

Summerland RECREATION GUIDE

www.summerland.ca/recreation



SPRING/
SUMMER
2020

Registration starts
March 3



Summerland's 2020 Runs & Races

Giant's Head Grind

May 16, 2020

giantsheadgrind.com

Giant's Head Run 5km & 10km

June 6, 2020

[summerland.ca/parks-recreation
community-events-races/giants-head-run](http://summerland.ca/parks-recreation/community-events-races/giants-head-run)

McLennan's Grit Ultra Trail Run

June 20, 2020

mclennansgritultrarun.weebly.com

Giants Head Freeride

June 24-26, 2020

giantsheadfreeride.com

6th Annual Fun in the Sun Triathlon

July 11

www.tripowertriclub.com/Site/Fun_in_the_Sun_Tri

Prospera Granfondo Axel Merckx

July 12, 2020

www.granfondoaxelmerckx.com

ULTRA 520K

August 1-3, 2020

ultra520kcanada.com

Ironman Canada – Penticton

August 30, 2020

www.ironman.com/im-canada

Dirty Laundry Vineyard Sprint Triathlon & Kids of Steel Race

September 6, 2020

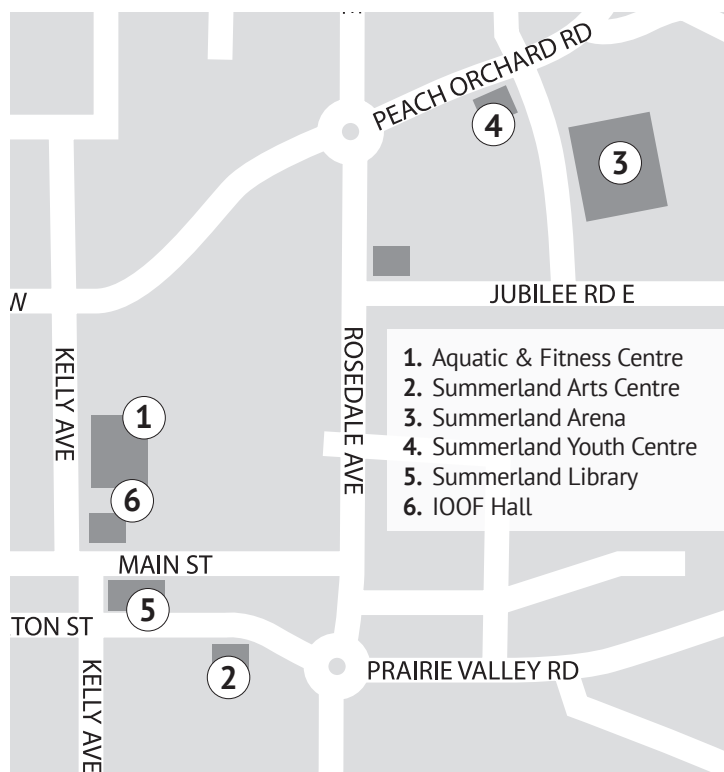
www.orcaswimclub.net

Terry Fox Run

September 20, 2020

www.terryfox.ca/terryfoxrun/summerland





BROCHURE INFORMATION • Although every effort is made to ensure the contents of this brochure are correct at the time of printing, periodically misprints do occur or circumstances change. Summerland Parks and Recreation reserves the right to make changes as required.

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

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

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

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

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

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Recreation Staff



ADMINISTRATION:

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

ARENA:

Staff:

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

AQUATIC & FITNESS CENTRE:

Lifeguard Instructor II: Shawn Landriault

Maintenance Lifeguard/

Instructor: Carling Van Gorp

Aquatic Staff:

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

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

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**Save
the
Date**



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

April 19, 2020

www.summerland.ca/earthweek

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

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

**Save
the
Date**

GoByBikeBC 
SUMMERLAND

**GoByBike
Summerland**

May 25-31

Learn more at
www.biketowork.ca/summerland



You could be the next winner of the District of Summerland's Road Warrior trophy!



Loonie Swim
Fridays
3:00-5:00pm

\$1
Admission



Youth Swim
Night
Every Friday 8:00-9:15pm

\$2.50
Admission

All youth 11-18 years welcome!

Food Safe Level 1 Course

A food handling, sanitation and work safety course designed for food service establishment operators and front-line food service workers such as cooks, servers, bussers, dishwasher and deli workers. This course covers important food and worker safety information. Certificate valid for 5 years.

Age: 13+ years

Instructor: Mary Ann

Place: Curling Club Lounge

Apr 22	Wed	Code 2634
May 20	Wed	Code 2635
Jun 17	Wed	Code 2636
Jul 29	Wed	Code 2637
Aug 26	Wed	Code 2638
Sep 23	Wed	Code 2639
9:00am-5:00pm		\$89/sess



Jump into fun

at the Summerland Aquatic Centre

March 16-28

Regular
Admission
Rates
Apply

LOONIE SWIM

Tue/Thu • 11:00am-12:00pm

Mon/Wed • 1:30-3:30pm

Fri • 3:00-5:00pm

PLEASURE SWIM

Every Day • 6:30-8:00pm

YOUTH SWIM

Fridays • 8:00-9:15pm

SPRING BREAK Swim Lessons Mon-Fri • March 16-27

9:00-9:30am	SP1/SK1	Code 2509
9:00-9:30am	SK5/6	Code 2578
9:30-10:00am	SP3/SK3/4	Code 2555
9:30-10:00am	SP2/SK2	Code 2535
10:00-10:30am	SP1/SK1	Code 2510
10:00-10:45am	SK 7-10	Code 2597
10:30-11:00am	SP2/SK2	Code 2535

Swim Preschool (SP)
Unparented
3-4 years
\$42.00

Swim Kids (SK) Ages
5+ years

Level 1-6
\$42.00

Level 7-10
\$51.00



SPRING BREAK Fun at the Arena March 22-27

PUBLIC SKATING:

Sunday	6:00-7:00pm
Monday	10:30-11:45am
Tuesday	1:15-2:30pm
Wednesday	10:30-11:45am & 6:45-7:45pm
Thursday	1:15-2:30pm
Friday	10:30-11:45am
Parent & Tot Skate	Mon/Wed 12:00-1:00pm
Noon Hour Hockey	Tue/Thu/Fri 12:00-1:00pm

Child.....	\$2.50	Family.....	\$9.50
Teen (13+).....	\$3.25	Noon Hour Hockey.....	\$6.00
Senior (65+).....	\$3.75	Skate Rental.....	\$2.00
Adult (19+).....	\$4.50		

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

Spring Break Aquatic Schedule March 15-28

FITNESS ROOM

Mon-Fri 6:00am-9:15pm
Sat & Sun 9:00am-8:00pm
Last entry into the fitness room is 8:45pm Mon-Fri.

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

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

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

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

POOL

Mon & Wed 6:30-11:00am
12:00-1:15pm
1:30-3:30pm
6:30-9:15pm
Tue & Thu 6:30am-1:15pm
2:00-3:30pm
6:30-9:15pm
Fri 6:30-11:00am
12:00-1:15pm
3:00-5:00pm
6:30-8:00pm
Sat & Sun 1:30-4:00pm
6:30-8:00pm

Spring Break Schedule March 15-28

■ Health Club Swim Lane & Hot Tub are not available
□ Health Club Admission Rate
■ Swim Admission Rate

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

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

YOUTH
CENTRE
ASSOCIATION
SUMMER
PROGRAM

Summerland day camp

**Monday-Friday
9:00am-4:00pm**

**6-12
YEARS**

Each week, children will enjoy games, sports, craft, swimming, exploring outdoors, making new friends and reuniting with old ones!

Please bring a healthy bag lunch each day, plenty to drink, hats and sunscreen (already applied, please!)

\$100/5 days or *\$80/4 days program



DC #1 July 6-10	DC #5 Aug 4-7*
DC #2 July 13-17	DC #6 Aug 10-14
DC #3 July 20-24	DC #7 Aug 17-21
DC #4 July 27-31	DC #8 Aug 24-28



Make new friends!

