

FALL
2026

VERNON / RECREATION

Recreation Guide



TABLE OF CONTENTS

Welcome to Vernon Recreation	3
Health & Fitness	4
Personal Training	5
Children & Youth	10
Aquatics	15
Aquatics Schedule	15
Swim For Life	16
Swim Lessons	17
Volleyball	21
Drop-in Sports & Programs	22
Community Input	23

Registration Starts

Mon Aug 10 @ 7:30 am **Vernon Residency Program (VRP)**
Fri Aug 21 @ 7:30 am **All Areas**

Ways to Register

ONLINE vernon.ca/recreation
IN-PERSON at the **Vernon Recreation Centre**
 Registration Information **250-545-6035**

Digital Guide

Scan the QR code to view the guide, view the most up-to-date information, and to register online.



Refund & Program Policies

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

AVOID DISAPPOINTMENT: Some programs fill up and some programs are cancelled due to a lack of minimum registrants. Register early to secure your spot.

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

WITHDRAWALS & TRANSFERS: If you need to cancel or change a registration, please be sure to notify us three business days (Monday to Friday) before the start date of the program. No refunds will be given if notification is less than three 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 three weeks for cheque delivery. Credit will not be carried on accounts.

What is VRP 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 a portion of your membership! Present your Proof of Residency at the Vernon Recreation Centre to receive:

Priority Registration and Discounts on Admissions, Memberships & Programs

For more information scan this QR code or visit vernon.ca



How To Use This Guide

PROGRAM NAME

Location* **Class location i.e. Dogwood Gym**
Age **Age range for participants**

This includes the course description with any specific information you may need.

Day(s) of the Week **Date Range** **Time**
 Regular Price VRP Price Course ID

To register for a program you need to know the information to the left. Make sure to keep it handy when registering online and in-person.

TO REGISTER ONLINE

An account is required to register online. If you don't have an account, visit the front desk at the Vernon Recreation Centre to create one.

Ensure to bring one piece of government issued photo-ID to confirm your address.

*All programs featured in this guide take place at the Vernon Recreation Centre, with the exception of a few select programs hosted at Kidston Elementary School, Silverstar Elementary School, and Lakers Clubhouse.

Welcome to Vernon Recreation

This recreation guide is your gateway to staying active, connected, and inspired in our community. Inside, you'll find a wide variety of programs, drop-in activities, and opportunities for all ages and abilities—whether you're building healthy habits, exploring a new interest, or simply enjoying what you love.

We're also excited to introduce the new Active Living Centre (ALC), opening soon! This vibrant new space will offer modern amenities and welcoming places to move, play, and connect. We look forward to welcoming you later this year.

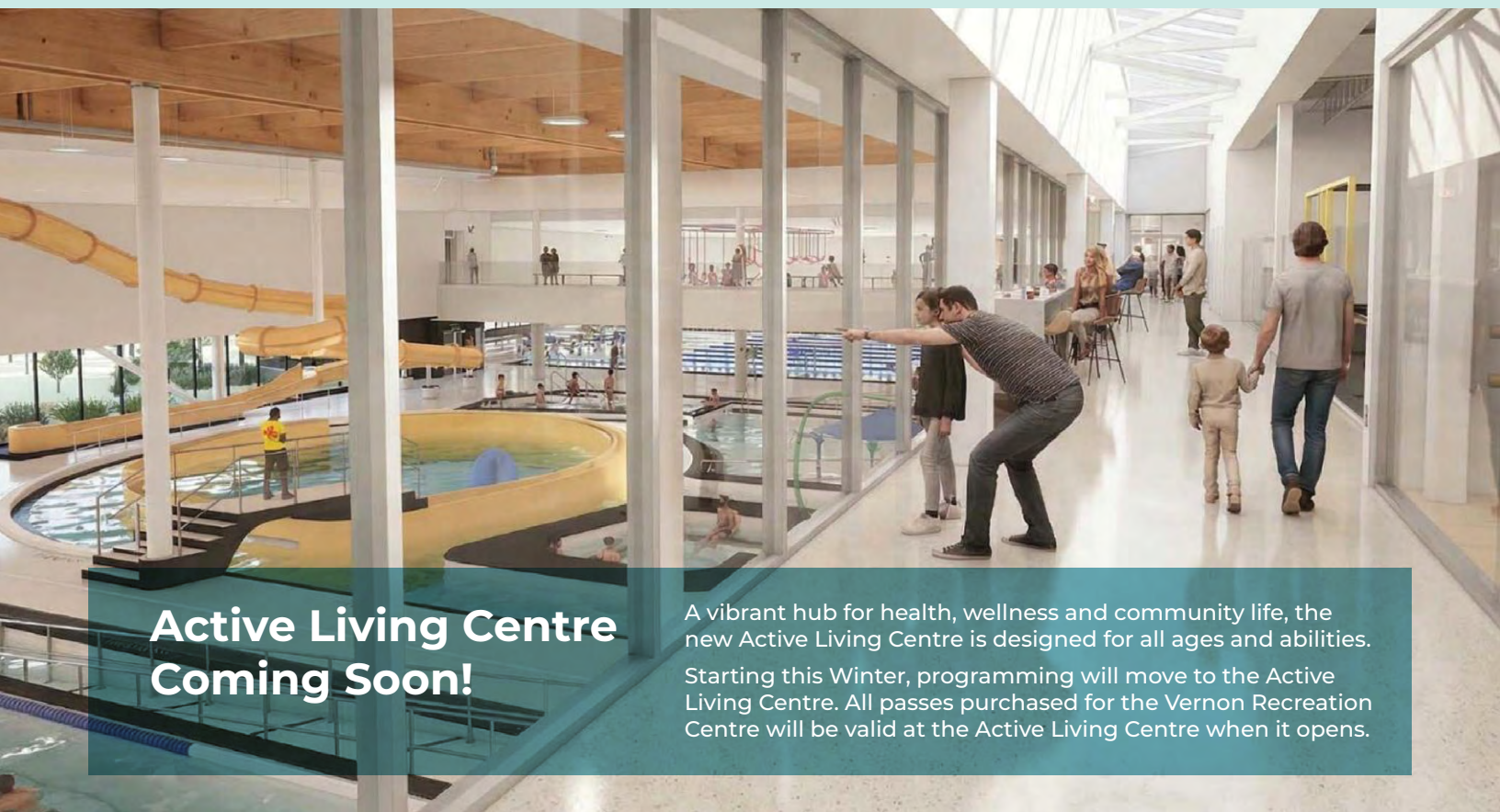
Be sure to watch for Active Living Centre programs in the Winter Guide. In the meantime programs featured in the Fall guide will be offered primarily at the Vernon Recreation Centre, alongside select offerings at Kidston Elementary School, Silverstar Elementary School, and Lakers Clubhouse.

Hours of Operation

VERNON RECREATION CENTRE

3310 37th Avenue, Vernon

Monday-Friday	6:30 am - 9:00 pm
Saturday	9:00 am - 7:00 pm*
Sunday	8:00 am - 7:00 pm*
Stat Holidays	12:00 - 4:00 pm
*Sat/Sun in August	12:00 - 7:00 pm



Active Living Centre Coming Soon!

A vibrant hub for health, wellness and community life, the new Active Living Centre is designed for all ages and abilities. Starting this Winter, programming will move to the Active Living Centre. All passes purchased for the Vernon Recreation Centre will be valid at the Active Living Centre when it opens.



Affordable Access Pass

Everyone deserves the opportunity to enjoy recreation. If cost is a barrier, eligible individuals and families may qualify for discounted admissions and memberships, making it easier to stay active, healthy, and connected.

Available to individuals with a disability and those receiving financial aid.

Learn more at [vernon.ca/recreation](https://www.vernon.ca/recreation).

HEALTH & FITNESS

STRENGTH & CARDIO

GENTLE STEPS: BUILDING STRENGTH, BALANCE & CONFIDENCE

Location Sunset Room
Age 40+ yrs

A great place to start! This program offers an entry-level exercise program for those with balance and/or mobility impairments, or those new to exercise. The class will lead you through three phases of a safe and effective exercise program:

- Warm up and cardio
- Strengthening with bands and light weights
- Stretching

Emphasis will be placed on correct techniques and your safety. Take the first step towards improved posture, increased strength, and better balance.

Thu	Sep 24 - Oct 29	11:15 am - 12:00 pm
\$79.98 + GST	VRP \$60.00 + GST	ID: 00083189
Thu	Nov 5 - Dec 10	11:15 am - 12:00 pm
\$79.98 + GST	VRP \$60.00 + GST	ID: 00083190

FIT ABCS

Location Creekside Main
Age 50+ yrs

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 must be able to get up and down from the floor without assistance.

Mon & Wed	Sep 21 - Oct 28	9:00 - 10:00 am
\$160.00 + GST	VRP \$120.00 + GST	ID: 00083154
Mon & Wed	Nov 2 - Dec 9	9:00 - 10:00 am
\$176.00 + GST	VRP \$132.00 + GST	ID: 00083155

HUSTLE & MUSCLE

Location Creekside Main
Age 18+ yrs

Are you rockin' beginner classes and ready to level up? This 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! It's a total-body blast designed to leave you feeling strong, sweaty, and accomplished.

Mon & Wed	Sep 21 - Oct 28	10:15 - 11:15 am
\$160.00 + GST	VRP \$120.00 + GST	ID: 00083156
Mon & Wed	Nov 2 - Dec 9	10:15 - 11:15 am
\$176.00 + GST	VRP \$132.00 + GST	ID: 00083159

MAT PILATES

Location Sunrise Room
Age 18+ yrs

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.

