



RECREATION SPRING GUIDE 2026

MARCH 2026

A MESSAGE FROM THE MAYOR



We are pleased to offer the City of Merritt's latest *Recreation Guide* for Spring 2026. As a user of our amazing facilities, I invite you to explore all that Merritt has to offer. From swimming lessons and exercise classes to community events and activities, this guide highlights many opportunities for fitness, recreation and community connection.



TABLE OF CONTENTS

CITY PARKS AND FACILITIES	3	POOL ADMISSION FEES + FITNESS ORIENTATION	18
FACILITY RENTALS	7	AQUAFIT + JUNIOR LIFEGUARD CLUB	19
MERRITT CIVIC CENTRE	9	SWIMMING LESSONS (TOT - SWIMMER 9).....	20
EMPOWER, PROTECT, CONNECT SELF-DEFENCE.....	10	PRIVATE SWIMMING LESSONS.....	24
ADULT PROGRAMS: YOGA + TAI CHI	11	POOL EVENTS	24
MINDFUL + MOVE & GROOVE + DANCE FUSION	12	AQUATIC LEADERSHIP + LIFEGUARD	25
CHILD/YOUTH: GYMNASTICS + MINI-KICKERS	13	NICOLA VALLEY MEMORIAL ARENA.....	27
LITTLE LEGENDS + TINY TOTS & YOUTH GROUP	14	PUBLIC SKATE + DROP IN HOCKEY	28
DAY CAMPS	15	SENIORS PROGRAMS	29
FIRST AID	16	ARTS PROGRAMS	30
NICOLA VALLEY AQUATIC CENTRE	17	EVENTS.....	31



CITY HALL + COUNCIL CHAMBERS
2185 VOGHT STREET | 250.378.4224

CITY PARKS + FACILITIES



**NICOLA VALLEY
MEMORIAL ARENA**
2075 MAMETTE AVENUE
| 250.378.4832

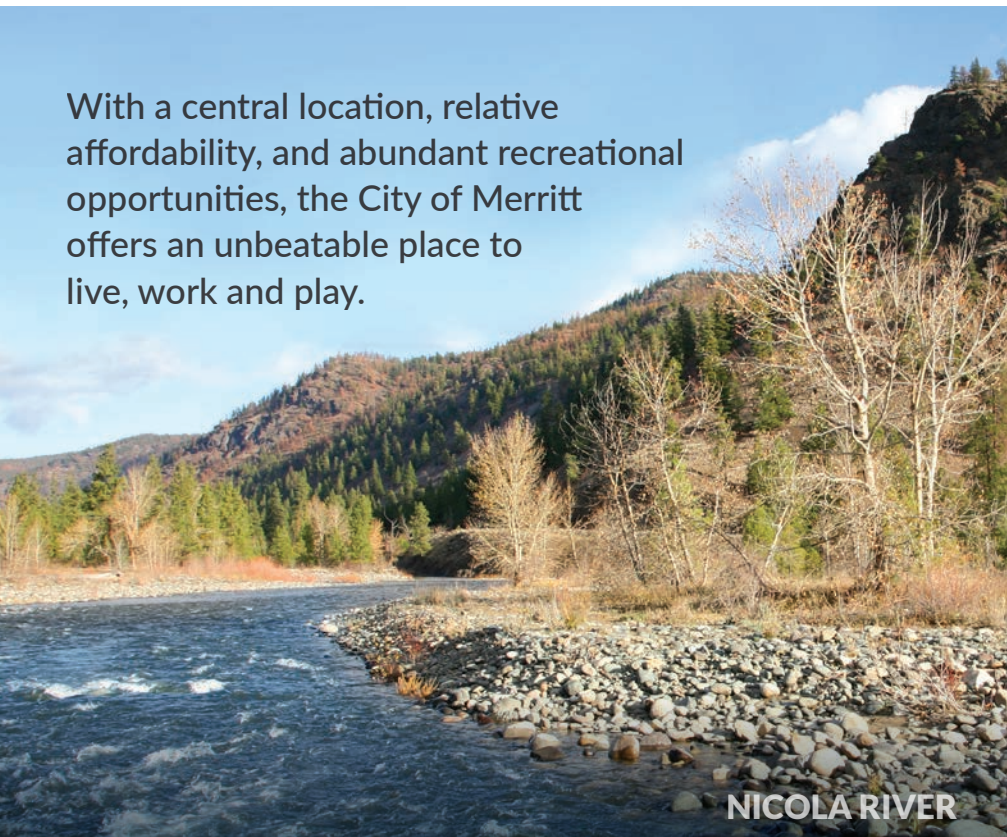


NICOLA VALLEY AQUATIC CENTRE
2040 MAMETTE AVENUE | 250.378.6662



MERRITT CIVIC CENTRE
1950 MAMETTE AVENUE | 250.315.1050

With a central location, relative affordability, and abundant recreational opportunities, the City of Merritt offers an unbeatable place to live, work and play.



NICOLA RIVER



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

EXPLORE MERRITT



VOGHT DOG PARK
 1500 CANFORD AVENUE



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



MULTI-USE SPORTS BOX
 CENTRAL PARK | 2975 VOGHT ST

BASKETBALL
LACROSSE
PICKLEBALL
HOCKEY

8 PARKS

BENCH PARK

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

CENTENNIAL PARK

1350 GOVERNMENT AVE
Grassy park with trails and benches.

CENTRAL PARK

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

FAIRLEY PARK

1788 QUILCHENA AVE
Toddler-friendly neighbourhood park with playground.

LIONS MEMORIAL PARK

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

N'KWALA PARK

2050 MERRITT AVE
Walk across the pedestrian bridge from Lions Memorial Park to access this hidden gem.

ROTARY PARK

1990 MAXWELL AVENUE
With Bandshell, spray park and playground, this main park off the banks of the Nicola River is a primary location for major community events like Easter and Music in the Park.

VOGHT PARK

1500 CANFORD AVENUE
With a fenced dog park, oval running track and soccer posts, this historic park is currently being renovated.



ROTARY PARK BANDSHELL
ROTARY PARK | 1990 MAXWELL AVE



BALL FIELDS
CENTRAL PARK | 2975 VOGHT ST



TENNIS COURTS
BENCH PARK | 2175 GILLIS CRESCENT
GOLF COURSE | 1450 JUNIPER DR



TRAILS
COLDWATER RIVER TRAIL | 1301 VOGHT STREET



SKATEBOARD TRACK
CENTRAL PARK | 2975 VOGHT ST



PLAYGROUNDS
ROTARY PARK | 1990 MAXWELL AVE
CENTRAL PARK | 2975 VOGHT ST
FAIRLEY PARK | 1788 QUILCHENA AVE



SPRAY PARK
ROTARY PARK | 1990 MAXWELL AVE



SPIRIT SQUARE STAGE
2026 GRANITE AVE

OTHER LOCAL FACILITIES



RODEO + FALL FAIR GROUNDS
499 LINDLEY CREEK RD



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



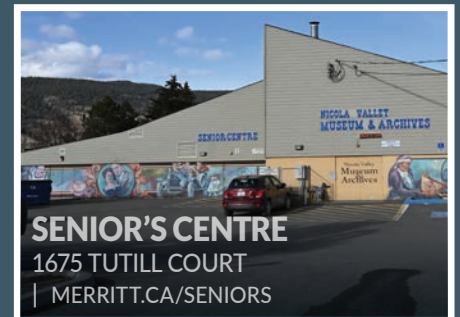
BAILLIE HOUSE + VISITOR INFORMATION CENTRE
2202 VOGHT | MERRITT.CA/VISITOR



NICOLA VALLEY MUSEUM & ARCHIVES 1675 TUTILL COURT
NICOLAVALLEYMUSEUM.ORG



MERRITT GOLF & COUNTRY CLUB
1450 JUNIPER DR



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



CENTRAL PARK CONCESSION
2975 VOGHT ST | OPEN SUMMER 2024

FACILITY RENTALS



CENTRAL PARK BALL FIELDS
2975 VOGHT ST



ROTARY PARK BANDSHELL
1990 MAXWELL AVENUE

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

ROTARY PARK BANDSHELL

SPIRIT SQUARE

PARKS

BALL FIELDS

CENTRAL PARK GAZEBO

ARENA ICE RINK | DRY FLOOR

ARENA MEZZANINE

AQUATIC CENTRE

MERRITT CIVIC CENTRE

BOOKINGS ► CIVICCENTRE@MERRITT.CA

► MERRITT.CA/RENTALS



ENTIRE AUDITORIUM

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

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

AUDIO-VISUAL SYSTEM AVAILABLE



LARGE MEETING ROOMS

ROOM 2 | 80 CHAIRS
ROOM 3 | 80 CHAIRS
COMBINED: 160 CHAIRS



SMALL MEETING ROOMS

ROOM 1 | 35 CHAIRS
ROOM 4 | 45 CHAIRS (SEPARATE ENTRY)



FULL COMMERCIAL KITCHEN

- FOOD WARMER
- REGULAR OVEN
- 2 CONVECTION OVENS
- GRILL
- 6 BURNER STOVE TOP
- WALK-IN COOLER
- ICE MACHINE
- LARGE DOUBLE DOOR UPRIGHT FREEZER
- FULL PLACE SETTINGS AND COOKWARE



FOYER

EXTRA CAPACITY: 10 TABLES



WEDDINGS & GALAS

MERRITT CIVIC CENTRE

1950 MAMETTE AVENUE | 250.315.1050 | CIVICCENTRE@MERRITT.CA

OFFICE HOURS

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

FACILITY OPEN AS BOOKED



PROGRAMS & CLASSES



ENTERTAINMENT & EVENTS



CONFERENCES & MEETINGS



TRADE SHOWS & CRAFT FAIRS

FREE TRAINING | REGISTRATION REQUIRED

ALL GENDERS | AGES 15 +

Empower Protect + Connect

POWER SKILLS BUILDING + SELF-DEFENCE

2026

WEDNESDAYS | WEEKLY
MARCH 18 - JUNE 10
12 SESSIONS | 6:00 PM - 8:00 PM
FREE | MERRITT CIVIC CENTRE

The *Empower, Protect + Connect* program develops essential safety and empowerment skills, builds strength and confidence, and provides a safe and supportive space where participants can build community.

