

## Basketball: HoopSmart 3 on 3 Youth Leagues

grade 4/5 & grade 6/7

3 on 3 is a great, fun way to introduce yourself to this terrific sport or to keep up your skills. Games are played to 16 points - win by 2, or first one to 20, or the team ahead after 25 mins. Players sign up individually & will be placed onto teams. Season is 10 wks. Minimum 5 players to a team.

Sat	Apr 14-Jun 23	<small>no class May 19</small>	PV Gym	\$80
Grade 4/5	9:30-10:30am		#26272	
Grade 6/7	10:45-11:45am		#26273	

## Ball Hockey: 3on3 Youth Leagues

9-11 & 12-14yrs  
Players sign up individually and will be placed on teams. At the time of registration, please indicate if your child is a goaltender. Helmets with masks, floor hockey sticks, gloves, shin pads mandatory. Minimum 4 players plus goalie to a team.

Thur	4:00-7:00pm	\$80
May 3-Jun 21	Wesbild Arena	
9-11yrs	#26265	
12-14yrs	#26266	

## Fencing 7+ yrs

Fencing is a dynamic sport that incorporates cardio activity with muscle training and is guaranteed to keep you on your toes. Students will learn to attack and defend using a traditional fencing weapon. Parent & child combos are welcome. Please bring jogging/sweat pants and running shoes to class. No equipment or experience necessary.

Sat	1:00-2:30pm	\$105
Apr 14-Jun 9	#25833	PV Gym

## Babysitting Certification Course

Canada Safety Council 12-15 yrs  
Participants will learn first aid, child care tips, prevention and how to be a responsible babysitter. A trip to the fire hall will be planned. Location: Vernon Sr. Sec. Room TBA

<b>Spring</b>			
Wed	6:30-8:30pm		
Apr 25-May 23	#25777	\$61	
<b>Summer</b>			
Mon, Tues & Thurs	8:30-12:00pm		
Jul 9-12	#26244	\$61	
Aug 13-16	#26245	\$61	

## Girl Power 9-13 yrs

This class is about fitness, fashion, fun and girl power! Each week we will do something active (yoga, bosu balls, hiking to name just a few) and something to do with personal care (colours, skin care, nutrition etc). This class is about having fun, being fit and active!

Wed	4:00-5:00pm		
Apr 4-May 23	#25780	\$48	
Halina Club Room			



## Floor Hockey 7-12 yrs

This popular class always fills up quickly...it is active fun at its best. Kids will burn off some of that extra energy while playing a great game. All equipment and excellent supervision is provided. Dogwood Gym

Tues	Apr 3-May 8	\$36
7-9 yrs	5:30-6:30pm	#25781
10-12yrs	6:45-7:45pm	#25775

## Skateboard Lessons 7-10yrs

Learn to skateboard or improve and practice your skills with an experienced boarder. Lots of fun! You must bring your own board, safety gear and wear a helmet.

Sat	9:30-10:30am	Creekside Park
May 26-Jun 16	#25841	\$39

## Youth Triathlon Training 9-13 yrs



Coach Kim Young will lead the group through a fun non-competitive training of swimming, cycling and running ending with a fun race.

Participants must be able to swim 25 metres and have

their own multi speed bike. A detailed schedule will be provided on the first day.

Tues & Thurs	3:30-5:00pm	PV Gym/Pool/Outdoors
Apr 3-Jun 14	#25784	\$111

## HomeSafe 8-11 yrs

Learn the basics of being safe at home. Designed for kids who spend short periods of time home alone. Topics include phone precautions, first aid, and emergency procedures.

