



Spring & Summer 2022 Activity Guide



Canada's Tournament Capital

Registration: Tuesday, March 15, 2022

Online - 6:30 am | In Person/Phone - 10:00 am

KAMLOOPS IS

CANADA'S TOURNAMENT CAPITAL



The City of Kamloops is a proud supporter
of the Kamloops Track and Field Club

DID YOU
KNOW?



The Kamloops Track and Field Club is celebrating 50 years! The Tournament Capital Centre (TCC) is proud to be their home, providing premier indoor training facilities and track and field venues. Athletes are able to train and compete year-round, and the club is able to host competitors from all over the world.

The TCC has been the training venue for multiple Olympians, including Paralympian Gold Medalist Greg Stewart and two-time Olympic athlete Brittany Crew.

We are proud to support the Kamloops Track and Field Club and its athletes and continue to make improvements to our facility as part of our Tournament Capital Program.

Kamloops.ca/TournamentCapital



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DID YOU KNOW?



Skating works nearly every muscle group in the body. Gliding requires synchronized movement of the legs, which is important for joint flexibility. Skating also builds up leg and abdominal muscles. Like any workout, skating is great for cardiovascular health—it gets blood pumping and the heart rate up.

For the summer skating schedule, visit Kamloops.ca/PerfectMind.



Registration



Registration Day: Tuesday, March 15, 2022

Online - 6:30 am | In Person/Phone - 10:00 am



Go Online

[Kamloops.ca/PerfectMind](https://kamloops.ca/PerfectMind)



Call Us

250-828-3500

In-Person Registration Hours

Tournament Capital Centre 910 McGill Road	Monday–Friday: 6:00 am–9:00 pm Saturday and Sunday: 7:30 am–7:30 pm
Westsyde Pool & Fitness Centre 859 Bebek Road	Monday–Friday: 6:00 am–10:30 am, 3:30 pm–8:00 pm Saturday and Sunday: 10:30 am–3:30 pm
Kamloops Museum & Archives 207 Seymour Street	Tuesday–Saturday: 10:00 am–4:00 pm* <small>*Subject to change. Visit Kamloops.ca/KMA for updates</small>

PerfectMind: Your Facility Access & Program Registration Account

PerfectMind is the City's online registration system for activities and programs offered at our recreational facilities and in the Activity Guide.

The system features include:

- a user-friendly online system to register for programs on any device at any time of day
- a family account feature to keep track of your whole family's activities and schedules in one place
- personalized accounts that will allow you to track your activity history and more
- robust search functions that will allow you to search for an activity by keyword, age, day, time, or location
- ability to view a class's availability and immediately book online

Set up your PerfectMind account before registering for a program or for your first or next visit to the Tournament Capital Centre or the Westsyde Pool and Fitness Centre. For safety and security purposes, all users must have a current account for facility access and online registration.

Set up your account in three simple steps:

- 1 Visit **[Kamloops.ca/PerfectMind](https://kamloops.ca/PerfectMind)**.
- 2 Click **"Create Your PerfectMind Account"** and choose **"Signup"** at the top of the screen.
- 3 Add the requested account details and click **"Submit"**.



Connect With Us!

Receive City news directly to your inbox. Visit **[Kamloops.ca/Subscribe](https://kamloops.ca/Subscribe)** to sign up for one or all of our following newsletters:

Valid email address required. You may unsubscribe at anytime.

- Press Releases
- Council Agendas and Highlights
- Sustainable Kamloops
- Career Link
- City Stories
- Renovate Smart Kamloops



Refund & Withdrawal Policy

A \$10 administration fee will be charged for all program withdrawals, excluding memberships. Check each program for specific refund policies. Once a program begins, a pro-rated refund will be applied. Administration fees will be charged. Please note that refunds will not be given for withdrawals from cooking classes within seven days of the class's start date.

Cancellations

Programs may be cancelled if not enough people are registered, so please register early to avoid disappointment. Most programs are planned to run regardless of the weather; however, we may have to occasionally cancel a program due to poor weather. If your program is cancelled, you will receive a refund.

How to Use This Guide Find all the information you need for program registration.

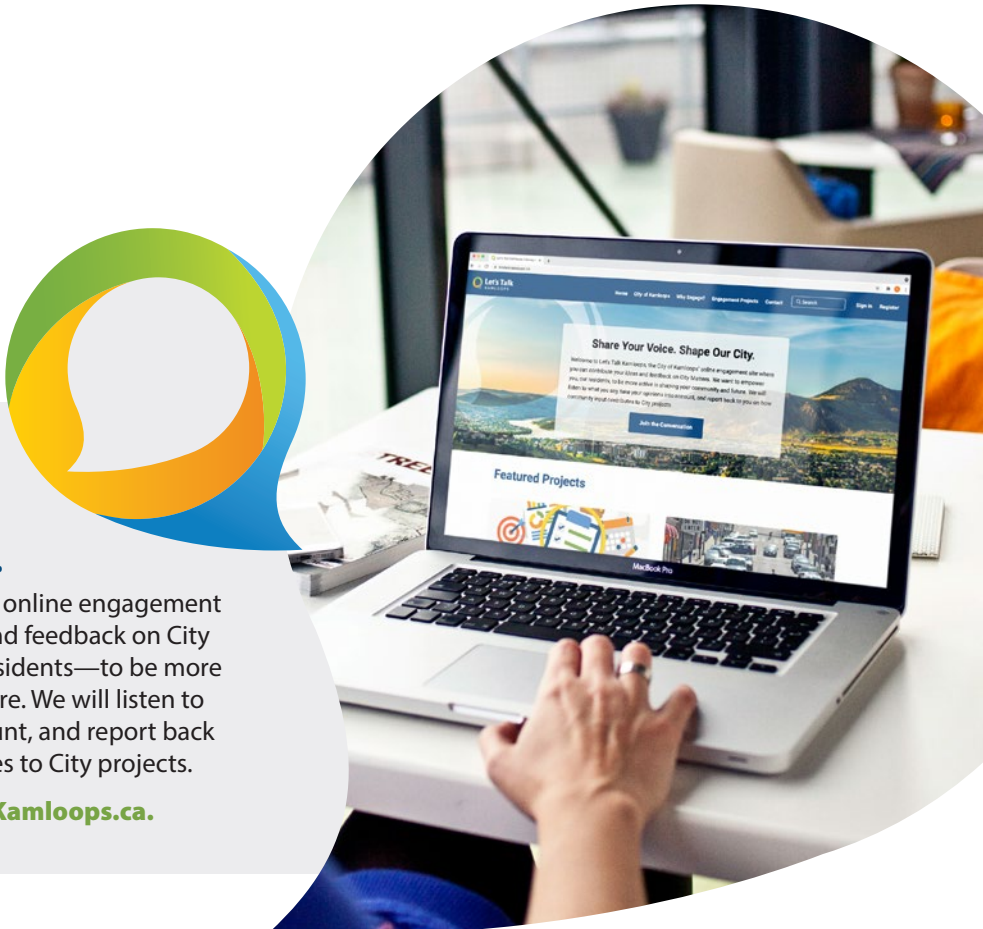
Registered Group Fitness
TRX Combo
Ages: 13+
In a small group, you will learn the basics on TRX suspension training and move in a way that will leave you feeling challenged, strong, and inspired.
TCC - Queenax
Mon Apr 1-May 6 11:15 am-12:00 pm 5/\$46.43
5/\$46.43 5 classes for \$46.43
1/\$20.00 1 class for \$20
cost + applicable taxes
Mon Monday only
Mon, Wed Monday and Wednesday
Mon-Fri Monday through Friday
Tues/Thur Tuesday or Thursday

Follow us on Facebook!
@CityofKamloops
@CityofKamloopsPRC
@TournamentCapital

Let's Talk Kamloops
Share Your Voice. Shape Our City.

Let's Talk Kamloops is the City of Kamloops' online engagement site where you can contribute your ideas and feedback on City matters. We want to empower you—our residents—to be more active in shaping your community and future. We will listen to what you say, take your opinions into account, and report back to you on how community input contributes to City projects.

To sign up and speak up, visit LetsTalk.Kamloops.ca.



Facility Information



Hours of Operation



Facilities will be closed on all statutory holidays unless otherwise noted. Visit these web pages for up-to-date facility hours.

TCC (Wellness Centre, APC & Fieldhouse)	Kamloops.ca/TCC
Canada Games Aquatic Centre	Kamloops.ca/Swim
Westsyde Pool and Fitness Centre	Kamloops.ca/WestsydePool
City Arenas	Kamloops.ca/Arenas

Guest Code of Conduct

Our goal is to provide a friendly, safe, and fun environment for our guests.

- Please be respectful of others—their beliefs, opinions, belongings, and feelings.
- Please be respectful of directions given by staff or volunteers.
- Ensure conversation, behaviour, and language are appropriate for a public facility that caters to all cultures, diversities, and age groups.
- Drugs, alcohol, and items that would be deemed as weapons are prohibited on site.
- Recording with cameras and other devices, including smart phones, is strictly prohibited unless prior approval from the City is given.

View the full City Venue Policy and Tournament Capital Centre Use Guidelines at [Kamloops.ca/Guidelines](https://kamloops.ca/Guidelines).

Gym Age Policy

- All youth aged 12–18 are required to complete a FREE weight room orientation.
- Upon completion of an orientation, youth aged 12–14 are required to use the gyms under direct supervision of a paying adult (19+ years). Youth aged 15–18 may use the gym on their own.
- Drop-in orientations are available during operational hours with the exception of 11:30 am–1:30 pm and 4:30–6:30 pm, Monday–Friday.

Swim Age Policy

Children aged 6 or under must always be accompanied in the water and be within arm's reach of a parent or other person aged 16 or older. Ratio of children aged 6 or under to parent/guardian must be no greater than 3:1.



Protect Your Valuables

Whenever possible, leave your valuables at home or use a wallet locker at the TCC. Lockers are 25¢. Change is available at the front counter. Using personal locks is not recommended.

Four bike lockers are available at the TCC for complimentary day use on a first-come, first-serve basis. A personal lock is required for this amenity.



Parking at the TCC

TCC visitors are required to register their licence plate number to receive two hours parking, Monday–Friday, 8:00 am–5:00 pm. Outside of these days and times, TCC visitors are not required to register their licence plate number.

TCC visitors displaying a valid disabled parking permit do NOT need to register their licence plate number.



© Kathleen Fisher

Administration

Email. prccount@kamloops.ca
General Inquiry 250-828-3580
Adopt-A-Road. 250-828-3461

Aquatics

Online. Kamloops.ca/Swim
Email. swim@kamloops.ca
Westsyde Pool & Fitness Centre. 250-828-3616
Canada Games Aquatic Centre 250-828-3655

Community Halls

Hall Bookings 250-828-3707
Email. facilities@kamloops.ca

Kamloops Museum & Archives

Online. KamloopsMuseum.ca
Email. museum@kamloops.ca
General Inquiry 250-828-3576

PacificSport Interior BC

Online. PacificSportInteriorBC.com
Email. interiorbc@pacificsport.com
General Inquiry 250-828-3344

Parks

Online. Kamloops.ca/Parks
Email. parks@kamloops.ca
General Inquiry 250-828-3551
Parks Bookings 250-828-3335

Program Registration

Online. Kamloops.ca/PerfectMind
General Inquiry 250-828-3500

Sandman Centre & Arenas

Online Skate Schedules. Kamloops.ca/Arenas
Email. skate@kamloops.ca
Arena Bookings. 250-828-3569
Email. arenas@kamloops.ca
Blazers Box Office. 250-828-3339
Ticketmaster (Concert/Event Sales) 1-855-985-5000

Sport, Recreation, Fitness, Arts & Cultural Programs

Online. Kamloops.ca/Recreation
Email. recreation@kamloops.ca
. fitness@kamloops.ca
. arts-culture@kamloops.ca
. neighbourhoods@kamloops.ca
. events@kamloops.ca

Tournament Capital Centre

Daily Facility Report . . Facebook.com/TournamentCapital
General Inquiry 250-828-3655
Online. Kamloops.ca/TCC
Kamloops Classics Swimming. 250-828-3660
Kamloops Gymnastics
& Trampoline Centre 250-374-6424
Sage Sport Institute 250-314-5000
Taste Kitchen Inc. 236-425-3331
TRU Athletics 250-828-5009

Facility Rates

Tournament Capital Centre

Canada Games Aquatic Centre (Pool Only Pass)*

	Single Admission	Punch Card (10 Admissions)	Monthly Pass	Annual Pass
Child (4–13)	\$4.35	\$35.80	\$39.40	\$394.00
Youth (14–18)	\$5.80	\$51.80	\$41.00	\$410.00
Adult (19–59)	\$7.80	\$69.45	\$41.00	\$410.00
Senior (60+)	\$5.80	\$51.80	\$41.00	\$410.00
Family*	\$4.35 per person (max. cost \$18.55)	\$35.80 (1 punch per person)	\$82.00	\$820.00

Wellness Centre & Athlete Performance Centre (Gym Only Pass)*

	Single Admission	Monthly Pass	Annual Pass
Child (4–13)	\$7.70	\$39.40	\$394.00
Youth (14–18)	\$7.90	\$41.00	\$410.00
Adult (19–59)	\$9.40	\$41.00	\$410.00
Senior (60+)	\$7.90	\$41.00	\$410.00
Family*	\$25.95	\$82.00	\$820.00

Full Access Pass (Gym, Pool & Fieldhouse)

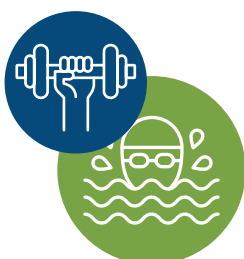
	Single Admission	Monthly Membership	Annual Membership (Advance Payment)	Annual Membership (Monthly Payment)
Child (4–13)	\$8.10	\$39.40	\$400.50	\$33.55
Youth (14–18)	\$10.40	\$52.10	\$564.90	\$46.30
Adult (19–59)	\$12.75	\$63.70	\$639.05	\$53.25
Senior (60+)	\$10.40	\$52.10	\$564.90	\$46.30
Family*	\$31.85	\$127.35	\$1,247.90	\$103.00

Fieldhouse Pass (Indoor Track & Courts) Includes access to EZ line.

	Single Admission	Monthly Pass
Child (4–13)	\$4.35	\$21.40
Youth (14–18)	\$5.80	\$21.40
Adult (19–59)	\$7.80	\$21.40
Senior (60+)	\$5.80	\$21.40
Family*	\$4.35 per person (max. cost \$18.55)	N/A

*A family is a maximum of two adults and all children under 18 years of age living in the same residence.

†Includes access to Fieldhouse, when available. All rates include tax.



Swim or Gym Only Pass†

\$41 per month

See front counter for details.

DID YOU KNOW?

- TRU students can upgrade to a TCC Full Facility Pass for \$32.40 with a valid U-PASS.
- Patrons with disability pay the applicable age rate. Support persons are free!
- Children aged 3 and under are FREE!

Brocklehurst Outdoor Pool

	Single Admission	Summer Swim Pass
Child (4–13)	\$3.75	\$59.00
Youth (14–18)	\$4.35	\$73.50
Adult (19–59)	\$5.80	\$104.00
Senior (60+)	\$4.35	\$73.50
Family*	\$3.75 per person (max. cost \$15.05)	

Westsyde Pool and Fitness Centre

	Single Admission	Punch Card (10 Admissions)	Monthly Pass	Annual Pass
Child (4–13)	\$3.75	\$31.00	\$30.10	\$301.00
Youth (14–18)	\$4.35	\$36.90	\$35.70	\$357.00
Adult (19–59)	\$5.80	\$50.15	\$35.70	\$357.00
Senior (60+)	\$4.35	\$36.90	\$35.70	\$357.00
Family*	\$3.75 per person (max. cost \$15.05)	\$31.00 (1 punch per person)	\$72.00	\$720.00

Public Skating/Stick and Puck

	Single Admission	Season Pass
Preschool (0–3)	FREE	FREE
Child (4–13)	\$4.50	\$40.50
Youth (14–18)	\$5.25	\$47.25
Adult (19–59)	\$6.25	\$56.25
Senior (60+)	\$5.00	\$45.00
Family*	\$12.75	\$114.75
Drop in Hockey (19+)	\$7.50 (Goalies are FREE)	\$67.50

Participants must register in advance at Kamloops.ca/PerfectMind for drop in hockey and stick, puck and ring programs.

Are you an avid skater?

Season skate passes can be purchased online; by calling 250-828-3500; or in person at the Kamloops Museum & Archives, Tournament Capital Centre, or Westsyde Pool & Fitness Centre. After paying the one-time season fee, the regular fee will be waived when you register for one of our skating programs.



Creating Connected Communities



Find your neighbourhood association on Facebook!



Neighbourhood Matching Fund

The Neighbourhood Matching Fund supports your neighbourhood-driven projects and celebrations. Plan an event or beautification project and apply for money to help make it a reality.

For more information, visit our neighbourhood directory at [Kamloops.ca/Neighbours](https://kamloops.ca/Neighbours).

Neighbourhood Associations

Neighbourhood associations help bring people together to organize projects, host community celebrations, and beautify neighbourhoods. Neighbourhood associations connect through social media, newsletters, and email.

By connecting, you can:

- learn about neighbourhood projects
- share ideas
- give feedback
- get involved

Call 250-828-3582

Email neighbourhoods@kamloops.ca

Kamloops Food Policy Council

Join us at our monthly network meetings and potlucks. We share information and a meal 5:30–7:30 pm the first Wednesday of every month.

Learn more at KamloopsFoodPolicyCouncil.com
Phone 250-851-6111
Email info@kamloopsfoodpolicycouncil.com

 **Kamloops Food Policy Council**

Kamloops Farmers' Market

Saturdays

April 16–October 29, 2022
200 block of St. Paul Street
(in front of the Stuart Wood schoolyard)

Wednesdays

May 4–October 26, 2022
400 block of Victoria Street
(in front of the TNRD Library)

Learn more at KamloopsFarmersMarket.com
Phone 250-682-7975

 **Kamloops Regional Farmers Market**

FoodLoops Downtown

Working in partnership with Thompson Rivers University's Faculty of Communication and the Kamloops Food Policy Council, a food map of downtown Kamloops was developed to chart the locations of food-related projects, programs, and initiatives.

Learn more at FoodLoops.TruBox.ca

Are you aware of the Community Food Asset Map? This map is intended to help promote and build awareness of initiatives, programs, and community resources that support the local food system and help increase food access for residents. Discover your nearest farmers' markets, yard waste sites, community meal and emergency food programs, urban agriculture education sites, and edible fruit and nut trees on public lands.

Visit Kamloops.ca/FoodAssetMap.

Community Kitchens and Gardens

In partnership with Interior Community Services, community gardens are fenced, shared land that is divided into garden plots for anyone who wishes to grow their own healthy produce. Applications are now being accepted for spring and summer.

You can also join a community kitchen where you can cook, learn about low-cost meal options, and preserve food. Check for availability.

