Town of Osoyoos

Program & Activity Guide Fall 2023

Osoyoos
Canada's warmest welcome ®*



In-person and Online* Registration starts Tuesday, September 12th 5:30pm

**Check with the front counter to find out how you can register online!*

Sonora Community Centre | 8505 68th Avenue Osoyoos, BC

www.osoyoos.ca | 250.495.6562

PHARMASAVE®

Canada's community pharmacy



Visit Pam - Pharmacist / Co-Owner,
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Pharmasave Osoyoos

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Pharmasave Osoyoos
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Sat: 9am - 5pm, Sun: Closed
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From anywhere... to anyone

Ideal Protein

Welcome to Sonora Community Centre



I have the great privilege of being Mayor of the beautiful Town of Osoyoos. On behalf of Council and Staff, we offer "*Canada's warmest welcome*" to everyone visiting the Sonora Community Centre.

We hope that our local residents and visitors will take advantage of the wonderful education, cultural and recreational programs we offer, and enjoy the variety of amenities available outside of the Centre, such as:

- Splash park at Jack Shaw Gardens
- Skating at the Sun Bowl Arena
- Various walking and biking trails and parks throughout the Town
- Variety of social activities at the Seniors' Centre

We encourage you to take part in the numerous lifestyle programs and events held throughout the year at the Sonora Community Centre. We trust you will enjoy our facilities.

Please visit our website at www.osoyoos.ca for more local events and information.

Warmest Regards,
Mayor Sue McKortoff

Osoyoos
Canada's warmest welcome ®*

What's Inside

General Information
3 Welcome
5 Parks, Trails and Recreation Facilities
6 Facility Rental Information
7 Financial Assistance
7 Registration Information
16 Membership and User Fees

Programs
8 Preschool Programs
10 Children & Youth Programs
12 Special Events
14 Sun Bowl Arena
16 Weight Room
17 Drop-in Fitness Programs
18 Adult Programs

Community Information
13 Community Information
17 Priority One Trauma
19 Osoyoos Volleyball League

Facilities

Sonora Community Centre
8505 68 Avenue
(T) 250.495.6562
(F) 250.495.2400
(E) recreation@osoyoos.ca

Facility Hours*

Monday–Friday	8:30am–9:00pm
Saturday	9:00am–4:00pm
Sunday	CLOSED
Statutory Holidays	CLOSED

*Hours may vary in summer

Sun Bowl Arena
9301 Hummingbird Lane
(T) 250.495.7919

Desert Park Recreation Complex
3800 Golf Course Road
- Squash courts available
- Please contact the Sonora Community Centre for more information

Town of Osoyoos Curbside Recycling Information

Help the Town reduce our recycling contamination. Please remember to place recyclables **ONLY** in your Blue Bin. This includes:

- PAPER
- PAPER PACKAGING - rinse clean.
- PLASTIC CONTAINERS - remove caps and rinse clean - caps are accepted.
- TIN AND ALUMINUM - rinse clean - labels/lids are accepted.
- STEEL CONTAINERS
- CARTONS (milk, ice cream, and paper cups) - rinse clean.
- BOXBOARD CORRUGATED CARDBOARD - Flattened and placed in the cart or bundled and tied into lengths no longer than 3ft x 2ft and no more than 6" inches in height.



For a full list of Recyclable Materials, please visit https://recyclebc.ca/what-can-i-recycle/

For more information about the Town of Osoyoos' curbside garbage and recycling program, please visit www.osoyoos.ca



For detailed information about our local parks, trails, and facilities, please pick up a copy of the **Osoyoos Parks and Trail Map** or view it online at www.osoyoos.ca .

Parks & Community Facilities Regulation Bylaw No. 1278 is in effect.
Please refer to the complete Bylaw for more information on the regulations.



Dogs

Designated swim areas are located at Goodman Park, Gyro Park, Legion Beach, and Lion's Park.
*Winter (September–May) – Dogs must be either on-leash or under the care and control of the owner.
**Summer (June–August) – Dogs must be leashed at all times.
Reminder to pick up after your pets.

Washrooms

All washrooms will close for the season October 16th. Sunrise Marina and Goodman Park washrooms will remain open 7:00am-7:00pm daily.

Report a Problem

Need to report a problem with any of our Local Parks or Trails?
Call 250.495.6515 or email info@osoyoos.ca



Events

To hold an event in any of our local parks please call the Community Services Department at 250.495.6562 or email recreation@osoyoos.ca .

Facility Rental Information

Rentals are available at the Sonora Community Centre and the Sun Bowl Arena!

Space at the Sonora Community Centre is available for:

- Meetings/Workshops
- Conferences
- Weddings
- Birthday Parties
- And so much more!

Commercial kitchen facilities are available at the Sonora Community Centre.

Ice time is available at the Sun Bowl Arena. See below for more details.



