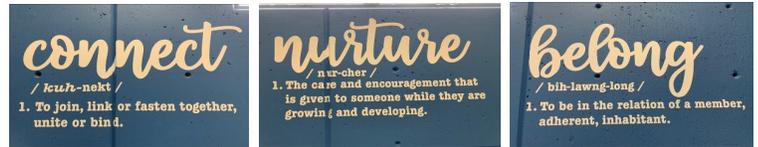




CONNECT · NURTURE · BELONG

Constable Neil Bruce Middle School



March 9 - 13, 2026

Happy Friday, everyone! We hope that everyone is enjoying the better weather and is looking forward to the upcoming spring break; as we look ahead to next week, a reminder that our Written Learning Updates will go home on Thursday, March 12. Beyond that, we'll also have our spring locker cleanout next week, likely on Friday; as well, we'll be packing up the lost and found items for donation — so if your child has any missing items, please have him or her check the lost and found to see what might be there.

Monday Skix ^w i ^w s	Tuesday sʔasłásq̄t	Wednesday skaʔłásq̄t	Thursday smasq̄t	Friday scłkstasq̄t
March 9	March 10	March 11	March 12	March 13
CDAB F/S - Jim Lind Skating Luff/ P-R, Morgan Gr. 6 9:15 - 12pm F/S - Gneiss Climbing Gym - Outdoor Ed8 9:30am- 11:45am	GHEF F/S - McCurdy Bowling Gr.7's 9am - 12pm Gr.6 Boys BBALL Jamboree at MBSS 9:15am - 12:15pm	CDAB April's Optional Lunch Program now available to purchase on School Cashonline  PAC Treat Sale 3:15pm	GHEF Kindness Campaign Celebration Gr.6 Girls BBALL Jamboree at MBSS 9:15am - 12pm Grade 8 Celebration Lunch sponsored by Indigenous Policing Written Learning Updates go home	CDAB Term 2 Ends Last Day to Check Lost and Found bin before items are donated 



Last Day to order the Optional Pizza Lunches for April is Sunday , March 29



March 14 - March 29

Celebrating Our February Service Above Self Award Winner

We are excited to celebrate **Emana Concepcion (Grade 8, CNB)** and **Amelia Waters (Grade 7, CNB)** as our February recipients of the **Service Above Self Student Award**, created in partnership with the West Kelowna Rotary Club. This award honours students whose actions reflect kindness, caring, community service, and leadership through service.

Emana and Amelia have both shown what it means to be a **CNB Cub** through their ongoing kindness. They are always the first to offer a helping hand and they put others first in subtle, but impactful ways which shows their ongoing desire to care for others. Both Emana and Amelia contribute to our school community and help to create a strong sense of belonging at CNB.

Their actions strongly reflect our CNB learning priorities:

- **Connect** — They help create a welcoming, positive environment where others feel seen and valued.
- **Nurture** — Through their willingness to give their time and energy, they support others.
- **Belong** — They treat everyone with respect, inspire others through their actions, and help ensure all students feel they have a place and purpose.

Congratulations, Emana and Amelia — thank you for modeling Service Above Self!



APRIL'S OPTIONAL MEAL PROGRAM MENU

April's optional lunch meal program for students who wish to participate will be available for purchase on **Wednesday, March 11**.

There are two options:

1. A full lunch meals program that is every day of the week (including pizza on Fridays) Limit to the first 100 purchases.
2. Pizza only option (Fridays only) Last day to order Sunday, March 29 .

On Wednesday, March 11, parents who wish to have their child participate can pay online at School Cash Online.

Please Note: no refunds are given for student absence.

April 2026

Mon	Tue	Wed	Thu	Fri
		FEHG ¹ Taco in a bag	BADC ² Pizza	GOOD FRIDAY ³ NO SCHOOL
EASTER MONDAY ⁶ NO SCHOOL	HGFE ⁷ Hot Dogs and Veggie & Dip	DCBA ⁸ BLT Pasta Salad	HGFE ⁹ Sushi	DCBA ¹⁰ Pizza
EFGH ¹³ Poutine	ABCD ¹⁴ Cheeseburger, Veggies & Dip	EFGH ¹⁵ Dino Nuggets & Salad	ABCD ¹⁶ Alfredo Tortellini	EFGH ¹⁷ Pizza
CDAB ²⁰ Shepherds Pie	GHEF ²¹ BBQ Ribette	CDAB ²² Perogie Casserole	GHEF ²³ Chicken & Mojos	CDAB ²⁴ Pizza
FEHG ²⁷ Butter Chicken	BADC ²⁸ Chicken Drumstick & Salad	FEHG ²⁹ Mac and Cheese	BADC ³⁰ Samosas	