Phone: 236-421-1011

 **Mount Paul Food Centre**

Gardening Education Partnership

The City of Kamloops partners with groups like the Master Gardeners, the Kamloops Food Policy Council, and the Community Gardens Program to run workshops.

For more information, check out the [Gardening programs in the Adult section](#).



DID YOU KNOW?



© Tourism Kamloops | Scott Bakken

1k
MINI
BOOGIE

5k
WALK
OR RUN

10k
WALK
OR RUN

21k
RUN

THE CHARITY
YOU ARE
SUPPORTING:

WCT
WESTERN CANADA
THEATRE

**YOUTH
THEATRE
PROGRAMS**



BOOGIE REUNITED!



SUNDAY
APRIL 24
2022

STARTS 8:30AM
(Half Marathon starts 8:00am)

MCDONALD PARK

Get ready to Boogie again!

ALL PAGES AND AGES WELCOME

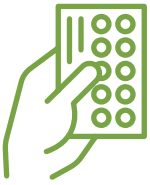
CFJC TV Boogie the Bridge is a fun walk or run event that accommodates all paces and provides you with a variety of distances to choose from. Boogie the Bridge is a not-for-profit organization in Kamloops, BC that strives to promote healthy living for participants of all fitness levels to create positive change through movement. *We welcome all paces to participate in this fun-filled supportive run!*

REGISTER TODAY



boogiethebridge.com

MORE INFO: registration@boogiethebridge.com



ARCH: Affordable Recreation for Community Health

The City aims to connect everyone to recreation and offers financial assistance to help make it happen. Use ARCH credits to buy a punch card or membership for the gym, pool, or ice rink or to sign up for a program.

Call us to find out more at 250-828-3582 or visit [Kamloops.ca/ARCH](https://kamloops.ca/ARCH)



KamPASS

KamPASS is an affordable transit option to help you get to your next recreational activity. The program provides subsidized bus passes to qualified Kamloops resident to encourage using transit for work, appointments, recreation, education, and any other activities.

Call us to find out more at 250-828-3582 or visit [Kamloops.ca/KamPASS](https://kamloops.ca/KamPASS)



KidSport

KidSport provides families with children aged 5–18 with financial assistance to participate in sports in Kamloops.

Call us to find out more at 250-828-3822 or visit [Kamloops.ca/KidSport](https://kamloops.ca/KidSport)



Boogie the Bridge Cultural Fund

This fund is intended to provide financial assistance for children and youth aged 5–18 to participate in cultural activities like dance, drawing, and music.

Find out more and apply at [Kamloops.ca/BoogieFund](https://kamloops.ca/BoogieFund)



Women in Wellness

Do you want to be active and meet other women and families? Doing activities together with other girls, women, and families support you in learning new skills, exploring your community, trying new things, making friends, getting active, and having fun.

Visit [Kamloops.ca/WWIN](https://kamloops.ca/WWIN) for more information on programs, resources, and special events.



Fitness Schedules

Tournament Capital Centre

DID YOU
KNOW?



TCC Annual Full Facility Pass holders enjoy a 50% discount on most TCC and Westsyde Pool & Fitness Centre fitness classes.

This discount is only available when registering by phone or in person.

Legend

● Mild/All Levels

For beginners or those returning to exercise. These classes are gentle on your joints with little to no impact.

▲ Intermediate

For individuals who are currently exercising and are looking for a more challenging class. These classes may feature intervals, strength training, and more advanced exercises.

◆ Advanced

For experienced exercisers who are looking for more intensity. These classes may include high intensity intervals, compound exercises, and active recovery periods.

💧 Aquafit

Low-impact, water-based fitness classes with a range of intensity options suitable for beginners to intermediate or advanced. Must register for Aquafit.

*Gentle Circuit participants must register in person on the day of the class at TCC and have at minimum a Track Pass to qualify for the \$0.55 reduced class rate.

**Aquafit participants are required to purchase a pool pass for Aquafit programs.

***Drop-in participants must register in person at TCC. All current TCC Gym Members (Gym only or Full Access) qualify for a 50% discount.

Please note: Unless otherwise indicated, the age policy on all fitness classes requires participants (registered or drop-in) to be 13 years or older at the time of participation. Instructors and classes are subject to change without notice.



Spring Westsyde Community Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	AquaFit (Shallow) 🔵 8:30–9:30 am WSP	AquaFit (Shallow) 🔵 8:30–9:30 am WSP	AquaFit (Shallow) 🔵 8:30–9:30 am WSP	AquaFit (Shallow) 🔵 8:30–9:30 am WSP	AquaFit (Shallow) 🔵 8:30–9:30 am WSP
	Low Intensity Circuit ● 11:30 am–12:30 pm WSP - Gym				Low Intensity Circuit ● 11:30 am–12:30 pm WSP - Gym
Evening	AquaFit (Shallow) 🔵 7:30–8:30 pm WSP			AquaFit (Shallow) 🔵 7:30–8:30 pm WSP	

Spring Tournament Capital Centre Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		Water Running ▲ 6:30–7:30 am		Aqua Express Circuit ▲ 6:45–7:30 am	Cycle Fit Express ▲ 6:30–7:15 am
		Intermediate Pilates ▲ 8:30–9:30 am			Pilates with Props ▲ 8:30–9:30 am
	Gentle Circuit ● 9:00–9:55 am *Drop-in		Gentle Circuit ● 9:00–9:55 am *Drop-in		Gentle Circuit ● 9:00–9:55 am *Drop-in
	AquaFit Deep Water 🔵 8:30–9:30 am	AquaFit Deep Water 🔵 8:30–9:30 am	AquaFit Deep Water 🔵 8:30–9:30 am	AquaFit Deep Water 🔵 8:30–9:30 am	AquaFit Deep Water 🔵 8:30–9:30 am
	Stretch and Relax ● 10:15–11:15 am	Stronger Bones ● 10:30–11:30 am	Stretch and Relax ● 10:15–11:15 am	Stronger Bones ● 10:30–11:30 am	
		AquaFit Shallow Water 🔵 11:00 am–12:00 pm		AquaFit Shallow Water 🔵 11:00 am–12:00 pm	
Afternoon		Cycle Fit ▲ 12:10–12:55 pm *Drop-in	TRX Combo ▲ 12:10–12:55 pm		HIIT-High Intensity ◆ Interval Training 12:10–12:55 pm *Drop-in
	Stroller Fit ● 1:15–2:15 pm	Strong Bones ● 1:15–2:15 pm		Strong Bones ● 1:15–2:15 pm	
		Zumba Gold® ● 2:45–3:45 pm		Zumba Gold® Toning ● 2:45–3:45 pm	
Evening	Cycle Fit ▲ 5:00–6:00 pm	Zumba® ▲ 5:00–6:00 pm	Cycle Fit ▲ 5:15–6:15 pm	HIIT - High Intensity ◆ Interval Training 5:00–6:00 pm	
	Beginner Yoga ● 5:15–6:15 pm				
	Introduction to Weight Training ▲ 6:15–7:15 pm	Stretch and Relax ● 6:15–7:00 pm	Fitness Fusion ▲ 6:15–7:15 pm	Barre Fit ▲ 6:30–7:30 pm	

Fitness Schedules

Tourism Kamloops | Candace Hansma



For more fitness class information, see the Adult and Adult 55+ sections or visit Kamloops.ca/PerfectMind.



Spring Community-Based Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Beginner Yoga ● 9:00–10:00 am Valleyview Community Centre	Beginner Yoga ● 8:45–9:45 am Hal Rogers		Beginner Yoga ● 8:45–9:45 am Valleyview Hall	
	ZUMBA® Gold ● 11:00 am–12:00 pm Valleyview Community Centre		ZUMBA® Gold ● 11:00 am–12:00 pm West Highlands Community Centre		
Afternoon	Gentle Chair Yoga ● 1:30–2:30 pm Hal Rogers		Gentle Chair Yoga ● 1:30–2:30 pm West Highlands Community Centre		Gentle Chair Yoga ● 1:30–2:30 pm West Highlands Community Centre
Evening	Beginner Yoga ● 5:30–6:30 pm Valleyview Hall	Beginner Yoga ● 4:30–5:30 pm West Highlands Community Centre	Beginner Yoga ● 4:45–5:45 pm Parkview Activity Centre		
		Zumba® ▲ 5:30–6:30 pm Hal Rogers			

ATHLETIC PERFORMANCE TRAINING / GENERAL HEALTH & FITNESS PROGRAMS

FREE CONSULTATION : 250-377-0808



**24 HOUR
FITNESS
CENTRE**

Acceleration

KOZORIS STRENGTH
& CONDITIONING

ATHLETIC
PERFORMANCE
TRAINING

OPEN TO THE PUBLIC
MEMBERSHIPS AVAILABLE
YOUTH & ADULT FITNESS
GIFT CERTIFICATES AVAILABLE

765 LANSDOWNE ST.



Greg Kozoris and his team are passionate about exercise physiology and about helping you reach your maximum physical potential. Give the Acceleration team a call to help you reach your goals.

KAMLOOPS HAS SOMETHING FOR EVERYONE.

Try a new activity this year for your mental and physical well-being.

TODD STONE

MLA Kamloops-South Thompson
446 Victoria Street
Kamloops, BC V2C 2A7
todd.stone.mla@leg.bc.ca
toddstonemla.ca
250-374-2880
@toddstonebc
ToddGStone

PETER MILOBAR

MLA Kamloops-North Thompson
618B Tranquille Road
Kamloops, BC V2B 3H6
peter.milobar.mla@leg.bc.ca
petermilobarmla.ca
250-554-5413
@PeterMilobar
PeterMilobarKNT



**SPRING & SUMMER SOCCER
& T-BALL ARE BACK!**

Sportball
Sports instruction for kids

**REGISTER NOW AT
SPORTBALL.CA/KAMLOOPS**



SOCCER DAY CAMPS 2022

Since 1993



- * morning & full day sessions
- * before & after care available
- * July & August weeks
- * all kids aged 5 to 13

🏆 **Kamloops:** 1 location

For the latest location details, including drop off details and information on other locations across Lower Mainland, visit the [LOCATIONS](https://royalsoccerclub.com/locations) page at royalsoccerclub.com.

full refund
'no questions
asked' until
May 1, 2022

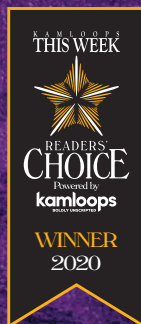
800-427-0536

royalsoccerclub.com



*Come enjoy
the Experience of
Dance*

Dance With Me
Groove 2 Moves
Creative Dance
Combo Dance • Ballet
Pointe • Acro
Musical Theater
Funky Jazz • Jazz • Hip Hop
Lyrical • Contemporary



Register Now!

*Academy
of Dance*

910 Camosun Crescent
250-314-9974
info@aodkamloops.com



Free YMCA
membership



Ages 8+

Learn to Cope with Stress Y Mind

Everyone experiences worries and stress. Y Mind is here to help you

Multiple FREE mental wellness groups for ages 8-12, 13-18, 18-30 and 30+.

Contact the Y Mental Wellness team at mentalwellness@kamloopsy.ca or 250-319-6648 for more information.

The program is run by caring, trained staff, in a safe supportive environment. **There is no cost to participate.**



Strong friendships, meaningful connections. That's Girl Guides.

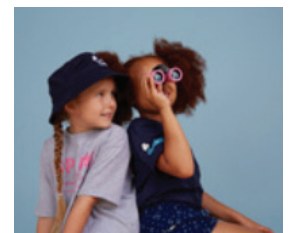


At Girl Guides, girls have a place to shine. By meeting weekly with their peers and adult volunteers, girls will have a built-in support group that cheers them on as they take the lead and explore new challenges. It's all part of our formula for empowering every girl to be everything she wants to be.

You can join at any time! Units are meeting now in your area, and you can find one using our [unit finder](#) on our website: www.girlguides.ca/web/

The program runs from September to June each year. Registration for the fall of 2022 will start in the spring. Returning members will register in April and May, and new members can start registering in early June! Units fill up fast, so register early!

If you have questions, you can email: info@girlguides.ca



Girl Guides

Accessible Recreation

© Murray Mitchell

Good for your
head, heart,
and health!

DID YOU
KNOW?

Having the enjoyment, confidence, and desire to move your body provides opportunities to develop lifelong healthy habits. For more information, visit [PlayKamloops.com](https://www.playkamloops.com).

Connect with us

  @PLAYKamloops

Accessible Kamloops

People Create Accessibility

Accessibility is people working together to identify challenges and find solutions. Accessibility is people caring for one another. Visit the City's website to:

- learn about the Snow Angels program
- sign up for accessible activities that get you out and moving with others
- find directories that list every Kamloops organization that provide support
- give feedback for ways to improve our home and community

Explore Your Possibilities!

We offer:

- accessible programs and facilities
- opportunities for everyone to get healthy
- activities that fit your needs - adapted yoga, hockey, swimming, and more

The City of Kamloops cannot provide personal care, administer medication, or give one-to-one assistance. Fees will NOT be charged for support persons.

To find services and programs that help make life in Kamloops more accessible, phone **250-828-3582** or visit [Kamloops.ca/Access](https://www.kamloops.ca/Access).



**Due to COVID-19, programs are subject to change and/or cancellation.
For up-to-date information and programming, visit [Kamloops.ca/PerfectMind](https://kamloops.ca/PerfectMind).**

FITNESS

Yoga

Yoga

Ages: 13+

Enjoy basic yoga exercises in a safe and supportive space. Move at your own pace and learn the joys of mindful exercise. Support persons are required to join in when needed.

Yacht Club

Mon	Mar 28–Apr 25	1:15–2:15 pm	5/\$50
Mon	May 2–May 30	1:15–2:15 pm	5/\$50

Zumba

Ages: 15+

Zumba®—the fitness dance party! Learn easy-to-follow moves set to super fun music. Tone muscles! Improve coordination! The Zumba® formula will be modified to fit your needs and abilities in a fun and supportive space. Support persons are required to join in when needed.

Yacht Club

Thu	Apr 7–May 5	10:30–11:30 am	5/\$30
Thu	May 12–Jun 9	10:30–11:30 am	5/\$30

SPORT

Hockey

Floor Hockey I

Ages: 5–10

Open to youth with disabilities, this program will build stick and running skills through drills and games. Our instructors will make sure your child's experience is safe and fun!

Location TBD

Thu	Apr 28–Jun 16	5:30–6:15 pm	8/\$40
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Floor Hockey II

Ages: 11–16

Open to youth with disabilities, this program will build stick and running skills through drills and games. Our instructors will make sure your child's experience is safe and fun!

Location TBD

Thu	Apr 28–Jun 16	6:15–7:00 pm	8/\$40
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ACCESSIBLE RECREATION

**DID YOU
KNOW?**



The Boogie the Bridge Cultural Fund facilitates cultural growth by offering funds to those ages 5–18 to cover the cost in the visual and performing arts, such as music, theatre, dance, and arts programs or workshops, in Kamloops. Ten percent of the registration fees of the annual Boogie the Bridge event are donated and held in trust with the BC Interior Community Foundation. Since 2007, over \$55,000 have benefited children and youth in our community.

Learn more at [Kamloops.ca/Grants](https://kamloops.ca/Grants).



Physician/Nurse Practitioner Referred Programs

Strategic Health Alliance at TCC



COVID-19 update and virtual care:

The pandemic has not changed the need for specialized programs, only how these programs are delivered.

On Track

On Track offers support for people with health conditions such as pre-diabetes, diabetes, elevated blood pressure, high cholesterol, depression, anxiety, and/or inactivity:

- A 10–12 week program works with people step-by-step to improve lifestyle and overall health.
- Virtual sessions led by our team of exercise and clinical specialists.
- This is a prevention program and not for people with established heart disease.
- You will need an email address and internet connection.

For more information,
contact 250-828-3742.

Pulmonary Rehab

This program is designed for participants diagnosed with a chronic lung condition:

- Supervised by a physiotherapist and respiratory therapist.
- Designed to improve your quality of life by increasing your activity, strength training, and breathing techniques.
- 8-week virtual program will require internet access, email access, and a computer or tablet with a camera.
- Contact your MD/NP to register.

For more information,
contact 778-220-3761.

Cardiac Rehab

The Vascular Improvement Program (VIP) is for people who have had a heart attack or heart surgery or for people who have cardiovascular conditions:

- Virtual exercise and education support with cardiac rehab clinical specialists.
- Cardiac rehab visits are conducted by phone.
- To access the full program offering, internet and email are required.

For more information,
contact 250-314-2727.

All programs are virtual, FREE, and require a physician/nurse practitioner referral. For referral forms, please visit KeepOnMoving.ca/Physicians.



Strategic Health Alliance is a relationship between the City of Kamloops and Interior Health. The exercise programs delivered through this innovative partnership offer individuals with chronic conditions a way to get moving using the clinical expertise of medical staff in a recreation setting.



Interior Health



Canada's Tournament Capital



KYSA COMMUNITY SPRING LEAGUE

U3 TO U18 PLAYERS

Registration Deadline:

March 1

For more info, or to register:
www.kysa.net

Sponsored by:



THE CHOPPED LEAF

PIZZA NOW



SEMINARS & DIY WORKSHOPS FOR 2022

February 5 2022

SEED STARTING

February 12 2022

SPRING BULB DISHGARDEN

February 19 2022

ALL ABOUT ORCHIDS

February 26 2022

TREE PRUNING & CITRUS CARE

March 5 2022

PRUNING

March 12 2022

HOT TUB MAINTENANCE

March 19 2022

3 SEASON FRUIT GARDEN

March 26 2022

DIY VEGETABLE CONTAINER

April 2 2022

HOW TO TEST SOIL

April 9 2022

TROPICAL PLANTS

April 15 2022

GROWING CANNABIS

April 23 2022

FIRESMART PLANTS

April 30 2022

DIY ANNUAL CONTAINER

May 14 2022

EDIBLE FLOWERS

May 21 2022

TROPICAL PATIO PLANTS

May 28 2022

ALL ABOUT ROSES

**ALL
SEMINARS
START AT
10 AM**



See in store for details.

250-828-2111 • artknappkamloops.com

420 Nunavut Way Kamloops, BC • Behind Home Hardware & Honda on the Halston



Spring Break Aquatrack

Have you ever wondered what it would be like to race on an obstacle course that is floating on top of water? Join us at the Canada Games Aquatic Centre to experience our new WIBIT aquatrack!

Dates: March 19–April 1

Time: Afternoon and evening public swim hours

Cost: Regular drop-in rate

Registration: No registration required

Ages: Ages 7+

To find public swim hours, visit
[Kamloops.ca/CGAC](https://kamloops.ca/CGAC).

Swim Lesson Fees

Parent and Tot	\$53.00
Preschool	\$62.00
Swim Kids (30 min)	\$47.75
Swim Kids (45 min)	\$53.00
Swim Kids (60 min)	\$62.00

These sample fees are based on a 10-class session. Fees will be pro-rated for greater/fewer classes.

