



it's
Spring!



DISTRICT OF
SUMMERLAND

Summerland Spring Recreation Guide 2017

New!

OnLine Registration starts Mar. 7/17
www.summerland.ca

13205 Kelly Ave. Summerland, BC
250-494-0447

 facebook.com/SummerlandRec



Summerland's 2017 Runs and Races

Giant's Head Grind May 20, 2017
www.giantsheadgrind.com info@giantsheadgrind.com

Man of Steel Triathlon June 3, 2017
Summerland Parks & Recreation 250-494-0447 www.runningroom.com

Giant's Head Run - 35th Anniversary 5km & 10km. June 3, 2017
Summerland Parks & Recreation 250-494-0447 www.runningroom.com

Ride The Giant (Freeride Longboards) June 26-28, 2017
Andrew 778-688-3741 www.giantsheadfreeride.com

GranFondo (Cycling) www.granfondoaxelmerckx.com July 9, 2017

TriPower Open Water Swim Event July 16, 2017
www.tripowertriclub.com Melissa Berrisford bmelissa@telus.net 250-462-4338

4th Annual Fun in the Sun Triathlon July 22, 2017
www.tripowertriclub.com Melissa Berrisford bmelissa@telus.net 250-462-4338

ULTRA520K Canada www.ultra520kcanada.com August 5-7, 2017

Summerland Orca Sprint Triathlon & Kids of Steel Race September 3, 2017
www.orcaswimclub.net

Terry Fox Run September 17, 2017
terryfoxrunsummerland@gmail.com Heather or Mike 250-488-3415

Test of Humanity September 17, 2017
www.testofhumanity.com

Summerland Sweets 7.4 km Cross-Country Race and TriPower 3.2 km Run October 1, 2017
Mike Braid (7.4 km) jamibraid@shaw.ca and Melissa Berrisford (3.2km) bmelissa@telus.net

For more information on runs and races call 250-494-0447

GENERAL INFORMATION

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The Fine Print...

BROCHURE INFORMATION

Although every effort is made to ensure the contents of this brochure are correct at the time of printing, periodically misprints do occur or circumstances change. The Summerland Recreation Department reserves the right to make changes as required.

WHY GOOD COURSES GET CANCELLED

Nothing ends a good course faster than everyone leaving it to the last minute to register. There is a point when the program staff check (usually one week prior to start date) the class registration. If there are not enough people registered, the class has to be cancelled. So, please register early!

CLASS SIZE

Safety, quality and cost are the prime considerations when determining class size.

HOLIDAYS

Programs will NOT be held on statutory holidays unless indicated otherwise.

PICTURE THIS!

We often take photos of special events and recreation programs. Sometimes we display them or put them in our brochure. If you have any objections to a picture of you or your child being printed, please let us know.

CANCELLATIONS

The Parks & Recreation Department reserves the right to cancel programs. This will only be done when circumstances deem it necessary. Every effort will be made to notify participants if this should happen.



RECREATION STAFF

Administration:

Acting Recreation Manager - Joanne Malar

Accounting Assistant - Nicole Lawrence

Administration - Kim Chadwick

Program Coordinator - Laura McCarron

Arena:

Mike Fetterer, Darren Krell, Eric Laflamme, Jeff McCabe

Aquatic & Fitness Center:

Lifeguard Instructor II ~ Ed Casavant

Maintenance, Lifeguard/Instructor ~ Shawn Landriault

Staff ~ Wanda Ward, Lynn Ellis, Julian Northcote, Kelsey McKay,

Taylor Arkesteyn, Lois Dickinson, Jessica Jonas,

Darlene Hundal, Aysha Curley, Mitchell Head.

If you have any questions about our programs and facilities, please do not hesitate to ask. One of our friendly staff will be more than happy to help you. Stop by our facilities or call 250-494-0447.



Adults 19+ can enter the Open Rec (Recreation) Category in Summerland's Man of Steel Triathlon on June 3rd.

Give yourself something fun to train for!

Bike: 7 am - 1 loop around Giant's Head Mountain (10.1km)

Swim: 9 am at Aquatic Centre

400m (16 lengths of the pool)

Run: 6 pm - Giant's Head Run (5.7km route)

Join in
on the
Fun!

Register @ www.runningroom.com

RESOURCE DIRECTORY

ARTS & CULTURE

Art Club	Mary Scales.....	250-494-5851
	Maureen King	250-494-3126
Community Arts Council & Gallery.....	Office	250-494-4494
Dance, Summerland School.....	Eva Goss	778-516-5583
Kettle Valley Steam Railway		250-494-8422
Museum & Archives.....		250-494-9395
Pleasure Painters.....	Ruth Manning	250-494-1186
Potters Guild	Elizabeth Wrobel	250-494-5243
Singers & Players	Bob Read	250-494-1264
Summerland Library		250-494-5591

SPORTS

Baseball, Minor	Terry Rolston.....	250-462-8146
Broomball, Ladies	Jenny Nemeth	250-494-1998
Curling Club.....	Steve Callaghan	778-516-4516
Dragon Boat/Outrigger.....	Don Mulhall.....	250-488-3100
Fencing	Manuel Belmonté.....	250-494-3105
Hockey		
Canucks	Al Vandermeij.....	250-809-4400
Culls	Dan Trotter.....	250-494-1482
Ladies.....	Judy Beck.....	250-494-7410
Minor	Terry Rolston.....	250-462-8146
Oldtimers.....	Gord Young	250-494-8757
Still Playing Hockey	Kevin Lodermeier	250-494-4947
Golden Jets	Larry Hollenbeck	250-494-7805
Horseshoe Club	Ron Moser	250-494-0450
Karate Club.....	Chris Taneda	1-250-768-2241
Lacrosse, Minor	Penni King.....	1-250-497-7944
Nautilus Diving	Scotty Strickland	250-490-4635
Pickleball,		
Summerland Pickleball Club	Angela Sielmann	250-276-4323
Sailing Club	Pam Hinchliffe	250-494-7552
Scuba	Steve Toth	250-809-7311
Skating Club	Lidia Kotulska	778-516-0220
Skiing, Apex Club	Jorgen Anderson	250-809-5727
Nickel Plate.....	Office	1-250-292-8110
Slo Pitch.....	Kyle Longbotham.....	250-494-9670
Soccer		
Mens.....	Harry Kwok.....	250-494-9129
Mini/Youth Soccer.....	Office	778-476-5888
Penticton Soccer Club (Mens/Womens).....		250-492-5505
Pinnacles Football Club.....	Ezra Cremers.....	778-476-5888
Softball, Girls.....	Cynthia Cutt	250-404-0519
Special Olympics.....	Linda Galpin.....	250-488-2403
Squash	Tricia Hoyer	250-494-0244
Swim, Orca Club.....		www.orcaswimclub.net
Swim, Orca Masters.....	Mike Cooke.....	thecookes@shaw.ca
Swim, Summerland Synchro.....	Lora Nield	250-494-8349
Tennis	Doug Holmes	250-494-0437
Triathlon, TriPower.....	Melissa Berrisford	250-462-4338
Volleyball, Senior	Frank Martens.....	250-494-4666
South Okanagan	Karen Finlayson	250-460-0776
Yacht Club.....		250-494-8312

MISCELLANEOUS COMMUNITY ORGANIZATIONS

Alzheimers Society of BC	Laurie Myres	250-493-8182
B.C. Seniors Games	Lynn Schulberg.....	250-494-1786
Boys & Girls Club		250-404-0440

Canadian Cancer Society.....	May Lalonde.....	250-494-9224
Critteraid.....		250-494-5057
Cubs/Scouts/Beavers.....	Trent Slade	250-494-1990
Dance Club.....	Frank Kappel	250-494-9990
Diabetes Clinic.....	Office	250-404-8018
Dog Control, dogs@summerland.ca	Rose Gingras	250-494-6446
Emergency Support Services	John Topham.....	250-462-0823
 or	250-494-6434
Friends of the Garden Club.....		250-494-6385
Garden Club	Jan Carlson	250-494-5112
Garnett Valley Gang.....	Wendy Davis	1-250-317-9797
Girl Guides of Canada.....	Kyla Gaudiuso	250-494-8331
Health Care Auxiliary.....		250-494-9102
Meals on Wheels.....	Charlotte Burley	250-494-1173
OK College.....		250-494-1300
Ornamental Gardens	Office	250-494-6385
RECOPE.....	Jean Munro.....	250-494-9006
SADI	Office	250-494-9722
Seniors Drop-In/Activity Centre	Office	250-494-9377
Sportsman Association	Dave Carleton	250-494-7854
Summerland Action Festival	Pat Bell.....	250-494-6621
Summerland Chamber of Commerce		250-494-2686
Summerland Handy DART	Office.....	250-492-5814
Summerland Health Centre Volunteers....	Carole Patane	250-492-4000 x2294
Summerland Museum and Archives		250-494-9395
Trans-Canada Trail.....	Henry Sielmann	250-276-4323
Visitor Information Centre		250-494-2686
Welcome Wagon.....	Sheila Kuhre.....	250-494-3776
Youth Centre Association		250-494-9338

RECREATION FACILITIES

Aquatic & Fitness Centre.....	Office	250-494-0447
Arena.....	Office	250-494-0447
Badminton Club	Shaun Johnston	250-494-1513
Centre Stage Theatre	Office	250-494-0447
Curling Rink.....	Winter.....	250-494-9322
	Summer.....	250-494-0447
IOOF Hall.....	Olive Hunter.....	250-494-2826
Lakeshore Racquet Club	Grant Thompson.....	250-490-1222
Peach Orchard Campground	Office	250-494-9649
Recreation Department.....	Office	250-494-0447
Summerland Golf Club.....	Office	250-494-9554
Sumac Ridge Golf Club.....	Office	250-494-3122
Youth Centre.....	Office.....	250-494-9338

SERVICE CLUBS & SOCIETIES

Cadets - Air	William Berger.....	250-494-7988
Kinsmen	Stacy Nodge	250-809-2063
Kiwanis	Tom Jacques	250-494-4339
K-40.....	Martin Nisbet.....	250-494-8373
Legion Ladies Auxiliary	Dorothy Dean	250-494-9856
Okan/Similk Parks Society.....	Sheila White.....	250-494-8996
Quest Club	Elfa (Pat) Putton.....	250-494-1076
Rebekkah Lodge.....	Frances Beulah.....	250-494-1411
Rotary Club.....	Don Gemmell.....	250-494-4928
Royal Canadian Legion.....	Elke Bewick.....	250-494-2301

REGISTRATION STARTS MARCH 7/2017



Now you can register **ONLINE**
at **www.summerland.ca**

OTHER WAYS TO REGISTER:

BY MAIL: FROM MAR. 7-12/17

Cheque or Money Order

NO CASH OR POSTDATED CHEQUES

Complete the mail-in form below, attach a cheque for the required amount and mail to:

RECREATION DEPT.

