

Summerland RECREATION GUIDE



Registration is easy!
[www.summerland.ca/
recreation](http://www.summerland.ca/recreation)



SPRING 2023



*Registration starts March 7
Swim Lesson Registration:
Session I (April) - March 16
Session II (May) - May 9*

Summerland's Community Events

March - June 2023

Reds Hockey Tournament • April 6-9

RE/MAX Community Easter EGG-Stravaganza • April 8

Earth Week • April 17-23
www.summerland.ca/EarthWeek

Earth Day Community Planting Celebration • April 23
www.summerland.ca/EarthWeek

Ready, Set, Learn – Community Fair • May 11
Memorial Park – 5:00-6:30pm

Spring Fling Car Show • May 20
www.applevalleycruisers.ca

Giant's Head Grind • May 20
giantsheadgrind.com

Spring GoByBike Week • May 28-June 4
gobybikebc.ca/summerland

Basecamp Gravel Campout • June 2 - 4
www.basecampgravel.ca

ParticipAction Community Better Challenge • June 1-30
www.summerland.ca/CommunityBetterChallenge

Action Festival • June 2-4
summerlandactionfestival.ca

Giant's Head Run • June 3
www.summerland.ca/GHR

Giants Head Freeride • June 2023
www.giantsheadfreeride.ca

Summerland Rotary Sunday Market • TBA
summerlandsundaymarket.ca

Summerland Bluegrass Festival • June 30-July 2
www.summerlandbluegrass.com

Canada Day Celebration • July 1
summerlandlegion.com





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.



Summerland's Community Events.....	2
Spring Break Aquatic Schedule.....	4
Areana Spring Break Schedule	5
Earth Week.....	6
GoByBike & Pro-D Day Fun.....	7
Children & Youth Programs.....	8-10
Community Better Challenge	11
Fitness Programs.....	12-13
Wellness Programs.....	14-15
Older Adult Programs	16
Fitness Centre Schedule	17
Aquatic Schedule	18
How to Become a Lifeguard.....	19
Swim For Life Program Overview.....	20
Swim For Life Swim Lessons.....	21
Aquatic Programs.....	22
Arena Schedule.....	23
Community Contacts	29
Giant's Head Run.....	30

**DISTRICT OF SUMMERLAND
COMMUNITY SERVICES STAFF**

ADMINISTRATION:

Director of Community Services: Lori Mullin
Recreation Supervisor: Joanne Malar
Recreation Coordinator: Laura McCarron
Administrative Coordinator: Nicole Lawrence
Secretary/Administration: Laura Nisbet

SUMMERLAND ARENA:

Facilities Maintenance Coordinator: Mike Fetterer
Arena Ice Maker: Francesco Johnston
Arena Maintenance Workers: Doug Bewick and Jayden Massey

SUMMERLAND AQUATIC CENTRE:

Head Lifeguard: Jessica Jonas
Maintenance Lifeguard/Instructor: Kyarah Burchell

SUMMERLAND PARKS:

Sub Foreman: Jeremy Brown
Maintenance/Gardener/Groundsperson: Dean Taylor, Susie Kedge, Heather Manoag, Mark Henderson and Mike Jaschke.

SUPPORTING ADVERTISERS:

YMCA.....	24	Lakeshore Racquets Club.....	27
Taneda.....	25	Recupe.....	28
Summerland Women's Fitness Centre.....	25	Summerland Rodeo Grounds.....	28
BCG Okanagan.....	26	Summerland Singers & Players.....	29
SOSA.....	27	Summerland Arts Council.....	29
Baptist Church	27 & 28		

Designed: Dragonfli Studio • All rights reserved. • MADE IN CANADA • Cover Photographer: Lorena Klammer

Spring Break Aquatic Schedule Mar 19-Apr 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI
6:30-8:00am	Lane Swim	Lane Swim	Lane Swim	Lane Swim/ORCA	Lane Swim
8:00-9:00am	Lane Swim	AquaFit	Lane Swim	AquaFit	Lane Swim
9:00-10:00am	Swim Lessons & Lane Swim (2)				
10:00am-12:00pm	RECOPE	Lane Swim	RECOPE	Lane Swim	RECOPE
12:00-1:00pm	AquaFit	Lane Swim	AquaFit	Lane Swim	AquaFit
1:15-3:00pm	Public Swim				
3:00-5:00pm	Swim Lessons & ORCA				
5:30-6:30pm	ORCA				
6:45-8:00pm	Masters Swim	Public Swim	Masters Swim	Public Swim	
8:00-9:00pm	Public Swim	Lane Swim	Public Swim	Lane Swim	Lane Swim

	SATURDAY	SUNDAY
9:00-10:30am	ORCA & Masters Swim Club	Lane Swim
10:45am-1:00pm	Lane Swim	Public Swim
1:00-3:30pm	Public Swim	
4:00-5:00pm	Lane Swim	Aqua Zumba & Lane Swim
5:00-6:30pm	Public Swim	

Schedule may vary slightly 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.)

Please note that we will be hosting National Lifeguard Pool Course - **March 18-23**. The following swims will be impacted by this course:

Public Swims will **not** have lane access.

Lane swims will only have **three lanes available**.



