

Active Living Guide



Fall '25 / Winter '26



Recreation Services

Through recreation we improve quality of life!

www.vernon.ca/recreation

PROGRAM REGISTRATION DATES

FALL: Vernon Residency Program (VRP) - Mon, Aug 25 | 7:30am All Areas - Fri, Sep 5 | 7:30am

WINTER: Vernon Residency Program (VRP) - Mon, Nov 24 | 7:30am All Areas - Fri, Dec 5 | 7:30am



Construction Now Underway!



Find out more

Vernon Fall Home Show

When: Sat., Oct. 4, 10 am-5 pm
Sun., Oct. 5, 10 am-4 pm

Where: Kal Tire Place



CHECK OUT THE CONSTRUCTION CAM:

vernonalc.ca



Recreation Services

Through recreation we improve quality of life!

It's time to renew your VRP membership 2025/26.

**WOW!
Have you
heard?**

Vernon Residency Program

If you are a resident of the City of Vernon, District of Coldstream, Regional District Area "B" or "C" or OKIB your local governments have prepaid for your membership! Present your Proof of Residency at the Vernon Recreation Centre to receive:

• **50% off**
regular admission rates

• **25% off**
registered programs

• **Priority
registration dates**
(2 weeks early)



For more information visit

www.vernon.ca/parks-recreation/vernon-resident-program

WAYS TO REGISTER



vernon.ca/recreation



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 www.vernon.ca/recreation to view details for course locations and times.

CURRENT VRP MEMBERS



REGIONAL
DISTRICT
NORTH
OKANAGAN



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 transferable 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 canceled 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:

Classes get cancelled as people register too late and/or classes are full. Don't wait too long to register.

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 12:00-4:00pm

Annual Pool Maintenance Closure
August 25 - September 14, 2025

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.vernon.ca/recreation

AQUATIC CENTRE SCHEDULE

Sept 15 - Dec 20

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lap & Leisure 6:30-8:30am 4-8 lanes and all leisure facilities open					Hot Spots Only 9:00-12:00pm Use of Hot Spots & Bubble Pit Only	
Limited Use 8:30-11:30am 1 lane, shared leisure space with programs						
Lap & Leisure 11:30-1:00pm 6-8 lanes and all leisure facilities open					Lap & Leisure 12:00-1:30pm	
Limited Use 1:00-5:00pm 1 lane, shared leisure space with programs				Public Swim 1:00-4:00pm Seniors 65+ Toonie Swim 2-4pm	Public Swim 1:30-4:30pm	
Hot Spots Only 5:00-7:00pm No lap lanes, use of hot spots only				Leisure Swim 4:00-7:00pm No lap lanes 5-7pm	CLOSED 4:30-5:00	
					Toonie Swim 5:00-7:00pm	
Public Swim 7:00-9:00pm 2-3 lanes & all features open	Limited Use 7:00-9:00pm 1 lane & leisure open	Public Swim 7:00-9:00pm 2-3 lanes & all features open	Limited Use 7:00-9:00pm 1 lane & leisure open	Public Swim 7:00-9:00pm 2-3 lanes & all features open	See page 43 for Aquafit program information and daily schedule.	

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.
- Lifejackets are available for rent at the front desk for \$1 or you may bring your own.
- Lockers available free of charge.
- The pool and fitness gym are fragrance free areas.

Holiday Pool & Fitness Hours

Sep 30, Oct 13, Nov 11, Dec 26 & Jan 1

12:00-1:30pm Lap Swim
 1:30-4:00pm Public Swim

Fri, Oct 24

1:00-4:00pm Pro D Day Toonie Swim

Pool & Fitness Gym Closures

Swim Meet: Fri, Nov 7 close @ 4pm, Nov 8 & 9 closed all day
Christmas: Dec 24 & Dec 31 close @ 4pm, Dec 25 closed all day

Christmas schedule will be available online
www.vernon.ca/recreation

FITNESS GYM SCHEDULE

Fitness Gym Schedule subject to change to accommodate fitness classes. Check the website for most up-to-date 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 Orientation

Our Fitness Gym Orientation will show you how to properly and effectively use the equipment in our Fitness 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, includes a 30-day facility pass.

ADMISSION RATES (Aquatics, Fitness Gym, Skating, Shinny & Drop-in Sports)

Prices valid until December 31, 2025	Single Drop-in		10x Pass		20x Pass		30 day		90 day		180 day		1 Year	
	VRP	Non-VRP	VRP	Non-VRP	VRP	Non-VRP	VRP	Non-VRP	VRP	Non-VRP	VRP	Non-VRP	VRP	Non-VRP
ADULT 19-64 yrs	8.40	16.80	75.60	151.20	142.80	285.60	91.75	183.45	187.85	375.70	321.85	643.65	552.50	1105.00
SENIOR 65 yrs+	6.30	12.60	56.70	113.40	107.10	214.20	68.79	137.60	140.90	281.75	241.35	428.75	414.40	828.75
YOUTH 7-18 yrs	5.40	10.80	48.60	97.20	91.80	183.60	59.55	119.05	121.80	243.60	208.60	417.15	369.10	738.15
PRESCHOOL 3-6 yrs	2.75	5.45	24.55	49.05	46.30	92.65	29.85	59.65	51.05	122.10	104.45	208.85	182.10	364.15
FAMILY	18.30	36.55	164.50	328.95	310.70	621.35	201.55	403.10	412.60	825.00	707.55	1415.10	1232.30	2464.55

Membership passes are not transferable or refundable.

Punch passes have a 2-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 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.



VERNON RESIDENCY PROGRAM (VRP)

Scan the QR code for more information on the Vernon Resident Program

Residents of the City of Vernon, District of Coldstream, Electoral Areas B & C and OKIB can present their government issued photo ID with their current residential address (and a property tax bill, utility bill or tenancy agreement if address is not up to date) to receive the VRP rate.

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! Must be a VRP member to qualify.

The **Get Active Recreation Pass** includes 30-day access to the fitness gym 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 pool, raindrop, rope swing and slide will be available. Sauna, steam room & 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.

Leisure Swim - Leisure pool, water slide and hot spots open. Main pool and lap lanes closed Mon-Fri 5:00-7:00pm.

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.

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

Hot Spots Only - Use of hot tub, bubble pool, sauna and steam room only.

Please note that posted swim times may change without notice. Additionally, there may be wait times to access the changerooms/pools due to capacity or facility changeover between swims.

LEARN TO SWIM

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.



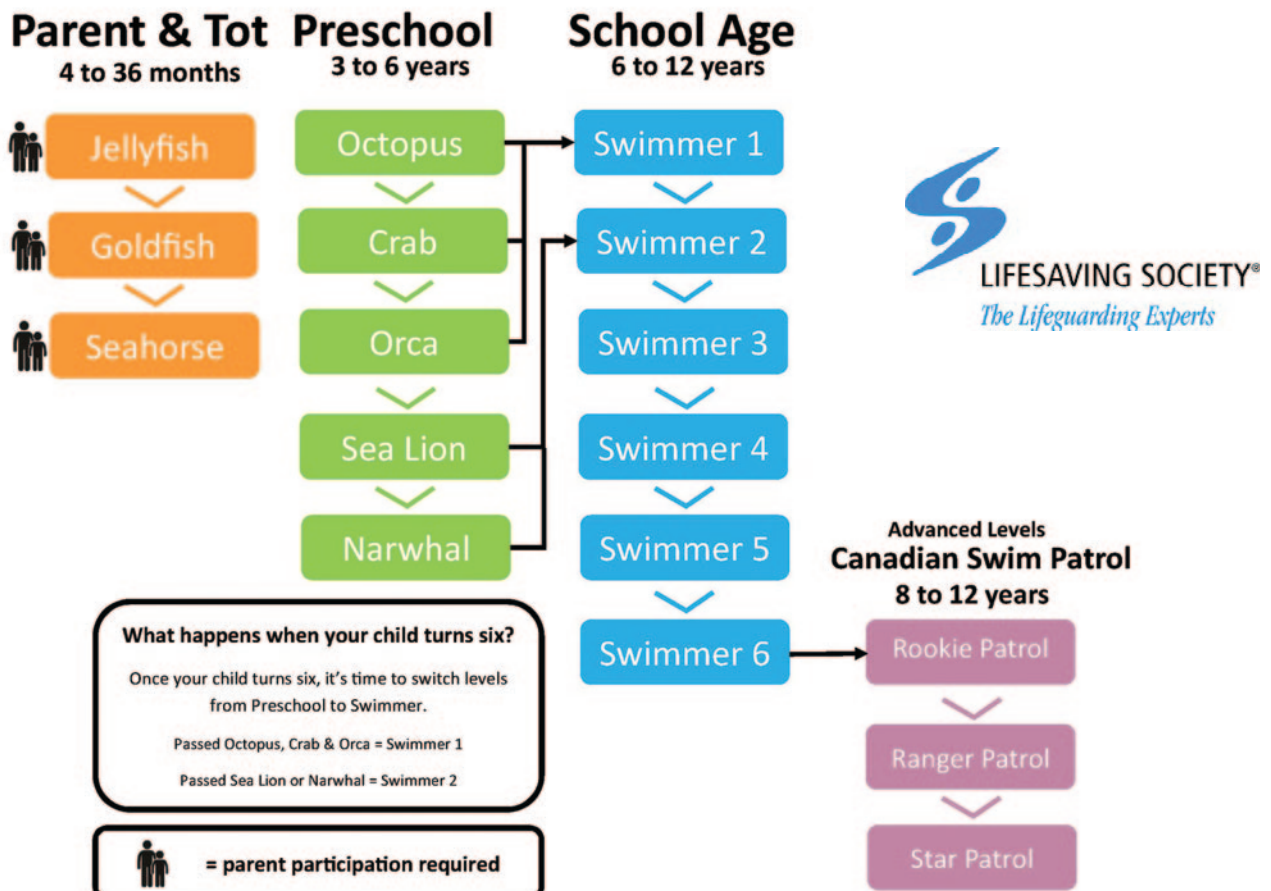
Dates, Times and Rates

Swim lessons will be offered:

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

Visit www.vernon.ca for dates, times and rates.

