Greater Vernon Recreation
Through recreation we improve quality of life!
gvrec.ca
Safe Reopening of Recreation

Greater Vernon Recreation Services is ready to welcome you back. Following our Safe Reopening Plans, we ask all participants to read, understand, follow and respect the important guidelines below, for the health and safety of everyone. We appreciate your patience and cooperation as we are all in this together.

What to expect when attending programs or visiting our facilities:

**PHYSICAL DISTANCING**
Larger or outdoor spaces may be used to ensure 2m (6 foot) distancing.

Program capacities may be reduced based on the space and type of activity. Please do not arrive more than 5 minutes before your class or registered time slot. For Aquatic programs only (swim lessons, for example) please arrive 15 minutes before for access to the change rooms.

Activities may be modified including a higher focus on individual vs. team play.

Spectators are not permitted at indoor classes at this time.

Facility modifications including increased signage, floor markings and barriers.

**HAND HYGIENE**
Hand sanitizer or handwashing facilities are available at all indoor and outdoor City facilities.

Frequent handwashing will be promoted at our facilities, especially in kids programs and camps.

Water fountains will not be available, please bring your own waterbottle.

**OUTBREAK MITIGATION & RECOVERY**
Stay home if you are sick!

Before visiting recreation facilities or attending programs, participants and staff are asked to do a self-check and stay home if experiencing any symptoms.

Any participants displaying symptoms will be kindly asked to leave for the collective safety of all participants and staff.

**CLEANING & SANITATION**
High touch areas will be cleaned frequently. In addition, disinfecting spray or wipes will be available at all programs and indoor spaces.

Equipment will not be shared without proper cleaning in between. Extra time is scheduled between activities for cleaning.

Come prepared to play as change room access will be limited.

**PLEASE NOTE:**
Our staff is using the current information and guidelines from Provincial agencies to program fall activities. As COVID-19 is unpredictable, we will continue to be adaptable.

Programs may need to be changed, moved or cancelled as the pandemic and associated measures evolve. Refunds and/or credits will be made available as needed. We ask that you be patient and understanding if changes need to be made through the course of the upcoming season.

**Facility Rentals:** All facility rentals will be required to submit a safe Return to Play Plan as a condition of their rental. Please contact bookings@vernon.ca for more information.
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In order to ensure you have the most accurate and up to date information on our programs and services we encourage you to visit our website to view details, as changes to course locations and times can happen.

www.gvrec.ca

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.

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

Recreation Services
250-545-6035

Office Hours
Recreation Centre
3310 37th Avenue

Sep 21-Oct 9: open for registration & some programs
Mon-Fri 8:00-4:00pm
Sat & Sun Closed

Oct 13: facilities reopen:
Mon-Fri 6:30am-9:00pm
Sat 9:00am-8:00pm
Sun 8:00am-8:00pm
Stat Holidays 12:00pm-4:00pm
(closed Dec 25)

Kal Tire Place
3445 43rd Avenue

Office currently closed
check website for updates

WAYS TO REGISTER
In Person Online - gvrec.ca

Registration for Fall Adult programs: Mon, Sep 21 8:00am
Registration for Preschool & Youth programs: Tue, Sep 22 8:00am
Registration for Winter programs: Sun, Dec 6 8:00am
Safe Reopening of Recreation

RECREATION & FITNESS PROGRAMS:

- All programs unless stated within their specific course description require participants to register for classes.
- All programs will have appropriate instructor to participant ratios as the facility space allows.
- All programs have adapted cleaning frequencies and procedures.
- All programs will be adapted to include individual equipment. Those programs that use shared equipment will be cleaned between users.

- Some fitness programs may require participants to bring their own equipment as recommended or required per course description.
- Aquafit programs will need to follow COVID modifications for the pool.
- All playschool programs have been modified to accommodate physical distancing recommendations. Parent participation is mandatory for all programs.

ARENA PROGRAMS:

- Ice users must pre-register for a 1 hour timeslot for arena use. Drop-ins may be accommodated if space allows. Please see the website for additional information on how to register for ice time using your facility membership.
- Public skates are limited to 26 persons. No Spectators at this time. All attendees must register for a timeslot and are limited to facility access 15 minutes prior and 15 minutes after their registered timeslot.
- Everyone must use the hand sanitizing station upon entering the facility.
- All ice users must check in with the skate attendant prior to ice entry.
- Come dressed ready to skate. Dressing room access will be available for skate/shoe changes only. Leave all valuable belongings at home.
- Do not spit anywhere in the facility or on the ice.
- Helmets are mandatory for all skaters 10 yrs and under and strongly recommended for all other skaters. Full equipment mandatory for all indoor shinny times. We do not offer skate rentals at any of our facilities.
**Things you should know before attending**

**AQUATIC & FITNESS GYM:**

- Users must pre-register for a 1 hour timeslot for pool use. Drop-ins may be accommodated if space allows. Please see the website for additional information on how to register for pool space using your facility membership.
- Fitness Gym users who wish to use the pool will need to register for a timeslot for both the fitness gym and pool respectively.
- The Fitness Gym is limited to a maximum of seven (7) persons. No changeroom access for gym users. All gym users are required to come dressed appropriately and change their shoes in the front lobby. A small bag may be stored in the Fitness Gym.
- All paying pool users must register for a timeslot. Any child under the age of 3 is included per 1 paying adult.
- All pool users must check in with the front desk to receive a wrist band prior to pool entry.
- Our maximum occupancy for Lap & Leisure is thirty-five (35) persons and Public Swim is limited to fifty (50) persons. Come dressed ready to swim. Pool access is through the main changerooms and pool exit is through the club/overflow changerooms. Changeroom occupancy is fifteen (15) persons and exit access is limited to 15 minutes immediately following your registered timeslot.
- Everyone must have a shower with soap and water when entering the pool area.
- Do not spit or blow your nose in the water.
- Practice physical distancing by keeping 2 metres (6 ft) between family units.
- Do not bring valuables or extra belongings to the pool. No lockers available. All personal belongings must be brought out to the pool deck storage.
- Pool users are encouraged to put on a mask when physical distancing cannot be maintained. However, face coverings are not permitted in the water.
- Patrons are encouraged to bring their own equipment. No snorkels are permitted. Limited lap equipment will be available. All shared equipment will be cleaned between users.
- The steam room, sauna and rope swing are not available at this time.
- Swimming lessons have been modified to accommodate physical distancing recommendations. Please see pg. 6 of the guide or our website for additional COVID-19 modifications, including mandatory parent participation per child for all Red Cross Swim Preschool and Swim Kids levels 1-4.
POOL SCHEDULE

All pool and fitness gym use must be pre-registered online or phone. Drop-ins are as space permits.

<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 6:30-8:30am</td>
<td>Programs Only 8:30-11:30am</td>
<td>Public Swim 1:00-4:00pm</td>
<td>Public Swim 2:00-4:00pm</td>
<td>Lap &amp; Leisure 11:30-1:30pm*</td>
<td></td>
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</tr>
<tr>
<td>2-4 double lanes and leisure facilities open</td>
<td>Pools closed to public</td>
<td>Seniors $2 swim 2:00-4:00pm</td>
<td>Leisure Swim 4:00-7:00pm</td>
<td>Lap &amp; Leisure 12:00-2:00pm</td>
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<tr>
<td>Programs &amp; Rental Groups Only 1:30pm-7:00pm</td>
<td>Public Swim 5:30-8:30pm</td>
<td>Pools closed to public</td>
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<tr>
<td>Pools closed to public</td>
<td>We also offer fitness classes see pages 39-45</td>
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</tr>
<tr>
<td>Public Swim 7:00-9:00pm</td>
<td>Leisure Swim 7:00-9:00pm</td>
<td>Programs Only 5:30-8:30pm</td>
<td></td>
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<tr>
<td>1-2 double lanes &amp; features open</td>
<td>Leisure &amp; hot tub open</td>
<td>Pools closed to public</td>
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<td></td>
</tr>
<tr>
<td>Public Swim 7:00-9:00pm</td>
<td>Public Swim 7:00-9:00pm</td>
<td>Toonie Swim 4:00-5:30pm</td>
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<tr>
<td>1-2 double lanes &amp; features open</td>
<td>Leisure Swim 7:00-9:00pm</td>
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<td>Leisure Swim 7:00-9:00pm</td>
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<td>Programs Only 5:30-8:30pm</td>
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Sauna, steam room and rope swing are not available as per the COVID-19 recommendations

Stat Holiday Pool Hours: Nov 11, Dec 26, Jan 1
12:00-2:00pm | Lap Swim
2:00-4:00pm | Public Swim
Facility Closed: Dec 25 | Christmas schedule will be posted on website in Nov.

