

Trail Parks & Recreation

PROGRAM GUIDE

Spring | Summer 2026

April to August 2026



Spring Registration

Aquatic: Tuesday, March 24, 8:30 am
Recreation: Thursday, March 26, 8:30 am

Summer Registration

Aquatic: Tuesday, May 19, 8:30 am
Recreation: Thursday, May 21, 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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**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

Sensory Swim

Thursday	3:00-4:00 pm
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During this swim there will be no music. Families are encouraged to use the Universal change room where the recommendation is to not use the hand dryer or the bathing suit spinner in this change room.

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

In July/August- the slide will be available 12-8pm Monday-Friday

**TRAIL AQUATIC & LEISURE CENTRE
HOLIDAY CLOSURES**

Friday, April 3 (Good Friday)	Closed
Monday, April 6 (Easter Monday)	Closed
Saturday, May 9 (Silver City Days)	Pool Only Closed
Monday, May 18 (Victoria Day)	Closed
Friday, June 26	Pool Only Closed 6:00-8:00pm
Saturday, June 27/Sunday June 28 (Stingrays Swim Meet)	Pool Only Closed ALL Weekend
Wednesday, July 1 (Canada Day)	Closed
Friday, July 31	Pool Only Closed 6:00-8:00pm
Saturday, August 1/Sunday August 2 (Regional Swim Meet)	Pool Only Closed ALL Weekend
Monday, August 3 (BC Day)	Closed
Monday, September 7 (Labour Day)	Closed

Annual Facility Maintenance Shutdown

Saturday, August 15 to Sunday, September 13	
Monday, August 24	Fitness Centre Re-opens
Monday, September 14	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, send an email to info@trail.ca with **ATTN: Mayor and Council**.

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	\$3.30	\$6.59	\$4.60	\$9.20	\$5.90	\$11.80	\$7.70	\$15.40	\$16.50	\$33.00
10X	\$27.40	\$54.80	\$41.05	\$82.10	\$51.45	\$102.90	\$68.65	\$137.30	N/A	N/A
20X	\$45.85	\$91.70	\$71.10	\$142.20	\$91.25	\$182.50	\$126.00	\$252.00	N/A	N/A
1 MONTH	\$31.90	\$63.80	\$48.05	\$96.10	\$61.55	\$123.10	\$83.00	\$166.00	\$167.60	\$335.20
3 MONTH	\$74.00	\$148.00	\$114.00	\$228.00	\$156.25	\$312.50	\$207.45	\$414.90	\$417.00	\$834.00
6 MONTH	\$113.10	\$226.20	\$213.40	\$426.80	\$282.50	\$565.00	\$379.30	\$758.60	\$766.00	\$1,532.00
ANNUAL	\$189.15	\$378.30	\$365.30	\$730.60	\$508.15	\$1,016.30	\$670.00	\$1,340.00	\$1,394.00	\$2,788.00

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, 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

	STUDENT (15-18 years) SENIOR (60+ years)		ADULT (19+ years)	
	TRP	NON TRP	TRP	NON TRP
PER PERSON				
3 MONTH	\$92.80	\$185.61	\$117.00	\$234.00
6 MONTH	\$143.50	\$287.00	\$189.10	\$378.20
ANNUAL	\$207.75	\$415.50	\$298.10	\$596.20
	YOUTH (10-18 years)		ADULT (19+ years)	
	TRP	NON TRP	TRP	NON TRP
PER PERSON				
DROP-IN	\$7.40	\$14.80	\$9.00	\$18.00

- 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.

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.

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: <https://jumpstart.canadiantire.ca>

LEISURE ACCESS PROGRAM

(Common Access Card)

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 threshold as set by Statistics Canada.

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

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

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 Crescent

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 Avenue

Daniel Street Park

1800 Daniel Street

Austad Lane Park

500 Block Binns Street

Butler Park Tennis & Pickleball Courts

1875 Columbia Avenue

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 6 - 10

SENIORS SILVER CITY DAYS DANCE

May 6

Wednesday, 2:00 – 4:00 pm

Trail Memorial Centre, Gym

Pre-registration required

KIDZONE

May 9

Saturday, 12:00 – 4:00 pm

Trail Memorial Centre, Victoria View Room

PICKLEBALL TOURNAMENT

May 10

Sunday, 10:00 am – 2:00 pm

Willi Krause Fieldhouse

Pre-registration required

AQUATIC SPECIAL EVENTS

Regular admission applies

POOL OLYMPICS

FRIDAY, May 22nd | 6:00 – 7:30 pm

Get ready to compete, splash, and laugh at TALC Olympics! Team up and take on a series of fun, fast-paced water challenges that celebrate teamwork, creativity, and pool spirit. From silly relays to splash-tastic contests, every event is designed for maximum fun—no elite athletic skills required. Bring your energy, cheer on your teammates, and go for gold in a night where everyone's a winner! Regular admission applies.

