

FALL 2025

# RECreation

PENTICTON

Get  
**pumped**  
*on fitness*



RECREATION GUIDE



2025-2026

# WINTER EVENTS

## MAGIC ON MAIN

**Sunday, November 30**

Parade at 4:45 pm

Light Up at 6:00 pm

Main Street & Gyro Park



## 12 DAYS OF FITNESS

**Monday, December 1 –  
Friday, December 12**

*Times and locations vary,  
stay tuned for dates and activities*

## SKATE WITH SANTA



**Saturday, December 6**

2:00–3:30 pm

McLaren Arena

## FROST FEST

**January 23 – 25, 2026**

All Day

100 Block of Main Street  
& Gyro Park



For detailed information, visit [www.penticton.ca/events-calendar](http://www.penticton.ca/events-calendar)

\*Event dates are subject to change or cancellation.



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**Stay Connected  
With Us!**

 **recreationpenticton**

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 **Penticton.ca**



**Photography and Media Consent**

On occasion, the City of Penticton may invite a photographer to visit a program. In this case, you may be asked to sign a consent form giving permission for the images to be used for promotional purposes.

## REGISTRATION



### REGISTRATION FOR FALL 2025

Resident Registration:  
**WED. AUGUST 20**  
**AT 8:00 AM**

Non-Resident Registration:  
**THU. AUGUST 21**  
**AT 8:00 AM**



### REGISTRATION FOR FALL SWIM LESSONS 2025

Resident Registration:  
**WED. SEPTEMBER 17**  
**AT 8:00 AM**

Non-Resident Registration:  
**THU. SEPTEMBER 18**  
**AT 8:00 AM**



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Penticton.ca



Register Online **www.penticton.ca/register**



Call Reception at 250-490-2426 ext. 6

#### How to Use This Guide

Use this diagram to  
see all the information  
needed to register for programs  
scheduled in this Recreation Guide.

Program Name and  
Age Restrictions →  
Program Description →  
Location →

#### 30 Minute Abs

**Ages: 16+**

30 quick but grueling minutes dedicated to your abdominal  
and core muscles.

**CC - Dance Studio**

**#21769   Fri   Apr 29-Jun 10   2:00-2:30pm   \$35/7**

↑  
Course  
Code

↑  
Days

↑  
Dates

↑  
Time

↑  
Price per number  
of sessions



#### Penticton Community Centre

325 Power Street, Penticton, BC V2A 7K9  
Phone: 250-490-2426

#### Refund & Withdrawal Policy

Once a program begins, prorated refunds will be issued  
at the time/date of notification, except for certain  
aquatic, day camp and adventure courses, unless  
accompanied by a statement from a medical doctor.

#### Legend

**CC** Community Centre - used in program description details

★ **Low Cost/No Cost** - see Affordable Recreation pg 4

♥ **Low Impact** - programs with low impact exercises

♥ **High Impact** - programs with high impact exercises

**D** Drop-in - drop-in option available

#### Cancellations

Programs may be cancelled due to insufficient  
registration, inclement weather or non-availability of  
facilities. If your program is cancelled, you will receive  
a full or pro-rated refund.

## Penticton Community Centre Admission Rates

New rates in effect April 1, 2025

|                                   | Day Pass | Single  | 10 Tickets/<br>1 Month | 3<br>Months | 6<br>Months | 1 Year  |
|-----------------------------------|----------|---------|------------------------|-------------|-------------|---------|
| <b>Public Swimming</b>            |          |         |                        |             |             |         |
| Preschooler (6 years and under)   |          | \$2     | \$18                   | \$39        | \$65        | \$105   |
| Child (7-12 years)                |          | \$5.25  | \$47.25                | \$115       | \$200       | \$320   |
| Youth (13-18 years)               |          | \$6.25  | \$56.25                | \$135       | \$230       | \$365   |
| Adult (19-59 years)               |          | \$7.50  | \$67.50                | \$165       | \$285       | \$455   |
| Senior (60-74 years)              |          | \$6.25  | \$56.25                | \$135       | \$230       | \$365   |
| Super Senior (75+)                |          | \$5.25  | \$47.25                | \$115       | \$200       | \$320   |
| Family*                           |          | \$18.50 | \$166.50               | \$405       | \$685       | \$1,065 |
| <b>Fitness Room</b>               |          |         |                        |             |             |         |
| Youth (13-18 years)               |          | \$5.50  | \$49.50                | \$130       | \$220       | \$350   |
| Adult (19-59 years)               |          | \$7.75  | \$69.75                | \$180       | \$310       | \$495   |
| Senior (60-74 years)              |          | \$5.50  | \$49.50                | \$130       | \$220       | \$350   |
| Super Senior (75+)                |          | \$4.50  | \$40.50                | \$105       | \$180       | \$285   |
| Family*                           |          | \$17.50 | \$157.50               | \$410       | \$695       | \$1,100 |
| <b>Fitness Room/Pool Combined</b> |          |         |                        |             |             |         |
| Youth (13-18 years)               | \$13     | \$9     | \$81                   | \$210       | \$370       | \$590   |
| Adult (19-59 years)               | \$17.50  | \$12.50 | \$112.50               | \$290       | \$495       | \$780   |
| Senior (60-74 years)              | \$13     | \$9     | \$81                   | \$210       | \$370       | \$590   |
| Super Senior (75+)                | \$11     | \$8     | \$72                   | \$175       | \$300       | \$480   |
| Family*                           | \$44     | \$30    | \$270                  | \$680       | \$1,150     | \$1,850 |

|                       |        |            |
|-----------------------|--------|------------|
| <b>Drop-in Sports</b> | Single | 10 Tickets |
| Individual            | \$4.75 | \$42.75    |

|                          |        |            |
|--------------------------|--------|------------|
| <b>Aquatic Fitness**</b> | Single | 10 Tickets |
| Youth (16-18 years)      | \$7.25 | \$65.25    |
| Adult (19-59 years)      | \$8.50 | \$76.50    |
| Senior (60-74 years)     | \$7.25 | \$65.25    |
| Super Senior (75+)       | \$6.25 | \$56.25    |



**Detailed  
aquatics  
schedule can  
be found at**

**[penticton.ca/aquatics](https://penticton.ca/aquatics)**

## Aquatic Centre Age Requirements

All children under the age of 7, and any child aged 7–11 who is unable to swim the length of the leisure pool (~20m), must be accompanied in the water by, and within arm's reach of, a responsible individual 16 years or older. This includes accompaniment to the top of the waterslide. The maximum recommended ratio for supervisors to children is 1 to 3.

## Fitness Room Age Requirements

Individuals 12 years and under are not permitted in the Fitness Room at any time. Individuals 13–15 years are permitted to use the Fitness Room only after completion of a Fitness Room Orientation. See p.22 for details.

\*Family is defined as a maximum of 2 parents, grandparents and/or adult guardians with children under 19 (up to a maximum of 4 children). For 1, 3, 6 and 12 month passes, all members must be residing at the same address.

\*\*Aquatic fitness admission includes public swimming access.

No extensions or suspensions permitted on 1 month and 1 year memberships due to stats/closures. Admission rates include GST. Visit [penticton.ca/register](https://penticton.ca/register) for details.

## Penticton Community Centre Hours

### 2025 Fall Hours | September 2–December 19

|                       | Reception/<br>Fitness Room | Pool*                                                                                                                                                                                            |
|-----------------------|----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday to Friday      | 6:00am–9:00pm              | Closed to<br>September 25                                                                                                                                                                        |
| Saturday & Sunday     | 8:30am–8:30pm              |                                                                                                                                                                                                  |
| Holiday Hours         |                            |                                                                                                                                                                                                  |
| Tuesday, September 30 | 10:00am–3:00pm             | <br>Will be posted at<br><a href="https://penticton.ca/aquatics">penticton.ca/aquatics</a><br>- closed at 3pm |
| Monday, October 13    | 10:00am–3:00pm             |                                                                                                                                                                                                  |
| Tuesday, November 11  | 10:00am–3:00pm             |                                                                                                                                                                                                  |
| Friday, December 12   | 6:00am–3:00pm              |                                                                                                                                                                                                  |

### 2025/26 Holiday Hours | December 20, 2025–January 4, 2026

|                                        | Reception/<br>Fitness Room | Pool                                                                                      |
|----------------------------------------|----------------------------|-------------------------------------------------------------------------------------------|
| Monday to Friday                       | 6:00am–8:00pm              | Will be<br>posted at<br><a href="https://penticton.ca/aquatics">penticton.ca/aquatics</a> |
| Saturday and Sunday                    | 8:30am–4:00pm              |                                                                                           |
| Wednesday, December 24<br>and 31, 2025 | 6:00am–4:00pm              |                                                                                           |
| Statutory Holiday Hours                |                            |                                                                                           |
| Thursday, December 25, 2025            | Closed                     |                                                                                           |
| Friday, December 26, 2025              |                            |                                                                                           |
| Thursday, January 1, 2026              |                            |                                                                                           |

**Scheduled Closures** | \*Pool is closed the afternoon of October 17; all day October 18 and October 19 for swim meet



### Financial Assistance

**LIFE (Leisure Involvement For Everyone)** is designed to provide free and low cost recreation opportunities through the Penticton Community Centre to residents of Penticton and Penticton Indian Band on limited family income.

The **Penticton Community Centre Access Pass** entitles persons with permanent cognitive or physical disabilities to discounts on Pool and Fitness Room memberships.

The City of Penticton welcomes everyone to connect with recreation by offering financial assistance and discount programs.

For details on the above programs, visit [penticton.ca/affordable-rec](http://penticton.ca/affordable-rec) or call **250-490-2426 ext. 6**.



For your convenience, look for the star logo throughout this guide to identify low-or no-cost Penticton Community Centre recreation programs.



Canadian Tire Jumpstart Charities is a national charity committed to ensuring kids in need have equal access to sport and recreation. Jumpstart helps eligible families cover the costs of registration, transportation, and equipment, and provides funding to selected organizations for recreational infrastructure and programming. For more information, visit [jumpstart.canadiantire.ca](http://jumpstart.canadiantire.ca).



Funding is available to provide assistance to children in Penticton, the Penticton Indian Band and other surrounding areas to participate in Sport BC recognized leagues and programs. For more information contact [kidsportpenticton@gmail.com](mailto:kidsportpenticton@gmail.com).



≡ EVERY KID DESERVES  
THE CHANCE TO PLAY ≡



Play is about more than just getting active — it's a chance to help kids to build self-esteem, nurture creativity, and connect with their community.

That's why Jumpstart assists families across Canada in overcoming financial barriers to sport and play. Since 2005, we've helped over 4 million kids get off the sidelines and into the game.

To learn more, visit [jumpstart.canadiantire.ca](http://jumpstart.canadiantire.ca).



The Penticton Community Centre welcomes people of all ability levels to participate at our facility. We strive to ensure everyone has access to recreation opportunities regardless of disability, race, gender, religion or income. We also understand that disabilities include wide ranges of abilities and impairments from mobility and agility related disabilities to sensory impairment and intellectual disabilities.

## Accessible Aquatic Centre Features

- A universal change area with two accessible change rooms including ceiling lifts and change beds.
- Ceiling lifts with a weight capacity of 440lbs/200kg; clients need to provide their own slings.
- The primary accessible change room has a lift bed with a weight capacity of 250lbs/115kgs.
- The secondary accessible change room has a fixed bed with a weight capacity of 290lbs/135kg.
- All pools are ramped for easy access.
- Three standard wheel chairs 20" wide and 22" with a weight capacity of 350lbs/158kgs.
- One heavy duty chair 27" wide with a weight capacity of 600lbs/272kg.
- A sling back chair that partially reclines with a weight capacity of 180lbs/81kg.

## Accessible Fitness Room Features

Accessible fitness options include a collection of resistance machines, cable and functional trainer apparatus, and cardio options including:

- Ergometer
- Seated elliptical
- Recumbent bikes

Access is provided via elevator and automatic doors to the fitness room on the second floor.



## ★ Accessible Programs

### Friends in Motion

**All Ages**

An adaptive program created for children, youth, and adults. Join us on Tuesdays for open gym, where you can gather and play in a non-competitive and safe environment. This program offers physical activities along with crafts, music and more. Support worker or caregiver required.

No session: Sep 30 & Nov 11

#### CC - Gymnasium

#40876 Tue Sep 2-Dec 16 9:30-11:30am \$5 or \$40/pass

### Friends In Music & Art

**All Ages**

Friends in Music & Art is an inclusive, community-centered program where creativity and connection thrive through both visual art and music. Open to individuals of all abilities, this joyful experience encourages self-expression, imagination, and friendship in a welcoming and supportive environment. Participants will explore a variety of hands-on art and music activities. Each session is thoughtfully adapted to meet diverse needs, fostering collaboration, confidence, and fun through creative exploration. No experience is necessary, just a willingness to create, connect, and enjoy. Support worker or caregiver required.

No session: Oct 24

#### CC - Room 4

#41638 Fri Sep 12-Dec 19 9:30-11:30am \$5 or \$40/pass

### UpperDek Vees

**Ages: 7+**

The UpperDek Vees adaptive hockey program offers beginner and advanced levels for individuals ages 7+ with developmental and/or physical challenges—**visit page 11** for complete program details, session times and registration information.

## Sensory Friendly Swims

Join us for a special time designed for swimmers with sensory sensitivities

Watch our social media for updated dates and times



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## Aquatic Centre

The Penticton Community Centre hosts a modern aquatic facility featuring pools treated with a chlorine/UV filtration system. This system provides a clean and comfortable swimming environment and includes the following features:

- 25m lap pool with 10 lanes
- 1m and 3m diving boards
- Leisure pool: tot slide, spray features, lazy river
- Whirlpool, sauna, and steam room
- Accessibility features: ramps into each pool
- Waterslide



## Aquatic Centre Age Requirements

All children under the age of 7, and any child aged 7–11 who is unable to swim the length of the leisure pool (~20m), must be accompanied in the water by, and within arm's reach of, a responsible individual 16 years or older. This includes accompaniment to the top of the waterslide. The maximum recommended ratio for supervisors to children is 1 to 3.

## General Rules



Take a **cleansing shower** before swimming, after using the sauna and steam room



**Bare feet** or **clean indoor shoes** only on the pool deck



No **food, drink** or **glass** on the pool deck/ change rooms



No **recording devices** in the change rooms



No **water bottles** in sauna or steam room



**Waterslide riders** must be a minimum of 1.02m (40") tall



**Tot slide riders** must be 75cm tall



**Lockers** are for day use only



**Detailed aquatics schedule can be found at**  
**[www.penticton.ca/aquatics](http://www.penticton.ca/aquatics)**



*Stay connected with **Recreation Penticton** for the latest scheduling updates and exciting activities!*

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## Lap Swimming Etiquette 101

The nature of lap swimming is dynamic and can change throughout a workout. The following guidelines will assist in making an effective and enjoyable experience for all.

1. Select a lane containing swimmers moving as closely as possible to the pace that you realistically expect to swim throughout your entire workout.
2. Keep right except to pass – no lane splitting.
3. If you are constantly passing swimmers, move up a lane. If you are constantly being passed, move down a lane.
4. Use common sense, communication and respect to share the space as best you can... no one has a right to "own" a lane.

When in doubt, talk to the people in your lane and, if all else fails, ask the lifeguard. It is not the role of a lifeguard to "police" the lanes, but they are happy to answer questions about common conventions and provide suggestions for possible solutions.