- Learn practical self-defense techniques for physical safety
- Develop situational awareness in everyday and high-risk environments
- Strengthen assertiveness and boundary-setting skills
- Rebuild personal confidence through trauma-informed practices
- Access emotional support and empowerment strategies
- Connect with local community resources and services
- Foster physical and emotional resilience in a supportive group setting

FORMAT

This 12-week program offers weekly two-hour sessions that include:

- Self-Defence Training (1 HOUR): Taught by certified instructors, with a focus on real-life scenarios and practical safety techniques.
- Counselling & Empowerment Workshop (1 HOUR): Facilitated by a Registered Clinical Counsellor and local organizations, offering trauma-informed support, strategies for personal growth, and community connection.

OPEN TO ALL GENDERS (AGED 15 TO 35 YEARS) AFFECTED BY OR AT RISK OF GENDER-BASED VIOLENCE. FREE TO ATTEND. REGISTRATION IS REQUIRED AS PARTICIPANTS ARE EXPECTED TO ATTEND MOST, IF NOT ALL, SESSIONS. IF YOU REQUIRE ANY ACCESSIBILITY ACCOMMODATIONS, PLEASE CONTACT RECREATION@MERRITT.CA.



BRITISH
COLUMBIA

Supported by the
Province of British Columbia


FLOURISH UNDER THE SUN

▶ [MERRITT.CA/EMPOWER](https://merritt.ca/empower)
▶ [MERRITT.CA/REGISTRATION](https://merritt.ca/registration)

ADULT PROGRAMS



▶ [MERRITT.CA/YOGA](https://merritt.ca/yoga)

VINYASA YOGA

This class, rooted in Sun Salutations, is designed for both beginners and experienced practitioners, focusing on integration and strength. The teaching approach emphasizes anatomy and safety, often incorporating asana workshops to help refine and strengthen poses.

YIN YOGA

Yin is the complementary practice to Vinyasa. While Vinyasa builds strength and integration, Yin focuses on flexibility and acceptance. This primarily seated practice involves holding poses for 2-8 minutes to allow the body's deep tissues to release and the mind to settle. The teaching approach prioritizes anatomy and safety, incorporating all aspects of yoga, including asana (poses), pranayama (breathwork), deep rest, and meditation. *This class is not suitable for pregnant or six-month-postpartum individuals.*

VINYASA		
THURSDAYS NO CLASS JUNE 18, 2026		
APRIL 16 - JUNE 25	5:45 PM - 7:00 PM	\$140 (10 SESSIONS)
* ONCE THE MINIMUM REGISTRATION OF 6 PARTICIPANTS IS ACQUIRED, THE PROGRAM WILL OPEN TO DROP-INS.		\$15 DROP-IN*
MERRITT CIVIC CENTRE		

YIN		
THURSDAYS NO CLASS JUNE 18, 2026		
APRIL 16 - JUNE 25	7:15PM - 8:30PM	\$140/10 SESSIONS
* ONCE THE MINIMUM REGISTRATION OF 6 PARTICIPANTS IS ACQUIRED, THE PROGRAM WILL OPEN TO DROP-INS.		\$15 DROP-IN*
MERRITT CIVIC CENTRE		



BEGINNER TAI CHI

Discover the benefits of movement and relaxation with our Beginner Tai Chi class. This easy-to-follow program focuses on slow, gentle movements designed to improve balance, strength, and overall well-being. Perfect for those new to Tai Chi, this class is open to all ages and abilities and offers a simple, effective way to reduce stress and stay active. Our supportive instructor will guide you step-by-step, making it enjoyable and accessible for everyone.

BEGINNER TAI CHI		
MONDAYS NO CLASS MAY 18, 2026		
APRIL 13 - JUNE 8	1:00PM - 2:00PM	\$50 (7 SESSIONS)
MERRITT CIVIC CENTRE DROP-IN NOT AVAILABLE		

▶ [MERRITT.CA/TAICHI](https://merritt.ca/taichi)

MINDFUL STRETCH



► MERRITT.CA/MINDFUL

MINDFUL CHAIR MOBILITY

TUESDAYS + THURSDAYS

APRIL 16 - MAY 19 11:00AM - 11:45AM \$45 (10 SESSIONS)

MERRITT CIVIC CENTRE | \$5 DROP-IN (AFTER MINIMUM 5 REGISTRATIONS)

MINDFUL CHAIR MOBILITY

Our Mindful Chair Stretch Program offers a unique blend of seated stretches and mindfulness practices, making it easy for participants to incorporate wellness into their daily routine.

MINDFUL STRETCH & STRENGTH

Our Mindful Stretch and Strength Program offers a unique fusion of physical fitness and mindfulness techniques, creating a balanced and rejuvenating experience for participants of all levels.

MINDFUL STRETCH & STRENGTH

TUESDAYS + THURSDAYS

APRIL 16 - MAY 19 12:15PM - 1:00PM \$45 (10 SESSIONS)

MERRITT CIVIC CENTRE | \$5 DROP-IN (AFTER 5 REGISTRATIONS)

MOVE AND GROOVE AGE 55+

Join us for one hour of feel good dance fitness class with toe-tapping, heart lifting tunes from the last century. There's plenty of room to add your own style, have fun and enjoy moving in a way that feels right to you. Perfect for active older adults. Beginners always welcome.

MOVE AND GROOVE 55+		
MONDAYS		
APRIL 13 - JUNE 8	4:00PM - 5:00PM	\$30 (7SESSIONS)
MERRITT CIVIC CENTRE \$5 DROP-IN (AFTER 4 REGISTRATIONS)		



DANCE FUSION AGES 15 - 55

Bust a move, shake your tail-feathers and drop it like it's hot! This one hour of heart-pumping, foot-popping tunes from the last century provides plenty of room to bring in your own flavor. Let loose and really enjoy movement as your body allows. Beginner's welcome!

DANCE FUSION		
MONDAYS		
APRIL 13- JUNE 8	12:00 PM - 1:00PM	\$60 (7 SESSIONS)
MERRITT CIVIC CENTRE \$5 DROP-IN (AFTER 4 REGISTRATIONS)		

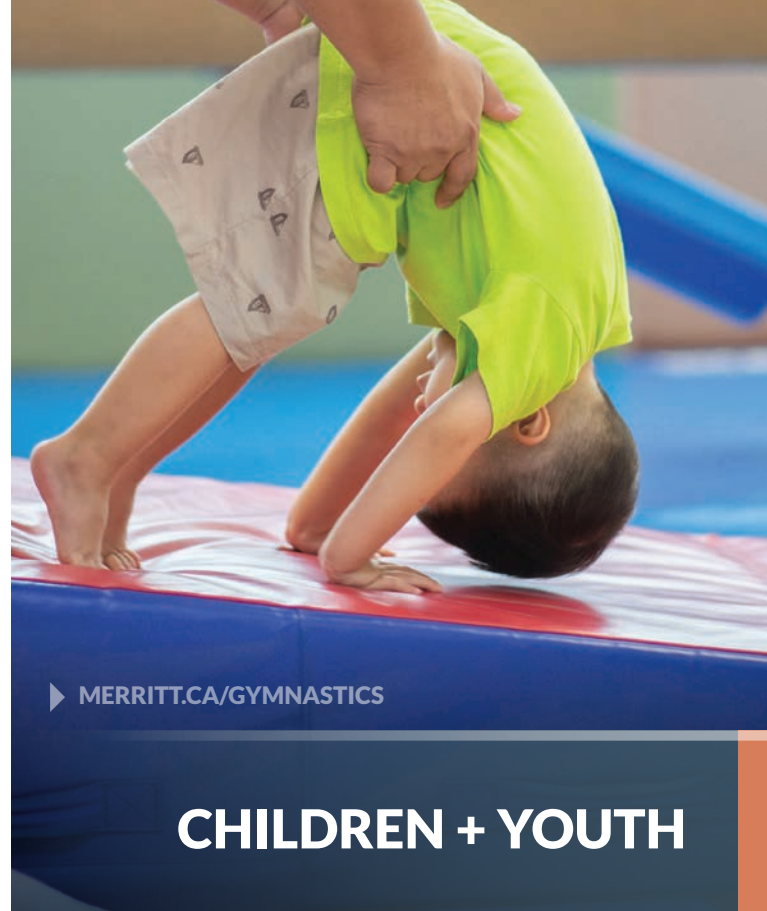


► MERRITT.CA/DANCE

GYMNASTICS

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

GYMNASTICS		
THURSDAYS APRIL 16 - JUNE 25		
2-3 YEARS* PARENT PARTICIPATION REQUIRED	2:00 - 2:45PM	\$125 (10 CLASSES)
4-5 YEARS	3:00- 3:45PM	\$125 (10 CLASSES)
6-8 YEARS	FALL 2026	TBA
9-13 YEARS	FALL 2026	TBA
MERRITT CIVIC CENTRE NO CLASS JUNE 18		
REGISTRATION REQUIRED DROP-IN NOT AVAILABLE		



▶ [MERRITT.CA/GYMNASTICS](https://merritt.ca/gymnastics)

CHILDREN + YOUTH



▶ [MERRITT.CA/MINIKICKERS](https://merritt.ca/minikickers)

MINI KICKERS AGES 1 - 5

Our Mini Kickers program is designed to introduce young children to the exciting world of soccer. This Engaging and interactive program is perfect for youngsters to learn the fundamentals of the sport while having a blast.

