

RUTLAND RECREATION PROGRAMS SPRING



355 HARTMAN ROAD, KELOWNA

**ONLINE REGISTRATION REQUIRED FOR ALL PROGRAMS!
REGISTRATION CLOSES 3 DAYS IN ADVANCE OF PROGRAM OFFERING!**

KID FOOD NATION

Mondays: 6-8:00 pm

**April 7, 14, 28th. May 5, 12, 26th. June 2,
9th**

Does not run on STAT Holidays

Ages 7-13

Cost: \$5.00/session

Come on in and cook up a storm! Kid Food Nation is a national initiative that helps kids and families develop food skills through hands-on experiences related to planning, preparing, and cooking. The program also features an online hub with resources for healthy eating and meal preparation, and a national recipe competition that encourages kids to put their food literacy skills into practice and submit original, healthy, and nutritious recipes. Our Kid Food Nation online hub (kidfoodnation.com) was created by Corus Entertainment, and our program is developed through collaboration with Dietitians of Canada.

DROP IN

Tuesdays 6-8:00 pm

**April 8, 15, 22, 29th. May 6, 13, 20,
27th. June 3, 10th.**

Ages 7-13

**Cost: FREE with yearly
membership**

Drop by the club on Tuesday nights to hang out and also to participate in gym games! From Basketball to group games, Tuesday nights will include games, laughter, and a space to meet new friends and be active! Online Registration is required.

TGIF

Friday, 6-8:00 pm

June 13th

Ages 7-13

Cost: \$10.00 per session

TGIF includes a club dinner, wide games, or sports each evening at the club! Come hang out on Friday nights and see your friends from other nights at club, or meet new ones! Please wear closed toes shoes for TGIF each night.

REGISTER NOW
www.bgco.ca

Registration will not be processed without payment.
All Recreation Programs are not refundable.
For Sponsorship options or refund request assessments
please email recreationadmin@bgco.ca

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SATURDAY EXCURSIONS

Saturdays: 10-3:30 pm
April 12, 26th. May 10,
24th. June 7th.
Cost: \$30.00 per
session
Ages 7-13

Ahoy and off we go! Saturday Excursions are here for kids aged 7-13 years. We will be heading off site to multiple locations to try out attractions over the Okanagan each Saturday. Please pack a personal backpack with a lunch, waterbottle, change of clothes, and bathing suit, and wear closed toe shoes. Some Saturdays may require a waiver signed off beforehand, and if the waiver is not returned the day before the Excursion, the child will not be eligible to attend the Excursion and are not eligible for a refund. Activity Calendars are found on the website for specific outings!

**CLUB CALENDAR
ON OUR WEBSITE**



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