DROP-IN AQUAFIT CLASSES

Deep Water Aquafit

Classes are held in the main pool. Medium to high intensity class with certified instructor.

Canada Games Aquatic Centre
Mon–Fri

8:30–9:30 am

AquaLite

Classes are held in the shallow leisure pool. Low-intensity workout with certified instructor.

Canada Games Aquatic Centre
Tue & Thu

11:00 am–12:00 pm

**Due to COVID-19, programs are subject to change and/or cancellation.
For up-to-date information and programming, visit [Kamloops.ca/Swim](https://kamloops.ca/Swim).**



Learn-to-Swim Program Overview

PARENT AND TOT LESSONS

Ages 4 months–3 years

Caregiver participation is required.
Progression is based on age.



Starfish

4–12 months



Duck

12–24 months



Sea Turtle

24 months–3 years

PRESCHOOL LESSONS

Ages 3–6 years

Progression is based on completion of level.



Sea Otter

- Front and back floats and glides with help
- 1 m swim with help



Salamander

- Roll-over swims
- Front and back floats and swims
- 2 m swim



Sunfish

- Front, back, roll-over, and side swims
- Deep-water activities
- 5 m swim



Crocodile

- Front, back, and side swims and basic front crawl
- Deep-water swimming
- 10 m swim



Whale

- 10 m front, back, and side swims and basic front crawl
- Deep-water swimming
- 15 m swim

Moving from Preschool to Swim Kids

Level	Incomplete	Complete
Sunfish	to Swim Kids Level 1	to Swim Kids Level 1
Crocodile	to Swim Kids Level 1	to Swim Kids Level 2
Whale	to Swim Kids Level 2	to Swim Kids Level 3

SWIM KIDS LESSONS

Ages 6–14 years

Progression is based on completion of level.



Swim Kids 1

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 5 m swim



Swim Kids 2

- Side swims and basic front crawl
- Deep-water activities
- 10 m swim



Swim Kids 3

- Front and back floats and swims
- Roll-over swims and basic front crawl
- 15 m swim



Swim Kids 4

- 15 m back swim
- 10 m front crawl
- 25 m swim



Swim Kids 5

- 15 m front and back crawl
- Whip kick on back
- 50 m swim



Swim Kids 6

- 25 m front and back crawl
- 15 m elementary backstroke
- 75 m swim



Swim Kids 7

- 50 m front and back crawl
- 25 m elementary backstroke and whip kick on front
- 150 m swim



Swim Kids 8

- 75 m front and back crawl
- 15 m breaststroke
- 300 m swim



Swim Kids 9

- 100 m front and back crawl
- 25 m breaststroke and side stroke
- 400 m swim



Swim Kids 10

- 100 m front and back crawl
- 50 m elementary backstroke, breaststroke, and side stroke
- 500 m swim

April Weekday Swim Lesson Schedule

	Canada Games Aquatic Centre	
Date	Mon/Wed/Fri Apr 4–29	Tue/Thu Apr 5–28
Red Cross Swim Tots - Ages 4–36 Months		
Starfish	10:30 am, 3:00 pm	10:00 am, 3:30 pm
Duck	10:00 am, 3:30 pm	9:30 am, 3:00 pm
Sea Turtle	9:30 am, 4:00 pm	9:00 am, 3:00 pm, 4:00 pm
Red Cross Preschool - 3–6 Years		
Sea Otter	8:30 am, 10:00 am, 3:00 pm, 3:30 pm,	10:00 am, 10:30 am, 3:00 pm, 3:30 pm, 4:30 pm
Salamander	9:00 am, 3:00 pm, 3:30 pm, 4:00 pm	8:30 am, 10:30 am, 3:00 pm 5:00 pm
Sunfish	10:30 am, 3:30 pm, 4:00 pm	3:00 pm, 4:30 pm
Crocodile	3:00 pm, 4:00 pm	3:00 pm, 4:30 pm
Whale	4:30 pm	5:30 pm
Private	11:00 am, 5:00 pm, 6:00 pm	6:00 pm
Red Cross Swim Kids - Ages 6–14 Years		
Swim Kids 1	3:30 pm, 5:30 pm	3:30 pm, 4:00 pm, 5:00 pm
Swim Kids 2	4:00 pm, 5:00 pm	3:30 pm, 4:00 pm
Swim Kids 3	4:30 pm, 5:00 pm	4:00 pm, 4:30 pm
Swim Kids 4	3:30 pm, 5:30 pm	4:00 pm
Swim Kids 5	4:00 pm	3:30 pm
Swim Kids 6	4:30 pm	5:15 pm
Swim Kids 7	4:30 pm	5:15 pm
Swim Kids 8	5:30 pm	4:30 pm
Swim Kids 9	5:30 pm	4:30 pm
Swim Kids 10	5:30 pm	4:30 pm
Private	5:30 pm, 6:30 pm	6:00 pm, 6:30 pm
Teen & Adult Options		
Private	7:00 pm	7:00 pm

*Schedule subject to change. See lesson hot sheet for details - pick one up at the pool or visit Kamloops.ca/Swim.

	Westsyde Pool & Fitness Centre				
Date	Mon Apr 25	Tue Apr 26	Wed Apr 27	Thu Apr 28	Fri Apr 29
Red Cross Preschool and Swim Kids - 3–14 Years					
Private	4:00 pm	4:00 pm	4:00 pm	4:00 pm	4:00 pm
Private	4:30 pm	4:30 pm	4:30 pm	4:30 pm	4:30 pm
Private	5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm
Private	5:30 pm	5:30 pm	5:30 pm	5:30 pm	5:30 pm

*Schedule subject to change.



© Mary Putnam

May Weekday Swim Lesson Schedule

	Canada Games Aquatic Centre		Westsyde Pool & Fitness Centre	
Date	Mon/Wed/Fri May 2–30	Tue/Thu May 3–31	Mon/Wed/Fri May 2–30	Tue/Thu May 3–31
Red Cross Swim Tots - Ages 4–36 Months				
Starfish	10:00 am, 3:30 pm	10:30 am, 3:00 pm	4:00 pm	
Duck	10:30 am, 3:00 pm	10:00 am, 3:30 pm	4:00 pm	
Sea Turtle	9:30 am, 4:00 pm	9:30 am, 4:00 pm	4:00 pm	
Red Cross Preschool - 3–6 Years				
Sea Otter	9:00 am, 10:00 am, 3:00 pm, 3:30 pm, 4:30 pm,	8:30 am, 10:00 am, 3:00 pm, 3:30 pm, 4:00 pm	4:30 pm, 5:30 pm	4:00 pm, 5:30 pm
Salamander	8:30 am, 11:00 am, 3:00 pm, 5:00 pm	9:00 am, 3:30 pm, 4:00 pm	5:00 pm	
Sunfish	10:30 am, 3:00 pm, 4:30 pm	10:30 am, 3:00 pm		4:30 pm
Crocodile	5:30 pm	4:30 pm	5:30 pm	
Whale	5:30 pm	3:00 pm, 4:30 pm	5:30 pm	
Private	6:00 pm	5:00 pm, 6:00 pm		
Red Cross Swim Kids - Ages 6–14 Years				
Swim Kids 1	3:30 pm, 4:00 pm, 5:00 pm	3:30 pm, 5:30 pm		5:00 pm
Swim Kids 2	3:30 pm, 4:00 pm	4:00 pm, 5:00 pm		
Swim Kids 3	4:30 pm	4:30 pm, 5:00 pm		
Swim Kids 4	4:00 pm	3:30 pm, 5:30 pm	4:00 pm	
Swim Kids 5	3:30 pm	4:00 pm		4:30 pm
Swim Kids 6	5:15 pm	4:30 pm	4:30 pm	
Swim Kids 7	5:15 pm	4:30 pm	4:30 pm	
Swim Kids 8	4:30 pm	5:30 pm		5:00 pm
Swim Kids 9	4:30 pm	5:30 pm		5:00 pm
Swim Kids 10	4:30 pm	5:30 pm		5:00 pm
Private	6:00 pm, 6:30 pm	5:30 pm, 6:30 pm		
Teen & Adult Options				
Private	7:00 pm	7:00 pm		

*Schedule subject to change.

April/May Weekend Swim Lesson Schedule

	Canada Games Aquatic Centre		Westsyde Pool & Fitness Centre
Date	Sat Apr 2–May 28	Sun Apr 3–May 29	Sat/Sun Apr 23–May 29
Red Cross Swim Tots - Ages 4–36 Months			
Starfish	10:00 am	9:30 am, 4:00 pm	
Duck	8:00 am, 4:00 pm	10:30 am	
Sea Turtle	10:30 am	11:00 am	
Red Cross Preschool - 3–6 Years			
Sea Otter	8:30 am, 8:15 am, 9:15 am, 4:30 pm, 5:00 pm	8:15 am, 9:00 am, 10:00 am, 10:30 am, 11:30 am, 4:00 pm, 4:30 pm	10:30 am, 11:30 am
Salamander	8:00 am, 8:45 am, 11:00 am, 4:00 pm, 4:30 pm	8:00 am, 8:45 am, 10:00 am, 11:30 am, 4:30 pm, 5:30 pm	9:30 am, 11:30 am
Sunfish	9:00 am, 10:30 am, 5:00 pm	9:45 am, 10:30 am, 5:30 pm	10:00 am, 12:30 pm
Crocodile	11:00 am, 5:30 pm	11:00 am, 5:00 pm	10:30 am
Whale	11:00 am, 5:30 pm	11:00 am, 5:00 pm	10:30 am
Private	11:30 am	10:15 am	
Red Cross Swim Kids - Ages 6–14 Years			
Swim Kids 1	9:30 am, 10:30 am, 11:30 am, 4:30 pm	8:30 am, 9:30 am, 10:30 am, 4:00 pm, 5:30 pm	11:00 am
Swim Kids 2	9:00 am, 9:30 am, 10:00 am, 4:00 pm, 5:00 pm	10:00 am, 11:30 am, 4:30 pm	12:00 pm
Swim Kids 3	8:30 am, 9:45 am, 11:30 am, 5:30 pm	9:15 am, 11:00 am, 5:00 pm	10:00 am
Swim Kids 4	8:45 am, 9:45 am, 4:30 pm	8:45 am, 4:00 pm	11:00 am
Swim Kids 5	9:15 am, 4:00 pm	9:15 am, 4:30 pm	9:30 am
Swim Kids 6	5:00 pm	9:45 am, 5:00 pm	12:00 pm
Swim Kids 7	5:00 pm	9:45 am, 5:00 pm	12:00 pm
Swim Kids 8	10:15 am	10:30 am	
Swim Kids 9	10:15 am	10:30 am	
Swim Kids 10	10:15 am	10:30 am	
Private		11:30 am	





June Weekday Swim Lesson Schedule

	Canada Games Aquatic Centre		Westsyde Pool & Fitness Centre	
Date	Mon/Wed Jun 6–29	Tue/Thu Jun 7–30	Mon/Wed Jun 6–29	Tue/Thu Jun 7–30
Red Cross Swim Tots - Ages 4–36 Months				
Starfish	10:30 am, 3:30 pm	10:00 am, 3:00 pm	5:30 pm	
Duck	10:00 am, 3:00 pm	10:30 am, 3:30 pm	5:30 pm	
Sea Turtle	9:30 am, 4:00 pm	9:30 am, 4:00 pm	5:30 pm	
Red Cross Preschool - 3–6 Years				
Sea Otter	8:30 am, 10:00 am, 3:00 pm, 4:00 pm, 4:30 pm	9:00 am, 10:00 am, 3:00 pm, 3:30 pm, 4:00 pm	4:00 pm, 4:30 pm	4:00 pm
Salamander	9:00 am, 11:00 am, 3:00 pm, 5:00 pm	8:30 am, 3:30 pm, 4:00 pm		5:00 pm
Sunfish	10:30 am, 3:00 pm, 4:30 pm	10:30 am, 3:00 pm	4:00 pm	
Crocodile	5:30 pm	3:00 pm, 4:30 pm		
Whale	5:30 pm	4:30 pm	5:00 pm	
Private	6:00 pm	5:00 pm, 6:00 pm	5:00 pm	
Red Cross Swim Kids - Ages 6–14 Years				
Swim Kids 1	3:30 pm, 4:00 pm, 5:00 pm	3:30 pm, 5:30 pm	5:00 pm	
Swim Kids 2	3:30 pm, 5:00 pm	4:00 pm, 5:00 pm		
Swim Kids 3	4:00 pm, 4:30 pm	4:30 pm, 5:00 pm		4:30 pm
Swim Kids 4	4:00 pm	3:30 pm, 5:30 pm	4:30 pm	
Swim Kids 5	3:30 pm	4:00 pm	5:30 pm	
Swim Kids 6	5:15 pm	4:30 pm		4:30 pm
Swim Kids 7	5:15 pm	4:30 pm		4:30 pm
Swim Kids 8	4:30 pm	5:30 pm		5:00 pm
Swim Kids 9	4:30 pm	5:30 pm		5:00 pm
Swim Kids 10	4:30 pm	5:30 pm		5:00 pm
Private	6:00 pm, 6:30 pm	5:30 pm, 6:30 pm		
Teen & Adult Options				
Private	7:00 pm	7:00 pm		

DID YOU KNOW?



AquaFit is an excellent cardio workout that is low impact on your joints! Classes are tailored for adults of any age, and you will be challenged for your individual fitness level.

Look for details on page 22.





July/August Weekday Swim Lesson Schedule

Canada Games Aquatic Centre			
Date	Mon–Thu Jul 4–14	Mon–Thu Jul 18–28	Tue–Fri/Mon–Thu Aug 2–11
Red Cross Swim Tots - Ages 4–36 Months			
Starfish	10:30 am	9:00 am	10:00 am
Duck	10:00 am	10:15 am	8:30 am
Sea Turtle	8:45 am	10:00 am	10:15 am
Red Cross Preschool - 3–6 Years			
Sea Otter	8:30 am, 10:30 am, 5:00 pm	9:30 am, 10:00 am, 4:00 pm	9:00 am, 10:30 am, 4:30 pm
Salamander	9:00 am, 4:30 pm, 5:30 pm	9:30 am, 5:00 pm	10:00 am, 4:00 pm
Sunfish	10:00 am,	8:30 am, 4:30 pm	9:30 am, 5:00 pm
Crocodile	9:30 am, 4:00 pm	10:30 am, 5:30 pm	10:30 am, 5:30 pm
Whale	9:30 am, 4:00 pm	10:30 am, 5:30 pm	10:30 am, 5:30 pm
Private			
Red Cross Swim Kids - Ages 6–14 Years			
Swim Kids 1	9:15 am, 5:30 pm	8:45 am, 4:00 pm	8:45 am, 9:30 am, 4:30 pm
Swim Kids 2	9:45 am, 5:00 pm	9:15 am, 5:30 pm	9:45 am, 5:00 pm
Swim Kids 3	10:15 am, 4:00 pm	9:45 am, 4:30 pm	9:15 am, 5:30 pm
Swim Kids 4	4:30 pm	5:00 pm	4:00 pm
Swim Kids 5	4:00 pm	5:30 pm	4:00 pm
Swim Kids 6	4:30 pm	4:00 pm	5:15 pm
Swim Kids 7	4:30 pm	4:00 pm	5:15 pm
Swim Kids 8	5:15 pm	4:45 pm	4:30 pm
Swim Kids 9	5:15 pm	4:45 pm	4:30 pm
Swim Kids 10	5:15 pm	4:45 pm	4:30 pm



July/August Weekday Swim Lesson Schedule

Westsyde Pool & Fitness Centre				
Date	Mon–Thu Jul 4–14	Mon–Thu Jul 18–28	Tue–Fri/Mon–Thu Aug 2–11	Mon–Thu Aug 15–25
Red Cross Swim Tots - Ages 4–36 Months				
Starfish	5:30 pm		4:30 pm	
Duck	5:30 pm		4:30 pm	
Sea Turtle	5:30 pm		4:30 pm	
Red Cross Preschool - 3–6 Years				
Sea Otter	4:00 pm, 4:30 pm, 5:00 pm	4:00 pm	4:00 pm, 5:00 pm	4:00 pm, 4:30 pm
Salamander		5:00 pm		
Sunfish			4:00 pm	4:00 pm
Crocodile	5:00 pm		5:30 pm	
Whale	5:00 pm		5:30 pm	
Private			4:30 pm	
Red Cross Swim Kids - Ages 6–14 Years				
Swim Kids 1		4:30 pm	5:30 pm	5:30 pm
Swim Kids 2			5:00 pm	
Swim Kids 3				
Swim Kids 4	4:30 pm			5:00 pm
Swim Kids 5	5:30 pm			
Swim Kids 6		4:00 pm		4:30 pm
Swim Kids 7		4:00 pm		4:30 pm
Swim Kids 8		5:00 pm		
Swim Kids 9		5:00 pm		
Swim Kids 10		5:00 pm		








July/August Weekday Outdoor Pool Lesson Schedule

Brock Outdoor Pool				
Date	Mon–Thu Jul 4–14	Mon–Thu Jul 18–28	Tue–Fri/Mon–Thu Aug 2–11	Mon–Thu Aug 15–25
Red Cross Swim Tots - Ages 4–36 Months				
Starfish		9:00 am	9:30 am, 4:00 pm	
Duck		9:00 am	9:30 am, 4:00 pm	
Sea Turtle		9:00 am	9:30 am, 4:00 pm	
Red Cross Preschool - 3–6 Years				
Sea Otter	9:00 am, 10:30 am, 11:00 am, 12:30 pm, 4:00 pm, 4:30 pm, 5:00 pm	9:30 am, 10:30 am, 11:00 am, 11:30 am, 12:00 pm, 4:00 pm, 4:30 pm, 5:00 pm	10:00 am, 10:30 am, 11:00 am, 11:30 am, 12:00 pm, 4:00 pm, 4:30 pm, 5:00 pm, 5:30 pm	9:00 am, 10:30 am, 10:00 am, 11:00 am, 12:00 pm, 4:00 pm, 4:30 pm, 5:00 pm, 5:30 pm
Salamander	9:30 am, 4:30 pm	10:00 am, 4:30 pm	11:00 am, 12:00 pm, 4:30 pm, 5:00 pm	9:30 am, 11:30 am, 4:00 pm, 4:30 pm, 5:00 pm
Sunfish	10:00 am, 4:30 pm, 5:00 pm	10:30 am, 12:30 pm, 4:00 pm, 5:30 pm	10:30 am, 11:30 am	10:00 am, 11:00 am, 4:00 pm, 5:00 pm
Crocodile	10:30 am, 12:00 pm, 4:00 pm	11:30 am, 12:30 pm, 4:30 pm	9:00 am, 4:00 pm	10:30 am, 5:00 pm, 5:30 pm
Whale	10:30 am, 12:00 pm, 4:00 pm	11:30 am, 12:30 pm	9:00 am, 4:00 pm	10:30 am, 5:00 pm, 5:30 pm
Private	5:30 pm	9:30 am, 11:00 am	5:30 pm	10:30 am
Red Cross Swim Kids - Ages 6–14 Years				
Swim Kids 1	11:00 am, 11:30 am, 4:00 pm	11:30 am, 4:00 pm	11:00 am, 4:30 pm	11:00 am, 4:30 pm
Swim Kids 2	5:30 pm	9:00 am	11:30 am, 4:30 pm	11:30 am, 4:30 pm
Swim Kids 3	10:00 am, 12:30 pm, 5:00 pm	5:00 pm	11:00 am, 12:30 pm	10:00 am, 4:00 pm
Swim Kids 4	9:00 am, 11:00 am, 4:30 pm	10:00 am, 11:00 am, 5:00 pm	9:30 am, 12:30 pm	9:00 am
Swim Kids 5	9:30 am	12:00 pm	9:00 am	9:30 am, 11:00 am
Swim Kids 6	12:00 pm	10:30 am, 5:00 pm	12:00 pm, 5:00 pm	11:30 am
Swim Kids 7		10:30 am, 5:00 pm	12:00 pm, 5:00 pm	11:30 am
Swim Kids 8	11:30 am, 5:00 pm		10:00 am	12:00 pm
Swim Kids 9	11:30 am, 5:00 pm		10:00 am	12:00 pm
Swim Kids 10	11:30 am, 5:00 pm		10:00 am	12:00 pm
Private	11:00 am, 11:30 am	11:30 am	10:00 am	11:00 am
Private				12:00 pm, 12:30 pm