FITNESS GYM SCHEDULE

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
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<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30am-9:00pm</td>
<td>6:30am-9:00pm</td>
<td>6:30am-9:00pm</td>
<td>6:30am-9:00pm</td>
<td>6:30am-9:00pm</td>
<td>9:00am-8:00pm</td>
<td>8:00am-8:00pm</td>
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</tbody>
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| Fitness Gym Guidelines |
- must be at least 13 yrs to use the gym
- 13 to 15 yr olds must have a fitness gym orientation before buying a pass, see p 43 for details
- clean indoor shoes and shirt are mandatory
- fragrance free area
- see page 5 for COVID-19 rules to use facility

| 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. A mask will be required for Orientations.
Adult: $50, 1 hour session
Youth: $50, includes 1 hour orientation and a 30 day pass (13-15 yrs)

AQUATIC CENTRE and FITNESS GYM

| All prices include taxes and are subject to change |
| Single | 10 Pass | 20 Pass | 30 days | 90 days | 180 days | 1 Year |
| ADULT 19 yrs+ | 6.65 | 59.90 | 113.10 | 73.05 | 149.60 | 256.30 | 446.25 |
| YOUTH 13-18 yrs | 4.95 | 44.67 | 84.40 | 55.20 | 113.05 | 193.85 | 337.55 |
| CHILD 7-12 yrs | 4.30 | 38.85 | 73.35 | 47.45 | 97.05 | 166.15 | 291.30 |
| PRESCHOOL 3-6 yrs | 2.20 | 19.50 | 36.80 | 23.75 | 48.60 | 83.20 | 144.95 |
| FAMILY | 14.50 | 130.65 | 246.80 | 160.55 | 328.60 | 563.45 | 981.40 |
| SENIOR 65 yrs+ | 4.95 | 44.67 | 84.40 | 55.20 | 113.05 | 193.85 | 337.55 |
| Toonie Swim: Everyone $2 | Sat & Sun 4-5:30pm |

*times vary daily - check website for available time slots to book

Current members of as Mar 17, 2020, will have their passes extended as of our restart date.
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 passes for skating and drop-in sports programs.

Persons with Disability
A person with a permanent disability which would limit his/her 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 safely using the facility. Any child under the age of seven 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 seven 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 seven 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.

The FUN never changes!

2015 2020

SWIM DEFINITIONS

Public Swim Both pools will be open and on a rotational basis, the climbing wall, diving board, rapids channel, bubble pit, raindrop, and slide will be available. Hot tub will be available. The lap pool will have a minimum of one double lane for lap swimming.

Lap & Leisure 2-4 double lap lanes available. Diving board and climbing wall not available. Hot tub and leisure pool will be available. Slide may be available on a limited basis.

Toonie Swim A public swim at a bargain price! Features available on a rotating basis, 1-2 double lanes and both pools. $2 everyone

Senior Toonie Swim 65 yrs+ swim $2.

Family Members of an immediate family living in the same household. Max 2 adults & their children under 19 years who are immediate family members.

Preschool Children 3-6 years. Children 2 and under admitted free of charge. All preschoolers must be within arms reach of a responsible person 16 yrs or older at all times.

General Pool Info
- 6 yrs & under must be accompanied by a responsible person 16 yrs or older and must be within arms reach at all times.
- Sauna and steam room are not currently available as per Provincial Health COVID-19 recommendations.
- Life jackets are available for rent at the front desk for $1 or you may bring your own.
- No lockers available. All belongings must be brought out and stored on deck.
- The pool, change rooms and fitness gym are fragrance free areas.
- No sauna, steam room or rope swim available at this time.

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.
**Swim Lessons**

**COVID-19 Protocols**
- All Preschool and Swim Kids Levels 1-4 participants require one (1) in water parent/caregiver participation per child for safety and to reduce the risk of disease transmission.
- Swimming Instructors will maintain a 2m physical distancing at all times. Physical contact will only be made during an emergency.
- Class size and length may be reduced to accommodate pool space and physical distancing.
- Lesson content will be adapted as per Red Cross recommendations for safety reasons (see below).
- The pool is not available for casual use before and after registered programs.
- No pool viewing available at this time.

### Preschool Levels (Parented): 4 mos to 6 yrs

<table>
<thead>
<tr>
<th>Level</th>
<th>Age Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starfish</td>
<td>4-12 mths</td>
<td>Introductory class for babies &amp; their caregiver. Babies must be able to hold their head up. The goal is to experience buoyancy, movement, entries, songs &amp; play in the water.</td>
</tr>
<tr>
<td>Duck</td>
<td>12-24 mths</td>
<td>Toddlers build confidence while enjoying the water through games and active water play in this parented program.</td>
</tr>
<tr>
<td>Sea Turtle</td>
<td>24-36 mths</td>
<td>This is the parented level that will further develop floats, glides and kick through fun games and songs.</td>
</tr>
<tr>
<td>Sea Otter</td>
<td>3-6 yrs</td>
<td>Using games &amp; activities the children will learn to open their eyes underwater and develop basic floats and glides.</td>
</tr>
<tr>
<td>Salamander</td>
<td>3-6 yrs</td>
<td>Preschoolers learn new swimming skills including floats and glides through games and songs. They learn to jump into chest deep water.</td>
</tr>
<tr>
<td>Sunfish</td>
<td>3-6 yrs</td>
<td>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.</td>
</tr>
<tr>
<td>Crocodile</td>
<td>3-6 yrs</td>
<td>Preschoolers start independent glides and kicks in deep water. Endurance is built through increasing distance for front &amp; back swims. Swimmers learn about the dolphin kick and try synchro skills.</td>
</tr>
<tr>
<td>Whale</td>
<td>3-6 yrs</td>
<td>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.</td>
</tr>
</tbody>
</table>

**Swim Kids Levels 1-4 (Parented): 6-12 yrs**

<table>
<thead>
<tr>
<th>Level</th>
<th>Age Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>with caregiver</td>
<td>Provides an orientation to the water and the pool area and introduces floats and glides with kicks. Children build their endurance by improving distance.</td>
</tr>
<tr>
<td>Level 2</td>
<td>with caregiver</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 &amp; with assisted glides.</td>
</tr>
<tr>
<td>Level 3</td>
<td>with caregiver</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. Children will work on floats &amp; changing direction. 15 meter swim.</td>
</tr>
<tr>
<td>Level 4</td>
<td>with caregiver</td>
<td>Front crawl, back glide and shoulder roll for back crawl are further developed. Children work on surface support &amp; develop a greater sense of self safety by understanding their own limits. 25 meter swim.</td>
</tr>
</tbody>
</table>

We have adapted our Red Cross Swim Programs to include the following modifications as per the Canadian Red Cross recommendations:

- All Preschool and Swim Kids Levels 1-4 require parent participation per child.
- Adapt deep water skills to chest-deep water to accommodate parents who may or may not have swimming abilities.
- Removal of sitting dives (Whale) and kneeling dives (SK 4).
- Adapt rescue skills in Swim Kids 6-8 to accommodate no contact.

### 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 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 Kids 5-10 Levels: 6-12 yrs

**Level 5**  Back crawl is introduced, along with sculling skills and whip kick on the back. Children try stride dives & receive an introduction to safe boating skills. 50 meter swim.

**Level 6**  Front & 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.

**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.

**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.

**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 & self-rescue from ice. 400 meter swim.

**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.

**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:

- bring a completed report card from the previous level at the time of registration, or
- have a swim evaluation completed during your pre-booked public swim time here at the facility, or
- have taken your previous swim kids lessons here at the Vernon Recreation Centre
- can only be registered in one lesson set at a time. If not answering the questions truthfully at the time of registration, the participant will be withdrawn from the program and will not be eligible for a refund.

**Age Restrictions:** A child must turn the age required for the course prior to the last day of the course in order to register in that level. The exception to this rule is Parented levels (Starfish, Duck, Sea Turtle) and Sea Otter. For these levels the child must be the required age before the first day of the class.

