

Prince Rupert Recreation | Spring 2026

# Active Living Guide



**April 1st -  
June 30th**

Registration Opens: **March 17th**  
*In person or phone*

Swim Lesson Registration dates on Page 12



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**Active Living  
Guide subject to  
change.**

**Check out 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
<b>Child (2-12)</b>	\$30.46	\$57.34	\$35.84	\$96.75	\$189.21	\$344.02
<b>Youth (13-18 ); Senior (60+)</b>	\$36.00	\$67.76	\$42.35	\$114.34	\$223.62	\$406.57
<b>Post Secondary (with valid ID)</b>	\$36.00	\$67.76	\$42.35	\$114.34	\$223.62	\$406.57
<b>Adult (19-59)</b>	\$74.76	\$140.74	\$87.96	\$237.49	\$464.43	\$844.41
<b>Family (2 adults and up to 4 children)</b>	\$149.53	\$281.47	\$175.92	\$474.98	\$928.86	\$1688.84
<b>Additional Family Member</b>	\$15.32	\$28.67	\$17.92	\$48.38	\$94.61	\$172.02
<b>Therapy (Medical note required)</b>	\$49.65	\$93.44	\$58.31	\$157.45	\$307.90	\$559.82

### Admission Fees

GST not included

	Single	Daily	Drop-In Gym
<b>Child (2-12)</b>	\$3.59	\$10.75	\$2.48
<b>Youth (13-18 ); Senior (60+)</b>	\$4.24	\$12.70	\$3.97
<b>Post Secondary (with valid ID)</b>	\$4.24	\$12.70	\$3.97
<b>Adult (19-59)</b>	\$8.79	\$26.39	\$6.11
<b>Family (2 adults and up to 4 children)</b>	\$17.59	\$52.77	-
<b>Additional Family Member</b>	\$1.63	\$4.89	-
<b>Therapy (Medical note required)</b>	\$5.83	\$17.50	-
<b>Shower</b>	\$3.88	-	-

### Skate Rentals & Sharpening


GST not included

	Single	10 Tickets
<b>Skate Rentals</b>	\$3.25	\$28.91
<b>Skate Sharpening</b>	\$9.75	\$92.20

### Program Tickets

GST not included

	10 Tickets
<b>Instructed Programs</b>	\$88.00
<b>Self-Instructed Programs</b>	\$66.00



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 - 10pm

### Arena Dry Floor

Everyday: 6:30am - 11:30pm

### Aquatic Centre

Monday to Friday:

6:30am - 8:30pm

Sat/Sun:

12pm - 4pm / 4:30pm - 6pm

### Fitness Centre

Monday to Friday:

6:30am - 8:30pm

Sat/Sun:

