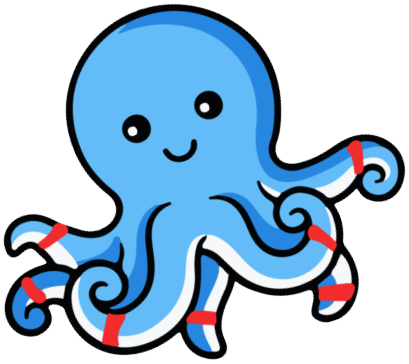
Aquatic Schedule

PUBLIC AQUATIC CENTRE PROGRAMS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM		**18+ Member's Swim** 6:30am - 10am	**18+ Member's Swim** 6:30am - 10am	**18+ Member's Swim** 6:30am - 10am	**18+ Member's Swim** 6:30am - 10am	**18+ Member's Swim** 6:30am - 10am	
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM		**Family Swim** 10am - 2pm	**Family Swim** 10am - 2pm	**Family Swim** 10am - 2pm	**Family Swim** 10am - 2pm	**Family Swim** 10am - 2pm	
12:00 PM							
12:30 PM	**13+ Swim** 12pm - 2pm						**13+ Swim** 12pm - 2pm
1:00 PM							
1:30 PM							
2:00 PM	**Public Swim** 2pm - 4pm	**13+ Swim** 2pm - 5:30pm	**13+ Swim** 2pm - 6:30pm	**13+ Swim** 2pm - 6:30pm	**13+ Swim** 2pm - 6:30pm	**13+ Swim** 2pm - 6:30pm	**Public Swim** 2pm - 4pm
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	**Family Swim** 4pm - 6pm						**Family Swim** 4pm - 6pm
4:30 PM							
5:00 PM							
5:30 PM		**Public Swim** 5:30pm - 7:30pm					
6:00 PM			**Public Swim** 6:30pm - 8:30pm	**Public Swim** 6:30pm - 8:30pm	**Public Swim** 6:30pm - 8:30pm	**Public Swim** 6:30pm - 8:30pm	
6:30 PM							
7:00 PM							
7:30 PM		**16+ Swim** 7:30pm - 8:30pm					
8:00 PM							

Fitness Centre
Monday to Friday:
6:30am - 8:30pm
Sat & Sun:
12pm - 6pm

An Active Membership is required to attend Members' Swim



Why do we require red bracelets?

In BC 29.4% of swimming pool deaths happen in preschool aged children. This is because children this age are inquisitive and take advantage of their ever-expanding range and speed of mobility. They also have no awareness of looming aquatic dangers so it is up to parents, caregivers and lifeguards to protect them.

Here is how we can work together for swim safety:

- **Children under 7 must be within arm's reach of caregivers and wear a red bracelet.** This means you are actively participating with your child and watching them at all times. This is a standard across BC and a provincial pool regulation.
- No more than 3 children under 7 years per caregiver. These little monkeys are movers and you have to be ready to support all of them, wearing a red bracelet can help the lifeguards assist you as well by reminding you and the child under 7 to remain within arm's reach.
- Restrict and control access to water. It is great to set pool boundaries with your child and where you can go together in the pool. A great tip is to call the out-of-bounds zones, 'Lava Zones'. We don't want to go near hot dangerous lava!
- Children who cannot swim, learning to swim or have a tendency to scoot beyond arms reach regularly should always wear a lifejacket.
- Following the pool rules and direction from lifeguards allows for unlimited fun in the water!

I am coming to the Aquatic Centre, what can I expect?

18+ Member's Swim
Participants must have an active monthly membership to attend the 18+ Members' Swim (no drop-ins, tickets, or courtesy passes will be permitted). No lifeguard on deck. Main pool includes 2 lanes for lap swimming; dive tank closed. Tot pool & hot tub may not be available. Overall capacity will be limited to 39 members.

13+ Swim
Participants 12 and under must have a family member (16+) present in the aquatic facility. Main pool and tot pool will be shared with other programs. Main pool includes 1 lane for lap swimming; diving board & rope swing may be available. Saunas & hot tub will be available. Overall capacity may be limited to 39 patrons.

Family Swim (13+)
Participants 12 and under must have a family member (16+) present in the aquatic facility. Main pool and tot pool may be shared with other programs. Main pool includes 1 lane for lap swimming; diving board & rope swing available. Saunas & hot tub will be available.

Public Swim (All ages)
Participants 7 and under must always have a family member 16+ within arm's reach in the facility, pools included. Main Pool includes 1 lane for lap swimming; diving board & rope swing available. Saunas, tot pool & hot tub will be available.

16+ Swim
Both pools open; diving board & rope available. Saunas & hot tub open. Main pool includes 1 lane for lap swimming.

Fitness Centre (16+)
Youth 14+ may use the Fitness Centre once they have a consent form signed by a guardian on file.

