

2019 City of Kamloops

# Spring & Summer Activity Guide



Canada's Tournament Capital

AQUATICS AND GENERAL REGISTRATION

Wednesday, March 13, 2019 | Online - 6:30 am | General - 7:30 am



# PerfectMind

PerfectMind is the City's new registration system. Create your account today for simple online program registration.

Designed with you in mind, the new system features:

- **user-friendly online registration**  
view the availability and register for programs on any device at any time of day
- **easy to navigate**  
search for an activity by keyword, age, day, time, or location
- **no more user PINs**  
simply create your own safe and secure account with the username (email address) and password of your choice
- **family account feature**  
keep track of your whole family's activities in one place, and print individual or family schedules





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# Registration

## AQUATICS & GENERAL REGISTRATION

Wednesday, March 13, 2019 | Online - 6:30 am | General - 7:30 am

### ► In Person

Visit any of the locations listed below

#### **Tournament Capital Centre**

910 McGill Road

Monday to Friday: 5:30 am–10:15 pm

Saturday and Sunday: 6:30 am–8:45 pm

#### **Westsyde Pool & Fitness Centre**

859 Bebek Road

Monday to Friday: 7:30–11:00 am, 3:30–7:45 pm

Saturday to Sunday: 9:30 am–3:45 pm

#### **Kamloops Museum & Archives**

207 Seymour Street

Tuesday to Saturday: 9:30 am–4:00 pm

### ► Call Us

**Call our Customer Relations**

**Representatives at 250-828-3500**

### ► Go Online

Visit our NEW online registration website at **Kamloops.ca/PerfectMind** prior to registration day to set up your account. No more user PINs, client numbers, or course registration numbers! Simply search, register, and pay!

### ► Refund/Withdrawal Policy

A \$10 administration fee will be charged for all program withdrawals, excluding memberships. Check each program for specific refund policies.

Once a program begins, a pro-rated refund will be applied. Administration fees will be charged.

Please note that refunds will not be given for withdrawals from cooking classes within seven days of the class start date.

### ► Cancellations

Programs may be cancelled if not enough people are registered, so please register early to avoid disappointment!

Most programs are planned to run regardless of the weather; however, occasionally, we may have to cancel a program due to poor weather. If your program is cancelled, you will receive a refund.

### ► How to Use This Guide

Use the figure below to see how programs and classes are listed in the Recreation Guide. Find all the information you need to know for registration including: location, dates, time, cost, etc. in the example below.



program area → **Group Classes**

course name → **TRX Combo**

**Ages: 13+**

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

location → TCC—Tournament Capital Centre

Mon	Apr 1–May 6	11:15–12:00 pm	5/\$46.43
Tue	Apr 2–May 7	12:10–12:55 pm	6/\$55.72
Wed	Apr 3–May 8	12:10–12:55 pm	6/\$55.72
Thu	Apr 5–May 10	12:10–12:55 pm	6/\$55.72
Fri	Apr 1–May 6	8:00–8:45 am	6/\$55.71
↑ day	↑ dates	↑ time	↑ cost

**Mon** Monday only **5/\$46.43** 5 Classes for \$46.43  
**Mon, Wed** Monday and Wednesday **1/\$20.00** 1 Class for \$20  
**Mon–Fri** Monday through Friday cost + applicable taxes  
**Tues/Thur** Tuesday or Thursday



## Program Registration

Online . . . . . Kamloops.ca/PerfectMind  
Telephone . . . . . 250-828-3500

## Administration

Facility Bookings . . . . . 250-828-3600  
Email . . . . . facilities@kamloops.ca  
General Inquiry . . . . . 250-828-3400  
Adopt-A-Road . . . . . 250-828-3461

## Aquatics

Online . . . . . Kamloops.ca/Swim  
Email . . . . . swim@kamloops.ca  
Westsyde Pool & Fitness Centre . . . . . 250-828-3616  
Canada Games Aquatic Centre . . . . . 250-828-3655  
F: 250-828-3643

## Sandman Centre & Arenas

Online . . . . . Kamloops.ca/Arenas  
Email . . . . . skate@kamloops.ca  
Arena Bookings . . . . . 250-828-3335  
Email . . . . . arenas@kamloops.ca  
Blazers' Box Office . . . . . 250-828-3339  
Ticketmaster (Concert/Event Sales) . . . 1-855-985-5000

## Kamloops Museum & Archives

Online . . . . . Kamloops.ca/Museum  
Email . . . . . museum@kamloops.ca  
Phone . . . . . 250-828-3576

## PacificSport Interior BC

Online . . . . . PacificSportInteriorBC.com  
Email . . . . . interiorbc@pacificsport.com  
Phone . . . . . 250-828-3344  
Operation Red Nose . . . . . 250-320-0650

## Parks

Online . . . . . Kamloops.ca/Parks  
Email . . . . . parks@kamloops.ca  
Phone . . . . . 250-828-3551

## Recreation, Fitness, Arts, & Cultural Programs

Phone . . . . . 250-828-3655  
Online . . . . . Kamloops.ca/Recreation  
Email . . . . . recreation@kamloops.ca  
fitness@kamloops.ca  
arts-culture@kamloops.ca  
neighbours@kamloops.ca  
events@kamloops.ca

## Tournament Capital Centre

Daily Facility Report . Facebook.com/TournamentCapital  
Phone . . . . . 250-828-3655  
Email . . . . . tcc@kamloops.ca  
Online . . . . . Kamloops.ca/TCC  
Kamloops Classics Swimming . . . . . 250-828-3660  
Kamloops Gymnastics & Trampoline Centre 250-374-6424  
Sage Sport Institute . . . . . 250-314-5000  
TCC Swim & Fitness Shop . . . . . 250-372-5305  
TRU Athletics . . . . . 250-828-5009



Photo by Mary Putnam



*Follow us on Facebook!*

@CityofKamloops | @KamloopsAquatics | @TournamentCapital

# Tournament Capital Centre

**Hours of Operation** TCC will be closed on all statutory holidays with the exception of Family Day and unless otherwise noted.

	Monday - Friday	Weekends
TCC (Wellness Centre & Indoor Track)	5:30 am–11:00 pm	6:30 am–9:30 pm
Canada Games Aquatic Centre	6:00 am–11:00 pm	* Saturday 6:30 am–9:00 pm Sunday 7:30 am–9:00 pm

\*Please refer to the public swimming schedule on page 11 for specific times.

## Canada Games Aquatics Centre (Pool & Track Only Pass)

	Single Admission	Punch Card (10 Admissions)	Monthly Pass	Annual Pass
Child (4-13)	\$4.15	\$34.10	\$39.00	\$390.00
Youth (14-18)	\$5.50	\$49.35	\$39.00	\$390.00
Adult (19-59)	\$7.45	\$66.15	\$39.00	\$390.00
Senior (60+)	\$5.50	\$49.35	\$39.00	\$390.00
Family*	\$4.15 (max. cost \$17.65)	\$34.10 (1 punch per person)	\$78.00	\$780.00

## Wellness Centre & Athlete Performance Centre (Gym & Track Only Pass)

	Single Admission	Monthly Pass	Annual Pass
Child (4-13)	\$7.70	\$39.00	\$390.00
Youth (14-18)	\$7.90	\$39.00	\$390.00
Adult (19-59)	\$9.40	\$39.00	\$390.00
Senior (60+)	\$7.90	\$39.00	\$390.00
Family*	\$24.70	\$78.00	\$780.00

## Full Access Pass (Gym, Track, & Pool)

	Single Admission	Monthly Membership	Annual Membership (Advanced Payment)	Annual Membership (Monthly Payment)
Child (4-13)	\$7.70	\$37.50	\$381.45	\$31.79
Youth (14-18)	\$9.90	\$49.60	\$538.00	\$44.84
Adult (19-59)	\$12.15	\$60.65	\$608.60	\$50.72
Senior (60+)	\$9.90	\$49.60	\$538.00	\$44.84
Family*	\$30.35	\$121.30	\$1,188.50	\$99.05

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

	Rate	Description
Early Bird	\$3.55	First hour (6:00–7:00 am), Monday to Friday only
Liquid Lunch	\$3.85	11:30 am–12:30 pm, Monday to Friday only
Lesson Rate	\$3.85	Enjoy a swim or soak in the hot tub while your child is in a City swim lesson
Indoor Track	\$20.40	Monthly indoor track rate for all ages

SWIM OR GYM ONLY PASS

**\$39** per month  
Includes Track

See front counter for details

*Did You Know?*

TRU student upgrade: \$30.85 with a valid U-Pass.

Patrons with disability pay the applicable age rate. Support persons are FREE!

Children 3 years of age and under are FREE!

## ► 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 (18+ years). Youth aged 15+ may use the gym on their own.

**Drop-in orientations are available during operational hours April 1–August 31. From April 1–June 30 the following exceptions occur.**

### **MONDAY TO FRIDAY**

11:30 am–1:30 pm and 4:30–6:30 pm

## ► Guest Code of Conduct

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

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

## ► Parking

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

TCC visitors displaying a valid disabled parking permit can park for free and do NOT need to register their license plate.

## ► Protect Your Valuables

Whenever possible, leave your valuables at home or use a wallet locker. Lockers are 25¢. Change is available at the front counter.



**USE A  
LOCKER &  
LOCK IT UP**



**HEALTHfare**  
RESTAURANTS

**HEALTHY, FRESH, FAST  
OPEN DAILY AT TCC**

**SANDWICHES • RICE BOWLS  
SOUPS • SMOOTHIES  
HEALTHY SNACKS & MORE!**

Instagram icon HEALTHFARE

Facebook icon HEALTHFARETCCAMLOOPS

Twitter icon HEALTHFARE



IN 2018

## TOURNAMENT CAPITAL STATISTICS

108 events  
32,552 out of town participants  
\$14,045,805 economic impact



Freeze Athletics

Canada's Tournament Capital

On April 13, 2019, TCC will host the first ever  
**BC CHEERLEADING CHAMPIONSHIPS**



Celebrate all our  
community has to offer  
and join us for:

**May 11, 2019**  
Green Living Expo

**May 14–June 6, 2019**  
BC Lions Training Camp

**May 27–June 2, 2019**  
Bike to Work Week

**June 1, 2019**  
BC Lions Fan Fest

**July 1, 2019**  
Canada Day Celebration

**August 9–11, 2019**  
8th Annual Ribfest and  
Hot Nite in the City



## 2019 UPCOMING EVENTS

**MAY 6–11** Canadian Artistic Swimming Championships at TCC

**MAY 25–26** FireFit Regional Championships, in conjunction  
with the Spring BrewLoops Block Party

**JULY 25–28** 2nd Annual Kamloops International Buskers Festival

Check out our events calendar online at: **Kamloops.ca/Events**

For more information on hosting local events and tournaments, bid submissions, and available grants, email [events@kamloops.ca](mailto:events@kamloops.ca)



## ► ARCH: Affordable Recreation for Community Health

The City of Kamloops aims to connect everyone to recreation and offers financial assistance to help make it happen.

Use ARCH to buy a punch card or membership for the gym, pool, or ice rink or sign up for a program in the Activity Guide and learn a new skill!

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



Photo by Keith Liddiard



Photo by Mary Putnam



Photo by Joanne Etherington

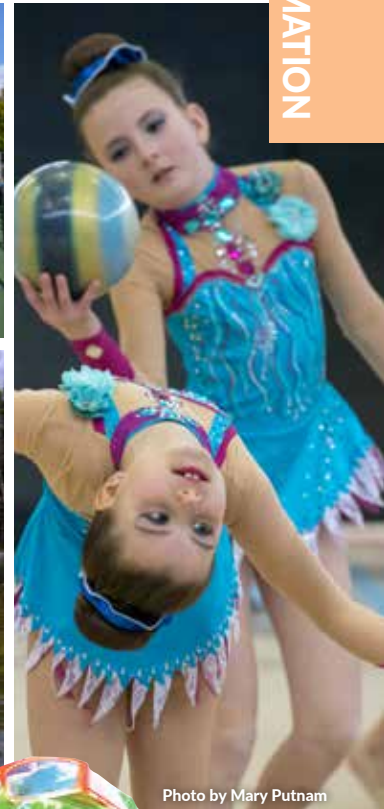


Photo by Mary Putnam

## ► Kidsport

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



**Find out more and apply at [Kamloops.ca/Kidsport](http://Kamloops.ca/Kidsport)**

## ► Boogie the Bridge Cultural Fund

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

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





# Neighbourhoods

*Get Connected  
Get Creative  
Get Involved*

Photo by Nan Stevens

## ► 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

**Call: 250-828-3582**

**Email: [neighbourhoods@kamloops.ca](mailto:neighbourhoods@kamloops.ca)**

**Visit our neighbourhood directory:**

**[Kamloops.ca/Neighbours](http://Kamloops.ca/Neighbours)**

## ► 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:**

**[Kamloops.ca/Neighbours](http://Kamloops.ca/Neighbours)**



*Find your Neighbourhood Association on Facebook!*

Photo by Mary Putnam



# Food & Urban Agriculture

## ► Kamloops Food Policy Council

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

Learn more at [KamloopsFoodPolicyCouncil.com](http://KamloopsFoodPolicyCouncil.com)

Phone: 250-851-6111

Email: [info@kamloopsfoodpolicycouncil.com](mailto:info@kamloopsfoodpolicycouncil.com)



Kamloops Food Policy Council

## ► Gleaning Abundance Program (GAP)

Too much of a good thing? Call us to harvest your fruit tree or volunteer and share with your community.

Learn more at [GleaningAbundance.com](http://GleaningAbundance.com)

Phone: 250-851-6111

Email: [gleaning@kamloopsfoodpolicycouncil.com](mailto:gleaning@kamloopsfoodpolicycouncil.com)

## ► Community Kitchens & Gardens

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

You can also join a Community Kitchen where you can cook, learn about low cost meal options and preserving food, and be empowered to make healthy, affordable food for your family.

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. Learn more about growing food and become more knowledgeable about sustainable gardening practices. For more information, check out the Gardening and Landscape programs on page 46.

## ► Food Insecurity Forum "Nourish Kamloops"

Household food insecurity in Kamloops is a complex challenge for families who cannot afford to put healthy meals on the table. On March 29, a forum will be held to learn more about the root causes of household food insecurity and what can be done to help fight it.

More details and registration are available at [NourishKamloops.org](http://NourishKamloops.org)



## Partner Highlight

As a partner of the United Way, the City of Kamloops is happy to support the Starfish Backpack program! Each week, the backpacks are filled with fresh, healthy food and distributed to local school children to provide them with access to snacks, juice, fruit and vegetables to take home on the weekend. Want to get involved? Contact United Way Thompson Nicola Cariboo.

E: [office@unitedwaytnc.ca](mailto:office@unitedwaytnc.ca) | P: 250-372-9933



*Get Active  
Get Involved!  
Get Engaged!*

**Reach your goals by enjoying**

- Aquafit classes and public swimming
- Fitness, Yoga and Spin Classes
- Public Skating and drop-in hockey programs





# Canada Games Aquatic Centre

## Spring 2019 Public Swimming Schedule

910 McGill Road • 250-828-3655

Effective March 23–June 30, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lanes	6:00 am-11:00 pm (50 m 6-8 am)	6:00 am-11:00 pm	6:00 am-11:00 pm (50 m 6-8 am)	6:00 am-11:00 pm	6:00 am-11:00 pm (50 m 6-8 am)	8:30 am-9:00 pm	7:30 am-9:00 pm
Leisure Pool	6:00 am-11:00 pm	6:00 am-11:00 pm	6:00 am-11:00 pm	6:00 am-11:00 pm	6:00 am-11:00 pm	6:30 am-9:00 pm	7:30 am-9:00 pm
Waterslide	6:30-9:00 pm	6:30-9:00 pm	6:30-9:00 pm	6:30-9:00 pm	6:30-9:00 pm	1:00-4:00 pm 6:00-9:00 pm	1:00-4:00 pm 6:00-9:00 pm
Diving Boards and Deep End	7:30-9:00 pm	7:30-9:00 pm	7:30-9:00 pm	7:30-9:00 pm	6:30-9:00 pm	1:00-4:00 pm 6:00-9:00 pm	1:00-4:00 pm 6:00-9:00 pm
Sauna, Steam Room, and Hot Tubs	6:00 am-11:00 pm	6:00 am-11:00 pm	6:00 am-11:00 pm	6:00 am-11:00 pm	6:00 am-11:00 pm	6:30 am-9:00 pm	7:30 am-9:00 pm

Facility closures: April 19 (Good Friday), April 22 (Easter Monday), May 4-12 (Synchro Nationals), May 20 (Victoria Day), June 7-9 (Swim Meet)

SCHEDULES

## Summer 2019 Public Swimming Schedule

Effective July 2-August 11, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Lanes	6:00 am-11:00 pm (50 m 6-8 am)	6:00 am-11:00 pm	6:00 am-11:00 pm (50 m 6-8 am)	6:00 am-11:00 pm	6:00 am-11:00 pm (50 m 6-8 am)	8:30 am-9:00 pm	7:30 am-9:00 pm
Leisure Pool	6:00 am-11:00 pm	6:00 am-11:00 pm	6:00 am-11:00 pm	6:00 am-11:00 pm	6:00 am-11:00 pm	6:30 am-9:00 pm	7:30 am-9:00 pm
Waterslide	1:00-4:00 pm 6:30-9:00 pm	1:00-4:00 pm 6:30-9:00 pm	1:00-4:00 pm 6:30-9:00 pm	1:00-4:00 pm 6:30-9:00 pm	1:00-4:00 pm 6:30-9:00 pm	1:00-4:00 pm 6:00-9:00 pm	1:00-4:00 pm 6:00-9:00 pm
Diving Boards and Deep End	1:00-4:00 pm 6:30-9:00 pm	1:00-4:00 pm 6:30-9:00 pm	1:00-4:00 pm 6:30-9:00 pm	1:00-4:00 pm 6:30-9:00 pm	1:00-4:00 pm 6:30-9:00 pm	1:00-4:00 pm 6:00-9:00 pm	1:00-4:00 pm 6:00-9:00 pm
Sauna, Steam Room, and Hot Tubs	6:00 am-11:00 pm	6:00 am-11:00 pm	6:00 am-11:00 pm	6:00 am-11:00 pm	6:00 am-11:00 pm	6:30 am-9:00 pm	7:30 am-9:00 pm

Facility closures: July 1 (Canada Day), August 5 (BC Day), August 12-September 3 (BCSSA Meet & Annual Maintenance Shutdown)

## Canada Games Aquatic Centre Fees

Children 3 years and younger are FREE!

	Single Admission	Punch Card (10 Admissions)	Pool & Track One-month Pass
Child (4-13)*	\$4.15	\$34.10	\$39
Youth (14-18)	\$5.50	\$49.35	\$39
Adult (19-59)	\$7.45	\$66.15	\$39
Senior (60+)	\$5.50	\$49.35	\$39
Family Drop-in	\$4.15 each (max \$17.65)	\$34.10 (1 punch per person)	\$78

### Special Rates

- Early Bird: **\$3.55** - first hour, Monday to Friday only.
- Liquid Lunch: **\$3.85** - 11:30 am-12:30 pm, Monday to Friday only.
- Lesson Rate: **\$3.85** - Enjoy a swim or soak in the hot tub while your child is in a City of Kamloops swim lesson.

### Admission Policy

- Children 6 years of age or under must always be accompanied in the water and be within arm's reach of a parent or other person 16 years of age or older. Ratio of children 6 years or under to parent/guardian must be no greater than three to one.

### Other Admission Information

- A family is a maximum of two adults and all children aged 18 years and under who are related by birth, legal status, or marriage and living within the same residence. A legally dependent person with a disability will qualify regardless of age.
- Please note that the family punch card can only be used for adult admission when swimming with an eligible child or a legally dependent person with a disability.
- Patrons with a disability pay the age rate and their care aide is admitted for free.



# Schedules

## Westsyde Pool and Fitness Centre

### Spring 2019 Pool and Fitness Centre Schedule

859 Bebek Road • 250-828-3616

Effective March 23–June 30, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public Swim	6:15-8:00 pm*	6:00-8:00 pm*	6:15-8:00 pm*	6:00-8:00 pm*		1:00-4:00 pm*	1:00-4:00 pm*
Laps & Leisure*	9:30-11:30 am 8:00-9:00 pm	9:30-11:30 am 8:00-9:00 pm	9:30-11:30 am 8:00-9:00 pm	9:30-11:30 am 8:00-9:00 pm	9:30-11:30 am	11:00 am-1:00 pm	11:00 am-1:00 pm
Lap Swim	5:30-9:30 am 3:00-6:00 pm	5:30-9:30 am 3:00-6:00 pm	5:30-9:30 am 3:00-6:00 pm	5:30-9:30 am 3:00-6:00 pm	5:30-9:30 am 3:00-6:00 pm	9:30 am-1:00 pm	9:30 am-1:00 pm
Hot Areas (Sauna, Steam Room, & Hot Tub)	5:30-11:30 am 3:00-9:00 pm	5:30-11:30 am 3:00-9:00 pm	5:30-11:30 am 3:00-9:00 pm	5:30-11:30 am 3:00-9:00 pm	5:30-11:30 am 3:00-6:30 pm	9:30 am-4:00 pm	9:30 am-4:00 pm
L8 Nite Pool Party	L8 Nite, Low Lights, Loud Music, Bring Your Friends!				6:30-9:00 pm	Ages 9-14 years	
Fitness Centre	5:30-11:30 am 3:00-9:00 pm	5:30-11:30 am 3:00-9:00 pm	5:30-11:30 am 3:00-9:00 pm	5:30-11:30 am 3:00-9:00 pm	5:30-11:30 am 3:00-9:00 pm	9:30 am-4:00 pm	9:30 am-4:00 pm

\*Leisure Swim-children and families welcome; toys & attractions will not be open. Schedule subject to change.

### Westsyde Pool and Fitness Centre Fees

	Single Admission	Punch Card (10 Admissions)	One Month pass
Child (4-13)	\$3.55	\$29.45	\$28.65
Youth (14-18)	\$4.15	\$35.15	\$34
Adult (19-59)	\$5.50	\$47.75	\$34
Senior (60+)	\$4.15	\$35.15	\$34
Family Drop-in	\$3.55 per person (max \$14.35)	\$29.45 (1 punch per person)	\$72
Fitness Centre	\$4.15	\$47.75	

## Important Safety Information

### Our goal is to promote a safe and positive swim

Please review with all posted safety rules and report to a lifeguard if you need assistance.

**Admission Policy:** Children 6 years of age or under must always be accompanied in the water and be within arm's length of a parent or other person 16 years of age or older. Ratio of children 6 years or under to parent/guardian must be no greater than three to one.

**Diving Boards:** Children must be 7 years of age or older to use the 3m or 5m diving boards.

**Hot Tub, Steam Room, and Sauna:** Children 12 years of age and under must be accompanied by a parent or guardian (16 years or older).

**Waterslide:** Children under 42 in. (1.07 m) in height are not permitted on the waterslide. Children 6 years of age and under who meet the height restriction must be closely supervised by an adult. See posted "Water Slide Rules" for full details.

View our Code of Conduct and Health and Safety Rules at [kamloops.ca/swim](http://kamloops.ca/swim)



# Westsyde Pool and Fitness Centre

## Summer 2019 Pool and Fitness Centre Schedule

859 Bebek Road • 250-828-3616  
Effective July 2-September 1, 2019

### SCHEDULES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Public Swim*	2:00-4:00 pm 6:00-8:00 pm	2:00-4:00 pm 6:00-8:00 pm	2:00-4:00 pm 6:00-8:00 pm	2:00-4:00 pm 6:00-8:00 pm	2:00-4:00 pm	1:00-4:00 pm	1:00-4:00 pm
Laps & Leisure	4:00-6:00 pm 8:00-9:00 pm	4:00-6:00 pm 8:00-9:00 pm	4:00-6:00 pm 8:00-9:00 pm	4:00-6:00 pm 8:00-9:00 pm	4:00-6:00 pm	10:00 am-1:00 pm	10:00 am-1:00 pm
Lap Swim	5:30-9:30 am	5:30-9:30 am	5:30-9:30 am	5:30-9:30 am	5:30-9:30 am	10:00 am-1:00 pm†	10:00 am-1:00 pm
Hot Areas	5:30-9:30 am 2:00-9:00 pm	5:30-9:30 am 2:00-9:00 pm	5:30-9:30 am 2:00-9:00 pm	5:30-9:30 am 2:00-9:00 pm	5:30-9:30 am 2:00-6:30 pm	10:00 am-4:00 pm	10:00 am-4:00 pm
L8 Nite Pool Party	L8 Nite, Low Lights, Loud Music, Bring Your Friends!				6:30-9:00 pm	Ages 9-14 years	
Fitness Centre	5:30-11:30 am 3:00-9:00 pm	5:30-11:30 am 3:00-9:00 pm	5:30-11:30 am 3:00-9:00 pm	5:30-11:30 am 3:00-9:00 pm	5:30-11:30 am 3:00-9:00 pm	9:30 am-4:00 pm	9:30 am-4:00 pm

\*All features available. †Pool space may be limited during lesson times.

