

Summerland RECREATION GUIDE



**WINTER
2020**

Registration
starts
December 3



www.summerland.ca/recreation



Message from Joanne Malar, Recreation Supervisor

Having spent the past ten years working as the Program Coordinator, it is my honour to be in the new position of Recreation Supervisor for the District of Summerland.

Summerland Recreation has numerous projects on the horizon. The Recreation Supervisor position will assist the Recreation Manager with ongoing projects such as the Parks & Recreation Master Plan Implementation. I will also focus on the day-to-day operations of the

Aquatic Centre, building policies and procedures for the aquatic facility and staff to provide the highest quality of service and programs.

The Aquatic staff have a variety of programs and services that are outlined in the Winter 2020 Guide. Our Red Cross Swimming Lessons will focus on teaching all five strokes, promoting fitness and endurance, giving swimmers lifetime skills to safely enjoy other aquatic pursuits. These lessons are featured on page 14 and 15 of the guide. Our Aquatic staff deliver excellent Aquafit programs that focus on aerobic endurance and resistance training. Check out the many different Aquafit classes on page 19, which are complementary with a Health Club Membership.

Our Aquatic staff and I look forward to providing all of our residents with quality programs and a high level of service. Check out our website for more information www.summerland.ca/recreation.

Our team looks forward to a Strong and Energetic 2020!

A New Kind of Bootcamp

Are you looking for a different Bootcamp?
Check out REV & FLOW REFIT on page 11.

Thank you

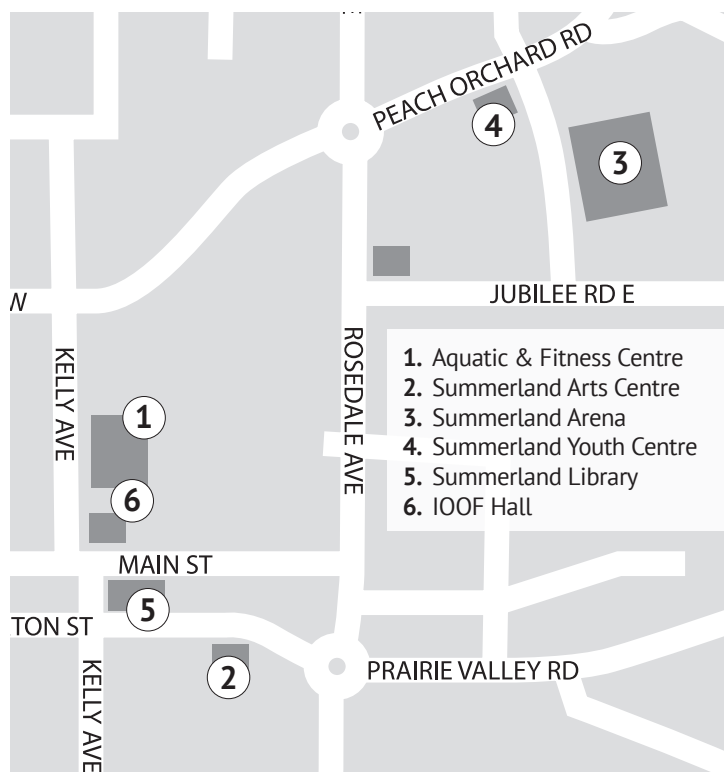
We couldn't do it without you!

To our dedicated volunteers and sponsors for making our Parks and Recreation events such a success!

- SKATE & SWIM PARTY • TROPICAL SWIM
- HALLOWEEN HAUNT • SANTA SKATE
- EARTH DAY • GIANT'S HEAD RUN

You can make a difference!
Become a volunteer.





1. Aquatic & Fitness Centre
2. Summerland Arts Centre
3. Summerland Arena
4. Summerland Youth Centre
5. Summerland Library
6. IOOF Hall

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. Summerland Parks and Recreation reserves the right to make changes as required.

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

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

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

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

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

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Recreation Staff

ADMINISTRATION:

Recreation Manager: Lori Mullin
Recreation Supervisor: Joanne Malar
Recreation Coordinator: Laura McCarron
Accounting Assistant: Nicole Lawrence
Administration: Kim Chadwick

ARENA:

Staff:
 Mike Fetterer, Darren Krell, Erik Laflamme,
 Francesco Johnston, Doug Bewick, Joe Biro,
 Kendal Biro, Glen Irving.

AQUATIC & FITNESS CENTRE:

Lifeguard Instructor II: Shawn Landriault
Maintenance - Lifeguard/
Instructor: Carling Van Gorp

Aquatic Staff:

Wanda Ward, Lois Dickinson, Julian Northcote,
 Darlene Hundal, Jessica Jonas, Robyn Deuschle,
 Taylor Arkesteyn, Aysha Curley, Micaela MacDougall,
 Morgan Higersom, Devonne Dylewski,
 Zac Rombough, Joy Peterson, Katrina Sopow,
 Megan Cameron, Brittany Parliament,
 Suzanne Temple, Brooklyn Parliament,
 Deanne Nielsen, Anna Lock.

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

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Three easy ways to register...



ONLINE AT
WWW.SUMMERLAND.CA



IN PERSON AT
13205 KELLY AVENUE



BY MAIL BOX 159
SUMMERLAND BC V0H 1Z0

Visa, Mastercard, Interac, Cash or Cheque. No post dated cheques.

RECREATION DEPARTMENT, 13205 Kelly Avenue, Summerland

MAIL IN / DROP OFF REGISTRATION FORM

Parent (Guardian) Full Name _____

Email Address _____

Day Phone _____ Evening Phone _____

Mailing Address _____

City _____ Emergency Contact _____

Prov. _____ Postal Code _____ Phone _____

PARTICIPANT AND PROGRAM INFORMATION

Participants First & Last Name	Birthdate MANDATORY	Age (if under 19)	Program/Swim Level Example: Sea Otter	Day/Time	Code#	Fee

PLEASE MAKE CHEQUE PAYABLE TO THE DISTRICT OF SUMMERLAND

Total Fees

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

Signature of participant or parent/guardian
if participant under 19 years of age _____

Date _____

Holiday Health Club & Swim Schedule Dec 22-Jan 5

CLOSED DEC 25, 26 AND JAN 1

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	DEC 22	DEC 23	DEC 24	DEC 25	DEC 26	DEC 27	DEC 28	
6:30-9:00am		Lane Swim		AQUATIC/ FITNESS CENTRE CLOSED ALL DAY	AQUATIC/ FITNESS CENTRE CLOSED ALL DAY	Lane Swim		
9:00-11:00am		Loonie Swim				Loonie Swim		
12:00-1:15pm		Lane Swim/ Aquafit	Lane Swim			Lane Swim/ Aquafit		
1:30-2:30pm	Lane Swim		AQUATIC/ FITNESS CENTRE CLOSED AT 2:00PM					Lane Swim
1:30-3:00pm		Pleasure Swim						
2:30-4:00pm	Pleasure Swim							Pleasure Swim
3:00-5:00pm							Loonie Swim	
6:30-8:00pm	Pleasure Swim						Pleasure Swim	
	DEC 29	DEC 30	DEC 31	JAN 1	JAN 2	JAN 3	JAN 4	
6:30-9:00am	JAN 5	Lane Swim	Lane Swim	AQUATIC/ FITNESS CENTRE CLOSED ALL DAY	Lane Swim			
9:00-11:00am		Loonie Swim	Loonie Swim		Loonie Swim			
12:00-1:15pm		Lane Swim/ Aquafit	Lane Swim/ Aquafit		Lane Swim	Lane Swim/ Aquafit		
1:30-2:30pm		Lane Swim						Lane Swim
1:30-3:00pm		Pleasure Swim	Pleasure Swim		Pleasure Swim			
2:30-4:00pm	Pleasure Swim		AQUATIC/ FITNESS CENTRE CLOSED AT 4:00PM				Pleasure Swim	
3:00-5:00pm					Loonie Swim			
6:30-8:00pm	Pleasure Swim				Pleasure 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.

