



YMCA

Healthy Kids Day

presented by

Interior  Savings

FREE FAMILY FUN!

Sunday, April 29
12–4 PM

Kelowna Family Y Full Facility Schedule

April 1–28

Hours of Operation

Monday–Friday	5:30 AM–10:30 PM
Saturday	7 AM–9 PM
Sunday	9 AM–7 PM (Pool closed 5 PM)
Holidays	9 AM–5 PM (classes cancelled)

Kelowna Family YMCA

375 Hartman Rd, Kelowna BC V1X 2M9
250-491-9622

ymcaokanagan.ca



Monday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time
											1	2	3	4	5	6	7	8			
5:30											Public Swim 5:30am-5:00pm										5:30
6:00					Small Group Training 6:00-6:45																
6:30							Before School Care 6:30-8:30				Public Swim 5:30am-5:00pm										6:30
7:00																					
7:30		Bootcamp 7:30-8:30									Public Swim 5:30am-5:00pm										7:30
8:00																					
8:30											Public Swim 5:30am-5:00pm										8:30
9:00			Chair Yoga 9:00-10:00						Active Arts (3-5yrs) April 16 - June 14 8:45-10:45												
9:30		Intense Intervals 9:00-10:00									Public Swim 5:30am-5:00pm								Deep Aqua 9-10		9:30
10:00			Intro Yoga 10:15-11:15																		
10:30				Healthy Hips & Knees 10:30-11:30							Public Swim 5:30am-5:00pm										10:30
11:00																					
11:30		Zumba Gold 11:15-12:00		Healthy Hips & Knees 11:30-12:30							Public Swim 5:30am-5:00pm										11:30
12:00																					
12:30			Flow Yoga 12:00-1:00								Public Swim 5:30am-5:00pm										12:30
1:00				Healthy Hearts 12:30-2:00																	
1:30	Adult Drop-in Competitive Pickleball (16+ yrs) 12:30-3:00										Public Swim 5:30am-5:00pm										1:30
2:00																					
2:30											Public Swim 5:30am-5:00pm										2:30
3:00																					
3:30											Public Swim 5:30am-5:00pm NO PUBLIC SWIM 5-7PM										3:30
4:00		Youth Open Gym Time (10+ yrs) 3:00-5:30	Cycle/HIIT 3:30-4:30																		
4:30				Youth Orient. (10-13 yrs) 4:00-4:45							Public Swim 5:30am-5:00pm NO PUBLIC SWIM 5-7PM										4:30
5:00			Yoga 4:45-5:30																		
5:30											Public Swim 5:30am-5:00pm NO PUBLIC SWIM 5-7PM										5:30
6:00		Group Strength 5:30-6:20	PIYo 5:45-6:45																		
6:30											Public Swim 5:30am-5:00pm NO PUBLIC SWIM 5-7PM										6:30
7:00																					
7:30			Cycle 7:00-7:50								Public Swim 7:00-9:00										7:30
8:00																					
8:30	Adult Drop-in Pickleball (16+ yrs) 7:30-9:30			Flow Yoga 8:00-9:00							Public Swim 7:00-9:00										8:30
9:00																					
9:30	Adult Drop-in Basketball (16+ yrs) 9:30-10:30										Public Swim 7:00-9:00										9:30
10:00																					
10:30	* Beginning March 12th											Lanes used may be different than shown								10:30	

Please show up early for group classes. To respect other participants, no admittance will be allowed after the class start time.



Family Friendly Classes ages 10+; 10-11-yr-olds must be accompanied by someone 16 yrs or older.

