

WINTER/SPRING 2026

JANUARY 1-APRIL 30, 2026

Recreation Guide



THIS GUIDE
IS YOUR
GATEWAY TO
RECREATION,
CULTURE,
AND
COMMUNITY
LIFE.





WELCOME

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Message from the Parks, Recreation & Culture Department

Hello and welcome to the first published recreation guide in over 10 years.

We've brought back a recreation guide to ensure that our community has easy access to the wide range of offerings that we deliver through our facilities and in partnership with community organizations. We will publish this guide three times a year; January, May and September.

We're thrilled to share this season's lineup of programs, events, and services designed to support your health, creativity, and connection to community. Whether you're diving into swim lessons, joining a fitness class, or discovering new arts and cultural experiences, there's something here for everyone.

The City of Terrace is committed to creating inclusive, accessible, and engaging spaces where residents of all ages and abilities can thrive. We're proud to offer opportunities that reflect the spirit of Terrace—active, welcoming, and deeply connected to the natural beauty that surrounds us.

This guide is your gateway to recreation, culture, and community life. We invite you to explore, participate, and make the most of what's offered. If you have questions, ideas, or feedback, we'd love to hear from you!

Land Acknowledgment:

The City of Terrace is situated on the traditional territory of the Kitsumkalum and Kitselas peoples, who have been stewards of this land since time immemorial. We are grateful to live, work, and play on this beautiful territory and commit to fostering respectful and collaborative relationships with our neighbours and partners.



How to Use the Guide

Our Recreation Guide is interactive – just click any program code or link to register or for further information!

Contact Information and Hours of Operation

Terrace Sportsplex

250-615-3000

pr@terrace.ca

Mon-Fri: 8am-4pm

3320 Kalum Street, Terrace, B.C.

Terrace & District Aquatic Centre (TDAC)

250-615-3030

aquaticcentre@terrace.ca

Monday - Friday: 8am-9pm

Saturday: 8am-5:30pm

Sunday: 11:30am-5:30pm

4540 Park Avenue, Terrace, B.C.

Stay connected! Follow us on:



facebook.com/CityofTerrace



Terrace Website: terrace.ca



Registration Information

Registration Information

- Registering for programs and accessing facilities through the City of Terrace Parks, Recreation & Culture Department is easy and accessible for all residents.

How to Register

- You can register for programs in one of the following ways:
- Online:** Visit www.terrace.ca/parks-recreation to browse programs and register 24/7.
- In Person:** Stop by the **Terrace Sportsplex** or **Aquatic Centre** during regular business hours.
- By Phone:** Call the Recreation Office at **250-615-3000** for assistance with registration.

What You'll Need

- A Recreation Account: Create or update your account online or in person here: [Home / City of Terrace Parks, Recreation Culture - Online Services](#).
- Learn how to create your Activenet account by watching this Youtube tutorial: [ActiveNet Tutorial \(2020\)](#)
- Payment Method: We accept credit, debit, and cash. Fee assistance may be available (see page 4).
- Program Details: Know the name, time, and location of the program you're registering for.

REGISTRATION DATES

Seasonal Registration Opens:

Typically, 2-3 weeks before the start of each season (Fall, Winter, Spring, Summer).

- Early registration is encouraged as programs fill quickly.**

Affordable Recreation Access Program

The City of Terrace's Parks, Recreation & Culture department offers the Affordable Recreation Program to individuals who receive funding or benefits through the following government programs:

- Ministry of Social Development and Poverty Reduction**
 - ◊ Regular Income Assistance Benefits
 - ◊ Persons with Disabilities (PWD)
 - ◊ Persons with Persistent Multiple Barriers (PPMB)
- Ministry of Employment and Social Development Canada**
 - ◊ Canada Pension Plan Disability (CPPD) assistance may be available (see page 4).

Individuals or who qualify for the Affordable Recreation Access Program will be issued a discount card with an expiry date following the above guidelines. This card will allow qualifying persons to receive a 50% discount on drop-in fees, a 10-Visit Recreation Membership, a 1-Month Recreation Membership, or a 3-Month Recreation Membership.

Registration form is available here: [Access Program](#)

Assistance

- KidSport:** Up to \$300 is available to children 6–18 years of age to pay for sport registration fees. [Download and complete the KidSport application](#) and drop it off at the Sportsplex.
- Jumpstart:** Up to **\$300** is available for children 4–18 years of age to pay for sport or recreation registration, equipment, or transportation. Apply for Jumpstart online here: [Home / Jumpstart](#)



Facility Rentals & Locations

Terrace & District Aquatic Centre (TDAC)

The TDAC includes:

- Big Pool (25 metre lap pool with 6 lanes, deep end, diving board, climbing wall)
- Leisure Pool (lazy river)
- Hot Tub
- Two Saunas (Dry Sauna and Steam Room)
- Accessibility features:
 - ◊ Universal change area with a fully accessible change room and shower
 - ◊ All pools are ramped for easy access
 - ◊ Accessible wheelchairs

