

# SPRING PROGRAMS – 2012

Recreation Education Community

## 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



### Little Kid's Rugby with Nick Best and Scott Emry

Learn the basics of rugby in this fun, exciting, sports development program based around non-contact rugby for children 5-8 years old. Kids rugby training develops and enhances a child's basic motor skills. The focus is on activities which develop balance, co-ordination and agility. This is encouraged through fun, exciting and energetic running, jumping, throwing and catching games. This is achieved through "touch only" rules.

**DATES:** June 1-22, 2012  
**TIMES:** Fridays, 3:15-4:15pm  
**LOCATION:** Cook Ave. Field in Lower Rossland  
**FEES:** \$36.00  
**AGES:** 5-8 years  
**CLASS SIZE:** Min. 6

### Roller Fit Class with Slameron Diaz (aka Darlene Jamin)

Would you like the strength, fitness and physique of a Rollergirl, without all the bruises? Come and join us for a fun and energizing total body workout. Each 90 minute class will consist of on-skate dynamic warm ups, cardio, core and upper body strength exercises. Darlene will show you how to skate and you'll still get a good workout, while you learn. Proper safety equipment and roller skating gear is mandatory.

**DATES:** May 8 to June 26, 2012  
**TIMES:** Tuesdays, 7:30-9:00pm  
**LOCATION:** Rossland Arena  
**FEES:** \$80.00 (plus HST if over 14 years)  
**AGES:** women of all ages, 13+  
**CLASS SIZE:** Min. 6

### Art Classes for Seniors with Shelley Painter

Always wanted to explore art? Thought about painting but never had time to try it? Want to learn something new? Seniors Art Class is the class for you! It's a chance to try something new or further develop your drawing, painting and sculpting skills.

**DATES:** April 5 - May 24, 2012  
**TIMES:** Thursdays, 4:30-5:30pm  
**LOCATION:** Senior's Centre, 1st Ave.  
**FEES:** \$80.00, Drop In \$10.00  
**CLASS SIZE:** Min. 4 / Max 8

### Pickle Ball

Pickleball is taking North America by storm! Pickleball is a racquet sport that uses a hard paddle and a polymer wiffle ball and combines elements of badminton, tennis and table tennis. The sport is played on a court with the same dimensions as a doubles badminton court, but the net is mounted two inches lower and the playing area is smaller. The Recreation Department has purchased two, complete beginner sets for eight people to play at the same time.

**DATES:** April 4 - June 13, 2012  
**TIMES:** Wednesdays, 6:30-8:00pm  
**LOCATION:** MacLean Elementary School Gym  
**FEES:** \$70.00  
**CLASS SIZE:** Min. 6 / Max 12



## **Earth Hour - Saturday, March 31 at 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 31, 2012 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](http://www.earthhour.org) for more information.

## **Celebrate Earth Day! April 22, 2012**

Check out [www.earthday.org/2012](http://www.earthday.org/2012) for ideas and information on how you can make a difference!

## **FireSmart Workshop—FireSmart your Rossland Property - May 8, 2012**

Concerned about the wildfire risk to your home? Learn how to do your own Home and Site Wildfire Hazard Assessment. Find out how you can reduce the wildfire hazard to your home and property. Learn more about protecting your home or recreational property from wildfire. The workshop is free—please sign up by email to; [dmortimer@telus.net](mailto:dmortimer@telus.net). The workshop will be held in the Arena Lounge on May 8 from 7:00-9:00pm.

## **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](http://www.rosslandfood.com).

## **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.

## **Rossland 8th Annual Trails Day - Saturday, June 2, 2012**

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 8th Annual Rossland Trails Day on Saturday June 2, 2011 from 9:00-2:00pm. All volunteers are rewarded with a potluck and beverages, plus SCHWAG! Please email Patrick Kinghorn at; [pkinghorn@sd20.bc.ca](mailto:pkinghorn@sd20.bc.ca) to register.

## **Rossland Historical Museum**

The Museum opens on Saturday, May 19th for the season! The Museum has a new Farms & Gardens display as well as the new Heritage Garden which will be developed in the Spring. 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](mailto:museum@rossland.com) or [www.rosslandmuseum.ca](http://www.rosslandmuseum.ca)

## **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](http://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.

