WINTER
2027

VERNON
RECREATION

Recreation Guide



CITY OF
Vernon

TABLE OF CONTENTS

Welcome to Vernon Recreation 3
Health & Fitness 4
Aqua Fitness 12
Early Years 14
Children & Youth 17
Ice Programs 21
Sport Leagues 23
Drop-In Sports Schedule 25
Aquatics 26
ALC Pool Schedule 26
Swim Lessons 27
Swim Programs 31
Become a Lifeguard 32

Registration Starts

VRP	**Wed**	**Nov 25 @ 7:30 am**
All Areas	**Wed**	**Dec 2 @ 7:30 am**

Ways to Register

ONLINE **vernon.ca/recreation**
PHONE **250-545-6035**
IN-PERSON **Vernon Recreation Centre** Nov 25-30
Active Living Centre starting Dec 1
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

PROGRAM CHANGES & CANCELLATIONS: We do our best to offer all scheduled programs. If a class is cancelled or its time or location changes, participants will be notified as early as possible. If the City cancels a program, a full refund will be provided.

WITHDRAWALS & TRANSFERS: Plans can change. If you need to cancel or transfer your registration, please let us know at least three business days (Monday to Friday) before the program start date. Refunds cannot be provided for cancellations received less than three business days before a program starts.

MEMBERSHIPS & PASSES: Passes are valid for two years from the date of purchase. To help you get the most value from your purchase, please choose passes you expect to use within that time. Memberships and passes are non-transferable and non-refundable. Monthly continuous memberships can be cancelled at any time with 29 days' notice before the next scheduled payment.

REFUND POLICY: Approved refunds will be issued to the original method of payment. Refunds for cash and cheque payments will be issued by cheque; please allow up to three weeks for delivery. A 10% administration fee applies to approved refunds.

*Monthly continuous memberships must be cancelled 29 days before the next payment is scheduled to come out.

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 prior to registration 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, by phone 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 in November or the Vernon Active Living Centre starting Dec 1 to create one.

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



Welcome to Vernon Recreation

Welcome to another season of recreation in Vernon. Whether you're looking to stay active, learn something new, meet people, or enjoy your favourite activity, this guide is filled with opportunities for all ages, abilities, and interests.

This Winter Guide marks an exciting milestone as the first to feature programs taking place at Vernon's new **Active Living Centre**, with many classes and activities to choose from. We look forward to welcoming you to this vibrant new community space where people can connect, move, learn, and thrive.

The story of snyaʔtán

As you discover all the centre has to offer, you'll notice the nsyilxcən name **snyaʔtán**, which is now prominently displayed on the facility. While the building's official name is the Active Living Centre, snyaʔtán reflects its connection to the land, language, and culture of the syilx people. It is our hope that, for generations to come, snyaʔtán will become a familiar name for a place where people gather, play, and spend time together.

Hours of Operation

ACTIVE LIVING CENTRE

3501 – 43 Avenue, Vernon

Monday-Friday	**6:00 am - 9:00 pm**
Saturday	**7:00 am - 8:00 pm**
Sunday	**8:00 am - 8:00 pm**
Stat Holidays	**10:00 am - 4:00 pm**

Learn to say snyaʔtán

Scan the QR code to hear the name spoken in nsyilxcən by Okanagan Indian Band (OKIB) Elder Pauline Archachan and learn more about its pronunciation and meaning.

We recognize the City of Vernon is located in the traditional territory of the Syilx People of the Okanagan Nation.

ACTIVE LIVING CENTRE MEMBERSHIP AND RATES

All prices include tax	REGULAR RATE			RESIDENT**			
	Single Visit	Monthly*	Annual	Single Visit	10X Visit	Monthly*	Annual
ADULT 19 - 64 YRS	$13.00	$99.25	$920.00	$10.00	$90.00	$62.00	$575.00
YOUTH 7 - 18 YRS	$8.50	$64.00	$592.00	$6.50	$58.50	$40.00	$370.00
PRESCHOOL 3 - 6 YRS	$4.25	$32.00	$299.25	$3.25	$29.00	$20.00	$187.00
ADULT 65+ YRS	$9.75	$73.75	$688.00	$7.50	$67.50	$46.00	$430.00

*Monthly continuous memberships
** Vernon Residency Program (VRP) price. For a full list of membership benefits visit **vernon.ca/recreation**.

NEW!

Household Savings

To better serve the many types of families in our community, we're introducing a **20% Household Bundle Discount.**

vernon.ca/membership

Affordable Access Pass

Everyone deserves the opportunity to enjoy recreation.

If cost is a barrier, eligible individuals 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.

If there are any discrepancies between the information in this guide and our website, the website contains the most accurate and up-to-date information. All schedules are subject to change.

HEALTH & FITNESS

ALC Fitness Centre

Reach your fitness goals in our bright, modern Fitness Centre. Enjoy a wide range of cardio and strength-training equipment, including free weights, kettlebells, treadmills, ellipticals, rowing machines, ski ergs, a stair climber, and strength machines. The facility also features a 189-metre, four-lane indoor walking and running track.

Many pieces of equipment are accessible and adaptable for individuals using wheelchairs. Overlooking the leisure pool and filled with natural light, the Fitness Centre offers a welcoming environment supported by friendly, knowledgeable staff.

For hours, admission rates, and additional information, visit **vernon.ca/recreation**.

GUESTS AGES 13+ WELCOME.

Youth ages 13-15 must complete a Fitness Centre Orientation before using the facility independently.

PERSONAL TRAINING 13+ yrs

Whether you're just getting started or looking to take your fitness to the next level, our certified personal trainers can help you achieve your goals. Receive one-on-one coaching, learn proper exercise techniques, and follow a personalized training plan designed around your goals, abilities, and fitness level.

REGISTRATION IS REQUIRED.

CANCELLATION POLICY

- Cancellations made less than 24 hours before an appointment are non-refundable.
- Cancellations made more than 24 hours in advance will receive a refund, less a 10% administration fee.
- Arrivals less than 10 minutes late will receive a shortened session ending at the scheduled time.
- Arrivals 10 minutes or more late will forfeit the appointment without refund or rescheduling.

Visit **vernon.ca/recreation** for dates, times, fees, appointment availability, and registration.



FITNESS CENTRE ORIENTATIONS 13+ yrs

New to the Fitness Centre? Our orientations help participants feel confident, comfortable, and safe while using the facility.

During this 45-minute small-group session (2-4 participants), staff will introduce the Fitness Centre, demonstrate safe equipment use, review facility etiquette and guidelines.

Youth (ages 13-15) must complete an orientation before using the Fitness Centre independently. Orientations are free for youth with an active membership.

REGISTRATION IS REQUIRED.

DROP-IN, AS SPACE ALLOWS
Pricing varies by class. See online for details.

MEMBERS RECEIVE A DISCOUNT on select programs

REGISTRATION STARTS

VRP	**Wednesday**	**Nov 25 @ 7:30 am**
All Areas	**Wednesday**	**Dec 2 @ 7:30 am**
ONLINE	vernon.ca/recreation or	
PHONE	250-545-6035	
IN-PERSON	**Vernon Recreation Centre** Nov 25-30	
	Active Living Centre starting Dec 1	

HEALTH & FITNESS

STRENGTH & CARDIO

HUSTLE & MUSCLE

Location ALC - Fitness Studio 2B
Age 16+ yrs

This class offers 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	**Jan 4 - Feb 8**	**11:00 am - 12:00 pm**
$117.00 + GST	VRP $73.14 + GST	ID: 00088963
Mon	**Feb 22 - Mar 22**	**11:00 am - 12:00 pm**
$97.50 + GST	VRP $60.95 + GST	ID: 00089089

MAT PILATES

Location ALC - Fitness Studio 2A
Age 16+ yrs

This mat-based class strengthens the core, tones legs and glutes, and lengthens the spine. All levels welcome.

Mon	**Jan 4 - Feb 8**	**11:15 am - 12:05 pm**
$87.18 + GST	VRP $54.48 + GST	ID: 00088964
Thu	**Jan 7 - Feb 11**	**4:30 - 5:20 pm**
$87.18 + GST	VRP $54.48 + GST	ID: 00089063
Thu	**Jan 7 - Feb 11**	**5:30 - 6:20 pm**
$87.18 + GST	VRP $54.48 + GST	ID: 00089064
Mon	**Feb 22 - Mar 22**	**11:15 am - 12:05 pm**
$72.65 + GST	VRP $45.40 + GST	ID: 00089090
Thu	**Feb 18 - Mar 25**	**4:30 - 5:20 pm**
$87.18 + GST	VRP $54.48 + GST	ID: 00089129
Thu	**Feb 18 - Mar 25**	**5:30 - 6:20 pm**
$87.18 + GST	VRP $54.48 + GST	ID: 00089130

CYCLE EXPRESS NEW!

Location ALC - Fitness Studio 2C
Age 16+ yrs

This fast-paced 30-minute cycle class features powerful intervals, climbs, sprints, and rhythm-based riding. Perfect for all fitness levels, this efficient workout builds cardiovascular endurance and lower-body strength while maximizing every minute.

Mon	**Jan 4 - Feb 8**	**12:15 - 12:45 pm**
$93.66 + GST	VRP $58.56 + GST	ID: 00088970
Fri	**Jan 8 - Feb 12**	**12:15 - 12:45 pm**
$93.66 + GST	VRP $58.56 + GST	ID: 00089079
Mon	**Feb 22 - Mar 22**	**12:15 - 12:45 pm**
$78.05 + GST	VRP $48.80 + GST	ID: 00089092
Fri	**Feb 19 - Mar 19**	**12:15 - 12:45 pm**
$78.05 + GST	VRP $48.80 + GST	ID: 00089143

RISE & RIDE CYCLE NEW!

Location ALC - Fitness Studio 2C
Age 16+ yrs

An energizing cycle class that combines powerful intervals, climbs, sprints, and rhythm-based riding. Designed for all fitness levels, this high-energy workout builds cardiovascular endurance, strength, and confidence while keeping you motivated from start to finish.

Sun	**Jan 10 - Feb 14**	**9:30 - 10:00 am**
$93.66 + GST	VRP $58.56 + GST	ID: 00089084
Sun	**Feb 21 - Mar 21**	**9:30 - 10:00 am**
$78.05 + GST	VRP $48.80 + GST	ID: 00089152

YOUTH FOUNDATIONS: STRENGTH & CONDITIONING

Location ALC - Indoor Track
Age 8 - 16 yrs

Develop stability, strength, mobility, coordination, and injury-resilience through age-appropriate movement drills and strength foundations to build the skills and confidence to move stronger, smarter, and more safely. Expect fun, challenging sessions in a supportive environment where every young athlete can learn, progress, and thrive. This class will be divided into 2 age groups: 8-11 yrs old, and 12-16 yrs old. There is 1 instructor per age group.

Thu	**Jan 14 - Mar 11**	**4:00 - 5:00 pm**
$309.78	VRP $193.59	ID: 00089198

LIFT & LEARN: YOUTH

Location ALC - Fitness Studio 2C
Age 13 - 16 yrs

Learning how to strength train properly and safely in youth can build confidence and a foundation for developing physical and mental strength. This small group class is designed to help build strength while developing a clear understanding of how and why training works with a mix of both theory and practice. Each session combines hands-on resistance training using dumbbells and barbells, with coaching on movement mechanics, exercise selection, and foundational strength principles, with close attention to form, alignment, and safety.

Mon & Wed	**Jan 11 - Mar 3**	**3:30 - 4:30 pm**
$432.30	VRP $270.15	ID: 00088973

FITNESS CLASS INTENSITY LEVEL

Beginner-Friendly / All Levels
For beginners or those returning to exercise. These classes are gentle on your joints with little or no impact.

Intermediate
For individuals who are currently exercising and are looking for a more challenging class. These classes may feature intervals, strength training, and more advanced exercises.

Advanced / High Impact
For experienced exercisers who are looking for more intensity. These classes may include high intensity intervals, compound exercises, and active recovery.

STRENGTH & CARDIO

INTRO TO WEIGHT TRAINING NEW!

Location ALC - Fitness Ctr
Age 16+ yrs

This introductory small-group class, led by a certified personal trainer, will teach you the fundamentals of weight training while building your confidence in the Fitness Centre. Learn proper technique and become comfortable using dumbbells and strength machines as you develop the skills and knowledge to exercise safely and effectively.

Mon	**Jan 4 - Feb 8**	**4:45 - 5:45 pm**
$172.92 + GST	VRP $108.06 + GST	ID: 00089011
Wed	**Jan 6 - Feb 10**	**4:45 - 5:45 pm**
$172.92 + GST	VRP $108.06 + GST	ID: 00089057
Mon	**Feb 22 - Mar 22**	**4:45 - 5:45 pm**
$144.10 + GST	VRP $90.05 + GST	ID: 00089094
Wed	**Feb 17 - Mar 24**	**4:45 - 5:45 pm**
$172.92 + GST	VRP $108.06 + GST	ID: 00089119

LIFT & PROGRESS NEW!

Location ALC - Fitness Ctr
Age 16+ yrs

Take your strength and fitness to the next level in a small-group weight training class led by a certified personal trainer, designed to challenge and progress your skills. Expect a balanced mix of compound and accessory exercises, using free weights, with coaching and focus on proper technique, controlled movement, and progressive strength development.

Mon & Wed	**Jan 4 - Feb 10**	**6:00 - 7:00 pm**
$345.84 + GST	VRP $216.12 + GST	ID: 00089014
Mon & Wed	**Feb 17 - Mar 24**	**6:00 - 7:00 pm**
$317.02 + GST	VRP $198.11 + GST	ID: 00089095

CORE & MORE

Location ALC - Fitness Studio 2A & 2B
Age 16+ yrs

This medium-intensity 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 mobility. You'll feel stronger, from the inside out!

