

CLUB

REC PROGRAMS



WEST KELOWNA

DISCOVERY LABS

Tuesday's: 9am-12pm

July 16, 30, Aug 13 & 27

Ages 8-14

Cost: \$15.00/half day

Location: Emmanuel Church

Generously sponsored by the Trottier Family Foundation, we are excited to offer Discovery Lab Youth in the scientific process through fun experiments. The interactive curriculum program is an extension of the main Discovery Lab program which takes younger members through a series of experiments on subjects ranging from physics to chemistry to environmental concerns. Members must bring a packed lunch for the day, wear closed shoes, a hat, sunscreen, water bottle, and pack a change of clothes in a personal backpack.

COOL MOVES

Tuesday's: 12pm-3pm

July 16, 30, Aug 13 & 27

Ages 8-14

Cost: \$15.00/half day

Location: Emmanuel Church

Cool Moves is a national activity and healthy eating awareness program designed to create a life-long appreciation for a healthy, active lifestyle. Cool Moves has two distinct parts: Eat Smart, in which participants are encouraged to make healthier eating choices, and Play Cool, in which participants are encouraged to engage in more physical activity. We may be utilizing some park space at the Westbank Centre Park. Members must bring a packed lunch for the day, wear closed toe shoes, a hat, sunscreen, water bottle, bathing suit, towel, and change of clothes in a personal backpack.

SUMMER BRAIN GAIN

Tuesday's: 9am-12pm

July 9, 23, Aug 6 & 20

Ages 8-14

Cost: \$15.00/half day

To counter learning loss during the summer months, Summer Brain Gain provides opportunities for Club members to practice reading and mathematics skills on a daily basis through play and fun activities during summer camp. Members must bring a packed lunch for the day, wear closed toe shoes, a hat, sunscreen, water bottle, and change of clothes in a personal backpack.

REGISTER NOW
www.bgco.ca

Registration will not be processed without payment.
All Recreation Programs are not refundable.
For Sponsorship options or refund request assessments
please email vvoth@bgco.ca

CLUB

REC PROGRAMS



WEST KELOWNA

BOUNCE BACK LEAGUE

Tuesday's: 12pm-3pm

July 9, 23, Aug 6 & 20

Ages 8-14

Cost: \$15.00/half day

Location: Emmanuel Church

Our trauma-informed sports program aimed to improve the physical and mental health of Club members by combining organized sport with the power of being part of a team. Using cutting-edge clinical and academic trauma-informed approaches, the program equipped kids to better handle the ups and downs of life. We may be utilizing some park space at the Westbank Centre Park. Members must bring a packed lunch for the day, wear closed toe shoes, a hat, sunscreen, water bottle, bathing suit, towel, and change of clothes in a personal backpack.

EXPLORATIONS

Thursday's: 9am-3pm

July 18, Aug 1, 5 & 29

Ages 6-10

Cost: \$30.00/day

Location: Emmanuel Church

Join us for out trip Exploration days with BGCO to various educational and active sites across the Okanagan! We will meet at the Emmanuel Church for each Exploration day! The van will be leaving the Emmanuel Church at 9:15 am so please arrive at 9am! Pick up is 3pm. Member must bring a packed lunch for the day, wear closed toe shoes, a hat, sunscreen, water bottle, bathing suit, towel, and change of clothes in a personal backpack.

ADVENTURE QUESTS

Thursday's: 9am-3pm

July 11, 25, Aug 8, & 22

Ages 10-13

Cost: \$30.00/day

Location: Emmanuel Church

Join us for out trip Adventure Quests all over the Okanagan this summer! Each Adventure Quest will meet at the Emmanuel Church and be transported for each exploration day. The van will be leaving the Emmanuel Church at 9:15 am so please arrive at 9:am! Pick up is 3pm. Members must bring a packed lunch for the day, wear closed toe shoes, a hat, sunscreen, bathing suit, towel, water bottle, and change of clothes in a personal backpack. For some outings, Waivers will be emailed out and are due back the day before the out trip. Children will not be eligible to attend the Out Trip waivers are not signed the day before, and are not eligible for a refund.