12pm - 6pm

## Scheduled Closures:

**April 3** - Good Friday

**April 6** - Easter Monday

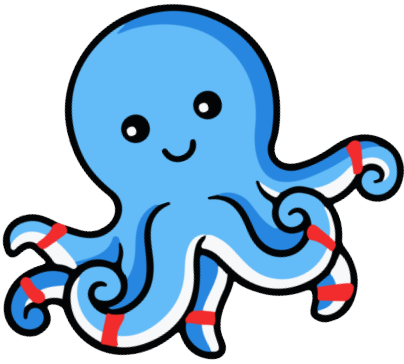
**May 18** - Victoria Day

# PUBLIC AQUATIC CENTRE PROGRAMS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM		<b>Members ONLY Lane Swim</b> 6:30am - 10am	<b>Members ONLY Lane Swim</b> 6:30am - 10am	<b>Members ONLY Lane Swim</b> 6:30am - 10am	<b>Members ONLY Lane Swim</b> 6:30am - 10am	<b>Members ONLY Lane Swim</b> 6:30am - 10am	
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM	<b>Fitness Centre</b> Monday to Friday: 6:30am - 8:30pm Sat & Sun: 12pm - 6pm						
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							<b>Leisure Swim - Limited Use</b> (Limited to 39 patrons) 12pm - 2pm
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM	<b>Public Swim</b> 2pm - 4pm	<b>Leisure Swim - Limited Use</b> (Limited to 39 patrons) 2pm - 5:30pm	<b>Leisure Swim - Limited Use</b> (Limited to 39 patrons) 2pm - 6:30pm	<b>Leisure Swim - Limited Use</b> (Limited to 39 patrons) 2pm - 6:30pm	<b>Leisure Swim - Limited Use</b> (Limited to 39 patrons) 2pm - 6:30pm	<b>Public Swim</b> 2pm - 4pm	
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	<b>Leisure Swim</b> 4:30pm - 6pm	<b>Public Swim</b> 5:30pm - 7:30pm	<b>Public Swim</b> 6:30pm - 8:30pm	<b>Public Swim</b> 6:30pm - 8:30pm	<b>Public Swim</b> 6:30pm - 8:30pm	<b>Leisure Swim</b> 4:30pm - 6pm	
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM		<b>16+ Swim</b> 7:30pm - 8:30pm	<b>Public Swim</b> 6:30pm - 8:30pm	<b>Public Swim</b> 6:30pm - 8:30pm	<b>Public Swim</b> 6:30pm - 8:30pm		
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							

An Active Membership is required to attend Members Only Swims.

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



## 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?

### Member Only Lane Swim (18+)

Patrons must have an active membership to attend (no drop-ins, tickets, or courtesy passes). No lifeguard on deck. Main pool has minimum of 2 lanes for lap swimming; dive tank closed. Tot pool, sauna, & hot tub may be available. May be limited to 39 patrons.

### Leisure Swim - Limited Use (13+ unless accompanied by an adult)

Both pools may be open; diving board & rope swing may be available. Sauna & hot tub open. Main pool has minimum of 1 lane for lap swimming. This swim is limited to 39 patrons.

### Leisure Swim (16+ unless accompanied by an adult)

Spend family time together while being active. Adults are welcome to attend without children. Both pools may be open; diving board & rope swing may be available. Sauna & hot tub open. Minimum of 1 lane for lap swimming. May be limited to 39 patrons.

### Public Swim (All ages)

Both pools open; diving board & rope swing available. Sauna & hot tub open. Main pool has minimum of 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.

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	Drop-In Gym 8am - 1pm	Drop-In Gym 8am - 11am	Drop-In Gym 8am - 9:30am	Drop-In Gym 8am - 11am	Drop-In Gym 8am - 9:30am	Drop-In Gym 8am - 11am	Drop-In Gym 8am - 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 - 5:45pm	Drop-In Gym 1:30pm - 7pm	Drop-In Gym 1:30pm - 5:45pm	Gym Maintenance	*Pickleball 1:30pm - 4:30pm				
2:00 PM											
2:30 PM											
3:00 PM											
3:30 PM											
4:00 PM											
4:30 PM											
5:00 PM	*Volleyball 5pm - 7pm (Back Half)	Drop-In Gym 3:45pm - 7pm	*Junior Badminton 6:15pm - 7:45pm	Drop-In Gym 7:30pm - 10pm	*Junior Badminton 6:15pm - 7:45pm	Drop-In Gym 3:45pm - 7pm	Free Youth Drop-In Gym 5pm - 9pm				
5:30 PM											
6:00 PM											
6:30 PM											
7:00 PM											
7:30 PM	*Evening Badminton 7:30pm -10pm	*Pickleball 7:30pm -10pm	Drop-In Gym 8:15pm -10pm	Drop-In Gym 7:30pm -10pm	Drop-In Gym 8:15pm -10pm	*Evening Badminton 7:30pm -10pm	Drop-In Gym 9pm -10pm				
8:00 PM											
8:30 PM											
9:00 PM											
9:30 PM											

# Gymnasium Schedule

# PUBLIC AUDITORIUM PROGRAMS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM							
8:30 AM							
9:00 AM							Family Fun Open Gym 9am - 11am
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM			*Carpet Bowling 1pm - 3pm		*Carpet Bowling 1pm - 3pm		
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							*Co-Ed Floor Hockey 4pm - 5:30pm
5:00 PM							
5:30 PM		Private Booking					
6:00 PM	*Co-Ed Soccer 6pm - 7:30pm					Private Booking	
6:30 PM							
7:00 PM					Private Booking		
7:30 PM				Private Booking			
8:00 PM	*Co-Ed Floor Hockey 8pm - 9:30pm		*Pickleball (Beginner/ Novice/ Social Play) 7pm - 10pm			*Co-Ed Soccer 8pm - 9:30pm	
8:30 PM							
9:00 PM							
9:30 PM							

# Auditorium Schedule

# 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!**

## Raven Lounge

***Everyone Welcome!***

A safe place to come to hang out and play some games with friends.

