



Lumby Preschool

Our present sessions are full.

Fall 2010 Registration Day

Thursday, May 20, 11:45 am -1:00 pm

In person registration to register one child(family)
drop-in registraton accepted after this date.

3's Program born 2007 Tues/Thurs 9:00 -11:00 am \$85 per month

4's Program born 2006 Mon/Wed/Fri 8:30 -11:00 am \$125 month

4's Program born 2006 Mon/Wed aft 12:00 -2:30 pm \$90 month

Please bring care card, imm info, postdated cheques for Dec -Sept

Cherryville Preschool

Mon/Thurs 10:00am -12:30pm

Please call Cathie at 250 547-2555 for information on the
Spring session and Fall 2010 Registration

Wonder on Wheels-WOW bus -Strong Start



Come visit the bus for school readiness fun. Arts/craft/storytime ond other activities make
up the time. Come for all or parts of the time on Fridays

Cherryville School in the morning, White Valley Community Centre parking lot 12 noon -2:30

No bus Spring Break and school holidays.Free!



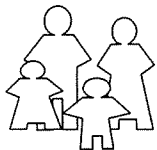
Lumby Pool

We are looking forward to opening later in May.

The pool number is 250 547-6835, prior to opening please make enquiries at the
Community Centre 250 547-6404

Lumby Lightning Swim Club

please call Stacy at 250 549-9179



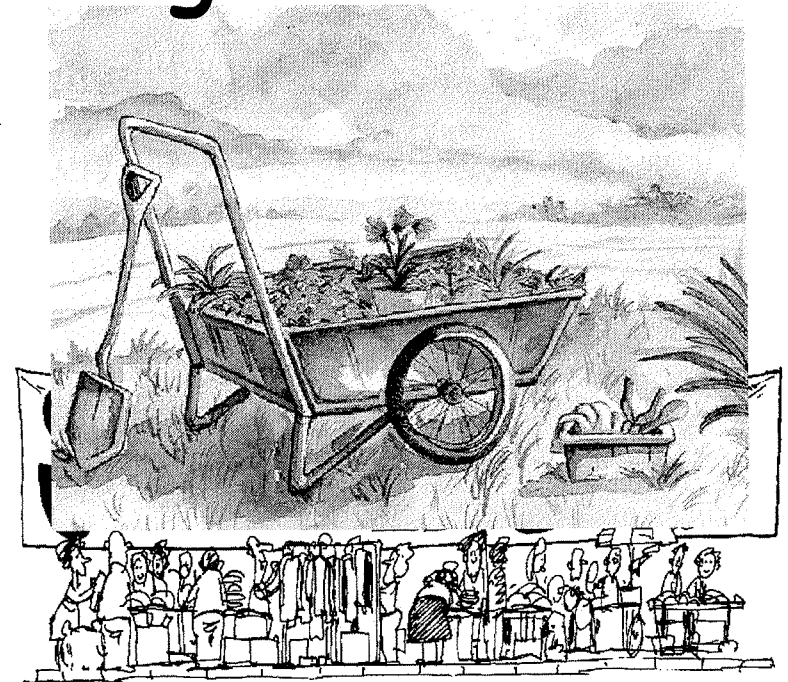
If you would like to get involved in Lumby Days volunteering with the
Children/Youth Area (or any other activity), please leave your name with
Monique 250 547-6404

White Valley Parks and Recreation

2250 Shields Ave., Box 429, Lumby

250 547-6404 recreation@lumby.ca

Spring 2010 Recreation Program Guide



Annual Community Groups Garage Sale

Saturday, April 3

Lumby Curling Rink

8:30 am - 2:00 pm

(Groups and organizations call 250 547- 6404 for table info)

Fitness

Yoga

Come join Anne Foss for a spring session of Yoga. The class is for new and returning students.

Benefits include breathing techniques, stretching, toning and body awareness.

Wed., 6:30 -8:00 pm, March 17 - April 21

Cost: \$46.50 /6 weeks

AM Cardio Blast

Jamie Sockman will keep you fit this season with this EARLY morning fitness class. Outdoor circuit also included. A more intense program, showers available.

Tues/Fri., 6:30 am - 7:45 am, April 6 - June 18

Cost: \$95.75/ 22 classes or \$5.50 drop-in

Movin' Forward

This is a great fitness class for both those starting out and those already participating in a class. Outdoor circuit also involved.

