

Summerland RECREATION GUIDE

www.summerland.ca/recreation

The Winter 2022
Recreation Guide is
subject to change,
based on Provincial
Health Orders

WINTER 2022

Registration starts
December 7



Save the Date

Tropical Swim Pool Party

Sunday, March 13

Interested in volunteering contact
recreation@summerland.ca

Sunday, March 13

2:00-3:30pm & 5:15-6:30pm

\$5/Person

(Child 7 & under must have a guardian in the water)

**Registration opens
Feb 22 at 8am**

**Register online at
summerland.perfectmind.com**



Pro-D Day Fun

Save the Date

Feb 18

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

Registration is required for the Pro D Day Skate

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

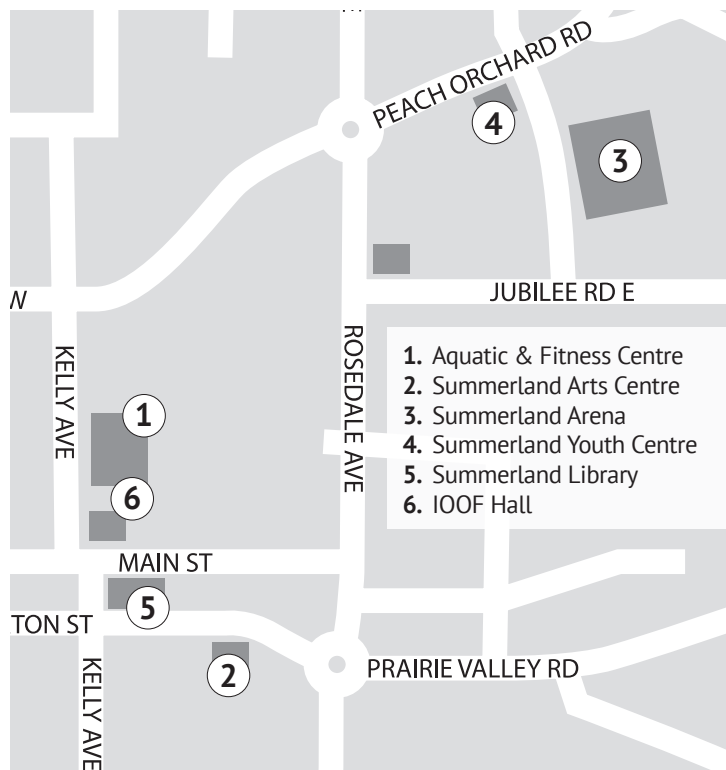
Apr 25

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

REGULAR ADMISSION RATES

Learn more at www.summerland.ca





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. 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.



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DISTRICT OF SUMMERLAND COMMUNITY SERVICE STAFF

ADMINISTRATION:

Director of Community Services: Lori Mullin

Recreation Supervisor: Joanne Malar

Recreation Coordinator: Laura McCarron

Administrative Coordinator: Nicole Lawrence

ARENA STAFF:

Facilities Maintenance Supervisor: Mike Fetterer

Maintenance & Ice Operators: Darren Krell, Erik Laflamme and Francesco Johnston

AQUATIC CENTRE STAFF:

Lifeguard Instructor II: TBA

Maintenance Lifeguard/Instructor: Kyarah Burchell

*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:

| | | | |
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Holiday Fitness Centre & Aquatic Schedule Dec 19-Jan 3

DECEMBER 24 - CLOSED AT 1:00PM

DECEMBER 25, 26 & JANUARY 1 - CLOSED

DECEMBER 31 - CLOSED 3:00PM

* 1 Lane is available during Morning and Noon Hour AquaFit and during Public Swims.*

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRI | SAT | SUNDAY |
|--------------|--------------|--------------|--------------|--------------|---|---|---|
| | DEC 20 | DEC 21 | DEC 22 | DEC 23 | DEC 24 | DEC 25 | DEC 26 |
| 6:30-8:00am | Lane Swim | Lane Swim | Lane Swim | Lane Swim | Lane Swim | AQUATIC/ HEALTH CLUB CLOSED ALL DAY | AQUATIC/ HEALTH CLUB CLOSED ALL DAY |
| 8:00-9:00am | Lane Swim | *AquaFit | Lane Swim | *AquaFit | Lane Swim | | |
| 9:15-11:45am | *Public Swim | *Public Swim | *Public Swim | *Public Swim | *Public Swim | | |
| 12:00-1:00pm | *AquaFit | Lane Swim | *AquaFit | Lane Swim | *AquaFit | | |
| 1:15-3:00pm | *Public Swim | AquaFit | *Public Swim | AquaFit | AQUATIC/ HEALTH CLUB CLOSED AT 1:00PM | | |
| 3:15-4:45pm | ORCA | | | | | | |
| 5:00-6:30pm | Lane Swim | *Public Swim | Lane Swim | *Public Swim | | | |

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------|--------------------------|--------------|--------------|--------------|---------------------|---|---|
| | DEC 27 & JAN 3 | DEC 28 | DEC 29 | DEC 30 | DEC 31 | JAN 1 | JAN 2 |
| 6:30-8:00am | Lane Swim | Lane Swim | Lane Swim | Lane Swim | Lane Swim | AQUATIC/ HEALTH CLUB CLOSED ALL DAY | |
| 8:00-9:00am | Lane Swim | *AquaFit | Lane Swim | *AquaFit | Lane Swim | | Lane Swim (9:00-11:15am) |
| 9:15-11:45am | *Public Swim (Dec 27) | *Public Swim | *Public Swim | *Public Swim | *Public Swim | | *Public Swim (11:30am-1:45pm) |
| | RECOPE (Jan 3) | | | | | | |
| 12:00-1:00pm | *AquaFit | Lane Swim | *AquaFit | Lane Swim | *AquaFit | | |
| 1:15-3:00pm | *Public Swim | AquaFit | *Public Swim | AquaFit | *Public Swim | | |
| 3:15-4:45pm | ORCA | | | | CLOSED AT 3:00PM | | AQUATIC/ HEALTH CLUB CLOSED AT 2:00PM |
| 5:00-6:30pm | Lane Swim | *Public Swim | Lane Swim | *Public Swim | | | |

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

All children under the age of seven regardless of swimming ability and children seven to ten years of age who cannot swim a width of the pool must be accompanied by an adult (16 years of age or older.) All prices include tax.

Masks are required in the Summerland Aquatic and Fitness Centre for those 5+ years. This includes the lobby, fitness centre and change rooms. Masks can only be removed when exercising, using the pool, hot tub, sauna and when showering.

Proof of full vaccination is required for all spectators.

