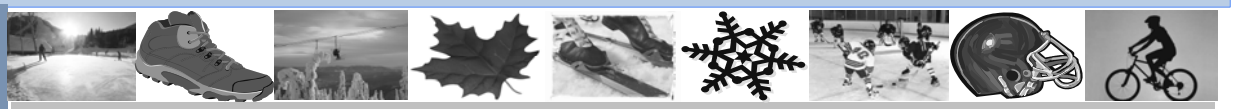
Rossland Recreation....

Registrations Start Friday, January 2nd, 2015!

# WINTER PROGRAMS ~ 2015



**Special Holiday Public Skating!!**

**Monday, Dec. 22**
**4:00-5:30pm**

**Tuesday, Dec. 30**
**5:00-6:30pm**

**Best Holiday Costume Contest, Goody Bags, & Fun Games!**

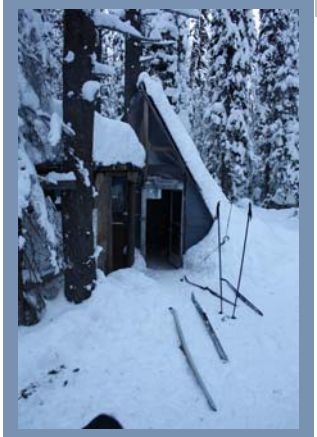
## ROSSLAND ARENA over the Holidays

There's lots of opportunity to rent the Arena and the Lounge over the Holidays! If you'd like to put together a friendly game of hockey or a private rental for your family, please contact the Recreation Department or the Arena Staff to discuss. Pricing varies depending on the time of day and the nature of the rental. We're happy to help you organize some friendly recreation! Contact the Recreation Department at 250-362-2327 or email at recreation@rossland.ca. Contact the Arena at: 250-362-7396 ext. 1229 or the Arena Attendant on weekdays from 7:00am-4:00pm at 231-0334 or weekends and weekdays from 4:00-11:00pm at 250-521-0110.

### Public Skating over the Holidays!

| | | | |
|---|---|---|---|
| Sunday, December 21: | 2:30-4:00pm | Tuesday, December 30: | 5:00-6:30pm |
| Sunday, December 21: | 6:00-7:30pm | Sunday, January 4: | 2:30-4:00pm |
| Monday, December 22: | 4:00-5:30pm | Sunday, January 4: | 6:00-7:30pm |
| Sunday, December 28: | 2:30-4:00pm | | |
| Sunday, December 28: | 6:00-7:30pm | | |

## PUBLIC SKATING information



The Arena opens at the end of September and closes the second week of March, 2015. The Arena is open for all regularly scheduled programs and ice times during these months, except for Statutory Holidays - including Christmas Eve from 4pm onward, Christmas Day, New Year's Eve from 4pm onward, New Year's Day, and Family Day.

### Public Skating Times

**Wednesdays: 6:30-7:45pm**
**Sundays: 2:30-4:00pm ****
**Sundays: 6:00-7:30pm**

***(The Sunday, 2:30-4:00pm Public Skating session sometimes cancels due to Tournaments. Please check the website, at www.rossland.ca (Recreation Department, Arena to confirm.)*

### Skate Shop Services

| | |
|---|---|
| Adult Skate Rentals | $3.00 |
| Kids Skate Rentals | $2.00 |
| Skate Sharpening | $5.00 |
| Laces | $7.00 |
| Sock Tape—small roll | $5.00 |
| Sock Tape—large roll | $6.50 |
| Stick Tape | $5.00 |

### Public Skating Admission Prices

**Single Admission** GST is included

| | |
|---|---|
| Family | $8.50 |
| Adults | $3.50 |
| Seniors | $2.75 |
| Students (15-18 years) | $2.75 |
| Children (3-14 years) | $2.25 |
| Under 2 years | Free! |

