



Love is in the air

2023

# Fall Recreation Guide

Time

Hello Autumn

SEPTEMBER - DECEMBER

REGISTRATION OPENS  
AUGUST 30, 2023



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## Program Cancellations

Programs are subject to cancellation due to insufficient registration, inclement weather, or non-availability of facilities and instructors. In these cases, a full or prorated refund will be issued.

Outdoor programs are also subject to air quality, due to the Okanagan's fire season. Coordinators will monitor the guidelines from Interior Health and inform participants of cancellations or location changes due to poor air quality.

Volunteer ran programs often have schedule changes and/or cancellations, in this case, a make-up class or refund will be issued. Thank you to our volunteers.

## RDOS VOLUNTEER OPPORTUNITIES

### Recreation

Volunteer in a multitude of programs such as art, sports, and special events.

Examples of responsibilities include:

- Running or supporting a program
- Helping with a special event
- Supporting the fitness centre



### Young Leaders' Program

The members of the YLP display strong community involvement and leadership qualities. The program provides individuals a place to learn essential skills such as First Aid, Food Safe, organize community events, accumulate graduation volunteer hours, and more importantly, have fun.

Leadership opportunities allow youth to thrive in a positive environment that promotes personal growth and development.

Building healthy and cohesive communities in the South Okanagan-Similkameen region is an essential part of the programs and services offered by the RDOS. And it is volunteers who are playing a critical role in making this possible.





**Animal Lifeline  
Emergency  
Response Team**  
ALERTCANADA.ORG

NEXT CLASS

## S. OKANAGAN

**2023/2024**

9:00 am - 4:30 pm



### Want to be part of an amazing team?

Sign up to take the training! Register today as space is limited.

## Emergency Pet Services 101

### Volunteer Training Course



An introductory course explaining emergency animal rescue procedure and protocol when a disaster strikes or when emergencies happen.

This course is a requirement for all ALERT Volunteers.

### \$65 PER PERSON

Registration includes your first year ALERT membership, course tuition, and your ALERT uniform shirt.

Email [info@alertcanada.org](mailto:info@alertcanada.org) to request a registration form.

**Questions? Call/Text Deb at 250.809.7152**

## AREA "B", "G" AND KEREMEOS - SIMILKAMEEN

### SIMILKAMEEN RECREATION CENTRE

311 9 St  
Keremeos, BC  
V0X 1N2  
P: 250-499-2400

### SIMILKAMEEN COMMUNITY POOL

703 4th St  
Keremeos, BC  
V0X 1N0  
P: 250-499-5766



## AREA "D" - OKANAGAN FALLS

### RECREATION CENTRE (SCHOOL)

1141 Cedar St  
Okanagan Falls, BC  
V0H 1R0  
P: 250-497-8188

### ZEN CENTRE

1134 Cedar St  
Okanagan Falls, BC  
V0H 1R4  
P: 250-497-8188

## AREA "F" - GREATER

### WEST BENCH

### WEST BENCH ELEMENTARY SCHOOL

1604 W Bench Dr.  
Penticton, BC  
V2A 8Z3  
P: 250-492-0237

## AREA "I" - KALEDEN

### KALEDEN COMMUNITY HALL

320 Lakehill Rd  
Kaleden, BC  
V0H 1K0  
P: 250-497-8188

## AREA "E" - NARAMATA

### NARAMATA ELEMENTARY SCHOOL

3660 8th St  
Naramata, BC  
V0H 1N0  
P: 250-492-0237



Click the link below to book:

[rdos.perfectmind.com](https://rdos.perfectmind.com)

## Follow @RDOSRecreation on Instagram!



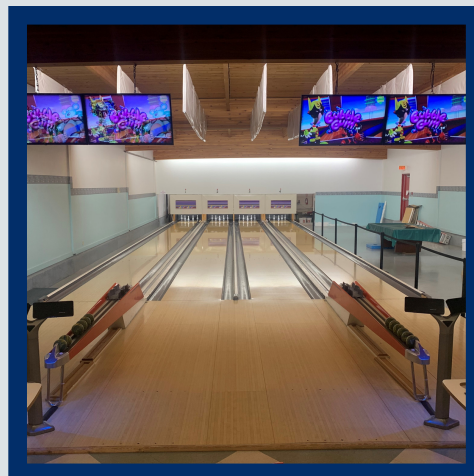
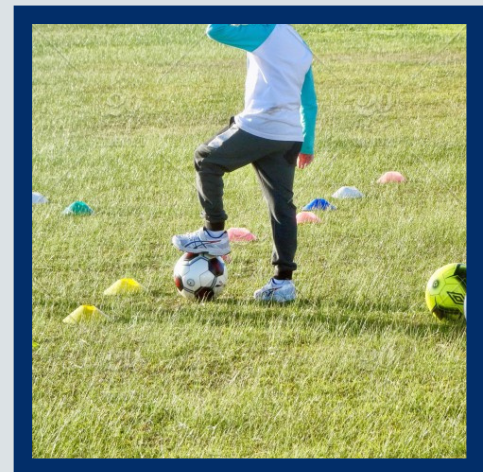
*Striving for "Healthy Individuals and Communities"*