The room is **free** to access and has the following activities available:

Pool Table  
Foosball  
Ping Pong  
Shuffleboard  
Board Games  
Books

**Open During Facility  
Operating Hours!**

**Fun Fact:  
This Space is  
Rentable!**

Ask us about  
rentals or  
partnership  
opportunities.

## 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 facilities and it is important to be respectful to everyone, their beliefs, opinions, belongings and feelings. To ensure your visit is safe, comfortable and enjoyable please adhere to the following:

## Code of Conduct:

- Be respectful of directions given by staff or volunteers to ensure a safe and clean environment. Follow all posted signage.
- Ensure conversation, behavior, music and language is appropriate for a public facility that caters to all cultures, diversities and age groups. Violence, bullying and harassment will not be tolerated.
- Be respectful of the facility and equipment, inside and outside. Deliberate destruction, damage, theft or vandalism will not be condoned.
- Drugs, alcohol, and items that would be deemed as weapons are prohibited on site. Intoxication or other signs of impairment related to alcohol or illegal drug consumption will not be tolerated.
- Please report any witnessed misconduct or suspicious activity to facility staff.

## Wristbands and Child Safety Supervision Rules:

- Children under the age of 7 must wear a red wristband in the pool. Care takers to have no more than three children under the age of 7 under their direct supervision.
- Children will not be permitted to loiter on recreation property during school hours.
- Children under the age of 14 are not permitted to use the fitness centre. Children between the ages of 14 and 18 are required to have a parent/guardian sign a waiver.

## Facility Rules & Fitness Centre Etiquette:

- Clean and close-toed footwear to be worn at all times. No outdoor, open-toed, open-backed or bare feet allowed.
- Please share equipment and space.
- Please wipe down and put back fitness equipment after use.
- No bouncing of balls or shooting of pucks in hallways.
- No food or glass beverages containers, water bottles only.
- Please ensure children are supervised.
- Please avoid heavily scented products in consideration for others and allergy concerns.

## Cameras and Video Recording:

Video and photos may be taken in public spaces throughout the facility. Privacy in changeroom and bathrooms must be adhered to. If you are taking photos of people or groups please ask permission.

## First Aid and Emergencies:

Please report first aid or emergencies to staff immediately or call 911.

**Thank you for keeping our facility safe and enjoyable!**



PRINCE RUPERT

**2025**  
**IMPACT**

## KIDSPORT PAYS. KIDS PLAY.

At KidSport 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!

With local chapters across the province - most of which are volunteer-run, funding for KidSport helps shape sport in over 200 communities each year.

For communities that don't have a local chapter, grant requests are supported through the BC Provincial Chapter.

**6** different sports funded through KidSport grants:

Figure Skating, Gymnastics, Hockey, Soccer, Softball, Taekwondo

## PREVIOUS 3-YEAR GRANT NUMBERS

2022	2023	2024
<b>30</b>	<b>68</b>	<b>70</b>

KIDS FUNDED

**38**

DISTRIBUTED

**\$10,587**

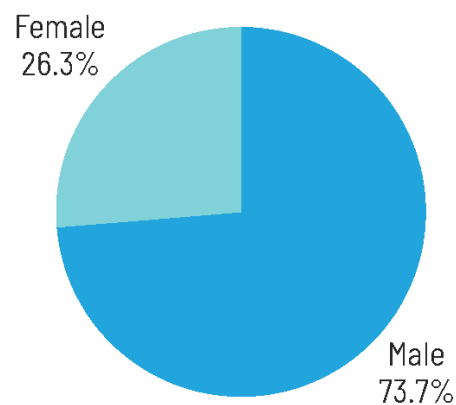
AVERAGE GRANT

**\$278.62**

CLUBS SUPPORTED

**6**

29% = new applicants



TOP SPORTS



**GYMNASTICS**

14 KIDS  
\$3,269



**HOCKEY**

13 KIDS  
\$5,050



**FIGURE SKATING**

4 KIDS  
\$1,513

*"I just wanted to thank you for your generosity and support. Because of the opportunity you have provided our son, he is one step closer to achieving his dreams. He is has been so happy since he started this new journey. He is always counting down the days for his next practice and game. We hope to one day give back and help other kids achieve their goals just as you have helped our son."*



## 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](http://kidsport.ca/british-columbia/prince-rupert)

## Did You Know?

Kids who are active are more likely to report higher happiness and confidence level.

