



Access Programs

At-a-Glance

Winter 2024/25



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Short Sports 10:30am-11:30am Jan 5 - 32420 Feb 23 - 32824	Cooking Lifestyle 10:30 - 12:30 p.m. 32438 Support Worker 32472	Cooking Lifestyle 10:30 - 12:30 p.m. 32439 Support Worker 32474	Cooking Lifestyle 10:30 - 12:30 p.m. 32440 Support Worker 32473	Multi Sport 10:45am-11:45am 32478	Social Time, Games and Fun 10:15am-11:15am 32468	Para Ice Hockey 11:30am-12:30pm 32480
	Cooking Lunch 11:45am-12:30pm 32441 Support Worker 32471	Cooking Lunch 11:45am-12:30pm 32442 Support Worker 32469	Cooking Lunch 11:45am-12:30pm 32443 Support Worker 32470	Adaptive Baking 12:30 - 2:00pm One day program Jan 23 - 32825 Feb 13 - 32826	Painting for Beginners 10:30-11:30 - 32479 11:45-12:45 - 32840	Creative Chaos 1:30pm-2:30pm 32445
	Fitness Fusion 10:30am-11:30am 32455	Everybody Dance 11:00am-11:45pm 32448	Rough and Tough Warrior 10:30am-11:30am 32466	Drawing For Fun 1:00pm-2:00pm 32446	Bands, Balls & Balance 11:30am-12:30pm 32434	
	Spin & Stretch 11:45am-12:30pm 32421	Social Time Games and Fun no instructor 12:30-2:15pm 32467	Hip Hop Dance 11:45am-12:45pm 32458	Gentle Yoga 1:15pm-2:15pm 32457	Adaptive Pickleball 12:30pm-1:15pm 32429	
	Adaptive Floor Hockey 1:00pm-2:00pm 32417	Rockin' with Friends 1:15pm-2:30pm 32464	Aqua Fun 1:45pm-2:45pm 32431	Adaptive Open Gym 1:30pm-2:45pm 32419	Rockin' with Friends 1:15pm-2:30pm 32465	
	Yogalicious 1:00pm-2:00pm 32477	Bingo for Fun (Active) 1:30pm-2:30pm 32436	Bingo for Fun (Seated) 1:30pm-2:30pm 32435	Wheelchair Tennis for Kids 4:15pm-5:15pm 32476	Boccia & Indoor Curling 1:15-2:00 32437	
	Crafts Galore 1:30pm-2:30pm 32444	Adaptive Ice Hockey 8:15pm-9:30pm 32418	Jump Around 1:00pm-1:45pm 32454 (max weight 200lbs)		Adaptive Swimmer Immersion (2) 4pm-4:30pm 32427	
			Drawing For Fun 1:00pm-2:00pm 32447		Adaptive Swimmer Stroke Progression (3) 4:30pm-5pm 32428	
			Wheelchair Rugby 4:00pm-5:30pm 32475		Adaptive Swimmer Fundamentals (1) 5pm-5:30pm 32426	
			 *New* Pancake Breakfast! Wednesday, Jan 8 from 11-11:45 a.m. 32850 32851 (support worker)		Friday Night Dance Schedule is online at kelowna.ca/adaptive	

 Programs for Children
 Programs for All Ages

Click the program to learn more and register online!

kelowna.ca/recreation