

Summerland RECREATION GUIDE



Registration is easy!

[www.summerland.ca/
recreation](http://www.summerland.ca/recreation)



FALL 2023
Registration starts **August 8**



Halloween Haunt Swim

Saturday, October 28

6:30-8:00pm

**Save
the
Date**

Join us for some spooky fun,
games, swimming and more.

Tickets will be available for purchase on Sep 25.

Interested in volunteering for this event?
Contact the Aquatics Team at aquatics@summerland.ca
*All children under the age of 7 and children 7-10,
who cannot swim the width of the pool, must have a
parent/guardian in the water with them*
www.summerland.ca

Santa Skate

**SAVE
THE
DATE**



Sunday, December 17
1:00-2:30pm



*Skating, crafts, snacks and a special
visit from the North Pole!*



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. We reserve 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 **(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 • We reserve 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.

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, email us at recreation@summerland.ca or call 250-494-0447.



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DISTRICT OF SUMMERLAND COMMUNITY SERVICES STAFF

ADMINISTRATION:

Director of Community Services: Lori Mullin

Recreation Supervisor: Joanne Malar

Recreation Coordinator: Amanda Dean

Administrative Coordinator: Nicole Lawrence

Community Services Assistant: Laura Nisbet

SUMMERLAND ARENA:

Facilities Maintenance Lead Hand: Mike Fetterer

Arena Operator III: Francesco Johnston

Arena Operator II: Doug Bewick, Kendall Bird

SUMMERLAND AQUATIC CENTRE:

Head Lifeguard: Jessica Jonas

Maintenance Lifeguard/Instructor: Kyarah Burchell

SUMMERLAND PARKS:

Parks Operations Lead Hand: Jeremy Brown

Parks Staff: Dean Taylor, Heather Manoag,

Mark Henderson, Jayden Massey and

Mike Jaschke.

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Explore Summerland



You are on the Right Track



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

MEMORIAL PARK

This urban park within the downtown core is a focal point for many festivals and events. Large grassy areas, mature shade trees, picnic tables, washrooms, adventure playground, outdoor fitness equipment, benches and a band-shell create an inviting environment for the community and its visitors.

GORDON BEGGS ROTARY BEACH

This beach attracts locals and visitors alike with its fine sand. This beach offers swimming docks, washroom facilities, shade trees and park benches.

SUMMERLAND MILLENNIUM SPRAY PARK

Located in Peach Orchard Park the Spray Park was built in 2000 and contains 15 pieces of apparatus including water cannons and 25 ground sprays. The park is open daily from May until September and contains both timer and motion sensors for water efficient operation.

POWELL BEACH PARK

Located in the Trout Creek area of Summerland this beach includes not only a great swimming venue but also a softball field, tennis courts, washroom facilities and lots of shade for the numerous picnic tables and park benches.

DOG BEACH

At the south end of Peach Orchard Park is an enclosed area of beach where dogs and their owners can enjoy the lake. Dogs must be kept under control at all times.

DALE MEADOWS PARK

Located off Dale Meadows Road this community sports complex has 5 fenced softball fields, 3 soccer fields, 1.2 km jogging track, playground, washrooms, picnic tables and dog park.

PEACH ORCHARD BEACH PARK & SPIRIT SQUARE

Large grassy areas, sandy beach, volleyball court, playground, paved walkway, picnic tables and benches, washrooms and a boat launch make this park a little piece of paradise. New for 2023 - temporary fenced Dog Park (May-Sep).

Located in Peach Orchard Beach Park the Spirit Square includes a large covered gazebo with stage area. Also included are 6 interpretive historic signs, 8 picnic tables, an operating sundial sculpture and the whole area is handicap accessible.

SUMMERLAND SKATEPARK

This 10,000 square foot Skatepark with state of the art street features and bowl, is located on the north east corner of Summerland Secondary School field (Jubilee Rd and Rosedale Ave).

For complete parks information visit www.summerland.ca/recreation



Children & Youth

Sportball-Multi-Sport Parented Classes

Sportball parented classes are structured around a play-based curriculum. Classes are taught through imaginative storylines and age-appropriate language that kids can understand and respond to. Our parented programs integrate sport and social skills development through activities that feel just like daily play. In addition to parents and kids being active together in class, parents also come away from our programs inspired and full of ideas that can be used at home to form the foundation of a shared active lifestyle with their growing athletes. Soccer, baseball, basketball, football, hockey, volleyball, golf, rugby, lacrosse and tennis are included.

No classes Sep 30, Oct 7 or Nov 11.

Instructor: Sportball Kelowna

Location: Harold Simpson Youth Centre

Age: 16 months-2 years

Sep 16-Dec 9	Sat 8:30-9:00am	Code 10651 \$120/10 sess
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Age: 2-3.5 years

Sep 16-Dec 9	Sat 9:00-9:45am	Code 10652 \$180/10 sess
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Sportball-Multi-Sport

At Sportball, Multi-Sport classes provide an amazing foundation for a lifetime of active living. Sportball kids are kept moving and engaged, learning new skills from a different sport each class. We bundle 10 sports - Soccer, Baseball, Basketball, Football, Hockey, Rugby, Volleyball, Golf, Lacrosse and Tennis into one registration. By introducing your child to a variety of sports they will have the opportunity to find out which one feels right for specialization in later years.

No classes Sep 30, Oct 7 or Nov 11.

Instructor: Sportball Kelowna

Location: Harold Simpson Youth Centre

Age: 3.5-5 years

Sep 16-Dec 9	Sat 9:45-10:45am	Code 10653 \$200/10 sess
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Age: 6-9 years

Sep 16-Dec 9	Sat 10:45-11:45am	Code 10654 \$200/10 sess
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Puddle Jumpers

Play is important work for 3-5 years olds! This program is an opportunity to discover and explore a wide variety of new experiences. Puddle Jumpers will develop your child's imagination, foster individuality in games, songs, stories, arts and crafts within a positive social play environment. Children attending this program, must be potty-trained. Please note: Parents/Guardians must assist with a minimum of two classes. Please arrange your days with the instructor at the first class.

Age: 3-5 years

Instructor: Kathy Usher

Location: Arena Banquet Room

Sep 19-Dec 7	Tue & Thu 9:00-11:00am	Code 10646 \$240/24 sess
Sep 19-Dec 7	Tue & Thu 12:15-2:15pm	Code 10650 \$240/24 sess

Ninjutsu

Ninja classes will focus on developing virtues such as discipline, respect, honor and hard work. This Jujutsu based program uses the study of martial arts to help your child express themselves safely while following drills and combat techniques in a structured format. This program strives to be inclusive, please contact Amanda Dean at adean@summerland.ca if you need financial assistance.

Instructors: Jas and Varun

Location: Trout Creek Elementary Gymnasium

Age: 5-8 years Little Ninjas

Sept 12-Dec 12	Tue 6:00-6:30pm	Code 10845 \$175/12 sess
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Age: 9-13 years Ninja Warriors

Sept 12-Dec 12	Tue 6:30-7:15pm	Code 10846 \$210/12 sess
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Children & Youth

Dirt Series Mountain Bike Clinic

Dirt Series Try It Clinics are instructional clinics that we host for beginners who aren't sure where to start and/or intermediate who want to hone in on their skills. We bring the coaches, equipment and expertise to aid in growing your mountain bike community, experience and your confidence! Register for both the Skills and On-Trial Session to receive a \$30 credit.

Instructor: Dirt Series Certified Coaches

Location: TBA

Age: 6-17 years (split into three groups)

Beginner Skill Sessions

Sep 23 **Sat**
10:00am-1:00pm **\$95/sess**

Beginner On-Trail Session

Sep 23 **Sat**
2:00-5:00pm **\$95/sess**

Intermediate Skill Sessions

Sep 24 **Sun**
10:00am-1:00pm **\$95/sess**

Intermediate On-Trail Session

Sep 24 **Sun**
2:00-5:00pm **\$95/sess**

Evolve Skateboard & Scooter Camps

What is Evolve all about? Action sports! They look beyond the borders of traditional sports, offering not just an opportunity to sweat, but a chance to join a movement, ignite a spark and transform from the inside out. Evolve Scooter and Skateboard Camp employs a "challenge by choice" philosophy, which means we never force anyone to do something they're not comfortable doing. Instead, we offer the challenge. It's there for the taking!

Age: 6-13 years

Instructor: Evolve Skate Staff

Location: Skatepark

Summer
Sessions

Aug 21-25 **Mon-Fri** **Code 10672**
9:00am-4:00pm **\$395**

Aug 28-Sep 1 **Mon-Fri** **Code 10673**
9:00am-4:00pm **\$395**



Pro-D Day Swim

Sep 25 • 1:00-2:45PM
Oct 2 & 20 • 1:00-2:45PM
Nov 13 • 1:00-2:45PM
Nov 14 • 1:00-2:00PM

Home Alone-STAY SAFE

The Home Alone Program is designed to provide children ten years and up with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. This course will help them understand how to prevent problems, handle real-life situations, and keep them safe.

Age: 9-13 years

Location: Aquatic & Fitness Centre, Meeting Room

Oct 20 **Fri** **Code 10683**
12:30 -4:30pm **\$50/sess**

Babysitting Course

The Canadian Red Cross Babysitting course covers everything from managing difficult behaviors to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency.

Age: 11-16 years

Location: Curling Club Lounge

Sep 25 **Mon** **Code 10682**
8:30am-4:30pm **\$80/sess**

Register Early
Don't be disappointed.

Programs will be cancelled if enrolment is too low so enroll early to ensure your program doesn't get cancelled.

Registration
starts
Aug 8





Express Fitness

Build strength, increase mobility and rev up your cardio with this 40 minute express fitness class! Let Susan show you that you don't need an hour to build up your fitness.

