

6 & UNDER

Ballet & Creative Movement

Introduce your little one to the world of dance.

Rotary Centre for the Arts, Dance Studio

Age: 3Y-4Y

12969 W Apr 24-Jun 5 9:30 AM-10:15 AM \$43.75

Age: 4Y-6Y

12970 W Apr 24-Jun 5 10:30 AM-11:15 AM \$43.75

Watson Road Elementary, Gymnasium

Age: 3Y-5Y

12967 M Apr 29-Jun 17 4:30 PM-5:15 PM \$43.75

Age: 5Y-7Y

12968 M Apr 29-Jun 17 5:30 PM-6:15 PM \$43.75



Kick and Run Soccer

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

Matera Glen Park

Age: 3Y-4Y

13751 Sa Apr 27-Jun 22 9:00-9:45AM \$50

13742 Sa Apr 27-Jun 22 10:00-10:45AM \$50

13747 Sa Apr 27-Jun 22 11:00-11:45AM \$50

13754 Tu, Th May 7-30 3:45-4:30PM \$50

13757 Tu, Tu June 4-27 3:45-4:30PM \$50

Age: 4Y-5Y

13741 Sa Apr 27-Jun 22 9:00-9:45AM \$50

13745 Sa Apr 27-Jun 22 10:00-10:45AM \$50

13748 Sa Apr 27-Jun 22 11:00-11:45AM \$50

13755 Tu, Th May 7-30 4:45-5:30PM \$50

13756 Tu, Th June 4-27 4:45-5:30PM \$50

Watson Road Elementary Field

Age: 3Y-4Y

13750 Su Apr 28-Jun 23 9:30-10:15AM \$50

13743 Su Apr 28-Jun 23 9:30-10:15AM \$50

13753 W May 1-Jun 19 4:00-4:45PM \$50

Age: 4Y-5Y

13749 Su Apr 28-Jun 23 10:30-11:15AM \$50

13744 Su Apr 28-Jun 23 10:30-11:15AM \$50

13752 W May 1-Jun 19 5:00-5:45PM \$50

Short Sports & Games Parent & Child

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

Watson Road Elementary, Gymnasium

Age: 2Y-4Y

12963 Su Apr 14-May 19 9:00 AM-9:45 AM \$31.25

12964 Su May 26-Jun 23 9:00 AM-9:45 AM \$31.25

Bankhead Elementary, Gymnasium

Age: 2Y-4Y

13737 W Apr 10-May 1 4:00 PM-4:45 PM \$25

13841 W May 29-Jun 19 4:00 PM-4:45 PM \$25

T-Ball

Matera Glen Park

An excellent introduction to the basics of T-ball.

Age: 4Y-5Y

13758 Th May 2-Jun 20 4:00 PM-4:45 PM \$50

13759 Su May 5-Jun 23 9:30 AM-10:15 AM \$43.75

Age: 5Y-6Y

13761 Th May 2-Jun 20 5:00 PM-5:45 PM \$50

13760 Su May 5-Jun 23 10:30 AM-11:15 AM \$43.75

6 & UP

Art Workshops:

Watson Road Elementary, Community Room

Create, paint and decorate in our fun art workshops! All supplies provided.

Age: 7Y-12Y

Mother's Day Craft & Card

13510 W May 8 5:30PM-6:30PM \$20

Father's Day Craft & Card

13509 Th Jun 13 5:30PM-6:30PM \$20

Create a Unicorn Pot

13545 Th May 22 5:30PM-6:30PM \$40

Babysitting Certification

Watson Road Elementary, Library

Gain basic skills and confidence for responsible babysitting.

Age: 11Y-16Y

12960 F Apr 26 5:00PM-9:00PM \$65

Sa Apr 27 9:00AM-12:30PM

Home Alone

Watson Road Elementary, Library

Youth will learn skills and strategies that can be used when they find themselves at home alone.

Age: 9Y-12Y

12990 Sa May 11 9:00 AM-2:00 PM \$41

Learn to Play Basketball

Bankhead Elementary, Gymnasium

A popular Basketball program for boys and girls. Emphasis will be on skill development, teamwork and fun!

