

Trail Parks & Recreation

PROGRAM GUIDE

Fall | Winter 2024-25

September 2024
to March 2025



Fall Registration

Recreation: Tuesday, August 27, 8:30 am

Aquatic: Thursday, August 29, 8:30 am

Winter Registration

Recreation: Tuesday, November 12, 8:30 am

Aquatic: Thursday, November 14, 8:30 am

Aquatic & Leisure Centre (250) 364 0888
Parks & Recreation Office (250) 364 0858

www.trailrecreation.ca





**TRAIL PARKS & RECREATION
ADMINISTRATION**
250-364-0858

TRAIL AQUATIC & LEISURE CENTRE
1875 Columbia Avenue Trail, BC V1R4T8
250-364-0888

PARKS & RECREATION STAFF

David Moorhead, Acting Director
250-364-0852 | dmoorhead@trail.ca

Denise Gausdal, Facility Bookings
250-364-0837 | dgausdal@trail.ca

Gabby Kravski, Aquatic Coordinator
250-364-0839 | gkravski@trail.ca

Lisa Manaigre, Recreation Coordinator
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TRAIL AQUATIC & LEISURE CENTRE HOURS OF OPERATION

Hours also available at www.trail.ca/AquaticCentreHours

Fitness Centre

Monday to Friday	6:00 am – 8:00 pm
Saturday	9:00 am – 5:00 pm
Sunday	11:00 am – 5:00 pm

Swimming Pool

Tuesday & Thursday	12:00 pm – 8:00 pm
Monday, Wednesday, Friday	6:00 am – 8:00 pm
Saturday	9:00 am – 5:00 pm
Sunday	11:00 am – 5:00 pm

Lap Lane

•A lap lane is always available

Water Slide

Monday to Friday	4:00 pm – 8:00 pm
Saturday	10:00 am – 5:00 pm
Sunday	11:00 am – 5:00 pm

TRAIL AQUATIC & LEISURE CENTRE HOLIDAY CLOSURES

Monday, September 2 (<i>Labour Day</i>)	Closed
Monday, September 30 (<i>National Day for Truth & Reconciliation</i>)	Closed
Monday, October 14 (<i>Thanksgiving Day</i>)	Closed
Monday, November 11 (<i>Remembrance Day</i>)	Closed
Wednesday, December 25 (<i>Christmas Day</i>)	Closed
Thursday, December 26 (<i>Boxing Day</i>)	Closed
Wednesday, January 1 (<i>New Year's Day</i>)	Closed
Monday, February 17 (<i>Family Day</i>)	Closed
Friday, April 18 (<i>Good Friday</i>)	Closed
Monday, April 21 (<i>Easter Monday</i>)	Closed

Please check our Christmas Swimming and Skating schedule in early December at www.trailrecreation.ca and front desk at the Trail Aquatic Centre .



We Want to Hear From You!

We are committed to providing exceptional Trail Parks & Recreation programs, facilities, and services to the community. Your interest and involvement are always welcome. To discuss Trail Parks & Recreation matters.

For more information, please visit www.trail.ca/ParksandRecreation.

To discuss Trail Parks & Recreation services with your City of Trail elected officials, you can request to attend the Governance and Operations Committee meeting as a delegation. Please contact **Sandy Lucchini, Deputy Corporate Administrator 250-364-0809** or slucchini@trail.ca.

For more information please visit www.trail.ca/MayorandCouncil.

We Think You're 'Picture Perfect'

Trail Parks & Recreation is proud of the programs and services that we offer, and photos help us to showcase it! We use photos, taken by staff and professional photographers, to promote our programs, services, and events highlighted in our bi-annual Program Guide and promotional posters. If you wish to not have your photo taken, please let the photographer know and they will be happy to comply.

There are 3 Easy Ways to Register

Registration is ongoing and is on a first-come, first-served basis. Registration and supplying your own materials is required, unless otherwise stated. Please note that full payment must be received at the time of registration.



Online

Visit trailrecreation.ca

To set up a new online account, call us at 250-364-0888 or 250-364-0858 prior to registration.



By Phone

Call **250-364-0888** or **250-364-0858**

Visa or MasterCard are accepted by phone.



In Person

Trail Aquatic & Leisure Centre
during facility hours.

MasterCard, Visa, Interac, cash and cheque (payable to the City of Trail) are accepted.



FEES & PASSES

Ask about our payment plan for 6-month & annual memberships.

AQUATIC CENTRE FEES

	CHILD <i>2-6 years with an adult</i>		YOUTH <i>7-14 years</i>		STUDENT* SENIOR**		ADULT		FAMILY***	
	TRP	NON TRP	TRP	NON TRP	TRP	NON TRP	TRP	NON TRP	TRP	NON TRP
DROP-IN	\$3.20	\$6.40	\$4.45	\$8.85	\$5.75	\$11.45	\$7.45	\$14.95	\$16.05	\$32.05
10X	\$26.60	\$53.20	\$39.85	\$79.70	\$49.95	\$99.90	\$66.65	\$133.30	NA	NA
20X	\$44.50	\$89.00	\$69.00	\$138.00	\$88.60	\$177.15	\$122.35	\$244.70	NA	NA
1 MONTH	\$31.00	\$62.00	\$46.65	\$93.30	\$59.75	\$119.50	\$80.55	\$161.10	\$162.75	\$325.50
3 MONTH	\$71.85	\$143.70	\$110.65	\$221.30	\$151.70	\$303.40	\$201.40	\$402.80	\$404.80	\$809.60
6 MONTH	\$109.80	\$219.60	\$207.20	\$414.40	\$274.25	\$548.50	\$368.25	\$736.45	\$743.70	\$1,487.30
ANNUAL	\$183.65	\$367.30	\$354.65	\$709.25	\$493.35	\$986.65	\$650.45	\$1,300.90	\$1,353.40	\$2,706.85

INFANTS - FREE under 2 years
****SENIOR** - 60 years+

*STUDENT - 15 to 18 years or full-time student with a valid student card.
 ***FAMILY - Limited to 6 individuals and 1 person must be an adult. Any additional individuals must pay the applicable fees.

TRP - TRAIL RESIDENT PROGRAM

- Participants must have a TRP card to receive TRP discounted rates.
- All programs and services are open to everyone; however, full rates will apply without a TRP card.
- TRP cards are issued to permanent residents of Trail, Rossland, Warfield, Beaver Valley (Montrose/ Fruitvale) & Electoral Area A at no charge with a completed application and two pieces of documentation noted at www.trail.ca/TRP
- Non-residents may purchase a TRP card.
- Tourists, (people living outside of the Greater Trail area), are eligible for the TRP rate on Drop-In admissions with valid photo identification.

Please note, when registering by phone, have your TRP card ready.

Complete details about the TRP program and application are available at www.trail.ca/TRP

Questions?
 Parks & Recreation Admin 250-364-0858
 Aquatic & Leisure Centre 250-364-0888

MEMBERSHIP PASS INFORMATION

A photo ID card is issued for all membership passes. Pass holders must scan their membership card or pay a drop-in fee to utilize the facility. Please note, if you forget your card regular admission rates apply.

- All passes are non-refundable and non-transferable. Passes are only valid for the person shown on the photo ID card.
- Membership replacement cards will be issued for an \$11.00 fee.
- Payment plan options for 6-month and annual passes are available. Please ask staff for details.
- All taxes are included in program and admission fees.

10X PUNCH PASS

- No expiry date
- Better value per visit than drop-in fees

20X PUNCH PASS

- No expiry date
- Better value per visit than the 10x pass

1 MONTH PASS

- Unlimited use of the facility
- No extensions permitted including maintenance shutdown
- Best value when using the facility 3+ times/week

3 MONTH PASS

- Unlimited use of the facility
- No extensions permitted, except for equivalent number of days affected by maintenance shutdown
- Drop-in fees apply during maintenance shutdown
- Better value per month than 1 month pass

6 MONTH PASS

- Unlimited use of the facility
- One extension permitted, not exceeding a 2-week duration, must be requested in advance
- Extensions granted for equivalent number of days affected by maintenance shutdown.
- Drop-in fees apply during maintenance shutdown
- Better value per month than a 3-month pass.