Constable Neil Bruce
Middle School

ATHLETICS



Constable Neil Bruce
Middle School

March 9 to 13					
	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 - 8:30					Grade 7 Boys Basketball Intersquad Game
AM		Grade 6 Boys Basketball Jamboree @ MBSS Bus leaves CNB at 9:15 am Bus returns to CNB @ Noon		Grade 6 Girls Basketball Jamboree @ MBSS Bus leaves CNB at 9:15 am Bus returns to CNB @ Noon	
Lunch	Grade 7 Girls Basketball Practice	Intramurals		Intramurals	
Resource Weight Room Usage					
3:30 - 5:00					
5:00 - 8:30	Grade 7 Boys Basketball Games @ CNB CNB 2 vs. CMS 1 @ 5:30 pm CNB 1 vs. CMS 2 @ 7:00 pm	Grade 7 Girls Basketball Game @ GMS vs. ABH CNB vs. ABH @ 5:30 pm Meet Mr. Toth at @ 5:00 pm @ GMS			

AS OF MAR. 3 - [CLICK HERE FOR THE MOST UP-TO-DATE DISTRICT SCHEDULES](#)

Coach Contacts

6B Basketball – Michael.Burdeniuk@sd23.bc.ca, Steven.Fisher@sd23.bc.ca, Rob.Hegberg@sd23.bc.ca, and John.Buchanan@sd23.bc.ca

6G Basketball – Bj.Powlesland@sd23.bc.ca, Jennifer.Craig@sd23.bc.ca, and Tahnee.Pierson-Roberts@sd23.bc.ca

7B Basketball – Community coach Ryan, Patrick, and Jamie (Email Mr. Worrall)

7G Basketball – Andrew.Toth@sd23.bc.ca

Athletic Director: Derek Worrall – derek.worrall@sd23.bc.ca



Track and Field @ CNB - 2026

All grade 6, 7, and 8 students will receive introductory track and field lessons during PHE classes starting after spring break.



Grade 6s: There is no pre-registration for grade 6 track and field

- There will be a Grade 6 CNB Apple Bowl Day (April 29th) for all students. Students will be charged \$8 to cover transportation and meet expenses. The CNB meet will serve as the primary qualifier for the Grade 4-7 District Track and Field Meet (June 4).
- Qualifiers for the Grade 4-7 District Track and Field Meet will be charged \$25 to cover team registration, supervision, and transportation.
- Events for grade 6s at the Grades 4-7 District Track and Field Meet: 100m, 200m, 800m, 1200m, 4x100m (one school team), High Jump, Long Jump, Discus, Shot Put, Javelin.

Grade 7s: [2026 PRACTICE AND MEET SCHEDULE](#)

To register for grade 7 track and field [CLICK HERE](#) and use field studies code: 225056

- Grade 7s will be invited to join the CNB track and field team after spring break. This team has morning practices, that are event specific. Students come to the practices that apply to their focused events and will also be invited to evening all-comers track and field meets. There is a \$45 expense to join this team which covers entry into the all-comers meets and team registration, supervision, and transportation for the 4-7 District Track and Field Meet (June 4)
- Grade 7 students who are practicing with the CNB track and field team will have priority placement on the CNB entry for the Grades 4-7 District Track and Field Meet.
- Any remaining CNB entries for the Grades 4-7 District Track and Field Meet will come from after school/lunch event qualifiers (listen to announcements). Any students who qualify through this process will be charged \$25 (as they are not already on the CNB track and field team) to cover team entry, supervision, and transportation for the Grades 4-7 District Track and Field Meet.
- Events for grade 7s at the Grades 4-7 District Track and Field Meet: 100m, 200m, 800m, 1200m, 4x100m (one school team), High Jump, Long Jump, Triple Jump, Discus, Shot Put, Javelin.