## 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



## Swimming Lesson Registration

**Saturday, March 21**

Registration for the levels listed below will open at the following times:

**8:30 AM**

Preschool 3  
Swimmer 2

**10 AM**

Preschool 2  
Swimmer 3

**11:30 AM**

Preschool 1

**1 PM**

Swimmer 1

**2:30 PM**

Parent and Tot 1, 2 & 3

## Parent & Tot

### PARENT + TOT 1 & 2 COMBINED

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

10374	Apr. 13 - May 4	M	11:15am - 11:45am	\$31.92
10392	May 25 - Jun. 22	M	11:15am - 11:45am	\$39.90

### PARENT + TOT 2 & 3 COMBINED

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

10375	Apr. 13 - May 4	M	11:50am - 12:20pm	\$31.92
10393	May 25 - Jun. 22	M	11:50am - 12:20pm	\$39.90

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

## Preschool

### PRESCHOOL 1

*Prerequisite: 3+ years of age*

10378	Apr. 7 - May 7	Tu/Th	11:20am - 11:50am	\$79.80
10379	Apr. 7 - May 7	Tu/Th	5:20pm - 5:50pm	\$79.80
10394	May 19 - Jun. 18	Tu/Th	11:20am - 11:50am	\$79.80
10395	May 19 - Jun. 18	Tu/Th	5:20pm - 5:50pm	\$79.80

### PRESCHOOL 2

*Prerequisite: Completion of Preschool 1*

10387	Apr. 7 - May 7	Tu/Th	10:45am - 11:15am	\$79.80
10380	Apr. 7 - May 7	Tu/Th	4:45pm - 5:15pm	\$79.80
10397	May 19 - Jun. 18	Tu/Th	10:45am - 11:15am	\$79.80
10396	May 19 - Jun. 18	Tu/Th	4:45pm - 5:15pm	\$79.80

### PRESCHOOL 3

*Prerequisite: Completion of Preschool 2*

10381	Apr. 7 - May 7	Tu/Th	10:10am - 10:40am	\$79.80
10398	May 19 - Jun. 18	Tu/Th	10:10am - 10:40am	\$79.80

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

## School Aged

### SWIMMER 1

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

10382	Apr. 7 - May 7	Tu/Th	4:45pm - 5:15pm	\$79.80
10383	Apr. 7 - May 7	Tu/Th	5:20pm - 5:50pm	\$79.80
10384	Apr. 7 - May 7	Tu/Th	3:35pm - 4:05pm	\$79.80
10399	May 19 - Jun. 18	Tu/Th	4:45pm - 5:15pm	\$79.80
10400	May 19 - Jun. 18	Tu/Th	5:20pm - 5:50pm	\$79.80
10401	May 19 - Jun. 18	Tu/Th	3:35pm - 4:05pm	\$79.80

### SWIMMER 2

*Prerequisite: Completion of Swimmer 1*

10385	Apr. 7 - May 7	Tu/Th	4:10pm - 4:40pm	\$79.80
10402	May 19 - Jun. 18	Tu/Th	4:10pm - 4:40pm	\$79.80

### SWIMMER 3

*Prerequisite: Completion of Swimmer 2*

10386	Apr. 7 - May 7	Tu/Th	3:35pm - 4:05pm	\$79.80
10403	May 19 - Jun. 18	Tu/Th	3:35pm - 4:05pm	\$79.80

## 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.

# 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

W/F	9:15am - 10am	Regular admission applies
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### Did You Know?

Just 45 minutes of AquaFit can burn as many calories as a brisk walk – with less impact and more laughs.

## Sunday Sensory Safe Swims

April 26 | May 24 | June 28  
12 PM - 2 PM

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  
April 8 & 22 | May 6 & 20 | June 3 & 17  
6:30 PM - 8:30 PM



# Fabric Arts Workshop

**June 5-7, 2026**

See page 21 for details.



