

WINTER PROGRAMS, supplementary brochure 2012

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CITY OF ROSSLAND

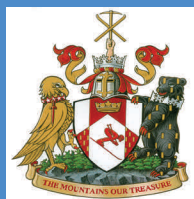
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January 1 – March 30, 2012

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: January 17-March 6, 2012
TIMES: Tuesdays, 5:00-6:00pm
LOCATION: MacLean Elementary Computer Lab
FEES: \$60.00, plus HST
CLASS SIZE: Min. 5 / Max 10

Hip Hop & Jazz with GrooveCorp

Every week brings a new and exciting hip hop combination. The pace is energetic and the class is pumped! The emphasis is on having fun and feeling good while dancing hard and getting a great workout! Whether first timer or weekly regular, each hip hop dance class will leave you with a sense of accomplishment and empowerment!

DATES: January 24 - March 6, 2012
TIMES: Tuesdays, 3:15-4:15pm – 6-8 years
Tuesdays, 4:30-5:30pm – 9-11 years
Tuesdays, 5:45-6:45pm – 12+ years

DATES: January 25 – March 7, 2012
TIMES: Wednesdays, 7:00-8:00pm - Adults
LOCATION: MacLean Annex
FEES: \$50.00
CLASS SIZE: Min. 6 / Max. 12

Little Gretzky's for Preschoolers

A fun approach to getting comfortable on the ice and in an Arena setting for little people ages 3-5 years. This is a program for children with limited or no skating experience and is a great building block to our Recreational Co-Ed Hockey program for kids 5-10 years. We will focus on familiarizing your child to the ice with age appropriate skill building games. Standing alone and balance are the basic essentials for your child to progress in a positive way on the ice. Parent participation is encouraged! Gloves /mittens, a full face hockey helmet and hockey stick are mandatory. Parents need to wear a helmet and skates too.

DATES: November 22 – January 31, 2012
No classes December 20, 27, or January 3, 2012
TIMES: Tuesdays, 11:00-11:45am
LOCATION: Rossland Arena

Intermediate / Advanced Classic Cross Country Skiing

with Andy Morel

If you already have some experience with Cross Country skiing, but want to become better at it, this is the class for you.

DATES: January 5, 12, 19, 2012
TIMES: Thursdays, 6:30-8:00pm
FEES: \$80.00 plus HST
LOCATION: BlackJack Cross Country Kiosk
CLASS SIZE: Min. 5 / Max. 15

Tumbalina with Pam Shirley

This is an introduction to gymnastics skills and apparatus in a fun, parent participation environment. The last 15 minutes will include songs and games that encourage self expression, spatial awareness and large motor skills.

DATES: January 11-February 29, 2012
TIMES: Wednesdays, 4:15-5:00pm
LOCATION: MacLean Annex
FEES: \$40.00/8 class session or \$6.00/drop in
AGES: Infant to 4 years

Introduction to Recreational Gymnastics

with Pam Shirley & Jillian Kinahan

Through movement education, children will explore the fundamentals of gymnastics: agility, balance, coordination, flexibility and strength. Some introductory trampoline fundamentals and routines will be taught this session.

DATES: January 12-March 1, 2012
TIMES: Thursdays, 3:00-4:00pm
FEES: \$56/session
LOCATION: MacLean Annex
AGES: 5-6 years (max. 12 children)

Recreational Gymnastics for 7-9 year olds

with Pam Shirley & Jillian Kinahan

Agility, coordination and balance are developed in a fun, cooperative and safe environment. Some introductory trampoline fundamentals and routines will be taught this session. Pam & Jillian are NCCP Level 1 certified coaches.

