

SPRING PROGRAMS – 2011

Inside this issue:

- Children's Programs
- Youth Programs
- Adult Programs
- Seniors' Information
- Facility Rental Information
- Community Information



CITY OF ROSSLAND

Recreation Department
 1899 Columbia Avenue, Box 1179
 Rossland, BC V0G 1Y0
 9:00-4:00pm, Monday to Friday

Phone: 250.362.2327

Fax: 250.362.5451

E-mail: recreation@rossland.ca

www.rossland.ca



R Recreation E Education C Community

Violin/ Fiddle Beginners Class, Level 1 with Janis Anderson

For those who have never had violin experience, music training, or who have had some experience & frustrations learning violin - then this class is for you! These classes will open up a whole new world of violin/fiddle playing, while giving you some basics to get you started. Instrument required.

(Please call Janis if you are having trouble borrowing a violin, at 250-362-9680)

DATES: April 7 - June 2, 2011
TIME: Thursdays, 7:00pm-7:45pm
LOCATION: Arena Lounge
FEES: \$125.00, plus HST (for those older than 14 years)
AGE: 10 years +
CLASS SIZE: Min. 5 / Max. 10

Make a Homemade Lasagne Pan! with Sarah Zanussi

Using red, earthenware clay, this class will teach you the basics of hand building and slab work. The result will be a hand built, oven safe, functional lasagne pan! Participants can decorate their 9"x13" or 10"x14" pan using unique colours, designs and decorative techniques to create a one of a kind piece of art! Participants are encouraged to bring a lunch or a snack to enjoy during the class. There are two sessions to choose from.

DATES: **Session #1:** Saturday, April 2, 9:30-1:30pm
 Saturday, April 16, 9:30-11:30am
Session #2: Saturday, May 7, 9:30-1:30pm
 Saturday, May 28, 9:30-11:30am

LOCATION: Miners Hall Pottery Studio
FEES: \$85.00 (includes clay)
CLASS SIZE: Min. 4 / Max. 6

Cartooning for Teens with Shelley Painter

Do you enjoy reading cartoons? Why not make your own? This class teaches you techniques and skills that allow you to draw animals, faces and bodies. As your skills improve, you'll learn how to ink and add colour to your own cartoon strips. You'll leave the class with your very own, unique, flip book and comic book cover.

DATES: April 6 - June 8, 2011 **FEES:** \$80.00
TIMES: Wednesdays, 6:30-7:30pm **AGES:** 11- 14 years
LOCATION: Rossland Arena Lounge **CLASS SIZE:** Min. 5 / Max. 10

Beginners Knit Class with Lulu's Lost Sheep

Always wanted to learn to knit but thought the patterns were written in another language? Well this class is for you! Learn the hobby that will keep your brain young for years to come. You will learn to cast on & cast off, knit & purl, increase & decrease and learn a new language!

DATES: April 2 & 9, 2011
TIMES: Saturdays, 10:30-12:30pm
LOCATION: Lulu's Lost Sheep, 2123 Columbia Avenue
FEES: \$38.00 plus HST (supplies are available for purchase at the store)
CLASS SIZE: Min. 2 / Max 6

COMMUNITY EVENTS & INFORMATION



Earth Hour - Saturday, March 26, 2011, 8:30pm

The event that began in one city just three years ago has now grown to be the largest environmental movement in history! In 2009 hundreds of millions of people turned out their lights for one hour to show their support for climate action. Light the way again on March 26, 2011 at 8:30pm. Earth Hour is more than switching off lights for one hour, once a year. It's about giving people a voice for the future of our planet, and sending a message to our world leaders that we want action on climate change. Check out www.earthhour.org for more information.

Interested in Triathlon?

Based in the beautiful West Kootenays with members from Fruitvale and Montrose to Trail and Rossland, High Altitude Triathlon Club offers a fun and supportive environment in which to train for your first Sprint Triathlon or your tenth Ironman. Check out the Group Training sessions, attend an information session or see what events other members are going to. Log on to www.hatc.ca for more information.

Celebrate Earth Day! April 22, 2011

Check out www.earthday.ca for ideas and information on how you can make a difference!

Rossland Foodies

The Rossland Foodies have lots of great workshops and opportunities to get involved this year! For more information about courses, workshops, the new online gardening almanac and the first outdoor edible garden tour, check out www.rosslandfood.com.

Sustainable Living Conversation Series

Come for coffee and conversation at Café Books West, with host Ralph Behrens. Ralph started his professional career as an agronomist (soil scientist) before switching to medicine and moving to Rossland. On the south-facing slopes of his own highly productive food garden, he has built rock and glass greenhouses and rock walled terraces. Saturday, March 26, 3:30-5:00pm at Café Books West. FREE!

Tennis

Three beautiful, 100 year old courts are located in a quiet setting near the corner of Park St. and LeRoi Ave. Annual membership dues can be purchased at Rossland Recreation or the Powderhound. Memberships: Junior \$20, Family \$70, Adult \$40, Couple \$60. Rossland Tennis Society, call Laura Pettitt 250-362-9429.

West Kootenay Early Years Conference "Connecting for Children" - April 8 & 9

This is an excellent conference for parents, grandparents, teachers and childcare professionals. The conference offers workshops and discussions on a wide range of topics, including; "Encouraging Positive Behaviour", "Outdoor Adventuring and Curriculum", "Separation and Divorce: Putting Kids First", "Anxiety as a Learning Barrier" and "Pitfalls of Praise". For more information about the conference, or to register for it, please log on to; www.thekoop.ca and click on Early Years Conference.

A new 4-H Community Club for the West Kootenays!

A new 4-H club for kids ages 9-19 years is starting up this year. A great opportunity for young foodies and future farmers to build community and get the hands on skills they need to be great gardeners, chefs and citizens of the world. If you're interested in getting involved, contact westkootenay4h.wordpress.com or ask.westkootenay4h@gmail.com for more information.

