

# ROSSLAND RECREATION PROGRAM GUIDE

SPRING 2025

Register  
Online!  
[Rossland.ca/  
recreation](https://Rossland.ca/recreation)

ROSSLAND  
RECREATION



# ROSSLAND CITY HALL

9am-4pm  
250-362-7396  
[rossland.ca](http://rossland.ca)  
1920 3rd Avenue

# RECREATION SERVICES

Office: 250-362-2327  
Cell: 250-521-0137  
[www.rossland.ca/recreation](http://www.rossland.ca/recreation)

Need help registering or have questions about the programs? Call or email and set up a time to get a registration tutorial at City Hall or over the phone.



Follow us on Facebook and Instagram to stay up to date!

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**Youth Action Network (YAN) Coordinator**

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## HOLIDAY CLOSURES

April 18 (Good Friday)  
May 19 (Victoria Day)  
July 1 (Canada Day)

# OUR FACILITIES



ROSSLAND ARENA



ROSSLAND POOL



MINERS HALL

## Rossland Arena

**1865 Third Ave.**

Ice rental from October to end of February. Dry floor rental from mid-March to mid-August. Tournaments, lounge for meetings, birthday parties and family gatherings.

## Rossland Pool

**1869 Columbia Ave.**

Open June, July and August for swim lessons, aquatic programs, public swim, lane swims and rentals.

## Miners Hall

**1765 Columbia Ave.**

This facility includes various rentable spaces to accommodate all types of events including weddings, funerals, live performances, fundraisers, meetings, fitness classes, etc.

**Youth Action Network**

**2385 Washington St.**

The YAN has provided many programs and events including MakerLab, youth film competitions, leadership workshop series, cooking workshops, a diverse array of arts programs, a snowboard program, bouldering club and an annual Youth Week events celebrating the diverse and talented youth of Rossland.

**Fields**

Sporting Activities, games and tournaments. Typically, open for use sometime in May of each year, subject to precipitation and saturation levels.

**JUBILEE FIELD**

**Jubilee Rd. and Queen St.**

**COOKE FIELD**

**Cook Ave. and Davis. St.**

**CENTENNIAL FIELD**

**Off Dunn Cres.**

**Playspaces**

Green spaces around town with play structures.

**ROSSLAND POOL PARK**

**1869 Columbia Ave.**

**NICKLEPLATE**

**Nickleplate Rd. and Davis St.**

**ROSSGLEN**

**Irwin Ave. and Esling Dr.**

**JUBILEE PLAYGROUND**

**4th and Queen Ave**

**ROSSLAND SKATEPARK**

**2385 Washington St.**



**COOKE FIELD**

**Parks**

Green spaces.

**ESLING PARK**

**2111 Spokane St.**

**JUBILEE COMMUNITY**

**GARDEN**

**St. Paul and Jubilee St.**



**ROSSLAND SKATEPARK**



**CENTENNIAL BIKE SKILLS PARK**



**JUBILEE FIELD**

**Bike Skills Parks**

Bike skills parks for development and practice.

**ROSSGLEN (Beg/Int)**

**Irwin Ave. and Esling Dr.**

**CENTENNIAL (Adv)**

**Off Dunn Cres.**



## FACILITIES AND BOOKINGS

Online bookings can be made by visiting [rossland.ca/recreation](https://rossland.ca/recreation) or by emailing [recreation.manager@rossland.ca](mailto:recreation.manager@rossland.ca)

### Miners Hall

**1765 Columbia Ave**

Festivals, arts and culture, weddings, birthday parties, small to large meetings and events, film showings, etc.

### Rossland Arena and Lounge

**1865 Third Ave**

Ice rental, tournaments, dry floor rental, lounge for meetings, birthday parties and family gatherings.

### Fields

**JUBILEE, CENTENNIAL AND COOK AVENUE**

Sporting Activities, games and tournaments.

### Parks

**PIONEER, NICKLEPLATE AND ROSSGLEN**

Play spaces, family gatherings, reunions, wedding, photography

**COMMUNITY GARDEN AT NORTH END OF JUBILEE**

### BIKE SKILLS PARK

**Rossglen** – Beginners and intermediate

**Centennial** – Advanced bike skills development and practice



## HOW TO REGISTER

**Go to:** [rossland.ca/recreation](https://rossland.ca/recreation)

### Need help registering?

Call 250-362-2327 or email [recreation@rossland.ca](mailto:recreation@rossland.ca) and set up a time to get a registration tutorial at City Hall or over the phone.

