

# Summerland RECREATION GUIDE

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



**WINTER 2023**  
Registration starts **December 6**



# Family Day

*Come celebrate  
Family Day with us*

**February 18-20**

**Free Family Swims:**

**Feb 18 • 2:00-3:45pm**

**Feb 19 • 5:15-6:30pm**

**Free Family Skates:**

**Feb 19 • 1:00-2:30pm**

**Feb 19 • 6:00-7:00pm**



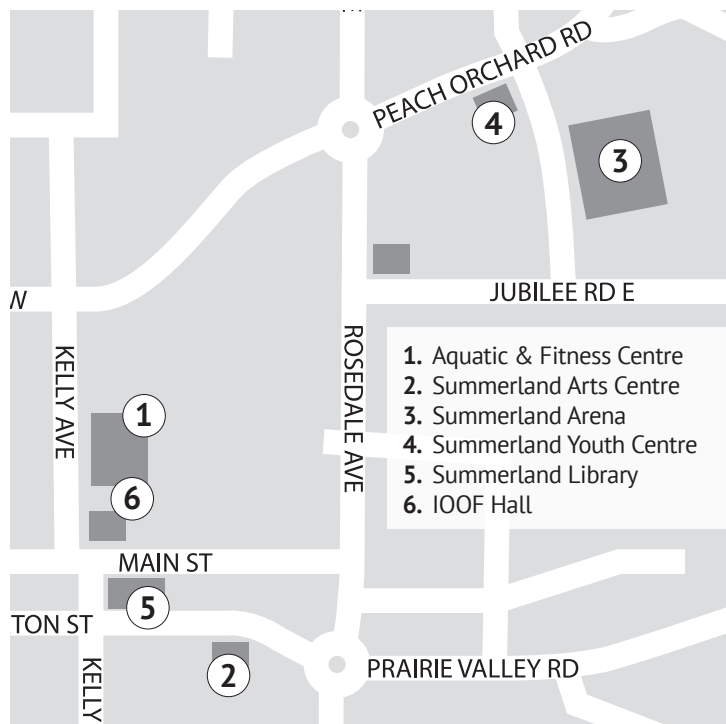
## **Family Photo Scavenger Hunt** will take place from Feb 18-20.

Scavenger hunt list will be made available on the District Website on Feb 17 at Noon. Copies will be available over the weekend at the Summerland Aquatic Centre.

Event details will be posted at [summerland.ca/FamilyDay](http://summerland.ca/FamilyDay).



Visit [www.summerland.ca](http://www.summerland.ca) or @SummerlandRec on Facebook 



**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:

**Lifeguard Instructor II:** 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.

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**GoByBikeBC**  
BIKE IT. YOU'LL LOVE IT.

**DISTRICT OF SUMMERLAND**

**COMMIT  
CONNECT  
RIDE**

# GOBYBIKE WEEK

**SUMMERLAND**  
**Feb 6-12, 2023**  
**FREE REGISTRATION**  
**GOBYBIKEBC.CA/SUMMERLAND**

**Save  
the  
Date**

## Pro-D Day Fun

Jan 16

Pro D Day Skate 10:00-11:30am

Pro D Day Swim 1:15-3:00pm

Feb 17

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

Pro D Day Swim 1:15-3:00pm

REGULAR ADMISSION RATES

Learn more at [www.summerland.ca](http://www.summerland.ca)

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WINTER 2023 • For more information call 250-494-0447

## Children & Youth

### 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

Jan 10-Mar 16	Tue/Thu 9:00-11:00am	Code 3834 \$200/20 sess
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#### AFTERNOONS

Jan 10-Mar 16	Tue/Thu 12:15-2:15pm	Code 3835 \$200/20 sess
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### Sportball-Multi-Sport 18 months-2 years

Children learn the fundamentals of eight different sports in a fun, stress-free, non-competitive setting. Drop off 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

Place: Harold Simpson Youth Centre

Jan 14-Mar 11 (No class Feb 18)	Sat 8:30-9:00am	Code 3760 \$90/9 sess
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Registration is easy!  
Registration starts  
December 6

