



Spring Programs

April 23—June 7, 2019

Registration opens: Members March 18, 2019 | Non-Members April 1, 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 is 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 |
|----------------------|-----------------|

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 April 29–June 3 (5 classes)

| | |
|---------------------------|--|
| Time: 2:15–3:15 PM | Members: Included in Membership |
| | Non-Members: \$37.50/session |

**Children must be potty-trained*
**No program on Monday, April 22 due to Easter Monday*
**No program on Monday, May 20 due to Victoria 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, April 25–June 6 (7 classes)

| | |
|---------------------------|--|
| Time: 2:00–3:30 PM | Members: Included in Membership |
| | Non-Members: \$78.75/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, April 23– June 4 (7 classes)

Time: 3:15–4:45 PM

Members: Included in Membership

Non-Members: \$78.75/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, April 26, May 17, June 7

Time: 5:00 PM–8:00 PM

Members: \$15/class

Non-members: \$30/class

**Registration deadline: one week prior to each class start date*

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, May 3 & May 24

Time: 5:00 PM–8:00 PM

Members: \$15/class

Non-Members: \$30/class

**Registration deadline: one week prior to each class start date*

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, May 10 & May 31

Time: 5:00 PM–8:00 PM

Members: \$15/class

Non-Members: \$30/class

**Registration deadline: one week prior to each class start date*



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

Your child will learn traditional karate basics and get the opportunity to train in the newest, most innovative athletic methods to improve their 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. Level testing will be completed in this program.*

Wednesdays, April 24–June 5 (7 classes)

Time: 3:30–4:30 PM

Members: \$40.00/session + \$50.00 JKA Gi Fee

Non-Members: \$80.00/session + \$50.00 JKA Gi Fee

ABOUT JKA SHOTOKAN KARATE

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

Introducing our instructor Sensei Paul Atkin! Sensei Paul has been instilling self-confidence and self-discipline through the art of karate for the past 22 years. As a 4th Degree JKA black belt, member of the Canadian national team, provincial team coach, and owner of Kelowna Karate & Fitness Inc. Sensei Paul teaches by example, showing students the value of hard work and dedication through his own successes as a world-class competitor.



Girls Unite (Ages 8–13)

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

Thursdays, April 25–June 6 (7 classes)

Time: 6:00–8:00 PM

Members: Included in Membership

Non-Members: \$105.00/session

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, April 23–June 4 (7 classes)

Time: 6:00–8:00 PM

Members: Included in Membership

Non-Members: \$105.00/session