

Summerland RECREATION GUIDE

www.summerland.ca/recreation



**SUMMER
2022**

Registration
Now Open
Updated June 15

LET'S WIN \$100,000 SUMMERLAND!



Join the ParticipACTION
Community Better Challenge

June 1-30, 2022

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

Check out our
Activity Calendar
on page 10.



Two ways
to help our
community
WIN!

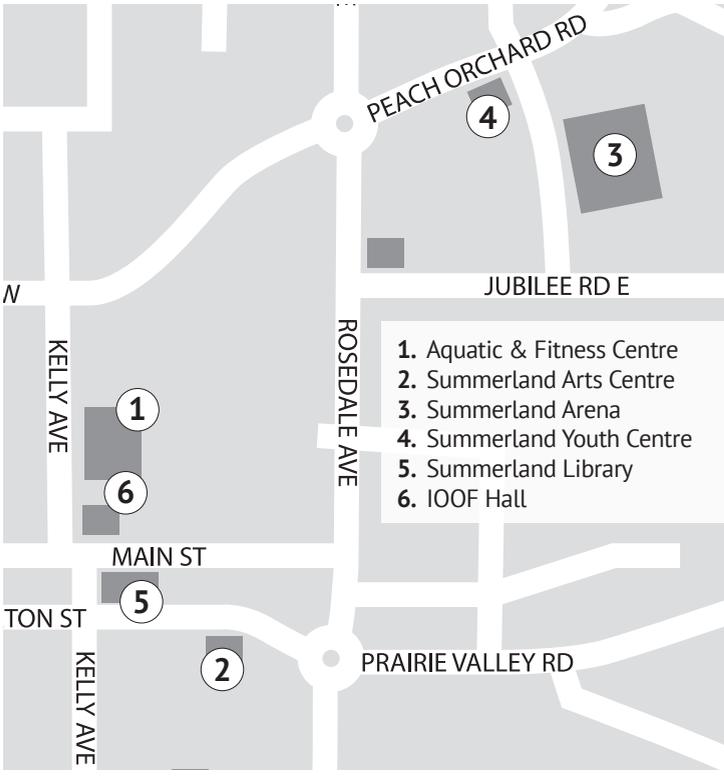
Track your physical activity minutes on the ParticipACTION app or Track physical activity minutes for yourself, your family or an organization on the ParticipACTION website (starting June 1).

Weekly Community Challenges will be announced closer to June.

Check summerland.ca/CommunityBetterChallenge for more information.

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





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

Community Events 2, 10, 26 & 28

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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.

**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 Supervisor:** Mike Fetterer
- Maintenance & Ice Operators:** Darren Krell, Erik Laflamme and Francesco Johnston.

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, Mike Jaschke and Jayden Massey.

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

SUPPORTING ADVERTISERS:

902 Air Cadets25	Summerland Baptist Church22 & 25
JumpStart23	Summerland Library22
Kidsport24	Summerland Singers & Players23
RECOPE23	Summerland Women's Fitness Centre ..22
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Explore Summerland



You Are on the Right Track



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

MEMORIAL PARK

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

GORDON BEGGS ROTARY BEACH

This beach attracts locals and visitors alike with its fine sand that is machine-cleaned regularly. This beach offers swimming docks, washroom facilities, shade trees, park benches and the popular historic Kiwanis Pier.

SUMMERLAND MILLENNIUM SPRAY PARK

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

POWELL BEACH PARK

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

DOG BEACH

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

DALE MEADOWS PARK

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

PEACH ORCHARD BEACH PARK & SPIRIT SQUARE

Large grassy areas, sandy beach, volleyball court, playground, paved walkway, picnic tables and benches, washrooms and a boat launch make this park a little piece of paradise. Parking adjacent.

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

SUMMERLAND SKATEPARK

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



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

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

Children & Youth

REFIT with Kids

Energetic and positive music with simple and easy movements make this a great fitness class for kids! The foundation of dance fitness is FUN, so kids won't even realize they are building a healthy heart and increasing their strength and endurance while gaining flexibility, balance and coordination. Wear comfortable clothing, sneakers and bring a water bottle.