Mon	Sep 21 - Oct 26	9:00 - 9:55 am
\$80.00 + GST	VRP \$60.00 + GST	ID: 00083351
Mon	Nov 2 - Dec 7	9:00 - 9:55 am
\$96.00 + GST	VRP \$72.00 + GST	ID: 00083352
Tue	Sep 22 - Oct 27	6:00 - 6:55 pm
\$96.00 + GST	VRP \$72.00 + GST	ID: 00083233
Tue	Nov 3 - Dec 8	6:00 - 6:55 pm
\$96.00 + GST	VRP \$72.00 + GST	ID: 00083234

FIT HAPPENS: STRONG & AGILE

Location Creekside Main
Age 18+ yrs

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 in circuit format to challenge your body in smart, practical ways. You'll discover that making "fit happen" regularly is the real secret to lifelong health and wellbeing.

Tue	Sep 22 - Oct 27	9:00 - 10:15 am
\$111.96 + GST	VRP \$84.00 + GST	ID: 00083173
Tue	Nov 3 - Dec 8	9:00 - 10:15 am
\$111.96 + GST	VRP \$84.00 + GST	ID: 00083174

HIIT EXPRESS **NEW!**

Location Creekside Main
Age 18+ yrs

Get a full-body workout in just 30 minutes with this fast-paced HIIT (high intensity interval training) class using dumbbells, TRX, and bodyweight exercises. Designed for busy schedules, it combines short bursts of high-intensity effort with brief recovery to build strength, boost endurance, and burn calories. Leave sweaty, energized, and ready for whatever your day will bring!

Mon & Wed	Sep 21 - Oct 28	12:15 - 12:45 pm
\$106.60 + GST	VRP \$80.00 + GST	ID: 00083164
Mon & Wed	Nov 2 - Dec 9	12:15 - 12:45 pm
\$117.30 + GST	VRP \$88.00 + GST	ID: 00083165



DROP-IN, AS SPACE ALLOWS

Pricing varies by class. See online for details.



**THERE ARE NO CLASSES ON
STATUTORY HOLIDAYS. THE
DATES TO BE AWARE OF ARE:**

SEP 30, OCT 10 - 12, NOV 11

STRENGTH & CARDIO

CORE & MORE **NEW!**

Location Sunset Room
Age 18+ yrs

This mat-based class is designed to strengthen everything between your neck and knees with a focus on postural muscles, functional movement, and supportive stability. This smart, effective workout will build deep core strength that translates into better balance, alignment, and everyday ease.

Tue	Sep 22 - Oct 27	11:45 am - 12:30 pm
\$79.98 + GST	VRP \$60.00 + GST	ID: 00083219
Tue	Nov 3 - Dec 8	11:45 am - 12:30 pm
\$79.98 + GST	VRP \$60.00 + GST	ID: 00083222

GLUTE GOALS: STRENGTH & STABILITY **NEW!**

Location Creekside Main
Age 18+ yrs

Build strength and stability in this medium-intensity class focused on the glutes, legs, and hips. Using TRX, dumbbells, kettlebells, and resistance bands, you'll improve lower-body strength, balance, and overall function. Learn how to properly activate, engage, and build your glutes to enhance sport performance, posture and balance, and daily functioning.

Mon & Wed	Sep 21 - Oct 28	5:30 - 6:15 pm
\$133.30 + GST	VRP \$100.00 + GST	ID: 00083166
Mon & Wed	Nov 2 - Dec 9	5:30 - 6:15 pm
\$146.63 + GST	VRP \$110.00 + GST	ID: 00083168



PERSONAL TRAINING 13+ yrs

Location Fitness Centre

Whether you are just starting out or a fitness veteran, our certified personal trainer(s) can help you meet your goals. Working with a personal trainer is a great way to achieve results, learn proper technique, and reach your fitness and health goals. Book your next personal training session online at vernon.ca/recreation. Prices are per hour.

Sep 8 - Oct 30 Various days/times available
\$86.65 + GST VRP \$65 + GST

FUNCTIONAL FITNESS

POLE WALKING WORKSHOP

Location Creekside Main
Age 18+ yrs

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. Bring your own poles or use our demo poles.

Thu	Nov 12	1:00 - 2:15 pm
\$9.33 + GST	VRP \$7.00 + GST	ID: 00083364

LIFT & LEARN: YOUTH & ADULT **NEW!**

Location Fitness Centre
Age 13+ yrs

This class builds strength while teaching how and why training works. Sessions combine hands-on resistance training with coaching on movement, exercise selection, and foundational principles, with a strong focus on form and safety. You'll gain practical skills to continue training independently, with individualized coaching and real-time feedback throughout.

YOUTH 13-17 yrs

Mon & Wed	Sep 14 - Oct 28	3:30 - 4:15 pm
\$223.92 + GST	VRP \$168.00 + GST	ID: 00083170

ADULT 18+ yrs

Mon & Wed	Sep 14 - Oct 28	4:30 - 5:15 pm
\$186.60 + GST	VRP \$140.00 + GST	ID: 00083172

STRENGTH & MOBILITY FOR RACQUET SPORTS **NEW!**

Location Creekside Main
Age 18+ yrs

Develop the strength, mobility, and agility needed to move faster and play stronger in racquet sports. This class focuses on rotational power, shoulder stability, footwork, and injury prevention to help improve performance, reaction time, and durability for tennis, pickleball, squash, and more.

Thu	Oct 22 - Dec 10	3:30 - 4:30 pm
\$149.28 + GST	VRP \$112.00 + GST	ID: 00083179

STRENGTH & MOBILITY FOR SKIING & SNOWBOARDING **NEW!**

Location Creekside Main
Age 18+ yrs

Build strength, balance, and mobility specifically designed to improve your performance on the slopes. This class focuses on lower-body power, core stability, flexibility, and injury prevention to help skiers and snowboarders move with more control, endurance, and confidence all season long.

Thu	Oct 22 - Dec 10	4:45 - 5:45 pm
\$149.28 + GST	VRP \$112.00 + GST	ID: 00083180

REGISTRATION STARTS AUG 10 @ 7:30 am

YOGA & MEDITATION

CHAIR YOGA

Location Sunrise Room
Age 18+ yrs

Chair 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.

60 MINUTES

Mon	Sep 21 - Oct 26	11:00 am - 12:00 pm
\$64.00 + GST	VRP \$48.00 + GST	ID: 00083162
Mon	Nov 2 - Dec 7	11:00 am - 12:00 pm
\$96.00 + GST	VRP \$72.00 + GST	ID: 00083163

45 MINUTES

Thu	Sep 24 - Oct 29	11:15 am - 12:00 pm
\$53.32 + GST	VRP \$40.00 + GST	ID: 00083187
Thu	Nov 5 - Dec 10	11:15 am - 12:00 pm
\$79.98 + GST	VRP \$60.00 + GST	ID: 00083188

YIN YOGA

Location Sunset Room
Age 18+ yrs

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. Besides bringing a mat, participants would benefit from any prop that would help them hold a position longer: blocks, pillow, folded blanket, towel, or bolster.

Mon	Sep 21 - Oct 26	8:45 - 9:45 am
\$64.00 + GST	VRP \$48.00 + GST	ID: 00083151
Mon	Nov 2 - Dec 7	8:45 - 9:45 am
\$96.00 + GST	VRP \$72.00 + GST	ID: 00083153

YOGA FOR OLDER ADULTS

Location Lakers Clubhouse
Age 50+ yrs

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.

Wed	Sep 16 - Dec 2	10:00 - 11:15 am
\$186.60 + GST	VRP \$140.00 + GST	ID: 00083237

GENTLE YOGA

Location Sunrise Room
Age 18+ yrs

Breathe, stretch, and unwind. This calming class is ideal for beginners or anyone seeking a softer practice. Enjoy gentle movement, soothing breathwork, and simple postures to release tension, improve mobility, and restore balance in body and mind. No experience needed—just come as you are and move at your own pace in a supportive, welcoming space.

Tue	Sep 22 - Dec 8	10:45 am - 12:00 pm
\$223.92 + GST	VRP \$168.00 + GST	ID: 00083216

YOGA BARRE **NEW!**

Location Sunrise Room
Age 18+ yrs

Yoga Barre is a fusion of yoga and ballet-inspired barre movements designed to build strength, improve balance, and enhance flexibility. Set to uplifting music, this all-levels class is perfectly structured into three 15-minute blocks:

- Warm-up and conditioning
- Tone and sculpt
- Stretch and recovery

Wed	Oct 21 - Dec 9	9:00 - 9:45 am
\$79.98 + GST	VRP \$60.00 + GST	ID: 00083332



GENTLE QIGONG

Location Lakers Clubhouse
Age 18+ yrs

Discover the gentle power of qigong to restore balance, ease tension, and support overall well-being. Through mindful movement and focused breathing, you'll enhance flexibility, coordination, and inner calm. Each class includes guided relaxation and meditation, with both seated and standing options for all ability levels.

Tue	Sep 22 - Oct 27	9:30 - 10:15 am
\$79.98 + GST	VRP \$60.00 + GST	ID: 00083200
Tue	Nov 3 - Dec 8	9:30 - 10:15 am
\$79.98 + GST	VRP \$60.00 + GST	ID: 00083205

YOGA & MEDITATION

CANDLELIGHT YOGA **NEW!**

Location Sunset Room
Age 18+ yrs

Candlelight Yoga is a slow, deeply restorative Yin yoga practice designed to help you unwind and reconnect through long-held, supported postures. Guided by the calming glow of candlelight, this class encourages deep release in the body, mindful breathing, and a sense of inner stillness, leaving you feeling relaxed, grounded, and renewed. Participants must be able to get up and down from the floor unassisted.

TRY IT:

Tue **Sep 22** **6:00 - 7:00 pm**
\$9.33 + GST VRP \$7.00 + GST ID: 00083608

8-WEEK PROGRAM:

Tue **Sep 29 - Nov 17** **6:00 - 7:00 pm**
\$128.00 + GST VRP \$96.00 + GST ID: 00083610

YOGA SLOW FLOW

Location Sunrise Room
Age 18+ yrs

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.

Wed **Oct 21 - Dec 9** **10:00 - 11:00 am**
\$96.00 + GST VRP \$72.00 + GST ID: 00083333

DANCE & MOVE

ZUMBA® GOLD

Location Dogwood Gym
Age 50+ yrs

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 have fun.