VSS Rm TBA			
Mon	6:30-7:30pm		
Apr 16-30	#25782	\$30	
Wed			
May 2-16	#25783	\$30	



# Spring Tennis

All Youth lessons and leagues take place at Paddlewheel Park

Program Name	Date	Day	Time	Code	Fees
Youth Progressive Tennis is an innovative concept in learning tennis. The balls, court size, rackets, and scoring are scaled to match the size and age of children (like "T" Ball and mini-soccer).					
Red Ball FUNdamentals 5-7yrs	Apr 17-May 3	T/Th	3:30-4:15pm	#25802	\$65
Orange Ball FUNdamentals 7-9yrs	Apr 17-May 3	T/Th	4:15-5:00pm	#25804	\$65
Green Ball FUNdamentals 10-12yrs	Apr 17-May 3	T/Th	5:00-5:45pm	#25806	\$65
Youth FUNdamentals 12-14yrs	Apr 17-May 3	T/Th	5:45-6:30pm	#25808	\$65
Red Ball FUNdamentals 5-7yrs	May 9-30 no class May 21	W/M	3:30-4:15pm	#25803	\$65
Orange Ball FUNdamentals 7-9yrs	May 9-30 no class May 21	W/M	4:15-5:00pm	#25805	\$65
Green Ball FUNdamentals 10-12yrs	May 9-30 no class May 21	W/M	5:00-5:45pm	#25807	\$65
Youth FUNdamentals 12-14yrs	May 9-30 no class May 21	W/M	5:45-6:30pm	#25809	\$65

## Red/Orange/Green/Youth Explained

**Red Ball** - Uses a scaled down court (plays side-ways across the court) low compression or foam balls and scaled rackets. It develops the ABC's of athlete development (Agility, Balance, Coordination, Speed). The goal is to be able to serve, rally and score at 1/2 court.

**Orange Ball** - Uses a modified court (3/4 size) & develops foundational tennis skills with low compression balls.

**Green Ball** - Uses a 'transition' ball on a full court to develop fundamental skills.

**Youth Fundamentals** - Develops ball control skills & fundamentals in a progression approach which starts with scaled court and low compression balls and progresses to a full court.

*\*We reserve the right to move players into another level if deemed necessary*

# Summer Tennis

## Aces" Summer Tennis Camps

Great tennis camps designed to improve skill and physical fitness. The younger group will spend Tue-Thurs at the Wesbild Centre learning to play on the dry arena floor and then on Friday they will meet at Paddlewheel for some outside fun and the chance to go for a swim. The older camp will spend their day at Paddlewheel Park doing one hour on the courts, one hour on sport specific drills to improve tennis fitness and one hour playing games and swimming! Bring lots of water, a swimsuit and towel. It's fun and it's all about tennis!

### 5-9 yrs

**Jul 3-6**

9:00am-12:00pm

1:00pm-4:00pm

\$90, after \$120 Jun 28

**Tue-Fri**

#25955

#25956

### 10-14 yrs

**Jul 9-13**

9:00am-12:00pm #25957

\$105, \$135 after Jun 28

**Mon-Fri**



## Spring RecSkate Lessons

Whether your goal is to learn to skate in order to play hockey or ringette, or simply for the fun of it, our programs will help you reach your goals. Programs are held at the Wesbild Arena.

### RecSkate All Levels - 1 to 5

5 to 11yrs

Mon/Wed 3:15-4:15pm

Mar 5-14 #25839 \$48

### RecSkate Blades & Pucks

3-5yrs

Mon/Wed 3:15-3:45pm

Mar 5-14 #26256 \$36

### RecSkate Boots to Blades

Mon/Wed 3:45-4:15pm

Mar 5-14 #26259 \$36

**Mandatory equipment for all skating programs: skates, helmets (bike helmets allowed), gloves & wind/snow pants.**

## Mini Camps for 5-6 yrs olds as of Dec 31, 2012

### Mini Camps = Mega Fun!

With fun themes and age appropriate programming our mini camps will keep your child active and engaged as we explore and have fun in the sun! A great benefit to these camps is that parents have a choice of a full day or half day camp each week (lunchtime supervision provided). We have increased our camp hours, saving and activities.