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



### Sportball-Multi-Sport 2-3.5 years

In our parented Indoor program, 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: 2-3.5 years

Instructor: Sportball

Place: Harold Simpson Youth Centre

Jan 14-Mar 11 (No class Feb 18)	Sat 9:00-9:45am	Code 3761 \$135/9 sess
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### Sportball-Multi-Sport 3.5-5 years

In our Drop-Off Indoor Program, 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! **\*Participants must be potty-trained\*.**

Ages: 3.5-5 years

Instructor: Sportball

Place: Harold Simpson Youth Centre

Jan 14-Mar 11 (No class Feb 18)	Sat 9:50-10:50am	Code 3762 \$180/9 sess
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Registration deadline for programs will be one week from course start date.  
If registration minimums are not met, the program will be cancelled.

## Pro D Day Skate

Monday, Jan 16 10:00-11:30am

Friday, Feb 17 1:15-2:45pm



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

## 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

Jan 16 (Pro-D Day)

Mon

9:00am-5:00pm

Code 3840

\$90

## Stay Safe

The Home Alone Program is designed to provide children 9 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied.

Age: 9 + years

Instructor: Aquatic Staff

Place: Aquatic Meeting Room

Mar 4

Sat

9:00am-3:00pm

Code 3841

\$70







Save  
the  
Date



**39<sup>TH</sup> ANNUAL  
GIANT'S HEAD RUN**  
**Saturday, June 3**  
**6:00pm start**  
5.7km or 10km distances

Want to volunteer at this event? Please contact: [recreation@summerland.ca](mailto:recreation@summerland.ca) or 250-494-0447

Save  
the  
Date

*Earth Week*  
**April 17-23**

Community  
Planting Celebration  
**Sunday, April 23**

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



## 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

Jan 9-Mar 13

(No class Feb 20)

Mon

5:00-6:00pm

Code 3843

\$94.50/9 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

Jan 11-Mar 15

Wed

5:00-6:00pm

Code 3844

\$105/10 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

Jan 18-Mar 15

Wed

6:15-7:15pm

Code 3845

\$94.50/9 sess

## 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

Jan 9-Mar 15

(No class Feb 20)

Mon&Wed

6:50-7:50am

Code 3842

\$200/19 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

Jan 9-Mar 13

(No class Feb 20)

Mon

6:30-7:30pm

Code 3847

\$72/8sess

Jan 12-Mar 16

(No class Jan 19&Feb 2)

Thu

6:30-7:30pm

Code 3848

\$64/8sess

## Recreational Volleyball

Join us for this adult co-ed recreational volleyball league. Come out to try or improve your volleyball skills, meet new people and have FUN! Teams will be formed each evening. If space is available drop-in is \$5/person.

Age: 18+ years

Place: Summerland Middle School Gym

Jan 6-Mar 17

(No program Feb 17)

Fri

7:00-9:00pm

Code 3876

\$40/10 sess



Registration is easy!  
Registration starts  
December 6

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## 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 easy 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

<b>Jan 10-Mar 14</b>	<b>Tue</b>	<b>Code 3849</b>
	<b>6:00-7:00pm</b>	<b>\$90/10 sess</b>

Place: Arena Banquet Room

<b>Jan 12-Mar 16</b>	<b>Thu</b>	<b>Code 3850</b>
(No class Jan 19)	<b>6:30-7:30am</b>	<b>\$81/8 sess</b>

## 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

<b>Jan 7-Mar 4</b>	<b>Sat</b>	<b>Code 3846</b>
(No class Jan 21, Feb 18, 25)	<b>8:30-10:00am</b>	<b>\$75/6 sess</b>

## 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

<b>Jan 9-Mar 27</b>	<b>Mon</b>	<b>Code 3860</b>
	<b>10:00-11:00am</b>	<b>\$76.50/9 sess</b>

(No class Feb 20, 27 & Mar 3)

<b>Jan 4-Mar 29</b>	<b>Wed</b>	<b>Code 3861</b>
(No class Mar 1 & 8)	<b>10:00-11:00am</b>	<b>\$93.50/11 sess</b>

<b>Jan 6-Mar 31</b>	<b>Fri</b>	<b>Code 3862</b>
(No class Mar 3 & 10)	<b>10:00-11:00am</b>	<b>\$93.50/11 sess</b>

## Strength & Stretch

Do you want to tone and strengthen your body while increasing your flexibility? Then this class is for you! Tone, shape and strengthen your whole body while burning a ton of calories with this entire body sculpting class.

