



Teens/Adult



Planter/Garden Box— build your own garden box, stain, stencil or paint and decorate. Materials supplied, bring your hammer. Co-sponsored by Valley Woods. Thurs., April 12, 7:00pm \$20 each or family/friend 2 @ \$15 each preregister 250 547-6404



Women's Wellness Workshop Series

Come join us for an informational sessions on **Peri-menopause, Menopause and Mid-Life Change**. Leda Cedar, BSW will facilitate these sessions. Judy Philips (IDA Pharmacy) , Betty Macham(Health Food Store) and Dr. Christine Hatfield OB/GYN., Dr. Shelby Entner ND/BA as guest presenters. Different topic each week. A monthly drop-in where indicated may result. Includes Special tea time (sponsored by Donna Easto H.C.,C.H. from T'asane)
Wed., April 4—May 9 7:00—9:00pm Cost: \$ 32/ 6 sessions or \$8 per session pre-registration or \$10 at door Call Monique 250 547-6404
More details on each week tba



Your Community Centre this Spring TBC

Lumby and District Wildlife Banquet Sat., March 17

Hospice House fundraiser— Wed ., March 28 7:00pm

Chamber of Commerce— Discover our Edge Trade Show— Sat March 31(Curling Rink)

Spring Market (Small Business, Crafters and Not For Profit) March 30 –April 1

Senior's Spring Fling— Tues., April 3- 11:00am

Lumby Lions Easter Egg Hunt— Sun. April 8, 1:00 pm in the Oval



OK Regional Library- Lumby Branch

Tot's Storytime— Fridays at 10:00am till March 30

Free. Join us for fun with stories, songs, puppets, fingerplays and more!

Library Hours 250 547-9528

Tues.-11:00-7:00pm, Wed/Thurs/Sat-11:00-3:00pm, Fri.-11:00-4:00pm

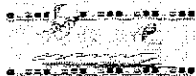


Lumby Pool

The Lumby Pool hopes to open before the long weekend in May. Give us a call to find out about our Public Swims and Swim Lesson Programs.

The Pool phone 250 547-6835, prior to the opening please call 250 547-6404 for information

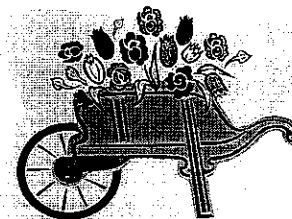
Lumby Lightning Swim Club Please call Stacy at 250 549-9179



White Valley Parks, Recreation and Culture

Spring 2012

Program Guide



2250 Shields Ave., Box 429, Lumby, VOE 2G0

250 547-6404 recreation@lumby.ca

Lumby Preschool

Fall 2012 Program Registration



Tues, May 22 8:30 am-10:00am

M/W/F am 4's (born 2008), T/Th am 3's (born 2009)

M/W afternoon 3/4's combined session

In person registration only (phone in after May 24) one registration person per family

Please bring Care Card/imm info and one month fees to reserve your spot.

Limited spaces, these sessions eligible for Subsidy

For information on **Cherryville Preschool**, please call Cathie at 250 547-2555

Fitness

AM Cardio Blast

Jamie Sockman will keep you fit this season with this EARLY morning fitness class.

Outdoor circuit also included. Steps, balls, weights, stretching, circuits, toning, cardio, skipping in this varied session. A more intense program. Showers available. Come have some fun and fitness.

Tues./Fri., 6:30—7:45 am, April 3—June 22 No class April 6
\$ 118.53 for 23 classes or \$ 80.64/15 punch or \$ 6.00 drop-in

Movin' Forward

This is a great fitness class for both those starting out and those already in a program. Based on a more moderate program than above one. Outdoor circuit also included.

