

Reach new heights with Recreation Penticton this spring

(Penticton BC, March 2, 2018) – With the winter season drawing to a close, it's time to dig out the swimsuits and bikes as we make the shift from snowflakes to blossoms. Recreation Penticton can help you get into the spring spirit with the release of the Spring & Summer Recreation Guide, available to view online at Penticton.ca March 2nd. Recreation enthusiasts can look forward to seeing another guide full of programs, articles and other information to help you reach your recreation goals throughout spring and summer.

The Spring & Summer Guide offers a vast variety of programs including, added options for 3-5 year olds with Tots & Tykes camps over spring break and the summer months and expanded children's program options with the addition of afterschool pottery classes, a KidFit functional movement training program and plenty of outdoor adventure programs ranging from mountain bike lessons to stand-up paddleboarding camps. Be sure to read the article on backcountry safety for tips on how to stay safe when biking local trails this season.

There are lots of options to keep teens busy as well. Returning favourites include Bronze Lifesaving Camp, Science and Robotics Camp and tennis lessons. The Recreation Department is also teaming up with Funktion for Life to offer a new afterschool teen conditioning program in the Community Centre fitness room.

For fitness enthusiasts that are older and wanting to get involved and stay active, the City of Penticton has Fit Start, a new program funded through the Province of BC, that offers fitness classes twice a week, transportation, social events and an education series, all for free. There is also Oseteofit, a certified exercise, education, and falls prevention program for individuals with osteoporosis, low bone density, mobility difficulties or who are at risk of fractures and falls.

There are also two days to celebrate fitness at the Community Centre this spring. Look for upcoming Move for Healthy Day activities May 10th and help celebrate National Health and Fitness Day on May 31st and participate in a Glow Fitness class with an experienced Zumba instructor. Check out other fitness classes available, all suitable for all active interests including Zumba, adult ballet, Tai Chi, and yoga, as well as pool aquatic fitness, and drop-in sport schedules.

The Recreation Guide is available online March 2 (pentiction.ca/recguide) and will be delivered on March 7. Register for programs March 8 by visiting 325 Power St or calling 250-490-2426 or through the online registration system on the City website.

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