

# RECreation

WINTER 2026

PENTICTON

Have a  
*splash*  
this  
winter!



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*



## HOLIDAY SKATE WITH THE VEES

**Wednesday, December 3**

7:15–8:30 pm • McLaren Arena

## 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

## FAMILY DAY ACTIVITIES

**February 16, 2026**

Community Centre



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

\*Event dates are subject to change or cancellation.

**Aquatics** ..... 6**Community Services**

Community Listings .....	46–47
Foundry .....	21
Library .....	36
Museum .....	34–35
YMCA .....	37

**General Information**

Accessible Recreation .....	5
Admission Rates / Hours of Operation .....	3
Affordable Recreation .....	4
Birthday Parties .....	17
Contact Us .....	48
How to Register .....	2

**Programs**

Active Agers (55+) .....	27–28
Adult .....	26–29
Children .....	17–18
Custom Fitness and Nutrition Plans .....	24
Day Camps .....	19
Drop-in Fitness .....	30–31
Drop-in Sports .....	32
Fitness Room .....	22–23
Fitness Programs .....	28–29
Skating, Hockey and Shinny .....	10–14
Sportball .....	16
Swim Lessons .....	7–9
Tots & Family .....	15–16
Urban Rec Okanagan .....	33
Yoga .....	28
Youth .....	20–21
Youth and Adaptive Hockey .....	11



# 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 FOR WINTER PROGRAMS 2026

Resident Registration:

**WED., DECEMBER 3**  
**AT 8:00 AM**

Non-Resident Registration:

**THU., DECEMBER 4**  
**AT 8:00 AM**



## REGISTRATION FOR WINTER SWIM LESSONS 2026

Resident Registration:

**WED., DECEMBER 17**  
**AT 8:00 AM**

Non-Resident Registration:

**THU., DECEMBER 18**  
**AT 8:00 AM**



Register Online [www.penticton.ca/register](http://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

These new rates will take effect April 1, 2026

	Day Pass	Single	10 Tickets/ 1 Month	3 Months	6 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)		\$8	\$72	\$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)		\$5.75	\$49.50	\$132	\$225	\$360
Adult (19-59 years)		\$7.75	\$71.50	\$186	\$316	\$505
Senior (60-74 years)		\$5.75	\$60	\$132	\$225	\$360
Super Senior (75+)		\$4.75	\$41.50	\$108	\$183	\$295
Family*		\$18	\$161.50	\$420	\$714	\$1,140
<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

### 2026 Winter/Spring | January 5–June 14, 2026

	Reception/ Fitness Room*	Pool**
Monday to Friday	6:00am–9:00pm	  Will be posted at <a href="https://penticton.ca/aquatics">penticton.ca/ aquatics</a>
Saturday & Sunday	8:30am–8:30pm	
Statutory Holiday Hours		
Monday, February 16	10:00am–3:00pm	
Friday, April 3	10:00am–3:00pm	
Monday, April 6	10:00am–3:00pm	
Monday, May 18	10:00am–3:00pm	

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

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

**Scheduled Closures** | \* Fitness Room closed February 5 and 6 \*\*Pool closed all day February 20, 21 and 22 due to a 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.

## 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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## ☆ 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. Parent or Support Worker required.

No session: March 17 & 24

CC - Gymnasium

#42458 Tue Jan 6-Apr 28 9:30-11:30am

\$5/visit or \$40/10 tickets

### 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! Parent or Support Worker required.

No session: Feb 13, Feb 20, and Apr 3

CC - Room 4

#42459 Fri Jan 9-Apr 24 9:30-11:30am

\$5 or \$40/10 tickets

### 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.



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
-  **1.02 m+** **Waterslide riders** must be a minimum of 1.02m (40”) tall
-  **75 cm+** **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.





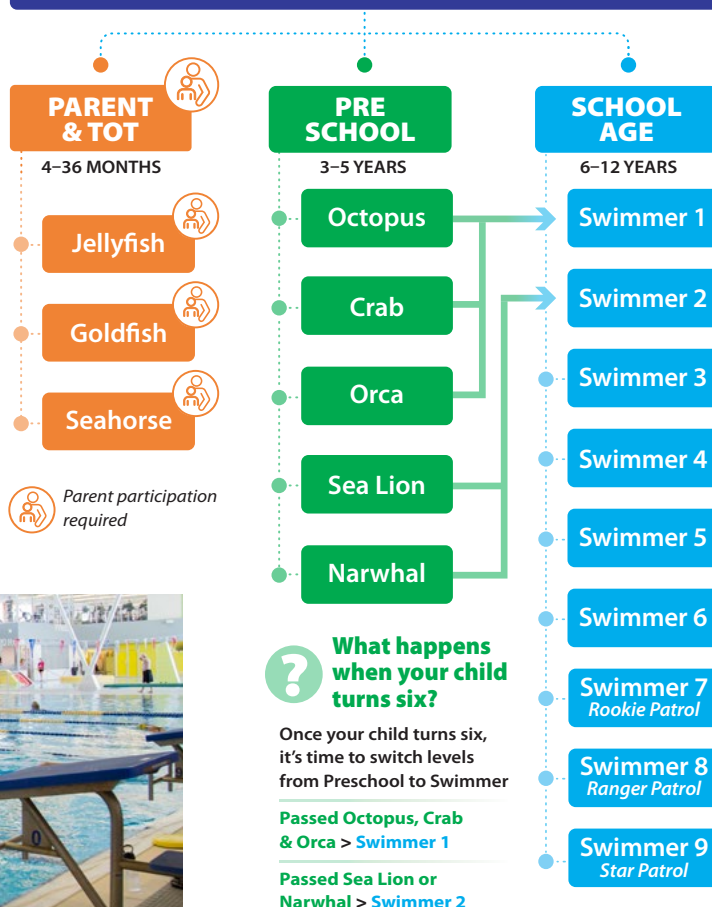
## Swim Lesson Information

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.



## Program Structure





## Children 4 months to 5 years



### REGISTRATION FOR WINTER SWIM LESSONS 2026

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

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

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



### 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 WINTER SWIM LESSONS 2026

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








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

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

### 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> 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> Ranger Patrol	Preferred successful completion – Swimmer 7 (Rookie Patrol).
	<b>Swimmer 9</b> Star Patrol	Preferred successful completion – Swimmer 8 (Ranger Patrol).