**Log in or create an account** if you have never registered for any programs with the City of Rossland. Ensure all family members are on account.

**If a course interests you, please register early. Please try to register a minimum of 5 days before a course is scheduled to start, to ensure it runs. This gives the instructor time to prepare and allows the Recreation Department to organize all the details; including waivers, registration information, facility preparation and purchasing supplies.**

## REGISTRATION INFORMATION

**Pre-registration is necessary** for all programs, unless otherwise stated.

**Some classes fill quickly.** If the class you want is full, please ask to be placed on the waitlist. You will be contacted if space becomes available or if we add an additional class.

If a class does not have the minimum number of participants registered, three days prior to the beginning of the class, the class will be cancelled. Please register early to avoid disappointment.



**Registration  
Opens  
Mar. 13 at 7pm  
for Spring  
Programs**



ADOBE.COM

## PAYMENT

**All registrations require payment** and are accepted on a first come, first served basis.

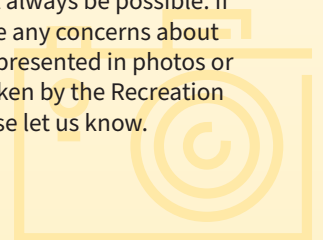
The quickest and easiest way to register is online with our online registration software.

## REFUNDS/ CANCELLATIONS

**Full refund if cancelled more than five business days prior to program start.** Please note that programs can be transferred or cancelled five business days in advance of the program start, with refund. Cancellations or transfers made within five days are dependent on program registration and staff scheduling, and no refund is guaranteed within this time. All outdoor programs will continue rain or shine. Please dress yourself and your child(ren) appropriately. Programs will only be cancelled if unsafe to continue outdoors due to thunder/lightening.

## PHOTOGRAPHS & VIDEOS

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





## PARENT AND TOT

### Indoor Playground

Join us in the Miners Hall for unstructured indoor play for babies, toddlers and pre-schoolers. Bouncy castle, riding cars, mats, toys, etc. Parents or guardians must attend with their children!

**Day:** TUESDAY

(Switches to Fridays in June)

**Ages:** for tots under 5 with their parents

**Time:** 9:30-11:00 am

**Date:** every Tuesday until May 27, 2025 in the Miners Hall, no session March 25, then on Fridays from 9:30-11 am through June.

**Cost:** \$2 drop-in per kid (non walking babies free)

**Location:** Miners Hall, Performance Hall

**Instructor:** Parents attend, but looking for hosts to share duties! Please reach out to [recreation@rossland.ca](mailto:recreation@rossland.ca) if you might be able to help out!



## KIDS ART PROGRAMS

### Upcycled Art Series

Join this captivating weekly workshop where art meets science through the magic of upcycling. Mel will guide young minds as they explore nature-themed subjects and engage in hands-on projects. Transform everyday materials into stunning creations and cultivate a love for learning and environmental stewardship.

**Day:** Tuesdays

**Ages:** 9-13

**Time:** 2:45-4:15 pm

**Date:** Apr 1- May 6

**Cost:** \$66.00

**Location:** Arena Lounge

**Instructor:** Mel Mercier

### Seasonal Upcycled Art Workshops

Join Mel for fun and creative Upcycled Arts Workshops, where kids can explore their imagination while turning everyday items into unique art pieces! Each session features a different theme, inspired by the season or upcoming holiday, so there's always something new and exciting to create.

**Mar 21:** 9-11 am (ages 5-9): Spring theme

**Mar 21:** 1-3 pm (ages 9-13): Spring theme

**Apr 17:** 2:45-4:15 pm (ages 5-9): Easter theme

**May 9:** 2:45-4:15 pm (ages 5-9): Mother's Day

**Cost:** \$25.00 per workshop

**Location:** Arena Lounge

**Instructor:** Mel Mercier



### Sarah Elizabeth's Creative Mess

Let's get messy. Creativity by its very nature is an exploratory process and this class aims to focus on this exploration. Children will spend time playing, meditating and making. Emphasis will be placed on sustainable art projects.