## **CBT Youth Scratch Magazine**

Interested in art, writing or journalism? The **Scratch Magazine** provides a forum for youth in the Columbia Basin to share their art and ideas with each other. The magazine is created by and for youth as a way to examine issues in their lives, and propel their creativity forward through sharing. **Get Published!** Submissions to Scratchonline can be submitted for a chance to be published in Scratch Magazine by checking the "Yes!" box with each submission. If your item is chosen by the Youth Editorial Committee to be published in the next issue of SCRATCH Magazine they'll contact you to get a 'CONSENT to USE' form. The form must be returned to them so they can publish your stuff and pay you for your work.

**Become a Scratch Reporter!** Do you love to write about issues or events? Then become a SCRATCH Reporter! In addition to getting your work published in the mag & getting paid, they also connect you with one of our writing mentors for feedback and development. Email [cbyouth@cbt.org](mailto:cbyouth@cbt.org) for your first assignment.

# COMMUNITY EVENTS & 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](http://www.hatc.ca) for more information.

## Hey Teens! Want to get Involved in your Community??

Are you between the age of 12-19? Do you live in Rossland and wish you had more to do? Do you wish you could help make decisions about Rossland and Youth activities in Rossland? Then you need to join the community for an upcoming workshop to give your views and voice to a BIG decision. Columbia Basin Trust is offering Rossland \$25,000.00 a year for four years – that's \$100,000.00! Guess what the best part is? It is going to be spent on local activities, opportunities and services for youth! that you can be involved! Come help make decisions that you'll benefit from! Get your name on the registration list for the community meeting so that you don't miss this chance to help your friends, yourself and all Rossland youth. Email the Recreation Department, at [recreation@rossland.ca](mailto:recreation@rossland.ca) to be put on the list of interested youth.

## 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.

<b>Miners' Hall</b> 1765 Columbia Avenue <i>Purposes:</i> Festivals, Arts & Culture, weddings, large meetings, special events, film showings etc. <i>Capacity:</i> 192 people	<b>Rossland Arena &amp; Lounge</b> 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.	<b>Fields</b> Jubilee, Centennial, Cook Avenue <i>Purposes:</i> sporting activities, Tournaments, games & practices  Bookings can be made in the Spring and Summer months.	<b>Parks</b> Pioneer, Nickleplate, Rossglen <i>Purposes:</i> Playspaces, family gatherings, reunions, wedding photography  <b>Community Garden</b> North end of Jubilee Park	<b>Bike Skills Parks</b> Rossglen - Beginners & Intermediate  Centennial Advanced <i>Purposes:</i> Bike skills development, recreational space for practicing bike handling ability.
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## PARKS & RECREATION INFORMATION



### Registration Policies

#### Photographs & Videos

- The Recreation Department will be using pictures and videos of local folks and children, enjoying recreation in Rossland. We will attempt to obtain written consent from individuals who are featured in the pictures and videos, but this may not always be possible. If you have any concerns about being represented in photos or videos taken by the Recreation Staff, please let us know.

#### Registration

- Pre-registration is necessary for all programs, unless otherwise stated.
- If a class does not have the minimum number of participants registered, 3 days prior to the beginning of the class, the class will be cancelled.

#### Payment

- All registrations require payment and are accepted on a first come, first served basis.
- The Recreation Department accepts Cash, Cheque, Debit Card, Mastercard and Visa.

#### Refunds

- No fee will be charged for persons withdrawing from a recreation program prior to the start of the program.
- A charge of 50% will be charged for persons withdrawing from a program after the program has started.
- A full refund will be issued in the case of a medical issue.
- A 60% Administration charge will be levied against deposits for Facility Bookings, if a refund is required.



## 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.



## June Schedule

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

## 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

Family (max 4 individuals)	\$12.00
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 organization, club or birthday party. You have access to the entire facility – including the upper deck for eating, easy access into the Park and two Lifeguards to assist you with fun and games.

### Rossland Pool Membership Benefits

Memberships at the Rossland Pool entitle you to significant discounts on all programs, including camps, lessons, floating movie nights!

### 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



### School Board Swimming Lessons

The Rossland Pool offers school board lessons to MacLean Elementary School and the Grade 6 & 7 classes at RSS, in the month of June, every year. We run these lessons between 9:00-2:30pm, Monday to Friday, for four solid weeks, with Public Lap Swim reserved for lunch hour. **In June 2011, that worked out to 60 one hour lessons that our Staff taught!**

### Preschool Swim Lessons - ages 3 to 5

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.

<b>DATES:</b>	June 11 - 22, 2012 (Monday to Friday)
<b>TIMES:</b>	2:30 - 3:00pm
<b>FEES:</b>	\$35.00 Members \$42.00 Non Members

### Red Cross Swim Kids Lessons - ages 6 & up

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.

