

## Middle Childhood Program Grades K-6

### Sports

#### Atomic Volleyball 9-12yrs

Atomic Volleyball is a new program sponsored by Volleyball BC. Atomic Volleyball is a program that has been modified and specifically designed for boys and girls who are just leaning the game of volleyball.

INSTRUCTOR: **Volleyball BC**

LOCATION: **Mar Jok Elementary School**

**5838 Tu Sep 19-Nov 7 5:15-6:15pm 8/\$60**

#### Power Skating & Skill Development 5-13yrs

For boys and girls who want to learn basic skills that will enable them to play and enjoy sports on ice. Emphasis will be on skating, skill development, teamwork and fun. Each class will include game play. Full hockey equipment required including: skates, helmet with cage, hockey pants, gloves, elbow, shin, shoulder pads, stick and neck guard. For recreational or house level players. Children must be able to skate across the ice. For both hockey and ringette players.

INSTRUCTOR: **Dave**

LOCATION: **Royal LePage Arena**

**5910 Tu Sep 12-Dec 12 3:00-4:00pm 14/\$179**

#### Tae Kwon Do 6yrs +

Discover this modern martial art characterized by lots of kicking and its great exercise benefits. Not only is this program an excellent means of self-defense, but it teaches discipline and confidence in a fun and motivating atmosphere. The instructor is a fully qualified Black belt from Westside Tae Kwon Do who enjoys teaching all ages and levels.

INSTRUCTOR: **Cole**

LOCATION: **Lakeview Heights Community Hall**

**5906 Th Sep 14-Oct 26 4:00-5:00pm 7/\$44**

**5924 Th Nov 2-Dec 14 4:00-5:00pm 7/\$44**

#### XploreSportz 9-13yrs

This FUN sport and movement skills development program led by certified coaches from local sport associations will introduce participants to at least three sports over the six week program. Sports may include: Lacrosse, Tennis, Baseball, Ultimate Frisbee, Martial Arts and more! Come try a new sport today.

INSTRUCTOR: **Pacific Sport**

LOCATION: **Mar Jok Elementary School**

**5834 Th Oct 26-Nov 30 5:00-6:00pm 6/\$45**



## Youth & Family Gymnasium Drop-in Sport Schedule

Have a free evening with nothing to do? Bring a friend and drop into a variety of sports programs offered in West Kelowna.

**\$2 Drop-in or book of 10 tickets \$18 - good for all drop-in gym sport programs. Share with a friend.**

| DESCRIPTION  | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   |
|--|---|--|---|--|
| <b>Youth Open Gym</b><br>LOCATION: <b>Shannon Lake Elementary School Gym and Mar Jok Elementary School Gym</b>                       |   |  | Sep 27-Dec 13<br><b>Grade 5-8</b><br>6:30-7:45pm<br><b>Grade 9-12</b><br>7:45-9:00pm<br>\$2 drop-in |  |
| <b>Family Gym Sport Night</b><br>LOCATION: <b>Mar Jok Elementary School Gym</b><br><i>*Children must be accompanied by an adult.</i> |   |  |   | Sep 28-Dec 14<br>6:30-8:00pm<br>\$2 drop-in                                |
| <b>Ping Pong 16yrs +</b><br>SPORT ATTENDANT: <b>TBD</b><br>LOCATION: <b>Constable Neil Bruce Middle School Multi-Purpose Room</b>    | Sep 11-Dec 11<br>4:30-7:30pm<br>\$2 drop-in or included in CNB Fitness Pass | Sep 5-Dec 12<br>4:30-7:30pm<br>\$2 drop-in or included in CNB Fitness Pass | Sep 6-Dec 13<br>4:30-7:30pm<br>\$2 drop-in or included in CNB Fitness Pass                          | Sep 7-Dec 14<br>4:30-7:30pm<br>\$2 drop-in or included in CNB Fitness Pass |
| <b>Badminton 14yrs +</b><br>LOCATION: <b>Mt Boucherie Secondary School Gym</b><br><b>NO CLASS OCT 9 AND NOV 13.</b>                  | Sep 18-Dec 18<br>7:30-9:30pm<br>\$2 drop-in                                 |  |   |  |