**Day:** Mondays

**Ages:** 5-9

**Time:** 2:45-4:30 pm

**Date:** April 7- June 23

**Cost:** \$198

**Location:** Arena Lounge

**Instructor:** Sarah Elizabeth

### Chakradance Kids

Creative movement with a focus on self-expression and emotional learning through imaginative play. Includes modern fairytales, yoga, dance, art, and meditation. With certified Chakradance facilitator, Jenna

**Day:** Wednesdays

**Date:** April 9-June 4

**Ages:** 3-6

**Time:** 3:45-4:45 pm

**Cost:** \$99

**Location:** Lily May Room, Miners Hall

**Instructor:** Jenna Slade



## KIDS NATURE PROGRAMS

### Nature Detectives

A drop off program for little ones to gain independence, explore outdoors, connect with each other and have fun. The sessions will include music (drumming, singing, improvisation), crafting (nature-based crafts), learning (local plants, animals, water systems, etc), hiking and free play! Sessions are completely outdoors, rain or shine.

**Day:** Wednesdays

**Ages:** 3 -5

**Time:** 10 am-12 pm

**Date:** May 14- June 18

**Cost:** \$96.00

**Instructor:** Holly Borwick and Lise Read

**Location:** Louie Joe Trailhead

## KIDS SPORT PROGRAMS

### MULTI-SPORT PROGRAMS

Multi-sport programs designed to get kids moving, working on their fundamental movements by trying out different sports like baseball, soccer, track, etc. The activities/games are adapted for different ages and abilities. The focus is on fun and movement rather than getting deep into the rules of each sport.

Looking for coaches for school-age kids – currently don't have any!

### Mini Sports

Our Mini Sports Program for children aged 0-2.5 years is all about exploration and movement! This free-play experience allows little ones and their families to engage with a variety of sports equipment left out on the field. It's a relaxed, supportive environment where families can bond, learn, and have fun together!

**Day:** Wednesdays

**Ages:** 0-3

**Time:** 9:15 am- 12:15 pm

**Date:** May 14- June 18 (weather permitting)

**Cost:** \$12 for the series (\$2.00 per session)

**Instructor:** Caregivers attend



### Tot Sports

Our program for children aged 2.5-3 years focuses on developing essential social and physical skills! Through fun activities like circle time, obstacle courses, simple games, and songs, children will engage with their peers, build coordination, and have a blast while learning key developmental skills! It's a playful and supportive environment that helps prepare them for more structured activities in the future.

**Day:** Thursdays

**Ages:** 2.5-3

**Time:** 9:15-9:50(ish) am

**Date:** May 15- June 19 (potential make-up session June 26)

**Cost:** \$45.00

**Instructor:** Holly Borwick and parents attend

### Kinder Sports

Our program for children aged 3-5 takes their skills to the next level! At this stage, children will focus on refining their physical abilities while continuing to build social skills. They'll learn to follow instructions and work as part of a team, all while practicing running, jumping, climbing, and other essential movements.

**Day:** Thursdays

**Ages:** Ages 3-5 for morning session, ages 4-5 for afternoon session

**Time:** 10-10:45 am, 4:45-5:30 pm

**Date:** May 15- June 19 (potential make-up session June 26)

**Cost:** \$45.00

**Instructor:** Holly Borwick and parents attend



## KIDS SPORT PROGRAMS

### Tiny Tot Soccer (Ages 2-3)

Tot Soccer is a fun, introductory program designed for young children to explore the basics of movement in a positive and supportive environment. With age-appropriate activities and a focus on fun, Tot Soccer is the perfect way to kick-start your child's soccer journey!

**Day:** Tuesdays

**Ages:** 2-3

**Time:** 4:30-5 pm

**Date:** May 13- June 17 (potential make-up session on June 24)

**Cost:** \$39.00

**Instructor:** Liam Muir and Henri Cryer-Garneau

### Tot Soccer (Ages 3-4)

Tot Soccer is a fun, introductory program designed for young children to explore the basics of movement in a positive and supportive environment. With age-appropriate activities and a focus on fun, Tot Soccer is the perfect way to kick-start your child's soccer journey!

