



ACTIVITY GUIDE

FALL 2025/WINTER 2026



[LAKECOUNTRY.BC.CA/RECREATION](https://lakecountry.bc.ca/recreation)

SCAN ME



OKANAGAN'S LARGEST ART SHOW

September
6 & 7
2025
10 AM - 5 PM

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LAKE COUNTRY
ArtWalk
LakeCountryArtWalk.ca

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2 DAY MULTI-ARTS FESTIVAL

\$2
Admission
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LOCATION
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Community Complex
Grenda Middle School

Artist: Danielle Harshenin

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WINFIELD CURLING CLUB

Join us for the 2025-2026 Season!

Curling season is October-March

"Curling Basics" sessions will be available (No Cost).
Contact the club to book prior to October 1st!

Women's leagues
Monday 9:00 AM and Tuesday 6:30 PM

Men's league
Thursday 6:30 PM

Open doubles league
Teams of 2
Monday and Wednesday 6:00 PM

Senior's league (drop-in)
Mon, Wed and Fri 1:00 PM

Friday fun league
Friday 6:30 PM

Junior league
Monday 4:00 (Ages 6 - 12)

Intermediate Junior league
Monday 4:00 (Ages 12 - 18)

Winfield Curling Club
9830 Bottom Wood Lake Rd.
Website: winfieldcurlingclub.ca
email: winfieldcurlingclub@shaw.ca

FARM GATE TRAIL
LAKE COUNTRY, BC

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Digital Guide

Scan the QR code to view the digital version of the guide and register online.

Schedules, class details, and program additions are always being updated.



Registration Policies

First-Come, First-Served Basis

Registrations are accepted and processed in the order received.

Payment Requirement

Payment must be submitted at the time of registration.

Refund Policy

Withdrawals are subject to a \$6.50 refund fee.

Program Cancellation

In the event of a program cancellation due to low enrolment, a full refund will be provided.

Registration Opens August 15

Register Online

Starting at 6 a.m.

lakecountry.bc.ca/register

By Phone

Starting at 8:30 a.m.

250-766-5650

In Person

Starting at 8:30 a.m.

Municipal Hall 10150 Bottom Wood Lake Rd.

Adult - Leisure & Learning

Acrylic Painting

Tuesdays 6:30 - 9:30 p.m.
Location GESS - Art Room 132
Instructor Dani Lachuk

Get personalized feedback and demos while creating realistic or semi-abstract paintings on canvas. Beginners learn colour mixing, blending, and glazing, while intermediate painters refine skills and explore new techniques.

Sep 23 - Dec 9 \$275 +GST Code: 0925.077
Jan 6 - Mar 10 \$275 +GST Code: 0126.077



Candle Making for Adults **NEW**

Tuesdays 7 - 8 p.m.
Location GESS - Room 119
Instructor Braanna Kunz

Grab a friend and join us for a fun night creating all-natural soy candles with wood wicks, customized with your favourite scents and decorations.

Oct 7 \$25 +GST Code: 1025.020
Dec 9 \$25 +GST Code: 1225.021
Feb 10 \$25 +GST Code: 0226.022

Flavours of India: Chole, Rice & Raita

Saturday 10 a.m. - 12 p.m.
Location GESS - Foods Room 119
Instructor Nidhi Deopura

Master the beloved dish found in every Indian restaurant. Easy to make and delightful to eat, it requires no introduction.

Jan 10 \$38 +GST Code: 0126.190

Flavours from Around the Globe Demonstration Cooking Series

Wednesdays 6:30 - 8:30 p.m.
Location GESS - Foods Room 119
Instructor Heather Burton

Heather has curated another stellar series of global cooking nights, showcasing unique regional cuisines with live demonstrations and tastings for all participants. This is a demo class series.

Pasta and More

Discover the art of pasta and explore a world of fresh, delicious flavours! You'll also learn to make gnocchi, risotto, and a variety of tasty sauces.

Sep 24 \$38 +GST Code: 0925.081

Mediterranean Tapas

Small bites with delicious flavour combinations for quick meals or fabulous entertaining.

Oct 29 \$38 +GST Code: 1025.081

Thai Cuisine

Using traditional ingredients such as coconut milk, lemongrass and lime leaves, we will taste the combination of sweet, tart, spicy and salty that gives Thai cuisine its depth of flavours.

Nov 26 \$38 +GST Code: 1125.081

Thai Cuisine: Part Two

Discover a whole new set of recipes, highlighting the bold, vibrant flavours that make Thai cuisine a favourite around the world.

Feb 25 \$38 +GST Code: 0226.081

Vietnamese Delicacies

Learn to craft rich, aromatic pho broth from scratch and explore a variety of other delicious noodle dishes packed with bold, authentic flavours.

Jan 28 \$38 +GST Code: 0126.081

Adult - Leisure & Learning

Taste of Dance

Wednesdays	Various Times
Location	Multi-Generational Activities Centre (MAC building)
Instructor	Chris Thorburn

Level 1 - Master 4-5 dances in a beginner-friendly atmosphere including Waltz, Jive, Fox Trot, Cha Cha, and Disco Waltz, set to various music genres.

Level 2 - Expand your dance skills with new steps in familiar dances and explore exciting new ones.

Level 3 - For experienced dancers to smooth their moves, add style and tackle more challenging steps.

Prices per couple (no individual registration)

Level 1	6 - 7 p.m.		
Sep 10 - Oct 22	\$168 +GST	Code: 0925.044	
Nov 5 - Dec 17	\$168 +GST	Code: 1125.044	
Jan 7 - Feb 18	\$168 +GST	Code: 0126.044	
Level 2	7 - 8 p.m.		
Sep 10 - Oct 22	\$168 +GST	Code: 0925.045	
Nov 5 - Dec 17	\$168 +GST	Code: 1125.045	
Jan 7 - Feb 18	\$168 +GST	Code: 0126.045	
Level 3 NEW	5 - 6 p.m.		
Sep 10 - Oct 22	\$168 +GST	Code: 0925.046	
Nov 5 - Dec 17	\$168 +GST	Code: 1125.046	
Jan 7 - Feb 18	\$168 +GST	Code: 0126.046	

Line Dancing for Beginners

Mondays	7 - 8:30 p.m.
Location	Beasley Centre
Instructor	Cathy Johnston

Join us for a fun, social evening of music, dance, and exercise. No experience needed, just bring your energy and a smile!

