FALL 2021

RECREATION GUIDE

Check out our NEW Programs!

REGISTRATION OPENS AUGUST 18

All registered programs must be registered and paid for in advance by visiting us @ Port Hardy Recreation
7400 Columbia Street

Call or email us with any questions or for more information at 250.949.6686 | recreation@porthardy.ca

All programs may be subject to change or cancellation

FALL 2021

ARENA DROP IN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
P&C Hockey 9:00 - 10:00 am	**P&T Skate** 10:15 - 11:00 am	**P&T Skate** 10:15 - 11:00 am	**P&T Skate** 10:15 - 11:00 am	**P&T Skate** 10:15 - 11:00 am		
	Adult Skate 11:00 - 11:45 am	**Adult Skate** 11:00 - 11:45 am	**Adult Skate** 11:00 - 11:45 am	**Adult Skate** 11:00 - 11:45 am	**Adult Skate** 11:00 - 11:45 am	
	Stick & Puck 12:00 - 1:30 pm	**Adult Hockey** 12:00 - 1:30 pm	**Stick & Puck** 12:00 - 1:30 pm	**Adult Hockey** 12:00 - 1:30 pm	**Family Skate** 12:00 - 1:30 pm	
	Family Skate 2:00 - 3:00 pm	**Family Skate** 2:00 - 3:00 pm	**Family Skate** 2:00 - 3:00 pm	**Family Skate** 2:00 - 3:00 pm	**Stick & Puck** 2:00 - 3:00 pm	
Public Skate 3:30 -5:00 pm					**Youth Hockey** 3:15 - 4:45 pm	**Family Skate** 6:30 - 7:30 pm
		Arena Drop-in Schedule in effect Sept 25 - Dec 19				**$2 Public Skate** 7:30 - 9:00 pm

Parent & Tot Skate (P&T)

Come have fun skating with your little one.
Parents/Guardians must accompany children on the ice.
Children Ages 0 - 8
10:15 am - 11:00 am | Monday - Thursday

Adult Skate

Stretch your legs and get some great physical activity!
Ages 19+
11:00 am - 11:45 am | Monday - Friday

Family Skate

Come skating with your family! Parent supervision required.
12:00 pm - 1:30 pm | Monday - Friday
6:30 pm - 7:30 pm | Saturday

Public Skate

Everyone of all ages is welcome at our public skate!
***7:30 pm - 9:00 pm | Saturday**
3:30 pm - 5:00 pm | Sunday
**Admission is $2, rentals not included.*

Drop-in Admission

0-12 months	FREE
Child (1-12)	$3.40
Youth (13-18)	$4.10
Adult (19-59)	$5.40
Senior (60+)	$3.40
Family (2 adults, 4 children)	$11.75
Skate Rentals	**$2.00**

Arena Guidelines

1. No food/beverages on the ice
2. Helmets are recommended
3. Skate safely and respectfully
4. Respect all staff and patrons
5. Alcohol is not permitted without a permit

Parent & Child Hockey (P&C)

Bring your child(ren) out to practice some hockey skills together! Full hockey gear is strongly recommended. Hockey helmets are required.
9:00 am - 10:00 am | Sunday

Stick & Puck

Bring your helmet, gloves, and stick and come practice your skills! No scrimmaging allowed. Hockey helmets required.
2:00 pm - 3:00 pm
Monday | Wednesday | Friday

Adult Drop-in Hockey

Come play a fun, friendly scrimmage over your lunch hour! Full hockey gear is required.
Ages 19+
12:00 pm - 1: 30 pm | Tuesday & Thursday

Youth Drop-in Hockey

Come play a fun, friendly scrimmage with your friends! Full hockey gear is required.
Ages 13 - 18
3:15 pm - 4:45 pm | Friday

Stay Informed:
The skating schedule changes during Dec 20 - Jan 2 and may be affected by tournaments and holidays during the season. Call us at 250.949.6686 or sign up for our newsletter at porthardy.ca/community/recreation for updates.

