Active Living Guide

Fall ‘21 / Winter ‘22

Greater Vernon Recreation
Through recreation we improve quality of life!

REGISTRATION STARTS:
FALL PROGRAMS: Sun, Aug 22 at 8am
WINTER PROGRAMS: Sun, Nov 28 at 8am
ACTIVE LIVING CENTRE PROJECT

Project Objective
To find an indoor facility mix that meets the current and future needs of a growing community and has the opportunity to attract new residents and visitors to the Greater Vernon area.

City of Vernon Council, at their Regular meeting held on Monday, June 14, 2021, passed the following resolution:

“That Council directs Administration to continue the planning process for the multi-purpose Active Living Centre, as a City of Vernon facility at this time, continuing to draw funding as required from City of Vernon sources in order to prepare for a potential communication campaign and assent voting in conjunction with the municipal election on October 15, 2022:

And further, that Council, through the Mayor, request that our Community Partners, the District of Coldstream and Electoral Areas B & C reconsider their involvement in the proposed Active Living Centre Project.”

Additional Considerations for Next Steps:
• Develop Communications Strategy for the October 15, 2022 assent voting
• Identify the facility placement within the Kin Park site as part of a park master plan process
• Explore possible funding and operating models
• Selection of project delivery strategy/procurement type (Traditional Design-Bid-Build, Construction Management, Design-Build, etc.)

For more information, to view reports and the preferred design options visit:  
www.vernon.ca/parks-recreation/active-living-centre
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

Schedule Line
250-550-POOL
250-550-7665

Recreation Services Office
250-545-6035

In order to ensure you have the most accurate and up to date information on programs and services we encourage you to visit our website to view details for course locations and times.

www.gvrec.ca

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

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 within 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:
All approved refunds are subject to a 10% administration fee. Refunds will be given in the way in which they were paid. Cash and cheque refunds will be paid via cheque. Please allow 3 weeks for cheque delivery. Credits will not be carried on accounts.

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.
**AQUATIC CENTRE SCHEDULE**

<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><strong>Lap &amp; Leisure</strong> 6:30-8:30am</td>
<td><strong>Limited Use</strong> 8:30-11:30am</td>
<td><strong>Lap &amp; Leisure</strong> 11:30-1:00pm</td>
<td><strong>Limited Use</strong> 1:00-5:00pm</td>
<td><strong>Public Swim</strong> 1:00-4:00pm</td>
<td><strong>Public Swim</strong> 12:00-1:30pm</td>
<td><strong>Public Swim</strong> 1:30-4:00pm</td>
</tr>
<tr>
<td>4 lanes and all leisure facilities open</td>
<td>1 lane, shared leisure space with programs</td>
<td>6-8 lanes and all leisure facilities open</td>
<td>1 lane, shared leisure space with programs</td>
<td>Seniors swim for a Toonie from 2-4pm</td>
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</tr>
</tbody>
</table>

Schedules are subject to change. Please call the Schedule Line at 250-550-POOL (7665) for updated information.

**General Pool Info**

- 6 yrs & under must be accompanied by a responsible person 16 yrs or older & must be within arms reach at all times.
- 12 yrs & under who are using the sauna or steam room must be accompanied by a responsible person 16 yrs or older.
- Life jackets are available for rent at the front desk for $1 or you may bring your own.
- Lockers available @.25.
- The pool and fitness gym are fragrance free areas.

**Holiday Pool & Fitness Hours:**

- **Sep 30, Oct 11, Nov 11, Dec 24, 26 & 31, Jan 1**
- 12:00-1:30pm Lap Swim
- 1:30-4:00pm Public Swim

**Pool & Fitness Gym Closed:**

- Swim Meet: Fri, Nov 5 close @ 4pm, Nov 6 & 7 closed all day
- Christmas Day: Dec 25
- Christmas schedule will be posted on website

**FITNESS GYM SCHEDULE**

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<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
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<th>FRI</th>
<th>SAT</th>
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<td>6:30-8:15am</td>
<td>6:30am-9:00pm</td>
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<td>6:30am-9:00pm</td>
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<td>11:30am-9:00pm</td>
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<td>11:30am-9:00pm</td>
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</table>

**Fitness Gym Guidelines**

- Must be at least 13 years of age to use the gym
- Youth 13 to 15 must be accompanied by a responsible person 16 years of age or older
- Clean indoor athletic shoes and shirt are mandatory

www.gvrec.ca Recreation Services 250-545-6035
**AQUATIC CENTRE and FITNESS GYM**

<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>
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<tr>
<td><strong>ADULT</strong> 19 yrs+</td>
<td>7.00</td>
<td>62.90</td>
<td>118.75</td>
<td>76.70</td>
<td>157.10</td>
<td>269.10</td>
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<tr>
<td><strong>YOUTH</strong> 13-18 yrs</td>
<td>5.20</td>
<td>46.90</td>
<td>88.60</td>
<td>57.95</td>
<td>118.70</td>
<td>203.55</td>
<td>354.45</td>
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<td><strong>CHILD</strong> 7-12 yrs</td>
<td>4.50</td>
<td>40.80</td>
<td>77.00</td>
<td>49.80</td>
<td>101.90</td>
<td>174.45</td>
<td>305.85</td>
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<tr>
<td><strong>PRESCHOOL</strong> 3-6 yrs</td>
<td>2.30</td>
<td>20.50</td>
<td>38.65</td>
<td>24.95</td>
<td>51.05</td>
<td>87.35</td>
<td>152.20</td>
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<tr>
<td><strong>FAMILY</strong></td>
<td>15.25</td>
<td>137.20</td>
<td>259.15</td>
<td>168.55</td>
<td>345.05</td>
<td>591.60</td>
<td>1030.50</td>
</tr>
<tr>
<td><strong>SENIOR</strong> 65yrs+</td>
<td>5.20</td>
<td>46.90</td>
<td>88.60</td>
<td>57.95</td>
<td>118.70</td>
<td>203.55</td>
<td>354.45</td>
</tr>
</tbody>
</table>

Prices are subject to change on Jan 1, 2022. Drop in or multiple visit passes have a two year expiry date from the date purchased. Unused passes are not transferrable or refundable. Please only purchase passes you will be able to use within two years.

## 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 and slide will be available. Sauna, steam room & hot tub always open.

The lap pool will have a minimum of 1-3 lanes open for lap swimming.

**Lap & Leisure** - 4-8 lap lanes available, water walking or running. Diving board, climbing wall and rope swing not available. Full use of hot tub, steam room, sauna and leisure pool. Slide available on a limited basis.

**Limited Use** - Some facilities will be open, but may be shared with organized instructional programs. Slide, rope swing, climbing wall and diving board may not operate during these times.

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

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

**Family** - Means members of an immediate family. Max 2 adults and 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.

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**GET ACTIVE RECREATION PASS**

This is a special introductory 1 month pass to the fitness gym and pool at the Recreation Centre. It is intended for Greater Vernon residents 17 years and older who have NEVER had a swim or fitness room pass through Recreation Services.

If you are a new resident to Greater Vernon or if you still don’t know where the Recreation Centre is located . . . we would like to meet you, please bring proof of residency. The Get Active Recreation Pass includes 1 month access to the fitness room and pool for only $30.

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**PUBLIC SWIM**

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

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**AQUATICS SUPPLIES FOR SALE**

- **- goggles**
- **- towels**
- **- swim caps**
- **- ear plugs**
- **- nose clips**
- **- swim belts**
- **- shampoo**
- **- swim suit cleaner**
- **- swim diapers**
  (disposable & reusable)

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**VOLUNTEER WITH US!**

Volunteering with Recreation Services is a chance to meet new friends, learn skills and gain work experience – all in a positive, fun recreational setting. Recreation Services provides a variety of volunteer opportunities for people of all ages.