Before & After Care

PRE-REGISTRATION REQUIRED

Before Care • 8:00-9:00am

After Care • 4:00-5:00pm

\$25/5 days or *\$20/4 days

REGISTRATION • Please sign up on Wednesday, June 3 from 6:30-8:00pm at the Harold Simpson Youth Centre. Registration forms are available prior to registration at the Aquatic Centre or www.summerland.ca/recreation.

After June 3 registration night, continuing registration will be taken at the Aquatic Centre Monday-Friday 8:00am-4:00pm.

Program payment with Cash or Cheque only payable to Youth Centre Association (S.Y.C.A.).

Harold Simpson Memorial Youth Centre, 9111 Peach Orchard Drive

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

MORNING

Mar 31-Jun 11

Tue/Thu

9:00-11:00am

Code 2611

\$154/22 sess

AFTERNOON

Mar 31-Jun 11

Tue/Thu

12:30-2:30pm

Code 2612

\$154/22 sess

Parkour

This program will focus on the philosophy and method of movement through any environment with speed and efficiency. Students will learn to move under, over and through obstacles and hone the body's capacity for movement. Open to all skill and fitness level.

Age: 4-14

Instructor: Michael

Place: Ethos Parkour & Movement
647 Okanagan Ave East, Penticton

PARKOUR I (Ages 6-8)

Mar 30-Jun 15

Mon

4:00-5:00pm

Code 2614

\$100/10 sess

PARKOUR II (Ages 9-11)

Mar 30-Jun 15

Mon

5:15-6:15pm

Code 2615

\$100/10 sess

PARKOUR III (Ages 11-14)

Mar 30-Jun 15

Mon

6:30-7:30pm

Code 2616

\$100/10 sess

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: Shawn

Place: Lower Arts Centre Room

May 3

Sun

9:00am-5:00pm

Code 2620

\$65

Home Alone Program

The Home Alone Program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied.

Age: 10+ years

Instructor: Shawn

Place: Aquatic Meeting Room

May 24

Sun

1:00-4:00pm

Code 2621

\$35

Kid's Outdoor Adventure Fun

Experience adventure recreation with our qualified outdoor instructors! Tuesday is mountain biking day (bikes and helmets not provided) and Thursday is rock-climbing day. Registration deadline is two weeks in advance.

Age: 8-12 years

Instructor: Hoodoo Adventures

Place: Hoodoo Adventures - Ellis Street

Aug 11 & 13

Tue/Thu

9:00am-3:00pm

Code 2682

\$120



Youth Intro to Mountain Biking

Summerland has a ton of trails just waiting to be explored and no better way than on a mountain bike. Come join other youth and learn the basics of mountain biking in a fun, supportive environment.

Age: 12-17 years

Instructor: Hoodoo Adventures

Place: TBA

Jun 7

Sun

10:00am-2:00pm

Code 2677

\$80



Kayak Rattlesnake Island - Intermediate Level

Join us on an adventure paddle to the lair of the elusive Ogopogo. Departing from Peachland, you will cross the Okanagan to set foot on one of the only two islands on the lake. You will learn about the island's unusual history from your guide while exploring the remnants of the abandoned theme park on this intermediate-level return paddle. We will meet at the boat launch in Peachland.

Age: 16+ years

Instructor: Hoodoo Adventures

Place: Peachland Boat Launch

Jun 13

Sat

9:00am-1:00pm

Code 2678

\$95

Family Kayaking Day

Enjoy a beautiful family outing on Okanagan Lake with our experienced instructors and guides. We will start the outing with a quick intro to kayaking and then take off for a 1.5-2 hours of kayaking. Bring a lunch, as we will stop for a picnic. Kayaks and all safety equipment provided. Children may be required to be in a double kayak with an adult. We will meet at the boat launch at Peach Orchard Beach Park.

Age: 5+ years

Instructor: Hoodoo Adventures

Place: Peach Orchard Beach Park

May 30

Sat

9:30am-1:30pm

Code 2679

\$82/person

Level 1 Kayaking

Learn the basics in this easy introductory lesson and gain confidence as you master the various ways to make your kayak propel forward, turn and stop. Part of your lesson will take place on the shore, going over the following topics: kayaks, safety equipment, other equipment, transportation, adjusting your kayak for proper fit, holding your paddle and paddle signals. We will meet at the boat launch at Peach Orchard Beach Park.

Age: 16+ years

Instructor: Hoodoo Adventures

Place: Peach Orchard Beach Park

May 20

Wed

5:30-8:30pm

Code 2680

\$82

Level 2 Kayaking

During this course you will learn about strokes, kayak handling, rescues and equipment, if you want to get into sea kayaking, then this course will provide you with the required essential skills. Throughout the day qualified instructors will take you through different paddling techniques, self and buddy rescues, packing your boat and recommended equipment

Age: 16+ Years

Instructor: Hoodoo Adventures

Place: Peach Orchard Beach Park

Jun 7

Sun

9:00am-3:00pm

Code 2681

\$120

Pilates & More

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

Age: 18+ years

Instructor: Noni

Place: Arena Banquet Room

SPRING

Mar 31-Jun 23

(No session May 19)

Tue/Thu

6:50-7:50am

Code 2617

\$240/24 sess

SUMMER

Jul 2-Aug 6

Tue/Thu

6:50-7:50am

Code 2618

\$110/11 sess

Rev & Flow Refit

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.

Age: 18+ years

Instructor: Bree

Place: IOOF Hall

Apr 8-Jun 24

Wed/Fri

9:00-10:00am

Code 2619

\$210/21 sess

(No sessions Apr 10 and May 29)



Classical Mat Pilates

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

Age: 18+ years

Instructor: Katya

Place: Curling Club Lounge

SPRING

Mar 30-Jun 24

Mon/Wed

5:30-6:30pm

Code 2622

\$210/21 sess

(No classes Apr 13, 29 May 4, 11, 18)

SUMMER

July 6-Aug 5

Mon/Wed

5:30-6:30pm

Code 2623

\$90/9 sess

(No class Aug 3)

Fitness Fusion

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

Age: 50+ years

Instructor: Claire

Place: Arena Banquet Room

FITNESS FUSION I

Apr 1-Jun 24

Wed

8:00-9:00am

Code 2624

\$104/13 sess

FITNESS FUSION II

Apr 1-Jun 24

Wed

9:15-10:15am

Code 2625

\$104/13 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.

Fitness Fusion Bootcamp

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

Age: 50+ years

Instructor: Noni

Place: Arena Banquet Room

SPRING

Apr 3-Jun 19

(No class Apr 10)

Fri

8:00-9:00am

Code 2626

\$110/11 sess

SUMMER

July 3-Aug 7

Fri

8:00-9:00am

Code 2627

\$60/6 sess

StrongFit Bootcamp

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

Age: 16+ years

Instructor: Alicia

Place: Giant's Head School Gym

SESSION I

Mar 31-Apr 30

Tue/Thu

5:30-6:30pm

Code 2628

\$90/10 sess

SESSION II

May 5-Jun 4

Tue/Thu

5:30-6:30pm

Code 2629

\$90/10 sess

Mommy & Me Fitness Bootcamp

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

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

Instructor: Dannielle

Place: Arena Banquet Room & Peach Orchard Beach

Mar 30-May 6

(No class April 13)

Mon/Wed

10:30-11:30am

Code 2632

\$88/11 sess

Arena Banquet Room

May 11-Jun 24

(No class May 18)

Mon/Wed

10:30-11:30am

Code 2633

\$104/13 sess

Peach Orchard Beach

Zumba

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

Age: 16+ years

Instructor: Carole

Place: Arena Banquet Room

SPRING

Apr 6-Jun 22

Mon

5:30-6:30pm

Code 2640

\$81/9 sess

(No classes Apr 13 and May 18)

Apr 8-Jun 24

Wed

5:30-6:30pm

Code 2641

\$108/12 sess

SUMMER

Jun 29-Jul 27

Mon

5:30-6:30pm

Code 2642

\$45/5 sess

Jul 8-29

Wed

5:30-6:30pm

Code 2643

\$36/4 sess

August Sessions - Lower Arts Centre Room

Aug 10-31

Mon

5:30-6:30pm

Code 2644

\$36/4 sess

Aug 5-26

Wed

5:30-6:30pm

Code 2645

\$36/4 sess

OsteoFit

Exercise is a proven effective treatment option for people with osteoporosis in combination with medication and nutrition. Exercise can modify some fall risk factors and thus reduce falls in older adults. A physically active lifestyle is associated with a reduced risk of osteoporotic fracture. Osteofit is BC Women's certified exercise, education and falls prevention program for individuals with osteoporosis, low bone density or who are at risk of fractures and falls. Osteofit aims to provide safe and gentle exercises for individuals with minimal previous exercise experience.