MINI KICKERS SOCCER		
MONDAYS APRIL 13 - JUNE 22		
AGES 1-2	1:00PM - 1:45PM	\$50 (10 SESSIONS)
AGES 3-5	2:00PM - 3:00PM	\$50 (10 SESSIONS)
MERRITT CIVIC CENTRE DROP -IN NOT AVAILABLE		

INDIVIDUAL CHILD GRANTS

REMOVING FINANCIAL BARRIERS.

Sometimes, families need financial assistance to get their kids into a sport or physical activity. We're committed to helping all families access a range of activities, from boxing to bowling and skating to skiing, and more.





LITTLE LEGENDS AGES 6 - 12

Join us for a fun supportive multi sport program, for kids ages 6-12. They can develop their skills through engaging drills and friendly scrimmages.

LITTLE LEGENDS		
MONDAYS REGISTRATION REQUIRED		
APRIL 13 - JUNE 8	4:00PM - 5:00PM	\$50 (8 CLASSES)
MERRITT CIVIC CENTRE MULTI-USE SPORTS BOX		

TINY TOTS AGES 0 - 5

Join us for Tiny Tots Time, an affordable fun-filled program for children aged 0-5 years! Running every Wednesday, this program offers a variety of exciting activities such as Balloon Olympics, Parachute Fun, Toddler-Friendly Games, Hula-Hoop Games, Toddler Obstacle Course, and More!

TINY TOTS		
WEDNESDAYS REGISTRATION REQUIRED		
APRIL 15 - JUNE 10	1:30PM - 2:30PM	\$30 (7 CLASSES)
MERRITT CIVIC CENTRE (NO CLASS MAY 6, 10, 20)		



AFTER THE BELL YOUTH GROUP AGES 13 - 18

Join us in a safe and inclusive place to relax and connect after school. Participants can enjoy organized games, free play, crafts, and social activities in a supervised environment. This program encourages positive social interaction, physical activity, and creativity—all while having fun with friends. *This is a pilot program.*



AFTER THE BELL		
WEDNESDAYS REGISTRATION REQUIRED		
APRIL 15 + MAY 13 + JUNE 10	4:00PM - 6:00PM	\$25 (3 CLASSES)
MERRITT CIVIC CENTRE		

DAY CAMPS

SPRING BREAK CAMP 2026 AGES 6 - 11

Join us for the City of Merritt's Spring Break Program! Kids can dive into a fun-filled week with exciting crafts, pool time, hands-on science experiments, and a variety of games. It's the perfect way to spend spring break with friends, learn new skills, and make lasting memories. Items your child should bring to camp each day include a water bottle, a healthy snack, a non-microwavable lunch, bathing suit, towel, weather appropriate clothing and footwear, hat, and sunscreen.

SPRING BREAK CAMPS		
REGISTER FOR THE ENTIRE WEEK OR SELECT SPECIFIC DAYS		
MARCH 16 - MARCH 20	8:00AM - 4:00PM	\$130/ WEEK \$30/ DAY
MARCH 23 - MARCH 27	8:00AM - 4:00PM	\$130/ WEEK \$30/ DAY
MERRITT CIVIC CENTRE CADET HALL		



[MERRITT.CA/DAYCAMP](https://merritt.ca/daycamp)

AGES 6-11

SUMMER BREAK 2026 DAYCAMPS

BOOK A DAY OR A WEEK
8:00AM - 4:00PM
\$30/DAY | \$130/WEEK

- JULY 6 - 10 | SOCCER BOOTCAMP
- JULY 20 - 24 | NEXT LEVEL SOCCER
- JULY 21 - 25 | STEM EXPLORERS
- JULY 27 - 31 | NATURE & ECO WEEK
- AUGUST 4 - 7 | SUPERHEROES & VILLAINS
- AUGUST 10 - 14 | ART IN ACTION
- AUGUST 17 - 21 | CARNIVAL & GAMES WEEK

REGISTRATION OPENS JUNE 1

- ▶ [MERRITT.CA/REGISTRATION](https://merritt.ca/registration)
- ▶ [MERRITT.CA/DAYCAMP](https://merritt.ca/daycamp)



FIRST AID

INTERMEDIATE FIRST AID WITH CPR-C/AED

Intermediate First Aid is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. This course includes comprehensive training covering all aspects of first aid, CPR and AED use. Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. In addition to the material covered in Emergency First Aid, candidates will learn how to treat head/neck injuries, soft tissue and musculoskeletal injuries and medical emergencies.

INTERMEDIATE FIRST AID CERTIFICATION		
SATURDAY + SUNDAY		
FALL 2026	2 DAYS	\$157.50
MERRITT CIVIC CENTRE		

INTERMEDIATE FIRST AID RE-CERTIFICATION		
SUNDAY		
JULY 25	9:00AM - 5:30PM	\$125
MERRITT CIVIC CENTRE		

EMERGENCY FIRST AID WITH CPR-A/AED

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





HOURS

POOL HOURS

* CLOSED MONDAY - FRIDAY BETWEEN 8:15AM - 9:00AM AND CLOSED BETWEEN 1:45PM - 3:30PM.
* OPEN SPRING BREAK 6:00AM - 7:30PM MON - FRI

MONDAY - FRIDAY *
| 6:00AM - 8:15AM
| 9:00AM - 1:45PM
| 3:30PM - 7:30PM

SATURDAY
| 10:00AM - 5:00PM

SUNDAY
| 12:00PM - 4:00PM

FREE SWIMS
SENIORS: WEDNESDAYS
| 9:00AM - 10:00AM
PUBLIC: THIRD SATURDAY
| 1:00PM - 5:00PM

FITNESS ROOM
MONDAY - FRIDAY
| 6:00AM - 7:30PM
SATURDAY | 10AM - 5PM
SUNDAY | 12PM - 4PM

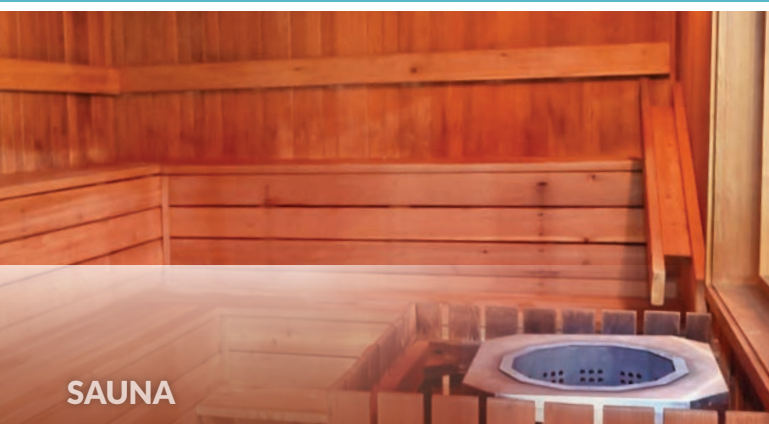
OPEN SPRING BREAK | MARCH 16 - 27

MONDAY - FRIDAY 6:00AM - 7:30PM SATURDAY 10AM - 5PM SUNDAY 12PM - 4PM

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

NICOLA VALLEY AQUATIC CENTRE

► MERRITT.CA/POOL 2040 MAMETTE AVENUE | 250.378.6662 | POOL@MERRITT.CA



SAUNA



SLIDE + DIVING BOARDS + ROPE SWING



WHIRLPOOLS



FITNESS ROOM



HOURS

S U M M E R
JUNE 26 - JULY 30

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

SATURDAY
| 10:00AM - 5:00PM

SUNDAY
| 12:00PM - 4:00PM

FREE SWIMS

SENIORS: WEDNESDAYS
| 9:00AM - 10:00AM

PUBLIC: THIRD SATURDAY
| 1:00PM - 5:00PM

FITNESS ROOM

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

SATURDAY | 10AM - 5PM

SUNDAY | 12PM - 4PM

ADMISSION FEES

ADMISSION FEES 2026	DROP-IN	10 PUNCH CARD	MONTHLY	6 MONTH	ANNUAL
TOT (UNDER 2 YRS) *	FREE	N/A	N/A	N/A	N/A
CHILD (2-12 YRS) *	\$3.50	\$35.00	\$35.00	\$189.00	\$357.00
YOUTH (13-18 YRS)	\$4.00	\$40.00	\$40.00	\$216.00	\$408.00
ADULT (19-59 YRS)	\$6.00	\$60.00	\$60.00	\$324.00	\$621.00
SENIOR (60+)	\$4.00	\$40.00	\$40.00	\$216.00	\$408.00
FAMILY (2 ADULTS + UP TO 2 CHILDREN)	\$14.00	N/A	\$140.00	\$756.00	\$1428.00
PARTY FUN LEADER	\$100 FUN LEADER				
SENIOR FREE SWIM WEDNESDAYS 9-10 AM					
PUBLIC FREE SWIM THIRD SATURDAY 1-5 PM					

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

FITNESS ORIENTATION | \$25/SESSION

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

PERSONAL TRAINER | \$50/HR

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

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



AQUAFIT CLASSES



AQUABOARD BOOTCAMP (AGE 16+)

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

AQUABOARD BOOTCAMP				
THURSDAY EVENINGS 6:00PM - 6:45PM				
APRIL 9 - 30	MAY 7 - 28	JUNE 4 - 25	JULY 2 - 23	\$50 (4)
LOCATION: NICOLA VALLEY AQUATIC CENTRE MAIN POOL				

► MERRITT.CA/AQUAFIT

STRETCH AND STABILITY (AGE 16+)

Want to increase your muscular strength, balance, stretch and flexibility? This class will build on maintaining proper form by keeping a well-aligned spine and stable core.

