Greater Vernon Recreation
Through recreation we improve quality of life!
gvrec.ca
New Pool & Active Living Centre
Have your Say!

The public’s involvement and feedback for the Active Living Centre Feasibility Study is vital. Participate and provide input on the type and size of new recreation facilities required in Greater Vernon to meet needs now and into the future. The Feasibility Study will assess the level of community support for:

- The development and location of new facilities as indicated in the 2018 Master Plan:
  - Aquatic Centre (NEW pool to increase aquatic use capacity)
  - Gymnasium(s)
  - Dedicated Program Spaces
  - Fitness Space
  - Indoor Walking / Running Track
- Potential upgrades to the Vernon Aquatic Centre
- Funding options (i.e. taxes, user fees, etc.)

Ways to participate:
- Audited Survey (Check your mail for an access code)
- Open Survey (starts March 16)
- Pop-up events
  Do you have questions? Come see us:
  - Coldstream Council Chambers: Tuesday, March 3, 5-7pm
  - BX Elementary School: Thursday, March 12, 5-7pm
  - Community Expo at Kal Tire Place: Saturday, March 14, 10am-5pm
  - Vernon Home Show at Kal Tire Place: Saturday, March 28, 10am-5pm and Sunday, March 29, 10am-4pm
- Final Public Open House (what we heard report)
  Recreation Centre - Auditorium: Sunday, April 19, 9am-1pm

For more information, please visit our public engagement website: www.engagevernon.ca
Office Hours:

Recreation Centre
3310 37th Avenue
250-545-6035

Regular Office Hours:
Mon-Thur 6:30am-9:30pm
Fri 6:30am-10:00pm
Sat 9:00am-9:00pm
Sun 8:00am-9:00pm

Summer Office Hours:
Jul 2-Aug 23
Mon-Fri 6:30am-9:00pm
Sat & Sun 12:00-9:00pm
Stat Holidays 12:00-4:00pm

Kal Tire Place
3445 43rd Avenue
250-550-3257

Regular Office Hours
Mon-Fri 9:00am-3:00pm
Sat & Sun closed
Stat Holidays closed

Annual Pool & Gym Shutdown

The Vernon Aquatics Centre will be closed for the annual Shutdown as of Monday, August 24, 2020. At this time, it is not known how long the work scheduled will take to complete. As soon as exact dates are determined, we will make you aware of them. If needed, passes will be extended accordingly. Thank you for your patience and understanding with this matter.

How to Create Your Online Registration Account:
Step 1: Go to gvrec.ca
Step 2: Click on the text “Log in”
Step 3: Click on Create an Account
Step 4: You are now able to enter all of your information. A password will be sent to the email address you provide. You can then log in and add additional family members and update your account information.

What is in it for you?
- real time program and service registration
- safe and secure online booking
- access to all your programs and memberships
- increased customer service and ease of use

Current Membership Pass Holders:
We are now using an online registration software. This requires you to set up an account and get a membership pass. Please go online and set up your account, memberships cannot be renewed online at this time.

Ways to Register
- In person at either office
- Online www.gvrec.ca

Have you set up your account to register into programs? See above for explanation.

Registration for Spring & Summer programs start Sunday, March 1. Registration opens at 8:00am at Recreation Centre office and online.
Aquatic Centre & Fitness Gym Rates

<table>
<thead>
<tr>
<th></th>
<th>Single</th>
<th>10 Pass</th>
<th>20 Pass</th>
<th>30 Days</th>
<th>90 Days</th>
<th>180 Days</th>
<th>1 Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADULT 19 yrs+</td>
<td>6.30</td>
<td>56.70</td>
<td>107.10</td>
<td>69.15</td>
<td>141.60</td>
<td>242.60</td>
<td>422.65</td>
</tr>
<tr>
<td>YOUTH 13-18 yrs</td>
<td>4.70</td>
<td>42.30</td>
<td>79.90</td>
<td>52.25</td>
<td>107.00</td>
<td>183.50</td>
<td>319.70</td>
</tr>
<tr>
<td>CHILD 7-12yrs</td>
<td>4.10</td>
<td>36.90</td>
<td>69.70</td>
<td>44.95</td>
<td>91.95</td>
<td>157.35</td>
<td>275.90</td>
</tr>
<tr>
<td>PRESCHOOL 3-6yrs</td>
<td>2.05</td>
<td>18.45</td>
<td>34.85</td>
<td>22.50</td>
<td>46.00</td>
<td>78.80</td>
<td>137.30</td>
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<tr>
<td>FAMILY *</td>
<td>13.75</td>
<td>123.75</td>
<td>233.75</td>
<td>152.05</td>
<td>311.25</td>
<td>533.65</td>
<td>929.50</td>
</tr>
<tr>
<td>SENIOR 65 yrs+</td>
<td>4.70</td>
<td>42.30</td>
<td>79.90</td>
<td>52.25</td>
<td>107.00</td>
<td>183.50</td>
<td>319.70</td>
</tr>
</tbody>
</table>

**Toonie Swim:** Everyone $2  Sat & Sun 4:30-6:30pm

**SWIM DEFINITIONS:**

- **Public Swim** Both pools will be open and on a rotational basis, the climbing wall, diving board, rapids channel, bubble pit, raindrop, rope swing & slide will be available. Sauna, steam room and hot tub always open. The lap pool will have a minimum of 1 lane open for lap swimming.
- **Lap & Leisure** Lap pool available to the public for laps, water walking or running. Diving board, climbing wall and rope swing not available. Full use of hot tub, steam room, sauna, and leisure pool. Slide available on a limited basis.
- **Limited Use** Some facilities will be open, but may be shared with organized instructional programs. Slide, rope swing, climbing wall, river jets and diving board may not operate during these times.
- **Leisure Swim** Leisure pool, water slide and hot spots open. Main pool & lap lanes closed Mon-Fri 5:00-7:00pm.
- **Toonie** A public swim at a bargain price! The lap pool will have a minimum of 3 lanes open.
- $2 **Everyone**
  - **Senior Toonie Swim** 65 yrs + swim for $2.
  - **Family** * Means members of an immediate family. Max 2 adults & their children under 19 years who are immediate family members.
  - **Preschool** Means children 3-6 years. Children 2 and under admitted free of charge. All preschoolers must be within arms reach of someone 16 yrs or older at all times.

**DISCOUNTS**

**AFFORDABLE ACCESS PASS**

Financially Disadvantaged

Greater Vernon residents who are receiving financial assistance from one of the following provincial or federal programs may receive a 75% discount on select programs through the Affordable Access Pass (*).

- Regular Income Assistance Benefits
- Persons With Disabilities (PWD)
- Persons with Persistent and Multiple Barriers (PPMB)
- Canadian Pension disabilities (CPPD)
- Guaranteed Income Supplement for Seniors (GIS)

Proof of eligibility is received from the Ministry of Social Development and Poverty Reduction Centre or Service Canada. Proof of residency will be required when signing up for the Affordable Access Pass and will be renewed annually.

*select programs include:
- Public swim and weight room drop-ins or passes
- Drop-in and punch passes for morning Aquafit classes and AquaTherapy
- Drop-in and punch passes for skating and drop-in sports programs

**PERSONS WITH DISABILITY**

A person with a permanent disability which would limit their ability to fully use the facility without assistance can receive a 25% discount. A person with a disability may also request to bring a caregiver into the facility with them free of charge to assist them in using the facility. Any child under the age of 7 must be accompanied by a paying adult but that adult can request to have someone assist them in caring for their child with a disability free of charge. Patrons 7 and over do not typically require adult supervision in the Aquatic Centre so one parent/caregiver may go in to assist that patron with a disability free of charge.

**CAREGIVER INFORMATION**

The Vernon Aquatic Centre is pleased to offer free entry to caregivers providing assistance to individuals 7 years of age and older with a permanent disability, who require the assistance to safely use the facility.

If you are acting in the role of a caregiver, the Vernon Aquatic Centre expects you to:

- Actively supervise the person with a disability and stay within arm’s reach of them for the duration of the visit.
- Be assisting the person with a disability with changing, toileting, showering, and entering/ exiting the pools as needed.
- Be able to provide personal contact information and pre-existing medical conditions to the lifeguards in case of an emergency.
- Be able to determine if the person they are caring for is in distress and notify the lifeguards immediately if they require medical assistance.

Persons who provide services such as physiotherapy, swim instruction, coaching, training or are in direct competition with programs provided by Recreation Services must pay regular admission and do not qualify for free entry.

**GET ACTIVE RECREATION PASS**

is a special introductory 1 month pass to the fitness gym and pool at the Recreation Centre. It is intended for individuals 17 years and older who have never had a swim or fitness room pass through Recreation Services and a Greater Vernon resident. If you are a new resident to Greater Vernon or if you still don’t know where the Recreation Centre is located . . . we would like to meet you, please bring proof of residency. The Get Active Recreation Pass includes 1 month access to the fitness room and pool for only $30.

Recreation Services  250-545-6035
Aquatic Centre & Fitness Gym Schedules

Spring Pool Schedule Mar 29 to Jun 27

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
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</thead>
<tbody>
<tr>
<td>Lap &amp; Leisure</td>
<td>6:30-8:30am</td>
<td>minimum 4 lanes and all leisure facilities open; Wed/Fri minimum 3 lanes</td>
<td></td>
<td></td>
<td>Pool booked with swim lessons and programs.</td>
<td></td>
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<tr>
<td>Limited Use</td>
<td>8:30-11:30am</td>
<td>minimum 1 lane and shared leisure facilities</td>
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<td></td>
<td></td>
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<tr>
<td>Lap &amp; Leisure</td>
<td>11:30-1:00pm</td>
<td>8 lanes plus all leisure facilities</td>
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<td></td>
<td></td>
<td></td>
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<tr>
<td>Limited Use</td>
<td>1:00-5:00pm</td>
<td>minimum 1 lap lane, hotspots, shared leisure pool</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hot Spots Only</td>
<td>5:00-7:00pm</td>
<td>no lap lanes, limited/shared leisure pool space, hot spots available</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Public Swim</td>
<td>7:00-9:30pm</td>
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<td></td>
<td></td>
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<tr>
<td>Limited Use</td>
<td>1 lane</td>
<td>7:00-9:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Public Swim</td>
<td>7:00-9:30pm</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Limited Use</td>
<td>1 lane</td>
<td>7:00-9:30pm</td>
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<td></td>
<td></td>
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<tr>
<td>Public Swim</td>
<td>7:00-10:00pm</td>
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<tr>
<td>Public Swim</td>
<td>7:00-9:00pm</td>
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Summer Pool Schedule Jun 28 to Aug 23

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lap &amp; Leisure</td>
<td>6:30-8:30am</td>
<td>5 lanes and all leisure facilities open</td>
<td></td>
<td></td>
<td>Pool booked with programs.</td>
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</tr>
<tr>
<td>Water Fitness</td>
<td>8:30-9:30am</td>
<td>9:30 to noon</td>
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<tr>
<td>Limited Use</td>
<td>9:30 to noon</td>
<td>1 lap lane, hot tub, steam room &amp; sauna available</td>
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<td></td>
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</tr>
<tr>
<td>Lap &amp; Leisure</td>
<td>12:00noon-1:30pm</td>
<td>8 lanes plus all leisure facilities</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Public Swim</td>
<td>1:30-5:00pm</td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>Pool Closed Tue</td>
<td>1:30-3:30pm</td>
<td>Jul 7-Aug 11</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Public Swim Wed</td>
<td>1:30-5:00pm</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Public Swim</td>
<td>1:30-5:00pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Limited Use</td>
<td>5:00-7:00pm</td>
<td>1 lap lane, hot tub, sauna, steam room available</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Public Swim</td>
<td>7:00-9:00pm</td>
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</tbody>
</table>

Fitness Gym Schedule:

Spring: Mar 29-Jun 27

- Mon to Fri: 6:30am-9:30pm, closed between: 8:15-11:30am closed for classes (M,W,F) 9:00-10:45am closed for classes (Tu, Th)
- Fri open to 10:00pm
- Sat: 9:00am to 9:00pm
- Sun: 8:00am to 9:00pm

Summer: Jun 28-Aug 23

- Mon, Wed, Fri: 6:30am-9:00pm
- Tue & Thu: 6:30am-8:45am
- 9:00-10:45am closed for classes
- Fri open to 10:00pm
- Sat & Sun: 12:00pm - 9:00pm

We also offer classes in the Fitness Gym. See page 61 in the Fitness Section.

General Fitness Gym Info:

- must be at least 13 yrs
- 13-15 yrs must have a fitness gym orientation before buying a pass, see page 59 for details
- clean inside shoes & shirt are mandatory
- no bags in Fitness Gym
- fragrance free area

Statutory Holiday Swims

<table>
<thead>
<tr>
<th>Good Friday:</th>
<th>Apr 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Easter Sunday:</td>
<td>Apr 12</td>
</tr>
<tr>
<td>Easter Monday:</td>
<td>Apr 13</td>
</tr>
</tbody>
</table>

SPECIAL EVENTS IN THE POOL

Mother’s Day Swim | Father’s Day Swim
Sunday, May 10 | Sunday, Jun 21
1:30-4:00pm | 1:30-4:00pm

Special Swims for special people. Moms and Dads will swim for free on their special day. They must be accompanied by at least 1 child who pays the regular rate.

Pro D Swim: Fri, May 15 1:00-4:00pm $2 each
### Spring Swimming Lessons 4 mos. - 6 yrs.

Registration begins Sunday, March 1 at 8:00am

<table>
<thead>
<tr>
<th></th>
<th>1 class per week</th>
<th>2 per week</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mon</td>
<td>Tue</td>
</tr>
<tr>
<td>Starfish</td>
<td>9:00am</td>
<td>5:00pm</td>
</tr>
<tr>
<td>Duck</td>
<td>9:30am</td>
<td>10:00am</td>
</tr>
<tr>
<td>Sea Turtle</td>
<td>10:00am</td>
<td>9:00am</td>
</tr>
<tr>
<td>Sea Otter</td>
<td>9:00am</td>
<td>10:00am</td>
</tr>
<tr>
<td>Salamander</td>
<td>9:00am</td>
<td>10:00am</td>
</tr>
<tr>
<td>Sunfish</td>
<td>9:00am</td>
<td>3:15pm</td>
</tr>
<tr>
<td>Crocodile</td>
<td>3:00pm</td>
<td>3:30pm</td>
</tr>
<tr>
<td>Whale</td>
<td>3:30pm</td>
<td>10:30am</td>
</tr>
</tbody>
</table>

#### Rates for Lessons

- Preschool & Swim Kids Level 1-3: 1/2 hr. lesson: $54.72
- Swim Kids Level 4-6: 3/4 hr. lesson: $71.19
- Swim Kids Level 7-10: 1 hr. lesson: $93.24

### Preschool Levels:

**Starfish** 1-12 mths with caregiver

- Introductory class for babies & their caregiver. Babies must be able to hold their head up.
- The goal is to experience buoyancy, movement, entries, songs & play in the water.

**Sea Otter** 3-6 yrs

- This is the transitional level where parents will leave the child with the instructor.
- Using games & activities the children will learn to open their eyes underwater and develop basic floats and glides assisted by the instructor.

**Crocodile** 3-6 yrs

- Preschoolers start independent glides and kicks in deep water. Endurance is built through increasing distance for front & back swims. Swimmers learn about the dolphin kick and try synchro skills. Prerequisite: complete Sunfish

**Duck** 12-24 mths with caregiver

- Toddlers build confidence while enjoying the water through games and active water play in this parented program.

**Salamander** 3-6 yrs

- Preschoolers learn new swimming skills including floats and glides through games and songs. They learn to jump into chest deep water. Prerequisite: complete Sea Otter

**Whale** 3-6 yrs

- Children will learn to swim independently and participate in team games. Preschoolers will increase their distance and improve skills in front and back swims. Swimmers also learn about throwing assist to help another person. Prerequisite: complete Crocodile

**Sea Turtle** 24-36 mths with caregiver

- This is the parented level that will further develop floats, glides and kick through fun games and songs.

**Sunfish** 3-6 yrs

- Assisted by an instructor, preschoolers work on stroke and skill progressions. Learning also focuses on good judgement in, on, and around the water. Entries and floats in deep water are also taught. Prerequisite: complete Salamander

**Age Restrictions:**

- Swimmers must be the required age by the first day of the course for Starfish, Duck, Sea Turtle and Sea Otter.

#### Schedule of Classes

- **Starfish**
  - Mar 30-Jun 15: 10 lessons, no Apr 13, May 18
  - Mar 31-Jun 16: 12 lessons

- **Duck**
  - Apr 1-Jun 17: 11 lessons, no class Apr 10
  - Apr 3-Jun 19: 9 lessons, no May 16

- **Sea Turtle**
  - Apr 18-Jun 20: 9 lessons, no May 17

- **Sea Otter**
  - Apr 19-Jun 21: 9 lessons, no May 17

- **Salamander**
  - Mar 31-May 7: 12 lessons

- **Sunfish**
  - May 12-Jun 18: 12 lessons

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#### Don’t know what level your child is swimming at?

- We offer free swim evaluations, please check with the front counter. Please bring child’s previous swim card to your new instructor.