Spring Break Skate Schedule Mar 19-Apr 1

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

SUNDAY MAR 19	MONDAY MAR 20	TUESDAY MAR 21	WEDNESDAY MAR 22	THURSDAY MAR 23	FRIDAY MAR 24	SATURDAY MAR 25
6:00-7:00pm Public Skate	12:00-1:00pm Parent & Tot Skate 1:30-3:00pm Public Skate	12:00-1:00pm Noon Hour Hockey *Full equipment required* 1:30-3:00pm Public Skate	10:30-11:30am Stick n Puck & Parent & Tot 12:00-1:00pm Parent & Tot Skate 1:30-3:00pm & 6:45-7:45pm Public Skate	12:00-1:00pm Noon Hour Hockey *Full equipment required* 1:30-3:00pm Public Skate	12:00-1:00pm Noon Hour Hockey *Full equipment required* 1:30-3:00pm Public Skate	
MAR 26	MAR 27	MAR 28	MAR 29	MAR 30	MAR 31	APR 1
6:00-7:00pm Public Skate	12:00-1:00pm Parent & Tot Skate 1:30-3:00pm Public Skate	12:00-1:00pm Noon Hour Hockey *Full equipment required* 1:30-3:00pm Public Skate	10:30-11:30am Stick n Puck & Parent & Tot 12:00-1:00pm Parent & Tot Skate 1:30-3:00pm & 6:45-7:45pm Public Skate	12:00-1:00pm Noon Hour Hockey *Full equipment required* 1:30-3:00pm Public Skate	12:00-1:00pm Noon Hour Hockey *Full equipment required* 1:30-3:00pm Public Skate	

\$2
Skate
Rental

SKATE	PER PERSON
Preschool 3-5 years	\$1.50
Child 6-12 years	\$2.75
Teen 13-18 years	\$3.75
Adult 19-64 years	\$4.75
Senior 65+ years	\$3.75
Parent & Tot	\$2.00/person
Family*	\$11.00
Noon Hour Hockey	\$6.50

* A family consist of two adults and their own children 18 years and under.



Summer Ice Rentals

Jul 10-Sep 4

\$133.67/hr

Includes GST

For summer ice availability
please contact
nlawrence@summerland.ca
or call 250-494-0447



Earth Day

Family Planting Celebration

Sunday, April 23
10:00am-12:00pm
Location TBA

Please bring a shovel and reusable water bottle.
Water and free gloves will be provided to
volunteers.

 DISTRICT OF
SUMMERLAND

2023 Earth Week

APRIL 17 TO 23

Event details will be announced at the
end of March.

Visit www.summerland.ca/EarthWeek
for event details.

SAVE THE DATE

GOBYBIKEWEEK

FREE REGISTRATION:
GOBYBIKE.CA



REGISTER HERE

REGISTER AND
ENTER TO WIN
ONE OF MANY
GREAT PRIZES!

MAY 29-JUNE 4, 2023
#ANYRIDECOUNTS



Save
the
Date

Pro-D Day Swim

April 24

Pro-D Day Swim 1:15-2:45pm

REGULAR ADMISSION RATES

Learn more at www.summerland.ca

Children & Youth

Babysitting Course

The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours 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: 11-15 years
Instructor: Aquatic Staff
Place: Aquatic Meeting Room

Apr 24 (Pro-D Day) Mon Code 3908
9:00am-5:00pm \$90



Canvas Kids

Join our qualified instructor and artist Trista Bassett for our Saturday drawing classes for children and youth. Each week participants will learn different drawing skills from drawing animals, portraits, patterns in nature and more.

Ages: 6-9 years & 10-14 years
Instructor: Trista
Place: Summerland Arts Centre (Upstairs)

6-9 YEARS

Apr 15-Jun 17 Sat Code 4013
(No class May 6 & 20) 9:45-10:45am \$80/10 sess

10-14 YEARS

Apr 15-Jun 17 Sat Code 4016
(No class May 6 & 20) 11:00am-12:00pm \$80/10 sess

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
Place: Arena Banquet Room

MORNINGS

Apr 11-Jun 15 Tue/Thu Code 3901
9:00-11:00am \$200/20 sess

AFTERNOONS

Apr 11-Jun 15 Tue/Thu Code 3902
12:15-2:15pm \$200/20 sess

Sportball-Multi-Sport 18 months-2 years

Children learn the fundamentals of eight different sports in a fun, stress-free, non-competitive setting. Multi-Sport classes keep children moving and engaged and send them home with a new skill from a different sport each class. If you're looking for a way to give your child a well-rounded sports-base, that promotes their independence and leaves room for specialization later, look no further!

This is a parented program.

Ages: 18 months-2 years
Instructor: Sportball-Jesse
Place: TBA

Apr 15-Jun 17 Sat Code 3903
(No class May 20) 8:30-9:00am \$90/9 sess



Registration is easy!
Registration starts
March 7

www.summerland.ca/recreation

Registration deadline for programs will be one week from course start date.
If registration minimums are not met, the program will be cancelled.

Sportball-Soccer/T-Ball 2-3.5 years

These classes keep children moving and engaged and send them home with new skills each class. Our play-based approach uses creative coaching techniques to captivate imaginations and reduce performance anxiety. Children imagine that beanbags are pizzas and the targets, animal houses. They deliver pizza to the different animals by hitting the targets. As part of this program, children will receive a Sportball Jersey and Soccer Ball they get to keep. ***This is a parented program and the registration fee includes the Sportball Kit (soccer ball and jersey)***

Ages: 2-3.5 years
Instructor: Sportball-Jesse
Place: TBA

Apr 15-Jun 17 Sat Code 3904
(No class May 20) 9:00-9:45am \$175/9 sess

Sportball-Soccer/T-Ball 3.5-5 years

These classes keep children moving and engaged and send them home with new skills each class. Our play-based approach uses creative coaching techniques to captivate imaginations and reduce performance anxiety. Children imagine that beanbags are pizzas and the targets, animal houses. They deliver pizza to the different animals by hitting the targets. As part of this program, children will receive a Sportball Jersey and Soccer Ball they get to keep. ***Participants must be potty-trained and the registration fee includes the Sportball Kit (soccer ball and jersey)***

Ages: 3.5-6 years
Instructor: Sportball-Jesse
Place: TBA

Apr 15-Jun 17 Sat Code 3905
(No class May 20) 9:45-10:45am \$220/9 sess

Sportball-Soccer/T-Ball 6-9 years

These classes keep children moving and engaged and send them home with new skills each class. Our play-based approach uses creative coaching techniques to captivate imaginations and reduce performance anxiety. Children imagine that beanbags are pizzas and the targets, animal houses. They deliver pizza to the different animals by hitting the targets. As part of this program, children will receive a Sportball Jersey and Soccer Ball they get to keep. ***The registration fee includes the Sportball Kit (soccer ball and jersey)***

Ages: 6-9 years
Instructor: Sportball-Jesse
Place: TBA

Apr 15-Jun 17 Sat Code 3906
(No class May 20) 10:45-11:45am \$220/9 sess

Stay Safe (Home Alone)

Real-world scenarios often call on children to respond to challenges. The Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! In a variety of different situations.