@rdosrecreation

#rdosrec

#rdosplay

#healthycommunities



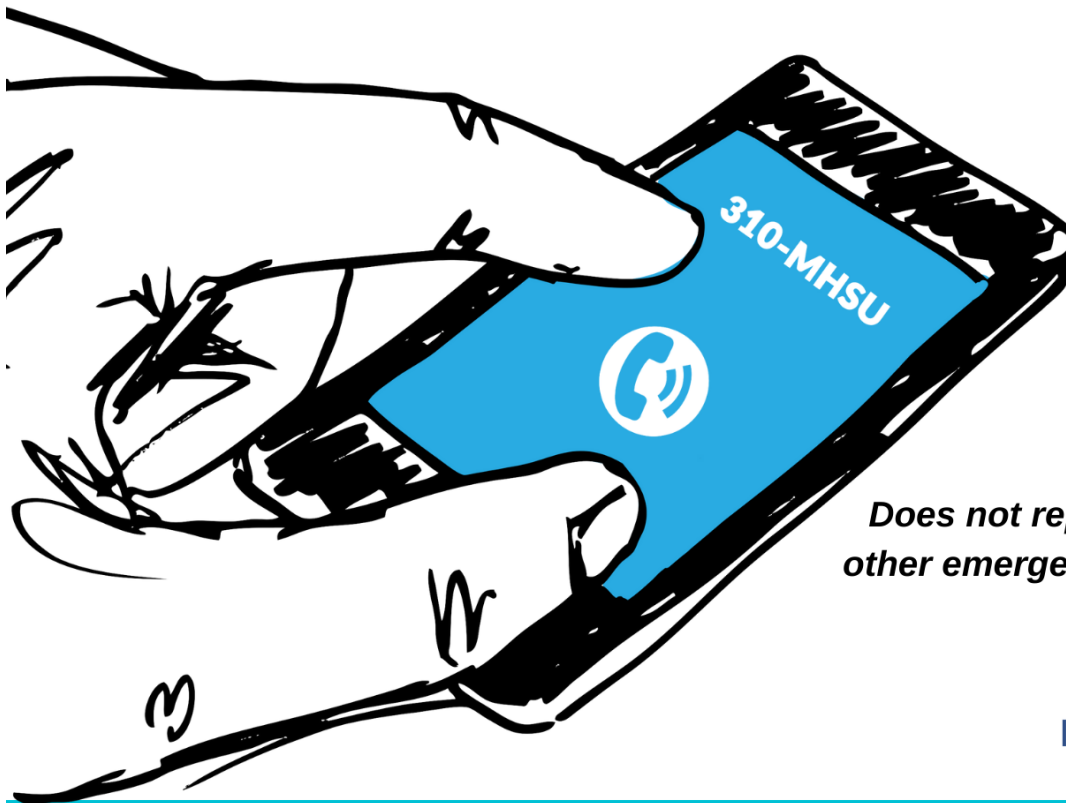
ACCESS MENTAL HEALTH & SUBSTANCE USE  
(MHSU) SERVICES IN YOUR COMMUNITY  
WITH A SINGLE PHONE NUMBER

# 310-MHSU (6478)

## Community Mental Health & Substance Use services

Call 310-MHSU if you need support for:

- ongoing difficulties with mental health concerns including anxiety, depression, paranoia, psychosis, or if you're unsure if you need support
- ongoing difficulties with substance use



*Does not replace 911 and  
other emergency/crisis lines*



Interior Health

Improving access to community care services

## Child Programs

### Crafty Creations

Each week will be a new fun craft.  
We will be painting, gluing, cutting and  
creating new master pieces.

**INSTRUCTOR:** Jayleigh

**WHERE:**

Okanagan Falls Multipurpose Room

**WHEN:**

Tuesdays, September 19 - October 24

**AND/OR**

Tuesdays, October 31 - December 5

**TIME:**

3:30 - 4:30 pm

**AGES:**

5 - 12

**COST:**

\$30 / per session



### Open Gym

Open gym time for sports, games and  
burning energy.

**INSTRUCTOR:** Jayleigh

**WHERE:**

Okanagan Falls Gymnasium

**WHEN:**

Wednesdays, September 20 - December 6

**TIME:**

4:30 - 6:00 pm

**AGES:**

All Ages

Parents encouraged to join with young kids

**COST:**

\$24 **OR** \$3 drop-in **OR** \$5 per family



## Child Programs

### Dancing Feet

Learn the absolute basics of dance.  
We will focus on learning steps and the fundamentals of dance.

**INSTRUCTOR:** Mandy

**WHERE:**

Okanagan Falls Zen Centre

**WHEN:**

Thursdays, September 14 - December 7  
(no class October 19 or November 16)

**TIME:**

2:30 - 3:30 pm

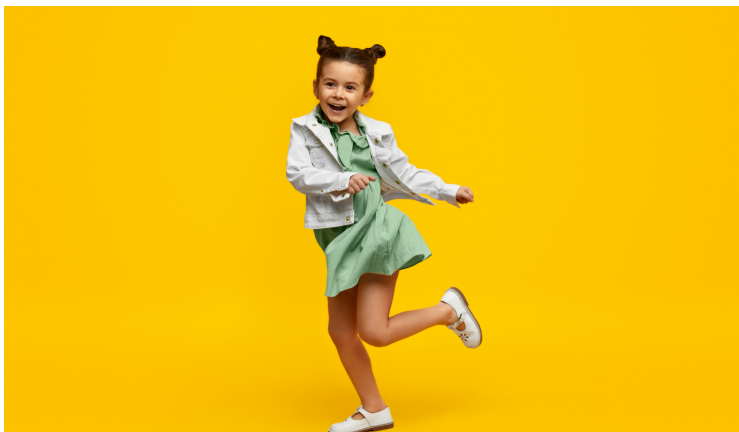
**AGES:**

5 - 7

**COST:**

\$44

**\*Registration Required\***



### Jazz Dance

This class will focus on jazz steps and style of learning. We will put together a small performance at the end of the sessions.

**INSTRUCTOR:** Mandy

**WHERE:**

Okanagan Falls Zen Centre

**WHEN:**

Thursdays, September 14 - December 7  
(no class October 19 or November 16)

**TIME:**

3:30 - 4:30 pm

**AGES:**

7 - 12

**COST:**

\$44

**\*Registration Required\***



## Child & Teen Programs

### Shotokan Karate

Shotokan offers benefits such as focus, increased self-esteem and self-discipline, calmness and a knowledge of self-defense.