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

Fitness Centre Holiday Schedule

| | |
|-----------|---------------|
| Dec 19 | 9:00am-2:00pm |
| Dec 20-23 | 6:30am-6:30pm |
| Dec 24 | 6:30am-1:00pm |
| Dec 25 | CLOSED |
| Dec 26 | CLOSED |
| Dec 27-30 | 6:30am-6:30pm |
| Dec 31 | 6:30am-4:00pm |
| Jan 1 | CLOSED |
| Jan 2 | 6:30am-2:00pm |
| Jan 3 | 6:30am-6:30pm |

Holiday Skate Schedule Dec. 19-Jan. 1

Registration is required for all arena programs. Register online at summerland.perfectmind.com

| SUNDAY DEC 19 | MONDAY DEC 20 | TUESDAY DEC 21 | WEDNESDAY DEC 22 | THURSDAY DEC 23 | FRIDAY DEC 24 | SATURDAY DEC 25 |
|-----------------------------|--|--|---|--|--|----------------------------|
| 6:00-7:00pm Public Skate | 12:00-1:00pm Parent & Tot Skate 1:15-2:45pm Public Skate | 12:00-1:00pm Noon Hour Hockey *Full equipment required* 1:15-2:45pm Public Skate | 10:30-11:30am Stick n Puck & Parent & Tot 12:00-1:00pm Parent & Tot Skate 1:15-2:45pm Public Skate | 12:00-1:00pm Noon Hour Hockey *Full equipment required* 1:15-2:45pm Public Skate | 12:00-1:00pm Noon Hour Hockey *Full equipment required* 1:15-2:45pm Public Skate | ARENA CLOSED ALL DAY |
| DEC 26 | DEC 27 | DEC 28 | DEC 29 | DEC 30 | DEC 31 | JAN 1 |
| ARENA CLOSED ALL DAY | 12:00-1:00pm Parent & Tot Skate 1:15-2:45pm Public Skate | 12:00-1:00pm Noon Hour Hockey *Full equipment required* 1:15-2:45pm Public Skate | 10:30-11:30am Stick n Puck & Parent & Tot 12:00-1:00pm Parent & Tot Skate 1:15-2:45pm Public Skate | 12:00-1:00pm Noon Hour Hockey *Full equipment required* 1:15-2:45pm Public Skate | 12:00-1:00pm Noon Hour Hockey *Full equipment required* 1:15-2:45pm Public Skate | ARENA CLOSED ALL DAY |



| 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 |
| Parent & Tot | \$1.50/person |

\$2

Skate Rental

Fees will be changing in 2022. See page 22 for the new 2022 fees.

Family Day

*Come celebrate
Family Day with us*

February 19-21

Events details will be
released in February 2022



Family Photo Scavenger Hunt will take place from Feb 19-21.

Scavenger hunt list will be made available on the District Website on Feb 18 at Noon. Copies will be available over the weekend at the Summerland Aquatic Centre.

Event Details will be posted at
summerland.ca/FamilyDay.



Visit www.summerland.ca or @SummerlandRec on Facebook 

Preschool (3-5 years)

Sportball-Multi-Sport

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

Ages: 18 months-2 years

Instructor: Sportball-Jesse

Place: Harold Simpson Youth Centre Gym

Jan 15-Mar 12 **Sat** **Code 3204-1**
(No class Feb 19) 8:30-9:00am \$96/8 sess

Sportball-Multi-Sport

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

Ages: 2-3 years

Instructor: Sportball-Jesse

Place: Harold Simpson Youth Centre Gym

Jan 15-Mar 12 **Sat** **Code 3204**
(No class Feb 19) 9:00-9:45am \$120/8 sess

Sportball-Multi-Sport

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

Ages: 3-5 years

Instructor: Sportball-Jesse

Place: Harold Simpson Youth Centre Gym

Jan 15-Mar 12 **Sat** **Code 3207**
(No class Feb 19) 9:50-10:50am \$160/8 sess

Puddle Jumpers

Play is important work for 3-5 years olds! This program is an opportunity to discover and explore a wide variety of new experiences. Puddle Jumpers will develop your child's imagination, foster individuality in games, songs, stories, arts and crafts within a positive social play environment. Children attending this program, must be potty-trained. Please note: Parents/Guardians must assist with a minimum of two classes. Please arrange your days with the instructor at the first class.

Age: 3-5 years

Instructor: Kathy

Place: Arena Banquet Room

MORNINGS

Jan 4-Mar 17 **Tue/Thu** **Code 3205**
9:00-11:00am \$181.50/22 sess

AFTERNOONS

Jan 4-Mar 17 **Tue/Thu** **Code 3205-1**
12:30-2:30pm \$181.50/22 sess



DANCEPL3Y-Preschool

The DANCEPL3Y Preschool program is designed specifically for children ages 3-5 to discover dance in a playful and interACTIVE way through creative story lines and music that MOVES them. Building the foundations for dance through rhythms, fundamental movement skills and playful group formations, young movers discover a love of physical activity as they leap, hop, crawl, turn, spin and jump into their "Bubble of Awesome".

Ages: 3-5 years

Instructor: Ashley

Place: Arena Banquet Room

Jan 10-Mar 14 **Mon** **Code 3206**
(No class Feb 21) 3:45-4:15pm \$76.50/9 sess

Children & Youth (6+ years)

DANCEPL3Y

Join us for a 30 minute DANCEPL3Y interactive dance-fitness program that will feature simple moves and routines. DANCEPL3Y promotes positive mental health through the Three Rules of PL3Y: Be positive, be fun, be yourself.

Ages: 6-12 years

Instructor: Ashley

Place: Arena Banquet Room

Jan 10-Mar 14

(No Class Feb 21)

Mon

4:20-5:20pm

Code 3208

\$81/9 sess



Sportball-Multi-Sport

In our drop-off indoor, children learn the fundamentals of eight different sports in a fun, stress-free, non-competitive setting. Drop-off Multi-Sport classes keep children moving and engaged and send them home with a new skill from a different sport each class. Looking to give your child a well-rounded sports-base, that promotes independence and leaves room for specialization later? Look no further!

Ages: 5-7 years

Instructor: Sportball-Jesse

Place: Harold Simpson Youth Centre Gym

Jan 15-Mar 12

(No class Feb 19)

Sat

11:00am-12:00pm

Code 3209

\$160/8 sess

Home Alone Program

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

Age: 10+ years

Instructor: Aquatic Staff

Place: Arena Banquet Room

Mar 6

Sun

1:00-4:00pm

Code 3214

\$40

Explorer Program with Hoodoo Adventures

Join Hoodoo Adventures in this fun and exciting Explorer Program. This program push the limits and develop skills! Nothing is off limits. This program will explore different outdoor activities to engage youth and explore our community. ***Program Locations will be announced closer to each program date.***

Ages: 8-12 years

Instructor: Hoodoo Adventures

Place: Different Locations

SESSION 1

Jan 15-16

Sat & Sun

9:00am-2:00pm

Code 3211

\$150

SESSION 2

Feb 12 & 13

Sat & Sun

9:00am-2:00pm

Code 3212

\$150



Babysitting Course

The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency.

Age: 11-15 years

Instructor: Aquatic Staff

Place: Arena Banquet Room

Feb 27

Sun

9:00am-5:00pm

Code 3213

\$70

Children & Youth (6+ years)

PL3Y Okanagan Spring Break Camp

Our half-day camps will focus on physical literacy, positivity, and play! Making physical activity playful and fun, encouraging all kids to be active for life! We have three Camp Rules: Be positive, be fun and be yourself!

Registration will open Feb 22 for Spring Break Camp.