Grade 8s: [2026 PRACTICE AND MEET SCHEDULE](#)

To register for grade 8 track and field [CLICK HERE](#) and use field studies code: 225056

- Grade 8 is the first year that students compete within BC School Sports (BCSS) regulations.
- In order to represent CNB at any meet, the student must be registered on the CNB track and field team. This team has morning practices, that are event specific. Students come to the practices that apply to their focused events and will also be invited to evening all-comers track and field meets. There is a \$45 expense to join this team which covers team entry into the all-comers meets, Zones/Valleys, and all transportation/supervision.
- Grade 8 Track and Field Meets
 - South-Central Zones: May 12 @ Kelowna Apple Bowl
 - Thompson-Okanagan Valleys: May 19 @ Kamloops Hillside Stadium
 - Provincials*** June 4 - 6 @ Langley McLeod Stadium

***Additional fees may apply for this meet. Unless there is a large number of qualifiers from our school, students may need to attend this event independently. We are usually able to pair up

CNB Kindness in Action



CNB Kindness Challenge: See, Lead, & Be Kind

See and Be Heard, See and Be Kind, See and Be Leaders, CNB Proud.

How to "Catch" Kindness

Spot the Positivity
Students notice and "catch" peers performing verbal displays of support or inclusive leadership.

Teacher-Led Nominations
While students spot the acts, teachers select and submit the official nominations for their sections.

Weekly & Monthly Shout-outs
Winners are celebrated on school screens, social media, and during morning announcements.

Wellness Focus: Prize Schedule

-  **MARCH** Indoor Health
Fitness Gear
-  **APRIL & MAY** Active Living
Outdoor Wellness
-  **JUNE** Outdoor Fun
Summer Wellness

Rewards & Impact

Huge Monthly Prizes
Win high-value wellness items like spin bikes, cruiser bikes, paddleboards, and trampolines.

Daily & Weekly Giveaways
Frequent draws for gift cards, yoga packages, and local gym memberships.

Connect, Nurture, Belong
Our goal is a calmer school where everyone feels safe, valued, and seen.



This past Wednesday, our school proudly recognized Pink Shirt Day — but more importantly, we demonstrated that kindness at CNB is not a one-day event. It is a movement.

On Wednesday, we officially launched our **CNB Challenge: Pro-Positivity & Kindness Campaign** -a school-wide, student-led and staff-supported initiative built around four pillars:

**See and Be Heard.
See and Be Kind.
See and Be Leaders.
CNB Proud.**

Through classroom conversations, announcements, hallway messaging, and daily modeling, we are intentionally teaching and celebrating public, verbal displays of positivity. Students are being encouraged not just to *feel* kindness, but to make it visible — to speak it, show it, and lead with it.

In just the first few days, we have already seen students publicly encouraging classmates during presentations, inviting peers to join them at lunch, offering helping hands without being asked, and choosing words that build others up. These small, visible actions are what shape culture. We know that when students practice kindness publicly and consistently, it builds courage, strengthens character, and transforms our hallways, classrooms, and online spaces.

Teachers are nominating students weekly, we are celebrating shout-outs during announcements and on our school screens, and every section will recognize a student who has excelled in demonstrating kindness. Monthly draws will recognize students from the nomination pool.

What makes this campaign especially powerful is the incredible support from our local community. Local businesses, wellness centres, and community partners have stepped forward in a remarkable way to support our students. Because of their generosity, students have opportunities to win meaningful, wellness-focused prizes, including:

- **March:** Spin Bike (approx. \$1099 value)
- **April:** Cruiser Bike (approx. \$799 value)
- **May:** Paddleboard (approx. \$599 value)
- **June:** Trampoline (approx. \$549 value)

Daily and weekly prizes donated by community partners include gift cards, yoga wellness packages, memberships to local gyms and fitness centres, climbing passes, prepaid Visa cards, and more - with additional prizes still being added.

This campaign reflects what we believe deeply at CNB: when kindness is visible, supported, and celebrated, it becomes the norm. It builds belonging. It builds leadership. It builds pride.

At CNB, kindness is not passive. It is visible. It is courageous. And it is leadership.

We are CNB Proud.

Okanagan friends, family and supporters...we are SO excited to announce a local opportunity to watch our Okanagan Jr. Thunder club in action!