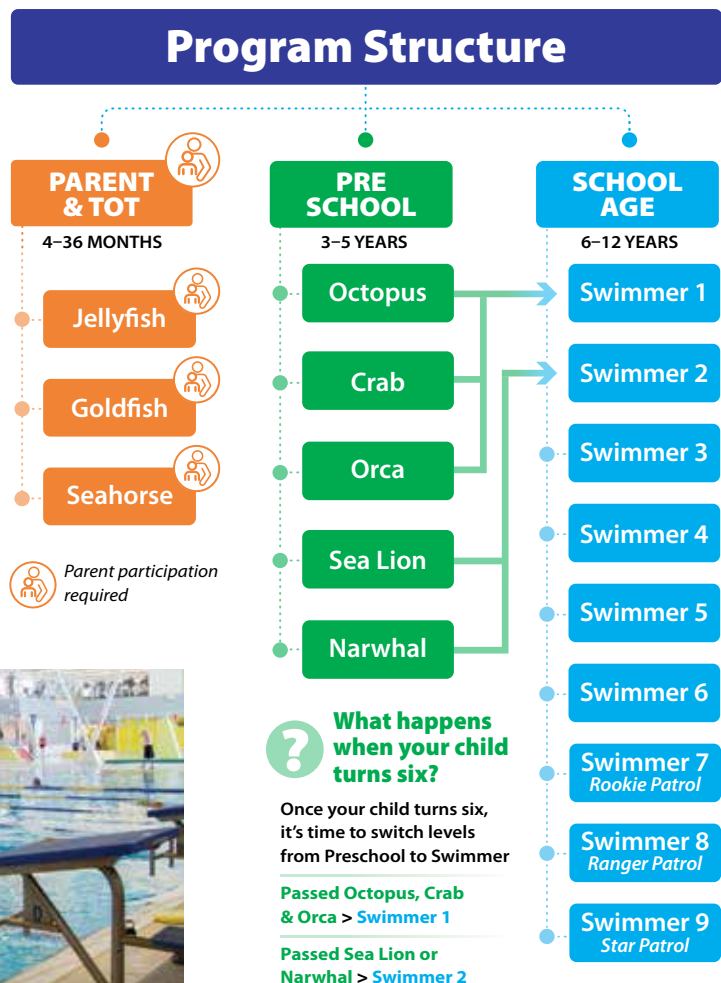
## Swim Lesson Information

To help provide a safe, equitable and successful lesson experience, please follow these guidelines:

- Limit registration to one lesson set per child.
- Public swimming admissions and supervision requirements apply for participants and their parents/guardians who wish to utilize the pools before, during, or after lessons (where available).
- Check in with reception staff a maximum of 10 minutes before your lesson start time.
- Infants and toddlers must wear swim diapers, which are available for purchase at reception.
- Registered participants must wait on the pool deck until under the direct supervision of their instructor.



[www.penticton.ca/recreation](http://www.penticton.ca/recreation)





## Children 4 months to 5 years



### REGISTRATION FOR FALL SWIM LESSONS 2025

Resident Registration:  
**WED. SEPTEMBER 17**  
**AT 8:00 AM**

Non-Resident Registration:  
**THU. SEPTEMBER 18**  
**AT 8:00 AM**

[f](#) [@](#) recreationpenticton



### Parent and Tot Program **Ages: 4m-3yrs**

Splash, splash and laugh! Water can be so much fun. You and your child will safely explore water together.



**Jellyfish**  
Parent & Tot 1

Is 4 to 12 months old and ready to learn to enjoy the water with parent.



**Goldfish**  
Parent & Tot 2

Is 12 to 24 months old and ready to learn to enjoy the water with parent.



**Seahorse**  
Parent & Tot 3

Is 2 to 3 years old and ready to learn to enjoy the water with a parent.

### Preschool Program **Ages: 3-5yrs**

Your child will learn to be a safe, confident little swimmer. Safe entries, surface support, underwater skills, and movement/swimming skills provide a strong foundation for continued learning in swimmer levels.



**Octopus**  
Preschool 1

Is just starting out on his or her own.



**Crab**  
Preschool 2

Can get in and out and jump into chest-deep water assisted, float and glide on front and back, blow bubbles and get face wet.



**Orca**  
Preschool 3

Can jump into chest-deep water; submerge and exhale underwater, float on front and back assisted for 3 sec.



**Sea Lion**  
Preschool 4

Can jump into deep water wearing a lifejacket, recover objects from the bottom, hold breath underwater, float, glide and kick on front and back.



**Narwhal**  
Preschool 5

Can do solo jumps into deep water, swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side.



## Children 6 years and over



### REGISTRATION FOR FALL SWIM LESSONS 2025

**Resident Registration:**  
**WED. SEPTEMBER 17**  
**AT 8:00 AM**

**Non-Resident Registration:**  
**THU. SEPTEMBER 18**  
**AT 8:00 AM**

[recreationpenticton](https://www.recreationpenticton.ca)

### Swimmer Program

**Ages: 6-12yrs**

Your child will develop everlasting habits for healthy and active living. Lots of in-water practice will develop your child's solid swimming strokes and skills, with the ability to stay safe in deep water.

|  |                                   |                                                                                                                                                                                                                |
|--|-----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <b>Swimmer 1</b>                  | Is just starting out.                                                                                                                                                                                          |
|  | <b>Swimmer 2</b>                  | Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket, open eyes, hold breath, and exhale underwater, float, kick and glide on front and back.                                 |
|  | <b>Swimmer 3</b>                  | Can jump into deep water and do a sideways entry wearing a lifejacket, support self at the surface for 15 sec., do whip kick in vertical position, and swim 10 m on front and back.                            |
|  | <b>Swimmer 4</b>                  | Can tread for 30 sec., do kneeling dives and front somersaults, 10 m whip kick on back, and swim 15 m front crawl and back crawl.                                                                              |
|  | <b>Swimmer 5</b>                  | Can complete the Canadian Swim to Survive Standard: Roll – Tread (1 min.) – Swim (50 m), dive, swim underwater, 15 m whip kick on front, breaststroke arms with breathing, and swim front and back crawl 25 m. |
|  | <b>Swimmer 6</b>                  | Can do shallow dives and cannonballs, eggbeater and scissor kick, swim 50 m front and back crawl, breaststroke for 25 m, sprint 25 m, interval training 4 x 50 m.                                              |
|  | <b>Swimmer 7</b><br>Rookie Patrol | Can do stride entries and compact jumps, legs only surface support for 45 sec., swim 25 m breaststroke, swim 100 m of front crawl and back crawl and a 300 m workout.                                          |
|  | <b>Swimmer 8</b><br>Ranger Patrol | Preferred successful completion – Swimmer 7 (Rookie Patrol).                                                                                                                                                   |
|  | <b>Swimmer 9</b><br>Star Patrol   | Preferred successful completion – Swimmer 8 (Ranger Patrol).                                                                                                                                                   |



# SKATING LESSONS

## TOT (PARENTED)

### Tot Skating Lessons (Parented) **Ages: 1.5-5**

For the little ones who have no previous experience on skates. Your child will learn basic skating skills in a fun and playful environment with toys and teaching aids. Guardians must be comfortable on the ice as you will actively participate in teaching (with an instructor's assistance). A hockey helmet or winter sport helmet is required for guardians and tots. Skate rentals included.

#### McLaren Arena

|        |     |             |               |        |
|--------|-----|-------------|---------------|--------|
| #41224 | Fri | Oct 3-31    | 10:30-11:00am | \$44/5 |
| #41226 | Fri | Oct 3-31    | 11:00-11:30am | \$44/5 |
| #41227 | Fri | Nov 7-Dec 5 | 10:30-11:00am | \$44/5 |
| #41228 | Fri | Nov 7-Dec 5 | 11:00-11:30am | \$44/5 |

## PRESCHOOL

### Snowflake 1 **Ages: 3-6**

For beginner skaters who can be on the ice without mom or dad. Fun and engaging instruction will teach your child how to stand up, correct balance and posture, forward movement, and gliding. A hockey helmet or winter sport helmet is required. Skate rentals included.

#### McLaren Arena

|        |     |             |             |        |
|--------|-----|-------------|-------------|--------|
| #41207 | Wed | Oct 2-30    | 5:30-6:00pm | \$44/5 |
| #41210 | Wed | Nov 6-Dec 4 | 5:30-6:00pm | \$44/5 |

### Snowflake 2 **Ages: 3-6**

For children who can already stand up, skate/walk, and glide without assistance. They will build on these fundamental skills by learning how to glide on two feet, basic stroking, stopping, and backward skating. A hockey helmet or winter sport helmet is required. Skate rentals included.

#### McLaren Arena

|        |     |             |             |        |
|--------|-----|-------------|-------------|--------|
| #41208 | Wed | Oct 1-29    | 5:30-6:00pm | \$44/5 |
| #41211 | Wed | Nov 5-Dec 3 | 5:30-6:00pm | \$44/5 |

### Snowflake 3 **Ages: 3-6**

For your developing skater who can confidently push off on their own and glide on two feet without falling. They will improve on these skills through progressions in stroking/gliding, stopping, turning, and backward skating. A hockey helmet or winter sports helmet is required. Skate rentals included.

#### McLaren Arena

|        |     |             |             |        |
|--------|-----|-------------|-------------|--------|
| #41209 | Wed | Oct 1-29    | 5:30-6:00pm | \$44/5 |
| #41212 | Wed | Nov 5-Dec 3 | 5:30-6:00pm | \$44/5 |

## SCHOOL AGE

### School Age Skating Lessons 1 **Ages: 7-12**

For beginner skaters who can stand up on their own and walk without falling. They will build their skills, including balance and posture, 2-foot glides, T-position of skates, and 2-foot glides on an edge. A hockey helmet or winter sports helmet is required. Skate rentals included. No session Oct 13, Nov 10.

#### McLaren Arena

|        |     |               |             |        |
|--------|-----|---------------|-------------|--------|
| #41213 | Mon | Sep 29-Oct 27 | 6:30-7:15pm | \$56/4 |
| #41220 | Mon | Nov 3-Dec 1   | 6:30-7:15pm | \$56/4 |

### School Age Skating Lessons 2 **Ages: 7-12**

For children who can skate with both feet and glide comfortably, they will learn V-pushes with a glide, intro to double sculling, snowplow stops, and 1-foot glides. A hockey helmet or winter sports helmet is required. Skate rentals included. No session Oct 13, Nov 10.

#### McLaren Arena

|        |     |               |             |        |
|--------|-----|---------------|-------------|--------|
| #41218 | Mon | Sep 29-Oct 27 | 6:30-7:15pm | \$56/4 |
| #41222 | Mon | Nov 3-Dec 1   | 6:30-7:15pm | \$56/4 |

### School Age Skating Lessons 3 **Ages: 7-12**

For skaters who can come to a complete stop and perform a one-foot glide comfortably. Your child will learn T-pushes, double sculling, intro to circle thrusts, intro to backward skating, and 1-foot stops. A hockey helmet or winter sports helmet is required. Skate rentals included. No session Oct 13, Nov 11.

#### McLaren Arena

|        |     |               |             |        |
|--------|-----|---------------|-------------|--------|
| #41219 | Mon | Sep 29-Oct 27 | 6:30-7:15pm | \$56/4 |
| #41223 | Mon | Nov 3-Dec 1   | 6:30-7:15pm | \$56/4 |





## YOUTH HOCKEY

### Little Vees

**Ages: 3-6**

Unlock your child's hockey potential! Your child will learn the basic, fundamental skills for playing hockey. Through simple drills and games, they will practice stickhandling, passing, and shooting. Your child will have an opportunity to execute their new skills during a fun game or scrimmage. Your child must be able to stand up, skate/walk, and glide on the ice without assistance. Full hockey gear is mandatory, including a CSA-approved helmet with a cage. Skate rentals included. No sessions Oct 13, Nov 10.

#### McLaren Arena

|        |     |               |             |        |
|--------|-----|---------------|-------------|--------|
| #41194 | Mon | Sep 29-Oct 27 | 6:30-7:15pm | \$59/4 |
| #41197 | Wed | Oct 1-29      | 5:30-6:00pm | \$54/5 |
| #41198 | Mon | Nov 3-Dec 1   | 6:30-7:15pm | \$59/4 |
| #41206 | Wed | Nov 5-Dec 3   | 5:30-6:00pm | \$54/5 |

### Kids Community Hockey Club

**Ages: 7-10**

Your future Wickenheiser or Gretzky will take their basic hockey skills to the next level and develop their fundamental skills while focusing on fun and teamwork. Through drills and cross-ice games your child will improve their hockey ability. This is not a learn to skate program, your child must be able to skate the length of the ice on their own, skate backward, and stop. Full hockey gear is mandatory, including a CSA-approved helmet with a cage. To ensure the success of the program, participation on both Mon and Wed is expected. Skate rentals included. No session Oct 13, Nov 10.

#### McLaren Arena

|        |         |              |             |          |
|--------|---------|--------------|-------------|----------|
| #41192 | Mon/Wed | Sep 29-Dec 3 |             | \$234/18 |
|        | *Mon    |              | 7:15-8:00pm |          |
|        | *Wed    |              | 6:00-7:00pm |          |

## ADAPTIVE HOCKEY

### ☆ UpperDek Vees

**Ages: 7+**

An adaptive hockey program for individuals who experience developmental and/or physical medical challenges. See the athletes in action and register on-site on Oct 19, 2025. Continuous intake all season. No sessions Dec 21, 28, Feb 9.

**For more information or to register, visit**  
[www.upperdekvees.ca](http://www.upperdekvees.ca).

#### Level 1: Fresh Start

For your child or beginner skater who is interested in learning how to play hockey. Coaches provide individual instruction in a safe and supportive environment. Your child will be introduced to skating, stick handling, passing, and shooting in a non-competitive environment.

#### Okanagan Training Centre

Sun Oct 19-Mar 01 5:45-6:45pm FREE

#### Level 2: Advanced

For teen and adult skaters who are ready to take their basic hockey skills to the next level. Coaches support these athletes and build on their fundamental hockey skills. Players have an opportunity to practice their skills in non-contact scrimmages.

#### Okanagan Training Centre

Sun Oct 19-Mar 01 7:00-8:15pm FREE

★★★★★  
**UPPERDEK  
VEES**

*"Such a positive environment.  
My son gained confidence and made  
new friends through this program."*  
– Parent

# PUBLIC SKATING

| Public Skating Schedule                                     |                                |                      |                              |                                    |                                       |                                       |
|-------------------------------------------------------------|--------------------------------|----------------------|------------------------------|------------------------------------|---------------------------------------|---------------------------------------|
| October 7 – December 19, 2025                               |                                |                      |                              |                                    |                                       |                                       |
| Tuesday                                                     | Wednesday                      |                      | Thursday                     | Friday                             | Saturday                              | Sunday                                |
| Adult Only<br>10:15-11:30am                                 | Preschool<br>Stick 'N<br>Puck* | NEW Public<br>Skate* | Adult Only<br>10:15-11:30 am | NEW Public Skate*<br>10:30-11:30am |                                       |                                       |
|                                                             | 10:30-11:30am                  |                      |                              |                                    |                                       |                                       |
| 55+ Hockey<br>11:45am-1:00pm                                | Adult Hockey<br>11:45am-1:00pm |                      | 55+ Hockey<br>11:45am-1:00pm | NEW 55+ Hockey<br>11:45am-1:00pm   | Public Skate<br>2:00-3:30pm           | Public Skate<br>2:00-3:30pm           |
|                                                             | Public Skate<br>7:15-8:30pm    |                      |                              |                                    | Teen & Adult<br>Shinny<br>3:45-4:45pm | NEW Children<br>Shinny<br>3:45-4:45pm |
| No Sessions on Stat Holidays   *1/2 of the ice is available |                                |                      |                              |                                    |                                       |                                       |

We are excited to share an updated schedule! The **NEW** icon indicates a new program or a new time and day.

## PUBLIC SKATING

### Open Public Skate

**Ages: All**

Enjoy traditional loop skating in a fun and friendly atmosphere. Skaters follow a standard loop. Regular admission rates apply. New time on Wednesday and Friday!

**Regular admission rates apply.**

### Adult Only Skate

**Ages: 18+**

Bring your friends and enjoy a relaxing skate session designed just for adults. Skaters follow a standard loop.

**Regular admission rates apply.**

## STICK 'N PUCK

### Preschool Stick 'N Puck

**Ages: 1-5**

Start your little Gretzky's and Wickenheiser's early. Gloves, CSA-approved helmets with cages and hockey sticks are required. Children must be supervised on the ice by an adult guardian. New day on Wednesday.