\*\*Leisure Swim-children and families welcome; toys & attractions will not be open. Schedule subject to change.

## Westsyde Pool and Fitness Centre Fees

	Single Admission	Punch Card (10 Admissions)	One Month pass
Child (4-13)	\$3.55	\$29.45	\$28.65
Youth (14-18)	\$4.15	\$35.15	\$34
Adult (19-59)	\$5.50	\$47.75	\$34
Senior (60+)	\$4.15	\$35.15	\$34
Family Drop-in	\$3.55 per person (max \$14.35)	\$29.45 (1 punch per person)	\$72
Fitness Centre	\$4.15	\$47.75	\$34 (Full Facility)

# Drop-in Aquatic Fitness Classes

## Deep Water Aquafit

Classes are taught in the main pool. Med-high intensity class with certified instructor.

### Canada Games Aquatic Centre

Mon – Fri 9:00 – 10:00 am  
Mar 30 – May 29

## Aqua Lite

Classes are held in the shallow leisure pool.

### Canada Games Aquatic Centre

Tue & Thu 11:00 am – 12:00 pm  
Mar 31 – May 29

## Shallow Water Aquafit

Classes are held in the shallow end of pool. Med-high intensity class with certified instructor.

### Westsyde Pool & Fitness Centre

Mon/Wed/Fri 8:00 – 9:00 am  
Mon/Wed/Fri 5:30 – 6:15 pm  
Mar 30 – May 28

# Schedules

## Brocklehurst Outdoor Pool

Summer 2019 Public Swimming Schedule

2470 Fleetwood Avenue • 250-554-1747

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Effective June 2-30

Lap & Leisure Swim	3:00-6:00 pm	3:00-6:00 pm	3:00-6:00 pm	3:00-6:00 pm			
Public Swim	6:00-8:00 pm	6:00-8:00 pm	6:00-8:00 pm	6:00-8:00 pm	3:00-8:00 pm	1:00-8:00 pm	1:00-8:00 pm

Effective July 2-August 25

Lap Swim	6:00-9:00 am	6:00-9:00 am	6:00-9:00 am	6:00-9:00 am	6:00-9:00 am		
Public Swim	1:00-4:00 pm 6:00-8:00 pm	1:00-4:00 pm 6:00-8:00 pm	1:00-4:00 pm 6:00-8:00 pm	1:00-4:00 pm 6:00-8:00 pm	1:00-8:00 pm	1:00-8:00 pm	1:00-8:00 pm

Effective August 26-September 1

Public Swim	12:00-6:00 pm	12:00-6:00 pm	12:00-6:00 pm	12:00-6:00 pm	12:00-6:00 pm	12:00-6:00 pm	12:00-6:00 pm
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Schedule subject to change. • Note: Brock Outdoor Pool is cash only. • Pool closed on statutory holidays.

## Brocklehurst Pool Fees & Passes

	Single Admission	Punch Card (10 Admissions)	Outdoor Summer Swim Pass
Child (4-13)	\$3.55	\$29.45	\$55
Youth (14-18)	\$4.15	\$35.15	\$67
Adult (19-59)	\$5.50	\$47.75	\$95
Senior (60+)	\$4.15	\$35.15	\$67
Family*	\$3.55 each (max \$14.35)	\$29.45 (1 punch per person)	n/a

\*Children 3 years of age and younger are free!







# Tournament Capital Centre

## Fitness Schedule

Spring 2019

Register by Calling 250-828-3500

SCHEDULES

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		Water Running ▲ 6:30-7:30 am		Aqua Express ▲ Circuit 6:30-7:30 am	
	Gentle Circuit Pro ● 8:00-8:55 am *Drop-in	Gentle Circuit ● 8:00-8:55 am *Drop-in	Gentle Circuit Pro ● 8:00-8:55 am *Drop-in	Gentle Circuit ● 8:00-8:55 am *Drop-in	
				Beginner Mat Pilates ● 8:30-9:30 am	TRX Combo ▲ 8:00-8:45 am
	Gentle Circuit ● 9:00-9:55 am *Drop-in	Cycle Fit ▲ 9:00-10:00 am	Gentle Circuit ● 9:00-9:55 am *Drop-in	Cycle Fit ▲ 9:00-10:00 am	Gentle Circuit ● 9:00-9:55 am *Drop-in
	AquaFit Deep Water ● 9:00-10:00 am **Drop-in	AquaFit Deep Water ● 9:00-10:00 am **Drop-in	AquaFit Deep Water ● 9:00-10:00 am **Drop-in	AquaFit Deep Water ● 9:00-10:00 am **Drop-in	AquaFit Deep Water ● 9:00-10:00 am **Drop-in
	Stretch & Relax ● 10:15-11:00 am	Strong Bones ● 9:45-10:45 am	Stretch and Relax ● 10:15-11:00 am	Strong Bones ● 9:45-10:45 am	Stretch and Relax ● 10:15-11:00 am
	Sensational ● Survivors 11:00 am-12:00 pm	AquaFit Shallow Water ● 11:00 am-12:00 pm **Drop-in	Sensational ● Survivors 11:00 am-12:00 pm	AquaFit Shallow Water ● 11:00 am-12:00 pm **Drop-in	
	TRX Combo ▲ 11:15 am-12:00 pm	Stronger Bones ● 11:00 am-12:00 pm	TRX Combo ▲ 11:15 am-12:00 pm	Stronger Bones ● 11:00 am-12:00 pm	
Afternoon	Strength Intervals ▲ 12:10-12:55 pm ***Value Added	Cycle Fit ▲ 12:10-12:55 pm ***Value Added	Core Strength ▲ 12:10-12:55 pm ***Value Added	Cycle Fit ▲ 12:10-12:55 pm ***Value Added	HIIT-High Intensity Interval Training ▲ 12:10-12:55 pm ***Value Added
	Stroller Fit ● 1:15-2:15 pm	TRX Combo ▲ 12:10-12:55 pm		TRX Combo ▲ 12:10-12:55 pm	
Evening	Cycle Fit ▲ 4:45-6:00 pm	Workout of the Week (WOW) ● 5:15-6:00 pm ***Value Added	HIIT-High Intensity Interval Training ◆ 5:15-6:15 pm	Workout of the Week (WOW) ● 5:15-6:00 pm ***Value Added	
	Beginner Yoga ● 5:15-6:15 pm	Gentle Spin ● 5:15-6:00 pm	Beginner Boot Camp ▲ 5:30-6:30 pm		
	Pound® ● 5:30-6:30 pm		Cycle Fit ▲ 5:30-6:30 pm	FUNctional Strength & Yoga ● 6:15-7:15 pm	
	Beginner Mat Pilates ● 6:30-7:30 pm	STRONG by Zumba ▲ 6:15-7:15 pm	Barre Fitness ● 6:30-7:30pm		
	Spin it, then HIIT the Barre ▲ 7:00-8:30 pm				



Register  
NOW!

Oops! We cancelled it...

... because we didn't know you wanted it! We encourage you to register at least one week before classes start to avoid cancellations.

# Schedules

## Westsyde Community Fitness

Spring 2019

Register by calling 250-828-3500

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	AquaFit (Shallow) <span style="color: blue;">◆</span> 8:00-9:00 am WSP **Drop-in		AquaFit (Shallow) <span style="color: blue;">◆</span> 8:00-9:00 am WSP **Drop-in		AquaFit (Shallow) <span style="color: blue;">◆</span> 8:00-9:00 am WSP **Drop-in
<b>Evening</b>	AquaFit (Shallow) <span style="color: blue;">◆</span> 5:30-6:15 pm WSP **Drop-in	Total Body Blast <span style="color: orange;">▲</span> 6:00-7:00 pm David Thompson Elementary	AquaFit (Shallow) <span style="color: blue;">◆</span> 5:30-6:15 pm WSP **Drop-in	Total Body Blast <span style="color: orange;">▲</span> 6:00-7:00 pm David Thompson Elementary	AquaFit (Shallow) <span style="color: blue;">◆</span> 5:30-6:15 pm WSP **Drop-in
	Beginner Yoga <span style="color: green;">●</span> 7:15-8:45 pm David Thompson Elementary	Cycle Fit <span style="color: orange;">▲</span> 7:15-8:15 pm Cardio Room - WSP	Beginner Yoga <span style="color: green;">●</span> 7:00-8:30 pm David Thompson Elementary	POUND <span style="color: green;">●</span> 7:15-8:15 pm David Thompson Elementary	

## Community-Based Fitness

Spring 2019

Register by calling 250-828-3500

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	ZUMBA® Gold <span style="color: green;">●</span> 11:00-12:00 am Yacht Club				
<b>Afternoon</b>	Gentle Chair Yoga <span style="color: green;">●</span> 1:30-2:30 pm Hal Rogers		Gentle Chair Yoga <span style="color: green;">●</span> 1:30-2:30 pm Hal Rogers	ZUMBA® Gold <span style="color: green;">●</span> 2:30-3:30 pm Yacht Club	Gentle Chair Yoga <span style="color: green;">●</span> 1:30-2:30 pm West Highlands Community Centre
<b>Evening</b>	Beginner Yoga <span style="color: green;">●</span> 5:30-6:30 pm Valleyview Hall	Beginner Yoga <span style="color: green;">●</span> 5:00-6:00 pm Yacht Club			
		Beginner Yoga <span style="color: green;">●</span> 6:00-7:00 pm Hal Rogers			
		Pilates and Yoga <span style="color: green;">●</span> 6:15-7:15 pm Yacht Club			

### ● = MILD/ALL LEVELS

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

### ▲ = INTERMEDIATE

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

### ◆ = ADVANCED

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

### ◆ = AQUAFIT

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

**TCC Annual Full Facility pass holders enjoy a 50% discount on most TCC and Westsyde fitness classes.**

**WSP: Westsyde Pool and Fitness Centre (859 Bebek Road)**

For more class information, see pages 52-71 or visit [www.kamloops.ca/activityguide](http://www.kamloops.ca/activityguide).

\*Gentle Circuit participants are required to purchase a Gentle Circuit Upgrade punch pass, in addition to a track pass.

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

\*\*Value added classes are free to full facility passholders (monthly and annual). Patrons without a full facility wristband require a fitness drop-in ticket (available for purchase at the Tournament Capital Centre (TCC) and Westsyde Pool and Fitness Centre).

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.



# Tournament Capital Centre & Community Fitness

Summer 2019

Register by calling 250-828-3500

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Gentle Circuit PRO ● 8:00-8:55 am TCC *Drop-in *Ends July 22	Gentle Circuit ● 8:00-8:55 am TCC *Drop-in *Ends July 30	Gentle Circuit PRO ● 8:00-8:55 am TCC *Drop-in *Ends July 24	Gentle Circuit ● 8:00-8:55 am TCC *Drop-in *Ends August 1	
	AquaFit (Shallow) ◆ 8:00-9:00 am WSP **Drop In		AquaFit (Shallow) ◆ 8:00-9:00 am WSP **Drop In		AquaFit (Shallow) ◆ 8:00-9:00 am WSP **Drop In
	Gentle Circuit ● 9:00-9:55 am TCC *Drop-in *Ends July 29		Gentle Circuit ● 9:00-9:55 am TCC *Drop-in *Ends July 31		Gentle Circuit ● 9:00-9:55 am TCC *Drop-in *Ends August 2
	ZUMBA® Gold ● 10:00-11:00 am Yacht Club July only				
	Sensational Survivors ● 11:00 am-12:00 pm TCC		Sensational Survivors ● 11:00 am-12:00 pm TCC		
Afternoon	Strength Intervals ▲ 12:10-12:55 pm TCC ***Value Added July only	Cycle Fit ▲ 12:10-12:55 pm TCC ***Value Added July only	Core Strength ▲ 12:10-12:55 pm TCC ***Value Added July only	Cycle Fit ▲ 12:10-12:55 pm TCC ***Value Added ends August 1	HIIT-High Intensity Interval Training ▲ 12:10-12:55 pm ***Value Added ends August 2
Evening		Workout of the Week (WOW) ▲ 5:15-6:00 pm TCC ** Value Added		Workout of the Week (WOW) ▲ 5:15-6:00 pm TCC ** Value Added ends August 1	

SCHEDULES

## ● = 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.

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**TCC Annual Full Facility pass holders enjoy a 50% discount on most TCC and Westsyde fitness classes.**

For more class information, see pages 52-71 or visit [www.kamloops.ca/activityguide](http://www.kamloops.ca/activityguide).

\*Gentle Circuit participants are required to purchase a Gentle Circuit Upgrade punch pass, in addition to a track pass.

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

\*\*\*Value added classes are free to full facility passholders (monthly and annual). Patrons without a full facility wristband require a fitness drop-in ticket (available for purchase at the Tournament Capital Centre (TCC) and Westsyde Pool and Fitness Centre).

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.



# Skating



## ► 2019 Admission Rates Cash Only (small bills appreciated)

Public Skating/Stick & Puck	
Preschool (0-4)	FREE
Child (4-13)	\$4.25
Youth (14-18)	\$5.00
Adult (19-59)	\$6.00
Seniors (60+)	\$4.75
Family (up to 4)	\$12.00
Drop-In Hockey	
Adult (19-59)	\$7.25
Goalies	FREE

Check out our punchcard rates at  
[www.kamloops.ca/arenas](http://www.kamloops.ca/arenas)

To view current cancellations, schedules &  
events please visit [www.kamloops.ca/arenas](http://www.kamloops.ca/arenas)

## Summer Skating at Brock arena runs **JULY - AUGUST**



### *Did You Know?*

Brock Arena has ramps to make the ice accessible to those who use wheelchairs during the public skate programs. Helmets are mandatory for both the person in the wheelchair and any attendant. Any/All attendants must also wear skates on the ice.

## Wear a Helmet

Brain injury is the number one killer and disabler of people under the age of 45. Wearing a C.S.A. approved helmet is the easiest way to prevent brain injury while on the ice.





# KAMLOOPS MINOR HOCKEY ASSOCIATION



## HOCKEY PROGRAMS FOR BOYS & GIRLS AGED 4 - 17

(FEMALE ONLY TEAMS FOR AGES 7-17)

SEASON RUNS FROM  
SEPTEMBER TO MARCH

CURRENTLY REGISTERED PLAYERS

Register online by April 1st  
for the 2019-20 hockey season

New & Transferring Player Registrations  
will be accepted after June 1st

Complete registration information can be found at

**[WWW.KAMLOOPSMINORHOCKEY.COM](http://WWW.KAMLOOPSMINORHOCKEY.COM)**



### 2019 SUMMER CAMPS

Information will be posted on our  
website once available.

### FUTURE STARS FEMALE CAMP

With 2018 Olympic Silver Medalist Bailey Bram  
August 8 & 9

Email enquiries to: [kamhockey@telus.net](mailto:kamhockey@telus.net) or call 250-376-1788  
Office located inside the lobby at the McArthur Island Sport & Event Centre



# KYSA SUMMER CAMPS

**WEEK ONE**  
JULY 22 TO 26

**WEEK TWO**  
AUGUST 19 TO 23

OTHER PROGRAMS AVAILABLE

Visit [www.kysa.net/summer](http://www.kysa.net/summer)  
for more info

PRESENTED BY



## REGISTER TODAY!

at KAMLOOPS GYMNASTICS | TRAMPOLINE CENTRE

Active Kidz Gymnastics (14 months - 5 years)

Gymnastics & Trampoline (6+ years)

Performance Gymnastics (boys & girls)

Competitive Gymnastics & Trampoline  
(boys & girls)

High School & 18+ programs

Ongoing Enrollment

**imagine | believe | achieve**

→ Gymnastics

→ Community Access

→ Trampoline

→ Seasonal Camps

→ Cross-Training

→ Professional Day Camps



**CURRENT SCHEDULES / REGISTRATION / MORE INFO...**

[www.kgtc.ca](http://www.kgtc.ca)

910 McGill Rd. 250-374-6424

(located inside the Tournament Capital Centre)





ONLINE  
REGISTRATION  
OPENS  
**MARCH 9**  
**8 AM**

# SWIM & PLAY SUMMER CAMPS

## SIX SESSIONS TO CHOOSE FROM

Week 1 • July 2 – 5 (4 days)  
Week 2 • July 8 – 12 (5 days)  
Week 3 • July 15 – 19 (5 days)

Week 4 • July 22 – 26 (5 days)  
Week 5 • July 29 – Aug 2 (5 days)  
Week 6 • Aug 6 – 9 (4 days)

## SUMMER CAMP

### Accelerate your child's swimming!

3 x 45 min swim lessons/day | strong stroke  
development focus | certified instructors

**\$260.00 per week • Full Day Camp • 9 am - 4:30 pm**

**\$175.00 per week • Half Day Camp • 9 am - 12:30 pm**

**Ages 5 -12 years**

### Fun out-of-pool activities!

cardboard boat building | mini-olympics |  
water-fights & games | outdoor activities will be  
done indoors in case of smoke

### SPACE IS LIMITED

Register online at [swimkamloops.com](http://swimkamloops.com)

**FOR MORE INFO**  
**call 250.828.3660**



*Also offering...*

## LIFESAVING CAMPS

**\$175.00 per week (12:30 - 4:30 daily)**

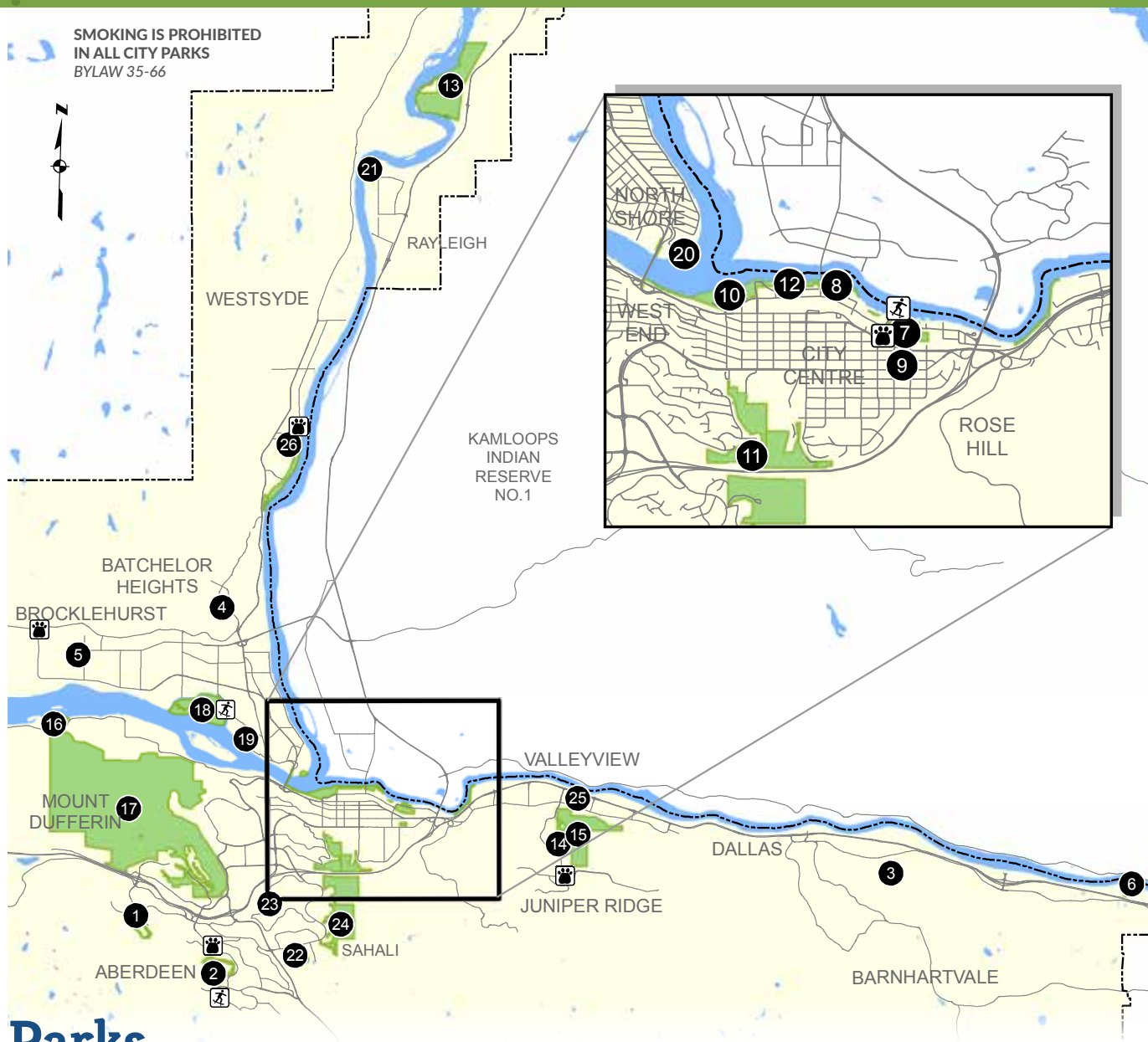
**Week 4 • Junior Lifesaving Camp | Week 6 • Senior Lifesaving Camp**

What do the Mannequin Tow, Rope Toss and Barrier Swim all have in common? They're all part of the exciting new sport of lifesaving! Learn new skills while improving your stroke. (\*does not include any lifesaving certifications)



**Lifesaving  
Sport  
Summer  
Camps**

# Parks and City Facilities



## Parks

### Aberdeen:

- 1 Pineview Valley Park  
1925 Hugh Allan Dr
- 2 West Highlands Park  
1185 Links Way

### Barnhartvale:

- 3 Dallas/Barnhartvale Nature Park  
1210 Eliza Rd

### Batchelor Heights:

- 4 Batchelor Nature Park  
1750 Batchelor Dr

### Brocklehurst:

- 5 Brocklehurst Park  
2470 Fleetwood Ave

### Campbell Creek:

- 6 Campbell Creek Nature Park  
9080 Trans-Canada Hwy E

### City Centre:

- 7 Exhibition Park  
1055 River St
- 8 Pioneer Park:  
40 7th Ave
- 9 Prince Charles Park  
1145 Nicola St
- 10 Riverside Park  
100 Lorne St
- 11 Sahali Terrace Nature Park  
980 3rd Ave
- 12 Waterfront Park  
20 Mt Paul Way

### Heffley Creek:

- 13 Tournament Capital Ranch  
5355 Yellowhead Hwy

### Juniper Ridge:

- 14 Kamloops Bike Ranch  
1105 Highland Rd
- 15 Valleyview Nature Park  
220 Valleyview Pl

### Mission Flats:

- 16 Mission Flats Nature Park  
2710 Mission Flats Rd

### Mount Dufferin:

- 17 Kenna Cartwright Nature Park  
2000 Hillside Dr

### North Shore:

- 18 McArthur Island Park  
1525 Island Parkway
- 19 McDonald Park  
262 King St
- 20 Overlander Park  
247 Kitchener Cres

### Rayleigh:

- 21 Rae-Mor Park  
113 Arab Run Rd

### Sahali:

- 22 Albert McGowan Park  
2025 Summit Dr
- 23 Humphrey Sanctuary Nature Park  
1801 Springhill Dr

