

RECreation

WINTER 2024

PENTICTON

Energize
YOUR
Life



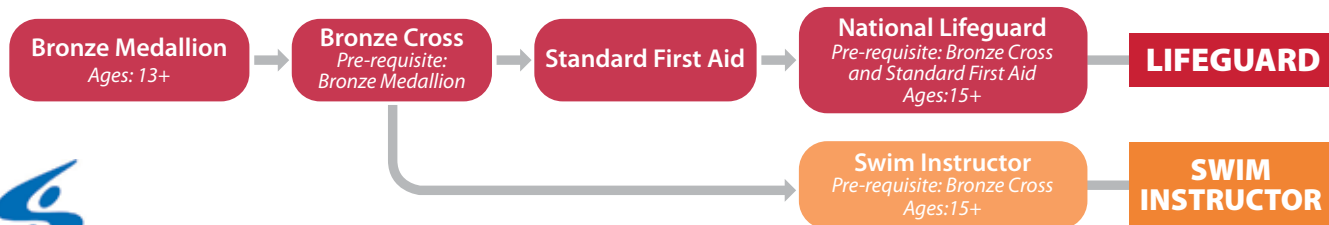
RECREATION GUIDE



JOIN THE TEAM AND BECOME A **LIFEGUARD/INSTRUCTOR**



Becoming a lifeguard is a rewarding and challenging journey that builds leadership and personal skills that employers are looking for. For employment options, go to www.penticton.ca/careers.



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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.



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.

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.



REGISTRATION FOR WINTER 2024

Resident Registration:
WED., DECEMBER 6
AT 8:00 AM

Non-Resident Registration:
THU., DECEMBER 7
AT 8:00 AM



Head Online
www.penticton.ca/register



Call Reception
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.



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*
- D** **Drop-in** *drop-in option available*
- 👶** **Childminding** *programs that run during the childminding program*

Community Centre Holiday Hours December 16-January 1		
	Fitness Room & Office	Pool
Monday – Friday	6:00am-8:00pm	Visit www.penticton.ca/aquatics for pool schedules
Saturday – Sunday	8:30am-4:00pm	
Monday, December 25	CLOSED	CLOSED
Tuesday, December 26	CLOSED	CLOSED
Monday, January 1	CLOSED	CLOSED
Winter Hours January 2 – April 30		
	Fitness Room & Office	Pool
Monday – Friday	6:00am-9:00pm	Visit www.penticton.ca/aquatics for pool schedules
Saturday – Sunday	8:30am-8:30pm	
Monday, February 19	10:00am-3:00pm	
Friday, March 29	10:00am-3:00pm	
Saturday March 30	10:00am-3:00pm	
Sunday March 31	10:00am-3:00pm	
Monday, April 1	10:00am-3:00pm	
Scheduled Closures Fitness Room closed Feb 9 & 10. Pool closed all day Feb 23-25 due to a swim meet.		



www.penticton.ca/aquatics



Drop-In Single Admissions	
Public Swimming	
Preschooler (6 years and under)	\$1.75
Child (7-12 years)	\$5
Youth (13-18 years)	\$6
Adult (19-59 years)	\$7.25
Senior (60-74 years)	\$6
Super Senior (75+)	\$5
Family*	\$18
Fitness Room	
Youth (13-18 years)	\$5.25
Adult (19-59 years)	\$7.50
Senior (60-74 years)	\$5.25
Super Senior (75+)	\$4.25
Family*	\$17
Drop In Sports	
Individual	\$4.75

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. 21 for details.

*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.

For additional admission/membership information, please see p. 7 and 20 or visit www.penticton.ca/register.



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.

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.



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 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/115kg.
- The secondary accessible change room has a fixed bed with a weight capacity of 290lbs/135kg.
- All pools are ramped for easy access.

Aquatic Wheelchair

- Three standard wheel chairs 20" wide and 22" with a weight capacity of 350lbs/158kg.
- One heavy duty chair 28" wide with a weight capacity of 500lbs/226kg.
- Two sling back chairs that partially recline with a weight capacity of 180lbs/81kg.

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
- Concept2 SkiErg

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

Accessible Programs

Friends in Motion *All ages*

An adaptive program created for children, youth and adults. Join us on Tuesday's for open gym, 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. No Program on March 19 & 26.

CC-Gymnasium

Tue Jan 2-Apr 30 9:30-11:30am \$5/visit or \$40/10



☆ UpperDek Vees

Ages: 7+

An adaptive hockey program for individuals who experience developmental and/or physical medical challenges. Continuous intake all season.
No sessions Dec 24, 31, Feb 11.

For more information and registration details visit www.upperdekvees.ca

Level 1: Fresh Start

For your child or beginner skater who is interested in learning how to skate, play hockey, or interested in developing their skills. Coaches provide individual instruction with a focus on teaching basic hockey skills in a safe and supportive environment. Your hockey enthusiast will be introduced to skating, stick handling, passing, and shooting in a non-competitive environment.
No sessions Dec 24, 31, Feb 11.

Okanagan Training Centre

Sun Dec 3-Mar 1 5:45-6:45pm FREE

Level 2: Advanced

For teen or adult skaters who are ready to take their basic hockey skills to the next level. Coaches will support these athletes and build on their fundamental hockey skills. Players will have an opportunity to practice their skills in non-contact scrimmages.
No sessions Dec 24, 31, Feb 11.

Okanagan Training Centre

Sun Dec 3-Mar 10 7:00-8:15pm FREE

For more information and registration details visit www.upperdekvees.ca

Aquatic Centre

A modern facility featuring a 10-lane 25m lap pool, leisure pool, waterslide, whirlpool, sauna and steam room. All pools are treated with a chlorine/UV filtration system that provides a clean and comfortable swimming environment.

Other features include:

- Tot slide, rope swing and spray features
- Lazy River featuring a fast current during public or family swim and a slower current for water walking times
- 1m and 3m diving board
- Accessible features including zero entry ramps into the main pool, leisure pool and hot tub (see p. 5 for additional accessible information)

General Rules:

- Take a cleansing shower before swimming and after using the sauna and steam room.
- Walk on the pool deck with bare feet or clean indoor shoes.
- No food, drink or glass on the pool deck or in the change rooms.
- No smoking on the premises, including the use of vapes or e-cigarettes.
- No recording devices in the change rooms. Cell phones must be kept in your bag while in the change rooms.
- Limit use of scented products.
- Water bottles are not permitted in the sauna or steam rooms.
- Waterslide – riders are required to be a minimum of 1.02m (40”) in height and double riding, including parent and child, is not permitted. Children under the age of 12 who do not meet the age requirements must also be accompanied to the top of the waterslide by a responsible individual 16 years or older.
- Tot slide - riders are required to be 75cm tall and able to hold themselves upright in a sitting position to slide on their own. Sliders who are unable to meet that requirement must slide with a responsible individual.
- Lockers are for day use only.

Aquatics Schedule

Do not be disappointed! Check to see what features you can expect during scheduled swim times.

Lap Swim: There will be a minimum of 4 lanes available for lap swimming in the main pool.

Shared Use: A time when available open pool space can be shared by all users for independent fitness and casual swimming, splash and play and aquatic programming.

Limited Use: Busy with scheduled programming - space in the pools will be limited during these swims. Specific areas of the main and leisure pools, such as the 1.4m depth, may not be available, and a minimum of 2 lanes will be available for lap swimming in the main pool.

Public Swim: These high energy swims are ideal for families and kids of all ages. The lazy river, waterslide, spray features and diving boards will also be available during these swims. A minimum of 2 lanes will be available for lap swimming in the main pool.

Family Swim: Ideal for families with young children. The lazy river and spray features will be available during this time.

Water Walking: The lazy river will be set to a low speed to allow for walking against a gentle current.

Closed for Programs: Due to scheduled program use and very limited space, the leisure pool will be closed during this time.

Changeover: This transition time in the main pool will be used to set up new lane arrangements for the following swim. Lap swimmers can continue to swim, but should be prepared to briefly pause their workouts and move to new lanes.



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



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.



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.

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)	day pass \$12.50	\$8.50	\$76.50	\$205	\$355	\$560
Adult (19-59 years)	day pass \$17	\$12	\$108	\$275	\$475	\$750
Senior (60-74 years)	day pass \$12.50	\$8.50	\$76.50	\$205	\$355	\$560
Super Senior (75+)	day pass \$10.25	\$7.50	\$67.50	\$165	\$285	\$450
Family*	day pass \$40	\$28	\$252	\$650	\$1,100	\$1,750
Aquatic Fitness**		Single	10 Tickets	*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 year memberships due to stats/closures. Admission rates include GST. Visit penticton.ca/register for details.		
Youth (16-18 years)		\$7	\$63			
Adult (19-59 years)		\$8.25	\$74			
Senior (60-74 years)		\$7	\$63			
Super Senior (75+)		\$6	\$54			



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

*Due to limited resources,
program options will vary*
Please refer to www.penticton.ca/register
for availability

Parent and Tot 1-3

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

If your child...

	Register in Lifesaving Society:	Previously Red Cross Swim:
Is 4 to 12 months old and ready to learn to enjoy the water with parent.	Parent & Tot 1 (Jellyfish)	Starfish
Is 12 to 24 months old and ready to learn to enjoy the water with parent.	Parent & Tot 2 (Goldfish)	Duck
Is 2 to 3 years old and ready to learn to enjoy the water with a parent.	Parent & Tot 3 (Seahorse)	Sea Turtle

Preschool 1-5

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.

If your child is 3 to 5 years and...

	Register in Lifesaving Society:	Previously Red Cross Swim:
Is just starting out on his or her own.	Preschool 1 (Octopus)	Sea Otter
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.	Preschool 2 (Crab)	Salamander
Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec.	Preschool 3 (Orca)	Sunfish
Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back...	Preschool 4 (Sea Lion)	Crocodile
Can do solo jumps into deep water; swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side.	Preschool 5 (Narwhal)	Whale



A 9-level program for children 5 years and over

Due to limited resources, program options will vary
 Please refer to www.penticton.ca/register for availability

Swimmer 1-6

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.

If your child is 5 to 12 years and...