Age: 9 + years
Instructor: Aquatic Staff
Place: Aquatic Meeting Room

Apr 16 Sun Code 3907
10:00am-3:00pm \$80



Registration is easy!
Registration starts
March 7

www.summerland.ca/recreation



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



SUMMERLAND LET'S WIN \$100,000!



**Community
CHALLENGE**



Join us for our
KICK OFF EVENT at
Giant's Head Run
Saturday,
June 3



Join the ParticipACTION Community Better Challenge June 1-30, 2023

Did you know that everything gets better when you get active? Even communities! Participate in this challenge to get moving, connect with others and help our community get crowned Canada's Most Active Community.



**Two ways
to help our
community
WIN!**



Track your physical activity minutes on the ParticipACTION app or Track physical activity minutes for yourself, your family or an organization on the ParticipACTION website (starting June 1).

Weekly Community Challenges will be announced closer to June. Check summerland.ca/CommunityBetterChallenge for more information.

**You also have a chance to win great prizes
when using the ParticipACTION app**



Registration deadline for programs will be one week from course start date.
If registration minimums are not met, the program will be cancelled.

Pilates & More

This is a full body program using the principles of Pilates and adhering to the alignment and movement of the body. Weights will be incorporated into class to improve core, balance, flexibility and strength.

Age: 18 + years
Instructor: Noni

Place: Arena Banquet Room

Apr 12-Jun 21 Mon&Wed Code 3909
(No class May 22) 6:50-7:50am \$210/20 sess

Classical Mat Pilates with Katya Farmer

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.

Age: 18 + years
Instructor: Katya

Place: Arena Banquet Room

Apr 17-Jun 19 Mon Code 3910
(No class May 8 & 22) 5:00-6:00pm \$84/8 sess

Fusion Bootcamp with Katya Farmer

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.

Age: 18 + years
Instructor: Katya

Place: Arena Banquet Room

Apr 12-Jun 28 Wed Code 3911
5:00-6:00pm \$126/12 sess

Sculpt & Stretch with Katya Farmer

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: 18 + years
Instructor: Katya

Place: Arena Banquet Room

Apr 15-Jun 17 Sat Code 3913
(No class May 6 & 20) 8:30-10:00am \$100/8 sess

Suspension Pilates with Katya Farmer

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.

Age: 18 + years
Instructor: Katya

Place: Arena Banquet Room

Apr 12-Jun 28 Wed Code 3912
6:15-7:15pm \$132/12 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

Place: Summerland Baptist Church

Apr 18-Jun 20 Tue Code 3916
6:00-7:00pm \$90/10 sess

Place: Arena Banquet Room

Apr 20-Jun 22 Thu Code 3917
6:30-7:30am \$90/10 sess



Registration is easy!
Registration starts
March 7

www.summerland.ca/recreation

Registration deadline for programs will be one week from course start date.
If registration minimums are not met, the program will be cancelled.

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!

Age: 18 + years
Instructor: Susan

Place: Arena Banquet Room

SESSION I

Feb 27-Apr 28 Mon/Wed/Fri Code 4014
12:10-12:50pm \$168/21 sess

(No classes Mar 6, 10, 22, 24, Apr 7 & 10)

SESSION II

May 29-Jun 28 Mon/Wed/Fri Code 4015
(No classes Jun 23 & 26) 12:10-12:50pm \$96/12 se

Hoopastics

Ready to kick start your fitness while you play? Grab a hula hoop (we have lots to share) and join us to increase your stamina and flexibility with on and off body hula hooping. It's a great way to tone your core, improve coordination while you play and have fun.

Age: 18 + years
Instructor: Carrie-Lyn

Place: Arts Centre (Upstairs)

Apr 11-Jun 20 Tue Code 3919
5:00-6:00pm \$99/11 sess

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! At REFIT we believe that EveryBODY Belongs!

Age: 16 + years
Instructors: Shannon & Jennifer

Place: Arena Banquet Room

Apr 17-Jun 19 Mon Code 3914
(No class May 20) 6:30-7:30pm \$72/9 sess
Apr 20-Jun 22 Thu Code 3915
6:30-7:30pm \$80/10 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

Place: Arena Banquet Room

SESSION I

Apr 11-27 Tue & Thu Code 3920
5:00-6:00pm \$60/6 sess

SESSION II

May 30-Jun 29 Tue & Thu Code 3921
5:00-6:00pm \$100/10 sess

Suspension Functional Training

Get ready to sweat, strengthen and tone your whole body while walking away feeling energized. Suspension training uses body weight and gravity exercises to simultaneously develop strength, balance, flexibility, and core stability. This training system, mixed with a variety of other fun equipment, will take your fitness to a new level. Modifications are always given, making this class great for all fitness levels.

Age: 18 + years
Instructor: Susan

Place: Arena Banquet Room

Apr 11-Jun 27 Tue Code 3922
(No classes May 2, 9, 16, 23) 6:20-7:20pm \$120/12 sess

Zumba®

Blend world upbeat rhythms with easy to follow choreography for a total body workout. You will learn dance routines that combine interval and resistance training to tone and burn fat, all with a latin flavour! Please bring comfortable gym or dance shoes and bottled water. Toning Sticks/Sentao and Step dances may be included and offered from time to time.

Ages: 16 + years
Instructor: Carole

Place: Giant's Head Elementary Gym

Apr 17-Jun 26 Mon Code 3918
(No class Apr 24 & May 22) 5:30-6:30pm \$81/9 sess

Registration deadline for programs will be one week from course start date.
If registration minimums are not met, the program will be cancelled.

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.