*\*One-half of the ice is available.*

**\$3.25/visit – adult \$2.25/visit – preschooler**

## McLaren Park Arena Admission Rates

|                                 | Single | 10 Tickets |
|---------------------------------|--------|------------|
| <b>Public Skating</b>           |        |            |
| Preschooler (6 years and under) | \$2.25 | \$20.25    |
| Child (7-12 years)              | \$3.25 | \$29.25    |
| Youth (13-18 years)             | \$4.25 | \$38.25    |
| Adult (19-59 years)             | \$5    | \$45       |
| Senior (60-74 years)            | \$4.25 | \$38.25    |
| Super Senior (75+)              | \$3.25 | \$29.25    |
| Family*                         | \$13   | \$117      |
| <b>Skate Rentals</b>            |        |            |
| Regular rental                  | \$4.25 |            |
| Preschooler                     | \$3.25 |            |

**\*Family is defined as a maximum of 2 parents, grandparents and/or adult guardians with children under 19 (up to a maximum of 4 children).**

## SPECIAL SKATES

### Skate With The Vees

**Ages: All**

Join the WHL Penticton Vees for public skating and stick 'n puck. Participants joining the stick 'n puck must wear a CSA-approved helmet, gloves, and a hockey stick. Participants under 18 yrs must also have a full cage on their helmet.

**Regular admission rates apply.**

**Wed, Oct 29 7:15-8:30pm Halloween Skate**

**Wed, Dec 3 7:15-8:30pm Holiday Skate**

**Wed, Feb 12 7:15-8:30pm Valentine's Skate**



### Skate with Santa

**Ages: All**

Join us for a holiday themed public skate with a special visit from Santa.

**Regular admission rates apply.**

**Sat, Dec 6 2:00-3:30pm**



## **D Drop-In Hockey and Shinny Registration**

To secure your spot in drop-in hockey and shinny programs, we **strongly recommend** making reservations. Reservations open eight days in advance. Please be aware that reservations will be held until the program begins, after which, vacant spots may be sold at the discretion of the City.

## HOCKEY

Online registration is available and recommended, as these programs often fill. Online registration opens eight days in advance.

Pre-registration is also available in person at the Community Centre or over the phone.

### **D Adult Hockey**

**Ages: 16+**

Grab your friends and practice your moves. This is a non-competitive, non-contact, co-ed drop-in hockey. Full gear, including a CSA-approved helmet, is required. Maximum 20 participants. *Pre-register online, by phone, or in-person.*

#41365 Wed Oct 8-Dec 17 11:45am-1:00pm \$10/visit

### **D 55+ Hockey**

**Ages: 55+**

Stay fit and have fun playing in this non-contact, non-competitive game of co-ed recreational drop-in hockey. Full gear, including a CSA-approved helmet, is required. Maximum of 20 participants per session. *Pre-register online, by phone, or in-person.*

#41389 Tue, Thu, Fri Oct 7-Dec 19 11:45am-1:00pm \$8/visit



## **NEW SHINNY**

This informal game of hockey emphasizes fun and community. Perfect for players of all skill levels, shinny offers a relaxed, non-competitive environment where no score is kept, and the focus is purely on enjoyment.

Online registration is available and recommended, as these programs often fill. Online registration opens eight days in advance.

Pre-registration is also available in person at the Community Centre or over the phone.

Please visit [penticton.ca/mclarenarena](http://penticton.ca/mclarenarena) for Shinny guidelines and more information.

### **D Children Shinny**

**Ages: 7-12**

For your child interested in participating in a fun and non-competitive game of shinny. This program is non-contact, and all abilities are welcome. Full hockey gear, including a CSA-approved helmet, is required. Participants under 18 yrs must also have a cage on their helmet. If a child does not have a registered guardian actively participating on the ice, one must be available in the facility to assist staff if required. Adult spots are limited to six.

#### **Children**

**Ages: 7-12**

#41373 Sun Oct 12-Dec 14 3:45-4:45pm \$8/visit

#### **Adult**

**Ages: 18+**

#41407 Sun Oct 12-Dec 14 3:45-4:45pm \$8/visit

\* Only six adult spots available – adults must be accompanied by a child who is also registered.

### **D Teen & Adult Shinny**

**Ages: 13+**

Grab your gear and practice your moves in this fun and non-competitive game of shinny. This drop-in game is non-contact, and all abilities are welcome. Full hockey gear, including a CSA-approved helmet, is required. Participants under 18 yrs must also have a cage on their helmet. If a youth does not have a registered guardian actively participating on the ice, one must be available in the facility to assist staff if required.

#41376 Sat Oct 11-Dec 13 3:45-4:45pm \$10/visit

\* All Shinny participants must wear full hockey gear including a CSA-approved helmet. Participants under 18 years old must have a cage on their helmet. All children and youth must be accompanied on the ice by an adult guardian who is also registered.



## TOTS AND FAMILY

### **D Childminding**

**Ages: 1m-6yrs**

Looking for a little you time? Our childminding service is available to participants of Community Centre programs or activities. Send your child with a drink and a nutritious snack. No nuts please.

No sessions: Sep 30, Oct 13, & Nov 11

#### **CC - Childminding Room**

**Mon-Fri Sep 2-Dec 19 9:00-10:30am \$5.00/visit**

**Mon-Fri Sep 2-Dec 19 10:30am-12:00pm \$5.00/visit**

### **☆ D Tumble Bees**

**Ages: 0-5**

An unstructured tumble time to help your child develop confidence and independence. With parents assistance, tots will have fun exploring the gym equipment and going through different obstacle courses learning basic tumbling and motor skills.

#### **CC - Gymnasium North**

**#40923 Thu Sep 11-Dec 18 9:00-11:00am \$6/visit**

## SPORTS

### **ABC GymKidz**

**Ages: 2.5-5**

At ABC GymKidz, children will get to explore FUN-damental gymnastics skills, as well as do crafts, read stories, and play games!

No sessions: Sep 22nd or Nov 10th.

#### **CC - Room 4**

**#40878 Mon Sep 8-Oct 6 9:00-10:30am \$79/4**

**#40879 Mon Sep 8-Oct 6 10:30am-12:00pm \$79/4**

**#40944 Mon Oct 20-Nov 17 9:00-10:30am \$79/4**

**#40945 Mon Oct 20-Nov 17 10:30am-12:00pm \$79/4**

**#40946 Mon Nov 24-Dec 15 9:00-10:30am \$79/4**

**#40947 Mon Nov 24-Dec 15 10:30am-12:00pm \$79/4**

### **Acro Jr.**

**Ages: 2.5-5**

An introduction to the FUN-damentals of gymnastics. Your child can join us to start building on their gross motor skills in the gymnasium. Parent involvement may be required.

No sessions: Sep 30th or Nov 11th

#### **CC - Gymnasium North**

**#40884 Tue Sep 9-Oct 14 3:30-4:15pm \$69/5**

**#40885 Tue Oct 21-Nov 25 3:30-4:15pm \$69/5**

**#40886 Tue Dec 2-Dec 16 3:30-4:15pm \$45/3**

#### **CC - Dance Studio**

**#40924 Wed Sep 10-Oct 8 3:30-4:15pm \$69/5**

**#40925 Wed Oct 22-Nov 19 3:30-4:15pm \$69/5**

**#40926 Wed Dec 3-Dec 17 3:30-4:15pm \$45/3**

information and registration 250-490-2426

## DANCE

### Tiny Toes

**Ages: 2-3.5**

Your little ones will take their first steps in dance, learning how to follow instructions, take turns, and stand in line - all while working on their balance, coordination, and musicality in this fun and exciting class.

#### CC - Room 7

|        |     |               |               |        |
|--------|-----|---------------|---------------|--------|
| #41069 | Fri | Sep 12-Oct 10 | 10:00-10:30am | \$49/5 |
| #41070 | Fri | Sep 12-Oct 10 | 10:30-11:00am | \$49/5 |
| #41071 | Fri | Oct 17-Nov 14 | 10:00-10:30am | \$49/5 |
| #41072 | Fri | Oct 17-Nov 14 | 10:30-11:00am | \$49/5 |
| #41073 | Fri | Nov 21-Dec 19 | 10:00-10:30am | \$49/5 |
| #41074 | Fri | Nov 21-Dec 19 | 10:30-11:00am | \$49/5 |

### Dress Up Ballet

**Ages: 3-5**

Let fun, fantasy and imagination take flight. While learning basic dance steps, your child will dress up in different costumes each week, while learning basic ballet steps. All costumes and props provided. Bring your camera as parents are invited inside classroom for photos.

#### CC - Room 7

|        |     |               |                 |        |
|--------|-----|---------------|-----------------|--------|
| #41075 | Fri | Sep 12-Oct 10 | 11:00-11:30am   | \$49/5 |
| #41076 | Fri | Sep 12-Oct 10 | 11:30am-12:00pm | \$49/5 |
| #41077 | Fri | Oct 17-Nov 14 | 11:00-11:30am   | \$49/5 |
| #41078 | Fri | Oct 17-Nov 14 | 11:30am-12:00pm | \$49/5 |
| #41079 | Fri | Nov 21-Dec 19 | 11:00-11:30am   | \$49/5 |
| #41080 | Fri | Nov 21-Dec 19 | 11:30am-12:00pm | \$49/5 |

### Little Groovers - Creative Dance

**Ages: 3-5**

Welcome to Little Groovers, a joyful and inclusive creative dance program designed for children of all abilities, including those on the autism spectrum. This class encourages self-expression, imagination, and movement through music, storytelling, and playful choreography. Each session offers a supportive environment where every child can shine. Activities are structured yet flexible, allowing children to explore rhythm, coordination, and social interaction at their own pace. Whether your child loves to twirl, bounce, or simply move to the beat, Little Groovers is a place where creativity takes center stage and every dancer belongs.

Please note: No session Oct 13th

#### CC - Dance Studio

|        |     |              |             |        |
|--------|-----|--------------|-------------|--------|
| #41240 | Mon | Sep 8-Sep 29 | 2:30-3:30pm | \$69/4 |
| #41241 | Mon | Oct 6-Nov 3  | 2:30-3:30pm | \$69/4 |
| #41243 | Mon | Nov 10-Dec 1 | 2:30-3:30pm | \$69/4 |

## EDUCATION & ART

### Creative Sparks

**Ages: 2.5-4**

Join us at Creative Sparks, where your children will get to explore, create, and have fun. Our instructor will provide your children with a space full of creativity and wonder - All while playing games and puzzles, doing crafts, sensory experiences, and much, much more!

#### CC - Childminding Room

|        |         |               |             |        |
|--------|---------|---------------|-------------|--------|
| #40966 | Tue/Thu | Sep 9-Sep 18  | 1:00-2:30pm | \$79/4 |
| #40967 | Tue/Thu | Oct 7-Oct 16  | 1:00-2:30pm | \$79/4 |
| #40968 | Tue/Thu | Oct 21-Oct 30 | 1:00-2:30pm | \$79/4 |
| #40969 | Tue/Thu | Nov 18-Nov 27 | 1:00-2:30pm | \$79/4 |
| #40970 | Tue/Thu | Dec 2-Dec 11  | 1:00-2:30pm | \$79/4 |

### Mini Artists

**Ages: 2-5**

Youngsters will develop a foundation in visual arts while being provided with creative freedom to explore. Your child will experiment with finger-painting, abstract art, collage, and clay modeling. End the session with song, movement, storytelling, and play! Parent participation required.

#### CC - Room 3

|        |     |              |               |        |
|--------|-----|--------------|---------------|--------|
| #41066 | Wed | Sep 10-Oct 1 | 10:00-11:00am | \$69/4 |
| #41067 | Wed | Oct 8-Oct 29 | 10:00-11:00am | \$69/4 |
| #41068 | Wed | Nov 5-Nov 26 | 10:00-11:00am | \$69/4 |

### Santa's Workshop

**Ages: 2-5**

Join us for a holly-jolly morning at Santa's Workshop. You and your child will get to spend some quality time together making a holiday themed craft that you will get to take home with you!

#### CC - Room 3

|        |     |        |               |        |
|--------|-----|--------|---------------|--------|
| #40963 | Fri | Dec 5  | 10:00-11:00am | \$25/1 |
| #40964 | Fri | Dec 12 | 10:00-11:00am | \$25/1 |





# sportball

## Multi-Sport

**REGISTRATION IS OPEN!**  
Head to [www.sportball.com](http://www.sportball.com)  
to find a class!

Multi-Sport is the perfect way for little movers to explore the world of sports. This fun and engaging program lets kids try just about everything including soccer, baseball, basketball, football, hockey, volleyball, golf, tennis, rugby and lacrosse.

Please note: No session: Sep 27, Oct 11, Nov 8. Oct 18th class will be held in the Dance Studio

### CC-Gymnasium South

**Fri, Sep 12-Nov 21**

|               |                |            |          |
|---------------|----------------|------------|----------|
| 9:00-9:30am   | Ages: 16m-2yrs | (Parented) | \$198/11 |
| 9:30-10:15am  | Ages: 2-3.5    | (Parented) | \$220/11 |
| 10:15-11:15am | Ages: 3.5-5    | (Drop Off) | \$220/11 |

**Sat, Sep 13-Dec 13**

|             |             |            |          |
|-------------|-------------|------------|----------|
| 1:15-2:15pm | Ages: 6-9   | (Drop Off) | \$231/11 |
| 2:15-3:15pm | Ages: 3.5-5 | (Drop Off) | \$231/11 |
| 3:15-4:00pm | Ages 2-3.5  | (Parented) | \$220/11 |



Register at [www.sportball.com](http://www.sportball.com) or  
direct any questions to [kelowna@sportball.ca](mailto:kelowna@sportball.ca)

## CHILDREN SPORTS

### Acro Kidz

**Ages: 5-7**

For kids who love to be upside down and learn how to do rolls, cartwheels, handstands, and a whole bunch more!

Please note: No session Sep 30th & Nov 11th

#### CC - Gymnasium North

|        |     |               |             |        |
|--------|-----|---------------|-------------|--------|
| #40887 | Tue | Sep 9-Oct 14  | 4:15-5:15pm | \$69/5 |
| #40888 | Tue | Oct 21-Nov 25 | 4:15-5:15pm | \$69/5 |
| #40889 | Tue | Dec 2-Dec 16  | 4:15-5:15pm | \$45/3 |

#### CC - Dance Studio

|        |     |               |             |        |
|--------|-----|---------------|-------------|--------|
| #40927 | Wed | Sep 10-Oct 8  | 4:15-5:15pm | \$69/5 |
| #40928 | Wed | Oct 22-Nov 19 | 4:15-5:15pm | \$69/5 |
| #40930 | Wed | Dec 3-Dec 17  | 4:15-5:15pm | \$45/3 |

### Acro Kidz Advanced

**Ages: 8-12**

Designed for students who have mastered the basics such as cartwheels, bridge, handstands, and chin-up holds, your child will advance their gymnastics skills.

Please note: No session Sep 30th & Nov 11th

#### CC - Gymnasium North

|        |     |               |             |        |
|--------|-----|---------------|-------------|--------|
| #40890 | Tue | Sep 9-Oct 14  | 5:15-6:15pm | \$69/5 |
| #40891 | Tue | Oct 21-Nov 25 | 5:15-6:15pm | \$69/5 |
| #40892 | Tue | Dec 2-Dec 16  | 5:15-6:15pm | \$45/3 |

#### CC - Dance Studio

|        |     |               |             |        |
|--------|-----|---------------|-------------|--------|
| #40936 | Wed | Sep 10-Oct 8  | 5:15-6:15pm | \$69/5 |
| #40934 | Wed | Oct 22-Nov 19 | 5:15-6:15pm | \$69/5 |
| #40939 | Wed | Dec 3-Dec 17  | 5:15-6:15pm | \$45/3 |

### Acro Tumble Explorers

**Ages: 6-16**

Acro-Tumble Explorers will give children, dancers, and gymnasts the opportunity to explore a variety of basic to advanced skills. Children will be able to work on their balance, co-ordination, and rhythm in a fun and friendly environment. No prerequisites for beginners. Intermediate prerequisites: vertical handstand, cartwheel, bridge kick-over, round-off, 3/4 splits.