Age: 18+ years

Instructor: Chantel

Place: Summerland Youth Centre

Apr 6-Jun 24

Mon/Wed

9:00-10:00am

Code 2683

\$176/22 sess

(No classes Apr 13 and May 18)

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

SPRING

Apr 6-Jun 22

Mon

9:00-10:00am

Code 2646

\$85/10 sess

(No classes Apr 13 and May 18)

Apr 17-Jun 19

Fri

9:10-10:10am

Code 2647

\$85/10 sess

SUMMER

Jun 29-Jul 27

Mon

9:00-10:00am

Code 2648

\$42.50/5 sess

Jul 3-31

Fri

9:10-10:10am

Code 2649

\$42.50/5 sess

August Sessions - Lower Arts Centre Room

Aug 10-31

Mon

9:00-10:00am

Code 2650

\$34/4 sess

Aug 7-28

Fri

9:10-10:10am

Code 2651

\$34/4 sess

Chair Yoga

Comfortably develop your ability to breathe better, improve balance, build strength, increase flexibility and strengthen mind and body connection. Chairs are used throughout class for both support and to experience deeper benefits from your practice. Bring a yoga mat and a re-usable water bottle to each class. No experience necessary. Drop in is \$12 (if space is available).

Age: 18+ years

Instructor: Cheryl

Place: IOOF Hall

Apr 8-Jun 17

Wed

10:30-11:45am

Code 2652

\$105/10 sess

(No class May 20)

Gentle Yoga

Movement is the Celebration of Life! In this program, suited to most levels of ability, we will proactive 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. Drop in is \$12 (if space is available).

Age: 18+ years

Instructor: Cheryl

Place: Arena Banquet Room

Apr 3-Jun 19

Fri

10:30-11:45am

Code 2653

\$110/11 sess

(No class May 22)

Apr 10 class will be held in the Curling Club Lounge

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: Arena Banquet Room

Apr 4

Sat

10:00am-12:00pm

Code 2684

\$20

May 2

Sat

10:00am-12:00pm

Code 2685

\$20

Fresh Air Yoga

Greet the summer days outdoors with long stretches, deep breathing, balancing, strengthening and relaxing your body and being. Bring your re-usable water bottle, mat and towel for on the grass under your mat. *No class if raining.*

Age: 18+ years

Instructor: Cheryl

Place: Memorial Park & Peach Orchard Beach

Wed - Memorial Park

Fri - Peach Orchard Beach

Jul 8-Aug 21

Wed/Fri

9:00-10:00am

Drop in only

\$10/class

Adult Dru Yoga

Along with traditional yogic postures (asana), unique to Dru Yoga are energy block release sequences based on subtle yet potent flowing qi gong like movements, harmonized with directed breathing and affirmations. It will help to increase energy, boost strength and stamina, increase flexibility and enhance your quality of life. As a mindfulness based practice, it supports and 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: Arena Banquet Room

Mar 31-Jun 2

Tue

5:45-7:15pm

Code 2654

\$100/10 sess

Yoga with Marsha

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. Please bring a mat, a warm blanket, and a reusable water bottle.

Age: 18+ years

Instructor: Marsha

Place: Trout Creek School Gym

Mar 30-Jun 15

Mon

4:30-5:30pm

Code 2655

\$81/9 sess

(No classes Apr 13, 20 and May 18)

LEVEL 1 YOGA: BEGINNER CLASS

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

Age: 18+ years

Instructor: Marsha

Place: Trout Creek School Gym

Mar 30-Jun 15

Mon

5:45-7:00pm

Code 2656

\$90/9 sess

(No classes Apr 13, 20 and May 18)

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. Please bring a mat, a blanket, and a re-usable water bottle to class.

Age: 18+ years

Instructor: Marsha

Place: Trout Creek School Gym

Mar 30-Jun 15

Mon

7:15-8:45pm

Code 2657

\$94.50/9 sess

(No classes Apr 13, 20 and May 18)



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

SPRING

Place: Trout Creek School Gym

Apr 1-Jun 17

Wed

5:30-6:30pm

Code 2658

\$108/12 sess

SUMMER

Place: Powell Beach

Jul 8-Aug 26

Wed

6:30-7:30pm

Code 2659

\$72/8 sess

Use it or Lose it

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

Place: Aquatic Centre Meeting Room

SPRING

MORNINGS

Instructor: Barry

Mar 31-Jun 25

Tue/Thu

10:00-11:00am

Code 2660

\$182/26 sess

AFTERNOONS

Instructor: Andi

Apr 1-Jun 26

(No classes Apr 10)

Wed/Fri

1:30-2:30pm

Code 2662

\$175/25 sess

SUMMER

MORNINGS

Instructor: Barry

Jun 30-Aug 27

Tue/Thu

10:00-11:00am

Code 2661

\$126/18 sess

Yoga Foundations for Men

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

Age: 18+ years

Instructor: Lesley

Place: Arena Banquet Room

Apr 2 - Jun 18

Thu

6:00-7:00pm

Code 2663

\$110/10 sess

(No classes Apr 9 and May 7)

Beginner Yoga for Stress Relief

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

Age: 18+ years

Instructor: Lesley

Place: Arena Banquet Room

Apr 2-Jun 18

Thu

7:15-8:30pm

Code 2688

\$115/10 sess

(No classes Apr 9 and May 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.

Aquatic Centre Important Information

Please note of the following public swim cancellation due to Swim Meets/Events:

April 25 • 2:30-4:00pm Pleasure Swim

Cancelled due to ORCA Swim Event

April 26 • 1:30-2:30pm Lane Swim &

2:30-4:00pm Pleasure Swim

Cancelled due to Staff Training

May 3 • 1:30-2:30pm Lane Swim &

2:30-4:00pm Pleasure Swim

Cancelled due to ORCA Swim Event

**ANNUAL
SHUT DOWN
AUG 29-SEP 13**



Parent & Tot

Swim Pre-School & Swim Kids (combined)

	CODE	DAY	DATES	TIME
SPRING	2605	Sat	Apr 4-Jun 20	10:45-11:15am
	2606	Mon/Wed	Apr 6-May 11	9:30-10:00am
	2607	Mon/Wed	May 20-Jun 22	9:30-10:00am
	CODE	DAY	DATES	TIME
SUMMER	2608	Mon-Fri	Jul 20-31	8:30-9:00am
	2609	Mon-Fri	Aug 4-14	8:30-9:00am
	2610	Mon-Fri	Aug 17-28	8:30-9:00am

SP 1/SK1

10 Sessions: \$42 | 9 Sessions: \$37.80

	CODE	DAY	DATES	TIME
SPRING BREAK	2509	Mon-Fri	Mar 16-27	9:30-10:00am
	2510	Mon-Fri	Mar 16-27	10:00-10:30am
	CODE	DAY	DATES	TIME
SPRING	2511	Sat	Apr 4-Jun 20	10:30-11:00am
	2512	Sun	Apr 5-Jun 21	10:00-10:30am
	2513	Mon/Wed	Apr 6-May 11	9:00-9:30am
	2514	Mon/Wed	Apr 6-May 11	3:30-4:00pm
	2515	Mon/Wed	Apr 6-May 11	4:00-4:30pm
	2516	Tue/Thu	Apr 7-May 7	3:30-4:00pm
	2517	Tue/Thu	May 19-Jun 18	3:00-3:30pm
	2518	Tue/Thu	May 19-Jun 18	3:30-4:00pm
	2519	Mon/Wed	May 20-Jun 22	9:00-9:30am
	2520	Mon/Wed	May 20-Jun 22	3:30-4:00pm
	CODE	DAY	DATES	TIME
SUMMER	2521	Mon-Fri	Jul 6-17	9:00-9:30am
	2522	Mon-Fri	Jul 6-17	9:30-10:00am
	2523	Mon-Fri	Jul 6-17	10:00-10:30am
	2524	Mon-Fri	Jul 6-17	10:30-11:00am
	2525	Mon-Fri	Jul 20-31	9:30-10:00am
	2526	Mon-Fri	Jul 20-31	10:00-10:30am
	2527	Mon-Fri	Jul 20-31	10:30-11:00am
	2528	Mon-Fri	Aug 4-14	8:30-9:00am
	2529	Mon-Fri	Aug 4-14	9:30-10:00am
	2530	Mon-Fri	Aug 4-14	10:30-11:00am
	2531	Mon-Fri	Aug 17-28	8:30-9:00am
	2532	Mon-Fri	Aug 17-28	9:30-10:00am
	2533	Mon-Fri	Aug 17-28	10:30-11:00am