Ages: 8-12 years

Instructor: Ashley

Place: Arena Banquet Room

Mar 28-Apr 1

Mon-Fri

Code 3210

10:00am-2:00pm \$250/5 sess

PL3Y Okanagan - Pro D Day

This one day Pro-D Day camp will focus on physical literacy, positivity, and play! Making physical activity playful and fun, encouraging all kids to be Active For Life! We have three camp rules: Be positive, be fun, and be yourself! ***Drop Off at the Summerland Arena Banquet Room, Pick up at the Summerland Aquatic Centre***

Age: 5-12 years

Instructor: PL3Y Okanagan

Place: Arena Banquet Room

Feb 18

Fri

Code 3317

10:00am-2:00pm \$50



PL3Y OKANAGAN HOLIDAY CAMPS

AGES 5-12 YEARS
REGISTRATION OPENS - DEC 7
REGISTRATION DEADLINE - DEC 17

**PLEASE NOTE THAT DROP OFF ON TUE & THU WILL
BE AT THE SUMMERLAND AQUATIC CENTRE**

Camp # 1

Dec 20-23

Mon-Thu

10:00am-2:00pm

\$150 - Code 3315

Camp # 2

Dec 27-30

Mon-Thu

10:00am-2:00pm

\$150 - Code 3316

REGISTER ONLINE AT SUMMERLAND.PERFECTMIND.COM,
IN PERSON AT THE SUMMERLAND AQUATIC CENTRE OR
BY PHONE, 250-494-0447



Fitness Programs



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. No previous Pilates experience. Please bring a yoga mat or two.

Age: 18+ years

Instructor: Katya

Place: Arena Banquet Room

Jan 8-Mar 12 **Sat** **Code 3216**
(No class Feb 12 & 19) 8:30-9:30am \$80/8 sess

REFIT

This class is perfect for beginners and will also challenge fitness enthusiasts. Simplistic movements and upbeat music will leave you sweating, smiling and feeling strong.

Age: 13+ years

Instructor: Nicole

Place: Summerland Baptist Church

Jan 11-Mar 15 **Tue** **Code 3222**
7:00-8:00pm \$80/10 sess

Pilates & More

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

Age: 18+ years

Instructor: Noni

Place: Arena Banquet Room

Jan 10-Mar 16 **Mon/Wed** **Code 3215**
(No class Feb 21) 6:50-7:50am \$190/19 sess

REFIT

Get ready for a fitness experience like no other! This cardio-focused class combines powerful moves with positive music for a challenging, effective and FUN workout. This class is like a workout and a party in one with the lights low and disco ball spinning! Bring your best hair toss and rock star attitude-or get ready to discover both!

Age: 16+ years

Instructor: Shannon & Jennifer

Place: Arena Banquet Room

Jan 10-Mar 14 **Mon** **Code 3217**
(No class Feb 21) 6:30-7:30pm \$63/9 sess
Jan 13-Mar 17 **Thu** **Code 3218**
6:30-7:30pm \$70/10 sess

Hoop Fitness

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

Age: 18+ years

Instructor: Carrie-Lyn

Place: Arena Banquet Room

Jan 11-Mar 15 **Tuesday** **Code 3224**
6:30-7:30pm \$80/10 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.

Registration
starts
Dec 7

Fitness Programs

REV & FLOW

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

Age: 16+ years

Instructor: Bree

Place: Summerland Baptist Church

| | | |
|---------------|--------------|--------------|
| Jan 11-Mar 15 | Tue | Code 3219 |
| | 6:00-6:45pm | \$70/10 sess |
| Jan 12-Mar 16 | Wed | Code 3220 |
| | 9:00-10:00am | \$80/10 sess |
| Jan 14-Mar 18 | Fri | Code 3221 |
| | 9:00-10:00am | \$80/10 sess |

Strength & Stretch

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

Age: 13+ years

Instructor: Susan

Place: Arena Banquet Room

| | | |
|---------------|-------------|---------------|
| Jan 11-Mar 17 | Tue & Thu | Code 3223 |
| | 5:00-6:00pm | \$160/20 sess |

Zumba (Toning/Sentao & Step)

ZUMBA dancing is best described as a fun, joyful Latin inspired fitness class that combines all the rhythms in Latin music. The design of this class introduces easy-to follow choreography that focuses on balance, range of motion, strengthening the core and coordination. Zumba Toning/Sentao and Step workouts, incorporate weights to build muscles in the arms, legs and glutes.

Age: 16+ years

Instructor: Carole

Place: IOOF Hall

| | | |
|------------------------------------|-------------|--------------|
| Jan 10-Mar 14 (No class Feb 21) | Mon | Code 3319 |
| | 5:30-6:30pm | \$81/9 sess |
| Jan 12-Mar 15 | Wed | Code 3320 |
| | 5:30-6:30pm | \$90/10 sess |

Wellness Programs

Gentle Yoga

Movement is the Celebration of Life! In this program, suited to most levels of ability, we will promote better breathing, deepen strength, enhance flexibility, improve balance, develop mind/body awareness and always finish with a guided relaxation. Please bring a mat, thick blanket and re-usable water bottle to each class.

Age: 18+ years

Instructor: Cheryl

Place: Summerland Arts Centre

| | | |
|-----------------------------------|--------------|---------------|
| Jan 7-Mar 18 (No class Feb 18) | Fri | Code 3225 |
| | 9:30-10:45am | \$100/10 sess |

Chair Yoga

The support of a chair brings comfort, stability and depth to yoga movements. You will develop your fitness level with better breathing techniques and balance, strength and mobility postures. Modifications will be offered for health concerns like back, knee, shoulder, hip problems. There is no need to be on the floor if you are unable to do so.

Age: 18+ years

Instructor: Cheryl

Place: Summerland Arts Centre

| | | |
|-----------------------------------|-----------------|--------------|
| Jan 7-Mar 18 (No class Feb 18) | Fri | Code 3226 |
| | 11:00am-12:00pm | \$95/10 sess |

Yoga NIDRA

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

Age: 18+ years

Instructor: Cheryl

Place: Summerland Arts Centre

| | | |
|--------|-----------------|-----------|
| Feb 12 | Sat | Code 3227 |
| | 10:00am-12:00pm | \$20 |
| Mar 12 | Sat | Code 3228 |
| | 10:00am-12:00pm | \$20 |

**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.

Wellness Programs

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 has a gentle slow progression which will focus on improving balance, flexibility, endurance and strength. We will introduce aspects of focus and concentration as well, ending with a gentle relaxation. A good class for those returning from injury. Independent mobility is required. Students should bring a mat, a warm blanket, and a reusable water bottle.

Age: 16+ years

Instructor: Marsha

Place: Summerland Arts Centre

Jan 10-Mar 14

Mon

Code 3230

(No class Feb 21)

4:00-5:15pm

\$85.50/9 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. We introduce aspects of very basic meditation and we end with a guided relaxation. Students are asked to bring a mat, a blanket and a re-usable water bottle.

Age: 16+ years

Instructor: Marsha

Place: Summerland Arts Centre

Jan 10-Mar 14

Mon

Code 3231

(No class Feb 21)

5:30-7:00pm

\$90/9 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.

Age: 16+ years

Instructor: Marsha

Place: Summerland Arts Centre

Jan 10-Mar 14

Mon

Code 3232

(No class Feb 21)

7:15-8:45pm

\$94.50/9 sess



Yoga, Making it Personal

No two classes will ever be the same! This is an interactive class where students can learn the fine details of each pose, what works best for their individual body, and how to use props for maximum benefits. It is the perfect opportunity to take the knowledge you gain back into your other fitness. Please bring blocks/straps/mats to class.