Swim for Life Program Structure



LIFEGUARDING

Are you interested in becoming a lifeguard?

Lifeguards are responsible, great communicators and situationally aware. Learn these skills and more in your training to become a lifeguard. If you are 12-15 years old, now is the time to start!



10-12 YEARS
Junior Lifeguard Club
Bronze Star



13-15 YEARS
Bronze Medallion
Bronze Cross
Leaders In Training (pg 25)



15+ YEARS
Standard First Aid
National Lifeguard
Swim Instructor



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.

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 3-6 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.



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 2-3 yrs 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.



Octopus 3-6 yrs

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 3-6 yrs

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: passed Octopus



Orca 3-6 yrs

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: passed Crab



Sea Lion 3-6 yrs

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: passed Orca



Narwhal 3-6 yrs

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: passed Sea Lion

Swimmer Program

Recommended age: 6 to 12yrs

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!



PROGRAM REGISTRATION DATES

FALL:

Mon, Aug 25 at 7:30am | Vernon Residency Program (VRP)

Fri, Sep 5 at 7:30am | All Areas

WINTER:

Mon, Nov 24 at 7:30am | Vernon Residency Program (VRP)

Fri, Dec 5 at 7:30am | All Areas



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: passed Swimmer 1, Sea Lion or Narwhal



Swimmer 3

These swimmers will learn how to dive and will do in-water somersaults and hand-stands 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: passed 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: passed 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: passed 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: passed Swimmer 5



Swim Patrol - Rookie Patrol (Swimmer 7)

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. Victim recognition and throwing assists are other key elements of the program.



Swim Patrol - Ranger Patrol (Swimmer 8)

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.



Swim Patrol - Star Patrol (Swimmer 9)

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.

AQUATIC PROGRAMS

Stroke & Skills for Teens 12-15 yrs

This program is designed for teens (ages 12-15) who would normally register in levels Swimmer 1 through Swimmer 4. Strokes include Front Crawl, Back Crawl and Breaststroke and Skills include Water Smart Messages and Lifesaving Kicks.

Masters Swim Club 19+ yrs

Get fit under the supervision of experienced coaches. Masters swim provides five days of training each week where you can attend the sessions of your choice. Coaches provide workout and tips to improve your strokes. Participants require a current membership to access the Aquatic Centre; options include a one year membership, monthly or pay for a single visit. Masters have the choice to attend any of the following work-out times:

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



Swim & Fitness for Teens 12-15 yrs

Ideal for youth who want to maintain their fitness and endurance outside their regular swim programming. These sessions are for swimmers who normally participate in a Summer Swim Club program.

Artistic Swimming 8-13 yrs

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 six level progression: Artistic Swimming Skills, Swimming Fundamentals, Athletic Abilities and Flexibility.



Prerequisite: passed Swimmer 4

Mon, Wed or Mon/Wed Sep-Mar

Please visit www.vernon.ca for more information.

Okanagan Para Swim 7-18 yrs

This is for swimmers with a physical disability who love to swim and 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.



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; application forms available at the Vernon Recreation Centre. Contact learntoswim@vernon.ca for more information.

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.



Visit www.vernon.ca for course fees, dates and times

Private Swim 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 swim lessons may be the answer for you! All lessons are taught by our certified instructors.

Private (1 person) per 30 min lesson
VRP: \$30.36 Non-VRP: \$40.47

Semi-private (2 people) per 30min lesson:
VRP: \$35.36 Non-VRP: \$40.47

Levels for both participants must be compatible. Put your name on an interest list to be contacted when private timeslots become available. Calls are made in order of registration date/time. A maximum of 2 lessons can be booked at one time until the Interest List has been accommodated.

Lifeguard Certification Courses

Steps to becoming a lifeguard

Bronze
Medallion

Bronze
Cross

Standard
First Aid

National Lifeguard

Visit www.vernon.ca for course fees, dates and times

Bronze Star 8-12 yrs

The Lifesaving Society's Bronze Star award develops swimming proficiency, lifesaving skills 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, judgment, 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.

Standard First Aid 15+ yrs

Lifesaving Society Standard First Aid is the most comprehensive first aid program for the general public and a prerequisite 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 and is CSA Intermediate equivalent.

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 basic lifeguarding skills and decision making processes that will help lifeguards evaluate and adapt to aquatic facilities and emergencies.

Swim 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 comprises stroke evaluation, water safety knowledge and skills to teach kids swimming lessons in a safe and fun matter.

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, judgment, knowledge, skills and fitness.

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.





WAS YOUR
CHILD
BORN TO
PERFORM?

ALL AGES,
STYLES &
LEVELS

OUR FOUNDATIONS
ARE BUILT ON
FUN!



SCAN THIS CODE
TO REGISTER



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 MARTIAL ARTS**
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- Self Defence
- Leadership Training
- Character & Personal Development
- Physical Fitness

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 FACEBOOK: SKYVOLLEYBALL



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 WWW.SKYVOLLEYBALLCLUB.CA**

CLUB VOLLEYBALL!

JOIN ONE OF BC'S LARGEST CLUBS. TEAMS FOR 12U THRU 18U
 SEASON PERIOD: JANUARY THRU MAY
 TRYOUTS EARLY NOVEMBER - EARLY DECEMBER

SMASHBALL!

FALL PROGRAMS AVAILABLE (GRADES 4-7)
 PERFECT INTRODUCTION TO THE GAME!

SPRING BREAK CAMPS!

MULTIPLE SESSIONS AND AGE GROUPS (GRADES 2-10)

SUMMER CAMPS!

MULTIPLE WEEKS AND AGE GROUPS AVAILABLE. TOP INSTRUCTORS.
 4-DAY CAMPS - MONDAY THRU THURSDAY

Our Programs

Our club provides your child all the tools needed to progress in skating. From learning to skate, developing figure skaters, hockey and ringette players looking to accelerate their skills and competitive figure skating. Our professional coaches allow each skater progress at their own rate while having fun!

**Learn to skate
 And have fun!**





Vernon Figure Skating Club is a non-profit organization that gives young skaters a positive learning environment, while motivating them to achieve their personal goals both on and off the ice.

**FALL
 REGISTRATION
 NOW OPEN**

**More than
 just Figure
 Skating!**

vernonfigureskatingclub.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.

Participants in our 4 year old only classes will also experience the Fun Family Phonics, a colourful and interactive program designed to help teach your child to read.

Programs are for children 3-4 years by December 31, 2025. Last month's payment due at time of registration and is not refundable.

Classes start the week of September 8, 2025.

Detailed program information is available at:
www.tiny-tots.ca

Age	Days	Time	Monthly Fee
3 & 4	M/W/F	9:00am-11:30am	\$207.50
3 & 4	T/Th	9:00am-11:30am	\$164
4	M/W/F	9:00am-12:30pm	\$217.50



For more information about Tiny Tots Preschool

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 Bouncy Castle in the Dogwood Gym. Includes a party leader, organized games and activities. Max. 16 kids.

Book your party online by logging into your recreation account and selecting: Events then Birthday & Parties.



COULD YOUR DNA REACH PLUTO AND BACK?



SCIENCE. IT'S CLOSER
THAN YOU THINK.

BIRTHDAY PARTIES | FIELD TRIPS | SLEEPOVERS



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, magazines
- eBooks, digital audio, streaming video, digital magazines, online courses and more
- Resources for the visually impaired and print disabled
- Our Makerspace is open! Try 3D printing, Cricut, Digitization stations and our recording studio.
- Borrow an experience with our Library of Things! STEAM Kits, Home Energy Kits, Radon Detectors, and more!

WWW.ORL.BC.CA/VERNON

FAMILY STORY TIME

Mondays, Thursdays, Fridays and Saturdays at 10:30am
September 5 - December 19

FRENCH STORY TIME

Thursdays at 11:00am

BABY TIME

Tuesdays at 10:30am
September 2 - December 16

AFTER-SCHOOL

D&D, Lego, Fun Tech and more.

FOR TEENS

Beginner coding, personalized booklists and more
Freestyle Art biweekly
Youth Pride the last Wednesday of each month

ONGOING ADULT PROGRAMS

- Book Club
- Games: Chess Night and Mah-Jongg, Cribbage
- Rainbow Trains
- Knitting, Spinners and Weavers
- Vernon Permaculture
- Tech Tutoring
- Writers Group
- Ukuleles Together
- French Conversation Group
- Queer Craft Night
- Newcomer Knitting and Stitching



instagram.com/orlvernonlibrary



https://www.facebook.com/ORLareaC

**Check www.orl.bc.ca/vernon for the
complete list of current programs**

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

OKANAGAN REGIONAL
LIBRARY

The Makerspace is generously sponsored by Vernon Friends of the Library

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Tumbling Toddlers parented 18 mo-36 mo 9:00-10:00am	Creative Gym parented 12 mo-36 mo 9:00-10:00am	Creative Gym parented 12mo-36 mo 9:00-10:00am	Gym & Swim Lesson 3-6 yrs 9:15-11:30am	Boots to Blades 3-5 yrs 8:30-9:00am
	Tumbling Tykes 3-5 yrs 10:15-11:15am	Play Palooza 3 - 5 yrs 10:15-11:15am	Play Palooza 3-5 yrs 10:15-11:15am	Wiggle & Giggle parent & tot 6-18 mo 11:30-12:30pm	Blades to Pucks 3-6 yrs 9:45-10:15am
	Tumbling Tots & Tykes Open Gym Drop in 18 mo-5 yrs 11:30-12:45pm	Play Palooza Open Gym Drop in 1-5 yrs 11:30-12:45pm	Play Palooza Open Gym Drop in 1-5 yrs 11:30-12:45pm		
Boots to Blades 3-5 yrs 3:30-4:00pm		Boots to Blades 3-5 yrs 3:30-4:00pm	Pre Bike & Gym 2-4 yrs 1:15-2:45pm		

PLAY PROGRAMS

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 - Creative Gym 12mo-36 mo

Come play in the gym with your little one! Active play, circle time with songs, and a craft.

