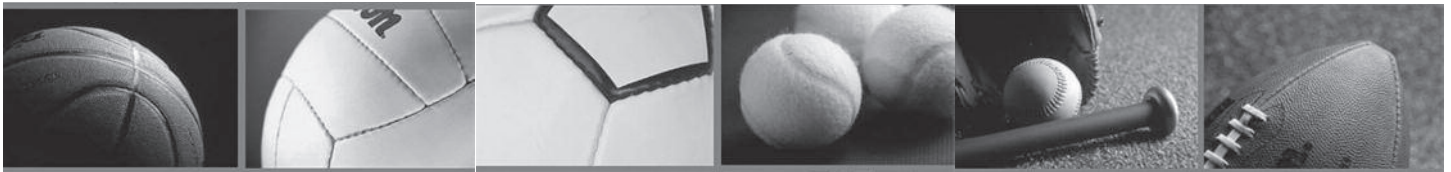


# Community Recreation & Culture Directory

<b>Activity</b>	<b>Organization</b>	<b>Contact</b>	<b>Phone</b>	<b>Website/Email</b>
<b>Bicycle Racing</b>	Vernon BMX Association	Dean Knopf	250-545-6990	vernonbmx.com
<b>Bowling</b>	Lincoln Lanes	Gord Wiffen	250-542-9837	members.shaw.ca/lincolnlanes.ca
<b>Dance</b>	En Avant School of Dance	Margo Larose	250-542-7192	margolarose@shaw.ca
	Aviemore School of Highland Dance	Cheryl Rosborough	250-558-8565	www.aviemore.ca
	Hula Halau ke Aloha	Pat Springborn	250-309-1974	pspringborn@hotmail.com
	Zirka Ukrainian Dancers	Darcia Pryce	250-260-1154	www.zirkadancers.ca
<b>Education</b>	Allan Brooks Nature Centre	Mary Jong	250-260-4227	www.abnc.ca
<b>Environment</b>	Sustainable Environment Network	Society Julia Lissau	250-542-0892	www.sensociety.org
<b>Fencing</b>	Vernon Freestyle Fencing	Matt Clarke	250-306-9253	www.vernonfreestylefencing.com
<b>Gymnastics</b>	Okanagan Rhythmic Gymnastics	Camille Martens	250-558-3092	www.rgstars.net
<b>Hang-Gliding</b>	Okanagan Soaring Association	Doug Nitchie	250-308-9854	skyout@flyok.ca
<b>Hockey</b>	Greater Vernon Minor Hockey	Michelle McCrea	250-542-0754	www.vernonminorhockey.com
<b>Horseshoes</b>	Vernon Horseshoe Club	Marilyn Meroniuk	250-503-1639	mandms@telus.net
<b>Judo</b>	Vernon Judo Club	George Okazaki	250-542-2912	vernonjudo@gmail.com
<b>Lawn Bowling</b>	Vernon Lawn Bowling Club	Jack Phillips	250-542-0212	www.vernonlawnbowlingclub.com
<b>Martial Arts</b>	Kees Tae Kwon Do	Trevor Warkentin	250-545-7710	www.kees.ca
	Vernon Shotokan Karate-do	Michael Cieurka	250-307-7210	www.vernonshotokan.ca
<b>Music</b>	Music for Young Children	Amanda Smiley	778-475-0085	www.myc.com/teacher/ASmiley
	Vernon Community Music School	Corinne Rainsforth	250-545-4977	vcmsinfo@shaw.ca
<b>Pole Walking</b>	Keen Fit Pole Walking	Cheris & Ryan Murdoch	250-938-4852	cherisandryan@shaw.ca
<b>Rowing &amp; Dragon Boat</b>	Vernon Rowing & Paddling Centre	Lisa George	866-658-6333	vernonrowingandpaddling.com
<b>Running</b>	Interior Running	Krys Pick	250-307-4029	runningcoach@me.com
<b>Scouting</b>	Scouts Canada - North Okanagan	Margaret McGillivray	250-545-4922	northokscouts@telus.net
<b>Special Olympics</b>	Special Olympics BC-Vernon	Audrey Dew	250-503-0091	www.sobcvernon.ca
<b>Theatre</b>	Cirque Theatre Company	Camille Martens	250-558-3092	www.cirque.rgstars.net
<b>Triathlon</b>	KalRATS			www.kalrats.com
<b>Sailing</b>	North Okanagan Association	Marc Reinarr	250-306-6272	www.nosa.bc.ca
<b>Seniors</b>	Halina Seniors Centre	Rosemary O'Neal	250-542-2877	halinaseniors@telus.net
<b>Swimming</b>	Lumby Lightning Swim Club	Stacey Moss	250-549-9179	slmoss@shaw.ca
	Vernon Kokanee Swim Club	Marc Tremblay	250-309-8584	www.vksc.ca



## Get Noticed!

If your team, club or organization would like to be included in this directory, please call 250-545-6035 ext 0. Cost to be included in this community recreation list is \$30 and includes a listing on our website. The guide is delivered to 35,000 homes and greatervernonrecreation.ca receives over 72,000 visits per year! Please call for more information.