Rossland 7th Annual Trails Day - Saturday, June 4

The Rossland trails system includes 32 trails - for a total of 170km! The continued success and expansion of the trail network depends on the support of members and volunteers. Come out to the 7th Annual Rossland Trails Day on Saturday June 4, 2011 from 9:00-2:00pm. All volunteers are rewarded with a potluck and beverages, plus PRIZES! Please email Patrick Kinghorn at; pkinghorn@sd20.bc.ca to register.

Rossland Historical Museum - Opens for the Summer on Saturday, May 21

Season passes are available at the museum on Mondays and Thursdays until the opening date. Annual Museum Day will be held on Saturday, May 28. The archivist is available for research inquiries by appointment on the same days. A calendar of events is presently being prepared and will be on the museum website and posted around town. It will include summer activities, guest speakers and museum updates. The museum is also available for birthdays and weddings upon request. For further information phone: 250-362-7722 or email: museum@rossland.com or www.rosslandmuseum.ca

COMMUNITY EVENTS & INFORMATION



Financial Assistance Policy for Recreation Programs outside of Rossland

If you have a child who is interested in participating in a League or Club in Trail, like Stingrays or Baseball, please check out the City's website (www.rossland.ca) for information on the Financial Assistance Policy. The Policy is called the "Financial Assistance for use of Facilities, Pools and Parks Policy" and its purpose is to provide financial assistance for use of recreation facilities and complexes in another municipality in the Greater Trail Area. Rossland Council may provide financial assistance to members and volunteers of Non-Profit Groups and Clubs whose purpose is recreation and competitive programs. Applicants must fall into one of three categories - children up to the age of 18 years, special needs individuals, or senior citizens over the age of 55 years. The policy guidelines and application forms are on the City's website. If you have any questions about the policy, please do not hesitate to contact our office.

Municipal Government 101 - An Information Workshop

Curious about your local government? Wondering if you should run for Council? This informative workshop, hosted by Mayor Greg Granstrom, will help give those considering a position on Council a clear understanding of Council's roles and responsibilities and the impact the duties of office will have on their life in general. This workshop is not for "campaigning" - it's to equip and encourage those who are considering a position on Council. There are two sessions to choose from. **Session #1:** Tuesday, May 17, from 6:00-8:00pm and **Session #2:** Thursday, May 19 from 10:30am-12:30pm. Both sessions will be held in the Rossland Arena Lounge. The Lounge can be accessed from 3rd Ave, up the stairs above the Public Skating entrance. To register, please contact the Recreation Department. Registration is \$5.00 and all proceeds will go towards KidSport – an organization that ensures all children can afford to play.

Kootenay Mutt Strut - Sunday, May 1st, 2011

Dog lovers from all over the region will have the opportunity to show off the cuteness of their favourite canine on Sunday, May 1st at Centennial Field, from 11:00am-1:00pm. Local pet professionals will judge dogs in weight categories based solely on their "awwww" factor. Dogs will also have a chance to compete in obedience show-downs, head-to-head fetching battles and quirky trick events. There will be fun challenges and activities for humans of all ages as well, in addition to vendors and concession. Registration fees are a minimum donation of \$10, with every penny raised going to the Trail animal shelter. Detailed information and event updates available at the Mutt Strut website: www.kootenaymuttshow.weebly.com

Running Clinic & Nordic Pole Walking

Kootenay Nordic Sports and Sandi Jewel, Physiotherapist, have teamed up to offer a running clinic this Spring. The clinic includes video analysis, nutrition, orthotic shoe fittings and group runs. Cost is \$25.00 and is limited to ten people. Pre-registration is a must and all proceeds go towards the Skier Development Program at BlackJack. Nordic Pole Walking is a low-impact exercise that will give you a great cardio workout by using your upper body with the use of poles. Cross country skiers have been doing this for years as a way to train in the off season. This **free** session will show you the basic technique and give you the opportunity to try it out at no cost. May 11 & June 8 at 6pm. Email Tammi at; info@kootenaynordicsports.com or call her at 250-362-7071 for more information or to register.

BC Seniors Games

The BC Seniors Games are coming to the West Kootenays, August 16-20, 2011 and are being hosted in Castlegar, Nelson and Trail. The 55 Plus BC Seniors Games promotes active participation in fitness and wellness in sport, recreation and education for BC Seniors. This annual four-day celebration attracts about 3,500 seniors participating in up to 26 events. The Kootenays are classified as Zone 6 within the Province, and the goal is to encourage as many seniors as possible to participate in the event of their choice and to continue their interest in the months and years to come. The Zone 6 Executive and Sport Coordinators hold monthly organizational meetings to help seniors stay informed throughout the year and to enjoy some social events. For more information about the games, or to inquire about registering as an athlete, please contact Barb Roberts, Zone 6 Director, at barb-zone6@telus.net or 250-362-9489. For more information about the Games, log onto www.bcseniorgames.org

ROSSLAND POOL



The Rossland Pool opened in 1932 and is still an important and well loved part of summer in Rossland. For Rossland Youth, working at the Pool is considered an excellent summer job. If you're a local teenager or you're a parent and would like to encourage your teenager to consider aquatics, there are some excellent reasons to do so. Aquatics is a challenging and rewarding way to increase your physical fitness level and is also financially rewarding - an average wage is between \$13.00 to \$25.00 an hour. Most Colleges and Universities have a pool and students who are employed part time on Campus enjoy earning up to \$25.00 an hour. If you would like more information about Lifeguarding courses or would like to apply for a position with the Rossland Pool, please contact Robin at the Recreation Department, City of Rossland.