ALC - FITNESS STUDIO 2B

Tue	**Jan 5 - Feb 9**	**12:15 - 12:45 pm**
$75.36 + GST	VRP $47.10 + GST	ID: 00089044
Tue	**Feb 16 - Mar 23**	**12:15 - 12:45 pm**
$75.36 + GST	VRP $47.10 + GST	ID: 00089108

ALC - FITNESS STUDIO 2A

Wed	**Jan 6 - Feb 10**	**5:00 - 5:30 pm**
$75.36 + GST	VRP $47.10 + GST	ID: 00089058
Wed	**Feb 17 - Mar 24**	**5:00 - 5:30 pm**
$75.36 + GST	VRP $47.10 + GST	ID: 00089122

DROP-IN, AS SPACE ALLOWS
Pricing varies by class. See online for details.

BARBELL BIG 3 NEW!

Location ALC - Fitness Ctr
Age 16+ yrs

Build strength and refine your technique with barbells, centered around the three foundational lifts: squats, deadlifts, and bench press. Designed for those with weight training experience, this class challenges you to lift with intention, improve your form, and build strength through progressive, structured training. Class is led by a certified personal trainer.

Mon & Wed	**Jan 4 - Feb 10**	**7:15 - 8:15 pm**
$345.84 + GST	VRP $216.12 + GST	ID: 00089015
Mon & Wed	**Feb 17 - Mar 24**	**7:15 - 8:15 pm**
$317.02 + GST	VRP $198.11 + GST	ID: 00089096

FIT & AGILE

Location ALC - Fitness Studio 2B
Age 16+ yrs

This medium-intensity functional strength class is designed for those who are already active and is all about building the strength, stability, and agility that 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.

Tue	**Jan 5 - Feb 9**	**9:15 - 10:15 am**
$117.00 + GST	VRP $73.14 + GST	ID: 00089038
Tue	**Feb 16 - Mar 23**	**9:15 - 10:15 am**
$117.00 + GST	VRP $73.14 + GST	ID: 00089102

STRONG 30™ NEW!

Location ALC - Fitness Studio 2A
Age 16+ yrs

Stop counting reps and start training to the beat! This high-intensity interval training (HIIT) workout matches every move perfectly to custom-crafted music. It requires no equipment and focuses on body weight, muscle conditioning, cardio, and plyometrics.

Tue	**Jan 5 - Feb 9**	**12:00 - 12:30 pm**
$66.78 + GST	VRP $41.70 + GST	ID: 00089042
Fri	**Jan 8 - Feb 12**	**12:15 - 12:45 pm**
$66.78 + GST	VRP $41.70 + GST	ID: 00089067
Tue	**Feb 16 - Mar 23**	**12:00 - 12:30 pm**
$66.78 + GST	VRP $41.70 + GST	ID: 00089107
Fri	**Feb 19 - Mar 19**	**12:15 - 12:45 pm**
$55.65 + GST	VRP $34.75 + GST	ID: 00089137

REGISTRATION STARTS

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All Areas	**Wednesday**	**Dec 2 @ 7:30 am**

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PHONE 250-545-6035
IN-PERSON **Vernon Recreation Centre** Nov 25-30
Active Living Centre starting Dec 1

HEALTH & FITNESS

STRENGTH & CARDIO

STRONG™ NEW!

Location ALC - Fitness Studio 2A
Age 16+ yrs

Stop counting reps and start training to the beat! This high-intensity interval training (HIIT) workout matches every move perfectly to custom-crafted music. It requires no equipment and focuses on body weight, muscle conditioning, cardio, and plyometrics.

Sat	**Jan 9 - Feb 13**	**7:15 - 8:15 am**
$115.26 + GST	VRP $72.06 + GST	ID: 00089081
Sat	**Feb 20 - Mar 20**	**7:15 - 8:15 am**
$96.05 + GST	VRP $60.05 + GST	ID: 00089146

HIIT EXPRESS NEW!

Location ALC - Fitness Studio 2A
Age 16+ 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!

Wed	**Jan 6 - Feb 10**	**12:15 - 12:45 pm**
$75.36 + GST	VRP $47.10 + GST	ID: 00089055
Wed	**Feb 17 - Mar 24**	**12:15 - 12:45 pm**
$75.36 + GST	VRP $47.10 + GST	ID: 00089116

ZUMBA®

Location ALC - Fitness Studio 2B
Age 16+ yrs

This 60-minute Zumba® class is a mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. It offers a total workout, combining all elements of fitness cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Wed	**Jan 6 - Feb 10**	**5:15 - 6:15 pm**
$115.26 + GST	VRP $72.06 + GST	ID: 00089059
Wed	**Feb 17 - Mar 24**	**5:15 - 6:15 pm**
$115.26 + GST	VRP $72.06 + GST	ID: 00089123

RETRO FIT NEW!

Location ALC - Fitness Studio 2B
Age 16+ yrs

Hello, the ’80s are calling! Retro Fit is an upbeat, energetic cardio fitness class featuring fun ’80s music and nostalgic moves that will get you moving, smiling, and working up a sweat. All fitness levels are welcome—come for the music, stay for the feel-good energy!

Sun	**Jan 10 - Feb 14**	**8:30 - 9:15 am**
$85.26 + GST	VRP $53.28 + GST	ID: 00089083
Sun	**Feb 21 - Mar 21**	**8:30 - 9:15 am**
$71.05 + GST	VRP $44.40 + GST	ID: 00089151

MEMBERS RECEIVE A DISCOUNT on select programs

THERE ARE NO CLASSES ON STATUTORY HOLIDAYS.

JAN 1, FEB 15, MAR 26

WINTER WELLNESS SERIES NEW!

Location ALC - Fitness Studio 2B
Age 16+ yrs

Join us for these 3-part series designed to help you stay active, resilient, and pain-free throughout the winter and beyond. Open to all ages and fitness levels, each series combines practical movement strategies with mobility and strength exercises to support healthy movement, prevent injury, and help you keep doing the activities you enjoy.

The first session in each series explores current research and introduces practical movement techniques you can apply right away. Sessions 2 and 3 build on these concepts through guided practice of mobility, strengthening, and movement exercises.

Sessions are led by Tammy Kovaluk, who holds a Masters degree in Kinesiology and is a certified strength and conditioning specialist and corrective exercise specialist (FMS Level 2) with more than 20+ years’ experience coaching, training, and leading athletes of all ages and abilities.

BACK HEALTH

Learn practical strategies to build a stronger, healthier back and move with greater confidence. This 3-part series explores the foundations of back health, with an emphasis on movement patterns, mobility, and strength that support both everyday activities and the sports and activities you enjoy.
Required: Bring an exercise mat and resistance band. A small number may be available to borrow.

Tue	**Jan 19 - Feb 2**	**5:15 - 6:15 pm**
$65.04 + GST	VRP $40.65 + GST	ID: 00089047

KNEE HEALTH

Healthy knees depend on more than the knee itself. Movement restrictions or dysfunction at the hip and ankle can contribute to knee pain and instability. This three-part series focuses on improving knee health by addressing these contributing factors and developing better mobility, strength, and movement patterns.

Tue	**Feb 9 - 23**	**5:15 - 6:15 pm**
$65.04 + GST	VRP $40.65 + GST	ID: 00089053

MIND & BODY

CANDLELIGHT YIN YOGA

Location ALC - Fitness Studio 2A
Age 16+ yrs

Enjoy a slow, meditative practice featuring long-held poses designed to gently release tension and encourage deep relaxation. Soft candlelight creates a calming atmosphere to quiet the mind, restore the body, and leave you feeling grounded and renewed. Bring a mat.

Tue	**Jan 5 - Feb 9**	**6:00 - 7:00 pm**
$115.26 + GST	VRP $72.06 + GST	ID: 00089830
Tue	**Feb 16 - Mar 23**	**6:00 - 7:00 pm**
$115.26 + GST	VRP $72.06 + GST	ID: 00089831
Wed	**Jan 6 - Feb 10**	**6:30 - 7:30 pm**
$115.26 + GST	VRP $72.06 + GST	ID: 00089060
Wed	**Feb 17 - Mar 24**	**6:30 - 7:30 pm**
$115.26 + GST	VRP $72.06 + GST	ID: 00089126

RISE & SHINE VINYASA YOGA NEW!

Location ALC - Fitness Studio 2A
Age 16+ yrs

A dynamic, energizing Vinyasa flow that blends breath with movement to awaken the body, build strength, and improve mobility. Emphasis is on continuous transition between poses, fostering strength, flexibility, and mindfulness. This is an ideal class for all ages. Bring a mat.

Sat	**Jan 9 - Feb 13**	**8:30 - 9:30 am**
$115.26 + GST	VRP $72.06 + GST	ID: 00089082
Sat	**Feb 20 - Mar 20**	**8:30 - 9:30 am**
$96.05 + GST	VRP $60.05 + GST	ID: 00089150

BABY & ME YOGA NEW!

Location ALC - Fitness Studio 2A
Age 16+ yrs

This class will help to restore you and nurture the bond between you and your baby. Filled with playful songs, this gentle flow yoga class is perfect for your postpartum body (4+ weeks postpartum), and your pre-mobile to slowly crawling baby.

Mon	**Jan 4 - Feb 8**	**9:15 - 10:00 am**
$91.02 + GST	VRP $56.88 + GST	ID: 00088917
Mon	**Feb 22 - Mar 22**	**9:15 - 10:00 am**
$75.85 + GST	VRP $47.40 + GST	ID: 00089087

YOGA SLOW FLOW

Location ALC - Fitness Studio 2A
Age 16+ yrs

Slow Flow gently moves you through stretching asanas to soothe tight muscles, joints, connective tissue, and fascia. Improve balance and body awareness while leaving your body and mind feeling relaxed and refreshed. Participants must be able to get up and down from the floor unassisted. This is an ideal class for active individuals of any age. Bring a mat.

Mon	**Jan 4 - Feb 8**	**1:00 - 2:00 pm**
$115.26 + GST	VRP $72.06 + GST	ID: 00088971
Mon	**Feb 22 - Mar 22**	**1:00 - 2:00 pm**
$96.05 + GST	VRP $60.05 + GST	ID: 00089093

GENTLE YOGA

Location ALC - Fitness Studio 2B
Age 16+ yrs

Breathe, stretch, and unwind. 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 breathwork, and a variety of postures to help you release tension, improve mobility and restore balance of both body and mind. No experience needed; just a willingness to slow down and care for yourself. Come as you are and enjoy a supportive, welcoming space to move and breathe at your own pace.

Tue	**Jan 5 - Feb 9**	**10:30 - 11:45 am**
$138.00 + GST	VRP $86.28 + GST	ID: 00089039
Tue	**Feb 16 - Mar 23**	**10:30 - 11:45 am**
$138.00 + GST	VRP $86.28 + GST	ID: 00089103

CHAIR FUSION

Location ALC - Activity Room 1B
Age 19+ yrs

Chair Fusion combines mindful breathwork, low-impact strength, and graceful movement into an accessible, energizing full-body workout with a sturdy chair for support. Suitable for all fitness levels. Move at your own pace and feel supported throughout. Bring your own resistance band.

Mon	**Jan 4 - Feb 8**	**11:30 am - 12:30 pm**
$115.26 + GST	VRP $72.06 + GST	ID: 00088969
Fri	**Jan 8 - Feb 12**	**10:00 - 11:00 am**
$115.26 + GST	VRP $72.06 + GST	ID: 00089065
Mon	**Feb 22 - Mar 22**	**11:30 am - 12:30 pm**
$96.05 + GST	VRP $60.05 + GST	ID: 00089091
Fri	**Feb 19 - Mar 19**	**10:00 - 11:00 am**
$96.05 + GST	VRP $60.05 + GST	ID: 00089131

CHILD MINDING NEW!

Location ALC - Activity Room 1A
Age 6 mos - 5 yrs

Drop off your little one and enjoy the fitness centre, a class, or to swim. Parents or guardians must remain in the building while using the service. We recommend pre-registering 48 hours in advance.

Sun	**Jan 10 - Mar 8**	
$16.15 + GST	VRP $10.10 + GST	
	8:00 - 9:00 am	ID: 00089256
	9:00 - 10:00 am	ID: 00089257
	10:00 - 11:00 am	ID: 00089258
	11:00 am - 12:00 pm	ID: 00089259

DROP-IN, AS SPACE ALLOWS
Pricing varies by class. See online for details.

MIND & BODY

GENTLE QIGONG

Location Lakers Clubhouse
Age 40+ yrs

This class offers a gentle approach to Qigong and 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.

Tue	**Jan 12 - Mar 9**	**9:30 - 10:15 am**
$125.73 + GST	VRP $78.57 + GST	ID: 00089159

QIGONG NEW!

Location ALC - Fitness Studio 2A
Age 19+ yrs

In this class we will explore Qigong through a standing practice, focusing on gentle, accessible movements. This beginner-friendly class offers a calm and supportive environment to build awareness, improve balance, and promote overall well-being.

Thu	**Jan 7 - Feb 11**	**12:15 - 1:00 pm**
$68.28 + GST	VRP $42.66 + GST	ID: 00089190
Thu	**Feb 18 - Mar 25**	**12:15 - 1:00 pm**
$68.28 + GST	VRP $42.66 + GST	ID: 00089195

INTENSITY LEVEL

- **Beginner-Friendly / All Levels**
- **Intermediate**
- **Advanced / High Impact**

MEDITATION SERIES NEW!

Location ALC - Fitness Studio 2A
Age 19+ yrs

This 3-part meditation series explores the foundations of meditation, why it's important and the many benefits it offers the body and mind. Each session combines accessible theory with guided practice, giving you both the understanding and tools to build meditation into your everyday life. Register for more and save!

