



Christmas Gift & Craft Fair

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Come out for a great selection of handmade crafts and gifts as well as the ever popular International food fair.

There is something for everyone!

Friday November 3rd from 5 pm to 9pm

Saturday November 4 from 10 am to 4 pm

Entry Fee: \$4 for Adults

Seniors and Students \$3 and under 6 is free.



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[Fall 2017 Leisure Guide](#)

2nd Annual Gingerbread House Challenge

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Due to the success last year, we are hoping to have even more entries this year. Rules are: More than 3/4 must be made of gingerbread and the board can be no bigger than 24" X 26".

Please preregister by Nov. 29 at 9:30 pm.

The Gingerbread Creations must be brought to Riverlodge no later than November 30th by 9 pm.

Entry fee is a donation of an unwrapped gift for the Kitimat Food Bank.



November is Food and Friends & Fitness Month

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Bring a food item any time you come to work out, participate in classes, or use the gym. The more items you bring in the more tickets you will receive!



Feeding the Community



Fri., Nov. 17
7 - 10 pm
3 or 5 km Route

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Cooking Classes



Click on Skaters for Skate/Shinney

Gym/Weightroom schedule

Healthy Pancake Breakfast
 Wednesday Nov. 1, 9:30 - 11 pm
Healthy Chocolate Truffles
 Wednesday Nov. 1, 6:30 - 8 pm

Homemade Pasta and Ravioli
 Tuesday Nov., 21, 6 - 9 om



Click on swimmer for Fall Swim Lessons

Red Cross Emergency First Aid



For 12 yrs + - An overview of emergency first aid and CPR (adult, child and infant), including AED training.
 Sat., Nov. 25, 9:30 am to 6:30 pm.



Fitness and Yoga Programs



Pool Schedule

	SUN	MON	TUES	WED	THURS	FRI	SAT	
Pool Open	1:30- 9 pm	9 am - 1 pm & 3:30- 9 pm	9 am - 1 pm & 3:30- 9 pm	9 am - 1 pm & 3:30- 9 pm	9 am - 1 pm & 3:30- 9 pm	9 am - 1 pm & 3:30- 8 pm	1:30- 8 pm	
Early Bird	OCT. 2- Dec. 15	6- 9 am**		6- 9 am**		6- 9 am**		
Water Park	1:30- 4 pm & 6- 8 pm	Water Park Swims Mon. - Fri. 6- 8 pm (one lane available) Water Slide & Spray Park open during these times!						1:30- 4 pm & 6- 8 pm
Family Swim	4- 6 pm	Swim Club & Lessons Mon. - Fri., 4- 6 pm No lanes available						4- 6 pm
Adult (18 year +)	8- 9 pm		8- 9 pm		8- 9 pm			
Aquafit		9:10- 10 am 8- 8:45 pm		(Men's) 8-8:45am 9:10- 10 am		(Men's) 8-8:45am 9:10- 10 am		
Lane Swim	ONE LANE 1:30- 8 pm ALL LANES 8- 9 pm	ALL LANES AVAILABLE: 9 am - 1 pm AND 8- 9 pm ONE LANE AVAILABLE: 6- 8 pm					ALL LANES 9 am - 1 pm ONE LANE 6- 8 PM	ONE LANE 1:30- 8 pm



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Fall 2017 Leisure Guide

Remembrance Day Weekend Hours

	Riverlodge	Sam Lindsay Aquatic Centre
November 11	Closed	Closed
November 12	8:30 am - 9:30 pm	1:30 - 8:30 pm
November 13	8:30 am - 9:30 pm	8:30 am - 9:00 pm

For information call Riverlodge at 250-632-8970 or visit www.kitimat.ca