SWIM	PER PERSON
Preschool 3-5 years	\$1.00
Child 6-12 years	\$2.50
Teen 13-18 years	\$3.25
Adult 19-64 years	\$4.50
Senior 65+ years	\$3.75
Family*	\$9.50
AquaFit	\$5.00

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

Fitness Room

Dec 22	9:00am-8:00pm
Dec 23	6:00am-8:00pm
Dec 24	6:00am-2:00pm
Dec 25	CLOSED
Dec 26	CLOSED
Dec 27	6:00am-8:00pm
Dec 28	9:00am-8:00pm
Dec 29	9:00am-8:00pm
Dec 30	6:00am-8:00pm
Dec 31	6:00am-4:00pm
Jan 1	CLOSED
Jan 2	6:00am-8:00pm
Jan 3	6:00am-8:00pm
Jan 4	6:00am-8:00pm
Jan 5	9:00am-8:00pm

Give the
Gift of Health
this year



Visit the Summerland Aquatic Centre to purchase an unique gift this season for your loved ones.

**GOGGLES • AQUATIC PASSES/MEMBERSHIP
HEALTH CLUB MEMBERSHIP • SWIM LESSONS**

30 minute Private Swim Lesson
\$22/session

30 minute Semi-Private Swim Lesson
\$33/2 people/session

Holiday Skate Schedules Dec. 22-Jan. 5

SUNDAY DEC 22	MONDAY DEC 23	TUESDAY DEC 24	WEDNESDAY DEC 25	THURSDAY DEC 26	FRIDAY DEC 27	SATURDAY DEC 28
6:00-7:00pm Public Skate	12:00-1:00pm Parent & Tot Skate 1:15-2:30pm Public Skate	12:00-1:00pm Noon Hour Hockey 1:15-2:30pm Public Skate ARENA CLOSED AT 2:30PM	ARENA CLOSED ALL DAY	ARENA CLOSED ALL DAY	12:00-1:00pm Noon Hour Hockey 1:15-2:30pm Public Skate	
DEC 29	DEC 30	DEC 31	JAN 1	JAN 2	JAN 3	JAN 4
6:00-7:00pm Public Skate	12:00-1:00pm Parent & Tot Skate	12:00-1:00pm Noon Hour Hockey	ARENA CLOSED ALL DAY	12:00-1:00pm Noon Hour Hockey	12:00-1:00pm Noon Hour Hockey	
JAN 5	1:15-2:30pm Public Skate	1:15-2:30pm Public Skate		1:15-2:30pm Public Skate	1:15-2:30pm Public Skate	
6:00-7:00pm Public Skate						

*A family consists of 2 adults and their own children 13-18 years.
\$1 for each additional person 13-18 years.

\$2
Skate
Rental



SKATE	PER PERSON
Child 0-12 years	\$2.50
Teen 13-18 years	\$3.25
Adult 19-64 years	\$4.50
Senior 65+ years	\$3.75
Family*	\$9.50
Noon Hour Hockey	\$6.00
Parent & Tot	\$1.50 /person

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

Jan 7-Mar 12	Tue/Thu	Code 2378
	9:00-11:00am	\$140/20 sess



Mommy & Me Fitness Bootcamp

Join our group of moms with (or without) the kiddos to get SWEATY while SMILING! This full body workout is designed to get noticeable results in the shortest amount of time. Link up with other moms to get fit, challenge your mind, and role model health to the wee ones! We use low impact functional movements, strength training and cardio bursts to get everyone feeling energized.

Age: 18+ years (Children can attend with parent/guardian)
Instructor: Dannielle

Place: Arena Banquet Room

Jan 6-Mar 11	Mon/Wed	Code 2400
	10:30-11:30am	\$136/17 sess
(No session Jan 26, 29 & Feb 17)		

Jan 6-Mar 11	Mon/Wed	Code 2401
	12:15-1:15pm	\$136/17 sess
(No session Jan 26, 29 & Feb 17)		

Introduction to Parkour

Parkour is a philosophy and method of movement through any environment with speed and efficiency. Students learn to move under, over and through obstacles and hone the body's capacity for movement. Open to all skill and fitness levels.

Age: 6-10 years
Instructor: Michael

Place: Summerland Youth Centre

PARKOUR I

Jan 6-Mar 9	Mon	Code 2469
(No session Feb 17)	4:00-5:00pm	\$90/9 sess

PARKOUR II

Jan 6-Mar 9	Mon	Code 2470
(No session Feb 17)	5:15-6:15pm	\$90/9 sess

Beginner & Intermediate Parkour

Learn to move and flow with fast efficient movement through any space. Teens will learn to climb, jump, land, roll, flip, vault and trick with flair. Develop mental and physical strength, dynamic power, speed, balance, agility and confidence.

Age: 11-15 years
Instructor: Michael

Place: Summerland Youth Centre

Jan 6-Mar 9	Mon	Code 2471
(No session Feb 17)	6:30-7:30pm	\$90/9 sess



Register Early! Don't be disappointed.

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

Free Family Santa Skate

\$2
Skate
Rental

**Sunday
Dec 8**

1:00-2:30pm

Families with
children up
to 10 years.

**Best
Holiday
Outfit
Contest**



Please bring a donation for the Food Bank.

Youth Swim Night

Every Friday 8:00-9:15pm



\$2.50
Admission

All Youth 11-18 years welcome!

Loonie Swim

**Fridays
3:00-5:00pm**

\$1
Admission



Volunteers Needed

Tropical Swim

If you would like to volunteer please contact
aquatics@summerland.ca or 250-494-0447.



Saturday, March 7 • 6:30-8:30pm



**Save
the
Date**



**Join in Summerland's
14TH ANNUAL EARTH DAY
CELEBRATION!**

April 25, 2020

www.summerland.ca/earthweek

Sponsored in part by District of Summerland,
Summerland Environmental Science Group and
Okanagan & Similkameen Invasive Species Society.

Save the date for the largest, most celebrated environmental event worldwide.



**Save
the
Date**



**38TH ANNUAL
GIANT'S HEAD RUN
Saturday, June 6
6:00pm start**

5.7 km or 10 km distances

Want to be a sponsor at this event?
Please contact: recreation@summerland.ca
or 250-494-0447.

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

FITNESS

Classical Mat Pilates

Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core. Modifications are suggested for beginners or for those with physical limitations. Classes will blend the Classical Pilates Method with exercise variations using available props to enhance and intensify the workout. Pilates mat is a challenging yet safe method to sculpt your body and to feel increased agility in your everyday movements and give you the support needed to keep on moving strong! No previous Pilates experience is necessary to join. Please bring a yoga mat or two to class.

Age: 18+ years

Instructor: Katya

Place: Arena Banquet Room

Jan 6-Mar 11

(No session Feb 17)

Mon/Wed

7:00-8:00pm

Code 2462

\$190/19 sess

Co-ed Recreational Volleyball

Volleyball players of all abilities are welcome. Teams will be formed each evening. Minimum 14, maximum 24.

