

SPRING/
SUMMER 2024

RECreation

PENTICTON

Let the
fun
begin!



RECREATION GUIDE

2024 OUTDOOR EVENTS IN PENTICTON PARKS



APRIL

- April 12–13** | Fest of Ale
- April 14** | Spring into Local Market
Presented by the Mom Market
- April 20–October 26 (Saturdays)**
Penticton Farmers' Market
- April 20–21** | Okanagan Valley
Throwdown
- April 26** | Day of Mourning

MAY

- May 4** | Punjabi Mela Festival
- May 11–12** | Duel in the Desert –
Penticton Paddle Sports
- May 12** | Blossom 8 Miler
- May 18–September 7 (Saturdays)**
Downtown Community Market
- May 26** | Slack Alley
- May 26** | Walk for Alzheimer's

JUNE

- June 2** | MegaVolt – BC Bike Race
- June 2** | Kidney Walk South Okanagan
- June 3–9** | Spring GoByBike Week
Celebration Stations
- June 6** | Penticton Early Years Fair
- June 6–8** | Ha Ha Ha KidzFest
- June 7–8** | Okanagan Super Sprints
- June 9** | Wildstone's Colours4Kids
- June 20–23** | Peach City Beach Cruise
- June 27–30** | Penticton Elvis Festival

JULY

- July 1** | Canada Day
- July 5–6** | Penticton Scottish Festival
- July 7** | Okanagan Trestles Tour
- July 7** | Peach Classic Triathlon
- July 13–14** | Okanagan Granfondo
- July 12, 19, 26, August 2 & 16**
Music in the Park
- July 20** | Art in the Park
- July 21** | Church in the Park

AUGUST

- August 7–11** | Peach Festival
- August 24–25** | IRONMAN Canada
- August 31** | International Overdose
Awareness Day



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Photography and Media Consent

On occasion, the City of Penticton may invite a photographer to visit a program. In this case, you may be asked to sign a consent form giving permission for the images to be used for promotional purposes.





REGISTRATION FOR SPRING/SUMMER 2024

Resident Registration:
WED., APRIL 24
AT 8:00 AM

Non-Resident Registration:
THU., APRIL 25
AT 8:00 AM



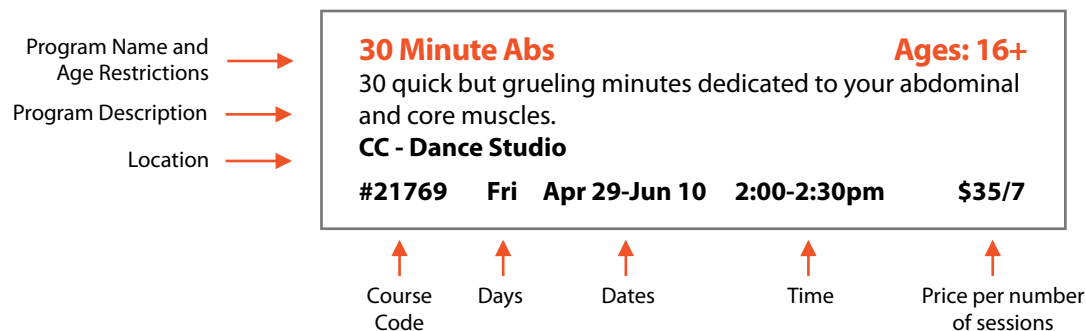
Register Online www.penticton.ca/register



Call Reception at 250-490-2426 ext. 6

How to Use This Guide

Use this diagram to see all the information needed to register for programs scheduled in this Recreation Guide.



Penticton Community Centre

325 Power Street, Penticton, BC V2A 7K9
 Phone: 250-490-2426

Refund & Withdrawal Policy

Once a program begins, prorated refunds will be issued at the time/date of notification, except for certain aquatic, day camp and adventure courses, unless accompanied by a statement from a medical doctor.

Legend

- CC** Community Centre - used in program description details
- ★ Low Cost/No Cost - see Affordable Recreation pg 4
- 📊 Low Impact - programs with low impact exercises
- 📊 High Impact - programs with high impact exercises
- 📊 High Impact Plus - programs with extra high impact exercises
- Ⓧ Drop-in - drop-in option available
- 👶 Childminding - programs that run during the childminding program

Cancellations

Programs may be cancelled due to insufficient registration, inclement weather or non-availability of facilities. If your program is cancelled, you will receive a full or pro-rated refund.

Community Centre Spring Hours May 1–June 14		
	Fitness Room & Office	Pool
Mon-Fri	6:00am–9:00pm	Visit www.penticton.ca/aquatics
Sat-Sun	8:30am–8:30pm	
Monday, May 20	OPEN 10:00am–3:00pm	
Summer Hours June 15–August 9		
	Fitness Room & Office	Pool
Mon-Fri	6:00am–8:00pm	Visit www.penticton.ca/aquatics
Sat-Sun	8:30am–3:00pm	
Monday, July 1	CLOSED	
Monday, August 5	CLOSED	
SUMMER CLOSURES		
Pool July 6 & 7 (Swim Meet)		
Fitness Room August 8 & 9 (Cleaning)		
Pool Shutdown August 10–September 2		
	Fitness Room & Office	Pool
Mon-Fri	6:00am–8:00pm	CLOSED
Sat-Sun	8:30am–3:00pm	
Monday, September 2	CLOSED	

Aquatic Centre Age Requirements

All children under the age of 7, and any child aged 7–11 who is unable to swim the length of the leisure pool (~20m), must be accompanied in the water by, and within arm's reach of, a responsible individual 16 years or older. This includes accompaniment to the top of the waterslide. The maximum recommended ratio for supervisors to children is 1 to 3.

Fitness Room Age Requirements

Individuals 12 years and under are not permitted in the Fitness Room at any time. Individuals 13–15 years are permitted to use the Fitness Room only after completion of a Fitness Room Orientation. See p. 22 for details.

! Detailed aquatic schedule can be found at www.penticton.ca/aquatics



Penticton Community Centre Admission Rates						
	Single	10 tickets/1 month	3 months	6 months	1 year	
Public Swimming						
Preschooler (6 years and under)	\$1.75	\$15.75	\$35	\$60	\$90	
Child (7-12 years)	\$5	\$45	\$110	\$190	\$295	
Youth (13-18 years)	\$6	\$54	\$130	\$220	\$340	
Adult (19-59 years)	\$7.25	\$65.25	\$160	\$275	\$440	
Senior (60-74 years)	\$6	\$54	\$130	\$220	\$340	
Super Senior (75+)	\$5	\$45	\$110	\$190	\$295	
Family*	\$18	\$162	\$395	\$685	\$1,065	
Fitness Room						
Youth (13-18 years)	\$5.25	\$47.25	\$125	\$210	\$335	
Adult (19-59 years)	\$7.50	\$67.50	\$175	\$300	\$475	
Senior (60-74 years)	\$5.25	\$47.25	\$125	\$210	\$335	
Super Senior (75+)	\$4.25	\$38.25	\$99	\$170	\$270	
Family*	\$17	\$153	\$400	\$680	\$1,090	
Fitness Room/Pool Combined						
Youth (13-18 years)	\$8.50	\$76.50	\$205	\$355	\$560	
Adult (19-59 years)	\$12	\$108	\$275	\$475	\$750	
Senior (60-74 years)	\$8.50	\$76.50	\$205	\$355	\$560	
Super Senior (75+)	\$7.50	\$67.50	\$165	\$285	\$450	
Family*	\$28	\$252	\$650	\$1,100	\$1,750	
Aquatic Fitness**	Single	10 Tickets				
Youth (16-18 years)	\$7	\$63				
Adult (19-59 years)	\$8.25	\$74				
Senior (60-74 years)	\$7	\$63				
Super Senior (75+)	\$6	\$54				

*Family is defined as a maximum of 2 parents, grandparents and/or adult guardians with children under 19 (up to a maximum of 4 children). For 1, 3, 6 and 12 month passes, all members must be residing at the same address.

**Aquatic fitness admission includes public swimming access.

No extensions or suspensions permitted on 1 month and 1 year memberships due to stats/closures. Admission rates include GST. Visit penticton.ca/register for details.



Financial Assistance

LIFE program

LIFE (Leisure Involvement For Everyone) is designed to provide free and low cost recreation opportunities through the Penticton Community Centre to residents of Penticton and Penticton Indian Band on limited family income. For more information visit www.penticton.ca/affordable-rec.

access PASS

The Penticton Community Centre Access Pass entitles persons with permanent cognitive or physical disabilities to discounts on Pool and Fitness Room memberships: For more information visit www.penticton.ca/affordable-rec.

The City aims to connect everyone to recreation and offers financial assistance and discount program opportunities to make it happen.

Find out more by calling 250-490-2426 ext. 6 or visiting www.penticton.ca/affordable-rec.



For your convenience, look for the star logo throughout this guide to identify low-or no-cost Penticton Community Centre recreation programs.



Canadian Tire Jumpstart Charities is a national charity committed to ensuring kids in need have equal access to sport and recreation. Jumpstart helps eligible families cover the costs of registration, transportation, and equipment, and provides funding to selected organizations for recreational infrastructure and programming. For more information, visit jumpstart.canadiantire.ca.



Funding is available to provide assistance to children in Penticton, the Penticton Indian Band and other surrounding areas to participate in Sport BC recognized leagues and programs. For more information contact kidsportpenticton@gmail.com.

JUMPSTART HELPS GIVE KIDS A SPORTING CHANCE



Since 2005, Canadian Tire Jumpstart Charities has removed financial barriers to play for over 1.8 million* kids.

*As of December 2018

**What kids do is up to them;
we're here to help them do it.**

The Penticton Community Centre welcomes people of all ability levels to participate at our facility. We strive to ensure everyone has access to recreation opportunities regardless of disability, race, gender, religion or income. We also understand that disabilities include wide ranges of abilities and impairments from mobility and agility related disabilities to sensory impairment and intellectual disabilities.

Accessible Aquatic Centre Features

- A universal change area with two accessible change rooms including ceiling lifts and change beds.
- Ceiling lifts with a weight capacity of 440lbs/200kg; clients need to provide their own slings.
- The primary accessible change room has a lift bed with a weight capacity of 250lbs/115kgs.
- The secondary accessible change room has a fixed bed with a weight capacity of 290lbs/135kg.
- All pools are ramped for easy access.
- Three standard wheel chairs 20" wide and 22" with a weight capacity of 350lbs/158kgs.
- One heavy duty chair 27" wide with a weight capacity of 600lbs/272kg.
- Two sling back chairs that partially recline with a weight capacity of 180lbs/81kg.



☆ Accessible Programs

Friends in Motion

All Ages

An adaptive program created for children, youth, and adults. Join us for open gym time, where you can gather and play in a non-competitive and safe environment. This program offers physical activities along with crafts, music, and more. Parent or support worker required.

CC - Gymnasium

#32281 Tue May 7-Jun 25 9:00-11:30am
\$5/visit or \$40/10

Accessible Fitness Room Features

Accessible fitness options include a collection of resistance machines, cable and functional trainer apparatus, and cardio options including:

- Ergometer
- Seated elliptical
- Recumbent bikes

Access is provided via elevator and automatic doors to the fitness room on the second floor.