P.O. Box 159, Summerland, B.C. V0H 1Z0
Your receipt will be mailed to you.

WINDOW DROP SLOT: FROM MAR. 7-12/17

Cheque or Money Order

NO CASH OR POSTDATED CHEQUES

Complete the mail-in form below, attach a cheque for the required amount, put in sealed envelope and drop into window mail-slot at:

RECREATION DEPT.

13205 Kelly Avenue, Summerland
Your receipt will be mailed to you.

WALK-IN REGISTRATION

FROM MAR. 13/17

will be accepted at the Recreation Dept. office. Visa, Mastercard, Interac, Cash or Cheque. No post dated cheques.

RECREATION DEPT.

13205 Kelly Avenue, Summerland
Monday - Friday 8:30 am - 4:30 pm



MAIL IN / DROP OFF REGISTRATION FORM

Parent (Guardian) Full Name: _____

Email Address: _____

Day Phone: _____ Eve. Phone: _____

Mailing Address: _____ Emergency

City: _____ Contact: _____

Prov. _____ Postal Code _____ Phone: _____

PARTICIPANT AND PROGRAM INFORMATION

PARTICIPANTS FIRST & LAST NAME	BIRTHDATE MANDATORY	AGE (IF UNDER 19)	PROGRAM TITLE EXAMPLE: SP1	SWIM LEVEL EXAMPLE: SEA OTTER	DAY/TIME	CODE#	FEE
SECOND CHOICE OF PROGRAMS SHOULD FIRST CHOICE BE FULL							
						TOTAL FEES	

PLEASE MAKE CHEQUE PAYABLE TO THE DISTRICT OF SUMMERLAND

WAIVER

I/We, the undersigned, hereby acknowledge that certain risks of injury are inherent to participation in recreational activities and agree that the District of Summerland, its employees, program instructors or officers shall not be liable for any injury or damage from participating in these activities. I/We declare having read and understood the above and consent to participate in the program acknowledging all the foregoing.

Signature of participant or parent/guardian

if participant under 19 years of age: _____ Date: _____

What class or program would you like to see us offer? _____

SPRING BREAK SCHEDULE

March 20 - April 2, 2017

SPRING BREAK HEALTH CLUB SCHEDULE

FITNESS ROOM

Monday - Friday

6:00 am - 9:15 pm

Saturday

9:00 am - 8:00 pm

Sunday

9:00 am - 8:00 pm

Last entry into the fitness room is 8:45 pm Mon. to Fri.



Membership	Teens/Seniors (13+)/(65+)	Adults (19 - 64 yrs.)	Family (13+)
Drop-in (13+).....	\$5.00.....	\$6.75	
1 Month.....	\$50.00.....	\$64.00	\$177.50
3 Months.....	\$127.00.....	\$151.75	\$430.75
6 Months.....	\$195.00.....	\$245.00	
1 Year.....	\$355.50.....	\$453.00	
Book of 10.....	\$37.00.....	\$53.25	

*Family rate applies to 2 adults & their own children 13 to 18 yrs.

*All prices include tax - Membership rates include fitness room & pool



Pool

Monday & Wednesday

6:30 am - 11:00 am

Noon - 1:15 pm

2:30 pm - 4:30 pm

6:30 pm - 9:15 pm

Tuesday & Thursday

6:30 am - 1:15 pm

2:00 pm - 4:30 pm

6:30 pm - 9:15 pm

Friday

6:30 am - 11:00 am

Noon - 1:15 pm

3:00 pm - 5:00 pm

6:30 pm - 8:00 pm

Saturday

1:30 pm - 4:00 pm

6:30 pm - 8:00 pm

Sunday

1:30 pm - 4:00 pm

6:30 pm - 8:00 pm

SPRING BREAK SWIM SCHEDULE

ALL PRESCHOOLERS (5 YEARS OF AGE AND UNDER) REGARDLESS OF SWIMMING ABILITY AND CHILDREN (6 - 10 YEARS OF AGE) WHO CANNOT SWIM A WIDTH OF THE POOL MUST BE ACCOMPANIED BY AN ADULT (16 YEARS OF AGE OR OLDER).

TIME	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6:30 - 9:00 am	EARLY BIRD LANE SWIM						
9:00 - 10:00 am	RED CROSS SWIM LESSONS						
10:00 - 11:00 am							
11:00 - 12:00 pm	RECOPE	LOONIE SWIM	RECOPE	LOONIE SWIM	RECOPE		
12:00 - 1:15 pm	Lane Swim Aquasize - 12:05 pm	Lane Swim	Lane Swim Aquasize - 12:05 pm	Lane Swim	Lane Swim Aquasize - 12:05 pm		
1:15 - 1:30 pm	1:15 - 1:30 pm	1:15 - 2:00 pm	1:15 - 1:30 pm	1:15 - 2:00 pm	1:15 - 3:00 pm	LANE SWIM 1:30 - 2:30 pm PLEASURE SWIM 2:30 - 4:00 pm	LANE SWIM 1:30 - 2:30 pm PLEASURE SWIM 2:30 - 4:00 pm
1:30 - 3:30 pm	LOONIE SWIM 1:30 - 3:30 pm	LANE SWIM 2:05 - 3:30 pm	LOONIE SWIM 1:30 - 3:30 pm	LANE SWIM 2:05 - 3:30 pm	LOONIE SWIM 3:00 - 5:00 pm		
3:30 - 6:30 pm	ORCA SWIM CLUB 3:30 - 6:30 pm	ORCA SWIM CLUB 3:30 - 6:30 pm	ORCA SWIM CLUB 3:30 - 6:30 pm	ORCA SWIM CLUB 3:30 - 6:30 pm	ORCA SWIM CLUB 5:00 - 6:30 pm	RENTAL TIME	RENTAL TIME
6:30 - 8:00 pm	PLEASURE SWIM - 6:30 - 8:00 pm ~ 7 days a week						
8:00 - 9:15 pm	LANE SWIM 8:00 - 9:15 pm				TEEN SWIM 8:00 - 9:15 pm	RENTAL TIME	RENTAL TIME

POOL ADMISSIONS

Preschool (3 - 5).....	\$1.00	Seniors (65+)	\$3.75
Child (6 - 12)	\$2.50	Adult (19 - 64)	\$4.50
Teens (13+)	\$3.25	Family*	\$9.50

Health Club Swim lane not available during shaded blocks

* Family consists of two adults and their own children under 19 years

* All prices include tax

SPRING BREAK ACTIVITIES

SPRING BREAK SWIM LESSON SCHEDULE

Mon. - Fri. Lessons, Mar. 20 - 31/17

9:00am - 9:30am	SP 3 / SK 3/4	Code 1353
9:00am - 9:30am	SP 1/ SK 1	Code 1359
9:30am - 10:00am	SP 2 / SK 2	Code 1354
9:30am - 10:00am	SP 3 / SK 3/4	Code 1360
10:00am - 10:30am	SK 5/6	Code 1361
10:00am - 10:45am	SK 7/8/9/10	Code 1355
10:30am - 11:00am	SP 3 / SK 3/4	Code 1362

10 Swim Lesson Fees

SWIM PRESCHOOL (SP 1-3) ½ Hour Class.....	\$38.00
SWIM KIDS (SK 1-6) ½ Hour Class.....	\$38.00
SWIM KIDS (SK 7-10) ¾ Hour Class.....	\$48.50



Jump into the
FUN!

Spring Break at the pool
Mar. 20 - Apr. 2/17



\$1.00
Admission
(all ages)

Loonie Swim!

Tues./Thurs.
11:00am-12:00pm

Mon./Wed.
1:30pm-3:30pm
Fri. 3:00pm-5:00pm

Pleasure Swim

Every Day
6:30pm - 8:00pm

Teen Swim

Friday
8:00pm - 9:15pm

Regular Admission Rates Apply



Home Alone Program



The home alone program is designed to provide children 10 yrs of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. The program covers topics such as establishing a routine, house key responsibility, stranger and telephone safety, basic emergency and first aid skills and internet safety.

Date: Apr. 1/17 Sat. **Code 1363**
Times: 1:00pm - 4:00pm
Fee: \$30.00
Instructor: Shawn Landriault
Place: Aquatic Centre Meeting Room

Canadian Red Cross



Baby-Sitting Course

(ages 11 yrs. & up)

This Red Cross course covers the basic principles necessary for baby-sitters to provide responsible care for children. Instruction will center around safety, first aid, emergency situations, games and development child care. A certificate will be issued upon successful completion.

Date: Jul. 7/17 Sat. **Code 1364**
Times: 10:00am - 6:00pm
Fee: \$60.00
Instructor: Shawn Landriault
Place: Aquatic Centre Meeting Room

Please bring a packed lunch



Fun at the Arena!

PUBLIC SKATING
(Mar. 19 - Mar. 29/17)

Tues./Thurs. 1:30pm - 3:00pm
Wed. 7:00pm - 8:00pm
Sun. 6:00pm - 7:00pm

NOON HOUR HOCKEY
(Mar. 19 - Mar. 31/17)

Tues./Thurs./Fri.
Noon - 1:00pm

PARENT & TOT
(Mar. 20 - Mar. 29/17)

Mon./Wed.
Noon - 1:00pm



Child	\$2.50
Teen (13+)	\$3.25
Senior (65+)	\$3.75
Adult (19+)	\$4.50
Family	\$9.50
Noon Hour Hockey	\$6.00
Skate Rental	\$2.00

*A family consists of 2 adults and their own children under 12 years. - \$1.00 for each additional person 13-18 years. All prices include tax.



www.pinnaclesfc.com

(778) 476-5888

Soccer Programs for:



All ages!



All skill levels!



All year round!

Club Mini Program – Ages 5 to 8 (Spring)

Club Youth League – Ages 9 to 18 (Spring)

Excelsior Academy – Ages 7 to 18

Summer Soccer Camps – Ages 6 to 12

Fall and Winter Indoor – Ages 4-12



Tim Hortons



Address: Kings Park/Adidas Sportsplex
550 Eckhardt Avenue West, Penticton, BC V2A 8L9
Email: clubleague@pinnaclesfc.com
Fax: (778) 476-5889
Office Hours: Tues & Wed 1:00 p.m. - 6:00 p.m.