#### CC - Gymnasium North

##### Beginner

**Ages: 6-9**

|        |     |               |             |        |
|--------|-----|---------------|-------------|--------|
| #40893 | Mon | Sep 8-Oct 6   | 4:00-5:00pm | \$69/5 |
| #40894 | Mon | Oct 20-Nov 17 | 4:00-5:00pm | \$69/5 |
| #40895 | Mon | Nov 24-Dec 15 | 4:00-5:00pm | \$55/4 |

##### Intermediate

**Ages: 9-16**

|        |     |               |             |        |
|--------|-----|---------------|-------------|--------|
| #40896 | Mon | Sep 8-Oct 6   | 5:00-6:00pm | \$69/5 |
| #40897 | Mon | Oct 20-Nov 17 | 5:00-6:00pm | \$69/5 |
| #40898 | Mon | Nov 24-Dec 15 | 5:00-6:00pm | \$55/4 |



### Penticton Gym Stars

**Ages: 6-16**

A fun gymnastics program for anyone 6 years and older who wants to learn, and practice basic gymnastics and tumbling, as well as work on skill progression. We will hold a group performance at the end of the program for any family and friends. No prerequisite for beginners. Advanced prerequisites - front roll, cartwheel, bridge, partial handstand.

#### CC - Gymnasium North

##### Beginner

**Ages: 6-9**

|        |     |               |             |         |
|--------|-----|---------------|-------------|---------|
| #40919 | Thu | Sep 11-Oct 23 | 3:30-4:30pm | \$105/7 |
| #40920 | Thu | Oct 30-Dec 18 | 3:30-4:30pm | \$120/8 |

##### Advanced

**Ages: 9-16**

|        |     |               |             |         |
|--------|-----|---------------|-------------|---------|
| #40921 | Thu | Sep 11-Oct 23 | 3:30-5:00pm | \$169/7 |
| #40922 | Thu | Oct 30-Dec 18 | 3:30-5:00pm | \$190/8 |

### ☆ D Loonie Gym

**Ages: 5-12**

Nothing to do after school? Drop in for some dodgeball, hoops, badminton, floor hockey and gym games of all sorts. It only costs a loonie!

No sessions Sep 22nd, Oct 13th, & Nov 10th

#### CC - Gymnasium South

|        |     |              |             |     |
|--------|-----|--------------|-------------|-----|
| #40952 | Mon | Sep 8-Dec 15 | 3:00-4:45pm | \$1 |
|--------|-----|--------------|-------------|-----|

### After-School Adventures

**Ages: 6-12**

Join us for After-School Adventures, an exciting after-school recreation program designed to keep kids active, engaged, and connected! Each session is packed with fun activities, creative games, and group challenges that promote physical fitness, teamwork, and social skills. Whether we're playing sports, trying out new games, or just having fun with friends, there's something for everyone. It's the perfect way to unwind after school, make new friends, and build confidence—all while having a blast!

Please note: No session Sep 30th

#### CC - Rec Room

|        |     |              |             |        |
|--------|-----|--------------|-------------|--------|
| #41131 | Tue | Sep 9-Oct 7  | 2:30-4:30pm | \$79/4 |
| #41132 | Tue | Oct 14-Nov 4 | 2:30-4:30pm | \$79/4 |
| #41133 | Tue | Nov 18-Dec 9 | 2:30-4:30pm | \$79/4 |

[www.penticton.ca/recreation](http://www.penticton.ca/recreation)

# Book a Birthday Party

All ages



**Host a birthday party in our party room!  
Bring your food, drinks, plates, utensils  
and decorations to make the room festive  
for the perfect birthday celebration.**

- Maximum attendance is 20 individuals.
- Child/adult ratio recommendation is 10:1.
- 4 tables, 20 chairs are available.
- You are required to purchase your own event insurance for your party with liability of \$3,000,000.
- Would your party like to join us for a swim? Notify us when you book the party room to discuss details (applies to 9:30am parties).
  - Regular pool admission rates apply, see pg. 3.
  - Pool age and swimming requirements, see pg. 6.

#### CC – Room 2

**Sat Sep 6 – Dec 13**

**Sun Sep 7 – Dec 14**

**9:30am-12:30pm or 1:30-4:30pm**

**\$40 + Insurance**



Contact our Recreation Coordinator if you  
have any questions **250-490-2421**

*"Dancing is like dreaming with your feet!"*

– Constanze Mozart

## ART & DANCE

### Dance Fusion

**Ages: 5-7**

Dance Fusion introduces young dancers to the exciting world of jazz and lyrical dance. This fun class combines the upbeat energy of jazz with the expressive flow of lyrical movement.

Dancers will build skills in:

Jazz: kicks, turns, leaps, and stylized movement.

Lyrical: storytelling, musicality, and expressive choreography

Creativity and Confidence: through games, improvisation, and group work.

No experience needed—just bring your energy and love for dance! Our inclusive environment helps dancers grow in coordination, confidence, and creativity while having a blast.

Please note: No session Oct 13th

#### CC - Dance Studio

|        |     |              |             |        |
|--------|-----|--------------|-------------|--------|
| #41156 | Mon | Sep 8-Sep 29 | 3:30-4:30pm | \$79/4 |
| #41157 | Mon | Oct 6-Nov 3  | 3:30-4:30pm | \$79/4 |
| #41158 | Mon | Nov 10-Dec 1 | 3:30-4:30pm | \$79/4 |

### Junior Groovers - Jazz Edition

**Ages: 8-11**

Get ready to groove in this high-energy jazz class for kids!

Dancers will learn fun moves, upbeat routines, and build rhythm, coordination, and confidence—all in a playful, supportive setting. No experience needed—just bring your love of dance!

Please note: No session Oct 13th

#### CC - Dance Studio

|        |     |              |             |        |
|--------|-----|--------------|-------------|--------|
| #41159 | Mon | Sep 8-Sep 29 | 4:30-5:30pm | \$79/4 |
| #41160 | Mon | Oct 6-Nov 3  | 4:30-5:30pm | \$79/4 |
| #41161 | Mon | Nov 10-Dec 1 | 4:30-5:30pm | \$79/4 |

### Junior Groovers - Lyrical Edition

**Ages: 8-11**

Junior Groovers - Lyrical Edition is a gentle and expressive dance class where young dancers explore movement through emotion and music. Blending elements of ballet and jazz, this class focuses on storytelling, fluid motion, and musical interpretation. No experience needed—just bring your love of dance!

Please note: No session Oct 13th

#### CC - Dance Studio

|        |     |              |             |        |
|--------|-----|--------------|-------------|--------|
| #41164 | Mon | Sep 8-Sep 29 | 5:30-6:30pm | \$79/4 |
| #41165 | Mon | Oct 6-Nov 3  | 5:30-6:30pm | \$79/4 |
| #41166 | Mon | Nov 10-Dec 1 | 5:30-6:30pm | \$79/4 |



## MARTIAL ARTS

### Ninjutsu

**Ages: 5-13**

Your child will learn Jujutsu mentality focusing on developing virtues such as discipline, respect, honor, camaraderie, and hard work. Through the study of self-defense and martial arts principals, your child will learn how to express themselves safely while following drills and techniques in a structured format. In partnership with Penticton Jujutsu.

Please note: No session: Sep 30th and Nov 11th

#### CC - Gymnasium South

##### Little Ninjas

**Ages: 5-8**

|        |     |              |             |         |
|--------|-----|--------------|-------------|---------|
| #41181 | Tue | Sep 9-Oct 21 | 5:30-6:00pm | \$139/6 |
| #41182 | Tue | Oct 28-Dec 9 | 5:30-6:00pm | \$139/6 |

##### Ninja Warriors

**Ages: 9-13**

|        |     |              |             |         |
|--------|-----|--------------|-------------|---------|
| #41179 | Tue | Sep 9-Oct 21 | 6:00-6:45pm | \$139/6 |
| #41180 | Tue | Oct 28-Dec 9 | 6:00-6:45pm | \$139/6 |



## DAY CAMPS

### Pro D Day Camp

**Ages: 5-12**

School's out so come spend an exciting day with us at the Community Centre. All your favorite camp games, activities, crafts and sports piled into one fun filled day!

#### CC - Gymnasium North

|        |     |        |               |      |
|--------|-----|--------|---------------|------|
| #40953 | Mon | Sep 22 | 9:00am-4:00pm | \$39 |
| #40954 | Fri | Oct 24 | 9:00am-4:00pm | \$39 |
| #40955 | Mon | Nov 10 | 9:00am-4:00pm | \$39 |

### Gym-Tastic Pro-D Day Camp

**Ages: 5-12**

Join us for a fun filled day, where children will get to learn, explore, and practice FUN-damental skills in Gymnastics, Acro, Tumbling, and much more. This is the perfect camp for children to stay active, and build on their physical development while having fun, and building relationships. All skill levels welcome.

#### CC - Gymnasium South

|        |     |        |               |      |
|--------|-----|--------|---------------|------|
| #40941 | Mon | Sep 22 | 9:00am-3:00pm | \$59 |
| #40942 | Fri | Oct 24 | 9:00am-3:00pm | \$59 |
| #40943 | Mon | Nov 10 | 9:00am-3:00pm | \$59 |

### Keeners

**Ages: 5-12**

Before and after care for children registered in day camp programs.

Your child will experience passive activities such as card games, board games, colouring and more, which will help your child transition to and from their main day camp.

#### CC – Room 4

##### Before Care

**Ages: 5-12**

|        |     |        |             |     |
|--------|-----|--------|-------------|-----|
| #40956 | Mon | Sep 22 | 8:00-9:00am | \$6 |
| #40958 | Fri | Oct 24 | 8:00-9:00am | \$6 |
| #40960 | Mon | Nov 10 | 8:00-9:00am | \$6 |

##### After Care

**Ages: 5-12**

|        |     |        |             |     |
|--------|-----|--------|-------------|-----|
| #40957 | Mon | Sep 22 | 4:00-5:00pm | \$6 |
| #40959 | Fri | Oct 24 | 4:00-5:00pm | \$6 |
| #40961 | Mon | Nov 10 | 4:00-5:00pm | \$6 |



#### COMMUNITY CENTRE DAY CAMP

*"The boys had great stories to share on how kind and fun the camp leaders were." – Parent*



## YOUTH CAN JOIN TOO

### Youth Rec Night

**Ages: 14-18**

*In partnership with Foundry Penticton*

Are you looking for a fun, safe, and social way to kick off the weekend? Join us for our Youth REC Nights. A free program designed just for youth to relax, play, and connect. There will be games, swimming and much more! This is a drop-in program open to all youth, so come with friends or make new ones!

#### CC - Room 4

|        |     |        |             |      |
|--------|-----|--------|-------------|------|
| #40948 | Fri | Sep 12 | 6:00-8:00pm | FREE |
| #40949 | Fri | Oct 10 | 6:00-8:00pm | FREE |
| #40950 | Fri | Nov 14 | 6:00-8:00pm | FREE |

### The Remedy Game Night

**Ages: 13+**

Step into Remedy Play Night, where fun meets wellness! This unique game night provides social engagement with your community members in a fun and competitive setting. Whether you're solving puzzles, competing at board games, or engaging in trivia, expect a dynamic, laughter-filled evening designed to energize both mind and spirit!

#### CC - Room 4

|        |     |        |             |     |
|--------|-----|--------|-------------|-----|
| #41393 | Thu | Oct 9  | 6:00-8:00pm | \$5 |
|        | Thu | Nov 13 | 6:00-8:00pm | \$5 |
|        | Thu | Dec 11 | 6:00-8:00pm | \$5 |



## EDUCATION

### Learn to Speak Spanish: Beginner **Ages: 13+**

Learn the basics of Spanish, including essential vocabulary, grammar, and pronunciation. Great for those travelling to Spanish speaking countries, those looking to challenge and keep the mind sharp, and those just looking to learn and practice a new language. The class will include fun elements to keep students engaged and excited.

Please note: No session Sep 30th & Nov 11th

#### CC - Room 2

|        |     |              |             |        |
|--------|-----|--------------|-------------|--------|
| #41134 | Tue | Sep 9-Oct 21 | 5:00-6:00pm | \$89/6 |
| #41135 | Tue | Oct 28-Dec 9 | 5:00-6:00pm | \$89/6 |



## MUSIC & ART

### Introduction to West African Drumming

**Ages: 12+**

Learn to play traditional West African rhythms on the djembe (a goblet-shaped hand drum). You will learn how to play the three basic sounds, develop a sense of rhythm, and play authentic West African rhythms. Dunduns (bass drums played with a stick) may be introduced to complete the musical ensemble.

Please note: No session Sep 30th & Nov 11th. Sep 23rd session will be held in the REC Room.

#### CC - Room 4

|        |     |               |             |        |
|--------|-----|---------------|-------------|--------|
| #41229 | Tue | Sep 16-Oct 28 | 6:00-7:00pm | \$89/6 |
| #41230 | Tue | Nov 4-Dec 16  | 6:00-7:00pm | \$89/6 |

### West African Drumming - Level 2

**Ages: 12+**

Increase your drumming repertoire with more intricate rhythm patterns played on both the djembe and the dunduns. Completion of the introductory course is a required prerequisite.

Please note: No session Sep 30th & Nov 11th. Sep 23rd session will be held in the REC Room.

#### CC - Room 4

|        |     |               |             |        |
|--------|-----|---------------|-------------|--------|
| #41231 | Tue | Sep 16-Oct 28 | 7:00-8:00pm | \$89/6 |
| #41233 | Tue | Nov 4-Dec 16  | 7:00-8:00pm | \$89/6 |

### West African Drumming - Level 3 - Advanced

**Ages: 12+**

Challenge yourself with increasingly complex and varied rhythms from the West African drumming repertoire. Completion of the Level 2 course is a prerequisite.

#### CC - Room 4

|        |     |               |             |        |
|--------|-----|---------------|-------------|--------|
| #41234 | Wed | Sep 17-Oct 29 | 5:30-6:30pm | \$89/6 |
| #41235 | Wed | Nov 5-Dec 17  | 5:30-6:30pm | \$99/7 |



## YOUTH CAN JOIN TOO

### DROP-IN SPORTS

\$4.75/visit

#### **D Drop-in Table Tennis**

**Ages: 13+**

CC - Room 4

Tue/Fri Sep 9-Dec 19 4:00-6:00pm

#### **D Drop-in Badminton**

**Ages: 16+**

CC - Gymnasium

Mon/Fri Sep 3-Dec 19 12:30-2:30pm  
Sat Sep 6-Dec 13 11:15am-1:00pm

#### **D Drop-in Basketball**

**Ages: 16+**

CC - Gymnasium

Wed Sep 3-Dec 17 5:00-6:45pm  
Fri Sep 5-Dec 19 7:00-9:00pm

#### **D Drop-in Pickleball - All levels**

**Ages: 16+**

CC - Gymnasium South

Mon/Wed Oct 8-Dec 17 7:00-9:00pm  
Mon/Wed Oct 1-Dec 17 10:15am-12:15pm  
Thu Oct 2-Dec 18 1:00-3:00pm  
Thu Oct 2-Dec 18 4:45-6:45pm  
Fri Oct 3-Dec 19 3:00-5:00pm  
Sat Oct 4-Dec 13 9:00-11:00am

#### **D Advanced Drop-in Volleyball**

**Ages: 16+**

CC - Gymnasium

Tue Sep 9-Dec 16 7:00-9:00pm



#### **D Drop-in Volleyball**

**Ages: 16+**

CC - Gymnasium

Thu Sep 4-Dec 18 7:00-9:00pm  
Sat Sep 6-Dec 13 6:00-8:30pm

### DROP-IN FITNESS

#### **D Drop-in Sports Mobility & Stability**

**Ages: 13+**

Focus on improving the way you move via the control of your joint ranges, strengthening through the motions. Great supplemental training for athletes, or just those interested in improving range of motion.