Aquatic Centre

The Penticton Community Centre hosts a modern aquatic facility featuring pools treated with a chlorine/UV filtration system. This system provides a clean and comfortable swimming environment and includes the following features:


- 25m lap pool with 10 lanes
- 1m and 3m diving boards
- Leisure Pool: tot slide, spray features, lazy river
- Whirlpool, sauna, and steam room
- Accessibility features: ramps into each pool
- Waterslide



Aquatic Centre Age Requirements

All children under the age of 7, and any child aged 7–11 who is unable to swim the length of the leisure pool (~20m), must be accompanied in the water by, and within arm's reach of, a responsible individual 16 years or older. This includes accompaniment to the top of the waterslide. The maximum recommended ratio for supervisors to children is 1 to 3.

General Rules

 Take a **cleansing shower** before swimming, after using the sauna and steam room

 **Bare feet** or **clean indoor shoes** only on the pool deck

 No **food, drink** or **glass** on the pool deck/change rooms

 No **recording devices** in the change rooms

 No **water bottles** in sauna or steam room

 **Waterslide riders** must be a minimum of 1.02m (40") tall

 **Tot slide riders** must be 75cm tall

 **Lockers** are for day use only

 **Detailed aquatics schedule can be found at**
www.penticton.ca/aquatics



Lap Swimming Etiquette 101

The nature of lap swimming is dynamic and can change throughout a workout. The following guidelines will assist in making an effective and enjoyable experience for all.

1. Select a lane containing swimmers moving as closely as possible to the pace that one realistically expects to swim throughout their entire workout.
2. Keep right except to pass – no lane splitting.
3. If you are constantly passing swimmers, move up a lane. If you are constantly being passed, move down a lane.
4. Use common sense, communication and respect to share the space as best you can... no one has a right to "own" a lane.

When in doubt, talk to the people in your lane and, if all else fails, ask the lifeguard. It is not the role of a lifeguard to "police" the lanes, but they are happy to answer questions about common conventions and provide suggestions for possible solutions.





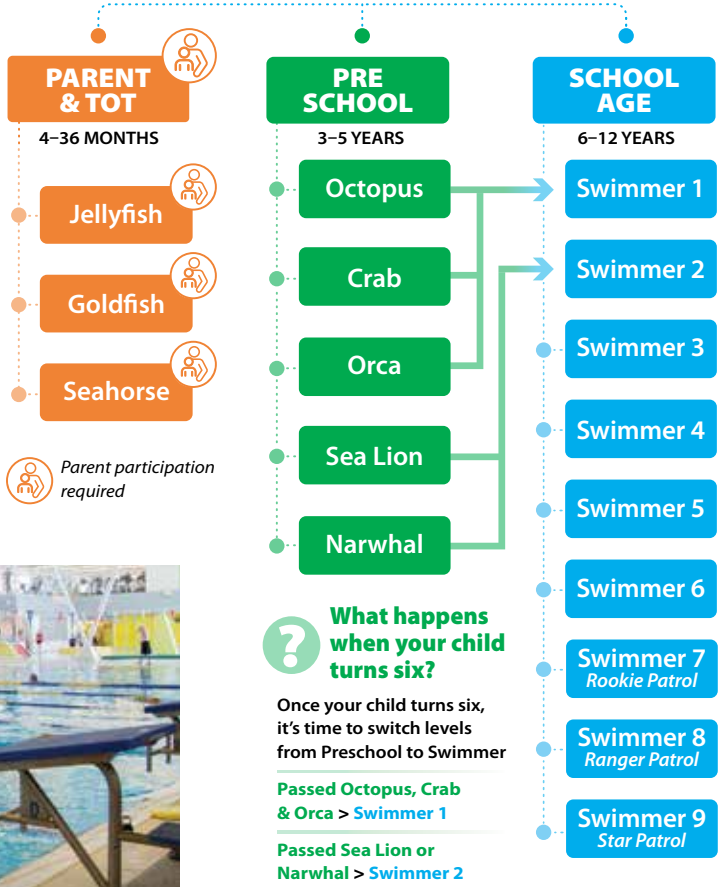
Swim Lesson Information

To help provide a safe, equitable and successful lesson experience, please follow these guidelines:

- Limit registration to one lesson set per child
- Public swimming admissions and supervision requirements apply for participants and their parents/guardians who wish to utilize the pools before, during, or after lessons (where available)
- Check in with reception staff a maximum of 10 minutes before your lesson start time
- Infants and toddlers must wear swim diapers, which are available for purchase at reception
- Registered participants must wait on the pool deck until under the direct supervision of their instructor



Program Structure





An 8-level program for children 4 months to 5 years of age

! Swim Lesson availability can be found at www.penticton.ca/register



Parent and Tot Program Ages: 4m-3yrs

Splash, splash and laugh! Water can be so much fun. You and your child will safely explore water together.



Jellyfish
Parent & Tot 1

Is 4 to 12 months old and ready to learn to enjoy the water with parent.



Goldfish
Parent & Tot 2

Is 12 to 24 months old and ready to learn to enjoy the water with parent.



Seahorse
Parent & Tot 3

Is 2 to 3 years old and ready to learn to enjoy the water with a parent.

Preschool Program Ages: 3-5yrs

Your child will learn to be a safe, confident little swimmer. Safe entries, surface support, underwater skills, and movement/swimming skills provide a strong foundation for continued learning in Swimmer levels.



Octopus
Preschool 1

Is just starting out on his or her own.



Crab
Preschool 2

Can get in and out and jump into chest-deep water assisted; float and glide on front and back; blow bubbles and get face wet.



Orca
Preschool 3

Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec.



Sea Lion
Preschool 4

Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back.



Narwhal
Preschool 5

Can do solo jumps into deep water; swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side.



A 9-level program for children 6 years and over












Swim Lesson availability can be found at www.penticton.ca/register



Swimmer Program

Ages: 6-12yrs

Your child will develop everlasting habits for healthy and active living as good swimmers. Lots of in-water practice will develop your child's solid swimming strokes and skills, with the ability to stay safe in deep water.

 <p>Swimmer 1</p>	<p>Is just starting out.</p>
 <p>Swimmer 2</p>	<p>Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath, and exhale underwater; float, kick and glide on front and back.</p>
 <p>Swimmer 3</p>	<p>Can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position; and swim 10 m on front and back.</p>
 <p>Swimmer 4</p>	<p>Can tread for 30 sec.; do kneeling dives and front somersaults; 10 m whip kick on back; and swim 15 m front crawl and back crawl.</p>
 <p>Swimmer 5</p>	<p>Can complete the Canadian Swim to Survive Standard: Roll – Tread (1 min.) – Swim (50 m); dive; swim underwater; 15 m whip kick on front; breaststroke arms with breathing; and swim front and back crawl 25 m.</p>
 <p>Swimmer 6</p>	<p>Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50 m front and back crawl; breaststroke for 25 m; sprint 25 m; interval training 4 x 50 m.</p>
 <p>Swimmer 7 Rookie Patrol</p>	<p>Can do stride entries and compact jumps; legs only surface support for 45 sec.; swim 25 m breaststroke; swim 100 m of front crawl and back crawl and a 300 m workout.</p>
 <p>Swimmer 8 Ranger Patrol</p>	<p>Preferred successful completion – Swimmer 7 (Rookie Patrol).</p>
 <p>Swimmer 9 Star Patrol</p>	<p>Preferred successful completion – Swimmer 8 (Ranger Patrol).</p>



TOTS AND FAMILY

Childminding

Ages: 1m-6yrs

Looking for a little you time? Our childminding service is available to participants of Community Centre programs or activities. Send your child with a drink and a nutritious snack. No nuts please.

*No sessions May 16, 17 & 20

CC - Childminding Room

Mon-Fri May 6-Jun 28 9:00-10:30am \$4.25/visit
 Mon-Fri May 6-Jun 28 10:30am-12:00pm \$4.25/visit

☆ D Tumble Bees

Ages: 1-5

An unstructured tumble time to help your child develop confidence and independence. With parents assistance tots will have fun exploring the gym and going through different obstacle courses learning basic tumbling and motor skills.

CC - Gymnasium & Room 2

Thu May 2-Jun 27 9:00-11:00am \$6/visit
 Thu Jul 4-Aug 29 9:00-11:00am \$6/visit

ARTS

Mini Doodlers

Ages: 3-5

Youngsters will develop a foundation in visual arts while being provided with creative freedom to explore. Your child will experiment with finger-painting, abstract art, collage, and clay modeling. End the session with song, movement, storytelling, and play! Parent participation required.

CC - Room 4

#32309 Wed May 8-May 29 9:30-10:15am \$69/4
 #32310 Wed Jun 5-Jun 26 9:30-10:15am \$69/4

EDUCATION

Tiny Musicians

Ages: 2-4

In this interactive parented class, children will be immersed in a sensory-rich musical experience where they can learn to sing songs, clap in rhythm, and play musical instruments. Classes offer a variety of fine and gross motor exploration with fun props and instrument play.

*No session Aug 23

CC - Room 3

#32380 Fri Jun 7-Jun 28 4:30-5:00pm \$55/4
 #32381 Fri Jul 5-Jul 26 4:30-5:00pm \$55/4
 #32382 Fri Jul 5-Jul 26 5:15-5:45pm \$55/4
 #32383 Fri Aug 2-Aug 30 4:30-5:00pm \$55/4
 #32384 Fri Aug 2-Aug 30 5:15-5:45pm \$55/4

SPORT

Acro Jr.

Ages: 3-5

An introduction to the FUN-damentals of gymnastics. Your child can join us to start building on their gross motor skills in the gymnasium. Parent involvement may be required.

CC - Gymnasium North

#32311 Wed May 8-Jun 5 2:30-3:15pm \$65/5
 #32312 Wed Jun 12-Jul 10 2:30-3:15pm \$65/5
 #32313 Wed Jul 17-Aug 14 2:30-3:15pm \$65/5

ABC GymKidz

Ages: 3-5

At ABC GymKidz, children will get to explore FUN-damental gymnastics skills, as well as do crafts, read stories, and play games. Parents are welcome to stay and join in the fun too!
 *No session May 20

CC - Gymnasium North & Dance Studio

#32364 Mon May 6-Jun 3 9:00-10:30am \$79/4
 #32851 Mon May 6-Jun 3 10:30am-12:00pm \$79/4
 #32369 Mon Jul 8-Jul 29 9:00-10:30am \$79/4
 #32370 Mon Aug 12-Aug 26 9:00-10:30am \$59/3
 #32852 Mon Aug 12-Aug 26 10:30am-12:00pm \$59/3

Birthday Party Packages



Host up to 20 people in our party room. You will be provided with 4 tables and 20 chairs and a blank slate to host your perfect birthday bash. Bring your own decorations, food, drinks, plates and utensils. Choose to add on a public swim to round out your event – regular admission applies.

Maximum attendance is 20 people. An adult/child ratio of 10:1 is recommended.