### Mini Tourists

We are heading out on the town to explore the many interesting and fun places in our neighbourhood. Such places may include the library, radio station, grocery store, and more.

<b>Jul 9-13</b>	8:30am-Noon	Mini Tourists	#26079	Auditorium West
	12:30-4:00pm	Knights/Princesses	#26081	Auditorium West
<b>Jul 16-20</b>	8:30am-Noon	Treasure Hunt	#26083	Auditorium West
	12:30-4:00pm	Mystery/Magic	#26088	Auditorium West
<b>Jul 23-27</b>	8:30am-Noon	Mini Chefs	#26086	PV Off Ice Rm
	12:30-4:00pm	Mini Olympics	#26090	PV Off Ice Rm

### Knights & Princesses

Get ready for dragons, tiaras, sword, shields and dancing. Activities will include making jewelry and of course shields for the dragon slayers!

<b>Jul 30-Aug 3</b>	8:30am-Noon	Treasure Hunt	#26084	Auditorium East
	12:30-4:00pm	Mini Chefs	#26085	Auditorium East
<b>Aug 7-10*</b>	8:30am-Noon	Knights/Princesses	#26082	Auditorium West
	12:30-4:00pm	Mini Olympics	#26092	Auditorium West

### Mystery & Magic

This camp will keep you guessing as we explore the world of magic and solve a few mysteries! Activities will include out trips in the community and maybe a guest appearance or two.

<b>Aug 13-17</b>	8:30am-Noon	Mini Tourists	#26080	PV Off Ice Rm
	12:30-4:00pm	Mystery/Magic	#26089	PV Off Ice Rm

**\*Note camp fees increase by \$30, if you register after the Thursday BEFORE the camp.**

\$90/camp, \$85/camp if you register in both morning and afternoon camps  
 \*\$72/camp, \$67/camp if you register in both camps (Aug 7-10 week Mon-Thur)

### Mini Chefs

Fun with food! We will make some fun snacks and treats that you can do yourself like granola bars, smoothies, dips & more.

### Mini Olympics

An opening ceremony will kick start the week as we get Olympic! Get ready for action as we try the Olympic sports and learn about new countries.

### Treasure Hunt

Get on your explorers hat for a fun, mysterious and sometimes silly week of exploration, treasure hunts, and pirates! Out trips in the community will be planned.



**Kids Stuff Garage Sale**

Saturday  
 April 28  
 9:30 - noon  
 Vernon Recreation Centre  
 Auditorium

**only 50¢ Admission**  
**\$25 per space**  
**For more information call**  
**250-550-3672**

# Summer Camps

## Byte Camp - Double Feature

After two very successful years in Vernon, Byte Camp is expanding and will offer 2 camps this year.

### 3D Animation 11-14yrs.

Dreaming of a career with PIXAR? Ever wonder how those awesome 3D animated movies like Shrek, Toy Story and The Incredibles are made? Spend the week learning how by modeling, animating and telling your own stories in 3D. You'll use wonderful (& free!) 3D software to design characters that jump off the screen and then make them come alive by adding voices, sound tracks and completing your own animated short film.

Jul 9-13 #26232 9:00-3:00pm  
\$270, after Jul 5 \$300 Lakers Club House



### Claymation Movie Production 9-12yrs.

Make your own clay characters come to life, just like Wallace and Gromit! Build their own clay characters, sets & props; develop their own script; shoot the movie scenes; and then learn to edit and add sounds and special effects to complete the whole project. Projects from both camps are posted on-line at [www.bytecamp.ca](http://www.bytecamp.ca) and handed out on take-home USB sticks. Have a look at [www.bytecamp.ca](http://www.bytecamp.ca) for hundreds of great games from previous years! Also, plenty of time is devoted to outdoor activities so that your child is fresh for new challenges.