BREATHWORK

Explore the power of the breath through simple, intentional techniques designed to calm the nervous system and quiet the mind. Leave feeling grounded, refreshed, and more connected to your breath.

Mon	**Jan 25**	**6:00 - 6:45 pm**
$15.17 + GST	VRP $9.48 + GST	ID: 00089019

BODY SCAN

Slow down and turn your awareness inward with a guided body scan meditation. Learn to notice physical sensations, release tension, and cultivate a deeper sense of presence.

Mon	**Feb 1**	**6:00 - 6:45 pm**
$15.17 + GST	VRP $9.48 + GST	ID: 00089022

VISUALIZATION

Use the power of your imagination to create a calm, focused, and restorative inner experience. Through guided visualization, you'll explore intention, clarity, and a deeper connection to yourself.

Mon	**Feb 8**	**6:00 - 6:45 pm**
$15.17 + GST	VRP $9.48 + GST	ID: 00089023

WUDANG TAI CHI

Location ALC - Fitness Studio 2A
Age 19+ 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. Three levels provided. This is a standing based program; participants will need to be able to move independently and not rely on a mobility aid.

WUDANG TAI CHI LEVEL I

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.

Thu	**Jan 7 - Feb 11**	**9:30 - 10:30 am**
$86.46 + GST	VRP $54.06 + GST	ID: 00089166
Thu	**Feb 18 - Mar 25**	**9:30 - 10:30 am**
$86.46 + GST	VRP $54.06 + GST	ID: 00089191

WUDANG TAI CHI LEVEL II

This intermediate class will focus on learning the Tai Chi 28 movement and energy systems. Prerequisite: Previously completed at least one session of Level 1 (beginner) Tai Chi.

Thu	**Jan 7 - Feb 11**	**10:45 - 11:45 am**
$86.46 + GST	VRP $54.06 + GST	ID: 00089188
Thu	**Feb 18 - Mar 25**	**10:45 - 11:45 am**
$86.46 + GST	VRP $54.06 + GST	ID: 00089192

WUDANG TAI CHI LEVEL III NEW!

This advanced class focuses on learning the Tai Chi 13 form, with an emphasis on deeper understanding, precision, and energy systems. This is the most challenging of the three levels.
Prerequisite: Previously completed several sessions of Level II (intermediate) Tai Chi.

Thu	**Jan 7 - Feb 11**	**1:15 - 2:15 pm**
$86.46 + GST	VRP $54.06 + GST	ID: 00089189
Thu	**Feb 18 - Mar 25**	**1:15 - 2:15 pm**
$86.46 + GST	VRP $54.06 + GST	ID: 00089193

ACTIVE AGING

CHOOSE TO MOVE: INFO SESSION

Location ALC - Activity Room 1B
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.

Wed	**Feb 3**	**2:30 - 3:30 pm**
FREE		ID: 00089155

CHOOSE TO MOVE

Location ALC - Activity Room 1B
Age 55+ yrs

Choose to Move is a coaching program designed to help you become and stay more physically active in a way that works for you. This is not a fitness program. Participants are encouraged to attend the free information session to learn more about this program.

Wed	**Feb 10 - Apr 21**	**2:30 - 3:30 pm**
FREE		ID: 00089156

MINDS IN MOTION®

Location ALC - Activity Room 1B
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	**Jan 19 - Feb 23**	**1:00 - 2:30 pm**
$90.78 + GST	VRP $56.70 + GST	ID: 00089046

FAME FOR NEUROFITNESS

Location ALC - Activity Room 1CD
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

Tue & Thu	**Jan 5 - Feb 11**	**12:15 - 1:15 pm**
$202.44 + GST	VRP $126.48 + GST	ID: 00089109
Tue & Thu	**Feb 16 - Mar 25**	**12:15 - 1:15 pm**
$202.44 + GST	VRP $126.48 + GST	ID: 00089110

GENTLE STEPS: BALANCE & STRENGTH

Location ALC - Activity Room 1CD
Age 50+ yrs

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 3 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. Seated options will be provided.

Tue	**Jan 5 - Feb 9**	**11:00 - 11:45 am**
$127.92 + GST	VRP $79.92 + GST	ID: 00089041
Tue	**Feb 16 - Mar 23**	**11:00 - 11:45 am**
$127.92 + GST	VRP $79.92 + GST	ID: 00089106

STRONG & STEADY I & II

Location Halina Centre
Age 50+ yrs

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 I

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

Thu	**Jan 7 - Feb 11**	**10:15 - 11:15 am**
$100.80 + GST	VRP $63.00 + GST	ID: 00089062
Thu	**Feb 18 - Mar 25**	**10:15 - 11:15 am**
$100.80 + GST	VRP $63.00 + GST	ID: 00089128

LEVEL II

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

Thu	**Jan 7 - Feb 11**	**9:00 - 10:00 am**
$100.80 + GST	VRP $63.00 + GST	ID: 00089061
Thu	**Feb 18 - Mar 25**	**9:00 - 10:00 am**
$100.80 + GST	VRP $63.00 + GST	ID: 00089127

IN THIS GUIDE ALC means Active Living Centre

MEMBERS RECEIVE A DISCOUNT on select programs

ACTIVE AGING

STRIDE & BALANCE NEW!

Location ALC - Track
Age 50+ yrs

This walking-focused fitness program is designed for older adults who are looking to improve endurance, balance, agility, and confidence on the move. Enjoy a mix of walking with or without poles (you supply your own), fun intervals, and simple agility and balance exercises to keep you strong, stable, and moving with ease.

Wed	**Jan 6 - Feb 10**	**1:15 - 2:00 pm**
$150.00 + GST	VRP $93.78 + GST	ID: 00089056
Wed	**Feb 17 - Mar 24**	**1:15 - 2:00 pm**
$150.00 + GST	VRP $93.78 + GST	ID: 00089118

SENIOR FIT ABCS

Location ALC - Fitness Studio 2B
Age 50+ yrs

This beginner level, light intensity class is 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	**Jan 4 - Feb 8**	**8:30 - 9:30 am**
$117.00 + GST	VRP $79.14 + GST	ID: 00088883
Mon	**Jan 4 - Feb 8**	**9:45 - 10:45 am**
$117.00 + GST	VRP $79.14 + GST	ID: 00088914
Mon	**Feb 22 - Mar 22**	**8:30 - 9:30 am**
$97.50 + GST	VRP $60.95 + GST	ID: 00089085
Mon	**Feb 22 - Mar 22**	**9:45 - 10:45 am**
$97.50 + GST	VRP $60.95 + GST	ID: 00089086

DROP-IN AVAILABLE, AS SPACE ALLOWS.
Pricing varies by class. See online for details.

ZUMBA® CHAIR

Location ALC - Activity Room 1B
Age 19+ yrs

This 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.

Tue	**Jan 5 - Feb 9**	**11:00 - 11:45 am**
$91.02 + GST	VRP $56.88 + GST	ID: 00089040
Tue	**Feb 16 - Mar 23**	**11:00 - 11:45 am**
$91.02 + GST	VRP $56.88 + GST	ID: 00089104

ZUMBA® GOLD

Location ALC - Fitness Studio 2A
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	**Jan 4 - Feb 8**	**10:15 - 11:00 am**
$91.02 + GST	VRP $56.88 + GST	ID: 00088962
Mon	**Feb 22 - Mar 22**	**10:15 - 11:00 am**
$75.85 + GST	VRP $47.40 + GST	ID: 00089088
Fri	**Jan 8 - Feb 12**	**11:15 am - 12:00 pm**
$91.02 + GST	VRP $56.88 + GST	ID: 00089066
Fri	**Feb 19 - Mar 19**	**11:15 am - 12:00 pm**
$75.85 + GST	VRP $47.40 + GST	ID: 00089135

INTENSITY LEVEL

- **Beginner-Friendly / All Levels**
- **Intermediate**
- **Advanced / High Impact**



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	**Jan 13 - Mar 10**	**10:00 - 11: 15 am**
$184.23 + GST	VRP $115.20 + GST	ID: 00089054



AQUAFIT
Low-impact, water-based fitness classes with a range of intensity options suitable for beginner, intermediate and advanced participants.

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

REGISTRATION & DROP-IN OPTIONS

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

VRP	**Wednesday**	**Nov 25 @ 7:30 am**
All Areas	**Wednesday**	**Dec 2 @ 7:30 am**

AQUA FITNESS

DUAL DEPTH AQUAFIT NEW!

Location **ALC**
Age **19+ yrs**

Choose the depth you prefer! This fun, low or no impact class is designed for simultaneous deep and shallow water participation.

Tue	**Jan 5 - Feb 2**	**7:35 - 8:25 am**
$96.05 + GST	VRP $51.05 + GST	ID: 00088842
Thu	**Jan 7 - Feb 4**	**7:35 - 8:25 am**
$96.05 + GST	VRP $51.05 + GST	ID: 00088843
Tue	**Feb 9 - Mar 9**	**7:35 - 8:25 am**
$96.05 + GST	VRP $51.05 + GST	ID: 00088844
Thu	**Feb 11 - Mar 11**	**7:35 - 8:25 am**
$96.05 + GST	VRP $51.05 + GST	ID: 00088845

BABY & ME AQUAFIT NEW!

Location **ALC**
Age **19+ yrs**

Exercise for you while your baby floats beside you in a flotation boat. This is a 30-minute warm water fun-filled class for caregivers with babies 4 months to 2 years old. Babies must be able to hold their head up on their own. Held in the leisure pool.

Tue	**Jan 5 - Feb 2**	**8:45 - 9:15 am**
$55.85 + GST	VRP $34.90 + GST	ID: 00088853
Thu	**Jan 7 - Feb 4**	**8:45 - 9:15 am**
$55.85 + GST	VRP $34.90 + GST	ID: 00088854
Tue	**Feb 9 - Mar 9**	**8:45 - 9:15 am**
$55.85 + GST	VRP $34.90 + GST	ID: 00088855
Thu	**Feb 11 - Mar 11**	**8:45 - 9:15 am**
$55.85 + GST	VRP $34.90 + GST	ID: 00088856

AQUA ZUMBA® NEW!

Location **ALC**
Age **19+ yrs**

A high energy shallow-water class blends the Zumba® philosophy with water resistance for a pool party you don't want to miss! Held in the shallow end of the lap pool.

Fri	**Jan 8 - Feb 5**	**8:30 - 9:20 am**
$96.05 + GST	VRP $51.05 + GST	ID: 00088851
Fri	**Feb 12 - Mar 5**	**8:30 - 9:20 am**
$76.84 + GST	VRP $40.84 + GST	ID: 00088852

MEMBERS RECEIVE A DISCOUNT
on select programs

DROP-IN, AS SPACE ALLOWS
Pricing varies by class. See online for details.

HEALTH & FITNESS

AQUA FITNESS

DEEP AQUAFIT

Location ALC
Age 19+ yrs

A deep water, zero impact moderate to high intensity workout using a flotation belt. Held in the deep end of the lap pool.

Mon	**Jan 4 - Feb 1**	**10:30 - 11:20 am**
$96.05 + GST	VRP $51.05 + GST	ID: 00088821
Mon	**Jan 4 - Feb 1**	**8:05 - 8:55 pm**
$96.05 + GST	VRP $51.05 + GST	ID: 00088822
Tue	**Jan 5 - Feb 2**	**10:30 - 11:20 am**
$96.05 + GST	VRP $51.05 + GST	ID: 00088823
Wed	**Jan 6 - Feb 3**	**10:30 - 11:20 am**
$96.05 + GST	VRP $51.05 + GST	ID: 00088824
Wed	**Jan 6 - Feb 3**	**8:05 - 8:55 pm**
$96.05 + GST	VRP $51.05 + GST	ID: 00088825
Thu	**Jan 7 - Feb 4**	**10:30 - 11:20 am**
$96.05 + GST	VRP $51.05 + GST	ID: 00088826
Fri	**Jan 8 - Feb 5**	**10:30 - 11:20 am**
$96.05 + GST	VRP $51.05 + GST	ID: 00088827
Mon	**Feb 8 - Mar 8**	**10:30 - 11:20 am**
$76.84 + GST	VRP $40.84 + GST	ID: 00088828
Mon	**Feb 8 - Mar 8**	**8:05 - 8:55 pm**
$76.84 + GST	VRP $40.84 + GST	ID: 00088829
Tue	**Feb 9 - Mar 9**	**10:30 - 11:20 am**
$96.05 + GST	VRP $51.05 + GST	ID: 00088830
Wed	**Feb 10 - Mar 10**	**10:30 - 11:20 am**
$96.05 + GST	VRP $51.05 + GST	ID: 00088831
Wed	**Feb 10 - Mar 10**	**8:05 - 8:55 pm**
$96.05 + GST	VRP $51.05 + GST	ID: 00088832
Thu	**Feb 11 - Mar 11**	**10:30 - 11:20 am**
$96.05 + GST	VRP $51.05 + GST	ID: 00088835
Fri	**Feb 12 - Mar 5**	**10:30 - 11:20 am**
$76.84 + GST	VRP $40.84 + GST	ID: 00088836

SHALLOW AQUAHIIT NEW!

Location ALC
Age 19+ yrs

High Intensity Interval Training: Just add water! AquaHIIT is a mix of muscular strength, power, and cardiovascular training that alternates periods of hard work and recovery. Held in the shallow end of the lap pool.

Mon	**Jan 4 - Feb 1**	**7:05 - 7:55 pm**
$96.05 + GST	VRP $51.05 + GST	ID: 00088837
Wed	**Jan 6 - Feb 3**	**7:05 - 7:55 pm**
$96.05 + GST	VRP $51.05 + GST	ID: 00088838
Mon	**Feb 8 - Mar 8**	**7:05 - 7:55 pm**
$96.05 + GST	VRP $51.05 + GST	ID: 00088839
Wed	**Feb 10 - Mar 10**	**7:05 - 7:55 pm**
$96.05 + GST	VRP $51.05 + GST	ID: 00088840

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

JAN 1, FEB 15, MAR 26

AQUA LIGHT

Location ALC
Age 19+ yrs

A gentler warm-water aquafit that focuses on flexibility, range of motion, and stability while increasing fitness. Suitable for those who are rehabilitating after surgery, injury, or who have a long-term disability. Held in the teach pool.