CC - Room 2
Sat or Sun
9:00-11:00am or 12:00-2:00pm
\$40 + insurance



Contact our Recreation Coordinator if you have any questions
250-490-2421

CHILDREN

ART

Sketch Starters for Children

Ages: 7-9

If you are wanting to explore drawing, come and join our fun class. It's perfect for beginners who love to draw, or want to learn more. Using different material such as pencils and markers, you can let your creativity soar and produce awesome art. The class is just about drawing, and we'll make sure each lesson fits you perfectly, no matter if you're just starting out, or already a pro. If you're ready to learn, explore, and love to listen, this class is for you!

CC - Room 7

#32577	Wed	May 8–May 29	4:00-5:00pm	\$69/4
#32578	Wed	Jun 5–Jun 26	4:00-5:00pm	\$69/4
#32579	Wed	Jul 3–Jul 24	4:00-5:00pm	\$69/4



Sketch Starters for Children

Ages: 10-12

If you are wanting to explore drawing, come and join our fun class. It's perfect for beginners who love to draw or want to learn more. Using different material such as pencils and markers, you can let your creativity soar and produce awesome art. The class is just about drawing, and we'll make sure each lesson fits you perfectly, no matter if you're just starting out, or already a pro. If you're ready to learn, explore, and love to listen, this class is for you!

CC - Room 7

#32580	Wed	May 8–May 29	5:15-6:15pm	\$69/4
#32581	Wed	Jun 5–Jun 26	5:15-6:15pm	\$69/4
#32582	Wed	Jul 3–Jul 24	5:15-6:15pm	\$69/4

Acrylic on Canvas for Kids

Ages: 8-14

Bring your artistic curiosity, along with a printed picture you wish to bring to life, and prepare to draw, and paint it on a 16"x20" canvas with acrylic paints.

CC - Room 2

#32534	Thu	May 2–May 16	4:15-5:15pm	\$55/3
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Conté as a Medium for Kids

Ages: 8-14

Join us in using the masters as inspiration, copying examples of their work with Conté (similar to dry pastel).

CC - Room 2

#32535 Thu May 23 4:15-5:15pm \$25

Miniature Pen Sketches for Kids

Ages: 8-14

Join us for this fun, nautical themed drawing session, where we will create a miniature sketches with black pen.

CC - Room 2

#32536 Thu May 30 4:15-5:15pm \$25

Acrylic on Canvas for Kids – Pop Art

Ages: 8-14

Join us for this colourful pop art style painting class where we will be painting on a 16"x20" acrylic canvas. Mushrooms will be the inspiration for this abstract painting.

CC - Room 2

#32537 Thu Jun 6-Jun 13 4:15-5:15pm \$39/2

Wet Chalk on Cardboard for Kids

Ages: 8-14

Join us for this exciting session, where we will recreate a still life drawing using creamy chalk on a black background.

CC - Room 2

#32538 Thu Jun 20 4:15-5:15pm \$25

City Skyline for Kids

Ages: 8-14

Bring your imagination, and join us to create a city skyline with multi-media art materials, such as: cardstock cut-outs, and tissue paper.

CC - Room 2

#32540 Thu Jun 27 4:15-5:15pm \$25

Sketching With Dry Pastel for Kids

Ages: 8-14

In this art session, join us and challenge yourself by using different techniques to sketch real fruit with dry pastel.

CC - Room 2

#32542 Thu Jul 4 4:15-5:15pm \$25

Bushmen Drawings on Textured Paper for Kids

Ages: 8-14

Join us for this exciting art session where we will be learning about the history of cave drawings - we will then create Bushmen drawings on textured paper.

CC - Room 2

#32543 Thu Jul 11 4:15-5:15pm \$25

Charcoal Exploration for Kids

Ages: 8-14

In this session, you will have the opportunity to stretch the imagination and warp a few objects - Then use charcoal to capture the idea!

CC - Room 2

#32544 Thu Jul 18 4:15-5:15pm \$25

Watercolour and Ink Exploration for Kids

Ages: 8-14

During these classes, you will have the opportunity to create a masterpiece by combining watercolour, ink, and pen. We will aim to create a background, a tree, and an owl on watercolour paper.

CC - Room 2
#32545 Thu Jul 25-Aug 1 4:15-5:15pm \$39/2

Plasticine on Canvas for Kids

Ages: 8-14

Have you ever wondered how Plasticine can be used as a way of creating a landscape picture on canvas? Join us in this session, where you will have the creative freedom to bring your imagination to life!

CC - Room 2
#32547 Thu Aug 8 4:15-5:15pm \$25

Oil Pastel: Landscape with Patterns for Kids

Ages: 8-14

If you enjoy colours, doodling, and using your imagination, this class is just for you. We will be drawing landscapes with patterns, using colourful Oil Pastels to bring our imaginations to life.

CC - Room 2
#32548 Thu Aug 15 4:15-5:15pm \$25

Self Portrait with Shapes for Kids

Ages: 8-14

Come and join us for a fun, creative opportunity, and let your imaginations run wild. We will be creating an abstract self-portrait, using lots of different shapes.

CC - Room 2
#32549 Thu Aug 22 4:15-5:15pm \$25

Life Drawing for Kids

Ages: 8-14

Come and join us for a unique, and fun art session where we will create real life drawing. Sketches will range from 5 minutes to 20 minutes.

CC - Room 2
#32550 Thu Aug 29 4:15-5:15pm \$25

GENERAL INTEREST

☆ D Loonie Gym

Ages: 5-12

Nothing to do after school? Drop in for some dodgeball, hoops, badminton, floor hockey and gym games of all sorts. It only costs a loonie!

*No session May 20

CC - Gymnasium
Mon May 6-Jun 24 3:00-4:45pm \$1/visit

SPORTS

Acro Kidz

Ages: 5-7

For kids who love to be upside down and learn how to do rolls, cartwheels, handstands, and a whole bunch more!

CC - Gymnasium North
#32314 Wed May 8-Jun 5 3:15-4:15pm \$65/5
#32315 Wed Jun 12-Jul 10 3:15-4:15pm \$65/5
#32317 Wed Jul 17-Aug 14 3:15-4:15pm \$65/5

Acro Kidz Advanced

Ages: 8-12

Designed for students who have mastered the basics such as cartwheels, bridge, handstands, and chin-up holds, your child will advance their gymnastic skills.

CC - Gymnasium North
#32324 Wed May 8-Jun 5 4:15-5:15pm \$65/5
#32327 Wed Jun 12-Jul 10 4:15-5:15pm \$65/5
#32328 Wed Jul 17-Aug 14 4:15-5:15pm \$65/5

Acro-Tumble Explorers

Ages: 6-16

Acro-Tumble Explorers will give children, dancers, and gymnasts the opportunity to explore a variety of basic to advanced skills. Children will be able to work on their balance, co-ordination, and rhythm in a fun and friendly environment. No prerequisites for beginners. Intermediate prerequisites: vertical handstand, cartwheel, bridge kick-over, round-off, 3/4 splits.

CC - Room 7
Beginner **Ages: 6-9**
#32371 Tue May 7-Jun 4 3:30-4:30pm \$69/5
#32372 Tue Jun 11-Jul 9 3:30-4:30pm \$69/5
#32373 Tue Jul 16-Aug 13 3:30-4:30pm \$69/5

Intermediate **Ages: 9-16**
#32376 Tue May 7-Jun 4 4:45-5:45pm \$69/5
#32377 Tue Jun 11-Jul 09 4:45-5:45pm \$69/5
#32378 Tue Jul 16-Aug 13 4:45-5:45pm \$69/5

Penticton Gym Stars

Ages: 6-16

A fun gymnastics program for anyone 6 years and older who wants to learn, and practice basic gymnastics and tumbling, as well as work on skill progression. We will hold a group performance at the end of the program for any family and friends. No prerequisite for beginners. Intermediate-Advanced prerequisites - front roll, cartwheel, bridge, partial handstand. *No session Aug 9

CC - Gymnasium North
Beginner **Ages: 6-9**
#32329 Fri May 3-Jul 5 3:15-4:15pm \$149/10
#32330 Fri Jul 12-Aug 30 3:15-4:15pm \$105/7

Advanced **Ages: 9-16**
#32341 Fri May 3-Jul 5 4:20-5:50pm \$225/10
#32342 Fri Jul 12-Aug 30 4:20-5:50pm \$155/7

DAY CAMPS

Keeners

Ages: 6-12

Before and after care for children registered in Community Centre day camp programs. Your child will experience passive activities such as card games, board games, coloring and more which will help your child transition to and from their main day camp program.

CC - Room 4

Mon-Fri

\$29/5 day camp | \$23/*4 day camp

AM Keeners

8:00-9:00am

PM Keeners

4:00-5:00pm

CC Summer Day Camp

Ages: 6-12

Campers will enjoy games, sports, and crafts all based around the theme of the week! Each week is packed full of adventure, out trips, and creating lifelong friendships and memories.

CC - Gymnasium

Mon-Fri

9:00am-4:00pm

\$159/5 day camp | \$129/*4 day camp

#32467	Tue-Fri	*Nature Explorers	Jul 2-Jul 5
#32468	Mon-Fri	Brilliant Scientists	Jul 8-Jul 12
#32473	Mon-Fri	School of Magic	Jul 15-Jul 19
#32474	Mon-Fri	Splash-Topia	Jul 22-Jul 26
#32475	Mon-Fri	Make it Messy	Jul 29-Aug 2
#32476	Tue-Fri	*Around the World	Aug 6-Aug 9
#32477	Mon-Fri	Inventors & Engineers	Aug 12-Aug 16
#32479	Mon-Fri	Summer Olympics	Aug 19-Aug 23
#32480	Mon-Fri	Time Travellers	Aug 26-Aug 30



PYP Skate Camp

Ages: 6-13

Your child will practice their skateboarding skills with clinic-style instruction and finish off the week with a mini-competition. Participants must bring their own skateboard to use each day. Proper helmets are mandatory. Knee and elbow pads are highly recommended.

Penticton Youth Park

#32565	Mon-Fri	Jul 8-Jul 12	9:00am-12:00pm	\$89/5
#32566	Mon-Fri	Jul 15-Jul 19	9:00am-12:00pm	\$89/5
#32567	Mon-Fri	Jul 22-Jul 26	9:00am-12:00pm	\$89/5
#32568	Mon-Fri	Jul 29-Aug 2	9:00am-12:00pm	\$89/5
#32569	Mon-Fri	Aug 12-Aug 16	9:00am-12:00pm	\$89/5
#32570	Mon-Fri	Aug 19-Aug 23	9:00am-12:00pm	\$89/5
#32571	Mon-Fri	Aug 26-Aug 30	9:00am-12:00pm	\$89/5

SUP Explorers Camp

Ages: 8-12

In partnership with Glow SUP Adventures

Campers will learn the basics of stand-up paddle boarding. Experience balance, control, steering paddle etiquette, and water safety. Campers will participate in paddle races, beach challenges, water games, relays, swimming, and much more. At the end of the camp, paddlers will have the skills and confidence needed to continue paddling all summer long.