DATES: January 12-March 1, 2012
TIMES: Thursdays, 4:15-5:15
FEES: \$56/session
LOCATION: MacLean Annex
AGES: 7-9 years (Min 8/Max 12)

Junior Betty's Snowshoe & Hot Chocolate Series with Natasha Lockey, BettyGoHard.com

You haven't experienced the trails until you've snow shod them! Join Betty Go Hard and explore Rossland's local trails for 3 evenings of fun and adventure. If you are between the ages of 8-13 this series is for you, it is the perfect way to get out, meet new girls and have some fun enjoying the snow. Don't have snowshoes? No problem, include rentals from Kootenay Nordic for only \$24 and we will take care of the rest. Each adventure will end with a nice warm hot chocolate at Rossland Mountain Nugget. A perfect way to end the evening!

DATES: January 27, February 3, 10, 2012
TIMES: Fridays, 6:30-8:00pm
FEES: \$69.00
AGES: 8 - 13 years old
LEVEL: Beginner- Intermediate
CLASS SIZE: Min. 5 / Max. 8

Imaginative Explorers with Myla Marks

Join a certified Drama teacher in a class where we will explore movement, voice and children's imagination. Through fun and interactive songs and theatre games the children will explore and create. Children will share their knowledge by presenting a "Swish" story. A "Swish" story is when the instructor reads a story and the children become the scenery, characters, and props in mime. When the instructor turns the page and says "swish" the actors clear the scene and become the next page of the story.

DATES: January 17-March 6, 2012
TIMES: Tuesdays, 4:00-5:00pm
LOCATION: Miners' Hall
FEES: \$40.00/ 8 classes
 (Must have a min. 10 students)
AGES: 6-7yrs old

Preschool Art - Under the Sea

with Shelley Painter, BC Certified Teacher

Each child will practice drawing, tracing, painting and sculpting using a wide variety of materials. All of our activities will be based around creatures found "Under the Sea". Come out and get those creative juices flowing! This is a parent participation class.

DATES: January 9 - March 5, 2012
TIMES: Mondays, 4:00-5:00pm
LOCATION: Rossland Arena Lounge
FEES: \$72.00 (9 classes)
AGES: 3-4 years (Min. 5 / Max 8)

Under the Sea Art with Shelley Painter,

Kids will improve their tracing, cutting, painting and sculpting skills using a wide variety of materials while learning more about creatures found "Under the Sea"!

DATES: January 9 - March 5, 2012
TIMES: Mondays, 5:00-6:00pm
LOCATION: Rossland Arena Lounge
FEES: \$72.00
AGES: 5 - 8 years (Min. 6/Max.10)

Drawing and Painting with Shelley Painter

The first part of the course will focus on improving sketching techniques, looking at perspective, proportion and shading. Students will work with artists pencils, charcoal and pastels. The second part of the course will be focusing on transferring drawing techniques over to painting with watercolour and acrylic paints. Come on out and improve your drawing skills!

DATES: January 11 - March 7, 2012
TIMES: Wednesday, 5:00-6:00pm
LOCATION: Rossland Arena Lounge
FEES: \$72.00
AGES: 8 - 12 years

Kid's Wheel Throwing and Mask Making

with Sarah Zanussi

Come and create with clay! Learn the art of throwing clay onto a wheel. This includes setting and balance clay on the wheel and then shaping the clay to create projects such as bowls, mugs, animals, etc. Kid's will have fun creating a personalized mask as well!

DATES: February 6, 13, 20, Mar 5, 2012

TIMES: Mondays, 4:00-5:45pm

LOCATION: Community Pottery Society
Miner's Hall (lower level)

FEES: \$95.00 (clay is included)

CLASS SIZE: Min. 3/ Max.6

AGE: 10 + years

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: February 29, 2012

TIMES: Wednesday, 6:00-8:30pm

LOCATION: RSS Library

AGES: 10-13 years

FEES: \$15.00/per child (\$10.00 for siblings)

CLASS SIZE: Min. 5

Spring Brochure, April to June 2012, will be available by the middle of March. If you would like to run a program, please contact our office, 250-362-2327. Deadline for submitting details is February 10, 2012.