Age: 18+ years

Instructor: Carla

Place: Summerland Arts Centre

Jan 12-Mar 16

Wed

Code 3239

6:00-7:15pm

\$100/10 sess

Yoga Flow

Please 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: 16+ years

Instructor: Amanda

Place: Summerland Arts Centre

Jan 11-Mar 15

Tue

Code 3233

6:00-7:15pm

\$100/10 sess

Wellness Programs

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 encourage well-being in mind, body and spirit. Dru Yoga is suitable for beginners as well as experience yogic practitioners.

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

| | | |
|----------------------|-------------|------------------|
| Jan 11-Mar 15 | Tue | Code 3229 |
| | 4:00-5:30pm | \$100/10 sess |

Targeted Flexibility Training

Gravity Yoga is a mat-based, targeted mobility training method that helps students with stiff backs, locked up hips, and tight hamstrings. Class is designed for all levels, beginners welcome. During class, you will learn how to utilize the science of passive stretching to effectively change your body, improve posture, and increase range of motion. Please bring your own mats to class.

Age: 18+ years
Instructor: Carrie-Lyn
Place: Arena Banquet Room

| | | |
|----------------------|-------------|------------------|
| Jan 12-Mar 16 | Wed | Code 3237 |
| | 5:30-6:30pm | \$90/10 sess |
| Jan 12-Mar 16 | Wed | Code 3238 |
| | 6:45-7:45pm | \$90/10 sess |

Qigong Health Practice

A Philosophical Exploration and Physical Refinement of Personal Health and Wellbeing. Qigong exercises for Relaxation, Circulation, Stability, Mobility and Concentration. Class is generally fun, informative, and educational within a safe environment. Richard has been telling stories, teaching and guiding people towards better health and wellbeing in the Okanagan for over 20 years, and is the Founder of Tian Yo Health and Fitness.

Age: 18+ years
Instructor: Richard
Place: Arena Banquet Room

| | | |
|----------------------|-----------------|------------------|
| Jan 10-Mar 14 | Mon | Code 3234 |
| (No class Feb 21) | 10:45am-12:00pm | \$81/9 sess |
| Jan 12-Mar 16 | Wed | Code 3235 |
| | 10:45am-12:00pm | \$90/10 sess |

Registration
starts
Dec 7

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.



Older Adult Programs

Fitness Fusion

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

Age: 50+ years

Instructor: Claire

Place: Summerland Community Centre (Brown St.)

| | | |
|---------------|--------------|--------------|
| Jan 12-Mar 16 | Wed | Code 3240 |
| | 8:15-9:15am | \$80/10 sess |
| Jan 12-Mar 16 | Wed | Code 3241 |
| | 9:30-10:30am | \$80/10 sess |

Use it or Lose it- Afternoons with Andi

These classes are for older adults to improve strength, balance and well-being 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

Instructor: Andi

Place: Arena Banquet Room

| | | |
|---------------|-------------|--------------|
| Jan 12-Mar 16 | Wed | Code 3248 |
| | 1:30-2:30pm | \$80/10 sess |
| Jan 14-Mar 18 | Fri | Code 3249 |
| | 1:30-2:30pm | \$80/10 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 weight resistance training, yoga, Pilates and Tai Chi with a group of like-minded people.

Age: 50+ years

Instructor: Barry

Place: IOOF Hall

| | | |
|-------------------|---------------|--------------|
| Jan 10-Mar 21 | Mon | Code 3245 |
| (No class Feb 21) | 10:00-11:00am | \$80/10 sess |
| Jan 5-Mar 23 | Wed | Code 3246 |
| | 10:00-11:00am | \$96/12 sess |
| Jan 7-Mar 25 | Fri | Code 3247 |
| | 10:00-11:00am | \$96/12 sess |

Zumba Gold

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

Age: 50+ years

Instructor: Carole

Place: Arena Banquet Room

| | | |
|------------------------|---------------|--------------|
| Jan 10-Mar 21 | Mon | Code 3242 |
| (No class Feb 14 & 21) | 9:00-10:00 am | \$72/9 sess |
| Jan 5-Mar 23 | Wed | Code 3243 |
| | 9:00-10:00am | \$96/12 sess |
| Jan 7-Mar 25 | Fri | Code 3244 |
| | 9:00-10:00am | \$96/12 sess |

Registration
starts
Dec 7

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.

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.



Lifeguard
courses will be
announced in
the Spring 2022
Recreation
Guide

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

W.H.M.I.S Certificate
Available online

Lifesaving Instructor
15 years, Bronze Cross

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

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

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

National Lifeguard
15 years, Bronze Cross, SFA

Standard First Aid
15 years

Bronze Cross
Bronze Medallion

Bronze Medallion
13 years or Bronze Star

Bronze Star
For Children 10-13 years


Start here

Fitness Centre Schedule Jan 4-Apr 1

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.
For access to the Aquatic Centre, please see aquatic schedule on pages 17 and 24.

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.



| 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 |

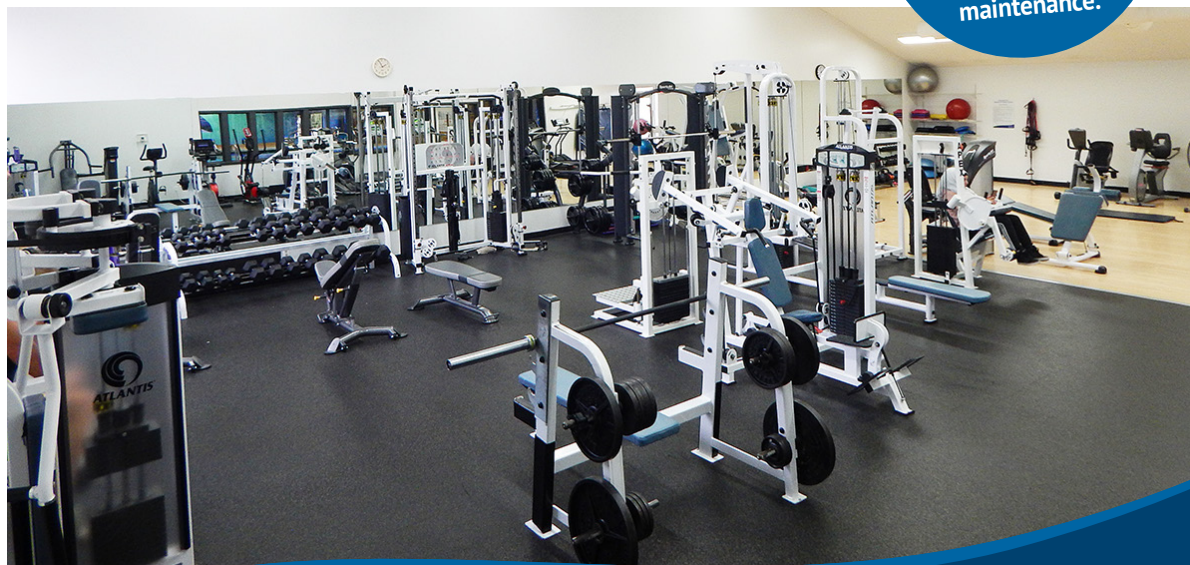
*A family consists of 2 adults and their own children 13-18 years.

FITNESS CENTRE HOURS

Fitness Room

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

Reminder that the Aquatic & Fitness Centre will be closed April 15-18 for scheduled maintenance.



