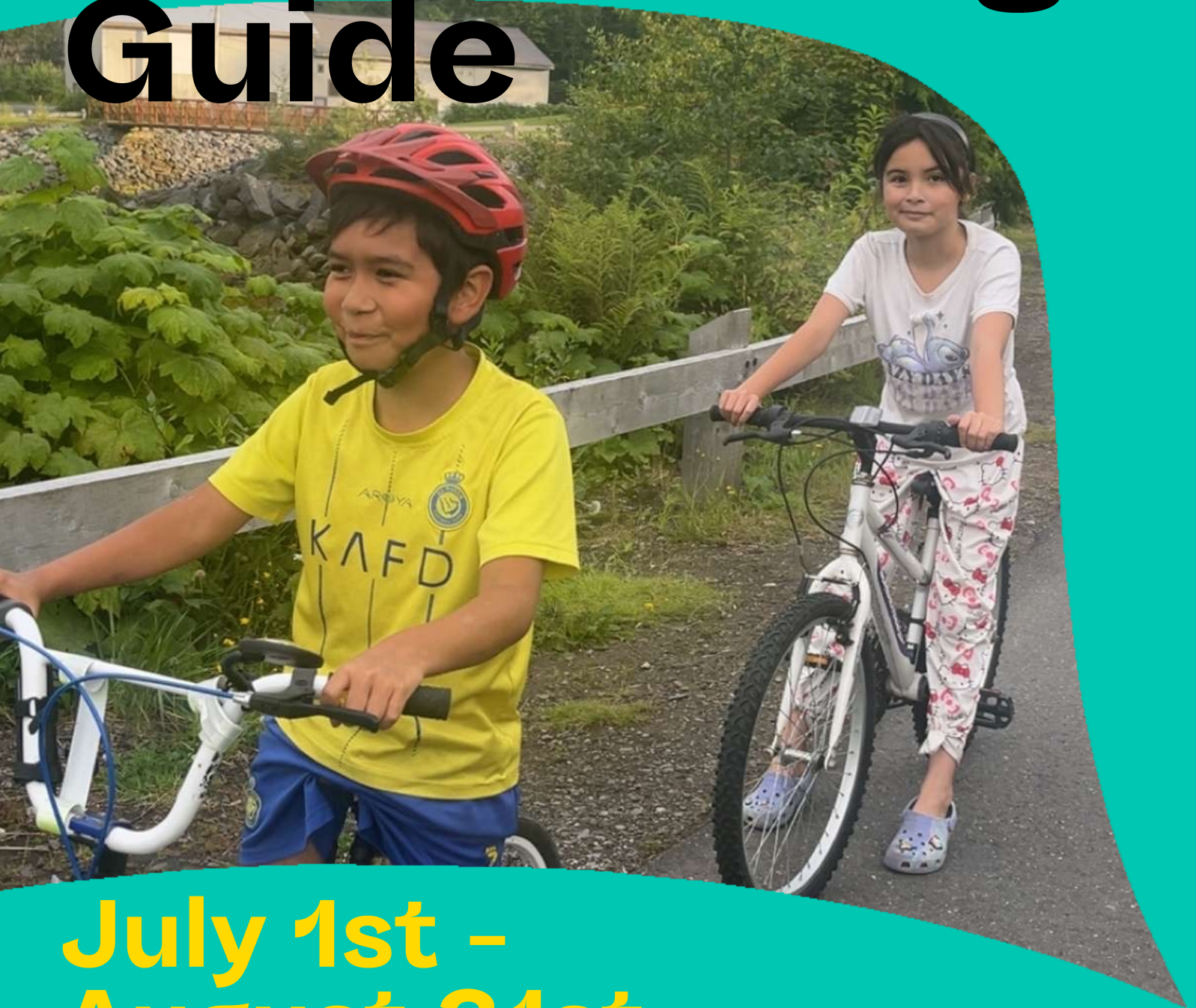


Prince Rupert Recreation | Summer 2026

# Active Living Guide



**July 1st -  
August 31st**

Registration Opens: **June 3rd**  
*In person or phone*

Swim Lesson Registration Dates on Page 10



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**Please note,  
Information in  
the Active Living  
Guide is 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	-	-