Sep 15 - Oct 27	\$36 +GST	Code: 0925.114
Jan 5 - Feb 9	\$36 +GST	Code: 0126.114

First Aid Courses



Emergency First Aid (Basic) NEW

Saturday	9 a.m. - 6 p.m.
Location	Beasley Centre
Instructor	Melissa Berg

This course teaches hands-on response to adult emergencies, including CPR/AED, choking, asthma, allergic reactions, heart attack, stroke and bleeding.

Feb 7	\$130 +GST	Code: 0226.101
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Standard First Aid (Intermediate) NEW

Fri & Sat	9 a.m. - 6 p.m.
Location	Beasley Centre
Instructor	Melissa Berg

This course builds on Emergency First Aid, adding skills to manage soft tissue, skeletal, environmental, and medical emergencies. Includes CPR-C, AED, and a written exam.

Dec 5 - 6	\$190 +GST	Code: 1225.101
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First Aid CPR-C/AED

Friday	1 - 6 p.m.
Location	Beasley Centre
Instructor	Melissa Berg

Learn essential lifesaving skills, including EMS activation, CPR, and AED use. CPR-C covers heart attack signs, choking assistance, and multi-rescuer CPR for adults, children, and infants.

Oct 24	\$100 +GST	Code: 1025.101
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Adult - Wellness & Mindfulness

Guided Breathwork

Sunday	6 - 7:30 p.m.
Location	Beasley Centre
Instructor	Derek Jory

Experience the power of the Wim Hof Breathwork method, a guided session to boost energy, manage stress, and deepen mind-body connection. Breathe deeply, feel the shift, and tap into your inner strength.

Nov 16	\$25 +GST	Code: 1125.212
Jan 4	\$25 +GST	Code: 0126.212
Mar 1	\$25 +GST	Code: 0326.212

Himalayan Bowls Sound Journey

Sunday	6 - 7:30 p.m.
Location	Multi-Generational Activities Centre (MAC building)
Instructor	Mary Jeffrey

Experience a sound journey where time suspends, immersing you in vibrations that relax the body and mind. Vibrational singing bowls promote deep relaxation, reduce stress, improve sleep and clarity.

Some sessions may feature added elements like breathwork or the deep, grounding tones of the didgeridoo by **Eugene Suci Krausz**.

Himalayan Bowls		6 - 7:30 p.m.
Nov 23	\$28+GST	Code: 1125.113

Himalayan Bowls		3 - 4:30 p.m.
Jan 11	\$28+GST	Code: 0126.113

<i>With Didgeridoo</i> NEW	6 - 7:30 p.m.	
Sep 7	\$28+GST	Code: 0925.113

<i>With Breathwork</i> NEW	6 - 7:30 p.m.	
Oct 19	\$28+GST	Code: 1025.113

Holiday Tea Blending

Thursday	6:30 - 8:30 p.m.
Location	GESS - Foods Room 119
Instructor	Tory Miller

Create your own holiday brew and take home your unique blend, packaged with a DIY label. Perfect as a gift or for your own holiday sipping.

Dec 11	\$45 +GST	Code: 1225.555
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Introduction to Tarot

Wednesdays	6 - 8 p.m.
Location	GESS - Library
Instructor	Nidhi Deopura

Tarot is a powerful tool for unlocking hidden insights and connecting with the unconscious. Using the Rider-Waite Tarot Deck, this class will guide you in uncovering messages from the universe and gaining deeper clarity.

Nov 12 - Dec 17	\$250+GST	Code: 1125.888
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Reiki: Level 1 & 2 (Combo Course)

Sat & Sun	10 a.m. – 4:30 p.m.
Location	GESS - Library
Instructor	Nidhi Deopura, CRA-RT

Experience Reiki, a Japanese healing technique using pure energy to alleviate stress, improve sleep, and foster connection. This weekend course includes both Reiki levels, enabling you to heal yourself, others, and offer distant Reiki. Earn a Level 1 & 2 certificate after completing the 7-hour daily sessions with a 1-hour lunch break. Wear comfortable clothing; all supplies provided. Nidhi Deopura is a Registered Trainer with the Canadian Reiki Association.

Jan 17 & 18	\$366 +GST	Code: 0126.490
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HAVE A PROGRAM IDEA?

Do you have a fantastic idea for a new program or activity? We're always looking for innovative and engaging offerings for our community. If you're interested in running a program in the future, we'd love to hear from you!

Contact us at: recreation@lakecountry.bc.ca



Adult Leisure & Learning - Floral Design

Location Beasley Centre

Instructors Paula Gosse & Shelley Heinrich
P.S. Florals

Fall Bouquet

We will be walking you through the steps to make a lush floral bouquet using the hand-tied method. Our flowers and foliage will be an assortment of in-season blooms and we will include tips on growing and harvesting from your garden.

Sat Sep 13 1 - 3 p.m.
\$65 +GST Code: 0925.451

Fall Wreath

Get creative with our fall wreath class, perfect for adding a sophisticated touch or Autumn to your home decor. You will be using a natural vine wreath that we will be decorating with locally grown dried florals, from our own flower farm.

Sat Oct 25 1 - 3 p.m.
\$95 +GST Code: 1025.451

BUYING OR SELLING A HOME?
Let's work together!

TANYA KIM
Real Estate Professional
250-317-0051
tanyakim@royalalpage.ca

LOCAL KNOWLEDGE. PROVEN RESULTS.



Outdoor Winter Planter

Your entryway will look festive through the holidays and into the new year with this evergreen planter. Make a stunning display from a variety of locally foraged evergreens, foliage and dried materials

Sat Nov 22 11 a.m. - 1 p.m.
\$95 +GST Code: 1125.451

Winter Seasonal Wreath

Embrace the magic of winter and design your one-of-a-kind winter wreath. Let your creativity bloom using fresh and dried seasonal florals, paired with lush evergreens, to create a wreath that radiates festive cheer!

Sat Nov 22 2 - 4 p.m.
\$95 +GST Code: 1125.450

Basic Landscape Design

Learn the basics of landscape design and start creating a personalized plan for your yard. The focus is on plants suited to the Okanagan climate and water restrictions, helping you design a beautiful, sustainable outdoor space.