ANNUAL PASS

- Unlimited use of the facility
- Tokens for lockers provided for each visit
- Drop-in fee is waived during maintenance shutdown
- Two extensions permitted, not exceeding a cumulative total of 1-month, must be requested in advance
- Extensions granted for equivalent number of days affected by maintenance shutdown
- Better value per month than a 6-month pass

PASS EXTENSION & MEMBERSHIP ADJUSTMENT POLICY (For 6-Month and Annual Passes):

Memberships may be adjusted if a client is going out of town or for a medical reason (for example vacation or a scheduled surgery). A minimum of 7 days is required, during this period the membership will be suspended and the client will not be able to enter the facility using their pass. Extensions are not reversible and must be requested one week in advance. The patron will be required to pay drop-in fees to use the facility if they return early for any reason and days will not be compensated. When a family pass is suspended, passes of ALL family members will be suspended. Adjustment requests must be completed at least one week prior to the requested suspension.

FACILITY POLICIES

CHILDREN - 6 years & under

Children 6 years and under must be accompanied by a swimming adult, 16 years or older, in the water and must be within arm's reach of a parent or guardian at all times. Ratio of children 6 years or under to parent or guardian must be no greater than 3 to 1. Children who are not yet toilet trained are required to wear either a pool diaper or cloth diaper and plastic pants.

SHOE POLICY - Fitness Centre

To use the Fitness Centre at the Trail & Leisure Centre, please ensure you carry in a clean, indoor pair of athletic shoes available to present to the cashier upon entry. Your cooperation in helping to maintain a clean facility and improve the life span of the equipment is appreciated.

SWIMMING ATTIRE

All patrons are expected to wear appropriate swim wear.

- Bathing suit
- Swim trunks or board shorts
- Swim hijab/spandex leggings
- Rash guard
- Wet suit
- T-shirts of rash guard material
- Spandex biker shorts

Unacceptable attire includes items that absorbs water and becomes heavy, like jeans, cotton shirts, sweatpants, and long flowing fabrics.

YOUTH WEIGHT ROOM USERS

All youth who are 13 & 14 years of age are required to attend a "Teen Get Fit" session and have a consent form signed by their parent in order to use the Fitness Centre. See Page 25 for details.

WE WELCOME TOURISTS

With valid ID, tourists (anyone who lives outside of the Greater Trail Area) are eligible for the TRP (Trail Resident Program) rates on drop-in admissions and 10x or 20x passes to the Trail Aquatic & Leisure Centre. See page 4 for details. Please note: valid ID must be shown each time upon entry.

RACQUET BALL & SQUASH FEES

PER PERSON	STUDENT (15-18 years) SENIOR (60+ years)		ADULT (19+ years)	
	TRP	NON TRP	TRP	NON TRP
3 MONTH	\$90.10	\$180.25	\$113.55	\$227.10
6 MONTH	\$139.35	\$278.70	\$183.55	\$367.10
ANNUAL	\$201.70	\$403.45	\$289.45	\$578.85

PER PERSON	YOUTH (10-18 years)		ADULT (19+ years)	
	TRP	NON TRP	TRP	NON TRP
DROP-IN	\$7.20	\$14.40	\$8.75	\$17.50

Check out page 22 for Squash programs

- Youth under 15 require adult supervision at all times
- To book a drop-in time visit www.trailrecreation.ca. If you do not have online booking access, call 250-364-0858 or 250-364-0888.
- There is one squash court and one racquetball court - upstairs at the Trail Memorial Centre.

FINANCIAL ASSISTANCE

GREATER TRAIL KIDSPORT

Do you know a child who can't afford to play organized sports? KidSport is here to help. \$400 grants now available for registration fees.

Apply today at: www.kidsportcanada.ca/british-columbia/greater-trail

CANADIAN TIRE JUMPSTART

Canadian Tire Jumpstart provides funding assistance for children, ages 4 to 18, looking to participate in registered programs and minor sport activities such as swimming lessons, minor sports, summer camps etc. \$300 per child/ 6-month term is available.

Apply for funding at: www.jumpstart.canadiantire.ca.

LEISURE ACCESS PROGRAM

(Common Access Pass)

The Trail Parks & Recreation Leisure Access Program provides an opportunity for residents, TRP card holders, who face economic challenges to participate in recreation services at reduced rates. The program supports individuals and families whose household income falls within the "Low Income" level as set by Statistics Canada.

Please contact Career Development Services (CDS) at 250-364-1104 for information on the Common Access Pass.

For more information on what the program covers, please contact the Trail Parks & Recreation Department at 250-364-0858.

CUSTOMER CARE

If you need to cancel or transfer a program registration, please note the following:

PROGRAM REFUNDS AND TRANSFERS

1. With a minimum of 3 business days' notice (Monday – Friday) prior to the start date of a program, a full refund will be processed.
2. With 1 or 2 business days' notice (Monday – Friday) prior to the start date of your program a \$10.00 administration fee will be charged. Trail Parks & Recreation must be notified before 4:00 pm, administration fee will be charged.
3. Refunds or transfer requested on the programs start date are not eligible for refunds or transfers.
4. Aquatic Specialty and Advanced Lifeguarding courses require 3 business days' notice (Monday – Friday) for a full refund.

No refunds are issued with 1 or 2 day's notice.

OTHER IMPORTANT INFORMATION

Oh no! We had to cancel!

The Trail Parks & Recreation Department may need to cancel a program if course enrollment is below the required minimum. Avoid disappointment and register early!

Need more information?

Check out the Parks & Recreation section of the City of Trail's website at www.trail.ca/ParksandRecreation. Contact us at 250-364-0888, 250-364-0858, or parksadmin@trail.ca.

Want to book a facility for your own function?

All facility bookings must be made in advance through Trail Parks & Recreation by contacting Denise Gausdal at 250-364-0837 or dgausdal@trail.ca. Visit www.trail.ca/RecFacilities to see a full list of our facilities.

Sorry, the course is full!

Staff review the waitlists for programs on a regular basis and make efforts to accommodate everyone interested in the course. We encourage you to put your name on a waitlist for a full program so we are aware of your interest.

FACILITIES & BOOKINGS

Facilities can be booked by individuals or organizations for functions such as birthday parties, meetings, special events, weddings, tournaments, or recreational activities.



Trail Aquatic & Leisure Centre 1875 Columbia Avenue

- Pools; main pool (8-lane, 25m competition pool), leisure pool, hot tub
- Waterslide, water features, steam room
- Diving boards: 3-metre and 1-metre
- Family, men's and women's change rooms
- Fitness Centre & meeting rooms



Trail Memorial Centre 1051 Victoria Street

- Wheelchair accessible, 2 sets of washrooms, concession operations
- Cominco Arena (main ice surface), Kids Rink (the smaller of the 2 ice surfaces), and the Gymnasium
- Victoria View, McIntyre & Red Floor meeting rooms
- Racquetball & squash courts
- Curling Club



Bocce Sports Facility 52 Rossland Avenue

- Offered in partnership with the Italice Society
- 3 covered bocce pits, playground, picnic tables, public washrooms
- Perfect for family gatherings, company picnics and birthday parties.
- Wheelchair accessible



Willi Krause Fieldhouse Entrance on Highway 3B westbound next to McKelvey Creek Landfill

- Capacity to divide the facility into two different spaces to play volleyball, tennis, badminton, basketball, soccer, floor hockey, baseball and much more!
- Washrooms & change rooms
- Wheelchair accessible



Parks & Green Spaces

Parks can be booked for various functions and events. Visit www.trail.ca/CityParks for more information.