## 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 the tots only. Skate rentals included.

#### McLaren Arena - Ice

#42669	Fri	Jan 9-Feb 6	10:30-11:00am	\$44/5
#42670	Fri	Jan 9-Feb 6	11:00-11:30am	\$44/5
#42671	Fri	Feb 13-Mar 13	10:30-11:00am	\$44/5
#42672	Fri	Feb 13-Mar 13	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 - Ice

#42673	Wed	Jan 7-Feb 4	5:30-6:00pm	\$44/5
#42674	Wed	Feb 11-Mar 11	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 - Ice

#42675	Wed	Jan 7-Feb 4	5:30-6:00pm	\$44/5
#42676	Wed	Feb 11-Mar 11	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 sport helmet is required. Skate rentals included.

#### McLaren Arena - Ice

#42677	Wed	Jan 7-Feb 4	5:30-6:00pm	\$44/5
#42678	Wed	Feb 11-Mar 11	5:30-6:00pm	\$44/5

## SCHOOL AGE

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

For beginner skaters who are able to 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 sport helmet is required. Skate rentals included.

No session: Feb 16

#### McLaren Arena - Ice

#42679	Mon	Jan 5-Feb 2	6:30-7:15pm	\$69/5
#42680	Mon	Feb 9-Mar 9	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 sport helmet is required. Skate rentals included.

No session: Feb 16

#### McLaren Arena - Ice

#42681	Mon	Jan 5-Feb 2	6:30-7:15pm	\$69/5
#42684	Mon	Feb 9-Mar 9	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 sport helmet is required. Skate rentals included.

No session: Feb 16

#### McLaren Arena - Ice

#42683	Mon	Jan 5-Feb 2	6:30-7:15pm	\$69/5
#42682	Mon	Feb 9-Mar 9	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 including a hockey helmet or winter sport helmet is mandatory. Skate rentals included.

No session: Feb 16

#### McLaren Arena - Ice

#42659	Mon	Jan 5-Feb 2	6:30-7:15pm	\$74/5
#42663	Mon	Feb 9-Mar 9	6:30-7:15pm	\$59/4
#42661	Wed	Jan 7-Feb 4	5:30-6:00pm	\$54/5
#42666	Wed	Feb 11-Mar 11	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 & Wed is expected. Skate rentals included.

No session: Feb 16

#### McLaren Arena - Ice

#42656	Mon/Wed	Jan 5-Mar 11	7:15-8:00pm	\$249/19
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## ADAPTIVE HOCKEY

### ☆ UpperDek Vees

**Ages: 7+**

An adaptive hockey program for individuals who experience developmental and/or physical medical challenges. Continuous intake all season.

No session: Dec 21, Dec 28, Feb 8

**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 skate, play hockey, or interested in developing their skills. Coaches provide individual instruction with a focus on teaching basic hockey skills in a safe and supportive environment. Your hockey enthusiast will be introduced to skating, stick handling, passing, and shooting in a non-competitive environment.

#### Okanagan Training Centre

**Sun Jan 4-Mar 1 5:45-6:45pm FREE**

### Level 2: Advanced

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

#### Okanagan Training Centre

**Sun Jan 4-Mar 1 7:00-8:15pm FREE**



## 2026 Winter/Spring Public Skating Schedule

January 5 – March 14, 2026

Tuesday	Wednesday		Thursday	Friday	Saturday	Sunday
<b>Adult Only</b> 10:15-11:30am	<b>Preschool Stick 'N Puck*</b>	<b>Public Skate*</b>	<b>Adult Only</b> 10:15-11:30 am	<b>Public Skate*</b> 10:30-11:30am		
	10:30-11:30am					
<b>55+ Hockey</b> 11:45am-1:00pm	<b>Adult Hockey</b> 11:45am-1:00pm	<b>55+ Hockey</b> 11:45am-1:00pm	<b>Adult Hockey</b> 11:45am-1:00pm		<b>Public Skate</b> 2:00-4:45pm	<b>Public Skate</b> 2:00-4:45pm
	<b>Public Skate</b> 7:15-8:30pm					

No Sessions on Stat Holidays | \*1/2 of the ice is available



### 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).

## PUBLIC SKATING

### D Open Public Skate

**Ages: All**

Traditional loop skating in one direction.

\*One half of the ice is available for public skate.

#### McLaren Arena - Ice

<b>Wed/Fri</b>	<b>Jan 7-Mar 13</b>	<b>10:30-11:30am</b>
<b>Wed</b>	<b>Jan 7-Mar 11</b>	<b>7:15-8:30pm</b>
<b>Sat/Sun</b>	<b>Jan 10-Mar 8</b>	<b>2:00-4:45pm</b>

Regular admission rates apply.

### D Adult Only Skate

**Ages: 18+**

Traditional loop skating in one direction.

#### McLaren Arena - Ice

<b>Tue/Thu</b>	<b>Jan 6-Mar 12</b>	<b>10:15-11:30am</b>
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Regular admission rates apply.

## STICK 'N PUCK

### D Preschool Stick 'N Puck

**Ages: 1-5**

Start your little Gretzky's and Wickenheiser's early. Gloves and CSA approved helmets required. Children must be supervised on the ice by an adult guardian.

#### McLaren Arena - Ice

<b>Wed</b>	<b>Jan 7-Mar 11</b>	<b>10:30-11:30am</b>
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**Parent & Tot - Adult Skate - \$3.25/visit**

**Parent & Tot - Preschooler Skate - \$3.25/visit**


**FAST PAY, YOUR WAY**

**Debit, Credit, Tap Now Accepted!**



## Holiday Skating Schedule

December 20, 2025 - January 4, 2026

					<b>Saturday, December 20</b>	<b>Sunday, December 21</b>
					<b>Public Skate</b> 2:00-3:30pm	<b>Public Skate</b> 2:00-3:30pm
					<b>Teen &amp; Adult Shinny</b> 3:45-4:45pm	<b>Children Shinny (Ages 7-12)</b> 3:45-4:45pm
<b>Monday, December 22</b>	<b>Tuesday, December 23</b>	<b>Wednesday, December 24</b>	<b>Thursday, December 25</b>	<b>Friday, December 26</b>	<b>Saturday, December 27</b>	<b>Sunday, December 28</b>
<b>Public Skate</b> 2:00-3:30pm	<b>Public Skate</b> 2:00-3:30pm	<b>Public Skate</b> 10:00-11:30am	<b>CLOSED</b>	<b>CLOSED</b>	<b>Public Skate</b> 2:00-3:30pm	<b>Public Skate</b> 2:00-4:00pm
<b>Children Shinny (Ages 7-12)</b> 3:45-4:45pm	<b>Teen &amp; Adult Shinny</b> 3:45-4:45pm	<b>Children Shinny (Ages 7-12)</b> 11:45am-12:45pm			<b>Teen &amp; Adult Shinny</b> 3:45-4:45pm	<b>Children Shinny (Ages 7-12)</b> 3:45-4:45pm
<b>Monday, December 29</b>	<b>Tuesday, December 30</b>	<b>Wednesday, December 31</b>	<b>Thursday, January 1</b>	<b>Friday, January 2</b>	<b>Saturday, January 3</b>	<b>Sunday, January 4</b>
<b>Public Skate</b> 2:00-3:30pm	<b>Public Skate</b> 2:00-3:30pm	<b>Public Skate</b> 10:00-11:30am	<b>CLOSED</b>	<b>Public Skate</b> 2:00-3:30pm	<b>Public Skate</b> 2:00-3:30pm	<b>Public Skate</b> 2:00-3:30pm
<b>Teen &amp; Adult Shinny</b> 3:45-4:45pm	<b>Children Shinny (Ages 7-12)</b> 3:45-4:45pm	<b>Teen &amp; Adult Shinny</b> 11:45am-12:45pm		<b>Children Shinny (Ages 7-12)</b> 3:45-4:45pm	<b>Teen &amp; Adult Shinny</b> 3:45-4:45pm	<b>Children Shinny (Ages 7-12)</b> 3:45-4:45pm