Sat Feb 28 1 - 3 p.m.
\$75 +GST Code: 0226.451

Seed & Bulbs Starting Basics NEW

Learn the basics of starting seeds and bulbs at home. This class covers everything you need to know to grow healthy plants from the ground up, including timing, soil, containers, and care tips for success.

Sat Mar 14 1 - 3 p.m.
\$65 +GST Code: 0326.451

Fitness - Strength & Cardio

Body Power

Mon or Wed	5 - 6 p.m.
Location	GESS - Weight/Fitness Room
Instructor	Jennifer McDonald (Mon) Hong Nguyen (Wed)

Build endurance and strength with high-rep free weights. Burn calories, enhance bone and muscle strength, and sculpt your body safely and effectively.

Mondays

Sep 8 - Dec 15	\$84 +GST	Code: 0925.001
Jan 5 - Mar 9	\$54 +GST	Code: 0126.001

Wednesdays

Sep 10 - Dec 10	\$84 +GST	Code: 0925.002
Jan 7 - Mar 11	\$60 +GST	Code: 0126.002

Functional Fitness

Tue or Thu	Various Times
Location	Beasley Centre
Instructor	Michele Rauter (Tue) Jennifer McDonald (Thu)

Get a full-body workout focusing on balance and strength. Use stability balls, tubing, and weights to improve flexibility, core strength, posture, and balance.

Tuesdays	Sep 9 - Dec 9
4 - 4:55 p.m. (50+)	\$96 +GST Code: 0925.010
5 - 5:55 p.m.	\$96 +GST Code: 0925.014

Thursdays	Sep 11 - Dec 11
3 - 3:55 p.m.	\$112 +GST Code: 0925.022
4 - 4:55 p.m. (50+)	\$112 +GST Code: 0925.020
5 - 5:55 p.m.	\$112 +GST Code: 0925.024

Tuesdays	Jan 6 - Mar 10
4 - 4:55 p.m. (50+)	\$80 +GST Code: 0126.010
5 - 5:55 p.m.	\$80 +GST Code: 0126.014

Thursdays	Jan 8 - Mar 12
3 - 3:55 p.m.	\$80 +GST Code: 0126.022
4 - 4:55 p.m. (50+)	\$80 +GST Code: 0126.020
5 - 5:55 p.m.	\$80 +GST Code: 0126.024

Healthy Knees Workshop: Rehab, Strength & Prevention **NEW**

Friday	5 - 6:30 p.m.
Location	Beasley Centre
Instructor	Michele Rauter

Learn how to move better, reduce pain, and protect your knees. This hands-on session covers tailored exercises, rehab tips, and injury specific strategies to keep you strong and active.

Oct 17	\$15 +GST	Code: 1025.112
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Kickboxing HIIT **NEW**

Wednesday	1:15 - 2:15 p.m.
Location	Beasley Centre
Instructor	Jaci Green

Level up your kickboxing skills while building a strong core, enhancing your technique, and improving overall strength and endurance.

Oct 1 - Dec 10	\$88 +GST	Code: 1025.027
Jan 7 - Mar 11	\$80 +GST	Code: 0126.027



Jiu-Jitsu For Everyone

Kids, Youth and Adult classes

Upper-Level Turtle Bay Crossing Plaza
723 - 11850 Ocoela Rd
W: gblakecountry.com
E: info@gblakecountry.com
C: (778)235-8364

Fitness - Strength & Cardio

Mobility Moves

Wed or Thu	Various Times
Location	Beasley Centre
Instructor	Jaci Green

Improve joint mobility while building strength and stability through functional movements that support everyday performance and long-term physical health.

Wednesdays	10 - 11 a.m.		
Oct 1 - Dec 10	\$88 +GST	Code: 1025.059	
Jan 7 - Mar 11	\$80 +GST	Code: 0126.059	

Thursdays	1:15 - 2:15 p.m.		
Oct 2 - Dec 11	\$88 +GST	Code: 1025.058	
Jan 8 - Mar 12	\$80 +GST	Code: 0126.058	

Monday Metabolic Circuit

Mondays	6 - 6:45 a.m.
Location	Beasley Centre
Instructor	Wendy Malmkvist

Burn calories and build muscle with dumbbells, bands, supersets, and circuits. Challenge your strength and endurance in this dynamic class.

Sep 8 - Dec 8	\$104 +GST	Code: 0925.050
Jan 5 - Mar 9	\$72 +GST	Code: 0126.050

Movement Therapy

Tuesdays	6 - 7 p.m.
Location	Beasley Centre
Instructor	Michele Rauter

Join our 60-minute barefoot therapeutic class to energize and balance your body through rehabilitative exercises, self-massage, primal movements, qigong, reflexology, and breathwork.

Sep 9 - Dec 9	\$96 +GST	Code: 0925.400
Jan 6 - Mar 10	\$80 +GST	Code: 0126.400

Move & Groove

Friday	5:30 - 6:30 p.m.
Location	Beasley Centre
Instructor	Michele Rauter

Join us for a dance workshop to release physical, mental, and energetic blockages. Explore different movement styles in a fun, freestyle environment. No experience or special shoes required. Just come ready to flow, have fun, and let go!

Nov 14	\$15 +GST	Code: 1125.112
Jan 30	\$15 +GST	Code: 0126.112



So...
you're
50+
JOIN NOW
For Exercise and more

www.lcscs.ca

Lake Country Seniors *Activity* Centre
9830B Bottom Wood Lake Rd, Lake Country

Fitness - Strength & Cardio

Pilates - Beginner

Tuesdays 12:30 - 1:45 p.m.
Location Beasley Centre
Instructor Heidi Breckwoldt

Perfect for newcomers, this class focuses on core strength, flexibility, and posture through simple, controlled movements. No experience needed.

Sep 9 - Nov 4 \$90 +GST Code: 0925.005
Jan 6 - Feb 24 \$80 +GST Code: 0126.005

Pilates - Level 1

Fridays 10:45 a.m. - 12 p.m.
Location Beasley Centre
Instructor Heidi Breckwoldt

Refine technique, strengthen your core, and boost flexibility with more challenging exercises—perfect for progressing beyond the basics.

Sep 5 - Oct 31 \$90 +GST Code: 0925.006
Jan 2 - Feb 20 \$80 +GST Code: 0126.006

Pole Walking

Tuesday 7 - 8 p.m.
Location GESS Foyer
Instructor Keenfit - The Pole Walking Co.

