New Pool
New Active Living Centre
Have your Say!

The 2018 Master Plan indicated the need for facility development and specifically the need for the following facilities as the highest priority:

• Aquatic Centre (a NEW pool to increase aquatic use capacity, upgrade existing pool features and adding family change areas)
• Gymnasium(s)
• Dedicated Program Spaces
• Fitness Space
• Indoor Walking / Running Track

Starting in September 2020 we want to hear from you to assess the specific size, amenities and tax dollars to allocate, if the facilities are to be built.

The public’s involvement and feedback to the Active Living Centre Feasibility Study is vital. Recreation ambassadors will be attending different community events and will be hosting interactive opportunities for the public to provide input on the type and size of new recreation facilities required in Greater Vernon to meet needs now and into the future.

Dates and locations for public engagement sessions will be advertised; check www.gvrec.ca for updates.
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.

Annual Pool & Gym Shutdown
Aug 26-Sep 15

ShUTDOWN
Office Hours
Mon-Fri
8:00am-4:00pm
Sat & Sun
closed

Kal Tire Place
3445 43rd Avenue

Regular Office Hours
Mon-Fri
8:30am-3:30pm
Sat & Sun
closed
Stat Holidays
closed

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WAYS TO REGISTER
In Person at either office

Online - gvrec.ca
Registration for Fall programs Sunday, August 18.
Registration for Winter programs starts Sunday, November 24.
Registration opens at 8:00am at Recreation Centre office and online.
Pool Schedule

<table>
<thead>
<tr>
<th>Mon</th>
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<th>Thu</th>
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<th>Sat</th>
<th>Sun</th>
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<tbody>
<tr>
<td>Lap &amp; Leisure 6:30-8:30am</td>
<td>4 lanes and all leisure facilities open</td>
<td></td>
<td></td>
<td>Limited Use 8:30-11:30am</td>
<td>1 lane, shared leisure space with programs</td>
<td>Closed for Swim Lessons</td>
</tr>
<tr>
<td>Lap &amp; Leisure 11:30-1:00pm</td>
<td>6-8 lanes and all leisure facilities open</td>
<td></td>
<td></td>
<td>Public Swim 1:00-4:00pm</td>
<td>Seniors swim for a Toonie from 2-4pm</td>
<td>Lap &amp; Leisure 12:00-1:30pm</td>
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<tr>
<td>Limited Use 1:00-5:00pm</td>
<td>1 lane, shared leisure space with programs</td>
<td></td>
<td></td>
<td>Leisure Swim 4:00-7:00pm</td>
<td>no lap lanes 5-7pm</td>
<td>Toonie Swim 4:30-6:30pm</td>
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<tr>
<td>Hot Spots Only 5:00-7:00pm</td>
<td>no lap lanes, limited/shared leisure pool space</td>
<td></td>
<td></td>
<td>Public Swim 7:00-10:00pm</td>
<td>1-3 lanes &amp; all features open</td>
<td>Public Swim 7:00-9:00pm</td>
</tr>
<tr>
<td>Public Swim 7:00-9:30pm</td>
<td>1-3 lanes &amp; all features open</td>
<td>Limited Use 7:00-9:30pm</td>
<td>1 lane &amp; leisure open</td>
<td>Public Swim 7:00-9:30pm</td>
<td>1-3 lanes &amp; all features open</td>
<td>Public Swim 7:00-10:00pm</td>
</tr>
<tr>
<td>Limited Use 7:00-9:30pm</td>
<td>1 lane &amp; leisure open</td>
<td>Public Swim 7:00-9:30pm</td>
<td>1 lane &amp; leisure open</td>
<td>Limited Use 7:00-9:30pm</td>
<td>1 lane &amp; leisure open</td>
<td>Public Swim 7:00-10:00pm</td>
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Schedules are subject to change. Please call the Schedule Line at 250-550-POOL (7665) for updated information.

Fitness Gym Schedule

<table>
<thead>
<tr>
<th>MON</th>
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<tbody>
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<td>6:30-8:15am</td>
<td>6:30-9:00am</td>
<td>6:30-8:15am</td>
<td>6:30-9:00am</td>
<td>6:30-8:15am</td>
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<tr>
<td>11:30am-9:30pm</td>
<td>10:45am-9:30pm</td>
<td>11:30am-9:30pm</td>
<td>10:45am-9:30pm</td>
<td>11:30am-10:00pm</td>
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</tr>
</tbody>
</table>

Closed for registered fitness classes - see Fitness Section for details p 53

9:00am-9:00pm 8:00am-9:00pm

Holiday Pool Hours:
Oct 14, Nov 11, Dec 26, Jan 1
12:00-1:30pm Lap Swim
1:30-4:00pm Public Swim

Pool Closed:
Swim Meet: Fri, Nov 1 close @ 4pm, Nov 2 & 3 closed all day
Christmas Day: Dec 25
Christmas schedule will be posted on website

Swim Definitions

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

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

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

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

**Toonie** A public swim at a bargain price! Features available on a rotating basis, 3 lanes and both pools. $2 Everyone.

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

**Family** Means members of an immediate family. Max 2 adults & their children under 19 years who are immediate family members.

**Preschool** Means children 3-6 years. Children 2 and under admitted free of charge. All preschooleers must be within arms reach of someone 16 yrs or older at all times.

**General Pool Info**
- 6 yrs & under must be accompanied by a responsible person 16 yrs or older & must be within arms reach at all times.
- 12 yrs & under who are using the sauna or steam room must be accompanied by a responsible person 16 yrs or older.
- Life jackets are available for rent at the front desk for $1 or you may bring your own.
- Lockers available @ .25
- The pool, change rooms and fitness gym are fragrance free areas.
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 & AquaTherapy
- Drop-in and punch passes for skating & 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 7 years of age and older with a permanent disability, who require the assistance to safely use the facility.

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

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

AQUATIC CENTRE and FITNESS GYM

<table>
<thead>
<tr>
<th></th>
<th>Single</th>
<th>10 Pass</th>
<th>20 Pass</th>
<th>30 days</th>
<th>90 days</th>
<th>180 days</th>
<th>1 Year</th>
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<tr>
<td>ADULT 19 yrs+</td>
<td>6.30</td>
<td>56.70</td>
<td>107.10</td>
<td>69.15</td>
<td>141.60</td>
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<tr>
<td>YOUTH 13-18 yrs</td>
<td>4.70</td>
<td>42.30</td>
<td>79.90</td>
<td>52.25</td>
<td>107.00</td>
<td>183.50</td>
<td>319.70</td>
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<tr>
<td>CHILD 7-12 yrs</td>
<td>4.10</td>
<td>36.90</td>
<td>69.70</td>
<td>44.95</td>
<td>91.95</td>
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<td>PRESCHOOL 3-6 yrs</td>
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<td>FAMILY *</td>
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<td>311.25</td>
<td>533.65</td>
<td>929.50</td>
</tr>
<tr>
<td>SENIOR 65 yrs+</td>
<td>4.70</td>
<td>42.30</td>
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Toonie Swim: Everyone $2 Sat & Sun 4:30-6:30pm

*Family includes members of an immediate family. Max 2 adults plus their children under 19 yrs who are immediate family members.

NEW: 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.

Fitness Gym Guidelines
- Must be at least 13 yrs to use the gym
- 13 to 15 yrs olds must have an fitness gym orientation before buying a pass, see page 53 for details
- Clean indoor shoes and shirt are mandatory
- No bags in Fitness Gym
- Fragrance free area

Fitness Gym Orientations
Our Fitness Gym Orientation will show you how to properly and effectively use the equipment in our Fitness Gym. Our certified instructor will lead you through the rules, safe practices and a few exercises.
Adult: $50, 1 hour session
Youth: 1 session for $50, includes 1 hour (13-15 yrs) orientation and a 30 day pass.
### Fall Lessons
registration begins Aug 18

<table>
<thead>
<tr>
<th></th>
<th>1 class per wk</th>
<th>2 x per wk</th>
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<th>1 class per wk</th>
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<tr>
<td><strong>MOR</strong></td>
<td>Sep 30 - Dec 16</td>
<td>Sep 25 - Dec 13</td>
<td>Sep 27 - Dec 15</td>
<td>Sep 29 - Oct 1</td>
<td>Nov 5 - Dec 2</td>
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<td><strong>WED</strong></td>
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### Winter Lessons
registration begins Nov 24

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See page 8 for class descriptions
<table>
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<tr>
<th>Fall Lessons: registration begins Aug 18</th>
<th>1 per week</th>
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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 free swim evaluation done 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.

Thank you for helping us ensure we are providing the best possible lessons for your child!
## Swim Lesson Levels

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Starfish</strong> 4-12 mths with caregiver</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><strong>Duck</strong> 12-24 mths with caregiver</td>
<td>Toddlers build confidence while enjoying the water through games and active water play in this parented program.</td>
</tr>
<tr>
<td><strong>Sea Turtle</strong> 24-36 mths with caregiver</td>
<td>This is the parented level that will further develop floats, glides and kick through fun games and songs.</td>
</tr>
<tr>
<td><strong>Sea Otter</strong> 3-6 yrs</td>
<td>This is the transitional level where parents leave the child with the instructor. Using games &amp; activities the children will learn to open their eyes underwater and develop basic floats and glides assisted by the instructor.</td>
</tr>
<tr>
<td><strong>Salamander</strong> 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. Prerequisite: complete Sea Otter.</td>
</tr>
<tr>
<td><strong>Sunfish</strong> 3-6 yrs</td>
<td>Assisted by an Instructor, preschoolers work on stroke and skill progressions. Learning also focuses on good judgement in, on, and around the water. Entries and floats in deep water are also taught. Prerequisite: complete Salamander.</td>
</tr>
<tr>
<td><strong>Crocodile</strong> 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. Prerequisite: complete Sunfish.</td>
</tr>
<tr>
<td><strong>Whale</strong> 3-6 yrs</td>
<td>Children will learn to swim independently and participate in team games. Preschoolers will increase their distance and develop skills in front and back swims. Swimmers also learn about throwing assists to help another person. Prerequisite: complete Crocodile.</td>
</tr>
</tbody>
</table>

### 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.

### For kids 6 years and up.

- **Level 1** Provides an orientation to the water and the pool area and introduces floats and glides with kicks. Children build their endurance by improving distance.
- **Level 2** This level helps the child build skills in front and back swims. Children are introduced to deep water activities and proper use of a personal flotation device (PFD). Endurance is built on flutter kicking & with assisted glides.
- **Level 3** This level provides an introduction to front crawl as well as the foundation for making wise choices on where and when to swim. Diving is introduced and children will work on floats & changing direction. 15 meter swim.
- **Level 4** Front crawl, back glide and shoulder roll for back crawl are further developed. Children work on kneeling dives, surface support & develop a greater sense of self safety by understanding their own limits. 25 meter swim.
- **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. 150m 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 and 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 500m swim.
Special Deals

Aquatics Supplies for Sale:
- goggles
- towels
- swim caps
- ear plugs
- nose clips
- shampoo
- swim suit cleaner
- diapers (disposable & reusable)

GET ACTIVE RECREATION PASS
This is a special introductory 30 day for $30 pass to the fitness gym and pool at the Recreation Centre, (programs not included). It is intended for individuals 17 years and older who have NEVER had a swim or fitness room pass through Recreation Services. If you are a new resident to Greater Vernon or if you still don’t know where the Recreation Centre is located . . . we would like to meet you; please bring proof of residency.

Special Swims

PRO D Swims
1:30-4:00pm
Fri, Oct 25
Fri, Nov 8
Fri, Feb 21
$2 admission for everyone

Santa Swim
Sat, Dec 21
1:30-4:00pm
Admission: donation to food bank

Pumpkin Swim
Sun, Oct 6
1:30-4:00pm
Admission: donation to food bank

Extra Saturday Swims
Oct 12 & Dec 21:
Public Swim
9:00-12noon
no lap lanes until 9:30

Healthy Halloween
This fall we will be selling “Trick or Treat” swim passes. What could be more of a treat than going for a swim at the Vernon Aquatic Centre. The passes will be good for any Toonie Swim we offer and the best part is they only cost One Dollar!

www.gvrec.ca
DOES YOUR CHILD LOVE TO DANCE?

THESE KIDS DO!

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

18 MONTHS OLD - 18 YEARS OLD
RECREATIONAL & COMPETITIVE TEAMS
ALL STYLES OF DANCE!

SEASON 17
REGISTRATION IS NOW OPEN!

WWW.SODANCE.CA
**Adult Lessons 16 and older**

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

- **Mon** 10:30-11:30am
  - Sep 30-Nov 4: no class Oct 14
  - Nov 18-Dec 16: $62.16
- **Tue** 8:15-9:15pm
  - Sep 24-Oct 29: $62.16
  - Nov 5-Dec 10: $62.16
- **Thu** 8:15-9:15pm
  - Sep 26-Oct 24: $51.80
  - Nov 7-Dec 12: $62.16

**Private Lessons**

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

**Private 1 person per ½ hr lesson**

- **Youth:** $24.97  
  - **Adult:** $32.46

**Semi-private 2 people per ½ hr**

- **Youth:** $29.57  
  - **Adult:** $37.46

Levels for both participants must be compatible. Put your name on an interest list at no charge. You will be contacted once courses are created. Three time options to choose from, check the website.

**AquaAwareness Programs**

**Aqua Dapt**

This program is offered for those that require one on one attention in the water, whether the concern be physical, sensory, intellectual or a combination of challenges. Exercises and movement techniques will be offered by the instructor in the pool. Swim sessions are scheduled once a week based on instructor availability. Ask for a application form from the front desk to get started.

- **Youth:** $105.97/10 lessons  
  - **Adult:** $153.71/10 lessons

**AquaPercept 5-13 years**

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

- **Fri** 3:30-4:30pm
  - Sep 27-Dec 13: $110.99
  - no class Nov 1

**Okanagan Para Swim 7-18 years**

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

- **Workout times include:** no practices Oct 12, 31, Nov 1, 2
  - Sep 24-Dec 12 Tu/Th: 4:00-5:00pm  $232.07
  - Sep 27-Dec 13 Fri: 4:00-5:00pm  $110.99
  - Sep 28-Dec 14 Sat: 11:00-12:00pm  $100.90
**Masters Swim Club**

Get fit under the supervision of experienced coaches. Masters swim provides five days of training where you can attend the sessions of your choice. Coaches provide a structured workout and tips to improve your strokes.

Cost to register for each month:  
- Sr: $50.79  
- Adult: $59.78  
- Pass Holders: $25.00

No practices on Nov 3, Dec 24, 25, 26

Can attend any of these workout times:  
- Sun 8:00-9:30am or 9:30am-11:00am  
- Tue & Thu 8:15-9:15pm  
- Wed & Fri 6:30am-7:30am & 7:30am-8:30am

**Synchro Star** 8-13yrs

Prerequisite: Swim Kids Level 6.

This is a unique water sport that combines swimming, gymnastics and music.

Recreational Star program will be taught.

- Mon/Wed 4:00-5:00pm
- Sep 25-Oct 30 $103.60 no Oct 14
- Nov 4-Dec 11 $113.96 no Nov 11

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

**WSI Screening** 15yrs+

Pre-requisites: 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.

- Sun 9:00-3:30pm
- Sep 22 $65

*must also purchase WSI online package $150
Lifeguard Certification Courses: Steps to becoming a lifeguard

**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. Life-savers develop stroke efficiency and endurance in a timed swim.

- Sat 9:15am-12:00pm  no class Oct 12, Nov 2
- Oct 5-Dec 7  $194 (includes manual)

**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 600 metre timed swim and CPR-C.
- Sun 5:30-8:15pm  no class Oct 13, Nov 3
- Oct 6-Dec 8  $160

**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.

- Wed 5:30-9:30pm  Sat 9:00-4:00pm
- Oct 19-26  $177 (includes manual & pocket mask)

**National Lifeguard** 16 and older

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

- Sat 9:00-4:30pm  Wed & Fri 5:15-9:30pm
- Nov 16-Dec 6  $436 (includes manual)

**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!

- Fri 4:00-5:00pm  no class Nov 1
- Sep 27-Dec 13  $88

**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. Check with the cashier to get set up.
ACTIVATE YOUR COMMUTE

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

Photo: Jeff Bassett, Sproing Creative
Tiny Tots offers your child a variety of unique experiences in a licensed preschool setting with ECE qualified, dedicated and caring staff.

