

# Summerland RECREATION GUIDE

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



**SPRING  
2022**

*Registration  
Now Open*





# 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.

Join us for our  
kick off event at  
**Giant's Head Run**  
Saturday, June 4



**Two ways  
to help our  
community  
WIN!**

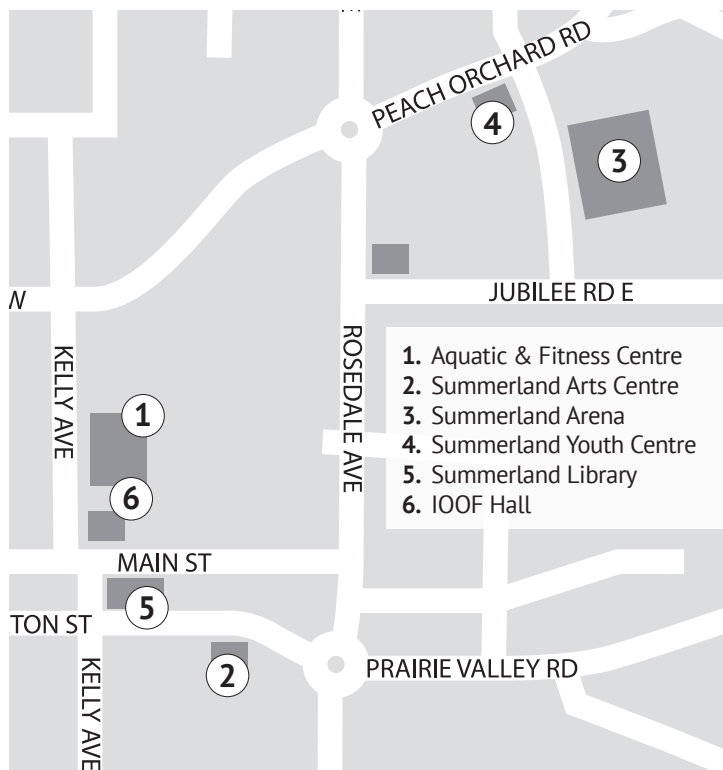
Track your physical activity minutes on the ParticipACTION app or Track physical activity minutes for yourself, your family or an organization on the ParticipACTION website (starting June 1).

Weekly Community Challenges will be announced closer to June.

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

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





## 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

### SUMMERLAND ARENA STAFF:

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

### SUMMERLAND AQUATIC CENTRE STAFF:

**Lifeguard Instructor II:** Jessica Jonas  
**Maintenance Lifeguard/Instructor:** Kyarah Burchell

### SUMMERLAND PARKS STAFF:

**Sub Foreman:** Jeremy Brown

WHERE TO FIND IT

**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.

**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.

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

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





## Save the Date for our FREE Earth Day Family Planting Celebration

**Sunday, April 24  
10:00am-12:00pm  
Wastewater Treatment Plant  
- 7630 Dunn St.**



Please bring a shovel and reusable water bottle.  
Water and free gloves will be provided to volunteers.

## Participation Community Better Challenge APP



The **free ParticipACTION app** is available in the Google Play and Apple App Store. We encourage all community residents to download the app and start tracking. Residents will reap the benefits of being motivated to be physical active today and help Summerland's community score when June rolls around.

**This active app is for EVERYONE!**







**SAVE THE  
DATE**

**GoByBike**

**May 30-Jun 5 • 2022**



**FREE REGISTRATION AT  
GoByBikeBC.ca**



**#SpringGoByBike - GoByBikeBC.ca/summerland**



## Preschool (3-5 years)

### 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 with a positive social play environment. Children enrolling in 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

Apr 12-Jun 16

Tue/Thu

9:00-11:00am

Code 3330

\$165/20 sess

#### AFTERNOONS

Apr 12-Jun 16

Tue/Thu

12:30-2:30pm

Code 3331

\$165/20 sess



Did you know that you can register for programs after the start date and we will pro-rate the price.