P.V. Off Ice Rm 9:00-3:00pm  
Aug 20-24 #26233 \$270, after Aug 16 \$300

### Camp Français de Sp-arts 5-9yrs as of Dec 31, 2011

Sports & Art for kids entering gr 1-4

This great program is specially designed for kids in French Immersion. Our bilingual instructors have put together a great camp that includes science and craft projects, active Games & sports. Most instruction is given in French, so this is a terrific and fun way to renew your child's French skills before they go back to school! Auditorium

Aug 13-17 #26011 \$165, after Aug 9 \$195  
Aug 20-24 #26012 \$165, after Aug 16 \$195

## Chef Camp I 9-13yrs

We are heading to the kitchen for some cooking, baking and some fun. Team challenges, fun recipes and tasty food. Bring al lunch, swim suit and towel.

Mon-Fri 8:30am-4:30pm Auditorium Kitchen  
Jul 23-27 #26094 \$171, after Jul 19 \$201



## Chef Camp II 9-13yrs

Chef Camp II is the same great camp but with a twist of new recipes, a pinch of new flavours, and a few handfuls of surprises. Chef Camp II is for those who have previous experience in the kitchen or who have taken Chef Camp I. Please inform us of any food allergies.

Mon-Fri 8:30am-4:30pm Auditorium Kitchen  
Jul 30-Aug 3 #26095  
\$171, after Jul 26 \$201

**Avoid disappointment and register early to ensure your spot and that the program runs.**

**All summer camp fees increase the Friday before the camp starts.**



## ECO Explorers 5-9 yrs as of Dec 31, 2011

### An Environmental Adventure!

This fun camp will get kids active while learning how to live green and appreciate the planet. We will explore nature in and the world around them through outdoor adventures, interactive games, hands-on activities and much more!

Mon-Fri 8:30am-4:30pm Lakers Clubhouse  
Jul 23-27 #26010 \$160, after Jul 19 \$190

## Lego Engineers 6-10 yrs as of Dec 31, 2011

### Dream it, build it, test it!

This camp will introduce participants to the world of Lego engineering. Start by learning about gears, pulleys and drive systems. Then working as a part of a team you will build projects based on task challenges that will let your imagination go wild. \*LEGO is a registered trademark of The LEGO Group of Companies. No endorsement by The LEGO Group of Companies should be inferred.

Tues-Fri 8:30am-4:30pm Auditorium  
Jul 3-6 #26013 \$145, after Jun 28 \$175  
Aug 7-10 #26014 \$145, after Aug 2 \$175



## Tacky Tourist Camp 6-10 yrs as of Dec 31, 2011

### Be a tourist in your own town!

Visit Atlantis Waterslides, check out the Allan Brooks Nature Centre then catch a movie or hit the beach and go sailing, then check out Davison Orchards followed by a swim at the Vernon Aquatic Centre. Includes all supervision, transportation, entrance fees and the best week of your child's summer!

Mon-Fri 8:30am-4:30pm Recreation Centre  
Jul 9-13 #26111 \$190, after Jul 5 \$220  
Aug 13-17 #26112 \$190, after Aug 9 \$220  
Aug 20-24 #26113 \$190, after Aug 16 \$220



## Sand, Surf & Science 5-9 yrs as of Dec 31, 2011

### Wet & Wild Science at the beach!

This is an exciting and educational camp that takes place outdoors where campers can take advantage of their surroundings to learn new things, swim and play and have a metric ton of fun! Experience sand castle erosion, magic mud, water filtration, rocketry, play games, make crafts and maybe even dissect a fish!

Mon-Fri 8:30am-4:30pm Paddlewheel Park  
Jul 16-20 #26107 \$160, after Jul 12 \$190  
Jul 30-Aug 10 #26108 \$160, after Jul 26 \$190



## Surf'N Turf 6-10 yrs as of Dec 31, 2011

### An action-packed, multi-sport waterfront adventure!

Campers will be introduced to a number of exciting sports and water based activities. Ultimate Frisbee, beach volleyball, swimming, sailing, supplied air snorkeling, are just a few of the fun and challenging activities offered.