Mon **Sep 21 - Oct 26** **10:00 - 10:45 am**
\$53.32 + GST VRP \$40.00 + GST ID: 00083160
Mon **Nov 2 - Dec 7** **10:00 - 10:45 am**
\$79.98 + GST VRP \$60.00 + GST ID: 00083161

ZUMBA® CHAIR

Location Sunrise Room
Age 18+ yrs

Zumba® Chair is a low-to-medium intensity fitness program that modifies traditional Zumba® to be accessible for people with limited mobility, balance issues, or those who need to sit for support. The class involves seated dance moves with a focus on core and upper body strength.

Wed **Oct 21 - Dec 9** **11:15 am - 12:00 pm**
\$79.98 + GST VRP \$60.00 + GST ID: 00083334



DROP-IN, AS SPACE ALLOWS

Pricing varies by class. See online for details.

Registration Starts

VRP **Aug 10 @ 7:30 am**
All Areas **Aug 21 @ 7:30 am**

ONLINE **vernon.ca/recreation** (you must have an account)
IN-PERSON at the **Vernon Recreation Centre**

MARTIAL ARTS

WUDANG TAI CHI: LEVEL I

Location Creekside Main
Age 18+ yrs

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. 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. This is a standing based program.

Thu **Sep 24 - Dec 10** **9:30 - 10:30 am**
\$176.00 + GST VRP \$132.00 + GST ID: 00083184

WUDANG TAI CHI: LEVEL II

Location Creekside Main
Age 18+ yrs

Traditional Chinese Tai Chi is an excellent way to build strength and confidence through slow mindful movement. This advanced class takes a deeper dive into the Tai Chi 28 movement and energy systems. Prerequisite: Previously completed at least one session of Level I (Beginner) Tai Chi.

Thu **Sep 24 - Dec 10** **10:45 - 11:45 am**
\$176.00 + GST VRP \$132.00 + GST ID: 00083185

SPECIALTY HEALTH

STRONG & STEADY: LEVEL I & II

Location Halina Room/Creekside Main
Age 50+ yrs

Build posture, balance, and strength in this gentle class designed for older adults, 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 I - HALINA ROOM

Activities are prioritized for beginners and/or those new to exercise.

Thu	Sep 24 - Oct 29	10:15 - 11:15 am
\$72.00 + GST	VRP \$54.00 + GST	ID: 00083196
Thu	Nov 5 - Dec 10	10:15 - 11:15 am
\$72.00 + GST	VRP \$54.00 + GST	ID: 00083197

LEVEL II

Intended for participants who have mastered Level I.

CREEKSIDE MAIN

Tue	Sep 22 - Oct 27	10:30 - 11:30 am
\$72.00 + GST	VRP \$54.00 + GST	ID: 00083211
Tue	Nov 3 - Dec 8	10:30 - 11:30 am
\$72.00 + GST	VRP \$54.00 + GST	ID: 00083213

HALINA ROOM

Thu	Sep 24 - Oct 29	9:00 - 10:00 am
\$72.00 + GST	VRP \$54.00 + GST	ID: 00083193
Thu	Nov 5 - Dec 10	9:00 - 10:00 am
\$72.00 + GST	VRP \$54.00 + GST	ID: 00083194

What is VRP?

VERNON RESIDENCY PROGRAM

Your local governments have prepaid a portion of your membership! For more information see page 2 or visit vernon.ca

MINDS IN MOTION®

Location Creekside Main
Age 40+ yrs

Minds in Motion® is a fitness and social program for people living with any form of early-stage dementia. You and your family member, friend or other care partner will experience gentle exercises and social activities. Care partners must attend. Offered in partnership with the Alzheimer Society of BC.

Tue	Sep 22 - Oct 27	1:00 - 2:30 pm
\$72.00 + GST	VRP \$54.00 + GST	ID: 00083225
Tue	Nov 3 - Dec 8	1:00 - 2:30 pm
\$72.00 + GST	VRP \$54.00 + GST	ID: 00083229

F.A.M.E. FOR NEUROFITNESS

Location Sunrise Room
Age 40+ yrs

The Fitness and Mobility Group Exercise (FAME) program is designed for individuals living with stroke and other neurological conditions, 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

One-on-one orientation during the first week (September 15 or 17, November 3 or 5). Instructor will contact participants to schedule orientation. Group classes run September 22 - October 29 and November 10 - Dec 18.

Tue & Thu	Sep 15 - Oct 29	12:30 - 1:30 pm
\$182.00 + GST	VRP \$136.50 + GST	ID: 00083328
Tue & Thu	Nov 3 - Dec 17	12:30 - 1:30 pm
\$182.00 + GST	VRP \$136.50 + GST	ID: 00083329

REGISTRATION STARTS

VRP	Monday	Aug 10 @ 7:30 am
All Areas	Friday	Aug 21 @ 7:30 am

CHOOSE TO MOVE: INFORMATION SESSION

Location Sunrise Room
Age 55+ yrs

Register for this information session to learn more about the Choose to Move program. Registration for the full program will begin after the information session. Choose to Move is a FREE 3-month program for older adults who are inactive and wishing to become more active. This is an information session only. To take the full program, register in program ID: 00082657.

Wed	Sep 9	2:30 - 3:30 pm
FREE	FREE	ID: 00082656

CHOOSE TO MOVE: PROGRAM

Location Sunset Room
Age 55+ yrs

Choose to Move is a FREE 3-month program for older adults who are inactive and wishing to become more active. Choose to Move is not a fitness or movement class. It is a motivational coaching program where you will meet with an Activity Coach and other participants to discuss ways to incorporate more physical activity into your life. To learn more about Choose to Move visit choosetomove.ca. Registration will begin after the Information Session is over.

Wed	Sep 23 - Dec 2	2:30 - 3:30 pm
FREE	FREE	ID: 00082657

AQUAFIT

AQUA LIGHT

Location Vernon Aquatic Centre
Age 18+ yrs

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. 45 minute class.

Tue	Sep 15 - Oct 27	2:10 - 2:55 pm
\$74.62 + GST	VRP \$56.00 + GST	ID: 00083348
Thu	Sep 17 - Oct 29	2:10 - 2:55 pm
\$74.62 + GST	VRP \$56.00 + GST	ID: 00083349

SHALLOW WATER

Location Vernon Aquatic Centre
Age 18+ yrs

This is a higher-impact, moderate-to-high intensity class that builds endurance, flexibility, and muscle tone by using anchored moves, light bouncing, propulsion, and suspension. Boost your balance, coordination, and fitness with this energizing shallow water workout. Held in the shallow end of lap pool.

Mon	Sep 14 - Oct 26	8:35 - 9:25 am
\$72.00 + GST	VRP \$54.00 + GST	ID: 00083338
Mon	Sep 14 - Oct 26	9:35 - 10:25 am
\$72.00 + GST	VRP \$54.00 + GST	ID: 00083339
Tue	Sep 15 - Oct 27	7:10 - 8:00 pm
\$84.00 + GST	VRP \$63.00 + GST	ID: 00083346
Wed	Sep 16 - Oct 28	8:35 - 9:25 am
\$72.00 + GST	VRP \$54.00 + GST	ID: 00083340
Wed	Sep 16 - Oct 28	9:35 - 10:25 am
\$72.00 + GST	VRP \$54.00 + GST	ID: 00083341
Thu	Sep 17 - Oct 29	7:10 - 8:00 pm
\$84.00 + GST	VRP \$63.00 + GST	ID: 00083347
Fri	Sep 18 - Oct 30	8:35 - 9:25 am
\$84.00 + GST	VRP \$63.00 + GST	ID: 00083342
Fri	Sep 18 - Oct 30	9:35 - 10:25 am
\$84.00 + GST	VRP \$63.00 + GST	ID: 00083343

DEEP WATER

Location Vernon Aquatic Centre
Age 18+ yrs

This is a no-impact, moderate to high intensity, deep-water fitness class that's easy on the joints and big on results. With the support of a flotation belt, you'll power through zero-impact cardio, balance, and core strengthening moves in the deep end.

Tue	Sep 15 - Oct 27	8:35 - 9:25 am
\$84.00 + GST	VRP \$63.00 + GST	ID: 00083344
Thu	Sep 17 - Oct 29	8:35 - 9:25 am
\$84.00 + GST	VRP \$63.00 + GST	ID: 00083345



THERE ARE NO CLASSES ON STATUTORY HOLIDAYS. THE DATES TO BE AWARE OF ARE:
SEP 30, OCT 10 - 12, NOV 11



DROP-IN AVAILABLE, AS SPACE ALLOWS.

Pricing varies by class. See online for details.

Scan this QR code to view our Aquafit schedule and register for classes.



REGISTRATION & DROP-IN OPTIONS

[vernon.ca/recreation](https://www.vernon.ca/recreation)

Option 1 • Full Session Registration

Register for the entire session and save! When registering, select the 'Course' tab.

Option 2 • Pre-registered Drop-in

Pre-register online as a drop-in for the specific date(s) that work for you. Fee will be slightly higher, but your spot is guaranteed. When registering, select the 'Drop-in' tab. Available as space allows. Pre-registered drop-in opens the day before the course is set to start to give priority to full course registrations.

Option 3 • Day-of Drop-in

Drop-in any day just before the class and pay at the Front Desk. No guarantee of space, but offers the most flexibility. Fee is a higher rate.

REGISTRATION STARTS AUG 10 @ 7:30 AM

PLAY PROGRAMS

TUMBLING TODDLERS TO TYKES

Location Dogwood Gym
Age 18 - 36 mos

An introduction to gymnastics fundamentals including balance, movement, rolling, and basic positions. Builds coordination, strength, and confidence. Parent participation required.

