

# 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](http://www.summerland.ca/EarthWeek)

Earth Day Community Planting Celebration • April 23  
[www.summerland.ca/EarthWeek](http://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](http://www.applevalleycruisers.ca)

Giant's Head Grind • May 20  
[giantsheadgrind.com](http://giantsheadgrind.com)

Spring GoByBike Week • May 28-June 4  
[gobybikebc.ca/summerland](http://gobybikebc.ca/summerland)

Basecamp Gravel Campout • June 2 - 4  
[www.basecampgravel.ca](http://www.basecampgravel.ca)

ParticipAction Community Better Challenge • June 1-30  
[www.summerland.ca/CommunityBetterChallenge](http://www.summerland.ca/CommunityBetterChallenge)

Action Festival • June 2-4  
[summerlandactionfestival.ca](http://summerlandactionfestival.ca)

Giant's Head Run • June 3  
[www.summerland.ca/GHR](http://www.summerland.ca/GHR)

Giants Head Freeride • June 2023  
[www.giantsheadfreeride.ca](http://www.giantsheadfreeride.ca)

Summerland Rotary Sunday Market • TBA  
[summerlandsundaymarket.ca](http://summerlandsundaymarket.ca)

Summerland Bluegrass Festival • June 30-July 2  
[www.summerlandbluegrass.com](http://www.summerlandbluegrass.com)

Canada Day Celebration • July 1  
[summerlandlegion.com](http://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](mailto: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:** 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      | Recope .....                      | 28 |
| Summerland Women's Fitness Centre..... | 25      | Summerland Rodeo Grounds.....     | 28 |
| BCG Okanagan.....                      | 26      | Summerland Singers & Players..... | 29 |
| SOSA.....                              | 27      | Summerland Arts Council .....     | 29 |
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## 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) | Swim Lessons & Lane Swim (2) | Swim Lessons & Lane Swim (2) | Swim Lessons & Lane Swim (2) | 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                  | Public Swim                  | Public Swim                  | Public Swim                  | 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](http://summerland.perfectmind.com).

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

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



### 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

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

#### 10-14 YEARS

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

### 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

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

#### AFTERNOONS

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

### 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

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



**Registration is easy!**  
**Registration starts**  
**March 7**

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



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





# SUMMERLAND LET'S WIN \$100,000!



**PARTICIPACTION**

**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](https://summerland.ca/CommunityBetterChallenge) for more information.

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



## 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**



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

## 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**



## 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**  
**12:10-12:50pm**      **\$96/12 se**

(No classes Jun 23 & 26)

## 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**

(No class Jun 9)

**Fri**

**9:30-10:45am**

**Code 3933**

**\$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**

(No class May 10, Jun 14)

**Wed**

**6:00-7:30pm**

**Code 3937**

**\$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**

(No class May 22)

**Apr 19-Jun 21**

**Mon & Wed**

**10:30-11:30am**

**Wed**

**10:30-11:30am**

**Code 3939**

**\$190/19 sess**

**Code 3940**

**\$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**

**6:15-7:15pm**

**Code 3938**

**\$90/10 sess**



**Registration is easy!  
Registration starts  
March 7**

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







## 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**

(No class May 22)

**Mon**

**4:00-5:15pm**

**Code 3934**

**\$99/9 sess**



Registration is easy!  
Registration starts  
March 7

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

## 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**

(No class May 22)

**Mon**

**5:30-7:00pm**

**Code 3935**

**\$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**

(No class May 22)

**Mon**

**7:15-8:45pm**

**Code 3936**

**\$108/9 sess**



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

## 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](http://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

| 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<br>(2 Lanes) | Swim Lessons & Lane Swim<br>(2 Lanes) | Swim Lessons & Lane Swim<br>(2 Lanes) | Swim Lessons & Lane Swim<br>(2 Lanes) | Swim Lessons & Lane Swim<br>(2 Lanes) |
| 10:00am-12:00pm | RECOPE                                | Swim Lessons & Lane Swim<br>(2 Lanes) | RECOPE                                | Swim Lessons & Lane Swim<br>(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<br>(2:00-2:55pm)              |                                       | AquaFit<br>(2:00-2:55pm)              |                                       |
| 3:00-6:30pm     | Lessons & ORCA Swim Club              |                                       |                                       |                                       | Public Swim<br>(3:00-4:00pm)          |
|                 |                                       |                                       |                                       |                                       | ORCA Swim Club<br>(4:15-6:30pm)       |
| 6:30-7:30pm     | Public Swim (2 Lanes)                 |                                       |                                       |                                       |                                       |
| 7:45-9:00pm     | Master Swim Club                      | AquaFit & Lane Swim<br>(3 Lanes)      | Master Swim Club                      | AquaFit & Lane Swim<br>(3 Lanes)      | Public Swim<br>(2 Lanes)              |