Sudbury Beach

#32524	Mon-Fri	Jul 8-Jul 12	9:00am-12:00pm	\$275/5
#32525	Mon-Fri	Jul 15-Jul 19	9:00am-12:00pm	\$275/5
#32526	Mon-Fri	Jul 22-Jul 26	9:00am-12:00pm	\$275/5
#32527	Mon-Fri	Jul 29-Aug 2	9:00am-12:00pm	\$275/5
#32528	Tue-Fri	Aug 6-Aug 9	9:00am-12:00pm	\$220/4
#32529	Mon-Fri	Aug 12-Aug 16	9:00am-12:00pm	\$275/5



Intro to Golf

In partnership with Penticton Golf and Country Club

Your child will develop the basic skills, etiquette, fundamentals and foundations needed to play golf. This camp is the perfect start to develop a lifelong love of the game! Friday's include lunch.

Penticton Golf and Country Club

Eagle Golfers

Ages: 6-9

#32551	Mon/Wed Fri	Jul 8-Jul 12	1:00-2:30pm 1:00-3:00pm	\$135/3
#32552	Mon/Wed Fri	Jul 29-Aug 2	1:00-2:30pm 1:00-3:00pm	\$135/3
#32968	Mon/Wed Fri	Aug 5-Aug 9	1:00-2:30pm 1:00-3:00pm	\$135/3
#32553	Mon/Wed Fri	Aug 19-Aug 23	1:00-2:30pm 1:00-3:00pm	\$135/3

Albatross Golfers

Ages: 10-13

#32554	Mon/Wed Fri	Jul 8-Jul 12	3:00-4:30pm 3:00-5:00pm	\$135/3
#32555	Mon/Wed Fri	Jul 29-Aug 2	3:00-4:30pm 3:00-5:00pm	\$135/3
#32969	Mon/Wed Fri	Aug 5-Aug 9	3:00-4:30pm 3:00-5:00pm	\$135/3
#32556	Mon/Wed Fri	Aug 19-Aug 23	3:00-4:30pm 3:00-5:00pm	\$135/3





Sportball

Keep your child moving and engaged!

All games, activities, and instructions have a purpose and expected outcome. The goal is to build your child's confidence, competence and Physical Literacy.

Spring/Summer 2024

Bambino Field

Multi-Sport

Thu, Apr 18-Jun 20

9:00-9:30am	Ages: 16m-2yrs (Parented)	\$170
9:30-10:15am	Ages: 2-3.5 (Parented)	\$170
10:15-11:15am	Ages: 3.5-5 (drop off)	\$170

Thu, Jul 4-Aug 29

9:00-9:30am	Ages 16m-2yrs (Parented)	\$153
9:30-10:15am	Ages: 2-3.5 (Parented)	\$153
10:15-11:15am	Ages: 3.5-5 (drop off)	\$153

Queen's Park Field

Soccer and T-Ball

Sat, Apr 20-Jun 22 *No Session May 18

1:15-2:15pm	Ages: 6-9 (drop off)	\$162
2:15-3:00pm	Ages: 3.5-5 (drop off)	\$153
3:00-3:45pm	Ages: 2-3.5 (Parented)	\$153
3:45-4:30pm	Ages: 3.5-5 (drop off)	\$153
4:30-5:15pm	Ages: 3.5-5 (drop off)	\$153

Sat, Jul 6-Aug 24 *No Session Aug 3

1:15-2:15pm	Ages: 6-9 (drop off)	\$126
2:15-3:15pm	Ages: 3.5-5 (drop off)	\$126
3:15-4:00pm	Ages: 2-3.5 (Parented)	\$126
4:00-5:00pm	Ages: 3.5-5 (drop off)	\$126

Register at www.sportball.ca

Family Play Time

Explore, Create, Imagine and Play in a welcoming & inclusive environment for children 0-6 years and their grown-ups. Connect with others and learn about valuable resources and support networks in your community.



Family Playtime

Tuesday - Friday
9:15am - 11:45am

Mom & Baby Social

(0-12 months)
Monday
9:30am - 11:00am



Sign up for free sessions


familyplaytime.eventbrite.com
and click on Events



Penticton Community Centre
375 Power Street - Room 1



(250) 801-7852



dana.chapman@ymcasibc.ca



Penticton YMCA
Early Years Community



[www.ymcasibc.ca/
familyplaytime](http://www.ymcasibc.ca/familyplaytime)



ARTS

Beginner Tattoo Art Design for Teens

Ages: 13-15

Bring your creative and artistic mind, you are invited to embark on a structured journey through the world of tattoo design. Led by experienced tattoo artist Kat Cleland, participants will explore unconventional drawing mediums to unlock their artistic potential and engage in the full tattoo design process. From initial sketches to refining structures and creating outlines or stencils, our focus is on foundational design principles, ensuring accessibility and enjoyment for all skill levels.

*No sessions May 20, Aug 5

CC – Room 3

#32583	Mon	May 6-Jun 17	4:00-5:00pm	\$109/6
#32584	Mon	Jul 8-Aug 19	4:00-5:00pm	\$109/6

Beginner Tattoo Art Design for Teens

Ages: 16-18

Bring your creative and artistic mind, you are invited to embark on a structured journey through the world of tattoo design. Led by experienced tattoo artist Kat Cleland, participants will explore unconventional drawing mediums to unlock their artistic potential and engage in the full tattoo design process. From initial sketches to refining structures and creating outlines or stencils, our focus is on foundational design principles, ensuring accessibility and enjoyment for all skill levels.

*No sessions May 20, Aug 5

CC – Room 3

#32585	Mon	May 6-Jun 17	5:15-6:15pm	\$109/6
#32586	Mon	Jul 8-Aug 19	5:15-6:15pm	\$109/6

FITNESS

Teen Nutrition & Fit Club

Ages: 12-19

Teens will get a chance learning to prep and taste a healthy snack each session followed by a light exercise routine among their peers. A great program to get teens started on the path of learning the important components towards living a healthy lifestyle.

CC - Room 4

#32666	Wed	May 8-Jun 12	5:30-7:00pm	\$72/6
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Saturday Night Strength

Ages: 16+

Build muscle and strength through a full body weightlifting circuit using the equipment in our fitness room. Can be adjusted for any fitness level.

CC - Fitness Room

#32518	Sat	May 4-May 18	4:00-5:00pm	\$27/3
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Teen Strength & Conditioning

Ages: 13-18

A weekly fitness room program for teens to learn and progress their skills in the weight room. Great for athletes and non-athletes alike. Teens can do their own thing or work with an experienced trainer on hand to guide participants with exercise form, new exercise techniques and answer any fitness related questions.

CC - Fitness Room

#32508	Thu	May 2-May 23	4:15-5:15pm	\$36/4
#32510	Thu	Jun 13-Jun 27	4:15-5:15pm	\$27/3





OUTDOOR ADVENTURE

Teen Rock Climbing Sampler **Ages: 13-18**
In partnership with Skaha Rock Adventures

You will experience the thrill of rock climbing and rappelling, learning the basic fundamentals of top-rope climbing under the tutelage of an experienced, ACMG guide. All technical equipment provided. Presented by Skaha Rock Adventures.

Skaha Bluffs Parking Lot
#32520 Mon-Wed Jul 1-Jul 3 8:00am-3:00pm \$395/3

Paddleboard Bootcamp **Ages: 16+**
In Partnership with Glow SUP Adventures

Practice the balance and maneuverability of paddleboarding with the heart pumping, muscle building of a bootcamp workout on the pristine waters of Skaha Lake.

Sudbury Beach
#32669 Mon Jun 3-Jul 22 8:00-9:00am \$232/8

Stand-Up Paddleboard Basics **Ages: 16+**
In Partnership with Glow SUP Adventures

An awesome way to learn to stand, paddle and stay safe while paddling on the lake. While having fun, you will be led through your 1 hour lesson with 30 minutes extra time to practice on your own.

Sudbury Beach

#32472	Wed	Jul 10	6:00-7:30pm	\$45
#32484	Wed	Jul 17	6:00-7:30pm	\$45
#32485	Wed	Jul 24	6:00-7:30pm	\$45
#32486	Wed	Jul 31	6:00-7:30pm	\$45
#32487	Wed	Aug 7	6:00-7:30pm	\$45
#32488	Wed	Aug 14	6:00-7:30pm	\$45

MINDFULNESS AND EDUCATION

Becoming You **Ages: 12-16**

Discovering how to become the person you are without the fear, doubts, and worry holding you back. These sessions will give you the opportunity to discover you, the thoughts that limit you, and what you can do to change it and become the you, you want to be.

CC - Room 3
#32573 Sat May 18-Jul 20 2:00-3:30pm \$169/10

Dealing with Climate Anxiety **Ages: 13+**

In a group setting, you will work with a climate-aware therapist who specializes in helping people live more comfortably with their climate-awareness through diverse methods, practices and strategies that you can share with your family and community.

CC - Room 3
#32607 Tue May 21-Jun 18 6:00-7:15pm \$72/5

Heroic: The Social Training Platform **Ages: 16+**

Heroic is a social training platform that integrates ancient wisdom, modern science, and world-class, scientifically proven behavioral design tools to help you show up as the best, most Heroic version of yourself. Founded by Brian Johnson, who has worked successfully with top entrepreneurs, business people and professional athletes, the class is run by a certified coach who will guide you to help you flourish in Energy, Work, and Love.

CC - Room 3
#32587 Wed May 1-Jun 19 5:15-6:30pm \$144/8

FAMILY RECREATION

Summer Nights Roller Disco **Ages: 8+**

A summer night at the roller disco was peak civilization and now you can relive the fun with this short series happening once each month for the summer. Roller skates and disco only, these will be nights to remember. In partnership with Penticton Roller Skate who will also provide the skates.

McLaren Arena

#32610	Sat	Jun 1	7:00-9:00pm	\$24
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Penticton Trade and Convention Centre

#32667	Sat	Jul 20	7:00-9:00pm	\$24
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Penticton Trade and Convention Centre

#32668	Sat	Aug 17	7:00-9:00pm	\$24
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Youth Week
 British Columbia • May 1 - 7

**Youth
 Ride Free
 (Transit)**
 Just say you are a
 youth!

2024

**Sports, swimming,
 prizes & more!**



For more information contact www.foundrybc.ca/penticton



• F O U N D R Y •

PENTICTON

What are we?

Free and Confidential Services for
Young people 12 to 24 years old
and their Caregivers/supports

Book Your Appointments
Walk-ins welcome
Tues, Thursday 3–5 pm
Wednesday 4–6 pm

- Want to talk to a counsellor?
- Want to see a doctor?
- Need to talk to someone who has lived or living experience?
- Looking for employment & education?
- Need someone to advocate for you?
- Want to talk about substance use?
- Need hygiene or clothing items?
- Want 2SLGBTQIA+ supports & connections?
- Want to talk about sexual health?



**NOT SURE
WHAT YOU
NEED?
COME BY AND
TALK WITH US!
WE'LL WORK
TOGETHER TO
HELP
DETERMINE
WHAT IS RIGHT
FOR YOU.**

We have you covered!