**Book of 10** GST will be added to all Books of 10

| | |
|---|---|
| Family | $72.00 |
| Adults | $29.25 |
| Seniors (60+) | $20.25 |
| Student (15-18 years) | $22.50 |
| Children (3-14 years) | $20.25 |

**CITY OF ROSSLAND**
**Recreation Department**
**250-362-2327**
**recreation@rossland.ca**
**www.rossland.ca**

CITY OF ROSSLAND

## OUTDOOR SKATING RINKS

The City of Rossland builds and maintains an outdoor skating rink in the area between Washington & Spokane, on 3rd Ave. The outdoor skating rinks are open to the public and support hockey, figure skating, birthday parties and family fun. Please be respectful of others and the surrounding neighborhood. Red Resort also has an outdoor skating rink and some rental skates available. Both rinks are built and available as soon as Mother Nature permits!

## Babies, Preschool and Family Programs

### Prenatal Yoga with Cynthia Anonuevo

This class provides an opportunity to deepen your relationship with your body and baby through gentle yoga postures, breath work and meditation.

**DATES:** February 1-March 8, 2015 (no class on February 15, 2015)
**TIMES:** Sundays, 4:00-5:00pm
**FEES:** $75.00
**DROP IN:** $15.00 (only if the class has met the minimum number of registrations)
**LOCATION:** Miners Hall
**CLASS SIZE:** Min. 5

### Preschool Spanish Class with Emilie Ramboux

Introduction to Spanish through songs, games and fun! Join us to take on the melodious and exotic tone of Spanish. Parents take part in the sessions and assist their children. Families who took the first semester class will continue to learn new words and phrases while new families will catch up quickly in this fun and engaging format.

**DATES:** January 15 - March 12, 2015
**TIMES:** Thursdays, 10:00-10:45am
**LOCATION:** Arena Lounge
**FEES:** $82.00
**AGES:** 3-4 years with a parent or guardian
**CLASS SIZE:** Min. 3 / Max. 8

### Preschool French Class with Emilie Ramboux

Introduction to French through songs, games and fun! Capturing your children's interest for language starts here! Parents take part in the sessions and assist their children. Families who took the first semester class will continue to learn new words and phrases while new families will catch up quickly in this fun and engaging format.

**DATES:** January 14 - March 11, 2015
**TIMES:** Wednesdays, 10:00-10:45am
**LOCATION:** Arena Lounge
**FEES:** $82.00
**AGES:** 3-4 years with a parent or guardian
**CLASS SIZE:** Min. 3 / Max. 8

**For more information about **2015 Spring Break Camps** during March, 16-27th please go to Rossland Recreation's Facebook page or www.rossland.ca and follow the Recreation links.

### Tumbleweeds with Candice Sawyer

Tumbleweeds is a movement based parent/tot program designed specifically to encourage children to explore movement through play based activities. Physical strength, flexibility, balance and coordination will be emphasized through the various activities. Each week is structured around a play-based routine including; free play, warm up songs, specialized activities, parachute games and ending with a story.

**DATES:** January 13 - March 3, 2015
**TIMES:** Tuesdays, 10:30 - 11:15am
**LOCATION:** Miners Hall
**AGES:** Infant* to 4 years (*Certain activities may not be appropriate for infants — however they can "play" while the activities are happening)
**FEES:** $45.00 or $6 drop-in
**CLASS SIZE:** Min. 6 / Max. 10

### Karate for Kids 6-14yrs. with Scott Sheldo

Karate is an ongoing program in Rossland. The **Rossland Chito-Ryu Karate Dojo** is welcoming new students and any old Shotokan members to come and train with our Registered/Certified Karate Program. Registered with KarateBC, Registered/Certified Black Belt Instruction, NCCP Certified Coaches.

Participating in the Karate classes requires an annual membership payment to Karate BC ($55.00) and BC Chito-kai membership payment, ($12.00). If you register with a friend at the same time—you get one month training for free!