Age: 18+ years

Instructor: Don

Place: Summerland Middle School

Nov 1-Apr 24

Fri

7:00-9:00pm

Code 2376

\$57/19 sess
or \$5 Drop-in

(No session Jan 3, Feb 21, Mar 13, 20, 27, Apr 10)

Fitness Bootcamp - Stairs & Circuits

Ideal for ANYONE looking for a FUN and funky way to get fit. A combination of low-impact stairs for cardio, followed with circuit style strength exercises, will CHALLENGE your mind and body.

Age: 13+ Years

(12 years and under can attend with parent/guardian)

Instructor: Dannielle

Place: Arena Mezzanine & Stairs

Jan 7-Mar 12

Tue/Thu

9:15-10:15am

Drop-in Only

\$10/sess

Place: Arena Banquet Room & Stairs

Jan 7-Mar 12

Tue/Thu

4:00-5:00pm

Drop-in Only

\$10/sess

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: Arena Banquet Room

FITNESS FUSION I

Jan 8-Mar 11

Wed

8:00-9:00am

Code 2463

\$80/10 sess

FITNESS FUSION II

Jan 8-Mar 11

Wed

9:15-10:15am

Code 2464

\$80/10 sess

Fitness Fusion Bootcamp

This class is a full body workout, bootcamp style with intensity and some circuits.

Age: 50+ years

Instructor: Noni

Place: Arena Banquet Room

Jan 10-Mar 13

Fri

8:00-9:00am

Code 2385

\$80/10 sess

Use It or Lose It

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

Age: 50+ years

Place: Aquatic Centre Meeting Room

MORNING

Instructor: Barry

Jan 7-Mar 12

Tue/Thu

10:00-11:00am

Code 2467

\$120/20 sess

AFTERNOON

Instructor: Andi

Jan 8-Mar 13

Wed/Fri

1:30-2:30pm

Code 2468

\$120/20 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, steps, bosu and stability balls will be incorporated into class to improve core, balance, flexibility and strength.

Age: 18+ years
Instructor: Noni
Place: IOOF Hall

Jan 7-Mar 12 **Tue/Thu** **Code 2379**
(No session Feb 18) 6:50-7:50am \$190/19 sess

Rev & Flow Refit

This class strengthens 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: 18+ years
Instructor: Bree
Place: IOOF Hall

Jan 8-Mar 13 **Wed/Fri** **Code 2461**
(No session Feb 7) 9:00-10:00am \$190/19 sess

StrongFit Bootcamp

This class will focus on drills, strength, cardio, endurance and speed for a full workout. StrongFit is great for people new to classes and want to get fit. Enjoy both indoor and outdoor workout adventures weather permitting.

Age: 18+ years
Instructor: Alicia
Place: Giant's Head School Gym

SESSION I

Jan 7-30 **Tue/Thu** **Code 2394**
6:00-7:00pm \$56/8 sess

SESSION II

Feb 11-Mar 12 **Tue/Thu** **Code 2395**
6:00-7:00pm \$70/10 sess

Register Early Don't be disappointed.

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

Food Safe Level 1 Course

Want to work in the food industry?

A food handling, sanitation and work safety course designed for food service establishment operators and front-line foods service workers such as cooks, servers, bussers, dishwasher and deli workers.

This course covers important food and worker safety information. Certificate valid for five years.

Age: 13+ years
Instructor: Mary Ann
Place: Arena Banquet Room

Jan 29 **Wed** **Code 2452**
Feb 26 **Wed** **Code 2453**
Mar 25 **Wed** **Code 2454**
9:00am-5:00pm \$89/sess



FITNESS

Zumba

Blend world upbeat rhythms with easy-to-follow choreography for a total-body workout. Learn dance routines that combine interval and resistance training to tone and burn fat, all with a Latin Flavour! This class offers a “circuit” dance including, toning sticks, step and chair fitness. No previous Zumba experience required, all fitness levels welcome! Please bring water and comfortable indoor shoes.

Age: 18+ years

Instructor: Carole

Place: Arena Banquet Room

Jan 6-Mar 9 (No session Feb 17)	Mon 5:30-6:30pm	Code 2386 \$72/9 sess
Jan 8-Mar 11	Wed 5:30-6:30pm	Code 2387 \$80/10 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

Jan 6-Mar 9 (No session Feb 17)	Mon 9:00-10:00am	Code 2388 \$72/9 sess
Jan 10-Mar 13 (No session Feb 14)	Fri 9:15-10:15am	Code 2389 \$72/9 sess



Mindful Movement

This class is a fusion of the philosophy and postures of yoga with the science and principles of biomechanics. Create space, ease and comfort in your body, heart and mind with this slow paced and focused practice.

Age: 18+ years

Instructor: Marnie

Place: IOOF Hall

Jan 6-Mar 11 (No class Feb 17)	Mon/Wed 1:00-2:15pm	Code 2460 \$152/19 sess
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Osteofit

Osteofit will focus on functional movement, agility, resistance training, stretches and more. Participants work at their own level. This class can be done seated, standing or on a mat.

Age: 50+ years

Instructor: Chantel

Place: Summerland Youth Centre

Jan 6-Mar 11 (No Class Feb 17)	Mon/Wed 9:00-10:00am	Code 2459 \$152/19 sess
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YOGA

Adult Dru Yoga

Along with traditional yogic postures (asana), unique to Dru Yoga are energy block release sequences based on subtle yet potent flowing qi gong like movements, harmonized with directed breathing and affirmations. It will help to increase energy, boost strength and stamina, increase flexibility and enhance your quality of life. As a mindfulness based practice, it supports and encourages well-being in mind, body and spirit. Dru Yoga is suitable for beginners as well as experienced yogic practitioners.

Age: 18+ years

Instructor: Cindi

Place: Arena Banquet Room

Jan 7-Mar 10	Tue 5:45-7:15pm	Code 2393 \$90/10 sess
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Register Early
Don't be disappointed.

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

Beginner Yoga for Stress Relief

The pace of modern living can be hectic. Unmanaged stress is a contributing factor to muscle tension, anxiety, insomnia and feeling depleted. Finding balance requires taking time out to replenish and renew. This beginner class invites you to slow down, breathe deeply, stretch and melt away tension, and calm the mind. Lesley will guide you through hatha yoga postures, breathing techniques and guided relaxation in a safe and comfortable environment. Rediscover a vibrant you! No previous yoga experience necessary. Please bring a mat, blanket and water bottle.

Age: 18+ years

Instructor: Lesley

Place: Arena Banquet Room

Jan 9-Mar 12	Thu	Code 2392
	7:15-8:30pm	\$110/10 sess

Gentle Yoga

Enjoy a complete time out in a program suited to most levels of mobility. Explore movements for strength, release and comfort which all become greatly enhanced with better breathing practices. Chairs are also used for support and/or to move more deeply into poses. Each session is complemented with a guided relaxation and mind stilling practice. Please bring a mat, thick blanket and water bottle to each class.

Age: 18+ years

Instructor: Cheryl

Place: Arena Banquet Room

Jan 3-Feb 14	Fri	Code 2390
	10:30-11:45am	\$73.50/7 sess

Yoga Foundations for Men

This introductory program will guide you through basic yoga postures. Yoga is practiced by professional athletes to promote flexibility, strength, range of motion, balance, and coordination to aid with injury prevention. Explore breathing techniques and guided relaxation for stress relief. No previous yoga experience necessary. This series will prepare you to enjoy other yoga classes with confidence. Bring a mat, blanket and water bottle. Wear comfortable clothing (no jeans or belt).