Our Okanagan Jr. Thunder team is hosting a wheelchair basketball showdown against the CNB Cubs right here in West Kelowna. This event is about more than basketball, it's about empowering youth, building community, and celebrating inclusivity in sport.

- ◆ Saturday, April 11, 2026
- ◆ CNB Middle School, 2010 Daimler Drive, West Kelowna
- ◆ Doors open at 10AM | Game on at 11AM
- ◆ \$10 tickets at the door
- ◆ BBQ lunch, by donation, immediately following the game, sponsored by [Accessible Okanagan](#)
- ◆ Snacks at the Concession available throughout

Come cheer loud, support adaptive sport, and help grow the future of wheelchair basketball locally and across the province! All proceeds support the Okanagan Jr. Thunder Wheelchair Basketball Club!

See you there!

ROLLIN' WITH THE THUNDER
ONE COURT. ONE COMMUNITY.

Join us to empower youth through wheelchair basketball and support inclusivity in sport. Watch Okanagan Thunder take on the CNB Cubs in a wheelchair basketball showdown!

THUNDER JR VS **CUBS**
Constable Neil Bruce

DATE: SATURDAY, APRIL 11, 2026
10:00AM - 12:30PM

LOCATION: CNB MIDDLE SCHOOL
2010 DAIMLER DRIVE, WEST KELOWNA

TICKETS AVAILABLE AT THE DOOR | \$10 EACH

DOORS OPEN | WARM-UP | CONCESSION @ 10AM
GAME ON @ 11AM

LUNCH BBQ SPONSORED BY ACCESSIBLE OKANAGAN @ 12NOON
LUNCH - MINIMUM \$5 DONATION

All proceeds support Okanagan Jr. Thunder Wheelchair Basketball Club
Facility rental fees | Tournament travel | Coaching certification | Wheelchair maintenance

CASH OR E-TRANSFER

CNB PAC

President - Christina Ennis
Vice President - Angie Braid
Treasurer - Jenny Park
Co-Treasurer - Janelle Rhode
Secretary - Verena Roberts
COPAC Representative - Haley Gigg
Members at Large - Amy Rauscher, Cassandra White, Sara Ryttersgaard, Lisa Winia-Moe, Kristi Sawh

CUBS Den Store

During lunch hour each day of the week during the school year, The Den, run by the volunteer PAC team, gives an opportunity for students to enjoy a fun treat.

Some items for sale are: ramen noodles, chips, drinks, cookies, crackers, pepperoni, fruit snacks, icecream etc. Everything is \$1 or \$2.

All profits are donated back to the school, where the PAC will fund various school-level initiatives.

CNB CLUBS



Day	Club	Time	Room	Teacher Sponsor
Monday	Games Club	Lunchtime	123, Cub Hub	Ms. Jeffrey
Monday and Wednesday	Choir Club	7:45am – 8:45am	118, Downstairs	Ms. Chisholm
Tuesday	Knitting Club	Lunchtime	102, Downstairs	Ms. Robinson
Wednesday	Homework Club	8:30am – 9:00am	127, Gathering Room	Mrs. Morgan
Wednesday	Singing and Drumming Club	Lunchtime	127, Gathering Room	Mrs. Magnant and Mrs. Marcellay
Wednesday	Calm Club	Lunchtime	214, Upstairs	Mrs. Amorim
Wednesday	Popcorn Movie Club	Lunchtime	Port 6, Outside	Mr. Toth
Wednesday	Make a Difference Club	Lunchtime	202, Upstairs	Ms. Novak
Wednesday and Thursday	Hand Sewing Club	Lunchtime	211, Upstairs	Mrs. Fuller
Thursday	Art Club	3:30-4:30	125, Art Room	Ms. Young
Friday	Chess Club	Lunchtime	212, Upstairs	Mr. Gerrits
Friday	Gay Straight Alliance Club	Lunchtime	123, Cub Hub	Mr. Raupach
Friday	Colouring Club	Lunchtime	109, Downstairs	Ms. Stiles

LUNCH MEAL PROGRAM

March 2026

Here's the menu for our daily lunch program.

There will be limited quantities of meals each day, sold after the students on our lunch program have been served.

The Monday through Thursday meals are sold for \$6, and each slice of pizza on Fridays costs \$3.75.



