

Access Programs

At-a-Glance Fall 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adaptive Short Sports 10:30am-11:30am 31267	Cooking Lifestyle 10:30 - 12:30 p.m. 31278 Support Worker 31313	Cooking Lifestyle 10:30 - 12:30 p.m. 31279 Support Worker 31315	Cooking Lifestyle 10:30 - 12:30 p.m. 31280 Support Worker 31314	Multi Sport 10:30am-11:30am 31300	Social Time, Games and Fun 10:15am-11:15am 31307	Adventure Walks for Kids 9:30 - 10:30 a.m. 31269
Aqua Fun for Kids - Adaptive Junior 1 1:00pm-1:30pm 32038	Cooking Lunch 11:45am-12:30pm 31281 Support Worker 31312	Beginner Biking 10:30am-11:15am Trailer 31272 Tricycle 31273	Cooking Lunch 11:45am-12:30pm 31283 Support Worker 31311	Walking Club 11:00am-12:00pm 31316	Painting for Beginners 10:30am-11:30am 32046	Para Ice Hockey 11:30am-12:30pm 31302
Aqua Fun for Kids - Adaptive Junior 2 1:30pm-2:00pm 32039	Fitness Fusion 10:30am-11:30am 31291	Cooking Lunch 11:45am-12:30pm 31282 Support Worker 31311	Rough and Tough Warrior 10:30am-11:30am 31306	Drawing For Fun 1:00pm-2:00pm 31286	Bands, Balls & Balance 11:30am-12:30pm 31271	Creative Chaos 1:30pm-2:30pm 31285
Family Bike Program 1:00pm-2:00pm Buddy Bike 31288 Trailer 31289 Tricycle 31290	Spin & Stretch 11:45am-12:30pm 31309	Intermediate Biking 11:30am-12:30pm Trailer 31296 Tricycle 31297	Hip Hop Dance 11:45am-12:45pm 31295	Gentle Yoga 1:15pm-2:15pm 31293	Adaptive Pickleball 12:15pm-1pm 31303	
	Adaptive Floor Hockey 1:00pm-2:00pm 31322	Social Time Games and Fun 12:30-2:30pm 32031	Aqua Fun 1:45pm-2:45pm 31270	Adaptive Open Gym 1:30pm-2:45pm 32044	Rockin' with Friends 1:15pm-2:30pm 31305	
	Yogalicious 1:00pm-2:00pm 31319	Everybody Dance 11:00am-11:45pm 31287	Bingo for Fun (Seated) 1:30pm-2:30pm 31274	Wheelchair Tennis for Kids 4:15pm-5:15pm 31318	Boccia & Indoor Curling 1:30-2:30 31276	
	Crafts Galore 1:30pm-2:30pm 31284	Rockin' with Friends 1:15pm-2:30pm 31304	Jump Around 1:00pm-1:45pm 31298 (max weight 200lbs)		Adaptive Swimmer Immersion 4pm-4:30pm 32036	
		Bingo for Fun (Active) 1:30pm-2:30pm 31275	Drawing For Fun 1:00pm-2:00pm 32043		Adaptive Swimmer Stroke Progression 4:30pm-5pm 32037	
		Adaptive Ice Hockey 8:15pm-9:30pm 31265	Painting with your Person 4:00pm-5:00pm 32032		Adaptive Swimmer Fundamentals 5pm-5:30pm 32034	
Adaptive Lunch and Social Club Sept 3-6, 11:30am-1:30pm-Schedule coming soon			Wheelchair Rugby 4:00pm-5:30pm 31317		Friday Night Dance Schedule can be found online	

Click the program to learn more and register online!

kelowna.ca/recreation