Age: 18 + years
Instructor: Cheryl

Place: Art Centre (Upstairs)

Apr 14-Jun 23 Fri Code 3933
(No class Jun 9) 9:30-10:45am \$110/10 sess

Hatha Yoga & Meditation series

In this 90 minute class we will explore movement through yoga asana/postures. Each week we will build on what we have learned the weeks before. For the last half hour we will explore breath work and meditation. A variety of meditation styles will be covered. You will walk away from this class confident to build your own home meditation practice. This is a great class for students and with some yoga experience. Suitable for most levels of abilities. Experience not required.

Age: 16 + years
Instructor: Tiffany

Place: Art Centre (Upstairs)

Apr 19-Jun 21 Wed Code 3937
(No class May 10, Jun 14) 6:00-7:30pm \$96/8 sess

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 & Fitness.

Age: 18 + years
Instructor: Richard
Place: Memorial Park

Apr 17-Jun 21 Mon & Wed Code 3939
(No class May 22) 10:30-11:30am \$190/19 sess
Apr 19-Jun 21 Wed Code 3940
10:30-11:30am \$100/10 sess

Yoga for all Bodies

In this accessible yoga class you will be given many options on how to complete a pose based on your abilities and preferences. Not only for seniors but great for anyone with restricted mobility, those new to movement or anyone looking for a slower class with lots of modifications. Each class will include movement, breath-work and meditation. All abilities welcome, with no requirement to stand up or go down to the floor.

Age: 16 + years
Instructor: Tiffany
Place: Arts Centre (Upstairs)

Apr 18-Jun 20 Tue Code 3938
6:15-7:15pm \$90/10 sess



Registration is easy!
Registration starts
March 7

www.summerland.ca/recreation



Registration deadline for programs will be one week from course start date.
If registration minimums are not met, the program will be cancelled.

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.

Age: 16 + years
Instructor: Marsha
Place: Arts Centre (Upsatirs)

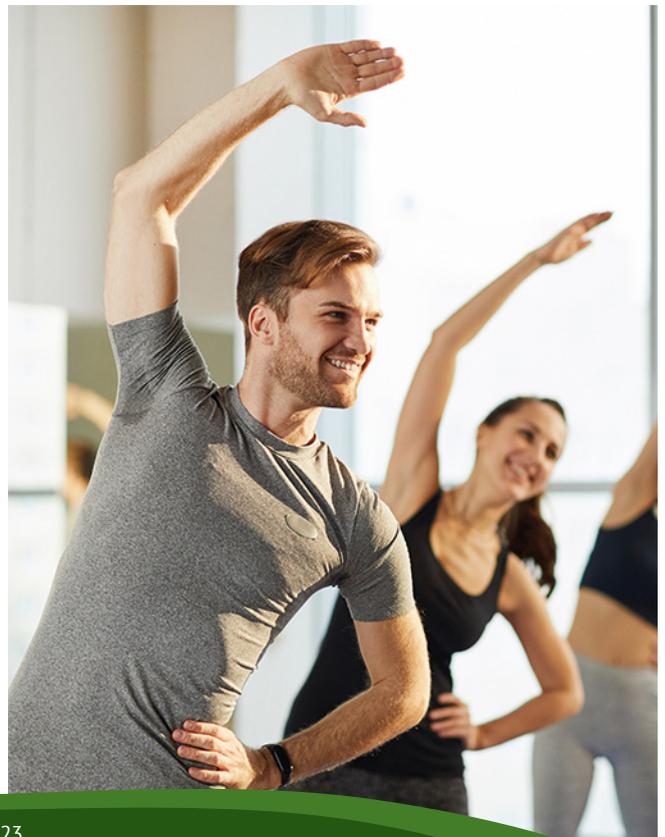
Apr 17-Jun 19 **Mon** **Code 3935**
(No class May 22) **5:30-7:00pm** **\$108/9 sess**

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.

Age: 16 + years
Instructor: Marsha
Place: Arts Centre (Upsatirs)

Apr 17-Jun 19 **Mon** **Code 3936**
(No class May 22) **7:15-8:45pm** **\$108/9 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.

Age: 16 + years
Instructor: Marsha
Place: Arts Centre (Upstairs)

Apr 17-Jun 19 **Mon** **Code 3934**
(No class May 22) **4:00-5:15pm** **\$99/9 sess**

 **Registration is easy!**
Registration starts
March 7
www.summerland.ca/recreation

Registration deadline for programs will be one week from course start date.
If registration minimums are not met, the program will be cancelled.

Fitness Fusion

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

Age: 50 + years
Instructor: Claire

Place: Summerland Community Centre (Brown St.)

Apr 12-Jun 28	Wed	Code 3924
	8:15-9:15am	\$102/12 sess
Apr 12-Jun 28	Wed	Code 3925
	9:30-10:30am	\$102/12 sess

Hooptastics Gold

Ready to kick start your fitness while you play? Grab a hula hoop (we have lots to share) and join us to increase your stamina and flexibility with on and off body hula hooping. It's a great way to tone your core, improve coordination while you play and have fun.

Age: 50 + years
Instructor: Carrie-Lyn

Place: Arts Centre (Upstairs)

Apr 13-Jun 22	Thu	Code 3932
	9:30-10:30am	\$93.50/11 sess

Use it or Lose it- Mornings 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.

Age: 50 + years
Instructor: Barry
Place: IOOF Hall

Apr 3-Jun 26	Mon	Code 3929
(No class May 22)	10:00-11:00am	\$102/12 sess
Apr 5-Jun 28	Wed	Code 3930
	10:00-11:00am	\$110.50/13 sess
Apr 14-Jun 30	Fri	Code 3931
	10:00-11:00am	\$102/12 sess



Zumba Gold

For active older adults or the beginner looking for a modified Zumba class that recreates the original basic Latin moves you love at a lower intensity. Easy to learn choreography that focuses on balance, range of motion, memory and coordination. This class is from low to medium intensity and offers a "circuit" flavor with toning sticks and chair exercises. All fitness levels welcome! Please bring water and comfortable indoor shoes.