<b>DATES:</b>	June 11- 21, 2012 (Monday to Thursday)
<b>TIMES:</b>	5:00 - 6:00pm (Individual lessons may be 1/2 hour, 45 minutes or 1 hour, depending on level)
<b>FEES:</b>	\$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. If you're a regular, we'll keep track of your progress as your little one works through the Red Cross Preschool swim skills and present you with a report card for each level completed. Parents can enjoy coming as often or as little as summer holidays permit.

<b>DATES:</b>	June 26 - August 23, 2012
<b>TIMES:</b>	Tuesdays, 11:30-12:00pm Thursdays, 11:30-12:00pm
<b>FEES:</b>	\$2.00 Drop In (Members) \$3.00 Drop In (Non Members)



# PRESCHOOL PROGRAMS



## **Baby Massage** with Vanessa Senecal, RMT, Doula

Learn the basics of baby massage with this fun, hands-on workshop. Massage can help your baby sleep better, decrease gas and "colic", and improve bonding with your baby, along with many other benefits! Both parents are encouraged to attend this workshop. Please bring along two blankets as well as a small container of food grade oil for massaging (e.g. grapeseed, coconut, or apricot kernel). Babies must be pre-crawling to attend workshop.

**DATES:** **Session 1:** April 1, 2012

**Session 2:** May 6, 2012

**Session 3:** June 3, 2012

**TIMES:** Sundays, 2:00-4:00pm

**LOCATION:** Rossland Arena Lounge

**FEES:** \$20.00 /per family

**CLASS SIZE:** Min. 3 / Max 8 Families

## **Tumbalina for Infants to 3 years** with Pam Shirley

This is an introduction to gymnastics skills and apparatus in a fun, non-structured environment. The first 45 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.

**DATES:** April 11-May 30, 2012

**TIMES:** Wednesdays, 4:00-5:00pm

**LOCATION:** MacLean Annex

**FEES:** \$40.00 (8 classes)

\$6.00/Drop in

**AGES:** Infant to 2 years

## **Preschool Animal Art** with Shelley Painter

This is a general art class with a "pet" theme. Students will practice basic skills such as drawing, painting, cutting, tracing and gluing. Students come with their parent to explore a variety of techniques and materials. Come out and have some good quality parent and child time!

**DATES:** April 2 - June 11, 2012

(no classes April 9 or May 21, 2012)

**TIMES:** Mondays, 4:00-5:00pm

**LOCATION:** Rossland Arena Lounge

**FEES:** \$72.00,

Drop In \$10.00

**AGES:** 3 - 5 years

## **Preschool & Aqua Tot Swimming Lessons**

Swimming lessons for 3-5 year olds and wee infants are offered at the Rossland Pool during the months of June, July and August. For more information, please look at the specific times and dates on page 4 of this Brochure. An additional Summer Brochure will be coming out at the beginning of June.

## **Preschool 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 6 - 27, 2012

**TIMES:** Wednesdays, 3:00-3:45pm

**LOCATION:** MacLean School Field

**FEES:** \$24.00/4 classes

**AGES:** 3-5 years

**CLASS SIZE:** Min. 8/ Max. 12

## **Creative Movement** with Renee Salsiccioli

**Moving Together** ...take a trip around the world with a magic carpet ride, or explore the sounds of nature. Can you draw a curvy pathway with your toe? Can you make a bridge with your body, and let your child sail under like a boat? Play is fundamental to learning, and this setting gives grown ups an excuse to get silly while their little ones learn all about their world! Parents are encouraged and invited to participate with their child.

**DATES:** April 30 - June 11, 2012

**TIMES:** Mondays, 10:00-10:30pm

**LOCATION:** Kootenay Dance Works Studio

**FEES:** \$45.00 (7 classes) No class May 21st

**AGES:** 3-5 years

## **Tumbalina for 3 & 4 years** with Pam Shirley

The first 45 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 music and games that encourage self expression, spatial awareness, along with an introduction to gymnastics fundamentals. This class is for 3-4yrs only.

**DATES:** April 11-May 30, 2012

**TIMES:** Wednesdays, 3:00-4:00pm

**FEES:** \$40.00/ 8 classes or \$6 drop-in

**LOCATION:** MacLean Annex

**AGES:** 3-4 years

## **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



## **Animal Art** with Shelley Painter

This is a great class for kids to experiment with a variety of materials and techniques. A chance to practice skills they are beginning to develop such as scissors and cutting, tracing, drawing, colouring, painting and gluing. Come and have a great time creating art all about animals!

