



Athletics Recreation & Student Life

FALL 2025
Program Guide
Kelowna



FITNESS

FACILITY AND SERVICES

Access cards to the fitness facility are available for purchase at a cost of \$10 from the Office of the Registrar (Student Services Building).

Okanagan College is committed to promoting health and wellness as a lifestyle choice for all eligible students. Our facility offers a wide range of cardio machines and strength training options. Memberships can be purchased online for \$10 or at the Office of the Registrar in the S Building. Cards are activated based on your enrollment and program dates and must be reactivated every semester at no charge unless you need a replacement card.

Please sign up at okanagan.bc.ca/kelownastudentlife

FITNESS FACILITY HOURS OF OPERATION

MONDAY - FRIDAY, 8 A.M. - 5 P.M.

Please note that the Fitness Facility is closed on all Statutory Holidays.

WEIGHT ROOM ORIENTATION

Learn how to use the fitness facility equipment safely and effectively under the guidance of our staff. Book your orientation online at okanagan.bc.ca/kelownastudentlife, and a fitness specialist will contact you.

To register for events and services please visit
okanagan.bc.ca/kelownastudentlife

All current students already have an account.
Sign in and click on 'forgot your password' using your
primary/preferred email address.

COMMUNITY RECREATION PARTNER

In partnership with the City of Kelowna's Parkinson Recreation Centre, Okanagan College is pleased to provide free swimming passes for students at this facility between September to April. Please visit the Athletics, Recreation, and Student Life office (A104) with your valid student ID to find out how to access these passes.

You can also email us at kelownarec@okanagan.bc.ca.





OUTDOOR ADVENTURE PROGRAM

Discover the Okanagan beyond the classroom!

Athletics, Recreation, and Student Life are excited to continue the Outdoor Adventure Program, designed to introduce students to fun recreational activities in the region.

These excursions are a great way to stay active, meet new people, and

reduce stress while exploring local trails, parks, and outdoor spaces.

Each qualifying trip includes a chance to win prizes, with a grand prize giveaway at the end of the semester!

***"Look for the
Outdoor Adventure Program
logo (the green shoes) to
spot eligible events and start
collecting your adventures."***



SPORTS

AND ATHLETICS

OKANAGAN COLLEGE COYOTES

BASKETBALL

The OC Coyote Men's and Women's Basketball teams are back and ready to make waves in the 2025/26 PACWEST season! Come out and show your support as our athletes hit the court with passion, skill, and determination. From high-energy home games to standout performances, this season promises unforgettable action. For full game schedules, player rosters, and ways to get involved, visit okanagan.bc.ca/basketball. Mark your calendars—our exciting home opener is just around the corner. Stay tuned for details and be a part of the Coyote spirit!

TEAM CONTACT INFO

Dino Gini – Men's Head Coach
coachdinogini@gmail.com

Andrew Gini – Women's Head Coach
coachagini@gmail.com



BASEBALL

Fresh off their Canadian College World Series victory in May—their fourth national title in just six years—the Okanagan College Coyotes Baseball Team is back and aiming even higher for the 2025–26 season.

With a strong core of returning student-athletes and an exciting group of new recruits, the Coyotes are ready to build on their legacy of excellence. Come cheer them on this fall and experience the intensity and pride of championship-level baseball right here at home.

For schedules, roster updates, and more, visit okanagancollegebaseball.ca.

TEAM CONTACT INFO

Geoff White – Head Coach
250-470-9568



INTRAMURAL LEAGUES

COED VOLLEYBALL



Looking to expand your social circle and enhance your college experience? Join our coed indoor volleyball intramural league this fall! It's a fantastic way to forge new connections while supplementing your academic pursuits.

Dates: Wednesdays beginning in September

Location: Parkinson Rec Centre

Cost: \$25 per player

Please note that our intramural leagues are non-competitive and intended solely for recreational purposes.

To register for events and services please visit okanagan.bc.ca/kelownastudentlife

Sign in and click on 'forgot your password' using your primary/preferred email address.

CAMPUS

EVENTS

Join us to kick off the Fall Semester.

September

ORIENTATION WEEK

The orientation team at Okanagan College is excited to welcome you to the Kelowna campus for an exciting lineup of activities and events this fall! These events are designed to help you get acquainted with the Kelowna campus and the surrounding community and provide an orientation to your program. From the official Welcome Day event to Pub Night and all activities in between, you are sure to find something fun and exciting to jump-start YOUR OC journey.