	Register in Lifesaving Society:	Previously Red Cross Swim:
Is just starting out.	Swimmer 1	Swim Kids 1
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.	Swimmer 2	Swim Kids 2
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.	Swimmer 3	Swim Kids 3
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.	Swimmer 4	Swim Kids 4 Swim Kids 5
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.	Swimmer 5	Swim Kids 6
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.	Swimmer 6	Swim Kids 7

Swimmer 7-9 (Rookie Patrol, Ranger Patrol and Star Patrol)

For more challenge and fun, your child will continue to swim further and faster, and will also learn first aid and basic water rescue skills.

If your child...	Register in Lifesaving Society:	Previously Red Cross Swim:
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.	Swimmer 7 (Rookie Patrol)	Swim Kids 8
Preferred successful completion – Swimmer 7 (Rookie Patrol).	Swimmer 8 (Ranger Patrol)	Swim Kids 9
Preferred successful completion – Swimmer 8 (Ranger Patrol).	Swimmer 9 (Star Patrol)	Swim Kids 10

TOT

Tot Skating Lessons (Parented) **Ages: 1-5**

For the little ones who have no previous experience on skates. Your child will learn basic skating skills in a fun and playful environment with toys and teaching aids. You must be comfortable on the ice as you will actively participate in teaching (with an instructor's assistance). A hockey helmet or winter sport helmet is required for the tots only. Skate rentals are included.

McLaren Arena

#30428	Fri	Jan 12-Feb 9	10:30-11:00am	\$42/5
#30430	Fri	Feb 16-Mar 15	10:30-11:00am	\$42/5

PRESCHOOL

Snowflake 1 **Ages: 3-6**

For beginner skaters who can be on the ice without mom or dad. Fun and engaging instruction will teach your child how to stand up, correct balance and posture, forward movement, and gliding. A hockey helmet or winter sport helmet is required. Skate rentals included.

McLaren Arena

#30432	Wed	Jan 10-Feb 7	5:30-6:00pm	\$42/5
#30434	Fri	Jan 12-Feb 9	11:00-11:30am	\$42/5
#30433	Wed	Feb 14-Mar 13	5:30-6:00pm	\$42/5
#30435	Fri	Feb 16-Mar 15	11:00-11:30am	\$42/5

Snowflake 2 **Ages: 3-6**

For children who can already stand up, skate/walk, and glide without assistance. They will build on these fundamental skills by learning how to glide on two feet, basic stroking, stopping, and backward skating. A hockey helmet or winter sport helmet is required. Skate rentals included.

McLaren Arena

#30437	Wed	Jan 10-Feb 7	5:30-6:00pm	\$42/5
#30438	Wed	Feb 14-Mar 13	5:30-6:00pm	\$42/5

Snowflake 3 **Ages: 3-6**

For your developing skater who can confidently push off on their own and glide on two feet without falling. They will improve on these skills through progressions in stroking/ gliding, stopping, turning, and backward skating. A hockey helmet or winter sport helmet is required. Skate rentals included.

McLaren Arena

#30441	Wed	Jan 10-Feb 7	5:30-6:00pm	\$42/5
#30443	Wed	Feb 14-Mar 13	5:30-6:00pm	\$42/5

SCHOOL AGED

School Age Skating Lessons 1 **Ages: 7-12**

For beginner skaters who are able to stand up on their own and walk without falling. They will build their skills including balance and posture, 2-foot glides, T-position of skates, and 2-foot glides on an edge. A hockey helmet or winter sport helmet is required. Skate rentals included. No session Feb 19.

McLaren Arena

#30455	Mon	Jan 8-Feb 5	6:30-7:15pm	\$53/5
#30456	Mon	Feb 12-Mar 11	6:30-7:15pm	\$42/4

School Age Skating Lessons 2 **Ages: 7-12**

For children who can skate with both feet and glide comfortably, they will learn V-pushes with a glide, intro to double sculling, snow plow stops, and 1-foot glides. A hockey helmet or winter sport helmet is required. Skate rentals included. No session Feb 19.

McLaren Arena

#30459	Mon	Jan 8-Feb 5	6:30-7:15pm	\$53/5
#30460	Mon	Feb 12-Mar 11	6:30-7:15pm	\$42/4

School Age Skating Lessons 3 **Ages: 7-12**

For skaters who can come to a complete stop and perform a one-foot glide comfortably. Your child will learn T-pushes, double sculling, intro to circle thrusts, intro to backward skating, and 1-foot stops. A hockey helmet or winter sport helmet is required. Skate rentals included. No session Feb 19.

McLaren Arena

#30462	Mon	Jan 8-Feb 5	6:30-7:15pm	\$53/5
#30463	Mon	Feb 12-Mar 11	6:30-7:15pm	\$42/4





YOUTH HOCKEY

Little Vees

Ages: 3-6

Your child will learn the basic, fundamental skills for playing hockey. Through simple drills and games, they will practice stickhandling, passing, and shooting. Your child will have an opportunity to execute their new skills during a fun game or scrimmage. Your child must be able to stand up, skate/walk, and glide on the ice without assistance. Full hockey gear including a CSA-approved hockey helmet is mandatory. Skate rentals included. No session Feb 19.

McLaren Arena

#30421	Mon	Jan 8-Feb 5	6:30-7:15pm	\$66/5
#30390	Wed	Jan 10-Feb 7	5:30-6:00pm	\$53/5
#30423	Mon	Feb 12-Mar 11	6:30-7:15pm	\$52/4
#30419	Wed	Feb 14-Mar 13	5:30-6:00pm	\$53/5

Kids Community Hockey Club

Ages: 7-10

Your future Wickenheiser or Gretzky will take their basic hockey skills to the next level and develop their fundamental skills while focusing on fun and teamwork. Through drills and cross-ice games, your child will improve their hockey ability. This is not a learn-to-skate program, your child must be able to skate the length of the ice on their own, skate backward, and stop. Full hockey gear is mandatory, including a CSA-approved helmet with a cage. Skate rentals included. No session Feb 19.

McLaren Arena

#30389	Mon/Wed	Jan 8-Mar 13		\$239/19
	*Mon		7:15-8:00pm	
	*Wed		6:00-7:00pm	

ADAPTIVE HOCKEY

☆ UpperDek Vees

Ages: 7+

An adaptive hockey program for individuals who experience developmental and/or physical medical challenges. Continuous intake all season. No sessions Dec 31, Feb 11.

For more information and registration details visit www.upperdekvees.ca

Level 1: Fresh Start

For your child or beginner skater who is interested in learning how to skate, play hockey, or interested in developing their skills. Coaches provide individual instruction with a focus on teaching basic hockey skills in a safe and supportive environment. Your hockey enthusiast will be introduced to skating, stick handling, passing, and shooting in a non-competitive environment. No sessions Dec 24, Dec 31, Feb 11.

Okanagan Training Centre

Sun Dec 3-Mar 10 5:45-6:45pm FREE

Level 2: Advanced

For teen or adult skaters who are ready to take their basic hockey skills to the next level. Coaches will support these athletes and build on their fundamental hockey skills. Players will have an opportunity to practice their skills in non-contact scrimmages. No sessions Dec 24, Dec 31, Feb 11.

Okanagan Training Centre

Sun Dec 3-Mar 10 7:00-8:15pm FREE

For more information and registration details visit www.upperdekvees.ca

Public Skating Schedule

January 2 - March 15, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Adult Only Skate 10:00-11:30 am		Adult Only Skate 10:00-11:30 am	Preschool Stick 'N Puck 10:30-11:30 am		
	55+ Hockey 11:45am-1:00pm	Adult Hockey 11:45am-1:00pm	55+ Hockey 11:45am-1:00pm	Public Skate 11:45am-1:00pm	Public Skate 2:00-4:00pm	Public Skate 2:00-4:00pm
		Public Skate 7:15-8:30pm				

No sessions on statutory holidays.

PUBLIC SKATING

Open Public Skate

Ages: All

Traditional loop skating in one direction.

**One-third of the ice is available for parents with children under age 5.*

Regular admission rates apply.

Adult Only Skate

Ages: 18+

Grab your skates and bring your friends for an adult only skate. Traditional loop skating in one direction.

Regular admission rates apply.

Skate with Santa

Saturday, December 2 | 2:00-4:00pm

Join us for a holiday themed public skate with a special visit from Santa!

Regular admission rates apply.



Ages: All

STICK 'N PUCK

Preschool Stick 'N Puck

Ages: 1-5

Start your little Gretzky's and Wickenheiser's early. Gloves and CSA-approved helmets are required and participants under 18 years of age must have a cage on their helmet. Children must be supervised on the ice by an adult guardian (ratio 1:2).

**One-half of the ice is available.*

\$3.00/visit – adult | \$2.00/visit – preschooler

Skate with the Vees!

Wednesday, January 18 | 7:15 - 8:30 pm

Join the Penticton Vee's for Public Skating and Stick 'N Puck. If you are participating in the Stick 'N Puck, CSA-approved helmets and gloves are required, participants under 18 yrs must also have a cage on their helmet.

Regular admission rates apply.



Ages: All

McLaren Park Arena Admission Rates

	Single	10 tickets
Public Skating		
Preschooler (6 years and under)	\$2	\$18
Child (7-12 years)	\$3	\$27
Youth (13-18 years)	\$4	\$36
Adult (19-59 years)	\$4.75	\$42
Senior (60-74 years)	\$4	\$36
Super Senior (75+)	\$3	\$27
Family*	\$12	\$108
Skate Rentals		
Regular rental	\$4	
Preschooler	\$3	

**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).*

HOCKEY

55+ Hockey

Ages: 55+

Stay fit and have fun playing in this non-contact, co-ed recreational drop-in hockey. Full hockey gear including a CSA-approved helmet is required.

A maximum of 24 participants are permitted on a first-come, first-serve basis. Sign-up begins 45 minutes prior to ice time.

\$7 drop-in fee

Adult Hockey

Ages: 16+

Grab your friends and practice your moves in this non-contact, co-ed drop-in game. Full hockey gear including a CSA-approved helmet is required, participants under 18 yrs must have a cage on their helmet. A maximum of 24 participants are permitted on a first-come, first-serve basis. Sign-up begins 45 minutes prior to ice time.