Sonora Community Centre

For information regarding facility rentals or to book the facility, please call 250.495.6562.

Multipurpose Room Rates*		Gymnasium Rates*	
Non-Recreational Based	$33.00 per hour	**Sport & Recreation Activities**	$33.00 per hour
	$317.50 per day		$255.00 per day
Recreational Based	$27.00 per hour	**Non-Commercial Events**	$42.00 per hour
	$182.00 per day		$397.00 per day
Non-Profit Use *Society Status Required*	$18.00 per hour	**Commercial Events**	$81.00 per hour
	$128.00 per day		$786.50 per day
Commercial Kitchen - $200.00 damage deposit is required			
$151.00 per day		Half Kitchen (food prep or storage only) - $76.00	

All renters are required to purchase insurance for their event. Extra fees may be added depending on the nature of your event. A Damage Deposit of $200.00-$500.00 may be required for gymnasium use and/or equipment requested for large events.

Sun Bowl Arena

Ice rentals are available! Call 250.495.6562 for information.

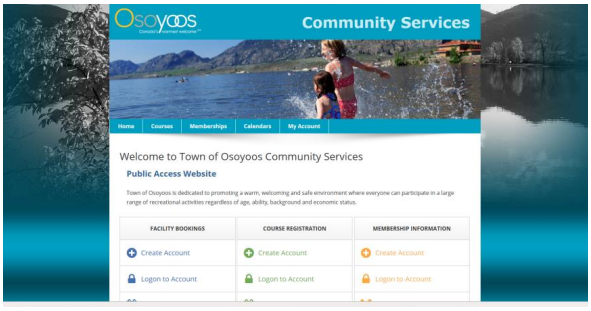
Regular Rates (September-May)*		Summer Rates (June-August)*	
Adult	$120.50	**Adult**	$127.00
Student/Youth/Senior	$65.00	**Student/Youth/Senior**	$81.00
Out-of-Town Teams or Camps	$98.00	**Out-of-Town Teams or Camps**	$120.20

***Rates may be increased in September due to changes to the Recreation Department Fees and Charges Bylaw 1180.11**

Registration Information

Registration is required in advance for all programs except those listed as drop-in. Payment must be received in order for a customer to be considered registered. We encourage early registration as all classes are filled on a first-come, first-served basis. Participants **must** meet the minimum age required by the program end date. **Classes may be cancelled up to one week before the course start date due to low registration, inclement weather, lack of space, or lack of an instructor.**

Did you know you can now create an account, view our programs, search for activities, view facility schedules, and register online? Contact the Sonora Community Centre to find out how!



How can I register?

- In person at the Sonora Community Centre.
  Payment is required at the time of registration.

- Online
  1. Go to www.osoyoos.ca.
  2. Click on "Recreation Program Registration" under Popular Links at the bottom of the page.
  3. If you have registered online before, logon on complete your registration. If you have never registered online before, follow the directions to set up your account and complete your online registration. **If you have registered for programs or bought a membership with the Sonora Community Centre, you will not need to set up an account. Simply phone or visit the Sonora Community Centre to ask for your PIN to be emailed to you.**
  4. Confirm your registration with your payment within 3 business days at the Sonora Community Centre.

Online Submission Notes

- Registrations that have not been paid within the time allotted will be withdrawn.
- Registering online will not guarantee your spot in a class until payment has been made.
- Registration for day camps or swimming lessons will not be accepted online.

The Sonora Community Centre is pleased to accept cash, cheque, or Interac.



What if the program is full?

If a program is full, we will happily place you on a waitlist for the class. There is no charge to be placed on a waitlist, and we will call you if a space becomes available.

What happens if my program gets cancelled?

Should a program be cancelled, a refund will be processed, and a cheque will be mailed to the address on the invoice by the Town of Osoyoos.

Financial Assistance

Low Income Subsidy Program (LISP)

The Town of Osoyoos offers a Low Income Subsidy Program for individuals and families to participate in programs and services offered by the Community Services Department. For information regarding the program, including how to apply, contact:

Program Supervisor
(T) 250.495.4623
(E) recreation@osoyoos.ca

All information is kept confidential.

KidSport

KidSport provides funding for children under the age of 18 so that they can participate in organized sports. For more information, visit www.kidsport.bc.ca or call 1.604.333.3434.

Jump Start

Canadian Tire Jumpstart gets children ages 4 to 18 in the game by covering the costs of equipment, registration, and/or transportation. For more information, visit jumpstart.canadiantire.ca or call 1.877.616.6600.

Preschool Programs



Big Boo Bash

3-5 years

Halloween is just around the corner! Come join us for a morning of creepy crawly crafts, frightening fun activities, and ghostly goodies. All materials included. Parent participation is required. Please dress for mess!