April to June 2011



June Schedule

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
9:00	LESSONS					POOL FOR RENT	
11:30	LAP SWIM	AQUA TOT	LAP SWIM	AQUA TOT	LAP SWIM	LAP SWIM	
12:00	LESSONS					PUBLIC SWIM	
1:00	PRESCHOOL LESSONS					PUBLIC SWIM	
2:30	PUBLIC SWIM						
3:00	PUBLIC SWIM						
4:00	FAMILY SWIM						
5:00	LESSONS				PUBLIC SWIM		
6:00	PUBLIC SWIM				POOL FOR RENT		
7:00							

Rossland Pool Membership Benefits

Did you know that the Rossland Pool was built by volunteers in 1932 and that it's still operating as a Non Profit Society? Because your financial support ensures quality summer recreation for our community, the Board is rewarding pass holders with Member benefits, resulting in significant discounts on all programs—including camps, lessons and rentals!

Admission Prices

Membership Passes

Family Pass	\$130.00
Adult Pass	\$70.00
Senior/Youth Pass	\$60.00
Child Pass (7-13 years)	\$60.00

Drop In

Adult Drop In	\$5.00
Senior/Youth/Child Drop In	\$4.00
Child (6 & under)	FREE!

Facility Rentals

\$50.00 per hour/Members
\$60.00 per hour /Non Members

The Pool has several rental times set aside for your

Rossland Pool Private Parties!

Birthday Parties, Club Parties, Reunions, Swim Club Practice, Team Parties and more!!!
\$50.00/hr members - \$60.00/hr Non Members

JUNE PROGRAMS



Afterschool Childcare June 6 - June 28 (Mon.-Thurs)

Childcare woes? For children ages 6-10 years and from 3:00-5:00pm, the Guards will provide an after school snack and supervise swimming & games.

Mon.& Wed. (June 6 to 27 - 7 sessions) \$70.00

Tues. & Thurs. (June 7 to 28 - 7 sessions) \$70.00

\$5.00 discount for Members and siblings Min. 6 per session

Preschool Swim Lessons

Swimming lessons for children aged 3 to 5 years who can stand in the shallow end. Parents and caregivers are welcome in the Pool with their child, if needed.

DATES: June 13 - 24, 2011 (Monday to Friday)

TIMES: 2:30 - 3:00pm

FEES: \$35.00 Members
\$42.00 Non Members

Red Cross Swim Kids Lessons

Swim Kids will feel proud of their achievements as they progress through the different levels of the program. Swimming and water safety skills are taught in the water so that everyone is always active and wet, an approach that promotes success and encourages lifelong fitness.

DATES: June 13 - 23, 2011 (Monday to Thursday)

TIMES: 5:00 - 6:00pm (Individual lessons may be 1/2 hour, 45 minutes or 1 hour, depending on level)

FEES: \$35.00 - \$43.00 Members
\$42.00 - \$50.00 Non Members

AquaTot (my parent & me!) Program

Our Aqua Tot lessons are held on Tuesdays and Thursdays from 11:30 to 12:00pm. This great program is a fun social time for parents and little ones. Lessons will cover buoyancy, movement, floating, gliding and swimming skills while enjoying active water play. Parents can enjoy coming as often or as little as summer holidays permit.

DATES: June 21 - August 25, 2011

TIMES: Tuesdays, 11:30-12:00pm
Thursdays, 11:30-12:00pm

FEES: \$2.00 Drop In (Members)
\$3.00 Drop In (Non Members)





Red Cross Swim Preschool

(for children under the age of 6)

Starfish (4 to 12 months)

An introductory class for babies and their parent or caregiver. To enter this level, babies must be able to hold their head up. The goal of this orientation to water class is to experience buoyancy, movement, entries, and songs and play in the water.



Duck (13 to 30 months)

For toddlers or older babies with a parent or caregiver. Toddlers build their confidence while enjoying the water through games, songs and active water play.



Sea Turtle (30 to 36 months)

A transitional level for preschoolers and their parents. Parents can gradually transfer the preschoolers to the care of the Instructor. This level develops skills in swimming, glides, floating and builds awareness of deep water and safe entries.



Salamander (3 to 5 years)

Preschoolers actively learn new swimming skills including assisted floats and glides through games and songs. The fun includes learning to jump into chest deep water.



Sunfish (3 to 5 years)

Assisted by an Instructor, preschoolers work on stroke and skill progressions. Learning also focuses on good judgement in, on and around the water, including entries and floats in deep water.



Crocodile (3 to 5 years)

Preschoolers start independent glides and kicking in deep water. Endurance is built through increasing distance for front and back swims. Swimmers learn about the dolphin kick and try synchro skills in the water.



Whale (3 to 5 years)

Children will learn to swim independently and participate in team games. Preschoolers will increase their distance and improve skills in front and back swims. Swimmers also learn about throwing assists to help another person in the water.



Red Cross Swim Kids

(for children ages 6 and up)

Red Cross Swim Kids Level 1

This is an entry level for children ready to move in shallow water. This level provides an orientation to the water and the pool area and introduces floats and glides with kicks. Children build their endurance by improving distance.

Red Cross Swim Kids Level 2

This level helps the child build skills in front and back swims. Children are introduced to deep water activities and proper use of a Personal Flotation Device (PFD). Endurance is built on flutter kicking with assisted glides.

Red Cross Swim Kids Level 3

This level provides an introduction to front crawl as well the foundation for making wise choices on where and when to swim. Diving is introduced and children will work on floats and changing direction. Endurance is achieved by building strength in flutter kick and a 15-metre swim.

Red Cross Swim Kids Level 4

The front crawl, back glide and shoulder roll for back crawl are further developed. Children work on kneeling dives, surface support and developing a greater sense of self safety by understanding their own limits. Endurance is built through a 25-metre swim.

Red Cross Swim Kids Level 5

Back crawl is introduced, along with sculling skills and whip kick on the back. Children try stride dives and receive an introduction to safe boating skills. Endurance is developed through dolphin kick and a 50-metre swim.

