

Welcome to West Kelowna Parks, Recreation and Culture

Benefits of Parks, Recreation & Culture

1. Recreation and active living are essential to personal health and is a key determinant of health status.
2. Recreation is key to balanced human development.
3. Recreation and parks are essential to quality of life.
4. Recreation reduces self destructive and anti-social behaviour.
5. Recreation and parks build strong families and healthy communities.
6. Pay now or pay later! Recreation reduces health care, social service and police/justice costs.
7. Recreation and parks are significant economic generators in communities.
8. Parks, open spaces and natural areas are essential to ecological survival.



Free Recreation Opportunities In the District of West Kelowna

- Indoor walking in Royal Lepage Place
- Pole walking around Town Centre Park
- Walking the trail around Gellatly Bay
- Hike through Kalamoior, Shannon Lake, Rose Valley, Glen Canyon, or Mt. Boucherie Regional Parks, McDougal Rim hiking trail, and Bear Creek Canyon Trail Provincial Park
- Tennis courts at Mt. Boucherie High School, Last Mountain Park, and Shannon lake
- Mt. Boucherie Outdoor Pickle Ball Court
- The lacrosse box at Lakeview Heights (on Anders Road)
- Outdoor basketball: Constable Neil Bruce and Glenrosa Middle School, Mt. Boucherie High school, and Lakeview Heights lacrosse box
- Skateboard park at Johnson Bentley Aquatic Centre
- Outdoor volley ball at Willow Beach, Shannon Ridge Park and Pritchard Park
- Play a game of pick up soccer, baseball or football at our various sports fields
- Mountain biking through the various parks and trails in the community
- Swimming and/or picnic at Pritchard Park, Gellatly Bay Aquatic Park, Pebble Beach, Marina Park, Bear Creek Provincial Park and the following Regional Parks:, Kalamoior, Raymer Bay, Gellatly Nut Farm
- Play on the many playgrounds located in neighbourhood and school parks in West Kelowna
- Use the new off leash Dog Park in Town Centre Park or the dog beach at Gellatly Bay

Children & Youth Arts & Culture

YOUNG PICASSOS 7-12 YRS

Paint, draw, sculpt - creatively weave your way "Across Canada". Create works of art based on Canadian traditions, cultures and histories. Supplies and a small snack included. Classes are hosted in the art studio at Mount Boucherie Secondary School.

INSTRUCTOR: Jim Elwood

376 M-F Jul 5-9 9:00am-12:00pm \$110/wk

LOCATION: Mount Boucherie Secondary School

YOUNG PICASSOS 7-12 YRS

"Around the World in 5 Days". Come and explore the world through art! Visit Japan, Central America, Australia, Native America and Africa through watercolour and tempera painting, pencil and charcoal drawing, pottery and cartooning. In addition to project work students will work on creative "Art Sparkers" in sketchbooks. Supplies



and a small snack included. Classes are hosted in the art studio at Mount Boucherie Secondary School.

INSTRUCTOR: Jim Elwood

377 M-F Jul 12-16 9:00am-12:00pm \$110/wk

378 M-F Jul 12-16 1:00-4:00pm \$110/wk

LOCATION: Mount Boucherie Secondary School

DRAWING AND PAINTING 7-14YRS

This course focuses on the development of personal creativity. Children will have an opportunity to study different subject matters such as landscapes, cityscapes, the figure, still life portraits and animals. All supplies included.

INSTRUCTOR: Elizabeth Dyczkowski

389 Tu Jul 8-Aug 5 11:30am-1:00pm \$50/5 wk

LOCATION: Mount Boucherie Secondary School

Children & Youth Arts & Culture

KIDS CREATIVE 8-12YRS

Come get messy and have fun! Explore your unique creativity with a variety of painting, drawing, and collage activity. Bring your imagination and try out many different techniques designed to promote creative thinking. Each day you will get to go home with some very cool art pieces! All supplies included.

INSTRUCTOR: Miranda Aschenbrenner

M-F Aug 9-13 9:00am-12:00pm

\$95

LOCATION: Mt. Boucherie Secondary School

DA VINCI'S DRAWERS 9-13 YRS

Learn to draw it all! From animals to portraits, from still lifes to fantasy students will explore many different drawing techniques and media designed to improve their skills and develop creative thinking! All supplies and a small snack included.