Regular Winter Hours Begin January 5, 2026

## 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** Drop-In Hockey Registration

To secure your spot in drop-in hockey 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.

### **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.

**McLaren Arena - Ice**

**Tue/Thu Jan 6-Mar 13 11:45-1:00pm \$8/visit**

### **D** Adult Hockey

**Ages: 16+**

Stay fit and have fun playing in this non-competitive, non-contact, co-ed recreational drop-in hockey. Full gear, including a CSA-approved helmet, is required. Maximum 20 participants.

**McLaren Arena - Ice**

**Wed/Fri Jan 7-Mar 11 11:45-1:00pm \$8/visit**





## HOLIDAY 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](https://penticton.ca/mclarenarena) for Shinny guidelines and more information.

### **D** Drop-In Children Shinny

For your child interested in participating in a fun and non-competitive game of shinny. This drop-in game is non-contract, 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 guardian participating on the ice, one must be available in the facility to assist staff if required. \*See holiday skating schedule on page 13.

#### **McLaren Arena - Ice**

##### **Children**

**Dec 21-Jan 4 3:45-4:45pm**

**Ages: 7-12**

**\$8/visit**

##### **Adult**

**Dec 21-Jan 4 3:45-4:45pm**

**Ages: 18+**

**\$8/visit**

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

### **D** Drop-In 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-contract and all abilities are welcome. All youth under 18 yrs must have an available guardian in the facility if staff require assistance. \*See holiday skating schedule on page 13.

#### **McLaren Arena - Ice**

**Dec 20-Jan 3 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.



## 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 session: Feb 16, Apr 3 & Apr 6

## CC - Childminding Room

Mon-Fri	Jan 5-May 1	9:00-10:30am	\$5/visit
Mon-Fri	Jan 5-May 1	10:30-12:00pm	\$5/visit

## ☆ D Tumble Bees

Ages: 0-5

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

No session: Mar 19 & Mar 26

## CC - Gymnasium North

#42607 Thu	Jan 8-Apr 30	9:00-11:00am	\$6/visit
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## 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.

Please note: Feb 20th class will be held in Room 3

## CC - Room 7

#42438 Fri	Jan 9-Feb 6	10:00-10:30am	\$49/5
#42439 Fri	Jan 9-Feb 6	10:30-11:00am	\$49/5
#42440 Fri	Feb 13-Mar 13	10:00-10:30am	\$49/5
#42441 Fri	Feb 13-Mar 13	10:30-11:00am	\$49/5
#42442 Fri	Apr 10-May 8	10:00-10:30am	\$49/5
#42443 Fri	Apr 10-May 8	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 are provided, including dresses and teddy bears. Bring your camera as parents are invited inside classroom for photos.

Please note: Feb 20th class will be held in Room 3

## CC - Room 7

#42444 Fri	Jan 9-Feb 6	11:00-11:30am	\$49/5
#42445 Fri	Jan 9-Feb 6	11:30am-12:00pm	\$49/5
#42446 Fri	Feb 13-Mar 13	11:00-11:30am	\$49/5
#42447 Fri	Feb 13-Mar 13	11:30am-12:00pm	\$49/5
#42448 Fri	Apr 10-May 8	11:00-11:30am	\$49/5
#42449 Fri	Apr 10-May 8	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.

No session: Feb 16 & Apr 6

## CC - Dance Studio

#42708 Mon	Jan 12-Feb 2	2:30-3:30pm	\$69/4
#42709 Mon	Feb 9-Mar 9	2:30-3:30pm	\$69/4
#42710 Mon	Mar 30-Apr 27	2:30-3:30pm	\$69/4

## EDUCATION &amp; 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

#42460 Tue/Thu	Jan 6-Jan 15	1:00-2:30pm	\$79/4
#42461 Tue/Thu	Jan 20-Jan 29	1:00-2:30pm	\$79/4
#42462 Tue/Thu	Feb 3-Feb 12	1:00-2:30pm	\$79/4
#42463 Tue/Thu	Feb 17-Feb 26	1:00-2:30pm	\$79/4
#42464 Tue/Thu	Mar 3-Mar 12	1:00-2:30pm	\$79/4
#42466 Tue/Thu	Mar 17-Mar 26	1:00-2:30pm	\$79/4
#42467 Tue/Thu	Mar 31-Apr 9	1:00-2:30pm	\$79/4
#42468 Tue/Thu	Apr 14-Apr 23	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

#42451	Wed	Jan 7-Jan 28	10:00-11:00am	\$69/4
#42452	Wed	Feb 4-Feb 25	10:00-11:00am	\$69/4
#42453	Wed	Apr 1-Apr 22	10:00-11:00am	\$69/4

## SPORT

### 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!

#### CC – Room 4

#42616	Mon	Jan 19-Feb 9	9:00-10:30am	\$79/4
#42617	Mon	Jan 19-Feb 9	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.