Sonora Community Centre Craft Room
Instructor: Allie Traynor
1 session | Fri | Oct 27 | 10:00am-10:45am
Fee $20.00 | Annual Pass $14.00 | LISP $5.00

Little Elves Workshop

3-5 years

It's time for all the little elves to get busy! Special holiday-themed crafts, activities, and treats will all be part of the morning. All materials included. Parent participation is required. Please dress for mess!

Sonora Community Centre Craft Room
Instructor: Allie Traynor
1 session | Fri | Dec 15 | 10:00am-10:45am
Fee $20.00 | Annual Pass $14.00 | LISP $5.00

Run, Jump, Play!

3-5 years

This program will give little ones a chance to develop movement skills through games and play! Fundamental movements like running, jumping, throwing, and kicking are essential for a child's physical development and improves their chances of staying physically active for life. Parents may be required to participate as needed. Some classes may be held outside, weather permitting. Please bring appropriate clothing, running shoes, and water.

Sonora Community Centre Gymnasium
Instructor: TBD
12 sessions | Tue | Sept 19-Dec 5 | 3:00pm - 3:30pm
Fee $39.00 | Annual Pass $27.50 | LISP $9.50

Soccer Nuts

3-5 years

Tykes will develop an interest in the game and learn basic skills in this non-competitive class. This program focuses on fun and skills such as dribbling, passing, and shooting. Parents may be required to participate as needed. Please bring appropriate clothing, footwear, and water. Register early! This class fills up fast! No sessions Oct 2, Oct 9, or Nov 13.

Sonora Community Centre Gymnasium
Instructor: TBD
9 sessions | Mon | Sept 18-Dec 4 | 3:00pm-3:30pm
Fee $29.25 | Annual Pass $20.50 | LISP $7.50

MaryLou's Music Studio



Music for all ages

MARYLOU



Piano Lessons
Rhythm Bands
Special Needs

Always Free Trial Lessons

MaryLou Primeau
Phone or text 250-689-7047
Email: marylousmusic@gmail.com

The Gift of Music Will Last A Lifetime!

Parent n Tot Gym Time
Age 0-5 years

Join us for some fun times at the Sonora Centre. During our free play, we will have some time to play in the gymnasium while moms and dads have some time to connect with other parents too. Build motor skills and build socio-emotional skills in our young children while playing. This is a no-cost drop-in program.

Days: Mondays and Wednesdays
Times: 10:30am-12:00pm
Where: Sonora Community Centre
Cost: Free

No sessions: Oct 2, Oct 9, Nov 13

Paint 'n Play
3-5 years

This program will allow little ones to explore their creative side! Each class will be spent doing a fun arts and crafts project and a fun physical activity. All materials are provided. Parent participation is required. Some activities may be done outside. Please dress for mess and the weather.

Sonora Community Centre Craft Room
Instructor: Allie Traynor
12 sessions | Tue | Sept 19-Dec 5 | 9:30am-10:15am
Fee $67.50 | Annual Pass $47.25 | LISP $17.00

Music and Movement
2-4 years

Come spend a musical morning and get ready to show off your dance moves! In this class, participants will explore the world of music and dance through basic instruments, singing, songs, and movement. Parent participation is required. Please bring appropriate clothing and water.

Sonora Community Centre Dance Studio
Instructor: Allie Traynor
12 sessions | Thur | Sept 21-Dec 7 | 10:30am-11:00am
Fee $39.00 | Annual Pass $27.50 | LISP $9.75

HEY FAMILIES!

We have lots of great activities happening at Dharma Kids



Amazing Early Learning Program
On-going Child Care
(2.5 to 5 years old)



Parent Date Nights
Occasional Child Care every other Friday
(1.5 to 6 years old)



Kids Yoga Classes
Upbeat & fun classes with 3 age options
(0 to 8 years old)



Birthday Parties
Rent our space for your child's special day!
(2 to 6 years old)



FREE Mommy Get-Togethers
Hosted monthly on Sundays (kids optional)

dharma Kids centre

Located only minutes away
@ 8507 74th Ave, Osoyoos

dharmakids.ca



Learn to Skateboard
7-12 years

If you have never ridden a skateboard before or you just need some guidance to improve your skills - this one is for you! Participants will have a chance to learn the basics in a safe and fun atmosphere. Please bring your own skateboard, helmet (mandatory), water, comfortable clothing, and closed-toed shoes. No class Oct 12.

Osoyoos Skate Park
Instructor: Gavin Heise
6 Sessions | Sat | Sept 23-Nov 4 | 10:00am-11:00am
Fee $39.00 | Annual Pass $27.50 | LISP $9.75

Skateboarding
10-13 years

You know the basics; now it's time to learn some tricks! Participants will be able to learn and practice basic tricks like how to switch, how to manual, do kick turns, and how to do a running start. Please bring your own skateboard, helmet (mandatory), water, comfortable clothing, and closed toed shoes. No class Oct 12.