Activity volunteers must be 13 years of age or older and successfully complete the application process which includes reference checks, a criminal record check and an interview.

See volunteer opportunities at:

www.vernon.ca/parks-recreation/recreation-join-our-team
Swim Registration Requirements

We require registrants to provide proof of completion of previous level before registering for Red Cross Swim Programs. In order to register you must:

• have taken a swim level at the Vernon Aquatic Centre (so we will have a digital record), or bring a report card indicating the previous swim level at the time of registration, or have a swim evaluation during your public swim time here at the facility.
• only register a individual in one lesson set at a time.
• answering the registration prompt questions truthfully at the time of registration, failure to do so may result in withdrawal from the program and may not be eligible for a refund.
• Age Restrictions: A child must turn the age required for the course prior to the first day in order to register in that level. The exception to this rule is Lifesaving programs where the child must be the required age before the last day of the course.

Starting in September 2022, in order to register for a swim lesson, a previous swim level must be recorded within our registration system at the Vernon Recreation Centre. If you have not previously participated in swim lessons with us, please bring in your child’s swim card so we can create a record.

Dates, Times and Rates:
Swim lessons will be offered:
• Once a Week on either Sun, Mon, Wed, Fri or Sat
• Twice a Week on Tue and Thu
Visit www.gvrec.ca for specific dates, times and rates.

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

Private 1 person per ½ hr lesson
Youth: $26.38  Adult: $36.00

Semi-private 2 people per ½ hr
Youth: $31.38 Adult: $41.00
Levels for both participants must be compatible.

Put your name on a waitlist at no charge. You will be contacted once courses are created.

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

Preschool Levels (Parented): 4 mos to 6 yrs

**Starfish** 4-12 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 and play in the water.

**Duck** 12-24 mths with caregiver
Toddlers build confidence while enjoying the water through games and active water play in this parented program.

**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.

**Sea Otter** 3-6 yrs
Using games and activities the children will learn to open their eyes underwater and develop basic floats and glides.

**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.
Prereq: complete Sea Otter

**Sunfish** 3-6 yrs
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.
Prereq: complete Salamander.

**Crocodile** 3-6 yrs
Preschoolers start independent glides and kicks in deep water. Endurance is built through increasing distance for front and back swims. Swimmers learn about the dolphin kick and try synchro skills.
Prereq: complete Sunfish

**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 assists to help another person.
Prereq: complete Crocodile

Moving From Preschool to Swim Kids

<table>
<thead>
<tr>
<th>Level</th>
<th>Incomplete</th>
<th>Completed</th>
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</thead>
<tbody>
<tr>
<td>Sunfish</td>
<td>to Level 1</td>
<td>to Level 2</td>
</tr>
<tr>
<td>Crocodile</td>
<td>to Level 2</td>
<td>to Level 3</td>
</tr>
<tr>
<td>Whale</td>
<td>to Level 3</td>
<td>to Level 4</td>
</tr>
</tbody>
</table>

Swim Lessons  Swim Kids 1-10 Levels: 6-12 yrs

**Level 1**
Provides an orientation to the water and the pool area and introduces floats and glides with kicks. Children build their endurance by improving distance.
Prereq: 6 yrs and/or complete Salamander

**Level 2**
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.
Prereq: Complete SK 1 or Sunfish

**Level 3**
This level provides an introduction to front crawl as well as the foundation for making wise choices on where and when to swim. Children will work on floats and changing direction.
15 meter swim.
Prereq: Complete SK 2 or Crocodile

**Level 4**
Front crawl, back glide and shoulder roll for back crawl are further developed. Children work on surface support & develop a greater sense of self safety by understanding their own limits. 25 meter swim.
Prereq: SK3 complete or Whale

**Level 5**
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. 50 meter swim.
Prereq: SK 4 complete

**Level 6**
Front & back crawl continue to be refined as the elementary back-stroke is introduced. Children are also introduced to safety on ice, elementary rescue with throwing assists, treading water and the front dive. 75 meter swim.
Prereq: SK 5 complete

**Level 7**
More front crawl, back crawl and elementary back stroke. Whip kick on the front introduced. Children learn about airway and breathing obstructions and participate in timed treading water for increasing endurance. 150 meter swim.
Prereq: SK 6 complete

**Level 8**
An introduction to breaststroke, feet first surface dives and rescue entries. Children learn about the dangers of open water, hypothermia and practice rescue breathing. 300 meter swim.
Prereq: SK 7 complete

**Level 9**
Front crawl, back crawl, elementary back-stroke and breaststroke continue to be refined. Work on head-first shallow dives and standing dives. Learn about wise choices, peer influences and self-rescue from ice. 400 meter swim.
Prereq: SK 8 complete

**Level 10**
Introduction to vertical dolphin & scissor kick as a warmup/cool down stroke for fitness. Children learn about sun safety, rescue of others from the ice, and head-first and feet first shallow dives. Endurance is built using 500 meter swim.
Prereq: SK 9 complete

Visit www.gvrec.ca for course offerings and prices.
**Junior Lifeguard Club** 10-14yrs  
**Prerequisite: Swim Kids Level 6**  
Kids learn attitudes and skills that could one day save a life, their life or someone else’s. The Junior Lifeguard Club (JLC) is designed to let kids participate in activities similar to those of real lifeguards – in a safe, fun and controlled setting. But, just as important, kids experience teamwork and a sense of belonging. The Junior Lifeguard Club is a place for kids to:  
• learn about lifesaving and lifeguarding    • enjoy friendly competition and special events  
• challenge themselves to aim for personal bests    • hang out, make friends and have a great time!  

**Artistic Swimming** 8-13yrs  
**Prerequisite: Swim Kids Level 6**  
This is a unique water sport that combines swimming, gymnastics and music. Canada Artistic Swimming’s AquaGo! Program will be taught and is based on four program pillars and is delivered via a 6 level progression: Artistic Swimming Skills, Swimming Fundamentals, Athletic Abilities, and Flexibility.

Mon & Wed    Sep-Mar  
Please visit www.gvrec.ca for more information.

**Masters Swim Club** 19+ yrs  
Get fit under the supervision of experienced coaches. Masters swim provides six days of training where you can attend the sessions of your choice. Coaches provide workout and tips to improve your strokes. Participants can purchase a one year membership, register for a monthly fee or pay for a single visit. Masters have the choice to attend any of the following workout times:  
Sun    8:00-9:30am or 9:30-11:00am  
Tue & Thu    8:15-9:15pm  
Wed & Fri    6:30-7:30am or 7:30-8:30am

**Okanagan Para Swim** 7-18 years  
This is for swimmers with a physical disability who love to swim and want an opportunity to explore the competitive aspect of the sport. Participants will learn how to set goals and develop self-discipline while building self-confidence. The heart of the program is learning how to maintain a positive attitude while nourishing a focus on ability. Picture the smile on the face of a child who is asked to join a team.

**Aqua Dapt**  
Sessions may be available upon instructor and pool availability. Must submit an application, visit www.gvrec.ca.
Lifeguard Certification Courses
Steps to becoming a lifeguard

Check website for course fees, dates and times

**Bronze Medallion** 13+ yrs
Prerequisite: 13 years or Bronze Star
The Lifesaving Society’s Bronze Medallion Award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education, judgement, knowledge, skill and fitness. Rescuers learn tows, carries and defense and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a timed swim.

**Bronze Cross** 13+ yrs
Prerequisite: Bronze Medallion
The Bronze Cross award is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. Bronze Cross is a prerequisite for all advanced training programs, including National Lifeguard® (NL) and Instructor certifications. Includes a 600m timed swim and CPR-C.

