

PacificSport Okanagan Athlete Coach Services Carding Program Community Partners & Benefits

GymWorks

Organization	Facility Type	City	Discount	Restrictions/Notes
Penticton Community Centre	Fitness Centre	Penticton	Membership	Athletes U15 will need fitness room orientation.
City Centre Health & Fitness	Fitness Centre	Penticton	Membership	Access restricted to only Okanagan based athletes and coaches. No more than 6 carded athletes in the gym at once. Groups of carded athletes are restricted to slow periods.
Lakeshore Fitness + Health	Fitness Centre	Summerland	Membership	Access restricted to staffed hours. No access to tennis or squash courts.
All Out Fitness	Fitness Centre	West Kelowna	Membership	
Snap Fitness	Fitness Centre	West Kelowna	Membership	Must pay key fob deposit of \$35.
Parkinson Recreation Centre	Fitness Centre	Kelowna	Membership	
Global Fitness Centre	Fitness Centre	Kelowna	Membership	
UBCO - The Hangar Fitness Centre	Fitness Centre	Kelowna	Membership	
H2O Adventure & Fitness Centre	Fitness & Aquatic Centre	Kelowna	Membership	No personal training sessions for athletes by carded coaches.
Kelowna Family YMCA	Fitness & Aquatic Centre	Kelowna	Membership	
Kelowna Downtown YMCA	Fitness Centre	Kelowna	Membership	
Okanagan Peak Performance	Fitness Centre	Kelowna	Membership	
Aspire Health & Performance	Fitness Centre	Kelowna	Membership	Athletes must be at least 13 years of age to use fitness centre.
Kinetic Evolution	Clinic & Fitness Centre	Kelowna	30% off personal strength & conditioning training	

Airhouse	Sport Complex	Kelowna	\$5 Entry Fee	Discounts do not apply on weekends (Friday at 5pm - Sunday 9pm).
Anytime Fitness	Fitness Centre	Lake Country	Membership	Athletes and coaches access is restricted to staffed hours.
Kal Fitness	Fitness Centre	Vernon	Membership	No more than 3 carded athletes in the fitness centre at once.
Greater Vernon Recreation	Fitness & Aquatic Centre	Vernon	Membership	Athletes must be at least 13 years of age to use gym. All athletes & coaches must receive orientation before receiving access to the gym.

Sport Health

Dale Charles Physiotherapy & Sport Clinic Physiotherapy	Physiotherapy, Bracing & Concussion Management	Penticton	Physio: \$65 compared to \$80	
			Hand Therapy: \$65 compared to \$90	With Certified Hand Therapist. Splinting is extra.
			Extended visit services (Vestibular Rehab/Pelvic Floor Physio: Discounts provided upon inquiry.	
			Complete Concussion Management Services: reduced rate of \$120 per hour.	
			Bracing measurements/fitting: \$65 compared to \$80	Custom knee braces.
Summerland Physio & Sport Care	Physiotherapy	Summerland	\$10 off each physiotherapy service.	
ThreeSixty Physio	Physiotherapy	Kelowna	\$60 for physiotherapy appointment compared to \$80.	
Kelowna Manual Therapy Clinic	Physiotherapy & Bracing	Kelowna	\$50 appointments compared to \$75	Eligible for Manual Physical Therapy, Therapeutic Exercise, IMS / Dry Needling & Acupuncture

			15% off all custom knee braces.	
Sun City Physiotherapy	Physiotherapy	Lake Country & Kelowna	\$60 for an initial assessment compared to \$85.	Same deals apply at all 4 locations
			\$50 per follow up appointment compared to \$75.	
Damini Physiotherapy & Sport Injury	Physiotherapy	Vernon	\$50 per physio session compared to \$75	
North End Spine & Sport	Physiotherapy	Vernon	\$50 per physio session compared to \$75	
South End Spine & Sport	Physiotherapy	Vernon	\$50 per physio session compared to \$75	
	Chiropractic		\$30 chiro session compared to \$60	
Creekside Dynamic Health	Chiropractic, Massage, Acupuncture, Pedorthics & Counselling	Vernon	Chiro: \$60 compared to \$80 for initial apt, \$30 compared to \$50 for 15 min follow up & \$50 compared to \$80 for 30 min follow up.	
			Massage: 20% + GST off all services	45 min, 60 min, 75 min or 90 min appointment options
			Acupuncture: \$70 compared to \$100	\$20 off all services
			Pedorthics: \$70 compared to \$90 for 1hr appt. & \$425 compared to \$485 for Custom Orthotics.	1hr apt includes initial exam or a session specifically for training/rehab of the lower limb or core.
			Counselling: \$75 compared to \$100 for 1hr session.	With Andrea Harrison.