Advanced Aquatic Courses Spring/Summer 2022

Course	Days	Dates	Time	Fee	Location		
Bronze Star	Sat & Sun	Apr 2–3	12:00–6:00 pm	\$100	Canada Games Aquatic Centre		
	Sat & Sun	Jul 2–3	9:30 am–3:00 pm	\$100	Canada Games Aquatic Centre		
	Students develop swimming proficiency, lifesaving skills, and personal fitness while refining their stroke mechanics, acquiring self-rescue skills, and applying the fitness principals in training workouts. Prerequisites: Strong swimming ability is recommended; 100% attendance is required.						
Bronze Medallion	Sat & Sun	Apr 9–17	12:00–6:00 pm	\$200	Canada Games Aquatic Centre		
	Mon–Thu	Jul 4–7	9:00 am–4:00 pm	\$200	Canada Games Aquatic Centre		
	Students are challenged mentally and physically. Judgment, knowledge, skill, and fitness will be evaluated. Students acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Prerequisites: Bronze Star or 13 years of age (by last day of course); ability to swim 200 m; 100% attendance is required.						
Bronze Cross	Sat & Sun	Apr 24–May 7	12:00–6:00 pm	\$175	Canada Games Aquatic Centre		
	Mon–Thu	Jul 11–14	9:00 am–4:00 pm	\$175	Canada Games Aquatic Centre		
	Students begin transitioning from lifesaving to lifeguarding and prepare for Assistant Lifeguards responsibilities. Students strengthen and expand their lifesaving skills and begin to apply active surveillance principles and techniques in aquatic facilities. The importance of teamwork and communication are emphasized in this course. Prerequisites: Bronze Medallion; 100% attendance is required.						
Emergency First Aid/OFA Level 1	Sat	Apr 9	9:00 am–5:00 pm	#105	Tournament Capital Centre		
Emergency First Aid is a WorkSafeBC Occupational Level 1 equivalent and can be used in the workplace. In this basic first aid course, students will learn CPR/AED and obstructed airway procedures to respond to adult, child, and infant emergencies. Topics include respiratory and circulatory emergencies, including asthma, allergic reactions, heart attack, stroke, and bleeding. Prerequisites: 15 years of age; 100% attendance is required.							
Standard First Aid (SFA)	Tue–Fri	Apr 4–7	4:00–9:30 pm	\$195	Canada Games Aquatic Centre		
	Mon–Thu	Jul 11–14	9:00 am–1:30 pm	\$195	Canada Games Aquatic Centre		
	NEW! This course is now a WorkSafeBC Occupational Level 1 equivalent. This comprehensive training covers all aspects of first aid, CPR, and AED. Topics include spinal, bone, and joint injuries; illness due to extreme heat and cold; abdominal and chest injuries; burns; and other medical emergencies. Includes AED certification. Prerequisites: 15 years of age; 100% attendance is required.						
National Lifeguard (NL)	Sat & Sun	May 14–29	9:00 am–5:00 pm	\$350	Canada Games Aquatic Centre		
	Mon–Thu	Jul 18–Aug 4 *No class Aug 1	9:00 am–1:30 pm	\$350	Canada Games Aquatic Centre		
	NL is the national standard for lifeguards in Canada. Candidates learn to apply rescue techniques and first aid skills. Prerequisites: 15 years of age (by last day of course); Bronze Cross; SFA/CPR C and AED; 100% attendance is required.						
Lifesaving Instructor (LSI)	Mon–Fri	Aug 8–12	9:30 am–4:30 pm	\$260	Canada Games Aquatic Centre		
LSI combines theory and practice to prepare students to teach and evaluate a variety of Lifesaving Society programs, such as Canadian Swim Patrol, Bronze Star, Bronze Medallion, Bronze Cross, and others. Prerequisites: 15 years of age (by last day of course); Bronze Cross; 100% attendance required.							
Water Safety Instructor	Visit Kamloops.ca/PerfectMind for current water safety instructor courses being offered.						



© Brian Calkins



Join the team, be a Lifeguard!

Build the Foundation for Success!

Lifeguards prevent drowning, teach water safety, and provide leadership in our community.

Want help planning your lifeguard training?

Consult one of our Aquatics Coordinators at swim@kamloops.ca or 250-828-3378.

Optional Training: Occupational First Aid Level 1, Pool Operator Level 1, Lifesaving Instructor, WHMIS Certificate, and Aquatic Fitness Instructor



Training Partner



We Recommend This Path

- 1 **Bronze courses** develop life-saving fitness and decision-making skills.
- 2 **Standard First Aid** provides practical skills to handle emergency response situations.
- 3 **National Lifeguard** promotes prevention of drowning and aquatic-related injuries.
- 4 **Instructor Training** prepares you to teach swimming lessons and life-saving skills.

For current career opportunities, visit Kamloops.ca/HR.



Lifeguard!

Water Safety Instructor

Module 3 - Pool & Classroom
15 years, Bronze Cross
+ Module 1 & 2

Water Safety Instructor

Module 2 - Online Course & Teaching
15 years, Bronze Cross
+ WSI Skills Evaluation

Water Safety Skills Evaluation

Module 1 - 15 years, Bronze Cross

National Lifeguard

15 years, Bronze Cross, SFA

Standard First Aid

15 years

Bronze Cross

Bronze Medallion

Bronze Medallion

13 years or Bronze Star

Bronze Star

For children 10–13 years

Start Here!

Recertification Clinics

Clinic	Days	Date	Time	Fee	Location
Lifesaving Instructor (must show proof of online instructor update)	Sat	May 7	11:00 am–4:00 pm	\$85	Canada Games Aquatic Centre
	Sat	Jul 9	11:00 am–4:00 pm	\$85	Canada Games Aquatic Centre
National Lifeguard	Sun	Apr 24	10:00 am–6:00 pm	\$125	Canada Games Aquatic Centre
	Sun	Aug 14	10:00 am–6:00 pm	\$125	Canada Games Aquatic Centre
Water Safety Instructor	All WSI certifications have been extended until December 31, 2022. For more information regarding the transition, please visit the Lifesaving Society at Lifesaving.BC.ca .				

Note: All candidates are required to present their original certification at the start of the clinic.

Refund Policy: Withdraws prior to seven days of start date are 100% refundable; withdraws within seven days of start date are refunded at 50%. No refunds on or after start date.



**BACK
BENDS**



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FRIENDS**

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Join the Y today!**

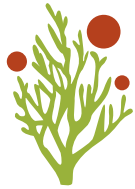
Kamloops Community YMCA-YWCA

Downtown Y
400 Battle St.
Kamloops, BC

Expires April 30, 2022. Continuous membership required. Terms and conditions apply.

kamloopsy.ca

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for info on our fun and exciting

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TODDLER, PRESCHOOL & SCHOOL AGE PROGRAMS

202-2049 Highland Place, Juniper Ridge, Kamloops BC V2E 0A8

YMCA YWCA Violence Against Women Intervention and Support Services

- Y Women's Emergency Shelter
250.374.6162
Text: **250.682.7931**
- PEACE Program
(formerly Children Who
Witness Abuse Program)
250.376.7800
- Outreach Services Program
250.320.3110



**Kamloops
Community
YMCA-YWCA**

Building healthy communities



SwimSkill

SWIMSKILL LESSON PROGRAM

5 - 12 YEARS

SPRING LESSONS APRIL 6 - MAY 27

Wed & Fri - 3:40 - 4:20 pm or 4:20 - 5:00 pm

\$180 for 16x40 minute lessons

SUMMER SWIM CAMPS

CAMP #1: July 4 - 8 • CAMP #2: July 11 - 15 • Camp #3: July 18 - 22 • Camp #4: July 24 - 29 • Camp #5: Aug 2 - 5 • Camp #6: Aug 8 - 12
8:30 am - 12:00 pm and 1:00 pm - 4:30 pm camps available. \$175/week

FALL LESSONS SEPT 27 - NOV 25

Wed & Fri - 3:40 - 4:20 pm or 4:20 - 5:00 pm • Tues & Thurs - 3:45 - 4:25 pm or 4:30 - 5:10 pm or 5:15 - 5:55 pm

\$180 for 16x40 minute lessons

Register online at
swimkamloops.com

250.828.3660 or info@swimkamloops.com

PRO D DAY CAMPS 2022 - 2023 • \$60/DAY

Sept 26, Oct 21, Dec 5, Feb 3, Apr 24 & May 19

8:30 am - 5:00 pm



KCS SWIMFIT AGES 12-16

- All levels of swimmers
- Excellent cardio for cross training
- For youth interested in improving their swimming and having fun with other kids
- Professional coaches will work with you to improve your swim stroke and endurance
- Tuesday/Thursday 6:15 - 7:15 pm



KCS MASTERS AGES 19+

- Improve your swimming in a fun and supportive environment
- Low-impact
- Professional coaching
- All swim levels welcome
- Fun social events



KCS COMPETITIVE CLUB SWIMMING AGES 6 - 19

- Focus on fun and competing to achieve your personal best
- Tight-knit team environment
- Professional coaching
- Regional, Provincial National & International competitive opportunities
- University swimming prep



REGISTER TODAY

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PLAYGym (12 months - 5 years)

Gymnastics, Trampoline & Diving (6+ years)

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High School & 18+ programs

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→ Professional Day Camps



CURRENT SCHEDULES / REGISTRATION / MORE INFO...

www.kgtc.ca

910 McGill Rd. 250-374-6424

(located inside the Tournament Capital Centre)

WILD TIMES AWAIT YOU!



**BC
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Connecting people to BC's wildlife and wild spaces; view some of British Columbia's most iconic wildlife including grizzly and black bears, Kermode bear, badger, cougars, raccoons, elk, birds of prey and more!

Offering virtual programs, private animal encounters, birthday parties, guided tours, and more!

Upgrade to an annual pass for even more savings, cool off in the splash park*, or run wild at our imaginative playground; Wild Times Await You!

*seasonal

Contact us: 250.573.3242

Located 15 minutes east of Kamloops - 9077 Dallas Drive
(exit 390 & 391 on the Trans Canada Highway)

To learn more about the BCWP and our conservation projects, visit bcwildlife.org



© Candace Hansma



Arts and Culture

Discover a variety of art and culture programs to introduce your child to creativity and movement.

ARTS AND CULTURE

Camps

Painting, Singing, Acting, Dancing **Ages: 4–6**

This camp program is a great opportunity for children who are interested in trying out new areas of the arts or that already loves multiple disciplines.

Kamloops Performance Company

Mon–Thu	Jul 18–Jul 21	9:30–11:30 am	4/\$100
Mon–Thu	Aug 8–Aug 11	9:30–11:30 am	4/\$100

Dance

Acro Dance **Ages: 3–5**

A mix of dance and gymnastics, this class is a fun way to build strength and increase body awareness. The class naturally progresses through skills at the student's pace, achieving up to level 4 in acrobatics. Techniques such as stretching, strengthening, limbering, balancing, and tumbling will be covered.

Kamloops Performance Company

Thu	Apr 7–Jun 23	3:45–4:30 pm	12/\$114
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Baby and Parent Dance **Ages: 2 m–1 1/2**

The class is designed for caregivers and infants to enjoy movement and music together. Bring your carrier or sling and wear your baby, hold your baby, and bring blanket/play mat to place on the floor. Movements will be at a slower pace and music will be played at a safe, baby-friendly level. Appropriate for any fitness level and babies not yet crawling. Mothers, please consult with your physician before commencing any post-partum exercise.

West Highlands Community Centre

Sat	Apr 2–May 28	9:30–10:00 am	8/\$72
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Creative Dance **Ages: 4 1/2–6**

Children are introduced to the joy of dance in a positive and encouraging environment. Imagination, motor skills, self-esteem, and social interaction are developed.

West Highlands Community Centre

Sat	Apr 2–May 28	10:55–11:25 am	8/\$72
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**Due to COVID-19, programs are subject to change and/or cancellation.
For up-to-date information and programming, visit Kamloops.ca/PerfectMind.**

First Step - Creative Dance

Ages: 1 1/2-3

In this fun and encouraging environment you and your toddler explore movement through dancing, stretching, and creative play. Child must be accompanied by an adult.

West Highlands Community Centre

Sat Apr 2-May 28 8:45-9:15 am 8/\$72

Hip Hop

Ages: 4-6

This is a fun and exciting program for your little one to learn self-expression, movement improvisation, and structured dance steps and tricks.

Kamloops Performance Company

Tue Apr 5-Jun 21 4:45-5:30 pm 12/\$114

Introduction to Movement

Ages: 3-5

Students will learn basic ballet, jazz, and other styles of movement. Throughout the session, students will use different props, such as ribbons, hula hoops, scarfs, and other objects, as a fun way of exploring dance.

Kamloops Performance Company

Wed Apr 6-Jun 22 3:45-4:30 pm 12/\$114

Little Dancers

Ages: 3-4

Your child will discover and explore basic movement skills, musical awareness, physical expression, and creativity through dance.

West Highlands Community Centre

Sat Apr 2-May 28 10:15-10:45 am 8/\$72

Musical Theatre

Ages: 3-5

Musical theatre will explore singing, dancing, and acting. Your little one will learn how to follow a song with basic movement while singing and adding facial expressions gestures.

Kamloops Performance Company

Wed Apr 6-Jun 22 4:30-5:15 pm 12/\$114

Drawing

Art Blast

Ages: 4-6

Ignite children's creativity as they explore shape, colour, abstract, impression, and portrait in this program. In this fun environment, your children learn techniques to help them get more out of their artwork. Materials included.

Kamloops Performance Company

Sat Apr 2-Jun 4 12:00-12:45 pm 8/\$80



Do you want to know more about local history?

The Mary Balf Archives at the Kamloops Museum & Archives is open Tuesday-Friday, 1:15-4:00 pm, for walk-in research visits.

**For more information, check out
KamloopsMuseum.ca/Archives.**

Family & Early Years

MUSEUM

My First Museum

Ages: 2–4

Introduce your little one to the museum through hands-on exploration and handling artifacts, stories, songs, and a caregiver-assisted craft. Each session offers flexibility for young children to engage in the museum world through a variety of sensory and play experiences.

Kamloops Museum & Archives

Wed Apr 6–Jun 22 10:00–10:45 am 12/\$105

Saturdays on Seymour

Ages: 3–8

Join the KMA on the last Saturday of the month for creative activities for the whole family to enjoy. Different theme each month!

Kamloops Museum & Archives

Sat	Mar 26	10:00–10:45 am	1/Free
Sat	Apr 30	10:00–10:45 am	1/Free
Sat	May 28	10:00–10:45 am	1/Free
Sat	Jun 25	10:00–10:45 am	1/Free
Sat	Jul 30	10:00–10:45 am	1/Free
Sat	Aug 27	10:00–10:45 am	1/Free

SPORT

Multi-Sport

Active Tots

Ages: 4–6

Children are introduced to four sports—soccer, T-ball, floor hockey, and track and field. They will develop their FUNdamental movement skills and movement patterns through games and activities. This program is in partnership with PacificSport Interior BC.

West Highlands Community Centre

Wed Apr 13–May 18 5:30–6:30 pm 6/\$60

Active Tots - Outdoor

Ages: 4–6

Children are introduced to four sports—soccer, T-ball, floor hockey, and track and field. They will develop their FUNdamental movement skills and movement patterns through games and activities. This program is in partnership with PacificSport Interior BC.

Prince Charles Park

Wed Jun 1–Jul 6 5:30–6:30 pm 6/\$60

Sportball I

Ages: 13 m–2

In our parent and tot classes, toddlers are introduced to eight different sports through play-based, developmentally appropriate curriculum around key motor, social, and sport milestones. This program is in partnership with Sportball Kamloops.

Albert McGowan Park

Sun	Apr 3–Jun 5	9:15–10:00 am	8/\$95
Sun	Jun 12–Aug 14	8:15–9:00 am	8/\$95

Riverside Park

Sat	Apr 2–May 28	9:15–10:00 am	8/\$95
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Valleyview Centennial Park

Tue	May 31–Jul 19	4:00–4:45 pm	8/\$95
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West Highlands Community Centre

Tue	Apr 5–May 24	9:00–9:45 am	8/\$95
Thu	Apr 7–May 26	9:00–9:45 am	8/\$95

Sportball I & 2

Ages: 13 m–3

In our parent and tot classes, toddlers are introduced to eight different sports through play-based, developmentally appropriate curriculum around key motor, social, and sport milestones. This program is in partnership with Sportball Kamloops.

Brocklehurst Park

Mon	Apr 4–May 30	4:00–4:45 pm	8/\$95
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Parkview Activity Centre

Thu	Jun 2–Jul 21	5:00–5:45 pm	8/\$95
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Riverside Park

Sat	Apr 2–May 28	12:15–1:00 pm	8/\$95
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Westsyde Centennial Park

Fri	May 20–Jul 15	5:00–5:45 pm	8/\$95
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Sportball II

Ages: 2–3

In our parent and tot classes, toddlers are introduced to eight different sports through play-based, developmentally appropriate curriculum around key motor, social, and sport milestones. This program is in partnership with Sportball Kamloops.

Albert McGowan Park

Sun	Apr 3–Jun 5	10:15–11:00 am	8/\$95
Sun	Jun 12–Aug 14	9:15–10:00 am	8/\$95
Sun	Jun 12–Aug 14	1:15–2:00 pm	8/\$95
Sun	Jun 12–Aug 14	2:15–3:00 pm	8/\$95

Prince Charles Park

Mon	Jun 13–Aug 8	4:00–4:45 pm	8/\$95
Wed	Jun 15–Aug 3	4:00–4:45 pm	8/\$95

Riverside Park

Sat	Apr 2–May 28	10:15–11:00 am	8/\$95
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Valleyview Centennial Park

Tue	May 31–Jul 19	5:00–5:45 pm	8/\$95
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West Highlands Community Centre

Tue	Apr 5–May 24	10:00–10:45 am	8/\$95
Thu	Apr 7–May 26	10:00–10:45 am	8/\$95

**DID YOU
KNOW?**



The Kamloops International Buskers Festival will be returning July 21–24, 2022!