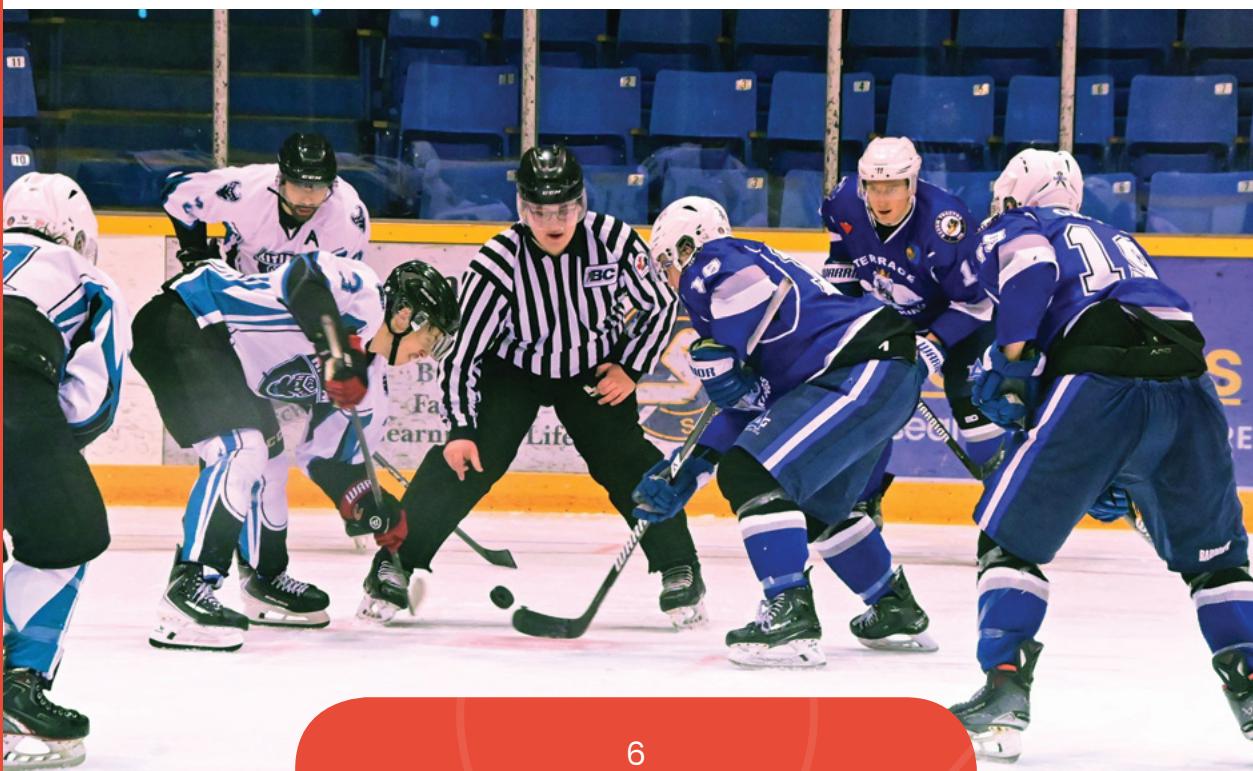


RENTAL OPTION	DESCRIPTION	PRICING & NOTES
Conference Room Only	Ideal for meetings, parties, and small events.	\$26.25 hourly \$100-\$200 damage deposit applies.
Conference Room + Public Swim	Affordable party option; shares the pools with the general public.	Rent the room (see rates below) and pay regular drop-in rates for guests.
Private Pool Rental	Exclusive use of the main pool and leisure pool (shared use of hot tub/saunas for 16+ general public).	Rent the room (see rates below) and pay regular drop-in rates for guests.

Terrace Sportsplex

A multi-function facility composed of:

- Two ice arenas that are used for hockey, skating club, ringette for all ages
- During the off season it can be rented as a dry floor for large functions such as trade fairs, weddings or private events
- Banquet room/kitchen is used to host fitness classes, banquets, dances, or meetings
- Rich McDaniel Room used for meetings, training or private events
- Multipurpose room overlooks the Hidber arena and can be used for birthday parties, small functions.
- Childcare space is dedicated to the City of Terrace childcare programs



Swimming Lessons (All Ages)

Swim for Life® Program

The Lifesaving Society's Swim for Life® program provides a complete, age-appropriate progression for learning to swim and staying safe in, on, and around the water. From infants to adults, swimmers build comfort, confidence, foundational skills, strong strokes, and endurance through fun, structured lessons.

Program Modules:

- Parent & Tot (4 months–3 years): Parents join their child in the water to build early comfort, buoyancy, movement, and water-safety habits.
- Preschool (3–5 years): Young swimmers learn floating, gliding, kicking, bubbles, submersion, and independence through playful skill-building.
- Swimmer (6–12 years): A complete learn-to-swim pathway, progressing from basic water skills to confident front & back crawl, deep-water abilities, diving, and endurance.
- Teen & Adult: Flexible instruction for beginners or swimmers wanting to improve technique and confidence.



PROGRAMS & ACTIVITIES - AQUATICS



Swim for Life® Levels	10 Lesson Set or Full Course
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Scheduled breaks from lessons, when private lessons will be offered:
February 9th to February 13th
March 16th to March 27th (Spring break)

PARENT & TOT (4 months-3 years)

Parents join their child in the water to build early comfort, buoyancy, movement, and water-safety habits. Focus: Comfort, buoyancy, splashing, supported movement, and early safety awareness.

Jellyfish	Parent & Tot 1 (4-12 months)	\$60.00
Goldfish	Parent & Tot 2 (12-24 months)	\$60.00
Seahorse	Parent & Tot 3 (2-3 years)	\$60.00

PRESCHOOL (3-5 years)

Young swimmers learn floating, gliding, kicking, bubbles, submersion, and independence through playful skill-building. Focus: Safe entries, blowing bubbles, floating, gliding, assisted and independent kicking, increased submersion, and early stroke readiness.

Octopus	Preschool 1	\$70.00
Crab	Preschool 2	\$70.00
Orca	Preschool 3	\$70.00
Sea Lion	Preschool 4	\$70.00
Narwhal	Preschool 5	\$70.00

SWIMMER (6-12 years)

A complete learn-to-swim pathway, progressing from basic water skills to confident front & back crawl, deep-water abilities, diving, and endurance. Focus: Floats, glides, flutter kick, front & back crawl, whip kick, treading water, dives, and endurance swims.