LEGEND:	Adults	Open Swim	Birthday Parties	Youth	Group Fitness	Swim Lessons	Childminding	Intro to Fitness	Registered	Children + Family	Small Group Training	Register Weekly
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Tuesday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time		
											1	2	3	4	5	6	7	8					
5:30																						5:30	
6:00		Intro Group Strength			Small Group Training																	6:00	
6:30		6:00-6:45			6:00-6:45																	6:30	
7:00			Stretch & Roll																			7:00	
7:30			7:00-7:45																			7:30	
8:00																						8:00	
8:30																						8:30	
9:00		Intense Group Strength	Yoga																			9:00	
9:30		9:00-10:00	9:00-10:00																			9:30	
10:00	Parent & Tot Gym Time (0-5yrs) 9:00-12:00	Group Strength																				10:00	
10:30		10:15-11:10																				10:30	
11:00		Fit for Life 50+																					11:00
11:30		11:15-12:00																					11:30
12:00					Small Group Training																	12:00	
12:30			Cycle		12:00-12:45																	12:30	
1:00	Adult Drop-in Recreational Pickleball (16+ yrs) 12:30-3:00																					1:00	
1:30			School Rental																			1:30	
2:00																							2:00
2:30				Breathe Well	2:00-3:00																	2:30	
3:00																						3:00	
3:30	Youth Open Gym Time (10+ yrs) 3:00-6:00							JKA Shotokan Pee Wee Karate (4-6yrs) 3:15 - 4:00														3:30	
4:00								JKA Shotokan Kids Karate (7-10yrs) April 16-June 14 4:15 - 5:15														4:00	
4:30					Youth Orient. (10-13 yrs) 4:00-4:45																		4:30
5:00																							5:00
5:30		Group Kick	Meditative Yoga																			5:30	
6:00		5:30-6:30	5:00-5:50																			6:00	
6:30	Boys in Action (8-13 yrs) Apr 17-June 5 6:00-8:00		Prenatal Yoga		Small Group Training																	6:30	
7:00			6:00-6:50		6:00-6:45																	7:00	
7:30			Bootcamp																			7:30	
8:00			7:00-8:00																			8:00	
8:30	Family Drop-in Badminton 7:30-9:30																					8:30	
9:00																						9:00	
9:30	Adult Drop-in Basketball (16+ yrs) 9:30-10:30																					9:30	
10:00																						10:00	
10:30																						10:30	

Lanes used may be different than shown

Please show up early for group classes. To respect other participants, no admittance will be allowed after the class start time.

Youth Orientations: 10-11yr Olds - Mandatory orientation with Adult 16+. Parent/Guardian or approved adult that will be attending with youth in Conditioning Room.

12-13yr Olds - Must have an orientation.

Shoe tag must be worn at all times while in the Conditioning Room

Wednesday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time					
											1	2	3	4	5	6	7	8								
5:30											Public Swim 5:30am-5:00pm										5:30					
6:00																										6:00
6:30			Intro Cycle 6:15-6:45																							6:30
7:00																										7:00
7:30		Bootcamp 7:30-8:30																								7:30
8:00																										8:00
8:30																										8:30
9:00																										9:00
9:30																										9:30
10:00	Mamas for Mamas Connect 9:30-11:30		Chair Yoga II 9:00-10:00	Healthy Hearts 9:00-11:00																						10:00
10:30			TRX 10:15-11:00															10:30								
11:00		Zumba Gold 11:15-12:00																11:00								
11:30																		11:30								
12:00																		12:00								
12:30			Cycle/HIIT 12:00-1:00															12:30								
1:00	Adult Drop-in Lawn Bowling 1 Court only (16+ yrs) 12:30-2:30	School Rental		Healthy Hearts 12:30-2:00														1:00								
1:30																		1:30								
2:00																		2:00								
2:30																		2:30								
3:00																		3:00								
3:30	Jr. NBA (5-7 yrs) Apr. 18-June 13 3:15-4:00 & 4:15-5:00	Youth Open Gym Time (10+ yrs) 3:00-5:30	Cycle/HIIT 3:30-4:30															3:30								
4:00				Youth Orient. (10-13 yrs) 4:00-4:45														4:00								
4:30			Flow Yoga 4:45-5:45															4:30								
5:00																		5:00								
5:30		Group Strength 5:30-6:20																5:30								
6:00			Cycle 6:00-6:50															6:00								
6:30																		6:30								
7:00																		7:00								
7:30			Bootcamp 7:00-8:00															7:30								
8:00																		8:00								
8:30	Adult Drop-in Basketball (16+ yrs) 7:30-10:30																	8:30								
9:00																		9:00								
9:30																		9:30								
10:00																		10:00								
10:30	* Beginning March 14th										Lanes used may be different than shown								10:30							

Please show up early for group classes. To respect other participants, no admittance will be allowed after the class start time.