**Day:** Wednesdays

**Ages:** 3-4

**Time:** 4:30-5:15 pm

**Date:** May 14- June 18 (potential make-up session on June 25)

**Cost:** \$45.00

**Instructor:** Kristen Spearman and Henri Cryer-Garneau



### Kinder Soccer

Kinder Soccer is a fun, welcoming program that helps young kids learn basic soccer skills like dribbling, passing, and shooting. With a focus on teamwork and play, Kinder Soccer is the perfect way to introduce your child to the game in a supportive and enjoyable environment.

**Day:** Tuesdays/Wednesdays

**Ages:** 4-5

**Time:** 3:45-4:25 pm

**Date:** May 14- June 18 (potential make-up session on June 25)

**Cost:** \$45.00

**Instructor:** Henri Cryer-Garneau (Looking for a parent helper)

### Rec Baseball

Our Recreational Baseball Program introduces kids to the basics of baseball in a fun and engaging way. Through drills, games, and scrimmages, players will develop key skills like hitting, fielding, and teamwork, all while having fun and building confidence on the field.

**Day:** Mondays

**Ages:** 5-7

**Time:** 4:15-5 pm

**Date:** May 5- June 16, excluding May 19

**Cost:** \$48.00

**Instructor:** Tara McClary (and looking for another parent helper)



### Queens of SK8

For girls and non-binary folk to shred the park in the morning and be a part of a crew. Light instruction from Holly. Bring your own helmet and board. All abilities welcome. Will carry on into the summer if the interest is there.

**Day:** Wednesdays

**Ages:** 9+ (adults welcome too!)

**Time:** 7:30-8:25 am

**Date:** begins May 14- June 25, weather permitting (no sessions on rainy days)

**Cost:** \$28.00

### Intro to Skateboarding

Learn how to get comfortable on a skateboard- pushing, balance, proper stance, etc. No experience necessary, rental boards available. Class sizes of 4-6 so limited spaces!

**Day:** Wednesdays

**Ages 5-6:** 2:45-3:15 (Holly)

**Ages 7-8:** 3:15-3:45 (Holly)

**Ages 9-10:** 3:45-4:15 pm (Jude)

**Ages 11-14:** 4:15-4:45 pm (Jude)

**Date:** May 14- June 18 (potential makeup session on June 25)

**Cost:** \$42.00

### Intermediate Skateboarding

Work on skills at the skateboard park under the mentorship of Jude Barrie. Intermediate skateboarders should be able to drop in to the bowl and ride comfortably around, should know basic street tricks (ollies) and should be ready to take it to the next level! There will be a mix of street and bowl instruction.

**Day:** Tuesdays

**Ages:** 8-13

**Time:** 4:45-5:30 pm

**Date:** May 14- June 18 (potential makeup session on June 25)

**Cost:** \$48

**Instructor:** Jude Barrie

## ARENA YOUTH DROP IN

### SHOULDER SEASON YOUTH DROP IN

Thursdays + Fridays through April youth can drop in at the arena from 2:45-5 pm. The concession will be open, music will be on, and kids will be supervised by youth helpers. Ages 5-7 need to come with a mature youth/teen/ adult. Ages 8+ can drop in independently.

**THURSDAYS:** “open gym,” with basketballs, soccer balls, etc.

**FRIDAYS:** ALL WHEELS (scooters, plasma cars, roller-blades, roller-skates, skateboards, just no bikes).

**Ages:** 8-12 (ages 5-7 can come with mature youth/teen/adult supervision)

**Time:** 2:45-5 pm

**Date:** April 3- May 2 (potential extension if interest has been high)

**Cost:** \$4.00 drop in or \$25.00 for membership for both drop in programs

**Location:** Rossland Arena

## LOOKING FOR KIDS SPORTS COACHES!

Paid or volunteer positions available! \$30-60 an hour, depending on certs and experience.

Email [recreation@rossland.ca](mailto:recreation@rossland.ca) if you are interested in helping out. For kids ages 2-12, running for 6-8 weeks (May- June).

COOK FIELD, LOWER ROSSLAND

ROSSLAND.CA/RECREATION



# Summer camps!

## Rossland Rec's Summer Camp Matching Service UNTIL MARCH 16!

To foster inclusivity and fairness in our summer camp registration process, Rossland Rec is once again offering families the opportunity to indicate their preferences. Families can rank their preferred weeks of camp, ensuring a better chance of securing their desired dates. Last year, all families received either their 1st or 2nd choice, and many were able to enroll their children in two weeks of camp.