PLAY - Tumbling Tots to Tykes 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 - Palooza 12 mo-5 yrs

Come play with your little one in a fun open play set-up. Set-ups may vary weekly and the class ending activity will change weekly and may include a craft, sport, experiment, song or story. The bouncy castle will make an appearance during the last class as well. Sign up for all classes or pick and choose based on your availability.

PLAY - Pre 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 - 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.

Boots to Blades and Blades to Pucks

Skating lesson descriptions see page 51.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Tumbling Toddlers parented 18 mo-36 mo 9:00-10:00am	Creative Gym parented 12 mo-36 mo 9:00-10:00am	Creative Gym parented 12mo-36 mo 9:00-10:00am	Gym & Swim Lesson 3-6 yrs 9:15-11:30am	Boots to Blades 3-5 yrs 8:30-9:00am
	Tumbling Tykes 3-5 yrs 10:15-11:15am	Play Palooza 3 - 5 yrs 10:15-11:15am	Play Palooza 3-5 yrs 10:15-11:15am	Wiggle & Giggle parent & tot 6-18 mo 11:30-12:30pm	Blades to Pucks 3-6 yrs 9:45-10:15am
	Tumbling Toddlers & Tykes Open Gym Drop in 18 mo-5 yrs 11:30-12:45pm	Play Palooza Open Gym Drop in 1-5 yrs 11:30-12:45pm	Play Palooza Open Gym Drop in 1-5 yrs 11:30-12:45pm		
Boots to Blades 3-5 yrs 3:30-4:00pm		Boots to Blades 3-5 yrs 3:30-4:00pm			

PROGRAM REGISTRATION DATES

FALL: Vernon Residency Program (VRP) Mon, Aug 25 | 7:30am All Areas - Fri, Sep 5 | 7:30am

WINTER: Vernon Residency Program (VRP) Mon, Nov 24 | 7:30am All Areas - Fri, Dec 5 | 7:30am

PLAYSCHOOL EVENTS

Halloween Howl 3-6 yrs

We've got a special party planned for your child based on a Halloween 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, Oct 26 1:30-3:30pm

Creative Christmas 3-6 yrs

Join us for an afternoon of holiday-themed fun!

We will play active gym games, make Winter crafts (hint: these make great gifts), enjoy a story and scavenger hunt.

Snack of cookie and juice provided.

Parents/Guardians can drop off and pick up.

Sat, Dec 14 1:30-3:30pm

Valentines Adventure 3-6 yrs

Fun is in the air this Valentines! Join us for a heart hunt, craft, and active games. Come dressed in pink or red.

Snack of cookie and juice provided.


Parents/Guardians can drop off and pick up.

Sat, Feb 14 1:30-3:30pm



2025 2026 KIDS SERIES

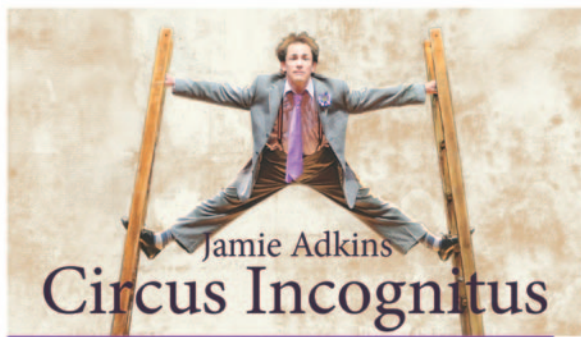
**4 SHOWS
for \$55.00**
(save over 20%)



A ZANIAC CHRISTMAS
SUNDAY, DECEMBER 7, 2025 AT 2:00PM | \$18 ALL SEATS



**THE MYRTLE SISTERS
SAME SAME DIFFERENT**
SUNDAY, MARCH 15, 2026 AT 2:00PM | \$16 ALL SEATS



Circus Incognitus
WEDNESDAY, APRIL 29, 2026 AT 6:30 PM | \$18 ALL SEATS



THE MERRY MARCHING BAND
TUESDAY, MAY 19, 2026 AT 6:30PM | \$16 ALL SEATS

Tickets: ☎ 250-549-SHOW (7469) 🖱 ticketseller.ca



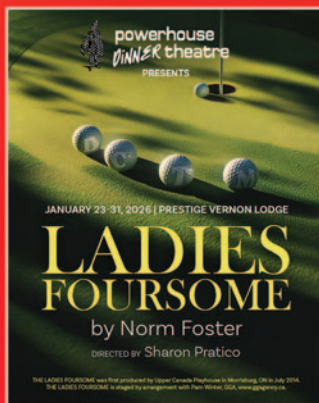
powerhouse theatre

Introducing Powerhouse 2025/26 SEASON



THE PLAY THAT GOES WRONG
by HENRY LEWIS, JONATHAN SAYER & HENRY SHIELDS
Directed by PAUL KLOECMAN
Nov 21 - Dec 6 at 7:30/2:00pm

THE PLAY THAT GOES WRONG
NOV 21 - DEC 6, 2026 at 2:00/7:30PM



LADIES FOURSOME
by Norm Foster
Directed by Sharon Pratico
JANUARY 23-31, 2026 | PRESTIGE VERNON LODGE

LADIES FOURSOME
JAN 23 - 31, 2026 | DINNER THEATRE



Legally BLONDE THE MUSICAL
by DEANNA MACARTHUR
FEB 13 - 28, 2026 at 2:00/7:30PM

LEGALLY BLONDE THE MUSICAL
FEB 13 - 28, 2026 at 2:00/7:30PM



ALICE IN WUNDERLAND
APR 24 - MAY 9 at 7:30/2:00pm

ALICE IN WUNDERLAND
APR 24 - MAY 9, 2026 at 2:00/7:30PM



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Tickets on Sale Soon



Supporting local growers, makers and bakers for over 40 years we offer it all! Find all the seasonal fruits and vegetables, meats, cheese, plants and flowers. Shop for original handcrafted items with talented artisans or taste our gourmet foods and baking. Pick up a coffee and lunch at a food truck. With free onsite parking you can bring the whole family!

MONDAY & THURSDAY, 8-1pm until the end of October, KAL TIRE PLACE (North Lot)

vernonfarmersmarket.ca • vernonmarket@hotmail.com

**FALL FESTIVAL: Saturday November 11
9-4pm, Vernon Recreation Centre**



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Events:**
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Caetani Classic:
Sept. 9
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Sept. 19-26
Strange Bazaar: Oct. 18
Haunted Halloween:
Oct. 24-31
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📍 3401 Pleasant Valley Road, Vernon, BC

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REGISTER NOW FOR DANCE : SEASON 21!



👣 **BALLET | JAZZ | HIP HOP | ACRO | TAP | LYRICAL | MUSICAL THEATRE | CONTEMPORARY | MODERN**

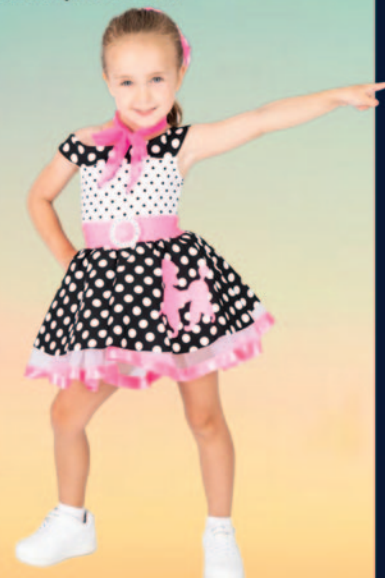
- ★ For Ages 2 to Adult
- ★ Beginner to Competitive Levels
- ★ Certified, Passionate Instructors
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🏠 **Technique. Confidence. Friendship. Fun.**

Whether you're dancing for joy, fitness, or the stage — we've got a class for you!

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📅 **Fall Classes Start: September 8th — Don't Miss Out!**



☎ **Call or Text: (250) 260-8223 | www.accentz.ca | info@accentz.ca**



EARLY YEARS PROGRAMS

Full Day Child Care Infant/Toddler, 3-5 years

We believe in the importance of the whole child and create a space where children feel safe and secure. We support all aspects of a child's social, emotional, physical, intellectual, and creative development and we strive for each child to experience a sense of belonging and inclusion.

Lakers Club M-F

Club on 35th Ave. M-F

The Club at Ellison M-F

Email vernon@bgco.ca for more info

SCHOOL AGE PROGRAMS

BGC Okanagan School Age Programs are the best place for children to be after the school bell. Children will be provided time to play outside, sports, games, creative arts, a daily nutritious snack, and fun leisure activities. Program runs Monday to Friday and school closure care (Pro D Days/early dismissal/winter/spring/summer break). After school bell until 6pm.

Vernon Club M-F

The Club at Harwood M-F

The Club at Alexis Park M-F

The Club at Mission Hill M-F

The Club at Ellison M-F

Email vernon@bgco.ca for more info

RECREATION PROGRAMS

Programs at the Club on 3300 37 Avenue

FREE Drop-ins

Ages 7 – 13

Drop-in nights include fun and active gym games at the Club. Join us for group games to keep active.

Tuesdays Sept 9-Dec 17

6-8pm

FREE with \$10/yr membership

Kid Food Nation

Ages 7 – 13

We help kids develop food skills through hands-on experiences. Our Kid Food Nation online hub (kidfoodnation.com) was created by Corus Entertainment. The program is developed in collaboration with Dietitians of Canada.

Wednesdays Sept 10-Dec 17

6-8pm

\$5/session, must pre-register

Crafty Critters

Ages 7 – 13

Express your artistic freedom from origami and paint nights to modeling clay activities.

Thursdays Sept 11-Dec 18

6-8pm

\$5/session

Saturday Excursions

Ages 7 – 13

We will be heading off site to multiple locations to try out attraction across the Okanagan each Saturday.