#### CC – Gymnasium North

#42618	Tue	Jan 6-Feb 3	3:30-4:15pm	\$69/5
#42621	Tue	Feb 10-Mar 10	3:30-4:15pm	\$69/5
#42624	Tue	Apr 7-May 5	3:30-4:15pm	\$69/5

#### CC – Dance Studio

#42620	Wed	Jan 7-Feb 4	3:30-4:15pm	\$69/5
#42622	Wed	Feb 11-Mar 11	3:30-4:15pm	\$69/5
#42625	Wed	Apr 8-May 6	3:30-4:15pm	\$69/5

# 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 & lacrosse.

No session: Feb 14

Please note: Feb 13th, Feb 20th, & Feb 21st class will be held in the Dance Studio



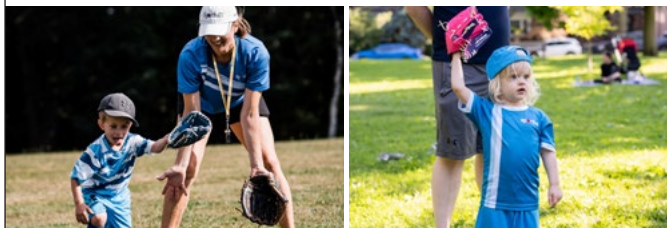
#### CC-Gymnasium South

Fri, Jan 9-Mar 13

9:00-9:30am	Ages: 16m-2yrs	(Parented)	\$180/9
9:30-10:15am	Ages: 2-3.5	(Parented)	\$200/9
10:15-11:15am	Ages: 3.5-5	(Drop Off)	\$200/9

Sat, Jan 10-Mar 21

1:15-2:15pm	Ages: 6-9	(Drop Off)	\$210/10
2:15-3:15pm	Ages: 3.5-5	(Drop Off)	\$210/10
3:15-4:00pm	Ages 2-3.5	(Parented)	\$200/10
4:00-5:00pm	Ages 3.5-5 (overflow)	(Drop Off)	\$210/10



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

# 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.
  - Regular pool admission rates apply, see pg. 3.
  - Pool age and swimming requirements, see pg. 6.

**CC – Room 2**

**Sat Jan 10-Apr 25**

**Sun Jan 11-Apr 26**

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

**\$40 + Insurance**



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

## CHILDREN

### ☆ **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! Please note - No program on stat holidays or school closures.

No session: Jan 12, Feb 16, Mar 16, Mar 23, Apr 6 & Apr 20

**CC - Gymnasium**

**#42428 Mon Jan 5-Apr 27 3:00-4:45pm \$1/visit**

### ☆ **Active Play Club**

**Ages: 6-12**

Join us for Active Play Club, an after-school program that promotes physical activity through unstructured play. Children can develop independent thinking, social skills, and problem-solving abilities. Under the light supervision of an adult, children are free to explore, create, and interact, fostering their physical, social, and emotional development.

**CC – Rec Room & Queen's Park**

**#42454 Wed Jan 7-Mar 11 2:30-4:30pm FREE**

## 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 & 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.

No session: Feb 16 & Apr 6

**CC – Dance Studio**

**#42711 Mon Jan 12-Feb 2 3:30-4:30pm \$79/4**

**#42712 Mon Feb 9-Mar 9 3:30-4:30pm \$79/4**

**#42713 Mon Mar 30-Apr 27 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!

No session: Feb 16 & Apr 6

**CC – Dance Studio**

**#42715 Mon Jan 12-Feb 2 4:30-5:30pm \$79/4**

**#42717 Mon Feb 9-Mar 9 4:30-5:30pm \$79/4**

**#42718 Mon Mar 30-Apr 27 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!

No session: Feb 16 & Apr 6

### CC – Dance Studio

#42719	Mon	Jan 12-Feb 2	5:30-6:30pm	\$79/4
#42720	Mon	Feb 9-Mar 9	5:30-6:30pm	\$79/4
#42721	Mon	Mar 30-Apr 27	5:30-6:30pm	\$79/4

## MARTIAL ARTS

### Ninjutsu **Ages: 5-13**

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

### CC - Gymnasium South

#### Little Ninjas **Ages: 5-8**

#42652	Tue	Jan 6-Feb 10	5:45-6:15pm	\$139/6
#42653	Tue	Feb 17-Mar 24	5:45-6:15pm	\$139/6
#42654	Tue	Mar 31-May 5	5:45-6:15pm	\$139/6

#### Ninja Warriors **Ages: 9-13**

#42655	Tue	Jan 6-Feb 10	6:15-7:00pm	\$139/6
#42657	Tue	Feb 17-Mar 24	6:15-7:00pm	\$139/6
#42658	Tue	Mar 31-May 5	6:15-7:00pm	\$139/6

## SPORT

### 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.

No session: Feb 16

### CC - Gymnasium North

#### Beginner

#42650	Mon	Jan 19-Feb 23	4:00-5:00pm	\$69/5
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#### Intermediate

#42651	Mon	Jan 19-Feb 23	5:00-6:00pm	\$69/5
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## D Learn to Play Lacrosse **Ages: 5-11**

For children who want an introduction to lacrosse - Enroll in this series of drop-in classes of beginner lacrosse instruction. The sessions are focused on the fundamentals of passing, catching, dodging and shooting and building confidence in each individual player.

No session: Feb 19

### CC – Gymnasium

Thu	Jan 8-Feb 26	5:45-6:45pm	\$5/visit
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### 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!

### CC – Gymnasium North

#42626	Tue	Jan 6-Feb 3	4:15-5:15pm	\$69/5
#42631	Tue	Feb 10-Mar 10	4:15-5:15pm	\$69/5
#42636	Tue	Apr 7-May 5	4:15-5:15pm	\$69/5

### CC – Dance Studio

#42628	Wed	Jan 7-Feb 4	4:15-5:15pm	\$69/5
#42634	Wed	Feb 11-Mar 11	4:15-5:15pm	\$69/5
#42639	Wed	Apr 8-May 6	4:15-5:15pm	\$69/5

### 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.

### CC – Gymnasium North

#42627	Tue	Jan 6-Feb 3	5:15-6:15pm	\$69/5
#42633	Tue	Feb 10-Mar 10	5:15-6:15pm	\$69/5
#42637	Tue	Apr 7-May 5	5:15-6:15pm	\$69/5

### CC – Dance Studio

#42629	Wed	Jan 7-Feb 4	5:15-6:15pm	\$69/5
#42635	Wed	Feb 11-Mar 11	5:15-6:15pm	\$69/5
#42640	Wed	Apr 8-May 6	5:15-6:15pm	\$69/5

### 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. Intermediate-Advanced prerequisites – front roll, cartwheel, bridge, partial handstand.