Osoyoos Skate Park
Instructor: Gavin Heise
6 Sessions | Sat | Sept 23-Nov 4 | 11:00am-12:00pm
Fee $39.00 | Annual Pass $27.50 | LISP $9.75

Osoyoos Library

Builders Challenge Club

Calling All Builders & Imagineers!
Imagine, Create & Design!
Family Fun free-play with Lego and Keva Planks

KĒVA planks

FREE Drop In Program
Tuesdays 2:30p – 7:30p

Ask about the Builders Challenge Club
To be entered to win our Draw Prize

Location: Osoyoos Library – Sonora Centre
8505 68th Ave Osoyoos, BC
250.495.7637 www.orl.bc.ca

Hours:
Tue 12p-8p
Wed/Thur 12p-5p
Fri 10a-5p
Sat 10a-3p

OKANAGAN REGIONAL LIBRARY



Floor Hockey
5-9 years

Come join us for an hour of floor hockey. Participants will have a chance to learn basic floor hockey skills and further develop skills already acquired. A scrimmage will be part of each day as well. Hockey sticks are supplied, but participants are welcome to bring their own. Please bring plenty of water and appropriate clothing and footwear. No sessions Oct 2, Oct 9 or Nov 13.

Sonora Community Centre Gymnasium
Instructor: TBD
9 Sessions | Mon | Sept 18-Dec 4 | 3:45pm-4:45pm
Fee $58.50 | Annual Pass $41.00 | LISP $14.75

Basketball - 5-8 years
5-8 years

This program will introduce the sport of basketball to participants and focus on developing basic skills such as passing, dribbling, and shooting through a mix of games and drills. Please bring appropriate clothing, footwear, and water.

Sonora Community Centre Gymnasium
Instructor: TBD
12 Sessions | Wed | Sept 20-Dec 6 | 3:15pm-4:15pm
Fee $78.00 | Annual Pass $54.75 | LISP $19.50

Basketball - 9-12 years
9-12 years

Participants will work on dribbling, passing, and shooting skills and begin to focus on game strategy and play, all while having fun. No experience is necessary. Please bring appropriate clothing, footwear, and water.

Sonora Community Centre Gymnasium
Instructor: TBD
12 Sessions | Wed | Sept 20-Dec 6 | 4:15pm-5:15pm
Fee $78.00 | Annual Pass $54.75 | LISP $19.50



Crafty Kids

6–12 years

A weekly program giving kids the opportunity to develop their creative side and make some totally cool crafts! There will be a variety of hands-on arts and crafts projects, with a different one each week! All materials are provided. Space is limited, so register early! Please dress for a mess! No classes Oct 2, Oct 9, Nov 13.

Sonora Community Centre Craft Room
Instructor: Liza Jensen
9 Sessions | Mon | Sept 18-Dec 4 | 2:45pm-3:45pm
Fee $67.50 | Annual Pass $47.25 | LISP $17.00

Dad & Daughter Date Night

5-12 years

A chance for daddies (or uncles or grandpas) to spend a special night with their little girls. You will have a chance to make something special together and finish the night off with ice cream sundaes. Please inform staff of food allergies at the time of registration. All materials provided. Please dress for mess or bring an apron.

Sonora Community Centre Room 4/5
Instructor: Allie Traynor & Liza Jensen
1 Session | Mon | Nov 27 | 6:00pm-7:30pm
Fee $15.00 | Annual Pass 10.50 | LISP $3.75

Mom & Son Date Night

5-12 years

A chance for Moms (or aunties or grandmas) to spend a night with their special little guy! You will make a special keepsake craft together and end the night with ice cream sundaes! Please inform staff of any food allergies at the time of registration. All materials provided. Please dress for mess or bring an apron.

Sonora Community Centre Room 4/5
Instructor: Allie Traynor & Liza Jensen
1 Session | Mon | December 4 | 6:00pm-7:30pm
Fee $15.00 | Annual Pass 10.50 | LISP $3.75

Kids Can Cook

7-12 years

In this hands on class, participants will have fun cooking and baking delicious items from scratch while learning the basics of kitchen safety, food safety, and basic cutting and kitchen skills. Once all the cooking is done, kids get to take home their tasty creations. **Due to the high demand for this class & limited space, participants may only register for one (1) session per season.** Register early to avoid disappointment. Please inform staff of any food allergies at the time of registration.

Sonora Community Centre Kitchen
Instructor: Liza Jensen
5 Sessions | Tue | Sept 26-Oct 24 | 2:45pm-4:00pm
5 Sessions | Tue | Nov 7-Dec 5 | 2:45pm-4:00pm
Fee $60.00 | Annual Pass $42.00 | LISP $15.00

Sweat & Solitude

12-15 years

Does your pre-teen/teen know what a healthy mind-body relationship looks like? Join us to put this concept into action and explore how small changes can have big effects. The first half of the class will be simple exercises to build strength, endurance, and rid the body of built-up toxins. The second half will be a mixture of calm stretching and peaceful moments geared towards positive self-talk, law of attraction, and fostering an overall healthy mind. No equipment is required; however, you are free to bring your own yoga mat and an exercise band. Participants who successfully complete this program are able to use the weight room without adult supervision. Conditions apply - please check with the front counter. No classes Oct 2, Oct 9 or Nov 13.