Discover the incredible benefits of walking poles! Enhance your walk by lightening your load up to 26% and effortlessly burning up to 48% more calories. Demo poles are provided - free, registration is required to reserve your spot!

Oct 21 FREE Code: 1025.100

Smiling Palms Qigong

Thursdays 8:30 - 9:30 a.m.
Location Beasley Centre
Instructor Megan Gerace

Experience an hour of gentle movement and breathwork to enhance balance and harmony. Through different styles of qigong, you'll connect with the elements within, purifying and balancing your body's energy for improved health and well-being. Whether standing or seated, enjoy a fun and restorative practice.

Sep 11 - Dec 11 \$140 +GST Code: 0925.082
Jan 8 - Mar 12 \$100 +GST Code: 0126.082

CHILDREN, TEEN & ADULT PROGRAMS

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- SELF-DEFENSE
- PHYSICAL FITNESS

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Lake Country Trails

Check out the amazing walking and biking trails in and around the District of Lake Country at:
www.lakecountry.bc.ca/maps/trails/



Interested in volunteering to help maintain trails on Spion Kop?
Please contact:
walkaroundlakecountry@gmail.com

Fitness - Strength & Cardio

Spin & More

Mon or Wed	6:15 - 7:15 p.m.
Location	GESS - Weight/Fitness Room
Instructor	Jennifer McDonald (Mon) Hong Nguyen (Wed)

Spin with a twist! Each class mixes spin simulations with different exercises. Stay on the bike for pure spinning if you like. Enjoy diverse challenges and have fun improving cardio and toning.

Mondays

Sep 8 - Dec 15 \$140 +GST Code: 0925.133

Jan 5 - Mar 9 \$90 +GST Code: 0126.133

Wednesdays

Sep 10 - Dec 10 \$140 +GST Code: 0925.033

Jan 7 - Mar 11 \$100 +GST Code: 0126.033



TRX for Beginners **NEW**

Mondays	9:30 - 10:30 a.m.
Location	Beasley Centre
Instructor	Wendy Malmkvist

Learn the basics of TRX in a supportive, beginner-friendly class. Build strength, improve stability, and master proper form at a comfortable pace—no experience needed.

Sep 8 - Dec 8 \$130 +GST Code: 0925.120

Jan 5 - Mar 9 \$90 +GST Code: 0126.120

TRX - High Intensity Interval Training (HIIT)

Tue or Thu	6 - 7 a.m.
Location	Beasley Centre
Instructor	Wendy Malmkvist

Join our dynamic TRX class for all levels to build strength, master techniques, and achieve your fitness goals in a supportive environment.

Tuesdays

Sep 9 - Dec 9 \$120 +GST Code: 0925.121

Jan 6 - Mar 10 \$100 +GST Code: 0126.121

Thursdays

Sep 11 - Dec 11 \$140 +GST Code: 0925.122

Jan 8 - Mar 12 \$100 +GST Code: 0126.122

Zumba

Tue or Thu	Various Times
Instructor	Ashley Green

Perfect for everybody! Zumba classes unite people in a calorie-burning dance fitness party. Mixing low and high intensity moves to Latin and World rhythms, it's exercise in disguise! Enjoy a total workout that includes cardio, muscle conditioning, balance, flexibility, and boosted energy.

Tuesdays **9 - 10 a.m.**

Location **Beasley Centre**

Sep 9 - Dec 9 \$72 +GST Code: 0925.070

Jan 6 - Mar 10 \$60 +GST Code: 0126.070

Thursdays

Location **GESS Community Gym**

Sep 11 - Dec 4 \$78 +GST Code: 0925.060

Jan 8 - Mar 12 \$60 +GST Code: 0126.060

Schedules, class details, and program additions are always being updated.
Check out what's new at
lakecountry.bc.ca/recreation

Fitness - Yoga

Gentle Yin & Yang Yoga

Wednesdays 3:45 - 5 p.m.
Location Beasley Centre
Instructor Christina Aaron

This gentle practice combines yin stretches to target deep tissues and joints with slow flows to warm the body and focus the mind. Finish with restorative poses for deep relaxation. All levels welcome.

Sep 10 - Dec 10 \$140 +GST Code: 0925.048
Jan 7 - Mar 11 \$100 +GST Code: 0126.048

Happy Hips Flow Yoga

Wednesdays 11:30 a.m. - 12:30 p.m.
Location Beasley Centre
Instructor Megan Gerace

Happy hips, happy life! This gentle yoga flow enhances flexibility, circulation, and range of motion with hip-opening poses. Warm up, release tight hamstrings, and relax deeply. All levels welcome.

Sep 10 - Dec 10 \$140 +GST Code: 0925.071
Jan 7 - Mar 11 \$100 +GST Code: 0126.071

Sunset Flow Yoga

Thursdays 6:30 - 7:30 p.m.
Location Beasley Centre
Instructor Megan Gerace

Relax with a restorative evening starting with gentle vinyasa flow, followed by accessible poses and longer stretches. Leave feeling calm, grounded, and connected.

Sep 11 - Dec 11 \$140 +GST Code: 0925.069
Jan 8 - Mar 12 \$100 +GST Code: 0126.069

DROP-IN OPTIONS

Drop-ins for fitness & yoga programs are permitted only if vacancy allows. Payment is required in advance. To confirm program vacancy phone the office at 250-766-5650 before 4 p.m. the day of the class, or the day prior for morning classes.



Relax Deeply Restorative Yoga

Wednesdays 5:15 - 6:30 p.m.
Location Beasley Centre
Instructor Christina Aaron

This class promotes relaxation and healing using gentle, spine-friendly postures supported by pillows and props. Studies show it enhances emotional well-being by inducing deep relaxation. Learn pose setups for maximum benefit while enjoying music and guided unwinding.

Sep 10 - Dec 10 \$140 +GST Code: 0925.034
Jan 7 - Mar 11 \$100 +GST Code: 0126.034

Gentle Morning Flow Yoga

Mondays 11 a.m. - 12 p.m.
Location Beasley Centre
Instructor Wendy Malmkvist

Start your week with a 75-minute class focusing on breath and balance for body and mind. This slower-paced session encourages mindful movement and self-compassion. Begin with a gentle warm-up, flow through sun salutations, practice popular standing poses, and end with a deep, relaxing cool-down.

Sep 8 - Dec 8 \$130+GST Code: 0925.138
Jan 5 - Mar 9 \$90+GST Code: 0126.138

NEW

WEEKLY ACTIVITY CALENDARS - NOW ONLINE!

