



Spring & Summer 2024 Activity Guide



Canada's Tournament Capital

Registration Opens: March 12, 2024

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

Kamloops.ca/Register

You're Invited:

Community + Council Conversations

City Council wants to hear from you!

Council is hosting monthly neighbourhood meetings to gain insight into residents' opinions and concerns while collecting input on how they can best advance their strategic plan during their term.

Share your interests and concerns affecting your neighbourhood:

- what's working well?
- where can we do better?
- what should we advocate for?

February 29

A daytime meeting for businesses and an evening session for residents of **Downtown, West End, Mission Flats, Sagebrush, and North Kamloops.**

Location: Kamloops Kia Lounge, Sandman Centre, 300 Lorne Street

Afternoon session for businesses:
1:00-3:30 pm

Evening session for residents:
6:00-8:30 pm

April 25

A meeting for residents of **Pineview Valley, Aberdeen, Dufferin, Iron Mask, and Knutsford.**

Location: Coast Kamloops Hotel & Conference Centre, 1250 Rogers Way

Time: 6:00-8:30 pm

March 13

A meeting for residents of **Batchelor Heights, Brock, and Tranquille.**

Location: Sports Centre Lounge, 1665 Island Parkway

Time: 6:00-8:30 pm

May 22

A virtual meeting with **any resident** that was unable to meet with Council in person or prefers virtual engagement opportunities.

Location: ZOOM (link will be available closer to event date)

Time: 6:00-8:30 pm



Registration is not required. Schedule is subject to change. For more information and to see summaries of previous neighbourhood sessions, visit LetsTalk.Kamloops.ca/CommunityConversations.



Canada's Tournament Capital



Services and Information

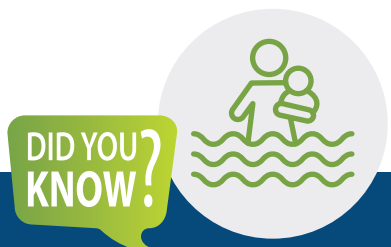
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Swim for Life includes fun, hands-on teaching activities that focus on teaching water safety for the whole family. Lessons that will last a lifetime!

Learn more on page 32.



Registration



Registration Opens: **Tuesday, March 12**

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



Go Online

[Kamloops.ca/Register](https://kamloops.ca/register)



Call Us

250-828-3500



Scan Here

In-Person Registration Hours

Tournament Capital Centre (TCC) 910 McGill Road	Monday–Friday: 6:00 am–8:00 pm Saturday and Sunday: 8:00 am–7:00 pm
Westsyde Pool & Fitness Centre 859 Bebek Road	Monday–Friday: 7:00 am–11:00 am, 3:30 pm–8:00 pm Saturday and Sunday: 10:30 am–3:00 pm
Kamloops Museum and Archives 207 Seymour Street	Tuesday–Saturday: 10:00 am–4:00 pm

Online Recreation Account

Your online recreation account grants you access to 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 to track your activity history and more
- robust search functions 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 online recreation 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/Register**.
- 2 Click **"Create An 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.

- News Releases
- City Stories
- Council Agendas and Highlights
- Statutory Public Notices
- Sustainable Kamloops



We do our best to ensure that program information such as pricing, location, and dates offered are accurate at the time of publication. All programs are subject to change without notice.

For up-to-date information and programming, visit Kamloops.ca/Register.

Refund & Withdrawal Policy

A \$10 administration fee is charged for all program withdrawals, excluding memberships. Once a program begins, a pro-rated refund will be applied. Check each program for specific refund policies. **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. Please register early to avoid disappointment. Most programs will run regardless of the weather. We may have to occasionally cancel a program due to poor weather. If your program is cancelled, you will receive a refund.



How to Withdraw: Please call 250-828-3655

Online withdrawals not available.

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

program area → **Registered Group Fitness**

course name → **TRX Combo** **Ages: 13+** ← age restrictions

course description → 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.

location → **TCC - Queenax**

Mon	Apr 1–May 6	11:15 am–12:00 pm	5/\$46.43
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↑ day ↑ dates ↑ time ↑ cost

Legend

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

How Waitlists Work

The City of Kamloops has a new automated process for managing waitlists. If you are on the waitlist for a program and a spot comes available you will be notified by email with an option to either confirm or decline the spot. You will have 72 hours to respond. If there is no response after 72 hours you will lose the opportunity to register and the spot will be offered to the next person on the waitlist.

All family members on your profile must have an email address, phone number, and mailing address listed. This can be the same as the primary contacts (e.g. parents) email.



Follow us on Facebook!

@CityofKamloops
@CityofKamloopsPRC



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

Guest Code of Conduct

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

- Please be respectful of others—their beliefs, opinions, belongings, and feelings.
- Please be respectful of direction given by staff or volunteers.
- Ensure conversation, behaviour, and language are appropriate for a public facility that caters to a diverse population (or community).
- Drugs, alcohol, and items that are 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 Facility Use Guidelines at [Kamloops.ca/TCC](https://www.kamloops.ca/TCC).

Gym Age Policy

- All youth aged 12–17 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+ may use the gym on their own.

Swim Age Policy

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



Protect Your Valuables

Whenever possible, leave your valuables at home or use a locker at the TCC. Lockers are 25¢. Please ensure you have correct change. Using a personal lock 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 must 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 can park and do NOT need to register their licence plate number.



© Kathleen Fisher

DID YOU KNOW?

High school students can use Lifesaving Society certifications for high school graduation requirements. Bronze Cross is worth two credits for grade 11 and National Lifeguard Pool Option is worth two credits for grade 12. For more information about high school credits, talk to your school counsellor or call 250 828-3477.

Administration

Email prccount@kamloops.ca
 General Inquiry 250-828-3569
 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 (TCC) 250-828-3655

Community Halls

Hall Bookings 250-828-3580
 Email facilities@kamloops.ca

Kamloops Museum and Archives

Online KamloopsMuseumandArchives.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/Register
 General Inquiry 250-828-3500

Sandman Centre & Arenas

Online Skate Schedules Kamloops.ca/Arenas
 Arena Bookings 250-828-3707
 Email arenas@kamloops.ca
 Sandman Centre 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

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 (All rates include tax)

Canada Games Aquatic Centre (Pool Pass includes Fieldhouse when available).

	Single Admission	Punch Card (10 Admissions)	Monthly Pass	Annual Pass
Preschool (3–6)	\$2.30	\$18.80	\$20.70	\$206.85
Child (7–13)	\$4.55	\$37.60	\$41.35	\$413.70
Youth (14–18)	\$6.10	\$54.40	\$43.05	\$430.50
Adult (19–59)	\$8.20	\$72.90	\$43.05	\$430.50
Senior (60+)	\$6.10	\$54.40	\$43.05	\$430.50
Family*	\$4.55 per person (max. cost \$19.50)	\$37.60 (1 punch per person)	\$86.10	\$861.00
Early Bird (M–F, 6:00–7:00 am)	\$3.95	\$37.30		
Liquid Lunch (M–F, 11:30 am–12:30 pm)	\$4.25	\$40.45		

Wellness Centre & Athlete Performance Centre (Gym Pass includes Fieldhouse when available)

	Single Admission	Monthly Pass	Annual Pass
Child (7–13)	\$8.05	\$41.35	\$413.70
Youth (14–18)	\$8.30	\$43.05	\$430.50
Adult (19–59)	\$9.85	\$43.05	\$430.50
Senior (60+)	\$8.30	\$43.05	\$430.50
Family*	\$27.25	\$86.10	\$861.00

Full Access Pass (Gym and Pool, includes Fieldhouse when available)

	Single Admission	Monthly Membership	Annual Membership (Advance Payment)	Annual Membership (Average Monthly Payment)
Child (7–13)	\$8.50	\$41.35	\$420.55	\$35.05
Youth (14–18)	\$10.90	\$54.70	\$593.15	\$49.45
Adult (19–59)	\$13.40	\$66.90	\$671.00	\$55.90
Senior (60+)	\$10.90	\$54.70	\$593.15	\$49.45
Family*	\$33.45	\$133.70	\$1,310.30	\$109.20

Fieldhouse Pass (Indoor Track, Courts, and EZ line)

	Single Admission	Monthly Pass
Preschool (3–6)	\$2.30	N/A
Child (7–13)	\$4.55	\$22.45
Youth (14–18)	\$6.10	\$22.45
Adult (19–59)	\$8.20	\$22.45
Senior (60+)	\$6.10	\$22.45
Family*	\$4.55 per person (max. cost \$19.50)	N/A

*A family is a maximum of two adults and all children under 18 years of age living in the same residence. Fees are subject to change without notice.

Brocklehurst Outdoor Pool (All rates include tax)

	Single Admission	Monthly Pass
Child (7–13)	\$3.95	\$31.60
Youth (14–18)	\$4.55	\$37.50
Adult (19–59)	\$6.10	\$37.50
Senior (60+)	\$4.55	\$37.50
Family*	\$3.95 per person (max. cost \$15.80)	\$75.60

Westsyde Pool and Fitness Centre (All rates include tax)

	Single Admission	Punch Pass (10 Admissions)	Monthly Pass	Annual Pass (Advance Payment)	Annual Pass (Average Monthly Payment)
Preschool (3–6)	\$1.95	\$16.30	\$15.80	\$158.05	\$13.15
Child (7–13)	\$3.95	\$32.55	\$31.60	\$316.05	\$26.35
Youth (14–18)	\$4.55	\$38.75	\$37.50	\$374.85	\$31.25
Adult (19–59)	\$6.10	\$52.65	\$37.50	\$374.85	\$31.25
Senior (60+)	\$4.55	\$38.75	\$37.50	\$374.85	\$31.25
Family*	\$3.95 per person (max. cost \$15.80)	\$32.55	\$75.60	\$756.00	\$63.00
Early Bird [†] (M–F 6:30–7:30 am)	\$3.75	\$33.75			

Public Skating/Stick and Puck (All rates include tax)

	Single Admission	Season Pass (July 2–August 31, 2024)
Preschool (3–6)	\$2.25	\$20.25
Child (7–13)	\$4.75	\$42.75
Youth (14–18)	\$5.50	\$49.50
Adult (19–59)	\$6.50	\$58.50
Senior (60+)	\$5.25	\$47.25
Family*	\$13.25	\$119.25
Drop in Hockey (19+)	\$7.75 (Goalies are FREE)	\$69.75

Participants must register in advance at [Kamloops.ca/Register](https://www.kamloops.ca/Register) for drop in hockey and stick, puck, and ring programs.

*A family is a maximum of two adults and all children under 18 years of age living in the same residence. Fees are subject to change without notice.



MONTHLY MEMBERSHIP CANCELLATION POLICY

If requesting a cancellation of a single or multiple monthly membership, a \$15 cancellation fee will apply after the membership has been pro-rated. All punch passes are non-refundable.



Connecting 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).

Neighbourhoods

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

Phone: 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 20–October 26
200 block of St. Paul Street
(in front of the Stuart Wood schoolyard)

Wednesdays

May 1–October 23
400 block of Victoria Steet
(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.

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 to cook, learn about low-cost meal options, and preserve food. Call to 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](#).



1k
MINI
BOOGIE

5k
WALK OR
RUN

10k
WALK OR
RUN

21k
RUN

BOOGIE THE BRIDGE

SUNDAY • APRIL 28 2024

KAMLOOPS SQUARE • 8:30AM

HALF MARATHON STARTS 8:00AM

THE CHARITY YOU ARE
SUPPORTING:



VOLUNTEER
KAMLOOPS

TITLE SPONSOR



ELITE SPONSORS



PREMIUM FOOD SPONSOR



GOLD SPONSORS



SUNCOUNTRY



SILVER SPONSORS



NUTRITION SPONSOR



BRONZE SPONSORS



PREMIUM DIGITAL SPONSOR



MEDIA SPONSORS



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!*

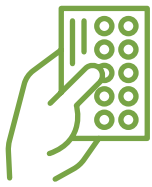
boogiethebridge.com

MORE INFO: registration@boogiethebridge.com



REGISTER TODAY!





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.



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 residents 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.



KidSport

Apply for a grant today! KidSport provides families with children aged 5-18 with financial assistance to participate in sports in Kamloops.

Find out more and apply at **250-828-3822**, KidSportKamloops@SportBC.com, or visit 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.



Sport and Athlete Support

We understand the importance of non-profit and volunteer organization in helping to develop and deliver valuable services to residents. Grants assist in sport and athlete development, check out these available grants at Kamloops.ca/Grants.

- **Tournament Capital Grant** – Available to amateur sport organizations and individuals for event grants up to \$1,500. Events must utilize services/facilities within the City of Kamloops.
- **BC Summer Games Sport Development Grant** – Available to local coaches, officials, and sport organizations interested in furthering their knowledge in their respective areas.
- **Winter Games Legacy Fund Grants** – Funds are to cover circumstances where a person or group advances beyond local competition or is recruited to a provincial or nationally ranked team.



Fitness Schedules

Tournament Capital Centre

DID YOU KNOW?

A variety of Aquafit classes offered throughout the week are included in your membership or drop-in fee. Check out our Aquafit schedule at Kamloops.ca/Swim.

Learn more on page 31

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.

*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.

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

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.

Community-Based Health and Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Beginner Yoga ● 9:00–10:00 am Valleyview Community Centre	Beginner Yoga ● 8:45–9:45 am Hal Rogers Activity Centre	Gentle Chair Yoga ● 9:00–10:00 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		Qi Gong ● 9:00–10:00 am Parkview Activity Centre	Qi Gong ● 10:00–11:00 am Parkview Activity Centre
Afternoon			Gentle Chair Yoga ● 1:30–2:30 pm Hal Rogers Activity Centre		Gentle Chair Yoga ● 2:00–3:00 pm West Highlands Community Centre	
Evening		Beginner Yoga ● 4:30–5:30 pm West Highlands Community Centre		Seniors Chair Yoga ● 4:00–5:00 pm Heritage House		
	Beginner Yoga ● 5:30–6:30 pm Valleyview Hall					
	Zumba® ● 5:30–6:30 pm West Highlands Community Centre	Zumba® ▲ 5:30–6:30 pm Hal Rogers Activity Centre		Intermediate Yoga ▲ 5:30–6:30 pm Hal Rogers Activity Centre		

Westsyde Community Health and Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday
Afternoon	Low Intensity Circuit ● 1:30–2:30 pm Westsyde Pool - Gym				Low Intensity Circuit ● 1:30–2:30 pm Westsyde Pool - Gym
Evening		Beginner Hatha Yoga ● 5:30–6:30 pm David Thompson Elementary Gym	Bellyfit ● 5:00–6:00 pm David Thompson Elementary Gym	HIIT - High Intensity ◆ Interval Training 5:30–6:30 pm David Thompson Elementary Gym	
				Restorative Yoga ● 6:45–7:45 pm David Thompson Elementary Gym	

Fitness Schedules

For more fitness class information, see the Adult and Adult 55+ sections or visit [Kamloops.ca/Register](https://kamloops.ca/Register).



Tournament Capital Centre Health and Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning					Total Body Conditioning ▲ 6:45–7:30 am
					Intermediate Pilates ▲ 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
	Stretch and Relax ● 10:15–11:15 am	Stronger Bones ● 9:45–10:45 am	Stretch and Relax ● 10:15–11:15 am	Stronger Bones ● 9:45–10:45 am	
	Stroller Fit ● 11:30 am–12:30 pm	Strong Bones ● 11:00 am–12:00 pm		Strong Bones ● 11:00 am–12:00 pm	
Afternoon		Zumba Gold ® ● 1:00–2:00 pm	Sensational Survivors 12:45–2:15 pm	Zumba Gold ® Toning ● 1:00–2:00 pm	Sensational Survivors 12:15–1:30 pm
Evening	Cycle Fit ▲ 5:00–6:00 pm	Zumba ® ▲ 5:00–6:00 pm		HIIT - High Intensity ◆ Interval Training 5:00–6:00 pm	
	Beginner Yoga ● 5:15–6:15 pm		Fitness Fusion ▲ 6:15–7:15 pm	Moving Through Menopause ● 5:00–6:00 pm	
	Introduction to Weight Training ▲ 6:15–7:15 pm	Warrior Yoga ● 7:30–8:30 pm		Barre-lates ▲ 6:15–7:15 pm	
	Restorative Yoga with Rascial Release ● 6:30–7:30 pm				



P.L.A.Y
KAMLOOPS



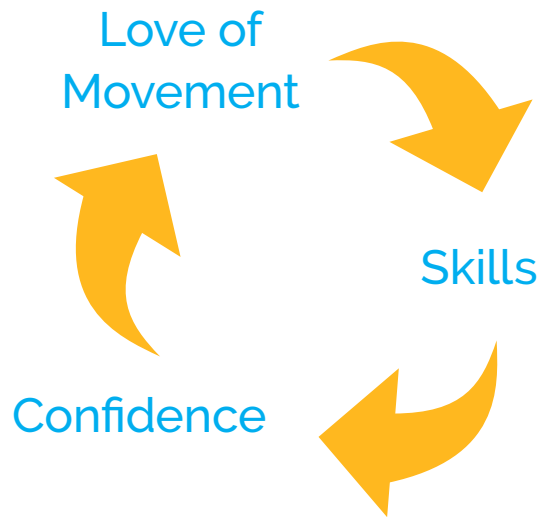
Physical Literacy And You!