Sonora Community Centre Dance Studio
Instructor: Allie Traynor
9 sessions | Mon | Sept 18-Dec 4 | 3:45pm-4:45pm
Fee $58.50 | Annual Pass $41.00 | LISP $14.75



Qigong for Kids

5-12 years

Elevate your child's well-being with the numerous benefits of Qigong! Our Qigong for Kids program empowers children with improved focus, enhanced flexibility, and heightened body awareness. Through the gentle and enjoyable practice of Qigong, kids develop a strong foundation for emotional regulation, stress reduction, and overall mindfulness. Please wear comfortable, loose fitting clothing.

Sonora Community Centre Dance Studio
Instructor: Ravi
10 sessions | Thur | Sept 26-Dec 7 | 5:30pm-6:30pm
Fee $30.00 | This program is not included with passes

Indoor Volleyball
10-14 years

Bump, block, and spike this fall! Come join us for a weekly learn to play style volleyball program! Participants will develop basic volleyball skills and improve on existing ones. Please bring plenty of water and appropriate clothing and footwear.

Sonora Community Centre Gymnasium
Instructor: TBD
12 Sessions | Tues | Sept 19-Dec 5 | 3:45pm-4:45pm
Fee $78.00 | Annual Pass $54.75 | LISP $19.50

Parkour 1
6-9 years

Learn to move and flow with fast, efficient movement through any space! Participants will learn to climb, jump, land, roll, flip, vault, and trick with flair! Develop mental and physical strength, speed, balance, agility, and confidence. Classes are run in a controlled environment with safety pads and mats. Classes may run outdoors, weather permitting.

Sonora Community Centre Gymnasium
Instructor: Ethos Parkour
12 Sessions | Thu | Sept 21-Dec 7 | 2:45pm-3:45pm
Fee $200.00 | This program is not included with passes

TGIF Youth Nights
12-15 years

Four different, incredibly fun nights geared for youth 12-15 years old!

September 22 - Glow Games
October 20 - Youth Concert
November 24 - Osoyoos Has Talent
December 8 - Winter Wonderland

Times: 7:00pm-8:30pm
Location: Sonora Community Centre
Cost: FREE

Pre-registration may be required



UPCOMING EVENTS:

Terry Fox Run September 17th
Run starts at the Sonora Community Centre. Register online or in person the day of.

Halloween Howl October 28th
Goblins, Ghosts, and Ghouls have taken over the Sonora Community Centre! Come celebrate Halloween with our Annual Halloween Howl.

Osoyoos Has Talent November 24th
Part of our Youth TGIF series. Enjoy some local talent as youth show off their stuff!

Elf in the Park November 30th
She's back! Come search through Osoyoos and see if you can find Trixie the Elf and have a chance to win some awesome prizes!

Skate with Santa December 23rd
Celebrate the season with our annual Skate with Santa! Bring your pet for photos with Santa for a fundraiser for the SPCA and then stay for a special public skate in a winter wonderland!



A Frightfully Fun Night at the Osoyoos Library!

Join us for fun Hallowe'en crafts, games, and treats!



Free Program for all ages.

Registration Appreciated. Drop-in Welcome.

Tuesday October 31 @ 4:30p – 7:30p

Location: Osoyoos Library – Sonora Centre

8505 68th Ave Osoyoos, BC

250.495.7637 www.orl.bc.ca

Hours:
Tue 12p-8p
Wed/Thur 12p-5p
Fri 10a-5p
Sat 10a-3p

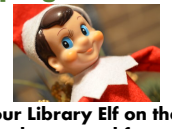
OKANAGAN REGIONAL LIBRARY

Merry Elfmas at the Osoyoos Library!

Join the Librarian Elves for a merry event full of games, crafts, and prizes!

Registration appreciated. Drop-ins welcome.
Tuesday December 12th @ 5:30p – 7:30p

Free program for all ages.



Find where Page, our Library Elf on the Shelf, is hiding every day in December to be entered for our holiday prize pack.

Location: Osoyoos Library – Sonora Centre

8505 68th Ave Osoyoos, BC

250.495.7637 www.orl.bc.ca

Hours:
Tue 12p-8p
Wed/Thur 12p-5p
Fri 10a-5p
Sat 10a-3p

OKANAGAN REGIONAL LIBRARY

Public Skating

Times are available for public skating, shinny hockey and senior & tot skate.

Senior & Tot Skate	Mondays & Wednesdays	10:30am-12:00pm
Shinny Hockey	Tuesdays & Thursdays	10:30am-12:00pm
Public Skating	Saturdays	5:15pm-6:15pm
	Sundays	3:30pm-4:45pm

Schedules are subject to change without notice and can be viewed at www.osoyoos.ca .

