

Active Living Guide



Fall '23 / Winter '24



Greater Vernon Recreation

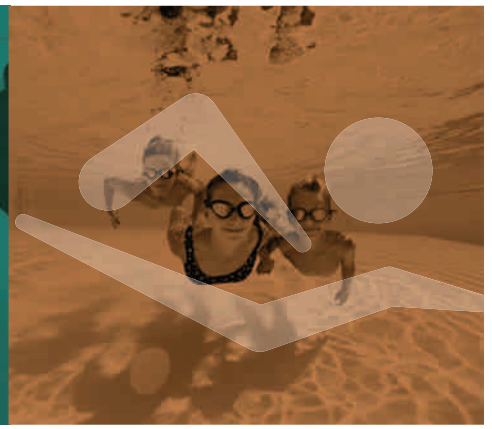
Through recreation we improve quality of life!

www.gvrec.ca

PROGRAM REGISTRATION DATES

FALL: Vernon, Coldstream and Area B and C residents - Mon, Aug 28 | 7:30am All Areas - Fri, Sep 1 | 7:30am

WINTER: Vernon residents - Mon, Nov 20 | 7:30am All Areas - Fri, Nov 24 | 7:30am



PLANNING NOW UNDERWAY!

Anticipated opening
Fall 2026

What will be inside the
ACTIVE LIVING CENTRE

AQUATIC CENTRE:



50m x 8-lane pool with two movable bulkheads



Leisure pool with warmer water, play features, accessible entry, and 3 x 25m lanes

Steam room, sauna

Hot tubs (adults & family)

Pool support areas (change rooms, storage, spectator seating)

DRYLAND AMENITIES:



Double gymnasium with multiple sport courts



150m synthetic walking and running track



80-station fitness centre



Dedicated multi-purpose program spaces



LEARN MORE:

www.vernonalc.ca



Greater Vernon Recreation

Through recreation we improve quality of life!

WAYS TO REGISTER



www.gvrec.ca



Recreation Centre
3310 37th Avenue

Phone registration is not available.

In order to ensure you have the most accurate and up to date information on programs and services we encourage you to visit our website to view details for course locations and times.

CONTACT & HOURS

Recreation Centre

3310 37th Avenue

Mon-Fri 6:30am-9:00pm
Sat 9:00am-7:00pm
Sun 8:00am-7:00pm
Stat Holidays 12:00pm-4:00pm

Annual Facility Shutdown

Aug 28-Sep 17, 2023

Office Shutdown Hours:

Mon-Fri 8:00am-4:00pm
Sat-Sun closed

Kal Tire Place

3445 43rd Avenue

Mon-Fri 8:00am-12:00pm
1:00pm-4:00pm

RECREATION CENTRE

250-545-6035

SCHEDULE LINE

250-550-POOL (7665)

www.gvrec.ca

How to Create Your Online Registration

Account:

Step 1: Go to gvrec.ca

Step 2: Click on the text *Log In*

Step 3: Click on *Create an Account*

Step 4: You are now able to enter all of your information. A password will be sent to the email address you provide. You can then log in and add additional family members and update your account information.

What is in it for you?

- real time program and service registration
- safe and secure online booking
- access to all your programs and memberships
- increased customer service and ease of use

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Mon, Aug 28 | 7:30am

All Areas - Fri, Sep 1 | 7:30am

WINTER: Vernon residents - Mon, Nov 20 | 7:30am All

Areas - Fri, Nov 24 | 7:30am

FUNDING PARTNERS



REGIONAL
DISTRICT
NORTH
OKANAGAN



REFUND AND PROGRAM WITHDRAWAL POLICIES

Membership Cancellations:

Memberships are not transferable or refundable. Drop in or multiple visit passes have a two year expiry date from the date they are purchased. Unused passes are not transferrable or refundable. Please only purchase passes you will be able to use within two years.

Program Changes & Cancellations:

In the event of a class cancellation, time or location change, participants will be notified with as much lead time as possible. Some programs are cancelled due to insufficient enrollment. If a program is cancelled, a full refund will be provided.

Withdrawals & Transfers:

If you need to cancel or change a registration please be sure to notify us 3 business days (Mon to Fri) before the start date of the program. No refunds will be given if notification is less than 3 business days.

Refund Policy:

All approved refunds are subject to a 10% administration fee. Refunds will be given in the way in which they were paid. Cash and cheque refunds will be paid via cheque. Please allow 3 weeks for cheque delivery. Credits will not be carried on accounts.

Avoid Disappointment:

Good classes get cancelled as people register too late and/or classes are full if you wait too long to register.

www.gvrec.ca

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|--|--|--|--|--|-----|
| Lap & Leisure 6:30-8:30am 4-8 lanes and all leisure facilities open | | | | | NEW! Hot Spots & Gym 9:00-12:00pm *see details on page 5 | |
| Limited Use 8:30-11:30am 1 lane, shared leisure space with programs | | | | | | |
| Lap & Leisure 11:30-1:00pm 6-8 lanes and all leisure facilities open | | | | | Lap & Leisure 12:00-1:30pm | |
| Limited Use 1:00-5:00pm 1 lane, shared leisure space with programs | | | | Public Swim 1:00-4:00pm Seniors swim for a Toonie from 2-4pm | Public Swim 1:30-4:30pm | |
| Hot Spots Only 5:00-7:00pm no lap lanes, use of hot spots | | | | Leisure Swim 4:00-7:00pm no lap lanes 5-7pm | CLOSED 4:30-5:00 Toonie Swim 5:00-7:00pm | |
| Public Swim 7:00-9:00pm 2-3 lanes & all features open | Limited Use 7:00-9:00pm 1 lane & leisure open | Public Swim 7:00-9:00pm 2-3 lanes & all features open | Limited Use 7:00-9:00pm 1 lane & leisure open | Public Swim 7:00-9:00pm 2-3 lanes & all features open | | |
| | | | | | | |

Schedules are subject to change.

Please call the Schedule Line at 250-550-POOL (7665) for updated information.

General Pool Info

- 6 yrs & under must be accompanied by a responsible person 16 yrs or older & must be within arms reach at all times.
- 12 yrs & under who are using the sauna or steam room must be accompanied by a responsible person 16 yrs or older.
- Life jackets are available for rent at the front desk for \$1 or you may bring your own.
- Lockers available @.25.
- The pool and fitness gym are fragrance free areas.

Holiday Pool & Fitness Hours:

Sep 30, Oct 9, Nov 11, Dec 26 & 31, Jan 1

12:00-1:30pm Lap Swim
 1:30-4:00pm Public Swim

Fri, Oct 20 & Fri, Nov 10

1:00-4:00pm Pro D Day Toonie Swim

Pool & Fitness Gym Closed:

Swim Meet: Fri, Nov 3 close @ 4pm, Nov 4 & 5 closed all day

Christmas: Dec 24 close @ 4pm, Dec 25 closed all day

Christmas schedule will be posted at www.gvrec.ca.

FITNESS GYM SCHEDULE

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
| 6:30am-9:00pm | 6:30am-9:00pm | 6:30am-9:00pm | 6:30am-9:00pm | 6:30am-9:00pm | 9:00am-7:00pm | 8:00am-7:00pm |

Fitness Gym Guidelines

- Must be at least 13 years of age to use the gym.
- Youth 13 to 15 years must attend a Fitness Gym Orientation in order to purchase a membership.
- Clean indoor athletic shoes and shirt are mandatory.
 Shoes that have been worn outside are not acceptable.

Fitness Gym Orientations

Our Fitness Gym Orientation will show you how to properly and effectively use the equipment in our Fitness Gym. Our certified instructor will lead you through the rules, safe practices and a few exercises.

Adult: \$65, up to 1 hour session.

Youth (13-15 yrs): \$65, 1 session of up to 30 min, includes a 30 day facility pass

AQUATIC, FITNESS GYM & DROP-IN SPORT FEES

| All prices include taxes and are subject to change | Single | 10 Pass | 20 Pass | 30 days | 90 days | 180 days | 1 Year |
|--|--------|---------|---------|---------|---------|----------|---------|
| ADULT 19 yrs+ | 7.60 | 68.40 | 129.20 | 83.20 | 170.40 | 291.90 | 501.16 |
| YOUTH 13-18 yrs | 5.65 | 53.55 | 96.05 | 62.85 | 128.75 | 220.75 | 384.45 |
| CHILD 7-12 yrs | 4.90 | 44.10 | 83.30 | 54.00 | 110.50 | 189.20 | 334.75 |
| PRESCHOOL 3-6 yrs | 2.45 | 22.05 | 41.65 | 27.05 | 55.40 | 94.70 | 165.05 |
| FAMILY | 16.55 | 148.95 | 281.35 | 182.80 | 374.25 | 641.75 | 1117.70 |
| SENIOR 65 yrs+ | 5.65 | 53.55 | 96.05 | 62.85 | 128.75 | 220.75 | 384.45 |

Membership passes are not transferable or refundable.

Punch passes have a two year expiry date from the date purchased. Unused passes are not transferrable or refundable. Please only purchase passes you will be able to use within two years.

Family - Up to 2 adults (parents or grandparents) and children under 19 years who are immediate family.

Preschool - Children 3-6 years. Children 2 years and under admitted free of charge. All preschoolers must be within arms reach of a responsible person 16 yrs or older at all times.



Aquatics Supplies for Sale:

- goggles
- swim caps
- nose clips
- shampoo
- swim suit cleaner
- swim diapers (disposable & reusable)
- towels
- ear plugs
- swim belts

GET ACTIVE RECREATION PASS

This is a special introductory 30 day pass to the fitness gym and pool at the Recreation Centre. It is intended for Greater Vernon residents 17 years and older who have **NEVER** had a swim or fitness room pass through Recreation Services. If you are a new resident to Greater Vernon or if you still don't know where the Recreation Centre is located . . . we would like to meet you, please bring proof of residency. The **Get Active Recreation Pass** includes 30 day access to the fitness room and pool for only \$30.

SWIM DEFINITIONS

Public Swim - Both pools will be open and on a rotational basis, the climbing wall, diving board, rapids channel, bubble pit, raindrop, rope swing and slide will be available. Sauna, steam room & hot tub always open. The lap pool will have a minimum of 1-3 lanes open for lap swimming.

Lap & Leisure - 4-8 lap lanes available, water walking or running. Diving board, climbing wall and rope swing not available. Full use of hot tub, steam room, sauna and leisure pool. Slide available on a limited basis.

Leisure Swim - Leisure pool, water slide and hot spots open. Main pool and lap lanes closed Mon-Fri 5:00-7:00pm.

Limited Use - Some facilities will be open, but may be shared with organized instructional programs. Slide, rope swing, climbing wall and diving board may not operate during these times.

Senior Toonie Swim - 65 yrs+ swim for \$2.

Hot Spots Only - Use of hot tub, bubble pool, sauna and steamroom only.

Hot Spots & Gym - Use of hot tub, sauna, steamroom and Fitness Gym only during this time slot.

LEARN TO SWIM

Swim Registration Requirements

In order to register for a swim lesson, a previous swim level must be recorded within our registration system at the Vernon Recreation Centre. If you have not previously participated in swim lessons with us, please bring in your child's swim card so we can create a record.

To register in a swim lesson set you must show proof of previous swim level by:

- having taken a swim level at the Vernon Aquatic Centre (we will have a Record on your account), or
- at the time of registration, bring a report card indicating the previous swim level, or
- have a swim evaluation during a public swim time here at the facility.

Individuals may only register in one lesson set at a time.

Age Restrictions: A child must turn the age required for the course prior to the first day in order to register in that level. The exception to this rule is Advanced Lifesaving programs where the child must be the required age before the last day of the course.



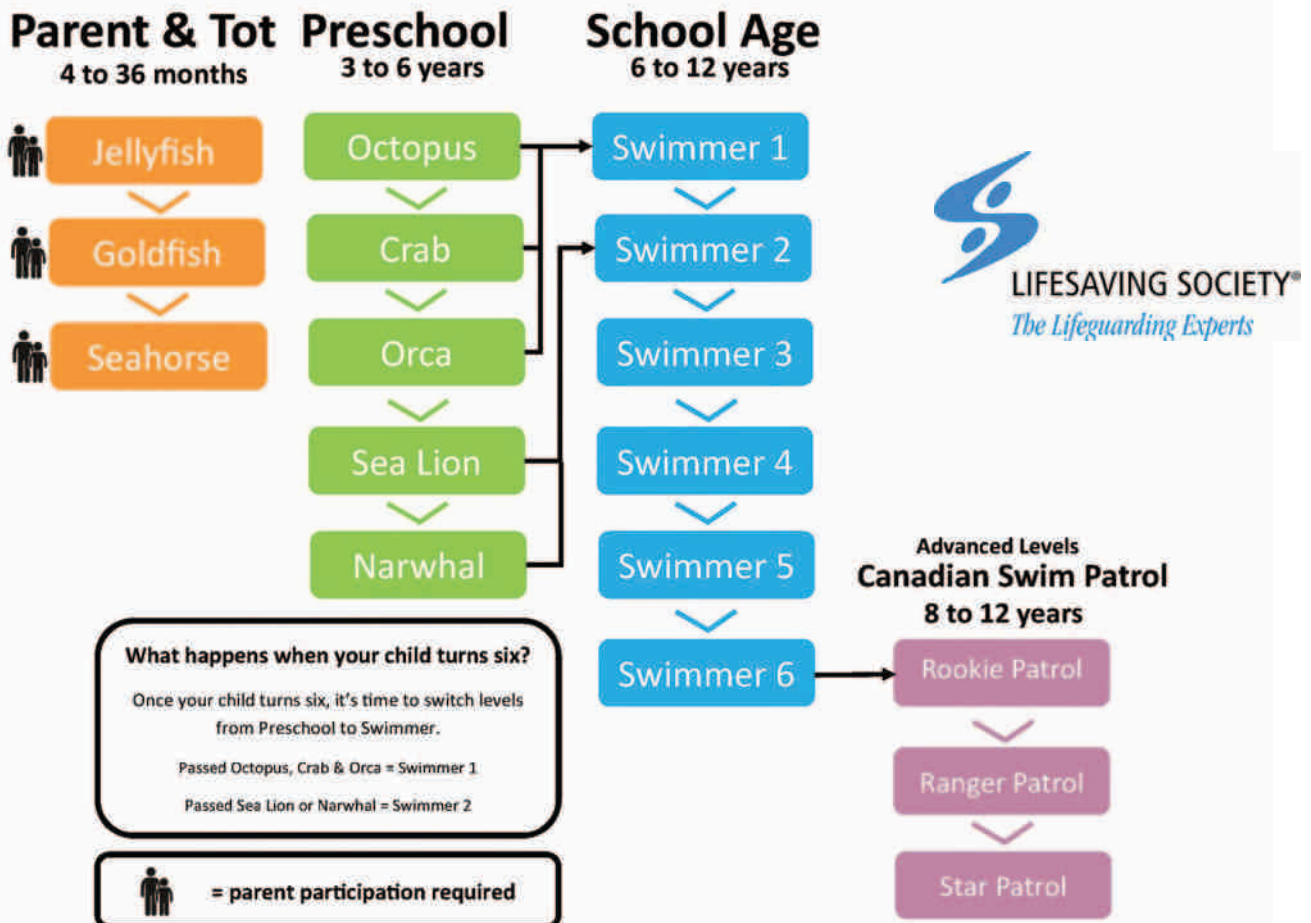
Dates, Times and Rates

Swim lessons will be offered:

- Once per week on either Sun, Mon, Wed, Fri or Sat
- Twice per week on Tue and Thu

Visit www.gvrec.ca for dates, times and rates.

