


**Musical Theater** with Agatha Cassidy

Learn how to manage stage fright and gain confidence while exploring various performing arts skills. All talents and abilities welcome! Performances thought out the year!

Sept 19                      Tuesdays                      4-5.30 pm                      \$50 a month by post dated chq  
9-25 years                      + costume fees (approx. \$50-\$70)

For more information or to register please email [dragonflygallery@hotmail.com](mailto:dragonflygallery@hotmail.com)

**Pat Duke Skating Schedule 2017-2018**

| Sunday   | Monday  | Tuesday   | Wednesday                                       | Thursday   | Friday  | Saturday                                   |
|--|---|---|---|--|---|--|
| <b>Public Skate</b><br>5:15-6:45pm   | <b>Parent/Tot &amp; Senior Skate</b><br>11-12pm |  | <b>Parent/Tot &amp; Senior Skate</b><br>11-12pm | <b>Public Skating Fees:</b><br>Under 6 \$1.75<br>7-18 yrs \$2.75<br>Adult \$3.50 | <b>Parent/Tot &amp; Senior Skate</b><br>11-12pm | <b>Teen Skate</b><br>5:15-6:45pm           |
| <b>START DATES:</b> Public Skating Oct 4<br>Parent/Tot Senior Skate Oct 30<br>Adult Drop in Shiny Sept. 30<br>Teen Skate Sept 30 |   |   | <b>Public Skate</b><br>2:30-4pm                 |  | <b>Public Skate</b><br>7-9pm                    | <b>Adult Drop in Shiny</b><br>8:30-10:00pm |

**White Valley Parks, Recreation and Culture**



White Valley Parks, Recreation and Culture

Find us on Facebook

THEATRICAL GAMES | BASIC ACROBATICS  
JUGGLING | CIRCUS MAKE UP | TRAPEZE

**CIRCUS**  
ARTS FOR KIDS

8 WEEKS | STARTING OCT 18  
3P RING ONE (BEGINNER) & 4:30P RING TWO (INTERMEDIATE)

REGISTER: (778) 212-3294  
[www.barefootsanctuary.ca/circus](http://www.barefootsanctuary.ca/circus)

The **Community Grant** deadline is fast approaching! All Event and Meeting Room grant applications for the 2018 year are to be submitted by **4:30 pm September 29, 2017.** For further details and to obtain the application form

[www.rdno.ca/index.php/services/recreation/community-grants/white-valley-parks-recreation-and-culture-community-grants](http://www.rdno.ca/index.php/services/recreation/community-grants/white-valley-parks-recreation-and-culture-community-grants)

**AFRICAN BELLYDANCE**

NEW CLASSES STARTING OCTOBER 4

AFRICAN BELLYDANCE  
STARTING OCTOBER 4 • WED 10-11:15a

Join Jada for an exhilarating and powerful morning dance practice. No experience necessary!

\$15 DROP-IN • \$120 10-CLASS PASS

CALL (778) 212-3284 TO REGISTER

**FALL**  
Activity Guide

White Valley Community Centre  
2250 Shields Ave, Box 429, Lumby BC V0E 2G0  
Phone: 250.547.6404 Email: [recreation@lumby.ca](mailto:recreation@lumby.ca)

Managed by the Village of Lumby for the Regional District of the North Okanagan

### Low Impact Exercise

Great for seniors or those with balance or mobility limitations—all ages welcome!!

Tues & Fri 9:45am—10:30am  
Sept 12 –Dec 22 \$80 / 1x week OR \$160 / 2x week OR \$6 / drop in

### Functional Fitness

Keep fit with this dynamic workout class appropriate for all fitness levels.

Tues & Fri 8:30am—9:45am  
Sept 12 - Dec22 \$125 / 15 punch pass OR \$11 / drop in



### Urban Poling

Also known as Nordic Walking, this program is suitable for all ages and fitness levels. Program host Carol will provide instruction and equipment is available.

Wednesdays 11-12:00pm  
Oct. 4—Dec 20 \$10 /season



### Zumba **NEW!!**

Join certified Zumba instructor Shelley for this upbeat dance workout. Zumba mixes low intensity and high intensity moves for an interval style calorie burning workout!

Wednesdays 6-7:00pm  
Oct 4—Dec 20 (12 weeks) \$72/season or \$6.00 drop in



### \*\* FEATURE PROGRAM \*\*

### Linking Literacy

A partnership program with Okanagan Regional Library! These sessions will incorporate movement and stories in one program. Linking literacy is a great way for preschoolers to participate in a structured program while practicing their fundamental movement skills.

THURSDAYS IN OCTOBER 11:00-12:00pm 2.5 years and up



**Looking to host a birthday party, anniversary or family reunion?  
Consider the White Valley Community Centre for your next gathering!  
Call us at 250-547-6404 to arrange a complimentary viewing of our facility .**

### Hip Hop Dance

Hip Hop is the perfect class for children who want to dance, stay active, and learn how to freestyle! Musicality, rhythm, and creative movement are key components of this fun, urban/street-style dance class that teaches boys and girls alike to step, stomp, and shake it out!

Tuesdays Sept 26—Nov 28 ( 10 sessions) \$110  
Preschool 2:15-2:45pm  
K- Grade 2 2:45-3:15pm  
Grade 3-5 3:15-4:00pm



### Art Attack

Instructed by Monashee Art Council artist Ami, our classes will provide students the opportunity to further their artistic abilities. They will participate in variety of projects using many different mediums. All art supplies and materials are included in the course fee.

Thursdays Sept 28-Nov 16 (8 weeks) \$60  
Grade 1-4 2:45-4:15pm



### Karate

Great for the whole family! Practice Kata's, self defense, kicking/punching techniques and sparring with Sempai Avery! Extra costs for belt testing and gi.

Thursdays Oct 12 -Dec 14 (10 weeks) \$75\*\*  
Kindergarten and up 6:00-7:00pm  
\*\*plus one time membership fee \$40 Family Rates are available!

### Babysitter Training \* youth must attend both Dec sessions

Get your Babysitting Certificate this fall! Youth will learn responsible management of common situations that may arise while children are in their care.

Fri Dec 8 (Pro D Day) 10:00-4:00pm 12+ \$65  
Mon Dec 11 3:00-5:00pm

### Home on Your Own \*youth must attend both Oct sessions

Designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time.

Mon Oct 23/30 2:45-4:15pm 10+ \$20