Registration open

### Sportball Multi-Sport

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

**\*This is a parented program.\***

Ages: 2-3 years

Instructor: Sportball-Jesse

Place: Summerland Curling Club - Dry Floor

Apr 23-Jun 25

Sat

2:00-2:45pm

Code 3333

\$135/9 sess

(No class Apr 16 & May 21)

### Sportball Multi-Sport

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

**\*Participants must be potty-trained.\***

Ages: 3-5 years

Instructor: Sportball-Jesse

Place: Summerland Curling Club - Dry Floor

Apr 23-Jun 25

Sat

2:50-3:50pm

Code 3334

\$180/9 sess

(No class Apr 16 & May 21)



## Children & Youth (6+ years)

### 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**

<b>Apr 23 &amp; 24</b>	<b>Sat &amp; Sun</b> 9:00am-2:00pm	<b>Code 3336</b> \$150
<b>May 28 &amp; 29</b>	<b>Sat &amp; Sun</b> 9:00am-2:00pm	<b>Code 3337</b> \$150



### Youth Mountain Bike Program

This program will shift your child from simply knowing how to ride a bike to a confident child eager to safely explore easy trails.

Ages: 13+ years

Instructor: Hoodoo Adventures

**Place: KVR Trail (Rodeo Grounds)**

<b>May 15</b>	<b>Sun</b> 9:00am-1:00pm	<b>Code 3338</b> \$120
<b>Jun 12</b>	<b>Sun</b> 9:00am-1:00pm	<b>Code 3339</b> \$120

### Home Alone - Pro D Day

This program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible.

Ages: 10+ years

Instructor: Summerland Recreation

**Place: Aquatic Centre Meeting Room**

<b>Apr 25</b>	<b>Mon</b> 9:30am-1:30pm	<b>Code 3442</b> \$40
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## Fitness Programs

### Sculpt & Stretch with Katya Farmer

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

Age: 18+ years

Instructor: Katya

Place: Arena Banquet Room

Apr 9-Jun 25

Sat

8:30-10:00am

Code 3340

\$125/10 sess

(No class Apr 16 & May 21)



### 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. \*Please note that we will offer two sessions, as the instructor will be away from Apr 20-May 20.

Age: 16+ years

Instructor: Susan

Place: Arena Banquet Room

Session I

Apr 5-19

Tue & Thu

5:00-6:00pm

Code 3435

\$40/5 sess

Session II

May 31-Jun 23

Tue & Thu

5:00-6:00pm

Code 3436

\$64/8 sess

### Classical Mat Pilates with Katya Farmer

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

Age: 18+ years

Instructor: Katya

Place: Arena Banquet Room

Apr 4-Jun 20

Mon

5:00-6:00pm

Code 3342

\$100/10 sess

(No class Apr 18 & May 23)

### Fusion Bootcamp with Katya Farmer

This class is a mix of Pilates, HIIT, Yoga, and stretching. In this class you will use props and your own body's resistance to build your strength, stamina, and flexibility. This class is meant to get your heart rate up while combining lengthening and strengthening for a full body workout, then cool you down with a full body stretch to balance and center your mind and body. This class can be adapted to all fitness levels, and will always have alternate exercises to choose from.

Age: 18+ years

Instructor: Katya

Place: Arena Banquet Room

Apr 6-Jun 22

Wed

5:30-6:30pm

Code 3343

\$120/10 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

Apr 4-Jun 22

Mon/Wed

6:50-7:50am

Code 3341

\$220/22 sess

(No class Apr 18 & May 23)



## Fitness Programs

### 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 & 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

Apr 19-Jun 21

Tue  
6:30-7:30pm

Code 3350  
\$96/10 sess

### REV & FLOW

This class strengthen bodies and sculpts muscles through targeted, music based movements and resistance training. Challenge your body in new and unique ways through east to follow movements and uplifting music. REV & FLOW is a dynamic workout that is easy on your joints without compromising the intensity of your workout 1-3lbs weights optional.

Age: 16+ years

Instructor: Bree

Place: Summerland Baptist Church

Apr 5-Jun 21

Tue  
6:00-6:45pm

Code 3346  
\$84/12 sess

Apr 6-Jun 22

Wed  
9:00-10:00am

Code 3347  
\$102/12 sess

Apr 8-Jun 24

(No class Apr 15 & Jun 10) 9:00-10:00am

Fri  
9:00-10:00am

Code 3348  
\$85/10 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!

