

Trail Parks & Recreation

PROGRAM GUIDE

Spring | Summer 2025

April to August 2025



Spring Registration

Recreation: Tuesday, March 18, 8:30 am

Aquatic: Thursday, March 20, 8:30 am

Summer Registration

Recreation: Tuesday, May 13, 8:30 am

Aquatic: Thursday, May 15, 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

Gabby Kravski,
Manager of Parks & Recreation
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Denise Gausdal, Facility Bookings
250-364-0837 | dgausdal@trail.ca

Lisa Manaire, Recreation Coordinator
250-364-0844 | lmanaire@trail.ca

Caitlin Wilson, Aquatic Program Coordinator
250-364-0852 | cwilson@trail.ca

Cassidy Bella, Administrative Clerk
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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
Monday to Friday	12:00 pm - 8:00pm
Summer Water Slide (July & August)	
Saturday	10:00 am – 5:00 pm
Sunday	11:00 am – 5:00 pm

**TRAIL AQUATIC & LEISURE CENTRE
HOLIDAY CLOSURES**

Friday, April 18 (Good Friday)	Closed
Monday, April 21 (Easter Monday)	Closed
Saturday, May 10 (Silver City Days)	Pool Only Closed
Monday, May 19 (Victoria Day)	Closed
Tuesday, July 1 (Canada Day)	Closed
Friday, July 25	Pool ONLY Closed 6:00 – 8:00 pm
Saturday, July 26/Sunday, July 27 (Stingrays Swim Meet)	Pool ONLY Closed ALL Weekend
Monday, August 4 (BC Day)	Closed
Monday, September 1 (Labour Day)	Closed

Annual Facility Maintenance Shutdown

Saturday, August 9 to Sunday, September 7	
Monday, August 18	Fitness Centre Re-opens
Monday, September 8	Pool Re-Opens



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. Refunds or transfer requested on the programs start date are not eligible for refunds or transfers.
3. 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 and company picnics.
- 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



SILVER CITY DAYS EVENTS MAY 7 - 11

SENIORS SILVER CITY DAYS DANCE

May 7, Wednesday

2:00 – 4:00 pm

Trail Memorial Centre, Gym

Pre-registration required

KIDZONE

May 10, Saturday

12:00 – 4:00 pm

Trail Memorial Centre, Cominco Arena

PICKLEBALL TOURNAMENT

May 11, Sunday

10:00 am – 2:00 pm

Willi Krause Fieldhouse

Pre-registration required

AQUATIC SPECIAL EVENTS

Regular admission applies

WACKY WATER NIGHT

FRIDAY, April 25th

6:30 – 8:00pm

Join us for an exciting night of fun and games. Wacky water night promises a unique night of many fun games.

PIRATE NIGHT

FRIDAY, May 23rd

6:00 – 8:00pm

Ahoy, matey! Set sail for a swash-buckling good time at Pirate Night. Join us for an evening of treasure hunts, cannon ball contests, and pirate themed games.

HAWAIIAN LUAU

FRIDAY, July 18th

6:00 – 8:00 pm

Join us, and get ready to "Luau" your way through a tropical evening at our Hawaiian Luau. Dive into the island vibe with palm trees, tiki torches, and a refreshing poolside atmosphere.



CANADA DAY CELEBRATION

TUESDAY, JULY 1

Gyro Park

Enjoy food, community group displays, games for kids, face painting and live music. Opening ceremonies at noon. Stay tuned for more information as we near the July 1 celebration date. *Please note: there will be no fireworks display.*

CELEBRATE YOUR BIRTHDAY

with Trail Parks & Recreation



Choose a Party Package!

MEMORIAL CENTRE / FIELDHOUSE

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

This 2-hour party package includes one hour of private ice time and 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 - Gyro Park Gazebo \$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 Caitlin at 250-364-0852 or email cwilson@trail.ca to book your pool party.



