

# Active Living Guide



Spring / Summer '23

## Greater Vernon Recreation

Through recreation we improve quality of life!

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

### PROGRAM REGISTRATION DATES

**SPRING:** Vernon, Coldstream and Area B and C residents - Sun, Mar 12 | 8am All Areas - Fri, Mar 17 | 8am

**SUMMER:** Vernon, Coldstream and Area B and C residents - Sun, Apr 30 | 8am All Areas - Fri, May 5 | 8am

# FACILITY RENTALS

**CHRISTMAS PARTIES • WEDDINGS • MEETINGS  
CONCERTS • DANCES • FUNDRAISERS**

## **Gym Rentals**

### **DOGWOOD GYM FACILITY DETAILS**

- 3,528 square feet, area 42' x 84'
- Single court basketball, volleyball, floor hockey or pickle ball play area
- Meeting space for up to 300

### **PRIEST VALLEY GYM FACILITY DETAILS**

- 8,586 square feet, area 81' x 106'
- Two basketball or volleyball courts, six pickle ball lined courts and four badminton court
- Divider curtain to separate play areas or activities

## **Kal Tire Place**

- 2000 square foot boardroom
- 4000 square foot Grand Room is perfectly suited for larger meetings, banquets and social events
- Two ice surface that can be transformed to accommodate an array of events such as concerts, dances and even rodeos
- Kal Tire Place 200' x 85' ice floor surface and stadium seating for 3,003 and standing room for approximately 500
- Kal Tire Place North 200' x 85' ice floor surface and stadium seating for 400

## **The Recreation Centre Auditorium**

- Over 12,000 square feet
- Two breakout rooms
- Commercial kitchen
- Improved acoustics
- New sound system

## **Lakers Clubhouse**

- Over 1,600 square feet
- Beautiful park setting
- Kitchen
- Improved acoustics
- New flooring
- New play structure

*Our in-house Event Services Department has all the additional rental equipment options like pipe and drape, tables, chairs, booths, electrical services, audio, lighting, rigging, and janitorial services to assist you in making your event a complete success. Equipment Rental costs are the responsibility of the tenant.*

## **CONTACT:**

**Auditorium, Lakers and  
Dogwood Gym bookings**  
[bookings@vernon.ca](mailto:bookings@vernon.ca)

**Arena and Priest Valley Gym bookings**  
[abookings@vernon.ca](mailto:abookings@vernon.ca)

[www.vernon.ca/parks-recreation/bookings-rentals](http://www.vernon.ca/parks-recreation/bookings-rentals)

**Check out all our  
facilities at**  
[www.gvrec.ca](http://www.gvrec.ca)



# Greater Vernon Recreation

Through recreation we improve quality of life!

## WAYS TO REGISTER



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



**Recreation Centre**  
3310 37th Avenue

Phone registration is not available.

In order to ensure you have the most accurate and up to date information on programs and services we encourage you to visit our website to view details for course locations and times.

## CONTACT & HOURS

### Recreation Centre

3310 37th Avenue

Mon-Fri 6:30am-9:00pm  
Sat 9:00am-7:00pm  
Sun 8:00am-7:00pm  
Stat Holidays 12:00pm-4:00pm

### Annual Facility Shutdown

dates to be announced

Office Shutdown Hours:

Mon-Fri 8:00am-12:00pm  
1:00pm-4:00pm  
Sat-Sun closed

### Kal Tire Place

3445 43rd Avenue

Mon-Fri 8:00am-12:00pm  
1:00-4:00pm

### RECREATION CENTRE

**250-545-6035**

### SCHEDULE LINE

**250-550-POOL (7665)**

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

## How to Create Your Online Registration Account:

**Step 1:** Go to [gvrec.ca](http://gvrec.ca)

**Step 2:** Click on the text *Log In*

**Step 3:** Click on *Create an Account*

**Step 4:** You are now able to enter all of your information. A password will be sent to the email address you provide. You can then log in and add additional family members and update your account information.

## What is in it for you?

- real time program and service registration
- safe and secure online booking
- access to all your programs and memberships
- increased customer service and ease of use

## PROGRAM REGISTRATION DATES

### SPRING:

**Sun, Mar 12 | 8am** Vernon, Coldstream and Area B and C residents

**Fri, Mar 17 | 8am** All Areas

### SUMMER:

**Sun, Apr 30 | 8am** Vernon, Coldstream and Area B and C residents

**Fri, May 5 | 8am** All Areas

## REFUND AND PROGRAM POLICIES

### Membership Cancellations:

Memberships are not transferable or refundable. Drop in or multiple visit passes have a two year expiry date from the year they are purchased. Unused passes are not transferrable or refundable. Please only purchase passes you will be able to use within two years.

### Program Changes & Cancellations:

In the event of a class cancellation, time or location change, participants will be notified with as much lead time as possible. Some programs are cancelled due to insufficient enrollment. If a program is cancelled, a full refund will be provided.

### Withdrawals & Transfers:

If you need to cancel or change a registration please be sure to notify us 3 business days (Mon to Fri) before the start date of the program. No refunds will be given if notification is less than 3 business days.

### Refund Policy:

All approved refunds are subject to a 10% administration fee. Refunds will be given in the way in which they were paid. Cash and cheque refunds will be paid via cheque. Please allow 3 weeks for cheque delivery. Credits will not be carried on accounts.

### Avoid Disappointment:

Good classes get cancelled as people register too late and/or classes are full if you wait too long to register.

## FUNDING PARTNERS



REGIONAL DISTRICT NORTH OKANAGAN



# AQUATIC CENTRE SCHEDULE

Apr 1 - Jun 30

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Lap &amp; Leisure 6:30-8:30am</b> 4 lanes and all leisure facilities open					<b>Apr 1 extra Public Swim</b> 9:00-12:00pm no lap lanes 9-9:30	
<b>Limited Use 8:30-11:30am</b> 1 lane, shared leisure space with programs						
<b>Lap &amp; Leisure 11:30-1:00pm</b> 6-8 lanes and all leisure facilities open					<b>Lap &amp; Leisure 12:00-1:30pm</b>	
<b>Limited Use 1:00-5:00pm</b> 1 lane, shared leisure space with programs				<b>Public Swim 1:00-4:00pm</b> Seniors swim for a Toonie from 2-4pm	<b>Public Swim 1:30-4:30pm</b>	
<b>Hot Spots Only 5:00-7:00pm</b> no lap lanes, use of hot spots				<b>Leisure Swim 4:00-7:00pm</b> no lap lanes 5-7pm	<b>Toonie Swim 5:00-7:00pm</b>	
<b>Public Swim 7:00-9:00pm</b> 2-3 lanes & all features open	<b>Limited Use 7:00-9:00pm</b> 1 lane & leisure open	<b>Public Swim 7:00-9:00pm</b> 2-3 lanes & all features open	<b>Limited Use 7:00-9:00pm</b> 1 lane & leisure open	<b>Public Swim 7:00-9:00pm</b> 2-3 lanes & all features open	See page 5 for swim definitions	

Schedules are subject to change.

Please call the Schedule Line at 250-550-POOL (7665) for updated information.

## General Pool Info

- 6 yrs & under must be accompanied by a responsible person 16 yrs or older & must be within arms reach at all times.
- 12 yrs & under who are using the sauna or steam room must be accompanied by a responsible person 16 yrs or older.
- Life jackets are available for rent at the front desk for \$1 or you may bring your own.
- Lockers available @.25.
- The pool and fitness gym are fragrance free areas.

## Holiday Pool & Fitness Gym Hours

Fri, Apr 7 & Mon, Apr 10	Sat, Apr 8	Sun, Apr 9 & Mon, May 22
10:00am-12:00pm Public Swim	9:00am-12:00pm Public Swim	
12:00-1:30pm Lap Swim	12:00-1:30pm Lap Swim	12:00-1:30pm Lap Swim
1:30-4:00pm Public Swim	1:30-4:00pm Public Swim	1:30-4:30pm Public Swim
	5:00-7:00pm Toonie Swim	

**Pool & Fitness Gym Closed**  
**April 15 & 16**  
**for a Swim Meet**

## FITNESS GYM SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
6:30am-9:00pm	6:30am-9:00pm	6:30am-9:00pm	6:30am-9:00pm	6:30am-9:00pm	9:00am-7:00pm	8:00am-7:00pm

### Fitness Gym Guidelines

- Must be at least 13 years of age to use the gym.
- Youth 13 to 15 years must attend a Fitness Gym Orientation in order to purchase a membership.
- Clean indoor athletic shoes and shirt are mandatory.  
Shoes that have been worn outside are not acceptable.

### Fitness Gym Orientations

Our orientation will show you how to properly and effectively use the equipment in our Gym. Our certified instructor will lead you through the rules, safe practices and a few exercises.

Adult: \$65, up to 1 hour session.  
 Youth (13-15 yrs) - \$65, 1 session of up to 30 min and includes a 30 day facility pass.

## AQUATIC, FITNESS GYM & DROP-IN SPORT FEES

All prices include taxes and are subject to change	Single	10 Pass	20 Pass	30 days	90 days	180 days	1 Year
<b>ADULT</b> 19 yrs+	7.60	68.40	129.20	83.20	170.40	291.90	501.16
<b>YOUTH</b> 13-18 yrs	5.65	53.55	96.05	62.85	128.75	220.75	384.45
<b>CHILD</b> 7-12 yrs	4.90	44.10	83.30	54.00	110.50	189.20	334.75
<b>PRESCHOOL</b> 3-6 yrs	2.45	22.05	41.65	27.05	55.40	94.70	165.05
<b>FAMILY</b>	16.55	148.95	281.35	182.80	374.25	641.75	1117.70
<b>SENIOR</b> 65 yrs+	5.65	53.55	96.05	62.85	128.75	220.75	384.45

### Membership passes are not transferable or refundable.

Punch passes have a two year expiry date from the date purchased. Unused passes are not transferrable or refundable. Please only purchase passes you will be able to use within two years.

**Family** - Up to 2 adults (parents or grandparents) and children under 19 years who are immediate family.

**Preschool** - Children 3-6 years. Children 2 years and under admitted free of charge. All preschoolers must be within arms reach of a responsible person 16 yrs or older at all times.



### Aquatics Supplies for Sale:

- goggles
- swim caps
- nose clips
- shampoo
- swim suit cleaner
- swim diapers (disposable & reuseable)
- towels
- ear plugs
- swim belts

## GET ACTIVE RECREATION PASS

This is a special introductory 30 day pass to the fitness gym and pool at the Recreation Centre. It is intended for Greater Vernon residents 17 years and older who have **NEVER** had a swim or fitness room pass through Recreation Services.

If you are a new resident to Greater Vernon or if you still don't know where the Recreation Centre is located, we would like to meet you, please bring proof of local residency. The **Get Active Recreation Pass** includes 30 day access to the fitness room and pool for only \$30.

## SWIM DEFINITIONS

**Public Swim** - Both pools will be open and on a rotational basis, the climbing wall, diving board, rapids channel, bubble pit, raindrop, rope swing and running mat will be available. Sauna, steam room and hot tub always open. The lap pool will have a minimum of 1-3 lanes open for lap swimming.

**Lap & Leisure** - 4-8 lap lanes available, water walking or running. Diving board, climbing wall and rope swing not available. Full use of hot tub, steam room, sauna and leisure pool. Slide available on a limited basis.

**Limited Use** - Some facilities will be open, but may be shared with organized instructional programs. Slide, rope swing, climbing wall and diving board may not operate during these times.

**Leisure Swim** - Leisure pool, water slide and hot spots open.

**Hot Spots** - Use of hot tub, sauna, steam room only.

Main pool and lap lanes closed Mon-Fri 5:00-7:00pm.

**Senior Toonie Swim** - 65 yrs+ swim for \$2.





## LAVINGTON OUTDOOR POOL

6401 Lavington Way

Limited depth wading pool.

Professional Lifeguards on duty.

\* Hours may vary based on weather

### PUBLIC SWIMS Free Admission

#### Jun 30-Aug 26

Fri, Sat, Sun 12:00-7:00pm

Mon-Thu: 12:00-5:00pm & 6:00-7:00pm

#### Aug 27-Sep 4

Everyday 12:00-6:00pm

### SWIM LESSON DATES: Mon-Thu

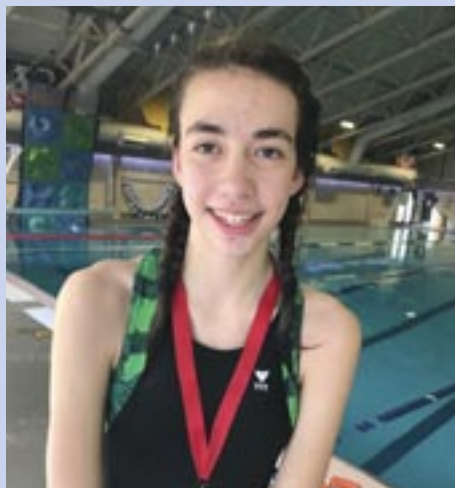
- Jul 3-13 10:00am-12:00pm & 5:00-6pm
- Jul 17-27 10:00am-12:00pm & 5:00-6pm
- Jul 31-Aug 10 10:30am-12:00pm & 5:00-6pm
- Aug 14-24 11:00am-12:00pm & 5:00-6pm

Registration is available online or in person at the Vernon Recreation Centre. Please bring your child's previous report card when registering.

Visit [www.gvrec.ca](http://www.gvrec.ca) for times and rates.

**SUMMER REGISTRATION | Vernon, Coldstream and Area B and C residents - Sun, Apr 30 | 8am**  
**All Areas - Fri, May 5 | 8am**

## NEW PROGRAM!



### Stroke & Skills for Teens 12-15 yrs

This program is designed for teens who are good swimmers but want to improve their strokes for increased speed and endurance.

The lessons will be in a group setting, but the instructor will focus on individual goal setting. The swim strokes include Front Crawl, Back Crawl and Breaststroke. Skills may include Water Smart Messages and Lifesaving Kicks.

Recommended: complete Swimmer 6

# SWIM LESSONS

## Swim Registration Requirements

In order to register for a swim lesson, a previous swim level must be recorded within our registration system at the Vernon Recreation Centre. If you have not previously participated in swim lessons with us, please bring in your child's swim card so we can create a record.

To register in a swim lesson set you must show proof of previous swim level by:

- having taken a swim level at the Vernon Aquatic Centre (we will have a Record on your account), or
- at the time of registration, bring a report card indicating the previous swim level, or
- have a swim evaluation during a public swim time here at the facility.

Individuals may only register in one lesson set at a time.

Age Restrictions: A child must turn the age required for the course prior to the first day in order to register in that level. The exception to this rule is Advanced Lifesaving programs where the child must be the required age before the last day of the course.