CC - Room 7

Thu Sep 4-Dec 18 5:15-6:00pm \$7





## Fitness Room Equipment

Experience a collection of resistance machines, cable and functional trainer apparatus, and cardio options including:

- Cardio machines– rowers, elliptical, recumbent bikes, upright bikes, spin bikes, treadmills, ski erg and air bike
- Bars, bells and balls – free weights, kettle bells, slam balls, and medicine balls
- Circuit weights • Plyometric boxes • Weight sled • Resistance bands and battle ropes

## Fitness Room Age Requirements

- Individuals 12 years and under are not permitted in the Fitness Room at any time.
- Individuals 13-15 years are permitted to use the Fitness Room only after completion of a Fitness Room Orientation.

## Fitness Room Orientation

**Ages: 13+**

One of our certified personal trainers will personally guide you through our fitness room and amenities. They'll provide a brief overview of the equipment, demonstrate the correct techniques, how to use the equipment safely and etiquette. Afterward, individuals aged 13-15 can use the fitness room independently.

To book an orientation contact, [joshua.bibbs@penticton.ca](mailto:joshua.bibbs@penticton.ca) or 250-490-2575

**20 minutes FREE**



For additional information about the Fitness Room, please visit [www.penticton.ca/fitnessroom](http://www.penticton.ca/fitnessroom)

## Fitness Room Admission Rates

|                                   | Single  | 10 tickets/<br>1 month | 3 months | 6 months | 1 year  |
|-----------------------------------|---------|------------------------|----------|----------|---------|
| <b>Fitness Room</b>               |         |                        |          |          |         |
| Youth (13-18 years)*              | \$5.50  | \$49.50                | \$130    | \$220    | \$350   |
| Adult (19-59 years)               | \$7.75  | \$69.75                | \$180    | \$310    | \$495   |
| Senior (60-74 years)              | \$5.50  | \$49.50                | \$130    | \$220    | \$350   |
| Super Senior (75+)                | \$4.50  | \$40.50                | \$105    | \$180    | \$285   |
| Family**                          | \$17.50 | \$157.50               | \$410    | \$695    | \$1,100 |
| <b>Fitness Room/Pool Combined</b> |         |                        |          |          |         |
| Youth (13-18 years)*              | \$9     | \$81                   | \$210    | \$370    | \$590   |
| Adult (19-59 years)               | \$12.50 | \$112.50               | \$290    | \$495    | \$780   |
| Senior (60-74 years)              | \$9     | \$81                   | \$210    | \$370    | \$590   |
| Super Senior (75+)                | \$8     | \$72                   | \$175    | \$300    | \$480   |
| Family**                          | \$30    | \$270                  | \$680    | \$1,150  | \$1,850 |

No extensions or suspensions permitted on 1 year memberships. Prices include GST.

\*All youth ages 13-15 must complete a Fitness Room Orientation prior to using the Fitness Room.

\*\*Family is defined as a maximum of 2 parents, grandparents and/or adult guardians with children under 19 (up to a maximum of 4 children). For 1, 3, 6 and 12 month passes, all members must be residing at the same address.



## Personal Fitness Training

**Ages: 13+**

Our motivational trainers are certified physical fitness and conditioning experts. They are athletes with extensive experience in sports and triathlon racing. Whether you're a beginner, intermediate, or looking for specialized sport-specific training, we can assist you in your wellness journey and help you achieve your goals. Whatever your fitness level or aspirations are, our team is dedicated to helping you run faster, jump higher, and finish that race sooner. Let us help you take your passion to new heights and achieve your full potential.

**Getting started and intermediates:** the focus will be on creating your motivational plan that pushes you toward your goals and also reduces the risk of injury. Our experienced professional trainers commit to understanding your individual needs. You'll gain valuable fitness room knowledge that will guide you toward your personalized health objectives.

**Sports enthusiasts:** your training program will be designed to increase strength, stamina, and the recruitment of fast-twitch muscle fibers for explosive play. Your workout will be tailored to enhance your athletic performance, helping you reach new levels of agility and power on the field or court.

**Endurance athletes:** we specialize in improving coordination, mobility, and increasing your VO2 max and cardiovascular performance. Our training focuses on injury prevention and maintenance, ensuring you stay at the top of your game while avoiding setbacks.

To book Personal Fitness Training contact [joshua.bibbs@penticton.ca](mailto:joshua.bibbs@penticton.ca)

**\$48/session or \$450/10 sessions**



**Sonya**

Sonya is a Personal Trainer with over 15 years of experience, working with clients one-on-one and in groups. Her athletic background includes gymnastics, soccer, slalom, track & field, and triathlon, and she was part of Team Canada at the 2017 World Championship Multisport Festival. Certified in Personal and Weight Training, Group Fitness, Triathlon Coaching, Indoor Cycling, and TRX, she trains clients of all ages and abilities. Sonya enjoys teaching TRX, Indoor Cycling, and HIIT, creating a fun environment to help clients reach their fitness goals, whether beginners or elite athletes.



**Richie**

Richie grew up in England, playing various sports. He played soccer at a high level before focusing on field hockey and playing varsity. After university, he transitioned to sailing, representing GBR, then found his passion in triathlon, competing globally, including in the Ironman World Championships and European Championships for GBR. Now a NASM Certified Personal Trainer at the Community Centre, he holds certifications in TRX, Triathlon Coaching, and Mobility, offering tailored sessions. With experience in injury recovery and high-intensity training, he ensures fun, challenging workouts for all fitness levels.



**Shayle**

Shayle is a Certified Nutritional Practitioner (CNP) passionate about helping individuals build a positive relationship with food and define what healthy means for them. With a background in Psychology, Sport Science, holistic nutrition, and personal training, she understands wellness goes beyond diet. When not guiding clients, Shayle enjoys her active lifestyle—whether at the gym, running trails, exploring the backcountry, or on the lake. She works with clients to create enjoyable, sustainable nutrition plans that fit their goals, offering support every step toward lasting healthy habits.





## Custom Nutrition Plans

**\$249**  
PER PLAN

## Fitness Plans

**\$199**  
PER PLAN

*If you're ready to take your health journey to the next step, it may be time to work with our certified nutritionist to build a custom meal plan that fits your specific needs and helps you reach your goals!*

### You will be provided with

- A personalized nutrition plan
- Simple education
- Recipes
- Accountability

*The Community Centre's experienced professionals will work with you to design a custom plan that will progress you over three months.*

### Your plan includes

- An orientation session with a certified personal trainer
- A custom fitness plan with clear explanations and exercise demonstrations
- A one-month fitness membership to help you get started

Visit [www.penticton.ca/fitnessroom](http://www.penticton.ca/fitnessroom) to learn more and get started!

## Join our Corporate & Group Pass Program



**Businesses, organizations, and groups may take advantage of this program to receive discounted rates through purchasing several passes at one time.**

### Eligibility

- Participation of a minimum of 6 individuals
- Discounts off monthly passes only (1, 3, 6, and 12)
- Eligible passes are for Fitness Room, Pool, Fitness Room/Pool Combo

### Discounts

- **15%** for groups of 6-10 people
- **20%** for groups of 11-24 people
- **25%** for groups of 25+ people

Call 250-490-2426 for more information







## • FOUNDRY • PENTICTON

**An integrated wellness centre offering free and confidential services for youth ages 12 - 24 and their families / caregivers.**

### We have you covered!

- Want to see a counsellor?
- Want to see a doctor?
- Need to talk to someone who has lived or living experience?
- Looking for employment and/or education?
- Need someone to advocate for you?
- Want to talk about substance use?
- Need hygiene or clothing items?
- Want 2SLGBTQIA+ supports and connections?
- Want to talk about sexual health?

In addition, we offer a multitude of free and diverse activities and workshops!



**Not sure what you need? Come in and talk to us! We'll work together to help determine what is right for you.**

**501 Main Street  
Penticton, BC**

(778) 646-2292

(250) 809-8473 (Text)

(250) 462-2714 (Family Peer Support)

foundrypenticton@oneskycommunity.com  
foundrybc.ca



Foundry\_Penticton



Foundry Penticton



### Opening Hours

Monday 11:00 - 5:00

Tuesday, Wednesday, Thursday, 9:00 - 5:00

Friday 1:00 - 5:00

## MUSIC, ART & LANGUAGE

### Chronic Conditions Self-Management Workshop

**Ages: 19+**

You will learn to self-manage and control your long-term ongoing medical care and encouraging supportive lifestyle changes. Examples of chronic conditions include arthritis, heart disease, lung disease and depression. This FREE program is for all adults 19+ living in BC and we are supported by the BC Ministry of Health, Patients as Partners Programs. Friends, family members and caregivers are encouraged to attend. To register visit <https://www.selfmanagementbc.ca>.

**CC - Room 3**

**#41173 Thu Sep 18-Oct 23 1:00-3:30pm Free**

### Learn to Speak Spanish: Beginner **Ages: 13+**

Learn the basics of Spanish, including essential vocabulary, grammar, and pronunciation. Great for those travelling to Spanish speaking countries, those looking to challenge and keep the mind sharp, and those just looking to learn and practice a new language. The class will include fun elements to keep students engaged and excited. No session Sep 30.

**CC - Room 2**

**#41134 Tue Sep 9-Oct 21 5:00-6:00pm \$89/6**

**#41135 Tue Oct 28-Dec 9 5:00-6:00pm \$89/6**

### Life Writing Workshop **Ages: 35+**

For those who want to write about their past but don't know where to start. Bring your memories to life with this "about you" writing class. Our instructor will help you choose topics and will provide you with ideas on how to write coherently and eloquently. No session Sep 24.

**CC - Room 3**

**#41285 Wed Sep 17-Nov 12 11:15am-1:15pm \$69/8**

### The Remedy Game Night **Ages: 13+**

Step into Remedy Play Night, where fun meets wellness! This unique game night provides social engagement with your community members in a fun and competitive setting. Whether you're solving puzzles, competing at board games, or engaging in trivia, expect a dynamic, laughter-filled evening designed to energize both mind and spirit!

**CC - Room 4**

**#41393 Thu Oct 9-Dec 11 6:00-8:00pm \$5/visit**



#### WEST AFRICAN DRUMMING LEVEL 2

*"Definitely fun and it expands your brain"*

– Participant



### Introduction to West African Drumming

**Ages: 12+**

Learn to play traditional West African rhythms on the djembe (a goblet-shaped hand drum). You will learn how to play the three basic sounds, develop a sense of rhythm, and play authentic West African rhythms. Dunduns (bass drums played with a stick) may be introduced to complete the musical ensemble. No session Sep 30, Nov. 11.

**CC - Room 4**

**#41229 Tue Sep 16-Oct 28 6:00-7:00pm \$89/6**

**#41230 Tue Nov 4-Dec 16 6:00-7:00pm \$89/6**

### West African Drumming - Level 2

**Ages: 12+**

Increase your drumming repertoire with more intricate rhythm patterns played on both the djembe and the dunduns. Completion of the introductory course is a required prerequisite. No session Sep 30, Nov. 11.

**CC - Room 4**

**#41231 Tue Sep 16-Oct 28 7:00-8:00pm \$89/6**

**#41233 Tue Nov 4-Dec 16 7:00-8:00pm \$89/6**

### West African Drumming - Level 3 - Advanced

**Ages: 12+**

Challenge yourself with increasingly complex and varied rhythms from the West African drumming repertoire. Completion of the Level 2 course is a prerequisite. No session Sep 24.

**CC - Room 4**

**#41234 Wed Sep 17-Oct 29 5:30-6:30pm \$89/6**

**#41235 Wed Nov 5-Dec 17 5:30-6:30pm \$99/7**

## DANCE

**Ballet Fit (Adult Ballet)****Ages: 16+**

A total body and mind workout set to classical piano music, Ballet Fit utilizes the fundamentals of ballet class technique to tone your muscles. For beginners and those with a background of dance, classes will accommodate your skill set and help you feel ballet beautiful. Improve flexibility, coordination, range of motion, and balance while exploring the love of dance. Led by reputed ballet instructor Danica Venables.

**CC - Dance Studio**

#41374 Wed Sep 1-Oct 29 10:45am-12:00pm \$95/8  
 #41375 Wed Nov 5-Dec 17 10:45am-12:00pm \$95/8

**Ballroom Line Dance****Ages: 16+**

Learn ballroom dance classics the waltz & tango. No dance partner is required. No session Nov.11.

**CC - Dance Studio**

#41381 Tue Nov 4-Dec 9 6:00-7:00pm \$59/5

**Basic Latin Dance****Ages: 16+**

Learn the basics to the classic Latin dances like Salsa, Cha Cha, Jive, Samba and Rumba. No dance partner required.

**CC - Dance Studio**

#41377 Tue Sep 23-Oct 28 6:00-7:00pm \$59/5

**Jazz Essence****Ages: 18+**

Step into the rhythm with Jazz Essence in a fun and energizing dance class designed just for adults! This program blends classic and contemporary jazz styles with upbeat music and easy-to-follow choreography. Boost your confidence and fitness in a supportive, no-pressure environment. No experience needed—just bring your energy and love for movement!

**CC - Dance Studio**

#41167 Mon Sep 8-Sep 29 6:45-7:45pm \$89/4  
 #41168 Mon Oct 6-Nov 3 6:45-7:45pm \$89/4  
 #41169 Mon Nov 10-Dec 1 6:45-7:45pm \$89/4

## ACTIVE AGERS

**ACTIVAGE****Ages: 50+**

A free class for older adults focused on improving daily living, strengthening muscles you use every day to help you improve your overall health and physical well-being.

**CC - Room 4**

#41178 Thu Sep 11-Nov 20 1:30-2:30pm Free

**FAME - Fitness and Mobility Exercise****Ages: 16+**

FAME (Fitness and Mobility Exercise) is a group exercise program developed for people who've had a stroke and other neurological conditions like Parkinsons and MS, who have some standing and walking ability. The program is implemented to improve walking, balance, cardiovascular fitness and muscle strength. A fitness instructor will facilitate various exercise with the goal of improving neuro-fitness. No session Nov.11.

**CC - Dance Studio**

#41383 Tue/Thu Sep 9-Oct 23 1:00-2:00pm \$89/13  
 #41384 Tue/Thu Oct 28-Dec 11 1:00-2:00pm \$89/13

**Minds in Motion****Ages: 16+**

Designed for people living with any form of early-stage dementia. You and your family member, friend or other care partner will experience gentle exercises and social activities. Care partners must attend. In partnership with the Alzheimer Society of B.C. No session Nov 11.

**CC - Room 4**

#41253 Tue Sep 9-Dec 16 1:30-3:00pm \$89/15

**Osteofit Level 1****Ages: 55+**

A certified exercise, education and fall prevention program for individuals with osteoporosis, low bone density, mobility difficulties, or those who are at risk of fractures and falls. Reduce the risk of falls and fractures, improve ability of day-to-day activities, and increase confidence, independence and quality of life. Designed for individuals with no previous experience working with exercise equipment, you will develop strength and endurance. Osteofit 1 is a pre-requisite for Osteofit 2. No session Nov 11.

**CC - Room 4**

#41245 Tue/Thu Sep 2-Oct 23 12:00-1:00pm \$129/15  
 #41239 Tue/Thu Oct 28-Dec 18 12:00-1:00pm \$129/15

**Osteofit Level 2****Ages: 55+**

After mastering basic exercise techniques, participants undertake a progressively more difficult exercise program that challenges balance, strength and agility. Improve posture and the ability to move as needed for daily activities through safe and specific movements in a supportive environment. All Osteofit classes incorporate an educational component. Osteofit 1 is a prerequisite. No session Nov 11.