The program is designed to develop your child’s sensory and perception skills, as well as to provide a positive environment for building social relationships with other children.

Your child will participate in gluing, painting, music, games, story time, ABC’s and 123’s, field trips, cooking experiences, physical activities, socializing with other children and more.

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

### 3 - 4 years (born 2015-2016)

**“a building block to your child’s future”**

School year is September 9, 2019 to June 19, 2020

Detailed program information is available at the Recreation Centre main office or at www.tiny-tots.ca  Last month’s payment due at time of registration and is not refundable.

<table>
<thead>
<tr>
<th>Age</th>
<th>Days</th>
<th>Time</th>
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<td>M/W</td>
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<tr>
<td>4</td>
<td>T/Th</td>
<td>9:00-11:30am</td>
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<tr>
<td>3</td>
<td>T/Th</td>
<td>9:00-11:30am</td>
<td>$123</td>
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<tr>
<td>4</td>
<td>T/Th</td>
<td>12:30-3:00pm</td>
<td>$123</td>
</tr>
<tr>
<td>3 &amp; 4</td>
<td>Fri</td>
<td>9:00-11:30am</td>
<td>$61.50</td>
</tr>
</tbody>
</table>

For program information call Shayne: 250-550-3671

www.tiny-tots.ca

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Angelkeys Music Studio

Innovative Music Instruction for all ages

**Piano:** Classical and Contemporary  
**Voice:** Classical, Musical Theatre, Contemporary

Angela Sommer, BCRMTA  
www.angelkeys.ca

Phone: 250-305-4784  angelkeys11@gmail.com

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

J. Arthur Clark, CPA, CGA  
Arne C. Anderson, CPA, CGA  
Kyle R. Britton, CPA, CGA

Catherine Clark, CPA, CGA  
Marianne Grant, CPA, CGA  
Tatiana Jakab, CPA, CGA

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

PLAY - 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!

Fall
Fri 11:15am-12:15pm $60
Oct 4-Dec 20
Winter
Fri 11:15am-12:15pm $50
Jan 10-Mar 13

PLAY - 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.

Fall
Mon 10:45am-12:00pm $72.50
Sep 30-Dec 16
Wed 9:00-10:15am $94.25
Sep 25-Dec 18
Thu 9:00-10:15am $94.25
Sep 26-Dec 19
Winter
Mon 10:45am-12:00pm $75
Jan 6-Mar 9
Wed 9:00-10:15am $75
Jan 8-Mar 11
Thu 9:00-10:15am $75
Jan 9-Mar 12

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

Wed 10:30am-12:00pm
Sep 25-Oct 30 $60

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

Fall
Wed 10:30-11:30am $42
Nov 6-Dec 18
Thu 10:30-11:30am $78
Sep 26-Dec 19
Winter
Wed 10:30-11:30am $24
Feb 19-Mar 11
Thu 10:30-11:30am $60
Jan 9-Mar 12

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!

Fall Tue
18 mo-30 mo 9:00-10:00am $77.50
Sep 24-Dec 17
2-3 yrs (parented) 10:15-11:15am $104
Sep 24-Dec 17
Child Only 3-5 yrs 11:30am-12:30pm $113.75
Sep 24-Dec 17
Winter Tue
18 mo-30 mo 9:00-10:00am $77.50
Jan 7-Mar 10
2-3 yrs (parented) 10:15-11:15am $77.50
Jan 7-Mar 10
Child Only 3-5 yrs 11:30am-12:30pm $85
Jan 7-Mar 10
**PLAY - A,B,C’s & Gym,2,3’s** 3-5yrs
While participating in gym activities, your child will be introduced to numbers, letters, colors, shapes, stories and much, much more. A great introduction to prepare children for preschool.

**Fall**
- Mon: 9:00-10:30am
- Sep 30-Dec 16: $97.50
- Wed: 9:00-10:30am
- Sep 25-Dec 18: $126.75

**Winter**
- Mon: 9:00-10:30am
- Jan 6-Mar 9: $87.75
- Wed: 12:45-2:15pm
- Jan 8-Mar 11: $97.50

**PLAY - 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.

**Fall**
- Mon: 12:30-2:45pm
- Sep 30-Dec 16: $140
- Thu: 1:00-3:15pm
- Sep 26-Dec 19: $182
- Fri: 9:15-11:30am
- Oct 4-Dec 20: $168

**Winter**
- Mon: 12:30-2:45pm
- Jan 6-Mar 9: $130.50
- Thu: 1:00-3:15pm
- Jan 9-Mar 12: $145
- Fri: 9:15-11:30am
- Jan 10-Mar 13: $145

**PLAY - 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 Playschool staff. Children need to have their own skates and helmet.

**Winter**
- Wed: 10:45-11:15am
- Jan 8-Feb 12: $87

**PLAY - Sports for Shorts** 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. Parents are welcome to join in the fun.

**Fall**
- Tue: 1:15-2:15pm
- Sep 24-Oct 29: $46.50
- Nov 5-Dec 17: $54.25

**Winter**
- Tue: 1:15-2:15pm
- Jan 7-Mar 10: $77.50

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

**Fall**
- Fri: 1:15-2:00pm
- Oct 4-Dec 20: $80

**Winter**
- Fri: 1:15-2:00pm
- Jan 10-Mar 13: $80
### Fall
Registration starts August 18

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A, B, C &amp; Gym 2, 3</strong></td>
<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>
</tr>
<tr>
<td>3-5 yrs</td>
<td>parent &amp; tot</td>
<td>parent &amp; tot</td>
<td>parent &amp; tot</td>
<td>3-5 yrs</td>
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<tr>
<td>9:00-10:30am</td>
<td>18 mo-30 mo</td>
<td>12 mo-3 yrs</td>
<td>12 mo-3 yrs</td>
<td>9:15-11:30am</td>
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<tr>
<td>Sep 30-Dec 16</td>
<td>9:00-10:00am</td>
<td>9:00-10:15am</td>
<td>9:00-10:15am</td>
<td>Oct 4-Dec 20</td>
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<tr>
<td>$97.50</td>
<td>Sep 24-Dec 17</td>
<td>Sep 25-Dec 18</td>
<td>Sep 26-Dec 19</td>
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<td>$104</td>
<td>$94.25</td>
<td>$94.25</td>
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<tr>
<td><strong>Creative Gym</strong></td>
<td><strong>Kidnastics</strong></td>
<td><strong>Pre-Bike &amp; Gym</strong></td>
<td><strong>Just Me</strong></td>
<td><strong>Wiggle &amp; Giggle</strong></td>
</tr>
<tr>
<td>parent &amp; tot</td>
<td>2-3 yrs</td>
<td>2-4 yrs</td>
<td>2-4 yrs</td>
<td>6mo-18mo - parented</td>
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<td>12 mo-3 yrs</td>
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<td>10:45am-12:00pm</td>
<td>Sep 24-Dec 17</td>
<td>Sep 25-Oct 30</td>
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<td>Sep 30-Dec 16</td>
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<tr>
<td><strong>Gym &amp; Swim Lesson</strong></td>
<td><strong>Kidnastics</strong></td>
<td><strong>Just Me</strong></td>
<td><strong>Gym &amp; Swim Lesson</strong></td>
<td><strong>Soccer</strong></td>
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<tr>
<td>3-5 yrs</td>
<td>3-5 yrs</td>
<td>2-4 yrs</td>
<td>3-5 yrs</td>
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<td>12:30-2:45pm</td>
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<td>10:30-11:30am</td>
<td>1:00-3:15pm</td>
<td>1:15-2:00pm</td>
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<tr>
<td>Sep 30-Dec 16</td>
<td>Sep 24-Dec 17</td>
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<td>$140</td>
<td>$113.75</td>
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<tr>
<td><strong>Register early to get your spot!</strong></td>
<td><strong>Sports for Shorts</strong></td>
<td><strong>A, B, C &amp; Gym 2, 3</strong></td>
<td><strong>Preschool Skating Lessons</strong></td>
<td><strong>Preschool Dance</strong></td>
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<tr>
<td>See class descriptions</td>
<td>3-5 yrs</td>
<td>3-5 yrs</td>
<td>see page 24</td>
<td>see page 36</td>
</tr>
<tr>
<td>pages 16 and 17.</td>
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<td>12:45-2:15pm</td>
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<tr>
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<td>Sep 24-Oct 29</td>
<td>Sep 25-Dec 18</td>
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<td>Nov 5-Dec 17</td>
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<td>$54.25</td>
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</tbody>
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**Halloween Howl**

3-6 yrs

We've got a special weekend party planned for your child based on a Halloween theme. A spooktacular time is guaranteed! A variety of activities consisting of gym activities, circle, stories, pasting or painting and much more! Face painting will be a bonus activity. A snack of cookies & juice will be provided. Please have your child wear play clothes and a big floppy hat. The brighter the better.

Sat  Oct 26  1:30-3:30pm  $15
### Winter Registration starts November 24

#### PRESCHOOLERS

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Age(s)</th>
<th>Time</th>
<th>Registration</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
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<td>Monday</td>
<td><strong>A,B,C &amp; Gym 2,3</strong></td>
<td>3-5 yrs</td>
<td>9:00-10:30am</td>
<td>Jan 6-Mar 9</td>
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<td></td>
<td><strong>Creative Gym</strong></td>
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<td>10:45-12:15pm</td>
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<td></td>
<td><strong>Gym &amp; Swim Lesson</strong></td>
<td>3-6 yrs</td>
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<td>Jan 6-Mar 9</td>
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<td>Tuesday</td>
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<td>2-3 yrs</td>
<td>10:15-11:15am</td>
<td>Jan 7-Mar 10</td>
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<td></td>
<td><strong>Skate &amp; Gym</strong></td>
<td>3-5 yrs</td>
<td>10:45-11:15am</td>
<td>Jan 8-Feb 12</td>
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<td><strong>Just Me</strong></td>
<td>2-4 yrs</td>
<td>10:30-11:30am</td>
<td>Jan 9-Mar 12</td>
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<td><strong>Sports for Shorts</strong></td>
<td>3-5 yrs</td>
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<td>Wednesday</td>
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<td>9:00-10:15am</td>
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<tr>
<td></td>
<td><strong>Just Me</strong></td>
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<td>9:00-10:15am</td>
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<td><strong>Gym &amp; Swim Lesson</strong></td>
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<td>1:00-3:15pm</td>
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<td>Friday</td>
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<td>9:15-11:30am</td>
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<td>$145</td>
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<td></td>
<td><strong>Wiggle &amp; Giggle</strong></td>
<td>6mo-18mo</td>
<td>11:15am-12:15pm</td>
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<td><strong>Soccer</strong></td>
<td>3-5 yrs</td>
<td>1:15-2:00pm</td>
<td>Jan 10-Mar 13</td>
<td>$80</td>
</tr>
</tbody>
</table>

Register early to get your spot! See class descriptions pages 16 and 17.

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LAVINGTON PRESCHOOL

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

Programs for 3 yr olds are held 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

www.gvrec.ca
**Little Oak Learning Centre**

- Kindergarten readiness for 3 to 5 year olds.
- Pre-reading and Pre-writing.
- Fine motor skill development.
- Small school setting.
- Access to full size gym.
- 2 morning classes per week.

Ongoing registration — (250) 306-7641
sally.towers@gmail.com  Facebook.com/littleoaklearning

www.littleoaklearning.com

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**north valley GYMNASTICS**

*Fall Session* Starts September 9, 2019
*Winter Session* Starts January 6, 2020

**NEW GYM LOCATION:** 4700-31 ST

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

Online registration at www.nvgym.com  Email: info@nvgym.com

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**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 at the beginning and end of each class.
- Field Trips and Special Days.
- Affordable Childcare Benefit available to those who qualify.
- SUNRISE MUSIC PROGRAM included in the 4 year old morning program.

Registration is ongoing.
Spots available for September.
Call or email for details.
asnspreschool@gmail.com

Check out our website asnsvernon.ca

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**Grassroots Program**

(5-10 year olds)

- 3 sessions per year
- 2 program levels
- Excellent coach to swimmer ratio
- Focus on developing 4 competitive strokes, dives and turns
- Fun mini meets at the end of each session
- We also offer winter maintenance for summer swimmers, one 2 hour session per week

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

Vernon’s Competitive Swim Club for over 50 years

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**EXPERIENCE RINGETTE!**

**MAKE FRIENDS — HAVE FUN BE CHALLENGED**

For all levels of skating ability!

Celebrating 50 Years!!

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

Come Try Ringette
September 7
11:30AM - 12:45PM
PV arena

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

To register or further information visit www.vernonringette.com

The Fastest Game on Ice!

We acknowledge the financial assistance of the Province of British Columbia.
FALL 2019 PROGRAMS

RECREATIONAL
Tuesdays or Thursdays or Saturdays
PUDDLE JUMPERS
(2013-2014)
GYM STARS
(2006-2012)
PERFORMANCE TEAM
(2006-2012)

COMPETITIVE
PRE-COMPETITIVE
(2012-2014)
Tuesdays & Thursdays
COMPETITIVE
(2010-2012)
Mondays, Wednesdays & Saturdays

floppyshots6@shaw.ca
(250)306-2496
www.floppyshots.com
Active Afterschool
5-12yrs
Have a chance to learn and play various sports in a non-competitive environment. This is a great way to end the school day and meet new people. Some of the activities may include: badminton, basketball, dodgeball, floor hockey, Kidz fitness training, soccer and volleyball.

BUSSING for Active Afterschool - FREE

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

No classes on statutory holidays.

<table>
<thead>
<tr>
<th>Tuesdays</th>
<th>Wednesdays</th>
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<tr>
<td>3:00-5:00pm</td>
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Bus pick up at school:
- OK Landing 2:45pm
- Ellison 2:55pm
- Mission Hill 3:05pm
- Beairsto 3:15pm
- BX 2:45pm
- Harwood 3:00pm
- Silver Star 3:10pm
- Beairsto 3:20pm
- Hillview 2:40pm
- Silver Star 2:50pm
- Harwood 3:00pm
- Alexis Park 3:10pm
- Beairsto 3:15pm

Tickets for Powerhouse Theatre 2019/2020 season are available at Ticket Seller in the Performing Arts Centre • www.ticketseller.ca

LIKE us on Facebook @ www.facebook.com/GoToPowerhouse
FOLLOW us on Instagram @ www.instagram.com/gotopowerhouse

THE GAME'S AFOOT (HOLMES FOR THE HOLIDAYS) NOVEMBER 20–30
Written by Ken Ludwig / Directed by Debra Bob
Come join us as Powerhouse presents this fast-paced hilarious murder mystery. Try to figure out ‘Who dun it’ along with Sherlock Holmes cast members at the opulent Christmas dinner party of the famous actor William Gillette.

GIRL IN THE GOLDFISH BOWL FEBRUARY 19–29
Written by Morris Panych / Directed by Cara Nunn
“You are not very good at being a human being.” Iris recounts her final moments of childhood as her quirky, dysfunctional family plays out their mid-life crisis to an unsettling conclusion. This thoughtful, funny, wacky, off-kilter story by BC’s very own Morris Panych explores the struggles of a modern household teetering on the edge of change at the same time as the world teeters on the edge.

BEN HUR APRIL 29 – MAY 9
Written by Patrick Barlow / Directed by Tanya Laing Gahr
Ben Hur follows a hilariously ambitious amateur theatre troupe of four actors as they produce the massive tale of Jewish prince and merchant Judah Ben Hur. Ben Hur falls to galley slave and rises to champion charioteer within Jerusalem during the life of Jesus Christ, while the actors struggle to portray sea battles and chariot races, as rivalries form and offstage romances interfere.