Ages: 5-12 years

Instructor: Brin

Place: Peach Orchard Park

Jul 9-Aug 20

Sat

10:00-11:00am

Code 3552

\$35/5 sess

(No class Jul 30 & Aug 13)



Sportball-Soccer 2-3 years

Presented by Sportball. Soccer classes keep children moving and engaged and send them home with new skills each class. Our play-based approach uses creative coaching techniques to captivate imaginations and reduce performance anxiety. Soccer balls are rocket ships that children can launch into outer space with their kicks and pylons are volcanos that must be avoided by controlling the path of the ball. Children imagine that beanbags are pizzas and the targets, animal houses. They deliver pizza to the different animals by hitting the targets. As part of this program, children will receive a Sportball Jersey and Soccer Ball they get to keep. ***This is a parented program***

Ages: 2-3 years

Instructor: Sportball - Jesse

Place: Dale Meadows Soccer Field

Jul 9-Aug 27

Sat

9:00-9:45am

Code 3553

\$120/6 sess

(No class Jul 30&Aug 6)



Sportball-Soccer 3-5 years

Presented by Sportball. Soccer classes keep children moving and engaged and send them home with new skills each class. Our play-based approach uses creative coaching techniques to captivate imaginations and reduce performance anxiety. Soccer balls are rocket ships that children can launch into outer space with their kicks and pylons are volcanos that must be avoided by controlling the path of the ball. Children imagine that beanbags are pizzas and the targets, animal houses. They deliver pizza to the different animals by hitting the targets. As part of this program, children will receive a Sportball Jersey and Soccer Ball they get to keep. ***Participants must be potty-trained***

Ages: 3-5 years

Instructor: Sportball - Jesse

Place: Dale Meadows Soccer Field

Jul 9-Aug 27

Sat

9:50-10:50am

Code 3554

\$150/6 sess

(No class Jul 30&Aug 6)

Sportball-Soccer Program 6-9 years

Presented by Sportball. Soccer classes keep children moving and engaged and send them home with new skills each class. Our play-based approach uses creative coaching techniques to captivate imaginations and reduce performance anxiety. Soccer balls are rocket ships that children can launch into outer space with their kicks and pylons are volcanos that must be avoided by controlling the path of the ball. Or, Children imagine that beanbags are pizzas and the targets, animal houses. They deliver pizza to the different animals by hitting the targets. As part of this program, children will receive a Sportball Jersey and Soccer Ball they get to keep.

Ages: 6-9 years

Instructor: Sportball - Jesse

Place: Dale Meadows Soccer Field

Jul 9-Aug 27

Sat

11:00am-12:00pm

Code 3555

\$150/6 sess

(No class Jul 30&Aug6)



Opportunity Changes Everything

KIDS SUMMER PROGRAMS

JOIN US for our Summerland Summer programs! All of our available Weekly Camp programs are listed below. Please note that the Club will be closed on Aug 1, 2022. Each week our themed Summer Day camps will include exciting gym games and activities, hands on crafts and DIY projects, exploring the outdoors and parks, leadership and discovery. To end each week, a special Fun Friday is also planned – see below.

Remember to pack snacks, lunch, water bottle, hat and sunscreen. A program calendar including walking trip destinations will be provided upon registration.

REGISTER TODAY!

Kids 6-12 years old
9 am-4 pm \$125/week (Aug 2-5 is \$100)
Before Care: 8-9 am \$20/week (Aug 2-5 is \$16)
After Care: 4-5 pm \$20/week (Aug 2-5 is \$16)

- Week 1: July 4-8** Fun with Olympics/medals with Friday Fun Day - Wacky Hair Day
- Week 2: July 11-15** Everything Water with Friday Fun Day - Paint Facial Hair Day
- Week 3: July 18-22** Christmas in July with Friday Fun Day - Halloween Costume Day
- Week 4: July 25-29** Discover Nature/Animal with Friday Fun Day - Nerd Day
- Week 5: Aug 2-5** Harry Potter World with Friday Fun Day - Inside Out Day
- Week 6: Aug 8-12** Birthday week (it's everyone's birthday) with Friday Fun Day - 80s Dress Up
- Week 7: Aug 15-19** Scavenger hunts, puzzles and more with Friday Fun Day - Twin Day
- Week 8: Aug 22-26** Science experiments and discoveries with Friday Fun Day- Evil Villains
- Week 9: Aug 29-Sept 2** Cooking and food creations with Friday Fun Day - Stuffed Animal & PJ Day

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



Fitness

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.

Ages: 18+ years

Instructor: Noni

Place: Memorial Park & Arena Banquet Room

Jul 4-Aug 17 **Mon & Wed** **Code 3557**
(No class Aug 1) **6:50-7:50am** **\$130/13 sess**

Classical Mat Pilates with Katya Farmer

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

Ages: 18+ years

Instructor: Katya

Place: Summerland Art Centre (Upstairs)

Jul 11-Aug 22 **Mon** **Code 3558**
(No class Aug 1) **5:00-6:00pm** **\$60/6 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. **July 13 and August 10 classes will be held outside.**

Ages: 18+ years

Instructor: Katya

Place: Summerland Arts Centre (Upstairs)

Jul 6-Aug 24 **Wed** **Code 3559**
 5:30-6:30pm **\$80/8 sess**

Sculpt & Stretch with Katya Farmer

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

Ages: 18+ years

Instructor: Katya

Place: Summerland Arts Centre (Upstairs)

Jul 9-Aug 27 **Sat** **Code 3560**
(No class Jul 30) **8:30-10:00am** **\$87.50/7 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!