Alternating Saturdays

Sept 13-Dec 6

10am-3:30pm

\$30/session

Winter Wowza - Winter Break

Ages 7 – 13

Join us for planned out trips for full days packed with winter fun or half days onsite.

Dec 22-Jan2

Check website for full details



CONTACT US FOR REGISTRATION:

BGC Okanagan - Vernon Clubs

Vernon@bgco.ca

www.bgco.ca



@BGCOkanagan





The High Note in Music Learning
GROUP LESSONS WITH PARENT
PARTICIPATION ONCE A WEEK

Beginner Keyboard Lessons
(ages 4-9)

**Music Fun: Singing &
Rhythm Lessons (ages 2-4)**

Reserve your spot for Fall classes

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**Our programs offer leading edge
learning philosophies for:
morning preschool
full day early learning & care
after school & school closures**

ACTIVE YOUTH

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!

Visit www.vernon.ca for dates and times.

Basketball Skills and Drills 6-8yrs and 9-12 yrs

Practice dribbling, shooting and foot work in a safe, welcoming recreational environment. All skill levels.

Basketball Skills Grades Grades 2-4, 5-7 & 8-10

Roots Sports Club presents a dynamic skill development program focusing on fundamentals, footwork, and high-level techniques. Facilitated by Ed Lefurgy and Joel Brazier. Our 3v3 gameplay offers fast-paced, game like reps in a fun competitive environment encouraging creativity and teamwork.

Wheelchair Basketball 10+ yrs

Focus on basic movement and wheelchair skills. All abilities welcome, those with and without a disability play together!



ZUMBA® Kids 4-7yrs and 8-11yrs

Perfect for our younger Zumba® fans! Kids get the chance to be active and jam out to their favorite music. Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. See full description on page 42.

Tue	4:00-4:30pm	4-7 yrs
Tue	4:45-5:15pm	8-11 yrs

Active Afterschool 5-12 yrs

Have a chance to learn and play various sports in a non-competitive environment. This is a great way to end the school day and meet new people. Some of the activities may include: badminton, basketball, dodgeball, floor hockey, kids fitness training, soccer and volleyball.

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



ACTIVE YOUTH

Homeschool Sports 6-12 yrs

Have a chance to learn and play various sports in a non-competitive environment. Some of the activities may include: badminton, basketball, dodgeball, floor hockey, kids fitness training, soccer and volleyball.

Wed 1:15-2:45pm

Dogwood Gym

Homeschool Gymnastics 5-12 yrs

Explore the fundamentals of gymnastics by focussing on developing strength, flexibility, balance and coordination through engaging activities

Tue 1:00-2:30pm

Dogwood Gym

Fri 1:00-2:30pm

Dogwood Gym

CERTIFICATION

Babysitting Certification Course 12+ yrs

This course offers basic first aid and care-giving 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.vernon.ca.

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

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. Participants must attend all sessions.

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



Winter Break Events and Camps



T'was the Day(s) Before Christmas Eve 3-12yrs

Join us for a morning of supervised activities and gym time:

- Christmas Olympics for some energy-burning fun
- Reindeer Games to keep you moving
- Candy Cane Scavenger Hunt

Participants will be split into age appropriate groups.
Mon, Dec 22 9:00-12:00pm \$35

Winter Break Camps 5-12yrs

We have great camps planned for winter break.

Be sure to check online at vernon.ca/recreation for the most up to date camp offerings.

Watch for our
Winter Break
flyer in
November

Teen Night

Teen Night is BACK and it's got EVERYTHING! Sweet snacks, epic prizes, games, sports, and music that'll keep the vibes high. Just drop in to bounce, shoot hoops, swim, chill or snack up.

Fri, Oct 3 6:00-9:00pm

Fri, Feb 20 6:00-9:00pm

FREE to participate in all land-based activities.

Pool Entrance is 2 for 1 Youth.



Youth Drop-in Sports

Youth Drop In Sports are free for those 18 and under. Please pre-register 50 hours in advance either online or in person at the Recreation Centre Front Desk when you arrive.

Basketball 10-18 yrs

A chance to shoot hoops and play a pick up game with friends. Bring your own ball or use one of ours.

Thu 5:15-6:15pm Dogwood Gym

Open Gym 10-18 yrs

Come burn off some energy playing basketball, volleyball, floor hockey etc. Do one activity or split up the gym or do one activity for half the time and then another for the second half. The options are yours for the making.

Wed 3:00-5:15pm Dogwood Gym



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.vernon.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 playsports@vernon.ca



Recreation Leader Positions

Do you have a passion for working in Sport and or Recreation?

We are always looking for recreation leaders to help meet program demand.

Job opportunities include sport programs leading or monitoring gym sports, refereeing sports leagues, assisting or leading programs such as birthday parties, skating lessons, PLAY programs and leading spring and summer camps. Must be willing to learn, have a positive attitude and be available for training.

Apply on line at vernon.wd10.myworkdayjobs.com/Vernon-Career_EXT or scan the QR code to apply.



VERNON PUBLIC ART GALLERY

VPAAG

EDUCATION

Regional Reach

Travelling Art Education Kit for outlying schools, clubs, seniors homes etc.

Available to be signed out for 2 or 4-week period.

Proudly Sponsored by: **KALTIRE**



School Tours
Book Online!

EXHIBITIONS

Opening Receptions

Mark Thibeault: October 2, 2025

Members Exhibition: October 16, 2025

SD#22 Elementary: January 10, 2026

SD#22 Secondary: January 12, 2026

Amy J. Dyck: March 19, 2026

EVENTS

August 23: Riot on the Roof

September 11: Artist Talk

TBD: Art After Dark

PROGRAMS

Mini Artists

Every last Thursday of the month from 10-11 am

Family Saturdays

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

Crit Club

Every last Friday of the month from 5-7 pm



**REGIONAL DISTRICT
NORTH OKANAGAN**



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COLUMBIA**



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40+ local artists, handmade gifts for everyone on your list!

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Dec 24

Find us in Polson Park, Vernon - OPEN DAILY!

Clay, Glass, Painting, Drawing, Printmaking, Fibre Art & More

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☎ 250-542-6243

During these darker days, wearing light or **reflective** clothing will increase your visibility.



DRESS BRIGHT AT NIGHT



Dog-friendly Parks, Beaches & Trails



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250-542-1415
info@tourismvernon.com
Scan here to visit our website

Please keep dogs leashed in the parking lot, when entering or leaving an off-leash park.

- Supervise children at all times.
- Keep dogs under control at all times.
- Pick up after your dogs immediately and dispose of waste properly.

TOURISMVERNON.COM



LEGEND

- On-Leash Park/Trail
- Off-Leash Park
- Lake Access Point
- Off-Road Trail
- Multi-Use Trail
- On-Road Trail

Dogs are NOT permitted on playing fields or beaches unless it is a designated pet area.

ON-LEASH

- 1 Alexis Park
3951 Alexis Park Drive
- 2 Armoury Park
2901 18th Avenue
- 3 Becker Bike Park
3404 39th Avenue
- 4 BX Creek & Falls Trail
Tillicum Road or Star Road
- 5 BX Creek Wetlands Trail
Deleenheer Road
- 6 BX Ranch Trail
East Vernon Road
- 7 Civic Memorial Park
3033 37th Avenue
- 8 Commonage Trail
Okanagan Avenue
- 9 Creekside Park
8101 Kidston Road
- 10 Ellison Provincial Park
- 11 Girouard Park
4115 20th Street
- 12 Grey Canal Trail: Bella Vista
Pinto Place or Sierra Road
- 13 Grey Canal Trail: Boss Creek
Welker Road

- 14 Grey Canal Trail: Coldstream Valley Estates
Cypress Drive
- 15 Grey Canal Trail: East Vernon
DeRoo Road
- 16 Grey Canal Trail: Silver Star Foothills
Blackcomb Way
- 17 Grey Canal Trail: Swan Lake East
McLennan Road
- 18 Grey Canal Trail: Turtle Mountain
Turtle Mountain Boulevard
- 19 Heritage Park
5025 Heritage Drive
- 20 Hurlburt Park & Beach
9657 Eastside Road
(east side of beach)
- 21 Kal Crystall Waters Trail
Okanagan College
- 22 Kalamalka Lake Provincial Park
- 23 Kekuli Bay Provincial Park
- 24 Lakers Park
7000 Cummins Road

- 25 Lakeshore Park
2596 Lakeshore Road
- 26 Longacre Trail
Apollo Road & Longacre Drive
- 27 Marshall Field
6891 Okanagan Landing Road
- 28 Middleton Mountain Trails
Mt. Ida Drive
- 29 Okanagan Rail Trail
- 30 Pioneer Park
3501 38th Street
- 31 Polson Park
2600 Highway 6
- 32 Pottery Ravine Park
1604 18th Avenue
- 33 Predator Ridge Resort Trails
- 34 Sawicki Millenium Park
996 Middleton Way
- 35 SilverStar Mountain Resort Trails
- 36 Stenquist Park 9255
Heritage Lane
- 37 Whistler Park
115 Whistler Place

OFF-LEASH

- 38 BX Ranch Dog Park
BX Road
- 39 Carlson Park
6554 Bench Row Road
- 40 DND Dog Park
2950 15th Avenue
(in designated area)
- 41 Hurlburt Park & Beach
9657 Eastside Road
(in designated area)
- 42 Lochhaven Park
30 Lochhaven Court & 11515 Wyatt Court
- 43 Marshall Field
6891 Okanagan Landing Road
(in designated area)
- 44 Mission Hill Park
3900 15th Avenue
(in designated area)
- 45 Morphet Meadows Dog Park
Buchanan Road
- 46 Mutrie Park
Mutrie Road
(including fenced small dog area)

LAKE ACCESS POINTS

- 47 8068 Beachcomber Bay Road
- 48 8600 & 8680 Foster Road
- 49 7500 Kennedy Lane
- 50 9603 Whitepoint Road
- 51 9744 Delcliffe Road
- 52 9030 Tronson Road
- 53 8130 Tronson Road
- 54 9003 Peters Road
- 55 Pet Beach
Kalamalka Lake Provincial Park
- 56 Sandy Beach
Ellison Provincial Park

DROP-IN SPORTS 18+

All community sport drop-ins are run as co-ed non-structured activities. Drop-in is now run as an activity reservation, so you can pre-register for a spot. Hop online to register for your spot up to 50 hours in advance. Visit www.vernon.ca to see what is available.