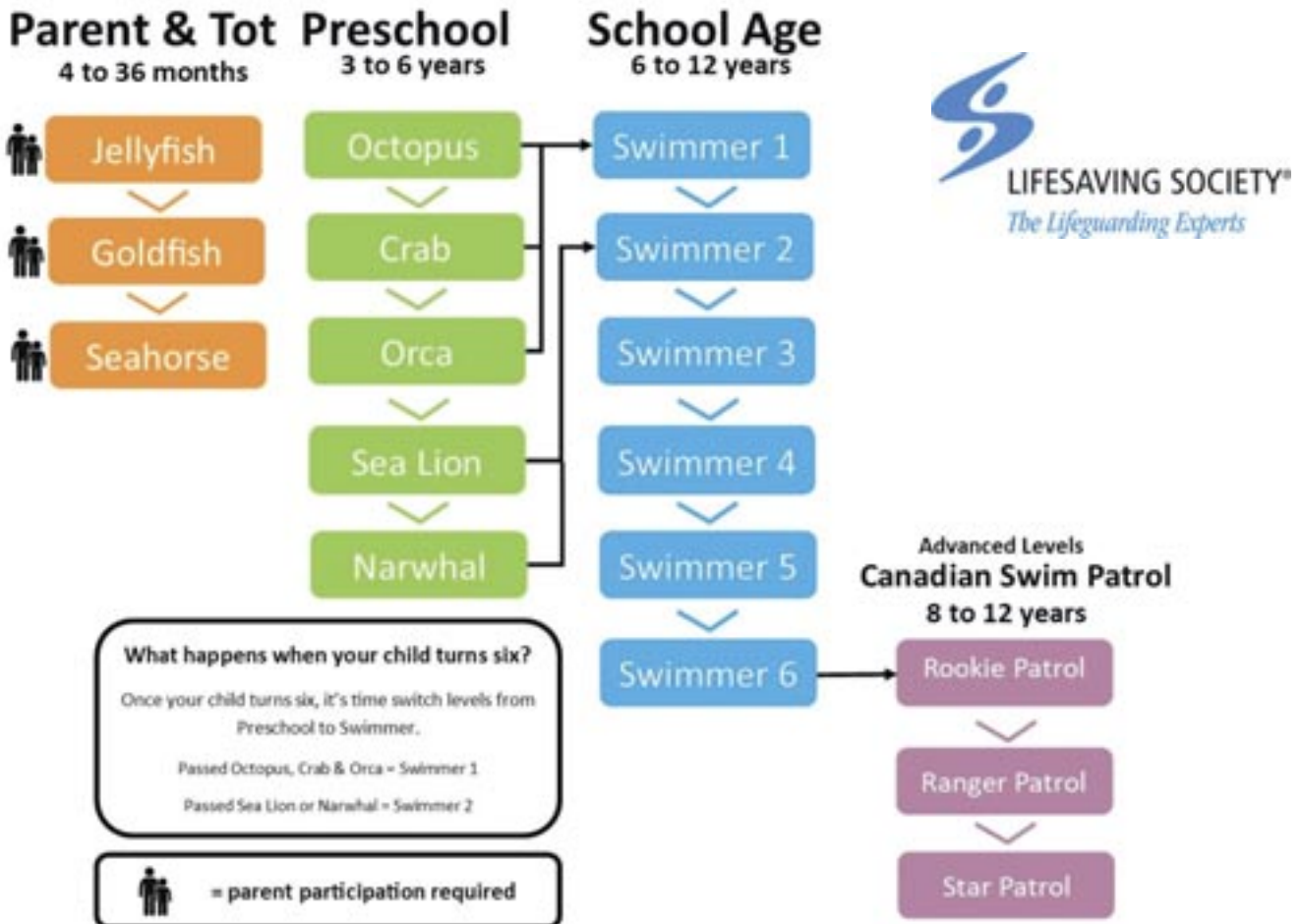
## Dates, Times and Rates

Swim lessons will be offered:

- Once per week on either Sun, Mon, Wed, Fri or Sat
- Twice per week on Tue and Thu

Visit [www.gvrec.ca](http://www.gvrec.ca) for dates, times and rates.

## Swim for Life Program Structure



## Swim for Life Program Overview

The Lifesaving Society Swim for Life® program is a comprehensive swim lesson program that focuses on the development of fundamental swim strokes and skills for learners of all ages and abilities. Instructors ensure swimmers get lots of in-water practice in every lesson. Swim for Life includes fun, hands on activities that focus on teaching Water Smart education for the whole family. Lessons that will last a lifetime!

### Parent & Tot Program

Recommended age: 4 months to 3yrs

The Lifesaving Society Parent & Tot lessons structure in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skills. Activities and progressions are based on child development allowing parents to register in the level appropriate for their child's age: 4-12 months, 12-24 months or 2-3 years.



#### Jellyfish 4-12 mths with caregiver

Jellyfish provides an orientation to water for infants and their parent/caregiver. Parents/caregivers will learn how to swim safely with their infant in the pool through instruction of holds and supports. Infants will be introduced to getting their face wet, blowing bubbles and floating with the help of their caregiver.



#### Goldfish 12-24 mths with caregiver

Goldfish teaches toddlers how to play in the water safely! They'll learn how to enter and exit the water with help from their parent/caregiver and will play games to encourage them to get their face wet and blow bubbles in the water. Toddlers will also develop floating and kicking skills with the support of their parent/caregiver.



#### Seahorse 24-36 mths with caregiver

Seahorse teaches toddlers how to safely enter the water wearing a PFD. They'll develop underwater skills such as submersion and opening their eyes underwater. 'Starfish' floats, 'pencil' floats and kicking skills are taught using songs and games.

### Preschool Program

Recommended age: 3 to 6 yrs

Give your child a head start on learning to swim! The Lifesaving Society Preschool lessons develop an appreciation and healthy respect for the water before they get in too deep. With a progression based approach, instructors work to ensure 3-5 year olds become comfortable in the water and have fun while developing a foundation of water skills. Water Smart education is included in all Preschool levels.



#### Octopus

Octopus is a transitional level which transfers the preschooler to the care of the instructor. Preschoolers will have fun learning to get in and out of the water. They'll learn how to put their face in the water, blow bubbles in the water and how to float and glide.



#### Crab

Crab teaches preschoolers how to safely jump into chest-deep water and how to swim wearing a PFD. They'll learn submersion skills and continue to work on floats, glides and kicking with buoyant objects. Prereq: pass Octopus



#### Orca

Orca teaches preschoolers how to enter deep water safely wearing a PFD. They'll learn how to submerge and exhale underwater, retrieve objects underwater and will continue developing their floating, gliding and kicking skills. Prereq: pass Crab



#### Sea Lion

Sea Lion teaches deep-water entries and treading water wearing a PFD. Preschoolers will become skilled at retrieving objects from the bottom of the pool in chest-deep water and performing front and side glide. Front crawl wearing a PFD is also introduced. Prereq: pass Orca



#### Narwhal

Narwhal teaches Swim to Survive® skills wearing a PFD. Front crawl and back crawl are introduced as well as interval fitness training. Preschoolers will also learn how to tread water and perform vertical whip kick with a buoyant aid. Once complete, preschoolers can register into Swimmer 2. Prereq: pass Sea Lion



## Swimmer Program

Recommended age: 6 to 12 yrs

The Lifesaving Society's Swimmer program makes sure your children learn how to swim before they get in too deep. Each level challenges school-aged children to develop safe entries, deep water support, underwater skills and swimming strokes. Kids learn healthy habits by getting and staying fit in the water. Swimmer levels include fun, hands-on activities that focus on teaching water safety – lessons that will last a lifetime!



### Swimmer 1

These beginners will become comfortable jumping into the water with and without a PFD. They'll learn how to open their eyes, exhale and hold their breath underwater. Floats, glides and kicking skills are introduced.

Prereq: 6 yrs



### Swimmer 2

These swimmers will jump into deeper water and learn to be comfortable falling sideways into the water wearing a PFD. They'll learn how to tread water, develop kicking skills and will be introduced to front crawl and back crawl.

Prereq: pass Swimmer 1 or Sea Lion



### Swimmer 3

These swimmers will learn how to dive and will do in-water somersaults and handstands to develop weight-transfer Swimmer skills. They'll learn Swim to Survive® Skills, whip kick on back and will further develop their front crawl and back crawl.

Prereq: pass Swimmer 2



### Swimmer 4

These swimmers will become better at diving, treading water and swimming underwater. They'll learn the Swim to Survive® standard and start to develop breaststroke. Front crawl and back crawl are further developed.

Prereq: pass Swimmer 3



### Swimmer 5

These swimmers will master dives and swimming in deep water. They'll further their Swim to Survive® skills and start to develop eggbeater kick. Breaststroke, front crawl and back crawl are further developed. Interval training and sprinting drills continue to challenge these swimmers.

Prereq: pass Swimmer 4



### Swimmer 6

These swimmers will become proficient at deep water skills including stride entries and compact jumps. They'll develop lifesaving kicks such as eggbeater and scissor kick. Breaststroke, front crawl and back crawl are further developed. Head-up swims, interval training and a 300m workout develop strength and endurance.

Prereq: pass Swimmer 5



### Swim Patrol - Rookie Patrol

Swimmers continue developing front crawl, back crawl and breaststroke. Swimmers develop individual fitness to meet a timed 100m swim and 350m workout. Water proficiency skills include swimming with clothes, ready position and feet-first/head-first surface dives. Demonstrating the ability to conduct a primary assessment and calling EMS are included as first aid skills.

Prereq: pass Swimmer 6



### Swim Patrol - Ranger Patrol

Ranger Patrol enhances capability in the water including stride entries and underwater, forward and backward somersaults. Swimmers learn lifesaving sport skills with a lifesaving stroke medley, timed object support and a non-contact rescue with a buoyant aid. Eggbeater kick and increased fitness levels are developed to meet a 200m timed swim. First aid focuses on unconscious victims and obstructed airway procedures. Prereq: pass Rookie Patrol



### Swim Patrol - Star Patrol

Star Patrol challenges swimmers with a 300m timed swim, 600m workout and a 25m object carry. Strokes are continued to be refined. Lifesaving skills include use of rescue aids, defense methods, victim removals and supporting a victim in shallow water. First aid focuses on treatment of bone or joint injuries and respiratory emergencies. Once complete, swimmers register into Bronze Star.

Prereq: pass Ranger Patrol





### Adult Lessons 16+ yrs

This is a learn-to-swim program for adults and older teens. This course is designed to increase swimmers' comfort in the water or develop Strokes chosen by the swimmer in consultation with the instructor to increase swimming distances and proficiency. All ability levels are welcome.



### Masters Swim Club 19+ yrs

Get fit under the supervision of experienced coaches. Masters swim provides five days of training where you can attend the sessions of your choice. Coaches provide workout and tips to improve your strokes. Participants can purchase a one year membership starting in the fall, register for a monthly fee or pay for a single visit. Masters have the choice to attend any of the following workout times:

Sun 8:00-9:30am or 9:30-11:00am  
 Tue & Thu 8:15-9:15pm  
 Wed & Fri 6:30-7:30am or 7:30-8:30am



### Artistic Swimming

**Prerequisite: Complete Swimmer 5**

This is a unique water sport that combines swimming, gymnastics and music. Canada Artistic Swimming's AquaGo! Program will be taught and is based on four program pillars and is delivered via a 6 level progression: Artistic Swimming Skills, Swimming Fundamentals, Athletic Abilities and Flexibility.

Mon & Wed Sep-Mar

Please visit [www.gvrec.ca](http://www.gvrec.ca) for more information.

### AquaDapt

This program is offered for those that require one on one attention in the water, whether the concern be physical, sensory, intellectual or a combination of challenges. Exercises and movement techniques will be offered by the instructor in the pool. Sessions may be available upon instructor and pool availability. Must submit an application, visit [www.gvrec.ca](http://www.gvrec.ca).

Visit [www.gvrec.ca](http://www.gvrec.ca) for course fees, dates and times.

### Private Lessons

Do you need to focus on a specific skill or stroke item? Do you only have one item left to complete a level? Then private lessons may be the answer for you! All lessons are taught by our certified instructors. Times will be arranged around their current schedules.

Put your name on a waitlist to be contacted.

#### Private 1 person per ½ hr lesson

Youth: \$28.62 Adult: \$39.04

#### Semi-private 2 people per ½ hr

Youth: \$33.62 Adult: \$47.08

Levels for both participants must be compatible.



### Okanagan Para Swim 7-18 yrs

This is for swimmers with a physical disability who want an opportunity to explore the competitive aspect of the sport. Participants will learn how to set goals and develop self-discipline while building self-confidence. The heart of the program is learning how to maintain a positive attitude while nourishing a focus on ability. Picture the smile on the face of a child who is asked to join a team.

## Lifeguard Certification Courses

### Steps to becoming a lifeguard



Visit [www.gvrec.ca](http://www.gvrec.ca) for course fees, dates and times

### Bronze Star 8-12 yrs

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

### Bronze Medallion 13+ yrs

#### Prerequisite: 13 years or Bronze Star

The Lifesaving Society's Bronze Medallion Award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education, judgement, knowledge, skill and fitness. Rescuers learn tows, carries and defense and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a timed swim.

### Bronze Cross 13+ yrs

#### Prerequisite: Bronze Medallion

The Bronze Cross award is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. Bronze Cross is a prerequisite for all advanced training programs, including National Lifeguard® (NL) and Instructor certifications. Includes a 400m timed swim and CPR-C.

### Standard First Aid 13+ yrs

Lifesaving Society Standard First Aid is the most comprehensive first aid program for the general public and a pre-requisite for National Lifeguard. Learn how to assess and treat airway, breathing and circulatory emergencies; and management of medical, musculoskeletal and environmental emergencies. Certification includes CPR-C/AED.

### National Lifeguard 15+ yrs

#### Prerequisite: Bronze Cross and Standard First Aid

The National Lifeguard® (NL) award teaches the prevention of emergency situations and, where this fails, the timely and effective resolution of emergencies. The NL award is designed to prepare lifeguards to fulfill this role as professional facilitators of safe, enjoyable aquatics. NL training teaches the principles and develops the basic lifeguarding skills and decision making processes that will help lifeguards evaluate and adapt to aquatic facilities and emergencies.

### Lifesaving Pass

While participating in one of our advanced aquatics courses, you are able to swim at any time to practice and improve your skills.

### Swimming Instructor 15+ yrs

#### Prerequisite: Bronze Cross

The Swim Instructor course prepares you to instruct the Lifesaving Society's Swim for Life programs. Candidates focus on strategies to introduce and develop fitness activities, water smart and swimming skills. This course is comprised of stroke evaluation, water safety knowledge and skills to teach kids swimming lessons in a safe and fun manner.