### Sahali:

- 24 Peterson Creek Nature Park  
1440 Glenfair Dr

### Valleyview:

- 25 Valleyview Centennial Park  
2288 Park Dr

### Westsyde:

- 26 Westsyde Centennial Park  
705 Franklin Rd



Dog Park



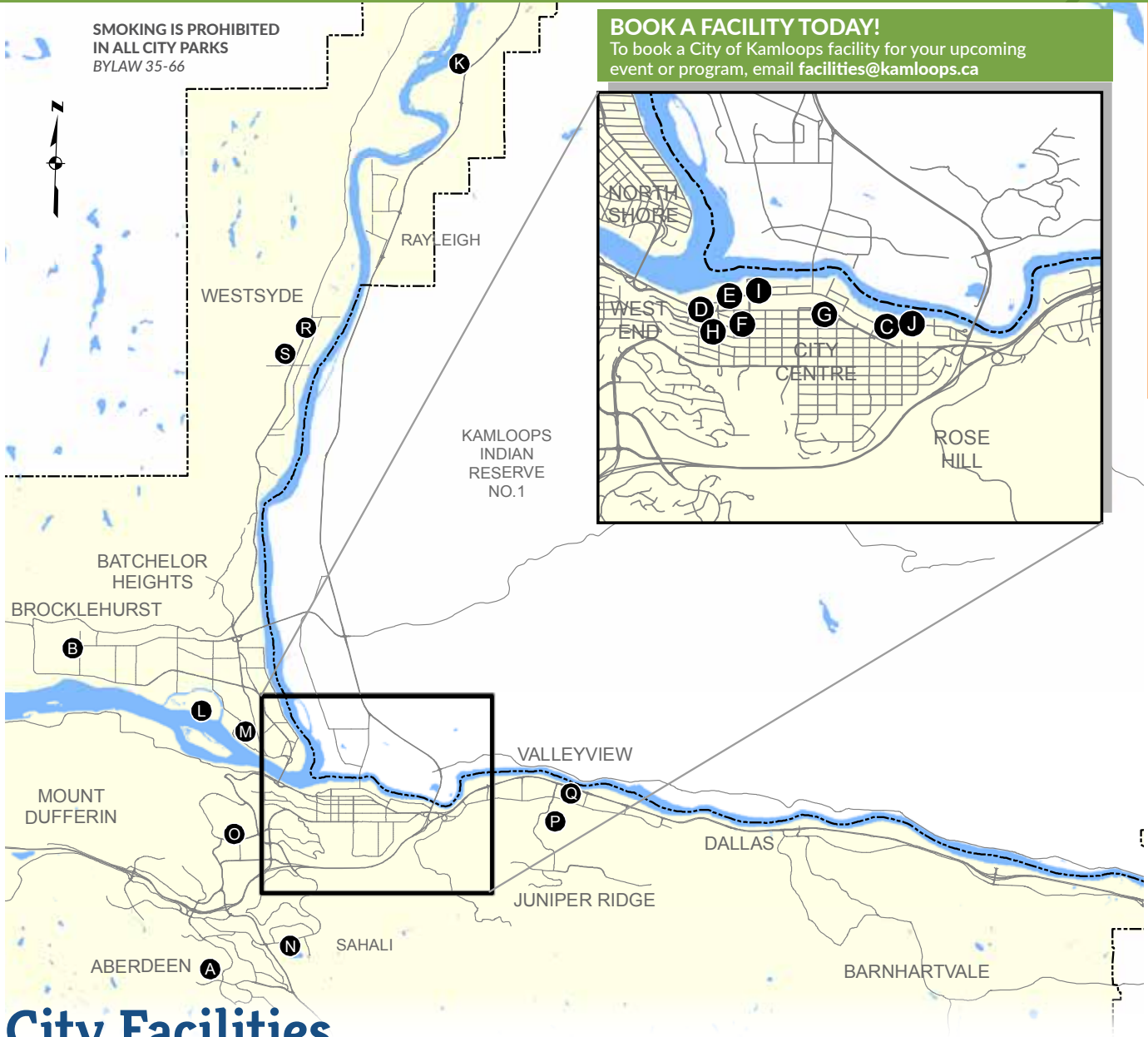
Skateboard Park



SMOKING IS PROHIBITED  
IN ALL CITY PARKS  
BYLAW 35-66

### BOOK A FACILITY TODAY!

To book a City of Kamloops facility for your upcoming event or program, email [facilities@kamloops.ca](mailto:facilities@kamloops.ca)



## City Facilities

### Aberdeen:

- A** West Highlands Park Community Centre  
1185 Links Way

### Brocklehurst:

- B** Brocklehurst Arena & Pool  
2470 Fleetwood Ave

### City Centre:

- C** Charles Anderson Stadium  
1055 River St
- D** City Hall  
7 Victoria St W
- E** Heritage House  
1055 River St

### City Centre:

- F** Kamloops Museum & Archives  
207 Seymour St
- G** Memorial Arena  
740 Victoria St
- H** Old Courthouse Cultural Centre  
7 Seymour St W
- I** Sandman Centre  
300 Lorne St
- J** Yacht Club  
1140 River St

### Heffley Creek:

- K** Tournament Capital Ranch  
5375 Yellowhead Hwy

### North Shore:

- L** McArthur Island  
1525 Island Pky
- M** Parkview Activity Centre  
500 McDonald Ave

### Sahali:

- M** Hal Rogers  
2025 Summit Dr
- O** Tournament Capital Centre  
910 McGill Rd

### Valleyview:

- P** Valleyview Arena  
353 Highland Rd
- Q** Valleyview Hall  
2288 Park Dr

### Westsyde:

- R** Westsyde Neighbourhood Centre  
3530 Westsyde Rd
- S** Westsyde Pool & Fitness Centre  
859 Bebek Rd



# Accessible Recreation

Good for your  
**HEAD!**  
Good for your  
**HEALTH!**  
Good for your  
**HEART!**

Join an adapted or typical program and start doing amazing things for your HEAD, HEALTH, and HEART!



## ► Explore Your Possibilities! ► Accessible Kamloops

### We offer:

- Accessible programs and facilities
- Activities that fit your needs – adapted yoga, hockey, swimming, and more!
- Opportunities for everyone to get healthy

*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 learn more about our programs**

**Phone: 250-828-3582**

**Visit [www.kamloops.ca/access](http://www.kamloops.ca/access).**

### People Create Accessibility

Accessibility is people working together to identify challenges and find solutions. Accessibility is people caring for one another.

**Visit [www.kamloops.ca/access](http://www.kamloops.ca/access)** to find services and programs that help make life in Kamloops more accessible.

- Learn about Snow Angels.
- Sign up for accessible activities that get you out and moving with others.
- Find directories that list every Kamloops organizations providing support.
- Give feedback for ways to improve our home.



*Together we  
are making  
Kamloops  
shine!*



# You Have Choices!

Adapted programming can help you get comfortable with an activity before registering in one of our many other programs.

## ADAPTED PROGRAMS AQUATICS LESSONS

### Adapted Swimming Beginner

Ages: 3-14

Join in the fun and splash into our supported swim lessons for kids with developmental or physical disabilities. BEGINNER is for kids swimming for the first time. Support persons are required to be in the water to ensure a fun and safe environment.

Canada Games Pool

Sat Mar 23-Jun 1  
5:00-5:30 pm 8/\$36.40

### Adapted Swimming Intermediate

Ages: 5-14

Join in the fun and splash into our supported swim lessons for kids with developmental or physical disabilities. INTERMEDIATE is for kids getting comfortable swimming unassisted. Support persons are required to be in the water to ensure a fun and safe environment.

Canada Games Pool

Sat Mar 23-Jun 1  
5:00-5:30 pm 8/\$36.40

## FITNESS YOGA

### 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.

Yacht Club

Thu Apr 4-May 2  
1:15-2:15 pm 5/\$47.62  
Thu May 9-Jun 6  
1:15-2:15 pm 5/\$47.62

## GROUP CLASSES

### 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.

Yacht Club

Thu Apr 4-May 9  
10:30-11:30 am 5/\$33.33  
Thu May 16-Jun 13  
10:30-11:30 am 5/\$33.33

## SPORT

### 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 Gym

Thu Apr 18-June 6  
5:30-6:15 pm 8/\$38.09

### 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 Gym

Thu Apr 18-June 6  
6:15-7:00 pm 8/\$38.09

# Did You Know?

Kamloops is home to many groups providing high-quality active programming for people of all abilities!



A leader in adapted and integrated sport opportunities.  
[kamloopsadaptedsport.com](http://kamloopsadaptedsport.com)



Kamloops  
Community  
YMCA-YWCA

Delivering programs and services to enhance and empower lives.  
[kamloopsy.org](http://kamloopsy.org)



Quality programs that promote accessibility and inclusion.  
[peopleinmotion.org](http://peopleinmotion.org)



Adaptive snow sports and recreation programs at Sun Peaks Resort.  
[adaptivesportsatsunpeaks.org](http://adaptivesportsatsunpeaks.org)

ACCESSIBLE RECREATION

# Program Support

## EASY AS 1-2-3

1. Choose your program(s) and register early.
2. Tell us how we can help support you.
3. Let's work together!



# KAMLOOPS ROWING

BRITISH COLUMBIA

## Learn to Row Program



[kamloopsrowing.com](http://kamloopsrowing.com)

*Find your health on the water this summer at Shumway Lake! Learn the basics of the Olympic sport: ROWING!*

A full body exercise on the water with a moving seat and 2 oars. A fun, safe environment in a boat of 4 participants. Participants must be able to swim 50M. A sport for all ages (15+). Upon successful program completion, the participant can begin rowing recreationally at the Club.

### Program Dates:

Program A: May 14-17 5:30-7:30 pm / May 18-19 8:45-10:45 am

Program B: June 17-21 5:30-7:30 pm / June 22 8:45-10:45 am

Program Cost: \$200

(includes all equipment, insurance and provincial sport fees)

Limited  
seats  
available  
this  
season for  
lessons!

Email to register: [kamloopsrowing@gmail.com](mailto:kamloopsrowing@gmail.com)

# INTRODUCTORY OFFER

4x1 hour  
sessions **\$249**

## REACH YOUR FITNESS GOALS

- ☐ Unsure of where to start?
- ☐ Want to improve your health?
- ☐ Want to reduce inflammation?
- ☐ Want to increase energy and have fun doing it?

**'EXERCISE IS MEDICINE'**



**CHRIS BROCHU**



**CONTACT CHRIS BROCHU**

email [chris@mpowerful.ca](mailto:chris@mpowerful.ca)

tel **250.318.7624**

web [mpowerful.ca](http://mpowerful.ca)



# St. John Ambulance Kamloops 2019 Spring/Summer Course Schedule

<b>Emergency First Aid - Industry \$110</b>
<b>1 day 8:30-4:30</b>
April 3, 11, 15, 17, 23, 25, 27
May 6, 8, 11, 15, 21, 25
June 3, 6, 8, 12, 15, 22, 26, 31

<b>Std. F/A Indust. w/CPR C &amp; AED \$196</b>
<b>2 day 8:30-4:30</b>
April 15/16, 25/26
May 8/9, 22/23
June 6/7, 15/16

<b>Transportation Endorsement \$127</b>
<b>Must have CURR. Worksafe BC 1, 2 or equiv.</b>
<b>1 day 8:30-4:30</b>
April 28
May 26
June 23

<b>H2S Alive \$230</b>
<b>Enform Certified/OSSA Recognized</b>
<b>1 day 8:30-4:30</b>
Apr 27, May 25, June 21

<b>Occupational First Aid Lvl 2 \$625</b>
<b>5 days 8:30-4:30</b>
April 29-May 3, June 24-28

<b>Occupational First Aid Lvl 3 \$760</b>
<b>10 days 8:30-4:30</b>
April 1-12

<b>Emergency Medical Responder \$1595</b>
<b>Meets BC EMR Lisc. Requirements</b>
<b>10 days+online study 8:30-4:30</b>
TBD (May/Oct)

<b>Std. First Aid w/ CPR C &amp; AED \$160</b>
<b>2 days 8:30-4:30</b>
April 9/10, 27/28
May 11/12, 21/22 June 1/2, 19/20

<b>Std. First Aid RECERTIFICATION \$92</b>
<b>Cert. must have exp. within 6 mths.</b>
<b>1 day 8:00-5:00</b>
April 7, June 4

<b>Emergency First Aid Comm. Care \$92</b>
<b>Meets Provincial Lic.ensing Req.</b>
<b>1 day 8:00-5:00</b>
April 5, 18, 23 May 5, 13, 28
June 1, 10, 18

<b>CPR Level A, B or C - Includes AED</b>
<b>Lvl A \$39, Lvl B \$57, Lvl C \$75</b>
<b>1/2 day 8:30 start</b>
April 9, 27
May 11, 21 June 1, 19

<b>Opioid Overdose Reduc. Trg. - FREE</b>
<b>3.5 hrs. - 6PM-9:30PM</b>
TBD
Call 1-866-321-2651

<b>BLS - Basic Life Support (HCP) \$75</b>
<b>formerly CPR C for HCP - w/ AED</b>
<b>1 day 8:30 - 4:00</b>
June 15

<b>BLS - Basic Life Support (HCP) - RECERT. \$45</b>
<b>formerly CPR C for HCP - w/AED - RECERT.</b>
<b>4 hrs. - see below for start/end time</b>
April 14 (1pm-5pm)
May 24 (1pm-5pm)

<b>Standard First Aid - with BLS (HCP) \$165</b>
<b>2 day 8:30-4:30</b>
June 15/16

<b>Babysitting Basics \$49 (ages 11-14)</b>
<b>Ages 11-14</b>
<b>1 day 9:00-4:00</b>
April 1, May 17

<b>Save that Child \$49/\$80 for 2</b>
<b>4 hrs. - see below for start/end time</b>
April 14 (9am-1pm)

## Online Courses

Bullying and Harassment  
Bear Aware  
Confined Space Awareness  
Food Safety - Basic  
Food Safety - Advanced  
Fire Safety  
Gas Detection  
H2S Awareness  
Infection Control/Prevention Basics  
Medical Terminology  
Transportation of Dangerous Goods  
WHMIS  
Working Alone  
and MORE

627 Victoria Street  
Kamloops, BC V2C 2B3  
250-372-3853  
kamloops@bc.sja.ca  
www.sja.ca



Course date(s) and prices are subject to change.  
Please call to confirm date(s) and availability.  
Cancellation/Transfer fee apply.

# Aquatics



## ABOVE & BEYOND LESSONS

### Adapted Swim Lessons

Join in the fun and splash into our supported swim lessons for kids with developmental or physical disabilities. Beginner and intermediate levels; caregivers are required to be in the water to ensure a fun and safe environment. Check lesson schedules for times.

### Adult Learn-to-Swim

**Ages 16+**

Swimming instruction for the terribly terrified. Learn to submerge, float, glide, and basic kicking techniques. Classes will start in the shallow pool.

### Adult Stroke Development

**Ages 16+**

Learn to perfect your stroke techniques and gain endurance. Prepare for triathlon or masters swimming.

### Private Lessons \$23/30 min **Ages 3+**

Full lesson sets of one-on-one instruction. Work on skills – the content is up to you! See Lesson Schedules for times.

## SPORTS WITH A SPLASH

### Recreational Water Polo

**Drop-in  
Ages 16+**

Drop in for a fun-focused skill development and scrimmage. Swimming ability and strong support kick is required; water polo experience is optional.

### Canada Games Aquatic Centre

Mar 26–Apr 30  
Tue

9:00–10:00 PM  
Drop-in admission

### Gym' n Swim

Children ages 3–5 yrs. enjoy supervised gymnastics and swimming while parents enjoy free time at TCC. Contact KGTC at 250-374-6424 for more information and to register.

### KGTC & Canada Games Aquatic Centre

### Pool Paddling Sessions

**Ages 18+**

Keep your paddling skills sharp in the comfort of the Canada Games Aquatic Centre. Note: bring your own clean gear and boat; no instruction provided.

### Canada Games Aquatic Centre

Mar 25–Apr 29	9:00–10:30 PM
Mon (no Apr 22 session)	\$45.50
Mar 27–May 1	9:00–10:30 PM
Wed	\$52

## DROWNING CHAIN OF SURVIVAL

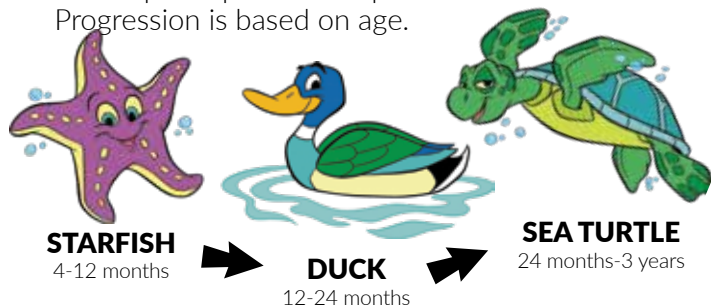


# Learn-to-Swim Program Overview

## ► Parent & Tot Lessons

Ages 4 months-3 years

Parent participation is required.  
Progression is based on age.



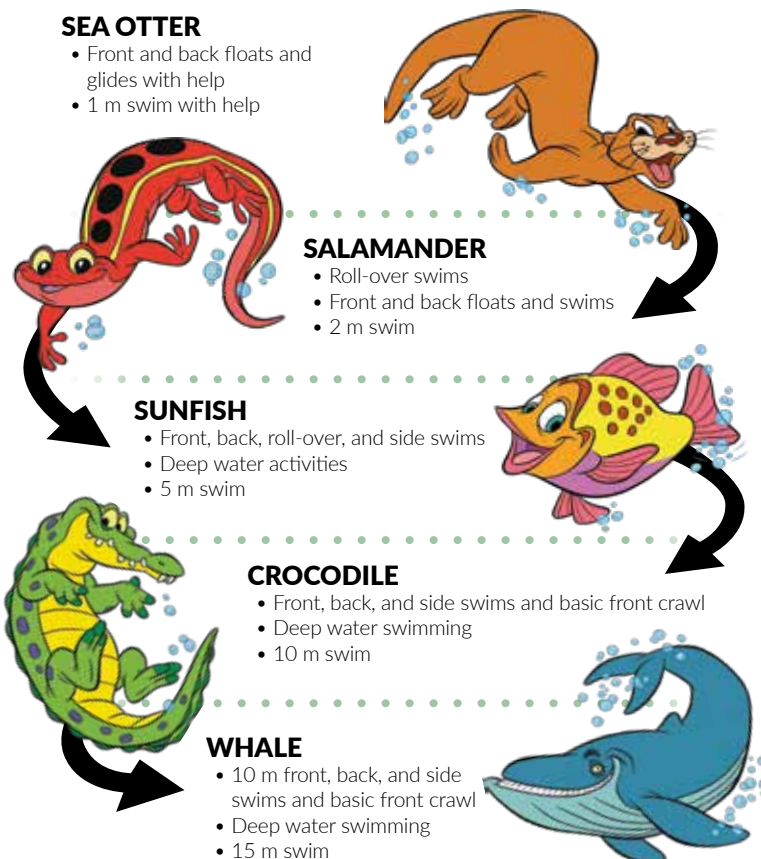
## ► Preschool Lessons

Ages 3-6 years

Progression is based on completion of level.

### SEA OTTER

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



## SWIM KIDS LESSONS (Ages 5-14 years)

Progression is based on completion of level.



**1**

### SWIM KIDS 1

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



**2**

### SWIM KIDS 2

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



**3**

### SWIM KIDS 3

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



**4**

### SWIM KIDS 4

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



**5**

### SWIM KIDS 5

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



**6**

### SWIM KIDS 6

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



**7**

### SWIM KIDS 7

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



**8**

### SWIM KIDS 8

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



**9**

### SWIM KIDS 9

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



**10**

### SWIM KIDS 10

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

AQUATICS

## LESSON FEES:

Parent and Tot: \$53  
Preschool: \$62

Swim Kids (30 min): \$47.75  
Swim Kids (45 min): \$53  
Swim Kids (60 min): \$62



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



# Spring 2019 Weekday Swim Lesson Schedule

Canada Games Aquatic Centre					Westsyde Pool & Fitness Centre*			
Start Date:	Mon/Wed** Start Date: Mar 25		Tue/Thu** Start Date: Mar 26		Mon/Wed** Start Date: Mar 25		Tue/Thu** Start Date: Mar 26	
Red Cross Swim Tots and Preschool - Ages 4 Months–6 Years								
Starfish	10:30 am		10:00 am					
Duck	11:30 am		3:00 pm				5:00 pm	
Sea Turtle	3:00 pm		10:30 am				5:00 pm	
Sea Otter	9:30 am 10:00 am	3:00 pm 4:30 pm 6:00 pm	9:00 am 10:00 am	3:00 pm 4:00 pm 5:30 pm	3:00 pm		4:00 pm	
Salamander	9:00 am 10:30 am	4:00 pm 5:30 pm	8:30 am 11:30 am	4:00 pm 4:30 pm	3:00 pm		4:00 pm	
Sunfish	10:00 am	3:30 pm	9:30 am	3:30 pm 6:00 pm	5:00 pm		3:00 pm	
Crocodile	4:00 pm		5:30 pm		5:00 pm		3:00 pm	
Whale	4:00 pm		5:30 pm		5:00 pm		3:00 pm	
Red Cross Swim Kids - Ages 5–14 Years								
Swim Kids 1	3:30 pm	6:30 pm	4:00 pm	6:00 pm	3:30 pm		4:30 pm	
Swim Kids 2	4:00 pm		4:30 pm		3:30 pm		4:30 pm	
Swim Kids 3	3:00 pm	4:30 pm	3:30 pm		4:00 pm		3:30 pm	
Swim Kids 4	6:30 pm		4:30 pm		4:00 pm		3:30 pm	
Swim Kids 5	6:30 pm		6:30 pm		4:30 pm		5:00 pm	
Swim Kids 6	4:30 pm		3:30 pm		4:30 pm		5:00 pm	
Swim Kids 7	4:30 pm		3:30 pm				5:30 pm	
Swim Kids 8	3:30 pm		5:00 pm				5:30 pm	
Swim Kids 9	3:30 pm		5:00 pm				5:30 pm	
Swim Kids 10	3:30 pm		5:00 pm					
Adult Lessons and Other Programs								
Adult Lessons	7:00 pm		7:00 pm					
Private Lessons: Ages 3+	7:00 pm		3:00 pm	6:30 pm				

\* Schedule subject to change. \*\* The next lesson set starts Apr 24 (Mon/Wed) and Apr 23 (Tue/Thu), and Jun 3 (Mon/Wed) and Jun 4 (Tue/Thu).  
See lesson hot sheet for details - pick one up at the pool or visit [www.kamloops.ca/swim](http://www.kamloops.ca/swim).





# Spring 2019 Weekend Swim Lesson Schedule

Canada Games Aquatic Centre				Westsyde Pool & Fitness Centre		
Start Date:	Friday March 22	Saturday March 23	Sunday March 24	Friday March 22	Saturday March 23	Sunday March 24
Red Cross Swim Tots and Preschool - Ages 4 Months-6 Years						
Starfish	9:00 am	9:00 am 4:30 pm	9:30 am		11:00 am	11:00 am
Duck	9:00 am	9:30 am 4:30 pm	8:30 am		11:00 am	11:00 am
Sea Turtle	3:00 pm	10:30 am	9:00 am		11:00 am	11:00 am
Sea Otter	8:30 am 3:00 pm 3:30 pm 4:00 pm 5:00 pm	8:00 am 10:30 am 8:30 am 11:00 am 9:00 am 4:00 pm 9:30 am 4:30 pm 10:00 am 5:30 pm	8:00 am 11:00 am 8:30 am 11:30 am 9:30 am 4:00 pm 10:00 am 4:30 pm 10:30 am 5:30 pm	3:00 pm	9:00 am	10:00 am
Salamander	10:00 am 4:00 pm 3:00 pm 5:30 pm	8:30 am 10:30 am 9:00 am 11:00 am 9:30 am 4:00 pm 10:00 am 4:30 pm	8:00 am 11:00 am 8:30 am 11:30 am 9:00 am 4:00 pm 9:30 am 5:00 pm 10:30 am 6:00 pm	3:00 pm	9:00 am	10:00 am
Sunfish	9:30 am 4:30 pm 3:30 pm 6:00 pm	8:00 am 11:00 am 9:00 am 4:00 pm 9:30 am 5:00 pm 10:30 am	9:00 am 4:00 pm 9:30 am 4:30 pm 10:00 am 6:00 pm 10:30 am	4:00 pm	10:00 am	9:00 am
Crocodile	4:30 pm 5:30 pm	9:00 am 4:30 pm 10:30 am	10:00 am 4:30 pm 11:00 am	4:00 pm	10:00 am	9:00 am
Whale	4:30 pm 5:30 pm	9:00 am 4:30 pm 10:30 am	10:00 am 4:30 pm 11:00 am	4:00 pm	10:00 am	9:00 am
Red Cross Swim Kids - Ages 5-14 Years						
Swim Kids 1	3:30 pm 5:00 pm	9:30 am 4:00 pm 11:00 am	9:00 am 5:00 pm 11:00 am	3:30 pm	9:30 am	10:30 am
Swim Kids 2	4:30 pm 5:30 pm	10:00 am 5:30 pm 11:30 am	9:30 am 12:00 pm 4:30 pm	3:30 pm	9:30 am	10:30 am
Swim Kids 3	4:00 pm 6:00 pm	8:30 am 6:00 pm 12:00 pm	10:00 am 4:00 pm 5:30 pm	4:30 pm	10:30 am	9:30 am
Swim Kids 4	5:00 pm	11:00 am 4:30 pm	10:30 am 4:30 pm	4:30 pm	10:30 am	9:30 am
Swim Kids 5	3:30 pm	9:30 am 4:00 pm	10:00 am 4:00 pm	5:00 pm	11:30 am	11:30 am
Swim Kids 6	6:00 pm	11:30 am 5:00 pm	11:30 am 5:00 pm	5:00 pm	11:30 am	11:30 am
Swim Kids 7	6:00 pm	11:30 am 5:00 pm	11:30 am 5:00 pm	5:00 pm	11:30 am	11:30 am
Swim Kids 8	4:00 pm	10:00 am 3:00 pm	9:00 am 3:00 pm	5:00 pm	11:30 am	11:30 am
Swim Kids 9	4:00 pm	10:00 am 3:00 pm	9:00 am 3:00 pm	5:00 pm	11:30 am	11:30 am
Swim Kids 10	4:00 pm	10:00 am 3:00 pm	9:00 am 3:00 pm			
Adult Lessons and Other Programs						
Adult Lessons		12:30 pm 6:00 pm	3:30 pm 6:30 pm			
Private Lessons: Ages 3+	4:00 pm 5:30 pm 6:30 pm	9:00 am 3:00 pm 10:00 am 3:30 pm 11:30 am	9:30 am 3:00 pm 10:00 am 4:00 pm 11:00 am 5:00 pm		12:15 pm	12:00 pm 12:15 pm 12:30 pm

\* Schedule subject to change • See lesson hot sheet for details - pick one up at the pool or visit [www.kamloops.ca/swim](http://www.kamloops.ca/swim).