Summerland's 11th Annual

Earth Day Celebration!



Sunday April 23, 10 am -12 pm

Adams Bird Sanctuary Peach Orchard Rd



Join in the largest, most
celebrated environmental
event worldwide!

For information call 250-494-0447



LAKESHORE RACQUETS CLUB

13607 Lakeshore Drive.
(next to Rotary Beach)

www.lakeshoreracquetsclub.com

SQUASH PROGRAMS

- Tuesday evening adult league
- Thursday evening drop-in
- Junior lessons & after school court time

Squash contact: Tricia Hoyer 250-494-0244

TENNIS PROGRAMS START IN APRIL

Annual Membership (before May 1)
Family \$375 • Single \$250 • Youth \$40

Members are entitled to unlimited use of tennis and squash courts and other Club facilities, and can participate in organized tennis and squash leagues and events.

For membership enquiries call
Laird Willson 250-494-1888

Public drop-in tickets for tennis and squash available upstairs at LF+H for \$10 per person per session.

Summerland Women's Fitness

Flexible and easy to learn — works
for all fitness levels.

First Week Free!

For monthly members

Hydraulic Resistance Circuit

Plus . . . exercise bikes, treadmill,
elliptical machine, balls, weights, hoops,
whole body vibration machine.

#2—7519 Prairie Valley Road

slandfitness@gmail.com

summerlandwomensfitness.ca

778-516-2001

Find us on Facebook!

Fit for Life!



CHILDREN'S PROGRAMS

PUDDLE JUMPERS

Play is important work for 3 to 5 year olds! It is an opportunity to discover and explore a wide variety of new experiences. This program will develop your child's imagination, foster individuality and promote a sense of achievement. Youngsters will participate in games, songs, stories, arts and crafts within a positive social play environment! **IMPORTANT:** Parents must assist with a minimum of 2 classes; please arrange your days with the instructor at the first class.

Puddle Jumpers I

Dates: Apr. 3 - June 7/17 Mon./Wed. **Code 1365**
(No class Apr. 17, May 22/17)
Times: 9:00am - 11:00am
Fee: \$90.00 (18 sessions)
Instructor: Liz Minty
Place: Arena Banquet Room

Puddle Jumpers II

Dates: Apr. 4 - June 8/17 Tues./Thurs. **Code 1366**
Times: 9:00am - 11:00am
Fee: \$100.00 (20 sessions)
Instructor: Liz Minty
Place: Arena Banquet Room

PARENT & TOT SWIM

This program is to introduce and orientate your child to the pool and to swimming skills. Our intention is to make this time a safe, fun filled, positive experience for your child. We will teach you how to teach your child basic swim skills: kicking, floating, gliding, blowing bubbles and submersion. This class is best suited for ages 4 months thru to 3 years.

Spring I

Dates: Apr. 3 - May 8/17 Mon./Wed. **Code 1399**
(No class Apr. 17/17)

Time: 9:30am - 10:00am
Fee: \$38.00 (10 sessions)

Spring I

Dates: Apr. 9 - June 25/17 Sun. **Code 1424**
(No class Apr. 16/17)

Time: 10:45am - 11:15am
Fee: \$38.00 (10 sessions)

Spring II

Dates: May 15 - June 19/17 Mon./Wed. **Code 1426**
(No class May 22/17)

Time: 9:30am - 10:00am
Fee: \$38.00 (10 sessions)
Instructor: Aquatic Staff
Place: Aquatic & Fitness Center
(See Pages 18 & 19)

RED CROSS SWIM PROGRAM

(3 yrs. & older)

Dates: Spring I - Apr. 3 - May 15/17
Spring II - May 15 - June 19/17
Classes scheduled Mon./Wed.
or Tues./Thurs.
Times: 9:00am - 11:00am or
3:00pm - 4:30pm
Saturday & Sunday lessons available
9:00am - 11:45am, Apr. 8 - June 25/17
Place: Aquatic & Fitness Centre
(See Pages 18 & 19)

Tumble Time!

Come run, tumble, climb & socialize!

Enjoy playing, friends and song-time while parents, caregivers & grandparents connect. Coffee provided!

Drop In: Monday & Tuesday, 9:30 - 11:00 am
October - May at Summerland Baptist Church Gym

Suggested Donation: \$3 per child Ages: 5 and under
For info call 250-494-3881





summerland music camp 2017!

Mornings
Monday-Friday
July 24-28, 2017

www.LinneaGood.com

Children 5-12

Cost: \$110
Registering now



Summerland Christian Playschool

Spaces are limited!
Register today!
Call SBC at
250-494-3881.
For more info go to
summerlandbaptist.ca

- Small affordable classes
- Semi-structured learning environment
- Social and academic kindergarten preparation
- Introduction to the wonder of God's love



10318 Elliot Street, Summerland, BC
info@summerlandbaptist.ca

YOUTH PROGRAMS

YOUTH TENNIS – Pro D Day TENNIS CLINIC

Three hours of tennis and fun for girls and boys of all skill levels. Participants will learn basic tennis techniques and tactics through on-court instruction and game play. Racquets provided, bring water and a snack. Minimum of 4, maximum of 8 participants in each clinic.

Dates: May 15/17 Mon.

Time: Ages 9-11: 9:00am - 12:00pm

Code 1367

Time: Ages 12-16: 1:00pm - 4:00pm

Code 1446

Fee: \$35.00

Instructor: Doug Holmes

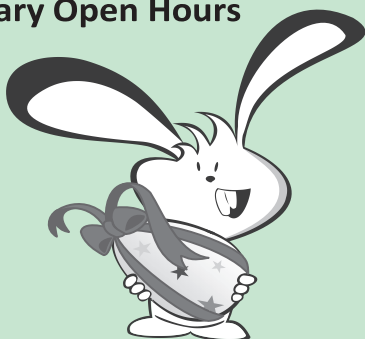
Place: Powell Beach Tennis Courts, Trout Creek

Summerland Library Open Hours

Tues 10:00am – 8:00pm
Wed 10:00am – 6:00pm
Thurs 10:00am – 6:00pm
Fri 10:00am – 5:00pm
Sat 10:00am – 5:00pm

Come visit us at

**9533 Main Street
(250) 494-5591**



**The 2017
BOX
LACROSSE
season is here!**



To register go to

www.pentictonlacrosse.ca

DIVISION	AGE	Fee (Early/Regular/Late)
Mini-Tyke	5-6	\$75 / \$100 / \$125
Tyke	7-8	\$125 / \$150 / \$175
Novice	9-10	\$235 / \$260 / \$285
PeeWee	11-12	\$265 / \$290 / \$315
Bantam	13-14	\$290 / \$315 / \$340
Midget	15-16	\$290 / \$315 / \$340

- Early Registration: January 15 - February 11, 2017
- Regular Registration: February 12 - March 15, 2017
- Late Registration: After March 16, 2017

**Any questions contact Shona Becker at
250-488-0495 or reg.pmla@gmail.com**

**SUMMERLAND SCORCH
BOYS AND GIRLS
AGES 6-19**



**SUMMERLAND
MINOR FASTBALL**

REGISTRATION NOW OPEN

Early registration 6:00pm – 9:00pm

Feb 27/28, Mar 13/14 @ Giants Head School Gym

U6 born 2011-2012, U8 born 2009-2010,

U10 born 2007-2010.....\$60.00

U12 born 2005-2006.....\$125.00

U14 born 2003-2004.....\$125.00

U16 born 2001-2002.....\$150.00

U19 born 1998/99/2000.....\$150.00

More information at summerlandsoftball.ca

NEW PLAYERS WELCOME

BE
ACTIVE
— BE —
HEALTHY
BE
Happy

ADULT FITNESS PROGRAMS

Participants may be required to fill out a PAR Q form at first class.

SENIOR AQUATIC EXERCISE

A program professionally designed especially for seniors using safe and gentle methods to increase range of motion. Combine shallow & deep water exercises.

Dates: Apr. 4 - June 29/17 Tues./Thurs. **Code 1368**
Time: 2:05pm - 3:00pm
Fee: \$91.00 (26 sessions)
Instructor: Aquatic Staff
Place: Aquatic & Fitness Centre

EVENING AQUASIZE

This 1 hour program combines deep and shallow water exercises. Every class will include cardiovascular, strength and stretching to improve overall fitness and toning. Floatation belts are used in the deep water portion to provide buoyancy and stability.

Dates: Apr. 4 - June 29/17 Tues./Thurs. **Code 1369**
Time: 8:05pm - 9:05pm
Fee: \$91.00 (26 sessions)
Instructor: Aquatic Staff
Place: Aquatic & Fitness Centre

AQUA ZUMBA

Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. AquaZumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! Benefits: There is less impact on your joints during an Aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Dates: Apr. 3 - June 26/17 Mon. **Code 1370**
(No class Apr. 17, May 22/17)
Time: 8:05am - 9:00am
Fee: \$77.00 (11 sessions)
Instructor: Carole Patane
Place: Aquatic & Fitness Centre

Dates: Apr. 5 - June 28/17 Wed. **Code 1371**
Time: 8:05am - 9:00am
Fee: \$91.00 (13 sessions)
Instructor: Carole Patane
Place: Aquatic & Fitness Centre

STRETCH & STRENGTH

A moderate total body strength class using weights. The workout portion will be followed by active and static stretching portion to lengthen muscles, increase range of motion and prevent injury.

Dates: Apr. 4 - June 22/17 Tues./Thurs. **Code 1372**
Time: 4:15pm - 5:15pm
Fee: \$120.00 (24 sessions)
Instructor: Lynn Ellis
Place: Aquatic & Fitness Centre

50+ AQUASIZE - DEEP WATER EXERCISE

The focus of this class is range of motion, stability and strength to improve quality of life. Equipment is provided.

Dates: Apr. 4 - June 29/17 Tues./Thurs. **Code 1373**
Time: 8:05am - 9:00am
Fee: \$91.00 (26 sessions)
Instructor: Aquatic Staff
Place: Aquatic & Fitness Centre

TABATA BOOTCAMP

A challenging fitness class of eight cycles of strength and cardio movements using weights and bosus. Intervals of intense movements with 10 seconds rest. Four minute sets.

Dates: Apr. 4 - June 22/17 Tues./Thurs. **Code 1374**
Time: 5:45pm - 6:45pm
Fee: \$120.00 (24 sessions)
Instructor: Lynn Ellis
Place: Aquatic & Fitness Centre

NIFTY FIFTY FITNESS

An advanced fitness program to increase strength and improve cardio endurance. This class is fun, the energy is high and will challenge you to your fullest. Please bring a set of light handheld weights (2-3lbs) and exercise tubing with handles.