INSTRUCTOR: Jim Elwood

379 M & Tu Jul 19 & 20 9:00am-3:00pm \$100/2 sess

LOCATION: Mount Boucherie Secondary School

ART FOR TEENS 12-16YRS

This special course is designed for just this age group and will build skills and creativity through drawing, watercolour, pottery, Japanese animation, block printing as well as shooting and printing traditional black and white photographs. Supplies are included. Classes are hosted in the art studio at Mount Boucherie Secondary School.

INSTRUCTOR: Jim Elwood

380 W & Th Jul 21-22 9:00am-3:00pm

\$100

LOCATION: Mt. Boucherie Secondary School



MT. BOUCHERIE COMPLEX

778-797-8810

Children & Youth Arts & Culture

DRAWING REALISTIC FACES 13-17YRS

Want to impress your friends with your drawing skills? In this class, you will learn tips for drawing each part of the face, as well as all the techniques you need to know how to draw a realistic face. Everyone can learn & no experience is necessary. All materials are provided.

INSTRUCTOR: Miranda Aschenbrenner

390 M-F Jul 26-30 9:00am-12:00pm \$100/wk

LOCATION: Mt. Boucherie Secondary School



SCULPTURE COURSE-ANIMAL IMAGES 7-14YRS

This program is a study of sculpture in 2D & 3D with a focus on animals. Students will be using self hardening clay to fashion their sculpture and acrylic to paint them. All supplies included.

INSTRUCTOR: Elizabeth Dyczkowski

391 Th Jul 8-Aug 5 1:15-2:45pm \$53/5 wk

LOCATION: Mount Boucherie Secondary School

THANK YOU WENDY'S

Thank you to Wendy's for supporting our Easter Eggstravaganza.



Children & Youth Arena Sport Programs

KIDS STICK N PUCK 6-14YRS

Time to practice skating, stick handling and shooting! Scrimmaging is not permitted. Helmet, gloves, skates, hockey skates, sticks are required. Remember to bring your own puck or ring! This is a supervised program. The Kids Stick N Puck program is offered each **Friday from May 28-June 25.**



Please note the age groups will be separated to ensure the safety of all participants. **No Adults allowed on the ice.** **Fee \$2**

INSTRUCTOR: Kevin Robertson

6-10 YRS

F May 28 2:45-3:45pm RLP

11-14 YRS

F May 28 3:45-4:45pm RLP

6-10 YRS

F Jun 4 3:00-4:00pm RLP

11-14 YRS

F Jun 4 4:00-5:00pm RLP

6-10 YRS

F Jun 11 3:00-4:00pm Jim Lind Arena

11-14 YRS

F Jun 11 4:00-5:00pm Jim Lind Arena

6-10 YRS

F Jun 18 3:00-4:00pm RLP

11-14 YRS

F Jun 18 4:00-5:00pm RLP

6-10 YRS

F Jun 25 3:00-4:00pm RLP

11-14 YRS

F Jun 25 4:00-5:00pm RLP

LOCATION: Jim Lind and Royal Lepage Place

SUMMER STICK N PUCK 6-14YRS

Watch for a schedule posted this summer on the District of West Kelowna Website for stick n puck sessions offered in the month of August. The schedule will be announced after the Westside Warriors training camp schedule is confirmed. Hockey helmet, gloves, skates, hockey skates, sticks are required. **Remember to bring your own puck or ring!** This is a supervised program. Scrimmaging is not permitted.

Children & Youth Arena Sport Programs

RECREATIONAL HOCKEY FOR KIDS & YOUTH 5-15YRS

Still not tired of playing hockey? Why not finish the school year with a month of recreational hockey games. This program provides hockey for kids from age 5-15 years of age **starting May 31 and ending on June 29.**

INSTRUCTOR: TBA

5-7 YRS

F Jun 4-25 5:30-6:30pm \$40

8-10 YRS

M May 31-Jun 21 5:30-6:30pm \$40

11-12 YRS

M May 31-Jun 21 6:45-7:45pm \$40

13-15 YRS

Tu Jun 8-29 6:00-7:00pm \$40

LOCATION: Jim Lind and Royal Lepage Place Arena



MT. BOUCHERIE COMPLEX

778-797-8810

Children Sports

MULTI-SPORTS CAMPS 7-11YRS

The Summer Sport Camps program is offered in partnership with the Okanagan Boys and Girls Club. The camp provides kids with the opportunity to develop skills in specific sports such as badminton, tennis, skating and volleyball as well as variety of other activities including arts, crafts, gym games, and outdoor games. Each week the camp focuses on a different sport. The camp is offered **4 hours** per day for three days per week.