Age: 18+ years
Instructor: Susan Manning
Location: IOOF Hall

SESSION I

Sep 12-Oct 19 Tue & Thu Code 10712
9:15-9:55am \$126/12 sess

SESSION II

Oct 24-Dec 14 Tue & Thu Code 10713
9:15-9:55am \$168/16 sess

HIIT the Floor Lunchtime Fitness

This 40 minute quick fit session will have you leaving energized and ready to take on the rest of the day! The combination of full-body resistance training and movement will increase your Strength, Endurance, heart rate and burn a ton of calories. Then finish with a full-body stretch, and you are good to go. See you on the floor!
No class Oct 2, 9, 13 or Nov 13.

Age: 18+ years
Instructor: Susan Manning
Location: Arena Banquet Room

SESSION I

Sep 11-Oct 18 Mon-Wed-Fri Code 10690
12:10-12:50pm \$112/14 sess

SESSION II

Oct 25-Dec 15 Mon-Wed-Fri Code 10715
12:10-12:50pm \$176/22 sess

Strength & Stretch

Do you want to tone, shape, and strengthen your body while increasing flexibility and burning a ton of calories? Then this class is for you! Using a variety of fitness equipment, we target the whole body, working on muscular strength, endurance, balance, flexibility and stretching. The first part of the class focuses on resistance training, while the second focuses on stretching and releasing tension. Modifications are always given, making this class great for all fitness levels. Come join the fun! Your body will thank you!

Age: 18+ years
Instructor: Susan Manning
Location: Arena Banquet Room

SESSION I

Sep 12-Oct 19 Tue & Thur Code 10719
5:00-6:00pm \$120/12 sess

SESSION II

Oct 24-Dec 14 Tue & Thur Code 10720
5:00-6:00pm \$160/16 sess

Pro-D Day Skate

Oct 20 • 10:00-11:30am
Nov 13 & 14 • 1:30-3:00pm



Drop-in's Welcome.

Most fitness classes have a drop in option, call or visit the aquatic center to purchase a drop in pass before attending the program.

Registration starts Aug 8

Fitness

Classical Mat Pilates with Katya

This class is a strengthening and lengthening form of exercise that focuses on your core muscles while also training your arms and legs. Mat Pilates is based on the original exercises Joseph Pilates developed to strengthen, balance, stretch, and tone the body so that you can live life better! Come free your body, relax your mind, and brighten your day in this fun series of Mat classes.

No class Oct 9.

Age: 16+ years

Instructor: Katya Farmer

Location: Arena Banquet Room

Sep 11-Dec 11	Mon	Code 10680
	5:00-6:00pm	\$126/12 sess

Suspension HIIT with Katya

Get ready for the ultimate fat burning and body sculpting class! Have fun and watch your heart rate soar, with a dynamic blend of total body suspension training and intense cardio. This high intensity, interval training style class will fly by as you alternate between all out-work efforts and brief recovery periods designed to push you to your limit for maximum results!

No class Oct 9.

Age: 16+ years

Instructor: Katya Farmer

Location: Arena Banquet Room

Sep 11-Dec 11	Mon	Code 10681
	6:15-7:15pm	\$132/12 sess

Fusion Bootcamp with Katya

This class is a mix of Pilates, HIIT, Yoga, and stretching. In this class you will use props and your own body's resistance to build your strength, stamina, and flexibility. This class is meant to get your heart rate up while combining lengthening and strengthening for a full body workout, then cool you down with a full body stretch to balance and center your mind and body. This class can be adapted to all fitness levels, and will always have alternate exercises to choose from.

No class Oct 9.

Age: 16+ years

Instructor: Katya Farmer

Location: Arena Banquet Room

Sep 13-Dec 13	Wed	Code 10678
	5:00-6:00pm	\$147/14 sess

Suspension Pilates with Katya

Suspension Pilates is an energizing and functional Pilates class using a suspension system. In this class, we will be doing a wide variety of classical and contemporary Pilates exercises and building flows that will help improve your strength, flexibility, balance, and posture. This whole-body workout will have you working up a sweat and challenging all of your stabilizing muscles using fun and exciting equipment! Modifications are always available to accommodate beginners and advanced movers.

No class Oct 9.

Age: 16+ years

Instructor: Katya Farmer

Location: Arena Banquet Room

Sep 13-Dec 13	Wed	Code 10679
	6:15-7:15pm	\$154/14 sess



Sculpt & Stretch with Katya

This 90 minute class is your ultimate retreat. Join Katya for a full body workout and stretch. This class will start with a flowing warm up, then add in some Pilates, and strength training, which will focus on toning and strengthening the core, shoulders, and hips. Lastly, we will finish the class with a 20-30 minute full body stretch which will leave you feeling longer and leaner. This class can be adapted to all fitness levels, and will always have alternate exercises to choose from.

Age: 16+ years

Instructor: Katya Farmer

Location: Arena Banquet Room

Oct 21-Dec 16	Sat	Code 10684
	8:30-10:00am	\$100/8 sess

**Register Early
Don't be disappointed.**

Programs will be cancelled if enrolment is too low so enroll early to ensure your program doesn't get cancelled.

Registration
starts
Aug 8

Fitness

REFIT

Get ready for a fitness experience like no other! This cardio-focused class combines powerful moves with positive music for a challenging, effective and FUN workout. This class is perfect for beginners and will challenge fitness enthusiasts. Simplistic movements and upbeat music will leave you sweating, smiling and feeling strong-body, mind and soul. Bring your best hair toss and rock star attitude-or get ready to discover both!

No class Oct 31.

Age: 16+ years

Instructor: Shannon Brilz

Location: Arena Banquet Room

Sep 12-Dec 12	Tue	Code 10660
	6:30-7:30pm	\$104/13 sess
Sep 14-Dec 14	Thu	Code 10661
	6:30-7:30pm	\$112/14 sess

Zumba

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

No class Oct 9, Nov 6 or 13.

Age: 18+ years

Instructor: Carole Patane

Location: IOOF Hall

Sep 11-Dec 11	Mon	Code 10694
	5:30-6:30pm	\$93.50/11 sess

REV & FLOW

This class strengthen bodies and sculpts muscles through targeted, music based movements and resistance training. Challenge your body in new and unique ways through east to follow movements and uplifting music. REV & FLOW is a dynamic workout that is easy on your joints without compromising the intensity of your workout.

Age: 16+ years

Instructor: Bree Young

Place: Baptist Church Gymnasium

Sep 6-Dec 13	Wed	Code 10710
	6:00-7:00pm	\$135/15 sess

Sports

Dirt Series Mountain Bike Clinic

Dirt Series Try It Clinics are instructional clinics that we host for beginners who aren't sure where to start and/or intermediate who want to hone in on their skills. We bring the coaches, equipment and expertise to aid in growing your mountain bike community, experience and your confidence!

Register for both the Skills and On-Trial Session to receive a \$30 credit

Age: 18+ years

Instructor: Dirt Series Certified Coaches

Location: TBA

Beginner Skill Sessions

Sep 23	Sat	Code 10707
	10:00-1:00pm	\$95

Beginner On-Trail Session

Sep 23	Sat	Code 10831
	2:00-5:00pm	\$95

Intermediate Skill Sessions

Sep 24	Sun	Code 10838
	10:00-1:00pm	\$95

Intermediate On-Trail Session

Sep 24	Sun	Code 10839
	2:00-5:00pm	\$95

Adult Volleyball

Join us for this adult co-ed recreational volleyball program. Come out to try or improve your volleyball skills, meet new people, and have FUN! Teams will be formed each night.

Age: 18+ years

Location: Summerland Middle School

Oct 13-Dec 15	Fri	Code 10670
	7:00-9:00pm	\$40/10 sess or
		Drop-in for \$5

Learn to Curl

Summerland Recreation Department in conjunction with the Summerland Curling Club is offering a three week Learn to Curl Program. Basic skills such as sliding, throwing the rock, sweeping, game strategy and etiquette will be taught. Equipment for the course (sliders, grippers, brooms) will be provided by the curling club. This course is designed for beginners and those new to the sport of curling.

Age: 18+ years

Location: Curling Club Ice

Oct 14-28	Sat	Code 10695
	10:00am-12:00pm	\$30/3 sess

Wellness

Qigong Health Practice

An philosophical exploration and physical refinement of personal health and wellbeing. qigong exercises for relaxation, circulation, stability, mobility and concentration. Class is generally fun, informative, and educational within a safe environment. Richard has been telling stories, teaching and guiding people towards better health and wellbeing in the Okanagan for over 20 years, and is the Founder of Tian Yo Health and Fitness.

No class Oct 9.

Age: 18+ years

Instructor: Richard Lautsch

Location: Arena Banquet Room or Memorial Park

Sep 11-Dec 11	Mon	Code 10718
	10:30-11:30am	\$130/13 sess
Sep 13-Dec 13	Wed	Code 10717
	10:30-11:30am	\$140/14 sess

Chair Yoga

With the support of a chair you will develop your fitness level and inner and outer wellness. This program builds balance and strength and enhances mobility. Modifications are given for back, hip, knee concerns and more. Each class is finished with a guided relaxation.

No class Oct 12 or Nov 9.

Age: 50+ years

Instructor: Cheryl Plewis

Location: Arts Center

Sep 14-Dec 14	Thu	Code 10663
	9:30-10:45pm	\$132/12 sess

Gentle Yoga

Movement is the Celebration of Life! In this program, suited to most levels of ability, we will proactive better breathing, deepen strength, enhance flexibility, improve balance, develop mind/body awareness and always finish with a guided relaxation. Please bring a mat, thick blanket and re-usable water bottle to each class.

No class Oct 13 or Nov 10.

Age: 18+ years

Instructor: Cheryl Plewis

Location: Arts Center

Sep 15-Dec 15	Fri	Code 10662
	9:30-10:45am	\$132/12 sess

Yoga with Marsha-Beginner

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.

No class Oct 9, Nov 13th or 20th

Age: 16+ years

Instructor: Marsha

Location: Arts Centre

Sep 18-Dec 18	Mon	Code 10819
	4:00-5:15pm	\$121/11 sess

Yoga with Marsha-Level 1

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. 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.

No class Oct 9.