### Swim to Lifesaving Instructor 15+ yrs

#### Prerequisite: Swim Instructor

This transition clinic prepares current Swim Instructors to become Lifesaving Instructors. This course develops instructor competencies and strategies designed to teach lifesaving and water rescue education, judgement, knowledge, skills and fitness.



# DISCOVER RINGETTE

HAVE FUN! MAKE NEW FRIENDS! TAKE ON A NEW CHALLENGE!

ALL AGES WELCOME FROM AGE 4+

FASTEST GAME ON ICE!

COME AND EXPERIENCE THE FUN OF RINGETTE



FOR MORE INFORMATION, VISIT US AT [WWW.VERNONRINGETTE.COM](http://WWW.VERNONRINGETTE.COM)



Do you want to make a positive impact on the community?

## Become a Crisis Line Responder



Volunteers take interactions from local, provincial and national service users.

Apply online at [cmhavernon.ca](http://cmhavernon.ca)

For support call 1-888-353-2273



REGISTER NOW FOR FALL TRANSPORTED AFTERSCHOOL PROGRAMS

MARTIAL ARTS SUMMER CAMP FOR KIDS!

REGISTER NOW

- Anti-bullying Program
- Self Defence
- Leadership Training
- Physical Fitness
- Character & Personal Development



VERNON  
250-545-7710  
[keesokanagan.com](http://keesokanagan.com)

KEES  
tae kwon do

Children, Adult & Family Programs Available!



## MACKENZIE CAMP

on beautiful Mabel Lake

For kids & youth aged 6-17

July 4 thru August 18, 2023

Quality care & Programming  
Golf, Fishing, & Art Camps, too!



REGISTER NOW



GET MORE INFO

URL: [www.mackenziecamp.ca](http://www.mackenziecamp.ca) Facebook: MacKenzie-Camp tel: 250-838-6293 email: [maccamp@shaw.ca](mailto:maccamp@shaw.ca)  
MacKenzie Camp – A United Church of Canada Camp & Retreat Centre



# NORTH OKANAGAN SAILING ASSOCIATION

WINDPOWER

SAIL • LEARN TO SAIL

ALL AGES • FAMILY FUN! • CERTIFIED INSTRUCTORS



7801 Okanagan Landing Road (Paddlewheel Park) 250.260-4255



- ADD SAILING TO YOUR BUCKET LIST!
- Youth and Adult Sailing Classes
- Youth Summer Camps
- CANSail 1, 2, 3 and 4 Levels
- Elementary and High School Programs
- Memberships / Family Memberships

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

[info@vernonsailing.com](mailto:info@vernonsailing.com)



**SUMMER CAMPS**

**RETREATS**

**LEADERSHIP PROGRAMS**

All prices included  
GST & Tuck Money

Located on the Shuswap Lake at 5055 Eagle Bay Road



**CHILDREN'S CAMPS**



**CAMP C:**

5 Days  
Date: July 16-20  
Ages: 8-10  
Cost: \$340

**CAMP H:**

5 Days  
Date: Aug 6-10  
Ages: 8-10  
Cost: \$340

**YOUTH CAMPS**



**CAMP B:**

Full Week  
Date: July 9-15  
Ages: 10-12  
Cost: \$395

**CAMP G:**

Full Week  
Date: July 30- Aug 5  
Ages: 10-12  
Cost: \$395

**TEEN CAMPS**



**CAMP A:**

Full Week  
July 2-8  
Ages: 13-15  
Cost: \$400

**CAMP D:**

Full Week  
Date: July 23-29  
Ages: 12-14  
Cost: \$400

For more information or to register, visit us at

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

# Tiny Tots Preschool

“a building block to your child’s future”

Tiny Tots offers your child a variety of unique experiences in a licensed preschool setting with ECE qualified, dedicated and caring staff. The program is designed to develop your child’s sensory and perception skills, as well as to provide a positive environment for building social relationships with other children. Your child will participate in gluing, painting, music, games, story time, ABC’s and 123’s, field trips, cooking experiences, physical activities, socializing with other children and more.

Programs are for children 3-4 years by December 31, 2023.

Last month’s payment due at time of registration and is not refundable.

Classes start the week of September 12-16, 2023.

Age	Days	Time	Monthly Fee
3 & 4	M/W/F	9:00am-11:45am	\$216
3 & 4	T/Th	9:00am-11:45am	\$148
4	M/W/F	9:00am-12:30pm	\$235
4	T/Th	9:00am-12:30pm	\$160
4	T/Th	1:00pm-3:30pm	\$146



[www.tiny-tots.ca](http://www.tiny-tots.ca)

## BIRTHDAY PARTIES!

### Birthday Parties in the Dogwood Gym

We take all the work out of holding a great party. You provide the kids, food, beverages and the goody bags and we do the rest. We provide the place, equipment, materials and the fun. All activities are age appropriate and when the party is over, you go home and we clean up!

Two hour Gym Party with the option of a Bouncy Castle in the Dogwood Gym. Includes a party leader, organized games and activities. Max 16 kids.

Book your party online at [www.gvrec.ca](http://www.gvrec.ca) under Events/ Birthday & Parties.



**STRIKE UP SOME FUN**

THE GAME FOR ALL AGES!

**SIGN UP FOR 2023/2024 FALL LEAGUES**

**SPRING LEAGUES**  
starting May 9<sup>th</sup>  
Tues. 7:00-9:00pm & Wed. 1:00-3:00pm

- Birthday Parties • Automatic Scoring
- Concession • Air Conditioned

**BOWLING IS OPEN AT LINCOLN LANES**

3510 25th Avenue Vernon BC  
[lincolnlanes.ca](http://lincolnlanes.ca)  
 Call **250-542-9837**

## SATURDAY PROGRAMS & EVENTS

### Little Tykes Rugby 3-6 yrs

Enjoy some outside time exploring a new sport! Practice fundamental sport skills such as throwing, catching, running, and jumping. Learn through fun and games with friends. All activities are non contact and non-competitive. Fun and participation are emphasized.

Sat 9:30-10:15am

### Spring Fling 3-6 yrs

We've got a special party planned for your child based on a Spring theme. A variety of activities consisting of active gym games, circle, stories, pasting or painting and much more! Snack of cookie and juice provided.

Parents/Guardians can drop off and pick up.

Sat, Apr 22 2:00-4:00pm

### Little Stars Sing and Dance 2-3 yrs with Parent

Join Mr. Syd for a parent and child class that teaches children how to follow movement, learn about their voice, and become comfortable in a classroom environment through song, dance, and imagination. This class is all about moving your body and dancing to some old classic children's songs (and lots of new ones too)!

Sat 9:30-10:15am

### Little Performers Sing and Dance 3-5 yrs

Join Mr. Syd for a class of imagination and fun! In this class we will learn to follow directions, grow our imagination, and learn how to sing and dance to simple songs they know and love. At the end of it all, students will present what they have learned to their parents in a final performance on the last day!

Sat 10:15-11:00am

## MEET YOUR TEACHER

### Jenn

You can find Jenn in many areas of the recreation complex, teaching skating, driving the bus and leading Playschool programs. Jenn relocated to Vernon just over a year ago to follow her dream to have a little hobby farm. Having spent most of her life growing up being involved in community programs from sports to community events it was only natural to find a career in recreation. She started her career working with grassroots sport programs in the lower mainland and then working in community events planning, prior to relocating to Vernon. As an avid outdoor sport enthusiast, being so close to Silver Star you can find Jenn and her family on the ski hill, on the ice or working her labour of love on her farm.



### Sydney

Sydney has over 25 years of experience on stage and in front of the camera. He has worked with many theatre companies like The Royal Theatre in Barkerville, the Rocky Mountaineer Rail Tour and Viva Musica. With a Diploma of Performing Arts from The Canadian College of Performing Arts, an ATCL Diploma in Performing Speech and Drama from the Trinity College of London and a Masters in International and Intercultural Communications from Royal Roads University, Sydney has a wealth of knowledge in the Performing Arts. For the past 13 years, Sydney has been working with students of all ages to improve their confidence on and off stage. Whether dancing to silly songs, getting ready for a large group performance or helping a student find their courage, Sydney loves teaching at the Vernon Recreation Centre, helping make a positive impact on the community.



## PLAYSCHOOL PROGRAMS

### PLAY - ABC Gym 3-5 yrs

While participating in gym activities, your child will be introduced to numbers, letters, colors, shapes, stories and much, much more. A great introduction to prepare children for preschool.

### PLAY - Creative Gym 12mo-4 yrs

Parent participation program for you and your child involving gym activities, songs, simple games, pasting, painting, table toys, playdough and much, much more.

### PLAY - Gym & Swim Lesson 3-6 yrs

A fun filled program with gym activities, games, songs, pasting, painting and stories all finished off with a 30 minute swim lesson in the pool. You will receive a full set of 10 swim lessons with a report card.

### PLAY - Gym & Swim Splash 3-6 yrs

A fun filled program with gym activities, games, songs, pasting, painting and stories all finished off with a 30 minute swim session with a certified instructor in the pool.

### PLAY - Soccer 3-6 yrs

A fun introduction to the sport of soccer. Kids receive skill development from our instructors and play fun 3 a side games. Fun and participation are emphasized. Shin guards under socks and runners are mandatory. Alexis Park.

### PLAY - Zone 1-5 yrs

Do the kids have extra energy to burn? Enjoy some semi-structured open gym time. Perfect for family play time.



### PLAY - Bike & Gym 2-4 yrs

This program focuses on developing and improving balance and steering using strider bikes. Riders will build confidence in a fun, friendly and safe environment. Strider bikes and helmets are provided. Class finishes in the gym for some running around and games.

### PLAY - Wiggle & Giggle 6-18 mo

For 6-18 month tots and their parents. A fun program that lets you and your little one meet new friends, play games and enjoy free-play gym activities. Perfect for new parents!

### PLAY - Kidnastics 18 mo-5 yrs

Learn the basic skills of gymnastics, tumbling and creative movement in a fun, non-competitive environment. Each session progresses to offer more challenge to your growing gymnast!

### PLAY - Zumbini 6 mo-3 yrs

Moving, grooving and growing for parent and me! The Zumbini® program combines music, dance and educational tools for 45 minutes of can't-stop, won't-stop bonding, learning and fun!

### PLAY - Little Stars Sing & Dance 2-3 yrs

Join Mr. Syd for a parent and child class that teaches children how to follow movement, learn about their voice, and become comfortable in a classroom environment through song, dance, and imagination.

### PLAY - Little Performers Sing & Dance 3-5 yrs

Join Mr. Syd for a class of imagination and fun! In this class we will learn to follow directions, grow our imagination, and learn how to sing and dance to simple songs they know and love.





# PLAYSCHOOL PROGRAMS - SPRING

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Zumbini</b> parent & tot 6 mo-3 yrs 9:15-10:00am	<b>Kidnastics</b> parent & tot 18 mo-30 mo 9:00-10:00am	<b>Creative Gym</b> parent & tot 12 mo-4 yrs 9:00-10:00am	<b>Creative Gym</b> parent & tot 12mo-4 yrs 9:00-10:00am	<b>Gym &amp; Swim Lesson</b> 3-6 yrs 9:15-11:30am
<b>Little Stars Sing &amp; Dance</b> parent & tot 2-3 yrs 10:15-11:00am	<b>Kidnastics</b> parent & tot 2-3 yrs 10:15-11:15am	<b>Bike &amp; Gym</b> parent and tot 2-4 yrs 10:30-12:00pm	<b>Play Zone</b> parent & tot 1-5 yrs 10:15-11:45am	<b>Wiggle &amp; Giggle</b> parent & tot 6-18 mo 11:30-12:30pm
<b>Little Performers Sing &amp; Dance</b> 3-5 yrs 11:00-11:45am	<b>Kidnastics</b> 3-5 yrs 11:30-12:30pm		<b>ABC Gym</b> 3-5 yrs 12:30-2:00pm	<b>Soccer</b> 3-6 yrs 11:30-12:15pm

Skating programs: See page 51. Saturday programs and special events: see page 15.



# PLAYSCHOOL PROGRAMS - SUMMER

Tuesday	Wednesday	Thursday
<b>Kidnastics</b> parent & tot 18 mo-30 mo 9:00-10:00am	<b>Play Zone</b> parent & tot 1-5 yrs 9:00-10:30pm	<b>Creative Gym</b> parent & tot 1-4 yrs 9:00-10:00am
<b>Kidnastics</b> parent & tot 2-3 yrs 10:15-11:15am	<b>Wiggle &amp; Giggle</b> parent & tot 6-18 mo 10:45-11:45pm	<b>Gym &amp; Swim Splash</b> 3-6 yrs 10:15-12:30pm
<b>Kidnastics</b> 3-5 yrs 11:30-12:30pm	<b>A,B,C Gym</b> 3-5 yrs 12:15-1:45pm	

SUMMER REGISTRATION | Vernon, Coldstream and Area B and C residents - Sun, Apr 30 | 8am  
All Areas - Fri, May 5 | 8am

Shepherd's Home Hardware  
**888-546-3002**



**2 STORES TO SERVE YOU**



[www.shepherdshardware.ca](http://www.shepherdshardware.ca)  
**3525 Mill Street, Armstrong**

# PROFESSIONAL HANDS MASSAGE THERAPY



Put your health  
 in our hands,  
 so we can put it  
 back in yours!

250.545.9594  
[www.prohands.ca](http://www.prohands.ca)

3600 31<sup>st</sup> St. Vernon  
[relief@prohands.ca](mailto:relief@prohands.ca)



# SummerCAMP

JULY 3RD - SEPTEMBER 1ST

*Save Your  
 Child's spot  
 today!*

- INCLUDES:**
- MARTIAL ARTS
  - DANCE
  - OUTDOOR SPORTS
  - INDOOR GAMES
  - ARTS & CRAFTS
  - & MUCH MORE!



CALL OR TEXT (250) 306-2285  
[VERNONSUMMERCAMP.COM](http://VERNONSUMMERCAMP.COM)  
 LIMITED SPACES! HURRY!



Martial Arts for Ages 4+ SO MUCH FUN!

**30 DAY FREE TRIAL**

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



# REGISTER NOW



AGES 5-19  
SEASON STARTS IN APRIL



## DOES YOUR CHILD LOVE TO DANCE?!

Inspire SELF CONFIDENCE while falling in LOVE with dance!

All styles & all levels of dance!



