

BGCO Central Okanagan Program Guide



Okanagan

Welcome...

to our Central Okanagan rec-guide! All of your available programs are listed below!

No Rec programs running the last week of August so staff can plan exciting new programs for the Fall. Check out our Full Day Summer Camps at each club location if you require care.

Keep your eyes peeled for weekly summer Science and Tech programs offered at each location throughout the summer. Schedule and details coming in June. One-week Monday – Friday 9am – 3pm camps offered throughout Central Kelowna.

Junior Volunteers Ages 13+

Looking for a way to be involved and give back this summer? Wanting to get out of the house and make summer memories? Sign up to be a Junior Volunteer for our Summer Day Camp Programs or our Summer Recreation Programs! Fill out a Volunteer Application today and be ready to make a difference in a child's life, all while having your own summer fun!

Opportunities to Volunteer Mondays – Fridays between 8:00am – 5:00pm throughout July and August.

Sponsorship is available to help with registration fees if finances are a barrier to your child(ren) attending program. Please contact mmcdonald@bgco.ca if you have questions or want more information about our sponsorship program.

Lake Country

Adventure Daytrips

Ages 6 – 12

Join us on our exciting out trips that will be taking place each week. We will get out and explore lots of fun and exciting activities in and around our community. Please note: a detailed schedule of out trips for the summer will be released in June. Our destinations will depend on Public Health Restrictions and Operational Policy in place at the time.

Please bring nut-free snacks, lunch, water bottle, sunscreen and hat. Please remember to wear appropriate footwear for the activity and bring a bathing suit/towel when needed.

Mondays

9:00am – 3:00pm

\$40/day

July 5th, 12th, 19th, 26th

August 9th, 16th, 23rd

NO PROGRAM AUGUST 2



Lake Country

Camp Kids (3-Day Special Interest Camp) Ages 6 – 12

Our popular 3-day special interest camps are back for another summer of fun! Activities and outings will be planned based on a weekly theme, such as Art Camp, Science Camp, Sports Camp. Every week, participants will get out into the community to visit local parks, playgrounds, and attractions. Please note: a detailed schedule of weekly themes and outings will be released in June. Our destinations will depend on Public Health Restrictions and Operational Policy in place at the time.

Please bring nut-free snacks, lunch, water bottle, sunscreen and hat. Please remember to wear appropriate footwear for the activity and bring a bathing suit/towel when needed.

Tuesday – Thursday

9:00am – 3:00pm

\$100/week

Week 1: July 6th – 8th – Nature Kids: Nature inspired crafts, games, and activities.

Week 2: July 13th – 15th – Jr Engineers: Build It! Put your building skills to the test.

Week 3: July 20th – 22nd - Homegrown: Gardening & DIY Project.

Week 4: July 27th – 29th - Summer Camp Bonanza: Crafts, games, activities and overall Summer Camp Fun!

Week 5: August 3rd – 5th – Mixed Media Makers: Exploration of various art materials, techniques, and approaches. Use your imagination to create a masterpiece.

Week 6: August 10th – 12th – Cool Moves: Get Active. Activities, games, and outings focused on getting kids active in non-sport focused ways.

Week 7: August 17th – 19th – Kid Food Nation 2.0: Advance your skills in the kitchen with new activities and recipes.

Week 8: August 24th – 26th – World of Water: An exploration of water and how we are connected to it. Fun crafts, games, experiments, and activities all about water.

Jays Care Rookie League

Ages 6-12

Jays Care Foundation, in partnership with Boys and Girls Clubs of Canada, offers this safe, fun, active and engaging baseball program for children who might not otherwise have the opportunity to participate in recreational or organized sports. Rookie League is a program that uses the game of baseball as a foundation to teach children the importance of team work, cooperation and self-esteem. All equipment is provided. Register early and remember to wear appropriate footwear. Bring a water bottle, hat and sunscreen.

Fridays

9:00am – 11:00pm

Cost: Free

July 9th, 16th, 23rd, 30th

August 6th, 13th, 20th, 27th

Lake Country
Registration

Kelowna

(Rutland, Martin Ave, Cedar Creek)

Rutland:

Jays Care Rookie League

Ages 6-12

Jays Care Foundation, in partnership with Boys and Girls Clubs of Canada, offers this safe, fun, active and engaging baseball program for children who might not otherwise have the opportunity to participate in recreational or organized sports. Rookie League is a program that uses the game of baseball as a foundation to teach children the importance of team work, cooperation and self-esteem. All equipment is provided. Register early and remember to wear appropriate footwear. Bring a water bottle, hat and sunscreen.