Red Cross Swim Kids Level 6

Front and back crawl continue to be refined as the elementary backstroke is newly introduced. Children are also introduced to safety on ice, elementary rescue of others with throwing assists, treading water and the front dive. Endurance is built through a 75-metre swim.

Red Cross Swim Kids Level 7

Level 7 continues to build skills and endurance for front crawl, back crawl and elementary back stroke and introduces whip kick on the front. Children learn about airway and breathing obstructions, and participate in timed treading water and a 150 metre swim to increase endurance.

Red Cross Swim Kids Level 8

Level 8 provides an introduction to the breaststroke, foot first surface dives and rescue entries. Children learn about the dangers of open water, hypothermia, and the performance of rescue breathing on children and adults. Endurance is built on the dolphin kick and 300-metre swim.

Red Cross Swim Kids Level 9

Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined. In this level children are encouraged to try combining different strokes and kicks for fitness. They also work on head-first shallow dives and standing dives and learn about wise choices, peer influences, and self-rescue from ice. Endurance is built through a 400-metre swim.

Red Cross Swim Kids Level 10

Further refinement of strokes, with an introduction to butterfly and scissor kick as a warm-up/cool down stroke for fitness. Children learn about sun safety, rescue of others from the ice, and head-first and feet-first shallow dives.

PRESCHOOL - ARTS, MUSIC, SPORTS & MORE!



Tumbalina with Pam Shirley

This is an introduction to gymnastics skills and apparatus in a fun, non-structured environment. The first 30 minutes of this parent/child class focuses on increasing physical strength, flexibility and co-ordination by exploration of circuits set up in the gym. The last 15 minutes will include songs and games that encourage self expression, spatial awareness and large motor skills. **Must have a minimum of 8 registrations to run the class.**

DATES: March 30- May 18, 2011
TIMES: Wednesdays, 4:00-4:45pm
LOCATION: MacLean Annex
FEES: \$40.00
\$6.00/drop in
AGES: Infant to 4 years

Sunrise 2 Program with Nicole Zimmer, ARCT, RMT, MYC Instructor

This is a continuation of SUNRISE 1 for you and your child. Your child will receive a SUNRISE 2 activities/songbook and CD with a new puppet friend, Mellow Yellow! She is a friend of Buddy Croak's and is the singer/dancer of his band. SUNRISE 2 continues to bring you learning through singing, rhythm, and games/crafts. The teddies still help with rhythm and counting. This music curriculum develops your child's listening awareness, fine motor skills, social interactions, confidence and attention span. Join your child each week while they sing, play and learn.

**Class will run only with a minimum of 6 students and a maximum of 10.*

DATES: April 4 - June 6, 2011
(no class on Easter Monday or Victoria Day)
TIMES: Mondays, 9:30-10:15am
LOCATION: Arena Lounge
(3rd Ave, up the covered stairs)
FEES: \$105.00
AGES: 3-4 years
CLASS SIZE: Min 6 / Max 10

T-Ball! with Pam Shirley

T-Ball is the entry sport to baseball and softball for young players. Parents are encouraged to participate. Skill building games such as base recognition, nerf ball toss/ catch, freeze ball tag and nerf tee-ball batting are combined to help children to progress to a tee-ball game in a fun, non-competitive environment. The elimination of pitching allows children to participate without the fear of being hit by a pitched ball. Tee Ball develops the primary baseball skills of hitting, running bases, fielding and throwing. A glove is not mandatory. In the event of rain, class will move into the Annex.

DATE: June 9 - June 30, 2011
TIMES: Thursdays, 3:00-3:45pm
LOCATION: MacLean School field
FEES: \$24.00/4 classes
AGES: 3-5 years

Music & Movement Class with Pam Shirley

This parent participation class is a great way to explore movement through music and imagination. Kids will have fun exploring a different theme each week. Animals, moon walking, musical instruments and parades and in the last week, rhythm ribbon dancing. Every class includes moving to music and ending with a puppet and story book.

DATES: April 6 - April 27, 2011
TIMES: Wednesdays, 10:30-11:15am
FEES: \$24.00
LOCATION: Miners Hall
AGES: 3-4 years
CLASS SIZE: Min. 6 / Max. 12

Preschool Gymnastics with Pam Shirley

This great introductory class includes the fundamentals of gymnastics in a fun environment. This program starts with a fun warm up game with musical movement. Gym apparatus such as bars, beam, floor and trampoline are introduced through the use of spatial orientation, visual cues and a circuit format. The class ends in a calming, cool down game. Parent participation is welcome but not necessary.

DATES: April 6- May 25, 2011
TIMES: Wednesdays, 3:00-3:45pm
FEES: \$48.00
LOCATION: MacLean Annex
AGES: 3-4 years
CLASS SIZE: Min. 4/ Max. 6

Preschool Animal Art Classes with Shelley Painter

Parents, come with your kids to this art class and together you will make cool art projects to take home. Kids will work on refining their fine motor skills and experiment with new art techniques and materials through a series of projects based on animals. Projects will include working with pastels, paint, clay, paper mache and will be different than the last session, so come out Wednesday mornings and have a great time learning about art!

DATES: April 6 - June 8, 2011
TIMES: Wednesdays, 9:30-10:30am
LOCATION: Rossland Arena Lounge
FEES: \$80.00
AGES: 3-4 years
CLASS SIZE: Min. 5 / Max 10

Mom, Dad & Me Playgroup

The Mom, Dad and Me Program is a weekly playgroup at St. Andrews United Church, Rossland. If you are interested in volunteering, or for more info please contact: Ona Stanton 250-362-0081.

Strong Start Program

Held at MacLean Elementary School, this Preschool program helps your toddler get ready for School! For more information contact: MacLean Elementary, 250-362-9050

April to June 2011

CHILDREN-ARTS, MUSIC, SPORTS & MORE!