\$9 drop-in fee

Holiday Public Skating Schedule

December 16, 2023 - January 1, 2024

REGULAR 2023 FALL HOURS					Saturday, December 16	Sunday, December 17
					Public Skate 2:00-3:00pm	Public Skate 2:00-3:00pm
					Family Shinny B 3:15-4:15pm	Family Shinny B 3:15-4:15pm
Monday, December 18	Tuesday, December 19	Wednesday, December 20	Thursday, December 21	Friday, December 22	Saturday, December 23	Sunday, December 24
Family Shinny A 2:00-3:00pm	Public Skate 2:00-3:00pm	Family Shinny A 2:00-3:00pm	Public Skate 2:00-3:00pm	Family Shinny A 2:00-3:00pm	Public Skate 2:00-3:00pm	Public Skate 10:00-11:00am
Family Shinny B 3:15-4:15pm	Family Shinny B 3:15-4:15pm	Family Shinny B 3:15-4:15pm	Family Shinny B 3:15-4:15pm	Family Shinny B 3:15-4:15pm	Family Shinny B 3:15-4:15pm	Family Shinny B 11:15am-12:15pm
Family Shinny C 4:30-5:45pm	Adult Hockey 4:30-5:45pm	Family Shinny C 4:30-5:45pm	Adult Hockey 4:30-5:45pm	Family Shinny C 4:30-5:45pm	Adult Hockey 4:30-5:45pm	Family Shinny C 12:30-1:45PM
Monday, December 25	Tuesday, December 26	Wednesday, December 27	Thursday, December 28	Friday, December 29	Saturday, December 30	Sunday, December 31
CLOSED	CLOSED	Family Shinny A 2:00-3:00pm	Public Skate 2:00-3:00pm	Family Shinny A 2:00-3:00pm	Public Skate 2:00-3:00pm	Public Skate 10:00-11:00am
		Family Shinny B 3:15-4:15pm	Family Shinny B 3:15-4:15pm	Family Shinny B 3:15-4:15pm	Family Shinny B 3:15-4:15pm	Family Shinny B 11:15am-12:15pm
		Family Shinny C 4:30-5:45pm	Adult Hockey 4:30-5:45pm	Family Shinny C 4:30-5:45pm	Adult Hockey 4:30-5:45pm	Family Shinny C 12:30-1:45PM

Closed on Jan 1, 2024; Regular Winter Hours Begin Jan 2, 2024

FAMILY SHINNY*

Family Shinny is a fun, non-contact, non-competitive opportunity for families to play the game they love.

Family Shinny A

Ages: 3-6

For you and your preschooler who is interested in participating in a fun, non-contact, and non-competitive game of shinny. All children must be supervised on the ice by an adult guardian, ratios (1:1). All participants must pre-register online.

\$4/visit - must pre-register

Family Shinny B

Ages: 7-12

Practice your skills in this fun, non-contact, co-ed drop-in game. All children must be supervised on the ice by an adult guardian (ratio 1:4). All participants must pre-register online.

\$6/visit - must pre-register

Family Shinny C

Ages: 13-17

Grab your gear and practice your moves in this fun, non-contact, non-competitive co-ed drop-in game. All youth must be supervised on the ice by an adult guardian (ratio 1:4). All participants must pre-register online.

\$8/visit - must pre-register

* All participants must **PRE-REGISTER** online.

* All Family Shinny participants must wear full hockey gear including a CSA-approved helmet. Participants under 18 years old must have a cage on their helmet. All children and youth must be accompanied on the ice by an adult guardian who is also registered.

* Please visit penticton.ca/mclarenarena for Family Shinny guidelines and information.

HOCKEY

Adult Hockey

Ages: 16+

Grab your friends and practice your moves in this non-contact, co-ed drop-in game. Full hockey gear including a CSA-approved helmet is required, participants under 18 yrs must have a cage on their helmet. A maximum of 24 participants are permitted on a first-come, first-serve basis. Sign-up begins 45 minutes prior to ice time.

\$9 drop-in fee



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.

CC - Childminding Room

M-F	Jan 2-May 3	9:00-10:30am	\$4.25/visit
M-F	Jan 2-May 3	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. No sessions Mar 21 & 28.

CC-Gymnasium North

Thu	Jan 4-Apr 25	9:00-11:00am	\$6/visit
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ART & DANCE

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 is required.

CC - Room 4

#30079	Wed	Jan 10-Feb 7	9:30-10:15am	\$69/5
#30159	Wed	Feb 14-Mar 13	9:30-10:15am	\$69/5
#30399	Wed	Apr 3-May 1	9:30-10:15am	\$69/5

Tiny Toes

Ages: 2-3.5

Little ballerinas will take the first steps in dance, learning how to follow instructions, take turns, and stand in line. Your little one will work on their balance, coordination, and musicality. No session Apr 26.

CC-Room 7

#30402	Fri	Jan 12-Feb 9	10:00-10:30am	\$45/5
#30405	Fri	Jan 12-Feb 9	10:30-11:00am	\$45/5
#30403	Fri	Feb 16-Mar 15	10:00-10:30am	\$45/5
#30406	Fri	Feb 16-Mar 15	10:30-11:00am	\$45/5
#30404	Fri	Apr 5-May 3	10:00-10:30am	\$36/4
#30407	Fri	Apr 5-May 3	10:30-11:00am	\$36/4



Dress Up Ballet

Ages: 3-5

Let fun, fantasy, and imagination take flight. While learning basic dance steps, your child will dress up in different costumes each week, while learning basic ballet steps. All costumes and props provided including dresses and teddy bears. Bring your camera as parents are invited inside classroom for photos. No session Apr 26.

CC-Room 7

#30409	Fri	Jan 12-Feb 9	11:00-11:30am	\$45/5
#30412	Fri	Jan 12-Feb 9	11:30am-12:00pm	\$45/5
#30410	Fri	Feb 16-Mar 15	11:00-11:30am	\$45/5
#30413	Fri	Feb 16-Mar 15	11:30am-12:00pm	\$45/5
#30411	Fri	Apr 5-May 3	11:00-11:30am	\$36/4
#30414	Fri	Apr 5-May 3	11:30am-12:00pm	\$36/4

SPORT

Acro Jr.

Ages: 3-5

An introduction to the FUN-damentals of gymnastics. Join us to start building on your gross motor skills in the gymnasium. Parent involvement may be required.

CC - Gymnasium North

#30415	Wed	Jan 10-Feb 7	2:30-3:15pm	\$65/5
#30417	Wed	Feb 14-Mar 13	2:30-3:15pm	\$65/5
#30418	Wed	Apr 3-May 1	2:30-3:15pm	\$65/5



ART

Mixed-Media Art for Kids Ages: 8-14

Your child will have the opportunity to use a wide variety of materials to explore mixed-media art. They will build on their artistic skills while practicing different techniques to create their own masterpiece. All supplies included.

CC-Room 2
#30396 Thu Jan 18-Feb 8 4:15-5:15pm \$65/4

African Themed Art for Kids Ages: 8-14

Your child will have the opportunity to explore using vibrant colours and designs, as well as different styles and techniques to create and celebrate African themed art. All supplies included.

CC-Room 2
#30397 Thu Feb 15-Mar 7 4:15-5:15pm \$65/4

Watercolour Art for Kids Ages: 8-14

Your child will have the opportunity to build on their artistic skills while exploring different watercolour painting styles, and techniques. All supplies included.

CC-Room 2
#30398 Thu Mar 14-Apr 4 4:15-5:15pm \$65/4

SPORT

Acro Kidz Ages: 5-7

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

CC - Gymnasium North
#30420 Wed Jan 10-Feb 7 3:15-4:15pm \$65/5
#30422 Wed Feb 14-Mar 13 3:15-4:15pm \$65/5
#30424 Wed Apr 3-May 1 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
#30425 Wed Jan 10-Feb 7 4:15-5:15pm \$65/5
#30426 Wed Feb 14-Mar 13 4:15-5:15pm \$65/5
#30427 Wed Apr 3-May 1 4:15-5:15pm \$65/5

D Drop-in Lacrosse Ages: 5-12

For those kids who have never played lacrosse, this is a great opportunity to try before the season starts. For those who play regularly, come elevate your skills in this drop-in program. All you need is a willingness to try the sport and have fun while doing it! Runners, gym clothes, and water bottles are required.

CC - Gymnasium
Wed Jan 3-Mar 13 5:45-6:45pm \$5/visit

★ **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 program on Jan 15, Feb 19, Mar 18 & 25, Apr 1 & 22.

CC - Gymnasium
Mon Jan 8-Apr 29 3:00-4:45pm \$1/visit

Penticton Gym Stars Ages: 6-16

A team gymnastics program for anyone 6 years and older who loves to perform, can commit to regular team practices, and who wants to learn and practice basic gymnastics and tumbling skills. We will hold a group performance at the end of the program for any family and friends. No prerequisite for beginners. Intermediate-Advanced prerequisite - front roll, cartwheel, bridge, partial handstand. No sessions Feb 16 & 23, Mar 22 & 29.

CC - Gymnasium North
Beginner
#30465 Fri Jan 5-Apr 26 3:15-4:15pm \$149/13
Advanced
#30466 Fri Jan 5-Apr 26 4:20-5:50pm \$225/13



CAMPS

Community Centre Camps

Ages: 5-12

School's out so come spend an exciting day or week with us at the CC. All your favorite camp games, activities, crafts, and sports piled into one fun-filled camp.

Pro D Camps

CC – Gymnasium

#30442	Mon	Jan 15	9:00am-4:00pm	\$39
#30446	Fri	Feb 16	9:00am-4:00pm	\$39
#30448	Mon	Apr 22	9:00am-4:00pm	\$39

Spring Break Camps

CC-Gymnasium

#30501	Mon-Fri	Mar 18-Mar 22	9:00am-4:00pm	\$149/5
#30502	Mon-Thu	Mar 25-Mar 28	9:00am-4:00pm	\$119/4

Keeners

Ages: 5-12

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

Pro D Camps

CC - Room 4

Before Care

#30449	Mon	Jan 15	8:00-9:00am	\$6
#30450	Fri	Feb 16	8:00-9:00am	\$6
#30451	Mon	Apr 22	8:00-9:00am	\$6

After Care

#30452	Mon	Jan 15	4:00-5:00pm	\$6
#30453	Fri	Feb 16	4:00-5:00pm	\$6
#30454	Mon	Apr 22	4:00-5:00pm	\$6

Spring Break Camps

Before Care

#30503	Mon-Fri	Mar 18-Mar 22	8:00-9:00am	\$30/5
#30504	Mon-Thu	Mar 25-Mar 28	8:00-9:00am	\$24/4

After Care

#30505	Mon-Fri	Mar 18-Mar 22	4:00-5:00pm	\$30/5
#30506	Mon-Thu	Mar 25-Mar 28	4:00-5:00pm	\$24/4



Sportball Camps

Ages: 6-9

Sportball's action-packed camps introduce children to TEN different sports throughout the week (Football, Volleyball, Soccer, Lacrosse, Golf, Basketball, Tennis, Rugby, Baseball & Hockey). Camp also includes various games and activities, in addition to science experiments, arts and crafts, cooperative games, and more! All participants will need to bring their own snacks, water bottles, and lunch. Please dress appropriately for the weather. Camp is held in the gymnasium, with some time spent outside.

