

VERNON & NORTH OKANAGAN RECREATION PROGRAMS WINTER



3300 37 AVENUE, VERNON, BC V1T 2Y5

IN PERSON REGISTRATION REQUIRED FOR NORTH PROGRAMS!

FREE DROP INS

Tuesdays 6-8:00 pm

Jan 14, 21, 23. Feb 4, 11, 18, 25.

March 4, 11th

Some Thursdays from 6-8:00 pm

Jan 9, 16, 30. Feb 6, 20. March 6.

Ages 7-12

Cost: FREE with Yearly membership

Drop in nights include fun and active gym games at the club!

Join us for group games to keep active!

Please bring clean indoor runners for each night and a water bottle.

Try our program without registering on free drop in nights up to two times before registering online!

KID FOOD NATION

Wednesdays: 6-8:00 pm

Jan 15, 22, 29. Feb 5, 12, 19, 26.

March 5, 12.

Ages 7-12

Cost: \$5/session, must pre-register

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 program is developed through collaboration with Dietitians of Canada.

CRAFTY CRITTERS

Thursdays: 6-8:00 pm

Jan 23. Feb 13, 27. March 13th.

Ages 7-12

Cost: \$5/session, must pre-register

At Crafty Critters we will create fun and different crafts or try new activities! Each night has a set theme or activity and we will work together to create new items!

As supplies are needed, pre-registration and payment is required for Crafty Critters sessions.

ONLINE PROFILE REQUIRED

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

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SATURDAY OUT TRIPS

Saturdays 10-3:30 pm

Jan 25. Feb 8, 22. March 8th.

Ages 7-12

Cost: \$30.00/session

Ahoy and off we go! Saturday Excursions are here for kids aged 7-12 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

Free In Club Saturdays

Saturdays 10-3:30 pm

Jan 27. Feb 1st.

Ages 7-12

Cost: FREE, no registration required.

Free in club Saturdays include gym games, crafts, or baking, depending on the season!

**CLUB CALENDAR
ON OUR WEBSITE**



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