**Standard First Aid** 15+ yrs
Lifesaving Society Standard First Aid is the most comprehensive first aid program for the general public and a prerequisite for National Lifeguard. Learn how to assess and treat airway, breathing and circulatory emergencies; and management of medical, musculoskeletal and environmental emergencies. Certification includes CPR-C/AED.

**National Lifeguard** 15+ yrs
Prerequisite: Bronze Cross and Standard First Aid
The National Lifeguard® (NL) award teaches the prevention of emergency situations and, where this fails, the timely and effective resolution of emergencies. The NL award is designed to prepare lifeguards to fulfill this role as professional facilitators of safe, enjoyable aquatics. NL training teaches the principles and develops the basic lifeguarding skills and decision making processes that will help lifeguards evaluate and adapt to aquatic facilities and emergencies.

**Water Safety Instructor** 15+ yrs
Prerequisite: Bronze Cross
The Water Safety Instructor (WSI) course prepares candidates to instruct Red Cross Swim programs. 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.

**Lifesaving Pass**
While participating in one of our advanced aquatics courses, you are able to swim at any time to practice and improve your skills.

**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.

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Fall Registration Starts Aug 22 at 8am / Winter Registration Starts Nov 28 at 8am
Electric kick scooters are a fun and convenient way to get around, but they are vehicles, not toys. It’s your responsibility to learn and follow the rules. Beginners should start slow and learn to ride somewhere quiet before hitting the road.

Rules of the Road:

- You must be at least 16 years old to ride.
- You must wear a helmet.
- You may use roads, bike lanes, and pathways while following the same rules as a cyclist.
- You can ride on sidewalks, but must slow down and yield to pedestrians.
- Park respectfully. Don’t block sidewalks.
- Dismount when using a crosswalk unless there are elephants’ feet.
- Don’t carry any passengers.
- Never ride impaired.
DOES YOUR CHILD LOVE TO DANCE?

INSPIRE self-confidence while falling in LOVE with DANCE!

- 18 Months – 18 Years Old
- Recreational or Competitive
- All styles of dance!

Season 19 registration is now OPEN!

FOLLOW US!
- @sodancevernon
- @sodancevernon
- www.sodance.ca
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, early learning, and recreational programs for hundreds of children in warm, inspiring and safe environments.

* full day early learning and care programs
* morning preschool
* after school and school closure care
* leading edge learning philosophies

Maven Lane
6 place for learning

visit us at
www.mavenlane.org

call us on
250.558.9963

Vernon ~ Coldstream ~ Armstrong ~ Lavington
Tiny Tots Preschool
“a building block to your child’s future”

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

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

Programs are for children 3-4 years by December 31, 2021. Last month’s payment due at time of registration and is not refundable.

Classes start the week of September 13-17, 2021.

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

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<th>Days</th>
<th>Time</th>
<th>Monthly Fee</th>
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<tr>
<td>4</td>
<td>T/Th</td>
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<tr>
<td>3 &amp; 4</td>
<td>Fri</td>
<td>9:00-11:30am</td>
<td>$65</td>
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</tbody>
</table>

For more information about Tiny Tots Preschool
www.tiny-tots.ca

What’s Happening at Your Library!

Visit us in person and virtually to access your best source for learning and entertainment!
- Books, DVDs, CDs, magazines
- eBooks, digital audio, streaming video, digital magazines, online courses and more
- Resources for the visually impaired and print disabled

STAY UP TO DATE AT WWW.ORL.BC.CA/VERNON – VERNON BRANCH

Programs and services:
- Reader’s Advisory and Tech Help, in branch and at help@orl.bc.ca
- Public computers and free WiFi
- Digitization stations, digital creation and more
- Teen challenges to earn prizes
- Story Times at the library Mondays, Thursdays, and Saturdays, and online Tuesdays.
- Romps & Rhyme, Read Woke and Tough Topics specialty Story Times

WE ARE OPEN:
Mondays 10:00 am - 5:30 pm
Tuesdays 10:00 am - 9:00 pm
Wednesdays 10:00 am - 9:00 pm
Thursdays 10:00 am - 9:00 pm
Fridays 10:00 am - 5:30 pm
Saturdays 10:00 am - 5:30 pm

THE LIBRARY IS HERE TO SERVE YOU BOTH IN PERSON AND VIRTUALLY THROUGH THE COVID-19 PANDEMIC.

Generously sponsored by the Vernon Friends of the Library
PLAY - ABC Gym 3-5yrs
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.

PLAY - Creative Gym 1-4yrs
Parent participation program for you and your child involving gym activities, songs, simple games, pasting, painting, table toys, playdough and much, much more.

PLAY - Gym & Swim Lesson 3-6yrs
A fun filled program with gym activities, games, songs, pasting, painting and stories all finished off with a Red Cross swim lesson in the pool.

PLAY - 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.

PLAY - Soccer 3-5yrs
A fun introduction to the sport of soccer. Kids receive some skill development from our instructors and play fun 3 a side games. Fun and participation are emphasized. Shin guards under socks and runners are mandatory.

PLAY - Zone 1-5 yrs
Do the kids have extra energy to burn? Enjoy some semi-structured open gym time. Perfect for family play time.

DANCE PROGRAMS

Tot Bee Bop 1-3 yrs
This is the perfect class for parent and tot fun! Bee Bop to different timings and rhythms such as waltz, polka, hip hop, disco and latin music. Teacher will supply homemade instruments for rhythm, such as shakers, scarves and bangers. Held at City Dance Studio.
Mon 2:00-3:00 pm

Body and Mind - Move n’ Groove
Kids will learn about the space they occupy on the dance floor and how to control their body. They will learn to be mindful before they move and groove. From head to toe, focus will be on breathing techniques and positions. Lots of fun dance choreography to different rhythms like disco, pop, ballroom and latin music. Held at City Dance Studio.
Mon
Move n’ Groove 1 4-5 yrs 3:15-4:00pm
Move n’ Groove 2 6-7 yrs 4:15-5:00pm

SKATING PROGRAMS See page 39

PLAY - Bike and Gym 2-4 yrs
This program focuses on developing and improving balance and steering using strider bikes. Riders will build confidence in a fun, friendly and safe environment. Strider bikes and helmets are provided. Class finishes in the gym for some running around and games.

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

PLAY - Kidnastics 18mo-5yrs
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!

Parent and Tot Fitness 2-5 yrs
Come and get active with your little one! Both you and your child will be moving and engaged throughout the program that involves aerobics and body-weight strength exercise.

PLAY - Skate & Gym 3-6yrs
A fun filled program that provides skating at the Priest Valley Arena and the Dogwood Gym for activities, games and songs with our Playschool staff. Children need to have their own skates and helmet.

Visit www.gvrec.ca for dates, program prices and registration.
## Playschool Programs - Fall

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
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<td><strong>Gym &amp; Swim Lesson</strong></td>
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## Playschool Programs - Winter

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Fall Registration Starts Aug 22 at 8am / Winter Registration Starts Nov 28 at 8am
SKATE CANADA CERTIFIED LEARN TO SKATE
PROGRAMS FOR ALL AGES AND ABILITIES

Vernon Figure Skating Club

NCCP Certified Professional Coaches provide the highest quality instruction. Lessons taught indoors at P.V. Arena. Several sessions to choose from:

- Pre-CanSkate
- CanSkate
- STARSkate
- CanPowerSkate
- Teen+ Skate
- Synchro Skate

For more information or to register online go to
www.vernonfigureskatingclub.com
or call Carla, Director of Skating at 250-260-6632
FALL 2021 REGISTRATION NOW OPEN!

GYMNASTICS

RHYTHMIC ★ ACRO ★ CIRCUS

Strength, Flexibility, Balance, Coordination, Dance, Creativity, Ribbon, Hoops, Balls, Skipping Rope, Routines and Games all in a supportive team environment!