HAWAIIAN LUAU

FRIDAY, July 26th | 6:00 – 7:30 pm

Bring the island vibes to the pool with our Hawaiian Luau Night! Enjoy tropical music, fun water games, colourful décor, and laid-back summer energy that makes it feel like a mini vacation. Throw on a lei, grab a floatie, and get ready for a night full of laughter, splashes, and aloha spirit. If your feeling brave join in on some luau karaoke—no singing experience required, just good vibes. Regular admission applies.

WACKY WATER KARAOKE NIGHT

FRIDAY, August 14th | 6:00 – 7:30 pm

Get ready to make a splash at Wacky Water Karaoke Night! Whether you're belting out a pop anthem or dramatically lip-syncing your way through a classic, this night is all about fun—not perfection. Grab a floatie, strike a pose, and cheer on your friends as the pool turns into the ultimate stage. Expect big laughs, surprise performances, and lots of water-soaked applause. Come for the karaoke, stay for the chaos! Regular admission applies.



CANADA DAY CELEBRATION

WEDNESDAY, 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 \$93.00

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 - Cominco Arena \$168.00

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.

GYRO PARK - GAZEBO

PACKAGE C - Gyro Park Gazebo \$37.25

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 \$74.70

PACKAGE B - 10 to 12 children \$81.40

PACKAGE C - 13 to 15 children \$93.75

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 Imanaigre@trail.ca to book your Gym, Fieldhouse, Arena or Gazebo party.

Please call 250-364-0888 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, please call 250-364-0888 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. Please call 250-364-0888 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	\$59.45	\$89.15
Swimmer 1 - 2 8 lessons, 30 minutes each	\$59.45	\$89.15
Swimmer 3 - 6 8 lessons, 45 minutes each	\$72.15	\$108.20
Swimmer 7 - 9 8 lessons, 60 minutes each	\$84.90	\$127.30
Adult Lessons 4 lessons, 30 minutes each	\$45.00	\$67.50

PRIVATE LESSON FEES

PRICE PER LESSON	TRP	NON TRP
Half Hour Private	\$28.65	\$42.95
1 Hour Private	\$55.15	\$82.75
Half Hour Semi Private <i>2+ swimmers, fee per person</i>	\$20.45	\$30.40

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



TUESDAYS & THURSDAYS

SESSION 1 April 7 - 30 **SESSION 2** May 5 - 28 **SESSION 3** June 2 - 25

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

SATURDAYS

SESSION 1 April 11-June 6 (no lesson May 9)

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 1	Preschool 2	Swimmer 1
11:00 - 11:30 am	Preschool 3	Preschool 4	Swimmer 2
11:30 - 12:15 pm	Swimmer 3	Swimmer 4	Swimmer 5/6

SUNDAYS

SESSION 1 April 12- June 7

11:30 am - 12:00 pm	Preschool 1	Preschool 2	Swimmer 1
12:00 - 12:30 pm	Preschool 1	Preschool 2	Swimmer 2
12:30 - 1:00/1:30 pm	Swimmer 7/8/9	Preschool 3	Preschool 4
1:00 - 1:30/1:45 pm		Swimmer 3	

SUMMER | TUESDAY TO FRIDAY

SESSION 1 July 7 - 17 **SESSION 2** July 21 - 31 **SESSION 3** Aug. 4 - 14

1:30 - 2:00 pm	Preschool 1	Preschool 2	Swimmer 1
2:00 - 2:30 pm	Preschool 3	Preschool 1	Swimmer 2
2:30 - 3:00 pm	Preschool 4	Swimmer 1	Swimmer 2
3:00 - 3:45 pm	Swimmer 3	Swimmer 4	Swimmer 5/6
3:45 - 4:45 pm	Swimmer 7/8/9		

TEEN & ADULT 1

(13+ years) is designed for those new to swimming or looking to improve foundational skills.