Tues-Fri 8:30am-4:30pm Paddlewheel Park  
Jul 3-6 #26109 \$145, after Jun 28 \$175  
Aug 7-10 #26110 \$145, after Aug 2 \$175



## Waterrific 7-13 yrs

This two week camp combines a complete set of Red Cross Swim lessons, run by a certified swim instructor with a swim lesson in the morning and a free swim in the afternoon. During the rest of camp, our camp theme will dictate the structure of our days. Most days end with a "free play" swim in the pool.

Mon-Fri 8:30am-4:30pm Auditorium  
Jul 16-27 #25962 \$299, after Jul 12 \$329  
Aug 13-24 #26231 \$299, after Aug 9 \$329

# Summer Sports Camps

## Basketball Camp 11-14yrs

The coolest camp on the court! Our staff will teach game fundamentals through well designed drills and game situations. The camp will focus on shooting, passing, dribbling, rebounding as well as defensive & offensive strategies.

Mon-Fri 8:30am-4:30pm PV Gym  
 Aug 20-24 #26229 \$130, after Aug 16 \$160

## Floor Hockey & Other Sports 7-10yrs

Test your floor hockey and sports abilities in this camp. We will mix in some great hockey games, skills & drills with other sports and games to keep you moving.

Mon-Fri 12:30-4:30pm PV Gym  
 Jul 9-13 #26227 \$58, after Jul 5 \$73

## Skateboard Camp

7-10yrs & 11-14yrs

Take on a new and exciting challenge! Learn how to skateboard at the Creekside Park Skateboard Park in Coldstream. Our instructors will teach the basics of skateboarding and get you feeling confident on your board. You'll have a few new tricks to show off to your friends by the end as well.



### 7-10yrs:

Mon-Thurs Jul 30-Aug 2 9:30-12:30pm  
 \$85, after Jul 26 \$115 #26166  
 Tue-Fri Aug 7-10 9:30-12:30pm  
 \$85, after Aug 2 \$115 #26168

### 11-14 yrs:

Mon-Thurs Jul 30-Aug 2 1:30-4:30pm  
 \$85, after Jul 26 \$115 #26167

## Dance Camp 5-9 yrs as of Dec 11, 2011

Features a fun meet and greet game, 10-15 minutes using books, pictures, items and costumes based on the weeks theme, for inspiration. We dance to unique and energetic music and experiment with a wide variety of props such as fans, tamborines, scarves, drums and castanets.

9:00-12:00pm PV Off Ice Room

## Dancing & Crafts from Around the World

Mon-Fri July 30-Aug 3 #26247 \$85

## Collage of Dance and Art

Tues-Fri Aug 7-10 #26248 \$70

## Golf for Beginners

7-10yrs & 11-14yrs

Get tips on your grip swing, and golf etiquette. Putting, chipping, full swing and basic rules will be taught. The fee includes 4 hours of instruction and all facility fees. All dates are to be confirmed.

Jul 3-6 Tue-Fri  
 7-10 yrs 8:00-9:00am #26219  
 11-14 yrs 9:00-10:00am #26220  
 \$53, after Jun 28 \$68

Aug 7-10 Tues-Fri  
 7-10 yrs 8:00-9:00am #26221  
 11-14 yrs 9:00-10:00am #26222  
 \$53, after Aug 2 \$68



## Wakeboarding - Rip & Ride 9-14yrs

Lessons held in Oyama at the Lake Country Ski & Board Club and includes: 4 mornings or afternoons, membership in Waterski and Wakeboard BC and participation in the Rip and Ride badge program. Transportation **not** included.

