

January 13, 2021

# This Week in Recreation



[January - March 2021 Winter Leisure Guide](#) is available with programs beginning this week and next—sign up now to avoid program cancellation or missing out on a full program. Registration for winter programs is now open! [Register online](#) or contact the Customer Service Desk. Please follow the [Northern Rockies Regional Recreation Facebook page](#) for the latest program updates.

Thank you for your patience while we navigate the additional regulatory requirements. Let us know what you think at [250.774.2541 ext. 1](tel:250.774.2541) or email us at [Rec@NorthernRockies.ca](mailto:Rec@NorthernRockies.ca) or take our brief [User Survey](#).

## Programs

Registration for winter programs opened January 5—sign up so your program isn't at risk of cancellation! Lots of programs are full and taking waitlists.

- [All-Ages Ski](#) at the Community Forest January 17, register and borrow skis for \$5
- [Youth Night](#) this Friday at the Sliding Hill:
  - 4:30–6PM (birth years from 2011-2014)
  - 6:30–8:30PM (birth years from 2005-2010)
- A new public swim for seniors and at-risk individuals has been added Tuesday and Thursday from 9–10:20AM. Now available Tuesday-Friday 9-10:20AM.
- Join the [Friday Walker's Group](#) from 10–11AM on the Walking Track.

## Playspace

The Playspace is now open for registered time slots from **Tuesday to Saturday 9:30–3:00pm**. Register for your time using [PerfectMind](#) or contact the Customer Service desk to play with your core bubble!

## Arena

New Winter 2021 [Public Skate Schedule](#) starting Jan 4

## Aquatic Centre

New Year—New Schedule! We now have two sessions available Mondays after school! Check the [Leisure Guide](#) or our [registration site](#) for all swim times. A reminder that you can register for swims in advance using [PerfectMind](#). New to our registration system? Instructions are available [online](#).

## Climbing Wall

New climbing wall times available starting January 4. We've added more evening times during the week for registered climbing. Book a time slot using [PerfectMind](#) or call 250.774.2541 ext. 1.

## Walking Track

Due to COVID-19 regulations, running is not permitted on the Walking Track until further notice. Masks are also mandatory now on the Walking Track (unless you have a condition which prevents you from wearing one). The walking track is always open during building operating hours.

## Public Ice Sessions

Updated January 6

	Puck and Stick
Tuesday	11:30-1:00PM
Wednesday	7:00-8:00AM & 11:30-12:45PM
Thursday	11:30-1:00PM
Friday	7:00-8:00AM & 11:30-1:00PM
Saturday	8:00 - 9:15AM & 4:30-6:00PM
Sunday	12:30-4:30PM
	Public Figure Skating
Tuesday	7:00-8:00AM
Thursday	7:00-8:00AM
	Sunrise Skate (quiet skate for families, seniors and relaxed adults)
Tuesday	8:30-11:00AM
Wednesday	8:30-11:00AM
Thursday	8:30-11:00AM
Friday	8:30-11:00AM
	Public Skating
Friday	3:15-5:15PM
Saturday	2:30-4:00PM
Sunday	12:30-4:30PM

Must register for ice use for contact tracing. Please register online at [nrm.perfectmind.com](http://nrm.perfectmind.com) or by contacting the customer service desk in person or at 250-774-2541 ext 1

# FRIDAY WALKERS GROUP

**What**  
Seniors will join Tony, a local volunteer paramedic, to enjoy a walk and a health check up in a safe indoor environment.

**When**  
Fridays 10:00 - 11:00am

**Where**  
The NRRRC Walking Track

**Questions**  
Visit [nrm.perfectmind.com](http://nrm.perfectmind.com) or call the Customer Service desk at 250-774-2541 ext 1 for more information

**Do you need transportation?**  
The NRSS senior bus is being sponsored by Rotary Fort Nelson

Call the Rec Centre to set up your pick up time

### Questions?



250.774.2541



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