★ PARENT & TOT ★
18 months to 3 years old - Mondays 9am

★ PRE SCHOOL ★
3-4 years old - Mondays 10am

★ RECREATIONAL ★
5-12 years old - Sundays

★ HOMESCHOOL RECREATIONAL CLASS ★
Mondays 11am

★ PERFORMANCE CLASS ★
7-12 years old - Mondays 6pm

* Pre-Competitive and Competitive - by audition

gymnasticsinvernon.com
**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 of the activities may include: badminton, basketball, dodgeball, floor hockey, kids fitness training, soccer and volleyball.

**Tuesdays**
Oct-Dec 3:00-5:00pm
Jan-Mar 3:00-5:00pm
Bus pick up at school:
- Okanagan Landing
- Ellison
- Mission Hill
- Beairsto

**Wednesdays**
Oct-Dec 3:00-5:00pm
Jan-Mar 3:00-5:00pm
Bus pick up at school:
- BX
- Harwood
- Silver Star
- Beairsto

**Thursdays**
Oct-Dec 3:00-5:00pm
Jan-Mar 3:00-5:00pm
Bus pick up at school:
- Hillview
- Silver Star
- Harwood
- Alexis Park
- Beairsto

**BUSSING for Active Afterschool - FREE**
Bussing needs to be indicated when registering. Please provide the school name when registering for the bussing option, schedule is listed by day. There is no bussing on early dismissal days.

**Girls Glow Ball** 9-13yrs
Come discover your SUPER POWERS while learning a new sport in a safe non-competitive environment. GLOW builds confidence and leadership through sport and girl-to-girl connection. Includes 1 hour active session by a female leader in sport and 30 minute GLOW leadership session.
Thur 3:15-4:45 pm
Details at www.gvrec.ca under Youth Programs.

**Youth Sports**

**Pickleball and Tennis** 6-12yrs
Come learn with us! Botts Botterill & Beck Hackman certified instructors focus on the 3’F’ (Fitness, Focus & FUN). BottMan provides youth with the coaching and support they will need in order to develop eye hand coordination, agility, and balance. This will encourage fitness, the importance of team play, patience and building new skills.

**Volleyball Skills and Drills** 8-12 yrs
Come play with us! This program covers the basics: bumping, setting, serving, spiking and blocking through fun drills and contests. A great, easy-going introduction to the sport.

**Youth Floor Hockey** 8-12 yrs and 13-15 yrs
Join us for some stick and puck! This program puts an emphasis on fun, teamwork and getting active with some structure and drills to keep kids learning.

**Basketball Skills and Drills** 8-12 yrs
Come shoot some hoops! This program focusses on getting active and having fun with a few drills and skills to keep kids learning. All skill levels welcome.

**Check out our NEW Teen Drop In Sports at**
www.gvrec.ca under “Sports Drop In”.

<table>
<thead>
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<th>Time</th>
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<tr>
<td>Tuesdays</td>
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<td>Volleyball</td>
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<tr>
<td>Thursdays</td>
<td>5:30 pm</td>
<td>Basketball</td>
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</table>

Ages 14-18. Pre-register online at no cost.

**Go to www.gvrec.ca for dates and times.**
Winter Break Camps

Check the website at www.gvrec.ca or our Facebook page @GreaterVernonRecreation for updates on camp registration date, times and schedules.

**All Sorts of Sports**
6-12 yrs  Dec 20-23
We will try a variety of sports, some of which you’ve probably tried and some you haven’t.

**Chef Camp - Holiday Yummies**
7-12 yrs  Dec 20, 21
We are getting into the spirit of the holidays! Join us as we bake some holiday treats and stay active with games and festive activities.

**Lego - Christmas Village**
9-13yrs  Dec 22, 23
This two day camp includes building cool Lego Christmas Village projects and some active fun games.

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**CERTIFICATION & LEADERSHIP**

**Babysitting Certification Course** 12-15yrs
Canada Safety Council
Recently updated, the course serves to provide the babysitter with up-to-date child care standards in an environment that encourages active involvement. For full course description visit us at www.gvrec.ca. Participants must be at min. turning 12, within the calendar year. To graduate the participants must attend ALL sessions.
Mon & Wed 6:00-8:00pm  Location TBA
4 classes

**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.
Location TBA, 2 classes
Mon 5:00-6:15pm or 6:30-7:45pm
or
Tues 5:00-6:15pm or 6:00-7:15pm

Visit www.gvrec.ca for program dates, times and fees.

---

**YOUTH LEADERS**

**Want to be a Camp or Program Leader?**

**Leaders in Training (LIT) Program**
An opportunity for youth between 13 and 18 years to get involved through placements in our afterschool programs. Volunteers receive valuable career training and experience in the field of recreation. Become a leader and mentor for kids in our community!

Fill out an L-I-T application form found online at www.gvrec.ca under “Join Our Team” or stop in and fill one out at the Recreation Centre.

Successful applicants will coach kids Active AfterSchool programming (Tuesday-Thursday 3:15-5 pm) and be given the opportunity to complete valuable certification programs such as:
First Aid Certification
High 5 training
FMS Course (Fundamental Movement Skills)

For more information contact Tima at tcoad@vernon.ca
Excellence in Skiing and Life

- Fun based sessions develop technical skiing skills using all environments on the mountain
- General athleticism fostered both on-snow and in dryland
- Small groups with consistent coaches allow for fast paced sessions and targeted individual coaching
- All coaches are Alpine Canada trained and certified.

Flexible payment plan available
Early registration ends October 31

Visit our website for more information or contact Rodger at 250.307.0809
VERNONSKICLUB.CA

winter
Freestyle Ski & Snowboard Programs

- Full & Half day winter ski & snowboard programs
- FUNDamentalz Freestyle
- Freestylerz
- Gteam
- Freestyle and Big Mtn Ski Teams
- Snowboard Team

For complete program details and registration check out our website www.ssfreestyle.com
Come out and Curl with us!

Leagues for all ages 6-96 ... from beginner to advanced

Vernon Curling Club • (250) 542-6713
vernoncurling.ca
Discover the Secrets of the Mysterious Caetani House

Explore the secrets and rumours of this 125+ year old heritage house with an intriguing and disturbing history. A distinguished aristocrat and scholar from an ancient royal Italian family dating back over a thousand years...

The beautiful young mother...

Their creative and talented daughter held a prisoner in her own home for over 25 years.

Is it haunted? You be the judge!

Join us for a tour and bring your tablets and phones for an immersive digital experience!

HERITAGE TOURS
Vernon’s best kept secret!
Please check our website for tour times or to book your group.
Covid-19 Restrictions may be in effect

Visit caetani.org
V1T 4L4 250-275-1525

IS THERE SOMEONE NEW IN YOUR LIFE?
Or maybe someone you just want to spoil?

Visit us for the best selection of natural treats, chews and bones and for all the best brands of raw, dehydrated, tinned and dry diets for dogs and cats.

www.healthyspot.ca
VERNON 200 - 3115 48th Ave • (250) 545-9000
SALMON ARM Unit 5, 1050 10th Ave SW • (250) 832-1966
See Spot Live Well
The Sports Club with Something for Everyone!

Squash Programs with Club Pro Peter Trafford
Junior Squash Programs available for kids 4 - 16 years, beginner through advanced
Ladies’ Squash Nights Introductory & Intermediate Leagues & Group Coaching for All Levels

Racquetball Introduction to Racquetball with Coach Bob Wolf
Indoor Spikeball / Table Tennis / Darts (Adults)

Program registration at www.rostersvernon.com or contact therostersports@gmail.com

New members welcome – 3-month trial membership $99 Reduced rates under 18 and full-time students.
PHYSIOTHERAPY
Reaching Higher
Tamara Dantzer, Registered Physiotherapist
Debbie Sparling, Registered Physiotherapist
Cindy Keith, Registered Physiotherapist
Direct Bill to Extended Health
250-503-2112
Assessment & treatment of muscle and joint pain, Vertigo
Acupuncture, Intramuscular stimulation (IMS),
Sports injuries, Manual Therapy
Early morning/evening appointments available

OnLINE BOOKING available on our website — www.kalphysio.com
Located in the Alpine Centre

Bake House

■ 100% Organic Grain, Specialty Rye &
Natural Sourdough Breads ■ Wheat Free Bread Options
■ Donuts Made Fresh Daily! ■ European Speciality Tortes & Pastries ■ Made to Order Deli Style Sandwiches
& much more ...