# 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!**

**April 17 | May 15 | June 12**

## 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, tradeshow, exhibitions, concerts and conferences.

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

# Family Fun Open Gym

Family Fun Open Gym is a dedicated drop-in time for families to play, move, and explore together. Enjoy access to a variety of equipment, including balls, hoops, mats, and more, in a relaxed, kid-friendly environment. Whether you're shooting hoops, playing tag, or inventing your own games, this unstructured playtime is perfect for burning energy and having fun as a family.

**Saturdays**  
**9 AM - 11 AM**

Drop-In Gym Rates Apply



# Try Wheelchair Basketball

**FREE!**

Sunday,  
April 26th  
2 PM - 4 PM

Sunday,  
May 24th  
2 PM - 4 PM

These fun, family-friendly, and inclusive sessions are open to everyone—with equipment and instruction provided by the Northern Adapted Sports Association.



## Volunteer Programs

### Recreation & Programming

Volunteer in a multitude of programs such as recreation, sport, art, and culture.

Examples of responsibilities include:

- Running or supporting a program (basketball, volleyball, soccer)
- Running or supporting skate programs (stick and puck, shinny)
- Helping with art and cultural programs

### Youth Volunteers (Ages 14+)

Youth Volunteers support the recreation team while they gain valuable experiences and even graduation volunteer hours.

Examples of responsibilities include:

- Providing assistance in programs (basketball, volleyball, and soccer)
- Sharing their talents as they mentor younger children
- Support with special events

Contact Brian at [brian.millis@princerupert.ca](mailto:brian.millis@princerupert.ca) for more information.

Children's programs that the Library will be offering this fall:

### *Babytime Rhymes*

30 Minutes of rhymes and bounces, while bonding and socializing with your wee one.  
For newborns to 24 month-olds and their parent or guardian.



### *Tales for Twos*

30 minutes of stories, rhymes, and play.  
For 24 - 36 month-olds and their parent or guardian.



### *Story Hour*

This hour-long program introduces stories and activities based on a variety of themes.

For 3 - 5 year olds  
Parents do not have to stay in class, but it is recommended that they remain in the library during the program.

### *Create & Make*

Our drop-in afterschool program where children can play games, create crafts, and play with an abundance of LEGOS.

This program is for children in Grade one and up.  
Kindergarteners may join if accompanied by an adult.

Watch our social media for schedules and registration.

## Prince Rupert Library

### Community Feedback

'Niit,  
Hello,

We want the Prince Rupert Library to continue to be a welcoming, useful, and meaningful place for everyone in our community.

Do you have a few minutes to let us know how you think we're doing, or what we could be doing to better serve Prince Rupert and our surrounding communities?



<https://www.surveymonkey.com/r/X59SVXF>

Follow the QR code or link to participate in our survey.

# CREATE & MAKE



## LEGO & CRAFTS AFTER SCHOOL PROGRAM



THURSDAY DROP IN 3:15-4:30  
GRADE 1 AND UP

Younger children welcome if accompanied by an adult.



# Active

## Junior Badminton

*Ages 8 - 16*

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

**Instructor:** Raymond Liu

**Location:** Gymnasium

**Drop in \$8.80**

Tuesday Evenings					
10414	Apr. 7 - Jun. 30	Tu	6:15pm - 7:45pm	13	\$102.44
Thursday Evenings					
10413	Apr. 2 - Jun. 25	Th	6:15pm - 7:45pm	12	\$94.56
	<i>No session May 21</i>				

## Junior Hoops

*Grades 4-5*

Build your basketball skills and confidence on the court! Junior Hoops focuses on dribbling, passing, shooting, and teamwork through fun drills and small-sided games.

**Instructors:** Minor Basketball Volunteer Coaches

**Location:** Gymnasium - Front Half

10447	Apr. 20 - Jun. 29	M	5pm - 6pm	10	\$80.00
	<i>No session May 18</i>				

## Junior Volleyball Development

*Grades 4 - 6*

This instructor-led program balances skill development and game play, giving participants the chance to learn volleyball fundamentals in a fun, supportive setting. No prior experience is needed.