Swim for Life Program Structure



LIFEGUARDING

Are you interested in becoming a lifeguard?

Lifeguards are responsible, great communicators and situationally aware. Learn these skills and more in your training to become a lifeguard. If you are 12-15years old, now is the time to start!



10-12 YEARS
Junior Lifeguard Club
Bronze Star



13-15 YEARS
Bronze Medallion
Bronze Cross
Leaders In Training (pg 25)



15+ YEARS
Standard First Aid
National Lifeguard
Swim Instructor



Swim for Life Program Overview

The Lifesaving Society Swim for Life® program is a comprehensive swim lesson program that focuses on the development of fundamental swim strokes and skills for learners of all ages and abilities. Instructors ensure swimmers get lots of in-water practice in every lesson. Swim for Life includes fun, hands on activities that focus on teaching Water Smart education for the whole family. Lessons that will last a lifetime!

Parent & Tot Program

Recommended age: 4 months to 3yrs

The Lifesaving Society Parent & Tot lessons structure in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skills. Activities and progressions are based on child development allowing parents to register in the level appropriate for their child's age: 4-12 months, 12-24 months or 2-3 years.

Preschool Program

Recommended age: 3 to 6 yrs

Give your child a head start on learning to swim! The Lifesaving Society Preschool lessons develop an appreciation and healthy respect for the water before they get in too deep. With a progression based approach, instructors work to ensure 3-6 year olds become comfortable in the water and have fun while developing a foundation of water skills. Water Smart education is included in all Preschool levels.



Jellyfish 4-12 mths with caregiver

Jellyfish provides an orientation to water for infants and their parent/caregiver. Parents/caregivers will learn how to swim safely with their infant in the pool through instruction of holds and supports. Infants will be introduced to getting their face wet, blowing bubbles and floating with the help of their caregiver.



Goldfish 12-24 mths with caregiver

Goldfish teaches toddlers how to play in the water safely! They'll learn how to enter and exit the water with help from their parent/caregiver and will play games to encourage them to get their face wet and blow bubbles in the water. Toddlers will also develop floating and kicking skills with the support of their parent/caregiver.



Seahorse 2-3 yrs with caregiver

Seahorse teaches toddlers how to safely enter the water wearing a PFD. They'll develop underwater skills such as submersion and opening their eyes underwater. 'Starfish' floats, 'pencil' floats and kicking skills are taught using songs and games.



Octopus 3-6 yrs

Octopus is a transitional level which transfers the preschooler to the care of the instructor. Preschoolers will have fun learning to get in and out of the water. They'll learn how to put their face in the water, blow bubbles in the water and how to float and glide.



Crab 3-6 yrs

Crab teaches preschoolers how to safely jump into chest-deep water and how to swim wearing a PFD. They'll learn submersion skills and continue to work on floats, glides and kicking with buoyant objects.
Prereq: passed Octopus



Orca 3-6 yrs

Orca teaches preschoolers how to enter deep water safely wearing a PFD. They'll learn how to submerge and exhale underwater, retrieve objects underwater and will continue developing their floating, gliding and kicking skills.
Prereq: passed Crab



Sea Lion 3-6 yrs

Sea Lion teaches deep-water entries and treading water wearing a PFD. Preschoolers will become skilled at retrieving objects from the bottom of the pool in chest-deep water and performing front and side glide. Front crawl wearing a PFD is also introduced.
Prereq: passed Orca



Narwhal 3-6 yrs

Narwhal teaches Swim to Survive® skills wearing a PFD. Front crawl and back crawl are introduced as well as interval fitness training. Preschoolers will also learn how to tread water and perform vertical whip kick with a buoyant aid. Once complete, preschoolers can register into Swimmer 2.
Prereq: passed Sea Lion

Swimmer Program

Recommended age: 6 to 12yrs

The Lifesaving Society's Swimmer program makes sure your children learn how to swim before they get in too deep. Each level challenges school-aged children to develop safe entries, deep water support, underwater skills and swimming strokes. Kids learn healthy habits by getting and staying fit in the water. Swimmer levels include fun, hands-on activities that focus on teaching water safety – lessons that will last a lifetime!



PROGRAM REGISTRATION DATES

FALL:

Mon, Aug 28 at 7:30am | Vernon, Coldstream, Area B and C residents

Fri, Sep 1 at 7:30am | All Areas

WINTER:

Mon, Nov 20 at 7:30am | Vernon residents

Fri, Nov 24 at 7:30am | All Areas



Swimmer 1

These beginners will become comfortable jumping into the water with and without a PFD. They'll learn how to open their eyes, exhale and hold their breath underwater. Floats, glides and kicking skills are introduced.

Prereq: 6 yrs



Swimmer 2

These swimmers will jump into deeper water and learn to be comfortable falling sideways into the water wearing a PFD. They'll learn how to tread water, develop kicking skills and will be introduced to front crawl and back crawl.

Prereq: passed Swimmer 1, Sea Lion or Narwhal



Swimmer 3

These swimmers will learn how to dive and will do in-water somersaults and hand-stands to develop weight-transfer Swimmer skills. They'll learn Swim to Survive® Skills, whip kick on back and will further develop their front crawl and back crawl.

Prereq: passed Swimmer 2



Swimmer 4

These swimmers will become better at diving, treading water and swimming underwater. They'll learn the Swim to Survive® standard and start to develop breaststroke. Front crawl and back crawl are further developed.

Prereq: passed Swimmer 3



Swimmer 5

These swimmers will master dives and swimming in deep water. They'll further their Swim to Survive® skills and start to develop eggbeater kick. Breaststroke, front crawl and back crawl are further developed. Interval training and sprinting drills continue to challenge these swimmers.

Prereq: passed Swimmer 4



Swimmer 6

These swimmers will become proficient at deep water skills including stride entries and compact jumps. They'll develop lifesaving kicks such as eggbeater and scissor kick. Breaststroke, front crawl and back crawl are further developed. Head-up swims, interval training and a 300m workout develop strength and endurance.

Prereq: passed Swimmer 5



Swim Patrol - Rookie Patrol

Swimmers continue developing front crawl, back crawl and breaststroke. Swimmers develop individual fitness to meet a timed 100m swim and 350m workout. Water proficiency skills include swimming with clothes, ready position and feet-first/head-first surface dives. Demonstrating the ability to conduct a primary assessment and calling EMS are included as first aid skills. Victim recognition and throwing assists are other key elements of the program.



Swim Patrol - Ranger Patrol

Ranger Patrol enhances capability in the water including stride entries and underwater, forward and backward somersaults. Swimmers learn lifesaving sport skills with a lifesaving stroke medley, timed object support and a non-contact rescue with a buoyant aid. Eggbeater kick and increased fitness levels are developed to meet a 200m timed swim. First aid focuses on unconscious victims and obstructed airway procedures.



Swim Patrol - Star Patrol

Star Patrol challenges swimmers with a 300m timed swim, 600m workout and a 25m object carry. Strokes are continued to be refined. Lifesaving skills include use of rescue aids, defense methods, victim removals and supporting a victim in shallow water. First aid focuses on treatment of bone or joint injuries and respiratory emergencies. Once complete, swimmers register into Bronze Star.

AQUATIC PROGRAMS



Stroke & Skills for Teens 12-15 yrs

This program is designed for teens who are good swimmers but want to improve their strokes for increased speed and endurance. The lessons will be in a group setting, but the instructor will focus on individual goal setting. The swim strokes include Front Crawl, Back Crawl and Breaststroke. Skills may include Water Smart Messages and Lifesaving Kicks.

Recommended: passed Swimmer 6

Adult Lessons 16+ yrs

This is a learn-to-swim program for adults and older teens. This course is designed to increase swimmers' comfort in the water or develop strokes chosen by the swimmer in consultation with the instructor to increase swimming distances and proficiency. All ability levels are welcome.

Visit www.gvrec.ca for dates and times.

Masters Swim Club 19+ yrs

Get fit under the supervision of experienced coaches. Masters swim provides six days of training where you can attend the sessions of your choice. Coaches provide workout and tips to improve your strokes. Participants can purchase a one year membership, register for a monthly fee or pay for a single visit. Masters have the choice to attend any of the following workout times:

| | |
|-----------|-----------------------------|
| Sun | 8:00-9:30am or 9:30-11:00am |
| Tue & Thu | 8:15-9:15pm |
| Wed & Fri | 6:30-7:30am or 7:30-8:30am |



Artistic Swimming 8-13 yrs

Prerequisite: passed Swimmer 5

This is a unique water sport that combines swimming, gymnastics and music. Canada Artistic Swimming's AquaGo! Program will be taught and is based on four program pillars and is delivered via a six level progression: Artistic Swimming Skills, Swimming Fundamentals, Athletic Abilities and Flexibility.

Mon & Wed Sep-Mar

Please visit www.gvrec.ca for more information.



Okanagan Para Swim 7-18 yrs

This is for swimmers with a physical disability who love to swim and want an opportunity to explore the competitive aspect of the sport. Participants will learn how to set goals and develop self-discipline while building self-confidence. The heart of the program is learning how to maintain a positive attitude while nourishing a focus on ability. Picture the smile on the face of a child who is asked to join a team.

AquaDapt

This program is offered for those that require one on one attention in the water, whether the concern be physical, sensory, intellectual or a combination of challenges. Exercises and movement techniques will be offered by the instructor in the pool. Sessions may be available upon instructor and pool availability. Must submit an application at www.gvrec.ca.

Visit www.gvrec.ca for course fees, dates and times.

Private Lessons

Do you need to focus on a specific skill or stroke item? Do you only have one item left to complete a level? Then private lessons may be the answer for you! All lessons are taught by our certified instructors. Times will be arranged around their current schedules.

Private 1 person per ½ hr lesson

Youth: \$30.05 Adult: \$39.04

Semi-private 2 people per ½ hr

Youth: \$35.05 Adult: \$47.08

Levels for both participants must be compatible.

Put your name on an interest list to be contacted.



Lifeguard Certification Courses

Steps to becoming a lifeguard

Bronze
Medallion

Bronze
Cross

Standard
First Aid

National Lifeguard

Visit www.gvrec.ca for course fees, dates and times

Bronze Star 8-12 yrs

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

Bronze Medallion 13+ yrs

Prerequisite: 13 years or Bronze Star

The Lifesaving Society's Bronze Medallion Award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education, judgement, knowledge, skill and fitness. Rescuers learn tows, carries and defense and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a timed swim.

Bronze Cross 13+ yrs

Prerequisite: Bronze Medallion

The Bronze Cross award is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. Bronze Cross is a prerequisite for all advanced training programs, including National Lifeguard® (NL) and Instructor certifications. Includes a 600m timed swim and CPR-C.

Standard First Aid 15+ yrs

Lifesaving Society Standard First Aid is the most comprehensive first aid program for the general public and a prerequisite for National Lifeguard. Learn how to assess and treat airway, breathing and circulatory emergencies; and management of medical, musculoskeletal and environmental emergencies. Certification includes CPR-C/AED.

National Lifeguard 15+ yrs

Prerequisite: Bronze Cross and Standard First Aid

The National Lifeguard® (NL) award teaches the prevention of emergency situations and, where this fails, the timely and effective resolution of emergencies. The NL award is designed to prepare lifeguards to fulfill this role as professional facilitators of safe, enjoyable aquatics. NL training teaches the principles and develops basic lifeguarding skills and decision making processes that will help lifeguards evaluate and adapt to aquatic facilities and emergencies.

Lifesaving Pass

While participating in one of our advanced aquatics courses, you are able to swim at any time to practice and improve your skills.

Swimming Instructor 15+ yrs

Prerequisite: Bronze Cross

The Swim Instructor course prepares you to instruct the Lifesaving Society's Swim for Life programs. Candidates focus on strategies to introduce and develop fitness activities, water smart and swimming skills. This course comprises stroke evaluation, water safety knowledge and skills to teach kids swimming lessons in a safe and fun matter.

Swim to Lifesaving Instructor 15+ yrs

Prerequisite: Swim Instructor

This transition clinic prepares current Swim Instructors to become Lifesaving Instructors. This course develops instructor competencies and strategies designed to teach lifesaving and water rescue education, judgement, knowledge, skills and fitness.



NOT EVERY CHILD LEARNS IN THE SAME WAY.

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- Reading, Math, Spelling & More • Guaranteed Success • Affordable

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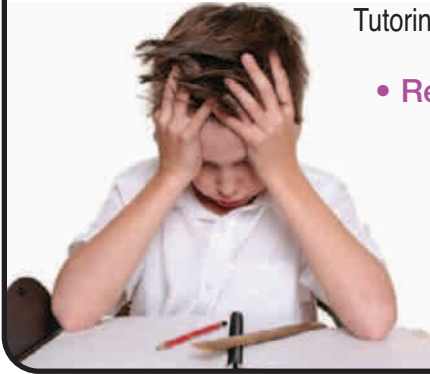
POTENTIALS

CANADA LEARNING CENTRE LTD.

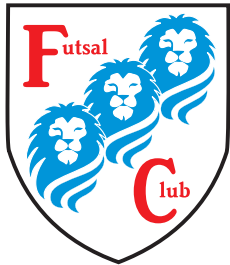
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Three Lions



threelionsfc.com

Registration:

nick@threelionsfc.com

Child/Youth Futsal Programs Available



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Creating the modern soccer player with refined footwork, tight ball control and ultimate confidence in their game!

GYMNASTICS

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Strength, Flexibility, Balance, Coordination, Dance, Creativity, Ribbons, Hoops, Balls, Skipping Ropes, Routines and Games all in a supportive team environment!

**FALL 2023
REGISTRATION
NOW OPEN!**

*** PARENT & TOT ***

18 months to 3 years old
Mondays

*** PRE SCHOOL ***

3-4 years old
Mondays

*** RECREATIONAL ***

5-10 years old
Mondays, Tuesdays, Wednesdays

*** COMPETITIVE TEAM ***

Ages 6+ choose 2 or 3 days/week

*** ELITE TEAM ***

By Audition only

gymnasticsinvernon.com



Cirque
THEATRE COMPANY

Okanagan Rhythmic Gymnastics and Olympian Camille Martens are proud to have served Vernon and area for over 25 years! Est.1997

FRIENDSHIP, LEADERSHIP, JOIN OUR SHIP!

The NAVY LEAGUE CADET program offers youth aged 9 to 12 years old the chance to learn new skills, make life-long friends, and grow into well-rounded individuals through fun and educational community-based activities with a maritime foundation. Interested in joining? **Parade night: Thursdays 6pm – 8:30pm**

For more info. visit www.navyleague.ca or email nlccokanagan@bcmainland.ca



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- Leadership Training
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- LEAGUES
- OPEN BOWLING
- BIRTHDAY PARTIES
- STAFF PARTIES

**LEAGUES START
SEPT 6th**

YOUTH, ADULT & SENIOR LEAGUES
All ages and skill levels are welcome to join!

Registration available
online or by phone

SKIP THE WAIT
and make a reservation!

