



## RecSkate Adult 12 yrs to Adult

For beginner and intermediate skaters. Learn a variety of skating skills, both basic and challenging. You will improve your agility, coordination, and balance.

Sat 2:30-3:30pm  
 Jan 7-Feb 25 #25383  
 \$76, after Dec 20 \$81 Centennial Outdoor Rink



## Fly Tying - An Intro 10 yrs to Adult

Sponsored by the Kalamalka Fly Fishers, this is an ideal course for beginners or people who would like a refresher or upgrade. Fly construction will be emphasized along with fly fishing methods, presentation and aquatic entomology. A great introduction to this lifetime sport! Note: Children ages 10-12 must be registered with an adult.

Wed 7:30-9:30pm  
 Jan 25-Mar 28 #25418  
 \$96, after Jan 11 \$106  
 location: Kal Fly Fishers Clubhouse, 2906 41 Ave

## Snow Shoeing 14 yrs to Adult

Enjoy an evening of guided snow shoeing at Sovereign Lake Nordic Centre with Jose Laroche and Terri Gillespie. Two dynamic and experienced outdoors people. Meet at Sovereign Lake Nordic Centre.

Includes rental of equipment and some hot chocolate!

Wed 6:00-8:30pm  
 Jan 25 #25419  
 \$47, after Jan 11 \$57



## Maximum Golf 10 yrs to Adult

Maximum golf is a proven, group-based golf training and conditioning program for every type of golfer. It uses the principles of biomechanics to help improve your swing through a series of simple and easy-to-practice swing drills that can be used anywhere. Perfecting these drills will produce a consistent, golf swing that will maximize your game. Bring a club if you have one and a large towel. Auditorium

Wed 5:45-7:15pm  
 Feb 29-Apr 11 #25389  
 \$99, after Feb 1 \$110  
 no class Feb 22 & Mar 14

Wed 7:30-9:00pm  
 Feb 29-Apr 11 #25390  
 \$99, after Feb 1 \$110  
 no class Feb 22 & Mar 14

Mon 5:45-7:15pm  
 Feb 27-Apr 2 #25391  
 \$99, after Feb 6 \$110

Mon 7:30-9:00pm  
 Feb 27-Apr 2 #25392  
 \$99, after Feb 6 \$110



## Fencing 7 yrs to Adult

Fencing is a dynamic sport that incorporates cardio activity with muscle training and is guaranteed to keep you on your toes. Students will learn to attack and defend using a traditional fencing weapon. Parent & child combos are welcome. Please bring jogging/sweat pants and running shoes to class. No equipment or experience necessary.

Sat 9:15-10:45am  
 Jan 14-Mar 10 #25393  
 \$105, after Jan 2 \$115 Priest Valley Gym  
 no class Feb 25