Age: 16+ years

Instructors: Shannon & Jennifer

Place: Arena Banquet Room

Apr 11-Jun 20

Mon  
6:30-7:30pm

Code 3344  
\$63/9 sess

(No class Apr 18 & May 23)

Apr 21-Jun 23

(No class Apr 15)

Thu  
6:30-7:30pm

Code 3345  
\$70/10 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.

Ages: 16+ years

Instructor: Carole

Place: IOOF Hall

Apr 25-Jun 20

Mon  
5:30-6:30pm

Code 3351  
\$72/8 sess

(No class Apr 18 & May 23)

Apr 6-Jun 22

Wed  
5:30-6:30pm

Code 3352  
\$108/12 sess

Did you know that you can  
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the price.

Registration  
open



## Fitness Programs

### Intro to Kayak Course

In this easy introductory kayak lesson, you will learn the basics. Kayak styles and designs, common kayak gear and how it works, basic paddle strokes and more!

Age: 16+ years

Instructor: Hoodoo Adventure

Place: TBA

May 28	Sat	Code 3431
	9:00am-12:00pm	\$120
Jun 18	Sat	Code 3432
	9:00am-12:00pm	\$120

### 2-hour Kayak Session

This introductory paddle tour is perfect for anyone looking to simply get out on the water for a little while and experience what kayaking is all about.

Age: 16+ years

Instructor: Hoodoo Adventure

Place: TBA

May 29	Sun	Code 3433
	9:00-11:00am	\$120
Jun 19	Sun	Code 3434
	9:00-11:00am	\$120

## Wellness Programs

### Gentle 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.

Age: 18+ years

Instructor: Cheryl

Place: Summerland Arts Centre (Upstairs)

Apr 8-Jun 24	Fri	Code 3353
(No class Apr 15)	9:30-10:45am	\$110/11 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

Apr 8-Jun 24	Fri	Code 3354
(No class Apr 15)	11:00am-12:00pm	\$104.50/11 sess



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open



## Wellness Programs

### Yoga Nidra

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

Age: 18+ years

Instructor: Cheryl

Place: IOOF Hall

<b>May 14</b>	<b>Sat</b>	<b>Code 3355</b>
	10:00am-12:00pm	\$20
<b>Jun 18</b>	<b>Sat</b>	<b>Code 3356</b>
	10:00am-12:00pm	\$20

### 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 (Upstairs)

<b>Apr 4-Jun 20</b>	<b>Mon</b>	<b>Code 3357</b>
	4:00-5:15pm	\$100/10 sess

(No class Apr 18 & May 23)

### 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 (Upstairs)

<b>Apr 4-Jun 20</b>	<b>Mon</b>	<b>Code 3358</b>
	5:30-7:00pm	\$105/10 sess

(No class Apr 18 & May 23)



Did you know that you can register for programs after the start date and we will pro-rate the price.

Registration open



## Wellness Programs

### 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 (Upstairs)

Apr 4-Jun 20

Mon

7:15-8:45pm

Code 3359

\$105/10 sess

(No class Apr 18 & May 23)

### Qigong Health Practice

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

Age: 18+ years

Instructor: Richard

Place: Arena Banquet Room

Apr 4-Jun 20

Mon

10:45am-12:00pm

Code 3362

\$90/10 sess

(No class Apr 18 & May 23)

Apr 6-Jun 22

Wed

10:45am-12:00pm

Code 3363

\$108/12 sess

Did you know that you can register for programs after the start date and we will pro-rate the price.

Registration open



## Older Adult Programs

### Fitness Fusion

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

Age: 50+ years

Instructor: Claire

**Place: Summerland Community Centre (Brown St.)**

<b>Apr 6-Jun 22</b>	<b>Wed</b>	<b>Code 3364</b>
	8:15-9:15am	\$96/12 sess
<b>Apr 6-Jun 22</b>	<b>Wed</b>	<b>Code 3365</b>
	9:30-10:30am	\$96/12 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**

<b>Apr 4-Jun 20</b>	<b>Mon</b>	<b>Code 3369</b>
	10:00-11:00am	\$80/10 sess
(No class Apr 18 & May 23)		
<b>Apr 6-Jun 22</b>	<b>Wed</b>	<b>Code 3370</b>
	10:00-11:00am	\$96/12 sess
<b>Apr 8-Jun 24</b>	<b>Fri</b>	<b>Code 3371</b>
(No class Apr 15)	10:00-11:00am	\$88/11 sess