**DATES:** April 2 - June 11, 2012  
(no classes April 9 or May 21, 2012)

**TIMES:** Mondays, 5:00-6:00pm

**LOCATION:** Rossland Arena Lounge

**FEES:** \$72.00

**AGES:** 5-6 years

**CLASS SIZE:** Min. 5 / Max 12

## **Printmaking** with Shelley Painter

This class will allow students to create multiple copies of their artwork. We will be creating prints using erasers, potatoes, silkscreens and more. Most prints will be one colour and we will be experimenting by adding additional colours to the final prints.

**DATES:** April 10 - June 12, 2012

**TIMES:** Tuesdays, 4:00-5:00pm

**LOCATION:** Rossland Arena Lounge

**FEES:** \$80.00  
Drop In \$10.00

**AGES:** 8-12 years

**CLASS SIZE:** Min. 5 / Max 12

## **Star Wars Art Class** with Shelley Painter

Love Star Wars and art? This is the class for you! It's a general art class with a theme, introducing students to a variety of media and techniques, including drawing, painting, sculpture and printmaking.

**DATES:** April 4 - June 6, 2012

**TIMES:** Wednesdays, 4:00-5:00pm

**LOCATION:** Rossland Arena Lounge

**FEES:** \$80.00  
Drop In \$10.00

**AGES:** 8 - 12 years

**CLASS SIZE:** Min. 5 / Max 12

## **Puppet Making** with Shelley Painter

Shadow puppets, sock puppets, finger puppets.....puppets of all shapes and sizes! We will be making a variety of puppets using an assortment of materials, including fimo, fabric, felt, fun foam, etc. Puppets are another form of artistic expression and students will practice various skills including sewing, following patterns, tracing and cutting.

**DATES:** April 4 - June 6, 2012

**TIMES:** Wednesdays, 5:00-6:00pm

**LOCATION:** Rossland Arena Lounge

**FEES:** \$80.00  
Drop In \$10.00

**AGES:** 8 - 12 years

**CLASS SIZE:** Min. 5 / Max 12

## **Jr. Roller Derby Girls** with Slameron Diaz

(aka Darlene Jamin)

Junior Roller Derby is dedicated to advancing the growth of roller derby by nurturing self-confidence in young girls. The coaches develop teamwork and athletic ability while treasuring individuality within a culture of integration and encouragement. Non-contact Jr. Derby is for young women ages 6-12 years of age who would like to learn the sport of non-contact roller derby. The girls will be taught how to skate and play derby without the fear of a contact game. For information about roller derby gear, check out local suppliers like Phat Angel in Nelson, Rossvegas in Rossland or online at [www.rollergirl.ca](http://www.rollergirl.ca). Players will be required to have roller skates, knee, elbow and wrist guards, a helmet and mouth guard.

**DATES:** April 19 - July 26, 2012

**TIMES:** Thursdays, 5:00-6:00pm

**LOCATION:** Rossland Arena

**FEES:** \$80.00  
Drop In \$6.00

**AGES:** 6-12 years

**CLASS SIZE:** Min. 10

## **Introduction to Recreational Gymnastics**

with Pam Shirley & Chantelle Cavazon

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

**DATES:** April 19-May 31, 2012

**TIMES:** Thursdays, 3:00-4:00pm

**LOCATION:** MacLean Annex

**FEES:** \$49.00 / 7 classes

**AGES:** 5-6 years

**CLASS SIZE:** Min. 8 / Max. 12

## **Rossland Recreation is on Facebook!**



## **Recreational Gymnastics for 7-9 year olds**

with Pam Shirley & Chantelle Cavazon

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 19-May 31, 2012

**TIMES:** Thursdays, 4:00-5:00pm

**LOCATION:** MacLean Annex

**FEES:** \$49.00 / 7 classes

**AGES:** 7-9 years

**CLASS SIZE:** Min. 8 / Max 12



## 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) Min 4 and Max 6 riders in a group.

**DATES:** June 7-28, 2012  
**TIMES:** Thursdays, 3:00-5:00pm  
**LOCATION:** MacLean Annex  
**FEES:** \$35.00  
**AGES:** 6-7years old  
**CLASS SIZE:** Min. 4 / Max 6

## Beginner Girls After School Mountain Bike Camp

with Natasha Lockey, BettyGoHard.com

This after school camp is an ideal way for beginner girl riders to get comfortable on their bikes, before summer hits! Riders will work on the fundamental bike skills, including body position, braking, gearing, steering and line selection while riding. Each days ride starts at MacLean Elementary School, and after a quick snack we'll head downhill. The five day camp features: certified bike coach instruction, exposure to local trails, fun and safe group riding to help build their confidence and learn new skills. End of day pickup will be at the Warfield gas station.