Check out KamloopsBuskers.com for more information.



© Steve Disenhof

Sportball III

Ages: 3–5

In this drop-off class, children are introduced to eight different sports through play-based, developmentally appropriate curriculum around key motor, social, and sport milestones. This program is in partnership with Sportball Kamloops.

Albert McGowan Park

Sun	Apr 3–Jun 5	11:15 am–12:00 pm	8/\$95
Sun	Apr 3–Jun 5	12:15–1:00 pm	8/\$95
Sun	Jun 12–Aug 14	10:15–11:00 am	8/\$95
Sun	Jun 12–Aug 14	11:15–12:00 pm	8/\$95

Parkview Activity Centre

Mon	Apr 4–May 30	5:00–5:45 pm	8/\$95
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Prince Charles Park

Mon	Jun 13–Aug 8	5:00–5:45 pm	8/\$95
Wed	Jun 15–Aug 3	5:00–5:45 pm	8/\$95

Riverside Park

Sat	Apr 2–May 28	11:15 am–12:00 pm	8/\$95
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Valleyview Centennial Park

Tue	May 31–Jul 19	6:00–6:45 pm	8/\$95
Thu	Jun 2–Jul 21	6:00–6:45 pm	8/\$95

West Highlands Community Centre

Tue	Apr 5–May 24	11:00–11:45 am	8/\$95
Thu	Apr 7–May 26	11:00–11:45 am	8/\$95

Westsyde Centennial Park

Fri	May 20–Jul 15	6:00–6:45 pm	8/\$95
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Sports on Mats

Ages: 3–6

This program is designed for children to learn to move their bodies, including tumbling, falling, rolling, and lateral movements using mats and play. These skills will develop movement patterns to prepare for many activities and sports.

Valleyview Community Hall

Sat	May 7–Jul 16	10:30–11:15 am	8/\$80
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Tots Run, Jump, Throw

Ages: 3–5

Children are introduced to a variety of FUNdamental movement skills and patterns, which enhances their physical literacy. Children will learn through fun and active games, songs, and activities. This program is in partnership with PacificSport Interior BC.

Prince Charles Park

Thu	May 5–Jun 9	5:30–6:15 pm	6/\$45
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Valleyview Community Hall

Wed	May 4–Jun 8	9:00–9:45 am	6/\$45
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Soccer

Family Soccer

Ages: 6+

In this program, your family will learn new FUNdamental movement and soccer skills. You will get to socialize with other families, make new friends and get some physical activity. Children must be accompanied by an adult. In partnership with PLAYKamloops and Kamloops Immigrant Services.

Prince Charles Park

Thu	Jun 16–Jul 21	5:30–6:30 pm	6/Free
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Tots Soccer I

Ages: 2 1/2–3 1/2

Introduce your child to basic soccer skills and other movement patterns. Children will learn and practice various FUNdamental movement skills, enhancing their physical literacy. This is a parent participation class.

Albert McGowan Park

Sat	May 7–Jun 18	9:30–10:00 am	6/\$45
Sat	May 7–Jun 18	10:45–11:15 am	6/\$45
Wed	May 11–Jun 15	9:00–9:30 am	6/\$45
Wed	May 11–Jun 15	5:00–5:30 pm	6/\$45
Thu	May 12–Jun 16	5:00–5:30 pm	6/\$45
Tue	Jul 5–Aug 9	5:00–5:30 pm	6/\$45

Juniper Park

Sat	May 7–Jun 18	9:00–9:30 am	6/\$45
Wed	May 11–Jun 15	5:00–5:30 pm	6/\$45
Tue	Jul 5–Aug 9	5:00–5:30 pm	6/\$45

McDonald Park

Thu	May 12–Jun 16	5:00–5:30 pm	6/\$45
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Prince Charles Park

Wed	May 11–Jun 15	5:00–5:30 pm	6/\$45
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Rae-Mor Park Ball 1

Sat	May 7–Jun 18	9:30–10:00 am	6/\$45
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Todd Hill Park

Sat	May 7–Jun 18	11:15–11:45 am	6/\$45
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Westsyde Centennial Park

Sat	May 7–Jun 18	9:00–9:30 am	6/\$45
Sat	May 7–Jun 18	10:45–11:15 am	6/\$38.57
Thu	Jul 7–Aug 11	5:30–6:00 pm	6/\$45

Family & Early Years

© Nicole Beauregard



DID YOU KNOW?

More than 60% of Canadians reported spending more time using the Internet and watching TV during the pandemic, which significantly increases unhealthy sedentary behaviours (ParticipACTION). Make healthy changes today and try out our physical activity, recreation, fitness, and sport programs to get you moving this spring!

Tots Soccer II

Ages: 3 1/2–6

Introduce your child to basic soccer skills and other movement patterns. Children will learn and practice various FUNdamental movement skills, enhancing their physical literacy. This is a parent participation class.

Albert McGowan Park

Sat	May 7–Jun 18	9:45–10:30 am	6/\$60
Sat	May 7–Jun 18	10:15–11:00 am	6/\$60
Sat	May 7–Jun 18	11:30 am–12:15 pm	6/\$60
Wed	May 11–Jun 15	9:45–10:30 am	6/\$60
Wed	May 11–Jun 15	5:45–6:30 pm	6/\$60
Thu	May 12–Jun 16	5:45–6:30 pm	6/\$60
Tue	Jul 5–Aug 9	5:45–6:30 pm	6/\$60

Juniper Park

Sat	May 7–Jun 18	9:45–10:30 am	6/\$60
Wed	May 11–Jun 15	5:45–6:30 pm	6/\$60
Tue	Jul 5–Aug 9	5:45–6:30 pm	6/\$60

McDonald Park

Thu	May 12–Jun 16	5:45–6:30 pm	6/\$60
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Prince Charles Park

Wed	May 11–Jun 15	5:45–6:30 pm	6/\$60
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Rae-Mor Park Ball 1

Sat	May 7–Jun 18	10:15–11:00 am	6/\$60
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Todd Hill Park

Sat	May 7–Jun 18	12:00–12:45 pm	6/\$60
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Westsyde Centennial Park

Sat	May 7–Jun 18	9:45–10:30 am	6/\$60
Thu	Jul 7–Aug 11	6:15–7:00 pm	6/\$60

Tots Soccer Together

Ages: 2 1/2–5

Introduce your child to basic soccer skills and other movement patterns. Children will learn and practice various FUNdamental movement skills, enhancing their physical literacy. This is a parent participation class.

Albert McGowan Park

Thu	Jul 7–Aug 11	5:45–6:30 pm	6/\$60
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Juniper Park

Thu	May 12–Jun 16	5:45–6:30 pm	6/\$60
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McDonald Park

Tue	Jul 5–Aug 9	4:45–5:30 pm	6/\$60
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Prince Charles Park

Thu	May 12–Jun 16	5:30–6:15 pm	6/\$60
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Rae-Mor Park Ball 1

Thu	Jul 7–Aug 11	5:45–6:30 pm	6/\$60
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Rae-Mor Park Ball 1

Mon	Jul 4–Aug 15	5:30–6:15 pm	6/\$60
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Todd Hill Park

Wed	Jul 6–Aug 10	5:15–6:00 pm	6/\$60
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Westsyde Centennial Park

Sat	May 7–Jun 18	11:30–12:15 pm	6/\$60
Wed	May 11–Jun 15	5:45–6:30 pm	6/\$60
Thu	May 12–Jun 16	5:45–6:30 pm	6/\$60

T-Ball

Tots T-Ball

Ages: 4–6

Introduce your child to the FUNdamentals of throwing, catching, and other movement skills that will enhance their physical literacy. This is a parent participation class.

Albert McGowan Park

Mon	May 2–Jun 13	4:45–5:30 pm	6/\$45
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Mon	May 2–Jun 13	5:45–6:30 pm	6/\$45
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Tue	May 3–Jun 7	4:45–5:30 pm	6/\$45
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Tue	May 3–Jun 7	5:45–6:30 pm	6/\$45
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McDonald Park

Mon	May 2–Jun 13	5:30–6:15 pm	6/\$45
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Prince Charles Park

Tue	May 3–Jun 7	5:30–6:15 pm	6/\$45
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Children & Youth



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DID YOU KNOW?

"Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes, and having fun."

~Mary Lou Cook

ARTS AND CULTURE

Camps

Artistic Adventure

Ages: 7–12

Ignite your child's creative! This day consist of variety of activities through arts and crafts, acting, singing, and dancing.

Kamloops Performance Company

Mon	Apr 25	9:00 am–4:00 pm	1/\$65
Fri	May 20	9:00 am–4:00 pm	1/\$65

Half Day

Mon	Apr 25	9:00 am–12:00 pm	1/\$35
Fri	May 20	9:00 am–12:00 pm	1/\$35

Painting, Singing, Acting, Dancing **Ages: 7–10**

This camp program is a great opportunity for children who are interested in trying out new areas of the arts or who already loves multiple disciplines.

Kamloops Performance Company

Mon–Thu	Jul 18–Jul 21	9:30 am–12:30 pm	4/\$140
Mon–Thu	Aug 8–Aug 11	9:30 am–12:30 pm	4/\$140

Crafting

Creative Jam

Ages: 9–12

Children will have fun exploring their creative side learning new art and crafting techniques. In this workshop, you will take home a completed project.

Heritage House

T/W/Th	Jul 12–Jul 14	9:30–11:00 am	3/\$80
Tue	Jul 12	9:30–11:00 am	1/\$30
Wed	Jul 13	9:30–11:00 am	1/\$30
Thu	Jul 14	9:30–11:00 am	1/\$30

Parkview Activity Centre

T/W/Th	Aug 16–Aug 18	9:30–11:00 am	3/\$80
Tue	Aug 16	9:30–11:00 am	1/\$30
Wed	Aug 17	9:30–11:00 am	1/\$30
Thu	Aug 18	9:30–11:00 am	1/\$30

Dance

Acro Dance

Ages: 7–10

A mix of dance and gymnastics, this class is a fun way to build strength and increase body awareness. The class naturally progresses through skills at the student's pace, achieving up to level 4 in acrobatics. Techniques such as stretching, strengthening, limbering, balancing, and tumbling will be covered.

Kamloops Performance Company

Mon	Apr 4–Jun 20	4:45–5:30 pm	10/\$95
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Musical Theatre

Ages: 7–10

Musical theatre will explore singing, dancing, and acting. Your little one will learn how to follow a song with basic movement while singing and adding facial expressions gestures.

Kamloops Performance Company

Thu	Apr 7–Jun 9	4:45–5:30 pm	10/\$95
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Drawing

Art Blast

Ages: 7–12

Ignite your creativity and explore shape, colour, abstract, impression, and portrait in this program. In this fun environment, you will learn techniques to help you get more out of your artwork. Materials included.

Kamloops Performance Company

Sat	Apr 2–Jun 4	1:00–2:00 pm	8/\$92
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KMA Sketch Club

Ages: 8–12

Learn the basic techniques of sketching with a local artist. A different gallery will be the focus each week, inspired by the KMA collection. All supplies provided.

Kamloops Museum & Archives

Wed	Apr 6–May 25	3:15–4:15 pm	8/\$125
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**Due to COVID-19, programs are subject to change and/or cancellation.
For up-to-date information and programming, visit [Kamloops.ca/PerfectMind](https://kamloops.ca/PerfectMind).**

Music

Voice

Ages: 7–12

Learn the basics of melody, rhythm, and vocal dynamics in a fun environment with other signers.

Kamloops Performance Company

Tue Apr 5–Jun 21 5:45–6:15 pm 12/\$114

SPORT

Disc Golf

Disc Golf Clinic - Junior

Ages: 8–12

In this clinic, your child will learn the fundamentals of disc golf and learn the rules of the game. They will get familiar with the McArthur Island Disc Golf Course, while making new friends.

McArthur Island Park

Tue Jul 12 10:00–11:00 am 1/\$20

Fastball

Fastball Try It!

Ages: 5–12

Open to boys and girls, this is an opportunity to try fast pitch softball in a safe and welcoming environment. Bring a glove if you have one, and we will teach you some of the basics. Try one day or both! In partnership with the Kamloops Minor Fastball Association.

Brocklehurst Park

Tue/Thu Apr 5/7 6:00–7:30 pm 2/Free

Multi-Sport

Sport Night

Ages: 8–12

In this program, your child will learn new fundamental movement and a variety of sport skills. They will get to socialize with other children, make new friends, and get some physical activity. In partnership with PLAYKamloops and Kamloops Immigrant Services.

McDonald Park

Thu May 5–Jun 9 5:30–6:30 pm 6/Free

Sportball IV

Ages: 7–8

In this program, children are introduced to eight different sports through play-based, developmentally appropriate curriculum that is centred around key motor, social, and sport milestones. This program is in partnership with Sportball Kamloops.

Prince Charles Park

Mon Jun 13–Aug 8 6:00–6:45 pm 8/\$95

Wed Jun 15–Aug 3 6:00–6:45 pm 8/\$95

Sportball V

Ages: 9–12

In this program, children are introduced to eight different sport through a play-based developmentally appropriate curriculum around key motor, social and sport milestones. This program is in partnership with Sportball Kamloops.

Prince Charles Park

Mon Jun 13–Aug 8 7:00–7:45 pm 8/\$95

Wed Jun 15–Aug 3 7:00–7:45 pm 8/\$95

Pickleball

Junior Pickleball

Participants will be introduced to the sport of pickleball. Learn the basics with an emphasis on fun! This program is in partnership with MAK Racquet Sports.

Riverside Park Court 9

Ages 8–12

Sat Apr 9 12:00–1:00 pm 1/\$20

Ages 13–18

Sat Apr 9 1:00–2:00 pm 1/\$20

Spikeball

Spikeball

Ages: 7–8

Spikeball is a sport that combines the teamwork of volleyball, the hand-eye coordination of four square, and the physicality of a cardio workout. The game is played with a small rubber ball and an elastic net stretched tight over a plastic rim.

Albert McGowan Park

Sat May 7–Jun 18 11:15 am–12:00 pm 6/\$60

Sat May 7–Jun 18 12:15–1:00 pm 6/\$60



Outdoor Adventures

NatureKids BC offers free monthly outdoor adventures for families with kids aged 5–12. Learn about nearby nature with other families and participate in activities like bird watching, pond dipping, arts and crafts, tree planting and more.

Visit NatureKidsBC.ca or contact kamloops@naturekidsbc.ca for more details.



PRIVATE LESSONS

- Brass • Voice • Woodwinds • Piano • Strings

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- Group classes for all ages and experience levels.
- Music for Young Children® program (ages 2-8)



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KAMLOOPS ROWING

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Learn to Row Program



kamloopsrowing.com

Find your health and build strength with us this summer! Learn the basics of rowing in a safe, outdoor environment at Shumway Lake

Rowing is a full body, symmetrical exercise in a boat that has a moving seat and 2 oars. A sport for all ages (15+), participants must be able to swim 50M confidently. Successful program completion opens the door to Club rowing until season end (Oct). Current Covid protocol for sport determines boat sizes used for lessons and recreational rowing. Participants must be fully vaccinated and had a booster shot to register.

Contact us at: kamloopsrowing@gmail.com for answers to your questions and to get registered. Program dates begin in May! Check out Learn to Row FAQ on our website!

Limited lesson openings for the 2022 season

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- Skatmill Training Sessions
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- Ice Rentals - Team/Private
- 3 on 3 Leagues
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FEMSPORT TRAINING

Our Femsport training for the Femsport competition on June 4th will prepare you and let you know what to expect within a safe and supportive community. We use all regulation equipment & the training is led by Sabrina Sinclair, Official Femsport Trainer, Regional Promoter and Femsport Champion.

Join us for 8 weeks of training on Saturdays from 9:30-10:30am starting April 9th.

Checkout FreezeAthletics.com/Fitness for more information and follow on instagram @FreezeAthletics

ADULT FITNESS CLASSES

Not interested in Femsport? Don't worry, we have lots of classes ranging from Step and Sculpt to Kickboxing! Contact us for more information today.



DID YOU KNOW?



Whether you're 80 years young or 8 years old, engaging in dance will boost your physical and mental health and social well-being.

ARTS AND CULTURE

Dance

Ballet

This is a multi-level ballet class that uses barre work, across -the-floor exercises, and centre work. This program is based on the Royal Academy of Dance (RAD), and is designed for beginners and adults who are looking for a ballet challenge.

Kamloops Performance Company

Wed	Apr 6–Jun 22	7:15–8:15 pm	12/\$150
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Belly Dance Intermediate

The style of Egypt! This class goes beyond the beginner level. Students will work towards a fun choreography experience with instructor Shahrazad, who has trained in Egypt.

Location to be Determined

Thu	Apr 21–Jun 23	5:15–6:15 pm	12/\$169
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Contemporary Dance

Using core strength and flexibility, dancers will experience fluid movement that will increase body awareness and strength. This program is open to dancers with beginner to advanced contemporary dance experience.

Kamloops Performance Company

Tue	Apr 5–Jun 21	7:15–8:15 pm	12/\$150
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House Dance

Have you always wanted to learn how to house dance, but the steps just seemed too difficult? This course is designed to explore some foundational steps of the dance and work on igniting and unleashing your inner creative for freestyling.

Hal Rogers

Tue	Mar 22–Apr 19	7:15–8:15 pm	5/\$50
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Latin Rhythm

Come find out how easy Latin rhythm dancing is. Learn the basic routines for the merengue, bachata, porro, and many more. No previous dance experience or partner are required. This class is fun for all ages.

West Highlands Community Centre

Thu	Apr 7–Jun 23	2:00–3:00 pm	12/\$120
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Line Dancing

Come and find out how easy line dancing is. Learn routines that have short step sequences and easy-to-follow travel steps. No previous dance experience or partner required. Join in the fun for all ages, and dance to all types of music

West Highlands Community Centre

Tue	Apr 5–Jun 14	2:00–3:00 pm	11/\$110
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**Due to COVID-19, programs are subject to change and/or cancellation.
For up-to-date information and programming, visit [Kamloops.ca/PerfectMind](https://kamloops.ca/PerfectMind).**

Educational Workshops

Discover Tranquille Creek: Gold Panning and Ecology

Tranquille Creek is an ecological hot spot, home to many rare species of plants and animals. Did you know it was also the site of a mini-gold rush in the 1800s? Come for a guided walk to learn more about the area and then try your hand at gold panning in the creek. Pans and equipment provided.