Swimmer 1		\$70.00
Swimmer 2		\$70.00
Swimmer 3		\$90.00
Swimmer 4		\$90.00
Swimmer 5		\$90.00
Swimmer 6		\$90.00

Swim for Life® Levels	Per Class Fee	10 Lesson Set or Full Course
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SWIM PATROL (Advanced Youth)

Focus: Advanced strokes, endurance, interval training, fitness challenges, and introductory lifesaving skills.

Rookie Patrol	Swimmer 7	n/a	\$100.00
Ranger Patrol	Swimmer 8	n/a	\$100.00
Star Patrol	Swimmer 9	n/a	\$00.00

PRIVATE LESSON

Private lessons (all ages) are available when there is capacity. Private lessons provide one on one instruction to focus on specific skill areas, or for those that are not comfortable in group settings.

Private Lesson	n/a	\$30.00	\$70.00
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Scheduled breaks from lessons, when private lessons will be offered:
February 9th to February 13th, March 16th to March 27th (Spring break)

TEEN & ADULT

Flexible instruction for beginners or swimmers wanting to improve technique and confidence. Focus: Water confidence, beginner skills, technique refinement, and endurance development.

Adult Swimmer 1-3		\$15.00	\$70.00
Junior Lifeguard Club		\$15.00	\$70.00



PROGRAMS & ACTIVITIES - AQUATICS

Lifesaving & Leadership Courses



Bronze Star

Bronze Star is a pre-Bronze Medallion training program that helps to prepare candidates for success in Bronze Medallion. The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill and personal fitness.

Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

Prerequisites

- Minimum 13 years of age or the Bronze Star award.

Recognition

- Bronze Star medal and electronic certification

Check here: for upcoming course dates. **[Training Programs & Courses | City of Terrace](#)**



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.

Prerequisites

- Minimum 13 years of age or the Bronze Star award.

Recognition

- Bronze Medallion medal and electronic certification

Currency

• If a Bronze Medallion award is used for employment (e.g. some jurisdictions require Bronze Medallion to supervise school groups or camps), the award must be current within two (2) years by attending a Bronze Medallion Recert.

Check here: for upcoming course dates. **[Training Programs & Courses | City of Terrace](#)**



Bronze Cross

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.

To be employed as an assistant lifeguard, an individual should be a minimum of 15 years of age and hold (at a minimum) a current Lifesaving Society Bronze Cross certification and a current Emergency First Aid certification.

Prerequisites

- Bronze Medallion (need not be current)
- Candidates are responsible for having the correct prerequisites. If you have any questions in regard to this please reach out to us.



Recognition

- Bronze Cross medal and digital certificate

Currency

• If a Bronze Cross award is used for employment (e.g. some jurisdictions require Bronze Cross to supervise school groups or camps), the award must be current within two (2) years.

Check here: for upcoming course dates. **[Training Programs & Courses | City of Terrace](#)**



Public Swim & Lane Swim Schedules



January 5-April 30, 2026

PROGRAMS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MEMBERS LAPS 16+		6-8am(3)	6-8am	6-8am(3)	6-8am	6-8am(3)	
BLUEBACKS		6-8am (3) 3:45-5:15pm 8-9pm (3)	3:45-6:15pm	6-8am (3) 3:45-6:15pm 8-9pm (3)	3:45-6:30pm	6-8am (3) 3:45-6:15pm	8:30am-12pm Whole pool
AQUAFIT		9-9:45am	8:30-9am 8-8:45pm	9-9:45am	8:30-9am 8-8:45pm	9-9:45am 8-8:45pm	
PARENT & TOT	11:30-1pm	8-10am 11:15am-1pm	8-9:30am 11am-1pm	8-10am 11:15am-1pm	8-9:30am 11am-1pm	8-10am 11:15am-1pm	11am-1pm
AQUA THERAPY		11-11:45am	11-11:45am	11-11:45am	11-11:45am	11-11:45am	
SCHOOL GROUPS		10-11am 1-2pm	1-2pm	10-11am 1-2pm	1-2pm	10-11am 1-2pm	
SWIM LESSONS		4-6:45pm	9:30-11:30am 4:30-6:45pm	4-6:45pm	9:30-11am 4:30-6:45pm		
LANES 16+	11:30-1pm	8-8:45am 11:45am-1pm 8-9pm	8-9:30am 11:45-1pm 8-9pm	8-8:45am 11:45-1pm 8-9pm	8-9:30am 11:45-1pm 8-9pm	8-8:45am 11:45-1pm 8-9pm	12-1pm
PUBLIC SWIMS	1-4pm	2-3:45pm 6:45-8pm	2-3:45pm 7-8pm	2-3:45pm 6:45-8pm	2-3:45pm 7-8pm	2-3:45pm 6:30-8pm	1-4pm
BIRTHDAY PARTIES	4:15-5:15pm						4:15-5:15pm
HOT TUB, SAUNA & GYM USE	11:30am-5:30pm	6-8am (Members Only) 8am-9pm	6-8am (Members Only) 8am-9pm	6-8am (Members Only) 8am-9pm	6-8am (Members Only) 8am-9pm	8:30am-5:30pm	

SCHEDULE INFORMATION

STAT Holiday Hours
11:30-4pm
» **February 16**
» **April 3**
» **April 6**
» **May 18**

STAT Programming
» Parent & Tot and Lane Swim 11:30am-1pm
» Public Swim 1-4pm

NID DAY Programming
Afternoon public swim starts at 1pm for all NID days.
» **January 30**
» **April 24**
» **May 15**

BLUEBACK MEET SCHEDULES
January 10, in house swim meet, Parent & Tot swim pushed to a 12pm start.
REGIONAL SWIM MEET PUBLIC ACCESS INFORMATION:
January 23-25 & June 5-7
Pool deck closed to the public Fridays at 3:30pm, reopening to regular schedule Mondays. Closed Friday, Saturday and Sunday.