CC - Gymnasium South

Mon-Fri	Mar 18-Mar 22	9:00am-3:00pm	\$265/5
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Register at www.sportball.ca

MARTIAL ARTS

Little Ninjas

Ages: 5-8

Your child will learn Jujutsu which focuses on developing virtues such as discipline, respect, honor, camaraderie, and hard work. Through the study of self-defense and martial arts principles, your child will learn how to express themselves safely while following drills and techniques in a structured format.

CC - Gymnasium North

#30490	Tue	Jan 2-Feb 27	5:45-6:15pm	\$120/9
#30491	Tue	Mar 5-Apr 30	5:45-6:15pm	\$120/9

Ninja Warriors

Ages: 9-13

Your child will learn Jujutsu which focuses on developing virtues such as discipline, respect, honor, camaraderie, and hard work. Through the study of self-defense and martial arts principles, your child will learn how to express themselves safely while following drills and techniques in a structured format.

CC - Gymnasium North

#30492	Tue	Jan 2-Feb 27	6:15-7:00pm	\$120/9
#30493	Tue	Mar 5-Apr 30	6:15-7:00pm	\$120/9





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 and entry in que applies.

Maximum attendance is 20 people. For parties for children, 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**

Sportball



Multi-Sport

All games, activities, and instructions have a purpose and expected outcome. The goal is to build your child's confidence, competence and Physical Literacy. The programs target three key areas of Childhood development, helping them build skills for life!
No Class Feb 17

CC-Gymnasium South

Ages: 16m-2yr (parented)

Thu Jan 11-Mar 14 9:00-9:30am \$180/10

Ages: 2-3.5 (parented)

Thu Jan 11-Mar 14 9:30-10:15am \$180/10

Sat Jan 13-Mar 16 3:15-4:00pm \$162/9

Ages: 3.5-5 (independent)

Thu Jan 11-Mar 14 10:15-11:15am \$180/10

Sat Jan 13-Mar 16 2:15-3:15pm \$162/9

Sat Jan 13-Mar 16 4:00-5:00pm \$162/9

Ages: 6-9 (independent)

Sat Jan 13-Mar 16 1:15-2:15pm \$162/9



Register at www.sportball.ca or direct any questions to kelowna@sportball.ca

ART & MUSIC

Intro to Multimedia Sketching **Ages: 15+**

This will be an opportunity to experience different mediums. Combining and layering textures to explore your creativity. All supplies included.

CC-Room 2
#30220 Thu Jan 18-Feb 8 5:30-7:30pm \$125/4

African Themed Art **Ages: 15+**

Explore your artistic touch using vibrant colours and designs, as well as different styles and techniques to create and celebrate African themed art. All supplies included.

CC-Room 2
#30222 Thu Feb 15-Mar 7 5:30-7:30pm \$125/4

Joy of Painting **Ages: 15+**

You will experience the feeling of being a real artist by bringing your own photo to life. Learning basic techniques, mediums and tools, you will be inspired to create your own 16" x 20" acrylic canvas. All supplies are included.

CC-Room 2
#30223 Thu Mar 14-Apr 4 5:30-7:30pm \$125/4

FITNESS

Ninjutsu **Ages: 14+**

Ninjutsu is an enlightened art with a focus on self-development and survival in urban life. You will learn the fundamentals of the art consisting of easy to apply locks, simple strikes, effective pressure points, and effortless grappling. You will study these Arts to become healthy and experience happiness.

CC - Gymnasium North
#30486 Tue Jan 2-30 7:00-8:00pm \$100/5
#30487 Tue Feb 6-27 7:00-8:00pm \$80/4
#30488 Tue Mar 5-26 7:00-8:00pm \$80/4
#30489 Tue Apr 2-30 7:00-8:00pm \$100/5

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 or 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
#30173 Thu Jan 4-25 4:15-5:15pm \$36/4
#30174 Thu Mar 21-Apr 11 4:15-5:15pm \$36/4

www.penticton.ca/recreation

WELLNESS

Take Charge of Your Life - Thriving **Ages: 12-16** Through Highschool and Beyond

Are you looking to gain confidence and self-esteem? Join us for a workshop that explores self-care and self-love. In this program, we will explore topics such as boundaries, confidence, and relationships, all in order to build a life that you love. No session Jan 20.

CC-Room 3
#30520 Sat Jan 6-Mar 9 2:00-3:30pm \$169/9
#30527 Sat Mar 16-May 11 2:00-3:30pm \$169/9



★ D Youth Rec Night **Ages: 14-18**

In partnership with Foundry Penticton

Hang out, play games and table tennis, or join us for a swim! This program runs the 2nd Friday of each month.

CC - Room 4

Fri	Jan 12	6:00-8:00pm	FREE
Fri	Feb 9	6:00-8:00pm	FREE
Fri	Mar 8	6:00-8:00pm	FREE
Fri	Apr 12	6:00-8:00pm	FREE



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
- Resistant equipment – 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.

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)*	day pass \$12.50	\$8.50	\$76.50	\$205	\$355	\$560
Adult (19-59 years)	day pass \$17	\$12	\$108	\$275	\$475	\$750
Senior (60-74 years)	day pass \$12.50	\$8.50	\$76.50	\$205	\$355	\$560
Super Senior (75+)	day pass \$10.50	\$7.50	\$67.50	\$165	\$285	\$450
Family**	day pass \$40	\$28	\$252	\$650	\$1,100	\$1,750

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

****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.**

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



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

Personal Fitness Training Ages: 13+

Our certified and motivational trainers can help you reach your fitness goals while ensuring proper form and giving sound advice.

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

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



Custom Nutrition Plans

\$249 PER PLAN

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

Learn more on www.penticton.ca/fitnessroom

FITNESS PLANS



Included in Plan:

- ✓ One (1) Fitness Room Orientation
- ✓ Three (3) Fitness Room drop-ins

\$199 PER PLAN

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.

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

Join Our Corporate and 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 info.





ART & MUSIC

Intro to Multimedia Sketching **Ages: 15+**

This will be an opportunity to experience different art mediums. Combining and layering textures to explore your creativity. All supplies included.

CC-Room 2
#30220 Thu Jan 18-Feb 8 5:30-7:30pm \$125/4

African Themed Art **Ages: 15+**

Explore your artistic touch using vibrant colours and designs, as well as different styles and techniques to create and celebrate African themed art. All supplies included.

CC-Room 2
#30222 Thu Feb 15-Mar 7 5:30-7:30pm \$125/4

Joy of Painting **Ages: 15+**

You will experience the feeling of being a real artist by bringing your own photo to life. Learning basic techniques, mediums and tools, you will be inspired to create your own 16" x 20" acrylic canvas. All supplies are included.

CC-Room 2
#30223 Thu Mar 14-Apr 4 5:30-7:30pm \$125/4

Intro to West African Drumming **Ages: 12+**

Learn to play traditional West African rhythms on the djembe (a goblet-shaped hand drum). You will learn how to play the three basic sounds, develop a sense of rhythm, and play authentic West African rhythms. Dunduns (bass drums played with a stick) may be introduced to complete the musical ensemble. No session Apr 9.

CC-Room 4
#30071 Tue Feb 13-Mar 19 6:15-7:15pm \$75/6
#30072 Tue Mar 26-Apr 30 6:15-7:15pm \$64/5

West African Drumming Level 2 **Ages: 12+**

Increase your drumming repertoire with more intricate rhythm patterns played on both the djembe and the dunduns. Completion of the introductory course is a required prerequisite. No session Apr 9.

CC-Room 4
#30069 Tue Feb 13-Mar 19 7:30-8:30pm \$75/6
#30070 Tue Mar 26-Apr 30 7:30-8:30pm \$64/5

SPECIAL INTEREST

Ninjutsu **Ages: 14+**

Ninjutsu is an enlightened art with a focus on self-development and survival in urban life. You will learn the fundamentals of the art consisting of easy to apply locks, simple strikes, effective pressure points, and effortless grappling. You will study these Arts to become healthy and experience happiness.

CC - Gymnasium North
#30486 Tue Jan 2-30 7:00-8:00pm \$100/5
#30487 Tue Feb 6-27 7:00-8:00pm \$80/4
#30488 Tue Mar 5-26 7:00-8:00pm \$80/4
#30489 Tue Apr 2-30 7:00-8:00pm \$100/5

Take Charge of Your Life - Thriving As a Parent/Guardian **Ages: 18+**

Are you looking to overcome doubt and worry? Join us for a workshop that explores better relationships with family and friends. In this program, we will explore topics such as boundaries, confidence, and forgiveness, all in order to build a life that you love.

CC-Room 4
#30569 Sat Jan 6-Mar 9 3:45-5:15pm \$169/9
#30570 Sat Mar 16-May 11 3:45-5:15pm \$169/9

DANCE

♥ Ballet Fit (Adult Ballet) 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 of 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 Venables.

CC-Dance Studio
#30162 Wed Jan 24-Mar 6 12:00-1:00pm \$75/7

♥ Basic Ballroom Dance Ages: 16+

Learn the basics to the ballroom dance classics like the waltz, foxtrot, tango, and quickstep.

CC-Dance Studio
#30209 Tue Jan 23-Mar 5 6:00-7:00pm \$84/7
#30211 Tue Mar 12-Apr 16 6:00-7:00pm \$72/6

♥ Basic Latin Dance Ages: 16+

Learn the basics to the classic Latin dances such as Salsa, Cha Cha, Jive, Samba and Rumba.