Ages: 16+ years

Instructor: Shannon & Jennifer

Place: Summerland Arts Centre (Upstairs)

Jul 11-Aug 22 **Mon** **Code 3561**
(No class Aug 1) **6:30-7:30pm** **\$42/6 sess**

Jul 14-Aug 25 **Thu** **Code 3562**
 6:30-7:30pm **\$49/7 sess**

REV & FLOW in the Park

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

Ages: 16+ years

Place: Peach Orchard Beach Park

Jul 5-Aug 30 **Tue** **Code 3624**
 6:30-7:30pm **\$76.50/9 sess**

Jul 6-Aug 31 **Wed** **Code 3563**
 8:00-9:00am **\$76.50/9 sess**

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

Older Adult Fitness

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.

Ages: 50+ years

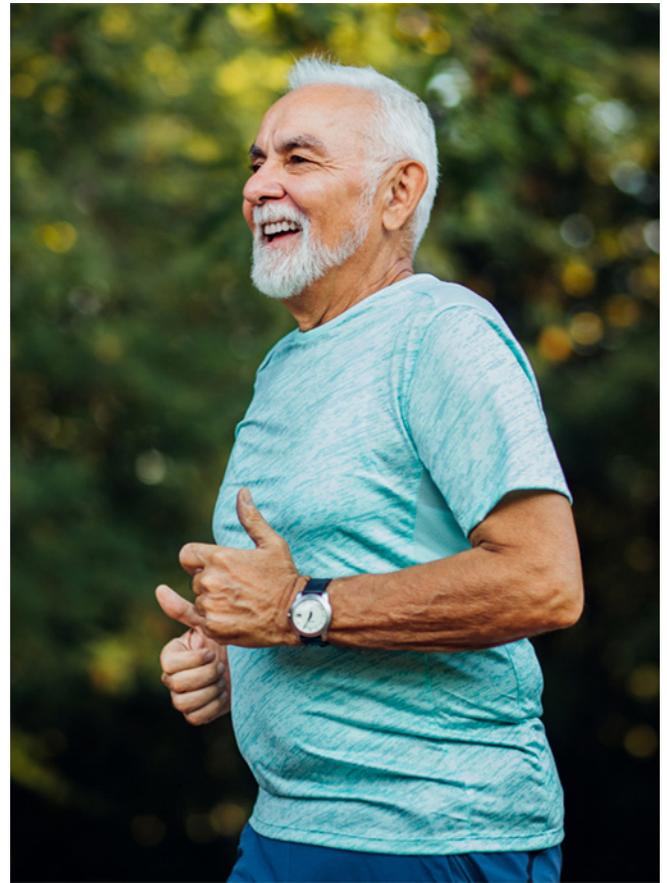
Instructor: Carole

Place: Memorial Park (Banquet Room for weather)

Jul 4-Aug 22 **Mon** **Code 3564**
(No class Aug 1) **9:00-10:00 am** **\$56/7 sess**

Jul 6-Aug 24 **Wed** **Code 3565**
 9:00-10:00am **\$64/8 sess**

Jul 8-Aug 26 **Fri** **Code 3566**
 9:00-10:00am **\$64/8 sess**



Use it or Lose it- Mornings with Barry

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

Ages: 50+ years

Instructor: Barry

Place: IOOF Hall

Jul 4-Aug 22 **Mon** **Code 3567**
(No class Aug 1) **10:00-11:00am** **\$56/7 sess**

Jul 6-Aug 24 **Wed** **Code 3568**
 10:00-11:00am **\$64/8 sess**

Jul 8-Aug 26 **Fri** **Code 3569**
 10:00-11:00am **\$64/8 sess**

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

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

Registration starts June 7

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

Wellness

Beach Yoga

Movement is the Celebration of Life! In this program, suited to most levels of ability, we will practice better breathing, increase 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.