P.L.A.Y Kamloops for health, for fun, for life!

Physical Literacy

is developing the skills, confidence, and love of movement to be physically active for life.

To learn more, visit **ActiveForLife.com**.



Land



Water



Snow/Ice



In the Air



Wheels



playkamloops@gmail.com

PlayKamloops.com



SUMMER 2024

Making the Mountain Accessible to All!

Adaptive Sports at Sun Peaks, is a charitable non-profit organization creating and providing accessible outdoor adventures for individuals living with physical, visual and/or neuro-divergent challenges.

Summer Outdoor Adventures - July & August

Participate in hiking, Stand Up Paddle boarding, Canoeing and Mountain Biking. Try one activity, or try them all! Programs offered weekly.

Adaptive Mountain Biking with Kootenay Adaptive Sport Association (KASA)

Mike Reidiger and the team from KASA will bring their amazing adaptive mountain bikes along with certified instructors to provide the Kamloops and Sun Peaks community the chance to ride their adaptive bikes on the Valley Trail and/or the progression park!

For more details and to Register visit our website or email us!



Contact: adaptivesportsatsunpeaks@gmail.com

adaptivesportsatsunpeaks.org

REGISTRATION
BEGINS
MAY, 2024



KAMLOOPS SPRING SPRINT TRIATHLON

SATURDAY, MAY 11



2024

YOUTH PROGRAM

LEARN TO SWIM-BIKE-RUN
ALL SKILL LEVELS WELCOME!

- Ages: 4-14
- April 3 - June 21

YOUTH TRIATHLON TRY A TRI

- Ages: 4 to 16
- June 22 - Swim/Road Bike/Run
- June 23 - Swim/Mountain Bike/Trail Run
- Location: Logan Lake

COPPER ISLAND SWIM

- September 7

600M SWIM | 20 KM BIKE | 5 KM RUN
OR
300M SWIM | 10 KM BIKE | 2.5 KM RUN
INDIVIDUAL OR TEAM EVENTS IN EITHER DISTANCE

FOR MORE
INFORMATION
VISIT
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(Kamloops-Thompson)



SCAN FOR MORE INFO

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PLAYGym (12 months - 5 years)

Gymnastics, Trampoline & Diving (6+ years)

XCEL Gymnastics, Trampoline (boys & girls)

Competitive Gymnastics, Trampoline & Diving

High School & 18+ programs

Ongoing Enrollment

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→ Gymnastics

→ Community Access

→ Trampoline

→ Seasonal Camps

→ Diving

→ Professional Day Camps



CURRENT SCHEDULES / REGISTRATION / MORE INFO...

www.kgtc.ca

910 McGill Rd. 250-374-6424

(located inside the Tournament Capital Centre)

Accessible Recreation

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**Good for your
head, heart,
and health!**



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)**.

DANCE

Adaptive Dance

Adapted Dance

Ages: 18+

This dance class is specifically designed for neurodivergent and full spectrum students to learn the basics of various dance genres, including ballet, jazz, hip hop, and contemporary, in a safe, fun, nurturing, non-judgmental environment. Students will learn how to warm up, put steps together, and stretch effectively. This class is taught by an instructor with a background in educational psychology and dance history and who has experience working with youth and adults with differing physical and neurological abilities.

Akimbo Dance Studios

Wed Apr 17–Jun 5 7:15–8:15 pm 8/\$144

FITNESS

Adapted Yoga

Ages: 13–65

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.

TCC - Fitness Studio

Mon Mar 25–Apr 22 1:15–2:15 pm 5/\$50

Mon Apr 29–Jun 3 1:15–2:15 pm 5/\$50

Adapted Zumba

Ages: 15–65

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.

TCC - Fitness Studio

Thu Mar 21–Apr 18 10:30–11:30 am 5/\$30

Thu Apr 25–May 23 10:30–11:30 am 5/\$30

SPORT

Hockey

Adapted Floor Hockey I

Ages: 5–10

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

Dufferin Elementary

Thu Apr 25–Jun 13 5:30–6:15 pm 8/\$40

Adapted Floor Hockey II

Ages: 11–16

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

Dufferin Elementary

Thu Apr 25–Jun 13 6:15–7:00 pm 8/\$40



Tourism Kamloops | @miguelparts

DID YOU KNOW?



Established in 1973, the Kamloops Film Society has been a cinematic hub, screening diverse, high-quality films in various venues. Evolving to host film festivals, the Kamloops Film Society brings film lovers together. Committed to its mission, the society supports filmmaking in Kamloops by offering grants. The Kelson Group's support in 2019 marked a pivotal moment in the society's history at the Paramount Theatre, which celebrated its 50th anniversary in 2023.



Interested in Canucks Autism Network?

Canucks Autism Network (CAN) provides children, youth and adults on the autism spectrum access to a full range of year-round programs and family experiences. Join the CAN Community at canucksautism.ca/join.

Baseball (3–12 years)

Beattie Elementary

April 15–June 3

Mondays, 5:15–6:00 pm (3–6 years)

Mondays, 6:00–7:00 pm (7–12 years)

Mondays, 7:00–8:00 pm (7–12 years)

Baseball provides children on the autism spectrum an introduction to throwing, catching, and batting. Participants will play games and do sports drills while practicing transitions, taking turns, and building fundamental movement skills. In partnership with PacificSport and Jays Care Foundation.

Baseball (13+ years)

Pacific Way Park

April 16–May 21

Tuesdays, 6:00–7:00 pm

Baseball provides children on the autism spectrum an introduction to throwing, catching, and batting. Participants will play games and do sports drills while practicing transitions, taking turns, and building fundamental movement skills. In Partnership with Jays Care Foundation.

Gymnastics (7–12 yrs)

Tournament Capital Centre

April 20–June 1

Saturdays, 12:30–1:30 pm,

1:30–2:30 pm

Gymnastics provides participants an introduction to skills, such as jumping, moving in different directions, and balancing as well as gym safety, in a safe and supportive environment. Participants are overseen by a certified gymnastics coach, trained support workers, and dedicated volunteers.

Preschool Swim (3–5 yrs)

Tournament Capital Centre

April 17–June 5

Wednesdays, 4:00–4:30 pm

Swim for 3–5yrs teaches basic swimming and water safety skills to participants in a safe and supportive environment. Participants with all levels of support needs are encouraged to register. No previous swim experience is required.

Swimmer 1 (6–12 yrs)

Tournament Capital Centre

April 17–June 5

Wednesdays, 4:30–5:00PM;

5:00–5:30 pm; 5:30–6:00 pm; or

6:00–6:30 pm

The Swim Level 1 program focuses on water safety, swim skills, and fitness. Participants will be introduced to blowing bubbles, floating, kicking, and water entries and exists. Participants with all levels of support needs are encouraged to register.

Swimmer 2 (6–12 yrs)

Tournament Capital Centre

April 17–June 5

Wednesdays, 6:30–7:00 pm

The Swim Level 2 program focuses on water safety, swim skills and fitness. Participants will be introduced to front and back crawl, treading water and jumping into deep water. Participants with all levels of support needs are encouraged to register.

Skate (3–12yrs)

Synergy Skate Centre

April 18–May 23

Thursdays, 4–4:30 pm (3–6 years)

Thursdays, 4:30–5 pm (3–6 years)

Thursdays, 5–5:30 pm (7–12 years)

Thursdays, 5:30–6 pm (7–12 years)

Participants will learn basic skating skills, such as moving forward, gliding, and stopping, in a safe and supportive environment.



To register for any of these programs and to purchase your CAN membership, visit canucksautism.ca.



BOOK YOUR
SWIM
party




Canada's Tournament Capital

For full details, visit
Kamloops.ca/SwimParty

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 theatre productions

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Please join Mayor and Council at the 12th Annual

VOLUNTEER APPRECIATION BBQ

to celebrate the volunteers who build, maintain, and grow healthy communities.

April 19, 2024
11:30 am–1:30 pm
Sandman Centre,
300 Lorne Street

Thank you for making a difference in Kamloops!



Canada's Tournament Capital

Kamloops.ca



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Group classes for all ages and experience levels

CHILDREN'S CHORUS

For kids age 6–12

MEET THE INSTRUMENTS & MUSICAL CRAFTERS PROGRAM

For K to Grade 2



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KamloopsSymphonyMusicSchool.com

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Just be. Innovative. Adventurous. Curious. That's Girl Guides.

For girls to just be. A safe space where they can learn new things with girls who feel like old friends. DIY projects, science experiments, and camping are just a few of the things girls get to experience at Girl Guides.

Registration for fall 2024 starts this spring, and you can join anytime! Find a nearby unit using the unit finder on our website, www.girlguides.ca

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



Girl Guides

HISTORY BY EVERYONE

FAMILY CHILDREN AND YOUTH PROGRAMS

ART AFTER SCHOOL

Ages 9–12
Tue, Apr 16–Jun 4
3:15–4:00 pm
8/\$80

This mixed-media art program invites students to engage in a variety of projects and crafts while making new friends in this after-school drop-off program taught by a local artist.

MUSIC AT THE MUSEUM

Ages 0–5
Sat, Apr 6–Jun 22
10:00–10:30 am
8/\$40

Introduce your little one to the world of museums through music, song, and movement. Each session will offer a variety of sensory and play experiences for young children and caregivers alike. No classes on April 20, May 18, June 1, and June 15.

MUSIC MAKERS AT THE MUSEUM

Ages 1 1/2–5
Fri, Apr 12–Jun 14
10:00–10:45 am
8/\$52

This music-based program welcomes caregivers and children to the museum space through songs, stories, and a connected art project. *No class April 19, May 17, and May 31.

MUSIC AT THE MUSEUM SPECIAL SUMMER EDITION

Ages 0–5
Thu, Jul 4
Sat, Jul 13
Tue, Jul 30
Sat, Aug 10
Wed, Aug 21
10:00–10:45 am
1/\$8

Celebrate summer with this special summer session of Music at the Museum. Weather permitting, this session may be held outdoors, so please dress for the weather.

POLLINATOR PROWL

Ages 2–5
Thu, Jul 18
Fri, Aug 23
10:00–11:00 am
\$10/session

Learn more about flowers, pollen, and buzzing bees. Weather permitting, we will play games and observe insects in the garden at St. Andrew's on the Square before returning to the KMA to explore the Children's Museum and create a caregiver-assisted craft.

FAMILY CHILDREN AND YOUTH PROGRAMS

MY FIRST MUSEUM

Ages 2–5
Wed, Apr 10–Jun 12
10:00–10:45 am
10/\$80

Introduce your little one to the museum through hands-on exploration and artifact handling, 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.

PARENT 'N' TOT IMAGINATION STATION

Ages 1 1/2–5
Sat, Apr 13
Fri, May 10
Sat, Jun 8
Thu, Jul 11
Fri, Aug 9
2:30–3:15 pm
1/\$10

Explore your imagination with the Kamloops Museum and Archives through stories, songs, and crafts. This program encourages parents and caregivers to bond with their children through collaborative art making and participatory songs while we explore the museum space.

RAINBOW MAGIC PASSPORT PROGRAM

All Ages
Sat, Aug 24
10:00 am–2:00 pm
Free

Join the Kamloops Museum and Archives as we celebrate Pride with the Kamloops Pride Society, Thompson-Nicola Regional Library, Big Little Science Centre, and the Kamloops Art Gallery. Participants can pick up a passport at any location and will receive a stamp for fun, family-friendly activities at each stop. Passports with two or more stamps can be entered to win a prize

SATURDAYS ON SEYMOUR

All Ages
Sat, Apr 20, May 18, Jun 15, Jul 20, Aug 17
11:00 am–1:00 pm
Free

Drop in to the Kamloops Museum and Archives every third Saturday of the month for creative activities for the whole family to enjoy. Explore a fun new theme each month. Registration not required.

ADULT PROGRAMS

ABSENT VOICES, RAINBOW STORIES

Tue–Sat, Aug 1–31
9:30 am–4:30 pm
Free

What would you like future researchers to know about being a member of the 2SLGBTQPIA+ community in Kamloops? Explore this question and share your memories, stories, and lived experiences on rainbow archival cards at the KMA or submit your response through our website. Stories that are shared will be housed on our website as well as in the Archives and will grow to inform 2SLGBTQPIA+ archival documents and photographs that amplify the voices of the Kamloops queer community for future generations to learn from.

BEHIND THE SCENES: THE DUGOUT CANOE

Sat, Apr 27
1:30–2:30
\$5

Join the Museum Educator, Meghan Stewart and Curator Matt Macintosh for this intimate, interactive program as we explore the dugout canoe that is part of the riverpeoplenationstatepeople exhibition.

HISTORIC BOOK CLUB

Fri, Apr 19, May 17, Jun 21,
Jul 19, Aug 16
10:00–11:30 am
Free

Join us and the Thompson–Nicola Regional Library for a book club with a historic twist. The theme is Historical Journey Around the World. Each month will be a different country to select your book of choice.

INTERNATIONAL MUSEUMS DAY CELEBRATION

Sat, May 18
11:00 am–1:00 pm
Free

Join the Kamloops Museum and Archives for an International Museums Day celebration. Museum tours will be available on the hour, and kids are invited to drop in to Saturdays on Seymour for crafts.



ADULT PROGRAMS

WALKING TOUR: ART AND ALLEYWAYS

Thu, May 23, 5:30–6:30 pm
Sat, Jun 1, 9:00–10:00 am
Thu, Aug 1, 5:30–6:30 pm
Fri, Aug 23, 9:00–10:00 am
1/\$10

Explore the historic roots of alleyways in this summer walking tour of the public art and murals that adorn downtown Kamloops. This tour will meet at the museum, located at 207 Seymour Street. Please dress for the weather and bring a water bottle.

WALKING TOUR: A COURTHOUSE HISTORY OF DOWNTOWN KAMLOOPS

Wed, May 8, 5:30–6:30 pm
Fri, June 21, 10:00–11:00 am
Sat, Jul 20, 9:00–10:00 am
Sat, Aug 10, 9:00–10:00 am
1/\$10

Learn more about crime, punishment, and the history of downtown Kamloops in this summer walking tour. This tour will meet at the museum, located at 207 Seymour Street. Please dress for the weather and bring a water bottle.

WALKING TOUR: NORTH SHORE HISTORY

Sat, May 25, 10:00–11:00 am
Thu, Jun 13, 5:30–6:30 pm
Sat, Jul 6, 9:00–10:00 am
Thu, Aug 15, 9:00–10:00 am
1/\$10

Get to know Kamloops' North Shore with this new walking tour that will explore the historic roots and architecture of the North Shore. This tour will meet in front of St. George's Anglican Church, located at 308 Royal Avenue. Please dress for the weather and bring a water bottle.

WALKING TOUR: SPRING CEMETERY STROLL

Sat, May 11
10:00–11:00 am
1/\$10

Join us at the Pleasant Street Cemetery to learn more about the individuals buried there as well as the history and historic practices surrounding grave markers in Kamloops.

KAMLOOPS MUSEUM AND ARCHIVES

Tue–Sat
9:30 am–4:30 pm

The Kamloops Museum and Archives is located on Tk'emlúps te Secwépemc territory within the traditional and unceded lands of Secwépemc Nation, Secwepemcúlecw.

The Kamloops Museum and Archives is a place where Kamloops' history is shared in the light of the present. The Kamloops Museum and Archives collaborates with communities across the Kamloops area and beyond to explore our region's culture through exhibitions, educational programming, and challenging projects. Researchers can search through growing records of the people, places, and stories of the region through the Archives.

HISTORY FOR EVERYONE

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Visit bctransit.com/umo for more information or call **877-380-8181** toll-free for support.

8565



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Jump in and swim!



A complete learn-to-swim program from Parent and Tot to Lifeguard and Instructor.

The Lifesaving Society Swim for Life® program is a comprehensive swim lesson program that focuses on the development of fundamental swim strokes and skills for learners of all ages and abilities. Instructors ensure swimmers get lots of in-water practice in every lesson. Swim for Life includes fun, hands-on activities that focus on teaching water smart education for the whole family. Lessons that will last a lifetime!

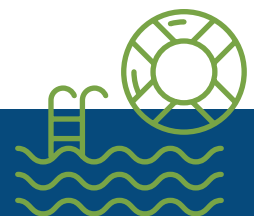
Swim Lesson Fees

Parent and Tot	\$65
Preschool	\$65
Swimmer 1–4 (30 min)	\$65
Swimmer 5–6 (45 min)	\$75
Swimmer 7–9 (60 min)	\$85
Teen/Adult (30 min)	\$75

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

Find a current lesson schedule at Kamloops.ca/Swim.