### 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: 8am - 11:30pm

### 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:

**July 1** - Canada Day

**August 3** - BC Day

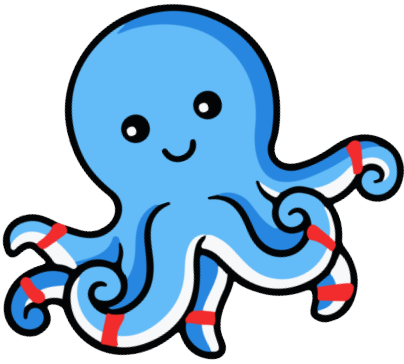
**Aug. 24 to Sept. 8** -

Aquatic Centre

Shut Down

# PUBLIC AQUATIC CENTRE PROGRAMS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:30 AM		<b>18+ Members' Swim</b> 6:30am - 10am	<b>18+ Members' Swim</b> 6:30am - 10am	<b>18+ Members' Swim</b> 6:30am - 10am	<b>18+ Members' Swim</b> 6:30am - 10am	<b>18+ Members' 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						<b>An Active Membership is required to attend Members' Swim</b>	
10:00 AM								
10:30 AM						<b>Family Swim</b> 10am - 1pm		
11:00 AM				<b>Family Swim</b> 10am - 1pm	<b>Family Swim</b> 10am - 1pm	<b>Family Swim</b> 10am - 1pm		—
11:30 AM			<b>Family Swim</b> 10am - 1pm					<b>Aquafit: Shallow Water</b> 9:15am-10am
12:00 PM		<b>13+ Swim</b> (Limited to 39 patrons) 12pm - 2pm						
12:30 PM								
1:00 PM								
1:30 PM		<b>Public Swim</b> 1pm - 3pm	<b>Public Swim</b> 1pm - 3pm	<b>Public Swim</b> 1pm - 3pm	<b>Public Swim</b> 1pm - 3pm	<b>Public Swim</b> 1pm - 3pm		
2:00 PM	<b>Public Swim</b> 2pm - 4pm						<b>Public Swim</b> 2pm - 4pm	
2:30 PM								
3:00 PM								
3:30 PM		<b>13+ Swim</b> 3pm - 5:30pm	<b>13+ Swim</b> 3pm - 6:30pm	<b>13+ Swim</b> 3pm - 6:30pm	<b>13+ Swim</b> 3pm - 6:30pm	<b>13+ Swim</b> 3pm - 6:30pm	<b>Family Swim</b> 4pm - 6pm	
4:00 PM								
4:30 PM								
5:00 PM	<b>Family Swim</b> 4pm - 6pm						<b>Family Swim</b> 4pm - 6pm	
5:30 PM								
6:00 PM		<b>Public Swim</b> 5:30pm - 7:30pm						
6:30 PM								
7:00 PM			<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>Public Swim</b> 6:30pm - 8:30pm		
7:30 PM		<b>16+ Swim</b> 7:30pm - 8:30pm						
8:00 PM								



## 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.

[princerupert.ca](http://princerupert.ca)

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

# Gymnasium Schedule

# PUBLIC AUDITORIUM PROGRAMS

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							Family Fun Open Gym 9am - 11am
10:00 AM			Tiny Tots & Tea Time 10am - 12pm		Tiny Tots & Tea Time 10am - 12pm		
10:30 AM							
11:00 AM							
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						*Co-Ed Floor Hockey 4pm - 5:30pm	
5:00 PM							
5:30 PM							
6:00 PM	*Co-Ed Soccer 6pm - 7:30pm						
6:30 PM						Private Booking	
7:00 PM							
7:30 PM							
8:00 PM	*Co-Ed Floor Hockey 8pm - 9:30pm		*Pickleball (Beginner/ Novice/ Social Play) 7pm - 10pm				
8:30 PM							
9:00 PM							*Co-Ed Soccer 8pm - 9:30pm
9:30 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](mailto:heidi.dewildt@princerupert.ca)

Aquatics: Trysta Dutton, [trysta.dutton@princerupert.ca](mailto:trysta.dutton@princerupert.ca)

Culture and Wellness: Gaganpreet Grewal, [gaganpreet.grewal@princerupert.ca](mailto: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.

# Preschool

## PRESCHOOL 1

*Prerequisite: 3+ years of age*

10503	July 28 - Aug. 7	M - Th	11:05am - 11:35am	\$63.84
10502	July 28 - Aug. 7	M - Th	12:15pm - 12:45pm	\$63.84

## PRESCHOOL 2

*Prerequisite: Completion of Preschool 1*

10504	July 28 - Aug. 7	M - Th	11:40am - 12:20pm	\$63.84
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## PRESCHOOL 3

*Prerequisite: Completion of Preschool 2*

10505	July 28 - Aug. 7	M - Th	10:30am - 11am	\$63.84
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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*