## Camp Overview

Summer camps run from 8:45 AM to 4:30 PM and offer a variety of exciting activities. Kids will enjoy time in the pool, climbing gym, arena, Miners Hall, playgrounds and on local trails. Themed camps offer unique experiences, with activities designed around the theme of the week. We also have indoor back up locations for days when it's too hot or smoky outside.



## ROSSLAND REC SUMMER CAMP MATCHING SERVICE (UNTIL MAR 16)

SUMMER CAMP SIGN UP  
AGES 5-12



LEADER-IN-TRAINING  
SIGN UP (AGES 11-13)



EMAIL RECREATION@ROSSLAND.CA WITH ANY QUESTIONS

## NEW THIS YEAR! Stream Selection

This year, campers can choose their preferred "stream" of camp. Depending on the week, multiple options may be available in different areas of interest (\*note\* all 3 options will not be available each week of the summer):

- **Arts camps:** a new option for kids-home base at Miners Hall. Focus on arts & crafts, drama, etc.
- **Aquatic camps:** mornings spent at the pool learning skills and swimming, variety of activities in the afternoon including sports, arts, exploration and play.
- **Adventure camps:** All around town, including trails and parks (biking, skateboarding, climbing, etc). While each camp stream will focus on the activities mentioned above, all campers will enjoy a variety of activities throughout the week.



CAMPS	Dates	Theme	Price
<b>Leadership Camp</b> (ages 11-13)	July 2-4	Leadership	\$175
<b>Intro to Camp</b> (ages 5-6)	July 2-4	Animal Kingdom	\$135
<b>Aquatic Camp</b> (ages 5-12)	July 7-11	Pirates	\$225
<b>Drama/Arts Camp</b> (ages 8-12)	July 7-11	Comic Book Art	\$225
<b>Drama/Arts Camp</b> (ages 5-12)	July 14-18	Nature Art	\$225
<b>Drama/Arts Camp</b> (ages 5-8)	July 21-25	Robots and Upcycled Art	\$225
<b>Adventure Camp</b> (ages 7-12)	July 21-25	Adventure	\$240
<b>Aquatic Camp</b> (ages 5-12)	July 28- Aug 1	Beach Bash	\$225
<b>Aquatic Camp</b> (ages 5-12)	Aug 5-8	Secret Agent	\$190
<b>Drama/Arts Camp</b> (ages 5-8)	Aug 11-15	Fairies & Tiny Things	\$225
<b>Adventure Camp</b> (ages 7-12)	Aug 11-15	All Wheels Camp	\$240
<b>Drama/Arts Camp</b> (ages 8-12)	Aug 18-22	Magic & Illusion	\$225
<b>Aquatic Camp</b> (ages 5-12)	Aug 25-28	Maker Lab	\$190

### Camp Structure and Grouping

To ensure quality experiences, camps will be divided into small groups of 10-12 campers, 1-2 Leaders in Training (LITs), and 2 instructors for the week. These groups will remain separate for most activities but will come together during specific times like lunch and free-time.

#### LEADERSHIP IN TRAINING (LIT) PROGRAM:

Empower your leadership skills with our Leadership in Training (LIT) program! Designed for campers aged 11-13, this unique opportunity helps young leaders build responsibility, teamwork, and confidence. To become an LIT, participants must attend the Leadership Camp from July 2-4 (or have previously participated as an LIT). Our Leadership camp will include meaningful workshops to learn how to become a better leader as well as regular camp activities like swimming. Following the Leadership camp, they will have the opportunity to choose a week (or more) to assist as an LIT during summer camp sessions, supporting younger campers while actively engaging in all the fun activities the camp offers. It's a rewarding chance to develop leadership skills at a low cost (just a \$25.00 registration fee per camp), all while making a meaningful impact on the camp community.

### Important Pre-Registration Details

**USE THIS LINK to Pre-Register:** <https://shorturl.at/n5xXu>

1. A separate pre-registration form must be completed for each child.
2. Siblings will be automatically placed in the same weeks of camp, unless requested otherwise. (Note: They might not be placed in the same group.)
3. To attend, children must be 6 years old or older on or before December 31, 2025.
4. Children must be 12 years old or younger to register as campers.
5. Camp spots will be distributed as fairly as possible. Your selections will be announced by March 18, leaving more time than usual to sort out summer plans.
6. Camps cost: vary from \$135-\$240 for the week, depending on length of camp and activities.
7. Leadership Program: sign up for the Leadership program at this link: <https://shorturl.at/WsYRk>

### Financial Assistance Available

Reduced rates are available through the Rossland Recreation Bursary for qualifying families. A limited number of spots will be reserved each week for bursary recipients.