Arena Schedule

PUBLIC ARENA PROGRAMS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM	Private Booking	Private Booking	Private Booking	Private Booking	Private Booking	Private Booking	Private Booking
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM			Morning Skate 9am - 10:15am		Morning Skate 9am - 10:15am	Parent & Tot 9:15am - 10am	
9:30 AM							
10:00 AM		Morning Skate 10:15am - 11:30am		Morning Skate 10:15am - 11:30am		Morning Skate 10:15am - 11:30am	
10:30 AM			Shift Hockey (18+) 10:30am - 12pm		Shift Hockey (18+) 10:30am - 12pm		
11:00 AM							
11:30 AM		Shift Hockey (18+) 11:45am - 1:15pm		Shift Hockey (18+) 11:45am - 1:15pm		Shift Hockey (18+) 11:45am - 1:15pm	
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM		Private Booking				Private Booking	
2:00 PM							
2:30 PM					Private Booking		
3:00 PM							
3:30 PM			Private Booking	Private Booking			
4:00 PM							
4:30 PM							
5:00 PM	Public Skate 5pm - 6:15pm		Public Skate 5:30pm - 6:45pm				
5:30 PM							
6:00 PM							
6:30 PM	Private Booking		Private Booking				
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							
10:30 PM							
11:00 PM							
11:30 PM							

I'm coming to the Arena, what can I expect?

Morning Skate (All Ages)
These skating sessions are the perfect time to lace up those skates and practice your glides and spins when the ice is more open!

$4.60 for adults, $2.90 for youth and seniors, $1.15 for children, and $6.90 for families.

Shift Hockey *(18+)*
Come out and enjoy a scrimmage conveniently taking place at several times throughout the week. Full gear is required to participate in this non-contact drop-in session.

Parent & Tot
The object of this time is to allow parents and tots to be introduced to the ice, without Public Skate excitement.

$5.75 per session, includes one adult and one child admission.



Did You Know?

In a northern community, indoor recreation spaces can make staying active possible year-round, rain, snow, or shine! From skating and hockey to walking, fitness and community events, recreation facilities bring people together in one place.

Gymnasium Schedule

Schedule subject to change, please call (250) 624-9000 or (250) 624-6707

PUBLIC GYMNASIUM PROGRAMS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	Private Booking	Drop-In Gym 8am - 11am	Private Booking	Drop-In Gym 8am - 11am	Private Booking	Drop-In Gym 9am - 11am	Drop-In Gym 9am - 1pm
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM			*Walking Club 10am - 11am		*Walking Club 10am - 11am		
10:30 AM							
11:00 AM							
11:30 AM		Noon-Hour Badminton & Pickleball 11:30am - 1pm	Noon-Hour Badminton & Pickleball 11:30am - 1pm	Noon-Hour Badminton & Pickleball 11:30am - 1pm	Noon-Hour Badminton & Pickleball 11:30am - 1pm	Noon-Hour Badminton & Pickleball 11:30am - 1pm	
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM	*Pickleball 1:30pm - 4:30pm	Gym Maintenance	Drop-In Gym 1:30pm - 4:45pm	Drop-In Gym 1:30pm - 4:45pm	Drop-In Gym 1:30pm - 4:45pm	Gym Maintenance	*Pickleball 1:30pm - 4:30pm
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM		Drop-In Gym 3:45pm - 4:45pm				Drop-In Gym 3:45pm - 5:00pm	
4:00 PM							
4:30 PM							
5:00 PM	*Volleyball 5pm - 7pm (Back Half)	Private Booking	Private Booking	Private Booking	Private Booking		Drop-In Gym 5pm - 10pm
5:30 PM							
6:00 PM			*Junior Badminton 6:15pm - 7:45pm		*Junior Badminton 6:15pm - 7:45pm		
6:30 PM							
7:00 PM							
7:30 PM	*Evening Badminton 7:30pm - 10:30pm			*Evening Badminton 7:30pm - 10:30pm		*Evening Badminton - *Pickleball 7:30pm - 10:30pm	
8:00 PM			Private Booking		Private Booking		
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							
10:30 PM							

***Drop-In or Registered Program**

Auditorium Schedule

PUBLIC AUDITORIUM PROGRAMS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM			**Kid's Zone** 9:30am - 11:30am		**Kid's Zone** 9:30am - 11:30am		
10:00 AM							
10:30 AM							
11:00 AM							**Private Booking**
11:30 AM	**Private Booking**						
12:00 PM							
12:30 PM							
1:00 PM			***Carpet Bowling** 1pm - 3pm		***Carpet Bowling** 1pm - 3pm		
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM		**Private Booking**		**Private Booking**		**Private Booking**	
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM			**Private Booking**		**Private Booking**		
6:00 PM	***Co-Ed Soccer** 6pm - 7:30pm	**Private Booking**				**Private Booking**	
6:30 PM							
7:00 PM				**Private Booking**			
7:30 PM							
8:00 PM						***Co-Ed Soccer** 8pm - 9:30pm	
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							
10:30 PM							

Drop-In Gym

Ages 12+ (unless accompanied by an adult)

Join us for...
Badminton, Basketball, Pickleball, Volleyball...

Drop-in and play in one of our gyms! Space is available on a first-come, first-served basis.

**Please note, Drop-In Gym is not intended for team practices.*

Call us at (250) 624-6707 or our info line at (250) 624-9000 for daily Drop-In Gym times!

Curious About a Membership?

Here's what you're missing!

All memberships give you access to:

- Fitness Centre
- Drop-In Gym
- Public Aquatic Centre Programs (Public Swims, Lane Swims, etc.)
- Public Skating Programs (Public Skates, Morning Skates, etc.)

Please note, registered programs are not included in memberships



Join our Team as a Program Instructor!

We are looking for instructors who are interested in leading programs, camps and special events. Do you have a sport, culture or recreation skill or talent you want to share with the community? Connect with us to explore the possibilities.