**Spring Break Dance Camp**  
March 28th - 31st

**Summer Dance Camp**  
August 8th - 11th

Register Now @ [www.sodance.ca](http://www.sodance.ca)

# GYMNASTICS

RHYTHMIC \* ACRO \* CIRCUS

Rhythmic Gymnastics: Ribbons, Balls, Hoops  
Circus: Aerial Hoop, Tightrope, Juggling Games and More

## SPRING BREAK CAMP

BOYS AND GIRLS

March 20, 21, 22

Ages 5-8 — Ages 8-12

1pm-3pm

**\$99**  
plus GST

## SUMMER 2023

### WEEK LONG SUMMER DAY CAMPS

- Rhythmic Fun Camps
- Explore Gymnastics Camps
- Development Camps
- Elite Camps

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



Beginners Welcome!  
Gymnasts,  
Dancers,  
Skaters  
**COME CHECK THIS OUT**



**Cirque**  
THEATRE COMPANY

Okanagan Rhythmic Gymnastics and Olympian Camille Martens are proud to have served Vernon and area for 25 years! Est.1997



VERNON PUBLIC ART GALLERY

# VPAG



## EXHIBITIONS

- March 16 - May 17 *Step, Slither, and Scroll:* Sage Sidley  
March 16 - April 12 *Art from the Heart:* SD No.22 Students  
April 18 - May 17 *Art and Soul:* SD No.22 Students  
May 25 - July 12 *Emergence:* UBCO  
May 25 - July 12 Jim Kalnin: TBA  
May 25 - June 16 *Through Our Eyes:* Teen Junction  
June 22 - July 12 MEA Auction Preview  
July 21 - Sept 26 *Infinitesimal:* Lisa Matthias  
July 21 - Sept 26 *Emerging from the Ashes of an Okanagan Cultural Genocide:* Bernadette Gregoire  
July 21 - Sept 26 TBA

## EVENTS

- March 16 - Opening Reception  
March 24 - Art After Dark  
April 18 - Opening Reception  
May 25 - Opening Reception  
July 19 - Midsummer's Eve of the Arts  
July 25 - Opening Reception  
August 26 - Riot on the Roof

## PROGRAMS

### Mini Artists

Every last Friday of the month from 10-11 am

### Family Saturday

Every last Saturday of the month from 1-3:30 pm

### Crit Club

Every third Thursday of the month at 3:30 pm

Register at [vernonpublicartgallery.com](http://vernonpublicartgallery.com)

Regular Gallery Admission by donation  
Hours: Mon-Fri 10am - 5pm Sat. 11am - 4pm  
3228 31st Ave, Vernon BC | 250.545.3173  
[vernonpublicartgallery.com](http://vernonpublicartgallery.com) | [info@vernonpublicartgallery.com](mailto:info@vernonpublicartgallery.com)



@vernonpublicartgallery



Vernon Community  
**ARTS CENTRE**

Create  
Connect  
Explore

- **CLASSES & CAMPS**
- **ART SUPPLIES**
- **STUDIO SPACE**
- **SPECIAL EVENTS**
- **LOCAL ART & MORE!**

Pottery, Painting, Drawing,  
Printmaking, Glass & Fibre  
Arts, Mixed Media & Music

# ART

**FOR EVERYONE**

All Ages & Abilities



**LOCATED IN POLSON PARK**

2704A HWY 6, VERNON BC - OPEN DAILY

250.542.6243  
INFO@VERNONARTS.CA  
WWW.VERNONARTS.CA



# What's Happening at Your Library!

**250-542-7610**  
**orl.bc.ca/vernon**  
2800 30th Ave., Vernon

Visit us in person and virtually to access your best source for learning and entertainment!

- Books, DVDs, feature films, magazines
- eBooks, digital audio, streaming video, digital magazines, online courses and more
- Resources for the visually impaired and print disabled
- Our Makerspace and Early Years Play Area are open!

## WWW.ORL.BC.CA/VERNON

### PRESCHOOL STORY TIME

April 3-May 29  
Mondays, Thursdays, Fridays and Saturdays  
July 11-August 31  
Mondays, Thursdays at the library  
Tuesdays and Fridays outside

### BABY TIME

April 4-May 30 — Tuesdays at 10:30am  
July 5-August 30 — Wednesdays at 10:30am

### SPRING BREAK

- Coding class
- Crafts
- Unicorn party

### SUMMER READING CLUB

- Reading challenges and special events
- Contests for teens
  - Jr. & Sr. Engineering Club

### Ongoing Adult Programs

- Book Club
- Knitting Circle

### Makerspace Equipment

- Recording Studio
- 3D Printer
- Cricut Cutter

Check  
[www.orl.bc.ca/vernon](http://www.orl.bc.ca/vernon)  
for the complete list of  
current programs

- Digitization of VHS, photos, negatives, slides, records & more
- Digital Creation Stations (Microsoft Surface Pros loaded with the Adobe Creative Suite)



facebook/ORLareaC



instagram.com/orlvernonlibrary

OKANAGAN REGIONAL  
**LIBRARY**

**Ask about: Meeting room rentals - Exam invigilation - eBook training - Class & daycare visits - Seed library**

The Makerspace and Summer Reading Club are generously sponsored by the Vernon Friends of the Library



MISSOULA  
**CHILDREN'S  
THEATRE**  
A PRODUCTION OF MCT, INC.

# Blackbeard the Pirate

## Musical Theatre Camp!

### July 3-8, 2023

Grades 1-12

### \$130 Camp Registration

**Performances: July 8 at 3:30 & 5:30 PM**

Tickets: \$12 [two tickets included with camp registration]



Registration:



**250-549-SHOW (7469)**



**vdpac.ca**



WWW.KALRATS.COM

Join our group of sports-minded people of all skill levels and ages for training, camaraderie, and fun.

**RUNNING AND TRIATHLON SPORTS**



# YOUR PET STORE!

Raw, tinned, dry, dehydrated... we have **YOUR pet's food**

Bones, chews, biscuits... we have **YOUR pet's treats**

Collars, leashes, poop bags & toys... we have **YOUR pet's accessories**



*Vernon*

200 - 3115 48th Ave

www.healthyspot.ca

ALSO IN VICTORIA & SALMON ARM

**Healthy Spot**  
Pet Nutrition & Supply

See Spot Live Well



**STEVE BRAUN COACHING & COUNSELLING**



Steve Braun C.C.R.C.  
\*Addictions Specialist

The Okanagan's Only **Certified Addictions Recovery Coach**  
Specializing in addiction recovery coaching for individuals and families  
Book your Complimentary Consultation today!

\* Book your appointment online  
[WWW.STEVEBRAUN.ORG](http://WWW.STEVEBRAUN.ORG) | 778.932.1978

## Book your Science Birthday Party at the Okanagan Science Centre.

**Crazy Chemistry, Prehistoric, Bugs & More**



**Summer Camp Registration Now Open**



Full details on our website [okscience.ca](http://okscience.ca) | 2704 HWY6, Vernon BC | 250.545.3644 | [info@okscience.ca](mailto:info@okscience.ca)

## YOUTH LEADERS

Want to be a Camp or Program Leader?

### Leaders in Training (LIT) Program

Become a leader and mentor for kids in our community! An opportunity for youth between 13 and 18 years to get involved in our kids programs in a leadership position. Volunteers receive valuable career training and experience in the field of recreation.

Fill out an L-I-T application form found online at [www.gvrec.ca](http://www.gvrec.ca) under "Join Our Team" or stop in at the Recreation Centre and fill one out.

Successful applicants will assist our youth leaders in delivering afterschool programming and be given the opportunity to complete valuable certification programs such as:

First Aid Certification

High 5 training

FMS Course (Fundamental Movement Skills)

For more information contact Tima at [tcoad@vernon.ca](mailto:tcoad@vernon.ca)



### Youth and Camp Leader Positions

**Are you over 14 years of age? Have you completed our Leaders In Training Program? Do you have a passion for working with kids and for being active?**

We are always hiring and training camp and youth leaders. Job opportunities include coaching kids' specific sport programs, leading kids gym programs such as birthday parties, instructing skating lessons and leading spring and summer camps. Must be willing to learn, have a positive attitude and be available for training.

Send your resume to Tima at [tcoad@vernon.ca](mailto:tcoad@vernon.ca)

## CERTIFICATION & LEADERSHIP

### Babysitting Certification Course 12-15 yrs

This course offers basic first aid and caregiving skills for youth 12-15 years old. Participants learn how to provide care to children in a variety of age groups and how to prevent and respond to emergencies. See full course descriptions at [www.gvrec.ca](http://www.gvrec.ca).

*Participants must be at min. turning 12, within the calendar year. To graduate the participants must attend ALL sessions.*

Tue & Thu 5:30-7:30pm 4 classes

Visit [www.gvrec.ca](http://www.gvrec.ca) for program dates, times and fees.

### Home Safe 8-11 yrs

Learn the basics of being safe at home. Designed for kids who spend short periods of time home alone, our HomeSafe Course includes topics such as phone precautions, first aid and emergency procedures.

2 classes 4:00-5:15pm,  
5:30-6:45pm or  
7:00-8:15pm



## ACTIVE YOUTH & SPORTS

Visit [www.gvrec.ca](http://www.gvrec.ca) for dates and times.

### Active Afterschool 5-12 yrs

Have a chance to learn and play various games and sports in a non-competitive environment. This is a great way to end the school day and meet new people.

Tue 3:00-5:00pm  
Thu 3:00-5:00pm

### Pickleball and Tennis 6-12 yrs

Come learn with us! Botts Botterill & Beck Hackman, certified instructors, focus on the 3' F's (Fitness, Focus & FUN). BottMan provides youth with the coaching and support they will need in order to develop eye hand coordination, agility and balance. This will encourage fitness, the importance of team play, patience and building new skills.

### Volleyball Skills and Drills 8-12 yrs

Come play with us! This program covers the basics: bumping, setting, serving, spiking and blocking through fun drills and contests. A great, easy-going introduction to the sport.

### Youth Floor Hockey 8-12 yrs

Join us for some stick and puck! This program puts an emphasis on fun, teamwork and getting active with some structure and drills to keep kids learning.



### Youth FUN Soccer 5-7 yrs and 8-12 yrs

Come experience the FUNdamentals of soccer. Lots of time to play with some drills & skills. These programs will focus on participation and having active fun with friends!

### Basketball Skills and Drills 8-12 yrs

Come shoot some hoops! This program focusses on getting active and having fun with a few drills and skills to keep kids learning. All skill levels welcome.

### Girls Glow Ball 9-12 yrs

Come discover your SUPER POWERS while learning sports in a safe non-competitive environment. GLOW builds confidence and leadership through sport and girl-to-girl connection. Includes 1 hour sport session by a female coach and 30 minute GLOW leadership session. Details at [www.gvrec.ca](http://www.gvrec.ca) under **Youth Programs**.

## YOUTH DROP IN SPORTS

Youth Drop In Sports are free for those under 17. Please preregister 48 hours in advance either online or in person at the Rec Centre Front Desk when you arrive.

### Teen Basketball Dogwood Gym

A chance to shoot hoops and play a pick up game with friends.

11-14yrs Tue/Thu 5:15-6:15pm  
14-17yrs Tue/Thu 6:30-7:30pm

### Teen Volleyball Dogwood Gym

Use the gym and our net to get in some extra practice and meet new friends.

11-14yrs Wed 3:30-4:30pm  
14-17yrs Wed 4:45-5:45pm

## PROGRAM REGISTRATION DATES

**SPRING:** Vernon, Coldstream and Area B and C residents - Sun, Mar 12 | 8am All Areas - Fri, Mar 17 | 8am

**SUMMER:** Vernon, Coldstream and Area B and C residents - Sun, Apr 30 | 8am All Areas - Fri, May 5 | 8am



**Musical Theatre Fun** 5-7 yrs

Join Mr. Syd for a musical experience full of song, dance, and creativity! This class focuses on singing technique and movement to create an engaging performance. This introductory class will help students gain confidence in their singing and dance abilities through fun and engaging exercises and musical pieces.

Mon 3:30-4:30pm

**Dance Sing Act** 8-12 yrs

Want to be a triple threat on stage? Learn how to control your voice, build your dance repertoire, and enhance your command of the stage through performance pieces that focus on all three aspects of stage work. This class is great for those who want to have a taste of performing and includes fun exercises that will enhance their confidence on stage.

Mon 4:30-5:30pm



**Parent Date Night Youth Care**

Come drop your kids off with us for fun active gym games with our Youth Leaders while you enjoy some weekend adult time. Get groceries or go for dinner!  
 Select Saturdays 5:30-7:30pm  
 Dogwood Gym  
 Register at [www.gvrec.ca](http://www.gvrec.ca) under Youth Programs.

Date  
 Night  
 😊

**Physical Literacy: What Is It?**

Physical literacy is the ability of a person to confidently do movement skills in different environments such as on the ground, in the air, on ice or snow or in water. If a child feels confident in their movement skills before the age of 12, they are more likely to be active for life. Movement skills are life skills, and include: agility, balance, coordination, speed, running, jumping, throwing, catching, striking, etc.

**How do we learn physical literacy?**

Just like a child has to be taught their ABC's before they can write words or be taught numbers before they can add and subtract, children need to be taught how to move. Like the other forms of literacy, physical literacy is best taught at a young age. Our programs focus on teaching kids the movement skills so they can feel confident in playing games and sports with their friends. Our staff are trained in NCCP: Fundamental Movement Skills, Athletics BC Run Jump Throw, Gymnastics BC Kids CanMove, and other physical literacy based programs.

# Spring Break Camps

## CSI Detectives Kindergarten-12yrs

Shhh! This is a Top Secret Camp. Please only read if you accept the mission to seek out fun and intrigue as we enter the world of secret codes, scavenger hunts and super heroes. Different activities will be planned for each day the camp is offered.

Note: Previous spy experience not required.

5 & 6yrs

Mon, Mar 27	8:30-3:30pm	\$48	Dogwood Gym
Thu, Mar 30	8:30-3:30pm	\$48	Dogwood Gym

7-12yrs

Mon, Mar 27	8:30-3:30pm	\$48	PV Gym
Thu, Mar 30	8:30-3:30pm	\$48	PV Gym

*The 7-12 camp will swim as a part of the camp.*

*Note: these camps may be combined depending on registration or staffing numbers.*

## Fit N' Sporty Kindergarten-12yrs

This camp will focus on fun samplers of all sorts of fitness activities (yoga, hiking, bootcamp) as well as sports drills designed to improve coordination and technique. Different activities will be planned for each day the camp is offered.

5 & 6yrs

Tue, Mar 28	8:30-3:30pm	\$48	Dogwood Gym
Fri, Mar 31	8:30-3:30pm	\$48	Dogwood Gym

7-12yrs

Tue, Mar 28	8:30-3:30pm	\$48	PV Gym
Fri, Mar 31	8:30-3:30pm	\$48	PV Gym

## Games Galore Kindergarten-12yrs

Have a ball with this active, fun and totally silly camp. Sharks & Fishes, Dodgeball and 25 versions of tag will keep you moving and laughing.