Full details of the Lifesaving Society Swim for Life® program, are available online at Kamloops.ca/Swim.



SWIM
FOR LIFE®
LIFESAVING SOCIETY

Swim Lesson Programming

The main registration date for swimming lesson registration is on Tuesday, March 12, 2024 (online: 6:30 am, in person/ phone: 10:00 am). Registration will remain open until the end of the lesson season.

Swim lessons are no longer printed in this guide. Schedules can be found at Kamloops.ca/Swim or picked up at the Tournament Capital Centre or Westsyde Pool and Fitness Centre.

Be sure you have created your online recreation account in advance of registering for a lesson online, in person, or by phone. Find out how to create an online account on Page 2 of this guide.

REGISTERED AND DROP-IN AQUAFIT CLASSES

Aqua Express Circuit - Registered

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.

Tue	Apr 9–Jun 18	8:15–9:00 am
Thu	Apr 11–Jun 20	8:15–9:00 am

Aqua Yoga - Drop-In

Aqua yoga is a gentle alternative to a land-based practice. The aquatic environment can reduce stress on the joints, allow for a greater range of motion, increase balance, build strength, and promote deep relaxation. This accessible, joyful movement class is suitable for all levels and is perfect for those who are recovering from injuries, who have joint pain, and/or who have mobility issues.

Canada Games Aquatic Centre

Thu	Apr 11–Jun 27	1:00–2:00 pm
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Deep Water Running - Drop-In

Join us for a full-body workout with moderate to high cardiovascular intensity. Must be comfortable in deep water. A fitness belt is provided for added buoyancy.

Canada Games Aquatic Centre

Mon	Apr 8–Jun 24	9:00–10:00 am
Tue	Apr 9–Jun 25	9:00–10:00 am
Thu	Apr 11–Jun 27	9:00–10:00 am

Deep Water Running - Registered

Are you ready to **BOOST** your training? By running in the water, you can strengthen approximately 400 muscles equally with every move! Deep water running uses specific flotation shorts and provides an excellent non-impact exercise for fitness. It improves core strength, balance, and coordination. While working out with volume and intensity, you will burn calories and improve your functional daily performance. All equipment will be provided.

Canada Games Aquatic Centre

Tue	Apr 9–May 14	11:00 am–12:00 pm
Thu	Apr 11–May 16	11:00 am–12:00 pm
Tue	May 21–Jun 25	11:00 am–12:00 pm
Thu	May 23–Jun 27	11:00 am–12:00 pm

Deep Water Running Introduction - Registered

Learn more about the new to TCC flotation shorts and enjoy your "first steps" while practising deep water running. Different running techniques and various exercises will strengthen your posture, balance, muscles, and coordination. Experience results like efficient land walking, faster running, stronger posture improving your whole-body well-being. All equipment will be provided.

Canada Games Aquatic Centre

Tue	Apr 9–30	12:15–1:00 pm
Tue	May 7–28	12:15–1:00 pm
Tue	Jun 4–25	12:15–1:00 pm

Drop-In

Wed	Apr 10–Jun 26	7:30–8:30 pm
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AQUATICS

Parent & Baby Aquafit - Registered

You and your baby will enjoy a fun-filled fitness class in the water! A flotation boat will be provided for your baby, and the class will be led by a certified Aquafit instructor. Recommended age for babies is 6–24 months. Online registration is required as there is only room for 12 participants.

Westsyde Pool & Fitness Centre

Tue	Apr 23–May 21	11:00 am–11:45 am
Tue	May 28–Jun 25	11:00 am–11:45 am

Shallow Water Aquafit - Drop-In

This self-paced cardio class in shallow water concludes with strength and stretch components. This is a medium-intensity class with a certified instructor.

Canada Games Aquatic Centre

Tue	Apr 9–Jun 25	1:00–2:00 pm
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Westsyde Pool & Fitness Centre

Tue/Thu	Apr 23–May 23	7:00–8:00 pm
Mon/Wed/Fri	Apr 24–Jun 27	8:00–9:00 am
Thu	Apr 25–Jun 27	11:00 am–12:00 pm

Find a current schedule at [Kamloops.ca/Swim](https://www.kamloops.ca/Swim).



Whether you're just starting out or just want help with your strokes, our adult swim program is for you no matter what your age. Work with certified instructors to learn to swim or improve your current swimming ability and fitness. You'll develop confidence in the water and smooth, recognizable strokes.

Swimming can be fun and is also a necessary life skill. Help your child have a successful swimming lesson experience with these tips.

- Register for a class online or at one of our facilities early, as classes fill up quickly.
- Arrive early to check in and familiarize your child with the facility. Have your child ready for class at the start of the lesson time.
- Lockers are available and recommended.
- Have your child go to the bathroom before lessons. Children who are not potty trained must wear a swim diaper (available for purchase at the front desk).
- Bring a child's towel onto the pool deck to keep your child warm before and after lessons.
- Please stay home if not feeling well.

At the end of lessons, your instructor will recommend the appropriate level for the next set of lessons. Levels are frequently repeated to allow students time to master skills and feel successful before moving on to a new level.

DID YOU KNOW?

NEW SWIM PROGRAMS!

Home Learner Lessons

- Swimmer 1–4 swim lessons are now available Tuesday and Thursday between 10:00-11:00 am.
Apr 2–30 | May 2–28

Swimmer 1–3 (Youth 9–13 years)

- It is NEVER too late to learn to swim! Join us for this great new program. We can help you develop comfort in the water by teaching you the basic of floatation, movement, and breathing skills in a safe and welcoming environment
Apr 2–30 | May 2–28

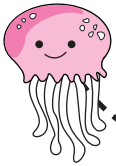
Find dates and times at [Kamloops.ca/Register](https://www.kamloops.ca/Register).

Learn-to-Swim Program Overview

PARENT AND TOT LESSONS

Ages 4 months–3 years

Caregiver participation is required.
Progression is based on age.



Jellyfish
4–12 months



Goldfish
12–24 months

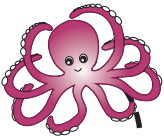


Seahorse
24 months–3 years

PRESCHOOL LESSONS

Ages 3–5 years

Progression is based on completion of level.



Octopus

- Blowing bubbles with face in water
- Front and back floats and glides with instructor help



Crab

- Front and back floats and glides with buoyant aid
- Roll-over floats
- 5 m back swim with buoyant aid



Orca

- Front, back and roll-over floats and glides
- 5 m swim on front and back



Sea Lion

- Basic front crawl and side glides
- Deep-water activities
- 7 m swim on front and back



Narwhal

- Deep-water swimming
- 5 m front and back crawl
- 4 x 5 m swim on back



Moving from Preschool to Swimmer Lessons

To advance to Swimmer Lessons, your child must be 6 years old on the first day of lessons. If they have completed Narwhal, they will advance to Swimmer 2. All other preschool swimmers will benefit from gaining more experience in Swimmer 1.

SWIMMER LESSONS

Progression is based on completion of level.



Swimmer 1 (6–8 years)(9–13 years)

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



Swimmer 2 (6–8 years)(9–13 years)

- Deep-water activities
- Front, back and side swims
- 10 m front and back crawl



Swimmer 3 (6–8 years)(9–13 years)

- Deep-water swimming
- Whip kick on back
- 15 m front and back crawl



Swimmer 4 (6–14 years)

- Tread water for 1 minute
- Basic breaststroke
- 25 m front and back crawl
- Swim to Survive Standard



Swimmer 5 (6–14 years)

- Eggbeater for 30 seconds
- 25 m breaststroke
- 50 m front and back crawl



Swimmer 6 (6–14 years)

- 50 m breaststroke
- 100 m front and back crawl
- 300 m distance swim



Swimmer 7/Rookie Patrol (8–14 years)

- Front and back crawl and breaststroke mastery
- Lifesaving: victim recognition and ready position
- First Aid: primary assessment and calling EMS



Swimmer 8/Ranger Patrol (8–14 years)

- Eggbeater kick and object support
- First aid: obstructed airway, checking breathing and shock
- Removing conscious victim



Swimmer 9/Star Patrol (8–14 years)

- First aid: bone and joint injuries, asthma and allergic reactions
- Support and removal unconscious victim
- 300 m swim in 9 minutes

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 250-828-3477.

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



We Recommend This Path

- 1 Bronze courses** develop lifesaving 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 lifesaving skills.

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



Lifeguard!

- Swim for Life Instructor**
Prerequisites:
15 years, Bronze Cross
- National Lifeguard**
Prerequisites:
15 years, Bronze Cross, SFA
- Standard First Aid**
Prerequisites:
15 years
- Bronze Cross**
Prerequisites:
Bronze Medallion
- Bronze Medallion**
Prerequisites:
13 years or Bronze Star

Start Here!









Recertification Clinics

Clinic	Days	Date	Time	Fee	Location
National Lifeguard	Sun	May 5	8:30 am–4:30 pm	\$131.25	Canada Games Aquatic Centre
	Sat	Jul 27	8:30 am–4:30 pm	\$131.25	Canada Games Aquatic Centre

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

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

Advanced Aquatic Courses Spring & Summer 2024

Course	Days	Dates	Time	Fee	Location	
Bronze Star	Sat & Sun	Apr 6-7	9:00 am-3:00 pm	\$110	Canada Games Aquatic Centre	 <p>Bronze Star prepares students for success in Bronze Medallion and is a fun introduction to lifesaving sport. Students develop swimming proficiency, lifesaving skills, and personal fitness while refining their stroke mechanics and acquiring self-rescue skills. Course fee includes a pocket mask. Prerequisites: 12 years old (by the last day of the course); 100% attendance is required. Recommended: completed Swimmer 9/Star Patrol.</p>
	Sat & Sun	Jun 15-16	9:00 am-3:00 pm	\$110	Canada Games Aquatic Centre	
Bronze Medallion	Mon-Fri	Apr 8-12	4:00-8:30 pm	\$215	Canada Games Aquatic Centre	 <p>Bronze Medallion challenges students 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. Course fee includes a manual and a pocket mask. Prerequisites: 13 years (by the last day of course) or Bronze Star (does not need to be current); 100% attendance is required.</p>
	Tue-Fri	Jul 2-5	9:00-4:00 pm (Tue-Thu) 9:00 am-12:00 pm (Fri)	\$215	Canada Games Aquatic Centre	
Bronze Cross	Mon-Fri	Apr 15-19	4:00-8:30 pm	\$193.75	Canada Games Aquatic Centre	 <p>Bronze Cross begins the transition from lifesaving to lifeguarding and prepares students for assistant lifeguard 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. Course fees include a manual, pocket mask, and whistle. Prerequisites: Bronze Medallion (does not need to be current); 100% attendance is required.</p>
	Fri-Wed	Jul 5-10	Fri 1:00-4:00 pm (Fri) 9:00-4:00 pm (Mon-Wed)	\$193.75	Canada Games Aquatic Centre	
Standard First Aid	Fri-Sun	Apr 12-14	4:00-8:30 pm (Fri) 9:00-4:00 pm (Sat-Sun)	\$209.75	Canada Games Aquatic Centre	 <p>Standard First Aid is a WorkSafeBC Occupational Level 1 equivalent program. The 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 CPR-C/AED certification. Standard First Aid is a prerequisite for National Lifeguard. Prerequisites: 13 years of age is recommended; 100% attendance is required.</p>
	Sat & Sun	Aug 17-18	9:00 am-5:00 pm	\$209.75	Canada Games Aquatic Centre	
National Lifeguard - Pool Option	Mon-Fri	Jun 10-21	4:00-9:00 pm	\$377.50	Canada Games Aquatic Centre	 <p>National Lifeguard - Pool Option is a demanding program designed to develop the fundamental values, judgment, knowledge, skills, and fitness required by lifeguards and is worth two grade 12 credits. The course includes certification in airway management and oxygen administration. The course fee includes a manual, pocket mask, and whistle. Prerequisites: 15 years of age (by last day of course); Bronze Cross (does not need to be current); Standard First Aid (does not need to be current); 100% attendance is required.</p>
	Tue-Fri	Jul 16-26	9:00 am-4:00 pm	\$377.50	Canada Games Aquatic Centre	
Swim and Lifesaving Instructor	Mon-Fri	Aug 12-22	9:00 am-4:00 pm	\$420	Canada Games Aquatic Centre	  <p>Swim and Lifesaving Instructor certifies students on Competency Levels 1 and 2 knowledge, skills, and attitude needed to teach and evaluate the Swim for Life®, Canadian Swim Patrol, and Bronze Medal programs. The course fee includes a manual. Prerequisites: 15 years of age (by last day of course); Bronze Cross (does need to be current); 100% attendance is required.</p>
Emergency First Aid/Occupational First Aid Level 1	Wed	Apr 3	8:30 am-4:30 pm	\$115.25	Tournament Captial Centre	 <p>Emergency First Aid/Occupational First Aid Level 1 is a WorkSafeBC Occupational Level 1 equivalent program designed to give students the knowledge and confidence to respond to the most common and life-threatening first aid emergencies in workplaces, such as airway, breathing, and circulation issues. Includes CPR-C/AED certification. Course fee includes a pocket mask. Prerequisites: 13 years of age is recommended; 100% attendance is required.</p>
	Sat	Aug 24	8:30 am-4:30 pm	\$115.25	Tournament Captial Centre	



SWIMSKILL LESSON PROGRAM

5 - 12 YEARS

SPRING LESSONS | APRIL 4 - MAY 31

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

\$185 for 16x40 minute lessons

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OPENS
FEB 1ST!**



**REGISTRATION
OPENS
APR 1ST!**

WEEKLY SUMMER CAMPS | JULY 2 - AUGUST 9

Half and Full Days available!

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swimkamloops.com

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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

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



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Your royal daycare
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 Etiquette & Games
 Royal Ball Dance Lesson
 Honorary Coronation
 Lunch Provided

4 Sessions
 In July & August

Registration Required
 Recommended Ages: 4-8







princessprepkamloops.square.site
 778-471-5579 info@sweethomecafeoryou.com



SPRING AND SUMMER RECREATIONAL PADDLING PROGRAMS

One week Summer Camps (July to August)
 Dragon Boat team building for corporate
 StandUp PaddleBoard, Voyageur Canoe
 Early Bird Registration Opens April 1, 2024



info@kamloopscanoeandkayakclub.ca
www.kamloopscanoeandkayakclub.ca

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





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YAKINIKUSAUCE.COM



Free! LIBRARY

CHILDREN

Tiny Tunes

Sing and play with songs and rhymes. Learn how to support babies or toddlers as they develop language skills. For parents and caregivers. Ages 0-5.

Mondays - Weekly
Apr 08 - Jun 03
10:30 AM - 11:00 AM
North Kamloops Library

Tuesdays - Weekly
Apr 02 - Jun 04
10:30 AM - 11:00 AM
Kamloops Library

Earth Day Celebration Through Art!

In honour of the upcoming Earth Day, join the library to create and colour postcards that showcase Canada's natural beauty. Ages 6-10.

Tuesday, Apr 02
1:00 PM - 2:30 PM
Kamloops Library



Storytime & Craft

Learn literacy skills through stories, songs, fingerplays, and rhymes. Followed by a short craft. Ages 3-5.

Thursdays - Weekly
Apr 04 - Jun 06
10:30 AM - 11:30 AM
Kamloops Library

Fridays - Weekly
Apr 05 - Jun 07
10:30 AM - 11:30 AM
North Kamloops Library

Family Fun Zone

Adventure awaits at the library! Join us for a variety of programming around arts, science, games and more! Ages 0-12.

Saturdays - Weekly, except the 3rd Saturday of the month
Apr 06 - Jun 08
10:00 AM - 12:00 PM
Kamloops Library

Children under age 12 must be accompanied by a caregiver



Family Fun Zone: Sun Catchers

Join us as we craft creations to catch a little sun! Ages 0-12.

Saturday, Apr 20
10:00 AM - 12:00 PM
Kamloops Library
Registration Required

Family Fun Zone: Spinning Wonders

Create a 19th century animation toy! Offered in collaboration with the Kamloops Art Gallery. Includes free admission to the KAG. Ages 0-12.

Saturday, May 18
10:00 AM - 12:00 PM
Kamloops Library
Registration Required

Storytime

Learn literacy skills through stories, songs, fingerplays, and rhymes. For children and their caregivers. Ages 0-5.

Saturdays - Weekly
Apr 06 - Jun 08
10:30 AM - 11:00 AM
North Kamloops Library

Check out more at tnrl.ca/programs

PROGRAMS

Lego Club

For all children (and their caregivers) who love LEGO! Build, design and create together.

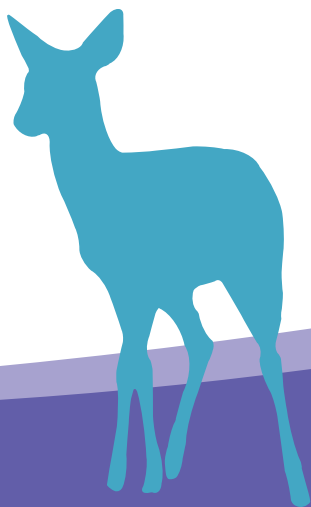
Saturdays - Biweekly
Apr 06 - Jun 01
11:30 AM - 1:30 PM
North Kamloops Library

Saturdays - Weekly except
May 4th
Apr 06 - Jun 01
3:00 PM - 4:30 PM
Kamloops Library

Story Jam

Do you enjoy stories and songs? Then join us for our interactive Sunday Story Jam! Ages 3-9.