FALL 2021

SKATING PROGRAMS

Registered Programs

These programs require registration and payment in advance of start date.

Learn to Skate Lessons

Parent & Tot

Ages 2 - 4
4:00 pm - 4:30 pm
Monday | Oct 18 - Dec 6
8 sessions | $40

This is an instructor led lesson where parents join their child on the ice and help them feel comfortable in a fun and engaging environment.

Preschool Level 1

Ages 3 - 5
See below for time*
8 sessions | $40

1:4 instructor to child ratio. Your child will learn to feel confident on the ice and take the first steps towards skating!

Preschool Level 2

Ages 3 - 5
See below for time*
8 sessions | $40

Must have completed Preschool 1 or be able to skate and get up from falling independently.

Preschool Level 3
Preschool Level 4

Ages 3 - 5
See below for time*
8 sessions | $40

Must have completed the previous lesson level successfully. Focus on technical development and building on acquired skills and confidence.

Preschool Level Times. Choose one of two options!

3:15 pm - 3:45 pm | 4:00 pm - 4:30 pm
Monday |Oct 18 - Dec 6

All 'Learn to Skate' lesson participants must wear a hockey helmet, ski helmet or bike helmet.

Skate Level 1

Ages 5+ - 14
***Time 1* | 3:15 pm - 3:45 pm**
***Time 2* | 4:00 pm - 4:30 pm**
8 sessions | $40

This is for children that have little to no skating experience. Children will build confidence and learn basic skating skills.

Skate Level 2

Ages 5+ - 14
See below for times*
8 sessions | $52

Must have completed Skate 1 or be able to skate and get up from falling independently.

Skate Level 3
Skate Level 4
Skate Level 5

Ages 5+ - 14
See below for times*
8 sessions | $52

Must have completed previous lesson set successfully. Will continue enhancing and developing skating skills while building confidence.

Skate 2+ Level Times. Choose one of two options!

3:15 pm - 4:00 pm | 4:00 pm - 4:45 pm
Tuesday | Oct 19 - Dec 7

Youth/Adult Lesson

Ages 15+
5:30 pm - 6:15 pm
Saturday | Oct 16 - Nov 20
6 sessions | $39

For beginner or intermediate skaters wanting to learn and develop skating skills.

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Hockey Programs

Beginner Hockey Lessons

This program is designed for children who want to try hockey for the first time! Come learn and develop skating and hockey skills, then show off your improvement at our Game Nights! Full hockey gear is required to participate.

Ask about our FREE gear lending program

Ages 5 - 14
3:45 pm - 4:45 pm
Thursday | Oct 14 - Dec 9
No practice Nov 11
8 sessions | $64

Women's Intro to Hockey

This program is for beginner to intermediate skaters who are looking for a fun and challenging new activity! Learn the basics of skating and hockey techniques or further develop your skills! Hockey helmet, gloves, and stick are required. Full hockey gear is recommended.

Ages 15+
8:45 pm - 9:30 pm
Tuesday | Oct 19 - Nov 23
6 sessions | $48

Skating Program Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Preschool 1 - 4 3:15 - 3:45 pm **P&T Lesson** 4:00 - 4:30 pm **Preschool 1 - 4** 4:00 - 4:30 pm	**Skate 1** 3:15- 3:45 pm **Skate 2 - 5** 3:15 - 4:00 pm **Skate 1** 4:00 - 4:30 pm **Skate 2 - 5** 4:00 - 4:45 pm **Women's Intro to Hockey** 8:45 - 9:30 pm		**Beginner Hockey Ages 5- 14** 3:45 - 4:45 pm		**Youth/Adult Lesson** 5:30 - 6:15 pm

This image shows the gear required to participate in our Beginner Hockey Lessons and Youth Drop-in Hockey. Skate rentals are available for Beginner Hockey Lessons.

Adult Drop-in Hockey requires this gear with a few exceptions: face cage and neck guard are not required but recommended.