NEW HOURS MONDAY-FRIDAY 8:00AM-5:30PM
4509 27 Street, Vernon — (236) 426-2422
With so many leisure and recreational activities available, CLARK, ROBINSON CPAs encourages you to participate in the activity of your choice.

Marianne Grant, CPA, CGA
Kyle R. Britton, CPA, CGA
Tatiana Jakab, CPA, CGA

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

With so many leisure and recreational activities available, CLARK, ROBINSON CPAs encourages you to participate in the activity of your choice.

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3109 - 32nd Avenue, Vernon, B.C. V1T 2M2 tel 250-545-7264
www.clarkrobinson.com • email info@clarkrobinson.com
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Multi-use paths are used for many activities such as walking, running, cycling, and skateboarding. These paths are separated from the road and suitable for all skill levels.

Downtown Cycle Track

In a bike lane, drive, or park for biking. Do not use the road, cyclists and drivers share the road.

A designated lane for biking. Do not drive, walk, or park. Used for biking.

Road Shoulder

Road shoulders are used for walking and biking in more rural areas. Ride with caution as they may be narrow.

A quiet street where cyclists and divers share the road.

On-Road Bike Lane

Bike Route

A cycle track is a bike lane separated from the road.

Multi-Use Path

A cycle track is a bike lane separated from the road.
DANCE - Adult
City Dance is the largest studio in the Okanagan specializing in all partner dance styles. Their professionally trained instructors offer lessons in Ballroom, Latin Swing, Country and Argentine Tango in a fun, friendly atmosphere. Both group and private lessons are taught year round and they welcome you to give dance a try at their 29th Street studio. They look forward to seeing you on the dance floor soon!

Two-Step and Jive Ages 16+
Tango Ages 16+
Ballroom Sampler Ages 16+
Salsa/Bachata Ages 16+

250-307-4955
4411 29th Street
www.citydance.ca

Visit www.gvrec.ca for dates, program prices and registration.
Fall Registration Starts Aug 22 at 8am / Winter Registration Starts Nov 28 at 8am

General Interest
Financial Date Night
Do you and your spouse disagree on money? That can actually be a good thing! Join us and learn the practical steps of a sound financial plan while ensuring that your plan is following your values and reaching your goals. Wonder why your spouse spends too much? (or too little?) Learn to understand your spending habits so that you can understand your spouses as well. Practical topics include budgeting (without tracking every dollar), getting rid of debt forever, saving for big wammies, retirement planning & investing. Relational topics include money personalities, money thoughts, how to fight fair and financial infidelity. Join Financial Coach Christine, from Engineered Growth Financial Coaching, to discuss this serious topic in a lighthearted atmosphere. This is not your standard budgeting class! Invest in your marriage! The course includes a one hour 1on1 session with Christine. (Bring a laptop if you can.)
Tues 6:30-8:00pm Location TBA

Financial Date Night
Do you and your spouse disagree on money? That can actually be a good thing! Join us and learn the practical steps of a sound financial plan while ensuring that your plan is following your values and reaching your goals. Wonder why your spouse spends too much? (or too little?) Learn to understand your spending habits so that you can understand your spouses as well. Practical topics include budgeting (without tracking every dollar), getting rid of debt forever, saving for big wammies, retirement planning & investing. Relational topics include money personalities, money thoughts, how to fight fair and financial infidelity. Join Financial Coach Christine, from Engineered Growth Financial Coaching, to discuss this serious topic in a lighthearted atmosphere. This is not your standard budgeting class! Invest in your marriage! The course includes a one hour 1on1 session with Christine. (Bring a laptop if you can.)
Tues 6:30-8:00pm Location TBA
**FITNESS PROGRAMS**

For dates, times and fees please visit www.gvrec.ca under Fitness programs or drop by the Recreation Centre for a Fitness flyer.

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**Buddha re-boot!**

HIIT + Flow Workout

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, there will be an emphasis on aerobic and anaerobic training; expect to sweat, work hard and use equipment like resistance bands, weights and suspension trainers (running shoes are 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. Lots of modifications are offered and everyone is welcome.

**Wed** 7:00-8:00pm

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**Mat Pilates - All Levels**

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.

**Recommended:** Bring your own mat.

**Required:** Bring your own resistance band.

**Optional:** Bender Ball. Available for purchase for $20. Please see online at www.gvrec.ca for dates and times.

**Yoga for Older Adults**

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

**Recommended:** Bring your own mat.

**Wed** 10:00-11:15am Lakers Clubhouse

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**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 and fit right in! Pick a day and time that works best for you.

Drop-in allowed if space is available. Drop-in Fee $10.75. No passes allowed.

**Recommended:** Bring your own mat.

**Required:** Bring your own resistance band.

**Mon/Wed/Fri** 8:30-9:45am
**Mon/Wed/Fri** 10:00-11:15am

Recreation Centre, Fitness Gym

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**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. $60, 1 hour session.
Fit ABC
Fit ABC’S (Agility, Balance, Core & Strength) is a 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.
Two levels: Level I (intro) and Level II (advanced).
Level II participants must be able to get up and down from the floor unassisted.
Recommended: Bring your own mat Level II only.
Required: Bring your own resistance band.
Level I Mon/Wed 1:15-2:15pm
Level II Mon/Wed 9:00-10:00am

Chair Yoga
Chair yoga is a seated exercise class that follows a slow and gentle progression through a sequence of poses designed to help students improve posture, balance, flexibility and build strength. This class is ideal for those with balance or mobility challenges. We will not be going to the floor in this class but will remain seated. Come join this fun, stimulating and empowering class!
Tues 10:30-11:30am Sunrise Room

Osteofit 1
The BC Women’s Hospital & Health Centre’s Osteofit program provides a gentle strength, balance and co-ordination program designed to improve fitness while promoting healthy bones for people with Osteoporosis.
Required: Bring your own resistance band.
Tue/Thu 10:20-11:15am Halina Room

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 Osteofit 1.
Recommended: Bring your own mat.
Required: Bring your own resistance band.
Tue/Thu 8:00-8:55am Halina Room
Tue/Thu 9:10-10:05am Halina Room

Get Up & Go!
The Get Up & Go! program offers an entry level exercise program for seniors with balance, mobility impairments and/or chronic disease. The class will lead you through 3 phases of a safe and effective exercise program: warm up and cardio; strengthening with bands and light weights; stretching.
Required: Bring your own resistance band.
Mon/Wed 10:15-11:15am
Mon/Wed 11:45-12:45pm

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. Participants must be able to get up and down from the floor unassisted.
This program is on hold. Check website www.gvrec.ca for updates or contact the Recreation Programmer at 250-550-3672, activeliving@vernon.ca.

Need a resistance band? They are available for purchase at the Recreation Centre.