Aquatic Schedule Jan 4-Mar 19

CLOSED Feb 21.

1 Lane is available during Morning and Noon Hour AquaFit and during Public Swims.

| TIME | MON. | TUES. | WED. | THURS. | FRI. |
|--------------|-------------------------------|--------------------------------------|-------------------------------|--------------------------------------|------------------------------|
| 6:30-8:00am | Lane Swim | Lane Swim | Lane Swim | Lane Swim | Lane Swim |
| 8:00-9:00am | Lessons & Lane Swim (3 Lanes) | *AquaFit | Lessons & Lane Swim (3 Lanes) | *AquaFit | Lane Swim |
| 9:15-11:45am | RECOPE | School Lessons & Lane Swim (2 Lanes) | RECOPE | School Lessons & Lane Swim (2 Lanes) | RECOPE |
| 12:00-1:00pm | *AquaFit | Lane Swim | *AquaFit | Lane Swim | *AquaFit |
| 1:00-2:00pm | School Lessons | Aqua Zumba | School Lessons | School Lessons | School Lessons |
| 2:00-3:00pm | | AquaFit (2:00-2:55pm) | | AquaFit (2:00-2:55pm) | |
| 3:00-6:30pm | Lessons & ORCA Swim Club | | | | *Public Swim (3:00-4:00pm) |
| | | | | | ORCA Swim Club (4:15-6:30pm) |
| 6:30-7:30pm | *Public Swim | | | | |
| 7:45-9:00pm | Master Swim Club | AquaFit & Lane Swim (3 Lanes) | Master Swim Club | AquaFit & Lane Swim (3 Lanes) | *Public Swim |

| TIME | SAT. | | SUN. | |
|-----------------|---|-----------------------|------------------------------|-----------------------|
| 9:00-10:30am | ORCA Swim Club & Masters (9:00-10:30am) | | Swim Lessons | |
| 10:45am-12:30pm | Swim Lessons | Lane Swim (3) 10:45am | Swim Lessons | Lane Swim (3) 11:30am |
| 12:45-1:45pm | Lane Swim | | | |
| 2:00-3:45pm | Lane Swim | | *Public Swim | |
| 4:00-5:00pm | Lane Swim | | Aqua Zumba (starting Jan 16) | |
| 5:15-6:30pm | *Public Swim | | *Public Swim | |

All children under the age of 7 regardless of swimming ability and children 7-10 years of age who cannot swim a width of the pool must be accompanied by an adult (16 years of age or older).

Reminder that the Aquatic & Fitness Centre will be closed for our April Shutdown on April 15-18.

| 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 13-18 years. All prices include tax.*

Learn-to-Swim Program Overview

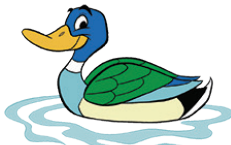
Parent & Tot Lessons

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 with caregiver

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



SWIM KIDS 2 with caregiver

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



SWIM KIDS 3 with caregiver

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



SWIM KIDS 4 (Ages 7-14 years)

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



SWIM KIDS 5 (Ages 7-14 years)

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



SWIM KIDS 6 (Ages 7-14 years)

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



SWIM KIDS 7 (Ages 7-14 years)

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



SWIM KIDS 8 (Ages 7-14 years)

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



SWIM KIDS 9 (Ages 7-14 years)

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



SWIM KIDS 10 (Ages 7-14 years)

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

LESSON FEES:

10 Class Lessons \$44.00

9 Class Lessons \$39.60

RED CROSS SWIM LESSONS

REGISTRATION OPENS DECEMBER 7

Parent & Tot (Caregiver Supervision Required)

Swim Pre-School & Swim Kids (combined)

NO LESSONS FEB 19-21.

| CODE | DAY | DATES | TIME |
|------|---------|---------------|---------------|
| 3250 | Sat | Jan 8-Mar 12 | 10:45-11:15am |
| 3254 | Sun | Jan 9-Mar 13 | 9:00-9:30am |
| 3257 | Sun | Jan 9-Mar 13 | 9:30-10:00am |
| 3264 | Mon/Wed | Jan 10-Feb 9 | 8:30-9:00am |
| 3277 | Mon/Wed | Feb 14-Mar 16 | 8:00-8:30am |

Sea Otter/Salamander/SK 1

Swim Pre-School & Swim Kids (combined)

NO LESSONS FEB 19-21.

| CODE | DAY | DATES | TIME |
|------|---------|---------------|---------------|
| 3251 | Sat | Jan 8-Mar 12 | 11:15-11:45am |
| 3255 | Sun | Jan 9-Mar 13 | 9:00-9:30am |
| 3262 | Sun | Jan 9-Mar 13 | 12:00-12:30pm |
| 3263 | Mon/Wed | Jan 10-Feb 9 | 8:00-8:30am |
| 3265 | Mon/Wed | Jan 10-Feb 9 | 3:00-3:30pm |
| 3273 | Tue/Thu | Jan 11-Feb 10 | 3:30-4:00pm |
| 3278 | Mon/Wed | Feb 14-Mar 16 | 8:30-9:00am |
| 3281 | Mon/Wed | Feb 14-Mar 16 | 3:30-4:00pm |
| 3285 | Tue/Thu | Feb 15-Mar 17 | 3:00-3:30pm |

Sunfish/Crocodile/SK 2

Swim Pre-School & Swim Kids (combined)

NO LESSONS FEB 19-21.

| CODE | DAY | DATES | TIME |
|------|---------|---------------|-----------------|
| 3252 | Sat | Jan 8-Mar 12 | 11:45am-12:15pm |
| 3261 | Sun | Jan 9-Mar 13 | 11:30am-12:00pm |
| 3267 | Mon/Wed | Jan 10-Feb 9 | 3:30-4:00pm |
| 3275 | Tue/Thu | Jan 11-Feb 10 | 4:00-4:30pm |
| 3283 | Mon/Wed | Feb 14-Mar 16 | 4:00-4:30pm |
| 3287 | Tue/Thu | Feb 15-Mar 17 | 3:30-4:00pm |

Whale/SK 3

Swim Pre-School & Swim Kids (combined)

NO LESSONS FEB 19-21.

| CODE | DAY | DATES | TIME |
|------|---------|---------------|---------------|
| 3253 | Sat | Jan 8-Mar 12 | 12:15-12:45pm |
| 3260 | Sun | Jan 9-Mar 13 | 11:00-11:30am |
| 3269 | Mon/Wed | Jan 10-Feb 9 | 4:00-4:30pm |
| 3272 | Tue/Thu | Jan 11-Feb 10 | 3:00-3:30pm |
| 3280 | Mon/Wed | Feb 14-Mar 16 | 3:00-3:30pm |
| 3289 | Tue/Thu | Feb 15-Mar 17 | 4:00-4:30pm |

SK 4 NO LESSONS FEB 19-21.

| CODE | DAY | DATES | TIME |
|------|---------|---------------|--------------|
| 3256 | Sun | Jan 9-Mar 13 | 9:30-10:00am |
| 3268 | Mon/Wed | Jan 10-Feb 9 | 3:30-4:00pm |
| 3271 | Tue/Thu | Jan 11-Feb 10 | 3:00-3:30pm |
| 3279 | Mon/Wed | Feb 14-Mar 16 | 3:00-3:30pm |
| 3288 | Tue/Thu | Feb 15-Mar 17 | 3:30-4:00pm |