Age: 50 + years
Instructor: Carole
Place: Arena Banquet Room

Apr 17-Jun 26	Mon	Code 3926
(No class May 22)	9:00-10:00 am	\$85/10 sess
Apr 12-Jun 28	Wed	Code 3927
	9:00-10:00am	\$102/12 sess
Apr 14-Jun 30	Fri	Code 3928
(No class May 26)	9:00-10:00am	\$93.50/11 sess



Registration is easy!
Registration starts
March 7

www.summerland.ca/recreation

Fitness Centre Schedule Apr 2-June 30

CLOSED APR 7, 8, 9, 10 AND MAY 22.

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.



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

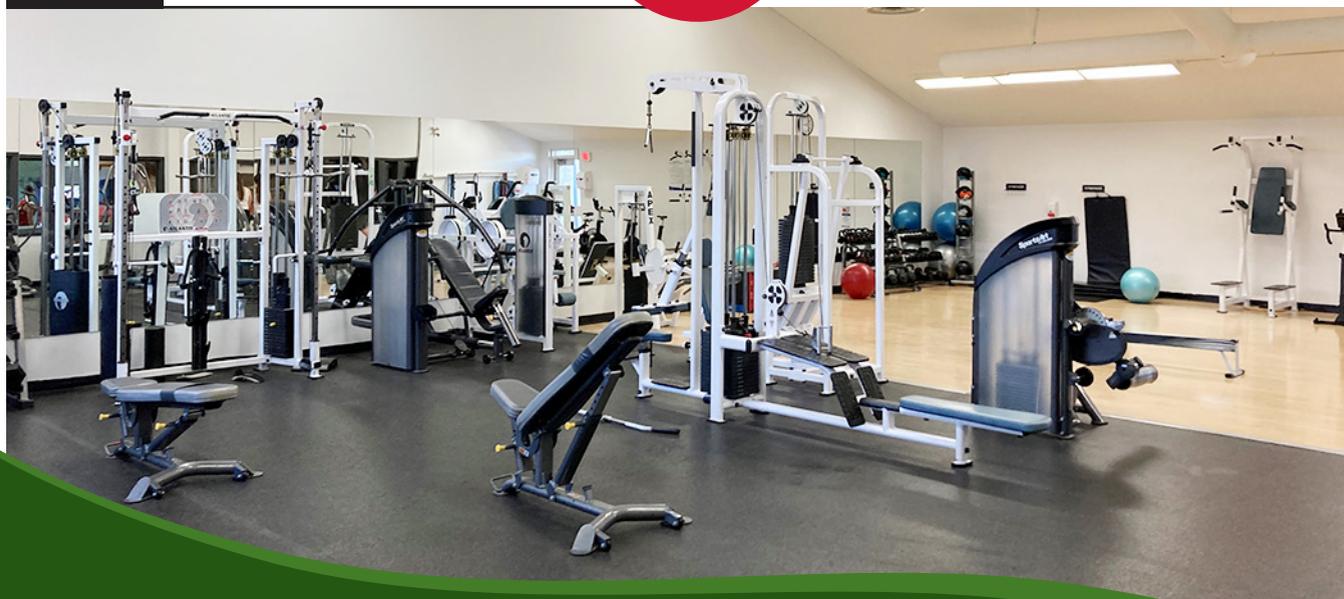
*A family consists of 2 adults and their own children 13-18 years. All fees include GST.

FITNESS CENTRE HOURS

Fitness Centre

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

**CLOSED
APR 7-10
& MAY 22**



Aquatic Schedule Apr 3-June 30

CLOSED APR 7, 8, 9, 10 & MAY 22

■ Pool & Hot Tub not available
 ■ Pool & Hot Tub Available

AQUATIC SCHEDULE

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
9:00-10:00am	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				
2:00-2:55pm		AquaFit (2:00-2:55pm)		AquaFit (2:00-2:55pm)	
3:00-6:30pm	Lessons & ORCA Swim Club				Public Swim (3:00-4:00pm)
					ORCA Swim Club (4:15-6:30pm)
6:30-7:30pm	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)

TIME	SAT.	SUN.
9:00-10:30am	ORCA Swim Club & Masters (9:00-10:30am)	Swim Lessons
10:45-12:30pm	Swim Lessons	
12:45-1:45pm	Lane Swim	
2:00-3:45pm	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

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 SUMMER 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

Aug 14-25
9:00am-4:00pm \$550

National Lifeguard Pool

July 19-31
9:00am-4:30pm \$550

Standard First Aid CPR C/A ED

July 17 & 18
9:00am-5:00pm \$200

Bronze Cross

July 12-14
9:00am-4:00pm \$200

Bronze Medallion

July 5-7
9:00am-4:00pm \$200


Start here





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	Preschool Beginner (Preschool 1&2)
Sunfish & Crocodile	Preschool Advance (Preschool 3&4)
Whale	Swimmer 2 (Preschool 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.



Swim Lesson Registration:

April start date - March 16
May start date - May 9

Parent & Tot (Caregiver Supervision Required)

NO LESSONS APR 10, MAY 20-22

CODE	DAY	DATES	TIME
3957	Mon & Wed	Apr 3-May 3	9:00-9:30am
3972	Sat	Apr 15-Jun 24	10:45-11:15am
3980	Sun	Apr 16-Jun 25	9:00-9:30am
3982	Sun	Apr 16-Jun 25	9:30-10:00am
3992	Mon & Wed	May 24-Jun 26	9:00-9:30am

Preschool Beginner

Preschool 1&2 NO LESSONS APR 10, MAY 20-22

CODE	DAY	DATES	TIME
3958	Mon & Wed	Apr 3-May 3	9:30-10:00am
3961	Mon & Wed	Apr 3-May 3	3:00-3:30pm
3966	Tue & Thu	Apr 4-May 4	3:00-3:30pm
3974	Sat	Apr 15-Jun 24	11:15-11:45am
3977	Sat	Apr 15-Jun 24	11:45am-12:15pm
3983	Sun	Apr 16-Jun 25	9:30-10:00am
3988	Sun	Apr 16-Jun 25	11:00-11:30am
3993	Mon & Wed	May 24-Jun 26	9:30-10:00am
3996	Mon & Wed	May 24-Jun 26	3:00-3:30pm
4001	Tue & Thu	May 23-Jun 22	3:00-3:30pm