POOL & FITNESS CENTRE INFO

Pool Admission

All children 7 years and under must be accompanied by an adult (must be 16 years of age or older) and stay within arms reach of that adult at all times while within the facility.

Maximum of 3 children (under the age of 8) per 1 adult.

Fitness Centre Admission

Ages 14+ can use the gym unsupervised.

However, those under age 16 need to have an informed consent form on file that's signed by a parent or legal guardian. Forms available at the front desk.

Youth ages 12 and 13 may only use the gym under the supervision of a parent or legal guardian (limit 1 youth per parent, legal guardian or instructor).

Swim Block Descriptions

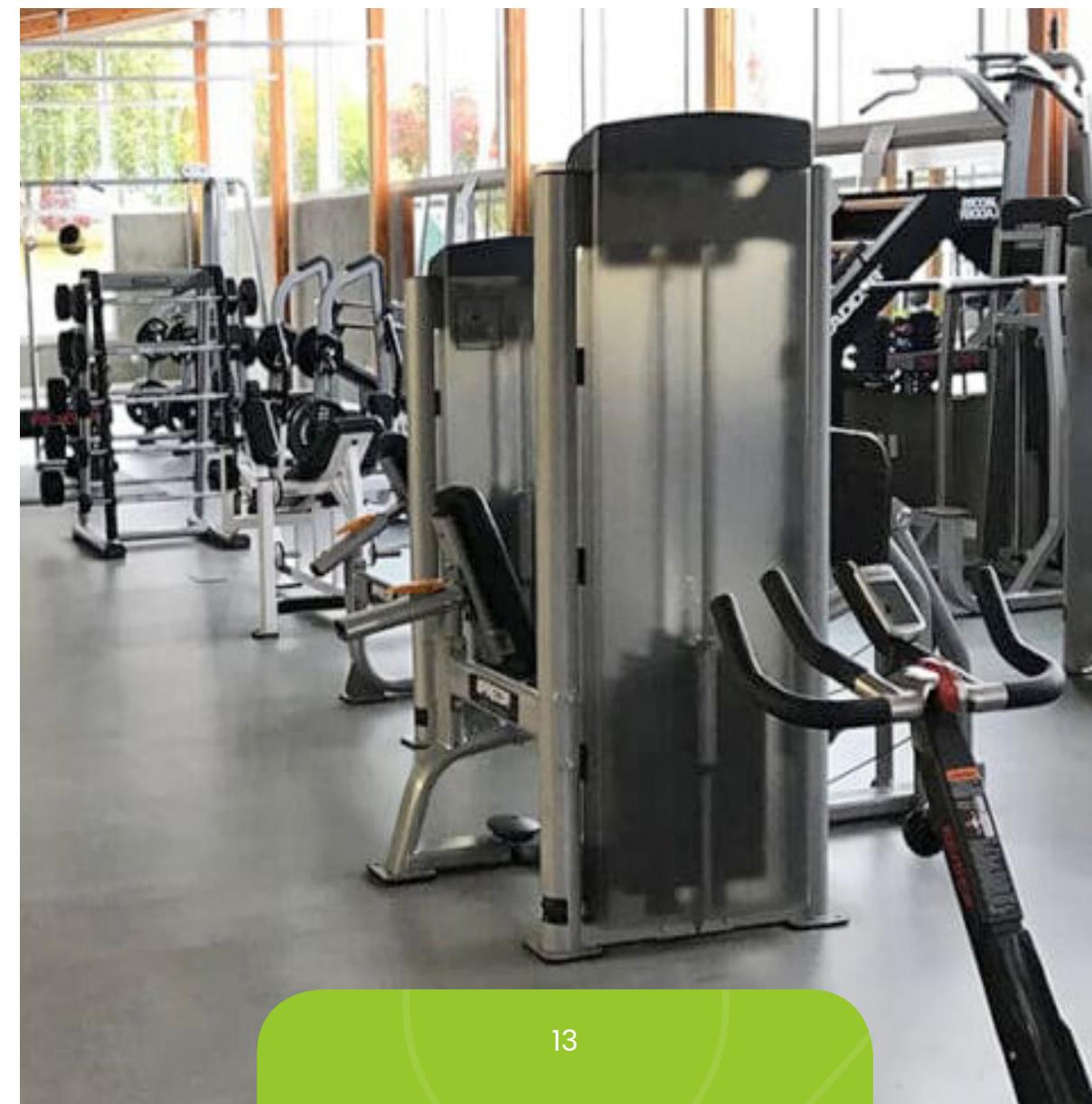
- » **Members Laps & Gym Use:** For membership holders only; no cash, debit, drop-ins, or locker rentals.
- » **AquaTherapy:** Offers pool space for water walking, aqua fit and rehabilitation self-led activities.
- » **Aquafit:** Ages 16+ (instructor-led).
- » **Parent & Tot:** Leisure pool only; children must be under 8 years of age.
- » **School Groups:** Leisure and main pools closed to public; family changing room closed to public. Hot tub and saunas open to public.
- » **Children's Lessons:** Leisure and Main Pools closed to the public. Hot tub and saunas open to ages 16+.
- » **Lane Swim:** Ages 16+. No water walking or Aquafit permitted
- » **Public Swim:** All ages welcome.
- » **Birthday Parties:** Leisure and Main are for birthday party rental use only, Whirl, Sauna's and gym are open to the public. 16+ for Whirl/sauna's during this time.
- » **Gym Use:** Ages 14+ (12+ with adult supervision).
- » **Hot Tub, Sauna & Gym Use:** Adults only while birthday parties and swimming lessons take place.
- » **Climbing Wall:** Open for use during public swim times.
- » **Cold Plunge Tub:** Ages 16+, Chilled water for recovery, circulation, and muscle relief. For health and safety, use is restricted to guests 16+.