**VOLUNTEER:** Kurt

**WHERE:**

Okanagan Falls Zen Centre

**WHEN:**

Tuesdays and Thursdays  
September 19 - December 14

**TIME:**

6:30 - 7:30 pm

**AGES:**

7 - 13

**COST:**

\$78

**\*Registration Required\***



### Friday Teen Night

Air hockey, foosball, ping pong, movies, snacks and drinks.

Come hangout in a youth only space!

**INSTRUCTOR:** TBD

**WHERE:**

Okanagan Falls Multipurpose Room/Gym

**WHEN:**

Fridays  
TBD

**TIME**

6:00 - 7:30 pm

**AGES:**

13 - 18

**COST:**

\$5 drop-in



## Kickboxing Programs

### Kids Kickboxing

Want to feel like a champion? Join us after school to learn kickboxing skills and self-defense techniques. Test your ninja skills with games and obstacle courses. Kickboxing equipment is provided for each class.

**INSTRUCTOR:** Chelsey

**WHERE:**

Okanagan Falls Zen Centre

**WHEN:**

Tuesdays, September 19 - November 28

**TIME:**

3:30 - 4:30 pm

**AGES:**

10 - 16

**COST:**

\$49.50  
OR \$5 drop-in



### Adult Kickboxing

In this class, you will learn the fundamentals of kickboxing, including kicks, punches, knees, and elbows. Improve your strength, balance, and cardio in a full-body workout. Kickboxing equipment is provided for each class.

**INSTRUCTOR:** Chelsey

**WHERE:**

Okanagan Falls Zen Centre

**WHEN:**

Tuesdays, September 19 - November 28

**TIME:**

5:00 - 6:00 pm

**AGES:**

16+

**COST:**

\$110 +gst  
OR \$12 drop-in



## Yoga Programs

### Yoga with Marsha

Add to your knowledge and experience of asana, mantra, mudra, meditation and pranayama practice. Please bring a mat, a blanket, and a refillable water bottle to class.

**INSTRUCTOR:** Marsha

**WHERE:**

Okanagan Falls Gym

**WHEN:**

Tuesdays, September 19 - December 19  
(No class November 14 or 21)

**TIME:**

5:30 - 7:00 pm

**AGES:**

16+

**COST:**

\$132 +gst

**OR** \$12 drop-in



### Morning Yoga

**WHERE:**

Okanagan Falls Zen Centre/Outside

**WHEN:**

Mondays, September 11 - October 30

**AND/OR**

Wednesdays, September 6 - October 25  
(no class September 27 October 2, 4 or 9)

**TIME:**

9:30 - 10:30 am

**AGES:**

16+

**COST:**

6 sessions - \$66 +gst

12 sessions - \$120 +gst

**OR** \$12 drop-in

**INSTRUCTOR:**

Annette S



## Fitness Programs

### Forever Fit

This program is for adults who want to improve their daily lives by increasing their strength, flexibility, dynamic balance, muscular endurance, agility and overall health. Program is customized for any pre-existing medical conditions. Classes include discussions on health topics to help improve overall health.

**INSTRUCTOR:** Angela

**WHERE:**

Okanagan Falls Zen Centre

**WHEN:**

Tuesdays, September 19 - December 5

**AND/OR**

Thursdays, September 21 - December 7

**TIME:**

9:30 - 10:30 am

**AGES:**

20+

**COST:**

Tuesdays \$84 +gst

Thursdays \$84 +gst

**\*Registration Required\***

### Body Balance

This program is very similar to Forever Fit, but is a bit more advanced for those looking to take their fitness to the next level, while still focusing on strength, flexibility, dynamic balance, muscle endurance and overall health.

**INSTRUCTOR:** Angela

**WHERE:**

Okanagan Falls Zen Centre

**WHEN:**

Tuesdays, September 19 - December 5

**AND/OR**

Thursdays, September 21 - December 7

**TIME:**

10:45 - 11:45 am

**AGES:**

20+

**COST:**

Tuesdays \$84 +gst

Thursdays \$84 +gst

**\*Registration Required\***

## Older Adult Fitness Programs

### ActivAge™

ActivAge™ is a free 3-month group-led physical activity program for inactive older adults. It introduces participants to physical activity and reinforces their commitment to incorporate it into their daily lives.

**INSTRUCTOR:** Angela

**WHERE:**

Okanagan Falls Zen Centre

**WHEN:**

Tuesdays, September 19 - December 5

**TIME:**

12:00 - 1:00 pm

**AGES:**

55+

**COST:**

FREE, sponsored by the BCRPA

**\*Registration Required\***

### Choose to Move

Choose to Move™ is a 3-month program designed to introduce **older adults** to the habit of **physical activity**, help them meet **new friends**, and make a **positive healthy lifestyle change**.

This is not specifically a fitness class.

**INSTRUCTOR:** Angela

**WHERE:**

Okanagan Falls Multipurpose Room

**WHEN:**

Thursdays, September 21 - December 7

**TIME:**

12:15 - 1:30 pm

**AGES:**

55+

**COST:**

FREE, sponsored by the BCRPA

**\*Registration Required\***

## Adult Dance Programs

### Ballroom

This course will focus on basic steps, styling, and musical interpretation of the waltz, tango and foxtrot. We will study how to be a good leader and a good follower.

**Partners are not required!**

**INSTRUCTOR:** Mandy

**WHERE:**

Okanagan Falls Gymnasium

**WHEN:**

Thursdays, September 14 - December 7  
(no class October 19 or November 16)

**TIME:**

5:30 - 6:30 pm

**AGES:**

16+

**COST:**

\$110 +gst

**\*Registration Required\***



### Cha Cha

Introduction to two of the most popular nightclub Latin dances. Learn the basic steps, as well as how to lead and follow and how to create smooth gentle hip action.