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Registration  
open

### 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**

<b>Apr 4-Jun 20</b>	<b>Mon</b>	<b>Code 3366</b>
	9:00-10:00am	\$80/10 sess
(No class Apr 18 & May 23)		
<b>Apr 6-Jun 22</b>	<b>Wed</b>	<b>Code 3367</b>
	9:00-10:00am	\$96/12 sess
<b>Apr 8-Jun 24</b>	<b>Fri</b>	<b>Code 3368</b>
(No class Apr 15)	9:00-10:00am	\$88/11 sess





# Explore Summerland



## You Are on the Right Trail



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.

### BRIGADE TRAIL

Distance - 5 km • Unpaved

Hike & Bike  
(Mountain biking single track)

### ROTARY TRAIL LAKESHORE LOOP

Distance - 6 km • Paved and unpaved sections

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

### GIANT'S HEAD MOUNTAIN TRAILS

Distance - 12.6 km • Paved & unpaved

Hike & Bike

### LAKESHORE PATHWAY

Distance - 1 km • Paved

Walk & Bike

### TRANS CANADA TRAIL/KETTLE VALLEY RAILWAY TRAIL

Distance - 9 km • Paved and unpaved sections

Hike & Bike

### MOUNT CONKLE TRAILS

Distance - 13 km • Unpaved

Hike & Bike (Mountain bike single track)

### TROUT CREEK DIKE

Distance - 5 km • Unpaved

Hike & Bike

### TOUR THE TOWN

Distance - 9 km loop • Paved roadway

Walk & Bike

For complete trail information visit [www.summerland.ca/recreation](http://www.summerland.ca/recreation)



## Fitness Centre Schedule Apr 4-Jun 26

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

**CLOSED**  
**APR 15-18 &**  
**MAY 23**

Proof of full vaccination and ID is required to attend the Fitness Centre. Please check in with a staff member.





# Aquatic Schedule Apr 4-Jun 26

CLOSED Apr 15, 16, 17, 18 and May 23.

\*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	School Lessons	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 Lanes)	Swim Lessons Lane Swim (11:30am)
12:45-1:45pm	Lane Swim	
2:00-3:45pm	*Public Swim	
4:00-5:00pm	Lane Swim	Aqua Zumba (starting Apr 10)
5:15-6:30pm	*Public Swim	

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

Proof of full vaccination and ID is required to attend the Fitness Centre. Please check in with a staff member.

CLOSED  
APR 15-18 &  
MAY 23

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.\*

# Learn-to-Swim Program Overview

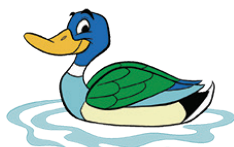
## Parent & Tot Lessons

### 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



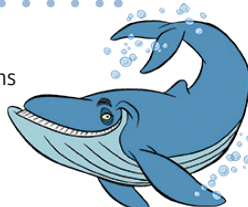
#### CROCODILE

- 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 FEES:

10 Lessons \$44.00

9 Lessons \$39.60

8 Lessons \$35.20



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 Opens March 16

### Parent & Tot (Caregiver Supervision Required)

Swim Pre-School & Swim Kids (combined)  
NO LESSONS APR 16-18 & MAY 21-23.

CODE	DAY	DATES	TIME
3385	Mon/Wed	Apr 4-May 9	8:30-9:00am
3398	Sat	Apr 9-Jun 25	10:45-11:15am
3402	Sun	Apr 10-Jun 26	9:00-9:30am
3440	Sun	Apr 10-Jun 26	9:00-9:30am
3409	Mon/Wed	May 16-Jun 15	8:00-8:30am

### Sea Otter/Salamander/SK 1

Swim Pre-School & Swim Kids (combined)  
NO LESSONS APR 16-18 & MAY 21-23.