Ages: 18+ years
Instructor: Cheryl

Place: Peach Orchard Park

Jul 8-Aug 26 **Fri** **Code 3570**
9:00-10:00am **\$80/8 sess**

Qigong Health Practice

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

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

Jul 4-Aug 24 **Mon & Wed** **Code 3571**
(No class Aug 1 & 3) **10:30-11:30am** **\$126/14 sess**



ACTIVITY CALENDAR - JUNE 1-30

All of the activities on the calendar are free to attend.

Let's Make Summerland the MOST ACTIVE COMMUNITY IN CANADA!



ParticipACTION Photo Scavenger Hunt - Bench Challenge - June 1-30

Can you find the bench with the view? Join us on Facebook every Monday, Wednesday and Friday when we release the "view photo" and then head out to find that bench. Each bench photo is an entry into the final draw prize at the end of June.

Sunshine & Sweat Challenge – June 2-30

Each Thursday we will release our Sunshine & Sweat Challenge location. Head out on these easy trails to get in those steps, but complete the challenges along the way for extra active minutes. Remember every active minute counts towards our total to becoming the Most Active Community in Canada!

Try it Tuesday – June 7, 14, 21, 28

Every want to try Pickleball? Beach Volleyball? Tennis? Hike a new trail? Perform the perfect cannonball at the pool? Help us achieve the title of the Most Active Community in Canada. We want to encourage community members to go out every Tuesday and try a new activity. Submit a picture of this new activity to be entered into the final draw prize.

Wild & Free Wednesdays – June 8, 15, 22, 29

Join us for these free and active programs. Starting June 8, each Wednesday for the month of June we are going to showcase free programs and activities in our community. Make sure to attend and track those active minutes!

Let's Get Active Nights - June 13, 17, 20, 22 & 29

Come out and get active with these FREE Let's Get Active Nights. No registration required, just come out and join the fun!

June 13 - Outdoor Game Night at Powell Beach (Spikeball & more)

June 17 - Family Swim

June 20 - Ball Hockey Night

June 22 - REFIT & Outdoor Game Night at Peach Orchard

June 29 - Family Swim

Don't forget to submit your pictures from the Photo Scavenger Hunt, Sunshine & Sweat Challenge, Try it Tuesdays and Wild & Free Wednesdays to be entered into the Final Grand Prize Draw.

SUN	MON	TUE	WED	THU	FRI	SAT
			1 PHOTO SCAVENGER HUNT LAUNCH	2 SUNSHINE & SWEAT CHALLENGE KVR TRAIL	3	4 GIANT'S HEAD RUN - 6:00PM
5	6	7 TRY IT TUESDAYS AQUA ZUMBA 7:45-8:40PM	8 HOOPTASTIC AT MEMORIAL PARK 5:30-7:00PM	9 SUNSHINE & SWEAT CHALLENGE LAKESHORE TRAIL	10	11
12	13	14 TRY IT TUESDAY AQUAFIT 7:45-8:40PM	15 HOOPTASTIC AT MEMORIAL PARK 5:30-7:00PM	16 SUNSHINE & SWEAT CHALLENGE POWELL BEACH PARK	17 FAMILY SWIM 6:30-9:00PM AQUATIC CENTRE	18
19	20 FAMILY BALL HOCKEY NIGHT 5:00-7:00PM SUMMERLAND ARENA	21 OUTDOOR GAME NIGHT(Spikeball) POWELL BEACH 5:00-7:00PM	22 REFIT AT PEACH ORCHARD PARK 5:00-6:00PM GAME NIGHT AT PEACH ORCHARD 5:00-7:00PM	23 SUNSHINE & SWEAT CHALLENGE DOWNTOWN	24	25
26	27	28 TRY IT TUESDAY TBA	29 FAMILY SWIM 5:30-7:30PM AQUATIC CENTRE	30		

No Registration is required, activity information available online at summerland.ca/CommunityBetterChallenge and on social media SummerlandRec

Aquatic Schedule Jun 27-Aug 26

CLOSED Jul 1 & Aug 1

CLOSED SAT & SUN

Two week maintenance closure - Aug 27-Sep 11

TIME	MON.	TUES.	WED.	THURS.	FRI.
6:30-8:00am	Lane Swim	Lane Swim (6:30-7:00am) **AquaFit (7:15-8:00am)	Lane Swim	Lane Swim (6:30-7:00am) **AquaFit (7:15-8:00am)	Lane Swim
8:15-9:15am	Red Cross Lessons				
9:30-11:00am	RECOPE	**Public Swim	RECOPE	**Public Swim	RECOPE
11:15-11:45am		Lane Swim		Lane Swim	
12:00-1:00pm	*AquaFit		*AquaFit		*AquaFit
1:00-4:00pm	CLOSED for Courses				
4:00-6:00pm	Red Cross Lessons				
6:15-7:30pm	**Public Swim		Aqua Zumba Lane Swim (3)	**Public Swim	

*** One Lane is available during Noon Hour AquaFit.**

**** Two lanes are available during Public Swim & Morning Aquafit.**

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.)