BEGINNER
Dates: Apr. 3 - June 30/17 Mon./Wed./Fri. **Code 1375**
(No class Apr. 14, 17 & May 22/17)
Times: 9:15am - 10:15am
Fee: \$108.00 (36 sessions)
Instructors: Lynn Ellis & Claire Waterman
Place: Summerland Drop-in Centre

ADVANCED
Dates: Apr. 3 - June 30/17 Mon./Wed./Fri. **Code 1376**
(No class Apr. 14, 17 & May 22/17)
Times: 8:00am - 9:00am
Fee: \$108.00 (36 sessions)
Instructors: Lynn Ellis & Claire Waterman
Place: Summerland Drop-in Centre

ADULT FITNESS PROGRAMS

MORNING STRENGTH BOOTCAMP

Strength Bootcamp is a no impact, strength exercise class. Get a great workout with intervals, drills & circuits using an array of fitness tools and equipment.

Dates: Mar. 21 - June 29/17 Tues./Thurs. **Code 1377**
(No class Apr. 25, 27, May 4, 9, 11, 16, 18/17)
Time: 9:00am - 10:00am
Fee: \$115.00 (23 sessions)
Instructor: Bree Young
Place: Aquatic & Fitness Centre

STRENGTH BOOTCAMP

Challenging cardio and strength fitness class using your own body weight.

Dates: Apr. 3 - June 21/17 Mon./Wed. **Code 1378**
(No class Apr. 17 & May 22/17)
Time: 5:45pm - 6:45pm
Fee: \$110.00 (22 sessions)
Instructor: Lynn Ellis
Place: Aquatic & Fitness Centre

USE IT OR LOSE IT

Worried about falling or had a recent fall? Balance can be trained and statistics show that balance training can decrease the chance of a future fall by 20 - 50%. Join us for an activity based program focused on improving your balance. Pre and post assessments will be performed to monitor your progress.

Dates: Apr. 3 - June 23/17 Mon./Wed./Fri. **Code 1379**
(No class Apr. 14, 17 & May 22/17)
Time: 8:00am - 9:00am
Fee: \$165.00 (33 sessions)
Instructors: Barry Neary
Place: Aquatic Centre Meeting Room

Dates: Apr. 4 - June 22/17 Tues./Thurs. **Code 1380**
(No class June 1/16)
Time: 10:00am - 11:00am
Fee: \$115.00 (23 sessions)
Instructors: Anna Lock
Place: Aquatic Centre Meeting Room

RISE & SHINE STRENGTH FITNESS

This is a strength fitness class designed to be a full body exercise class. We'll get creative with intervals of different exercises and supersets while using effective and versatile equipment. Achieve the fitness you desire!

Dates: Apr. 4 - June 22/17 Tues./Thurs.
Time: 6:15am - 7:15am **Code 1381**
OR 7:30am - 8:30am **Code 1447**
Fee: \$120.00 (24 sessions)
Instructor: Kelsey Jones
Place: Aquatic & Fitness Centre

STEP & WEIGHT

Intervals of step (low impact cardio) and strength with weights.

Dates: Apr. 3 - June 21/17 Mon./Wed. **Code 1382**
(No class Apr. 17, May 22/17)
Time: 4:15pm - 5:15pm
Fee: \$110.00 (22 sessions)
Instructor: Lynn Ellis
Place: Aquatic & Fitness Centre

ABS & STRETCH

This one hour class is the perfect core strengthening solution. This class concentrates on your abs, while also focusing on deep restorative stretching.

Dates: Mar. 24 - June 30/17 Fri. **Code 1383**
(No class Apr. 14, 28, May 5, 12, 19/17)
Time: 9:00am - 10:00am
Fee: \$50.00 (10 sessions)
Instructor: Bree Young
Place: Aquatic & Fitness Centre

ZUMBA (BASIC & SENTAOWITH BURST)

Zumba combines Latin and International music with a fun and effective workout system which features fast and slow rhythms. It involves dance and aerobic elements which when combined, helps tone, sculpt the body and burn fat. Zumba's choreography incorporates hip-hop, soca, samba, salsa, merengue, cumbia and mambo. Squats and lunges are also included. No previous Zumba experience required. Please bring water and comfortable shoes.

Dates: Apr. 5 - June 28/17 Wed. **Code 1384**
Time: 5:30pm - 6:30pm
Fee: \$84.00 (12 sessions)
Instructor: Carol Patané
Place: Arena Banquet Room

LAUGHTER YOGA

This course is for anybody who loves to laugh and likes to have fun. All you need is your intention to laugh. There are no Yoga exercises involved. Laughter Yoga is a combination of laughter and deep breathing exercises. You will laugh without any reason. You will get into a stage of childlike playfulness and through these exercises you will get into spontaneous and contagious laughter. Laughter Yoga is funny and brings joy into your life. It will increase your energy, feelings of well-being and happiness. Bring a blanket for the relaxation part at the end of the class.

Dates: Apr. 5 - June 7/17 Wed. **Code 1385**
Time: 7:00pm - 8:00pm
Fee: \$50.00 (10 sessions)
Instructor: Gerline Weiss-Hinz
Place: Arena Banquet Room

ADULT FITNESS PROGRAMS

TRADITIONAL YOGA

For those seeking a deeper more comprehensive Yoga (Union) experience. This program will offer varied Asanas, Pranayamas, Mudras, Mantras, and Meditations designed to develop better awareness of, and ability to work with, your own energies in relation to mind, body connection and beyond. Minimum 1 year of yoga experience is necessary. Please bring a mat and thick blanket (for warmth and supported poses) to each class.

Dates: Mar. 31 - June 16/17 Fri.
(No class Apr. 14 & May 12/17)
Time: 9:00am - 10:15am
Fee: \$90.00 (10 sessions)
Instructor: Cheryl Plewis
Place: Arena Banquet Room

Code 1386

'MEDITATE AS YOU CAN, NOT AS YOU SHOULD'

Reflecting the above words of esteemed spiritual seeker and teacher 'George Fowler', this class offers different techniques and practices for detaching from busy mind, pain body, fears, stress, negativity etc. Experience a weekly opportunity to access your inner and outer being of peace and tranquility. Give yourself permission for a weekly "time out". Please bring a blanket, as well as a mat for floor sitting (chairs provided).

Dates: Mar. 31 - June 9/17 Fri. ****NEW**
(No class Apr. 14 & May 12/17)
Time: 10:25am - 11:00am
Fee: \$50.00 (10 sessions)
Instructor: Cheryl Plewis
Place: Arena Banquet Room

Code 1387

GENTLE YOGA

Explore breath awareness with movements to enhance wellness, healing and comfort. Develop your fitness level while building balance, strength and mobility with modifications for back, hip, knee or shoulder concerns etc. Option to use a chair for support throughout each class brings comfort, stability and depth to basic yoga movements. There is no need to be on the floor if you are unable to do so. Please bring a mat and thick blanket to each class

Dates: Mar. 31 - June 16/17 Fri. ****NEW**
(No class Apr. 14 & May 12/17)
Time: 11:15am - 12:15pm
Fee: \$70.00 (10 sessions)
Instructor: Cheryl Plewis
Place: Arena Banquet Room

Code 1388

**IF YOU'RE LOOKING FOR A SIGN TO
GO WORKOUT,
THIS IS IT. GO NOW.**

YOGA - BEGINNER & ADVANCED

Introduction to Basic Beginner Yoga:

This is a popular class for those students who want to learn about yoga, be stronger and move more confidently. The series of classes has a gentle slow progression which will focus on improving balance, flexibility, endurance and strength. We will introduce aspects of focus and concentration as well, ending with a gentle relaxation. A good class for those returning from injury. Independent mobility is required. Students should bring a mat, a warm blanket, and a reusable water bottle.

Level 1: Adult Beginner Class (18 years or older)

This class moves through the basic yoga poses taken from a variety of yoga styles: Oki, Sivananda, Iyengar, Bajan. We extend our abilities to improve balance, strength, flexibility, and coordination. We learn basic techniques for breathing and breath control. We introduce aspects of very basic meditation and we end with a guided relaxation. Students are asked to bring a mat, a blanket and a re-usable water bottle.

Level 2: Adult Advanced Class (18 years or older)

Previous yoga experience and a regular home practice is necessary to register in this class. This is a faster paced series of lessons where we build on previous asana and yogic knowledge. There will be more emphasis on overall flexibility, and longer holds for strength. We will work with inversions (such as sarvangasana), and practice a variety of Pranayama techniques, Mudra Practices, and Meditations. Students are asked to bring a mat, a blanket and a re-usable water bottle to class.

Dates: Apr. 3 - June 19/17 Mon.
(No class Apr. 17 & May 22/17)

Time: 4:30pm - 5:30pm **Intro. to Basic**
5:45pm - 7:00pm **Level 1: Beginner**
7:15pm - 8:45pm **Level 2: Advanced**

Code 1389

Code 1390

Code 1391

Fee: \$75.00 (10 sessions) Intro. to Basic
\$80.00 (10 sessions) Level 1: Beginner
\$85.00 (10 sessions) Level 2: Advanced

Instructor: Marsha Saldat

Place: Trout Creek School Gym. Please enter through the parking lot door, remove shoes and arrive no more than 10 minutes early.

REFIT (BALANCE AND BEAUTY)

This one hour low impact class combines toning, flexibility, strength training, balance and dance all to feel good music. This workout formula is easy to follow and will both challenge fitness enthusiast and welcome beginners.

Dates: Mar. 20 - June 28/17 Mon./Wed.
(No class Apr. 17, 26, May 8, 10, 15, 17, 22/17)

Code 1392

Time: 9:00am - 10:00am

Fee: \$161.00 (23 sessions)

Instructor: Bree Young

Place: Aquatic and Fitness Centre

ADULT PROGRAMS

GUIDED IMAGERY RELAXATION COURSE

Learn the techniques to relax your body and mind at your will while you experience deep relaxation through a tranquil inner journey of the mind. Such a deeply relaxing state can help optimize your innate ability to enjoy your life more, maintain your physical and mental health, deal with stress and anxiety much better in your daily life. Please bring a mat, pillow and a blanket to keep yourself comfortable

Session I

Dates: Apr. 12, 19, 26 & May 3/17 Wed.

Code 1396

Session II

Dates: May 17, 24, 31 & June 7/17 Wed.

