

6YRS & Under

Toddlers in the Park

Explore our natural surrounding with games and activities which will include circle time, songs and stories. **Age: 2Y-3Y**

Location: Matera Glen Park

W 9:30-11:00 AM Jun 4-25 Fee: \$40

Wee & Me Rhyme Time

There will be singing, chatting and connecting with your baby! **Age: 1M- 12M**

Th 10:30-11:30AM Apr 3-May 8 Fee: \$21

Th 10:30 -11:30AM May 15-Jun 19 Fee: \$21

Karate - Shotokan Pee Wee Beginner

Develop mobility, mental awareness, proper posture, character, and confidence.

Age: 4Y - 6Y

Tu 4:00-4:45PM Apr 1-Jun 3 Fee: \$50

Ballet - Twinkling Toes

Stimulate creative expression and grace through movement and songs.

Age: 3Y - 4Y

M 3:45-4:15 PM Apr 7-Jun 9 Fee: \$32

M 4:25-4:55 PM Apr 7-Jun 9 Fee: \$32

Age: 5Y - 6Y

M 5:00-5:45 PM Apr 7-Jun 9 Fee: \$40

Short Sports & Games - Parent & Child

Enjoy age-appropriate sports, games and some free play with wee one. **Age: 2Y - 6Y**

Sa 9:00-10:00 AM Apr 5-May 10 Fee: \$30

Bunch of Fun for Families

Activities will include free play, story time, circle time and snack time. **Age: 12M- 3Y**

Th 9:00-10:15 AM Apr 3-May 8 Fee: \$37.50

Th 9:00-10:15 AM May 15-Jun 19 Fee: \$37.50

T-Ball

Children will work on teamwork, hand-eye coordination, throwing/catching and batting.

Location: Watson Road School Fee: \$30

Age: 4Y-5Y

M 3:45-4:30PM Apr 28-June 9

Age: 5Y-6Y

M 4:35-5:20PM Apr 28-June 9

Location: Matera Glen Park Fee: \$30

Age: 4Y-5Y

Tu 4:00 -4:45PM May 6-Jun 10

Age: 5Y-6Y

Tu 5:00 -5:45PM May 6-June 10

Kick & Run Soccer

Your child will practice various drills, play games and have FUN!

Location: Matera Glen Park

Age: 3Y-4Y

W/M 4:00 -4:45PM Apr 23-May 14 Fee:\$35

M/W 4:00 -4:45PM May 26-Jun 18 Fee:\$40

Sa 9:00-9:45AM Apr 26-Jun 14 Fee:\$40

Age: 4Y-5Y

W/M 5:00 -5:45PM Apr 23-May 14 Fee:\$35

M/W 5:00-5:45PM May 26-Jun 18 Fee:\$40

Sa 10:00-10:45AM Apr 26-Jun 14 Fee:\$40

Location: Watson Road School Fee:\$40

Age: 3Y-4Y

Tu/Th 3:45-4:30PM Apr 22-May 15

Tu/Th 3:45-4:30PM May 27-Jun 19

Age: 4Y-5Y

Tu/Th 4:35-5:30PM Apr 22-May 15

Tu/Th 4:35-5:30PM May 27-Jun 19

6YRS & Older

Knitting - Arm - Mother & Daughter

We will each be creating beautiful infinity scarves using a simple arm knitting technique.

Age: 8Y and up

Tu 6:00-8:00 PM Apr 15 Fee: \$30

Nail Art

From simple and sweet to complex and wild, take your mani to the next step. **Age: 8Y - 14Y**

Th 6:00-8:00 PM Apr 24 Fee: \$21

Atomic Volleyball

Atomic Volleyball is a new program sponsored by Volleyball BC. **Age: 9Y - 12Y**

Tu 5:15-6:15 PM Apr 8-May 13 Fee: \$32

Basketball

Emphasis will be on skill development, team work and fun. **Age: 7Y - 10Y**

F 6:00-7:00 PM May 2-Jun 6 Fee: \$30

Babysitting Certification

Gain basic skills and confidence for responsible babysitting. **Age: 11Y - 16Y** Fee: \$70

F 6:00-8:30 PM Apr 11

Sa 9:00-2:30 PM Apr 12

Home Alone

This program is a must before your child starts coming home alone after school or staying at home in the evenings. **Age: 9Y - 12Y**

F 6:00-7:30 PM May 2 Fee: \$60

Sa 9:00 -1:30 PM May 3

F 6:00 -7:30 PM Jun 13 Fee: \$60

Sa 9:00-1:30 PM Jun 14

Lego Robotics - Beginner Workshop

Master the building of a Lego robot and program it using a computer and NXTsoftware.

Age: 10Y - 13Y

Sa 1:30-4:30 PM Apr 5 Fee: \$45

Nerf Capture the Flag

It will be a nonstop energy burn filled with laughter and fun. **Age: 7Y - 10Y**

Sa 5:30-7:00 PM Apr 12 Fee: \$7.50

Mini League Soccer

This introduction to the sport of organized soccer will combine learning soccer basics with actual scheduled games. **Age: 6Y-8Y**

W 4:00-5:15PM Apr 30-Jun 18 Fee: \$48

Disc Golf - Learn to Play or Play Better

With no tee times or green fees, this sport is accessible for everyone. **Age: 6Y - up**

M 6:00-7:30 PM May 12-Jun 30 Fee: \$0

Tennis- Beginners

This is an entry level progressive tennis program.