Monday	Tuesday	Wednesday	Thursday	Friday
Metabolic Circuit TRX HIIT Beasley Centre	TRX - HIIT Beasley Centre	Happy Hips Flow Yoga Beasley Centre	TRX - HIIT Beasley Centre	Pilates Level 1 Beasley Centre
Beach Bum Yoga Flow Beasley Centre	Zumba Beasley Centre	Yin Yoga Gentle Yin & Yang Beasley Centre	Smiling Palms Qigong Kickboxing Beasley Centre	SCAN TO VIEW ALL PROGRAMS
HIIT Beasley Centre	Beginners Pilates Beasley Centre	Relax Deeply Yoga Beasley Centre	Functional Fitness Beasley Centre	Registration Options
Mobility Moves Beasley Centre	Functional Fitness 50+ Beasley Centre	Body Power Spin & More GESS - Weight Room	Zumba GESS - Community Gym	Register Online Starting at 6 a.m. lakecountry.bc.ca/register
Body Power Spin & More GESS - Weight Room	Functional Fitness Beasley Centre	Tennis Learn to Play Woodside Tennis Courts	Sunset Flow Yoga Beasley Centre	By Phone Starting at 8:30 a.m. 250-766-5650
Pickleball Badminton GESS Community Gym	Women's Doubles Beach Volleyball Beasley Volleyball Courts	Taste of Dance Level 1 & 2 MAC Building	Co-ed Competitive Beach Volleyball Beasley Volleyball Courts	In Person Starting at 8:30 a.m. Municipal Hall 1050 Bottom Wood Lake Rd.
Line Dancing for Beginners Beasley Centre	Movement Therapy Beasley Centre	Co-ed Rec Beach Volleyball Beasley Volleyball Courts	Drop-In Basketball GESS - Gym	LAKE COUNTRY BC

We've taken our weekly fitness and sports schedules online.

Always up to date and easier to use.

**PRINT IT. SAVE IT. BOOKMARK IT.
YOUR WEEK. YOUR WAY.**

Scan the QR code or visit
lakecountry.bc.ca/recreation



HALLOWEEN IN LAKE COUNTRY

FRI. OCT 31 2025 6:30-8:30PM

FIREWORKS @ 8PM

**HOT
CHOCOLATE
& HOT DOGS
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FREE BONFIRE PROVIDED BY:

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COUNTRY
FIRE DEPARTMENT &
PARKS DEPARTMENT**



Beasley Park

SANTA'S WORKSHOP

**12 - 3pm Sat. Dec 6
George Elliot Secondary School**

**SKATE
WITH SANTA**

3 - 4:30p.m.
Sun. Dec. 7
Winfield Arena

**CHRISTMAS
LIGHT UP**

3 - 5 pm Sat. Dec 6
Lake Country
Memorial Park

Bring the whole family for a festive afternoon! Make Christmas crafts, play games, and enjoy a special visit from Santa!

Drop-In Sports Programs

Drop-In programs run Sep 14, 2025 - Mar 8, 2026. Schedule subject to change due to other community events. If space permits, drop-in may be available at Pickleball & Badminton (see page 15).

Open Gym - Family

Sundays 9:30 - 11:30 a.m.
GESS - Community Gym
All-Ages/Young Families

From toddlers to teens, let your family play, connect, and stay active.
Children under 12 require adult supervision.

Drop-In Fee \$2 (cash only)

Open Gym - Teens

Sundays 11:30 a.m. - 1:30 p.m.
GESS - Community Gym
Ages 13 - 16 years

Play basketball, volleyball, try out different sports, or just enjoy some unstructured time with friends.

Drop-In Fee \$2 (cash only)

Basketball - Adult

Thursdays 8 - 10 p.m.
GESS - Community Gym
Ages 16+

Co-ed adult drop-in basketball. Teams form on arrival and players self-referee.

Drop-In Fee \$3 (cash only)

Winfield Arena Programs

Public Skating

All ages welcome to our FREE family friendly public skate. *Starts Wed Oct 15.*

Wednesdays 7 - 8 p.m. FREE
Sundays 3 - 4:30 p.m. or 6:15 - 7:45 p.m.

DJ Skate

Skate under the strobe lights to a live DJ!
Starts Fri Oct 17. Cash only.

Fridays 7:30 - 9 p.m.

Single Entry		10 Pass Card	
Ages 0 - 7	FREE	Ages 8 - 17	\$15
Ages 8 - 17	\$2	Ages 18+	\$35
Ages 18+	\$4		

Adult Shinny

Join our Adult Shinny drop-in for casual, fun, and friendly hockey games. *Starts Fri Oct 17.*

Fridays 9:15 - 10:45 p.m.
Fee \$7 (online registration)
10 Pass Card \$50 (online registration)



**Learn to Skate
this Fall**



PRECANSKATE – Beginners Ages 3-5
CANSKATE - Learn to Skate Ages 4+
BEGINNER TEEN & ADULT
STARSKATE - Skills for Figure Skating
ADULT – Competitive Figure Skating

Register online @
www.winfieldskatingclub.com
wfsc1069@hotmail.com

Drop-In Sports Programs

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wfsc1069@hotmail.com

Adult Sports

Badminton - Register & Play

Mondays	7:30 - 9:30 p.m.
Location	GESS - Community Gym
Ages	16+

Play badminton for fun and exercise. This is a non-instructional weekly game. All levels of players welcome. Bring your own racquet; birdies are supplied. Drop-in Fee: \$5 (if space available.)

Sep. 8 - Dec 8	\$52 +GST	Code: 0925.003
Jan 5 - Mar 23	\$44 +GST	Code: 0126.003

Learn to Curl **NEW**

Mondays	6 - 7:30 p.m.
Location	Winfield Curling Club
Instructor	Jeff Richard

Led by trained coaches, this fun, 6-week program is for new curlers or anyone looking to refresh their basic skills. Through lessons and light games you'll learn rules, scoring, throwing, sweeping, and strategy.

Sep 29 - Nov 10	\$80 +GST	Code: 0925.004
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Pickleball - Register & Play

Mondays	5:30 - 7:30 p.m.
Location	GESS - Community Gym
Ages	16+

Play Pickleball for fun and exercise. This is a non-instructional weekly game. All levels of players welcome. Bring your own racquet; balls are supplied. Drop-in Fee: \$5 (if space available.)