BADMINTON CAMP

INSTRUCTOR: TBA

392 M, W & F Jul 5-9 8:30am-12:30pm \$60

LOCATION: Mt. Boucherie Secondary School-Gym

TENNIS CAMP

INSTRUCTOR: TBA

393 M, W & F Jul 12-16 8:30am-12:30pm \$60

LOCATION: Mt. Boucherie Tennis Courts

SKATING CAMP

INSTRUCTOR: Tamara Mapoles

394 M, W & F Aug 9-13 8:30am-12:30pm \$60

LOCATION: Mt. Boucherie Complex- Jim Lind Arena

VOLLEYBALL CAMP

INSTRUCTOR: TBA

395 M, W & F Aug 23-27 8:30am-12:30pm \$60

LOCATION: Mount Boucherie Secondary School Gymnasium



Adult Art and Culture

RESPONDING TO THE LANDSCAPE

This landscape workshop, hosted by B.C. artist Jim Elwood, will spend two "plien aire" days focusing on how to tackle the overwhelming visual information of the natural world, how to "see" shapes and proportions and how to deal with mood and light. Regardless of the medium of choice students will build a greater visual command of the natural world. Each day will be at a new location and will feature a demonstration drawing/painting, teaching studies each morning and finished artwork projects in the afternoon. **Artists must bring their own supplies and provide their own food, transportation.**

INSTRUCTOR: Jim Elwood

Sa & Su Aug 14 & 15

\$135

LOCATION: TBA

Adult General Interest

LEARN TO FISH 101

Looking to get started but not sure where to begin? This interactive workshop covers sport fishing in the Interior of BC. Robert will go over fly fishing for still and moving water, gear fishing for still and moving water, equipment choices, safety, boating tips, location tips, rigging your lures, bait and more. Through a Power Point presentation and hand outs Robert will give you the knowledge required to get out there and get fishing!



INSTRUCTOR: Robert Bryce

387 Sa Jun 26 9am-12pm

\$25/wkshp

LOCATION: Mount Boucherie Secondary School

ENGLISH CORNER

We learn, we share, we discover. Come discuss interesting topics, practice English, make new friends and improve our vocabulary. Suitable for those with an intermediate to advanced level of English.

FACILITATOR: Daniel Schmitt

389 Tu Jun 2-Aug 30 7-9pm

FREE

LOCATIONS: Mount Boucherie Secondary School

Jul Location TBA

Aug Location TBA

Adult General Interest



ROOTS, SHOOTS & BOOTS - WEST KELOWNA'S GARDEN CLUB!

When you think of a garden, do you envision roses and hollyhocks nodding by a cottage door or a neat plot of vegetables in a raised garden bed? No matter what your garden style... from English Country, to xeriscape; from 'Square Foot' vegetable plot to container garden... and everything in between; come join us one afternoon a month in this new daytime garden club! The group is open to novice and experienced gardeners alike. Topics will vary monthly according to the interests of the group. Come for coffee and cookies! Please call the office at **778-797-8812** to have your name added to our Roots, Shoots and Boots Club.



FACILITATORS: Heather Doheny & Ginny Dournovo-Master Gardeners

388 Meetings to start in Sep.

LOCATION: Mount Boucherie Complex-Community Portable

COMMUNITIES IN BLOOM - Most Beautiful Contest

Communities in Bloom is a Canadian organization committed to fostering civic pride, environmental responsibility, beautification and improving the quality of life through community participation and the challenge of a national competition. West Kelowna is having their own contest to see who is the "Most Beautiful". **Register or nominate your entry by Wednesday, June 16. Judging takes place the week of June 21 by a team of Master Gardeners.**



- Categories:
- Church
 - Business - Large & Small
 - Strata
 - Container Garden
 - Winery
 - Personal Garden - Large & Small
 - Open - for all other entries

Adult Health & Fitness



OUTDOOR CARDIO YOGA 19+

Try a new outdoor yoga class this summer. Enjoy the scenic beauty of the Okanagan while you improve your balance, flexibility and strength.