Age: 18+ years

Instructor: Lesley

Place: Arena Banquet Room

Jan 9-Mar 12	Thu	Code 2391
	6:00-7:00pm	\$110/10 sess

Yoga Flow

Join Amanda for a one hour intermediate yoga class. We will focus on a dynamic series of flowing poses, while incorporating breath work. This class requires some yoga experience. Please bring your own yoga mat and water bottle. Please wear comfortable and suitable clothing.

Age: 18+ years

Instructor: Amanda

Place: Trout Creek School Gym

Jan 8-Mar 11	Wed	Code 2399
	7:00-8:00pm	\$80/10 sess

Yoga with Marsha

Age: 18+ years

Instructor: Marsha

Place: Trout Creek School Gym

INTRODUCTION TO BASIC BEGINNER YOGA

This is a popular class for those students who want to learn about yoga, be stronger and move more confidently. The series of classes have 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.

Jan 6-Mar 9	Mon	Code 2396
(No session Feb 17)	4:30-5:30pm	\$67.50/9 sess

LEVEL 1 YOGA: BEGINNER CLASS

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

Jan 6-Mar 9	Mon	Code 2397
(No session Feb 17)	5:45-7:00pm	\$72/9 sess

LEVEL 2 YOGA: ADVANCED CLASS

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.

Jan 6-Mar 9	Mon	Code 2398
(No session Feb 17)	7:15-8:45pm	\$76.50/9 sess

Swim Lesson Schedule - Winter 1

MONDAYS & WEDNESDAYS - 5 WEEK SET - Jan 6-Feb 5 (10 lessons)				
9:00-9:30am	SP 3	Code 2408	SP 2	Code 2409
9:30-10:00am	SP 1	Code 2410	Parent & Tot	Code 2411
3:00-3:30pm	SK 5/6	Code 2412	SP 2 / SK 2	Code 2413
3:30-4:00pm	SP 1 / SK 1	Code 2414	SP 3 / SK 3/4	Code 2415
4:00-4:30pm	SP 3 / SK 3/4	Code 2416	SP 1 / SK 1	Code 2417

TUESDAYS & THURSDAYS - 5 WEEK SET - Jan 7-Feb 6 (10 lessons)				
3:00-3:30pm	SK 5/6	Code 2418	SK 7/8/9/10 3:15-4:00pm	Code 2419
3:30-4:00pm	SP 1 / SK 1	Code 2420		
4:00-4:30pm	SP 3 / SK 3/4	Code 2421	SP 2 / SK 2	Code 2422

SATURDAYS ONLY - Jan 4-Mar 7 (9 lessons) <i>No class Feb 15</i>				
9:00-9:30am	SK 5/6	Code 2423	SP 1 / SK 1	Code 2424
9:30-10:00am	SP 3 / SK 3/4	Code 2425	SK 7/8/9/10 9:30-10:15am	Code 2426
10:00-10:30am	SP 2 / SK 2	Code 2427		
10:30-11:00am	SP 1 / SK 1	Code 2429	SK 3/4 10:15-10:45am	Code 2428
11:00-11:30am			Parent & Tot 10:45-11:15am	Code 2430

SUNDAYS ONLY - Jan 5-Mar 8 (9 lessons) <i>No class Feb 16</i>				
9:00-9:30am	SK 5/6	Code 2431		
9:30-10:00am	SP 2 / SK 2	Code 2432		
10:00-10:30am	SP 3 / SK 3/4	Code 2433		
10:30-11:00am	SP 1 / SK 1	Code 2434		
11:00-11:45am	SK 7/8/9/10	Code 2435		

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

Registration for swim lessons begins December 3

LEVEL		LENGTH OF CLASS	9 LESSONS	10 LESSONS
Starfish, Duck, Sea Turtle	Parent & Tot	1/2 Hour Class	\$37.80	\$42.00
Swim Preschool	SP 1 Sea Otter, Salamander SP 2 Sunfish, Crocodile SP 3 Whale	1/2 Hour Class	\$37.80	\$42.00
Swim Kids	SK 1-6	1/2 Hour Class	\$37.80	\$42.00
Swim Kids	SK 7-10	3/4 Hour Class	\$45.90	\$51.00

Register early. Programs will be cancelled due to low enrolment.

Swim Lesson Schedule - Winter 2

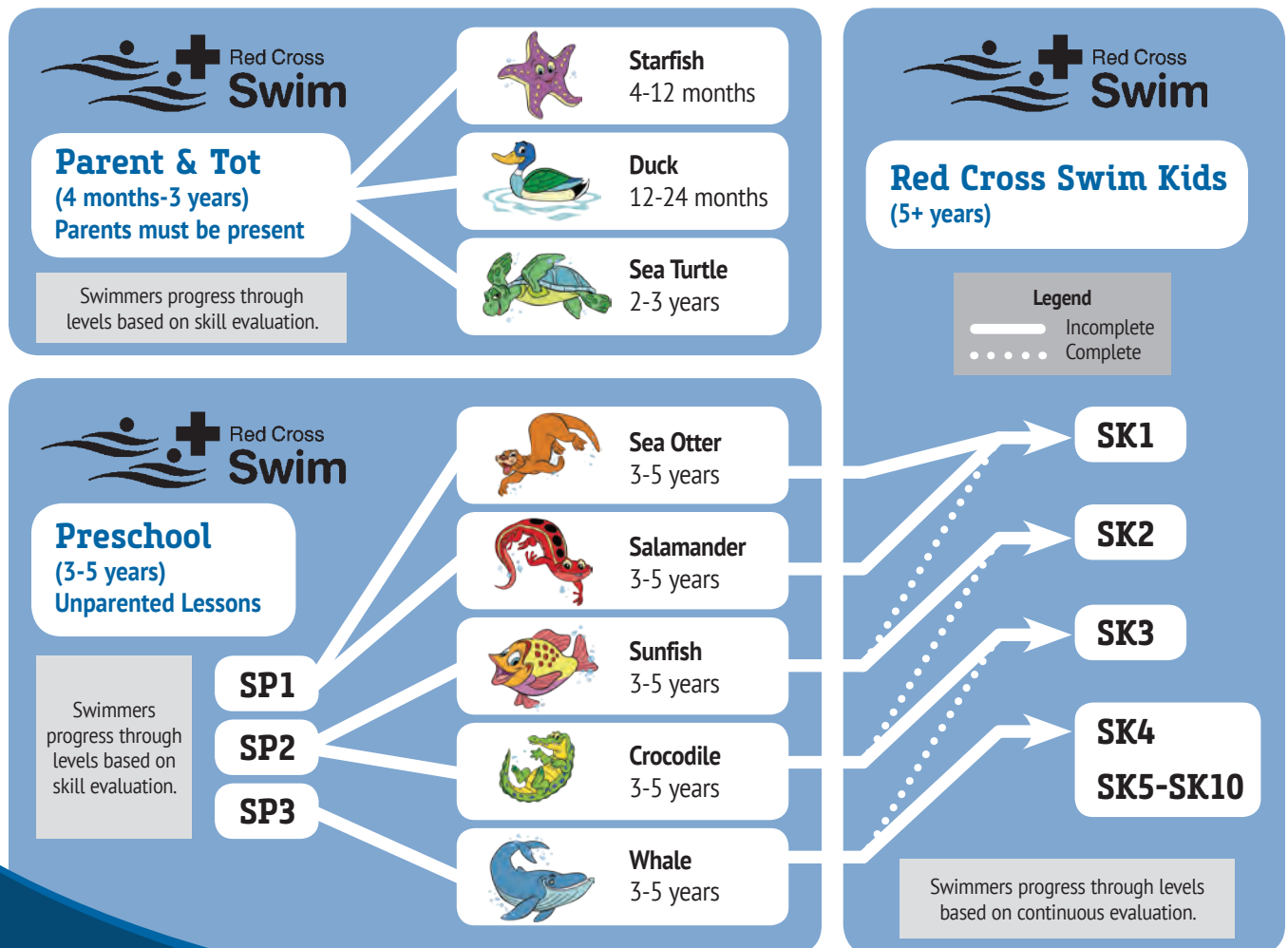
MONDAYS & WEDNESDAYS - 5 WEEK SET - Feb 10-Mar 11 (9 lessons) *No class Feb 17*