Admission is **FREE**! For more information, contact 250.495.6562.

Thank You Osoyoos Rotary

Skate Library, Public Skating, Senior & Tot Skate and Shinny Hockey Sponsor

Ice Rentals

Ice is available to rent! Ice is booked on a first-come, first-serve basis, and priority is given to facility user groups such as Minor Hockey, Figure Skating, and the Jr A Hockey Club. Rental fees can be found on page 6 of the Activity Guide. For more information or to rent the ice, please contact 250.495.6562. Please check the ice availability by visiting our website www.osoyoos.ca. Ice rentals are available throughout the year, but book early, as ice time fills up fast!

Osoyoos Skate Library

Want to hit the ice, but you don't have any skates? We got you covered! The Osoyoos Skate Library is located in the lobby of the Sun Bowl Arena and has skates you can use absolutely free! The library has skates for children to adults - all we ask is that you put them back once you're done. Helmets are not available.

Have skates sitting around?

The skate library is always accepting donations of used skates. Skates can be dropped off at the Sun Bowl Arena during regular operating hours.

The Osoyoos Skate Library is sponsored by the Town of Osoyoos, Osoyoos Rotary, and Osoyoos Credit Union.





Sun Bowl Skating Club

The skating season is from
September 11, 2023 to March 15, 2024

How to register:

Online at www.sunbowlskating.com
Email sunbowl.skating@gmail.com

Learn to Skate Programs offered:
Pre-CanSkate 3-5 year olds, Canskate, Star Academy, STARskate and Adult classes

We fund travel expenses, big and small, to help families get there!

Highway to Healing
helping families get there

Do you know someone who...

- travels for their child's medical care?
- lives in Osoyoos, Oliver or OK Falls?
- might benefit from financial support?

highwaytohealing.org /highway2healing @highwaytohealingsociety

Weight Room, Drop-In Sports & Facility Rates

WEIGHT ROOM

Monday-Friday 8:30am-8:45pm (hours may change in the summer)
Saturday 9:00am-3:45pm (hours may change in the summer)
The Sonora Community Centre houses a fully equipped weight room with various cardio equipment, weight machines, and free weights. Drop-in and membership passes are available. Please see below for pricing.

DROP-IN SPORTS

The Sonora Community Centre offers a variety of drop-in sports for youth and adults. Drop-in schedules are available at the Sonora Community Centre front desk or online at www.osoyoos.ca .

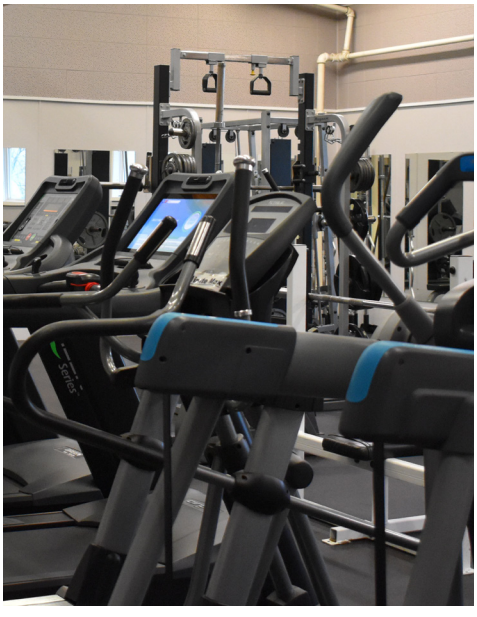
GENERAL FACILITY RULES AND GUIDELINES

(Full list available at the Sonora Community Centre)

• Weight Room is open for persons ages 16 years and older. Youth ages 13–15 years may be permitted under the direct supervision of an adult 19 years or older. Alternatively, youth 12-15 years may be permitted without adult supervision once they have successfully completed a Youth Weight Room Orientation. Please contact the Sonora Community Centre for more information.

• Children ages 7-13 years may be permitted into the gymnasium during applicable Drop-in times under the direct supervision of a responsible person over 16 years of age.

• All users, including pass holders, must check in with the front desk before entering the weight room, fitness classes, or drop-in sports.



FACILITY RATES

All passes include access to the weight room, drop-in sports, and drop-in fitness classes unless otherwise noted. All Annual Passes will also include access to select programs at the Sonora Community Centre at a reduced price. Rates will be adjusted annually to reflect the Canadian Price Index, effective June 1.