P: 778-646-2292

T: 250-809-8473

E: Foundrypenticton@oneskycommunity.com

W: foundrybc.ca



Foundry_Penticton



Foundry Penticton

501 MAIN ST
PENTICTON
BC V2A 5C6



Fitness Room Equipment

Experience a collection of resistance machines, cable and functional trainer apparatus, and cardio options including:

- Cardio machines– rowers, elliptical, recumbent bikes, upright bikes, spin bikes, treadmills, ski erg and air bike
- Bars, bells and balls – free weights, kettle bells, slam balls, and medicine balls
- Circuit weights • Plyometric boxes • Weight sled • Resistance bands and battle ropes

Fitness Room Age Requirements

- Individuals 12 years and under are not permitted in the Fitness Room at any time.
- Individuals 13-15 years are permitted to use the Fitness Room only after completion of a Fitness Room Orientation.

Fitness Room Orientations

Ages: 13+

A certified personal trainer will take you one-on-one through the ins and outs of the Fitness Room including: proper etiquette, how to use all equipment safely, helpful tips, exercise form and some examples of exercises related to your personal fitness goals.

To book a Fitness Room Orientation contact joshua.bibbs@penticton.ca.

\$22/person or \$32/couple



For additional information about the Fitness Room, please visit www.penticton.ca/fitnessroom

Fitness Room Admission Rates

	Single	10 tickets/ 1 month	3 months	6 months	1 year
Fitness Room					
Youth (13-18 years)*	\$5.25	\$47.25	\$125	\$210	\$335
Adult (19-59 years)	\$7.50	\$67.50	\$175	\$300	\$475
Senior (60-74 years)	\$5.25	\$47.25	\$125	\$210	\$335
Super Senior (75+)	\$4.25	\$38.25	\$99	\$170	\$270
Family**	\$17	\$153	\$400	\$680	\$1,090
Fitness Room/Pool Combined					
Youth (13-18 years)*	\$8.50	\$76.50	\$205	\$355	\$560
Adult (19-59 years)	\$12	\$108	\$275	\$475	\$750
Senior (60-74 years)	\$8.50	\$76.50	\$205	\$355	\$560
Super Senior (75+)	\$7.50	\$67.50	\$165	\$285	\$450
Family**	\$28	\$252	\$650	\$1,100	\$1,750

No extensions or suspensions permitted on 1 year memberships. Prices include GST.

*All youth ages 13-15 must complete a Fitness Room Orientation prior to using the Fitness Room.

**Family is defined as a maximum of 2 parents, grandparents and/or adult guardians with children under 19 (up to a maximum of 4 children). For 1, 3, 6 and 12 month passes, all members must be residing at the same address.



Personal Fitness Training

Ages: 13+

Our motivational trainers are certified physical fitness and conditioning experts. They are athletes with extensive experience in sports and triathlon racing. Whether you're a beginner, intermediate, or looking for specialized sport-specific training, we can assist you in your wellness journey and help you achieve your goals. Whatever your fitness level or aspirations are, our team is dedicated to helping you run faster, jump higher, and finish that race sooner. Let us help you take your passion to new heights and achieve your full potential.

Beginners and intermediates: the focus will be on creating your motivational plan that pushes you toward your goals and also reduces the risk of injury. Our experienced professional trainers commit to understanding your individual needs. You'll gain valuable fitness room knowledge that will guide you toward your personalized health objectives.

Sports enthusiasts: your training program will be designed to increase strength, stamina, and the recruitment of fast-twitch muscle fibers for explosive play. Your workout will be tailored to enhance your athletic performance, helping you reach new levels of agility and power on the field or court.

Triathletes: we specialize in improving coordination, mobility, and increasing your VO2 max and cardiovascular performance. Our training focuses on injury prevention and maintenance, ensuring you stay at the top of your game while avoiding setbacks.

To book Personal Fitness Training contact joshua.bibbs@penticton.ca

\$48/session or \$450/10 sessions



Sonya

Sonya is a Personal Trainer with over 15 years experience training clients one-on-one and in group formats.

She has a competitive side and an extensive athletic resume which includes gymnastics, soccer, downhill slalom, track & field and triathlon.

She was also a member of Team Canada for the 2017 World Championship Multisport Festival here in Penticton.

BCRPA Certified in Personal Training, Weight Training, Group Fitness, Triathlon Coaching, Indoor Cycling, and TRX, Sonya enjoys training clients of all different ages and abilities and is also a popular dryland conditioning coach for sports teams. Some of her favorite classes to teach are TRX, Indoor Cycling, Abs-Butt & Thighs, and HIIT. Her philosophy is to create a fun and welcoming environment for clients to develop and achieve their health and fitness goals, whatever they may be.

Whether you are new and just starting your fitness journey, a weekend warrior or an elite athlete, contact me today and together we can reach your goals!

"To love what you do and know that it matters, how could anything be more fun?"

Richie



Richie grew up in England playing every sport available to him. Passionate about all things active, he played soccer to a high level before specialising in field hockey and playing varsity. After university, he switched to sailing and represented GBR before another

switch took him to triathlon. Finally, a sport stuck that kept him entertained and tested his endless energy! He has been fortunate enough to travel all over the world for triathlon races, including the Ironman World Championships and racing the European Championships for GBR.

His career has taken a few twists and turns along the way (ask him about it), but now he is a NASM Certified Personal Trainer at the Community Centre. Along with other certifications in TRX, Triathlon Coaching, Mobility etc, he has the ability to tailor the right session for you. He combines his education with his own personal experience to guide you through your own fitness journey. He is experienced working with people recovering from injuries as well as people that want to push themselves to the very limit.

He will always bring a smile to your sessions and aims to make the gym as fun as possible (always be ready for a special challenge!). Whether you are just getting started and want a supportive hand or want to be pushed as hard as he pushes himself, he will find the right sessions for you.



Custom Nutrition Plans

If you're ready to take your health journey to the next step, it may be time to work with our certified nutritionist to build a custom meal plan that fits your specific needs and helps you reach your goals!

You will be provided with

- A personalized nutrition plan
- Simple education
- Recipes ▪ Accountability

\$249
PER PLAN



Fitness Plans

The Community Centre's experienced fitness professionals will work with you to design a three-month program that is specifically catered to your life, goals and needs.

Included in Plan

- One Fitness Room orientation
- Three Fitness Room drop-ins

\$199
PER PLAN

Visit www.penticton.ca/fitnessroom to learn more and get started!

Join our Corporate & Group Pass Program



Businesses, organizations, and groups may take advantage of this program to receive discounted rates through purchasing several passes at one time.

Eligibility

- Participation of a minimum of 6 individuals
- Discounts off monthly passes only (1, 3, 6, and 12)
- Eligible passes are for Fitness Room, Pool, Fitness Room/Pool Combo

Discounts

- **15%** for groups of 6-10 people
- **20%** for groups of 11-24 people
- **25%** for groups of 25+ people



Call 250-490-2426 for more information

ART

Acrylic on Canvas**Ages: 15+**

Bring your artistic curiosity, along with a printed picture you wish to bring to life, and prepare to draw, and paint it on a 16X20" canvas with acrylic paints.

CC - Room 2

#32224 Thu May 2-May 16 5:30-7:30pm \$95/3

Conté as Medium**Ages: 15+**

Join us in using the masters as inspiration, copying examples of their work with Conté (similar to dry pastel).

CC - Room 2

#32223 Thu May 23 5:30-7:30pm \$40

Miniature Pen Sketches**Ages: 15+**

Join us for this fun, nautical themed drawing session, where we will create miniature sketches with black pen.

CC - Room 2

#32855 Thu May 30 5:30-7:30pm \$40

Acrylic On Canvas - Pop Art**Ages: 15+**

Join us for this colourful pop art style painting class where we will be painting on a 16" x 20" acrylic canvas. Mushrooms will be the inspiration for this abstract painting.

CC - Room 2

#32225 Thu Jun 6-Jun 13 5:30-7:30pm \$70/2

Wet Chalk on Cardboard**Ages: 15+**

Join us for this exciting session, where we will recreate a still life drawing using creamy chalk on a black background.

CC - Room 2

#32226 Thu Jun 20 5:30-7:30pm \$40

City Skyline**Ages: 15+**

Bring your imagination, and join us to create a city skyline with multi media art materials, such as: cardstock cut-outs, and tissue paper.

CC - Room 2

#32227 Thu Jun 27 5:30-7:30pm \$40

Sketch with Dry Pastel**Ages: 15+**

In this art session, join us and challenge yourself by using different techniques to sketch real fruit with dry pastel.

CC - Room 2

#32228 Thu Jul 4 5:30-7:30pm \$40

**Bushmen Drawings on Textured Paper****Ages: 15+**

Join us for this exciting art session where we will be learning about the history of cave drawings - we will then create Bushmen drawings on textured paper.

CC - Room 2

#32229 Thu Jul 11 5:30-7:30pm \$40

Charcoal Exploration**Ages: 15+**

In this session, you will have the opportunity to stretch the imagination and warp a few objects - Then use charcoal to capture the idea!

CC - Room 2

#32230 Thu Jul 18 5:30-7:30pm \$40

Watercolour and Ink Exploration**Ages: 15+**

During these classes, you will have the opportunity to create a masterpiece by combining watercolour, ink, and pen. We will aim to create a background, a tree, and an owl on watercolour paper.

CC - Room 2

#32232 Thu Jul 25-Aug 1 5:30-7:30pm \$70/2

Plasticine on Canvas**Ages: 15+**

Have you ever wondered how Plasticine can be used as a way of creating a landscape picture on canvas? Join us in this session, where you will have the creative freedom to bring your imagination to life!

CC - Room 2

#32231 Thu Aug 8 5:30-7:30pm \$40

Oil Pastel: Landscapes with Patterns**Ages: 15+**

If you enjoy colours, doodling, and using your imagination, this class is just for you. We will be drawing landscapes with patterns using colourful Oil Pastels to bring our imaginations to life.

CC - Room 2

#32238 Thu Aug 15 5:30-7:30pm \$40

Self Portrait with Shapes

Ages: 15+

Come and join us for a fun, creative opportunity, and let your imaginations run wild. We will be creating an abstract self-portrait, using lots of different shapes.

CC - Room 2
#32256 Thu Aug 22 5:30-7:30pm \$40

Life Drawing

Ages: 15+

Come and join us for a unique, and fun art session where will create real life drawing. Sketches will range from 5 minutes to 20 minutes.

CC - Room 2
#32259 Thu Aug 29 5:30-7:30pm \$40

Beginner Tattoo Art Design for Adults

Ages: 19+

Bring your creative and artistic mind, you are invited to embark on a structured journey through the world of tattoo design. Led by experienced tattoo artist Kat Cleland, participants will explore unconventional drawing mediums to unlock their artistic potential and engage in the full tattoo design process. From initial sketches to refining structures and creating outlines or stencils, our focus is on foundational design principles, ensuring accessibility and enjoyment for all skill levels.

*No sessions May 20, Aug 5.

CC - Room 3
#32576 Mon May 6-Jun 17 6:30-8:00pm \$144/6
#32860 Mon Jul 8-Aug 19 6:30-8:00pm \$144/6

DANCE

Ballet Fit

Ages: 16+

A total body and mind workout set to classical piano music, Ballet Fit utilizes the fundamentals of ballet class technique to tone your muscles. For beginners and those with a background in dance, classes will accommodate your skill set and help you feel ballet beautiful. Improve flexibility, coordination, range of motion, and balance while exploring the love of dance. Led by reputed ballet instructor Danica.

