

## Find your way to play in the Spring/Summer 2020 Recreation Guide

(Penticton, BC – March 3, 2020) – With the weather warming up and winter coming to an end, now is the perfect time to make the switch to thinking of recreational activities for spring and summer. Recreation Penticton's Spring/Summer 2020 Recreation Guide is available to view online at [www.penticton.ca/recreation](http://www.penticton.ca/recreation) and is once again full of new and returning programs that residents and visitors can enjoy through the warmer seasons.

The Spring & Summer Guide offers a variety of programs including added options for tots and tykes such as Mommy/Daddy and Me SUP, Music and Arts camp and new hours for Childminding.

The ever popular day camps are back in full swing for ages K to 12 years, with new themes available this year! Youth don't have to miss out on the fun - check out Rock Climbing, Forensic Science Camp, and Teen Mindfulness. Teen Mindfulness is a program that supports teens ages 13 to 17 that are experiencing mild/moderate symptoms of anxiety and learn and practice health coping strategies.

Those interested in fitness classes can enjoy new programs such as Fresh Air Yoga, Registered Drop-in Ultimate Frisbee and SIRvivor BC, a group based exercise program for men who have been diagnosed with prostate cancer and are currently receiving treatment.

Registration is only a few short days away, and this is the perfect time for residents to ensure that they are registration ready by activating their account and getting familiar with the registration and booking system that was launched last summer.

The Recreation Guide is available online for viewing and paper copies will be delivered to residents on March 4 through the Penticton Western News. Register for programs by visiting [www.penticton.ca/recreation](http://www.penticton.ca/recreation), dropping by the Community Centre at 325 Power Street, or by calling 25-490-2426. General registration for the public begins March 5 at 6:00am.

-30-

### Contacts:

Kelsey Johnson  
Recreation Business Supervisor  
City of Penticton  
250-490-2441

Milena Marshall  
Marketing & Communication Specialist  
City of Penticton  
250-240-2445



# News Release