Sundays - Weekly
Apr 07 - Apr 28
1:00 PM - 1:30 PM
Kamloops Library



Buzzing Bots

Create an interactive flower garden, a robot bee and explore your pollination garden! Ages 7-9.

Monday, Apr 22
3:30 PM - 4:45 PM
Kamloops Library
Registration Required

Robo Rodents

Explore the wonders of programming with our Code & Go Robot Mice kits! Ages 6-8.

Tuesday, Jun 04
3:30 PM - 4:45 PM
Kamloops Library
Registration Required

Library After Hours: Nerf Blast

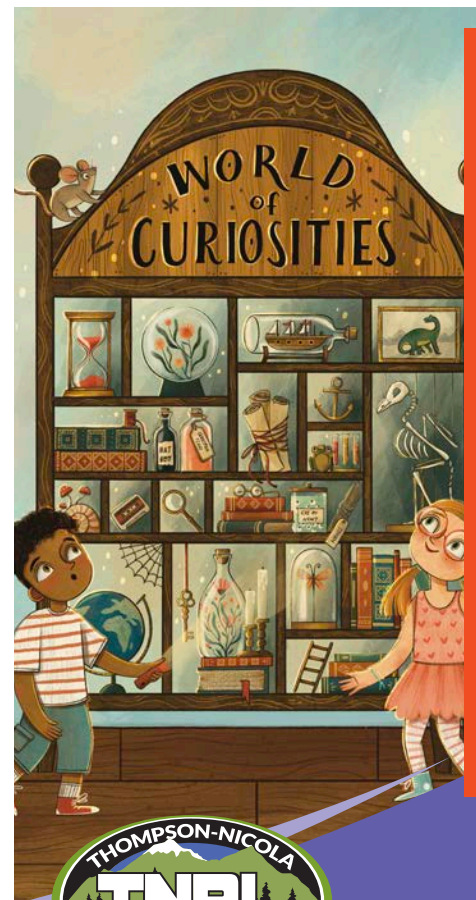
Compete in challenges like Capture the Flag, Freeze Tag, and more. Ages 8-11.

Friday, May 31
6:00 PM - 8:00 PM
Kamloops Library
Registration Required

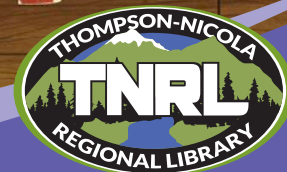
SUMMER READING CLUB

July 1 - August 24

Registration for our free, fun reading program starts June 17.
All ages welcome!



THOMPSON NICOLA REGIONAL LIBRARY



THOMPSON-NICOLA
REGIONAL LIBRARY

tnrl.ca

Free! LIBRARY

TWEENS & TEENS

Dungeons & Dragons

Create fun characters and go on an adventure in this famous role-playing tabletop game.

Kamloops Library
Registration Required

Ages 10-14

Thursdays - 2nd, 3rd, and 4th week of every month

Apr 11 - May 23

4:30 PM - 6:00 PM

Ages 12-16

Fridays - 2nd, 3rd, and 4th week of every month

Apr 12 - May 24

3:30 PM - 5:00 PM

Ages 14 -18

Tuesdays - 2nd, 3rd, and 4th week of every month

Apr 09 - May 28

6:00 PM - 7:30 PM

Queen's Gambit Chess Club

Test your skills, strengthen your strategies, & connect with other chess enthusiasts.

Ages 8-18.

Tuesdays - Weekly

Apr 02 - May 28

3:00 PM - 4:30 PM

Kamloops Library

Youth Hub

A drop-in space to chat with friends, use technology or take part in activities such as arts and crafts and gaming.

Ages 12-18.

Tuesdays - Weekly

Apr 02 - Jun 04

3:30 PM - 5:00 PM

North Kamloops Library

Friday

Apr 05, Jun 07

3:30 PM - 4:45 PM

Kamloops Library

Youth Hub: Articulated Paper Puppets

Bring your drawings to life! Create paper puppets with movable joints in a collaborative workshop with the Kamloops Art Gallery.

Ages 12-18.

Friday, May 03

3:30 PM - 4:45 PM

Kamloops Library

Registration Required

Multi-Player Madness

Compete in multi-player matches with other teens and tweens using virtual reality, video games and more!

Ages 12-17.

Saturday

Apr 20, May 25, Jun 08

2:30 PM - 4:00 PM

North Kamloops Library

We're celebrating 50 years of library service to the Thompson-Nicola Regional District this year! Stay tuned for event details!



Check out more at tnrl.ca/programs

PROGRAMS

ADULTS

Writer's Circle

A space for diverse voices to share, create and inspire.

Thursdays - Biweekly
Apr 04 - May 30
6:00 PM - 7:30 PM
Kamloops Library

Timely Talks:

Women's Breast Health

Join Dr. Liz Ewart, GP Oncologist, for a discussion on women's breast health and what you need to know at different stages of life.

Wednesday, Apr 24
6:30 PM - 7:30 PM
Kamloops Library
Registration Required

Foraged Ink Folklore Drawings

Make ink from local plants and create collaborative drawings of community folklore. Offered with the Kamloops Art Gallery.

Saturday, Jun 08
1:00 PM - 3:30 PM
Kamloops Library
Registration Required



**ONE BOOK
ONE COMMUNITY**
THOMPSON-NICOLA
REGIONAL LIBRARY

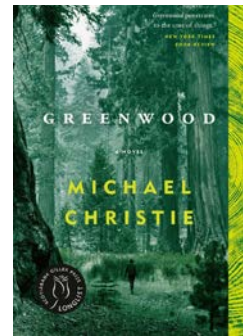
The TNRL is proud to present our 2024 community read, *Greenwood* by Michael Christie.

Check out tnrl.ca/oboc for more information!

Writer's Workshop with Michael Christie

Explore storytelling and uncover the creative process with our OBOC author.

Sunday, May 05
1:00 PM - 3:00 PM
Kamloops Library
Registration Required



Michael Christie Author Tour

Experience an exclusive author tour with Michael Christie as he discusses *Greenwood*.

Monday, May 06
6:00 PM - 7:30 PM
Kamloops Library

Psst: Watch for National Canadian Film Day on April 17, 2024 at the North Kamloops Library!



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KAMLOOPS ROWING BRITISH COLUMBIA



Learn to Row Program



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, low impact, symmetrical exercise in a boat with a moving seat and 2 oars. A sport for all ages (15+), participants must be able to swim 50M in deep water confidently. Program completion offers membership in the recreational rowing program until season end (Oct). Meet and row with like-minded individuals who enjoy a water sport that supports healthy aging!

Contact us at: kamloopsrowing@gmail.com for answers to your questions and to get registered.

Program dates: May and June.

Check out Learn to Row FAQ on our website!

Limited lesson openings for the 2024 season

kamloopsrowing.com



CSA Licensed Youth skills center

SOCCER QUEST SPRING YOUTH PROGRAM

Sit back and watch your little Soccer Star learn to play the beautiful game with our licensed team of coaching staff.

- Available for Girls and Boys of any ability, aged 3-12
- Opportunities to join our revered Academy
- Early access to our famous **WORLD CUP CAMPS 2024** (more information at soccerquest.ca)



LIMITED SPACES, SIGN UP AT WWW.SOCCERQUEST.CA



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U3-U7



U8-U18

www.kysa.net/spring
250-376-2750 | office@kysa.net



DID YOU KNOW?



Having a detailed home escape plan can save your life. Sit down with your family and discuss what you would do in case of a fire. Map out your home's floor plan, including all windows and exits in each room. Identify escape routes in case of emergency and decide on an exterior meeting point for everyone in the household. Remember, once you're out, stay out. Kamloops Fire Rescue will take care of the rest.

ARTS AND CULTURE

Camps

Paint, Sing, Act, Dance!

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	Aug 12–Aug 15	9:30–11:30 am	4/\$125
Mon–Thu	Jul 15–Jul 18	9:30–11:30 am	4/\$125

Crafting

Crafty Adventures

Ages: 4–6

Ignite your child's creativity in this weekly craft program. Crafting is a great way to teach children patience and create beautiful things with their hands. Each week will feature a different project, and all materials are supplied.

Kamloops Performance Company

Sat	May 11–Jun 22	11:00–11:45 am	7/\$80.50
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Dancing

Acro Dance

Ages: 3 1/2–5

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

Wed	May 8–Jun 19	3:45–4:30 pm	7/\$94.50
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Dance Combo

Ages: 2–4

Each 45-minute class incorporates two dance styles, such as tap, jazz, ballet, or acro, making it a truly unique experience. Each class introduces the basics of each discipline a little at a time through set exercises and imagination-based games to learn arm and feet positions and basic dance steps.

Kamloops Performance Company

Wed	May 8–Jun 19	3:30–4:00 pm	7/\$94.50
Fri	May 10–Jun 21	10:00–10:45 am	7/\$94.50

First Steps

Ages: 3–4

Our certified Leap and Learn instructors teach this program where classes are geared toward understanding specific physical, emotional, and psychological needs of young children. Students will explore movement using a variety of props. Classes are taught in a supportive and nurturing environment.

Akimbo Dance Studios

Thu	Apr 18–Jun 6	1:00–1:45 pm	8/\$108
Fri	Apr 19–Jun 7	3:00–3:45 pm	8/\$108
Sat	Apr 20–Jun 8	12:45–1:30 pm	8/\$108

Happy Feet

Ages: 4–6

This class has a play-based approach that allows children to move their bodies through space while working on building social skills, physical strength, balance, and coordination all while practising rhythm and musicality.

Akimbo Dance Studios

Sun	Apr 21–Jun 9	1:30–2:15 pm	8/\$108
Sun	Apr 21–Jun 9	2:15–3:15 pm	8/\$144

Junior Fusion

Ages: 5–7

These introductory classes are geared towards teaching students a variety of disciplines, including jazz, hip hop, and acro. Classes are non-performance based to give students an exciting and rewarding experience.

Akimbo Dance Studios

Fri Apr 19–Jun 7 5:30–6:15 pm 8/\$108

Little Hip Hop

Ages: 4–6

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

Kamloops Performance Company

Thu May 9–Jun 20 4:30–5:15 pm 7/\$94.50

Mommy and Me

Ages: 1 1/2–2

This caregiver and child class will explore various forms of movement while using an assortment of props and different music genres to stimulate your child's creativity. It is an excellent bonding experience for you and your little one.

Akimbo Dance Studios

Tue Apr 16–Jun 4 9:30–10:15 am 8/\$108

Sat Apr 20–Jun 8 9:30–10:15 am 8/\$108

Musical Theatre

Ages: 3 1/2–5

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 May 8–Jun 19 3:30–4:15 pm 7/\$94.50

Parent and Tot Dance

Ages: 1 1/2–2

This fun class for toddlers and one of their parents is a great introduction to dance for you and your child. Children will discover movement, balance, and listening skills are easy and fun. This class is an excellent first group activity.

Let's Move Studio

Sat Apr 6–Jun 29 9:30–10:10 am 13/\$130

Tiny Treasures

Ages: 2

Specifically designed for two year olds, your little one will delight in a magical world of enchantment. Classes will incorporate three dance styles in the same class as children are transported through storytelling and captivating, sensory-enriched classes.

Akimbo Dance Studios

Wed Apr 17–Jun 5 11:00–11:45 am 8/\$108

Wed Apr 17–Jun 5 3:00–3:45 pm 8/\$108

Sat Apr 20–Jun 8 10:15–11:00 am 8/\$108

SPORT

Soccer

Kick 'n' Play 1

Ages: 2 1/2–3 1/2

In this play-inspired program, your child will be introduced to a variety of fundamental movement skills, including running, striding, and kicking. Your child will develop their physical literacy skills through exploration, open-ended activities, and play-based games. This program requires parent participation.

Albert McGowan Park

Wed May 15–Jun 19 5:00–5:30 pm 6/\$45

Rainbow Park Tots Kick 'n' Run

Tue Jul 9–Aug 13 5:00–5:30 pm 6/\$45

Prince Charles Park

Thu Jul 11–Aug 15 5:00–5:30 pm 6/\$45

Todd Hill Park Soccer 1

Mon May 13–Jun 17 5:00–5:30 pm 5/\$37.50

Teddy Bear Mother Goose Picnic



Mark your calendars! The 18th annual 2024 Teddy Bear Mother Goose Picnic will be on Thursday, June 13, 2024.

John Tod Centre Field (150 Wood Street)
9:30–11:30 am

Rain or Shine

For more information, call [250-376-4771](tel:250-376-4771).

Family & Early Years



© Mary Putnam

DID YOU KNOW?



The Civic Operations Department's Parks team maintains nearly 17,000 trees in parks and on boulevards. The city's urban trees provide social, health, environmental, and economic benefits, including removing atmospheric carbon dioxide and absorbing air pollutants, reducing energy consumption, and increasing property values. Discover some of the city's most remarkable trees by taking a self-guided walking tour and by watching the Urban Tree Tour video at Kamloops.ca/Trees.

Kick 'n' Play 2

Ages: 3 1/2–6

In this play-inspired program, your child will be introduced to a variety of fundamental movement skills, including running, striding, and kicking. Your child will develop their physical literacy skills through exploration, open-ended activities, and play-based games. This program requires parent participation.

Albert McGowan Park

Wed May 15–Jun 19 5:45–6:30 pm 6/\$60

Prince Charles Park

Thu Jul 11–Aug 15 5:45–6:30 pm 6/\$60

Rainbow Park Tots Kick 'n'e Run

Tue Jul 9–Aug 13 5:45–6:30 pm 6/\$60

Todd Hill Park Soccer 1

Mon May 13–Jun 17 5:45–6:30 pm 5/\$50

Kick 'n' Play Together

Ages: 3–6

In this play-inspired program, your child will be introduced to a variety of fundamental movement skills, including running, striding, and kicking. Your child will develop their physical literacy skills through exploration, open-ended activities, and play-based games. This program requires parent participation.

McDonald Park

Sat May 25–Jun 22 9:00–9:45 am 5/\$50

Sat May 25–Jun 22 10:00–10:45 am 5/\$50

Todd Hill Park Soccer 1

Sun Jul 7–Aug 11 9:00–9:45 am 5/\$50

Sun Jul 7–Aug 11 10:00–10:45 am 5/\$50

Soccer Together

Ages: 3–6

In this skill-inspired program, your child will be introduced to a variety of fundamental movement skills, including running, striding, and kicking. Your child will develop their physical literacy skills through instruction, skill-based activities, and structured games. This program requires parent participation.

Dufferin Elementary

Sun Jul 7–Aug 11 9:00–9:45 am 5/\$50

Sun Jul 7–Aug 11 10:00–10:45 am 5/\$50

Juniper Park Soccer 1

Sat May 25–Jun 22 9:00–9:45 am 5/\$50

Sat May 25–Jun 22 10:00–10:45 am 5/\$50

Tots Soccer 1

Ages: 2 1/2–3 1/2

In this skill-inspired program, your child will be introduced to a variety of fundamental movement skills, including running, striding, and kicking. Your child will develop their physical literacy skills through instruction, skill-based activities, and structured games. This program requires parent participation.

Pacific Way Elem. School Soccer 1

Tue Jul 9–Aug 13 5:00–5:30 pm 6/\$45

Rainbow Park Tots Kick 'n' Run

Wed May 15–Jun 19 5:00–5:30 pm 6/\$45

Valleyview Centennial Park Soccer 1

Thu Jul 11–Aug 15 5:00–5:30 pm 6/\$45

Westsyde Centennial Park Soccer A

Mon May 13–Jun 17 5:00–5:30 pm 5/\$37.50

Tots Soccer 2

Ages: 3 1/2–6

In this skill-inspired program, your child will be introduced to a variety of fundamental movement skills, including running, striding, and kicking. Your child will develop their physical literacy skills through instruction, skill-based activities, and structured games. This program requires parent participation.

Rainbow Park Tots Kick 'n' Run

Wed May 15–Jun 19 5:45–6:30 pm 6/\$60

Pacific Way Elem. School Soccer 1

Tue Jul 9–Aug 13 5:45–6:30 pm 6/\$60

Valleyview Centennial Park Soccer 1

Thu Jul 11–Aug 15 5:45–6:30 pm 6/\$60

Westsyde Centennial Park Soccer A

Mon May 13–Jun 17 5:45–6:30 pm 5/\$50



T-Ball

Swing 'n' Play

Ages: 4–6

In this play-inspired program, your child will be introduced to a variety of fundamental movement skills, including throwing, catching, and striking. Your child will develop their physical literacy skills through exploration, open-ended activities, and play-based games. This program requires parent participation.