Camp 1 Jul 9-12 1:00-4:00pm #26234  
 Camp 2 Jul 16-19 9:00-12:00pm #26235  
 Camp 3 Jul 23-26 1:00-4:00pm #26236  
 Camp 4 Jul 30-Aug 2 9:00-12:00pm #26237

All camps \$240, late fee of \$270 is in effect starting the Friday before camp.

## Volleyball Camp 10-13yrs

A week of fun filled skills, drills, games and contests. This camp covers all the basics, bumping, setting, serving, spiking and blocking. Our qualified coaching staff will make sure your day is full and fast paced. Priest Valley Gym

Mon-Fri 8:30am-4:30pm #26117  
 Jul 30-Aug 2 \$165, after July 26 \$195



## Drama, Dance and Water 7-10yrs

Start off the day with some funky dance moves and then get dramatic with an afternoon of drama, games and activities. End the day with a cool splash in the pool. This camp is sure to get you moving and grooving.

Mon-Fri 8:30am-4:30pm Aud East  
 Jul 9-13 #26093  
 \$160, after Jul 5 \$190



**Avoid disappointment and register early to ensure your spot and that the program runs.**  
 All summer camp fees increase the Friday before the camp starts.



## BASE CAMPS

where your adventure begins...



Jose and Andrew are a dynamic team that facilitate physical, mental and social growth using outdoor activities to create a positive and challenging experience for all participants.

Recreation Services is excited to announce that Jose and Andrew are back for another outstanding summer of high quality Outdoor Adventure Camps. Our Base Camps are designed for youth to learn valuable life skills, build confidence, make new friends, and experience exciting, memorable challenges!

Here is a sample schedule:

- Mon** Group Games, Hiking, Swimming
- Tues** Rock Climbing, Caving, Rappelling
- Wed** White Water Rafting
- Thurs** Ropes Course, Zip line, Waterfall exploration
- Fri** Paddling, Archery, Orienteering

*\*Please note that this schedule is subject to change.*

*\*\*Please note that the four day camp schedule varies.*

### Base Camp 1 12-14 yrs

Mon-Fri Jul 16-20 8:30am-4:30pm  
#25898 \$295, after Jul 12 \$325

### Base Camp 2 11-13 yrs

Mon-Fri Jul 23-27 8:30am-4:30pm  
#25899 \$295, after Jul 19 \$325

### Base Camp 3 10-12 yrs

Mon-Fri Jul 30-Aug 3 8:30am-4:30pm  
#25900 \$295, after Jul 26 \$325

### Base Camp 4 9-11 yrs

Tue-Fri Aug 7-10 8:30am-4:30pm  
#25901 \$236, after Aug 2 \$266

**All equipment and transportation is provided.**

### Waterfront Sampler for Youth 9-13 yrs

This your chance to test the waters and try out kayaking with Innerspace, Atlantis Waterslides and the hottest new sport Stand Up Paddleboarding (SUP) by Kalavida Sports. Transportation not provided, but all the necessary gear and fun will be! A detailed schedule will be provided before the start of the program.

Mon-Thur 9:30am-Noon  
July 9-12 #25905 \$79, after Jul 5 \$109  
Aug 13-16 #25906 \$79, after Aug 9 \$109



### WANTED Camp Leaders

Recreation Services has exciting job opportunities in our summer camps. If you have experience working with children and have a background in any of the following specialties: sciences, dance, music, drama, sports, or certified lifeguard - we are looking for you!

Apply with a resume, cover letter  
Attention: Deb Treherne, Recreation Services  
or email [dtreherne@vernon.ca](mailto:dtreherne@vernon.ca)

Only applicants short listed will be contacted. Deadline for all applications is Friday, May 4th.  
Check out the website.