5 & 6yrs

Wed, Mar 29	8:30-3:30pm	\$48	Dogwood Gym
-------------	-------------	------	-------------

7-12yrs

Wed, Mar 29	8:30-3:30pm	\$48	PV Gym
-------------	-------------	------	--------

**SPRING BREAK REGISTRATION IS OPEN NOW.**

# SUMMER CAMPS

## Join the Summer Camp Leaders Team!

### Camp Leaders Wanted

Recreation Services has exciting job opportunities in our summer camps. If you have experience working with children and have a background in any of the following specialties: sciences, dance, music, drama, sport or certified lifeguard - we are looking for you!

Apply with a resume, cover letter and criminal record check: Attention: Recreation Programmers, recreation@vernon.ca. Only applicants short listed will be contacted.

**Deadline for all applications is Friday, April 28.**

## Environmental Conditions and Camps

### Smoke and Heat

Summer in the Okanagan is the best! Our Camps always strive to get our kids outdoors and enjoying what our great region has to offer.

With the increase of wildfire activity in our region and the resulting smoke, we will be following the Air Quality Index. It provides a range of recommended activity levels based on the current air quality. Based on these recommendations, there may be times where we make changes to the camp locations and activities.

We will also adjust camp locations and activities for high heat days based on local health and safety recommendations.

## SUMMER REGISTRATION DATES

Vernon, Coldstream and Area B and C residents - Sun, Apr 30 | 8am

All Areas - Fri, May 5 | 8am



## Camp Clubhouse

These camps are based from Lakers Clubhouse, 7000 Cummins Road  
 Mon-Fri 8:30am-4:30pm \$282  
 Swimming at Kin Beach and/or Paddlewheel Beach included.



### Sun, Sand & Water 7-12 yrs

This exciting camp will take advantage of the surroundings to learn new things, swim, play and have a ton of fun! Experience sand castle erosion, play games and crafts! Climbing at the Rock Garden included.

### Eco Explorers 5-12 yrs

An Environmental Adventure! This fun camp will get kids active while learning about nature and appreciating the planet. One day out-trip included.



## Explore & Adventure Camps

These camps are based from various locations. Mon-Fri 8:30am-4:30pm \$321

### Tacky Tourists

7-10yrs & 9-12yrs & 7-12yrs  
 You don't have to be from out of town to enjoy all the great things to do in our community. We will have fun being tourists in our town. Includes supervision, transportation, entrance fees and the best week of your child's summer!

### MACH 1 | Multi Adventure Challenge

9-11yrs & 10-13yrs  
 Join us for an action-packed Multi-Adventure Challenge! This camp includes paddleboarding, hiking, sailing, and a visit to Myra Canyon Adventure Park. Are you ready for the challenge?

### Surf N Turf

9-11yrs & 10-13yrs  
 It's all about the beach adventures! This camp will visit Gardom Lake for high ropes and zipline, as well as visiting beaches at Ellison, Kin and Paddlewheel with paddleboating and sailing included.



## Camp REC

These camps are based from the Recreation Centre.

Mon-Fri 8:30am-3:30pm \$251

May include a day at a local beach.

Camps for 7yrs and over will include swimming at the Aquatic Centre.



### Build, Make & Break 5-6yrs and 7-12yrs

The camp that does it all! We will have fun with lego projects, easy recipes and team challenges. This is an active camp that builds on imagination and creation.

### CSI Detectives 5-6yrs and 7-12yrs

Shhh! This is a Top Secret Camp. Please only read if you accept the mission to seek out fun and intrigue as we enter the world of secret codes, scavenger hunts and superheroes. Note: No previous spy experience necessary.

### Fit n Sporty 5-6yrs and 7-12yrs

Let's get moving! This camp will focus on fun samplers of all sorts of fitness activities like yoga, hiking, bootcamp, and swimming as well as sports drills designed to improve coordination and technique.

### Out of this World 5-6yrs

3, 2, 1 Blast off with us! The sky is the limit in this camp as we explore all the mysteries of outer space.

### Games Galore 5-6yrs & 7-12yrs

Have a ball with this active, fun and totally silly camp. Sharks & Fishes, Dodgeball and 25 versions of tag will keep you moving and laughing.

### Globetrotters 5-6yrs and 7-10yrs

Join us as we virtually travel the world exploring various cultures and their customs, crafts and games. No passport required, just a desire to have fun and experience the world!

### Mission Possible 5-6yrs and 7-12yrs

Your Mission: Tackle team challenges, slither through scavenger hunts and leap through fun Lego challenges. Should you choose to accept this mission be ready for action, games and fun!



## SUMMER REGISTRATION DATES

Vernon, Coldstream and Area B and C residents - Sun, Apr 30 | 8am

All Areas - Fri, May 5 | 8am



## Summer Sports | Skills & Drills

### Aces Tennis - Skills 6-12yrs

1.5 hour lessons

Join us for some fun tennis drills and games like pancake races, caterpillar relays, X's and O's, battleship, tennis baseball, round-the-world and many more. Learn grip, rally, and serve techniques. We use low compression and foam balls that make it easier to learn and play tennis.

Junior racquets supplied.

Location: Paddlewheel Park

### Pickleball - Skills 6-12yrs

1.5 hour lessons

Come learn with us! Botts Botterill & Beck Hackman certified instructors focus on the 3' F' (Fitness, Focus & FUN) BottMan Provides youth with the coaching and support they will need in order to develop eye hand coordination, agility, and balance. This will encourage fitness, the importance of team play, patience and building new skills.

Location: Paddlewheel Park

### Beginners Golf - Skills 8-11yrs and 11-14yrs

1.5 Hour Lessons

Get tips on your grip, swing and golf etiquette. Putting, chipping, full swing and basic rules will all be taught. Bring your own clubs or rent at no cost. Dress for the weather and meet on the putting green.

Location: Hillview Golf Course



### XploreSportZ 9-12yrs

For sport-lovers who want to experience some new and exciting sports. If you're tired of the same-old sport scene, come discover the dynamic variety of sports we have to offer! Activities may include: archery, wheelchair basketball, judo, rock climbing and tennis. XploreSportZ camps will include: t-shirt, swimming and a variety of sports led by certified coaches.

### SUMMER REGISTRATION DATES

Vernon, Coldstream and Area B and C residents - Sun, Apr 30 | 8am

All Areas - Fri, May 5 | 8am



# Independent Living Vernon

Promoting a new perspective on disability

## Services for People with Disabilities

**Disability Parking Placards:** Permits allow people with mobility disabilities to park in designated parking spots. Permits are issued to qualified applicants upon receipt of the completed application—medical professional approval required. \$22.00 processing fee is required.

**Peer Support:** People with disabilities can meet to participate in social and recreational activities. Please contact the office for the schedule of activities. Youth with disabilities between the ages of 16–29 years.

**Information & Referral:** Find out about community resources and government programs. Some examples are the Disability Tax Credit, Registered Disability Savings Plan, or Fuel Tax Rebates.

**Free computer and Internet access.** 2 computers are available for anyone to use.



## Accessible Physical Activities for people with disabilities

**Trailrider:** IL Vernon has 2 Black Diamond Trailriders available for people with a variety of disabilities to go hiking on moderate to advanced trails around the North Okanagan. \$10.00 rental fee or a \$25.00 ILV yearly membership.

**Moving for Independence:** First Sunday of every May come and participate in a fun moving event to raise money for ILV. \$20.00 registration fee includes event, lunch, and prizes.

### For more information on the services offered by Independent Living Vernon:

**Address:** #107, 3402-27th Avenue, Vernon (People Place)

**Phone:** 250-545-9292 or Toll Free: 1-877-288-1088

**Email:** [info@ilvernon.ca](mailto:info@ilvernon.ca)

**Website:** <http://ilvernon.ca>

**Facebook:** Independent Living Vernon

**Twitter:** @ILVernon

**Text #** 778-212-4375

**Hours:** Monday to Thursday, 8:30am–4:00pm; Friday by appointment only

## More accessible physical activities for people with disabilities

**Adaptive Rowing:** Vernon Rowing Paddling Club is open to all people with a variety of disabilities and is the largest in western Canada. Contact Lisa George at the Vernon Rowing and Paddling Centre at [lisa@gorowandpaddle.org](mailto:lisa@gorowandpaddle.org).

**Beach Access:** Wheelchair beach access ramp at Paddle Wheel Park, next to Paddle Wheel Hall.

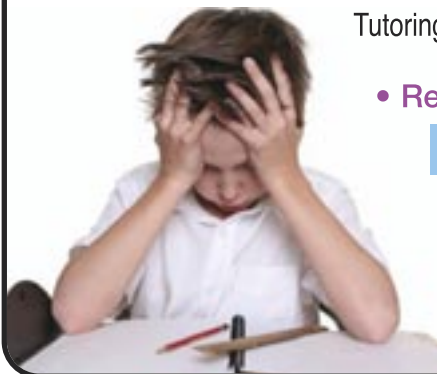
**75% discount for People with Disabilities** through Vernon Parks and Recreation. For more information, contact 250-545-6035.

# NOT EVERY CHILD LEARNS IN THE SAME WAY.

Tutoring can be a positive option to help your child get on track if he is falling behind. We offer:

- 1 on 1 Specialized Tutoring for Children & Adults
- Reading, Math, Spelling & More • Guaranteed Success • Affordable

**\* CELEBRATING OVER 33 YEARS IN BUSINESS! \***



**POTENTIALS**

CANADA LEARNING CENTRE LTD.

Since 1989

We solve the learning riddle.

**250-545-7766**  
**potentialscanada.ca**



ALWAYS A REASON

  
**VILLAGE GREEN**  
SHOPPING CENTRE

  Visit [villagegreencentre.com](http://villagegreencentre.com)

  
**Maven Lane**  
*A place for learning*

visit us at  
**www.mavenlane.org**

call us on  
**250.558.9963**



- full day early learning and care programs
- morning preschool
- after school and school closure care
- leading edge learning philosophies

Maven Lane began its legacy of nurturing children in 1994. Over the years, our parent-driven, non-profit organization has grown to provide child care, early learning, and recreational programs for hundreds of children in warm, inspiring and safe environments.

**VERNON ~ COLDSTREAM ~ ARMSTRONG ~ LAVINGTON**



Shared e-scooters and e-bikes  
are a fun and convenient way to  
explore Vernon!



### Important things to remember:

- You must be 16+ to rent and ride an e-scooter/e-bike.
- Always ride sober.
- Always wear a helmet (helmets are provided with every e-scooter/e-bike. You can also wear your own).
- Only one person per e-scooter/e-bike.
- When you are riding e-scooters/e-bikes on roads, bike lanes, and pathways, follow the same rules as cyclists.
- When you are riding your e-scooter on sidewalks, slow down, share the space, and yield to pedestrians.
- Park responsibly and double check to make sure that walkways, pathways, sidewalks, ramps, and doorways are clear.

## FLY FISHING

### Fly Casting

This is an introductory course in fly fishing and fly casting. The course covers equipment, knots, finding fish, local entomology and casting. No equipment is needed for the first class. This course is sponsored by the Kalamalka Fly Fishers Society [www.kalflyfishers.ca](http://www.kalflyfishers.ca). First class will be held at Venture Training Centre. A schedule of locations will be provided at the first class.

Tue 7:00-9:00pm starts Mar 28

## DOG & PUPPY CLASSES

### Dog & Puppy Obedience Courses

Recreation services is pleased to be offering these programs once again. Please note that all dogs/puppies require two sets of shots. Please bring proof to the first class. Do not bring your pet to class if they are in heat; you are welcome to attend to gain the learning.

#### Instructor

We would like to welcome Barbara to the Recreation Services team! She has been handling and showing dogs for 35 years. Her love of dogs has led her to a versatile background in the dog world where she has knowledge in showing, obedience, agility and tricks titles.

### Dog Handling & Socialization

This class is for those that are looking to socialize their puppy and/or show their puppy/dog. Socialization and handling are very important to help puppies and dogs learn manners. This program will include leash training, proper socialization, engagement and reward systems. This program will cover all aspects of showing dogs and is a bit more structured than the Puppy Socialization. All puppies/dogs must have their second set of shots. Please bring proof of shots to the first class.

Tue 3:00-4:00pm Creekside Main

### Dog Obedience

Dog Obedience is for dogs 6 months and older and must have two sets of shots. This course will cover basic commands and will be held indoors. Please bring proof of shots to the first class.

Wed 6:15-7:15pm Creekside Main

### Puppy Socialization

This program is for anyone who would like to socialize their puppies. While it is not as structured as the Handling course, puppies will learn some leash training, manners and basic safety. All puppies must have their second set of shots (proof required at first class).

Tue 4:15-5:15pm Creekside Main

Wed 5:00-6:00pm Creekside Main



## SLO-PITCH

### Slo-Pitch - Women's Fun League Ages 18+ Recreational and Intermediate Leagues

This league focuses on getting out and having fun rather than the competitiveness of the game. Included in the registration costs: game balls, strike plate, rule book, membership in Slo-Pitch National which covers players with accident and liability insurance, one umpire per game and field costs. Teams must supply their own equipment. Registration is on a team basis.

Please have the team contact register at [www.gvrec.ca](http://www.gvrec.ca).



## Spring Volleyball Leagues

### Monday Recreational Coed

Dogwood and Priest Valley Gym 6:00-10:00pm

### Monday Competitive Coed

Priest Valley Gym 6:00-10:00pm

### Wednesday Recreational Women's

Dogwood Gym 6:00-10:00pm

### Wednesday Competitive Women's

Priest Valley Gym 6:00-10:00pm

Please register in the pool you believe your team is best suited for. Players must be 17 years and over and not attending high school. If unsure which pool to register in, contact [playsports@vernon.ca](mailto:playsports@vernon.ca).

This is a short indoor season before Beach Volleyball opens. Wednesdays will have 7 nights of play and Mondays will have 6 nights. No playoffs. No play April 10th. Only the team representative registers.