9:00-9:30am	SP 3	Code 2436	SP 2	Code 2437
9:30-10:00am	SP 1	Code 2438	Parent & Tot	Code 2439
3:00-3:30pm	SK 5/6	Code 2440	SP 2 / SK 2	Code 2441
3:30-4:00pm	SP 1 / SK 1	Code 2442	SP 3 / SK 3/4	Code 2443
4:00-4:30pm	SP 1 / SK 1	Code 2444	SK 7/8/9/10 4:00-4:45pm	Code 2445

TUESDAYS & THURSDAYS - 5 WEEK SET - Feb 11-Mar 12 (10 lessons)

3:00-3:30pm	SP 1 / SK 1	Code 2446	SP 3 / SK 3/4	Code 2447
3:30-4:00pm	SP 3 / SK 3/4	Code 2448	SP 1 / SK 1	Code 2449
4:00-4:30pm	SK 5/6	Code 2450	SP 2 / SK 2	Code 2451

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



Aquatic Schedule Jan 5-Mar 14

CLOSED FEB 17

■ Health Club Swim Lane & Hot Tub are not available

□ Health Club Admission Rate

■ Swim Admission Rate

TIME	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6:30-9:00am	EARLY BIRD LANE SWIM • 5 DAYS A WEEK					Swim Club & Red Cross Lessons	Red Cross Lessons
		AquaFit 8:05-9:00am		AquaFit 8:05-9:00am			
9:00-10:00am	Preschool Swim & Lessons	School Lessons	Preschool Swim & Lessons	School Lessons	School Lessons		
10:00-11:00am	School Lessons	School Lessons	School Lessons	School Lessons	School Lessons	Red Cross & Upper Level Lessons	RENTAL TIME
11:00am-12:00pm	Recope	School Lessons	Recope	School Lessons	Recope		
12:00-1:15pm	Lane Swim AquaFit 12:05-1:15pm	Lane Swim	Lane Swim AquaFit 12:05-1:15pm	Lane Swim	Lane Swim AquaFit 12:05-1:15pm		
1:15-3:00pm	School Lessons	School Lessons AquaFit 2:05-3:00pm	School Lessons	School Lessons AquaFit 2:05-3:00pm	School Lessons	Lane Swim 1:30-2:30pm Pleasure Swim 2:30-4:00pm	Lane Swim 1:30-2:30pm Pleasure Swim 2:30-4:00pm
3:00-6:30pm	Red Cross Lessons & Swim Club				Loonie Swim 3:00-5:00pm Swim Club 5:00-6:30pm	RENTAL TIME	RENTAL TIME
6:30-8:00pm	Pleasure Swim • EVERYBODY WELCOME! • 7 DAYS A WEEK						
8:00-9:15pm	Masters Swim & Lane Swim	Lane Swim AquaFit 8:05-9:05pm	Masters Swim & Lane Swim	Lane Swim AquaFit 8:05-9:05pm	Youth Swim (11-18 yrs old)	RENTAL TIME	RENTAL TIME

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

ADMISSION	DROP-IN	10 PASS	1-MONTH PASS	3-MONTH PASS	6-MONTH PASS	1-YEAR PASS
Preschool 3-5 years	\$1.00	N/A	N/A	N/A	N/A	N/A
Child 6-12 years	\$2.50	\$21.00	\$22.00	\$51.00	\$93.25	\$173.50
Teen 13-18 years	\$3.25	\$30.00	\$29.50	\$85.75	\$149.50	\$277.75
Adult 19-64 years	\$4.50	\$37.00	\$39.00	\$100.00	\$171.50	\$318.50
Senior 65+ years	\$3.75	\$30.00	\$29.50	\$85.75	\$149.50	\$277.75
Family*	\$9.50	N/A	\$78.50	\$214.00	\$371.00	\$694.50

AquaFit Drop-in: \$5.00 / 10 passes: \$40.00 or free with Health Club Membership.

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

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.)

Swim Lessons • Not sure what level to register in?

See pages 14-15 for Red Cross swim lessons schedule and class level progression.

Registration for swim lessons begins December 3



Health Club Schedule Jan 5-Mar 14 CLOSED FEB 17

Health Club Access includes access to 1 lane of 25m pool, hot tub, sauna, fitness centre and aquafit when available. Last entry into the pool or fitness room is 30 minutes before closure. For Health Club Access for the Aquatic Centre, please see aquatic schedule on page 16.

Fitness Centre Schedule

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

Our equipment includes:

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



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

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

Monday to Friday	6:00am-9:15pm
Saturday & Sunday	9:00am-8:00pm
Monday, Feb 17	Closed

ADMISSION	DROP-IN	10 PASS	1-MONTH PASS	3-MONTH PASS	6-MONTH PASS	1-YEAR PASS
Teen 13-18 years	\$5.00	\$37.00	\$50.00	\$127.00	\$195.00	\$335.50
Adult 19-64 years	\$6.75	\$53.25	\$64.00	\$151.75	\$245.00	\$453.00
Senior 65+ years	\$5.00	\$37.00	\$50.00	\$127.00	\$195.00	\$335.50
Family (13+)*	N/A	N/A	\$177.50	\$430.75	N/A	N/A

Holiday Schedule

Fitness Room

Dec 22	9:00am-8:00pm	Dec 29	9:00am-8:00pm
Dec 23	6:00am-8:00pm	Dec 30	6:00am-8:00pm
Dec 24	6:00am-2:00pm	Dec 31	6:00am-4:00pm
Dec 25 & 26	CLOSED	Jan 1	CLOSED
Dec 27	6:00am-8:00pm	Jan 2-4	6:00am-8:00pm
Dec 28	9:00am-8:00pm	Jan 5	9:00am-8:00pm

CLOSED
DEC 25, 26
& JAN 1

Fitness Room Orientations

Learn how to use equipment in the fitness room and have a basic plan outlined for you. You must register two days in advance. A minimum of four participants are required. For private orientations email recreation@summerland.ca

Age: 13+ years

Instructor: Alicia

Place: Summerland Fitness Centre

Jan 7	Tue	Code 2473
Jan 9	Thu	Code 2474
Jan 14	Tue	Code 2475
Jan 16	Thu	Code 2476
7:30-8:30pm		\$10/person



Summerland Arena Programs & Events

Jan 6-Mar 14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
12:00-1:00pm Parent & Tot <i>*No Rentals Available</i>	12:00-1:00pm Noon Hour Hockey <i>*Full Equipment</i> Cancelled Mar 10	12:00-1:00pm Parent & Tot <i>*No Rentals Available</i> Cancelled Mar 11	12:00-1:00pm Noon Hour Hockey <i>*Full Equipment</i> Cancelled Mar 12	12:00-1:00pm Noon Hour Hockey <i>*Full Equipment</i> Cancelled Mar 13	
		6:45-7:45pm Public Skate			6:00-7:00pm Public Skate

See
page 6 for
Holiday Skate
Schedule

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

ADMISSION	PER PERSON
Child 12 years & under	\$2.50
Teen 13-18 years	\$3.25
Adult 19-64 years	\$4.50
Senior 65+ years	\$3.75

ADMISSION	PER PERSON
Family*	\$9.50
Noon Hour Hockey	\$6.00
Parent & Tot	\$1.50 per person
Skate Rentals	\$2.00

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



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, 4 dressing rooms, a fully integrated sound system, a score clock, seating for 875 spectators and a fully equipped concession. The curling rink has 4 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 Parks and Recreation** at **250-494-0447** or recreation@summerland.ca



AQUATIC PROGRAMS

Did you know... that ALL Aquafit classes are included with an active Health Club Membership?