SESSION 1

April 15 - May 6

Wednesdays 6:30 - 7:00 pm

TRP Fee: **\$50.00**

Non TPR Fee: **\$75.00**

SESSION 2

May 20 - June 10

Wednesdays 6:30 - 7:00 pm

TRP Fee: **\$50.00**

Non TPR Fee: **\$75.00**

SESSION 3

July 8 - 29

Wednesdays 6:30 - 7:00 pm

TRP Fee: **\$50.00**

Non TPR Fee: **\$75.00**

TEEN & ADULT 2

(13+ years) builds on foundational skills with a focus on advanced techniques and endurance.

SESSION 1

April 15 - May 6

Wednesdays 7:00 - 7:30 pm

TRP Fee: **\$50.00**

Non TPR Fee: **\$75.00**

SESSION 2

May 20 - June 10

Wednesdays 7:00 - 7:30 pm

TRP Fee: **\$50.00**

Non TPR Fee: **\$75.00**

SESSION 3

July 8 - 29

Wednesdays 7:00 - 7:30 pm

TRP Fee: **\$50.00**

Non TPR Fee: **\$75.00**



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 \$8.50
Non-TRP is \$12.80

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

April 1- May 27 (9 sessions)

Wednesdays 9:00 - 9:45 am

Instructor: Melissa Gresley Jones

TRP Fee: \$58.05

Non TRP Fee: \$87.05

SESSION 2

April 10 - May 29 (8 sessions)

Fridays 9:00 - 9:45 am

Instructor: Melissa Gresley Jones

TRP Fee: \$51.60

Non TRP Fee: \$77.40

SESSION 3

June 3 - 24 (4 sessions)

Wednesdays 9:00 - 9:45 am

Instructor: Melissa Gresley Jones

TRP Fee: \$25.80

Non TRP Fee: \$38.70

SESSION 4

June 5 - 26 (4 sessions)

Fridays 9:00 - 9:45 am

Instructor: Melissa Gresley Jones

TRP Fee: \$25.80

Non TRP Fee: \$38.70

GENTLE FIT

Just what the doctor ordered for 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

April 1 - May 27 (9 sessions)

Wednesdays 10:00 - 10:30 am

Instructor: Melissa Gresley Jones

TRP Fee: \$58.05

Non TRP Fee: \$87.05

SESSION 2

April 10 - May 29 (8 sessions)

Fridays 10:00 - 10:30 am

Instructor: Melissa Gresley Jones

TRP Fee: \$51.60

Non TRP Fee: \$77.40

SESSION 3

June 3 - 24 (4 sessions)

Wednesdays 10:00 - 10:30 am

Instructor: Melissa Gresley Jones

TRP Fee: \$25.80

Non TRP Fee: \$38.70

SESSION 4

June 5 - 26 (4 sessions)

Fridays 10:00 - 10:30 am

Instructor: Melissa Gresley Jones

TRP Fee: \$25.80

Non TRP Fee: \$38.70

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

March 31 - May 26 (9 sessions)

Tuesdays 12:15 - 1:00 pm

Instructor: Melissa Gresley Jones

TRP Fee: \$58.05

Non TRP Fee: \$87.05

SESSION 2

June 2 - 23 (4 sessions)

Tuesdays 12:15 - 1:00 pm

Instructor: Melissa Gresley Jones

TRP Fee: \$25.80

Non TRP Fee: \$38.70

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

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 21, 23, 28, 30, May 5
Tuesdays and Thursdays
3:15 - 8:00 pm
Cost \$150.00
100% attendance is required

STANDARD FIRST AID WITH CPR C RECERTIFICATION

Standard First Aid awards must be recertified every 3 years. Standard First Aid recertifications are equivalent to WorkSafe BC Intermediate First Aid. Recertification includes CPR-C and AED. **Pre-requisite: Certification from an approved agency (Lifesaving Society, St. John Ambulance, Heart & Stroke Foundation of Canada, Canadian Red Cross, or Canadian Ski Patrol)**

SESSION 1: April 14 & 15
Tuesday and Wednesday
3:30-8:00 pm
SESSION 2: May 11 & 13
Monday and Wednesday
3:30 - 8:00 pm
Cost \$125.00/session

SWIM FOR LIFE INSTRUCTOR RECERTIFICATION

The Swim For Life Instructor Recertification includes 2.5 hours of classroom learning 2.5 hours of in-water learning. Come prepared to demonstrate your swim strokes and skills, be evaluated and learn all updates of the Swim for Life program. **Prerequisites: Swim for Life Instructor**

May 15
Friday
3:15 - 8:15 pm
Cost \$150.00

NATIONAL LIFEGUARD POOL OPTION PRECERT/RECERT

Is your NL about to expire? 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-requisite- proof on NL certification**