We recommend arriving 10 - 15 minutes prior to your lesson to ensure adequate time to get ready.
Programs do not run on holidays.
Refunds will not be given for missed lessons. Notice of cancellations must be given prior to one week of start date.
By registering for our skating programs, you are agreeing to the risk involved and understand that accidents resulting in injury may occur.

FALL 2021

ADULT FITNESS PROGRAMS

Drop-in Programs

Cardio Core
This is an energetic, easy to follow cardio workout combined with abdominal exercises and stretches.
9:00 am - 10:00 am | Monday
***Set 1* | Sept 13 - Oct 25 | 6 sessions**
No class Sept 20, 27, Oct 11
***Set 2* | Nov 1 - Dec 13 | 7 sesssions**

Chair Fit
This gentle workout improves functional fitness and health, by incorporating moderate cardio and strengthening.
10:30 am - 11:30 am | Monday, Wednesday, Friday
***Set 1* | Sept 13 - Oct 8 | 11 sessions**
No class Sept 20, 27, 29
***Set 2* | Oct 13 - Nov 5 | 11 sessions**
***Set 3* | Nov 8 - Dec 17 | 18 sessions**

Drop-in Admission

Youth (13-18)	$4.10
Adult (19-59)	$5.40
Senior (60+)	$3.40

Pre-register before Sept 15 for an entire set and receive 25% off!

Mat Pilates
Beginner - moderate Pilates to strengthen your core & improve posture.
9:00 am - 9:45 am | Tuesday
***Set 1* | Sept 14 - Oct 26 | 7 sessions**
***Set 2* | Nov 2 - Dec 14 | 7 sessions**

Cardio Strength
30 minutes of powerful cardio moves, followed by upper and lower body strength training.
9:00 am - 10:00 am | Wednesday
***Set 1* | Sept 15 - Oct 27 | 6 sessions**
No class Sept 29
***Set 2* | Nov 3 - Dec 15 | 7 sessions**

Rhythm & Reach
30 minutes of fun 'dancy' but not too fancy choreography, followed by stretch and relaxation.
9:00 am - 10:00 am | Friday
***Set 1* | Sept 17 - Oct 29 | 7 sessions**
***Set 2* | Nov 5 - Dec 17 | 7 sessions**

Registered Programs

Yoga
Strengthen and stretch with yoga poses and techniques.
12:15 pm - 1:00 pm | Tuesday
***Set 1* | Sept 14 - Oct 26 | 7 sessions | $52**
***Set 2* | Nov 2 - Dec 14 | 7 sessions | $52**

Let's Get Physical
Get moving with simple and fun choreography set to music from the 80's, 90's, and 2000's!
5:00 pm - 6:00 pm | Tuesday
***Set 1* | Sept 14 - Oct 26 | 7 sessions | $56**
***Set 2* | Nov 2 - Dec 14 | 7 sessions | $56**

Boot Camp
Medium - high intensity full body cardio & strength workout!
Wednesday | 6:30 pm - 7:30 pm
***Set 1* | Sept 15 - Oct 27 | 6 sessions | $48**
No Class Sept 29
***Set 2* | Nov 3 - Dec 15 | 7 sessions | $56**
Thursday | 9:00 am - 10:00 am
***Set 1* | Sept 16 - Oct 28 | 6 sessions | $48**
***Set 2* | Nov 4 - Dec 16 | 6 sessions | $48**
No classes Sept 30 & Nov 11

Certification Courses

First Aid Courses are back!
Call 250.949.6686 or email melinda@porthardy.ca for details.

Facebook: Port Hardy Recreation | website: www.porthardy.ca/community/recreation
Sign up for our free newsletter on our website!

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CHILDREN & YOUTH DANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Tumble & Play 9:00 - 10:30 am **Girl Power** 3:45 - 4:45 pm	**Tumble & Play** 9:00 - 10:30 am **After School Club** 3:15 - 4:30 pm **I Like to Move It** 3:45 - 4:45 pm	**Tumble & Play** 9:00 - 10:30 am	**Intro Jazz/Ballet** 3:45 - 4:45 pm	

School Age Programs

I Like To Move It!

