

Town of Osoyoos



# Program & Activity Guide Winter 2023



***In person and Online\* Registration starts  
Wednesday December 21st 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](http://www.osoyoos.ca) | 250.495.6562

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Sat: 9am - 5pm, Sun: Closed

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From anywhere... to anyone



# 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](http://www.osoyoos.ca) for more local events and information.

Warmest Regards,  
Mayor Sue McKortoff



# General Information

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## 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

### 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](http://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](http://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

Sunrise Marina and Goodman Park washrooms are open 7:00am–7:00pm daily. All other park washrooms will open May 1, 2022.



### 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](mailto: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](mailto:recreation@osoyoos.ca)



# Facility Rental Information

Rentals are available at the Sonora Community Centre and at 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.

Covid-19 restrictions and occupancy limits may be in place. Please check with the Sonora Community Centre for additional requirements that may affect your rental.



## Sonora Community Centre

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

Multipurpose Room Rates*		Gymnasium Rates*	
<b>Non-Recreational Based</b>	\$31.50 per hour	<b>Sport &amp; Recreation Activities</b>	\$31.50 per hour
	\$300.50 per day		\$241.50 per day
<b>Recreational Based</b>	\$25.50 per hour	<b>Non-Commercial Events</b>	\$40.50 per hour
	\$172.50 per day		\$375.50 per day
<b>Non-Profit Use</b> <i>Society Status Required</i>	\$17.00 per hour	<b>Commercial Events</b>	\$77.00 per hour
	\$121.00 per day		\$749.00 per day
<b>Commercial Kitchen - \$200.00 damage deposit is required</b>			
\$143.00 per day		Half Kitchen (food prep or storage only) - \$72.00	

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)*	
<b>Adult</b>	\$114.00	<b>Adult</b>	\$120.50
<b>Student/Youth/Senior</b>	\$61.50	<b>Student/Youth/Senior</b>	\$76.50
<b>Out-of-Town Teams or Camps</b>	\$92.50	<b>Out-of-Town Teams or Camps</b>	\$114.00

\*All rates will be adjusted annually to reflect the Canadian Price Index effective June 1.

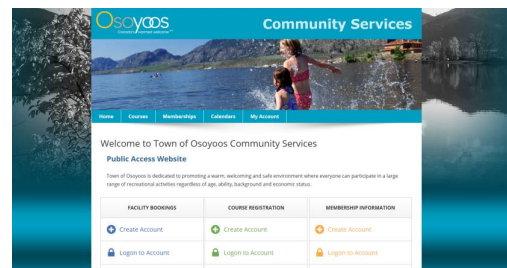
## Registration Information

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, and we encourage early registration as all classes are filled on a first-come, first-served basis. **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 all 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](http://www.osoyoos.ca).
  2. Click on "Recreation Programs" under the Community tab drop down.
  3. Click on "Recreation Registration Online".
  4. 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 since September 2017, 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.**
  5. 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 be happy to 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](mailto: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 sport. For more information, visit [www.kidsport.bc.ca](http://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](http://jumpstart.canadiantire.ca) or call 1.877.616.6600.

## Tic Tac Tots!

### Age 0-5 years

Join our early Childhood Educator for some fun times at the Sonora Centre. During our free play we will have some time to dance, sing, learn rhymes, make music, read stories, play in the gymnasium, and do fun crafts together while moms and dads have some time to connect with other parents too. All the activities will aim to build motor skills, teach language, and build socio-emotional skills in our young children. This is a no cost, drop-in program.