**Instructor:** Rampi Gill

**Location:** Gymnasium - Back Half

10441	Apr. 13 - Jun. 8	M	5:30pm - 7pm	8	\$64.00
	<i>No session May 18</i>				

## Mini Hoops

*Grades 2 - 3*

Get ready to dribble, pass, and play! Mini Hoops gives new basketball players a chance to learn the basics through simple drills and fun mini-games that help build skill and love for the sport.

**Instructors:** Minor Basketball Volunteer Coaches

**Location:** Gymnasium - Front Half

10359	Apr. 22 - Jun. 24	W	5pm - 6pm	10	\$80.00
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## 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.

10427	April 24	F	8:30am - 4:30pm	1	\$55.00
10409	May 15	F	8:30am - 4:30pm	1	\$55.00

# Creative

## Art-Ventures

*Ages 7 - 15*

Unleash your child's creativity in this engaging program! Students will explore a variety of age-appropriate art activities, from paper crafts to painting and everything in between. Younger participants will enjoy hands-on projects that spark imagination, while older students will delve into painting techniques inspired by the great master painters throughout history. This program is perfect for fostering artistic expression and developing a love for the arts in a fun and supportive environment.

**\*Minimum 6 registrants required for program to run.**

**Instructor:** Mavis Glencross

**Location:** Art Room

10404	Apr. 13 - May 11	M	3:30pm - 4:30pm	5	\$40.00
10405	May 25 - Jun. 22	M	3:30pm - 4:30pm	5	\$40.00

## Easter Egg Dyeing

*Ages 7- 16*

Celebrate the Easter season with a fun and colorful egg-dyeing workshop! Participants will enjoy creating vibrant and unique designs on their Easter eggs. Younger participants will focus on traditional egg-dyeing techniques, while the older group will explore the art of Kistka egg dyeing for more intricate and detailed creations. Bring your creativity and holiday spirit for an egg-celent time!

**\*Minimum 6 registrants required for program to run.**

**Instructor:** Mavis Glencross

**Location:** Art Room

### Ages 11 - 16

10431	April 4	Sa	1pm - 3pm	1	\$20.00
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### Ages 7 - 10

10432	April 4	Sa	10am - 11am	1	\$20.00
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## 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

10415	April 25	Sa	10am - 11am	1	\$15.75
10428	May 30	Sa	10am - 11am	1	\$15.75
10429	June 27	Sa	10am - 11am	1	\$15.75

## Register Early!

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



# Applied Coastal Ecology

Starts September 2026 | Prince Rupert

Two-Year Diploma or One-Year Post-Degree Diploma

## Learn how to protect our coastlines.

Our Applied Coastal Ecology (ACE) program is all about hands-on learning. Your classroom will be both indoors and outdoors, on land and on the ocean. ACE prepares you for a career in coastal natural resource management, ecosystem restoration, and other related fields.

You'll learn biology, geography, chemistry and oceanography, along with tech training in GIS mapping and surveying. You'll have the knowledge and experience you need to join the workforce or continue your education at another BC university.

### Why Choose Our Program?

- **Integrated Learning:** Gain employment ready skills and experience by working on real community-based projects.
- **Hands-On Experience:** Our programs combine studying theory with practical projects to apply your new skills.

## Questions? Contact us today!

General inquiries: [info@coastmountaincollege.ca](mailto:info@coastmountaincollege.ca)

Assistance with applying: [recruitment@coastmountaincollege.ca](mailto:recruitment@coastmountaincollege.ca)



## Did You Know?

Families who are active together are more likely to stay active long-term than individuals who exercise alone.

## Games Night at the Library!



Join us for a fun night of board games!

We'll supply the games, and local expert Mike Gruber will be here to help learn new games.



Wednesday, March 4<sup>th</sup> (D&D), April 8<sup>th</sup>, & April 29<sup>th</sup>  
Thursday, June 4<sup>th</sup> & 25<sup>th</sup>  
5:30-8:30 In the Library's Multipurpose Room  
Open to adults, teens, and children with a caregiver.



# Standard First Aid

April 8 & 9, 2026

8:30am - 4:30pm  
\$210

# 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 \$3.30**

10406	Apr. 2 - Jun. 30	Tu/Th	1pm - 3pm	22	\$63.80
<i>No session April 14, 16, May 5, 14</i>					

## 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

Apr. 10 - Jun. 26	F	10am - 11am	<i>Drop-in Gym admission applies</i>
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## Co-Ed Indoor Floor Hockey

*Ages 16+*

Join us for this drop-in floor hockey. This is great exercise, with fast-paced running and the teams are picked at random, ensuring the challenge always stays fresh!