Albert McGowan Park

Thu May 16–Jun 20 5:00–5:45 pm 6/\$60

Brocklehurst Park Soccer 1

Wed Jul 10–Aug 14 5:00–5:45 pm 6/\$60

Juniper Park Soccer 1

Mon Jul 8–Aug 12 5:00–5:45 pm 5/\$50

Prince Charles Park

Tue May 14–Jun 18 5:00–5:45 pm 6/\$60

Tots T-Ball

Ages: 4–6

In this skill-inspired program, your child will be introduced to a variety of fundamental movement skills, including throwing, catching, and striking. Your child will develop their physical literacy skills through instruction, skill-based activities, and structured games. This program requires parent participation.

Albert McGowan Park

Thu May 16–Jun 20 6:00–6:45 pm 6/\$60

Brocklehurst Park Soccer 1

Wed Jul 10–Aug 14 6:00–6:45 pm 6/\$60

Juniper Park Soccer 1

Mon Jul 8–Aug 12 6:00–6:45 pm 5/\$50

Prince Charles Park

Tue May 14–Jun 18 6:00–6:45 pm 6/\$60

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.

McDonald Park

Thu Apr 4–May 9 6:30–7:30 pm 6/\$60

West Highlands Park Soccer 1

Wed Apr 3–May 8 6:30–7:30 pm 6/\$60

Sportball 1

Ages: 1 1/2–2

In our parent and tot classes, toddlers 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.

Albert McGowan Park

Sun Apr 7–Jun 9 9:00–9:45 am 9/\$111.96

Sun Jun 16–Aug 18 9:00–9:45 am 8/\$99.52

Brocklehurst Park Soccer 1

Thu Jun 6–Aug 1 4:00–4:45 pm 9/\$111.96

Riverside Park

Sat Apr 6–Jun 8 9:00–9:45 am 9/\$111.96

Valleyview Centennial Park Soccer 1

Tue Jun 4–Jul 23 4:00–4:45 pm 8/\$99.52

West Highlands Park Soccer 1

Tue Apr 2–May 21 9:00–9:45 am 8/\$99.52

Thu Apr 4–May 23 9:00–9:45 am 8/\$99.52

Westsyde Centennial Park Soccer 1

Fri Apr 5–Jun 7 4:00–4:45 pm 8/\$99.52

Sat Jun 1–Aug 3 4:00–4:45 pm 9/\$111.96

Canucks Autism Network Sports Camps

August 12–16 & August 19–23

The Canucks Autism Network is partnering with the City of Kamloops to provide summer camps offering participants the opportunity to try various sports and activities, including soccer, baseball, and team games that will encourage physical literacy, skill development, and social connection. Additional support from trained Canucks Autism Network staff will be provided throughout. Registration open in April.

For more information or to register, please email info@canucksautismnetwork.ca.

More Canucks Autism Network programming featured on page 20.



Family & Early Years

Sportball 2

Ages: 2-3

In our parent and tot classes, toddlers 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.

Albert McGowan Park

Sun	Apr 7–Jun 9	10:00–10:45 am	9/\$111.96
Sun	Jun 16–Aug 18	10:00–10:45 am	8/\$99.52

Prince Charles Park

Wed	Jun 12–Aug 7	4:00–4:45 pm	9/\$111.96
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Riverside Park

Sat	Apr 6–Jun 8	10:00–10:45 am	9/\$111.96
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West Highlands Park Soccer 1

Tue	Apr 2–May 21	10:00–10:45 am	8/\$99.52
Thu	Apr 4–May 23	10:00–10:45 am	8/\$99.52

Westsyde Centennial Park Soccer 1

Fri	Apr 5–Jun 7	5:00–5:45 pm	8/\$99.52
Sat	Jun 1–Aug 3	5:00–5:45 pm	9/\$111.96

Valleyview Centennial Park Soccer 1

Tue	Jun 4–Jul 23	5:00–5:45 pm	8/\$99.52
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Sportball 1 & 2

Ages: 1 1/2-3

In our parent and tot classes, toddlers 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.

Brocklehurst Park Soccer 1

Thu	Jun 6–Aug 1	5:00–5:45 pm	9/\$111.96
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Sportball 3

Ages: 3-6

In this drop-off class, 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.

Albert McGowan Park

Sun	Apr 7–Jun 9	11:00–11:45 am	9/\$111.96
Sun	Jun 16–Aug 18	11:00–11:45 am	8/\$99.52

McDonald Park

Mon	Apr 8–Jun 3	4:00–4:45 pm	8/\$99.52
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Prince Charles Park

Wed	Jun 12–Aug 7	5:00–5:45 pm	9/\$111.96
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Riverside Park

Sat	Apr 6–Jun 8	11:00–11:45 am	9/\$111.96
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Valleyview Centennial Park Soccer 1

Tue	Jun 4–Jul 23	6:00–6:45 pm	8/\$99.52
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West Highlands Park Soccer 1

Tue	Apr 2–May 21	11:00–11:45 am	8/\$99.52
Thu	Apr 4–May 23	11:00–11:45 am	8/\$99.52

Westsyde Centennial Park Soccer 1

Fri	Apr 5–Jun 7	6:00–6:45 pm	8/\$99.52
Sat	Jun 1–Aug 3	6:00–6:45 pm	9/\$111.96

Tots Run, Jump, Throw

Ages: 3-5

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

McDonald Park

Thu	Apr 4–May 9	5:30–6:30 pm	6/\$45
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West Highlands Park Soccer 1

Wed	Apr 3–May 8	5:30–6:30 pm	6/\$45
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DID YOU KNOW?

Play more in 2024! Sign up for a free class put on by the Kamloops Riverside Lawn Bowling Club. For more information, visit KamloopsRiversideLawnBowlingClub.com.



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*Check them
out on the
socials!*





DID YOU KNOW?



Council has initiated the Build Kamloops program to implement key recommendations of the Recreation Master Plan and support our community as it grows. Learn more and share your voice at LetsTalk.Kamloops.ca/BuildKamloops.

ARTS AND CULTURE

Camps

Paint, Sing, Act, Dance!

Ages: 7–12

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

Kamloops Performance Company

Mon–Thu	Jul 15–Jul 18	9:30–12:30 pm	4/\$175
Mon–Thu	Aug 12–Aug 15	9:30–12:30 pm	4/\$175

Cooking

Teen Cooking

Ages: 12+

Dive into the world of cooking! Your teen will enjoy a hand-on experience to learn the basics and new recipes and techniques. They will gain confidence making healthy and delicious meals they can recreate at home.

Valleyview Secondary

Winner, Winner Chicken Dinner: Chicken Tenders

Thu	Apr 11	6:00–8:00 pm	1/\$50
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Savoury Snacks: Beef Tacos

Thu	Apr 25	6:00–8:00 pm	1/\$50
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Sweet Goodness: Cookies

Thu	May 9	6:30–8:30 pm	1/\$50
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Dancing

Acro Dance

Ages: 7–12

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

Wed	May 8–Jun 19	3:30–4:15 pm	7/\$94.50
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Boys Only Hip Hop

Ages: 10–12

This class offers boys to learn and expand on the foundations of hip hop and current hip hop dance trends. This upbeat and energetic class is popular among beginner and intermediate hip hop students in a boys only environment.

Kamloops Performance Company

Sat	May 11–Jun 22	10:00–10:45 am	7/\$94.50
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Hip Hop

Ages: 7–12

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

Wed	May 8–Jun 19	5:15–6:00 pm	7/\$94.50
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Musical Theatre

Ages: 7–12

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

Kamloops Performance Company

Wed May 8–Jun 19 5:15–6:00 pm 7/\$94.50

Youth Fusion I

Ages: 8–12

This introductory class is geared towards teaching students a variety of disciplines, including jazz, hip hop, and acro. Classes are non-performance based to give students an exciting and rewarding experience.

Akimbo Dance Studios

Sat Apr 20–Jun 8 12:00–12:45 pm 8/\$108

Drawing and Painting

Art Blast

Ages: 7–12

Ignite your child's creativity in this weekly program. Each week will feature a different project, and all materials are supplied.

Kamloops Performance Company

Sat May 11–Jun 22 12:00–1:00 pm 7/\$94.50

Creative Workshop

Ages: 7–12

Let your child explore a wide variety of different art mediums (sketching, acrylic, watercolour, resin pouring, paint pouring, sculpting, ceramics, and more). All materials, aprons, and professional artist instruction included.

Kamloops Art Party

Sat Apr 6–Apr 27 10:30–12:00 pm 4/\$225

Sat May 4–May 25 10:30–12:00 pm 4/\$225

Sketch Club

Ages: 11+

Learn the basic techniques of sketching with a local artist from Kamloops. This program will teach the basic elements of drawing and understanding of drawing fundamentals. All supplies are provided.

Kamloops Museum and Archives Discovery Room

Wed Apr 17–Jun 5 3:15–4:15 pm 8/\$104

OUTDOOR ACTIVITIES

Fishing

Learn to Fish - Families

Ages: 7+

Join the Freshwater Fisheries Society of BC and learn the basics of fishing, including fish identification, proper fish handling, tackle, rod rigging, casting, and hands-on fishing. All supplies provided. Parent participation required.

Edith Lake

Wed May 8 6:00–8:00 pm 1/Free

Wed Jun 5 6:00–8:00 pm 1/Free

SPORT

Badminton

Family Badminton

Ages: 7+

Bring your own racquet and enthusiasm and join us for some family fun. This program is in partnership with the Kamloops Badminton Association.

Pacific Way Elementary

Mon May 6–Jun 24 6:00–7:30 pm 8/\$40

Multi-Sport

Sportball 4

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.

McDonald Park

Mon Apr 8–Jun 3 5:00–5:45 pm 8/\$99.52

Prince Charles Park

Wed Jun 12–Aug 7 6:00–6:45 pm 9/\$111.96

Table Tennis

Intro to Table Tennis

Ages: 9–12

In this program, participants will improve their physical literacy by practising basic table tennis skills, such as footwork, serves, drives, timing, and strategy.

TCC - D South

Tue/Thu Jun 11–Jul 4 4:30–5:30 pm 8/\$80

Tue/Thu Jul 16–Aug 8 4:30–5:30 pm 8/\$80



Join the Kamloops Museum and Archives for a walking tour this summer! Learn more about the residents buried in Pleasant Street Cemetery, the history of the North Shore, and the history the murals and public art that adorn downtown Kamloops.



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Find our schedule and register online at www.freezeathletics.com



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M-8



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DID YOU KNOW?



Did you know that there are over 90 local sport organizations in Kamloops. To learn more, visit: KamloopsSportsCouncil.com.

ARTS AND CULTURE

Cooking

Pad Thai

Learn how to make the classic Thai noodle dish as well as a simple Thai soup to go along with it.

Mount Paul Community Food Centre

Wed May 15 5:30–7:30 pm 1/\$53

Paneer and Curry

Learn how easy it is to make delicious, homemade paneer and combine it with some classic Indian curries.

Mount Paul Community Food Centre

Wed Jun 19 5:30–7:30 pm 1/\$53

Wontons

Learn how to whip up homemade meat and vegetarian wontons and some delicious dipping sauces to go with them.

Mount Paul Community Food Centre

Wed Apr 17 5:30–7:30 pm 1/\$53

Dancing

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 and is designed for beginners and adults who are looking for a ballet challenge.

Kamloops Performance Company

Wed May 8–Jun 19 6:30–7:30 pm 7/\$115.50

Ballet - Beginner

Introductory level for ballet. Non performance based classes allow for a no pressure and fun learning environment. Classes are one hour in length.

Akimbo Dance Studios

Thu Apr 18–Jun 6 6:45–7:45 pm 8/\$144

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.

Kamloops School of the Arts

Thu Apr 18–Jun 27 6:00–7:00 pm 15/\$165

Bollywood/Bhangra

This Indian dance fusion will be your next favourite! These upbeat and invigorating dance genres embrace the essence of Indian culture and wrap the ethnic style with some fitness flare. No dance skills are required, and all levels are welcome to explore the colourful nature of this Indian dance class.

Let's Move Studio

Wed Apr 3–Jun 26 8:00–8:50 pm 13/\$169

Contemporary Dance - Beginner

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

Wed May 8–Jun 19 6:15–7:15 pm 7/\$115.50

Dance Workshops

Are you limited on time but want to learn and practise the basic techniques and patterns that provide the foundation for popular dances? In these two-hour workshops, we will provide an enjoyable dance experience where you will feel comfortable dancing with or without a partner. Most workshops are suitable for beginners to the advanced dancers.

Let's Move Studio

Country Two Step and Swing Dance

Sun Apr 7 2:00–4:00 pm 1/\$30

Salsa (On 1) Level 2 Dance

Sat May 11 2:00–4:00 pm 1/\$30

Merengue

Sun Jun 9 2:00–4:00 pm 1/\$30

Heels Dance

Sat Jun 15 2:00–4:00 pm 1/\$30

Dancehall

This dancehall class is beginner-friendly and will allow you to experience the joy and excitement of dancing to the music from Jamaica and other parts of the Caribbean. It's all about the feeling and movement of what's inside of you. Dress in loose, stylish clothing while you find your own personal rhythm and swag.

Let's Move Studio

Mon Apr 1–Jun 24 8:00–8:50 pm 13/\$169

Heels Dance

Bring out your inner Beyoncé! This all-levels class is based in jazz technique with additional sass appeal. The warm-up will be done in bare feet or runners before the option of moving to high heels for the technique. Learn to bump, grind, shake your booty, and whip your hair. Inspiration will come from many dance genres, including cabaret, burlesque, hip hop, and chair dance. Learn all the moves to feel empowered and own them on the dance floor.

Let's Move Studio

Thu Apr 4–Jun 27 8:00–8:50 pm 13/\$169

Hip Hop

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

Kamloops Performance Company

Thu May 9–Jun 20 7:15–8:15 pm 7/\$115.50

Hula Hoop Dance

In this class, you will learn hoop and body isolations and a variety of mesmerizing hula hoop tricks. You will also stretch and flow with dance-inspired movement with the hula hoop. Come experience low-impact mind–body connection. This class is inspired by music, magic, and fun!

Kamloops Performance Company

Fri Apr 5–Jun 28 6:00–6:50 pm 13/\$169

Improvisation Dance

Dance improvisation (commonly known as improv) is the process of creating movement without preplanning any steps or choreography. Free movement is a great way to have fun, relieve any stress, and explore new ways to move. The best part is, there are absolutely no rules!

Kamloops Performance Company

Tue May 7–Jun 18 7:30–8:15 pm 7/\$115.50

Jazz

This program is designed for those with beginner to advanced dance experience. Dancers will learn many fun and trendy dance steps that are used for all forms of dance, focusing on strength, flexibility, conditioning techniques, and progressions.

Kamloops Performance Company

Wed May 8–Jun 19 7:30–8:30 pm 7/\$115.50

Latin Partner Dance

In this class, you will learn partner-style lead and follow moves, footwork, and musicality to create a dynamic social dance on any dance floor. You can enjoy this class with or without a partner. This vibrant dance hour is set to spicy, flavourful, and exciting Latin music that will help you to feel alive.

Let's Move Studio

Fri Apr 5–Jun 28 7:10–8:00 pm 13/\$169

Line Dance

In this fun, interactive line dancing class, beginners will learn about beat, music timing, rhythm, and basic dance steps as well as simple choreographed repeating-sequence dance routines. 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 9–Jun 25 3:00–4:00 pm 12/\$150

Mommy's Time

Time for mom to dance! Your child is in the adjacent studio enjoying dance-related activities and games while mom busts a move next door. The fee is for a parent and one child, and there will be an extra fee for each additional child. Children aged 18 months to 4 years.

Akimbo Dance Studios

Tue	Apr 16–Jun 4	1:30–2:15 pm	8/\$162
Tue	Apr 16–Jun 4	2:15–3:00 pm	8/\$162

New Moon Ecstatic Dance and Healing Circle Ceremony

The new moon happens once a month and signifies the beginning of a cycle, a chance to start anew or put new things in motion in your life. This is a cosmic reset. It is the ideal time to set intentions and goals that you will develop as the moon waxes towards fullness. In the New Moon Ecstatic Dance and Healing Circle Ceremony, you will do intention setting exercises, breathwork, and interesting rituals to curate your next month ahead. The event will include an opening circle ceremony, healing elements, dynamic surprises, and an opportunity to free-flow dance to the tribal rhythms and a magical playlist. Join us on the free-flowing dance floor and manifest some magic.

Let's Move Studio

Sat	Apr 13	6:30–8:30 pm	1/\$30
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Tap - Beginner

This is an introductory, non-performance-based tap class in a fun, no-pressure learning environment. Classes are one hour in length.