## Beach Volleyball Leagues

<b>Mondays</b> May 29-Jul 31	<b>Sand</b>	\$350/10 wks
	<b>Surf</b>	\$350/10 wks
	<b>Surf/Sun Hybrid</b>	\$350/10 wks
<b>Tuesdays</b> May 30-Aug 1	<b>Adult Triples</b>	\$160/10 wks
<b>Wednesdays</b> May 31-Aug 2	<b>Sand</b>	\$350/10 wks
	<b>Surf</b>	\$350/10 wks
	<b>Sun</b>	\$350/10 wks

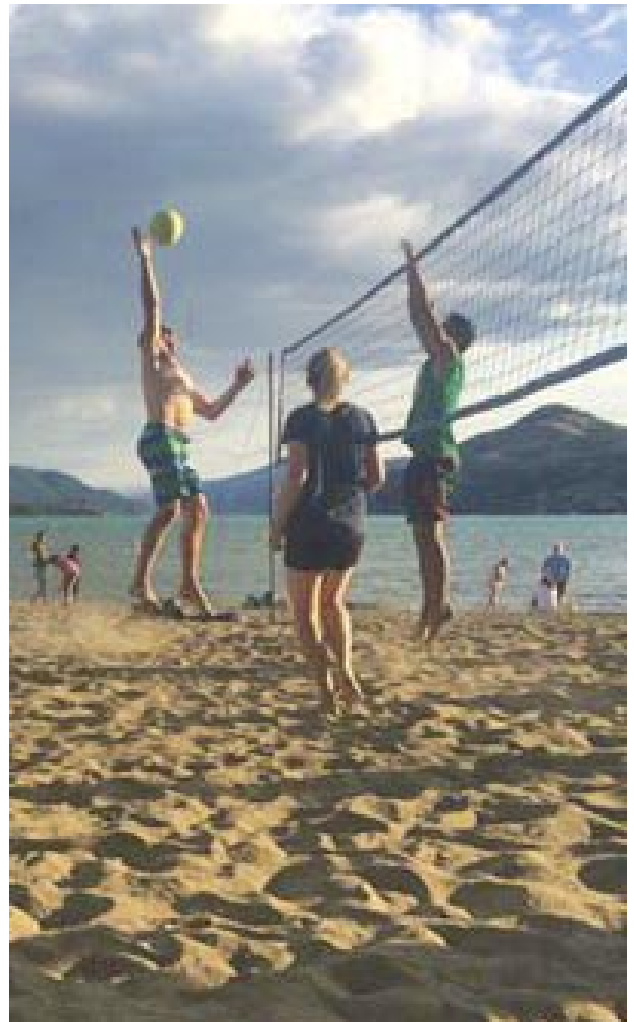
**Location: Kal Beach and Paddlewheel Park**

- SAND** For teams that try to bump, set & spike but really just are happy if the ball goes over the net.
- SURF** For teams that try to block and spike
- SUN** For teams with good skills that use a basic system with blocking and spiking.
- HYBRID** For teams stuck between levels, this is the place for you.
- TRIPLES** 3:3. No refs provided. Coordinator on site to take stats.

### Game times:

Sand/Surf/Sun 6:00, 7:00, 8:00pm

Triples 6:00pm-dusk



## Want to be a Volleyball Ref?

We are always hiring volleyball referees for our Leagues. What do you need?

A complete criminal record check. Knowledge and passion for the game. Willingness to learn, positive attitude and availability for training. **If you would like to learn more contact: [playsports@vernon.ca](mailto:playsports@vernon.ca)**

## COURT SPORTS

### Pickleball - Learn to Play

Are you interested in learning this fun, easy on the joints sport? Our certified Pickleball coaches from BottMan Sport will get you rolling with conditioning, skill drills and game play.

Thursday evenings.

Beginner and Intermediate options.

Visit [www.gvrec.ca](http://www.gvrec.ca) for details, dates, and prices.

## ADULT DROP IN SPORTS

All community sport drop-ins are run as co-ed non-structured activities. Drop-in requires activity reservation; hop online to register for your spot up to 48 hours in advance. Visit [www.gvrec.ca](http://www.gvrec.ca) to see what is available.

### 2023 Adult Drop in rates:

\$7.60 player, 10x pass - \$68.40, 20x pass - \$129.20.



	Sport	Time	Location
Sun	Floor Hockey	6:30-8:00pm	Priest Valley Gym
Mon	Pickleball	10:00-11:30am	Priest Valley Gym
Tue	Badminton 18+ Basketball Volleyball	1:00-2:15pm 5:45-7:00pm 7:30-9:30pm	Priest Valley Gym Priest Valley Gym Priest Valley Gym
Thu	Pickleball Badminton Table Tennis Volleyball	10:00-11:30am 1:00-2:15pm 6:30-9:30pm 7:30-9:30pm	Priest Valley Gym Priest Valley Gym KTP - Civic Room Priest Valley Gym
Fri	Floor Hockey	5:30-7:00pm	Priest Valley Gym

## YOUTH DROP IN SPORTS

Youth Drop In Sports are free for those under 16. Please preregister 48 hours in advance either online or in person at the Rec Centre Front Desk when you arrive.

### Teen Basketball Dogwood Gym

A chance to shoot hoops and play a pick up game with friends.

11-14yrs Tue/Thu 5:15-6:15pm

14-17yrs Tue/Thu 6:30-7:30pm

### Teen Volleyball Dogwood Gym

Use the gym and our net to get in some extra practice and meet new friends.

11-14yrs Wed 3:30-4:30pm

14-17yrs Wed 4:45-5:45pm

# TENNIS

## Tennis Lessons - Youth

### Red & Green Kids FUNdamental Courses

In these courses, we will use lots of fun drills and games to build sound tennis strokes. Some of the games we play include pancake races, caterpillar relays, X's and O's, battleship and tennis baseball. We use low compression and foam balls that make it easier to learn and play tennis. Junior racquets supplied.

**Red Ball** 5-8yrs **Green Ball** 9-13yrs

Go to [www.gvrec.ca](http://www.gvrec.ca) to see dates and times.

Location: Paddlewheel Park



## Tennis Lessons - Adult

### Tennis-Learn - Adult Fundamentals 16+ yrs

Basic FUNdamentals - for players new to the game or with little experience and want to favor hitting forehands over backhands. This course will teach basic ball control skills and strategies using foam balls on a scaled down court and then progressing to regular tennis balls on a full sized court. (Tennis Canada Rating Equivalent 1.0-2.0)

Weekday evenings. For dates and times please visit [www.gvrec.ca](http://www.gvrec.ca).

### Tennis-Learn - Adult Level 2 16+ yrs

For players who can rally 10 balls in a row consistently on the forehand at moderate speed. This course will help players improve on their backhands and on incorporating more spin into their overall game. (Tennis Canada Rating Equivalent 2.0 - 3.0)

Weekday evenings. For dates and times please visit [www.gvrec.ca](http://www.gvrec.ca).



## Tennis Leagues

### Women's Fun Competitive

16+ yrs

This program is designed for fun and exercise with a little bit of competition thrown in. Players must be a level 3.0 according to Tennis Canada's Self Rating Guide. There is a limit of 16 registrants for this program. Spares are always required and regularly play.

Location: Marshall Fields  
Mon, Thu Mornings

### Men's Fun Competitive 3.0+

16+ yrs

This program is designed for fun and exercise with a little bit of competition thrown in. Players must be a level 3.0 according to Tennis Canada's Self Rating Guide. There is a limit of 16 registrants for this program. Spares are always required and regularly play.

Location: Sawicki & Kalavista  
Mon, Thu Mornings



**FREE MEDIUM COFFEE\***  
WITH ANY PURCHASE

COFFEE HOUSE  
**BEAN TO CUP**  
AND ROASTERS

  @beantocup

\* with this coupon

Gourmet Coffee, Breakfast, Lunch & Catering in Vernon  
3903 27th Street, Vernon BC | 250.503.2222  
**beantocup.com** Spring Summer V23

Do you know a senior who is isolated or lives alone?

Refer them to the **Good Morning Program**

The Good Morning Program is a free service offering daily phone calls for social interaction.

Call 250-542-3114  
or email [support@cmhavernon.ca](mailto:support@cmhavernon.ca)



**Volunteers are always needed**




**PHYSIOTHERAPY**  
*Reaching Higher*

Tamara Dantzer, Registered Physiotherapist  
Debbie Sparling, Registered Physiotherapist  
Cindy Keith, Registered Physiotherapist  
**Direct Bill to Extended Health**

**250-503-2112**

Assessment & treatment of muscle and joint pain, Vertigo  
Acupuncture, Intramuscular stimulation (IMS),  
Sports injuries, Manual Therapy  
**Early morning/evening appointments available**



– ONLINE BOOKING available on our website –  
Located in the Alpine Centre **www.kalphysio.com**

real estate

**DEDORA SCHOENNE**  
appraisers consultants advisors



If it involves the value of real estate, involve an Appraiser.

**Macy Burke**  
Real Estate Appraiser

[macy@dsappraisers.com](mailto:macy@dsappraisers.com)  
(250) 542-2222  
[www.dsappraisers.com](http://www.dsappraisers.com)



APPRAISAL & CONSULTING      REPLACEMENT COST REPORTS      INVESTMENT ADVISING



## Discover the secrets and rumours inside our 125+ year-old heritage home museum

Learn the fascinating story of the mysterious Caetani family who once lived here. See family heirlooms, exquisite 1920s fashions, and home movies.

View Sveva Caetani's incredible Recapitulation painting series that recalls her life's journey.

**Join us for Tours from spring-fall, the Great Gatsby Caetani Splash June 24, Summer Music Festival in July, and more!**



[www.caetani.org](http://www.caetani.org)  
3401 Pleasant Valley Road Vernon 250-275-1525



**The Clearest Choice**

Call today for your free no-obligation quote 250.542.9309

**Residential** Installation & Repairs

**Auto Glass** Installation & Rock Chips

**Commercial** Renovations, Repairs & Replacements

[www.hlglass.ca](http://www.hlglass.ca) • 2809 45 Avenue, Vernon



#203-3301-24 Avenue, Vernon  
Sports Injuries  
ICBC – WCB – Acupuncture – Vertigo  
250-545-2335  
Your Family Physiotherapy Centre  
[www.daminiphysio.ca](http://www.daminiphysio.ca)



# Welcome to the breathtaking Okanagan!

Buying or Selling Real Estate? Let me be your expert guide!



**RE/MAX** Vernon



**ALL of my listings get professional 3D Matterport Virtual Tours —call me!**

**Maria Besso (250) 308-1152 ♦ [bessohomes@gmail.com](mailto:bessohomes@gmail.com) ♦ [www.besso.ca](http://www.besso.ca)**

# A PLACE TO MEET OTHER 50 PLUS FRIENDS



Serving Vernon's Seniors since 1973

The Halina Centre addresses the Social, Educational, and Recreational interests of those 50+, helping to enhance the quality of their lives.



*Activities,  
Friendship,  
Food & Fun!*

## HERE'S WHAT'S AVAILABLE

- All activities are on the main floor (Billiards room is downstairs)
- Daily/Weekly Events to meet friends/ make new ones
- Stage - large / small tables / padded chairs
- Cafe - Homemade soups and sandwiches, baking
- Craft shop
- Library - Take a book / return
- Handicap / Unisex / Regular Bathrooms
- Free accessible public parking
- Handicap parking
- Scooter parking area
- Hearing loop (for hearing aid users)

**NEW PROGRAMS & ACTIVITIES BEING OFFERED ALL THE TIME  
VISIT OUR WEBSITE [WWW.HALINACENTRE.COM](http://WWW.HALINACENTRE.COM)**

**HOURS:** Monday - Friday | 3310 - 37th Avenue, Vernon, BC in the Vernon Recreation Centre  
8:30am - 4:30pm | Phone 250-542-2877 • email: [halinaseniors@telus.net](mailto:halinaseniors@telus.net)

## FUN Activities Adults 50 +

- Nordic pole walking & gentle stretching
- NoodleSteppin – beginner line dancing & gentle strength training combo classes
- Fitness classes for retirement residences
- REFRESH – outdoor exercise classes for breast cancer patients & survivors
- Fun, safe, friendly, physical & mental health boost; different levels available

## Noodlelegs

Health & Fitness  
250.549.6778

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



*Socialize while you exercise!*



## VERNON FARMERS' MARKET

Discover the best farmers market in the North Okanagan. Supporting local growers, makers and bakers for over 40 years we offer it all! Choose from the freshest seasonal fruits and vegetables, meats, cheese, plants and flowers. Come taste our gourmet foods and baking or stop in for lunch at a food truck. Shopping for original one-of-a-kind items is easy with talented artisans including painters, jewellery, pottery, crafts, clothing and so much more. Our cheerful atmosphere, live music and friendly faces welcome residents and visitors alike. There's plenty of free onsite parking so bring the whole family to experience our vibrant colours, fresh flavours and good old fashioned fun.

**MONDAY & THURSDAY 8-1pm, Apr - Oct  
KAL TIRE PLACE (North Lot) 3445 43 Ave**

**Vendor map & updates on Facebook & Instagram  
[vernonfarmersmarket.ca](http://vernonfarmersmarket.ca) • [vernonmarket@hotmail.com](mailto:vernonmarket@hotmail.com)**





## REGISTERED AQUAFIT | SPRING

Schedules subject to change.

Mon	Tue	Wed	Thu	Fri
<b>Aquafit II</b> 8:35-9:25am	<b>Deep Water</b> 8:35-9:25am	<b>Aquafit II</b> 8:35-9:25am	<b>Deep Water</b> 8:35-9:25am	<b>Aquafit II</b> 8:35-9:25am
<b>Aquafit II</b> 9:35-10:25am		<b>Aquafit II</b> 9:35-10:25am		<b>Aquafit II</b> 9:35-10:25am
	<b>Evening Aqua</b> 7:10-8:00pm		<b>Evening Aqua</b> 7:10-8:00pm	

Please register for these programs.

Session dates can be found online at [www.gvrec.ca](http://www.gvrec.ca)

### Aquafit I

Low impact, mild intensity shallow water class. Aquafit I will improve general fitness levels and include strength sets using water resistance. Ideal for those that want to enhance balance, coordination and overall fitness. This is a great class for those who are new to aquafit, pre/post natal and/or moving up from Aqua Rehab.

Wed 9:35-10:25am

### Aquafit II

Includes a variety of exercises using anchored, light bounce, propulsion and suspension in shallow water. This is a low impact, mid-high intensity class that will improve cardiovascular and muscular endurance, flexibility and muscle tone.

Mon 8:35-9:25am & 9:35-10:25am  
Wed 8:35-9:25am  
Fri 8:35-9:25am & 9:35-10:25am

### Deep Water

This is a moderate to high intensity fitness class held in the deep end. Participants wear a “fitness belt” to provide flotation while they are in the deep water. The class is great as there is no impact and provides an exceptional workout.

Tues 8:35-9:25am  
Thur 8:35-9:25am

### Evening Aqua

Join us for water fitness classes that use light bounce, propulsion and suspension in shallow water. Improve your cardio, core and muscle tone with this challenging evening class.

Tues 7:10-8:00pm  
Thur 7:10-8:00pm

## AQUA REHAB | DROP IN | SPRING

Schedules subject to change.