SESSION 1: April 27 & 29
Monday and Wednesday
3:30 - 8:00 pm
SESSION 2: May 6 & 8
Wednesday and Friday
3:30-8:00 pm
Cost \$150.00/session

BRONZE CROSS ASSISTANT LIFEGUARD

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)**

May 26, 28, June 2, 4, & 9
Tuesdays and Thursdays
3:15 - 8:00 pm
Cost \$150.00
100% attendance is required



STANDARD FIRST AID COURSE

This course includes comprehensive training covering all aspects of first aid, CPR and AED use. Whether you need training for employment or simply want to be prepared to respond to life threatening emergencies, this course will give you the skills and knowledge to act with confidence. Certification includes CPR-C and AED.

Pre-requisite: Recommended 14 years old (Course includes the Canadian First Aid Manual)

June 16, 17, 23 & 24
Tuesdays and Wednesdays
3:30 - 8:00 pm
Cost \$200.00
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. You must be 16 years of age to be employed as a lifeguard. **Pre-requisite: 15 years by the last day of the course, Bronze cross and Standard First Aid current within 2 years (Course includes manual, fanny pack/pocket mask)**

July 5, 6, 7, 12, 13, 14, 19, 20,21
Sundays, Mondays, Tuesdays
Sundays, 11:15 am - 4:45 pm
Mondays, 8:00 am - 3:45 pm
Tuesdays, 8:00 am - 3:45 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 Lifesaving Society 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 call 250-364-0888 for more information.**

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?

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, Parks and Recreation Manager at 250-364-0839.

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 6 – June 10

Wednesday, 4:00 – 4:30 pm

Upper Sunningdale Park

TRP Fee: \$28.50

Non-TRP Fee: \$42.75

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 6 – June 10

Wednesday, 4:45 – 5:30 pm

Upper Sunningdale Park

TRP Fee: \$34.50

Non-TRP Fee: \$51.75

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 14 – May 19

Trail Memorial Centre, Gym

SESSION 2: May 26 – June 30

Upper Sunningdale Park

Tuesday, 4:30 – 5:15 pm

Instructors, Cory Walker & Jessica

Robb, Trail RFC

TRP Fee: \$36.00/session

Non-TRP Fee: \$54.00/session

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 8 - 29

Monday, 3:00 – 3:45 pm

Trail Memorial Centre, Victoria View

Instructor, Jessee Allen – Steps Dance Centre

TRP Fee: \$36.00

Non-TRP Fee: \$54.00

LITTLE CURIOUS ARTISTS

1 to 3 Years

This program focuses on the process of art and less on the product. We will explore different methods and mediums, all while following a new theme each week. Stories and songs accompany the art projects. There will also be sensory activities, thematic vocabulary through songs and stories.

April 23 – May 28

Thursday, 4:00 – 4:45 pm

Trail Memorial Centre, Victoria View

Instructor, Michelle Bolay

TRP Fee: \$36.00

Non-TRP Fee: \$54.00

NATURE CLUB

1 to 3 Years

This program explores the outdoors via sensory activities, theme-based activities, and songs and stories. Learn about the seasons, take time for the little ones to explore the world around them, and connect with other families.

June 15 – 19

Monday – Friday, 3:00 – 3:45 pm

Gyro Park

Instructor, Michelle Bolay

TRP Fee: \$30.00

Non-TRP Fee: \$45.00



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 6

Saturday, 9:00 am – 1:45 pm
Trail Memorial Centre, McIntyre Room
Instructor, Nicole Morrison
TRP Fee: \$43.80
Non-TRP Fee: \$65.70

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 8 - 29

Monday, 4:00 – 4:45 pm
Trail Memorial Centre, Victoria View
Instructor, Jessee Allen – Steps Dance Centre
TRP Fee: \$36.00
Non-TRP Fee: \$54.00

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 8 - 29

Monday, 4:45 – 5:30 pm
Trail Memorial Centre, Victoria View
Instructor, Jessee Allen – Steps Dance Centre
TRP Fee: \$36.00
Non-TRP Fee: \$54.00

JUNIOR RUGBY

5 to 8 Years

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



SESSION 1: April 14 – May 19

Trail Memorial Centre, Gym
SESSION 2: May 26 – June 30
Upper Sunningdale Park

Tuesday, 5:30 – 6:15 pm
Instructors, Cory Walker & Jessica Robb, Trail RFC
TRP Fee: \$36.00/session
Non-TRP Fee: \$54.00/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 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.