Tue	Sep 22 - Oct 27	9:00 - 10:00 am
\$72.00	VRP \$54.00	ID: 00083114
Tue	Nov 3 - Dec 8	9:00 - 10:00 am
\$72.00	VRP \$54.00	ID: 00083117

CREATIVE GYM

Location Dogwood Gym
Age 0 - 5 yrs

A fun, parent-participation program filled with movement and creativity. Enjoy songs, simple games, crafts, and hands-on play (paint, playdough, and more) while building coordination and social skills together.

Wed	Sep 23 - Oct 28	9:00 - 10:00 am
\$60.00	VRP \$45.00	ID: 00083120
Thu	Sep 24 - Oct 29	9:00 - 10:00 am
\$72.00	VRP \$54.00	ID: 00083127
Wed	Nov 4 - Dec 9	9:00 - 10:00 am
\$60.00	VRP \$45.00	ID: 00083123
Thu	Nov 5 - Dec 10	9:00 - 10:00 am
\$72.00	VRP \$54.00	ID: 00083129

IMAGINATION STATION **NEW!**

Location Dogwood Gym
Age 1 - 5 yrs

Explore, create, and discover through play. Children and caregivers engage in crafts, sensory activities, stories, and imaginative games that encourage creativity and early learning.

Wed	Sep 23 - Oct 28	10:15 - 11:15 am
\$60.00	VRP \$45.00	ID: 00083122
Wed	Nov 4 - Dec 9	10:15 - 11:15 am
\$60.00	VRP \$45.00	ID: 00083124

TUMBLING TOTS TO TYKES: DROP-IN

Location Dogwood Gym
Age 18 mos - 5 yrs

An open play gymnastics experience for caregivers and children. Parent participation required.

Tue	Sep 22 - Oct 27	11:30 am - 12:45 pm
\$72.00	VRP \$54.00	ID: 00083116
Tue	Nov 3 - Dec 8	11:30 am - 12:45 pm
\$72.00	VRP \$54.00	ID: 00083119

TUMBLING TYKES

Location Dogwood Gym
Age 3 - 5 yrs

Children explore foundational gymnastics skills such as balance, rolls, hops, and controlled movement through fun and structured activities. Parents have the options to stay and watch or drop off and pick up.

Tue	Sep 22 - Oct 27	10:15 - 11:15 am
\$72.00	VRP \$54.00	ID: 00083115
Tue	Nov 3 - Dec 8	10:15 - 11:15 am
\$72.00	VRP \$54.00	ID: 00083118

PLAY PALOOZA

Location Dogwood Gym
Age 3 - 5 yrs

Get ready for active fun! This high-energy program features games, obstacle courses, and imaginative play that help build coordination, confidence, and social skills in a playful group setting.

Wed	Sep 23 - Oct 28	11:30 am - 12:30 pm
\$60.00	VRP \$45.00	ID: 00083121

YOUTH GYMNASTICS

Location Dogwood Gym
Age 5 - 12 yrs

A daytime gymnastics program designed for homeschool families. Participants develop strength, flexibility, balance, and coordination through engaging and age appropriate activities.

Tue	Sep 22 - Oct 27	1:00 - 2:30 pm
\$108.00	VRP \$81.00	ID: 00083253
Tue	Nov 3 - Dec 8	1:00 - 2:30 pm
\$108.00	VRP \$81.00	ID: 00083257

Holiday-Themed Fun Days!

HALLOWEEN HOWL

Location Dogwood Gym
Age 3 - 6 yrs

A festive Halloween celebration featuring gym activities, circle time, crafts, stories, and themed fun in a safe and playful environment.

Sat	Oct 31	1:30 - 3:30 pm
\$22.00		ID: 00083108

CREATIVE CHRISTMAS

Location Dogwood Gym
Age 3 - 6 yrs

Winter themed active play and crafts in the Dogwood Gym. A fun seasonal experience with drop off and pick up format.

Sat	Dec 12	1:30 - 3:30 pm
\$22.00		ID: 00083113



THERE ARE NO CLASSES ON STATUTORY HOLIDAYS. THE DATES TO BE AWARE OF ARE:
SEP 30, OCT 10 - 12, NOV 11

CHILDREN & YOUTH

PLAY PROGRAMS

PUTTER & SWIM LESSONS

Location Dogwood Gym
Age 3 - 5 yrs

A fun filled program with gym activities, games and songs, finished with a lesson led by a certified instructor.

Fri	Sep 18 - Oct 23	9:15 - 11:30 am
\$144.00	VRP \$108.00	ID: 00083131

CLUB K.I.D.S. **NEW!**

Location Dogwood Gym
Age 3 - 5 yrs

Kids' Ideas Developing Skills! This engaging program encourages creativity, teamwork, and curiosity through games, simple STEM activities, and hands-on exploration guided by instructors.

Thu	Sep 24 - Oct 29	10:15 - 11:15 am
\$72.00	VRP \$54.00	ID: 00083128
Thu	Nov 5 - Dec 10	10:15 - 11:15 am
\$72.00	VRP \$54.00	ID: 00083130

ADVENTURES IN ART **NEW!**

Location Dogwood Gym
Age 3 - 5 yrs

A creative introduction to art! Young artists will explore colours, textures, and materials through fun, age-appropriate projects that build confidence and self-expression.

Wed	Nov 4 - Dec 9	11:30 am - 12:30 pm
\$60.00	VRP \$45.00	ID: 00083216

REGISTRATION STARTS AUG 10 @ 7:30 am

HOLIDAY CAMPS

KIDZ CLUB HOLIDAY CAMP **NEW!**

A fun filled holiday camp. Games, crafts, gym activities, and themed programming. Designed to keep children active, engaged, and social during school holiday breaks.

5 - 7 yrs	Sunrise Room	
Mon-Wed	Dec 21 - 23	8:30 am - 4:30 pm
	VRP \$158.10	ID: 00083265
Mon-Thu	Dec 28 - 31	8:30 am - 4:30 pm
	VRP \$210.80	ID: 00083266

8 - 10 yrs	Sunset Room	
Mon-Wed	Dec 21 - 23	8:30 am - 4:30 pm
	VRP \$158.10	ID: 00085654
Mon-Thu	Dec 28 - 31	8:30 am - 4:30 pm
	VRP \$210.80	ID: 00085655

SPORTS CAMP

Location Dogwood Gym
Age 8 - 12 yrs

An action packed camp sampling a wide variety of sports and games including basketball, volleyball, net games, dodgeball, and handball. Daily swim included.

Mon-Wed	Dec 21 - 23	9:00 am - 12:00 pm
	VRP \$90.00	ID: 00083269

LEGO CHRISTMAS VILLAGE

Location Sunrise Room & Conference Centre
Age 9 - 13 yrs

Participants will work in small groups to build LEGO projects inspired by winter and Christmas themes. A creative and cooperative camp experience. Swimming is not included in this camp.

Mon-Thu	Dec 28 - 31	8:30 am - 4:30 pm
	VRP \$158.10	ID: 00083267

Tiny Tots Preschool

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

Programs are for children 3 - 4 years by December 31, 2026.

REGISTER NOW!
Classes start September 14, 2026.

vernon.ca/tinytots



SPORTS PROGRAMS

YOUTH SPORTS

Location Dogwood Gym
Age 5 - 12 yrs

A fun, non-competitive multi-sport experience. Participants learn and practice fundamental movement skills through a variety of sports, including soccer, basketball, volleyball, and floor hockey.

Wed	Sep 23 - Oct 28	11:30 am - 1:00 pm
\$90.00	VRP \$67.50	ID: 00083254
Thu	Sep 24 - Oct 29	11:15 am - 12:30 pm
\$108.00	VRP \$81.00	ID: 00083255
Fri	Sep 25 - Oct 23	11:30 am - 12:45 pm
\$90.00	VRP \$67.50	ID: 00083260
Wed	Nov 4 - Dec 9	1:15 - 2:45 pm
\$90.00	VRP \$67.50	ID: 00083258
Thu	Nov 5 - Dec 10	11:30 am - 1:00 pm
\$90.00	VRP \$67.50	ID: 00083259

VOLLEYBALL SKILLS & DRILLS: BEGINNER

Location Priest Valley Gym
Age 9 - 12 yrs

A relaxed and welcoming introduction to volleyball. Participants will learn basic skills such as bumping, setting, serving, spiking, and blocking through fun drills and modified games.

Mon	Sep 14 - Oct 26	3:30 - 5:00 pm
\$88.00	VRP \$66.00	ID: 00081062
Mon	Nov 2 - Dec 7	3:30 - 5:00 pm
\$88.00	VRP \$66.00	ID: 00081052

VOLLEYBALL SKILLS & DRILLS

Location Kidston Elementary Gym
Age 12 - 18 yrs

Designed for teens who want to learn or build on volleyball fundamentals. Players will develop skills including passing, serving, hitting, and teamwork through structured drills and gameplay in a supportive setting.

Wed	Sep 23 - Nov 25	8:00 - 9:30 pm
\$117.30	VRP \$88.00	ID: 00081054

INDOOR SOCCER SKILLS & DRILLS

Location Priest Valley Gym
Age 5 - 7 yrs

An introductory indoor soccer program focused on fun, movement, and teamwork. Participants will build basic soccer skills through drills, cooperative play, and small sided games in a welcoming environment.

Tue	Sep 15 - Oct 27	3:30 - 4:15 pm
\$86.10	VRP \$64.40	ID: 00083152
Tue	Nov 3 - Dec 8	3:30 - 4:15 pm
\$73.80	VRP \$55.20	ID: 00083158

INDOOR SOCCER SKILLS & DRILLS

Location Priest Valley Gym
Age 8 - 12 yrs

Designed to build confidence and fundamentals, this indoor soccer program focuses on skill development, teamwork, and gameplay. Players will participate in drills and fun game scenarios that encourage active play and sportsmanship.

Tue	Sep 15 - Oct 27	4:15 - 5:00 pm
\$86.10	VRP \$64.40	ID: 00083157
Tue	Nov 3 - Dec 8	4:15 - 5:00 pm
\$73.80	VRP \$55.20	ID: 00083167

FLOOR HOCKEY

Location Priest Valley Gym
Age 8 - 12 yrs

A high energy program focused on fun and fair play. Participants will take part in scrimmages, stretching, games, and skill building drills led by an instructor. Great for beginners and experienced players alike.