Call **250-542-9837**

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Debbie Sparling, Registered Physiotherapist
Cindy Keith, Registered Physiotherapist
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250-503-2112

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Located in the Alpine Centre www.kalphysio.com

Tiny Tots Preschool

“a building block to your child’s future”

Tiny Tots offers your child a variety of unique experiences in a licensed preschool setting with ECE qualified, dedicated and caring staff. The program is designed to develop your child’s sensory and perception skills, as well as to provide a positive environment for building social relationships with other children. Your child will participate in gluing, painting, music, games, story time, ABC’s and 123’s, field trips, cooking experiences, physical activities, socializing with other children and more.

Participants in our 4 year old only classes will also experience the Fun Family Phonics, a colourful and interactive program designed to help teach your child to read.

Programs are for children 3-4 years by December 31, 2023. Last month’s payment due at time of registration and is not refundable.

Classes start the week of September 11-15, 2023.

Detailed program information is available at:
www.tiny-tots.ca

| Age | Days | Time | Monthly Fee |
|-------|-------|----------------|-------------|
| 3 | T/Th | 9:00am-11:30am | \$148 |
| 3 & 4 | M/W/F | 9:00am-11:30am | \$220 |
| 3 & 4 | M/W | 9:00am-11:30am | \$148 |
| 3 & 4 | Fri | 9:00am-11:30am | \$80 |
| 4 | M/W/F | 9:00am-12:30pm | \$235 |
| 4 | T/Th | 9:00am-12:30pm | \$160 |



For more information about Tiny Tots Preschool

www.tiny-tots.ca

BIRTHDAY PARTIES!

Birthday Parties in the Dogwood Gym

We take all the work out of holding a great party. You provide the kids, food, beverages and the goody bags and we do the rest. We provide the place, equipment, materials and the fun. All activities are age appropriate and when the party is over, you go home and we clean up!

Two hour Gym Party with the Bouncy Castle in the Dogwood Gym. Includes a party leader, organized games and activities. Max 16 kids.

Book your times online at www.gvrec.ca under Events/Birthday & Parties.



PLAYSCHOOL EVENTS

PLAYSCHOOL

Halloween Howl 3-6 yrs

We've got a special party planned for your child based on a Halloween theme. A variety of activities consisting of active gym games, circle, stories, pasting or painting and much more! Snack of cookie and juice provided.

Parents/Guardians can drop off and pick up.
Sat, Oct 28 1:30-3:30pm

Creative Christmas 3-6 yrs

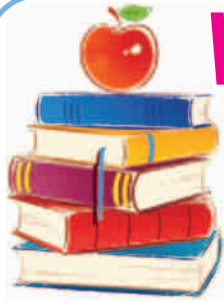
Join us for an afternoon of holiday-themed fun! We will play active gym games, make Winter crafts (hint: these make great gifts), enjoy a story and scavenger hunt. Snack of cookie and juice provided.

Parents/Guardians can drop off and pick up.
Sat, Dec 16 1:30-3:30pm

Valentines adVenture 3-6 yrs

Fun is in the air this Valentines! Join us for a heart hunt, craft, and active games. Come dressed in pink or red. Snack of cookie and juice provided.

Parents/Guardians can drop off and pick up.
Sat, Feb 10 1:30-3:30pm



What's Happening at Your Library!

250-542-7610
orl.bc.ca/vernon
2800 30th Ave., Vernon

Visit us in person and virtually to access your best source for learning and entertainment!

- Books, DVDs, magazines
- eBooks, digital audio, streaming video, digital magazines, online courses and more
- Resources for the visually impaired and print disabled
- Our Makerspace is open! Try 3D printing, Cricut, Digitization stations and our recording studio.
- Borrow an experience with our Library of Things! STEAM Kits, Home Energy Kits, Radon Detectors, and more!

WWW.ORL.BC.CA/VERNON

FAMILY STORY TIME

Monday, Thursdays, and Saturdays at 10:30am
September 11 - December 9

BABY TIME

Tuesdays at 10:30am
September 12- November 28

AFTER-SCHOOL

D&D, coding and more coming soon

SPECIAL EVENTS FOR TEENS

Bob Ross retro art night monthly
Pride the last Wednesday of each month

Ongoing Adult Programs

- Book Club
- Games: Chess Night and Mah-Jongg
- Knitting, Spinners and Weavers
- Vernon Permaculture
- Sunday Afternoon Live Music
- Tech Tutoring
- Writers Group

Special Events

- Booksmack
- Breastfeeding Celebration
- Climate Action Week
- Handmade Holiday

Check www.orl.bc.ca/vernon for the complete list of current programs



[instagram.com/orlvernonlibrary](https://www.instagram.com/orlvernonlibrary)



<https://www.facebook.com/ORLareaC>



Ask about: Meeting room rentals - Exam invigilation
- eBook help - Class & daycare visits - Seed library

The Makerspace is generously sponsored by Vernon Friends of the Library

PLAYSCHOOL - FALL

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| Little Dancers parent & tot 1-2 yrs 9:30-10:15am | Kidnastics parent & tot 18 mo-30 mo 9:00-10:00am | Creative Gym parent & tot 12 mo-4 yrs 9:00-10:00am | Creative Gym parent & tot 12mo-4 yrs 9:00-10:00am | Gym & Swim Lesson 3-6 yrs 9:15-11:30am |
| Little Stars parent & tot 2-3 yrs 10:15-11:00am | Kidnastics parent & tot 2-3 yrs 10:15-11:15am | Bike and Gym parent and tot 2-4 yrs 10:30-12:00pm (Sep-Oct) | Play Zone parent and tot 1-5 yrs 10:15-11:45am | Wiggle & Giggle parent & tot 6-18 mo 11:30-12:30pm |
| Little Performers 3-5 yrs 11:15-12:00pm | Kidnastics 3-5 yrs 11:30-12:30pm | A,B,C Gym 3-5 yrs 10:30-12:00pm (Nov-Dec) | A,B,C Gym 3-5 yrs 12:40-2:10pm | |

PLAY PROGRAMS

PLAY - ABC Gym 3-5 yrs

While participating in gym activities, your child will be introduced to numbers, letters, colors, shapes, stories and much, much more. A great introduction to prepare children for pre-school.

PLAY - Creative Gym 12mo-4 yrs

Parent participation program for you and your child involving gym activities, songs, simple games, pasting, painting, table toys, playdough and much, much more.

PLAY - Gym & Swim Lesson 3-6 yrs

A fun filled program with gym activities, games, songs, pasting, painting and stories all finished off with a 30 minute swim lesson in the pool.

PLAY - Soccer 3-6 yrs

A fun introduction to the sport of soccer. Kids receive skill development from our instructors and play fun 3 a side games. Fun and participation are emphasized. Shin guards under socks and runners are mandatory.



PLAY - Zone 1-5 yrs

Do the kids have extra energy to burn? Enjoy some semi-structured open gym time. Perfect for family play time.

PLAY - Bike and Gym 2-4 yrs

This program focuses on developing and improving balance and steering using strider bikes. Riders will build confidence in a fun, friendly and safe environment. Strider bikes and helmets are provided. Class finishes in the gym for some running around and games.

PLAY - Wiggle & Giggle 6-18 mo

For 6-18 month tots and their parents. A fun program that lets you and your little one meet new friends, play games and enjoy free-play gym activities. Perfect for new parents!

PLAY - Kidnastics 18 mo-5 yrs

Learn the basic skills of gymnastics, tumbling and creative movement in a fun, non-competitive environment. Each session progresses to offer more challenge to your growing gymnast!



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| Little Dancers parent & tot 1-2 yrs 9:30-10:15am | Kidnastics parent & tot 18 mo-30 mo 9:00-10:00am | Creative Gym parent & tot 1-4 yrs 9:00-10:00am | Creative Gym parent & tot 1-4 yrs 9:00-10:00am | Gym & Swim Lesson 3-6 yrs 9:15-11:30am |
| Little Stars parent & tot 2-3 yrs 10:15-11:15am | Kidnastics parent & tot 2-3 yrs 10:15-11:15am | Wiggle & Giggle Parent & tot 6-18 mo 10:15-11:15am | Play Zone parent and tot 1-5 yrs 10:15-11:45am | Wiggle & Giggle Parent & tot 6-18 mo 11:30-12:30pm |
| Little Performers 3-5 yrs 11:15-12:00pm | Kidnastics 3-5 yrs 11:30-12:30pm | Soccer 3-6 yrs 12:40-2:10pm | A,B,C Gym 3-5 yrs 12:40-2:10pm | |

MUSICAL THEATRE

Little Dancers 1-2 yrs

Join Mr. Syd as we explore movement through song and dance. Caregivers and their child will enjoy this fun and active class as we learn about how to move, have fun and play. We will use ribbons, musical instruments and other tools to create a fun and inviting environment for all.



Little Stars 2-3 yrs

Join Mr. Syd for a parent and child class that teaches children how to follow movement, learn about their voice and become comfortable in a classroom environment through song, dance and imagination. This class is all about moving your body and dancing to some old classic children's songs (and lots of new ones too)!

Little Performers 3-5 yrs

Join Mr. Syd for a class of imagination and fun! In this class we will learn to follow directions, grow our imagination and learn how to sing and dance to simple songs they know and love. At the end of it all, students will present what they have learned to their parents in a final performance on the last day! This is a drop off and pick up program.

Meet Your Musical Theatre Instructor

Sydney has over 25 years of experience on stage and in front of the camera. He has worked with many theatre companies like The Royal Theatre in Barkerville, the Rocky Mountaineer Rail Tour and Viva Musica. With a Diploma of Performing Arts from The Canadian College of Performing Arts, an ATCL Diploma in Performing Speech and Drama from the Trinity College of London and a Masters in International and Intercultural Communications from Royal Roads University, Sydney has a wealth of knowledge in the Performing Arts. For the past 13 years, Sydney has been working with students of all ages to improve their confidence on and off stage. Whether dancing to silly songs, getting ready for a large group performance or helping a student find their courage, Sydney loves teaching at the Vernon Recreation Centre, helping make a positive impact on the community.



SKATING PROGRAMS

Skating Lessons & Programs

See page 51.

PROGRAM REGISTRATION DATES

FALL: Vernon, Coldstream and Area B & C

Residents - Mon, Aug 28 | 7:30am

All Areas - Fri, Sep 1 | 7:30am

WINTER: Vernon residents - Mon, Nov 20 | 7:30am

All Areas - Fri, Nov 24 | 7:30am



powerhouse theatre

www.powerhousetheatre.net

2023/2024

2901 35 Avenue, Vernon, BC
250-542-6194



IT'S A WONDERFUL LIFE November 22 to December 2, 2023

by Philip Grecian / Directed by Jackson Mace

Powerhouse is delighted to present Philip Grecian's terrific adaptation of this cherished and uplifting story. This holiday season, allow George Bailey to share what his befuddled guardian angel teaches him - that we all can make a difference.

THE IMPORTANCE OF BEING EARNEST February 21 to March 2, 2024

by Oscar Wilde, adapted by Aurand Harris / Directed by Emily MacArthur

This classic tale of mistaken identities, light-hearted debauchery, and ever increasing confusion is sure to delight and captivate. Its high farce and witty dialogue have helped make The Importance of Being Earnest Wilde's most enduringly popular play.

THE PLAY THAT GOES WRONG May 8 to May 18, 2024

by Henry Lewis, Henry Shields, and Jonathan Sayer / Directed by Tanya Laing Gahr

The Play That Goes Wrong brings to life a corpse who won't stay dead, a leading lady that won't wake up, and a cast just trying to keep everything on track. Will the actors make it to curtain call? Definitely maybe. Or not.

Have you always wanted to join a theatre company? We welcome and need new people and would love to have you join Powerhouse. Contact info@powerhousetheatre.net



FOLLOW us on Instagram
www.instagram.com/gotopowerhouse

Tickets for the 2023/2024 season available at Ticket Seller
Phone 250-549-SHOW (7469) or online at
www.ticketseller.ca



LIKE us on Facebook @
www.facebook.com/GoToPowerhouse

2023 2024 SPOTLIGHT KIDS SERIES

SUBSCRIBE
4 Shows for
\$45*
Save 20%



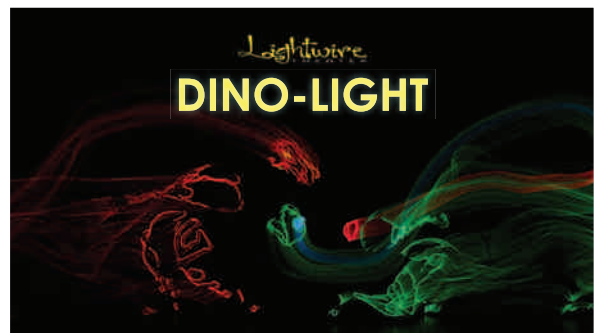
SATURDAY, OCTOBER 21, 2023 | 2:00 PM



SATURDAY, MARCH 2, 2024 | 2:00 PM



WEDNESDAY, APRIL 10, 2024 | 7:00 PM



SUNDAY, APRIL 28, 2024 | 3:00 PM

Tickets: 250-549-SHOW (7469) vdpac.ca



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CHILD
BORN TO
PERFORM?

ALL AGES,
STYLES &
LEVELS

OUR FOUNDATIONS
ARE BUILT ON
FUN!



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TO REGISTER



SODANCE.CA

Looking
for the
Right
Shoe?



Starting Block

RUNNING, WALKING & TRAIL GEAR

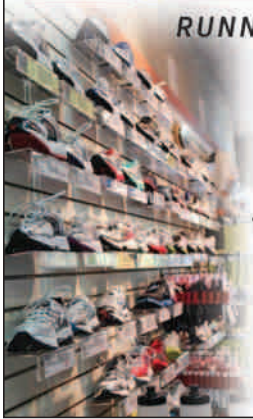
We specialize in making sure
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- **Fun** based sessions develop technical skiing skills using all environments on the mountain
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- All **coaches** are **Alpine Canada trained** and **certified**.

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Early registration ends October 31

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or contact Rodger at 250.307.0809

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Martial Arts for Ages 4+ SO MUCH FUN!

30 DAY FREE TRIAL

FREE UNIFORM!

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Helping the
 community with its
 literacy needs...



Ask about our learning programs for
 children and digital support for adults.

VOLUNTEERS NEEDED!



www.literacysociety.ca
 250.275.3117

CONFIDENCE, ADVENTURE, LEADERSHIP, FRIENDSHIP.

The ROYAL CANADIAN SEA CADET program offers youth aged 12 to 18 years old the chance to learn new skills, make life-long friends, and grow into well-rounded individuals through fun and educational community-based activities with a maritime foundation.

Interested in joining? **Parade night: Tuesdays 6:30pm – 9:30pm**

For more info. visit www.navyleague.ca or email 63sea@cadets.gc.ca

Come Sail With Us!



Oceans of Opportunity.



A place for learning

visit us at
www.mavenlane.org

call us on

250.558.9963



- full day early learning and care programs
- morning preschool
- after school and school closure care
- leading edge learning philosophies

Maven Lane began its legacy of nurturing children in 1994. Over the years, our parent-driven, non-profit organization has grown to provide child care, early learning, and recreational programs for hundreds of children in warm, inspiring and safe environments.