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.*

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

Aquatic Fitness Programs

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.

Ages: 18+ years

Instructor: Aquatic Staff

Place: Aquatic Centre

MORNING AQUAFIT

Jul 5-Aug 9 Tue Code 3572
7:15-8:00am \$21/6 sess

Jul 7-Aug 11 Thu Code 3573
7:15-8:00am \$21/6 sess

NOON HOUR AQUAFIT

Jul 4-Aug 8 Mon Code 3574
(No class Aug 1) 12:00-1:00pm \$21.25/5 sess

Jul 6-Aug 10 Wed Code 3575
12:00-1:00pm \$25.50/6 sess

Jul 8-Aug 12 Fri Code 3576
12:00-1:00pm \$25.50/6 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!

Ages: 16+ years

Instructor: Carole

Place: Aquatic Centre

Jul 6-Aug 24 Wed Code 3577
6:15-7:15pm \$66/8 sess



Learn-to-Swim Program Overview

Parent & Tot Lessons

Ages 4 months-3 years

Caregiver participation is required. Progression is based on age.



STARFISH
4-12 months



DUCK
12-24 months



SEA TURTLE
24 months-3 years

Preschool Lessons

Ages 3-5 years

Progression is based on completion of level.

SEA OTTER

- Front and back floats and glides with help
- 1m swim with help



SALAMANDER

- Roll-over swims
- Front and back floats and swims
- 2m swim

SUNFISH

- Front, back, roll-over, and side swims
- Deep-water activities
- 5m swim

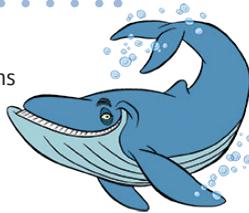


CROCODILE

- Front, back, and side swims and basic front crawl
- Deep-water swimming
- 10m swim

WHALE

- 10m front, back, and side swims and basic front crawl
- Deep-water swimming
- 15m swim



MOVING FROM PRESCHOOL TO SWIM KIDS

Level	Incomplete	Complete
Sunfish	to Swim Kids Level 1	to Swim Kids Level 1
Crocodile	to Swim Kids Level 1	to Swim Kids Level 2
Whale	to Swim Kids Level 2	to Swim Kids Level 3



SWIM KIDS LESSONS (Ages 6-16)

Progression is based on completion of level.



SWIM KIDS 1

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 5m swim



SWIM KIDS 2

- Side swims and basic front crawl
- Deep-water activities
- 10m swim



SWIM KIDS 3

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 15m swim



SWIM KIDS 4

- 15m back swim
- 10m front crawl
- 25m swim



SWIM KIDS 5

- 15m front and back crawl
- Whip kick on back
- 50m swim



SWIM KIDS 6

- 25m front and back crawl
- 15m elementary backstroke
- 75m swim



SWIM KIDS 7

- 50m front and back crawl
- 25m elementary backstroke and whip kick on front
- 150m swim



SWIM KIDS 8

- 75m front and back crawl
- 15m breaststroke
- 300m swim



SWIM KIDS 9

- 100m front and back crawl
- 25m breaststroke and side stroke
- 400m swim



SWIM KIDS 10

- 100m front and back crawl
- 50m elementary backstroke, breaststroke, and side stroke
- 500m swim

LESSON FEE FOR:

PRESCHOOL & SWIM KIDS 1-6
10 LESSONS \$44.00
9 LESSONS \$39.60
8 LESSONS \$35.20

SWIM KIDS 7-10

10 LESSONS \$66.00
9 LESSONS \$59.40
8 LESSONS \$52.80

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

RED CROSS SWIM LESSONS

Registration Now Open

Parent & Tot (Caregiver Supervision Required)

Swim Pre-School & Swim Kids (combined)
NO LESSONS AUG 1

CODE	DAY	DATES	TIME
3578	Mon-Fri	Jul 4-15	8:15-8:45am
3591	Mon-Fri	Jul 18-29	5:00-5:30pm
3598	Mon-Fri	Aug 2-12	5:00-5:30pm
3611	Mon-Fri	Aug 15-26	8:45-9:15am

Whale/SK 3

Swim Pre-School & Swim Kids (combined)
NO LESSONS AUG 1

CODE	DAY	DATES	TIME
3582	Mon-Fri	Jul 4-15	5:00-5:30pm
3589	Mon-Fri	Jul 18-29	5:15-5:45pm
3607	Mon-Fri	Aug 2-12	4:30-5:00pm
3609	Mon-Fri	Aug 15-26	5:00-5:30pm

