



Car Free Day Schedule

Saturday, September 25, 12 -4 pm



Sponsor	Ridgeroc Homes/West Manufacturing	Sunplex Arena	Keen Fit & Outdoor Adventure Gear	Pawpular Pooch & Dogaims	Lululemon & Addicted Fitness RX Fit Zone	Greatway Martial Arts & West Kelowna Gymnastics	Leo's Videos
Location	Abbott St. and Bernard Ave.	Bernard Ave. (Near Mill St.)	Bernard Ave. (near Water St.)	Grassy area near stage	Kerry Park Stage	Grassy area near stage	Cookson Truck Theatre - Mill St.
Area	BMX/Skate/ Trials Arena	Street Hockey & Roller Derby	Walking & Climbing	Dog Training	Yoga & Workout	Karate & Gymnastics	Emissions Movies
11:30	Kelowna City Band @ Kerry Park Stage						
12:00	Opening Remarks from Mayor Shepherd @ Kerry Park Stage						
12:00	BMX	Sun FM v Sunplex			Ultimate Fitness Workout - All ages	Continuous	
12:10							
12:20	Skate	Roller Derby					
12:30			Keen Fit Pole Walking All Ages	Dog Training All Dogs Welcome	Yoga - All Ages		
12:40	Trials	Drop In Hockey*					
12:50							
13:00	BMX	Fire v Police			Ultimate Fitness Workout - All ages		
13:10							
13:20	Skate	Roller Derby					
13:30			Keen Fit Pole Walking All Ages	Dog Training All Dogs Welcome	Yoga - All Ages		
13:40	Trials	Drop in Soccer*					
13:50							
14:00	BMX	Fire v Police			Ultimate Fitness Workout - All ages		
14:10							
14:20	Skate	Roller Derby					
14:30			Keen Fit Pole Walking All Ages	Dog Training All Dogs Welcome	Yoga - All Ages		
14:40	Trials	Drop In Hockey*					
14:50							
15:00	BMX	Fire v Police			Ultimate Fitness Workout - All ages		
15:10							
15:20	Skate	Roller Derby					
15:30			Keen Fit Pole Walking All Ages	Dog Training All Dogs Welcome	Yoga - All Ages		
15:40	Trials	Drop in Soccer*					
15:50							
16:00	Finish	Finish	Finish	Finish	Finish		
Participants	Demonstrations Only	Demo's & *Public Participation Welcome	Public Participation Welcome	Dog & Public Participation Welcome	Public Participation Welcome	Demo's & Public Participation Welcome	Public Participation Welcome

Note: A waiver must be signed to participate in all activities.