Gyro Park

1090 Charles Lakes Drive

Butler Park

1800 Thom Street

Haley Park

100 Bingay Road

Andy Bilesky Park

3360 Laburnum Drive

Pople Park

1900 McBride Street

Upper Sunningdale Park

1711 Marianna Cresc.

Rossland Avenue Park

55 Rossland Avenue

Tadanac Park

17 Ritchie Street

Lower Sunningdale Park

625 Isabella Street

Queen Elizabeth Park

3200 Block Hwy Drive

B Street Park

1100 Block Nelson Ave.

Daniel Street Park

1800 Daniel Street

Austad Lane Park

500 Block Binns Street

Butler Park Tennis & Pickleball Courts

1875 Columbia Avenue

City of Trail RV Park

7500 Highway 3B
www.trail.ca/RVPark

For more information on bookings and rental rates contact:
Denise Gausdal | 250-364-0837 | dgausdal@trail.ca

Parks & Recreation Administration Office

250-364-0858 | parkadmin@trail.ca | www.trail.ca/RecFacilities

FREE SKATE WITH THE SMOKIES



Come out to meet the Smokies at public skating on these select Wednesdays!

- October 23 • November 13 • December 11
- January 8 • February 12

PUBLIC SKATING with the SMOKIES:

5:45 - 7:00 pm

Trail Memorial Centre, Arena

Please note: we will not be offering the scrimmage due to higher numbers at public skating.



HALLOWEEN SKATE

Saturday, October 26
12:45 - 2:15 pm

Dress in your Halloween costume and get scary with us!

Enjoy Halloween treats, free hot chocolate and pizza sold by the slice. An event for the whole family!

Trail Memorial Centre,
Kids Rink

FREE!



SPOOKTACULAR

Saturday, October 26,
11:00 am - 3:00 pm

The City of Trail's Spooktacular
Downtown Trail
On the Esplanade

Get more info at
www.trail.ca/Spooktacular



CHRISTMAS SKATE WITH SANTA

Wednesday, December 18,
5:45 - 7:00 pm

Enjoy a fun, festive evening on the ice and get your photo taken with Santa! Free hot chocolate and treats will be available and pizza will be sold by the slice.



Sponsored by
TRAIL KIWANIS CLUB

Trail Memorial Centre, Arena
FREE!

AQUATIC SPECIAL EVENTS

Regular admission applies



HALLOWEEN SWIM

FRIDAY, October 25
6:30 - 8:00 pm

Join us for spooky games, prizes, face painting, and more!

PIZZA AND MOVIE NIGHT

FRIDAYS | 6:00 - 8:00pm
November 22, January 24,
& February 21

Watch the latest movie on the big screen while swimming in the leisure pool or chillin' in the hot tub.
Pizza \$2.50/slice.

SILLY SANTA SWIM

Friday December 13
6:30 - 8:00 pm

Join the staff for a night of games, crafts, face painting and FUN! Santa will be making a special appearance and will have candy canes for everyone!



ALL
PUBLIC SKATE
TIMES ARE
FREE!

FREE PUBLIC SKATING

PUBLIC SKATING SCHEDULE

Schedule effective October 2024 – March 2025

Sponsored by



WEDNESDAY	SATURDAY	SUNDAY
5:45 pm - 7:00 pm	1:00 pm - 2:00 pm	12:30 pm - 2:00 pm
	7:00 pm - 8:15 pm	5:45 pm - 7:15 pm

NEW! STICK & PUCK

8 Years and Up
Sundays, 1:30-2:30pm
Kids Rink
Drop-in Fee: \$5.00

Pay drop-in online at trailrecreation.ca
See page 22 for details.

- Public skating held in the Cominco Arena or Kids Rink at the Trail Memorial Centre.
- In the event of a special booking, public skating may be moved or cancelled.
- Please call Trail Parks & Recreation for the Christmas & Spring Break Skating schedule.

GLOW SKATE

October 12, November 2, January 4,
February 1, March 1
Saturday, 7:00 – 8:15 pm
Trail Memorial Centre, Kids Rink **FREE!**

FORTIS FAMILY GLOW SKATE



Saturday, December 7
7:00 – 8:15 pm
Trail Memorial Centre, Kids Rink **FREE!**

MFF FREE SENSORY-FRIENDLY ICE SKATING



Sensory-friendly skates are altered so kids with sensory sensitivities and their families can enjoy being on the ice. The lights will be dimmed, there will be no music, and sensory aids will be available.

First Sunday of each month
5:45 – 7:15 pm
Kids Rink at the Trail Memorial Centre
Details at www.trail.ca/SensorySkate
or 250-364-0844.



AQUATICS

What level should I register my child in?

Please check out our Aquatic Lesson descriptions on page 13 or call the Trail Aquatic & Leisure Centre for questions or to book a swim assessment. If you are unsure what level to place your child in, contact Gabby Kravski at 250-364-0839 or gkravski@trail.ca to book an assessment.

Swimming Lesson Registration

Participants are encouraged to register more than one week prior to the start date. Lessons will be cancelled where there is insufficient registration.

We try our best to accommodate the demand for lessons and we will create more classes if the waiting lists are full.

Private Swimming Lessons

If you need to work on your swimming strokes or prefer a one on one lesson, we can help you achieve your goal. Contact Gabby Kravski at 250-364-0839 or gkravski@trail.ca for more information.

Did You Know...

As a swim lesson participant, you are welcome to enjoy the pool up to a half hour before or after your lesson. Non-lesson participants must pay regular admission rates.

AQUATIC LESSON FEES

PRICE PER SESSION	TRP	NON TRP
Pre-School 8 lessons, 30 minutes each	\$57.70	\$86.55
Swimmer 1 - 2 8 lessons, 30 minutes each	\$57.70	\$86.55
Swimmer 3 - 6 8 lessons, 45 minutes each	\$70.05	\$105.05
Swimmer 7 - 9 8 lessons, 60 minutes each	\$82.40	\$123.60

PRIVATE LESSON FEES

PRICE PER LESSON	TRP	NON TRP
Half Hour Private	\$27.80	\$41.70
1 Hour Private	\$53.55	\$80.35
Half Hour Semi Private <i>2+ swimmers, fee per person</i>	\$19.85	\$29.80

If your child has taken the same level three times at the Trail Aquatic & Leisure Centre and has not completed that level, your child can have 2 free private lessons OR a free set of swimming lessons!

SWIM FOR LIFE LESSON REGISTRATION



Before you make your swim class selection, please check our registration guidelines below.

Parent & Tots and Preschool Lessons

Previously Passed Red Cross Swim	Register in Lifesaving Society
Starfish	Parent & Tot 1
Duck	Parent & Tot 2
Sea Turtle	Parent & Tot 3
Sea Otter	Preschool 1
	Swimmer 1
Salamander	Preschool 2
	Swimmer 1
Sunfish	Preschool 3
	Swimmer 1
Crocodile	Preschool 4
	Swimmer 1
Whale	Preschool 5
	Swimmer 2

Swimmer Lessons for 5+

Previously Passed Red Cross Swim	Register in Lifesaving Society
Swim Kids 1	Swimmer 1
Swim Kids 2	Swimmer 2
Swim Kids 3	Swimmer 3
Swim Kids 4	Swimmer 4
Swim Kids 5	Swimmer 5
Swim Kids 6	Swimmer 6
Swim Kids 7	Swimmer 7 / Rookie Patrol
Swim Kids 8	Swimmer 8 / Ranger Patrol
Swim Kids 9	Swimmer 9 / Star Patrol
Swim Kids 10	Bronze Star



SATURDAYS

SESSION 1 September 21 - November 9

SESSION 2 January 18 - March 8

9:30 - 10:00 am	Parent & Tot 1	Preschool 1	Swimmer 1
10:00 - 10:30 am	Parent & Tot 2/3	Preschool 2	Swimmer 2
10:30 - 11:00 am	Preschool 2	Preschool 1	Swimmer 1
11:00 - 11:30/11:45 am	Preschool 3	Swimmer 2	Swimmer 3
11:45 am - 12:30 pm	Swimmer 4	Swimmer 5	Swimmer 6

AFTER SCHOOL | TUESDAYS & THURSDAYS

SESSION 1 September 17 - October 10

SESSION 2 October 22 - November 19 (*No Lesson October 31*)

SESSION 3 January 14 - February 6

SESSION 4 February 11 - March 6

4:30- 5:00 pm	Preschool 1	Preschool 2
5:00- 5:30 pm	Preschool 3	Preschool 4
5:30 -6:00 pm	Swimmer 1	Swimmer 2
6:00 -6:45 pm	Swimmer 3	Swimmer 4

SUNDAYS

SESSION 1 September 22 - November 17 (*No lesson October 13*)

SESSION 2 January 19- March 9

12:30- 1:30 pm	Level 7/8	Private Lessons
1:30- 2:30 pm	Level 9	Private Lessons

SPRING BREAK | MONDAY TO THURSDAY

SESSION 1 March 17 - 27

1:30 - 2:00 pm	Preschool 1	Preschool 2
2:00-2:30 pm	Preschool 3	Swimmer 1
2:30-3:00 pm	Preschool 4	Swimmer 2
3:00-3:45 pm	Swimmer 3	Swimmer 4

AM JUMP START

All levels of participants can join this class. Classes focus on cardiovascular training and muscular endurance. There will be a mix of interval training, choreography, and drills to help you find your challenge. Classes will be a combo of deep and shallow.