Pine Park

Sat	Jul 2	10:00 am–12:00 pm	1/\$20
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Resumé Tune-Up for Summer Jobs

Are you getting ready to apply for summer jobs? Join career coach Nancy Bepple in a session designed to help young people prepare for their summer job search. In this hands-on workshop, you will transform your resumé to prepare for typical youth summer jobs. Learn ways to make your experience shine.

Tournament Capital Centre – Meeting Room C and D

Wed	Apr 20	6:00–8:00 pm	1/\$30
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Fundamental Movement Skills (FMS)

Learn how to observe, teach, and improve movement skills in this National Coaching Certification Program workshop. Skills such as running, sliding, throwing, rolling, and swimming provide a foundation for sport skill development and lifelong enjoyment of physical activity.

Tournament Capital Centre – Meeting Room C and D

Sat	Apr 23	8:30 am–1:00 pm	1/\$25
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Intro to Kamloops Native Trees and Plants

Have you ever seen an interesting plant but didn't know what it is? Learn the basics on how to identify local species and what biogeoclimatic zone you're in. We will also show you how to use the handy iNaturalist app for identifying and documenting your observations.

Pine Park

Sat	Apr 23	10:00–12:00 pm	1/\$20
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Intro to Wildfire Fuel Management

We have witnessed more frequent and intense wildfires in BC. Have you ever been curious about how wildfires are prevented before they ever start? Learn from two individuals who have done hands-on work in fire mitigation. Tay Powrie and Melissa Maslany will teach you about the wildfire and natural disturbance regimes, the purpose of fuel management, and what it entails.

Kenna Cartwright Park

Sun	May 15	10:00–12:00 pm	1/\$15
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Invasive Plant Walk

When is a plant considered a weed? When is a weed considered invasive? What impact do these invasives have on local ecosystems? Join Megan Renee Blackmore as she helps answer these questions using examples from Peterson Creek Park. Megan is a master gardener and has done work for the Invasive Species Council of BC.

Peterson Creek Park

Sat	Jul 9	10:00 am–12:00 pm	1/\$15
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Physical Literacy 101

Join us to gain a better understanding of physical literacy. Facilitators will showcase how to encourage continual improvement and development across the lifespan. Physical literacy can be demonstrated through activities like daily living, vocation, performing arts, sport, and gardening. Physical literacy is the gateway and foundation for physical activity and provides you with the confidence to lead a healthy, social, and active lifestyle. This workshop is in partnership with Sport for Life and PLAYKamloops.

Tournament Capital Centre – Meeting Room C and D

Sat	Apr 30	8:30 am–1:00 pm	1/\$25
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Quality Sport for Communities and Clubs

This workshop is designed to connect and inform local sport clubs and their community partners with resources, connections, and processes that support physical literacy, quality sport, and physical activity at all levels. This workshop's areas of focus are athlete growth and development, supporting long-term goals, using competition intentionally for development, commitment to sport for all, and partnership that prioritize development needs. This workshop is in partnership with Sport for Life.

Tournament Capital Centre – Meeting Room C and D

Sat	Jun 4	8:00 am–12:00 pm	1/\$25
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Wildlife Photography Tips and Tricks

Take your outdoor photography to the next level! Glenn Dreger is an experienced instructor and wilderness photographer. He'll help you understand your camera and the settings you'll want to use to best capture outdoor and wildlife photographs.

Heritage House

Sat	May 7	1:00–3:00 pm	1/\$20
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**DID YOU
KNOW?**

Walking in nature has many proven benefits for our mental and physical well-being. It can help our physical body, and it can also improve our cognition, change our brain, and help us foster important practices such as mindfulness and gratitude.

ADULT

Fabric Arts

Macramé Workshop - Plant Hanger

In this workshop, you will be introduced to a variety of basic knots and patterns while creating your own medium-sized plant hanger. All supplies are provided.

Parkview Activity Centre

Sat	Apr 30	9:00 am–12:00 pm	1/\$70
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Macramé Workshop - Spring Wreath

In this workshop, you will be introduced to a variety of basic knots and patterns while creating your own spring wreath to hang on the wall. All supplies provided.

Valleyview Community Hall

Sun	May 29	1:00–4:00 pm	1/\$80
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Museum

cineNoir Matinee - Film Club

The cineNoir Matinee club invites you to experience a monthly screening of select films depicting African/Afro diaspora cinema. Screenings are followed by lively discussion on the role of film in thinking through and uplifting the lived experience of Africa and its diaspora.

Kamloops Museum & Archives

Sat	Aug 13	1:00–4:00 pm	1/Free
Sat	Aug 20	1:00–4:00 pm	1/Free
Sat	Aug 27	1:00–4:00 pm	1/Free
Sat	Sep 3	1:00–4:00 pm	1/Free

From the Margins - Book Club

Join us at the KMA for a book club centring BIPOC fiction or non-fiction narratives, regrounding storytelling as historical and cultural practice.

Kamloops Museum & Archives

Sat	Apr 2	2:00–3:30 pm	1/Free
Sat	May 7	2:00–3:30 pm	1/Free
Sat	Jun 4	2:00–3:30 pm	1/Free
Sat	Jul 2	2:00–3:30 pm	1/Free
Sat	Aug 6	2:00–3:30 pm	1/Free

Historic Book Club

Join the KMA and the Thompson-Nicola Regional Library for a book club with a historic twist. We will explore works of historical fiction, non-fiction, and a variety of historical topics based on monthly themes.

Kamloops Museum & Archives

Fri	Apr 22	10:00–11:30 am	1/Free
Fri	May 27	10:00–11:30 am	1/Free
Fri	Jun 24	10:00–11:30 am	1/Free

Music

Beginning Singing

Join Elevation Voice Academy and Sabrina Weeks for 10 weeks of fun and song as we explore beginning singing. Expand your range, improve your tone, and create a voice that you will love.

Valleyview Community Hall

Tue	Apr 5–Jun 7	10:00–10:45 am	10/\$150
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Blues Singing Masterclass

Join Elevation Voice Academy and Maple Blues Award Winning vocalist Sabrina Weeks for an exploration into the wonders of singing the blues. Take a deep dive into learning to sing blues melody, breath control and pitch accuracy, slides, riffs, and runs, and learn to identify blues chord structures and rhythms and how to find your place within them. We also take some time to study the greats such as BB King, Etta James, Koko Taylor, Bonnie Raitt, Janis Joplin, and more.

Tue	Apr 12–Jun 14	11:00–11:45 am	10/\$150
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Photography

Improve Your Photography

Enter a whole new world of photography by becoming more creative with your camera and moving beyond the manufacturer's settings. In this five-part series, you will learn composition, such as background is purposely blurred and the subject is sharp, where motion is accentuated or frozen and to capture images when flash is impractical or not allowed.

Heritage House

Wed	Apr 6–May 4	6:30–8:30 pm	5/\$130
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Parkview Activity Centre

Thu	May 5–Jun 2	9:30–11:30 am	5/\$130
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DID YOU KNOW?

The original mountain bikes were modified heavy cruiser bicycles used for freewheeling down mountain trails. The sport became popular in the 1970s in Northern California, with riders using older, single-speed balloon tire bicycles to ride down rugged hillsides.



FITNESS AND HEALTH

Group Classes

Aqua Express Circuit

Challenge your aerobic and anaerobic systems using circuit training in a non-impact environment. Travel between stations using noodles, weights, and your body weight while using elements of water running for recovery.

Canada Games Aquatic Centre

Thu Apr 14–Jun 16 6:45–7:30 am 10/\$61.10

Barre Fit

Join us at the barre for a dynamic workout that combines elements of ballet, Pilates, strength, and flexibility. Sculpt and tone your body with this focused workout that targets postural strength, alignment, and endurance. No dance experience necessary.

Tournament Capital Centre–Fitness Studio

Thu Apr 14–Jun 16 6:30–7:30 pm 10/\$81.50

HIIT - High Intensity Interval Training

Come prepared to sweat in this fast-paced class! Using Tabata-style or high-intensity intervals followed by a short rest, you will be invigorated by this challenging, full-body workout.

Tournament Capital Centre–Fitness Studio

Thu Apr 14–Jun 16 5:00–6:00 pm 10/\$81.50

Introduction to Weight Training

This introductory class is designed to teach the fundamental principles of weight training. You will learn how to set-up the equipment properly and safely and how to create your own program to meet your goals. You will discover how to progress or regress an exercise to meet your needs. This foundation will help provide peace of mind and confidence when you're in the gym. This course is taught by a certified personal trainer.

Tournament Capital Centre–Training Lab

Mon Apr 11–May 16 6:15–7:15 pm 4/\$60

Low Intensity Circuit

This circuit-style class encourages you to work at your own level. You will be introduced to a variety of cardio, strength, and flexibility exercises to help keep you strong and mobile for your daily activities.

Westside Pool & Fitness Centre

Fri Apr 8–Jun 10 11:30 am–12:30 pm 10/\$81.50

Mon Apr 11–Jun 13 11:30 am–12:30 pm 10/\$81.50

Stretch

Be guided through a full-body stretch that promotes flexibility, mobility, breathing, and relaxation. Participants must be comfortable with getting down to the floor and back up again.

Tournament Capital Centre–Fitness Studio

Tue Apr 12–Jun 14 6:15–7:00 pm 10/\$61.10

Stretch and Relax

Be guided through a full-body stretch that promotes flexibility, mobility, breathing, and relaxation. Participants must be comfortable with getting down to the floor and back up again.

Tournament Capital Centre–Fitness Studio

Mon Apr 11–Jun 13 10:15–11:15 am 10/\$81.50

Wed Apr 13–Jun 15 10:15–11:45 am 10/\$122.30

TRX Combo

In a small group, you will learn the basics of TRX suspension training and move in a way that will leave you feeling challenged, strong, and inspired. Workouts will include movement in all planes of motion using the TRX and other equipment for a balanced, full-body workout.

Tournament Capital Centre–Long Jump NE

Wed Apr 13–May 11 12:10–12:55 pm 5/\$38.55

Wed May 18–Jun 15 12:10–12:55 pm 4/\$30.84

ADULT

Skip the stress of driving and worrying about parking by taking transit!

Whether you're headed to the Wildlife Park, a Blazers game or the Farmer's Market, Transit can get you there.

To plan your next trip, visit
[BCTransit.com/Kamloops](https://www.bctransit.com/Kamloops).



© Kathleen Fisher



Lunch Hour Drop-in Fitness

Cycle Fit and HIIT drop-in fitness classes are offered at the Tournament Capital Centre. These classes are a great way to step up your fitness in a fun and challenging way. Find the schedule on page 13.

Water Running

Are you a runner looking for some cross training or do you have an injury? This coached, deep-water running class uses similar tools to land-based running, including pickups and drills, to increase your fitness in a low-impact environment. Work at your own pace to build your running base without the impact of running.

Canada Games Aquatic Centre

Tue Apr 12–Jun 14 6:45–7:30 am 10/\$61.10

Zumba®

Zumba® fitness is known for—zesty Latin music like salsa, merengue, cumbia, and reggaeton; exhilarating, easy-to-follow moves and an invigorating, party-like atmosphere. This is a total body workout that combines all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy, and a serious dose of awesome each time you leave class.

Hal Rogers

Tue Apr 12–Jun 14 5:30–6:30 pm 10/\$93.30

Tournament Capital Centre–Fitness Studio

Tue Apr 12–Jun 14 5:00–6:00 pm 10/\$93.30

Fitness Testing

Functional Movement Screen

The Functional Movement Screen (FMS) is a tool used to identify imbalances in mobility and stability during seven fundamental movement patterns. Any active individuals can benefit from this two-part package, which includes a 30-minute FMS and a 60-minute training session to learn a corrective exercise program developed with the goal of preventing musculoskeletal injuries.

Fri–Sun Apr 1–Jul 2 1 session (90 mins)/\$110

COPAT (Correctional Officer Physical Abilities Test)

The City is offering the COPAT each month (based on demand). Applicants for City Community Services Officer positions and Corrections Officer positions should contact fitness@kamloops.ca to register. The City performs testing services as an unbiased, independent party. Testing results and safety information are released to recruits to send in with their applications. It is strongly advised that all individuals who are running the COPAT be fully prepared and aware of all testing components involved in the COPAT. If you would like assistance with a training program or help with the push/pull machine, check out our website for more information.

Total Test Fee/\$75 (per person)

Personal Training

Train Smart Package

This is a two-part package that includes a 30-minute assessment to establish your baseline fitness level. The second 60-minute session is to learn your personalized fitness program and increase your confidence with your exercise program.

1 session (90 mins)/\$99

Personal Training Add-Ons

Once you have completed a Train Smart package, you can purchase additional 60-minute personal training sessions. These appointments can be made at your convenience, whether you would like to meet regularly to help with motivation or just when you need an update to your program.

1 session (1 hr)/\$65

4 sessions (4 hrs)/\$250

12 sessions (12 hrs)/\$690



Train Smart with a Friend!

Put a fun twist on training by teaming up with a friend. This semi-private personal training package will help build your motivation while addressing your personal goals. The first session includes individual assessments, followed by three 60-minute sessions to work together on your new exercise program.

**4 sessions (4 hrs)/\$320
(\$160 each)**

Train Smart Assessment with a Kinesiologist

If you have an injury, chronic condition, or concerns about the safety of exercise, this program is designed for you! Complete a comprehensive fitness assessment and exercise program with a Kinesiologist. With focused education ranging from chronic disease to orthopaedics, working with a Kinesiologist will help you meet your fitness goals safely and effectively (program includes two 60-minute sessions). Call 250-828-3742 for information.

120 mins/\$150

Train Smart with a Kinesiologist Add-Ons

These 60-minute kinesiology sessions are designed with you in mind. Use these sessions for ongoing support with your exercise program or update your old program to further your exercise goals! Participants must complete a Train Smart assessment with a kinesiologist prior to registering for additional sessions.

**4 sessions (4 hrs)/\$280
12 sessions (12 hrs)/\$780**

Introduction to Personal Training - Youth

Are you age 12–17 and just starting out in the gym? Are you looking to set up an exercise program? Our qualified personal trainer will give you a one-on-one orientation to learn gym safety and etiquette while showing you a beginner workout routine to get you started. This package also includes a one-month, gym-only facility pass.

1 session (1 hr)/\$50

McArthur Island Mini Golf

**18 holes | April to October
Free to Play**

Bring your own clubs and golf balls and have some fun! Open every day of the week during daylight hours from April to October (weather dependent). Suitable for all ages and abilities.

We invite the public to drop-in and follow the guidelines for use posted at the first hole. Free parking is available nearby. Course is located at the west end of the park next to the Kamloops Youth Soccer Association office.



Pilates

Fitness Fusion

Experience a Pilates exercise program that includes yoga poses. This winning combination will lengthen your muscles, improve your core, and strengthen your spine.

Tournament Capital Centre–Fitness Studio

Wed Apr 13–Jun 8 6:15–7:15 pm 9/\$83.97

Intermediate Pilates

For those who have Pilates experience and are looking for a challenge, this class will build on the principles and apply them to mat exercises focused on improving core strength and stability, relieving back pain, improving posture, and reducing stress.

Tournament Capital Centre–Fitness Studio

Tue Apr 12–Jun 14 8:30–9:30 am 10/\$93.30

Pilates with Props

Pilates with Props is an intermediate class that uses a variety of equipment to target your core stabilizes, activate your deep abdominal muscles, reinforce your balance, and stability, and enhance your neuromuscular function.

Tournament Capital Centre–Fitness Studio

Fri Apr 8–Jun 10 8:30–9:30 am 9/\$83.97



Tourism Kamloops | Dylan Sherrard

ADULT

Pre & Post Natal

Stroller Fit

Meet other moms while exercising in a fun, all-levels class. This circuit focuses on building strength, cardiovascular fitness, and flexibility while your baby or toddler enjoys some time in their stroller. Nursing and crawling babies are welcome! Moms are recommended to be at least 4–6 weeks post-natural delivery or 8–10 weeks post-caesarean.

Tournament Capital Centre–North Court

Mon Apr 11–Jun 13 1:15–2:15 pm 7/\$57.05

Spin

Cycle Fit Express

This 45-minute spin class has something for everyone, with a variety of intervals and cycling drills that are guaranteed to have you feeling the burn. Work at your own intensity through hill climbs, speed intervals, and active recovery.

Tournament Capital Centre–Spin Studio

Fri Apr 8–Jun 10 6:30–7:15 am 9/\$54.99

CycleFit

This intermediate spin class has something for everyone, with a variety of intervals and cycling drills that are guaranteed to have you feeling the burn. Work at your own intensity through hill climbs, speed intervals, and active recovery.

Tournament Capital Centre–Spin Studio

Mon Apr 11–Jun 13 5:00–6:00 pm 7/\$57.05

Wed Apr 13–Jun 15 5:15–6:15 pm 9/\$73.35

Yoga

Beginner Yoga

Practise simple yoga postures and breathing exercises to build strength and flexibility. Learn a complete range of basic poses in a non-intimidating environment. Modifications will be provided to help you get the most out of each class, no matter your fitness level. No experience necessary.

Hal Rogers

Tue Apr 12–Jun 14 8:45–9:45 am 10/\$93.30

Parkview Activity Centre

Wed Apr 13–Jun 15 4:45–5:45 pm 7/\$65.31

Tournament Capital Centre–Fitness Studio

Mon Apr 11–Jun 13 5:15–6:15 pm 10/\$93.30

Valleyview Community Hall

Mon Apr 11–Jun 13 5:30–6:30 pm 10/\$93.30

Thu Apr 14–Jun 16 8:45–9:45 am 10/\$93.30

West Highlands Community Centre

Tue Apr 12–Jun 14 4:30–5:30 pm 10/\$93.30

Intermediate Yoga

Practise yoga postures and breathing exercises to build strength and flexibility. Learn a complete range of basic poses in a non-intimidating environment. Modifications will be provided to help you get the most out of each class, no matter your fitness level. Classes are designed for those with a good understanding of basic yoga poses and who are looking to explore a stronger challenge.

Valleyview Community Hall

Fri Apr 8–Jun 10 5:30–6:30 pm 10/\$93.30

Yoga

Practise simple yoga postures and breathing exercises to build strength and flexibility. Learn a complete range of basic poses in a non-intimidating environment. Modifications will be provided to help you get the most out of each class, no matter your fitness level. No experience necessary.

Valleyview Community Hall

Mon Apr 11–Jun 13 9:00–10:00 am 10/\$93.30

DID YOU
KNOW?



It's no surprise that only 12% of adults get less than three hours of light physical activity per day (ParticipACTION). Check out our great program offerings and get moving this spring and summer!



© Pamela van der Woning

OUTDOOR ACTIVITIES

Biking

Mountain Biking - Beginner

This course is designed to introduce participants to the basic skills needed to ride off-road, green trails. Topics taught include bike setup, body position, gear changes, braking, basic skills, and trail etiquette.

Dufferin Bike Park

Wed	Apr 27–May 18	6:00–8:00 pm	4/\$70
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Mountain Biking - Intermediate

This course is designed to introduce participants to the basic skills needed to ride off-road, green trails. Topics taught include bike setup, body position, gear changes, braking, basic skills, and trail etiquette.