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

Choose to Move | Info Session
Pre-register for this information session to learn more about the program.
Tue, Oct 19 12:30-2:00pm Free
Location: TBA

Choose to Move | Program
This one-to-one program runs for 12 weeks with 8 group meetings. Registration for the program will open after the Info Session. Register for the Info Session to learn more.
Group Meetings
Tuesdays 12:30-2:00pm Free
Nov 2, 16, 23, 30 Dec 7, 14, Jan 4 and 18

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. Program is offered in partnership with the Alzheimer Society of BC. Light exercises are followed by social activities designed to be enjoyed in pairs. Coffee, tea and light refreshments provided. Fees include the cost of the person living with dementia and one care partner; care partner must attend.
Fall & Winter
This program is currently on hold. Check our website at www.gvrec.ca for updates or contact the Recreation Programmer at 250-550-3672.
Registered Aquafit Courses | Fall 2021

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Please register for these programs. Session dates can be found online at www.gvrec.ca

Aqua I
Low impact, mild intensity shallow water class. Aqua I will improve general fitness levels and include strength sets using water resistance. Ideal for those that want to enhance balance, coordination and overall fitness; great class for those who are new to aquafit, pre/post natal and/or moving up from Aqua Therapy.
Wed 9:35-10:25am

Aqua II
Includes a variety of exercises using anchored, light bounce, propulsion and suspension in shallow water. This is a low impact, mid-high intensity class that will improve cardiovascular and muscular endurance, flexibility and muscle tone.

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Deep Water
This is a moderate to high intensity fitness class held in the deep end. Participants wear a “fitness belt” to provide flotation while they are in the deep water. The class is great as there is no impact and provides an exceptional workout.
Tues 8:35-9:25am
Thur 8:35-9:25am

Evening Aqua
Join us for water fitness classes that use light bounce, propulsion and suspension in shallow water. Improve your cardio, core and muscle tone with this challenging evening class.
Tues 7:10-8:00pm
Thur 7:10-8:00pm

Aqua Therapy | Drop In Program

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Aqua Therapy I
Aqua Therapy I 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, recommended for first time participants. A doctor or therapists referral is required to participate. Held in the shallow end of the lap pool.

Aqua Therapy II
Aqua Therapy II is 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 to participate. Held in the shallow end of the lap pool.

Aqua Therapy Drop In Fees:
Single $ 7.40
10x $68.47
Schedule subject to change.

Fall Registration Starts Aug 22 at 8am / Winter Registration Starts Nov 28 at 8am
ACTIVATE YOUR CREATIVITY

art classes
pottery
stained glass
glass fusing
painting
drawing
printmaking
fibre arts
photography
art camps
music & more!

...check our website for new class listings

local art
discover & shop for original art from Okanagan artists

art supplies
we carry all the basics to keep your family creating!

visit today!
mon-thurs, 9:00am-9:00pm
fri-sat, 9:00am-5:00pm

Vernon Community Arts Centre
2704A Hwy 6
Vernon BC V1T 5G5
vernonarts.ca | 250-542-6243
EXHIBITIONS

July 29 - Sept 29 This Kind of Wilderness - Shawn Serfas
July 29 - Oct 19 In Absentia - Gillian Willans
July 29 - Oct 19 Beirsto Project - Ecole Beirsto
July 29 - Sept 29 Life Through Art - Silver Springs

Oct 7 - Dec 22 Embodied Ecologies - Marsha Kennedy
Oct 7 - Dec 22 Sounds Suspicious - Artist Collective
Oct 28 - Dec 22 Exposed! - Members exhibition

Jan 13 - Mar 9 From the Void - Steve Scott
Jan 13 - Mar 9 Coralee Miller - TBA
Jan 13 - Mar 9 UBCO Permanent Collection
Jan 13 - Mar 9 Kama? Creative Aboriginal Arts Collective

EVENTS

Aug 21 - Riot on the Roof 7-11 PM
Oct 7 - Opening Reception 6-8 PM
Oct 28 - Opening Reception 6-8 PM
Oct 22 - Art After Dark 7-10 PM
Jan 13 - Opening Reception 6-8 PM

FAMILY SATURDAYS 1PM

Sept 25    Dec 18    Mar 26
Oct 30     Jan 29    April 30
Nov 27     Feb 26    May 28

MINI ARTISTS 10AM

Sept 27     Dec 20     Mar 28
Oct 25      Jan 31     April 25
Nov 29      Feb 28     May 30

REGISTER AT
VERNONPUBLICARTGALLERY.COM/FAMILY-SATURDAY

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

@vernonpublicartgallery
Team representatives (person registering the team), will be considered the team’s ambassador. This person will be responsible for ensuring the players on their team roster are healthy prior to showing up at each session and submitting the roster in a timely manner. Please register your team in the pool you believe is best suited. Players on teams must be 17 years and over and not attending high school.

Tier 1 and 2:
For teams that use offensive systems and block and spike consistently. One match up per week, 60 min game times.

Max Golf
The golf swing is 1.3 seconds and it is not a thought out process, it is a muscle reaction. After the winter lay off you have to retrain the muscles and get them ready for spring golf. This program will help you condition the muscles and the body to execute a better swing. In short, our instructors skill to drill and train to ingrain. The program suits both the beginner and experienced golfer looking to make improvements in their game.

Winter - check the website in November for more details.

Join A Team
You want to play, but you don’t have a team! We have lots of ways to get you in the game.

You can participate by joining a team. You can get hooked up with a team by posting your details on our Facebook page.

www.facebook.com/VernonVolleyball/

Get in the game and have a ball!

King/Queen of the Court
Top calibre competitive league. For teams that use offensive systems and block and spike consistently. One match up per week, 75 min game times.

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

Open Mixed Recreational:
Open for all teams of any calibre, just for fun. One match up per week, 60 min game times.

Fly Tying
Sponsored by the Kalamalka Fly Fishers, this is an ideal course for beginners or people who would like a refresher or upgrade. Fly construction will be emphasized along with fly fishing methods, presentation and aquatic entomology. This is a great introduction to this lifetime sport.

Venture Training Facility at 4607 23rd. St. Vernon BC

Winter - Registration begins Nov 28 at 8am
Tue 7:00-9:00pm
Jan 19-Mar 23 $103

A $10 material fee is payable to the club the first night. The club will supply all equipment and materials necessary. Students are welcome to bring tying tools if they have them.
DROP IN SPORTS

All community sport drop-ins are run as co-ed non-structured activities. Drop-in is now run as an activity reservation, so you can pre-register for a spot. Hop online to register for your spot up to 48 hours in advance. Visit www.gvrec.ca to see what is available.

All adult drop ins (except table tennis) are: $6 player, 10x pass - $54, 20x pass - $102. Must be 16+ yrs

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<thead>
<tr>
<th>Day</th>
<th>Sport</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Sun</td>
<td>Floor Hockey</td>
<td>6:30-8:00pm</td>
<td>Priest Valley Gym</td>
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<tr>
<td>Mon</td>
<td>Pickleball</td>
<td>10:00-12:00pm</td>
<td>Priest Valley Gym</td>
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<td>Table Tennis</td>
<td>6:30-9:00pm</td>
<td>Lakers Clubhouse</td>
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<td>Tue</td>
<td>Badminton</td>
<td>1:00-2:30pm</td>
<td>Priest Valley Gym</td>
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<td>Teen Volleyball</td>
<td>5:30-6:30pm</td>
<td>Dogwood Gym</td>
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<td>Volleyball</td>
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<td>Priest Valley Gym</td>
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<td>Teen Basketball</td>
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<td>Dogwood Gym</td>
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<td>Volleyball</td>
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<td>Priest Valley Gym</td>
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<td>Table Tennis</td>
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<td>Basketball</td>
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<td>Touch Tennis</td>
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ICE SPORTS

Drop-In Shinny Times

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<thead>
<tr>
<th>Age</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>40+ Shinny</td>
<td>Mon-Thur 11:30-12:45pm</td>
<td>Kal Tire Place North</td>
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<tr>
<td>60+ Shinny</td>
<td>Mon 10:45-12:00pm, Wed 11:15-12:30pm</td>
<td>Priest Valley Arena</td>
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Register 48 hours in advance at www.gvrec.ca.

