



YMCA **SUMMER CAMPS**

(Ages 3–14)

Spaces are limited, register today to secure your spot!

Check the program guide or ymcaokanagan.ca for camp dates, fees and descriptions.

Financial assistance is available.

Kelowna Family Y Full Facility Schedule

June 2–29

Hours of Operation

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

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 5:30 AM – 4:15 PM Public Swim 5:30 AM – 4:15 PM NO PUBLIC SWIM 4:15 PM – 7:00 PM School Rentals 11:00 AM - 3:00 PM Adults Only Lap Lane (16+ yrs) 5:30 AM-10:30 PM Gentle Aqua 3:00-3:45 Continuous Swim Lessons 4:20 PM – 7:00 PM NO PUBLIC SWIM 4:15 PM – 7:00 PM Public Swim 7:00 PM – 10:30 PM										5:30				
6:00			Intense Intervals 6:00-6:45																						6:00
6:30																									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		Intense Intervals 9:00-10:00	Chair Yoga 9:00-10:00		Intro Walking Group 8:45-10:00 Please meet in the lobby *																				9:00
9:30	Family Play Time (0-6 yrs) 9:00-1:00 (continued in Youth Zone)																9:30								
10:00			Intro Yoga 10:15-11:15														10:00								
10:30					Healthy Hips & Knees 10:30-12:00												10:30								
11:00			Zumba Gold 11:15-12:00															11:00							
11:30																	11:30								
12:00																	12:00								
12:30			Flow Yoga 12:00-1:00		Small Group Training 12:00-12:45												12:30								
1:00	Adult Drop-in Competitive Pickleball 12:30-3:00		Intro Tai Chi 1:15-2:00	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																	3:30								
3:30	Active Kids (5-12 yrs) 3:30-5:00	Youth Open Gym Time (10+ yrs) 3:00-5:30	Cycle/HIIT 3:30-4:30														3:30								
4:00																		4:00							
4:30																	4:30								
5:00																	5:00								
5:30																	5:30								
6:00		Group Strength 5:30-6:20	PiYo 5:45-6:45														6:00								
6:30																	6:30								
6:30	Boys in Action 6:30-7:30																6:30								
7:00																	7:00								
7:00			Cycle 7:00-7:50														7:00								
7:30																	7:30								
8:00																	8:00								
8:00			Flow Yoga 8:00-9:00														8:00								
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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.