CODE	DAY	DATES	TIME
3384	Mon/Wed	Apr 4-May 9	8:00-8:30am
3386	Mon/Wed	Apr 4-May 9	3:00-3:30pm
3394	Tue/Thu	Apr 5-May 5	3:30-4:00pm
3399	Sat	Apr 9-Jun 25	11:15-11:45am
3408	Sun	Apr 10-Jun 26	10:30-11:00am
3441	Sun	Apr 10-Jun 26	11:00-11:30am
3410	Mon/Wed	May 16-Jun 15	8:30-9:00am
3413	Mon/Wed	May 16-Jun 15	3:30-4:00pm
3417	Tue/Thu	May 17-Jun 16	3:00-3:30pm
3423	Mon-Thu	Jun 20-30	3:00-3:30pm
3425	Mon-Thu	Jun 20-30	3:30-4:00pm
3428	Mon-Thu	Jun 20-30	4:00-4:30pm

### Sunfish/Crocodile/SK 2

Swim Pre-School & Swim Kids (combined)  
NO LESSONS APR 16-18 & MAY 21-23.

CODE	DAY	DATES	TIME
3388	Mon/Wed	Apr 4-May 9	3:30-4:00pm
3396	Tue/Thu	Apr 5-May 5	4:00-4:30pm
3400	Sat	Apr 9-Jun 25	11:45am-12:15pm
3407	Sun	Apr 10-Jun 26	10:00-10:30am
3415	Mon/Wed	May 16-Jun 15	4:00-4:30pm
3419	Tue/Thu	May 17-Jun 16	3:30-4:00pm
3424	Mon-Thu	Jun 20-30	3:00-3:30pm

### Swimming Lesson Fees

Swim Pre-School & Swim Kids Level 1-10

10 Lessons - \$44.00

9 Lessons - \$39.60

8 Lessons \$35.20

### Whale/SK 3

Swim Pre-School & Swim Kids (combined)  
NO LESSONS APR 16-18 & MAY 21-23.

CODE	DAY	DATES	TIME
3390	Mon/Wed	Apr 4-May 9	4:00-4:30pm
3393	Tue/Thu	Apr 5-May 5	3:00-3:30pm
3401	Sat	Apr 9-Jun 25	12:15-12:45pm
3406	Sun	Apr 10-Jun 26	9:30-10:00am
3412	Mon/Wed	May 16-Jun 15	3:00-3:30pm
3421	Tue/Thu	May 17-Jun 16	4:00-4:30pm
3426	Mon-Thu	Jun 20-30	3:30-4:00pm

### SK 4 NO LESSONS APR 16-18 & MAY 21-23.

CODE	DAY	DATES	TIME
3389	Mon/Wed	Apr 4-May 9	3:30-4:00pm
3392	Tue/Thu	Apr 5-May 5	3:00-3:30pm
3403	Sun	Apr 10-Jun 26	9:30-10:00am
3411	Mon/Wed	May 16-Jun 15	3:00-3:30pm
3420	Tue/Thu	May 17-Jun 16	3:30-4:00pm
3429	Mon-Thu	Jun 20-30	4:00-4:30pm

### SK 5/6 NO LESSONS APR 16-18 & MAY 21-23.

CODE	DAY	DATES	TIME
3387	Mon/Wed	Apr 4-May 9	3:00-3:30pm
3397	Tue/Thu	Apr 5-May 5	4:00-4:30pm
3404	Sun	Apr 10-Jun 26	10:00-10:30am
3416	Mon/Wed	May 16-Jun 15	4:00-4:30pm
3418	Tue/Thu	May 17-Jun 16	3:00-3:30pm
3427	Mon-Thu	Jun 20-30	3:30-4:00pm

### SK 7-10 NO LESSONS APR 16-18 & MAY 21-23.

CODE	DAY	DATES	TIME
3391	Mon/Wed	Apr 4-May 9	4:00-4:30pm
3395	Tue/Thu	Apr 5-May 5	3:30-4:00pm
3405	Sun	Apr 10-Jun 26	10:30-11:00am
3414	Mon/Wed	May 16-Jun 15	3:30-4:00pm
3422	Tue/Thu	May 17-Jun 16	4:00-4:30pm
3430	Mon-Thu	Jun 20-30	4:30-5:00pm



## Aquatic Fitness Programs



### Aqua Zumba

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

Age: 16+ years

Instructor: Carole

**Place: Aquatic Centre**

**Apr 10-Jun 26**

**Sun**

4:00-5:00pm

**Code 3383**

\$80/10

(No class Apr 17 & May 22)