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



AQUAFIT (AGE 16+)

This class combines running, interval training and a variety of exercises designed to decrease body fat, increase cardiovascular efficiency, improve strength, and help people get into a routine of regular exercise.

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



JUNIOR LIFEGUARD CLUB AGE: 7 - 14+

The Junior Lifeguard Club offers serious fun for kids 7- 14 years and up who can swim 25 metres and tread water for one minute. The Junior Lifeguard Club provides an action-packed challenge for kids who love the water but who want more than "lessons".

JUNIOR LIFEGUARD CLUB			
APRIL 9 - 30	MAY 7 - 28	JUNE 4 - 25	JULY 2 - 23
THURSDAYS	5:00 - 5:45PM		\$50 (4)



► MERRITT.CA/JUNIORLIFEGUARD



SWIMMING LESSONS

► MERRITT.CA/REGISTRATION

PARENT & TOT PROGRAM

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

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



PARENT & TOT

JELLYFISH - PARENT & TOT 1 | 4-12 MONTHS

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

GOLDFISH - PARENT & TOT 2 | 12-24 MONTHS

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

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

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

JELLYFISH | GOLDFISH | SEA HORSE PARENT & TOT SCHEDULE

TUESDAYS + THURSDAYS

APRIL 7 - 30

10:00 - 10:30AM

\$52.50 (8 CLASSES)

MAY 5 - 28

10:00 - 10:30AM

\$52.50 (8 CLASSES)

PRESCHOOL SWIMMING LESSONS

Give your child a head start on learning to swim! The Lifesaving Society Preschool lessons develop an appreciation and healthy respect for the water before they get in too deep. With a progression based approach, instructors work to ensure 3-5 year olds become comfortable in the water and have fun while developing a foundation of water skills. Water Smart education is included in all Preschool levels. Preschoolers enter Swimmer 1 once they turn five or six years old and can enter Swimmer 2 once they've completed Preschool 5.



OCTOPUS | PRESCHOOL 1 | 3-5 YEARS

Preschool 1 is a transitional level which transfers the preschooler to the care of the instructor. Preschoolers will have fun learning to get in and out of the water. They'll learn how to put their face in the water, blow bubbles in the water, and how to float and glide.

OCTOPUS PRESCHOOL 1			
MONDAYS + WEDNESDAYS	APRIL 6 - 29	4:00 - 4:30PM	\$52.50 (8)
TUESDAYS + THURSDAYS	APRIL 7 - 30	9:00 - 9:30AM	\$52.50 (8)
SATURDAYS	APRIL 11 - JUNE 6	10:00 - 10:30AM	\$52.50 (8)
MONDAYS + WEDNESDAYS	MAY 4 - 27	4:00 - 4:30PM	\$52.50 (7)
TUESDAYS + THURSDAYS	MAY 5 - 28	9:00 - 9:30AM	\$52.50 (8)
SPRING BREAK CRUNCHER MON - FRI	MARCH 16 - 20	9:00 - 9:30AM	\$26.25 (5)
	MARCH 23 - 27	9:00 - 9:30AM	\$26.25 (5)

CRAB PRESCHOOL 2			
MONDAYS + WEDNESDAYS	APRIL 6 - 29	4:30 - 5:00PM	\$52.50 (8)
TUESDAYS + THURSDAYS	APRIL 7 - 30	9:30 - 10:00AM	\$52.50 (8)
SATURDAYS	APRIL 11 - JUNE 6	10:30 - 11:00AM	\$52.50 (8)
MONDAYS + WEDNESDAYS	MAY 4 - 27	4:30 - 5:00PM	\$52.50 (7)
TUESDAYS + THURSDAYS	MAY 5 - 28	9:30 - 10:00AM	\$52.50 (8)
SPRING BREAK CRUNCHER MON - FRI	MARCH 16 - 20	9:30 - 10:00AM	\$26.25 (5)
	MARCH 23 - 27	9:30 - 10:00AM	\$26.25 (5)

CRAB | PRESCHOOL 2 | COMPLETED PRESCHOOL 1*

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

ORCA | PRESCHOOL 3 | COMPLETED PRESCHOOL 2*

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

SEA LION | PRESCHOOL 4 | COMPLETED PRESCHOOL 3*

Preschool 4 teaches deep-water entries and treading water wearing a PFD. Preschoolers will become skilled at retrieving objects from the bottom of the pool in chest-deep water and performing front and side glide. Front crawl wearing a PFD is also introduced.

NARWHAL | PRESCHOOL 5 | COMPLETED PRESCHOOL 4*

Preschool 5 teaches Swim to Survive® skills wearing a PFD. Front crawl and back crawl are introduced as well as interval fitness training. Preschoolers will also learn how to tread water and perform vertical whip kick with a buoyant aid. Once complete, preschoolers can register into Swimmer 2.

ORCA PRESCHOOL 3			
SPRING BREAK CRUNCHER MON - FRI	MARCH 16 - 20	10:00 - 10:30AM	\$26.25 (5)
	MARCH 23 - 27		

SEA LION PRESCHOOL 4			
SPRING BREAK CRUNCHER MON - FRI	MARCH 16 - 20	10:30 - 11:00AM	\$26.25 (5)
	MARCH 23 - 27		



SWIMMER PROGRAM

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

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

SWIMMER 1

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

SWIMMER 2

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

SWIMMER 3

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

SWIMMER 4

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

SWIMMER 1 SCHEDULE			
MONDAYS + WEDNESDAYS	APRIL 6 - 29	5:00 - 5:30PM	\$52.50 (8)
SATURDAYS	APRIL 11 - JUNE 6	11:00 - 11:30AM	\$52.50 (8)
MONDAYS + WEDNESDAYS	MAY 4 - 27	5:00 - 5:30PM	\$52.50 (7)
SPRING BREAK CRUNCHER MON - FRI	MARCH 16 - 20	9:00 - 9:30AM	\$26.25 (5)
	MARCH 16 - 20	10:00 - 10:30AM	\$26.25 (5)
	MARCH 23 - 27	9:00 - 9:30AM	\$26.25 (5)
	MARCH 23 - 27	10:00 - 10:30AM	\$26.25 (5)

SWIMMER 2 SCHEDULE			
MONDAYS + WEDNESDAYS	APRIL 6 - 28	5:30 - 6:00PM	\$52.50 (8)
SATURDAYS	APRIL 11 - JUNE 6	11:30AM - 12:00PM	\$52.50 (8)
MONDAYS + WEDNESDAYS	MAY 4 - 27	5:30 - 6:00PM	\$52.50 (7)
SPRING BREAK CRUNCHER MON - FRI	MARCH 16 - 20	9:30 - 10:00AM	\$26.25 (5)
	MARCH 16 - 20	10:30 - 11:00AM	\$26.25 (5)
	MARCH 23 - 27	9:30 - 10:00AM	\$26.25 (5)
	MARCH 23 - 27	10:30 - 11:30AM	\$26.25 (5)

SWIMMER 3/4 SCHEDULE

MONDAYS + WEDNESDAYS	APRIL 6 - 29	6:00 - 6:45PM	\$63 (8)
SATURDAYS	APRIL 11 - JUNE 6	12:00 - 12:45PM	\$63 (8)
SPRING BREAK MON - FRI	MARCH 16 - 20	11:00 - 11:45AM	\$31.50 (5)
	MARCH 23 - 27	11:00 - 11:45AM	\$31.50 (5)

SWIMMER 5/6 SCHEDULE

MONDAYS + WEDNESDAYS	MAY 4 - 27	6:00 - 6:45PM	\$63 (7)
SPRING BREAK MON - FRI	MARCH 23 - 27	11:00 - 11:45AM	\$31.50 (5)

SWIMMER 5

These swimmers will master dives and swimming in deep water. They'll further their Swim to Survive® skills and start to develop eggbeater kick. Breaststroke, front crawl, and back crawl are further developed. Interval training and sprinting drills continue to challenge these swimmers.

SWIMMER 6

These swimmers will become proficient at deep water skills including stride entries and compact jumps. They'll develop lifesaving kicks such as eggbeater and scissor kick. Breaststroke, front crawl, and back crawl are further developed. Head-up swims, interval training and a 300m workout develop strength and endurance.