SESSION 1

September 9 - October 28 (No Class October 14)

Monday's 9:00- 9:45 am
Instructor: Amie Palmer

TRP Fee: \$43.75

Non TRP Fee: \$65.65

SESSION 2

September 11 - October 30

Wednesday's 9:00- 9:45 am
Instructor: Amie Palmer

TRP Fee: \$50.00

Non TRP Fee: \$75.00

SESSION 3

September 13 - November 1

Friday's 9:00- 9:45 am
Instructor: Amie Palmer

TRP Fee: \$50.00

Non TRP Fee: \$75.00

SESSION 4

November 4 - December 16 (No Class November 11)

Monday's 9:00- 9:45 am
Instructor: Amie Palmer

TRP Fee: \$37.50

Non TRP Fee: \$56.25

SESSION 5

November 6 - December 18

Wednesday's 9:00- 9:45 am
Instructor: Amie Palmer

TRP Fee: \$43.75

Non TRP Fee: \$65.65

SESSION 6

November 8 - December 20

Friday's 9:00- 9:45 am
Instructor: Amie Palmer

TRP Fee: \$43.75

Non TRP Fee: \$65.65



GENTLE FIT

Just what the doctor ordered for arthritis, fibromyalgia, diabetes, high blood pressure, or pre/post-surgery. Get a water workout without all the jumping! Improve strength, balance and function using the built-in equipment of the water. Workout includes gentle movements in the water that target range of motion and comfort.

SESSION 1

September 9 - October 28 (No Class October 14)

Monday's 10- 10:45 am
Instructor: Amie Palmer

TRP Fee: \$43.75

Non TRP Fee: \$65.65

SESSION 2

September 11 - October 30

Wednesday's 10:00- 10:45 am
Instructor: Amie Palmer

TRP Fee: \$50.00

Non TRP Fee: \$75.00

SESSION 3

November 4 - December 16 (No Class November 11)

Monday's 10:00- 10:45 am
Instructor: Amie Palmer

TRP Fee: \$37.50

Non TRP Fee: \$56.25

SESSION 4

November 6 - December 18

Wednesday's 10:00- 10:45 am
Instructor: Amie Palmer

TRP Fee: \$43.75

Non TRP Fee: \$65.65

PM JUMP START

All levels of participants can join this class. Classes focus on cardiovascular training and muscular endurance. There will be a mix of interval training, choreography, and drills to help you find your challenge. Classes will be a combo of deep and shallow.

SESSION 1

September 10 - October 29

Tuesday's 12:15-1:00pm
Instructor: Amie Palmer

TRP Fee: \$50.00

Non TRP Fee: \$75.00

SESSION 2

September 12 - October 31

Thursday's 12:15-1:00pm
Instructor: Amie Palmer

TRP Fee: \$50.00

Non TRP Fee: \$75.00

SESSION 3

November 5 - December 17

Tuesday's 12:15-1:00pm
Instructor: Amie Palmer

TRP Fee: \$43.75

Non TRP Fee: \$65.65

SESSION 4

November 7- December 19

Tuesday's 12:15-1:00pm
Instructor: Amie Palmer

TRP Fee: \$43.75

Non TRP Fee: \$65.65

As a registered aqua fit participant, you are welcome to enjoy the pool up to a half hour before or after your class.

AQUAFIT DROP-IN

Drop-ins will be accepted once the minimum number of 10 registrants is reached. Drop-ins will be limited depending on amount of registrants.

TRP Fee \$8.25

Non-TRP is \$12.40

ADVANCED LIFEGUARDING COURSES

BRONZE MEDALLION

Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

Pre-requisite: 13 years by the last day of the course

October 16, 28, November 4, 13 & 20

Mondays & Wednesdays

3:15-8:00 pm

(Course includes manual and a pocket mask)

100% attendance is required

BRONZE CROSS

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs. **Worth 2 credits for grade 12.**

Pre-requisite: 13 years by the last day of the course

(Course includes manual and a pocket mask)

January 13, 15, 22, 27 & 29

Mondays & Wednesdays 3:15-8 pm

100% attendance is required

STANDARD FIRST AID

Provides comprehensive training covering all aspects of first aid and CPR. Includes CPR- C/AED certification.

Pre-requisite: recommended age is 14 years old

April 7, 14, 21, & 28

Mondays 3:30-8:00 pm

100% attendance is required

Contact Gabby (gkravski@trail.ca) for course fees.

We are selecting candidates for courses.

SWIM INSTRUCTOR

The Lifesaving Society Swim Instructor course prepares the instructor to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim for Life program. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques.

Pre-requisite: 15 years by the end of the course, and Bronze Cross (doesn't need to be current)

January 10, 11, 12, 17, 18, 19, 24, 25, 26, 31,

February 1, 2, 7 8 & 9

Fridays, Saturdays & Sundays

****There will also be co-teaching required scheduled on January 21, 23, 28, 31 & February 4, 5**

Tuesdays & Thursdays

January 10- 3:45-8:00 pm

11- 9:15-3:15 pm

12- 11:00- 5:00 pm

17- 3:45-8:00 pm

18- 9:15-3:15 pm

19-12:15-2:30pm

24- 3:45-8:00 pm

25- 9:15- 3:15 pm

26-12:15-2:30 pm

31- 3:35-8:00 pm

February 1- 9:15-12:30 pm

2- 12:15-2:30 pm

7- 3:45-8:00 pm

8- 9:15-12:30 pm

9-12:15-2:30 pm

100% attendance is required



BECOMING A LIFEGUARD

More Than Just Employment!

Employment in aquatics is a rich and rewarding experience that allows you to gain valuable leadership, communication, and teamwork skills that can be used in a whole host of employment environments. People of all ages will look up to you for safety and direction. Lifeguard/Instructors and Waterslide Attendants are needed for all public indoor or outdoor pool operations. Trail Parks & Recreation hire for these positions throughout the year.

For employment as a Lifeguard/Instructor at most pools you will need to have both the Lifeguard and a Red Cross Water Safety Instructor certification.

Below is how you can achieve these courses throughout the region. For more information on employment opportunities at the Trail Aquatic & Leisure Centre, **please contact Gabby Kravski, the Aquatic Coordinator, at 250-364-0839 or gkravski@trail.ca.**

BRONZE MEDALLION

Pre-requisite, Bronze Star or 13 years or older

BRONZE CROSS

Pre-requisite, Bronze Medallion

STANDARD FIRST AID

Pre-requisite, 14 years old

SWIM INSTRUCTOR

Pre-requisite, 15 years old by end of course and Bronze Cross

NATIONAL LIFEGUARD (NL POOL OPTION)

Pre-requisite, 15 years old and Bronze Cross

LIFESAVING INSTRUCTOR

Pre-requisite, 15 years old and Bronze Cross



WE ARE RECRUITING LIFEGUARDS!

Jump into a great opportunity!

- ✓ Are you 15 years old or older and want to work at the Trail Aquatic and Leisure Centre?
- ✓ Do you enjoy swimming and aquatics?
- ✓ Do you want to contribute to your community in a meaningful way?

Hugely discounted fees for each course if you're selected.

