

Love is
in the air

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Fall 2023 Recreation Guide

SEPTEMBER - DECEMBER

REGISTRATION OPENS
AUGUST 30, 2023

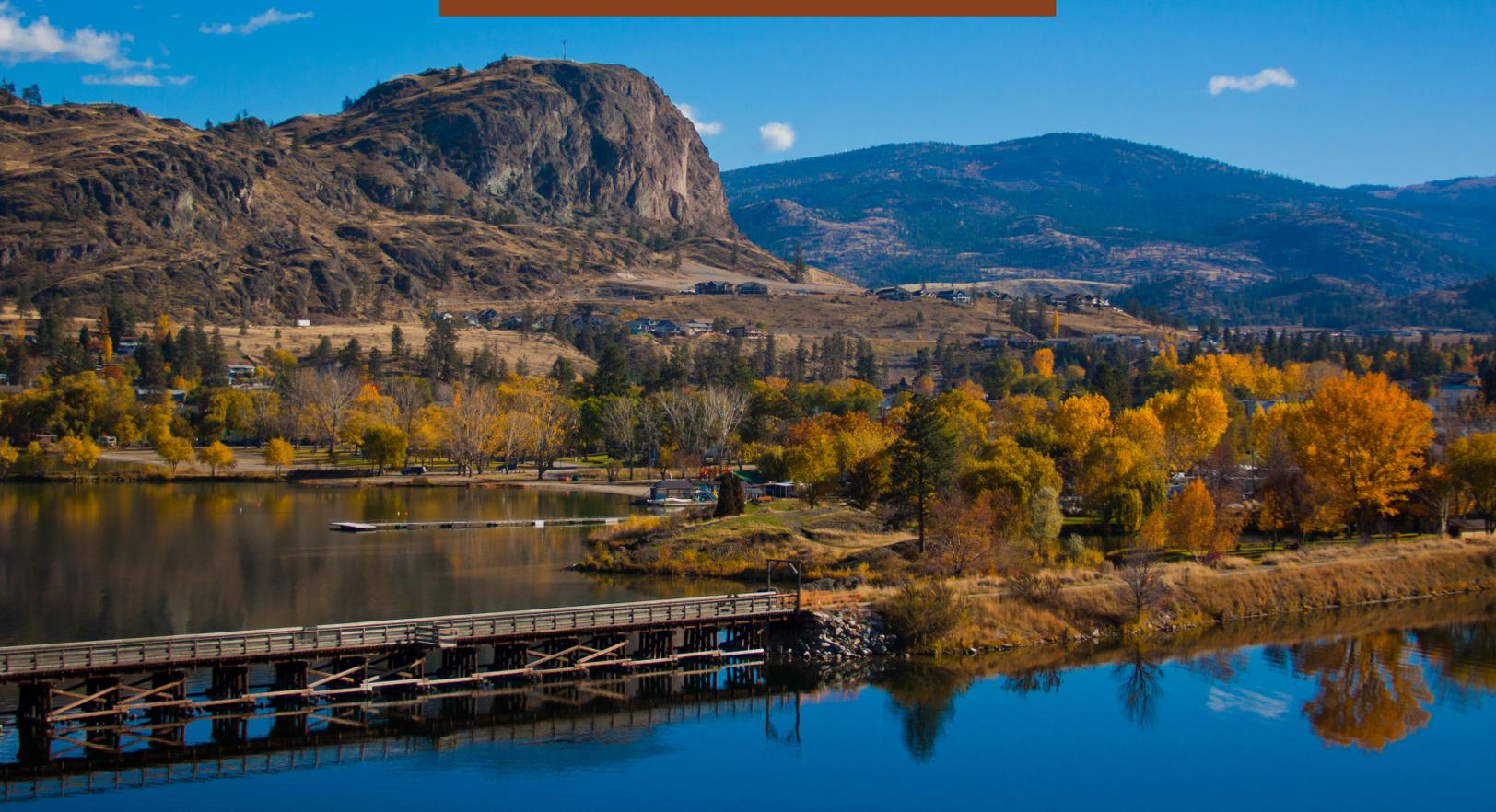
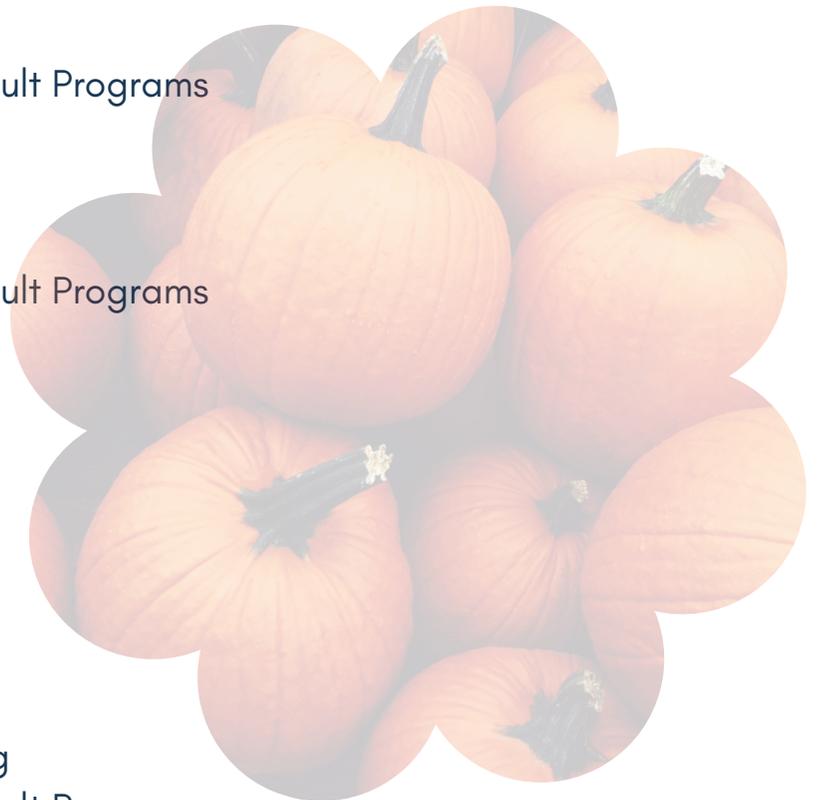