REGISTER NOW

www.bgco.ca

 
@BGCOKANAGAN

CLUB

REC PROGRAMS

PEACHLAND

SUMMER BRAIN GAIN

Wednesday's: 9am-12pm

July 17, 31, Aug 14 & 28

Ages 8-13

Cost: \$15.00/half day

Location: Peachland Club

To counter learning loss during the summer months, Summer Brain Gain provides opportunities for Club members to practice reading and mathematics skills on a daily basis through play and fun activities during summer camp. Members must bring a packed lunch for the day, wear closed toe shoes, a hat, sunscreen, water bottle, and change of clothes in a personal backpack.

BOUNCE BACK LEAGUE

Wednesday's: 12pm-3pm

July 17, 31, Aug 14 & 28

Ages 8-13

Cost: \$15.00/half day

Location: Peachland Club

Our trauma-informed sports program aimed to improve the physical and mental health of Club members by combining organized sport with the power of being part of a team. Using cutting-edge clinical and academic trauma-informed approaches, the program equipped kids to better handle the ups and downs of life. We may be utilizing some park space at Heritage Park. Members must bring a packed lunch for the day, wear closed toe shoes, a hat, sunscreen, water bottle, bathing suit, towel, and change of clothes in a personal backpack.

DISCOVERY LABS

Wednesday's: 9am-12pm

July 10, 24, Aug 7 & 21

Ages 8-13

Cost: \$15.00/half day

Location: Peachland Club

Generously sponsored by the Trottier Family Foundation, we are excited to offer Discovery Lab Youth in the scientific process through fun experiments. The interactive curriculum program is an extension of the main Discovery Lab program which takes younger members through a series of experiments on subjects ranging from physics to chemistry to environmental concerns. Members must bring a packed lunch for the day, wear closed shoes, a hat, sunscreen, water bottle, and pack a change of clothes in a personal backpack.

REGISTER NOW
www.bgco.ca

Registration will not be processed without payment.

All Recreation Programs are not refundable.

For Sponsorship options or refund request assessments
please email vvoth@bgco.ca

CLUB

REC PROGRAMS

PEACHLAND

COOL MOVES

Wednesday's: 12pm-3pm

July 10, 24, Aug 7 & 21

Ages 8-13

Cost: \$15.00/half day

Location: Peachland Club

Cool Moves is a national activity and healthy eating awareness program designed to create a life-long appreciation for a healthy, active lifestyle. Cool Moves has two distinct parts: Eat Smart, in which participants are encouraged to make healthier eating choices, and Play Cool, in which participants are encouraged to engage in more physical activity. We may be utilizing some park space at Heritage Park. Members must bring a packed lunch for the day, wear closed toe shoes, a hat, sunscreen, water bottle, bathing suit, towel, and change of clothes in a personal backpack.

EXPLORATIONS

Friday's: 9am-3pm

July 19, Aug 2, 16 & 30

Ages 6-10

Cost: \$30.00/day

Location: Peachland Club

Join us for our trip Exploration days with BGCO to various educational and active sites across the Okanagan! We will meet at the Peachland Club for each Exploration day! The van will be leaving the Peachland Club at 9:15am so please arrive at 9 am! Pick up is 3pm. Members must bring a packed lunch for the day, wear closed toe shoes, a hat, sunscreen, water bottle, bathing suit, towel, and change of clothes in a personal backpack.

ADVENTURE QUESTS

Friday's: 9am-3pm

July 12, 26, Aug 9 & 23

Ages 10-13

Cost: \$30.00/day

Location: Peachland Club

Join us for our trip Adventure Quests all over the Okanagan this summer! Each Adventure Quest will meet at the Peachland Club and be transported to various sites across the Okanagan for a day of fun-filled quests to complete with friends! Members must bring a packed lunch for the day, wear closed toe shoes, a hat, sunscreen, bathing suit, towel, water bottle, and change of clothes in a personal backpack. The van will be leaving the Peachland Club at 9:15am so please arrive at 9am! Pick up is 3pm. For some outings, Waivers will be emailed out and are due back the day before the out trip. Children will not be eligible to attend the Out Trip waivers are not signed the day before, and are not eligible for a refund.