Wed	Sep 16 - Oct 29	3:30 - 4:30 pm
\$73.80	VRP \$55.20	ID: 00083169
Wed	Nov 4 - Dec 9	3:30 - 4:30 pm
\$61.50	VRP \$46.00	ID: 00083171

BASKETBALL SKILLS & DRILLS

Location Priest Valley Gym
Age 6 - 8 yrs

A fun and supportive program where young players learn the basics of basketball. Participants will practice dribbling, shooting, passing, and footwork through engaging drills and games. Open to all skill levels.

Fri	Sep 18 - Oct 30	3:30 - 4:15 pm
\$74.70	VRP \$56.00	ID: 00083175
Fri	Nov 6 - Dec 11	3:30 - 4:15 pm
\$64.00	VRP \$48.00	ID: 00083178

BASKETBALL SKILLS & DRILLS

Location Priest Valley Gym
Age 9 - 12 yrs

This recreational skills program helps players improve fundamental basketball techniques including dribbling, shooting, passing, and movement. A welcoming environment for all skill levels to learn, practice, and build confidence.

Fri	Sep 18 - Oct 30	4:15 - 5:30 pm
\$86.10	VRP \$64.40	ID: 00083178
Fri	Nov 6 - Dec 11	4:15 - 5:30 pm
\$73.80	VRP \$52.20	ID: 00083176

TO REGISTER ONLINE

An account is required to register online. If you don't have an account, visit the front desk at the Vernon Recreation Centre to create one. Please bring 1 piece of government issued photo-ID to confirm your address.

CERTIFICATIONS & LEADERSHIP

LEADERS IN TRAINING YOUTH GROUP

Location Willow or Sunset Room
Age 12 - 16 yrs

Gain leadership experience working with children in a recreation setting. Participants receive training, mentorship, and hands-on placement opportunities. Ideal for youth interested in becoming camp leaders or working in recreation programs.

Note: This is a bi-weekly class.

Tue Sep 15 - Oct 27 4:00 - 5:30 pm
\$60.00 ID: 00082845

BABYSITTING CERTIFICATION COURSE

Location Sunset Room
Age 12 - 15 yrs

The Canadian Red Cross Babysitting course teaches youth the essential skills to prevent and respond to emergencies while looking after children. You will learn how to feed, diaper, dress, and play with children and babies. This course also offers youth the skills to promote themselves as babysitters.

Tue & Thu Nov 3 - 12 3:30 - 5:30 pm
\$96.25 ID: 00082846
Mon-Thu Dec 14 - 17 3:30 - 5:30 pm
\$96.25 ID: 00082847

HOMESAFE

Location Willow or Sunset Room
Age 8 - 11 yrs

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

Mon-Tue	Oct 19 - 20	4:00 - 5:15 pm
\$52.22		ID: 00082823
Mon-Tue	Oct 19 - 20	5:30 - 6:45 pm
\$52.22		ID: 00082824
Mon-Tue	Oct 19 - 20	7:00 - 8:15 pm
\$52.22		ID: 00082825
Mon-Tue	Nov 16 - 17	4:00 - 5:15 pm
\$52.22		ID: 00082826
Mon-Tue	Nov 16 - 17	5:30 - 6:45 pm
\$52.22		ID: 00082827
Mon-Tue	Nov 16 - 17	7:00 - 8:15 pm
\$52.22		ID: 00082828

REGISTRATION STARTS

VRP	Monday	Aug 10 @ 7:30 am
All Areas	Friday	Aug 21 @ 7:30 am



**THERE ARE NO CLASSES ON STATUTORY HOLIDAYS.
THE DATES TO BE AWARE OF ARE:
SEP 30, OCT 10 - 12, NOV 11**

Celebrate your birthday with us!

BIRTHDAY PARTIES IN THE DOGWOOD GYM

Location Dogwood Gym
Age 0 - 16 yrs

Enjoy exclusive use of a bouncy castle plus organized games led by an activity leader. Families bring their own cake and snacks.

Maximum 16 participants.

Sat		10:00 am - 12:00 pm
\$306.67	VRP \$230.00	ID: 00081066
Sat		1:00 - 3:00 pm
\$305.90	VRP \$230.00	ID: 00081067



SKATING LESSONS



PRIEST VALLEY ARENA

All skating lessons for the Fall 2026 season, take place at PV Arena

PRIVATE SKATE LESSONS: INDIVIDUAL

Age all ages

One on one instruction tailored to the skater's skill level and personal goals. Ideal for beginners or those wanting focused skill development and confidence on the ice.

Mon	Sep 14 - Dec 7	3:00 - 3:30 pm
\$40.47 + GST	VRP \$30.36 + GST	ID: 00083271
Wed	Sep 16 - Dec 9	3:00 - 3:30 pm
\$40.48 + GST	VRP \$31.66 + GST	ID: 00083270

BOOTS TO BLADES 1

Age 3 - 5 yrs

A playful introduction to skating for young children. Skaters will explore the ice with toys while developing comfort, balance, and confidence in a fun and relaxing environment.

Mon	Sep 14 - Oct 26	3:30 - 4:00 pm
\$120.00	VRP \$90.00	ID: 00083191
Wed	Sep 16 - Oct 28	3:30 - 4:00 pm
\$120.00	VRP \$90.00	ID: 00083204
Sat	Sep 19 - Oct 31	8:30 - 9:00 am
\$100.00	VRP \$75.00	ID: 00083215
Sat	Sep 19 - Oct 31	9:45 - 10:15 am
\$100.00	VRP \$75.00	ID: 00083226
Mon	Nov 2 - Dec 7	3:30 - 4:00 pm
\$120.00	VRP \$90.00	ID: 00083199
Wed	Nov 4 - Dec 9	3:30 - 4:00 pm
\$100.00	VRP \$75.00	ID: 00083209
Sat	Nov 7 - Dec 12	8:30 - 9:00 am
\$120.00	VRP \$90.00	ID: 00083223
Sat	Nov 7 - Dec 12	9:45 - 10:15 am
\$120.00	VRP \$90.00	ID: 00083230

BOOTS TO BLADES 2

Age 3 - 5 yrs

The next step for preschool skaters ready for gliding and more advanced movement. Participants must have completed Boots to Blades 1 or receive instructor approval.

Mon	Sep 14 - Oct 26	3:30 - 4:00 pm
\$120.00	VRP \$90.00	ID: 00083192
Wed	Sep 16 - Oct 28	3:30 - 4:00 pm
\$120.00	VRP \$90.00	ID: 00083206
Sat	Sep 19 - Oct 31	8:30 - 9:00 am
\$100.00	VRP \$75.00	ID: 00083217
Mon	Nov 2 - Dec 7	3:30 - 4:00 pm
\$120.00	VRP \$90.00	ID: 00083201
Wed	Nov 4 - Dec 9	3:30 - 4:00 pm
\$100.00	VRP \$75.00	ID: 00083210
Sat	Nov 7 - Dec 12	8:30 - 9:00 am
\$120.00	VRP \$90.00	ID: 00083224

RECSKATE 1 & 2

Age 5 - 11 yrs

For beginner skaters learning balance, standing, and basic forward and backward movement. A structured and supportive class for developing core skating skills.

Mon	Sep 14 - Oct 26	4:00 - 4:45 pm
\$144.00	VRP \$108.00	ID: 00083195
Wed	Sep 16 - Oct 28	4:00 - 4:45 pm
\$144.00	VRP \$108.00	ID: 00083207
Sat	Sep 19 - Oct 31	9:00 - 9:45 am
\$120.00	VRP \$90.00	ID: 00083218
Mon	Nov 2 - Dec 7	4:00 - 4:45 pm
\$144.00	VRP \$108.00	ID: 00083202
Wed	Nov 4 - Dec 9	4:00 - 4:45 pm
\$120.00	VRP \$90.00	ID: 00083212
Sat	Nov 7 - Dec 12	9:00 - 9:45 am
\$144.00	VRP \$108.00	ID: 00083227

RECSKATE 3 & 5

Age 5 - 12 yrs

For skaters who have completed RecSkate 2 or equivalent. Participants should be able to skate backwards and are ready to refine technique and control.

Mon	Sep 14 - Oct 26	4:00 - 4:45 pm
\$144.00	VRP \$108.00	ID: 00083198
Wed	Sep 16 - Oct 28	4:00 - 4:45 pm
\$144.00	VRP \$108.00	ID: 00083208
Sat	Sep 19 - Oct 31	9:00 - 9:45 am
\$120.00	VRP \$90.00	ID: 00083220
Mon	Nov 2 - Dec 7	4:00 - 4:45 pm
\$144.00	VRP \$108.00	ID: 00083203
Wed	Nov 4 - Dec 16	4:00 - 4:45 pm
\$120.00	VRP \$90.00	ID: 00083214
Sat	Nov 7 - Dec 12	9:00 - 9:45 am
\$144.00	VRP \$108.00	ID: 00083228

BLADES & PUCKS

Age 3 - 6 yrs

A child's first introduction to hockey. Skaters will learn skating fundamentals along with puck handling, passing, and shooting through age appropriate drills and games.

Sat	Sep 19 - Oct 31	9:45 - 10:15 am
\$100.00	VRP \$75.00	ID: 00085504
Sat	Nov 7 - Dec 12	9:45 - 10:15 am
\$120.00	VRP \$90.00	ID: 00083231

ADAPTED HOCKEY

Age 6 - 21 yrs

Designed for children and youth with autism, down syndrome, and other developmental disabilities. Focuses on fun, comfort, and basic hockey skills. Minimal skating ability required. Parent participation is strongly encouraged.