CANADIAN SWIM PATROL



CANADIAN SWIM PATROL(CSP) is a 3-level pre-Bronze award progression that delivers “work hard/play hard” training for skilled swimmers 8-12 years old. Canadian Swim Patrol is designed to take young swimmers beyond the learn-to-swim program and provide them with basic lifesaving skills. Candidates earn recognition for success in content modules (stickers) and for overall award achievement (badges).

ROOKIE PATROL – SWIMMER 7

Swimmers continue developing front crawl, back crawl and breaststroke. Swimmers develop individual fitness to meet a timed 100m swim and 350m workout. Water proficiency skills include swimming with clothes, ready position, and feet first/head-first surface dives. Demonstrating the ability to conduct a primary assessment and calling EMS are included as first aid skills. Victim recognition and throwing assists are other key elements.

RANGER PATROL – SWIMMER 8

Ranger Patrol enhances capability in the water including stride entries and underwater, forward and backward somersaults. Swimmers learn lifesaving sport skills with a lifesaving stroke medley, timed object support and a non-contact rescue with a buoyant aid. Eggbeater kick and increased fitness levels are developed to meet a 200m timed swim. First aid focuses on unconscious victims and obstructed airway procedures.

STAR PATROL – SWIMMER 9

Star Patrol challenges swimmers with a 300m timed swim, 600m workout and a 25m object carry. Strokes are continued to be refined. Lifesaving skills include use of rescue aids, defense methods, victim removals and supporting a victim in shallow water. First aid focuses on treatment of bone or joint injuries and respiratory emergencies. Once complete, swimmers register into Bronze Star.

NOT CURRENTLY SCHEDULED | CONTACT NICOLA VALLEY AQUATIC CENTRE

PRIVATE LESSONS



PRIVATE LESSONS

FRIDAYS | APRIL 10 - MAY 1

FRIDAYS | MAY 8 - 29

4:00PM - 4:30PM

4:30PM - 5:00PM

5:00PM - 5:30PM

5:30PM - 6:00PM

6:00PM - 6:30PM

\$126 | 4 LESSONS (OR \$35 PER LESSON | \$10 PER EXTRA PARTICIPANT)

SEMI-PRIVATE LESSONS AVAILABLE UPON REQUEST

PRIVATE SWIMMING LESSONS

Enjoy some one-on-one instruction! Our private lessons offer flexibility and personalized attention. Semi-Private lessons are available by request, and swimmers must be in a similar level or have similar swimming abilities.

ADULT SWIMMING LESSONS 13+

Whether you're just starting out or just want help with your strokes, the Adult Swim program is ideal for young and old alike. Work with certified instructors to learn to swim or improve your current swimming ability and fitness. Develop confidence in the water and set your own goals. Water Smart education is included in all adult levels.

FITNESS SWIMMER PROGRAM

No matter your age, Fitness Swimmer lets you set your own goals to improve overall physical fitness in the water. Fitness Swimmer is a structured approach based on accepted training principles including stretches, interval training, sprints and distance swims.

Youth Night

AGES 7 - 18 YEARS

GAMES | PRIZES | FREE CONCESSION | FREE ADMISSION

FRIDAY
MARCH 14
7:30PM - 8:30PM

► MERRITT.CA/YOUTHNIGHT

Dive-in Movie



FRIDAY
MARCH 20
5:00 PM

MOVIE:
Encanto

► MERRITT.CA/MOVIE

SuperHero Day

MONDAY
APRIL 28
ALL DAY

► MERRITT.CA/SUPERHERO

Family Fun Nights

MONDAYS
MARCH 20
APRIL 28
MAY 26
7:30PM - 8:30PM

CONCESSION
FUN LEADER
OPEN LATE

► MERRITT.CA/FAMILYFUN

Summer Kick-Off

WATER BALLOONS | FUN LEADER | BRING YOUR OWN WATER GUN | CONCESSION

FRIDAY
JUNE 26, 2026
3:30PM - 7:30PM

► MERRITT.CA/POOLPARTY



AQUATIC LEADERSHIP

▶ [MERRITT.CA/BRONZE](https://merritt.ca/bronze)

▶ [MERRITT.CA/FIRSTAID](https://merritt.ca/firstaid)

BRONZE MEDALLION

Bronze Medallion, as our flagship certification, teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill, and fitness. Bronze Medallion challenges the candidate both mentally and physically.

Judgment, knowledge, skill and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Bronze Medallion is a prerequisite for Assistant Lifeguard training in Bronze Cross.

BRONZE MEDALLION		
PREREQUISITE: BRONZE STAR OR 13+ YEARS		
MARCH 16 – 20	5 DAYS	\$183.75 (CLASS) \$40 (TEXTBOOK)
CONTACT: NICOLA VALLEY AQUATIC CENTRE		

BRONZE CROSS CERTIFICATION

Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

BRONZE CROSS		
PREREQUISITE: BRONZE MEDALLION 13+ YEARS		
MARCH 23 – 27	5 DAYS	\$183.75 (CLASS)
CONTACT: NICOLA VALLEY AQUATIC CENTRE		



INTERMEDIATE FIRST AID

WITH CPR-C/AED

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

INTERMEDIATE FIRST AID RE-CERTIFICATION		
SUNDAY		
JULY 25, 2026	9:00AM – 5:30PM	\$125
MERRITT CIVIC CENTRE		

LIFEGUARD + INSTRUCTOR



NATIONAL LIFEGUARD CERTIFICATION

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

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

LIFESAVING INSTRUCTOR COURSE

Lifesaving Instructor/Examiners are trained to teach Junior Lifeguard Club, Swim to Survive, Lifesaving for Lay Rescuers, Lifesaving for Backyard Pool Owners, Safeguard, Canadian Swim Patrol (Rookie, Ranger, Star), Bronze Star, Bronze Medallion, and Bronze Cross. Candidates are trained in and must demonstrate skills, knowledge, and attitudes at competency Level 1 (Lifesaving Instructor) to include all aspects of learning as well as various approaches required to teach water rescue, First Aid, and related aquatic skills in the Canadian Lifesaving Program.

SWIM INSTRUCTOR COURSE

The Lifesaving Society Swim Instructor course trains candidates on competency Level 1 knowledge, and skills and attitudes needed to teach the Society's Swim for Life® and Canadian Swim Patrol programs.

COURSE SCHEDULE			
NATIONAL LIFEGUARD CERTIFICATION	TBD	TBD	\$414.75
LIFESAVING INSTRUCTOR COURSE	FALL 2026	TBD	\$288.75
SWIM INSTRUCTOR COURSE	SPRING 2026	TBD	\$288.75
NICOLA VALLEY AQUATIC CENTRE			

RECERTIFICATION

NATIONAL LIFEGUARD RECERTIFICATION

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

* PREREQUISITE: NATIONAL LIFEGUARD CERTIFICATION

LIFESAVING SWIM INSTRUCTOR RECERTIFICATION

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

* PREREQUISITE: LIFESAVING SWIM INSTRUCTOR COURSE

INTERMEDIATE FIRST AID RECERTIFICATION

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

* PREREQUISITE: INTERMEDIATE FIRST AID | PAGE 17

RECERTIFICATION COURSE SCHEDULE		
NATIONAL LIFEGUARD RECERTIFICATION	SUMMER 2026	\$125
INTERMEDIATE FIRST AID RECERTIFICATION	JULY 25, 2026	\$125
SWIM INSTRUCTOR RECERTIFICATION	MARCH 14, 2026	\$125
LIFESAVING INSTRUCTOR RECERTIFICATION	TBD	\$125



JOIN SWIM CLUB

▶ MERRITTOTTERS.TEAMPAGES.COM

▶ MERRITT.CA/LIFEGUARD



ICE RINK | AUGUST-APRIL

* ICE HOCKEY OPENS AUGUST

PUBLIC ICE SKATE (OPEN SEPT - APRIL)

* NO PUBLIC SKATE DURING HOCKEY GAMES

**FRIDAY
| 3:30 - 5:00PM**

**SUNDAY
| 5:15 - 6:15PM**

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

DRY FLOOR | APRIL - JULY

COMMON EVENTS AS BOOKED

DROP-IN BALL HOCKEY

LACROSSE

ROLLER SKATING

FACILITY OPEN AS BOOKED

NICOLA VALLEY MEMORIAL ARENA

▶ MERRITT.CA/ARENA 2075 MAMETTE AVENUE | 250.378.4832 | CIVICCENTRE@MERRITT.CA

**FREE
PUBLIC
SKATE**
SEE SPONSORS



ICE | PUBLIC SKATE + DROP-IN HOCKEY



DRY FLOOR | BALL HOCKEY + LACROSSE + ROLLER SKATING



EVENTS | TRADE SHOWS | DANCES



MEZZANINE + AUDITORIUM (1000 SEATS)



PUBLIC SKATE

UNTIL MARCH 22, 2026

ADMISSION: FREE*
*SEE WEBSITE FOR SPONSORS.