VERNON ~ COLDSTREAM ~ LAVINGTON

YOUTH SPORTS

Visit www.gvrec.ca for dates and times.

Pickleball and Tennis 6-12 yrs

Come learn with us! Botts Botterill & Beck Hackman certified instructors focus on the 3'F' (Fitness, Focus & FUN). BottMan provides youth with the coaching and support they will need in order to develop eye hand coordination, agility, and balance. This will encourage fitness, the importance of team play, patience and building new skills.

Volleyball Skills and Drills 8-12 yrs

Come play with us! This program covers the basics: bumping, setting, serving, spiking and blocking through fun drills and contests. A great, easy-going introduction to the sport.

Youth Floor Hockey 8-12 yrs

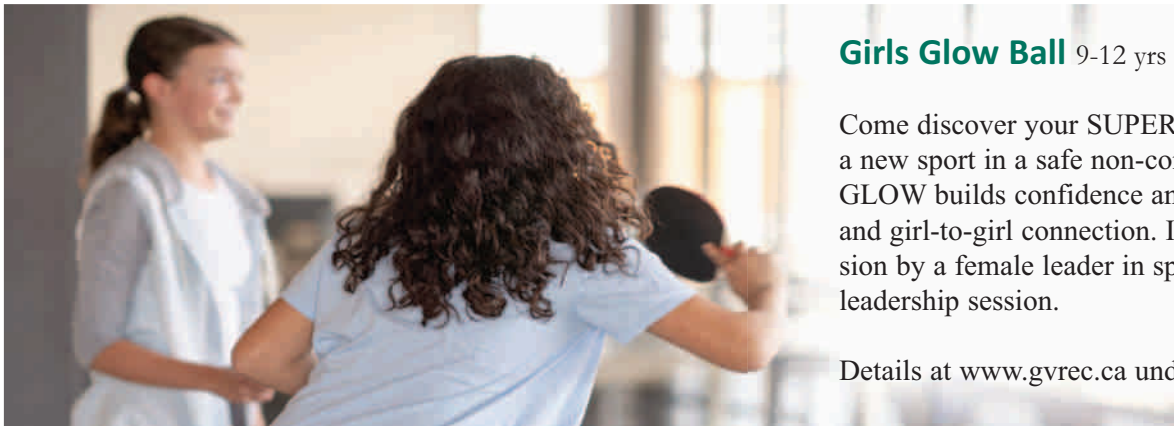
Join us for some stick and puck! This program puts an emphasis on fun, teamwork and getting active with some structure and drills to keep kids learning.

Youth FUN Soccer 5-8 yrs and 9-12 yrs

Come experience the FUNdamentals of soccer. Lots of time to play with some drills & skills. These programs will focus on participation and having active fun with friends!

Basketball Skills and Drills 6-8yrs and 9-12 yrs

This program focusses on getting active and having fun with a few drills and skills to keep kids learning. All skill levels.



Girls Glow Ball 9-12 yrs

Come discover your SUPER POWERS while learning a new sport in a safe non-competitive environment. GLOW builds confidence and leadership through sport and girl-to-girl connection. Includes 1 hour sport session by a female leader in sport and 30 minute GLOW leadership session.

Details at www.gvrec.ca under Youth Programs.

Wudang Kung Fu 6-12 yrs **NEW!**

Have your children ever shown interest in studying a martial art? Get your children moving in a fun weekly class designed to teach the fundamentals of Traditional Chinese Kung Fu. We will build skills through creative exercises, with a focus on teaching discipline and respect while building self-confidence and self-awareness.

6-8 yrs

Delivered in a fun and creative way, this 30-minute weekly class will engage children in skill building exercises through hidden repetition. They will learn basic kicks, stances and punches as well as practice beginner forms.

Wed 4:00-4:30pm Dogwood Gym

8-12 yrs

Beginning with the basics in this 45-minute weekly class, children will also learn to challenge themselves with some basic tumbling and falling techniques, self-defense and partner work.

Wed 3:00-3:45pm Dogwood Gym

Introducing Melanie

Melanie started her Kung Fu journey at the age of 10 years old. After years of watching different famous martial artists like Bruce Lee and Chuck Norris, she decided that she wanted to try something a little outside of the box for a typical girl in rural Alberta. In 2009, Melanie, with her sister, enrolled in a 5-year intensive training program in the Wudang mountains in central China. Training for 8 hours/day, 6 days/week gave her something most martial artists never have the opportunity to experience, complete immersion into her studies of Daoist Kung Fu, Tai Chi and Qi Gong. After returning home in 2014, she achieved the rank of black belt in Kempo Kung Fu in Stony Plain, AB and went on to achieve her second degree in 2019. She moved to Falkland in 2021 and has been working on settling in with her 4 year old daughter.

PROGRAM REGISTRATION DATES

FALL: Vernon, Coldstream and Area B and C residents - Mon, Aug 28 | 7:30am All Areas - Fri, Sep 1 | 7:30am

WINTER: Vernon residents - Mon, Nov 20 | 7:30am All Areas - Fri, Nov 24 | 7:30am

ACTIVE YOUTH

Zumba Kids 4-12 yrs **NEW!**

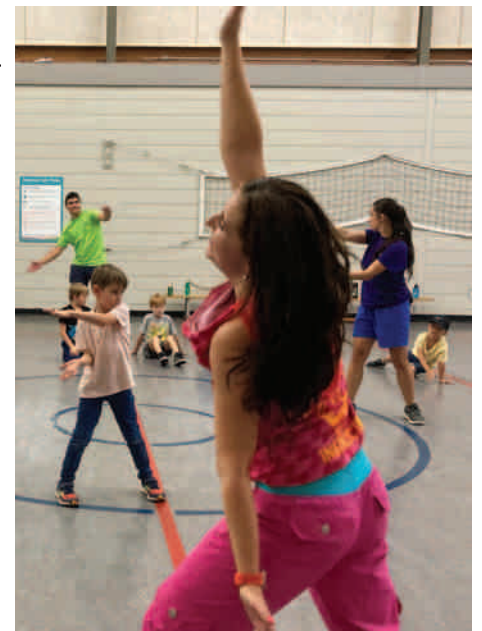
Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps and add games, activities and cultural exploration elements into the class structure. This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching! Find more info at www.gvrec.ca under Fitness & Wellness/Zumba.

| | | | |
|----------------|-----|-------------|--------------|
| 4-7yrs | Wed | 3:15-3:45pm | Sunrise Room |
| 7-12yrs | Wed | 4:00-4:45pm | Sunrise Room |

Active Afterschool 5-12 yrs

Have a chance to learn and play various sports in a non-competitive environment. This is a great way to end the school day and meet new people. Some of the activities may include: badminton, basketball, dodgeball, floor hockey, kids fitness training, soccer and volleyball. See page 39 for the instructor bio.

| | | |
|-----|-------------|-------------|
| Tue | 3:00-5:00pm | Dogwood Gym |
| Thu | 3:00-5:00pm | Dogwood Gym |



CREATIVE YOUTH

Youth Musical Theatre Programs

Visit www.gvrec.ca for dates and fees.

Musical Theatre Fun 5-7 yrs

Join Mr. Syd for a musical experience full of song, dance, and creativity! This class focuses on singing technique and movement to create an engaging performance. This introductory class will help students gain confidence in their singing and dance abilities through fun and engaging exercises and musical pieces.

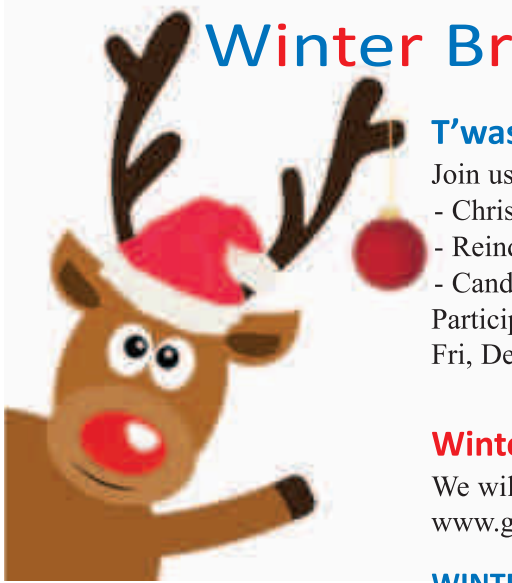
| | | |
|-----|-------------|-------------|
| Mon | 3:30-4:30pm | Dogwood Gym |
|-----|-------------|-------------|

Glee Club 8-12 yrs

Do you love to sing and dance? In this class students will work together to create dance numbers and sing their hearts out. From classical rock to musical theatre, we will combine different genres to create a fun collaborative performance.

| | | |
|-----|-------------|-------------|
| Mon | 4:30-5:30pm | Dogwood Gym |
|-----|-------------|-------------|





Winter Break Events and Camps

T'was the Day(s) Before Christmas Eve 3-12yrs

Join us for a morning of supervised activities and gym time:

- Christmas Olympics for some energy-burning fun
- Reindeer Games to keep you moving
- Candy Cane Scavenger Hunt

Participants will be split into age appropriate groups.

Fri, Dec 22 9:00-12:00pm \$35



Winter Break Camps | Jan 2-5 5-12yrs

We will have great camps planned for the week of Jan 2 to 5. Be sure to check online at www.gvrec.ca and/or look for our Winter Break flyer in November.

WINTER Registration | **Vernon residents - Mon, Nov 20 | 7:30am**
All Areas - Fri, Nov 24 | 7:30am

TEEN PROGRAMS

Teen Night with Vernon Winter Carnival

Basketball, Carnival Games, Food, Prizes, Pool Games. Something for Everyone.

FREE to participate in all land-based activities.

Pool Entrance is 2 for 1 Youth (\$5.65 for 2).

Fri, Oct 6 6:00-9:00pm 13-18 yrs



Teen Drop In Sports

Youth Drop In Sports are free for those 17 and under. Please pre-register 48 hours in advance either online or in person at the Recreation Centre Front Desk when you arrive.

Basketball 11-14 yrs

A chance to shoot hoops and play a pick up game with friends. Bring your own ball or use one of ours.

Tue/Thu 5:15-6:15pm Dogwood Gym

Volleyball 13-17 yrs

A net is set up in the Dogwood Gym. One play ball is provided to start a game.

Wed 4:45-5:45pm Dogwood Gym

CERTIFICATION & LEADERSHIP

Babysitting Certification Course 12-15 yrs

This course offers basic first aid and caregiving skills for youth 12-15 years old. Participants learn how to provide care to children in a variety of age groups and how to prevent and respond to emergencies. See full course descriptions at www.gvrec.ca.

Participants must be at min. turning 12, within the calendar year. To graduate the participants must attend ALL sessions.

Home Safe 8-11 yrs

Learn the basics of being safe at home. Designed for kids who spend short periods of time home alone, our HomeSafe Course includes topics such as phone precautions, first aid and emergency procedures. Participants must attend all sessions.

2 classes 4:00-5:15pm,
 5:30-6:45pm or
 7:00-8:15pm

Visit www.gvrec.ca for program dates, times and fees.

YOUTH LEADERS

Want to be a Camp or Program Leader?

Leaders in Training (LIT) Program

Become a leader and mentor for kids in our community! An opportunity for youth between 13 and 18 years to get involved in our kids programs in a leadership position. Volunteers receive valuable career training and experience in the field of recreation.

Fill out an L-I-T application form found online at www.gvrec.ca under "Join Our Team" or stop in at the Recreation Centre and fill one out.

Successful applicants will assist our youth leaders in delivering afterschool programming and be given the opportunity to complete valuable certification programs such as:

First Aid Certification

High 5 training

FMS Course (Fundamental Movement Skills)

For more information contact playsports@vernon.ca



Youth and Camp Leader Positions

Are you over 14 years of age?

Have you completed our Leaders In Training Program?

Do you have a passion for working with kids and for being active?

We are always hiring and training camp and youth leaders. Job opportunities include coaching kids' specific sport programs, leading kids gym programs such as birthday parties, instructing skating lessons, and leading spring and summer camps. Must be willing to learn, have a positive attitude and be available for training.

Send your resume to playsports@vernon.ca

VERNON PUBLIC ART GALLERY

VPAG



EXHIBITIONS

- July 20 - Sept 27 *Field Marks: Lisa Matthias*
July 20 - Oct 25 *Emerging from the Ashes of an Okanagan Cultural Genocide: Bernadette Gregoire*
- July 20 - Sept 27 *Altered Reflexions: VPAG's Crit Club*
Oct 5 - Dec 2 *Illuminating Language: Dick Aaverns*
Oct 5 - Dec 2 *Mackie AiR: TBD*
Nov 2 - Dec 20 *Exposed!: Dick Aaverns*

PROGRAMS

Mini Artists
Every last Friday of the month
from 10-11 am

Family Saturday
Every last Saturday of the month
from 1-3:30 pm

Crit Club
Every third Thursday of the month
at 3:30 pm

Register at
vernonpublicartgallery.com

EVENTS

August 26 - Riot on the Roof

TBD - Art After Dark

Regular Gallery Admission by donation
Hours: Mon-Fri 10am - 5pm Sat. 11am - 4pm
3228 31st Ave, Vernon BC | 250.545.3173
vernonpublicartgallery.com | info@vernonpublicartgallery.com



[@vernonpublicartgallery](https://www.instagram.com/vernonpublicartgallery)



Vernon Community
ARTS CENTRE

Create
Connect
Explore

- ART CLASSES
- SPECIALTY STUDIOS
- ART SUPPLIES
- LOCAL ART
- EVENTS & EXHIBITS

Pottery, Painting, Drawing,
Printmaking, Glass Fusing,
Stained Glass, Fibre Arts,
Mixed Media & More!

ART

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All Ages & Abilities



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ARTSOLUTELY
Dec 1 to 24

Vernon's signature
artisan sale with 40+
artists and 10,000+
handmade items

LOCATED IN POLSON PARK
2704A HWY 6, VERNON BC - OPEN DAILY

250.542.6243
INFO@VERNONARTS.CA
WWW.VERNONARTS.CA

During these darker days, wearing light or **reflective** clothing will increase your visibility.