Have you always wanted to join a theatre company? Do you have past experience with other theatre groups, are you talented and creative, would you like to actually act, or do you like to paint, sew, hammer nails, or organize other people? We welcome and need new people and would love to have you join Powerhouse. Contact info@powerhousetheatre.net

YOU can follow us on Instagram @ www.instagram.com/golopowerhouse
LIKE us on Facebook @ www.facebook.com/GoToPowerhouse

Recreation Services  250.545.6035
**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. Recently updated, the course serves to provide the babysitter with up-to-date child care standards in an environment that encourages active involvement: lectures, small group discussions, problem-solving, role playing, hands-on learning and instructor led demonstrations. The course is loaded with special features that will promote the responsible management of common situations that may arise while babysitting and provide value that will serve them into adulthood. Participants must be at minimum turning 12, within the calendar year. To graduate the participants must attend ALL sessions.

**Fall**
- Wed 6:30-8:30pm Vernon Secondary $70.92
- Oct 2-23

**Winter**
- Wed 6:30-8:30pm Vernon Secondary $70.92
- Jan 22-Feb 12

**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.

**Fall**
- Wed 5:30-6:30pm Vernon Secondary $39.15
- Oct 2-16
- Mon 6:45-7:45pm $39.15
- Oct 21-Nov 4
- Oct 21-Nov 4

**Winter**
- Wed 5:30-6:30pm $39.15
- Jan 29-Feb 12
- Jan 29-Feb 12

**Youth Volleyball** 12-14yrs

**Beginner Program:** Interested in trying out volleyball? This beginner recreation fun program is for you. Must have basic knowledge of the game. At the end of the program, participants will have developed a foundational skill set to carry them forward into their volleyball future. This is a non competitive fun program for kids who are interested in learning a new sport or developing their beginner skill set. Must be in Grade 7, 8 or 9 in current school year.

- Mon 4:15-5:45pm Priest Valley Gym Jan 6-Mar 9 $108

**Intermediate/Advanced Program:** Love the game of volleyball but don’t have time to fit it in as your main sport? This is the group for you. Provincially certified coaches will help you improve your already learned skill set, with no travelling or tournaments.

- Mon 4:15-5:45pm Priest Valley Gym Jan 6-Mar 9 $108
**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. Skates required for all classes.

- **Mon, Wed**
  - **Priest Valley Arena**
  - Sep 16-Oct 9: 3:30-4:00pm $96 / 8 classes
  - Oct 16-Nov 20: 4:00-4:30pm $120 / 10 classes

- **Sat**
  - **Centennial Outdoor Rink**
  - Nov 23-Dec 14: 1:25-1:55pm $44 / 4 classes
  - Nov 23-Dec 14: 2:00-2:30pm $44 / 4 classes
  - Nov 23-Dec 14: 2:35-3:05pm $44 / 4 classes
  - Jan 4-Feb 22: 1:25-1:55pm $88 / 8 classes
  - Jan 4-Feb 22: 2:00-2:30pm $88 / 8 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. Skates required for all classes.

- **Mon, Wed**
  - **Priest Valley Arena**
  - Sep 16-Oct 9: 4:00-4:30pm $96 / 8 classes
  - Oct 16-Nov 20: 3:30-4:00pm $120 / 10 classes

- **Sat**
  - **Centennial Outdoor Rink**
  - Nov 23-Dec 14: 2:00-2:30pm $44 / 4 classes
  - Jan 4-Feb 22: 3:10-3:40pm $88 / 8 classes

**Special Needs Hockey** 6-15yrs
This program is designed for kids with autism, down syndrome and other developmental disabilities. Only minimal skating abilities are required, participants should be steady on their feet. Parent participation is strongly encouraged.

- **Sat**
  - 10:30-11:30am **Priest Valley Arena**
  - Sep 14-Feb 15 $152

**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.

- **Private:** 1/2 hr. lesson $25/lesson
- **Semi-Private:** 1/2 hr. lesson $35/lesson (2 people)
  - $10 fee for each extra person after 2 people.
Youth Ice Programs

3 on 3 NHL  6-12yrs
A non-contact league perfect for those players not ready or able to play minor hockey. Players get lots of ice time to develop their offensive and defensive skills. Full gear is required. Jersey fee of $25 will be added to your account if it’s not returned within 5 business days after the class ends.

Thu 3:30-4:30pm  Priest Valley Arena
Oct 10-Dec 12  $135  9 classes
no class Nov 7

Thu 3:30-4:30pm  Priest Valley Arena
Jan 2-Mar 5   $150  10 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 NIHL (Novice Hockey League) youth program for the non-competitive minded or into minor hockey for the competitive minded. See equipment requirements.

Sat 3:45-4:30pm  Centennial Rink
Nov 23-Dec 14  $50  4 classes

Sat 3:45-4:30pm  Centennial Rink
Jan 4-Feb 22  $100  8 classes

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

Mon,Wed
Sep 16-Oct 9  3:30-4:30pm  $128  PV Arena
Oct 16-Nov 20  3:30-4:30pm  $160  PV Arena
Nov 25-Dec 18  3:15-4:15pm  $112  Centennial Rink
Jan 6-29  3:15-4:15pm  $112  Centennial Rink
Feb 3-26  3:15-4:15pm  $112  Centennial Rink

Sat
Nov 23-Dec 14  2:15-3:15pm  $56  Centennial Rink
Nov 23-Dec 14  3:15-4:15pm  $56  Centennial Rink
Jan 4-Feb 22  2:00-3:00pm  $112  Centennial Rink
Jan 4-Feb 22  3:05-4:05pm  $112  Centennial Rink

RecSkate 3,4 & 5  5-11yrs
A continuation of our popular RecSkate program for those that have completed RecSkate 2 or equivalent level.

Mon,Wed
Nov 25-Dec 18  4:15-5:15pm  $112  Centennial Rink
Jan 6-29  4:15-5:15pm  $112  Centennial Rink
Feb 3-26  4:15-5:15pm  $112  Centennial Rink


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.
North Okanagan Vision Dance School

Dance classes for ages 3 – Adult
Recreational, Competitive & Performance

Programs Available:
- Tap
- Hoop Dance
- Street Dance
- R.A.D. Ballet
- Modern
- Jazz
- Hip Hop
- Adult 8-week
- Zumba
- More!

Vision Dance

#203 3403 30th Avenue
Vernon, BC
(located on Main Street)
Contact: Kim Shatzko CBTS, Studio Director.
Visit our website for more information:
www.visiondanceschool.com

Sundance Taekwon-do

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

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

INTRO PACKAGE FOR $69
Includes 6 weeks and a FREE uniform.

SUNDANCE
TAEKWON-DO

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

Register now with

ACCENTZ DANCE STUDIO

Ballet - Jazz - Lyrical - Musical Theater - Contemporary/Modern - Tap - Hip Hop
- Break Dancing - Acro - Acting & Singing Program
Break Dance Competitive Crew - Break Dancing for Beginners
* NEW TUMBLING CLASS

Competitive and Recreational Programs
High School Credits for Dancers, Singers and Actors

250.542.4324 — info@accentz.ca

Register Online!
accentz.ca
### Winter Break Activities

#### T'was the Monday before Christmas 3-12yrs
Need to run some errands? Want your kids to run off some energy? Join us for a supervised gym time where we will have fun with a bouncy castle, reindeer games and a fun holiday treat. Please bring indoor shoes, a snack and a water bottle.

<table>
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<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Mon</td>
<td>9:00am-12:00pm</td>
<td>Dogwood Gym</td>
<td>$19</td>
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Please pre-register. Drop-in ($25), if space available.

#### All Sorts of Sports 7-11yrs
Over the course of the day we will try a variety of sports, some of which you’ve probably tried and some you haven’t. We'll introduce you to badminton, pickleball, touch tennis, floor hockey, basketball and anything else we can think of.

We will not be swimming with this camp, however, if you wish for your child to take part in the scheduled public swim time, our staff will make sure your child gets to the pool safely.

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<th>Cost</th>
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<tr>
<td>Thu</td>
<td>8:30am-3:00pm</td>
<td>Priest Valley Gym</td>
<td>$40</td>
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#### Chef Camp-Holiday Yummies 7-13yrs
Join us for a day of culinary fun! Let’s see how much we can pack into one day. Please alert us to any allergies; please note we may not be able to accommodate all allergies.

We will not be swimming with this camp, however, if you wish for your child to take part in the scheduled public swim time, our staff will make sure your child gets to the pool safely. Your child will not be supervised by camp staff while in the pool.

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<th>Cost</th>
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<tr>
<td>Fri</td>
<td>8:30am-3:00pm</td>
<td>Sunset Room</td>
<td>$47</td>
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### Spring Break Camps - will be available in December.

#### Kid’s Stuff GARAGE SALE
**Saturday**
**October 5**
**9:30am - noon**
$25 per space
50¢ Admission
Vernon Recreation Auditorium
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

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**Hands-on science for everyone!**

www.okscience.ca  250.545.3644

Polson Park, 2704 Highway 6, Vernon, BC
Birthday Parties

Recreation Services has a great way to celebrate your child’s special day! We take all the work out of holding a great party. You provide the kids, food, beverages and the goody bags and we do the rest. We hold over 125 parties a year and each one is as individual as your child! We provide the place, equipment, materials, staff and the fun. All activities are age appropriate!

Party options:

**Two-hour Gym Party** - in the Dogwood Gym with a party leader, organized games and activities. See on line for available dates and times.
$215 - maximum of 16 kids

**Pool Party** - 7 years and older
One hour in the pool with your own lifeguard as a party leader and the use of the water slide, climbing wall and organized challenges. Also includes a party room with a party helper for 1 hour after swimming.
$215 - maximum of 10 kids
Parties can be booked on Saturdays and Sundays year round.

For more information or to book your party, contact Shayne at 250-550-3671 or email recreation@vernon.ca

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

Date & Time Options:
September 10 to November 12 (every Tues) Time slots available between 10:00-8:00
September 11 to November 13 (every Wed) Time slots available between 10:00-8:00
September 12 to November 14 (every Thurs) Time slots available between 10:00-5:30
1/2 hour lessons Members $220 Non Members $235
1 hour lessons Members $430 Non Members $445
guitar lessons Ages 9-14
Instructor: Norm Compton
Pop, rock, country or blues, this easy step by step instruction will have you playing your favorite songs in no time. Learn to read music and strum chords during these 1/2 hour long private lessons. Students are to bring their own guitar.

Date & Time Options:
September 17 to November 5 (every Tues) Time slots available between 3:30-5:30
September 19 to November 7 (every Thurs) Time slots available between 3:30-5:30
Members $165 Non Members $180
painting
art travel around the world Ages 8-14
Instructor: Svetlana Shkurtateva
Travel the world and create your own piece of art inspired by artistic traditions of different cultures. This fascinating multicontinental journey will leave you with unforgettable impressions and richer knowledge of different cultures and their art. For the purposes of more profound immersion into a culture each lesson is accompanied by a representative piece of music. This course will include creating pieces inspired by: Aboriginal Dreamtime dot art (Australia), African tribal masks (Africa), Indian mandalas (Asia), Hohloma Russian folk art (Europe), Andean textiles (South America) and the Pacific Northwest First Nations totem poles (North America). Price includes all materials.

October 5 to November 9 (every Sat) 10:30-1:00 Members $210 Non Members $225
nature inspired art Ages 8-14
Instructor: Svetlana Shkurtateva
For this mini-course nature will become your guide and serve as our canvas, paint and brushes. We'll have a walk in the park, observe nature, its beautiful patterns, rhythms and colours. During our walk we will collect natural material for drying and create a flat-lay or a 3D piece of art. Wear appropriate clothing for a walk outside rain or shine. Price includes all materials.

October 5 & 12 (Saturdays) 2:30-4:30 Members $55 Non Members $70
watercolor basics for kids Ages 8-12
Instructor: Svetlana Shkurtateva
Discover the flowing magic of watercolour. During this 6 week course students will become familiar with colour mixing and properties of watercolour. Through fun exercises they will learn basic techniques of working with this medium and create their own watercolour projects. Price includes all materials.

October 15 to November 19 (every Tues) 3:30-5:30
Members $175 Non Members $190
drawing
basics of drawing Ages 8-10
Instructor: Svetlana Shkurtateva
During this 8 week course students will learn to perceive and draw essential visual elements such as line, shape form, value, space and texture. Through the gradual building of drawing skills, students will be guided to a final project at the end of the course. Price includes all materials.

September 18 to November 6 (every Wed) 3:30-5:30
Members $160 Non Members $175
creative drawing Ages 8-12
Instructor: Svetlana Shkurtateva
Aimed at developing self-expression and creativity, this course will give students an opportunity to explore different techniques of mark making with point and line while being inspired by music, colour and emotions. Price includes all materials.

October 19 to November 16 (every Sat) 2:00-4:00 Members $105 Non Members $120
portrait drawing Ages 11-14
Instructor: Svetlana Shkurtateva
In this class will focus on portrait pencil drawing, both profile and frontal view. Through exercises, students will learn about proportions of the human head and face and leave the class with a portrait. If you wish to draw a portrait of someone you know, feel free to bring a reference photo. Price includes all materials.

November 13 (Wed) 3:30-6:00 Members $39 Non Members $54

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

October 8 to 29 (every Tues) 1:00-4:00
Members $140 Non Members $155

facilities
2704a, Hwy 6 Vernon, BC V1T 5G5
Phone: (250) 542-6243
Website: www.vernonarts.ca
Email: vccinfo@shaw.ca

classes
fall/winter
2019/2020
open art class 1
September 3 to 24 (every Tues) 9:30-12:30
Members $140 Non Members $155

open art class 2
October 1 to 29 (every Tues) 9:30-12:30
Members $175 Non Members $190

open art class 3
November 5 to 19 (every Tues) 9:30-12:30
Members $165 Non Members $180

beginners watercolour
Instructor: Gail Short | Skill Level: Beginner
Discover the joy and the magic of painting with watercolours. This class is for beginners and those with some experience who want to improve their technique. Students will learn the basic theory and techniques of this expressive art form. Students should bring a soft absorbent rag such as an old hand towel, pencil, sketch book and a note book if you like to take notes. Price includes all other materials.

September 9 to November 25 (every Monday - no class Oct 14 & Nov 11) 9:15-12:15
Members $361 Non Members $376

more watercolour
Instructor: Gail Short | Skill Level: Intermediate
Students will be presented with a more in-depth coverage of the basic watercolour theories and techniques that they learned in beginners classes. This class is a re-enforcement of basics with some new info and techniques to help students hone their skills. In-class demonstrations, discussions, critiques and hands on assignments will guide the student to developing their own style with this magical medium. Visit vernonarts.ca for list of supplies to bring.

September 9 to November 25 (every Monday - no class Oct 14 & Nov 11) 2:30-5:30
Members $305 Non Members $320

acrylic painting for beginners
Instructor: Gabrielle Strong | Skill Level: Beginner
This class will offer a glimpse into the world of acrylic painting at an entry level. Throughout the duration of the course, students will learn an overview of how to use acrylic paints as well as a variety of methods and subjects to apply it to. This class is for anyone who wants to learn about acrylic painting in a fun and relaxed environment. Students should bring a sketch book and apron. Price includes all other materials.