SP 2/SK 2

Swim Pre-School & Swim Kids (combined)

	CODE	DAY	DATES	TIME
SPRING BREAK	2534	Mon-Fri	Mar 16-27	9:30-10:00am
	2535	Mon-Fri	Mar 16-27	10:30-11:00am
	CODE	DAY	DATES	TIME
SPRING	2536	Sat	Apr 4-Jun 20	9:00-9:30am
	2537	Sat	Apr 4-Jun 20	9:30-10:00am
	2538	Sun	Apr 5-Jun 21	10:30-11:00am
	2539	Mon/Wed	Apr 6-May 11	3:00-3:30pm
	2540	Tue/Thu	Apr 7-May 7	4:00-4:30pm
	2541	Mon/Wed	May 20-Jun 22	3:00-3:30pm
	2542	Tue/Thu	May 19-Jun 18	4:00-4:30pm
	CODE	DAY	DATES	TIME
SUMMER	2543	Mon-Fri	Jul 6-17	8:30-9:00am
	2544	Mon-Fri	Jul 6-17	9:00-9:30am
	2545	Mon-Fri	Jul 6-17	10:15-10:45am
	2546	Mon-Fri	Jul 20-31	8:30-9:00am
	2547	Mon-Fri	Jul 20-31	9:30-10:00am
	2548	Mon-Fri	Jul 20-31	9:00-9:30am
	2549	Mon-Fri	Aug 4-14	9:00-9:30am
	2550	Mon-Fri	Aug 4-14	10:00-10:30am
	2551	Mon-Fri	Aug 4-14	10:30-11:00am
	2552	Mon-Fri	Aug 17-28	8:30-9:00am
	2553	Mon-Fri	Aug 17-28	9:00-9:30am
	2554	Mon-Fri	Aug 17-28	10:00-10:30am



Not sure what level to register in? Drop by the Aquatic Centre during a pleasure swim for a free swimming evaluation.

SP 3/SK 3/4

Swim Pre-School & Swim Kids (combined)

	CODE	DAY	DATES	TIME
SPRING BREAK	2555	Mon-Fri	Mar 16-27	9:30-10:00am
	CODE	DAY	DATES	TIME
SPRING	2556	Sat	Apr 4-Jun 20	10:00-10:30am
	2557	Sat	Apr 4-Jun 20	10:15-10:45am
	2558	Sun	Apr 5-Jun 21	9:30-10:00am
	2559	Mon/Wed	Apr 6-May 11	3:00-3:30pm
	2560	Mon/Wed	Apr 6-May 11	4:00-4:30pm
	2561	Tue/Thu	Apr 7-May 7	4:00-4:30pm
	2562	Tue/Thu	Apr 7-May 7	3:00-3:30pm
	2563	Tue/Thu	May 19-Jun 18	3:00-3:30pm
	2564	Tue/Thu	May 19-Jun 18	3:30-4:00pm
	2565	Mon/Wed	May 20-Jun 22	3:00-3:30pm
	CODE	DAY	DATES	TIME
SUMMER	2566	Mon-Fri	Jul 6-17	8:30-9:00am
	2567	Mon-Fri	Jul 6-17	9:30-10:00am
	2568	Mon-Fri	Jul 6-17	10:30-11:00am
	2569	Mon-Fri	Jul 20-31	8:30-9:00am
	2570	Mon-Fri	Jul 20-31	9:00-9:30am
	2571	Mon-Fri	Jul 20-31	10:00-10:30am
	2572	Mon-Fri	Aug 4-14	9:00-9:30am
	2573	Mon-Fri	Aug 4-14	9:30-10:00am
	2574	Mon-Fri	Aug 4-14	10:00-10:30am
	2575	Mon-Fri	Aug 17-28	9:00-9:30am
	2576	Mon-Fri	Aug 17-28	9:30-10:00am
	2577	Mon-Fri	Aug 17-28	10:00-10:30am



SK 5/6

Swim Pre-School & Swim Kids (combined)

	CODE	DAY	DATES	TIME
SPRING BREAK	2578	Mon-Fri	Mar 16-27	9:00-9:30am
	CODE	DAY	DATES	TIME
SPRING	2579	Sat	Apr 4-Jun 20	9:00-9:30am
	2580	Sun	Apr 5-Jun 21	9:00-9:30am
	2581	Mon/Wed	Apr 6-May 11	3:30-4:00pm
	2582	Tue/Thu	Apr 7-May 7	3:00-3:30pm
	2583	Tue/Thu	May 19-Jun 18	4:00-4:30pm
	2584	Mon/Wed	May 20-Jun 22	4:00-4:30pm
	CODE	DAY	DATES	TIME
SUMMER	2585	Mon-Fri	Jul 6-17	8:30-9:00am
	2586	Mon-Fri	Jul 6-17	9:00-9:30am
	2587	Mon-Fri	Jul 6-17	10:00-10:30am
	2588	Mon-Fri	Jul 20-31	9:00-9:30am
	2589	Mon-Fri	Jul 20-31	9:30-10:00am
	2590	Mon-Fri	Jul 20-31	10:30-11:00am
	2591	Mon-Fri	Aug 4-14	8:30-9:00am
	2592	Mon-Fri	Aug 4-14	9:45-10:15am
	2593	Mon-Fri	Aug 4-14	10:15-10:45am
	2594	Mon-Fri	Aug 17-28	9:00-9:30am
	2595	Mon-Fri	Aug 17-28	9:30-10:00am
	2596	Mon-Fri	Aug 17-28	10:30-11:00am

SK 7-10

Swim Pre-School & Swim Kids (combined)

	CODE	DAY	DATES	TIME
SPRING BREAK	2597	Mon-Fri	Mar 16-27	10:00-10:45am
	CODE	DAY	DATES	TIME
SPRING	2598	Sat	Apr 4-Jun 20	9:30-10:15am
	2599	Tue/Thu	Apr 7-May 7	3:15-4:00pm
	2600	Mon/Wed	May 20-Jun 22	3:30-4:15pm
	CODE	DAY	DATES	TIME
SUMMER	2601	Mon-Fri	Jul 6-17	9:30-10:15am
	2602	Mon-Fri	Jul 20-31	10:00-10:45am
	2603	Mon-Fri	Aug 4-14	9:00-9:45am
	2604	Mon-Fri	Aug 17-28	10:00-10:45am

Swimming Lesson Fees

Swim Pre-School & Swim Kids Level 1-6

10 Lessons - \$42.00
9 Lessons - \$37.80

Swim Kids 7-10

10 Lessons - \$52.00
9 Lessons - \$46.80

SPRING Schedule Mar 29-Jun 28

CLOSED APR 10-13 AND MAY 18.

■ Health Club Swim Lane & Hot Tub are not available

□ Health Club Admission Rate

■ Swim Admission Rate

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

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

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

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

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

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

Registration for swim lessons begins March 3



SUMMER Schedule Jun 29-Aug 28

CLOSED JUL 1 & AUG 3.