**Thank you for helping us ensure we are providing the best possible lessons for your child!**

**Private Lessons**

Do you need to focus on a specific skill or stroke item? Times may be available and accommodated via the registered interest list, check the website.
**Masters Swim Club**
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 register for a monthly fee or pay for a single visit. All sessions will have limited spaces and must be booked up to one week in advance. No drop-in visits will be permitted due to COVID-19 restrictions. **Can attend any of these one hour workout times:**
Sun 7:45am, 8:45am, 9:45am
Tue, Thu 7:15pm, 8:15pm
Mon, Wed, Fri 6:30am, 7:30am
no practices on Nov 11, Dec 24, 25, 26, Jan 1

**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.

**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, have a great time!

**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, check website.

**AquaPercept** 5-13 years
Please check the website for course description. Course not offered in Fall 2020, please check website for Winter 2021.
Lifeguard Certification Courses
Steps to becoming a lifeguard

Check website for course fee, dates and times

**Bronze Medallion** 13 and older
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 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 600m timed swim and CPR-C.

**Standard First Aid** 15 and older
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** 16 and older
Prereq: 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 different aquatic facilities and emergencies.

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. Candidates must pre-register for a time slot to access the pool at www.gvrec.ca.

**Instructor Courses:**
Steps to Becoming a Swimming Instructor

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

<table>
<thead>
<tr>
<th>Step 1</th>
<th>WSI Skills Evaluation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registration Required</td>
<td>6 hrs</td>
</tr>
</tbody>
</table>

WSI Certification = 2 year certification

<table>
<thead>
<tr>
<th>Step 2</th>
<th>WSI Online Component</th>
</tr>
</thead>
<tbody>
<tr>
<td>Independent Study</td>
<td>14-20 hrs</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Step 4</th>
<th>WSI Classroom + Pool Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registration Required</td>
<td>21-26 hrs</td>
</tr>
<tr>
<td>Must be completed within 6 months of online component.</td>
<td></td>
</tr>
</tbody>
</table>

**WSI Screening** 15yrs+
Pre-req: SK10, Bronze Cross or Emerg. First Aid
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.

Candidates are required to bring the following equipment to all Advanced Aquatic programs:

- 1-2 face coverings
- personal hand sanitizer
- goggles
- personal pocket mask

Recreation Services  I  www.gvrec.ca  I  250-545-6035
All Saints Nursery School
PRESCHOOL
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 every day, rain or shine.
- Affordable Childcare Benefit available to those who qualify.
- SUNRISE MUSIC PROGRAM included in the 4 year old morning program.

We are reopening September 8th. Spaces still available in some classes. Email asnspreschool@gmail.com for details.

Check out our website asnsvernon.ca

SUNDANCE

gosundancemartialarts.com

2 WEEKS FREE TRIAL

ACCEPTING NEW MEMBERS
2905A 43 Avenue, Vernon
(Above Banner)
(250) 306-2285

Maven Lane

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
MAKE FRIENDS — HAVE FUN
BE CHALLENGED

For all levels of skating ability!

• 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.

EXPERIENCE RINGETTE!

10% DISCOUNT UNTIL OCT. 31

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

Celebrating 50 Years!!

Tutoring can be a positive option to help your child get on track if he is falling behind. We offer:
• 1 on 1 Specialized Tutoring for Children & Adults
• Reading, Math, Spelling & More • Guaranteed Success • Affordable

* CELEBRATING OVER 30 YEARS IN BUSINESS! *

We solve the learning riddle.

POTENTIALS
CANADA LEARNING CENTRE LTD.
250-545-7766
potentialscanada.ca

Since 1989

NOT EVERY CHILD LEARNS IN THE SAME WAY.

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

The Kee's Advantage:
Achieved Instructors Dedicated
to Your Success

KIDS MARTIAL ARTS

CALL & REGISTER TODAY!

VERNON
250-545-7710

keesokanagan.com

VSC
VERNON SKI CLUB

VERNON RINGETTE

The Fastest Game on Ice!

For information on Come Try Ringette
Dawn Ponich
ponich@telus.net
To register or further information visit
vernonringette.com

We acknowledge the financial assistance of the Province of British Columbia.
Working smoke alarms save lives

When Daylight Saving Time ends on **November 1**, remember to check the batteries in your smoke alarm and carbon monoxide detector.

[www.vernon.ca/fire-safety](http://www.vernon.ca/fire-safety)
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 Tues & Thurs from 9-11am.
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 operates out of Lavington Elementary School, 9715 School Road, Coldstream.

For information about Lavington Preschool call 250-542-9200

TINY TOTS PRESCHOOL

“a building block to your child’s future”

Tiny Tots is a licensed Preschool for 3 and 4 year olds 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 October 13, 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.

<table>
<thead>
<tr>
<th>Age</th>
<th>Days</th>
<th>Time</th>
<th>Monthly Fee</th>
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</thead>
<tbody>
<tr>
<td>4</td>
<td>M/W/F</td>
<td>9:00-12:30pm</td>
<td>$210</td>
</tr>
<tr>
<td>3 &amp; 4</td>
<td>M/W</td>
<td>9:00-11:30am</td>
<td>$123</td>
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<tr>
<td>4</td>
<td>T/Th</td>
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</tr>
<tr>
<td>3</td>
<td>T/Th</td>
<td>9:00-11:30am</td>
<td>$129</td>
</tr>
<tr>
<td>4</td>
<td>T/Th</td>
<td>12:30-3:00pm</td>
<td>$129</td>
</tr>
<tr>
<td>3 &amp; 4</td>
<td>Fri</td>
<td>9:00-11:30am</td>
<td>$62</td>
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</tbody>
</table>

www.tiny-tots.ca
**Play School: Fall/Winter Programs**

**Sports 3-5yrs**
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. Parent participation encouraged while in attendance.

**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!

**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.

**PLAY-Zone 12mo-5yrs**
Do the kids have some extra energy to burn? Enjoy some semi-structured open gym time. Perfect for some family play time. Parent participation encouraged while in attendance. Please wear running shoes.

**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!

**A,B,C’s & Gym,2,3’s 3-5yrs**
While participating in gym activities, your child will be introduced to numbers, letters, colours, shapes, stories and much, much more. A great introduction to prepare children for preschool.

**Gym & Swim Lesson 3-5yrs**
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.

**Skate & Gym 3-5yrs**
A fun filled program that provides skating at the Priest Valley Arena and the Dogwood Gym for activities, games and songs with our Play School staff. Children need to have their own skates and helmet.

**COVID PROTOCOLS**
**RECREATION PROGRAMS:**

Carefully assess your personal health situation before participating. If you are immuno-compromised or have underlying health conditions or if you live with higher risk individuals, consider your participation carefully.
- All programs, unless stated within their specific course description, require participants to register for classes.
- All programs will have appropriate instructor to participant ratios as the facility space allows.
- All programs have adapted cleaning frequencies and procedures.
- All programs will be adapted to include individual equipment. Those programs that use shared equipment will be cleaned between users.
- All playschool programs have been modified to accommodate physical distancing recommendations.
- Parent participation is mandatory for all playschool programs.

Fall registration begins Sep 22 and Winter registration begins Dec 6 at 8:00am
<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><strong>Kidnastics</strong></td>
<td><strong>Creative Gym</strong></td>
<td><strong>Creative Gym</strong></td>
<td><strong>Gym &amp; Swim Lesson</strong></td>
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<tr>
<td>18 mo-30 mo</td>
<td>12 mo-3 yrs</td>
<td>12 mo-3 yrs</td>
<td>3-5 yrs</td>
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<tr>
<td>parented</td>
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<td>Feb 16-Mar 16</td>
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<tr>
<td><strong>Kidnastics</strong></td>
<td><strong>Skate &amp; Gym</strong></td>
<td><strong>Sports</strong></td>
<td><strong>Wiggle &amp; Giggle</strong></td>
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<td>2-3 yrs</td>
<td>3-5 yrs</td>
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<td>6mo-18mo</td>
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<td>Feb 18-Mar 18</td>
<td>Feb 19-Mar 19</td>
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<tr>
<td><strong>Kidnastics</strong></td>
<td><strong>PLAY-Zone</strong></td>
<td><strong>PLAY-Zone</strong></td>
<td><strong>PLAY-Zone</strong></td>
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<td>3-5 yrs</td>
<td>12 mo-5 yrs</td>
<td>12 mo-5 yrs</td>
<td>12 mo-5 yrs</td>
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<td>Feb 16-Mar 16</td>
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<td>Feb 18-Mar 18</td>
<td>Feb 19-Mar 19</td>
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</table>

**Preschool Skating Lessons**
see page 20-21

Register early to get your spot!