<https://rossland.ca/recreation/financial-assistance/>

## ADULT ART PROGRAMS



### Public Speaking/ Presenting

Break down the fear of public speaking so that you're ready to face your audience and speak with confidence and control, whether that's in a professional, performance or social setting.

**Day:** Tuesdays

**Time:** 7-9 pm

**Date:** Apr 8, Apr 22, Apr 29, May 6

**Cost:** \$72.00

**Location:** Performance Hall,  
Miners Hall

**Instructor:** Phil Loosley

### Intro to Improv

Explore the basics of improvised theatre in a series of fun, no pressure workshops. You don't need to be funny. You don't need to be clever. You don't need any experience. Just a willingness to explore, listen and be playful.

**Day:** Wednesdays

**Time:** 7-9 pm

**Date:** April 9- May 21  
(excluding April 23)

**Cost:** \$84.00

**Location:** Lily May Room, Miners Hall

**Instructor:** Phil Loosley

### Beginner Ukulele

This is a program designed for beginner ukulele players who want to learn ukulele, develop their music skills and play together. Sessions will include basic music theory, chords, and beginner level songs.

Limited ukuleles available to rent for the series free of charge. Email [rossland@recreation.ca](mailto:rossland@recreation.ca) to rent.

**Day:** Tuesdays

**Time:** 6-7 pm

**Date:** Apr 22- June 10

**Cost:** \$88.00

**Location:** Lily May Room

**Instructor:** Lise Read

### Ukulele Choir

This is a program designed for intermediate/advanced ukulele players who want to learn and develop their skills and play together. This program will focus on expanding your song repertoire and the following skills; strumming, finger picking, TAB, complex chords, and singing in harmony. All sessions will include instruction for intermediate/advanced player.

**Day:** Tuesdays

**Time:** 7:15-8:45 pm

**Date:** Apr 22- June 10

**Cost:** \$104

**Location:** Lily May Room

**Instructor:** Lise Read

## ADULT FITNESS PROGRAMS

### Flex Appeal

Flex Appeal is a strength-based class utilizing dumbbells, resistance bands, and bodyweight exercises. Each session starts with a warm-up and gradually builds in intensity, incorporating plyometric sets and resistance-based strength training. We finish with a cooldown to ensure muscle recovery and flexibility. This class is perfect for those looking to increase strength, endurance, and overall fitness in a supportive, energized environment.

**Day:** Wednesdays

**Time:** 5-6 pm

**Date:** April 2-May 14 (7 sessions)

**Cost:** \$70.00 (\$12.00 drop in)

**Location:** Performance Hall,  
Miners Hall

**Instructor:** Jenna Lamont

### Functional Fitness

Not quite the boot camp hard core type, but still want an effective workout? Ease into strength and cardio training with a more simplified approach.

**Day:** Tuesdays

**Time:** 5-6 pm

**Date:** April 8- May 20

**Cost:** \$84.00 (\$15 drop in)

**Location:** Performance Hall,  
Miners Hall

**Instructor:**  
Melanie  
Chambers





### Mini Lunch-time Yoga Series

Slow Hatha Flow, allowing space to embrace the season of renewal.

Suitable for all abilities and fitness levels. Wear comfortable clothing, bring a mat, water bottle and any props you like. Some blocks and mats are available to borrow.

**Day:** Wednesdays

**Time:** 12:15-1 pm

**Date:** April 2, 9 and 16

**Cost:** \$30.00 or \$12.00 drop in

**Location:** Lily May Room

**Instructor:** Rachel Hagan

### Evening Spin with Melanie

It's like dancing, but on a bike. Melanie's wild playlists and fun spin drills, think long mountain climbs and sprints, are inspirational and motivating.

Prepare to work and have fun.

**Day:** Wednesdays 6-7 pm, Thursdays 7-8 pm

**Date:** weekly until May 15

(drop in for single sessions online!)