**CC - Room 4**

#41248 Tue/Thu Sep 2-Oct 23 10:45-11:45am \$129/15  
 #41249 Tue/Thu Oct 28-Dec 18 10:45-11:45am \$129/15



**Power for Parkinsons****Ages: 55+**

Boost strength, mobility, and confidence with Parkinson's-specific exercises designed to support you live independently. Fun, large powerful movements will be explored in a motivating group setting. Note: An initial assessment with Ashley Shaw (Fresh Physiotherapy) or Dale Charles Downtown is strongly recommended before joining.

**CC - Room 7****#41395 Wed Sep 17-Nov 5 1:00-2:00pm \$59/8****Risk Reduction:  
Supervised Exercise****Ages: 50+**

Under the supervision of an older adult exercise specialist, participants will exercise with the goal of improving their health and lowering their risk factors for chronic health conditions. No session Nov 11.

**CC - Room 7****#41304 Tue/Thu Sep 9-Oct 23 10:45-11:30am \$85/13****#41305 Tue/Thu Oct 28-Dec 11 10:45-11:30am \$89/13****SIRvivor BC:  
Prostate Cancer Exercise Program****Ages: 40+**

Support your recovery with strength. This class is designed for men diagnosed with or recovering from prostate cancer. You'll learn safe, resistance-based exercises to improve strength, bone health, and overall well-being—while connecting with others who share similar experiences. No session Nov 11.

**CC - Room 7****#41237 Tue/Thu Sep 2-Oct 30 9:30-10:30am \$99/16****#41238 Tue/Thu Nov 4-Dec 18 9:30-10:30am \$85/13**

★★★★★  
**SIRvivor**

*"The camaraderie with the group, Cyndy, and the instructors, are a warm and caring presence make exercising a pleasure."*

– Participant

**YOGA (REGISTERED)****Chair Yoga****Ages: 16+**

In the comfort of a chair, develop your fitness level while building balance, strength and mobility with modifications for back, hip, knee or shoulder concerns. No sessions Sep 23, Nov 11.

**CC - Room 3****#41188 Tue Sep 16-Dec 16 10:45-11:45am \$139/12****Gentle Yoga****Ages: 16+**

Move the breath, body and mind in sequences designed to enhance health and well-being. Each class is gently progressive and offers modifications for specific health concerns. No session Sep 30, Nov 11.

**CC - Room 3****#41190 Tue Sep 16-Dec 16 9:30-10:30am \$139/12****FITNESS (REGISTERED)****Fit ABC's (Agility, Balance, Core) Ages: 16+**

Power through a dynamic 45-minute express workout designed for generally healthy individuals craving a fun, high-energy challenge. Build strength, balance, and core stability while getting your heart pumping with invigorating cardio! No session Sep 30, Nov 11.

**CC - Dance Studio****#41385 Tue Sep 16-Dec 9 9:00-9:45am \$99/11****Fitness Happens****Ages: 19+**

Boost agility, balance, power, and coordination in this high-energy circuit-style class! Designed for generally healthy adults, it blends cardio and strength with dynamic challenges for an engaging full-body workout.

**CC - Dance Studio****#41386 Thu Sep 11-Oct 23 9:00-9:45am \$65/7****#41387 Thu Oct 30-Dec 11 9:00-9:45am \$65/7**

**Pre-Ski Conditioning****Ages: 16+**

Get ready for the upcoming ski season by getting your body back in to ski shape before the season starts with this comprehensive class that incorporates strength, mobility and balance. Your body will thank you when you hit the slopes.

**CC – Room 7**

#41388 Wed Oct 8-Dec 10 8:00-9:00am \$99 /10

**Saturday Night Strength****Ages: 19+**

Build muscle and strength through a full body weightlifting circuit using the equipment in our fitness room. Can be adjusted for any fitness level.

**CC - Fitness Room**

#41176 Sat Oct 11-Nov 1 4:00-5:00pm \$39/4

#41177 Sat Nov 22-Dec 13 4:00-5:00pm \$39/4

**Stretch and Strengthen****Ages: 16+**

A dynamic workout based on ballet movements, with Pilates and strength training incorporated. Conditioning, core training, strengthening and stretching packaged in a full progressive workout. Taught by reputed ballet instructor Danica.

**CC – Dance Studio**

#41369 Mon Sep 8-Oct 27 10:45-11:45am \$95/8

#41370 Mon Nov 3-Dec 15 10:45-11:45am \$85/7

#41371 Fri Sep 12-Oct 31 10:45-11:45am \$95/8

#41372 Fri Nov 7-Dec 19 10:45-11:45am \$85/7

**Silver Stretch & Mobility****Ages: 40+**

Discover the transformative power of movement with this Stretch and Mobility class! Designed for individuals of all fitness levels, this class focuses on improving flexibility, mobility, and overall body functionality. Through a series of guided stretches, dynamic movements, and gentle exercises, you'll learn techniques to relieve muscle tension, increase range of motion, and promote joint health.

**CC - Room 3**

#41256 Mon Sep 15-Oct 27 9:30-10:30am \$65/7

#41257 Mon Nov 3-Dec 15 9:30-10:30am \$65/7

**Baby and Me Bootcamp****Ages: 18+**

"Hey parents! Turn bonding time into fitness time with a fun, full-body workout using your baby and body as resistance. Enjoy great music, connect with other parents, and build strength—together!"

**CC - Dance Studio**

#41264 Tue Sep 9-Dec 16 11:45am-12:45pm \$99

*A little progress each day  
adds up to **big results***



## DROP-IN FITNESS

| Fall Fitness Drop-in Schedule                        |                                        |                                |                                            |                                                                                                                                                                                                                                                                              |                          |
|------------------------------------------------------|----------------------------------------|--------------------------------|--------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| Sep 2 - Dec 19   *See program descriptions for dates |                                        |                                |                                            |                                                                                                                                                                                                                                                                              |                          |
| Monday                                               | Tuesday                                | Wednesday                      | Thursday                                   | Friday                                                                                                                                                                                                                                                                       | Saturday                 |
| Silver Strength<br>8:15-9:15am                       |                                        | Silver Strength<br>8:15-9:15am |                                            | Silver Strength<br>8:15-9:15am                                                                                                                                                                                                                                               |                          |
| Winter Moves<br>8:30-10:30am                         |                                        | Winter Moves<br>8:30-10:30am   |                                            | Winter Moves<br>8:30-10:30am                                                                                                                                                                                                                                                 |                          |
|                                                      |                                        |                                |                                            |                                                                                                                                                                                                                                                                              |                          |
|                                                      |                                        |                                | LaBlast Dance Fitness<br>10:30-11:30am     | Zumba Gold<br>9:30-10:30am                                                                                                                                                                                                                                                   | H.I.T.T.<br>9:15-10:15am |
|                                                      |                                        |                                | Mat Pilates<br>11:45am-12:45pm             | <i>To secure your spots in drop-in fitness classes, we <b>strongly recommend</b> making reservations open 8 days in advance. Please be aware that reservations will be held until the class begins, after which, vacant spots may be sold at the discretion of the City.</i> |                          |
| Zumba<br>9:30-10:30am                                | LaBlast Dance Fitness<br>10:30-11:30am | Zumba Toning<br>9:30-10:30am   | Refresh Yoga<br>1:00-2:00pm                |                                                                                                                                                                                                                                                                              |                          |
| Refresh Yoga<br>1:00-2:00pm                          | Silver Fit<br>3:00-4:00pm              | Cardio Box<br>9:30-10:30am     | Silver Fit<br>3:00-4:00pm                  |                                                                                                                                                                                                                                                                              |                          |
|                                                      |                                        |                                | Step Aerobics<br>4:30-5:30pm               |                                                                                                                                                                                                                                                                              |                          |
|                                                      | Step Aerobics<br>4:30-5:30pm           |                                | Sports Mobility & Stability<br>5:15-6:00pm |                                                                                                                                                                                                                                                                              |                          |
| No Sessions on Stat Holidays: Sep 30, Oct 14, Nov 11 |                                        |                                |                                            |                                                                                                                                                                                                                                                                              |                          |

## DROP-IN FITNESS



### Cardio Box

**Ages: 16+**

Incorporate various kickboxing moves and athletic drills in a non-contact, exhilarating, program. Improve your cardio ability as well as your strength and balance, punching, kicking and moving to the beat while working up a sweat.

CC - Room 7

Wed Sep 3-Dec 17 9:30-10:30am \$9/Visit



### HIIT (High Intensity Interval Training)

**Ages: 13+**

Alternate between high-energy moves using light weights, equipment, and bodyweight, with quick rest breaks. Boost strength, cardio, and burn calories fast!

CC - Dance Studio

Sat Oct 11-Dec 13 9:15-10:15am \$9/Visit



### LaBlast Dance Fitness

**Ages: 13+**

Experience a full array of dance styles in an easy-to-follow format while getting an excellent workout. Light hand weights are used to tone your body, learn to dance, and have a great time. No session Nov 11.

CC - Dance Studio

Tue/Thu Sep 2-Dec 18 10:30-11:30am \$9/Visit



### Mat Pilates

**Ages: 16+**

Work on core stabilization, body awareness, leg toning, flexibility, posture, and balance, all from a mat.

CC - Dance Studio

Thu Sep 11-Dec 18 11:45am-12:45pm \$9/Visit



### Refresh Yoga

**Ages: 16+**

Rejuvenate the mind, body, and spirit while practicing a blend of traditional and contemporary yoga techniques. With emphasis on breath for relaxation and mindful movements, Refresh Yoga offers an inclusive approach that caters to practitioners of all levels.

CC - Dance Studio

Mon/Thu Sep 8-Dec 18 1:00-2:00pm \$9/Visit



### Silver Fit

**Ages: 45+**

A thoughtfully designed class that offers a comprehensive workout specifically for older adults. You will begin with gentle movement to warm up the body, followed by strength exercises, balance exercises to reduce the risk of falls, and relaxing seated stretches to finish! No sessions Sep 9, 11, 30, Nov 11.

CC - Dance Studio

Tue/Thu Sep 2-Dec 18 3:00-4:00pm \$9/Visit



### Silver Strength

**Ages: 19+**

Enjoy a total body strength workout using a variety of equipment combined with body weight exercises. A challenging and effective way to improve strength, balance, muscle tone and overall fitness.

CC - Dance Studio

Mon/Wed/Fri Sep 3-Dec 19 8:15-9:15am \$9/Visit



### Sports Mobility & Stability

**Ages: 13+**

Focus on improving the way you move via the control of your joint ranges, strengthening through the motions. Great supplemental training for athletes, or just those interested in improving range of motion. No sessions Sep 18, 25, Oct 2, 9, Nov 6, 13, 20.

CC - Room 7

Thu Sep 4-Dec 18 5:15-6:00pm \$9/Visit





### Step Aerobics

**Ages: 16+**

Enjoy a 60 minute heart pumping choreographed workout that will improve your balance, cardio and build muscle. Work your brain while you learn new and fun combinations and step to the beat of some fabulous music. No session Sep 30, Nov 11.

**CC - Dance Studio**

**Tue/Thu Sep 2-Dec 18 4:30-5:30pm \$9/Visit**



### Winter Moves

**Ages: 16+**

Walk, run, and jump around the Penticton Sportsplex track or train on the turf field. This is an unstructured time for you to move ensuring that the chilly, gloomy months won't dampen your spirits. Come and join in the fun! Sporting/exercise equipment is not permitted or supplied.

**CC - Dance Studio**

**Mon/Wed/Fri Sep 8-Dec 15 8:30-10:30am \$9/Visit**



### Zumba

**Ages: 16+**

Dance, sweat, and smile! Easy-to-follow Latin-inspired moves make burning calories feel like a party.

**CC - Dance Studio**

**Mon Sep 8-Dec 15 9:30-10:30am \$9/Visit**



### Zumba Gold

**Ages: 16+**

Move to the music at your own pace! This low-impact Zumba class is perfect for beginners or active older adults, combining fun Latin rhythms with gentle, easy-to-follow moves for a safe, full-body workout.

**CC - Dance Studio**

**Fri Sep 5-Dec 19 9:30-10:30am \$9/Visit**



### Zumba Toning

**Ages: 16+**

Get an aerobic workout that fuses Latin rhythms and easy to follow moves creating a one-of-a-kind fitness program with the addition of light hand weights targeting muscle sculpting.

**CC - Dance Studio**

**Wed Sep 3-Dec 17 9:30-10:30am \$9/Visit**



## SPORTS (REGISTERED)



### Drill & Play

**Ages: 16+**

A great opportunity for players to work with others in their level to strengthen skills and receive coaching from Roberta Meakin, 5.0 rated player, during doubles play. Practice various drills with your group cohort and then play with your group for the last hour. Must have club rating or know basic rules for novice court. Please note this course is not a skills learning program and participants must be self-sufficient. Must know club rating and have own paddle and balls. The program will include a Pickleball Know-it-All tutorial during the first session. No sessions Sep 21, Oct 12, 19.

**CC - Gymnasium**

#### Novice 2.0-2.5 (Court 1)

No sessions Sep 21, Oct 12, 19.

|        |     |              |                |        |
|--------|-----|--------------|----------------|--------|
| #41094 | Sun | Sep 7-Sep 28 | 11:00am-1:00pm | \$65/3 |
| #41764 | Sun | Oct 5-Oct 26 | 11:00am-1:00pm | \$45/2 |
| #41767 | Sun | Nov 2-Nov 16 | 11:00am-1:00pm | \$65/3 |
| #41770 | Sun | Nov 23-Dec 7 | 11:00am-1:00pm | \$65/3 |

#### Intermediate 3.0 (Court 3)

No sessions Sep 21, Oct 12, 19.

|        |     |              |                |        |
|--------|-----|--------------|----------------|--------|
| #41095 | Sun | Sep 7-Sep 28 | 11:00am-1:00pm | \$65/3 |
| #41766 | Sun | Oct 5-Oct 26 | 11:00am-1:00pm | \$45/2 |
| #41768 | Sun | Nov 2-Nov 16 | 11:00am-1:00pm | \$65/3 |
| #41771 | Sun | Nov 23-Dec 7 | 11:00am-1:00pm | \$65/3 |

#### Intermediate 3.5+ (Court 4)

No sessions Sep 21, Oct 12, 19.

|        |     |              |                |        |
|--------|-----|--------------|----------------|--------|
| #41096 | Sun | Sep 7-Sep 28 | 11:00am-1:00pm | \$65/3 |
| #41765 | Sun | Oct 5-Oct 26 | 11:00am-1:00pm | \$45/2 |
| #41769 | Sun | Nov 2-Nov 16 | 11:00am-1:00pm | \$65/3 |
| #41772 | Sun | Nov 23-Dec 7 | 11:00am-1:00pm | \$65/3 |

### Learn to Play Clinic – Level 1 (Court 4 & 6)

No sessions Sep 21, Oct 12, 19.

**CC - Gymnasium**

|        |     |              |                |        |
|--------|-----|--------------|----------------|--------|
| #41096 | Sun | Sep 7-Sep 28 | 11:00am-1:00pm | \$65/3 |
| #41836 | Sun | Oct 5-Oct 26 | 1:00-2:15pm    | \$79/3 |
| #41837 | Sun | Nov 2-Nov 16 | 1:00-2:15pm    | \$79/3 |
| #41838 | Sun | Nov 23-Dec 7 | 1:00-2:15pm    | \$79/3 |

### Learn to Play Clinic – Level 1 (Court 5 & 6)

No sessions Sep 21, Oct 12, 19.