BPHL (Boston Pizza Hockey League) 19+ yrs
This is a non-contact competitive league, with two referees and a scorekeeper assigned to each game. The league is always looking for new teams and if you don’t have a team of your own, let us know and we’ll try and connect you.
Sep 16-Mar 18 $8500/team (includes tax)

BPHL Drop-In Shinny Times

40+ Shinny | Kal Tire Place North |
Mon-Thur 11:30-12:45pm

60+ Shinny | Priest Valley Arena |
Mon 10:45-12:00pm, Wed 11:15-12:30pm

Register 48 hours in advance at www.gvrec.ca.

Womens Hockey - Learn to Play 19+ yrs
Are you interested in learning to skate and to handle a stick and puck? Are you already a skater but want to hone your skills and conditioning? Certified hockey coach Justine McPherson is available to teach beginner and intermediate skating and hockey classes.
Email playsports@vernon.ca to join the interest list.

COURT SPORTS

Basketball - 35+
Join us for basketball at the Priest Valley Gym.
Rec level, Co-ed and lots of fun!
Tue 5:45-7:00pm

Pickleball - Learn to Play
Are you interested in learning this fun, easy on the joints sport? Our certified Pickleball coaches from BottMan Sport will get you rolling with conditioning, skill drills and game play.

Visit www.gvrec.ca for program dates, times and fees.
FALL 2021 KIDS PROGRAMS
The OTR is proud to have Pauline Hill & Veronica Jones coordinating our Kids Skating Programs!

BEGINNERS/INTERMEDIATE SKATE: Age 3 to 5 YRS Old
BEGINNER: 1:00-1:30 PM
INTERMEDIATE: 1:30-2:00PM
MONDAYS OR THURSDAYS
Oct. 4/7 to Dec. 6/9 - Monday & Thursday Classes Available
$150 inclds. taxes

KIDS FUN HOCKEY - WEDNESDAY & FRIDAY NIGHTS:
22 WEEK PROGRAM - 2 WEEK BREAK AT CHRISTMAS
WEDNESDAY NIGHT: 22 Sessions Oct. 6 to Mar. 16 (excls. Dec. 22 & Dec. 29)
(Max. 12 Players a session during this time for $450 inclds. tax & Jersey)
4:00 to 5:00 PM Ages 5 to 8 YRS Old
5:00 to 6:00 PM Ages 8 to 11 YRS Old
FRIDAY NIGHT: 22 Sessions, Oct. 8 to Mar. 18 (excls. Dec. 24 and Dec. 31)
(Max. 12 Players a session during this time for $450 inclds. tax & Jersey)
4:00 to 5:00 PM Ages 5 to 7 YRS Old
5:00 to 6:00 PM Ages 8 to 10 YRS Old
6:00 to 7:00 PM Ages 11 to 12 YRS Old

LITTLE VIPERS LEARN TO PLAY HOCKEY:* 8:00 to 9:00 AM
FALL: SATURDAYS (10 Sessions Oct. 9 to Dec. 11 for $180 incl. tax)
WINTER: SATURDAYS (10 Sessions Jan. 8 to Mar. 12 for $180 incl. tax)

MINI & MIGHTY MITES HOCKEY: Age 4 to 6 YRS Old, 3:15-4:00 PM
FALL: WED & FRI AVAILABLE Oct. 6/8 to Dec. 8/10 - 10 sessions for $150 incl. tax
WINTER: WED & FRI AVAILABLE
Jan. 12/14 to Mar. 16/18 - 10 sessions for $150 incl. tax

KIDS LEARN TO SKATE WITH PAULINE HILL:* 9:00 to 10:00 AM
FALL: SATURDAYS (10 Sessions Oct. 9 to Dec. 11 for $180 incl. tax)
WINTER: SATURDAYS (10 Sessions Jan. 8 to Mar. 12 for $180 incl. tax)

ADVANCED SKATE:* 10:00 to 11:00 AM
FALL: SATURDAYS (10 Sessions Oct. 9 to Dec. 11 for $180 incl. tax)
WINTER: SATURDAYS (10 Sessions Jan. 8 to Mar. 12 for $180 incl. tax)
*Potential overflow Learn to Skate 8am, Little Vipers 9am and Advanced Skate 10am programs at the same time on Sundays.

WE ARE OPEN FOR:
• EVENT RENTALS • BIRTHDAY PARTIES
Please see our website for information.

*NEW PRE-NOVICE & NOVICE SKILLS PROGRAMS
SATURDAY OR SUNDAY 1.5 hours per day *Times to be determined
• 30 minutes powerskating • 30 minutes skills
• 30 minutes fun 3 on 3 and small area games.
October - December $300 incl. taxes
January - March $300 incl. taxes
Full year October - March $500 incl. taxes

WINTER 2022
BEGINNER/INTERMEDIATE SKATE: Age 3 to 5 YRS Old
BEGINNER: 1:00-1:30 PM
INTERMEDIATE: 1:30-2:00PM
CHOOSE FROM MONDAYS OR THURSDAYS
Jan. 10/13 to Mar. 14/17 - $150 inclds. taxes

SPRING 2022
KIDS SKATE PROGRAMS
KIDS SPRING FUN HOCKEY:
Kids 5 to 12 YRS Old - Mar. 10 to Apr. 21 - 1 Ice Session a Week. Pre Novice, Novice, Atom and Pee Wee FUN FUN FUN - All ages and levels! Call for pricing and availability.

DON’T MISS OUT - ICE RENTALS AND PROGRAMS HAVE STARTED ALREADY! WE ARE BACK TO PRE-COVID OPERATIONS.

REGISTER ONLINE AT www.vernonotr.com
Big or small, the Kal Tire Place complex is the perfect solution! Located in the heart of the Okanagan, Kal Tire Place is the perfect setting and has the versatility to host an assortment of events from concerts to trade shows to rodeos.

Situated in a prime location, 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 that will accommodate a variety of sizes for meetings, banquets and staff training
- in-house catering
- tables, chairs, staging, pipe and drape available
- dressing rooms
- parking for 680 cars & 6 buses, plus an adjacent lot

ARENAS FOR RENT:

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

Booking Information:

www.kaltireplace.ca
Inquiries Call: 250-550-3257
Email: abookings@vernon.ca

Indoor Walking at Kal Tire Place

The wrap-around upper concourse is used year round by walking enthusiasts. It’s free and a great way to stay in shape! Walking Schedule at www.gvrec.ca.
## Centennial Outdoor Rink
3310 37th Avenue (access off 35th Avenue)