## Summer 2019 Swim Lesson Schedule

Canada Games Aquatic Centre					Westsyde Pool & Fitness Centre				
Start Date:	July 2-11	July 15-25	July 29-Aug 9		July 2-11	July 15-25	Aug 12-22		
Red Cross Swim Tots and Preschool - Ages 4 Months-6 Years									
Starfish	10:00 am	10:30 am	4:00 pm		4:30 pm				
Duck	4:00 pm	10:30 am	4:00 pm		4:30 pm			10:30 am	
Sea Turtle	5:30 pm	4:30 pm	11:00 am					10:30 am	
Sea Otter	9:00 am 4:00 pm 4:30 pm	9:30 am 4:30 pm 4:00 pm 5:00 pm	9:30 am 4:00 pm 10:30 am 5:30 pm		9:30 am 4:00 pm	11:00 am 4:30 pm	10:00 am 5:00 pm		
Salamander	9:30 am 4:00 pm 5:00 pm	9:00 am 4:00 pm	10:00 am 4:30 pm 5:00 pm		9:30 am 4:00 pm	11:00 am 4:30 pm	10:00 am 5:30 pm		
Sunfish	10:30 am 4:30 pm 5:30 pm	10:00 am 4:30 pm	4:00 pm 5:00 pm		10:30 am	9:30 am 5:00 pm	5:00 pm		
Crocodile	5:00 pm	5:30 pm	4:30 pm		4:30 pm	9:30 am	10:30 am		
Whale	5:00 pm	5:30 pm	4:30 pm		4:30 pm	9:30 am	10:30 am		
Red Cross Swim Kids - Ages 5-14 Years									
Swim Kids 1	4:30 pm	10:00 am 5:00 pm	9:00 am 5:00 pm		11:30 am 5:00 pm	10:00 am 4:00 pm	11:00 am 4:30 pm		
Swim Kids 2	5:00 pm	4:00 pm	4:30 pm		11:30 am 5:00 pm	10:00 am 4:00 pm	11:00 am 4:30 pm		
Swim Kids 3	5:30 pm	5:30 pm	5:30 pm		10:00 am 5:30 pm	10:30 am	9:30 am 4:00 pm		
Swim Kids 4	4:30 pm	4:00 pm	10:30 am		5:30 pm	10:30 am	9:30 am 4:00 pm		
Swim Kids 5	4:00 pm	4:30 pm	10:00 am			5:30 pm	9:30 am 4:00 pm		
Swim Kids 6	5:00 pm	10:30 am	5:00 pm			5:30 pm			
Swim Kids 7	5:00 pm	10:30 am	5:00 pm			5:30 pm			
Swim Kids 8	10:30 am	5:00 pm	4:00 pm						
Swim Kids 9	10:30 am	5:00 pm	4:00 pm						
Swim Kids 10	10:30 am	5:00 pm	4:00 pm						
Adult Lessons and Other Programs									
Private Lessons: Ages 3+	10:00 am	5:00 pm 5:30 pm	5:30 pm		10:30 am	5:00 pm			

\* Schedule subject to change. • See lesson hot sheet for details - pick one up at the pool or visit [www.kamloops.ca/swim](http://www.kamloops.ca/swim).



## Pool Parties!

### Canada Games Aquatic Centre

- Party area with table & chairs, includes swimming for up to 16 guests
- Swim Only Option for up to 10 guests

### Westsyde Pool & Fitness Centre

- Private pool with table & chairs for up to 25 guests
- Swim Only Option for up to 10 guests

### Brock Outdoor Pool

- Picnic style party, includes swimming for up to 10 guests
- Swim Only option for up to 10 guests

Call 250-828-3500 to register for a party or for more information.





# Summer 2019 Brocklehurst Outdoor Pool

Weekday Swim Lesson Schedule									
Start Date:		July 2–11		July 15–25		Jul 29–Aug 9		Aug 12–22	
Red Cross Swim Tots and Preschool - Ages 4 Months–6 Years									
Sea Otter	9:30 am 11:30 am	12:00 pm 4:00 pm	9:00 am 10:30 am	11:30 am 4:00 pm	10:00 am 11:00 am	4:00 pm 4:30 pm	9:00 am 11:00 am	4:00 pm 4:30 pm	
Salamander	10:00 am 11:00 am	4:00 pm 5:00 pm	10:00 am 11:00 am	4:00 pm 5:00 pm	10:00 am 11:30 am	4:30 pm	10:00 am 11:00 am	4:30 pm	
Sunfish	10:00 am 11:00 am	4:30 pm	10:00 am 11:00 am	4:30 pm	9:00 am 10:30 am	4:30 pm	10:00 am	5:00 pm	
Crocodile	10:00 am	4:30 pm	10:00 am	4:30 pm	12:00 pm	5:00 pm	11:00 am	5:00 pm	
Whale	10:00 am	4:30 pm	10:00 am	4:30 pm	12:00 pm	5:00 pm	11:00 am	5:00 pm	
Red Cross Swim Kids - Ages 5–14 Years									
Swim Kids 1	9:00 am 11:00 am	5:00 pm	9:30 am 11:00 am	5:00 pm	9:00 am 11:30 am	4:00 pm	9:30 am 11:30 am	4:00 pm	
Swim Kids 2	11:30 am	4:30 pm	11:30 am	4:30 pm	10:30 am	12:00 pm 5:00 pm	9:30 am 11:30 am	4:00 pm	
Swim Kids 3	9:30 am	4:30 pm	9:30 am	4:30 pm	10:30 am	4:30 pm	10:30 am 11:30 am	4:30 pm	
Swim Kids 4	11:30 am	4:00 pm	11:30 am	12:30 pm 4:00 pm	11:00 am	5:00 pm	10:30 am	4:30 pm	
Swim Kids 5	10:30 am	4:00 pm	10:30 am	12:30 pm 4:00 pm	11:00 am	5:00 pm	10:30 am	4:30 pm	
Swim Kids 6	10:30 am		10:30 am		5:00 pm		12:00 pm		
Swim Kids 7	10:30 am		10:30 am		5:00 pm		12:00 pm		
Swim Kids 8	5:00 pm		5:00 pm		10:30 am		5:00 pm		
Swim Kids 9	5:00 pm		5:00 pm		10:30 am		5:00 pm		
Swim Kids 10	5:00 pm		5:00 pm		10:30 am		5:00 pm		
Adult Lessons and Other Programs									
Private Lessons: 3+	12:00 pm	5:00 pm 5:30 pm	12:00 pm	5:00 pm 5:30 pm	11:30 am 12:30 pm	4:30 pm 5:30 pm	12:00 pm 12:30 pm	5:00 pm 5:30 pm	
Adult Lessons	5:30 pm		5:30 pm		5:30 pm		5:30 pm		

AQUATICS

\* Schedule subject to change • See lesson hot sheet for details - pick one up at the pool or visit [www.kamloops.ca/swim](http://www.kamloops.ca/swim).





## 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 Aquatic Coordinators by email at [swim@kamloops.ca](mailto:swim@kamloops.ca) or by phone at 250-828-3477.

**Optional Training:** AED Respond, Pool Operator Level 1



### ► **We Recommend This Path**

**Bronze courses** develop lifesaving fitness and decision making skills.

**Standard First Aid** provides practical skills to handle emergency response situations.

**National Lifeguard** promotes prevention of drowning and aquatic related injury.

**Instructor Training** prepares you to teach swimming lessons and lifesaving skills.

## *Dream Job!* **LIFEGUARD**

**W.H.M.I.S Certificate**  
Available at TRU or online

**Lifesaving Instructor**  
16 yrs, Bronze Cross

**Water Safety Instructor  
Module 3 - Pool & Classroom**  
15 years, Bronze Cross + Module 1 & 2

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

**Water Safety Skills  
Evaluation - Module 1**  
15 years, Bronze Cross

**National Lifeguard**  
16 years, Bronze Cross, SFA

**Standard First Aid**  
15 years

**Bronze Cross**  
Bronze Medallion

**Bronze Medallion**  
13 years or Bronze Star

**Bronze Star**  
For Children 10-13 years

*Start Here!*

# Advanced Aquatic Courses Spring 2019

Course	Days	Dates	Time	Fee	Location	
Bronze Star	Mon/Wed	Mar 25-Apr 17	5:30-6:30 pm	\$95	Canada Games Aquatic Centre	
	Tue-Thu	July 2-4	10:00 am-3:00 pm	\$95	Canada Games Aquatic Centre	
	Students will learn basic CPR, first aid, and water rescues and searches, as well as water hazard awareness. Prerequisites: Strong swimming ability is recommended; 100% attendance is required.					
Lifesaving Camp	Mon-Fri	Jul 8-12	10:00 am-5:00 pm	\$325	Canada Games Aquatic Centre	 
	Mon-Fri	Jul 29-Aug 2	10:00 am-5:00 pm	\$325	Canada Games Aquatic Centre	
	This course combines the Bronze Medallion and Bronze Cross courses in a full week of lifesaving training. Prerequisites: 13 years of age (by last day of course); 100% attendance is required.					
Standard First Aid (SFA)	Tue/Thu	May 14-23	4:00-9:00 pm	\$195	Tournament Capital Centre	
	Mon-Thu	July 8-11	9:00 am-2:00 pm	\$195	Tournament Capital Centre	
	Students are given comprehensive training covering all aspects of first aid and CPR. Topics include spinal, bone, and joint injuries; illnesses due to extreme heat and cold; abdominal and chest injuries; and burns. Includes AED certification. Prerequisites: 15 years of age (by last day of course); 100% attendance is required.					
National Lifeguard (NL)	Sat & Sun	Jun 15-30	9:00 am-5:00 pm	\$350	Canada Games Aquatic Centre	
	Mon-Fri	Jul 15-25	10:00 am-4:00 pm	\$350	Canada Games Aquatic Centre	
	NL is the national standard for lifeguards in Canada. Candidates will learn to apply rescue techniques and first aid skills. Prerequisites: 16 years of age (by last day of course); Bronze Cross; SFA/CPR; 100% attendance is required.					
Water Safety Instructor (WSI)	Mon	July 8	4:00-8:00 pm	\$45	Canada Games Aquatic Centre	
	<b>Module 1 - Skills Evaluation:</b> This WSI skills session evaluates candidates on their strokes and water safety skills to ensure they meet the Red Cross Swim Kids 10 performance criteria. Prerequisites: 15 years of age; Bronze Cross; 100% attendance is required.					
	Tue-Wed	July 9-10	4:00-8:00 pm	\$230	Canada Games Aquatic Centre	
	<b>Module 2 - Online Course &amp; Teaching Experience:</b> The WSI course will consist of orientation of the online learning and teaching experience components. On-line PIN course manual and deck book are included in fee. Prerequisites: 15 years of age, Water Safety Skill Module 1, Bronze Cross or Emergency First Aid. 100% Attendance Required.					
	Fri-Sun	July 19-21	4:00-8:00 pm & 10:00 am-6:00 pm	\$150	Canada Games Aquatic Centre	
	<b>Module 3 - Pool and Classroom:</b> This session will further develop your skills and strategies of the water safety program. Prerequisites: 15 years of age; WSI Online Learning (Module No. 2) Bronze Cross; 100% attendance is required.					
Lifesaving Instructor (LSI)	Sat-Sun	Mar 23-31	10:00 am-5:00 pm	\$260	Canada Games Aquatic Centre	
LSI combines theory and practice to prepare students to teach and evaluate a variety of Lifesaving Society programs such as Canadian Swim Patrol, Bronze Star, Bronze Medallion, Bronze Cross, and others. Prerequisites: 16 years old (by last day of course); Bronze Cross; 100% attendance required.						

## Recertification Clinics

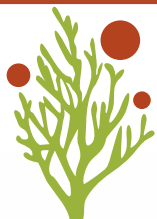
Recertification Clinics - All candidates are required to present their original certification at the start of the clinic.

Clinic	Days	Date	Time	Fee	Location
WSI Recert.	Sunday	May 26 July 14	4:00 pm - 8:00 pm	\$95	Canada Games Aquatic Centre
LSI Recert.	Sunday	Apr 7 July 28	4:00 pm - 8:00 pm	\$85	Canada Games Aquatic Centre
NL Recert.	Sunday	Apr 14 July 21	9:00 am - 5:00 pm	\$125	Canada Games Aquatic Centre

**Refund Policy:** Withdrawals prior to 7 days of start date are 100% refundable and withdrawals within 7 days of start date are 50% refundable. No refunds on or after the start date.



CHILDCARE | PRESCHOOL/KINDERGARTEN | TODDLER PROGRAMS  
SCHOOL AGE PROGRAMS | BEFORE & AFTER SCHOOL PROGRAMS



**JUNIPER**  
EARLY LEARNING  
CENTER

Providing excellence  
in Montessori  
Education

Check out our website mid March for  
info on our fun and exciting

**WEEKLY  
SUMMER CAMPS  
FOR PRE-SCHOOL &  
SCHOOL-AGED  
CHILDREN**

Programs will include, Art, Musical  
Theatre, Science, Cooking, & Soccer

2-2049 HIGHLAND PLACE  
250 851-9345 OR 250.374.9565  
[www.juniperearlylearningcenter.com](http://www.juniperearlylearningcenter.com)

PICK UP & DROP OFF FROM  
JUNIPER ELEMENTARY



*Come enjoy  
the Experience of  
Dance*

Groove 2 Move	Musical Theater
Creative Dance	Funky Jazz
Combo Dance	Jazz
Ballet	Hip Hop
Pointe	Lyrical
Acro	Contemporary

**REGISTER NOW FOR  
FALL REGISTRATION  
& SUMMER CAMPS**

**July 8<sup>th</sup>-12<sup>th</sup>  
Full & Half Days  
Ages 3-7  
August 13<sup>th</sup>-15<sup>th</sup>  
Ages 8+ & Teens**



*Academy  
of Dance*

910 Camosun Crescent • 250-314-9974  
[info@theacademyofdance.ca](mailto:info@theacademyofdance.ca)



  
**KAMLOOPS SYMPHONY  
MUSIC SCHOOL**

**PRIVATE LESSONS**

Brass • Voice • Woodwinds  
Piano • Strings

**GROUP CLASSES**

Group classes for all ages  
and experience levels.

Music For Young Children®  
(ages 2-8)

**FOR INFORMATION  
OR TO SIGN UP**

[KamloopsSymphonyMusicSchool.com](http://KamloopsSymphonyMusicSchool.com)  
[admin@kamloopssymphony.com](mailto:admin@kamloopssymphony.com)  
250-372-5000



# DAY CAMPS

With instruction in tumbling, jumping, stunting and trampoline by certified coaches; kids will have a blast building forts, learning skills and participating in crafts and a daily activity or out-trip! Daily activities such as swimming, rock climbing, and movie party are included in the cost! Make the most of your holidays from school with Freeze!

**8:30AM—4:00PM DAILY  
SPRING BREAK CAMPS:**

**March 18 - 22**

**SUMMER CAMPS:**

**July 2 - August 30**

**DAILY RATE: \$50**

**WEEKLY RATE: \$210**

Register early to avoid disappointment!

## TRY TUMBLE CLASS!

Get a taste of what our tumble classes are like.

**2 WEEKS FOR \$20  
APRIL 29 - MAY 10**

Ages 3-5	Mondays	5:15 - 6:15pm
Ages 6-7	Tuesdays	5:00 - 6:00 pm
Ages 7-11	Wednesdays	6:30 - 7:30 pm

Have tumbling, dance  
or cheer experience?

Ask us about our Competitive  
Team Placements in May

BE A PART  
OF OUR  
PASSION!



**250.851.4466 | [freezeathletics@gmail.com](mailto:freezeathletics@gmail.com)**

**FREEZEATHLETICS.COM**






# Family & Early Years




## ARTS AND CULTURE DANCING

 **Little Dancers 1** Ages: 2.5-3  
Your child will explore movement and music through dancing, stretching, and playing games independently.

**Sista's Love to Dance Studio**  
Sat Mar 30–Jun 1  
9:00–9:30 am 8/\$88

**Valleyview Arena**  
Tue Apr 2–May 21  
9:00–9:30 am 8/\$88

**Westsyde Neighbourhood Centre**  
Wed Apr 3–May 22  
9:00–9:30 am 8/\$88

 **Little Dancers 2** Ages: 3.5-4  
Your child will discover and explore basic movement skills, musical awareness, physical expression, and creativity through dance.

**Sista's Love to Dance Studio**  
Sat Mar 30–Jun 1  
9:40–10:10 am 8/\$88


**Valleyview Arena**  
Tue Apr 2–May 21  
9:40–10:10 am 8/\$88

**Westsyde Neighbourhood Centre**  
Wed Apr 3–May 22  
9:40–10:10 am 8/\$88



### Physical Literacy Lives Here


Programs in the Activity Guide with this icon have components of Physical Literacy incorporated in the class.

 **Introduction to Movement** Ages: 3–6

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

**Kamloops Performance Company**  
Wed Apr 3–Jun 5  
3:30–4:15 pm 10/\$106

## CAMPS

 **Painting, Singing, Acting, Dancing** Ages: 3–5

This camp 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**  
Tue-Fri Jul 23-26  
10:00 am–12:00 pm 4/\$100  
Tue-Fri Aug 6-9  
10:00 am–12:00 pm 4/\$100

## COOKING

**Easy Peasy Baby Food**

Is your baby ready for solids? With so much information and products out there, it's hard to know what babies should be eating. Bring your baby and join other parents and a registered dietitian to learn about the best first foods for babies. Learn to make your own baby food. Bring containers to take home some samples!

**Mt. Paul Food Centre**  
Tue May 7  
9:30–11:30 am 1/\$19.0

## FAMILY ACTIVITIES (MUSEUM)

**Culture Kids** Ages: 2–5

Introduce your little one to other cultures! In each session, we'll learn about a different culture or country through a story and caregiver-assisted craft. This morning activity will allow children the opportunity to explore something new, socialize, and create with others.

**Kamloops Museum & Archives**  
Fri Apr 26–Jun 21  
9:30–10:30 am 8/\$70

**Culture Kids–Israel**  
Fri Apr 26  
9:30–10:30 am 1/\$10

**Culture Kids–Colombia**  
Fri May 3  
9:30–10:30 am 1/\$10

**Culture Kids–Inuit**  
Fri May 10  
9:30–10:30 am 1/\$10

**Culture Kids–France**  
Fri May 24  
9:30–10:30 am 1/\$10

**Culture Kids–India**  
Fri May 31  
9:30–10:30 am 1/\$10

**Culture Kids–Gambia**  
Fri Jun 7  
9:30–10:30 am 1/\$10

**Culture Kids–Iraq**  
Fri Jun 14  
9:30–10:30 am 1/\$10

**Culture Kids–Japan**  
Fri Jun 21  
9:30–10:30 am 1/\$10





## TRAIL WALKING

### Trail Walking with Baby

Get to know six great trails and get active with your baby. Using supportive infant carriers, parents or adult guardians will carry their babies while walking on beginner to moderate level trails in Kamloops area parks. A limited supply of lending carriers are available to borrow.

**Fri** May 17–Jun 21  
10:00 am–12:00 pm 6/\$47.60

## SPORT

### Active Tots Ages: 4–6

Through play and movement, children develop FUNdamental movement skills that provide the foundation for physical literacy, focusing on a multi-sport approach. Your child will be introduced to soccer, T-ball, and floor hockey. This program is in partnership with PacificSport Interior BC.

**Lloyd George Elementary School Gym**  
**Wed** Apr 17–May 22  
5:30–6:30 pm 6/\$58.50

### Active Tots–Outdoor Ages: 4–6

Through play and movement, children develop FUNdamental movement skills that provide the foundation for physical literacy, focusing on a multi-sport approach using the natural environment. This program is in partnership with PacificSport Interior BC.

**Prince Charles Park**  
**Wed** Jun 5–Jul 10  
5:30–6:30 pm 6/\$58.50

### 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.

**Valleyview Community Hall**  
**Wed** May 1–Jun 5  
9:00–9:45 am 6/\$39

**South Sahali Elementary School Gym**  
**Thu** May 2–Jun 6  
5:30–6:15 pm 6/\$39

### Sportball I Ages: 15 mo.–2

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

**West Highlands Community Centre**  
**Tue** Mar 26–May 21  
9:15–10:00 am 8/\$88

**Thu** Mar 28–May 16  
9:15–10:00 am 8/\$88

**Heritage House**  
**Sat** Mar 30–Jun 1  
9:30–10:15 am 8/\$88

**Valleyview Centennial Park**  
**Tue** May 28–Jul 16  
4:00–4:45 pm 8/\$88

**Brocklehurst Park**  
**Thu** May 30–Jul 18  
4:00–4:45 pm 8/\$88

**Albert McGowan Park**  
**Sun** May 26–Jul 21  
9:30–10:15 am 8/\$88

### Sportball II Ages: 2–3

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

**West Highlands Community Centre**  
**Tue** Mar 26–May 21  
10:00–10:45 am 8/\$88

**Thu** Mar 28–May 16  
10:00–10:45 am 8/\$88

**Heritage House**  
**Sat** Mar 30–Jun 1  
10:15–11:00 am 8/\$88

**Albert McGowan Park**  
**Sun** May 26–Jul 21  
10:15–11:00 am 8/\$88

**Valleyview Centennial Park**  
**Tue** May 28–Jul 16  
4:45–5:30 pm 8/\$88

**Brocklehurst Park**  
**Thu** May 30–Jul 18  
4:45–5:30 pm 8/\$88

### Sportball III Ages: 3–5

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

**West Highlands Community Centre**  
**Tue** Mar 26–May 21  
10:45–11:30 am 8/\$88

**Heritage House**  
**Sat** Mar 30–Jun 1  
11:00–11:45 am 8/\$88

**Albert McGowan Park**  
**Sun** May 26–Jul 21  
11:00–11:45 am 8/\$88

**Brocklehurst Park**  
**Thu** May 30–Jul 18  
5:30–6:15 pm 8/\$88

**Valleyview Centennial Park**  
**Tue** May 28–Jul 16  
5:30–6:15 pm 8/\$88



FAMILY & EARLY YEARS

## LOOKING FOR A BIRTHDAY PARTY?

**Come explore the KMA!**

Find out more about hosting your big day at your local museum under the Learning section on our website

[www.kamloops.ca/museum](http://www.kamloops.ca/museum)



# Physical Literacy And You!

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

A multi sector committee dedicated to advancing physical literacy opportunities to engage our community to be active for life and to promote health and well being.

For more information visit [www.playkamloops.com](http://www.playkamloops.com)

## What is Physical Literacy?

"Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life."

- The International Physical Literacy Association, May 2014



### Physical Literacy Lives Here

Programs in the Activity Guide with this icon have components of Physical Literacy incorporated in the class.