We are looking for leaders of all ages, who are interested in joining our team and becoming certified aquatic staff in Lifeguard and slide attendant duties. If this interests you, please apply with a resume to Gabby Kravski, Aquatic Coordinator at gkravski@trail.ca or call 250-364-0839.

KIDS CAMPS



CHRISTMAS CAMP CAWABUNGA

6 to 12 Years

Spend some of your Christmas holidays with Trail Parks and Recreation! We will offer full days of fun activities to keep your child busy. Enjoy swimming, skating, games, crafts & projects, and Christmas theme activities. This is too much fun to miss!



December 30 - January 3

(Camp ends at 2:00pm on Dec. 31, Omit Jan. 1)

Monday – Friday, 9:00 am – 3:30 pm

(Drop-off starts at 8:30 am)

Trail Memorial Centre, Gym

Fee: \$115.00

TENNIS CAMPS 6 to 13+ Years

These camps will introduce the fundamental development of the sport of tennis nurturing student's coordination, agility, balance and technique while ensuring positive sportsmanship and enthusiasm so players can enjoy rallies early on. The camps follow Tennis Canada's "progressive tennis" curriculum program. Groups will be divided accordingly based on age and ability.

camp 1

CHRISTMAS TENNIS CAMP

December 30 & 31

Monday & Tuesday

11:30 am - 1:00 pm

Fee: \$32.00

camp 2

SPRING BREAK TENNIS CAMP

March 17 - 19

Monday - Wednesday

11:30 am - 1:00 pm

Fee: \$47.00



Willi Krause Fieldhouse

Instructor, Cohen Rutherglen - Tennis Canada Certified, Club Pro 1



Great FUN with TRAIL PARKS & RECREATION

JUNIOR GOLF CAMP 7 to 12 Years

Beginner to Intermediate

This camp consists of multi-level instruction and assistance with developing the junior golfer. It follows the CN Future Links national junior golf program spearheaded by the Royal Canadian Golf Association, the PGA of Canada and the provincial golf associations. The program is designed to forge a link between youth and golf to ensure the future of the game in Canada.

March 24 - 26

Monday, Tuesday & Wednesday,

9:00 am - 12:00 pm

Willi Krause Fieldhouse

Instructor, Kevin Nesbitt, CPGA

Fee: \$96.00



SPRING BREAK CAMP CHAOS

6 to 12 Years

Keep busy during spring break in our action-packed Camp Chaos. There are two weeks of camp being offered. Don't miss out on the fun!

WEEK 1: March 17 - 21

WEEK 2: March 24 - 28

Monday - Friday, 9:00 am - 3:30 pm

(Drop-off starts at 8:30 am)

Trail Memorial Centre, Gym

Fee: \$144.00 /week



CELEBRATE YOUR BIRTHDAY

with Trail Parks & Recreation



Choose a Party Package!

MEMORIAL CENTRE

PACKAGE A - Gym or Fieldhouse \$90.00

Two hours of fun, with use of the supplied equipment Tables and chairs set up included. Bring your own food and party supplies.

PACKAGE B - Kids Rink \$123.00

Enjoy one hour of private ice time! Your booking also includes a one-hour room rental with tables and chairs set up. Bring your own food and party supplies.

Skate rentals are available for \$6 extra (unlimited number of rentals). Pre-payment made at time of booking.

GLOW SKATE BIRTHDAY PARTY is also available where you can skate with music and special lighting effects. *The lighting effects must stay on for the duration of the party.*

GYRO PARK - GAZEBO

PACKAGE C - 1 to 9 children \$36.15

3 hours use of the Gazebo (does not include any equipment /tables/chairs). Bring your own food and party supplies.

AQUATIC CENTRE POOL BIRTHDAY PARTIES

PACKAGE A - 1 to 9 children \$72.50

PACKAGE B - 10 to 12 children \$79.00

PACKAGE C - 13 to 15 children \$91.00

The number of people in your party must be given at the time of booking. Payment is required at the time of booking. Party hosts aren't available at this time.

Call Lisa at 250-364-0844 or email lmanagre@trail.ca to book your Gym, Kids Rink, Fieldhouse or Gazebo party.

Call Gabby at 250-364-0839 or email gkravski@trail.ca to book your pool party.



PRE-MIGHTY MITE SOCCER

2 to 3 Years

The goal of this fun program is active play with soccer balls. With the help of the parents, the instructors will encourage interaction and basic skill building with fun games. Parent participation is required. ***Coaches are needed! If interested please call Lisa at 250-364-0844 or email lmanaigre@trail.ca.**

SESSION 1: October 16 – November 20
SESSION 2: January 15 – February 19
 Wednesday, 4:15 – 4:45 pm
 Willi Krause Fieldhouse
TRP Fee: \$25.50/session
Non-TRP Fee: \$38.25/session

MIGHTY MITE SOCCER

4 to 6 Years

Come on out and learn some skills in a fun atmosphere! Kids will be taught basic soccer skills such as running with the ball, passing, kicking and shooting at the goal. Have fun while burning off some energy! ***Coaches are needed! If interested please call Lisa at 250-364-0844 or email lmanaigre@trail.ca.**

SESSION 1: October 16 – November 20
SESSION 2: January 15 – February 19
 Wednesday, 5:00 – 5:45 pm
 Willi Krause Fieldhouse
TRP Fee: \$32.00/session
Non-TRP Fee: \$48.00/session

PEANUT T-BALL

4 to 5 Years

Skills taught include hitting, catching and throwing. The emphasis is on skill building in a fun atmosphere. Bats and balls provided. Please bring your own glove.

SESSION 1: October 20 - December 8
SESSION 2: January 12 - March 9
 (No class Feb. 16)
 Sunday, 12:30 – 1:15 pm
 Willi Krause Fieldhouse
TRP Fee: \$44.00/session
Non-TRP Fee: \$66.00/session

MINI RUGBY

2 to 5 Years

This new Mini Rugby program is a fun way to introduce and develop the joy of rugby in a friendly and safe environment.



SESSION 1: October 8 - November 26
SESSION 2: January 7 - February 25
 Tuesday, 4:30 - 5:15 pm
 Trail Memorial Centre, Gym
 Instructors, Cory Walker & Jessica Robb, Trail RFC
TRP Fee: \$44.00/session
Non-TRP Fee: \$66.00/session

HOT SHOT TOTS ON ICE

4 to 6 Years

This program is all about action-packed fun! Learn the fundamentals such as skating with a hockey stick, shooting and passing. All participants must wear full hockey gear. Basic skating skills are recommended. ***Coaches are needed! If interested please call Lisa at 364-0844 or email lmanaigre@trail.ca.**

SESSION 1: October 19 - December 7
SESSION 2: January 11 - March 1
 Saturday, 2:30 - 3:15 pm
 Trail Memorial Centre, Kids Rink
TRP Fee: \$49.00/session
Non-TRP Fee: \$73.50/session



TENNIS LESSONS

6 to 13+ Years



This FUNdamentals program is designed to build a solid foundation for future success and promote enjoyment and improvement. Learn to serve, rally, score, and play at the net in singles and doubles. Racquets and balls provided; proper footwear is required; bring a water bottle.

RED BALL (5+ Years)

Monday, 4:15 – 5:15 pm

This program introduces the foundation skills of tennis with an oversized low-compression ball on a smaller court. Players learn coordination, balance and agility, and ball control in a fun and interactive way. No tennis experience is required.

ORANGE BALL (9+ Years)

Monday, 5:15 – 6:15 pm

This level further refines the rally, serve and net play. Players will learn tennis tactics: controlling the ball with height, direction, depth, speed, and spin.

GREEN BALL (10-13+ Years)

Monday, 5:15 – 6:15 pm

Players learn to serve with tactics, power and control, rally with improved direction and height, return serves, practice court position, score, and approach and play the net using volleys and overheads.