Akimbo Dance Studios

Thu	Apr 18–Jun 6	7:45–8:45 pm	8/\$144
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Drawing and Painting

Painting Workshop with Yvonne Reddick - Oils or Acrylics

For beginner to advanced participants, this class is going to be fun! Palette knife work and brush technique will be taught, demonstrated, and practised. We will build up colour and depth with some of the amazing methods the Old Masters used to make their paintings glow. You will learn techniques you can apply to still life, portraits, landscapes, etc. By the end of the three sessions, you will have a completed painting. Supplies are extra.

Heritage House

Wed	Apr 17–May 1	5:00–8:00 pm	3/\$199.50
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Watercolour Open Studio

Fully explore your favourite techniques from previous classes at your own pace in the open studio watercolour session. You will have the chance to review techniques from the beginner and beyond the basics class and work independently. Guidance and critiquing will round out the experience. Must bring your own supplies.

Parkview Activity Centre

Thu	Apr 11–May 30	1:00–3:00 pm	8/\$150
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Exemplary Service Award Call for Nominations!

Do you know an outstanding citizen of Kamloops who deserves to be recognized for their contributions to the community? Don't miss out on your chance to nominate them for an Exemplary Service Award.

Each year, City Council formally acknowledges individuals who have dedicated their time and service to the City with Exemplary Service Awards. Nominations are accepted in two categories:

- Young adult - under 30
- Adult - 30 and over

The nomination window for 2024 closes at 4:30 pm on March 14.

Find more information about nomination criteria and how to submit a nomination at [Kamloops.ca/ExemplaryServiceAward](https://www.kamloops.ca/ExemplaryServiceAward).

Educational Workshops

Birdwatching for Beginners

Are you interested in learning more about birds but don't know where to start? Local expert Tom Dickinson is here to help. He'll show you how to use binoculars and go over the basics of observing birds. Learn to use a field guide to identify birds as well as helpful phone apps. Find out information about the birds of Kamloops and the best places to see them. All supplies will be provided. No equipment necessary. This program is in partnership with the Kamloops Naturalist Club.

Pine Park

Sat May 18 9:00–12:00 pm 1/\$20

Discover Bats!

Bats are misunderstood and underappreciated. They're also in trouble from white nose syndrome. Join community bat coordinator Liliana Ortega on a journey to learn more about these fascinating creatures. Walk around McArthur Island to see bats right here in the city, and use a bat detector to "hear" them. There's so much to discover about bats. This program is in partnership with the Kamloops Naturalist Club.

McArthur Island Park

Fri May 17 8:00–9:30 pm 1/\$15

Discover Lac Du Bois Grasslands

Did you know Kamloops is built upon and surrounded by a rare, grasslands-type ecosystem? Please join a knowledgeable guide from the Grasslands Conservation Council of BC on a tour to learn more about the plants and animals that call this place home. This program is run in partnership with the Kamloops Naturalist Club.

Lac Du Bois

Sat Jun 1 10:00–1:00 pm 1/\$20

Gardening

Gardening with Native Plants

There's been much talk in recent years about gardening with native plants—for good reason. By choosing plants that are naturally adapted to our region, a gardener can create an attractive, low-maintenance green space that entices birds, bees, and butterflies. Thompson Shuswap master gardener Megan Blackmore will explore the how-tos of integrating native plants into the home landscape, how to identify plants that grow best, where to purchase plants, and how to plant and maintain native species.

TCC - Meeting Room D

Wed May 1 7:00–8:00 pm 1/\$20

Small Garden Strawberries

This is a hands-on organic workshop, which means participants will be getting their hands dirty. Learn first hand the step-by-step methods used by master gardener Yenny Yao. Participants need bring few small pots, and they will get some free strawberry plants home.

McDonald Park

Wed May 29 5:00–6:15 pm 1/\$20

Music

Sound Bath Club

Join Kate and the crystal singing bowls for a weekly sound bath. Each week, the group will meet, connect with one another, experience a 60-minute sound bath, and have the option to share what comes up. Weekly sound baths help release pain and tension, assist with sleep, make it easier to go with the flow and feel flexible, and increase focus—the benefits are endless! Please bring a water bottle, yoga mat, and items to make yourself cozy and wear comfortable clothing. Individual sessions are also available.

Hal Rogers

Thu Apr 4–May 9 6:30–8:00 pm 6/\$185

Yacht Club

Thu May 23–Jun 20 6:30–8:00 pm 5/\$154.25

Sound Healing: Crystal Singing Bowls, Gongs, and More

Everything in our universe is information and energy vibrating at specific frequencies. Awaken to the reality of healing and happiness in the body with the vibration of sound. Your facilitators will guide you through a deeply relaxing practice and serenade you using crystal singing bowls, gongs, and other magical divine instruments. Each experience lasts 90 minutes and is unique in nature. Prepare for healing, deep relaxation, and divine sound intervention.

Let's Move Studio

Sun Apr 28–Jun 23 6:30–8:30 pm 3/\$90

FITNESS AND HEALTH

Group Classes

Barre-lates

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.

TCC - Fitness Studio

Thu Apr 4–Jun 20 6:15–7:15 pm 12/\$111.96

Bellyfit

This holistic, 60-minute fitness class is designed for women of all ages who want to experience a fusion of fitness; dance styles, including belly dance, African, Bollywood, and bangra; and yoga where powerful fluid movements and intentional breath blend seamlessly to phenomenal music. With a short opening meditation and finishing on the mat, this is a complete mind, body, and spirit workout. All levels welcome, and no experience is needed. Please bring a yoga mat for core and stretching. Minimal mats provided.

David Thompson Elementary

Wed Apr 3–Jun 12 5:00–6:00 pm 11/\$102.63

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.

David Thompson Elementary

Thu Apr 4–Jun 20 5:30–6:30 pm 12/\$97.80

TCC - Fitness Studio

Thu Apr 4–Jun 20 5:00–6:00 pm 12/\$108.72

Introduction to Weight Training

This introductory class is designed to teach the fundamental principles of weight training. You will learn how to properly and safely set up the equipment 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.

TCC - Wellness Desk

Mon Apr 8–Jun 17 6:15–7:15 pm 11/\$137.50

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

Mon Apr 8–Jun 17 1:30–2:30 pm 9/\$73.35

Fri Apr 5–Jun 21 1:30–2:30 pm 11/\$89.61

People in Motion IMOVE

This Community Living British Columbia-funded program offers participants the opportunity to move and shake with certified health and wellness instructor. Participants will have the opportunity to try a variety of fully inclusive indoor and outdoor activities ranging from yoga to snow shoeing to swimming to field house activities. To join this program, you must be a Community Living British Columbia client and have a People In Motion membership (\$10 annually). A People In Motion active living worker and volunteer will be on site during activities to provide participant support.

TCC - D North

Tue Apr 9–Jun 25 5:00–7:00 pm 11/Free

Tue Aug 6–Aug 27 5:00–7:00 pm 4/Free



Water Safety

Tk'emlups means 'where the rivers meet'. Kamloops has two beautiful rivers that are great for swimming, boating, fishing, and all the water activities. It's important to remember that our rivers boast strong currents, undertows, and low temperatures.

Make sure you use a lifejacket in open water, don't consume alcohol or drugs while boating, stay hydrated, and swim with a friend. Kamloops Fire Rescue receives an average of 20 water rescue calls a year—we prefer that number to be zero!



Qi Gong

Qi gong is an ancient Chinese practice that focuses on gentle movements, mindfulness, and breathing techniques to improve overall well-being. In this class, participants will learn a variety of simple yet powerful movements along with techniques to deepen their breath and quiet their mind. These practices can help to relax the body, reduce stress, improve sleep, increase flexibility and balance, and enhance mental clarity. The class is suitable for people of all ages and abilities, and no prior experience with qi gong is necessary. Join us and discover the many benefits of this beautiful practice.

Parkview Activity Centre

Fri	Apr 5–Jun 21	9:00–10:00 am	12/\$111.96
Sat	Apr 6–Jun 22	10:00–11:00 am	12/\$111.96

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.

TCC - Fitness Studio

Wed	Apr 3–Jun 19	10:15–11:15 am	12/\$97.80
Mon	Apr 8–Jun 17	10:15–11:15 am	10/\$81.50

Total Body Conditioning

Get a total body workout using equipment and body weight. We will focus on functional movement, flexibility, and balance while incorporating strength training and cardio.

TCC - Fitness Studio

Fri	Apr 5–Jun 21	6:45–7:30 am	12/\$97.80
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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 2–Jun 18	6:00–7:00 pm	10/\$93.30
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TCC - Fitness Studio

Tue	Apr 2–Jun 18	5:00–6:00 pm	12/\$111.96
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Pilates

Fitness Fusion

This class offers a winning combination of stretching, core, and Pilates-style exercises that will help lengthen your muscles, improve your core, and strengthen your spine.

TCC - Fitness Studio

Wed	Apr 17–Jun 19	6:15–7:15 pm	10/\$93.30
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Intermediate Pilates

This intermediate class uses a variety of equipment to target your core, activate your deep abdominal muscles, reinforce your balance and stability, and enhance your neuromuscular function.

TCC - Fitness Studio

Fri	Apr 19–Jun 21	8:30–9:30 am	10/\$93.30
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Pre & Post Natal

Baby Steps: A Wellness Program for New Parents

This program is designed to support the health and well-being of new parents and babies through connection with other parents in a supportive and judgment-free space. Facilitators will lead 30 minutes of wellness activities and discussions followed by a parent and baby yoga class. Topics may include play, self-care, healthy eating, feeding baby, child development, safety, post-partum, and others as identified by participants. Groups run for six weeks. Note: This program is designed for newborns to new walkers. All parents welcome.

Hal Rogers

Thu	Jul 18–Aug 8	10:30 am–12:30 pm	4/Free
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Valleyview Community Hall

Thu	Apr 18–May 23	10:30 am–12:30 pm	6/Free
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Thu	May 30–Jul 4	10:30 am–12:30 pm	6/Free
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West Highlands Community Centre

Fri	Apr 19–May 24	10:30 am–12:30 pm	5/Free
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Fri	May 31–Jul 5	10:30 am–12:30 pm	7/Free
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Pre & Post Natal Small Group Personal Training

Do you have some mom friends who need some pre/post natal fitness and lifestyle support and motivation? Join Sharon Jager, Personal trainer and pre and post natal specialist, for some fun and empowering training sessions focused on gaining strength, endurance, and flexibility aimed at improving your health and well-being before, during, and after delivery. The first session includes a group fitness assessment followed by nine training sessions to work on your new exercise program.

Westside Pool & Fitness Centre or TCC

10 sessions/\$875

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 /\$her 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.

TCC - North Court

Mon	Apr 8–Jun 17	11:30–12:30 pm	9/\$83.97
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Spin

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.

TCC - Spin Studio

Mon	Apr 8–Jun 17	5:00–6:00 pm	10/\$81.50
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Yoga

Beginner Hatha Yoga

Beginner Hatha Yoga is a well-balanced yoga class consisting of slow meditative movements that improve your strength, balance, and flexibility. You will learn calming breathe and meditation practices that will improve your well-being on and off the mat. Lots of modifications will be provided. Suitable for all levels.

David Thompson Elementary

Tue	Apr 2–Jun 18	5:30–6:30 pm	11/\$102.63
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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 2–Jun 25	8:45–9:45 am	13/\$121.29
Tue	Jul 9–Aug 27	8:45–9:45 am	8/\$74.64

TCC - Fitness Studio

Mon	Apr 8–Jun 17	5:15–6:15 pm	11/\$103.62
Mon	Jul 8–Aug 26	5:15–6:15 pm	8/\$74.64

Valleyview Community Hall

Mon	Apr 8–Jun 17	9:00–10:00 am	10/\$93.30
Mon	Apr 8–Jun 17	5:30–6:30 pm	10/\$93.30

West Highlands Community Centre

Tue	Apr 2–Jun 18	4:30–5:30 pm	12/\$111.96
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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.

West Highlands Community Centre

Fri	Apr 5–Jun 21	2:00–3:00 pm	10/\$93.30
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Valleyview Community Hall

Wed	Apr 3–Jun 19	9:00–10:00 am	12/\$111.96
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Volunteers Wanted

The Kamloops Crime Prevention Unit is committed to working with the community to help make our City a safer place. We operate the following programs and are looking for more volunteers to join our team:

- Community Events and Community Patrols
- Speed Watch/ Cell Watch
- Road Safety Events
- Victim Services



All volunteers must be 19+ years of age, be proficient in English and be a Canadian Citizen or possess a Permanent Resident Card. All volunteers must possess a valid drivers' licence and participate in a security screening process.

If you are interested in making a difference in our community, are open to learning new skills, or want to connect with like-minded individuals, we would love to hear from you!

Please submit your volunteer application by visiting [Kamloops.ca/CrimePrevention](https://www.kamloops.ca/CrimePrevention).

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. Note: This class is not suitable for beginners.

Hal Rogers

Thu	Apr 4–Jun 20	5:00–6:00 pm	12/\$111.96
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Restorative Yoga

Restorative yoga is suitable for beginners and practitioners of all levels. Restorative yoga is a restful practice that holds yoga poses (asanas) for a longer duration using props like yoga blocks, blankets, and bolsters. It is a practice of deep relaxation that emphasizes the meditative aspect of yoga—the union of body and mind.

David Thompson Elementary

Thu	Apr 4–Jun 20	6:45–7:45 pm	10/\$81.50
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Restorative Yoga with Fascial Release

This program is excellent for anyone with tension or stiffness, whether they are athletes or non-athletes. A gentle way to assist the body in recovery and relax the mind. You will receive weekly handouts for mini routines to do at home. Props needed: tennis balls, smooth foam roller, straps, bolsters, and yoga blocks.

TCC - Fitness Studio

Mon	Apr 8–Jun 24	6:30–7:30 pm	11/\$102.63
Mon	Jul 8–Aug 26	6:30–7:30 pm	8/\$74.64

Warrior Yoga

Warrior yoga uses a new approach to a traditional yoga practice. This revolutionary practice includes yoga and weight training with a steel mace that will help you tone muscles, increase your flexibility, improve your balance, reduce stress, and energize your spirit. This program is suitable for beginners and athletes who want to reap the benefits of a traditional yoga practice while using unconventional training to transform and improve their overall health and well-being.

TCC - Fitness Studio

Tue	Apr 2–Jun 18	7:30–8:30 pm	12/\$97.80
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Health and Lifestyle Services

Healthy Habits Coaching Package

Do you know you need to make lifestyle changes but feel overwhelmed about where to start? Do you want to eat healthier but don't want to fall in and out of old dieting swings? This package is designed to help clients cut through the chatter and create clear, measurable health goals and have a coach for accountability and personalized support. This package includes one 60-minute assessment and goal-setting session and one 60-minute follow-up coaching session. Sessions can be done virtually, over the phone, or in person.

1 hr assessment/goal setting and 1 hr follow-up coaching/\$165

Healthy Habits Coaching Add-Ons

This package includes 60-minute health coaching sessions to create additional accountability and move your goals to the next level. Recommendations and accountability strategies are all personalized for you.

6 sessions (6 hr)/\$390

12 sessions (12 hr)/\$750

How to Eat Healthy on Budget

Rising costs at the grocery store are challenging the way we feed ourselves and our families. Join a certified health coach to learn tips and tricks on how to make the most of your grocery budget while also increasing your nutrition. Discuss strategies to save money, learn new meal ideas, and be re-inspired in your kitchen.

West Highlands Community Centre

Sun	Apr 7	10:00–12:00 pm	1/\$25
Sun	May 5	10:00–12:00 pm	1/\$25
Sun	Jun 2	10:00–12:00 pm	1/\$25

Mindful Eating and Movement Through Menopause

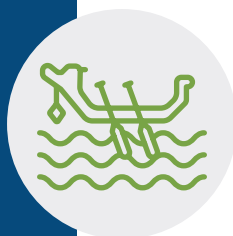
Join nutritionist and menopause coach Daniela Ginta and personal trainer/yoga teacher Jamie Hardy to learn evidence-based nutrition, yoga, strength training and mindfulness tools, and techniques to help you cope and navigate the changes affecting your physical, mental and emotional well-being during the menopause and/or perimenopause period.

West Highlands Community Centre

Sat	Apr 20	10:00–12:00 pm	1/\$35
Sat	May 18	10:00–12:00 pm	1/\$35
Sat	Jun 15	10:00–12:00 pm	1/\$35

Are you 55+ and looking for a new sport to try? The Kamloops Interior Dragons Society is offering two give it a try event times.

Find out more on page 71.



Moving Through Menopause

Hormonal changes that present in mid-life can cause a whole list of unpleasant symptoms and physiological changes in the body. Rather than focusing on the changes that are uncomfortable and taking place in the body, we will learn to move, strengthen muscles, and stretch in the most effective way possible, working to optimize and proactively manage this time in your life. In this eight-week session, you will learn how to properly strength train, when and where to focus your workouts, and how much recovery time is needed depending on your routine. We will work together to master the change and take control of your destiny with workouts shaped to help you feel your best during perimenopause and menopause, giving you your confidence and life back. Grab a few of your friends and join other women who are facing the same challenges while working together to cultivate a sense of community, acceptance, and understanding through one of life's biggest changes.