**Cost:** \$12 drop in or pay for series

**Location:** Arena Lounge, Rossland Arena

**Instructor:** Melanie Chambers

### Morning Spin with Crystal

50 minutes of fitness fun, complete with a weighted arm series.

This high intensity total body cardio experience is matched with a playlist to keep you connected to the beat beneath your feet.

Come ready to move your body & release tension – start your day off right! prepare to work and have fun.

**Day:** Mondays & Thursdays

**Time:** 8:45-9:35 am

**Date:** April 7-May 29, excluding April 21 and May 19

**Cost:** \$66.00 for Mondays, \$88.00 for Thursdays

**Location:** Arena Lounge, Rossland Arena

**Instructor:** Crystal Macbain

## ADULT SPORT PROGRAMS

### RSS Gym Sports

**Spring Session:** April 1- end of June (or until turnout dwindles)

**Fee:** \$5 drop in

PROGRAM	DAY	
Advanced Volleyball	Tuesday	7-7:45 pm
All Levels Volleyball	Tuesday	7:45-9:00 pm
Pickleball	Wednesday	5:45-7:15 pm
Soccer	Wednesday	7:30-9 pm
Co-ed Basketball	Thursday	7-9 pm

### Advanced Volleyball

Those players who come to advanced volleyball should be familiar with switching positions, serving, passing, setting and digging.

### Volleyball

Come out and get vertical! Drop in recreational volleyball is back for another season! You won't be disappointed - there is a surprisingly good skill level turn out, but they don't take themselves so seriously that you need to be ex-varsity to enjoy. Fun indoor volleyball and a great crew!

### Pickleball

Pickleball is a sport/activity for all ages that blends aspects of tennis, badminton and table tennis.

### Soccer

Join this co-ed program to get some exercise and keep your skills up throughout the winter.

### Co-Ed Basketball

Join this co-ed program to get some exercise and keep your skills up throughout the winter.



## YOUTH EDUCATION

### Red Cross Babysitting Course

The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency.

**Day:** Friday

**Ages:** 11-14 (no exceptions)

**Time:** 9 am-4:30 pm

**Date:** May 16

**Location:** Arena Lounge

**Instructor:** Holly Borwick

**Cost:** \$85.00



## ADULT EDUCATION



### Memoir Writing

Is there one memory that still haunts you? What about a time in your life that you want to capture so you never forget! Let's turn that memory into a story. We will spend time learning how to write vivid scenes, dialogue, and character.

**Day:** Select Mondays

**Time:** 7-9 pm

**Date:** April 28, May 5, May 12 and May 26

**Cost:** \$72

**Location:** Lily May Room, Miners Hall

**Instructor:** Melanie Chambers

### Post Partum Support Group

Part of Rossland Rec's accessible programming initiative funded through the barrier free programming fund, we are offering another round of the Post Partum Support group, facilitated by the wonderful, Jess Goodfellow. Unload your baby (and your emotions), connect with other new parents, and receive support from each other. Late registrants welcome!

**Day:** Wednesdays

**Time:** 10 am - 12 pm

**Date:** March 5- April 2

**Location:** Lily May Room

**Instructor:** Jess Goodfellow

**Cost:** by donation

### Adult Coaching Workshop: Learn to Pause & Connect to Presence

This workshop explores the challenges of learning to pause, and the opportunities that arise when we step out of our incessant mental and physical activity and step into presence, clarity, and peace.

Over the course of four sessions, participants ages 18+ will delve into personal development topics related to presences—awareness, gratitude, joy, and acceptance—and engage in enriching activities, group coaching, and meditation. Our skilled and accredited coach—Steph Melnychuk—will guide participants through interactive discussions and practices designed to inspire actionable change. These sessions provide a supportive space for gaining insights and tools that can be applied to both personal and professional aspects of your life. The camaraderie built in these sessions often leads to lasting friendships and a strong support network that will extend beyond the workshop.

More information about Steph can be found at [www.stephmelnichuk.coach](http://www.stephmelnichuk.coach)

**Day:** Select Thursdays

**Time:** 7-9 pm

**Date:** May 15, May 29, June 12, June 26

**Location:** Lily May Room

**Instructor:** Stephanie Melnychuk

**Cost:** \$100.00



## ROLLER RINK/DRY FLOOR

Rossland arena dry floor open at certain times throughout the week for various programs, including roller-skating, open gym and all wheels. Skate/blade rentals available! Stay tuned for roller parties which will be happening periodically through the spring/summer. The schedule below will be active through April, and we will re-vamp it for the rest of the spring based on the most popular times.