### Nov - Feb

<table>
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<th>SUN</th>
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<tr>
<td><strong>Public Skate</strong> 9:00-11:00am</td>
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<tr>
<td><strong>Senior Skate</strong> 11:30-12:30pm</td>
<td>18+ Shinny 12:00-1:00pm</td>
<td>Parent &amp; Tot Shinny (5 and under) 12:00-1:00pm</td>
<td>18+ Shinny 12:00-1:00pm</td>
<td>Public Skate 12:00-1:00pm</td>
<td>18+ Shinny 12:00-1:00pm</td>
<td><strong>Family Skate</strong> 10:30-12:00pm</td>
</tr>
<tr>
<td>Available to Rent 1:00-2:00pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Parent &amp; Tot Skate 12:30-1:30pm</td>
</tr>
<tr>
<td><strong>Public Skate</strong> 2:30-4:00pm</td>
<td>Public Skate 3:00-5:00pm</td>
<td>Public Skate 3:00-5:00pm</td>
<td>Public Skate 3:00-4:30pm</td>
<td>Public Skate 3:00-4:30pm</td>
<td>Available to Rent 2:00-3:00pm</td>
<td><strong>Public Skate</strong> 3:30-7:00pm</td>
</tr>
<tr>
<td>Parent &amp; Youth Shinny (12 &amp; Under) 4:30-6:00pm</td>
<td>Public Skate 3:00-6:00pm</td>
<td>12-14 Shinny 5:30-6:30pm</td>
<td>Parent &amp; Tot Shinny 5:00-6:00pm</td>
<td>Parent &amp; Youth Shinny (12 &amp; Under) 5:00-6:00pm</td>
<td><strong>Public Skate</strong> 6:30-8:00pm</td>
<td>15-17 Shinny 7:30-9:30pm</td>
</tr>
<tr>
<td>15-17 Shinny 6:30-8:00pm</td>
<td>Public Skate 6:30-8:00pm</td>
<td>Public Skate 7:00-8:30pm</td>
<td>9-11 Shinny 6:30-8:00pm</td>
<td>12-14 Shinny 6:30-8:00pm</td>
<td>Public Skate 6:30-8:00pm</td>
<td></td>
</tr>
<tr>
<td>18+ Shinny 8:30-10:00pm</td>
<td>15-17 Shinny 8:30-10:00pm</td>
<td>Private Rental 9:00-10:00pm</td>
<td>18+ Shinny 8:30-10:00pm</td>
<td>15-17 Shinny 8:30-10:00pm</td>
<td>15+ Shinny 8:30-10:00pm</td>
<td></td>
</tr>
</tbody>
</table>

**Public Skate**

<table>
<thead>
<tr>
<th>Outdoor Rink Youth Shinny</th>
<th><strong>Pre-registration</strong> for Outdoor Rink Shinny is required. Players register for the appropriate shinny(s) that they are eligible to participate in.</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 &amp; under (Parent &amp; Tot)</td>
<td>White</td>
</tr>
<tr>
<td>6-8 yrs</td>
<td>Blue</td>
</tr>
<tr>
<td>9-11yrs</td>
<td>Orange</td>
</tr>
<tr>
<td>12-14yrs</td>
<td>Silver</td>
</tr>
<tr>
<td>15-17yrs</td>
<td>Red</td>
</tr>
</tbody>
</table>

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

### Public Skating - SCHEDULE

**All skating on the outdoor rink is free!**

Helmets are mandatory for skaters 10yrs and under and all Shinny players. Helmets are strongly recommended for all skaters.

**Closed 1:00-2:30pm**

For Programming

The Centennial Rink can be closed due to weather conditions and holiday schedules. For up to date schedules please call the schedule line at 250-545-4896 or 250-542-5623.

### Public Skate: Indoor Prices

<table>
<thead>
<tr>
<th></th>
<th>Drop In</th>
<th>10x</th>
<th>20x</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Adult</strong></td>
<td>19+</td>
<td>$6.35</td>
<td>$57.10</td>
</tr>
<tr>
<td><strong>Youth</strong></td>
<td>7-18</td>
<td>4.75</td>
<td>43.20</td>
</tr>
<tr>
<td><strong>Preschool</strong></td>
<td>3-6</td>
<td>1.90</td>
<td>16.80</td>
</tr>
<tr>
<td><strong>Senior</strong></td>
<td>65+</td>
<td>4.75</td>
<td>43.20</td>
</tr>
<tr>
<td><strong>Family</strong></td>
<td></td>
<td>14.00</td>
<td>126.15</td>
</tr>
<tr>
<td><strong>Adult Shinny</strong></td>
<td></td>
<td>6.35</td>
<td>57.05</td>
</tr>
</tbody>
</table>

### Equipment Requirements:

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

**Shinny Skates:** Centennial Outdoor Rink: CSA approved helmets with face shield, sticks and gloves are mandatory. Priest Valley Arena & Kal Tire Place: full equipment mandatory. Full gear includes skates, helmet with cage, neck guard, hockey pants, hockey socks, jock/jill protection, shin guards, elbow, chest and shoulder pads.

**Skating Lessons:** Skates, CSA approved helmets, gloves and wind/snow pants.
SKATING LESSONS

Boots to Blades I 3-5yrs
For l’il 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.

Boots to Blades II 3-5yrs
The next step in the Boots to Blades program. For the preschool skater who is able to walk unassisted and is ready for gliding and more advanced skating. Kids must have taken Boots to Blades I prior to taking this class, or have been approved by one of our instructors.

Parents are welcome to help out on the ice but MUST be wearing a helmet and gloves.

Boots to Blades - Dates and Times
FALL | Sep-Dec
Mon & Wed  3:30-4:00pm
Thur  3:30-4:00pm
Sat  8:30-9:00am

WINTER | Jan-Mar
Mon & Wed  3:30-4:00pm
Thur  3:30-4:00pm
Sat  8:30-9:00am

Visit www.gvrec.ca for session dates and fees.

Blades & Pucks 3-6yrs
Your child’s first introduction to hockey. Kids will work on skating, puck handling, passing and shooting through age and skill appropriate drills. This program is a great precursor for parents looking to enroll their kids in our NHL (Novice Hockey League) youth program for the non-competitive minded or into minor hockey for the competitive minded. See equipment requirements on page 38.

WINTER | Jan-Mar
Sat  9:00-9:30am
Visit www.gvrec.ca for session dates and fees.

RecSkate 5-11yrs
RecSkate 1&2 is for beginning skaters and those just starting to glide. Skaters will learn standing, balance and forward/backward movement.

RecSkate 3, 4 & 5 is a continuation of our popular RecSkate 1 & 2 program for those that have completed RecSkate 2 or equivalent.

RecSkate - Dates and Times
FALL | Sep-Dec
Mon & Wed  4:00-4:45pm
Thur  4:00-4:45pm
Sat  9:00-9:45am

WINTER | Jan-Mar
Mon & Wed  4:00-4:45pm
Thur  4:00-4:45pm

Visit www.gvrec.ca for session dates and prices.

Blades & Pucks 3-6yrs
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WINTER | Jan-Mar
Sat  9:00-9:30am
Visit www.gvrec.ca for session dates and fees.

Private Skate Lessons
Private lessons can be arranged to suit your individual needs. Regardless of ability, we can develop lessons to improve your skills. Please look online under programs and registration and then private skate lessons to see a list of all our current private skate lesson times. The list is updated continuously throughout the year.

Private: 1/2 hr. lesson
Semi-Private: (2 people) 1/2 hr. lesson

Fall Registration Starts Aug 22 at 8am / Winter Registration Starts Nov 28 at 8am
LEARN TO NORDIC SKI WITH SOVEREIGN LAKE NORDIC CLUB!

YOUTH PROGRAMS
We have options for every age and ability so don’t be shy. We would love to see you out on the trails this winter! For complete descriptions and registration information please visit our website sovereignlake.com

BUNNIES
AGES 3-5 + PARENT

JACKRABBITS
AGES 6-9

TRACK ATTACK
AGES 9-12

WINTER FIT
AGES 13-18

RECREATIONAL
Our youth programs offer a fun way for kids to get out on the snow with our certified coaches. Kids will learn essential ski techniques, critical co-ordination and balance skills through games, challenges and piles of laughs, while developing a love for being on their skis!

COMPETITIVE

We also offer a competitive youth program with a training and racing focus. Athletes will be well supported as they prepare for the ski season and compete in local, provincial and national competitions.

JUNIOR DEVELOPMENT
AGES 13-18

JUNIOR BIATHLON
AGES 13-18

CANADA'S LARGEST CROSS COUNTRY SKI CLUB.

Located in an outstanding sub-alpine environment with an abundance of dry snowfall, the trail network of Sovereign Lake Nordic Club and neighbouring Silver Star Mountain Resort provide over 105km of daily groomed trails with outstanding early and late season conditions, providing some of the best cross-country skiing in the world.