Age: 16+ years

Instructor: Marsha

Location: Arts Centre

Sep 18-Dec 18	Mon	Code 10820
	5:30-7:00pm	\$132/11 sess

Yoga with Marsha-Level 2

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.

No class Oct 9.

Age: 16+ years

Instructor: Marsha

Location: Arts Centre

Sep 18-Dec 18	Mon	Code 10821
	7:15-8:45pm	\$132/11 sess

Register Early • Don't be disappointed.
Programs will be cancelled if enrolment is too low so enroll early to ensure your program doesn't get cancelled.

Registration
starts
Aug 8

Zumba GOLD

For active older adults who are looking for a modified Zumba Class that recreates the original moves you love at a lower intensity. As well, this program offers seated chair Zumba routines for those who have mobility issues.

No classes Oct 9, 13, Nov 3, 6, 8, 10 or 13.

Age: 50+ years

Instructor: Carole Patane

Place: Arena Banquet Room

Sep 11-Dec 11	Mon	Code 10691
	9:00-10:00am	\$93.50/11 sess
Sep 6-Dec 13	Wed	Code 10692
	9:00-10:00am	\$119/14 sess
Sep 8-Dec 15	Fri	Code 10693
	9:00-10:00am	\$110.50/13 sess

Pilates and More

This is a full body program using the principles of Pilates and adhering to the alignment and movement of the body.

No classes Oct 2 or 9.

Age: 18+ years

Instructor: Noni Clarke

Place: Arena Banquet Room

Sep 6-Dec 20	Mon/Wed	Code 10985
	6:50-7:50am	\$304.50/29 sess

Fitness Fusion

This class is targeted to older adults or anyone that is new to group fitness classes. Fitness Fusion will focus on strength, mild cardio and stretching components. Instructor will provide individual adaptations and variations.

Age: 50+ years

Instructor: Claire Waterman

Location: Community Centre 9710 Brown Street

Sep 13-Dec 13	Wed	Code 10688
	8:15-9:15am	\$126/14 sess
Sep 13-Dec 13	Wed	Code 10689
	9:30-10:30am	\$126/14 sess

Use it or Lose it with Barry

These classes are for older adults to improve strength, balance and well-being through a variety of simple exercises based on weigh resistance training, yoga, Pilates and Tai Chi with a group of like-minded people.

No class Oct 9.

Age: 50+ years

Instructor: Barry Neary

Location: IOOF Hall

Sep 11-Dec 18	Mon	Code 10668
	10:00-11:00am	\$119/14 sess
Sep 13-Dec 20	Wed	Code 10667
	10:00-11:00am	\$127.50/15 sess
Sep 15-Dec 22	Fri	Code 10664
	10:00-11:00am	\$127.50/15 sess

SUMMERLAND

Recreation Centre Referendum

Our Community, Your Vote

Find details here: summerland.ca/recreationcentre

Arena Schedule: Sep 5-Dec 16

CLOSED SEP 30, OCT 9. Schedule is subject to change. Please visit our website summerland.ca for most up to date schedule.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
12:00-1:00pm Parent & Tot	12:00-1:00pm Noon Hour Hockey <i>*Full Equipment</i>	12:00-1:00pm Parent & Tot	12:00-1:00pm Noon Hour Hockey <i>*Full Equipment</i>	12:00-1:00pm Noon Hour Hockey <i>*Full Equipment</i>	
See page 21 for our 2023 Holiday Schedule.		6:45-7:45pm Public Skate			6:00-7:00pm Public Skate

Note: The arena is closed on statutory holidays. Online schedule available at www.summerland.ca. or call **250-494-0447** for more information.

ADMISSION	PER PERSON	ADMISSION	PER PERSON
Preschool (3-5 yrs)	\$ 1.50	Family	\$ 11.00
Child (6-12 yrs)	\$ 2.75	Skate Rental	\$ 2.00
Teen (13-18 yrs)	\$ 3.75	Noon Hour Hockey	\$ 6.50
Senior (65 + yrs)	\$ 3.75	Parent & Tot (per person)	\$ 2.00
Adult (19-64 yrs)	\$ 4.75		

• A family consists of 2 adults and their own children 18 years and under.

Register and pay online summerland.perfectmind.com

SPECIAL EVENT
Santa Skate
Dec 17
1:00-2:30pm

**Noon
Hour Hockey**
Sep 5-Dec 15
Tuesdays, Thursdays &
Fridays • 12:00-1:00pm
*Full equipment is
required.*

**Pro-D
Skates**

Oct 20 10:00-11:30am &
Nov 13 & 14
1:30-3:00pm

Summerland Arena Complex & Curling Club

ARENA, ICE, DRY FLOOR, BANQUET ROOM & KITCHEN
8820 Jubilee Road East

Located on a 5.3 acre property, the Summerland Arena boasts a 200ft x 85ft ice sheet, four dressing rooms, a fully integrated sound system, a score clock and seating for 875 spectators. The curling rink has four ice sheets, each 146ft x 14ft, complete with hacks and raised platforms at each end. The concrete surface below the ice sheet is suitable for summer programs.

Located on the second level is the Banquet Room and Kitchen. This 3,640sqft room has the capacity to host 250 people and is served by a complete commercial kitchen and bar facilities.

For more information or to rent the facilities, please contact **Summerland Recreation** at **250-494-0447** or events@summerland.ca.



Fitness Centre Schedule Sep 11-Dec 17

CLOSED SEP 30, OCT 9 & NOV 11.

Health Club memberships includes full access to the Fitness Centre and access to our 25m pool, hot tub and sauna when available. Last entry into the pool or fitness room is 30 minutes before closure.

The Fitness Centre at the Summerland Aquatic Centre features an extensive variety of cardio and weight equipment.

Our equipment includes:

- Free Weights & Kettlebells
- Treadmills
- Stationary/Recumbent/Spin Bikes
- Ellipticals
- Rowing Machine

We provide a safe and pleasant atmosphere for our members and guests. Whether you want to increase your overall fitness, lose weight or train for that upcoming race, we have the equipment to assist you.



**CLOSED
SEP 30, OCT 9
& NOV 11**

FITNESS CENTRE SCHEDULE

FEES – HEALTH CLUB – POOL & FITNESS CENTRE

ADMISSION	DROP-IN	10 PASS	1-MONTH PASS	3-MONTH PASS	6-MONTH PASS	1-YEAR PASS
Teen 13-18 years	\$5.00	\$45.00	\$50.00	\$127.50	\$210.00	\$351.00
Adult 19-64 years	\$6.75	\$60.75	\$67.50	\$172.13	\$283.50	\$473.85
Senior 65+ years	\$5.00	\$45.00	\$50.00	\$127.50	\$210.00	\$351.00
Family (13+)*	\$15.00	\$135.00	\$150.00	\$382.50	\$630.00	\$1,170.00

*A family consists of 2 adults and their own children 13-18 years. All prices include GST.

FITNESS CENTRE HOURS

Fitness Centre

Mon-Fri 6:30am-8:45pm
Sat & Sun 9:00am-6:15pm

**CLOSED
SEP 30, OCT 9
& NOV 11**



Aquatic Schedule Sep 11 to Dec 17

CLOSED SEP 30, OCT 9 & NOV 11 *Reduced lane swims on course dates – See page 20 for more details*

TIME	MON.	TUES.	WED.	THURS.	FRI.
6:30-8:00am	Lane Swim	Lane Swim	Lane Swim	Lane Swim & ORCA	Lane Swim
8:00-9:00am	Lane Swim	AquaFit & One Lane	Lane Swim	AquaFit & One Lane	Lane Swim
9:00-9:50am	Swim Lessons & Lane Swim (2 Lanes)	Swim Lessons & Lane Swim (2 Lanes)	Swim Lessons & Lane Swim (2 Lanes)	Swim Lessons & Lane Swim (2 Lanes)	Swim Lessons & Lane Swim (2 Lanes)
10:00am-12:00pm	RECOPE	Swim Lessons & Lane Swim (2 Lanes)	RECOPE	Swim Lessons & Lane Swim (2 Lanes)	RECOPE
12:00-1:00pm	AquaFit & One Lane	Lane Swim	AquaFit & One Lane	Lane Swim	AquaFit & One Lane
1:00-2:00pm	School Lessons	School Lessons	School Lessons	School Lessons	School Lessons
2:00-2:55pm		AquaFit (2:05-2:50pm)		AquaFit (2:05-2:50pm)	
3:00-6:30pm	Lessons & ORCA Swim Club				Public Swim (3:00-4:15pm)
					ORCA Swim Club (4:30-6:00pm)
6:35-7:35pm	Public Swim (2 Lanes)				
7:45-9:00pm	Master Swim Club	AquaFit & Lane Swim (3 Lanes)	Master Swim Club	AquaFit & Lane Swim (3 Lanes)	Public Swim (2 Lanes)

Public swim is 8:00pm – 9:00pm the last Wednesday of every month; Sep 27, Oct 25, Nov 29 and Dec 20.

TIME	SAT.	SUN.
9:00-10:30am	ORCA Swim Club & Masters (9:00-10:30am)	Swim Lessons
10:45-12:30pm	Swim Lessons	
12:45-1:55pm	Lane Swim (5 Lanes)	
2:00-3:55pm	Public Swim	
4:00- 5:00pm	Lane Swim	Aqua Zumba & Lane Swim (3 Lanes)
5:15-6:30pm	Public Swim	

All children under the age of 7 regardless of swimming ability and children 7-10 years of age who cannot swim a width of the pool must be accompanied by an adult (16 years of age or older.)