**DATES:** May 10, 17, 24, 31, June 7, 2012  
**TIMES:** Thursdays, 3:00-5:00pm  
**FEES:** \$115.00  
**AGES:** Girls ages 8-12 years  
**LEVEL:** Beginner  
**CLASS SIZE:** Min. 5 / Max. 8

## NEW! Children's Arts Tax Credit

In addition to fitness programs, parents can now claim money spent on programs for fine arts, music performing arts, outdoor wilderness training, learning a language, studying a culture, tutoring and more. For more information, log on to: <http://www.cra-arc.gc.ca/gncy/bdgt/2011>

## 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.

## KidSport Funding

KidSport™ is a community-based sport funding program that provides grants for children under the age of 18 to participate in a sport of their choice. Please contact the Recreation Department for application details.

## 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 7, 2012  
**TIMES:** Monday, 6:30-8:30pm  
**FEES:** \$20.00  
**AGES:** 9-14 years  
**LOCATION:** Revolution Cycle, Columbia Ave.

## Beginner Boys After School Mountain Bike Camp

- with Natasha Lockey, BettyGoHard.Com

Are you keen to get back on your bike? Don't wait till summer holidays - this after school camp is ideal for beginner riders with basic bike experience who are ready to improve their biking. Riders will work on the fundamental bike skills including body position, braking, gearing, steering and line selection while riding the trails. Riders will develop their confidence and love of biking through new skills and hanging with others at the same level. This 5-day camp features: certified bike coach instruction, exposure to local trails and a fun and safe group to build confidence and learn new skills. End of day pick up will be at the Warfield gas station.

**DATES:** May 8, 15, 22, 29, June 5, 2012  
**TIMES:** Tuesdays, 3:00- 5:00pm  
**FEES:** \$115.00  
**AGES:** Boys 8 - 12 years old  
**LEVEL:** Beginner  
**CLASS SIZE:** Min. 5 / Max. 8



## After School Mnt. Bike Camp - Intermediate

with Natasha Lockey, BettyGoHard.Com

Been waiting all winter to get back on your bike? Hit the trails with this fun after school biking program. This camp is ideal for intermediate riders with solid bike experience who are keen to get out and ride. Riders will continue to develop their bike skills with a focus on staying safe and riding within their limits - while being inspired by their coaches and cheering on their friends of the same level. This 5-day camp features: certified bike coach instruction, exposure to local trails & bike park, a fun, safe environment to increase confidence, work on expanding skills and tackling new terrain features.

**DATES:** Girls: Fridays,  
 May 11, 18, 25, June 1, 8, 2012  
Boys: Wednesdays,  
 May 9, 16, 23, 30, June 6, 2012  
**TIMES:** 3:00- 5:00pm  
**FEES:** \$115.00  
**AGES:** 9 - 12 years old  
**LEVEL:** Intermediate  
**GROUP:** Min. 5 / Max. 8



# CHILDREN'S PROGRAMS



## Clay Arts for Kids

with Sarah Zanussi, Community Pottery Society  
The Rossland Community Pottery Society presents "Kids Classes", instructed by Sarah Zanussi. Come and create with clay! Projects will evolve through your own imagination as you learn how to work with clay. Using basic shapes like balls, ropes and or sheets of clay the possibilities are endless. Let's have fun! There are two sessions to choose from.

**DATES:** **Session #1:**  
Mondays, March 26, April 2, 9, 23, 2012  
(the last class, April 23, is a 1 hour class)

**Session #2:**  
Thursdays, May 10, 17, 24, June 7, 2012  
(the last class, June 7, is a 1 hour class)

**TIMES:** 4:00-5:30pm  
**LOCATION:** Community Pottery Society, Miner's Hall  
**FEES:** \$75.00 (clay is included)  
**AGES:** 6-12 years old  
**CLASS SIZE:** Min. 3 / Max. 8



## Kid's Wheel & Handbuilding

with Sarah Zanussi, Community Pottery Society  
The Rossland Community Pottery Society presents "Kids Classes", instructed by Sarah Zanussi. Come and create with clay and 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. There are two sessions to choose from. The first session is four classes, the second session is six classes. In each session, in the third class, the children will create a hand built project.