Code 1448

Time: 7:30pm - 8:15pm

Fee: Session I OR Session II: \$30.00 (4 sessions)

Instructor: Sawako Higuchi

Place: Aquatic Centre Meeting Room

PILATES PLUS

A mat and movement Pilates based program to limber and stretch muscles and ligaments, building flexibility and strength. Small equipment including weights, stability balls and bosu balls will balance the program giving a sense of awareness and control over the body.

Dates: Apr. 4 - June 22/17 Tues./Thurs.
(No class Apr. 13, June 1, 20/17)

Code 1397

Time: 6:50am - 7:50am

Fee: \$210.00 (21 sessions)

Instructor: Noni Clarke

Place: Aquatic Centre Meeting Room



Spring Tune-Up Nutrition

with

Victoria Laine, RHN

Wondering what is a detox diet and is it safe or effective? Learn how the body naturally detoxes using foods that help prevent diseases, including cancers, allergies, diabetes, weight imbalances, heart disease, arthritis and more. Enjoy a delicious lunch, demo and take home recipes!

Date: Apr. 29/17 Sat.

Code 1395

Time: 10:00am - 2:00pm

Fee: \$60.00

Instructor: Victoria Laine - Holistic Nutritionist. Victoria is the author of Health By Chocolate, Real-Life Vegan Foundation Diet and The How-to Gluten-free Vegan Baking.

Place: Arena Banquet Room



Recope provides a medically supervised environment and carefully selected exercises to get people back into an active lifestyle to improve their health.

Recope's Water Therapy and Land Exercise Classes are appropriate for people with mobility difficulties, persistent pain, joint degeneration, generalized weakness and other conditions that make exercising independently a challenge. Cost is \$5.00 per session.

**A MEDICAL REFERRAL IS REQUIRED
- PLEASE ASK YOUR DOCTOR -**

Monday, Wednesday & Friday

Land Exercise Program: 9:30am - 10:15am

Water Therapy Program: 11:00am - 12 noon

Please contact Jean for info at 250-494-9006
www.Recope.ca Volunteers always needed

Health Club Schedule

April 3 - June 30, 2017

CLOSED
April 14, 15, 16, 17/17
& May
22/17

HEALTH CLUB MEMBERSHIP

Teens/Seniors (13+/65+)		Adults (19-64)		*Family (13+)
Drop-in	\$5.00	Drop-in	\$6.75	1 month \$177.50
1 month	\$50.00	1 month	\$64.00	3 Months \$430.75
3 Months	\$127.00	3 Months	\$151.75	* Family Rate:
6 Months	\$195.00	6 Months	\$245.00	2 adults and their own
1 Year	\$355.50	1 Year	\$453.00	children 13-18 years.
Book of 10	\$37.00	Book of 10	\$53.25	All prices include tax.

Health Club membership rates include fitness room & pool.

FITNESS ROOM

HOURS:

Monday - Friday
6:00am - 9:15pm

Saturday & Sunday
9:00am - 8:00pm

*Last entry into the
 pool or fitness room
 is 30 min. before
 closure.*

POOL 1 lane of 25m pool, hot tub, sauna

Saturday and Sunday

1:30pm - 4:00pm / 6:30pm - 8:00pm

Monday and Wednesday

6:30am - 11:00am / Noon - 1:15pm / 6:30pm - 9:15pm

Tuesday and Thursday

6:30am - 11:00am / 2:00 - 3:00pm / 6:30pm - 9:15pm

Friday

6:30am - 11:00am / Noon - 1:15pm / 3:00pm - 5:00pm
 6:30pm - 8:00pm

Book your WEIGHT ROOM introduction!

-Free with a first time pass.

Get the information
 needed to get started in the fitness room.

Personal training \$30/hr. with our certified trainers.

Call 250-494-0447 to book an appointment

** Due to fitness programs floor space may be limited.
 Please check notice board in fitness room.*



Aquatic Schedule

April 3 - June 30, 2017

13205 Kelly Ave.
250.494.0447

Closed
Apr. 14, 15, 16, 17, 2017
and
May 22, 2017
for Victoria Day

✂ (Clip and Save this Page)

TIME	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6:30 - 9:00 am	Early Bird Lane Swim • 5 days a week					Swim Club & Red Cross Lessons	Red Cross Lessons
		Aquasize 8:05 - 9:00 am		Aquasize 8:05 - 9:00 am			
9:00 - 10:00 am	Preschool Swim and Lessons	School Lessons	Preschool Swim and Lessons	School Lessons	School Lessons		
10:00 - 11:00 am	School Lessons	School Lessons	School Lessons	School Lessons	School Lessons		
11:00 - 12 Noon	Recope	School Lessons	Recope	School Lessons	Recope	Red Cross and Upper Level Lessons	RENTAL TIME
12 Noon - 1:15 pm	Lane Swim Aquasize 12:05 pm	Lane Swim	Lane Swim Aquasize 12:05 pm	Lane Swim	Lane Swim Aquasize 12:05 pm		
1:15 - 3:00 pm	School Lessons	1:15 - 2:00 pm Lane Swim & Aquatic Exercise 2:05 pm	School Lessons	1:15 - 2:00 pm Lane Swim & Aquatic Exercise 2:05 pm	School Lessons	Lane Swim 1:30 - 2:30 pm Pleasure Swim 2:30 - 4:00 pm	Lane Swim 1:30 - 2:30 pm Pleasure Swim 2:30 - 4:00 pm
3:00 - 6:30 pm	Red Cross Lessons and Swim Club				Loonie Swim 3:00 - 5:00 pm Swim Club 5:00 - 6:30 pm	RENTAL TIME	RENTAL TIME
6:30 - 8:00 pm	PLEASURE SWIM • Everybody Welcome! • 7 Days a Week						
8:00 - 9:15 pm	Masters Swim & Lane Swim	Adult Swim 8:05 - 9:05 pm Aquasize	Masters Swim & Lane Swim	Adult Swim 8:05 - 9:05 pm Aquasize	Teen Swim	RENTAL TIME	RENTAL TIME

~ ADMISSION RATES ~

☐ A Health Club Swim Lane is not available
Loonie Swim - All admissions - \$1.00

	SINGLE	BOOK/10 TICKETS	1-MONTH PASS	3-MONTH PASS	6-MONTH PASS	1-YEAR PASS
Preschool 3 – 5	\$ 1.00	\$ N/A	\$ N/A	\$ N/A	\$ N/A	\$ N/A
Child 6 – 12	\$ 2.50	\$ 21.00	\$ 22.00	\$ 51.00	\$ 93.25	\$173.50
Teen 13 – 18	\$ 3.25	\$ 30.00	\$ 29.50	\$ 85.75	\$149.50	\$277.75
Adult 19+	\$ 4.50	\$ 37.00	\$ 39.00	\$100.00	\$171.50	\$318.50
Senior 65+	\$ 3.75	\$ 30.00	\$ 29.50	\$ 85.75	\$149.50	\$277.75
Family*	\$ 9.50	\$ N/A	\$ 78.50	\$214.00	\$371.00	\$694.50

* A family consists of 2 adults and their own children under 19 years.* All prices include tax *

ALL PRESCHOOLERS (5 YEARS OF AGE AND UNDER) REGARDLESS OF SWIMMING ABILITY AND CHILDREN (6 - 10 YEARS OF AGE) WHO CANNOT SWIM A WIDTH OF THE POOL MUST BE ACCOMPANIED BY AN ADULT (16 YEARS OF AGE OR OLDER).

AQUATIC PROGRAMS

SWIM LESSON SCHEDULE - SPRING I

MONDAYS & WEDNESDAYS - 5 WEEK SET - Apr. 3 - May 8/17 (10 lessons) <i>No classes Apr. 17/17</i>				
9:00 - 9:30 am	SP 2	Code 1398	SP 1	Code 1403
9:30 - 10:00 am	Parent & Tot	Code 1399	SP 3	Code 1404
3:00 - 3:30 pm	SP 3 / SK 3/4	Code 1400	SP 2 / SK 2	Code 1405
3:30 - 4:00 pm	SP 1 / SK 1	Code 1401	SK 5/6	Code 1406
4:00 - 4:30 pm	SP 3 / SK 3/4	Code 1402	SP 1 / SK 1	Code 1407

TUESDAYS & THURSDAYS - 5 WEEK SET - Apr. 4 - May 4/17 (10 lessons)				
3:00 - 3:30 pm	SK 5/6	Code 1408	SK 7/8/9/10 3:15 - 4:00pm	Code 1411
3:30 - 4:00 pm	SP 1 / SK 1	Code 1409		
4:00 - 4:30 pm	SP 3 / SK 3/4	Code 1410	SP 2 / SK 2	Code 1412

SATURDAYS ONLY - Apr. 8 - June 24/17 (9 lessons) <i>No classes April 15, May 20, and June 3/17</i>			
9:00 - 9:30 am	SK 5/6	Code 1413	
9:30 - 10:00 am	SP 2 / SK 2	Code 1414	
10:00 - 10:30 am	SP 3 / SK 3/4	Code 1415	
10:30 - 11:00 am	SP 1 / SK 1	Code 1416	

SUNDAY ONLY - Apr. 9 - June 25/17 (10 lessons) <i>No classes April 16, May 21/17</i>				
9:00 - 9:30 am	SK 5/6	Code 1417	SP 2 / SK 2	Code 1421
9:30 - 10:00 am	SP 3 / SK 3/4	Code 1418	SK 7/8/9/10 9:30 - 10:15 am	Code 1422
10:00 - 10:30 am	SP 1 / SK 1	Code 1419	SP 3 / SK 3/4 10:15 - 10:45 am	Code 1423
10:30 - 11:00 am	SP 2 / SK 2	Code 1420	Parent & Tot 10:45 - 11:15 am	Code 1424

* Schedule may vary slightly due to program registration. Classes will be added or cancelled pending registration.