DRESS BRIGHT AT NIGHT




Dog Permitted Parks in Greater Vernon

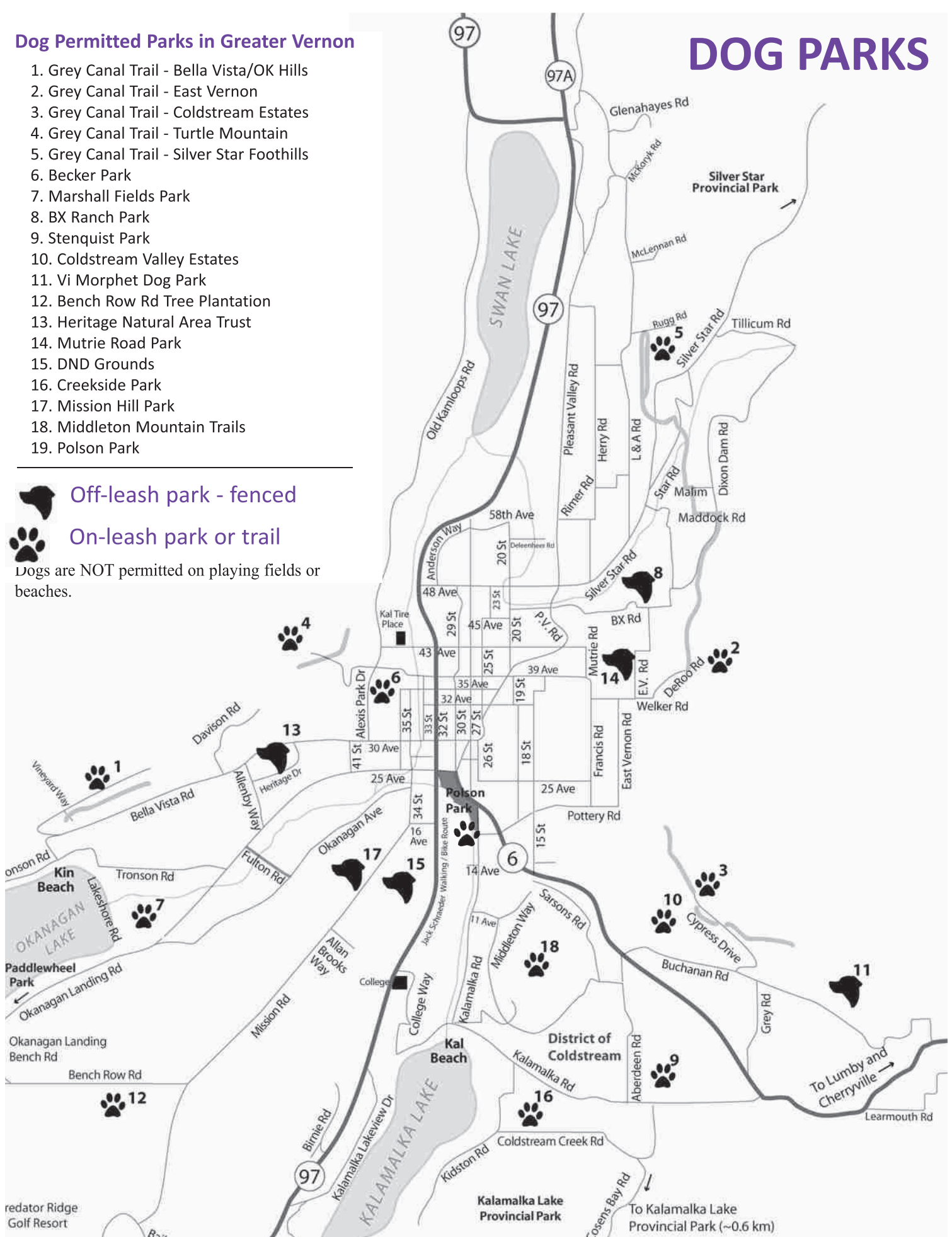
1. Grey Canal Trail - Bella Vista/OK Hills
2. Grey Canal Trail - East Vernon
3. Grey Canal Trail - Coldstream Estates
4. Grey Canal Trail - Turtle Mountain
5. Grey Canal Trail - Silver Star Foothills
6. Becker Park
7. Marshall Fields Park
8. BX Ranch Park
9. Stenquist Park
10. Coldstream Valley Estates
11. Vi Morphet Dog Park
12. Bench Row Rd Tree Plantation
13. Heritage Natural Area Trust
14. Mutrie Road Park
15. DND Grounds
16. Creekside Park
17. Mission Hill Park
18. Middleton Mountain Trails
19. Polson Park

DOG PARKS

 Off-leash park - fenced

 On-leash park or trail

Dogs are NOT permitted on playing fields or beaches.



WOMENS HOCKEY

Womens Hockey - Learn to Play 15+ yrs

Are you interested in learning how to handle a stick and puck? Are you already a skater but want to hone your skills and conditioning? Our certified hockey coach Justine will help you develop confidence on the ice and the ability to enjoy this great sport! Basic skating ability required.

Sun 3:30-4:30pm

Visit www.gvrec.ca for dates and fees.

PROGRAM REGISTRATION DATES

FALL: Vernon, Coldstream and Area B and C residents -

Mon, Aug 28 | 7:30am All Areas - Fri, Sep 1 |

7:30am

WINTER: Vernon residents - Mon, Nov 20 | 7:30am All

Areas - Fri, Nov 24 | 7:30am

DOG & PUPPY CLASSES

Dog & Puppy Obedience Courses

Recreation services is pleased to be offering these programs once again. Please note that all dogs/puppies require two sets of shots. Please bring proof to the first class. Do not bring your pet to class if they are in heat; you are welcome to attend to gain the learning.

Dog Obedience

Dog Obedience is for dogs 6 months and older and must have two sets of shots. This course will cover basic commands and will be held indoors. Please bring proof of shots to the first class.

Tue 5:30-6:30pm Creekside Main

Instructor

We would like to welcome Barbara to the Recreation Services team! She has been handling and showing dogs for 35 years. Her love of dogs has led her to a versatile background in the dog world where she has knowledge in showing, obedience, agility and tricks titles.

Puppy Socialization

This program is for anyone who would like to socialize their puppies. While it is not as structured as the Handling course, puppies will learn some leash training, manners and basic safety. All puppies must have their second set of shots (proof required at first class).

Tue 6:45-7:45pm Creekside Main



Parent Date Night Youth Care

Come drop your kids off with us for fun active gym games with our Youth Leaders while you enjoy some weekend adult time. Get groceries or go for dinner! Select Saturdays 6:00-8:00pm Dogwood Gym Register at www.gvrec.ca under Youth Programs.

FLY TYING

Fly Tying

Sponsored by the Kalamalka Fly Fishers, this is an ideal course for beginners or people who would like a refresher or upgrade. Fly construction will be emphasized along with fly fishing methods, presentation and aquatic entomology. This is a great introduction to this lifetime sport. Venture Training Facility at 4607 23rd Street, Vernon.

Tue 7:00-9:00pm Jan to Mar

A \$10-\$15 material fee is payable to the club the first night. The club will supply all equipment and materials necessary. Students are welcome to bring tying tools if they have them.

WINTER Registration: Vernon residents - Mon, Nov 20 | 7:30am All Areas - Fri, Nov 24 | 7:30am

DROP IN SPORTS 18+

All community sport drop-ins are run as co-ed non-structured activities. Drop-in is now run as an activity reservation, so you can pre-register for a spot. Hop online to register for your spot up to 48 hours in advance. Visit www.gvrec.ca to see what is available.

| | Sport | Time | Location |
|------------|--|--|--|
| Sun | Floor Hockey | 6:30-8:00pm | Priest Valley Gym |
| Mon | Pickleball | 10:00-11:30am | Priest Valley Gym |
| Tue | Badminton 18+ Basketball Volleyball | 1:00-2:30pm 5:45-7:00pm 7:30-9:30pm | Priest Valley Gym Priest Valley Gym Priest Valley Gym |
| Thu | Pickleball Badminton Table Tennis Advanced Volleyball | 10:00-11:30am 1:00-2:30pm 6:30-9:30pm 7:30-9:30pm | Priest Valley Gym Priest Valley Gym TBA Priest Valley Gym |
| Fri | Touch Tennis Floor Hockey | 11:00-12:30pm 5:30-7:00pm | Priest Valley Gym Priest Valley Gym |

ADULT/TEEN



COURT SPORTS

Pickleball - Learn to Play

Are you interested in learning this fun, easy on the joints sport? Our certified Pickleball coaches from BottMan Sport will get you rolling with conditioning, skill drills and game play. Beginner and Intermediate options.

Thu 6:00-7:00pm.



YOUTH/TEEN DROP IN SPORTS

Teen Drop In Sports

Youth Drop In Sports are free for those 17 and under. Please pre-register 48 hours in advance either online or in person at the Recreation Centre Front Desk when you arrive.

Basketball 11-14 yrs

A chance to shoot hoops and play a pick up game with friends. Bring your own ball or use one of ours.

Tue/Thu 5:15-6:15pm Dogwood Gym

Volleyball 13-17 yrs

A net is set up in the Dogwood Gym. One play ball is provided to start a game.

Wed 4:45-5:45pm Dogwood Gym

VOLLEYBALL

King/Queen of the Court

Top calibre competitive league. For teams that use offensive systems and block and spike consistently.

Three match ups per week, 75 min game times.

Tier 1 and 2

For teams that use offensive systems and block and spike consistently.

One match up per week, 60 min game times.

Recreational Leagues

Teams with a lower skill level that try to use a basic system and try to block & spike, but the results aren't always spectacular.

One match up per week, 60 min game times.



| Leagues | Day | Time | Fall Dates | Winter Dates | Location |
|---------------------|------|--------------|------------------------------------|----------------------------------|--|
| King of Court | Mon | 6:00-10:30pm | Oct 16 - Dec 11 No games Nov 13 | Jan 8 - Mar 4 No games Feb 19 | Priest Valley Gym |
| Queen of the Court | Wed | 6:00-10:30pm | Oct 4 - Dec 6 | Jan 10 - Mar 6 | Priest Valley Gym |
| Coed Tier 1 and 2 | Tues | 6:30-9:30pm | Oct 3 - Dec 5 | Jan 9 - Mar 5 | Dogwood Gym |
| Womens Tier 1 and 2 | Wed | 6:00-10:00pm | Oct 4 - Dec 6 | Jan 10 - Mar 6 | Dogwood Gym and Silver Star School Gym |
| Rec Coed | Mon | 6:00-10:30pm | Oct 16 - Dec 11 No games Nov 13 | Jan 8 - Mar 4 No games Feb 19 | Dogwood Gym and Silver Star School Gym |
| Women's Rec | Thu | 6:30-9:30pm | Oct 5 - Dec 7 | Jan 11 - Mar 7 | Dogwood Gym |

Please register in the pool you believe your team is best suited for. Players must be 17 years and over and not attending high school. If unsure which pool to register in, contact playsports@vernon.ca.

Team representatives (person registering the team), will be considered the team's ambassador. This person will be responsible for submitting the roster in a timely manner and will receive the schedule information to the email on their account file.

Only Team Captains register. We do not register singles or create teams.

www.vernonvolleyball.ca

Join A Team

You want to play, but you don't have a team! We have lots of ways to get you in the game.

You can participate by joining a team. You can get hooked up with a team by posting your details on our Facebook page.

www.facebook.com/VernonVolleyball/

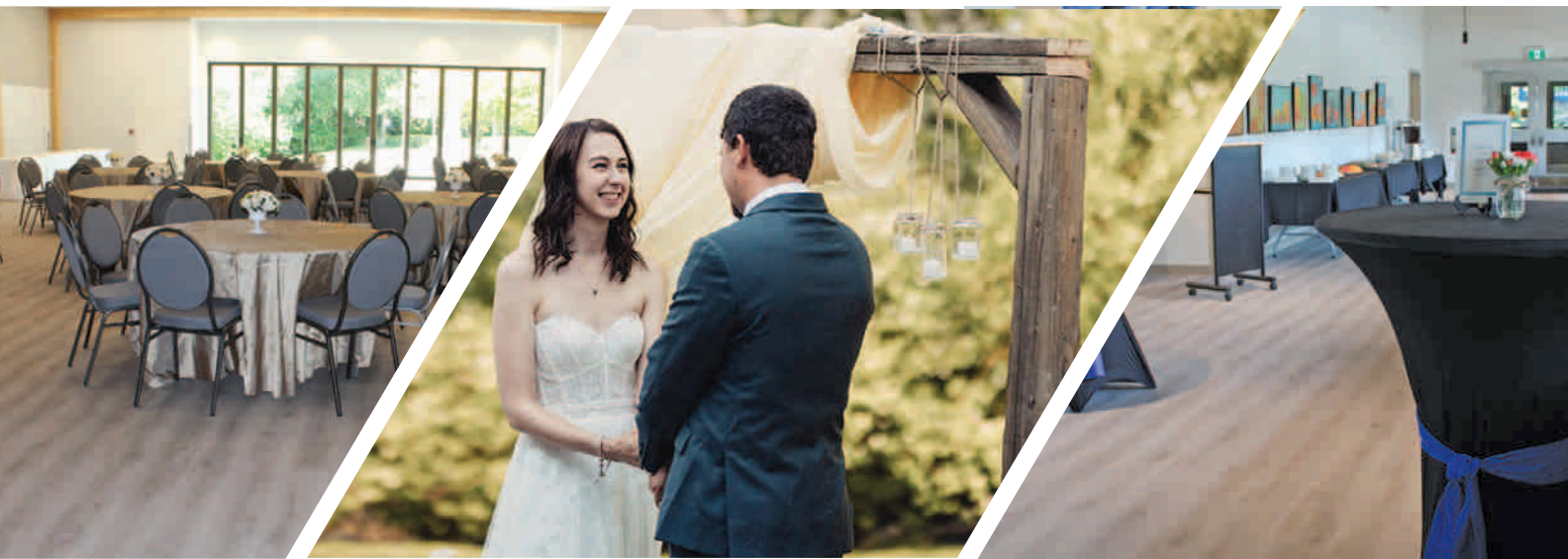
Another great way to find a team and connect with community is by joining drop in volleyball on Tue and Thur nights in the Priest Valley Gym. See page 31.



Want to be a Volleyball Ref?

We are always hiring volleyball referees for our Fall and Winter Indoor Leagues and Spring/Summer Beach Leagues. What do you need? A complete criminal record check, knowledge and passion for the game, a willingness to learn and a positive attitude and availability for training.

If you would like to learn more contact playsports@vernon.ca.



Create an Event to Remember at the Coldstream Community Hall

We invite you to book our fully equipped, state-of-the-art facility for events that mark life's memorable moments.

A premium venue with versatile spaces and all-inclusive rates including:

- ✓ Light-filled gallery entrance
- ✓ Stunning hall with wood beam ceiling
- ✓ Private terrace backing onto greenspace with articulating doors
- ✓ Fully equipped kitchen with catering supplies for 210
- ✓ Main hall capacity: 210 banquet and 300 theatre style
- ✓ Meeting room capacity: 42 banquet and 55 theatre style
- ✓ Retractable stage
- ✓ Wifi and top-tired projection and sound system
- ✓ Wheelchair accessible facility and washrooms

We believe Hosts should be able to enjoy their day too! So, we are putting our 30+ years of experience to work for you! Confidently plan your event knowing the facility has everything you need, and our team is here to guide you through the paperwork and be on-site throughout the event day.



Book a Tour or Request a Rental Package www.coldstream.ca or call 236-600-0030 | 9909 Kalamalka Road, Coldstream



Independent Living Vernon

Promoting a new perspective on disability

Services for People with Disabilities

Disability Parking Placards: Permits allow people with mobility disabilities to park in designated parking spots. Permits are issued to qualified applicants upon receipt of the completed application-medical professional approval required. \$22.00 processing fee is required.

Peer Support: People with disabilities can meet to participate in social and recreational activities. Please contact the office for the schedule of activities. Youth with disabilities between the ages of 16-29 years.

Information & Referral: Find out about community resources and government programs. Some examples are the Disability Tax Credit, Registered Disability Savings Plan, or Fuel Tax Rebates.

Free computer and Internet access. 2 computers are available for anyone to use.



Accessible Physical Activities for people with disabilities

Trailrider: IL Vernon has 2 Black Diamond Trailriders available for people with a variety of disabilities to go hiking on moderate to advanced trails around the North Okanagan. \$10.00 rental fee or a \$25.00 ILV yearly membership.