Three other Ways to Attend Aquafit Classes:

1. Register for an entire AquaFit Program (\$3.50/Sess)
2. Purchase an Aquafit 10 Pass Card - \$40 (\$4/Sess)
3. Drop In for an Aquafit class (\$5/Sess)

Aqua Zumba is not included

AquaFit Classes

These Aquafit classes combines deep and shallow water exercises. Every class will include cardiovascular, strength and stretching to improve overall fitness and toning. Flotation belts are used in the deep water portion to provide buoyancy and stability. (No session Feb 17).

Age: 18+ years

Instructor: Aquatic Staff

Place: Aquatic Centre

MORNING

Jan 7-Mar 12

Tue/Thu

8:05-9:00am

Code 2403

\$70/20 sess

NOON HOUR

Jan 6-Mar 13

Mon/Wed/Fri

12:05-1:00pm

Code 2402

\$101.50/29 sess

AFTERNOON

Jan 7-Mar 12

Tue/Thu

2:05-3:00pm

Code 2404

\$70/20 sess

EVENING

Jan 7-Mar 12

Tue/Thu

8:05-9:00pm

Code 2405

\$70/20 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 11

Wed

8:05-9:00am

Code 2406

\$80/10 sess

Jan 12-Mar 8

(No session Feb 16)

Sun

5:30-6:30pm

Code 2407

\$64/8 sess

Aquatic Centre Important Information

Please note the following cancellations due to our Aquatic In-service:

Sunday, January 12

1:30-2:30pm – Lane Swim

2:30-4:00pm – Pleasure Swim

**AQUATIC & FITNESS CENTRE
CLOSED MONDAY, FEB 17
FOR FAMILY DAY**

**NO
SWIM LESSONS
FEB 15, 16 & 17**





Summerland Women's Fitness

TRY US OUT NIGHT

Join us for an evening to try
out our facility for FREE.
Thursday, January 9th, 2020
6:30 pm



**Fit for
Life!**

Hydraulic resistance
circuit equipment

Whole Body Vibration
Machine

Step and regular
treadmills

Exercise Bike

Stretching Station

Fitness DVDs to follow

Free weights, Hoops, Bands

#2—7519 Prairie Valley Road
slandfitness@gmail.com
778-516-2001
Find us on Facebook!
summerlandwomensfitness.ca

BRIANSDANCECLASS.CA

SWING LATIN COUNTRY BALLROOM



CLASSES commence

* Jan 9 Penticton

* Jan 10 Summerland

- * Social Group Classes
- * Monthly Dance Parties
- * Private & Wedding Classes
- * Certified DVIDA
Instruction since 2004



Call or email **Brian Udal**
brians.dance.class@gmail.com
778-516-7272



902 NIGHTHAWK SQUADRON Summerland, BC

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

And So Much More!

For Youth Aged 12-18

902aircadets.ca

JOIN AIR CADETS

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

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



/902aircadets
@902air

★ LEARN TO SKATE ★

Offering Skate Canada's National CanSkate Program

Register Online: www.summerlandskatingclub.com



Skate
Canada
Member

Summerland
Skating Club

Pre-CanSkate (Ages 3-5)

Mon and Wed 3:15 – 3:45

Wed 5:45 – 6:15

CanSkate (Ages 5+)

Mon and Wed 3:15 – 4:00

Wed 5:45 – 6:30

CanPower

Mon 5:00 – 5:45

Thurs 4:15 – 5:00

**Options for 10-week courses starting
September 30th or December 9th**

Full season starts:

Sept. 30th 2019

Full season ends:

March 11th 2020

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

Gear up for Activities, Fitness, Fun and Friendship. Come check us out!

The Summerland Drop In Recreation Centre Association is open to all ages for recreational activities and is available for private bookings and events.



**ALL
AGES
WELCOME!**



PRESIDENT: Sean McCarthy 250-494-9377
RENTALS: Diane Peterson 1-250-253-0324
MEMBERSHIPS & ACTIVITIES: Rhea Larson 250-494-9377

SUMMERLAND DROP IN RECREATION CENTRE ASSOCIATION

9710 Brown St., Summerland • 250-494-9377 • dropinsummerland@gmail.com



Did you know?

Our programs include
French, Swimming, Skating,
Fine Arts, Singing, Pottery,
Drumming and more!

SUMMERLAND MONTESSORI SCHOOL

Nurturing the Joy of Discovery and the Love of Learning

3 Day Junior-Kindergarten (Age 4)

Kindergarten

Elementary Grades 1-5

Daycare with Preschool Curriculum (Age 3-5)

After School Program

– **Find out about our tuition bursary** –
Call our office **250-494-7266** or visit
www.summerlandmontessori.com

TAKE THE PLUNGE!

And learn how to swim all four Olympic strokes, flip turns, dives & more

SUMMERLAND ORCA SWIM TEAM



FREE TRIAL

Jan 7th & 9th • 3:30pm-4:30pm

Email orcaswimcoach@gmail.com to reserve your spot

Can you swim the length of the pool?
Have you passed Level 4 swimming lessons?
Do you like to be challenged?
THEN WE HAVE A SPOT FOR YOU!



WE ACKNOWLEDGE THE FINANCIAL SUPPORT OF THE PROVINCE OF BRITISH COLUMBIA



Harnessing Personal Potential

Join us!