Sat	Sep 19 - Dec 12	10:30 - 11:30 am
\$176.00 + GST	VRP \$132.00 + GST	ID: 00083264

MON	TUE	WED	THU	FRI	SAT	SUN
LAP & LEISURE 6:30 - 8:30 AM					HOT SPOTS ONLY 9:00 am - 12:00 pm	HOT SPOTS ONLY 9:00 am - 12:00 pm
LIMITED USE 8:30 - 11:30 AM						
LAP & LEISURE 11:30 AM - 1:00 PM					LAP & LEISURE 12:00 - 1:30 pm	
LIMITED USE 1:00 - 5:00 PM				PUBLIC SWIM 1:00 - 4:00 pm	PUBLIC SWIM 1:30 - 4:00 pm	
				SENIOR TOONIE SWIM 2:00 - 4:00 PM	CLOSED 4:30 - 5:00 PM	
HOT SPOTS ONLY 5:00 - 7:00 PM				LEISURE SWIM 4:00 - 7:00 pm (No lap lanes 5:00 - 7:00 pm)	TOONIE SWIM 5:00 - 7:00 pm	
PUBLIC SWIM 7:00 - 9:00 PM	LIMITED USE 7:00 - 9:00 PM	PUBLIC SWIM 7:00 - 9:00 PM	LIMITED USE 7:00 - 9:00 pm	PUBLIC SWIM 7:00 - 9:00 pm	AVAILABLE FOR RENTALS	

Schedules are subject to change.
Find the most up-to-date schedule
at vernon.ca/recreation or scan the
QR code to view.



Special Swims

STAT HOLIDAY LAP & LEISURE SWIMS

Wed	Sep 30	12:00 - 1:30 pm
Mon	Oct 12	12:00 - 1:30 pm

STAT HOLIDAY PUBLIC SWIMS

Wed	Sep 30	1:30 - 4:00 pm
Sat	Oct 10	9:00 am - 12:00 pm*
Sun	Oct 11	10:00 am - 12:00 pm
Mon	Oct 12	1:30 - 4:00 pm

PRO-D TOONIE SWIM

Fri	Sep 25 & Oct 23	1:00 - 4:00 pm
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*No lap pool 9:00 - 9:30 am.

General Pool Information

Please note there may be wait times to access the change rooms/pools due to capacity.

- 6 yrs and under must be accompanied by a responsible person 16+ yrs.
- 12 yrs and under who are using the sauna or steam room must be accompanied by a responsible person 16+ yrs.
- Lifejackets and lockers are available.
- The facility is fragrance free.

FREE PUBLIC SWIM

Sat, Oct 10
1:30 - 4:30 pm

Sponsored by



Swim Definitions

PUBLIC SWIM • Both pools will be open and on a rotational basis, the diving board, rapids channel, bubble pit, raindrop, and rope swing will be available. Sauna, steam room and hot tub are always open. The lap pool will have a minimum of 1-3 lanes open for lap swimming.

LAP & LEISURE • 3-8 lap lanes available, water walking or running. Diving board and rope swing not available. Full use of hot tub, steam room, sauna and leisure pool. Slide available on a limited basis.

LIMITED USE • Some facilities will be open, but may be shared with organized instructional programs. Slide, rope swing, and diving board may not operate during these times.

HOT SPOTS ONLY • Use of hot tub, bubble pool, sauna, and steam room only.

SENIOR TOONIE SWIM • 65+ yrs swim for \$2.00.

Swim for Life

As the basis to our swim lessons, individuals will discover confidence, safety, and fun in the water with the Lifesaving Society's Swim for Life® program.

Designed for all ages and abilities, this comprehensive learn-to-swim pathway builds strong foundational skills, develops efficient swim strokes, and promotes lifelong water safety.

With a focus on Swim to Survive® skills, swimmers gain the confidence to stay safe in real-world situations. Every lesson is packed with active, in-water practice, engaging activities, and Water Smart® education for the whole family.

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 vernon.ca/recreation for more information.



SWIM REGISTRATION REQUIREMENTS

In order to register for a swim lesson, a previous swim level must be recorded within the Vernon Recreation Centre.

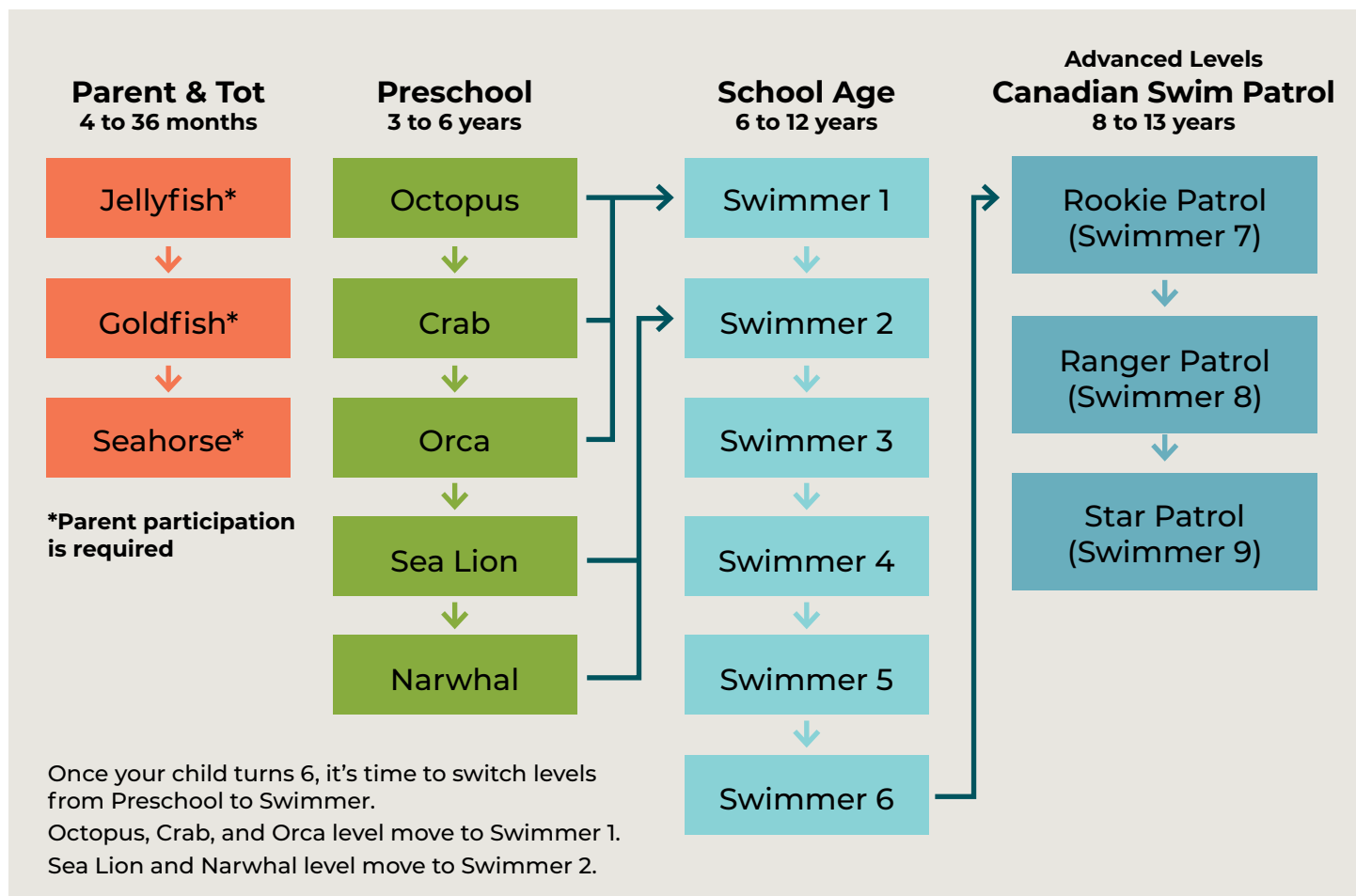
If you have not previously participated in swim lessons with us, please bring in your child's swim card so we can create a record.

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.



SWIM LESSONS - PARENT & TOT

Build confidence, connection, and comfort in the water together! The Parent & Tot program introduces little ones to aquatic environments through guided play and positive water experiences. Caregivers learn how to safely support their child while encouraging early skill development.

JELLYFISH

Age 4 - 12 mths

A gentle introduction to the water. Caregivers learn safe holds while babies explore floating, splashing, and getting their faces wet.

GOLDFISH

Age 12 - 24 mths

Toddlers gain confidence through play. Learn safe entries/exits, bubble blowing, floating, and kicking—with caregiver support.

SEAHORSE

Age 24 - 36 mths

Build independence with songs and games while developing under water skills such as submersion and opening their eyes under water, along with floating (starfish floats and pencil floats), and kicking.



SWIM LESSONS - PRESCHOOL

Give your child a strong start! This fun, progression-based program helps young swimmers build confidence, independence, and essential water skills—all while having a blast.

OCTOPUS

Age 3 - 5 yrs

Octopus is a transitional level which transfers the preschooler from their caregiver to the care of the instructor. Preschoolers will have fun learning to get in and out of the water safely and learn how to put their face in the water. They'll blow bubbles, and learn how to float and glide with assistance. Lots of games and songs will make them excited to go swimming!

CRAB

Age 3 - 5 yrs

Crab teaches preschoolers how to safely jump into chest-deep water and how to float and glide while wearing a PFD. They'll learn submersion skills and continue to work on floats, glides, and kicking with buoyant objects. Songs and games are used to teach concepts and skills. Independence in the water is encouraged. Prereq: passed Octopus.

ORCA

Age 3 - 6 yrs

Orca teaches preschoolers how to enter deep water safely while wearing a PFD. They will build on their submersion skills from Crab, how to retrieve objects underwater in waist-deep water, and will continue to develop their floating, gliding, and kicking skills unassisted. Songs and games are used to teach concepts and skills. Independence in the water is developed. Prereq: passed Crab.

SEA LION

Age 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. Games are used to teach concepts and skills. Prereq: passed Orca.

NARWHAL

Age 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.