This is a fun class that will keep kids moving! With elements of athletic training, basic choreography and stretching, everyone is sure to have a great time!

Ages 6 - 11
3:45 pm - 4:45 pm | Wednesday
***Set 1* | Sept 15 - Oct 27 | 6 sessions | $24**
No class Sept 29
***Set 2* | Nov 1 - Dec 13 | 7 sessions | $28**

Girl Power

This program incorporates a variety of fitness and choreography styles to help girls feel empowered!

Ages 9 - 15
3:45 pm - 4:45 pm | Tuesday
***Set 1* | Sept 14 - Oct 26| 7 sessions | $28**
***Set 2* | Nov 2 - Dec 14 | 7 sessions | $28**

Intro to Jazz & Ballet

Children will learn basic jazz and ballet techniques and choreography. They will create a fun routine combining both of the dance forms.

Ages 6 - 10
3:45 pm - 4:45 pm | Friday
***Set 1* | Sept 17 - Oct 29 | 7 sessions | $28**
***Set 2* | Nov 5 - Dec 17 | 7 sessions | $28**

After School Club

Play games and hang out with friends! There will be free play activities, games, and a homework corner.

Ages Kindergarten - Grade 7
3:15 pm - 4:30 pm | Wednesday
Sept 15 - Dec 15 | Register at least a week in advance
Every week except Sept 29 and Holidays
$2/child

Tumble & Play

Ages 1 - 5
9:00 am - 10:30 am | Tues, Wed & Thurs
Sept 14 - Dec 16 *None on Sept 29/30*
$2 /child

Bring your little one out to our supervised free-play in the Civic Centre. Parents have the option of playing with their child(ren) or joining one of our morning fitness classes. Perfect for a rainy day.

All fitness & dance programs require registration and payment prior to start date.
Register before Sept 15 for 25% off!
All fitness & dance programs are located in the Civic Centre at Port Hardy Recreation.

Do you want to teach a program?

Programs are often added as interest from the community builds. If you have an idea for a program that you would like us to offer, please let us know!
250.949.6686 | recreation@porthardy.ca

Sorry, We Had to Cancel...

Sometimes really great programs with fabulous instructors get cancelled if we do not meet our minimum number of participants. Cancellation decisions are made 2 - 5 days prior to class start. Please register early to avoid disappointment.

FALL 2021

SPECIAL EVENTS

Follow us on Facebook for Special Event details and updates!

On The Ice

Join us on the first Sunday of every month for a FREE Public Skate!
Oct 3 | Nov 7 | Dec 5
3:30 pm - 5:00 pm

FREE Recreation Weekend

Join us to celebrate the start of the season with Free Recreation Days! All skating, including Parent & Child Hockey is free! Bring your family and friends out and have a great time enjoying a fun activity.
Saturday Sept 25 & Sunday Sept 26
Check out the Arena Drop-in Schedule on the previous page for all the different times!

FREE

Jersey Day FREE Skate

Come out wearing your favourite jersey to our National Jersey Day! Free admission to all drop-in skating sessions during the day!
Friday Nov 19 | Check schedule for times

Holiday Sweater Skate

Break out the sweater that is only socially acceptable to wear during the winter season and come show it off at our Holiday Sweater Skate!
7:30 pm - 9:00 pm | Saturday Dec 11
$2 admission | Rentals not included.

All on ice events are located in the Don Cruickshank Memorial Arena at Port Hardy Recreation
7400 Columbia St.

Winter Wonderland Skate

Bring your family and friends to enjoy some festive fun at our Winter Wonderland! The arena will be decked out with decorations and there will be lots of fun activities! Don't forget to warm up with some hot chocolate and a treat afterwards!
3:30 pm - 5:00 pm | Sunday Dec 12
$2 admission | Rentals not included.