**When:** Mondays and Wednesdays 10:30am-12:00pm  
**Where:** Sonora Community Centre  
**Contact:** Desert Sun Counselling and Resource Centre  
250.495.2623



## 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. No session February 20.

**Sonora Community Centre Gymnasium**

**Instructor: Allie Traynor**

**9 sessions | Mon | Jan 9-Mar 13 | 2:45pm-3:15pm**

**Fee \$40.50 | Annual Pass \$28.50 | LISP \$10.25**



## Music and Movement

### 18 months - 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**

**10 sessions | Thur | Jan 12-Mar 16 | 9:00am-9:30am**

**Fee \$30.00 | Annual Pass \$21.00 | LISP \$7.50**

## Muckin' Around

### 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. Paint, glue and all the rest will keep tots having fun making a mess! All materials are provided. Parent participation is required. Please dress for mess!

**Sonora Community Centre Craft Room**

**Instructor: Allie Traynor**

**10 sessions | Tue | Jan 10-Mar 14 | 11:00am-11:45am**

**Fee \$52.50 | Annual Pass \$36.75 | LISP \$13.25**







MaryLou's Music Studio



Music for all ages



**Piano Lessons  
Rhythm Bands  
Special Needs**



Always Free Trial Lessons

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

***The Gift of Music Will Last A Lifetime!***



## Snow Much Fun

**3-5 years**

We are going to have a great morning snow-ing our creative side! Get out of the cold, come make some cool winter themed crafts and enjoy a small snack too! All materials are provided. Parent participation is required. Please dress for mess!

**Sonora Community Centre Craft Room**

**Instructor: TBD**

**1 session | Sat | Jan 21 | 10:00am-10:45am**

**Fee \$15.00 | Annual Pass \$10.50 | LISP \$3.75**

## Be My Valentine

**3-5 years**

Join us for a special morning where we will create some adorable valentine themed crafts and enjoy a small snack. All materials are provided. Parent participation is required. Please dress for mess!

**Sonora Community Centre Craft Room**

**Instructor: TBD**

**1 session | Sat | Feb 11 | 10:00am - 10:45am**

**Fee \$15.00 | Annual Pass \$10.50 | LISP \$3.75**

## Luck o' the Irish

**3-5 years**

Come celebrate St. Paddy's day with a special morning full of leprechauns, rainbows, and all things green! All materials included. Parent participation is required. Please dress for mess!

**Sonora Community Centre Craft Room**

**Instructor: Allie Traynor**

**1 session | Fri | Mar 17 | 11:00am - 11:45am**

**Fee \$15.00 | Annual Pass \$10.50 | LISP \$3.75**

## Senior & Tot Skate

Preschoolers and their caregivers are welcome to join us for skating times courtesy of Osoyoos Rotary!

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

**Sun Bowl Arena  
FREE**

Helmets are mandatory.  
Strollers are prohibited on the ice.

# Children/Youth Programs

## Basketball - 5-8 years

### 5-8 years

This program will introduce the sport of basketball to participants and focus on developing basics 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**

**10 Sessions | Wed | Jan 11-Mar 15 | 2:45pm-3:45pm**

**Fee \$60.00 | Annual Pass \$42.00 | LISP \$15.00**

## Basketball - 9-12 years

### 5-8 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 necessary. Please bring appropriate clothing, footwear and water.

**Sonora Community Centre Gymnasium**

**Instructor: TBD**

**10 Sessions | Wed | Jan 11-Mar 15 | 3:45pm-4:45pm**

**Fee \$60.00 | Annual Pass \$42.00 | LISP \$15.00**



## Parkour

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, dynamic power, speed, balance, agility, and confidence. Classes are run in a controlled environment with safety pads and mats. Some classes may run outdoors weather permitting.

**Sonora Community Centre Gymnasium**

**Instructor: Ethos Parkour**

**Introduction to Parkour 1**

### 5-8 years

**10 Sessions | Thu | Jan 11-Mar 15 | 2:45pm-3:45pm**

**Fee \$200.00 | This program is not included with passes**

**Introduction to Parkour 2**

### 9-12 years

**10 Sessions | Thu | Jan 11-Mar 15 | 4:00pm-5:00pm**

**Fee \$200.00 | This program is not included with passes**

## Come Play with Me

### 5-10 years

Participants will develop a variety of fundamental skills such as running, throwing, kicking, and jumping while playing in this structured recreation class. While sports are not out of the question, the focus will be on playing games and having fun to get kids moving in a variety of ways. No experience necessary. Please bring appropriate clothing, footwear and water.