Tue	**Jan 5 - Feb 2**	**2:00 - 2:45 pm**
$81.05 + GST	VRP $50.65 + GST	ID: 00088847
Thu	**Jan 7 - Feb 4**	**2:00 - 2:45 pm**
$81.05 + GST	VRP $50.65 + GST	ID: 00088848
Tue	**Feb 9 - Mar 9**	**2:00 - 2:45 pm**
$81.05 + GST	VRP $50.65 + GST	ID: 00088849
Thu	**Feb 11 - Mar 11**	**2:00 - 2:45 pm**
$81.05 + GST	VRP $50.65 + GST	ID: 00088850

SHALLOW AQUAFIT

Location ALC
Age 19+ yrs

A cardio and strength workout that is low-impact and customizable for all fitness levels. Held in the shallow end of the lap pool.

Mon	**Jan 4 - Feb 1**	**9:30 - 10:20 am**
$96.05 + GST	VRP $51.05 + GST	ID: 00088805
Tue	**Jan 5 - Feb 2**	**9:30 - 10:20 am**
$96.05 + GST	VRP $51.05 + GST	ID: 00088806
Wed	**Jan 6 - Feb 3**	**9:30 - 10:20 am**
$96.05 + GST	VRP $51.05 + GST	ID: 00088807
Thu	**Jan 7 - Feb 4**	**9:30 - 10:20 am**
$96.05 + GST	VRP $51.05 + GST	ID: 00088808
Fri	**Jan 8 - Feb 5**	**9:30 - 10:20 am**
$96.05 + GST	VRP $51.05 + GST	ID: 00088810
Mon	**Feb 8 - Mar 8**	**9:30 - 10:20 am**
$96.05 + GST	VRP $51.05 + GST	ID: 00088812
Tue	**Feb 9 - Mar 9**	**9:30 - 10:20 am**
$96.05 + GST	VRP $51.05 + GST	ID: 00088814
Wed	**Feb 10 - Mar 10**	**9:30 - 10:20 am**
$96.05 + GST	VRP $51.05 + GST	ID: 00088815
Thu	**Feb 11 - Mar 11**	**9:30 - 10:20 am**
$96.05 + GST	VRP $51.05 + GST	ID: 00088816
Fri	**Feb 12 - Mar 5**	**9:30 - 10:20 am**
$96.05 + GST	VRP $51.05 + GST	ID: 00088819

IN THIS GUIDE ALC means Active Living Centre

REGISTRATION STARTS

VRP	**Wednesday**	**Nov 25 @ 7:30 am**
All Areas	**Wednesday**	**Dec 2 @ 7:30 am**

ONLINE vernon.ca/recreation or
PHONE 250-545-6035
IN-PERSON **Vernon Recreation Centre** Nov 25-30
Active Living Centre starting Dec 1

EARLY YEARS

PARENT PARTICIPATION

PARENT & TOT: MIXED MEDIA ART

Location **ALC - Activity Room 1B**
Age **1 - 5 yrs**

You and your toddler will get messy and creative in this mixed media art class. You will work on various projects throughout the session. Paint, pastels, clay, and more!

Tue	**Jan 5 - Feb 2**	**9:00 - 10:00 am**
$67.61	VRP $42.46	ID: 00088795
Tue	**Feb 9 - Mar 9**	**9:00 - 10:00 am**
$67.61	VRP $42.46	ID: 00088796

PARENT & TOT: SPORTS OF SORTS

Location **ALC - Gym B**
Age **12 - 24 mos**

Give your child a solid introduction to a variety of ball sports using the FUNdamental movement skills throwing, catching, kicking and striking as a base.

Tue	**Jan 5 - Feb 2**	**10:15 - 10:45 am**
$58.10	VRP $36.30	ID: 00088797
Tue	**Feb 9 - Mar 9**	**10:15 - 10:45 am**
$58.10	VRP $36.30	ID: 00088798

PARENT & TOT: CREATIVE DANCE NEW!

Location **ALC - Activity Room 1B**
Age **12 - 24 mos**

Looking for a creative way to spend time with your child? This course is for you. An introduction to some basic dance movements through age-appropriate dance and play. Adult participation required.

Sun	**Jan 10 - Feb 7**	**9:00 - 9:45**
$53.93	VRP $33.71	ID: 00088958
Sun	**Feb 21 - Mar 9**	**9:00 - 9:45**
$43.15	VRP $26.97	ID: 00088959

LEARN & DISCOVER

CREATIVE ART & GYM NEW!

Location **ALC - Activity Room 1B**
Age **3 - 5 yrs**

Bring your creativity and imagination! Children can create unique masterpieces, explore science concepts, and use their imagination in a fun, child-centered environment.

Mon	**Jan 4 - Feb 1**	**9:00 - 10:00 am**
$77.15	VRP $48.21	ID: 00088765
Mon	**Feb 8 - Mar 8**	**9:00 - 10:00 am**
$61.72	VRP $38.56	ID: 00088766

ARTS, CRAFTS & STORY TIME

Location **ALC - Activity Room 1B**
Age **1 - 5 yrs**

Join us for arts, crafts and story time. Themes vary weekly.

Wed	**Jan 6 - Feb 3**	**9:00 - 9:45 am**
$67.61	VRP $42.46	ID: 00088802
Wed	**Feb 10 - Mar 10**	**9:00 - 9:45 am**
$67.61	VRP $42.46	ID: 00088803

JR SNACK MAKERS NEW!

Location **ALC - Activity Room 1B**
Age **3 - 5 yrs**

Come join us and learn how to make delicious, healthy snacks that you can enjoy afterward. Children will build basic kitchen skills, explore a variety of foods, and create fun recipes in an engaging class that introduces food literacy.

Mon	**Jan 4 - Feb 1**	**10:15 - 11:15 am**
$77.13	VRP $48.21	ID: 00088767
Mon	**Feb 8 - Mar 8**	**10:15 - 11:15 am**
$61.70	VRP $38.56	ID: 00088768



CHILD MINDING NEW!

Location **ALC - Activity Room 1A**
Age **6 mos - 5 yrs**

Drop off your little one and enjoy the fitness centre, a class, or to swim! Our child minding service provides a safe, engaging, and fun environment with age-appropriate toys, books, and activities. Parents or guardians must remain in the building while using the service. We recommend pre-registering up to 48 hours in advance to help us prepare for your child.

Sun	**Jan 10 - Mar 8**	**8:00 - 9:00 am**
$16.15	VRP $10.10	ID: 00089256
Sun	**Jan 10 - Mar 8**	**9:00 - 10:00 am**
$16.15	VRP $10.10	ID: 00089257
Sun	**Jan 10 - Mar 8**	**10:00 - 11:00 am**
$16.15	VRP $10.10	ID: 00089258
Sun	**Jan 10 - Mar 8**	**11:00 am - 12:00 pm**
$16.15	VRP $10.10	ID: 00089259

ACTIVE SPORT & GAMES

LITTLE ARTISTS

Location **ALC - Activity Room 1B**
Age **3 - 5 yrs**

The program is designed to foster creativity and self-expression. Children will learn how to solve problems, work with their hands and develop their fine motor skills. They will have fun exploring how to use various materials, such as paint, clay, and other art supplies, while experimenting with different techniques. Dress to get messy!

Thu	**Jan 7 - Feb 4**	**9:00 - 10:00 am**
$57.85	VRP $36.15	ID: 00088873
Thu	**Feb 11 - Mar 11**	**9:00 - 10:00 am**
$57.85	VRP $36.15	ID: 00088874

IMAGINATION STATION

Location **ALC - Activity Room 1B**
Age **3 - 5 yrs**

Let creativity take the lead at Imagination Station. Children will explore a world of make-believe through hands-on activities, storytelling, creative play, and simple crafts. Each session encourages curiosity, self-expression, and social interaction as participants use their imaginations to create, build, and discover in a fun and supportive environment.

Thu	**Jan 7 - Feb 4**	**10:15 - 11:15 am**
$77.15	$48.20	ID: 00088876
Thu	**Feb 11 - Mar 11**	**10:15 - 11:15 am**
$77.15	$48.20	ID: 00089695

MEMBERS RECEIVE A DISCOUNT on select programs

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 aged 3 - 4 years by December 31, 2026.

Registration is ongoing, space permitting.



ACTIVE SPORT & GAMES

TUMBLING TODDLERS TO TYKES

Location **ALC - Gym C/D**

Age **18 - 36 mos**

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

Tue	**Jan 5 - Feb 2**	**9:00 - 10:00 am**
$77.13	VRP $48.20	ID: 00088773
Tue	**Feb 9 - Mar 9**	**9:00 - 10:00 am**
$77.13	VRP $48.20	ID: 00088775
Thu	**Jan 7 - Feb 4**	**9:00 - 10:00 am**
$77.13	VRP $48.20	ID: 00088877
Thu	**Feb 11 - Mar 11**	**9:00 - 10:00 am**
$77.13	VRP $48.20	ID: 00089483

Age **3 - 5 yrs**

Children explore foundational gymnastics skills such as balance, rolls, hops, and controlled movement through fun and structured activities. Drop off and pick up program.

Tue	**Jan 5 - Feb 2**	**10:15 - 11:15 am**
$77.13	VRP $48.20	ID: 00088777
Thu	**Jan 7 - Feb 4**	**10:15 - 11:15 am**
$77.13	VRP $48.20	ID: 00088878
Tue	**Feb 9 - Mar 9**	**10:15 - 11:15 am**
$77.13	VRP $48.20	ID: 00088778
Thu	**Feb 11 - Mar 11**	**10:15 - 11:15 am**
$77.13	VRP $48.20	ID: 00089484

PLAY, PUTTER & SWIM

Location **ALC - Activity Room 1B**
Age **3 - 5 yrs**

A fun filled program with gym activities, games, songs, pasting, painting and stories all finished off with a swim lesson in the pool.

Fri	**Jan 8 - Mar 5**	**9:15 - 11:30 am**
$258.84	VRP $161.73	ID: 00088884

BASKETBALL

Location **ALC - Gym A**
Age **3 - 5 yrs**

Focusing on FUNdamental movement skills required for life-long sport participation, the goal is to give children the opportunity to enjoy sport and develop self-confidence.

Wed	**Jan 6 - Feb 3**	**9:30 - 10:15 am**
$67.61	VRP $42.26	ID: 00088817
Wed	**Feb 10 - Mar 10**	**9:30 - 10:15 am**
$67.61	VRP $42.26	ID: 00088818

PERFORMING ARTS

DISCOVER DANCE NEW!

Location **ALC - Activity Room 1B**
Age **3 - 5 yrs**

Get ready to twirl, leap, and shine as participants explore different styles of dance through movement, rhythm and self-expression

Sun	**Jan 11 - Feb 7**	**10:00 - 10:45 am**
$53.93	VRP $33.71	ID: 00088956
Sun	**Feb 21 - Mar 14**	**10:00 - 10:45 am**
$43.15	VRP $27.00	ID: 00088957

MUSICAL THEATRE

Location **ALC - Fitness Studio 2B**
Age **3 - 5 yrs**

Preschoolers will explore singing, dancing and acting through fun games, dress up and mini performances

Sat	**Jan 9 - Feb 6**	**9:00 - 9:45 am**
$53.93	VRP $33.71	ID: 00088950
Sat	**Feb 20 - Mar 13**	**9:00 - 9:45 am**
$43.15	VRP $27.00	ID: 00088951

IN THIS GUIDE ALC means Active Living Centre

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

JAN 1, FEB 15, MAR 26

POOL PARTY NEW!

Location **ALC - Activity Room 1C**
Age **0 - 16 yrs**

Make a splash with a birthday celebration at the Active Living Centre. Enjoy an unforgettable day with friends and family with endless aquatic fun. Party includes a reserved party room adjacent to the pool with admission for up to 10 children. Families are welcome to bring their own party supplies, cake, and snacks. Please note that children 7 years of age and younger require a ratio of 1 adult for every 3 children in the pool. A minimum of 1 parent/caregiver is required for all pool parties for children aged 8-16 years.

Saturday		
Jan 9 - Mar 7	**11:00 am - 1:00 pm**	ID: 00088746
	1:15 - 3:15 pm	ID: 00088752
	3:30 - 5:30 pm	ID: 00088753
Sunday		
Jan 10 - Mar 7	**11:00 am - 1:00 pm**	ID: 00088754
	1:15 - 3:15 pm	ID: 00088755
	3:30 - 5:30 pm	ID: 00088756





Holiday-Themed Fun Days

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

PERFORMING ARTS

BEGINNER DANCE NEW!

Location **ALC - Activity Room 1B**
Age **5 - 7 yrs**

This program blends hip-hop, jazz, and contemporary styles, encouraging creativity and self-expression. Each session includes a warm-up and choreography.

Sun	**Jan 10 - Feb 7**	**11:00 am - 12:00 pm**
$70.90	VRP $44.30	ID: 00088960
Sun	**Feb 21 - Mar 14**	**11:00 am - 12:00 pm**
$56.70	VRP $35.45	ID: 00088961

MUSICAL THEATRE

Location **ALC - Fitness Studio 2B**

Become a triple threat in acting, singing and dancing. Students will develop a variety of skills in voice, movement and acting through musical theatre.