**DATES:** **Winter Semester:** Jan. 6 - March 31, 2015
**Spring Semester:** April 7 - June 9, 2015
**TIMES:** Tuesdays, & Thursdays, 3:30-5:30pm
**LOCATION:** Miners Hall
**FEES:** $250.00 per semester
$100.00 per month

### Bursary Options for Recreation Expenses

The Recreation Department can assist you with several different options! Depending on the type of activity, we can assist with Jumpstart, Success by Six, Kidsport and the City of Rossland Recreation Bursary. Applications are friendly, helpful and confidential. Please send us an email if you would like to discuss your options, at recreation@rossland.ca

## Children's Art Programs

### Cartooning with Shelley Painter

Kids will work on character development starting with facial features and building up to creating bodies, portraying personalities and 3D sculptures. We will also cover story development, backgrounds, creating movement through making comic strips and flipbooks. It's a great class for anyone who love to draw and wants to bring life to their drawings!

**DATES:** January 13– March 3, 2015
**TIMES:** Tuesdays, 4:00-5:00
**LOCATION:** Rossland Arena Lounge
**AGES:** 6-11 years
**FEES:** $64.00/8 classes
**CLASS SIZE:** Min. 5 / Max. 12

### Drawing and Painting with Shelley Painter

This class will focus on developing drawing skills using a variety of mediums including artists pencils, charcoal, pastels and erasers (reduction drawings). The second half of the course will be spent transferring the drawing skills into painting. We will be developing colour mixing, creating texture and shading skills using both watercolour and acrylic paints. Throughout the course we will be working on composition and getting the image you see in your head, out onto paper for the world to see!

**DATES:** January 14– March 4, 2015
**TIMES:** Wednesdays; 4:00-5:00pm
**LOCATION:** Rossland Arena Lounge
**AGES:** 7-11 years
**FEES:** $64.00/8 classes
**CLASS SIZE:** Min. 5 / Max. 12

### Sculpture Class with Shelley Painter

This a 5-week program where you will design, create and discover soap carving, wire sculptures, and found-sculptures. These are smaller sculptures so that children can complete the projects in the allotted time.

**DATES:** February 12– March 12, 2015
**TIMES:** Thursdays; 5:15-6:15pm
**LOCATION:** Rossland Arena Lounge
**AGES:** 7-11 years
**FEES:** $45.00
**CLASS SIZE:** Min. 5 / Max. 12

### Stop Action Movies with Shelley Painter

Do you like movies like Nightmare Before Christmas and Shaun the Sheep? In this class you will create your own stop action movie, starting with planning the story, creating the props, filming and editing. Everyone will go home with a DVD of all the completed films.

**DATES:** January 15– February 5, 2015
**TIMES:** Thursdays 5:15-6:15
**LOCATION:** Rossland Arena Lounge
**AGES:** 6-11 years
**FEES:** $40.00/ 4-week program
**CLASS SIZE:** Min. 5 / Max. 12

### Dragon Art Class with Shelley Painter

Dragons are awesome! So this class is designated to them. We will draw them, sculpt them and animate them. It's a basic art class where all the art (including drawing, painting, sculpting and printmaking) will be based around dragons of their choice. Come out and enjoy dragons!

**DATES:** January 15– March 5, 2015
**TIMES:** Thursdays, 4:00-5:00pm
**LOCATION:** Rossland Arena Lounge
**AGES:** 7-11 years
**FEES:** $64.00
**CLASS SIZE:** Min. 5 / Max. 12

### Ukrainian Easter Egg Decorating One day Workshop, with Shelley Painter

Ever wondered how the really cool Ukrainian Easter Eggs are made? Come, find out and try your hand at it! All materials will be provided and you go home with your very own original Ukrainian Easter Egg!

**DATE:** April 2, 2015
**TIME:** Thursday, 6-8pm
**LOCATION:** Arena Lounge
**AGES:** 12+
**FEES:** $20.00
**CLASS SIZE:** Min. 6 / Max. 12

### Co-Ed Recreational Hockey for Children & Youth with Anna Hogarth

**Co-ed Recreational Kid's Hockey (5-10yrs)** is an ongoing program that takes place on Thursdays, 3:45-5pm. The last class before the holidays is December 18th class Hockey resumes January 15th.