TCC - Fitness Studio

Wed	Apr 4–May 23	5:00–6:00 pm	8/\$120
Wed	May 29–Jun 26	5:00–6:00 pm	5/\$75

Mental Wellness

Forest Bathing Workshop

Forest bathing (also called forest therapy) is a practice inspired by Shirin Yoko, a Japanese form of healing that has originated in the 1980's. It's a way of immersing oneself in nature in a slow manner and utilizing the senses to connect with oneself and the natural world. A typical forest bathing walk can cover hundreds of meters over a 2-hour walk. It's not a hike or a naturalist walk, rather the destination is to simply slow down and find connection with the present moment.

Stake Lake

Sat	Apr 20	12:00–2:00 pm	1/\$40
Sat	Jun 15	12:00–2:00 pm	1/\$40

Ground and Glow: Women's Wellness Workshop

Have you been feeling overwhelmed or perhaps struggling to balance your everyday life? Perhaps you have gone through some adverse events/experiences and are looking for ways and tools to cope? Join us for a three-hour women's wellness workshop where our trained facilitators will guide you through a meditation/yoga session and breath work. We will then have an open discussion period focusing on the effects of adverse experiences and stress on the female body and mind and tools and resources that we can use to heal ourselves. We will look at the profound mental, physical, and emotional effects of stress and adverse experiences and how these situations can help us grow and rediscover ourselves. Time will be also spent speaking about how to release core beliefs and rebuild a sense of control and empowerment. Take-home resources will be provided as well as an opportunity to carry on discussion and build relationships after the workshop.

Hal Rogers

Sat	Apr 27	9:00 am–12:00 pm	1/\$25
Sat	May 18	9:00 am–12:00 pm	1/\$25
Sat	Jun 22	9:00 am–12:00 pm	1/\$25
Sat	Jul 20	9:00 am–12:00 pm	1/\$25
Sat	Aug 24	9:00 am–12:00 pm	1/\$25

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

Small Group Personal Training

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

10 sessions/\$875

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 and is followed by three 60-minute sessions to work together on your new exercise program.

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

Are you experiencing menopause and looking for tools to help navigate this time of change in your life? Join Nutritionist and Menopause Coach Daniela Ginta and Personal Trainer/Yoga Teacher Jamie Hardy to learn evidence-based nutrition, yoga, strength training and mindfulness techniques to help you cope and improve your wellbeing.

Find out more on page 61.

Introduction to Personal Training

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 (1 hr) session/\$50

Kinesiology Training

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.

2 (1 hr) sessions/\$165

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.

1 session (1 hr)/\$75

4 sessions (4 hrs)/\$280

12 sessions (12 hrs)/\$780

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 3–Apr 24

5:00–7:00 pm

4/\$72

Not sure where these items go?

Take the guesswork out of recycling. Get the Waste Wise Kamloops app and use the Waste Wizard to look up where hundreds of recyclable and compostable items go.

For more information, visit Kamloops.ca/WasteWise.

Ask the Waste Wizard!



ADULT

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 2–Apr 23 5:00–7:00 pm 4/\$72

Canoeing

Learn to Paddle

Become a skilled canoe paddler with our full-day Recreational Canoeing Association of British Columbia Basic Tandem Canoe course. Join certified instructors to learn basic strokes, steering, rescues, and more or brush up on your skills. This is a great base for recreational canoeing and canoe tripping. No experience required. All equipment provided. In partnership with the Thompson Rivers Interior Paddle Sports Club.

Pioneer Park

Sun Apr 7 8:30–4:30 pm 1/\$70
Sat Jun 1 8:30–4:30 pm 1/\$70

Try It - Canoe

Want to try paddling? Join us for a free voyageur canoe tour. This is a great introduction to canoeing in our 10–12-passenger boats. No experience required. Suitable for beginners to higher level paddlers. All equipment provided. Please arrive early to sign waivers and get equipment. In partnership with the Thompson Rivers Interior Paddle Sports Club.

Pioneer Park

Wed May 8 6:00–7:30 pm 1/Free
Wed Jun 12 6:00–7:30 pm 1/Free

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 to use. All participants must obtain a valid freshwater fishing licence prior to attending.

Edith Lake

Thu May 23 6:00–8:00 pm 1/Free
Thu Jun 13 6:00–8:00 pm 1/Free

SPORT

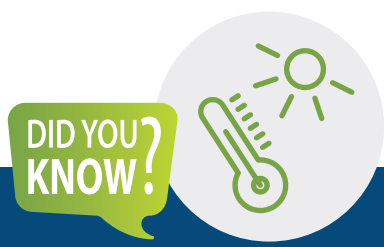
Biathlon

Open Laser Biathlon

Are you ready to take your cross-country skiing experience to the next level? Come try a biathlon session! In these sessions, you will develop your fitness and practise target shooting using infrared-technology biathlon rifles. These rifles light up an electronic biathlon target without shooting a projectile or laser beam. Participants will experience biathlon by practising some biathlon shooting basics followed by a variety of fun games and activities.

West Highlands Community Centre

Sun May 12 6:30–8:30 pm 1/\$10
Sun Jun 23 6:30–8:30 pm 1/\$10
Mon Jul 15 6:30–8:30 pm 1/\$10
Mon Aug 12 6:30–8:30 pm 1/\$10



The City activates a heat alert response when notified of a heat alert from the Province. This occurs when the weather forecast call for two consecutive days with highs of at least 35° and an overnight low that doesn't dip below 18°. To find out more and how to prepared for a heat event, visit Kamloops.ca/Heat.



Cricket

Try It - Cricket

Come give cricket a try for free! Join the Kamloops Cricket Club for some fun activities, game play, and skill development.

Rae-Mor Park

Sun May 26 10:00–1:00 pm 1/Free

Disc Golf

Beginner Disc Golf

If you've tried disc golf or are just wondering about it, this series is for you. The focus will be on the basics of form when it comes to putting and driving. Participants will receive group instruction as well as individual feedback. Some of the time will be in practice, and some of the time will be playing the game, with a focus on the rules of play. Bring a friend or come meet some new people.

McArthur Island Park

Mon Jun 3–Jul 8 6:00–7:30 pm 6/\$75

Rose Hill Park Grass /Disc Golf Course

Mon Apr 15–May 20 6:00–7:30 pm 6/\$75

Try It - Disc Golf

Are you interested in trying out one of the fastest-growing sports in the world? Disc golf is an inexpensive way to spend time outdoors with friends and family. It's inclusive, addictive, and great for your mental health! Kamloops is a national disc golf hub, hosting many events with our highly ranked courses. Come spend a few hours trying it out for free. Discs are available to borrow or you can bring your own.

Rose Hill Park Grass Area/Disc Golf Course

Sun Apr 7 1:00–4:00 pm 1/Free

Westsyde Centennial Park Disc Golf Course

Sun Apr 21 1:00–4:00 pm 1/Free

Pickleball

Beginner Clinic

Learn how to play pickleball in this two-day clinic. If you are new to the sport or just learning, we will teach you the fundamental movement skills and game play. In partnership with the Kamloops Pickleball Club.

McDonald Park

Tue–Thu Apr 16–Apr 18 12:00–2:00 pm 2/\$60

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 Kamloops Pickleball Club.

McDonald Park

Wed May 1–May 22 5:30–7:00 pm 4/\$85

Wed Jun 5–Jun 26 5:30–7:00 pm 4/\$85

Learn to Play

This program is for new players who would like to practise pickleball rules and etiquette and develop basic shots. Paddles are provided. In partnership with MAK Racquet Sports.

McDonald Park

Tue–Thu Apr 2–Apr 4 5:00–7:00 pm 2/\$65

Wed–Fri Apr 3–Apr 5 12:00–2:00 pm 2/\$65

Mon–Wed Apr 8–Apr 10 12:00–2:00 pm 2/\$65

Tue–Thu Apr 30–May 2 5:00–7:00 pm 2/\$65

Tue–Thu May 14–May 16 12:00–2:00 pm 2/\$65

Tue–Thu Jun 4–Jun 5 12:00–2:00 pm 2/\$65

The City launched a book recycling program in late 2023. Hard and soft cover books, such as novels; textbooks; and reference materials, such as old encyclopedias, don't belong in the garbage, curbside recycling carts, or multi-family recycling bins.

Drop off your old books in the bright yellow book recycling carts at the Tournament Capital Centre, the North Shore Library, McArthur Island Sport and Event Centre, and Northhills Mall.

Find a full list of what's accepted at Kamloops.ca/BookRecycling



DID YOU KNOW?

Learn to Play - Bootcamp

This program is for new players who would like to practise pickleball rules and etiquette and develop basic shots. Paddles are provided. In partnership with MAK Racquet Sports.

McDonald Park

Sun	Apr 14	12:00–3:00 pm	1/\$75
Sun	Apr 28	12:00–3:00 pm	1/\$75
Sat	May 4	12:00–3:00 pm	1/\$75
Sat	May 11	12:00–3:00 pm	1/\$75

Novice Skill Building

If you already have a foundation in pickleball, this novice skill-building program is for you. In partnership with the Kamloops Pickleball Club.

McDonald Park

Sat	Jun 1	12:00–2:00 pm	1/\$30
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Pickleball Refresher

This program is for players who have a basic understanding of pickleball and would like to practise shots, court positioning, and game strategy. Paddles are provided. In partnership with MAK Racquet Sports.

McDonald Park

Mon–Wed	Apr 15–Apr 17	12:00–2:00 pm	2/\$65
Tue–Thu	Apr 9–Apr 11	5:00–7:00 pm	2/\$65
Tue–Thu	May 7–May 9	12:00–2:00 pm	2/\$65

Rowing

Introduction to Rowing

On the first day of this two-day clinic, you will be introduced to the rowing machines at the Tournament Capital Centre. Then you will have the opportunity to discover rowing on the water at the Shumway Lake Water Sports Facility on Saturday, May 4. This program is in partnership with the Kamloops Rowing Club.

TCC - Fitness Studio

Sat	Apr 27	9:00–10:30 am	1/\$30
Sat	Apr 27	11:00 am–12:30 pm	1/\$30

Table Tennis

Intro to Table Tennis - Adult

In this program, participants will improve their physical literacy by practising basic table tennis skills, such as footwork, serves, drives, timing, and strategy.

TCC - D South

Tue/Thu	Jun 11–Jul 4	7:00–8:00 pm	8/\$80
Tue/Thu	Jul 16–Aug 8	7:00–8:00 pm	8/\$80

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

Wed	May 1–May 22	7:30–9:00 pm	4/\$90
Wed	Jun 5–Jun 26	7:30–9:00 pm	4/\$90
Wed	Jul 3–Jul 24	5:30–7:00 pm	4/\$90
Wed	Aug 7–Aug 28	5:30–7:00 pm	4/\$90





Do YOU want to start your OWN business and have been on maternity or parental leave within the last five years? If you're nodding yes, let's chat, as you may qualify for a year's living wages while starting your business!



info@communityfutures.net



250.828.8772

KAMLOOPS HAS SOMETHING FOR EVERYONE

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



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PeterMilobarKNT

BUILD KAMLOOPS

BUILD. GROW. CONNECT. REPEAT.

Build Kamloops is a multi-year, multi-phase visionary program to re-establish the city's prominence as Canada's Tournament Capital, foster our recognition as a premier arts and culture destination, and keep pace with our recreation and leisure needs as Canada's third fastest-growing city.



Learn more and join the conversation today!
LetsTalk.Kamloops.ca/BuildKamloops



Canada's Tournament Capital



It's important to
have a plan.

WILLS & ESTATE PLANNING

Let us help you get started.

Call 250-374-3344 or Email info@morellichertkow.com

Morelli
Chertkow LLP
L A W Y E R S



**HEY KIDS!
(AGE 55+)**

Join Adults for fun, fitness and festivals
on the South Thompson River!

NO EXPERIENCE REQUIRED

Kamloops Interior Dragons

55+ Dragon Boat Club

Practices:

Tuesday & Thursday 5:15 p.m.

Saturday 8:00 a.m.

Pioneer Park, 7th & Lorne Steet,
by boat launch

For more information, visit:
www.kamloopsinteriordragons.ca
or find us on Facebook



PADDLES UP!

**BOOK YOUR
SKATING
party**



Canada's Tournament Capital

For full details, visit
Kamloops.ca/SkateParty



DID YOU KNOW?



Social engagement is linked to better health and decreased loneliness, prevents cognitive decline and dementia, and overall improves one's quality of life. If you are 55+ and want to know more about our Seniors Drop-In program at Heritage House, visit Kamloops.ca/CommunityWellness or see page 73.

ARTS AND CULTURE

Painting

Explore your Inner Artist

In this mixed-media class, participants will learn how to combine different art mediums on a page and create interesting dynamics in their art pieces in a relaxed and fun atmosphere. This program is in partnership with the Kamloops Arts Council. No art experience is necessary, and all supplies are provided!

Heritage House

Fri	Apr 5–Jun 21	1:30–3:30 pm	12/\$180
Fri	Jul 5–Aug 30	1:30–3:30 pm	7/\$105

FITNESS AND HEALTH

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.

TCC - North Court

Tue/Thu	Apr 2–May 9	11:00 am–12:00 pm	10/\$61.90
Tue/Thu	May 14–Jun 20	11:00 am–12:00 pm	12/\$74.28

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.

TCC - North Court

Tue	Apr 2–May 7	9:45–10:45 am	6/\$37.14
Thu	Apr 4–May 9	9:45–10:45 am	6/\$37.14
Tue	May 14–Jun 18	9:45–10:45 am	5/\$30.95
Thu	May 16–Jun 20	9:45–10:45 am	5/\$30.95

Zumba® Gold

Zumba® Gold targets baby boomers by taking the Zumba® formula and modifying the moves and pacing to suit the needs of active aging participants. 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.

TCC - Fitness Studio

Tue	Apr 2–Jun 18	1:00–2:00 pm	12/\$90
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Valleyview Community Hall

Mon	Apr 8–Jun 17	11:00 am–12:00 pm	10/\$75
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West Highlands Community Centre

Wed	Apr 3–Jun 19	11:00 am–12:00 pm	12/\$90
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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.

TCC - Fitness Studio

Thu	Apr 4–Jun 20	1:00–2:00 pm	12/\$90
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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

Wed	Apr 3–Jun 19	1:30–2:30 pm	12/\$90
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Seniors Chair Yoga

Seniors chair yoga is an excellent way to reduce your risk of falling. Its slow, measured movements; strengthening poses; and focused breathing help improve balance, flexibility, stability, and strength while giving a sense of well-being and enhanced quality of life. Modifications and props provided for all experience and fitness levels.

Heritage House

Thu Apr 4–Jun 6 4:00–5:00 pm 7/\$52.50

OUTDOOR ACTIVITIES

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 Apr 18 9:00–11:00 am 1/\$5.50

Kenna Cartwright Park

Thu Apr 4 9:00–11:00 am 1/\$5.50

Thu Jun 27 9:00–11:00 am 1/\$5.50

Peterson Creek Park

Thu Apr 11 9:00–11:00 am 1/\$5.50

Thu Jun 6 9:00–11:00 am 1/\$5.50

Skyline Park

Thu Jun 13 9:00–11:00 am 1/\$5.50

Thu Jun 20 9:00–11:00 am 1/\$5.50

Valleyview Nature Park Arena

Thu Apr 25 9:00–11:00 am 1/\$5.50

Dragon Boating

Come Give It A Try!

Join us for a FREE dragon boat session in partnership with the Kamloops Interior Dragons. Dragon boating is about fun, fitness, and festivals. Join us and try a new sport this spring. No experience necessary.

Pioneer Park

Session 1

Mon May 13 4:30–6:00 pm Free

Session 2

Mon May 13 6:00–7:30 pm Free

SPORT

Table Tennis

Intro to Table Tennis - 55+

In this program, participants will improve their physical literacy by practising basic table tennis skills, such as footwork, serves, drives, timing, and strategy.

TCC - D South

Tue/Thu Jun 11–Jul 4 5:45–6:45 pm 8/\$64

Tue/Thu Jul 16–Aug 8 5:45–6:45 pm 8/\$64

FireSmart Your Property



Over the past three years, Kamloops Fire Rescue has helped hundreds of homes take the first steps to become 'FireSmart'. With our free home FireSmart assessments, we can help you protect your home from wildfire. Our main focus has been to share the importance of keeping a combustible-free zone of 1.5 meters around your home. This is the most important step you can take. Our second focus has been the removal of all cedars and junipers within 10 meters of your home.

Learn more at LetsTalk.Kamloops.ca/FireSmart or Kamloops.ca/FireSmart.



ADULT 55+

Strategic Health Alliance

Physician/Nurse Practitioner Referred Programs

Strategic Health Alliance at TCC

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:

- Exercise and education support with Cardiac Rehab clinical specialists
- Cardiac Rehab in-person running at the TCC
- Virtual Cardiac Rehab visits are conducted by phone
- To access the full education program offering, internet and email is required
- Physician/Nurse Practitioner referral is required

For more information, contact 250-314-2727.