- Health Club Swim Lane & Hot Tub are not available
- Health Club Admission Rate
- Swim Admission Rate

TIME	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6:30-8:30am	EARLY BIRD LANE SWIM • 5 DAYS A WEEK					CLOSED	
	Aquafit 7:30-8:30am		Aquafit 7:30-8:30am				
9:00-10:00am	Red Cross Swim Lessons						
10:00-11:00am	Red Cross Swim Lessons						
11:00am-12:00pm	Recope	Loonie Swim	Recope	Loonie Swim	Recope		
12:00-1:15pm	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim		
	Aquafit 12:05-1:15pm		Aquafit 12:05-1:15pm		Aquafit 12:05-1:15pm		
1:15-3:00pm	CLOSED						
3:00-6:30pm	Loonie Swim 3:00-5:00pm						
6:30-8:00pm	Pleasure Swim • EVERYBODY WELCOME! • 7 DAYS A WEEK						

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

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

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

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

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Registration for swim lessons begins March 3



Advanced Aquatics, Fitness & First Aid Courses



LIFESAVING SOCIETY®
The Lifeguarding Experts



COURSE	DAY	DATES	TIME	FEE	CODE
Emergency & Standard First Aid Recertification	Sun	Apr 19	9:00am-5:00pm	\$95	2500
	Standard First Aid is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. Recertification of Standard First Aid with CPR C/AED is achieved by attending an eight hour Standard First Aid with CPR C/AED Recertification course. PREREQUISITES: SFA (need not be current) RECOGNITION: Standard First Aid with CPR C/AED Recertification card CURRENCY: Certification is valid for three years from date of issue.				
First Aid Instructor	Sun-Wed	May 10-13	9:00am-5:00pm	\$375	2501
	The First Aid Instructor (FAI), recognized as Occupational (OFA) Level 1 Instructor, trains instructors to apply teaching and evaluation philosophy to techniques and approaches required to teach first aid skills. Candidates also learn about long-range/ short-term planning, class management, safety supervision and the principles of evaluation.				
Water Safety Instructor Recertification	Sun	Jun 7	9:00am-5:00pm	\$110	2502
	The WSI Recert workshop is designed to ensure the quality and standards of the programs are maintained in the field. This workshop provides candidates with the opportunity to share ideas, review skills, update knowledge and network with others.				
Lifesaving Instructor Recertification	Sun	Jun 14	9:00am-5:00pm	\$110	2503
	Lifesaving Instructors play an important role in providing high quality training and are viewed as aquatic experts in the community. The Lifesaving Instructor Recert (LSIR) provides updated information to BC & Yukon Branch LSIs to allow them to continue to provide quality programs in support of the Lifesaving Society mission to prevent injury or death in, on or near the water.				
National Lifeguard Pool Recertification	Sun	Jun 21	9:00am-5:00pm	\$125	2504
	The objective of the NL Precertification is to provide candidates an opportunity to review NL skills and knowledge and to provide education on new information before the start of the Recertification. Although not a requirement, the BC & Yukon Branch highly recommends that candidates attend an NL recert to promote professional development and success.				

Advanced Aquatics, Fitness & First Aid Courses



COURSE	DAY	DATES	TIME	FEE	CODE
Bronze Combination Camp (Medallion-Cross combo)	Mon-Fri	Jul 20-24	9:00am-5:00pm	\$350	2505
	Complete all your prerequisites at once for all advanced lifesaving training programs including National Lifeguard and Instructor certification. 13+ years or have Bronze Star Certification required. Swim Kids 7 swimming ability recommended.				
Emergency & Standard First Aid	Thu & Fri	Aug 6-7	9:00am-5:00pm	\$125	2506
	Standard First Aid is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. This course includes comprehensive training covering all aspects of first aid, CPR and AED use! Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. In addition to the material covered in Emergency First Aid, candidates will learn how to treat head/neck injuries, soft tissue and musco-skeletal injuries and medical emergencies.				
CFES Fitness Knowledge	Sun	Sep 13, 20, 27 & Oct 4	9:00am-5:00pm	\$375	2507
	<p>The CFES Fitness Knowledge (Fitness Theory) classroom course, or homestudy version, acts as the prerequisite to all CFES instructor courses and is the first step in becoming a nationally-certified CFES Weight Training Instructor, Group Fitness Instructor, Aquafit Instructor, Active Aging Instructor or Personal Trainer.</p> <p>Expect this course to provide comprehensive information on how to keep yourself and others safely fit and well. Thousands of students have found the course and resources learner friendly, academically credible, and very practical. You can also enroll in this course for your own personal health and fitness information.</p>				
CFES Aquafit Instructor Course	Thu & Fri	Oct 25, Nov 1 & 8	9:00am-5:00pm	\$285	2508
	CFES Aquafit Instructor Course This course is designed to teach foundation knowledge and instructor skills to successfully complete CFES Canadian national Aquafit Instructor certification - enabling you to program and lead basic water fitness exercise classes. Ample practicum opportunities are provided.				

Registration for CFES Programs will open August 11, 2020

AQUATIC PROGRAMS

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

Three other Ways to Attend Aquafit Classes:

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

Aqua Zumba is not included

AquaFit Classes

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

Age: 18+ years

Instructor: Aquatic Staff

Place: Aquatic Centre

SPRING

MORNING

Mar 31-Jun 25

Tue/Thu

8:05-9:00am

Code 2664

\$91/26 sess

NOON HOUR

Mar 30-Jun 26

Mon/Wed/Fri

12:05-1:00pm

Code 2665

\$126/36 sess

(No classes Apr 10, 13 and May 18)

AFTERNOON

Mar 31-Jun 25

Tue/Thu

2:05-3:00pm

Code 2667

\$91/26 sess

EVENING

Mar 31-Jun 25

Tue/Thu

8:05-9:00pm

Code 2668

\$91/26 sess

SUMMER

MORNING

Jun 30-Aug 27

Tue/Thu

8:05-9:00am

Code 2669

\$63/18 sess

NOON HOUR

Jun 29-Aug 28

Mon/Wed/Fri

12:05-1:00pm

Code 2670

\$87.50/25 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

SPRING

Apr 8-Jun 24

Wed

8:05-9:00am

Code 2671

\$96/12 sess

Apr 19-Jun 28

Sun

5:30-6:30pm

Code 2672

\$80/10 sess

(No class May 17)

SUMMER

Jun 30-Jul 28

Tue

12:30-1:15pm

Code 2673

\$40/5 sess

Jul 8-29

Wed

7:30-8:25am

Code 2674

\$32/4 sess

Aug 4-25

Tue

12:30-1:15pm

Code 2675

\$32/4 sess

Aug 5-26

Wed

7:30-8:25am

Code 2676

\$32/4 sess

SUMMERLAND AQUATICS PRIVATE SWIM LESSONS

Private Lesson (1 person): \$22.00 + GST

Semi Private Lesson (2 ppl): \$33.00 + GST

For more information regarding private lessons, please contact
Summerland Aquatic Centre at 250-494-0447 or recreation@summerland.ca

Health Club Schedule Mar 15-Aug 28

CLOSED APR 10-13, MAY 18, JUL 1 AND AUG 3

Health Club Access includes access to 1 lane of 25m pool, hot tub, sauna, fitness centre and aquafit when available. Last entry into the pool or fitness room is 30 minutes before closure. For Health Club Access for the Aquatic Centre, please see aquatic schedule on page 18 and 19.

Fitness Centre Schedule

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

Our equipment includes:

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

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



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

ADMISSION	DROP-IN	10 PASS	1-MONTH PASS	3-MONTH PASS	6-MONTH PASS	1-YEAR PASS
Teen 13-18 years	\$5.00	\$37.00	\$50.00	\$127.00	\$195.00	\$355.50
Adult 19-64 years	\$6.75	\$53.25	\$64.00	\$151.75	\$245.00	\$453.00
Senior 65+ years	\$5.00	\$37.00	\$50.00	\$127.00	\$195.00	\$355.50
Family (13+)*	N/A	N/A	\$177.50	\$430.75	N/A	N/A

Fitness Centre Hours

SPRING HOURS

Mar 15-Jun 28

Mon-Fri 6:00am-9:15pm
 Sat & Sun 9:00am-8:00pm
 Apr 10-13 **CLOSED**
 May 18 **CLOSED**

SUMMER HOURS

Jun 29-Aug 28

Mon-Fri 6:00am-8:00pm
 Sat & Sun **CLOSED**
 Jul 1 **CLOSED**
 Aug 3 **CLOSED**



Need some space? Rent the Theatre!