Check the website for more information

**Fall Preschool & Youth registration begins:**
Tuesday, September 22 at 8:00am

**Winter registration begins:**
Sunday, December 6 at 8:00am
Active After School  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, Kidz fitness training, soccer and volleyball. No school pick up available this fall, meet in the Dogwood Gym.

No classes on statutory holidays.

Tue, Oct 6-Dec 15  3-5pm  $132
Tue, Jan 5-Mar 9  3-5pm  $120
Wed, Oct 7-Dec 16 (no Nov 11)  3-5pm  $120
Wed, Jan 6-Mar 10  3-5pm  $120
Thu, Oct 8-Dec 17 (no Nov 12)  3-5pm  $132
Thu, Jan 7-Mar 11  3-5pm  $120

Babysitting Certification Course  12-15yrs
Since 1970, over half a million young people have taken the Canada Safety Council’s Babysitter Training Course, the most recognized course in Canada. 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 minimum turning 12 years, within the calendar year. To graduate the participants must attend ALL sessions. Students will need to bring masks for those times that we cannot physically distance (first aid training, for example). Held at the Recreation Centre, Sunrise Room and will be small in size.

Fall
Mon/Wed, Oct 26-Nov 4  6-8pm  $76
Mon/Wed, Nov 16-25  6-8pm  $76
Winter
Mon/Wed, Jan 18-27  6-8pm  $76
Mon/Wed, Feb 22-Mar 3  6-8pm  $76

Home Safe  8-11yrs
Learn the basics of being safe at home. Designed for kids who spend short periods of time home alone, our Home Safe Course includes topics such as phone precautions, first aid and emergency procedures. Classes will be held at the Recreation Centre, Sunrise Room and will be small in size.

Fall
Tue, Oct 13 & 20  5-6pm  $41.50
Tue, Oct 13 & 20  6:30-7:30pm  $41.50
Wed, Oct 14 & 21  5-6pm  $41.50
Tue, Oct 13 & 20  6:30-7:30pm  $41.50
Tue, Nov 17 & 24  5-6pm  $41.50
Tue, Nov 17 & 24  6:30-7:30pm  $41.50

Winter
Tue, Jan 19-26  5-6pm  $41.50
Tue, Jan 19-26  6:30-7:30pm  $41.50
Mon, Feb 1-8  5-6pm  $41.50
Mon, Feb 1-8  6:30-7:30pm  $41.50
T’was the Day Before Christmas Eve
5-12 yrs
Have fun attending this 3 hour supervised gym time, where we will play in reindeer games.

All Sorts of Sports
7-11 yrs
We will try a variety of sports, some of which you’ve probably tried and some you haven’t.

Lego - Christmas Village
8-12 yrs
This two day camp includes building cool Lego Christmas Village projects and some active fun games.

Sports Skills & Drills 11-15 yrs
Want to keep up your skills in your favorite sport? The skills & drills programs will focus on the foundational skills of each sport. Programs will be led by experienced and skilled instructors in each sport and will help you maintain and improve upon your already learned skill set. Please check our website for program dates and times.

Basketball Skills & Drills
Intermediate/Advanced Program for the fundamentals of basketball, with well designed drills & skills. The program will focus on shooting, dribbling, rebounding as well as defensive and offensive strategies. Please check our website for program dates and times.

Volleyball Skills & Drills
Interested in trying out volleyball or developing your skills? Participants will develop a foundational skill set to carry them forward into their volleyball future. Learn basic ball handling and develop your skills too to Bump, Set and Spike. Please check our website for program dates and times.
Youth Fall registration begins Sep 22 and Winter registration Dec 6 at 8:00am

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.

Priest Valley Arena

FALL
Mon/Wed, Oct 14-Nov 9 3:45-4:15pm $100/ 8 classes
Mon/Wed, Nov 16-Dec 16 3:45-4:15pm $125/ 10 classes
Thurs, Oct 15-Nov 12 3:30-4:00pm $62.50/ 5 classes
Thurs, Nov 19-Dec17 3:30-4:00pm $62.50/ 5 classes
Sat, Nov 7-Dec 12 9:00-9:30am $75/ 6 classes

WINTER
Mon/Wed, Jan 4-20 3:45-4:15pm $75/ 6 classes
Mon/Wed, Jan 25-Feb 10 3:45-4:15pm $75/ 6 classes
Thurs, Jan 7-Feb 11 3:30-4:00pm $75/ 6 classes
Sat, Jan 9-Feb 13 9:00-9:30am $75/ 6 classes

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.

Priest Valley Arena

FALL
Mon/Wed, Oct 14-Nov 9 3:45-4:15pm $100/ 8 classes
Mon/Wed, Nov 16-Dec 16 3:45-4:15pm $125/ 10 classes
Thurs, Oct 15-Nov 12 3:30-4:00pm $62.50/ 5 classes
Thurs, Nov 19-Dec17 3:30-4:00pm $62.50/ 5 classes
Sat, Nov 7-Dec 12 9:00-9:30am $75/ 6 classes

WINTER
Mon/Wed, Jan 4-20 3:45-4:15pm $75/ 6 classes
Mon/Wed, Jan 25-Feb 10 3:45-4:15pm $75/ 6 classes
Thurs, Jan 7-Feb 11 3:30-4:00pm $75/ 6 classes
Sat, Jan 9-Feb 13 9:00-9:30am $75/ 6 classes

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.

Sat, Nov 7-Dec 12 9:45-10:15am $78/ 6 classes
Sat, Jan 9-Feb 13 9:45-10:15am $78/ 6 classes

RecSkate 1&2 and RecSkate 3, 4 & 5 5-11yrs
RecSkate 1&2 is for beginning skaters and skaters 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.

Priest Valley Arena

Days and times listed below are for Rec Skate 1-5. Register for the specific class at www.gvrec.ca.

FALL
Mon/Wed, Oct 14-Nov 9 4:30-5:15pm $112/ 8 classes
Mon/Wed, Nov 16-Dec 16 4:30-5:15pm $140/ 10 classes
Thurs, Oct 15-Nov 12 4:15-5:00pm $70/ 5 classes
Thurs, Nov 19-Dec17 4:15-5:00pm $70/ 5 classes
Sat, Nov 7-Dec 12 10:30-11:15am $84/ 6 classes

WINTER
Mon/Wed, Jan 4-20 4:30-5:15pm $84/ 6 classes
Mon/Wed, Jan 25-Feb 10 4:30-5:15pm $84/ 6 classes
Thurs, Jan 7-Feb 11 4:15-5:00pm $84/ 6 classes
Sat, Jan 9-Feb 13 10:30-11:15am $84/ 6 classes

Blades & Puck s 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.

Sat, Nov 7-Dec 12 9:45-10:15am $78/ 6 classes
Sat, Jan 9-Feb 13 9:45-10:15am $78/ 6 classes

Equipment Mandatory for Skating Lessons:
Skates, CSA approved helmets, gloves and wind/snow pants.

For hockey programs, sticks and CSA approved helmets with face shields are mandatory. Some hockey programs require full hockey gear so please check if you are unsure. Full gear is skates, helmet with cage, neck guard, hockey pants, hockey socks, jock/jill protection, shin guards, elbow, chest and shoulder pads.
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 at gvrec.ca 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.

<table>
<thead>
<tr>
<th></th>
<th>1/2 hr. lesson</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Private:</td>
<td></td>
<td>$35/lesson</td>
</tr>
<tr>
<td>Semi-Private:</td>
<td></td>
<td>$45/lesson</td>
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</tbody>
</table>

COVID PROTOCOLS RECREATION PROGRAMS:
Carefully assess your personal health situation before participating. If you are immuno-compromised or have underlying health conditions or if you live with higher risk individuals, consider your participation carefully.