Sep. 8 - Dec 8	\$52 +GST	Code: 0925.025
Jan 5 - Mar 23	\$44 +GST	Code: 0126.025

Tennis - Adult Learn to Play

Mondays	6 - 7:30 p.m.
Location	Woodsdale Tennis Courts
Instructor	Lake Country Tennis Assoc.

Join our adult tennis program to master fundamentals, rules, etiquette, and scoring. Learn to serve, return, rally, and score with ease using progressive learning methods for a fun, accessible experience.

Sep 8 - Sep 29	\$85 +GST	Code: 0925.072
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Volleyball - Recreational Co-ed

Fridays	7 - 9 p.m.
Location	GESS - Community/Coyote Gyms
Ages	16+

Join our Friday night recreational league for fun games! Teams of six (at least two male and two female players) compete in one-hour matches weekly, culminating in a playoff tournament.

Fall League	Sep 12 - Dec 12	
Team	\$210 +GST	Code: 0925.124
Individual	\$35 +GST	Code: 0925.224

Winter League	Jan 9 - Mar 13	
Team	\$150 +GST	Code: 0126.124
Individual	\$25 +GST	Code: 0126.224



Children & Youth - Sports

Basketball

Thursdays	6:45 - 7:45 p.m.
Location	GESS - Community Gym
Ages	9 - 12 years

Kids and teens will develop their basketball skills through a mix of fun drills, games, and competitive play, with a focus on teamwork, technique, and having a great time.

Oct 2 - Dec 4	\$60	Code: 0925.073
Jan 8 - Mar 12	\$60	Code: 0126.073

Floor Hockey

Tuesdays	Various Times
Location	GESS - Community Gym

Come join us for some floor hockey skill drills and lots of game time! All equipment provided.

Ages 6 - 9 years		5:30 - 6:30 p.m.
Sep 9 - Dec 9	\$48	Code: 0925.056
Jan 6 - Mar 10	\$40	Code: 0126.056
Ages 10 - 13 years		6:30 - 7:30 p.m.
Sep 9 - Dec 9	\$48	Code: 0925.057
Jan 6 - Mar 10	\$40	Code: 0126.057

Tennis

Wednesdays	Various Times
Location	Woodsdale Tennis Courts
Instructor	Lake Country Tennis Assoc.
Ages	6 - 17 years

Our "I Can" Tennis Program focuses on four essential skills using scaled-down equipment and courts for all ages and levels.

Red Ball (Level 1)	3:30 - 4:30 p.m.
Basic tennis skills with low-compression balls on small courts. Learn rallying, serving, net play, tennis coordination, rules, and sportsmanship.	
Sep 10 - Oct 1	\$50
Code: 0925.074	

Orange Ball (Level 2)	4:30 - 5:30 p.m.
Played on a 3/4 size court with low-compression balls. Focus on serving, rallying, scoring, net play, and reinforcing good sportsmanship.	
Sep 10 - Oct 1	\$50
Code: 0925.075	

Green Ball (Level 3)	5:30 - 6:30 p.m.
Played on a full court with transition balls. Suitable for older children new at tennis or those progressing from earlier stages.	
Sep 10 - Oct 1	\$50
Code: 0925.076	

Multi-Sport Camps - Spring Break

Get ready for a fun-filled week of sports and games! Our camps feature basketball, volleyball, badminton, golf simulator, tug-of-war, dodgeball, Nerf gun battles, and more! It's the perfect way for your child to stay active, make new friends, and have a blast!

Mon - Fri	9 a.m. - 4 p.m.	
Location	GESS - Community Gym	
Ages	6 - 12 years	
Mar 16 - Mar 20	\$210	Code: 0326.253
Mar 23 - Mar 27	\$210	Code: 0326.260

Contact us for half-day camp options.



Children & Youth - Sports

Soccer - Kick & Run (Level 1)

Wednesdays 5:15 - 6 p.m.
Location GESS - Community Gym
Ages 3 - 4 years

Introduce your preschooler to the basics of soccer. Your child will participate in various drills, play games, and have fun!

Sep 10 - Oct 8	\$25	Code: 0925.015
Oct 15 - Nov 12	\$25	Code: 1025.015
Nov 19 - Dec 10	\$20	Code: 1125.015
Jan 7 - Feb 4	\$25	Code: 0126.015
Feb 11 - Mar 11	\$25	Code: 0226.015

Soccer - Outdoor for 5 - 6's

Thursdays 4:30 - 5:30 p.m.
Location Beasley Fields
Ages 5 - 6 years

Each week, players build skills through games and drills, play a short match, and receive a team t-shirt. In partnership with Lake Country Youth Soccer Association.

Sep 11 - Oct 9	\$65	Code: 0925.018
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Kick & Run (Level 2)

Wednesdays 6 - 7 p.m.
Location GESS - Community Gym
Ages 5 - 6 years

A continuation of Kick & Run Level 1, focusing on fun and learning additional skills and team play.

Oct 15 - Nov 12	\$31.25	Code: 1025.017
Nov 19 - Dec 10	\$25	Code: 1125.017
Jan 7 - Feb 4	\$31.25	Code: 0126.017
Feb 11 - Mar 11	\$31.25	Code: 0226.017

Indoor Soccer for 7 - 9's

Wednesdays 7 - 8 p.m.
Location GESS - Community Gym
Ages 7 - 9 years

An action-packed hour of indoor soccer with a few skill drills and lots of game time!

Sep 10 - Oct 8	\$31.25	Code: 0925.158
Oct 15 - Nov 12	\$31.25	Code: 1025.158
Nov 19 - Dec 10	\$25	Code: 1125.158
Jan 7 - Feb 4	\$31.25	Code: 0126.158
Feb 11 - Mar 11	\$31.25	Code: 0226.158

COME PLAY SOCCER WITH US!
GO CRUSHERS GO!

Registration opens this fall

AGES 5 TO 18

WWW.LCYSA.CA

Got questions?
administrator@lcsa.ca



Children & Youth - Leisure

Candlemaking

Tuesday	5:30 - 6:30 p.m.
Location	GESS - Room 119
Ages	13 - 18 years

Join Braanna Kunz for a fun candle-making class! Customize two mason jar candles with your favourite scent, flowers, and shells—perfect for gifts or decorating your own space!