Visit okanagan.bc.ca/orientation/kelowna-orientation for a list of activities and events.

KAYAKING OKANAGAN LAKE

Discover the beauty of Okanagan Lake on a two-hour guided paddle along Kelowna's picturesque shoreline, in collaboration with Hoodoo Adventures. This outing includes kayaks, safety equipment, and a full paddling lesson—perfect for beginners and seasoned adventurers alike.

Don't forget to bring a bag lunch, water bottle, swimsuit, towel, and dry clothes. Please note: Transportation is not provided.

Maximum number: 14

Register online: okanagan.bc.ca/kelownastudentlife

Deadline for Registration: Tuesday, September 9

Date: Saturday, September 13

Time: 9 a.m. – 11:30 a.m.

Location: Meet at Hot Sands Beach City Park at 9:00 a.m.

Directions to Hot Sands Beach

Cost: \$50



KAYAKING

MYRA CANYON ROPE CLIMBING ADVENTURE

Perched on the edge of the stunning and historic Myra-Bellevue Provincial Park, Myra Canyon Adventure Park offers an unforgettable day of outdoor fun and challenge.

Explore aerial ropes and challenge courses, and tackle mind-bending physical puzzles—all in one of the most scenic spots in the Okanagan Valley. Get ready to climb, swing, dangle, balance, and explore!

What to bring:

Bag lunch, Water bottle, Long pants
Sturdy shoes, Gloves (recommended)

Register online: okanagan.bc.ca/kelownastudentlife

Deadline for registration: Wednesday, September 17

Date: Saturday, September 20

Location: Meet in the Centre for Learning, E Building Atrium at 9 a.m. for bus transportation to the venue.

Cost: \$25 includes transportation.



MYRA CANYON

CAMPUS

EVENTS

Join the fun!

CONNECTION CAFÉ DROP-IN WEDNESDAYS

In collaboration with Counselling and International Education, we invite you to unwind at our drop-in activity afternoons. These casual sessions offer a chance to connect with fellow students, unplug from tech, and enjoy creative, hands-on activities, with plenty of room for conversation and connection.

No registration needed—everyone is welcome!

Dates: Wednesdays beginning September 24 – October 8

Time: 2 – 4 p.m.

Location: Student Services Lower Lounge – “The Pit”

MISSION CREEK HIKE

Take it easy with a guided walk along Mission Creek, perfect for soaking in the vibrant fall colours and peaceful creekside sounds. After the walk, we will explore the EECO Centre’s exhibits and learn more about local ecology and wildlife.

A relaxing way to connect with nature—and your campus community!

Register online at okanagan.bc.ca/kelownastudentlife

Deadline for Registration: Thursday, September 25.

Date: Saturday, September 27

Time: 10 a.m. – 12:30 p.m.

Location: Meet at the Robert Hobson Environmental Education Centre
EECO parking lot [Directions](#)

Cost: FREE



CONNECTION CAFÉ



MISSION CREEK

October

KNOX MOUNTAIN HIKE & PICNIC

Lace up your hikers and join us for a guided trek to Paul’s Tomb at scenic Knox Mountain Park—home to some of Kelowna’s most breathtaking views! This moderately challenging hike is a great way to connect with nature, meet new friends, and enjoy the fall air.

A picnic lunch is included, so just bring a backpack, a water bottle, and sturdy shoes. Let’s hit the trail!

Register online at okanagan.bc.ca/kelownastudentlife

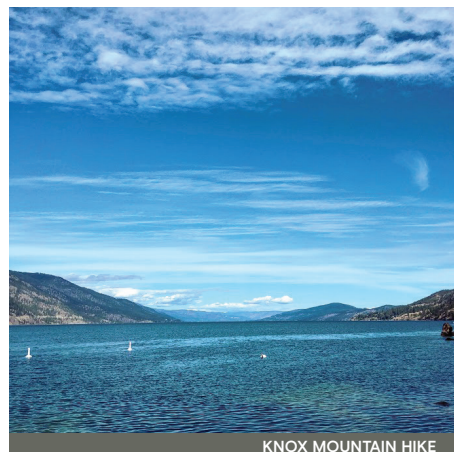
Deadline for Registration: Wednesday, October 1.

Date: Saturday, October 4

Time: 10 a.m. – 1 p.m.