### Aqua Rehab

Same program, updated name! Aqua Rehab focuses on restoring, maintaining and increasing joint range of motion and muscle strength. It will improve posture, flexibility, balance, coordination and endurance. It is suitable for those who are rehabilitating after surgery, injury or who may have a long term disability. This is an entry level class held in the shallow end of the lap pool. A doctor or therapist referral is required to participate.

Tue 2:05-2:50pm  
Thu 2:05-2:50pm

Fees: Single Drop In \$7.97 | 10x Pass \$75.48

Two ways to attend:

1. Drop In, or
2. Pre-register online up to 48 hours in advance. Contact [activeliving@vernon.ca](mailto:activeliving@vernon.ca) for information.

# FITNESS PROGRAMS

For dates, times and fees please visit [www.gvrec.ca](http://www.gvrec.ca) under Fitness programs or drop by the Recreation Centre for a Fitness flyer.

## Zumba

Zumba is for everybody and every body! Each Zumba® class is designed to bring people together to sweat it out. Zumba takes the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Zumba offers a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Tue 5:15-6:15pm Sunrise Room

## Zumba Gold

Zumba Gold is for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography to Latin and world rhythms that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong.

Mon 10:15-11:15am Sunrise Room  
 Thu 9:15-10:15am Sunrise Room

## Chair Zumba Gold **NEW!**

Chair Zumba Gold incorporates movements taken from Latin dances to create an exhilarating program that aims to improve overall energy, core stability, muscular strength, cardiovascular endurance, and motor skills. This seated class offers a fun and beneficial cardio workout for individuals with limited mobility who are unable to tolerate a more rigorous form of exercise.

Thu 1:00-1:45pm Sunrise Room

## **STRONG 30 NEW!**

Each 30-minute class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. This high-intensity class is meant to increase your level of cardiovascular fitness, improve your core strength, build lean muscle, boost your agility and motivate you to push past your limits.

Thu 12:15-12:45pm Sunrise Room

## Fit Happens!

Your overall health is decent and maybe you’re even quite active, but maybe feeling a few aches and pains these days? You want to keep at it, but could use a little strengthening, especially the core, wouldn’t mind being a bit more agile, and come to think of it, your balance and flexibility aren’t quite what they used to be. This class is designed to be playful and challenging so it’s just too fun to miss! It’s also designed to round out your overall fitness and functional capacity, otherwise said the ability to move well and feel good doing it. Join Sue on Tuesdays for a cardio and strength circuit and come back Thursday for agility and core. Expect variety and something a little different as we challenge the parts of fitness that may get ignored as we age – agility, power, coordination, and managing the dual tasks i.e. brain is challenged while body is active!

This class is geared toward generally healthy adults, who are able to move through a variety of exercises and effort levels.

**Recommended:** Bring your own mat.

**Required:** Bring your own resistance band.

### Cardio & Strength

Tue 9:00-10:00am Creekside Main

### Agility & Core

Thu 11:45-12:45pm Halina Room



## Fit ABC

Fit ABC'S (Agility, Balance, Core & Strength) is a fitness class for those that are generally healthy and are looking for a light to moderate fun, fitness class with a focus on improving balance, strength and core stability. Two levels: Level I (intro) and Level II (advanced).

Level II participants must be able to get up and down from the floor unassisted.

**Recommended:** Bring your own mat Level II only.

**Required:** Bring your own resistance band.

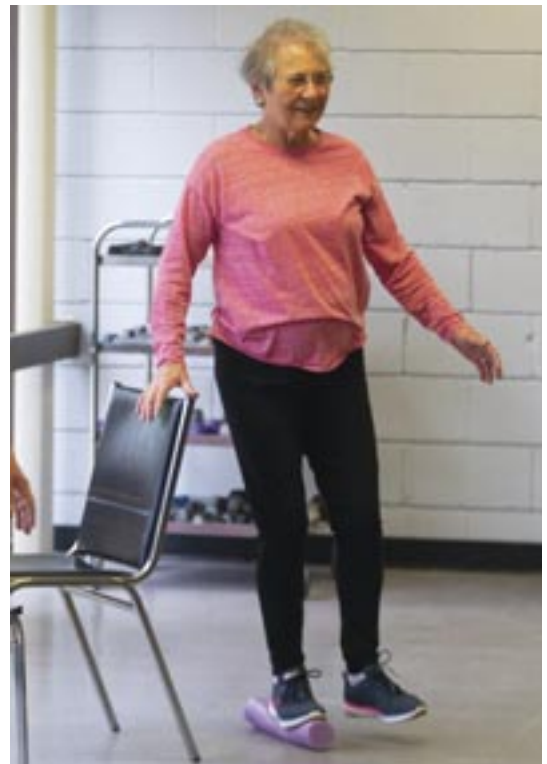
Level I	Mon/Wed	1:15-2:15pm
Level II	Mon/Wed	9:00-10:00am

## Get Up & Go!

The *Get Up & Go!* program offers an entry level exercise program for seniors with balance, mobility impairments and/or chronic disease. The class will lead you through 3 phases of a safe and effective exercise program: warm up and cardio; strengthening with bands and light weights; stretching.

**Required:** Bring your own resistance band.

Mon/Wed	10:15-11:15am
Mon/Wed	11:30-12:30pm



## Osteofit 1

The BC Women's Hospital & Health Centre's Osteofit program provides a gentle strength, balance and co-ordination program designed to improve fitness while promoting healthy bones for people with Osteoporosis.

**Required:** Bring your own resistance band.

Set 1 Thu	10:15-11:15am	Halina Room
Set 2 Tue/Thu	10:15-11:15am	Halina Room

## Osteofit For Life

Want to improve your posture, balance and strength? Join in this fun, simple, gentle fitness class. Easy aerobic routines warm you up before concentrating on core strength and postural exercises. Exercise bands, tubes and hand weights are used in this light to moderate intensity class intended for people with Osteoporosis and graduates of Osteofit 1.

**Recommended:** Bring your own mat.

**Required:** Bring your own resistance band.

Set 1 Thu	9:00-10:00am	Halina Room
Set 2 Tue/Thu	9:00-10:00am	Halina Room



### NOTE: All Osteofit

Session 1 classes run on Thursdays only.  
Session 2 classes run on Tues and Thurs.

## PROGRAM REGISTRATION DATES

**SPRING:** Vernon, Coldstream and Area B and C residents - Sun, Mar 12 | 8am All Areas - Fri, Mar 17 | 8am

**SUMMER:** Vernon, Coldstream and Area B and C residents - Sun, Apr 30 | 8am All Areas - Fri, May 5 | 8am

## FITNESS PROGRAMS

### Minds in Motion

A fitness and social program for people living with any form of early-stage dementia along with a care partner or friend. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend.

**Required:** Bring your own resistance band.

Tue                      1:00-2:30pm                      Sunrise Room



## YOGA

### Face Yoga **NEW!**

Welcome to an uplifting practice meant to naturally help raise and tone the muscles of the face, increase circulation, and reduce tension. The result is a healthier, firmer complexion and more radiant younger looking skin.

**Interest List** - please add your name if you are interested in the program. Once we have enough interest we will start a session.

### Yoga Flow **NEW!**

An early evening flow class restores your body by increasing circulation after a long day of work to prepare you for your evening activities. This vinyasa flow class focuses on building balance, flexibility, strength and elongating muscles. Please bring a mat and be prepared for standing and seated poses. All levels are welcome!

**Recommended:** Bring your own mat.

Tue                      5:00-6:00pm                      Lakers Clubhouse

### Chair Yoga

Chair yoga is a seated exercise class that follows a slow and gentle progression through a sequence of poses designed to help students improve posture, balance, flexibility and build strength. Come join these fun, stimulating and empowering classes! This class is ideal for those with balance or mobility challenges. Two levels provided:

Level I - participants remain seated.

Level II - has a mix of seated and standing poses where

The chair is utilized as a balancing tool.

**Required:** Bring your own resistance band.

Level I                      Tue                      10:30-11:30am

Level II                      Thu                      10:30-11:30am

### Yin Yoga

Deepen your relaxation with a 75 minute yin yoga class. Participants will hold poses for 2-5 minutes, seated or supine. Long held poses help to release fascia tissue to allow a greater stretch in surrounding muscles. Expect to have looser muscles, greater flexibility, better recovery time and better sleep after this class. Participants must be able to get down to the floor unassisted.

**Recommended:** Bring your own mat, a bolster or a large pillow.

Tue                      6:30-7:45pm                      Lakers Clubhouse

### Yoga Fit

Yoga Fit classes offer a higher intensity yoga experience. In addition to elongating, stretching and relaxation, Yoga Fit focuses on yoga poses that strengthen and build muscle. This is an ideal class for individuals looking for a more challenging yoga experience.

**Recommended:** Bring your own mat.

Thu                      5:15-6:15pm                      Sunrise Room

**For dates, times and fees visit [www.gvrec.ca](http://www.gvrec.ca) under Fitness programs or drop by the Recreation Centre for a Fitness flyer.**

## Gentle Yoga

Gentle yoga is perfect for people who want to try yoga for the first time or for those who are looking for a softer approach to their practice. In this class we will combine gentle yoga poses with breathing exercises and restorative postures to stretch and strengthen the body, reduce stress, and calm the mind. Everyone is welcome to practice yoga in the supportive environment. No yoga experience is required.

**Recommended:** Bring your own mat.

Tue 10:30-11:45am Sunrise Room

## Yoga Slow Flow

Are you looking for a yoga practice to balance out your life and release tension in your body? Or a head-to-toe stretch and strengthening class? Yoga Slow Flow is a fusion meant to move you through stretching asanas for soothing tight muscles, joints and the connective tissue or fascia. Also, aiming to improve balance and awareness, this class will relax and reward your body and mind. Participants must be able to get up and down from the floor unassisted. This is an ideal program for active individuals of any age.

**Recommended:** Bring your own mat.

Thu 10:30-11:45am Sunrise Room

## Yoga for Older Adults

Relieve stress and release tension with a gentle exploration of essential yoga postures, breathing techniques and relaxation tools designed to safely allow you to experience the benefits of Hatha Yoga. Participants must be able to get up and down from the floor unassisted.

**Recommended:** Bring your own mat.

Wed 10:00-11:15am Lakers Clbhse



Recreation Services has exciting opportunities in our fitness department. We are looking to enrich our program offerings and fitness team. We are currently accepting applications for fitness professionals who have certifications and experience leading programs in land fitness, Older Adult, Osteofit, Get Up & Go, pilates, circuit training, aquafit and/or aqua rehab.

## Join our Fitness Team

The ideal candidate must have experience leading group fitness classes and have the applicable fitness certifications from a recognized fitness authority.

Apply with a resume, cover letter and criminal record check. Only short-listed applicants will be contacted.  
Email: [activeliving@vernon.ca](mailto:activeliving@vernon.ca)

### Positions available:

- Land Fitness Instructor
- Osteofit & Get Up & Go
- Land Fitness Instructor with Older Adult Certification
- Circuit Training
- Aquafit and/or Aqua Rehab
- Pilates

Some things haven't changed over time.

# Roller Skating

**Fridays 7:00 - 9:00pm  
& Sundays 1:00 - 3:00pm  
ADMISSION \$5 incl. rental**

Cancelled April 14 & June 16

Last day for Sundays March 26, Last day for Fridays June 23

\*All dates & times are subject to change.



Armstrong Spallumcheen Parks & Recreation  
Operated by Carlon Management Services Ltd.

**Hassen Memorial Arena — 3375 Pleasant Valley Rd, Armstrong**



# RINK

## SUMMER HOCKEY CAMPS

RINK Summer Camps have a variety of options from *EDGE Skating*, *Position Specific*, *Shooting & Scoring* and *Tryout Prep*! These camps are group training sessions that focus on proper mechanics & techniques in game like situations. Train, Compete and *Earn Your Stripes* alongside your peers this Summer!



Rutland Twin Arena



Half & Full-day options



[therink.ca/Kelowna](http://therink.ca/Kelowna)

# DIVE INTO NATURE THIS SUMMER

ADMISSION  
BY DONATION

Allan Brooks  
NATURE CENTRE

"Bringing nature to life  
in the Okanagan"

OPENING DAY  
**APRIL 15TH**

Open Tuesday to Saturday  
9am - 3:30pm



Visit our website  
[www.abnc.ca](http://www.abnc.ca)



TRAIL TOURS  
& NATURE TALKS



VISIT THE  
INTERPRETIVE CENTRE



SUMMER CAMPS  
& WORKSHOPS

*Play, Learn, Explore & Discover!*

BRING THE KIDS TO PLAY ON OUR  
NATURE PLAYSCAPE








OKIE LOOKS  
FORWARD TO  
SEEING YOU!



VISIT US 250 ALLAN BROOKS WAY, VERNON BC



# LEGEND

-  Cycle Track
-  Multi-Use Path
-  On-Road Bike Lane
-  Road Shoulder
-  Unpaved Trail
-  Bike Route
-  City Boundary

This map was created by the City of Vernon and is provided as a public resource for general information purposes only and was compiled from various sources and makes no warranties, expressed or implied, as to the accuracy, or completeness of information. By using this map you agree to the City of Vernon's Map Disclaimer.



**Bike Route**  
A quiet street where cyclists and drivers share the road.



**Bike Lane**  
A designated lane for biking. Do not drive, walk, or park in a bike lane.

**Road Shoulder**  
Road shoulders are used for walking and biking in more rural areas. Ride with caution as they may be narrow.



## Multi-Use Paths

Multi-use paths are used for many activities such as walking, running, cycling, and skateboarding.

These paths are separated from the road and suitable for all skill levels.

Everyone should keep to the right except to pass. If you need to pass someone, ring your bike bell or say "on your left."



## Downtown Cycle Track

A cycle track is a bike lane separated from the road.



ARMSTRONG SPALLUMCHEEN  
CHAMBER OF COMMERCE PRESENTS  
2023

MUSIC IN THE PARK



EVERY FRIDAY THIS SUMMER 7-9PM

June 23

**THREE SCOTCH IN**

Sponsored by  
ValleyFirst, a division of  
First West Credit Union

June 30

**BOBBY GARCIA &  
THE COOPER  
COUNTRY BAND**

Sponsored by  
Okanagan Audio Video  
and MRJ Contracting



July 7

**DIRT ROAD OPERA  
BAND**

Sponsored by  
Farmstrong Cider

July 14

**DILUTED MINDZ**

Sponsored by  
Askews Foods

July 21

**DIXIE FRIED HEP KATZ**

Sponsored by  
Armstrong Veterinary  
Clinic

July 28

**THE GOODS**

Sponsored by  
TBA

August 4

**BEN KLICK**

Sponsored by  
TBA

August 11

**HAT TRICK BAND**

Sponsored by  
Royal Lepage Realty

August 18

**RULE 857 BAND**

Sponsored by  
Vantage One Credit Union  
and City of Armstrong

August 25

**THE YOUNG'UNS**

Sponsored by ValleyFirst,  
a division of  
First West Credit Union

PARTNERED WITH



LIONS GAZEBO IN MEMORIAL PARK

# WORKING SMOKE ALARMS SAVE LIVES

When Daylight Savings Time begins on March 12, remember to check the batteries in your smoke alarms and carbon monoxide detectors.



