



Six & under

- [Childminding](#)
- [Cooking Creations](#)
- [Crafts for Tots](#)
- [Dance Programs](#)
- [Kick & Run Soccer](#)
- [Learn to Skate / Hockey](#)
- [Licensed Preschool](#)
- [Mini Sports Explorers](#)
- [Open Gym Playtime](#)
- [Playschool](#)
- [Play Pen](#)

Six & up

- [Art Classes](#)
- [Basketball](#)
- [Chess for Kids](#)
- [Cooking Creations](#)
- [Floor Hockey](#)
- [Generation Health Community](#)
- [Guitar Lessons](#)
- [Learn to Speak Chinese](#)
- [Martial Arts + Karate](#)
- [Pro D Kids Day](#)
- [Skating + Skill Development](#)
- [Smashball Volleyball](#)
- [Soccer for Kids](#)
- [Spring Break Camps](#)
- [Tennis for Kids](#)
- [Ukelele for Fun](#)

Teens

- [Cooking Courses](#)
- [Smashball Volleyball](#)
- [Spin for Teens](#)
- [Volleyball Camp - Canyon Falls](#)

Adults

- [Acrylic Art Classes](#)
- [Cooking Lessons](#)
- [Dance Programs](#)
- [Fused Glass Art](#)
- [Guitar Lessons](#)
- [Karate + Tai Chi](#)
- [Language Programs](#)
- [Photography](#)
- [Ukelele Lessons](#)
- [Watercolour Art](#)
- [Write Chinese Characters](#)

Swimming

- [Adult Swim Lessons](#)
- [AquaFit Programs](#)
- [Childrens Swim Lessons](#)
- [Lifeguard Training](#)
- [Parent & Tot Lessons](#)
- [Preschool Swim Lessons](#)

Sports

- [Badminton](#)
- [Basketball](#)
- [Disc Golf](#)
- [Ice Hockey](#)
- [Indoor Soccer](#)
- [Netball](#)
- [PacificSport Okanagan](#)
- [Pickleball](#)
- [Public Skating](#)
- [Table Tennis](#)
- [Volleyball](#)

Fitness + Health

- [Aqua Fitness](#)
- [Cardio Programs](#)
- [Dance Fitness \(Pound / Zumba\)](#)
- [Get Ready for Golf](#)
- [Midlife Muscle + Hustle](#)
- [Mini + Me Bootcamp](#)
- [Pilates + Core Programs](#)
- [Pre and Postnatal Fitness](#)
- [Power Hour](#)
- [Rhythm Sculpt](#)
- [SHiNE / SHiNE + Uplift](#)
- [Spin Classes](#)
- [Strength Programs](#)
- [Stretch-based Programs](#)
- [Tai Chi + Qigong](#)
- [Yoga Programs](#)

[Move for your Health Programs](#)
Move for Your Health and specialty programs for older adults and injury and illness recovery.

- [Cancer Exercise Program](#)
- [Cardio, Strength and Flexibility](#)
- [Chair Yoga](#)
- [Fitness + Mobility Exercise \(FAME\)](#)
- [Group Training for Active Adults](#)
- [Midlife Muscle + Hustle](#)
- [Minds in Motion](#)
- [Osteofit](#)
- [Parkinson's Exercise Class](#)
- [Strength + Flexibility for Aging](#)

Click to learn about:

Access Programs

Adaptive programs tailored for all ages for people with cognitive & physical disabilities



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 Recognize outstanding youth, artists, athletes, volunteers, businesses and more! Nominations are open until Feb 10. Visit kelowna.ca/civicawards to learn more.

kelowna.ca/recreation