Introduction to Recreational Gymnastics

with Pam Shirley

Through movement education, children will explore the fundamentals of gymnastics: agility, balance, coordination, flexibility and strength. Please note: Five year olds should have some prior gymnastics experience, such as Tumbalina or Kindergym. Basic gymnastics equipment is used in a structured circuit format.

DATES: April 7 – May 26, 2011
TIMES: Thursdays, 3:00-4:00pm
LOCATION: MacLean Annex
FEES: \$56.00
AGES: 5-6 years
CLASS SIZE: Min. 6 / Max. 8

Hammer with Pammer with Pam Shirley

This is a beginner mountain bike course that introduces some basic skills of bike/body separation, front/rear wheel lifts, cornering, gearing, breaking and basic bike care. Mountain bikes must have front/rear breaking along with minimal gearing system. The course begins at the MacLean Elementary field with an hour of skills and then a short mountain bike ride on Centennial Trail. Some road safety and single track riding will take place in the last 2 classes. Please bring water bottle, snack and helmet. (leg/arm pads, pump and tools are great but not necessary)

DATES: June 9– June 30, 2011
TIMES: Wednesdays, 3:00-5:00 pm
LOCATION: MacLean Annex
FEES: \$35.00
AGES: 7-9 years
CLASS SIZE: Min. 5 / Max. 6

Federal Child Fitness Tax Credit - Don't forget to save your receipts for your children's recreation programs. The tax credit is available for registration and membership costs of up to \$500.00 for physical activity programs.

All Boys Gymnastics Class with Pam Shirley

Gymnastics fundamentals such as landings, statics, springs, rotations and swings are introduced through demonstration of skills. Students learn through fun and performing repetition of the skill in a circuit format set up on the floor, beams, parallel bars, uneven bars, and trampoline in a cooperative and safe environment. Each class, students will participate in fun, interactive games, warm-up stretches, and focus on a fundamental gym skill with a cool down at the end. Designed for intermediate as well as continuing gym students.

DATES: June 9– June 30, 2011
TIMES: Thursdays, 4:15-5:15pm
LOCATION: MacLean Annex
FEES: \$28.00
AGES: 7-9 years
CLASS SIZE: Min. 5 / Max. 8

Recreational Gymnastics for 7-9 year olds

with Pam Shirley

Agility, coordination and balance are developed in a fun, cooperative and safe environment. Each class, students will participate in fun, interactive games for warm up and cool down, while focusing on different weekly themes for the duration of the class. Designed for beginners as well as continuing gym students.

DATES: April 7 – May 26, 2011
TIMES: Thursdays, 4:15-5:15pm
LOCATION: MacLean Annex
FEES: \$56.00
AGES: 7-9 years
CLASS SIZE: Min. 6 / Max 8

Kids Bike Maintenance Class with Revolution Cycle

Spring is in the air and your bike needs some love! Learn the basics of maintaining and repairing your bike.

DATES: May 18, 2011
TIMES: 6:30-8:30pm
FEES: \$20.00
AGES: 9-14 years
LOCATION: Revolution Cycle, Columbia Ave.

Animal Art with Shelley Painter

Do you like animals? Animal Art class creates a variety of 2D animals – focussing on the 6 classifications of animals – fish, mammals, insects, amphibians, birds and reptiles. Using drawing techniques, photographs, paint and pastels, kids will create cartoons of real and imagined animals. 3D animals from recycled materials and habitat dioramas will also be constructed. This class is a great opportunity for kids who love animals to try out various art mediums and learn new art techniques.

DATES: April 6 - June 8, 2011
TIMES: Wednesdays, 4:00-5:00pm
LOCATION: Rossland Arena Lounge
FEES: \$80.00
AGES: 5-7 years
CLASS SIZE: Min. 5 / Max. 10

Medieval Art with Shelley Painter

Castles, dragons, knights on horses, armor..... If you love medieval times and have a great imagination, check out Medieval Art! Children will be drawing and building 3D castles, dragons, armor, designing a shield, creating an original crest and more. Learn about Medieval times while exploring and practicing art techniques.

DATES: April 6 – June 8, 2011
TIMES: Wednesdays, 5:15-6:15pm
LOCATION: Rossland Arena Lounge
FEES: \$80.00
AGES: 8 - 10 years old
CLASS SIZE: Min. 5 / Max 10

YOUTH PROGRAMS



Violin / Fiddle, Beginners & Intermediate Class

with Janis Anderson

Whether you used to play but it's been years or you just want to learn some simple tunes with like minded-people, this course will help you to advance your skills and refine your technique. Instrument required. (If you are having trouble borrowing a violin, Janis has a few extra. Please call Janis at 250-362-9680)

DATES: April 7 - June 2, 2011
(no class May 5th)
TIME: Thursdays, 8:00pm-8:45pm
LOCATION: Arena Lounge
FEES: \$125.00
CLASS SIZE: Min 5 / Max 10
AGE: 10 years +

Clay Arts for Kids with Sarah Zanussi

Come and create with clay! Projects will evolve through your own imagination as you learn how to work with clay in the wet state and how to build with forms that are almost dry. Using basic shapes like balls, ropes and or sheets of clay the possibilities are endless. Let's have fun!

DATES: **Session #1:** April 6, 13, 20, May 4, 2011
Session #2: May 18, 25, June 1, 15, 2011
TIMES: Wednesdays, 4:00-5:45pm
LOCATION: Community Pottery Society,
Miner's Hall Basement
FEES: \$65.00 child/session (clay is included)



Kid's Wheel Throwing & Mask Making

with Sarah Zanussi

Come and create with clay. Learn the art of throwing clay onto a wheel. This includes setting and balancing clay on wheel and then shaping the clay to create projects such as bowls, mugs, animals etc. When not working on the wheel, kids will have fun creating a personalized mask.

DATES: April 18, 25, May 2, 16, 2011
TIMES: Mondays, 4:00-5:45pm
LOCATION: Miners Hall Pottery Studio
FEES: \$95 (clay included)

Kids Bike Maintenance Class with Revolution Cycle

Learn how to deal with ongoing bike maintenance and repairs and the tools that you need, so that you're always prepared.