Gym Schedule (TDAC)

The Terrace and District Aquatic Center features a Fitness center, including free weights, cardio machines and more!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-8am members only 8am-9pm	6-8am members only 8am-9pm	6-8:00am members only 8am-9pm	6-8am members only 8am-9pm	6-8am members only 8am-9pm	11:30am-5:30pm	11:30am-5:30pm



FITNESS & WELLNESS



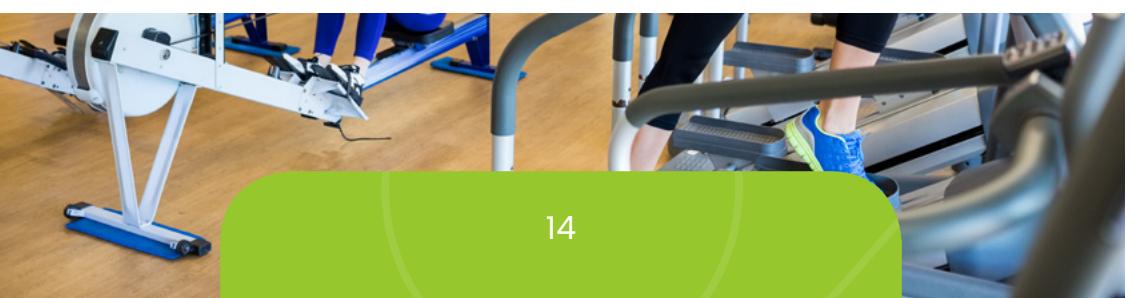
Gym Requirements

Age Requirements for Fitness Center:

- Ages 14+ can use the gym unsupervised. However, those under age 16 need to have an informed consent form on file that is signed by a parent or legal guardian.
- Youth ages 12 and 13 may only use the gym under the supervision of a parent or legal guardian (limit 1 youth per parent, legal guardian or instructor).

Fitness Center Orientations: These are designed to familiarize you with our facilities and give you an orientation of the basics of strength and functional training. An orientation is recommended before using our facilities. Please inquire at front desk if needing an orientation.

2026 Fees	Child (12)	Youth (13 -18)	Adult (19-59)	Senior (60+)	Family (Up to 2 adults & up to 3 children)
Drop-In	\$3.25	\$4.10	\$6.60	\$4.10	\$13.55
10 Visit Recreation Membership	\$28.85	\$36.90	\$59.55	\$36.90	\$121.95
1 Month Recreation Membership	\$32.05	\$40.95	\$66.15	\$40.95	\$135.50
1 Month Combo (Swim and Skate)	\$36.85	\$47.10	\$76.10	\$47.10	
3 Month Recreation Membership	\$81.70	\$104.50	\$168.75	\$104.50	\$345.60
6 Month Recreation Membership	\$153.80	\$196.70	\$317.70	\$196.70	\$650.55
1 Year Recreation Membership	\$288.40	\$368.75	\$595.70	\$368.75	\$1,219.75



Fitness Centre Policies:

- Clean indoor shoes and proper gym attire are required. No bathing suits or bare feet.
- Gym users have access to change rooms for showers.
- Gym users have access to the saunas/hot tub (except when pool capacity capping is in affect).
- Any injuries and/or signs of dizziness, chest pain, or fatigue are to be reported to the front desk.



Adult Group Fitness Classes

Schedule subject to change. Participants are encouraged to check our website for any schedule changes or call the Sportsplex (250-615-3000) to ensure they have the most up to date schedule.

Monday	Tuesday	Wednesday	Thursday	Friday
9-10am Tune-up w/Sue 12:10-12:50pm Total Body Express w/Janice	9-10am Tai Chi w/Avya 10:30-11:30 am Forever Fit w/Sue 5:15-6:15 pm Yoga w/Barb	9-10am Mostly Muscle w/Sue	9-10am Tai Chi w/Avya 10:30-11:30 am Forever Fit w/Sue 1-2pm Chair Yoga w/Kelly	9-10am Cardio Combo w/Sue 1-2pm Love Life Fitness w/Laura

All fitness classes are scheduled to take place in the Sportsplex Banquet Room, unless otherwise specified.

To register for classes, please visit our website at **[Fitness Classes | City of Terrace](#)**

CLASS DESCRIPTIONS:

Cardio Combo

Want to change up your workout routine? Try this high-energy class, which combines aerobic moves on the floor or step with intervals of upper-body strength moves using free weights. Follow these fun sequences with a brief Bender ball routine for your abs and release the week's tension with deep relaxation techniques to end the class feeling invigorated and energized for the weekend.

Chair Yoga

Join us for the soothing practice of Chair Yoga, a class designed to bring balance, flexibility, and relaxation to your mind and body. This accessible and inclusive yoga class is perfect for individuals of all ages and abilities, including those with limited mobility or physical challenges..

Forever Fit

Turn back the clock with this light-hearted, fun-filled class and improve your fitness level while socializing with others who value a healthy lifestyle. Designed to promote joint mobility, full range of motion, and increased cardiovascular health, this class will combine gentle aerobics with strength and flexibility exercises. Enjoy a relaxing cooldown and leave the class feeling positive about yourself and the day ahead!



Total Body Express

This fast-paced, full-body workout is designed to maximize results in just 40 minutes. Start with a 5-minute warm-up, then elevate your heart rate with 15 minutes of cardio intervals. Move into 15 minutes of strength and core exercises to build muscle and stability, and finish with a 5-minute stretch to relax and reset. Perfect for all fitness levels looking for an efficient, balanced session.