**Partners are not required!**

**INSTRUCTOR:** Mandy

**WHERE:**

Okanagan Falls Gymnasium

**WHEN:**

Thursdays, September 14 - December 7  
(no class October 19 or November 16)

**TIME:**

6:30 - 7:30pm

**AGES:**

16+

**COST:**

\$110 +gst

**\*Registration Required\***



## Sport Programs

### Pickleball

All levels welcome!

Bring a paddle, water and good running shoes.

Will be moving inside when weather changes.

**WHERE:**

Okanagan Falls Pickleball Courts

**WHEN:**

Mondays, Thursdays and Saturdays

**TIME:**

9:30 - 11:30 am

**AGES:**

12+

**COST:**

FREE



### Drop-in Sports

Adult drop-in sports!

Each week will be a different sport unless otherwise requested. Grab your peers and come be a kid again!

**INSTRUCTOR:** Maisey

**WHERE:**

Okanagan Falls Gym

**WHEN:**

Mondays, September 18 - November 27  
(no session October 2, 9 or November 13)

**TIME:**

7:00 - 9:00 pm

**AGES:**

16+

**COST:**

\$32 +gst  
**OR** \$5 drop-in



## Special Events

### Halloween

Stay Tuned!  
More details to come.

**WHERE:**  
Okanagan Falls Rec Centre

**WHEN:**  
Friday, October 27

**TIME:**  
TBD

**AGES:**  
Open to ALL!

**COST:**  
FREE



### Christmas

Stay Tuned!  
More details to come.

**WHERE:**  
Okanagan Falls Rec Centre

**WHEN:**  
Sunday, December 2nd

**TIME:**  
12:00 - 2:00 pm

**AGES:**  
Open to ALL!

**COST:**  
FREE



## Child Programs

### Crafty Creations

Each week will be a new fun craft.  
We will be painting, gluing, cutting and  
creating new master pieces.

**INSTRUCTOR:** Jayleigh

**WHERE:**

Kaleden Community Hall

**WHEN:**

Thursdays, September 21 - October 26

**AND/OR**

Thursdays, November 2 - December 7

**TIME:**

4:00 - 5:00 pm

**AGES:**

6 - 12

**COST:**

\$30 / per session

**\*Registration Required\***



### PAT

Our Physical Activity Trailer is filled with  
games, sports and fun park activities.

Come join us at the Park!

**INSTRUCTORS:** Jayleigh & Maisey

**WHERE:**

Apex Mountain Resort

**WHEN:**

Saturday, September 9

**TIME:**

2:00 - 6:00 pm

**AGES:**

ALL AGES

**COST:**

FREE



## Adult Programs

### Box Fit

Get a full-body workout in a martial arts-inspired boot camp circuit. You will also learn kickboxing skills and self-defence techniques.

Every workout will start with a warm-up, followed by skills, strength training, and a cool-down. Kickboxing equipment is provided for each class.

**INSTRUCTOR:** Chelsey

**WHERE:**  
Kaleden Community Hall

**WHEN:**  
Saturdays, September 16 - November 25  
(no session October 28 or November 18)

**TIME:**  
9:00 - 10:00 am

**AGES:**  
16+

**COST:**  
\$90 +gst  
**OR** \$12 drop-in



### Latin Line Dance

Beginner Latin line dancing focuses on the rhythms of Latin dancing, while giving you a full body cardio workout.

It's great exercise and easy to follow.

**No partner required**

**INSTRUCTOR:** Mandy

**WHERE:**  
Kaleden Community Hall

**WHEN:**  
Thursdays, September 14 - December 7  
(no class October 19 or November 16)

**TIME:**  
10:00 - 11:00 am

**AGES:**  
16+

**COST:**  
\$100 +gst

**\*Registration Required\***



## Fitness Programs

### Evening Yoga

Join Karla at the Kaleden Hall for evening yoga. A great way to finish your Monday and start your week.

**INSTRUCTOR:** Karla

**WHERE:**

Kaleden Community Hall

**WHEN:**

Mondays, September 18 - December 11  
(no class October 2, 9 or November 13)

**TIME:**

6:30 - 7:30 pm

**AGES:**

16+

**COST:**

\$100 +gst

**OR** \$12 drop-in



We are looking for an instructor to teach older adult fitness in Kaleden. If you are interested or know someone that is, please email: [rdosrec@rdos.bc.ca](mailto:rdosrec@rdos.bc.ca)



## Sport Programs

### Floor Hockey

Indoor Floor Hockey!

Please only use felt pucks and plastic indoor sticks.

No tape on sticks please.

**VOLUNTEER:** Steve

**WHERE:**

Kaleden Community Hall

**WHEN:**

Mondays, October 2 - December 18

**TIME:**

8:00 - 10:00 pm

**AGES:**

16+

**COST:**

\$30 **OR** \$4 drop-in



### Pickleball

Tuesday and Thursday night Pickleball

All levels welcome!

Bring a paddle and indoor running shoes!

**VOLUNTEER:** Rita

**WHERE:**

Kaleden Community Hall

**WHEN:**

Tuesdays & Thursdays  
October 10 - December 14

**TIME:**

6:30 - 8:30 pm

**AGES:**

16+

**COST:**

\$50 **OR** \$4 drop-in



## Sport & Pop Up Programs

### Badminton

Wednesday Night Badminton

All levels welcome!

Bring a racket and indoor running shoes!