INSTRUCTOR: Dale Robins

397 Tu & Th Jul 6-Aug 5 9-10am \$80

LOCATION: TBA

BEAR CREEK BURN 19+

The Bear Creek Burn is a high intensity workout using the natural landscape of the Bear Creek Canyon trail. The Bear Creek Canyon trail is a demanding hike offering spectacular views of the creek and the surrounding area. The trail leaves the parking lot and makes a loop of the canyon. A sturdy staircase of milled lumber makes the workout a little more challenging.

INSTRUCTOR: Dale Robins

396 Tu & Th Jul 6-Aug 5 6:15-7:15pm \$80

LOCATION: Bear Creek Canyon Trail



OUTDOOR BOOTCAMP 19+

Boot camp is designed to burn calories, target core and lower body musculature so that you will develop a stronger, leaner body.

INSTRUCTOR: Katie Smith

Tu & Th Jun 15-Jul 27 6-7pm \$96/12 sess

LOCATION: Webber Road Community Centre Sport field

Adult Health & Fitness

HIKE FIT 19+

Hike your way to better health and fitness while you enjoy the natural beauty of the Okanagan. Join Katie as she takes you on a brisk hike through Bear Creek Canyon Provincial Park in West Kelowna. Along the way the group will stop, stretch and do a variety of exercises to develop strong legs, arms and core.

INSTRUCTOR: Katie Smith

Sa Jun 12&19, Jul 10&17 9-10:30am \$10/sess or \$35/4 sess

LOCATION: Bear Creek Canyon Provincial Park - meet at Bear Creek Canyon parking lot off Westside Road



TAKE OFF ON A HIKE

A Regional District Park Interpreter will highlight special features in each of the parks while you enjoy the beautiful scenery. Please bring appropriate clothing, sturdy shoes, sun protection, drinking water & a snack. **To register, please call the Central Okanagan Regional District at 250-469-6140.**

Rose Valley Regional Park

F Jun 11 9am -12pm Free
Participants meet at Westlake Road parking lot.

Mt. Boucherie Regional Park

F Jun 25 9am -12pm Free
Participants meet at Eain Lamont parking lot on Lakeview Cove road.

Glen Canyon Regional Park

F Jul 2 9am -12pm Free
Participants meet at Aberdeen road entrance.

Trepanier Creek Greenway

F Jul 23 9am -12pm Free
Participants meet at Trepanier road off OK Connector Hwy 97C.

Adult Health & Fitness

PRENATAL REFRESHER

Having another baby? Want to remember what worked? Change what didn't? Nicki Albrecht and Wendy Muir, Lamaze Certified Childbirth Educators, will help refresh your memory, build your confidence, and sharpen your skills using an up-to-date, interactive, hands-on curriculum.



INSTRUCTOR: Nicki Albrecht

389 W Jul 14 7-9pm \$30/wkshp

LOCATION: Mount Boucherie Secondary School

PRENATAL YOGA

Pregnancy is an amazing journey! Nurture yourself and your growing baby during this special time. Enjoy a holistic Hatha Yoga Program designed to promote a happy, healthy, comfortable pregnancy and confidence for birth. Learn poses to stretch and strengthen, tone the pelvic floor and abdominals, practice breathing techniques and ease tension with deep relaxation. Meet other moms-to-be. Beginners welcome-no previous yoga experience necessary. Beneficial and safe for all stages of pregnancy... it's never too late to start! Bring two pillows, a blanket and yoga strap or scarf. Lesley Crowe is a Certified Prenatal Yoga Teacher, Birth Doula and Infant Massage Instructor.

INSTRUCTOR : Lesley Crowe

Th Aug 5-26 6:30-8:00pm \$52/4 wk

LOCATION: Mt. Boucherie Complex Community Portable

OUTDOOR WALKING / HIKING

The outdoor recreation season is here! Now is the time for walkers and pole walkers to get outside and enjoy the natural scenery of the Okanagan while you exercise. The following is a list of West Kelowna, Regional and Provincial Parks in our community that are suitable for walking and hiking.

- Shannon Lake Regional Park
- Kalamoier Regional Park
- Glen Canyon Regional Park
- Rose Valley Regional Park
- Gellatly Bay Walk Way
- Gellatly Nut Farm Regional Park
- Bear Creek Canyon Provincial Park

Adult Health & Fitness

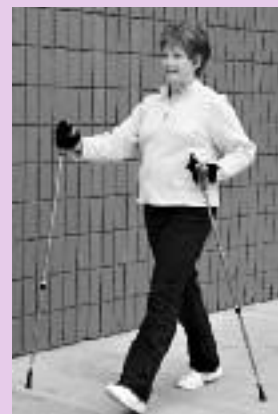
WEST KELOWNA WALKING CLUB

The indoor walking program provides the opportunity to improve your fitness in a fun & social environment. No matter what the weather is like outside you can still get your exercise.