10501	July 13 - 23	M - Th	3:35pm - 4:05pm	\$63.84
10499	July 13 - 23	M - Th	4:45pm - 5:15pm	\$63.84
10507	Jul. 28 - Aug. 7	Tu - F	3:35pm - 4:05pm	\$63.84
10506	Jul. 28 - Aug. 7	Tu - F	4:45pm - 5:15pm	\$63.84

## SWIMMER 2

*Prerequisite: Completion of Swimmer 1*

10500	July 13 - 23	M - Th	4:10pm - 4:40pm	\$63.84
10508	Jul. 28 - Aug. 7	Tu - F	4:10pm - 4:40pm	\$63.84

## SWIMMER 3

*Prerequisite: Completion of Swimmer 2*

10498	July 13 - 23	M - Th	3pm - 3:30pm	\$63.84
10509	Jul. 28 - Aug. 7	Tu - F	3pm - 3:30pm	\$63.84

**Private Swim Lessons are Available!**

Call (250) 624-6707 for more information.

# Swimming Lesson Registration

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

**Monday, June 29th**

- Preschool 2
- Swimmer 2

**Tuesday, June 30th**

- Preschool 1
- Swimmer 1

**Thursday, July 2nd**

- Preschool 3
- Swimmer 3

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

## 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

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

July 19 | August 23  
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  
July 8 & 22 | August 5 & 19  
6:30 PM - 8:30 PM



# IMPORTANT DATES

At Recreation

## Aquatic Centre Shut Down

August 24th to September 8th

## Ice Re-Opens

September 8th

## THE LAST SPLASH!

Sunday, August 23rd  
2 PM - 4 PM

One last cannonball before the pool takes its annual beauty sleep! Join us for The Last Splash – our final swim before the seasonal shutdown.

Expect music, games, and enough splashing to hold you over until the pool reopens.



# Kid's Camps

## Summer Camp

*Ages 6 - 12 (or have completed Kindergarten)*

No school? No problem! Get ready for a summer packed with games, creativity, adventures, and just the right amount of chaos. Each week brings a brand-new camp theme to spark imagination and keep the excitement fresh all summer long. While not every activity will be fully themed, children can expect plenty of themed fun woven throughout each exciting week. From outdoor play and sports to creative projects and splashy fun, every day is packed with opportunities to stay active, make memories, and have a blast in a safe, energetic environment.

**\*Minimum 12 registrants required for program to run.**

10521	July 6 - 10	Around the World	M - F	8:30am - 4:30pm	\$250.00
10513	July 13 - 17	Mad Science Lab	M - F	8:30am - 4:30pm	\$250.00
10514	July 20 - 24	Space Expedition	M - F	8:30am - 4:30pm	\$250.00
10515	July 27 - 31	Wizards & Dragons	M - F	8:30am - 4:30pm	\$250.00
10516	August 4 - 7	Animal Kingdom	Tu - F	8:30am - 4:30pm	\$200.00
10517	August 10 - 14	Nature Explorers	M - F	8:30am - 4:30pm	\$250.00
10518	August 17 - 21	Sports Mania	M - F	8:30am - 4:30pm	\$250.00
10519	August 24 - 28	Pirate Adventure	M - F	8:30am - 4:30pm	\$250.00

**Register Early!** Summer Camps may be cancelled if there are not enough registrants. Ensure your program runs by registering early.

# Active

## Junior Badminton

*Ages 8 - 16*

Smash, serve, and rally your way into the exciting world of badminton! This fun and engaging program is open to both recreational and competitive players—no prior experience needed. Join us to build confidence, improve technique, and enjoy the fast-paced action of badminton in a supportive and inclusive environment.

**Instructor:** Raymond Liu

**Location:** Gymnasium

**Drop in \$8.40**

### Tuesday Evenings

10486	Jul. 7 - Aug. 25	Tu	6:15pm - 7:45pm	8	\$63.04
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### Thursday Evenings

10485	Jul. 2 - Aug. 27	Th	6:15pm - 7:45pm	9	\$70.92
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# Summer Camp Themes

## AROUND THE WORLD

Pack your imagination as we travel across the globe through games, crafts, activities, sports, and challenges inspired by different countries and cultures. Every day brings a new destination and a new adventure.

## MAD SCIENCE LAB

Things might get a little messy this week... in the best way possible. Children will experiment, build, mix, create, and discover through exciting STEM activities and hands-on science games.

## SPACE EXPEDITION

Blast off into an out-of-this-world adventure filled with space-themed games, STEM activities, crafts, challenges, and cosmic fun. Future astronauts and alien hunters welcome.