**VOLUNTEER:** Mike

**WHERE:**

Kaleden Community Hall

**WHEN:**

Wednesdays, September 20 - December 20

**TIME:**

7:00 - 9:30 pm

**AGES:**

16+

**COST:**

\$35 **OR** \$4 drop-in



### Vitals Clinic

Heart rate, oxygen saturation, blood pressure, temperature and blood glucose checks.

Participants can have any or all of these checked.

Plus information on home safety and fall reduction for seniors.

**WHERE:**

Kaleden Community Hall

**WHEN:**

Tuesday, October 17

**TIME:**

4:00 - 6:00 pm

**AGES:**

All Ages

**COST:**

FREE / Drop-in



**BCEHS** | BC Emergency Health Services

## Special Events

### Halloween

Stay Tuned!  
More details to come.

**WHERE:**

TBD

**WHEN:**

TBD

**TIME:**

TBD

**AGES:**

All Ages

**COST:**

FREE



### Christmas

Stay Tuned!  
More details to come.

**WHERE:**

TBD

**WHEN:**

TBD

**TIME:**

TBD

**AGES:**

All Ages

**COST:**

FREE



## Adult Programs

### Bodyweight Bootcamp

Get ready to SWEAT! This program will utilize body weight in a range of movements and exercises in both circuit and HIIT-style set-ups, all of which will get your heart rate up and have you feeling like a champ.

**INSTRUCTOR:** Richie

**Parents, check out our Krafty Kids program running at the same time!**

**WHERE:**

Naramata Elementary Gymnasium

**WHEN:**

Mondays, October 16 - November 20  
(no class on November 13)

**TIME:**

5:00 - 6:00 pm

**AGES:**

18+

**COST:**

\$50 / 5 sessions



### Circuit Fitness

This active circuit-based program will feature a variety of stations where you'll do full body movements that will challenge and reward. Bring your best attitude and bottled water!

**INSTRUCTOR:** Richie

**WHERE:**

Naramata Elementary Gymnasium

**WHEN:**

Wednesdays, October 18 - November 22

**TIME:**

5:00 - 6:00 pm

**AGES:**

18+

**COST:**

\$60 / 6 sessions



## Community Adult Programs

### Pickleball

Naramata Pickleball Club is comprised of about 75 active pickleball players; they focus on healthy fun enjoyment for the sport of pickleball. We offer both league play and drop-in opportunities. Leagues are grouped into “Social and Competitive” play with both morning and evening leagues.

New players are always welcome! If you are interested in playing or signing up for the introduction to pickleball please contact Vince Boutilier at [Vince.Boutilier@me.com](mailto:Vince.Boutilier@me.com)



## Children & Youth Programs

### Playschool and Kids Club Information

---

#### Who we are?

inspired learning since 1981

Naramata Playschool & Kids Club provides a loving, caring, and safe environment with an emphasis on child-centred, hands-on, play based learning with an age appropriate curriculum. We have a consistent schedule, seasonal and interest-based activities, and everything we do promotes learning in a fun, engaging, and enjoyable way.

We are located in Naramata Elementary school in the heart of Naramata Village. We explore the large school grounds and numerous playgrounds, the Naramata creek, the park grounds at Manitou and the beaches at the Centre Beach and Manitou Beach. All of these spots we are able to walk to as a group within 15 mins.



For more information, visit:

<https://www.naramatachildcare.com/>

## Children & Youth Programs

### Tumble Bumble

Intended for families with children aged 0-3 where children will have the opportunity to run & play a variety of games.

**WHERE:**

Naramata Elementary Gymnasium

**WHEN:**

Thursdays, September 28 - December 7  
(10 weeks)

**TIME:**

10:30 - 11:30 am

**AGES:**

0 - 3

**COST:**

Drop-in for \$3



### Youth Open Gym

Sports will range from basketball to soccer to floor hockey - and more! Focus will be on proper warm-up, sportsmanship, and learning new sports or establishing new skills. This is a weekly registered program.

**INSTRUCTOR:** Denver

**WHERE:**

Naramata Elementary School Gym

**WHEN:**

Mondays, October 16 - December 4  
(no class on November 13)

**TIME:**

2:45 - 4:30 pm

**AGES:**

7 - 14

**COST:**

\$3



## Community Programs

### Community Open Gym

Join your friends and families at the gym!  
Organize an impromptu game of basketball,  
play some dodgeball, or just visit with  
friends - this drop-in program is intended to  
be a safe place for the community to gather  
and let off some steam!

**Takes place every two weeks.**

**WHERE:**

Naramata Elementary School Gym

**WHEN:**

Bi-weekly

Fridays starting October 13 - December 8

**TIME:**

5:00 - 7:00 pm

**COST:**

FREE

**Everyone Welcome!**

***\*Parent or guardian must be present\****



## Community Programs

### Halloween Movie Night

Calling all ghosts, goblins, and zombies - it's movie night! Throw on your costume and come out to watch a Halloween-themed movie with your friends and family.

Tricks or Treats will be provided!

**WHERE:**

Naramata Elementary Gymnasium

**WHEN:**

Tuesday, October 17

**TIME:**

6:00 pm

**AGES:**

All ages

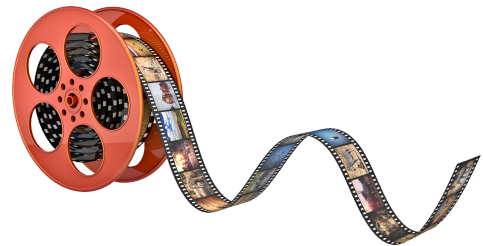
**COST:**

FREE



### Christmas Movie Night

Cozy up in your longjohns, grab a hot chocolate, and enjoy the holiday-themed movie. Drinks and snacks will be provided.