Tues/Fri., 8:30—9:45 am April 3—June 22 No Class April 6
\$ 118.53 for 23 classes or \$ 80.64/15 punch or \$ 6.00 drop-in

Yoga

Come join Anne Foss for Yoga. Great benefits from participating in a Yoga program. Develop balance, coordination and a sense of centreness. Bring a towel/water/mat (some mats available)

Pre-registration required. Wed., 6:30-8:00pm March 21—May 2 (no class April 18)
6 classes/\$ 52.08

Yoga In Cherryville

Level 1 :5:30 pm -learn the fundamental principles from the classic groups of postures including an intro to arm balances and inverted poses. **Athletes Yoga— 7:00 pm**— encourages students to develop a strong foundation of breath and body awareness along with sound alignment principals. **Classes, Tues at Cherryville Com Hall , Pre-register Call Melanie Staker 250 547-9091**
Session # 1 :Apr 3— May 15, 7 weeks/ \$60.76 Session #2: May 22— June 25. 6 weeks/ \$52.08

Other programs

Zumba and Zumba Toning Thurs evening, Zumba Gold , Mon/Wed 10 :00 and Zumbatomic Thurs (for children and youth) Sessions in Lumby and Lavington Sue at 250 503— 1619

Zumba , Zumba Gold and Zumbatomic with Shelley at Arbour Park Mall 250 547— 9856

Traditional tribal Belly Dance with Joy Spring class starts Tuesday, April 3 250 309-8076

Recreation

Spring Break Fun

Contact the Whitevalley Community Resource Centre 250 547-8866 for information on their program.

Babysitter Training 12 yrs by June

Certification with the Canada Safety Council.

Spring Break session Wed., March 28 ,9-2:30pm and Thurs., Mar 29, 9-12:30 cost: \$52
next session will be offered as a Summer mini Camp

Kyokushin Karate UT Karate

Kata's, self defense, kumite, kicking/punching techniques, sparring and lots of fitness in this style of Karate. Great for the whole family. Recommended start age 10 yrs for spring start, 8 yrs for fall start. Extra cost for belt testing and special equipment.

Mon tbc/Thurs 7:00* —8:30pm CBSS Gym April 2 —June 7 (May 24 at Com Centre)

OPEN HOUSE April 2nd and 5th \$40 one time membership + HST

Class Fees :\$ 100 prorated to start date, Family rates available tax credit program

KidsArt school age

Be creative and have fun in this afterschool session. Lots of outdoor art themes for this session.

Wed., 2:30—4:30 pm, April 11- May 30 Cost : \$48* eligible for Arts tax credit

T-Ball/Softball

Have fun in this recreational t-ball/softball program .Pre-registration please. Bring own glove, (Some helmets available) Parent Coaching welcomed. Play at Community Centre Fields

Wed., April 18—June 20 \$30 season

T- ball— 4/5 yrs (3 1/2 yr old with parent) lower side field 5:30-6:15 pm
6-9 yrs. 5:30 —6:30pm first 1/2 on oval diamond-last 1/2 skills camp-lower field

Soccer

Come join our recreational based soccer program. The emphasis is on fun! Skills, drills and scrimmages make up the session. We play rain or shine so dress for the weather. Pre-Registration please.

Limited spaces. Parent helpers welcome for the younger group.

Play at Community Centre fields. **NO CLASS THURS JUNE 7**

Tues/Thurs April 17—June 14 \$ 40

Preschool : 3-4yrs(parent supported), 4/5 yrs teams , Kindergarten 5:30—6:15pm
Gr 1/2 teams, Gr 3/4 teams, : 6:30—7:15 pm Gr 5 and up :5:30-6:15pm

Cherryville Sports

Come join us for another fun season. Still in planning, soccer and/or t-ball/softball program, . For registration and class info call Chelsea Bennett, 250 547-9308 or e-mail chelseab@live.ca

Cherryville School. Dates: April 19—June 16 approx Times TBA

For youth Grade 7 and over, softball information please call Cathy M at 250 547-8885

Home on your Own 8-11 yrs

Personal/home safety and first aid tips should you find yourself on your own. A talk with Warren Smith ,RCMP Safe Communities Unit and a mini first aid session.

Wed ., April 11, 3:00—5:00 pm Cost: \$10 family

Brick4Kids-Lego Spring Break Program Mon-Fri March 19 —23 10:00-11:30 am.

Monday Afterschool session starts in April . Call Karen at 250 558-5437