### SHOULDER SEASON DROP IN: APRIL 1-MAY 2

The concession will be open, music will be on, and kids will be supervised by youth helpers. Ages 5-7 need to come with a mature youth/teen/adult. Ages 8+ can drop in independently. \$4.00 drop in.

**THURSDAYS:** OPEN GYM (soccer, basketball, floor hockey, etc).

**FRIDAYS:** ALL WHEELS DROP IN (scooters, plasma cars, roller-blades, roller-skates, and a divided section for remote control cars)

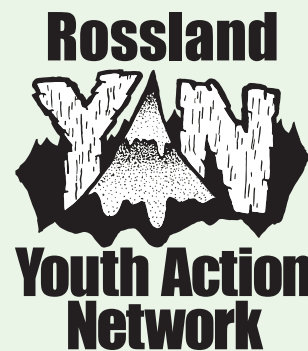
DATES	EVENT	TIME
<b>Thursday</b>	OPEN GYM DROP IN - \$4.00	2:45-5 pm
<b>Friday</b>	ALL WHEELS DROP IN - \$4.00	2:45-5 pm excluding April 18
<b>Friday, April 4 + 11</b>	ROLLER SKATE	5-9 pm, April 4 + 11 only!
<b>Sunday, April 13 + 27</b>	ROLLER SKATE	3-7 pm, April 13 + 27 only!

	UNDER 2	CHILD 3-6	YOUTH 7-12	TEEN 13-18	ADULT 19+	FAMILY (MAX 5 PEOPLE INC. 1 ADULT)
<b>Drop in</b>		\$3	\$5	\$6	\$7	\$15
<b>Season Pass</b>	FREE	\$36	\$60	\$72	\$84	\$180

### Birthday Party Rentals

Rent the arena for a birthday party rental! Cost is \$150.00 for 2 hours, which includes roller-skate/blade rentals!

Contact [recreation@rossland.ca](mailto:recreation@rossland.ca) to book!



### Youth Action Network Programs

Rossland Youth Action Network  
The Rossland YAN is a City of Rossland program funded by the Columbia Basin Trust's Community Directed Youth Funds. The YAN exists to increase the quality and quantity of youth directed programs and provides youth with space and programming that is safe, engaging and relevant to their interests and goals.

All YAN activities are for youth who live in Rossland and are between the ages of 12 and 18 (unless otherwise specified). The YAN is located at 2385 Washington Ave.

Follow YAN at [www.rosslandyan.ca](http://www.rosslandyan.ca), on Facebook at [facebook.com/rosslandYAN](https://facebook.com/rosslandYAN) or on Instagram at [rossland\\_yan](https://instagram.com/rossland_yan).

We ensure there are no financial barriers to participating in our programs. We also welcome donations to our Recreation Bursary to continue supporting the individuals who rely on the program.



### INDIVIDUALS

The following programs are available for individuals to access sport and recreation programs if they are unable to afford the fees associated with them.

PROGRAM	AGE	HOW TO APPLY	FUNDS AVAILABLE (PER CHILD PER YEAR)	NET INCOME	WEBSITE
Rossland Bursary	All ages	Apply online	\$200	Variable, see application	<a href="https://form.simplesurvey.com/f/l/rossland-rec-bursary">form.simplesurvey.com/f/l/rossland-rec-bursary</a>
Canadian Tire Jumpstart	4-18 years	Apply online	\$300 per activity (\$600 per child)	Variable, see application	<a href="https://jumpstart.canadiantire.ca/pages/individual-child-grants">jumpstart.canadiantire.ca/pages/individual-child-grants</a>
KidSport	Under 18	Online or paper application form	Maximum \$400	Variable, see application	<a href="https://kidsportcanada.ca/british-columbia/greater-trail/apply-for-a-grant/">kidsportcanada.ca/british-columbia/greater-trail/apply-for-a-grant/</a>
Athletics 4 Kids	5-18 years	Email or mail to Vancouver office	\$450	\$42,000	<a href="https://a4k.ca/apply-now">a4k.ca/apply-now</a>