Sea Otter/Salamander/SK 1

Swim Pre-School & Swim Kids (combined)
NO LESSONS AUG 1

CODE	DAY	DATES	TIME
3579	Mon-Fri	Jul 4-15	8:15-8:45am
3584	Mon-Fri	Jul 4-15	4:00-4:30pm
3592	Mon-Fri	Jul 18-29	8:45-9:15am
3595	Mon-Fri	Jul 18-29	4:00-4:30pm
3599	Mon-Fri	Aug 2-12	8:15-8:45am
3604	Mon-Fri	Aug 2-12	4:00-4:30pm
3612	Mon-Fri	Aug 15-26	5:30-6:00pm
3615	Mon-Fri	Aug 15-26	4:00-4:30pm

SK 4 NO LESSONS AUG 1

CODE	DAY	DATES	TIME
3580	Mon-Fri	Jul 4-15	5:15-5:45pm
3593	Mon-Fri	Jul 18-29	5:30-6:00pm
3600	Mon-Fri	Aug 2-12	8:15-8:45am
3613	Mon-Fri	Aug 15-26	5:15-5:45pm

SK 5/6 NO LESSONS AUG 1

CODE	DAY	DATES	TIME
3586	Mon-Fri	Jul 4-15	4:45-5:15pm
3594	Mon-Fri	Jul 18-29	4:00-4:30pm
3603	Mon-Fri	Aug 2-12	8:45-9:15am
3606	Mon-Fri	Aug 2-12	4:45-5:15pm
3614	Mon-Fri	Aug 15-26	4:00-4:30pm

Sunfish/Crocodile/SK 2

Swim Pre-School & Swim Kids (combined)
NO LESSONS AUG 1

CODE	DAY	DATES	TIME
3581	Mon-Fri	Jul 4-15	5:30-6:00pm
3587	Mon-Fri	Jul 4-15	4:30-5:00pm
3588	Mon-Fri	Jul 18-29	8:15-8:45am
3596	Mon-Fri	Jul 18-29	4:30-5:00pm
3601	Mon-Fri	Aug 2-12	8:45-9:15am
3608	Mon-Fri	Aug 15-26	8:15-8:45am
3616	Mon-Fri	Aug 15-26	4:30-5:00pm

SK 7-10 NO LESSONS AUG 1

CODE	DAY	DATES	TIME
3585	Mon-Fri	Jul 4-15	4:00-4:45pm
3597	Mon-Fri	Jul 18-29	4:30-5:15pm
3605	Mon-Fri	Aug 2-12	4:00-4:45pm
3617	Mon-Fri	Aug 15-26	4:30-5:15pm

Swimming Lesson Fees

Preschool & Swim Kids 1-6
10 Lessons \$44.00
9 Lessons \$39.60
8 Lessons \$35.20

Swim Kids 7-10
10 Lessons \$66.00
9 Lessons \$59.40
8 Lessons \$52.80



How to Become a Lifeguard

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!

Lifeguards prevent drowning, teach water safety, and provide leadership in our community.

Want help planning your lifeguard training? Consult one of our Aquatics Staff by phone at **250-494-0447** or by email at **aquatics@summerland.ca**.

Optional Training: AED Respond, Pool Operator Level 1.



For more information on our Lifeguard courses see page 16.

We Recommend This Path

BRONZE COURSES develop life-saving fitness and decision-making skills.

STANDARD FIRST AID provides practical skills to handle emergency response situations.

NATIONAL LIFEGUARD promotes prevention of drowning and aquatic-related injury.

INSTRUCTOR TRAINING prepares you to teach swimming lessons and life-saving skills.



Dream Job! LIFEGUARD

**Water Safety Instructor
Module 3 - Pool & Classroom**
15 years old, Bronze Cross + Module 1 & 2

**Water Safety Instructor
Module 2 - Online Course & Teaching**
15 years old, Bronze Cross + WSI Skills Evaluation

**Water Safety Skills
Evaluation - Module 1**
15 years old, Bronze Cross

National Lifeguard
15 years old, Bronze Cross, SFA

Standard First Aid
15 years old

Bronze Cross
Bronze Medallion

Bronze Medallion
13 years old or Bronze Star


Start here

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

Advanced Aquatics & First Aid Courses

Bronze Medallion

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

Place: Summerland Aquatic Centre

Jul 5-8 Tue-Fri Code 3618
12:00-5:00pm \$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.