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

Centre Stage Theatre

9518 MAIN STREET

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

Looking for a location for your event?

Summerland Rodeo Grounds Complex include:

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

Summerland Rodeo Grounds Complex
18707 BATHVILLE ROAD

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

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 and a fully equipped concession. 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 Parks and Recreation** at **250-494-0447** or recreation@summerland.ca



Pre K to Grade 11 day school (Gr 12 in subsequent year)
Boarding option available for grade 8 and up.

Local Perspectives. Global Horizons.

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

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



MARK YOUR CALENDAR!

Your child can experience a day at UNISUS on the following PD Days
March 6th, April 20th, May 8th, 2020 (SD67 Pro-D days)
Limited spaces available for K to Gr 10. Register at **UNISUS.ca** to reserve a space.

SPRING BREAK CAMP (2.5Y-Gr7)

March 23rd-March 27th | Monday - Friday (8:30am-4:30pm)

Outdoor education

Arts

Sports

STEM:

(Interactive program to design and innovate)

Cost \$250

AFTER SCHOOL PROGRAM (K-Gr7)

March 30th-June 5th | Monday - Friday (3:30 - 4:30pm)

Monday: Gym games

Tuesday: Innovation and Technology

Wednesday: Arts and Crafts

Thursday: Board games

Friday: Soccer & Outdoor games

Cost \$60

No Class on April 9, 10, 13 | May 15, 18

Email: info@unisus.ca to register (Spaces are limited)



info@unisus.ca | 1.250.404.3232
7808 Pierre Dr. Summerland





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

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

Summerland Baptist Church
250-494-3881—info@summerlandbaptist.ca



Come run, tumble,
climb and socialize!

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

Drop In: Monday (9:30am-12:00pm) & Tuesday (9:30-11:00am)

Drop in days follow the school calendar.

Suggested Donation: \$3 per family **Ages:** 5 & under

Summerland Baptist Church—For info call 250-494-3881



Boys & Girls Clubs
of the Okanagan

SUMMERLAND BOYS & GIRLS CLUBS

Out-of-School • Special Needs
Teen Life Skills Programs



WHERE EVERYONE BELONGS.

CONNECT WITH US!

9111 Peach Orchard Rd.
Summerland, BC
250-493-0512
south@bgco.ca



@BGCOKANAGAN

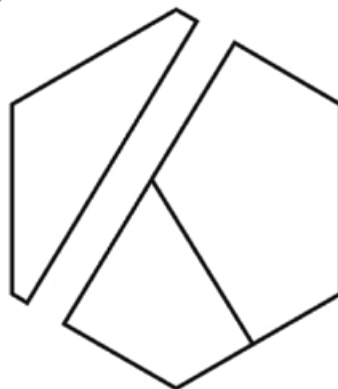
SUMMER DANCE CAMPS July & August!

Check the website for details! www.inhouseperformingarts.com

· PERFORMING ARTS PROGRAM ·

◁ September-June ▷

Ballet
Tap
Jazz
Hip Hop
Musical Theatre
Modern/Contemporary
Choir



INHOUSE

Studio

Register at our website: inhouseperformingarts.com

Chelsi Bentham • inhouseperformingarts@gmail.com • 250-404 9068
13008 Victoria Rd, Summerland V0H 1Z2

· YOGA/BARRE/PILATES CLASSES ·

◁ 8-wk sess. year round ▷

Iyengar · Hatha
Early Morning Yoga
Lunch Express Yoga
Golden Yogis
Restorative Yin
Barre classes
Restorative Pilates
Adult Beginner Ballet



LEARN TO SAIL



A FUN, AFFORDABLE CLUB FOR EVERYONE

CLASSES FOR ALL AGES AND ALL LEVELS OF SAILING
WEEK LONG CLASSES START IN JULY AND RUN ALL SUMMER

SAIL CANADA CERTIFIED INSTRUCTORS

AFFORDABLE FAMILY MEMBERSHIP AND BOAT SHARE

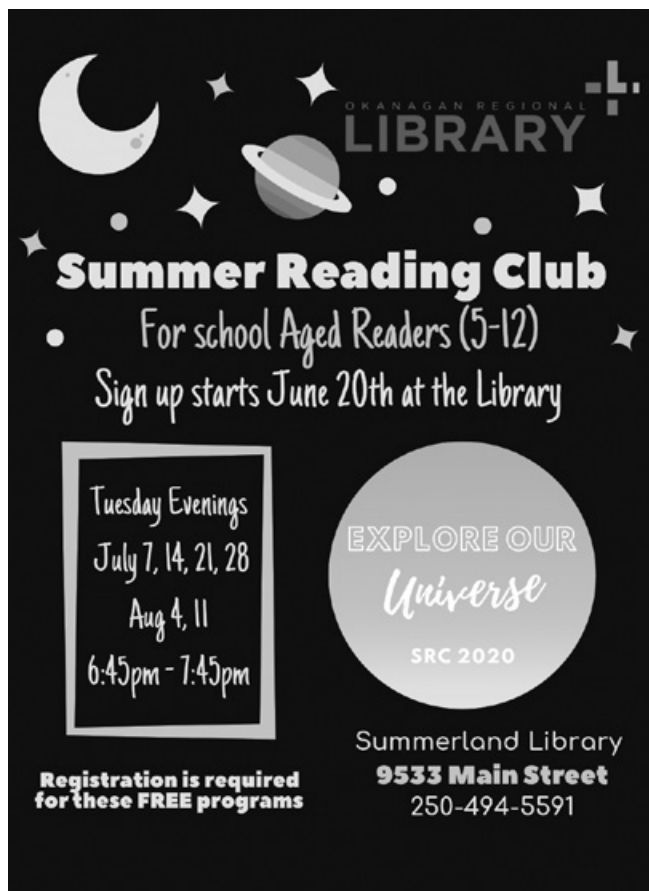
A FUN WAY TO GET YOUR FAMILY OUT ON THE WATER AND SAILING!

SAILBOATS, PADDLE BOARDS, ROWBOAT AND KAYAKS

Check out our calendar and online registration at www.sosailing.ca

email: info@sosailing.ca 250.494.7067

11619 Lakeshore Drive South, Summerland, BC



OKANAGAN REGIONAL
LIBRARY

Summer Reading Club

For school Aged Readers (5-12)
Sign up starts June 20th at the Library

Tuesday Evenings
July 7, 14, 21, 28
Aug 4, 11
6:45pm - 7:45pm

EXPLORE OUR
Universe
SRC 2020

**Registration is required
for these FREE programs**

Summerland Library
9533 Main Street
250-494-5591





We offer artistic and educational workshops and classes for adults and kids. Pro D Day Camps will be held on February 21st, April 20th and May 8th.

Upcoming Gallery Shows
 February 6th – Through the Looking Glass
 March 26th – The Journey
 May 14th – Blind Contour Homage

Enjoy live music and refreshments at our Friday Night Live concerts, featuring talented local musicians. Music in the Park Concert Series runs every Wednesday during July and August.

Comedy Night Fundraiser on March 27th. Refreshments will be served. \$20

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

Check out our website, email or call the Arts & Cultural Centre for information on our events. Register on-line.

www.summerlandarts.com admin@summerlandarts.com
250-494-4494

kids

SUMMER AT SBC

SUMMER NIGHTS CAMP
 July 20 - 23 (evenings)
 for kids going into K - Grade 5
 \$20 per child (includes free family BBQ)

ELEMENTARY DROP-IN
 Wednesdays 1 - 4pm
 for kids going into K - Grade 5

SPORTS CAMP
 August 4 - 7 (mornings)
 for kids going into Grades 5 - 8

MIDDLE SCHOOL DROP-IN
 Thursdays from 1 - 4pm
 for kids going into Grades 6 - 8

SUMMER TUMBLE TIME
 Tuesdays from 9:30 - 11:00am
 July and August

DETAILS AND REGISTRATION ONLINE AT SUMMERLANDBAPTIST.CA

Pinnacles FC

Soccer Programs For All Ages and Skill Levels

Register online

www.pinnaclesfc.ca

**Tots
Minis
Youth
Excelsior Academy**

**Summerland
Penticton
Oliver
Osoyoos
Keremeos**

Spring Registration Open Dec 1- March 15

****After March 15 player will be placed on a waitlist and late fees applied**

PINNACLES FC

Funding Available



Tim Hortons.