Preschool Advanced

Preschool 3&4 NO LESSONS APR 10, MAY 20-22

CODE	DAY	DATES	TIME
3959	Mon & Wed	Apr 3-May 3	9:30-10:00am
3967	Tue & Thu	Apr 4-May 4	3:00-3:30pm
3975	Sat	Apr 15-Jun 24	11:15-11:45am
3976	Sat	Apr 15-Jun 24	11:45am-12:15pm
3986	Sun	Apr 16-Jun 25	10:30-11:00am
3994	Mon & Wed	May 24-Jun 26	9:30-10:00am
4019	Mon & Wed	May 24-Jun 26	3:30-4:00pm
4002	Tue & Thu	May 23-Jun 22	3:00-3:30pm

Swimmer 1 NO LESSONS APR 10, MAY 20-22

CODE	DAY	DATES	TIME
3960	Mon & Wed	Apr 3-May 3	3:00-3:30pm
3968	Tue & Thu	Apr 4-May 4	3:30-4:00pm
3973	Sat	Apr 15-Jun 24	10:45-11:15am
3990	Sun	Apr 16-Jun 25	11:30am-12:00pm
3995	Mon & Wed	May 24-Jun 26	3:00-3:30pm
4020	Mon & Wed	May 24-Jun 26	4:00-4:30pm
4003	Tue & Thu	May 23-Jun 22	3:30-4:00pm

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

Swimmer 2 & Preschool 5

NO LESSONS APR 10, MAY 20-22

CODE	DAY	DATES	TIME
3962	Mon & Wed	Apr 3-May 3	3:30-4:00pm
3969	Tue & Thu	Apr 4-May 4	3:30-4:00pm
3978	Sat	Apr 15-Jun 24	12:15-12:45pm
3985	Sun	Apr 16-Jun 25	10:00-10:30am
3997	Mon & Wed	May 24-Jun 26	3:30-4:00pm
4004	Tue & Thu	May 23-Jun 22	3:30-4:00pm

Swimmer 3 NO LESSONS APR 10, MAY 20-22

CODE	DAY	DATES	TIME
3964	Mon & Wed	Apr 3-May 3	4:00-4:30pm
3971	Tue & Thu	Apr 4-May 4	4:00-4:30pm
3984	Sun	Apr 16-Jun 25	10:00-10:30am
3999	Mon & Wed	May 24-Jun 26	3:00-3:30pm
4006	Tue & Thu	May 23-Jun 22	4:00-4:30pm

Swimmer 4 NO LESSONS APR 10, MAY 20-22

CODE	DAY	DATES	TIME
3963	Mon & Wed	Apr 3-May 3	3:30-4:00pm
3970	Tue & Thu	Apr 4-May 4	4:00-4:30pm
3981	Sun	Apr 16-Jun 25	9:00-9:30am
3998	Mon & Wed	May 24-Jun 26	3:30-4:00pm
4005	Tue & Thu	May 23-Jun 22	4:00-4:30pm

Swimmer 5 & 6 NO LESSONS APR 10, MAY 20-22

CODE	DAY	DATES	TIME
3965	Mon & Wed	Apr 3-May 3	4:00-4:45pm
3987	Sun	Apr 16-Jun 25	10:30-11:15am
4000	Mon & Wed	May 24-Jun 26	4:00-4:45pm
4018	Tue & Thu	May 23-Jun 22	3:00-3:45pm

Swimmer 7-9

ROOKIE/RANGER/STAR NO LESSONS APR 10, MAY 20-22

CODE	DAY	DATES	TIME
3979	Sat	Apr 15-Jun 24	1:00-2:00pm
4017	Tue & Thu	May 23-Jun 22	3:45-4:45pm

Learn to Swim-Teen (Ages 12-18)

NO LESSONS APR 10, MAY 20-22

CODE	DAY	DATES	TIME
3991	Sun	Apr 16-Jun 25	11:45am-12:15pm

Learn to Swim-ADULT

NO LESSONS APR 10, MAY 20-22

CODE	DAY	DATES	TIME
3989	Sun	Apr 16-Jun 25	11:15-11:45am

Registration deadline for programs will be one week from course start date.
If registration minimums are not met, the program will be cancelled.

AquaFit

These Aquafit classes 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.

Age: 18 + years
Instructor: Aquatic Staff
Place: Aquatic Centre

MORNING AQUAFIT

Apr 4-Jun 27	Tue 8:05-9:00am	Code 3941 \$55.25/13 sess
Apr 6-Jun 29	Thu 8:05-9:00am	Code 3942 \$55.25/13 sess

NOON HOUR AQUAFIT

Apr 3-Jun 26 (No class Apr 10 & May 22)	Mon 12:05-1:00pm	Code 3943 \$46.75/11 sess
Apr 5-Jun 28	Wed 12:05-1:00pm	Code 3944 \$55.25/13 sess
Apr 14-Jun 30	Fri 12:05-1:00pm	Code 3945 \$51/12 sess

AFTERNOON AQUAFIT

Apr 4-Jun 27	Tue 2:00-2:45pm	Code 3946 \$45.50/13 sess
Apr 6-Jun 29	Thu 2:00-2:45pm	Code 3947 \$45.50/13 sess

EVENING AQUAFIT

Apr 4-Jun 27	Tue 7:45-8:30pm	Code 3948 \$45.50/13 sess
Apr 6-Jun 29	Thu 7:45-8:30pm	Code 3949 \$45.50/13 sess



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
Place: Aquatic Centre

Apr 16-Jun 25 (No class May 21)	Sun 4:00-5:00pm	Code 3950 \$80/10 sess
------------------------------------	--------------------	---------------------------

National Lifeguard Pool-Recertification

The objective of this Precertification/Recertification course is to provide national lifeguard candidates an opportunity to review the skills and knowledge required to maintain the national lifeguard certification. Prerequisite: Hold a NLS certificate that is within seven years of the certification date.