## Sunday May 27

## Start: 10:00am

## Marshall Field

**5K Fun Run**

5K Loop: Ok Landing / Tronson Rd / Lakeshore  
Register at the Vernon Recreation Centre or online  
[www.greatervernonrecreation.ca](http://www.greatervernonrecreation.ca)  
\$15/runner or \$40/family code # 28263  
All proceeds go to Greater Vernon KidSport  
[www.greatervernonkidsport.ca](http://www.greatervernonkidsport.ca)



PacificSport Okanagan is a multi-sport training support centre for athletes and coaches that works as a partner with Greater Vernon's Recreation Department to provide sport development opportunities and programs for the local sport community.

For more information, 250-308-6306 or email: [ssmart@pacificsport.com](mailto:ssmart@pacificsport.com)

To register go to: [www.greatervernonrecreation.ca](http://www.greatervernonrecreation.ca)

**XploreSportZ Camps** 8-11 yrs as of Dec 31, 2011

For sport-lovers who want to experience some new & exciting sports. If you're tired of the same-old sport scene, come discover the dynamic variety of sports we have to offer!



XploreSportZ sessions may include: Archery, Kickboxing, Golf, Tennis, Flag Football, Ultimate Frisbee, Yoga, Lacrosse... and more!

XploreSportZ camps will include: t-shirt, swimming, a variety of sports led by certified coaches and the XploreSportZ OLYMPICS! Held at the Priest Valley Gym.

**Jul 3-6** 8:30am-4:30pm #26021  
Tues - Fri \$125, after Jun 28 \$155

**Jul 9-13** 8:30am-4:30pm #26022  
Mon-Fri \$145, after Jul 5 \$175

**Aug 7-10** 8:30am-4:30pm #26025  
Tues-Fri \$125, After Aug 2 \$155

**(TNT) Sport Performance Camp** ages 13-17

For aspiring young athletes who want to pursue high-level athletics or for sport enthusiasts who want to improve their general training knowledge.

Experience intense daily sport conditioning workouts, including sessions focused on: Muscular Strength & Endurance, Power Training, Speed, Agility, & Quickness, Core Strength & Stability, Flexibility Training, Kettlebell Training ... and more!



Each day enjoy a recovery break between workouts to learn about:

- Sport Nutrition
- Mental Training
- Planning for the Athlete
- Being a high performance athlete

Out-TRAIN... Out-PLAY... Out-LAST!

Lakers Club House 9:00am-1:00pm  
Aug 20-24 #26105 \$60/person

**2012 SportMap Athletes Forum**

A one day sport conference for athletes, parents & coaches designed to provide sport education opportunities and help map out the road to high-performance athletic success. The 2012 SportMap Athletes Forum will include athlete field testing and training break-out sessions that cover the following athletic performance areas:

- Core Strength & Stability
- Endurance
- Speed & Agility
- Strength & Power
- Flexibility
- Nutrition ...and more!!!

Sat, Apr 7 10:00am-3:00pm

Capital News Centre, Kelowna

\$25/person including lunch

Registration: Contact Kim Whelpton at 250-469-8800

**Sport Education Workshops**

**Mental Skills Training for Competition**

This workshop is for all athletes and fitness enthusiasts who are interested in learning skills on how to be mentally prepared for competition. Session led by Dr. Merry Miller who obtained her PhD at Florida State University and now specializes in sport and performance psychology. Laker Club House

Tues Apr 17 6:00pm-7:30pm

#26098 \$10/person

**Fundamental Movement Skills**

Based upon the fundamental stages of the Canadian Sport for Life model of long-term athlete development, this workshop explores core NCCP themes such as fair play, safety responsibility, and communication with an innovative skill development process. Participants are given the opportunity to practice strategies to improve fundamental movement skills such as throwing, hopping, skipping, jumping, kicking, striking, catching, and agility.

Sun May 6 8:00am-4:00pm

#26104 \$40/person

**NCCP Introduction to Competition Part A**

Part A modules include: General Orientation, Ethical Coaching, Planning a Practice and Nutritional Advice. Lakers Club House

Apr 27-28 Fri 6:00-10:00pm Sat 8:30-5:30pm

#26103

\$80/person