SESSION 1: October 21 – December 16 (No class Nov. 11)

SESSION 2: January 13 – March 10 (No class Feb. 17)

Willi Krause Fieldhouse

Instructor, Cohen Rutherglen - Tennis Canada Certified, Club Pro 1

TRP Fee: \$96.00/group/session

Non-TRP Fee: \$144.00/group/session



BASEBALL & SOFTBALL SKILLS

6 to 10 Years

This program offers an introduction to baseball and softball and will strengthen your basic skills in hitting, catching, throwing and running bases. The emphasis is on skill building and fun! Bats and balls provided. Please bring your own glove.

SESSION 1: October 20 - December 8

SESSION 2: January 12 - March 9 (No class Feb. 16)

Sunday, 1:30 – 2:30 pm

Willi Krause Fieldhouse

TRP Fee: \$52.00/session

Non-TRP Fee: \$78.00/session

GIRLS SOFTBALL PROGRAM

10 to 14 Years

Instruction will be delivered in a positive, structured environment designed to provide an opportunity to become better ball players. All aspects of the game will be reviewed and taught to all levels, progressing to more advanced skills. Concentration will be on the basics with emphasis on throwing, catching, running and batting mechanics.

SESSION 1: October 20 - December 8

SESSION 2: January 12 - March 9

(No class Feb. 16)

Sunday, 2:45 – 4:15 pm

Willi Krause Fieldhouse

TRP Fee: \$70.50/session

Non-TRP Fee: \$105.75/session

SMASHBALL

8 to 12 Years

This exciting new program lets kids compete and play while focusing on the most fun part of the game - smashing the ball! By teaching through game-play, Smashball develops athletes physical-literacy and games-literacy for volleyball.



With skill progression play becomes faster and more competitive to match their new skills. Smashball is fast-paced, engaging, and a lot of fun! All experience levels are welcome.

SESSION 1: October 1 – 29

SESSION 2: January 14 – February 11

Tuesday, 4:45 – 5:45 pm

Willi Krause Fieldhouse

Instructor, Jody Jones

TRP Fee: \$35.00/session

Non-TRP Fee: \$52.50/session



BASEBALL DEVELOPMENT PROGRAM

9 to 12 Years

This program is designed to teach fundamental movements, while learning good habits and having fun through the use of drills and games. Emphasis will be on pitching (balance, stability, strength), hitting (mechanics and bat speed), fielding (mobility and footwork) and baserunning (rounding, lead offs and stealing). Bring a glove, bat and water bottle and a helmet if you have one.

SESSION 1: October 8 – December 10

SESSION 2: January 7 – March 11

Tuesday, 4:15 – 5:45 pm

Willi Krause Fieldhouse

Instructor, Stephen Mailey

TRP Fee: \$88.00/session

Non-TRP Fee: \$132.00/session

BASEBALL DEVELOPMENT PROGRAM Throwing/Pitching Focus

13 to 18 Years

This program will be more focused on throwing/pitching with some hitting and field work. Through the use of drills, exercises and games the focus will be on arm care and strength, proper warm up and stretch, learning to throw from the ground up (body mechanics), developing a throwing routine, and emphasizing the mental side of pitching. You will need a water bottle, helmet, bat, glove and wear a cup.

SESSION 1: October 10 – December 12

SESSION 2: January 9 – March 13

Thursday, 4:15 – 5:45 pm

Willi Krause Fieldhouse

Instructor, Stephen Mailey

TRP Fee: \$88.00/session

Non-TRP Fee: \$132.00/session

BUTOKUKAN KARATE

7 to 14 Years

Butokukan Karate is a traditional martial art that came to North America from Japan in 1959. The name translates to "Training Hall of the Virtues of the Martial Arts". Fun fitness for mind and body. Develop poise, balance concentration and confidence in a safe environment. Join our experienced instructors in learning this fascinating art!

SESSION 1: September 23 – December 11

(No class Sept. 30, Oct. 14 & Nov. 11)

SESSION 2: January 13 – March 12 (No class Feb. 17)

Monday & Wednesday, 6:30 - 7:30 pm

St. Michael's School - Gymnasium

Instructor, Paul Lew

TRP Fee: \$75.50/session 1

\$62.00/session 2

Non-TRP Fee: \$113.25/session 1

\$93.00/session 2

STAY SAFE! PROGRAM

9 to 13 Years

Real-world scenarios often call on children to respond to challenges. The Stay Safe! Program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety. Whether in their community or at home alone, this group will be given better tools to StaySafe! in a variety of different situations (e.g., inclement weather, strangers, and unanticipated visits). Basic first aid and safety skills will be included.

SESSION 1: November 23

Saturday, 9:00 am – 1:45 pm

SESSION 2: February 14

Friday, 9:00 am – 1:45 pm

Trail Memorial Centre, McIntyre Room

Instructor, Nicole Morrison

TRP Fee: \$42.75/session

Non-TRP Fee: \$64.00/session

BABYSITTER TRAINING COURSE

11 to 15 Years

If you are between the ages of 11 and 15, you are eligible to take this course and become a certified babysitter. Learn child care, injury prevention and basic first aid. Become qualified and increase your chances of getting hired to babysit! To receive your certificate, 100% participation is required.

SESSION 1: November 8

Friday, 9:00 am – 4:30 pm

SESSION 2: January 18

Saturday, 9:00 am – 4:30 pm

Trail Memorial Centre – McIntyre Room

Instructor, Nicole Morrison

TRP Fee: \$69.50/session

Non-TRP Fee: \$104.25/session

LADIES RECREATIONAL HOCKEY

16 Years to Adult

This program is for both beginners and intermediates, and for those who would like more ice time to improve their skills. Each class will consist of drills and skill building, and then practicing those skills through game playing. This is strictly for fun, and you'll get good at hockey too!

SESSION 1: October 21 - December 16
(No class Nov. 11)

SESSION 2: January 13 - March 10
(No class Feb. 17)

Monday, 7:45 - 9:00 pm

Trail Memorial Centre, Kids Rink

TRP Fee: \$82.50/session

Non-TRP Fee: \$123.75/session

STICK & PUCK

8 Years and Up

All are welcome to come out to this non-instructional on-ice hockey session where you get to shoot, stickhandle, and pass pucks around with other players. This is a great opportunity to scrimmage and work on individual skills.

SESSION 1: October 6 - December 29

SESSION 2: January 5 - March 30

Sunday, 1:30 - 2:30 pm

Trail Memorial Centre, Kids Rink

Pay \$5.00 drop-in online prior to going on the ice at www.trailrecreation.ca, or pay cash at the skate shop (exact change required due to no cash on hand).

EVENING BADMINTON

Youth to Adult

Players all levels of skill and experience are invited to participate. The emphasis is on fun, fitness and sportsmanship.

SESSION 1: September 19-December 12

SESSION 2: January 9 - April 3

Thursday, 7:00 - 9:00 pm

Trail Memorial Centre, Gym

TRP Fee: \$52.00/session

Non-TRP Fee: \$78.00/session

TABLE TENNIS

Youth to Adult

All levels are welcome and invited to play in a recreational environment. Equipment provided.

SESSION 1: September 14-December 21

(No class Oct. 5 & 19)

SESSION 2: January 4-March 29

Saturday, 9:30 - 11:30 am

Trail Memorial Centre,

Victoria View Room

TRP Fee: \$52.00/session

Non-TRP Fee: \$78.00/session

SQUASH BC TRY-IT EVENTS

Youth to Adult

Come try squash! SquashBC will be in Trail running Try-it events for those new to squash. Classes will be available for all ages. Players looking to take their game to the next level will have an opportunity for some coaching later as well. Squash equipment will be provided.

Tuesday, October 22

Boys Try-It: 4:00 - 4:45 pm

Girls Try-It: 4:45 - 5:30 pm

Women's Try-it: 5:30 - 6:15 pm

Co-ed Try-it: 6:15 - 7:00 pm

Intermediate/Advanced Session:

7:00 - 8:00 pm

Trail Memorial Centre,

Squash Court Upstairs

Instructor, Rebecca Vassilakakis

TRP Fee: \$12.00/group

Non-TRP Fee: \$18.00/group

SQUASH FOR BEGINNERS

Youth to Adult

These squash playtimes are for those players who are new to squash or would like to play at a less advanced level. Groups per play time are small to allow for faster rotation of games.