Place: Summerland Aquatic Centre

Jul 11-15 Tue-Fri Code 3619
12:00-5:00pm \$200

Standard First Aid

Standard First Aid is a 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. In addition to the material covered, candidates will learn how to treat head/neck injuries, soft tissue and musco-skeletal injuries and medical emergencies.

Place: Arena Banquet Room

Jul 22 & 23 Fri & Sat Code 3620
9:00am-5:00pm \$200

National Lifeguard Pool

This course is designed to develop the fundamentals values, judgement, knowledge, skills and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, priorities and practices and the decision making process which will assist the lifeguard to provide effective safety supervision in swimming pool environments.

Place: Summerland Aquatic Centre

PENDING

Water Safety Instructor (WSI)

The Water Safety Instructor (WSI) Course prepares candidates to instruct the Red Cross Swim programs. Candidates focus on strategies to introduce and develop fitness activities, skills and water safety, and swimming skills in the Red Cross Swim Preschool, Red Cross Swim Kids, Red Cross Swim at School, Red Cross Swim at Camp, Red Cross Swim for Adults and Teens, and Red Cross Swim Adapted programs.

Place: Summerland Aquatic Centre

Aug 8-11 Mon-Thu Code 3622
9:00am-5:00pm \$350

Aquatic Centre Important Information

ANNUAL SHUT DOWN AUG 27-SEP 11

The Summerland Aquatic & Fitness Centre will be closed from August 27 to September 11.

We will reopen to the public on Monday, September 12.



Fitness Centre Schedule Jun 27-Aug 26

CLOSED Jul 1 & Aug 1

Two week maintenance closure - Aug 27-Sep 11

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 guest. Whether you want to increase your overall fitness, lose weight or train for that upcoming race, we have the equipment to assist you.



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-7:30pm
Sat & Sun Closed



Explore Summerland



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

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

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

You Are on the Right Trail



BRIGADE TRAIL

Distance - 5 km • Unpaved

Hike & Bike
(Mountain biking single track)

TRANS CANADA TRAIL/KETTLE VALLEY RAILWAY TRAIL

Distance - 9 km • Paved and unpaved sections

Hike & Bike

ROTARY TRAIL LAKESHORE LOOP

Distance - 6 km • Paved and unpaved sections

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

MOUNT CONKLE TRAILS

Distance - 13 km • Unpaved

Hike & Bike (Mountain bike single track)

GIANT'S HEAD MOUNTAIN TRAILS

Distance - 12.6 km • Paved & unpaved

Hike & Bike

TROUT CREEK DIKE

Distance - 5 km • Unpaved

Hike & Bike

LAKESHORE PATHWAY

Distance - 1 km • Paved

Walk & Bike

TOUR THE TOWN

Distance - 9 km loop • Paved roadway

Walk & Bike



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

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.



ARENA

Book Your Summer Ice

8820 Jubilee Road East

Limited Summer Ice is available.
\$129.78/hr

For availability and more information, contact Nicole at recreation@summerland.ca



I'M NOT A QUITTER.

"NOBODY IS EVER GOING TO CALL ME A QUITTER." – TERRY FOX



THE TERRY FOX
FOUNDATION

TERRY FOX RUN | SEPTEMBER 18, 2022

REGISTER AND FUNDRAISE FOR CANCER RESEARCH AT [TERRYFOX.ORG](https://www.terryfox.org)





Experience Summerland Arts & Culture Summer Events for the whole family

Summer Arts Program - Art, music & theatre programs for kids of all ages held in July and August

Gallery Shows - Visit the Art Gallery to see original works by local artists

- June 9th - July 22nd - The Progress of a Portraitist by Brenda Maunders
- July 28th - September 29th - Dying into Becoming by Diane Walters

Music in the Park - Meet your friends and family in Memorial Park every Wednesday during July and August for our free concert evenings featuring performers of all genres. Music start at 6:30 pm

For more information on our events and to register for our programs, visit www.summerlandarts.com

Summerland Community Arts Council * 9525 Wharton St.* Summerland, BC
250-494-4494 email admin@summerlandarts.com

Open Monday - Friday 10 am - 4 pm * July & August Monday - Saturday 10 am - 4 pm

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

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

**Summerland
Rodeo Grounds Complex**
18707 BATHVILLE ROAD



**FALL 2022
REGISTRATION OPEN FOR
PLAYSCHOOL**

details and registration
summerlandbaptist.ca

Summer Reading Club

AT THE SUMMERLAND LIBRARY

Tuesday Evenings
6:45pm - 7:45pm

JULY
5th, 12th, 19th, 26th

AUGUST
2nd, 9th

FOR SCHOOL-AGED READERS (5-12)
REGISTRATION REQUIRED

REGISTRATION
BEGINS
June 14th

SUMMERLAND LIBRARY
9533 MAIN STREET
250-494-5591

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

Cleaning protocols in place. AIR CONDITIONED!