Age **6 - 8 yrs**

Sat	**Jan 9 - Feb 6**	**10:00 - 11:00 am**
$70.90	VRP $44.31	ID: 00088952
Sat	**Feb 20 - Mar 13**	**10:00 - 11:00 am**
$56.72	VRP $35.45	ID: 00088953

Age **9 - 12 yrs**

Sat	**Jan 9 - Feb 6**	**11:00 am - 12:00 pm**
$70.90	VRP $44.31	ID: 00088954
Sat	**Feb 20 - Mar 13**	**11:00 am - 12:00 pm**
$56.72	VRP $35.45	ID: 00088955

Celebrate your birthday with us.

BOUNCY CASTLE PARTY

Location **Dogwood Gym**
Age **0 - 16 yrs**

Celebrate your birthday with us in the Dogwood Gym. Enjoy exclusive use of a bouncy castle plus organized games led by an activity leader. Families bring their own party supplies, cake, and snacks. Maximum 16 participants.

More information available online: vernon.ca/recreation



HOMESCHOOL PROGRAMS

HOMESCHOOL COOKS

Location **ALC - Activity Room 1A**
Age **6 - 12 yrs**

Make delicious dishes while learning basic cooking skills and kitchen safety. Different recipes will be created each class. Closed toe shoes are required for all participants.

Mon	**Jan 4 - Feb 1**	**1:30 - 3:30 pm**
$115.22	VRP $72.01	ID: 00088769
Mon	**Feb 8 - Mar 8**	**1:30 - 3:30 pm**
$92.17	VRP $57.61	ID: 00088770

HOMESCHOOL SNACK ATTACK NEW!

Location **ALC - Activity Room 1A**
Age **6 - 12 yrs**

Come join us and learn how to make delicious, healthy snacks that you can enjoy afterward. Children will build basic kitchen skills, explore a variety of foods, and create fun recipes in an engaging class that introduces food literacy.

Wed	**Jan 6 - Feb 3**	**1:30 - 3:30 pm**
$115.22	VRP $72.01	ID: 00088867

HOMESCHOOL CREATIVE BAKERS NEW!

Location **ALC - Activity Room 1A**
Age **6 - 12 yrs**

Roll, knead, and bake. Learn all about baking from scratch in this hands on class. Closed toe shoes are required for all participants

Wed	**Feb 10 - Mar 10**	**1:30 - 3:00 pm**
$115.22	VRP $72.01	ID: 00088868

HOMESCHOOL GYMNASTICS

Location **ALC - Gym C/D**
Age **6 - 12 yrs**

Have a chance to learn fundamental gymnastic skills in a non-competitive environment. Work on balance, jumps, landings, rolls and bars!

Thu	**Jan 7 - Feb 4**	**11:30 - 12:45**
$86.65	VRP $54.16	ID: 00088879
Thu	**Feb 11 - Mar 11**	**11:30 - 12:45**
$86.65	VRP $54.16	ID: 00088880

HOMESCHOOL SPORTS & GYM GAMES

Location **ALC - Gym D**
Age **6 - 12 yrs**

Youth will have the opportunity to learn, play, and build confidence in a fun and social environment. This Multi Sport program helps participants develop fundamental movement skills while exploring a variety of activities, including floor hockey, volleyball, basketball, soccer, gymnastics, and more. Through active play and skill-building exercises, participants will improve coordination, teamwork, and physical literacy while having fun and staying active.

Fri	**Jan 8 - Feb 5**	**1:00 - 2:00 pm**
$86.65	VRP $54.16	ID: 00088885
Fri	**Feb 12 - Mar 12**	**1:00 - 2:00 pm**
$86.65	VRP $54.16	ID: 00088886

LEARN & DISCOVER

CREATIVE BAKERS

Location ALC - Activity Room 1B
Age 9 - 12 yrs

Roll, knead, and bake! Learn all about baking from scratch in this hands on class. Closed toe shoes are required for all participants.

Thu	**Jan 7 - Feb 4**	**3:30 - 5:00 pm**
$115.20	VRP $72.00	ID: 00088881
Thu	**Feb 11 - Mar 11**	**3:30 - 5:00 pm**
$115.20	VRP $72.00	ID: 00088882

YOUTH FRIDAY NIGHT BITES NEW!

Location ALC - Activity Room 1A
Age 8 - 11 yrs

Enjoy your Friday night knowing your kids are having a blast. Children will make a bite to eat and play games together.

PITA PIZZA

Fri	**Jan 8**	**4:00 - 5:30 pm**
$25.37	VRP $15.85	ID: 00088887

WALKING TACOS

Fri	**Jan 14**	**4:00 - 5:30 pm**
$25.37	VRP $15.85	ID: 00088888

CUPCAKES

Fri	**Jan 22**	**4:00 - 5:30 pm**
$25.37	VRP $15.85	ID: 00088889

PANCAKES

Fri	**Jan 29**	**4:00 - 5:30 pm**
$25.37	VRP $15.85	ID: 00088890

MEATBALL SUBS

Fri	**Feb 5**	**4:00 - 5:30 pm**
$25.37	VRP $15.85	ID: 00088891

GRILLED CHEESE AND TOMATO SOUP

Fri	**Feb 19**	**4:00 - 5:30 pm**
$25.37	VRP $15.85	ID: 00088892

COOKIES AND MILKSHAKES

Fri	**Feb 26**	**4:00 - 5:30 pm**
$25.37	VRP $15.85	ID: 00088893

S'MORES BROWNIES

Fri	**Mar 5**	**4:00 - 5:30 pm**
$25.37	VRP $15.85	ID: 00088894

FRENCH TOAST

Fri	**Mar 12**	**4:00 - 5:30 pm**
$25.37	VRP $15.85	ID: 00088895

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

JAN 1, FEB 15, MAR 26

CERTIFICATIONS & LEADERSHIP

LEADERS IN TRAINING YOUTH GROUP

Location ALC - Meeting Room 1A
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.

Wed	**Jan 6 - Feb 17**	**4:30 - 6:00 pm**
$64.05		ID: 00087828

BABYSITTING CERTIFICATION COURSE

Location ALC - Meeting Room 1A
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	**Mar 2 - 11**	**3:30 - 5:30 pm**
$171.40	VRP $107.13	ID: 00087827

HOMESAFE

Location ALC - Meeting Room 1A
Age 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. Attendance to all sessions is required.

Mon & Tue	**Feb 1 - 2**	**4:00 - 5:15 pm**
$32.42	VRP $51.87	ID: 00087829
Mon & Tue	**Feb 1 - 2**	**5:30 - 6:45 pm**
$32.42	VRP $51.87	ID: 00087830
Mon & Tue	**Feb 1 - 2**	**7:00 - 8:15 pm**
$32.42	VRP $51.87	ID: 00087831
Mon & Tue	**Mar 8 - 9**	**4:00 - 5:15 pm**
$32.42	VRP $51.87	ID: 00087832
Mon & Tue	**Mar 8 - 9**	**5:30 - 6:45 pm**
$32.42	VRP $51.87	ID: 00087833
Mon & Tue	**Mar 8 - 9**	**7:00 - 8:15 pm**
$32.42	VRP $51.87	ID: 00087834

REGISTRATION STARTS

VRP	**Wednesday**	**Nov 25 @ 7:30 am**
All Areas	**Wednesday**	**Dec 2 @ 7:30 am**

ONLINE vernon.ca/recreation or
PHONE 250-545-6035
IN-PERSON **Vernon Recreation Centre** Nov 25-30
Active Living Centre starting Dec 1

SPORT

BEGINNER VOLLEYBALL SKILLS & DRILLS

Location **ALC - Gym A/B**
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	**Jan 4 - Feb 8**	**3:30 - 4:45 pm**
$82.43	VRP $51.52	ID: 00088771
Mon	**Feb 22 - Mar 8**	**3:30 - 4:45 pm**
$65.95	VRP $41.22	ID: 00088772

VOLLEYBALL - GAME PLAY NEW!

Take your volleyball skills from practice to play! This program is designed for youth who want to gain more game experience in a fun, recreational environment. Participants will spend the majority of each session playing organized games and scrimmages, allowing them to apply their skills, develop game awareness, and build confidence on the court. This program is suitable for players with a basic understanding of volleyball fundamentals who are ready to improve through game-based play.

Location **ALC - Gym A**
Age **9 - 12 yrs**

Fri	**Jan 8 - Feb 15**	**3:30 - 4:45 pm**
$79.27	VRP $49.54	ID: 00088920
Fri	**Feb 19 - Mar 12**	**3:30 - 4:45 pm**
$79.27	VRP $49.54	ID: 00088966

Location **ALC - Gym B**
Age **13 - 16 yrs**

Fri	**Jan 8 - Feb 15**	**3:30 - 4:45 pm**
$79.27	VRP $49.54	ID: 00088919
Fri	**Feb 19 - Mar 12**	**3:30 - 4:45 pm**
$79.27	VRP $49.54	ID: 00088965



ACTIVE AFTERSCHOOL

Location **ALC - Gym C/D**
Age **6 - 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, Kidz fitness training, Soccer and Volleyball.

Mon	**Jan 4 - Feb 8**	**3:30 - 4:45 pm**
$ 77.13	VRP $48.21	ID: 00088871
Mon	**Feb 22 - Mar 8**	**3:30 - 4:45 pm**
$61.72	VRP $38.56	ID: 00088872



FLOOR HOCKEY

Location **ALC - Gym C/D**
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	**Jan 6 - Feb 3**	**3:30 - 4:30 pm**
$77.13	VRP $48.21	ID: 00088863
Wed	**Feb 10 - Mar 10**	**3:30 - 4:30 pm**
$77.13	VRP $48.21	ID: 00088864

PICKLEBALL

Location **ALC - Gym C/D**
Age **9 - 12 yrs**

Designed for beginners, this program helps youth learn the fundamentals of sport and physical activity through interactive games and skill-building activities. Participants will practice basic techniques, explore simple game play concepts, and develop coordination, confidence, and teamwork while enjoying an active and positive environment.

Thu	**Jan 7 - Feb 11**	**3:30 - 4:30 pm**
$115.41	VRP $72.13	ID: 00088974
Thu	**Feb 18 - Mar 11**	**3:30 - 4:30 pm**
$115.41	VRP $72.13	ID: 00088975

SPORT



BASKETBALL - GAME PLAY

Location ALC - Gym D
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	**Jan 8 - Feb 12**	**3:30 - 4:45 pm**
$64.99	VRP $40.62	ID: 00088925
Fri	**Feb 19 - Mar 12**	**3:30 - 4:45 pm**
$64.99	VRP $40.62	ID: 00088927

YOUTH BASKETBALL - GAME PLAY

Location ALC - Gym C
Age 13 - 15 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	**Jan 8 - Feb 12**	**3:30 - 4:45 pm**
$64.99	VRP $40.62	ID: 00088928
Fri	**Feb 19 - Mar 12**	**3:30 - 4:45 pm**
$64.99	VRP $40.62	ID: 00088929

BASKETBALL

Location ALC - Gym C/D

Dribble, pass, shoot! A fun, fast paced program for youth that builds fundamental movement skills through active drills, games, and skill-building activities each session.

Age	**6 - 8 yrs**	
Sat	**Jan 9 - Feb 6**	**11:00 am - 12:00 pm**
$77.15	VRP $48.20	ID: 00088923
Sat	**Feb 20 - Mar 13**	**11:00 am - 12:00 pm**
$46.29	VRP $28.92	ID: 00088924
Age	**9 - 12 yrs**	
Sat	**Jan 9 - Feb 6**	**10:00 - 11:00 am**
$77.13	VRP $48.21	ID: 00088948
Sat	**Feb 20 - Mar 13**	**10:00 - 11:00 am**
$46.29	VRP $28.92	ID: 00088949

INDOOR SOCCER

Location ALC - Gym A/B

Age 5 - 7 yrs

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

Tue	**Jan 5 - Feb 2**	**3:30 - 4:30 pm**
$77.13	VRP $48.21	ID: 00088940
Tue	**Feb 9 - Mar 9**	**3:30 - 4:30 pm**
$77.13	VRP $48.21	ID: 00088941
Sat	**Jan 9 - Feb 6**	**10:00 - 11:00 am**
$77.13	VRP $48.21	ID: 00088945
Sat	**Feb 20 - Mar 13**	**10:00 - 11:00 am**
$61.70	VRP $38.56	ID: 00088946

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	**Jan 5 - Feb 2**	**4:30 - 5:30 pm**
$77.13	VRP $48.21	ID: 00088942
Tue	**Feb 9 - Mar 9**	**4:30 - 5:30 pm**
$77.13	VRP $48.21	ID: 00088943
Sat	**Jan 9 - Feb 6**	**11:00 am - 12:00 pm**
$77.13	VRP $48.21	ID: 00088944
Sat	**Feb 20 - Mar 13**	**11:00 am - 12:00 pm**
$61.70	VRP $38.56	ID: 00088947

REGISTRATION STARTS

VRP	**Wednesday**	**Nov 25 @ 7:30 am**
All Areas	**Wednesday**	**Dec 2 @ 7:30 am**

ONLINE vernon.ca/recreation or
PHONE 250-545-6035
IN-PERSON **Vernon Recreation Centre** Nov 25-30
Active Living Centre starting Dec 1

MEMBERS RECEIVE A DISCOUNT on select programs

TO REGISTER

Register in-person, online or by phone. An account is required to register for programs. If you don't have an account, visit the front desk at the Vernon Recreation Centre (in November) or the Active Living Centre starting December 1 to create one. Ensure to bring one piece of government issued photo-ID to confirm your address.

SKATE LESSONS

PRIVATE SKATE LESSONS

Location Priest Valley Arena
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	**Jan 4 - Feb 8**	**3:00 - 3:30 pm**
$68.40	VRP $42.74	ID: 00089490
Wed	**Jan 6 - Feb 10**	**3:00 - 3:30 pm**
$68.40	VRP $42.74	ID: 00089491

BOOTS TO BLADES 1

Location Priest Valley Arena
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, non threatening environment.