* A family consists of 2 adults and their own children 0-18 years. All prices include tax.*

ADMISSION	DROP-IN	10 PASS	1-MONTH PASS	3-MONTH PASS	6-MONTH PASS	1-YEAR PASS
Preschool 3-5 years	\$1.25	\$11.25	\$12.50	\$31.88	\$52.50	\$97.50
Child 6-12 years	\$2.75	\$24.75	\$27.50	\$63.11	\$103.95	\$193.05
Teen 13-18 years	\$3.75	\$33.75	\$37.50	\$86.06	\$141.75	\$263.25
Adult 19-64 years	\$4.75	\$42.75	\$47.50	\$109.01	\$179.55	\$333.45
Senior 65+ years	\$3.75	\$33.75	\$37.50	\$86.06	\$141.75	\$263.25
Family*	\$11.00	\$99.00	\$110.00	\$252.45	\$415.80	\$772.20
AquaFit	\$5.25	\$52.50	N/A	N/A	N/A	N/A

Aquatic Fitness Programs

Aqua Zumba

This class is perfect for those looking to make a splash by adding a low-impact, high energy aquatic exercise to their fitness routine. Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss!

Age: 16+ years

Instructor: Carole Patane

Location: Aquatic & Fitness Centre

Sep 17-Dec 10

Sun

Code 10708

No class Nov 5 or 12.

4:00-5:00pm

\$88/11 sess

**All programs and schedules
are subject to change.**

Stay up to date with any program or
schedule changes by following us on
Facebook at Summerland Recreation.

Registration
starts
Aug 8

AQUATIC FITNESS

AquaFit

AquaFit is great addition to any exercise program! Using the water as resistance our instructors will help you to improve strength, flexibility and cardiovascular fitness while having a great time moving to the music. Summerland Recreation offers different 45 minutes class structures, which allows us to cater to the communities needs and ensure each class encourages full involvement and participant safety. Floatation belts are used in the deep water portion to provide buoyancy and stability.

No classes on Stat holidays.

Age: 16+ years

Instructor: Andi

Location: Aquatic & Fitness Centre

MORNING AQUAFIT

Sep 12-Dec 19

Tue

Code 10697

8:05-8:50am

\$63.75/15 sess

Sep 14-Dec 28

Thu

Code 10696

8:05-8:50am

\$68/16 sess

NOON HOUR AQUAFIT

Sep 11-Dec 18

Mon

Code 10698

12:05-12:50pm

\$59.50/15 sess

Sep 13-Dec 27

Wed

Code 10699

12:05-12:50pm

\$68/16 sess

Sep 15-Dec 29

Fri

Code 10700

12:05-12:50pm

\$68/16 sess

AFTERNOON AQUAFIT

Sep 12-Dec 12

Tue

Code 10702

2:05-2:50pm

\$59.50/14 sess

Sep 14-Dec 14

Thu

Code 10701

2:05-2:50pm

\$59.50/14 sess

EVENING AQUAFIT

Sep 12-Dec 12

Tue

Code 10703

7:45-8:30pm

\$59.50/14 sess

Sep 14-Dec 14

Thu

Code 10704

7:45-8:30pm

\$59.50/14 sess





PROGRAM UPDATE

Swim Lessons programming at the Summerland Aquatic Centre has transitioned to the Lifesaving Society "Swim for Life" program in January 2023. The chart below will give registration guidelines on how Red Cross swim levels will transition to the Swim for Life swim levels.

PREVIOUSLY IN RED CROSS SWIM	REGISTER IN LIFESAVING SOCIETY
4 MONTHS-3 YEARS	
Starfish, Duck & Sea Turtle	Parent & Tot
3-5 YEARS	
Sea Otter, Salamander & Sunfish	Preschool Beginner (Preschool 1, 2 & 3)
Crocodile & Whale	Preschool Advance (4 & 5)
5+ YEARS	
Swim Kids 1	Swimmer 1
Swim Kids 2	Swimmer 2
Swim Kids 3	Swimmer 3
Swim Kids 4 Swim Kids 5	Swimmer 4
Swim Kids 6 Swim Kids 7	Swimmer 5/6
Swim Kids 8	Swimmer 7 / Rookie Patrol
Swim Kids 9	Swimmer 8 / Ranger Patrol
Swim Kids 10	Swimmer 9 / Star Patrol



For more information on what swim level to register for, please call 250-494-0447.



Registration Opens Aug 8 For Fall Lessons (Sets 1 & 2)

Registration Opens Nov 8 For Fall Lessons (Set 3)

Parent & Tot (Caregiver Supervision Required)

NO LESSONS SEP 30, OCT 7-9, OR NOV 11.

CODE	DAY	DATES	TIME
4200	Mon & Wed	Sep 11-Oct 11	9:00-9:30am
4220	Sat	Sep 16-Dec 9	10:45-11:15am
4228	Sun	Sep 17-Nov 26	9:00-9:30am
4232	Sun	Sep 17-Nov 26	9:30-10:00am
4248	Mon & Wed	Oct 16-Nov 15	9:00-9:30am
4260	Mon & Wed	Nov 20-Dec 13	9:00-9:30am

Preschool 1

NO LESSONS SEP 30, OCT 7-9, OR NOV 11.

CODE	DAY	DATES	TIME
4201	Mon & Wed	Sep 11-Oct 11	9:00-9:30am
4205	Mon & Wed	Sep 11-Oct 11	3:00-3:30pm
4212	Tue & Thu	Sep 12-Oct 12	3:00-3:30pm
4222	Sat	Sep 16-Dec 9	11:15-11:45am
4233	Sun	Sep 17-Nov 26	9:30-10:00am
4244	Sun	Sep 17-Nov 26	11:00-11:30am
4249	Mon & Wed	Oct 16-Nov 15	9:00-9:30am
4253	Mon & Wed	Oct 16-Nov 15	3:00-3:30pm
4272	Tue & Thu	Oct 17-Nov 16	3:00-3:30pm
4261	Mon & Wed	Nov 20-Dec 13	9:00-9:30am
4265	Mon & Wed	Nov 20-Dec 13	3:00-3:30pm
4279	Tue & Thu	Nov 21-Dec 14	3:00-3:30pm

Preschool 2

NO LESSONS SEP 30, OCT 7-9, OR NOV 11.

CODE	DAY	DATES	TIME
4236	Sun	Sep 17-Nov 26	10:00-10:30am

Swimming Lesson Fees

Preschool/Swimmer 1-4	Swimmer 5/6	Rookie/Ranger/Star
30 minute lessons	45 minute lessons	1 hour lessons
10 Lessons \$46.00	10 Lessons \$57.50	10 Lessons \$92.00
9 Lessons \$41.40	9 Lessons \$51.75	9 Lessons \$82.80
8 Lessons \$36.80	8 Lessons \$46.00	8 Lessons \$73.60



Preschool 2/3

NO LESSONS SEP 30, OCT 7-9, OR NOV 11.

CODE	DAY	DATES	TIME
4202	Mon & Wed	Sep 11-Oct 11	9:30-10:00am
4211	Mon & Wed	Sep 11-Oct 11	4:00-4:30pm
4219	Tue & Thu	Sep 12-Oct 12	4:00-4:30pm
4223	Sat	Sep 16-Dec 9	11:15-11:45am
4246	Sun	Sep 17-Nov 26	11:00-11:30am
4250	Mon & Wed	Oct 16-Nov 15	9:30-10:00am
4259	Mon & Wed	Oct 16-Nov 15	4:00-4:30pm
4262	Mon & Wed	Nov 20-Dec 13	9:30-10:00am
4271	Mon & Wed	Nov 20-Dec 13	4:00-4:30pm

Preschool 3

NO LESSONS SEP 30, OCT 7-9, OR NOV 11.

CODE	DAY	DATES	TIME
4239	Sun	Sep 17-Nov 26	10:00-10:30am

Preschool 4

NO LESSONS SEP 30, OCT 7-9, OR NOV 11.

CODE	DAY	DATES	TIME
4240	Sun	Sep 17-Nov 26	10:30-11:00am

Preschool 4/5

NO LESSONS SEP 30, OCT 7-9, OR NOV 11.

CODE	DAY	DATES	TIME
4203	Mon & Wed	Sep 11-Oct 11	9:30-10:00am
4207	Mon & Wed	Sep 11-Oct 11	3:30-4:00pm
4215	Tue & Thu	Sep 12-Oct 12	3:30-4:00pm
4224	Sat	Sep 16-Dec 9	11:45am-12:15pm
4251	Mon & Wed	Oct 16-Nov 15	9:30-10:00am
4255	Mon & Wed	Oct 16-Nov 15	3:30-4:00pm
4275	Tue & Thu	Oct 17-Nov 16	3:30-4:00pm
4263	Mon & Wed	Nov 20-Dec 13	9:30-10:00am
4267	Mon & Wed	Nov 20-Dec 13	3:30-4:00pm
4282	Tue & Thu	Nov 21-Dec 14	3:30-4:00pm

Preschool 5

NO LESSONS SEP 30, OCT 7-9, OR NOV 11.

CODE	DAY	DATES	TIME
4234	Sun	Sep 17-Nov 26	9:30-10:00am
4241	Sun	Sep 17-Nov 26	10:30-11:00am



Registration Opens Aug 8 For Fall Lessons (Sets 1 & 2)

Registration Opens Nov 8 For Fall Lessons (Set 3)

Swimmer 1

NO LESSONS SEP 30, OCT 7-9, OR NOV 11.

CODE	DAY	DATES	TIME
4208	Mon & Wed	Sep 11-Oct 11	3:30-4:00pm
4213	Tue & Thu	Sep 12-Oct 12	3:00-3:30pm
4221	Sat	Sep 16-Dec 9	10:45-11:15am
4230	Sun	Sep 17-Nov 26	9:00-9:30am
4247	Sun	Sep 17-Nov 26	11:30am-12:00pm
4256	Mon & Wed	Oct 16-Nov 15	3:30-4:00pm
4273	Tue & Thu	Oct 17-Nov 16	3:00-3:30pm
4268	Mon & Wed	Nov 20-Dec 13	3:30-4:00pm
4280	Tue & Thu	Nov 21-Dec 14	3:00-3:30pm

Swimmer 2

Preschool 5 NO LESSONS SEP 30, OCT 7-9, OR NOV 11.