Moving for Independence: First Sunday of every May come and participate in a fun moving event to raise money for ILV. \$20.00 registration fee includes event, lunch, and prizes.

For more information on the services offered by Independent Living Vernon:

Address: #107, 3402-27th Avenue, Vernon (People Place)

Phone: 250-545-9292 or Toll Free: 1-877-288-1088

Email: info@ilvernon.ca

Website: <http://ilvernon.ca>

Facebook: Independent Living Vernon

Twitter: @ILVernon

Text # 778-212-4375

Hours: Monday to Thursday, 8:30am-4:00pm; Friday by appointment only

More accessible physical activities for people with disabilities

Adaptive Rowing: Vernon Rowing Paddling Club is open to all people with a variety of disabilities and is the largest in western Canada. Contact Lisa George at the Vernon Rowing and Paddling Centre at lisa@gorowandpaddle.org.

Beach Access: Wheelchair beach access ramp at Paddle Wheel Park, next to Paddle Wheel Hall.

75% discount for People with Disabilities through Vernon Parks and Recreation. For more information, contact 250-545-6035.

SCAN ME 

THE ROSTER SPORTS CLUB
Bar & Grill

BE FIT. HAVE FUN

The Sports Club with something for everyone!

REGISTER NOW
rostersvernon.com

ACTIVITIES & SQUASH PROGRAMS

- ✓ Wallyball
- ✓ Pickleball
- ✓ Kids' Camps
- ✓ Virtual Golf
- ✓ Table Tennis
- ✓ Racquetball
- ✓ Darts League

JUNIOR SQUASH AGES 4-16
BEGINNERS SQUASH
LADIES' NIGHT SQUASH
SQUASH LEAGUE ALL LEVELS
PRIVATE LESSONS

Meet you at The Roster!

(250.519.0444) | rostersvernon@gmail.com | 2319 53rd Avenue, Vernon, BC

FUN Activities Adults 50 +

- Nordic pole walking & gentle stretching
- NoodleSteppin – beginner line dancing & gentle strength training combo classes
- Fitness classes for retirement residences
- Snowshoeing – gentle introductions & regular adventures in winter wonderland
- Fun, safe, friendly, physical & mental health boost; different levels available

Noodlelegs

Health & Fitness 

250.549.6778

www.noodlelegs.ca

Socialize while you exercise!

Sparkling Hill
RESORT

Book your spa-cation now.

Disconnect from the world in our European-inspired 40,000 sq. ft. KurSpa. It is the perfect place for rejuvenation with its seven uniquely themed steams & saunas, heated year-round outdoor infinity pool, over 100 spa services & more.

Scan to book: 

REGISTER NOW FOR 2023-2024 SEASON

Programs run September – March at Kal Tire Place

Learn to Skate with Intro 6 \$195

Register anytime at <https://icereg.ca/#!/events/948-try-it-speedskating-session>

- Masters, Recreational & Competitive Groups
- Family Rates
- Skate Rentals Available

  **vernonspeedskatingclub.com**

For more information, please contact vernonvortex@gmail.com

DISCOVER RINGETTE

The fastest game on ice!

**HAVE FUN
MAKE FRIENDS
TAKE ON A NEW CHALLENGE**

**Come experience the fun of Ringette!
Ages 4 – adult
No experience necessary**

www.vernonringette.com

Our Programs

Our club provides your child all the tools needed to progress in skating. From **learning to skate**, **developing figure skaters**, **hockey and ringette players looking to accelerate their skills** and **competitive figure skating**. Our professional coaches allow each skater progress at their own rate while having fun!

**Learn to skate
And have fun!**

Vernon Figure Skating Club is a non-profit organization that gives young skaters a positive learning environment, while motivating them to achieve their personal goals both on and off the ice.

More than just Figure Skating!

FALL REGISTRATION NOW OPEN

vernonfigureskatingclub.com



WORKING SMOKE ALARMS SAVE LIVES

When Daylight Saving Time ends on November 5, remember to check the batteries in your smoke alarm and carbon monoxide detector.

www.vernon.ca/fire-safety

FITNESS AT A GLANCE

| MON | TUE | WED | THU | FRI |
|--|--|---|--|--|
| no classes Oct 2/9, Nov 13 | See page 41 for daily Aquafit programs. | | | |
| | Osteofit for Life 9:00-10:00am Halina Room | | Osteofit for Life 9:00-10:00am Halina Room | |
| Fit ABC's II 9:00-10:00am Creekside Main | Fit Happens! 9:00-10:15am Creekside Main | Fit ABC's II 9:00-10:00am Creekside Main | Yoga Slow Flow 8:45-10:00am Sunrise Room | For the Fit of It Drop In 9:00-10:00am Creekside Main see online for dates. |
| | Wudang Tai Chi 9:30-10:30am Sunrise Room | | | |
| | Osteofit I 10:15-11:15am Halina Room | Yoga for Older Adults 10:00-11:15am Lakers Clubhouse | Osteofit I 10:15-11:15am Halina Room | <p>For dates, fees and new programs please visit www.gvrec.ca under Fitness programs or drop by the Recreation Centre for a Fitness flyer.</p> <p>For more information contact activeliving@vernon.ca or 250-550-3672.</p> |
| Get Up & Go! 10:15-11:15am Sunrise Room | | Get Up & Go! 10:15-11:15am Sunrise Room | | |
| Step it Up! 10:45-11:45am Creekside Main | Gentle Yoga 10:45-12:00pm Sunrise Room | Step it Up! 10:45-11:45am Creekside Main | Zumba Gold 11:30-12:30pm Sunrise Room | |
| Get Up & Go! 11:30-12:30pm Sunrise Room | Choose to Move 1:00-2:00pm Sunset Room | Get Up & Go! 11:30-12:30pm Sunrise Room | | |
| Fit ABC's I 1:00-2:00pm Creekside Main | Minds in Motion 1:00-2:30pm Sunrise Room | Fit ABC's I 1:00-2:00pm Creekside Main | Gentle Yoga 1:00-2:15pm Sunrise Room | |
| | Aqua Rehab Drop In 2:05-2:50pm Lap Pool Shallow End | Zumba Kids 4-7yrs 3:15-3:45pm Sunrise Room | Aqua Rehab Drop In 2:05-2:50pm Lap Pool Shallow End | |
| Off Season Cycle 5:30-6:45pm Creekside Main | | Zumba Kids 7-12yrs 4:00-4:45pm Sunrise Room | | |
| | | Zumba 5:00-6:00pm Sunrise Room | HIIT Bootcamp 6:00-6:30pm Creekside Main | |
| | Evening Aquafit 7:10-8:00pm | Yoga Fit 6:15-7:15pm Sunrise Room | Evening Aquafit 7:10-8:00pm | |



PROGRAM REGISTRATION DATES

FALL:

Mon, Aug 28 at 7:30am | Vernon, Coldstream, Area B & C residents
Fri, Sep 1 at 7:30am | All Areas

WINTER:

Mon, Nov 20 at 7:30am | Vernon residents
Fri, Nov 24 at 7:30am | All Areas

Join the Team!

Our Fitness Department is growing! Join our team and help us further grow our programs and services. Apply with a resume, cover letter and criminal record check.
Email: activeliving@vernon.ca

Fit Happens!

Your overall health is good, you're quite active, but you're also noticing that things aren't responding quite like they used to. This class is designed to keep you on your toes, challenge you a bit and have fun doing it! It will help round out your overall fitness and functional capacity, the ability to move well, confidently and feel good doing it. Expect variety and fun as we challenge your overall fitness, including parts that may get ignored as we age – agility, balance, power and coordination.

This class is geared toward generally healthy adults, who are able to move through a variety of exercises and effort levels. Expect cardio, strength, plus all the great stuff listed above.

Recommended: Bring your own mat.

Tue 9:00-10:15am Creekside Main

Fit ABC'S

Fit ABC'S (Agility, Balance, Core & Strength) is a fitness class for those that are generally healthy and are looking for a light to moderate fun, fitness class with a focus on improving balance, strength and core stability.

Level I (intro) and Level II (advanced). Level II participants must be able to get up and down from the floor unassisted.

Recommended: Bring your own mat Level II only.

Required: Bring your own resistance band.

Level I Mon/Wed 1:00-2:00pm

Level II Mon/Wed 9:00-10:00am

Off Season Cycling

Designed for cyclists who want to continue to train during the off season. Classes will help you maintain and improve your cycling fitness during the winter months. Each class will build throughout the season to include technique and coordination, endurance, strength and power training. Each class will end with a core workout and stretch.

Bring your bike and join the fun.

Recommended: Bring your own mat.

Mon 5:30-6:45pm Creekside Main

For the Fit of it Friday - Drop In NEW!

For the Fun of it! For the Fit of it!

Always changing, always fun, always something new! This is a moderate intensity fitness drop in class that will change weekly depending on the instructor, their fitness plan and their style! This full body workout will be different week to week but will still give you a great, safe, fun workout that you can be proud of! Kickstart your weekend with For the Fit of it Fridays! Our rotating Instructors look forward to seeing you there!

Fri 9:00-10:00am Creekside Main



Step it up! NEW!

It's time to step it up! If you've been attending Fit ABC's or other beginner fitness classes for a while and feel like you are ready for the next "step", this class is for you! In this moderate intensity class we will be adding in some cardio and getting some steps in! We will focus on building the big, small and core muscles while developing strength that will help us continue to do the things we love day to day for years to come! Let's set some goals and reach them together!

Must be able to get up and down from the floor unassisted.

Recommended: Bring your own mat.

Mon/Wed 10:45-11:45 Creekside Main

HIIT Bootcamp

Get it done in 30 minutes!

Highly effective. This is a high intensity timed interval training class. There is an 8 station circuit that is repeated 3 times. 50 seconds per station with 10 seconds rest in between.

Be prepared to sweat. This is a real burner!

Thu 6:00-6:30pm Creekside Main

This is a drop-in program. You must be able to get up and down from the floor unassisted.

Required: bring your own resistance band.

Recommended: bring your own mat.

Drop In Options:

You can sign up 48 hours in advance online, or you can drop in on the day of the program, as space permits. See dates, times, fees online at www.gvrec.ca/Activities & Programs/Fitness Drop In.

SPECIALTY FITNESS PROGRAMS

Get Up & Go!

The *Get Up & Go!* program offers an entry level exercise program for seniors with balance, mobility impairments and/or chronic disease. The class will lead you through 3 phases of a safe and effective exercise program: warm up and cardio; strengthening with bands and light weights; stretching.

Required: Bring your own resistance band.

| | | |
|---------|---------------|--------------|
| Mon/Wed | 10:15-11:15am | Sunrise Room |
| Mon/Wed | 11:30-12:30pm | Sunrise Room |

Osteofit 1

The BC Women's Hospital & Health Centre's Osteofit program provides a gentle strength, balance and coordination program designed to improve fitness while promoting healthy bones for people with Osteoporosis.

Required: Bring your own resistance band.

| | | |
|---------|---------------|-------------|
| Tue/Thu | 10:15-11:15am | Halina Room |
|---------|---------------|-------------|

Osteofit For Life

Want to improve your posture, balance and strength? Join in this fun, simple, gentle fitness class. Easy aerobic routines warm you up before concentrating on core strength and postural exercises. Exercise bands, tubes and hand weights are used in this light to moderate intensity class intended for people with Osteoporosis and graduates of Osteofit 1.

Recommended: Bring your own mat.

Required: Bring your own resistance band.

| | | |
|---------|--------------|-------------|
| Tue/Thu | 9:00-10:00am | Halina Room |
|---------|--------------|-------------|

Choose to Move

Are you 65 and older and looking for motivation to become physically active? Join Choose to Move to help introduce the habit of physical activity into your daily life in ways that make sense for you. Choose to Move is free and flexible, and provides you with motivation and support to become more active. In Choose to Move, you receive both individual and group support. You will work with a trained activity coach to develop and stick to a physical activity plan made just for you. You choose activities that you know you will enjoy and are able to do! You will also join a group of other Choose to Movers to share successes and challenges. With the help of your activity coach and support group, you will find the motivation and accountability you need to achieve your goals. To learn more visit www.choosetomove.info/.



Minds in Motion

A fitness and social program for people living with any form of early-stage dementia along with a care partner or friend. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend.

Required: Bring your own resistance band.

| | | |
|-----|-------------|--------------|
| Tue | 1:00-2:30pm | Sunrise Room |
|-----|-------------|--------------|

Need a resistance band? We have them for sale at the Recreation Centre Front Desk.

Choose to Move

Choose to Move | Info Session

Pre-register for this information session to learn more about the program.

| | | |
|-----------------------|-------------|------|
| Tue, Sep 19 | 1:00-2:30pm | Free |
| Location: Sunset Room | | |

Choose to Move | Program

This one-to-one program runs for 12 weeks with 8 group meetings. Registration for the program will open after the Info Session. Register for the Info Session to learn more.

Group Meetings

| | | |
|--|-------------|------|
| Tuesdays | 1:00-2:30pm | Free |
| Sep 26, Oct 10, 17, 24, 31, Nov 14, 28, Dec 12 | | |

PROGRAM REGISTRATION DATES

FALL: Vernon, Coldstream and Area B and C residents - Mon, Aug 28 | 7:30am All Areas - Fri, Sep 1 | 7:30am

WINTER: Vernon residents - Mon, Nov 20 | 7:30am All Areas - Fri, Nov 24 | 7:30am



| Mon | Tue | Wed | Thu | Fri |
|---|------------------------------------|----------------------------------|------------------------------------|-----------------------------------|
| Aquafit II 8:35-9:25am | Deep Water 8:35-9:25am | Aquafit II 8:35-9:25am | Deep Water 8:35-9:25am | Aquafit II 8:35-9:25am |
| Aquafit II 9:35-10:25am | | Aquafit I 9:35-10:25am | | Aquafit II 9:35-10:25am |
| Drop-Ins Drop-Ins will be accepted once the minimum number of 12 registrants is reached. Drop-Ins will be limited depending on the number of registrants. | | | | |
| | Evening Aqua 7:10-8:00pm | | Evening Aqua 7:10-8:00pm | |

Please register for these programs.

Session dates and fees can be found online at www.gvrec.ca

Aquafit I

Low impact, mild intensity shallow water class. Aquafit I will improve general fitness levels and include strength sets using water resistance. Ideal for those that want to enhance balance, coordination and overall fitness; great class for those who are new to aquafit, pre/post natal and/or moving up from Aqua Rehab.

Wed 9:35-10:25am

Aquafit II

Includes a variety of exercises using anchored, light bounce, propulsion and suspension in shallow water. This is a low impact, mid-high intensity class that will improve cardiovascular and muscular endurance, flexibility and muscle tone.

Mon 8:35-9:25am & 9:35-10:25am

Wed 8:35-9:25am

Fri 8:35-9:25am & 9:35-10:25am

Deep Water

This is a moderate to high intensity fitness class held in the deep end. Participants wear a “fitness belt” to provide flotation while they are in the deep water. The class is great as there is no impact and provides an exceptional workout.

Tues 8:35-9:25am

Thur 8:35-9:25am

Evening Aqua

Join us for water fitness classes that use light bounce, propulsion and suspension in shallow water. Improve your cardio, core and muscle tone with this challenging evening class.