	Adult *19–59 years*	**Senior** *60 years+*	**Youth/Student** *12–18 years or with valid student card*	**Family** *Up to two adults and their children under the age of 19 living in the same household*
Drop-in *Not available for Squash*	$6.00	$5.00	$5.00	
10 Punch Pass *Not available for Squash*	$55.00	$45.00	$45.00	
1 Month Pass	$52.00	$46.50	$46.50	
3 Month Pass	$115.00	$82.00	$82.00	
6 Month Pass	$205.50	$160.50	$160.50	
Annual Pass	$318.00	$223.50	$223.50	$612.50
Early Access	Early access is available for those with a valid monthly or annual pass. Access is by fob and is available from 6:30am-8:30am Monday to Friday. To obtain a fob, please ask at the front counter at the Sonora Community Centre.			

DROP-IN FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Walkfit 8:45am-9:45am *Sept 8-Sept 29*	Total Body Fit 8:45am-9:45am	Mobility & Core 8:45am-9:45am	Total Body Fit 8:45am-9:45am	Walkfit 8:45am-9:45am *Sept 8-Sept 29*	
Total Body Fit 5:15pm-6:15pm		Total Body Fit 5:15pm-6:15pm		Mobility & Core 8:45am-9:45am	

Walkfit - Mondays and Fridays 8:45am-9:45am
A full hour of walking, talking, and stretching. Come walk with us indoors during the cold and icy months and outside throughout Osoyoos when the weather allows. All levels are welcome. This hour is for you to move at your own pace to enhance your health and build connections to nature and each other.

Total Body Fit - Tuesdays and Thursdays 8:45am-9:45am
Mondays and Wednesdays 5:15pm-6:15pm
A high-intensity total body conditioning class that incorporates core, strength training, and cardio intervals to deliver an effective workout. The class uses a variety of equipment and formats, so no two classes are the same. Modifications are given for different fitness levels.

Mobility & Core - Wednesdays 8:45am-9:45am
This class is designed to strengthen the core muscles while promoting joint mobility and stability. It will help to improve range of motion, which will benefit all other exercises and daily activities. The first 15 to 20 minutes of the class will be spent standing and the remainder spent doing floor work.

GENTLE YOGA with Louise/Body Conscious Fitness

Tuesdays and Fridays 10:15 am
October 17 to December 15

Cost: 18 - sessions. $144.00
(Or) $8.00 per session

This Hatha style class is more on the Yin side, with slow flow asanas. Great for those trying yoga for the first time or prefer a more gentle class. Increase your strength, flexibility, balance while cultivating patience, compassion and acceptance of yourself and others. Equipment available or bring your own mat.

Classes: Sonora Community Center
In the dance studio

Please register with Louise at auntlou67@msn.com or phone 250-498-9650

Okanagan Priority One Trauma

Phone: **250.487.8389**
admin@priorityonetrauma.com
www.priorityonetrauma.com

OSOYOOS & area FIRST AID TRAINING

Don't see what you're looking for?
We teach Transport Endorsement, Emergency Child Care First aid, Babysitter's training, OFA L2, OFA L3 & private courses. Call for info… or view our online calendar ☺

September 2023
Standard First Aid/ CPR-C AED – $170 – Sept 8
Emergency FA/ CPR-C AED – $110 – Sept 8
Babysitter's – Sept 16; call **Oliver REC 498-4985**
Occupational First Aid Level 1 – $110 – Sept 23
Occupational First Aid Lvl 2 – Starts Sept 18; *Pent*

October 2023
Standard First Aid/ CPR-C AED – $170 – Oct 14
Emergency FA/ CPR-C AED – $110 – Oct 14
Babysitter's – Oct 15; call **Oliver REC 498-4985**
EFA /CPRC/AED–Oct 21- call **Oliver REC 498-4985**
Occupational First Aid Level 1 – $110 – Oct 30

November 2023
Standard First Aid/ CPR-C AED – $170 – Nov 6
Emergency FA/ CPR-C AED – $110 – Nov 6
Occupational First Aid Level 1 – $110 – Nov 24

December 2023
Standard First Aid/ CPR-C AED – $170 – Dec 9
Emergency FA/ CPR-C AED – $110 – Dec 9
Occupational First Aid Level 1 – $110 – Dec 11

Approved WorkSafeBC Training Agency

We reserve the right to cancel or reschedule a course depending upon minimum number of registrants! *All prices are +**GST** but include a pocket masks and books, if applicable.

CANADIAN RED CROSS TRAINING PARTNER



Back to Basics Pickleball Workshops

16 years +

These workshops are designed for newer players who have some or limited experience playing pickleball. The focus will be on basic skills intended for those who would like to improve their game.

Sonora Community Centre Gymnasium
Instructor: Don Brain

Beginners Level
1 session | Sat | Oct 14 | 1:45pm-3:45pm
Fee $15.00 This program is not included with passes.