Age: 7Y-12Y

12943 Tu/Th Apr 9-Apr 30 4:30 PM-5:30 PM \$57.75

13840 Tu/Th May 28-Jun 20 4:30 PM-5:30 PM \$66

Track and Field

Apple Bowl Stadium

This beginner program will help children learn new Track and Field skills as well as movement skills that can benefit all sports.

Age: 6Y-9Y

13420 Tu May 14-Jun 25 5:00 PM-6:00 PM \$57.75

Paint Shop

Watson Road Elementary, Community Room

Love painting and being creative? Students will engage in new painting projects every week.

Age: 6Y-12Y

13507 Th Apr 11-May 2 5:30 PM-6:30 PM \$41

13508 Th May 9-Jun 6 5:30 PM-6:30 PM \$41

Parent & Child Age: 6Y-12Y

13505 Tu Apr 16 5:30 PM-6:30 PM \$35

13506 Tu May 28 5:30 PM-6:30 PM \$35

Floor Hockey

Bankhead Elementary, Gymnasium

Basic skills and games in a fun, safe learning environment.

Age: 7Y-10Y

12941 F Apr 5-May 3 7:00 PM-8:00 PM \$33

13844 F May 31-Jun 21 7:00 PM-8:00 PM \$33

Parent & Child

Age: 6Y-9Y

12939 F Apr 5-May 3 6:00 PM-7:00 PM \$33

13845 F May 31-Jun 21 6:00 PM-7:00 PM \$33

Gymnastics for Fun

Bankhead Elementary, Gymnasium

Designed for children to have fun while learning gymnastics skills and exploring body movement.

Age: 4Y-6Y

13763 Tu, Th May 7-23 4:00 PM-4:45 PM \$43.75

Age: 6Y-9Y

13764 Tu, Th May 7-23 5:00 PM-6:00 PM \$49.50

Parkour

Bankhead Elementary, Gymnasium

Learn the basics of Parkour and improve your skills!

Age: 7Y-10Y

13766 Tu/Th May 7-May 23 6:15 PM-7:15 PM \$49.50

Mini-League Soccer

Watson Road Elementary Field

Learn soccer basics and play actual scheduled games.

Age: 6Y-8Y

13762 W May 1-Jun 19 4:00 PM-5:15 PM \$82

Tennis-Beginner

Jack Robertson Park

This is an entry-level progressive tennis program.

Age: 6Y-8Y

13142 M May 6-Jun 24 4:00 PM-5:00 PM \$57.75

Age: 9Y-12Y

13143 M May 6-Jun 24 5:00 PM-6:00 PM \$57.75

Nerf Capture the Flag

Watson Road Elementary, Gymnasium

It will be a nonstop energy burn, filled with laughter.

Age: 7Y-11Y

13004 F May 3 6:00 PM-7:15 PM \$10.25

13003 F May 24 6:00 PM-7:15 PM \$10.25

13767 F Jun 7 6:00 PM-7:15 PM \$10.25



Volleyball for Youth

Watson Road Elementary, Gymnasium

If you are just learning the game or are wanting to improve your skills then this program is for you.

Age: 9Y-12Y

12944 W Apr 24-Jun 12 4:45 PM-5:45 PM \$82

Sports for Life

Inclusive multisport activities taught through fun games in a positive learning environment. Each class will bring different opportunities to socialize, learn skills, develop teamwork, play games and have FUN!

Age: 6Y-12Y

Bankhead Elementary, Gymnasium

12994 F Apr 5-May 3 4:00 PM-5:00 PM \$33

Watson Road Elementary, Gymnasium

12995 F May 10-May 31 4:00 PM-5:00 PM \$33

ADULT & YOUTH

Active by Nature – Learn to Run Trails

Knox Mountain Park Base

Join us for this introductory running group and safely navigate the beautiful trail networks. Get ready for a light-hearted and fun trail running experience where we combine hiking and running to build distance every week

Age: 16Y and up

13834 Sa Jun 1 - 29 9:00 AM-10:00 AM \$5



Krav Maga

Watson Road Elementary, Gymnasium

Commando Krav Maga prepares you for the unexpected with techniques that you can use under pressure.