Age: 16+ years

Instructor: Susan

Place: Arena Banquet Room

### SESSION I

<b>Jan 10-Feb 9</b>	<b>Tue &amp; Thu</b>	<b>Code 3852</b>
(No class Jan 19 & Feb 2)	<b>5:00-6:00pm</b>	<b>\$72/8 sess</b>

### SESSION II

<b>Feb 21-Mar 16</b>	<b>Tue &amp; Thu</b>	<b>Code 3853</b>
	<b>5:00-6:00pm</b>	<b>\$72/8 sess</b>

## Zumba®

Blend world upbeat rhythms with easy to follow choreography for a total body workout.

Ages: 16+ years

Instructor: Carole

Place: Giant's Head Elementary Gym

<b>Jan 9-Mar 13</b>	<b>Mon</b>	<b>Code 3851</b>
(No class Jan 16, Feb 13 & 20)	<b>5:30-6:30pm</b>	<b>\$63/7 sess</b>

## 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.

Age: 50+ years

Instructor: Carole

Place: Arena Banquet Room

<b>Jan 9-Mar 27</b>	<b>Mon</b>	<b>Code 3857</b>
(No class Feb 13 & 20)	<b>9:00-10:00am</b>	<b>\$85/10 sess</b>
<b>Jan 4-Mar 29</b>	<b>Wed</b>	<b>Code 3858</b>
	<b>9:00-10:00am</b>	<b>\$110.50/13 sess</b>
<b>Jan 6-Mar 31</b>	<b>Fri</b>	<b>Code 3859</b>
(No class Jan 20)	<b>9:00-10:00am</b>	<b>\$102/12 sess</b>

## 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.)

<b>Jan 11-Mar 15</b>	<b>Wed</b>	<b>Code 3855</b>
	<b>8:15-9:15am</b>	<b>\$85/10 sess</b>
<b>Jan 11-Mar 15</b>	<b>Wed</b>	<b>Code 3856</b>
	<b>9:30-10:30am</b>	<b>\$85/10 sess</b>

## 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)

Jan 9-Mar 13

(No class Feb 20)

Mon

4:00-5:15pm

Code 3866

\$99/9 sess

## Gentle Yoga

Movement is the Celebration of Life! In this program, suited to most levels of ability, we will promote 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)

Jan 6-Mar 17

(No class Feb 17)

Fri

9:30-10:45am

Code 3863

\$110/10 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 and Fitness.

Age: 18+ years

Instructor: Richard

Place: Arena Banquet Room

Jan 9-Mar 13

(No class Feb 20)

Jan 11-Mar 15

Mon

10:30-11:30am

Wed

10:30-11:30am

Code 3874

\$90/9 sess

Code 3875

\$100/10 sess

## Yoga with Marsha-Level 1

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

Age: 16+ years

Instructor: Marsha

Place: Summerland Arts Centre

Jan 9-Mar 13

(No class Feb 20)

Mon

5:30-7:00pm

Code 3867

\$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: Summerland Arts Centre

Jan 9-Mar 13

(No class Feb 20)

Mon

7:15-8:45pm

Code 3868

\$108/9 sess

## Yoga Nidra

Yoga Nidra is a type of Conscious 'Sleep' where deeper states of relaxation are reached. Unlike regular sleep which does not always resolve tension and discomfort, Yoga Nidra restores mental, emotional and physical health by revitalizing and relaxing our subtle energies. It is written that one hour of Yoga Nidra is like three hours of Deep Sleep state.