DATES: May 18, 2011
TIMES: 6:30-8:30pm
FEES: \$20.00
AGES: 9-14 years
LOCATION: Revolution Cycle, Columbia Ave.

Home Alone Course with Terry Brinson

Leaving your child at home can be a scary situation for both of you. This program provides them with the skills they need to feel safe and confident in stressful situations, household mishaps and in the event of an emergency. This course is for children aged 10-13 years who will find themselves at home, alone, for short periods of time.

DATES: June 16, 2011
TIMES: Thursday, 6:00-8:30pm
LOCATION: RSS Library
FEES: \$15.00 (Siblings \$10.00)

ACTIVE ADULT PROGRAMS



Drop In Flow Jam with Shauna Davis

Are you looking for an inside space to practice your hoop, poi, staff or other flow toys? Want to meet up with your friends and play? Drop in fee includes HST.

DATES: Ongoing
TIMES: Mondays, 8:30-9:30pm
LOCATION: Miners Hall
FEES: \$2.00 Drop In (HST is included)
AGES: 16+

Volleyball with Aaron Cosby

Come out and get vertical! This drop in program for all ages runs every Thursday from 7:30-9:30 in the RSS gym.

DATES: Ongoing
LOCATION: RSS GYM
WHEN: Thursdays, 7:30-9:30pm
FEES: \$2.00 drop in or \$5.00/year

Indoor Soccer

Interested in co-ed, drop in soccer? Grab your shoes and water bottle! Youth 14+ welcome!

DATES: ongoing, until April 6, 2011
(no sessions during Spring Break - March 14-25, 2011)
TIMES: Wednesdays, 6:00pm
LOCATION: RSS Gym
FEES: \$2.00 drop in or \$5.00/year

Basketball

Love to play basketball? This is a co-ed, drop in program for youth and adults. Bring your own ball if you have one.

WHEN: Tuesdays, 7:00pm
LOCATION: RSS Gymnasium
REQUIREMENTS: Indoor shoes!!

ACTIVE ADULT PROGRAMS



Stretch & Strength with Anne Marie Shaw

Improve your flexibility and add power. Flexibility is an important part of overall fitness. We tend to forget that stretching improves core stability, muscle definition and total body wellness. This class focuses on developing strong supple muscles, posture, deep breathing, as well as core and lower back stability. Expand your fitness and include flexibility as part of your overall health and wellness program.

HST is included in the pricing.

WHEN: Tuesdays & Thursdays

TIME: 9:00 – 10:00am

WHERE: Miners' Hall

FEES: Adults: \$60.00/10 classes or \$8.00 drop in
Seniors/Students: \$50.00 or \$6.00 drop in

Yoga with Norma Mahria Fellows

All about Hatha with certified Yoga Instructor Norma Mahri. This class offers a serene environment and generous guidance for your yogic practice. Mats provided, feel free to bring your own blanket and strap. HST is included in the pricing.

DATES: Ongoing

(No classes during the week of March 21 - 25)

TIMES: Mondays: 5:30-7:00pm

Wednesdays: 5:30-7:00pm

FEES: \$12.00 Drop In

Karate with Bruce Robinson, NCCP Certified

Karate is about learning to make very fast, precise movements. It's about making the best possible use of your muscles. It's about building self-confidence. The Rossland Shotokan Karate Club has been operating continuously since 1996.

New students are accepted during the months of September and January only.

DATES: Ongoing, starting April 5, 2011

WHEN: Tuesdays & Thursdays

TIMES: 6:30-8:00pm

LOCATION: MacLean Elementary Gym

AGE: Minimum 12 years

FEES: **Monthly:** \$27.00 per month, plus HST
\$13.50 additional family members, plus HST
Spring Session: \$55.00 per person, plus HST
\$27.50 additional family members, plus HST

The BC Seniors Games are coming to the West Kootenays, August 16-20, 2011 and are being hosted in Castlegar, Nelson and Trail. The 55 Plus BC Seniors Games promotes active participation in fitness and wellness in sport, recreation and education for BC Seniors. This annual four-day celebration attracts about 3,500 seniors participating in up to 26 events. For more information about the games, or to inquire about registering as an athlete, please contact Barb Roberts- Zone 6 Director, at barb-zone6@telus.net or 250-362-9489. For more information about the Games, log onto www.bcseniorgames.org

Mindful Movements with Barbara Penney

Join Barbara Penney, RMT for gentle, quiet, slow, meditative movements. Increase awareness to your physical, mental, emotional and energetic body/mind. These movements promote healing; release adhesions (scar tissue); increase flexibility/mobility/range of motion; retrain neural pathways; integrate left/right brain. Mindful movements are beneficial to everyone of all ages and from all walks of life. For more information call Barbara at The Essential Body 250-362-7238. Wear loose, comfortable clothing and bring a yoga mat or blanket. Classes in June will be Drop In only.

DATES: March 30 – May 25, 2011

TIMES: Wednesdays, 7:15-8:30pm

LOCATION: MacLean Annex

CLASS SIZE: Min. 6 / Max 15

FEES: \$70.00, plus HST
\$10.00 Drop In

Zumba! A Latin Dance Cardio Class

with Amber Hayes

Have you ever burned 600-700 calories an hour with a grin on your face and been disappointed when the hour flew by in a fitness class?? That's Zumba! Zumba is a mix of music and dance. It includes a variety of international styles and music – salsa, samba, meringue, belly dancing, reggaeton and more – and offers great cardio! The class works every muscle, shakes every body part and teaches some great steps while having fun. These classes are for all ages – there are teenagers learning to shake it like Shakira and 65+ grooving to the beat! **No experience necessary and the first class is free!** HST is included in the pricing

DATES: Ongoing

TIMES: Mondays, 9:00-10:00am

Wednesdays, 9:00-10:00am

***please note: no class every 3rd Wednesday of the month**
Tuesdays, 6:00-7:00pm

LOCATION: Miners' Hall

FEES: **Adults:** \$60.00/10 classes or \$8.00 drop in
Seniors/Students \$50.00/10 classes or \$6.00 drop in

Hula Hooping with Shauna Davis

Come and enjoy more flexibility with an individualized style of teaching where Shauna teaches each person or small group at their own pace and level. Spend the second half of class learning to put moves together or learning a routine with an optional performance at the Joe Hill coffee house at the end of this session!