#### Moving From Preschool to Swim Kids:

<table>
<thead>
<tr>
<th>Level</th>
<th>Incomplete</th>
<th>Completed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunfish</td>
<td>to Swim Kids 1</td>
<td>to Swim Kids 2</td>
</tr>
<tr>
<td>Crocodile</td>
<td>to Swim Kids 2</td>
<td>to Swim Kids 3</td>
</tr>
<tr>
<td>Whale</td>
<td>to Swim Kids 3</td>
<td>to Swim Kids 4</td>
</tr>
</tbody>
</table>
Spring Swimming Lessons 6-12 yrs: Swim Kids levels 1-10

Spring Break Swim Lessons are posted on our website at: www.gvrec.ca

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>Provides an orientation to the water &amp; the pool area and introduces floats and glides with kicks. Children build their endurance by improving distance.</td>
<td>10:00am - 11:30am</td>
</tr>
<tr>
<td>Level 2</td>
<td>This level helps the child build skills in front and back swims. Children are introduced to deep water activities and proper use of a personal flotation device (PFD). Endurance is built on flutter kicking and with assisted glides</td>
<td>9:30am - 11:30am</td>
</tr>
<tr>
<td>Level 3</td>
<td>This level provides an introduction to front crawl as well as the foundation for making wise choices on where and when to swim. Diving is introduced and children will work on floats and changing direction. 15 meter swim</td>
<td>9:30am - 11:00am</td>
</tr>
<tr>
<td>Level 4</td>
<td>The front crawl, back glide and shoulder roll for back crawl are further developed. Children work on kneeling dives, surface support and develop a greater sense of self safety by understanding their own limits. 25 meter swim.</td>
<td>10:30am - 11:15am</td>
</tr>
<tr>
<td>Level 5</td>
<td>Back crawl is introduced, along with sculling skills and whip kick on the back. Children try stride dives and receive an introduction to safe boating skills. 50m swim.</td>
<td>10:30am - 11:15am</td>
</tr>
<tr>
<td>Level 6</td>
<td>Front and back crawl continue to be refined as the elementary backstroke is introduced. Children are also introduced to safety on ice, elementary rescue with throwing assists, treading water and the front dive. 75 meter swim.</td>
<td>11:15am</td>
</tr>
<tr>
<td>Level 7</td>
<td>More front crawl, back crawl and elementary back stroke. Whip kick is introduced. Children learn about airway and breathing obstructions, and participate in timed treading water for increasing endurance. 150m swim</td>
<td>9:30am - 4:00pm</td>
</tr>
<tr>
<td>Level 8</td>
<td>Level 8 provides an introduction to the breaststroke, feet first surface dives and rescue entries. Children learn about the dangers of open water, hypothermia and practice rescue breathing. 300 meter swim.</td>
<td>9:30am - 4:00pm</td>
</tr>
<tr>
<td>Level 9</td>
<td>Front crawl, back crawl, elementary back-stroke and breaststroke continue to be refined. Work on head-first shallow dives and standing dives and learn about wise choices, peer influences and self-rescue from ice. 400m swim.</td>
<td>9:30am - 4:00pm</td>
</tr>
<tr>
<td>Level 10</td>
<td>Introduction to vertical dolphin and scissor kick as a warmup/cool down stroke for fitness. Will learn about sun safety, rescue of others from the ice, and head-first and feet first shallow dives. Endurance is built using 500 m swim.</td>
<td>9:30am - 4:00pm</td>
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www.gvrec.ca

Registration begins
Sunday, March 1 at 8:00am
### Lessons at Recreation Centre:

#### Preschool Swim Levels

<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>Starfish</td>
<td>10:30am</td>
<td>9:30am</td>
<td>10:30am</td>
<td>9:30am</td>
</tr>
<tr>
<td>Duck</td>
<td>10:30am</td>
<td>10:00am</td>
<td>10:30am</td>
<td>9:50am</td>
</tr>
<tr>
<td>Sea Turtle</td>
<td>9:30am</td>
<td>10:30am</td>
<td>9:30am</td>
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<tr>
<td>Sea Otter</td>
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#### Swim Kids Levels 1-10

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#### Lessons at Lavington Outdoor Pool

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**One Lesson at a Time:** Parents who have children currently registered in swim lessons must wait until the current lesson set is over before registering in the next. Parents must provide a progress card, swim evaluation form or be in our system prior to registering for Salamander through to Whale or SK 2 to SK 10.
OUTDOOR POOLS

SUMMER FUN

LAKEVIEW WADING POOL
AKA “The Peanut Pool”
Jun 26-Sep 7
10:00am-7:00pm, everyday
* Hours may vary based on weather

This free to use “peanut” shaped wading pool is located right beside the playground in Lakeview Park, 18th St. and 30th Ave.

Lakeview Community Waterfight
Wed, Aug 5  11:00-1:00pm
Grab those super soakers and take on the Lifeguards in water-filled fun at the Peanut Pool. All ages welcome.

POLSON SPRAY PARK
Hours of Operation
This very popular water spray playground is located within Polson Park. It provides great summer fun for children of all ages. The spray park is open to the public at no charge from 10:00-7:00 pm, seven days a week from May long weekend to Sept long weekend.

WEATHER DEPENDENT

LAVINGTON OUTDOOR POOL
6401 Lavington Way
Limited depth wading pool.
Professional Lifeguards on duty.
* Hours may vary based on weather

PUBLIC SWIMS Free Admission
Jun 26-Aug 22
Fri, Sat, Sun: 10:00am-7:00pm
Mon-Thu: 12:00-5:00pm & 6:00-7:00pm
Aug 23-Sep 7
Everyday: 10:00am-6:00pm

SWIM LESSON DATES:
Mon-Thu 11:00-12:00 & 5:00-6:00pm
• Jun 29-Jul 9
• Jul 13-23
• Jul 27-Aug 6
• Aug 10-20

Registration starts Sat, May 2 either online or in person at the Vernon Recreation Centre (no longer at Lavington Pool). Please bring your child’s previous report card when registering; see page 8 for times and dates.

Lavington Fun Swim with Games & Prizes:
Wed, Jul 29  12:30-2:30pm

www.gvrec.ca
rhythmic gymnastics
the magical meeting place of sport and art

Come explore this community gem established in 1997 by Vernon’s Olympian Camille Martens

OPEN HOUSE
May 30 & 31
10am-12pm

FREE SHOW
“Rhythmic Dreams”
June 23, 7pm
Performing Arts Centre

This spring!
FUN R.G. WORKSHOPS
Inspired by your favourite musical stories
Choose 3
$49.00+GST
No experience necessary

SUMMER CAMPS
No experience necessary

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<th>THEME</th>
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<td>Jul17 11am-1:00pm $100 +GST</td>
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<td>Aug. 14 12:2:00pm $100 +GST</td>
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FREE ADULT CLASSES
Inquire for dates/times (one time annual $20 registration fee for insurance purposes).

Visit our website www.rgstars.net
Fill out our online survey and receive a FREE workshop or class!
I ❤️ bike to work & school week

May 25 - 31, 2020

www.biketowork.ca

SAVE THE DATES!
**NORTH OKANAGAN SAILING ASSOCIATION**

**SAIL • LEARN TO SAIL**
ALL AGES — FAMILY FUN! CERTIFIED INSTRUCTORS

7801 Okanagan Landing Road (Paddlewheel Park) 250.260-4255 — www.nosa.bc.ca

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**THIS SUMMER AT COOL OFF**

**SPLASHDOWN**
Vernon Family Waterpark

- 10 SLIDES • THE RIVER RIOT TUBE RIDE • HOT TUB • GIFT SHOP • VIP CABANAS
- CONCESSION STAND • PICNIC AREA • OPEN MID JUNE TO EARLY SEPTEMBER

7921 Greenhow Road, Vernon, B.C | 250.549.4121
5 km north of Vernon across from Swan Lake Nursery

**2 for 1**
BUY ONE REGULAR PRICED GENERAL DAY ADMISSION AND RECEIVE ONE FREE ADMISSION

LIMIT 1 FREE ADMISSION PER COUPON
Coupon must be present at time of purchase. Not valid with any other offers, groups, school visit or discounts.
No cash value. EXPIRES JULY 31, 2020

CODE: VLG
Masters, Adult Lessons, Private

Master Swim Club 19yrs+
Participate in the Masters swim group and get fit under the supervision of experienced coaches. Masters swim provides 5 days of training where you can attend the sessions of your choice. Coaches provide a structured work out and tips for improving your strokes.

Workout times include:
Sun 8:00-9:30am & 9:30-11:00am*
Tue & Thu 8:15-9:15pm
Wed & Fri 6:30-7:30am & 7:30-8:30am
*Sun practices may be reduced in May & Jun

Monthly Registration: Apr 1-30 May 1-31 Jun 2-26
Sr: $50.79 Adult $59.78 Pass Holder $25.00
no Masters Apr 10 and 12

Adult Lessons 16 and older
This is a learn-to-swim program for adults and older teens. This course is designed to increase swimmers’ comfort in the water or develop strokes chosen by the swimmer in consultation with the instructor to increase swimming distances and proficiency. All ability levels are welcome.

Tue 8:15-9:15pm
Mar 31-May 5 $62.16
May 12-Jun 16 $62.16

Thu 8:15-9:15pm
Apr 2-May 7 $62.16
May 14-Jun 18 $62.16

Aqua-Awareness Programs
For people with barriers to learning

AquaPercept 5-13yrs
AquaPercept offers a gym and swim experience for children who are non-participating or uncomfortable with most physical activity. These children may have attention deficits, perceptual motor difficulties or need help with social interactions. Aqua Percept uses fun games and activities to develop agility, balance, co-ordination and speed. We also work on developing fundamental movement skills and social skills that are necessary to access present and future leisure activities. A 3:1 ratio will be implemented to encourage personalized instruction.

Fri 3:30-4:30pm
Apr 17-Jun 19 $100.92

AquaDapt any age
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. Exercise and movement techniques will be offered by the instructor in the pool. Swim sessions are scheduled once a week based on instructor availability. Ask for a registration form from the front desk to get started.

Youth: $100.92/10 lessons Adults: $153.71/10 lessons

Okanagan Para Swim 7-18yrs
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/Thu 4:00-5:00pm Mar 31-Jun 25 $247.52
Fri 4:00-5:00pm Apr 17-Jun 26 $123.76
Sat 11:00-12:00pm Apr 18-Jun 27 $104.72

Private Swim Lessons
Do you need to focus on a specific skills or stroke item? Do you only have one item left to complete a level; then two private lessons may be the answer for you! All lessons are taught by our certified Red Cross instructors. Times will be arranged around their current schedule.

Private (1 person) 1/2 hr. lesson Youth: $24.43 Adult: $32.46
Semi-private (2 people) 1/2 hr. lesson Youth: $29.43 Adult: $37.46
Put your name on an interest list; you will be contacted once courses are created.

www.gvrec.ca
Advanced Aquatics

Instructor Courses
Steps to becoming a Swimming Instructor

**RED CROSS Water Safety Instructor Certification (15yrs)**

- **Step 1** WSI Skills Evaluation
  - Registration Required
  - 6 hrs

- **Step 2** WSI Online Component
  - Independent Study
  - 14-20 hrs

- **Step 3** WSI Teaching Experience
  - Volunteer with Swim Lessons
  - 8-20 hrs
  - Free
  - More experience may be required after classroom session.

- **Step 4** WSI Classroom + Pool Sessions
  - Registration Required
  - 21-26 hrs
  - Must be completed within 6 months of online component.

**WSI Water Safety Instructor Certification**
15yrs/Bronze Cross/Assist LG/SK10
The Water Safety Instructor (WSI) Course prepares candidates to instruct Red Cross Swim programs. This is the first of four components to complete WSI certification. Candidates focus on strategies to introduce and develop swimming and water safety skills in the Red Cross Swim Preschool, Red Cross Swim Kids, Red Cross Swim @ School, Red Cross Swim @ Camp, Red Cross Swim for Adults & Teens, and Red Cross Swim Adapted programs.

**Step 1:**
- **Jun 26** Fri
- 9:00-4:00pm
- **$70**

**Step 2:**
- to complete participants must purchase online component at time of registering for Step 1
- **$75**

**Step 4:**
- **Aug 11-20** Tue/Wed/Thu
- 4:00-9:00pm
- **$200**

Registration Deadline: Jul 31, 2020

**WSI Recert**

- **Sat**
- 9:00am-2:00pm
- **May 23**
- **$100**

**Jr Lifeguard Club 10-14yrs**
Recommended completion of SK 6
Participants 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 your child participate in activities similar to those of real lifeguards, in a safe, fun and controlled setting. Participants also experience teamwork and a sense of belonging. So join the club!

- **Fri**
- 4:00-5:00pm
- **Apr 17-Jun 19**
- **$66**

**Things you should know about Advanced Aquatics Courses:**
- BC and Yukon high school students can use Bronze Cross, Lifesaving Instructor and NL certifications for credit toward high school graduation.
- Registration deadline is 10 days prior to the start date of course.
- 100% Attendance is strongly recommended and all items must be covered in order to pass.
Lifeguard Certification Courses
Steps to becoming a lifeguard

**Bronze Medallion** 13 and older

**Prerequisite:** 13 yrs or Bronze Star

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

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**Bronze Cross** 13 yrs and older

**Prerequisite:** Bronze Medallion

The Bronze Cross award is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. Bronze Cross is a prerequisite for all advanced training programs, including National Lifeguard® (NL) and Instructor certifications. Includes a 600 metre timed swim and CPR-C.

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**Emergency First Aid**

recommended for 12 yrs and older

This course is not a prerequisite to National Lifeguard.

Lifesaving Society Emergency First Aid prepares rescuers to respond effectively in an emergency. Learn lifesaving skills such as CPR/AED use, obstructed airways procedures and how to recognize and treat asthma, allergic reactions, heart attack, stroke, and bleeding. Certification includes CPR-A/AED. This course provides WorkSafe BC recognized OFA Level 1 certificate. Must bring photo ID.

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**Standard First Aid** 15 yrs and older

**Prerequisite:** 13 yrs or Bronze Star

Comprehensive training covering all aspects of first aid, CPR and AED use! Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. In addition to the material covered in Emergency First Aid, candidates will learn how to treat head/neck injuries, soft tissue and musculo-skeletal injuries, and medical emergencies. This course provides WorkSafe BC recognized OFA Level 1 certificate.

Sun: 4:30-9:30pm  Mon,Wed: 9:00am-5:00pm
Mar 29-Apr 1  $168 including manual & pocket mask

**CPR Recert** 15 yrs and older

**Prerequisite:** Current CPR-C certificate

CPR-C is recertified by attending a CPR-C Recert clinic. In this 4 hour recertification clinic, candidates will review:
- Principles of first aid
- Use of barrier devices and activating EMS
- Adult, child and infant CPR with AED use
- 2 rescuer CPR and AED procedures
- Adult, child and infant unconscious and unconscious choking procedures
- Circulatory emergencies to include recognition and treatment of a heart attack, angina, stroke and TIA

Sun, Jun 7 1:30-5:30pm  $45

**National Lifeguard** 16 yrs and older

**Prerequisite:** Bronze Cross & Standard First Aid

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

Sun: 9:00am-5:00pm  Mon,Wed: 5:00-9:30pm
Apr 15-May 4  $466

**National Lifeguard Pool - Precert/Recert** 17yrs+

Sun Precert: 9:00am-1pm Recert 2:00-6:00pm
May 10  $115

www.gvrec.ca
NEW GYM LOCATION: 4700-31 ST • Online registration at www.nvgym.com • Email: info@nvgym.com

Spring Session
March 30 - June 19
* 1/2 Day Spring Break Camps
* Full and Half Day Summer Camps

 Offering:
• Recreational programs for toddlers to teens
• Girls competitive pre-comp programs
• Homeschool program
• Drop-In gym times for preschoolers, teens, adults & families
• Birthday Parties

What’s Happening at Your Library!

More than books! DVDs, feature films, magazines, eBooks, digital audiobooks, information services, computers, and free Wi-Fi. Visit us online at www.orl.bc.ca/vernon where you’ll find:
• eBooks, magazines, audiobooks, online tutorials and streaming videos
• Resources for the visually impaired and print disabled
• More information on programs, services, and upcoming events!

PROGRAMS – SPRING & SUMMER 2020 - DETAILS AT WWW.ORL.BC.CA/VERNON – VERNON BRANCH

ONGOING YOUTH PROGRAMS
• Fun Family Phonics Story Time
  Mar-July: Saturdays
• Family Story Time
  Apr 6 - May 12: Mondays, Tuesdays
  July 6 - 17: Mondays
  Babtime
  Apr 3 - May 1: Fridays
• Engineering Club (registered)
  Wednesdays

COMING UP
• Spring Break Events

ongoing adult programs
• CAYA Chatroom (meet others using AAC devices)
• One to One Computer Support
• Adult Book Club
• Amnesty International
• John Rudy Health Literacy Drop-in
• Autism Parent Support Group
• Game of Kings (Chess)
• Living Well with Osteoarthritis
• Vernon Permaculture
• Mental Health Educational Support
• Games Nights
  * Elders’ Games
  * Mah Jong
• Our Inspiration Lab, featuring Digitization Stations, Creation Stations with Adobe Creative Cloud software, and a recording booth, opens in early May!

ASK ABOUT:
• Meeting room rentals • Ebook & digital audiobook set-up & training
• Exam invigilation

Thank you to the Vernon Friends of the Library for all of their support.
**EXPERIENCE RINGETTE!**

MAKE FRIENDS — HAVE FUN
BE CHALLENGED

For all levels of skating ability!

Celebrating 50 Years!!

- Ringette is a Canadian sport, played on ice for over 50 years
- Co-ed Team sport with age groups starting at 5 years old
- Our season runs from September - March with ongoing registration.
- Invite gym ringette to be played in your school today. Contact us for more information.

For information on Come Try Ringette
Dawn Ponich
ponich@telus.net

To register or further information visit
www.vernonringette.com

The Fastest Game on Ice!

We acknowledge the financial assistance of the Province of British Columbia.

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**Start swimming with the KOKANEES**

Grassroots Program
(6-10 year olds)

- 3 sessions per year
- 2 program levels
- Excellent coach to swimmer ratio
- Focus on developing 4 competitive strokes, dives and turns
- Fun mini meets at the end of each session

Offering Fun, Friendship and Great Swimming

For more information on our programs visit
www.kokaneeswimclub.ca
Email: kokaneswimclub@shaw.ca

Vernon Kokanees
Vernon’s Competitive Swim Club for over 50 years

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**Step into the light ...**

**center stage**

PERFORMING ARTS ACADEMY

Summer Camps
July-August

- Musical Theatre
- Acting Classes
- Dance Classes
- Preschool Programs
- Voice Lessons
- Guitar Lessons

(236)426-2000 • email: centerstage@shaw.ca
1935 11th Avenue, Vernon BC
www.centerstageperformingartsacademy.com

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**SUNDANCE**

TAEKWON-DO

ACCEPTING NEW MEMBERS
2905A 43 Avenue (Above Banner) • (250) 306-2285
www.sundancemartialarts.com

- Great Fun • Meet New People • Male & Female - Kids, Teens and Adults
- Self Defense • Self Confidence • Fitness

Classes are taught by head instructor
David White, BBA,
6th Degree Black Belt,
International Instructor/Examiner
(27 years experience).

* Free Trial Period for all programs
* Check out our Great Family classes & rates!
EVENTS
Midsummers Eve of the Arts - July 15th
Riot on the Roof - August 22nd

UBCO LECTURE SERIES 6PM
Connor Charlesworth - March 5th
Andreas Rutkauskas - April 30th

MINI ARTISTS 10AM
March 30th
April 27th
May 25th
June 29th
July 27th
August 31st

FAMILY SATURDAYS 1PM
March 28th
April 25th
May 30th
June 27th
July 25th
August 29th

Regular Gallery Admission by donation
Hours: Mon-Fri 10am - 5pm Sat. 11am - 4pm
3228 31st Ave, Vernon BC | 250.545.3173
vernonpublicartgallery.com | info@vernonpublicartgallery.com
**YOUTH & TEEN CLASSES**

**MUSIC**

**KEYBOARD MUSIC LESSONS** Ages 5-14
Instructor: Melly Oey
These once a week individual lessons are an introduction to reading music, learning about melody, rhythm, the beat, and to play by ear. During this 10 week course, students will have fun and quickly learn the basics of music and how to play the electric keyboard using both hands with accompanying rhythm and chords. Beginners and those who have taken music lessons before are welcome. Students can choose any 30 minute or 1 hour long lessons. Sheet music is included in the class cost.