Age: 18+ years

Instructor: Cheryl

Place: IOOF Hall

Mar 25

Sat

10:00am-12:00pm

Code 3865

\$20



Registration is easy!  
Registration starts  
December 6

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# Aquatic Schedule Jan 3-Mar 18

CLOSED FEB 20

■ 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 (2 Lanes)	Swim Lessons & Lane Swim (2 Lanes)	Swim Lessons & Lane Swim (2 Lanes)	Swim Lessons & Lane Swim (2 Lanes)	Swim Lessons & Lane Swim (2 Lanes)
10:00am-12:00pm	RECOPE	Swim Lessons & Lane Swim (2 Lanes)	RECOPE	Swim Lessons & Lane Swim (2 Lanes)	RECOPE
12:00-1:00pm	AquaFit & One Lane	Lane Swim	AquaFit & One Lane	Lane Swim	AquaFit & One Lane
1:00-2:00pm	School Lessons	School Lessons	School Lessons	School Lessons	School Lessons
2:00-2:55pm		AquaFit (2:00-2:55pm)		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 (4 Lanes)/Swim Lessons	
2:00-3:45pm	Public Swim	
4:00- 5:00pm	Lane Swim	Aqua Zumba & Two 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

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

Jan 3-Mar 28	Tue	Code 3824
	8:05-9:00am	\$55.25/13 sess
Jan 5-Mar 30	Thu	Code 3825
	8:05-9:00am	\$55.25/13 sess

### NOON HOUR AQUAFIT

Jan 3-Mar 27 (No class Feb 20)	Mon	Code 3826
	12:05-1:00pm	\$51/12 sess
Jan 4-Mar 29	Wed	Code 3827
	12:05-1:00pm	\$55.25/13 sess
Jan 6-Mar 31	Fri	Code 3828
	12:05-1:00pm	\$55.25/13 sess

### AFTERNOON AQUAFIT

Jan 3-Mar 14	Tue	Code 3829
	2:00-2:45pm	\$38.50/11 sess
Jan 5-Mar 16	Thu	Code 3830
	2:00-2:45pm	\$38.50/11 sess

### EVENING AQUAFIT

Jan 10-Mar 14	Tue	Code 3831
	7:45-8:30pm	\$35/10 sess
Jan 12-Mar 16	Thu	Code 3832
	7:45-8:30pm	\$35/10 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

Jan 8-Mar 12 (No class Feb 12&19)	Sun	Code 3833
	4:00-5:00pm	\$64/8 sess

## Bronze Medallion

This course teaches and understanding of the lifesaving principles in the four components of water rescue education: judgment, knowledge, skills and fitness.

Age: 13+ years  
Instructor: Jessica  
Place: Aquatic Centre

Jan 15-29	Sun	Code 3879
	8:30am-4:00pm	\$200

## Bronze Cross

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

Age: 13+ years  
Instructor: Jessica  
Place: Aquatic Centre

Feb 12-Mar 5 (No class Feb 19)	Sun	Code 3880
	8:30am-4:00pm	\$200

## Standard First Aid & CPR & AED

This course is WorkSafeBC Occupational Level 1 equivalent can be used in the workplace. This course includes comprehensive training covering all aspects of first aid, CPR and AED use.

Age: 13+ years  
Instructor: Aquatic Staff  
Place: Arena Banquet Room

May 11 & 12	Sat & Sun	Code 3881
	9:00am-5:00pm	\$200

## National Lifeguard Pool Course

This course is designed to develop the fundamentals values, judgement, knowledge, skills and fitness required by lifeguards.

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

Mar 18-23	Sat-Thu	Code 3878
	4:00-9:15pm	\$550



Registration is easy!  
Registration starts  
December 6

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





# New for January 2023

## PROGRAM UPDATE

Swim Lessons programming at the Summerland Aquatic Centre will transition to the Lifesaving Society "Swim for Life" program starting 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.