Tune-Up

A high-energy class that focuses on a variety of low-impact cardio moves for fun and fitness. Abdominal and stretching routines complete this workout to ensure maintenance of strength and flexibility.

Love Life Fitness

A workout for people of all fitness levels. Whatever your needs, we will work on accommodating! Whether you have sensory issues and we need to turn down the music and lights, or you're in a wheelchair and need exercise modifications, come on down! We aim to foster a space for inclusion, friendship, and fun. Our workout will be a combination of floor exercises, weights, dancing, and stretching.

Mostly Muscle

Like variety? Enjoy a smorgasbord of strength exercises designed to tone all of the major muscle groups with a variety of small equipment including free weights, dyno bands, weighted balls, and gliders. Tone your abdominals with Bender balls and improve your flexibility with a comprehensive stretching routine to end this class feeling strong and healthy.

Tai Chi

Everyone is welcome to this class, a self-paced system of gentle exercises and stretching that aids in the reduction of stress and anxiety. A regular practice helps increase flexibility and balance.

2026 Fees	Youth (13-18)	Adult (19-59)	Senior (60+)
Drop-In	\$5.30	\$7.35	\$5.30
10 Visit Recreation Membership	\$47.25	\$66.15	\$47.25
1 Month Recreation Membership	\$52.55	\$73.55	\$52.55
3 Month Recreation Membership	\$133.95	\$187.50	\$133.95

Public Skating & Drop-In Programs

Skating programs are held at the Terrace Sportsplex in either the Hidber or Main Arena.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30-11:30 am Family Skate	12-1pm Community Laps Just like Public Skate, but on your lunch break! Enjoy the peace and quiet as you get some exercise. Please check in with the Sportsplex Front Desk upstairs before going on the ice. All ages welcome.	10:30-11:30am Family Skate	12-1pm Adult Sticks & Pucks	10:30-11:30am Family Skate	12:30-2:00pm Public Skate	12:30-2pm Public Skate
12-1pm Adult Figure Skating	12-1pm Noon Hour Hockey	6:30-7:30pm Family Sticks & Pucks	3:45-4:45 pm Public Skate	12-1pm Noon Hour Hockey		
12-1pm Noon Hour Hockey						



PUBLIC SKATE PROGRAM DESCRIPTIONS

- All children 10 and under must wear helmets.**
- Skate/helmet rentals are available for a fee of \$2 each.

Public Skate - all ages

Everyone is welcome during our public skates!

Family Skate - all ages

A great opportunity for parents to bring their children out on the ice without worrying about the hustle and bustle. We are stroller friendly but do require wheels to be clean of dirt and debris.



SPORTS & RECREATION



Adult Figure Skating - ages 16+

An opportunity to dust off your figure skates and spin and glide across the ice.

Noon Hour Hockey - ages 18+

for your lunch break exercise! Registration opens on the day of the skate at 8:30am. Space for 20 skaters and 2 goalies. Spots fill up fast and the first to register and pay, get to play.

NID (Non-Instructional Day)

Public Skate

Throughout our ice season we will have free NID Public Skates from 12:30-2pm.

January 30, 2026 | 12:30-2pm | Hidber Arena



Adult Recreation & Drop-In Programs

Adult Recreation Volleyball

Register as a co-ed team and join us every Wednesday at the Northwest Trades Building (Old Thornhill Jr Gym) for a night of volleyball. We'll do a round robin so you get to play each team once each week. After each week, teams will be reseeded based on their record. Top teams move to competitive division, while those simply out for a good time will play in the recreational division.

Register here - [**Adult Recreation Volleyball**](#)

Line Dancing

Come on out and learn the beginning steps to line dancing, we'll have some of the old cowboy saloon dances and some of the new! Great exercise and tons of fun! No previous experience or partner required!

Classes will run from February 3-26 every Tuesday/Thursday from 7:00-8:00 in the Sportsplex Banquet Room.

Registration opens December 29 and register here: [**Line Dancing**](#)

Social Dancing

Dancing with Kelly and Richard! These sessions will include the Rumba, Cha Cha and Salsa! Alternative sessions for Social dancing include Foxtrot, Jive, and the Waltz. Beginners to advance all levels welcome to join for fitness, fun and friends!

Register here - [**Social dancing**](#)

Adult Intro to Hockey- Level 1 & 2

Level 1 - Come learn the great game of Hockey!

We'll have instructors teaching the fundamentals of skating, passing and shooting through drills and games.

This program is aimed for adults who are wanting to learn how to play hockey in a stress free and welcoming environment. Full equipment is required.

Register here - [**Adult Intro to Hockey - Level 1**](#)

Level 2 - This program is designed for players who have already completed Intro to Hockey - Level 1 (or have similar experience) and are ready for the next step in their development. Level 2 shifts toward skill development and game awareness.

Full equipment is required.

Register here- [**Adult Intro to Hockey - Level 2**](#)





Children & Youth Licensed Childcare



The City of Terrace offers two licensed programs for children, a school age group program and a preschool program at the Terrace Sportsplex.

Licensed Preschool (Ages 2.5 to 5 years old): Little Explorers Preschool

Focusing on games, science activities, arts, crafts, baking, and outdoor play. Calling little explorers to join us in our licensed preschool! We will be playing games, exploring science activities, doing arts and crafts, baking, circle time and playing outside! Join us for three days a week! Please pack your snack and your outdoor gear and come join us for the fun! You are encouraged to leave indoor shoes and a change of clothes at the centre. This is a program for children ages 2.5-5 yrs old.

- Click here for more information and to apply: [Application Form - School Age Program | City of Terrace](#)

Licensed Before and After School Childcare (School-Aged):

Spaces are available in the City of Terrace's before- and after-school care for school-aged children. The program, which can care for a maximum of 30 children, operates in the Terrace Sportsplex multipurpose room, and includes transportation to and from school.