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 Caitlin Wilson at 250-364-0852 or cwilson@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 Caitlin Wilson at 250-364-0852 or cwilson@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
Adult Lessons 4 lessons, 30 minutes each	\$45.00	\$67.50

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

AQUATIC LESSONS



MONDAYS

SESSION 1 April 7- May 5 (4 Lessons) <i>No Lesson April 21st</i>	
SESSION 1 May 12 - June 9 (4 Lessons) <i>No Lesson May 19th</i>	
6:00 - 6:30 pm	Teen & Adult Swimmer 1
6:30 - 7:00pm	Teen & Adult Swimmer 2

TUESDAYS & THURSDAYS

SESSION 1 April 8 - May 1 (8 Lessons)		
SESSION 2 May 13 - June 5 (8 Lessons)		
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

SATURDAYS

SESSION 1 April 12 - May 31 (8 Lessons)			
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 3	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

SUNDAYS

SESSION 1 April 13- June 1 (8 Lessons)		
12:30 - 1:00/1:30 pm	Swimmer 1	Swimmer 7/8/9 (Combined)
1:00 - 1:30 pm	Preschool 1	
1:30 - 2:00pm	Preschool 2	Preschool 1

SUMMER SESSIONS

TUESDAY TO FRIDAY

SESSION 1 July 8 - 18 (8 Lessons)	
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
3:45 - 4:30 pm	Swimmer 5 Swimmer 6

SESSION 2 July 22 - August 1 (8 Lessons)	
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
3:45 - 4:30 pm	Swimmer 5 Swimmer 6

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

March 31 – May 5 (No Class April 21)

Monday's 9:00- 9:45 am

Instructor: Amie Palmer

TRP Fee: \$31.25

Non TRP Fee: \$47.35

SESSION 2

April 2 – May 7

Wednesday's 9:00- 9:45 am

Instructor: Amie Palmer

TRP Fee: \$37.50

Non TRP Fee: \$56.25

SESSION 3

April 4 – May 9 (No Class April 18)

Friday's 9:00- 9:45 am

Instructor: Amie Palmer

TRP Fee: \$31.25

Non TRP Fee: \$47.35

SESSION 4

May 12 – June 23 (No Class May 19)

Monday's 9:00- 9:45 am

Instructor: Amie Palmer

TRP Fee: \$37.50

Non TRP Fee: \$56.25

SESSION 5

May 14 – June 25

Wednesday's 9:00- 9:45 am

Instructor: Amie Palmer

TRP Fee: \$43.75

Non TRP Fee: \$65.65

SESSION 6

May 16 – June 20

Friday's 9:00- 9:45 am

Instructor: Amie Palmer

TRP Fee: \$37.50

Non TRP Fee: \$56.25



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

March 31 – May 5 (No Class April 21)

Monday's 10- 10:30 am

Instructor: Amie Palmer

TRP Fee: \$31.25

Non TRP Fee: \$47.35

SESSION 2

April 2 – May 7

Wednesday's 10:00- 10:30 am

Instructor: Amie Palmer

TRP Fee: \$37.50

Non TRP Fee: \$56.25

SESSION 3

May 12 – June 23 (No Class May 19)

Monday's 10:00- 10:30 am

Instructor: Amie Palmer

TRP Fee: \$37.50

Non TRP Fee: \$56.25

SESSION 4

May 14 – June 25

Wednesday's 10:00- 10:30 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

April 1 – May 6

Tuesday's 12:15-1:00pm

Instructor: Amie Palmer

TRP Fee \$37.50

Non TRP Fee: \$56.25

SESSION 2

April 3 – May 8

Thursday's 12:15-1:00pm

Instructor: Amie Palmer

TRP Fee: \$37.50

Non TRP Fee: \$56.25

SESSION 3

May 13 – June 24

Tuesday's 12:15-1:00pm

Instructor: Amie Palmer

TRP Fee: \$43.75

Non TRP Fee: \$65.65

SESSION 4

May 15 – June 19

Tuesday's 12:15-1:00pm

Instructor: Amie Palmer

RP Fee: \$37.50

Non TRP Fee: \$56.25

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 (Course includes manual and a pocket mask)

April 16, 23, 30, May 7, 14

Wednesdays

3:15-8:00 pm

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)

May 21, 26, 28, June 2, 4

Mondays & Wednesdays

3:15-8:00 pm

100% attendance is required

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) (Course Includes Manual and Whistle)

April 11, 12, 25, 26, May 2, 3, 9, 10

Fridays: 4:30-8:00pm

Saturdays: 9:00am-5:00pm

****There is a required coteach with this course.**

100% attendance is required

SWIM INSTRUCTOR RECERT

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: Must hold a valid SI certificate

May 25

Sunday

9:00 am - 2:00 pm

100% attendance is required

NATIONAL LIFEGUARD POOL OPTION

The National Lifeguard pool certification is designed to develop the fundamental values, judgement, knowledge, skills and fitness require by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practice, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments.