**Location:** Auditorium  
**Drop in \$6.60**

Saturday Evenings					
10354	Apr. 4 - Jun. 20	Sa	4pm - 5:30pm	8	\$45.84
<i>No session April 11, 18, May 2, 16, 23</i>					
Sunday Evenings					
10356	Apr. 5 - Jun. 28	Su	8pm - 9:30pm	12	\$68.76
<i>No session April 12</i>					

## 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 \$6.60**

Friday Evenings					
10430	Apr. 10 - Jun. 26	Fr	8pm - 9:30pm	9	\$51.57
<i>No session April 17, May 15, 22</i>					
Sunday Evenings					
10357	Apr. 5 - Jun. 28	Su	6pm - 7:30pm	12	\$68.76
<i>No session April 12</i>					



## 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 \$8.80**

Friday Evenings					
10407	Apr. 10 - Jun.	F	7:30pm - 10pm	11	\$86.68
<i>No session May 22</i>					
Sunday Evenings					
10358	Apr. 5 - Jun. 28	Su	7:30pm - 10pm	13	\$102.44
Wednesday Evenings					
10408	Apr. 1 - Jun. 24	W	7:30pm - 10pm	13	\$102.44

## 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.

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

10422	Apr. 20 - May 27	M/W	10am - 11am	11	\$60.50
<i>No session Apr. 6, May 18</i>					

# Active

## 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 \$2.20**

10423	Apr. 7 - Jun. 18	Tu/Th	10am - 11am	22	\$42.46
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## 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.**

**Location:** Gymnasium

Apr. 1 - Jun. 30	M - F	11:30am - 1pm	<i>Drop-in Gym admission applies</i>		
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## 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 \$6.60**

10361	Apr. 5 - Jun. 28	Su	5pm - 7pm	13	\$74.49
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## 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 \$6.60**

Saturday Afternoons					
10355	Apr. 4 - Jun. 27	Sa	1:30pm - 4:30pm	11	\$63.03
<i>No session April 11, May 23</i>					
Sunday Afternoons					
10420	Apr. 5 - Jun. 28	Su	1:30pm - 4:30pm	12	\$68.76
<i>No session April 12</i>					
Monday Evenings					
10419	Apr. 13 - Jun. 29	M	7:30pm - 10pm	11	\$63.03
<i>No session May 18</i>					

## Register Early!

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

## Pickleball—Beginner Social Play

New to pickleball or looking to build confidence on the court? This relaxed, beginner-friendly session is perfect for learning the basics, brushing up on your serve, and meeting new partners. Please bring your running shoes and paddle (a limited number of paddles may be available to borrow).

**Location:** Auditorium

**Drop in \$6.60**

10421	Apr. 7 - Jun. 30	Tu	7pm - 10pm	11	\$63.03
<i>No session April 14, May 5</i>					

# Creative

## Fabric Arts Workshop Ages 16+

Dive into the vibrant world of fabric dyeing with this engaging three-day course designed for beginners! Explore both traditional and modern techniques, including ice dyeing, eco-dyeing, and tie-dyeing. Under expert guidance, you'll learn foundational skills while creating unique, colorful pieces. All materials, including dyes, fabric, and scarves, are provided—just bring your creativity! Whether you're new to fabric arts or looking to expand your artistic repertoire, this course is the perfect way to start your journey into the fascinating art of dyeing.

**\*Minimum 4 registrants required for program to run.**

**Instructor:** Mavis Glencross

**Location:** Art Room

10434	June 5 - 7	F Sa/Su	6:30pm - 8:30pm 10am - 4pm	3	\$105.00
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# Training

## Kayak Konnect (Where Paddlers Level Up) Ages 13+

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 tailored to your level. All paddlers welcome; beginner to advanced.