- All programs unless stated within their specific course description require participants to register for classes.
- All programs will have appropriate instructor to participant ratios as the facility space allows.
- All programs have adapted cleaning frequencies and procedures.
- All programs will be adapted to include individual equipment. Those programs that use shared equipment will be cleaned between users.
- All programs have been modified to accommodate physical distancing recommendations.

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

So ALL Kids Can Play!

Recreation Services | www.gvrec.ca | 250-545-6035
ACTIVATE YOUR COMMUTE

walk | bike | bus | carpool

www.vernon.ca/vernonmoves

Photo: Heath Fletcher, Sproing Creative
For complete program details and registration check out our website www.ssfreestyle.com
Visit us in person and virtually to access your best source for learning and entertainment!
• Books, DVDs, feature films, magazines
• eBooks, digital audiobooks, streaming video, online course and more
• Resources for the visually impaired and print disabled
• Inspiration Lab coming this fall

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

Check our website www.orl.bc.ca/vernon, our Facebook page @OKRegLibraryVE or Instagram orlvernonlibrary to find out the latest about programs and events that we have available.

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
Sundays (Oct 4th - Dec 20th) 11:30 am - 4:00 pm

Thank you to the Vernon Friends of the Library for all of their support.
LEARN

take a class
clay/pottery
glass art
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drawing
printmaking
fibre art
photography
music & more
...for all ages & abilities

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goods that you won’t find
anywhere else!

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supplies
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fri-sat, 9:30am-4:30pm

2704A Hwy 6
Vernon BC  V1T 5G5
vernonarts.ca | 250-542-6243
FAMILY SATURDAYS | 1pm
October 31st - Mixed Media Sculptures
November 28th - Experimental Printmaking
December 19th - TBA
January 30th - Paintings Inspired by Scott Bertram

MINI ARTISTS | 10am
October 26th - Mixed Media Sculptures
November 30th - Abstract Scraped Paintings
December 21st - Watercolour Resist Paintings
January 35th - BIG Self-portraits

Regular gallery admission by donation
Hours: Mon-Fri 10am-4pm, Sat 11am-3pm
*10-11am - designated for seniors & those at risk
3228 31st Ave, Vernon BC | 250.545.3173
vernonpublicartgallery.com | info@vernonpublicartgallery.com
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. Select children's classes are also available. They look forward to seeing you on the dance floor soon!

- **Tot Bee Bop:** ages 1-4
- **Move & Groove:** ages 5-7
- **Adults:** Two-step, Jive, Ballroom, Tango and Latin

All classes will be in small groups with COVID safety precautions in place. Please check out www.gvrec.ca for program dates and times that are available.

PacificSport Okanagan is a regional sport centre that educates, inspires and engages communities in the sport pathway, from playground to podium. In Vernon, PacificSport works as a partner with Recreation Services to provide sport development and programs for the community. Together, we strive to provide programs that “empower our communities to play, participate and perform at their best, through sport”.

To find out how PacificSport Okanagan is “powering sport” go to www.pacificsportokanagan.com

**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 movement skills & 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 Run Jump Throw, Gymnastics BC Kids CanMove, and other physical literacy based programs.
When you choose to participate in physical activities outside the home during the pandemic, including volleyball, you are at an increased risk of contracting COVID-19. This is an inherent risk of participating in non-essential activities in your community.

Volleyball is considered a medium risk sport for COVID-19 because we share the use of a ball. Cohorts for play will result in all leagues being groups of 4 teams.

Carefully assess your personal health situation before playing. If you are immuno-compromised or have underlying health conditions or if you live with higher risk individuals, consider your participation carefully.

**Team representatives** (person registering the team), will be considered the teams COVID ambassador. This person will be responsible for ensuring the players on their team roster are healthy prior to showing up at each session. 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.

**King/Queen of the Court:**
The top calibre competitive league in town. For teams that use offensive systems and block and spike consistently. One match up per week, 1 hour game times.

**Women’s Tier 2 at Dogwood:**
For teams that use offensive systems and block and spike consistently. One match up per week, 1 hour 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. Pool A is highest skilled division in Recreational.

**Open Mixed Recreational:**
Open for all teams of any calibre, just for fun. One match up per week, 1 hour game times.

**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.


Get in the game and have a ball!
**BPHL (Boston Pizza Hockey League)**

Ages 19+
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 add you to our spare list.

Check the website for updates.

---

**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 December 1 for more details.

---

**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.

**Winter**

Tue, Jan 19-Mar 23 7:30-9:30pm
$106.70 (includes manual fee)
Location TBA

Extra costs for tools and supplies will apply.

Details will be given on first night of course.
Sports opportunities to get you off the couch!

NOTE: As a COVID-19 risk mitigation all activities are now pre registered in 5-11 week blocks, to create a sport group cohort.

When you choose to participate in physical activities outside the home during the pandemic, you are at an increased risk of contracting COVID-19. This is an inherent risk of participating in non-essential activities in your community.

Carefully assess your personal health situation before playing.

If you are over 65 years, immuno-compromised or have underly-ing health conditions, participation is not recommended. If you live with higher risk individuals, consider your participation carefully.

<table>
<thead>
<tr>
<th>Day</th>
<th>Sport</th>
<th>Time</th>
<th>Dates</th>
<th>Location/Address</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun</td>
<td>Floor Hockey</td>
<td>6:30-8pm</td>
<td>Year Round</td>
<td>Priest Valley Gym</td>
<td>2 goalies and 18 players</td>
</tr>
<tr>
<td>Tue</td>
<td>Badminton</td>
<td>1-2:30pm</td>
<td>Oct-Mar</td>
<td>Priest Valley Gym</td>
<td>12 players</td>
</tr>
<tr>
<td></td>
<td>35+ Basketball</td>
<td>5:45-7:15pm</td>
<td>Oct-Mar</td>
<td>Priest Valley Gym</td>
<td>20 players</td>
</tr>
<tr>
<td>Thu</td>
<td>Badminton</td>
<td>1-2:30pm</td>
<td>Oct-Mar</td>
<td>Priest Valley Gym</td>
<td>12 players</td>
</tr>
<tr>
<td>Fri</td>
<td>Floor Hockey</td>
<td>5:30-7pm</td>
<td>Oct-Mar</td>
<td>Priest Valley Gym</td>
<td>2 goalies and 18 players</td>
</tr>
<tr>
<td></td>
<td>Touch Tennis</td>
<td>12:15-1:30pm</td>
<td>Oct-Mar</td>
<td>Priest Valley Gym</td>
<td>12 Players</td>
</tr>
</tbody>
</table>

Table Tennis - Join the competitive table tennis group at Lakers Club House (7000 Cummins Rd in Okanagan Landing). Our Table Tennis program is a great way to burn off extra energy in a fun environment. We provide the space and equipment; you supply the energy and desire to have fun. Don’t forget your water bottle. Register online at www.gvrec.ca

- Mondays  6:30-9:30pm  Sep 21-Nov 2 and Nov 9-Dec 28
- Fridays  9:30am-12:30pm Sep 25-Nov 6 and Nov 13-Dec 18

All sports will run as co-ed non-structured activities. Go online, find the sport you’re looking for and register for the 5-11 week block. To use or transfer a drop-in pass to pay for your sport block, please bring your punch card into the Recreation Centre office and we will register you directly.

Fees are based on $6 per activity/day.

Check online at www.gvrec.ca under drop in sports to see if the program is running on the evening you’d like to attend. If it’s not on the list, it’s cancelled for that evening.

For information about any sport, volleyball and hockey programs contact: playsports@vernon.ca
Dog Permitted 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

Dog Parks

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

Dogs are NOT permitted on playing fields or beaches.
• 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 ...

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SALMON ARM Unit 5, 1050 10th Ave SW · (250) 832-1966

See Spot Live Well
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. Please contact the office for the schedule of activities. 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.
The **BEST** place to find a great wood, gas or pellet stove is at [Home](#) **GAS • PELLET • WOOD STOVES**

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![Heatilator](#)

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**CLARK, ROBINSON CPA’s**

encourages you to participate in the activity of your choice.

**Physiotherapy & Sports Injury**

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Vernon

Sports Injuries

ICBC — WCB

Acupuncture — Vertigo

250-545-2335

Your Family

Physiotherapy Centre

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Vernon’s own golf store.