**Date & Time Options:**
April 4 to June 13 (every Sat) 9:00-10:00
Time slots available between 9:00-10:00
April 7 to May 19 (every Wed) 9:00-10:00
Time slots available between 10:00-11:00
April 9 to June 21 (every Fri) 10:00-11:00
Time slots available between 10:00-11:00
April 11 to June 23 (every Sat) 10:00-11:00
Time slots available between 10:00-11:00

**Members $175   Non Members $190**

**HARMONICA**

**Basic Harmonica** Ages 9-12
Instructor: Svetlana Shkuratova
This engaging harmonica course will teach students to play basic chords from popular songs. **Online**

**Date & Time Options:**
April 7 to May 12 (every Tues) 3:30-5:30
Price includes all materials.

**Members $160   Non Members $175**

**GUITAR LESSONS** Ages 9-14
Instructor: Norm Compton
Pop, rock, country or blues, this easy step by step instruction will have you playing your favorite songs in no time. Learn to read music and strum chords during these ½ hour long private lessons. Students are to bring their own guitar.

**Date & Time Options:**
April 14 to June 2 (every Tues) Time slots available between 3:30-6:30
April 16 to June 4 (every Thurs) Time slots available between 3:30-6:30
Members $165  Non Members $180

**DRAWING**

**BASICS OF DRAWING** Ages 8-10
Instructor: Svetlana Shkuratova
During this 8 week course students will learn to perceive and draw essential visual elements such as line, shape form, value, space and texture. Through the gradual building of drawing skills, students will be guided to a final project at the end of the course. Price includes all materials.
April 1 to May 20 (every Wed) 3:30-5:30
Members $160  Non Members $175

**DRAWING ANIMALS** Ages 9-12
Instructor: Svetlana Shkuratova
Animals are fascinating models, and learning to draw them is a great way to expand your art skills. During this 6-week course, students will get a general overview on how to draw realistic animals, as well as try their hand at depicting specific ones like cats, dogs, horses and animals of their choice. Knowledge of drawing basics is desirable. Price includes all materials.
May 19 to June 23 (every Tues) 3:30-5:30
Members $122  Non Members $137

**PORTRAIT DRAWING** Ages 11-14
Instructor: Svetlana Shkuratova
This class will focus on portrait pencil drawing, both profile and frontal view. Through exercises, students will learn about proportions of the human head and face and leave the class with a portrait. Students should bring some reference photos of faces. Price includes all other materials.
April 4 (Sat) 9:30-12:00
Members $39  Non Members $54

**PAINTING**

**WATERCOLOUR BASICS FOR KIDS** Ages 8-12
Instructor: Svetlana Shkuratova
Discover the flowing magic of watercolour. During this 6 week course students will become familiar with colour mixing and the properties of watercolour. Through fun exercises they will learn basic techniques of working with this medium and create their own watercolour projects. Price includes all materials.
April 7 to May 12 (every Tues) 3:30-5:30
Members $175  Non Members $190

**OPEN ART CLASSES**

**Instructor:** Tina Siddiqui  **Skill Level:** All Levels
**Painting, drawing, mixed media or…?** Work in the medium and subject of your choice, with instructor support. Attempt something new or finish works that have been put away. As it is an open class, learn by watching others creating works in different styles and mediums. If unsure of materials to bring, contact the instructor through the Arts Centre.

**OPEN ART CLASS 1**
April 7 to 28 (every Tues) 9:30-12:30
Members $140  Non Members $155

**OPEN ART CLASS 2**
May 5 to 26 (every Tues) 9:30-12:30
Members $140  Non Members $155

**OPEN ART CLASS 3**
June 2 to 30 (every Tues) 9:30-12:30
Members $175  Non Members $190

**To register for a class call (250) 542-6243**
For more course information and full course descriptions visit us online at [www.vernonarts.ca](http://www.vernonarts.ca).
Or you can pick up a copy of our Spring Brochure at the Vernon Community Arts Centre (in Polson Park).
**DRAWING**

**LIVE MODEL DRAWING**
Join us on the first and third Wednesday from 6:00pm to 8:00pm and the second Saturday from 10:00am to 12:00pm each month at the Vernon Community Arts Centre for self-directed live model drawing. No experience necessary, expressionism encouraged! Easels and drawing boards will be provided but please bring your own drawing materials. If you have any questions, feel free to call or stop by the Arts Centre. Pre-registration is highly recommended as there is a limit of 12 participants per session. Participants must be 19 years or older.

**Date Options:**
- April 17 (Fri) 6:00-9:00
- May 8 (Fri) 6:00-9:00
- June 12 (Fri) 6:00-9:00

**Members $50  Non Members $50**

**DRAWING THE LANDSCAPE IN PENCIL**
Instructor: Sharon Rose | Skill Level: All Levels

Explore the creative handling, spontaneity and freedom that a simple pencil can offer as we practice drawing the elements of the landscape, industrial scenes, houses, cityscapes, boats, harbours and reflections. Perspective, form and composition will be discussed as you apply to our ongoing exercises. The interpretation, practice and pitfalls of drawing landscapes will be discussed. Price includes all materials.

- April 2 to May 21 (every Thurs - no class April 23 & May 14) 2:00-4:30
- Members $200  Non Members $215

**LIVE MODEL DRAWING**
Instructor: Cathy Toll | Skill Level: Beginner

Lively model in costume will be the primary focus of this class. Working in charcoal and guided by easy-to-follow instructions, we will explore the foundations of drawing and improve your hand-eye coordination to create dynamic drawings.

- June 11 to 25 (every Thurs) 1:00-3:00
- Members $102  Non Members $117

**FOUNTAIN OF DRAWING**
Instructor: Tina Siddiqui | Skill Level: All Levels

For most of us, drawing is an acquired skill which is improved with a better understanding of proportions, perspective and anatomy. Learn the foundations of drawing and improve your hand-eye coordination to create dynamic drawings.

- June 2 to 19 (every Tues) 10:00-1:00
- Members $140  Non Members $155

**LIFE DRAWING WORKSHOP - Model in Costume**
Instructor: Tina Siddiqui | Skill Level: All Levels

The dynamic energy of a live model in costumes will be the primary focus of this class. Working in charcoal and guided by easy-to-follow instructions, students will gain a better understanding of basic anatomy and the creative possibilities of the human form. Visit vernonarts.ca for a list of supplies to bring.

- June 30 (Tues) 1:00-4:00
- Members $55  Non Members $70

**CLAY**

**CLAY & CABERNET FRIDAYS**
Instructors: Cathy Toll & Val Bosk | Skill Level: All Levels

Join us on the second Friday each month from 6:00pm-9:00pm at the Vernon Community Arts Centre for an evening of clay handbuilding. Learn some basic clay handbuilding skills, enjoy a glass of wine and have a few laughs while building a different project each month. No experience necessary. Price includes use of tools and all materials. Participants must be 19 years or older.

**Date Options:**
- April 21 to April 18 (every Sat - no class April 11) 9:30-12:30
- May 28 to June 25 (every Thurs - no class June 18) 9:30-12:30

**Members $161  Non Members $176**

**INTRODUCTION TO CLAY**
Instructor: Lowell Friesen | Skill Level: Beginner

Learn to throw on the potter’s wheel. During this 8 week course you will learn the fundamental basics of throwing, trimming and glazing. With instructor demonstrations and hands on teaching you will learn to construct your own bowls, vessels and mugs. Please leave rings, watches and bracelets at home, wear clothing and footwear appropriate for a clay class. Hair should be tied back. Students should bring an apron, recycling bag and an old bath towel. Price includes 1 bag of M340 clay, clay tool kit and all other materials. Additional clay is available for purchase at the VCAC front desk. This course will qualify you to use the clay studio on a drop in basis.

- May 2 to June 20 (every Sat) 9:30-12:30
- Members $270  Non Members $285

**GLASS**

**INTRODUCTION TO STAINED GLASS**
Instructor: Terry Dunstan | Skill Level: Beginner

Fun & easy to learn! This class is designed to introduce students to the art of stained glass using the copper foil method of construction. This class will teach pattern design, cutting, soldering and more while making a simple suncatcher. This class will provide students with all the knowledge they need to continue on with this fun and enjoyable art form. Price includes use of tools and all materials. A half hour lunch break will be provided. This course will qualify you to use the glass studio on a drop in basis.

- Members $270  Non Members $285

**Date Options:**
- April 21 (Tues) 5:30-8:30
- May 2 (Tues) 6:30-9:30
- Members $30  Non Members $45

**IMPROVE YOUR SOLDERING**
Instructor: Terry Dunstan | Skill Level: All

If you spend hours working on a project just to be disappointed by your soldering, this class is for you. During this class students will learn professional soldering techniques as well as the do’s and don’ts that can affect the look of your finished project. Students should bring in a project that is ready to solder (approx. 15 to 20 pieces), solder and your soldering iron and get ready to say good-bye to bumps, flat spots and wavy lines.

- April 29 (Wed) 5:30-7:30
- Members $30  Non Members $45
BEYOND BEGINNER STAINED GLASS
Instructor: Terry Dunstan | Skill Level: All
If you have basic stained glass experience but are intimidated by larger patterns, intricate cutting, or you are having trouble fitting your pieces and achieving the finished look you want then this class is for you. During the class students will hone their skills; focusing on things they have had trouble with in the past, while working on the project of your choice with instructor support. Your projects can be copper foil, lead came, or a combination of both. Students should bring the pattern, materials for their project, and a board to build and store their project on. The cost includes the use of tools but students should bring their own tools if they have them. This course will qualify you to use the glass studio on a drop in basis.
June 4 to 25 (every Thurs) 5:30-7:30
Members $115 Non Members $150

GLASS BEADMAKING 101
Instructor: Patricia Doyle | Skill Level: Beginner
This beginner’s level workshop introduces the art and science of glass beadmaking. Using a bead maker’s torch and rods of Italian glass, students will learn basic bead shapes, decorating techniques, use of hand tools, glass theory and safety. Students will go home with many glass beads they have made. Please wear closed toed shoes and cotton clothing. A half hour lunch break will be provided. Price includes use of tools and all materials.
May 23 & 24 (Sat & Sun) 9:30-4:00
Members $235 Non Members $250

FUSED GLASS IKEBANA VASE
Instructor: Patricia Doyle | Skill Level: All Levels
This is a great class for both beginners and those who have played with fused glass before. In this 2 hour, informative and fun course you will learn some of the basic skills needed to start creating fused glass projects on your own, including glass cutting, grinding, material control, layering, kiln knowledge, and more. You will make 1 beautiful Ikebana Vase. All glass, flower frog and working supplies are provided. Projects will be fired and ready for pick up a few days after class.
April 18 (Sat) 9:30-11:30
Members $70 Non Members $85

CREATE A FUSED GLASS PLATE
Instructor: Patricia Doyle | Skill Level: All Levels
This is a great class for both beginners and those who have played with fused glass before. In this 2 hour, informative and fun course you will learn some of the basic skills needed to start creating fused glass projects on your own, including glass cutting, grinding, material control, layering, kiln knowledge, and more. You will make 4 lovely fused glass pendants. All glass and working supplies are provided. Projects will be fired and ready for pick up a few days after class.
April 18 (Sat) 12:30-2:30
Members $60 Non Members $75

FUSED GLASS NIGHT LIGHT
Instructor: Patricia Doyle | Skill Level: All Levels
This is a great class for both beginners and those who have played with fused glass before. In this 2 hour, informative and fun course you will learn some of the basic skills needed to start creating fused glass projects on your own, including glass cutting, grinding, material control, layering, kiln knowledge, and more. You will make the lens for one nightlight. All glass, nightlight hardware and working supplies are provided. Projects will be fired and ready for pick up a few days after class.
June 6 (Sat) 9:30-12:00
Members $65 Non Members $80

MUSIC
KEYBOARD MUSIC LESSONS
Instructor: Melly Oey
Have fun learning to play the electronic keyboard during these one hour individual lessons. Quickly learn how to play songs with accompanying rhythm and chords together, while learning to choose and operate the features of the keyboard. Beginners or anyone interested in improving their skill are welcome. During this 10 week course, you will be surprised how easy and fun it is playing music on the electronic keyboard! Sheet music is included in the class cost.
Date & Time Options:
April 4 to 13 (every Sat - no class April 11) Time slots available between 10:00-1:00
April 7 to June 9 (every Tues) Time slots available between 10:00-8:00
April 8 to June 10 (every Wed) Time slots available between 10:00-8:00
April 9 to June 11 (every Thurs) Time slots available between 10:00-5:30
Members $430 Non Members $445

GUITAR LESSONS
Instructor: Norm Compton
Pop, rock, country or blues, easy step by step instruction will have you playing your favorite songs in no time. Learn to read music and strum chords during these ½ hour long private lessons. Students are to bring their own guitar.
Date & Time Options:
April 14 to June 2 (every Tues) Time slots available between 3:30-6:30
April 16 to June 4 (every Thurs) Time slots available between 3:30-6:30
Members $165 Non Members $180

FIBRE
NUNO FELTED SCARF
Instructor: Nikki Marshall | Skill Level: Beginner
This workshop will qualify you to use your own nuno felted scarf. You will learn different techniques of wet felting a scarf to add texture and unique characteristics of this amazing medium. Students will work with a variety of wool types including merino top, 80/20 merino-silk blend, Corriedale, mohair locks and an array of novelty yarns for textures. Note: Felting requires repetitive motion and some strength in arms, hands & wrists. No experience necessary. Students to bring: 2 medium or large towels, metal mixing bowl, measuring cup, apron, a piece of plastic and a piece of bubble wrap that measures 36” X 60” or so (can be taped together). You will get wet! Price includes all other materials.
May 14 (Thurs) 4:30-8:30
Members $95 Non Members $110

WET FELTED HAT
Instructor: Nikki Marshall | Skill Level: Beginner
In this class students will learn how to needle felt a raccoon, a fox and a little owl using Miwol Wool and the needle felting technique. Note: Needles are sharp. Must be 9 years or older to attend this class. Price includes all materials.
April 15 (Wed) 5:00-8:30
Members $66 Non Members $81

FELTED FAT PLANT
Instructor: Nikki Marshall | Skill Level: Beginner
In this class students will learn how to needle felt and wet felt a fat plant using a few different types of wool. Students are asked to bring a cookie sheet with sides, a large towel, 2 pieces of bubble wrap (each piece should be around 25cm X 25cm) and a measuring cup. Note: Needles are sharp. Must be 9 years or older to attend this class. You will get wet! Price includes all other tools and materials.
May 6 (Wed) 5:30-8:00
Members $51 Non Members $66
### Spring Playschool

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
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<tbody>
<tr>
<td><strong>A,B,C’s &amp; Gym 2,3’s</strong>  &lt;br&gt;30 mo-5 yrs  &lt;br&gt;9:00-10:30am  &lt;br&gt;Mar 30-Jun 15 $95</td>
<td><strong>Kidnastics</strong>  &lt;br&gt;Parent &amp; Tot  &lt;br&gt;18mo-30mo  &lt;br&gt;9:00-10:00am  &lt;br&gt;Mar 31-May 5 $48  &lt;br&gt;May 12-Jun 16 $48</td>
<td><strong>Creative Gym</strong>  &lt;br&gt;Parent &amp; Tot  &lt;br&gt;12mo-3 yrs  &lt;br&gt;9:00-10:15am  &lt;br&gt;Apr 1-Jun 17 $93</td>
<td><strong>Creative Gym</strong>  &lt;br&gt;Parent &amp; Tot  &lt;br&gt;12mo-3 yrs  &lt;br&gt;9:00-10:15am  &lt;br&gt;Apr 2-Jun 18 $93</td>
<td><strong>Play, Putter, Swim</strong>  &lt;br&gt;3-6 yrs  &lt;br&gt;9:15-11:30am  &lt;br&gt;Apr 10 Jun 19  &lt;br&gt;Apr 10 no class, Jun 5-swing only $154</td>
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<td><strong>Creative Gym</strong>  &lt;br&gt;Parent &amp; Tot  &lt;br&gt;12mo-3 yrs  &lt;br&gt;10:45am-12:00pm  &lt;br&gt;Mar 30-Jun 15 $77.50</td>
<td><strong>Kidnastics</strong>  &lt;br&gt;Parent &amp; Tot  &lt;br&gt;2-3.5yrs  &lt;br&gt;10:15-11:15am  &lt;br&gt;Mar 31-Jun 16 $96</td>
<td><strong>Pre Bike &amp; Gym</strong>  &lt;br&gt;2-4 yrs  &lt;br&gt;10:30am-12:00pm  &lt;br&gt;Apr 1-May 6 $85.50  &lt;br&gt;May 13-Jun 17 $85.50</td>
<td><strong>A,B,C’s &amp; Gym 2,3’s</strong>  &lt;br&gt;30mo-5 yrs  &lt;br&gt;10:30am-12:00pm  &lt;br&gt;Apr 2-Jun 18 $114</td>
<td><strong>Wiggle &amp; Giggle</strong>  &lt;br&gt;6-18 mos  &lt;br&gt;Parent &amp; Tot  &lt;br&gt;11:15am-12:15pm  &lt;br&gt;Apr 17-Jun 19  &lt;br&gt;no class Jun 5 $45</td>
</tr>
<tr>
<td><strong>Play, Putter, Swim</strong>  &lt;br&gt;3-6 yrs  &lt;br&gt;1:15-3:30pm  &lt;br&gt;Mar 30-Jun 15 $135</td>
<td><strong>Kidnastics</strong>  &lt;br&gt;3-5yrs  &lt;br&gt;11:30am-12:30pm  &lt;br&gt;Mar 31-Jun 16 $105</td>
<td><strong>A,B,C’s &amp; Gym 2,3’s</strong>  &lt;br&gt;30mo-5 yrs  &lt;br&gt;12:45-2:15pm  &lt;br&gt;Apr 1-Jun 17 $114</td>
<td><strong>Play, Putter, Swim</strong>  &lt;br&gt;3-6 yrs  &lt;br&gt;1:00-3:15pm  &lt;br&gt;Apr 2-Jun 18 $174</td>
<td><strong>Lil Kickers</strong>  &lt;br&gt;3-5yrs  &lt;br&gt;1:15pm-2:00pm  &lt;br&gt;Apr 24-Jun 19 $72  &lt;br&gt;Alexis Park Stadium</td>
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Class descriptions page 24 and 25

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**LAVINGTON PRESCHOOL**

Lavington Preschool is an inclusive preschool program for 3 & 4 yr olds. We provide a rich and stimulating preschool environment where your child is given lots of opportunities to develop play and social skills.