**Co-ed Recreational Youth Hockey (11-13yrs)** is an ongoing program that runs on Mondays, 3:30-4:30. Last class December 15th. Classes resume January 5th.

***Please contact the Recreation Department if you'd like to register for the Winter session of these programs.**

## Children's Language Classes

### Spanish Classes for Kids!

with Emilie Ramboux

Beginners or intermediate, everybody is welcome to learn! This class continues from the Fall Session but is open to new children who would like to learn Spanish and are motivated to learn. Continuing students will enjoy learning more advanced words and phrases. Emilie is an experienced Tutor with a European French background.

**DATES:** January 16 - March 13, 2015
(no session February 20, 2015)
**TIMES:** Fridays, 3:00 - 4:15pm
**LOCATION:** Arena Lounge
**FEES:** $88.00
**AGES:** 6-10 years
Children who did not participate in the Fall class, should be a bit older and confident , in order to catch up. Recommended age would be 8+.
**CLASS SIZE:** Min. 3 / Max. 12

## Adult Language Classes

### Spanish Classes for Adults

with Emilie Ramboux

Discussion group oriented with a focus on oral proficiency, vocabulary and idioms to improve your knowledge and fluency in Spanish. Beginners, intermediate and advanced are all welcome!

**DATES:** **Full Session:** Jan. 14 - March 11, 2015
**Mini Session:** January 14 - Feb. 5, 2015
**TIMES:** Wednesdays, 6:00-7:30pm
**LOCATION:** Arena Lounge
**FEES:** $140.00 (Full Session)
$65.00 (4 classes)
**CLASS SIZE:** Min. 3 / Max. 15

### French Classes for Adults

with Emilie Ramboux

Discussion group oriented with a focus on oral proficiency, vocabulary and idioms to improve your knowledge and fluency in French. Beginners, intermediate and advanced are all welcome!

**DATES:** **Full Session:** Jan. 12 - March 9, 2015
**Mini Session:** Jan. 12 - Feb. 2, 2015
**TIMES:** Mondays, 6:00-7:30pm
**LOCATION:** Arena Lounge
**FEES:** $140.00 (Full Session)
$65.00 (4 classes)
**CLASS SIZE:** Min. 3 / Max. 15

### French Tutorial Class with Emilie Ramboux

This class is designed for youth are currently learning French and could use additional tutoring assistance. Emilie is a trained Tutor and will oversee the completion of homework - providing assistance and support.

**DATES:** January 12 - March 9, 2015
**TIMES:** Mondays, 3:00 - 4:15pm
**LOCATION:** Arena Lounge
**FEES:** $88.00
**AGES:** 11 - 14 years
**CLASS SIZE:** Min. 3 / Max. 12

### Kids Learn to Curl Program
### *FREE for Kids 8-12 years

The Curling Club has introduced a Kids Learn to Curl program! Check it out on Wednesday, December 17, right after school from 2:45-4:00pm. If you like the sport, you can sign up for the session that starts January 7 and runs until March 11. The program runs on Wednesdays, from 2:45-4:00pm at the Rossland Curling Rink. The program is **FREE** and drop-ins and new participants are welcome at any time during the program. This program is open to kids 8-12 years of age and all you need to bring are a pair of indoor shoes with clean bottoms for wearing on the ice. For more information, contact Sara Mountain, at 362-5184 or

## Active Adult Programs

### Disc Golf Kootenay Rockies Disc Golf Society

Disc golf is played much like traditional golf. Instead of a ball and clubs, however, players throw a flying disc at a basket and try to get their disc into a basket in the fewest number of throws. Disc golf is becoming very popular and Rossland has Thin Air, an outstanding disc golf course for summer play.