**CC - Gymnasium**

|        |     |              |                |        |
|--------|-----|--------------|----------------|--------|
| #41096 | Sun | Sep 7-Sep 28 | 11:00am-1:00pm | \$65/3 |
| #41833 | Sun | Oct 5-Oct 26 | 12:00-1:00pm   | \$69/3 |
| #41834 | Sun | Nov 2-Nov 16 | 12:00-1:00pm   | \$69/3 |
| #41835 | Sun | Nov 23-Dec 7 | 12:00-1:00pm   | \$69/3 |

## SPORTS (DROP-IN)

### Fall Adult Sports Drop-in Schedule

Sep 2 - Dec 19 | \*See program descriptions for dates

| Monday                                                                              | Tuesday                                   | Wednesday                              | Thursday                                   | Friday                                | Saturday                           |
|-------------------------------------------------------------------------------------|-------------------------------------------|----------------------------------------|--------------------------------------------|---------------------------------------|------------------------------------|
| <b>55+ Volleyball</b><br>8:00-10:00am                                               |                                           | <b>55+ Volleyball</b><br>8:00-10:00am  |                                            | <b>55+ Volleyball</b><br>8:00-10:00am |                                    |
| <b>Pickleball</b><br>10:15am-12:15pm                                                |                                           | <b>Pickleball</b><br>10:15am-12:15pm   |                                            |                                       | <b>Pickleball</b><br>9:00-11:00am  |
| <b>Badminton</b><br>12:30-2:30pm                                                    |                                           | <b>Badminton</b><br>12:30-2:30pm       |                                            | <b>Badminton</b><br>12:30-2:30pm      | <b>Badminton</b><br>11:15am-1:00pm |
|                                                                                     |                                           |                                        |                                            | <b>Pickleball</b><br>3:00-5:00pm      |                                    |
|                                                                                     | <b>Table Tennis</b><br>4:00-6:00pm        | <b>Youth Basketball</b><br>5:00-6:45pm | <b>Pickleball (1/2 Gym)</b><br>4:45-6:45pm | <b>Table Tennis</b><br>4:00-6:00pm    | <b>Volleyball</b><br>6:00-8:30pm   |
| <b>Basketball (until Oct 6)</b><br><b>Pickleball (starts Oct 20)</b><br>7:00-9:00pm | <b>Advanced Volleyball</b><br>7:00-9:00pm | <b>Pickleball</b><br>7:00-9:00pm       | <b>Volleyball</b><br>7:00-9:00pm           | <b>Basketball</b><br>7:00-9:00pm      |                                    |

No sessions Sep 22, 30, Oct 13, 24, Nov 10, 11

#### **D Drop-In Sports Admissions** \$4.75/Visit | \$42.75/10 pass

To secure your spot in drop-in sports, we **strongly recommend** making reservations. Resident reservations open 6 days in advance, and non-residents 5 days in advance. Please be aware that reservations will be held until the class begins, after which, vacant spots may be sold at the discretion of the City.

## SPORTS (DROP-IN)

### **D Drop-in Badminton**

**Ages: 16+**

Practice your drop shots, serves and challenge others to a fun game of badminton. For players of all skill levels who want to have fun in a non-competitive and friendly environment. Participants will organize their own games and share court time. No session Dec 12.

#### CC - Gymnasium

**Mon/Fri** Sep 3-Dec 19 12:30-2:30pm  
**Sat** Sep 6-Dec 13 11:15am-1:00pm

### **D Drop-in Basketball**

Compete, practice, and hone your basketball skills against others in a pickup format of basketball.

#### CC - Gymnasium

##### General - Ages: 16+

**Fri** Sep 5-Dec 19 7:00-9:00pm

##### Adult - Ages: 19+

**Mon** Sep 8-Oct 6 7:00-9:00pm

##### Youth - Ages: 13-18

**Wed** Sep 3-Dec 17 5:00-6:45pm

### **D Drop-in Table Tennis**

**Ages: 13+**

Compete, practice and hone your basketball skills against others in a pickup format of basketball. No session Dec 12.

#### CC - Room 4

**Tue/Fri** Sep 9-Dec 19 4:00-6:00pm

### **D Drop-in Pickleball - All Levels**

**Ages: 16+**

Drop in pickleball for anyone above 16 years of age. No session Dec 12.

#### CC - Gymnasium South

|                |                     |                        |
|----------------|---------------------|------------------------|
| <b>Mon/Wed</b> | <b>Oct 8-Dec 17</b> | <b>7:00-9:00pm</b>     |
| <b>Mon/Wed</b> | <b>Oct 1-Dec 17</b> | <b>10:15am-12:15pm</b> |
| <b>Thu</b>     | <b>Oct 2-Dec 18</b> | <b>1:00-3:00pm</b>     |
| <b>Thu</b>     | <b>Oct 2-Dec 18</b> | <b>4:45-6:45pm</b>     |
| <b>Fri</b>     | <b>Oct 3-Dec 19</b> | <b>3:00-5:00pm</b>     |
| <b>Sat</b>     | <b>Oct 4-Dec 13</b> | <b>9:00-11:00am</b>    |

### **D Drop-In Volleyball**

Practice your volleying, setting and challenge others to a fun game. This is an open drop-in activity for players of all skill levels who want to have fun in a non-competitive and friendly environment. Advanced Volleyball is for those with more advanced skill levels. Participants organize their own games and share court time.

#### CC - Gymnasium

##### General - Ages: 16+

**Thu** Sep 4-Dec 18 7:00-9:00pm

##### 55+ - Ages 55+

**Mon/Wed/Fri** Sep 3-Dec 19 8:00-10:00am

##### Advanced - Ages 16+

**Tue** Sep 2-Dec 16 7:00-9:00pm

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Search for Penticton Museum & Archives to find our channel. Check our Playlist for past Brown Bag Lectures, and more...

**A joint library and museum program for 'tweens!**



Info coming soon. Check museum website for details.

## ARCHIVES

The Archives are open. Have your question answered by calling (250-490-2453) or sending an email ([pentictonmuseumarchives@penticton.ca](mailto:pentictonmuseumarchives@penticton.ca))



Step back in time and explore the geological and human forces that shaped Penticton throughout its history

MUSEUM



### Education Opportunities

The Penticton Museum & Archives has many learning opportunities to help you meet your teaching objectives.

- **Educational programs** - topics in local history, natural history, and science. In your class, the museum, or outdoors.
- **Lending library** - borrow educational kits to use in your class. Topics include Chinese immigration in BC, Bats, and much more...

See our website for more details.

### Brown Bag Lecture Series

This lecture series features topics on local history, the environment, and what's going on in our community. Tuesdays, noon to 1 pm from September to April. Suggested donation \$2 per person. See our website for schedule.

### Family Maker Lab

One Saturday afternoon per month spend time with your family making things at the museum. Activities designed for 5 years to adults. All materials supplied. See website for details. Cost by donation. Pre-registration required.

### Tots' Tinker Time

One Thursday morning per month, spend time with your 3-5 year old building, designing, concocting and discovering. See website for details. Cost by donation. Pre-registration required.



785 Main Street, Penticton, BC

Dennis.Oomen@penticton.ca

Chandra.Wong@penticton.ca

www.pentictonmuseum.com

### MUSEUM:

Tue-Sat 10:00am - 5:00pm

250-490-2451

### ARCHIVES:

Wed-Fri 10:00am - 4:30pm

250-490-2453

Call for appointment

Museum Admission:

Suggested donation

\$2 for adults

\$1 for children

### TEMPORARY EXHIBITS

R.N. Atkinson Temporary Exhibit  
Gallery at the Penticton Museum

SEPTEMBER 2025-MARCH 2026

### Dinosaurs of BC

On loan from the Royal British Columbia Museum, this special exhibit tells the fascinating story of British Columbia's very own resident dinosaurs. Through research carried out by the Royal British Columbia Museum's palaeontology team, visitors can learn just how many of these ancient creatures roamed the province. See perfectly preserved marine fossils, follow the tracks of the Tyrannosaurus and the Ankylosaurus, and meet "Buster" our resident Ferrisaurus.



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Visit [www.kisu.ca](http://www.kisu.ca) for more information, and to REGISTER

Not sure if swim club is right for your child?

Email our Mini-squad Coordinator, Naomi ([coachnaomi@kisu.ca](mailto:coachnaomi@kisu.ca)) with any questions.

**Naomi Antler**

*Mini Squad*

*Coordinator*

[coachnaomi@kisu.ca](mailto:coachnaomi@kisu.ca)

**Mike Flegel**

*Administrator*

[admin@kisu.ca](mailto:admin@kisu.ca)

**Tina Hoebe**

*Head Coach*

[coachtina@kisu.ca](mailto:coachtina@kisu.ca)

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- 6 - 16 yrs - Competitive



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- » What you bring as a leader

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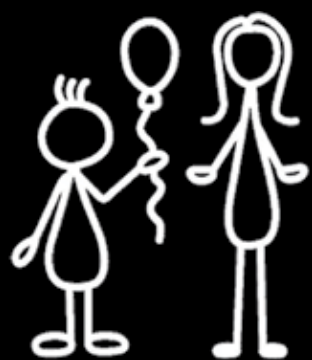
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[erin.ballancetilley@summerlandreview.com](mailto:erin.ballancetilley@summerlandreview.com) | 778-476-8161

## KISU Masters Swimming

[www.kisu.ca](http://www.kisu.ca)

*With the guidance of our **professional coaching staff** we will support and assist you in meeting your fitness and racing goals. You will also enjoy the benefits of **training within a group.***

### Novice to Elite- We have something for everyone!

Monday/Wednesday/Friday - 6:00am-7:00am

Tuesday/Thursday 10:00am-11:00am

Saturday 11:00am - 12:30pm

*Attend as many training sessions each week as you like*

**Contact Us:**

**Tina Hoeben, Head Coach:**

[coachtina@kisu.ca](mailto:coachtina@kisu.ca)

**Mike Flegel, Administrator:**

[admin@kisu.ca](mailto:admin@kisu.ca)



**Register online at: [www.kisu.ca](http://www.kisu.ca)**

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6 Time Canadian National

Kumite Champion

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# Glengarry Skating Club

TEACHING PENTICTON & AREA TO SKATE SINCE 1953

[www.glengarryfsc.com](http://www.glengarryfsc.com)

250-486-0244

Teaching skating for 70+ years  
Ages 3 & up  
NCCP Certified Coaches  
All classes at McLaren Park Arena  
Ongoing, pro-rated registration

## LEARN-TO-SKATE with CANSKATE (5-12 years old) – 40min class

Skate Canada's flagship Learn-to-Skate program - Focus on fun, participation & basic skill development - Group lesson format - Class led by NCCP Certified Professional Coaches - Skaters progress at their own rate - Coaches are assisted by trained Program Assistants

### Fall 2025; September 22 – December 18

Mondays; 4:50 – 5:30pm; 12 classes; \$192 (no class Oct13)  
Tuesdays; 5:05 – 5:45pm; 11 classes; \$176 (no class Sep30, Nov11)  
Thursdays; 5:05 – 5:45pm; 12 classes; \$192 (no class Oct2)  
Saturdays; 10:35 – 11:15am; 10 classes; \$160 (no class Oct4, Nov29)

### Winter 2026; January 5 – March 12

Mondays; 4:50 – 5:30pm; 9 classes; \$144 (no class Feb16)  
Tuesdays; 5:05 – 5:45pm; 10 classes; \$160  
Thursdays; 5:05 – 5:45pm; 9 classes; \$144 (no class Mar5)  
Saturdays; 10:35 – 11:15am; 7 classes; \$112 (no class Feb7, Mar7)

Registration for all classes  
opens Tue, Aug 5, 2025

Fall25 – Classes start Sep 22<sup>nd</sup>

Winter26 – Classes start Jan 5<sup>th</sup>

## LEARN-TO-SKATE TOTS with PRECANSKATE (3&4 years old) – 30min class

### \*PLEASE NOTE – PRECANSKATE CLASSES BEGIN 2 WEEKS AFTER OUR REGULAR CANSKATE CLASSES

Introduces young children to skating in a fun environment - Teaches the basics of balance, falling & getting up, forward & backward movement - Class led by NCCP Certified Professional Coaches - Coaches are assisted by trained Program Assistants

### Fall 2025; October 6 – December 18

Mondays; 4:50 – 5:20pm; 10 classes; \$150 (no class Sep22, Sep29, Oct13)  
Tuesdays; 5:05 – 5:35pm; 9 classes; \$135 (no class Sep23, Sep30, Oct7, Nov11)  
Thursdays; 5:05 – 5:35pm; 10 classes; \$150 (no class Sep25, Oct2, Oct9)  
Saturdays; 10:35 – 11:05am; 8 classes; \$120 (no class Sep27, Oct4, Oct11, Nov29)

### Winter 2026; January 19 – March 12

Mondays; 4:50 – 5:20pm; 7 classes; \$105 (no class Jan5, Jan12, Feb16)  
Tuesdays; 5:05 – 5:35pm; 8 classes; \$120 (no class Jan6, Jan13)  
Thursdays; 5:05 – 5:35pm; 7 classes; \$105 (no class Jan8, Jan15, Mar5)  
Saturdays; 10:35 – 11:05am; 5 classes; \$75 (no class Jan10, Jan17, Feb7, Mar7)

### To register:

- Go to [www.glengarryfsc.com](http://www.glengarryfsc.com)
- Set up your family account, and list your skater(s) as a 'Participant'
- Register for your chosen class(es)
- Go to your shopping cart and select your payment method

## TEEN & ADULT SKATING (13+ years old) – 45min class

This class consists of a coach led warmup and instruction time, followed by freeskate time. Our coaches are floating & available during the freeskate time and are happy to help you progress at your own pace towards whatever goals you have in mind.

This session is designed with two types of skaters in mind;

(A) Adults who would like some learn-to-skate instruction.

(B) Previous figure skaters who would like to get back on the ice for fun or exercise. If public skates and the limitations of them aren't for you, come out and join us. Skate backwards, do some spins & spirals, or (if you have the courage) try that 1 Axel again.

### Fall 2025; September 22 – December 18

Tuesdays; 7:45 – 8:30pm; 11 classes; \$198 (no class Sep30, Nov11)  
Saturdays; 9:30 – 10:15am; 10 classes; \$180 (no class Oct4, Nov29)

### Winter 2026; January 5 – March 12

Tuesdays; 7:45pm – 8:30pm; 10 classes; \$180  
Saturdays; 9:30 – 10:15am; 7 classes; \$126 (no class Feb7, Mar7)

## TEEN & ADULT POWERSKATE (13+ years old) – 45min class

### Please note: SKATERS MUST ALREADY BE ABLE TO STRIDE FORWARD, SKATE BACKWARD, & STOP ON THEIR OWN – FULL GEAR REQUIRED

For skaters who are looking for extra ice time and coaching - Focus on balance, power, agility, speed, endurance - Classes are broken down into three time slots; (1) Warm-up, (2) Skills & Drills, (3) Cool-down - Geared to hockey & ringette players - Skills, techniques & conditioning taught in a progressive format - NCCP Certified Professional Coaches

### Fall 2025; September 22 – December 18

Thursdays; 7:45 – 8:30pm; 12 classes; \$240 (no class Oct2)

### Winter 2026; January 5 – March 12

Thursdays; 7:45 – 8:30pm; 9 classes; \$180 (no class Mar5)

PLEASE NOTE – ALL SKATERS ARE REQUIRED TO PAY AN ANNUAL \$65.00 FEE FOR SKATE CANADA MEMBERSHIP & INSURANCE (SEP 2025-AUG 2026). THIS FEE WILL BE ADDED THE FIRST TIME A SKATER REGISTERS TO ONE OF OUR PROGRAMS.