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

# Registration Opens December 6

## Parent & Tot (Caregiver Supervision Required)

NO LESSONS FEB 18-20

CODE	DAY	DATES	TIME
3764	Sat	Jan 14- Mar 11	10:45-11:15am
3772	Sun	Jan 15- Mar 12	9:00-9:30am
3774	Sun	Jan 15- Mar 12	9:30-10:00am
3782	Mon & Wed	Jan 9- Mar 8	9:00-9:30am
3797	Mon & Wed	Feb 13- Mar 15	9:00-9:30am
3823	Mon-Fri	Mar 20-31	9:00-9:30am

## Preschool Beginner

Preschool 1&2 NO LESSONS FEB 18-20

CODE	DAY	DATES	TIME
3766	Sat	Jan 14- Mar 11	11:15-11:45am
3769	Sat	Jan 14- Mar 11	11:45am-12:15pm
3775	Sun	Jan 15- Mar 12	9:30-10:00am
3780	Sun	Jan 15- Mar 12	11:00-11:30am
3783	Mon & Wed	Jan 9- Feb 8	9:30-10:00am
3786	Mon & Wed	Jan 9- Feb 8	3:00-3:30pm
3791	Tue & Thu	Jan 10- Feb 9	3:00-3:30pm
3798	Mon & Wed	Feb 13- Mar 15	9:30-10:00am
3801	Mon & Wed	Feb 13- Mar 15	3:00-3:30pm
3806	Tue & Thu	Feb 14- Mar 16	3:00-3:30pm
3813	Mon-Fri	Mar 20-31	9:00-9:30am
3819	Mon-Fri	Mar 20-31	3:30-4:00pm

## Preschool Advanced

Preschool 3&4 NO LESSONS FEB 18-20

CODE	DAY	DATES	TIME
3767	Sat	Jan 14-Mar 11	11:15-11:45am
3768	Sat	Jan 14-Mar 11	11:45am-12:15pm
3778	Sun	Jan 15-Mar 12	10:30-11:00am
3781	Sun	Jan 15-Mar 12	11:15-11:45am
3784	Mon & Wed	Jan 9-Feb 8	9:30-10:00am
3788	Mon & Wed	Jan 9-Feb 8	3:30-4:00pm
3792	Tue & Thu	Jan 10-Feb 9	3:00-3:30pm
3799	Mon & Wed	Feb 13-Mar 15	9:30-10:00am
3803	Mon & Wed	Feb 13-Mar 15	3:30-4:00pm
3807	Tue & Thu	Feb 14-Mar 16	3:00-3:30pm
3814	Mon-Fri	Mar 20-31	9:30-10:00am
3820	Mon-Fri	Mar 20-31	4:00-4:30pm

### 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 1 NO LESSONS FEB 18-20

CODE	DAY	DATES	TIME
3765	Sat	Jan 14-Mar 11	10:45-11:15am
3812	Sun	Jan 15-Mar 12	11:30am-12:00pm
3785	Mon & Wed	Jan 9-Mar 8	3:00-3:30pm
3793	Tue & Thu	Jan 10-Feb 9	3:30-4:00pm
3800	Mon & Wed	Feb 13-Mar 15	3:00-3:30pm
3808	Tue & Thu	Feb 14-Mar 16	3:30-4:00pm
3816	Mon-Fri	Mar 20-31	3:00-3:30pm

## Swimmer 2

Preschool 5 NO LESSONS FEB 18-20

CODE	DAY	DATES	TIME
3770	Sat	Jan 14-Mar 11	12:15-12:45pm
3777	Sun	Jan 15-Mar 12	10:00-10:30am
3787	Mon & Wed	Jan 9-Feb 8	3:30-4:00pm
3794	Tue & Thu	Jan 10-Feb 9	3:30-4:00pm
3802	Mon & Wed	Feb 13-Mar 15	3:30-4:00pm
3809	Tue & Thu	Feb 14-Mar 16	3:30-4:00pm
3815	Mon-Fri	Mar 20-31	9:30-10:00am