**Instructor:** Connor Speer

**Location:** Aquatic Centre

**Drop in \$15.75 (Adult) / \$10.50 (Youth)**

Apr. 11 - May 30	Sa	1pm - 2pm
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VOLUNTEER

# Belayers Needed



**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](mailto: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

10411	April 22	W	7pm - 9:30pm	1	\$53.49
10412	May 20	W	7pm - 9:30pm	1	\$53.49
10435	June 17	W	7pm - 9:30pm	1	\$53.49

## 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 \$8.80 (Adult) / \$6.60 (Child/Youth)**

### Thursday Evenings

10417	Apr. 2 - Jun. 25	Th	7pm - 10pm	12	\$96.00 (Adult)
					\$66.00 (Child/ Youth)
No session May 21					

### Tuesday Evenings

10418	Apr. 7 - Jun. 30	Tu	7pm - 10pm	13	\$104.00 (Adult)
					\$71.50 (Child/ Youth)

## Did You Know?

More than 60% of climbers say problem-solving and mental focus are key parts of the sport, making climbing as much a brain workout as a physical one.

# 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 its 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 gear 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.

# Grief Literacy 101

**\$10**  
for 3  
sessions!

Tuesdays | May 12 - 26  
6 PM - 7 PM

These information sessions offer participants a comprehensive understanding of grief and loss, including grief-informed language and practical tools to support others with compassion and confidence.

**Call (250) 624-6707 to register.**



In partnership with  
Prince Rupert RCMP Victim Services and  
Prince Rupert & District Hospice Society

# LET'S MAKE ROOM TO MOVE!

We are proud participants of the Community Challenge



Presented by



## Help our community win the title of Canada's Most Active and \$100,000!

- ✔ Register your physical activity initiatives on the ParticipACTION website.
- ✔ Track the number of participants.
- ✔ Support our community.
- 🌐 Visit [ParticipACTION.com](https://www.ParticipACTION.com) for more information.

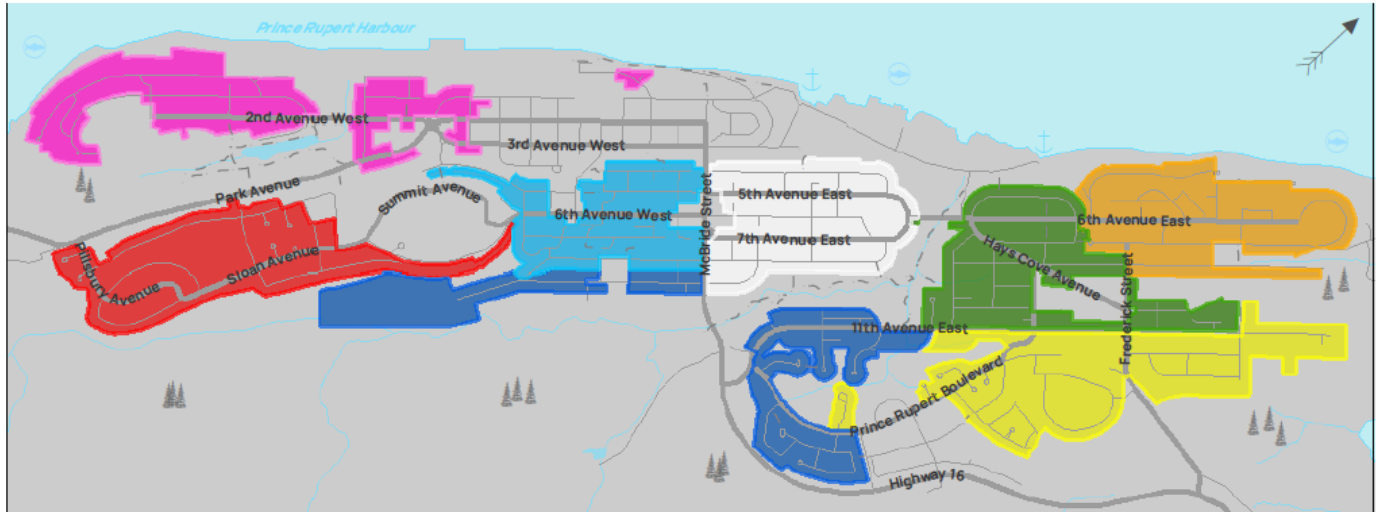


*This project is funded in part by the Government of Canada.*





# CITY OF PRINCE RUPERT WASTE COLLECTION



### 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			

## City of Prince Rupert

## 2026 Solid Waste Collection Schedule

### 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!