Dufferin Bike Park

Tue	Apr 26–May 17	6:00–8:00 pm	4/\$70
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Fishing

Learn to Fish - Adult

In partnership with the Freshwater Fisheries Society of BC, we invite you to learn the basics of freshwater lake fishing. Topics will include fish identification, best fishing practices, gear, rod rigging, and casting. Fishing rods will be available for participants to use. All participants must obtain a valid freshwater fishing licence prior to attending.

Edith Lake

Thu	May 26	6:00–8:00 pm	1/Free
Thu	Jun 9	6:00–8:00 pm	1/Free

Learn to Fish - Families

In partnership with the Freshwater Fisheries Society of BC, we invite you to learn the basics of freshwater lake fishing. Topics will include fish identification, best fishing practices, gear, rod rigging, and casting. Fishing rods will be available for participants to use. All participants must obtain a valid freshwater fishing licence prior to attending.

Edith Lake

Wed	May 11	6:00–8:00 pm	1/Free
Wed	Jun 1	6:00–8:00 pm	1/Free

SPORT

Disc Golf

Disc Golf Clinic - Mom and Baby

Join us for this mom and baby program where you will get an opportunity to learn new skills and socialize with other moms. You will enjoy learning the fundamentals of disc golf outside in nature with your baby at the McArthur Island Disc Golf Course. Strollers or baby harnesses welcome.

McArthur Island Park

Fri	May 6	2:00–3:00 pm	1/\$25
Tue	Aug 9	10:00–11:00 am	1/\$25

Dodgeball

Learn to Play Dodgeball

This program is designed for participants who want to meet people and try a new sport. Dodgeball is commonly played in school but taught as a game not a sport. In this program, you will develop your techniques through drills and scrimmages following Dodgeball Canada foundational skills.

Location to be Determined

Wed	Apr 20–May 25	6:00–7:30 pm	6/\$60
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Multi-Sport

Women in Wellness

In this program, you will get an opportunity to try out a new physical activity or sport, art project, dance, or fitness class each week. Need to bring your children? No problem! Please register them in the children's Sport Night program at McDonald Park. This women's program will take place indoors at Parkview Activity Centre and outdoors at McDonald Park, depending on the activity. This program is in partnership with PLAYKamloops and Kamloops Immigrant Services.

Parkview Activity Centre

Thu	May 5–Jun 9	5:30–6:30 pm	6/Free
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ADULT

Pickleball

Beginner Clinic

Learn how to play pickleball. If you are new to the sport or just learning, we will teach you the fundamental movement skills and game play. In partnership with Kamloops Pickleball Club and MAK Racquet Sports.

Riverside Park Pickleball Court

Sun	Apr 10	11:00 am–12:30 pm	1/\$25
Sun	Apr 10	1:00–2:30 pm	1/\$25

Beginner Series

Participants will be introduced to the sport of pickleball. Learn the basic skills, techniques, and rules of the game, with an emphasis on fun! In partnership with the MAK Racquet Sports and the Kamloops Pickleball Club.

Riverside Park Court 9: Instructional Court

Tue/Thu	Apr 5–Apr 7	5:00–7:00 pm	2/\$50
M/W/F	Apr 11–Apr 15	12:00–1:30 pm	3/\$60
Wed	May 4–May 25	6:00–7:30 pm	4/\$75

Rowing

Rowing - Introduction

In the first session of this two-day clinic, you will be introduced to the rowing machines at TCC. In the second session, you will have the opportunity to discover rowing on the water at the Shumway Lake Water Sports Facility. This program is in partnership with the Kamloops Rowing Club.

Tournament Capital Centre–Fitness Studio

Sat	Apr 23	9:00–10:30 am	1/\$30
Sat	Apr 23	10:45 am–12:15 pm	1/\$30

Shumway Lake Water Sports Facility

Sat	May 7	7:30–11:30 am	1/\$30
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Tennis

Progressive Tennis for Adults (PTA)

In this program, you will learn skill progressions and use low-compression balls and appropriately sized racquets and nets. You will start using a smaller court and work your way to the baseline for full-court play. You will experience immediate success by building your skills as you learn to play. This program is in partnership with the Kamloops Tennis Centre.

Kamloops Tennis Centre

Sat	Apr 2–Apr 30	1:00–2:30 pm	4/\$90
Sat	May 7–Jun 4	1:00–2:30 pm	4/\$90
Fri	Jun 3–Jun 24	10:30 am–12:00 pm	4/\$90
Sat	Jun 11–Jul 9	12:00–1:30 am	4/\$90

Volleyball

Volleyball Clinic - Beach (Co-ed)

Maintain your fitness and volleyball skills. Join us for this skill development and socialization program.

Overlander Park

Sat	Apr 16	10:30 am–12:00 pm	1/\$25
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Volleyball Clinic - Beach (Women)

Maintain your fitness and volleyball skills. Join us for this skill development and socialization clinic.

Overlander Park

Sat	Apr 16	12:30–2:00 pm	1/\$25
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Idling Gets You...Nowhere

Unnecessary idling occurs when a vehicle engine is running but the vehicle is not in motion. Idling wastes fuel and money, adds to pollution, and contributes to health issues.

Turn off your engine whenever you are:

- Waiting for passengers
- Picking up kids from school or activities
- Waiting for a train

Reducing idling supports GHG emissions reductions targets in the Community Climate Action Plan.

Learn more at Kamloops.ca/IdleFree.





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Installation view of Kelly Richardson, *Embers and the Giants*, 2020, video installation, 4K-6K widescreen, 6-12 channels of audio, 6 minute, 30 second loop at the Kamloops Art Gallery, January 2022. Photo: Frank Luca.



Kamloops Healthy Weights for Children *Shapedown BC*

Shapedown BC: A *FREE* virtual program for children and teens (aged 6-17) & their families

SHAPEDOWN BC is a family based 10 week VIRTUAL GROUP program that helps children or teens, and their families, achieve a healthier lifestyle.

The Shapedown team consists of a Dietician, Fitness Instructor, Social Worker and Pediatrician.

HOW DO I JOIN? Ask your family Doctor, Pediatrician, or Nurse Practitioner to send us a referral. Contact us or look online for more detailed information.




Interior Health

Shapedown BC Public Health

519 Columbia Street, Kamloops BC V2C 2T8
PH: 250.851.7300 | FAX: 250.851.7301

www.interiorhealth.ca/Shapedown

KAMLOOPS UNITED CHURCH **THRIFT SHOP**

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10AM TO 5PM
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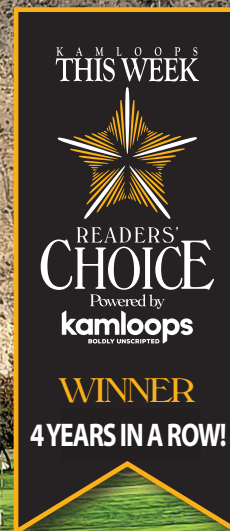
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inquirychildcare@olphschool.ca



DID YOU KNOW?



Keep fit and walk safely on a dry surface by taking advantage of the free seasonal concourse walking at Sandman Centre. The concourse is open 9:00–11:00 am on Mondays, Wednesdays, and Fridays until April 30, 2022.



Looking for Pickleball Programs?

Look for them under sport programs in the Adult section on page 56.

FITNESS

Group Classes

Strong Bones

Join a qualified instructor to safely and effectively increase your fitness level by improving posture and balance, and build stronger muscles and bones while decreasing the risk of falls and fractures.

Tournament Capital Centre–North Court

Tue/Thu	Apr 12–May 12	1:15–2:15 pm	10/\$61.90
Tue/Thu	May 17–Jun 14	1:15–2:15 pm	7/\$43.33

Stronger Bones

Building on the principles learned in Strong Bones, we invite you to challenge yourself further with this more advanced class. Increase your balance, strength, and coordination in a safe and fun environment while managing your risk for falls and fractures.

Tournament Capital Centre–North Court

Tue	Apr 12–May 10	10:30–11:30 am	5/\$30.95
Thu	Apr 14–May 12	10:30–11:30 am	5/\$30.95
Tue	May 17–Jun 14	10:30–11:30 am	4/\$24.76
Thu	May 19–Jun 9	10:30–11:30 am	3/\$18.57

Zumba® Gold

Zumba® Gold targets baby boomers by taking the Zumba® formula and modifying the moves and pacing to suit the needs of the active aging participant. What stays the same are the elements Zumba® fitness is known for—zesty Latin music like salsa, merengue, cumbia, and reggaeton; exhilarating, easy-to-follow moves and an invigorating, party-like atmosphere.

Tournament Capital Centre–Fitness Studio

Tue	Apr 12–Jun 14	2:45–3:45 pm	10/\$93.30
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Valleyview Community Hall

Mon	Apr 11–Jun 13	11:00 am–12:00 pm	10/\$93.30
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West Highlands Community Centre

Wed	Apr 13–Jun 15	11:00 am–12:00 pm	10/\$93.30
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Zumba® Gold Toning

Are you looking to take your Zumba® workout to the next level? Zumba® Gold Toning combines strength training with the excitement of a traditional Zumba® class. Join the movement and help build muscle strength, mobility, posture, and coordination. This class is specifically adapted for the active older adult or beginner exerciser.

Thu	Apr 14–Jun 16	2:45–3:45 pm	10/\$93.30
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**Due to COVID-19, programs are subject to change and/or cancellation.
For up-to-date information and programming, visit [Kamloops.ca/PerfectMind](https://kamloops.ca/PerfectMind).**

Yoga

Gentle Chair Yoga

Enjoy a fun and inclusive yoga class that uses chairs and modified poses to improve your mobility and flexibility. If you are experiencing stiffness associated with aging, injury, or joint replacement, this class is for you. Each class concludes with a guided relaxation.

Hal Rogers

Mon Apr 11–Jun 13 1:30–2:30 pm 10/\$93.30

West Highlands Community Centre

Fri Apr 8–Jun 10 1:30–2:30 pm 10/\$93.30

Wed Apr 13–Jun 15 1:30–2:30 pm 10/\$93.30

EVENTS

Seniors' Picnic

This is a great opportunity to get together with old acquaintances and meet new friends. Join us for music, fun, and a park-style lunch on the house.

Riverside Park

Thu Jul 7 10:00 am–1:00 pm Free

OUTDOOR ACTIVITIES

Nature Walk: Physical Literacy Talk and Walk

In this program, you will enjoy a 30-minute talk and demonstration about physical literacy in your home, in your yard and garden, and on the trails in our nature parks. You will learn proper pole walking, climbing, and lifting techniques. We will also show you different movement skills with a variety of yard equipment and tools while navigating on different surfaces. You will finish with a 90-minute nature park walk.

Peterson Creek Park

Thu Apr 21 9:00–11:30 am 1/\$5

Trail Walking

Nature Walk

Join our knowledgeable staff on interpretive hikes of the City's nature parks. Bring your questions, sense of adventure, and water on these hikes to learn about the history and the flora and fauna of our parks.

Dallas Barnhartvale Nature Park

Thu Jun 9 9:00–11:00 am 1/\$5

Kenna Cartwright Park

Thu Apr 7 9:00–11:00 am 1/\$5

Thu Jun 23 9:00–11:00 am 1/\$5

Peterson Creek Park

Thu Apr 28 9:00–11:00 am 1/\$5

Thu Jun 2 9:00–11:00 am 1/\$5

Skyline Park

Thu Jun 16 9:00–11:00 am 1/\$5

Valleyview Nature Park Arena

Thu Apr 14 9:00–11:00 am 1/\$5

SPORT

Disc Golf

Disc Golf Clinic

In this clinic, you will learn the fundamentals of disc golf and learn the rules of the game. You will get familiar with the McArthur Island Disc Golf Course and enjoy the surrounding nature.

McArthur Island Park

Fri Apr 8 2:00–3:00 pm 1/\$25

Fri Apr 22 2:00–3:00 pm 1/\$25

Martial Arts

Taiji Qigong (Tai Chi) for Health

Come explore Taiji Qigong exercises for mind-body connection. Studies indicate Taiji's benefits include improved balance, mental health, and cognitive function as well as management of chronic pain such as osteoarthritis and fibromyalgia.

Yacht Club

Tue Apr 19–Jun 7 9:00–10:30 am 8/\$80

Thu Apr 21–Jun 9 9:00–10:30 am 8/\$80



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ADULT 55+



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AGES 5 - 12

March 21 - April 1

Full Day*: 8:30 am - 4:00 pm

REGISTRATION OPEN NOW

Daily Rate: \$64 Weekly Rate: \$299

Enhanced cleaning procedures and strict adherence to sport policies are in effect.

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***EXTENDED HOURS!**
7:45 am - 5:15 pm
available for pick up
& drop off incl.
every day!

SUMMER CAMP

AGES 5 - 12

Weekdays July 4 - September 2

No Camp August 1-5

Full Day*: 8:30 am - 4:00 pm

REGISTRATION OPEN MARCH 1
Daily Rate: \$64 Weekly Rate: \$299

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Interested in Coaching?

NCCP Coach Certification

The National Coaching Certification Program (NCCP) is a coach training and certification program offered in over 66 sports across Canada.

Check ViaSport.ca for online modules.

Competition Introduction

Register at TheLocker.Coach.ca

Design a Basic Sport Program \$80

Two-Day Online Course
April 13–14 | 5:30 pm–8:30 pm

Teaching and Learning \$80

Two-Day Online Course
May 11–12 | 5:30 pm–8:00 pm

Community Sport

Register at Kamloops.ca/PerfectMind

Fundamental Movement Skills \$25

Tournament Capital Centre
April 23 | 8:30 am–1:00 pm

Competition Development

Register at TheLocker.Coach.ca

Prevention and Recovery \$125

Two-Day Online Course
April 12–13 | 5:30 pm–9:30 pm

Developing Athletic Abilities \$125

Two-Day Online Course
May 2–3 | 5:30 pm–9:30 pm

For an updated schedule of NCCP courses being offered, please visit PacificSportInteriorBC.com.

Dates and time subject to change based on facilitator availability.



Coaches' Corner

Fun and informal Thursday Lunch N' Learn sessions with a guest speaker.

May 12 | 12:00–1:00 pm
Frick & Frack Taphouse, 577 Victoria Street





Interested in becoming a coach?

Check out our Coach Enhancement workshops in this section.



PACIFICSPO^{RT}

INTERIOR BC

Who We Are

The PacificSport Centres are a network of not-for-profit organizations committed to enriching lives and energizing communities via sport, physical activity, and physical literacy across BC. In partnership with the viaSport Regional Alliance, PacificSport Interior BC aims to increase awareness, opportunity, and participation in physical activity and sport—from playground to podium—while enhancing access to coaching and athlete programs.

Powering Sport - What We Do

PacificSport Centres offer a variety of programs and services for BC-based athletes at all stages of the Canadian Sport for Life (CS4L) continuum.



Sport Participation and Development

Grassroots programs that support physical literacy and ensure that BC youth have the opportunity to be inspired by sport and lead a healthy and active lifestyle.



Education and Advocacy

Opportunities for sport education at all levels of the CS4L pathway, including current and interactive seminars, workshops, and conferences that assist in furthering community sport development and performance.



Sport Performance and Leadership

High-performance programs that provide BC athletes and coaches with access to training facilities, innovative sport science techniques, and support services to provide every advantage to win medals for Canada.



Support and Resources

Specialized equipment, technology innovations, and grants to assist with the transfer and acquisition of knowledge, technical, and tactical implementation as well as the administrative progress of local sport organizations.

PacificSport Interior BC 910 McGill Road, Kamloops, BC V2C 6N6

Carolynn Boomer

Executive Director

📞 250-828-3344

✉️ cboomer@pacificsport.com

Erin Pincott

Sport Performance Coordinator

📞 250-828-3583

✉️ epincott@pacificsport.com

Katie Klassen

Sport Participation Coordinator

📞 250-828-3346

✉️ kklassen@pacificsport.com

Group/Team Rates

Group/team rates are available for most programs:

- \$100 for a group of 8–12
- \$150 for a group of 12–15

Contact us for more details.

Follow Us!



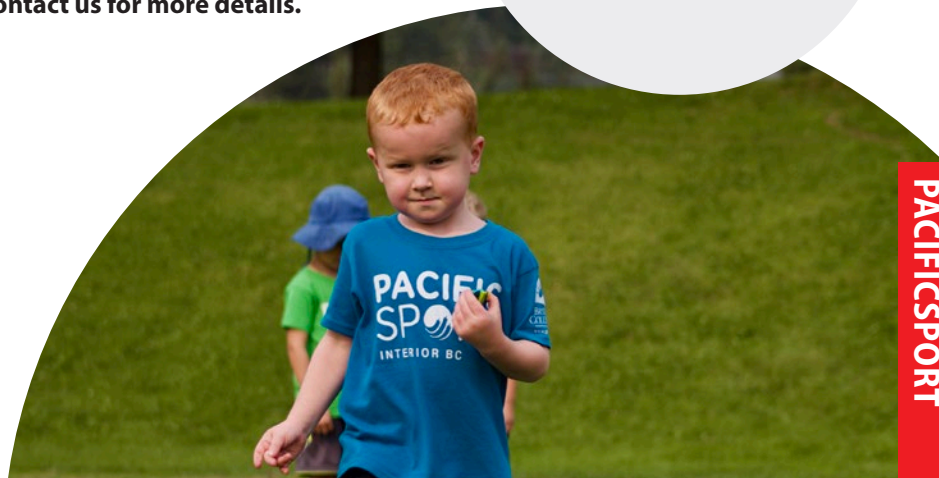
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For more information or to register for any of these programs, contact PacificSport at **250-828-3344** or visit **PacificSportInteriorBC.com**.

SPORT EDUCATION & GENERAL INTEREST WORKSHOPS

Open to athletes, coaches, parents, and weekend warriors. Visit PacificSportInteriorBC.com/Event-Calendar for upcoming workshops. Workshops are FREE for PacificSport registered athletes and coaches. Register at Kamloops.ca/PerfectMind.

SportSmart - Shoulder/Overhead Injuries

Early Bird Special

\$10

After April 20

\$15

Offered in partnership with SportMedBC, this 1.5 hour online workshop will help parents, coaches, and athletes learn about shoulder anatomy and biomechanics, common overhead-type injuries, injury prevention guidelines, and strategies for return to sport when dealing with a shoulder complex. Coaches will earn NCCP Pro-D points upon successful completion. To register, visit SportMedBC.com/Courses.

Online via Zoom

Wed May 4

6:30–8:00 pm

Coach/Leader Education Workshops

For groups of 10+ people, we can arrange a workshop for your organization. Prices may vary depending on facilitator travel and fees. For more information, or to book a workshop, contact Erin at epincott@pacificsport.com or call 250-828-3583.

MOVE to Play

\$30

The MOVE to Play workshop provides instructors and coaches with the skills and knowledge to deliver a quality movement program that fosters positive experiences in physical activity. This workshop is for participants who engage with youth in a recreation or community setting.