Contact us today: (250) 624-6707

Recreation: Heidi De Wildt, heidi.dewildt@princerupert.ca
Aquatics: Trysta Dutton, trysta.dutton@princerupert.ca
Culture and Wellness: Gaganpreet Grewal, gaganpreet.grewal@princerupert.ca

Recreation Facility Use Guidelines

The recreation facilities are public spaces intended to provide a safe, welcoming, and enjoyable environment for all users. Visitors are expected to show respect for others, including their beliefs, opinions, belongings, and personal well-being.

Code of Conduct:

To help maintain a safe and inclusive environment, all patrons are expected to:

- Follow directions provided by staff or volunteers and comply with all posted signage.
- Use respectful language and behavior appropriate for a public facility serving all ages, cultures, and diverse community members. Violence, bullying, harassment, or disruptive behavior will not be tolerated.
- Treat the facility, grounds, and equipment with care. Theft, vandalism, deliberate damage, or misuse of property is prohibited.
- Refrain from bringing or using drugs, alcohol, or weapons on facility property. Intoxication or signs of impairment related to alcohol or illegal drugs will not be tolerated.
- No children loitering within the recreation facility and/or property during school hours.
- Report any misconduct, unsafe behavior, or suspicious activity to facility staff immediately.

General Facility Rules:

- Clean, closed-toe footwear must be worn at all times in the gymnasium and auditorium.
- Outdoor footwear, open-toed shoes, open-backed shoes, and bare/sock feet are not permitted in the gymnasium and auditorium.
- Ball bouncing, puck shooting, or similar activities are not permitted in hallways or common areas.
- Food and glass beverage containers are not permitted in gym, pool or fitness center. Plastic water bottles only.
- Please avoid the use of heavily scented products in consideration of others and allergy sensitivities.
- Parents and guardians are responsible for ensuring children are actively supervised at all times.

Fitness Centre Etiquette:

- To ensure a safe, respectful, and positive experience for all fitness center users, patrons are asked to follow these guidelines:
- Share equipment and workout space respectfully during busy periods.
- Clean, closed-toe footwear is required in the fitness center.
- Wipe down all equipment after use, using the provided cleaning supplies.
- Return all weights, accessories, and equipment to their designated storage areas after use.
- Use equipment responsibly and in accordance with posted instructions or staff direction.
- Be mindful of noise levels and always be considerate of other users.

Cameras and Video Recording:

Photos and videos may be taken in public areas of the facility. Privacy must always be respected in changing rooms and washrooms. Please obtain permission before photographing or recording individuals or groups.

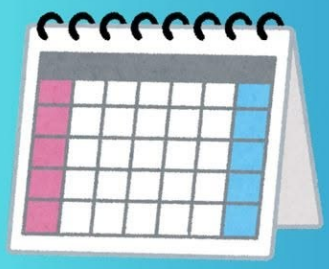
DANGER

RAPIDS

PRINCE RUPERT AMATEUR SWIMCLUB

NEW SEASON 2026–2027

NEW MEMBER REGISTRATION!



Thursday, September 10th

5:00–6:00 PM



Please bring swim gear so we can do a very quick assessment of your child's swimming ability!

IN THE EARLMAH AQUATICCENTRE POOL LOBBY

SCAN ME



Registration is open for existing members at:
www.prasc.net



If you require assistance, contact our Registrar at:
prascregistrar@gmail.com



Returning swimmers, register by Sept 1st.

We acknowledge the financial assistance of the Province of British Columbia

Community Registration Day

In the Auditorium

Saturday, September 5

10 AM - 1 PM



A wide range of local recreational, cultural, and community organizations will be on-site to share information, accept program registrations, and recruit volunteers!

Interested in hosting a table? For more details or to register your organization, please contact Heidi De Wildt at (250) 624-6707 or heidi.dewildt@princerupert.ca.

Aquafit



Aquafit: Shallow Water

Water workouts are a great way to get fit and to keep fit! The natural buoyancy of water reduces weight bearing stress, allowing greater ease of movement with less strain on bones, joints, and muscles. The increased density of water creates even and fluid resistance in all directions, comfortably toning and strengthening muscles with greater balance and efficiency.

F	9:15am - 10am	*Regular admission applies*

Did You Know?

Move at your own pace! AquaFit offers a low-impact way to get active in the water—making exercise easier on the joints while still getting your body moving.

Sunday Sensory Safe Swims

12 PM - 2 PM

- September 20
- October 18
- November 15
- December 20

A calming swim experience with reduced lighting (when safe), no music, fountains turned off, and hot tub jets and lights disabled. To maintain a low sensory environment, these sessions are limited to 39 patrons.

OONIE SWIMS

Make a Splash for Less! Public Swim access at our discounted Oonie rates.

Wednesday Nights

Sept. 9 & 23 | Oct. 7 & 21 | Nov. 4 & 18 | Dec. 16 & 30

6:30 PM - 8:30 PM

IMPORTANT DATES

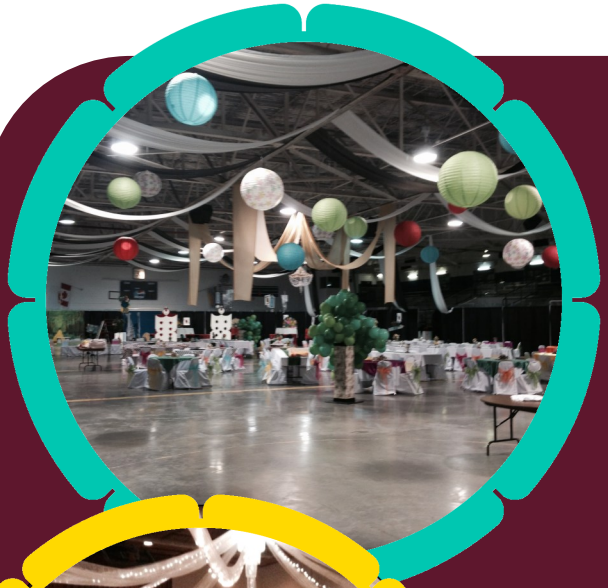
At Prince Rupert Recreation

Aquatic Centre Shut Down

August 24th to September 8th

Ice Reopens

September 8th







Looking for Space? We've got the Place!