	Sport	Time	Location
Sun	Ball Hockey	6:30-8:00pm	Priest Valley Gym
Mon	Pickleball	10:00-11:30am	Priest Valley Gym
Tue	Badminton 18+ Basketball 18+ Volleyball	1:00-2:30pm 5:15-7:00pm 8:30-10:00pm	Priest Valley Gym Priest Valley Gym Priest Valley Gym
Wed	Pickleball	11:15-12:45pm	Priest Valley Gym
Thu	Pickleball Badminton 18+ Volleyball	10:00-11:30am 1:00-2:30pm 8:00-10:00pm	Priest Valley Gym Priest Valley Gym Priest Valley Gym
Fri	Touch Tennis Ball Hockey	11:15-12:45pm 5:30-7:00pm	Priest Valley Gym Priest Valley Gym
Sat	Pickleball	9:00-10:30am	Priest Valley Gym

ADULT/TEEN



COURT SPORTS

Pickleball - Learn to Play

Are you interested in learning this fun, easy on the joints sport? We have partnered with Predator Ridge and their coaches will get you rolling with conditioning, skill drills and game play.

Pickleball with Richard

Beginner	Mon	11:00-12:30pm	Tennis Bubble
Intermediate	Wed	11:00-12:30pm	Tennis Bubble

Pickleball with Darell

Beginner	Thurs	6:00-7:30pm	Tennis Bubble
Advanced	Thurs	7:30-9:00pm	Tennis Bubble
Intermediate	Thurs	6:00-7:30pm	Tennis Bubble



YOUTH/TEEN DROP-IN SPORTS

Youth Drop-in Sports

Youth Drop-in Sports are free for those 18 and under. Please pre-register 50 hours in advance either online or in person at the Recreation Centre Front Desk when you arrive.

Basketball

A chance to shoot hoops and play a pick up game with friends. Bring your own ball or use one of ours.

10-18 yrs Thu 5:15-6:15pm Dogwood Gym

Open Gym

10-18 yrs Wed 3:00-5:15pm Dogwood Gym

WOMEN'S HOCKEY

Women's Hockey - Structured Shinny 19+ yrs

Are you interested in playing casual hockey? Interested in playing a position you grew up playing? Register online to play with other like-minded players. Specify if you like to play as a Forward, Defence or sub on the spare list.

Sun 5:00-6:15pm Priest Valley Arena

Visit www.vernon.ca for days, dates and fees.

VOLLEYBALL

King/Queen of the Court

Top calibre competitive league. For teams that use offensive systems and block and spike consistently.
Three match ups per week, 75 min game times.

Tier 1 and 2

For teams that use offensive systems and block and spike consistently.
One match up per week, 60 min game times.

Recreational Leagues

Teams with a lower skill level that try to use a basic system and try to block & spike, but the results aren’t always spectacular.
One match up per week, 60 min game times.



Leagues	Day	Time	Fall Dates	Winter Dates	Location
Co-ed King of Court	Mon	5:15-11:15pm	Sept 22-Dec 1 <small>No games Oct 13</small>	Jan 5 - Mar 9 <small>No games Feb 16</small>	Priest Valley Gym
Queen of the Court	Wed	6:00-10:30pm	Sept 24 - Nov 26	Jan 7 - Mar 11	Priest Valley Gym
Co-ed Tier 1 and 2	Tues	5:30-8:30pm	Sept 16 - Dec 2	Jan 6 - Mar 10	Priest Valley Gym
Womens Tier 1 and 2	Wed	6:00-10:00pm	Sept 24 - Dec 3	Jan 7 - Mar 11	Dogwood Gym and Silver Star School Gym
Rec Co-ed	Mon	5:30-10:30pm	Sept 22-Dec 18 <small>No games Sept 29, Oct 13, Nov 10</small>	Jan 5 - Mar 9 <small>No games Feb 16</small>	Dogwood Gym and Silver Star School Gym
Women’s Rec	Thu	6:00-10:00pm	Oct 2 - Dec 4	Jan 8 - Mar 12	Dogwood Gym
Men’s Competitive	Thu	6:00-8:00pm	Sep 25 - Nov 27	Jan 8 - Mar 12	Priest Valley Gym

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.

Team representatives (person registering the team), will be considered the team’s ambassador. This person will be responsible for submitting the roster in a timely manner and will receive the schedule information to the email on their account file.

Only Team Captains register. We do not register singles or create teams.

Join a Team

You want to play, but you don’t have a team! We have lots of ways to get you in the game.
You can participate by joining a team. You can get hooked up with a team by posting your details on our Facebook page.

www.facebook.com/VernonVolleyball

Another great way to find a team and connect with community is by joining drop in volleyball on Tue and Thur nights in the Priest Valley Gym. See page 30.



Want to be a Volleyball Ref?

We are always hiring volleyball referees for our Fall and Winter Indoor Leagues and Spring/Summer Beach Leagues. What do you need? A complete criminal record check, knowledge and passion for the game, a willingness to learn and a positive attitude and availability for referee training.

For job postings, check out vernon.ca/recreation and click on join our team and then job postings.



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Creating Memories at the Coldstream Community Hall

More than just weddings and events – the Coldstream Community Hall is acoustically designed with a blend of modern and organic finishes making it a premier location for live performances, networking events, programs, meetings and more! Our event team will guide you through the paperwork and provide you with checklists to make sure you have everything you need to be successful.

Confidently plan your event in a beautiful facility that is fully equipped including:

- ✓ Light-filled gallery entrance
- ✓ Stunning hall with wood beam ceiling
- ✓ Private terrace backing onto greenspace with articulating doors
- ✓ Fully equipped kitchen with catering supplies for 210
- ✓ Main hall capacity: 220 banquet and 300 theatre style
- ✓ Meeting room capacity: 30 (available Monday-Thursdays only)
- ✓ Retractable stage
- ✓ Wifi and top-tiered projection and sound system
- ✓ Wheelchair accessible facility and washrooms

The Community Hall is more than just a rental space. The light-filled gallery showcases local art and history. Artwork changes monthly so be sure to visit often. Hours are typically Monday-Friday 1:30-4:30 but are dependent upon private facility bookings.



Book a Tour or Request a Rental Package www.coldstream.ca or call 236-600-0030 | 9909 Kalamalka Road, Coldstream



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 18-29 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. 1 computer is 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. Visit the website for more information www.vernonpaddlingcentre.ca/vernon-adaptive

Moving for Independence: First Sunday of every May come and participate in a fun moving event to raise money for ILV. \$25.00 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

Website: <http://ilvernon.ca>

Facebook: Independent Living Vernon

Hours: Monday to Friday, 8:30am-3:30pm

More accessible physical activities for people with disabilities

Vernon Adaptive: For those interested in inclusive outdoor activities, Vernon Adaptive offers excellent opportunities for people of all abilities to participate in physical recreation. The program provides adaptive equipment, accessible hiking and paddling opportunities, educational resources, and community support to ensure that everyone can enjoy the outdoors. To learn more about Vernon Adaptive and how to get involved, visit www.vernonpaddlingcentre.ca/vernon-adaptive.

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.

Make a Splash - Play Water Polo!

The Vernon
Water Polo Club
is a developmental,
recreational club for
youth and adults.



Sundays 7:00-8:00pm

Take your love of swimming to the next level!



Contact us for more details
VernonWaterPolo@gmail.com



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REMEMBER TO CHECK THE BATTERIES IN YOUR SMOKE
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TRAINING & CIRCUIT CLASSES



Personal Training **NEW!**

Meet one-on-one with our trainer for tailored training guidance and a workout program geared towards your own fitness goals. Available to youth (13+) and adults.

See the programs page at vernon.ca/recreation for more information.

PROGRAM REGISTRATION DATES:

FALL: Mon, Aug 25 @ 7:30am | Vernon Residency Program (VRP)

Fri, Sept 5 @ 7:30am | All Areas

WINTER: Mon, Nov 24 @ 7:30am | Vernon Residency Program (VRP)

Fri, Dec 5 @ 7:30am | All Areas

HEALTH & FITNESS

Fit & Fun Outdoors **NEW!**

This comprehensive strength and conditioning program addresses mobility, stability, and exercises using body weight, kettlebells, sandbag/backpack with weight, and other training fun in the great outdoors! Enjoy enhanced “real functional fitness,” whether you want to be prepared for hiking or the ski season, carry your groceries easier, or enjoy enhanced injury resilience. Suitable for all abilities, with modifications to suit individual needs.

Classes run rain or shine, so dress appropriately.

Circuit Training Classes **NEW!**

These high-intensity classes are progressive and challenging, utilizing a variety of strength and cardio training equipment. Using a circuit-style format, our instructor will lead you through a series of workouts designed to increase your overall strength and cardiovascular fitness.

Small group format for more individualized attention.

Location: Fitness Gym

A PLACE TO MEET OTHER 50 PLUS FRIENDS



GOING STRONG FOR OVER 50 YEARS!