Programs for 3 yr olds are held Tue & Thu from 9-11am.<br>Programs for 4 yr olds are held Mon, Wed & Fri from 9-11:30 am.

Activities for both age groups include visual and dramatic arts, stories, songs, pre-writing, pre-math and cooperative games. We use the gym everyday to help develop gross motor skills.

The Lavington Preschool is located in Lavington Elementary School 9715 School Road in Lavington.

For more information regarding the Lavington Preschool call 250-542-9200
**All Saints Nursery School**
3205 27th Street, Vernon • 250-503-0787
asnspreschool@gmail.com
asnsvernon.ca

- Preschool program for children 3 - 5 years old.
- Morning classes: 3 days for 4 year olds, 2 days for 3 year olds
- Afternoon classes: 3 & 4 year olds. Parents choose 2 - 4 days Monday to Thursday.
- Introduction to French on Friday afternoons.
- Children learn through play, exploration and activity based circle times.
- Bright and spacious rooms with 2 Early Childhood Educators in each class.
- Music, Art and Story time are an important part of our day.
- Outdoor play at the beginning and end of each class.
- Field Trips and Special Days.
- Affordable Childcare Benefit available to those who qualify.
- **SUNRISE MUSIC PROGRAM** included in the 4 year old morning program.

**Registration begins**
Tuesday, March 3rd.
Call or email for details.
asnspreschool@gmail.com

Check out our website asnsvernon.ca

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

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

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**Summer Playschool**

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| **Kidnastics**  
Parent & Tot  
18mo-3 yrs  
9:00-10:00am  
Jun 30-Aug 4  
$48 | **Creative Gym**  
Parent & Tot  
12mo-3 yrs  
9:00-10:15am  
Jul 8-Aug 5  
$38.75 | **Just Me**  
2-4 yrs  
9:15-10:15am  
Jul 2-Aug 6  
$48 | **Creative Gym**  
Parent & Tot  
12mo-3 yrs  
9:00-10:15am  
Jul 3-Aug 7  
$46.50 |
| **Play, Putter, Swim - CAMP**  
3-6 yrs  
10:30am-12:30pm  
Mon-Fri  
Jun 29-Jul 10  
$126 (no class Jul 1) | **A,B,C Gym 2,3’s - CAMP**  
30 mos-5yrs  
1:00-2:30pm  
Mon-Fri  
Jun 29-Jul 3  
$40 (no class Jul 1) |
| **Sports for Shorts - CAMP**  
3-6 yrs  
1:00-2:00pm  
Mon-Thu  
Jul 6-9  
$38 | **Sports for Shorts - CAMP**  
3-6 yrs  
1:00-2:00pm  
Mon-Thu  
Jul 20-23  
$38 |
A, B, C & Gym, 2, 3 30mo-5yrs
While participating in gym activities, your child will be introduced to numbers, letters, colors, shapes, stories and much, much more. A great introduction to prepare children for preschool.

SPRING
Mon 9:00-10:30am
Mar 30-Jun 15 $95 
no class Apr 13, May 18
Wed 12:45-2:15pm
Apr 1-Jun 17 $114
Thu 10:30-12:00pm
Apr 2-Jun 18 $114

SUMMER CAMP
Mon-Fri Jun 29-Jul 3 $40 no class Jul 1
Mon-Thu Jul 13-16 $40
Mon-Thu Jul 27-30 $40

Play, Putter, Swim 3-6yrs
A fun filled program with gym activities, games, songs, pasting, painting and stories all finished off with a swim lesson in the pool.

SPRING
Mon 1:15-3:30pm
Mar 30-Jun 15 $135
Thu 1:00-3:15pm
Apr 2-Jun 18 $174
Fri 9:15-11:30am
Apr 3-Jun 19 $154 no class Apr 10; no gym, swim only-Jun 5

SUMMER CAMP
Mon-Fri 10:30-12:30pm
Jun 29-Jul 10 $126 no class Jul 1
Jul 13-24 $140
Jul 27-Aug 7 $126 no class Aug 3

Sports for Shorts 3-6yrs
Try a variety of sports and games, including soccer, floor hockey, ringette, soft lacrosse, basketball, parachute games and more. Activities will focus on building and practicing the fundamental skills of different sports with participation and movement skills as the focus. Please wear running shoes. Parents are welcome to join in the fun.

SPRING
Tue 1:15-2:15pm
Mar 31-May 5 $50 Dogwood
May 12-Jun 16 $50 Alexis Park/Dogwood

SUMMER CAMP
Mon-Thu Jul 6-9 $38
Mon-Thu Jul 20-23 $38

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

SPRING
Tue 18mo-30mo (parent/tot)
Mar 31-May 5 9:00-10:00am $48
May 12-Jun 16 9:00-10:00am $48

2-3.5yrs (parent/tot)
Mar 31-Jun 16 10:15-11:15am $96

3-5yrs
Mar 31-Jun 16 11:30-12:30pm $105

SUMMER 18mo-3yrs (parent/tot)
Tue 9:00-10:00am
Jun 30-Aug 4 $48
Creative Gym 12mo-3yrs
Parent participation program for you and your child involving gym activities, songs, simple games, pasting, painting, table toys, playdough and much, much more.

**SPRING**
- Mon 10:45am-12:00pm
- Mar 30-Jun 15 $77.50
- Wed 9:00-10:15am
- Apr 1-Jun 17 $93
- Thu 9:00-10:15am
- Apr 2-Jun 18 $93

**SUMMER**
- Wed 9:00-10:15am Jul 8-Aug 5 $38.75
- Fri 9:00-10:15am Jul 3-Aug 7 $46.50

Just Me 2-4yrs
Let your child discover their independence and discover all the wonderful activities that they can participate in. This is your child’s first opportunity to stay and play in the gym without mom or dad!

**SUMMER**
- Thu 9:15-10:15am Jul 2-Aug 6 $48

Pre Bike & Gym 2-4yrs
This program for little bikers focuses on developing and improving balance and steering using strider bikes. Riders will build confidence in a fun, friendly and safe environment. Strider bikes and helmets are provided.

**SPRING**
- Wed 10:30-12:00pm
- Apr 1-May 6 $58.50
- May 13-Jun 17 $58.50

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

**SPRING**
- Fri 11:15-12:15pm
- Apr 17-Jun 19 $45

Lil Kickers Soccer 3-5 yr olds
A fun introduction to the sport of soccer. The little kickers will receive skill development from our instructors and play fun 3 a-side games. For boys and girls looking for BIG time fun! This is program emphasizes fun, friendship and fair play.

- Fri 1:15-2:00pm
- Apr 24-Jun 19 $72
- Alexis Park Stadium
Tiny Tots Preschool
“a building block to your child’s future”

Tiny Tots is a licensed Preschool for 3 and 4 year olds is run by ECE qualified, dedicated and caring staff. Programs are 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.

Classes start the week of September 14, 2020 and school year finishes the week of June 19, 2021.

A deposit equal to one (1) months payment is due at time of registration and is not refundable but will be applied to the final program payment.

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<th>Time</th>
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<td>3</td>
<td>T/Th</td>
<td>9:00-11:30am</td>
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<td>T/Th</td>
<td>12:30-3:00pm</td>
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<td>Fri</td>
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Tiny Tots Open House

Come meet the Tiny Tots staff, see the classrooms and hear what we have planned for the September 2020 to June 2021 school year. Classrooms are held in the Boys and Girls Club Building; Ogopogo and Discovery classrooms.

Sunday, March 1 10:00am-12:00pm or Sunday, September 13 10:00am-12:00pm

www.tiny-tots.ca

WAS YOUR CHILD BORN TO PERFORM?

INSPIRE YOUR CHILD TO BUILD SELF CONFIDENCE WHILE FALLING IN LOVE WITH DANCE!

SPRING SESSIONS STARTING APRIL 2020!
REGISTER TODAY AT:

WWW.SODANCE.CA
Spring Break Camps & Spring Programs

Week 1 | Mar 16-20

Dinos & Drama 5 & 6yrs
We’ll get larger than life as we explore the world of dinosaurs and mix it up with drama games and fun. Join us for some roaring fun!
Mon-Fri 8:30-4:30pm $217 Dogwood Gym

Apps to Life 7-10yrs
This camp brings your child’s favorite console, pc and phone games and apps to the real world. In past camps, we’ve dabbled with Pokemon Go, Clash of Clans, Fruit Ninja, Minecraft and Mario. Join us and see what we have in store for you. Each day ends with a swim.
Mon-Fri 8:30-4:30pm $217 Sunrise Room

Chef Camp 9-13yrs
Put on your chef’s hat and apron and enter the Rec Centre kitchen for some culinary action. Please inform us of any food allergies; please note that we may not be able to accommodate all allergies. Each day ends with a swim.
Mon-Fri 8:30-4:30pm $249 Sunset Room

Week 2 | Mar 23-27

Dragons & Unicorns 5 & 6yrs
Join us as we get mystical and explore the worlds of unicorns, dragons and all things fantastic.
Mon-Fri 8:30-4:30pm $217 Dogwood Gym

Music & Movement 8-12yrs
Let your child’s creativity steal the spotlight in assisting with the creation of a mini musical theatre performance at the end of the week. Story writing, prop design, singing, dancing and imagination will showcase hidden talents within!
Mon-Fri 8:30-4:30pm $217 Sunrise Room

Fit n Fun 9-12yrs
Join us as we get active with some fitness, water sports and a whole lot more. Yoga, boot camp, water polo, hiking, nutrition and spa stuff are just a few activities we might explore. Each day includes at least one swim.
Mon-Fri 8:30-4:30pm $217 Sunset Room

All Sorts of Sports 7-12yrs
Over the course of camp, we will try a variety of sports and games. We’ll dabble in both traditional and non-traditional sports and may pull out some oldie but goodie games from yesteryear.
Mon-Fri 8:30-12:00pm $150 Priest Valley Gym

Floor Hockey 7-12yrs
Test your floor hockey abilities in this camp and compete for the coveted Tin Foil Cup. Kids will learn how to stick handle through obstacles, compete in fun skills challenges and play as part of a team on a quest to win the cup.
Mon-Fri 12:30-4:30pm $150 PV Gym

Home Safe 8-11yrs
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.
Wed Apr 1-15 VSS Sec.
5:30-6:30pm $39.15
6:45-7:45pm $39.15

Babysitting Certification Course 12-15yrs
The course serves to provide the babysitter with up-to-date childcare standards in an environment that encourages active involvement: lectures, small group discussions, problem-solving, role playing, hands-on learning and instructor led demonstrations. The course is loaded with special features that will promote the responsible management of common situations that may arise while babysitting and provide value that will serve them into adulthood. Participants must be turning 12, within the calendar year. To graduate the participants must attend ALL sessions.

SPRING Vernon Secondary
Wed Apr 29-May 20 6:30-8:30pm $70.92

SUMMER Location TBA
Mon-Wed Jul 13-15 8:30-11:30am $70.92
12:00-3:00pm $70.92

www.gvrec.ca
Spring Skating Programs

**Boots to Blades** 3-5yrs
For lil’ skaters (preschoolers) just learning. Kids will play on the ice with toys and get a great introduction to the skating scene in a fun, non-threatening environment.
Skates, helmet, snowpants, mitts are required.
Mon, Wed 4:00-4:30pm $72  
Apr 1-22 Kal Tire Place

**Blades & Pucks** 3-6yrs
Your preschooler's first introduction to hockey. Kids will work on skating, puck handling, passing and shooting through age and skill appropriate drills. You need to bring a stick, helmet with a cage, gloves, wind or snow pants and skates. Participants must have taken a previous skating lesson course before or must be able to walk across the ice on skates unassisted.
Mon, Wed 4:30-5:15pm $84  
Apr 1-22 Kal Tire Place

**RecSkate1-2** 5-11yrs
For beginning skaters and skaters just starting to glide. Skaters will learn standing, balance and forward and backward movement.
Skates, helmet, snowpants, mitts are required.
Mon, Wed 4:00-5:00pm $96  
Apr 1-22 Kal Tire Place

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**Kid’s Stuff GARAGE SALE**

**Saturday**  
**April 18**
9:30am - noon
$25 per space
50¢ Admission

Vernon Recreation Auditorium

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We make SCIENCE FUN for everyone!
Active Afterschool 5-12yrs
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 activities: badminton, basketball, dodgeball, floor hockey, soccer and volleyball.

BUSSING for Active Afterschool is FREE
Bussing needs to be indicated when registering. Please provide the school name when registering for the bussing option, schedule is listed below by day.

Bus pick up at school:

<table>
<thead>
<tr>
<th>Tuesdays</th>
<th>Wednesdays</th>
<th>Thursdays</th>
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<td>Apr 16-Jun 25</td>
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MACKENZIE CAMP
on beautiful Mabel Lake
For kids & youth aged 6-17,
June 30 thru August 15, 2020

Quality Care
& Programming
Specialty Camps –
Science, Art, & Fishing!

See our website and brochure for details!
Camp available for rental prior to
June 27 & after August 16

Register online: www.mackenziecamp.ca or phone/email 250-838-6293 maccamp@shaw.ca
MacKenzie Camp – A United Church of Canada Camp & Retreat Centre

www.gvrec.ca
To give any less than your best, is to sacrifice the gift
Steve Prefontaine

Vernon Amateur Athletics Association
is looking for athletes aged 9-99 to join us for running (sprints/middle distance), race walking (Masters), throws and jumps training for the spring/summer season. We are also looking for coaches, volunteers and race officials.

For information visit vernontrackandfield.org

SKATE CANADA CERTIFIED LEARN TO SKATE PROGRAMS FOR ALL AGES AND ABILITIES

NCCP Certified Professional Coaches provide the highest quality instruction. Lessons taught indoors at P.V. Arena.

Spring/Summer sessions:
• CanSkate (spring only)
• StarSkate - Primary, Intermediate & Senior

(Fall sessions will include Pre-CanSkate, CanSkate, CanPowerSkate, Teen+ Skate, StarSkate and Synchro Skate. Registration for fall will begin in Aug.)

For more information or to register online go to www.vernonfigureskatingclub.com or call Carla, Director of Skating at 250-260-6632

Summer camps
GROWING UP WILD
ages 4 - 5
A half day camp that runs from 9 am - 12 pm Tuesday, Wednesday and Thursday at the Nature Centre with themes that change daily.

NATURE EXPLORERS
ages 6 - 9
An optional half day or full camp that runs from 9 am - 12 pm or 3 pm Tuesday, Wednesday and Thursday at the Nature Centre with themes that change daily.

HIKING ADVENTURE CAMP
ages 10 - 12
For the outdoor adventurer! Our full day camp will take place at Kelakela Provincial Park each day where we will spend our day hiking and exploring. Camp runs July 28, 29 & 30.

*Parents must be able to drop children off at daily set location and pick up from location.

REGISTER YOUR CHILD’S DISCOVERY TODAY!
www.abnc.ca/programs/summer-camps

Visit us online at www.abnc.ca
Workshops • Family Fun Events • Birthday Parties • and so much more!

Allan Brooks Nature Centre
250 Allan Brooks Way, Vernon B.C. • 250-260-4227 • education@abnc.ca
Leadership & Cooking Workshops

The following courses are highly recommended for those interested in applying for positions working with children and youth at the Vernon Recreation Centre.

**NCCP Fundamental Movement Skills**
Fundamental movement skills are very important to a child’s physical development. When confident and competent in these skills, children can develop sport-specific and complex movement skills.

The National Coaching Certification Program (NCCP) Fundamental Movement Skills Workshop provides a comprehensive introduction to the fundamental movement skills and the core-competencies of the NCCP, with the help of significant hands-on activities. Through this interactive workshop, participants gain the ability to:

- Detect and correct basic errors for fundamental movement skills in participants so they have a choice to adopt a healthy, active lifestyle.
- Apply a teaching process to promote the development of fundamental movement skills.
- Adapt fundamental movement skills for participants with intellectual, physical, sensory, or behavioural disabilities.
- Lead activities that will promote the development of fundamental movement skills in a safe, responsible manner while interacting with others.
- Provide stage-appropriate feedback to encourage and develop fundamental movement skills in participants.

Sat, May 30 9:00-2:00pm $70 Sunrise Room

**HIGH FIVE® Principles of Healthy Child Development**
Because every child in BC deserves a HIGH FIVE®!
The standard in BC for those who manage and/or lead sport and recreation programs for children aged 6-12 years. Providing direct leadership to children at this age, in recreational settings, can be a challenging experience. Join this course to learn how to implement the five HIGH FIVE® guiding principles that contribute to a supportive and healthy experience for children. Learn ways to make positive child-centred interactions, and effective, age-appropriate ways to address behaviour challenges. Consisting of training, resources and tools, the HIGH FIVE® system is based on years of research and consultation with experts, and is the only quality assurance standard in North America designed to specifically support the safety, well-being and healthy development of children in sport and recreation programs. Learn best practices for healthy childhood development, and get certified.
Sun, May 31 9:00-2:00pm $80 Sunrise Room

**Youth Food Workshops** 11-14yrs
Enjoy playing with your food? Want to try some new recipes? Our three day theme-based workshops will take you on a journey of exploring kitchen basics, new recipes and fun challenges.