DATES: Ongoing

TIMES: Tuesdays, 7:00-8:30pm

LOCATION: Miners' Hall

AGE: 16+

FEES: \$10.00 Drop in

ADULT EDUCATION PROGRAMS



Folk Dancing facilitated by Dave Cornelius

English Country and American Contra dancing for all will continue this year. English Country dancing is the village and court dances from the 'Jane Austen' era. Contra is American barn dancing, drawing from square dance, but more vivacious! No complicated steps are required, just a sense of rhythm (and humour!) for dancing with the beat of the music. Newcomers are welcome—come as you are, or bring a friend!

DATES: April 8, May 13, June 10, 2011
WHERE: Rossland Miners' Hall
TIME: 7:00 to 9:30 pm
FEES: \$6.00 Drop In (HST is included)

Pottery Wheel and Handbuilding

with Sarah Zanussi

A five week Beginner to Intermediate Level Class in learning to use the potter's wheel and or hand building methods. No prior experience is required. This program introduces, or reviews, basic techniques in throwing pottery. Projects will be self determined by skill level and will include bowls, drinking vessels, (with or without handles) as well as some lidded forms and various other ceramic creations.

DATES: April 11, 18, 25, May 2, 16, 2011
TIMES: Mondays, 6:30 - 9:00pm
WHERE: Miners' Hall Pottery Studio
FEES: \$160.00 for instructional time.
Clay is not included, but may be purchased from the Rossland Pottery Society @ \$25 per bag.

CLASS SIZE: Min. 4/Max. 8

You will need to bring a medium sized towel and an ice cream pail or bucket.

Star Dance Quilting with Deyanne Davies

Interested in quilting? This 40"x 40" Hunter Star quilt pattern dances across your quilt! This easy piecing technique, using freezer paper templates will give you precise points. Bring a lunch and have a fun day making these addictive blocks! For information or directions to the Studio, please contact Deyanne at 250-362-7727.

DATES: April 16, 2011
TIMES: Saturday, 9:00am-4:00pm
LOCATION: Fat Quarters Studio
455 Malde Creek Road
FEES: \$45.00 plus fabric and supplies
CLASS SIZE: Min. 2/Max. 5
REQUIREMENTS: Must have a sewing machine in good working order and some experience quilting.

Cabled Wrap Class with Lulu's Lost Sheep

Make a beautiful cabled wrap, that will keep you warm and stylish on cooler summer nights! If you have been wanting to learn cables then this class is for you. Come and learn a new technique that you can then apply to many other projects.

DATES: April 6, 13, May 4, 2011
TIMES: Wednesdays, 7:00-9:00pm
LOCATION: Lulu's Lost Sheep, 2123 Columbia Ave.
FEES: \$60.00, plus HST (supplies are available at the store, for purchase)
CLASS SIZE: Min. 2 / Max. 6

Bike Mechanics 101 with Revolution Cycle

Bike Mechanics 101 will teach you the basic skills to help you maintain your mountain bike, manage trailside repairs and learn what equipment you should always carry with you.

The program is offered in an open forum style and will be tailored to the group's needs. Bring your own bike and get all of your questions answered! **Please note: there are two classes to choose from.**

DATES: **Session #1:** Tuesday, April 19, 2011
Session #2: Wednesday, May 11, 2011
TIME: 6:30-8:30pm
LOCATION: Revolution Cycle, 2044 Columbia Ave.
FEES: \$25.00
CLASS SIZE: Min. 5/Max. 10

Back to Health - Core Strength with Liz Anderson

This continuing course is offered for adults dealing with chronic back pain or recovering from previous injury. Instructor Liz Anderson was trained by a physiotherapist to bring you low impact exercises on the floor mat as well as on the stability ball. All the exercises are designed to increase your core muscle strength, improve balance and posture and decrease chronic pain. Please bring your stability ball to class.

DATES: April 21 - June 9, 2011
TIMES: Thursdays, 6:00-7:00pm
LOCATION: Miners Hall
FEES: \$75.00 plus HST
CLASS SIZE: Min. 6 /Max. 12

A Walk on the Wild (Botanical) side

with Erik Greavison & Pamela Wik

Take a leisurely walk up KC with two resident plant experts. Participants will identify native plants and discuss their uses. Please wear appropriate clothing, good running shoes or hiking boots and bring a water bottle and lunch for a picnic at the top.

DATE: May 28, 2011
TIMES: Saturday, 11:00-1:00pm
FEES: \$10.00
LOCATION: Meet at the Centennial Trail Head



ADULT EDUCATION PROGRAMS



Violin/ Fiddle Beginners Class

with Janis Anderson

For those who have never had violin experience, music training, or who have had some experience & frustrations learning violin - then this class is for you! These classes will open up a whole new world of violin/fiddle playing, while giving you some basics to get you started. Instrument required. (Please call Janis if you are having trouble borrowing a violin, at 250-362-9680)

DATES: April 7 - June 2, 2011
(no class May 5th)

TIME: Thursdays, 7:00pm-7:45pm

LOCATION: Arena Lounge

FEES: \$125.00, plus HST

CLASS SIZE: Min.5/Max. 10

Violin / Fiddle, Beginners & Intermediate Class

with Janis Anderson

Whether you used to play but it's been years or you just want to learn some simple tunes with like minded-people, this course will help you to advance your skills and refine your technique. Instrument required. (If you are having trouble borrowing a violin, Janis has a few extra. Please call Janis at 250-362-9680)