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Debbie Sparling, Registered Physiotherapist
Cindy Keith, Registered Physiotherapist

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PROGRAMS FOR ALL AGES AND ABILITIES

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
Halina Activity Centre

Serving Vernon’s Seniors since 1973

Working Towards Bringing Us Back Together Safely

We are currently putting together programs that will begin in October. Stay informed by visiting our website and Facebook (@Halina Centre) pages.

www.halinacentre.com

Hours: Monday - Friday 8:00am-4:00pm
3310 - 37th Avenue, Vernon, BC
in the Vernon Recreation Centre
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.
<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>no classes Oct 12</td>
<td><strong>Osteofit for Life</strong> 8:00-9:00am Halina Room</td>
<td>no classes Nov 11</td>
<td><strong>Osteofit for Life</strong> 8:00-9:00am Halina Room</td>
<td><strong>Osteofit for Life</strong> 8:00-9:00am Halina Room</td>
</tr>
<tr>
<td><strong>Fit &amp; FUNctional</strong> 8:30-9:45am KTP Civic/Crossover</td>
<td><strong>Smart Fit Drop In</strong> 8:30-9:30am On hold, check website.</td>
<td><strong>Fit &amp; FUNctional</strong> 8:30-9:45am KTP Civic/Crossover</td>
<td><strong>Smart Fit Drop In</strong> 8:30-9:30am On hold, check website.</td>
<td><strong>Fit &amp; FUNctional</strong> 8:30-9:45am KTP Civic/Crossover</td>
</tr>
<tr>
<td><strong>Fit ABC's II</strong> 8:45-9:45am Creekside Main</td>
<td><strong>Mat Pilates</strong> All Levels 9:15-10:15am Creekside Main</td>
<td><strong>Yoga for Older Adults</strong> 10:00-11:15am Lakers Clubhouse</td>
<td><strong>Mat Pilates</strong> All Levels 9:15-10:15am Creekside Main</td>
<td><strong>Mat Pilates</strong> All Levels 9:15-10:15am Creekside Main</td>
</tr>
<tr>
<td><strong>Fit &amp; FUNctional</strong> 10:15-11:30am KTP Civic/Crossover</td>
<td><strong>Osteofit for Life</strong> 9:30-10:30am Halina Room</td>
<td><strong>Fit &amp; FUNctional</strong> 10:15-11:30am KTP Civic/Crossover</td>
<td><strong>Osteofit for Life</strong> 9:30-10:30am Halina Room</td>
<td><strong>Fit &amp; FUNctional</strong> 10:15-11:30am KTP Civic/Crossover</td>
</tr>
<tr>
<td><strong>Get Up &amp; Go!</strong> 10:15-11:15am Creekside Main</td>
<td><strong>Gentle Yoga</strong> 10:00-11:15am On hold, check website.</td>
<td><strong>Get Up &amp; Go!</strong> 10:15-11:15am Creekside Main</td>
<td>Minds in Motion 10:00-11:30am On hold, check website.</td>
<td><strong>Minds in Motion</strong> 10:00-11:30am On hold, check website.</td>
</tr>
<tr>
<td><strong>Get Up &amp; Go!</strong> 11:45-12:45pm Creekside Main</td>
<td><strong>Osteofit I</strong> 11:00-12:00pm Halina Room</td>
<td><strong>Get Up &amp; Go!</strong> 11:45-12:45pm Creekside Main</td>
<td><strong>Osteofit I</strong> 11:00-12:00pm Halina Room</td>
<td>Minds in Motion 11:00-12:00pm Halina Room</td>
</tr>
<tr>
<td><strong>Fit ABC's I</strong> 1:30-2:30pm Creekside Main</td>
<td><strong>Choose to Move</strong> 1:00-2:00pm Location TBA</td>
<td><strong>Fit ABC's I</strong> 1:30-2:30pm Creekside Main</td>
<td>Minds in Motion 1:00-2:30pm On hold, check website.</td>
<td><strong>Minds in Motion</strong> 1:00-2:30pm On hold, check website.</td>
</tr>
<tr>
<td>Mat Pilates All Levels 5:45-6:45pm Creekside Main</td>
<td></td>
<td>Buddha ReBoot On hold, check website.</td>
<td>Mat Pilates All Levels 5:45-6:45pm Creekside Main</td>
<td></td>
</tr>
</tbody>
</table>

**REASONS TO JOIN A CLASS:**
- Motivation
- Accountability
- Group
- Comaraderie

**Fitness COVID-19 Protocols:**
In addition to the organization-wide mitigation efforts for COVID-19 (see page 5), the Fitness Department is taking additional protocols.

- **Class Times:** We have spread out class times to ensure the proper cleaning and disinfection of supplies and spaces. This will also ensure that participants from one class do not overlap with another.
- **Shared Supplies & Equipment:** We will continue to provide some items and will disinfect them between classes. Where possible, our amazing instructors will adapt classes to reduce the amount of supplies and equipment. There are a few exceptions where we will recommend/require you to bring your own items:
  - **Recommended:** Bring your own mat. If you cannot bring your own we will continue to provide one.
  - **Required:** Bring your own theraband. Bands will be available for purchase at the Recreation Centre and Kal Tire Place. These bands are also available at many local stores.

For program inquiries, please contact the Fitness Programmer, Deb Treherne at 250-550-3672 or activeliving@vernon.ca.
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.
**Recommended:** Bring your own mat.

**Fall**
- Wed, Oct 7-Nov 25  10-11:15am  $94.24
- Wed, Jan 13-Mar 10 10-11:15am  $106.02

**Winter**
- Wed, Oct 7-Nov 25  10-11:15am  $94.24
- Wed, Jan 13-Mar 10 10-11:15am  $106.02

**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 strengthen the body, reduce stress and calm the mind. No experience required.
**Winter:** visit [www.gvrec.ca](http://www.gvrec.ca) for updates.

**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. Exercises emphasize breath, core engagement and body awareness. Props, including bands, weighted balls, pilates ring and more may be used to add challenge or assistance throughout the class. This mat workout will lengthen the spine, strengthen core, tone legs and glutes and flatten the abs.
**Recommended:** Bring your own mat.
**Required:** Bring your own theraband. These will be available for purchase at the Recreation Centre.
**Optional:** Bender Balls will be available for purchase at the Recreation Centre.

**Fall**
- Tue, Oct 20-Dec 8  9:15-10:15am  $82.46 No Nov 10
- Thu, Oct 15-Dec 10  9:15-10:15am  $106.02
- Mon, Oct 19-Dec 7  5:45-6:45pm  $94.24
- Thu, Oct 15-Dec 10  5:45-6:45pm  $106.02

**Winter**
Please visit us at [www.gvrec.ca](http://www.gvrec.ca) for winter dates and times.

**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, 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.
**Winter:** visit [www.gvrec.ca](http://www.gvrec.ca) for updates.

---

Please check our website at [www.gvrec.ca](http://www.gvrec.ca) for updated class schedules.

For specific program information please contact the Programmer at 250-550-3672 or activeliving@vernon.ca
Fit ABC
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 (Level 1) and advanced (Level II).

**Recommended:** Bring your own mat.
**Required:** Bring your own theraband. These will be available for purchase at the Recreation Centre.

### Fall

<table>
<thead>
<tr>
<th>Level I</th>
<th>Mon/Wed</th>
<th>1:30-2:30pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 5-Nov 4</td>
<td>$50.67</td>
<td></td>
</tr>
<tr>
<td>Nov 9-Dec16</td>
<td>$56.30</td>
<td>no class Nov 11, Dec 9</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Level II</th>
<th>Mon/Wed</th>
<th>8:45-9:45am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 5-Nov 4</td>
<td>$50.67</td>
<td></td>
</tr>
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<td>$56.30</td>
<td>no class Nov 11, Dec 9</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Winter</th>
<th>Mon/Wed</th>
<th>1:30-2:30pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level I</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jan 4-Feb 3</td>
<td>$56.30</td>
<td></td>
</tr>
<tr>
<td>Feb 8-Mar 10</td>
<td>$50.67</td>
<td>no class Feb 15</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Level II</th>
<th>Mon/Wed</th>
<th>8:45-9:45am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 4-Feb 3</td>
<td>$56.30</td>
<td></td>
</tr>
<tr>
<td>Feb 8-Mar 10</td>
<td>$50.67</td>
<td>no class Feb 15</td>
</tr>
</tbody>
</table>

Creekside Conference Centre, Main Floor

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**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

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**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.
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. Osteofit is taught by specially trained fitness instructors.