CODE	DAY	DATES	TIME
4210	Mon & Wed	Sep 11-Oct 11	4:00-4:30pm
4216	Tue & Thu	Sep 12-Oct 12	3:30-4:00pm
4226	Sat	Sep 16-Dec 9	12:15-12:45pm
4237	Sun	Sep 17-Nov 26	10:00-10:30am
4245	Sun	Sep 17-Nov 26	11:00-11:30am
4258	Mon & Wed	Oct 16-Nov 15	4:00-4:30pm
4276	Tue & Thu	Oct 17-Nov 16	3:30-4:00pm
4270	Mon & Wed	Nov 20-Dec 13	4:00-4:30pm
4283	Tue & Thu	Nov 21-Dec 14	3:30-4:00pm

Swimmer 3

NO LESSONS SEP 30, OCT 7-9, OR NOV 11.

CODE	DAY	DATES	TIME
4231	Sun	Sep 17-Nov 26	9:00-9:30am

Swimmer 3/4

NO LESSONS SEP 30, OCT 7-9, OR NOV 11.

CODE	DAY	DATES	TIME
4204	Mon & Wed	Sep 11-Oct 11	3:00-3:30pm
4218	Tue & Thu	Sep 12-Oct 12	4:00-4:30pm
4225	Sat	Sep 16-Dec 9	11:45am-12:15pm
4252	Mon & Wed	Oct 16-Nov 15	3:00-3:30pm
4278	Tue & Thu	Oct 17-Nov 16	4:00-4:30pm
4264	Mon & Wed	Nov 20-Dec 13	3:00-3:30pm
4285	Tue & Thu	Nov 21-Dec 14	4:00-4:30pm

Swimmer 4

NO LESSONS SEP 30, OCT 7-9, OR NOV 11.

CODE	DAY	DATES	TIME
4229	Sun	Sep 17-Nov 26	9:00-9:30am

Swimmer 5

NO LESSONS SEP 30, OCT 7-9, OR NOV 11.

CODE	DAY	DATES	TIME
4206	Mon & Wed	Sep 11-Oct 11	3:00-3:45pm
4214	Tue & Thu	Sep 12-Oct 12	3:00-3:45pm
4238	Sun	Sep 17-Nov 26	10:00-10:45am
4254	Mon & Wed	Oct 16-Nov 15	3:00-3:45pm
4274	Tue & Thu	Oct 17-Nov 16	3:00-3:45pm
4266	Mon & Wed	Nov 20-Dec 13	3:00-3:45pm
4281	Tue & Thu	Nov 21-Dec 14	3:00-3:45pm

Swimmer 6

NO LESSONS SEP 30, OCT 7-9, OR NOV 11.

CODE	DAY	DATES	TIME
4209	Mon & Wed	Sep 11-Oct 11	3:45-4:30pm
4217	Tue & Thu	Sep 12-Oct 12	3:45-4:30pm
4243	Sun	Sep 17-Nov 26	10:45-11:30am
4257	Mon & Wed	Oct 16-Nov 15	3:45-4:30pm
4277	Tue & Thu	Oct 17-Nov 16	3:45-4:30pm
4269	Mon & Wed	Nov 20-Dec 3	3:45-4:30pm
4284	Tue & Thu	Nov 21-Dec 4	3:45-4:30pm

Swimmer 7/8/9

NO LESSONS SEP 30, OCT 7-9, OR NOV 11.

CODE	DAY	DATES	TIME
4227	Sat	Sep 16-Dec 9	1:00-2:00pm

Teen

NO LESSONS SEP 30, OCT 7-9, OR NOV 11.

CODE	DAY	DATES	TIME
4242	Sun	Sep 17-Nov 26	10:30-11:00am

Adult

NO LESSONS SEP 30, OCT 7-9, OR NOV 11.

CODE	DAY	DATES	TIME
4235	Sun	Sep 17-Nov 26	9:30-10:00am

Swimming Lesson Fees

Preschool/Swimmer 1-4

30 minute lessons
10 Lessons \$46.00
9 Lessons \$41.40
8 Lessons \$36.80

Swimmer 5/6

45 minute lessons
10 Lessons \$57.50
9 Lessons \$51.75
8 Lessons \$46.00

Rookie/Ranger/Star

1 hour lessons
10 Lessons \$92.00
9 Lessons \$82.80
8 Lessons \$73.60

Note: All candidates are required to present their original certification at the start of the course.



Join the Team BE A LIFEGUARD

REGISTER NOW FOR OUR FALL 2023 AQUATIC CERTIFICATION PROGRAMS



Build the foundation for success!

Do you enjoy working with people, being a role model and having fun in the water? Get certified to become a lifeguard and swim instructor for aquatic facilities in the South Okanagan. Lifeguards prevent drowning, teach water safety, and provide leadership in our communities.



Dream Job! LIFEGUARD

Swim for Life Instructor
Check back in the Spring

National Lifeguard Pool
Dec 17-22
9:00am-5:30pm \$550

Standard First Aid CPR C/A ED
Oct 21 & 22
9:00am-5:00pm \$200

Bronze Cross
Oct 29, Nov 5 & 19
9:00am-4:00pm \$200

Bronze Medallion
Sep 17, 24 & Oct 1
9:00am-4:00pm \$200


Start here





NCCP-Making Ethical Decisions

Learn to analyze a challenging situation and determine if it has moral, legal, or ethical implications. Apply the NCCP Ethical Decision-Making Model to properly respond to all emerging situations.

Instructor: Pacific Sport Okanagan

Location: Aquatic Centre

Sep 22

Fri

1:00-5:00pm

Code 10842

FREE

NCCP-Planning a Practice

The NCCP Planning a practice learning activities will prepare coaches to: explain the importance of logistics in the development of a practice plan; establish an appropriate structure for a practice; and identify appropriate activities for each part of the practice. Coaches must complete both components (NCCP Emergency Action Plan and Module) to receive full credit for having taken the NCCP Planning a Practice Module. The goal of the module is to prepare coaches to plan safe and effective practices.

Instructor: Pacific Sport Okanagan

Location: Aquatic Centre

Sep 23

Sat

9:30am-3:30pm

Code 10843

FREE

Lifesaving Instructor Course

Lifesaving Instructor/Examiners are trained using a competency-based model that walks them through teaching and evaluation philosophy and the techniques/approaches required to teach water rescue, first aid and related aquatic skills. Instructors also learn about long-term and short-term planning, class management, safety supervision, and the principles of evaluation. Lifesaving Instructor/Examiners can evaluate and certify candidates in all items in Canadian Swim Patrol, Lifesaving Fitness, Bronze Star, Bronze Medallion, and Bronze Cross. The LSI course in the BC and Yukon Branch includes the Advanced Instructor certification and the Examination Standards clinic.

Age: 16+ years

Instructor: Jessica Jonas

Location: Aquatic Centre

Nov 26 & Dec 3

Sat

10:30am-2:30pm

Code 10844

\$175



Bronze Medallion

This course teaches and understanding of the lifesaving principles in the four components of water rescue education: judgment, knowledge, skills and fitness. The candidate will acquire the assessment and problem-solving skills needed to make good decision in, on and around the water.

Age: 13+ years

Location: Aquatic Centre

Sep 17, 24 & Oct 1

Sun

9:00am-4:00pm

Code 10686

\$200

Bronze Cross

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for the responsibilities as Assistant Lifeguards. This course is a prerequisite for advanced training.

Age: 13+ years

Location: Aquatic Centre

Oct 29, Nov 5 & 19

Sun

9:00am-4:00pm

Code 10687

\$200

National Lifeguard Course

Develop the fundamentals values, judgement, knowledge, skills and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practices and the decision making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments. Bronze Cross and Standard First Aid are required to attend this course.

Age: 15+ years

Location: Aquatic Centre

Dec 17-22

Sun-Fri

9:00am-5:30pm

Code 10659

\$550

For information on our Standard First, CPR and AED course, see page 19 or visit www.summerland.perfectmind.com

Holiday Skate Schedule Dec. 17-Jan. 1

Preregistration is available for all arena programs. Register online at summerland.perfectmind.com.

SUNDAY DEC 17	MONDAY DEC 18	TUESDAY DEC 19	WEDNESDAY DEC 20	THURSDAY DEC 21	FRIDAY DEC 22	SATURDAY DEC 23
6:00-7:00pm Public Skate	12:00-1:00pm Parent & Tot Skate 1:30-3:00pm Holiday Skate	12:00-1:00pm Noon Hour Hockey *Full equipment required* 1:30-3:00pm Holiday Skate	12:00-1:00pm Parent & Tot Skate 1:30-3:00pm Holiday Skate 6:45-7:45pm Public Skate	12:00-1:00pm Noon Hour Hockey *Full equipment required* 1:30-3:00pm Holiday Skate	12:00-1:00pm Noon Hour Hockey *Full equipment required* 1:30-3:00pm Holiday Skate	
DEC 24	DEC 25	DEC 26	DEC 27	DEC 28	DEC 29	DEC 30
1:30-3:00pm Holiday Skate	ARENA CLOSED	ARENA CLOSED	12:00-1:00pm Parent & Tot Skate 1:30-3:00pm Holiday Skate 6:45-7:45pm Public Skate	12:00-1:00pm Noon Hour Hockey *Full equipment required* 1:30-3:00pm Holiday Skate	12:00-1:00pm Noon Hour Hockey *Full equipment required* 1:30-3:00pm Holiday Skate	
DEC 31	JAN 1					
1:30-3:00pm Holiday Skate	ARENA CLOSED					

SKATE

PER PERSON

Preschool 3-5 years \$1.50

Child 6-12 years \$2.75

Teen 13-18 years \$3.75

SAVE THE DATE

Pro D Skate

Oct 20,
Nov 13 & 14

SAVE THE DATE

Santa Skate

Sunday,
Dec 17

\$2

Skate

Parent & Tot

SAVE THE DATE
Pro D Skate
Oct 20,
Nov 13 & 14

SAVE THE DATE
Santa Skate
Sunday,
Dec 17

\$2
Skate
Rental

Looking for space to host your next event?