Pre-requisite: 15 years by the last day of the course, Bronze cross and Stand First Aid (Current within 2 years)

July 2, 3, 8, 9, 14, 15 and 21

Monday, Tuesday, Wednesday, Thursday

9:00am - 5:00pm

100% attendance is required

NATIONAL LIFEGUARD RECERTIFICATION

Is your NL about to expire or has it expired already?

The precert will give you an up-to-date look at the new standards and requirements, as well as an opportunity to practice prior to the recert.

Pre-requisites: NL Card

June 23, 25

Monday & Wednesday

4:00-8:00 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 Caitlin Wilson, the Aquatic Program Coordinator at cwilson@trail.ca or 250-364-0852.**

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 Caitlin Wilson, Aquatic Program Coordinator at cwilson@trail.ca or call 250-364-0852.

PRESCHOOL PROGRAMS



PRE-MIGHTY MITE SOCCER

18 Months to 2 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.

May 7 – June 11

Wednesday, 4:00 – 4:30 pm
Upper Sunningdale Park

TRP Fee: \$25.50
Non-TRP Fee: \$38.25

MIGHTY MITE SOCCER

3 to 4 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!

May 7 – June 11

Wednesday, 4:45 – 5:30 pm
Upper Sunningdale Park

TRP Fee: \$32.00
Non-TRP Fee: \$48.00

MINI RUGBY

2 to 5 Years

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



SESSION 1: April 22 – May 20

Trail Memorial Centre, Gym

SESSION 2: June 3 – 24

Upper Sunningdale Park

Tuesday, 4:30 – 5:15 pm

Instructors, Cory Walker & Jessica Robb, Trail RFC

TRP Fee: \$27.50/session 1
\$22.00/session 2
Non-TRP Fee: \$41.25/session 1
\$33.00/session 2

CREATIVE DANCE

3 to 5 Years

This lively and engaging class will introduce young children to the wonders of dance. The program includes creative movement, ballet, jazz and fun dance games that help to develop coordination, rhythm and balance.

June 2 – 23

Monday, 3:00 – 3:45 pm

Trail Memorial Centre, Victoria View
Instructors from Steps Dance Centre

TRP Fee: \$34.00
Non-TRP Fee: \$51.00



DANCE SAMPLER

6 to 9 Years

Children who love to dance can sample a variety of dance styles. Try Ballet, Jazz and Hip Hop in a fun and supportive atmosphere. We will focus on coordination, musicality, and movement patterns across the floor. No experience necessary.

June 2 - 23

Monday, 4:00 – 4:45 pm

Trail Memorial Centre, Victoria View
Instructors from Steps Dance Centre**TRP Fee: \$34.00****Non-TRP Fee: \$51.00**

JAZZ FUNK

8 to 10 Years

Kids can enjoy learning some awesome Hip Hop moves mixed with Jazz technique and styles. The choreography they'll learn are upbeat and exciting, and dancers can add their own style to it all! Dancers will learn musicality, groove, and coordination; no prior experience is needed.