INDOOR WALKING

Royal Lepage Place is open all summer for indoor walking. The facility will be available from 8am to 8pm Monday through Friday and closed on the weekends. In addition, there will be times when the facility is closed to the public for special events or maintenance. Please call the West Kelowna Recreation and Culture Office at **778-797-8800** for current information on the availability of the Royal Lepage Place walking track.



OUTDOOR WALKING IN PARKS

The outdoor recreation season is here! Now is the time for walkers to get outside and enjoy the natural scenery of the Okanagan while you exercise. Join Cathy as she leads you through your walking work outs in our beautiful parks.

BEGINNER GROUP

Tu&Th May 4-Jun 24 9-9:45am \$2 drop-in
Location: Gellatly Nut Farm or \$15 for book of 20

ADVANCED GROUP

W&F May 5-Jun 25 9-9:45am \$2 drop-in
Location: Towne Centre Park or \$15 for book of 20

POLE WALKING CLINICS

Increase your walking work out by incorporating poles. Cathy would love to show you how these can be added to your walking. Call **778-797-8812** to arrange an appointment.



MT. BOUCHERIE COMPLEX

778-797-8810

Adult Arena Programs

ADULT DROP IN FIGURE SKATING

This program provides the opportunity for adults to work on their figure skating skills and learn from other figure skating enthusiasts.

M **May 31-Jun 28** **7-8am** **\$3/drop-in**



DROP IN HOCKEY NOON 19+

West Kelowna Recreation and Culture offers 3 Drop In Hockey sessions per week for adults. Drop In sessions are offered Mondays, Wednesdays and Fridays. Each session is limited to 20 players and 2 goalies. Full gear is required, no contact. Goalies play for free. Players can reserve their spot for each session by calling the Recreation and Culture office at 778-797-8800.



M **May 31-Jun 21** **12:00-1:15pm** **\$4/sess**
W **Jun 9-Jun 23** **12:00-1:15pm** **\$4/ sess**
F **May 28-Jun 25** **12:00-1:15pm** **\$4/ sess**

LOCATION: Royal Lepage Place
Jun 7, 9,11,23 Jim Lind Arena
No program Wed., June 2

ADULT SKATE SCHEDULE

Skating is a great way to improve your fitness while you socialize with others. West Kelowna Recreation and Culture offers public skating for adults two mornings per week.

Tu **May 18** **9:30am**
Th **May 20** **8:30am**
Tu&Th **May 25&27** **8:30am**
Tu&Th **Jun 1&3** **9:30am**
Tu&Th **Jun 8&10** **9:30am**
Tu&Th **Jun 15&17** **8:30am**
Tu&Th **Jun 22&24** **8:30am**
Tu **Jun 29** **8:30am**



Adult Arena Programs

EVENING DROP IN HOCKEY FOR ADULTS 19+

Each session is limited to 20 players and 2 goalies. Full gear is required, no contact. Players can reserve their spot for each session by calling Kevin at 778-797-8800 between 9am and 3pm on game day. **Remember goalies play for free.**

W **May 26-Jun 23** **9:30-10:45pm** **\$5/sess**
LOCATION: Jim Lind Arena



EVENING DROP IN HOCKEY FOR YOUTH & ADULTS 17+
 Each session is limited to 20 players and 2 goalies. Full gear is required, no contact. Players can reserve their spot for each session by calling Kevin at 778-797-8800 between 9 am and 3 pm on game day. **Remember goalies play for free.**

Th **May 27-Jun 24** **9:30-10:45pm** **\$5/sess**
LOCATION: Royal Lepage Place

ADULT STICK N PUCK 19+

Time to practice skating, stick handling and shooting! Scrimmaging is not permitted. Helmet, gloves, skates, hockey skates, sticks are required. Remember to bring your own puck or ring!