REGISTER NOW

www.bgco.ca

 
@BGCOKANAGAN

CLUB

REC PROGRAMS

MARTIN AVE. (KELOWNA)

SUMMER BRAIN GAIN

Tuesday's: 9am-12pm

July 16, 30, Aug 13 & 27

Ages 8-14

Cost: \$15.00/half day

To counter learning loss during the summer months, Summer Brain Gain provides opportunities for Club members to practice reading and mathematics skills on a daily basis through play and fun activities during summer camp. Members must bring a packed lunch for the day, wear closed toe shoes, a hat, sunscreen, water bottle, and change of clothes in a personal backpack.

BOUNCE BACK LEAGUE

Tuesday's: 12pm-3pm

July 16, 30, Aug 13 & 27

Ages 8-14

Cost: \$15.00/half day

Our trauma-informed sports program aimed to improve the physical and mental health of Club members by combining organized sport with the power of being part of a team. Using cutting-edge clinical and academic trauma-informed approaches, the program equipped kids to better handle the ups and downs of life. Members must bring a packed lunch for the day, wear closed toe shoes, a hat, sunscreen, water bottle, bathing suit and towel, and change of clothes in a personal backpack.

DISCOVERY LABS

Tuesday's: 9am-12pm

July 9, 23, Aug 6 & 20

Ages 8-14

Cost: \$15.00/half day

Generously sponsored by the Trottier Family Foundation, we are excited to offer Discovery Lab Youth in the scientific process through fun experiments. The interactive curriculum program is an extension of the main Discovery Lab program which takes younger members through a series of experiments on subjects ranging from physics to chemistry to environmental concerns. Members must bring a packed lunch for the day, wear closed shoes, a hat, sunscreen, water bottle, and pack a change of clothes in a personal backpack.

REGISTER NOW
www.bgco.ca

Registration will not be processed without payment.

All Recreation Programs are not refundable.

For Sponsorship options or refund request assessments
please email vvoth@bgco.ca

CLUB

REC PROGRAMS



MARTIN AVE. (KELOWNA)

COOL MOVES

Tuesday's: 12pm-3pm

July 9, 23, Aug 6 & 20

Ages 8-14

Cost: \$15.00/half day

Cool Moves is a national activity and healthy eating awareness program designed to create a life-long appreciation for a healthy, active lifestyle. Cool Moves has two distinct parts: Eat Smart, in which participants are encouraged to make healthier eating choices, and Play Cool, in which participants are encouraged to engage in more physical activity. Members must bring a packed lunch for the day, wear closed toe shoes, a hat, sunscreen, water bottle, bathing suit and towel, and change of clothes in a personal backpack.

ADVENTURE QUESTS

Wednesday's: 9am-3pm

July 10, 17, 24, 31

Aug 7, 14, 21, 28

Ages 10-14

Cost: \$30.00/day

Join us for our trip Adventure Quests all over the Okanagan this summer! Each Adventure Quest will meet at MACC in Kelowna and be transported to various sites across the Okanagan for a day of fun-filled quests to complete with friends! Members must bring a packed lunch for the day, wear closed toe shoes, a hat, sunscreen, bathing suit, towel, water bottle, and change of clothes in a personal backpack. The van will be leaving MACC at 9:15am so please arrive at 9am! Pick up is 3pm. For some outings, Waivers will be emailed out and are due back the day before the out trip. Children will not be eligible to attend the Out Trip waivers are not signed the day before, and are not eligible for a refund.

EXPLORATIONS

Thursday's: 9am-3pm

July 11, 18, 25

Aug 1, 8, 15, 22, 29

Ages 6-10

Cost: \$30.00/day

Join us for our trip Exploration days with BGCO to various educational and active sites across the Okanagan! We will meet at the MACC in Kelowna for each Exploration day! Members must bring a packed lunch for the day, wear closed toe shoes, a hat, sunscreen, water bottle, bathing suit and towel, and change of clothes in a personal backpack. The van will be leaving the MACC at 9:15am so please arrive at 9am! Pick up is 3pm.