[www.vernon.ca/fire-safety](http://www.vernon.ca/fire-safety)

## THE HOMES THAT ARE PREPARED ARE THE HOMES LEFT STANDING



Reduce the potential impacts of wildfire on your home. Learn how you can take action with the FireSmart BC Homeowner's Manual. Visit [homeowners-manual.firesmartbc.ca](http://homeowners-manual.firesmartbc.ca) to learn more.



### The best thing about being FireSmart™ is how easy it is to get started.

Download the FireSmart 101 app and get started with your free home assessment.

Questions? Contact the City of Vernon's FireSmart Coordinator at [firesmartcoordinator@vernon.ca](mailto:firesmartcoordinator@vernon.ca)

Together let's build a resilient community.



Learn more at [FireSmartBC.ca](http://FireSmartBC.ca)

FireSmart, Intelli-leu and other associated Marks are trademarks of the Canadian Interagency Forest Fire Centre.



### Here's a simple checklist you can use to drastically reduce your property's risk.

- |   |  |
|---|--|
| <input type="checkbox"/> Clean and maintain gutters and roofs   | <input type="checkbox"/> Keep grass and weeds cut below 10 centimetres   |
| <input type="checkbox"/> Relocate propane, firewood and other fuel sources 10 to 30 metres away from structures | <input type="checkbox"/> Prune trees to create a two-meter clearance from the ground to the lowest branches  |
| <input type="checkbox"/> Reduce the flammability of your landscaping and plant wildfire resistant vegetation    | <input type="checkbox"/> Clean under your deck to remove any combustible material. Establish a 1.5 metre non-combustible zone around the perimeter of the house and deck |



Stay up-to-date during an emergency  
Download the Alertable app today  
[www.vernon.ca/alertable](http://www.vernon.ca/alertable)





CYPRSS  
FUNERAL & CREMATION SERVICES

We believe each family is unique and so are their needs.  
Our goal is to support you in creating a celebration of life.

## The Details Matter



### Funerals

We are here to advise, assist, and guide you through the personalized options for the funeral service you need.



### Cremations

Our cremation process is centered around respect and professionalism. Our certified crematorium operators will ensure care and prompt return of your loved one's ashes.



### Pre-Planning

Our Advanced Planning Specialists are available to provide you with a comfortable, affordable, and pressure-free approach to planning your final wishes.



### Burials

Our team will walk you through the process while caring for your loved one's remains. We offer embalming, caskets, and burial services.



### Green Options

Each of our locations specializes in providing eco-friendly options. We offer environmental embalming, caskets, and urns.

Visit us today.



[cypressfuneral.ca](http://cypressfuneral.ca)

VERNON ARMSTRONG LAKE COUNTRY KAMLOOPS

# KALTIRE PLACE

3445 - 43rd Avenue

*The Perfect Place  
to Make it Happen!*



**Big or small, the Kal Tire Place complex is the perfect place to make your event happen!**

## EVENTS AND MORE

Located in the heart of the Okanagan, Kal Tire Place is the perfect setting and has the versatility to host an assortment of events from concerts to trade shows to rodeos.

Situated in a prime location, close to all amenities, features include:

- Kal Tire Place: seating capacity 3,000 plus 500 standing room
- Kal Tire Place North: seating capacity 400 plus standing room
- 20,000+ sq. ft. exhibition space in Kal Tire Place
- 17,000+ sq. ft. exhibition space in Kal Tire Place North
- 4 concessions
- various meeting rooms
- in-house catering
- tables, chairs, staging, pipe and drape available
- dressing rooms
- parking for 680 cars & 6 buses, plus an adjacent lot



## INDOOR WALKING



The wrap-around upper concourse is used year round by walking enthusiasts. It's free and a great way to stay in shape!

View the walking schedule at [www.gvrec.ca](http://www.gvrec.ca).

## CONTACT & HOURS

**Booking Information:** [www.kaltireplace.ca](http://www.kaltireplace.ca)

Inquiries Call: 250-550-3257

Email: [bookings@vernon.ca](mailto:bookings@vernon.ca)

Hours: Mon-Fri

8:00am-12:00pm

1:00pm-4:00pm

# PRIEST VALLEY ARENA

## Shinny

### 18+ Shinny

Fri 11:15-12:30pm

### 40+ Shinny

Mon/Wed 11:15-12:30pm

### 60+ Shinny

Tue/Thu 10:30-11:45am

### 70+ Shinny

Mon 9:45-11:00am

Register 48 hours in advance at [www.gvrec.ca](http://www.gvrec.ca).

See website for excluded dates.

## Public Skate Times

Wed 10:00-11:00am

Sun 4:30-6:00pm

Register 48 hours in advance at [www.gvrec.ca](http://www.gvrec.ca).

See website for excluded dates.

Pre-registered participants must check in at the Recreation Centre Front Desk and receive a wrist band before proceeding to the arena.

**Helmets** are mandatory for all skaters 10yrs and under and strongly recommended for all other skaters.

We do NOT offer skate rentals at any of our facilities.

## Skating Lessons in April

### Boots to Blades I 3-5 yrs

For preschoolers just learning. Kids will play on the ice with toys and get a great introduction to skating in a fun, non-threatening environment.

Mon/Wed 3:30-4:00pm

### Boots to Blades II 3-5yrs

For the preschool skater who is able to walk unassisted and is ready for gliding and more advanced skating.

Mon/Wed 3:30-4:00pm

### Rec Skate 1/2 6-12 yrs

For beginning skaters and those just starting to glide. Skaters will learn standing, balance and forward/backward movement.

Mon/Wed 4:00-4:45pm

### RecSkate 3, 4 & 5 6-12 yrs

For those for those that have completed RecSkate 2 or equivalent. Skaters should be able to skate backwards proficiently.

Mon/Wed 4:00-4:45pm

## AQUATIC, SKATING & DROP-IN SPORT FEES

All prices include taxes and are subject to change	Single	10 Pass	20 Pass	30 days	90 days	180 days	1 Year
<b>ADULT</b> 19 yrs+	7.60	68.40	129.20	83.20	170.40	291.90	501.16
<b>YOUTH</b> 13-18 yrs	5.65	53.55	96.05	62.85	128.75	220.75	384.45
<b>CHILD</b> 7-12 yrs	4.90	44.10	83.30	54.00	110.50	189.20	334.75
<b>PRESCHOOL</b> 3-6 yrs	2.45	22.05	41.65	27.05	55.40	94.70	165.05
<b>FAMILY</b>	16.55	148.95	281.35	182.80	374.25	641.75	1117.70
<b>SENIOR</b> 65 yrs+	5.65	53.55	96.05	62.85	128.75	220.75	384.45

**Membership passes are not transferable or refundable.** Punch passes have a two year expiry date from the date purchased. Unused passes are not transferable or refundable. Please only purchase passes you will be able to use within two years.

**Family** - Up to 2 adults (parents or grandparents) and children under 19 years who are immediate family.

**Preschool** - Children 3-6 years. Children 2 and under admitted free of charge. All preschoolers must be within arms reach of a responsible person 16 yrs or older at all times.



## Dog Permitted Parks in Greater Vernon

1. Grey Canal Trail - Bella Vista/OK Hills
2. Grey Canal Trail - East Vernon
3. Grey Canal Trail - Coldstream Estates
4. Grey Canal Trail - Turtle Mountain
5. Grey Canal Trail - Silver Star Foothills
6. Becker Park
7. Marshall Fields Park
8. BX Ranch Park
9. Stenquist Park
10. Coldstream Valley Estates
11. Vi Morphet Dog Park
12. Bench Row Rd Tree Plantation
13. Heritage Natural Area Trust
14. Mutrie Road Park
15. DND Grounds
16. Creekside Park
17. Mission Hill Park
18. Middleton Mountain Trails
19. Polson Park

# DOG PARKS

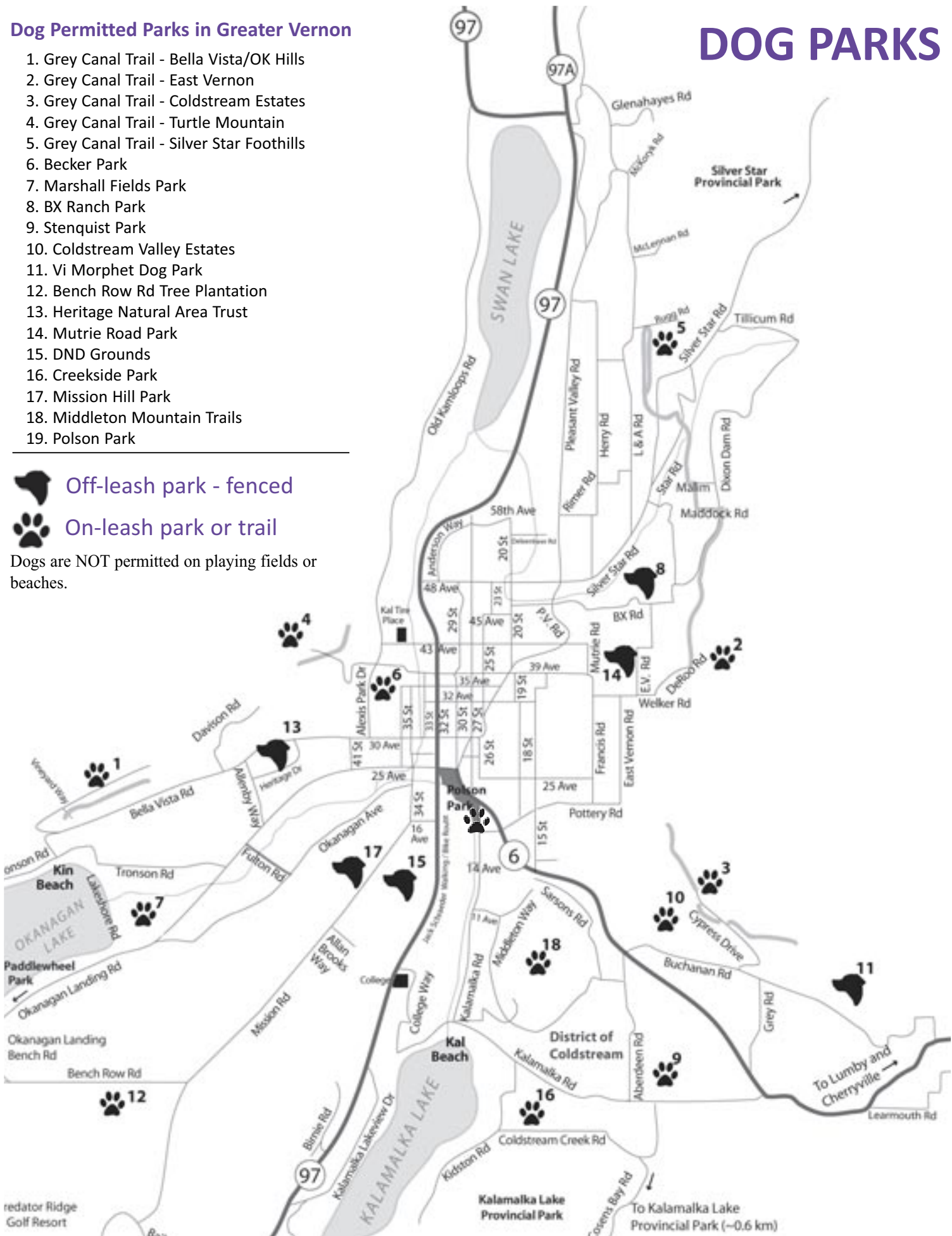


Off-leash park - fenced



On-leash park or trail

Dogs are NOT permitted on playing fields or beaches.



# VOLUNTEER WITH US!

Volunteering with Recreation Services is a chance to meet new friends, learn skills and gain work experience – all in a positive, fun recreational setting. Recreation Services provides a variety of volunteer opportunities for people of all ages.

Activity volunteers must be 13 years of age or older and successfully complete the application process which includes reference checks, a criminal record check and an interview.

See volunteer opportunities at :  
[www.vernon.ca/parks-recreation/recreation-join-our-team](http://www.vernon.ca/parks-recreation/recreation-join-our-team)

## The Willow Room

Situated in the lobby of the Vernon Recreation Centre, this 375 sq. ft. space can be booked for private functions.

Host your:

- meeting
- birthday party
- food vendor booth
- client meeting

The room is equipped with:

- tv
- filtered water
- tables/chairs
- sink



### Program Changes & Cancellations:

In the event of a class cancellation, time or location change, participants will be notified with as much lead time as possible. Some programs are cancelled due to insufficient enrollment. If a program is cancelled, a full refund will be provided.

### Membership Cancellations:

Memberships are not transferable or refundable. Drop in or multiple visit passes have a two year expiry date from the year they are purchased. Unused passes are not transferrable or refundable. Please only purchase passes you will be able to use within two years.

### Avoid Disappointment:

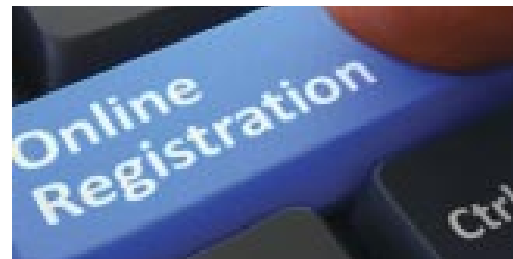
Good classes get cancelled as people register too late and/or classes are full if you wait too long to register.

### Refund Policy:

All approved refunds are subject to a 10% administration fee. Refunds will be given in the way in which they were paid. Cash and cheque refunds will be paid via cheque. Please allow 3 weeks for cheque delivery. Credits will not be carried on accounts.

### Withdrawals & Transfers:

If you need to cancel or change a registration please be sure to notify us 3 business days (Mon to Fri) before the start date of the program. No refunds will be given if notification is less than 3 business days.



**Have you set up your account to register into programs?**

**It's easy...go to [www.gvrec.ca](http://www.gvrec.ca) and follow the link to create your account.**

**Registration is now real time and you can view your information for easy access.**

## PROGRAM REGISTRATION DATES

**SPRING: Vernon, Coldstream and Area B and C residents - Sun, Mar 12 | 8am All Areas - Fri, Mar 17 | 8am**

**SUMMER: Vernon, Coldstream and Area B and C residents - Sun, Apr 30 | 8am All Areas - Fri, May 5 | 8am**

