



Fall Programs

September 30—December 6, 2019

Registration opens: Members August 26, 2019 | Non-Members September 9, 2019

H₂O Adventure + Fitness Centre
4075 Gordon Drive, Kelowna BC V1W 5J2
250-764-4040 | h2okelowna.ca

Child Minding (Ages 0–10)

Enjoy a facility workout or swim while your child(ren) are cared for by our dedicated and qualified staff. Please note: Child Minding has a 1.5 hour limit.

**Child Minding is CLOSED for statutory holidays*

MORNING CHILD MINDING

Monday–Friday	8:30 AM–1:00 PM
Saturday & Sunday	8:30 AM–12:00 PM

EVENING CHILD MINDING

Mondays & Wednesdays	5:00 PM–7:00 PM
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Members: Included in Child/Family Memberships

Non-Members: Facility Drop-In Fee

Music & Movement (Ages 3–5)

Children love music and they love to MOVE! Your child can explore their imagination, express their creative energy, feel the rhythm and discover all sorts of musical sounds! Join us in this fun program designed to get the wiggles out!

Mondays September 30–December 2 (8 classes)

Time: 2:15–3:15 PM

Members: Included in Membership

Non-Members: \$60.00/session

**Children must be potty-trained*

** No program on Monday, October 14th due to Thanksgiving*

** No program on Monday, November 11th due to Remembrance Day*

Active Arts (Ages 3–5)

In this program we will explore age-appropriate sensory stations, crafts, music, stories and creative play! We will practice turn-taking, sharing and good listening skills – among other social skills – allowing children to learn, play and develop healthy, happy bodies and minds.

Thursdays, October 3–December 5 (10 classes)

Time: 2:00–3:30 PM

Members: Included in Membership

Non-Members: \$112.50/session

** Children must be potty-trained*

We don't turn anyone away.

If financial circumstances are limiting your ability to participate, you may be eligible for financial assistance. Talk to our friendly member services staff to see if you qualify.



All child and youth programs at H₂O require registration.
Contact 250-491-9622 to reserve your spot.



An ePACT Online Medical Consent Form is required to register for all child and youth programs at H₂O.

Y Not Build It? (Ages 5–10)

Get your child's creative juices flowing in this cool hands-on program! Your child will be provided with open-ended opportunities to design and build. Not only will your child take home their own creations, we'll also practice teamwork and cooperation while building in pairs and groups!

Tuesdays, October 1 – December 3 (10 classes)

Time: 3:15–4:45 PM

Members: Included in Membership

Non-Members: \$112.50/session

About JKA Shotokan Karate

The H₂O Adventure + Fitness Centre is proud to now offer belt progression and traditional Shotokan methods of training recognized by the Japan Karate Association (JKA) of British Columbia.

Introducing... our new instructor Sensei Paul Atkin! Sensei Paul has been instilling self-confidence and self-discipline through the sport of Karate for the past 21 years. As a 4th Degree JKA black belt, member of the Canadian National Team and owner of Kelowna Karate & Fitness, Sensei Paul teaches by example, showing students the value of hard work and dedication through his own successes as a world-class competitor.

JKA Shotokan Kids Karate—Beginner Level (Ages 6–10)

The beginner kids will learn traditional karate basics and get the opportunity to train in the newest, most innovative athletic methods to improve the students' potential. This class will help our students better understand the importance of being confident, focused, and passionate in developing their own character and karate skills.

*A JKA Karate Gi is mandatory for participation



Wednesdays, October 2 – December 4 (10 classes)

Time: 3:30–4:30 PM

Members: \$50.00/session + \$50.00 JKA Gi Fee

Non-Members: \$75.00/session + \$50.00 JKA Gi Fee

Girls Unite (Ages 8–13)

In this program, girls can develop new skills and gain self-esteem—all while building life-long friendships. This program includes educational opportunities, crafts, and loads of other fun activities!

Thursdays, October 3 – December 5 (10 classes)

Time: 6:00–8:00 PM

Members: Included in Membership

Non-Members: \$150.00/session

* No program on Thursday, October 31st due to Halloween



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Boys In Action (Ages 8–13)

Join us for Boys In Action, a program that's just for the guys! We'll have movie nights, cool science projects, building challenges, swimming and more.

Tuesdays, October 1–December 3 (10 classes)

Time: 6:00–8:00 PM

Members: Included in Membership

Non-Members: \$150.00/session

CRAFT n' Swim (Ages 5–10)

Calling all crafty kids! Get creative by making your very own artistic masterpieces in this fun Friday night program. Don't forget your swim gear, we'll be hitting the pool after!

Fridays, Oct 4, Oct 25, Nov 15 & Dec 6

Time: 5:00 PM–8:00 PM

Members: \$15/class

Non-members: \$30/class

STEM n' Swim (Ages 5–10)

Join in on the next generation of leaders using hands-on projects to explore this fascinating world. STEM activities focus on Science, Technology, Engineering and Math. Don't forget your swim gear, we'll be hitting the pool after!

Fridays, Oct 11, Nov 1 & Nov 22

Time: 5:00 PM–8:00 PM

Members: \$15/class

Movie Mania (Ages 8–13)

Kick back and relax after a long week of school. In this program, we'll watch an age-appropriate movie and go for a dip in the pool! Popcorn included!

Fridays, Oct 18, Nov 8 & Nov 29

Time: 5:00 PM–8:00 PM

Members: \$15/class

Non-Members: \$30/class

****Friday Night registration dates have a deadline of ONE WEEK prior to each program's start date****