REGISTRATION FOR SWIM LESSONS BEGINS MARCH 7, 2017

FEES

		9 Lessons	10 Lessons
Parent/Tot (starfish, duck, sea turtle)	1/2 Hour Class	\$34.20	\$38.00
Swim Preschool (SP 1-3) (sea otter, salamander, sunfish, crocodile, whale)	1/2 Hour Class	\$34.20	\$38.00
Swim Kids level (SK 1-6)	1/2 Hour Class	\$34.20	\$38.00
Swim Kids level (SK 7-10)	3/4 Hour Class	\$43.65	\$48.50

AQUATIC PROGRAMS

SWIM LESSON SCHEDULE - SPRING II

MONDAYS & WEDNESDAYS - 5 WEEK SET - May 15 - June 19/17 (10 lessons) *No classes May 22/17*

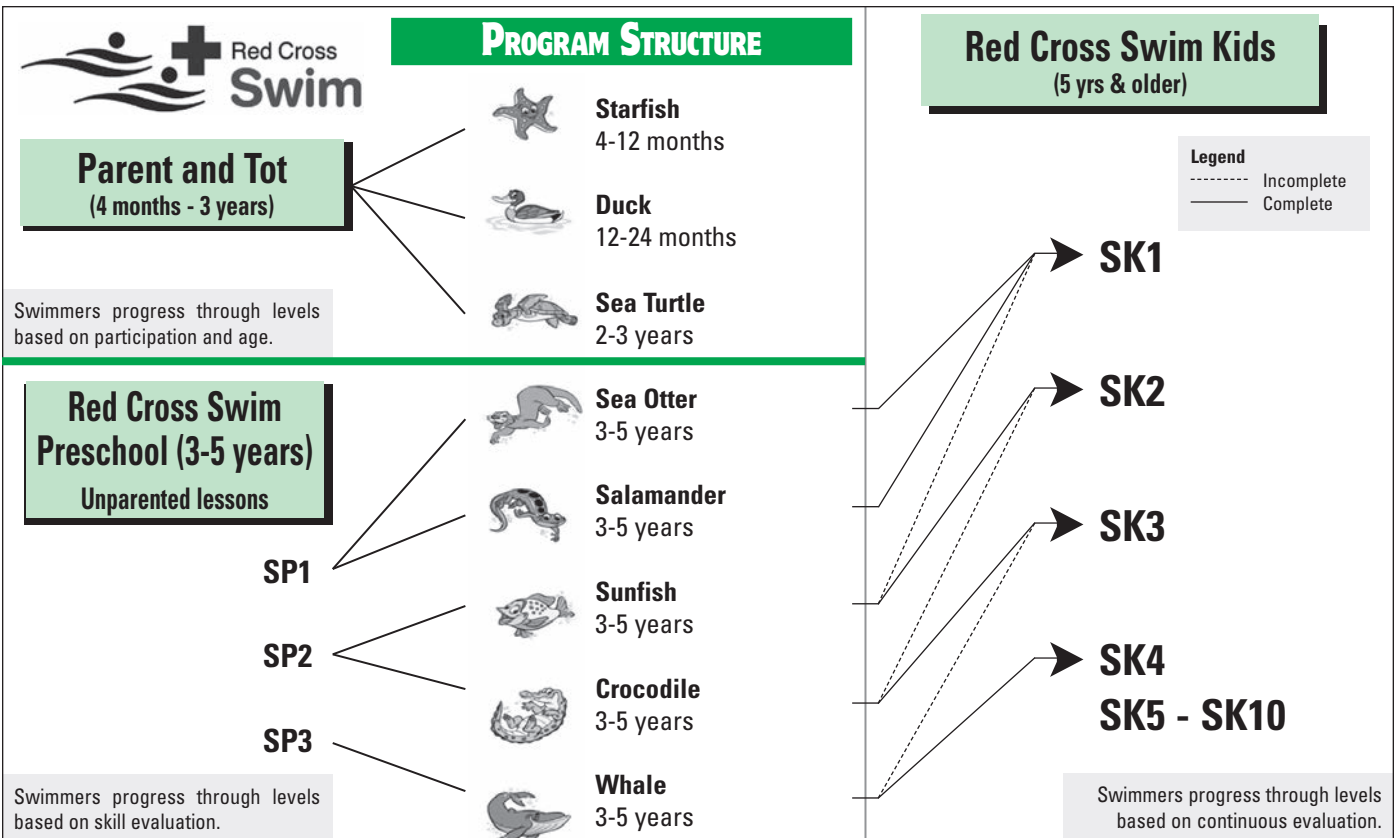
9:00 - 9:30 am	SP 1 Code 1425	SP 2 Code 1430
9:30 - 10:00 am	Parent & Tot Code 1426	SP 3 Code 1431
3:00 - 3:30 pm	SP 3 / SK 3/4 Code 1427	SP 2 / SK 2 Code 1432
3:30 - 4:00 pm	SP 1 / SK 1 Code 1428	SP 3 / SK 3/4 Code 1433
4:00 - 4:45 pm	SK 7/8/9/10 4:00 - 4:45 pm Code 1429	SK 5/6 4:00 - 4:30 pm Code 1434

TUESDAYS & THURSDAYS - 5 WEEK SET - May 16 - June 15/17 (10 lessons)

3:00 - 3:30 pm	SP 1 / SK 1 Code 1435	SP 3 / SK 3/4 Code 1438
3:30 - 4:00 pm	SP 3 / SK 3/4 Code 1436	SP 1 / SK 1 Code 1439
4:00 - 4:30 pm	SK 5/6 Code 1437	SP 2 / SK 2 Code 1440

SWIM LESSONS

Not sure what level to register in? Drop by the Aquatic Centre during a public swim time for a free swimming evaluation.



ADVANCED AQUATICS & FIRST AID

LIFESAVING INSTRUCTOR RECERTIFICATION

Lifesaving instructors play an important role in providing quality training and are viewed as aquatic experts in the community. The Lifesaving Instructor Recertification provides updated information to BC/Yukon Branch Lifesaving Instructors to allow them to continue to provide quality programs in support of the lifesaving society mission to prevent injury or death in, on or around the water.

Date: Apr. 29/17 Sat.

Time: 4:00pm - 9:00pm

Cost: \$110.00

Prerequisite: Hold a Lifesaving Instructor certificate that is within 5 years of the certification date.

**Please bring an original LSI certificate to class or a copy of your qualifications from the LLS Website.

Code 1441

BRONZE STAR / BRONZE MEDALLION

Pre-Req. 11 years or Bronze Star

The Lifesaving Society's Bronze Medallion Award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education - judgement, knowledge, skill and fitness. Rescuers learn tows and carries, and defense and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a timed swim.

Date: Apr. 4 - May 4/17 Tues./Thurs.

Time: 6:00pm - 8:00pm

Cost: \$175.00 includes manual and exam

Code 1442



BRONZE CROSS

Pre-Req. Bronze Medallion

Bronze Cross is designed for lifesavers that want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities and spinal injury management. This course will qualify you to lifeguard under the current BC Health Act (if you are 17 years of age). This course is a pre-requisite for all advanced training programs including National Lifeguard and Instructor certification.

Date: May 15 - June 15/17 Tues./Thurs.

Time: 6:00pm - 8:00pm

Cost: \$160.00

Code 1443

WATER SAFETY INSTRUCTOR (WSI)

This NEW! Program offers its candidates the ability to do parts of the course ONLINE at the candidates pace. The Red Cross Water Safety Instructor program has been restructured and now consists of 4 steps.

Step 1 – Water Safety Instructor Skills Evaluation

This skills assessment ensures candidates have the necessary water safety skills, strokes and emergency response skills equivalent to the Red Cross Swim Kid 10 criteria.

Step 2 – Water Safety Instructor Online

During this step, candidates will be required to purchase, at an additional cost, the required material to complete the remainder of the program and will be required to complete the on-line portion of the course.

Step 3 – Water Safety Instructor Teaching Experience

Now Instructor candidates will jump in the water and assist a certified instructor with a few classes, all the while completing the Water Safety Instructor workbook. This can be completed at any swimming pool where they will accept an aspiring instructor.

Step 4 – Water Safety Instructor Classroom and Pool

This component follows the teaching experience and furthers instructional ability by focusing on how to effectively plan, teach and evaluate the Red Cross Swim Programs. This is where we consolidate candidates' knowledge and experience from the Online and Teaching Experience components so they are ready to take on their first Red Cross Swim Program. Here the candidates will also complete a variety of practice-teaching exercises using their peers as students.

Date: May 6/17 Sat.

(Skills Evaluation)

Time: 2:00pm - 8:00pm

Dates: May 12, 13, 19, 20, 26, 27/17

(Water Safety Instructor - Classroom and Pool)

Time: 5:00pm - 9:00pm (Fridays)

2:00pm - 8:00pm (Saturdays)

Cost: \$295.00

Prerequisite: Emergency First Aid or higher or Bronze Cross. WSI Skills Evaluation, Online & Teaching Experience.

Code 1444

NATIONAL LIFEGUARD RECERTIFICATION

The objective of this precert/recert clinic is to provide national lifeguard candidates an opportunity to review the skills and knowledge required to maintain the national lifeguard certification.

Dates: Pre-certification: June 10/17 Sat.

Code 1445

and

Recertification: June 10/17 Sat.

10:00am - 6:00pm

Cost: \$125.00

Prerequisite: Hold a NLS certificate that is within 7 years of the certification date. **Please bring an original NLS certificate to class or a copy of your qualification from the LSS website.

It is strongly recommended that CPR be current within 1 year.

Summerland ORCA Swim Club

Celebrating over 100 swimmers ages 5-17



Summerland ORCA Sprint
Triathlon & Kids of Steel Race:
Sunday, Sept. 3rd,
Peach Orchard Park.

Triathlon Race Registration: www.orcaswimclub.net

**2017 - 2018 ORCA Registration
available online in June
www.orcaswimclub.net**

**New Swimmer Evaluations: Week of Sept 11th.
Email orcaswimcoach@gmail.com
to book your session**



WE ACKNOWLEDGE THE
FINANCIAL SUPPORT OF THE
PROVINCE OF BRITISH COLUMBIA

*To join ORCA, swimmers
must be able to swim 25m ~
(1 length of pool) unaided.*



BRITISH
COLUMBIA
The Best Place on Earth



COMMUNITY
FOUNDATION
south okanagan | similkameen



Sadi Youth

SPRING

Drop In Hours

3:00-6:00

Mon.-Fri.

1:00-1:40

Mon.-Fri.

High School lunch

**Evenings as posted
on facebook**

Welcome Grade 5 students! We are planning activities for youth entering Grade 6 in the 2017/2018 school year! Energy Plex! Laser Tag! Movies! Free membership! Visit us on Facebook @ Sadi Youth-Club. Questions? Follow the Contact Us link @ www.sadiyouth.ca

COMMUNITY

SUMMERLAND SENIORS DROP-IN CENTRE



CHECK US OUT! 55 YEARS+

**Gear yourself for fun,
activities, fitness
and friendships!**

9710 Brown St., Summerland
250-494-9377

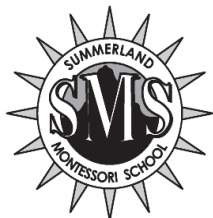
Visit the

SUMMERLAND MUSEUM



**OPEN
YEAR
ROUND**

9521 Wharton St.
www.summerlandmuseum.org



SUMMERLAND MONTESSORI SCHOOL

Featuring: Half-day Preschool (2-5 days)
Pre-Kindergarten Classes (2-5 days)
Kindergarten (3 or 5 day options)
Elementary Grades 1-5
After School Program

*Pre-Kindergarten and Elementary programs
include daily French instruction*

Please call 250-494-7266

www.summerlandmontessori.com

TANEDAKARATEDOJO

- Kelowna ▪ West Kelowna
- Summerland ▪ Penticton

Kids' Classes
5 and Up

Adult Classes



Sensei Tameda
7th degree Blackbelt

Est. 1981

**For information and registration,
please call**

**250-768-2241 or
1-866-445-5425**

Read our testimonials:
tanedakaratedojo.com

Find us on Facebook!