**Sonora Community Centre Gymnasium**

**Instructor: Allie Traynor**

**10 Sessions | Tue | Jan 10-Mar 14 | 2:45pm-3:45pm**

**Fee \$60.00 | Annual Pass \$42.00 | LISP \$15.50**

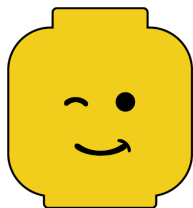
## Osoyoos Library

## Lego Club

**Calling All Builders & Imagineers!**

**Imagine, Create & Design!**

**Family Fun free-play with Lego and Keva Planks**



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

Ask in branch about our Lego Passport  
to earn your own Lego Minifigure

Location: Osoyoos Library – Sonora Centre

8505 68<sup>th</sup> Ave Osoyoos, BC

250.495.7637 [www.orl.bc.ca](http://www.orl.bc.ca)

Hours:

Tue 12p-8p

Wed/Thur 12p-5p

Fri 10a-5p

Sat 10a-3p



OKANAGAN REGIONAL  
**LIBRARY**



## Jr Musical Theatre

Do you enjoy being in the spotlight? This might be just the thing for you! Using "Shrek the Musical" as a base, participants will be exposed to the basics of musical theatre including acting, singing and dancing! This is a great opportunity for kids to explore their dramatic side and flex their creative muscles in a safe and supportive environment! Please wear comfortable clothing.

**Sonora Community Centre Dance Studio**

**Instructor: Sarah Gilchrist**

**7-9 years**

**10 Sessions | Wed | Jan 11-Mar 15 | 3:30pm-4:30pm**

**Fee \$60.00 | Annual Pass \$35.00 | LISP \$12.50**

**10-12 years**

**10 Sessions | Wed | Jan 11-Mar 15 | 4:45pm-5:45pm**

**Fee \$60.00 | Annual Pass \$35.00 | LISP \$12.50**

## Girls Night Out

**5-12 years**

Spend the night with just the girls! Mom's (or aunties or grandma's) and daughters 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**

**1 Session | Wed | Feb 22 | 6:00pm-7:30pm**

**Fee \$15.00 | Annual Pass 10.50 | LISP \$3.75**

## Guys Night Out

**5-12 years**

It's all about the guys today! Dad's (or uncles or grandpa;s) and their sons 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**

**1 Session | Wed | Mar 1 | 6:00pm-7:30pm**

**Fee \$15.00 | Annual Pass 10.50 | LISP \$3.75**

**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](http://highwaytohealing.org)

[f /highway2healing](https://www.facebook.com/highway2healing)

[@highwaytohealingsociety](https://www.instagram.com/highwaytohealingsociety)

# Children/Youth Programs

## Kids Can Cook

7-12 years

In this hands on class, participants will have fun cooking and baking delicious items from scratch all 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 | Jan 10-Feb 7 | 2:45pm-4:00pm**

**5 Sessions | Tue | Feb 14-Mar 14 | 2:45pm-4:00pm**

**Fee \$60.00 | Annual Pass \$42.00 | LISP \$15.00**

## 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 Feb 20.

**Sonora Community Centre Craft Room**

**Instructor: Liza Jensen**

**9 Sessions | Mon | Jan 9-Mar 13 | 2:45pm-3:45pm**

**Fee \$63.00 | Annual Pass \$44.25 | LISP \$15.75**

## Go Girls

10-14 years

Calling all girls to come out and be proud of who you are! Come join us for a 10-week journey of fun, games, physical, social and emotional skill building. In a safe, positive environment, girls will meet new friends, build confidence and embrace their unique qualities while engaging in a variety of activities celebrating and empowering all girls.

