

New Spring/Summer Rec Guide ready to welcome warm weather

(Penticton, BC – February 28, 2019) – As the winter season slowly draws to a close, it's time to dream of warm outdoor weather and recreational activities as we transition into spring and summer. Recreation Penticton is ready to help you make the switch with the release of the Spring/Summer Recreation Guide, available to view online on penticton.ca/recreation March 4.

The Spring & Summer Guide offers a variety of programs including added options for 3-5 year olds with summer skating lessons and a brand new Summer Bugs program, to help engage your tot in art, outdoor exploration and imaginative play.

There are lots of options for children as well, with returning summer camp favourites in July and August as well as new programs including Junior Boxers and Little Ninjas, a program that focuses on developing discipline and respect through the study of martial art principals. Teens don't have to miss out on the fun, check out new programs such as Ninja Warriors and the Summer Parkour Camp.

Through funding from the Union of British Columbia Municipalities (UBCM) the City of Penticton has created the Social Activities and Fitness for Everyone (S.A.F.E.) Program, a free course designed for individuals 55-70 years old with cognitive disabilities who wish to engage socially with others and take part in fitness and recreation programs. There are other free older adult programs geared towards becoming more active while also incorporating a social component, including ActivAge and Choose to Move.

The Community Centre also has a variety of accessible programs available for all ages. Look for Friends in Motion, a program for children, youth and young adults who need extra assistance participating in activities and also check out the News Waves Swim Program for children and adults who have different developmental challenges and need extra assistance in an aquatic setting.

The Recreation Guide is available online March 4 (penticton.ca/recguide) and will be delivered March 6. Register for programs March 7 by visiting 325 Power Street, call 250-490-2426, or through the online registration system on the City website.

Contact:

Milena Urbanovitch
Marketing & Communications Specialist
City of Penticton
250-490-2445