*Please inform us of any food allergies. Note: we cannot accommodate all allergies.*

**Finger Foods**
Who doesn’t like bite sized snacks? We will have fun with sweet and savory recipes.
Tue-Thu 9:00-12:00pm
Aug 11-13 Recreation Centre Kitchen $84

**Back to School**
Try out some new recipes that will be great for school lunches and after school snacks.
Tue-Thu 9:00-12:00pm
Sep 1-3 Recreation Centre Kitchen $84
**July Camp Calendar**

<table>
<thead>
<tr>
<th>Week 1</th>
<th>5 yrs</th>
<th>6 yrs</th>
<th>7 yrs</th>
<th>8 yrs</th>
<th>9 yrs</th>
<th>10 yrs</th>
<th>11 yrs</th>
<th>12+ yrs</th>
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<tr>
<td>Jun 29-Jul 3</td>
<td>Play Skills</td>
<td>Am Only</td>
<td>6-9 yrs</td>
<td>Sand, Surf, Science</td>
<td>6-10 yrs</td>
<td>Keefe Ranch</td>
<td>7-12 yrs</td>
<td>Basketball</td>
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<td>no Wed, Jul 1</td>
<td>Mini Super’s</td>
<td>5 &amp; 6 yrs</td>
<td>Tennis</td>
<td>6-12 yrs</td>
<td>Tacky Tourists</td>
<td>7-11 yrs</td>
<td>Basketball</td>
<td>7-10 yrs</td>
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<td>10 yrs</td>
<td>11 yrs</td>
<td>12+ yrs</td>
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<td>Jul 6-10</td>
<td>Alien Adventure</td>
<td>5 &amp; 6 yrs</td>
<td>Surf n Turf</td>
<td>7-11 yrs</td>
<td>Lego Architecture</td>
<td>9-13 yrs</td>
<td>Chef Camp</td>
<td>9-13 yrs</td>
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<td>10 yrs</td>
<td>11 yrs</td>
<td>12+ yrs</td>
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<td>Jul 13-17</td>
<td>Movin &amp; Groovin</td>
<td>5 &amp; 6 yrs</td>
<td>Tacky Tourists</td>
<td>7-11 yrs</td>
<td>All Sorts of Sports</td>
<td>AM Only</td>
<td>7-12 yrs</td>
<td>Golf</td>
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<td>12+ yrs</td>
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<td>Jul 20-24</td>
<td>Sand, Surf, Science</td>
<td>6-10 yrs</td>
<td>Apps to Life</td>
<td>7-10 yrs</td>
<td>Chef Camp II</td>
<td>9-13 yrs</td>
<td>OK Outdoors</td>
<td>10-13 yrs</td>
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**Summer Camp Notice**

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

With the increase of wildfire activity in our region and the resulting smoke, we will be following the Air Quality Index ([https://aqicn.org/city/british-columbia/vernon-science-centre/](https://aqicn.org/city/british-columbia/vernon-science-centre/)). It provides a range of recommended activity levels based on the current air quality.

Based on these recommendations, there may be times where we make changes to the camp locations and activities.
### August Camp Calendar

<table>
<thead>
<tr>
<th>Week 6</th>
<th>Aug 4-7</th>
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<tr>
<td>Top Secret</td>
<td>5 &amp; 6 yrs</td>
<td><strong>Francais de Sp’t’Arts</strong></td>
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<td>OK Outdoors</td>
<td>9-11 yrs</td>
<td><strong>Dragons &amp; Unicorns</strong></td>
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<td><strong>Week 7</strong></td>
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<td><strong>5 yrs</strong></td>
<td><strong>6 yrs</strong></td>
<td><strong>7 yrs</strong></td>
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<tr>
<td>Tacky Tourists</td>
<td>7-11 yrs</td>
<td>Drama, Dance, Water</td>
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<td>Volleyball</td>
<td>9-12 yrs</td>
<td>OK Outdoors</td>
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<td><strong>Week 8</strong></td>
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<td><strong>6 yrs</strong></td>
<td><strong>7 yrs</strong></td>
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<td>Lego Engineers</td>
<td>6-10 yrs</td>
<td>O’Keefe Ranch Camp</td>
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<td><strong>Week 9</strong></td>
<td>Aug 24-28</td>
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</tr>
<tr>
<td><strong>5 yrs</strong></td>
<td><strong>6 yrs</strong></td>
<td><strong>7 yrs</strong></td>
</tr>
<tr>
<td>Sand, Surf, Science</td>
<td>6-10 yrs</td>
<td>O’Keefe Ranch Camp</td>
</tr>
<tr>
<td><strong>Week 10</strong></td>
<td>Aug 31- Sep 4</td>
<td></td>
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<tr>
<td><strong>5 yrs</strong></td>
<td><strong>6 yrs</strong></td>
<td><strong>7 yrs</strong></td>
</tr>
<tr>
<td>PLay Skills</td>
<td>AM Only</td>
<td>6-9 yrs</td>
</tr>
</tbody>
</table>

### Want to join the Recreation Services Summer Camp Leaders Team?

Follow these steps:
1. Read our posting below on how to apply.
2. Provide a current criminal record check with vulnerable sector check.
3. Update or take your First Aid (see page 15 for upcoming courses)
4. Take one or both of the courses on page 31. These are industry standards on learning how you can provide high quality camp experiences. While they are not mandatory, they are highly recommended.

### Wanted Camp Leaders

Recreation Services has exciting job opportunities in our summer camps. If you have experience working with children and have a background in any of the following specialties: sciences, dance, music, drama, sport or certified lifeguard - we are looking for you! Apply with a resume, cover letter and criminal record check: Attention: Recreation Programmers, recreation@vernon.ca. Only applicants short listed will be contacted. Deadline for all applications is Friday, May 1.
### PLay Skills

**PLay Skills** 6-9yrs
PLay Skills is a program focusing on the ABC’s of Physical Literacy: Agility, Balance, Coordination and Speed. Sessions are designed to support the development of Physical Literacy through the teaching of fundamental movement skills such as throwing, catching, running and jumping. With this program kids can create a foundation to explore and enjoy different sports and physical activities in a non-competitive and action-packed environment.

- **Top Secret** 5 & 6yrs
  - Shhh! This is a Top Secret Camp. Please only read if you accept the mission to seek out fun and intrigue as we enter the world of secret codes, scavenger hunts and super heroes. Note: No previous spy experience necessary.
  - **Tue-Fri** 8:30-4:30pm  
  - **Aug 4-7** $173.60

- **Alien Adventures** 5 & 6yrs
  - Get out of this world as we blast off into the world of far off galaxies, aliens, spaceships and, of course, discover what the moon is really made of.
  - **Mon-Fri** 8:30-4:30pm  
  - **Jul 13-17** $217

- **Movin’ & Groovin’** 5 & 6yrs
  - We will get our groove on with dance moves, sport fundamentals (run, skip, jump) and super fun and silly active games.
  - **Mon-Fri** 8:30-4:30pm  
  - **Jul 20-24** $217

- **Dragons & Unicorns** 5 & 6 yrs
  - Join us as we get mystical and explore the worlds of unicorns, dragons and all things fantastic.
  - **Mon-Fri** 8:30-4:30pm  
  - **Aug 10-14** $217

- **Francais de Sp-Arts** gr 1-3
  - A great program for kids in French Immersion. The camp includes interesting craft projects, games and sports. Most instruction is given in French. This is a great way to renew your child’s French skills before they go back to school!
  - **Tue-Fri** 8:30-4:30pm  
  - **Aug 4-7** $173.60

- **Mini Super’s** 5 & 6yrs
  - It’s a bird, it’s a plane, no...wait...it’s, it’s a Mini Super Hero! Join us as we jump into the world of Heroes and discover what it takes to be one. What is your super power?
  - **Mon-Fri** 8:30-4:30pm  
  - **Jul 6-10** $120  
  - **Aug 31-Sep 4** 12:00pm-4:00pm  
  - **Recreation Centre Main**

### We may be spending a day or two at Lakeview Park with the camps. 
**Drop off and pick up will be at Lakeview Park.**
**Explore and Adventure Camps**

**Girl Power** 9-13 yrs
Girl Power. YOU DO YOU! This is a vital message, especially for girls. Join us as we explore our inner self and learn to own ourselves with grace while being able to appreciate strength of others; strong spine, soft heart. We will enjoy a week filled with fun activities based on wholesome living, personal fitness and challenging the perceptions of who we are meant to be.

Mon-Fri 8:30-4:30pm  
Aug 31-Sep 4  $217

**Tacky Tourist** 7-11 yrs
Hey, you don’t have to be from out of town to enjoy all the great things to do in our community. Visit Paddlewheel Park and go sailing; check out the Allan Brooks Nature Centre and catch a movie; hit Kal Beach and go stand up paddle boarding, check out Planet Bee and then head to the Rec Centre for a swim. Includes supervision, transportation, entrance fees and the best week of your child’s summer!

8:30-4:30pm  
Meet at the Rec Centre

<table>
<thead>
<tr>
<th>Mon-Fri</th>
<th>Jul 6-10</th>
<th>$249</th>
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<tbody>
<tr>
<td>Mon-Fri</td>
<td>Jul 20-24</td>
<td>$249</td>
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<tr>
<td>Mon-Fri</td>
<td>Aug 10-14</td>
<td>$249</td>
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</tbody>
</table>

**Historic O’Keeffe Ranch**

**O’Keeffe Ranch Children’s Summer Pioneer Camp**

7-12 yrs

JUNE 29 - JULY 3 (NO CLASS ON JULY 1), AUGUST 17 - 21, & AUGUST 24 - 28

- Learn all about ranch horses with our Trail Boss – horse anatomy, grooming, safety and riding (waivers must be signed)
- Bake scones on an antique wood stove, just like they did in the 1800’s
- Take part in animal care and chores and meet all of our furry and feathery friends
- Brush up on your artisan skills with activities such as weaving, letter writing, and leatherwork
- Have a blast playing Pioneer Games and create your own old-fashioned crafts

Children will learn more about the history of the North Okanagan by practicing activities that kids their own age did over one hundred years ago. They will also learn about the First People of the Okanagan and the settlers who established Ranches here, and just how cool museums really are! Registration Info at Recreation Services, 250-545-6035.

9380 Hwy 97N, Vernon, BC, V1T 6M8

okeeferanch.ca — 250-542-7868 — info@okeeferanch.ca

OPEN DAILY MAY THROUGH SEPTEMBER AND FOR SEASONAL EVENTS.

**Historic Site | Museum | Tours | Farm Animals | Special Events**

**O’Keeffe Ranch Camp** 8:30-4:30pm  
7-12 yrs  
Jun 29-Jul 3  $205

Drop Off and Pick Up at the Vernon Recreation Centre

Aug 17-21  $249  
Aug 24-28  $249

www.gvrec.ca
Build and Imagination Camps

Apps to Life 7-10yrs
This camp brings your child’s favorite console, pc and phone games and apps to the real world. In previous courses, we’ve dabbled with Pokemon Go, Clash of Clans, Fruit Ninja, Minecraft and Mario. Join us for this running of Apps to Life and see what our instructors have in store for you. Each day ends with a swim in the pool.
Mon-Fri 8:30-4:30pm  Sunrise Room
Jul 27-31  $217

Lego Camps
Dream it, build it, test it! This camp will introduce participants to the world of Lego engineering. Start by learning about gears, pullies and drive systems. Then, working as a part of a team, you will build projects based on task challenges that will let your imagination go wild.
*LEGO is a registered trademark of The LEGO Group of Companies. No endorsement by The LEGO Group of Companies should be inferred.

Architecture 9-13yrs
Mon-Fri  8:30-4:30pm Willow Room
July 13-17  $217

Engineers 6-10yrs
Mon-Fri  8:30-4:30pm Willow Room
Aug 17-21  $217

Drama and Dance Camps

Drama, Dance & Water 7-10yrs
Do you love to sing, dance and act? Well come join in for week of musical theatre fun. Your child will learn a mini version of a popular musical and end the day with a cool splash in the pool. The week of creativity will include a final performance with props, costumes and talent. This camp is sure to get you moving and grooving.
Mon-Fri  8:30-4:30pm Dogwood Gym
Aug 10-14  $217

Music, Movement & Imagination 8-12yrs
Looking for a week of fun, creativity and new friendships? This is the camp for you! Let your child’s creativity steal the spotlight in assisting with the creation of a mini musical performance presented at the end of the week. Story writing, prop design, singing, dancing and imagination will showcase the hidden talents within!
Mon-Fri  8:30-4:30pm Dogwood Gym
Aug 17-21  $217

Fit n Fun 9-12 yrs
Join us as we get active with some fitness, water sports and a whole lot more. Yoga, boot camp, water polo, hiking, nutrition and spa stuff are just a few activities we might explore. Each day includes at least one swim.
Mon-Fri  8:30-4:30pm Sunset Room
Jul 6-10  $217
**Explore and Adventure Camps**

### Testing the Waters 10-12 yrs

**Don’t miss out on the most impacting, inspirational camps of the summer! Josh Dueck, Mike Shaw and Brad Swanson are back for Testing the Waters, our community’s multi-sport adventure, life skill building summer camp.**

This multi-sport, positive mindset, individual and group-based adventuring features: bike skills, tactics and road safety before biking the picturesque Okanagan Rail Trail, and City of Vernon’s Becker Bike Park; white water rafting on the majestic Adams River; archery basics and challenges; adaptive wheelchair sports, and life-changing presentations by Mike Shaw and Josh Dueck.

The ultra important classroom focus and major learning points for the brain-body immersion will be Brain Activation Strategies, energy management, shifting perspectives, balance (both physically tested and cognitively woken up), journaling, health and nutrition, integrity, and accountability to yourself and others.

**Jul 7-9  Tue-Thu  9:00-3:00pm $276**

**Aug 11-13  Tue-Thu  9:00-3:00pm $276**

Wed: program will run 9:00-5:00pm

*Participants will need a well-fitted life jacket, well-running bike along with a well-fitted bike helmet.*

**Body-Mind Connection - Self Confidence - Passion for Sport - Connecting with Nature**

### Adventure Camps

We have a great set of camps for our outdoor enthusiasts! We are excited to offer Outdoor Adventure Camps that are designed for youth to learn valuable life skills, build confidence, make new friends and experience exciting, memorable challenges! All equipment and transportation is provided.

### Challenge Camp 9-13yrs

Are you ready for the Challenge? Looking to try some new stuff that will have you laughing, sweating and feeling like you are on the top of the world? Check out some of the cool stuff we will try to fit into the camp: white water rafting, high ropes & zipline, kayaking, hiking, archery and rock climbing.

**9-11 yrs**

**9-11 yrs**

**10-13 yrs**

**Jul 13-17  Mon-Fri  8:30-4:30pm $331**

**Jul 20-24  Mon-Fri  8:30-4:30pm $331**

**Okanagan Outdoors 9-13yrs**

Join us as we explore the Okanagan and the many great trails, water spots, suspension bridges, zip lines and more! Here is sample of what we may explore: white water rafting, fishing, high ropes & ziplines, hiking and kayaking.

**9-11 yrs**

**9-11 yrs**

**10-13 yrs**

**Aug 4-7  Tue-Fri  8:30-4:30pm $265**

**Jul 27-31  Mon-Fri  8:30-4:30pm $331**

www.gvrec.ca
Summer Cooking Camps

**Chef Camp I** 9-13yrs
Put on your chef’s hat and apron and enter the Rec Centre kitchen for some culinary action. Get chopping as we learn how to prepare, cook and serve healthy snacks and meals. We will learn the basics and get a chance to experience what it is like to run a busy kitchen. Please inform us of any food allergies (please note: we may not be able to accommodate all allergies). Each day ends with a swim.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Mon-Fri</td>
<td>8:30-4:30pm</td>
<td>Sunset Room</td>
</tr>
<tr>
<td>Jul 13-17</td>
<td>$249</td>
<td></td>
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<tr>
<td>Jul 20-24</td>
<td>$249</td>
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</table>

**Chef Camp II** 9-13yrs
Same great camp but with a twist of new recipes, a pinch of new flavours and a few handfuls of surprises. This camp is for those who have previous experience in the kitchen or who had taken Chef I. Please inform us of any food allergies (please note: we may not be able to accommodate all allergies). Each day ends with a swim.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Mon-Fri</td>
<td>8:30-4:30pm</td>
<td>Sunset Room</td>
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<tr>
<td>Jul 27-31</td>
<td>$249</td>
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</table>

**Surf’N Turf** 7-11yrs
An action-packed, multi-sport adventure!
Campers will be introduced to a variety of exciting sports and water based activities. Ultimate Frisbee, beach volleyball, basketball, stand up paddle boarding and sailing are a just few of the fun and challenging activities offered.

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Prices</th>
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</thead>
<tbody>
<tr>
<td>8:15-4:15pm</td>
<td>Paddlewheel Park and Kal Beach</td>
<td>$249</td>
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<tr>
<td>Mon-Fri</td>
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<tr>
<td>Jul 13-17</td>
<td></td>
<td></td>
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<tr>
<td>Tue-Fri</td>
<td>Aug 4-7</td>
<td>$200</td>
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</tbody>
</table>

**Sand, Surf & Science** 6-10yrs
This is an exciting and educational camp that takes place outdoors where campers can take advantage of their surroundings to learn new things, swim, play and have a metric ton of fun! Experience sand castle erosion, magic mud, water filtration, rocketry, play games and crafts! Bring a bathing suit, towel, hat, sun screen, water and lunch.

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Dates</th>
<th>Prices</th>
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<tbody>
<tr>
<td>8:15-4:15pm</td>
<td>Paddlewheel Park</td>
<td>Mon-Fri</td>
<td>$176</td>
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<tr>
<td>M, T, Th, F</td>
<td>Jun 29-Jul 3</td>
<td></td>
<td>$220</td>
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<td>Mon-Fri</td>
<td>Jul 27-31</td>
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<td>$249</td>
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<td>Mon-Fri</td>
<td>Aug 10-14</td>
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<td>$249</td>
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<tr>
<td>Mon-Fri</td>
<td>Aug 17-21</td>
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<td>$249</td>
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</table>

**XploreSportZ** 9-12yrs
For sport-lovers who want to experience some new and exciting sports. If you’re tired of the same-old sport scene, come discover the dynamic variety of sports we have to offer! Activities may include: archery, wheelchair basketball, judo, rock climbing and tennis. XploreSportZ camps will include: t-shirt, swimming and a variety of sports led by certified coaches.

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Dates</th>
<th>Prices</th>
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</thead>
<tbody>
<tr>
<td>8:30-4:30pm</td>
<td>Meet at Priest Valley Gym</td>
<td>Mon-Fri</td>
<td>$249</td>
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<tr>
<td>Mon-Fri</td>
<td>Jul 27-31</td>
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<td>$249</td>
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<tr>
<td>Mon-Fri</td>
<td>Aug 10-14</td>
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<td>$249</td>
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<tr>
<td>Mon-Fri</td>
<td>Aug 17-21</td>
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<td>$249</td>
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</tbody>
</table>
All Sorts of Sports Camp 7-12yrs
Over the course of camp, we will try a variety of sports and games, some of which you’ve probably tried, and some of which you haven’t. We’ll dabble in both traditional sports and non-traditional ones and may pull out some oldie but still goodie games from yesteryear like California kickball, 500 up and more. Kids taking part in afternoon floor hockey will walk with staff to Rec Centre to have lunch between camps.
Mon-Fri 8:30-12:00pm $160
Jul 20-24 Lakeview Park

Floor Hockey Camp 7-12yrs
Test your floor hockey abilities in this camp and compete for the coveted Tin Foil Cup. Kids will learn how to stick handle through obstacles, compete in fun skills challenges and play as part of a team on a quest to win the cup.
Mon-Fri 1:30-4:30pm $140
Jul 20-24 Priest Valley Gym
*if you plan to register for both camps above, please contact the Front Desk at 250-545-6035, ext 0 as there will be a discounted price.