We are here to support all the women of Summerland in their health and fitness journey! Guided orientation sessions to learn or en-hance your fitness routine. Contact us to find out more.





Summerland Singers & Players

THE KETTLE VALLEY STEAM RAILWAY : SUMMERLAND SINGERS & PLAYERS



MURDER ON THE RAILS

THE CASE OF THE SUNKEN RUM

JULY 8, 10, 15 AND 17
TICKETS AT
WWW.KETTLEVALLEYRAIL.ORG

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

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

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.



www.jumpstart.canadiantire.ca



Harnessing Personal Potential

Join us!

Programs are currently running on Wednesdays at the Summerland Community Centre Association

Online classes available for Adults & Children

Create Excellence in Your Life

TANEDA KARATE DOJO

Classes ages 5 to Adult

250-768-2241
www.tanedakaratedojo.com

Sensei Chris Taneda

2017 Central Okanagan Sport Hall of Fame Inductee
6 Time Canadian National Kumite Champion
2012 Queens Diamond Jubilee Award Recipient
7th Degree Black Belt



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!

Want to Advertise?

Our next Guide will be Fall 2022.

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.



\$35
Per Day

GRADES
K-5

KIDS SUMMER DAY CAMP

SWIM SCOOTER CRAFT GAMES PARK

Each day is packed with fun
.....
FOR MORE INFORMATION

summerlandbaptist.ca



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



CANADA DAY PICNIC

8:30 AM to 1:30 PM - Memorial Park

**FLAG RAISING CEREMONY AT 11AM
FREE CANADA DAY CAKE
FREE BBQ/ICE CREAM/POP
TRADITIONAL KIDS GAMES & PRIZES
& FACE PAINTING**

Presented by

Summerland Legion Branch 22
with partners



- *Kiwanis Club of Summerland*
- *Your Dollar Store with More*
- *Summerland Fire Dept.*
- *Summerland Parks and Rec. Dept.*
- *Summerland & District Credit Union*

Funded in part by the District of Summerland

visit www.summerlandlegion.com for the Canada Day program

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 Angela Sielmann 250-274-1406
 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 summerlandfallairsociety@gmail.com
 Summerland Health
 Centre Volunteers Launa Stocker 250-492-4000
 Summerland Museum and Archives 250-494-9395
 Summerland Newcomers Club 250-809-6649
 Trail of the Okanagans Society Henry Sielmann 250-276-4323
 Visitor Information Centre 250-494-2686
 Welcome Wagon Sheila Kuhre 250-494-3776
 Youth Centre Association 250-494-9338

RECREATION FACILITIES

Aquatic & Fitness Centre 250-494-0447
 Arena 250-494-0447
 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
 Rotary Club Hannah Hartman
 secretary@summerlandrotary.org
 Royal Canadian Legion Elke Bewick 250-494-2301

Summerland's Community Events

June to September 2022

Spring GoByBike BC • May 30-June 5
Gobybikebc.ca/summerland

Action Festival – Memorial Park • June 3-5
summerlandactionfestival.ca

Giant's Head Run 5.7km & 10km • June 4
summerland.ca/recreation

McLennan's Grit Ultra Trail Run • June 18
mclennansgritultrarun.weebly.com

Summerland Rotary Sunday Market
June 26-Sep 25
summerlandsundaymarket.ca

Royal Canadian Legion Canada Day Celebration
July 1 - Memorial Park

Summerland Bluegrass Festival • July 1, 2, 3
www.summerlandbluegrass.com

Music In the Park – 6:30pm Memorial Park
July 6-August 24
summerlandarts.com

Prospera GranFondo Axel Merckx • July 10
www.granfondoaxelmerckx.com

George Ryga Arts Festival • August 19-21
www.rygafest.ca

Skaha Kennel Club Dog Show • September 1-5
skahakennelclub.ca

Endurance Riders - Heather Bradshaw Memorial
September 9-11
enduranceridersassocofbc.wildapricot.org

Endless Summer Car Show – Apple Valley Cruisers
September 10
www.applevalleycruisers.ca

Terry Fox Run • September 18
www.terryfox.ca/terryfoxrun/summerland

Summerland Fall Fair • September 25 & 26
www.summerlandfallfair.ca

BC Bike Race Gravel Explorer XLT • September 26
bcbrgravel.com