SK 5/6 NO LESSONS FEB 19-21.

| CODE | DAY | DATES | TIME |
|------|---------|---------------|---------------|
| 3258 | Sun | Jan 9-Mar 13 | 10:00-10:30am |
| 3266 | Mon/Wed | Jan 10-Feb 9 | 3:00-3:30pm |
| 3276 | Tue/Thu | Jan 11-Feb 10 | 4:00-4:30pm |
| 3284 | Mon/Wed | Feb 14-Mar 16 | 4:00-4:30pm |
| 3286 | Tue/Thu | Feb 15-Mar 17 | 3:00-3:30pm |

SK 7-10 NO LESSONS FEB 19-21.

| CODE | DAY | DATES | TIME |
|------|---------|---------------|---------------|
| 3259 | Sun | Jan 9-Mar 13 | 10:30-11:00am |
| 3270 | Mon/Wed | Jan 10-Feb 9 | 4:00-4:30pm |
| 3274 | Tue/Thu | Jan 11-Feb 10 | 3:30-4:00pm |
| 3282 | Mon/Wed | Feb 14-Mar 16 | 3:30-4:00pm |
| 3290 | Tue/Thu | Feb 15-Mar 17 | 4:00-4:30pm |

Spring Break REGISTRATION OPENS FEB 22.

| CODE | LEVEL | DATES | TIME |
|------|--------------|--------------|-------------|
| 3291 | Parent & Tot | Mar 21-Apr 1 | 3:00-3:30pm |
| 3292 | SK 4 | Mar 21-Apr 1 | 3:00-3:30pm |
| 3293 | SP 1/SK 1 | Mar 21-Apr 1 | 3:30-4:00pm |
| 3294 | SK 5/6 | Mar 21-Apr 1 | 3:30-4:00pm |
| 3295 | SP 2/SK 2 | Mar 21-Apr 1 | 4:00-4:30pm |
| 3296 | SK 7-10 | Mar 21-Apr 1 | 4:00-4:30pm |
| 3297 | SP 3/SK 3 | Mar 21-Apr 1 | 4:30-5:00pm |

Swimming Lesson Fees

Swim Pre-School & Swim Kids
Level 1-10

9 Lessons - \$44.00

10 Lessons - \$39.60



Registration
for Spring
Break Lessons
will open on
Tuesday,
Feb 22

Aquatic Fitness Programs

AquaFit

These AquaFit classes combine deep and shallow water exercises. Every class will include cardiovascular, strength and stretching to improve overall fitness and toning. Floatation belts are used in the deep water portion to provide buoyancy and stability.

Age: 18+ years

Instructor: Aquatic Staff

Place: Aquatic Centre

WINTER SESSIONS-Jan 3-Apr 1

New for 2022

10 Pass AquaFit (Aqua Zumba not included)-\$52.50

Drop in Rate-\$5.25

MORNING AQUAFIT

| | | |
|--------------|-------------|-----------------|
| Jan 4-Mar 29 | Tue | Code 3298 |
| | 8:00-9:00am | \$55.25/13 sess |
| Jan 6-Mar 31 | Thu | Code 3299 |
| | 8:00-9:00am | \$55.25/13 sess |

NOON HOUR AQUAFIT

| | | |
|-------------------|--------------|-----------------|
| Jan 3-Mar 28 | Mon | Code 3300 |
| (No class Feb 21) | 12:00-1:00pm | \$51/12 sess |
| Jan 5-Mar 30 | Wed | Code 3301 |
| | 12:00-1:00pm | \$55.25/13 sess |
| Jan 7-Apr 1 | Fri | Code 3302 |
| | 12:00-1:00pm | \$55.25/13 sess |

AFTERNOON AQUAFIT

| | | |
|--------------|-------------|-----------------|
| Jan 4-Mar 29 | Tue | Code 3304 |
| | 2:00-2:55pm | \$55.25/13 sess |
| Jan 6-Mar 31 | Thu | Code 3303 |
| | 2:00-2:55pm | \$55.25/13 sess |

EVENING AQUAFIT

| | | |
|--------------|-------------|-----------------|
| Jan 4-Mar 29 | Tue | Code 3305 |
| | 8:00-8:55pm | \$55.25/13 sess |
| Jan 6-Mar 31 | Thu | Code 3306 |
| | 8:00-8:55pm | \$55.25/13 sess |

Aqua Zumba

This class is perfect for those looking to make a splash by adding a low-impact, high energy aquatic exercise to their fitness routine. Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss!

Age: 16+ years

Instructor: Carole

Place: Aquatic Centre

| | | |
|------------------------|-------------|-----------------|
| Jan 4-Mar 15 | Tue | Code 3318 |
| | 1:00-2:00pm | \$90.75/11 sess |
| Jan 16-Mar 27 | Sun | Code 3307 |
| (No class Feb 13 & 20) | 4:00-5:00pm | \$74.25/9 sess |



Learn to Play Water Polo-Youth

Give water polo a try with this fun lesson that will introduce the essential swimming and ball handling skills needed to play water polo. This is a great opportunity to find out more about playing this fast and fun team sport.

Ages: 9-14 years

Instructor: Kelowna Water Polo

Place: Aquatic Centre

| | | |
|--------|-------------|-----------|
| Jan 15 | Sat | Code 3308 |
| | 2:00-3:00pm | \$5 |
| Feb 26 | Sat | Code 3309 |
| | 2:00-3:00pm | \$5 |
| Mar 12 | Sat | Code 3310 |
| | 2:00-3:00pm | \$5 |

Learn to Play Water Polo-Adult

Always wanted to give water polo a try? This lesson for adults is designed to introduce the essential swimming and ball handling skills needed to play water polo. Whatever your age and swim ability you will have fun in this beginner session. Even if you have played water polo before come out to meet other adults interested in participating in this fantastic team sport.

Ages: 18+ years

Instructor: Kelowna Water Polo

Place: Aquatic Centre

| | | |
|--------|-------------|-----------|
| Jan 15 | Sat | Code 3311 |
| | 3:00-3:45pm | \$5 |
| Feb 26 | Sat | Code 3312 |
| | 3:00-3:45pm | \$5 |
| Mar 12 | Sat | Code 3313 |
| | 3:00-3:45pm | \$5 |

Aquatic Centre Reminders

NO
SWIM LESSONS
FEB 19-21

Please note the following:

Staff In-Service

Sunday, Jan 9

Pool Closed at 12:30pm.
No Lane Swim, Public Swim
and Aqua Zumba.

**Closed Monday, Feb 21
for Family Day**

No Public Swim

Sunday, Mar 13

due to the Tropical Swim.

**Annual Maintenance
Shutdown April 15-18**

Aquatic and Fitness Centre will be closed
for our April Shutdown on April 15-18.



Masks are required for everyone 5+ years in the Lobby and change room at all times.

SUMMERLAND AQUATICS PRIVATE SWIM LESSONS

All
lessons are
30 minutes

Private Lesson (1 person): \$23.10 + GST

Semi Private Lesson (2 ppl): \$34.65 + GST

For more information regarding private lessons, please contact
Summerland Aquatic Centre at recreation@summerland.ca



Arena Schedule: Jan 2-Mar 16

CLOSED FEB 21.