Our multi-purpose Recreation Complex boasts a wide variety of Facilities and services to enhance your event or party! Organizers will find it the perfect showplace for meetings, parties, banquets, sporting events, tradeshows, exhibitions, concerts and conferences.

Contact us at **rentals@princerupert.ca** or **250.624.6707** to receive a quote for your next rental.

Parent & Tot

PARENT + TOT 1 & 2 COMBINED

Prerequisite: 4+ months of age and under 24 months of age

10818	Sep. 29 - Oct. 27	Tu	1pm - 1:30pm	$42.00
10823	Nov. 17 - Dec. 15	Tu	1pm—1:30pm	$42.00
10833	Sep. 28 - Oct. 26	M	11:15am - 11:45am	$42.00
10835	Nov. 16 - Dec. 14	M	11:15am - 11:45am	$42.00

PARENT + TOT 2 & 3 COMBINED

Prerequisite: 12+ months of age and under 36 months of age

10819	Sep. 29 - Oct. 27	Tu	1:35pm - 2:05pm	$42.00
10824	Nov. 17 - Dec. 15	Tu	1:35pm - 2:05pm	$42.00
10834	Sep. 28 - Oct. 26	M	11:50am - 12:20pm	$42.00
10836	Nov. 16 - Dec. 14	M	11:50am - 12:20pm	$42.00

Sessions may be cancelled for various reasons, including but not limited to low enrollment or unexpected pool closures.

Swimming Lesson Registration

Registration will open for the levels specified below at **8am** on the following dates:

Monday, Sept. 21
Parent & Tot 1, 2, and 3

Tuesday, Sept. 22
Swimmer 1

Wednesday, Sept. 23
Preschool 1

Thursday, Sept. 24
Preschool 3
Adult Swimmer 1

Friday, Sept. 25
Preschool 2
Swimmer 2

To ensure a fair registration process, please note that each child may be enrolled in one course only.

Preschool

PRESCHOOL 1

Prerequisite: 3+ years of age

10807	Oct. 5 - Nov. 4	M/W	1:45pm - 2:15pm	$75.60
10804	Oct. 6 - Nov. 5	Tu/Th	5:20pm - 5:50pm	$84.00
10810	Nov. 16 - Dec. 16	M/W	1:45pm - 2:15pm	$84.00
10809	Nov. 17 - Dec. 17	Tu/Th	5:20pm - 5:50pm	$84.00

PRESCHOOL 2

Prerequisite: Completion of Preschool 1

10806	Oct. 5 - Nov. 4	M/W	1:10pm - 1:40pm	$75.60
10803	Oct. 6 - Nov. 5	Tu/Th	4:45pm - 5:15pm	$84.00
10812	Nov. 16 - Dec. 16	M/W	1:10pm - 1:40pm	$84.00
10811	Nov. 17 - Dec. 17	Tu/Th	4:45pm - 5:15pm	$84.00

PRESCHOOL 3

Prerequisite: Completion of Preschool 2

10805	Oct. 5 - Nov. 4	M/W	12:35pm - 1:05pm	$75.60
10813	Nov. 16 - Dec. 16	M/W	12:35pm - 1:05pm	$84.00

School Aged

SWIMMER 1

Prerequisite: 5+ years of age & enrolled in elementary school

10802	Oct. 6 - Nov. 5	Tu/Th	4:10pm - 4:40pm	$84.00
10814	Nov. 17 - Dec. 17	Tu/Th	4:10pm - 4:40pm	$84.00

SWIMMER 2

Prerequisite: Completion of Swimmer 1

10801	Oct. 6 - Nov. 5	Tu/Th	3:35pm - 4:05pm	$84.00
10815	Nov. 17 - Dec. 17	Tu/Th	3:35pm - 4:05pm	$84.00

Adults

ADULT SWIMMER 1

Ages 16+

Adult Swimmer 1 is perfect for those new to swimming or looking to build foundational skills. Participants will learn essential water safety, floating, gliding, kicking, and breathing techniques, along with basic front and back crawl. Skills include entering and exiting the water, treading water, submerging, recovering objects, and swimming 10–15 meters. WaterSmart® safety messages are included throughout.

10820	Sep. 28 - Oct. 26	M	7:30pm - 8:15pm	$50.00
10821	Nov. 16 - Dec. 14	M	7:30pm - 8:15pm	$62.50

General Program Information

This swim program offers lesson sets throughout the year, typically consisting of 8 to 10 classes.

Registration closes after the second class, and instructors may move participants to a more appropriate level based on skill.

Supervision & Safety

Children under 7 must remain within arm's reach of a caregiver aged 16 or older at all times. Caregivers must also escort young children to the washroom and remain available during lessons. **Spectating is limited to the lobby or viewing area unless a transition plan has been arranged with the instructor and/or Aquatic Coordinator.**

Participants are asked to arrive with enough time to get ready and be on the pool deck by the start of their scheduled lesson. Instructors will assign designated meeting spots during the first session. To help maintain water quality and ensure a healthy environment, please shower, use the washroom, and blow your nose before entering the pool.