Age: 16 + years
Instructor: Jessica
Place: Aquatic Centre

May 7	Sun 9:00am-5:00pm	Code 3877 \$125
-------	----------------------	--------------------

Swim for Life Instructor-Full Course

The lifesaving Society Swim Instructor course will train candidates to the Competency Level 1 knowledge, skills and attitudes needed to teach the Society's Swim for Life program.

Age: 15 + years
Instructor: Jessica
Place: Aquatic Centre

Apr 23-Jun 4 (No class May 7&21)	Sun 9:00am-5:00pm	Code 3900 \$500
-------------------------------------	----------------------	--------------------



Registration is easy!
Registration starts
March 7

www.summerland.ca/recreation

Public Swim & Lane Swim will be canceled
on Sat, Apr 29 due to the annual
ORCA Swim-a-thon.

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 sq. 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.

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, 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.



New for Spring!

YMCA's Family Playtime



Family Playtime has expanded to Summerland!
Beginning Wednesday April 12th, 2023

Drop-in Wednesdays 9:00am-11:30am

Harold Simpson Youth Centre
9111 Peach Orchard Rd, Summerland, BC

**Explore, Create, Imagine and Play in a
welcoming & inclusive environment for
children 0-6 years and their grown-ups**

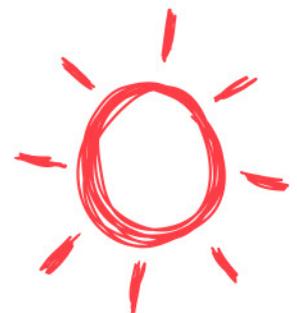
Connect with others and learn about valuable
resources and support networks in your
community.



For more info call/text/email Dana
dana.chapman@ymcasibc.ca
(250) 801-7852



Free
&
Fun!





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

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

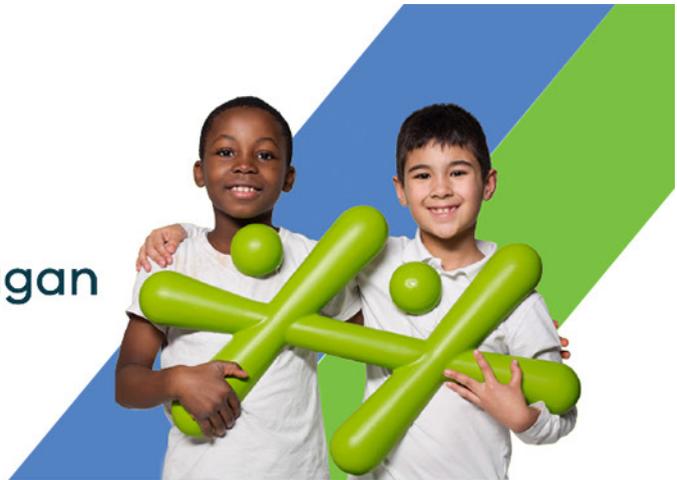
summerlandwomensfitness.ca 778-516-2001

WATCH FOR
our **OPEN HOUSES!**

We'd love to show
you our facility!



FREE ORIENTATION SESSION



After School Care **Grades K – 6**
The After School program takes place at the Summerland Harold Simpson Youth Centre.

Our programs are designed to offer a safe, nurturing, inclusive environment where children will be engaged in activities including creative arts, sports, personal growth and life skill development.

A nutritious snack is provided daily. For more information, please email south@bgco.ca

LOCATION:
Summerland **250-487-9730**
9111 Peach Orchard Road

SUMMER BREAK PROGRAMS

Summer Day Camp **Ages 6 – 12**
BGC Okanagan - Summerland Club is offering nine weeks of our themed recreation day camps that include; exciting gym games, STEM activities, hands-on crafts and DIY projects, exploring the outdoors and parks, leadership and discovery. Remember to pack snacks, lunch, water bottle, hat and sunscreen (already applied). Drop-off and pick up at the Harold Simpson Memorial Youth Centre, 9111 Peach Orchard Road. Watch for registration

information in April. Contact South@bgco.ca for more information. Registration forms will be available at bgco.ca/forms.

M-F July 4-Sept. 1 (closed July 3 and Aug. 7)
Day Camp 9am-4pm \$125/week (or \$100/4 days)
Add Before Care: 8-9am +\$20/week (or \$16/4 days)
Add After Care: 4-5pm +\$20/week (or \$16/4 days)
****Please note prices may be subject to change****

CONTACT US FOR REGISTRATION:
BGC Okanagan - Summerland Club
9111 Peach Orchard Road
250-493-0512
South@bgco.ca
www.bgco.ca/forms

[@BGCOkanagan](https://twitter.com/BGCOkanagan)

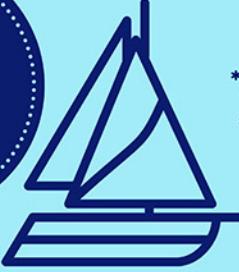


South Okanagan
Sailing Association



LEARN TO SAIL

Lessons in
July and
August!
Membership
Available!



*Summer Kid
Camps
*Adult Lessons
*Weekly Race
Nights

Learn More Online
www.sosailing.ca
Contact
learn@sosailing.ca

Learn, Play and grow together



2023-24
Registration
open
April 1

Preschool
AGE 4

<https://summerlandbaptist.ca/playschool/>

Lakeshore Racquets Centre

13607 Lakeshore Drive - Summerland

www.lakeshoreracquetscentre.com

Located on beautiful Okanagan Lake, our facility boasts a variety of racquet sports: tennis courts, squash courts and a dedicated table tennis room. Three well maintained tennis courts and squash courts make us one of the few year-round racquet centres in the valley.