September 12 to October 17 (every Thurs) 5:30-8:30
Members $250 Non Members $265
MIXED MEDIA WORKSHOP
Instructor: Barry Refuse | Skill Level: Advanced
This workshop is designed for experienced artists wishing to expand on their painting skills. Students will experiment with mixed media including acrylic, watercolour, ink, pencil and pastel. This will be an opportunity for experimentation and creativity. Participants are encouraged to approach exercises loosely and playfully. Visit vernonarts.ca for list of supplies to bring.
October 18, 19 & 20 (Fri-Sun) 9:30-4:30 Members $295. Non Members $310

INTERMEDIATE ACRYLIC PAINTING
Instructor: Gabrielle Strong | Skill Level: Intermediate
This intermediate class is a continuation of the Beginners Acrylics series and is for anyone wanting to learn how to take their painting practice to the next level. Come and expand on your knowledge about acrylic painting in a fun and relaxed environment. Visit vernonarts.ca for list of supplies to bring.
October 24 to November 21 (every Thurs) 5:30-8:30 Members $155. Non Members $170

PEN & INK AND WATERCOLOURS
Instructor: Tina Siddiqui | Skill Level: All Levels
The age old rendition of images in pen and ink has stood the test of time very well. Subjects for this 3 lesson course are entirely your choice. Different styles of making marks on paper and incorporating watercolours to create the finished drawing/painting are covered in the course. Visit vernonarts.ca for list of supplies to bring.
November 5 to 19 (every Tues) 1:00-4:00 Members $105. Non Members $120

PAINT 4 SELF PLUS-A two day intuitive painting workshop
Instructor: Fiona Neal | Skill Level: All Levels
With the focus strongly on the process and not the end result, criticism and comparison are left at the door. Through discussion and demonstration you will be introduced to this unique way of connecting with your subconscious, followed by lots of guided painting time to help you develop and discover your own true painting style. By providing tips and techniques that will encourage experimentation and challenge negative thoughts, artist Fiona Neal will guide you through this rewarding painting experience. The addition of a second full day provides further and more advanced opportunities for exploration of this discipline, and time to process and practice the techniques and ideas learned the day before. The day is very long and there will be a good lunch break provided. For more details see www.fionanealabstractions.com. Visit vernonarts.ca for list of supplies to bring.
November 9 & 10 (Sat & Sun) 10:00-4:00 Members $150. Non Members $165

DRAWING
LIVE MODEL DRAWING
Join us on the first and third Wednesday each month from 6:00pm to 8:00pm at the Vernon Community Arts Centre for an evening of self-directed live model drawing. No experience necessary, expansion of your observational skills is encouraged. Easels and drawing boards will be provided but please bring your own drawing materials. If you have any questions, feel free to call or stop by the Arts Centre. Pre-registration is highly recommended as there is a limit of 12 participants per session. Participants must be 19 years or older. Members $10. Non Members $20

HUMAN ANATOMY MADE EASY
Instructor: Tina Siddiqui | Skill Level: All Levels
These 4 classes are geared towards an understanding of the human form. Simple instructions will sharpen observational skills to represent the human form. The dynamics of figures. Visit vernonarts.ca for list of supplies to bring.
September 3 to 24 (every Tues) 1:00-4:00 Members $14 Non Members $155

DRAWING FOR THE ADULT BEGINNER
Instructor: Sharon Rose | Skill Level: Beginner
Think you can’t draw? Think again! Achieving realistic drawings using the elements of shape, space, light, shadow and relationships. Students will capture essence and movement through contour and gesture, and develop confidence through practice. Price includes all materials. September 19 to November 21 (every Thurs) 2:00-4:30 Members $317 Non Members $332

HAPPY ART - FINDING YOUR ZEN
Instructor: Nancy Vince | Skill Level: Beginner
Join Nancy Vince and create happy doodle art. In this class she will show the progression of creating a piece from the pencil sketch to the finished artwork. Begin by creating your ideas in pencil, then use a pen to work in the details, and lastly add colour to the art piece you create. She will demonstrate some of the Copic Marker shading techniques and products she uses to create her artwork in addition to showing what you can do with the art you create. Price includes all materials.
September 26 to October 10 (every Thurs) 1:00-3:00 Members $102 Non Members $117

LIFE DRAWING WORKSHOP
Instructor: Tina Siddiqui | Skill Level: All Levels
The dynamic energy of a live model in costumes will be the primary focus of this class. Starting with charcoal studies for a better understanding of basic anatomy and the creative possibilities of the human form, students will learn to represent the human form with easy to follow instructions. Visit vernonarts.ca for list of supplies to bring.
October 1 (Tues) 1:00pm-4:00pm Members $55 Non Members $70

CLAY
CLAY & CABERNET FRIDAYS
Instructors: Cathy Toll & Val Bosk | Skill Level: All Levels
Join us on the second Friday each month from 6:00pm-9:00pm at the Vernon Community Arts Centre for an evening of clay handbuilding. Learn some basic clay handbuilding skills, enjoy a glass of wine and have a few laughs while building a different project each month. No experience necessary. Price includes use of tools and all materials. Participants must be 19 years or older.
Date Options:
September 13 (Fri) 6:00-9:00
October 18 (Fri) 6:00-9:00
November 8 (Fri) 6:00-9:00
December 13 (Fri) 6:00-9:00
Members $50 Non Members $50

INTRO TO WHEEL THROWING
Instructor: Laurel Fredin | Skill Level: Beginner
This class is for those looking to learn the basics of working on the wheel. During your eight weeks you will learn the steps that go into creating finished pieces like mugs, vases, and bowls. Weekly demonstrations will keep you motivated, and be sure to bring your sense of humor! Fee includes 4 free drop-in sessions to be used by the end of the course. Students should leave all rings, watches, bracelets etc. at home and wear clothing appropriate to getting muddy. Hair should be tied back. Students should bring an apron and an old bath towel. Price includes 1 bag of M340 clay, all other materials and the use of tools. Additional clay is available for purchase at the VCAC front desk.
Date & Time Options:
September 10 to October 29 (every Tues) 9:30-12:30
September 19 to November 7 (every Thurs) 6:00-9:00
Members $260 Non Members $275

BASICS OF CLAY
Instructor: Lowell Friesen | Skill Level: Beginner
This is a wheel throwing and hand building class for beginners and those wanting to become proficient on the wheel. This class will explore many functional forms as well as teach the basics that go into creating finished pieces. We will focus on individual challenges as you throw and handle build various forms. Fee includes 4 free drop-in sessions to be used by the end of the course. Please leave rings, watches and bracelets at home and wear clothing appropriate for a clay class. Hair should be tied back. Students should bring an apron and an old bath towel. Price includes 1 bag of M340 clay, all other materials and the use of tools. Additional clay is available for purchase at the VCAC front desk.
September 10 to October 29 (every Tues) 5:30-8:30 Members $260 Non Members $275

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

GLASS BEADMAKING 101
Instructor: Patricia Doyle | Skill Level: Beginner
This beginner’s level workshop introduces the art and science of glass beadmaking. Using a bead maker’s torch and rods of Italian glass, students will learn basic bead shapes, decorating techniques, use of hand tools, glass theory and safety. Students will go home with many glass beads they have made. Please wear closed-toed shoes and cotton clothing. A half hour lunch break will be provided. Price includes use of tools and all materials.
Date Options:
September 21 & 22 (Sat & Sun) 9:30-4:00
December 14 & 15 (Sat & Sun) 9:30-4:00
Members $235 Non Members $250

FUSED GLASS IKEBANA VASE
Instructor: Patricia Doyle | Skill Level: All Levels
This is a great class for both beginners and those who have played with fused glass before. In this 2 hour, informative and fun course you will learn some of the basic skills needed to start creating fused glass projects on your own, including glass cutting, grinding, material control, layering, kiln knowledge, and more. You will make 1 beautiful Ikebana Vase. All glass, flower frog and working supplies are provided. Projects will be fired and ready for pick up a few days after class.
October 5 (Sat) 9:30-11:30
Members $70 Non Members $85

FUSED GLASS SUSHI PLATE
Instructor: Patricia Doyle | Skill Level: Intermediate
This class is intended for students with beginner experience who want to take their glass fusing skills to the next level! In this one-day, informative and fun course you will learn further skills involved with glass fusing, including more difficult cuts, more material control instruction, kiln and mold preparation, firing schedules, and more. Create a beautiful sushi dish to be fused and slumped in the kiln at the end of the day! Because there are two firings needed, dishes won’t be available for pickup until later in the week. Price includes use of tools and all materials.
October 5 (Sat) 12:30-4:30
Members $95 Non Members $110

INTRODUCTION TO STAINED GLASS
Instructor: Terry Dunstan | Skill Level: Beginner
Fun & easy to learn! This class is designed to introduce students to the art of stained glass using the copper foil method of construction. During this class students will learn pattern preparation, glass cutting, soldering and more while using a simple suncatcher. This class will provide students with all the knowledge they need to continue on with this fun and enjoyable art form. Price includes use of tools and all materials.
October 12 (Sat) 9:30-3:00
Members $90 Non Members $105

FUSED GLASS SCATTER PLATE
Instructor: Patricia Doyle | Skill Level: All Levels
During this fun and easy class students will design a unique one of a kind fused plate using layering techniques to achieve depth and shading. The looseness of this style gives the impression that the glass pieces were randomly scattered to make the project. No previous glass experience necessary. Projects will be fired and ready for pick up a few days after class. Price includes use of tools and all materials.
October 19 (Sat) 9:30-12:30
Members $80 Non Members $95

FUSED GLASS NIGHT LIGHT
Instructor: Patricia Doyle | Skill Level: All Levels
This is a great class for both beginners and those who have played with fused glass before. In this 2 hour, informative and fun course you will learn some of the basic skills needed to start creating fused glass projects on your own, including glass cutting, grinding, material control, layering, kiln knowledge, and more. You will make the lens for one nightlight. All glass, nightlight hardware and working supplies are provided. Projects will be fired and ready for pick up a few days after class.
October 19 (Sat) 1:30-4:00
Members $65 Non Members $80

FUSED GLASS CHRISTMAS ORNAMENTS
Instructor: Patricia Doyle | Skill Level: All Levels
This is a great class for both beginners and those who have played with fused glass before. In this 2 hour, informative and fun course you will learn some of the basic skills needed to start creating fused glass projects on your own, including glass cutting, grinding, material control, layering, kiln knowledge, and more. You will make 3 Christmas ornaments from a variety of designs offered. Projects will be fired and ready for pick up a few days after class. Price includes use of tools and all materials.
Date Options:
November 6 (Wed) 6:00-8:00
November 16 (Sat) 10:00-12:00
Members $50 Non Members $65

MUSIC

KEYBOARD MUSIC LESSONS
Instructor: Melly Oey
Have fun learning to play the electric keyboard during these one hour long, individual lessons. Quickly learn how to play melody with accompanying rhythm and chords together, while learning to choose and operate the features of the keyboard. Beginners or anyone interested in improving their skill is welcome. You will be surprised how easy and fun it is to play music on the electric keyboard! Sheet music is included in the class cost.
Date & Time Options:
September 10 to November 12 (every Tues)
Time slots available between 10:00am-8:00pm
September 11 to November 13 (every Wed)
Time slots available between 10:00am-8:00pm
September 12 to November 14 (every Thurs)
Time slots available between 10:00am-5:30pm
Members $430 Non Members $445

GUITAR LESSONS
Instructor: Norm Compton
Pop, rock, country or blues, easy step by step instruction will have you playing your favorite songs in no time. Learn to read music and strum chords during these ½ hour long private lessons. Students are to bring their own guitar.
Date & Time Options:
September 17 to November 5 (every Tues)
Time slots available between 3:30pm-5:30pm
September 19 to November 7 (every Thurs)
Time slots available between 3:30pm-5:30pm
Members $165 Non Members $180

FIBRE

FELTED PURSE
Instructor: Nikki Marshall | Skill Level: Intermediate
In this class students will learn how to make a wet felted purse using Short Fibre Merino Batt, Merino Top, prefelt and other embellishing fibres. We will use Silk and other fabrics to make designs on the purse. You will learn how to use a resist and how to make handles and pockets for your purse. Note: Felting requires repetitive motion and some strength in arms, hands & wrists. Students to bring 2 medium or large towels, metal mixing bowl, measuring cup, apron and a piece of bubble wrap that measures 36” X 60” or so and a piece of painters plastic that is about 60” x 80”. You will get wet! Price includes all other materials.
September 21 (Sat) 9:30-2:30
Members $105 Non Members $120

NUNO FELTED SCARF
Instructor: Nikki Marshall | Skill Level: Beginner
In this one day workshop you will complete a nuno felted scarf. Nuno felting refers to blending wool roving and fabrics together into one fabric through a rolling process. The technique used will enable you to combine wool batts and other fibers into a silk scarf. Note: Felting requires repetitive motion and some strength in arms, hands & wrists. No experience necessary. Students to bring: 2 medium or large towels, metal mixing bowl, measuring cup, apron and a piece of bubble wrap that measures 36” X 60” or so. You will get wet! Price includes all other materials.
October 12 (Sat) 9:30-2:00
Members $95 Non Members $110

NEEDLE FELTED PUMPKIN
Instructor: Nikki Marshall | Skill Level: Advanced
In this class students will learn how to make a needle felted pumpkin with a face. You will learn how to make details in the face and use colours to give details to the eyes. We will use Merino Wool as our base and some Teeswater locks and yarn to finish it off. Price includes all materials.
October 19 (Sat) 9:30-1:30
Members $75 Non Members $90

FELTED SLIPPERS
Instructor: Nikki Marshall | Skill Level: Intermediate
In this class students will learn how to make a pair of wet felted slippers using a resist. We will use Short Fibre Merino for the slippers and some accent pieces like hand dyed teeswater locks, tussah silk and mohair. Prior felting experience required. Hand strength is a must for this class. Felting requires repetitive use of wrists, hands and arms. Please bring a large metal bowl, apron, 2 towels, a piece of bubble wrap approximately 36” by 36” and painters plastic that is approximately 36” by 36”. Price includes all other materials.
November 2 (Sat) 9:30-2:30
Members $95 Non Members $110

NEEDLE FELTED SNOWMAN
Instructor: Nikki Marshall | Skill Level: Beginner
In this class, students will learn how to needle felt a snowman using merino and other types of wool along with using an armature for the arms and attaching buttons. You will learn how to use different felting needles to achieve the look you are wanting. Price includes all materials.
December 7 (Sat) 9:30-12:00
Members $50 Non Members $65
VPAG
VERNON PUBLIC ART GALLERY

exhibitions  artist talk  art rental  gallery shop

UBCO Lecture Series
September 21
October 12

Mini Artists
August 26
September 30
October 28
November 25
December 16

Events
Riot on the Roof
August 24

Art After Dark
October 18

Family Saturdays
August 31
September 28
October 26
November 30
December 14

Regular Gallery Admission by donation.
Hours: Mon-Fri 10am-5pm, Sat 11am-4pm
3228 31 ave Vernon BC 250.545.3173
vernonpublicartgallery.com info@vernonpublicartgallery.com
Not every child learns in the same way.

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

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Bliss Pilates

Utilize Your Extended Benefits
NOW OFFERING CLINICAL PILATES AT CONCEPT PHYSIOTHERAPY to receive Physio Pilates Integrated Sessions!
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Specializing in Prenatal, Retirees as well as our gentle series for those with Osteo, Arthritis and Limited Range of motion
What's Happening at Your Library!

More than books! DVDs, feature films, magazines, newspapers, eBooks, digital audiobooks, information services, computers, and free Wi-Fi. Visit us online at where you'll find:

- eBooks, magazines, audiobooks, online tutorials and streaming videos
- Resources for the visually impaired and print disabled
- More information on programs, services, and upcoming events!

PROGRAMS – FALL & WINTER 2019/20 - DETAILS AT WWW.ORL.BC.CA/VERNON – VERNON BRANCH

ONGOING YOUTH PROGRAMS
- Baby Time
- Toddler Time
- Preschool Story Time
- Fairy Tale of the Week
- Engineering Club

COMING UP
- Seasonal Puppet Shows
- Teen Trivia Challenges
- ASL Story Time
- S.T.E.A.M events
- Teen Mindfulness

ONGOING ADULT PROGRAMS
- CAYA Chatroom (meet others using AAC devices)
- One to One Computer Support
- Adult Book Club
- Amnesty International
- John Rudy Health Literacy Drop-in
- Vernon Permaculture Group
- Knitting Circle
- Game of Kings (Chess)

ASK ABOUT:
- Meeting room rentals
- Ebook & digital audiobook set-up & training
- Exam invigilation
- Seed library
- Storytelling and tours for schools

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

www.gvrec.ca
Dance for all ages

City Dance
Dance Studio
4411 29th Street
250-307-4955
www.citydanceok.com

- Specializing in Hip Hop, Ballroom, Latin, Swing, Country and Argentine Tango
- Professionally trained instructors offer high quality lessons in a fun, easy going environment.
- New beginner classes begin weekly year round! Start anytime!
- Also available at City Dance - Hip Hop, Highland, Polynesian, Ukrainian, Jazzercise.