Mondays

10:00am – 12:00pm

Cost: Free

July 5th, 12th, 19th, 26th

August 9th, 16th, 23rd

NO PROGRAM AUGUST 2

Lets Cook!

Ages 6 – 12

Lets Cook! gets participants in the kitchen and learning various culinary skills. Each week, we will explore different culinary skills such as reading recipes, creating shopping lists, and various cooking skills. Participants will get a hands on experience in the kitchen preparing various recipes including breakfast, lunch, dinner, and dessert items.

Please inform us of any food allergies upon registration.

Mondays

1:00 – 4:00pm

\$25/day

July 5th, 12th, 19th, 26th

August 9th, 16th, 23rd

NO PROGRAM AUGUST 2

NEW! Lunch Time Care

Ages 6-12

Add on an hour of lunch time care to turn Mondays into a full day 10:00am – 4:00pm program. Send your child with a packed lunch and our staff will provide supervision as they transition from Jays Care Rookie League to our afternoon Field Day. Send your child with a packed lunch.

Mondays

12:00 – 1:00pm

Cost: \$5/day

July 5th, 12th, 19th, 26th

August 9th, 16th, 23rd

NO PROGRAM AUG 2



Kelowna

(Rutland, Martin Ave, Cedar Creek)

Rutland:

Camp Kids (3-Day Special Interest Camp)

Ages 6 – 12

Our popular 3-day special interest camps are back for another summer of fun! Activities and outings will be planned based on a weekly theme, such as Art Camp, Science Camp, Sports Camp. Every week, participants will get out into the community to visit local parks, playgrounds, and attractions. Please note: a detailed schedule of weekly themes and outings will be released in June. Our destinations will depend on Public Health Restrictions and Operational Policy in place at the time.

Please bring nut-free snacks, lunch, water bottle, sunscreen and hat. Please remember to wear appropriate footwear for the activity and bring a bathing suit/towel when needed.

Tuesday – Thursday

9:00am – 3:00pm

\$100/week

Week 1: July 6th – 8th – Picture This: Photography, Painting, Drawing

Week 2: July 13th – 15th – Kid Food Nation 2.0: Advance your skills in the kitchen with new activities and recipes.

Week 3: July 20th – 22nd - Cool Moves: Sports Camp. A week of sport focused games, activities and skill building.

Week 4: July 27th – 29th - Detectives and Spies: Use your skills to gather clues, solve puzzles, and find the answers.

Week 5: August 3rd– 5th – Jr Engineers: Build It! Put your building skills to the test.

Week 6: August 10th – 12th – Homegrown: Gardening & DIY Project.

Week 7: August 17th – 19th – Art Attack: Craft and create all week long with various art projects.

Week 8: August 24th – 26th – Summer Camp Bonanza: Crafts, games, activities and overall Summer Camp Fun!

Book Explorers

Ages 8 – 12

Our Book Explorers program is a morning reading program that is more than just books and reading. Books and Beyond focuses on sparking participants interest in reading and literacy through an opportunity to read books, participate in literacy activities, and getting out in nature. Participants will have an opportunity to choose a book from our selection or bring one from home to read. The program will include an opportunity for independent reading, literacy activities, group games, and exploring nature. A picnic lunch is provided. *Please bring a hat, water bottle, and sunscreen.*

Fridays

9:00am – 1:00pm

\$25/day – lunch included

July 9th, 16th, 23rd, 30th

August 6th, 13th, 20th, 27th

**Rutland
Registration**

Kelowna

(Rutland, Martin Ave, Cedar Creek)

Martin Avenue

Jays Care Rookie League

Ages 6-12

Jays Care Foundation, in partnership with Boys and Girls Clubs of Canada, offers this safe, fun, active and engaging baseball program for children who might not otherwise have the opportunity to participate in recreational or organized sports. Rookie League is a program that uses the game of baseball as a foundation to teach children the importance of team work, cooperation and self-esteem. All equipment is provided. Register early and remember to wear appropriate footwear. Bring a water bottle, hat and sunscreen.

Mondays

10:00am – 12:00pm

Cost: Free

July 5th, 12th, 19th, 26th

August 9th, 16th, 23rd

NO PROGRAM AUG 2

Leaders in Trainings (L.I.T)

Ages 10 - 14

Our Leaders in Training program focuses on building leadership skills and self-esteem in youth, while also providing a fun summer experience. Our LIT program offers participants an opportunity to give back to others and gain a sense of responsibility. The group will participant in various activities and projects throughout the summer to foster leadership skills and positive self-esteem. Lunch is provided.