OUTDOOR RECREATION

Youth Tennis

Ages: 8 -16 years

April 24 - June 15, 2017



AGES 8 - 9

- ☐ Tuesdays 4:00 – 5:00pm; \$150 / \$110 for LRC family members

AGES 10 - 11

- ☐ Tuesdays 5:00 – 6:00pm; \$150 / \$110 for LRC family members

AGES 12 - 16

- ☐ Mondays 4:00 – 5:00pm; (No sessions May 15 and May 22); \$130 / \$90 for LRC family members
☐ Thursdays 4:00 – 5:00pm; \$150 / \$110 for LRC family members
☐ Mondays & Thursdays 4:00 – 5:00pm; \$240 / \$200 for LRC family members

The Spring tennis season runs from mid April to the end of June; rained out days will not be rescheduled. Racquets are available for players to borrow or purchase. All sessions held at Lakeshore Racquets Club, 13607 South Lakeshore Drive, Summerland.

For further information, call Doug Holmes 250-494-0437

Participant's name: _____ Age: _____

Date of Birth: _____ ☐ Female ☐ Male
YY / MM / DD

CareCard #: _____ Medical condition: _____

Parent's name: _____ Parent's signature: _____

Address: _____

Phone: _____ Cell: _____

E-mail: _____

Amount enclosed: \$ _____ Please make cheques payable to 'Lakeshore Racquets Club'.

Registration at: www.lakeshoreracquetsclub.com

Or drop off at the Recreation Office (Aquatic Centre), 13205 Kelly Ave, Mon-Fri 8:30am - 4:30pm

MOVE FOR HEALTH DAY



**Passports available
starting April 21,
2017 at the
Aquatic Centre.**

This passport will have you and your family participating in recreation programming, aquatic programming and exploring Summerland's many parks, beaches and trails.

To celebrate Move for Health Day 2017, the District of Summerland will be launching the

Summerland Move for Health PASSPORT CHALLENGE

running May 7 to May 13, 2017

By participating in activities listed in the passport, you can earn stamps to track your activities!

Get your passport stamped for a chance to win great prizes!

For information call 250-494-0447 or email recreation@summerland.ca visit us at www.facebook.com/SummerlandRec

Move for Health Day is an international event started by the World Health Organization to promote physical activity. The B.C. Recreation and Parks Association (BCRPA), with support from Healthy Families B.C., leads the province in promoting the global event and the benefits of healthy active living. Move for Health Day events bring people together in a spirit of fun and inclusiveness, as well as supporting healthy active living.



902 NIGHTHAWK SQUADRON Summerland, BC

- Leadership
- Citizenship
- Gliding
- Physical Fitness
- Aircrew Survival
- Marksmanship
- Powered Flight
- Summer Camps

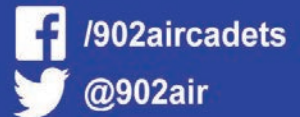
And So Much More!

902aircadets.ca

JOIN AIR CADETS

Wednesdays 6:15PM - 9:30PM
Harold Simpson
Memorial Youth Centre
9111 Peach Orchard Rd

(250) 494-7988
info@902aircadets.ca



GET SET™ FOR SAFETY AT WORK, HOME & PLAY

- First Aid & CPR Training
- First Aid Kits & Supplies
- Emergency Preparedness Kits
- Automated External Defibrillators (AEDs)

SHOP SAFETY PRODUCTS & TRAINING AT OUR PENTICTON BRANCH
120-316 Dawson Avenue, Penticton | penticton@bc.sja.ca
250.492.3377 | or shop online shopsafetyproducts.ca



COMMUNITY - ACTIVITIES

Community EXPO

Saturday, April 22nd 1pm – 4pm
Summerland Curling Rink

- Over 50 Exhibits
- Free Admission
- Door Prizes
- BBQ for KidSport



Brought to you by the
South Okanagan KIN Club
sokin.ca



Bike to Work & School Week
May 29 - June 4, 2017



Visit a Morning Celebration Station

Re-fuel with Free Snacks & Drinks

Register for Great Prizes

Register Free

www.biketowork.ca/summerland

www.facebook.com/btwwsummerland for info

EXPERIENCE ART! DREAM, CREATE, ENJOY

AFTERSCHOOL ART classes start mid January. **CREATIVE COMMUNITY WORKSHOPS.** Check out our website to see what is coming up and come join us to experience art, dream, create and enjoy!

SUMMER ARTS PROGRAM

ART, MUSIC and **Theatre** classes for children. Registration forms will be available in May. Please visit our website for more details.

MARK YOUR CALENDARS AND JOIN US FOR A NIGHT OUT WITH THE THURSDAY NIGHT JAZZ BAND ON THURSDAY, APRIL 27TH, 2017 AT THE SUMMERLAND ART CENTRE. TICKETS \$10 AND AVAILABLE AT THE ART CENTRE.

Coming Soon! A Community Art Show at the Art Centre showcasing the art of Summerland residents. Interested? Drop in to the Art Centre for more information about the theme of the Art Show and how you can participate.

The Arts Centre is open Monday – Friday 12:00 Noon to 3:00 pm in January and February, 10:00 am – 4:00 pm starting March. 9525 Wharton Street. 250-494-4494 <http://summerlandarts.com>

COMMUNITY - ACTIVITIES



Okanagan
Boys & Girls Clubs

A good place to be



Looking for out-of-school care?

After School Program:

- After school
- Pro-D days
- School Breaks

Achievers Programs: (Special Needs)

- Direct Support
- Club Support
- Teen Life Skills

More info available at www.boysandgirlsclubs.ca

Summerland Boys and Girls Clubs

9111 Peach Orchard Rd. Summerland (Harold Simpson Youth Centre)

P: 250-404-0440

E: summerland@boysandgirlsclubs.ca

www.boysandgirlsclubs.ca

SOUTH OKANAGAN SAILING ASSOCIATION 11619 LAKESHORE DRIVE, SUMMERLAND



SAILING SEASON 2017

- Great water access for small dinghy launching
- Membership is open to ALL
- All non-motorized small craft welcome
- CYA sailing lessons run through the summer
- Updated and easy to sail fleet of boats for all levels of student
- Boat share program – includes SUPs and rowing skiff

*Become a member and take advantage of this little jewel
of a dinghy sailing club in Summerland*

www.sosailing.ca

COMMUNITY - FACILITIES



Summerland Singers & Players

**New members
always welcome!
Want to learn?
We'll teach you!**



"2 Across"
By Jerry Meyer
April 26—29, 2017
Centre Stage
Theatre
Contact us to be part of
the fun!

Get in touch:
ssptheatre@gmail.com
Find us on Facebook
summerlandtheatre.ca
250-494-1264
Join our mailing list!

Wanted: actors, directors,
stage managers,
producers, lighting techs,
sound techs, costumers,
publicity managers, and
more!

Summerland Rodeo Grounds Complex

18707 Bathville Road

Facilities include:

- 🧢 Clubhouse with small kitchen and washrooms
- 🧢 Concession with grill, freezer and fridges
- 🧢 Washroom and shower hut building
- 🧢 Equestrian storage building
- 🧢 Riding Ring – 210 feet by 192 feet
- 🧢 Holding Pen – 210 feet by 150 feet
- 🧢 Covered bleachers

**For information on use of the Rodeo Grounds
or the booking of facilities call the
Parks and Recreation Department at 250-494-0447**

Summerland Arena & Banquet Room

Great rental space for weddings,
meetings, dances and banquets.

For information on booking the Arena call the
Recreation Department Office
250-494-0447

NHL SIZE ARENA

Ice is in – End of June to Easter
Dry Floor – Easter to June
Open 6am to 12 midnight,
7 days a week
Spectator Capacity of 875 with
Concession

BANQUET ROOM

Accommodates 250 people
Weddings, Receptions, Meetings,
Dances, Catered Events
Full catering kitchen and bar area
Dance floor, projector, screen
and stereo available
Wheelchair accessible, air conditioned

Home of the Summerland Steam, Minor Hockey, Skating Club, Hockey
Camps, Broomball, Lacrosse and Community Events



PARKS AND TRAILS

Summerland Millennium

Spray Park

Open
May long
weekend until
September -
daily 8:00am
- 8:00pm

**SUMMERLAND SPIRIT
SQUARE GAZEBO
Peach Orchard Beach**

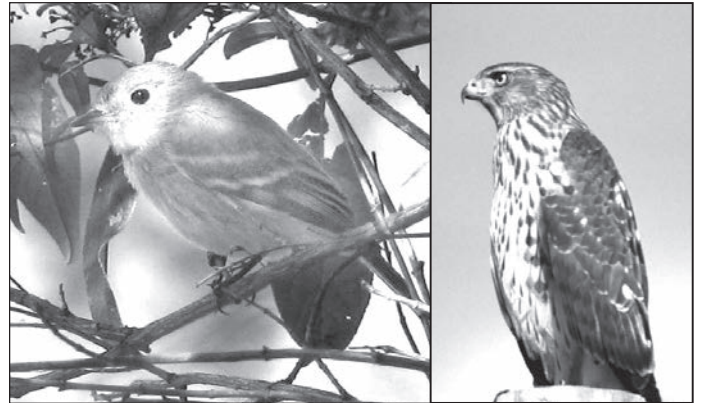
Spirit Square includes a large covered gazebo with a stage area, public art (an operating sundial sculpture), interpretive historic signs, picnic tables & park benches. The entire area is wheel chair accessible.

Priest Camp & Okanagan Brigade Trail Linear Park



In the years 1812-1846 the Okanagan Valley was used by the Hudson Bay Company fur traders as they journeyed with up to 300 horses carrying supplies. This formation was called a "brigade". Approximately every 14 miles they encamped.

