



Fall Programs

October 1 – December 7, 2018

Registration opens: Members August 20, 2018 | Non-Members September 3, 2018

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 children 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

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 4–December 6 (10 classes)

Time: 2:00–3:30 PM

Members: Included in Membership

Non-Members: \$112.50/session

**Children must be potty trained*

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, October 1–December 3 (9 classes)

Time: 2:15–3:15 PM

Members: Included in Membership

Non-Members: \$67.50/session

**Children must be potty trained*

**No Program on Monday October 8 due to Thanksgiving Monday*

**No Program on Monday, November 12 due to Remembrance Day*



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 and can take their own creations home. Building in pairs and teams will improve your child's teamwork and cooperation skills.

Tuesdays, October 2–December 4 (10 classes)

Time: 3:15–4:45 PM

Members: Included in Y Membership

Non-Members: \$112.50/session

Let's Dance (Ages 6–12)

Does your child want to develop their dance skills? Our qualified instructor will teach an energetic, fun and modern dance incorporating a variety of styles! Classes include basic technique and step-by-step choreography, so no previous dance experience is necessary.

Wednesdays, October 3–December 5 (9 classes)

Time: 3:30–4:30 PM

Members: Included in Y Membership

Non-Members: \$90.00/session

**Please attend all classes to prepare for the final show!*

** No Program on Wednesday, October 31 due to Halloween*

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 many other fun activities.

Thursdays, October 4–December 7 (10 classes)

Time: 6:00 - 8:00 PM

Members: Included in Membership

Non-Members: \$150.00/session

Boys In Action (Ages 8–13)

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

Tuesdays, October 2–December 4 (10 classes)

Time: 6:00 - 8:00 PM

Members: Included in Membership

Non-Members: \$150.00/session



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School-Age

CRAFT n' Swim (Ages 5–10)

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

Fridays, October 5, October 26, November 16, December 7

Time: 5:00 PM-8:00 PM

Member fee: \$15/class

Non-member fee: \$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!

Fridays, October 12, November 2, November 23

Time: 5:00–8:00 PM

Members: \$15/class

Non-Members: \$30/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, October 19, November 9, November 30

Time: 5:00 PM–8:00 PM

Members: \$15/class

Non-Members: \$30/class

We don't turn anyone away.

YMCA donors and partners help make it possible for us to ensure everyone can participate in YMCA programs. 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.