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

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

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



GROUP FITNESS AT A GLANCE

MON	TUE	WED	THU	FRI
See page 43 for Aquafit program information and daily schedule.				
Morning Meditation 8:15-9:00am Sunset Room	Fit Happens 9:00-10:15am Creekside Main	Total Balance: Body & Mind 8:30-9:15am Sunrise Room	Strong & Steady I 9:00-10:00am Halina Room	<p>Schedule and locations are subject to change.</p> <p>See pages 37 to 42 for program descriptions.</p> <p>Program fees and dates are available on our website.</p> <p>Registration is required for all fitness programs.</p>
Fit ABCs 9:00-10:00am Creekside Main	Gentle Yoga 10:45-12:00pm Sunrise Room	Fit ABCs 9:00-10:00am Creekside Main	Wudang Tai Chi Level I 9:30-10:30am Sunrise Room	
Mat Pilates I 9:00-9:55am Sunrise Room	Gentle Steps 11:00am-12:00pm Sunset Room	Yoga for Older Adults 10:00-11:15am Lakers Clubhouse	Strong & Steady II 10:15-11:15am Halina Room	
Mat Pilates II 10:00-10:55am Sunrise Room	F.A.M.E. 12:30-1:30pm Sunset Room	Hustle & Muscle 10:15-11:15am Creekside Main	Wudang Tai Chi Level II 10:45-11:45am Sunset Room	
Zumba Gold 10:00-11:00am Dogwood Gym	Minds in Motion 1:00-2:30pm Sunrise Room	Vinyasa Yoga 1:00-2:00pm Sunrise Room	Chair Fit Yoga 11:30am-12:15pm Sunrise Room	
Hustle & Muscle 10:15-11:15am Creekside Main	Zumba Kids 4-7yrs 4:00-4:30pm Sunrise Room	Choose to Move 2:30-3:30pm Sunset Room	F.A.M.E. 12:30-1:30pm Sunset Room	
Chair Fit Yoga 11:15am-12:15pm Sunrise Room	Zumba Kids 8-11yrs 4:45-5:15pm Sunrise Room	Fit & Fun Outdoors 5:30-6:30pm VRC Front Lawn	Yoga Slow Flow 1:00-2:00pm Sunrise Room	
Yoga Slow Flow 1:00-2:15pm Sunrise Room	Circuit Training 5:30-6:30pm Fitness Gym		Yin Yoga 2:15-3:15pm Sunrise Room	
Cardio Beat 5:30-6:45pm Sunrise Room	Mat Pilates I 6:00-6:55pm Sunrise Room		Circuit Training 5:30-6:30pm Fitness Gym	
	Mat Pilates II 7:00-7:55pm Sunrise Room			

Join Our Fitness Team!

Join our growing fitness department team and help further enhance the programs and services that can be provided to our community. If you are already a certified fitness leader consider applying and joining our team or if you have an interest in becoming a certified fitness leader or personal trainer we would like to hear from you.

Apply on the City of Vernon jobs website; a vulnerable sector check is required and please provide copies of certifications.

Email: activeliving@vernon.ca for info.

HEALTH & SPECIALTY PROGRAMS

F.A.M.E. (Fitness & Mobility Group Exercise)

The Fitness and Mobility Group Exercise (FAME) program is designed for individuals living with stroke to enhance walking, balance, and strength. The FAME program is suitable for community members who are able to:

- Stand for 5 minutes
- Walk 10 meters (even with assistance of a walking aid)
- Sit and stand up from a chair on their own

The FAME program is part of a research program conducted by researchers at the University of British Columbia. Registrants may be contacted by the research team to discuss interest in potential participation in an optional research study. You do not have to participate in the research study to participate in the FAME program.

Participants will have a one-on-one orientation with the instructor prior to the program start date.

Fall Program #1: Tue & Thur Sept 9 - Oct 9

Fall Program #2: Tue & Thur Oct 21 - Nov 20

Winter Programs: TBD

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.

HEALTH & FITNESS



Strong & Steady | Levels I & II

Build posture, balance, and strength in this gentle class designed for seniors, particularly those with osteoporosis. We start with light aerobic warm-ups, then move into activities that boost cognitive skills, agility, balance, and strength using resistance bands and a variety of other small equipment, aimed at helping you stay steady, confident, and fall resistant. Along the way, you'll meet new friends and share a few laughs, making fitness as social as it is supportive.

Level 1: activities are prioritized for beginners and/or those new to exercise.

Level 2: intended for participants who have mastered Level 1.

Recommended: Bring your own mat.

Required: Bring your own resistance band.

Choose to Move

Are you 65 and older and looking for motivation to become physically active? Join Choose to Move to help introduce the habit of physical activity into your daily life in ways that make sense for you. Choose to Move is free and flexible, and provides you with motivation and support to become more active. In Choose to Move, you receive both individual and group support. You will work with a trained activity coach to develop and stick to a physical activity plan made just for you. You choose activities that you know you will enjoy and are able to do! You will also join a group of other Choose to Movers to share successes and challenges. With the help of your activity coach and support group, you will find the motivation and accountability you need to achieve your goals. To learn more visit www.choosetomove.info/.

Choose to Move

Choose to Move | Info Session

Pre-register for this information session to learn more about the program.

Wed Sept 10 2:30-4:00pm

Free

Location: Sunrise Room

Choose to Move | Program

This one-to-one program runs for 12 weeks with 8 group meetings. Registration for the program will open after the Info Session. Register for the Info Session to learn more.

Group Meetings:

Wednesdays 2:30-3:30pm

Free

Sept 17, Oct 8, 15, 22, 29, Nov 12, 26 and Dec 10

Winter program dates TBD.

PROGRAM REGISTRATION DATES:

FALL: Mon, Aug 25 @ 7:30am | Vernon Residency Program (VRP)

Fri, Sept 5 @ 7:30am | All Areas

WINTER: Mon, Nov 24 @ 7:30am | Vernon Residency Program (VRP)

Fri, Dec 5 @ 7:30am | All Areas

STRENGTH & CARDIO PROGRAMS

Fit ABCs

Stay active, strong, and confident with Fit ABCs—a light-to-moderate fitness class designed for older adults. You'll start with a full body warm up set to energizing tunes that will raise your heart rate gently and prepare your muscles and joints for exercises to improve balance, build strength, and even help keep you sharp! It's a fun, feel-good workout that supports everyday mobility and independence. Participants should be able to get up and down from the floor without assistance; alternative chair-based exercises will be provided for those who need assistance.

Recommended: Bring your own mat.

Required: Bring your own resistance band.

Fit Happens: Strong & Agile

Because when you show up, fit happens! This fun and functional strength class is designed for those who are already active and is all about building the strength, balance, agility, and posture you need to move well and feel great—today and in the years ahead. We use tools like suspension trainers, agility ladders, and other equipment to challenge your body in smart, practical ways. It's not about perfection—it's about consistency. Stick with it, and you'll discover that making "fit happen" regularly is the real secret to lifelong health and well being.

Recommended: Bring your own mat.

Hustle & Muscle

Are you rockin' Fit ABCs or other beginner classes and are ready to level up your workout routine? This efficient, one-hour workout gets it done! Expect a mix of medium to high-intensity cardio, and full-body strength training using both body weight exercises and tools like bands, dumbbells, and kettlebells. This higher intensity workout will challenge your endurance, build lean muscle, and burn lots of fuel! A variety of high intensity interval (HIIT) type formats such as Tabata and circuit training. It's a total-body blast designed to leave you feeling strong, sweaty, and accomplished. Participants must be able to get up and down from the floor unassisted.

Recommended: Bring your own mat.

Required: Bring your own resistance band.

Pole Walking Clinic **NEW!**

Discover the many benefits of pole walking! Enhance your walk while reducing the impact on your lower joints. Build full body strength, improve posture and balance, and burn more calories. No poles necessary, demo poles are provided.

Tues Oct 21 11:00am-12:00pm Kal Tire Place

Tues Mar 10 11:00am-12:00pm Kal Tire Place

HEALTH & FITNESS



Gentle Steps: Building Strength, Balance & Confidence **NEW!**

A great place to start! This program offers an entry-level exercise program for those with balance and/or mobility impairments, and who are new to exercise. The class will lead you through the three phases of a safe and effective exercise program: 1. warm up and cardio, 2: strengthening with bands and light weights, 3: stretching. Emphasis will be placed on correct techniques and your safety. Take the first step towards improved posture, increased strength, and better balance.

Required: Bring your own resistance band.

Cardio Beat **NEW!**

Stay active, energized, and heart-healthy with Cardio Beat; a fun, easy-to-follow cardio workout set to uplifting music from around the world, including Latin, Reggaeton, Bollywood, Afro, and more. This full-body workout is designed to get your heart pumping and your body moving, with carefully paced intensity to suit a wide range of fitness levels. No dance experience is necessary. Our easy-to-follow moves focus on cardiovascular endurance, strength, and stamina, not complicated steps. Come for the music, stay for the workout.

Required: Bring clean indoor running shoes, a mat, and a water bottle — and be ready to sweat.

Cardio Beat | TRY IT **NEW!**

Curious, but unsure? TRY IT is the perfect low-pressure way to experience the energy of Cardio Beat. This class is designed for all fitness levels, with no dance experience needed.

Mon Sept 8 5:30-6:45pm Sunrise Room

Mat Pilates | Levels I & II

Pilates is a full-body workout that combines strength and flexibility to improve posture, reduce stress, and build long, lean muscles. Focus is on breath, core engagement, and body awareness. Props like bands, weighted balls, and rings may be used to enhance the workout. This mat-based class strengthens the core, tones legs and glutes, and lengthens the spine. All levels welcome.

Required: Bring your own resistance band. Bands are available for purchase at the Recreation Centre front desk.

Recommended: Bring your own mat.

Level 1: All levels welcome

Level 2: Build on the skills learned in Level 1. Participants should have previous Pilates experience.



YOGA PROGRAMS

Chair Fit Yoga

Chair Fit Yoga is a seated exercise class that follows a slow and gentle progression through a sequence of modified yoga poses designed to help students improve posture, balance and flexibility as well as build strength. This class is ideal for those with balance or mobility challenges.

Required: Bring your own resistance band.

Instructor: Gia

Yoga Slow Flow

This gentle class introduces foundational yoga poses with slow, mindful transitions. Great for relaxing tight muscles, connective tissues, and fascia, with focus on breath, alignment, and relaxation. Postures and poses will also improve balance and awareness. This class is ideal for all ages. Participants must be able to get up and down from the floor unassisted.