DATES: April 7 - June 2, 2011
(no class May 5th)

TIME: Thursdays, 8:00pm-8:45pm

LOCATION: Arena Lounge

FEES: \$125.00, plus HST

CLASS SIZE: Min. 5/Max. 10

Glee Club and Vocal Technique

with Nadine Tremblay

This course is intended to provide its members with an opportunity to sing in a concert choir while learning vocal technique as a group. Singers will be exposed to a variety of music styles and will receive instruction in the techniques required to accurately perform the music while working towards public performances. Students must be able to hear a pitch played on the piano, and then sing that same pitch. All levels welcome but please note that practice is required with an emphasis on fun. Please note you will need a black three-ringed binder for this course. This course is an ongoing course and new students will not have an opportunity to join without permission from the director. Maximum 25 people. Choir members will receive an additional half hour private voice lesson, scheduled at their convenience.

DATES: May 4, 11, 25, June 1, 8, 15, 2011

TIMES: Wednesdays, 7:00-8:30pm

LOCATION: Miners Hall

FEES: \$56.00, plus HST

AGES: \$18+

Sweater Class with Lulu's Lost Sheep

Have you been longing to tackle a bigger project? Want to move on from hats and scarves? How about knitting a sweater? We will guide you through the steps - from choosing a pattern and yarn, to reading and understanding a pattern, to the finished product. We will be on hand to guide you through the whole process. Class sizes are limited. Please make sure you are available for all classes.

DATES: May 3, 10, 24, 31, June 14 & 21, 2011

TIMES: Tuesdays, 7:00-9:00pm

LOCATION: Lulu's Lost Sheep, 2123 Columbia Ave.

FEES: \$99.00, plus HST (supplies are available at the store for purchase)

CLASS SIZE: Min. 3/Max. 8

Municipal Government 101 - An Information Workshop

Curious about your local government? Wondering if you should run for Council? This informative workshop, hosted by Mayor Greg Granstrom, will help give those considering a position on Council a clear understanding of Council's roles and responsibilities and the impact the duties of office will have on their life in general. This workshop is not for "campaigning" - it's to equip and encourage those who are considering a position on Council. There are two sessions to choose from. To register, please contact the Recreation Department.

DATES: **Session #1:** Tuesday, May 17, 6:00-8:00pm

Session #2: Thursday, May 19, 10:30-12:30pm

LOCATION: Rossland Arena Lounge (located on 3rd Ave at the back of the Arena, up the exterior stairs)

FEES: \$5.00 (all proceeds go towards KidSport - an organization that ensures all children can afford to play)

SENIOR'S INFORMATION



Seniors Hall (located at 1916 First Avenue)

The Seniors Hall in Rossland has a number of activities that you or someone you know might like to take advantage of.

For more information on the activities at the hall please call Pat Thomson at 250-362-5795.

Weekly

- Mondays – Rossland Arts Club
- Wednesdays – Golden City Fiddlers practice
- Fridays – afternoon bridge is played

Monthly

- Potluck dinners for members
- A group meeting
- An occasional tea

LEGACY CONTRIBUTIONS



The public have the opportunity to leave a lasting legacy that commemorates a significant individual through the purchase of a memorial bench. The Classic Cast Bench has been chosen by the Streetscape Committee for its strength, durability and heritage design. The cost for a memorial bench is \$1,600.00, which includes the bench purchase, memorial plaque, installation in the downtown core and annual maintenance. If the bench is to be placed on a recreational trail there may be an additional charge for installation. The placement of the bench and suitability of the location will be coordinated with the Public Works Department. All donations are tax deductible and an official receipt will be issued by the year end in which the donation was made. If you are interested in purchasing a memorial bench, please contact the Parks & Recreation Department. We would be happy to assist you.

FACILITY RENTAL INFORMATION



The City of Rossland has a variety of building spaces available for rent. Whether you are planning a meeting, a birthday party, special event, festival, wedding or tournament, Rossland may have just the facility for you.

Miners' Hall 1765 Columbia Avenue <i>Purposes:</i> Festivals, Arts & Culture, weddings, large meetings, special events, film showings etc. <i>Capacity:</i> 192 people	Rossland Arena & Lounge 2000 Second Avenue <i>Purposes:</i> Ice rental, tournaments, adult hockey etc. Dry floor rental is also available in the off season. Lounge can be rented separately for meetings, birthday parties, family gatherings.	Fields Jubilee, Centennial, Cook Avenue <i>Purposes:</i> sporting activities, Tournaments, games & practices Bookings can be made in the Spring and Summer months.	Parks Pioneer, Nickleplate, Rossglen <i>Purposes:</i> Playspaces, family gatherings, reunions, wedding photography Community Garden North end of Jubilee Park	Bike Skills Parks Rossglen - Beginners & Intermediate Centennial Advanced <i>Purposes:</i> Bike skills development, recreational space for practicing bike handling ability.
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PROGRAM REGISTRATION



PARENT'S NAME: _____

PARTICIPANT'S NAME: _____

PHONE #: _____

ADDRESS: _____

BIRTHDAY (m/d/y): _____

E-mail: _____

PROGRAM: _____	COST: _____
PROGRAM: _____	COST: _____
PROGRAM: _____	COST: _____
	TOTAL: _____

REGISTRATION INFORMATION

1. Registration can be done in person, over the phone, or via our website (electronic submission form).
2. Registration for all programs is done on a first come first serve basis.
3. Re-registration for all programs, unless otherwise stated in our brochure is required for all programs.
4. Payment for programs is required at the time of registration.
5. We accept cash, cheque, credit card, and debit as forms of payment.
6. If there are insufficient people to run a program, cancellation notice will be given approximately 5 days prior to the start of the program.