Art Across Canada with Shelley Painter

Canada is a huge country with lots to offer. Students will experience various mediums (pencil, pastel, watercolour, clay and screen printing) while discovering the unique qualities that different Canadian provinces have to offer. Come and create some awesome art while learning about our country!

DATES: January 11 - March 7, 2012

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

LOCATION: Rossland Arena Lounge

FEES: \$72.00

AGES: 8 - 12 years

Family Basketball

Enjoy some family time and get some exercise too! Mondays from 7:00-8:00pm at RSS in the Gym are reserved for kids and parents who want to practice dribbling, shooting and playing basketball. Bring a full water bottle, clean indoor shoes and a ball. FREE!

DATES: ongoing until March 5, 2012

TIMES: Mondays, 7:00 - 8:00pm

LOCATION: RSS Gym

Adult Programs

January to March, 2012

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

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

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!!

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: **Winter Session: January to March 2012**

Classes begin Tuesday, January 3, 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 + HST

Winter Session: \$65.00 per person + HST

\$32.50 additional family members

DISCOUNT: To obtain the session fee discount, the fee

MUST be paid by February 15, 2012

Adult Co-Ed Recreation Hockey

Join a great group of people for a fun, co-ed hockey program on Tuesday, Saturday & Sunday nights at the Rossland Arena. Ida Koric, Christine Hlushak and Tracey Billet are the coordinators for these evenings. All three coordinators are experienced hockey players and Ida is a certified referee.

TUESDAYS: Tuesdays, 9:45–11:00pm

SUNDAYS: Sundays, 9:15-10:30pm

SATURDAYS: until January 28/2012

TIME: Saturdays, 9:15-10:30pm

WHERE: Rossland Arena

FEES: \$10.00 drop in
\$80.00 for a 10 x pass (can be purchased at the Recreation Department, City Hall)
(Goalies get in free!)

Beginner Skate Skiing Instruction

with Andy Morel

Interested in learning to skate ski? Andy Morel has several courses to help you learn the graceful sport of skate skiing.

DATES: January 3, 10, 17, 2012

TIMES: Tuesdays, 6:30-7:30pm

FEES: \$65.00 plus HST

LOCATION: BlackJack Cross Country Kiosk

CLASS SIZE: Min. 5 / Max. 15

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! These classes are for all ages – there are teenagers learning to shake it like Shakira and 65+ grooving to the beat!

DATES: Ongoing, starting January 2, 2012

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



Homemade Soap with Tricia Rasku

Make cold processed soap using vegetable oils, essential oils and other natural, easily obtained additives.

DATES: January 23, 2012

TIMES: Mondays, 7:00pm

LOCATION: Tricia's Studio, 2087 Park

FEES: \$50.00, plus HST

CLASS SIZE: Min. 3 / Max 7

Senior's Duffer Hockey

If you love to play hockey and you're over 50, this is the game for you!! An ice time set aside for players 50+ with varying skills - dedicated to providing a fun and safe form of exercise for senior players. Players are expected to play the game of hockey in the spirit of fellowship and sportsmanship. All abilities are encouraged and welcome! For more information, please contact Mike Ramsey at m.ramsey@telus.net.

DATES: October 11 - February 28, 2012

TIME: Tuesdays, 9:30 - 10:45am

LOCATION: Rossland Arena

FEES: \$150.00, plus HST for the season
\$80.00, 10x punch pass (HST included)
Drop In: \$10.00

AGE: 50 +

Introduction to Classic Cross Country Skiing

with Andy Morel

Classic Cross Country skiing is a meditative, graceful, full body workout that anyone can do. There are two sessions to choose from.

DATES: January 5, 12, 19, 2012

TIMES: Thursday, 5:30-6:30pm

FEES: \$65.00 plus HST

LOCATION: BlackJack Cross Country Kiosk

CLASS SIZE: Min. 5 / Max. 15



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. There are two sessions to choose from.

DATES: Jan. 30, Feb. 6, 13, 20, March 5, 2012

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. 6

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