Tournament Capital Centre – Meeting Rooms C and D

Sat Apr 23

1:30–4:30 pm

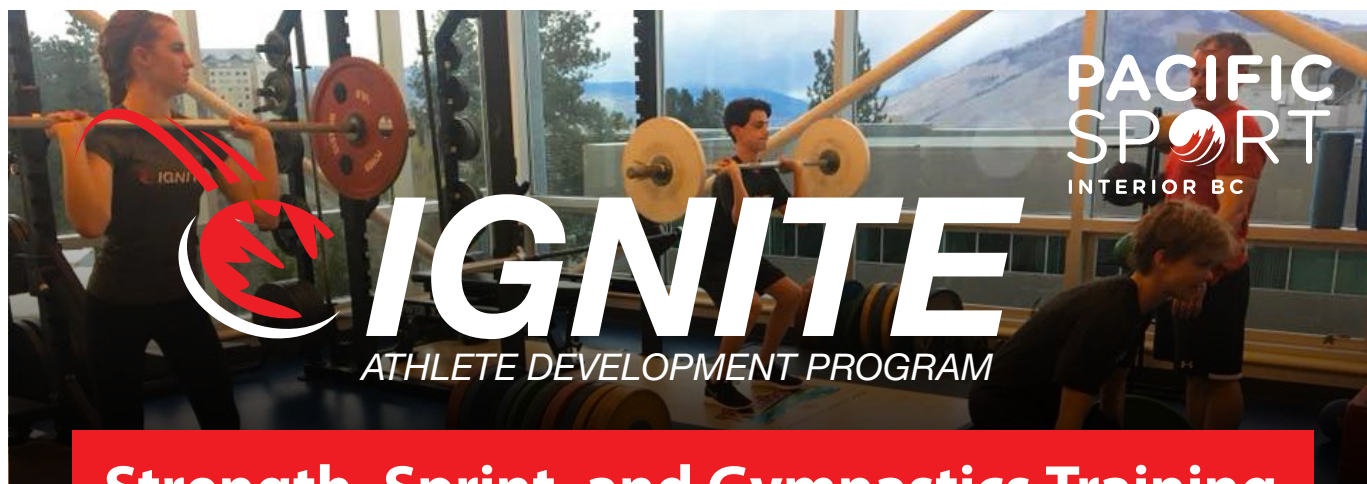
Other Training Seminars Available By Request

Field Testing Kit Coach Training

18+yrs

Video Analysis and Dartfish Training

18+yrs



Strength, Sprint, and Gymnastics Training

IGNITE is a multi-sport training program for athletes aged 13–17 that is intended to enhance and complement sport-specific training, overall athleticism, and resistance to injury.

- 20 weeks beginning September
- 2 sessions per week
- Total program value is \$1,050
 - Your cost: \$450
 - PacificSport Scholarship Awarded: \$600

**Find the application form
and more information at:**

PacificSportInteriorBC.com/Ignite



AFFILIATED SPORTS

Alpine Skiing

Sun Peaks Alpine Ski Club

Sun Peaks Alpine Club is pleased to be able to offer ski programming for families in the Kamloops area. Our goal is to create an environment for all athletes to excel at all levels and meet their athletic goals through the sport of skiing. Registration will be open this summer for new and returning members. Please visit SunPeaksRacers.com to find out about our club and see further program descriptions.

3110 Creekside Way, Sun Peaks

BC PO Box, 1294 Kamloops, BC, V2C 6H3

Staff

Wade Rettie, Program Director spacprogramdirector@gmail.com

Mike Lorimer, President

Lyndsey Harvey, Ski League Coordinator ngslspac@gmail.com

For information or to register: SunPeaksRacers.com

#spacwolfpack @sunpeaksracers

Sun Peaks Racers and Sun Peaks Alpine Racers Oktoberfest

Harper Mountain Ski Club

\$425

Nancy Greene Ski League

Ages 4-11

As part of the Nancy Greene Ski League, kids are taught alpine ski racing by certified coaches and ski instructors utilizing the Husky Snow Star Program, Canada's National Alpine Ski Skill Development Program. This program offers athletes an opportunity to compete against other clubs at various mountains throughout the Interior (competing is not mandatory). Our program runs on Sundays, 9:30 am–2:00 pm, January through March, at Harper Mountain (a 20-minute drive from Kamloops).

For information:

Glenn Smith, Program Coordinator - harperskiclub@gmail.com

HarperSkiClub.com

ARTISTIC SWIMMING

formerly Synchronized Swimming

Kamloops Sunrays Synchronized Swimming

Artistic swimming is a unique sport that combines strength, flexibility, team work, endurance, and creativity. The Kamloops Sunrays is the interior's premiere high-performance synchronized swim club. All of our coaches are NCCP certified. Most importantly, we provide FUN! We offer affordable programs for children of all abilities and ages. Both boys and girls are welcome. Contact headcoach@kamloopssynchro.com for more details about our summer camps.

For information or to register contact:

Tina Naveri, Head Coach - headcoach@kamloopssynchro.com

KamloopsSynchro.com

ATHLETICS

Kamloops Track and Field Club

The Kamloops Track and Field Club (KTFC) has experienced coaching staff, including two local Olympians, and provides a fun and encouraging environment. Our programs follow Athletics Canada's Long Term Athlete Development Model and offer options for athletes aged three to Masters (35+). Athletes can train for multiple events, including cross-country, sprints, hurdles, middle distance, jumps, pole vault, and throws. Alternatively, they can specialize and/or pursue high-performance opportunities. Seasonal cross-training for other sports is also offered, which allows athletes to train year-round. KTFC has access to some of the best training facilities in Canada. We host several indoor and outdoor competitive meets, and all athletes can participate in local and regional meets.

Programs:

- Cross-country season: Sep–Oct
- Indoor season: Nov–Mar
- Outdoor season: April–mid-July
- Cross-country - Middle Distance (All Ages)
- Mini Track Rascals (Ages 3–5)
- Track Rascals (Ages 6–8)
- Junior Development (Ages 9–12)
- Midget (Ages 13–15)
- Juvenile, Junior, and Senior (Ages 16+)
- Cross-country - Middle Distance (All Ages)

Tournament Capital Centre Fieldhouse /Hillside Stadium
250-851-2512

Coaching staff:

Christine Yamaoka, Sprints/Hurdles

Dr. Bondarchuk, Throws

Dylan Armstrong, Head Coach/Throws

Mike Kern, Pole Vault

Miriam Dziadyk, Junior Development

Dayl Dhaliwal/Gary Reed, Track Rascals

For information:

Judy Armstrong, KTFC President

Judy54armstrong@gmail.com or 250-851-2512

Caitlin Reed - Club Communications Manager

ktfccommunication@gmail.com

To register and to sign up for our newsletter: KamTrack.ca

@kamtfc @ktfc3 @kamloopstrackandfieldclub



G. Valachy

Kamloops.ca/Recreation | 250-828-3500



PRO D DAY CAMP \$40

8:30 am–4:30 pm | Ages 7–12

April 25 | Tournament Capital Centre

May 20 | Albert McGowan Park

SUMMER CAMPS

Multi-Sport \$185

8:30 am–4:30 pm | Ages 7–12

Week 1: July 4–8 | Tournament Capital Centre

Week 2: July 25–29 | Tournament Capital Centre

Tennis \$185

8:30 am–4:30 pm | Ages 7–12

Week 1: July 11–15 | Kamloops Tennis Centre

Week 2: August 15–19 | Kamloops Tennis Centre

In partnership with Kamloops Tennis Centre

Mountain Bike Camps \$185

8:30 am–4:30 pm | Ages 7–12

Girls Only: July 18–22 | Tournament Capital Centre

Co-ed: August 8–12 | Tournament Capital Centre

In partnership with Riding Into Life

PlaySkills \$185

8:30 am–4:30 pm | Ages 6–10

August 22–26 | Albert McGowan Park

Active Tots \$95

8:30 am–11:30 am | Ages 4–6

July 11–15 | Albert McGowan Park

August 15–19 | Albert McGowan Park

**To register, call 250-828-3500
or visit [Kamloops.ca/PerfectMind](https://kamloops.ca/PerfectMind)
For more info, call 250-828-3346**

PacificSportInteriorBC.com

Early drop off and late pickup available for a fee.

BASEBALL

The TRU WolfPack baseball team plays all of its games at NorBrock Stadium on McArthur Island. Home games are played as double headers, usually on Saturdays and Sundays. League play starts in March and finishes in April, with an exhibition schedule in the fall.

For information: Ray Chadwick - coachrchadwick@tru.ca

BASKETBALL

TRU Men's Basketball Academy

A skills development program that runs in conjunction with Basketball BC and the Regional Training Centre program. All sessions are at TCC, for boys grades 6–11. The program will span 40 hours over a number of weekends. Designed to be intense and challenge participants to develop in all aspects of basketball as well as to develop their personal capacity as positive members of society. If chosen, athletes will need to pay a \$425 fee; includes tuition, a reversible jersey, WolfPack T-shirt and a Basketball BC membership for each participants.

For information:

Scott Clark, Coach - sclark@tru.ca

CANOE/KAYAK

Kamloops Canoe and Kayak Club

The Kamloops Canoe and Kayak Club provides spring and summer recreational paddling programs for all age categories and a year-round Olympic paddling competitive program for kids and youth.

Recreational programs:

- One-week summer camps:
 - Recreational paddling and outdoor activities camp for kids aged 7–14
 - Girls only camps
 - Boys only camps
 - Kids camp for kids aged 7–11
- Adult recreational kayak, stand-up paddleboard, canoe, and dragon boat program (May–August)
- Adult competitive dragon boat

Competitive and Fitness development programs (kids and youth):

- Learn to Race and Become Olympian (May–August)
- Beginners/Novice Development team (April–October)
- Junior Competitive team, Performance team, High Performance team (year-round)

Location: Shumway Lake

For information:

Stanislav Marek, Head Coach - kckcheadcoach@gmail.com

KamloopsCanoeAndKayakClub.ca



CROSS-COUNTRY SKIING

Overlander Ski Club

Offers age-specific skills following the Cross Country Canada development model. Cross-country skiing is a “lifetime” sport suitable for individuals and families of all ages.

Programs:

- Ski League (ages 5–11)
- Junior Development (ages 12–20)
- Annual program
- Introductory or skill development lessons for all ages and abilities

For information:

Dana Manhard, Coach - dmanhard@shaw.ca | 250-299-1717

OverlanderSkiClub.com

DIVING

Learn to Dive with KGTC Diving

Recreational to competitive programs for ages 5 and up. Experience the exhilarating world of diving in a fun and safe environment. The sport of diving develops self-discipline, courage, strength, coordination, balance, flexibility and determination. Prerequisite: participants must be able to swim comfortably in deep water. Programs run year-round with ongoing registration. Contact us today to register for one of our programs.

Prerequisite:

Participants must be able to swim comfortably in deep water.

For information or to register:

Neil Barrett, Head Coach: n.barrett@kgtc.ca | 250-320-0436

KGTC.ca/Diving

FIGURE SKATING

Kamloops Skating Club

Fall Session: September–December

Winter Session: January–March

Spring Mini Session: April

Summer Session: please inquire

Learn to Skate Programs:

- CanSkate


For figure skating specific classes, please inquire:

- McArthur Island Olympic Ice
- Sandman Centre
- Spring Ice - Brock Arena - view the online schedule for location details.

For information or to register:

KamloopsSkatingClub.com

kamloopsskateclub@gmail.com | 250-554-4944

 Kamloops Skating Club

GYMNASTICS/TRAMPOLINE

Kamloops Gymnastics | Trampoline Centre

Active Start (ages 1–6)

- **Gymnastics and Trampoline sport specific**
Programs include Wiggles, Squiggles, Just 3's, Fun 4's, Active Kidz, and Fun 4 Jumpers. Learn to move through exploration and discovery

• Fundamentals (ages 5–18)

Gymnastics, Trampoline, and Diving sport specific

Programs include CanGym, CanJump, and CanDive. Add challenges and refinement as key skills are achieved.

• Learn to Train (ages 6–18+)

Gymnastics, Trampoline, and Diving sport specific

Programs include XCEL Gymnastics, Kickstart Boys Gymnastics, XCEL Trampoline, Power Tumbling, and Advanced and Learn to Train Diving. Train for excellence and performance confidence. Athletes may participate in non-competitive and competitive events.

• Competitive (ages 8+)

Gymnastics, Trampoline, and Diving sport specific

Programs include Artistic Gymnastics, Trampoline, Double-mini, Power Tumbling, and Diving. Train for excellence with discipline specific goals.

• Other Programs

Sport Cross-Training, Adaptive Gymnastics, Seniors Can Move (ages 65+), community access/field trips, Pro D Day camps, and seasonal camps

Location:

Tournament Capital Centre - 910 McGill Road

For information or to register:

250-374-6424 | info@kgtc.ca | **KGTC.ca**



Young adults who identify as LGBTQI2S are “game to play” sports but frequently report experiences of discrimination and exclusion. Sport programs that provide inclusive and affirming spaces that celebrate diversity and that are not based around biological sex or gender have strict zero-tolerance approaches to homophobia, biphobia, and transphobia; emphasize fun; and help to create positive sport experiences for LGBTQI2S participants.

(Sport Information Resource Centre, 2021)

SPEED SKATING

Kamloops Long Blades Speed Skating Club

Kamloops Long Blades has offered affordable speed skating programs in our community since 1992 for all skill levels and ages.

Try it once before joining the club:

contact Jodi at kamloopslongblades@gmail.com.

Programs offered:*

- Club Programs (year-round/ongoing registration)
- Summer ice camps
- Dryland
- Long track opportunities
- Inline skating
- High-performance cross-training sessions

*Speed skates are included with registration.

Location:

McArthur Island Sport and Event Centre - Olympic Rink

For information:

Sandi Vyse, Coach Coordinator: NCCP Level 3
250-851-1481 | kamloopslongblades@gmail.com

KamloopsLongBlades.com



Day in Sport: Ready, Set, Revive

Join us for an opportunity for networking and professional development in sport and physical activity.

Saturday, June 4

Individual \$20 | Group (4 or more) \$10 each

This event is designed to connect and inform local sport clubs and community partners with tools, connections, resources and processes to support physical literacy, quality sport, and physical activity at all stages.

Focus areas are athlete growth and development, supporting long-term goals, using competition intentionally for development, sport and movement for all, and partnerships that prioritize development needs.

In partnership with City of Kamloops, Tk'emlúps te Secwépemc, PacificSport Interior BC, Kamloops Sports Council, and PLAYKamloops.

For more information, visit
PacificSportInteriorBC.com.

SWIMMING

Kamloops Classics Swimming

Kamloops Classic Swimming is dedicated to providing the best available teaching, coaching, training, and competitive opportunities to all levels of swimmers at an affordable cost. Please note that our programming is subject to change during COVID-19. Please refer to our website for the latest programming changes.

Programs offered (ongoing registration):

- Recreational Youth Swimming | SwimFIT & SwimX (12–17 yrs) Tue/Thu 6:15–7:15 pm (Sep–Jun)
- Competitive Youth Swimming | Novice to Senior levels (7–19 yrs) (Sep–Jun)
- Masters Swimming (19+) (Sep–Jun)

Canada Games Pool

910 McGill Road • 250-828-3660

For information:

Brad Dalke, Head Coach, info@swimkamloops.com

SwimKamloops.com

SwimSkill 8-week youth lesson program \$180 (stroke development) **Ages: 5–12**

Taught by certified water safety instructors with additional stroke development training. This program will be delivered at the Canada Games Aquatic Centre when it reopens. 16 x 40-minute sessions

Novice-Prep Program **Ages: 6–12**

Taught by KCS coaching staff, this program is for swimmers who have reached the upper levels of Red Cross, YMCA, or SwimSkills swim lesson programming and are interested in becoming a competitive swimmer. The focus of this program is building endurance and fine tuning the four competitive strokes. This initiative is ongoing. Four- to five-week program.



KAMLOOPS CANOE & KAYAK CLUB

SUMMER DAY CAMPS

Registration opens March 21st

July 4th - September 2nd

5 day camps for kids ages 7-14

Monday - Friday 8:30 am - 3 pm

Cost: 1st child \$245, siblings

\$230, for siblings Early Bird

before April 3rd: \$220

We offer Canoe, Kayak, Paddle

Board, Dragon Boat, Games &

Hiking.

Competitive Olympic Paddling Programs:

Join our beginners competitive Olympic sprint paddling program May-September.

Options of 1x, 2x, or 3x per week

Join our competitive team during summer for full day training.

Introductory and Fitness Paddling Programs:

- Families Learn to Paddle programs June - August
- Recreational Paddling Drop-in during summer months



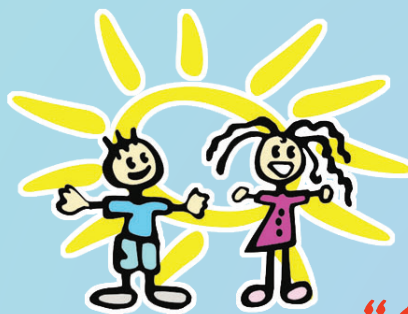
REGISTRATION
**OPENS
MARCH
21ST**



KCKC runs all programs on Shumway Lake,
located 20 minutes south of Kamloops
on the Old Merritt Highway



VISIT US FOR MORE INFO:
kamloopscanoeandkayakclub.ca
FIND US ON FACEBOOK
[@KamloopsCanoeAndKayakClub](https://www.facebook.com/KamloopsCanoeAndKayakClub)



KAMLOOPS KIDZ

EARLY LEARNING CENTER

**REGISTER
NOW!**

"A lifetime of learning begins here"



Montessori prepared environment:

- Practical Life - activities to aid in developing independence for the child
- Sensorial - physical development of the senses
- Language - speaking, listening, reading and writing
- Mathematics - concepts of number, shape and space
- Cultural Studies - enrich the child's understanding of the world through the study of zoology, botany, geography, history, art and music

Enhanced environment

- Block area and dramatic play area, loose parts play - helps children learn socially, physically, intellectually and creatively
- Extensive curriculum, phonics, art and music program

Programs we offer:

- Infant/Toddler: 7:30 am to 5:30 pm
- Preschool: 8:45 am to 11:15 am OR 11:45 am to 2:15 pm
- **NEW!** Junior Kindergarten 8:45 am to 2:15 pm / SD 73 Calendar
- 3-5 Preschool / Childcare: 7:30 am to 5:30 pm
- School Age Care: Before and after school care (including kindergarten children) 7:30 am to 5:30 pm. Pick up from Juniper, Lloyd George, School of the Arts, South Sahali, McGowan, Pacific Way, Aberdeen, Dufferin.

*always
putting children first*

& always going several steps beyond!

Orchards Walk Campus

3200 Valleyview Drive
Preschool
Childcare - Ages 1 to 12

Pineview Campus

1711 Copperhead Drive
Preschool
Childcare - Ages 1 to 12

Sahali Campus

1585 Summit Drive
Childcare - Ages 5 to 12

250.319.9044 • www.kamloopskidz.com