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	Specialized Training	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 6:00-6:45	Bootcamp 6:00-6:45																			6:00
6:30																						6:30
7:00																						7:00
7:30			Stretch & Roll 7:00-7:45																			7:30
8:00																						8:00
8:30																						8:30
9:00																						9:00
9:30	Family Play Time (0-6 yrs)	Intense Group Strength 9:00-10:00	Yoga 9:00-10:00																			9:30
10:00		Group Strength 10:15-11:10	Cycle/HIIT 10:15-11:15																			10:00
10:30	9:00-1:00 (continued in Youth Zone)			Healthy Hips & Knees 10:30-12:00																		10:30
11:00																						11:00
11:30		Fit for Life 50+ 11:30-12:15																				11:30
12:00																						12:00
12:30																						12:30
1:00																						1:00
1:30	Adult Drop-in Recreational Pickleball 12:30-3:00		School Rental	Healthy Aging 12:30-2:00																		1:30
2:00																						2:00
2:30				Breathe Well 2:00-3:00																		2:30
3:00																						3:00
3:30	Karate (4-10 yrs) 3:15-4:00 & 4:15-5:15	Youth Open Gym Time (10+ yrs) 3:00-5:30																				3:30
4:00				Youth Orient. (10-13 yrs) 4:00-4:45																		4:00
4:30																						4:30
5:00																						5:00
5:30																						5:30
6:00	Boys in Action 6:00-7:00		Prenatal Yoga 6:00-6:50																			6:00
6:30		Group Kick 6:30-7:30	Bootcamp 7:00-8:00																			6:30
7:00																						7:00
7:30																						7:30
8:00	Family Drop-in Badminton 7:30-9:30																					8:00
8:30																						8:30
9:00																						9:00
9:30	Adult Drop-in Basketball (16+ yrs) 9:30-10:15																					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 5:30 AM – 4:15 PM Public Swim 5:30 AM - 4:15 PM NO PUBLIC SWIM 4:15 PM – 7:00 PM School Rentals 11:00 AM - 3:00 PM Gentle Aqua 3:00-3:45 Continuous Swim Lessons 4:20 PM – 7:00 PM NO PUBLIC SWIM 4:15 PM – 7:00 PM Public Swim 7:00 PM – 10:30 PM										5:30							
6:00		Intro Step 6:15-6:45	Intense Intervals 6:00-6:45																						6:00			
6:30																									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	Family Play Time (0-6 yrs) 9:00-1:00 <small>(continued in Youth Zone)</small>	Barre 9:00-10:00	Chair Yoga II 9:00-10:00	Healthy Hearts 9:00-11:00	Intense Walking Group 8:45-10:00 Please meet in the lobby *				Mamas 4 Mamas Community Connect 9:30-11:30	Pre School 8:45-3:00	Walk Lane Shallow Aqua 10:15-11:00 Public Swim 5:30 AM - 4:15 PM NO PUBLIC SWIM 4:15 PM – 7:00 PM School Rentals 11:00 AM - 3:00 PM Adults Only Lap Lane (16+ yrs) 5:30 AM 10:30 PM										9:00							
10:00																												
10:30				School Rental																								10:30
11:00																												11:00
11:30																	11:30											
12:00			Yoga 12:00-1:00														12:00											
12:30																	12:30											
1:00	Adult Drop-in Lawn Bowling (16+ yrs) 12:30-3:00	School Rental	Chair Tai Chi 1:15-2:00	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		Youth Open Gym Time (10+ yrs) 3:00-5:30	Cycle/HIIT 3:30-4:30														3:30											
4:00																	4:00											
4:30				Gentle Yoga 4:45-5:45	Youth Orient. (10-13 yrs) 4:00-4:45													4:30										
5:00																		5:00										
5:30																	5:30											
6:00		Group Strength 5:30-6:20															6:00											
6:30			Bootcamp 6:00-7:00														6:30											
6:30	Girls Unite (7-9 yrs) 6:30-7:30																7:00											
7:00																	7:00											
7:30																	7:30											
8:00	Adult Drop-in Basketball (16+ yrs) 7:30-10:15																8:00											
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9:30																	9:30											
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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.

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			Bootcamp 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	Family Play Time (0-6 yrs) 9:00-1:00 (continued in Youth Zone)	Intense Group Strength 9:00-10:00	Yoga 9:00-10:00																		9:00	
9:30		Group Strength 10:15-11:10																			9:30	
10:00																						10:00
10:30					Healthy Hips & Knees 10:30-12:00																	10:30
11:00																					11:00	
11:30		Fit for Life 50+ 11:30-12:15																			11:30	
12:00			Cycle 12:00-12:50		Small Group Training 12:00-12:45																12:00	
12:30	Adult Drop-in Recreational Pickleball 12:30-3:00																				12:30	
1:00		School Rental		Healthy Aging 12:30-2:00																	1:00	
1:30																						1:30
2:00					Breathe Well 2:00-3:00																	2:00
2:30																					2:30	
3:00																					3:00	
3:30	Karate (4-10 yrs) 3:15-4:00 & 4:15-5:15	Active Kids (5-12 yrs) 3:30-5:00																			3:30	
4:00			Gentle Yoga 4:00-4:50	Youth Orient. (10-13 yrs) 4:00-4:45																		4:00
4:30																						
5:00			Mindfit* 5:00-5:50																		5:00	
5:30		Step/Strength 5:30-6:30																			5:30	
6:00	Girls Unite 6:00-7:00		Yoga 6:00-6:50		Small Group Training 6:00-6:45																6:00	
6:30																					6:30	
7:00			Intense Bootcamp 7:00-8:00	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	
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9:00																						9:00
9:30																					9:30	
10:00																					10:00	
10:30	*Mindfit ending June 20											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.