Mon	Tue	Wed	Thu	Fri
2 Hotdog + Veggie Dip	3 Shepherds Pie	4 Butter Chicken Rice Bowl	5 Chicken + Mojos	6 Pizza
9 Samosa's	10 Meatball Penne	11 Wings + Salad	12 Sushi	13 Pizza
16	17	18	19	20
SPRING BREAK				
23	24	25	26	27
March 14—29, 2026				
30 Lasagna	31 Chicken Burgers + Veg Dip			

COMMUNITY NEWS

Spring League Now Open

BASKETBALL
westkhoops.ca

HOUSE LEAGUES
CAMPS & CLINICS
COMPETITIVE TEAMS
YOUTH AGES 5 TO 16
SMALL-GROUP & PRIVATE TRAINING

3X3

2026 NFL SPRING FLAG

REGISTRATION CLOSES SOON ON MARCH 9TH

KMFA.CA GET SIGNED UP TODAY

FLAG CANADA

KELOWNA MINOR FOOTBALL ASSOCIATION

SPRING REC GUIDE

REGISTRATION IS NOW OPEN.

Discover fun programs, classes and camps! View the guide online at westkelowna.ca/recguide.

WEST KELOWNA RECREATION GUIDE
This April - 86 Active

westkelowna.ca/recguide

KIDS GET READY FOR FRIDAY FUN!

FRIDAY FUN!
FIERCE FRIDAY

Drop Off the Kids, Take the Night Off!

Epic team challenges
Crafts and non-stop fun

Drop Off the Kids, Take the Night Off!

Mar 24 Elementary School Open
\$20 per person
Register online - See page 64 of our Spring Rec Guide.

AGES 5 - 10
5 DAYS

westkelowna.ca/recguide

FAMILY FLICKS

FREE

NOW SHOWING
FIREHEART

Sunday, March 29
2:00 - 4:00 pm

A fire truck will be on-site during movie. Stop by and say hi to our firefighters!

West Kelowna Fire Department
1000 West Columbia Street
Kelowna, BC

Search online & reserve your spot at westkelowna.ca/cityevents

GREAT CAMPS* PROFESSIONAL INSTRUCTION
CLASSES FILL EARLY-SIGN UP TODAY

RETRO SUMMER THEATRE CAMPS
-FOR YOUTH & TEENS-

LOCATIONS:
YOUTH CAMPS 8-12: STUDIO 100, RICA & BLACK BOX THEATRE
CHILD BIRTH EXPERIENCES SUMMER DESCAPABLES: STUDIO 100, RICA & BLACK BOX THEATRE
A 1879'S CHILDREN'S MOVING & LECTURE TABLES: STUDIO 100, RICA & BLACK BOX THEATRE
COURTESY THEATRE: STUDIO 100, RICA & BLACK BOX THEATRE
TEEN CAMPS (12-18): THE WATCHER IN THE WOODS PLAY
TEEN MUSICAL THEATRE

THEATRE FOR ALL

STUDIO 100, ROTARY CENTRE FOR THE ARTS
WWW.NEWVINTAGE.CA

SPRING BREAK CAMPS

Soccer: Grades 4-8

Volleyball: Grades 4-10

Basketball: Grades 9-12

UBCO HEAT
Move. Play. Train. @ubco_recreation

WESTSIDE OUTLAWS

NOW OPEN!
SPRING REGISTRATION

U7 2019/20/21
U9 2017/2018
U11 2015/2016
U13 2013/2014
U15 2011/2012
U17 2009/2010
U20 2006/07/08

REGISTER ON WESTSIDEMINORFASTBALL.CA

MONDAY GAMES&PRACTICES U7 - \$75
TUES/THURS GAMES&PRACTICES U11 - \$205 U15 - \$240
MON/WED GAMES&PRACTICES U9 - \$125 U13 - \$225 U17 - \$255 U20 - \$255

UBCO HEAT
Move. Play. Train.

UBCO VOLLEYBALL SPRING BREAK CAMPS

Train with current Heat athletes, alumni, and experienced coaches in a positive, high-energy environment designed to build skill, confidence, and a love for the game.