**WHERE:**

Naramata Elementary Gymnasium

**WHEN:**

Thursday, December 7

**TIME:**

6:00 pm

**AGES:**

All ages

**COST:**

FREE



## Special Events/Community Programs

### Halloween Pumpkin Hunt

Throw on something warm (or better yet, your Halloween costume!), and come out to the park ready to hunt some pumpkins!

**WHERE:**

Manitou Park

**WHEN:**

Tuesday, October 24

**TIME:**

5:00 pm

**AGES:**

All Ages

**COST:**

FREE



### Christmas Holiday Community Drop-in Gym

With the schools being closed and the cold weather, options are limited for indoor play.

But we have you covered! Come out to the Naramata Centre for some open gym time where kids and families can run around out of the cold for a couple of hours.

**WHERE:**

Naramata Centre Gymnasium

**WHEN:**

Monday, Dec 18 at 10:00 am - 12:00 pm

Wednesday, Dec 20 at 10:00 am - 12:00 pm

Friday, Dec 22 at 10:00 am - 12:00 pm

Wednesday, Dec 27 at 10:00 am - 12:00 pm

Thursday, Dec 28 at 10:00 am - 12:00 pm

**AGES:**

All Ages

**COST:**

\$3 per child **OR** \$5 per family



# Greater West Bench

## Adult Programs

### ActivAge™

ActivAge™ is a free 3-month group-led physical activity program for inactive older adults. It introduces participants to physical activity and reinforces their commitment to incorporate it into their daily lives.

The program is progressive with physical activities based on ActivAge™ training.

Those wanting more than one class per week can join the paid Actively Aging program for \$96 + gst.

**INSTRUCTOR:** Angela

**WHERE:**

West Bench Elementary School Gymnasium

**WHAT & WHEN:**

**1) ActivAge:**

Tuesdays, Sep 19 - Dec 5 at 4:30 - 5:30 pm  
(no class on November 14)

**COST:** FREE

**2) Actively Aging:**

Thursdays, Sep 21 - Dec 7 at 4:30 - 5:30 pm

**COST:** \$96 + gst

**AGES:**

55+



### Forever Fit

This program is designed for seniors who would like to improve their daily lives by increasing their strength, flexibility, dynamic balance, muscular endurance, agility and overall health. Program is run in a fun and social environment and customized for any pre-existing medical conditions.

**INSTRUCTOR:** Angela

**WHERE:**

West Bench Elementary School Gymnasium

**WHEN:**

Tuesdays and Thursdays  
September 19 - December 7  
(no class November 14)

**TIME:**

3:15 - 4:15 pm

**AGES:**

55+

**COST:**

\$175 +gst / 12 weeks, 23 classes



## Community Programs

### Halloween Pumpkin Hunt

Throw on something warm (or better yet, your Halloween costume!), and come out to the park ready to hunt some pumpkins!

**WHERE:**  
Selby Park

**WHEN:**  
Thursday, October 26

**TIME:**  
5:00pm

**AGES:**  
All ages

**COST:**  
FREE



### Christmas Movie Night

Cozy up in your longjohns, grab a hot chocolate, and enjoy the holiday-themed movie. This a collaboration between RDOS Rec and PAC.

**WHERE:**  
West Bench Elementary School Gymnasium

**WHEN:**  
TBD

**TIME:**  
TBD

**AGES:**  
All ages

**COST:**  
FREE



# Similkameen Recreation Overview

## Recreation Centre

located at 311 9th St, Keremeos

### Ice Rink - Outdoor (winter)

- Lessons
- Hockey & Mites
- Drop-in and more



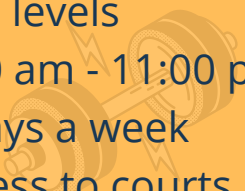
### Programs (Vary monthly)

- Yoga, Whittling, Spin
- Dance, Box Fit, Walking and much more



### Gym

- Two levels
- 5:00 am - 11:00 pm
- 7 days a week
- Access to courts



### Bowling Alley

- 4 lanes
- Electronic scoring
- Rental, league & drop-in options
- Lounge and games area



### Climbing Wall

- Drop-in
- Rentals
- Club



### Courts

- Squash and multiuse
- Lacrosse, Futsal (soccer), Pickleball
- Basketball net - indoor



### Other

- Disc golf & squash rentals
- Physical Activity Trailer
- Meeting and space rentals



### Events

- Family Day
- Christmas Light Up Celebration
- Disc Golf Opening, Sizzle Festival
- Try Rec Event

For bookings, create an account at [rec.rdos.bc.ca](http://rec.rdos.bc.ca) or call 250-499-2400

## SIMILKAMEEN COMMUNITY POOL - OUTDOOR

OPERATES LATE JUNE TO EARLY SEPTEMBER  
DROP-IN, FITNESS CLASSES, SWIM CLUB, LESSONS  
LOCATION: 703 4 ST, KEREMEOS, BC V0X 1N0



## Gym Information

Our hidden gem of a gym with cardio machines, a weight room, basketball net and squash courts.