*No sessions May 29, Jun 5.

CC - Dance Studio
#32367 Wed May 1-Jun 26 10:45am-12:00pm \$69/7

Barre Core

Ages: 16+

A dynamic workout based on ballet movements, with Pilates and strength training incorporated. A progressive program set to upbeat music using ballet barres, mats, bands, and balls to support muscle development - small movements with big results. Strength conditioning, core training, and stretching are packaged in a full workout. Taught by reputed ballet instructor Danica.

*No sessions May 20, Jun 3.

CC - Dance Studio
#32368 Mon May 06-Jun 24 10:45-11:45am \$59/6

Beginner Line Dancing

Ages: 16+

Start with very basic steps and progress through a series of classes to incorporate more advanced line dance steps. Line dancing is a great mind and body workout that requires multi-tasking, including memory, sequencing and mind/body coordination in a fun social setting. Great for any fitness level.

CC - Gymnasium
#32608 Sat May 4-Jun 8 1:30-2:30pm \$54/6
#32609 Thu Jun 13-Jul 18 5:00-6:00pm \$54/6



Basic Ballroom Dance

Ages: 16+

Learn the basics of the ballroom dance classics like the waltz, foxtrot, tango, and quickstep. *No session May 21.

CC - Dance Studio
#32388 Tue May 7-Jun 25 6:00-7:00pm \$84/7
#32389 Tue Jul 2-Aug 27 6:00-7:00pm \$108/9

Basic Latin Dance

Ages: 16+

You will learn the basics to the classic Latin dances like Salsa, Cha Cha, Jive, Samba and Rumba. *No session May 21.

CC - Dance Studio
#32385 Tue May 7-Jun 25 7:00-8:00pm \$84/7
#32386 Tue Jul 2-Aug 27 7:00-8:00pm \$108/9

ACTIVE AGERS

 **ActivAge** **Ages: 50+**

Focused on improving daily living, you will strengthen muscles you use every day to help you improve your overall health and physical well-being.

CC - Room 7
#32301 Thu May 9-Aug 29 1:30-2:30pm FREE

 **Minds in Motion** **Ages: 16+**

Designed for people living with any form of early stage dementia, you and your family member, friend or care partner will experience gentle exercises and social activities. Care partners must attend. In partnership with the Alzheimer Society of B.C.

CC - Room 4
#32302 Tue May 7-Jun 25 1:30-3:00pm \$48/8
#32303 Tue Jul 2-Jul 30 1:30-3:00pm \$30/5
#32304 Tue Aug 6-Aug 27 1:30-3:00pm \$24/4

 **Osteofit 1** **Ages: 55+**

A certified exercise, education and fall prevention program for individuals with osteoporosis, low bone density, mobility difficulties, or those who are at risk of fractures and falls. You will reduce the risk of falls and fractures, improve ability of day-to-day activities, and increase confidence, independence and quality of life. Designed for individuals with no previous experience working with exercise equipment, you will develop strength and endurance.

CC - Room 7
#32297 Tu/Th May 7-Jun 27 12:00-1:00pm \$144/16
#32298 Tu/Th Jul 2-Aug 29 12:00-1:00pm \$162/18

 **Osteofit 2** **Ages: 55+**

After mastering basic exercise techniques, participants undertake a progressively more difficult exercise program that challenges balance, strength and agility. You will improve posture and the ability to move as needed for daily activities through safe and specific movements in a supportive environment. All Osteofit classes incorporate an educational component. Osteofit 1 is a prerequisite.

CC - Room 7
#32295 Tu/Th May 7-Jun 27 10:45-11:45am \$144/16
#32296 Tu/Th Jul 2-Aug 29 10:45-11:45am \$162/18

 **Silver Stretch** **Ages: 45+**

Improve flexibility, posture and reduce muscle tension in this easy to follow, basic stretch class.

*No sessions Jul 1, 15, 22, Aug 5

CC - Room 3
#32263 Mon May 27-Aug 15 10:30-11:30am \$72/8

 **SIRvivor BC: Prostate Cancer Exercise Program** **Ages: 40+**

Have you been diagnosed with or are you a prostate cancer survivor? With regular exercise you can reduce treatment side effects, improve quality of life and increase physical function. You will learn and practice safe and effective exercises that focus on strength development and help you meet the exercise recommendations for those living with prostate cancer. Resistance-based exercise may also help you combat some side effects of treatment, such as decreased muscle strength and bone density. You will also have an opportunity to interact with men who share similar experiences to you and build your community.

CC - Room 7
#32293 Tu/Th May 7-Jun 27 9:30-10:30am \$96/16
#32294 Tu/Th Jul 2-Aug 29 9:30-10:30am \$108/18

OUTDOOR ADVENTURE

Paddleboard Bootcamp **Ages: 16+**

In partnership with Glow SUP Adventures

Practice the balance and maneuverability of paddleboarding with the heart pumping, muscle building of a bootcamp workout on the pristine waters of Skaha Lake.

Sudbury Beach
#32669 Mon Jun 3-Jul 22 8:00-9:00am \$232/8

Stand-Up Paddleboard Basics **Ages: 16+**

In partnership with Glow SUP Adventures

An awesome way to learn to stand, paddle and stay safe while paddling on the lake. While having fun, you will be led through your 1 hour lesson with 30 minutes extra time to practice on your own.

Sudbury Beach
#32472 Wed Jul 10 6:00-7:30pm \$45
#32484 Wed Jul 17 6:00-7:30pm \$45
#32485 Wed Jul 24 6:00-7:30pm \$45
#32486 Wed Jul 31 6:00-7:30pm \$45
#32487 Wed Aug 7 6:00-7:30pm \$45
#32488 Wed Aug 14 6:00-7:30pm \$45

MINDFULNESS AND EDUCATION

Dealing with Climate Anxiety **Ages: 13+**

In a group setting, you will work with a climate-aware therapist who specializes in helping people live more comfortably with their climate-awareness through diverse methods, practices and strategies that you can share with your family and community.

CC - Room 3
#32607 Tue May 21-Jun 18 6:00-7:15pm \$72/5

Heroic: The Social Training Platform **Ages: 16+**

Heroic is a social training platform that integrates ancient wisdom, modern science, and world-class, scientifically proven behavioral design tools to help you show up as the best, most heroic version of yourself. Founded by Brian Johnson, who has worked successfully with top entrepreneurs, business people and professional athletes, the class is run by a certified coach who will guide you to help you flourish in Energy, Work, and Love.

CC - Room 3
#32587 Wed May 1-Jun 19 5:15-6:30pm \$174/8

FITNESS (REGISTERED)

Saturday Night Strength **Ages: 16+**

Working in a reserved area in our fitness room you will build muscle and strength through a full body weightlifting circuit. You will receive coaching in correct form and offered appropriate alternative exercises for any physical limitations. The program can be adjusted for any fitness level.

CC - Fitness Room
#32518 Sat May 4-May 18 4:00-5:00pm \$27/3



Rev and Flow **Ages: 16+**

Experience a dynamic workout that's easy on joints without compromising the intensity of the workout. You will strengthen your body and sculpt muscle through targeted, music-based movements and resistance training. You will also be challenged in new and unique ways through easy-to-follow movements and uplifting music. *No sessions May 9, 20.

CC - Dance Studio
#32493 Thu May 2-Jun 27 6:00-7:15pm \$72/8
#32498 Mon May 6-Jun 24 6:15-7:30pm \$63/7
#32496 Thu Jul 4-Aug 29 6:00-7:00pm \$81/9

B-Fit Beach Bootcamp **Ages: 16+**

Hit the beach for a workout blast in the morning sun. Adaptable for any fitness level and a great way to stay summer-fit.

Skaha Pavilion
#32533 Thu Jun 6-Jul 25 7:00-8:00am \$72/8

Baby and Me Bootcamp **Ages: 16+**

Calling all parents and babies. Using your baby as added weight you will experience a full body workout. You will also meet and socialize with other parents and enjoy good music and cute babies.

Kings Park - Sportsplex Indoor Turf
#32532 Tu/Th May 2-Jun 13 10:00-11:00am \$99/13

SPORTS (REGISTERED)

Pickleball Learn to Play **Ages: 16+**

You will learn and practice the skills needed to play pickleball. This multi-week, skill development program will teach you serving, groundstrokes, dinking and volleys working with a partner.

CC - Gymnasium
#32215 Tue May 7-May 21 3:30-5:00pm \$75/3

Adult Gymnastics **Ages: 13+**

Adult Gymnastics is a structured program designed to help adults acquire the FUN-damental skills of the sport, along with developing flexibility and conditioning for strength. Perfect for all levels of ability. Learn everything from a handstand to basic rolling and everything in between. Great for parents and teens, older adults and adults looking to learn new skills.

CC - Gymnasium North
#32306 Tue May 7-Jun 25 6:30-7:30pm \$88/8
#32307 Tue Jul 2-Aug 27 6:30-7:30pm \$99/9



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Spring Fitness Drop-In Schedule

May - June | *See program descriptions for dates

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver Strength 9:00-10:00am	Rose Yoga 9:30-10:45am	Silver Strength 9:00-10:00am	LaBlast Dance Fitness 10:30-11:30am	Silver Strength 9:00-10:00am	H.I.T.T. 9:15-10:15am
Zumba Gold 9:30-10:30am	LaBlast Dance Fitness 10:30-11:30am	Zumba 9:30-10:30am	Mat Pilates 11:45am-12:45pm	Zumba Toning 9:30-10:30am	Challenge & Chill Yoga/Pilates Fusion 10:30-11:30am
Mat Pilates 11:45am-12:45pm	Chair Yoga 11:00am-12:15pm	Cardio Box 10:00-11:00am	Holistic Yoga 1:00-2:15pm		
Holistic Yoga 1:00-2:15pm			Step Aerobics 4:30-5:30pm		
	Step Aerobics 4:30-5:30pm	The Beach Bootcamp Workout 6:00-7:00pm	Sport Mobility & Stability 5:15-6:00pm		

No Sessions on Stat Holidays: May 20

Summer Fitness Drop-In Schedule

July - August | *See program descriptions for dates

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver Strength 9:00-10:00am	Rose Garden Yoga 9:00-10:00am	Silver Strength 9:00-10:00am	Zumba Toning 9:30-10:30am	Silver Strength 9:00-10:00am	
Mat Pilates 11:45am-12:45pm	LaBlast Dance Fitness 9:30-10:30am	Zumba 9:30-10:30am	Mat Pilates 11:45am-12:45pm		
Holistic Yoga 1:00-2:15pm		Cardio Box 10:00-11:00am	Holistic Yoga 1:00-2:15pm		
	Step Aerobics 4:30-5:30pm		Step Aerobics 4:30-5:30pm		

No Sessions on Stat Holidays: July 1, August 5

FITNESS (DROP-IN)

Sports Mobility & Stability Ages: 16+

You will focus on improving the way you move, not through flexibility, but via the control of your joint ranges and strength through such motions. Great supplemental training for triathletes, other athletes, or just those interested in improving their range of motion.