Tues/Fri., 8:30 am -9:45 am, April 6 - June 18

Cost: \$ 95.75/ 22 classes or \$5.50 drop-in

Line Dance/Tai Chi

See you all next fall!

En Advant School of Dance

Call Margo 250 542- 7192

Mon/Childrens Jazz, Wed/ Teen Hip Hop

Zumba

Contact Alicia 250 309-0345

Open House Tues., Mar 9, 7 pm

Classes start Tues., Mar 16 (Tu/Th)

Recreation Programs

*You can also register in person at the Spring Market Place happening

March 26/27/28 at the White Valley Community Centre and



April 3 Community Groups Garage Sale (Curling Rink)

Babysitter Training 12 yrs + by June 30

Certification with the Canadian Safety Council. Guest speakers from the RCMP, Fire Department and local resources. Students must attend all classes to be eligible for

certification. Tuesday, 3:15 - 5:00 pm, March 30 -May 4

Cost: \$45.00



Kyokushin Karate

This is a continuation from the winter session. Younger new students are encouraged to wait till our Fall season. Teens and adults can join anytime. Kata's, self defence, sparring,

kicking/punching, fitness, kyokushin spirit and more.

Tues/Thurs., 7:00 -8:30 pm, April 6 - May 27, 8 weeks/16 sessions

\$60 spring session , family rates as well (\$40 one time membership)

Classes at JW Inglis gym

Polynesian Dance

New this season! The types of dances are from all the islands of Hawaii. There is a story behind each dance. Younger classes will also include a theme craft or storytime.

We hope to do some performances. Come join Ashley Berg for a fun program.

Please note that the lessons alternate days each month.

Parent /Tot 2:00-2:30 pm Cost: \$35/10 half hr classes

3 - 6 yrs, 2:45 - 3:45 pm Cost \$ 65/ 10 one hr classes

7 -11 yrs, 3:45 - 4:45 pm Cost: \$65 / 10 one hr classes

teen/adult, 6:15 -7:15 pm Cost \$65/ 10 one hr classes

Class dates: Thursdays- April 8/15/22

Tuesdays- April 27, May 4/11/18

Thursday, May 27/ June 3/ June 10- Final class performance

OPEN HOUSE DEMO WED., MARCH 24, 3:00 -4:30 pm



Soccer

Come join our recreational based soccer program. The emphasis is on fun! Skills, drills and scrimmages make up the session. We will schedule fun games with Cherryville. We play rain or shine, dress for the weather. Pre- registration is recommended*. Parent helpers welcome for younger

groups. Play at JW Inglis fields

Tues/Thurs., April 13 - June 17, 20 sessions/ 10 weeks

Parent /tot (2 & 3 yrs) 6:00 -6:30 \$ 23

3 yrs olds 5:45 - 6:30 pm

4 yrs olds 5:45 - 6:30

\$ 40 for 3/4 hr classes

5/6 yrs olds 5:45 - 6:30 pm

6/7 yrs olds 6:30 - 7:30 pm

8/9 yrs olds 6:30 - 7:30 pm

\$ 45 for one hour classes

10- 12 yrs olds 6:30 -7:30 pm



T-Ball/Softball

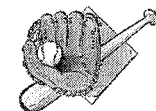
Have fun in this recreational t-ball/softball program held at JW Inglis fields.

Game with Cherryville may be scheduled on a different day. Pre-registration please.

Wed., April 14 - June 16 10 sessions \$ 23.00

T-ball 4- 5 yrs 6:00 -6:45 pm (3 yrs with parent)

Ball 6 - 8 yrs and Ball 9 -11 yrs 6:00 -7:00 pm



Cherryville Sports

Back again for another fun season. A combined soccer & t-ball/softball program. Children can register for one or both sports. At Cherryville School field, please call Francine 250 547-6060 for registration information. Games with Lumby will be arranged.

Tues., Soccer Thurs T-ball/softball Time between 6:00 - 7:00 pm, April 13 - June 17

\$ 23 one program/ \$ 45 both programs (one hour classes)



*You can also register in person for programs at the Spring Market Place happening March 26/27 and 28 at the White Valley Community Centre and April 3 at the Garage Sale