Oct 7	\$15	Code: 1025.030
Dec 9	\$15	Code: 1225.030
Feb 10	\$15	Code: 0226.030

Comic Studio

Saturday	10 - 11 a.m.
Location	Lake Country Museum
Ages	6 - 12 years

Join local comic artist Lindsay Peltz for a fun-filled comic workshop! Create characters, craft stories, and bring your ideas to life with just paper, pencils, and imagination.

Oct 4	\$15	Code: 1025.166
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Cooking with Your Kid **NEW**

Thursday	5 - 6:30 p.m.
Location	GESS - Foods Room 119
Ages	All ages

Create lasting memories while cooking side-by-side with your child in this fun, hands-on class led by Braanna Kunz. One adult and one child team up to learn simple, tasty recipes you can enjoy together.

Sep 18	\$35	Code: 0925.040
Nov 20	\$35	Code: 1125.040
Jan 22	\$35	Code: 0126.040

NEW Community Park & Courts

Enjoy outdoor family fun at the new Lake Country Mountain Bike Skills Park (8865 Okanagan Centre Road West) and the Outdoor Sport Courts behind Winfield Arena and Beasley Park.

New Years Vision Board Night **NEW**

Monday	5 - 6 p.m.
Location	Beasley Centre
Ages	10 - 16 years

Kick off the year with good energy and big goals! Come get creative and make a vision board that's so you. Dream it, See it, Do it. Led by Braanna Kunz.

Jan 12	\$15	Code: 0126.032
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Quick and Delicious Kids Cooking **NEW**

Thursday	5 - 6 p.m.
Location	GESS - Foods Room 119
Ages	9 - 13 years

Curious about the kitchen, want to learn some quick healthy easy meals to make on your own? Grab a friend or come solo and join us on a hands-on cooking adventure led by Braanna Kunz.

Sep 25	\$15	Code: 0925.041
Nov 27	\$15	Code: 1125.041
Jan 29	\$15	Code: 0126.041

Children & Youth - Leisure & Camps

Teen DIY Spa:

Body Scrubs & Creams **NEW**

Tuesday	5 - 6 p.m.
Location	GESS - Room 119
Ages	13 - 18 years

Let instructor Braanna Kunz teach you how to make your own natural body scrubs and creams using simple ingredients and essential oils. A fun, hands-on class perfect for self-care or gift-giving!

Nov 18	\$15	Code: 1125.031
Jan 20	\$15	Code: 0126.031



The Bug Guys: Pets and Exotics **NEW**

Saturday	10 - 11 a.m.
Location	Lake Country Museum
Ages	All ages

Join us for Family Day fun with The Bug Guys! See exotic insects, reptiles, and a talking parrot in this interactive, family-friendly show. Perfect for all ages.

Feb 14	\$20	Code: 0226.105
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Which Bird Might I See Today? **NEW**

Saturday	2 - 3 p.m.
Location	Lake Country Museum
Ages	All ages

Join birdwatching expert Pam Laing for an engaging talk on the diverse bird species of the Okanagan. With tips on identification, seasonal sightings, and bird behaviour, new and experienced birders will discover more about our local feathered friends.

Oct 25	\$15	Code: 1025.107
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Saturday Explorers Club **NEW**

Saturdays	10 - 12 p.m.
Location	Lake Country Museum
Ages	6 - 12 years

The Lake Country Museum & Archives' new Explorers Club invites kids to dig into local history, nature, and culture through hands-on activities, creative crafts, and imaginative storytelling.

Nature Detectives: Okanagan Edition

From sparkling lakes to mountain peaks, kids will discover how nature has shaped life in Lake Country—through stories, games, and activities that explore local traditions, farming, and our daily lives.

Sep 6 - Sep 27	\$49 +GST	Code: 0925.066
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Lake Country Comic Lab

With help from comic artist Lindsay Peltz, kids will create their own comics inspired by Lake Country's legends and real-life heroes—learning to sketch, write, and share their stories through art.

Oct 4 - Oct 25	\$49 +GST	Code: 1025.066
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Wheels of the Okanagan

Kids will explore how Lake Country's roads, rails, and waterways helped communities grow through hands-on activities, model building, and fun movement-based games inspired by travel through time.

Nov 8 - Nov 29	\$49 +GST	Code: 1125.066
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Okanagan All-Stars

Through games, sports, and creative fun, kids discover how recreation shaped Lake Country—from old-school play to today's favourite ways to move.

Jan 10 - Jan 31	\$49 +GST	Code: 0126.066
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Buzzing Through Time

Through crafts and science fun, kids learn how bees, butterflies, and bugs shape Lake Country's farms, ecosystems, and everyday life.

Feb 7 - Feb 28	\$49 +GST	Code: 0226.066
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FALL/WINTER PROGRAMMING

BGC Okanagan has been a leading provider of programs to children, youth and families since 1959. Our programs and services support the healthy physical, educational and social development of over 1,300 young people and families every day in 48 Clubs and service locations throughout the Okanagan Valley.

As a member of BGC Canada, BGC Okanagan help young people grow healthy, happy and safely from birth to adulthood and are a resource and support for parents throughout their family's involvement with us. Visit us at BGC Okanagan where "opportunity changes everything."

EARLY YEARS PROGRAMS

Lake Country Licensed Daycare 0 - 5 yrs

Discover, make friends and learn through play. Our Licensed Daycare offers art, music, circle time, group activities and outside fun. A caring, consistent team of qualified Early Childhood Educators provide a safe, supportive place where every child is listened to, treated with respect and valued in an environment of inclusion and acceptance. Lake Country Daycare is a \$10/day ChildcareBC Centre. This site will help inform the development of an inclusive, universal child care system

M-F 7:30am-5pm

Family Resource Program 0 - 5 yrs

Spend some time with your 0-5 year old socializing with other children and their parents. Enjoy our toys, games, activities, circle time and snack time. This program will run on Thursday mornings at our Lake Country Club and follows the school district calendar.

Thursdays 9am-1pm

FREE, drop-in

CONTACT US FOR REGISTRATION:

BGC Okanagan - Lake Country Club

9830-B Bottom Wood Lake Rd.

250-766-5277

LakeCountry@bgco.ca

www.bgco.ca



After School Care (Licensed) Grades K – 6

A fun, inclusive, and supportive space for children to unwind, explore, and grow after the school day ends. Held onsite at local elementary schools and at the Lake Country Club, children enjoy creative arts, sports, personal development activities, and life skills — all while building friendships and having fun. A healthy snack is provided daily. Programs are available Monday to Friday, including Professional Days and school breaks.