Mon	**Jan 4 - Feb 8**	**3:30 - 4:00 pm**
$143.15	VRP $89.45	ID: 00088976
Wed	**Jan 6 - Feb 10**	**3:30 - 4:00 pm**
$143.15	VRP $89.45	ID: 00088980
Sat	**Jan 9 - Feb 6**	**8:30 - 9:00 am**
$119.25	VRP $74.55	ID: 00088984
Sat	**Jan 9 - Feb 6**	**9:45 - 10:15 am**
$119.25	VRP $74.55	ID: 00088988

BOOTS TO BLADES 2

Location Priest Valley Arena
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	**Jan 4 - Feb 8**	**3:30 - 4:00 pm**
$143.15	VRP $89.45	ID: 00088977
Wed	**Jan 6 - Feb 10**	**3:30 - 4:00 pm**
$143.15	VRP $89.45	ID: 00088981
Sat	**Jan 9 - Feb 6**	**8:30 - 9:00 am**
$119.25	VRP $74.55	ID: 00088985

RECSKATE 1, 2

Location Priest Valley Arena
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	**Jan 4 - Feb 8**	**4:00 - 4:45 pm**
$208.60	VRP $130.50	ID: 00088978
Wed	**Jan 6 - Feb 10**	**4:00 - 4:45 pm**
$208.60	VRP $130.50	ID: 00088982
Sat	**Jan 9 - Feb 6**	**9:00 - 9:45 am**
$173.88	VRP $108.45	ID: 00088986

RECSKATE 3, 4, 5

Location Priest Valley Arena
Age 5 - 11 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	**Jan 4 - Feb 8**	**4:00 - 4:45 pm**
$208.60	VRP $130.50	ID: 00088979
Wed	**Jan 6 - Feb 10**	**4:00 - 4:45 pm**
$208.60	VRP $130.50	ID: 00088983
Sat	**Jan 9 - Feb 6**	**9:00 - 9:45 am**
$173.88	VRP $108.45	ID: 00088987

BLADES & PUCKS

Location Priest Valley Arena
Age 3 - 5 yrs

Your preschoolers first introduction to hockey. Participants need to be able to stand and walk on their skates unassisted or have completed Boots to Blades I. Kids will work on skating, puck handling, passing, and shooting through age and skill appropriate drills.

Sat	**Jan 9 - Feb 6**	**9:45 - 10:15 am**
$119.25	VRP $74.55	ID: 00088989

ADAPTED HOCKEY

Location Priest Valley Arena

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	**Jan 9 - Feb 6**	**10:30 - 11:30 am**
$160.00	VRP $120.00	ID: 00088980



SHINNY

WOMEN'S STRUCTURED SHINNY

Location **Priest Valley Arena**
Age **18+ years**

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 can't commit to every week. All skill levels welcome.

Sat	**Jan 9 - Mar 13**	**7:00 - 8:15 am**
$96.95 + GST	VRP $66.50 + GST	
Sun	**Jan 10 - Mar 8**	**5:00 - 6:15 am**
$124.65+ GST	VRP $63.18 + GST	

SAT Jan 9 - Mar 13 7:00 - 8:15 pm	SUN Jan 10 - Mar 8 5:00 - 6:15 pm
DEFENCE ID: 00089016	**DEFENCE** ID: 00088680
FORWARDS ID: 00089017	**FORWARDS** ID: 00088681
SPARES ID: 00089018	**SPARES** ID: 00088682

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





Spring Break Camps March 15-25, 2027

SPRING BREAK CAMPS
Details coming soon.

Registration opens:
Wed, Feb 3 7:30 am VRP
Wed, Feb 10 7:30 am All areas

VOLLEYBALL

MONDAY KING OF COURT

Location ALC - Gym C/D
Age 18+ yrs

King of the Court is the highest level of coed play.

Mon **Jan 4 - Mar 8** **5:30 - 9:30 pm**
$500.40 + GST ID: 00087747

MONDAY RECREATIONAL COED SOCIAL

Location ALC - Gym A/B
Age 18+ yrs

Recreational social play for teams that try to bump, set and spike but are happy if the ball goes over the net.

Mon **Jan 4 - Mar 8** **6:00 - 9:30 pm**
$500.40 + GST ID: 00087749

MONDAY REC-COMPETITIVE

Location Kidston / Silver Star
Age 18+ yrs

A step up from social play. Teams use basic systems and try to block and spike, but may not always have a spectacular result.

Mon **Jan 4 - Mar 8** **6:00 - 10:00 pm**
$444.80 + GST ID: 00087750

TUESDAY COED TIER 1

Location ALC - Gym A/B
Age 18+ yrs

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

Tue **Jan 5 - Mar 9** **5:30 - 9:30 pm**
$556.00 + GST ID: 00087753

TUESDAY MEN'S COMPETITIVE

Location ALC - Gym C/D
Age 18+ yrs

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

Tue **Jan 5 - Mar 9** **6:00 - 8:00 pm**
$556.00 + GST ID: 00087754

WED WOMEN'S TIER 1

Location ALC - Gym A/B
Age 18+ yrs

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

Wed **Jan 6 - Mar 10** **5:30 - 9:30 pm**
$556.00 + GST ID: 00087755

WED WOMEN'S TIER 2 - SILVERSTAR

Location Silver Star Elementary
Age 18+ yrs

An entry-level competitive tier for players developing consistency, positioning, and game flow in structured match play. No prizes.

Wed **Jan 6 - Mar 10** **6:00 - 8:00 pm**
$459.00 + GST ID: 00087756

WED WOMEN'S TIER 2 - KIDSTON

Location Kidston Elementary
Age 18+ yrs

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

Wed **Jan 6 - Mar 10** **6:00 - 8:00 pm**
$459.00 + GST ID: 00087757

WED QUEEN OF THE COURT

Location ALC - Gym C/D
Age 18+ yrs

Queen of the Court is the highest level of play.

Wed **Jan 6 - Mar 10** **5:30 - 9:30 pm**
$556.00 + GST ID: 00087748

THURSDAY COED TIER 2

Location ALC - Gym A/B
Age 18+ yrs

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

Thu **Jan 7 - Mar 11** **5:30 - 9:30 pm**
$556.00 + GST ID: 00087752

THURSDAY WOMEN'S RECREATIONAL

Location ALC - Gym C/D
Age 18+ yrs

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

Thu **Jan 7 - Mar 11** **5:30 - 9:30 pm**
$556.00 + GST ID: 00087751

Only team captains register. No singles.

Prices are per team.

Players must be 18+ years and not attending high school.

Contact **playsports@vernon.ca** for more info.

SPORT LEAGUES

VOLLEYBALL

YOUTH VOLLEYBALL REC LEAGUE NEW!

Location **ALC - Gym A**
Age **9 - 12 yrs**

Have you been wanting to play on a volleyball team or would you like more time to play? Come join our all-levels-welcome youth volleyball league. Players register individually and are then divided in teams by our staff during the first week. They will spend some time each day working on skills and drills before getting into games, and depending on attendance teams may change frequently. All levels welcome.

Fri	**Jan 8 - Mar 12**	**5:00 - 8:30 pm**
$172.25	VRP $107.66	ID: 00088967

YOUTH VOLLEYBALL REC LEAGUE NEW!

Location **ALC - Gym B**
Age **13 - 15 yrs**

Have you been wanting to play on a volleyball team or would you like more time to play? Come join our all-levels-welcome youth volleyball league. Players register individually and are then divided in teams by our staff during the first week. They will spend some time each day working on skills and drills before getting into games, and depending on attendance teams may change frequently. All levels welcome.

Fri	**Jan 8 - Mar 12**	**5:00 - 8:30 pm**
$172.25	VRP $107.66	ID: 00088968

BASKETBALL

YOUTH BASKETBALL INTRAMURALS NEW!

Have you been wanting to play on a basketball team or would you like more time to play? Come join Vernon Rec's all-levels-welcome youth basketball league. Players register individually and are then placed on a team by our staff during the first week. Beginning in week 2, evenly matched teams will play one another in a fun and supportive environment. Games are 5-on-5 and the last day is reserved for playoffs. All levels welcome.

Location **ALC - Gym C**
Age **9 - 12 yrs**

Fri	**Jan 8 - Mar 12**	**5:00 - 7:00 pm**
$206.81	VRP $129.26	ID: 00088935

Location **ALC - Gym D**
Age **13 - 15 yrs**

Fri	**Jan 8 - Mar 12**	**5:00 - 7:00 pm**
$206.81	VRP $129.26	ID: 00088935

PICKLEBALL

PICKLEBALL SOCIAL COED NEW!

Location **ALC - Gym A/B**
Age **18+ yrs**

This program provides a fun, welcoming environment where participants can enjoy organized recreational play, meet new partners, and continue developing their skills through regular game play. Courts and matchups are coordinated to encourage balanced competition and maximize playing time for everyone.

This program is best suited for players who:

1. Have previous pickleball experience
2. Understand the rules, scoring, and game etiquette
3. Can consistently serve, rally, and play strategically
4. Are looking for organized recreational play rather than formal instruction.

Mon	**Jan 4 - Mar 8**	**8:30 - 10:00 am**
$163.74 + GST	VRP $102.34 + GST	ID: 00087746
Wed	**Jan 6 - Mar 10**	**11:00 am - 12:30 pm**
$181.93 + GST	VRP $113.71 + GST	ID: 00089197
Sun	**Jan 10 - Mar 13**	**8:00 - 9:30 am**
$163.39 + GST	VRP $102.12 + GST	ID: 00087769



IN THIS GUIDE ALC means Active Living Centre

DROP-IN SPORTS SCHEDULE

JAN 4 - MAR 14

Drop-in sports are a shared, social and recreational experience for participants of all skill levels and are for friendly, non-competitive games and rallies only - no smashes. Spectators, lessons and formal instruction are not allowed and each participant must register individually. Check-in opens five minutes before the scheduled drop-in time.

$13.00 + GST VRP $10.00 + GST YOUTH $8.50 VRP $6.50

MON	TUE	WED	THU	FRI	SAT	SUN
PICKLEBALL 19+ yrs ALC - Gym C/D 10:00 - 11:30 am ID: 00088658	**PICKLEBALL** 19+ yrs ALC - Gym A 1:30 - 3:00 pm ID: 00088665	**PICKLEBALL** 19+ yrs ALC - Gym C/D 8:15 - 9:45 am ID: 00088671		**PICKLEBALL** 19+ yrs ALC - Gym A/B 8:15 - 9:45 am ID: 00088758		**PICKLEBALL** 19+ yrs ALC - Gym A/B 4:15 - 5:30 pm ID: 00089251
BADMINTON 19+ yrs ALC - Gym A/B 1:00 pm - 2:30 pm ID: 00087891	**BADMINTON** 19+ yrs **FEB 9 - MAR 9** ALC - Gym A/B 11:30 am - 1:00 pm ID: 00087892	**BADMINTON** 19+ yrs ALC - Gym A/B 11:00 am - 12:30 pm ID: 00087901	**BADMINTON** 19+ yrs ALC - Gym A/B 12:00 - 1:30 pm ID: 00088673	**BADMINTON** 19+ yrs ALC - Gym A/B 10:30 am - 12:00 pm ID: 00087902	**BADMINTON** 13+ yrs ALC - Gym A/B 5:15 - 7:30 pm ID: 00087906	
	VOLLEYBALL 19+ yrs ALC - Gym A 7:00 - 8:30 pm ID: 00089098		**VOLLEYBALL** 19+ yrs ALC - Gym C/D 7:30 - 8 :45 pm ID: 00088675			
		BASKETBALL 19+ yrs ALC - Gym A 7:45 - 8:30 pm ID: 00088672	**BASKETBALL YOUTH** ALC - Gym A 3:30 - 4:30 pm ID: 00088674	**BASKETBALL** 13+ yrs ALC - Gym A * **Pro D Day only** 1:00 - 3:00 pm ID: 00089239	**BASKETBALL YOUTH** ALC - Gym A/B 3:30 - 5:00 pm ID: 00089209 -------- **BASKETBALL** 19+ yrs ALC - Gym D 5:15 - 7:30 pm ID: 00089238	**BASKETBALL** 8 - 11 yrs ALC - Gym A 10:00 - 11:30 am ID: 00089240 -------- 12 - 16 yrs ALC - Gym B 10:00 - 11:30 am ID: 00089241 -------- 19+ yrs ALC - Gym C 4:15 - 5:30 pm ID: 00089242
				BALL HOCKEY 19+ yrs ALC - Gym C/D 7:00 - 8:30 pm ID: 00089231		**BALL HOCKEY** 9 - 12 yrs ALC - Gym C 10:00 - 11:30 am ID: 00089200 -------- 13 - 15 yrs ALC - Gym D 10:00 - 11:30 am ID: 00089199 -------- 19+ yrs ALC - Gym C/D 6:00 7:30 pm ID: 00089237
					SOCCER 9 - 12 yrs ALC - Gym D 3:30 - 5:00 pm ID: 00089211	← **NOTE:** YOUTH RATE FOR DROP-IN.

RESERVE A COURT NEW!

PICKLEBALL OR BADMINTON

Book a court for you and your group to play. Reservation fees include up to 4 players. Please note the following restrictions: Players must be 8 yrs . No spectators are permitted. Players must play on your designated court. Private coaching is not permitted. Please bring your own equipment.

To reserve a court visit **vernon.ca/recreation** or scan the QR code.

Schedule and locations are subject to change. Registration is required.