**DATES:** **Session #1: 4 classes**  
Tuesdays, March 27, April 3, 10, 24, 2012  
(the glaze class on April 24 is only 1 hour)

**FEES:** \$95.00

**DATES:** **Session #2: 6 classes**  
Mondays, April 30, 7, 14, 28, June 4, 18, 2012  
(the glaze class on June 18 is only 1 hour)

**FEES:** \$125.00

**TIMES:** 4:00-5:30pm  
**LOCATION:** Community Pottery Society, Miner's Hall  
**AGES:** 10 + years  
**CLASS SIZE:** Min 3 / Max 6

# YOUTH PROGRAMS



## Sr. Roller Derby Girls with Slameron Diaz (aka Darlene Jamin)

Junior Roller Derby is dedicated to advancing the growth of roller derby by nurturing self-confidence in young women. The coach develops teamwork and athletic ability while treasuring individuality within a culture of integration and encouragement. Sr. Derby Girls is for young women ages 13-18 years of age who aren't afraid to mix it up a bit. The girls will be taught how to skate and play derby, just like the big girls! For information about roller derby gear, check out Phat Angel in Nelson, Rossvegas in Rossland or online at [www.rollergirl.ca](http://www.rollergirl.ca).

**DATES:** April 19 - July 26, 2012  
**TIMES:** Thursdays, 6:00-7:00pm  
**LOCATION:** Rossland Arena  
**FEES:** \$80.00 (plus HST for age 15+)  
Drop In \$6.00  
**AGES:** 13-18 years  
**CLASS SIZE:** Min. 10

Please note: Inexperienced skaters are most welcome; however, players must pass an approved skills test in order to advance to contact play. **Gear requirements:** helmet, wrist guards, elbow pads, knee pads, mouth guard & roller skates.



## Babysitters Course with Amanda McKay

The Babysitter Training Course was first released in 1970 and has since trained over 500,00 Canadian youths to become educated, responsible babysitters. This 8 hour course consists of 8 topics, including; responsibilities, child development, nutrition, behavior, emergencies, safety and first aid, illness, physical challenges and special needs issues. Students are required to obtain a passing grade of 75% on the final examination.

**DATES:** April 3 and 5, 2012  
**TIMES:** Tuesday, 3:30-7:30pm  
Thursday, 3:15-7:15pm  
**LOCATION:** Rossland Arena Lounge  
**FEES:** \$80.00  
**AGES:** 12+  
**CLASS SIZE:** Min. 8 / Max 12

## Teen Kickbox Cardio with Gabrielle Jangula, CPT

Get fit with this high intensity cardio strength and conditioning class. Combining boxing and athletic drills you will punch and kick yourself into shape! Participants will need proper running shoes, water and a mat and free weights if you have them.

**DATES:** April 2 - May 9, 2012  
**TIMES:** Mondays & Wednesdays, 3:15-4:15pm  
**LOCATION:** RSS Auditorium  
**FEES:** \$65.00 /10 classes or Drop In \$7.00  
**CLASS SIZE:** Min. 8

# YOUTH PROGRAMS



## Teen Boot Camp with Gabrielle Jangula, CPT

This is an energizing indoor / outdoor fitness workout using high intensity interval training (HIIT) for total body conditioning. Your trainer will encourage the group to work at their own pace and have fun while getting fit for summer or graduation. Participants will need proper runners, water and a mat and free weights if you own them.

**DATES:** May 14 - June 20, 2012  
**TIMES:** Monday & Wednesdays, 3:15-4:15pm  
**LOCATION:** MacLean Elementary Gym  
**FEES:** \$65.00  
**AGES:** 13+  
**CLASS SIZE:** Min. 8

## 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:** March 29 – May 17, 2012  
**TIME:** Thursdays, 7:00pm-7:45pm  
**LOCATION:** Arena Lounge  
**FEES:** \$125.00, plus HST  
(for those older than 14 years)  
**AGES:** 13+  
**CLASS SIZE:** Min. 5 / Max. 10

## Funk Art for Youth with Liz Arsenault

This class is for teen artists who are interested in learning acrylic painting with a graffiti-art twist. A project idea assessment sheet will be sent out in order to lay out the plan for each painting project. Students will go home with a completed acrylic painting on a wood canvas. Course materials for each student will be supplied by Liz and purchased by Liz for the course. Youth involved in this project may be chosen to lead a group of youth in designing and painting a graffiti art style "Wall Ride" at the RossGlen Mountain Bike Skills Park, in the Fall.