No session: Feb 19

### CC - Gymnasium North

#### Beginner

#42644	Thu	Jan 8-Mar 5	4:00-5:00pm	\$120/8
#42647	Thu	Apr 2-Apr 30	4:00-5:00pm	\$75/5

#### Intermediate/Advanced

#42648	Thu	Jan 8-Mar 5	4:00-5:30pm	\$190/8
#42649	Thu	Apr 2-Apr 30	4:00-5:30pm	\$119/5

## 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

#42314	Mon	Jan 12	9:00am-4:00pm	\$39
#42315	Fri	Feb 13	9:00am-4:00pm	\$39
#42316	Mon	Apr 20	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

#42660	Mon	Jan 12	9:00am-3:00pm	\$59
#42662	Fri	Feb 13	9:00am-3:00pm	\$59
#42665	Mon	Apr 20	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

##### AM Keeners

#42317	Mon	Jan 12	8:00-9:00am	\$6
#42318	Fri	Feb 13	8:00-9:00am	\$6
#42319	Mon	Apr 20	8:00-9:00am	\$6

##### PM Keeners

#42320	Mon	Jan 12	4:00-5:00pm	\$6
#42321	Fri	Feb 13	4:00-5:00pm	\$6
#42322	Mon	Apr 20	4:00-5:00pm	\$6

### Spring Break Camp

**Ages: 5-12**

There's no time to get bored during Spring Break when you join this action-packed, fun-filled day camp. Sports, crafts, special events, games, out trips and many more exciting activities are planned by our dynamic instructors.

#### CC – Gymnasium North

#42323	Mon-Fri	Mar 16-20	9:00am-4:00pm	\$149/5
#42324	Mon-Fri	Mar 23-27	9:00am-4:00pm	\$149/5

### Gym-Tastic Spring Break Camp

**Ages: 6-12**

Join us for a fun filled week, where children will get to learn, explore, and practice FUN-Damental skills in Gymnastics, Acro, Tumbling and much, 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

#42667	Mon-Fri	Mar 16-Mar 20	9:00am-3:00pm	\$199/5
#42668	Mon-Fri	Mar 23-Mar 27	9:00am-3:00pm	\$199/5

### Spring Break 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 – Gymnasium North

##### AM Keeners - Spring Break

#42325	Mon-Fri	Mar 16-Mar 20	8:00-9:00am	\$30/5
#42327	Mon-Fri	Mar 23-Mar 27	8:00-9:00am	\$30/5

##### PM Keeners - Spring Break

#42326	Mon-Fri	Mar 16-Mar 20	4:00-5:00pm	\$30/5
#42328	Mon-Fri	Mar 23-Mar 27	4:00-5:00pm	\$30/5





YOUTH

☆ 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

#42695	Fri	Jan 9	6:00-8:00pm	FREE
#42696	Fri	Feb 13	6:00-8:00pm	FREE
#42697	Fri	Mar 13	6:00-8:00pm	FREE
#42698	Fri	Apr 10	6:00-8:00pm	FREE

YOUTH CAN JOIN TOO!

Learn to Speak Spanish: Beginner	p. 26
West African Drumming	p. 26
Ballroom Line Dance	p. 27
Latin Dance	p. 27

SPORTS

Drop-in Fitness	p. 30
Registered Pickleball	p. 31
Drop-in Sports	p. 32







# • 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



## 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 go over fitness room 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)

## New Fitness Room Admission Rates (begins April 1, 2026)

	Single	10 tickets/ 1 month	3 months	6 months	1 year
<b>Fitness Room</b>					
Youth (13-18 years)*	\$5.75	\$49.50	\$132	\$225	\$360
Adult (19-59 years)	\$7.75	\$71.50	\$186	\$316	\$505
Senior (60-74 years)	\$5.75	\$60	\$132	\$225	\$360
Super Senior (75+)	\$4.75	\$41.50	\$108	\$183	\$295
Family**	\$18	\$161.50	\$420	\$714	\$1,140
<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.

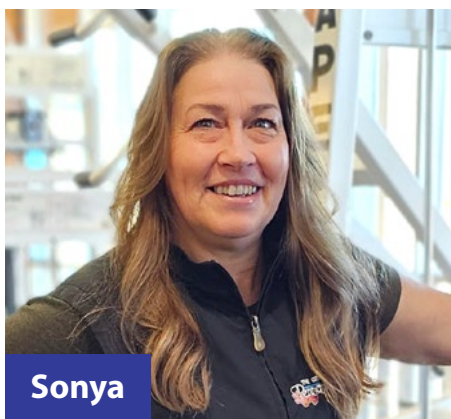
**Getting started and intermediates:** the focus will be on creating your motivational plan that pushes you toward your goals and also reduces the risk of injury. Our experienced professional trainers commit to understanding your individual needs. You'll gain valuable fitness room knowledge that will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

*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
- Recipes
- Simple education
- Accountability

## Fitness Plans

**\$199**  
PER PLAN

*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



# The Cleland COMMUNITY THEATRE



The Cleland welcomes performers from around the world, symphonies,  
school groups, comedians, noteworthy speakers  
and community groups

Our 443-seat theatre is available to rent for your next performance



## **CLELAND THEATRE IS LOOKING FOR VOLUNTEERS**

Application forms are available at the Community Centre Front Desk,  
online at [Penticton.ca](http://Penticton.ca), or by scanning the QR code



325 Power Street, Penticton, BC, V2A 7K9 | 250-490-2426 | [www.penticton.ca/clelandtheatre](http://www.penticton.ca/clelandtheatre)





## MUSIC, ART & LANGUAGE

### 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.

#### CC - Room 2

#42455	Tue	Jan 6-Feb 3	5:00-6:00pm	\$75/5
#42456	Tue	Feb 10-Mar 10	5:00-6:00pm	\$75/5
#42457	Tue	Apr 7-Mar 5	5:00-6:00pm	\$75/5

### 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.

#### CC - Room 3

#42766	Wed	Mar 4-Apr 22	12:00-2:00pm	\$69/8
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### 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) will be introduced to complete the musical ensemble.

Please note: Mar 17, 24 classes will be in the Rec Room

#### CC - Room 4

#42768	Tue	Jan 27-Mar 10	6:00-7:00pm	\$99/7
#42771	Tue	Mar 17-Apr 28	6:00-7:00pm	\$99/7

### 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: Mar 17, 24 classes will be in the Rec Room

#### CC - Room 4

#42769	Tue	Jan 27-Mar 10	7:15-8:15pm	\$99/7
#42772	Tue	Mar 17-Apr 28	7:15-8:15pm	\$99/7

### 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

#42770	Wed	Jan 28-Mar 11	5:30-6:30pm	\$99/7
#42773	Wed	Mar 18-Apr 29	5:30-6:30pm	\$99/7

## DANCE

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

Step into the rhythm with Jazz Essence, learning jazz basics like kicks, turns, and stylized movement! Blend classic and contemporary jazz styles with upbeat music while improving coordination, flexibility, and musicality.

No session: Feb 16, Apr 6

#### CC - Dance Studio

#42722	Mon	Jan 12-Feb 2	6:45-7:45pm	\$89/4
#42723	Mon	Feb 9-Mar 9	6:45-7:45pm	\$89/4
#42724	Mon	Mar 30-Apr 27	6:45-7:45pm	\$89/4



**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.

No session: Feb 11, Mar 25, Apr 22

**CC - Dance Studio**

#42714 Wed Jan 7-Feb 25 10:45-12:00pm \$85/7  
#42716 Wed Mar 4-Apr 29 10:45-12:00pm \$85/7

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

Learn ballroom dance classics like the Waltz & Tango in a line style setting where no dance partner is required.