*Motivation  
Knowledge  
Valuing*

*on the  
Ground*

*Physical  
Competence*

*Confidence  
Desire*





### Tots T-Ball

**Ages: 4-5**

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

#### Albert McGowan Park

Mon	May 6-Jun 17
5:00-5:45 pm	6/\$58.50
Mon	May 6-Jun 17
5:45-6:30 pm	6/\$58.50
Tue	May 7-Jun 11
5:00-5:45 pm	6/\$58.50
Tue	May 7-Jun 11
5:45-6:30 pm	6/\$58.50

#### McDonald Park

Mon	May 6-Jun 17
5:30-6:15 pm	6/\$58.50
Tue	May 7-Jun 11
5:30-6:15 pm	6/\$58.50

#### Prince Charles Park

Tue	May 7-Jun 11
5:00-5:45 pm	6/\$58.50
Tue	May 7-Jun 11
5:45-6:30 pm	6/\$58.50

### Tots Soccer I

**Ages: 2.5-3.5**

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

#### Albert McGowan Park

Wed	May 8-Jun 12
9:00-9:30 am	6/\$39
Wed	May 8-Jun 12
5:00-5:30 pm	6/\$39
Thu	May 9-Jun 13
5:00-5:30 pm	6/\$39
Sat	May 11-Jun 22
9:00-9:30 am	6/\$39
Sat	May 11-Jun 22
10:45-11:15 am	6/\$39
Tue	Jul 9-Aug 13
9:00-9:30 am	6/\$39
Thu	Jul 11-Aug 15
5:00-5:30 pm	6/\$39

#### Juniper Park

Wed	May 8-Jun 12
5:00-5:30 pm	6/\$39
Thu	May 9-Jun 13
5:00-5:30 pm	6/\$39
Sat	May 11-Jun 22
10:45-11:15 am	6/\$39
Tue	Jul 9-Aug 13
5:00-5:30 pm	6/\$39
Thu	Jul 11-Aug 15
5:00-5:30 pm	6/\$39

#### McDonald Park

Thu	May 9-Jun 13
5:00-5:30 pm	6/\$39
Sat	May 11-Jun 22
10:45-11:15 am	6/\$39
Tue	Jul 9-Aug 13
5:00-5:30 pm	6/\$39
Thu	Jul 11-Aug 15
5:00-5:30 pm	6/\$39

#### Prince Charles Park

Thu	May 9-Jun 13
5:00-5:30 pm	6/\$39
Sat	May 11-Jun 22
10:45-11:15 am	6/\$39
Tue	Jul 9-Aug 13
9:00-9:30 am	6/\$39
Thu	Jul 11-Aug 15
5:00-5:30 pm	6/\$39

#### Rayleigh Elementary School

Sat	May 11-Jun 22
9:00-9:30 am	6/\$39
Sat	May 11-Jun 22
10:45-11:15 am	6/\$39

#### Westsyde Centennial Park

Wed	May 8-Jun 12
9:00-9:30 am	6/\$39
Sat	May 11-Jun 22
9:00-9:30 am	6/\$39
Sat	May 11-Jun 22
10:45-11:15 am	6/\$39
Tue	Jul 10-Aug 14
5:00-5:30 pm	6/\$39
Thu	Jul 12-Aug 16
5:00-5:30 pm	6/\$39

### Tots Soccer II

**Ages: 3.5-5**

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

#### Albert McGowan Park

Wed	May 8-Jun 12
9:45-10:30 am	6/\$58.50
Wed	May 8-Jun 12
5:45-6:30 pm	6/\$58.50
Thu	May 9-Jun 13
5:45-6:30 pm	6/\$58.50
Sat	May 11-Jun 22
9:45-10:30 am	6/\$58.50
Sat	May 11-Jun 22
11:30 am-12:15 pm	6/\$58.50
Tue	Jul 9-Aug 13
9:45-10:30 am	6/\$58.50
Thu	Jul 11-Aug 15
5:45-6:30 pm	6/\$58.50

#### Juniper Park

Wed	May 8-Jun 12
5:45-6:30 pm	6/\$58.50
Thu	May 9-Jun 13
5:45-6:30 pm	6/\$58.50
Sat	May 11-Jun 22
11:30 am-12:15 pm	6/\$58.50
Tue	Jul 9-Aug 13
5:45-6:30 pm	6/\$58.50
Thu	Jul 11-Aug 15
5:45-6:30 pm	6/\$58.50

#### McDonald Park

Thu	May 9-Jun 13
5:45-6:30 pm	6/\$58.50
Sat	May 11-Jun 22
11:30 am-12:15 pm	6/\$58.50
Tue	Jul 9-Aug 13
5:45-6:30 pm	6/\$58.50
Thu	Jul 11-Aug 15
5:45-6:30 pm	6/\$58.50

#### Prince Charles Park

Thu	May 9-Jun 13
5:45-6:30 pm	6/\$58.50
Sat	May 11-Jun 22
11:30 am-12:15 pm	6/\$58.50
Tue	Jul 9-Aug 13
9:45-10:30 am	6/\$58.50
Thu	Jul 11-Aug 15
5:45-6:30 pm	6/\$58.50

#### Rayleigh Elementary School

Sat	May 11-Jun 22
9:45-10:30 am	6/\$58.50
Sat	May 11-Jun 22
11:30 am-12:15 pm	6/\$58.50

#### Westsyde Centennial Park

Wed	May 8-Jun 12
9:45-10:30 am	6/\$58.50
Sat	May 11-Jun 22
9:45-10:30 am	6/\$58.50
Sat	May 11-Jun 22
11:30 am-12:15 pm	6/\$58.50
Tue	Jul 9-Aug 13
5:45-6:30 pm	6/\$58.50
Thu	Jul 11-Aug 15
5:45-6:30 pm	6/\$58.50

## TEDDY BEAR & MOTHER GOOSE PICNIC

**THURSDAY JUNE 13, 2019**

**10:00 am - 12:30 pm**

Join us at Riverside Park for fun and adventure!

Bring your favourite teddy bear, a picnic lunch and a water bottle. Please dress for rain or shine!





# THE ULTIMATE REAL LIFE ESCAPE ROOM EXPERIENCE:

## HOLIDAY HEIST 2/5 stars

Christmas time is here, and you know you have not been very good this year. You've been on Santa's "Naughty List" for a while now, but this Christmas you have a plan to fix that. Tired of getting lumps of coal year after year, you come up with a plan to infiltrate Santa's workshop and write your name in his good books. Ensuring that your dream of sugarplums and candy canes become a reality this year. You're making a plan, you're checking it twice. You're gonna change your name from naughty to nice. Santa Claus is not going to know. He sees you when you're sleeping. He knows when you're awake. But this time Santa is asleep, and that's his first mistake!

## MIRROR MIRROR 4/5 stars

A cult has captured your friends, trapped them in the mirror realm and plan on sacrificing them to summon a demon! You've tracked them down to a quaint little antique shop that you probably never would have gone into otherwise – a perfect hideout. You decide to take your chances and sneak in there at night in order to save them.

## PANDEMIC 5/5 stars

The players are agents and the world's last hope against a viral threat that turns the infected into cannibalistic zombies. This epidemic was released by an unknown terrorist group and the top scientists still cannot come up with a cure. Thousands are dying by the day as the affected area spread. You've traced the source to a lab in the Switzerland. This was the only lab in the area where the terrorist group's broadcast came from and the security is unusually tight for a biotechnology laboratory. Your team breaks in at night in hopes you'll find a cure for this apocalyptic event.

## ASYLUM 5/5 stars, rated R, 18+

In a dystopian future the government has fallen and all crime is legal. You've been on the run for months, every time you think you're safe you hear the sounds of chainsaws and revving engines. Your friends and you come across an abandoned building, you feel uneasy about going inside but the sound of your pursuers is getting louder and you don't have much choice.

"What could be worse than the people we're running from?"

As you slip through the door you look behind you and you have a feeling of dread. Will you ever see the sun again? As your group looks around the room, you realize you haven't just come across an abandoned building, you've come across an abandoned asylum...and you wonder why time seems to be standing still.

**\$25**

(PER PLAYER)  
Players have one hour on the clock to escape!



#304 - 1801 Princeton-Kamloops Highway

(236) 425-2526

Kamloops@E-Exit.ca • ExitKamloops

www.e-exit.ca/Kamloops

**EXIT Kamloops is the ideal team building experience.**

*Each theme takes place in a different setting. To successfully escape EXIT Kamloops, your team must discover clues and solve puzzles to progress you through the story and the mystery of each room.*

KAMLOOPS

## CANOE & KAYAK CLUB

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

### Summer Day Camps Available July 1st – August 31st:

5 day camps for Kids ages 7-14  
Canoe, Kayak, Paddle Board, Dragon Boat,  
Water Trampoline, Games and Hiking  
(activities may vary depending on strength and weather).

8:30- 3:00 PM Mon to Fri

Cost: 1st child \$195, siblings \$175

**Specials for holiday weeks (limited availability):  
see website for prices and hours.**

### Competitive Racing Program:

If you want to try an exciting sport that is both for individuals and teams then Sprint Canoe and Kayak may be for you. We offer High Performance and Introductory Programs.



**OPEN HOUSE**  
Saturday, June 1  
1 - 4 pm

Here's your chance to give paddling a try!



### Masters and Adult Learn to Paddle Programs

Through a variety of programs our Club reaches out to all members of the Kamloops community from ages 9 to 109. Most of our participants are interested in developing canoe and kayak skills and just having fun on the water. Should an individual be 'bitten by the bug,' competitive training and coaching opportunities are available.

**FOR MORE INFORMATION: [www.kamloopscanoeandkayakclub.ca](http://www.kamloopscanoeandkayakclub.ca)  
FIND US ON FACEBOOK @KamloopsCanoeAndKayakClub**



# THE ACADEMY

## JUNIOR CLINICS & CAMPS

### **JUNIOR CAMPS** AGES 7 TO 12 . 9:00AM-12:00PM. \$185

INCLUDES: Daily snack, welcome gift, clubs provided during camp, & instruction from PGA of Canada Professional.

**JULY 8-11 . JULY 15-18 . JULY 29-AUG 1 . AUG 6-9 . AUG 12-15**

### **JUNIOR CLINICS** 4 SESSIONS PER CLINIC. \$69

Ages 4 to 6 FRIDAYS 10:45-11:30AM Starting April 4th


Ages 6 to 8 SATURDAYS 2:00-2:45PM Starting April 5th

Ages 9 to 14 SATURDAYS 3:00-3:45PM Starting April 5th

**TO REGISTER EMAIL [PROSHOP@KAMLOOPSGOLFCLUB.COM](mailto:PROSHOP@KAMLOOPSGOLFCLUB.COM)  
OR CALL OUR PRO SHOP AT 250.376.8020**



# Children and Youth



**Looking for a program for your child  
but don't see it offered in this section.  
Check the adult section.  
Many programs are suitable for teens.**

## ARTS AND CULTURE

**Pottery Workshops**      **Ages: 7-15**  
Your child will learn hand-building techniques, how to use the potter's wheel, and glazing and decorating techniques to finish their work. Clay and related firing costs are included in the class fee.

**Redemption Pottery Studio**

Wed	Apr 3-May 8
3:30-5:30 pm	6/\$150
Wed	May 15-Jun 19
3:30-5:30 am	6/\$150

## CAMPS

**Dance Camp**      **Ages: 11-16**  
This four-day dance camp is a wonderful introduction to new forms of dance as well as an opportunity to expand on existing dance experience. What a great way to keep active and develop new friendships this summer!

**Kamloops Performance Company**

Tue-Fri	Jul 16-19
10:00 am-3:00 pm	4/\$160

**Painting, Singing, Acting, Dancing**      **Ages: 6-10**

This camp 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**

Tue-Fri	Jul 23-26
9:30 am-12:30 pm	4/\$112
Tue-Fri	Aug 6-9
9:30 am-12:30 pm	4/\$112

**Painting, Singing, Acting, Dancing**      **Ages: 11-16**

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

**Kamloops Performance Company**

Mon-Fri	Jul 23-26
1:00-3:00 pm	4/\$112
Mon-Fri	Aug 6-9
1:00-3:00 pm	4/\$112

# Did You Know?

Unstructured play is a great way for your child to discover how to move their body and connect with others. Children who develop movement and life skills are more confident and enjoy participating in activities for life.

**For more information: [www.playkamloops.com](http://www.playkamloops.com)**





## DANCING

### Pottery Camp

**Ages: 8–13**

Your child will learn hand-building techniques, how to use the potter's wheel, and glazing and decorating techniques to finish their work. Clay and related firing costs are included in the class fee.

#### Redemption Pottery Studio

Mon–Fri	Jul 8–12
9:00–10:30 am	5/\$125
Tue–Fri	Jul 15–18
9:00–10:30 am	4/\$100
Tue–Fri	Jul 23–26
9:00–10:30 am	4/\$100
Mon–Fri	Jul 29–Aug 2
9:00–10:30 am	5/\$125
Tue–Fri	Aug 6–9
9:00–10:30 am	4/\$100
Mon–Fri	Aug 12–16
9:00–10:30 am	5/\$125
Mon–Fri	Aug 19–23
9:00–10:30 am	5/\$125
Mon–Fri	Aug 26–30
9:00–10:30 am	5/\$125

### Movers & Groovers

**Ages: 5–7**

Your child will get into dancing with this upbeat introduction to hip hop techniques. Each lesson will take them through a choreographed dance sequence. Before you know it, they'll be dancing like a star!

#### Sista's Love to Dance Studio

Sat	Mar 30–Jun 1
10:15–11:00 am	8/\$100

### Acro Dance

**Ages: 7–10**

Acro is a mix of dance and gymnastics and it's a fun way to build strength and increase body awareness. Students will naturally progress through skills at their own pace and will achieve up to level 4 in acrobatics. This class covers techniques such as stretching, strengthening, limbering, balancing, and tumbling.

#### Kamloops Performance Company

Mon	Apr 1–Jun 3
3:30–4:15 pm	8/\$85

### Acro Dance

**Ages: 4–6**

Acro is a mix of dance and gymnastics and it's a fun way to build strength and increase body awareness. Students will naturally progress through skills at their own pace and will achieve up to level 4 in acrobatics. This class covers techniques such as stretching, strengthening, limbering, balancing, and tumbling.

#### Kamloops Performance Company

Tue	Apr 2–Jun 4
4:30–5:15 pm	10/\$106

### Hip Hop

**Ages: 7–12**

This fun, high-energy class explores the styles of today's more popular dance moves! Students will learn basic hip hop principles and exercises to develop coordination, rhythm, and body isolation. Students will learn short routines and how to dance with sharpness and funk!

#### Sista's Love to Dance Studio

Sat	Mar 30–Jun 1
11:15 am–12:15 pm	8/\$100
Wed	Apr 3–Jun 5
4:00–5:00 pm	10/\$125

# KAMLOOPS INTERNATIONAL BUSKERS FESTIVAL 2019

- Acrobats, magicians, jugglers, hula hoopers, musicians and more are set to take-over downtown Kamloops and Riverside Park.
- Family-friendly, live performances.
- Enjoy multiple stages, food trucks, and more!
- Over 60+ hours of live theatre performances!

**kamloops**  
BOLDLY UNSCRIPTED



PRESENTED BY:  
**bclc**

**July 25–28 RIVERSIDE PARK**

**KAMLOOBSBUSKERS.COM**

CHILDREN AND YOUTH

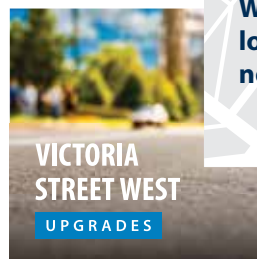
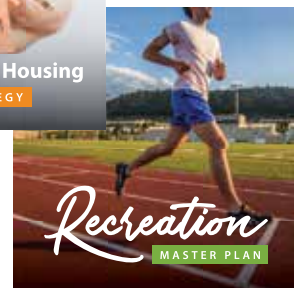
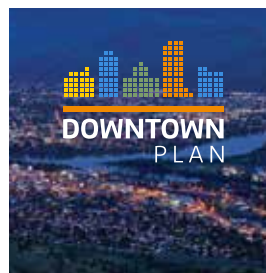


# Let's Talk KAMLOOPS

**SHARE YOUR VOICE.  
SHAPE OUR CITY.**

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

**Sign Up & Speak Up!**



**LetsTalk.Kamloops.ca**



## MUSEUM EDUCATIONAL WORKSHOPS

### KMA Sketch Club **Ages: 8–14**

Learn the basic techniques of sketching with a local artist from Kamloops. With a different gallery focus each week, this is an exciting opportunity to focus on artifacts, including some “behind the scenes” artifacts. All supplies provided, and artists may try some of the drawing tools.

**Kamloops Museum & Archives**

Sat **Mar 30–May 4**  
10:00–11:00 am **5/\$62.50**

### Mornings at the Museum **Ages: 9–12**

Is your child looking for something fun to do on the May 17 Pro-D Day? Join us for Mornings at the Museum for themed adventures on our current exhibition.

**Kamloops Museum & Archives**

Fri **May 17**  
10:00 am–12:00 pm **1/\$10**

### Press Club **Ages: 10–14**

Find out the inside scoop and news at the museum! This club is for aspiring journalists, writers, or anyone who loves print culture. Over five weeks, the club will work as a group to create their own newspaper. They'll explore the history of newspapers in the city and beyond by diving into the archives, interviewing locals, writing stories, and figuring out movable print, all with the end goal of creating a paper that's all their own. Throughout the adventure, they'll be able to share what they are working on through their own social media account.

**Kamloops Museum & Archives**

Sat **Apr 27–Jun 1**  
1:00–3:00 pm **5/\$100**

## FISHING

### Learn to Fish **Ages: 5–15**

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.

**Edith Lake Recreation Site**

Thu **May 30**  
6:00–8:00 pm **FREE**  
Thu **Jun 6**  
6:00–8:00 pm **FREE**

## COOKING

### Spring Baking **Ages: 9–12**

The sun is back, the weather's warm, and it's time to bake up a storm! Join us for a spring-inspired baking class. Some supplies may be required.

**Valleyview Secondary School**

Wed **Apr 17**  
6:00–8:00 pm **1/\$26.60**

### Summer Baking **Ages: 9–12**

Let the sunshine inspire your baking in this class. Some supplies may be required.

**Valleyview Secondary School**

Wed **Jun 5**  
6:00–8:00 pm **1/\$26.60**

## SKATEBOARDING/ LONGBOARDING

### Skateboarding–Beginner **Ages: 8–11**

This introductory course will cover the basics of skateboarding in a skate park. Participants will work on getting comfortable on their board, skating fundamentals, park etiquette, and basic board maintenance. Skateboard and helmet are required. Parents are recommended.

**McArthur Island Park Skateboard Park**

Sat **May 25–Jun 15**  
9:30–11:00 am **4/\$43.81**

### Skateboarding –Intermediate **Ages: 8–11**

This intermediate course is for those who feel comfortable on their board but want to move at faster speeds, learn some starter tricks, and learn how to safely come off their board. Skateboard and helmet are required. Pads are recommended.

**McArthur Island Park Skateboard Park**

Sat **May 25–Jun 15**  
11:30 am–1:00 pm **4/\$43.81**

### Longboarding–Beginner **Ages: 10+**

Did you know we have a longboard park in Kamloops, and our hills and valley terrain are perfect for the sport? Join members from the Kamloops Longboard Club and get started on the right foot. You'll learn how to set up and maintain your board, the basics of board and speed control, and other riding fundamentals. Equipment required.

**Riverside Park Pathway**

Sat **Apr 27–May 25**  
10:00 am–12:00 pm **4/\$114.29**  
Sat **Jun 1–22**  
10:00 am–12:00 pm **4/\$114.29**

### Longboarding –Intermediate **Ages: 10+**

Join members from the Kamloops Longboard Club to build on your longboard skills. You'll work on cruising, carving, and braking and get a taste of downhill/freestyle. Equipment required.

**Riverside Park Pathway**

Sat **Apr 27–May 25**  
12:15–2:15 pm **4/\$114.29**  
Sat **Jun 1–22**  
12:15–2:15 pm **4/\$114.29**

## SPORT

### Come and Try Fastball **Ages: 5–15**

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

**Parkcrest Elementary School**

Mon, Thu **Mar 25, 28**  
6:00–7:30 pm **FREE**

## Did You Know?

Did you know that the Kamloops Museum and Archives has school programs connected to our temporary exhibitions? Continuously rotating through shows that connect to Kamloops' culture and current events, there is always something new to learn at the KMA!

**Learn more about the school programs at**  
**[www.kamloops.ca/museum](http://www.kamloops.ca/museum)**



Makes Both Parents and Kids Happy

School  
Lunch  
Program

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Supervised  
Play Area

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Childcare



**Cafe**  
**Sweet Home**



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(778) 471-5579



**EUREKA!**

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Youth | STEM | Innovation

**Science Camp**

**Weekly July 2nd – August 23rd**



**For more information or to register, visit our  
website: [tru.ca/eureka](http://tru.ca/eureka)**

[f /eurekascienceprogram](https://www.facebook.com/eurekascienceprogram)

[@EUREKAScProgram](https://twitter.com/EUREKAScProgram)

Email us at [eureka@tru.ca](mailto:eureka@tru.ca)

**Girl Guides**  
Everything she wants to be.



Looking for a place where girls are empowered to take the lead,  
jump into awesome activities and explore what matters to them?

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When you sign your daughter up for Girl Guides, you are giving  
her the opportunity to discover herself – and so much more.  
She'll explore, create, learn – and shine.

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1-800-565-8111

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**PUBLISHING AUGUST 16**



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[www.kamloopsthisweek.com](http://www.kamloopsthisweek.com)

[kate@kamloopsthisweek.com](mailto:kate@kamloopsthisweek.com)

778-471-7541

1365B Dalhousie Dr. Kamloops, BC V2C 5P6

**KAMLOOPS  
THIS WEEK**

**ATHLETIC PERFORMANCE TRAINING / GENERAL HEALTH & FITNESS PROGRAMS**

**FREE CONSULTATION : 250-377-0808**



**Acceleration**

KOZORIS STRENGTH  
& CONDITIONING

**24 HOUR  
FITNESS  
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ATHLETIC  
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OPEN TO THE PUBLIC  
MEMBERSHIPS AVAILABLE  
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Greg Kozoris and his team are passionate about exercise physiology and about helping you reach your maximum physical potential. Give the Acceleration team a call to help you reach your goals.

# GET ON BOARD!

## LEARN TO DIVE

### WITH



[www.riptidech.ca](http://www.riptidech.ca)

250-320-0436

[info@riptidech.ca](mailto:info@riptidech.ca)

## LEARN TO DIVE 2019

We offer Learn to Dive Recreational for kids & adults, Pre-Competitive & Competitive Programs

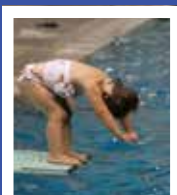
DAY	TIME	FIRST CLASS	LAST CLASS	# WEEKS	FEE
Monday	6:00-7:30pm	March 25	June 24	11	\$231
Tuesday	6:00-7:30pm	March 26	June 25	13	\$273
Wednesday	6:00-7:30pm	March 27	June 26	13	\$273
Thursday	6:00-7:30pm	March 28	June 27	12	\$252
Saturday	3:30-5:00pm or 4:30-6:00pm	May 25	June 29	5	\$105

## Pre- Competitive - Invitation Only

DAY	TIME	FIRST CLASS	LAST CLASS	Monthly	FEE
Monday & Wednesday	5:30-7:30pm	March 25	June 26		\$165

## Competitive - Invitation Only

Days/Wk	TIME	FIRST CLASS	LAST CLASS	Monthly	FEE
2 to 4+	5:00-7:30pm	March 25	June 27		Varies based on the level of meets



REGISTER BY MARCH 8TH AND RECEIVE \$10 OFF



**NOW  
REGISTERING!**

# Spring SwimSkill Lessons Session

**March 25 - May 29**

Mon/Wed only 3:30 or 4:15 pm

Mini Meet, May 31 3:30-5:00 pm  
CANADA GAMES POOL

Age 5+, all levels welcome  
\$155 for 16 x 45 minute lessons

- Red Cross certified instructors
- Stroke development focus
- 500+ Kamloops kids/yr learn to swim with SwimSkill!



**GREAT  
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FOR ANY  
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Book your space today, contact Kate Potter

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kate@kamloopsththisweek.com  
778-471-7541  
1365B Dalhousie Dr. Kamloops, BC V2C 5P6

**KAMLOOPS  
THIS WEEK**



For more information call 250.828.3660 or click  
**swimkamloops.com**



## Kamloops Healthy Weights for Children

### Shapedown BC



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

**SHAPEDOWN BC** is a family based group program that helps children and teens, and their families, achieve a healthier lifestyle.

**HOW DOES IT WORK?** Through aged based group programs and individualized support, the Kamloops Shapedown team of a Registered Dietitian, Fitness Instructor, Registered Social Worker and Pediatrician, helps families to make positive changes in eating habits, activity level, parenting skills and self-esteem.

**HOW DO I JOIN?** Ask your family Doctor, Pediatrician, or Nurse Practitioner to send us a referral. Or contact us for more information.



Kamloops Healthy Weights for Children  
**Shapedown BC**



Interior Health

Public Health  
519 Columbia Street, Kamloops, BC V2C 2T8  
PH: 250.851.7300 | FAX: 250.851.7301  
[www.interiorhealth.ca/Shapedown](http://www.interiorhealth.ca/Shapedown)



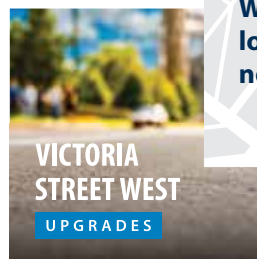
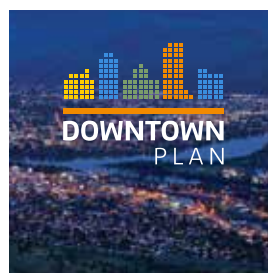
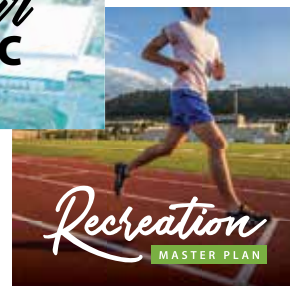


# Let's Talk KAMLOOPS

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**Sign Up & Speak Up!**



**LetsTalk.Kamloops.ca**



Canada's Tournament Capital



## FITNESS AND HEALTH VALUE ADDED CLASSES

Class run from April 1- August 2, 2019, and are free to TCC patrons with a full facility wristband. Non-members require a fitness drop-in ticket.