Move Better, Feel Better, Live Better!

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

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

Monday, Wednesday & Friday

Land Exercise Program 9:30-10:15am

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

A MEDICAL REFERRAL IS REQUIRED

*** PLEASE ASK YOUR DOCTOR ***



**VOLUNTEERS
ALWAYS NEEDED**

Please contact Jean for info

250-494-9006



Summerland Singers & Players

2020 Plans:
Kettle Valley Rail-
way murder
mysteries, dinner
theatre, theatre
and playwriting
workshops and
more!



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

New members
always welcome!
No experience
necessary.

ssptheatre@gmail.com: Join our email list!

**Find us on Facebook
summerlandtheatre.ca**



Join us!

KELOWNA

SUMMERLAND

WEST KELOWNA

PENTICTON

Create Excellence in Your Life

TANEDA KARATE DOJO

Classes ages 5 to Adult

250-768-2241

www.tanedakaratedojo.com

Sensei Chris Taneda

2017 Central Okanagan
Sport Hall of Fame Inductee

6 Time Canadian National
Kumite Champion

2012 Queens Diamond Jubilee
Award Recipient

7th Degree Black Belt



BRIANS DANCE CLASS.ca
brians.dance.class@gmail.com
778.516.7272

SWING LATIN COUNTRY BALLROOM

CLASSES commence

- Apr 9 Penticton
- Apr 10 Summerland

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

Call or email **Brian Udal**



Summerland Women's Fitness

TRY OUT NIGHT

Join us for an evening to try out our facility for
FREE and join up at a special price!
Thursday, June 11th, 2020 6:30—8:00 pm

Watch for us at the
Action Festival Parade!



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

Hydraulic resistance
circuit equipment

Whole Body Vibration
Machine

Step and regular
treadmills

Exercise Bike

Stretching Station

TAKE THE PLUNGE!

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

SUMMERLAND ORCA SWIM TEAM



Dirty Laundry Vineyards Sprint & Kids of Steel Triathlon

Labour Day Weekend Sunday Sept. 6th

Register at: www.orcaswimclub.net

Orca 5km Ultra Swim Fundraiser Saturday April 25th

Donations Page at: www.orcaswimclub.net



WE ACKNOWLEDGE THE FINANCIAL SUPPORT OF THE PROVINCE OF BRITISH COLUMBIA



Summerland Montessori School nurtures the joy of discovery and the love of learning.

Program Options:

3 Day Junior-Kindergarten (Age 4)
Kindergarten to Grade 5
After School Program
Licensed Daycare*

Our JK - Grade 5 programs include:

French, Swimming, Skating
Fine Arts such as singing, pottery,
drumming, and so much more!

The JK program excludes skating.

****The Summerland Early Learning Centre is a licensed daycare located on site, offering a holistic, play-based preschool curriculum for children aged 3-5 years.***

SUMMERLAND MONTESSORI SCHOOL & EARLY LEARNING CENTRE

Office: 250-494-7266 | www.summerlandmontessori.com

ASK ABOUT OUR TUITION BURSARIES



**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**

**f /902aircadets
@902air**



Summerland
250-494-0447

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

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.

So ALL Kids Can Play!

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.

Canadian Tire Jumpstart gives kids a sporting chance!

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

Some of the criteria:

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



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

Let's Make Summerland Canada's Most Active Community!



Join the
ParticipACTION Community Better Challenge
June 1-21, 2020

Get moving with friends, family, coworkers and
neighbours and build social bonds while
participating in the ParticipACTION Community
Better Challenge.

Summerland could win the grand prize of
\$150,000 and be crowned Canada's Most Active
Community.



Help our Community WIN!

From June 1 – 21, 2020, track your physical activity minutes on the ParticipACTION app to help your community win! You also have the chance to win great prizes for yourself when you use the app. Check out the Apple App Store or Google Play and download the ParticipACTION app today.

OR

Starting June 1st, you can also track physical activity minutes for yourself, your family or an organization on our website.



MENTAL HEALTH FIRST AID

If I sprain my ankle, chances are you'll know what to do.
If I have a panic attack, chances are you won't.

TOPICS COVERED IN MHFA BASIC

- ▶ Substance-related disorders
- ▶ Mood-related disorders
- ▶ Anxiety and trauma-related disorders
- ▶ Psychotic disorders

CRISIS FIRST AID INTERVENTIONS FOR

- ▶ Overdose
- ▶ Suicidal behaviour
- ▶ Panic attacks
- ▶ Psychotic episode
- ▶ Acute stress reaction

Mental Health First Aid is offered to someone with an emerging mental health problem or in a mental health crisis until appropriate treatment is found or the situation is resolved.

Date: April 6 & 7

Code 2687

Time: 9:00am-4:00pm

Place: Summerland Curling Club Lounge

Cost: Free - Funding for this program is provided by the generosity of the Summerland Auxiliary

Register in person at the Summerland Aquatic Centre or
online at www.summerland.ca/recreation



safeTALK

What: Suicide alertness training.

Goal: Learn how to activate a suicide alert.

Who: Anyone (15+) who wants to help within a community.

May 11 – 5:00-8:30 pm

Arena Banquet Room

This training is free to participants, thanks to the generosity of the Summerland Auxiliary.

****Pre Registration is required****

Code 2686

(maximum 30 participants)

Register online at www.summerland.ca/recreation or in-person at the Summerland Aquatic Centre.

For more information call:

250-493-8999 or

email: Leah.schulting@cmha.bc.ca

<https://www.livingworks.net/programs/safetalk/>



Recreational, Fun, Competitive and Family Friendly!

Saturday, June 6

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

Online Registration www.runningroom.com
or register in person at the Aquatic Centre.

PRIZES & AWARDS CEREMONY: 7:30pm at Aquatic Centre

REGISTRATION INCLUDES:

- T-Shirt (first 500 competitors)
- Free Swim
- Eligibility for draw prizes
- Ribbons for all children 7 and under