June 2 - 23

Monday, 4:45 – 5:30 pm

Trail Memorial Centre, Victoria View
Instructors from Steps Dance Centre**TRP Fee: \$34.00****Non-TRP Fee: \$51.00**

JUNIOR RUGBY

5 to 6 Years

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

SESSION 1: April 22 – May 20

Trail Memorial Centre, Gym

SESSION 2: June 3 - 24

Upper Sunningdale Park

Tuesday, 5:30 – 6:15 pm

Instructors, Cory Walker & Jessica Robb, Trail RFC

TRP Fee: \$27.50/session 1**\$22.00/session 2****Non-TRP Fee: \$41.25/session 1****\$33.00/session 2**

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 LEVEL (6+ Years)

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 LEVEL (9+ Years)

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 LEVEL (10-13+ Years)

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: April 14 – May 26

(No class Apr. 21 & May 19)

RED: Monday, 4:15 – 5:15 pm**ORANGE:** Monday, 5:15 – 6:15 pm**GREEN:** Monday, 5:15 – 6:15 pm

Willi Krause Fieldhouse

SESSION 2: June 2 - 30**RED:** Monday, 3:30 – 4:45 pm**ORANGE:** Monday, 4:45 – 6:00 pm**GREEN:** Monday, 6:00 – 7:15 pm

Butler Park Tennis Courts

TRP Fee: \$60.00/group/session**Non-TRP Fee: \$90.00/group/session**

Instructor, Cohen Rutherglen –

Tennis Canada Certified, Club Pro 1



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!

April 14 – June 11

(No class April 21 & May 19)

Monday & Wednesday, 6:30 – 7:30 pm

St. Michael's School, Gymnasium

Instructor, Paul Lew

TRP Fee: \$57.00**Non-TRP Fee: \$85.50**

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.**

June 21

Saturday, 9:00 – 4:30 pm

Trail Memorial Centre, McIntyre Room

Instructor, Nicole Morrison

TRP Fee: \$69.50**Non-TRP Fee: \$104.25**

STAY SAFE! PROGRAM

9 to 13 Years

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.

June 14

Saturday, 9:00 am – 1:45 pm

Trail Memorial Centre, McIntyre Room

Instructor, Nicole Morrison

TRP Fee: \$42.75

Non-TRP Fee: \$64.00

JUNIOR GOLF PROGRAM

7 to 15 Years

Beginner to Intermediate

Take this opportunity to receive quality instruction with Kevin Nesbitt, CPGA. This program 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.

May 22 – June 12

Group 1: Ages 7 - 10

Thursday, 4:00 – 4:45 pm

Group 2: Ages 11 - 15

Thursday, 5:00 – 5:45 pm

Champion Lakes Golf Course

Instructor, Kevin Nesbitt, CPGA

TRP Fee: \$57.00/group

Non-TRP Fee: \$85.50/group

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 fastpaced, engaging, and a lot of fun! All experience levels are welcome.

April 15 – May 20

Tuesday, 4:00 – 5:00 pm

Willi Krause Fieldhouse

Instructor, Jody Jones

TRP Fee: \$39.00

Non-TRP Fee: \$58.50



VOLLEYBALL MINI CAMPS

12 to 16 Years

Take this great opportunity to learn the basics of volleyball with highly experienced coach, Jayde Robertsen. Learn the secrets from the pro, such as serving, setting, hitting, blocking and more! All experience levels are welcome. Jayde has international experience in Germany and Spain, is a former National Team Member, 2-time National Champion and has done UBC Thunder Club coaching from 2018-2023 in both beach and indoor volleyball. Register for one or all camps and gain the skills to be a better volleyball player. *Registration is open as of March 5 for this program.*

Camp 1: April 5

Saturday, 6:00 – 9:00 pm

Camp 2: April 8

Tuesday, 5:00 – 8:00 pm

Camp 3: April 12

Saturday, 1:00 – 4:00 pm

Willi Krause Fieldhouse

Instructor, Jayde Robertsen

Fee: \$50.00/camp

GROVESSENSE FOR TEENS Contemporary Acro Dance

14 to 18 Years

This class combines the technical elements of contemporary dance and the basic dance acrobatics and learning to use them through choreographies. Discover the world of floorwork technique and acrobatics, including rolling, crawling, sliding, gliding, looping and balancing.

Develop the physical foundation necessary for acrobatic floorwork through targeted exercises and drills tailored to enhance your strength, flexibility, and body awareness, and unlock your creative potential.

April 15 – May 13

Tuesday, 4:00 – 5:00 pm

Trail Memorial Centre, Victoria View Room

Instructor, Sophie Barbarics, Master Dance Teacher, Artist, Creator Yolone Art Group Inc.