Recommended: Bring your own mat.

Instructors: Sarah or Gia

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. This calming class blends gentle movements, soothing breath work, and a variety of postures to help you release tension, improve mobility and restore balance of both body and mind. No experience needed. Come as you are and enjoy a supportive, welcoming space to move and breathe at your own pace.

Recommended: Bring your own mat.

Instructor: Sue

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.

Location: Lakers Clubhouse

Instructor: Deb

Vinyasa Yoga Flow

Vinyasa Yoga Flow is a dynamic class that links breath with movement, creating a flowing sequence of poses. Emphasis is on continuous transition between poses, fostering strength, flexibility, and mindfulness. This class is ideal for all ages. Participants must be able to get up and down from the floor unassisted.

Recommended: Bring your own mat.

Instructor: Sarah

Yin Yoga

A slow, gentle practice focusing on holding postures for 2 to 5 minutes, Yin Yoga targets the deep connective tissues and fascia, instead of the muscle tissue. It increases flexibility, improves circulation and helps balance the body's energy, promoting inner peace, relaxation and stress reduction. Participants should be able to get down on their mats. Besides bringing a mat, participants would benefit from any prop that would help them hold a position longer: blocks, pillow, folded blankets/towels, bolster, etc.

Instructor: Gia

MEDITATION & TAI CHI PROGRAMS

Morning Meditation

Begin your day with intention in this 35 to 40-minute guided meditation session. Designed to clear your mind and energize your body, this class uses breath work, visualization, and educational sessions to help you slow down, release tension, and cultivate mindfulness.

You will learn new ways to recognize, manage, and relate differently to inner dialogue, physical sensations in the body, and emotions that may contribute to anxiety and/or stress. Whether you're a beginner or experienced, this class provides a welcoming space to explore stillness, reduce anxiety, and improve mental clarity.

Recommended: Bring your own mat.

Instructor: Gia

Total Balance: Body & Mind

Be guided through gentle yet energizing movements to improve balance, flexibility, and alleviate stress. Each class includes simple breathing exercises, guided relaxation, and meditation to support total wellness of body and mind. Exercises will include both standing and seated options. This class is accessible to those with balance or mobility challenges.

Instructor: Stella from Stellar Wellness & Healing Arts

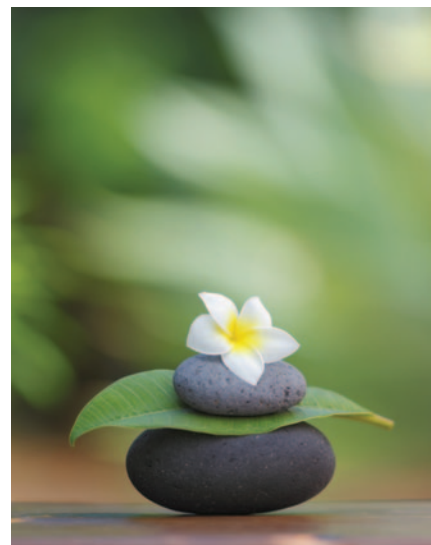
Wudang Tai Chi | Levels I & II

Looking for a way to improve your balance and mobility? Traditional Chinese Tai Chi is an excellent way to build strength and confidence through slow mindful movement. Two levels provided. This is a standing based program; participants will need to be able to move independently and not rely on a walker/cane/chair.

Level 1: This beginner class is accessible for all experience levels. The class will start with basic Tai Chi movements and build upon them to work through the Wudang short form Tai Chi 9 which can be learned in a single session.

Level 2: This advanced class takes a deeper dive into the Tai Chi 28 movement and energy systems.

Prerequisite: Previously completed at least one session of a Level 1 (Beginner) Tai Chi course.



DANCE & MOVE PROGRAMS

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.

Zumbini®

Moving, grooving, and growing for parent and me! Created by Zumba® and BabyFirst for kids ages 0-3, the Zumbini® program combines music, dance and educational tools for 30 minutes of can't-stop, won't-stop bonding, learning, and fun!

Ages 0-3yrs Mon 10:00-11:00am

Zumba® Kids

Perfect for our younger Zumba® fans! Kids get the chance to be active and jam out to their favorite music.

Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps and add games, activities and cultural exploration elements into the class structure. The Zumba® Kids program is the ultimate dance-fitness party for young Zumba fans, where they can play it loud and rock with friends to their own rules! This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching!

Find more info at www.vernon.ca under Dance & Move

Ages 4-7yrs Tue 4:00-4:30pm

Ages 8-11yrs Tue 4:45-5:15pm



Mon	Tue	Wed	Thu	Fri
Shallow Water 8:35-9:25am	Deep Water 8:35-9:25am	Shallow Water 8:35-9:25am	Deep Water 8:35-9:25am	Shallow Water 8:35-9:25am
Shallow Water 9:35-10:25am		Shallow Water 9:35-10:25am		Shallow Water 9:35-10:25am
	Aqua Light 2:10-2:55pm		Aqua Light 2:10-2:55pm	
	Shallow Water 7:10-8:00pm		Shallow Water 7:10-8:00pm	

Schedule is subject to change.

Aqua Light

Aqua Light 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. Held in the shallow end of the lap pool.

Shallow Water (Morning & Evening)

Boost your balance, coordination, and fitness with this energizing shallow water workout! Using anchored moves, light bouncing, propulsion, and suspension, this low-impact, mid-to-high intensity class builds endurance, flexibility, and muscle tone. Held in shallow end of lap pool.

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.

Registration is encouraged for all of our Aquafit programs.

Session dates and fees can be found online at www.vernon.ca

PROGRAM REGISTRATION DATES:

FALL: Mon, Aug 25 @ 7:30am | Vernon Residency Program
Fri, Sep 5 @ 7:30am | All Areas

WINTER: Mon, Nov 24 @ 7:30am | Vernon Residency Program
Fri, Dec 5 @ 7:30am | All Areas

DROP-IN AQUAFIT

Drop-ins for all Light, Shallow, and Deep classes will be accepted once the minimum number of registrants is reached. Drop-in spots will be limited depending on the number of registrants.

Two ways to drop-in:

1. Pre-register online up to 48 hours in advance; or
2. Drop-in the day of (pending space).

Excellent Activities for 50+

- Nordic Pole Walking Adventures & Workshops
- NeuroSteppin classes: beginner level fall prevention movements & gentle strength training set to fun music
- Snowshoeing Adventures

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201, 4710 31 Street Vernon, BC



PHYSIOTHERAPISTS:

Cheryl Witter • Cori Hanan
Kayla Comstock • Mara Boaru
Maggie Suranko

KINESIOLOGIST:

Meagan Steeves

**REGISTERED MASSAGE
THERAPIST: Carla Buchanan**

xceleratefreestyle.com

Freestyle Trampoline is great for kids
who want to do freestyle activities
on skis, snowboards, skateboards,
bikes, backyard trampolines or
on water.

fall



freestyle
silver star

ssfreestyle.com

winter

Freestyle Ski & Snowboard Programs

Open to novice to
expert skiers and
snowboarders ages 7+

Check our websites for complete
program details, information and registration.





We can't wait to introduce you to Vernon's first and only indoor rock climbing facility. We have over 19 vertical feet in our air conditioned, over 4000+ square foot facility, located on 14th Avenue just off Kalamalka Lake Road. Our walls have something for every level of climber. We offer 3 dedicated bouldering sections and top-roping too. Our team of route setters have worked hard to ensure there are routes for every climber, whether you're a seasoned scrambler or a first-time climber. We also have a Private Function Room for birthday parties, corporate team building events, or climbing club meetings.



#105, 2450 14th Ave., Vernon, BC
(236) 426-3333
www.climbthegarden.com

- Birthday Parties
- After School Kids Camps
- Learn to Climb Packages

OPEN DAILY:
MON.-FRI. 3-9PM
SAT. & SUN. 12-7PM



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 - Fun mini meets at the end of each session

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www.kokaneeswimclub.ca

Email: registrar@kokaneeswimclub.ca

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Ages 4 to Adult



Come experience the
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Make new friends and
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PHYSIOTHERAPY

Reaching Higher

Tamara Dantzer, Registered Physiotherapist

Debbie Sparling, Registered Physiotherapist

Cindy Keith, Registered Physiotherapist

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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

BIRTHDAY PARTIES

ROLLER SKATING

ICE SKATING

**EVERYONE PLAYS
PARTIES**

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Everyone
Plays!



Armstrong Spallumcheen Parks & Recreation

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SCHOOL

Save Your Child's spot today!

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Martial Arts for Ages 4+ SO MUCH FUN!

**30 DAY
FREE TRIAL**

FREE UNIFORM!

VernonKicks.com



SUNDANCE
TAEKWON-DO

HEADS UP DRIVERS



During these darker days, keep your
head up for other road users on
roadways and at all intersections.



IT'S FALL Y'ALL



Here are some family fun activities and events to enjoy this Fall!



Armstrong Farmers' Market

Until Oct 25th

Barn Quilt Trail Self-Guided Tour

Armstrong Spallumcheen Art Gallery

Sept 2nd-27th Oct 2nd-25th
Oct 30th-Nov 22nd

Farmstrong Cider Co.

farmstrongcider.com

Sparrow Grass Field & Flower

Heritage Pumpkin Patch

sparrowgrassfieldandflower.com

Scarecrows in the Street

Sept 22nd-Oct 13th

Bloom Sunflower Festival

Sept 26th-28th

Spallumcheen Food & Farm Festival

Sept 28th

CC Bloom Autumn Love Market

Sept 27th

Pumpkin Harvest Festival

Oct 3rd - 13th

Pumpkin Harvest Festival Family Day

Oct 11th

Caravan Farm Theatre Walk of Terror

Oct 25th

Downtown Trick or Treat

Oct 31st

Downtown Light Up

Nov 28th

*For more information on these and other events or to plan
a visit, check out our websites and social medias*

@tourismarmstrong
@aschamberofcommerce

WE'RE HERE ALL YEAR! CHECK OUT SOME OF THE EVENTS

AND ACTIVITIES OFFERED THIS SEASON

www.aschamber.com

www.tourismarmstrongspall.com

Check us out
on Facebook
and Instagram



KAL TIRE 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 and 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.vernon.ca.