SKATE RENTALS: \$2.00
SIZES: CHILD 10 - ADULT 11

▶ MERRITT.CA/ARENA

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

ICE SKATING



ICE SKATING LESSONS NICOLA VALLEY SKATING CLUB

JANUARY TO MARCH
REGISTER IN DECEMBER

▶ NICOLAVALLEYSKATINGCLUB.COM
▶ FACEBOOK.COM/NICOLAVALLEYSKATINGCLUB



60+ SENIORS SKATE

THURSDAYS
UNTIL MARCH 19 | 10:00AM - 11:00AM
SENIORS DISCOUNTED DROP-IN RATE: \$4.00

▶ MERRITT.CA/SENIORSKATE



DROP-IN HOCKEY ALL AGES

SATURDAYS | 7:00PM - 8:30PM
UNTIL MARCH 21, 2026

LUNCHTIME ADULT DROP-IN HOCKEY

UNTIL MARCH 20, 2026
FRIDAYS | 12:15 PM - 1:15 PM

STICK N'PUCK ALL AGES

SATURDAYS | 5:15 PM - 6:15PM
UNTIL MARCH 21, 2026 (EXCEPT DURING CENTS GAMES)

* No hockey on holidays



MERRITT CENTENNIALS HOCKEY | JUNIOR A KOOTENAY INTERNATIONAL JUNIOR HOCKEY LEAGUE

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

▶ MERRITTCENTENNIALS.COM



CURLING

The Merritt Curling Club embraces all levels of curlers, from beginners and recreational curlers to competitors. Take a lesson or join a league.

▶ MERRITTCURLING.CA



MINOR HOCKEY

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

▶ MERRITTMINORHOCKEY.COM



MERRITT SENIOR'S CENTRE

+ OTHER SENIOR'S INFORMATION

MERRITT SENIOR CITIZEN'S ASSOCIATION OFFICE HOURS

WEDNESDAY | 9:00AM - 12:00PM
250.378.3763 | MSCA2@TELUS.NET
1675 TUTILL COURT

► MERRITT.CA/SENIORS

EVENTS & SOCIALS

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

ADDITIONAL ACTIVITIES

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

15% SENIORS DISCOUNT

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

SENIORS SKATE*

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

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

SCHEDULED ACTIVITIES

MONDAY	POOL TABLES	10AM - 2PM
	PING PONG	10:00 AM
	CRIB	1:00 PM
	BRIDGE	7:00 PM
TUESDAY	BINGO DOORS OPEN 11 AM	1:00 PM
	CANASTA	6:30 PM
WEDNESDAY	SENIOR'S SWIM FREE	9AM - 10AM
	AQUAFIT: STRETCH & STABILITY FREE	10 AM
	POOL TABLES	10AM - 2PM
	PING PONG	10:00 AM
THURSDAY	FLOOR CURLING	1:00 PM
	FITNESS "STAND TALL, DON'T FALL" \$1	9AM - 10AM
	SENIOR'S SKATE (SEPT - MARCH) \$4*	10:15 AM
	WHIST	10:30 AM
FRIDAY	SHUFFLEBOARD	2:00 PM
	CARPET BOWLING	2:00 PM
	RUMMOLI	6:30 PM
SATURDAY	GENERAL MEETING 2ND FRIDAY	1:30 PM
	FITNESS "STAND TALL, DON'T FALL" \$1	9AM - 10AM
	FLOOR CURLING	1:00 PM

EXPLORE SPRING ARTS PROGRAMS

ART GALLERY + GIFT SHOP

MONDAY - SATURDAY
| 10:00 AM - 5:00 PM

SUNDAY + HOLIDAYS
| 12:00 PM - 4:00 PM



2051 VOGHT STREET
250.378.6515



CRAFTY KIDS

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

CREATIVE PLAY BY DAY

Join Art Therapist Jennifer Chemago on Tuesdays from 1:30 - 3:30 pm for some fun and creative art-making. No registration, no fee! The art sessions will be open for you to play with the art materials of your choice, and Jennifer will offer guidance for those who wish.

CREATIVE PLAY - EVENING SESSIONS

Free drop-in art from 6:30 to 8 pm, every second Tuesday and fourth Thursday of the month, at the Arts Centre. No fee, no registration required.

HEALING CONNECTIONS ART CLASSES

Free community art classes. (Arts Council Membership required.) Find out more and view schedule online at NicolaValleyArts.com under > Classes > Adults

WORRY BOX WORKSHOP

Give your worries a space to get them out of your mind.

SPRING PAPER QUILLING

Create Spring-themed greeting cards and much more.

PARTIES + EVENTS

Host your next team building event around the arts or book your next birthday party. In the summers, the Mobile Art Trailer can be seen at events and parks.





EVENTS

▶ [MERRITT.CA/EVENTS](https://merritt.ca/events)

CITY + COMMUNITY EVENTS



COMMUNITY YARD SALE

MERRITT CIVIC CENTRE
 SATURDAY, MARCH 21, 2026 | 8:00AM - 2:00PM
 \$5.00 PER TABLE
 BOOK YOUR TABLE: 250.315.1050

▶ [MERRITT.CA/YARSALE](https://merritt.ca/yardsale)



CITY EVENTS

COMMUNITY YARD SALE	31
EASTER	32
COUNCIL + COMMUNITY CAFÉ	32
MUNICIPAL OPEN HOUSE	32

AQUATIC EVENTS	32
CANADA DAY	33
MUSIC IN THE PARK	33
COMMUNITY EVENTS	34



EASTER EXTRAVAGANZA

SATURDAY, APRIL 4, 2026
 10:00 AM - 12:00 PM (EGG HUNT: 10:15 AM)
 CENTRAL PARK

Come celebrate Easter with an egg hunt (at 10:15 am), bouncy castle, face painting, arts and crafts, and a magic show. Get the Easter Egg Hunt map online:

► MERRITT.CA/EASTER

COUNCIL + COMMUNITY CAFÉ

Savour some refreshments while you connect with your City Council to discuss matters of concern in the community. Activities available for the kids.

SUMMER 2026 | 6 - 8PM

► MERRITT.CA/CAFE

MUNICIPAL OPEN HOUSE

Learn what's happening in various City departments at this trade show style open house.

WEDNESDAY, MAY 6, 2026 | 4 - 8PM | MERRITT CIVIC CENTRE

► MERRITT.CA/OPENHOUSE



SPRING GOBYBIKE WEEK

We encourage everyone to ride their bikes as much as possible this spring. Ride to work, to school, for fun, for exercise, to relieve stress, to clear your mind. No matter the reason, ride your bike and log your total kilometers online at GoByBikeBC.ca and enter the prize draw for some great prizes!

MAY 30 - JUNE 5 2026
 RIDE ANYWHERE | REGISTRATION IS FREE

HAVE FUN! EXPLORE OUR AQUATIC EVENTS

YOUTH NIGHT | MARCH 14 | 7:30PM - 8:30PM

FAMILY FUN NIGHTS | MARCH 20 | APRIL 28 | MAY 26 | 7:30PM - 8:30PM

SUPERHERO DAY | APRIL 28 | ALL DAY

DIVE-IN MOVIE | MARCH 20 | 5:00PM

SUMMER KICK-OFF | JUNE 26 | 3:30PM - 7:30PM



CANADA DAY CELEBRATIONS

Start the day with a pancake breakfast at the Civic Centre, generously provided by the Merritt Basque Society. Following breakfast, continue the celebration at Rotary Park from 11:00am until 3:00pm with a full day of family friendly activities, including games, a bike parade, human foosball, giant zorb balls, a bouncy castle, live music, face painting, food vendors, and more.

WEDNESDAY, JULY 1, 2026

TIME | 7:30 AM- 10:30AM | 11:00AM - 3:00PM

PLACE | CIVIC CENTRE | ROTARY PARK

BREAKFAST COST | \$10

SOCCER FRENZY

Join us for Soccer frenzy from 2:00pm- 6:00pm Test your shot speed with a police radar gun, show off your skills in juggling contests, race your friends in team relays, and join our kids street soccer tournament!

WEDNESDAY, JULY 1, 2026

TIME | 3:00PM -6:00PM

PLACE | ROTARY PARK

COST | FREE

MUSIC IN THE PARK

Every Thursday throughout the summer we invite you to join us at the Rotary Park Bandshell and enjoy live music from many talented BC performers.

THURSDAYS | JULY + AUGUST

6:00 - 8:00 PM

ROTARY PARK

FREE EVENT



KOOTENAY INTERNATIONAL
JUNIOR A HOCKEY LEAGUE
MERRITT CENTENNIALS
HOME GAMES
NICOLA VALLEY MEMORIAL ARENA
PLAYOFF SEASON
TO BE ANNOUNCED

▶ MERRITTCENTENNIALS.COM





MERRITT VOLLEYFEST

APRIL 11, 2026 | MAY 2, 2026 | ALL DAY

BC HOME SHOW

MARCH 14, 10:00AM-5:00PM | MARCH 15, 10:00AM-4:00PM

PLACE | CIVIC CENTRE

COST | FREE

EMPLOYMENT & EDUCATION FAIR

FRIDAY, MARCH 20, 2026

9:00 AM - 5:00 PM

NICOLA VALLEY INSTITUTE OF TECHNOLOGY | AUDITORIUM
EMPLOYMENT.CNA-TRUST.CA

CONCERT: PWRUP (AC/DC TRIBUTE BAND)

MARCH 27, 2026 | 7:30PM

PLACE | CIVIC CENTRE

CONCERT:

MONSTERS OF ROCK ARENA TOUR

APRIL 24, 2026 | 7:00PM

PLACE | NICOLA VALLEY MEMORIAL ARENA



CONCERT: BAD MOON RIDERS (CCR TRIBUTE)

MAY 8, 2026 | 7:30PM

PLACE | CIVIC CENTRE

MAYDAYS DRAG RACES

MAY 2026 TBA | MAYDAYS.CA

MERRITT STOCK CAR ASSOCIATION

This Speedway Track in Lower Nicola hosts regular stock car speedway races that open to the public.