Tues 7:10-8:00pm

Thur 7:10-8:00pm

AQUA REHAB | DROP IN

Aqua Rehab

Aqua Rehab focuses on restoring, maintaining and increasing joint range of motion and muscle strength. It will improve posture, flexibility, balance, coordination and endurance. It is suitable for those who are rehabilitating after surgery, injury or who may have a long term disability. This is an entry level class held in the shallow end of the lap pool. A doctor or therapist referral is required to participate.

Tue 2:05-2:50pm

Thu 2:05-2:50pm

Fees: Single Drop In \$7.97 | 10x Pass \$75.48

Two ways to attend:

1. Drop In, or
2. Pre-register online up to 48 hours in advance. Contact activeliving@vernon.ca for information.

Schedules subject to change.

ZUMBA

Zumba

Zumba is for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. Zumba takes the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Zumba offers a total workout, combining all elements of fitness -

cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each class.

Wed 5:00-6:00pm Sunrise Room

Zumba Gold

Zumba Gold is for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography to Latin and world rhythms that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong.

Thu 11:30-12:30pm Sunrise Room

Zumba Kids NEW!

Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps and add games, activities and cultural exploration elements into the class structure. This program features age-appropriate music and moves that get kids movin’ to the beat. It’s all about feeling fearless on the dance floor, reinforcing the idea that it’s okay to just be yourself and dance like no one’s watching! Find more info at www.gvrec.ca under Fitness & Wellness/Zumba.

4-7yrs

Wed 3:15-3:45pm Sunrise Room

7-12yrs

Wed 4:00-4:45pm Sunrise Room

Visit www.gvrec.ca under Programs & Activities, Fitness & Wellness/Zumba.



A PLACE TO MEET OTHER 50 PLUS FRIENDS



The Halina Centre addresses the Social, Educational, and Recreational interests of those 50+, helping to enhance the quality of their lives.

HERE'S WHAT'S AVAILABLE

- All activities are on the main floor (Billiards room is downstairs)
- Daily/Weekly Events to meet friends/ make new ones
- Stage - large / small tables / padded chairs
- Cafe - Homemade soups and sandwiches, baking
- Craft shop
- Library - Take a book / return
- Handicap / Unisex / Regular Bathrooms
- Free accessible public parking
- Handicap parking
- Scooter parking area
- Hearing loop (for hearing aid users)

NEW PROGRAMS & ACTIVITIES BEING OFFERED ALL THE TIME VISIT OUR WEBSITE WWW.HALINACENTRE.COM

HOURS: Monday - Friday 8:30am - 4:30pm | 3310 - 37th Avenue, Vernon, BC in the Vernon Recreation Centre Phone 250-542-2877 • email: halinaseniors@telus.net



Gentle Yoga

Gentle yoga is perfect for people who want to try yoga for the first time or for those who are looking for a softer approach to their practice. In this class we will combine gentle yoga poses with breathing exercises and restorative postures to stretch and strengthen the body, reduce stress, and calm the mind. Everyone is welcome to practice yoga in the supportive environment. No yoga experience is required.

Recommended: Bring your own mat.

| | | |
|-----|---------------|--------------|
| Tue | 10:45-12:00pm | Sunrise Room |
| Thu | 1:00-2:15pm | Sunrise Room |

Yoga Slow Flow

Slow Flow is a fusion meant to move you through stretching asanas for soothing tight muscles, joints and the connective tissue or fascia. Also, aiming to improve balance and awareness, this class will relax and reward your body and mind. Participants must be able to get up and down from the floor unassisted. This is an ideal program for active individuals of any age.

Recommended: Bring your own mat.

| | | |
|-----|--------------|--------------|
| Thu | 8:45-10:00am | Sunrise Room |
|-----|--------------|--------------|

For dates and fees please visit www.gvrec.ca under Fitness programs or drop by the Recreation Centre for a Fitness flyer.



Yoga Fit

Yoga Fit classes offer a higher intensity yoga experience. In addition to elongating, stretching and relaxation, Yoga Fit focuses on yoga poses that strengthen and build muscle. This is an ideal class for individuals looking for a more challenging yoga experience.

Recommended: Bring your own mat.

| | | |
|-----|-------------|--------------|
| Wed | 6:15-7:15pm | Sunrise Room |
|-----|-------------|--------------|

Yoga for Older Adults

Relieve stress and release tension with a gentle exploration of essential yoga postures, breathing techniques and relaxation tools designed to safely allow you to experience the benefits of Hatha Yoga. Participants must be able to get up and down from the floor unassisted.

Recommended: Bring your own mat.

| | | |
|-----|---------------|---------------|
| Wed | 10:00-11:15am | Lakers Clbhse |
|-----|---------------|---------------|

Wudang Tai Chi **NEW!**

Looking for a way to Improve your balance and flexibility? This weekly 60-minute Tai Chi class is accessible for all experience levels. Traditional Chinese Tai Chi is an excellent way to build strength and mobility through slow mindful movement. The class will start with basic Tai Chi movements and build upon them to work through the Wudang short form Tai Chi 28. This is standing based program; participants will need to be able to move independently and not rely on a walker/cane/chair.

| | | |
|-----|--------------|--------------|
| Tue | 9:30-10:30am | Sunrise Room |
|-----|--------------|--------------|

Introducing Melanie

Melanie started her Kung Fu journey at the age of 10 years old. After years of watching different famous martial artists like Bruce Lee and Chuck Norris, she decided that she wanted to try something a little outside of the box for a typical girl in rural Alberta. In 2009, Melanie, with her sister, enrolled in a 5-year intensive training program in the Wudang mountains in central China. Training for 8 hours/day, 6 days/week gave her something most martial artists never have the opportunity to experience, complete immersion into her studies of Daoist Kung Fu, Tai Chi and Qi Gong. After returning home in 2014, she achieved the rank of black belt in Kempo Kung Fu in Stony Plain, AB and went on to achieve her second degree in 2019. She moved to Falkland in 2021 and has been working on settling in with her 4 year old daughter.

Shepherd's

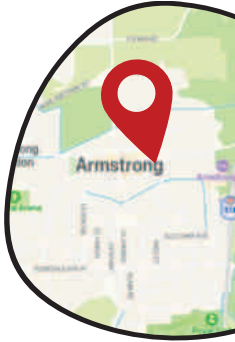
Home hardware building centre
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Outdoor Living Centre

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3525 Mill Street, Armstrong BC V0E 1B0

Need help building and designing your home? We can help with that! What about furnishing your outdoor living space? We've got the perfect store to help you with that too.

Big projects to little ones, everyday house hold items to powers tools; you need it, we've got it!



THREE STORES TO SERVE YOU



VERNON FARMERS' MARKET

Supporting local growers, makers and bakers for over 40 years we offer it all! Choose from the freshest seasonal fruits and vegetables, meats, cheese, plants and flowers. Shopping for original one-of-a-kind items is easy with talented artisans including painters, jewellery, pottery, crafts, clothing and so much more. Come taste our gourmet foods and baking or stop in for lunch at a food truck. There's plenty of free onsite parking so bring the whole family!

MONDAY & THURSDAY, 8-1pm until the end of October, KAL TIRE PLACE (North Lot)

vernonfarmersmarket.ca · vernonmarket@hotmail.com

**FALL FESTIVAL: Saturday November 11
9-4pm, Vernon Recreation Centre**

BIRTHDAY PARTIES

ROLLER SKATING

ICE SKATING

MOVIE PARTIES

HALL RENTALS

Everyone Plays!



Armstrong Spallumcheen Parks & Recreation
Operated by Carlon Management Services Ltd.

250-546-9456 — www.asprd.com

IT'S FALL Y'ALL



Here are some family fun activities and events to enjoy this Fall!



Armstrong Farmers Market
Until October

Bloom Sunflower Festival
Sept 21st-Oct 1st

Barn Quilt Trail
Self-Guided Tour

**Great Spallumcheen
Food & Farm Festival**
Sept 24th

**Armstrong Spallumcheen Art
Gallery**

**CC Bloom
Autumn Love Market**
Sept 30th

Shows Aug - Sept 23rd;
Sept 28th - Oct 21th; Oct 26th - Nov 22th

Farmstrong Cider Co.
Bookable Cidery Tours
www.farmstrongcider.com/

Pumpkin Harvest Festival
Thanksgiving Weekend

**Sparrow Grass Field & Flowers
Heritage Pumpkin Patch**
September - TBA

**Pumpkin Harvest Festival
Family Day**
Oct 7th

**O'Keefe Ranch
Murder Mystery**
Sept 14th-16th & 21st-23rd

**Caravan Farm Theatre
Walk of Terror**
Oct 28th

Scarecrows in the Street
Sept 21st-Oct 10th

Downtown Trick or Treat
Oct 31

*For more information on these and other events or to plan
a visit, check out our websites and social medias*

@tourismarmstrong
@aschamberofcommerce



WE'RE HERE ALL YEAR! CHECK OUT SOME OF THE EVENTS
AND ACTIVITIES OFFERED THIS SEASON

www.aschamber.com
www.tourismarmstrongspall.com

spineandsportsvernon.com



SPINE & SPORTS
PHYSICAL THERAPY
"MASSAGE THERAPY"

250.545.6030
201, 4710 31 Street Vernon, BC



PHYSIOTHERAPISTS:
Cheryl Witter • Cori Hanan
Kayla Comstock • Mara Boaru
Maggie Suranko • Jessica Sehn



REGISTERED MASSAGE THERAPISTS:
Carla Buchanan • Adam Pitney
• Cassie Poch • Hannah Stanley



KINESIOLOGIST:
Lexie Gourdine



ALWAYS A REASON



VILLAGE GREEN
SHOPPING CENTRE

OVER 60 STORES TO CHOOSE FROM



Visit villagegreencentre.com



**Come out
and Curl
with us!**

Leagues for all ages 6-96 ...
from beginner to advanced



Vernon Curling Club • (250) 542-6713

vernoncurling.ca

LOW IMPACT EXERCISE • SOCIAL CONNECTION • MENTAL WORKOUT

EASY TO LEARN • NORTH AMERICAN FOLK DANCE • MODERN MUSIC

SQUARE DANCING

Give it a Whirl!



STAR COUNTRY SQUARES
VERNON, B.C.



| | |
|---|-----------------------|
| Starting September 7, 2023 | Starting January 2024 |
| 15 week program | 15 week program |
| \$150 | \$150 |
| <i>(Plus a small yearly Membership Fee)</i> | |

Vernon Recreation Centre — Halina Activity Room
Youth & Family Rates Negotiable

Call or Text Roxy: 250 540-9877
Facebook: Star Country Squares
starcountrysquares.wix.com/star-country-squares

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WE ARE NORDIC

**YOUR NORDIC
CANDY STORE!**

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Stussi Sport, 404 - 5000 Silver Star Rd.
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stussisport@shaw.ca
www.stussisport.com

Welcome to the breathtaking Okanagan!

Buying or Selling Real Estate? Let me be your expert guide!



RE/MAX Vernon



RE/MAX HALL OF FAME



PLATINUM

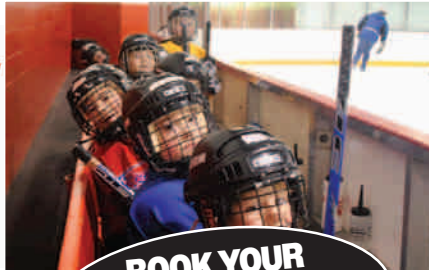
ALL of my listings get professional 3D Matterport Virtual Tours —call me!
Maria Besso (250) 308-1152 ❖ bessohomes@gmail.com ❖ www.besso.ca

HEADS UP DRIVERS



During these darker days, keep your **head up** for other road users on roadways and at all intersections.

WE NOW DO ONLINE BOOKINGS!



BOOK YOUR BIRTHDAY PARTY AT THE OTR

MIKE BURKE

 e: otrmike@telus.net
CALL 250-307-4110
 FOR DETAILS

- HOCKEY SCHOOL • POWER SKATING
- CONDITIONING • STICK HANDLING
- SHOOTING • GROUP OR PRIVATE LESSON

PRIVATE 1 ON 1 LESSONS AVAILABLE
 1 hour session - incl ice and instruction starting at \$150.00

FALL & WINTER PROGRAMS - REGISTER NOW!

FALL 2023 KIDS PROGRAMS

The OTR is proud to have Pauline Hill coordinating our Kids Skating Programs!

KIDS FUN HOCKEY - WEDNESDAY & FRIDAY NIGHTS:

22 WEEK PROGRAM - 2 WEEK BREAK AT CHRISTMAS
WEDNESDAY NIGHT: 22 Sessions Oct. 4 to Mar. 13 (excls. Dec. 20 & Dec. 27) \$525 & Jersey

4:00 to 5:00 PM Ages 5 to 8 yrs Old
5:00 to 6:00 PM Ages 9 to 13 yrs Old

FRIDAY NIGHT: 22 Sessions, Oct. 6 to Mar. 15 (excls. Dec. 22 and Dec. 29) \$525 & Jersey

4:00 to 5:00 PM Ages 5 to 7 yrs Old
5:00 to 6:00 PM Ages 9 to 13 yrs Old

LITTLE VIPERS LEARN TO PLAY HOCKEY:

8:00 to 9:00 AM

FALL: SATURDAYS: 10 Sessions Oct.7 to Dec. 9 for \$230

WINTER: SATURDAYS: 10 Sessions Jan. 6 to Mar. 9 for \$230

MINI & MIGHTY MITES HOCKEY:

Age 4 to 6 yrs Old, 3:15- 4:00 PM

FALL: WED & FRI AVAILABLE

WINTER: WED & FRI AVAILABLE

CALL FOR DETAILS!

KIDS LEARN TO SKATE WITH PAULINE HILL:

9:00 to 10:00 AM

FALL: SATURDAYS: 10 Sessions Oct. 7 to Dec. 9 for \$230

WINTER: SATURDAYS: 10 Sessions Jan. 6 to Mar. 10 for \$230

ADVANCED SKATE: 10:15 to 11:15 AM

FALL: SATURDAYS: 10 Sessions Oct. 7 to Dec. 9 for \$230

WINTER: SATURDAYS: 10 Sessions Jan. 6 to Mar. 10 for \$230

**Potential overflow Learn to Skate 8am, Little Vipers 9am and Advanced Skate 10am programs at the same time on Sundays.*

WE ARE OPEN FOR:

• **EVENT RENTALS** • **BIRTHDAY PARTIES**

Please see our website for information.

WINTER 2024

BEGINNER/INTERMEDIATE SKATE:

Age 3 to 5 yrs Old

BEGINNER: 1:00-1:30 PM

INTERMEDIATE: 1:30-2:00PM

CHOOSE FROM MONDAYS OR THURSDAYS

Jan.8/11 to Mar. 12/15 - \$150

SPRING 2024 KIDS SKATE PROGRAMS

KIDS SPRING FUN HOCKEY:

Kids 5 to 12 yrs Old - Mar. 8 to Apr. 19 - 1 Ice Session a Week.

Pre Novice, Novice, Atom and Pee Wee FUN FUN FUN - All ages and levels! Call for pricing and availability.

