



Kitimat Rail Jam Competition

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Calling all winter enthusiasts! young and old alike. Come and show off your snowboard and ski skills. This event will entertain the whole family!! There will be food vendors, beverages and prizes for the winners!



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3rd Annual Gums and Hoses Game

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Come out and watch your local police force take on your local firemen in this annual charity hockey game. As well, there will be a silent auction, raffle table, hardest shot contest and a Frisbee toss.



**All proceeds raised go to help
KidSport Kitimat.**





Public Skating and Shiny schedule link



Pool Schedule
Click on link.



Winter Swim Lessons
Link



Gym/Weight room
schedule



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Workshops

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- Felting Workshop Series
- Homemade Bath Bombs
- Homemade Lasagna and Garlic and more....



Fitness

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Kickboxing, Step 'n Sculpt and Interval Step, as well we have a returning favorite Pilates Mat!

For the Aquatic Fitness enthusiast we have Shallow Water, Shallow Water Energizer, 50 and Better Men's Aquasize and Therapeutic Water Walking.



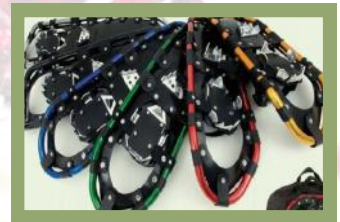
Keiser Spin classes

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:15 - 7 pm Rhythm Ride Tony	5:45 - 6:45 pm Spin Yoga Fusion Cori	6:15 - 7 pm Rhythm Ride Angela	10:45 - 11:30 am Senior Cycle Tony

Snowshoe Rentals

We have Men's and Women's snowshoes available for rent. Get out and enjoy our beautiful snowy trails this winter.



Winter Holiday Closure

	Riverlodge	Tamitik
January 1st	Closed	Closed

Ice Rentals Available! Contact Shane 250-632-8955