## Swimmer 3 NO LESSONS FEB 18-20

CODE	DAY	DATES	TIME
3776	Sun	Jan 15-Mar 12	10:00-10:30am
3789	Mon & Wed	Jan 9-Feb 8	4:00-4:30pm
3796	Tue & Thu	Jan 10-Feb 9	4:00-4:30pm
3804	Mon & Wed	Feb 13-Mar 15	4:00-4:30pm
3811	Tue & Thu	Feb 14-Mar 16	4:00-4:30pm
3817	Mon-Fri	Mar 20-31	3:00-3:30pm

## Swimmer 4 NO LESSONS FEB 18-20

CODE	DAY	DATES	TIME
3773	Sun	Jan 15-Mar 12	9:00-9:30am
3795	Tue & Thu	Jan 10-Feb 9	4:00-4:30pm
3810	Tue & Thu	Feb 14-Mar 16	4:00-4:30pm
3818	Mon-Fri	Mar 20-31	3:30-4:00pm

## Swimmer 5 & 6 NO LESSONS FEB 18-20

CODE	DAY	DATES	TIME
3779	Sun	Jan 15-Mar 12	10:30-11:15am
3790	Mon & Wed	Jan 9-Feb 8	4:00-4:45pm
3805	Mon & Wed	Feb 13-Mar 15	4:00-4:45pm
3821	Mon-Fri	Mar 20-31	4:00-4:45pm

## Swimmer 7-9

ROOKIE/RANGER/STAR NO LESSONS FEB 18-20

CODE	DAY	DATES	TIME
3771	Sat	Jan 14-Mar 11	1:00-2:00pm
3822	Mon-Fri	Mar 20-31	5:00-6:00pm



## Fitness Centre Schedule Jan 2-Apr 2

**CLOSED FEB 20.**

Fitness Centre access 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.*

### FITNESS CENTRE HOURS

#### Fitness Room

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

**CLOSED  
FEB 20**



## Summerland Arena Schedule: Jan 2-Apr 14

CLOSED FEB 20

Register online at [summerland.perfectmind.com](http://summerland.perfectmind.com).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
		10:30-11:30am Parent & Tot Stick & Puck			<b>SPECIAL EVENT</b> <b>Family Day</b> <b>Skate</b> <b>Feb 19</b> See page 2
12:00-1:00pm Parent & Tot	12:00-1:00pm Noon Hour Hockey <i>*Full Equipment</i>	12:00-1:00pm Parent & Tot	12:00-1:00pm Noon Hour Hockey <i>*Full Equipment</i>	12:00-1:00pm Noon Hour Hockey <i>*Full Equipment</i>	
		6:45-7:45pm Public Skate			
					6:00-7:00pm Public Skate

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

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

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

Register and pay online [summerland.perfectmind.com](http://summerland.perfectmind.com)

**Parent  
& Tot Skate**

**Jan 2-Apr 12**  
Mondays & Wednesdays  
12:00-1:00pm

**Pro-D Day  
Skates**

Jan 16 10:00-11:30am  
Feb 17 1:15-2:45pm

**Noon  
Hour Hockey**

**Jan 3-Apr 14**

*Full equipment is  
required.*

## Summerland Arena Complex & Curling Club

**ARENA, ICE, DRY FLOOR, BANQUET ROOM & KITCHEN**

**8820 Jubilee Road East**

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

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

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





## Spring Break Aquatic Schedule Mar 19-Apr 2

\*One lane available during Morning & Noon Hour Aquafit and Public Swim.