Location: Meet at the bottom parking lot of Knox Mountain [Directions](#)

Cost: Free



KNOX MOUNTAIN HIKE

CAMPUS

EVENTS

Join the fun!

STRESS BUSTER EVENT

Take a break from midterms and projects with warm comfort food, crafts, snacks, and helpful study tips. Plus, enjoy cuddles from the therapy dogs of Kelowna Caring Canines Society. Unwind, recharge, and breathe easily, you've got this!

Date: Thursday, October 9
Time: 10:30 a.m. – 12:30 p.m.
Location: Centre for Learning, E Building Atrium
Cost: FREE

DIWALI FESTIVAL OF LIGHTS

Join us on campus as we celebrate Diwali, the vibrant Festival of Lights cherished by multiple faiths. Enjoy the colours, culture, and community as we share traditional festivities that symbolize the “victory of light over darkness, good over evil, and knowledge over ignorance.”

All are welcome, come be part of the celebration!

Date: Tuesday, October 21
Time: 12 p.m. – 2 p.m.
Location: Centre for Learning E Building Atrium
Cost: FREE

November

PING PONG TOURNAMENT

What started as a parlour game in Britain has become a fast-paced favourite around the world—and now it's your turn to play! Compete for prizes and the title of Okanagan College Ping Pong Champ in this high-energy, fun-filled double knockout tournament.

Sign-up: okanagan.bc.ca/kelownastudentlife

Deadline for Registration: Thursday, October 30

Date: Tuesday, Wednesday and Thursday, November 4, 5 and 6
Time: 10 a.m. – 2 p.m.
Location: Lower Lounge in Student Services – “The Pit”
Cost: FREE

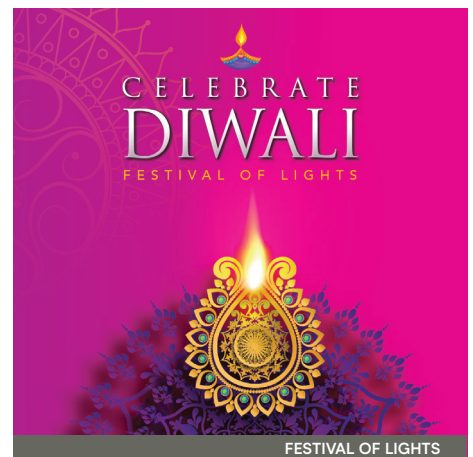
PUPPIES & PIZZA

It's proven—spending time with therapy animals can help lower stress and boost your mood. That's why we're bringing in the Kelowna Caring Canines for a feel-good visit. Stop by, snuggle a friendly pup, and grab a slice of pizza while you relax. Your mind (and heart) will be glad you did!

Date: Thursday, November 6
Time: 10:30 a.m. – 12 p.m.
Location: Student Services Lower Lounge – “The Pit”
Cost: FREE



STRESS BUSTER



FESTIVAL OF LIGHTS



PING PONG TOURNAMENT

INTERNATIONAL EDUCATION WEEK NOVEMBER 18-22

International Education Week (IEW) is celebrated globally during the third week of November by over 100 countries. Come celebrate the richness of global diversity right here on campus with international desserts and drinks, interactive cultural activities, a cultural dress or dance showcase, and more. Plus, discover exciting mobility opportunities and learn how studying abroad can expand your horizons, enhance your education, and immerse you in new cultures.

Date: Wednesday and Thursday, November 19 & 20

Time: 10:30 a.m. – 12:30 p.m.

Location: Centre for Learning, E Building Atrium

Cost: FREE



Fall Semester

STUDENT APPRECIATION

We're excited to announce that Student Appreciation events are just around the corner! These events are our way of saying thank you for being a part of the Okanagan College community and for choosing OC as your place to learn, grow, and thrive.

Stay tuned for more details—fun activities, treats, and good vibes toward the end of the semester!

We can't wait to celebrate you with pop-up on-campus locations and an off-campus experience.



IN THE RUSTLE OF LEAVES,
THERE'S A WHISPER: GO OUTSIDE."

~ UNKNOWN



Jenn Naiman

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CONTACT YOUR ATHLETICS, RECREATION & STUDENT LIFE TEAM:
kelownarec@okanagan.bc.ca



For up-to-date events, photos, events and programs
okanagan.bc.ca/recreation-and-student-life#events



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FOR UPDATES AND PHOTOS OF OUR EVENTS AND PROGRAMS