SESSION 1: October 16 - December 4

SESSION 2: January 15 - March 5

Wednesday, 5:30 - 7:00 pm

Trail Memorial Centre,

Squash Court Upstairs

Instructor, David Plamondon

TRP Fee: \$32.00/session

Non-TRP Fee: \$48.00/session



YOUTH/ADULT TENNIS LESSONS - LEVEL 1

Youth to Adult

Players are introduced to a foundation of skills and the fundamentals of tennis for future success to promote enjoyment and improvement. Lessons include all aspects of tennis game play: serves, volleys, overheads and ground strokes in singles and doubles. Racquets and balls provided; proper footwear is required; bring a water bottle.

SESSION 1: October 25-December 13

SESSION 2: January 17 - March 7

Friday, 4:15 - 5:15 pm

Willi Krause Fieldhouse

Instructor, Cohen Rutherglen -

Tennis Canada Certified, Club Pro 1

TRP Fee: \$112.00/session

Non-TRP Fee: \$168.00/session

ADULT TENNIS LESSONS

Youth to Adult

If you have participated in an adult tennis session and are moving up from Level 1 play, join this session. Fundamentals of tennis will still be covered, and lessons will also include all aspects of the game: serves, volleys, overheads and groundstrokes. Learn to rally, score and play the net in singles and doubles. Racquets and balls provided; proper footwear is required; bring a water bottle.

SESSION 1: October 25-December 13

SESSION 2: January 17-March 7

Friday, 5:15 - 6:15 pm

Willi Krause Fieldhouse

Instructor, Cohen Rutherglen -

Tennis Canada Certified, Club Pro 1

TRP Fee: \$112.00/session

Non-TRP Fee: \$168.00/session

BUTOKUKAN KARATE

15 Years to Adult

Butokukan Karate is a traditional martial art that came to North America from Japan in 1959. The name translates to "Training Hall of the Virtues of the Martial Arts". The focus of the class is on self-improvement, fitness and fun. Join us in learning this fascinating art!

SESSION 1: September 23 – December 11

(No class Sept. 30, Oct. 14 & Nov. 11)

SESSION 2: January 13 – March 12

(No class Feb. 17)

Monday & Wednesday, 6:30 - 8:30 pm
St. Michael's School - Gymnasium
Instructor, Paul Lew

TRP Fee: \$75.50/session 1

\$62.00/session 2

Non-TRP Fee: \$113.25/session 1

\$93.00/session 2

LADIES VOLLEYBALL

Youth to Adult

Come out and enjoy some fun volleyball games. All levels are welcome to play in a recreational setting. Equipment provided.

SESSION 1: October 21 - December 16

(No class Nov. 11)

SESSION 2: January 13 – March 10

(No class Feb. 17)

Monday, 8:15 - 9:15 pm
Willi Krause Fieldhouse

TRP Fee: \$40.00/session

Non-TRP Fee: \$60.00/session

PICKLEBALL TOURNAMENT

Youth to Adult

You will play many games with different partners. What a great way to meet new players and practice your game. Prizes and awards will be available to be won, so don't miss out on this great event.

FALL TOURNAMENT:

December 7

WINTER TOURNAMENT:

February 22

Saturday, 10:00 am - 2:00 pm
Willi Krause Fieldhouse

Fee: \$17.00/tournament

PICKLEBALL

Youth to Adult

Pickleball is a sport that combines elements of badminton, tennis and table tennis. It is played on a court with a hard paddle and a wiffle ball, and is enjoyed by people of all ages and abilities. Equipment is provided if needed. All levels are welcome.

SESSION 1: October 5 - December 22

(No playtime Oct. 10, 14, 26, Nov. 11, Dec. 7)

SESSION 2: January 6 – April 20

(No playtime Feb. 17 & 22)

Monday: 6:30 pm - 8:30 pm
Tuesday: 9:00 am - 11:00 am
Wednesday: 6:30 pm - 8:30 pm
Thursday: 9:00 am - 11:00 am
Saturday: 9:00 am - 12:00 pm
Sunday: 9:00 am - 12:00 pm

Trail Memorial Centre, Gym
Saturday & Sunday located at the Willi Krause Fieldhouse.

Options to play at beginner/intermediate OR intermediate/advanced levels are available on both Saturday and Sunday. All levels are welcome at all play times.

Fees vary depending on the day of the week. A detailed schedule is available at registration.

TRP Drop-In Ticket Fee: \$6.10

Non-TRP Drop-In Ticket Fee: \$9.15

Drop-ins purchased online at www.trailrecreation.ca

PICKLEBALL FLEXPASS

Purchase a FlexPass to have access to all play times for one low fee.

TRP Fee: SESSION 1: \$94.50

SESSION 2: \$132.00

Non-TRP Fee: SESSION 1: \$141.75

SESSION 2: \$198.00



BEGINNER PICKLEBALL LESSONS

Youth to Adult

Here is a weekly program for those new to Pickleball. Each class you will learn skills taught by the instructors. Practice those skills through drills and game playing. Learn the basics of the game, the rules of the court and how to keep score. Have fun playing with other new Pickleball players! Those completing this lesson set are encouraged to join the Beginner Play Pickleball playtime.

SESSION 1: October 6 - 27

SESSION 2: January 12 - February 2

Sunday, 12:15 - 1:30 pm
Willi Krause Fieldhouse

TRP Fee: \$17.00/session

Non-TRP Fee: \$25.50/session

ADVANCED PLAY PICKLEBALL

Youth to Adult

Participants have the opportunity to play at a more advanced level. Improve your competitive play and perform at a level 3.5 and above.

SESSION 1: October 24 - December 19

SESSION 2: January 9 - March 13

Thursday, 3:00 - 5:00 pm
Trail Memorial Centre, Gym

TRP Fee: \$26.00/session 1

\$29.00/session 2

Non-TRP Fee: \$39.00/session 1

\$43.50/session 2

BEGINNER PLAY PICKLEBALL

Youth to Adult

This is an opportunity for participants to play at a beginner and non-competitive level. This playtime is for those new to the game and for those who would like to play at a level 3.0 and below.

SESSION 1: October 4 - December 20

(No playtime Oct. 25)

SESSION 2: January 10 – March 28

Friday, 6:30 - 8:30 pm
Willi Krause Fieldhouse

TRP Fee: \$32.00/session 1

\$35.00/session 2

Non-TRP Fee: \$48.00/session 1

\$52.50/session 2



SENIORS DANCES

Adult to Senior

Have fun and meet new friends at these fun dance events in the Trail Memorial Centre Gym. Enjoy dancing in this fun social environment with live 50s, 60s, 70s, pop & country music, provided by Brian Plamondon. Coffee, tea and small snacks provided.

NEXT DANCES:

September 25 | October 23
November 20 | December 18
Wednesday, 2:00 - 4:00 pm

(More dances will be scheduled in the New Year).

Trail Memorial Centre, Gym

Fee: \$5.75 per person

Pre-registration is required

(no drop ins accepted at the door).

3 Ways to Register

By phone: 250-364-0888 or 250-364-0858

In-person: Trail Aquatic & Leisure Centre
at the main desk

Online: www.trailrecreation.ca



SENIORS BALANCE CLASS

This class will focus on balance and agility to help you move with more confidence. It is the perfect way to improve balance and stability while increasing overall flexibility and strength. This class may be done seated or standing and may utilize a variety of equipment.

SESSION 1: September 18 – November 27

SESSION 2: January 15 – March 26

Wednesday, 10:45 - 11:45 am

Trail Aquatic Centre, Multipurpose Room

Instructor, Julia O'Donoghue

TRP Fee: \$27.50/session

Non-TRP Fee: \$41.25/session

SENIORS HEALTH & WELLNESS WORKSHOPS COSCO

Come join us in these free health promotion workshops for seniors. Each workshop will include a different topic. Practical and usable information will be delivered by a trained facilitator. Each presentation will provide a better understanding and practical suggestions. Written material about each presentation will be available to take home.