### AquaFit

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

Age: 18+ years

Instructor: Aquatic Staff

**Place: Aquatic Centre**

#### MORNING AQUAFIT

**Apr 5-Jun 28**

**Tue**

8:00-9:00am

**Code 3374**

\$55.25/13 sess

**Apr 7-Jun 30**

**Thu**

8:00-9:00am

**Code 3375**

\$55.25/13 sess

#### NOON HOUR AQUAFIT

**Apr 4-Jun 27**

**Mon**

12:00-1:00pm

**Code 3376**

\$46.75/11 sess

(No class Apr 18 & May 23)

**Apr 6-Jun 29**

**Wed**

12:00-1:00pm

**Code 3377**

\$55.25/13 sess

**Apr 8-Jun 24**

(No class Apr 15)

**Fri**

12:00-1:00pm

**Code 3378**

\$46.75/11 sess

#### AFTERNOON AQUAFIT

**Apr 5-Jun 28**

**Tue**

2:00-2:55pm

**Code 3379**

\$55.25/13 sess

**Apr 7-Jun 30**

**Thu**

2:00-2:55pm

**Code 3380**

\$55.25/13 Sess

#### EVENING AQUAFIT

**Apr 5-Jun 28**

**Tue**

7:45-8:40pm

**Code 3381**

\$46.75/11 sess

**Apr 7-Jun 30**

**Thu**

7:45-8:40pm

**Code 3382**

\$46.75/11 sess

(No classes May 31, Jun

2, 7 & 9)





# Aquatic Centre Schedule Changes

NO  
SWIM LESSONS  
APRIL 15-18 &  
MAY 21-23

Please note the following:

**No Lane Swim/Public Swim**  
**Sun, Apr 10 (1:00-3:30pm)**

due to private Booking.

**Closed Apr 15-18 for**  
**Easter & Annual Shutdown**

**Pool Closed - Sun, Apr 24**  
**(12:30-5:00pm)**

due to Staff In-Service.

**Pool Closed - Sat, Apr 30**  
**(1:00-6:00pm)**

due to ORCA Swim Club Event.

**Closed Mon, May 23**  
**for Victoria Day.**

**No Lane Swim - Sat, Jun 18**  
**(10:45am-12:30pm)**



## 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](mailto:recreation@summerland.ca)



*Looking for space to host your next event?*



**RESERVE  
YOUR DATE  
TODAY!**

The Summerland Banquet Room is located on the second level of the Summerland Arena. This space is 3645 sq. ft and has the capacity to host 250 people. This space is completed with a commercial kitchen and bar facilities.

For rental and price information, contact [events@summerland.ca](mailto:events@summerland.ca) or 250-494-0447.

## Summerland Arena Complex & Curling Club

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

8820 Jubilee Road East

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

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

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





# Explore Summerland



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, playground, benches and a band-shell create an inviting environment for the community and its visitors.

## PEACH ORCHARD BEACH PARK & SPIRIT SQUARE

Large grassy areas, sandy beach, volleyball court, playground, 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 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.

## 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.

## GORDON BEGGS ROTARY BEACH

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

## 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.

## 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, washroom and picnic tables.



 **DISTRICT OF  
SUMMERLAND**

For complete parks information visit [www.summerland.ca/recreation](http://www.summerland.ca/recreation)





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

Sponsored by **EPOLYCORP**



[pentictonlacrosse.com](http://pentictonlacrosse.com)

#### CONTACT US:

[pentictonlacrosse@gmail.com](mailto:pentictonlacrosse@gmail.com)

REGISTRATION OPEN TO:

CO-ED: 5 - 16 YRS

FEMALE: 5 - 18 YRS

#### FIND US ON ...



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



[pentictonminorlax](https://www.instagram.com/pentictonminorlax)



[pen\\_lacrosse](https://twitter.com/pen_lacrosse)





SBCKIDS

# PRO-D DAY & SPRING BREAK CAMP

create, explore, play

---

Registration and details  
[summerlandbaptist.ca](http://summerlandbaptist.ca)



## Summerland Singers & Players

We are developing a series of short plays to be performing in community locations in late summer. Interested in taking part? Contact us!

Murder on the Rails: is happening again this year! We need actors and crew. See contact info below!

Sign up for our news-  
letter to keep up to  
date.