For the winter, the Kootenay Rockies Disc Golf Society are offering indoor disc golf Fridays at 7:00PM to 9:00PM from January to mid-March at the RSS gym. A variety of fun putting games will be played on a short indoor course. Baskets will be provided, however if you have a practice basket bring it along. Players should bring their own discs but if you want to try disc golf and don't have a disc there will be discs available. There are no fees.

**DATES:** January 16-March 13, 2015
**TIMES:** Fridays, 7:00-9:00pm
**LOCATION:** RSS Gym
**COST:** FREE!

## Active Adult Programs

### Yoga - Winter Wisdom Flow
with Danielle Hachey, Registered Yoga Teacher

Hibernate, percolate, rejuvenate, cultivate, insulate…….A restorative Flow Practice that will focus on the inner wisdom of the winter season, while warming up the toes and keeping alignment in breath, body and mind.

**DATES:** January 5 - March 9, 2015
**TIMES** Mondays, 6:00-7:00pm
**LOCATION:** Miners Hall
**FEES:** $45.00 5x pass or $10/drop-in

### Stretch & Strength with Barb Bentley

Barb is a registered Physiotherapist and will use rehab and strengthening principles to give you a well balanced full body workout. This is a fun, basic level class for building and maintaining strength. The class is designed for folks who are working with low level 1-4lb. Hand weights–adaptions are provided and you can work at your own level and have fun. Sessions include a ten minute warm up, 40 minutes of strength conditioning and a 10 minute cool down stretch. This is a fun social class open to all.

**DATES:** January 6-March 12, 2015
**TIMES:** Tuesdays and Thursdays, 9:00-10:00am
**LOCATION:** Miners Hall
**10 PASS:** $70.00/ 10 punch pass
**DROP IN:** $8.00 (GST is included in all prices)

### Zumba Class with Jodie Moretti

Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

**DATES:** January 5 - March 11, 2015
(no class January 14, 2015)
**TIMES:** Mondays & Wednesdays, 9:00-10:00am
**LOCATION:** Miners Hall
**10 PASS:** $70.00/ 10 punch pass
**DROP IN:** $8.00 (GST is included in all prices)

### ADVANCED Stretch & Strength with Barb Bentley

A new class offered by Barb Bentley, Physiotherapist! With the same goal of a full body low-impact workout, this advanced class will include yoga, Pilates and rehab inspired principles to focus on the core but also work on full body strength and flexibility.

**DATES:** January 9-March 6, 2015
**TIMES:** Fridays, 9:00-10:00am
**LOCATION:** Miners Hall
**FEES:** $70.00 / 10 punch pass
**DROP IN:** $8.00 (GST included)

### Yoga for Snow Sports (Snow + Yoga = Snoga!)
with Cynthia Anonuevo, Registered Yoga Teacher

This yoga class is designed to help you build balance, strength and coordination for your snow sport. The focus of this class will be on how to use breath, movement and relaxation techniques to condition your mind and body to enhance and compliment your snow sport experience. However you play in the snow—this class is for you! All levels of experience are welcome.

**DATES:** January 8 - March 12, 2015
**TIMES:** Thursdays, 6:00-7:00pm
**LOCATION:** Miners Hall
**FEES:** Drop In: $45.00 5x pass or $10/drop-in

### Karate for Adult & Teens with Scott Sheldo

The **Rossland Chito-Ryu Karate Dojo** is welcoming new students and any old Shotokan members to come and train with our Registered/Certified Karate Program.

Train for self-defense, for competitions, for fitness or with the whole family! Registered with KarateBC, Registered/Certified Black Belt Instruction, NCCP Certified Coaches. Train with the 2014 Men's Masters Black Belt Provincial Kata Silver Medalist and Weapons Kata Gold Medalist.

Participating in the Karate classes requires an annual membership payment to KarateBC ($55.00) and BC Chito-kai membership payment, ($12.00). If you register with a friend at the same time—you get one month training for free!