Location: UBCO Okanagan Gymnasium
UBCO Heat T-shirt included with registration

Grades 4-6 (Beginner)
March 17, 19, 24, 26: 10:00-11:30 AM

Grades 6-8 (Grade 8 Beginner)
Camp #1
March 17, 19, 20
March 17 & 19: 12:00-2:00 PM
March 20: 9:00-11:00 AM
Camp #2
March 24, 26, 27
March 24 & 26: 12:00-2:00 PM
March 27: 9:00-11:00 AM

Grades 8-10 (Grade 8 Advanced; Grades 9-10)
Camp #1
March 17, 19, 20
March 17 & 19: 2:00-4:00 PM
March 20: 11:00 AM-1:00 PM
Camp #2
March 24, 26, 27
March 24 & 26: 2:00-4:00 PM
March 27: 11:00 AM-1:00 PM

Skill development
Tactical training
High ball-contact sessions
All genders welcome

Register Now @ gobheat.ca

CANADA SAFETY COUNCIL HOME ALONE & BABYSITTING COURSES

Kidz 4 Safety

ONLINE & IN-PERSON SESSIONS

Home Alone: Ages 9+ yrs | \$53
Babysitter Training: 10.5+ yrs | \$70

Register at:
www.babysittingkelowna.com
kidz4safety@gmail.com
or
call/text 250-317-2868

Since 1993
Soccer Day Camps 2026

...more than just a soccer camp!

Early Deals, Big Savings, Ends March 31, 2026

July & August weeks
Ages 5 to 13
Morning & Full Day sessions
Before & After Care available

For more information:
royalsoccerclub.com
800-427-0536

Mornings starting from \$165/week
Full Days starting from \$249/week
* Limited time, discounts vary, see website for additional discounts. Max 18 & 4 day sessions.

Take the Plunge

Come Join our Supportive Diving Community & Learn from one of our Incredible Coaches!

1 meter & 3 meter springboard diving lessons for:

- Beginners
- Competitive Athletes
- Adults



• Programs for everyone ages 5 and Up
• Lessons held at the H2O Adventure + Fitness Centre & Rutland Family YMCA

Email ksdc.general@gmail.com with any questions



Studio 100, Rotary Centre
www.newvintage.ca

NEW VINTAGE THEATRE

SPRING ACTING CLASSES
STARTING THIS APRIL

YOUTH PLAYS
MONDAYS-DESPICABLE ME 4:15-5:30PM
SATURDAYS-DESPICABLE ME 10-11AM

YOUTH MUSICAL THEATRE
SATURDAYS-A 1980'S SNOW WHITE 1-2PM

TEENS
Mystery Saturdays-The Watcher 11-12:30pm

ADULTS
Mondays Improv Games Night 5:30-7pm



UBC Geering Up
Kelowna, Okanagan



Summer Camp Registration Now Open!

Take your STEM learning beyond the classroom!

Join our action-packed, hands-on summer day camps to explore the wonderful worlds of Science, Technology, Engineering, and Math! Build, explore, and design through our camps' interactive sessions.

All of our summer camps are taught by passionate, subject area expert university students and meticulously designed to tap into core foundational knowledge and speak to young curious minds.

Dive into Coding, Innovate in unique environments like our All Girls* camps, and more! Each week is a dynamic mix of hands-on activities, demonstrations, tours, mentors, and design challenges.

Limited bursaries available. Please scan the QR code to learn more.

A Glimpse of Geering Up Camps

- Weekly programming from June 29th to September 3rd, 2026
- 9AM - 3PM (Before/After Care options available)
- UBC Okanagan, Kelowna Campus
- Grade Levels: 1-12 (Program themes vary)

Register Today!



For more info, visit:
bit.ly/kelownacamps

THE UNIVERSITY OF BRITISH COLUMBIA
School of Engineering
Okanagan Campus

A network member of **actua**

JUNIOR COYOTES

SPRING PROGRAMS

SPRING 3ON3 Sundays March 29 - June 21 @ KCS High School Boys & Girls Grades 1-12	SPRING MICROBALLERS Sundays March 29 - June 21 @ KCS High School 1:00-2:15pm Boys & Girls Ages 3-5	SPRING 5ON5 LEAGUE April 6 - June 19 Boys & Girls Grades 1-8 1 Weekday Practice & 1 Friday Game per Week	MARCH BREAK CAMPS March 16-17 March 23-24 Boys & Girls Grades 1-12
---	---	---	---

WWW.GOCOYOTES.CA
250-575-7731 jessica@ocbasketball.ca

DAYS OF DANCE CAMP

City of Kelowna

Let's Move and Groove!

