

Menu of Community Programs

	Facility	Programs Include	Cost	Contact Info
Rutland	Rutland Senior Centre	Table Tennis	\$ 0.50 - 4.00	Phone: 765-3723 Website: Not available Address: 765 Dodd Road
		Line Dancing		
		Square Dancing		
		Badminton		
		Aerobics		
		Carpet Bowling		
		Pickleball		
		Osteofit for life		
		Dance		
		Senior Skate		
	Kelowna Family Y	General Services: Deep & Shallow Pools, Conditioning Rooms	Adult:\$9.40 Senior:\$7.30 "Try the Y" 1 week Free	Phone: 491-9622 Website: www.ymca-ywca.com Address: 375 Hartman Rd
		Yoga Essentials		
		Aquafit		
		Deepwater		
		Ready for Rep		
		Walking Club		
		Building Better Bones		
		Masters Swim Club		
		Spin		

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Downtown Kelowna	Water Street Senior Centre	Fitness to Music	\$0.50 - 4.00	Phone: 762-4108 Website: www.waterstseniors.com Address: 1360 Water Street
		Carpet Bowling		
		Tai Chi		
		Tai Chi		
		Osteofit for Life		
		Ballroom practice		
		Line Dancing		
		Table Tennis		
		Trekking Group		
		Table Tennis		
		Yoga		
		Clogging Level 1		
		Ballroom Dancing		
		Dance		
	Senior Skate			
			Pole Walking Classes	FREE
		Pole Walking Classes	FREE	
	The Grand	General Services: Indoor, Outdoor Pool & Conditioning Room		Phone: 763-4500 Address: 1310 Water St. Web: www.grandokanagan.com

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Central Kelowna	Kelowna Martial Arts	Beginner Class	1 week free	Phone: 869-0111 Website: www.kelownamartialarts.com	
		Beginner Class	One-on-one \$20		
	Orchard Park Mall	Mall Walk 18+	Free	Phone: 762-2838 Website: www.orchardparkshopping.com Address: Highway 97 & Cooper Rd	
		Mall Walk 18+	Free		
	Mission Activity Centre	Keep Fit	\$1.50	Phone: 764-7642 Website: Not available Address: 4398 Hobson Road	
	H2O Adventure + Fitness Centre	General Services: Deep & Shallow Pools, Conditioning room Aquafit: Deep & Shallow Yoga Pole Walking Classes Cycle classes	Adult: \$9.45 Senior: \$ 7.35	Phone: 764-4040 Website: www.h2okelowna.com Address: 4075 Gordon Road	
	Mission Creek Park	Keen Fit	FREE	Phone: 769-9241 www.keenfit.com	
		Walking Paths	FREE		
	Parkinsons Recreation Center	General Services: Deep & Shallow Pools, Conditioning Room & Gymnasium		Ad\$5.50 Sr\$4.10	Phone: 469-8800 ext. 0 Website: www.city.kelowna.bc.ca Address: 1800 Parkinson Way
		Bouncing Ball	\$25 or pass		
		Aqualite			
		AquaStretch&Strength			
		Tai-Chi			
Tai-Chi					
Functional Fitness					
Aerobics&Weights					
Anti-Aging w/Posture		\$10.00			
	Pole Walking Classes	\$5.00	Phone: 769-9241 www.keenfit.com		
Apple Bowl	Free Walking	Free	Phone: 469-8504 ext .4 (Ap 30 -Oct 1)		
Capital News Centre	General Services: Pool, Walking Track, Conditioning Room, Gymnasium		Phone: 764-3189 Website: www.missionfitness.com Address: 4105 Gordon Drive		
	Walking Track	\$2.00			
	Shall we Dance - Skate	\$3.50			
	Aging Actively 65+	Call for prices			

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Westbank	Westbank Seniors Centre			Phone: 762-2056 Website: Not available Address: 3661 Old OK Hwy	
		Hawaiian Dancing	N/A		
	Johnson Bentley Aquatic Centre	General Services: Deep & Shallow Pools & Conditioning Room		Ad\$5.75 Sr\$4.60	Phone: 768-4442 Website: www.regionaldistrict.com Address: 3737 Old Okanagan Highway
		Mild Shallow			
		Moderate Shallow			
		Gentle Fit			
		Building Better Bones			
	Westside Leisure Guide	Restorative Yoga		Registered programs call for times and prices	
		Pole Walking Classes			
		Ballroom Dancing			
		Lifestyle Changes			
		Belly Dancing			
		Tai Chi			
		Morning Cup of Yoga			
Westbank Yacht Club	Pole Walking Classes		FREE	Phone: 769-9241 www.keenfit.com	

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Lake Country	School of Dance	Pilates Beginner	Call for prices	Phone: 766-4502 Website: www.lakecountryschoolofdance.com Address: 3130 Berry Road
		Belly Dancing		
		Pilates Novice-Int		
		Pilates Beginner		
	Seniors Activity Centre	Line Dancing	Call for prices	Joy Sauter 766-0850 Website: www.lakecountry.com Address: 9832 Bottom Wood Lk Rd
		Line Dancing		
		Tai-Chi		
		Tai-Chi		
				766-2229
				766-4855