Registration is required for all Arena Programs – Register online at summerland.perfectmind.com.

Proof of full vaccination and ID required for Noon Hour Hockey and all arena spectators.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------|------------------------------------|---|--|---|---|----------------------------|
| 6:00-7:00pm Public Skate | 12:00-1:00pm Parent & Tot Skate | 12:00-1:00pm Noon Hour Hockey *Full equipment required* | 10:30-11:30am Stick n Puck & Parent & Tot 12:00-1:00pm Parent & Tot Skate 7:15-8:15pm Public Skate | 12:00-1:00pm Noon Hour Hockey *Full equipment required* | 12:00-1:00pm Noon Hour Hockey *Full equipment required* | ARENA CLOSED ALL DAY |

Register and pay online summerland.perfectmind.com



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

\$2
Skate
Rental

Summerland Arena Complex & Curling Club

ARENA, ICE, DRY FLOOR, BANQUET ROOM & KITCHEN

8820 Jubilee Road East

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

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

For more information or to rent the facilities, please contact **Summerland Recreation** at 250-494-0447 or recreation@summerland.ca



Parent & Tot Skate



Jan 3-Mar 14

Monday &
Wednesday
12:00-1:00pm

**Registration
required**

Register online at summerland.perfectmind.com

Admission \$2/person

Public Skating

Jan 2-Mar 16

**Come
join us!**

Sundays
6:00-7:00pm
&
Wednesdays
6:45-7:45pm

Admission:

| | |
|---------------------|---------|
| Preschool (3-5 yrs) | \$1.50 |
| Child (6-12 yrs) | \$2.75 |
| Teen (13-18 yrs) | \$3.75 |
| Senior (65 + yrs) | \$3.75 |
| Adult (19-64 yrs) | \$4.75 |
| Family | \$11.00 |
| Skate Rental | \$2.00 |



Registration required.

Register online at summerland.perfectmind.com



Noon Hour Hockey

Jan 4-Mar 15

Tuesdays, Thursdays & Fridays
12:00-1:00pm

Registration required

Register online at summerland.perfectmind.com

Admission \$6.50/person

Proof of full vaccination and ID required.

**FULL
EQUIPMENT
REQUIRED**

Spring Break Aquatic Schedule Mar 20-Apr 3

1 Lane is available during Morning & Noon Hour AquaFit and Public Swims

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|---------------------|--------------------------|-----------|--------------------------|--------------|
| 6:30-8:00am | Lane Swim | Lane Swim | Lane Swim | Lane Swim | Lane Swim |
| 8:00-9:00am | Lane Swim | *AquaFit | | *AquaFit | Lane Swim |
| 9:15-10:30am | RECOPE | *Public Swim | RECOPE | *Public Swim | RECOPE |
| 10:45-11:45am | | Lane Swim | | Lane Swim | |
| 12:00-1:00pm | *AquaFit | Lane Swim | *AquaFit | Lane Swim | *AquaFit |
| 1:15-2:55pm | Lane Swim | AquaFit (2:00-2:55pm) | Lane Swim | AquaFit (2:00-2:55pm) | Lane Swim |
| 3:00-5:00pm | Swim Lessons & ORCA | | | | |
| 5:30-6:30pm | ORCA | | | | |
| 6:45-8:00pm | *Public Swim | | | | |
| 8:00-9:00pm | Lane Swim | Lane Swim & AquaFit | Lane Swim | Lane Swim & AquaFit | *Public Swim |

| | SATURDAY | SUNDAY |
|----------------|---|--------------|
| 9:00-10:00am | ORCA Swim Club (Mar 26 9:00-10:30am) | Lane Swim |
| | Lane Swim (Mar 19) | |
| 10:15-11:15am | ORCA Swim Club (Mar 26 9:00-10:30am) | |
| | Lane Swim (Mar 19) | |
| 11:30am-1:15pm | Lane Swim (Mar 19) | *Public Swim |
| 1:30-3:45pm | *Public Swim | *Public Swim |
| 4:00-5:00pm | Lane Swim | Aqua Zumba |
| 5:00-6:30pm | Lane Swim | *Public Swim |

Schedule may vary slightly due to program registration.
Classes will be added or cancelled pending registration.
All children under the age of seven regardless of swimming ability and children seven to ten years of age who cannot swim a width of the pool must be accompanied by an adult (16 years of age or older).
All prices include tax.



| ADMISSION | DROP-IN | 10 PASS | 1-MONTH PASS | 3-MONTH PASS | 6-MONTH PASS | 1-YEAR PASS |
|---------------------|---------|---------|--------------|--------------|--------------|-------------|
| Preschool 3-5 years | \$1.25 | \$11.25 | \$12.50 | \$31.88 | \$52.50 | \$97.50 |
| Child 6-12 years | \$2.75 | \$24.75 | \$27.50 | \$63.11 | \$103.95 | \$193.05 |
| Teen 13-18 years | \$3.75 | \$33.75 | \$37.50 | \$86.06 | \$141.75 | \$263.25 |
| Adult 19-64 years | \$4.75 | \$42.75 | \$47.50 | \$109.01 | \$179.55 | \$333.45 |
| Senior 65+ years | \$3.75 | \$33.75 | \$37.50 | \$86.06 | \$141.75 | \$263.25 |
| Family* | \$11.00 | \$99.00 | \$110.00 | \$252.45 | \$415.80 | \$772.20 |
| AquaFit | \$5.25 | \$52.50 | | | | |

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

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

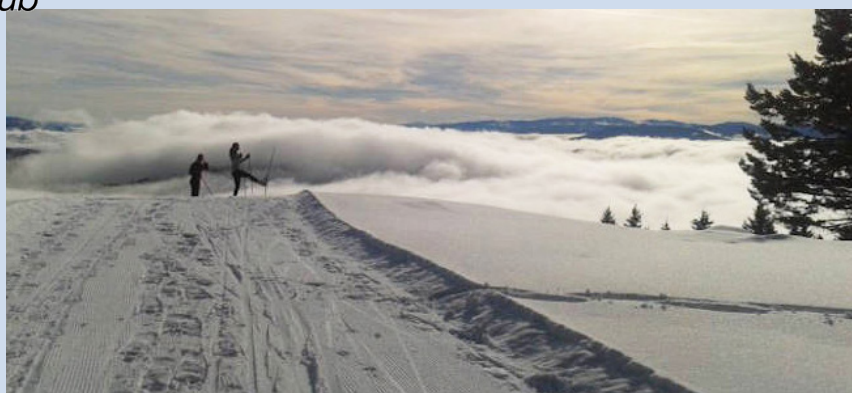
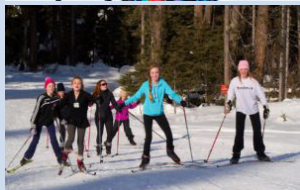
Summerland Rodeo Grounds Complex

18707 BATHVILLE ROAD



TELEMARK
Nordic Club

Cross-Country Skiing, Biathlon and Snowshoeing



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

Box 26072
West Kelowna, BC V4T 2G3

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

www.telemarknordic.com

• FOUNDRY •

PENTICTON

Book Your Appointment Today

What are we?