	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				
6:30-7:45pm	*Public Swim				
7:45-9:00pm	Masters Swim	Lane Swim	Masters Swim	Lane Swim	Lane Swim

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

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

## 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 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**

For summer ice availability  
please contact  
[nlawrence@summerland.ca](mailto:nlawrence@summerland.ca)  
or call 250-494-0447

# ★ LEARN TO SKATE ★

*Offering Skate Canada's National CanSkate Program*

Register Online: [www.summerlandskatingclub.com](http://www.summerlandskatingclub.com)



Skate  
Canada  
Member

## Programs Available:

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

**CanSkate (Ages 5+):** Mon/Weds

**CanPower:** Thurs

**Star Academy:** Sun-Fri

**StarSkate:** Sun-Fri

**Competitive Skating:** Sun-Fri

**Adult skate:** Sun

## Winter season starts:

Wednesday 4th January 2023

## Winter season ends:

Friday 17th March 2023

Register Online:

[www.summerlandskatingclub.com](http://www.summerlandskatingclub.com)

For more info. contact: Louise Evans 250-808-7225 or [summerlandskating@gmail.com](mailto:summerlandskating@gmail.com)





# JOIN THE SUMMERLAND MINOR BASEBALL ASSOCIATION

## SPRING BASEBALL

Join SMBA's spring baseball league for children born between 2004-2017. Summerland Minor Baseball Association is a non-profit, volunteer organization that fosters, improves, and governs the game of baseball for its members in Summerland, in accordance with the standard rules prescribed by the BC Minor Baseball Association.



**PLAY BALL!**

**SPRING BASEBALL**

**REGISTRATION OPENS  
JANUARY 2023**

**EARLY-BIRD DISCOUNT  
AVAILABLE**

**TEAMS FOR CHILDREN  
BORN FROM 2004-2017**

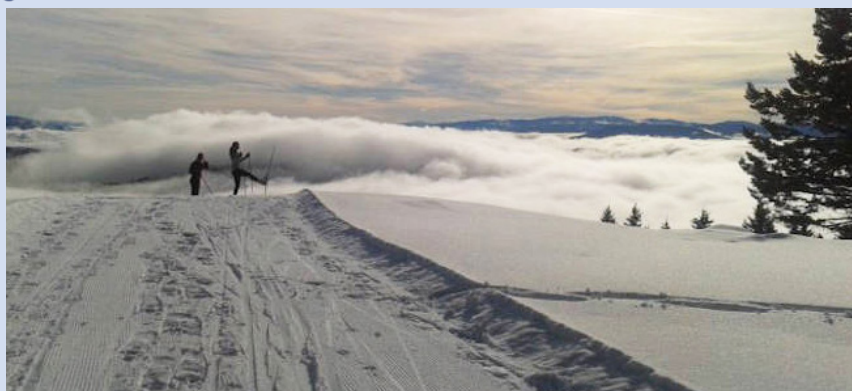
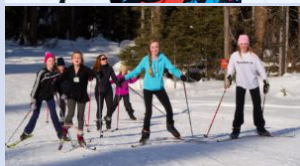
**SUMMERLAND MINOR  
BASEBALL ASSOCIATION**

Living Memorial Park  
Summerland, BC

[www.facebook.com/SMBA2021](https://www.facebook.com/SMBA2021)

email:  
[summerlandminorbaseball@gmail.com](mailto:summerlandminorbaseball@gmail.com)





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

Box 26072  
West Kelowna, BC V4T 2G3

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

[www.telemarknordic.com](http://www.telemarknordic.com)

## Looking for a rustic and unique location for your event?

### Summerland Rodeo Grounds Complex includes:

- Clubhouse with small kitchen and washrooms
- Concession with grill, freezer and fridge
- Washrooms and shower building
- Riding Ring 210ftX192ft
- Holding Pen 201ftX150ft
- Covered bleachers

**Summerland  
Rodeo Grounds Complex**

**18707 BATHVILLE ROAD**

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





**TIME TO PLAY**  
**LACROSSE**  
**REGISTER NOW**

**WWW.PENTICTONLACROSSE.COM**



## REGISTRATION

VIA

pentictonlacrosse@gmail.com

REGISTRATION OPEN TO:

COED 5 - 16 YRS

FEMALE 5 - 21 YRS

## FIND US ON ...



pentictonlax



pentictonminorlax



pen\_lacrosse





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

Visit our website for information about our workshops, Pro D Day camps, gallery shows, concerts and events.