**DATES:** **Winter Semester:** Jan. 6 - March 31, 2015
**Spring Semester:** April 7 - June 9, 2015
**TIMES:** Tuesdays, 6:00-8:00pm
(Karate training requires attendance twice a week. The second day and time are still being worked out due to facility scheduling issues.
**LOCATION:** Miners Hall
**FEES:** $325.00 per semester
$125.00 per month

## Active Adult Programs

### Folk Dancing facilitated by Dave Cornelius

New to town or wanting to meet some new folks? If you're looking to meet some locals, have fun and get some exercise too - folk dancing at the Miners Hall is a great option! English Country and American Contra dancing for all, continues throughout the year, with a "get together" once a month. 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 very welcome—come as you are, or bring a friend!

**DATES:** January 8, February 5, March 12, April 2, May 7, June 4, 2015
**TIME:** Thursdays, 7:15-9:30pm
**WHERE:** Miners Hall
**FEES:** $50.00 plus GST, for the season
$8.00 drop in, includes GST

### Adult Co-Ed Recreational Hockey

Get your game on, get fit, and meet new people when you come out and play co-ed recreational hockey! This is fun, non-contact hockey and full equipment is necessary! Tuesdays Hockey is good for those with a little experience, Sunday Hockey is good for those who are just learning the game and Thursday is fast and fun!
Goalies play for free! $80/punch pass or $10.00 to drop in! Hockey continues throughout the holiday season!

**Tuesdays, 9:45-11:00pm ( Includes: Dec 23, 30, Jan. 6)**
**Thursdays, 1:45-3:15pm ($10/drop-in option only)**
**Sundays, 9:15-10:30pm (Includes: Dec. 21, 28, & Jan 4)**

## Adult Art

### Adult Art Class with Shelley Painter

This a general art class where adults will have a chance to explore different mediums. Instructions will be given and all materials will be provided. Participants will be encouraged to stretch their boundaries and explore techniques using a theme of their choice. This class will be divided into three, 3 weeks session, each one focusing on a different technique. Sign up for a session or all 3.
**Drawing from photos:** 3 weeks (weeks 1-3) Bring in your own photos or find some online that you want to draw and bring them in and we'll figure out how to draw them. Portraits, landscapes … it's up to you.
**Adding colour to your drawing:** 3 weeks (weeks 4-6) Using the drawing techniques you already have, we will explore how to use pastels and markers to add colour to your images.
**Computer media:** 3 weeks (weeks 7-9) Come and learn how to use iMovie to create stop action and live action movie clips. It will be an intro to the basics of using a camera, shooting and using the iMovie program to edit and add titles and music.

**DATES:** January 15 - March 12, 2015
**TIMES:** Thursdays, 7:00-8:30pm
**LOCATION:** Rossland Arena Lounge
**FEES:** $90.00
**CLASS SIZE:** Min. 5 / Max. 10

Selkirk College Selkirk College

### Digital Camera Part 1: How To Use It.

Have a new digital camera but not sure how it all works? This course will give you a basic understanding of your camera. You'll get familiar with digital camera controls and how to use your camera in various situations. Bring along your camera and instruction manual.

**DATES:** February 15, 2015
**TIMES:** Sunday, 9:00am - 12:00pm
**LOCATION:** Rossland Arena Lounge
**FEES:** $45.00 + GST
**INSTRUCTOR:** Ed Chernoff

**Register:** trailce@selkirk.ca or 250-364-5770

### Digital Camera: Advanced

Explore the creative side of the digital camera. Learn how to take better photos from the skills learned in Digital Camera Part 1. A more advanced approach that includes a short photo shoot, design concepts and a critique of photos taken that day. Bring along five of your best photos and five you don't like for critique. Prerequisite: Digital Camera Part 1.

**DATES:** February 15, 2015
**TIMES:** Sunday, 1:00-5:00pm
**LOCATION:** Rossland Arena Lounge
**FEES:** $60.00 + GST
**INSTRUCTOR:** Ed Chernoff

**Register:** trailce@selkirk.ca or 250-364-5770

**Registering for a Selkirk College course? 250-364-5770**