

Recreation program keeps youth engaged

(Penticton, BC – April 10, 2019) – The City of Penticton’s Recreation Department has teamed up with Oranj Fitness, CrossFit Penticton, and DancePI3y to successfully run another Girls Expanding Boundaries (G.E.B) program.

Girls Expanding Boundaries is a free six week program that introduces young women, ages 11-13, to a variety of different recreation activities, each lead by a strong female role model from the community. Participants are selected by education professionals within the school district based on specific criteria.

“The goal is to help keep our youth motivated and engaged as they move into being young adults,” says Recreation Business Supervisor, Kelsey Johnson. “Our program leader, Tammy Semple, hopes to inspire young girls with experiences that could change their outlook on life.”

In 2018, Girls Expanding Boundaries was kindly supported by Hoodoo Adventures, Starlit Yoga, Jenny Long and Glow SUP Adventures. Find out where our 2019 G.E.B. team is going next by following Recreation Penticton on Facebook and Instagram.

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