MERRITT SPEEDWAY: 2255 MAMIT LAKE RANCH ROAD
MERRITTSPEEDWAY.CA | 250.315.0474



FISHING DERBY

JUNE 2026 | NVFISHANDGAMECLUB.CA

INDIGENOUS DAY

SUNDAY, JUNE 21, 2026 | ROTARY PARK

MSS GRAD PARADE

JUNE 2026

NICOLA VALLEY DOG SHOW

TBA | NICOLA VALLEY KENNEL CLUB (NVKC)

AIRPORT COMMUNITY DAY

WESTERN CANADIAN AIR SHOW | RC PLANE STATIC SHOW
DEMO FLIGHTS | HELICOPTER RIDES | CAR SHOW | FOOD VENDORS
TBA | MERRITT REGIONAL AIRPORT: SAUNDERS FIELD
MERRITT.CA/AIRPORTDAY

MERRITT CROWN BIKE RACE

JUNE 13 2026 | MERRITT.CA/BIKERACE

NICOLA VALLEY CRUISERS CAR SHOW

JULY 2026 | VOGHT PARK



AUTOCROSS

JUNE : 13-14 | AUGUST : 22-23 | SEPT : 19-20

NICOLA VALLEY FARMER'S MARKET

SATURDAYS | 9:30 AM TO 1 PM | MAY - OCT | WEEKLY
VOGHT ST @ MERRITT AVE | NEXT TO THE BAILLIE HOUSE
NICOLAVALLEYFARMERSMARKET.COM
FACEBOOK.COM/NICOLAVALLEYFARMERSMARKET

NICOLA VALLEY FALL FAIR

SEPTEMBER LONG WEEKEND
NICOLA VALLEY RODEO GROUNDS: 319 LINDLEY CREEK ROAD
FACEBOOK @ NICOLAVALLEYFALLFAIR | MERRITT.CA/RODEO

GARLIC FEST

SEPTEMBER 2026 | LOWER NICOLA
LOWERNICOLACOMMUNITY.COM/GARLIC-MARKET

OKTOBERFEST

TBA

OCTOBER EVENTS (CITY)

HALLOWEEN SPOOKTACULAR GAMES & HAUNTED HOUSE
MERRITT.CA/HALLOWEEN

COUNTRY CHRISTMAS WEEK

NOVEMBER 23 - 28, 2026 (TBA)
CHRISTMAS TREE LIGHT UP & SING ALONG | MOVIE NIGHT | DANCE
PERFORMANCE | CHRISTMAS CONCERT | PARADE | CRAFT FAIR
MERRITT.CA/CHRISTMAS

MUSIC AT THE LANDING ZONE

ROYAL CANADIAN LEGION MERRITT BRANCH 96
FRIDAYS | 7:00 PM | 250.378.5631 | LEGION096@OUTLOOK.COM
1940 QUILCHENA AVE | FACEBOOK @ROYALCANADIANLEGION096



PRO RODEO

NICOLA VALLEY RODEO EVENTS | 2026

The Nicola Valley Rodeo Association offers many events that are FREE ADMISSION!

66TH ANNUAL PRO RODEO | SEPTEMBER 5-6
BC LITTLE BRITCHES FINALS RODEO | JUNE 6-7

NICOLA VALLEY RODEO GROUNDS
499 LINDLEY CREEK ROAD, MERRITT, BC
NICOLAVALLEYRODEOASSOCIATION@GMAIL.COM
NICOLAVALLEYRODEO.COM



COMMUNITY DIRECTORY

MUSIC & ARTS

Merritt Community Choir

250.378.9899

E: merrittchoir@gmail.com

w: bcchoralfed.com/choirs/
merritt-community-choir

Canadian Country Music Hall of Honour:

2025B Quilchena Ave

T: 250.378.9569

Nicola Valley Community Arts Council

T: 250.378.6515

E: info@nicolavalleyarts.com

w: nicolavalleyarts.com

Nicola Valley Community Band

c: James Clarke: 250.315.7724

c: Steve Rose (booking):
250.280.5175

Nicola Valley Community Theatre

c: Kurt Christopherson: 250.378.4909

c: Rich Hodson: 250.378.6794

c: Margaret Carlson: 250.378.5645

E: info@nicolavalleycommunity
theatresociety.com

Nicola Valley Fibre Lovers

c: Diana Grimshire: 250.315.5461

dianagram66@gmail.com

SPORTS & FITNESS

Love to Dance Academy

c: Kia Henriksen: 780.573.0861

E: kia.ltdadance@gmail.com

E: ltdadance@gmail.com

w: lovetodanceacademy.com

Merritt Centennials Hockey Club Society

T: 250.378.3604

E: info@merrittcentennials.com

w: merrittcentennials.com

Merritt Country Run Society

c: Liz Brakenreed: 250.315.9712

c: Stacey Krajici: 250.280.1201

E: merrittcountryrun@gmail.com

w: merrittcountryrun.ca

Merritt Curling Club

c: Susan Newton: 250.378.9659

E: newton97@hotmail.com

E: office@merrittcurling.ca

w: merrittcurling.ca

Merritt Dance Society

c: Rachel Whitehouse, President MDS

T: 250.378.8869

E: mds.ltd.president@gmail.com

Merritt & District Tennis Club

c: Amrit Ahuja, Acting President

T: 250.315.5211

E: shotbyamrit@gmail.com

c: Diane Quinn, Secretary:
250.378.4501

T: ddquinn@telus.net

c: Marina Cadano: 250.936.8201

T: marina.cadano@gmail.com

w: globaltennisnetwork.com/tennis-
courts/courts/tennis-court-page/court
/38967-merritt-district-tennis-club

Merritt Golf & Country Club

T: 250.378.9414

E: mgcc1450@gmail.com

w: merrittgolf.com

Merritt Minor Hockey Association

Mike Moulard, President

E: president@merrittminorhockey.com

mikemoulard@merrittminorhockey.com

w: www.merrittminorhockey.com

Merritt Minor Softball

c: Amy Douthwright: 250.315.9873

E: merrittminorssoftball@outlook.com

FB: Facebook.com/MerrittMinorSoftball

Merritt Mixed Slow-Pitch

c: Lisa Dewinter: 250.315.3127

E: hockeyyum16_3@hotmail.com

E: merrittmixedslowpitch@gmail.com

Merritt Mountain Bike Association

E: merrittbiking@yahoo.ca

w: mountainbikingbc.ca

/thompson-okanagan/merritt

SPORTS & FITNESS *CONTINUED***Merritt Otters Swim Club**

E: ottersmerritt@gmail.com
E: merokpres@gmail.com
E: infomerrittotters@gmail.com
 (REGISTRAR)
w: merrittotters.teampages.com

Merritt Pickleball Club

c: Gary Derksen: 250.280.0105
E: gwderksen@outlook.com

Merritt Volleyball Association

T: 250.378.2154 (LEAGUE)
E: merrittvolleyballassociation@gmail.com
w: merrittvolleyballassociation.org

Merritt Youth Soccer Association

E: president@merrityouthsoccer.com
E: info@merrityouthsoccer.com
w: merrityouthsoccer.com

Nicola Nordic Ski Club

c: John/Kate Anderson: 250.378.9674
E: nicolanordic@gmail.com
w: nicolanordic.ca

Nicola Valley Archery Club

c: B.J. Moore: 250.280.0304
E: morbtr@hotmail.com
FB: Facebook.com/NicolaValleyArchers

Nicola Valley Disc Golf Association

c: Gareth Tilt: 250.280.2525
FB: Facebook.com/NVDGA

Nicola Valley Figure Skating Club

c: Jill Starrs: 250.378.0114
E: skatinginthevalley49@gmail.com
w: nicolavalleyesc.uplifterinc.com

Nicola Valley Fish & Game Club

c: Paul Komonoski: 250.378.4904
c: B.J. Moore: 250.280.0304
E: morbtr@hotmail.com
w: nvfishandgameclub.ca

**Nicola Valley Minor Lacrosse Association**

c: President: Rose Grant
E: nvmla.president@gmail.com
w: nicolavalleylacrosse.com

SPECIAL INTEREST GROUPS

Angels Animal Rescue

c: Judanna: 250.378.5223
T: 250.574.1316
E: aarsrescue@gmail.com
w: angelsanimalrescue.ca
FB: Facebook.com/angelsanimalrescue

Ask Wellness

T: 250.315.0098
E: merritt@askwellness.ca
w: askwellness.ca
FB: @ASKWellnessSocietyMerritt