Offering recreational and competitive training as well as private and group lessons. Call studio for information.

Tot Bee Bop 1-3yrs
Fun and moving, helping tots use the space while incorporating homemade instruments for rhythm, such as shakers, scarves, bangers (teachers will supply). Tots will be introduced to different timings and rhythms such as Waltz, Polka, Hip Hop, Disco and Latin music. It’s fun to learn about parts of the body...feet, legs, hips, arms, hands and head, all which we will get them to move as we help them feel the music.

Fall
Mon Oct 21-Dec 2 2:45-3:30pm $60

Winter
Mon Jan 6-Feb 10 2:45-3:30pm $60

Musical Theatre 4-6yrs
These musical stars will use their imaginations to act out all sorts of different characters as well as play fun musical theatre games such as freeze dance and guess my emotion. They will get an introduction to singing a song as well as following along with simple choreography. Let’s play pretend together!

Fall
Mon Sep 16-Oct 28 4:30-5:00pm $57
Nov 4-Dec 16 4:30-5:00pm $57

Winter
Mon Jan 13-Feb 24 4:30-5:00pm $57
Mon Mar 23-May 4 4:30-5:00pm $57

All classes held at City Dance Studio, 4411 29th Street.

Move n Groove 1 4-6yrs
This fun class will keep the kids moving and grooving! Think of it as a HIIT class (high intensity interval training) for kids. Hop, skip, jump up and down and back and forth. It’s simple movements with a timing and a tempo. From slow to fast, they learn how to control their movements and look fantastic while doing it. Participants will hear music with different timings and rhythms such as Disco, Hip Hop, Ballroom and Latin.

Fall
Mon Oct 21-Dec 2 3:30-4:15pm $60

Winter
Mon Jan 6-Feb 10 3:30-4:15pm $60
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!

**Ballroom & Latin Sampler**
With all of the Christmas parties that you need to attend this season, why not learn some basic moves for a variety of music. Waltz, Foxtrot and Jive...maybe some Salsa? We’ve got you covered in an easy, fun four week sampler class.

**Fall**
Wed 6:45-7:30pm City Dance Studio
Nov 20-Dec 11 $75

**Argentine Tango**
One of the most beautiful and intimate dances there is! We will show you just how easy it is to learn to dance Argentine Tango. The basic walk, ochos and simple combinations will help you capture your inner tanguero and tanguera. We know you will fall in love with Tango after this four week intro!

**Winter**
Wed 6:45-7:30pm City Dance Studio
Apr 1-22 $75

**Jive & Swing**
Learn how fun and versatile this energetic dance style is! You will find out just how easy it is to dance to Rock n Roll and Pop music with awesome moves that will impress your friends.

**Winter**
Wed 6:45-7:30pm City Dance Studio
Feb 5-26 $75

**Two Step**
Do you love country music? Grab your partner and learn one of the most popular dances...the two step! Over four weeks, experienced, highly trained instructors will introduce you to all of the basics that you need to know to look great on the dance floor or in the country bar.

**Fall**
Wed 6:45-7:30pm City Dance Studio
Oct 9-30 $75
EXTREME INDOOR ACTION!

BIRTHDAY PARTIES
ROLLER SKATING
INDOOR SKATEBOARDING
MOVIE PARTIES

COMING SOON

Armstrong Spallumcheen Parks & Recreation
Operated by Canlan Management Services Ltd.

250-546-9456 — www.asprd.com

DISCOVER CURLING

OPEN REGISTRATION
Monday, September 9th
6:30PM

For more information contact the
Vernon Curling Club
250-542-6713
www.vernoncurlingclub.com
email: vcc@vernoncurlingclub.com

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

Come Join A Bowling League!
Fall leagues start September 3rd

* Automatic Scoring * Birthday Parties
* Open Bowling * Staff Parties
* Lots of Fun!

Phone for available times and league information
3510 25th Avenue, Vernon

250-542-9837
www.lincolnlanes.ca

North Okanagan Vision Dance School

Dance classes for ages 3 – Adult
Recreational, Competitive & Performance

Programs Available:
• Tap
• Hoop Dance
• Street Dance
• R.A.D. Ballet
• Modern
• Jazz
• Hip Hop
• Adult 8-week
• Zumba
& More!

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Vernon, BC
(located on Main Street)
Contact: Kim Shatzko CBTS, Studio Director.
Visit our website for more information:
www.visiondanceschool.com

Royal Canadian Air Cadets
1811 29th Street, Vernon, BC
e: info@223redlion.ca

TO LEARN

The aims of the Royal Canadian Air Cadets are to develop in youth, between the ages of 12-18, the attributes of good citizenship and leadership, to promote physical fitness, and to stimulate the interest of youth in the air activities of the Canadian Forces...

The Royal Canadian Air Cadets is a program for Canadian youth. It is supported by sponsors in the community and Canada’s Canadian Forces funded by the Department of National Defence. There are about 450 Air Cadet squadrons in every province and territory in Canada. The two other cadet programs for youth in Canada are the Royal Canadian Sea Cadets and the Royal Canadian Army Cadets. People between the ages of 12 and 18 can join this program for free, and they are led by the officers of the Canadian Forces Cadet Instructor Cadre

Join us and become a leader!
Visit our website for information or call
250-309-9490 • www.223redlion.ca
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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed</td>
<td>5:15-6:45pm</td>
<td>Creekside Main</td>
<td>$108</td>
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<tr>
<td>Feb 12-Mar 25</td>
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</tbody>
</table>

Beginning Longsword

Ages 16+

A longsword is a two handed, double edged weapon that was in common use during medieval times (1200-1500 AD). Contrary to common belief, these swords were not heavy. Instead they were light and agile blades. Size and strength are an advantage in fighting but they can be trumped by speed, sensitivity and cleverness when fighting. This introduction will be based on medieval fighting manuals from Italy, Germany and England.

Fall

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>7:30-9:00pm</td>
<td>Crossfit Vernon</td>
<td>$120</td>
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<tr>
<td></td>
<td></td>
<td>3-1935 11th Ave.</td>
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<tr>
<td>Sep 23-Nov 25</td>
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Winter

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Jan 13-Mar 2</td>
<td>7:30-9:30pm</td>
<td>$120</td>
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</table>

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Tue</td>
<td>7:30-9:30pm</td>
<td>$87.60 + $16 manual fee</td>
</tr>
<tr>
<td>Jan 21-Mar 24</td>
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</tbody>
</table>

*Extra costs for tools and supplies will apply. Details will be given on first night of course.*
Drop In Sports

For information about any volleyball and hockey programs contact: Mike at 250-550-3669 or playsports@vernon.ca

Your opportunity to get off the couch!
All community sport drop-ins are run as mostly co-ed non-structured activities. It’s easy! Show up, pay the drop in fee and play the sport! $6/player, $54 for a 10x pass, $102 for a 20x pass. Must be 16 yrs +.

<table>
<thead>
<tr>
<th>Sport</th>
<th>Time</th>
<th>Dates</th>
<th>Location/Address</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sun</strong></td>
<td></td>
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</tr>
<tr>
<td>Floor Hockey</td>
<td>4:30-6:00pm</td>
<td>Year Round</td>
<td>Priest Valley Gym</td>
<td>Floor hockey has a cap of 18 players, 8 online and 10 on first come first serve to the gym. Goalies are first come first serve at the gym.</td>
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<tr>
<td></td>
<td>6:30-8:00pm</td>
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<tr>
<td><strong>Tue</strong></td>
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</tr>
<tr>
<td>Badminton</td>
<td>1:00-2:30pm</td>
<td>Oct 1-Mar 10</td>
<td>Priest Valley Gym</td>
<td>Will take under age players if 18 players not reached.</td>
</tr>
<tr>
<td>35+ Basketball</td>
<td>5:45-7:15pm</td>
<td>Oct 1-Mar 10</td>
<td>Priest Valley Gym</td>
<td></td>
</tr>
<tr>
<td>Table Tennis</td>
<td>6:30-9:30pm</td>
<td>Sep 10-Jun 23</td>
<td>Lakers Clubhouse</td>
<td>For skilled players only, $3 /drop in.</td>
</tr>
<tr>
<td>Volleyball</td>
<td>7:30-9:00pm</td>
<td>Sep 3-May 12</td>
<td>Priest Valley Gym</td>
<td></td>
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<tr>
<td><strong>Thu</strong></td>
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</tr>
<tr>
<td>Badminton</td>
<td>1:00-2:30pm</td>
<td>Oct 3-Mar 12</td>
<td>Priest Valley Gym</td>
<td>Check online at <a href="http://www.gvrec.ca">www.gvrec.ca</a> 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.</td>
</tr>
<tr>
<td>Volleyball</td>
<td>7:30-9:00pm</td>
<td>Sep 5-May 14</td>
<td>Priest Valley Gym</td>
<td></td>
</tr>
<tr>
<td><strong>Fri</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Floor Hockey</td>
<td>5:30-7:00pm</td>
<td>Year Round</td>
<td>Priest Valley Gym</td>
<td></td>
</tr>
<tr>
<td>Touch Tennis</td>
<td>12:15-1:30pm</td>
<td>Oct 4-Mar 13</td>
<td>Priest Valley Gym</td>
<td></td>
</tr>
</tbody>
</table>

Badminton Club at OK Landing School

Tue, Thu 7:00-9:00pm Sep 17-Dec 19 $5 Drop in fee or $60 season membership season.

The school may cancel sessions at their discretion for school events. Memberships can be purchased in cash on any play night.

Hockey

BPHL (Boston Pizza Hockey League) Ages 19+
This non-contact competitive league has a 30 game schedule plus double elimination playoffs. Two referees and a scorekeeper are 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.

Sep 16-Mar 18
Mon, Tues Wed & occasional weekends $8500/team (includes tax)

Hockey Tournament:
Seniors Harvest Jamboree
Join us for the 23rd annual tournament. The age range is changing this year to include players 50 years and over.
Players sign up as individuals and get placed onto a team so you’re always playing with new players and meeting new friends. Registration and dinner is Monday night at Schubert Centre with games played Tuesday to Thursday.
Host hotel is Village Green Hotel. Want to play, call Mike 250-550-3669.
3 Groups: 50-64yrs; 65-74yrs; 75+yrs
Oct 1-3 8:00-5:00pm
Tue, Wed, Thu $125 (includes tax)
The Halina Center addresses the Social, Educational, and Recreational interests of those 50+, helping to enhance the quality of their lives.

Halina Centre

3310 - 37th Avenue, Vernon, BC
Phone 250-542-2877  email: halinaseniors@telus.net

PROGRAMS OFFERED
DAILY, WEEKLY OR MONTHLY:

• Billiards (Pool)
• Canasta
• Crafts
• Table Tennis
• Ukuleles
• Round-Tu-It
• Cribbage
• Star Country Squares
• Time-Out
• Kalamalka Chorus
• Pattern Dancing
• Carpet Bowling
• Darts
• Floor Curling
• Bridge
• Clogging
• Rhythm Rounds
• Bingo

www.halinacentre.com

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

There's Something for Everyone at the Halina Centre

New Pool
New Active Living Centre
Have your Say!

Starting in September 2020 we want to hear from you to assess the specific size, amenities and tax dollars to allocate, if the facilities are to be built.

The public’s involvement and feedback to the Active Living Centre Feasibility Study is vital. Provide input on the type and size of new recreation facilities required in Greater Vernon to meet needs now and into the future.

Dates and locations for public engagement sessions will be advertised; check www.gvrec.ca for updates.

Catering and Hall Rentals for all Occasions
• Wedding, Anniversary, and Birthday Celebrations
• Community Events, Presentations, Fairs
• Christmas and Holiday Functions
• Engagement, Bridal and Baby Showers
• Memorials, Ceremonies, and Celebration of Life Services
• Variety, Theater Productions and Film Showings
• Church and Religious Functions
• Industry Conventions and Executive Meetings
• Warehouse and Community Garage Sales
• Staff or Employee Meetings
• Conventions and Home Shows
• Concerts, Banquets, Craft Fairs, and Dances

For inquiries call Jack Gareb at 250-549-4201

3505-30th Avenue, Vernon BC  V1T 2E6  (250) 549-4201

We are dedicated to Social, Educational and Recreational activities for Seniors in and around the Vernon Area. Schubert offers a wide range of daily, weekly and monthly activities and services for seniors continued involvement in the community. Want to get involved with Service Organizations? Schubert offers numerous space for meetings and the opportunity for members to get involved. And…Schubert’s "News and Views" provides monthly information to the membership regarding upcoming events and programs.
FALL 2019 KIDS PROGRAMS

The OTR is proud to have Pauline Hill & Veronica Jones coordinating our Kids Skating Programs!

BEGINNERS/INTERMEDIATE SKATE: Age 3-5 YRS Old

BEGINNER: 1:00-1:30 PM
INTERMEDIATE: 1:30-2:00PM
MONDAYS OR THURSDAYS
Sept. 31/Oct. 7 to Dec. 3/6 - Monday & Thursday Classes Available
$105.00 incl. taxes

KIDS FUN HOCKEY - WEDNESDAY & FRIDAY NIGHTS:

22 WEEK PROGRAM - 2 WEEK BREAK AT CHRISTMAS

(Maximum 20 Players a session for $325 incl. tax & Jersey)
4:00 to 5:00 PM Ages 5-8 YRS Old
5:00 to 6:00 PM Ages 8-11 YRS Old
FRIDAY NIGHT: 22 Sessions, Oct. 5 to Mar. 13 (excl. Dec. 27 and Jan. 3)
(Maximum 20 Players a session for $325 incl. tax & Jersey)
4:00 to 5:00 PM Ages 5-7 YRS Old
5:00 to 6:00 PM Ages 8-10 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. 5 to Dec. 7 for $130 incl. tax)
WINTER: SATURDAYS (10 Sessions Jan. 4 to Mar. 7 for $130 incl. tax)

MINI & MIGHTY MITES HOCKEY: Age 4-6 YRS Old, 3:15-4:00 PM
FALL: WED & FRI AVAILABLE Oct. 2/5 to Dec. 4/6 - 10 sessions for $125 incl. tax
WINTER: WED & FRI AVAILABLE Jan. 8-10 to Mar. 11-13 - 10 sessions for $125 incl. tax

KIDS LEARN TO SKATE WITH PAULINE HILL: 9:00 to 10:00 AM
FALL: SATURDAYS (10 Sessions Oct. 5 to Dec. 7 for $130 incl. tax)
WINTER: SATURDAYS (10 Sessions Jan. 4 to Mar. 7 for $130 incl. tax)

DON’T MISS OUT - ICE RENTALS AND PROGRAMS HAVE STARTED ALREADY!