CC-Dance Studio
#30202 Tue Jan 23-Mar 5 7:00-8:00pm \$84/7
#30210 Tue Mar 12-Apr 16 7:00-8:00pm \$72/6

♥ Urban Groove & Soul Ages: 16+

Learn the basic movement principles of Hip Hop Social Dance from its soulful origins all the way to today's current video trends. A funky fun way to connect and move to music.

CC-Dance Studio
#30790 Thu Jan 11-Feb 29 7:30-8:30pm \$88/8
#30794 Thu Mar 7-Apr 18 7:30-8:30pm \$77/7

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
#30164 Thu Jan 18-Apr 18 1:30-2:30pm FREE

♥ Minds in Motion Ages: 55+

Designed for people living with any form of early stage dementia, you and your family member, friend or other care partner will experience gentle exercises and social activities. Care partners must attend. In partnership with the Alzheimer Society of B.C. No session Apr 23.

CC-Dance Studio
#30585 Tue Jan 9-Feb 27 1:30-3:00pm \$48/8
#30586 Tue Mar 5-Apr 30 1:30-3:00pm \$48/8

♥ 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
#30101 Tu/Th Jan 9-Feb 29 12:00-1:00pm \$144/16
#30102 Tu/Th Mar 5-Apr 18 12:00-1:00pm \$126/14



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.

CC - Room 7

#30098 Tu/Th Jan 9-Feb 29 10:45-11:45am \$144/16
#30099 Tu/Th Mar 5-Apr 18 10:45-11:45am \$126/14

Silver Stretch **Ages: 45+**

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

CC - Room 7

#30063 Mon Jan 8-Apr 15 10:30-11:30am \$135/15

Silver Strength **Ages: 45+**

You will 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.

CC-Room 7

#30058 Mon Jan 8-Apr 15 9:00-10:00am \$117/13
#30057 W/F Jan 10-Mar 1 9:00-10:00am \$144/16
#30059 W/F Mar 6-Apr 19 9:00-10:00am \$117/16

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

#30093 Tu/Th Jan 9-Feb 29 9:30-10:30am \$99/16
#30096 Tu/Th Mar 5-Apr 18 9:30-10:30am \$86/14



FITNESS (DROP-IN)

D **ABT (Abs/Booty/Thighs)** **Ages: 16+**

Work and sculpt the most glorious of muscles: abs, booty and thighs.

CC - Room 7
Tue Jan 9-Apr 16 6:00-7:00pm \$9/Visit

D **Bootcamp Circuit** **Ages: 14+**

Building strength, endurance and agility to conquer your daily routine.

CC-Gymnasium
Mon Jan 8-Apr 29 5:00-6:00pm \$9/Visit

D **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.

CC-Room 7
Wed Jan 10-Apr 24 10:00-11:00am \$9/Visit

D **HIIT Training** **Ages: 14+**

Using a mixture of light weights, gym equipment and bodyweight 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! No session Mar 16.

CC - Dance Studio
Sat Feb 10-Apr 20 9:15-10:15am \$9/Visit

Sports Mobility & Stability **Ages: 14+**

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 range of motion. No session Feb 1, 8 & Mar 14.

CC - Dance Studio
Thu Jan 11-Apr 18 5:15-6:00pm \$9/Visit

D **Winter Moves** **Ages: 16+**

Walk, run, jump, roll around the Penticton Sportsplex every Tuesday & Thursday during the winter. The turf field and the walking track will be open to move as you please and not let the cold months keep you down.

Kings Park - Sportsplex
Tu/Th Jan 2-Mar 21 11:30am-1:00pm FREE

FITNESS (REGISTERED)

Barre Core **Ages: 14+**

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 packaged in a full workout. Taught by reputed ballet instructor Danica Venables.

CC - Dance Studio
#30160 Mon Jan 22-Mar 4 10:45-11:45am \$75/7

LaBlast Dance Fitness **Ages: 16+**

You will 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.

CC - Dance Studio
#30028 Tu,Th Jan 9-Feb 29 10:30-11:30am \$139/16
#30029 Tu,Th Mar 5-Apr 18 10:30-11:30am \$126/14

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 session Apr 1 & 22.

CC-Dance Studio
#30076 Mon Jan 8-Mar 4 6:15-7:15pm \$81/9
#30077 Thu Jan 11-Feb 29 6:00-7:00pm \$72/8
#30786 Mon Mar 11-Apr 29 6:15-7:15pm \$54/6
#30787 Thu Mar 7-Apr 18 6:00-7:00pm \$63/7

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. No session Mar 16 & Apr 27.

CC-Fitness Room
#30183 Sat Feb 10-Apr 27 4:30-5:30pm \$90/10

Baby and Me Bootcamp **Ages: 18+**

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

Kings Park - Sportsplex Indoor Turf
#30793 Mon Jan 8-Mar 25 9:30-10:30am \$84/12

📍🕒 Zumba

Ages: 16+

You will learn dance routines that fuse Latin rhythms and easy-to follow moves designed to burn a ton of calories without even realizing it.

CC - Dance Studio

#30030 Wed Jan 10-Apr 17 9:30-10:30am \$135/15

📍🕒 Zumba Toning

Ages: 16+

You will 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.

CC - Dance Studio

#30032 Fri Jan 5-Apr 19 9:30-10:30am \$144/16

📍🕒 Zumba Gold

Ages: 16+

16yrs-120yrs! 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.

CC-Dance Studio

#30031 Mon Jan 8-Apr 15 9:30-10:30am \$126/14

YOGA & PILATES

📍🕒 Chair Yoga

Ages: 16+

In the comfort of a chair, you will develop your fitness level while building balance, strength and mobility with modifications for back, hip, knee or shoulder concerns. No session Apr 9.

CC - Room 3

#30169 Tue Jan 2-Jan 30 11:00am-12:15pm \$45/5

#30170 Tue Mar 5-Apr 23 11:00am-12:15pm \$72/8

**📍🕒 D Challenge and Chill
Yoga/Pilates Fusion**

Ages: 16+

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

CC - Dance Studio

Sat Jan 13-Apr 20 10:30-11:30am \$9/Visit

📍🕒 Mat Pilates

Ages: 16+

You will work on core stabilization, flexibility, posture and balance all from the mat.

CC - Dance Studio

#30213 Thu Jan 11-Feb 29 12:00-1:00pm \$72/8

#30214 Thu Mar 7-Apr 18 12:00-1:00pm \$63/7

📍🕒 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.

CC - Dance Studio

#30054 Mon/Thu Jan 8-Feb 29 1:00-2:15pm \$144/16

#30055 Mon/Thu Mar 4-Apr 18 1:00-2:15pm \$126/14

📍🕒 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. Experience gentle progressions with modifications for specific health concerns. No session Apr 9.

CC-Room 3

#30171 Tue Jan 2-Jan 30 9:30-10:45am \$45/5

#30172 Tue Mar 5-Apr 23 9:30-10:45am \$72/8



Winter Registered Fitness Class Schedule

January 8 – May 4, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver Strength 9:00-10:00am	SIRvivor 9:30-10:30am	Silver Strength 9:00-10:00am	LaBlast Dance Fitness 10:30-11:30am	Silver Strength 9:00-10:00am	
Zumba Gold 9:30-10:30am	Rose Yoga 9:30-10:45am	Zumba 9:30-10:30am	Osteofit 2 10:45-11:45am	Zumba Toning 9:30-10:30am	
Baby & Me Bootcamp (Sportsplex) 10:00-11:00am	LaBlast Dance Fitness 10:30-11:30am		Osteofit 1 12:00-1:00pm		
Silver Stretch 10:30-11:30am	Osteofit 2 10:45-11:45am		Mat Pilates 12:00-1:00pm		
Barre Core 10:45-11:45am	Chair Yoga 11:00am-12:15pm		Holistic Yoga 1:00-2:15pm		
Holistic Yoga 1:00-2:15pm	Osteofit 1 12:00-1:00pm	Adult Ballet Fit 12:00-1:00pm	ActivAge 1:30-2:30pm		
	Basic Ballroom Dance 6:00-7:00pm		Rev & Flow 6:00-7:00pm		
Rev & Flow 6:15-7:15pm	Basic Latin Dance 7:00-8:00pm		Urban Groove & Soul 7:30-8:30pm		

See pages 24, 25 and 26 for program descriptions and fees. You must pre-register to secure your spot in these programs.
No sessions on Stat Holidays | Childminding available (details on page 14)

Winter Drop-in Fitness Class Schedule

January 8 – May 4, 2024

		Cardio Box 10:00-11:00am			H.I.I.T. Training 9:15-10:15am
	Winter Moves (Sportsplex) 11:30am-1:00pm		Winter Moves (Sportsplex) 11:30am-1:00pm		Challenge & Chill Yoga/Pilates Fusion 10:30-11:30am
Bootcamp Circuit 5:00-6:00pm	A.B.T. 6:00-7:00pm		Sport Mobility & Stability 5:15-6:00pm		Saturday Night Strength 4:30-5:30pm

Drop-in Admission: \$10/visit as space permits | No sessions on Stat Holidays | Childminding available (details on page 14)





REGISTERED SPORTS

Learn to Play Pickleball

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 volley's, working with a partner. No session Mar 16 & Apr 27.

CC - Gymnasium

Small Group Clinic

#30495	Sun	Jan 21-Feb 11	12:00-1:00pm	\$80/4
#30497	Sun	Mar 3-31	12:00-1:00pm	\$80/4
#30499	Sun	Apr 7-May 5	12:00-1:00pm	\$80/4

Large Group Clinic

#30496	Sun	Jan 21-Feb 11	1:00-2:30pm	\$100/4
#30498	Sun	Mar 3-31	1:00-2:30pm	\$100/4
#30500	Sun	Apr 7-May 5	1:00-2:30pm	\$100/4

Pickleball Drills and Play

Ages: 16+

You will receive coaching from a 5.0 rated player, during doubles play learning all the skills necessary to up your game. You will practice drills for the first hour and your cohort will play on their own for the last hour. No session Mar 16 & Apr 27.