1 session | Sat | Dec 2 | 1:45pm-3:45pm
Fee $15.00 This program is not included with passes

Novice Level
1 session | Sat | Oct 21 | 1:45pm-3:45pm
Fee $15.00 This program is not included with passes

1 session | Sat | Dec 9| 1:45pm-3:45pm
Fee $15.00 This program is not included with passes

Intermediate Level
1 session | Sat | Sept 23| 1:45pm-3:45pm
Fee $15.00 This program is not included with passes

1 session | Sat | Dec 16 | 1:45pm-3:45pm
Fee $15.00 This program is not included with passes

Drawing Tips & Techniques

16 years+

Join Nancy Gray from the Osoyoos & District Arts Council as she shares her drawing tips and techniques. During this 2 hour workshop, Nancy will demonstrate her skills and provide you with a handout along with simple tools to create beautiful drawings. Please bring a notebook and a pencil. View Nancy's work at nancygrayart.com

Sonora Community Centre Room 4/5
Instructor: Nancy Gray
1 session | Thur | Oct 26 | 6:30pm-8:30pm
Fee $20.00 | This program is not included with passes

Kickboxing for Women

16 years+

Join a group fitness class that combines martial arts techniques with fast-paced cardio. A high-energy workout to build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. Please wear comfortable, loose clothing. Hand wraps are highly recommended. Participants must be physically able to participate and will be required to sign a waiver for a Police/Criminal Record Check. Space is limited, so register early!

Sonora Community Centre Room 4/5
Instructor: TBA
10 sessions | Wed | Oct 4-Dec 6 | 6:30pm-7:30pm
Fee $70.00 | This program is not included with passes

Qigong

16 years+

Discover the ancient art of Qigong, a harmonious blend of gentle movements, mindful breathing, and meditation. Tune into the subtle energetic sensations of Qi (pronounced chi), promoting presence, holistic well-being, and inner balance. Whether you're a beginner or a seasoned practitioner, Qigong offers a rejuvenating journey towards increased vitality and serenity. Embrace the transformative benefits of this time-tested practice and embark on a path to a healthier, more mindful you. Please wear comfortable, loose fitting clothing. A video camera may be present in the class room to video the instructor only.

Sonora Community Centre Dance Studio
Instructor: Ravi
10 sessions | Thur | Sept 26-Dec 7 | 6:30pm-7:30pm
Fee $30.00 | This program is not included with passes

PERSONAL TRAINING

Did you know we have Personal Training options? Whether you just don't know where to start or need help achieving your goals, our personal trainer can help you on your fitness journey!

Contact the Sonora Community Centre for more information or to sign up.

Pricing:
$60.00/1 session | $240.00/5 sessions
$400.00/10 sessions

OSOYOOS MIXED INDOOR VOLLEYBALL LEAGUE

Join our co-ed indoor volleyball league! Teams will consist of a minimum of 4 players and must have at least 1 female on the court at all times. This year we are expanding to have a competitive league and a recreation league!

Mondays 6:30pm-8:30pm | Competitive League Play
Wednesdays 6:30pm-8:30pm | Recreation League Play
Sonora Community Centre Gymnasium
$200.00/team (covers September 2023-March 2024)

Registration forms are available at the Sonora Community Centre starting **September 5th.**

Registration will be accepted on a first-come, first-serve basis until the league is full or by **Wednesday September 13th.**

League play will start September 18th.



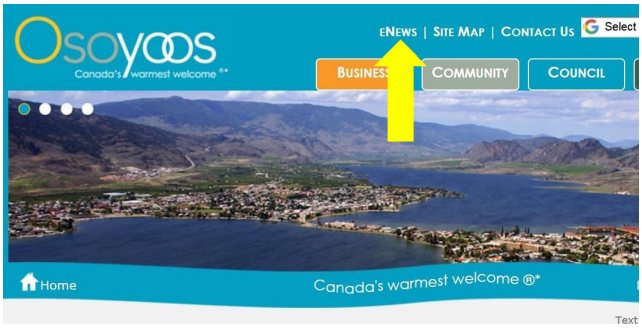
Teams not playing in a sportsmanlike manner will be asked to leave the league.

For more information, please contact the Community Services Department.

(T) 250.495.6562
(E) recreation@osoyoos.ca

HAVE YOU SIGNED UP FOR ENEWS?

If you would like to receive Town of Osoyoos information by email please fill out the form at www.osoyoos.ca.



Examples of information that would be emailed are:

- Council Agendas
- Planned Water Outages
- Special Activities
- Council Highlights
- Water Restrictions
- Program Notices
- Tenders/Request for Proposals

ONLINE & IN-PERSON REGISTRATION FOR PROGRAMS STARTS 5:30PM TUESDAY SEPTEMBER 12!

And don't forget our ANNUAL ANNUAL PASS SALE!



Our **Annual Annual Pass Sale** will be held **September 11-September 18, 2023!**

Purchase any of our Annual Passes and receive a **30% discount!**

Adult Annual Pass
Regular Rate - $318.00 Sale Rate - $222.60

Student Annual Pass
Regular Rate - $223.50 Sale Rate - $156.45

Senior Annual Pass
Regular Rate - $223.50 Sale Rate - $156.45