TRP Fee: \$50.00

Non-TRP Fee: \$75.00



CHALLENGER INTERNATIONAL SOCCER CAMPS

JULY 21 - 25 | HALEY PARK SOCCER FIELD
6 TO 16 YEARS

TAKE YOUR SOCCER SKILLS TO THE NEXT LEVEL!

The International Soccer Camp program will contain Challenger's own brand of innovative practices: coached games, camp world cup, cultural education, character building, and fun!

- International Coaching Staff
- Individual Foot Skills
- Fakes, Moves and Turns
- Freestyle Soccer
- Technical & Tactical Instruction
- Small-Sided Games
- Daily World Cup Style Tournament
- Fantastic Cultural Experience!

Each camp includes a soccer ball and player evaluation. Bring cleats, lunch, snacks and a water bottle daily.

***Must register by JUNE 15 in order to receive a 'free' Challenger soccer jersey!**

HALF DAY PROGRAM Ages 6-16

Our most popular camp program weaving personal skill development, character development, and cultural education within our new international practice format. Emphasis on improving individual dribbling, passing, control & shooting, expanding tactical knowledge through small-sided games, and having fun!

Monday – Friday, 9:00 am – 12:00 pm

FEE: \$190.00

FULL DAY PROGRAM Ages 6-16

A full day of coaching for players who are trying to move up in the world of soccer. Includes all aspects from the Half Day Program, as well as additional focus on speed and agility with advanced technical and tactical practices. Players will be grouped initially according to age; there will be some flexibility depending on ability.

Monday – Friday, 9:00 am – 4:00 pm

6 hours per day; sessions are split into 2 x 3-hour blocks; supervised lunch hour (packed lunch required)

FEE: \$245.00

SUMMER FUN!



SUMMER AT THE SKATEPARK

FREE DROP IN SKATEBOARD COACHING

JULY 8 – AUGUST 21

**Tuesday, Wednesday and Thursday
8:30 am – 12:00 pm**

Join us for another great Summer at the Skatepark! Our experienced skateboard instructors will be available all summer to offer free lessons. Learn new skills and practice in a safe and fun environment. Equipment is provided to use for free if needed. All ages and abilities are welcome.

Forms, details and updates at
www.trail.ca/SkatePark



TENNIS SUMMER CAMP

6 to 13+ Years

This camp 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. Specialized equipment is utilized including low-compression tennis balls, junior racquets, mini nets and reduced court size.

RED LEVEL

6+ yrs
9:00 – 10:30 am

ORANGE LEVEL

9+ yrs
9:00 – 10:30 am

GREEN LEVEL

10-13+ yrs
10:30 am – 12:00 pm

CAMP 1: JULY 7 - 9

CAMP 2: JULY 14 - 16

**Monday, Tuesday
& Wednesday**

Butler Park Tennis Courts
Cohen Rutherglen -
Certified Tennis Canada
Instructor, Club Pro 1
FEE: \$54.00/camp

**Refer to Tennis Lessons on page 17 for level descriptions.*



CAMP CAWABUNGA & SUMMER ADVENTURE CAMP

These exciting weekly camps offer theme weeks packed full of adventure, games, sports, arts and crafts, projects, and most importantly...fun!

Camps run from 9:00 am to 3:30 pm
Drop off starts at 8:30 am

Monday - Friday at Gyro Park

FEE: \$145.00/week



CAMP CAWABUNGA 6 to 8 Years

Week 1: July 7 - 11	DISNEY VS MARVEL
Week 2: July 14 - 18	WIZARDS AND MAGIC
Week 3: July 21 - 25	SCIENCE ADVENTURES
Week 4: July 28 - August 1	OUTDOOR EXPLORERS
Week 5: August 5 - 8 (Omit Aug. 4)	MUSIC MAKERS - Short Week Fee: \$116
Week 6: August 11 - 15	SPLISH SPLASH WEEK

SUMMER ADVENTURE CAMP 9 to 12 Years

Week 1: July 7 - 11	MARVEL VS DISNEY
Week 2: July 14 - 18	MAGIC WEEK
Week 3: July 21 - 25	EVERYTHING SCIENCE
Week 4: July 28 - August 1	FUN IN NATURE
Week 5: August 5 - 8 (Omit Aug. 4)	ROCK STARS - Short Week Fee: \$116
Week 6: August 11 - 15	WACKY WATER WEEK

Please Note: if you are 8 years, 6 months and older you may choose to join the Summer Adventure Camp.