SESSION 1: October 29 - Safety in the Home

SESSION 2: November 26 - Skin Conditions

SESSION 3: January 28 - Age Well, Live Well with Safe Medication Use

Tuesday, 1:00 – 2:30 pm

Trail Aquatic Centre, Multipurpose Room

Facilitator for the Seniors Health & Wellness Institute,

Theresa Buchner

FREE

You must register your name at Trail Parks & Recreation to ensure participation and avoid cancellation

SOCIAL SQUARE DANCE PROGRAM

Social Square Dancing offers a unique approach to health and fitness. It is a low impact aerobic exercise which delivers all the positive aspects of intense physical activity. The health benefits are not only physical, they improve memory skills! Responding to rapid fire commands means that your mind gets a workout at the same time as your body does. Translating oral commands into action helps to develop and maintain a person's mental agility.

Deb & Ray Schmidt have recently moved to the Kootenays from Vancouver Island and bring 10+ years of experience calling and teaching with them.

Singles are welcome, wear comfortable clothing & indoor shoes. Pre-registration required.

SESSION 1: October 24 - December 5 (No class Nov. 7)

SESSION 2: January 16 - February 20

Thursday, 10:00 – 11:30 am

Trail Memorial Centre, Victoria View Room

Square Dance Callers/Instructors, Deb & Ray Schmidt

TRP Fee: \$60.00

Non-TRP Fee: \$90.00



South Kootenay Seniors
TRAIL WARFIELD ROSSLAND

South Kootenay Seniors

is the age-friendly program for the City of Trail, Village of Warfield, and City of Rossland.

The three municipalities work together to support seniors in our communities. The program provides information on local resources, and offers social activities such as monthly teas, lunches, and educational events.

Contact us for more information:

PHONE: 250-368-1896

E-MAIL: age.friendly@rossland.ca

VISIT: www.rossland.ca/skseniors

FACEBOOK: www.facebook.com/skseniors



COMINCO ARENA WALKING LOOP

Open 7 Days a Week

Closed During Events

Phone 250-364-0858 for more information

FITNESS PROGRAMS

BOOMER FIT CLASS

Adult to 55+

Be fit and functional! This class incorporates a variety of formats and equipment designed to improve your overall strength, flexibility, mobility, balance, agility and cardiovascular fitness. Great for those wanting to maintain an active lifestyle and inject some fun into their routine! Suitable for all activity levels.

SESSION 1: September 16 – October 30

(No class Sept. 30, Oct. 2 & 14)

SESSION 2: November 4 – December 18

(No class Nov. 11)

SESSION 3: January 13 – February 26

(No class Feb. 17)

Monday & Wednesday, 9:00 – 10:00 am

Trail Memorial Centre, Victoria View Room

Instructor, Julia O'Donoghue

TRP Fee: **\$104.50/session 1** **\$123.50/session 2**
\$123.50/session 3

Non-TRP Fee: **\$156.75/session 1** **\$185.25/session 2**
\$185.25/session 3

GLUTES & ABS

Youth to Adult

Name a more iconic duo! In this class we will work on activating the core and hip muscles. The goal is to improve posture and move more comfortably - side effects may include looking great and feeling confident. This class is great for everyone, whether you sit for long periods of time, or love exploring the mountains.

SESSION 1: September 18 – October 30

SESSION 2: November 6 – December 18

SESSION 3: January 15 – February 26

Wednesday, 12:00 - 1:00 pm

Trail Aquatic Centre - Multipurpose Room

Instructor, Julia O'Donoghue

TRP Fee: **\$66.50/session**

Non-TRP Fee: **\$99.75/session**

BOOT CAMP CIRCUIT

Circuit training is a fantastic workout that's great for everyone, regardless of fitness level. It incorporates a variety of exercises at separate stations, and you take part in small groups, taking on each exercise at your own pace. It's a great way to help you get in shape.

October 10 - December 5

(No class Oct. 31 & Nov. 7)

Thursday, 5:30 - 6:15 pm

Trail Memorial Centre, Victoria View Room

Instructor, Jennifer Johnson

TRP Fee: **\$57.75**

Non-TRP Fee: **\$86.50**

TEEN GET FIT

13 to 14 Years

You will be introduced to the fitness centre by a certified personal trainer in a group setting. Learn about physical fitness, weight training, cardio training, goal setting, safety, gym etiquette, and how to avoid injury. All 13 and 14 year olds must first attend a Teen Get Fit session prior to using the Fitness Centre. *Please note: specific dates can be arranged with 2 or more participants.*

SESSION 1: October 4

SESSION 2: November 1

SESSION 3: December 6

SESSION 4: January 17

SESSION 5: February 21

Friday, 4:30 - 6:00 pm

Trail Aquatic and Leisure Centre

Instructor, Logan Pompu, Personal Trainer

TRP Fee: **\$24.00/session**

Non-TRP Fee: **\$36.00/session**

Monday	Tuesday	Wednesday	Thursday	Friday
Boomer Fit 9:00-10:00am		Boomer Fit 9:00-10:00am		
		Glutes & Abs 10:30 - 11:30am		
	Seniors Health Workshops Oct 29, Nov 26, Jan 28 1:00-2:30 pm	Seniors Balance Class 12:00 - 1:00 pm		Teen Get Fit Oct 4, Nov 1, Dec 6, Jan 17, Feb 21 4:30-6:00 pm
			Boot Camp Circuit 5:30-6:15 pm	

For many programs and fitness classes, drop-in is available once the minimum number of registrations is achieved.

Drop-in options are found at www.trailrecreation.ca and must be purchased online prior to attending the class.

Are You Ready to Make the Commitment?

Get started on a new fitness path that leads to success with a personalized program! Our Personal Trainers are certified to guide and help you achieve your fitness goals!

Our personal trainers can work with many different populations such as seniors, rehabilitation clients, athletes, and many more. Together we strive to help clients with their health and fitness goals through mobility work, exercise, diet, stretching and education.

To book a personal training session call the Trail Aquatic & Leisure Centre at 250-364-0888, or Trail Parks & Recreation Department at 250-364-0858.

PERSONAL TRAINING FEES		
PRIVATE	TRP	NON TRP
1 SESSION	\$55.00	\$82.50
3 SESSIONS	\$156.00	\$234.00
5 SESSIONS	\$250.00	\$375.00
10 SESSIONS	\$478.50	\$717.75
2 CLIENTS		
1 SESSION <i>Includes 1.5 hours with trainer.</i>	\$85.00	\$127.50
3 SESSIONS <i>Includes 1.5 hours per session with trainer.</i>	\$234.00	\$351.00

FITNESS CENTRE ORIENTATION

Orientations are conducted by our Fitness Centre Monitor. The purpose of these orientations is to ensure that participants understand proper gym etiquette, know how to use the equipment safely, and are familiar with the facility.

Orientations are free with regular admission. Pre-book at the Aquatic Centre front desk, or call 250-364-0888 to set up an appointment in advance.

PERSONAL TRAINERS



Logan Pompu

Logan is a certified Personal Trainer and nutritionist through the International Sports Science Association. With 2 years of experience, he has worked with clients of all ages in numerous settings from one on one in the gym, to group settings, as well as virtually.

His success includes losing 90 pounds of fat and adding 35 pounds of muscle and celebrates his achievements being happy with his progress. Exercise and nutrition literally saved his life and he hopes that his experience motivates others to make the necessary changes in their lives.

His message is that anything is possible if you work hard for it. Logan is here for you to learn from his knowledge and unique training style that will help give you the encouragement to accomplish your goals.



Julia O'Donoghue

Julia has been a CanFitPro certified personal trainer since 2016, and has worked in the fitness industry for over a decade. Over the course of her career, Julia has worked with people of all ages and abilities.

Recently she has had the chance to coach the Give'r free ski kids team, the Flux Climbing competition team, and handstand workshops in Rossland. Originally from Montreal, with a background in theatre, she now calls Rossland home and loves to shred pow all winter long.

Her mission is to make movement accessible to everyone, regardless of income level and teach people to connect with their bodies from the inside out. Her ultimate goal is to have her clients live long and pain-free lives.





**Check Out
Kids Camps**
on pages
16 & 17