**Sonora Community Centre Room 4/5**

**Instructor: Allie Traynor**

**10 sessions | Wed | Jan 11-Mar 15 | 3:30pm-4:30pm**

**Fee \$60.00 | Annual Pass \$42.00 | LISP \$15.00**

## Sweat & Solitude

10-14 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.

**Sonora Community Centre Room 4/5**

**Instructor: Allie Traynor**

**9 sessions | Mon | Jan 9-Mar 13 | 3:30pm-4:30pm**

**Fee \$63.00 | Annual Pass \$44.25 | LISP \$15.75**

# Osoyoos Art Hive

An Art Hive is a welcoming place for all ages to imagine, discover, and make unique art together! Bring your art or craft project to create alongside others, start a new project, be inspired, learn, or share your skills with others! The Art Hive celebrates diversity! Meet new friends or bring a friend! Share tea, juice and snacks.

**No art training or experience required!**

**Where:** The Cactus Centre  
**When:** Thursdays 6:00pm-8:00pm  
**Who:** All Ages  
**Cost:** FREE

**Facilitator: Angela Herd, Registered BC & Canadian Art Therapist**

The Art Hive is graciously accepting donations for all art & craft tools and supplies; as well as cash donations toward the purchase of tools/materials to support the Art Hive start-up.



The Town of Osoyoos has partnered with Family Hope Clinic to facilitate this arts-based community program.

# Sun Bowl Arena Osoyoos Curling Club

## Public Skating

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

Schedules are available online at [www.osoyoos.ca](http://www.osoyoos.ca). Schedules are subject to change without notice. Admission is **FREE!** For more information, contact 250.495.6562.

## 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 B 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](http://www.osoyoos.ca) and clicking on the "I Want To" Tab. Ice rentals are available throughout the year, but book early as ice time fills up fast!



**Thank You**  
**Osoyoos Rotary**  
for sponsoring  
Public Skating,  
Senior & Tot Skate  
and Shinny Hockey!



## Sun Bowl Skating Club

The skating season is from  
September 12, 2022 to March 16, 2023

How to register:

In person at the Sonora Community Centre  
More details to come

Online at [www.sunbowlskating.com](http://www.sunbowlskating.com)

Email [sunbowl.skating@gmail.com](mailto:sunbowl.skating@gmail.com)

Phone Carol at 250-495-7612

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

# Weight Room, Drop-In Sports & Facility Rates

## WEIGHT ROOM

**Monday-Friday 8:30am-8:45pm**

**Saturday 9:00am-3:45pm**

The Sonora Community Centre houses a fully equipped weight room with a variety of cardio equipment, weight machines and free weights. Drop-in and membership passes are available. Please see below for pricing.

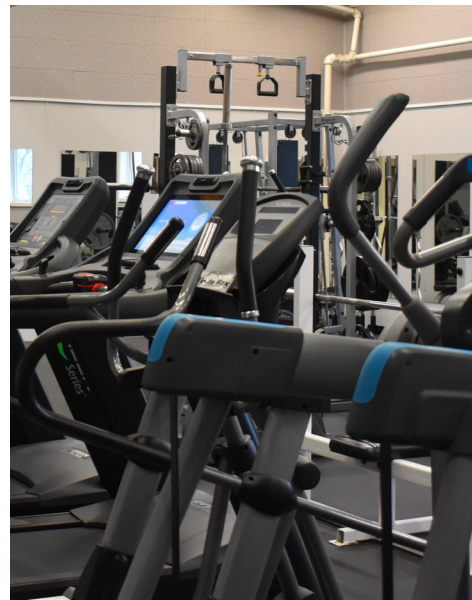
## DROP-IN SPORTS

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](http://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.
- 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 weight room, fitness classes or drop-in sports.



## FACILITY RATES

All passes include access to the weight room, drop-in sports, 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.