****We will be providing pick up and drop off from our Rutland Club.**

Mondays

12:30 – 3:30pm

Cost: \$20/day – lunch included

July 5th, 12th, 19th, 26th

August 9th, 16th, 23rd

NO PROGRAM AUG 2



Kelowna

(Rutland, Martin Ave, Cedar Creek)

Martin Avenue

Adventure Daytrips

Ages 6-12 years

Join us on our exciting out trips that will be taking place each week. Please note that some out trips will have different age requirements. Please bring nut-free snacks, lunch, water bottle, sunscreen and hat.

Registration is required.

**New this year, we will be offering pick up/drop off from our Cedar Creek location in addition to Martin Avenue.

Please note: A detailed schedule of out trips for the summer will be released in June. Our destinations will depend on Public Health Restrictions and Organizational Policy in place at the time.

Tuesdays & Thursdays

9:00am – 3:00pm

\$40/day

Tuesdays July 6th, 13th, 20th, 27th & August 3rd, 10th, 17th, 24th

Thursdays July 8th, 15th, 22nd, 29th & August 5th, 12th, 19th, 26th

Creative Kids

Ages 7 - 12

Creative Kids focuses on sparking your child's creativity into the Arts. Has your child been asking to go to a Theatre Camp or Art Camp but you are not sure of their interest and commitment? Creative Kids provides a fun introduction to Theatre and Art through various hands-on activities and games.

Please bring nut-free snacks, lunch, water bottle, sunscreen and hat.

Theatre Camp – July: Theatre Camp will focus on an introduction to acting, singing, and dance through a variety of games and activities. Participants will end the month with a performance.

Art Camp – August: Art Camp provides participants with an opportunity to explore various aspects/topics of the arts. Weeks will include an exploration into painting, sculpting, cartooning, and mixed media. Join us to spark a new interest or practice skills. The final week will include a showcase of all our art projects from the month. Please wear clothes that can get messy. We will provide art shirts to wear but cannot guarantee full protection of clothing.

Wednesdays

9:00am – 3:00pm

Cost: \$120/4-weeks or \$35/day

Theatre Camp: July 7th, 14th, 21st, 28th

Art Camp: August 4th, 11th, 18th, 25th



Kelowna

(Rutland, Martin Ave, Cedar Creek)

Martin Avenue:

Okanagan Explorers

Ages 6-12

Join us Friday mornings as we explore the great outdoors of the Okanagan. Each week Okanagan Explorers will venture to new parts of the city to explore the many parks, hiking trails, and nature areas there are to enjoy. The group will participate in land-based learnings through various games and activities, and enjoy a picnic lunch together. Lunch is provided.

Please note: a detailed schedule of weekly out trip locations for the summer will be released in June. Our destinations will depend on Public Health Restrictions and Operational Policy in place at the time.

Please bring a water bottle, hat, sunscreen, and wear appropriate footwear.

Fridays

9:00am – 1:00pm

Cost: \$25/day – lunch included

July 9th, 16th, 23rd, 30th

August 6th, 13th, 20th, 27th

**Martin Ave.
Registration**

Cedar Creek:

Jays Care Rookie League

Ages 6-12

Jays Care Foundation, in partnership with Boys and Girls Clubs of Canada, offers this safe, fun, active and engaging baseball program for children who might not otherwise have the opportunity to participate in recreational or organized sports. Rookie League is a program that uses the game of baseball as a foundation to teach children the importance of team work, cooperation and self-esteem. All equipment is provided. Register early and remember to wear appropriate footwear. Bring a water bottle, hat and sunscreen.

Mondays

10:00am – 12:00pm

Cost: Free

July 5th, 12th, 19th, 26th

August 9th, 16th, 23rd

NO PROGRAM AUG 2



Kelowna

(Rutland, Martin Ave, Cedar Creek)

Cedar Creek:

Camp Kids

Ages 6 – 12

Join us for an afternoon of Summer Camp fun. Camp Kids is all about your favourite summer camp games and activities. The afternoon will be filled with arts, crafts, group games, out trips and outdoor fun! Campers will participate in weekly activities and challenges to earn badges on the way to becoming the Ultimate Camp Kid by the end of summer!

Please note, a detailed schedule of weekly activities and outings will be released in June. Our destinations for outings will depend on Public Health Restrictions and Operational Policy in place at the time.