Kinetic Evolution	Chiropractic, Massage Therapy, Acupuncture & Concussion Management	Kelowna	30% off Chiro, Massage Therapy & Acupuncutre.	
			50% off Chiro and/or Concussion Management with Dr. Benjamin Stevens.	
Okanagan Health & Performance	Chiropractic	Kelowna	25% off all chiropractic services	
ValleyView Chiropractic & Massage	Chiropractic	Kelowna	Initial appointments: \$35 compared to \$60. Subsequent Visits: \$30 compared to \$50 Shockwave Therapy: \$50 compared to \$70 Kinesio Tape applications: \$10.00	All appointments must be booked with David Urness
Orchard Park Optometry	Optometry	Kelowna	\$99 per session compared to \$130.	
Visionfirst Optometry	Optometry	West Kelowna	\$80 compared to \$115 for athletes between 19-39.	
			\$80 compared to \$125 for athletes between 40-65.	
Lake Country Optometry	Optometry	Lake Country	\$100 eye exams compared to \$135.	
			10% off all retail products	
OKAPED	Pedorthics & Sport Bracing	Kelowna, West Kelowna, Vernon, Penticton	Free Biomechanical Evaluations and bracing consults/evaluations, discounts on bracing and supports and one free pair of custom foot orthotics.	Same deals apply at all 5 locations
Orthoquest	Pedorthics & Sport Bracing	Kelowna	15% off any retail products.	Pedorthic Assessment & Custom foot orthotics will be up to the discretion of the

			\$75 for Kinesiology Assessments compared to \$85.	treating Pedorthist to discount the assessment on a case by case basis.
Fueling with Food / Tristaca Curley	Nutrition	Kelowna	\$75 appointments compared to \$129 for initial appointment and \$110 for follow up.	
Jennifer Podovennikoff	Nutrition	Kelowna	\$60 per hour compared to \$80.	Please call 250-215-8443 , or email Jennifer.podovennikoff@interiorhealth.ca to make an appointment.
Nutrition 360	Nutrition	Penticton	15% discount on all current service prices	
P.E.A.R Nutrition	Nutrition	Vernon	\$75 compared to \$100 for initial appointment	
Ashley Phillips Counselling	Counselling	Kelowna	\$90 + GST compared to \$130	Video sessions available.
Alive Counselling	Counselling	Kelowna	Reduced rate of \$100	Possibility of accessing Third Space Charity for subsidized rates.
Dr. Shaunna Taylor Private Practice	Mental Performance / Mental Health	Kelowna	\$100 compared to \$125 or \$150	
Elevate Spa	Health & Wellness Spa	Vernon	15% discount for all services.	Blackout date: Dec 21 - Jan 5. Discount cannot be combined with any other package deals or offers.
Float Space	Wellness & Recovery Centre	Kelowna	40% discount for all services. Discounted monthly membership rate of \$160.	First month of membership includes 4 floats, 4 infra red sauna sessions and 4 free guided recovery training sessions. Please contact facility for further membership details.
FoodStuff				
Pita Pit	Restaurant	BC wide	25% off	

INFINIT Nutrition Canada	Supplements	BC wide	33% off Infit products from their 'CSI Supporter' webpage here: https://www.infitcanada.com/store/pc/viewcategories.asp?idcategory=84	Discount only available for carded athletes. Must sign CSI Pacific Supplement Policy prior to purchase. Particular products listed on the CSI Supporter page have been vetted by our Nutrition team and thus are the only ones eligible.
MoreStuff				
Endur Apparel	Retail	Online Store	40% off	Discount excludes subscriptions and discounted products. Contact Jackie Lawther (jlawther@pacificsport.com) for discount code
Cascadia Board Co.	Retail	Online Store	Podium, Canadian Elite, Canadian Development, Coach - 40% off / Provincial development - 20% off	Contact Jackie Lawther (jlawther@pacificsport.com) for purchase instructions
POLAR	Retail	Online Store	Discounted rates	Contact Jackie Lawther (jlawther@pacificsport.com) for promo code
Kinetic Footwear and Orthotics	Retail	BC wide	15% off	Excludes custom products
icebreaker	Retail	Online Store	Discounted rates	Contact Jackie Lawther (jlawther@pacificsport.com) for promo code
2XU	Retail	Online Store	50% off	Contact Jackie Lawther (jlawther@pacificsport.com) for promo code
Coast Hotels	Accommodation	BC, AB, YT, NT	Discounted rates (vary on time of year, location and room type)	Call 1-800-663-1144 and mention Canadian Sport Institute. To book online, visit www.coasthotels.com , company ID Code: CANSPORT

Accent Inns	Accommodation	Burnaby, Kamloops, Kelowna, Richmond & Victoria	Discounted rates (vary on time of year, location and room type)	Call 1-800-663-0298 and mention Canadian Sport Institute
Days Inn by Wyndham	Accommodation	BC wide	15% off - use promo code "1000037325" when booking.	