	<b>Adult</b> 19–59 years	<b>Senior</b> 60 years+	<b>Youth/Student</b> 12–18 years or with valid student card	<b>Family</b> <i>Up to two adults and their children under the age of 19 living in the same household</i>
<b>Drop-in</b> <i>Not available for Squash</i>	\$5.50	\$4.50	\$4.50	
<b>10 Punch Pass</b> <i>Not available for Squash</i>	\$50.00	\$40.00	\$40.00	
<b>1 Month Pass</b>	\$49.50	\$44.00	\$44.00	
<b>3 Month Pass</b>	\$109.00	\$78.00	\$78.00	
<b>6 Month Pass</b>	\$194.50	\$151.50	\$151.50	
<b>Annual Pass</b>	\$301.00	\$211.50	\$211.50	\$579.50
<b>Early Access</b>	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 Classes

## DROP-IN FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Total Body Fit 8:45am-9:45am	Mobility & Core 8:45am-9:45am	Total Body Fit 8:45am-9:45am		
Total Body Fit 5:00pm-6:00pm	Groove It! 5:30pm-6:30pm	Total Body Fit 5:00pm-6:00pm	Groove It! 5:30pm-6:30pm		

### Drop-in Class Descriptions:

#### **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. Please note that the first 15 to 20 minutes of the class will be standing with the remainder spent doing floor work.

#### **Total Body Fit - Tuesdays and Thursdays 8:45am-9:45am; Mondays and Wednesdays 5:00pm-6:00pm**

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 given for different fitness levels.

#### **Groove It! - Tuesdays and Thursdays 5:30pm-6:30pm**

Spend the hour dancing your way through this dynamic, multi-level, cardio workout with easy to follow patterns and moves to music from all decades and genres. Whether you love to dance and have some mad skills or you are more of a dancer in your kitchen singing into a spoon kind of dancer, this class is a TON of FUN and will leave you sweating, smiling, and enjoying the party. No experience is necessary and all abilities are welcome. Wear something cool and comfortable, shoes are optional, bring water.



**Okanagan  
Priority One  
Trauma**

Phone: **250.487.8389**  
[admin@priorityonetrauma.com](mailto:admin@priorityonetrauma.com)  
[www.priorityonetrauma.com](http://www.priorityonetrauma.com)

## OSOYOOS +more 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 & other  
 courses. Call for info... or view our online calendar ☺

**January 2023**  
 Standard First Aid/ CPR-C AED – \$170 – Jan 6  
 Emergency FA/ CPR-C AED – \$110 – Jan 6  
 EFA /CPRC/AED– Jan 21; call **Oliver REC 498-4985**  
**Occupational First Aid Level 1 – \$110 – Jan 27**

**March 2023**  
 Standard First Aid/ CPR-C AED – \$170 – Mar 4  
 Emergency FA/ CPR-C AED – \$110 – Mar 4  
**Occupational First Aid Lvl 3 – Starts Mar 6; Pent**  
**Occupational First Aid Level 1 – \$110 – Mar 11**  
 EFA /CPRC/AED–Mar20 call **Oliver REC 498-4985**  
 Babysitter's Mar 24; call **Oliver REC 498-4985**

**February 2023**  
**Occupational First Aid Lvl 2 – Starts Feb 6; Pent**  
**Occupational First Aid Level 1 – \$110 – Feb 11**  
 Standard First Aid/ CPR-C AED – \$170 – Feb 13  
 Emergency FA/ CPR-C AED – \$110 – Feb 13  
 Babysitter's Feb17; call **Oliver REC 498-4985**

**April 2023**  
 Standard First Aid/ CPR-C AED – \$170 – Apr 3  
 Emergency FA/ CPR-C AED – \$110 – Apr 3  
**Occupational First Aid Level 1 – \$110 – Apr 15**  
**Occupational First Aid Lvl 3 – Starts Apr 17; Pent**

**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.



# Adult Programs

## Bellyfit®

16 years+

Moving Women - Holistic Fitness For Women  
For women only, Bellyfit® classes are intelligently designed to give you the full body workout you need, the mental calm you deserve and the spiritual connection you crave. Expect 30 minutes of awesome cardio moves inspired by Belly Dance, African and Indian Dance, then we'll come down to the floor for 30 minutes of deep core work and a relaxing Yoga inspired stretch to finish it all off! This is the cardio dance class with Spirit you've been looking for! Learn more at: [www.bellyfit.com](http://www.bellyfit.com). Bring water and a Yoga mat if you have one. Gym shoes are recommended. Bare feet are optional. No classes February 20.

