

Fall back into your recreation routine with Recreation Penticton

August 17, 2017

Penticton – Nothing says all-year recreation quite like Penticton as we make the switch from water-skiing to downhill and flippers to snowshoes. To help keep the recreation going, Recreation Penticton's Fall/Winter 2017/2018 Recreation Guide will be available to view online at Pentiction.ca as of August 18th. We can look forward to seeing the guide stuffed full of a variety of programs, classes, articles, and other information to help keep your recreation momentum going throughout the Fall and Winter.

There are a variety of programs geared towards winter activities including skating lessons for all ages and an introduction to curling, just in time to be ready for the Scotties Tournament of Hearts in 2018. Be sure to check out the Scotties Tournament of Hearts article to learn about this Canadian pastime and what the tournament is all about, and the article on Ice Safety with tips on how to safely enjoy our frozen lakes and ponds this winter season.

For those fitness enthusiasts that struggle finding time to squeeze a workout into a hectic day or struggle trying meet the program times, will be happy to hear about a new Ultimate Circuit program. This program requires no registration and visitors can join the circuit at any point during the session. The program is also offering childminding services during to further help ensure that you can fit a workout into a busy day. Check out the other drop-in classes available suitable for all active interests including Zumba, Tai Chi, and yoga as well as their pool, aquatic fitness, and sport drop-in schedules.

The Community Centre also wants to help prepare you for a tropical vacation away from the cold with their scuba classes. In addition to the regular scuba classes, there is snorkeling and even snorkeling digital photography to help get you vacation ready when you have had enough of the Canadian winter. Those who continue to enjoy the pool for a variety of great aquatic fitness classes, can enjoy even more with new programs available for all abilities along with swimming lessons for children of all ages.

There is also a variety of new family programs being offered, a perfect way to get ready for what's sure to be another successful Family Day in February 2018. Families can enjoy taking a cooking class, acting in improv theatre, or playing a friendly match of volleyball among others.

The Recreation Guide is available online August 18th (pentiction.ca/recguide) and will be delivered on August 23rd. To access early registration and discounts on memberships and programs, contact the Community Centre reception to learn how to get the Active Advantage. Register for programs by visiting 325 Power St or calling 250-490-2426 or through the online registration system on the City website. Active Advantage member registration is on August 18th and general registration for the public begins August 23rd.

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