**CC - Dance Studio**

#42747 Tue Jan 20-Feb 24 6:00-7:00pm \$69/6  
#42748 Tue Mar 3-Apr 21 6:00-7:00pm \$89/8

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

Embrace the moves of the Latin dances Salsa, Cha Cha, Jive, Samba and Rumba while challenging the body and mind.

**CC - Dance Studio**

#42839 Tue Jan 20-Feb 24 7:00-8:00pm \$69/6  
#42840 Tue Mar 3-Apr 21 7:00-8:00pm \$89/8

**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.

No session: Feb 19, Mar 19, 26

**CC - Room 4**

#42727 Thu Jan 15-Apr 23 1:30-2:30pm FREE/12

**FAME (Fitness and Mobility Exercise) Program****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: Feb 19

**CC - Room 7**

#42886 Tue/Thu Jan 13-Mar 12 1:00-2:00pm \$179/17  
#42887 Tue/Thu Jan 13-Mar 12 2:15-3:15pm \$179/17  
#42888 Tue/Thu Mar 31-Apr 30 1:00-2:00pm \$105/10  
#42889 Tue/Thu Mar 31-Apr 30 2:15-3:15pm \$105/10

**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.

**CC - Room 4**

#42741 Tue Jan 6-Feb 24 1:30-3:00pm \$55/8  
#42844 Tue Mar 3-Apr 28 1:30-3:00pm \$59/9

**Osteofit 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.

**CC - Room 4**

#42742 Tue/Thu Jan 6-Feb 24 12:00-1:00pm \$129/15  
#42743 Tue/Thu Feb 26-Apr 16 12:00-1:00pm \$129/15



### **Osteofit 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.

**CC - Room 4**

**#42745 Tue/Thu Jan 6-Feb 24 10:45-11:45am \$129/15**

**#42746 Tue/Thu Feb 26-Apr 16 10:45-11:45am \$129/15**

### **Power for Parkinsons**

**Ages: 19+**

Boost strength, mobility, and confidence with high-energy, Parkinson's-specific exercises designed to support brain health. Fun, powerful movements 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**

**#42761 Wed Jan 7-Feb 11 1:00-2:00pm \$59/6**

**#42762 Wed Mar 11-Apr 29 1:00-2:00pm \$75/8**

### **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: Feb 19

**CC - Room 7**

**#42799 Tue/Thu Jan 6-Feb 5 10:45-11:30am \$85/10**

**#42805 Tue/Thu Feb 10-Mar 12 10:45-11:30am \$75/9**

**#42806 Tue/Thu Mar 31-Apr 30 10:45-11:30am \$85/10**

### **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.

No session: Feb 16, Apr 6, 13

**CC - Room 3**

**#42643 Mon Jan 5-Feb 23 9:30-10:30am \$65/7**

**#42646 Mon Mar 2-Apr 27 9:30-10:30am \$65/7**

### **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.

**CC - Dance Studio**

**#42735 Tue/Thu Jan 6-Feb 26 9:00-10:00am \$109/16**

**#42736 Tue/Thu Mar 3-Apr 23 9:00-10:00am \$109/16**

### **Chronic Conditions Self-Management Workshop**

**Ages: 19+**

Chronic Conditions are broadly defined as conditions that are long-term and require ongoing medical care and lifestyle changes to manage and control. Examples of chronic conditions include arthritis, heart disease, lung disease and depression. Our programs are FREE for all adults 19+ living in BC and are supported by the BC Ministry of Health, Patients as Partners Programs. Friends, family members and caregivers are encouraged to attend. To register visit [www.selfmanagementbc.ca](http://www.selfmanagementbc.ca).

**CC - Room 3**

**#42878 Thu Mar 5-Apr 9 1:00-3:30pm FREE/6**



## FITNESS (REGISTERED)

### **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

#42732	Sat	Jan 24-Feb 7	4:00-5:00pm	\$29/3
#42733	Sat	Feb 28-Mar 28	4:00-5:00pm	\$49/5
#42734	Sat	Apr 11-May 2	4:00-5:00pm	\$39/4

### **Stretch and Strengthen** **Ages: 14+**

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.

No session: Feb 13, 16, 20, March 20, 23, Apr 3, 6

#### CC - Dance Studio

#42701	Mon	Jan 5-Feb 23	10:45-11:45am	\$85/7
#42706	Fri	Jan 9-Feb 27	10:45-11:45am	\$75/6
#42702	Mon	Mar 2-Apr 27	10:45-11:45am	\$85/7
#42707	Fri	Mar 6-May 7	10:45-11:45am	\$85/7

### **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 session: Feb 3

#### CC - Room 3

#42480	Tue	Jan 6-Feb 24	10:45-11:45am	\$85/7
#42482	Tue	Mar 10-Apr 21	10:45-11:45am	\$85/7

### **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: Feb 3

#### CC - Room 3

#42478	Tue	Jan 6-Feb 24	9:30-10:30am	\$85/7
#42479	Tue	Mar 10-Apr 21	9:30-10:30am	\$85/7

### **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

#42807	Tue	Jan 6-Feb 24	11:45-12:45pm	\$79/8
#42808	Tue	Mar 3-Apr 21	11:45-12:45pm	\$79/8



### **Understanding Perimenopause**

**Ages: 30+**

Interested in learning more about Perimenopause for yourself or a loved one? Join Ginger Challenger, a Certified Menopause Coaching Specialist and Registered Clinical Counsellor to make sense of it all by learning what happens in the body during perimenopause and the effective strategies you can make to improve your sleep, nutrition, body, and mind, helping manage symptoms and support overall wellbeing.