KELOWNA

SUMMERLAND

WEST KELOWNA

PENTICTON

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

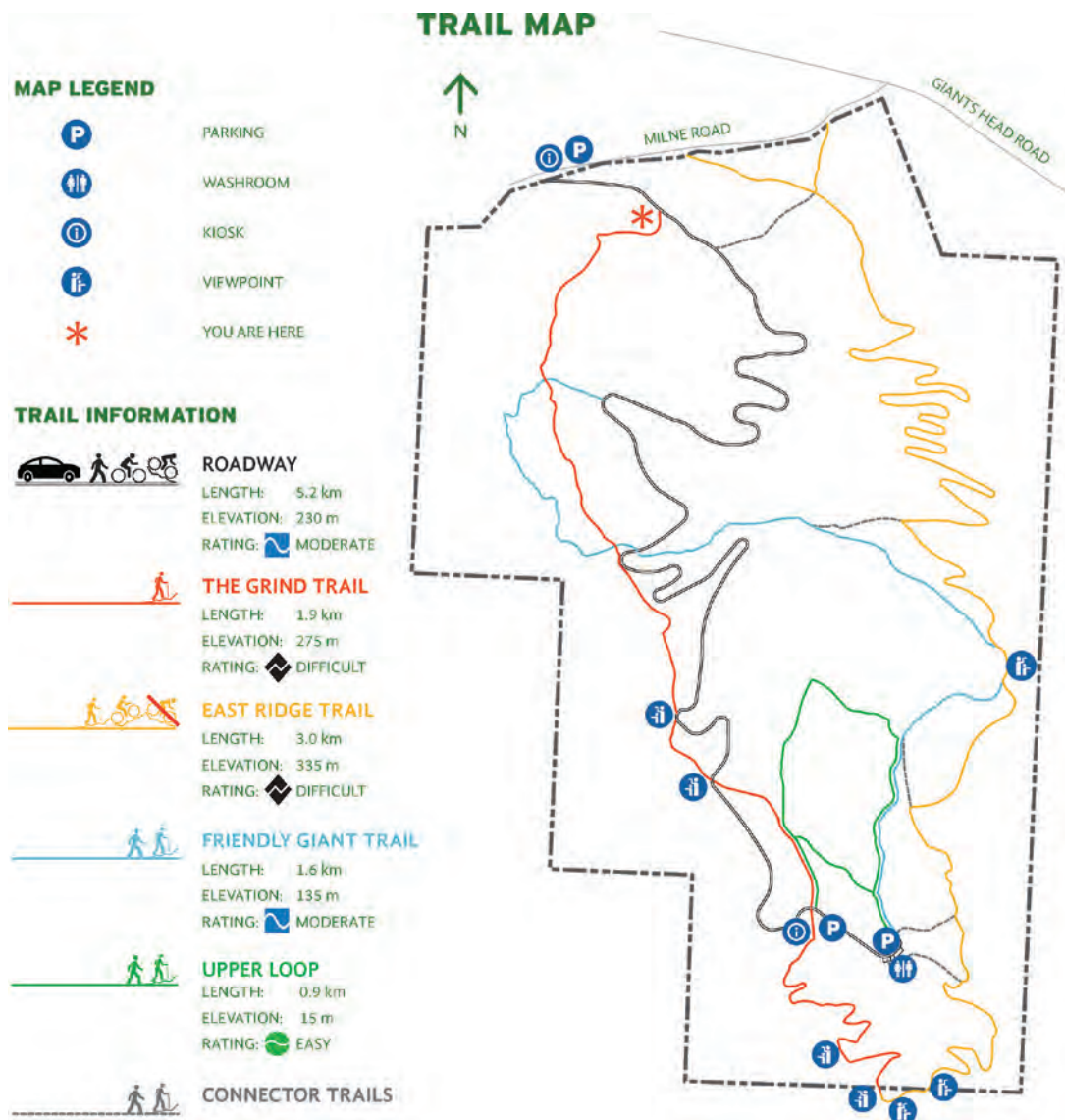
6 Time Canadian National
Kumite Champion

2012 Queens Diamond Jubilee
Award Recipient

7th Degree Black Belt

Giant's Head Mountain Trails Redevelopment

The first two phases of this project has been completed thanks to the support of the Summerland Rotary Club, the British Columbia Rural Dividend Fund and the District of Summerland Gas Tax Community Works Funding. The project goal is to build a trail infrastructure system which meets both recreational and environmental needs. Visit the mountain in the heart of Summerland and enjoy the park trails and spectacular views.



 **DISTRICT OF
SUMMERLAND**

Need some space? Rent the Theatre!



This community/school facility is located at Summerland Secondary School. The theatre has 295 seats and accommodates concerts, live theatre, movies, speakers and regular school drama productions. The theatre is equipped with state of the art sound and lighting equipment, grand piano, orchestra pit and dressing rooms.

Centre Stage Theatre

9518 MAIN STREET

To make a booking call **250-494-0447**
or email recreation@summerland.ca

Looking for a location for your event?

Summerland Rodeo Grounds Complex include:

- Clubhouse with small kitchen and washrooms
- Concession with grill, freezer and fridge
- Washroom and shower building
- Equestrian storage building
- Riding Ring 210ft x 192ft
- Holding Pen 210ft x 150ft
- Covered bleachers

Summerland Rodeo Grounds Complex
18707 BATHVILLE ROAD

For more information or to make a booking call
the Parks & Recreation office at 250-494-0447.

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.



For more information contact the Penticton Chapter
Kelsey 250-490-2441 or
www.jumpstart.canadiantire.ca



Summerland Singer & Players

In the works:

Kettle Valley Railway murder mysteries, dinner theatre, theatre and playwriting workshops and more!



Always wanted to try community theatre?

We'd love to talk to you!

New members are welcome! No experience necessary.

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



Move Better, Feel Better, Live Better!

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

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

Monday, Wednesday & Friday

Land Exercise Program 9:30-10:15am

Water Therapy Program 11:00am-12:00 noon

A MEDICAL REFERRAL IS REQUIRED

*** PLEASE ASK YOUR DOCTOR ***



**VOLUNTEERS
ALWAYS NEEDED**

Please contact Jean for info

250-494-9006

Summerland Community Arts Centre

9525 Wharton St
250-494-4494

Workshops

We offer artistic and educational workshops and classes for adults and kids. Pro D Day Camps are held from 8:30am-3:30pm for kids ages K to Grade 5. Our Art in Business series of workshops will keep you up to date with social media and website design, taught by local entrepreneurs.

Enjoy music, friendship and refreshments at our Friday Night Live concert series featuring talented local musicians, our wonderful local wines, ciders and beers.

Upcoming Gallery Shows

We'll be showcasing talented artists in our gallery throughout the year. Watch our website for upcoming show dates. www.summerlandarts.com

Check our website for information on upcoming workshops, gallery shows, volunteer opportunities and events. Sign up for our quarterly newsletter and stay up to date on what's happening at your Arts Centre.

Become a member and support the arts in Summerland.



Visit our Gift Gallery for a selection of beautiful paintings, fibre art and pottery, all by local artists.

www.summerlandarts.com admin@summerlandarts.com

Open 10:00am-4:00pm Monday to Friday • Saturdays in July, August and December



Winter Programs

• at the Summerland Library •

Storytime 3.5 - 5 years old Wed 10:30 -11:15 Jan 8 - March 11	Rhymetime Babies 2 & under with an adult Fri 10:30 -11:00 Jan 10 - March 13
Toddler time 2 & 3 years old with an adult Thurs 10:30 -11:00 Jan 9 - March 12	Call the Library to register for these FREE programs! 250-494-5591

Come run, tumble,
climb and socialize!

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

Drop In: Monday (9:30am-12:00pm) & Tuesday (9:30-11:00am)
Drop in days follow the school calendar.

Suggested Donation: \$3 per family **Ages:** 5 and under
At: Summerland Baptist Church For info call 250-494-3881



SUMMERLAND MUSEUM & ARCHIVES

Visit us today and engage in Summerland's rich history



Winter Hours: Tuesday to Saturday 11:00am - 4:00pm
 For more info: www.summerlandmuseum.org or 250-494-9395




Pinnacles FC

**Soccer programs for
all ages and all skill levels**

- Tots
- Minis
- Youth
- Excelsior Academy



**Spring Registration
Opens December 1**

After March 15 players will be placed on
a waitlist and late fees will be applied.

www.pinnaclesfc.ca
pinnaclesfc.office1@gmail.com

Funding Available











Summerland Library Open Hours

LIBRARY

Mon	CLOSED
Tues	10:00am - 8:00pm
Wed	10:00am - 6:00pm
Thurs	10:00am - 6:00pm
Fri	10:00am - 5:00pm
Sat	10:00am - 5:00pm
Sun	CLOSED

9533 Main Street • Summerland BC • 250-494-5591



Mondays, Wednesdays & Fridays
Morning Class: 9 am-12 pm

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

Summerland Baptist Church

250-494-3881 | info@summerlandbaptist.ca

Want to Advertise?

Our next Guide will be
Spring/Summer 2020.