*No session May 30, Jun 6.

CC - Room 7

Thu May 2-Jun 27 5:15-6:00pm \$9/Visit

Challenge and Chill Yoga/ Pilates Fusion Ages: 16+

You experience a challenging warm flow then enter chill mode with cooling, longer held poses.

CC - Dance Studio

Sat May 4-May 25 10:30-11:30am \$9/Visit

HIIT Training

Ages: 16+

Using a mixture of light weights, gym equipment and body-weight you will perform short spurts of high intensity exercise with rest periods in between. Great for improving strength, cardio development, weight control and burning calories!

CC - Dance Studio

Sat May 4-May 18 9:15am-10:15am \$9/Visit

Cardio Box

Ages: 16+

Incorporate various kickboxing moves and athletic drills in a non-contact, exhilarating, program. You will improve your cardio ability as well as your strength and balance, punching, kicking and moving to the beat while working up a sweat.

*No session Jul 24, Jul 31.

CC - Room 7

Wed May 22-Aug 28 10:00-11:00am \$9/Visit

 **D Step Aerobics** **Ages: 16+**

Enjoy a 60 minute heart pumping choreographed workout that will improve your balance, cardio and build muscle. Work your brain while you learn new and fun combinations and step to the beat of some fabulous music. *No session Jul 23, 30, Aug 6.

CC - Dance Studio
Tu/Th May 23-Aug 29 4:30-5:30pm \$9/Visit

 **D Silver Strength** **Ages: 16+**

Enjoy a total body strength workout using a variety of equipment combined with body weight exercises. This is a challenging and effective way to improve strength, balance, muscle tone and overall fitness. *No session Jul 1, Jul 22-Aug 3.

CC - Room 7
M,W,F May 27-Aug 30 9:00-10:00am \$9/Visit

 **D LaBlast Dance Fitness** **Ages: 16+**

Experience a full array of dance styles in an easy to follow format while getting an excellent workout. Light hand weights are used to tone your body, learn to dance, and have a great time. *No session Jul 16, 23, 30.

CC - Dance Studio
Tu/Th May 2-Jun 27 10:30-11:30am \$9/Visit
Tue Jul 2-Aug 27 9:30-10:30am \$9/Visit

 **D The Beach Bootcamp Workout** **Ages: 16+**

This bootcamp lives up to its roots and is run by an experienced military vet. Designed to ensure that you get a full-body workout and prepare yourself for any physical challenge as an individual and or as a group with the use of the natural environment as obstacles. Open for adults and teens (bring the family!), the program is perfect for people of all fitness levels, whether you're a beginner or an experienced athlete. Must register online before class.

Skaha - South Beach Drive Parking Lot
Wed May 8-May 22 6:00-7:00pm \$28/Visit

 **D Zumba** **Ages: 16+**

Learn dance routines that fuse Latin rhythms and easy-to follow moves designed to burn a ton of calories without even realizing it. *No session Jul 17, 24, 31.

CC - Dance Studio
Wed May 1-Aug 28 9:30-10:30am \$9/Visit

 **D Zumba Toning** **Ages: 16+**

Get an aerobic workout that fuses Latin rhythms and easy to follow moves to create a one-of-a-kind fitness program with the addition of light hand weights to target body sculpting exercises. *No session Jul 18, 25, Aug 1.

CC - Dance Studio
Fri May 3-Jun 28 9:30-10:30am \$9/visit
Thu Jul 4-Aug 29 9:30-10:30am \$9/Visit

www.penticton.ca/recreation

 **D Zumba Gold** **Ages: 16+**

Designed for the older adult or true beginner, you will get a safe and effective total body workout. Use the same fun Latin rhythms and moves as Zumba but in a slower and lower impact workout. *No session May 20.

CC - Dance Studio
Mon May 6-Jun 24 9:30-10:30am \$9/Visit

 **D Mat Pilates** **Ages: 16+**

You will work on core stabilization, flexibility, posture and balance all from the mat. *No session Jul 15, 18, Aug 5.

CC - Dance Studio
Mon/Thu May 2-Jun 27 11:45-12:45pm \$9/Visit
Mon/Thu Jul 4-Aug 29 11:45-12:45pm \$9/Visit

 **D Holistic Yoga** **Ages: 16+**


You will improve balance, strength and flexibility both on and off your mat using breathing, yoga postures, and body awareness techniques. *No session Jul 15, 18, Aug 5.

CC - Dance Studio
Mon/Thu May 2-Jun 27 1:00-2:15pm \$9/Visit
Mon/Thu Jul 4-Aug 29 1:00-2:15pm \$9/Visit

 **D Chair Yoga** **Ages: 16+**

Develop your fitness level while building balance, strength and mobility with modifications for back, hip, knee or shoulder concerns while in the comfort of a chair. *No session May 28.

CC - Room 3
Tues May 7- Jun 18 11:00am-12:15pm \$9/Visit

 **D Rose Yoga** **Ages: 16+**

Stretch, strengthen and bloom into your full potential. You will move the breath, body and mind in sequences designed to enhance your health and well-being. *No session May 28.

CC - Room 3
Tues May 7-Jun 18 9:30-10:45am \$9/Visit

 **D Rose Garden Yoga** **Ages: 16+**

Stretch, strengthen and bloom into your full potential at the rose gardens in Okanagan Lake Park. Move the breath, body and mind in sequences designed to enhance your health and well being. Each class is gently progressive with modifications for specific health concerns.

Rose Garden
Tues Jul 2-Aug 27 9:00-10:00am \$9/Visit



Adult Sports Drop-In Schedule

May - August | *See program descriptions for dates

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Badminton 12:30-2:30pm		*Badminton 12:30-2:30pm		*Badminton 12:30-2:30pm	Badminton 11:15am-1:00pm
Basketball 6:00-8:00pm	Pickleball 6:00-8:00pm	Basketball 6:00-8:00pm		Youth Basketball 6:00-8:00pm	

No Sessions on Stat Holidays: May 20, July 1, August 5

D Drop-in Admissions

\$4.75/visit | \$42.75/10 pass

Reservations are recommended for drop in sports. Residents may book 6 days in advance and non-residents 5 days in advance.

Reservations will be held for 15 minutes past program start time. After 15 minutes, the City reserves the right to resell vacant spots.

DROP-IN SPORTS

D Drop-In Youth Basketball

Ages: 13-19

Compete, practice, and hone your basketball skills with other youth in a pickup format of basketball.

CC - Gymnasium

D Drop-In Basketball

Ages: 15+

Compete, practice and hone your basketball skills against others in a pickup format of basketball.

CC - Gymnasium

D Drop-in Badminton

Ages: 16+

Practice your drop shots, serves and challenge others to a fun game of badminton. For players of all skill levels who want to have fun in a non-competitive and friendly environment. Participants will organize their own games and share court time. *Week day sessions end June 28.

CC - Gymnasium

D Drop-in Pickleball

Ages: 16+

Pickleball is a paddle-racquet sport that combines elements of badminton, tennis, and table tennis. Played on a small court, singles and doubles use strategy and positioning to score up to 11 points. Forgiving enough for beginners, and yet fast-paced and competitive enough for advanced players.

CC - Gymnasium



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Chandra.Wong@penticton.ca

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Call for information

Museum Admission:

Suggested donation

\$2 for adults

\$1 for children



Summer Maker Lab

Join us for some good old-fashioned hands-on exploration and creation. Participants will be provided with materials and a creative challenge. Topics range from science and technology to arts and history. Ages 5-12 yrs. Parental participation required for children 5-7 years old. July and August 2024. See our website for more details.

CLOSED FOR JUNE
The Museum & Archives will be closed from May 31 - July 2, 2024 for scheduled electrical upgrades.

TEMPORARY EXHIBITS

R.N. Atkinson Temporary Exhibit Gallery at the Penticton Museum

ON DISPLAY IN APRIL 2024

A Taste of Home: Cookbooks as Family Heirlooms

Dog-eared and stained, a family's favourite cookbook often finds its way to the next generation, who will appreciate and treasure the recipes found within. This exhibit examines the role of cookbooks as family heirlooms, and how cooking brings us together.



SPRING/SUMMER 2024 AT PENTICTON PUBLIC LIBRARY

CLOSED FOR JUNE

The Library will be closed from May 31 - July 2, 2024 for scheduled electrical upgrades. Patrons will not be able to check out or return physical items during this period.

CAUTION CAUTION CAUTION CAUTION
CAUTION CAUTION CAUTION CAUTION

SUMMER
READING CLUB
JULY & AUGUST
AGES 5-12

TEEN SUMMER
TAKEOVER
JULY & AUGUST
AGES 13-18

PENTICTON
READS
JULY & AUGUST
AGES 19 AND UP

To learn more about our closure in June or find more information about upcoming programs, visit us in person at 785 Main Street or online at pentictonlibrary.ca

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SUMMER CAMPS:
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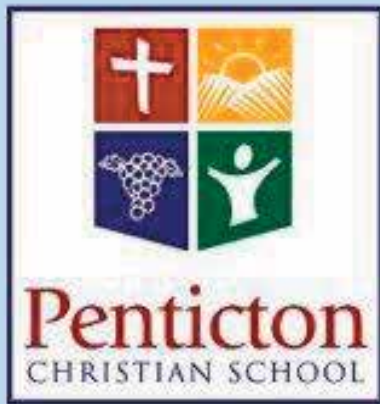


**2 & 4 Hour
Tours**

- Paddle Okanagan Lake with picnic
- Bike the KVR
- Learn to outdoor climb - all ages
- From \$95/person
- Guest speakers & guides, indigenous education, yoga and more...
- Group rates and mid-week specials!

250-492-3888

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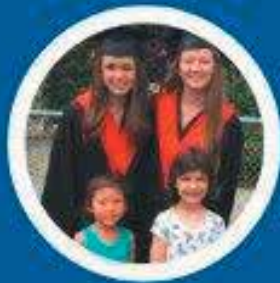


REGISTER NOW FOR THE 2024/2025 SCHOOL YEAR



**SMALL CLASS SIZE
+ CARING LEARNING ENVIRONMENT
= QUALITY EDUCATION**

OUR SCHOOL



KINDERGARTEN - GRADE 12

We are the South Okanagan's only multi-denominational Christian K-12 school



PARENT RUN SCHOOL

Parent input in the school is provided through committees, voting privileges and Board involvement



BC CERTIFIED TEACHERS

Our teachers and staff strive to provide a loving environment that encourages the discovery and development of each student's God-given potential



PARENT TESTIMONY

"Why do we choose PCS, because it is more than a school, it is a family."
The Wadson's



In addition to following the BC Ministry of Education and Child Care's curriculum our students enjoy swimming, skating, cross-country skiing, parkour, field trips, sports days, our annual Christmas Concert, Student Council themed days and service projects.