**Sonora Community Centre Dance Studio**

**Instructor: Lisa Cassidy**

9 sessions | Mon | Jan 9-Mar 13 | 6:00pm-7:00pm  
Fee \$63.00 | Annual Pass \$45.00 | LISP \$15.75

10 sessions | Wed | Jan 11-Mar 15 | 6:00pm-7:00pm  
Fee \$70.00 | Annual Pass \$49.00 | LISP \$17.50



## 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

## Body Conscious Fitness

### Gentle Yoga

Tuesdays and Fridays

Place: In the dance studio

Time: 10 am January 10-March 10

Cost: \$7.00 per class

**YOU DON'T NEED TO BE A PRETZEL!!!**

If you're experiencing any pain or tightness,,  
Have a lack of flexibility, strength or balance,,  
Join Louise for gentle yoga and stretching.

Contact Louise Snider  
[auntlou67@msn.com](mailto:auntlou67@msn.com)  
250-498-9650

## Women Growing Stronger (WGS)

16 years+

HAVE YOU ever felt intimidated going to the gym, or BEEN unsure of WHICH exercises work for you or if you're doing them right? During this 4-week program you will learn the basics of lifting weights so when you go to the gym by yourself, you have a renewed confidence and knowledge to back it up. Join other like-minded women looking for a non-competitive, friendly fitness experience focused on developing strength and general fitness in a supportive, small group setting. Work towards your personal goals and share your successes. Become comfortable in a weight room environment as you progress through a variety of strength and cardio protocols tailored to your experience level.

**Sonora Community Centre Weight Room**

**Instructor: Althea Raum**

4 sessions | Sat | Feb 4-Feb 25 | 1:00pm-3:00pm  
Fee \$100.00 | Annual Pass \$70.00 | LISP \$25.00

## Learn Pickleball!

16 years +

Want to get in on the fastest growing sport in North America? Pickleball is a fast pace, easy to learn sport perfect for those wanting to have fun, meet new people and get a little exercise. These workshops will lead you through the basics of how to play the game and get you ready for the court!

**Desert Park Gymnasium**

**Instructor: Fred Hamilton**

4 sessions | Sat | Jan 7-Jan 28 | 10:00am-12:00pm  
Fee \$20.00 | Annual Pass \$14.00 | LISP \$5.00

4 sessions | Sat | Mar 11-Apr 1 | 10:00am-12:00pm  
Fee \$20.00 | Annual Pass \$14.00 | LISP \$5.00





**SPANISH CLASSES**  
all levels welcome

GROUP CLASSES STARTING MONDAY, JANUARY 16TH

Place: Sonora Community Center  
Time: 5pm to 6pm on Mondays & Thursdays  
End Date: February 16th  
Cost: \$250  
Instructor: Patty Paez

Contact Patty to register  
Email: pattyp65@hotmail.com  
Cell: 604-740-1291

**NEW!** **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 able to 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 | Tue | Jan 10-Mar 14 | 6:30pm-7:30pm**  
**Fee \$70.00 | This program is not included with passes**

**Archery**

**16 years+**

Suitable for anyone aged 15 years and older. Come and learn how to shoot a bow, enter Mail Match with Archery Canada, shoot Long Bows or Re Curves while gaining upper body strength and having fun. All equipment supplied.