Contact **Laura McCarron**
for more details:
lmccarron@summerland.ca
250-404-4031

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



Ukulele Kids Music Lessons

**LINNEA
GOOD**

Saturdays April 4-June 13/20

Uku Kids I: New Learners ages 6-8 (30 mins) \$100

Uku Kids II: Beyond the Basics (45 mins) \$150

Uku Kids III: Strumming & Picking, Rhythm
& Note Reading - ages 9 to teens (45 mins) \$150

Financial Assistance available
through the Summerland United /
Paul Rodgers Fund!

Info/Register

www.ArtSpiritSummerland.com



Not all kids have the opportunity to be involved in sports.

For those who dream of hitting a homerun, playing goal,
shooting hoops, and making new friends, it's all possible
through KidSport™. For a happier, healthier lifestyle for kids
in British Columbia, KidSport™ makes a difference.

We believe that no kid should be left on the sidelines and all should be
given the opportunity to experience the positive benefits of organized
sports. KidSport™ provides support to children in order to remove
financial barriers that prevent them from playing organized sports.



For an application form or
to find out more about the
Summerland Chapter of KidSport™
visit the Parks & Recreation office or call

250-494-0447

www.kidsportcanada.ca

**So ALL Kids
Can Play!**



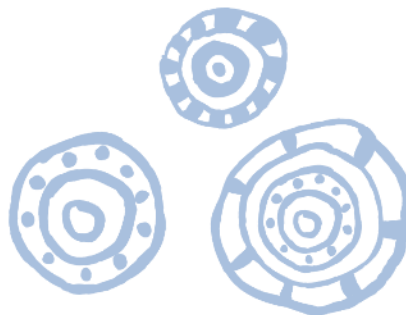
• FOUNDRY •

PENTICTON

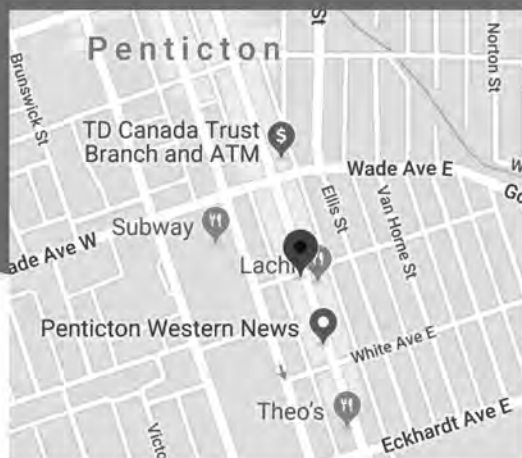
WHERE WELLNESS TAKES SHAPE

Free and Confidential Services

Young people 12 to 24 years old



- Counseling and Mental Health Supports
- Substance Use and Supports
- Primary Care (Physical health)
- Youth and Family Peer Support
- Employment Support
- Legal Advocacy
- Housing Support
- Community Connections & Resources
- Socials and Activities



NOT SURE WHAT
YOU NEED?
COME BY AND
TALK WITH US!
WE'LL WORK
TOGETHER TO
HELP
DETERMINE
WHAT IS RIGHT
FOR YOU.

CONTACT US:

P: 778-646-2292

E: foundrypenticton@oneskycommunity.com

W: foundrybc.ca/penticton

**501 MAIN STREET
PENTICTON, BC
V2A5C6**

Weekly and Monthly Events check social media!!



@Foundry Penticton



Foundry_Penticton

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.....	Terry Rolston.....	250-462-8146
Broomball, Ladies.....	Jenny Nemeth.....	250-494-1998
Curling Club.....	Jodie Brennan.....	250-462-1143

Dance:

In House Performing Arts Studio.....		778-931-0405
Summerland School of Dance.....		778-516-5583
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.....	Shona Becker.....	1-250-488-0495
Nautilus Diving.....	Scotty Strickland.....	250-490-4635

Pickleball:

Summerland Pickleball Club.....	Angela Sielmann.....	250-276-4323
Sailing Club.....	Pam Hinchliffe.....	250-494-7552
Scuba.....	Steve Toth.....	250-809-7311
Skating Club.....	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
Squash.....	Tricia Hoyer.....	250-494-0244
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
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
Friends of the Garden Club.....		250-494-6385
Garnett Valley Gang.....	Wendy Davis.....	250-317-9797
Girl Guides of Canada.....	Kyla Gaudioso.....	250-494-8331
Health Care Auxiliary.....		250-494-9102
Meals on Wheels.....	Charlotte Burley.....	250-494-1173
	Gavin.....	778-516-1973
Ornamental Gardens.....		250-494-6385
RECOPE.....	Jean Munro.....	250-494-9006
Seniors Drop-In/Activity Centre.....		250-494-9377
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 Health Centre Volunteers.....	Launa Stocker.....	250-492-4000
Summerland Museum and Archives.....		250-494-9395
Summerland Newcomers Club.....		250-809-6649
Trail of the Okanagans Society.....	Henry Sielmann.....	250-276-4323
Visitor Information Centre.....		250-494-2686
Welcome Wagon.....	Sheila Kuhre.....	250-494-3776
Youth Centre Association.....		250-494-9338

RECREATION FACILITIES

Aquatic & Fitness Centre.....		250-494-0447
Arena.....		250-494-0447
Badminton Club.....	Shaun Johnston.....	250-494-1513
Centre Stage Theatre.....		250-494-0447
Curling Rink.....	Winter.....	250-494-9322
	Summer.....	250-494-0447
IOOF Hall.....	Olive Hunter.....	250-494-2826
Lakeshore Racquet Club.....	www.lakeshoreracquetscentre.com	
Peach Orchard Campground.....		250-494-9649
Summerland Parks and Recreation.....		250-494-0447
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
Rebekkah Lodge.....	Frances Beulah.....	250-494-1411
Rotary Club.....	Hannah Hartman.....	
	secretary@summerlandrotary.org	
Royal Canadian Legion.....	Elke Bewick.....	250-494-2301



UNISUS SCHOOL

A Pre-school to Grade 10 day school with optional
boarding for Grade 8 and up.

7808 PIERRE DRIVE, SUMMERLAND BC 250.404.3232

Local Perspectives. Global Horizons.

Our curriculum focuses on **STEAM** and
inquiry based learning. The opportunities
for your child are endless!

- + IB CANDIDATE SCHOOL
- + OUTDOOR EDUCATION
- + INNOVATION & TECHNOLOGY
- + ENTREPRENEURSHIP

Now accepting applications for the
2020-21 school year. Call or email us to
schedule a tour of our 17 acre campus!



AFTER SCHOOL PROGRAM (K-7)

December 2 - March 6

Monday - Friday (3:30 - 4:30pm)

Monday= Keyboarding & Computer Skills Club

Tuesday= Innovation & Design

Wednesday= Arts & Crafts

Thursday= Gym Games

Friday= Sketch Club

Cost \$60

To register call 250-404-3232

or e-mail info@unisus.ca

No Class December 16 - January 10

February 14 and 17

Our nature-based pre-school program,
Saplings, allows for exploring and experiencing
the natural world. Ages 2.5 - 5 years.

Monday - Friday, 8:30am - 5:00pm

Open Enrollment

UNISUS.CA

FIND US ON:





Join us for *Family Day*

Monday, February 17

Watch for details
for the 2020 Family Day
Celebrations!

For more information on 2020 Family Day,
contact 250-494-0447
or recreation@summerland.ca



Visit www.summerland.ca or @SummerlandRec on Facebook



Tropical Swim

Saturday, March 7
6:30-8:30pm

Tickets available at the Aquatic Centre

VOLUNTEERS NEEDED!

\$5
per person