## WIZARDS & DRAGONS

Enter a magical world filled with mythical creatures, wizard training, enchanted crafts, fantasy games, and magical adventures where imagination takes the lead.

## ANIMAL KINGDOM

Roar, hop, slither, and stomp your way through a wild week of animal-themed activities. From jungle explorers to ocean creatures, children will discover the amazing world of animals through active and creative play.

## NATURE EXPLORERS

Adventure awaits outdoors! Children will explore the wonders of nature through scavenger hunts, outdoor games, creative crafts, and hands-on activities inspired by forests, wildlife, and the great outdoors.

## SPORTS MANIA

The ultimate camp for children who love to run, jump, throw, kick, score! Whether your child is a future all-star or just loves being active with friends, this camp is guaranteed to keep the fun rolling from start to finish.

## PIRATE ADVENTURE

Ahoy, mateys! Hunt for treasure, conquer obstacle courses, complete pirate missions, and take part in swashbuckling games and crafts during this high-seas adventure week.

# Tiny Tots & Tea Time

\$2.50 Per Child

**Tuesdays and Thursdays | 10 AM - 12 PM**

Need a hot coffee and a grown-up conversation? We've got you covered.

Bring your little ones (ages 0-5) to the Civic Centre Auditorium for a relaxed morning of play and connection. Children can enjoy ride-on toys, play equipment, and free play activities while friendly play leaders help keep the fun going. Meanwhile, parents can sit back, sip coffee or tea, chat with other parents, or simply enjoy a moment to recharge.

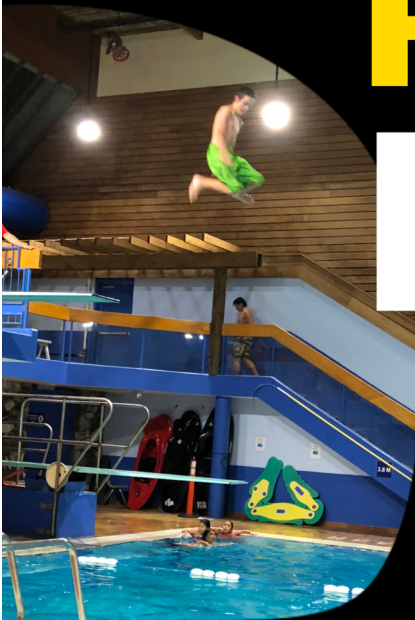
Parents must remain onsite and are responsible for their children throughout the program.

Perfect for making new connections, sharing stories, and enjoying a little community time — because parenting is better together.



# 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!**

**July 24 | August 21**

## 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



# 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**

10477	Jul. 2 - Aug. 27	Tu/Th	1pm - 3pm	17	\$49.30
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## 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

Jul. 3 - Aug. 28	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					
10478	Jul. 4 - Aug. 29	Sa	4pm - 5:30pm	7	\$40.11
<i>No session August 15, 22</i>					
Sunday Evenings					
10479	Jul. 5 - Aug. 30	Su	8pm - 9:30pm	8	\$45.84
<i>No session August 23</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					
10480	Jul. 3 - Aug. 28	Fr	8pm - 9:30pm	7	\$40.11
<i>No session August 14, 21</i>					
Sunday Evenings					
10481	Jul. 5 - Aug. 30	Su	6pm - 7:30pm	8	\$45.84
<i>No session August 23</i>					

## 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

Jul. 2 - Aug. 31	M - F	11:30am - 1pm	<i>Drop-in Gym admission applies</i>
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## 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					
10482	Jul. 3 - Aug. 28	F	7:30pm - 10pm	9	\$70.92
Sunday Evenings					
10483	Jul. 5 - Aug. 30	Su	7:30pm - 10pm	9	\$70.92
Wednesday Evenings					
10484	Jul. 8 - Aug. 26	W	7:30pm - 10pm	8	\$63.04

## 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					
10488	Jul. 4 - Aug. 29	Sa	1:30pm - 4:30pm	8	\$45.84
<i>No session July 18</i>					
Sunday Afternoons					
10489	Jul. 5 - Aug. 30	Su	1:30pm - 4:30pm	8	\$45.84
<i>No session July 19</i>					
Monday Evenings					
10487	Jul. 6 - Aug. 31	M	7:30pm - 10pm	8	\$45.84
<i>No session August 3</i>					

## 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**

10490	Jul. 7 - Aug. 25	Tu	7pm - 10pm	8	\$45.84
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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**

10491	Jul. 5 - Aug. 30	Su	5pm - 7pm	9	\$51.57
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# Roller Disco

July 19th | August 16th  
3 PM - 5 PM

## Did You Know?

Active transportation – things like walking or biking to get places – significantly increases the likelihood of meeting physical activity guidelines.