### Strength Intervals

Do you like variety in your workout? Strength intervals will use a different mode of training each week—kettlebells, dumbbells, medicine balls, bands, speed, agility and body weight exercise! In 45 minutes you will get a great full body workout.

**TCC-Tournament Capital Centre - North Court**

**Mon**

**12:10-12:55 pm**

**Drop-in**

### 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-Tournament Capital Centre**

**Tue/Thu**

**12:10-12:55 pm**

**Drop-in**

### Workout of the Week (WOW)

Change your routine up each week using dynamic movements for a high-energy, full body workout. Use dumbbells, medicine balls, bands, body weight, and fun cardio drills for a different style of class each week. Will it be a HIIT-style class, cardio/abs combo, or functional strength workout? Join us and find out!

**TCC-Tournament Capital Centre**

**Tue/Thu**

**5:15-6:00 pm**

**Drop-in**

### Core Strength

Optimize every move you make in this class that is designed to complement your personal goals. Work on strengthening your abdomen, pelvis, and back muscles to increase performance and prevent injury. Condition your core for a stronger, healthier you!

**TCC-Tournament Capital Centre**

**Wed**

**12:10-12:55 pm**

**Drop-in**

### 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.

**TCC-Tournament Capital Centre**

**Fri**

**12:10-12:55 pm**

**Drop-in**

## GROUP CLASSES

### Aqua Express Circuit

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

**Canada Games Aquatic Centre**

**Thu**

**6:30-7:30 am**

**Apr 4-Jun 20**

**12/\$85.71**

### Barre Fit

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

**TCC-Tournament Capital Centre**

**Wed**

**6:30-7:30 pm**

**Apr 3-Jun 19**

**12/\$85.71**

### Beginner Bootcamp

This beginner-friendly, boot camp style class will give you a full body workout, combining strength and cardio to get your heart pumping. Learn to use a variety of equipment and enjoy longer breaks. This is a great entry-level class to our advanced boot camp class.

**TCC-Tournament Capital Centre**

**Wed**

**5:30-6:30 pm**

**Apr 10-Jun 19**

**8/\$57.16**

## FUNctional Strength & Yoga

This fun combo class will use only body weight for a full body workout! Start the class with a beginner-friendly yoga flow sequence, build into a functional movement based strength workout, and finish off with a relaxing stretch. The perfect workout in 60 minutes!

### TCC-Tournament Capital Centre

Thu Apr 4-Jun 20  
6:15-7:15 pm 12/\$85.71

## 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.

### TCC-Tournament Capital Centre

Wed Apr 3-Jun 19  
5:15-6:15 pm 12/\$85.80

## POUND®

Sweat, sculpt, and rock in this cardio jam session that's inspired by drumming. You won't just listen to music, you'll become the music in this exhilarating full body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up, and rockin' out!

### TCC-Tournament Capital Centre

Mon Apr 1-Jun 17  
5:30-6:30 pm 9/\$64.26

### David Thompson Elementary

Thu Apr 4-Jun 20  
7:15-8:15 pm 12/\$85.68

## 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-Tournament Capital Centre

Mon Apr 1-Jun 17  
10:15-11:00 am 10/\$53.50

Wed Apr 3-Jun 19  
10:15-11:00 am 12/\$64.20

Fri Apr 5-Jun 21  
10:15-11:00 am 11/\$58.85

## STRONG by Zumba®

This revolutionary high intensity workout combines strength training synced to each beat of pulse-pounding motivational songs. Move in sync with the music, using only your body weight for a challenging full body workout.

### TCC-Tournament Capital Centre

Tue Apr 2-Jun 18  
6:15-7:15 pm 12/\$99.96

## Total Body Blast

Get a great, full-body workout in this dynamic and fun class. Improve your strength and fitness level through interval-style training using dumbbells, balls, BOSU®, and body weight exercises.

### David Thompson Elementary

Tue Apr 2-Jun 18  
6:00-7:00 pm 12/\$85.71

Thu Apr 4-Jun 20  
6:00-7:00 pm 12/\$85.71

## TRX Combo

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

### TCC-Tournament Capital Centre

Mon Apr 1-May 6  
11:15 am-12:00 pm 5/\$46.43

Tue Apr 2-May 7  
12:10-12:55 pm 6/\$55.72

Wed Apr 3-May 8  
11:15 am-12:00 pm 6/\$55.72

Thu Apr 4-May 9  
12:10-12:55 pm 6/\$55.72

Fri Apr 5-May 10  
8:00-8:45 am 5/\$46.43

Mon May 13-Jun 17  
11:15 am-12:00 pm 5/\$46.43

Tue May 14-Jun 18  
12:10-12:55 pm 6/\$55.72

Wed May 15-Jun 19  
11:15 am-12:00 pm 6/\$55.72

Thu May 16-Jun 20  
12:10-12:55 pm 6/\$55.72

Fri May 17-Jun 21  
8:00-8:45 am 6/\$55.71

## Water Running

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

### Canada Games Aquatic Centre

Tue Apr 2-Jun 18  
6:30-7:30 am 12/\$85.71

## PRE & POST NATAL

### Stroller Fit

Meet other moms while exercising in a fun, all-levels class. This circuit focuses on building strength, cardiovascular fitness, and flexibility while your baby or toddler enjoys some time in his/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-Tournament Capital Centre

Mon Apr 1-Jun 17  
1:15-2:15 pm 9/\$64.26

## Looking to get ACTIVE WITH BABY?

Check out the Family and  
Early years section for  
family friendly outdoor  
recreation options. Pg.38



ADULT



## SPIN

### Cycle Fit

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-Tournament Capital Centre

Mon	Apr 1–Jun 18
4:45–6:00 pm	10/\$93.80
Tue	Apr 2–Jun 4
9:00–10:00 am	10/\$71.43
Wed	Apr 3–May 29
5:30–6:30 pm	9/\$64.28
Thu	Apr 4–May 30
9:00–10:00 am	9/\$64.28

#### Westsyde Pool & Fitness Centre

Tue	Apr 2–Jun 4
7:15–8:15 pm	10/\$71.43

### Gentle Spin

If you are new to indoor spin/cycling or looking for an easier option from traditional spin classes, Gentle Spin provides a safe, adaptable, low-impact option. Participants are encouraged to work at their own level.

#### TCC-Tournament Capital Centre

Tue	Apr 2–May 28
5:15–6:00 pm	9/\$48.15

### Spin it, then HIIT the Barre!

Challenge yourself with 45 minutes of drills and intervals on a spin bike, then 45 minutes of high-intensity intervals on the barre! This perfectly balanced cardio and toning workout will leaving you feeling the burn.

#### TCC-Tournament Capital Centre

Mon	Apr 1–Jun 17
7:00–8:30 pm	10/\$107.10

## YOGA AND PILATES

### 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 regardless of your fitness level. No experience necessary.

#### TCC-Tournament Capital Centre

Mon	Apr 1–Jun 17
5:15–6:15 pm	10/\$83.30

#### Valleyview Community Hall

Mon	Apr 1–Jun 17
5:30–6:30 pm	10/\$83.30

#### Yacht Club

Tue	Apr 2–Jun 18
5:00–6:00 pm	12/\$99.96

#### Hal Rogers

Tue	Apr 2–Jun 18
6:00–7:00 pm	12/\$99.96

#### David Thompson Elementary

Mon	Apr 1–Jun 17
7:15–8:45 pm	10/\$125

Wed	Apr 3–Jun 19
7:00–8:30 pm	12/\$150

### Beginner Mat Pilates

Learn Pilates principles and apply them to mat exercises to improve core strength and stability, relieve back pain, improve posture, and reduce stress.

#### TCC-Tournament Capital Centre

Mon	Apr 8–Jun 24
6:30–7:30 pm	9/\$75

Thu	Apr 11–Jun 27
8:30–9:30 am	11/\$91.67

### Pilates & Yoga

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

#### Yacht Club

Tue	Apr 9–Jun 25
6:15–7:15 pm	11/\$91.67

## PERSONAL TRAINING

### Train Smart Package

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.

90 minutes/\$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

## SPORT

### Intro to Rowing

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

#### TCC-Tournament Capital Centre & Shumway Lake

Sat	Apr 20, May 4
9:00–11:00 am	2/\$25





## OUTDOOR ACTIVITIES

### FAST Tennis

Fun Adult Starter Tennis (FAST). In this program you will learn tennis fundamentals, including basic tactics and techniques, rules, and scoring. In partnership with the Kamloops Tennis Centre. Repeat participants, please register by phone to qualify for a discount.

#### Kamloops Tennis Centre Bubble

Thu	Apr 4–25
10:30 am–12:00 pm	4/\$75
Sat	Apr 6–May 4
10:30 am–12:00 pm	4/\$75
Tue	Apr 9–30
7:00–8:30 pm	4/\$75
Thu	May 2–23
10:30 am–12:00 pm	4/\$75
Tue	May 7–28
7:00–8:30 pm	4/\$75
Sat	May 11–Jun 8
10:30 am–12:00 pm	4/\$75
Tue	Jun 4–25
7:00–8:30 pm	4/\$75
Thu	Jun 6–27
10:30 am–12:00 pm	4/\$75
Sat	Jun 15–Jul 13
10:30 am–12:00 pm	4/\$75
Tue	Jul 9–30
7:00–8:30 pm	4/\$75

### Co-ed Volleyball

Join us for recreational volleyball. This is a great way to keep active, have fun, and meet new people. All levels welcome.

#### Marion Schilling Elementary School Gym

Thu	Apr 4–May 23
7:30–9:30 pm	8/\$80

### Women's Competitive Volleyball

This is a volleyball league for women. Players sign up individually and will be placed on teams. Selection is at the coaches discretion, based on skill level.

#### Juniper Ridge Elementary School Gym

Tue	Apr 2–May 21
5:30–7:30 pm	8/\$80

### Learn to Fish

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.

#### Edith Lake Recreation Site

Wed	May 8
6:00–8:00 pm	FREE

### Learn to Dragon Boat

Dragon boating is one of the world's fastest growing water sports! Enjoy an incredible workout of strength, power, and endurance while making new friends as you glide along the Thompson River. This program is in Partnership with Kamloops Dragon Boat Club.

#### Pioneer Park - Boat Launch

Wed	May 1–22
7:00–8:00 pm	4/\$40

### Mountain Biking–Beginner

In partnership with the Kamloops Bike Riders Association (KBRA), 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. Program cost includes KBRA membership dues.

#### Kenna Cartwright Park Dufferin Entrance

Tue	Apr 23–May 14
6:00–8:00 pm	4/\$81.92

### Mountain Biking–Intermediate

In partnership with the Kamloops Bike Riders Association (KBRA), this course is designed for participants wanting to improve their off-road riding skills on green and blue trails. Topics taught include bike setup, body position, gear changes, braking, climbing, descending and cornering. Program cost includes KBRA membership dues.

#### Kenna Cartwright Park Dufferin Entrance

Tue	Apr 23–May 14
6:00–8:00 pm	4/\$81.92



## Do your part, be Bear Smart!

- don't put meat, oil, dairy, or unrinsed eggshells or cooked foods into your compost bin
- turn your compost regularly and cover it with leaves or soil to help decrease odour
- freeze pungent waste and store garbage inside until pickup day
- pick fruit daily as it ripens (or before it ripens if you don't intend to use it)
- rinse recyclables

"Bear Smart Bylaw" is in effect between April 1 and November 30.

[Kamloops.ca/BearSmart](http://Kamloops.ca/BearSmart)



Looking for  
education  
workshops?

See Special Interest  
section on page 63.

ADULT

1k  
MINI  
BOOGIE

5k  
WALK  
OR RUN

10k  
WALK  
OR RUN

21k  
RUN

THE CHARITIES  
YOU ARE  
SUPPORTING:



# LET'S BOOGIE



SUNDAY  
**APRIL 28**  
2019

**NEW**  
START/FINISH  
LOCATION

STARTS 8:30AM  
MCDONALD PARK  
THE SHORE

## ALL PACES AND AGES WELCOME!

CFJC TV Boogie The Bridge is a not-for-profit organization in Kamloops, BC that strives to lead in the commitment to holistic health and positive change. Boogie is a fun walk or run event that accommodates all paces and provides you with a variety of distances to choose from. We welcome all paces to participate in this fun-filled supportive run.

REGISTER TODAY »

[boogiethebridge.com](http://boogiethebridge.com)

More info: [registration@boogiethebridge.com](mailto:registration@boogiethebridge.com)



Title Sponsor



Presenting Sponsor



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Premium Nutrition /  
Supplementation Sponsor



Platinum Sponsors



Premium Food  
Sponsor



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Media Sponsors







### Disc Golf–Beginner Clinic

Get dialed in with one of the latest outdoor crazes—disc golf. Learn the fundamentals of this inexpensive, social, and addictive sport. Fun for all abilities!

#### Rose Hill Disc Golf Course

Sun	May 5
9:00 am–12:00 pm	1/\$9.52
Sun	May 5
1:00–4:00 pm	1/\$9.52

## ARTS AND CULTURE DANCING

### Salsa Rueda de Casino

Learn Salsa Casino moves (Cuban style)! We will dedicate part of the class to leading and dancing with a partner (switching among partners), and in the other part of the class we will learn Salsa Rueda de Casino, adding other moves that can only be performed in Rueda (Circle) as a group. The main purpose of this setting is to have fun.

#### Kamloops School of the Arts

Mon	Apr 18–Jun 10
7:30–8:30 pm	10/\$80

### Ballet

This is a continuation of ballet steps learned in the beginner level. People with previous ballet experience are welcome.

#### Kamloops Performance Company

Wed	Apr 3–Jun 5
7:30–8:30 pm	10/\$119.05

### Line Dance

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

#### West Highlands Community Centre

Thu	Apr 4–Jun 10
1:30–2:30 pm	10/\$85

### Latin Dance – Salsa Beginner

Salsa is a very fun, energetic Latin dance that includes spins, sharp movement, and crisp turns. In this class, you'll be introduced to the basic steps of salsa, bachata, and reggaeton with exciting Latin music. This is an easy-to-follow, fun course, and you'll get a great workout. Great for all dance and fitness levels.

#### West Highlands Community Centre

Wed	Apr 4–Jun 20
6:15–7:15 pm	12/\$138.10

### Latin Dance – Salsa Intermediate

Salsa is a very energetic Latin dance that is lots of fun, complete with spins, sharp movement, and crisp turns. Go beyond the basic steps of salsa, bachata, and reggaeton with exciting Latin music.

#### West Highlands Community Centre

Wed	Apr 4–Jun 20
7:30–8:30 pm	12/\$138.10

### Latin Hip Hop Dance Mix

In this fun and exciting class, you'll learn the magic of Latin dance with a hip hop flair, great moves, and style!

#### Valleyview Community Hall

Thu	Apr 5–Jun 21
7:00–8:00 pm	12/\$138.10

## DRAWING & PAINTING

### Watercolour Beyond the Basics

Improve your watercolour techniques as you are led through fun and easy projects to enhance your existing skills. This work shop is designed for beginner to intermediate level, and no drawing skills are required! Must bring your own supplies.

#### Heritage House

Mon	Mar 25–Apr 29
6:30–8:30 pm	5/\$110

### Drawing Beyond the Basics

This class is designed for students that have some drawing experience. Emphasis will be on still life drawing and building on previous skills.

#### Heritage House

Wed	Apr 10–May 8
6:30–8:30 pm	5/\$110

### Acrylic Painting

Develop your artistic skills while having fun learning how to take a photo image from a sketch to a painted masterpiece. This workshop is geared towards beginners. All levels are welcome, and all supplies are included.

#### Heritage House

Wed	May 15–Jun 12
6:30–8:30 pm	5/\$165

## FABRIC ARTS

### Beginner Quilt Workshop

This is a great beginner, step-by-step class on how to make a mini quilt. You'll learn how to follow a pattern, cut precisely with your rotary cutter, piece your quilt, and then put your quilt top into a quilt sandwich for quilting on your machine. Finally, you will learn how to finish it off with a pretty binding. Bring a lunch, sewing machine, and supplies.

#### Heritage House

Sat	Apr 6
9:00 am–5:00 pm	1/\$87.50
Sat	Jun 1
9:00 am–5:00 pm	1/\$85.75

### Mini Button Quilt Picture

This fun mini quilt project is a good one for learning to piece a quilt or for taking a break from one of your long-term projects. You will be making a tiny quilt that you can put in an 8" by 10" picture frame to display on your wall. Bring a lunch, sewing machine, and supplies.

#### Heritage House

Sat	Apr 13
9:00 am–5:00 pm	1/\$85.75



## Take the guess work out of curbside garbage and recycling schedules and what and where to recycle!

Download the City's free WasteWise App available through smart phone apps and on our website at [kamloops.ca/wastewise](http://kamloops.ca/wastewise)

In addition to getting reminders about your curbside collection days, there are also options to find out what recycling goes where and a fun game to practice your skills.

## Quilting: Braided Table Runner

This is a great beginner quilting class. This quilt-as-you-go method is done in narrow strips, and it is a great way to make a quilt on your own domestic sewing machine, using up your scrap fabrics. Bring a lunch, sewing machine, and supplies.

### Heritage House

Sat May 25  
9:00 am–5:00 pm 1/\$85.75

## Quilt-As-You-Go: Block by Block

This block by block quilting method allows you to build your quilt-as-you-go (QAYG). Each block is joined with borders called sashing. This is another great way to build a large quilt on your own domestic sewing machine. Bring a lunch, sewing machine, and supplies.

### Valleyview Community Hall

Sat Jun 8  
9:00 am–5:00 pm 1/\$85.75

## Crochet Rag Rug

Making your own rugs is a beautiful way to add colour and texture to your home while minimizing textile waste. In this workshop, you'll make a rag rug using a big crochet hook and yarn that you'll make from three old bedsheets. Bring your own supplies.

### Heritage House

Mon Apr 8-15  
10:00 am–2:00 pm 2/\$90.00  
Mon Jun 3-10  
10:00 am–2:00 pm 2/\$90.00

## MUSIC

### Group Guitar Lesson for Beginners

This is a great introduction for new players. In this fun, non-intimidating setting, you'll learn the very basics of playing guitar, including identifying the parts of the guitar and learning some chords and simple melodies. Please bring your own guitar.

### Norkam Secondary School

Mon Apr 1–Jun 3  
6:30–7:30 pm 8/\$96

### Guitar Beyond the Basics

You've enjoyed being able to play the basics, but now you're ready to move beyond that. Go beyond the basic chord progressions and scales and explore finger-picking techniques. Guitar experience is required.

### Norkam Secondary School

Mon Apr 1–Jun 3  
7:45–8:45 pm 8/\$96

## Ukulele

A weekly gathering for ukulele enthusiasts! From beginners to advanced players, this casual group setting is an opportunity to explore chords and strumming as well as melody playing. Participant should be familiar with some chords.

### Westsyde Secondary School Classroom

Wed Mar 27–May 15  
6:30–7:15 pm 8/\$77

## PHOTOGRAPHY

### Camera Workshop

#### –Photo Scavenger Hunt

A fun-filled two-day camera workshop. You will be challenged to improve your photography as you learn about composition and other helpful camera tips. Your photo scavenger hunt will start in the beautiful historic Old Courthouse building and then continue around a defined downtown area. Practise your new skills and evaluate your photos with the class as you learn together how to take better captures. Any kind of camera will work for this workshop.

### Old Courthouse

Mon,Tue Mar 18,19  
11:00 am–4:00 pm 2/\$92.50

## iPhone/Android/iPad/Tablet

Bring your iPhone/Android/iPad/tablet (mobile device with a camera) to this fun class and learn how to take spectacular photos with it. During these three sessions, we'll explore techniques that will allow you to move from taking a snapshot to making a photograph. When you've finished the program, you will have acquired skills that will allow you to take cell phone photos worthy of being printed for your home or office walls.

### Heritage House

Wed Apr 3–17  
9:00–11:00 am 3/\$57.75  
Mon May 27–Jun 10  
6:30–8:30 pm 3/\$57.75

### Beginner Photography Workshop

This camera workshop is designed for those who wish to know more about how to use their camera. Bring your camera manual to guide you because you'll be changing some settings on your camera to shoot more deliberately for creativity. In this hands-on workshop, you will take photographs to practise almost all of the different settings and scenarios that the average person would encounter when taking pictures.

### Heritage House

Mon Apr 29  
9:00 am–4:00 pm 1/\$90.50  
Sat May 4  
9:00 am–4:00 pm 1/\$90.50

## Did You Know?

Music in the Park; For 26 years the City of Kamloops and British Columbia Lottery Corporation have sponsored daily concerts at Riverside Park through July and August. This tradition began in 1994 as a legacy of the 1993 Canada Summer Games. Since then, the event has expanded to include a weekly performance at McDonald Park.



Music schedule is posted on the city's webpage mid-June.

Photo by Garry Dosa



## POTTERY AND CERAMICS

### Portrait Photography

This course is for those who understand how their cameras work and want to refine their photography. Learn how to compose images and pose your subject in a deliberate way to create a pleasing portrait, while ensuring a pleasant experience for everyone, including you! Come to this session ready to pose for each other, and have a fun day learning how to be ready for special occasions like weddings, graduations, birthday parties, with your camera in hand.

#### Heritage House

Sat  
9:30 am–3:30 pm

May 11  
1/\$90.50

### Pottery Clay Play

Be inspired as you play in the clay at Redemption Pottery Studio! Explore the unlimited possibilities in this basic workshop suitable for those with little or no experience of working with clay. You will learn hand-building techniques and how to use the potter's wheel. Your creations will be bisque fired, then you will have the opportunity to glaze your work before the last firing. All supplies are included.

#### Redemption Pottery Studio

Wed  
10:30 am–12:00 pm

Apr 17  
1/\$30.50

Wed  
10:30 am–12:00 pm

May 15  
1/\$30.50

Thu  
6:30–7:00 pm

Mar 28  
1/\$30.50

Thu  
6:30–8:00 pm

Apr 25  
1/\$30.50

## WRITING

### Writers' Meet Up

It doesn't matter what type of writing you are working on or if you've never written before. These informal monthly sessions are opportunities to network, exchange ideas, and socialize with others who are interested in writing. Chat and give each other support and encouragement. Remember to bring your pen and notebook (or laptop).

#### Old Courthouse

Sun  
2:00–4:00 pm

Apr 7  
FREE

Thu  
6:30–8:30 pm

Apr 18  
FREE

Sun  
2:00–4:00 pm

May 5  
FREE

Thu  
6:30–8:30 pm

May 16  
FREE

Sun  
2:00–4:00 pm

Jun 2  
FREE

Thu  
6:30–8:30 pm

Jun 20  
FREE



**National Health  
& Fitness Day**

# Saturday June 2, 2018

## FREE ACCESS:

- TCC
- Westsyde Pool & Fitness Centre
- Brock Pool



ADULT



# ECO PAGE

Looking for a way to have fun and to help out the environment? There is a lot to do and learn when it comes to being sustainable. Here are a few ideas to get you started.



## GREEN LIVING EXPO - FREE EVENT!

Saturday, May 11, 10 am–4 pm, Sandman Centre

A variety of of sustainable products and services on display for all ages, including:

- Food Truck Festival
- Speaker Series
- Kids Zone

For more info, visit [Kamloops.ca/Expo](http://Kamloops.ca/Expo)



## DRINKING WATER WEEK MAY 5–11

With a state-of-the-art membrane filtration system, Kamloops has some of the best drinking water in Canada. Follow our Facebook Page @ CityofKamloops for tips and facts during this week.

Learn where your drinking water comes from by visiting [Kamloops.ca/WaterQuality](http://Kamloops.ca/WaterQuality)



## CONSIDER YOUR CHOICES AT SUMMER EVENTS!

Whether you're a Music in the Park regular or hitting up other festivals and events this summer, have fun and show your love for our community:

- walk, bike, take transit, or carpool to keep our air clean
- BYO water bottle, cup, plate, or utensils to go waste-free
- take the BYO pledge at [Kamloops.ca/BYO](http://Kamloops.ca/BYO)

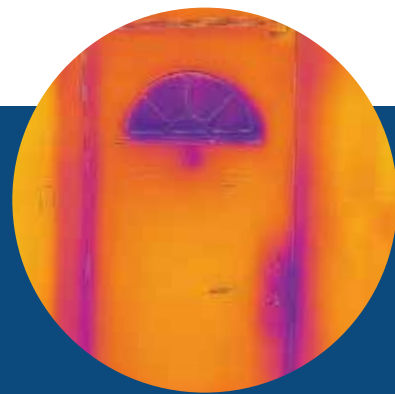
Turn your key,  
be idle free!



## WHY REDUCE IDLING?

- idling threatens your health and pollutes our environment
- idling gets you nowhere and it's expensive!
- idling for more than 3 minutes is prohibited within City boundaries (Good Neighbour Bylaw No. 49-1)

For more info, visit [Kamloops.ca/IdleFree](http://Kamloops.ca/IdleFree)



## SEE THE HEAT THERMAL IMAGING PROGRAM

Check out a thermal imaging camera and take home a free FortisBC draft-proofing kit. With the camera, you'll be able to see how well insulated your home is and make simple improvements using your kit!