Please notify instructors of any medical conditions, whether minor or significant.

What to Bring

- Bathing suit and towel.
- Long hair should be tied back or a swim cap may be worn.
- Goggles are permitted but not required. Please note that all swim skills are to be performed without the use of goggles and it's encouraged that children learn to put on their own goggles.
- Children who are not toilet trained need to be wearing a **swim diaper.** Please inform the instructor immediately if your child has an accident in the pool.
- Children who are cold in the water may wear a thermal bathing suit or fitted undershirt to help stay warm.

Progress & Evaluation

Progress is monitored continuously—there is no test day—and report cards are given out at the end of the session, both in print and electronically. Please remember that children learn and progress at different levels. Children must demonstrate all "must see" items on the back of their test sheet in order to pass a skill. Instructors can explain the "must see" for the skills that require practice. Consistent attendance and practice outside of class are strongly encouraged.

Did You Know? It can take 20 to 25 fully attended sessions for a child to complete a level.

Special Requests & Private Lessons

We strive to make swimming lessons safe and accessible for everyone. We offer both integrated group lessons as well as private lessons for participants of all abilities. We can accommodate special requests such as endurance training, strengthening kicks, or comfort in water and try to honour all requests to the best of our ability.

Private lessons are prescheduled, please call the facility or visit our front desk for any available dates and times. Please note that these prescheduled lessons are on a first come first served basis.

Should my Child Move from Preschool Level to Swimmer Level?

Have a soon-to-be 5-year-old and not sure which swim level they should join? Check out the chart below to find the best fit.

PRESCHOOL Level (Age 3-5 years)	SWIMMER Level (Age 5+ years)
Preschool 1	Swimmer 1
Preschool 2	Swimmer 1
Preschool 3	Swimmer 1
Preschool 4	Swimmer 1
Preschool 5	Swimmer 2

Still have questions?

Please reach out directly to us by calling **(250) 627-7946** or ask our front desk for a swim brochure.





LIFESAVING
Certification Courses

Take the next step toward lifeguarding.

BRONZE MEDALLION

December 21-23
8 AM - 4 PM
$246

PREREQUISITES: 13 years of age by the last day of the course, OR hold a Bronze Star certification (does not need to be current)

Develop the judgment, knowledge, skills and fitness needed to respond to aquatic emergencies and make effective decisions in and around the water.

BRONZE CROSS

December 28-30
8 AM - 4 PM
$246

PREREQUISITES: Bronze Medallion (does not need to be current)

Build on your lifesaving skills while developing teamwork, communication and active surveillance skills in preparation for the responsibilities of an Assistant Lifeguard. Bronze Cross is a prerequisite for National Lifeguard training.

HIGH SCHOOL CREDIT

BC and Yukon high school students may be eligible to receive high school graduation credits for Bronze Medallion and Bronze Cross certifications. Contact your school counsellor for more information!



FUN Friday!

Your monthly dose of food, friends, and splash-tastic fun to kick-off your weekend! ALL youth aged 13-18 can join us in the Viewing Area at 6 PM for dinner and chill time, then dive into the Public Swim from 6:30-8:30 PM with lifeguard-led games that crank up the fun. No registration, no fees, just show up!

Sept. 18 | Oct. 16 | Nov. 13 | Dec. 11

Active

Junior Badminton
Ages 8 - 16

Recreational and competitive badminton players are welcome. No previous experience is required, just a keen interest.

Minimum 6 registrants required for program to run.

Instructor: Raymond Liu
Location: Gymnasium
Drop in $9.25

Tuesday Evenings					
10722	Sep. 1 - Dec. 22	Tu	6:15pm - 7:45pm	17	$140.25
Thursday Evenings					
10721	Sep. 3 - Dec. 17	Th	6:15pm - 7:45pm	16	$132.00

Kid's Camps

Pro D Day Camp
Ages 6 - 12
(5 year-olds registered in Kindergarten may attend)

These camps are tailored to kids on Professional Development Days and align with the School District 52 calendar. They are filled with sports, arts & crafts, swimming, and more to keep your child active and engaged on their days away from the classroom.

Minimum 6 registrants required for program to run.

10726	October 23	F	8:30am - 4:30pm	1	$57.75
10739	November 20	F	8:30am - 4:30pm	1	$57.75



Creative

Art-Ventures
Ages 7 - 12

Students in this class will be exposed to a variety or age appropriate art activities from paper crafts to paint, and everything in between!

Minimum 6 registrants required for program to run.

Instructor: Mavis Glencross
Location: Art Room

10727	Oct. 19 - Nov. 30	M	3:30pm - 4:30pm	7	$58.80

Register Early!

Programs may be cancelled if there are not enough registrants. Avoid disappointment by registering early.

Kid's Tie-Dye
Ages 7 - 15

In this course, learn tie-dye techniques to fill your clothes with vibrant colours and personality. Unleash your creativity and make original pieces by experimenting with crumples, gradients, and mesmerizing color combinations. Participants are required to supply their own 100% cotton article of clothing or fabric to dye.

Minimum 6 registrants required for program to run.