Cadet Core

950 Rocky Mountain Road Rangers
c: Vanessa Keely: 250.571.7496
E: vkeely@telus.net

Canadian Mental Health Association – Merritt Club House

T: 250.819.4470
E: Merritt.clubhouse@cmha.bc.ca
w: kamloops.cmha.bc.ca

Coldwater Ranch Lodge: Abilitas Foundation

T: 1.604.854.1720
E: info@abilitasfoundation.org
w: abilitasfoundation.org

**Community Futures Nicola Valley**

T: 250.378.3923
E: info@cfdcnv.com
w: communityfutures.ca

Conayt Friendship Society Office

T: 250.378.5107
E: reception@conayt.com
w: conayt.com

Garlic Festival

E: lower.Nicola.bc.garlic.fest@gmail.com
w: lowernicolacommunity.com

Girl Guides of Canada - Merritt

c: Chelsea Werrun
T: 250.936.9015
E: merrittguiding@gmail.com

High School Rodeo Association

c: Tanya Starrs: 250.378.0060
E: Email: starrslessons@gmail.com
w: bchsra.ca

Interior Community Services

T: 250.378.9676
E: admerritt@interiorcommunityservices.bc.ca
w: interiorcommunityservices.bc.ca/programs/location/merritt-program

SPECIAL INTEREST GROUPS *CONTINUED*
**Merritt & District
Chamber of Commerce**

T: 250.378.5634
E: info@merrittchamber.com
E: chair@merrittchamber.com
E: finance@merrittchamber.com
w: merrittchamber.com

Merritt & District Hospice Society

T: 250.280.1701
E: merrithospice@shaw.ca
w: merrithospice.org

Merritt & District Senior Association

T: 250.378.3763
E: msca2@telus.net

Merritt Little Britches Rodeo

c: April Schneider: 250.280.1728
E: aprsch@telus.net
w: bclbra.org

Merritt Regional Transit System

(bus)
T: 250.378.4080
w: bctransit.com/merritt/home

Merritt Snowmobile Club

c: Simon Rizzardo: 250.315.5984
E: merrittsnowmobileclub@hotmail.ca
w: sledmerritt.ca

Merritt Stock Car Association

c: President Sean Dandy:
 250.299.3145
E: merrittspeedway@outlook.com
w: merrittspeedway.ca

Merritt Youth & Family Resources

T: 250.378.4878
E: myfrsed@telus.net
w: merrittfamilyresources.com
FB: Facebook.com/merrityouth
 andfamilyresourcesociety

Nicola Family Therapy

T: 250.378.9222
E: office@nicolafamilytherapy.ca
w: nicolafamilytherapy.ca

Nicola Naturalists Society

T: Alan Burger: 250.378.2468
E: aburger@uvic.ca
w: nicolanaturalist.com

**Nicola Valley Community
Garden Society**

T: Michael Furman: 250.315.7454
E: nicolavalleycommunitygardens@gmail.com
FB: @NVCommunityGardens

Nicola Valley Cruisers Car Club

c: Gerry Kielman: 250.936.8987
E: gkielman@shaw.ca
FB: @NVCruisersCarClub

**Nicola Valley & District
Food Bank**

c: Derlanda Hewton: 250.378.2282
E: foodbank@telus.net
w: nicolavalleyfoodbank.com

**Nicola Valley ESS
Emergency Support Services**

c: Teri McMillan, Director
T: 778.921.0189
E: ess@merritt.ca
w: merritt.ca/ess

Nicola Valley Fall Fair Association

c: Marianne: 250.378.7306
E: meyunaa@telus.net
FB: @nicolavalleyfallfair


Nicola Valley Farmers Market

c: Diane Van Hoof: 250.571.3470
E: nvfarmersmarket@gmail.com
w: localline.ca/
 nicola-valley-farmers-market
FB: @nicolavalleyfarmersmarket

Nicola Valley Fibre Lovers

c: Diane Grimshire: 250.315.5461
E: dianagram66@gmail.com

Nicola Valley Figure Skating Club

c: Jill Starrs: 250.378.0114
E: skatinginthevalley49@gmail.com
E: nvscereg@gmail.com (REGISTRATION)
w: nicolavalleyesc.uplifterinc.com
FB: @NicolaValleySkatingClub

Nicola Valley Fish & Game Club

c: Paul Komonoski: 250.378.4904
E: morbtr@hotmail.com


**Nicola Valley Institute
of Technology (NVIT)**

T: 877.682.3300
E: info@nvit.bc.ca
w: nvit.ca

Nicola Valley Kennel Club

c: Lori Jacobson: 250.378.5172
E: ljacobson@telus.net

Nicola Valley Museum & Archives

T: 250.378.4145 | nvma@telus.net
w: nicolavalleymuseum.org

Nicola Valley Quilters Guild

c: Deborah Wilkins: 250.280.4086
E: dtwilkins@telus.net

Nicola Valley Rodeo Association

c: Gert Leslie: 1.604.741.2923
E: nicolavalleyrodeoassociation@gmail.com
w: nicolavalleyrodeo.com

Nicola Valley Search & Rescue

c: Tracy Dunsmore: 250.378.4262
E: nicolavalleysar1@gmail.com
FB: Facebook.com/nvsar

Nicola Valley Women in Action

c: Donna Smith: 250.378.4377

SPECIAL INTEREST GROUPS *CONTINUED*

Pacific Forest Car Rally

E: paul@rallybc.com
W: pacificforestrally.com
FB: Facebook.com/PacificForestRally

Rotary Club of Merritt

E: connect@rotarymerritt.com
W: rotarymerritt.com
FB: Facebook.com/RotaryMerritt

Royal Canadian Legion

T: 250.378.5631
E: legion096@outlook.com
FB: @RoyalCanadianLegion096

**School District 58:
Nicola-Similkameen**

T: 250.378.5161
W: sd58.bc.ca
FB: @SchoolDistrictNo58

The Merritt Elks Club

C: Bonita Hintz: 250.378.4656
E: merrittelks441@gmail.com

The Knights of Columbus

C: Mike Etchart: 250.378.7330
W: kofc.org/en/get-involved/
 /find-a-council.html

Valley Scrapbookers

T: Registration: 250.315.1050
C: Diane Shalanski: 250.378.4186
E: ggfly@telus.net

**Vintage Car Club of Canada:
Merritt**

C: Al: 250.378.7402
E: 33dodge@telus.net
W: vccc.com/merritt-chapter
FB: Facebook.com/100068918151641

Work BC

T: 250.378.5151
E: info@merrittesc.ca
W: workbccentre-merritt.ca

TOURISM & INFORMATION



Tourism Nicola Valley

DESTINATION MARKETING ORGANIZATION
T: 877.830.3230 | 778.661.0879
E: marketing@tourismnicolavalley.com
W: experiencenicolavalley.ca
W: experiencemerritt.ca
W: tourismnicolavalley.com
FB: @experiencenicolavalley

**Thompson Okanagan
Tourism Association**

T: 250.860.5999
E: info@totabc.com
W: totabc.org
FB: Facebook.com/TOTABCnews

ADVERTISING

Support community programs and events. Advertise in the next Recreation Guide.

DEADLINE: 4 WEEKS PRIOR TO PROGRAM REGISTRATION OPENING

**FOR MORE INFORMATION CONTACT:
RECREATION@MERRITT.CA
T: 250.315.1050**

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

ADVERTISING RATES	
FULL COLOUR TAXES INCLUDED	
BACK COVER	\$650.00
INSIDE BACK COVER	\$475.00
FULL PAGE	\$414.00
HALF PAGE	\$207.00
QUARTER PAGE	\$103.50
BANNER SIZE	\$82.90
BUSINESS CARD	\$51.50
FEATURE LISTING	\$25.00
SUBMIT TO RECREATION@MERRITT.CA	

OTHER RATES

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

VISIT: MERRITT.CA/RENTALS

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

REGISTER



GO TO
MERRITT.CA/REGISTRATION
OR SCAN THIS QR CODE

REGISTER FOR AQUATIC PROGRAMS:

NICOLA VALLEY AQUATIC CENTRE

VISIT: 2040 MAMETTE AVENUE

CALL: 250.378.6662

EMAIL: POOL@MERRITT.CA

ONLINE: MERRITT.CA/REGISTRATION

REGISTER FOR RECREATION PROGRAMS:

MERRITT CIVIC & CONVENTION CENTRE

VISIT: 1950 MAMETTE AVENUE

CALL: 250.315.1050

EMAIL: RECREATION@MERRITT.CA

ONLINE: MERRITT.CA/REGISTRATION

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

SATURDAY | 10:00AM - 5:00PM

SUNDAY | 12:00PM - 4:00PM

* POOL CLOSED MONDAY - FRIDAY BETWEEN 8:15AM - 9:00AM AND BETWEEN 1:45PM - 3:30PM, EXCEPT SUMMER AND SPRING BREAK

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

* ALL FACILITIES CLOSED ON STATUTORY HOLIDAYS.

* AQUATIC CENTRE CLOSED ANNUALLY IN SEPTEMBER.

REGISTRATION OPENING DATES

SPRING | MARCH 1

SUMMER | JUNE 1

FALL | SEPTEMBER 1

WINTER | DECEMBER 1

REGISTRATION DEADLINE

2 WEEKS BEFORE PROGRAM BEGINS

WAIT LISTS

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

REFUND POLICY & WITHDRAWAL: A \$10 administration fee will be charged for all program withdrawals, excluding memberships. Check each program for specific refund policies. Once a program begins, a pro-rated refund can be applied. Administration fees will be charged.

CANCELLATIONS: Programs may be cancelled due to staff shortages or low registration, so please register early to avoid disappointment. If your program is cancelled, you will receive a full refund.

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

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

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

Merritt
FLOURISH UNDER THE SUN

MERRITT.CA