ENQUIRIES PRIOR TO SEASON, PLEASE LEAVE MESSAGE AS WE CHECK OUR MESSAGES DAILY.
We are located at 5204 27th Avenue, Vernon (behind the Morning Star building)
CALL 250-549-SHOT(7468) FOR ALL YOUR ICE RENTAL & SKATING NEEDS!
Fall Leagues

<table>
<thead>
<tr>
<th>Fall Leagues</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Cost</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mixed King of Court</td>
<td>Mon</td>
<td>6:00-10:30pm</td>
<td>Sep 16-Dec 2 no games Oct 14, Nov 11</td>
<td>$570</td>
<td>Priest Valley Gym</td>
</tr>
<tr>
<td>Mixed Rec. Pool A</td>
<td>Mon</td>
<td>6:00-10:00pm</td>
<td>Sep 16-Dec 9 no games Sep 23, Oct 14, Nov 11</td>
<td>$410</td>
<td>Kidston Elem.</td>
</tr>
<tr>
<td>Mixed Rec. Pool B</td>
<td>Mon</td>
<td>6:00-10:00pm</td>
<td>Sep 16-Dec 9 no games Sep 23, Oct 14, Nov 11</td>
<td>$410</td>
<td>Ellison Elem.</td>
</tr>
<tr>
<td>Mixed Rec. Pool C</td>
<td>Mon</td>
<td>6:00-10:00pm</td>
<td>Sep 16-Dec 2 no games Oct 14, Nov 11</td>
<td>$410</td>
<td>Dogwood Gym</td>
</tr>
<tr>
<td>Women’s Queen of Court</td>
<td>Wed</td>
<td>6:00-10:30pm</td>
<td>Sep 18-Nov 20</td>
<td>$570</td>
<td>Priest Valley Gym</td>
</tr>
<tr>
<td>Women’s Rec. Pool A</td>
<td>Wed</td>
<td>6:00-10:00pm</td>
<td>Sep 18-Nov 20</td>
<td>$410</td>
<td>Kidston Elem.</td>
</tr>
<tr>
<td>Women’s Rec.Pool B</td>
<td>Wed</td>
<td>6:00-9:00pm</td>
<td>Sep 18-Nov 20</td>
<td>$410</td>
<td>OK Landing Elem</td>
</tr>
<tr>
<td>Women’s Rec. Pool C</td>
<td>Wed</td>
<td>6:00-10:00pm</td>
<td>Sep 18-Nov 20</td>
<td>$410</td>
<td>Dogwood Gym</td>
</tr>
<tr>
<td>Women’s Tier 2 Com. Pool A</td>
<td>Wed</td>
<td>6:00-10:00pm</td>
<td>Sep 18-Nov 20</td>
<td>$410</td>
<td>Ellison Elem.</td>
</tr>
<tr>
<td>Women’s Tier 2 Com. Pool B</td>
<td>Wed</td>
<td>6:00-10:00pm</td>
<td>Sep 18-Nov 20</td>
<td>$410</td>
<td>Silver Star Elem.</td>
</tr>
<tr>
<td>Open Mixed</td>
<td>Fri</td>
<td>7:30-9:30pm</td>
<td>Sep 20-Dec 6 no games Oct 11, Nov 8</td>
<td>$410</td>
<td>Priest Valley Gym</td>
</tr>
</tbody>
</table>

Join A Team

You want to play, but you don’t have a team, no problem! We have lots of ways to get you in the game. You can participate by going to one of our drop-ins or you can get in on the fun by joining a team. You can get hooked up with a team by posting your details on our Facebook page. www.facebook.com/VernonVolleyball/

Don’t sit on the sidelines! Get in the game and have a ball!

Christmas Classic Volleyball Tournament

17 years & over

Here’s your team’s chance to play some great volleyball in a fun tournament format and have a Christmas party at the same time! Each team receives a stocking full of goodies and lots of great volleyball action.

This is now an open mixed tournament, so everyone can get in on the action.

You will be guaranteed three games.

Sat, Dec 7 Priest Valley & Dogwood Gyms $225
<table>
<thead>
<tr>
<th>Winter Leagues</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Cost</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mixed King of Court</td>
<td>Mon</td>
<td>6:00-10:30pm</td>
<td>Jan 6-Mar 9 no games Feb 17</td>
<td>$513</td>
<td>Priest Valley Gym</td>
</tr>
<tr>
<td>Mixed Rec. Pool A</td>
<td>Mon</td>
<td>6:00-10:00pm</td>
<td>Jan 6-Mar 9 no games Jan 27, Feb 17</td>
<td>$328</td>
<td>Kidston Elem.</td>
</tr>
<tr>
<td>Mixed Rec. Pool B</td>
<td>Mon</td>
<td>6:00-10:00pm</td>
<td>Jan 6-Mar 9 no games Jan 27, Feb 17</td>
<td>$328</td>
<td>Ellison Elem.</td>
</tr>
<tr>
<td>Mixed Rec. Pool C</td>
<td>Mon</td>
<td>6:00-10:00pm</td>
<td>Jan 6-Mar 9 no games Feb 17</td>
<td>$369</td>
<td>Dogwood Elem.</td>
</tr>
<tr>
<td>Women's Queen of Court</td>
<td>Wed</td>
<td>6:00-10:30pm</td>
<td>Jan 8-Mar 11</td>
<td>$570</td>
<td>Priest Valley Gym</td>
</tr>
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<td>Wed</td>
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<td>Jan 8-Mar 11</td>
<td>$410</td>
<td>Kidson Elem.</td>
</tr>
<tr>
<td>Women's Rec. Pool B</td>
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<td>Jan 8-Mar 11</td>
<td>$410</td>
<td>Silver Star Elem.</td>
</tr>
<tr>
<td>Open Mixed</td>
<td>Fri</td>
<td>7:30-9:30pm</td>
<td>Jan 3-Mar 13 no games Feb 14</td>
<td>$410</td>
<td>Priest Valley Gym</td>
</tr>
</tbody>
</table>

Please register in the pool you believe your team is best suited for. Players must be 17 years and over and not attending high school. If unsure which pool to register in, contact Mike at 250-550-3669. All teams are guaranteed 9 games including one playoff, teams that advance play an extra night.

**King/Queen of the Court:**
The top calibre competitive league in town. For teams that use offensive systems and block & spike consistently. The 2 teams with the most Pool C appearances in QOC will be moved down to Tier 2 at Ellison.

**Women's Tier 2 at Ellison:**
The Top 2 teams from the regular season will be invited to move up to Queen of the Court. The 3-5 place teams will retain their spot at Ellison and the 6-8 teams will move to Tier 2 at Silver Star.

**Women's Tier 2 at Silver Star/Dogwood:**
The Top 3 teams from the regular season will be invited to move up to Tier 2 Ellison. Teams 6-8 at Ellison will move to Silver Star and their spots are reserved. The other 7 spots are available on a first come first serve basis.

**Recreational Leagues:**
Teams with a lower skill level that try to use a basic system & try to block & spike, but the results aren’t always spectacular. Pool A is highest skilled division in Recreational.

**Open Mixed:**
Open for all teams of any calibre. The number of teams that register will dictate the format we use. We strive to have enough to utilize a King of Court format where teams from each pool move to different pools based on results each week after playing 3 x 20 min games.

Recreation Services will balance the pools by moving teams if it becomes necessary.
Services for People with Disabilities

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

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

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

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

**Accessible Physical Activities for people with disabilities**

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

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

For more information on the services offered by Independent Living Vernon:

**Address:** #107, 3402-27th Avenue, Vernon (People Place)

**Phone:** 250-545-9292 or Toll Free: 1-877-288-1088

**Email:** info@ilvernon.ca

**Website:** http://ilvernon.ca

**Facebook:** Independent Living Vernon

**Twitter:** @ILVernon

**Text #** 778-212-4375

**Hours:** Monday to Thursday, 8:30am-4:00pm; Friday by appointment only

**More accessible physical activities for people with disabilities**

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

**Beach Access:** Wheelchair beach access ramp at Paddle Wheel Park, next to Paddle Wheel Hall. 75% discount for People with Disabilities through Vernon Parks and Recreation. For more information, contact 250-545-6035.
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

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

Dogs are NOT permitted on playing fields or beaches.
Finally! A Pet First Aid Course for Owners

Who should take this course? Everyone!
From pet professionals to pet owners, pet first aid is a lifesaving skill that everyone can benefit from. This course covers first aid for both dogs & cats.

Course Topics Include
• CPR and Artificial Respiration
• Choking Skills
• Bleeding & Other Wounds
• Broken Bones & Joint Injuries
• Heat Stroke
• Poisoning
• Frostbite & Hypothermia
• Recognize Early Signs of Illness
• Learn to prevent Illness and Injury
• and much more!

Contact us today for more information!
250-306-6583 • info@vernoncrateescape.com
www.vernoncrateescape.com

ADVENTURE HIKES — DOG TRAINING — IN-HOME BOARDING

Puppy Obedience
For dogs 6 months and younger; all dogs should have received their first shots.

Fall
Mon Sep 23-Nov 4 6:15-7:15pm $98.28
no class Oct 14, Oct 21 class held at Lakers Clubhouse

Winter
Mon Jan 6-Feb 10 6:15-7:15pm $98.28

Dog Obedience
For dogs 6 months and older; all dogs should have received their first shots.

Fall
Mon Sep 23-Nov 4 7:30-8:30pm $98.28
no class Oct 14, Oct 21 class held at Lakers Clubhouse

Winter
Mon Jan 6-Feb 10 7:30-8:30pm $98.28

PHYSIOTHERAPY
Reaching Higher
Tamara Dantzer, Registered Physiotherapist
Debbie Sparling, Registered Physiotherapist
Cindy Keith, Registered Physiotherapist

Direct Bill to Extended Health
250-503-2112

www.kalphysio.com
Located in the Alpine Centre

ADVENTURE HIKES — DOG TRAINING — IN-HOME BOARDING

With a focus on socialization our Dog and Puppy Obedience classes will cover basic commands (sit, stay, come), leash and collar safety and more. Our classes are great for beginner trainers and all types of dogs and take place inside the Recreation Centre Auditorium.

Puppy Obedience
For dogs 6 months and younger; all dogs should have received their first shots.

Fall
Mon Sep 23-Nov 4 6:15-7:15pm $98.28
no class Oct 14, Oct 21 class held at Lakers Clubhouse

Winter
Mon Jan 6-Feb 10 6:15-7:15pm $98.28

Dog Obedience
For dogs 6 months and older; all dogs should have received their first shots.

Fall
Mon Sep 23-Nov 4 7:30-8:30pm $98.28
no class Oct 14, Oct 21 class held at Lakers Clubhouse

Winter
Mon Jan 6-Feb 10 7:30-8:30pm $98.28
Vegan Cooking Workshops with Chef John
Under the guidance of Chef Hong Lac, Chef John discovered a whole new world of food and flavours working as a vegetarian and allergy sensitive Chef. Now with his own business, Chef John aims to introduce people to new ingredients, recipes and to re-introduce people to cooking from scratch. His goal is to teach people that with a little planning, simple spice blends and whole foods, you can put fast to prepare, delicious and healthy meals on the table day after day.

These classes are run as a ‘watch and learn’ (demonstration) style. A minimum of 3 courses are included (depending on the theme) along with a drink. Classes include samples, take home recipes, a lesson on knife skills and a discussion around whole food plant based nutrition. Recipes are free from gluten, dairy, artificial ingredients but full of flavour!
All classes are at the Vernon Recreation Centre Kitchen.

Fall Courses: register Aug 18

Primo Pasta
Pasta is a staple in most homes but it can become boring using the same old sauce. Let John show you how easy it is to make your favourite restaurant sauces and pair them with some unique gluten-free noodles…we are even going to make a dessert pasta!
Mon, Sep 23 6:00-8:30 pm $56.98

Awesome Asian
John’s favourite style of cooking! In this class we will use some basic Asian ingredients and turn them into amazing recipes. Join us for a trip across Asia to explore dishes that will make you an Asian food fanatic!
Mon, Oct 28 6:00-8:30 pm $56.98

Holiday Side Dishes
Tired of the same old bland holiday veggies? With a few simple herbs and spices you can create tasty side dishes that will make you forget about the turkey!
Mon, Nov 18 6:00-8:30 pm $56.98

Winter Courses: register Nov 24

Let’s Do Brunch
Having some friends over for Sunday brunch? Let John help. In this class he will introduce you to some of his favourite mid-day snacky recipes that are gluten free but full of flavour!
Sat, Jan 18 11:00am-1:30pm $56.98

Curry in a Hurry
Whether you are vegan, vegetarian or a ‘meat-a-tarian’, curry is healthy, versatile and most importantly; delicious! Learn how easy it is to create your own blend of spices that taste amazing!
Mon, Jan 20 6:00-8:30 pm $56.98

Tasty Thai
Thai food is healthy and addicting! In this class we will explore the unique flavours of Thai cuisine. Learn how to create mouth watering dishes with only a few special ingredients.
Sat, Feb 1 6:00-8:30 pm $56.98
Mon, Feb 24 6:00-8:30 pm $56.98

Mediterranean Fusion
Join John for a trip around the Mediterranean and discover some new ingredients and add a vegetarian twist to mouthwatering Mediterranean flavours!
Mon, Mar 9 6:00-8:30 pm $56.98
Tennis Lessons: Adult & Youth

Predator Ridge Lessons - Recreation Services is proud to announce a partnership with the Okanagan’s newest indoor tennis/pickleball facility at Predator Ridge. For the first time ever, we now have lessons running throughout the winter. Join us and you’ll receive high quality instruction and small class sizes in our 10 week program with Tennis Canada Certified Instructors. Must wear non-marking shoes.

### Youth Tennis:

<table>
<thead>
<tr>
<th></th>
<th>Red Ball 6-8yrs</th>
<th>Orange Ball 8-10yrs</th>
<th>Green Ball 10-12yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tues</strong></td>
<td>4:00-5:00pm</td>
<td>4:00-5:00pm</td>
<td>5:00-6:00pm</td>
</tr>
<tr>
<td>Oct 1-Dec</td>
<td>$160</td>
<td>Oct 1-Dec 3</td>
<td>Oct 1-Dec 3</td>
</tr>
<tr>
<td>3</td>
<td>$160</td>
<td>10 classes</td>
<td>$160</td>
</tr>
<tr>
<td>Jan 7-Mar</td>
<td>$160</td>
<td>Jan 7-Mar 10</td>
<td>Jan 7-Mar 10</td>
</tr>
<tr>
<td>10 classes</td>
<td>$160</td>
<td>10 classes</td>
<td>$160</td>
</tr>
</tbody>
</table>

**Thursday**

<table>
<thead>
<tr>
<th></th>
<th>Red Ball 6-8yrs</th>
<th>Orange Ball 8-10yrs</th>
<th>Green Ball 10-12yrs</th>
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<tr>
<td><strong>Tues</strong></td>
<td>4:00-5:00pm</td>
<td>4:00-5:00pm</td>
<td>5:00-6:00pm</td>
</tr>
<tr>
<td>Oct 3-Dec</td>
<td>$160</td>
<td>Oct 3-Dec 5</td>
<td>Oct 3-Dec 5</td>
</tr>
<tr>
<td>5</td>
<td>$160</td>
<td>10 classes</td>
<td>$160</td>
</tr>
<tr>
<td>Jan 9-Mar</td>
<td>$160</td>
<td>Jan 9-Mar 12</td>
<td>Jan 9-Mar 12</td>
</tr>
<tr>
<td>10 classes</td>
<td>$160</td>
<td>10 classes</td>
<td>$160</td>
</tr>
</tbody>
</table>

### Adult Tennis:

**Adult Basic Fundamentals**

<table>
<thead>
<tr>
<th></th>
<th>Adult Basic Fundamentals</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thurs</strong></td>
<td>6:00-7:00pm</td>
</tr>
<tr>
<td>Oct 3-Dec</td>
<td>$160 / 10 classes</td>
</tr>
<tr>
<td>Jan 9-Mar</td>
<td></td>
</tr>
</tbody>
</table>

For more information about tennis programs, contact Mike @ 250-550-3669 playsports@vernon.ca
SKATE CANADA CERTIFIED LEARN TO SKATE
PROGRAMS FOR ALL AGES AND ABILITIES

NCCP Certified Professional Coaches provide the highest quality instruction. Lessons taught indoors at P.V. Arena. 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
Programs run September – March at Kal Tire Place

- Recreation, Competitive, Elite
- Family Rates
- Skate Rentals Available

For more information, please contact vernonvortex@gmail.com

VERNON VORTEX SPEED SKATING CLUB

Learn to Skate Program
Ages 3 & Up

Start anytime!

vernonspeedskatingclub.com

REGISTER NOW FOR 2019-2020 SEASON

FALL

Freestyle Trampoline
Programs

Freestyle Trampoline is great for kids that want to do freestyle activities on skis, snowboards, skateboards, bikes, backyard trampolines or on water.