CC - Gymnasium

Novice 2.0-2.5 Drill & Play (court 1)

#30555	Sun	Jan 21-Feb 11	11:00am-1:00pm	\$60/4
#30558	Sun	Mar 3-31	11:00am-1:00pm	\$60/4
#30564	Sun	Apr 7-May 5	11:00am-1:00pm	\$60/4

Intermediate 3.0 Drill & Play (court 3)

#30556	Sun	Jan 21-Feb 11	11:00am-1:00pm	\$60/4
#30559	Sun	Mar 3-31	11:00am-1:00pm	\$60/4
#30565	Sun	Apr 7-May 5	11:00am-1:00pm	\$60/4

Intermediate 3.5+ Drill & Play (court 4)

#30557	Sun	Jan 21-Feb 11	11:00am-1:00pm	\$60/4
#30560	Sun	Mar 3-31	11:00am-1:00pm	\$60/4
#30566	Sun	Apr 7-May 5	11:00am-1:00pm	\$60/4



DROP-IN SPORTS

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. No session Jan 15, Feb 16, 23, 24 Mar 18-29 & Apr 22.

CC - Gymnasium South

Drop-in Basketball

Ages: 15+

Compete, practice and hone your basketball skills against others in a pickup format of basketball. No session Feb 23.

CC - Gymnasium

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. No session Jan 15, Feb 16, 23, 24, Mar 18-Mar 29 & Apr 22.

CC - Gymnasium

55+ Drop-in Volleyball

Ages: 55+

Senior's volleyball using a beach ball making the sport easier and more accessible to play. No session Jan 15, Feb 16, 23, Mar 18 to Mar 29, Apr 22.

CC - Gymnasium North

Drop-in Volleyball

Ages: 16+

Practice your volleying, setting and challenge others to a fun game. This is an open drop-in activity for players of all skill level who want to have fun in a non-competitive and friendly environment; participants will organize their own games and share court time. No session Feb 24.

CC - Gymnasium



Winter Adult Drop-in Sport Schedule

January 8 – May 4, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
+55 Volleyball 8:00-10:00am		+55 Volleyball 8:00-10:00am		+55 Volleyball 8:00-10:00am	
Drop-in Pickleball Level 3.25 & below 10:15am-12:15pm		Drop-in Pickleball Level 3.25 & below 10:15am-12:15pm		Drop-in Pickleball Level 3.5-3.75 10:15am-12:15pm	Drop-in Pickleball All levels 9:00-11:00am
Drop-in Pickleball Level 4.0 and up 10:15am-12:15pm		Drop-in Pickleball Level 3.5-3.75 10:15am-12:15pm		Drop-in Pickleball Level 4.0 and up 10:15am-12:15pm	Drop-in Badminton 11:15am-1:00pm
Drop-in Badminton 12:30-2:30pm		Drop-in Badminton 12:30-2:30pm	Drop-in Pickleball All levels 1:00-3:00pm	Drop-in Badminton 12:30-2:30pm	
Drop-in Basketball 7:00-9:00pm	Drop-in Pickleball All levels, 1/2 gym 6:30-8:30pm		Drop-in Volleyball 7:00-9:00pm	Drop-in Basketball 7:00-9:00pm	Drop-in Volleyball 6:30-8:30pm

The Urban Rec community is about playing recreational sport while enjoying a night out with friends, co-workers and even family if you dare! We believe our leagues offer you an excuse to get out during the week to enjoy a social experience with your teammates.



URBAN REC: MULTISPORT & COED 6'S VOLLEYBALL

*This
Winter*

REGISTER AT

OKANAGAN.URBANREC.CA/REGIONS/PENTICTON





With a shared desire to improve community services and enhance the wellbeing of seniors,

a diverse group of non-profit organizations and government partners came together to form Aging Well Penticton. The partners work together to broaden opportunities for seniors to be active, connected and engaged in community life. Our activities are as diverse as the people we support, and have included physical recreation, social outings, arts programs, intergenerational programs, volunteering, grief and loss counselling, supports for family caregivers, personalized outreach, home services, mental health supports and more.



“ Thank you for all the wonderful work you do. Your programs are so important and greatly needed with this aging population. ”

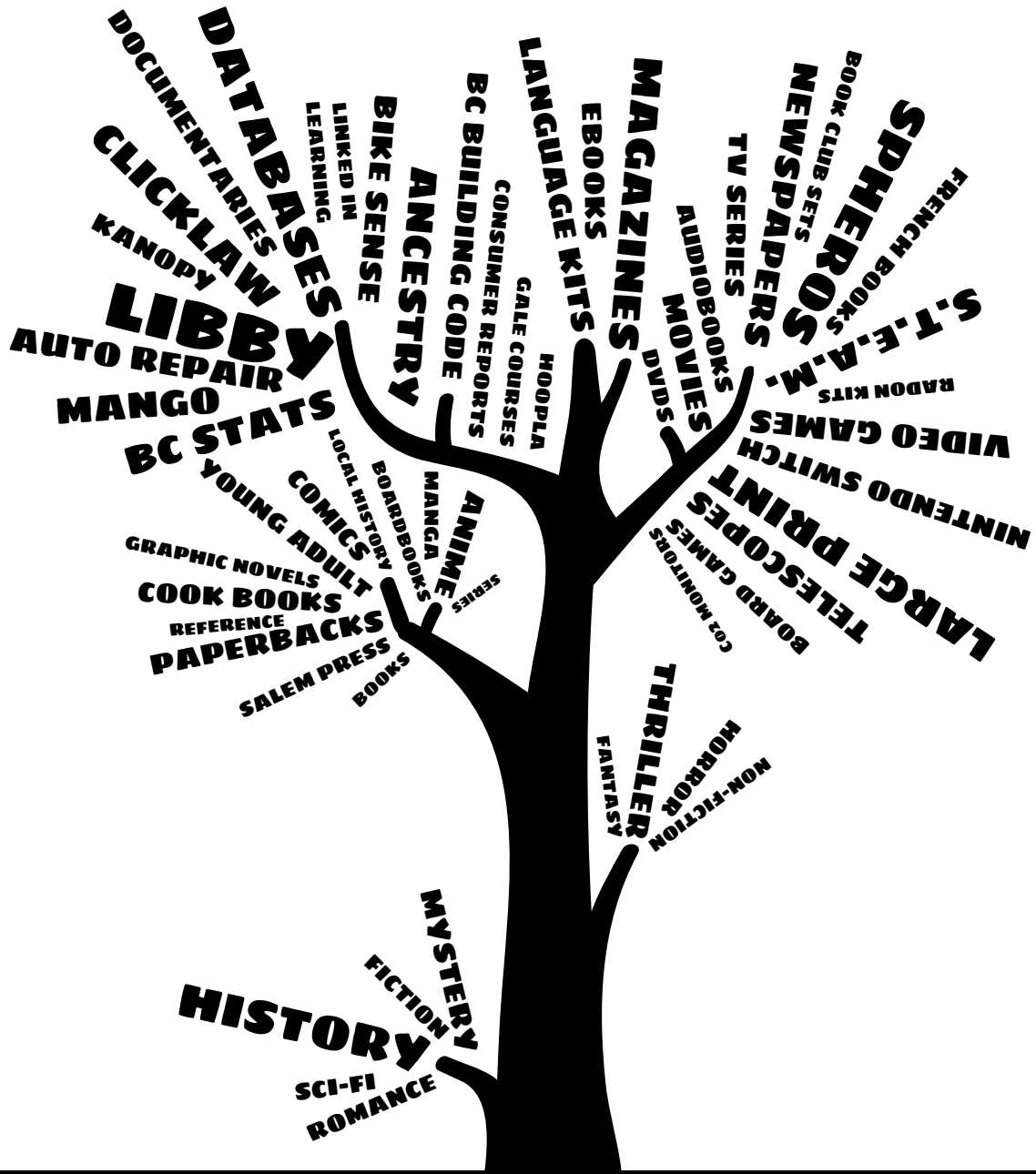
Better at Home Program Participant

Seniors Information & Resources Phone Line

Seniors Information & Resources helps seniors and their caregivers in Penticton and region to connect with community services and government resources. The service is free, confidential and provided by trained staff and volunteers. We can be a starting point for resources to age well and manage the challenges of life, whether big or small. We can provide information about:

- Home care and community supports
- Housing and assisted living
- Financial benefits (OAS/GIS)
- Government programs
- Mental health and grief support
- Personal assistance services
- Transportation
- Social and physical activity programs

Call us at **778-SENIORS (778-736-4677)**, or email: Seniors.Info@OneSkyCommunity.com



GROW YOUR KNOWLEDGE AT THE LIBRARY!

SUNDAY	1:00 PM - 5:00 PM (OCT-MARCH)
MONDAY	9:30 AM - 5:00 PM
TUESDAY	9:30 PM - 8:30 PM
WEDNESDAY	9:30 AM - 5:00 PM
THURSDAY	9:30 AM - 8:30 PM
FRIDAY	9:30 AM - 5:00 PM
SATURDAY	9:30 PM - 5:00 PM

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PENTICTONLIBRARY.CA

PENTICTON
PUBLIC LIBRARY 

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
9:00am - 11:30am

Baby Social

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



Sign up for 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





Investigate our ever-changing interactive Hands-on Heritage Lab where science and history connect



DID YOU KNOW?

The Museum has a Youtube Channel.

Search for Penticton Museum & Archives to find our channel. Check our Playlist for past Brown Bag Lectures, and more...

ARCHIVES

The Archives are open. Have your question answered by calling (250-490-2453) or sending an email (pentictonmuseumarchives@penticton.ca)



Step back in time and explore the geological and human forces that shaped Penticton throughout its history

MUSEUM



785 Main Street, Penticton, BC
Dennis.Oomen@penticton.ca
Chandra.Wong@penticton.ca
www.pentictonmuseum.com

MUSEUM:

Tue-Sat 10:00am - 5:00pm
250-490-2451

ARCHIVES:

Wed-Fri 10:00am - 4:30pm
250-490-2453

Call for information

Museum Admission:
Suggested donation
\$2 for adults
\$1 for children



Tots' Tinker Time

Spend time with your 3-5 year old creating. See website for details. Cost by donation. Parent supervision required. Pre-registration required. Jan. 4, Feb. 1, Mar. 7, 2024

Family Maker Lab

Spend time with your family making things at the museum on a Saturday afternoon. Activities designed for 5 years to adults. All materials supplied. Cost by donation. Pre-registration required. Jan. 20, Feb. 17, Mar. 9, 2024

Brown Bag Lecture Series

This lecture series features topics on local history, the environment, and what's going on in our community. Tuesdays, noon to 1 pm from September to April. Suggested donation \$2 per person. See our website for schedule.