Instructor: Mavis Glencross
Location: Art Room

10732	September 26	Sa	10am - 11am	1	$16.50
10733	November 28	Sa	10am - 11am	1	$16.50

3rd Annual Northern Savings

UNPLUG & PLAY

January 18 - 24, 2027

THE CITY OF PRINCE RUPERT

NORTHERN SAVINGS
www.northsave.com



Unplug and Play Week invites families to ditch the screens and rediscover the joy of playing, moving, and connecting together.

Held every January, this community-wide event celebrates healthy habits, physical literacy, and Family Literacy Week in BC. It's the perfect way to kickstart a year of active living and family fun.

Unplug. Play. Connect.
Join the movement!

Ways to Get Involved:

Host an Activity or Event

Help us fill our activity calendar by hosting a free (or low-cost) activity for community members between January 18-24. Contact Heidi, Recreation Coordinator, at heidi.dewildt@princerupert.ca with your ideas!

Donate

In addition to Northern Savings annual committed contribution of $5000, we are looking for other community partners and industry to help support access for all in our community. This initiative will support community members on a fixed income to access recreation programs and events throughout the year. Contact Brian, Recreation and Community Services Manager, at brian.millis@princerupert.ca for more information.

Northern Savings Unplug and PLAY

KidSport
PRINCE RUPERT



KIDSPORT PAYS. YOUR KID PLAYS.

We owe *ALL* kids the chance to experience everything sport has to offer.

At KidSport Prince Rupert we believe sport powers kids. Getting in the game ignites a sense of belonging, shapes character, fuels better health, builds confidence and unleashes potential. But the cost of registration fees can be a barrier for many families. Through a confidential application process, KidSport provides funding for kids from families that need financial support to help cover the cost of sport registration fees #SoALLKidsCanPlay!

NEED SUPPORT? WE CAN HELP

HOW TO APPLY

1. Register your child with an eligible sport club*. **Must be affiliated with a Sport BC member (see website for details).*
2. Submit a grant application online or complete our paper application.
3. If approved, funds are sent to the sport club. Please allow up to 60 days for notification of application status.

WANT TO HELP? WE NEED YOU

WHY KIDSPORT?

- Cost keeps 1 in 3 Canadian kids out of organized sport.
- Only 39% of kids and teens (5-17 years) are meeting national physical movement guidelines.
- Participation in sport promotes the development of children's social, mental, and physical well-being.

Visit our website to donate or learn more:

kidsport.ca/british-columbia/prince-rupert

Powered by SPORT BC

KidSport is a Registered Canadian Amateur Athletic Association ("RCAAA") with charitable status (86212 5986 RR0003)

Did you Know?

Active play that builds physical literacy supports more than just physical health. It helps kids focus, think critically, and work through challenges. Movement-rich learning keeps them engaged, builds confidence, and strengthens the skills they need to succeed in school and everyday life.

Active

Carpet Bowling
Ages 18+

Come out and experience carpet bowling. Experienced players and newbies are welcome! Bring a friend or join us and meet some new ones.

Location: Auditorium
Drop in $3.45

10716	Sep. 1 - Dec. 22	Tu/Th	1pm - 3pm	33	$99.00

Casual Tai Chi

A self-paced, drop-in space to practise Tai Chi in a calm and supportive environment, mindfulness, and the opportunity to go at your own pace. Great for all experience levels!

Location: Fitness Studio

Sep. 4 – Dec. 18	F	10am - 11am	*Casual admission applies*

Co-Ed Indoor Soccer
Ages 16+

Come enjoy the sport of indoor soccer in this casual setting where the teams are different each week!

Location: Auditorium
Drop in $7

Sunday Evenings					
10720	Sep. 6 - Dec. 20	Su	6pm—7:30pm	14	$84.00
	No session October 11, December 6				
Friday Evenings					
10719	Sep. 4 - Dec. 18	Fi	8pm - 9:30pm	14	$84.00
	No session October 30, November 20				

Evening Badminton
Ages 15+

Work on your badminton skills in a low-key setting. All levels are welcome in this course. Please bring your running shoes and racquet.

Instructor: Raymond Liu
Location: Gymnasium
Drop in $9.25

Sunday Evenings					
10667	Sep. 6 - Dec. 20	Su	7:30pm - 10:30pm	16	$132.00
Wednesday Evenings					
10668	Sep. 2 - Dec. 23	W	7:30pm - 10:30pm	14	$115.50
	No session September 30, November 11, December 2				
Friday Evenings (Half Gym)					
10666	Sep. 4 - Dec. 18	F	7:30pm - 10:30pm	13	$107.25
	No session October 16, 30, November 20				

Nifty Fifties Stretch & Strength

Enjoy a full body stretch that can help to work out those tight areas and allow for more freedom of movement. Most exercises will be done on the mat and will include 35-minutes of gentle stretching followed by 25-minutes of resistance training using weights, bands, and your own body weight.

Minimum 6 registrants required for program to run.