**DATES:** April 19 -May 24, 2012  
**TIMES:** Mondays, 7:00-8:30pm  
**LOCATION:** Rossland Arena Lounge  
**FEES:** \$120.00 (plus HST for age 15+)  
**AGES:** 13-16 years  
**CLASS SIZE:** Min. 4 / Max. 6

## Hey Teens!

### Want to get Involved in your Community??

Are you between the age of 12-19? Do you wish you could help make decisions about Rossland and Youth activities in Rossland? Then you need to join the community for an upcoming workshop to give your views and voice to a BIG decision. Columbia Basin Trust is offering Rossland \$25,000.00 a year for four years – that's \$100,000.00! The money is going to be spent on local activities, opportunities and or services for youth! Come help make decisions that you'll benefit from! Get your name on the registration list for the community meeting so that you don't miss this chance to help your friends, yourself and all Rossland youth. Email the

Recreation Department, at [recreation@rossland.ca](mailto:recreation@rossland.ca) to be put on the interest list.

# YOUTH & ADULT PROGRAMS

## Indoor Soccer

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

**DATES:** ongoing, starting January 4, 2012  
**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!!

## Volleyball

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, starting Sept. 16th  
**TIMES:** Thursdays, 7:30-9:30pm  
**LOCATION:** RSS Gym  
**FEES:** \$2.00 drop in or \$5.00 / year

## FACEBOOK

We're on Facebook now! Search for us at Rossland Recreation. "Like" us and you'll get all our updates, brochures and new program information.



## 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 17, 2012  
**Session #2:** Wednesday, May 16, 2012  
**TIME:** 6:30-8:30pm  
**LOCATION:** Revolution Cycle, 2044 Columbia Ave.  
**FEES:** \$25.00  
**CLASS SIZE:** Min. 5/Max. 10



**Total Body Sculpt** with Gabrielle Jangula, CPT  
Strength and tone your entire body using cardio intervals, stability ball, free weights, resistance bands and pilates exercises. Each class will be unique and all levels of fitness are welcome! Participants will need to bring a stability ball, a mat, free weights and bands, if you have them. For more information or to contact the Instructor, please email Gabrielle at, [gabrielle@outofboundsfitness.com](mailto:gabrielle@outofboundsfitness.com) or [www.outofboundsfitness.com](http://www.outofboundsfitness.com).

**DATES:**       **Session #1:** March 30 – May 4, 2012  
                      **Session #2:** May 11 – June 15, 2012  
**TIMES:**       Fridays, 9:00-10:00am  
**LOCATION:**   Miners Hall  
**FEES:**         \$65.00 / 10 x Pass  
                      Drop In - Seniors, \$7.00, Non Seniors, \$8.00  
**CLASS SIZE:** Min. 8 pre-registered

## **Adult Multi Media Art** with Shelley Painter

Ever wondered how to make drawings look realistic? Want to play with paint, but not sure where to start? Have you thought about creating 3D art? If you have, this is the class for you! Come out and take this opportunity to develop whichever skills you want to work on. The first class we will discuss what you want to learn and the other classes will be catered to your interests. Drop in students must email the Instructor a minimum of 2 days before the class in order to drop in.

**DATES:**       May 28-June 25, 2012  
**TIMES:**       Mondays, 7:00-8:00pm  
**LOCATION:**   Rossland Arena Lounge  
**FEES:**         \$40.00 (Drop in is \$10.00)  
**CLASS SIZE:** Min. 4 / Max 6



## **Art Classes for 55+** with Shelley Painter

Always wanted to explore art? Thought about painting but never had time to try it? Want to learn something new? Senior's Art Class is the class for you! It's a chance to try something new, further develop your drawing, painting and/or sculpting skills and meet new people too!

**DATES:**       April 5 - May 24, 2012  
**TIMES:**       Thursdays, 4:30-5:30pm  
**LOCATION:**   Senior's Centre, 1st Ave.  
**FEES:**         \$80.00, Drop In \$10.00  
**CLASS SIZE:** Min. 4 / Max 8

## **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

## **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 4, May 2, June 6, 2012  
**WHERE:**       Rossland Miners' Hall  
**TIME:**         7:00 to 9:30 pm  
**FEES:**         \$6.00 Drop In (HST is included)

## **Acrylic Painting Class** with Liz Arsenault

This class is for beginner and intermediate artists interested in learning acrylic painting on canvas. A project idea assessment sheet will be sent out in order to lay out a plan for each painting project. Students will go home with a completed acrylic painting on a quality canvas. Each student will need to purchase a supply pack when registering for the program. Please inquire about the materials in the supply pack, in case you already own the required materials.