ARENAS FOR RENT

- Kal Tire Place
- Kal Tire Place North
- Priest Valley Arena
- Centennial Outdoor Rink

CONTACT & HOURS

Booking Information: www.kaltireplace.ca

Inquiries Call: 250-550-3257
Email: bookings@vernon.ca
Hours: Mon-Fri
8:00-12:00pm
1:00-4:00pm

SKATING LESSONS

Boots to Blades I 3-5yrs

For 1st skaters (preschoolers) just learning. Kids will play on the ice with toys and get a great introduction to the skating scene in a fun, non-threatening environment.

Mon 3:30-4:00pm

Wed 3:30-4:00pm

Sat 8:30-9:00am & 9:45-10:15am

Boots to Blades II 3-5yrs

The next step in the Boots to Blades program. For the preschool skater who is able to walk unassisted and is ready for gliding and more advanced skating. Kids must have taken Boots to Blades I or have instructor approval.

Mon 3:30-4:00pm

Wed 3:30-4:00pm

Sat 8:30-9:00am

Blades & Pucks 3-6yrs

Your child's first introduction to hockey. Kids will work on skating, puck handling, passing and shooting through age and skill appropriate drills.

Sat 9:45-10:15am



RecSkate 1 & 2 5-11 yrs

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

RecSkate 3, 4 & 5 5-11 yrs

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

RecSkate - Days and Times

Mon 4:00-4:45pm

Wed 4:00-4:45pm

Sat 9:00-9:45am

ARENAS



HOCKEY - Structured Shinny

Womens Hockey - Structured Shinny 19+ yrs

See page 31 for details.

Private Skate Lessons

Private lessons can be arranged to suit your individual needs. Regardless of ability, we can develop lessons to improve your skills. Look online to see a list of all our current private skate lesson times. The list is updated continuously throughout the year.

Private: 30 min lesson. register online.

Semi-Private: (2 / 3 people) 30 min lesson.

Adapted Hockey

This program is for kids with autism, down syndrome and other developmental disabilities. Only minimal skating abilities required but participants should be steady on their feet. Parent participation strongly encouraged.

Sat

10:30-11:30am

PV Arena

Free Xmas Holiday Skate

Sun, Dec 21

3:30-6:00pm

PV Arena

Registration Dates: see page 3

Centennial Outdoor Rink

3310 37th Avenue (access off 35th Avenue)

Dec - Feb

SUN	MON	TUE	WED	THU	FRI	SAT
Public Skate 9:00-11:00am	All skating on the outdoor rink is free! Helmets are mandatory for skaters 10yrs and under and all Shinny players. Helmets are strongly recommended for all skaters.					Public Skate 8:30-12:00am
Senior Skate 11:30-12:30pm	18+ Shinny 12:00-1:00pm	Parent & Tot Shinny (5 and under) 12:00-1:00pm	18+ Shinny 12:00-1:00pm	Public Skate 12:00-1:00pm	18+ Shinny 12:00-1:00pm	
Available to Rent 1:00-2:00pm	Closed 1:00-2:30pm For Programming					Parent & Tot Skate (5 & Un- der) 12:30-1:30pm
Public Skate 2:30-4:00pm	Public Skate 3:00-6:00pm	Public Skate 3:00-5:00pm	Public Skate 3:00-6:00pm	Public Skate 3:00-4:30pm	Public Skate 3:00-4:30pm	Available to Rent 2:00-3:00pm
Parent & Youth Shinny (12 & Under) 4:30-6:00pm		12-14 Shinny 5:30-6:30pm		8 & under Shinny 5:00-6:00pm	Parent & Youth Shinny (12 & Under) 5:00-6:00pm	Public Skate 3:30-7:00pm
15-17 Shinny 6:30-8:00pm	Public Skate 6:30-8:00pm	Public Skate 7:00-8:30pm	9-11 Shinny 6:30-8:00pm	12-14 Shinny 6:30-8:00pm	Public Skate 6:30-8:00pm	15-17 Shinny 7:30-9:30pm
18+ Shinny 8:30-10:00pm	15-17 Shinny 8:30-10:00pm	Private Rental 9:00-10:00pm	18+ Shinny 8:30-10:00pm	15-17 Shinny 8:30-10:00pm	15+ Shinny 8:30-10:00pm	
Schedule is subject to change. Please check www.vernon.ca/recreation for updated schedule. The Centennial Rink can be closed due to weather conditions and holiday schedules. Please register for Shinny online or at the front desk. Check in to receive your helmet tape.						

OUTDOOR RINK YOUTH SHINNY

Pre-registration for Outdoor Rink Shinny is required.

Players register for the appropriate shinny(s) they are eligible to participate in.

5 & under (Parent & Tot)	White
6-8 yrs	Blue
9-11yrs	Orange
12-14yrs	Silver
15-17yrs	Red

Each shinny age group is colour coded. Once a player has registered and waiver has been signed; they receive a colour coded helmet marker from the Front Desk at the Recreation Centre. This marker must be displayed while on the ice during shinny times.

EQUIPMENT REQUIREMENTS

Public Skates: Helmets are mandatory for all youth 10 years and under and are recommended for all other skaters.

Shinny Skates:

Centennial Outdoor Rink: CSA approved helmets with face shield, sticks and gloves are mandatory for all ages.

Priest Valley Arena & Kal Tire Place: full equipment mandatory.

Full gear includes stick, skates, helmet with cage, neck guard, hockey pants, hockey socks, jock/jill protection, shin guards, elbow, chest and shoulder pads.

Skating Lessons: Skates, CSA helmets, gloves and wind/snow pants.



SHINNY | TIMES & CHECK IN

Indoor Shinny Times

30+ Shinny	Kal Tire Place North
Tue/Thu	11:30-12:45pm
40+ Shinny	Kal Tire Place North
Mon/Wed	11:30-12:45pm
Fri	11:00-12:15pm PV Arena
60+ Shinny	Priest Valley Arena
Tue/Thu	10:45-12:00pm
70+ Shinny	Priest Valley Arena
Mon	10:45-12:00pm

Register 50 hours in advance at www.vernion.ca/recreation and for excluded dates.

Indoor Activity Check In

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

Shinny: Pre-registered participants must check in at either the Recreation Centre Front desk (PV Arena) or the Kal Tire Place Reception (Kal Tire Place and Kal Tire Place North Arenas). Check in starts 60min prior to ice time.

Priest Valley Entrance: Arena Programs Entrance of Priest Valley building, beside Centennial Outdoor rink.

Kal Tire Entrance: Main Kal Tire Place front doors. Check in at front desk.



Want to be a skating instructor? 15+ yrs

Are you a proficient skater who loves to work with kids? Have you played hockey in the past and now want to pass on your skills to the next generation? We train new instructors! Training runs early September and first week of January. Email playsports@vernion.ca with your questions or apply on line at vernion.wd10.myworkdayjobs.com/Vernon-Career_EXT.

INDOOR PUBLIC SKATING

Public Skate Times | Priest Valley Arena

Sun	3:30-4:30pm
Mon	12:00-1:00pm
Tue	12:00-1:00pm
Wed	12:00-1:00pm
Thu	12:00-1:00pm & 3:00-4:45pm
Fri	6:45-8:00pm

Register 50 hours in advance at www.vernion.ca/recreation and for excluded dates.

Admission Prices

Please see page 5 for VRP and Non-VRP admission prices.

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.

Pre-Registration for Indoor Shinny and Public Skating is required. Register up to 50 hours in advance at www.vernion.ca/recreation.



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.

**For all bookings,
please contact**

bookings@vernon.ca

vernon.ca/parks-recreation/bookings-rentals



**Check out all our
facilities at**

www.vernon.ca/recreation

Join Our Recreation Team!

If you're looking to make a positive impact in a community that offers both professional growth and an exceptional lifestyle, consider a career with the City of Vernon. We are always looking for talented and motivated individuals to join our team.

Discover the many opportunities available and find out how you can contribute to the vibrant community of Vernon. Working with City of Vernon Recreation Services is a fun and exciting opportunity. Turn your passion for sport, fitness, arts or dance into a rewarding fun experience while being directly involved in our community!

As we look forward to opening the Vernon Active Living Centre in the fall of 2026 and the opportunities for the community to recreate in the new space, additional staff and program leaders / instructors will be required. If you have certification or skills in fitness, personal training, dance, sport referee, coaching / instructing, lifeguarding or just passionate about connecting with the community through health and recreation, we encourage you to apply.

Some positions that the City will be recruiting for:

- Lifeguard and Swim Instructors (see how to become a lifeguard page 11)
- Recreation Program Leaders (preschool, youth and adult, see page 25)
- Sport Hosts and Referees (see page 32 for more information)
- Fitness Instructors (land, water, dance, yoga, personal training, and more, see page 38)
- Facility Operations and Cleaning (scan the QR code below to see job opportunities)



SCAN THE QR CODE

To see all City of Vernon current work and career opportunities.

www.vernon.ca/parks-recreation/recreation-join-our-team



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 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



Move Your Body. Feed Your Soul. Find Your People.



PROGRAMS

- ✓ All ages, from 3 to 99
- ✓ Learn essential ski technique
- ✓ Play fun games on snow
- ✓ Develop coordination and balance
- ✓ Team/social atmosphere

PRIVATE LESSONS

- ✓ Learn to classic or skate ski
- ✓ 3 week progression
- ✓ Gain confidence
- ✓ Skill Development
- ✓ Outdoor fun all winter long



Prices starting from
\$60...



INQUIRIES

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www.sovereignlake.com

Adult Programs ❄️ Group Lessons ❄️ Private Lessons ❄️ Rentals