### WHERE:

Similkameen Recreation Centre  
Keremeos

### WHEN & BOOKINGS:

Accessible 5:00 am - 11:00 pm  
7 days a week with your pass  
Drop-in during office hours

Call for details or to purchase a pass:  
250-499-2400



**Youth:** 13 – 18 years

**Adult:** 19 – 59 years

**Senior:** 60+ years

### Drop-in

Youth & Senior	\$3
Adult	\$5

### 1 Month Pass

Youth & Senior	\$30
Adult	\$40

### 3 Month Pass

Youth & Senior	\$80
Adult	\$110
Family	\$255

### 6 Month Pass

Youth & Senior	\$150
Adult	\$210
Family	\$417

### 1 Year Pass

Youth & Senior	\$240
Adult	\$360
Family	\$635

**Lost Card Replacement \$15**

**Emergency Organizations**  
(paramedics, fire, police) \$100.00/year

# Special Events

# Christmas Light Up Parade Celebration

Join us after the parade for open house and lots of fun

**WHERE:**

## Similkameen Recreation Centre

## WHEN:

TBD

**TIME:**

TBD

**COST:**

FREE



## Ice Rink

# Opens December 2

### WHAT:

Lessons, open skates, Fun Friday, Toonie skate and sponsored free skates

### WHERE:

Similkameen Recreation Center

### WHEN:

December to January

### TIME:

Full schedule in November



## COST

4 and under	FREE
Child: 5-12 yrs	\$4.00
Youth: 13-17 yrs	\$4.00
Adult	\$5.00
Family	\$10.00
Parent/Child	\$6.00
Mites Hockey	\$4.00
Sticks & Pucks: Youth	\$4.00
Sticks & Pucks: Adult	\$5.00

Skate Rental: \$2.50

**Facility Rental**  
\$100/\$80 per  
hour

# Similkameen



Pickleball  
Soccer/Futsal  
Lacrosse



## On the Similkameen Ice Rink

### KEREMEOS PICKLE BALL CLUB

PLAYING TWICE A WEEK - TIME AND DATES VARY WITH SEASON  
CONTACT US FOR DETAIL

### FREE TO USE!

GATES OPEN 24 HOURS A DAY  
BOOKINGS FOR PRIORITY BUT ARE NOT NECESSARY  
STOP BY WITH SOME FRIENDS



## Sport Courts

### Squash Court

**WHERE:**

Similkameen Recreation Centre

**WHEN:**

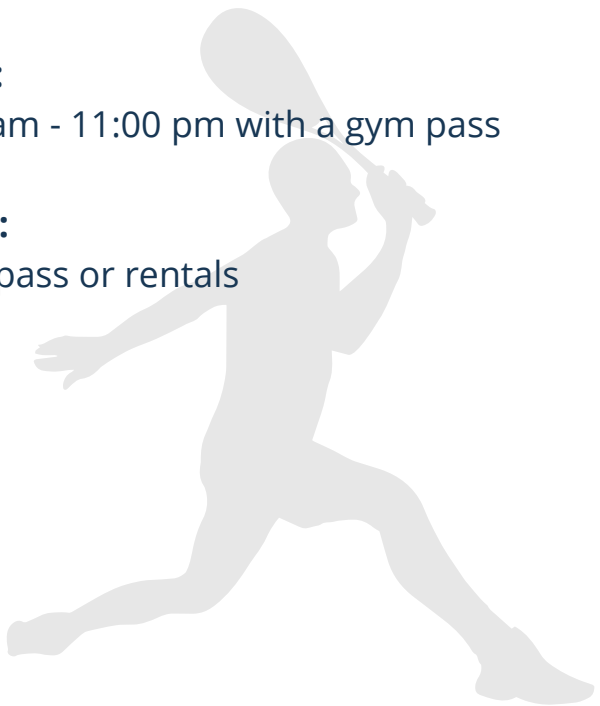
7 days a week with gym pass

**TIME:**

5:00 am - 11:00 pm with a gym pass

**COST:**

Gym pass or rentals



### Basketball Net & Multiuse Courts

**WHERE:**

Similkameen Recreation Centre

**WHEN:**

7 days a week with gym pass

**TIME:**

5:00 am - 11:00 pm with a gym pass

**COST:**

Gym pass or rentals

**Contact us for court use or if you are interested in becoming an instructor**



## Disc Golf Course

**Location: Pine Park, 12th Ave, Keremeos**

**Rent discs from the Recreation Centre**

Course is FREE to play

Course is open everyday

Rent 3 discs for \$2 for a 48 hour rental

ID required

Call us to arrange pick up/rental 250-499-2400

**Map and course rules can be found here:**

<https://www.keremeos.ca/parks-and-public-amenities>



## Climbing Wall



### **Details:**

Indoor belay system

Four walls

Two stories

Climbing club and drop-in options

Contact us for Private bookings

### **WHERE:**

Similkameen Recreation Centre

### **WHEN:**

Call for details

### **TIME:**

TBD

### **AGE / COST DROP-IN:**

4 and under: FREE

5 - 18: \$4

19+: \$5



## Bowling Private Rentals

Have all four lanes plus the games area to yourselves!

**WHERE:**

Similkameen Recreation Centre

**WHEN:**

Subject to availability

**TIME:**

9:00 am - 9:00 pm

**AGES:**

All welcome

**COST:**

\$28 per hour - minimum two hours

Includes: Shoes, tax, private use.

Max 30 people



Drop-in options coming soon



## Family Fun

### Activity boxes

Choice of 6 boxes  
2 pieces of ID required  
Keep it for a week  
Bring it back and borrow  
another one!!!

**WHERE:**

Similkameen Recreation Centre

**WHEN:**

Anytime  
Keep it for a week

**COST:**

FREE, must show 2 pieces of ID

For more info contact:  
250-499-2400 / cfitsell@rdos.bc.ca



### Strong Start Friday

Including Music for Kids

**INSTRUCTOR:** Carole

**WHERE:**

Similkameen Recreation Centre

**WHEN:**

Fridays

**TIME:**

TBD

**COST:**

FREE

\*Registration Required\*  
250-809-3471 or lalkestr@sd53.bc.ca



StrongStartBC



## Adult Programs

### Whittling

Time to be creative and have fun!  
Rick Wiebe will guide you in the art of  
whittling.

Beginners welcome!

**INSTRUCTOR:** Rick

**WHERE:**

Similkameen Recreation Centre

**WHEN:**

Tuesdays

**TIME:**

6:30 - 8:30 pm

**COST:**

\$3 / session **OR** \$27 for 10 sessions

For more info contact: [cfitsell@rdos.bc.ca](mailto:cfitsell@rdos.bc.ca)



### Yoga

Yoga for everyone!