**Required:** Bring your own theraband. These will be available for purchase at the Recreation Centre.

**Fall | New days and times!**
- Tue/Thu, Oct 6-Nov 5 11-12pm $56.30
- Tue/Thu, Nov 10-Dec 17 11-12pm $67.56
- Halina Room

**Winter:** Check website for updates.

Osteofit For Life
Want to improve your posture, balance and strength? Join 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 theraband. These will be available for purchase at the Recreation Centre.

**Fall | New days and times!**
- Tue/Thu, Oct 6-Nov 5 8-9am $56.30
- Tue/Thu, Nov 10-Dec 17 8-9am $67.56

**Winter:** Check website for updates.

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/.

**Choose to Move | Info Session**
Please register for this information session to learn more about the program.

**Fall**
- Tue, Sep 29 1-2pm Free
- Location: TBA

**Choose to Move | Program**
This one-to-one program runs for 10 weeks with 8 group meetings. Registration for the program will open after the Info Session. Please register for the Info Session to learn more.

**Fall Group Meetings**
- Tuesdays 1-2pm Free
- Oct 13, 27, Nov 3, 10, 17, Dec 1, 8, 15

**Winter:** Check website for updates.

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 theraband. These will be available for purchase at the Recreation Centre.

**Fall | New days and times!**
- Tue/Thu, Oct 6-Nov 5 8-9am $56.30
- Tue/Thu, Nov 10-Dec 17 8-9am $67.56
- Halina Room

**Winter:** Check website for updates. Info session will likely be held in mid-December.
**Fit & FUNctional Classes**

For those that want to maintain, build and improve on their strength, balance and overall health. Fit & FUNctional includes 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.

Register for the classes listed below.

**Drop-ins**
Drop-ins will be allowed if space is available. You can pre-register up to 24 hours in advance and no less than one hour before class. This can be done online at www.gvrec.ca or by contacting our Front Desk at 250-545-6035, ext 0.
Drop-in Fee $10. No passes allowed.

Classes will be held at Kal Tire Place, Civic/Crossover Room. You must arrive 5-10 min before class starts to be given access to the building.

**Recommended:** Bring your own mat.
**Required:** Bring your own theraband. These will be available for purchase at the Recreation Centre and Kal Tire Place. You are welcome to purchase elsewhere.

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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. A mask will be required for all orientations.

**Adult:** $50, 1 hour session
**Youth:** 1 session for $50, includes an 
(13-15 yrs) orientation and a 1 month pass.

---

**Fit & FUNctional**

**Mon/Wed/Fri**
no class Nov 11, Feb 15
8:30-9:45am

**Fall**
Mon Oct 19-Nov 9 $34.28
Wed Oct 14-Nov 4 $34.28
Fri Oct 16-Nov 13 $42.85
Mon Nov 16-Dec 14 $42.85
Wed Nov 18-Dec 16 $42.85
Fri Nov 20-Dec 18 $42.85

**Winter**
Mon Jan 4-Feb 1 $42.85
Wed Jan 6-Feb 3 $42.85
Fri Jan 8-Feb 5 $42.85
Mon Feb 8-Mar 8 $34.28
Wed Feb 10-Mar 10 $42.85
Fri Feb 12-Mar 12 $42.85

**Fit & FUNctional**

**Mon/Wed/Fri**
no class Nov 11, Feb 15
10:15-11:30am

**Fall**
Mon Oct 19-Nov 9 $34.28
Wed Oct 14-Nov 4 $34.28
Fri Oct 16-Nov 13 $42.85
Mon Nov 16-Dec 14 $42.85
Wed Nov 18-Dec 16 $42.85
Fri Nov 20-Dec 18 $42.85

**Winter**
Mon Jan 4-Feb 1 $42.85
Wed Jan 6-Feb 3 $42.85
Fri Jan 8-Feb 5 $42.85
Mon Feb 8-Mar 8 $34.28
Wed Feb 10-Mar 10 $42.85
Fri Feb 12-Mar 12 $42.85

**Fit & FUNctional**

**Tue,Thu**
9:00-10:15am

**Fall**
Oct 13-Nov 12 $85.70
Nov 17-Dec 17 $85.70

**Winter**
Jan 5-Feb 4 $85.70
Feb 9-Mar 11 $85.70

Registration for Winter will begin December 6.
Registered Aquafit

Fall
No class Wed, Nov 11

Winter
Please refer to our website for an updated schedule.

In order to maintain a safe and effective program we have adapted the morning drop in aquafit classes to registered programs. With a maximum of 15 participants we can ensure that participants will have a safe space within common areas (changerooms, lobby, pool deck) and within the pool space itself. By registering you will be guaranteed a space within the program. Our goal is to continue to offer safe, effective and fun programs.

If you have an outstanding aquafit pass you can transfer the sessions directly to the registration fee for the program. We have added more class offerings to the schedule to meet your needs.

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Aquafit II 8:45-9:30am

Deep Water 8:45-9:30am

Aquafit II 8:45-9:30am

Deep Water 8:45-9:30am

Aquafit II

8:45-9:30am

Deep Water

9:00-9:45am

Aquafit II

9:45-10:30am

Deep Water

10:00-10:45am

Aquafit II

10:45-11:30am

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Aquafit II

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Aquafit II

10:45-11:30am

Aquafit II

8:45-9:30am

Deep Water

9:00-9:45am

Aquafit II

9:45-10:30am

Deep Water

10:00-10:45am

Aquafit II

10:45-11:30am

COVID-19 Protocols
You will be given access to the changerooms 15 min prior to the start of the class. We are implementing a one-way system through our changerooms so once you change, you will take your belongings with you and can store them in the cubbies located on the pool deck. Once the class has completed you can dry off and change in the Club changerooms. We recommend that you come dressed in your bathing suit to make the transition quicker. The sauna/steam/hot tub will not be available for use before or after class times. The wheelchair accessible changerooms will remain open for use, if you require them.

Aquafit I
Low impact, mild intensity shallow water class. Aquafit 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 for those who are new to aquafit, pre/post natal and/or moving up from Aqua Therapy. Held in shallow end of lap pool.

Aquafit 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. Held in shallow end of lap pool.

Deep Water
This is a moderate to high intensity fitness class held in the deep end of the lap pool. 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.

For further information on fitness programs, contact Deb Treherne, Rec. Programmer at 250-550-3672.

Fall registration begins Sep 21 and Winter registration begins Dec 6 at 8:00am
Aqua Therapy

Winter

Please refer to our website for an updated schedule.

| Mon       | Tue       | Thu       | Aqua Therapy will remain as a drop-in program, however, pre-registration is preferred for each class.
|-----------|-----------|-----------|-----------------------------------------------------------------------------------------------------------------------------
|           |           |           | You can pre-register up to 2 days in advance either online at www.gvrec.ca or by contacting our Front Desk staff at 250-545-6035, ext 0. Space will be limited to 12 participants. Once you pre-register there are no refunds.
| Aqua Therapy II | 9:00-9:45 | Aqua Therapy II | 9:00-9:45
| Aqua Therapy II | 10:00-10:45 | Aqua Therapy II | 10:00-10:45
| Aqua Therapy I | 1:45-2:30pm | Aqua Therapy I | 1:45-2:30pm
| Aqua Therapy I | 2:40-3:25pm | Aqua Therapy I | 2:40-3:25pm

Schedule subject to change. Please check www.gvrec.ca or our Facebook page for updates.

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 for all participants.