**RESERVE
YOUR DATE
TODAY!**

The Summerland Banquet Room is located on the second level of the Summerland Arena. This space is 3645 sp. ft and has the capacity to host 250 people. This space is completed with a commercial kitchen and bar facilities.

For rental and price information, contact events@summerland.ca or 250-494-0447.

Fitness Centre & Aquatic Holiday Schedule Dec 18-Jan 1

FACILITY CLOSED: DEC 25, 26 & JAN 1

DECEMBER 23, 24, 30 & 31 - CLOSED AT 2:00PM

No added lane swim during Aquafit or Public swim from Dec 18-22.

All aquafit classes are 45 mins in length, see page 15 for exact times and details.

**CLOSED
DEC. 25, 26
& JAN. 1**

	MONDAY (DEC 18 ONLY) CLOSED DEC 25 & JAN 1	TUESDAY (DEC 19) CLOSED DEC 26	WEDNESDAY (DEC 20 & 27)	THURSDAY (DEC 21 & 28)	FRI (DEC 22 & 29)
6:30-8:00am	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim
8:00-9:00am	Lane Swim	AquaFit	Lane Swim	AquaFit	Lane Swim
9:15-11:45am	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
12:00-1:00pm	AquaFit	Lane Swim	AquaFit	Lane Swim	AquaFit
1:15-3:00pm	CLOSED				
3:15-5:00pm	ORCA / CLOSED				
5:00-6:30pm	Public Swim	Lane Swim	Public Swim	Lane Swim	Public Swim
6:35-8:00pm	Lane Swim	Public Swim	Lane Swim	Public Swim	

CLOSED DEC. 25, 26 & JAN. 1	SATURDAY (DEC 23 & 30)	SUNDAY (DEC 24 & 31)
9:00-11:30am	Lane Swim	Lane Swim
11:45am-2:00pm	Public Swim	Public Swim

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

All children under the age of seven regardless of swimming ability and children seven to ten years of age who cannot swim a width of the pool must be accompanied by an adult (16 years of age or older.) All prices include tax.

Fitness Centre Holiday Schedule

Dec 18-22 6:30am-8:00pm
Dec 23 & 24 9:00am-2:00pm
Dec 25 **CLOSED**
Dec 26 **CLOSED**
Dec 27-29 6:30am-8:00pm
Dec 30-31 6:30am-2:00pm
Jan 1 **CLOSED**

Back to normal schedule on Jan 2.

Give the Gift of Health & Fitness. The Summerland Aquatic & Fitness Centre has gift cards available for that perfect holiday present. Gift Cards can be used for memberships, recreation programs, goggles and more.



Pro D Day Swim



Regular swim admission fees to attend. See page 12.

Sep 25 • 1:00-2:45pm
 Oct 2, 20 • 1:00-2:45pm
 Nov 13 • 1:00-2:45pm
 Nov 14 • 1:00-2:00pm

Pro D Day Skate



\$2 Skate Rentals

Regular skate admission fees to attend. See page 18.

Oct 20 • 10:00-11:30am
 Nov 13, 14 • 1:30-3:00pm

*happening
Fall 2023*



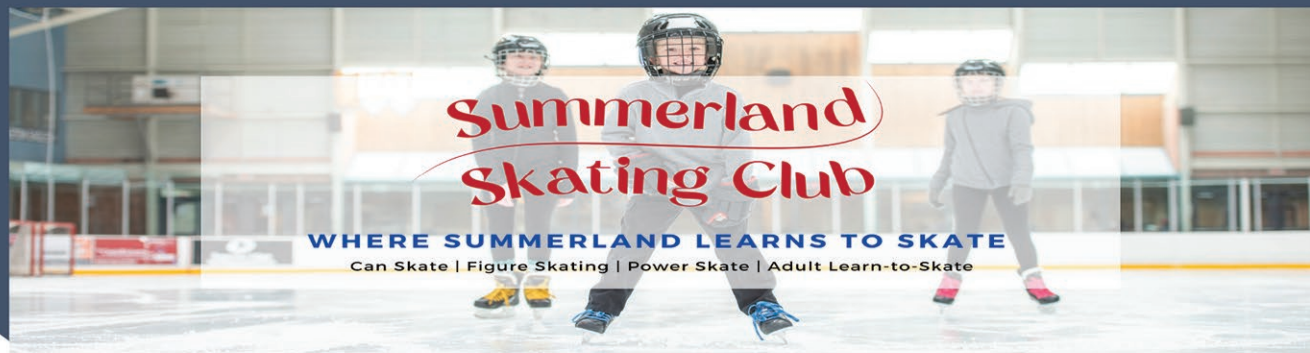
SUMMERLAND Recreation Centre Referendum

Our Community. Your Vote





Find details here: summerland.ca/recreationcentre



**Skate Canada
Patinage Canada**



Programs Available:

Pre-CanSkate (Ages 3-5): Mon/Weds

CanSkate (Ages 5+): Mon/Weds

CanPower: Thurs

Star Academy: Sun-Fri

StarSkate: Sun-Fri

Competitive Skating: Sun-Fri

Adult skate: Sun

Fall season starts:

Monday 18th September
2023

Fall season ends: Friday
22nd December 2023

Register Online:

www.summerlandskatingclub.com

For more info. contact: Louise Evans 250-808-7225 or summerlandskating@gmail.com



Harnessing Personal Potential

Join us!

Programs are currently running on Wednesdays at the Summerland Community Centre

Online classes available for Adults & Children

Create Excellence in Your Life

TANEDA KARATE DOJO

Classes ages 5 to Adult

250-768-2241
www.tanedakaratedojo.com

Sensei Chris Taneda

2017 Central Okanagan Sport Hall of Fame Inductee

6 Time Canadian National Kumite Champion

2012 Queens Diamond Jubilee Award Recipient

7th Degree Black Belt



Lakeshore Racquets Centre

13607 Lakeshore Drive - Summerland

www.lakeshoreracquetscentre.com

Located on beautiful Okanagan Lake, our facility boasts a variety of racquet sports: tennis, squash and table tennis. We have three tennis courts and three squash courts as well as five table tennis tables making us one of the few year-round racquet centres in the valley.

Fall Tennis Leagues: Women's, Men's and Mixed.
Starts at the beginning of Sept and runs to the end of October.

Squash Leagues: Monday and Wednesday evenings.
Starts at the beginning of October and runs until March.

Table Tennis "Learn and Play" - Wednesdays
10:00am-12:00pm. Starts October 11.
Drop-ins are welcome!

Table Tennis League on Sunday Afternoons from October 29 to Dec 17, 4:00 - 6:00pm.

Member rates are very reasonable. Check out our website for the 2023 fee schedule.

Membership includes: Unlimited access to courts and clubhouse (table tennis & pool table)

Unlimited participation in Tennis, Squash and Table Tennis leagues.

Reduced rates for lessons.

Non-members welcome - Drop-in fees apply.



Please check our website for updates on programs and contact information for the various sports.

www.lakeshoreracquetscentre.com



Something for everyone

Daytime leagues:

*Senior Men's
Senior Mixed
Senior Ladies
Mixed Stick Curling*

Evening leagues:

*Men's
Ladies
Open Mixed
Mixed Social*

★ **Junior curling, after school every Wednesday** ★

★ **Learn to Curl program available in Oct 2023.**

★ **New members are welcome.**

★ **Stick and Social leagues are available.**

Season runs from mid-October through mid-March

- *Beginner or experienced you are welcome at the club*
- *It's fun, easy & affordable*
- *Come as an individual or get together with some friends*

Online Registration begins Sept 1, 2023

In-person Reg is Thurs Sept 21, 6:00-7:30pm at the club.

For more information call, email or visit our website

250-494-9322

info@summerlandcurling.org

www.summerlandcurling.org

Summerland Women's Fitness

We put the fun into fitness!

Hydraulic Resistance Circuit Equipment
Whole Body Vibration Machine
Step and Regular Treadmills
Elliptical Machine
Exercise Bike
Stretching Station
Stretching & Meditation Sessions (By Appointment)

#2-7519 Prairie Valley Road, Summerland, BC
Summerfair Mall (behind the Royal Bank)

slandfitness@gmail.com Find us on Facebook

summerlandwomensfitness.ca 778-516-2001

WATCH FOR OUR
FALL OPEN HOUSE

Thursday, October 26
2-3:30pm & 7-8:30pm



FREE ORIENTATION SESSION



Cross-Country Skiing, Biathlon and Snowshoeing



Ask us about our
XC Skiing and
Biathlon programs
for all ages and
abilities – Program
registration opens
Sept 1

- Located in West Kelowna just 30 minutes from Summerland along the road to Crystal Mountain.
- 50km of expertly groomed cross-country ski trails for all abilities for both skate and classic skiing.
- Night skiing, dog friendly trail, 62km of snowshoe trails.
- Season passes, day passes, lessons and rentals of skate and classic skis and snowshoes.
- Cozy chalet and heated washrooms.
- Youth programs in cross-country skiing and biathlon for all ages and abilities.
- Additional programs for Masters, Special Olympics and local school groups.

Box 26072
West Kelowna, BC V4T 2G3

Phone: 250-707-5925
Email: gm@telemarknordic.com

www.telemarknordic.com



FALL 2023 CHILDREN'S PROGRAMS AT THE SUMMERLAND LIBRARY



STORY TIME
3.5 TO 5 YRS
WEDNESDAYS
10:30-11:00 AM

SEPT 13 -
NOV 22



TODDLER TIME
2 & 3 YRS
THURSDAYS
10:30-11:00 AM

SEPT 14 -
NOV 23

RHYME TIME
NEWBORN TO
2 YRS OLD
FRIDAYS
10:30-11:00 AM

SEPT 15 -
NOV 24

REGISTRATION REQUIRED
PHONE 250-494-5591
SUMMERLAND LIBRARY
9533 MAIN ST



UNISUS
SCHOOL

Experience a UNISUS Education

At Unisus IB World School, we are proud to offer students an extraordinary environment to learn, grow, and thrive in Summerland.
Limited spaces available for 23/24. Discover more at [unisus.ca](https://www.unisus.ca)

Book your visit today



Okanagan Independent School · Pre-Kindergarten to Grade 12 · Day and Boarding Options



SEPT 18 - JUNE 13
9AM - 12PM
5 DAYS, 3 DAYS OR 2 DAYS

Register at
summerlandbaptist.ca



Summerland Singers & Players

Watch for:
**"It's a
 Wonderful Life"**
 radio play live in
 December

New members always
 welcome! No
 experience necessary.