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Program Cancellations

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

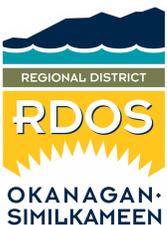


■ Young Leaders' Program

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 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 "E" - NARAMATA

NARAMATA ELEMENTARY SCHOOL

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

AREA "I" - KALEDEN

KALEDEN COMMUNITY HALL

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



Click the link below to book:

rdos.perfectmind.com



Follow @RDOSRecreation on Instagram!



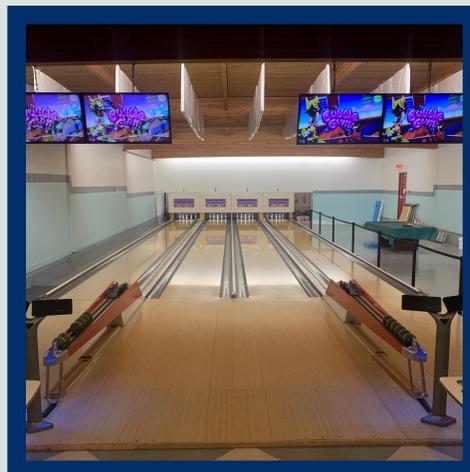
Striving for "Healthy Individuals and Communities"

@rdosrecreation

#rdosrec

#rdosplay

#healthycommunities



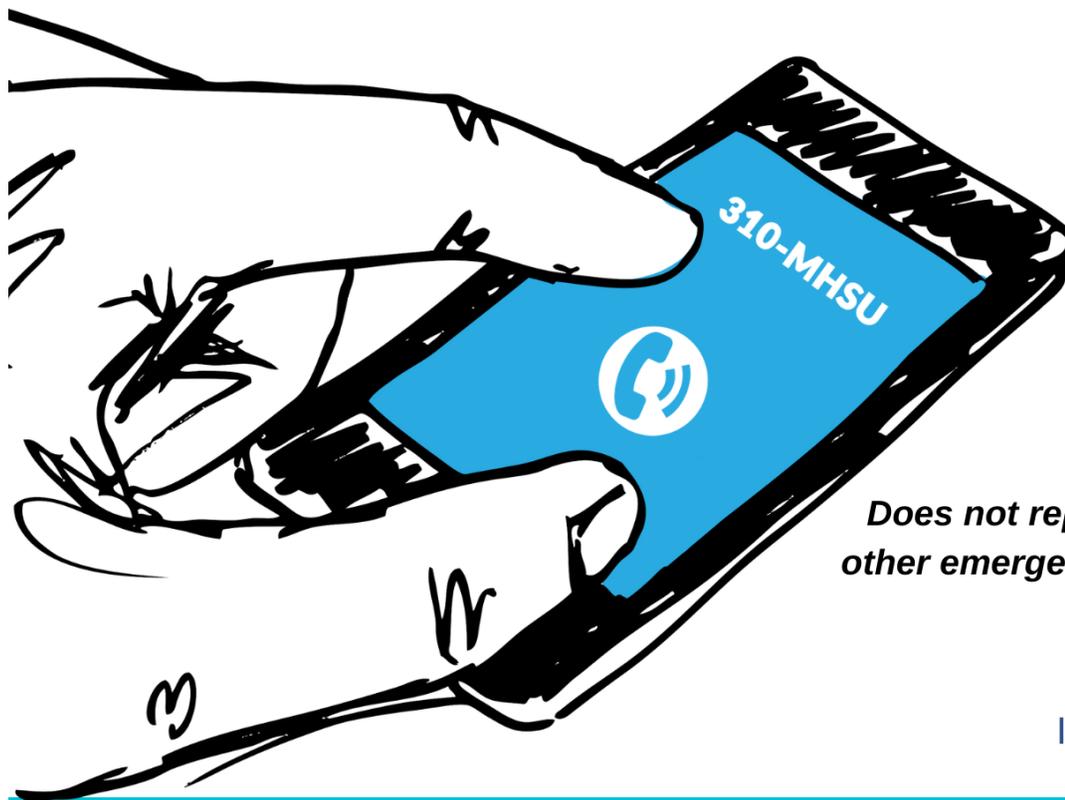
ACCESS MENTAL HEALTH & SUBSTANCE USE
(MHSU) SERVICES IN YOUR COMMUNITY
WITH A SINGLE PHONE NUMBER