# Wheels

## In the Arena

Mondays  
5:30 PM - 7:30 PM



# Environmental Geosciences

September 2026 | Two-Year program | Terrace & Prince Rupert

## Start a new adventure in environmental sciences.

Our Environmental Geoscience Specialization (Associate of Science) gives learners a comprehensive understanding of the relationships between the Earth, humans, and the environment, while also providing insight into Earth's natural systems and processes. The program is designed to maximize transferability to institutions across British Columbia and North America.

### Why Choose Our Program?

- **Hands-On Experience:** Practice your newfound knowledge in both practical projects and in the field with in-depth field schools.
- **Career Flexibility:** Take your education directly to the workforce in a wide selection of different fields, or take it to the next level by transferring to a degree program.

### Questions? Contact us today!

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

Assistance with applying:

[recruitment@coastmountaincollege.ca](mailto:recruitment@coastmountaincollege.ca)



# 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](mailto:heidi.dewildt@princerupert.ca).



VOLUNTEER

# Belayers Needed



**Did You Know?**

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



Do you have time on Tuesdays from 3:30–4:30 PM?

We're on the hunt for volunteer belayers to make our After-School Open Climbing Wall program possible.

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.

**\*Minimum 2 registrants required for program to run.**

**Instructor:** Christine Mueller

**Location:** Climbing Wall, Gymnasium

10524	July 22	W	7pm - 9:30pm	1	\$53.49
10525	August 19	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					
10522	Jul. 2 - Aug. 27	Th	7pm - 10pm	9	\$72.00 (Adult) \$49.50 (Child/Youth)
Tuesday Evenings					
10523	Jul. 7 - Aug. 25	Tu	7pm - 10pm	8	\$64.00 (Adult) \$44.00 (Child/Youth)

## Register Early!

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

# 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 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.*

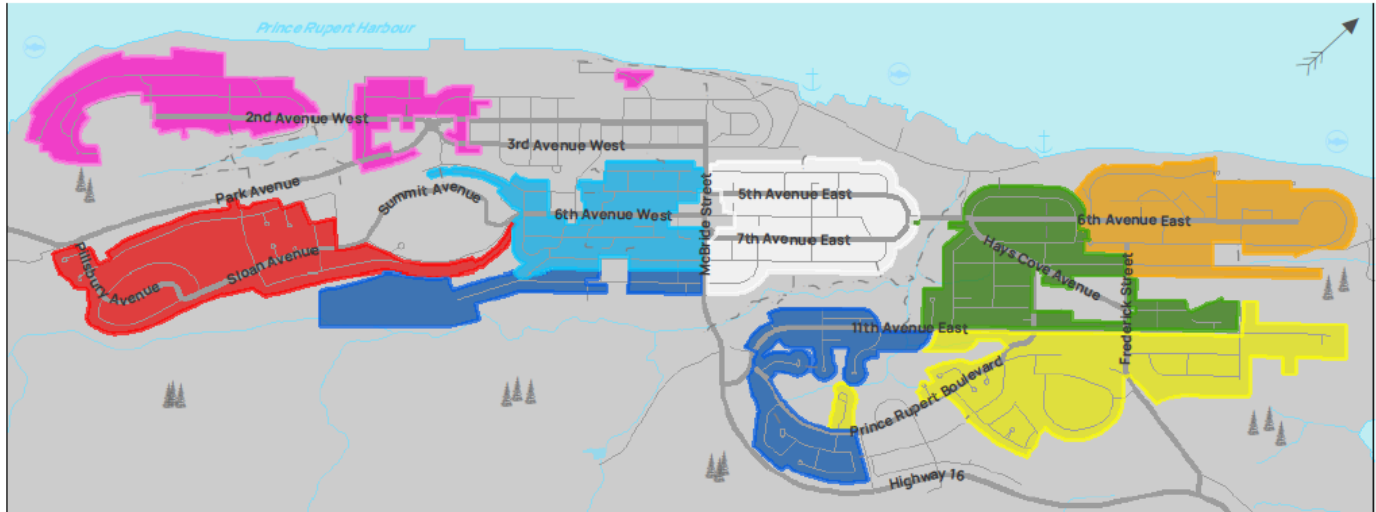


## Did You Know?

Climbing isn't just a workout—Canadian research found that social connection and community are among the top reasons people participate in indoor climbing.



# 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!