**Desert Park Gymnasium**

**Instructor: Brock Paton**

**20 sessions | Tue/Thu | Jan 24-Mar 30 | 3:00pm-5:00pm**  
**Fee \$80.00 | Annual Pass \$56.00 | LISP \$20.00**

**Self Defense for Women**

**16 years+**

In this two hour workshop, participants will learn common risk situations and common sense solutions, defensive stances, tools and targets, pressure points and releases. Taught by an experience RCMP officer, this course will be a mix of lecture, demonstrations and practice. Please wear comfortable, loose clothing. Participants must be able to 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 1**

**Instructor: TBA**

**1 session | Sat | Jan 21 | 1:00pm-3:00pm**  
**Fee \$15.00 | This program is not included with passes**

**1 session | Sat | Mar 4 | 1:00pm-3:00pm**  
**Fee \$15.00 | This program is not included with passes**



Do you have a talent or skill you'd like to share with the community? Do you have ideas for new programs you'd like to see offered? Please contact Sarah at the Sonora Community Centre! We are always looking for new ideas and new faces to join our program instructor crew!

Sarah Dynneson - Program Supervisor  
(T) 250.495.4623 (E) sdynneson@osoyoos.ca

2022

# SOUTH OKANAGAN CONCERT SOCIETY

2023

**SUNDAY 2:00pm**  
*December 4th, 2022*

## BUZZ BRASS



Since 2002 the Buzz Brass quintet has been travelling all over the globe to captivate classical music lovers. Thanks to numerous innovative programmes, praiseworthy recordings, a unique repertoire and a vision of classical concerts that reaches out to a wide audience, this multiple award winning group now features among the most reputable brass quintets in Canada.

**FRIDAY 7:30pm**  
*March 17th, 2023*

## NICOLAS ELLIS AND THE AGORA QUARTET



The Agora String Quartet, composed of young and talented professional musicians, accompanied by pianist and conductor Nicolas Ellis, offers a vibrant, energetic chamber music concert! As artistic director of Orchestre de l'Agora, Nicolas Ellis has developed an extraordinary approach with the audience, developing a strong connection with his presentations. The ensemble has established a strong reputation on the Montreal music scene through its artistic excellence and its numerous community outreach projects.

## PERCUSSIANO 3

**FRIDAY 7:30pm**  
*March 31st, 2023*

Featuring the Bergmann piano duo and percussionist Rod Thomas Squance, PERCUSSIANO - 3 combines piano 4 hands with a myriad of different percussion instruments in a dazzling programme ranging from Bach to Brubeck and Schubert to Piazzolla. Call it a six handed musical miracle!



## LADOM ENSEMBLE

**FRIDAY 7:30pm**  
*April 14th, 2023*

Ladom Ensemble combines piano, cello, accordion, and percussion in a unique blend of acoustic chamber and world music that is passionate, sophisticated, and wild. Their all-original repertoire incorporates inspirations from Argentinean tango, Serbian folk and dance traditions, Persian classical repertoire, as well as music from the Classical (Bach, Prokofiev), and progressive rock worlds (Radiohead). Ladom doesn't pretend to represent any one tradition, but rather expresses an authentically Canadian fusion. Ladom's musical identity is combined from many sources and reflects a beautiful new world with a Western classical toolset. "Elegant and contemplative... rocking and fiery!" - Errol Nazarech, CBC



### CONCERT VENUE:

**Frank Venable Theatre**  
6100 Gala Street  
Oliver, BC

### TICKETS AVAILABLE:

**Online:** [www.venablestheatre.ca](http://www.venablestheatre.ca)  
**In person:** At the Frank Venable Theatre Box Office  
**FOR MORE INFORMATION:** Call (250) 495-6487



Photo: Vanessa Brondent



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- Planned Water Outages
- Special Activities
- Council Highlights
- Water Restrictions
- Program Notices
- Tenders/Request for Proposals
- Community Notices
- Press Releases
- Garbage and Recycling Updates
- Council Agendas
- Boil Water Advisories