Volleyball Camp 9-12yrs
A week of fun filled skills, drills, games and contests. This camp covers all the basics, bumping, setting, serving, spiking and blocking. Our qualified coaching staff will make sure your day is full and fast paced. Each day ends with a swim in the pool.
Tue-Fri 8:30-4:30pm $185
Aug 4-7 Priest Valley Gym

Aces Tennis Camp 6-12yrs
Join us for some fun tennis drills and games like pancake races, caterpillar relays, X’s and O’s, battleship, tennis baseball, round-the-world and many more. We guarantee a photo of your child demonstrating perfect form on a volley! We’ll mix in lots of other activities to balance out our time on court to provide a full, fun day of activity for all.
Mon-Fri 8:30-4:30pm $249
Jul 6-10 Paddlewheel Park

Basketball NBA Jr. Camp 7-10 & 11-14yrs
The coolest camps on the court! Game fundamentals will be taught through well designed drills and game situations. The camp will focus on shooting, passing, dribbling, rebounding as well as defensive and offensive strategies. The players will compete in 1 on 1, 2 on 1 and game activities. There are lots of daily competitions to keep the players interested like: shooting competitions, bump, 2 ball, keep away dribble and more. Kids may be dropped off at 8:30am for 30 mins of free play while our instructors set up for camp.
11-14yrs (no camp Wed, Jul 1)
Mon-Fri 8:30-4:30pm $190
Jun 29-Jul 3 Priest Valley Gym

7-10yrs
Mon-Fri 8:30-4:30pm $217
Jul 6-10 Priest Valley Gym

Beginners Golf 8-11yrs and 11-14yrs
Get tips on your grip, swing and golf etiquette. Putting, chipping, full swing and basic rules will all be taught. The fee includes four hours of instruction and all facility fees. Dress for the weather and meet on the putting green.
Location: Hillview Golf Course
Two weeks to choose from, both Tue-Fri
8-11yrs Jul 14-17 or Aug 11-14 8:00-10:00am $99
11-14yrs Jul 14-17 or Aug 11-14 10:00-12:00pm $99

Evolve Skateboard & Scooter Camp 6-14yrs
Campers are dropped off each morning at the park to receive personalized instruction and work side-by-side with our qualified coaches on their skateboarding and scootering skills! Our lesson plans are designed for campers aged 6-14 yrs, from beginner to intermediate skill levels. Evolve ensures kids are being challenged, engaged and can make the most of their time with us; regardless of their initial skill level. We know campers can’t spend the whole day skateboarding and scootering. That’s why we mix it up with other fun activities to ensure the ultimate Evolve experience. Must bring a helmet, safety pads for elbows, knees and wrists are strongly recommended.
Mon-Fri 9:00-4:00pm $325
Aug 10-14 Creekside Skateboard Park

www.gvrec.ca

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Dance Programs: All Ages

**Musical Theatre 4-6yrs**
Lights, Camera, Action. The Director (teacher) will assist the actors (kids) to use their imagination while performing in front of the audience (their parent/guardian). Singing, drumming and make believe are a huge component of this class.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Mar 23-May 4</td>
<td>4:30-5:00pm</td>
<td>$57</td>
</tr>
<tr>
<td>Apr 13</td>
<td>4:00-4:30pm</td>
<td>$57</td>
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<tr>
<td>May 25-Jun 29</td>
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</table>

**Tot Bee Bop With Parents 1-4yrs**
Fun and moving for both tots and the parents! Singing and dancing...or just move and groove. Teacher will supply homemade instruments for rhythm, such as shakers, scarves and bangers. It’s a dance party to different timings and rhythms such a Waltz, Polka, Hip Hop, Disco and Latin music. Parents must accompany their child in class.

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Mar 30-May 11</td>
<td>3:00-4:00pm</td>
<td>$66</td>
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<tr>
<td>May 25-Jun 29</td>
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**Move n’ Groove 4-6yrs**
This fun class will keep the kids moving and grooving! Think of it as a HIIT class (high intensity interval training) for kids. Hop, skip, jump up and down and back and forth. It’s simple movements with a timing and a tempo. From slow to fast, they learn how to control their movements and look fantastic while doing it. Participants will hear music with different timings and rhythms such as Disco, Hip Hop, Ballroom and Latin. Bonus, they will learn the dance lingo to motivate them to continue to dance and move onto Move n’ Groove 2.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Apr 4-May 9</td>
<td>9:15-10:00am</td>
<td>$60</td>
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<tr>
<td>May 16-Jun 20</td>
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**2-Step for Adults**
Do you love country music? Grab your partner and learn one of the most popular dances...the 2 Step! Over 4 weeks, experienced, highly trained instructors will introduce you to all of the basics that you need to know to look great on the dance floor or in the country bar.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>May 6-27</td>
<td>5:45-6:30pm</td>
<td>$74/couple</td>
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<tr>
<td>City Dance Studio</td>
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**Jive/Swing**
Learn how fun and versatile this energetic dance style is! You will find out just how easy it is to dance to Rock n Roll and Pop music with awesome moves that will impress your friends.

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Jun 5-26</td>
<td>6:45-7:30pm</td>
<td>$74/couple</td>
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<tr>
<td>City Dance Studio</td>
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**Argentine Tango**
One of the most beautiful and intimate dances there is! We will show you just how easy it is to learn to dance Argentine Tango. The basic walk, ochos and simple combinations will help you capture your inner tanguero and tanguera. We know you will fall in love with Tango after this 4 week intro!

<table>
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<tr>
<th>Date</th>
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<th>Fee</th>
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</thead>
<tbody>
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<td>$74/couple</td>
</tr>
<tr>
<td>City Dance Studio</td>
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</table>

**Salsa/Bachata**
Spice up your dance life with this sexy, fun and very musical dance class and stand out from the crowd!

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<tr>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Jun 3-24</td>
<td>5:45-6:30pm</td>
<td>$74/couple</td>
</tr>
<tr>
<td>City Dance Studio</td>
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</tbody>
</table>

City Dance Studio

classes held at 4411 29th St, Vernon, BC
ACTIVATE YOUR COMMUTE

walk | bike | bus | carpool
www.vernon.ca/vernonmoves

Photo: Heath Fletcher, Sproing Creative
AGES 6 to 19

www.VernonMinorSoftball.ca

“2019 Softball BC’s Association of the Year”

Maven Lane
A place for learning

www.mavenlane.org
250.558.9963

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

- full day early learning and care programs
- variety of learning philosophies
- extra-curricular activities
- before and after school programs
- multiple locations
- transportation
PRACTICES MONDAYS - RACING TUESDAYS
NO ONE RIDES THE BENCH!

* Family oriented
* Open to boys & girls from ages 2-102
* Bicycle racing for all types and sizes of bikes
* New riders compete with others of the same age and skill level
* Park open April to October (weather dependant)

Located at Ranger Park
1900 - 47th Avenue
(across from St. John Ambulance)

Interested in becoming a member? Try a free practice and local club race, then decide!

VERNONBMX.COM

April to October at the Track

SUMMER CAMPS
RETREATS
LEADERSHIP PROGRAMS

LOCATED ON THE
SHUSWAP LAKE AT
5055 EAGLE BAY ROAD

CHILDREN’S CAMPS
Camp F: 3 Days - August 5-8
Ages: 7-9  COST: $230.00
Camp C: 1 Week - July 19-25
Ages: 9-11  COST: $370.00
Camp H: 1 Week - August 16-22
Ages: 9-11  COST: $370.00

YOUTH CAMPS
Camp B: 1 Week
July 12-18  Ages: 10-12
COST: $380.00

Camp G: 1 Week
August 9-15  Ages: 10-12
COST: $380.00

TEEN CAMPS
Camp A: 1 Week - July 5-11
Ages: 13-15  COST: $390.00

Camp D: 1 Week - July 26-August 1
Ages: 12-14  COST: $390.00

Camp I: 1 Week - August 23-29
Ages: 12-14  COST: $390.00

For more information or to register, please visit us at www.eaglebaycamp.com
100% Organic Grain, Specialty Rye and Natural Sourdough Breads
Wheat Free Bread Options
Donuts Made Fresh Daily!
European Speciality Tortes & Pastries
Made to Order Deli Style Sandwiches & much more ...

Tuesday – Friday 7:30am – 5:30pm
Saturday 7:30am – 4:30pm
4509 27 Street, Vernon — (236) 426-2422

Put your health in our hands,
so we can put it back in yours!
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www.prohands.ca
3600 31st St. Vernon
relief@prohands.ca

It’s time to JOIN THE CLUB!
NEW - AFTERNOON MEMBERSHIP
for only $1,299
Annual memberships are available now!
Juniors for only $325
+$105 for dual membership with Spallumcheen.
Student & intermediate rates for
19-44 year olds start from just $75
Regular & trial memberships available!
CALL FOR MORE INFORMATION!

TEE TIMES 250.542.9126
CLUBHOUSE 250.542.0151
800 Kalamalka Lake Road, Vernon, BC
www.vernongolf.com
The Willow Room

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

- meetings
- birthday parties
- food vendor booth
- client meetings

The room is equipped with:

- tv
- filtered water
- tables/chairs
- sink

bookings@vernon.ca for more information

Have you set up your account to register? It’s easy... go to www.gvrec.ca and follow the login link to create your account. Registration is now real time and you can view your information for easy access.

First day of registration for programs

Sunday, March 1.
Registration opens at 8:00am
at Recreation Centre office and online
www.gvrec.ca

1 in 3 Canadian families cannot afford to enrol their kids in organized sports or physical activities.

Jumpstart changes that.

Canadian Tire Jumpstart is a national charity dedicated to removing financial barriers so ALL kids can get in the game.

To learn more about Jumpstart funding please call: 1-877-616-6600

To learn more about Jumpstart please visit: jumpstart.canadiantire.ca

www.gvrec.ca
Dog Parks in Greater Vernon

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

- Off-leash park - fenced
- On-leash park or trail

Dogs are NOT permitted on playing fields or beaches.
Puppy and Dog Obedience Course
With a focus on socialization our Dog and Puppy Obedience Classes will cover basic commands (sit, stay, come), leash and collar safety and more. Our classes are great for beginner trainers and all types of dogs.

Puppy:
Puppy: for dogs 6 months and younger
All dogs should have received their first shots.
Mon 6:15-7:15pm Creekside Main
Mar 30-May 11 $98.28 no class Apr 13

Dog:
For dogs 6 months and older. All dogs should have received their first shots.
Mon 7:30-8:30pm Creekside Main
Mar 30-May 11 $98.28 no class Apr 13

Cheese Making Workshops
Come and spend a few hours with Paula Maddison, a deep in the bones “slow foodie”, multi-talented lass who has a passion for hand crafting cheese. You will be taken into the world of sumptuous flavour, ancient craft, history, science, chemistry and food as medicine as you spend time learning and linking with other fine foodies. While learning a delicious and nutritious new skill, you will relish the tastes of succulent cheeses that you can hand craft in your home. Using products readily available, Paula demystifies the idea that cheese making is difficult with comprehensive instruction. Classes are not only delicious but a lot of fun. Paula’s draws on her vast experience in the hotel industry, private yachting industry and private estate management to show you some unique and creative ideas for serving the cheeses you will be making. Learning how to make cheese with Paula is a unique experience that will spark your inner cheese maker!

Classes held at Lakers Clubhouse, 7000 Cummins Rd

Mozzarella, Burrata and Bocconcini
Learn how to make your own home made cheese! Join Paula Maddison who has been teaching the lost art of cheese making for over 6 years and learn how to make your own hand stretched mozzarella cheese turning it into an appetizer worthy of the cover of Bon Appetit Magazine! This is a demonstration style: Taste, Touch, Feel class that will demystify the process of making your own cheese. You will learn how to make your own mozzarella as well as learn some creative and unique serving ideas. Instructions and ingredients to make over 4 lbs of mozzarella at home are included.
Thu, Jul 23 6:00-8:00pm $71.25

Feta
Learn how to make your own Greek Style Feta cheese! This is a demonstration style: Taste, Touch, Feel class that will demystify the process of making your own cheese giving you a good understanding of the process and ingredients that are used in cheese making. Instructions and ingredients to make your own Feta at home are included.
Thu, Jul 23 3:00-5:00pm $71.25
Volleyball

Spring Volleyball Leagues

Monday Women’s Recreational All Levels
Mon 6:00-9:00pm Apr 6-May 11 $215/5 wks

Monday Co-ed All Levels
Mon 6:00-9:00pm Apr 6-May 11 $215/5 wks

Beach Volleyball Leagues - Divisions

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Sand</th>
<th>$350/10 wks</th>
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<tr>
<td>May 25-Aug 10</td>
<td>Surf</td>
<td>$350/10 wks</td>
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<td>Surf/Sun Hybrid</td>
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<td>Tuesdays</td>
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All leagues are based out of Kal Beach and teams may play 1 or 2 nights at Paddlewheel, depending on the number of teams in your league.

Beach Volleyball Tournament

May 23-24, 2020

New this year - Vernon will be hosting a kick off the summer Beach Volleyball Tournament with options for all ages and skill levels. Gather up some friends, find the division that fits your skill level and then get ready as it’s Game On! 3 games guaranteed, self officiated with coordinators on site to settle any disputes. Game times are 10-5pm on Saturday and 10-1pm on Sunday.

Youth Divisions
Beach Teen Triples 12-14yrs $90
Beach Teen Triples 15-18yrs $90

Adult Triples Divisions
Men’s Triples $90
Women’s Triples $90
Coed Triples $90

Adult 6’s Divisions
Recreational Coed 6’s $180
Competitive Coed 6’s $180

Adult 4’s Divisions
Competitive Coed 4’s $120

www.vernonvolleyball.ca
**Miscellaneous Sports**

**Drop In Sports** in the Priest Valley Gym

<table>
<thead>
<tr>
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<th>Activity</th>
<th>Time</th>
<th>Format</th>
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<tbody>
<tr>
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<td>Floor Hockey</td>
<td>4:30-6:00pm</td>
<td>Year Round</td>
</tr>
<tr>
<td></td>
<td>Floor Hockey</td>
<td>6:30-8:00pm</td>
<td>Year Round</td>
</tr>
<tr>
<td>Tue</td>
<td>Volleyball</td>
<td>7:30-9:30pm</td>
<td>Last day is May 12</td>
</tr>
<tr>
<td>Thu</td>
<td>Volleyball</td>
<td>7:30-9:00pm</td>
<td>Last day is May 14</td>
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<tr>
<td>Fri</td>
<td>Floor Hockey</td>
<td>5:30-7:00pm</td>
<td>Year Round</td>
</tr>
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</table>

Visit www.gvrec.ca for up to date schedule information.

$6/drop-in $54 for a 10x pass $102 for a 20x pass

**Badminton Club at OK Landing School**

Tue, Thu 7:30-9:30pm

Last night of play at Apr 23

$5 Drop in fee or $60 membership for the season

**Basketball Summer League** Ages 17+

Grab some friends and join our basketball summer league. This is the fourth year it’s been offered and we’re looking to expand upon the 8 teams we had last year.

Season is 8 weeks.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Mon</td>
<td>6:00-10:00pm</td>
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<tr>
<td>Jul 6-Aug 24</td>
<td>$600/team</td>
</tr>
</tbody>
</table>

**Hockey Tournament**

Enjoy the beautiful Okanagan and play hockey in one of the largest tournaments in the region - what could be better! Teams are guaranteed 3 games. Fabulous prizing and terrific entertainment at The GreenPub on both Friday and Saturday nights. Fees are $890 taxes included.

The tournament runs April 3-5, 2020.

To register your team, call Mike at 250-550-3669.

**Men’s Rec 50+ with underage**

Teams may have 2 players on their roster under the age of 50 (not including goaltender)

**Men’s Rec 40+**

Teams must have an average age over 40 years or older.

**Men’s Rec 35+**

Teams must have an average age of 35 years or older.

**Women’s Rec**

All players must be 19 years or older.

**Men’s Rec 30+ with underage**

Teams may have 2 players on their roster under the age of 30 (not including goaltender)

www.gvrec.ca
Looking for a fun and social way to develop fitness, coordination and agility?

Try squash!

Junior Squash Program:
- Kids aged 6-14 years, all levels welcome!

Adult Squash Programs:
- Beginner’s Clinic • Ladies’ Night
- Mens’ Night Skills & Drills • Leagues for All Levels

Slo-Pitch - Women’s Fun League  Ages 18+
This league focuses on getting out and having fun rather than the competitiveness of the game. Included in the registration costs: game balls, strike plate, rule book, membership in Slo-Pitch National which covers players with accident and liability insurance, one umpire per game, and field costs. Most games are played Wednesday nights except for three games which will be played on Sat, May 2 in a tournament atmosphere. Teams must supply their own equipment.

Registration is on a team basis.
Wed 6:00-7:30pm
Apr 15-Jun 24 $725

Slo-Pitch - Men’s Fun League  Ages 15+
This league focuses on getting out and having fun rather than the competitiveness of the game. Included in the registration costs: game balls, strike plate, rule book, membership in Slo-Pitch National which covers players with accident and liability insurance, one umpire per game, and field costs. Most games are played Wednesday nights except for three games which will be played on Sat, May 2 in a tournament atmosphere. Teams must supply their own equipment.

Registration is on a team basis.
Wed 6:00-7:30pm
Apr 15-Jun 24 $725

Fly Casting
This is an introductory course in fly fishing and fly casting. The course covers equipment, knots, finding fish, local entomology and casting. No equipment is needed for the first class. This course is sponsored by the Kalamalka Fly Fishers Society www.kalflyfishers.ca. First class will be held at Seaton School. A schedule of locations will be provided at the first class.

Tue 7:00-9:00pm
Mar 31-Apr 28 $85.65

Golf - Adult Lessons  Ages 16+
Golf instruction covering basic fundamentals in all aspects of playing the game as follows:
Lesson 1 - putting (at putting green, bring putter)
Lesson 2 - chipping (at putting green, bring wedges, 8, 9 Iron)
Lesson 3 - full swing (at range, bring 7 iron)
Lesson 4 - full swing (at range, bring all clubs)

Please bring golf shoes or running shoes, as well as the clubs you need and dress for the outdoor weather conditions. If you need golf clubs they will be provided at no charge.