- Click here for more information and to apply: [Application Form - School Age Program | City of Terrace](#)

Full Day Childcare (Non-instructional Days and School Closure Days)

The City of Terrace offers licensed full-day child care and activities for children from Kindergarten to 12 years. Care is available for NID days and school closure days (Christmas, Spring, and Summer).



Children & Youth Drop in Activities

The City of Terrace offers two licensed programs for children, a school age group program and a preschool program are at the Terrace Sportsplex.

"Drop and Go" Super Saturdays

Drop your preschooler and school aged kids off with us for a few hours for games, activities, crafts, baking and more! Each month we will explore a different theme, from dinosaurs to super heroes to holiday themes.



January 10
Let it Snow!



February 14
Valentine's Fun!



March 14
St. Patrick's Day Fun!



April 18
Celebrating The Earth!

Sportsplex | 10am-2pm | Multi Purpose Room 3

Parent and Tot Cookies and Crafts class

Join your toddler 12months to 3yrs old to bake cookies and create crafts. We will even make a snack that we can enjoy during the class! We always end with some stories and songs too!



January 20
Cookies & Crafts



February 12
Cookies & Crafts



March 10
Cookies & Crafts



April 9
Cookies & Crafts

Sportsplex | 9-11am | Multi Purpose Room 3&4





Special Events Children & Youth

NID (non-instructional day) events:

- **January 27**
 - Family literacy Day, 10-11am
- FREE Public Skate, 10am-12pm
Hot chocolate and activities in Sportsplex Lobby.
- **January 30**
 - Lego Day swim, 9:45-11am and 1-3:45pm
 - Skate 12:30-2pm
- **April 24**
 - Earth Day swim, 9:45-11am and 1-3:45pm. Event in the banquet room.



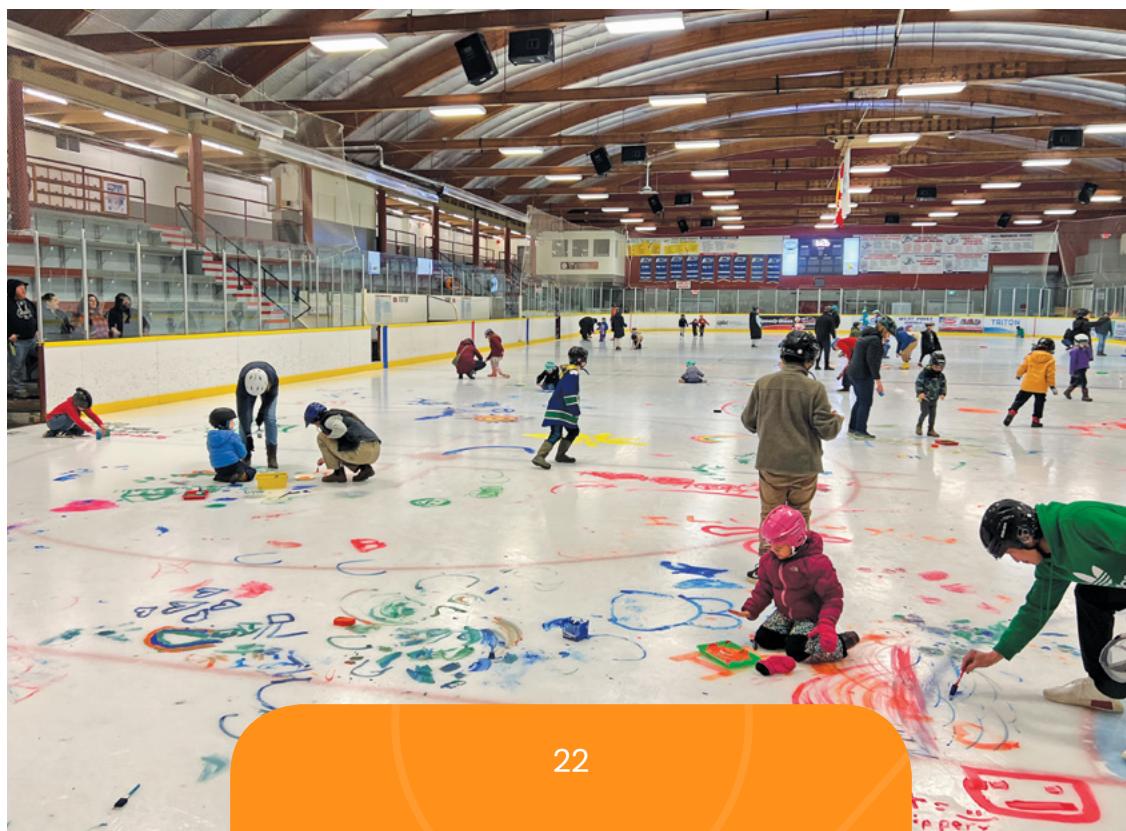
Family day event

- **PAINT THE ICE EVENT**
Thursday, March 19
6-7:30pm

Join us as we celebrate the end of the ice season with painting and fun!

We provide the paint and brushes, you provide the creativity!

Helmets will be mandatory for those under the age of 10.
(Some helmets available on a first come first served basis.)



Spring & Summer Camps

Little Olympians

Little Olympians is geared towards **3-5 year olds** looking to get outside, be active and learn new skills! Together we will learn coordination and fundamental skills to start on the successful path for fun, games and organized activities! All classes will be held at Skeenaview Park. No equipment necessary.

Registration for all intakes, opens April 9, at 9am.