Join Kelly for a "mellow flow class" with  
modifications as needed.

**INSTRUCTOR:** Kelly

**WHERE:**

Similkameen Recreation Centre

**WHEN:**

Mondays, Flow Yoga

Fridays, Mellow Yoga

**TIME:**

8:30 am

**COST:**

\$10 / session **OR** \$95 / 10 sessions

For more info contact: [cfitsell@rdos.bc.ca](mailto:cfitsell@rdos.bc.ca)



## Programs

### Spin - Groove Cycle

Sweat out the day's stresses  
Fun, music-based, indoor cycling class  
All levels are welcome  
**INSTRUCTOR:** Valorie

**WHERE:**

Similkameen Recreation Centre

**WHEN:**

Thursdays starting November 2

**TIME:**

6:00 - 7:00 pm

**COST:**

\$10 / session

For more info contact: [cfitsell@rdos.bc.ca](mailto:cfitsell@rdos.bc.ca)



### Guitar

Come & learn the basics of guitar playing  
in a group .

**INSTRUCTOR:** Crystle

**WHERE:**

Similkameen Recreation Centre

**WHEN:**

Tuesdays starting September 12

**TIME:**

3:45 pm: Intermediate 1

4:45 pm: Beginner class

5:45 pm: Intermediate 2

**COST:**

\$10 / session

For more info contact: [cfitsell@rdos.bc.ca](mailto:cfitsell@rdos.bc.ca)



## Programs

### Senior's Mobility Chair Exercises & Social Hour

Gentle exercises & a coffee or tea

**INSTRUCTOR:** Ruby

**WHERE:**

Similkameen Recreation Centre

**WHEN:**

Tuesdays

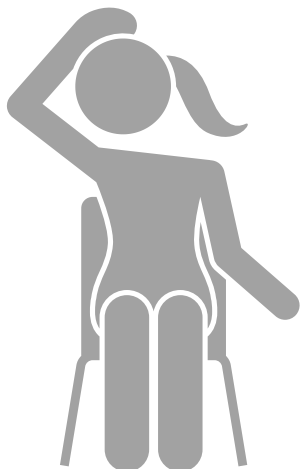
**TIME:**

9:30 - 10:30 am

**COST:**

FREE

For more info contact: [cfitsell@rdos.bc.ca](mailto:cfitsell@rdos.bc.ca)



### Pre-Fit Workout

Designed to get people comfortable with exercise before taking on anything more demanding

**INSTRUCTOR:** Kelly

**WHERE:**

Similkameen Recreation Centre

**WHEN:**

Tuesdays & Thursdays

Starts September 5

**TIME:**

Tuesday: 7:00 - 8:00 pm

Thursday: 9:30 - 10:30 am

**COST:**

\$10 / Session



## Programs

### Calming the Chaos

Do you find yourself walking through the fire of exhaustion and overwhelm?

In today's fast-paced world, it's easy to lose focus on what truly matters.

Breath possesses the remarkable ability to instantly calm the overwhelming noise within ourselves, and infuse a newfound energy. Reclaim the peace and tranquility you deserve!

**INSTRUCTOR:** Deborah

**WHERE:**

Similkameen Recreation Centre

**WHEN:**

TBD

**TIME:**

TBD

**COST:**

\$10 / session

For more info contact: [cfitsell@rdos.bc.ca](mailto:cfitsell@rdos.bc.ca)



### PAT

Keep an eye out for the Physical Activity Trailer

**WHERE:**

At Events

(Parks and the Rec Centre)

**WHEN:**

Varies

See registration link for most update locations

**TIME:**

Varies

**COST:**

Free



## Programs

### Climbing Wall

Come and join the fun!  
All ages welcome!

**WHERE:**

Similkameen Recreation Centre

**WHEN:**

Friday, June 30

**TIME:**

6:00 - 8:00 pm

**COST:**

\$4 or \$5 / session

Waivers required

For more info contact: [cfitsell@rdos.bc.ca](mailto:cfitsell@rdos.bc.ca)



### Karate

Kyokushin Karate classes

**WHERE:**

Similkameen Recreation Centre

**WHEN:**

Tuesdays and Thursdays

**TIME:**

3:00 - 4:00 pm

**AGE:**

7+

**COST:**

\$10 / session

*\*Registration Required\**

For more info contact: [cfitsell@rdos.bc.ca](mailto:cfitsell@rdos.bc.ca)



## **We are looking for Instructors! What is your strength or passion? Can you share your talent with others?**

Seeking Recreation Program Leaders

We can help you build a program

Contact us to find out more: [rdosrec@rdos.bc.ca](mailto:rdosrec@rdos.bc.ca)



## HAVE A VOICE IN COMMUNITY RECREATION

### Join the Similkameen Recreation Commission

Commissions are comprised of local citizens (volunteers) who meet every month to provide guidance regarding recreation services, facilities and programming.

In order to be eligible to serve on a Commission, an individual must be a resident or ratepayer with-in the service area.



**If you are interested, please contact the Recreation Manager**

**Andy Foster @ 250-499-2400**

**For questions or to submit an application:**

Community Services Manager

Fax: 250-492-0063 Email: [cs@rdos.bc.ca](mailto:cs@rdos.bc.ca)

## Recreation Centre Office Hours:

Monday: 1:00 - 4:00 pm

Tuesday: 2:30 - 8:30 pm

Wednesday: Closed

Thursday: 9:00 - 10:00 am

Friday: 6:00 - 8:00 pm

Saturday: Closed

Sunday: Closed

Closed on Statutory Holidays

Please call ahead, as we are sometimes pulled away from the office:

250-499-2400