



Media Release

THE CORPORATION OF THE CITY OF VERNON
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FOR IMMEDIATE RELEASE

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Activate your fitness with Greater Vernon Recreation’s fall programs

Activate your fitness by registering for Greater Vernon Recreation’s fall programs this weekend.

Starting at 8:00 a.m., Sunday, August 21, residents of Vernon, Coldstream and Areas B and C, will be able to register for all fall programming and courses. *(Residents outside these areas will be able to register for programs and courses at 8:00 a.m. on Sunday, August 28.)*

A complete list of upcoming recreation programs, courses and schedules can be found in the new Active Living Guide, which can be found on the Greater Vernon Recreation [website](#).

Swim Lessons

Starting this fall, Greater Vernon Recreation Services will be offering swim lessons through the Lifesaving Society’s *Swim for Life* learn-to-swim program. *Swim for Life* is a complete learn-to-swim program offering courses for Parent & Tot through to Leadership.

“The Lifesaving Society’s mission is ‘to prevent drowning and reduce water-related injury,’” said Gary Lefebvre, Manager, Aquatics. “The *Swim for Life* program has a lot of in-water practice to develop solid swimming strokes and skills. The program also incorporates valuable Water Smart education that will last a lifetime.”

The [Lifesaving Society Swim for Life program](#) has been endorsed by the Canadian Red Cross as well as by the International Life Saving Federation and the Commonwealth Royal Life Saving Society. The change to the Lifesaving Society’s *Swim for Life* program comes following the decision by the Canadian Red Cross to discontinue its swim program.

Greater Vernon Recreation Services is asking parents interested in registering a child for swim lessons to visit the Greater Vernon Recreation website and review the [Lifesaving Society Swim for Life program transition chart](#). The chart will help determine which level their child should be registered. Please, only register for one swim program at a time.

For more information, or to review the Active Living Guide, visit the [Greater Vernon Recreation website](#) or contact the Greater Vernon Recreation Centre at 250-545-6035 (ext. 0) for more details before registering.