Instructor: Elaine Lohnes
Location: Fitness Studio
Drop in $6

10736	Sep. 14 - Dec. 14	M/W	10am - 11am	24	$132.00

Nifty Fifties Walking Club

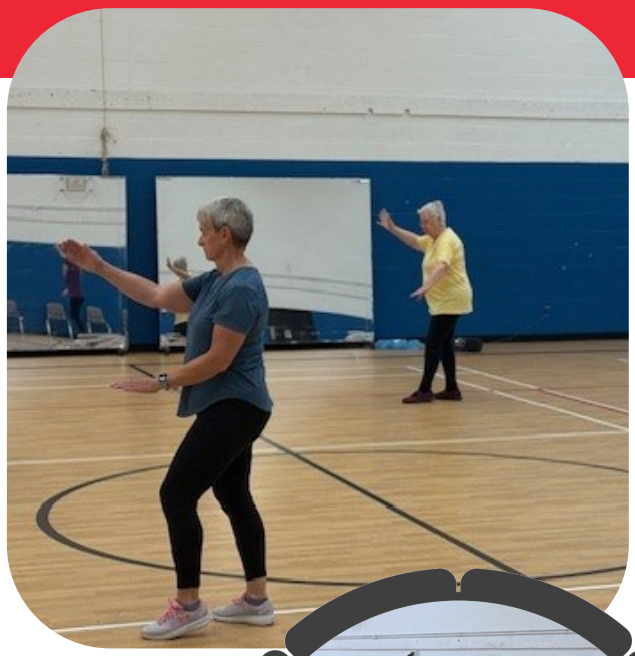
Walking made fun and easy! Come get some exercise in a pleasant, safe atmosphere with lots of laughs and music to walk to. Simple group exercises and stretches are also demonstrated for those interested.

Instructor: Elaine Lohnes
Location: Gymnasium
Drop in $2.30

10737	Sep. 8 - Dec. 15	Tu/Th	10am - 11am	29	$58.00



Active Cont.



Noon Hour Badminton & Pickleball

Drop in any day of the work week, during your lunch break, and take part in some friendly competition.

Please note—this program is subject to cancellation due to other bookings and events.

Sep. 1 – Dec. 24	M - F	11:30am - 1pm	*Casual admission applies*

Volleyball

Ages 16+

The game changes each night as new players join! One court is available for volleyball play during this specific time. Come out and stay active during your weekend!

Location: Gymnasium - Back Half
Drop in $7

10725	Sep. 6 - Dec. 20	Su	5pm - 7pm	16	$96.00

Pickleball

Come out and see what all the excitement is over pickleball! All levels are welcome to attend this program. Please bring your running shoes and paddle.

Location: Gymnasium
Drop in $7



Saturday Afternoons					
10664	Sep. 5 - Dec. 19	Sa	1:30pm - 4:30pm	12	$72.00
	No session October 17, 31, November 14, 21				
Sunday Afternoons					
10665	Sep. 6 - Dec. 20	Su	1:30pm - 4:30pm	15	$90.00
	No session December 13				
Friday Evenings (Half Gym)					
10663	Sep. 11 - Dec. 18	F	7:30pm–10:30pm	13	$72.00
	No session October 16, 30, November 20				



Training

Kayak Konnect (Where Paddlers Level Up)

Ages 16+

Whether you're new to kayaking or looking to fine-tune your technique, this drop-in program is for you. Bring your own kayak or use one of ours and build confidence on the water. From wet exits and strokes to braces and rolls, you'll get hands-on practise trailered to your level. All paddlers welcome; beginner to advanced.

Instructor: Connor Speer
Location: Aquatic Centre
Drop in $16.50 (Adult) / $11 (Youth 16+)



Sep. 14 - Dec. 14	M	7:30pm - 8:30pm
		No session October 12

Stay tuned to our Facebook page for more information on upcoming events.
@rupert.recreation



HALLOWEEN SWIM

Bring the Whole Boo Crew for a Night of Frightful Fun

Friday,
October 30th
6:30 PM - 8:30 PM

HALLOWEEN TEEN SWIM

No Tricks, Just a Free Dip!
(For ages 13-18)

Saturday,
October 31st
TIME TBA





CHRISTMAS EVE SWIM

With the Grinch

Thursday,
December 24th
9:30 AM - 11:30 AM

Change lives, including your own!

Special Olympics British Columbia

Join Special Olympics BC – Prince Rupert



Special Olympics BC – Prince Rupert welcomes interested **athletes** with intellectual and developmental disabilities and **volunteers** to join our year-round sports, youth and health programs.

We are committed to changing lives and building inclusion through the power and joy of sport.

Current programs for athletes ages 12+

Basketball | Bocce | Curling | Golf

Why join us?

Athletes can find joy, fitness, and friendship as part of our community. With Special Olympics BC, they'll have the chance to compete and be part of a team.

Volunteers can change lives through a variety of rewarding roles that fit anyone's background, interests, and level of time commitment. Training will be provided!

Join our joyful community today!

Get in touch to learn more!

Sheryl Proskiw, Local Coordinator
Email: princerupert@specialolympics.bc.ca

specialolympics.bc.ca/get-involved

VOLUNTEER

Belayers Needed

THE CITY OF PRINCE RUPERT

Did You Know?

Children as young as 2-years-old can participate in climbing wall programs.



Our After-School Open Climbing Wall runs every Tuesday from 3:30–4:30 PM, and we're looking for volunteer belayers to help make this program possible. Do something great for the community, and earn your graduation volunteer hours at the same time!

Contact Heidi at heidi.dewildt@princerupert.ca for more information.

Intro to Climbing: Learn to Belay
Ages 12+

This introductory course teaches the skills needed to climb and belay safely in an indoor climbing environment. Participants will learn about the gear and techniques to safely top-rope climb, including harnesses, ropes, tie-in knots and the belaying procedures needed to take the belay test. Basic climbing movement technique will also be covered.