ALC POOL SCHEDULE - AT A GLANCE

JAN 3 - MAR 13

MON	TUE	WED	THU	FRI	SAT	SUN
LAP & LEISURE 6:00 - 8:30 am	**LAP SWIM** 6:00 - 8:30 am	**LAP & LEISURE** 6:00 - 8:30 am	**LAP SWIM** 6:00 - 8:30 am	**LAP SWIM** 6:00 - 8:30 am	**LAP SWIM** 7:00 - 8:00 am	
SHARED USE 8:30 - 11:30 am					**SHARED USE** 8:00 am - 12:00 pm	
LAP & LEISURE 11:30 am - 1:00 pm					**LAP & LEISURE** 12:00 - 2:00 PM	
SHARED USE 1:00 - 7:00 pm					**PUBLIC SWIM** 2:00 - 5:00 pm	
PUBLIC SWIM 7:00 - 9:00 pm	**PUBLIC SWIM** 7:00 - 9:00 pm	**PUBLIC SWIM** 7:00 - 9:00 pm	**PUBLIC SWIM** 7:00 - 9:00 pm	**PUBLIC SWIM** 7:00 - 9:00 pm	**DISCOUNTED SWIM** 5:00 - 8:00 pm	

Special Swims

PRO-D DISCOUNTED SWIMS
Fri Feb 12 12:00 - 3:30 pm

STAT HOLIDAY LAP & LEISURE SWIMS
Mon Feb 15 10:00 am - 12:00 pm

STAT HOLIDAY PUBLIC SWIMS
Mon Feb 15 12:00 - 4:00 pm

Partial Aquatic Facility Closures

Check online for times and more information.

MASTERS SWIM MEET
Feb 13 & 14

ARTISTIC SWIMMING SWIM MEET
Feb 20

VKSC SWIM MEET
Mar 12 & 13

General Pool Information

- Children 7 years and under must be accompanied by a responsible person 16+ years.
- Children aged 8-12 years must be supervised by an adult or have a current account with Recreation Services.
- Children 12 years and under who are using the sauna steam room, adult hot tub or cold plunge must be accompanied by a responsible person 16+ years.
- Lifejackets and lockers are available.

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

FREE PUBLIC SWIM

Jopo Swim

Saturday, February 6
2:00 - 5:00 pm

VERNON Winter Carnival

Swim Definitions

LAP SWIM • Includes access to lap lanes, adult hot tub, sauna, cold plunge, and steam room.

LAP & LEISURE • Includes lap swimming, leisure pool, lazy river, family hot tub, adult hot tub, sauna, cold plunge, and steam room.

SHARED USE • Public swimming shares space with lessons, training, or other programs. Lap lane and amenity availability may vary based on programming, staffing, and pool configuration.

PUBLIC SWIM • Features include the leisure pool, lazy river, spray features, family hot tub, adult hot tub, sauna, cold plunge, and steam room. Attractions such as the waterslide, diving boards, climbing wall, and NinjaCross operate on a rotating schedule. Check the online schedule for availability.

DISCOUNTED SWIM • A lower-cost swim with access to many amenities including the leisure pool, lazy river, family hot tub, adult hot tub, sauna, cold plunge, and steam room. Limited lap swimming available. Select attractions may be available depending on pool configuration, staffing, and programming.

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

To register for a swim lesson, a previous swim level must be recorded in our system. If your child has not taken lessons with Vernon Recreation, please provide proof of their most recently completed level or arrange a swim evaluation at one of our facilities.

Proof of swim level may include:

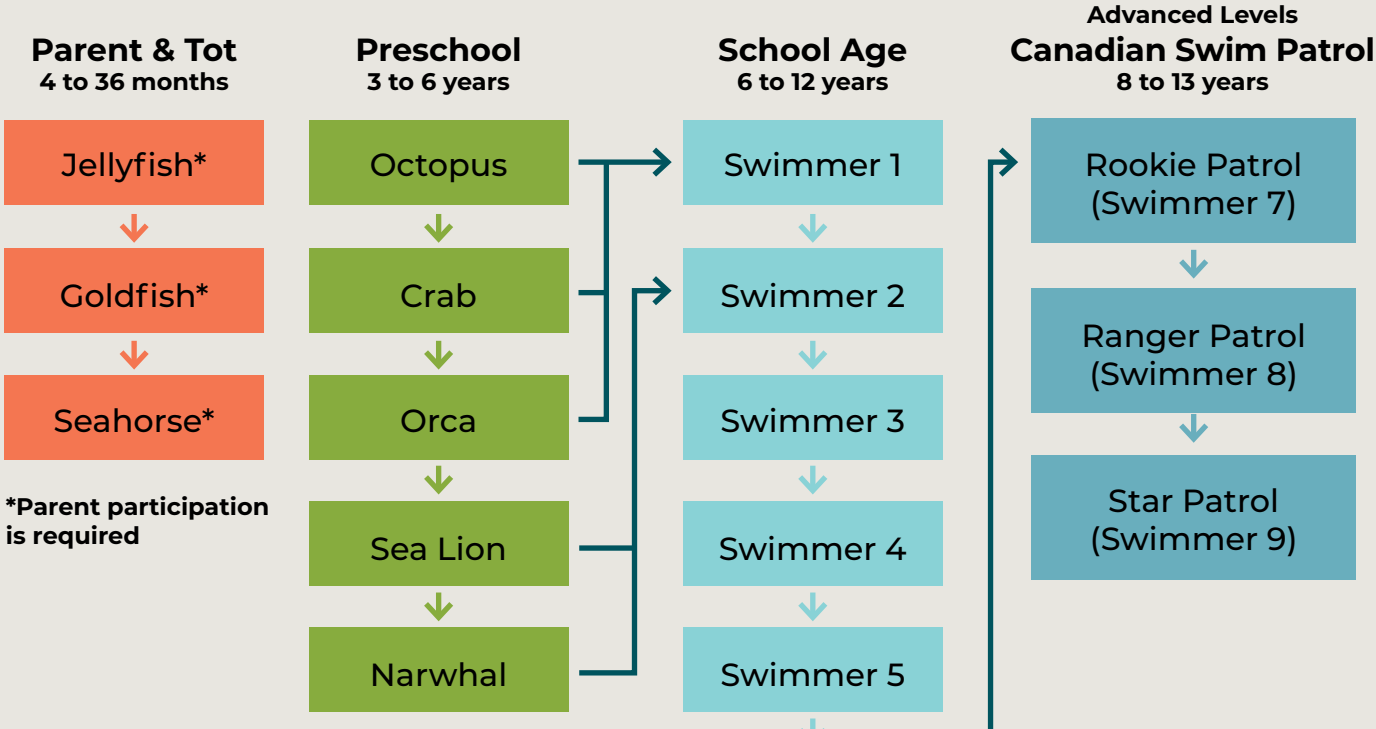
- A previously completed Vernon Recreation swim level (recorded on your account);
- A swim lesson report card or certificate; or
- A swim evaluation completed at one of our facilities.

Please Note:

Participants may only register in one swim lesson set at a time.

Children must meet the minimum age requirement before the first day of the course.

For Advanced Lifesaving Programs, participants must reach the required age by the last day of the course.



Once your child turns 6, it's time to switch levels from Preschool to Swimmer.
Octopus, Crab, and Orca level move to Swimmer 1.
Sea Lion and Narwhal level move to Swimmer 2.

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 mos**

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

GOLDFISH

Age **12 - 24 mos**

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

SEAHORSE

Age **24 - 36 mos**

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.



REGISTRATION STARTS

VRP	**Wednesday**	**Nov 25 @ 7:30 am**
All Areas	**Wednesday**	**Dec 2 @ 7:30 am**
ONLINE	vernon.ca/recreation or	
PHONE	250-545-6035	
IN-PERSON	**Vernon Recreation Centre** Nov 25-30	
	Active Living Centre starting Dec 1	

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.

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).



TO REGISTER

Register in-person, online or by phone. An account is required to register for programs. If you don't have an account, visit the front desk at the Vernon Recreation Centre (in November) or the Active Living Centre starting December 1 to create one. Ensure to bring one piece of government issued photo-ID to confirm your address.

SWIM LESSONS - ADULT/TEEN

ADULT 1

Age **15+ yrs**

This is an introductory program developed to support new swimmers who are 15+ years of age. You'll work towards swimming 10-15 m on your front and back. You'll learn safe entries into shallow and deep water (when you're ready), develop skills wearing a PFD, and learn breath control and underwater skills. Floats, glides, flutter kick, and vertical whip kick are introduced. You'll develop your fitness through interval training and learn how to perform front crawl and back crawl.

ADULT 2

Age **15+ yrs**

Develop your fitness by working on two interval training workouts, sprints, and further developing your front and back crawl. You'll learn Swim to Survive® skills and further develop deep water entries/skills with and without a PFD. Whip kick is further developed, along with an introduction to breaststroke.
Recommended: Completed Adult 1.

ADULT 3

Age **15+ yrs**

In this level, you'll perfect your front crawl, back crawl, and breaststroke. Continue your fitness training with a 300 m workout, sprint challenges, and interval training. You'll learn eggbeater, diving, and compact jumps, along with developing your legs only surface support and underwater skills.
Recommended: Completed Adult 2.

STROKE & SKILLS FOR TEENS

Age **12 - 15 yrs**

This program is designed for teens (ages 12-15) who would normally register in Swimmer Levels 1 through Swimmer 4. The lessons will be in a group setting, but the instructor will focus on individual goal setting and coaching. The swim strokes include Front Crawl, Back Crawl and Breaststroke. Skills may include Water Smart Messages and Lifesaving Kicks.

SWIM & FITNESS FOR TEENS NEW!

Age **12 - 15 yrs**

This program is designed for youth who want to maintain their fitness and endurance outside their regular swim programming. These sessions are ideal for those swimmers who participate in a Summer Swim Club program. These lessons will be in a group setting, but the instructor will focus on individual goal setting and coaching.



PRIVATE SWIM LESSONS: INTEREST LIST

Location **ALC**
Age **3+ yrs**

One on one swim lessons with a certified Lifesaving Swim Instructor. The lessons are custom tailored to meet the specific swimming 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.

Weekdays	Free	ID: 00087835
Weekends	Free	ID: 00087836

AQUADAPT

Location **ALC**
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.

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

JAN 1, FEB 15, MAR 26

NO CLASSES: FEB 13, FEB 14, MAR 12, MAR 13

REGISTRATION STARTS

VRP	**Wednesday**	**Nov 25 @ 7:30 am**
All Areas	**Wednesday**	**Dec 2 @ 7:30 am**
ONLINE	vernon.ca/recreation or	
PHONE	250-545-6035	
IN-PERSON	**Vernon Recreation Centre** Nov 25-30	
	Active Living Centre starting Dec 1	

SWIM PROGRAMS

RECREATIONAL ARTISTIC SWIMMING

Location ALC
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	**Jan 4 - Mar 8**	**4:00 - 5:00 pm**
$329.55	VRP $205.97	ID: 00087780
Wed	**Jan 6 - Mar 10**	**4:00 - 5:00 pm**
$366.17	VRP $228.85	ID: 00087781

OKANAGAN PARA SWIMMING

Location ALC
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	**Jan 4 - Mar 9**	**4:00 - 5:00 pm**
$251.09	VRP $156.93	ID: 00087778
Thu	**Jan 7 - Mar 11**	**4:00 - 5:00 pm**
$251.09	VRP $156.93	ID: 00087779

SPLASHBALL WATERPOLO NEW!

Location ALC
Age 5 - 9 yrs

Love swimming and team sports? This is a great way to improve your child's swimming skills whilst 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.

Tue & Thu	**Jan 5 - Feb 7**	**5:00 - 6:00 pm**
$259.24	VRP $162.02	ID: 00087820
Sat	**Jan 9 - Mar 6**	**11:00 am - 12:00 pm**
$207.36	VRP $129.60	ID: 00088745
Tue & Thu	**Feb 9 - Mar 11**	**5:00 - 6:00 pm**
$259.24	VRP $162.02	ID: 00087821

MEMBERS RECEIVE A DISCOUNT
on select programs

DROP-IN, AS SPACE ALLOWS
Pricing varies by class. See online for details.

MASTERS SWIMMING

Location ALC
Age 18+ yrs

Improve your fitness, endurance, and stroke technique with coached workouts designed for adult swimmers. Whether you're training for an event or swimming for fitness, this supportive program will help you reach your goals in the water.

Sun	**Jan 3 - Mar 21**	**8:15 - 9:45 am**
$301.50 + GST	VRP $188.40 + GST	ID: 00087813
Sun	**Jan 3 - Mar 21**	**5:15 - 6:15pm**
$172.20 + GST	VRP $107.60 + GST	ID: 00087814
Mon	**Jan 4 - Mar 22**	**6:15 - 7:15 am**
$170.06 + GST	VRP $106.26 + GST	ID: 00087815
Tue & Thu	**Jan 5 - Mar 9**	**12:00 - 1:00 pm**
$463.80 + GST	VRP $290.00 + GST	ID: 00087816
Tue & Thu	**Jan 5 - Mar 25**	**7:30 - 8:30 pm**
$431.04 + GST	VRP $269.52 + GST	ID: 00087817
Wed & Fri	**Jan 6 - Mar 24**	**6:15 - 7:15 am**
$432.96 + GST	VRP $270.60 + GST	ID: 00087818
Wed & Fri	**Jan 6 - Mar 24**	**7:15 - 8:15 am**
$395.12 + GST	VRP $247.06 + GST	ID: 00087819

LEARN TO DIVE NEW!

Location ALC
Age 8 - 13 yrs

Learn to Dive introduces beginners to the fundamentals of springboard diving in a fun, safe, and supportive environment. Participants will build confidence while learning essential diving techniques, safety practices, and foundational skills through progressive instruction and skill development. Prereq: passed Swimmer 2.