For more info, visit [Kamloops.ca/SeeTheHeat](http://Kamloops.ca/SeeTheHeat) or the library



## ELECTRIC AVENUE AT HOT NITE IN THE CITY THIS AUGUST!

Don't miss Electric Avenue, a city block dedicated to electric vehicles:

- talk to electric vehicle owners
- learn about charging stations
- discover the benefits of driving electric for your pocket book and the environment



## MUSEUM

### Beeswax Wraps

Did you know that Kamloops is a Bee City? Our local pollinators create beeswax, which can be used in many ways. Learn how to create eco-friendly beeswax wraps that can be reused instead of plastic wrap. Great for your kitchen and the planet!

#### Kamloops Museum & Archives

Wed	Apr 24
1:00–2:30 pm	1/\$20
Sat	Jun 8
1:00–2:30 pm	1/\$20

### Archival Research Workshop

Have you ever wondered how to go about researching at an archives? Join KMA's archivist to learn about the research resources available at the KMA and the treasures that you can discover. Registration is required.

#### Kamloops Museum & Archives

Sat	Jul 20
11:00 am–12:00 pm	1/\$10

### Object Handling Session

Get close to KMA artifacts through feel and discussion. Learn the proper technique to handle artifacts and be able to experience materials through your sense of touch. Registration is required.

#### Kamloops Museum & Archives

Sat	Aug 17
11:00 am–12:30 pm	1/\$10

### Tour for International Museum Day

Check out your local museum on International Museum Day! This free tour will explore some of our favourite artifacts, local stories, and the latest exhibition. Stop in and see what's new at the KMA!

#### Kamloops Museum & Archives

Sat	May 18
1:00–2:00 pm	FREE

### Downtown Historic Homes Walking Tour

Peek into the stories of some of Kamloops' most historic homes during our summer 2019 walking tour. Learn more about the city's architectural history and hear stories about the community as we stroll down the tree-lined downtown streets. Registration is required.

Wed	Jul 3
10:00–11:30 am	1/\$10
Wed	Jul 17
10:00–11:30 am	1/\$10
Wed	Jul 31
10:00–11:30 am	1/\$10
Wed	Aug 14
10:00–11:30 am	1/\$10
Wed	Aug 28
10:00–11:30 am	1/\$10

### Procrastinators' Tour

Did you put off coming down to see our latest exhibition? Don't fret, we have a tour just for you! Join us during the last day of our exhibition.

#### Kamloops Museum & Archives

Sat	Jun 29
11:00 am–12:00 pm	1/\$5

## SPECIAL INTEREST COOKING

### Date Night–Mediterranean

Nothing says romance like the Mediterranean. Sign up as a couple and learn how to make a three-course, Mediterranean-inspired meal. Price is per couple. Some supplies are required.

#### Sahali Secondary School

Wed	Apr 10
6:30–9:30 pm	1/\$78.10

### Cajun/Creole

Laissez les bon temps rouler! Join a Gold Seal Chef and learn to make delicious Cajun and Creole recipes. Some supplies required.

#### South Kamloops Sec. School

Thu	Apr 25
6:30–9:30 pm	1/\$44.76

### Patio Plates

After a long winter there's nothing quite like patio season. Take this class and learn to make some delicious, fresh recipes to enjoy outside. Some supplies required.

#### Sahali Secondary School

Wed	May 1
6:30–9:30 pm	1/\$44.76

### Seafood

We all know the benefits of eating seafood...and we've eaten some terribly cooked seafood. Join a Gold Seal chef and learn to make delicious fish and seafood dishes. Some supplies required.

#### South Kamloops Sec. School

Thu	May 16
6:30–9:30 pm	1/\$44.76

### Date Night–Mexican

Olé! Grab a partner and learn to make some fresh and seasonally inspired Mexican dishes. Price is per couple. Some supplies required.

#### Sahali Secondary School

Wed	May 29
6:30–9:30 pm	1/\$78.10

### Japanese–Bento Boxes

Oishii! That's Japanese for 'delicious' and that's just what you'll think about the recipes taught in this class. A Gold Seal chef will teach you several techniques to create everything you need for a perfect bento box. Some supplies required.

#### South Kamloops Sec. School

Thu	Jun 6
6:30–9:30 pm	1/\$44.76

ADULT

## FrankenJax 4<sup>th</sup> Annual Road Hockey Tournament



Join us for this annual road hockey tournament on Saturday, August 24<sup>th</sup> and Sunday, August 25<sup>th</sup> at Marion Schilling from 9am–5pm. Enjoy music with a live band during the tournament.

For more information please contact  
Jayson Bruno at jaybruno@telus.net.



## Smoked Meats–Cured Meats

Smoking and curing meat is easy when you are taught by a pro. Join Brody from the Chop N Block to learn to make your own bacon and ham. This class is taught in a casual learning environment, and you'll walk away with recipes, directions, and a few samples to taste.

**Westside Secondary School**

Thu Jun 13  
6:30–8:30 pm 1/\$41.90

## Cheese Making–Mozzarella, Burrata, and Bocconcini

Now here's something cheesy—join an expert to learn to make your own artisan cheese. This class is run in a demonstration style (taste, touch, feel), and you'll receive the instructions and ingredients to make over 4 lbs of cheese at home.

**Heritage House**

Thu Jul 25  
3:00–5:00 pm 1/\$71.43

## Cheese Making–Havarti

Now here's something cheesy—join an expert to learn to make your own artisan cheese. This class is run in a demonstration style (taste, touch, feel), and you'll receive the instructions and ingredients to make over 4 lbs of cheese at home.

**Heritage House**

Thu Jul 25  
6:00–8:00 pm 1/\$71.43

## Cake Decorating–Cupcake Bouquets

Just in time for spring, this course is dedicated to creating beautiful floral bouquets that are a feast for the eyes and the belly! Join Shirley, the Cake Lady, and learn to turn cupcakes into delicious, petalled beauties. Some supplies required.

**Norkam Secondary School**

Tue Apr 23  
6:00–8:00 pm 1/\$32.38

## Cake Decorating–Unicorn Cakes

First created by a Canadian baker, unicorn cakes are the latest sweet treats to pop up on the table at birthday parties. While finding a unicorn could prove challenging, these cakes are a cinch to make when you have Shirley, the Cake Lady, teaching you! Some supplies required.

**Norkam Secondary School**

Tue May 28  
6:00–8:00 pm 1/\$32.38

## GARDENING

### Small Plot Gardening–Early Growing Season

Interested in growing your own food, but have limited space to build your garden? Join two Master Gardeners to find out how to get the most out of a small garden plot. Learn how to prep your soil and rows, set up a watering system, what to start early, and how to get the best results.

**Gardengate**

Sat Apr 6  
10:00 am–12:00 pm 1/\$14.29

### Herbs–Growing and Maintaining

Herbs are a welcome addition to any garden. They look, smell, and taste amazing. They are also easy to grow, attract pollinators, repel pests, and produce large harvests. Offered in partnership with the Kamloops Food Policy Council, in this course you will learn how to start, transplant, and care for herbs in your garden or pots. You'll even take home some small plants to get you started!

**McDonald Park Public Produce Garden**

Wed Apr 10  
6:00–7:30 pm 1/\$14.29

### Growing Great Trees

We grow them for shade, food, and beauty, but growing healthy trees can be tricky. Let an ISA-certified Arborist teach you how to choose the right type of tree and select a good one from the store. You'll leave with planting instructions and tips for caring for your tree as it grows.

**Parkview Activity Centre**

Sat Apr 13  
1:00–4:00 pm 1/\$23.75

# Did You Know?



That physical literacy is more than just learning or maintaining movement skills? Having the confidence and motivation to move your body provides opportunities to be active, healthy and social for life.

**For more information:**  
[www.playkamloops.com](http://www.playkamloops.com)





### Sustainable Landscape Design

Design a beautiful landscape that will meet your needs while keeping in mind plant health and the environment. Learn about garden styles, design principles, and the process for putting it all together.

**McArthur Island Sport and Event Centre**

Wed May 1  
6:00–9:00 pm 1/\$14.28

### Creating a 4-season Planter

Learn how to design, plant, and successfully grow a planter that will look beautiful through the seasons. Some supplies required.

**Agri Supply Ltd.**

Sun May 5  
10:00–11:30 am 1/\$40

### Small Plot Gardening–Mid Growing Season

You've been tending your spring garden... now what? Join two Master Gardeners to learn how to get the most out of your small garden plot throughout the growing season. Learn about pest control, succession planting, warm/late season planting, troubleshooting, and fall tasks.

**Gardengate**

Sat May 11  
1:00–3:00 pm 1/\$14.29

### Water-Wise Gardening

Learn tips and tricks to growing a beautiful and functional garden while saving time, money, and water. This workshop explores the seven xeriscape principles and includes a tour of McArthur Island's Xeriscape Demonstration Garden.

**McArthur Island Sport and Event Centre**

Wed May 15  
6:00–9:00 pm 1/\$14.28

### Creating a Brown-thumb Patio Planter

Don't have a green thumb, but still want something pretty for your deck or patio? Succulents are the answer! Create a planter bowl with these low-maintenance, drought-tolerant beauties, and finally have something to show off this growing season. All supplies are provided, and you'll get some great tips about care and maintenance.

**Agri Supply Ltd.**

Thu May 16  
6:30–7:30 pm 1/\$40

### Herbs–Harvesting and Processing

Have your herbs doubled in size? Wondering what to do with all those beautiful plants? Put on in partnership with the Kamloops Food Policy Council, in this course you will learn how to harvest and transform your herbs into out-of-the-box products. You'll take home a couple of great samples.

**McDonald Park Public Produce Garden and Parkview Activity Centre Meeting Room**

Wed Jun 5  
6:00–7:30 pm 1/\$14.29

### Backyard Composting

Discover how to compost your kitchen scraps and yard waste more efficiently. Learn what can and cannot be composted, how long materials take to decompose, and the benefits of composting for your garden. There will be discussion on potential problems and ways to fix them.

**TCC–Tournament Capital Centre Meeting Room D**

Wed Jun 12  
7:00–8:30 pm 1/\$14.28

## EDUCATION WORKSHOPS

### Physical Literacy 101

Join us in this four-hour workshop to gain a better understanding of what physical literacy is and how you can encourage continual improvement and development of physical literacy skills across the lifespan. In partnership with Sport for Life and PLAYKamloops (www.playkamloops.com).

**Tournament Capital Centre Meeting Rooms B, C, and D**

Wed Apr 24  
5:00–8:00 pm 1/\$25

### National Coaching Certification Program –Fundamental Movement Skills

The Fundamental Movement Skills of throwing, catching, jumping, striking, running, kicking, agility, balance, and coordination form the basis for future sport skill development and the lifelong enjoyment of physical activity. Learn how to observe, teach, and improve fundamental movement skills.

**Tournament Capital Centre Meeting Rooms B, C, and D**

Sat Apr 27  
8:00 am–12:30 pm 1/\$25

**What? Where? When? Waste Wise.**

Take the guesswork out of recycling and never miss a collection day.

Download the Waste Wise Kamloops app or visit:

**Kamloops.ca/WasteWise**

**Kamloops**  
Canada's Tournament Capital

ADULT

# Spring Programs & Activities Guide

*now available* for your  
Kamloops & North  
Kamloops Libraries.



View the guide and register  
for FREE programs at **tnrl.ca**



## 2019 SATURDAY SEMINARS!

### MARCH 9, 10AM

ST. PATRICK'S DAY TROPICAL  
DISH GARDEN WORKSHOP \$25

### MARCH 16, 10AM

VEGGIE CROPS THAT MATCH  
YOUR LIFESTYLE: MAKE A DATE  
WITH YOUR VEGGIE GARDEN

### MARCH 23, 10AM

GROWING GREAT ROSES

### MARCH 30, 10AM

GARDEN THERAPY

### APRIL 6, 10AM

EDIBLE CONTAINERS: VEGGIE  
GARDENS FOR THE CITY

### APRIL 13, 10AM

DECORATIVE WREATH WITH  
ANNUALS WORKSHOP

### APRIL 20, 10AM

EASTER TABLE CENTRE-PIECE  
WORKSHOP

### APRIL 27, 10AM

CONTAINER GARDENING  
WORKSHOP (COST WILL BE  
PRODUCTS PURCHASED)

### MAY 4, 10AM

GOOD BONES: FRAMEWORK FOR  
YOUR LANDSCAPE

### MAY 11, 10AM

NATIVE BY DESIGN: LESS GRASS  
MORE HABITAT

### MAY 18

PATIO OASIS: TROPICAL  
PLANTS FOR SUMMER PATIOS  
WORKSHOP

### MAY 25, 10AM

SUCCULENT GARDENING  
WORKSHOP

### JUNE 8, 10AM

FLOWERING SHRUBS TO  
MAXIMIZE BLOOM & BEAUTY

### JUNE 22, 10AM

USING FRESH HERBS FOR  
ARRANGEMENTS WORKSHOP

### JULY 13, 10AM

PROVEN WINNER OPEN HOUSE

### JULY 27, 10AM

PLANNING FALL GARDEN

### AUGUST 10, 10AM

PERENNIAL GRASS GARDEN  
WITH WOW

**250-828-2111 • artknappkamloops.com**

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

# GREAT EXPOSURE FOR ANY BUSINESS

Be apart of the next  
Activity Guide  
**PUBLISHING AUGUST 16**



Book your space today, contact Kate Potter

[www.kamloopsthisweek.com](http://www.kamloopsthisweek.com)

[kate@kamloopsthisweek.com](mailto:kate@kamloopsthisweek.com)

778-471-7541

1365B Dalhousie Dr. Kamloops, BC V2C 5P6

KAMLOOPS  
**THIS WEEK**

## YMCA YWCA Violence Against Women Intervention and Support Services

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



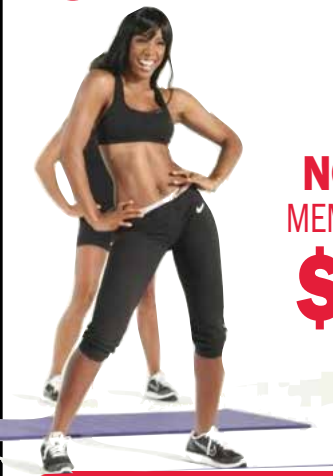
Kamloops  
Community  
YMCA-YWCA

Building healthy communities

# SPRING Into Shape!

**PLANET WOMAN FITNESS**

**3 LOCATIONS TO SERVE YOU!**



**BRING IN  
THIS AD AND  
RECEIVE  
NO ENROLLMENT  
MEMBERSHIPS STARTING AT**

**\$19<sup>99</sup>\***  
PER  
MONTH

**24 HOURS A DAY,  
7 DAYS A WEEK FULL ACCESS**

- 6,000 sq. ft. of cardio equipment, weight machines
- Personal Training Available
- Full body vibration machines
- Comfortable ladies only setting
- Tanning (Valleyview location only)

**PLANET WOMAN**  
LADIES FITNESS

[WWW.PLANETWOMAN.CA](http://WWW.PLANETWOMAN.CA)

**3 KAMLOOPS  
LOCATIONS**

1800 Tranquille Rd  
778-470-2522

#102-1967 Trans  
Canada Hwy  
778-471-4888

Beyond Fitness  
795 McGill Rd  
250-851-5603



**DON'T JUST WATCH YOUR  
COMMUNITY GROW,  
GROW WITH THEM!**



**Become a volunteer with Scouts Canada  
now and make a difference in your life  
and the lives of youth**

**For more information, visit our website at:  
WWW.SCOUTSKAMLOOPS.CA**

**Qualify for basic  
amateur radio exam  
\$125** (includes manual)

**KAMLOOPS AMATEUR  
RADIO CLUB**

**Dates and location TBA soon  
- tentatively starting third  
full week in March**

**Requires commitment of  
12 consecutive weeks -  
approx. 2 hours once per  
week during evening and  
does require some study.**



*If interested, please call course coordinator  
or leave message with:*

**Dwight Morrow**

**P: 250-573-7663 | C: 250-318-2441  
or email: Dwight.morrow53@telus.net**

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# Soccer day Camps 2019

- ⚽ July and August weeks
- ⚽ full days, mornings or afternoons
- ⚽ boys & girls aged 5 to 13
- ⚽ ball, tshirt & medal provided
- ⚽ FREE early drop off/ pickup

**NEW**  
discounts

Check out our  
Earlybird (March 31)  
& June 1 discounts

1 location in  
Kamloops



1-800-427-0536

royalsoccer.com





## FITNESS AND HEALTH

### Gentle Circuit

This beginner circuit offers a range of exercises to provide a unique, full body workout! Improve your balance, strength, and coordination while exercising in a safe and fun environment. A track pass (daily or monthly) and a Gentle Circuit Upgrade punch pass (\$0.55/class) are required.

#### TCC-Tournament Capital Centre

Mon/Wed/Fri	Apr 1–Aug 2
9:00–9:55 am	Drop in
Tue/Thu	Apr 2–Aug 1
8:00–8:55 am	Drop in

### Gentle Circuit Pro

If you've been attending Gentle Circuit for some time and want more of a challenge, give Gentle Circuit PRO a try! This circuit-style class will incorporate exercise progressions that take you to the next level of balance, strength, coordination and endurance! A track pass (daily or monthly) and a Gentle Circuit Upgrade punch pass (\$0.55/class) are required.

#### TCC-Tournament Capital Centre

Mon/Wed	Apr 1–Jul 24
8:00–8:55 am	Drop in

### Gentle Chair Yoga

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

#### Hal Rogers

Mon	Apr 1–Jun 17
1:30–2:30 pm	10/\$83.30
Wed	Apr 3–Jun 19
1:30–2:30 pm	12/\$99.96

#### West Highlands Community Centre

Fri	Apr 5–Jun 21
1:30–2:30 pm	11/\$91.63

**Want to know  
more about  
local history?**

The Mary Balf Archives at the KMA is open to the public from Tuesday to Friday, 1:15 to 4:00. Drop in to browse through the collection of photographs, local history books, or to work on your own personal research. Contact the KMA's Archivist for more information [museum@kamloops.ca](mailto:museum@kamloops.ca).



# GUIDELINES for Adults 65 years & Older

To Achieve health benefits, and improve functional abilities, adults ages 65 years and older should accumulate at least 150 minutes of moderate-to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more

- Canadian Physical Activity Guidelines [www.csep.ca](http://www.csep.ca)

## 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-Tournament Capital Centre

Tue,Thu	Apr 2-May 9
9:45-10:45 am	12/\$74.29
Tue,Thu	May 14-Jun 20
9:45-10:45 am	12/\$74.29

## 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-Tournament Capital Centre

Tue	Apr 2-May 7
11:00 am-12:00 pm	6/\$37.14
Thu	Apr 4-May 9
11:00 am-12:00 pm	6/\$37.14
Tue	May 14-Jun 18
11:00 am-12:00 pm	6/\$37.14
Thu	May 16-Jun 20
11:00 am-12:00 pm	6/\$37.14

## Zumba® Gold

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

### Yacht Club

Mon	Apr 1-Jun 17
11:00 am-12:00 pm	10/\$83.33
Thu	Apr 4-Jun 20
2:30-3:30 pm	12/\$99.99
Mon	Jul 8-29
10:00-11:00 am	4/\$33.33

**According to BC Cancer, regular exercise is safe and recommended before, during, and after cancer treatments.**

The City of Kamloops employs a number of Qualified Exercise Professionals to support you to use exercise to manage and reduce many common side effects of cancer treatments. Exercise can increase energy, improve strength and fitness, enhance mood, and optimize recovery.

*There are three group programs available for you to join today!*

True Nth Strength Training | True Nth Yoga | Sensational Survivors

**TRUE NTH**  
A NOVEMBER INITIATIVE



For more information and to get started, please call 250-828-3742.



Canada's Tournament Capital

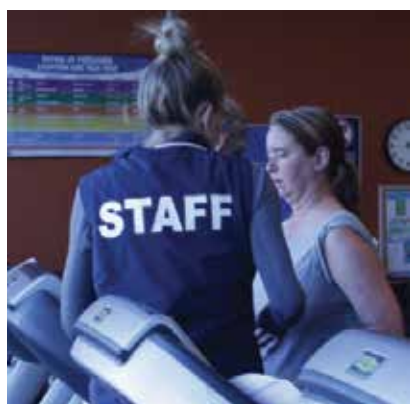
ADULT 55+

**KeepOnMoving.ca**



# Physician/Nurse Practitioner Referred Programs

Strategic Health Alliance



## ► Vascular Improvement Program

Cardiac Rehabilitation - The VIP supervised exercise program is designed for people who have had a heart attack, a heart surgery or who have cardiovascular conditions. Exercise and education sessions are supported by registered nurses, exercise specialists, and physiotherapists. In order to participate in VIP, a physician referral form is required.

**For more information, call**  
**250-314-2727**



## ► Pulmonary Rehabilitation

This 6-week, graded exercise and education program is designed for participants diagnosed with a chronic lung issue. The program is supervised by a physiotherapist and a respiratory therapist and is designed to improve your quality of life by increasing your activity, strength training, breathing techniques, and providing education on chronic disease management.

**For more information, call**  
**250-312-3280 Ext. 43242**



## ► On Track

On Track is a 12-week program for people who have the risk factors for heart disease, depression, and/or anxiety and wish to make lifestyle changes, including becoming more physically active. Participants may not have established heart disease. Our team of exercise and clinical specialists work with participants to improve physical and mental health in a fun and supervised environment at the Tournament Capital Center.

**For more information, call**  
**250-828-3742**



The SHA 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 recreational setting.



Interior Health



**For referral forms, please visit** [www.keeponmoving.ca/Physicians](http://www.keeponmoving.ca/Physicians)



## 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.

#### Kenna Cartwright Park Bunker Road Entrance

Tue May 14  
9:00–11:00 am 1/\$4.76

#### Valleyview Nature Park

Tue May 21  
9:00–11:00 am 1/\$4.76

#### Dallas Barnhartvale Nature Park Eliza Road Entrance

Tue May 28  
9:00–11:00 am 1/\$4.76

#### Peterson Creek Columbia Street Entrance

Tue Jun 4  
9:00–11:00 am 1/\$4.76

## SPORT

### Beginner Pickleball

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.

#### Juniper Ridge Elementary School Gym

Thu Apr 11–May 30  
7:00–9:00 pm 8/\$60

#### Riverside Park Pickleball Court

Wed Jun 5–26  
6:00–8:00 pm 4/\$30  
Wed Jul 3–24  
6:00–8:00 pm 4/\$30

## COMMUNITY EVENTS

### Seniors' Picnic

This is a great opportunity to get together with old acquaintances and meet new friends. Join us for music, fun, and a park-style lunch on the house. Sponsored by the City of Kamloops, Chartwell Retirement Residences, and Kamloops Seniors' Village - Retirement Concepts.

#### Riverside Park

Fri Jul 5  
10:30 am–1:00 pm FREE

# Did you Know?

There are a variety of clubs or groups in Kamloops that promote physical activity, sport and fitness for older adults. Here are some opportunities for you to get active and social this season.