Spring Tennis doubles leagues begin in late April

Men's League - Tuesday evenings

Women's League - Wednesday evenings

Mixed League - Sunday Evenings

Social Mixed Doubles - Monday mornings

** **Junior Tennis Camps** take place in July (check website in June for details)

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

Membership includes: Access to courts and clubhouse (pool table and darts) as well as participation in Tennis, Squash and Table Tennis leagues.

Reduced rates for lessons.

Non-members welcome - user fees apply.



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

www.lakeshoreracquetscentre.com



TUMBLE
time

Run. Play. Climb. Sing.
Chat. Coffee. Sit.
Smile.

Monday and Tuesdays 9:30-11:30am

Parents, caregiver, grandparents
and children ages 5 and under

details.summerlandbaptist.ca

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
250-494-9006

Looking for a rustic and unique location for your event?

**Summerland Rodeo Grounds
Complex includes:**

- Clubhouse with small kitchen and washrooms
- Washrooms and shower building
- Riding Ring 210ftX192ft
- Holding Pen 201ftX150ft

**For more information
or to make a booking
call the Community
Services Department
at 250-494-0447**

**Summerland
Rodeo Grounds Complex**
18707 BATHVILLE ROAD



Summerland Singers & Players

Watch for:
Ryga Festival
Theatre Trails
It's a Wonderful Life
radio play live in the
fall



Murder on the Rails is happening again in 2023! We will need actors and crew. Sign up on our email list for updates!

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



2023 Art Gallery Shows

March 2 to April 14 - Clinical Lore

April 20 to June 2 - Artists in the Gallery

June 8 to July 21 - Hiking with Arizona

Visit our gift gallery for original handmade works by local artists and artisans.

We offer workshops, kids art camps and concert evenings. For more information, visit www.summerlandarts.com for up-to date information on our 2023 programs.

250-494-4494

Email: admin@summerlandarts.com



Aquatic Centre Reminders

NO LESSONS
APR 7-10, &
MAY 20-22

Please note the following:

The Summerland Aquatic & Fitness Centre will be closed for our maintenance shutdown on April 7, 8, 9, 10.

We will reopen Tuesday, April 11 at 6:30am.

No Public Swim or Lane Swim on Sat, Apr 29, due to ORCA Event.



Explore 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.

You are on the Right Trail



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	Greta Loepky	250-486-3659
Community Arts Council & Gallery		250-494-4494
Kettle Valley Steam Railway		250-494-8422
Museum & Archives		250-494-9395
Pleasure Painters	Ruth Manning	250-494-1186
Potters Guild	Elizabeth Wrobel	250-462-7017
Singers & Players	James Fofonoff	250-494-5420
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		250-404-9068
Dragon Boat/Outrigger	Don Mulhall	250-488-3100
Hockey:		
Canucks	Dave Svetlichny	250-809-6930
Minor	summerlandminorhockey@hotmail.ca	
Oldtimers	Mike Skinner	250-809-2433
Still Playing Hockey	Kevin Lodermeier	250-494-4947
Golden Jets	Larry Hollenbeck	250-860-7805
Horseshoe Club	Ron Moser	250-494-0450
Karate Club	Chris Taneda	1-250-768-2241
Lacrosse, Minor	pentictonlacrosse@gmail.com	
Summerland Pickleball Club	summerlandpickleball.ca	
Sailing Club	Pam Hinchliffe	250-494-7552
Scuba	Steve Toth	250-809-7311
Skating Club	Louise Evans	250-808-7225
Skiing:		
Apex Ski Club	apexskiclub.com	250-809-5727
Nickel Plate		1-250-292-8110
Slo Pitch	Jeremy Sirakov	250-809-5388
	www.summerlandslopitch.com	

Soccer:

Mini/Youth Soccer		778-476-5888
Penticton Soccer Club (Mens/Womens)		250-492-5505
Pinnacles Football Club		778-476-5888
Softball, Girls	D9minorcoordinator@softball.bc.ca	
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	Karen Finlayson	250-460-0776
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
Boys & Girls Club		250-404-0440
Canadian Cancer Society		1-888-939-3333
Canadian Mental Health		250-493-8999
Critteraid		250-494-5057
Cubs/Scouts/Beavers	Shauna Perkins	250-462-1149

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		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
	Gavin	778-516-1973
Ornamental Gardens	friends.summerlandgardens@gmail.com	
One Sky Community Resource		250-492-5814
RECOPE	Jean Munro	250-494-9006
Sportsman Association	Dave Carleton	250-494-7854
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	summerlandfallairsociety@gmail.com	
Summerland Health		
Centre Volunteers	Launa Stocker	250-492-4000
Summerland Museum and Archives		250-494-9395
Summerland Newcomers Club		250-809-6649
Trail of the Okanagans Society	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		250-494-0447
Arena		250-404-4046
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	Olive Hunter	250-494-2826
Lakeshore Racquet Club	www.lakeshoreracquetscentre.com	
Peach Orchard Campground		250-494-9649
Summerland Golf Club		250-494-9554
Sumac Ridge Golf Club		250-494-3122
Unisus International School		250-404-3232
Youth Centre		250-494-9338

SERVICE CLUBS & SOCIETIES

Cadets - Air	Cpt. Stephen Brown	250-494-7988
Kinsmen	Jason Stuart	403-921-4191
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	Ian Graham	250-494-7617
Rotary Club	Hannah Hartman	
	secretary@summerlandrotary.org	
Royal Canadian Legion	Elke Bewick	250-494-2301



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

Registration
**NOW
OPEN!**

Recreational, Fun, Competitive & Family Friendly!
Saturday, June 3

Race Starts at
the Aquatic
Centre
at
6:00pm

Prizes & Awards
Ceremony
at 7:30pm



REGISTRATION INCLUDES:

- T-Shirt (first 500 competitors)
- Free Swim
- Eligibility for draw prizes
- Ribbons for all children 7 and under



For more information call 250-494-0447