**DATES:**       April 17-May 22, 2012  
**TIMES:**       Tuesdays, 7:00-9:00pm  
**LOCATION:**   Rossland Arena Lounge  
**FEES:**         \$150 (Supply pack is an additional \$45.00)  
**CLASS SIZE:** Min. 4 and Max. 6

## **Violin/ Fiddle Beginners Class, Level 1**

with Janis Anderson

For those of you who have had little or no experience with the violin - then this 8-week course is for you! These classes will open up a whole new world of violin/fiddle playing, giving you the basics to get you started. Previous musical background is not a necessary. Instrument required. (Please call Janis if you are having trouble acquiring a violin, at 250-362-9680)

**DATES:**       March 29 – May 17, 2012  
**TIME:**         Thursdays, 7:00pm-7:45pm  
**LOCATION:**   Arena Lounge  
**FEES:**         \$125.00, plus HST  
**CLASS SIZE:** Min. 5 / Max. 10

# SENIOR'S PROGRAMMING

### Monthly

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



## Pottery Wheel and Handbuilding

with Sarah Zanussi

The Rossland Community Pottery Society presents "Adult Classes", Instructed by Sarah Zanussi. This course is a six 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. This course runs for six weeks.

**DATES:** March 27, April 3, 10, 17, 24, May 8, 2012  
**TIMES:** Tuesdays, 6:15-8:15pm  
**LOCATION:** Miners' Hall Pottery Studio  
**FEES:** \$160.00 for instructional time + \$25.00 /clay Clay is not included, but may be purchased from the Rossland Pottery Society for \$25 per bag.  
**CLASS SIZE:** Min. 3/Max. 6

## Computers for the Rest of Us with Terry Marshall

Learn computer skills for home use - gaining experience on useful, up-to-date programs at a school Mac lab. Suitable for seniors and anyone wanting to develop their ability to use new technology. Participant driven, topics we will explore include lifelong learning on the web, communicating ideas and information using Word and email, and exploring enjoyable programs like iPhoto. Terry Marshall is a BC certified teacher with experience on computers from the dark ages to the present. Develop your computer skills with a patient and supportive Instructor.

**DATES:** April 3, 10, 17, 24, May 1, 8, 2012  
**TIMES:** Tuesdays, 5:00-6:00pm  
**LOCATION:** MacLean Elementary Computer Lab  
**FEES:** \$60.00, plus HST  
**CLASS SIZE:** Min. 5 / Max 10

## FACEBOOK

We're on Facebook now! Search for us at Rossland Recreation. "Like" us and you'll get all our updates, brochures and new program information.



## Registration Information

- Registration can be done in person, by email or over the phone.
- Registration for all programs is done on a first come first serve basis.
- Payment for programs is required at the time of registration.
- We accept cash, cheque, credit card and debit as forms of payment.
- If there are insufficient people to run a program, cancellation notice will be given approximately 3 days prior to the start of the program.

## Karate with Bruce Robinson, NCCP Certified

Karate is about learning to make very fast, precise movements.

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. If you're a karate beginner, Bruce will provide separate instruction until you can manage the basics. If you're 12 or older, and can stay on your feet for a couple of hours then karate might be for you. People have started karate in their 70's and 80's and gone on to reach black belt rank! HST is applicable if you are 15 years of age and older.

**DATES:** March 27 - June 15, 2012  
**LOCATION:** MacLean Elementary Gym  
**TIMES:** Tuesdays & Thursdays, 6:30-8:00pm  
**AGE:** Minimum 12 years  
**FEES:** **Monthly: \$27.00** per month, plus HST \$13.50 additional family members, plus HST **Spring Session \$55.00**/person, plus HST \$27.50 additional family members  
**DISCOUNT:** To obtain the session fee discount, the fee **MUST** be paid by May 1, 2012

## 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 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:** **Mornings:** Mondays, 9:00-10:00am  
 Wednesdays, 9:00-10:00am  
**Evenings:** Mondays, 6:00-7:00pm  
 Thursdays, 6:00-7:00pm

**LOCATION:** Miners' Hall  
**FEES:** Adults: \$60.00/10 classes or \$7.00 drop in Seniors/Students \$50.00/10 classes or \$6.00 drop in

**PLEASE NOTE:** The Zumba Instructor has to make changes to the schedule periodically, in order to juggle other commitments. **PLEASE** email her at, a\_hayes@telus.net to be placed on her email distribution list. Any changes to the schedule will then be emailed to you.