📞 250.493.5233 🌐 www.pentictonchristianschool.com 📍 102-96 Edmonton Ave. Penticton, BC V2A 2G8

Special Interest

Adventurers Club	www.pentictonadventurers.com	
Air Cadets	Richard Hellyer	250-492-0777
Army Cadets	www.cadets.calen/join/cadets.page	
Friends of Summerland Gardens	www.summerlandgardens.org	250-494-6385
Geology & Lapidary	Jerome Albo	250-495-7359
Genealogical Society	Nola Reid	250-492-0751
Kelowna & District Safety Council	www.kdsc.bc.ca	250-765-3163
Kennel Club-Skaha	www.skahakennelclub.ca	
Naturalists Club	www.southokanagannature.com	
Newcomers Club	Jackie	250-462-7518
Okanagan Motorcycle Riders Assn	Russell Treit	250-493-5733
OSNS Child Development Centre	info@osns.org	250-492-0295
Outdoors Club	www.pentictonoutdoorsclub.ca	
Penticton Garden Club	www.gardenclubpenticton.ca	Cheryl Filipenko 250-492-2540
Penticton Safety Village	www.pentictonsafetyvillage.org	
Quilters Guild – Penticton	Marg Jacques	250-490-2868
Seniors Drop-in Society	www.pentictonseniors.ca	250-493-2111
South Okanagan Genealogical Society	Nola Reid	250-492-0751
South Okanagan Seniors Wellness Society	Misty Douglas	250-487-7455
Therapeutic Riding Assoc.	Joan Sopow	250-404-0530
Toastmasters	David Folstad	250-809-7352

Sport and Fitness

Ball Hockey	www.site1531.goalline.ca	
Baseball – South Okanagan Minor	www.sombatigers.com	info@sombatigers.com
BMX Club – Penticton	www.pentictonbmx.com	pentictonbmx@outlook.com
Curling Club – Penticton	www.pentictoncurlingclub.ca	250-492-5647
Dragon Boating	Don Mulhall	250-488-3100
Dragon Boating – Survivorship	Cathie Lauer	250-809-1857 ctlhauer50@gmail.com
Fastpitch Softball Assoc. – Penticton Minor	www.pmfsa.com	
Glow SUP Adventures	www.glowSUPadventures.com	
Hockey – Men's Rec League	Chris Newton	250-460-0038 chrisnewton777@gmail.com

Hockey – Penticton Minor Hockey Association	www.pentictonminorhockey.com	250-274-9590
Hockey – Women's Rec League	southokwomenshockey@gmail.com	
Jump Rope Competitive – Black Widow Rope Spinners	Cathy Cunningham	250-770-9065
Karate – Penticton Kyokushin	James Weir	250-462-1486
Karate – Taneda Karate Dojo		250-768-2241
Lacrosse – Penticton Minor	www.pentictonlacrosse.com	pentictonlacrosse@gmail.com
Lawn Bowling – Penticton	www.pentictonlawnbowls.ca	
Nickel Plate Nordic Centre	www.nickelplatenordic.org	250-809-9985
Outrigger Racing Canoe Club	Don Mulhall	250-488-3100
Rugby – Harlequin Club	www.pentictonharlequins.ca	
Running Club – Pounders	Neil Macdonald	250-490-3334
Penticton Paddle Sports	Don Mulhall	250-488-3100
Penticton Pickleball Club	www.pentictonpickleball.ca	
Senior Games	John Hong	250-498-9030 john.hong@edestertech.com
Shooting Sports Assn	www.pentictonshootingsports.com	250-328-8619
Skaha Rock Adventures Ltd.	Russ Turner	250-493-1765 www.skaharockclimbing.com russ.turner@skaharockclimbing.com
Skating - Glengarry Skating Club	www.glengarryfsc.com	250-486-0244
Skiing – Apex Ski Club	www.apexskiclub.com	250-809-5727
Skiing – Apex Freestyle	www.freestyleapex.com	
Skiing – Xcountry	www.nickelplatenordic.org	250-292-8110
Slo-Pitch Leagues Penticton		www.pentictonslpitch.com
Soccer – Oldtimers	Alix Ferreira	250-493-0467
Soccer – Pinnacles Club	www.pinnaclesfc.com	778-476-5888
Soccer – Power Wheelchair	Cathy Cunningham	250-770-9065
Soccer – Women's (16+)	Lauren Lachlan	sowsl.yolasite.com
South Okanagan Sailing Association	www.sosailing.ca	250-494-7067
Special Olympics	Mona Hazell	250-493-4805
Springers Gymnastics Adventures	Heinz/Manuela	250-486-0787
Swimming – KISU Swim Club	Tina Hoeben	coachtina@kisu.ca
Swimming – Penticton Pikes		pentictonpikes.com
Table Tennis	Brian Drought	250-492-0578
Tai Chi/Chi Gong	Richard Lautsch	250-486-8089

Tennis Club – Penticton	www.pentictontennisclub.com
Triathlon Club	www.pentictontriathlonclub.com
Yoga – South Okanagan Yoga Academy	www.soyayoga.com

Arts, Culture and Dance

Academy of Music – Penticton		250-493-7977
Art Gallery – Penticton	www.pentictonartgallery.com	250-493-2928
Children’s Showcase	Melanie Walden	778-229-0859
Community Arts Council		250-492-7997
Dance Penticton	Robert McKenzie	250-493-0601
Lloyd Gallery	www.lloydgallery.com	250-492-4484
LUSO Cdn Multi-Cultural Soc.	Ealivra Perera	250-493-9124
Many Hats Theatre Company		250-462-6428
Music Festival – Penticton Kiwanis		250-493-8322
Naramata Choir	www.naramatachoir.com	
Okanagan Historical Society	Karen Collins	250-493-1898
Okanagan Symphony Society Penticton Branch		250-763-7544 admin@okanagansymphony.com
Ooknakane Friendship Centre	www.friendshipcentre.ca	250-490-3504
Penticton Museum and Archives		250-490-2451
Okanagan School of Arts	info@osarts.ca	778-718-5757
Shatford Centre for Arts and Culture		250-770-7668
Soundstage Productions	Lynne Leydier www.soundstageproductions.com	250-493-9787
South Okanagan Big Band	Richard Dejonge	250-809-2795
South Okanagan Immigrant and Community Services	www.soics.ca	250-492-6299
South Okanagan Reg. Music Teachers	www.bcrmta.bc.ca/south-okanagan	
SS Sicamous Marine Heritage Society	www.sssicamous.ca	250-492-0403
Tumbleweed Gallery		250-492-7701
Vale United Pipe Band	Shannon Mair	250-809-3418

Information Centres

24 Hour Swim & Activity Information		250-490-2426
Cancer Relaxation Program	Interior Health – Central Intake	1-800-707-8550
Caregiver Support Group	Interior Health – Central Intake	1-800-707-8550
City Hall		250-490-2400
Grief Support Group	Interior Health	250-770-3486
One Sky Community Resources	www.oneskycommunity.com	250-492-5814

Penticton Child Care Resource & Referral	www.oneskycommunity.com	250-492-5814
Penticton & Wine Country Chamber of Commerce		778-476-3111
Penticton Trade and Convention Centre		250-490-2460
Wine Country Visitors Centre	www.visitpenticton.com	250-276-2170

Libraries

Okanagan College – Penticton	www.okanagan.bc.ca	250-492-4305
Penticton Public Library		250-770-7781
Okanagan Regional Libraries		
Kaleden		250-497-8066
Naramata		250-496-5679
Okanagan Falls		250-497-5886
Summerland		250-494-5591

Youth Clubs

Big Brothers/Sisters of BC	www.bigbs.bc.ca	250-492-6465
Girl Guides, Brownies & Sparks		www.girlguides.ca
Penticton Air Cadets		250-492-0777 / 250-493-4494
Scouts, Cubs & Beavers	www.bc.scouts.ca	

Low Cost, No Cost

After School Club	First Baptist Church	250-492-3824
Breastfeeding Support	Penticton Health Centre	250-770-3418
Prenatal Classes	Health Centre	
Baby Talk	Penticton Health Centre	250-770-3434
Dragonfly Pond Respite Society		250-490-3305
Penticton Safety Village		pentictonafetyvillage.org
Okanagan Boys and Girls Club	1295 Manitoba St.	250-493-0512 ext 119
Strong Start - Queen’s Park Elementary	330 Power St.	250-770-7680 ext 6018
Strong Start - Carmi Elementary	400 Carmi Ave.	250-770-7697 ext 6059
Strong Start - Columbia Elementary	1437 Atkinson St.	250-770-7676 ext 6489



**Is your group or organization not listed
or do we need to update our information?
Please contact us at rec@penticton.ca**

FACILITY ADDRESSES

Penticton Community Centre

325 Power St.

McLaren Arena

1350 King St.

Penticton Sportsplex

550 Eckhardt Ave. W

RECREATION ADMINISTRATION

Community Centre - Reception Desk

250-490-2426 ext. 6

Manager of Recreation, Arts & Culture

Joanne Malar 250-490-2375

joanne.malar@penticton.ca

Recreation Business Supervisor

Darcey Godfrey 250-490-2428

darcey.godfrey@penticton.ca

Recreation Operations Supervisor

Kerry Wagner 250-490-2434

kerry.wagner@penticton.ca

Sport & Event Supervisor

Jeff Plant 250-276-2165

jeff.plant@penticton.ca

Recreation Clerk

Carey Swales 250-490-2430

carey.swales@penticton.ca

RECREATION COORDINATORS

Adult, Fitness & Sport

Joshua Bibbs 250-490-2575

joshua.bibbs@penticton.ca

Children & Youth

Stephen Roberts 250-490-2421

stephen.roberts@penticton.ca

Sport Facilities

Lisa O'Daly 250-490-2437

lisa.o'daly@penticton.ca

Events & Film

Reagan Lovig 250-490-2591

reagan.lovig@penticton.ca

OTHER CONTACTS

City Hall

250-490-2400 ask@penticton.ca

Museum Manager

Dennis Oomen 250-490-2452

dennis.oomen@penticton.ca

Facilities Supervisor

Krystie Dorrell 250-490-2385

krystie.dorrell@penticton.ca

Parks Supervisor

Todd Whyte 250-490-2455

todd.whyte@penticton.ca

! Rental Inquiries

Fields and Facilities - rentals@penticton.ca

Cleland Theatre - clelandtheatre@penticton.ca

Pool - poolrentals@penticton.ca



Leash-Optional Pilot Project

March 1 - August 31, 2024

Penticton pups have the opportunity to explore five new leash-optional areas as part of a six-month pilot project. Well-behaved dogs must be monitored and under control at all times as these locations are not fenced and the parks remain a shared space. Owners are responsible for their dog's behaviour and safety at all times.

Watch for specially marked spaces within these areas:

- Riverside Park
- Okanagan Lake Park
- Skaha Park Main
- Skaha Park East
- 1900 Penticton Ave (Entrance to Wastewater Treatment Plant)



How was your visit? Let us know!

We want to hear from you! Dog or no dog, share your experience at shapeyourcitypenticton.ca. Feedback will be collected until the end of the pilot program on August 31.

Scan the QR code to learn more



RECreation PENTICTON

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YOUTH

Mindfulness

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ADULT

Art Classes p. 25-26

FAMILY

Summer Nights

Roller Disco p. 19



REGISTRATION
OPENS

RESIDENTS:
APRIL 24

NON-RESIDENTS:
APRIL 25



For more information visit www.penticton.ca/recreation
or call 250-490-2426 ext. 6