**80's
Retro
Theme**

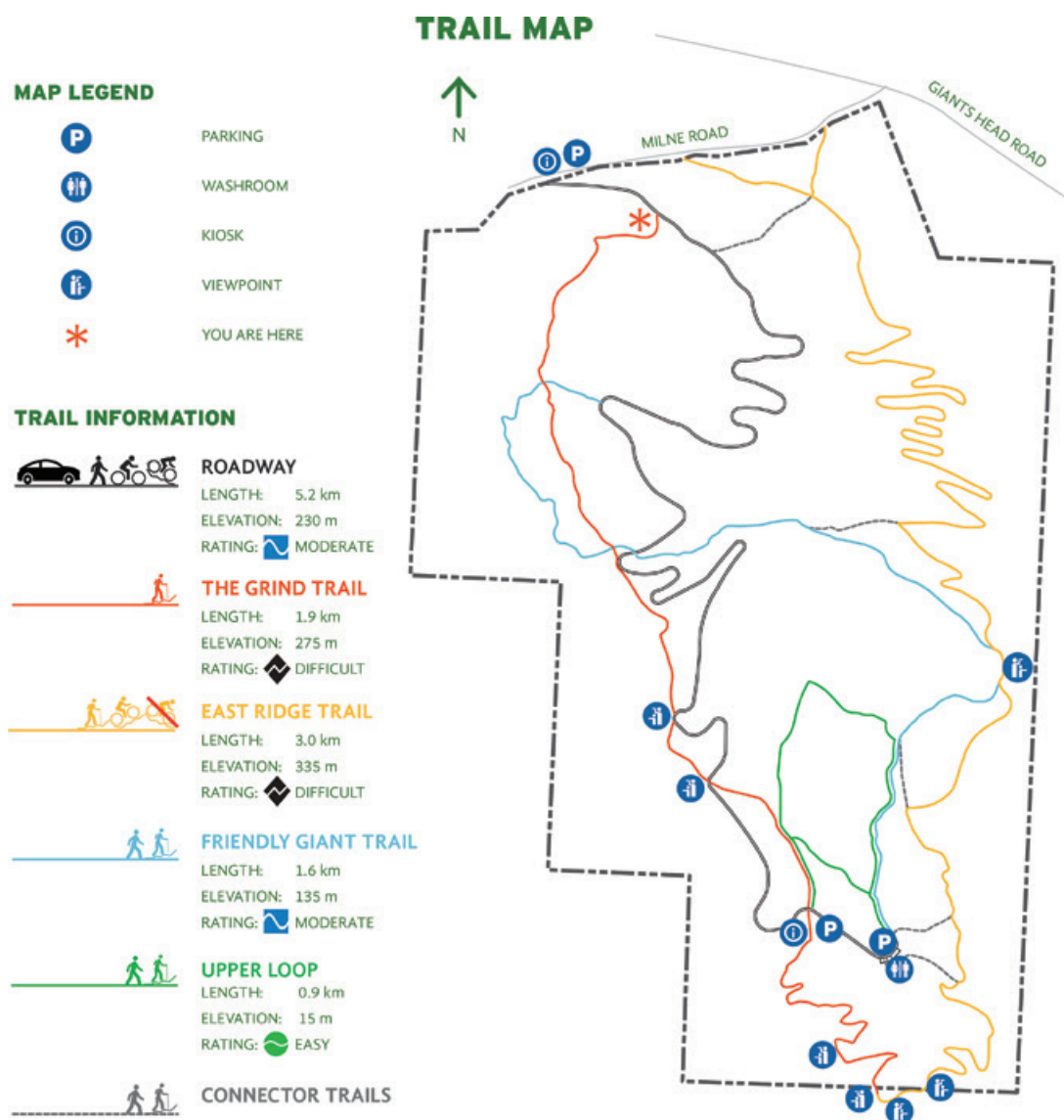


**Retro
Gear
Encouraged**

For more information call 250-494-0447 or online summerland.ca/recreation

Giant's Head Mountain Trails Redevelopment

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



DISTRICT OF
SUMMERLAND

ARTS & CULTURE

Art Club.....	Greta Loepky.....	250-486-3659
Community Arts Council & Gallery.....		250-494-4494
Kettle Valley Steam Railway.....		250-494-8422
Museum & Archives.....		250-494-9395
Pleasure Painters.....	Ruth Manning.....	250-494-1186
Potters Guild.....	Elizabeth Wrobel.....	250-462-7017
Singers & Players.....	James Fofonoff.....	250-494-5420
Summerland Library.....		250-494-5591

SPORTS

Baseball, Minor.....	Terry Rolston.....	250-462-8146
Broomball, Ladies.....	Jenny Nemeth.....	250-494-1998
Curling Club.....	Jodie Brennan.....	250-462-1143
Dance:		
In House Performing Arts Studio.....		778-931-0405
Summerland School of Dance.....		778-516-5583
Dragon Boat/Outrigger.....	Don Mulhall.....	250-488-3100
Hockey:		
Canucks.....	Dave Svetlichny.....	250-809-6930
Minor.....	summerlandminorhockey@hotmail.ca	
Oldtimers.....	Mike Skinner.....	250-809-2433
Still Playing Hockey.....	Kevin Lodermeier.....	250-494-4947
Golden Jets.....	Larry Hollenbeck.....	250-860-7805
Horseshoe Club.....	Ron Moser.....	250-494-0450
Karate Club.....	Chris Taneda.....	1-250-768-2241
Lacrosse, Minor.....	Shona Becker.....	1-250-488-0495
Nautilus Diving.....	Scotty Strickland.....	250-490-4635
Pickleball:		
Summerland Pickleball Club.....	Angela Sielmann.....	250-276-4323
Sailing Club.....	Pam Hinchliffe.....	250-494-7552
Scuba.....	Steve Toth.....	250-809-7311
Skating Club.....	Louise Evans.....	250-808-7225
Skiing:		
Apex Ski Club.....	apexskiclub.com.....	250-809-5727
Nickel Plate.....		1-250-292-8110
Slo Pitch.....	Jeremy Sirakov.....	250-809-5388
	www.summerlandslopitch.com	
Soccer:		
Mini/Youth Soccer.....		778-476-5888
Penticton Soccer Club (Mens/Womens).....		250-492-5505
Pinnacles Football Club.....		778-476-5888
Softball, Girls.....	Cynthia Cutt.....	250-404-0519
Special Olympics.....	Tracy Fleming.....	250-490-1941
Squash.....	Tricia Hoyer.....	250-494-0244
Swim, Orca Club.....		www.orcaswimclub.net
Swim, Orca Masters.....	Mike Cooke.....	thecookes@shaw.ca
Triathlon, TriPower.....	Melissa Berrisford.....	250-462-4338
Volleyball:		
Senior.....	Frank Martens.....	250-494-4666
South Okanagan.....	Karen Finlayson.....	250-460-0776
Yacht Club.....		250-494-8312

MISCELLANEOUS COMMUNITY ORGANIZATIONS

55+ B.C. Games.....	Lynn Schulberg.....	250-494-1786
Al-Anon.....		250-490-9272
Alzheimers Society of BC.....	Mary Beth Rutherford.....	250-493-8182
BC Transit On Request.....		1-844-442-2212
Boys & Girls Club.....		250-404-0440

Canadian Cancer Society.....		1-888-939-3333
Critteraid.....		250-494-5057
Cubs/Scouts/Beavers.....	Shauna Perkins.....	250-462-1149
Diabetes Clinic.....		250-770-3530
Dog Control.....	Elizabeth Bigg.....	250-494-6446
	dogs@summerland.ca	
Emergency Support Services.....	John Topham.....	250-462-0823
Friends of the Garden Club.....		250-494-6385
Garnett Valley Gang.....	Wendy Davis.....	250-317-9797
Girl Guides of Canada.....	Kyla Gaudioso.....	250-494-8331
Health Care Auxiliary.....		250-494-9102
Meals on Wheels.....	Charlotte Burley.....	250-494-1173
	Gavin.....	778-516-1973
Ornamental Gardens.....		250-494-6385
RECOPE.....	Jean Munro.....	250-494-9006
Seniors Drop-In/Activity Centre.....		250-494-9377
Sportsman Association.....	Dave Carleton.....	250-494-7854
St. John Ambulance.....		250-492-3377
Summerland Action Festival.....	Pat Bell.....	250-494-6621
Summerland Chamber of Commerce.....		250-494-2686
Summerland 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
Rebekkah Lodge.....	Frances Beulah.....	250-494-1411
Rotary Club.....	Hannah Hartman	
	secretary@summerlandrotary.org	
Royal Canadian Legion.....	Elke Bewick.....	250-494-2301



SUMMERLAND JUJUTSU

IS IT A CRAZY IDEA TO TRY A CLASS THAT WILL TEACH YOU SKILLS TO PROTECT YOURSELF AND BRING PEACE OF MIND?

When you take part in our martial arts classes we will make you feel welcomed, equip you with tools for success, and help you push pass your current limits in a fun and safe environment!



Physical

You will learn practical self defense such as throws, joint locks, strikes, pressure points, ground grappling, weapon training, and more!



Mental

You will learn martial and esoteric concepts to use as strategies in everyday life. For some ranks you must pass tests from the required readings list!



Beyond the Physical

You will learn meditative and qi gong techniques to help deal with stress, be more mindful, and develop an overall sense of peace.

Martial Arts Classes

We welcome all to come participate in a free class. We also have classes in Okanagan Falls (adults) and Penticton (kids, youth, adults). Please contact us for more info.

Facebook: Summerland/Penticton Jujutsu | armaandov@gmail.com | 250 258 2891



**80's
Retro
Theme**

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

5.7 km or 10 km distances

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

Volunteers Needed! Please contact: recreation@summerland.ca or 250-494-0447

**2020
Summerland
day camp**

**July 6-August 28
Mon-Fri 9:00am-4:00pm**

Before & After Care Available

**Registration Night
Wednesday, June 2, 6:30-8:00pm
at Harold Simpson Memorial Youth Centre**

After June 3, registration will be
taken at the Aquatic Centre
Mon-Fri 8:00am-4:00pm

**6-12
Years**