PICKLEBALL CLINICS

18 Years to Adult

Learn and improve your pickleball game. Instructor Bruce Lacroix specializes in introducing beginners to the game, and helping intermediate players get better and have more fun. Past students have commented on his patience, individual attention, humour and ability to help people improve immediately. He keeps things simple and easy to both understand, and do.

Group 1: Beginner May 3 & 17

Saturday, 11:00 – 12:30 pm

Group 2: Intermediate May 3 & 17

Saturday, 1:00 – 2:30 pm

Willi Krause Fieldhouse

Instructor, Bruce Lacroix - Pickleball Canada Certified Instructor, and past Tennis Canada Level III Pro

TRP Fee: \$95.00/group

Non-TRP Fee: \$142.50/group



SILVER CITY DAYS FUN PICKLEBALL TOURNAMENT



15 Years 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. Pizza lunch is provided.

May 11

Sunday, 10:00 am – 2:00 pm

Willi Krause Fieldhouse

Fee: \$17.00

BEGINNER PLAY PICKLEBALL

16 Years to Adult

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

April 25 - June 13

(No playtime May 30)

Friday, 6:30 – 8:30 pm

Willi Krause Fieldhouse

TRP Fee: \$28.00

Non-TRP Fee: \$42.00

SQUASH FOR BEGINNERS

14 Years to Adult

These squash playtimes are for those players who are new to squash or would like to play at a less advanced level.

April 23 – May 28

Wednesday, 6:30 – 8:00 pm

Trail Memorial Centre, Squash Court Upstairs

Instructor, David Plamondon

TRP Fee: \$24.00

Non-TRP Fee: \$36.00

EVENING BADMINTON

14 Years to Adult

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

April 10 - June 12

(No playtime May 8)

Thursday, 7:00 – 9:00 pm

Trail Memorial Centre, Gym

TRP Fee: \$36.00

Non-TRP Fee: \$54.00

TABLE TENNIS FUN TOURNAMENT

15 Years to Adult

Come out and be a part of our new fun Table Tennis Tournament. You will have the opportunity to play games with many different players. There will be pizza lunch provided. Please bring indoor runners and your own ping pong paddle. Equipment is provided if needed.

June 7

Saturday, 9:30 am - 1:30 pm
Trail Memorial Centre, Gym

Fee: \$12.00

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!

April 7 – May 5 (Omit April 21)

Monday, 8:00 – 9:15 pm
Trail Memorial Centre, Kids Rink

TRP Fee: \$41.00

Non-TRP Fee: \$61.50

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!

April 14 – June 11 (No class April 21 & May 19)

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

TRP Fee: \$59.50

Non-TRP Fee: \$89.00

TENNIS LESSONS – LEVEL 1

14 Years 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 the tennis game play; serves, volleys, overheads and ground strokes in singles and doubles. Racquets and balls are provided; proper footwear is required; bring a water bottle.

SESSION 1: April 16 – May 14

Wednesday, 4:15 – 5:15 pm
Willi Krause Fieldhouse

SESSION 2: May 22 – June 19

Thursday, 4:15 – 5:30 pm
Butler Park Tennis Courts

**TRP Fee: \$70.00/Session 1
\$87.50/Session 2**

**Non-TRP Fee: \$105.00/Session 1
\$131.25/Session 2**

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

TENNIS LESSONS – LEVEL 2

14 Years 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 ground strokes. 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: April 16 – May 14

Wednesday, 5:15 – 6:15 pm
Willi Krause Fieldhouse

SESSION 2: May 22 – June 19

Thursday, 5:30 – 6:45 pm
Butler Park Tennis Courts

**TRP Fee: \$70.00/Session 1
\$87.50/Session 2**

**Non-TRP Fee: \$105.00/Session 1
\$131.25/Session 2**

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

LADIES VOLLEYBALL

14 Years to Adult

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

April 14 – June 16

(Omit April 21 & May 19)
Monday, 8:15 – 9:15 pm
Willi Krause Fieldhouse

**TRP Fee: \$40.00
Non-TRP Fee: \$60.00**

**Drop-in available once minimum registrations achieved.*

Drop-ins purchased online at trailrecreation.ca.

