

6 & UNDER

Kick & Run Soccer

Matera Glen Park

Introduce your preschooler to the basics of soccer and the concept of teamwork.

Age: 3Y-4Y

10204	M-F	9:00-9:45 AM	July 16 – 20	\$31.25
10206	M-F	9:00-9:45 AM	Aug 13-17	\$31.25

Age: 4Y-5Y

10205	M-F	10:00-10:45 AM	July 16-20	\$31.25
10207	M-F	10:00 -10:45 AM	Aug 13-17	\$31.25

T-Ball

Matera Glen Park

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

Age: 4Y-5Y

10172	M-F	9:00-9:45AM	July 23-27	\$31.25
10174	M-F	6:00-6:45PM	Aug 13-17	\$31.25

Age: 5Y-6Y

10173	M-F	10:00-10:45AM	July 23-27	\$31.25
10175	M-F	7:00-7:45 PM	Aug 13-17	\$31.25



Short Sports & Games-Parent & Child

Watson Rd. Elementary, Gymnasium

Be active and get involved with your preschooler. Help introduce them to a variety of basic movement skills.

Age: 2Y-4Y

10194	W	2:00-3:00 PM	July 4-25	\$33
10193	W	2:00-3:00 PM	Aug 1-22	\$33



Let's Dance Camp

Watson Rd. Elementary, Gymnasium

Learn the basics of Ballet and other dance styles that you can perform at your next fancy Gala.

Age: 3Y-4Y

10177	M-F	9:00 -9:45 AM	Aug 20-24	\$31.25
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Age: 4Y-5Y

10178	M-F	10:00 -10:45 AM	Aug 20-24	\$31.25
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Age: 5Y-6Y

10179	M-F	11:00 -11:45 AM	Aug 20-24	\$31.25
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Outdoor Adventure Camp

Introduce your preschooler to summer camp life. Join our ECE instructor for a themed camp that will stimulate, educate and energize your child.

Age: 3Y-5Y 9:15-11:15am

Jack Robertson Park

9815	Tu-F	Pirates in the Park	July 3-6	\$57
9816	M-Th	Into the Jungle	July 16-19	\$57

Blair Pond Park

9817	Tu-F	Once Upon a Time	Aug 7-10	\$57
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6 & UP

Tennis - Beginners

Jack Robertson Park

This is an entry-level progressive tennis program. Participants will require junior tennis racquets.

The scaled-down tennis court and balls are adjusted to meet the developmental needs and the age of the child, offering more opportunity for fun and play on the courts.

Age: 6Y-8Y

10033	M-Th	9:00-10:00 AM	Jun 31-Aug 3	\$41
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Age: 9Y-12Y

10034	M-Th	10:15-11:15 AM	Aug 21-24	\$41
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ADULT & YOUTH

Qi Gong in Kasugai Gardens

Kasugai Gardens

Originating in China, Qi Gong movements are easy to follow and can be either relaxing or energizing. In both cases they improve the flow of energy (Qi), by supporting the exhale and promoting the 'rest and repair' state of the brain or conversely by invigorating the inhale and activating the body's energy naturally. All exercises can be adapted to individual needs and are suitable for everybody.

Age: 18Y and up

10180	M-F	5:15-6:15 PM	Aug 20-24	\$40
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Yoga for Sitting Meditation Workshop

Sutherland Park Lawn

Learn to stretch all those muscles which hold you back from sitting cross-legged for longer periods of time and strengthen the spine and core muscles so that when there is no chair, there is no problem.

Age: 16Y and up

10195	Sa	5:00-6:30 PM	July 28	\$20
10182	Sa	5:00-6:30 PM	Aug 25	\$20

Tennis-Beginner

Jack Robertson Park

Learn the fundamentals of tennis and scoring in a fun, social environment with lots of game play. Get down to the basics with our certified Tennis Pro.

Age: 14Y and up

10169	Th	6:30-8:00 PM	July 12-Aug 16	\$91.50
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Outdoor Yoga with Music

Sutherland Park Lawn

Join a well-rounded and fun 75 minute Hatha Yoga class situated outside in the park with Ambient, Chillstep, Indie and Indian music. This will be a truly balanced class where you will have opportunities to challenge yourself with long holds and asanas as well as deep stretches and meditative precision. All levels welcome as the poses are adaptable for different abilities.

Age: 16Y and up

10181	Su	6:30-7:45 PM	July 8-Aug 26	\$73.60
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Free community events to enjoy this summer!

Dancing in the Park & Roller Nights **new**



Summer Fun in Stuart Park Lineup

June 27	Retro Roller Night Party (with Live DJ) 6:30-8pm	Aug 1	Throwback Night
July 4	Zumba	Aug 8	Hot Latin Nights
July 11	Hip Hop	Aug 15	Country/Line Dance
July 18	Groove Method	Aug 22	Grand Finale Dance Party
July 25	Hot Jams (Top 40 Hits)	Aug 29	Retro Roller Night Party (with Live DJ) 6:30-8pm

Wednesday nights in Stuart Park from July 4 - August 22

Dance from 6:30-8 pm

Roll from 8-9 pm

kelowna.ca/recreation



Glenmore/Downtown

Activity & Program *Quick* Guide



View the full guide at kelowna.ca/recreation

GET ACTIVE • STAY ACTIVE