Jun 1-22 Mon $82
3:00-4:00pm or 5:15-6:15pm $82

Reduced rates for kids 18 years and under and full time students with ID.
Advanced online court booking available. Email us for details.

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Tennis

YOUTH & ADULT

Tennis - Youth

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

Red Ball 5-8yrs
Parent participation strongly encouraged.
Wed 4:30-5:15pm
May 6-Jun 3 $60
Mon 4:30-5:15pm
Jun 1-29 $60
Tue, Thu 4:30-5:15pm
May 5-21 $72
Jun 9-25 $72

Green Ball 9-13yrs
Wed 5:30-6:15pm
May 6-Jun 3 $60
Mon 5:30-6:15pm
Jun 1-29 $60
Tue, Thu 5:30-6:15pm
May 5-21 $72
Jun 9-25 $72

Tennis - Adult

Tennis-Learn - Adult Fundamentals 16+ yrs
Basic FUNdamentals - for players new to the game or with little experience and want to favor hitting forehands over backhands. This course will teach basic ball control skills and strategies using foam balls on a scaled down court and then progressing to regular tennis balls on a full sized court.

(Tennis Canada Rating Equivalent 1.0-2.0)
Wed 6:30-7:30pm
May 6-Jun 3 $70
Mon 6:30-7:30pm
Jun 1-29 $70
Tue, Thu 6:30-7:30pm
May 5-21 $84
Jun 9-25 $84

Tennis - Men’s Fun Competitive 3.0+ 16+ yrs
This program is designed for fun and exercise with a little bit of competition thrown in. Players must be a level 3.0 according to Tennis Canada’s Self Rating Guide. There is a limit of 16 registrants for this program so register today to ensure your spot. Spares are always required and are regularly utilized. Location: Sawicki & Kalvista
Mon, Thu 9:00-11:00am
Apr 16-Oct 15 $84
Spare List $15

Tennis - Morning Social 16+ yrs
To register, players must understand the rules of the game and know how to keep proper score. Group A players play from 8:30-10:00am on Tue and 10:30-12:00pm on Fri. Group B players play from 10:30-12:00pm on Tue and 8:30-10:00am on Fri. Any new players are to check with the coordinator on where to start.
Tue, Fri 8:30-12:00pm
Apr 7-Oct 16 $84

Tennis - Women’s Fun Competitive 16+ yrs
This program is designed for fun and exercise with a little bit of competition thrown in. Players must be a level 3.0 according to Tennis Canada’s Self Rating Guide. There is a limit of 20 registrants for this program so register today to ensure your spot. Spares are always required and regularly play.
Mon, Thu 9:00-11:30am
Apr 6-Oct 15 $84
Spare List $15

For information about tennis programs
contact Mike at 250-550-3669 or playsports@vernon.ca

www.gvrec.ca
### Community Organization | Contact | Phone | Website/Email
--- | --- | --- | ---
**Kees Tae Kwon Do - Martial Arts** | Trevor Warkentin | 250-545-7710 | www.keesokanagan.com
**Okanagan Freestyle Fencing** | Matt Clarke | 250-306-9253 | www.okanaganfreestylefencing.com
**Preschool Music Classes: Group Piano Lessons** | Danuta Ociepa | 250-938-7521 | www.myc.com
**Seniors Community Centre** | | 250-549-4201 | schubertcentre@shaw.ca
**Special Olympics Vernon - British Columbia** | Leanne Kelly | 778-581-0511 | ic.sobevernon@gmail.com
**Vernon Community Arts Centre** | Terry Dunstan | 250-542-6243 | www.vernonarts.ca
**Vernon Figure Skating Club** | Carla Bryan | 250-260-6632 | vancouverfiguresskatingclub.com
**Vernon Pickleball Association** | | | vernonpickleball@gmail.com
**Vernon Scottish Country Dancers** | Ruth Hurst | 250-545-2626 | kenhurst@gmail.com
**Vernon Speed Skating Club** | Karen Benn | 250-550-5236 | vernonvortex@gmail.com
**Vernon Tennis Association** | Graham Cooper | 236-426-3799 | www.vernontennis.com

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**GET NOTICED!** If your team, club or organization would like to advertise at the Recreation Centre, please call 250-550-3257 for more information.

*We can help you get the word out!*

---

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Debbie Sparling, Registered Physiotherapist
Cindy Keith, Registered Physiotherapist

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*Early morning/evening appointments available*

---

**Mackie Lake House**

7804 Kidston Road, Coldstream, BC

www.mackiehouse.ca — 250-545-1019

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**Tea at the Lake House**

**Mother’s Day Tea**
Sunday, May 10
Treat your mother, your friends or yourself to this special Tea and celebrate the women in your life!

**Summertime Teas**

Thursdays, July 23 - August 27
Indulge in a spot of Tea and savoury and sweet treats served on fine bone china.

To purchase tickets for any of our events go to www.ticketseller.ca or call 250-549-7469

---

**Music at Mackie Outdoor Concerts**

For a magical summer evening, pack up your favourite picnic supper, a lawn chair and enjoy the music while you dine “al fresco” on the lawns overlooking Kal Lake

Friday, July 19, July 24 and August 21
Gates open at 5 pm and the music begins at 6 pm
Tickets are $25 per person at www.ticketseller.ca and children under 12 free

For full event details please go to www.mackiehouse.ca

---

**Back in Time Tours**

July 7 - August 25 at 11:00 am
Embrace the timeless elegance of this superbly crafted 1910 heritage home overlooking Kal Lake. Unravel the rich history of the families living in the historic Mackie Lake house, and discover their place in Coldstream’s past.

Tour tickets are $10 per person and are available at www.ticketseller.ca or at the door if your guests have just arrived.

Private tour and teas are available for groups of six or more people by appointment year round.

---

**Weddings and Events**

Looking for an interesting location for your next business meeting or memorable event? Rent the Mackie Lake House for meetings, seminars, that special birthday, retirement, or anniversary party. The majestic lawns overlooking Kal Lake are a picturesque location for your wedding or outdoor events. Rent the Mackie Lake House and add some history to your meeting or event!

For booking information and availability please email mackiehouse@shaw.ca or call 250-545-1019

---

We look forward to welcoming you to one or many of our events here at the Mackie Lake House!
Welcome to the breathtaking Okanagan!

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Spring Leagues starting May 5th
Tuesday 7:00-9:00pm & Wednesday 1:00-3:00pm

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3510 25th Ave., Vernon
www.lincolnlanes.ca

**Bushwacker Paintball Games**
250-542-1170 9521 HWY 97 N
(next to Sunvalley Race Track)
www.bushwackerpaintball.com e: bushwackerpaintball@shaw.ca

**Roller Skating**
Admission $5.00 and includes rental

**Hassen Memorial Arena**
3315 Pleasant Valley Rd, Armstrong

**Vernon's Only Paintball Field**
Open March to October
By Appointment
Group Discounts • Birthdays • Stags
Corporate • Youth groups
Schools or just a big group of friends!
Ask us about our low impact paintball for 8-12 year olds!
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Bushwacker Paintball Games
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(next to Sunvalley Race Track)
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There's Something for Everyone at the Halina Activity Centre

PROGRAMS OFFERED DAILY, WEEKLY OR MONTHLY:
• Billiards (Pool) • Round-Tu-It
• Canasta • Cribbage
• Crafts • Star Country Squares
• Table Tennis • Time-Out
• Ukuleles • Kalamalka Chorus
• Bridge
• Clogging
• Rhythm Rounds
• Carpet Bowling
• Darts
• Floor Curling
• Bingo

www.halinacentre.com

Hours: Monday - Friday 8:00am-4:00pm
3310 - 37th Avenue, Vernon, BC
Phone 250-542-2877  email: halinaseniors@telus.net

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

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The Fall/Winter Active Living Guide will be out in August 2020
Advertising questions can be directed to
Liz Stanley — lizstanley@shaw.ca
Services for People with Disabilities

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

Peer Support: People with disabilities can meet to participate in social and recreational activities. Thursday: 1:00-3:00pm Adults with a variety of disabilities. Tuesday: 3:30-5:30pm Youth with disabilities between the ages of 16-29 years.

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

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

Accessible Physical Activities for people with disabilities

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

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

For more information on the services offered by Independent Living Vernon:
Address: #107, 3402-27th Avenue, Vernon (People Place)
Phone: 250-545-9292 or Toll Free: 1-877-288-1088
Email: info@ilvernon.ca
Website: http://ilvernon.ca
Facebook: Independent Living Vernon
Twitter: @ILVernon
Text # 778-212-4375
Hours: Monday to Thursday, 8:30am-4:00pm; Friday by appointment only

More accessible physical activities for people with disabilities

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

Beach Access: Wheelchair beach access ramp at Paddle Wheel Park, next to Paddle Wheel Hall. 75% discount for People with Disabilities through Vernon Parks and Recreation. For more information, contact 250-545-6035.
Not every child learns in the same way.

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www.blisspilates.ca
## Fitness Classes at a Glance

<table>
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<td><strong>Fit ABC’s Level II</strong></td>
<td><strong>Osteofit for Life</strong></td>
<td><strong>Fit ABC’s Level II</strong></td>
<td><strong>Osteofit for Life</strong></td>
<td><strong>Osteofit for Life</strong></td>
</tr>
<tr>
<td>9:00-10:00am</td>
<td>9:05-10:05am</td>
<td>9:00-10:00am</td>
<td>9:05-10:05am</td>
<td>9:05-10:05am</td>
</tr>
<tr>
<td><strong>Fit &amp; FUNctional</strong></td>
<td><strong>Fit &amp; FUNctional</strong></td>
<td><strong>Yoga for Older Adults</strong></td>
<td><strong>Fit &amp; FUNctional</strong></td>
<td><strong>Fit &amp; FUNctional</strong></td>
</tr>
<tr>
<td>9:15-10:30am</td>
<td>9:15-10:30am</td>
<td>10:00-11:15am</td>
<td>9:15-10:30am</td>
<td>10:00-11:15am</td>
</tr>
<tr>
<td><strong>Get Up &amp; Go!</strong></td>
<td><strong>Gentle Yoga</strong></td>
<td><strong>Get &amp; FUNctional</strong></td>
<td><strong>Minds in Motion</strong></td>
<td><strong>Get &amp; FUNctional</strong></td>
</tr>
<tr>
<td>10:00-11:15am</td>
<td>10:00-11:15am</td>
<td>10:00-11:15am</td>
<td>10:00-11:30am</td>
<td>10:00-11:15am</td>
</tr>
<tr>
<td><strong>Get Up &amp; Go!</strong></td>
<td><strong>Osteofit I</strong></td>
<td><strong>Get Up &amp; Go!</strong></td>
<td><strong>Lunch Circuit Drop In</strong></td>
<td><strong>Osteofit I</strong></td>
</tr>
<tr>
<td>10:15-11:15am</td>
<td>10:15-11:15am</td>
<td>10:15-11:15am</td>
<td>11:30-12:30pm</td>
<td>10:15-11:15am</td>
</tr>
<tr>
<td><strong>Get Up &amp; Go!</strong></td>
<td><strong>Lunch Circuit Drop In</strong></td>
<td><strong>Get Up &amp; Go!</strong></td>
<td><strong>Lunch Circuit Drop In</strong></td>
<td><strong>Minds in Motion</strong></td>
</tr>
<tr>
<td>11:30-12:30pm</td>
<td>11:30-1:00pm</td>
<td>11:30-1:00pm</td>
<td>11:30-1:00pm</td>
<td>1:00-2:30pm</td>
</tr>
<tr>
<td><strong>Fit ABC’s Level I</strong></td>
<td><strong>Fit ABC’s Level I</strong></td>
<td><strong>Minds in Motion</strong></td>
<td></td>
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</tr>
<tr>
<td>1:15-2:15pm</td>
<td>1:15-2:15pm</td>
<td>1:00-2:30pm</td>
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</tbody>
</table>

See page 65 for our Drop In AquaFit & Therapy classes

### Fitness Gym Orientations

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

- **Adult:** $50, 1 hour session
- **Youth:** 1 session for $50, includes an (13-16 yrs) orientation and a 1 month Get Active Pass.

### Get Active Recreation Pass

*Get Active Recreation Pass* is a special introductory 1 month pass to the fitness gym and pool at the Recreation Centre. It is intended for individuals who have NEVER had a swim or fitness room pass through Recreation Services and are Greater Vernon residents. If you are a new resident to Greater Vernon or if you still don’t know where the Recreation Centre is located...we would like to meet you, please bring proof of residency.

The *Get Active Recreation Pass* includes 1 month access to the fitness room and pool for only $30.

[www.gvrec.ca](http://www.gvrec.ca)
Group & Circuit Fitness Classes

Gentle Yoga
Designed for people who want to try yoga for the first time or for those who are looking for a softer approach to their yoga practice. Gentle yoga poses combined with breathing exercise and restorative postures to strength and strengthen, reduce stress and calm the mind. No experience required.
Tue 10:00-11:15am Sunrise Room Apr 7-May 26 $92.40 Instructor Sue C

Mat Pilates
Pilates is a system of controlled exercises that engage the mind and condition the total body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles. Exercises emphasize breath, core engagement and body awareness. Props, including bands, weighted balls, the pilates ring and more may be used to add challenge or assistance throughout the class. This mat workout will lengthen the spine, strengthen the core, tone the legs and glutes and flatten the abs.

Beginner Level
Mon 7:10-8:10pm Sunrise Room
Mar 30-May 11 $69.30 no class Apr 13

Intermediate Level
Mon 6:00-7:00pm Sunrise Room
Mar 30-May 11 $69.30 no class Apr 13

Buddha re-boot
HIIT + Flow Workout (Medium/Spicy)
The format will be 10-20-20-10: 10 min of warm-up, 20 min of high-intensity interval training (HIIT), 20 min of yoga flow and 10 min of cool down and restore. During the HIIT portion of the class, emphasis will be on aerobic and anaerobic training; expect to sweat, work hard and use equipment like resistance bands, weights and suspension trainers (running shoes required). The yoga portion of the class will bring us back into breath, mindful movement and expansiveness. This challenging class is designed to increase your strength, stability, mobility and balance. Every class is a little different keeping your body guessing and leaving you feeling energized, yet restored. Modifications are offered and everyone is welcome.
Wed 7:00-8:00pm Auditorium Main
Apr 8-May 20 $80.85

Activate Your Lunch Hour

Lunch Circuit Drop In
Want to get in a workout during your lunch hour? Looking for flexibility? Our Lunch Circuit Drop-in runs over 90 min; come for any length of time that works for you. The circuit is designed for a min. 30 minutes and will feature exercises that focus on core, cardio, balance, strengthening and flexibility. Make it as challenging as you like. It’s your workout; you decide the timing and the intensity. We provide the challenges and equipment. Qualified instructors will be on hand to assist with exercises and provide modifications as needed.
Tue, Thu 11:30-1:00pm Auditorium Main
Mar 31-Jun 23 $8.25/drop in 10x pass $76
no class Apr 30, May 5, Jun 4 and Jun 11

Lunch Circuit Drop In | Summer
Check online for updates or contact the Programmer at activeliving@vernon.ca or 250-550-3672.
# Circuit Fitness Classes

## Fit & FUNctional Classes

For those that want to maintain, build and improve on their strength, balance and overall health. These circuit style classes are held in the Fitness Gym and include three phases of a safe and effective exercise program:

1. warm up with no-bounce cardio;
2. strength and resistance training mixed with cardio;
3. a complete stretch and cool down.

Emphasis will be placed on proper and effective technique. These classes will lead you towards improved posture, increased strength and endurance and better balance. Are you a beginner? No problem, you can join any of the classes listed below and fit right in! Pick a day and time that works best for you.

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
</tr>
</thead>
</table>
| **Fit & FUNctional**  
  8:30-9:45am   | **Fit & FUNctional**  
  8:30-9:45am   | **Fit & FUNctional**  
  8:30-9:45am   | **Fit & FUNctional**  
  8:30-9:45am   |
| **Fit & FUNctional**  
  9:15-10:30am  | **Fit & FUNctional**  
  9:15-10:30am  | **Fit & FUNctional**  
  9:15-10:30am  | **Fit & FUNctional**  
  9:15-10:30am  |
| **Fit & FUNctional**  
  10:00-11:15am | **Fit & FUNctional**  
  10:00-11:15am | **Fit & FUNctional**  
  10:00-11:15am | **Fit & FUNctional**  
  10:00-11:15am |

Participants in all our strength training classes can enjoy free use of the pool, sauna, steam room or hot tub for up to 30 min after their workout. A real bonus for the worked muscles!

## Register for the classes listed below.

Drop-in allowed if space is available. Drop-in Fee $9.50.

No passes allowed.