#### CC-Room 3

#43290	Wed	Jan 28	6:15-8:15pm	\$39
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## Winter Fitness Drop-in Schedule

Jan 4 - May 2 | \*See program descriptions for dates

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Silver Strength</b> 8:15-9:15am		<b>Silver Strength</b> 8:15-9:15am		<b>Silver Strength</b> 8:15-9:15am	
<b>Winter Moves</b> 8:30-10:30am		<b>Winter Moves</b> 8:30-10:30am	<b>LaBlast Dance Fitness</b> 10:30-11:30am	<b>Winter Moves</b> 8:30-10:30am	
	<b>LaBlast Dance Fitness</b> 10:30-11:30am	<b>Zumba Toning</b> 9:30-10:30am	<b>Mat Pilates</b> 11:45am-12:45pm	<b>Zumba Gold</b> 9:30-10:30am	<b>H.I.T.T.</b> 9:15-10:15am
<b>Zumba</b> 9:30-10:30am		<b>Cardio Box</b> 9:30-10:30am	<b>Refresh Yoga</b> 1:00-2:00pm	<i>To secure your spot 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>	
<b>Refresh Yoga</b> 1:00-2:00pm	<b>Silver Fit</b> 3:00-4:00pm		<b>Silver Fit</b> 3:00-4:00pm		
	<b>Step Aerobics</b> 4:30-5:30pm		<b>Step Aerobics</b> 4:30-5:30pm		
<b>Zumba</b> 6:00-6:45pm			<b>Sport Mobility &amp; Stability</b> 5:15-6:00pm		

No Sessions on Stat Holidays: Dec 25 & 26, Jan 1, Feb 16, April 3 & 6, May 18

## 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.

No session: Apr 8, 15

**CC - Room 7**

**Wed Jan 7-Apr 29 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!

No session: Feb 14, 21, Apr 4

**CC - Dance Studio**

**Sat Jan 24-May 2 9:15-10:15am \$9/visit**



### LaBlast Dance Fitness

**Ages: 16+**

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.

**CC - Dance Studio**

**Tue/Thu Jan 6-Apr 30 10:30-11:30am \$9/visit**



### Mat Pilates

**Ages: 16+**

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

**CC - Dance Studio**

**Thu Jan 8-Apr 30 11:45-12:45pm \$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.

No session: Feb 16

**CC - Dance Studio**

**Mon/Thu Jan 5-Apr 30 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 session: Apr 7, 9, 14, 16

**CC - Dance Studio**

**Tue/Thu Jan 6-Apr 30 3:00-4:00pm \$9/visit**



### Winter Moves

**Ages: All**

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

No session: Feb 16

**CC - Dance Studio**

**Mon/Wed/Fri Jan 4-Mar 27 8:30-10:30am FREE**

## DROP-IN FITNESS

### **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.

No session: Feb 13, 16, 20, Apr 3, 6, 10, 13, 17

**CC – Dance Studio**

**Mon/Wed/Fri Jan 5-May 1 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 session: Feb 12

**CC - Room 7**

**Thu Jan 15-Apr 30 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: Apr 7, 9, 14, 16

**CC - Dance Studio**

**Tue/Thu Jan 6-Apr 30 4:30-5:30pm \$9/visit**

### **Zumba** **Ages: 16+**

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

No morning session: Feb 16, Apr 6

No evening session: Feb 16, Mar 16, 23, Apr 6

**CC - Dance Studio**

**Mon Jan 5-Apr 27 9:30-10:30am \$9/visit**

**Mon Jan 5-Apr 27 6:00-6:45pm \$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.

No session: Feb 20, Apr 3

**CC - Dance Studio**

**Fri Jan 9-May 1 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 Jan 7-Apr 29 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 class will include a Pickleball Know-it-All Tutorial during the first session.

No session Jan 25, Feb 22

**CC - Gymnasium**

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

#42815	Sun	Jan 11-Feb 1	11:00-1:00pm	\$65/3
#42816	Sun	Feb 15-Mar 8	11:00-1:00pm	\$65/3
#42817	Sun	Mar 15-Mar 29	11:00-1:00pm	\$65/3
#42818	Sun	Apr 12-Apr 26	11:00-1:00pm	\$65/3

#### **Intermediate 3.0 (Court 3)**

#42819	Sun	Jan 11-Feb 1	11:00-1:00pm	\$65/3
#42820	Sun	Feb 15-Mar 8	11:00-1:00pm	\$65/3
#42821	Sun	Mar 15-Mar 29	11:00-1:00pm	\$65/3
#42822	Sun	Apr 12-Apr 26	11:00-1:00pm	\$65/3

#### **Intermediate 3.5+ (Court 4)**

#42823	Sun	Jan 11-Feb 1	11:00-1:00pm	\$65/3
#42825	Sun	Mar 15-Mar 29	11:00-1:00pm	\$65/3
#42824	Sun	Feb 15-Mar 8	11:00-1:00pm	\$65/3
#42826	Sun	Apr 12-Apr 26	11:00-1:00pm	\$65/3

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

No session: Jan 25, Feb 22

**CC - Gymnasium**

#42832	Sun	Jan 11-Feb 1	12:00-1:00pm	\$69/3
#42833	Sun	Feb 15-Mar 8	12:00-1:00pm	\$69/3
#42834	Sun	Mar 15-Mar 29	12:00-1:00pm	\$69/3
#42835	Sun	Apr 12-Apr 26	12:00-1:00pm	\$69/3

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

No session: Jan 25, Feb 22

**CC - Gymnasium**

#42829	Sun	Jan 11-Feb 1	1:00-2:15pm	\$79/3
#42828	Sun	Feb 15-Mar 8	1:00-2:15pm	\$79/3
#42830	Sun	Mar 15-Mar 29	1:00-2:15pm	\$79/3
#42831	Sun	Apr 12-Apr 26	1:00-2:15pm	\$79/3

## Winter Adult Sports Drop-in Schedule

Jan 4 - May 2 | \*See program descriptions for dates

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>55+ Volleyball</b> 8:00-10:00am		<b>55+ Volleyball</b> 8:00-10:00am		<b>55+ Volleyball</b> 8:00-10:00am	
<b>Pickleball</b> 10:15am-12:15pm		<b>Pickleball</b> 10:15am-12:15pm			<b>Pickleball</b> 9:00-11:00am
<b>Badminton</b> 12:30-2:30pm		<b>Badminton</b> 12:30-2:30pm		<b>Badminton</b> 12:30-2:30pm	<b>Badminton</b> 11:15am-1:00pm
				<b>Pickleball</b> 3:00-5:00pm	
		<b>Youth Basketball</b> 5:00-6:45pm			<b>Volleyball</b> 6:00-8:30pm
<b>Pickleball</b> 7:00-9:00pm	<b>Advanced Volleyball</b> 7:30-9:00pm	<b>Pickleball</b> 7:00-9:00pm	<b>Volleyball</b> 7:00-9:00pm	<b>Basketball</b> 7:00-9:00pm	

### **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 sport 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: Jan 12, Feb 13, 16, 20, 21  
Mar 16, 18, 20, 23, 25, 27, Apr 20

#### **CC - Gymnasium**

**M/W/F Jan 5-May 1 12:30-2:30pm \$4.75/visit**  
**Sat Jan 10-Apr 25 11:15am-1:00pm \$4.75/visit**

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

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

No session: Feb 20, Mar 18, 25, Apr 3

#### **CC - Gymnasium**

##### **General - Ages: 16+**

**Fri Jan 9-May 1 7:00-9:00pm \$4.75/visit**

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

**Wed Jan 7-Apr 29 5:00-6:45pm \$4.75/visit**

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

**Ages: 16+**

Drop in Pickleball for anyone above 16 years of age.