#### KAMLOOPS HORSESHOE CLUB

Meets every Thursday 6pm  
1130 River Street  
Phone: Jim 250-577-3383  
or Betty 250-377-4924

#### SENIORS ACTIVITY CENTRE

Email: [info@csikamloops.ca](mailto:info@csikamloops.ca)  
Phone: 778-470-6000

#### RIVERSIDE LAWN BOWLING

Email: [admin@kamloopsriversidelawnbowlingclub.com](mailto:admin@kamloopsriversidelawnbowlingclub.com)

#### MCARTHUR ISLAND LAWN BOWLING

Phone: 250-319-7227

#### NORTH SHORE COMMUNITY CENTRE

Phone: 250-376-4777

#### FUNG LOY KOK TAOIST TAI CHI

Phone: 250-374-8125

#### THOMPSON SHUSWAP SENIOR SLOPITCH LEAGUE

Email: [gebell@shaw.ca](mailto:gebell@shaw.ca)

#### FLOOR CURLING

Maureen Hickey  
email: [m\\_hickey@telus.net](mailto:m_hickey@telus.net)  
Phone: 250-554-2422

#### COMMUNITY-BASED FITNESS CLASSES

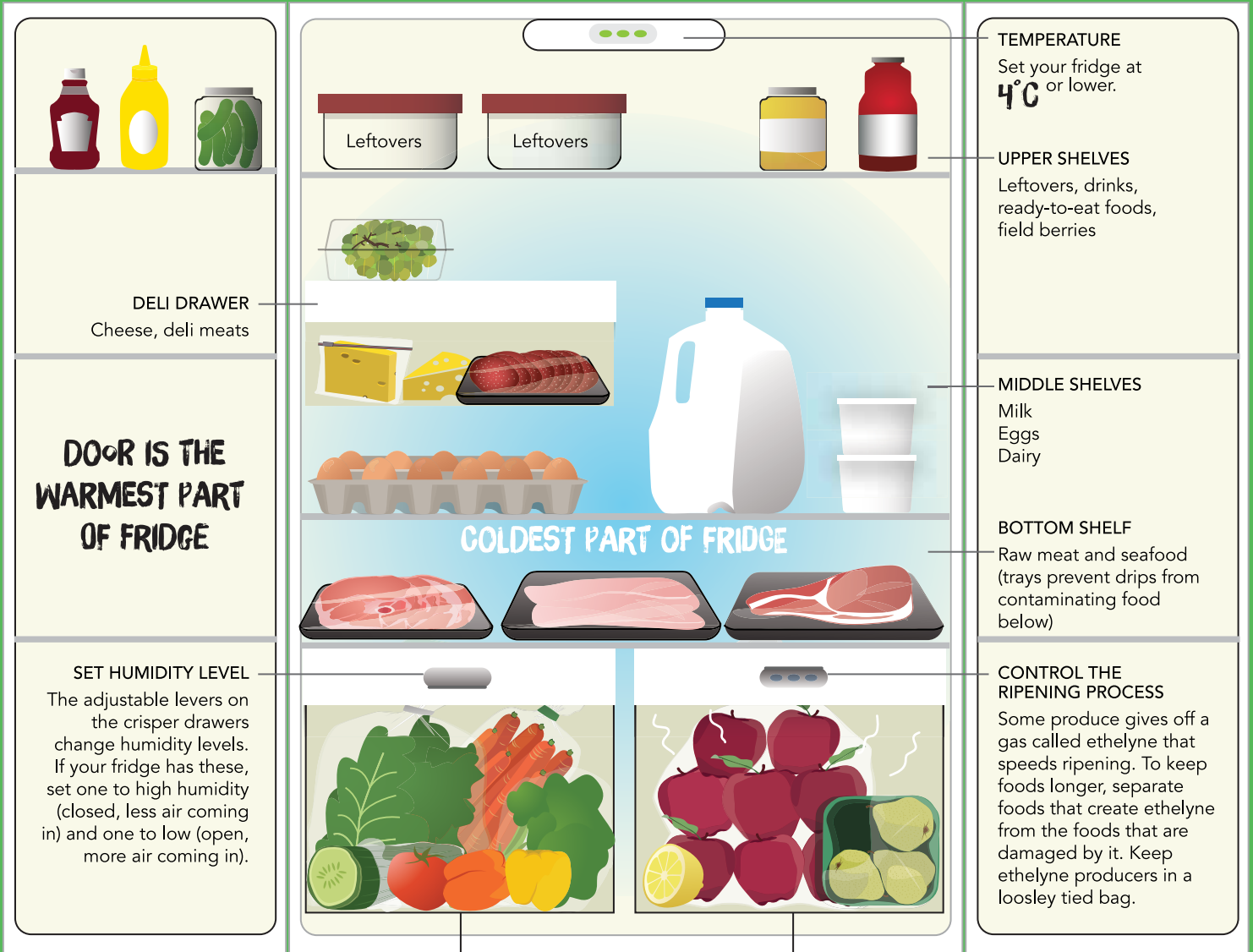
[www.keeponmoving.ca/classes/index](http://www.keeponmoving.ca/classes/index)



Photo by Carol Hansen



# ORGANIZE YOUR FRIDGE TO MAKE FOOD LAST LONGER





**GREAT  
EXPOSURE  
FOR ANY  
BUSINESS**

Be apart of  
the next  
Activity Guide

**PUBLISHING  
AUGUST 16**

Book your space today,  
contact Kate Potter

[www.kamloopsthisweek.com](http://www.kamloopsthisweek.com)

[kate@kamloopsthisweek.com](mailto:kate@kamloopsthisweek.com)

778-471-7541

1365B Dalhousie Dr.  
Kamloops, BC V2C 5P6

**KAMLOOPS  
THIS WEEK**



## Come as you are, Yoga For Every Body

Hello! We are a new room temperature Boutique Yoga Studio. We offer a variety of classes from Kids, family, and adult classes. All classes are beginner friendly and accessible to all people no matter where you are on your yoga journey.

**FREE PARKING, FREE MAT RENTAL,  
FREE CHILLED WATER AND HOT TEA.  
FIRST CLASSES ARE FREE!**

Check us out at [Halstonyoga.wixsite.com](http://Halstonyoga.wixsite.com)  
Halston Yoga on Face Book & [halstonyoga](http://halstonyoga)  
on Instagram, or call our studio

**#109 1295-12 Street, Kamloops • 250.376.3447**  
Corner of 12th & Halston across from Chances Casino.

## YOUTH FOOTBALL



**REGISTER  
TODAY!**

**FOR BOYS & GIRLS AGED 7-15**

ATOM • PEE WEE • JR BANTAM • BANTAM

Training starts in July. Season runs September to end of November.

**Have fun | Be part of a team | Make new friends | Learn new skills**

REGISTER AT [WWW.KCFS.CA](http://WWW.KCFS.CA)

Our Major Sponsors







## Interested in Becoming a Coach?

Check out our Coach  
Enhancement ad on page  
78 for more information!

## PACIFICSPORT INTERIOR BC

### ► Who We Are

The PacificSport Centre is a network of non-for-profit organizations committed to enriching lives and energizing communities via sport, physical activity and physical literacy across BC. In partnership with the viaSport Reginal 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.

### 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.

### 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.

### 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 Programs

**For more information or to register for any of these programs, contact PacificSport**

**Phone: 250-828-3583**

**Visit: [www.pacificsportinteriorbc.com](http://www.pacificsportinteriorbc.com)**

Group/team rates are available for most programs:

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

Contact PacificSport for more details!

## PacificSport Interior BC

**910 McGill Road**

**Kamloops BC V2C 6N6**

**Fax: 250-828-3619**

**[www.pacificsportinteriorbc.com](http://www.pacificsportinteriorbc.com)**

**Carolynn Boomer,**  
**Executive Director**

Phone: 250-828-3344

Email: [cboomer@pacificsport.com](mailto:cboomer@pacificsport.com)

**Erin Pincott,**  
**Sport Performance Coordinator**

Phone: 250-828-3583

Email: [epincott@pacificsport.com](mailto:epincott@pacificsport.com)

**Katie Klassen,**  
**Sport Participation Coordinator**

Phone: 250-828-3346

Email: [kklassen@pacificsport.com](mailto:kklassen@pacificsport.com)

## Follow us



Facebook.com/  
PacificSportInteriorBC



Twitter  
@PacificSportINT



Instagram:  
@pacificsportint



## SPORT EDUCATION & GENERAL INTEREST WORKSHOPS

Open to athletes, coaches, parents, and weekend warriors. Workshops are FREE for PacificSport registered athletes and coaches.

## COACH EDUCATION WORKSHOPS

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

### Physical Literacy 101

Join us in this four-hour workshop to gain a better understanding of what physical literacy is and how you can encourage continual improvement and development of physical literacy skills across the lifespan. In partnership with Sport for Life and PLAYKamloops (www.playkamloops.com).

**Tournament Capital Centre  
Meeting Rooms B, C, and D**

Wed  
5:00–8:00 pm

Apr 24  
1/\$25

### National Coaching Certification Program -Fundamental Movement Skills

The Fundamental Movement Skills of throwing, catching, jumping, striking, running, kicking, agility, balance, and coordination form the basis for future sport skill development and the lifelong enjoyment of physical activity. Learn how to observe, teach, and improve fundamental movement skills.

**Tournament Capital Centre  
Meeting Rooms B, C, and D**

Sat  
8:00 am–12:30 pm

Apr 27  
1/\$25

## OTHER TRAINING SEMINARS AVAILABLE BY REQUEST

Field Testing Kit Coach Training	18+ years
-------------------------------------	-----------

Video Analysis and Dartfish Training	18+ years
---	-----------

## AFFILIATED SPORTS ALPINE SKIING

### Sun Peaks Alpine Ski Club

- Clubhouse: 3110 Creekside Way Sun Peaks BC
- Mailing Address: PO Box 1294 Kamloops BC V2C 6H3
- Program Director: Wade Rettie - spacprogramdirector@gmail.com
- President: Mike Lorimer
- Nancy Greene Ski League Coordinator: ngslspac@gmail.com
- Instagram: #spacwolfpack
- @sunpeaksracers
- Facebook: Sun Peaks Racers and Sun Peaks Alpine Racers Oktoberfest

The Sun Peaks Alpine Club aims to introduce kids and youth to the sport of alpine ski racing through fun, safe, and progressive programs for ages 5+. We offer U6-U18 programs for all skill levels.

- Online registration for all programs at www.sunpeaksracers.com
- Preseason for U12 and older age groups starts November 12.
- We offer holiday and March break camps for all ages - come join us on the hill!

### Harper Mountain Ski Club

- Nancy Greene Ski League
- Ages 4-11
- Program Coordinator: Glenn Smith
- harperskiclub@gmail.com
- www.harperskiclub.com

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). Registration fee is \$425.



## ARTISTIC SWIMMING (formerly Synchronized Swimming)

### Kamloops Sunrays Synchronized Swimming

- Head Coach: Tina Naveri
- headcoach@kamloopssynchro.com
- www.kamloopssynchro.com

Artistic swimming is a unique sport that combines strength, flexibility, team work, endurance, and creativity. All of our coaches are NCCP certified and provide top quality programming and training for all of our athletes. We offer affordable programs for children and adults of all abilities and ages. Both boys and girls are welcome. New programs are offered year round with on-going registration. For more details and to register, e-mail: headcoach@kamloopssynchro.com

## Did You Know?

Children have their own reasons for participating in sports and physical activities but coaches and parents are not always in harmony with their motives. Children commonly play sports to have fun, to experience the thrills and to be with friends or make new friends. Canadian Sport for Life



## ATHLETICS

### Kamloops Track and Field Club

- Tournament Capital Centre Fieldhouse/Hillside Stadium
- 250-851-2512
- www.kamtrack.ca
- Coaching staff:
  - Christine Yamaoka - Sprints/Hurdles
  - Dr. Bondarchuk - Throws
  - Dylan Armstrong - Head Coach/Throws
  - Mike Kern - Pole Vault
  - Miriam Dziadyk - Junior Development
  - Dayl Dhaliwal/Gary Reed - Track Rascals

The Kamloops Track and Field Club has a proud history of producing successful athletes. We employ numerous coaches to ensure that quality programs are available for grassroots to high-performance athletes, and we are committed to ensuring all participants have a positive experience!



### Programs

- Cross-country - Middle Distance (All Ages)
- Track Rascals (Ages 6-8)
- Junior Development (Ages 9-12)
- Midget (Ages 13-15)
- Juvenile, Junior, and Senior (Ages 16+)

For more information or to register, please see our website.

### BASEBALL

- Coach: Ray Chadwick
- rchadwick@tru.ca

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.

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

**GYMNASTICS | SPRINT TRAINING | STRENGTH TRAINING**



20 weeks (Sept - Feb 2020)  
2 training sessions/week  
PacificSport Scholarship Awarded

**Application Deadline: June 21, 2019**  
[WWW.PACIFICSPOINTERIORBC.COM/IGNITE](http://WWW.PACIFICSPOINTERIORBC.COM/IGNITE)






 @PacificSportINT
  @PacificSportINT
  @PacificSportInteriorBC



## Interested in Coaching?

### NCCP Coach Certification

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

Learn more at [www.pacificsportinteriorbc.com/nccp-coach-training](http://www.pacificsportinteriorbc.com/nccp-coach-training)



### Community Sport

**Fundamental Movement Skills**  
**Tournament Capital Centre**

Saturday, April 27  
8:00 am - 12:30 pm

**Professional Development**  
**Resistance Training**

Monday, May 13  
5:30pm - 9:30pm

**\$25**

### Competition Introduction

Courses taking place in the boardroom of the Chief Louis Centre (345 Chief Louis Way)

**Making Ethical Decisions** **\$60**

Saturday, April 27  
8:30 am - 12:30 pm

**Planning a Practice** **\$95**

Saturday, April 27  
1:00 - 6:00 pm

**Teaching and Learning** **\$75**

Sunday, April 28  
9:00am - 3:00pm



## Coaches' Corner

Fun and informal Thursday "lunch and learn" sessions with a guest speaker.

May 9 • 12:00-1:00 pm: Final date of the summer  
Reconvening again in September.  
Frick and Frack Restaurant, 577 Victoria Street



## BASKETBALL

- Contact: Ken Olynyk
- kolynyk@tru.ca
- Coach: Scott Clark
- sclark@tru.ca

### Kelly Olynyk Basketball Academy

This is a developmental basketball league for children in grades 4-7. We focus on developing core basketball skills, while teaching teamwork in a positive sports environment. Register at [www.truevents.universitytickets.com](http://www.truevents.universitytickets.com).

**TCC** **Grades 4-7**  
Sessions consist of fundamental drill work, mini sided games, and full court games  
**Sat 9:00 am-12:00 pm**

**TRU gym** **Grades K-3**  
Sessions consist of fundamental work at an introductory level, followed by fun games and contests.  
**Sun 9:00-10:00 am**

### Kamloops Basketball Academy

Kamloops Basketball Academy is run by coaches and players from the TRU Women's basketball team. We focus on the fundamentals and skill development with some small sided games to introduce game concepts. To register, contact Scott Reeves at [sreeves@tru.ca](mailto:sreeves@tru.ca).

**TCC** **Grade 3-5 Boys & Girls**  
**Wed 5:00-6:00 pm**

**TCC** **Grade 6-12 Girls Only**  
**Mon and Wed 6:00-7:30 pm**

## CANOE/KAYAK

### Kamloops Canoe and Kayak Club (KCKC)

- Location: Shumway Lake
- [www.kamloopscanoeandkayakclub.ca](http://www.kamloopscanoeandkayakclub.ca)
- Head Coach: Stanislav Marek  
[kckheadcoach@gmail.com](mailto:kckheadcoach@gmail.com)
- Club Operations Manager: Sue Robinson  
[kckcopsmgr@gmail.com](mailto:kckcopsmgr@gmail.com)

#### Competitive team programs (based on skill, performance, and age):

- Beginners/Novice Development team (under 18 years old)
- Junior Competitive team (under 12 years old)
- High Performance team

#### Other programs:

- Summer camps (one week)
- Development conditioning and paddling summer camp (one to two months)
- Recreational youth paddling
- Adult and Masters paddling
- Dragon boat and stand up paddling

## CROSS-COUNTRY SKIING

### Overlander Ski Club

- Coach: Dana Manhard
- 250-299-1717
- [dmanhard@shaw.ca](mailto:dmanhard@shaw.ca)
- Visit our website for more details.  
[www.overlanderskiclub.com](http://www.overlanderskiclub.com)

#### Programs

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

For more information on any programs, please visit [www.overlanderskiclub.com](http://www.overlanderskiclub.com). Our programs offer 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 and abilities.

## CURLING

### Curl BC

- Consultant Coach: Brenda Nordin  
[bnordin@curlbc.ca](mailto:bnordin@curlbc.ca)
- 250-319-6038

### Kamloops Curling Club

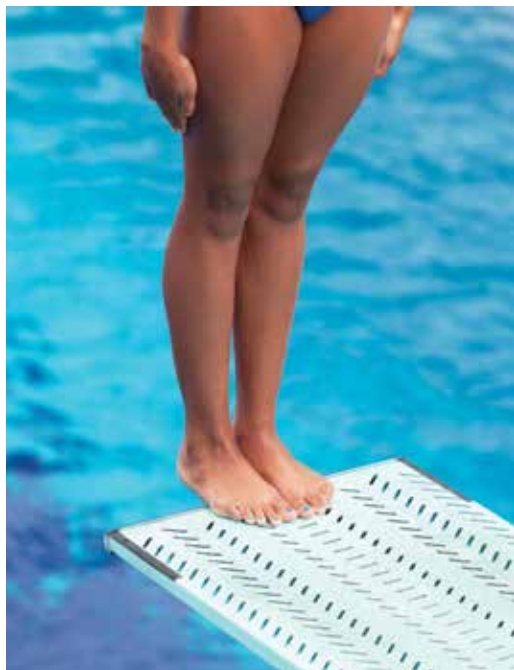
- 700 Victoria Street
- Kamloops BC V2C 2B6
- [www.kamloopscurlingclub.com](http://www.kamloopscurlingclub.com)
- 250-372-5432
- [rob@kamloopscurlingclub.com](mailto:rob@kamloopscurlingclub.com)

### McArthur Island Curling Club

- [www.mcarthurislandcurlingclub.com](http://www.mcarthurislandcurlingclub.com)
- 250-554-1911
- [micc1@telus.net](mailto:micc1@telus.net)







## DIVING

### Riptech Diving

- Head Coach: Neil Barrett
- Info@riptidech.ca
- www.riptidech.ca
- 250-320-0436

### Dive Right In! With Riptech Diving

Recreational to competitive programs for ages 5 and up. Introductory program for beginners. Learn the fundamentals of diving in a fun and safe environment. Instructors focus on developing coordination, flexibility, strength, fitness, posture, listening skills, concentration, and, of course, FUN! Prerequisite: participants must be able to swim comfortably in deep water. Programs run year-round with ongoing registration.

## FIGURE SKATING

### Kamloops Skating Club

- Register online at: [www.kamloopsskatingclub.com](http://www.kamloopsskatingclub.com)
- Contact 250-554-4944 or [kamloopsskateclub@gmail.com](mailto:kamloopsskateclub@gmail.com)
- Find us on Facebook at Kamloops Skating Club.
- Head Coach: Heather Ansley
- Assistant Coach: Dennis Bryan

Fall Session: September-December

Winter Session: January-March

Spring Session: April

Summer Session: please inquire

### Learn to Skate Programs offered:

- Preschool - ages 3-5
- CanSkate - ages 5-12
- For figure skating specific classes, please visit our website or contact us.
- Programs are offered at:
  - McArthur Island Olympic Ice
  - Sandman Centre
  - Spring ice - Brock Arena



## PRO DAY CAMPS \$35

8:30 am - 4:30 pm | Ages 7-12 | April 1 and May 17

Tournament Capital Centre

Early drop-off & late pickup available

## SUMMER CAMPS

### Multi Sport Camp \$175

8:30 am - 4:30 pm | Ages 7-12

July 8 - 12

July 15 - 19

July 22 - 26

August 19 - 23

### Active Start Summer Camp \$90

8:30 am - 11:30 am | Ages 4-6

July 15 - 19

### Girls only summer Camp \$175

8:30 am - 4:30 pm | Ages 7-12

July 29 - August 2

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**PACIFICSPORT**  
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[PacifcSportInteriorBC.com](http://PacifcSportInteriorBC.com)

To register, call 250-828-3500

For information, call 250-828-3346





## GYMNASTICS/TRAMPOLINE

### Kamloops Gymnastics | Trampoline Centre

- Tournament Capital Centre
- 910 McGill Road

Imagine / Believe / Achieve

Visit [www.kgtc.ca](http://www.kgtc.ca) for program information and registration. Contact [info@kgtc.ca](mailto:info@kgtc.ca) or Member Services at 250-374-6424.

#### Programs offered for all ages and aspirations:

- Squiggles (adult-child participation) - 14 mos.-3.5 yrs
- Gym & Swim (3.6-5 yrs) - two foundation sports in one program
- Fundamentals - learning key skills on all apparatus
- Active Start (3-5 yrs)
- School Age (5-13 yrs)
- Skill Builder & Skills-Advanced - adding challenges and refinement to fundamentals
- Excel & Performance Training - train for excellence in a non-competitive program.
- Competitive Training
  - Training for excellence
  - Artistic Men's and Women's Team: Trampoline Team
- Teen-Adult Programs
- Parkour, U-gym, Free-G
- Community Access
  - School visits - field trips
  - Seasonal and Pro-D camps
  - Special events, including group bookings

## SPEED SKATING

### Kamloops Long Blades Speed Skating Club

- McArthur Island Sport and Event Centre - Olympic Rink
- Coach Coordinator: Sandi Vyse, NCCP Level 3
- 250-851-1481
- [kamloopslongblades@gmail.com](mailto:kamloopslongblades@gmail.com)
- [www.kamloopslongblades.com](http://www.kamloopslongblades.com)

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

#### Programs offered\*:

- Learn to Speed Skate: 8 sessions
- Club Programs (year-round, with ongoing registration):
- Summer ice camps
- Dryland
- Long track opportunities
- Inline racing
- High-performance cross-training sessions

*\*Speed skates are included with registration.*

Try it once before joining the club - contact Jodi at [jodikamloops@gmail.com](mailto:jodikamloops@gmail.com) for more information.

## SWIMMING

### Kamloops Classics Swimming

- Head Coach: Brad Dalke
- [www.swimkamloops.com](http://www.swimkamloops.com)
- [admin@swimkamloops.com](mailto:admin@swimkamloops.com)
- Canada Games Pool
- 910 McGill Road
- 250-828-3660

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.

#### Programs offered:

- Learn to Swim with SwimSkill Lesson Program (ages 5-12), 16 sessions, \$150 (great value at \$9.38/hr)
- Club Swimming: year-round training program for all ages and levels
- Kamloops Lifesaving Sport Group
- Masters Swimming (19+)

#### Spring Session SwimSkill\*

- Mon & Wed (Mar 25-May 29)
- 3:30 pm and 4:15 pm
- Holidays: April 22 and May 20
- \* Pool closure May 4-12

- SwimSkill Fun Meet: Fri, May 31, 3:30-5:00 pm

#### 2019 Summer Camps:

- Jul 2-Aug 10, 2019 (Mon-Fri)
- Mini-meets will be held on Fridays, 11:20 am-12:15pm
- Camp 1: Jul 2-5
- Camp 2: Jul 8-12
- Camp 3: Jul 15-19
- Camp 4: Jul 22-26
- Camp 5: Jul 30-Aug 2
- Camp 6: Aug 6-9

#### Afternoons-only Camps:

- Camp 4: Jul 15-19
- Camp 6: Aug 6-9

Free swim camp and tryouts. Come to our free assessment week and check it all out or email: [lessons@swimkamloops.com](mailto:lessons@swimkamloops.com) for more information.

FREE ONE-WEEK TRIAL ANY TIME!

Ongoing registration at [www.swimkamloops.com](http://www.swimkamloops.com), or call 250-828-3660.



# Did You Know?

Kids benefit from participating in a variety of different sports and physical activities because they are learning movement and sport skills.



**TRAINING  
GROUND**



## COULD IT BE YOU?

Since 2016, RBC Training Ground has been uncovering and developing Canada's next Olympians and providing them with resources and funding to achieve their podium dreams.

Participating athletes are tested on speed, strength, power and endurance in front of some of the top coaches and sport officials in Canada.

Visit [www.rbctrainingground.ca](http://www.rbctrainingground.ca) for official rules  
and to register now!



**Date** - Sunday April 14<sup>th</sup>, 2019

**Time** - 9:00 am

**City** - Kamloops, BC

**Venue** - Tournament Capital Centre

**Hosted by-** PacificSport Interior





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**PUBLISHING AUGUST 16**

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🌐 [www.kamloopsthisweek.com](http://www.kamloopsthisweek.com)  
✉ [kate@kamloopsthisweek.com](mailto:kate@kamloopsthisweek.com)  
☎ 778-471-7541  
📍 1365B Dalhousie Dr. Kamloops, BC V2C 5P6



## KAMLOOPS THIS WEEK

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# Where family games night includes goggles.

**With no locked-in contracts or joiner fees, we make family time a splash!**

***Sign up today!***

## **Kamloops Community YMCA-YWCA locations**

Downtown Y  
400 Battle St.

John Tod Centre Y  
150 Wood St.

**[kamloopsy.ca](http://kamloopsy.ca)**



REGISTER  
NOW FOR  
PRESCHOOL



# KAMLOOPS KIDZ

EARLY LEARNING CENTER

*"A lifetime of learning begins here"*

## PROGRAMS WE OFFER ARE:

- 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
- 3-5 Preschool / Childcare:  
7:30 am to 5:30 pm
- School Age Care: Before and after  
school care (including kindergarten  
children) 7:30 am to 5:30 pm. Pick  
up from Juniper, Marion Schilling,  
Lloyd George, Beattie, South Sahali,  
Summit, McGowan, Pacific Way,  
Aberdeen, Dufferin.

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program includes:

### Montessori prepared environment

- Practical Life - activities to aid in  
developing independence for the child
- Sensorial - physical development of  
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- 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 - helps children learn socially,  
physically, intellectually and creatively
- Extensive theme, phonics, art and  
music program

### Transportation

We offer pick-up in Juniper, Marion  
Schilling, Lloyd George, Beattie, South  
Sahali, Summit, McGowan, Pacific Way,  
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*always*

*putting children first*

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250.319.9044 • [www.kamloopskidz.com](http://www.kamloopskidz.com)

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