Location: Jack Robertson Park

Age: 6Y-8Y

M 4:00-5:00PM May 12-Jun 23 Fee: \$57

Age: 9Y-11Y

M 5:00 -6:00 PM May 12-Jun 23 Fee: \$57

Birthday Parties

We supply the facility, instructor, activities and assist with set up and clean up. Birthday parties can be booked call at 250 469-8749 for information. Fee: \$110.00

Piano Lessons

Private piano lessons for children grades 1 through 6. Lessons are on Fridays from April 4th- June 13th. They are 30 minutes long and run between 2:35pm and 4:55pm with a fee of \$250

Youth/Adult

Acrylic Painting Workshop – Beg. Part 1

Students will experiment with colour mixing, brush strokes, glazing, washes, blending, and layering effects.

W 6:30-9:00 PM Apr 2-23 Fee: \$115

Acrylic Painting Workshop – Beg. Part 2

For those who want to continue painting, techniques learned in the Part 1 workshop will be applied to a step by step guided paint-along session.

W 6:30-9:00 PM Apr 30-May 28 Fee: \$120

Knitting - Arm Technique

We will be creating beautiful infinity scarves using a simple arm knitting technique.

Tu 6:00-8:00 PM Apr 8 Fee: \$22

Pinspired Projects

Pinterest is an online pin board where you organize and share things that you love.

M 7:00-9:00 PM Apr 7-May 26 Fee: \$100

Gardening - Beginner

Learn the basics of backyard gardening.

Tu 6:00-8:00 PM May 13 Fee: \$20

Blogging 101

This introduction to blogging is designed to show digital novices how easy blogging can be.

Th 6:00-9:00 PM Apr 10 Fee: \$25

Blogging - Build Your Blog

Explore writing techniques, management strategies and search engine optimization.

Th 6:00 -9:00 PM May 8 Fee: \$25

Blogging - for Social Networking

Learn how to use social media to reach your personal and professional goals.

Th 6:00 -9:00 PM Jun 12 Fee: \$25

FitCamp - Results 4 Life

This class is great for beginners to moderate levels of fitness.

Program options for Tues and Thurs or for Tues or Thur only. Fees will vary.

Apr 1-June 26 7:00-8:00 PM

Mom & Baby: Low Cardio & Core

If you have been given the OK by your Healthcare Provider to return to exercise, this is a great place to start!

Tu 11:30-12:15 PM Apr 8-May 13 Fee: \$30.30

Mom & Baby: Strength & Core

Bring your baby to this strength and core conditioning class that progresses gradually to help you regain core strength & recondition the pelvic floor.

Tu 10:30-11:15 AM Apr 8-May 13 Fee: \$30.30

Tu 10:30-11:15 AM May 20-Jun 24 Fee: \$30.30

Mom & Baby: Yoga Fusion

Bring your baby to this yoga fusion class.

Tu 11:30-12:15 PM May 20-Jun 24 Fee: \$30.30

Strollercise

This class is a total workout combining cardio, strength and flexibility to help you feel and look great.

Location: Jack Robertson Park

Th 10:00-11:00 AM May 22-Jun 26 Fee: \$40.50

Zumba

Dance to salsa, meringue, cumbia, cha cha, samba, flamenco, reggae, belly dancing, African and other rhythms that naturally motivate you to move.

Th 5:45-6:45 PM Apr 3-May 29 Fee: \$60.75

Ashtanga - Beginner

Suitable for beginner students and advanced yogis looking for a slower paced practice!

Age: 16Y and up

M 6:15-7:15 PM Mar 31-May 26

Fee: \$47.25

Ashtanga - Outdoors

This class will ensure beginners have a great first experience, while the more seasoned have a chance to get into their poses and balance their bodies. **Age: 16Y and up**

Location: Sutton Glen Park

M 6:15-7:15 PM Jun 2-30 Fee: \$33.75

Family Yoga

Here's an active and beneficial class that mom, dad or even a grandparent can enjoy with their (grand)child. **Age: 4Y - 8Y**

Th 4:30-5:30 PM Apr 3-May 1 Fee: \$45

Th 4:30-5:30 PM May 8-29 Fee: \$36

Hatha/Yin - Beginner/Intermediate

Emphasis is on proper technique, complete breath, mental focus and energetic awareness.

Age: 16Y and up

M 7:00-8:30 PM Mar 31-May 5 Fee: \$50.75

M 7:00-8:30 PM May 12-Jun 16 Fee: \$50.75

Tennis - Beginner Social

Learn the fundamentals of tennis and scoring in a fun, social environment with lots of game play.

Age: 16Y and up

Location: Jack Robertson Park

M 6:15 -7:45PM May 12-Jun 23 Fee: \$72

Ball Hockey

Come and join us for a fun evening of sportsmanship and exercise. **Age: 16Y & up**

Su 5:30-6:30 PM Apr 6-27 Fee: \$24

Programs in Glenmore and Downtown

Activity & Program Guide



For more information or to register call

250 469-8800 or 250 469-8811

Or go online to www.kelowna.ca/recreation



GET ACTIVE, STAY ACTIVE



Register Today! View full program guide online kelowna.ca/recreation