Free

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 graded exercise and education program; in-person returning
- Physician/Nurse Practitioner referral is required
- Contact your MD/NP to register

For more information, contact 778-220-3761.

Free

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
- Sessions to be led by our team of exercise and clinical specialists
- Program running in-person at the TCC Thursday mornings - 9:30 am–12:00 pm
- On Track is a prevention program and not for people with established heart disease
- Physician/Nurse Practitioner referral is required

For more information, contact 250-828-3742.

COST \$30



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.

For referral forms, please visit KeepOnMoving.ca/Physicians



Interior Health



Canada's Tournament Capital

UNLEASH YOUR INNER CULINARY ARTIST!

COOKING CLASSES



COOKING CLASSES FOR EVERYONE

- ADULTS (18+)**
 Experience hands-on learning and chef demos! Gain confidence, unleash your creativity, & explore global flavours in our culturally diverse classes.
- YOUTH (7-17)**
 After School Cooking Class Programs, Spring Break classes, Summer Break classes, Pro-D Day classes, & more!
- PRIVATE EVENTS, TEAM BUILDING, & MORE!**
 Discover the art of culinary excellence with Kuzina Messer Culinaire! Join our top-rated cooking classes in Kamloops, led by a skilled Red Seal Chef!

KUZINAMESSERCULINAIRE@GMAIL.COM

WWW.KUZINAMESSERCULINAIRE.CA



KAMLOOPS SENIORS' DROP-IN

Join us every week and connect with others!

Thursdays 12:30 pm–3:30 pm
 Sundays 10:00 am–1:30 pm
 Heritage House | 100 Lorne St
 Complimentary parking passes available



\$2.00 cash drop-in



Bring your friends and meet new ones



Coffee, tea, cards, and other activities available



Soup is available for purchase on Sunday only

Questions?

Contact Chelsea Tekonomy,
 Active Living Coordinator
 P: 250-828-3709

Find a monthly schedule at
Kamloops.ca



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.**





JUST PRESS IT.

Have you tested your smoke alarm?

Smoke alarms are the first line of defence for keeping your family safe from fire. Install one on every floor and in every sleeping room. Kamloops Fire Rescue believes in the life-saving capabilities of smoke alarms. Remember to test them every month and change the batteries every six months. Just press it.



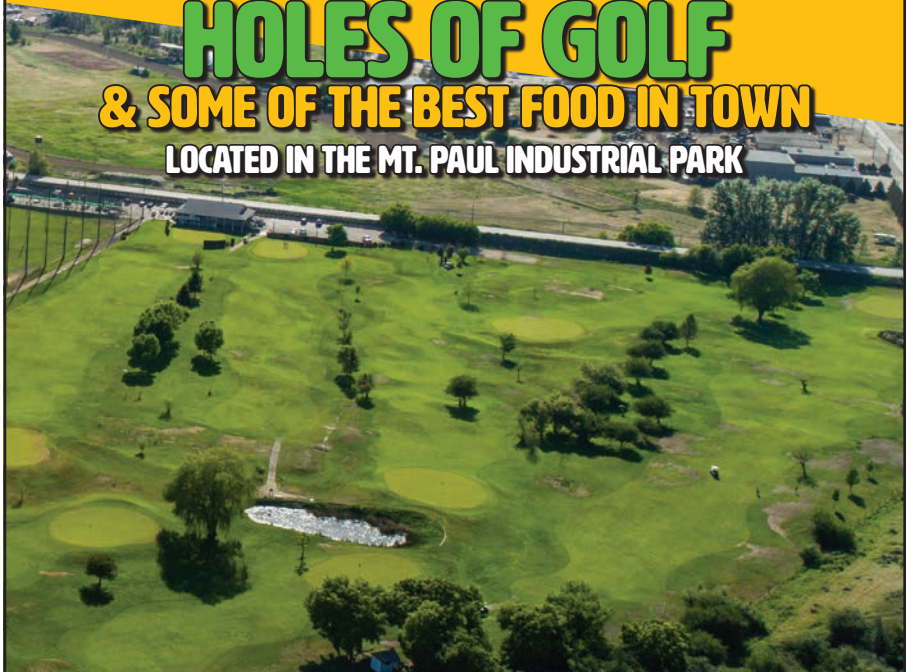
Kamloops.ca/KFR

Mt. Paul Golf Course

EXPERIENCE 9 GREAT HOLES OF GOLF

& SOME OF THE BEST FOOD IN TOWN

LOCATED IN THE MT. PAUL INDUSTRIAL PARK



GOLF & DRIVING RANGE

Famous Mt. Paul Breaky and large bucket
Daily before 11am for \$19!
Target greens - Lower your score!
Double tiered range

GOLF & BREAKFAST

Tee off before 8am and get the Famous Mt. Paul Special
Weekdays \$30
Weekends \$34
(Some restrictions apply)

DROP BY & CHECK OUT THE EXPANDED PATIO!

GOLF COURSE
DRIVING RANGE
LICENSED RESTAURANT
OPEN DAILY



THE PLACE OF GREAT STAFF, GREAT FOOD, GREAT PRICES!
250.374.4653 | mountpaulgolf.com

THE

Dunes

AT KAMLOOPS

GOLF SWING LESSONS

All students receive Professional Golf Instruction from master teaching professional Bill Bilton Jr.

Four one hour lessons focusing primarily on the full golf swing. 30 minutes will be dedicated to basic fundamentals of putting. (Other short game skills are not taught in this class because of time commitment) Equipment, range balls, natural grass hitting surface, and additional training links will be provided to each student. Each class is 1 hour in length with additional training time included. *Max 8 students per class.*

ADULTS & SENIORS

Class 1: May 13, 15, 20, 22 • 9:00 – 10:00 am

Class 2: May 13, 15, 20, 22 • 10:30 – 11:30 am

Class 3: May 14, 16, 21, 23 • 9:00 – 10:00 am

Class 4: May 14, 16, 21, 23 • 10:30 – 11:30 am

Adults \$120 • Seniors \$110

LADIES ONLY 19+

Class 1: May 13, 15, 20, 22 • 5:45 – 6:45 pm

Class 2: May 14, 15, 20, 22 • 5:45 – 6:45 pm

Ladies \$120

For Junior Program information visit:

GOLFTHEDUNES.COM

Booking 250.579.3300 EXT 1

Payment required at booking.

All lessons take place at The Dunes at Kamloops

Okke J Koedooder | Dutch Oak Photography



Interested in becoming a coach?

Check out our Coach Enhancement workshops in this section.



Andrew Klaver Photography

PACIFICSPORT

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 Regional Sport 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.



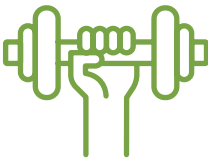
Sport Participation and Development

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

Sarah Loedel

Sport Participation Coordinator

📞 250-828-3346

✉️ sloedel@pacificsport.com

Kordell Primus

Sport Performance Coordinator

📞 250-828-3583

✉️ kprimus@pacificsport.com

Group/Team Rates

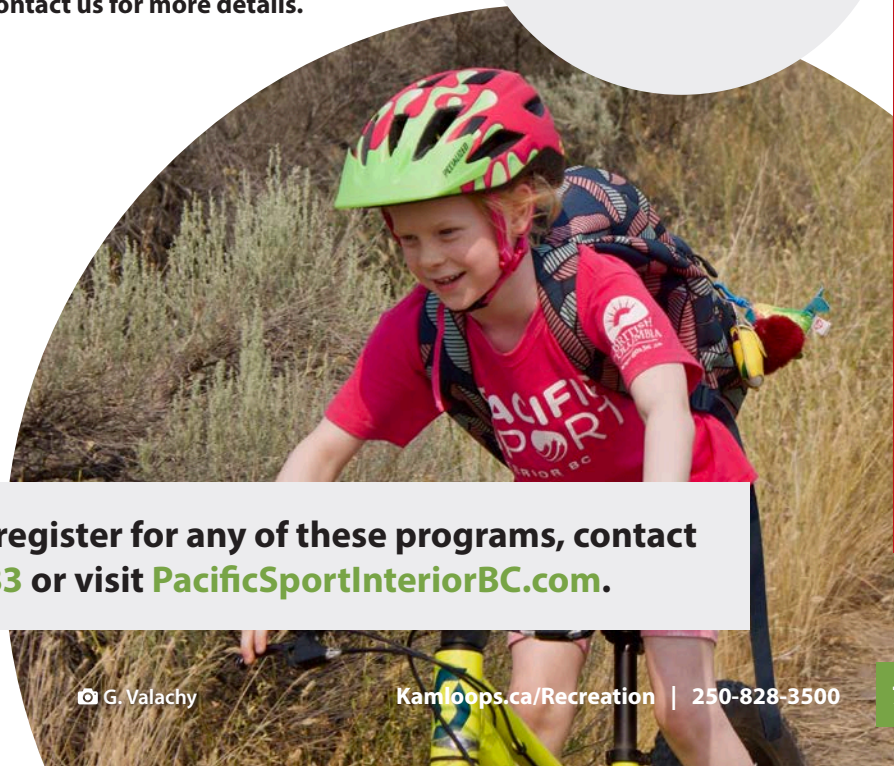
Group/team rates are available for most programs:

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

Contact us for more details.

Follow Us!

- 📘 @PacificSportInteriorBC
- 📷 @PacificSportINT
- 📷 @PacificSportINT



PACIFICSPO

For more information or to register for any of these programs, contact PacificSport at **250-828-3583** 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 or PacificSportInteriorBC.com/Events

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 Kordell at kprimus@pacificsport.com or call **250-828-3583**.

Other Training Seminars Available by Request

Field Testing Kit Coach Training 18+ yrs
Video Analysis and Dartfish Training 18+ yrs



PRO D DAY CAMP \$49

8:30 am–4:30 pm | Ages 7–12

April 22 | Tournament Capital Centre
May 17 | West Highlands Community Centre

SUMMER CAMPS \$195

Multi-Sport Camps | Ages 7–12

July 2–5 (4 days @ \$175) | 8:30 am–4:30 pm
July 22–26 | 8:30 am–4:30 pm
Tournament Capital Centre

Tennis Camps | Ages 7–12

In Partnership with Kamloops Tennis Centre
July 8–12 | 8:30 am–4:30 pm
August 12–16 | 8:30 am–4:30 pm
Kamloops Tennis Centre

Girls+ Multi-Sport | Ages 7–12

This camp is gender inclusive. You can participate as best fits your gender identity.

July 29–August 2 | 8:30 am–4:30 pm
Tournament Capital Centre

PlaySkills | Ages 6–10

August 19–23 | 8:30 am–4:30 pm
West Highlands Community Centre

Active Tots Camps \$95 | Ages 4–6

July 8–12 | 8:30 am–11:30 am
August 12–16 | 8:30 am–11:30 am
Tournament Capital Centre

Camp t-shirt provided.
Early drop-off & late pickup available for a fee.

To register, call **250-828-3500**
or visit Kamloops.ca/Register
For more info, call **250-828-3346**

PacificSportInteriorBC.com



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Follow us

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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 ngsfspac@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, teamwork, 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 has a proud history of producing successful athletes. Our experienced coaching staff provide a fun and encouraging environment to support recreational and competitive athletes. 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 an option that is supported. The Kamloops Track and Field Club has access to some of the best training facilities in Canada, which allows athletes to train year-round. We host indoor and outdoor competitive meets, and all athletes can participate in local and regional meets.

Programs:

Cross-country season: September–October

Indoor season: November–March

Outdoor season: April–mid-July

- Mini Track Rascals (ages 3–5)
- Track Rascals (ages 6–8)
- Junior Development (ages 9–13)
- U14, U16, U18, U20
- Senior (ages 20–34+) and Masters (ages 35+)
- Cross-Country and Middle Distance (all ages)

**Location: Tournament Capital Centre
Fieldhouse /Hillside Stadium**

Coaching staff:

Dylan Armstrong, Head Coach/Throws

Christine Yamaoka and Jordyn Rogers, Sprints/Hurdles

Mike Kern, Jumps/Pole Vault

Miriam Dziadyk, Masters and JD Cross-Country

Dayl Dhaliwal and Jordyn Rogers, Track Rascals

Sean Lehmann, Middle Distance/Cross-Country

For information:

Judy Armstrong, KTFC President

Judy54armstrong@gmail.com or 250-851-2512

Caitlin Reed - Club Communications Manager

communications@kamtrack.ca

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

📷 @kamtfc 🐦 @ktfc3 📍 @kamloopstrackandfieldclub

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 the Tournament Capital Centre for boys in grades 6–11. The program will span 40 hours over a number of weekends. This program is 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, which includes tuition, a reversible jersey, a WolfPack T-shirt, and a Basketball BC membership for each participant.

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.

Inclusive Recreational Programs

- Team building events for corporations or groups
- Adult and family recreational kayak, stand-up paddleboard, and canoe (May–August)
- Recreational and competitive dragon boat and voyageur boat paddling (May–August)

Competitive and Fitness Development Programs (Kids and Youth)

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

Location: Shumway Lake

Early bird registration starts on April 1, 2024

For information:

Head Coach - info@kamloopscanoekayakclub.ca

Instagram @kamloopscanoekayakclub

Facebook Kamloops Canoe & Kayak Club

KamloopsCanoeAndKayakClub.ca

TRAINING GROUND

Pierce LePage
RBC Training Ground

An idea to find and fund Canada's future Olympians is coming to British Columbia.

Sign up for free at RBCTrainingGround.ca
Victoria – Mar. 2 | Vancouver – Mar. 9 | Kamloops – Mar. 16

TRAINING GROUND

CROSS-COUNTRY SKIING

Overlander Ski Club

The 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

Learn to Skate/CanSkate

Preschool/Elementary-Aged, Teen, and Adult

- Fall session: September–December
- Winter session: January–March

Figure Skating


- Regular season: September–March
- 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

Registrar.KamloopsSC@gmail.com

 Kamloops Skating Club

GYMNASTICS/TRAMPOLINE

Kamloops Gymnastics | Trampoline Centre

Active Start (ages 1–5)

- **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 6+)

- **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

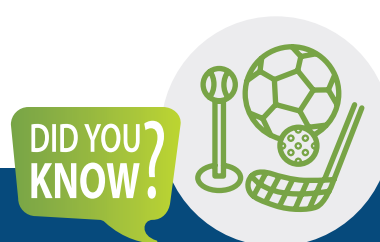
- Sport Cross-Training, Adaptive Gymnastics, Seniors Can Move (ages 65+), community access/field trips, Pro D Day camps, and seasonal camps

Location:

Tournament Capital Centre - 910 McGill Road

For information or to register:

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



Did you know about these local sport clubs in Kamloops?

- Kamloops Disc Golf Club
- Kamloops Cricket Club
- Kamloops Horseshoe Club
- Kamloops Biathlon Club
- Kamloops Rowing Club
- Thompson Rivers Interior Paddle Sports Club (TRIPS)

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 Roberts at kamloopslongblades@gmail.com

Programs offered:

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

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

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 and 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:

info@swimkamloops.com

SwimKamloops.com



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 in 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

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. Sixteen 40-minute sessions.

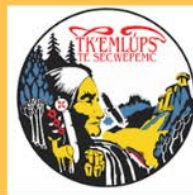
Novice-Prep Program

Ages: 6-12

Taught by Kamloops Classics Swimming 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.



Fueling Youth Performance Spring 2024



PACIFIC SPORT
INTERIOR BC

COST: FREE
LIMITED SPOTS AVAILABLE,
REGISTER ASAP!

Saturdays 11:00am-12:30pm, May-June

📍 Sk'elep School of Excellence

To register contact Kordell at
kprimus@pacificsport.com or call
250-828-3583

🌐 www.pacificsportinteriorbc.com



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YMCA BC - Kamloops

Downtown Y
400 Battle St.

kamloopsy.ca



Canada's Tournament Capital



LOCAL 900

SERVING THE THOMPSON-NICOLA

CUPE 900 represents municipal workers across the Thompson-Nicola, including those in the communities of Ashcroft, Barriere, Chase, Clearwater, Clinton, Kamloops, Logan Lake, Lytton, and Merritt plus those working for the TNRD itself. CUPE workers are also at the Kamloops Golf and Country Club, Kamloops Wildlife Park Society, and Rayleigh Waterworks.

There is a whole team of CUPE municipal workers behind the services Thompson-Nicola residents count on every day. Regardless of what jobs they perform, CUPE 900 members are proud to serve the communities in which they work and live. When our public services are properly funded and well-run, we all benefit.



116 Seymour St., Kamloops, BC V2C 2E1
(250) 374-0042 | cupe900.ca



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EARLY LEARNING CENTER

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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: Juniper, Lloyd George, School of the Arts, South Sahali, McGowan, Pacific Way & Dallas.

Ongoing Registration All Programs

Preschool September 2024 Registration Starts February 1, 2024.
Mark your calendar so you don't miss out
(child must be 3 by Dec. 31/2024).

always

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