Tu & Th **Mar 27-Jun 29** **\$2 drop in**
LOCATION: Royal Lepage Place
June 8 & 10 Jim Lind Arena





West Kelowna Kid Sport Chapter

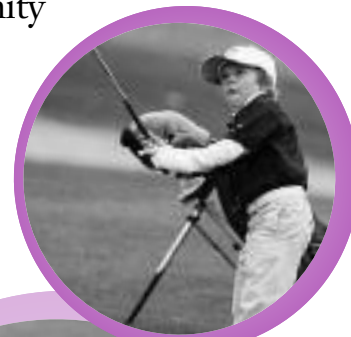


There is a new Kid Sport chapter in West Kelowna. On February 5th, 2010 a cheque for \$3000.00 was presented to the District of West Kelowna to start the new Kid Sport chapter in the Central Okanagan. Kid Sport is a community based sport-funding program that provides grants for children ages 6 - 18 yrs to participate in sport.

There are over 30 community chapters in BC and over 175 chapters across Canada. Kid Sport works to eliminate the financial barriers to sport participation, so all kids can play.

In September 2010 the West Kelowna Kid Sport Chapter will be ready to help children and youth participate in sport programs.

For more information see the West Kelowna Recreation & Culture webpage at www.districtofwestkelowna.ca or call the District of West Kelowna at 778-797-8800.



Canadian Tire Jump Start Program

Research shows that participation in sport and recreation increases a child's chance of success in life.

The District of West Kelowna is pleased to announce the implementation of the Canadian Tire Jump Start program in West Kelowna. Jump Start is a community-based charitable program that helps kids in need participate in organized sports and recreational activities like dance, soccer, hockey and swimming.



Since its launch in February 2005, Canadian Tire Jumpstart® has helped give more than 159,573 kids in financial need, the chance to play.

The West Kelowna chapter is made up of organizations that provide sport and recreation opportunities for children in our community including: West Kelowna Parks, Recreation and Culture, Okanagan Boys and Girls Clubs, Westbank First Nations, Kids Sport and the West Kelowna Canadian Tire store.

Funding is based on the individual child's financial need. The goal is to help those children who would not have been able to participate in a physical activity without the assistance of the JumpStart program. **Some of the criterion to apply for the Jump Start program includes:**

- Eligible children are between the ages of 5 and 18 years.
- Eligible children participating in sport in the District of West Kelowna.
- Funding goes to individuals, not to teams.
- Up to \$300 per child can be allocated per season. If receiving funding from KidSport; JumpStart will only top up the funding received to equal \$300.
- Funding should be for a sustained program that lasts a season therefore a one-week camp would not qualify.
- Funding can be provided to the same child for successive seasons, although the goal is that Jump Start continues to fund new children.
- Funding preference is to pay for registration fees with consideration to fund equipment or transportation costs on a case by case basis.
- Applications are not retroactive and must be submitted before the start of the season.



For further details contact the District of West Kelowna Recreation and Culture Department at 778-797-8800

SUMMER 2010

Park Play Days

MT. BOUCHERIE COMPLEX

778-797-8810



Discover something new!



Make new friends.



Play in the sand.



Lots of laughter.



Make new friends.



Play on a slide.



Don't forget your camera.



Lots of fun with friends!

All Play Days take place from 9:30-11:30am.

Smith Creek on Saddleridge Drive	Tue. July 6
Rose Meadow on Rose Meadow Drive	Thu. July 8
Last Mountain on Coventry Crescent	Thu. July 15
Anders on Anders Road	Wed. July 21
Stone Grove on Cobblestone Road	Tue. July 27
Pritchard on Pritchard Drive	Thu. July 29
Moon Beam on Sunview Drive	Wed. Aug. 4
Shannon Ridge on Shannon Ridge Drive	Tue. Aug. 10
Smith Creek on Saddleridge Drive	Thu. Aug. 12
Rose Meadow on Rose Meadow Drive	Tue. Aug. 17
Last Mountain on Coventry Crescent	Wed. Aug. 18
Westbank Town Centre on May Street	Thu. Aug. 26

FREE!!
Bring your friends
and family and
join us!

This is our 7th summer running our popular Park Play Days program. Over the years this program has grown to include parks located in neighbourhoods all over West Kelowna. This program is a casual, drop-in, FREE program for children and their parents or caregivers. Park Play Day's provides a variety of activities for children to take part in including crafts, colouring, bocce, croquet, sports and lots of outside toys for free play time.

Each park play day will include a variety of fun activities for children ages 2 - 8 years.

For more information on this program please call our office at 778-797-8800.