



Six & under

Childminding
Cooking Creations
Crafts for Tots
Dance Programs
Kick & Run Soccer
Learn to Skate / Hockey
Licensed Preschool
Mini Sports Explorers
Open Gym Playtime
Playschool
Play Pen
T-Ball

Six & up

Art Classes
Basketball
Chess for Kids
Cooking
Flag Football
Floor Hockey
Guitar Lessons
Hip Hop Move + Groove
Kids Camps
Martial Arts + Karate
Pickleball for Kids
Tennis for Kids
Ukulele for Fun
Volleyball

*Summer
Camps open
for registration
April 24*

Teens

Cooking for Teens
Learn to Play Hockey for Girls
Karate - Adult and Youth
Punch + Power
Tennis for Teens
Volleyball Training for Teens

Adults

Art Programs
Bike Skills
Cooking
Dance Programs
Guitar Lessons
Karate
Language Programs
Photography

Swimming

Adult Swim Lessons
AquaFit Programs
Childrens Swim Lessons
Lifeguard Training
Parent & Tot Lessons
Preschool Swim Lessons

Adult Sports

Badminton
Basketball
Beach Ultimate
Beach Volleyball
Ice Hockey
Indoor Volleyball
Netball
PacificSport Okanagan
Pickleball
Slo-Pitch
Table Tennis
Tennis

Fitness + Health

Aqua Fitness
Body Sculpt
Cardio Programs
Core + More
Core Strength
Dance Fitness (Pound / Zumba)
Kangatraining
Mini + Me go to Bootcamp
Pilates
Postnatal Fitness
Power Hour
SHiNE / SHiNE + Uplift
Spin Classes
Strength Programs
Stretch Programs
Tai Chi
Yoga Programs

Health Specialty Programs

Move for Your Health and specialty programs for older adults and injury and illness recovery.

Asian Healing Arts
Cancer Exercise Program
ChairYoga
Fitness + Mobility Exercise (FAME)
Group Training for Active Adults
Midlife Muscle + Hustle
Minds in Motion
Osteofit
Parkinson's Exercise Class
Qigong by the Lake
Strength + Flexibility for Healthy Aging

Access Programs

Click to learn more about adaptive programs tailored for all ages for people with cognitive & physical disabilities. Visit kelowna.ca/adaptive to learn more.



Book your next birthday party with us!
We have weekend birthday party options for kids at Parkinson Recreation Centre and Canyon Falls School. Learn more at kelowna.ca/birthdayparties.