Free and Confidential Services for
Young people 12 to 24 years old



- Need to see a counsellor?
- Want to talk to someone who has lived experience?
 - Need helping finding work?
 - Want help with housing?
 - Need legal advice?
 - Want to see a doctor?
 - Need hygiene or clothing items?
- Want to talk to someone about substance use?
 - Need LGBTQ2+ Supports?



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

We have you covered!

P: 778-646-2292

E: Foundrypentiction@oneskycommunity.com

W: foundrybc.ca

Find Us On Social Media to stay up to date



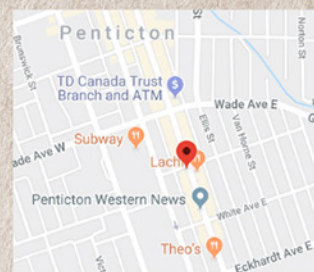
@Foundry Pentiction



Foundry_Pentiction



501 MAIN STREET
PENTICTON, BC V2A5C6



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.



Jumpstart

Giving kids a sporting chance.

www.jumpstart.canadiantire.ca



Summerland Skating Club

Register Online: www.summerlandskatingclub.com



Winter Season LEARN-TO-SKATE

January 3rd, 2022 – March 13th, 2022

Pre-CanSkate (Ages 3-5) • CanSkate (Ages 5+) • CanPower •
Star Academy • StarSkate • Competitive Skate



Contact: Louise Evans • Call: (250) 808-7225

Email: summerlandskating@gmail.com

Keep an eye out on our website for more specific start and end dates on our website.





Light up the Arts Christmas Art and Gift Sale

November 12th – December 24th

Original handmade gift items including local interest books, soaps, jewelry, small fine arts prints, cards, clothing and pottery.

Visit www.summerlandarts.com for information on our 2022 events and programming
250-494-4494

Email: admin@summerlandarts.com

Visit our beautifully renovated Art Gallery in the lower level of the Arts Centre, 9525 Wharton St.



MOTHER-SON DATE NIGHT

An event for MOMS and their BOYS
(OR grandma, auntie, or special friend)
Boys grade 1-6

April, 30 | 6 - 8 PM
\$20 per family

Some activities include gentleman obstacle course, tie tying, shaving and dessert.

registration and details
summerlandbaptist.ca/event

TAKE THE PLUNGE!
And learn how to swim all four Olympic strokes, flip turns, dives & more

SUMMERLAND ORCA SWIM TEAM



FREE TRIAL

Jan 4th & 6th • 3:15pm-3:45pm

Email orcawimcoach@gmail.com to reserve your spot

Can you swim the length of the pool?
Have you passed Level 5 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

Programs for Children

AT THE SUMMERLAND LIBRARY

STORY TIME

WEDNESDAYS
10:30-11:00AM

.....

JANUARY 12
-
MARCH 16

TODDLER TIME

THURSDAYS
10:30-11:00AM

.....

JANUARY 13
-
MARCH 17

RHYME TIME

FRIDAYS
10:30-11:00AM

.....

JANUARY 14
-
MARCH 18

REGISTRATION REQUIRED
REGISTER IN BRANCH OR BY PHONE TODAY



SUMMERLAND LIBRARY
9533 MAIN ST
SUMMERLAND, BC
250-494-5591



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 *



Recope
move better, feel better, live better
www.Recope.ca

Please contact
Jean for info
250-494-9006

Summerland Women's Fitness

We put the fun into fitness!

Hydraulic Resistance Circuit Equipment

Whole Body Vibration Machine

Step and Regular Treadmills

Exercise Bike

Stretching Station

Whatever your fitness needs, we can help!
We are here to support all the women of Summerland in their health and fitness journey!
Contact us to find out more.

#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

COVID 19 health guidelines in place and enforced.



★★ DATE NIGHT ★★

Father & Daughter

FEB
26
6-8 PM

A FUN EVENT
FOR GRADES 1-6
GIRLS AND
THEIR DAD (OR GRANDPA
UNCLE, OR FAMILY FRIEND)
\$20 PER
FAMILY

WANTED

CALLING ALL
COWGIRLS
AND COWBOYS
TO COME
DRESSED IN
THEIR WILD
WEST FINERY.



LINE DANCING
OUTLAW ACTIVITIES
DESSERT

registration & details at summerlandbaptist.ca/events



Summerland Singers & Players

In 2022, watch for

THEATRE

LIVE AND ONLINE

**NEEDED: ACTORS
AND CREW**

Always wanted to try
community theatre?
We'd love to talk to
you!



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

Harnessing Personal Potential

Join us!

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

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

Online
classes
available
for Adults &
Children

YOUTH DROP-IN

**Ages 13-18 -
FREE PROGRAM**

The Summerland Youth Centre offers a safe place for youth to connect with their peers and program staff. They will be engaged in positive recreation, games, arts & crafts, leadership development, and homework support!

Wednesday (tailored to academic and homework support), Thursday and Friday from 3 to 6 pm
Email: syc@BGCO.ca

PARENTS TOGETHER

Do you feel unsure on how to support your teen?

Join our online meeting for support.

Every Thursday from 6-8 pm

Contact:
Meghan Ramsay
250-859-1968
MRamsey@BGCO.ca
or
April Rossiter
250-859-4616
ARossiter@BGCO.ca

OPPORTUNITY CHANGES EVERYTHING

CONTACT US:

9111 Peach Orchard Rd.
250-493-0512
info@bgco.ca

Visit BGCO.ca for more information




[@BGCOkanagan](https://www.instagram.com/BGCOkanagan)





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



Great Run (and Walk) Canada

- Online Fitness & Nutrition Coaching
- In-person available (with vaccine passport)
- Beginner and returning to fitness programs available
- Marathon, half-marathon and all race distance training plans with running-specific strength training

Email: greatruncanada@gmail.com
or find me on Facebook!



TUMBLE time

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

Monday and Tuesdays 9:30-11:30am

Parents, caregiver, grandparents
and children ages 5 and under

details.summerlandbaptist.ca

Fully licensed quality daycare and learning centre



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!

ARTS & CULTURE

| | | |
|--|------------------------|--------------|
| Art Club | Greta Loeppky | 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 | Shawn Landriault | 250-486-4118 |
| Broomball, Ladies | Jenny Nemeth | 250-494-1998 |
| In House Performing Arts Studio | | 778-931-0405 |
| 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 |
| 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 |
| 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 |
| Friends of the Garden Club | | 250-494-6385 |
| Foundry Penticton | | 778-646-2292 |
| 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 |
| One Sky Community Resource | | 250-492-5814 |
| 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 Fall Fair Society | summerlandfallfairsociety@gmail.com | |
| Summerland Health | | |
| Centre Volunteers | Launa Stocker | 250-492-4000 |
| Summerland Museum and Archives | | 250-494-9395 |
| Summerland Newcomers Club | | 250-809-6649 |
| Trail of the 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 |



EVERYONE CAN MAKE A DIFFERENCE

Earth Day Community Planting April 24



Event Details will be posted at summerland.ca/earthweek
in February 2022

EARTH WEEK 2022 APR 19-24

COME PARTICIPATE
IN OUR WEEK LONG CELEBRATION!

*Week Details will be released in March 2022 at
summerland.ca/earthweek*



Save
the
Date



**39TH ANNUAL
GIANT'S HEAD RUN
Saturday, June 5
6:00pm start**

5.7km or 10km 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