Programs available in Armstrong & Vernon

WINTER

Freestyle Ski & Snowboard Programs

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

www.ssfreestyle.com

Register online today!
### Group & Circuit Fitness Classes Schedule

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>no class Oct 14, 21, Nov 11</td>
<td><strong>Osteofit for Life</strong> 8:00-9:00am</td>
<td><strong>Aquafit Classes at a Glance</strong></td>
<td>see pg 59</td>
<td><strong>Osteofit for Life</strong> 8:00-9:00am</td>
</tr>
<tr>
<td><strong>Fit &amp; FUNctional</strong> 8:30-9:45am</td>
<td><strong>Smart Fit Drop In</strong> 8:30-9:30am</td>
<td><strong>Fitness Gym Classes</strong></td>
<td>see pg 55</td>
<td><strong>Fit &amp; FUNctional</strong> 8:30-9:45am</td>
</tr>
<tr>
<td><strong>Fit ABC’s</strong> 9:00-10:00am</td>
<td><strong>Osteofit for Life</strong> 9:05-10:05am</td>
<td><strong>Fit ABC’s</strong> 9:00-10:00am</td>
<td></td>
<td><strong>Osteofit for Life</strong> 9:05-10:05am</td>
</tr>
<tr>
<td><strong>Fit &amp; FUNctional</strong> 9:15-10:15am</td>
<td><strong>Gentle Yoga</strong> 10:00-11:15am</td>
<td><strong>Yoga for Older Adults</strong> 10:00-11:15am</td>
<td></td>
<td><strong>Fit &amp; FUNctional</strong> 9:15-10:30am</td>
</tr>
<tr>
<td><strong>Get Up &amp; Go!</strong> 10:15-11:15pm</td>
<td><strong>Osteofit I</strong> 10:15-11:15am</td>
<td><strong>Get Up &amp; Go!</strong> 10:15-11:15am</td>
<td><strong>Minds in Motion</strong> 10:00-11:30am</td>
<td><strong>Osteofit I</strong> 10:15-11:15am</td>
</tr>
<tr>
<td><strong>Get Up &amp; Go!</strong> 11:30-12:30pm</td>
<td><strong>ActivAge I</strong> 1:15-2:15pm</td>
<td><strong>Get Up &amp; Go!</strong> 11:30-12:30pm</td>
<td><strong>Minds in Motion</strong> 1:00-2:30pm</td>
<td><strong>ActivAge I</strong> 1:15-2:15pm</td>
</tr>
<tr>
<td><strong>Mat Pilates-Int</strong> 6:00-7:00pm</td>
<td><strong>Mat Pilates-Beg</strong> 7:10-8:10pm</td>
<td><strong>Mat Pilates-All</strong> 6:00-7:00pm</td>
<td><strong>Shape Your Buddha</strong> 7:00-8:15pm</td>
<td><strong>Mat Pilates-Beg</strong> 7:10-8:10pm</td>
</tr>
<tr>
<td><strong>Mat Pilates-Beg</strong> 7:10-8:10pm</td>
<td><strong>Register for Winter Program starting November 24</strong></td>
<td><strong>Shape Your Buddha</strong> 7:00-8:15pm</td>
<td><strong>Mat Pilates-All</strong> 6:00-7:00pm</td>
<td><strong>Shape Your Buddha</strong> 7:00-8:15pm</td>
</tr>
</tbody>
</table>

### Fitness Gym Orientations

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

**Adult:** $50, 1 hour session

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

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

**Beginner Level**

<table>
<thead>
<tr>
<th>Mon</th>
<th>7:10-8:10pm</th>
<th>Sunrise Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sep 23-Dec 9</td>
<td>$103.95</td>
<td>no class Oct 14, 21, Nov 11</td>
</tr>
<tr>
<td>Winter</td>
<td></td>
<td>no class Feb 17</td>
</tr>
<tr>
<td>Jan 13-Mar 9</td>
<td>$92.40</td>
<td></td>
</tr>
</tbody>
</table>

**Intermediate Level**

<table>
<thead>
<tr>
<th>Mon</th>
<th>6:00-7:00pm</th>
<th>Sunrise Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sep 23-Dec 9</td>
<td>$103.95</td>
<td>no class Oct 14, 21, Nov 11</td>
</tr>
<tr>
<td>Winter</td>
<td></td>
<td>no class Feb 17</td>
</tr>
<tr>
<td>Jan 13-Mar 9</td>
<td>$92.40</td>
<td></td>
</tr>
</tbody>
</table>

**All Levels**

<table>
<thead>
<tr>
<th>Wed</th>
<th>6:00-7:00pm</th>
<th>Sunrise Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sep 25-Dec 11</td>
<td>$138.60</td>
<td></td>
</tr>
<tr>
<td>Winter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jan 15-Mar 11</td>
<td>$103.95</td>
<td></td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Wed</th>
<th>7:00-8:00pm</th>
<th>Auditorium Main</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sep 25-Dec 4</td>
<td>$127.05</td>
<td></td>
</tr>
<tr>
<td>Winter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jan 15-Mar 4</td>
<td>$92.40</td>
<td></td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Tue</th>
<th>10:00-11:15am</th>
<th>Sunrise Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sep 24-Dec 3</td>
<td>$127.05</td>
<td>Instructor Sue C.</td>
</tr>
<tr>
<td>Winter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jan 14-Mar 10</td>
<td>$103.95</td>
<td></td>
</tr>
</tbody>
</table>

Get Active Recreation Pass is a $30 special introductory 30 day pass to the fitness gym and pool at the Recreation Centre (not for programs). It is intended for individuals who have NEVER had a swim or fitness room pass through Recreation Services. If you are a new resident to Greater Vernon or if you still don’t know where the Recreation Centre is located…we would like to meet you, please bring proof of residency.
Fit & FUNctional Circuit Classes

For those that want to maintain, build and improve on their strength, balance and overall health. These circuit style classes are held in the Fitness Gym and include three phases of a safe and effective exercise program:
1. warm up with no-bounce cardio;
2. strength and resistance training mixed with cardio;
3. a complete stretch and cool down.
Emphasis will be placed on proper and effective technique.

These classes will lead you towards improved posture, increased strength and endurance and better balance. Are you a beginner? No problem, you can join any of the classes listed below and fit right in! Pick a day and time that works best for you.
Register for the classes listed below. Drop-in allowed if space is available. Drop-in Fee $9.75. No passes allowed.

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

<table>
<thead>
<tr>
<th>Fit &amp; FUNctional</th>
<th>Fit &amp; FUNctional</th>
<th>Fit &amp; FUNctional</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon/Wed/Fri</td>
<td>Mon/Wed/Fri</td>
<td>Tue,Thu</td>
</tr>
<tr>
<td>8:30-9:45am</td>
<td>10:00-11:15am</td>
<td>9:15-10:30am</td>
</tr>
</tbody>
</table>

**Fall**
- Mon Sep 16-Oct 28 $49.44
- Wed Sep 18-Oct 30 $57.68
- Fri Sep 20-Nov 1 $57.68
- Mon Nov 4-Dec 16 $49.44
- Wed Nov 6-Dec 18 $57.68
- Fri Nov 8-Dec 20 $57.68

**Winter**
- Mon Jan 6-Feb 3 $41.20
- Wed Jan 8-Feb 5 $41.20
- Fri Jan 10-Feb 7 $41.20
- Mon Feb 10-Mar 16 $41.20
- Wed Feb 12-Mar 18 $49.44
- Fri Feb 14-Mar 20 $49.44

**Fall**
- Mon Sep 16-Oct 28 $49.44
- Wed Sep 18-Oct 30 $57.68
- Fri Sep 20-Nov 1 $57.68
- Mon Nov 4-Dec 16 $49.44
- Wed Nov 6-Dec 18 $57.68
- Fri Nov 8-Dec 20 $57.68

**Winter**
- Mon Jan 6-Feb 3 $41.20
- Wed Jan 8-Feb 5 $41.20
- Fri Jan 10-Feb 7 $41.20
- Mon Feb 10-Mar 16 $41.20
- Wed Feb 12-Mar 18 $49.44
- Fri Feb 14-Mar 20 $49.44

**Fall**
- Sep 17-Oct 31 $115.36
- Nov 5-Dec 19 $115.36

**Winter**
- Jan 7-Feb 6 $82.40
- Feb 11-Mar 19 $98.88
**ActivAge™**
Are you an older adult? Wanting to get more physically active? Then ActivAge™ is for you. This fun and social program will get you moving in a relaxed and inviting class environment with like minded people. The class includes discussions and handouts to help you improve your overall health and physical well-being. ActivAge is part of a research study and is free of charge but participants need to register. Class sizes are small so register early. Each option runs once a week for one hour and is scheduled during the first three months of the Choose to Move program.
You have two different program options to choose from:

**ActivAge I** focuses on improving activities of daily living, strengthening muscles used day-to-day. Participants are expected to attend on a regular basis.

<table>
<thead>
<tr>
<th>Mon</th>
<th>1:15-2:15pm</th>
<th>Sunrise Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sep 23-Dec 18</td>
<td>Free</td>
<td>no class Oct 14, 21, Nov 11</td>
</tr>
<tr>
<td>Winter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jan 6-Mar 9</td>
<td>Free</td>
<td>no class Feb 17</td>
</tr>
</tbody>
</table>

**ActivAge II** focuses on exercises that will enable you to become more involved with other activity programs or sports. Participants are expected to attend on a regular basis.

<table>
<thead>
<tr>
<th>Wed</th>
<th>1:15-2:15pm</th>
<th>Sunrise Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sep 25-Dec 11</td>
<td>Free</td>
<td></td>
</tr>
<tr>
<td>Winter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jan 8-Mar 11</td>
<td>Free</td>
<td></td>
</tr>
</tbody>
</table>

**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/. Please register for this information session to learn more about the program.

**Info Session**

<table>
<thead>
<tr>
<th>Fall</th>
<th>Winter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thu, Sep 12</td>
<td>Sun 12</td>
</tr>
<tr>
<td>10:30-11:30am</td>
<td>12:00-1:00pm</td>
</tr>
<tr>
<td>Sunset Room</td>
<td>Sunset Room</td>
</tr>
</tbody>
</table>

**Program**
Program runs for 6 months. This is a one to one program with 5 group meetings.

<table>
<thead>
<tr>
<th>Tue</th>
<th>12:00-1:00pm</th>
<th>Sunset Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>Winter</td>
<td></td>
</tr>
<tr>
<td>Sep 24, Oct 8, Oct 22, Nov 5 and Dec 3</td>
<td>Jan 7, Jan 21, Feb 4, Feb 18, Mar 17</td>
<td></td>
</tr>
</tbody>
</table>

Choose to Move is an initiative of the Active Aging Research Team at the UBC and is made possible through the support of BC’s Ministry of Health. The Active Aging Research Team delivers this program in partnership with the British Columbia Parks and Recreation Association (BCRPA).
**Yoga for Older Adults**
Relieve stress and release tension with a gentle exploration of essential yoga postures, breathing techniques and relaxation tools designed to safely allow you to experience the benefits of Hatha Yoga. Participants must be able to get up and down from the floor unassisted. Instructor Deb C.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed</td>
<td>10:00-11:15am</td>
<td>Lakers Clubhouse</td>
</tr>
</tbody>
</table>

**Fall**
- Sep 25-Dec 11 $138.60
- Winter
  - Jan 15-Mar 11 $103.95

**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).

<table>
<thead>
<tr>
<th>Mon/Wed</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>9:00-10:00am</td>
<td>Sunrise Room</td>
</tr>
<tr>
<td>Sep 16-Oct 30 $64.32</td>
<td>no class Oct 14, 21</td>
<td></td>
</tr>
<tr>
<td>Nov 4-Dec 18 $69.68</td>
<td>no class Nov 11</td>
<td></td>
</tr>
<tr>
<td>Winter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jan 6-Feb 5 $53.60</td>
<td>Registration starts Nov .</td>
<td></td>
</tr>
<tr>
<td>Feb 10-Mar 11 $48.24</td>
<td>no class Feb 17</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Thu</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>10:00-11:30am</td>
<td>Halina Room</td>
</tr>
<tr>
<td>Sep 19-Oct 31 $46.97/couple</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nov 7-Dec 19 $46.97/couple</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Winter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jan 9-Feb 6 $33.55/couple</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feb 13-Mar 12 $33.55/couple</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thu</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>1:00-2:30pm</td>
<td>Sunrise Room</td>
</tr>
<tr>
<td>Oct 3-Nov 7 $33.55/couple</td>
<td>no class Oct 10</td>
<td></td>
</tr>
<tr>
<td>Nov 21-Dec 19 $33.55/couple</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Winter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jan 9-Feb 6 $33.55/couple</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feb 13-Mar 12 $33.55/couple</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Who are the fitness instructors with Recreation Services?**
Our instructors are certified, educated and come with many years of experience leading effective and safe exercise classes. Recreation Services strives to provide high quality fitness programs that help our participant achieve their goals.

**Winter registration starts Sunday, November 24**

www.gvrec.ca
Fitness For Older Adults

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.

<table>
<thead>
<tr>
<th>Day, Time</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, Fri</td>
<td>10:15-11:15am</td>
</tr>
</tbody>
</table>

Fall
- Sep 17-Nov 1: $75.04
- Nov 5-Dec 20: $75.04

Winter
- Jan 7-Feb 7: $53.60
- Feb 11-Mar 20: $64.32

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.

<table>
<thead>
<tr>
<th>Day, Time</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, Fri</td>
<td>9:05-10:05am</td>
</tr>
</tbody>
</table>

Fall
- Sep 17-Nov 1: $75.04
- Nov 5-Dec 20: $75.04

Winter
- Jan 7-Feb 7: $53.60
- Feb 11-Mar 20: $64.32

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

<table>
<thead>
<tr>
<th>Day, Time</th>
<th>Room</th>
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</thead>
<tbody>
<tr>
<td>Mon, Wed</td>
<td>10:15-11:15am</td>
</tr>
</tbody>
</table>

Fall
- Sep 16-Oct 30: $64.32
- Nov 4-Dec 18: $69.68

Winter
- Jan 6-Feb 5: $53.60
- Feb 10-Mar 11: $48.24

Mon, Wed
- 11:30-12:30pm

Registration starts Nov.

Osteofit For Life

<table>
<thead>
<tr>
<th>Day, Time</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue, Fri</td>
<td>9:05-10:05am</td>
</tr>
</tbody>
</table>

Fall
- Sep 17-Nov 1: $75.04
- Nov 5-Dec 20: $75.04

Winter
- Jan 7-Feb 7: $53.60
- Feb 11-Mar 20: $64.32

Winter registration starts Sunday, November 24

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

<table>
<thead>
<tr>
<th>Day, Time</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue &amp; Thu</td>
<td>8:30-9:30am</td>
</tr>
</tbody>
</table>

Sessions run: Sep 17-Dec 19 and Jan 14-Mar 12
Drop in: $7
10x pass $64.40

For further information on fitness programs, contact
Aquatic Fitness Classes

Fall: Sep 23-Dec 20  No classes Mon Oct 14, Nov 11  Winter: Jan 6-Mar 13  No classes Mon, Feb 17

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

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

Aqua Therapy Mon/Tu/Th  2:05-2:50pm
Aqua Therapy I focuses on restoring, maintaining and increasing joint range of motion and muscle strength. It will improve posture, flexibility, balance, coordination and endurance. It is suitable for those who are rehabilitating after surgery, injury or who may have a long term disability. This is an entry level class, recommended for first time participants. A doctor or therapists referral is required to participate. Held in the shallow end of the lap pool.

Aqua Therapy II Tues/Thurs  8:35-9:20am
Aqua Therapy II is a continuation of Aqua Therapy I. It follows a similar structure but moves along at a slightly faster pace and can be a great way to increase stability before surgery. It is suitable for those who have been attending Aqua Therapy for an extended period of time and may not be suitable for very frail or deconditioned participants. A doctor or therapists referral is required to participate. Held in the shallow end of the lap pool.

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

Aquafit I Wed  9:35-10:25am
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 class for those who are new to aquafit, pre/post natal and/or moving up from Aqua Therapy.

Aquafit II Mon/Wed/Fri see schedule
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.

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

Evening Aquafit*
Join us for water fitness classes that use light bounce, propulsion and suspension in shallow water. Improve your cardio, core and muscle tone with this challenging evening class. Must pre-register, drop-in allowed if space permits. Drop in Fee $8.15  10x or 30x passes not accepted.