LOCATIONS:

Lake Country Club M-F 2:30-6:30pm

This is a \$10/day ChildCareBC Centre

Peter Greer Elementary M-F 2:30-6pm

Davidson Road Elementary

Oyama Traditional School M-F 2:30-6pm

For fee information, email LakeCountry@bgco.ca.



**Winter School Break:
Licensed Full Day School Age Care**

Recreation

**REGISTRATION
OPENS
IN OCTOBER**

FALL RECREATION PROGRAM

Kid Food Nation

Ages 7 – 13

Kid Food Nation is a national initiative that helps kids develop food skills through hands-on experiences related to planning, preparing, and cooking. Our Kid Food Nation online hub (kidfoodnation.com) was created by Corus Entertainment, and our program is developed through collaboration with Dietitians of Canada.

Mondays (except holidays) Sept. 8-Dec. 15
6-8pm \$5/session

Elements Club/Drop-in

Ages 7 - 13

Drop by the Club to play games, and explore STEM activities! From exploring all the elements of Earth to science experiments, coding, natural sciences, to applying math concepts, the activities will be endless!

Tuesdays Sept. 9-Dec. 16 **6-8pm**
FREE (Online registration required bgco.ca)

Art Aspirations Club

Ages 7 – 13

Learn about the fundamentals and techniques of drawing and painting. Discover your inner creativity, and develop and practice your skills at your own pace! This program is project based, with support and options given by your instructors as you go!

Wednesdays Sept. 10-Dec. 17
6-8pm \$5/session

TGIF

Ages 7 – 13

TGIF includes a Club dinner, games or sports! Come hang out on Friday nights and see your friends from other nights at club, or meet new ones! Please wear closed toe shoes.

Alternating Fridays Sept. 11-Dec. 5
6-8pm \$10/session

Saturday Out Trip Adventure

Ages 7 – 13

Ahoy and off we go to try out attractions across the Okanagan!

Alternating Saturdays Sept. 20-Dec. 13
10am-3:30pm \$30/session





Sugar, spice, and everything...

MONSTERS!

Bring your little werewolves,
dragons, and dinosaurs to the ORL's Lake
Country Branch for our silly-spooky
HALLOWEEN STORY TIME.

It's frightfully fun and totally free. Costumes
encouraged, toothy monster grins
guaranteed!

Saturday, October 25
10:30–11:30 a.m.
Free. No registration
required.

Lake Country Library
#2–10150 Bottom Wood
Lake Rd
Located inside the Municipal Hall



Explore more fall programs at the library—drop in, connect, and discover something new.

orl.bc.ca

CREEKSIDE THEATRE

DAN MANGAN
Natural Light Tour
with special guests



DAN
MANGAN

SEP 28 & 29 • 7 PM • \$80



VALDY

OCT 5 • 7 PM • \$42



JOSH + BEX

OCT 18 • 7 PM • \$39



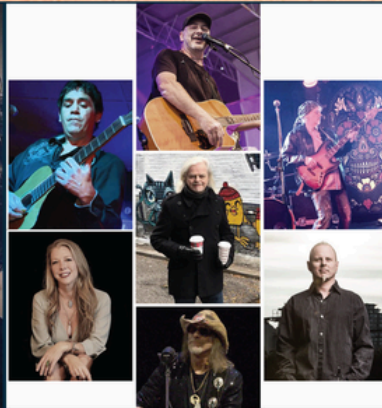
THE PIANO MEN

OCT 29 • 7 PM • \$42



THE GRAPES
OF WRATH

NOV 8 • 7 PM • \$49



CRUZEROS

NOV 21 • 7 PM • \$44



COWBOY
CHRISTMAS

DEC 20 • 3 PM & 7 PM • \$69

Theatre Sponsors

CASTANET



SCENIC SIP
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Edward Jones[®]
MAKING SENSE OF INVESTING

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Winter BLUES FESTIVAL

5 BANDS • 3 STAGES

\$64



James Hay Blues Band • Jimi • Cat Wells Blues Band • Poppa Dawg Band

JANUARY 24, 2026

6:20 - 10:00 PM

10241 BOTTOM WOOD LAKE ROAD, LAKE COUNTRY
BOX OFFICE 250-766-9309 • CREEKSIDETHEATRE.COM

Recycling Guide

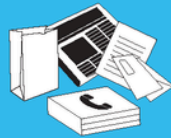
A Message from the Regional Waste Reduction Office

Good News! More items are now accepted for recycling.

What Goes in Your Recycling Cart – Put these items loose in your cart, do not bag them

To the curb by 7am

NO PLASTIC BAGS ALLOWED



Paper, envelopes, magazines, catalogues, paper bags



Cardboard and boxboard boxes



NEW
Shredded paper (put in paper bag or box and add to your cart)



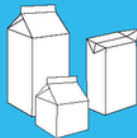
NEW
Single use items such as plastic straws, plastic cutlery, paper party decor, paper plates



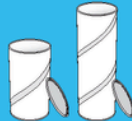
Paper and plastic drink cups and lids



Plastic packaging & food containers



Non beverage Gable-top and Tetra Pak cartons



Spiral-wound cans for chips, juice etc.



Frozen dessert boxes



Foil wrap, containers and plates



Metal cans and lids (with labels)



Empty aerosol cans (no paints, chemicals)



Plastic clamshells and trays

Recycle at Depot Only – Do NOT put these items in your recycling cart, take them to a Depot for recycling only



Styrofoam containers, trays, packaging



Flexible Plastics: Plastic bags, overwrap, chip bags and snack wrappers, zipper bags and pouches, mesh bags, bubble wrap, **NEW** squishy foam packaging and more



Non-refundable glass jars and bottles

What Stays Out of Your Recycling Cart – Leave these items out



NO Garbage



NO Hazardous Waste
Take to a Recycling Depot



NO electronics, appliances
Take to a Recycling Depot



NO soft or hard cover books
Donate to charity



NO hard plastic toys
Donate to charity



NO Tupperware containers
Donate to charity



NO clothes, textiles
Donate to charity



Regional Waste Reduction Office
250.469.6250 rdco.com/recycle
or download the Recycle Coach App

Scan Me for info!