REGISTER NOW

www.bgco.ca

 
@BGCOKANAGAN

CLUB

REC PROGRAMS

RUTLAND

ADVENTURE QUESTS

Wednesday's: 8:30am-3:30pm

July 10, 17, 24, 31

Aug 7, 14, 21, 28

Ages 10-14

Cost: \$30.00/day

Each Adventure Quest will meet at the Rutland Club and be transported to various sites across the Okanagan for a day of fun-filled quests to complete with friends! Members must bring a packed lunch for the day, wear closed toe shoes, a hat, bathing suit, towel, sunscreen, water bottle, and change of clothes in a personal backpack. The van will be leaving Rutland Club at 8:45am so please arrive at 8:30am! Pick up is 3:30pm. For some outings, Waivers will be emailed out and are due back the day before the out trip. Children will not be eligible to attend the Out Trip if waivers are not signed the day before, and are not eligible for refund.

EXPLORATIONS

Thursday's: 8:30am-3:30pm

July 11, 18, 25

Aug 1, 8, 15, 22, 29

Ages 6-10

Cost: \$30.00/day

Join us for out trip Exploration days with BGCO to various educational and active sites across the Okanagan! We will meet at the Rutland Club in Kelowna for each Exploration day! The van will be leaving Rutland Club at 8:45am so please arrive at 8:30am! Pick up is 3:30pm. Members must bring a packed lunch for the day, wear closed toe shoes, a hat, sunscreen, water bottle, bathing suit, towel, and change of clothes in a personal backpack.

DISCOVERY LABS

Friday's: 9am-12pm

July 19, Aug 2, 16 & 30

Ages 8-14

Cost: \$15.00/half day

Generously sponsored by the Trottier Family Foundation, we are excited to offer Discovery Lab Youth in the scientific process through fun experiments. The interactive curriculum program is an extension of the main Discovery Lab program which takes younger members through a series of experiments on subjects ranging from physics to chemistry to environmental concerns. Members must bring a packed lunch for the day, wear closed shoes, a hat, sunscreen, water bottle, and pack a change of clothes in a personal backpack.

REGISTER NOW
www.bgco.ca

Registration will not be processed without payment.

All Recreation Programs are not refundable.

**For Sponsorship options or refund request assessments
please email vvoth@bgco.ca**

CLUB

REC PROGRAMS

RUTLAND

COOL MOVES

Friday's: 12pm-3pm
July 19, Aug 2, 16 & 30
Ages 8-14
Cost: \$15.00/half day

Cool Moves is a national activity and healthy eating awareness program designed to create a life-long appreciation for a healthy, active lifestyle. Cool Moves has two distinct parts: Eat Smart, in which participants are encouraged to make healthier eating choices, and Play Cool, in which participants are encouraged to engage in more physical activity. We may be utilizing some park space. Members must bring a packed lunch for the day, wear closed toe shoes, a hat, sunscreen, water bottle, bathing suit, towel, and change of clothes in a personal backpack.

SUMMER BRAIN GAIN

Friday's: 9am-12pm
July 12, 26, Aug 9 & 23
Ages 8-14
Cost: \$15.00/half day

To counter learning loss during the summer months, Summer Brain Gain provides opportunities for Club members to practice reading and mathematics skills on a daily basis through play and fun activities during summer camp. Members must bring a packed lunch for the day, wear closed toe shoes, a hat, sunscreen, water bottle, and change of clothes in a personal backpack.

BOUNCE BACK LEAGUE

Friday's: 12pm-3pm
July 12, 26, Aug 9 & 23
Ages 8-14
Cost: \$15.00/half day

Our trauma-informed sports program aimed to improve the physical and mental health of Club members by combining organized sport with the power of being part of a team. Using cutting-edge clinical and academic trauma-informed approaches, the program equipped kids to better handle the ups and downs of life. We may be utilizing some park space. Members must bring a packed lunch for the day, wear closed toe shoes, a hat, sunscreen, water bottle, bathing suit, towel, and change of clothes in a personal backpack.

