

Be inspired by Recreation Penticton this fall

(Penticton, BC – August 16, 2018) – We don't know about you, but a change in weather will be a breath of fresh air after this smoky summer, and with it comes some cool new programs at the Penticton Community Centre. Recreation Penticton's Fall/Winter 2018/2019 Recreation Guide will be available to view online at Penticton.ca as of August 17th. Community members can look forward to seeing another guide stuffed full of programs, articles, and other information to help keep you inspired throughout the fall and winter.

A variety of programs we offered for winter activities, including a guided snowshoe tour, winter survival course, skating lessons, and a new Community Hockey Club, geared towards building skills and teamwork. Children can enjoy other new programs such as Intro to Balinese Dance and Introduction to Parkour.

Fitness enthusiasts will be happy to see returning favourites such as Body Blast and Fit in 30. Recreation Penticton is excited to offer Kettlebell Training, a brand new program led by Miko, a certified Agatsu kettlebell instructor who learned first hand from Shawn Moen, who introduced kettlebell training to Canada. Check out other fitness classes available, all suitable for all active interests including Zumba, Tai Chi, and yoga as well as pool, aquatic fitness, and sport drop-in schedules.

The Community Centre is also offering a variety of free self-management programs, with returning sessions of Living a Healthy Life with Diabetes, and new programs including YMind, a program focusing on learning and practicing healthy coping strategies to manage stress and anxiety.

There are also new family programs being offered, a perfect way to get ready for what's sure to be another successful Family Day in February 2019. Families can enjoy Saturday mornings and the Penticton Museum and pottery classes.

The Recreation Guide is available online August 17th (penticton.ca/recguide) and paper versions will be delivered to residents and various locations in the community on August 22nd. Register for programs by visiting 325 Power St or calling 250-490-2426 or through the online registration system on the City website. General registration for the public begins August 23rd.

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