[www.summerlandarts.com](http://www.summerlandarts.com)  
[admin@summerlandarts.com](mailto:admin@summerlandarts.com)  
**250-494-4494**

Hours: Tuesday to Friday 10 am to 4 pm  
George Ryga Arts & Cultural Centre  
9525 Wharton St. Summerland



## 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)



For those who dream of hitting a home run, playing goal, shooting hoops and making new friends, it's all possible through KidSport.

KidSport provides support to children in order to remove financial barriers that prevent them from playing organized sport.

For an application form or to find out more about the Summerland Chapter of KidSport visit the Summerland Parks & Recreation office or call 250-494-0447.

<https://www.kidsportcanada.ca/british-columbia/summerland/>

**So ALL Kids  
Can Play!**



## Summerland Singers & Players

**Thunderbird Theatre Sports** — improvisation fun! 1st and 3rd Tuesdays every month. See our website or FB page for more details!



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

Watch for news about more performances of **COVID The Musical!**



ssptheatre@gmail.com: *Join our email list!*  
Find us on Facebook  
summerlandtheatre.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**

# Summerland Women's Fitness

***We put the fun into fitness!***

**Hydraulic Resistance Circuit Equipment**  
**Whole Body Vibration Machine**  
**Step and Regular Treadmills**  
**Exercise Bike**  
**Stretching Station**  
**Stretching & Meditation Sessions**

#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 seasonal  
**OPEN HOUSE**  
after Christmas!



**FREE ORIENTATION SESSION**



## Canadian Tire Jumpstart gives kids a sporting chance!

Funding is based on the individual child's financial need. The goal is to help those children who would not have been able to participate in a physical activity without the assistance of the Jumpstart program.

Some of the criteria:

- Children between ages of 5-18 are eligible.
- Funding should be for a sustained program that lasts a season, therefore a one-week camp would not qualify.
- Applications must be submitted before the start of the season.



### KIDS PRO DAY CAMP

follows SD 67 school calendar

**Summerland Baptist Church**  
10318 Elliot Street  
Summerland

**\$35**  
Per Kid Per Day

#### THE ACTIVITIES

Swimming  
Craft  
Playground Games

**GRADE K-5**

**REGISTER NOW** [summerlandbaptist.ca/sbkids](http://summerlandbaptist.ca/sbkids)

*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](http://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



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



# Join the Team BE A LIFEGUARD

## 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.



Scan here to register or  
see page 16 for program  
details and cost.



## Dream Job! LIFEGUARD

**Swim for Life Instructor**  
Apr 23-May 28  
9:00am-5:00pm

**National Lifeguard Pool**  
Mar 18-23  
9:00am-6:00pm

**Standard First Aid CPR C/A ED**  
Mar 11&12  
9:00am-5:00pm

**Bronze Cross**  
Feb 12-Mar 5  
8:30am-4:00pm

**Bronze Medallion**  
Jan 15-29  
8:30am-4:00pm

  
*Start here*

**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.....	Cynthia Cutt.....	250-404-0519
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





# Summerland's Community Events

December 2022-March 2023

## Santa Skate

December 11

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

## Summerland Polar Bear Dip

January 1

[www.summerlandkinsmen.com/  
events/polar-bear-dip](http://www.summerlandkinsmen.com/events/polar-bear-dip)

## Bush Spiel

January 6-8

[www.summerlandcurling.org](http://www.summerlandcurling.org)

## Ladies Bonspiel

January 21-22

[www.summerlandcurling.org](http://www.summerlandcurling.org)

## Men's Bonspiel

February 3-5

[www.summerlandcurling.org](http://www.summerlandcurling.org)

## Winter GoByBike Week

February 6-12

[gobybikebc.ca/summerland](http://gobybikebc.ca/summerland)

## Fun Bonspiel

February 18-19

[www.summerlandcurling.org](http://www.summerlandcurling.org)

## District of Summerland

### Family Day Weekend

February 18-20

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

## 7 Celebrations

### Reconnecting in the South Okanagan

February 18-20

[www.thompsonokanagan.com/7-celebrations](http://www.thompsonokanagan.com/7-celebrations)