**** ADULTS LOOKING FOR SKATING OR HOCKEY? CALL OR CONTACT US THROUGH OUR WEBSITE ****

WE ALSO HAVE LIMITED SPOTS AVAILABLE FOR PRIVATE OR GROUP RENTALS WITH NEW INTRODUCTORY RATES.

DON'T MISS OUT! ICE RENTALS AND PROGRAMS HAVE STARTED ALREADY!



SPRING & SUMMER PROGRAMS

- Kids Programs
- High-Performance Programs
- Skill Development for All Levels & Ages

WWW.OTR.VERNONHOCKEY.COM

REGISTER ONLINE AT

www.vernonotr.com

ENQUIRIES PRIOR TO SEASON, PLEASE LEAVE MESSAGE AS WE CHECK OUR MESSAGES DAILY.

We are located at 5204 27th Avenue, Vernon (behind the Morning Star building)

CALL 250-549-SHOT (7468) FOR ALL YOUR ICE RENTAL & SKATING NEEDS!

KAL TIRE PLACE

3445 - 43rd Avenue

*The Perfect Place
to Make it Happen!*

Big or small, the Kal Tire Place complex is the perfect place to make your event happen!

EVENTS AND MORE

Located in the heart of the Okanagan, Kal Tire Place is the perfect setting and has the versatility to host an assortment of events from concerts to trade shows to rodeos.

Situated in a prime location and close to all amenities. Features include:

- Kal Tire Place: seating capacity 3,000 plus 500 standing room
- Kal Tire Place North: seating capacity 400 plus standing room
- 20,000+ sq. ft. exhibition space in Kal Tire Place
- 17,000+ sq. ft. exhibition space in Kal Tire Place North
- 4 concessions
- various meeting rooms
- in-house catering
- tables, chairs, staging, pipe and drape available
- dressing rooms
- parking for 680 cars & 6 buses, plus an adjacent lot



INDOOR WALKING



The wrap-around upper concourse is used year round by walking enthusiasts. It's free and a great way to stay in shape! View the walking schedule at www.gvrec.ca.

ARENAS FOR RENT

- Kal Tire Place
- Kal Tire Place North
- Priest Valley Arena
- Centennial Outdoor Rink

CONTACT & HOURS

Booking Information: www.kaltireplace.ca

Inquiries Call: 250-550-3257
Email: bookings@vernon.ca
Hours: Mon-Fri
8:00-12:00pm
1:00-4:00pm

SKATING LESSONS

Boots to Blades I 3-5yrs

For 1' il skaters (preschoolers) just learning. Kids will play on the ice with toys and get a great introduction to the skating scene in a fun, non-threatening environment.

Boots to Blades II 3-5yrs

The next step in the Boots to Blades program. For the preschool skater who is able to walk unassisted and is ready for gliding and more advanced skating. Kids must have taken Boots to Blades I or have instructor approval.

Boots to Blades - Days and Times

Mon 3:30-4:00pm

Wed 3:30-4:00pm

Sat 8:30-9:00am

Blades & Pucks 3-6yrs

Your child's first introduction to hockey. Kids will work on skating, puck handling, passing and shooting through age and skill appropriate drills.

Thu 3:15-3:45pm

Sat 9:45-10:15am

RecSkate 1 & 2 5-11 yrs

This is for beginning skaters and those just starting to glide. Skaters will learn standing, balance and forward/backward movement.

RecSkate 3, 4 & 5 5-11 yrs

This is for those for those that have completed RecSkate 2 or equivalent. Skaters should be able to skate backwards proficiently.

RecSkate - Days and Times

Mon 4:00-4:45pm

Wed 4:00-4:45pm

Sat 9:00-9:45am

Rec NHL 6-12 yrs

RecSkate NHL - A non-contact program perfect for youth who are proficient skaters but new to hockey. Players get lots of ice time to develop stick handling and their offensive and defensive skills. Full gear is required.

Thu 3:45-4:45pm

Teen/Adult Lessons 13+ yrs

Want to join the winter fun on ice but don't know how? This class is for you. Come learn the basics of standing and walking on the ice and progress to pushing and gliding with confidence!

Sat 9:45-10:15am

ARENAS



HOCKEY - LEARN TO PLAY

Womens Hockey - Learn to Play 15+ yrs

See page 30 for details.

SPEED SKATING

Intro 6 & 10 3-12 yrs

Vernon Vortex Speed Skating Program

Six or ten introductory sessions including skate rental and safety equipment. Bring your own helmet and gloves. Learn to Skate is our beginner program. This program is developed for skaters, age three and up, who wish to learn techniques specific to our speed skating platform. The focus is on skill development using fun and challenging agility activities, and the lessons help foster a skating passion for life. We follow the SSC Pin Program and test skaters at the end of the season each year. Check www.gvrec.ca for more details.

Fri 4:15-5:00pm

Private Skate Lessons

Private lessons can be arranged to suit your individual needs. Regardless of ability, we can develop lessons to improve your skills. Look online to see a list of all our current private skate lesson times.

The list is updated continuously throughout the year.

Private:

30 min lesson. register online.

Semi-Private: (2 / 3 people)

30 min lesson. email playsports@vernon.ca to arrange.

Registration Dates: see page 53

Centennial Outdoor Rink

3310 37th Avenue (access off 35th Avenue)

Dec - Feb

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|--|------------------------------------|--|--|---|
| Public Skate 9:00-11:00am | All skating on the outdoor rink is free! Helmets are mandatory for skaters 10yrs and under and all Shinny players. Helmets are strongly recommended for all skaters. | | | | | Public Skate 8:30-10:00am |
| Senior Skate 11:30-12:30pm | 18+ Shinny 12:00-1:00pm | Parent & Tot Shinny (5 and under) 12:00-1:00pm | 18+ Shinny 12:00-1:00pm | Public Skate 12:00-1:00pm | 18+ Shinny 12:00-1:00pm | Family Skate 10:30-12:00pm |
| Available to Rent 1:00-2:00pm | Closed 1:00-2:30pm For Programming | | | | | Parent & Tot Skate 12:30-1:30pm |
| Public Skate 2:30-4:00pm | Public Skate 3:00-6:00pm | Public Skate 3:00-5:00pm | Public Skate 3:00-6:00pm | Public Skate 3:00-4:30pm | Public Skate 3:00-4:30pm | Available to Rent 2:00-3:00pm |
| Parent & Youth Shinny (12 & Under) 4:30-6:00pm | | 12-14 Shinny 5:30-6:30pm | | 8 & under Shinny 5:00-6:00pm | Parent & Youth Shinny (12 & Under) 5:00-6:00pm | Public Skate 3:30-7:00pm |
| 15-17 Shinny 6:30-8:00pm | Public Skate 6:30-8:00pm | Public Skate 7:00-8:30pm | 9-11 Shinny 6:30-8:00pm | 12-14 Shinny 6:30-8:00pm | Teen Skate 6:30-8:00pm | 15-17 Shinny 7:30-9:30pm |
| 18+ Shinny 8:30-10:00pm | 15-17 Shinny 8:30-10:00pm | Private Rental 9:00-10:00pm | 18+ Shinny 8:30-10:00pm | 15-17 Shinny 8:30-10:00pm | 15+ Shinny 8:30-10:00pm | |
| The Centennial Rink can be closed due to weather conditions and holiday schedules. Please register for Shinny online or at the front desk. Check in to receive your helmet tape. | | | | | | |

OUTDOOR RINK YOUTH SHINNY

Pre-registration for Outdoor Rink Shinny is required.

Players register for the appropriate shinny(s) they are eligible to participate in.

| | |
|--------------------------|--------|
| 5 & under (Parent & Tot) | White |
| 6-8 yrs | Blue |
| 9-11yrs | Orange |
| 12-14yrs | Silver |
| 15-17yrs | Red |

Each shinny age group is colour coded. Once a player has registered and waiver has been signed; they receive a colour coded helmet marker from the Front Desk at the Recreation Centre. This marker must be displayed while on the ice during shinny times.



EQUIPMENT REQUIREMENTS

Public Skates: Helmets are mandatory for all youth 10 years and under and are recommended for all other skaters.

Shinny Skates:

Centennial Outdoor Rink: CSA approved helmets with face shield, sticks and gloves are mandatory for all ages.

Priest Valley Arena & Kal Tire Place: full equipment mandatory.

Full gear includes stick, skates, helmet with cage, neck guard, hockey pants, hockey socks, jock/jill protection, shin guards, elbow, chest and shoulder pads.

Skating Lessons: Skates, CSA helmets, gloves and wind/snow pants.

SHINNY | TIMES & CHECK IN

Shinny Times

18+ Shinny Kal Tire Place North
Tue/Thu 11:30-12:45pm

40+ Shinny Kal Tire Place North
Mon/Wed/Fri 11:30-12:45pm

60+ Shinny Priest Valley Arena
Tue/Thu 10:45-12:00pm

70+ Shinny Priest Valley Arena
Mon 10:45-12:00pm

**Register 48 hours in advance at www.gvrec.ca.
Visit www.gvrec.ca for excluded dates.**

Activity Check In

Public Skate: Pre-registered participants must check in at the Recreation Centre Front Desk and receive a wrist band before proceeding to the arena.

Shinny: Pre-registered participants must check in at either the Recreation Centre Front desk (PV Arena) or the Kal Tire Place Reception (Kal Tire Place and Kal Tire Place North Arenas). Check in starts 60min prior to ice time.

Priest Valley Entrance: Arena Programs Entrance of Priest Valley building, beside Centennial Outdoor rink.

Kal Tire Entrance: Main Kal Tire Place front doors. Check in at front desk.

PUBLIC SKATING

Public Skate Times | Priest Valley Arena

Sun 4:45-6:15pm
Wed 10:45-12:30pm
Fri 6:45-8:00pm

**Register 48 hours in advance at www.gvrec.ca.
Visit www.gvrec.ca for excluded dates.**

2023 Admission Prices

| | | <u>Drop In</u> | <u>10x</u> | <u>20x</u> |
|------------------|----------|----------------|------------|------------|
| Adult | 19+ | 7.60 | 68.40 | 129.20 |
| Youth | 13-18yrs | 5.65 | 53.55 | 96.05 |
| Child | 7-12yrs | 4.90 | 44.10 | 83.30 |
| Preschool | 3-6yrs | 2.45 | 22.05 | 41.65 |
| Senior | 65+ | 5.65 | 53.55 | 96.05 |
| Family | | 16.55 | 148.95 | 281.35 |

Helmets are mandatory for all skaters 10yrs and under and strongly recommended for all other skaters.
We do NOT offer skate rentals at any of our facilities.

Pre-Registration for Shinny and Public Skating is required. Register up to 48 hours in advance at www.gvrec.ca.



Want to be a skating instructor? 15+ yrs

Are you a proficient skater who loves to work with kids? Have you played hockey in the past and now want to pass on your skills to the next generation? We train new instructors! Training runs early September and first week of January. Email playsports@vernon.ca with your questions or resume.

PROGRAM REGISTRATION DATES

FALL: Vernon, Coldstream and Area B and C residents - Mon, Aug 28 | 7:30am All Areas - Fri, Sep 1 | 7:30am

WINTER: Vernon residents - Mon, Nov 20 | 7:30am All Areas - Fri, Nov 24 | 7:30am

FACILITY RENTALS

**CHRISTMAS PARTIES • WEDDINGS • MEETINGS
CONCERTS • DANCES • FUNDRAISERS**

Gym Rentals

DOGWOOD GYM FACILITY DETAILS

- 3,528 square feet, area 42' x 84'
- Single court basketball, volleyball, floor hockey or pickle ball play area
- Meeting space for up to 300

PRIEST VALLEY GYM FACILITY DETAILS

- 8,586 square feet, area 81' x 106'
- Two basketball or volleyball courts, six pickle ball lined courts and four badminton court
- Divider curtain to separate play areas or activities

Kal Tire Place

- 2000 square foot boardroom
- 4000 square foot Grand Room is perfectly suited for larger meetings, banquets and social events
- Two ice surface that can be transformed to accommodate an array of events such as concerts, dances and even rodeos
- Kal Tire Place 200' x 85' ice floor surface and stadium seating for 3,003 and standing room for approximately 500
- Kal Tire Place North 200' x 85' ice floor surface and stadium seating for 400

The Recreation Centre Auditorium

- Over 12,000 square feet
- Two breakout rooms
- Commercial kitchen
- Improved acoustics
- New sound system

Lakers Clubhouse

- Over 1,600 square feet
- Beautiful park setting
- Kitchen
- Improved acoustics
- New flooring
- New play structure

Our in-house Event Services Department has all the additional rental equipment options like pipe and drape, tables, chairs, booths, electrical services, audio, lighting, rigging, and janitorial services to assist you in making your event a complete success. Equipment Rental costs are the responsibility of the tenant.

CONTACT:

**Auditorium, Lakers and
Dogwood Gym bookings**
bookings@vernon.ca

Arena and Priest Valley Gym bookings
abookings@vernon.ca

www.vernon.ca/parks-recreation/bookings-rentals

**Check out all our
facilities at**
www.gvrec.ca



Special Events & New Programs

Check our Facebook page @GreaterVernonRecreation and online at www.gvrec.ca under Programs & Activities/Events. Events will be added throughout the fall and winter seasons.

Playschool Events | See page 15.

Pro D Day & Holiday Swims | See page 4.

Teen Night with Winter Carnival | See page 25.

Holiday Skating Events | www.gvrec.ca, under Programs&Activities/Skating.

Family Day Events | www.gvrec.ca, under Programs&Activities/Events

New programs will be added for the Winter 2023 Session

Check our website for updates at www.gvrec.ca.



VOLUNTEER WITH US!

Volunteering with Recreation Services is a chance to meet new friends, learn skills and gain work experience – all in a positive, fun recreational setting. Recreation Services provides a variety of volunteer opportunities for all ages.

Activity volunteers must be 13 years of age or older and successfully complete the application process which includes reference checks, a criminal record check and an interview.

See volunteer opportunities at: www.vernon.ca/parks-recreation/recreation-join-our-team

The Willow Room

Situated in the lobby of the Vernon Recreation Centre, this 375 sq. ft. space can be booked for private functions.

Host your:

- meeting
- birthday party
- food venter booth
- client meeting

The room is equipped with:

- tv
- filtered water
- tables/chairs
- sink



YOUTH WINTER PROGRAMS

Learn to ski with Sovereign Lake Nordic Club



Starting at
\$95

Recreational & Competitive Nordic Ski Programs

For ages 2 - 17

- ❄️ Learn Essential Ski Technique
- ❄️ Play fun games on snow
- ❄️ Develop Coordination and Balance
- ❄️ Biathlon: Learn to shoot with precision

- ❄️ Fitness! Fun! Teamwork!
- ❄️ Team/social atmosphere
- ❄️ Instructed by qualified coaches
- ❄️ Compete locally & Nationally

REGISTER NOW! LIMITED SPACE



For inquiries contact:
programs@sovereignlake.com
(250) 558-3036
Website: sovereignlake.com

CANADA'S LARGEST CROSS COUNTRY SKI CLUB

With over 3000 members we're Canada's largest nordic ski club. Located 2 km from Silver Star Mountain resort. The trail network of Sovereign Lake Nordic Club and Silver star connect to provide over 105 km of daily groomed trails with outstanding early and late season conditions providing some of the best cross country skiing in the world.