Penticton Museum staff are busy updating many of our permanent exhibits. Watch for new content and exhibits in our Permanent Exhibit Gallery!

TEMPORARY EXHIBITS

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

History of Penticton's Ironman
Last year's Ironman, was sadly, cancelled. However, the Penticton Museum & Archives has put together a fascinating multi-media exhibit on the history of Ironman in Penticton!

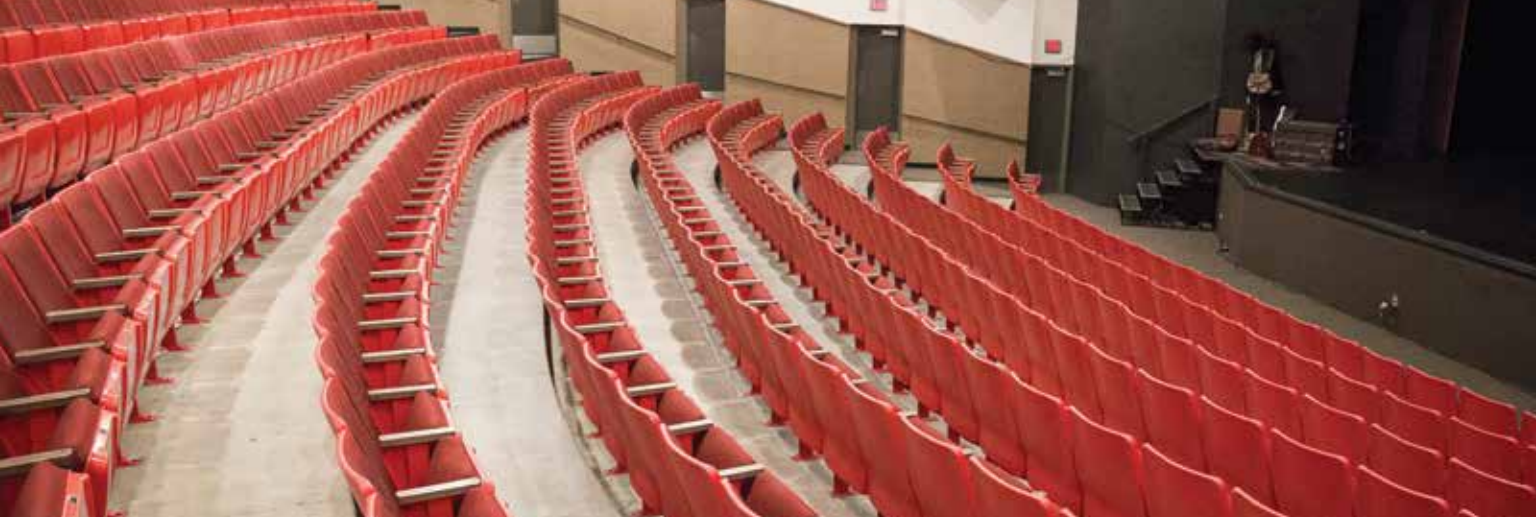
ON DISPLAY UNTIL SPRING 2024

Upcoming Exhibit

We are currently working on a new exhibit about... Cookbooks!

OPENING IN MARCH 2024





Cleland Community Theatre

We host national and international performers, symphonies, school groups, comedians, noteworthy speakers and community groups.

The theatre seats 443 and is available to rent for your next performance.

250-490-2426 | www.penticton.ca/clelandtheatre | 325 Power St., Penticton BC, V2A 7K9

DISCOVER

- Diverse cultures within your community
- Project management basics
- Leadership Skills

Get volunteer hours
Find opportunities that are right for you
Become a Youth Leader!


VOLUNTEER

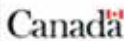
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- Inspirational art & media projects
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*87% of our children and youth report that they make better choices because of a Club. 2022 Participatory Evaluation, Dialogues in Action.

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Join us for a day of fun activities and adventure while school is closed on professional development days.
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Play, explore, and discover all day at our winter break program while developing new friendships.
Ages 6-12
- INFANT DEVELOPMENT PROGRAM**
- FAMILY AND PARENTING PROGRAMS**

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2024

PENTICTON KIWANIS music festival

dance • music
speech arts

Choral & Classical Voice - March 1st & 2nd

Pianoforte - March 7th - 10th

Speech & Dramatic Arts - April 7th - 10th

Musical Theatre - April 12th & 13th

Dance - April 23rd - 30th

ONLINE REGISTRATION

Dec. 1, 2023 - Jan 29, 2024

www.pkmf.org

Highlights Concert - Cleland Theatre

May 12th, 2024 - 2:00 p.m.

Tickets - Eventbrite

250-493-8322

pkmfoffice@gmail.com



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PENTICTON, BC

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- Chair Dance • Chair Fit • Computer Support
- Crafts • Cribbage • Dances • Falun Gong
- Fit & Fun • Line Dance • Live & Learn. • Mah Jong
- Mat Yoga • Monthly Dinner • Painting • Pilates
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email:

info@pentictonseniors.ca

www.pentictonseniors.ca



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- Business • Health Care • Leadership
- Technology • Music • Viticulture
- Cannabis • Education • and more

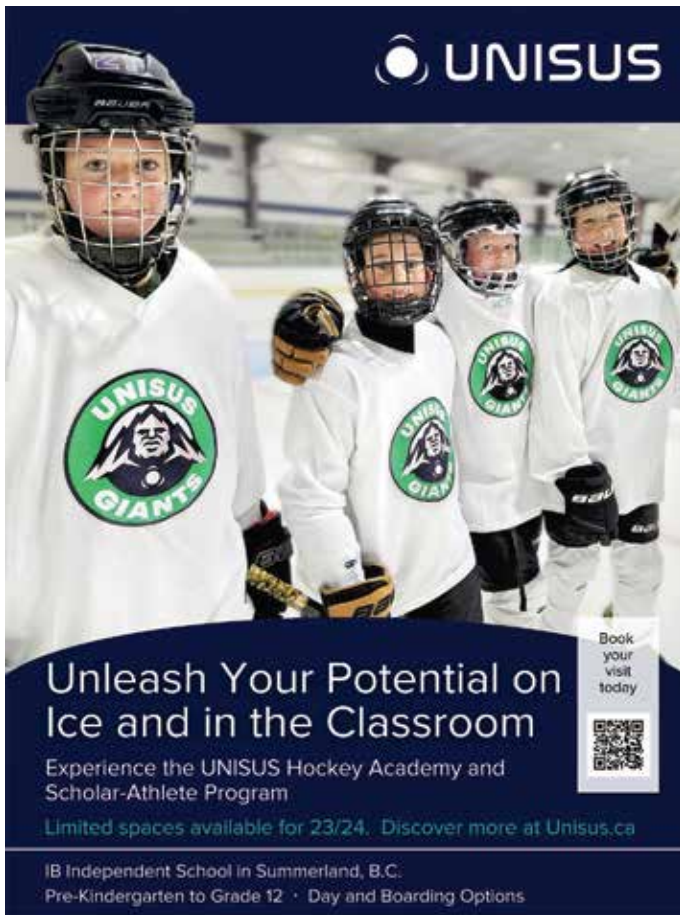
Learn a new skill through Okanagan
College Continuing Studies programs.

View Penticton campus courses

okanagan.bc.ca/link/OCPenticton



OC Continuing
Studies



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New Members are always welcome:

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Annual Adults, Seniors, Membership **\$175.00**

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We are open all year round

Out door Spring Summer season runs from May to September

In door Fall winter carpet bowls runs from November to April

For more information visit our WEBSITE: pentictionlawnbowls.ca

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7th Degree Black Belt

OSA OKANAGAN SCHOOL OF THE ARTS

Showtime!
Community Theatre

Showtime! Community Theatre

is recruiting adult amateur performers for our winter/spring season! Join us as we produce a fully-staged musical using existing songs and an original script. We'll rehearse one evening a week starting in January, with performance dates set for mid-June. Sing your heart out and set your jazz hands free!

Email showtime.in.penticton@gmail.com or call us at **236-853-5888** for details.

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• **SPRING SESSION:** MARCH 4TH TO JUNE 8TH •

• **BIRTHDAY PARTIES!** •

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Or at the gym: 208-1475 Fairview Rd. (in the Cannery)
Or by phone: 250.486.0787

We offer classes for all ages and abilities:

- 1 - 3 yrs - Tumbleleemies
 - 4 - 5 yrs - Flip-a-saurs
 - 6 - 13 yrs - Rec My Day
 - 6 - 16 yrs - Competitive
- Find us on Facebook!
@pentictonspringers

Our classes offer a low student to teacher ratio so your child gets individual coaching in a group setting. Students train in a fun and safe environment and receive completion certificates to track their progress. Call us today to find out how we can hone the skills of your backyard gymnast!



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(250) 492-6299
admin@soics.ca
www.soics.ca

Are you an immigrant looking to settle in the South Okanagan?

WE CAN HELP WITH:

- ▶ English Language Training
- ▶ Settlement & Application Processes
- ▶ Career Planning & Job Search
- ▶ Community Integration Support



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Sports Clinic Physiotherapy



PENTICTON COMMUNITY CENTRE

Phone 250-487-1455 • Fax 250-487-1453

Email info@dalecharlesphysio.com • www.dalecharlesphysio.com

Orthopaedic And Sports Injury Rehabilitation

•
Acupuncture, Dry Needling (IMS)

•
Occupational Rehabilitation

•
Hand Therapy & Custom Splinting

•
**Pelvic Floor Physiotherapy
Pre & Post Natal Physiotherapy**

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Concussion Management

•
Vestibular Rehabilitation

•
Radial Shock Wave Therapy

•
Bracing

•
Hydrotherapy & Pool Program

Are you experiencing pain or stiffness in your hips or knees?