Tue	**Jan 5 - Feb 2**	**6:00 - 7:00 pm**
$129.62	VRP $81.01	ID: 00087822
Thu	**Jan 7 - Feb 4**	**6:00 - 7:00 pm**
$129.62	VRP $81.01	ID: 00087823
Tue	**Feb 9 - Mar 9**	**6:00 - 7:00 pm**
$129.62	VRP $81.01	ID: 00087824
Thu	**Feb 11 - Mar 11**	**6:00 - 7:00 pm**
$129.62	VRP $81.01	ID: 00087825

*PARTIAL AQUATIC FACILITY CLOSURES:

MASTERS SWIM MEET

Sat	Feb 13	12:00 - 8:00 pm
Sun	Feb 14	8:00 am - 2:00 pm

ARTISTIC SWIMMING SWIM MEET

Sat	Feb 20	12:00 - 8:00 pm

VKSC SWIM MEET

Fri	Mar 12	6:00 am - 9:00 pm
Sat	Mar 13	7:00 am - 8:00 pm

BECOME A LIFEGUARD

BRONZE MEDALLION

Location ALC
Age 13+ yrs

Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness (the four components of water rescue education) form the foundation of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Prereq: 13 years or Bronze Star.

Sun - Wed	**Dec 20 - 23**	**9:00 am - 3:00 pm**
$193.57 + GST		ID: 00087689
Sun	**Jan 3 - Feb 28**	**9:00 am - 12:00 pm**
$198.65 + GST		ID: 00087690

BRONZE CROSS

Location ALC
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 - Wed	**Dec 27 - 30**	**9:00 am - 3:30 pm**
$208.90 + GST		ID: 00087691
Sat	**Jan 9 - 30**	**9:00 am - 3:30 pm**
$214.43 + GST		ID: 00087692

EMERGENCY FIRST AID WITH CPR-C & AED: BASIC

Location ALC - Activity Room 1CD
Age 13+ yrs

Whether in the workplace or out in the world, Emergency First Aid with CPR-C & AED gives you the practical skills needed to respond to an emergency involving adults. You'll learn how to recognize and respond to a variety of emergencies such as asthma, allergic reaction, heart attack, stroke, and bleeding. Written examination required. Prereq: 13 years of age by the last day of the course.

Sun	**Jan 17**	**8:30 am - 5:30 pm**
$99.29 + GST		ID: 00087701
Fri	**Feb 12**	**8:30 am - 5:30 pm**
$99.29 + GST		ID: 00087703

STANDARD FIRST AID WITH CPR-C & AED: INTERMEDIATE

Location ALC - Activity Room 1CD
Age 13+ yrs

A prerequisite to the Lifesaving Society's National Lifeguard awards, Standard First Aid with CPR-C & AED builds on the skills learned in Emergency First Aid to respond with confidence to many first aid emergencies. New items covered are soft tissue and skeletal injuries, environmental emergencies, and medical emergencies. Written examination required. Prereq: 13 years of age by the last day of the course.

Sun & Mon	**Jan 17 - 18**	**8:30 am - 5:30 pm**
$193.59 + GST		ID: 00087702
Fri & Sat	**Feb 12 - 13**	**8:30 am - 5:30 pm**
$193.59 + GST		ID: 00087704

NATIONAL LIFEGUARD - POOL OPTION

Location ALC - Meeting Room 1B
Age 15+ yrs

The National Lifeguard (NL) Pool is a core award which builds on the fundamental skills, knowledge, and values taught in the Society's 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). Prereq: Bronze Cross, Standard First Aid, and 15 years old.

Thu - Fri	**Feb 18 - Mar 6**	**4:00 - 8:30 pm**
Sat		**9:00 am - 4:30 pm**
$505.38 + GST		ID: 00087693

NATIONAL LIFEGUARD PRECERT / RECERTIFICATION: POOL OPTION

Location ALC - Meeting Room 1B
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. Prereq: National Lifeguard (any option).

Sun	**Feb 6**	**9:00 am - 5:30 pm**
$125.20 + GST		ID: 00087694

LIFEGUARD CERTIFICATION COURSES

Bronze Medallion → **Bronze Cross** → **Standard First Aid** → **National Lifeguard** → **Swim Instructor**

BECOME A LIFEGUARD

JUNIOR LIFEGUARD CLUB

Location ALC
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. But just as important, kids experience teamwork and a sense of belonging. They become part of a club, the Junior Lifeguard Club. The Junior Lifeguard Club 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	**Jan 8 - Mar 5**	**5:00 - 6:00 pm**
$237.86	VRP $148.66	ID: 00087826

SWIM INSTRUCTOR

Location ALC - Meeting Room 1B
Age 15+ yrs

The Lifesaving Society Swim Instructor certification prepares candidates to teach and evaluate basic swim strokes and related skills, and includes an Adapted Swim Instructor session. Swim Instructors teach and evaluate candidates in the Society's Swim for Life® and Canadian Swim Patrol levels. Candidates are trained in, and must demonstrate skills, knowledge, and attitudes at a Competency Level 1 to achieve certification. Prereq: Bronze Cross and 15 years old.

Jan 31 - Mar 11, exclude Feb 14 & 28

Sun	**9:00 am - 3:30 pm**
Tue	**4:00 - 8:30 pm**
Thu	**4:00 - 8:30 pm**
$427.18 + GST	ID: 00087777

SWIM INSTRUCTOR RECERT

Location ALC - Meeting Room 1B
Age 16+ yrs

The Swim Instructor Recert 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. Requires purchase of a Candidate Workbook. Prereq: Swim Instructor (current within 5 years), Adapted Swim Instructor Online session (1 hour).

Sat	**Jan 23**	**9:00 am - 1:30 pm**
$128.41 + GST		ID: 00088533

LIFESAVING INSTRUCTOR & EXAMINER RECERT

Location ALC - Meeting Room 1B
Age 16+ yrs

This program is for individuals needing to recertify or update their Lifesaving Instructor certification. Prereq: Lifesaving Instructor (current within 5 years).

Sun	**Jan 10**	**9:00 am - 1:30 pm**
$112.30 + GST		ID: 00087696

CPR A & AED: HEART & STROKE MONTH

Location ALC - Activity Room 1CD
Age 13+ yrs

Knowing how to activate EMS, perform CPR and use an AED are critical lifesaving skills that everyone should have. CPR-A & AED prepares rescuers to respond to critical emergencies including heart attack and angina, stroke, choking, and resuscitation.

Fri	**Feb 5**	**4:30 - 8:30 pm**
$18.00 + GST		ID: 00087700

CITY OF Vernon | VERNON RECREATION

We're Hiring

Join our growing team. We're hiring passionate, experienced, and skilled individuals to lead our recreation programs.

Part-time positions available with flexible schedules. Apply now and be part of our success story.





FITNESS LEADERS
RECREATIONAL LEADERS
REFEREES
PROGRAM INSTRUCTORS
LIFEGUARDS

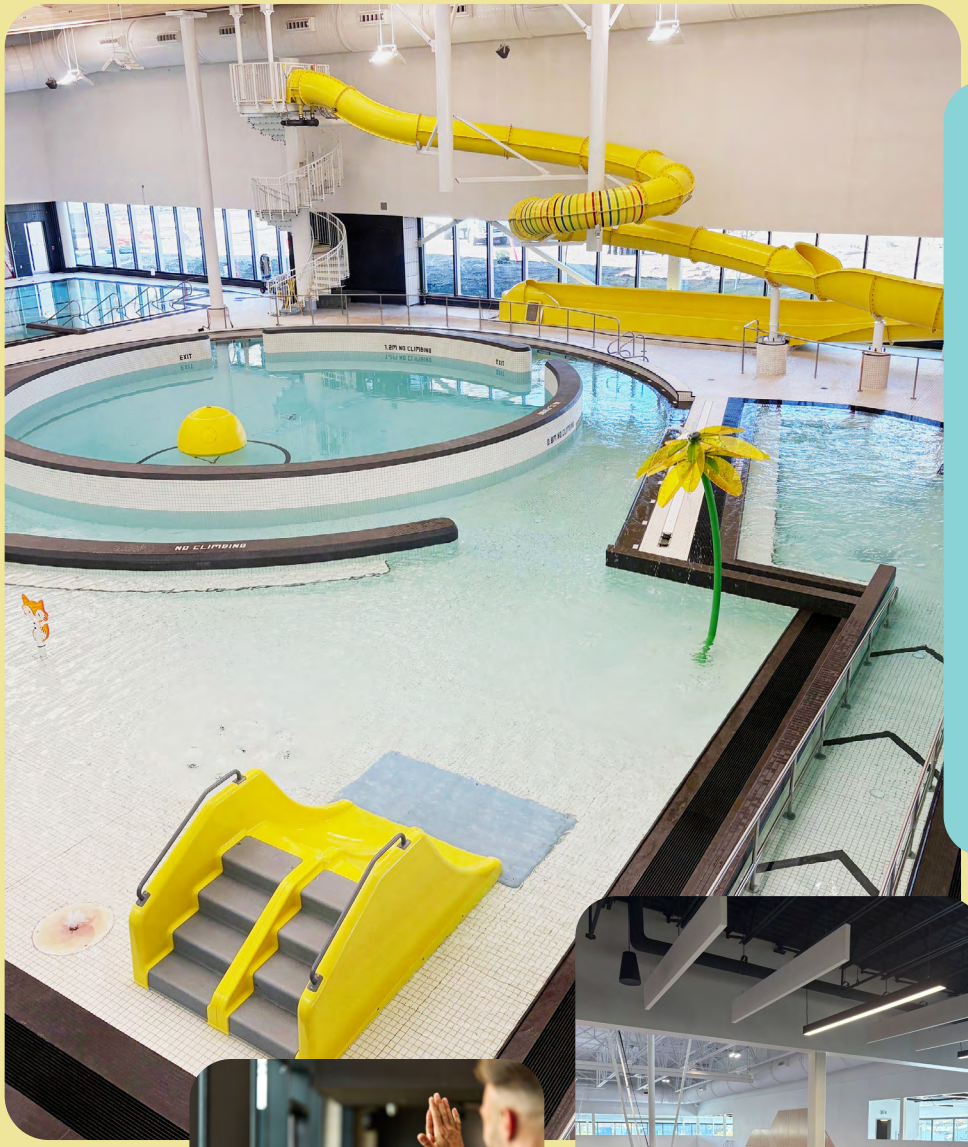
APPLY ONLINE

City of Vernon Careers webpage: vernon.ca/government-services/careers

New Active Living Centre

Come discover the new **Active Living Centre** and sign up for your favourite programs this Winter.



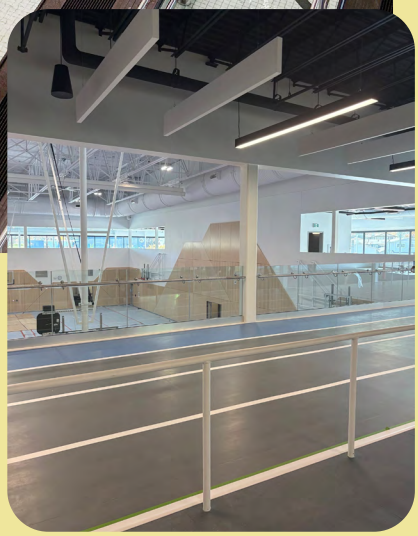


FACILITY FEATURES:

- 50-metre pool
- 25-metre pool
- climbing wall
- leisure pool with waterslide
- wave ball
- rapids channel
- fitness centre
- walking/running track
- double gymnasium
- universal change rooms
- NinjaCross obstacle course
- hot tubs
- cold plunge

This facility is accessible, inclusive, fun, family-friendly and orientated towards participants of all ages and abilities.











STARS ON ICE

2026 Holiday Tour

Celebrate the holidays with Stars on Ice, Canada's premier figure skating show! This exclusive holiday tour brings Olympic, World and National champions together for a dazzling celebration of world-class skating, breathtaking choreography, glittering costumes and Yuletide sparkle.

Headlined by 2026 Olympic Bronze Medalists Piper Gilles & Paul Poirier, it's the perfect holiday outing for fans and families alike, with show-stopping performances, spectacular ensemble routines and plenty of holiday cheer to make spirits soar.

DECEMBER 18, 2026 • 7:00 PM
KAL TIRE PLACE

Great seats available starting at $35!
Secure yours today!

starsonice.ca

Your next event starts here

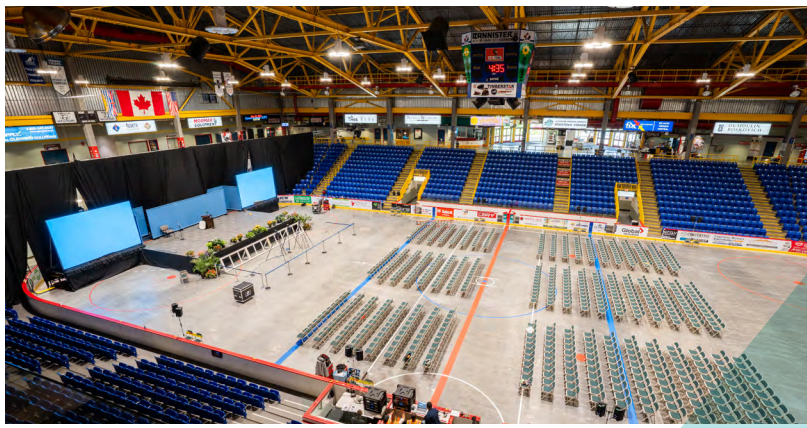
CITY OF VERNON FACILITY RENTALS & EVENT PLANNING

Planning a meeting, celebration or community event? Explore rental facilities, submit a booking request and find resources to help plan your event.

FACILITY RENTALS & BOOKING
vernon.ca/parks-recreation/bookings-rentals

EVENT PLANNING
vernon.ca/parks-recreation/event-planning

CONTACT OUR BOOKING TEAM
Email: bookings@vernon.ca





CITY OF Vernon | VERNON RECREATION

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



CITY OF Vernon