No class Apr 11, Apr 13, May 18 and June 25

### Mon/Wed/Fri 8:30-9:45am

<table>
<thead>
<tr>
<th></th>
<th>Mon</th>
<th>Mon</th>
<th>Wed</th>
<th>Wed</th>
<th>Fri</th>
<th>Fri</th>
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<tbody>
<tr>
<td></td>
<td>Mar 30-May 11</td>
<td>$49.44</td>
<td>May 25-Jun 22</td>
<td>$41.20</td>
<td>May 20-Jun 24</td>
<td>$49.44</td>
</tr>
<tr>
<td></td>
<td>Apr 1-May 13</td>
<td>$57.68</td>
<td>May 22-Jun 26</td>
<td>$49.44</td>
<td>May 20-Jun 24</td>
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<td>Apr 3-May 15</td>
<td>$49.44</td>
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</tbody>
</table>

### Mon/Wed/Fri 10:00-11:15am

- **Mon** | Mar 30-May 11 | $49.44 | May 25-Jun 22 | $41.20
- **Wed** | Apr 1-May 13  | $57.68 | May 20-Jun 24 | $49.44
- **Fri** | Apr 3-May 15  | $49.44 | May 22-Jun 26 | $49.44

### Tue & Thur 9:15-10:30am

- Mar 31-May 14 | $115.36
- May 19-Jun 23 | $90.64

### Summer 9:15-10:30am

- Jun 30-Jul 23  | $65.92
- Jul 28-Aug 20  | $65.92
**Osteofit 1**
As B.C.’s population ages, decreased strength and increased risk of falls are major concerns. The BC Women’s Hospital & Health Centre’s Osteofit program provides a gentle strength, balance and coordination program designed to improve fitness while promoting healthy bones for people with Osteoporosis. This unique and fun program focuses on improving physical strength, balance and quality of life while reducing the risk of falls and fractures. Taught by specially trained instructors.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fees</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Tue, Fri</td>
<td>10:15-11:15am</td>
<td>$69.68</td>
<td>Halina Room</td>
</tr>
<tr>
<td>Mar 31-May 15</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>May 19-Jun 26</td>
<td></td>
<td>$58.96</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fees</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Tue,Fri</td>
<td>8:00-9:00am</td>
<td></td>
<td>Halina Room</td>
</tr>
<tr>
<td>Mar 31-May 15</td>
<td></td>
<td>$69.68</td>
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</tr>
<tr>
<td>May 19-Jun 26</td>
<td></td>
<td>$58.96</td>
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</table>

**Minds in Motion™**
Minds in Motion® is a fitness and social program for people living with early stage dementia, participation is with a family member, friend or other care partner. The program is offered in partnership with the Alzheimer Society of B.C. Light exercises are followed by social activities designed to be enjoyed in pairs. Coffee, tea and light refreshments are provided. Fees include the cost of the person living with dementia and one care partner; care partner must attend. Start at any time and pay a pro-rated registration fee.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fees</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Thu</td>
<td>10:00-11:30am</td>
<td>$40.26</td>
<td>Halina Room</td>
</tr>
<tr>
<td>Apr 2-May 7</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>May 14-Jun 18</td>
<td></td>
<td>$40.26</td>
<td></td>
</tr>
<tr>
<td>Jul 2-Aug 20</td>
<td></td>
<td>$53.68</td>
<td></td>
</tr>
<tr>
<td>Thu</td>
<td>1:00-2:30pm</td>
<td></td>
<td>Sunset Room</td>
</tr>
<tr>
<td>Apr 2-May 28</td>
<td></td>
<td>$53.68</td>
<td></td>
</tr>
</tbody>
</table>

**Get Up & Go!**
*The Get Up & Go! program offers an appropriate entry level exercise program for seniors with balance, mobility impairments and/or chronic disease. The class will lead you through the three phases of a safe and effective exercise program: 1) warm up and cardio; 2) strengthening with bands and light weights; 3) stretching. Emphasis will be placed on correct techniques and your safety. Take the first step towards improved posture, increased strength, endurance and better balance. Interior Health referral required.*

For further information contact Deb Treherne, Recreation Programmer at 250-550-3672.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fees</th>
<th>Location</th>
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<tbody>
<tr>
<td>Mon, Wed</td>
<td>10:15-11:15am</td>
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<td>Sunrise Room</td>
</tr>
<tr>
<td>Mar 30-May 13</td>
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<td>$69.68</td>
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<tr>
<td>May 20-Jun 24</td>
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<td>$53.60</td>
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<tr>
<td>Mon, Wed</td>
<td>11:30-12:30pm</td>
<td></td>
<td>Sunrise Room</td>
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<tr>
<td>Mar 30-May 13</td>
<td></td>
<td>$69.68</td>
<td></td>
</tr>
<tr>
<td>May 20-Jun 24</td>
<td></td>
<td>$53.60</td>
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</tbody>
</table>

**Get Up & Go! | Summer**
Check online for updates or contact the Programmer at activeliving@vernon.ca or 250-550-3672.
**Choose to Move**

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

To learn more about Choose to Move visit [https://www.choosetomove.info/](https://www.choosetomove.info/). Please register for this information session to learn more about the program.

**Info Session**

Tue, Mar 12 12:00-1:30pm  Sunset Room
Registration for the info session will open Sun, Mar 1, 8am. Register online at [www.gvrec.ca](http://www.gvrec.ca) or in person at the Recreation Centre.

**Program**

Program runs for 6 months. Most sessions are one on one, however, we have a 8 groups meetings:
Mar 31, Apr 14, 21, 28, May 5, 19, Jun 2, 16 12:00-1:30pm
Registration for this program will open after the info session.

Choose to Move is an initiative of the Active Aging Research Team at the University of British Columbia, and is made possible through the support of British Columbia’s Ministry of Health. The Active Aging Research Team delivers this program in partnership with the British Columbia Recreation Parks and Association (BCRPA).

---

**Smart Fit - Drop in Program**

This is the best fitness program for older adults offered in our area. Improve your cardiovascular endurance, your balance and your strength. Relax and stretch at the end of the class. Current participants claim this is the most effective and safest fitness class they have ever attended. It is held on a drop in basis in order to accommodate your changing schedule and busy life! Participants should be able to get up and down from the floor unassisted.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue &amp; Thu</td>
<td>8:30-9:30am</td>
<td>Priest Valley Gym</td>
<td>$7.00</td>
</tr>
<tr>
<td>Mar 31-Jun 23</td>
<td></td>
<td></td>
<td>$64.40</td>
</tr>
</tbody>
</table>

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**Fit ABC’s**

Fit ABC’s (Agility, Balance, Core & Strength). Our newest fitness class for those that are generally healthy and are looking for a light to moderate fun, fitness class with a focus on improving balance, strength and core stability. A well rounded exercise class that offers cardio, strengthening and stretching using exercise bands, small hand weights and functional exercises (some floor exercises may be included).

New! Two levels offered; intro and advanced.

**Level 1/Intro**

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon/Wed</td>
<td>1:15-2:15pm</td>
<td>Sunrise Room</td>
<td>$69.68</td>
</tr>
<tr>
<td>Mar 30-May 13</td>
<td></td>
<td></td>
<td>no class Apr 13</td>
</tr>
<tr>
<td>May 20-Jun 24</td>
<td></td>
<td></td>
<td>no class Jun 3</td>
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</table>

**Level II**

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon/Wed</td>
<td>9:00-10:00am</td>
<td>Sunrise Room</td>
<td>$69.68</td>
</tr>
<tr>
<td>Mar 30-May 13</td>
<td></td>
<td></td>
<td>no class Apr 13</td>
</tr>
<tr>
<td>May 20-Jun 24</td>
<td></td>
<td></td>
<td>no class Jun 3</td>
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</table>

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**Yoga for Older Adults**

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

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed</td>
<td>10:00-11:15am</td>
<td>Lakers Clubhouse</td>
<td>$92.40</td>
</tr>
<tr>
<td>Apr 8-May 27</td>
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</tr>
</tbody>
</table>

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**Choose to Move** is an initiative of the Active Aging Research Team at the University of British Columbia, and is made possible through the support of British Columbia’s Ministry of Health. The Active Aging Research Team delivers this program in partnership with the British Columbia Recreation Parks and Association (BCRPA).
Aquatic Fitness Classes

Drop In Classes

**Aqua Therapy I**  Mon/Tue/Thu  2:05-2:50pm
Focuses on restoring, maintaining and increasing joint range of motion and muscle strength. It will improve posture, flexibility, balance, coordination and endurance. It is suitable for those who are rehabilitating after surgery, injury or who may have a long term disability. This is an entry level class.

**Aqua Therapy II**  Tue/Thu  8:35-9:20am
A continuation of Aqua Therapy I. It follows a similar structure but moves along at a slightly faster pace and can be a great way to increase stability before surgery. It is suitable for those who have been attending Aqua Therapy for an extended period of time and may not be suitable for very frail or deconditioned participants.

*A Doctor or therapists referral is required for the Aqua Therapy classes.*

**Aqua Therapy Drop In:**
Single $6.95 | 10x $64 | 30x $192

**Aquafit I**  Wed  9:35-10:25am
Low impact, mild intensity in shallow water. It will improve general fitness levels and include strength sets using water resistance. Ideal for individuals who want to enhance balance, coordination and overall fitness.

**Aquafit II**  Mon/Wed/Fri see schedule
Includes a variety of exercises using anchored, light bounce, propulsion and suspension in shallow water. Low impact, mid-high intensity class that will improve cardiovascular and muscular endurance, flexibility and muscle tone.

**Morning Deep Water**  Tue/Thu  8:35-9:25am
This is a moderate to high intensity class in the deep end. Participants wear a “fitness belt” to provide flotation while in the deep water. No impact and an exceptional workout.

**Aqua Fit Drop In:**
Single $8.15 | 10x $75.95 | 30x $227.85

Registered Classes

**Evening Aquafit**
Join us for a great water fitness class that uses light bounce, propulsion and suspension in shallow water. Improve your cardio, core and muscle tone with this challenging evening class.

*Drop-in ($8.15) allowed if space is available. 10x & 30x passes not accepted.*

**Evening Aquafit**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Tue</td>
<td>7:10-8:00pm</td>
<td>$40.20</td>
</tr>
<tr>
<td>Mar 31-May 5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thu</td>
<td>7:10-8:00pm</td>
<td>$40.20</td>
</tr>
<tr>
<td>Apr 2-May 7</td>
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</tbody>
</table>
### Aquatic Fitness Schedule

#### Spring  Mar 31-Jun 26  
no classes Apr 10, Apr 13, May 18 and Jun 25

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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<tbody>
<tr>
<td>Aquafit II</td>
<td>Deep Water Aqua</td>
<td>Aquafit II</td>
<td>Deep Water Aqua</td>
<td>Aquafit II</td>
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<tr>
<td>Aquafit II</td>
<td>Aqua Therapy II</td>
<td>Aquafit I</td>
<td>Aqua Therapy II</td>
<td>Aquafit II</td>
</tr>
<tr>
<td>Aqua Therapy I</td>
<td>Aqua Therapy I</td>
<td>All morning classes are drop in only.</td>
<td>Aqua Therapy I</td>
<td></td>
</tr>
<tr>
<td>2:05-2:50pm</td>
<td>2:05-2:50pm</td>
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<td>2:05-2:50pm</td>
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</tr>
<tr>
<td>Evening Aquafit</td>
<td>7:10-8:00pm</td>
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<td>Evening Aquafit</td>
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<tr>
<td>7:10-8:00pm</td>
<td></td>
<td></td>
<td>7:10-8:00pm</td>
<td>Please register for all evening classes.</td>
</tr>
</tbody>
</table>

#### Spring Break  Mar 16-27  
Aqua Therapy will not be offered during Spring Break

<table>
<thead>
<tr>
<th>Aqua-All Levels</th>
<th>Deep Water Aqua</th>
<th>Aqua-All Levels</th>
<th>Deep Water Aqua</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aqua Therapy</td>
<td>Aqua Therapy</td>
<td>Aqua Therapy</td>
<td>Aqua-All Levels</td>
</tr>
<tr>
<td>8:35-9:20am</td>
<td>8:35-9:20am</td>
<td>8:35-9:20am</td>
<td>8:35-9:25am</td>
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</tbody>
</table>

#### Summer  Jun 29-Aug 21  
no class Jul 1 & Aug 3

<table>
<thead>
<tr>
<th>Aqua-All Levels</th>
<th>Deep Water Aqua</th>
<th>Aqua-All Levels</th>
<th>Deep Water Aqua</th>
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<tbody>
<tr>
<td>Aqua Therapy</td>
<td>Aqua Therapy</td>
<td>Aqua Therapy</td>
<td>Aqua-All Levels</td>
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www.gvrec.ca
With so many leisure and recreational activities available, CLARK, ROBINSON CPA’s encourages you to participate in the activity of your choice.

Marianne Grant, CPA, CGA
Kyle R. Britton, CPA, CGA
Tatiana Jakab, CPA, CGA
Catherine Clark, CPA, CGA
Arne C. Anderson, CPA, CGA

3109 - 32nd Avenue, Vernon, B.C. V1T 2M2 tel 250-545-7264
www.clarkrobinson.com • email info@clarkrobinson.com

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WALK@CYSTICFIBROSIS.CA
FACILITY RENTALS

CHRISTMAS PARTIES • WEDDINGS • MEETINGS
CONCERTS • DANCES • FUNDRAISERS

Gym Rentals

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

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

Kal Tire Place

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

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

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

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

CONTACT:
Auditorium, Lakers, Field Bookings and Dogwood Gym Bookings
bookings@vernon.ca

Arenas and Priest Valley Gym
abookings@vernon.ca

Check out all our facilities at www.gvrec.ca

For more information call 250-545-6035 (0)
Located in the heart of the Okanagan, Kal Tire Place is the perfect setting for concerts and performance events accommodating up to 5,560 people. Featuring tiered seating and in-house audio; Kal Tire Place has the versatility to host an assortment of events from concerts to trade shows to rodeos, making it the perfect place for your event. A number of meeting rooms are also available, that will accommodate a variety of sizes for meetings, banquets and birthday parties.

Please visit our website for more upcoming events at www.kaltireplace.ca. Tickets for events held at Kal Tire Place are available at Ticket Seller, 250-549-7469, online at ticketseller.ca or through the Performing Arts Centre, 3800-33rd Street. We have some exciting events coming to Kal Tire Place:

- 38th Annual Vernon Doctor’s Hockey Tournament
- RCMP Hockey Tournament
- Vernon Chamber of Commerce Trade Show
- Minor Hockey Bantam A Female provincials
- 31st Annual Village Green Hockey Tournament
- 16th Annual N’Maplqs Challenge Cup
- Kal Tire Hockey Tournament
- Vernon Secondary Graduation
- Seaton Secondary Graduation
- Fulton Secondary Graduation
- 7th Annual Okanagan Military Tattoo
- The Great Benjamin’s Circus
- Spring Home Show
- Festival of Crafts
- Fire Chiefs Expo
- BC Lacrosse Pee Wee provincials
- BC Snow Show

The perfect place to make your event happen!

Big or small, the Kal Tire Place complex is the perfect solution!

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

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

We will have ice in year round at Kal Tire Place North! It is a regulation sheet of ice (200’ x 85’) with seating for 400 spectators and meeting rooms. If you are interested in booking summer ice (June-July) please contact the Facility Booking Clerk, abookings@vernon.ca or 250-550-3257.

Farmers’ Market

The lower parking lot is used twice a week in the Spring, Summer and Fall for the outdoor market. The market then moves inside weekly for the winter.

Walking

Indoors, the wrap-around upper concourse is used year round by walking enthusiasts. It’s free and a great way to stay in shape! Pick up a copy of the monthly calendar or visit us online at www.kaltireplace.ca for the current schedule.
## Recreation Contacts

<table>
<thead>
<tr>
<th>Recreation Centre Staff</th>
<th><a href="http://www.gvrec.ca">www.gvrec.ca</a></th>
</tr>
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<tbody>
<tr>
<td>250-545-6035 ext 0</td>
<td><a href="mailto:fun@vernon.ca">fun@vernon.ca</a></td>
</tr>
<tr>
<td></td>
<td>Fax: 250-550-3705</td>
</tr>
<tr>
<td>Doug Ross</td>
<td>Director, Recreation Services</td>
</tr>
<tr>
<td>250-550-3687</td>
<td><a href="mailto:recdirector@vernon.ca">recdirector@vernon.ca</a></td>
</tr>
<tr>
<td>Leah Walker</td>
<td>Administration Manager</td>
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<tr>
<td>250-550-3673</td>
<td><a href="mailto:recadmin@vernon.ca">recadmin@vernon.ca</a></td>
</tr>
<tr>
<td>Shayne Wright</td>
<td>Recreation Programs Manager</td>
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<tr>
<td>250-550-3671</td>
<td><a href="mailto:recreation@vernon.ca">recreation@vernon.ca</a></td>
</tr>
<tr>
<td>Deb Treherne</td>
<td>Recreation Programmer</td>
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<tr>
<td>250-550-3672</td>
<td><a href="mailto:activeliving@vernon.ca">activeliving@vernon.ca</a></td>
</tr>
<tr>
<td>Mike Knights</td>
<td>Recreation Programmer</td>
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<tr>
<td>250-550-3669</td>
<td><a href="mailto:playsports@vernon.ca">playsports@vernon.ca</a></td>
</tr>
<tr>
<td>Gary Lefebvre</td>
<td>Aquatic Manager</td>
</tr>
<tr>
<td>250-550-3668</td>
<td><a href="mailto:aquatics@vernon.ca">aquatics@vernon.ca</a></td>
</tr>
<tr>
<td>Katie Hopp</td>
<td>Aquatic Leader</td>
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<tr>
<td>250-550-3670</td>
<td><a href="mailto:learntoswim@vernon.ca">learntoswim@vernon.ca</a></td>
</tr>
<tr>
<td>Laura Hitchen</td>
<td>Aquatic Leader</td>
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<tr>
<td>250-550-3670</td>
<td><a href="mailto:lifeguarding@vernon.ca">lifeguarding@vernon.ca</a></td>
</tr>
<tr>
<td>Trevor Sproule</td>
<td>Aquatic Leader</td>
</tr>
<tr>
<td>250-550-3670</td>
<td><a href="mailto:swimming@vernon.ca">swimming@vernon.ca</a></td>
</tr>
<tr>
<td>Lisa Sousa</td>
<td>Facility Booking Clerk</td>
</tr>
<tr>
<td>250-550-3678</td>
<td><a href="mailto:bookings@vernon.ca">bookings@vernon.ca</a></td>
</tr>
<tr>
<td>Dave Roemer</td>
<td>Rec Facilities Operations Supervisor</td>
</tr>
<tr>
<td>250-550-3683</td>
<td><a href="mailto:reccentreops@vernon.ca">reccentreops@vernon.ca</a></td>
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<tr>
<td>250-550-3257</td>
<td><a href="mailto:arenas@vernon.ca">arenas@vernon.ca</a></td>
</tr>
<tr>
<td></td>
<td>Fax: 250-542-5708</td>
</tr>
<tr>
<td>Stan Mitchell</td>
<td>Arenas &amp; Events Bookings Manager</td>
</tr>
<tr>
<td>250-550-7653</td>
<td><a href="mailto:recfacilities@vernon.ca">recfacilities@vernon.ca</a></td>
</tr>
<tr>
<td>Natasha Kositsin</td>
<td>Facility Booking Clerk</td>
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<tr>
<td>250-550-3257</td>
<td><a href="mailto:abookings@vernon.ca">abookings@vernon.ca</a></td>
</tr>
<tr>
<td>Bryan Hawn</td>
<td>Arena Operations Supervisor</td>
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<tr>
<td>250-550-3254</td>
<td><a href="mailto:arenaops@vernon.ca">arenaops@vernon.ca</a></td>
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<tr>
<td>Peter Langtry</td>
<td>Arena Food &amp; Beverage Coord.</td>
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<tr>
<td>250-550-3255</td>
<td><a href="mailto:foodservices@vernon.ca">foodservices@vernon.ca</a></td>
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### Registration • Cancellations • Refunds • Withdrawals •

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

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

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

**Refund Policy:** Approved refunds are subject to a 10% administration fee. Please allow 3 weeks for processing of a refund cheque. Payments made by credit card will be refunded back to the card.

Credit will not be carried on account.

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

Have you set up your account to register into programs? It’s easy...go to www.gvrec.ca and follow the link to create your account. Registration is now real time and you can view your information for easy access.

**First day of registration for programs Sun, Mar 1.**
Registration opens at 8:00am at Recreation Centre office and online www.gvrec.ca
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