Students dive into Jazz, Ballet, Musical Theatre, Hip Hop, and more while building confidence and learning core movement skills. It's a fun, creative way to express yourself through dance.



LOCATIONS:

- Kinsmen Fieldhouse - Mar 16-20
- Parkinson Recreation Centre - Mar 23-27

REGISTRATION:

- Sign up on our website



Only 42.50

rec.kelowna.ca or 250-469-8800

LICENSED SPRING BREAK CAMP

City of Kelowna



City of Kelowna day camps pack your week with gym games, creative crafts, outdoor adventures, and a splash-filled swim trip to Parkinson Rec Centre. Join our awesome staff for a fast-paced, fun-loaded adventure!

Age 5-12

Registration
Registration must be completed through the Program Manager.
Please contact for more information.

Subsidy available!

Bankhead: bankheadkelowna@gmail.com
Watson Road: wraspkelowna@gmail.com

Free Youth Night

City of Kelowna

Parkinson Recreation Centre
Sat, March 21st
6 - 9 pm

Bring a swimsuit for the pool, shoes for the gym, your best gaming skills and an appetite for pizza!
Grades 6 - 9

kelowna.ca/recreation 250-469-8800

Kelowna EcoCooks club

April 8 - May 27
Wednesdays
3:30 - 5:45 PM

604 Cawston Ave,
Kelowna BC

Come join us for 8 weeks of fun games and cooking!



Spring 2026 Registration Open
www.ecocooks.org/registrationkelowna

Brave Hearts Club

Children's Grief and Loss Support Group

Where Healing Meets connection

COHA
CENTRAL OKANAGAN HOSPICE ASSOCIATION

Wednesdays from 4pm-5:30pm
January 28 - March 25
No session on February 11th

- A safe space to explore grief
- Art, games, gentle discussion
- Snacks and refreshments

No cost to attend

Registration is Required
Starts Jan 28th, 4pm-5:30pm
COHA August Center, #200-1890 Cooper Road

and@hospicecoha.org 250.763.5511



KCR COMMUNITY RESOURCES

Diversity, Equity, & Inclusion Workshop



Explore the topics of diversity, equity, inclusion, and justice and why they matter.
Open to anyone in the community!

Register Now!



This workshop takes place over two dates one week apart to allow time for reflection.

When: March 3rd, 5:00pm - 8:00pm
March 10th, 5:00pm - 8:00pm

Where: KCR Community Resources, 620 Leon Ave - 2nd Floor

Cost: FREE

Questions? Contact: ximena | ximena@kcr.ca | 250-762-8008 ext. 202

Funded by: Provincial Government of British Columbia
Partnered by: Immigration, Refugees and Citizenship Canada, Immigration, Refugees and Citizenship Canada, City of Kelowna, Canada

LEARN TO PLAY WITH THE PEACHLAND THUNDER

Tuesdays 5:15pm-6:00pm
APRIL 21ST - MAY 26TH
Cousins Field, Peachland
Ages 6 and Up!
GIRLS AND BOYS!!

New to Softball or want to improve your skills? Our Learn to Play Program teaches the basics in a fun, supportive environment. No experience needed - just come ready to have fun!!!!

Parents - No need to cook dinner! Sign up for the Gasthaus Eat and Play Dinner Deal for all of our Athletes!

TO REGISTER:
peachland.rampregistrations.com
CONTACT:
peachlandminorsoftball@gmail.com



WESTSIDE YOUTH FOOTBALL

2026 REGISTRATION NOW OPEN

RECREATIONAL PROGRAM

U7 - U18

Our Recreational program is the heartbeat of our club, and all practices and home games take place in West Kelowna.

PROGRAM STARTS APRIL 4TH
REGISTER - WWW.WYSA.CA




West Kelowna Parents & Athletes. West Kelowna Minor Football Association

SPRING 2026 COED Flag Football

If you're looking for a fun and exciting sport to get your kids involved in, look no further than flag football!

This fast-paced game is perfect for kids aged 5-13 and is a great way to learn the fundamentals of football while having a blast.

U7, U10, U12, U14 Age Groups



REGISTER NOW!



Info@westkelownabearsfootball.ca
WWW.WestKelownaBearsFootball.ca