# PROGRAMS

## KIDS

- Story Times
- Baby Songs & Rhymes

## TEENS

- YAC and TAG
- Crafts
- Games

## ADULTS

- Author Talks
- Movie Nights
- Book Clubs

## ALL AGES

- Crafting
- Movies
- Lego



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Penticton BC  
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[pentictonlibrary.ca](http://pentictonlibrary.ca)



## Family Play Time

**Explore, Create, Imagine and Play in a welcoming & inclusive environment for children 0-6 years and their grown-ups.**

**Monday to Friday mornings,  
must sign-up for daily sessions.  
Program runs September - June**

**Sign up for sessions:**

**[familyplaytime.eventbrite.com](https://familyplaytime.eventbrite.com)**

**\*click on Events**



**[dana.chapman@ymcasibc.ca](mailto:dana.chapman@ymcasibc.ca)**



**(250) 801-7852**



## COMMUNITY LISTINGS - LIVE, WORK & PLAY

### Special Interest

|                                     |                                   |                                  |
|-------------------------------------|-----------------------------------|----------------------------------|
| Adventurers Club                    | www.pentictonadventurers.com      |                                  |
| Air Cadets                          | Richard Hellyer                   | 250-492-0777                     |
| Army Cadets                         | www.cadets.calen/join/cadets.page |                                  |
| Billiards                           | Cue's Gameroom                    | 250-493-5338                     |
| Friends of Summerland Gardens       | www.summerlandgardens.org         | 250-494-6385                     |
| Geology & Lapidary                  | Jerome Albo                       | 250-495-7359                     |
| Genealogical Society                | Nola Reid                         | 250-492-0751                     |
| Kelowna & District Safety Council   | www.kdsc.bc.ca                    | 250-765-3163                     |
| Kennel Club-Skaha                   | www.skahakennelclub.ca            |                                  |
| Naturalists Club                    | www.southokanagannature.com       |                                  |
| Newcomers Club                      | Jackie                            | 250-462-7518                     |
| Okanagan Motorcycle Riders Assn     | Russell Treit                     | 250-493-5733                     |
| OSNS Child Development Centre       | info@osns.org                     | 250-492-0295                     |
| Outdoors Club                       | www.pentictonoutdoorsclub.ca      |                                  |
| Penticton Garden Club               | www.gardenclubpenticton.ca        | Cheryl Filipenko<br>250-492-2540 |
| Penticton Safety Village            | www.pentictonsafetyvillage.org    |                                  |
| Quilters Guild – Penticton          | Marg Jacques                      | 250-490-2868                     |
| Seniors Drop-in Society             | www.pentictonseniors.ca           | 250-493-2111                     |
| South Okanagan Genealogical Society | Nola Reid                         | 250-492-0751                     |
| Seniors Wellness at OneSky          |                                   | 250-487-7455                     |
| Therapeutic Riding Assoc.           | Joan Sopow                        | 250-404-0530                     |
| Toastmasters                        | David Folstad                     | 250-809-7352                     |

### Sport and Fitness

|                                             |                             |                                          |
|---------------------------------------------|-----------------------------|------------------------------------------|
| Ball Hockey                                 | www.site1531.goalline.ca    |                                          |
| Baseball – South Okanagan Minor             | www.sombatigers.com         | info@sombatigers.com                     |
| Beach City Fitness                          | hello@beachcityfitness.ca   | 778-901-7529                             |
| BMX Club – Penticton                        | www.pentictonbmx.com        | pentictonbmx@outlook.com                 |
| Curling Club – Penticton                    | www.pentictoncurlingclub.ca | 250-492-5647                             |
| Dragon Boating                              | Don Mulhall                 | 250-488-3100                             |
| Dragon Boating – Survivorship               | Cathie Lauer                | 250-809-1857<br>cthlaue50@gmail.com      |
| Fastpitch Softball Assoc. – Penticton Minor | www.pmfsa.com               |                                          |
| Glow SUP Adventures                         | www.glowSUPadventures.com   |                                          |
| Hockey – Men's Rec League                   | Chris Newton                | 250-460-0038<br>chrisnewton777@gmail.com |

|                                                   |                                 |                                                                                |
|---------------------------------------------------|---------------------------------|--------------------------------------------------------------------------------|
| Hockey – Penticton Minor Hockey Association       | www.pentictonminorhockey.com    | 250-274-9590                                                                   |
| Hockey – Women's Rec League                       | southokwomenshockey@gmail.com   |                                                                                |
| Jump Rope Competitive – Black Widow Rope Spinners | Cathy Cunningham                | 250-770-9065                                                                   |
| Karate – Penticton Kyokushin                      | James Weir                      | 250-462-1486                                                                   |
| Karate – Taneda Karate Dojo                       |                                 | 250-768-2241                                                                   |
| Lacrosse – Penticton Minor                        | www.pentictonlacrosse.com       | pentictonlacrosse@gmail.com                                                    |
| Lawn Bowling – Penticton                          | www.pentictonlawnbowls.ca       |                                                                                |
| Nickel Plate Nordic Centre                        | www.nickelplatenordic.org       | 250-809-9985                                                                   |
| Outrigger Racing Canoe Club                       | Don Mulhall                     | 250-488-3100                                                                   |
| Rugby – Harlequin Club                            | www.pentictonharlequins.ca      |                                                                                |
| Running Club – Pounders                           | Neil Macdonald                  | 250-490-3334                                                                   |
| Penticton and Area Cycling Association (PACA)     | www.bikepenticton.com           | info@bikepenticton.com                                                         |
| Penticton Paddle Sports                           | Don Mulhall                     | 250-488-3100                                                                   |
| Penticton Pickleball Club                         | www.pentictonpickleball.ca      |                                                                                |
| Senior Games                                      | John Hong                       | 250-498-9030<br>john.hong@edestertech.com                                      |
| Shooting Sports Assn                              | www.pentictonshootingsports.com | 250-328-8619                                                                   |
| Skaha Rock Adventures Ltd.                        | Russ Turner                     | 250-493-1765<br>www.skaharockclimbing.com<br>russ.turner@skaharockclimbing.com |
| Skating – Glengarry Skating Club                  | www.glengarryfsc.com            | 250-486-0244                                                                   |
| Skiing – Apex Ski Club                            | www.apexskiclub.com             | 250-809-5727                                                                   |
| Skiing – Apex Freestyle                           | www.freestyleapex.com           |                                                                                |
| Skiing – Xcountry                                 | www.nickelplatenordic.org       | 250-292-8110                                                                   |
| Slo-Pitch Leagues Penticton                       |                                 | www.pentictonslpitch.com                                                       |
| Soccer – Oldtimers                                | Alix Ferreira                   | 250-493-0467                                                                   |
| Soccer – Pinnacles Club                           | www.pinnaclesfc.com             | 778-476-5888                                                                   |
| Soccer – Power Wheelchair                         | Cathy Cunningham                | 250-770-9065                                                                   |
| Soccer – Women's (16+)                            | Lauren Lachlan                  | sowsl.yolasite.com                                                             |
| South Okanagan Sailing Association                | www.sosailing.ca                | 250-494-7067                                                                   |
| Special Olympics                                  | Mona Hazell                     | 250-493-4805                                                                   |
| Springers Gymnastics Adventures                   | Heinz/Manuela                   | 250-486-0787                                                                   |
| Swimming – KISU Swim Club                         | Tina Hoebe                      | coachtina@kisu.ca                                                              |
| Swimming – Penticton Pikes                        |                                 | pentictonpikes.com                                                             |
| Table Tennis                                      | Brian Drought                   | 250-492-0578                                                                   |
| Tai Chi/Chi Gong                                  | Richard Lautsch                 | 250-486-8089                                                                   |

|                                       |                                |  |
|---------------------------------------|--------------------------------|--|
| Tennis Club – Penticton               | www.pentictontennisclub.com    |  |
| Triathlon Club                        | www.pentictontriathlonclub.com |  |
| Yoga – South Okanagan<br>Yoga Academy | www.soyayoga.com               |  |

## Arts, Culture and Dance

|                                                    |                                                |                                              |
|----------------------------------------------------|------------------------------------------------|----------------------------------------------|
| Academy of Music – Penticton                       |                                                | 250-493-7977                                 |
| Art Gallery – Penticton                            | www.pentictonartgallery.com                    | 250-493-2928                                 |
| Children's Showcase                                | Melanie Walden                                 | 778-229-0859                                 |
| Community Arts Council                             |                                                | 250-492-7997                                 |
| Dance Penticton                                    | Robert McKenzie                                | 250-493-0601                                 |
| Lloyd Gallery                                      | www.lloydgallery.com                           | 250-492-4484                                 |
| LUSO Cdn Multi-Cultural Soc.                       | Ealivra Perera                                 | 250-493-9124                                 |
| Many Hats Theatre Company                          |                                                | 250-462-6428                                 |
| Music Festival – Penticton Kiwanis                 |                                                | 250-493-8322                                 |
| Naramata Choir                                     | www.naramatachoir.com                          |                                              |
| Okanagan Historical Society                        | Karen Collins                                  | 250-493-1898                                 |
| Okanagan Symphony<br>Society Penticton Branch      | admin@okanagansymphony.com                     | 250-763-7544                                 |
| Ooknakane Friendship Centre                        | www.friendshipcentre.ca                        | 250-490-3504                                 |
| Penticton Concert Band                             |                                                | 778-931-0975<br>info@pentictonconcertband.ca |
| Penticton Museum and Archives                      |                                                | 250-490-2451                                 |
| Okanagan School of Arts                            | info@osarts.ca                                 | 778-718-5757                                 |
| Shatford Centre for Arts and Culture               |                                                | 250-770-7668                                 |
| Soundstage Productions                             | Lynne Leydier<br>www.soundstageproductions.com | 250-493-9787                                 |
| South Okanagan Big Band                            | Richard Dejonge                                | 250-809-2795                                 |
| South Okanagan Immigrant<br>and Community Services | www.soics.ca                                   | 250-492-6299                                 |
| South Okanagan Reg. Music Teachers                 | www.bcrmta.bc.ca/south-okanagan                |                                              |
| SS Sicamous Marine<br>Heritage Society             | www.sssicamous.ca                              | 250-492-0403                                 |
| Tumbleweed Gallery                                 |                                                | 250-492-7701                                 |
| The Happy Gang Linedancers & Chair Dancers         |                                                | 250-492-0267                                 |
| Vale United Pipe Band                              | Shannon Mair                                   | 250-809-3418                                 |

## Information Centres

|                                     |                                  |                |
|-------------------------------------|----------------------------------|----------------|
| 24 Hour Swim & Activity Information |                                  | 250-490-2426   |
| Cancer Relaxation Program           | Interior Health – Central Intake | 1-800-707-8550 |
| Caregiver Support Group             | Interior Health – Central Intake | 1-800-707-8550 |
| City Hall                           |                                  | 250-490-2400   |
| Grief Support Group                 | Interior Health                  | 250-770-3486   |
| OneSky<br>Community Resources       | www.oneskycommunity.com          | 250-492-5814   |

www.penticton.ca/recreation

|                                              |                         |              |
|----------------------------------------------|-------------------------|--------------|
| Penticton Child Care<br>Resource & Referral  | www.oneskycommunity.com | 250-492-2926 |
| Penticton & Wine Country Chamber of Commerce |                         | 778-476-3111 |
| Penticton Trade and Convention Centre        |                         | 250-490-2460 |
| Wine Country Visitors Centre                 | www.visitpenticton.com  | 250-276-2170 |

## Libraries

|                                 |                    |              |
|---------------------------------|--------------------|--------------|
| Okanagan College –<br>Penticton | www.okanagan.bc.ca | 250-492-4305 |
| Penticton Public Library        |                    | 250-770-7781 |
| Okanagan Regional Libraries     |                    |              |
| Kaleden                         |                    | 250-497-8066 |
| Naramata                        |                    | 250-496-5679 |
| Okanagan Falls                  |                    | 250-497-5886 |
| Summerland                      |                    | 250-494-5591 |

## Youth Clubs

|                                |                |                             |
|--------------------------------|----------------|-----------------------------|
| Big Brothers/Sisters of BC     | www.bigs.bc.ca | 250-492-6465                |
| Girl Guides, Brownies & Sparks |                | www.girlguides.ca           |
| Penticton Air Cadets           |                | 250-492-0777 / 250-493-4494 |
| Scouts, Cubs & Beavers         |                | www.bc.scouts.ca            |

## Low Cost, No Cost

|                                           |                                      |                               |
|-------------------------------------------|--------------------------------------|-------------------------------|
| After School Club                         | First Baptist Church                 | 250-492-3824                  |
| Breastfeeding Support                     | Penticton Health Centre              | 250-770-3418                  |
| Prenatal Classes                          | Health Centre                        |                               |
| Baby Talk                                 | Penticton Health Centre              | 250-770-3434                  |
| Dragonfly Pond Respite Society            |                                      | 250-490-3305                  |
| Foundry Penticton                         | foundrypenticton@oneskycommunity.com |                               |
| Penticton Safety Village                  | pentictonsafetyvillage.org           |                               |
| Okanagan Boys<br>and Girls Club           | 1295 Manitoba St.                    | 250-493-0512 ext 119          |
| OSNS Child<br>Development Centre          |                                      | 250-492-0295<br>info@osns.org |
| Strong Start -<br>Queen's Park Elementary | 330 Power St.                        | 250-770-7680 ext 6018         |
| Strong Start -<br>Carmi Elementary        | 400 Carmi Ave.                       | 250-770-7697 ext 6059         |
| Strong Start -<br>Columbia Elementary     | 1437 Atkinson St.                    | 250-770-7676 ext 6489         |



**Is your group or organization not listed  
or do we need to update our information?  
Please contact us at [rec@penticton.ca](mailto:rec@penticton.ca)**

### FACILITY ADDRESSES

**Penticton Community Centre**

325 Power St.

**McLaren Arena**

1350 King St.

**Penticton Sportsplex**

550 Eckhardt Ave. W

### RECREATION ADMINISTRATION

**Community Centre - Reception Desk**

250-490-2426 ext. 6

**Manager of Recreation, Arts & Culture**

Jeff Plant 250-490-2165

jeff.plant@penticton.ca

**Recreation Business Supervisor**

Darcey Godfrey 250-490-2428

darcey.godfrey@penticton.ca

**Recreation Operations Supervisor**

Kerry Wagner 250-490-2434

kerry.wagner@penticton.ca

**Sport & Event Supervisor**

Jeff Plant 250-276-2165

jeff.plant@penticton.ca

**Recreation Clerk**

Carey Swales 250-490-2430

carey.swales@penticton.ca

### RECREATION COORDINATORS

**Adult, Fitness & Sport**

Joshua Bibbs 250-490-2575

joshua.bibbs@penticton.ca

**Children & Youth**

Stephen Roberts 250-490-2421

stephen.roberts@penticton.ca

**Sport Facilities**

Lisa O'Daly 250-490-2437

lisa.o'daly@penticton.ca

**Events & Film**

Reagan Lovig 250-490-2591

reagan.lovig@penticton.ca

### OTHER CONTACTS

**City Hall**

250-490-2400 ask@penticton.ca

**Museum Manager**

Dennis Oomen 250-490-2452

dennis.oomen@penticton.ca

**Facilities Supervisor**

Krystie Dorrell 250-490-2385

krystie.dorrell@penticton.ca

**Parks Supervisor**

Todd Whyte 250-490-2455

todd.whyte@penticton.ca



### **Rental Inquiries**

**Fields and Facilities -** [rentals@penticton.ca](mailto:rentals@penticton.ca)

**Cleland Theatre -** [clelandtheatre@penticton.ca](mailto:clelandtheatre@penticton.ca)

**Pool -** [poolrentals@penticton.ca](mailto:poolrentals@penticton.ca)



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**Bronze Medallion**  
Ages: 13+

**Bronze Cross**  
Pre-requisite:  
Bronze Medallion

**Standard First Aid**

**Swim Instructor**  
Pre-requisite: Bronze Cross  
Ages: 15+

**National Lifeguard**  
Pre-requisite: Bronze Cross  
and Standard First Aid  
Ages: 15+

**SWIM  
INSTRUCTOR**

**LIFEGUARD**

FOR COURSE INFORMATION AND AVAILABILITY, VISIT [www.lifesaving.bc.ca](http://www.lifesaving.bc.ca)

# RECreation PENTICTON

## DROP-IN SPORTS

See p. 33

## **NEW** Children, Teen and Adult Shinny at McLaren Arena

See p. 13

## **NEW** Public Skating Schedule

See p. 12

## **NEW** Accessible Programming

Join our **Friends In Music & Art** Series on p. 5

## **NEW** Mini Artists

See p. 15



REGISTRATION  
**OPENS**

RESIDENTS:  
**AUGUST 20**

NON-RESIDENTS:  
**AUGUST 21**



For more information visit [www.penticton.ca/recreation](http://www.penticton.ca/recreation)  
or call 250-490-2426 ext. 6