[ssptheatre@gmail.com](mailto:ssptheatre@gmail.com): Join our email list!  
Find us on Facebook  
[summerlandtheatre.ca](http://summerlandtheatre.ca)  
250-494-5420



## 902 NIGHTHAWK SQUADRON Summerland, BC

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

And So Much More!

For Youth Aged 12-18

[902aircadets.ca](http://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](mailto:ssc@902aircadets.ca)

/902aircadets  
 @902air

# Lakeshore Racquets Centre

13607 Lakeshore Drive • SUMMERLAND

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

*Located on beautiful Okanagan Lake, our facility boasts a variety of racquet sports: tennis, squash and table tennis. Three well maintained tennis courts and squash courts make us one of the few year-round racquet centres in the valley.*

## Membership includes:

- Unlimited access to courts and clubhouse (table tennis, sauna, pool table)
- Unlimited participation in tennis and squash leagues
- Reduced rates for lessons

**Spring Tennis Doubles Leagues** begin in late April.  
(weather permitting)

- **Men's League** is Tuesday evenings.
- **Women's League** is Wednesday evenings.
- **Mixed League** is Sunday evenings.
- **Organized Social Doubles Tennis** - Monday mornings

**Member rates are very reasonable.**

**Check out our website for the 2022 fee schedule.**

Non-members welcome  
- user fees apply.



*Please check our website for updates on programs and contact information for the various sports.*

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

*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](http://www.tanedakaratedojo.com)

**Sensei Chris Taneda**

2017 Central Okanagan Sport Hall of Fame Inductee

6 Time Canadian National Kumite Champion

2012 Queens Diamond Jubilee Award Recipient

7th Degree Black Belt



# 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

*COVID 19 health guidelines in place and enforced.*

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



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!**

★★ DATE NIGHT ★★

# Father & Daughter

MARCH  
12  
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](http://summerlandbaptist.ca/events)

## 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**

[www.Recope.ca](http://www.Recope.ca)

# 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.



Giving kids a sporting chance.

[www.jumpstart.canadiantire.ca](http://www.jumpstart.canadiantire.ca)





# 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**



## FALL 2022 REGISTRATION OPEN FOR PLAYSCHOOL

details and registration  
summerlandbaptist.ca

# • 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: Foundrypenticton@oneskycommunity.com**  
**W: foundrybc.ca**

Find Us On Social Media to stay up to date

 **@Foundry Penticton**  **Foundry\_Penticton**

**501 MAIN STREET  
PENTICTON, BC V2A5C6**







### 2022 Art Gallery Shows

March 3<sup>rd</sup> - April 15<sup>th</sup> It's a Colorful Word  
April 21<sup>st</sup> - June 3<sup>rd</sup> - Wayfinding through  
Abstract Collage  
June 9<sup>th</sup> - July 22<sup>nd</sup> - The Progress of a  
Portraitist

We carry original handmade work by local  
artists and artisans including books, fine art  
prints, cards, pottery, jewelry and more in our  
gift gallery.

Visit [www.summerlandarts.com](http://www.summerlandarts.com) for information on  
our 2022 events and programming

250-494-4494

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



## 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](http://summerlandbaptist.ca/event)

## 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**



**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.....	Shawn Landriault.....	250-486-4118
Broomball, Ladies.....	Jenny Nemeth.....	250-494-1998
Curling Club.....	Jodie Brennan.....	250-462-1143
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 Gaudiuso.....	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 Okanagan Society.....	Henry Sielmann.....	250-276-4323
Visitor Information Centre.....		250-494-2686
Welcome Wagon.....	Sheila Kuhre.....	250-494-3776
Youth Centre Association.....		250-494-9338

**RECREATION FACILITIES**

Aquatic & Fitness Centre.....		250-494-0447
Arena.....		250-494-0447
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

*Recreational, Fun, Competitive and Family Friendly!*

**Saturday, June 4**

**Race Starts at the Aquatic Centre  
at 6:00pm**

Online registration at  
**[www.summerland.ca/GHR](http://www.summerland.ca/GHR)**

REGISTRATION INCLUDES:

- T-Shirt (if registered by April 19)
- Eligibility for draw prizes
- Ribbons for all children 7 and under



For more information call 250-494-0447 or online [summerland.ca/GHR](http://summerland.ca/GHR)