REGISTRATION STARTS

VRP	Monday	Aug 10 @ 7:30 am
All Areas	Friday	Aug 21 @ 7:30 am

ONLINE vernon.ca/recreation or
IN-PERSON at Vernon Recreation Centre.

SWIM LESSONS - SCHOOL AGE

From beginner to confident swimmer, this program develops strong strokes, water safety skills, and fitness in a fun and supportive environment.

SWIMMER 1

Age 5 - 12 yrs

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 with and without buoyant objects are introduced.

SWIMMER 2

Age 5 - 12 yrs

Swimmers will jump into deep water without a PFD and learn how to perform a sideways entry into the water while wearing a PFD. They'll learn how to tread water, develop kicking skills, and will be introduced to front and back crawl as well as whip kick in a vertical position. Prereq: passed Sea Lion, Narwhal or Swimmer 1.

SWIMMER 3

Age 6 - 12 yrs

Swimmers will learn how to do a kneeling dive as well as in-water somersaults and handstands to develop weight-transfer skills. They'll learn Swim to Survive® skills, whip kick on back, and will further develop their front and back crawl. Prereq: passed Swimmer 2.

SWIMMER 4

Age 6 - 12 yrs

Swimmers will be introduced to a standing dive, become more proficient at treading water, and swimming underwater. They'll learn the Swim to Survive® standard and start to develop breaststroke, front crawl, and back crawl. Distances increase to 25m. Prereq: passed Swimmer 3.

SWIMMER 5

Age 6 - 13 yrs

Swimmers will master dives and swimming in deep water. They'll further develop their Swim to Survive® skills and start to develop the eggbeater kick. Breaststroke, front crawl, and back crawl are further developed and distances continue to increase. Interval training and sprinting drills develop fitness. Prereq: passed Swimmer 4.

SWIMMER 6

Age 6 - 13 yrs

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 300 m workout challenges swimmers. Prereq: passed Swimmer 5.

ROOKIE PATROL: SWIMMER 7

Age 8 - 13 yrs

Swimmers in this level develop water proficiency, first aid, and recognition and rescue skills. They'll develop individual fitness to meet a timed 100 m swim and a 350 m workout. Water proficiency skills include strokes, swimming with clothes, ready position, and feet/head-first surface dives. Beginner first aid skills are learned. Prereq: passed Swimmer 6.

RANGER PATROL: SWIMMER 8

Age 8 - 13 yrs

In this level, swimmers enhance their capability in the water, including perfecting their stride entries and underwater forward and backward somersaults. Swimmers learn lifesaving sport skills with a lifesaving sport medley, timed object support, and a non-contact rescue with a buoyant aid. Eggbeater kick and increased fitness development are included. First aid in this level focuses on unresponsive victims and obstructed airway procedures. Prereq: passed Rookie Patrol (Swimmer 7).

STAR PATROL: SWIMMER 9

Age 8 - 13 yrs

This level challenges swimmers with a 300 m timed swim, 600 m workout, and a 25 m object recovery. Lifesaving skills include use of rescue aids, defence methods, victim removals, and supporting a victim in shallow water. First aid topics in this level include treatment of bone or joint injuries and respiratory emergencies. Once complete, swimmers register into Bronze Star. Prereq: passed Ranger Patrol (Swimmer 8).

PRIVATE SWIM LESSONS: INTEREST LIST

Location Vernon Aquatic Centre
Age 3+ yrs

One on one swim lessons with a certified Lifesaving Swim Instructor. Lessons are tailored to meet the needs of the participant. The Interest list will be called seasonally by phone 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.

Weekends

Free ID: 00083248

Weekdays

Free ID: 00083249

AQUADAPT

Location Vernon Aquatic Centre
Age 3+ yrs

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. This program is a swim experience, and not a swim lesson; Instructors will guide participants in a variety of activities and movement techniques in the pool. Sessions are available upon Instructor and pool availability.

Ask the front desk for an application form or contact learntoswim@vernon.ca for more information.

BECOME A LIFEGUARD

BRONZE MEDALLION

Location Vernon Aquatic Centre
Age 13+ yrs

Judgment, knowledge, skill, and fitness (the four components of water rescue education) form the foundation of Bronze Medallion training. Candidates acquire the assessment and skills needed to make good decisions in, on, and around the water. Must purchase manual. Prereq: 13 years or Bronze Star.

Sat **Sep 26 - Oct 24** **9:00 am - 3:00 pm**
\$193.57 + GST ID: 00082868

BRONZE CROSS

Location Vernon Aquatic Centre
Age 13+ yrs

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as Assistant Lifeguards. Candidates strengthen their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs. Prereq: Bronze Medallion.

Sun **Sep 27 - Oct 25** **9:00 am - 3:30 pm**
\$208.90 + GST ID: 00082869

EMERGENCY FIRST AID WITH CPR-C: BASIC

Location Sunrise Room & Creekside Main
Age 14+ yrs

Emergency First Aid with CPR-C AED gives you the practical skills needed to recognize and respond to emergencies such as asthma, allergic reaction, heart attack, stroke, and bleeding. Written examination required. Must purchase manual. Prereq: 13 years of age by the last day of the course.

Sunrise Room
Sat **Sep 5** **8:30 am - 5:30 pm**
\$96.70 + GST ID: 00082887
Dogwood Gym
Sun **Nov 1** **8:30 am - 5:30 pm**
\$96.70 + GST ID: 00082891



THERE ARE NO CLASSES ON STATUTORY HOLIDAYS. THE DATES TO BE AWARE OF ARE:
SEP 30, OCT 10 - 12, NOV 11

LIFEGUARD CERTIFICATION COURSES



STANDARD FIRST AID WITH CPR-C AED: INTERMEDIATE

Location Sunrise Room & Dogwood Gym
Age 14+ yrs

A prerequisite to the Lifesaving Society's National Lifeguard awards, this program builds on the skills learned in Emergency First Aid. Items covered are; soft tissue and skeletal injuries, environmental emergencies, and medical emergencies. Written examination required. Must purchase manual. Prereq: 13 years old by the last day of the course.

Sunrise Room
Sat - Sun **Sep 5 - 6** **8:30 am - 5:30 pm**
\$188.40 + GST ID: 00082888
Dogwood Gym
Sun - Mon **Nov 1 - 2** **8:30 am - 5:30 pm**
\$188.40 + GST ID: 00082892

NATIONAL LIFEGUARD: POOL OPTION

Location Vernon Aquatic Centre
Age 15+ yrs

Building on the fundamental skills, knowledge, and values taught in the Bronze Cross award, this program trains lifeguards in safety supervision and rescue in a swimming pool environment. The NL Pool course includes certification in Airway Management and Oxygen Administration (AMOA). Must purchase manual. Prereq: Bronze Cross, Standard First Aid, and 15 years old.

Mon **Sep 14, 21, 28, Oct 5** **4:45 - 9:00 pm**
Wed **Sep 16, 23, Oct 7** **4:45 - 9:00 pm**
Sun **Sep 20, 27, Oct 4** **9:00 am - 4:30 pm**
\$501.94 + GST ID: 00082872

NATIONAL LIFEGUARD POOL OPTION PRECERT / RECERTIFICATION

Location Vernon Aquatic Centre
Age 16+ yrs

Lifeguards needing to recertify their NL award will be given the opportunity to review their lifeguarding skills and knowledge before being assessed in this two-part program. A current Standard First Aid CPR-C AED award is recommended. Must purchase manual. Prereq: National Lifeguard (any option).

Sun **Oct 11** **9:00 am - 5:30 pm**
\$123.01 + GST ID: 00082875

SWIM INSTRUCTOR RECERT

Location Vernon Aquatic Centre
Age 15+ yrs

This program renews a candidate's Swim for Life Instructor award for 24 months. Candidates must successfully pass the course and complete a Swim for Life® skills assessment. Candidate Workbook included. Prereq: Swim Instructor (current within 5 years), Adapted Swim Instructor Online session (1 hour).

Sun **Oct 25** **9:00 am - 1:30 pm**
\$121.07 + GST ID: 00082878

SWIM PROGRAMS

JUNIOR LIFEGUARD CLUB

Location Vernon Aquatic Centre
Age 10 - 14 yrs

Kids learn attitudes and skills that could one day save a life – their life, or someone else's. The Junior Lifeguard Club (JLC) is designed to let kids participate in activities similar to those of real lifeguards in a safe, fun and controlled setting. The JLC is a place for kids to learn about lifesaving and lifeguarding, enjoy friendly competition and special events, challenge themselves to aim for personal bests, get fit, make friends and have a great time!

Fri Sep 18 - Oct 23 4:00 - 5:00 pm
\$57.47 VRP \$45.97 ID: 00083085

MASTERS SWIMMING

Location Vernon Aquatic Centre
Age 18+ yrs

Masters swimming provides 5 days of training where you choose your sessions. Coaches provide a structured workout and tips to improve your strokes.

September 8-29 ID: 00083607
Sun 8:00 - 9:30 am
Tue 8:15 - 9:15 pm
Wed 6:30 - 7:30 am 7:30 - 8:30 am
Thu 8:15 - 9:15 pm
Fri 6:30 - 7:30 am 7:30 - 8:30 am
Non-Members \$96.13 + GST VRP \$60.08 + GST
Members \$37.13 + GST VRP \$23.20 + GST
Drop-in \$13.40 + GST VRP \$10.31 + GST

October 1-30 ID: 00083611
Sun 8:00 - 9:30 am
Tue 8:15 - 9:15 pm
Wed 6:30 - 7:30 am 7:30 - 8:30 am
Thu 8:15 - 9:15 pm
Fri 6:30 - 7:30 am 7:30 - 8:30 am
Non-Members \$123.07 + GST VRP \$76.92 + GST
Members \$49.50 + GST VRP \$30.94 + GST
Drop-in \$13.40 + GST VRP \$10.31 + GST

SPLASHBALL WATERPOLO: INTEREST LIST

Location Vernon Aquatic Centre
Age 5 - 9 yrs

This is a great way to improve your child's swimming skills while playing fun water polo games! Our Splashball group will improve swimming skills, learn how to play as a team and also take part in fun mini water polo games. Prereq: passed Swimmer 2.