Thursday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time
											1	2	3	4	5	6	7	8			
5:30																					5:30
6:00		Boot Camp 6:00-6:45			Small Group Training 6:00-6:45																6:00
6:30																					6:30
7:00			Stretch & Roll 7:00-7:45																		7:00
7:30																					7:30
8:00																					8:00
8:30																					8:30
9:00		Intense Group Strength 9:00-10:00	Yoga 9:00-10:00						Active Arts (3-5yrs) April 19 - June 14 8:45-10:45												9:00
9:30																					9:30
10:00	Parent & Tot Gym Time (0-5yrs) 9:00-12:00	Group Strength 10:15-11:10																			10:00
10:30			Fit for Life 50+ 11:15-12:00																		10:30
11:00																					
11:30																					11:30
12:00			Cycle 12:00-12:50		Small Group Training 12:00-12:45																12:00
12:30																					12:30
1:00	Adult Drop-in Recreational Pickleball (16+ yrs) 12:30-3:00																				1:00
1:30			School Rental																		1:30
2:00					Breathe Well 2:00-3:00																
2:30																					2:30
3:00									JKA Shotokan Pee Wee Karate (4-6yrs) 3:15 - 4:00												3:00
3:30	Youth Open Gym Time (10+ yrs) 3:00-5:30																				3:30
4:00			Gentle Yoga 4:00-4:50	Youth Orient. (10-13 yrs) 4:00-4:45																	4:00
4:30																					4:30
5:00																					5:00
5:30		BOSU Intervals 5:30-6:30																			5:30
6:00	Girls Unite (8-13 yrs) Apr 19-June 7 6:00-7:00		Yoga 6:00-6:50		Small Group Training 6:00-6:45																6:00
6:30																					6:30
7:00				Prenatal Fitness (Pool) 7:15-8:00																	7:00
7:30	Adult Drop-in Volleyball (16+ yrs) 7:30-10:00																				7:30
8:00																					8:00
8:30																					8:30
9:00																					9:00
9:30																					9:30
10:00																					10:00
10:30																					10:30

Summer Camp brochure now available at the Kelowna Family Y! See Member Services for details.

Lanes used may be different than shown

Please show up early for group classes. To respect other participants, no admittance will be allowed after the class start time.

Please note: 7:15-8:00 p.m. Prenatal Fitness takes place in Dive Tank

Friday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time	
											1	2	3	4	5	6	7	8				
5:30																					5:30	
6:00																						6:00
6:30			Flow Yoga																			6:30
7:00																						7:00
7:30		Bootcamp 7:30-8:30						Before School Care 6:30-8:30														7:30
8:00																						8:00
8:30																						8:30
9:00		Bootcamp 9:00-10:00	Chair Yoga 9:00-10:00																			9:00
9:30				Healthy Hearts 9:00-11:00																	Deep Aqua 9-10	9:30
10:00																						10:00
10:30			School Rental					Childminding (0-5 yrs) 8:30-1:00													Shallow Aqua 10:15-11:00	10:30
11:00				Healthy Hips & Knees 10:30-11:30																		11:00
11:30				Healthy Hips & Knees 11:30-12:30																		11:30
12:00			Yoga 12:00-1:00																			12:00
12:30																						12:30
1:00	Adult Drop-in Speed Pickleball (16+ yrs) 12:30-3:00																					1:00
1:30																						1:30
2:00																						2:00
2:30																						2:30
3:00																						3:00
3:30																						3:30
4:00			Cycle/HIIT 3:30-4:30																			4:00
4:30	Youth Open Gym Time (10+ yrs) 3:00-5:30			Youth Orient. (10-13 yrs) 4:00-4:45																		4:30
5:00			Intro to Meditation 5:30-6:15																			5:00
5:30																						5:30
6:00																						6:00
6:30																						6:30
7:00																						7:00
7:30																						7:30
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9:00																						9:00
9:30																						9:30
10:00																						10:00
10:30																						10:30

Lanes used may be different than shown

Please show up early for group classes. To respect other participants, no admittance will be allowed after the class start time.

Saturday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time		
											1	2	3	4	5	6	7	8					
7:00																					7:00		
7:30																					7:30		
8:00																					8:00		
8:30		Bootcamp 8:30-9:20																			8:30		
9:00	Parent & Tot Gym Time (0-5 yrs) 9:00-12:00																				9:00		
9:30			POUND 9:30-10:20																		9:30		
10:00				Flow Yoga 10:00-11:00																		10:00	
10:30									Zoned In (6-9 yrs) 9:00-1:00	Childminding (0-5 yrs) 9:00-1:00											10:30		
11:00																					11:00		
11:30																					11:30		
12:00																					12:00		
12:30	Birthday Parties 12:30-1:30 1:30-2:30 3:30-5:30						Birthday Parties 12:30-2:30 1:30-3:30 3:30-5:30														12:30		
1:00																						1:00	
1:30																							1:30
2:00																							2:00
2:30																							2:30
3:00																					3:00		
3:30																					3:30		
4:00																					4:00		
4:30																					4:30		
5:00																					5:00		
5:30																					5:30		
6:00	Family Gym Time (Children under 10 yrs must be accompanied by a parent) 6:00-9:00																				6:00		
6:30																					6:30		
7:00																						7:00	
7:30																						7:30	
8:00																						8:00	
8:30																					8:30		
9:00																					9:00		

