

Warm up this spring with Recreation Penticton

March 1, 2017

Penticton - After a cold and unforgiving winter in Penticton, it's time to start thinking warm thoughts. Recreation Penticton can help you feel that warmth with the release of their *Spring/Summer Recreation Guide* which will be available to view online at Penticton.ca as of March 3. General registration begins March 8 and most residents of Penticton will receive a copy of the guide delivered the same day. As always, the guide is stocked with a huge variety of programs, classes, articles and information to help keep you active during our long Okanagan summer.

In particular, there are a huge variety of programs taking place on our lakes including stand-up paddle boarding, kayaking and dragon boating. To complement these activities, be sure to check out the *Water Safety* article with tips on how to safely enjoy our beaches and waterways this summer. Those keen to use the pool will find a wide variety of aquatic fitness programs for all abilities along with swimming lessons for kids of all ages. If dropping in is more your thing, check out our spring/summer pool schedule and stop by for a few laps, a hot tub, or a cruise down the waterslide.

For those fitness class enthusiasts, the offerings have once again expanded. In addition to the ever popular Zumba and Tai Chi programs you'll also be able to find your zen through numerous yoga options including Flow & Restore, Rise & Shine, Happy Medium Flow, and Chair Yoga. For those early risers, try Bodyshred Bootcamp at 6:15am in Okanagan Lake Park for a great way to kick start your day. And if you're an older adult looking to improve your health and fitness, try the Fitness For Older Adults or ActivAge programs. Both are lighter moving exercise classes tailored specifically to the older demographic.

The Community Centre fitness room continues to be the "place to be" with a newly added cable cross machine as well as a variety of fitness accessories to improve the quality of your workout. If you're unfamiliar with the fitness room or working out on your own, be sure to book a fitness room orientation; or for those striving for specific fitness goals, hire a personal trainer and work together to develop a suitable and challenging program.

For those parents out there looking to keep the kids busy, look no further than the spring and summer day camps. School aged campers will enjoy games, sports and crafts all based around the theme of the week, including School of Magic, Summer Survivor and Space Station Vacation – to name a few. And if you have very little children (1 month-6 years), let the childminding team take care of your kids while you take care of your fitness. Childminding is available Mon-Fri 9:00 a.m. to 12:00 noon, and Mon-Thu 4:30-7:30 p.m. This season we have a large variety of fitness classes scheduled in conjunction with these times.

Recreation Penticton has something for everyone and you can register for programs by visiting 325 Power St, calling 250-490-2426, or registering online at pentiction.ca/recguide. If you're interested in access to early registration beginning March 3 or discounts on memberships and programs, contact the Community Centre reception desk to learn how to get the Active Advantage.

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