Little Olympians 1
May 11-June 29
Monday/Wednesday
3:30-4:15pm



Little Olympians 2
May 11-June 29
Monday/Wednesday
4:30-5:15pm



Little Olympians 3
May 11-June 29
Monday/Wednesday
5:30-6:15pm



Little Olympians 4
May 12-June 25
Tuesday/Thursday
3:30-4:15pm



Little Olympians 5
May 12-June 25
Tuesday/Thursday
4:30-5:15pm



Little Olympians 6
May 12-June 25
Tuesday/Thursday
5:30-6:15pm





Tween & Teen

Movie & Fun Night Drop-Ins!

Inviting all **tweens** ages 9-12 years **old** to join us at the Sportsplex once a month for an evening of baking, crafts, games and/or movies. Each month is a new event!

Teens 13-18 are invited to come hang out once a month at the Sportsplex. We'll provide everything you need for a super fun night of activities, games, crafts and/or movies. Every month is a new event.



Dungeons & Dragons

Are you ready to embark on an epic journey filled with magic, bravery, and teamwork? Our brand-new Dungeons & Dragons Adventure invites adventurers ages **8-10** and **11-17** to step into a world of imagination and excitement!

Register for each session here:



Seniors Fitness & Wellness Programs

Seniors Can Move

The Seniors Can Move program is designed to improve the agility, balance, coordination, and strength of adults 65+ years of age. Through games and gentle exercises, we reacquaint seniors with fundamental movement skills they may no longer be practicing due to inactivity, pain, illness, or surgery: walking, marching, throwing, catching, and balancing – even skipping. Using soft, high mats, we work towards teaching participants how to fall safely and get back up again.

- **January 5-March 12**
Mondays, 10:15-11:15am
Terrace Peaks Gymnastics Centre
[Click here to register!](#)
- **April 13-June 15**
Mondays, 10:15-11:15am
Terrace Peaks Gymnastics Centre
[Click here to register!](#)

Fitness Classes

Our wide array of fitness classes have components geared towards seniors with modifications available for each class. We do have classes specifically designed for seniors in mind such as Chair Yoga and Forever Fit. Please view our full fitness schedule on pages 15 and 16 for class description.



Seniors Events & Social Activities

Seniors Tea & Social

We offer monthly social gatherings for seniors featuring crafts, and a variety of engaging activities. Look here for the monthly calendar of events at the Sportsplex.

- **January Tea & Social**
Thursday, January 22
1-3pm
Banquet Room
[Click here to register!](#)
- **February Tea & Social**
Friday, February 13
1-3pm
Banquet Room
[Click here to register!](#)
- **March Tea & Social**
Wednesday, March 11
1-3pm
Banquet Room
[Click here to register!](#)
- **April Tea & Social**
Thursday, April 16
1-3pm
Banquet Room
[Click here to register!](#)





SENIORS



Senior's Drop-in Games

- **1:00-3:00 pm**

Last Tuesday of the month
(January 27, February 24,
March 31)

Terrace Sportsplex

For those seniors looking
for something more active,
drop-in games and activities
will be on the last Tuesday of
the month in the Sportsplex
Banquet Room from 1-3pm
for FREE.

Seniors Walking Club

Coming Soon!

Stay tuned here for dates:

Join our Seniors Walking Club
as we get out of the cold and
into the Sportsplex. We'll track
our progress throughout the
facility with our preset distance
markers. Take the stairs, or the
elevator, to match your mobility
means.



Parks, Fields & Trail Systems

**Available (with a permit) for:
EVENTS, GAMES, PRACTICES
& TOURNAMENTS**

- Bailey Fields North
- Bailey Fields South
- Caledonia
- Cassie Hall
- Christy Park
- Elks Park Fields
- Kerr Rotary Ball Diamond
- Riverside Ball Diamond
- Skeena Middle
- Thornhill Cricket Ground
- Thornhill Junior
- Thornhill Primary
- Uplands

**Available (with a permit) for:
EVENTS**

- George Little Park
(downtown)
- Ferry Island
- Elks Park
- Xpilaxha (Nelson) Trail
- Constable Buday Park
(behind Mountain
Vista Drive)
- Skeenaview Park
(Halliwell Tennis Courts)



Field bookings open to the
public on March 1st of each
year with a submission
deadline of March 31st.
Field bookings are available
for soccer, softball and
other sports. To receive a
form please send request
to pr@terrace.ca



OUR GREEN SPACES & PLACES



Other Facilities

Terrace Public Library

The Terrace Public Library is a welcoming community hub offering books, e-books, audiobooks, magazines, DVDs, and a growing Library of Things. Visitors can enjoy public computers, free Wi-Fi, study spaces, and a wide range of digital resources through the library's e-library collection. The library regularly hosts programs and events for all ages, making it a central place for learning, creativity, and community connection.

HOURS:

- **Monday:** 1pm-5pm
- **Tuesday-Thursday:** 10am-9pm
- **Friday-Saturday:** 10am-5pm
- **Sunday:** Closed

LOCATION & CONTACT

- **4610 Park Ave, Terrace, BC**
- **250-638-8177**
- **terracelibrary.ca**

Bike Shelters – Safe, Free, and Weather-Protected

The City of Terrace offers four secure bike shelters located at the Aquatic Centre, the Public Library, City Hall, and the Public Works Building. These shelters provide a free, weather-protected space for anyone cycling to programs, winter activities, or community events.

Access is provided by individual access code, and each user must submit their own quick application for the shelter they'd like to use. Bikes must still be locked inside, and overnight storage isn't permitted. **Secure Bike Parking Use Agreement.**



Voyent Alert! is the City of Terrace's official notification system, providing timely updates for both emergencies and day-to-day notices like snow removal, water advisories, and service interruptions. Registration is free, easy, and anonymous, and you can choose to receive alerts by app, text, email, or phone. You can also track multiple locations—such as home, work, or school—to get messages that matter most to you. Stay informed and stay safe with Voyent Alert!

Voyent Alert! | City of Terrace