Lanes used may be different than shown

Sunday

Time	Gym 1	Gym 2	Group Fitness Studio	Health Zone/ Walking Track	Conditioning Room	Boardroom	Multi-purpose Room #1	Multi-purpose Room #2	Youth Zone	Child & Family Centre	Main Pool (8 Lanes)								Leisure Pool	Dive Tank	Time
											1	2	3	4	5	6	7	8			
9:00	Parent & Tot Gym Time (0-5 yrs) 9:00-12:00																				9:00
9:30																					9:30
10:00			Step/Strength 10:00-11:00	Cycle Instructor Training 8:00-1:00																	
10:30																					10:30
11:00																					11:00
11:30																					11:30
12:00																					12:00
12:30																					12:30
1:00	Junior Tennis (6-14) April 22-June 10 1:00-1:45 2:00-2:45 3:00-3:45																				1:00
1:30																					1:30
2:00																					2:00
2:30																					2:30
3:00																					3:00
3:30																					3:30
4:00																					4:00
4:30	Youth Basketball 4:00-5:00pm		Bootcamp 3:30- 4:30	Youth Orient. (10-13 yrs)																	4:30
5:00	Adult Drop-In Basketball (16+ yrs) 5:00-7:00																				5:00
5:30			Yoga 5:00-6:00																		5:30
6:00																					6:00
6:30																					6:30
7:00																					7:00

Lanes used may be different than shown

This month at the Kelowna Family Y...

Aquatics

Aquatic Certifications

Lifesaving Instructor April 13–21 (KFY)
YMCA Swim Instructor April 8–29 (H₂O)
Bronze Medallion May 4–12 (H₂O)
Bronze Cross May 25–June 2 (H₂O)

Private Lessons Available

Fridays 4–4:30 PM, 4:30–5 PM,
5–5:30 PM, 5:30–6 PM

Sundays 9:30–10 AM

Adult private lessons: email
tzimmerman@ymcaokanagan.ca

Health & Fitness

Fitness Instructor Training

Cycle and Strength Modules Do you love attending Group Fitness classes and want to make a difference in your community? We offer FREE training to become a Volunteer Fitness Instructor. Cycle and Strength streams running in April. Contact Michelle Moffatt at mmoffatt@ymcaokanagan.ca for more information!

Children & Families

Summer Camps

Registration starts April 2!
This summer, your child can learn new skills, make friends and stay active at the Y! With many camp options in various locations throughout Kelowna, there's something for every kid to enjoy.

YMCA Playing to Learn Preschool

Registration now open for fall!
Our professionally developed, nationally recognized preschool curriculum helps children build healthy relationships and develop school-readiness skills.

Before and After School Care

Registration opens April 3
YMCA Licensed Before and After School programs are a home away from home. Children will have fun, find support and make friends while participating in our professionally developed, nationally recognized curriculum.

Upcoming Events

Learn more at
ymcaokanagan.ca/events

YMCA Strong Kids Book Sale

April 9–16
Books via donation!

YMCA Annual General Meeting

April 24 | 5:30 PM
Members, join us as we celebrate our accomplishments in 2017. Come for volunteer awards and voting.

YMCA Healthy Kids Day

Sunday, April 29 | 12–4 PM
Families engage in fun, active play, and learn healthier habits through fun activities—FREE and open to all!

YMCA Cycle for Strong Kids

May 27
H₂O Adventure + Fitness Centre RECRUIT a team or ride solo.
RAISE funds through online pledges.
RIDE! Elevate your heart rate through a fun and high-energy 45-minute group spin class.

Please note:

Individuals aged 19+ must present a membership card or photo ID to access YMCA facilities.

This is a typical weekly schedule for the current month. Actual daily schedules may be different. Check with member services for the detailed daily schedule.

Set-up and take-down times are not reflected on this schedule. Facilities may need to be closed as much as half an hour before or after scheduled program times.

Children under 10 years of age must either be signed into a Y program or under the direct supervision of a parent or adult guardian while at the Kelowna Family Y. Children under 8 must have a responsible care-giver with them at all times, and within arm's reach when in the pool. Children under age 10 participating in any instructor-led program (including swim lessons) must be accompanied by their caregiver to and from the program.

The gymnasium, group fitness studio, health zone, and conditioning room are open for drop-in use when not scheduled for programs.

Please show up early for group classes. To respect other participants, no admittance will be allowed after the class start time.



For more information or to register for any of the above, please visit member services.

Kelowna Family YMCA, 375 Hartman Rd, Kelowna BC V1X 2M9 | 250-491-9622 | www.ymcaokanagan.ca