GLA:D is an 8-week exercise & education program for people with symptoms of hip or knee OA (osteoarthritis)

12 Physiotherapist-led exercise sessions,
plus 2 education sessions

The goal is to reduce your symptoms,
so you can do the things you want to do

Research has shown GLA:D participants:

- Have reduced pain • Take fewer pain killers
- Take less time off work • Are able to be more active

GLA:D is coming to Penticton, with sessions starting in September

For details, contact Sports Clinic Physiotherapy in the Community Centre

Dale Charles Physiotherapy



353 Winnipeg Street

Phone 250-493-7343 • Penticton, B.C. V2A 5M4

CROSSFIT PENTICTON

No matter what your health and fitness goals, our team has the knowledge and expertise to help you find your best you.

- Maintain functional independence
- Improve in your sport / hobby
- Play with your children / grandchildren
- Build muscle and burn fat
- Train for a race

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SINCE 1953

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250-486-0244

Teaching skating for 70+ years
Ages 3 & up
NCCP Certified Coaches
All classes at McLaren Park Arena
Ongoing, pro-rated registration

LEARN-TO-SKATE TOTS with PRECANSKATE (3&4 years old) - 30min class *PLEASE NOTE – PreCanSkate classes begin 2 weeks after our regular CanSkate classes

Introduces young children to skating in a fun environment - Teaches the basics of balance, falling & getting up, forward & backward movement – Class led by NCCP Certified Professional Coaches - Coaches are assisted by trained Program Assistants

Fall 2023; October 2 – December 14

Mondays; 4:00pm – 4:30pm; 9 classes (no class Sep25, Oct2, Oct9); \$99
Tuesdays; 5:00pm – 5:30pm; 9 classes (no class Sep26, Oct3, Oct31); \$99
Thursdays; 5:00pm – 5:30pm; 10 classes (no class Sep28, Oct 5); \$110
Saturdays; 9:35am – 10:05am; 6 classes (no class Sep30, Oct7, Oct14, Nov11, Nov25); \$66

Winter 2024; January 16 – March 14

Mondays; 4:00pm – 4:30pm; 7 classes (no class Jan1, Jan8, Jan15, Feb19); \$77
Tuesdays; 5:00pm – 5:30pm; 9 classes (no class Jan2, Jan9); \$99
Thursdays; 5:00pm – 5:30pm; 9 classes (no class Jan4, Jan11); \$99
Saturdays; 9:35am – 10:05am; 6 classes (no class Jan6, Jan13, Feb10, Mar9); \$66

To register:

- Go to www.glengarryfsc.com
- Set up your family account, and list your skater(s) as a 'Participant'
- Register for your chosen class(es)
- Go to your shopping cart and select your payment method

LEARN-TO-SKATE with CANSKATE (5-12 years old) - 40min class

Skate Canada's flagship Learn-to-Skate program - Focus on fun, participation & basic skill development - Group lesson format - Class led by NCCP Certified Professional Coaches - Skaters progress at their own rate - Coaches are assisted by trained Program Assistants

Fall 2023; September 25 – December 14

Mondays; 4:00pm – 4:40pm; 11 classes (no class Oct9); \$154
Tuesdays; 5:00pm – 5:40pm; 11 classes (no class Oct31); \$154
Thursdays; 5:00pm – 5:40pm; 12 classes; \$168
Saturdays; 9:35am – 10:15am; 8 classes (no class Oct14, Nov11, Nov25); \$112

Winter 2024; January 2 – March 14

Mondays; 4:00pm – 4:40pm; 9 classes (no class Feb19); \$126
Tuesdays; 5:00pm – 5:40pm; 11 classes; \$154
Thursdays; 5:00pm – 5:40pm; 11 classes; \$154
Saturdays; 9:35am – 10:15am; 8 classes (no class Feb10, Mar9); \$112

Registration for all classes
opens Tue, Aug 8, 2023

Fall23 – Classes start Sep 25th
Winter24 – Classes start Jan 2nd

POWERSKATE (8-13 years old) & ADULTPOWERSKATE (18+ years old) - 45min class - Please note: SKATERS SHOULD ALREADY BE ABLE TO STRIDE FORWARD, SKATE BACKWARD, & STOP ON THEIR OWN – FULL GEAR REQUIRED – IF YOUR SKATER HAS BEEN WITH OUR CANSKATE PROGRAM, THEY SHOULD BE FINISHED STAGE 3 BEFORE THEY MOVE INTO THIS PROGRAM – THESE 2 CLASSES SHARE THE SAME ICE & COACHING

For skaters who are looking for extra ice time and coaching - Classes are broken down into three time slots; (1) 10min warm-up, (2) 20min skills & drills, (3) 5min cool-down - Focus on balance, power, agility, speed, endurance - Geared to hockey & ringette players - Emphasis on how skills apply to game situations - Skills, techniques & conditioning taught in a progressive format - NCCP Certified Professional Coaches

Fall 2023; September 25 – December 14

Thursdays; 7:45pm – 8:30pm; 12 classes; \$228

Winter 2024; January 2 – March 14

Thursdays; 7:45pm – 8:30pm; 11 classes; \$209

TEEN & ADULT SKATING (14+ years old) - This class consists of a coach led warmup and instruction time, followed by freeskate time. Our coaches are floating & available during the freeskate time, and are happy to help you progress at your own pace towards whatever goals you have in mind. This session is designed with two types of skaters in mind; (A) Adults who would like some learn-to-skate instruction. (B) Previous figure skaters who would like to get back on the ice for fun or exercise. If public skates and the limitations of them aren't for you, come out and join us. Skate backwards, do some spins & spirals, or (if you have the courage) try that 1 Axel again.

Fall 2023; September 25 – December 14

Tuesdays; 7:45pm – 8:30pm; 11 sessions (no session Oct31); \$187 (20min instruction + 25min freeskate)

Winter 2024; January 2 – March 14

Tuesdays; 7:45pm – 8:30pm; 11 sessions; \$187 (20min instruction + 25min freeskate)

PLEASE NOTE – ALL SKATERS ARE REQUIRED TO PAY AN ANNUAL \$61.00 FEE FOR SKATE CANADA MEMBERSHIP & INSURANCE (SEP 2023-AUG 2024). THIS FEE WILL BE ADDED THE FIRST TIME A SKATER REGISTERS TO ONE OF OUR PROGRAMS.

Special Interest

Adventurers Club	www.pentictonadventurers.com	
Air Cadets	Richard Hellyer	250-492-0777
Army Cadets	www.788armycadets.weebly.com	
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
OneSky Community Resources	www.oneskycommunity.com	250-492-5814
OSNS Child Development Centre	info@osns.org	250-492-0295
Outdoors Club	www.pentictonoutdoorsclub.ca	
Penticton Garden Club	www.gardenclubpenticton.ca	Marian Kozier 250-487-1121
Penticton Safety Village	Lori Woods	250-493-1808
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

Penticton Soccer Club		250-492-5505
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 ctlauer50@gmail.com
Fastpitch Softball Assoc. – Penticton Minor	www.pmfsa.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	
Judo Club	www.pentictonjudoclub.com	
Jump Rope Competitive – Black Widow Rope Spinners	Cathy Cunningham	250-770-9065
Karate-Penticton Kyokushin	James Weir	250-462-1486
Karate - Tameda Karate Dojo		250-768-2241
Ki AiKido	David Larsen	250-809-7438
Lacrosse – Penticton Minor	www.pentictonlacrosse.com	pentictonlacrosse@gmail.com
Lawn Bowling - Penticton	www.pentictonlawnbowl.com	
Nickel Plate Nordic Centre	www.nickelplatenordic.org	250-292-8110
Outrigger Racing Canoe Club	Don Mulhall	250-488-3100
South Okanagan Pool League	Gordon Monteith	250-809-0807
Rugby – Harlequin Club	www.pentictonharlequins.ca	
Running Club – Pounders	Neil Macdonald	250-490-3334
Penticton Pickleball Club	www.pentictonpickleball.ca	
Senior Games	John Hong	250-498-9030 zone5info@55plusbcgames.org
Shooting Sports Assn	www.pentictonshootingsports.com	250-328-8619
Skating - Glenngarry Skating Club	www.glenngarrysc.com	250-486-0244
Skiing - Apex Ski Club	www.apexskiclub.com	250-809-5727
Skiing - Apex Freestyle	www.freestyleapex.com	
Skiing – Xcountry	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+)	Willow Vasquez	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	Jamie Friedt	250-488-9894
City of Penticton Pipe Band	Shannon Mair	250-809-3418
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		250-490-6568
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		picherack@shaw.ca
Ooknakane Friendship Centre	www.friendshipcentre.ca	250-490-3504
Peach Festival Society		250-487-9709
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

Information Centres

24 Hour Swim & Activity Information		250-490-2426
Cancer Relaxation Program	Interior Health	250-770-3486
Caregiver Support Group	Interior Health	250-770-3486
City Hall		250-490-2400
Grief Support Group	Interior Health	250-770-3486
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.bc-girlguides.org	250-492-2053
Penticton Air Cadets		250-492-0777 / 250-493-4494
Scouts, Cubs & Beavers	www.myscouts.ca	

Low Cost, No Cost

After School Club	First Baptist Church	250-492-3824
"The Ark" Youth Centre	First Baptist Church	250-492-3824
Playtime	First Baptist Church	250-492-3824
Breastfeeding Classes	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	490 Edmonton Ave.	250-493-1808
BGC Okanagan	1295 Manitoba St.	250-493-0512 ext 119
Strong Start - Queen's Park Elementary	330 Power St.	250-770-7680 ext 6611
Strong Start - Carmi Elementary	400 Carmi Ave.	250-770-7697
Strong Start - Columbia Elementary	1437 Atkinson St.	250-770-7676



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

RECREATION ADMINISTRATION

Community Centre - Reception Desk

250-490-2426 ext. 6

Manager of Recreation, Arts & Culture

Kelsey Johnson 250-490-2441

kelsey.johnson@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

McLaren & 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



• F O U N D R Y •

PENTICTON

What are we?

Free and Confidential Services for
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- Need hygiene or clothing items?
- Want 2SLGBTQIA+ supports & connections?
- Want to talk about sexual health?

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T: 250-809-8473

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W: foundrybc.ca



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RECreation PENTICTON

CHECK OUT SOME OF OUR FAVOURITES!

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Youth Rec Night pg. 19

Fitness Classes..... pg. 27



**REGISTRATION
OPENS**
RESIDENTS:
DECEMBER 6
NON-RESIDENTS:
DECEMBER 7



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