No session: Jan 12, Feb 13, 16, 20, 21, Mar 16-27, Apr 3, 6, 20

#### **CC – Gymnasium**

**Mon/Wed Jan 5-Apr 29 10:15-12:15pm \$4.75/visit**  
**Mon/Wed Jan 5-Apr 29 7:00-9:00pm \$4.75/visit**  
**Thu Jan 8-Apr 30 1:00-3:00pm \$4.75/visit**  
**Fri Jan 9-May 1 3:00-5:00pm \$4.75/visit**  
**Sat Jan 10-May 2 9:00-11:00am \$4.75/visit**

### **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 level who want to have fun in a non-competitive and friendly environment; participants will organize their own games and share court time.

#### **CC - Gymnasium**

##### **General - Ages: 16+**

**Thu Jan 8-Apr 30 7:00-9:00pm \$4.75/visit**  
**Sat Jan 10-May 2 6:00-8:30pm \$4.75/visit**

##### **Advanced – Ages 16+**

**Tue Jan 6-Apr 28 7:30-9:00pm \$4.75/visit**

##### **55+ - Ages 55+**

**M/W/F Jan 4 – May 2 8:00-10:00am \$4.75/visit**





## **Winter Offerings:** **Indoor Volleyball** **Multi-Sport**

**Our leagues are your midweek excuse to get moving, hang out with friends, and meet new people. It's all about fun, not pressure—just good vibes, sports, and social time.**





Investigate our  
ever-changing  
interactive  
Hands-on  
Heritage Lab  
where science  
and history  
connect



#### DID YOU KNOW?

**The Museum  
has a Youtube  
Channel.**

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

**STEAM  
Fun**  
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 (penticton  
museumarchives@  
penticton.ca)



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

MUSEUM



**785 Main Street, Penticton, BC**

[Dennis.Oomen@penticton.ca](mailto:Dennis.Oomen@penticton.ca)

[Chandra.Wong@penticton.ca](mailto:Chandra.Wong@penticton.ca)

[www.pentictonmuseum.com](http://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**

**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.

**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.



# PENTICTON PUBLIC LIBRARY PRESENTS

Get these FREE resources and more  
with your Penticton Public Library card!

LEARN MORE



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

PENTICTON  
PUBLIC LIBRARY





## 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**

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## 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 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 cthauer50@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 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 john.hong@edestech.com
Shooting Sports Assn	www.pentictonshootingsports.com	250-328-8619
Skaha Rock Adventures Ltd.	Russ Turner	250-493-1765 www.skaharockclimbing.com 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.pentictonslopitch.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 Hoeben	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 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 Society Penticton Branch	admin@okanagansymphony.com	250-763-7544
Ooknakane Friendship Centre	www.friendshipcentre.ca	250-490-3504
Penticton Concert Band		778-931-0975 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 www.soundstageproductions.com	250-493-9787
South Okanagan Big Band	Richard Dejonge	250-809-2795
South Okanagan Immigrant and Community Services	www.soics.ca	250-492-6299
South Okanagan Reg. Music Teachers	www.bcrmta.bc.ca/south-okanagan	
SS Sicamous Marine 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 Community Resources	www.oneskycommunity.com	250-492-5814

Penticton Child Care 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 – 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 and Girls Club	1295 Manitoba St.	250-493-0512 ext 119
OSNS Child Development Centre		250-492-0295 info@osns.org
Strong Start - Queen's Park Elementary	330 Power St.	250-770-7680 ext 6018
Strong Start - Carmi Elementary	400 Carmi Ave.	250-770-7697 ext 6059
Strong Start - 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

rec@pentiction.ca

### Manager of Recreation, Arts & Culture

Jeff Plant 250-276-2165

jeff.plant@pentiction.ca

### Recreation Business Supervisor

Darcey Godfrey 250-490-2428

darcey.godfrey@pentiction.ca

### Recreation Operations Supervisor

Kerry Wagner 250-490-2434

kerry.wagner@pentiction.ca

### Recreation Clerk

Carey Swales 250-490-2430

carey.swales@pentiction.ca

## RECREATION COORDINATORS

### Adult, Fitness & Sport

Joshua Bibbs 250-490-2575

joshua.bibbs@pentiction.ca

### Children & Youth

Stephen Roberts 250-490-2421

stephen.roberts@pentiction.ca

### Sport Facilities

Vacant 250-490-2437

### Events & Film

Reagan Lovig 250-490-2591

reagan.lovig@pentiction.ca

## OTHER CONTACTS

### City Hall

250-490-2400 ask@pentiction.ca

### Museum Manager

Dennis Oomen 250-490-2452

dennis.oomen@pentiction.ca

### Recreational Facilities Maintenance

### Supervisor to Trades & Operations Supervisor

Robb Nesbitt 250-490-2518

robb.nesbitt@pentiction.ca

### Parks Supervisor

Todd Whyte 250-490-2455

todd.whyte@pentiction.ca



### Rental Inquiries

Fields and Facilities - rentals@pentiction.ca

Cleland Theatre - clelandtheatre@pentiction.ca

Pool - poolrentals@pentiction.ca

Elevate Your

CAREER

Develop valuable  
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# LIFEGUARDING COURSES

Becoming a Lifeguard/  
Swim Instructor is a fulfilling  
journey that enriches  
leadership and personal skills  
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For employment opportunities, visit  
[www.penticton.ca/careers](http://www.penticton.ca/careers)

**RECreation**  
PENTICTON

  
LIFESAVING SOCIETY™  
The Lifeguarding Experts

**Bronze Medallion**

Ages: 13+

**Bronze Cross**

Pre-requisite:  
Bronze Medallion

**Standard First Aid**

**National Lifeguard**

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

**Swim Instructor**

Pre-requisite: Bronze Cross  
Ages: 15+

**SWIM  
INSTRUCTOR**

**LIFEGUARD**

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



# RECreation PENTICTON

## TOTS

Childminding p. 15

## CHILDREN

Dance Fusion p. 17

## ACCESSIBLE PROGRAMS

UpperDek Vees has ongoing registration  
[UpperdekVees.ca](http://UpperdekVees.ca)

## ADULT

Drop-in Fitness Schedule  
p. 30

## FAMILY

Come ice skate with us!  
Schedules on p. 12-13



REGISTRATION  
**OPENS**

RESIDENTS:  
**DECEMBER 3**

NON-RESIDENTS:  
**DECEMBER 4**



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