At the north end of Summerland is a section of the Okanagan brigade trail as well as one of the most frequently mentioned encampment sites, Priest Camp. Summerland's linear park ends at a look-out with one of the most magnificent views of Okanagan Lake. Directions can be obtained at the Summerland Chamber of Commerce on Highway 97 or by calling 250-494-2686.



BIRDING FOR BEGINNERS

Help us celebrate International Bird Migratory Day by welcoming some of the 200+ birds that breed in the Okanagan. We will discuss the "how and what" of bird watching in a brief walk in the park. Wear sturdy footwear and bring binoculars if you have them. Must register in advance. Limit of 12 participants.

Date: May 13/17 Sat.

Time: 7:30am - 9:30am

Fee: Free (A copy of the checklist of the Birds of the Okanagan Valley will be available for \$3.00)

Instructor: Laurie Rockwell

Place: Sun Oka Provincial Park

Code 1449

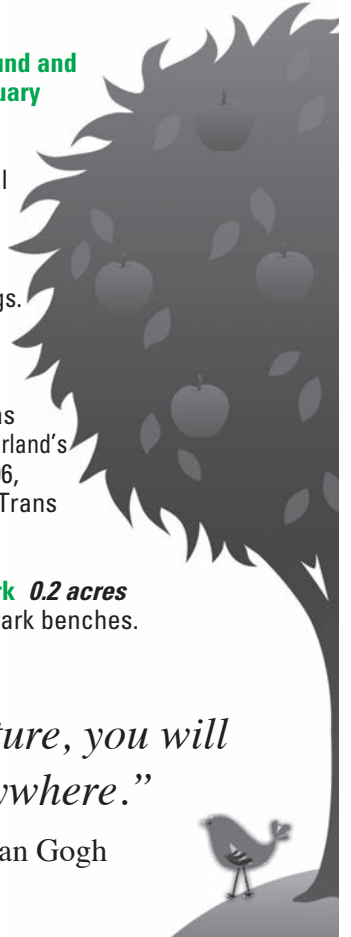
PARKS AND SCHOOLS

Parks and open spaces bring beauty to an area while giving people satisfaction and improving their quality of life.

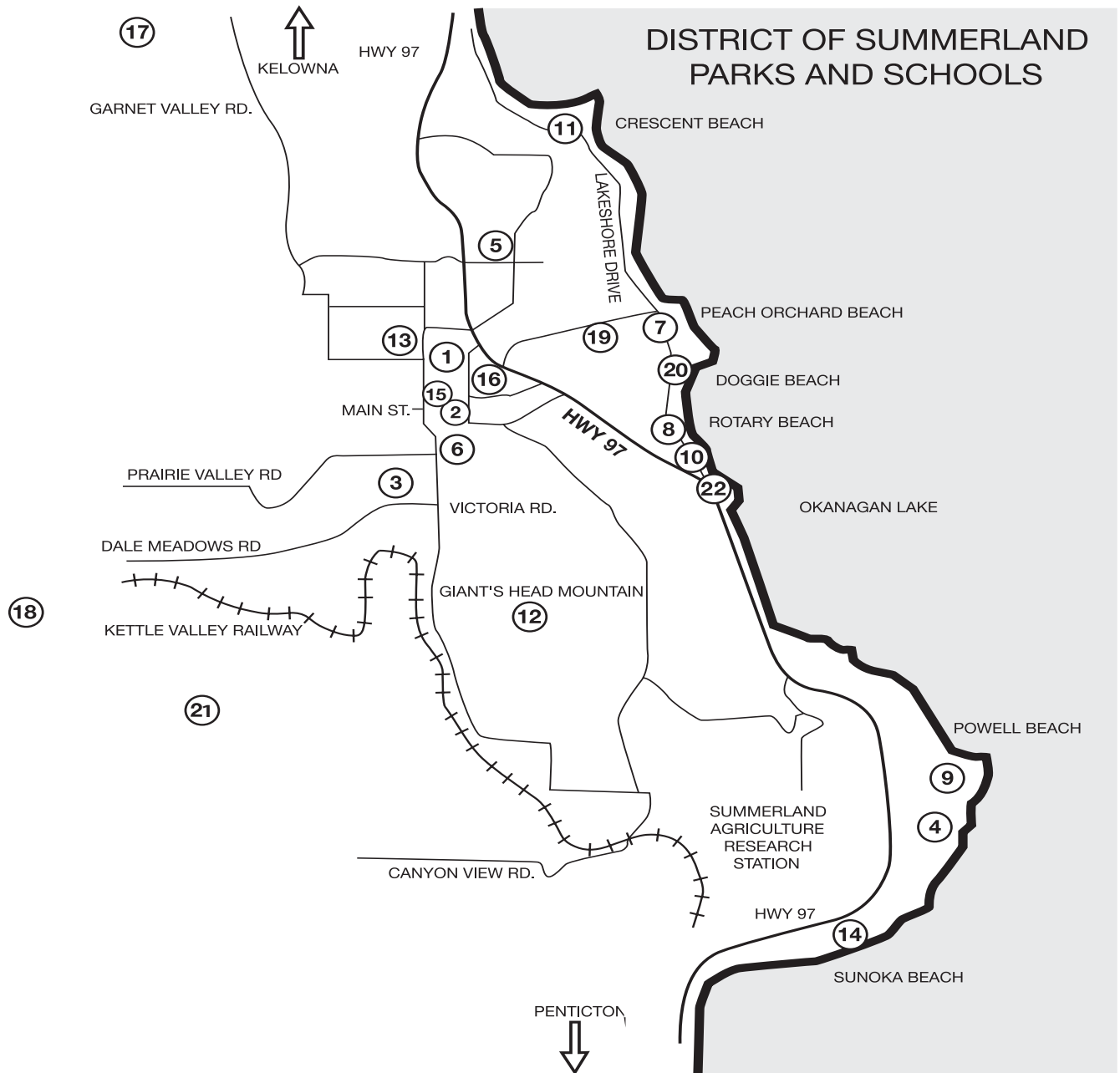
- 1 2 Summerland Middle School and Summerland Secondary School 20 acres**
Playcourt, 2 outdoor basketball hoops, tennis courts, soccer fields, softball diamonds.
- 3 Giant's Head Elementary School and Dale Meadows Park 30 acres**
Soccer field, softball field, 3 playgrounds and a playcourt. The playing field complex has 5 fenced softball fields, 3 soccer fields, 1.2 Km jogging track, a new enclosed playground, washrooms and picnic tables.
- 4 Trout Creek Elementary School 4 acres**
Playground equipment, softball diamonds and soccer fields.
- 5 Living Memorial Baseball Park 12.5 acres**
3 baseball diamonds, washrooms.
- 6 Memorial Park 5 acres**
Playground equipment, bandshell, horseshoe pitch and clubhouse, washrooms, picnic tables, park benches.
- 7 Peach Orchard Park 3.5 acres**
Playground equipment, beach, boat launch, walking trail, sand volleyball, washrooms, firepit, picnic tables and park benches, water spray park, public art and Spirit Square covered picnic area. Spray Park opens May long weekend – September.
- 8 Rotary Beach 4 acres**
Beach, floating docks, walking pier, washrooms, picnic tables and park benches.
- 9 Powell Beach 8 acres**
Beach, washrooms, tennis courts (with lights), soft-ball field, new playground and picnic tables.
- 10 Kinsmen Park & Holler Riparian Area 0.4 acres**
Playground equipment, beach and picnic tables with a natural stream area.
- 11 Crescent Beach 0.2 acres**
Beach and picnic tables.
- 12 Giant's Head Park 220 acres**
Trails and lookout.
(Open April - October, weather dependant)
- 13 Julia Kinsmen Park 0.2 acres**
Playground equipment, park bench and picnic tables.
- 14 Sunoka Beach 52 acres**
Beach, playground equipment, picnic tables, washrooms.
- 15 Aquatic & Fitness Centre**
25 m indoor pool, fitness room, hot tub, sauna.
- 16 Arena, Curling Rink, Banquet Room & Skateboard Park 5.5 acres**
Skating, curling, banquet facility.
- 17 Garnet Valley Dam (Priest Camp - historic park) 50 acres**
Pit toilets, fishing (no motorized boats).
- 18 Rodeo Grounds Complex 40 acres**
Clubhouse, riding arena, covered stalls, washrooms, covered bleachers.
- 19 Peach Orchard Campground and Adams Street Bird Sanctuary 13 acres**
Over 128 sites including a tennis court plus a natural area across the street.
- 20 Doggie Beach 0.2 acres**
Fenced beach area for dogs.
- 21 Mount Conkle Park 250 acres**
Natural park area that was dedicated as part of Summerland's Centennial in October 2006, includes a section of the Trans Canada Trail.
- 22 Lakeshore/Beaver St. Park 0.2 acres**
Beach, picnic table and park benches.

"If you truly love nature, you will find beauty everywhere."

Vincent van Gogh



DISTRICT OF SUMMERLAND PARKS MAP



Harold Simpson Memorial Youth Centre

9111 Peach Orchard Rd.

- Air Conditioned
- Meeting Rooms
- Birthday Parties
- Weddings
- Full Kitchen Facilities
- Main Hall/Gym Accommodates 200
- Special Youth Rates

For information/booking phone: 250-494-9338

Peach Orchard Campground

6321 PEACH ORCHARD ROAD

www.peachorchard.ca

Open from mid-May to mid-September each year.

Grassy and Treed Sites
including Tennis Courts.

For Campground Reservations call:
250-494-9649

email: peachorchardcamp@outlook.com



Summerland Action Festival

JUNE 2-3-4, 2017

www.summerlandactionfestival.com

CHIP TIMING
on
5km & 10km runs



Giant's Head Run

35th
Anniversary!

Saturday, June 3, 2017

RACE STARTS AT AQUATIC CENTRE 6:00pm

5.7km or 10.1km distances

Prizes & Awards Ceremony 7:30pm at Memorial Park

Recreational, Fun & Competitive Family Friendly!

**ONLINE
REGISTRATION**

www.runningroom.com
or register in person at
the Aquatic Centre

Man of Steel Triathlon

Saturday, June 3, 2017

BIKE: 7:00am • SWIM: 9:00am • Run: 6:00pm (With Giant's Head Run)

INDIVIDUAL, TEAM & FAMILY CATEGORIES

Registration includes:

- T-Shirt (first 500 competitors) • Free swim • Eligibility for Draw Prizes
- Ribbons for all children 7 and under.

Registration Forms Available after April 18th at the Aquatic & Fitness Centre.

For information call 250-494-0447

REGISTER BEFORE MAY 27th FOR
EARLY BIRD DISCOUNT!