**Participants will be required to take a belay test at a subsequent visit to the wall in order to receive their Top Rope card, allowing them to act as a belayer at the wall.*

Instructor: Christine Mueller

Location: Climbing Wall, Gymnasium

10729	September 23	W	7pm - 9:30pm	1	$56.15
10730	October 21	W	7pm - 9:30pm	1	$56.15
10731	November 18	W	7pm - 9:30pm	1	$56.15

Open Climbing Wall

Come join us for some vertical adventures. Indoor climbing is a great way to get fit and stay active. Whether you're training for your next alpine ascent or just want to try it out, we've got routes for beginner and advanced climbers. BYOB - Bring Your Own Belayer.

Minimum 6 registrants required for program to run.

Location: Climbing Wall, Gymnasium

Drop in $9.25 (Adult) / $6.90 (Child/Youth)

Tuesday Evenings					
10724	Sep. 1 - Dec. 22	Tu	7pm - 10pm	17	$142.80 *(Adult)* $97.75 *(Child/Youth)*
Thursday Evenings					
10723	Sep. 3 - Dec. 17	Th	7pm - 10pm	16	$134.40 *(Adult)* $92.00 *(Child/Youth)*

After-School Open Climbing Wall
(Ages 2-12)

This after-school climb set aside for patrons new to the sport or looking for an accessible, family-oriented atmosphere. Bringing a belayer is encouraged, but one will also be available to rotate between climbers.

Minimum 6 registrants required for program to run.

Location: Climbing Wall, Gymnasium

Drop in $6.90

10735	Sep. 14 - Dec. 14	M	3:30pm - 4:30pm	13	$74.75
	No session October 12				

Interested in Climbing? Us too!

Indoor climbing is one of the fastest -growing sports worldwide—and for good reason! What started as off-season training for rock climbers is now a thrilling, full-body workout and mental challenge all on it's own. Great for all ages, climbing builds strength, focus, and confidence.

Climbing is done in pairs, so bring a buddy or sign-up in a group! All great is provided—just bring clean running shoes or rent climbing shoes on-site.

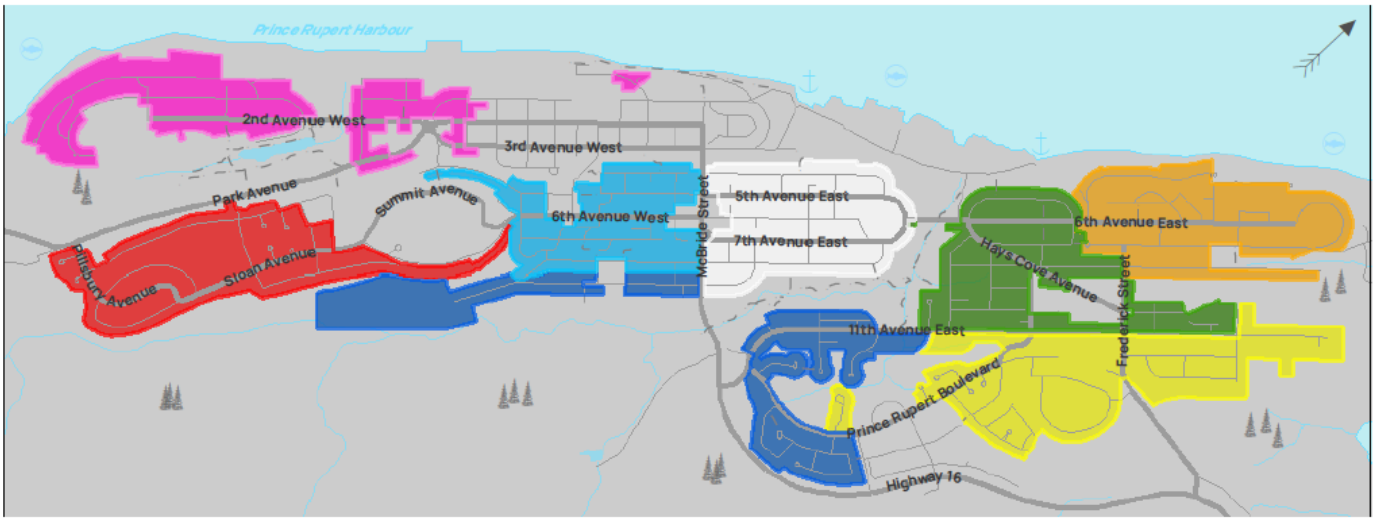
To belay, you'll need to complete an **Intro to Climbing: Learn to Belay** session or pass a belay test.

All participants under 18 must have a guardian-signed waiver on file before climbing.



Huge shoutout to our dedicated **Climbing Wall Instructors** and the incredible team at **Rockfish Climbing Co-Op** for all their hard work and commitment in keeping the Climbing Wall running safely and smoothly. We couldn't do it without you!

CITY OF PRINCE RUPERT
WASTE COLLECTION



City of Prince Rupert
2026 Solid Waste Collection Schedule

December 2025

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	H	H	27
28	29	30	31			

January 2026

Su	Mo	Tu	We	Th	Fr	Sa
				H	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2026

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	H	17	18	19	20	21
22	23	24	25	26	27	28

March 2026

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2026

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	H	4
5	H	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2026

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	H	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2026

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July 2026

Su	Mo	Tu	We	Th	Fr	Sa
			H	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August 2026

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	H	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September 2026

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	H	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	H			

October 2026

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	H	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2026

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	H	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2026

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	H	26
27	H	29	30	31		

SCAN ME

Want personalized reminders for your waste pick up day and access to a searchable database of recyclables?

Download the app and turn on notifications for personalized pick up reminders. **Didn't hear from Recycle Coach?** Report it in the app so they can help you problem solve!