New Year's Eve Skate

Join us with your family on New Year's Eve for a great celebration at Port Hardy Recreation! During our New Year's Eve Event, we will be having a family skate! Registration for the event covers skating admission and skate rentals are included.
Please RSVP in advance by calling 250.949.6686
5:00 pm - 7:00 pm | Friday Dec 31
$10/family | $5/individual

Keep an eye out for our Christmas Sponsored Skates over the winter break! December 20 - 31

Is your organization interested in hosting a Sponsored Skate? Please let us know by phone or email.
250.949.6686 | recreation@porthardy.ca

Youth Nights!

Come hang out at Youth Night! Drop-in to go skating, play games and activities, and spend time with your friends for only $2!
Ages 13 - 18
7:30 pm - 9:30 pm | Saturday
Oct 2 | Oct 23 | Nov 20 | Dec 18

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COMMUNITY EVENTS

Autumn Festival

Come celebrate Fall at our fun festival! There will be pumpkin decorating, food vendors, photo-op display, children activities, and a good time for the whole community!

10:00 am - 3:00 pm | Saturday | Oct 16
10:00 am - 3:00 pm | Sunday | Oct 17
$10/family| $5/individual
***Pre-registration required**
Civic Centre, Port Hardy Recreation

Bowling Costume Party

Put on your costume and come with your friends and family to try bowling with a twist! People in a costume will be entered to win a prize!

6:00 pm - 7:45 pm | 8:00 pm - 9:45 pm
Friday | Oct 29
$10/person *Pre-registration required
(max 36 people/time slot)
North Island Lanes, Port Hardy

Winter Festival

Get in a festive mood and join us for fun activities, hot chocolate bar, decorating cookies, holiday crafts, and a variety of food and market vendors. A weekend of fun for everyone!

10:00 am - 3:00 pm | Saturday | Dec 11
10:00 am - 3:00 pm | Sunday | Dec 12
$10/family | $5/individual
***Pre-registration required**
Civic Centre, Port Hardy Recreation

New Year's Eve Family Event

Join us with your family on New Year's Eve for a great celebration at Port Hardy Recreation! Registration includes: skating, games, fun activities, hot chocolate, and a balloon drop at 6:45 pm

Please RSVP in advance by calling 250.949.6686
5:00 pm - 7:00 pm | Friday Dec 31
$10/family | $5/individual
Don Cruickshank Memorial Arena

Parent's Night Off

A night out for you and a fun evening for the kids with affordable childcare! Children ages 1 - 12 are welcome to join us for a night of activities and games. This is a staff supervised event to ensure a safe and fun time for all.

Ages 1 - 12
6:00 pm - 8:00 pm | Saturday | Nov 6
$5 per child *Pre-registration required
Civic Centre, Port Hardy Recreation

Family Paint Nights

Follow an instructor and learn how to paint on a canvas. No experience needed. Fun for the whole family! Snacks and drinks will be available for purchase.

6:30 pm - 7:30 pm
Thursday | Nov 18
$12/person *Pre-registration required
(max 15 people/time slot)
Cafe Guido, Port Hardy

Adult Paint Nights

Enjoy a night out with friends and have fun learning to paint on a canvas. No experience needed. Snacks and drinks will be available for purchase.

Ages 18 +
8:00 pm - 9:30 pm
Thursday | Nov 18
$25/person *Pre-registration required
(max 15 people)
Cafe Guido, Port Hardy

Family Fun & Play

The whole family is invited for simple organized games and free play with a parachute, hula hoops, corn hole, lego, books, puzzles, mini soccer, crafts and more!

10:00 am - 11:30 am | Saturday
Sept 18 | Oct 23 | Nov 27
$2/child *Pre-registration required
Civic Centre, Port Hardy Recreation

Host your event with us!

For Arena Ice Rentals Contact Port Hardy Recreation.
250.949.6686
recreation@porthardy.ca

For Civic Centre Rentals Contact Port Hardy Lions Club.
250.949.8883
phlions1@gmail.com