Please bring a water bottle, sunscreen, hat and appropriate clothing and footwear for the activity.

Mondays

12:00 – 4:00pm

\$25/day

July 5th, 12th, 19th, 26th

August 9th, 16th, 23rd

NO PROGRAM AUGUST 2

Adventure Daytrips

Ages 6-12 years

Join us on our exciting out trips that will be taking place each week. Please note that some out trips will have different age requirements. ***Please bring nut-free snacks, lunch, water bottle, sunscreen and hat.***

Registration is required.

*****New this year, we will be offering pick up/drop off from our Cedar Creek location in addition to Martin Avenue.***

Please note: A detailed schedule of out trips for the summer will be released in June. Our destinations will depend on Public Health Restrictions and Organizational Policy in place at the time.

Tuesdays & Thursdays

9:00am – 3:00pm

\$40/day

Tuesdays July 6th, 13th, 20th, 27th & August 3rd, 10th, 17th, 24th

Thursdays July 8th, 15th, 22nd, 29th & August 5th, 12th, 19th, 26th

**Cedar Creek
Registration**

West Kelowna & Peachland

West Kelowna:

Jays Care Rookie League

Ages 6-12

Jays Care Foundation, in partnership with Boys and Girls Clubs of Canada, offers this safe, fun, active and engaging baseball program for children who might not otherwise have the opportunity to participate in recreational or organized sports. Rookie League is a program that uses the game of baseball as a foundation to teach children the importance of team work, cooperation and self-esteem. All equipment is provided. Register early and remember to wear appropriate footwear. Bring a water bottle, hat and sunscreen.

Mondays

10:00am – 12:00pm

Cost: Free

July 5th, 12th, 19th, 26th

August 9th, 16th, 23rd

NO PROGRAM AUG 2

Camp Kids Field Day

Ages 6-12

Join us for an afternoon of outdoor summer camp fun! This is a time to run around outside with friends making summer memories. Come prepared to get wet as we play water games, set up the slip and slide, and play group games! We will finish off the afternoon with a cool summer treat. Please bring a water bottle, hat and sunscreen.

Mondays

1:00 – 4:00pm

Cost: \$20/day

July 5th, 12th, 19th, 26th

August 9th, 16th, 23rd

NO PROGRAM AUG 2

NEW! Lunch Time Care

Ages 6-12

Add on an hour of lunch time care to turn Mondays into a full day 10:00am – 4:00pm program. Send your child with a packed lunch and our staff will provide supervision as they transition from Jays Care Rookie League to our afternoon Field Day. Send your child with a packed lunch.

Mondays

12:00 – 1:00pm

Cost: \$5/day

July 5th, 12th, 19th, 26th

August 9th, 16th, 23rd

NO PROGRAM AUG 2



West Kelowna & Peachland

West Kelowna:

Adventure Daytrips

Ages 6-12 years

Join us on our exciting out trips that will be taking place each week. Please note that some out trips will have different age requirements. Please bring nut-free snacks, lunch, water bottle, sunscreen and hat.

Registration is required.

**New this year, we will be offering pick-up/drop off from our Webber Road Club, as well as a community location in the middle of West Kelowna. Specific location will be release with the detailed schedule of out trips in June. The pick-up/drop off location will be within a 3km radius of West Kelowna City Hall.

Please note: A detailed schedule of out trips for the summer will be released in June. Our destinations will depend on Public Health Restrictions and Organizational Policy in place at the time.

Tuesdays & Thursdays

9:00am – 3:00pm

\$40/day

Tuesdays July 6th, 13th, 20th, 27th & August 3rd, 10th, 17th, 24th

Thursdays July 8th, 15th, 22nd, 29th & August 5th, 12th, 19th, 26th

See Peachland for Adventure Daytrips on Wednesday w/ pick up from Webber Rd. Club.



Fishing Fridays

Ages 6-12

Spend your Friday mornings with us during the summer as we hang out, chillax and do some serious fishing at some of our local fishing holes. You are welcome to bring your own equipment, if you don't have your own don't worry, we've got you covered. Packed lunch included in the cost of registration! **Please bring a water bottle, hat, and sunscreen.**

Fridays

9:00am – 1:00pm

Cost: \$25/day – lunch included

July 9th, 16th, 23rd, 30th

August 6th, 13th, 20th, 27th

West Kelowna & Peachland

West Kelowna:

Sports Camp

Ages 8-12

Our sports camp is for those looking to try a new sport or looking for an opportunity practice skills to improve! Our days will be spent practicing and playing the sport, as well as participating in fun games, activities, and outings all sports-themed to give your child a well-balanced day of fun. **Equipment Provided.** Participants can bring their own equipment. **Please bring a water bottle, hat, and sunscreen.**

Golf Camp in July will provide participants an opportunity to be exposed to all aspects of the sport including using drivers and irons, putting, etiquette, rules, and more. We will take trips to local golf facilities to practice our skills, and fill out days with other golf-inspired activities such as Frisbee golf, croquet, and more. The final session of our golf camp will include playing 9-holes of golf at a golf course. ****Must attend at least one other week to join us for 9-holes****

Racquet Sports (Tennis & Pickleball) in August will be filled with lots of play and learning. We will split our days between tennis and pickleball, learning the techniques and rules for playing each sport. The final session of our Tennis & Pickleball Camp will include a tournament day complete with awards and prizes.

Fridays

9:00am – 3:00pm

Cost: \$140/4-weeks or \$40/day

Golf Camp: July 7th, 14th, 21st, 28th

Racquet Sports: August 4th, 11th, 18th, 25th

**West Kelowna
Registration**

Peachland:

Adventure Daytrips

Ages 6-12 years

Join us on our exciting out trips that will be taking place each week. We will get out and explore lots of fun and exciting activities in and around our community.

Please note: a detailed schedule of out trips for the summer will be released in June. Our destinations will depend on Public Health Restrictions and Operational Policy in place at the time.

*****New this year, we will be offering pick up from our Peachland Club and our Webber Road Club.***

Please bring nut-free snacks, lunch, water bottle, sunscreen and hat. Please remember to wear appropriate footwear for the activity and bring a bathing suit/towel when needed.

Tuesdays & Thursdays

9:00am – 3:00pm

\$40/day

Wednesdays

July 7th, 14th, 21st, 28th

August 4th 11th, 18th, 25th



West Kelowna & Peachland

Peachland:

Day Camp

Ages 6-12 years

Our Day Camps are themed and will build upon skills each week. It is recommended to sign up and attend each week; however, participants will be able to attend individual sessions as well. These programs will be hands-on and include a variety of games and activities, both inside and outside, to build a range of skills within each theme.

Please bring nut-free snacks, lunch, water bottle, sunscreen and hat.

Art Camp – July: Art Camp provides participants with an opportunity to explore various aspects/topics of the arts. Weeks will include an exploration into painting, sculpting, mixed media, and drama. Join us

to spark a new interest or practice skills. The final week will include a showcase of all our art projects from the month. Please wear clothes that can get messy. We will provide art shirts to wear, but cannot guarantee full protection of clothing.

STEM Camp – August: Our STEM Camp provides campers with an introduction to all things STEM. Each week will focus on the different areas of STEM – Science, Technology, Engineering, and Math. Activities will be hands on and engaging to promote fun while learning! Our final week of program will be a showcase of all our projects, skills and learnings from the month.

Tuesdays

9:00am – 3:00pm

\$120/4-weeks or \$35/day

Tuesdays

July 6th, 13th, 20th, 27th

August 3th, 10th, 17th, 24th

Community Connections

Ages 6-12

This full day program focuses on Community Connections through projects, activities, and exploration. The morning will be spent on various community projects such as tending to our plot in the community garden, cleaning up the neighborhood, or completing random acts of kindness for our neighbors. In the afternoons, we will get out and explore the community on an out trip and/or beach swim.

Please bring a lunch, water bottle, hat, and sunscreen. Please wear/bring appropriate footwear and clothing depending on the activities. A detailed weekly schedule will be released in June.

9:00am – 3:00pm

\$35/day

Thursdays

July 8th, 15th, 22nd, 29th

August 5th 12th, 19th, 26th

West Kelowna & Peachland

Peachland:

Jays Care Rookie League

Ages 6-12

Jays Care Foundation, in partnership with Boys and Girls Clubs of Canada, offers this safe, fun, active and engaging baseball program

recreational or organized sports. Rookie League is a program that uses the game of baseball as a foundation to teach children the importance of team work, cooperation and self-esteem. All equipment is provided. Register early and remember to wear appropriate footwear. Bring a water bottle, hat and sunscreen.

10:00am – 12:00pm

Cost: Free

Fridays

July 9th, 16th, 23rd, 30th

August 6th, 13th, 20th, 27th

**Peachland
Registration**

BGC Okanagan is pleased to continue our partnership with the Jays Care Foundation, which aims to level the playing field for all children and youth across Canada.



#BlueJaysCommunity