| TIME          | SAT.                                       | SUN.                             |
|---------------|--|----------------------------------|
| 9:00-10:30am  | ORCA Swim Club & Masters<br>(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.



## 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<br>RED CROSS SWIM | REGISTER IN<br>LIFESAVING SOCIETY     |
|---------------------------------|---------------------------------------|
| 4 MONTHS-3 YEARS                |                                       |
| Starfish, Duck &<br>Sea Turtle  | Parent & Tot                          |
| 3-5 YEARS                       |                                       |
| Sea Otter &<br>Salamander       | Preschool Beginner<br>(Preschool 1&2) |
| Sunfish &<br>Crocodile          | Preschool Advance<br>(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<br>Swim Kids 5      | Swimmer 4                             |
| Swim Kids 6<br>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

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

### 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<br>8:05-9:00am | Code 3941<br>\$55.25/13 sess |
| Apr 6-Jun 29 | Thu<br>8:05-9:00am | Code 3942<br>\$55.25/13 sess |

### NOON HOUR AQUAFIT

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

### AFTERNOON AQUAFIT

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

### EVENING AQUAFIT

|              |                    |                              |
|--------------|--------------------|------------------------------|
| Apr 4-Jun 27 | Tue<br>7:45-8:30pm | Code 3948<br>\$45.50/13 sess |
| Apr 6-Jun 29 | Thu<br>7:45-8:30pm | Code 3949<br>\$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<br>(No class May 21) | Sun<br>4:00-5:00pm | Code 3950<br>\$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<br>9:00am-5:00pm | Code 3877<br>\$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<br>(No class May 7 & 21) | Sun<br>9:00am-5:00pm | Code 3900<br>\$500 |
|---------------------------------------|----------------------|--------------------|



Registration is easy!  
Registration starts  
March 7

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



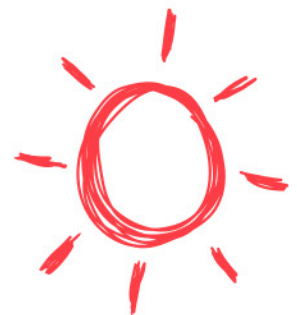
**Explore, Create, Imagine and Play in a  
welcoming & inclusive environment for  
children 0-6 years and their grown-ups**

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](mailto: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](mailto:south@bgco.ca)

### LOCATION:

Summerland  
9111 Peach Orchard Road

**250-487-9730**

## 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](mailto:South@bgco.ca) for more information. Registration forms will be available at [bgco.ca/forms](http://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](mailto:South@bgco.ca)  
[www.bgco.ca/forms](http://www.bgco.ca/forms)





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](http://www.sosailing.ca)  
Contact  
[learn@sosailing.ca](mailto:learn@sosailing.ca)




**Learn, Play  
and grow  
together**



2023-24  
Registration  
open  
April 1

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

## Lakeshore Racquets Centre

13607 Lakeshore Drive - Summerland

[www.lakeshoreracquetscentre.com](http://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](http://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](http://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?

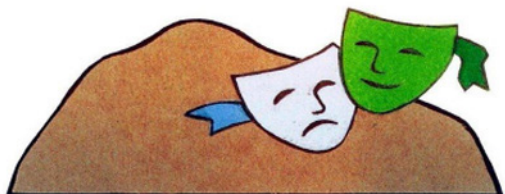
**Summerland Rodeo Grounds  
Complex includes:**

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

**Summerland  
Rodeo Grounds Complex**  
**18707 BATHVILLE ROAD**

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





## 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](http://www.summerlandarts.com) for up-to date  
information on our 2023 programs.

**250-494-4494**

Email: [admin@summerlandarts.com](mailto: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



DISTRICT OF  
SUMMERLAND

### 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](http://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.....   | summerlandfallfairsociety@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 Okanagan 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](http://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**