ID: 00083247

This is an interest only list and you will be contacted when class is programmed.

SPLASHBALL WATERPOLO 10+ yrs

If you are 10 years or older and you are interested in Splashball, please email learntoswim@vernon.ca.



RECREATIONAL ARTISTIC SWIMMING

Location Vernon Aquatic Centre
Age 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 6 level progression: Artistic Swimming Skills, Swimming Fundamentals, Athletic Abilities, and Flexibility. Prereq: passed Swimmer 3.

Mon Sep 14 - Oct 26 4:00 - 5:00 pm
\$92.09 VRP \$69.07 ID: 00083098
Wed Sep 16 - Oct 28 4:00 - 5:00 pm
\$92.09 VRP \$69.07 ID: 00083097



OKANAGAN PARA SWIMMING

Location Vernon Aquatic Centre
Age 7 - 18 yrs

Okanagan Para Swim 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.

Tue Sep 15 - Oct 27 4:00 - 5:00 pm
\$116.51 VRP \$87.38 ID: 00083089
Thu Sep 17 - Oct 29 4:00 - 5:00 pm
\$116.51 VRP \$87.38 ID: 00083086

VOLLEYBALL

COED KING OF THE COURT

Location Priest Valley Gym

A fast-paced competitive format with rotating teams and short games. Designed for experienced players who enjoy dynamic play and varied matchups.

Mon **Sep 21 - Dec 7** **6:00 - 10:30 pm**
\$605.00 + GST ID: 00081059

COED RECREATIONAL: SOCIAL

Location Dogwood Gym

A relaxed, social volleyball program focused on fun, inclusive play and light competition. Ideal for staying active and meeting others.

Mon **Sep 21 - Dec 7** **5:30 - 10:30 pm**
\$605.00 + GST ID: 00081065

COED RECREATIONAL: COMPETITIVE

Location Silverstar Elementary Gym

A recreational program with a competitive edge, offering structured games and consistent play while maintaining a welcoming environment.

Mon **Sep 21 - Dec 7** **6:00 - 10:00 pm**
\$510.00 + GST ID: 00081055

MEN'S COMPETITIVE

Location Priest Valley Gym

A competitive men's session featuring fast-paced games, strong rallies, and a high standard of play for experienced participants.

Tue **Sep 22 - Dec 8** **5:30 - 8:30 pm**
\$660.00 + GST ID: 00081057

COED TIER 1

Location Priest Valley Gym

An entry-level competitive tier for players developing consistency, positioning, and game flow in structured match play.

Tue **Sep 22 - Dec 8** **5:30 - 8:30 pm**
\$660.00 + GST ID: 00081061

WOMEN'S QUEEN OF THE COURT

Location Priest Valley Gym

A rotating competitive format where teams move courts based on results, offering variety, challenge, and continuous play.

Wed **Sep 23 - Dec 9** **6:00 - 10:30 pm**
\$550.00 + GST ID: 00081056

WOMEN'S TIER 1: KIDSTON

Location Kidston Elementary Gym

A foundational competitive tier for women players emphasizing consistency, court awareness, and confidence in gameplay.

Wed **Sep 23 - Dec 2** **6:00 - 8:00 pm**
\$510.00 + GST ID: 00081058

WOMEN'S TIER 1: SILVERSTAR

Location Silverstar Elementary Gym

A competitive entry-level women's program with balanced teams and a focus on skill development and game fundamentals.

Wed **Sep 23 - Dec 2** **6:00 - 10:00 pm**
\$510.00 + GST ID: 00081064

WOMEN'S TIER 2

Location Dogwood Gym

A competitive program for intermediate women players focusing on skill refinement, teamwork, and sustained rallies.

Wed **Sep 23 - Dec 9** **5:30 - 10:30 pm**
\$550.00 + GST ID: 00081053

COED TIER 2

Location Priest Valley Gym

A higher-intensity competitive tier featuring faster rallies, stronger offensive play, and advanced game strategies.

Thu **Sep 24 - Dec 10** **5:30 - 7:30 pm**
\$660.00 + GST ID: 00081063

WOMEN'S RECREATIONAL: BEGINNER/NOVICE

Location Dogwood Gym

A supportive program for women new to volleyball or looking to build confidence. Focuses on basic skills, teamwork, and enjoyable play.

Thu **Sep 24 - Dec 10** **6:30 - 10:30 pm**
\$660.00 + GST ID: 00081060



Team captains only register. No singles.

Prices are per team.

Players must be 17+ years and not attending high school.

Contact playsports@vernon.ca for more info.

DROP-IN SPORTS & PROGRAMS

DROP-IN SPORTS SCHEDULE

SEP 21 - DEC 20

Stay active, meet new people, and enjoy some friendly competition at our drop-in sessions! Open to people of all skill levels. This program offers a relaxed and welcoming environment for both beginners and experienced players.

Register up to 50 hours in advance of the timeslot you are interested in.

\$17.20 + GST

VRP \$8.60 + GST

YOUTH DROP-IN FOR FREE

MON	TUE	WED	THU	FRI	SAT	SUN
PICKLEBALL 18+ yrs ID: 00083132 10:00 - 11:30 am	BADMINTON 18+ yrs ID: 00083138 1:00 - 2:30 pm	PICKLEBALL 18+ yrs ID: 00083144 11:00 am - 12:30 pm	PICKLEBALL 18+ yrs ID: 00083135 10:00 - 11:30 am	PICKLEBALL 18+ yrs ID: 00083136 11:00 am - 12:30 pm	PICKLEBALL 18+ yrs ID: 00083137 9:00 - 10:30 am	BALL HOCKEY 18+ yrs ID: 93142 6:30 - 8:00 pm
	BASKETBALL 18+ yrs ID: 00083148 7:00 - 8:00 pm	OPEN GYM 10 - 18 yrs FREE ID: 00083150 3:00 - 5:00 pm	BADMINTON 18+ yrs ID: 00083139 1:00 - 2:30 pm	BALL HOCKEY 18+ yrs ID: 000834141 5:30 - 7:00 pm		
	VOLLEYBALL 18+ yrs ID: 00083144 8:30 - 10:00 pm		BASKETBALL 10 - 18 yrs FREE ID: 00083149 5:15 - 6:00 pm			
	PICKLEBALL 18+ yrs ID: 00083133 10:00 - 11:30 am		VOLLEYBALL 18+ yrs ID: 00083146 7:30 - 9:00 pm			

Schedule and locations are subject to change. Registration is required for all fitness programs.

SHINNY

WOMEN'S STRUCTURED SHINNY

A fun space to come play some women's only hockey with your friends or to make new friends. We have space for 22 total players (8 defence and 14 forwards) and also have a spare list if you're not wanting to commit to every week. All skill levels welcome.

Location

Priest Valley Arena

Age

18+ years

\$17.20 + GST

VRP \$8.60 + GST

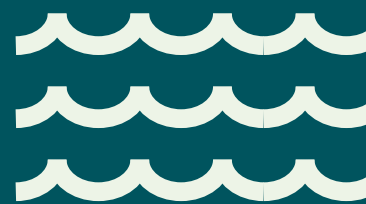
SAT Sep 12 - Dec 12 7:00 - 8:15 am	SUN Sep 13 - Dec 13 5:00 - 6:15 pm
DEFENSE ID: 00083232	DEFENSE ID: 00083238
FORWARDS ID: 00083235	FORWARDS ID: 00083239
SPARES ID: 00083236	SPARES ID: 00083240

Schedule and locations are subject to change. Registration is required for all fitness programs.



BUILDING EXCITEMENT FOR THE NEW ACTIVE LIVING CENTRE:

Community Input on Programming



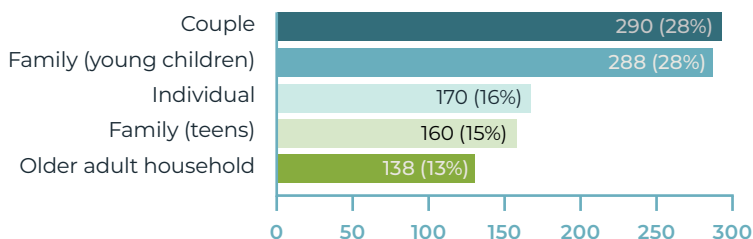
We're counting down the days until Vernon's new Active Living Centre opens in late 2026!

To help shape programming at the Active Living Centre when it opens and in the years ahead, we asked community members to share their ideas and priorities through a survey in June 2026.

More than **1,000** responses were received from residents of Vernon and the surrounding area.

HERE'S WHAT WE LEARNED:

Which best describes your household?



The most frequent comments were related to affordability, aquatic fitness programs, programs for families and children, fitness classes and accessibility:

"I hope to see easy access to the pools and hot tubs. I have a disability and it is difficult for me to use stairs."

"Offer a variety of short programs to allow for more selection without a long time commitment. Keep costs reasonable so families and seniors can afford it."

"I am really excited for the new Active Living Centre! I am hopeful there will be senior adult swim times, aquafit, and yoga, pilates, Zumba etc."

The top priorities for program types are:



Group fitness (yoga, strength, cycling, aquafit)
18% of responses



Aquatic programs (swimming lessons, certifications)
14% of responses



Older adult wellness (balance, mobility, stretching)
12% of responses

Still want to share your ideas for the Active Living Centre? Have your say by visiting:



The top barriers that would prevent people from participating in programs include:

Schedule **(37% of responses)**

Cost **(30% of responses)**

Lack of awareness of programs **(13% of responses)**

Stay tuned for updates on ALC programming and memberships coming in fall 2026!



[LETSTALKVERNON.CA/ALC](https://letstalkvernon.ca/alc)

VERNON / RECREATION

Programs and Services: vernon.ca/recreation
Registration Information: 250-545-6035
Active Living Centre: vernon.ca/alc