Tue     Thu
Fall    Fall (no class Oct 31)
Sep 17-Oct 29  $46.90  Sep 19-Oct 24  $40.20
Nov 5-Dec 10  $40.20  Nov 7-Dec 12  $40.20
Winter    Winter
Jan 7-Feb 4  $33.50  Jan 9-Feb 6  $33.50
Feb 11-Mar 10 $33.50  Feb 13-Mar 12 $33.50

www.gvrec.ca 59
Top 5 Reasons We LOVE Healthy Spot!

1. We always get a treat and a smile when we come in the store.
2. They have raw, dehydrated, tinned and dry diets that taste great.
3. They carry lots of local and Canadian products.
4. They have the best natural treats, chews and bones.
5. If we don’t like it, they’ll take it back.

Healthy Spot
Pet Nutrition & Supply

www.healthyspot.ca
VERNON 200 - 3115 48th Ave - (250) 545-9000
SALMON ARM Unit 5, 1050 10th Ave SW - (250) 832-1966

See Spot Live Well
Literacy Society
of the North Okanagan

Kids who read...succeed!

Ask us about our tutoring and reading support programs!
Volunteers also welcomed!

www.literacysociety.ca
info@literacysociety.ca

#303-3402-27th Avenue, Vernon, BC
(People Place)
250.275.3117

We are a registered charity and we are here to help!
Donations to support students with their learning needs are gratefully accepted.

Welcome to the breathtaking Okanagan!

Buying or Selling Real Estate? Let me be your expert guide!

RE/MAX Vernon

Maria Besso (250) 308-1152 • mariabesso@shaw.ca • www.besso.ca
PROFESSIONAL HANDS
MASSAGE THERAPY

Put your health in our hands, so we can put it back in yours!

250.545.9594
www.prohands.ca

3600 31st St. Vernon
relief@prohands.ca

PRIEST VALLEY
PHYSIOTHERAPY & REHABILITATION

Gym Membership
$25/month

Also Available:
1 on 1 Kinesiology
Gym & Kin Packages

250.549.2552
3411 31st Avenue, Vernon
priestvalleyphysio.ca

Okanagan
BAKE HOUSE

Bakery & Pastry Shop
4509 27 Street, Vernon

Tuesday – Friday 7:30am – 5:30pm
Saturday 7:30am – 4:30pm
(236) 426-2422

- 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 ...
Booking Information

Information and inquiries:
250-550-3257
abookings@vernon.ca
www.kaltireplace.ca

Office hours:
Mon-Fri 8:30am-3:30pm

A year round multi-use facility!

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 Cattlemens’ Convention
- Xtreme Rodeo
- Bands on the Run Concert
- KRAFT Hockeyville
- BC Fire Chiefs Association Convention
- BC 55+ Games
- Loverboy / Platinum Blonde Concert
- Mascot Games
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

Indoor Walking

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

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.
Public Skating & Shinny Hockey Information

Public Skates & Drop In Shinny

For all regular season public skating and drop in shinny hockey times at Kal Tire Place please visit our website at www.kaltireplace.ca or pick up a schedule.

Drop In Shinny registration is available 24 hours in advance! You can register in person at the Recreation Centre, Kal Tire Place or online at gyrec.ca. If you pre-register, you are required to sign in at the facility once you arrive. In order to hold your spot, you must sign in a minimum of 15 minutes prior to the start time. Failure to do so may result in your spot being forfeited, with no refund issued. Once you have registered for the day, there will be no refunds given if you do not attend.

Special Skate Events at Kal Tire Place

**ProD Toonie Skate**
- Mon, Sep 23 10:30-12:00pm
- Fri, Oct 25 11:30-2:00pm
- Mon, Jan 27 10:30-12:00pm
- Fri, Feb 21 11:30-2:00pm
  - $2 per skater

**Thanksgiving Skate**
- Mon, Oct 14 10:30-12:00pm
  - $2 per skater

**Halloween Skate**
- Sun, Oct 27 5:15-6:45pm
  - $2 per skater

**Remembrance Day Skate**
- Sun, Nov 10 5:15-6:45pm
  - $2 per skater

**Skate with Santa**
- Sun, Dec 15 5:15-6:45pm
  - Come join Santa for a holiday skate! It's free!

**Family Day Skate**
- Mon, Feb 17 10:30-12:00pm
  - $2 per skater

Public Skating Rates for the Season

<table>
<thead>
<tr>
<th></th>
<th>Drop In</th>
<th>10x Pass</th>
<th>20x Pass</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Adult</strong></td>
<td>19 yrs+</td>
<td>$5.95</td>
<td>53.55</td>
</tr>
<tr>
<td><strong>Youth</strong></td>
<td>7-18 yrs</td>
<td>4.50</td>
<td>40.50</td>
</tr>
<tr>
<td><strong>Preschool</strong></td>
<td>3-6 yrs</td>
<td>1.75</td>
<td>15.75</td>
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<tr>
<td><strong>Family</strong></td>
<td></td>
<td>13.15</td>
<td>118.35</td>
</tr>
<tr>
<td><strong>Senior</strong></td>
<td>65 yrs+</td>
<td>4.50</td>
<td>40.50</td>
</tr>
<tr>
<td></td>
<td>(not applicable for shinny skates)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>All Shinny Times</strong></td>
<td></td>
<td>5.95</td>
<td>53.55</td>
</tr>
</tbody>
</table>

Outdoor Rink Youth Shinny

**Pre-registration** for Outdoor Rink Shinny is required. Players register for the appropriate shinny(s) that they are eligible to participate in. One registration will be good for the whole season.

- 5 & under-Parent & Tot: White
- 6-8 yrs: Blue
- 9-11yrs: Orange
- 12-14yrs: Silver
- 15-17yrs: Red

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

**FREE to participate!**
### Centennial Outdoor Rink
3310 37th Avenue (access off 35th Avenue)

<table>
<thead>
<tr>
<th></th>
<th>SUN</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
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</thead>
<tbody>
<tr>
<td>Public Skate</td>
<td>9:00-11:00am</td>
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<td></td>
</tr>
<tr>
<td>Senior Skate</td>
<td>11:30-12:30pm</td>
<td>18+ Shinny</td>
<td>Parent &amp; Tot Shinny (5 and under)</td>
<td>18+ Shinny</td>
<td>Senior Skate</td>
<td>18+ Shinny</td>
<td>Family Skate</td>
</tr>
<tr>
<td></td>
<td></td>
<td>12:00-1:00pm</td>
<td>12:00-1:00pm</td>
<td>12:00-1:00pm</td>
<td>12:00-1:00pm</td>
<td>12:00-1:00pm</td>
<td>10:30-12:00pm</td>
</tr>
<tr>
<td>Available to Rent</td>
<td>1:00-2:00pm</td>
<td>Closed 1-6:00pm For various Programming</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Public Skate</td>
<td>2:30-4:00pm</td>
<td></td>
<td>Public Skate 3:00-5:00pm canc Dec 10</td>
<td>Closed 1-6:00pm For various Programming</td>
<td>Public Skate 3:00-4:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parent &amp; Youth Shinny (12 &amp; Under)</td>
<td>4:30-6:00pm Parents Welcome</td>
<td>Public Skate 5:30-8:00pm</td>
<td>Public Skate 7:00-8:30pm canc Dec 10</td>
<td>9-11 Shinny 6:30-8:00pm</td>
<td>12-14 Shinny 6:30-8:00pm Parents Welcome</td>
<td>Public Skate 6:30-8:00pm</td>
<td>Public Skate 5:00-7:00pm</td>
</tr>
<tr>
<td>15-17 Shinny</td>
<td>6:30-8:00pm</td>
<td>15-17 Shinny 8:30-10:00pm</td>
<td>Private Rental 9:00-10:00pm</td>
<td>18+ Shinny 8:30-10:00pm</td>
<td>15-17 Shinny 8:30-10:00pm</td>
<td>15+ Shinny 8:30-10:00pm</td>
<td>15-17 Shinny 7:30-9:30pm</td>
</tr>
</tbody>
</table>

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

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

The Centennial Rink can be closed due to weather conditions & holiday schedules. Kal Tire Place will have occasional interruptions to public skating. For up to date schedules please call the schedule line at 250-545-4896 or 250-542-5623.

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### Kal Tire Place & Kal Tire Place North - Shinny
3445 43rd Avenue

<table>
<thead>
<tr>
<th></th>
<th>SUN</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>40+ Shinny</td>
<td>12:15-1:30pm</td>
<td>Adult Shinny 11:30-12:45pm KTPN</td>
<td>40+ Shinny 12:15-1:30pm KTPN</td>
<td>Adult Shinny 11:30-12:45pm KTPN</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Full equipment mandatory.

Visit www.kaltireplace.ca for up to date schedule.

*Shinny players please check www.gvrec.ca under Ice Programs and Drop in Adult Shinny to ensure it is running on the day you plan to attend*

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### Priest Valley Arena
3445 43rd Avenue

<table>
<thead>
<tr>
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<th>Pattern</th>
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<tbody>
<tr>
<td>60+ Shinny</td>
<td>10:45-12:00pm</td>
<td>60+ Shinny 10:45-12:00pm</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Full equipment mandatory.
<table>
<thead>
<tr>
<th>Community Organization</th>
<th>Contact</th>
<th>Phone</th>
<th>Website/Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greater Vernon Minor Hockey</td>
<td>Michelle McCrea</td>
<td>250-542-0754</td>
<td><a href="http://www.vernonminorhockey.com">www.vernonminorhockey.com</a></td>
</tr>
<tr>
<td>Halina Centre</td>
<td>Manager</td>
<td>250-542-2877</td>
<td><a href="http://www.halinacentre.com">www.halinacentre.com</a></td>
</tr>
<tr>
<td>Kees Tae Kwon Do</td>
<td>Trevor Warkentin</td>
<td>250-545-7710</td>
<td><a href="http://www.keesokanagan.com">www.keesokanagan.com</a></td>
</tr>
<tr>
<td>North Valley Gymnasticsice Society</td>
<td><a href="mailto:info@nvgym.com">info@nvgym.com</a></td>
<td>250-558-5136</td>
<td><a href="http://www.nvgym.com">www.nvgym.com</a></td>
</tr>
<tr>
<td>Okanagan Freestyle Fencing</td>
<td>Matt Clarke</td>
<td>250-306-9253</td>
<td><a href="http://www.okanaganfreestylefencing.com">www.okanaganfreestylefencing.com</a></td>
</tr>
<tr>
<td>Schubert Centre</td>
<td>Jack Gareb</td>
<td>250-549-4201</td>
<td><a href="http://www.schubertcentre.ca">www.schubertcentre.ca</a></td>
</tr>
<tr>
<td>Vernon Community Arts Centre</td>
<td>Terry Dunstan</td>
<td>250-542-6243</td>
<td><a href="http://www.vernonarts.ca">www.vernonarts.ca</a></td>
</tr>
<tr>
<td>Vernon Scottish Country Dancers</td>
<td>Ruth Hurst</td>
<td>250-545-2626</td>
<td><a href="mailto:kenruthhurst@gmail.com">kenruthhurst@gmail.com</a></td>
</tr>
<tr>
<td>Vernon Speed Skating Club</td>
<td>Karen Benn</td>
<td>250-550-5236</td>
<td><a href="mailto:vernonvortex@gmail.com">vernonvortex@gmail.com</a></td>
</tr>
</tbody>
</table>

**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!

**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
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 and
Dogwood Gym bookings
bookings@vernon.ca

Arena and Priest Valley Gym bookings
abookings@vernon.ca

Check out all our
facilities at
www.gvrec.ca

For more information call 250-545-6035 (0)
Recreation Centre Staff

www.gvrec.ca

250-545-6035 ext 0  fun@vernon.ca
Fax: 250-550-3705

Doug Ross
250-550-3687  Director, Recreation Services
recdirector@vernon.ca
Leah Walker
250-550-3673  Administration Manager
recadmin@vernon.ca
Shayne Wright
250-550-3671  Recreation Programs Manager
recreation@vernon.ca
Deb Treherne
250-550-3672  Recreation Programmer
activeliving@vernon.ca
Mike Knights
250-550-3669  Recreation Programmer
playsports@vernon.ca
Gary Lefebvre
250-550-3668  Aquatic Manager
aquatics@vernon.ca
Trevor Sproule
250-550-3670  Aquatic Leader
swimming@vernon.ca
Sandy Fellingham
250-550-3670  Aquatic Leader
learnertoswim@vernon.ca
Laura Hitchen
250-550-3670  Aquatic Leader
lifeguarding@vernon.ca
Lisa Sousa
250-550-3678  Facility Booking Clerk
bookings@vernon.ca

Kal Tire Place Staff

www.kaltireplace.ca

250-550-3257  arenabookings@vernon.ca
Fax: 250-542-5708

Stan Mitchell
250-550-3252  Arena Events and Bookings Manager
arenas@vernon.ca
Bryan Hawn
250-550-7653  Acting Recreation Facilities Manager
facility coordinator@vernon.ca
Angie Meier
250-550-3257  Facility Booking Clerk
abookings@vernon.ca
Peter Langtry
250-550-3255  Arena Food & Beverage Coordinator
foodservices@vernon.ca

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 canceled, a full refund will be provided.

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

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

Refund Policy:
All approved refunds are subject to a 10% administration fee. Refunds will be given in the way in which they were paid. Cash and cheque refunds will be paid via cheque. Please allow 3 weeks for cheque delivery.

Credits will not be carried on accounts.

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

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

First day of Fall registration for programs Sunday, August 18.
First day of Winter registration for programs Sunday, November 24.
Registration opens at 8:00am at Recreation Centre office and online www.gvrec.ca.
LEARN TO NORDIC SKI WITH SOVEREIGN LAKE NORDIC CLUB!

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

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

BUNNIES
AGES 3-5 + PARENT

JACKRABBITS
AGES 6-9

TRACK ATTACK
AGES 9-12

WINTER FIT
AGES 13-18

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

JUNIOR DEVELOPMENT
AGES 13-18

JUNIOR BIATHLON
AGES 13-18

CANADA’S LARGEST CROSS COUNTRY SKI CLUB.

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

DON’T DREAD WINTER THIS YEAR...
STAY ACTIVE WITH PROGRAMS FOR THE WHOLE FAMILY

ADULT SNOWSPORTS PROGRAMS

MASTER’S MONDAY
STARTING EVERY MONDAY
IN JANUARY - MARCH 2020
We have specifically designed this as a coed 50+ program for ability levels 4-6, allowing female and male friends to ski together in a fun-filled group. Our motto is ‘Work Hard, Play Hard!’

For the experienced skiers over 50!

LADIES DAY
STARTING EVERY TUESDAY
IN JANUARY - FEBRUARY 2020

For those who love socializing & just want to have fun!

MEN’S DAY
STARTING EVERY WEDNESDAY
IN JANUARY - FEBRUARY 2020
A great way to meet new people and bring your skiing or cross country technique to the next level.

KIDS SNOWSPORTS PROGRAMS

RIPPERS PROGRAM & CLUB
PROGRAM AND CLUB OPTIONS AVAILABLE FROM DECEMBER 2019 - MARCH 2020
A great way for your child to make new friends while improving their skiing or snowboarding, and a great way for them to stay active. These programs main focus is on skills development that lasts a lifetime in a fun and safe environment.
Programs are available for children aged 3-12 years old with a variety of options for length of program duration.

Great for all kids of any skiing/snowboarding ability!

For the active kids who love to try everything!

ADVENTURE WEEK
PROGRAM OPTIONS AVAILABLE FROM DECEMBER 2019 - MARCH 2020
For ages 4-6 and 7-12. Join us for a fun filled week of learning to ski and ride as well as enjoying all the activities SilverStar Mountain Resort has to offer; skating, tubing, snowshoeing and cross country skiing. There are so many things to do on the mountain; let us help your kids explore!

Book now and reserve your spot!
☎ 1-800-663-4431  ✉ snowsports@skisilverstar.com

skisilverstar.com