_Held in the shallow end of the lap pool._

Aqua Therapy Fees: Single $6.95 | 10x $64 | 30x $192

COVID-19 Protocols
You will be given access to the changerooms 15 min prior to the start of the class. We are implementing a one-way system through our changerooms so once you change, you will take your belongings with you and can store them in the cubbies located on the pool deck. Once the class has completed you can dry off and change in the Club changerooms. We recommend that you come dressed in your bathing suit to make the transition quicker. The sauna/steam/hot tub will not be available for use before or after class times. The wheelchair accessible changerooms will remain open for use, if you require them.
FALL 2020 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. 5/8 to Dec. 7/10 - Monday & Thursday Classes Available
$150 incls. taxes

KIDS FUN HOCKEY - WEDNESDAY & FRIDAY NIGHTS:
22 WEEK PROGRAM - 2 WEEK BREAK AT CHRISTMAS
(Max. 12 Players a session during this time for $450 incls. 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
(Max. 12 Players a session during this time for $450 incls. 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. 10 to Dec. 12 for $180 incl. tax)
WINTER: SATURDAYS (10 Sessions Jan. 9 to Mar. 13 for $180 incl. tax)

MINI & MIGHTY MITES HOCKEY: Age 4 to 6 YRS Old, 3:15 - 4:00 PM
FALL: WED & FRI AVAILABLE Oct. 7/9 to Dec. 9/11 - 10 sessions for $150 incl. tax
WINTER: WED & FRI AVAILABLE Jan. 13/16 to Mar. 17/19 - 10 sessions for $150 incl. tax

KIDS LEARN TO SKATE WITH PAULINE HILL:* 9:00 to 10:00 AM
FALL: SATURDAYS (10 Sessions Oct. 10 to Dec. 12 for $180 incl. tax)
WINTER: SATURDAYS (10 Sessions Jan. 9 to Mar. 13 for $180 incl. tax)

MODIFIED PROTOCOLS INCLUDE:
* NO SPECTATORS OR NON-SKATING GUESTS ALLOWED * CHANGE ROOMS ARE OFF LIMITS SO PLEASE COME FULLY DRESSED
* NO HOCKEY BAGS * PLEASE COME WITH FILLED WATER BOTTLES

ADVANCED SKATE:* 10:00 to 11:00 AM
FALL: SATURDAYS (10 Sessions Oct. 10 to Dec. 12 for $180 incl. tax)
WINTER: SATURDAYS (10 Sessions Jan. 9 to Mar. 13 for $180 incl. tax)

* Potential overflow Learn to Skate 8am, Little Vipers 9am, and Advanced Skate 10am programs at the same time on Sundays.

DURING THIS TIME, WE ARE MODIFYING OUR PROGRAMS IN LINE WITH PROVINCIAL GUIDELINES.

WE ARE OPEN FOR:
* EVENT RENTALS • BIRTHDAY PARTIES
Please see our website for information and restrictions. We will update programs, etc. when required.

* 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 2021
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. 11/14 to Mar. 15/18 - $150 incls. taxes

SPRING 2021
KIDS SKATE PROGRAMS
KIDS SPRING FUN HOCKEY:
Kids 5 to 12 YRS Old - Mar. 11 to Apr. 22 - 1 Ice Session a Week. Pre Novice, Novice, Atom and Pee Wee FUN FUN FUN - All ages and levels! Call for pricing and availability.

SPRING & SUMMER PROGRAMS
• Kids Programs
• High-Performance Programs
• Skill Development for All Levels & Ages
WWW.OTR.VERNONHOCKEY.COM

REGISTER ONLINE AT www.vernonotr.com
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)
<table>
<thead>
<tr>
<th>Community Organization</th>
<th>Contact</th>
<th>Phone</th>
<th>Website/Email</th>
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</thead>
<tbody>
<tr>
<td>Music for Young Children</td>
<td>Danuta Ociepa</td>
<td>250-938-7521</td>
<td><a href="http://www.myc.com">www.myc.com</a></td>
</tr>
<tr>
<td>Okanagan Freestyle Fencing</td>
<td>Matt Clarke</td>
<td>250-306-9253</td>
<td>okanaganfreestylefencing.com</td>
</tr>
<tr>
<td>Special Olympics BC - Vernon</td>
<td>Carla Bryan</td>
<td>250-260-6632</td>
<td>vernonfigureskatingclub.com</td>
</tr>
<tr>
<td>Vernon Figure Skating Club</td>
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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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### 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
Previous Events Held at Kal Tire Place Include:

- FORD Women’s World Curling Championships
- School District #22 Vernon High School Graduations
- Monster Truck Show
- Alice Cooper Concert
- BC Provincial Snow Show
- Christmas Craft Fair
- Interior Logging Association Trade Show & Convention
- Ice Capades
- Lippizzaner Stallions
- Jordan Circus
- King of the Cage
- Three 6 Mafia

- MISA Conference
- Remembrance Day Service
- Capital One Grand Slam Curling
- Maple Noise Tour
- BC Cattlemen’s Convention
- Xtreme Rodeo
- Bands on the Run Concert
- KRAFT Hockeyville
- BC Fire Chiefs Association Convention
- BC 55+ Games
- Loverboy / Platinum Blonde Concert
- Mascot Games

Booking Information

250-550-3257
abookings@vernon.ca
www.kaltireplace.ca

Fall registration begins Sep 21 and Winter registration begins Dec 6 at 8:00am
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 3,003 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

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 rodeos, making it the perfect place for your event. A variety of meeting rooms are also available that will suit meetings, banquets and birthday parties.

Indoor Walking

Currently closed, check the website for upcoming information at www.kaltireplace.ca.
ARENA PROGRAMS and PUBLIC SKATING:

- Ice users must pre-register for a 1 hour timeslot for arena use. Drop-ins may be accommodated if space allows. Please see the website for additional information on how to register for ice time using your facility membership.
- Public skates are limited to 26 persons. No Spectators at this time. All attendees must register for a timeslot and are limited to facility access 15 minutes prior and 15 minutes after their registered timeslot.
- Everyone must use the hand sanitizing station upon entering the facility.
- All ice users must check in with the skate attendant prior to ice entry.
- Come dressed ready to skate. Dressing room access will be available for skate/shoe changes only. Leave all valuable belongings at home.
- Do not spit anywhere in the facility or on the ice.
- Helmets are mandatory for all skaters 10 yrs and under and strongly recommended for all other skaters. Full equipment mandatory for all indoor shinny times. We do not offer skate rentals at any of our facilities.

**Centennial Outdoor Rink - Skating**
3409 - 35th Avenue

See online for schedule at www.gvrec.ca.
The Centennial Rink can be closed due to weather conditions & holiday schedules.

**Priest Valley Arena - Public Skating**
3409 - 35th Avenue

See online for schedule at www.gvrec.ca.
The Priest Valley Arena can be closed due to events & holiday schedules.

ALL Public Skate ice times require registration.
Register on-line or stop in at the Recreation Centre Office

Please check the schedule of available time slots and register online at www.gvrec.ca by logging into your account.
See skate times under Ice Programs.
ACTIVE LIVING CENTRE - NEXT STEPS

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.’

Community Input
Based on community input, the Active Living Centre Feasibility Study has outlined a Preferred Design Option for the development of a new Active Living Centre and is in process of determining associated costs to build and operate.

For more information, to view reports and the preferred design options visit:

https://www.engagevernon.ca/active-living-centre

PREFERRED DESIGN OPTION AND COSTING REPORT
WHAT WE HEARD REPORT

FaulknerBrowns Architects worked with the Feasibility Study Committee to develop a preferred design option that considers:

• Amenities aligned with the facility priority recommendations identified in the Greater Vernon Recreation Master Plan.
• Synergies of use and Community Support for one location vs two
• What We Heard from the Community through public engagement

Below are conceptual designs for the proposed Active Living Centre facility.
EXTREME INDOOR ACTION!

** Birthday Parties **

LIMITED # OF GUESTS

ROLLER SKATING

INDOOR SKATEBOARDING

MOVIE PARTIES

* PLEASE NOTE, PROGRAMS MAY CHANGE SUBJECT TO PROVINCIAL HEALTH GUIDELINES AND RESTRICTIONS

Armstrong Spallumcheen Parks & Recreation
Opereated by Canian Management Services Ltd.

250-546-9456 — www.asprd.com
Registration

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. Current members as of March 17, 2020, will have their passes extended as of our restart date.

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.

First day of Fall registration: Registration opens at 8:00am at Recreation Centre office and online www.gvrec.ca

Adult programs: Mon, Sep 21
Preschool, Youth programs: Tue, Sep 22
First day of Winter: All programs: Sun, Dec 6

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.
GoByBike Week
Sept 28 – Oct 4, 2020

#GoByBike
& register to win prizes, including $1000 to a local bike shop of your choice

FREE REGISTRATION at GoByBike.ca