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

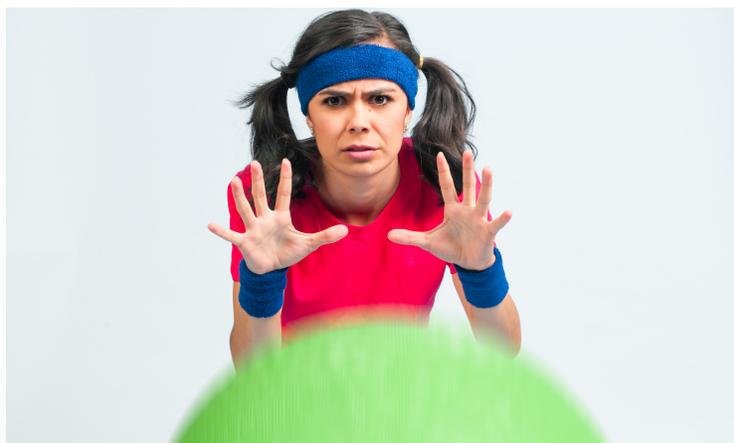
AGES:

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

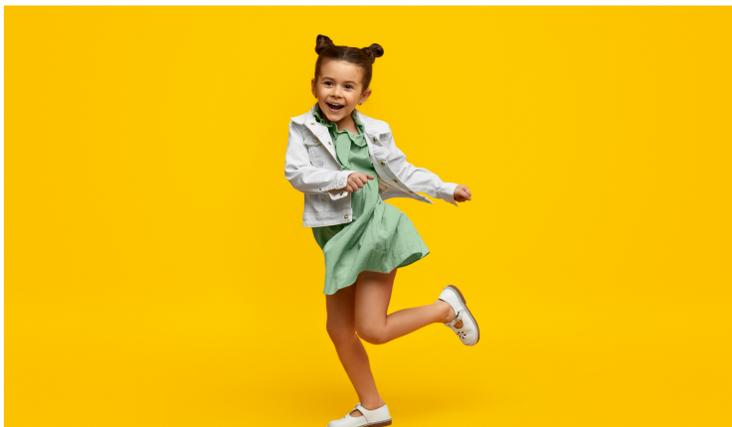
AGES:

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



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



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

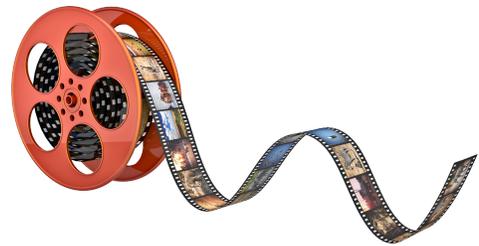
COST:

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



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 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.

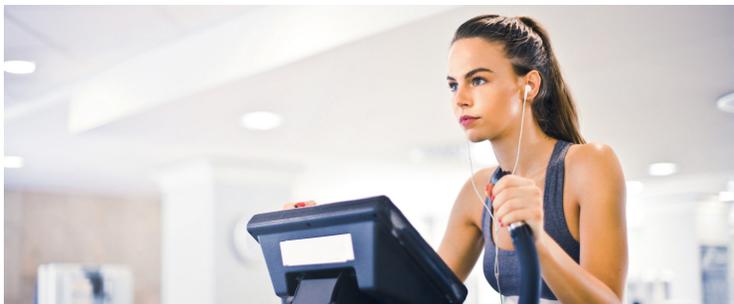
WHERE:

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

Similkameen Sizzle Pepper Festival

Come see our information table
Family fun with the Physical Activity
Trailer on sight

WHERE:

Pine Park
12th Ave, Keremeos

WHEN:

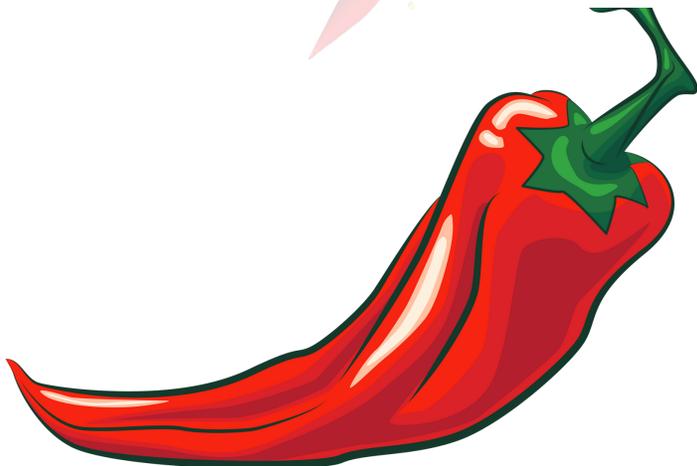
Saturday, September 23

TIME:

10:00 am - 2:00 pm

COST:

FREE



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



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:

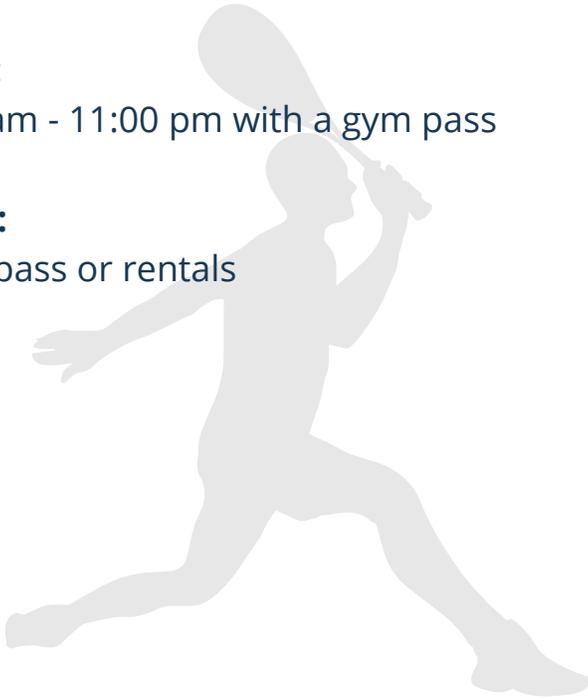
7 days a week with gym pass

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



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



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



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



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



Programs

Senior's Mobility Chair Exercises & Social Hour

Gentle exercises & a coffee or tea

INSTRUCTOR: Ruby

WHERE:

Similkameen Recreation Centre

WHEN:

Tuesdays

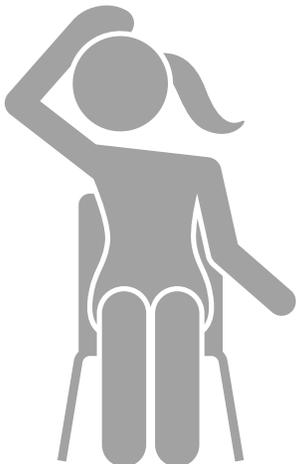
TIME:

9:30 - 10:30 am

COST:

FREE

For more info contact: cfitsell@rdos.bc.ca



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

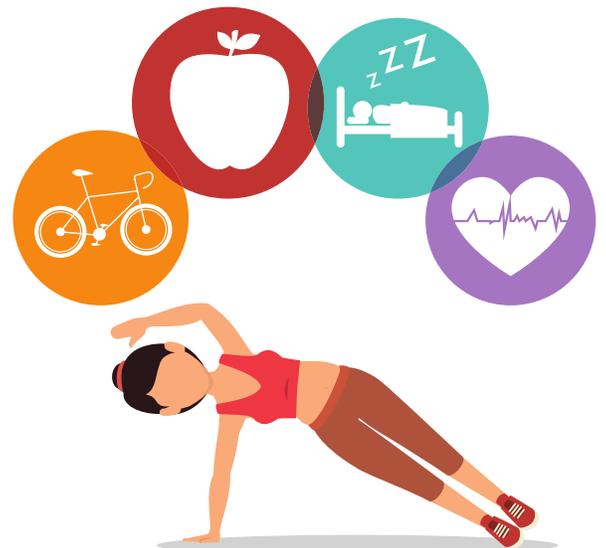
TIME:

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



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



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



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



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



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