**THEATRE TRAILS —
 OUR PART OF THE
 RYGA FESTIVAL
 SATURDAY
 SEPTEMBER 23TH**

Sign up for our news
 letter to keep up to date.

ssptheatre@gmail.com: *Join our email list!*
 Find us on Facebook
summerlandtheatre.ca
 250-494-5420

ORCA SWIM CLUB

SUMMERLAND ORCA SWIM TEAM



Please email orcawimcoach@gmail.com
 for more information.

Register at: www.orcawimclub.net

Can you swim 25M ?
Free try outs September 12 & 14
 EMAIL: orcawimcoach@gmail.com



WE ACKNOWLEDGE THE FINANCIAL SUPPORT OF THE PROVINCE OF BRITISH COLUMBIA

Move Better, Feel Better, Live Better!

Recope is now accepting new referrals.

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 \$10.00 per session.

**Land and Water classes run Monday
Wednesday and Friday mornings**

A MEDICAL REFERRAL IS REQUIRED

* PLEASE ASK YOUR DOCTOR *



Please contact
Jean for info
250-486-0611



2023-2024 Registration



The 2023-2024 Summerland Minor Hockey season registration is now open.

To register visit
<http://summerlandminorchockey.org/registration/>

Summerland Community Centre

We're a happenin' place ... come join us!



REGULAR ACTIVITIES:
Community-centred
Organized activity groups
Socializing - Friendships
Music & Special Events
Hall rentals for weddings,
meetings, memorials, etc.



**Memberships
available**

*Preferred activity
rates for members*

9710 Brown St., Summerland, B.C.
email: summerlandcommunitycentre@gmail.com
summerlandcommunitycentre.ca | 250-494-9377



Glengarry Skating Club

TEACHING PENTICTON & AREA TO SKATE

SINCE 1953

www.glengarryfsc.com

250-486-0244

Teaching skating for 70+ years
Ages 3 & up
NCCP Certified Coaches
All classes at McLaren Park Arena
Ongoing, pro-rated registration

LEARN-TO-SKATE TOTS with PRECANSKATE (3&4 years old) - 30min class *PLEASE NOTE – PreCanSkate classes begin 2 weeks after our regular CanSkate classes

Introduces young children to skating in a fun environment - Teaches the basics of balance, falling & getting up, forward & backward movement – Class led by NCCP Certified Professional Coaches - Coaches are assisted by trained Program Assistants

Fall 2023; October 2 – December 14

Mondays; 4:00pm – 4:30pm; 9 classes (no class Sep25, Oct2, Oct9); \$99

Tuesdays; 5:00pm – 5:30pm; 9 classes (no class Sep26, Oct3, Oct31); \$99

Thursdays; 5:00pm – 5:30pm; 10 classes (no class Sep28, Oct 5); \$110

Saturdays; 9:35am – 10:05am; 6 classes (no class Sep30, Oct7, Oct14, Nov11, Nov25); \$66

Winter 2024; January 16 – March 14

Mondays; 4:00pm – 4:30pm; 7 classes (no class Jan1, Jan8, Jan15, Feb19); \$77

Tuesdays; 5:00pm – 5:30pm; 9 classes (no class Jan2, Jan9); \$99

Thursdays; 5:00pm – 5:30pm; 9 classes (no class Jan4, Jan11); \$99

Saturdays; 9:35am – 10:05am; 6 classes (no class Jan6, Jan13, Feb10, Mar9); \$66

To register:

- Go to www.glengarryfsc.com
- Set up your family account, and list your skater(s) as a 'Participant'
- Register for your chosen class(es)
- Go to your shopping cart and select your payment method

LEARN-TO-SKATE with CANSKATE (5-12 years old) - 40min class

Skate Canada's flagship Learn-to-Skate program - Focus on fun, participation & basic skill development - Group lesson format - Class led by NCCP Certified Professional Coaches - Skaters progress at their own rate - Coaches are assisted by trained Program Assistants

Fall 2023; September 25 – December 14

Mondays; 4:00pm – 4:40pm; 11 classes (no class Oct9); \$154

Tuesdays; 5:00pm – 5:40pm; 11 classes (no class Oct31); \$154

Thursdays; 5:00pm – 5:40pm; 12 classes; \$168

Saturdays; 9:35am – 10:15am; 8 classes (no class Oct14, Nov11, Nov25); \$112

Winter 2024; January 2 – March 14

Mondays; 4:00pm – 4:40pm; 9 classes (no class Feb19); \$126

Tuesdays; 5:00pm – 5:40pm; 11 classes; \$154

Thursdays; 5:00pm – 5:40pm; 11 classes; \$154

Saturdays; 9:35am – 10:15am; 8 classes (no class Feb10, Mar9); \$112

**Registration for all classes
opens Tue, Aug 8, 2023**

**Fall23 – Classes start Sep 25th
Winter24 – Classes start Jan 2nd**

POWERSKATE (8-13 years old) & ADULTPOWERSKATE (18+ years old) - 45min class - Please note: SKATERS SHOULD ALREADY BE ABLE TO STRIDE FORWARD, SKATE BACKWARD, & STOP ON THEIR OWN – FULL GEAR REQUIRED – IF YOUR SKATER HAS BEEN WITH OUR CANSKATE PROGRAM, THEY SHOULD BE FINISHED STAGE 3 BEFORE THEY MOVE INTO THIS PROGRAM – THESE 2 CLASSES SHARE THE SAME ICE & COACHING

For skaters who are looking for extra ice time and coaching - Classes are broken down into three time slots; (1) 10min warm-up, (2) 20min skills & drills, (3) 5min cool-down - Focus on balance, power, agility, speed, endurance - Geared to hockey & ringette players - Emphasis on how skills apply to game situations - Skills, techniques & conditioning taught in a progressive format - NCCP Certified Professional Coaches

Fall 2023; September 25 – December 14

Thursdays; 7:45pm – 8:30pm; 12 classes; \$228

Winter 2024; January 2 – March 14

Thursdays; 7:45pm – 8:30pm; 11 classes; \$209

TEEN & ADULT SKATING (14+ years old) - This class consists of a coach led warmup and instruction time, followed by freeskate time. Our coaches are floating & available during the freeskate time, and are happy to help you progress at your own pace towards whatever goals you have in mind.

This session is designed with two types of skaters in mind; (A) Adults who would like some learn-to-skate instruction. (B) Previous figure skaters who would like to get back on the ice for fun or exercise. If public skates and the limitations of them aren't for you, come out and join us. Skate backwards, do some spins & spirals, or (if you have the courage) try that 1 Axel again.

Fall 2023; September 25 – December 14

Tuesdays; 7:45pm – 8:30pm; 11 sessions (no session Oct31); \$187 (20min instruction + 25min freeskate)

Winter 2024; January 2 – March 14

Tuesdays; 7:45pm – 8:30pm; 11 sessions; \$187 (20min instruction + 25min freeskate)

PLEASE NOTE – ALL SKATERS ARE REQUIRED TO PAY AN ANNUAL \$61.00 FEE FOR SKATE CANADA MEMBERSHIP & INSURANCE (SEP 2023-AUG 2024). THIS FEE WILL BE ADDED THE FIRST TIME A SKATER REGISTERS TO ONE OF OUR PROGRAMS.



SUMMERLAND FALL FAIR

Save the Date!

Saturday, September 9th
10:00am - 4:00pm

MUSEUM & ARTS CENTRE PARK AND AREA,
LIBRARY SITE AND MORE

OUTSIDE : FARMERS FRESH PRODUCE STANDS - PIONEER
WORKSHOP - CHILDREN'S ZONE and PETTING ZOO - ZUCCHINI
and CHILDRENS RACES - MUSIC and ENTERTAINMENT - LOCAL
VENDORS and FOOD TRUCKS - SILENT AUCTION! • RYGA CENTER:
EXPANDED AGRICULTURE EXHIBITION - DROP OFF ENTERIES
FRIDAY AFTERNOON 12-6PM • ART GALLERY MEETING ROOM:
SPEAKERS and PANEL DISCUSSION OUR FOOD PRODUCER
INDUSTRY, LAND AND WATER

*Come and join us for the opportunity to celebrate
Summerland's thriving agricultural community!*

For more information visit our website:
www.summerlandfallfair.ca



Our gift shop offers beautiful and unique
paintings, pottery, art cards, turned-wood
bowls, books, and jewelry created by local
artists and artisans

Visit our website for information about our
workshops, Pro D Day Camps, Light up the
Arts Christmas show, gallery exhibitions,
kids' art classes, concerts, and events.

www.summerlandarts.com
admin@summerlandarts.com

250-494-4494

Open Tuesday to Saturday 10 am to 4 pm
George Ryga Arts & Cultural Centre
9525 Wharton St. Summerland



KIDS PRO D DAY CAMP

follows SD 67 school calendar

Summerland Baptist Church
10318 Elliot Street
Summerland

\$35
Per Kid Per Day

THE ACTIVITIES
Swimming
Craft
Playground
Games

GRADE K-5

REGISTER NOW summerlandbaptist.ca/sbckids

Want to Advertise?

Our next Guide will be
**Winter
2024.**

To avoid disappointment
don't delay. Ad space is
limited and fills up quickly.