Evolved

Age: 18Y and up

13147 Th Apr 18-Jun 20 7:45 PM-8:45 PM \$82

Smart Safe for Women

Age: 13Y and up

13148 Tu Apr 23-Jun 11 7:45 PM-8:45 PM \$82

Line Dancing Level 1

Bankhead Elementary, Gymnasium

Learn the basics and modern day beginner favourites.

Age: 16Y and up

13005 M Apr 22-Jun 10 7:30 PM-8:30 PM \$61.50

Zumba Fitness

Bankhead Elementary, Gymnasium

Dance fitness that is fun, energetic and will make you feel amazing! Perfect for everyone and everybody. Each class is designed to bring people together.

Age: 16Y and up

13010 M Apr 29-Jun 17 4:30PM-5:30PM \$52.15

Total Body Tabata

Watson Road Elementary, Gymnasium

This class is fun, energetic, unintimidating, effective and suitable for any fitness level.

Age: 16Y and up

13013 Tu Apr 2-Jun 18 6:30-7:30PM \$96

13011 Tu,Th Apr 2-May 9 6:30-7:30PM \$96

13014 Th Apr 4-Jun 20 5:15-6:15PM \$96

13015 Th Apr 4-Jun 20 6:30-7:30PM \$96

13012 Tu,Th May 14-Jun 20 6:30-7:30 PM \$96

Yoga

Watson Road Elementary, Library

Try out a Yoga class at Watson Road Elementary!

Age: 16Y and up

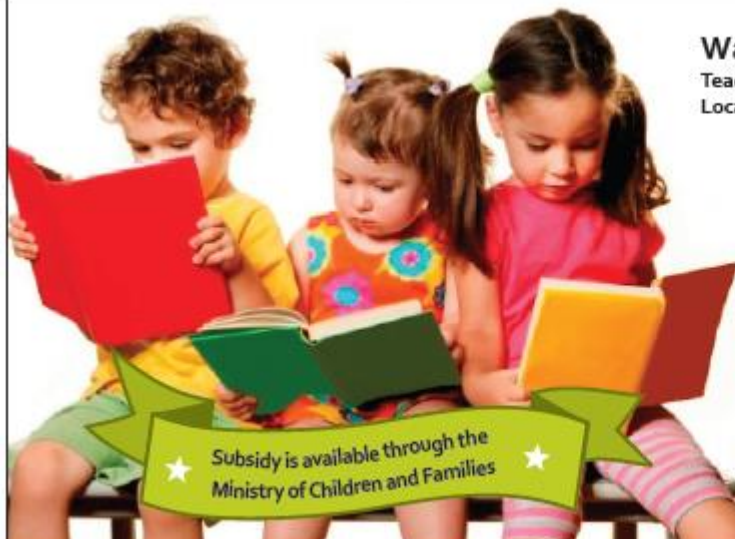
Hatha/Yin – Intermediate/Beginner

13016 M Apr 8-Jun 24 7:00-8:30PM \$92.50

Vinyasa Flow

13018 Th Apr 18-Jun 20 7:45-8:45PM \$64

13017 Tu Apr 23-Jun 11 7:45-8:45PM \$64



Watson Road Licensed Preschool
 Teacher: Kendra Hallding, ECE
 Location: Watson Road Elementary, Community Room

8:40 AM-11:10 AM, 11:30 AM-2:00 PM

Age: 3Y-5Y M,W,F or Tu,Th

Leave the mess and fuss to us with this centre approached program that will get your child ready for kindergarten in a safe and nurturing environment. This preschool is theme based with arts and crafts, music and movement plus plenty of time to practice basic literacy concepts with their ABC's and 123's. All participants must be toilet trained. Healthy snack and water bottle to be sent with child each day.

For more information or to register please contact the manager at 250-762-4495 or watsonroadpreschool@gmail.com.

★ Subsidy is available through the Ministry of Children and Families ★

Glenmore/Downtown

Activity & Program *Quick* Guide



View the full guide at
kelowna.ca/recreation

GET ACTIVE • STAY ACTIVE