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											Public Swim 5:30 AM-10:30 PM										5:30								
6:00																										6:00			
6:30			Flow Yoga 6:00-7:00																							Deep 6:30-7:30	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	Family Play Time (0-6 yrs) 9:00-1:00 <small>(continued in Youth Zone)</small>	Bootcamp 9:00-10:00	Chair Yoga 9:00-10:00	Healthy Hearts 9:00-11:00					Active Arts (3-5 yrs) 8:45-10:45	Pre School 8:45-3:00	Public Swim 5:30 AM-10:30 PM										Deep Aqua 9-10	9:30							
10:00																													10:00
10:30					Healthy Hips & Knees 10:30-12:00																								10:30
11:00			Zumba Gold 11:15-12:00	TRX 11:00-11:45																									11:00
11:30																			11:30										
12:00			Yoga 12:00-1:00																12:00										
12:30	Adult Drop-in Competitive Pickleball (16+ yrs) 12:30-3:00		Advanced Tai Chi 1:15-2:00																12:30										
1:00																				1:00									
1:30																					1:30								
2:00																					2:00								
2:30																			2:30										
3:00	Youth Open Gym Time (10+ yrs) 3:00-5:30																		3:00										
3:30				Cycle/HIIT 3:30-4:30																3:30									
4:00					Youth Orient. (10-13 yrs) 4:00-4:45																4:00								
4:30																					4:30								
5:00																			5:00										
5:30			Intro to Meditation 5:30-6:15																5:30										
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10:30	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.

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 8:30-9:30																			8:30	
9:00	Family Play Time (0-6 yrs) 9:00-12:00		Flow Yoga 9:00-10:15																		9:00	
9:30																					9:30	
10:00																						10:00
10:30				Cycle 10:30-11:30																		10:30
11:00																					11:00	
11:30																					11:30	
12:00																					12:00	
12:30																					12:30	
1:00																					1:00	
1:30																					1:30	
2:00	Birthday Parties (0-12 yrs) 12:30-2:30 1:30-3:30 3:30-5:30																				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 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	Family Play Time (0-6 yrs) 9:00-12:00																				9:00	
9:30			Step/Strength 9:30-10:30																		9:30	
10:00																						10:00
10:30																						10:30
11:00																					11:00	
11:30			Meditation 11:30-12:30																		11:30	
12:00																					12:00	
12:30																					12:30	
1:00	Jr. Tennis (6-14 yrs) 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	Youth Basketball 4:00-5:00pm																				4:00	
4:30																					4:30	
5:00	Adult Drop-In Basketball (16+ yrs) 5:00-7:00																				5:00	
5:30																					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

Start or continue your journey to landing the coolest job in town: lifeguarding at the YMCA! Summer courses include:

Bronze Medallion	July 16–19
Bronze Cross	July 23–26
Bronze Combo	August 13–22
NL Pool Option	July 30–Aug 8
YMCA Swim Instructor	July 8–11

For full details and programs offered at H₂O, pick up an aquatic certifications flat sheet. Additional courses offered at H₂O this summer include Standard First Aid, NL Waterpark and NL recertifications.

Children & Families

Summer Camps

Registration open!

Keep your child active and engaged this summer with our wide variety of camps and programs available at convenient locations across Kelowna.

Family Play Time

Free drop-in program for ages 0–6 and their caregivers

Drop in and spend some quality play time with your children and friends.

Explore, create, imagine, and play in a variety of activities for you and your child. Meet other families through group activities in a comfortable play environment and learn about services in your community. YMCA Early Childhood Educators with skills and knowledge in child development are on site to enhance your child's success in the important early years.

Health & Fitness

YMCA Healthy Aging

Tuesdays & Thursdays 12:30-2:00

If you are physically inactive and live with chronic pain or a chronic condition this program is the perfect program to start your journey to a healthier lifestyle.

For more info contact Adriane at adriane.long@ymcaokanagan.ca or call 250-491-9622 ext 224

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