

# RUTLAND RECREATION PROGRAMS WINTER



**355 HARTMAN ROAD, KELOWNA**

**ONLINE REGISTRATION REQUIRED FOR ALL PROGRAMS!**

## **KID FOOD NATION**

**Mondays: 6-8:00 pm**

**January 6, 13, 20, 27th. February 3, 10, 24th. March 3, 10th.**

**Does not run on STAT Holidays**

**Ages 7-13**

**Cost: \$5.00/session**

Come on in and cook up a storm! Kid Food Nation is a national initiative that helps kids and families develop food skills through hands-on experiences related to planning, preparing, and cooking. The program also features an online hub with resources for healthy eating and meal preparation, and a national recipe competition that encourages kids to put their food literacy skills into practice and submit original, healthy, and nutritious recipes. Our Kid Food Nation online hub ([kidfoodnation.com](http://kidfoodnation.com)) was created by Corus Entertainment, and our program is developed through collaboration with Dietitians of Canada.

## **TGIF**

**Fridays: 6-8:00 pm**

**January 17th, February 14th, March 14th.**

**Ages 7-13**

**Cost: \$10.00 per session**

TGIF is BACK! This fall we will be including a club dinner, and then wide games each evening at the club! Throughout the fall we will meet up with other clubs on TGIF EXTRAVAGANZA nights, as a separate registration! Please wear closed toes shoes for TGIF each night.

## **TGIF EXTRAVAGANZA**

**February 21st**

**Rutland to MACC**

**Cost: \$10.00 per session**

**Transportation included**

**Ages 7-13**

TGIF EXTRAVAGANZA is now better than ever! We will be heading to Martin Ave Community Center on February 21st for a Central Club TGIF night with other clubs for dinner and a large wide game! Please arrive at the Rutland Club at 5:30 pm as the bus will be leaving at 5:30 pm! Please wear closed toes shoes for TGIF each night.

**REGISTER NOW**  
[www.bgco.ca](http://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 [recreationadmin@bgco.ca](mailto:recreationadmin@bgco.ca)

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## SATURDAY EXCURSIONS

Saturdays: 12-3:00 pm

January 11, 25th.

February 8th. March  
8th.

Cost: \$15.00 per  
session

Ages 7-13

Ahoy and off we go! Saturday Excursions are here for kids aged 7-13 years. We will be heading off site to multiple locations to try out attractions over the Okanagan each Saturday.

Please have lunch beforehand and pack a personal backpack with a waterbottle, change of clothes, and bathing suite, and wear closed toe shoes. Some Saturdays may require a waiver signed off beforehand, and if the waiver is not returned the day before the Excursion, the child will not be eligible to attend the Excursion and are not eligible for a refund.

CLUB CALENDAR  
ON OUR WEBSITE



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