REGISTER NOW

www.bgco.ca

 
@BGCOKANAGAN

CLUB

REC PROGRAMS



LAKE COUNTRY

ADVENTURE QUESTS

Tuesday's: 9am-3pm

July 9, 16, 23, 30

Aug 6, 13, 20, 27

Ages 10-14

Cost: \$30.00/day

Join us for our trip Adventure Quests all over the Okanagan this summer! Each Adventure Quest will meet at the MAC in Lake Country and be transported to various sites across the Okanagan for a day of fun-filled quests to complete with friends! Members must bring a packed lunch for the day, wear closed toe shoes, a hat, sunscreen, bathing suit, towel, water bottle, and change of clothes in a personal backpack. The van will be leaving MAC at 9:15am so please arrive at 9am! Pick up is 3pm. For some outings, Waivers will be emailed out and are due back the day before the out trip. Children will not be eligible to attend the Out Trip if waivers are not signed the day before, and are not eligible for refund.

JAYS CARE

Wednesday's: 9am-12pm

July 10, 17, 24, 31

Aug 7, 14, 21, 28

Ages 8-14

Cost: \$15.00/half day

RBI Summer edition is a baseball-for-development program hosted by BGCO. RBI Summer Edition is designed to give parents access to a high-quality sport for development program. Studies have shown that sport helps develop emotional and behavioural regulation, which is linked to higher academic achievement. We will be utilizing field space at Spalwell Field. Members must bring a packed lunch for the day, wear closed toe shoes, a hat, sunscreen, water bottle, bathing suit and towel, and change of clothes in a personal backpack.

COOL MOVES

Wednesday's: 12pm-3pm

July 10, 17, 24, 31

Aug 7, 14, 21, 28

Ages 8-14

Cost: \$15.00/half day

Cool Moves is a national activity and healthy eating awareness program designed to create a life-long appreciation for a healthy, active lifestyle. Cool Moves has two distinct parts: Eat Smart, in which participants are encouraged to make healthier eating choices, and Play Cool, in which participants are encouraged to engage in more physical activity. We may be utilizing some park space at Swalwell Park. Members must bring a packed lunch for the day, wear closed toe shoes, a hat, sunscreen, water bottle, bathing suit, towel, and change of clothes in a personal backpack.

REGISTER NOW
www.bgco.ca

Registration will not be processed without payment.
All Recreation Programs are not refundable.
For Sponsorship options or refund request assessments
please email vvoth@bgco.ca

CLUB

REC PROGRAMS



LAKE COUNTRY

BOUNCE BACK LEAGUE

Thursday's: 9am-12pm

July 11, 18, 25

Aug 1, 8, 15, 22, 29

Ages 8-14

Cost: \$15.00/half day

Our trauma-informed sports program aimed to improve the physical and mental health of Club members by combining organized sport with the power of being part of a team. Using cutting-edge clinical and academic trauma-informed approaches, the program equipped kids to better handle the ups and downs of life. We may be utilizing some park space at Swalwell Park. Members must bring a packed lunch for the day, wear closed toe shoes, a hat, sunscreen, water bottle, bathing suit, towel, and change of clothes in a personal backpack.

DISCOVERY LABS

Thursday's: 12pm-3pm

July 11, 18, 25

Aug 1, 8, 15, 22, 29

Ages 8-14

Cost: \$15.00/half day

Generously sponsored by the Trottier Family Foundation, we are excited to offer Discovery Lab Youth in the scientific process through fun experiments. The interactive curriculum program is an extension of the main Discovery Lab program which takes younger members through a series of experiments on subjects ranging from physics to chemistry to environmental concerns. Members must bring a packed lunch for the day, wear closed shoes, a hat, sunscreen, water bottle, and pack a change of clothes in a personal backpack.

EXPLORATIONS

Friday's: 9am-3pm

July 12, 19, 26

Aug 2, 9, 16, 23, 30

Ages 6-10

Cost: \$30.00/day

Join us for our trip Exploration days with BGC O to various educational and active sites across the Okanagan! We will meet at the MAC in Lake Country for each Exploration day! Members must bring a packed lunch for the day, wear closed toe shoes, a hat, sunscreen, water bottle, bathing suit, towel, and change of clothes in a personal backpack. The van will be leaving MAC at 9:15am so please arrive at 9am! Pick up is 3pm.

REGISTER NOW

www.bgco.ca

 
@BGCOKANAGAN