Contact **Amanda Dean**
for more details:
adean@summerland.ca
250-404-4031



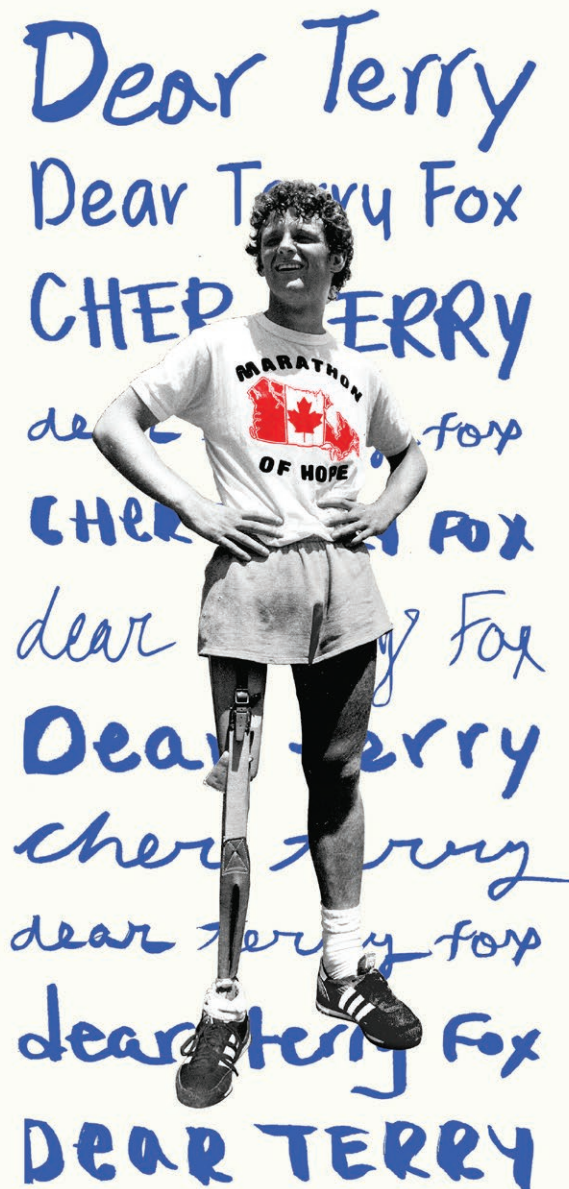


Photo of Terry Fox by Gail Harvey

**ON APRIL 12, 1980, TERRY FOX STARTED TO RUN.
AND YOU STARTED TO WRITE.**

Join us for the 43rd annual Terry Fox Run on September 17, 2023.
All proceeds support cancer research in Canada.

In-person registration starts at 10:15 a.m. at the
Summerland Aquatic Centre or register online and share your
#DearTerry message at terryfox.org



**THE TERRY FOX
FOUNDATION**





Explore Summerland



You are on the Right Trail



 DISTRICT OF
SUMMERLAND

Summerland is a community where active and healthy living is encouraged and walking, hiking and cycling are safe and comfortable for people of all ages and abilities, year-round.

Summerland's trail network is a well-loved community asset. Our trail network provides a variety of experience that includes paved lakeside pathways and rugged mountain trails.

Summerland's trail users include walkers and hikers, dog walkers, equestrians, mountain bikers and others.

BRIGADE TRAIL

Distance - 5 km • Unpaved

Hike & Bike
(Mountain biking single track)

TRANS CANADA TRAIL/KETTLE VALLEY RAILWAY TRAIL

Distance - 9 km • Paved and unpaved sections

Hike & Bike

ROTARY TRAIL LAKESHORE LOOP

Distance - 6 km • Paved and unpaved sections

Hike & Bike (Mountain bike single track on trail sections)

MOUNT CONKLE TRAILS

Distance - 13 km • Unpaved

Hike & Bike (Mountain bike single track)

GIANT'S HEAD MOUNTAIN TRAILS

Distance - 12.6 km • Paved & unpaved

Hike & Bike

TROUT CREEK DIKE

Distance - 5 km • Unpaved

Hike & Bike

LAKESHORE PATHWAY

Distance - 1 km • Paved

Walk & Bike

TOUR THE TOWN

Distance - 9 km loop • Paved roadway

Walk & Bike

For complete trail information visit www.summerland.ca/recreation

ARTS & CULTURE

Art Club	summerlandarts.com
Community Arts Council & Gallery	250-494-4494
Kettle Valley Steam Railway	250-494-8422
Museum & Archives	250-494-9395
Pleasure Painters	summerlandarts.com
Potters Guild	summerlandpottersguild@gmail.com
Singers & Players	summerlandtheatre.ca
Summerland Library	250-494-5591

SPORTS

Baseball, Minor	summerlandminorbaseball@gmail.com
Broomball, Ladies	Jenny Nemeth 250-494-1998
Curling Club	info@summerlandcurling.org
In House Performing Arts Studio ..	inhouseperformingarts.com
Dragon Boat/Outrigger	Don Mulhall 250-488-3100
Hockey:	
Canucks	Dave Svetlichny 250-809-6930
Minor Hockey	summerlandminorhockey@hotmail.ca
Horseshoe Club	Ron Moser 250-494-0450
Karate Club	tanedakaratedojo.com/summerland
Lacrosse, Minor	pentictonlacrosse@gmail.com
Summerland Pickleball Club	summerlandpickleball@shaw.ca
Sailing Club	sosailing.ca
Scuba	Steve Toth 250-809-7311
Skating Club	summerlandskatingclub.com
Skiing:	
Apex Ski Club	apexskiclub.com 250-809-5727
Nickel Plate	1-250-292-8110
Slo Pitch	www.summerlandslopitch.com
Soccer:	
Mini/Youth Soccer . Pinnacles Football Club	pinnaclesfc.ca . 778-476-5888
SO Men's Soccer League	somslpenticton@outlook.com
SO Women's Soccer League	sowsl@outlook.com
Softball, Girls	
Special Olympics	Tracy Fleming 250-490-1941
Swim, Orca Club	www.orcaswimclub.net
Swim, Orca Masters	Mike Cooke thecookes@shaw.ca
Triathlon, TriPower	Melissa Berrisford . . 250-462-4338
Volleyball:	
Senior	Frank Martens 250-494-4666
South Okanagan	sovapenticton@shaw.ca 250-493-0095
Yacht Club	250-494-8312

MISCELLANEOUS COMMUNITY ORGANIZATIONS

55+ B.C. Games	Lynn Schulberg 250-494-1786
Al-Anon	250-490-9272
Alzheimers Society of BC	Mary Beth Rutherford 250-493-8182
BC Transit On Request	1-844-442-2212
B&G Club	south@bgco.ca 250-493-0512
Canadian Cancer Society	1-888-939-3333
Canadian Mental Health	250-493-8999
Critteraid	critteraid.org 250-494-5057
Cubs/Scouts/Beavers	Tent 250-494-1990
Diabetes Clinic	250-770-3530

Dog Control	Elizabeth Bigg 250-494-6446
.....	dogs@summerland.ca
Emergency Support Services	John Topham 250-462-0823
Foundry Penticton	foundrybc.ca/Penticton . 778-646-2292
Garnett Valley Gang	Wendy Davis 250-317-9797
Girl Guides of Canada	info@girlguides.ca
Health Care Auxiliary	250-494-9102
Meals on Wheels	Charlotte Burley . . . 250-494-1173
Meals on Wheels	Gavin 778-516-1973
Ornamental Gardens	friends.summerlandgardens@gmail.com
One Sky Community Resource	250-492-5814
RECOPE	250-486-6611
Sportsman Association	250-488-0588
St. John Ambulance	250-492-3377
Summerland Action Festival	Pat Bell 250-494-6621
Summerland Chamber of Commerce	250-494-2686
Summerland Community Centre	250-494-9377
Summerland Fall Fair Society	summerlandfallfairsociety@gmail.com
Summerland Health Centre Volunteers	250-492-4000
Summerland Museum and Archives	250-494-9395
Summerland Newcomers Club	summerlandnewcomers@hotmail.com
Trail of the Okanagan Society	trailokanagan@gmail.com
Visitor Information Centre	250-494-2686
Youth Centre Association	250-494-9338

RECREATION FACILITIES

Aquatic & Fitness Centre	250-494-0447
Arena	250-494-0447
Badminton Club	Shaun Johnston . . . 250-494-1513
Centre Stage Theatre	250-494-0447
Curling Rink	Winter 250-494-9322
Summer	250-494-0447
IOOF Hall	Aaron Hall 250-361-6986
Lakeshore Racquet Club	www.lakeshoreracquetscentre.com
Peach Orchard Campground	250-494-9649
Summerland Community Services	250-494-0447
Summerland Golf Club	250-494-9554
Sumac Ridge Golf Club	250-494-3122
Unisus International School	250-404-3232
Harold Simpson Youth Centre	250-494-9338

SERVICE CLUBS & SOCIETIES

Cadets - Air	Cpt. Stephen Brown 250-494-7988
Kinsmen	info@summerlandkinsmen.com
Kiwanis	250-494-0883
K-40	Martin Nisbet 250-494-8373
Legion Ladies Auxiliary	250-494-2301
Okan/Similk Parks Society	250-494-7617
Rotary Club	secretary@summerlandrotary.org
Royal Canadian Legion	250-494-2301



Summerland's Community Events

September to December 2023

Skaha Kennel Club Dog Show

August 31-September 4
skahakennelclub.ca

Summerland Fall Fair

September 8 & 9
www.summerlandfallfair.ca

Endless Summer Car Show –

Apple Valley Cruisers

September 9
www.applevalleycruisers.ca

Kettle Mettle Gravel Fondo

September 15 & 16
KettleMettle.ca

Terry Fox Run

September 17
www.terryfox.ca/terryfoxrun/summerland

George Ryga Arts Festival

September 20-24
rygafest.ca

Summerland Sweets XC Race

September 24
www.interiorrunningassociation.com/cross-country-race-series

Halloween Haunt

October 28
summerland.perfectmind.com

Light Up The Vines

November
bottleneckdrive.com/events/light-up-the-vines

Light Up Summerland

November 24
summerlandlightup.com

Santa Skate

December 17
www.summerland.ca/recreation

Summerland Polar Bear Dip

January 1, 2024
www.summerlandkinsmen.com/events/polar-bear-dip