GROVESSENSE FOR ADULTS Contemporary Dance Classes

18 Years to Adult

If you've never been to a dance class, or if it's just been far too long, but you crave movement then we invite you to join these classes. The goal is to be able to harmonize your body and mind, and to learn to enjoy the process. Explore the diverse ways in which we can move our bodies. It helps us realize the endless opportunities within ourselves.

April 15 – May 13

Tuesday, 5:15 – 6:15 pm
Trail Memorial Centre, Victoria View Room

Instructor, Sophie Barbarics, Master Dance Teacher, Artist, Creator Yolone Art Group Inc.

**TRP Fee: \$50.00
Non-TRP Fee: \$75.00**

Jani Lakatos - Moving Target Photo - YolOne Art Group





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. Coffee, tea and small snacks provided.

NEXT DANCES:

April 9 | May 7 | July 16
Wednesday, 2:00 - 4:00 pm

Trail Memorial Centre, Gym
Fee: \$6.00 per person
Pre-registration is required
(no drop ins accepted at the door).

3 WAYS TO REGISTER

By phone: 250-364-0888

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

Online: www.trailrecreation.ca





BOOMER FIT CLASS

16 Years to Adult

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. *Monday only option is also available.*

Session 1: April 7 – May 15 (No class April 21 & May 8)

Session 2: May 22 - June 26 (No class June 19)

Monday & Thursday, 9:00 – 10:00 am

Trail Memorial Centre, Victoria View Room

Instructor, Julia O'Donoghue

TRP Fee: \$95.00/session

\$47.50/session Monday only

Non-TRP Fee: \$142.50/session

\$71.50/session Monday only

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.

April 10 – June 26

Thursday, 10:45 – 11:45 am

Trail Aquatic Centre, Multipurpose Room

Instructor, Julia O'Donoghue

TRP Fee: \$30.00

Non-TRP Fee: \$45.00

SENIORS HEALTH & WELLNESS WORKSHOPS COSCO

Come join us in these free health promotion workshops for seniors. 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: April 15 - Navigating the Health Care System

Session 2: May 27 - Stroke and TIA

Session 3: June 24 - Hearing Health

Tuesday, 1:00 – 2:30 pm

Trail Aquatic Centre, Multipurpose Room

Instructor, Theresa Buchner

FREE

You MUST register your name at Trail Parks and Recreation to ensure participation and avoid cancellation!



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

GLUTES & ABS

15 Years 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: April 10 – May 15

Session 2: May 22 - June 26

Thursday, 12:00 – 1:00 pm

Trail Aquatic Centre, Multipurpose Room

Instructor, Julia O'Donoghue

TRP Fee: \$57.00/session

Non-TRP Fee: \$85.50/session

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: April 25

Session 2: May 23

Session 3: June 20

Friday, 4:30 – 6:00 pm

Trail Aquatic and Leisure Centre

Instructor, Logan Pompu

TRP Fee: \$25.00/session

Non-TRP Fee: \$37.50/session



COMINCO ARENA WALKING LOOP

Open 7 Days a Week

Closed During Events

Phone 250-364-0888 for more information

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.

Monday	Tuesday	Wednesday	Thursday	Friday
Boomer Fit 9:00-10:00am			Boomer Fit 9:00-10:00am	
			Seniors Balance Class 10:45 - 11:45 am	
	Seniors Free Health Workshops Apr. 15; May 27; June 24 1:00 – 2:30 pm		Glutes & Abs 12:00 - 1:00 pm	
	Grovesense for Teens April 15 – May 13 4:00 – 5:00 pm			Teen Get Fit Apr. 25; May 23; June 20 4:30 – 6:00 pm
	Grovesense for Adults April 15 – May 13 5:15 – 6:15 pm			

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.

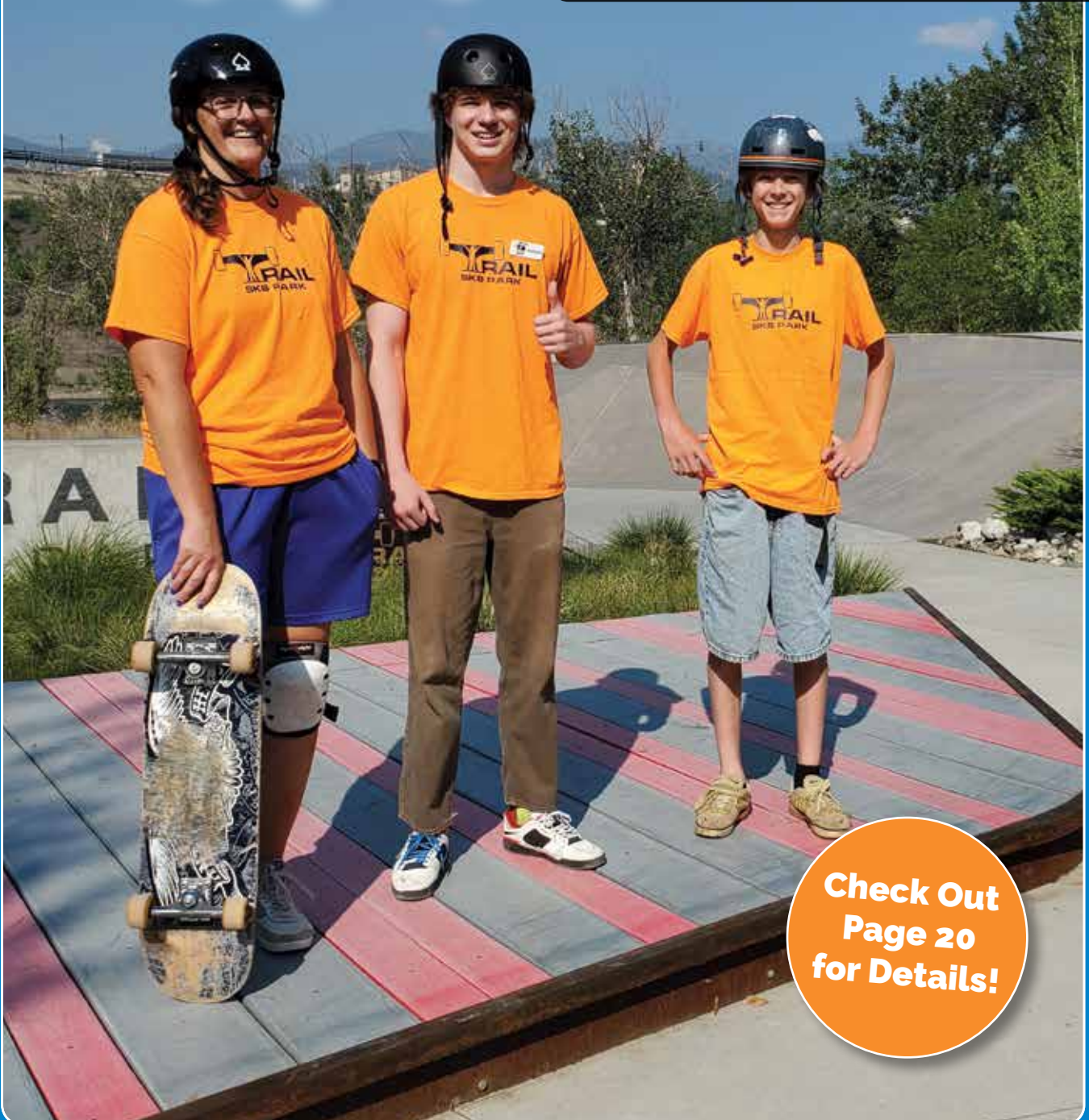


Summer at the Skatepark



**FREE DROP IN
SKATEBOARD COACHING**

JULY 8 – AUGUST 21
Tuesday through Thursday
8:30 am – 12:00 pm



**Check Out
Page 20
for Details!**