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

SESSION 1: April 13 - May 28

(Omit May 18)

SESSION 2: June 1 - 29

SESSION 3: July 6 - 30

SESSION 4: August 10 - 27

Willi Krause Fieldhouse

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

TRP Fee: \$160.00/group/session 1
\$111.00/group/session 2
\$98.50/group/session 3
\$74.00/group/session 4
Non-TRP Fee: \$240.00/group/session 1
\$166.50/group/session 2
\$148.00/group/session 3
\$111.00/group/session 4

One day per week registration is also available.

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 13

Saturday, 9:00 – 4:30 pm

Trail Memorial Centre, McIntyre Room

Instructor, Nicole Morrison

TRP Fee: \$70.00

Non-TRP Fee: \$105.00

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 21 – June 11

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: \$62.00/group

Non-TRP Fee: \$93.00/group



SMASHBALL

10.5 - 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 7 - 28

Tuesday, 4:00 – 5:00 pm

Willi Krause Fieldhouse

Instructor, Jody Jones

TRP Fee: \$29.00

Non-TRP Fee: \$43.50



SUMMER AT THE SKATEPARK

FREE DROP IN SKATEBOARD COACHING

JULY – AUGUST at Trail Skatepark

Join us for another great Summer at the Skatepark! Our experienced skateboard instructors will be available during 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.

More details available at www.trail.ca/SkatePark





CHALLENGER INTERNATIONAL SOCCER CAMPS

JULY 20 - 24 | 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!



GIRLS BASKETBALL SKILL DEVELOPMENT CAMP

12 to 15 Years

This camp will provide students entering the high school basketball environment with the fundamental skills and knowledge needed for a successful transition from elementary to high-school-level play, while providing seasoned players with the opportunity to review and advance their skill-sets. Split into three sessions for three hours each of blended in-classroom and on-the-court learning. Each day will focus on developing and advancing a different fundamental skill of basketball:

Session 1: Game-play Fundamentals/Ball Handling

Session 2: Scoring

Session 3: Defense

This camp is recommended for students entering Grade 8, 9 or 10 in the fall semester.

July 13, 14 & 15
Monday, Tuesday & Wednesday
9:00 am - 12:00 pm

Trail Memorial Centre, Gym
Instructors, Laura Coombs & Brooke Leyenhorst
FEE: \$90.00



TENNIS 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 6 - 9
CAMP 2: JULY 13 - 16

**Monday, Tuesday,
Wednesday & Thursday**

Willi Krause Fieldhouse
Cohen Rutherglen - Certified
Tennis Canada Instructor,
Club Pro 1

FEE: \$70.00/camp

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

YOUTH VOLLEYBALL CAMP



12.5-13.5 Years

This camp focuses on building strong volleyball fundamentals in a fun, active environment. Sessions include passing emphasis, setting emphasis, an intro to spiking footwork, defensive movement, and small-court games to help athletes apply skills in real game-play. The camp offers a balanced mix of repetition, challenge, and play for developing athletes.

August 4, 5, 6 & 7
Tuesday - Friday,
10:30 am - 12:30 pm

Willi Krause Fieldhouse
Instructor, Jody Jones
Fee: \$75.00



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: \$150.00/week



CAMP CAWABUNGA

6 to 8 Years

Week 1: July 6 – 10

CAMP SAFARI

Week 2: July 13 - 17

WACKY SPORT WEEK

Week 3: July 20 - 24

OPPOSITES WEEK

Week 4: July 27 – 31

SCIENCE ADVENTURES

Week 5: August 4 – 7 (Omit Aug. 3)

HOLIDAY MASHUPS
- Short Week Fee: \$120

Week 6: August 10 - 14

WILD EXPLORERS

SUMMER ADVENTURE CAMP

9 to 12 Years

Week 1: July 6 – 10

WILD EXPLORERS

Week 2: July 13 - 17

AMAZING RACE

Week 3: July 20 - 24

CAMP BROADWAY

Week 4: July 27 – 31

SCIENCE ADVENTURES

Week 5: August 4 – 7 (Omit Aug. 3)

CLUE CAMP
- Short Week Fee: \$120

Week 6: August 10 - 14

CAMP CARNIVAL

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



Photo by Kenton Doupe

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 13 - May 28 (Omit May 18)

SESSION 2: June 1 - 29

SESSION 3: July 6 - 30

SESSION 4: August 10 - 27

Monday & Thursday, 6:45 - 8:00 pm

Willi Krause Fieldhouse - Session 1 & 2

Bulter Park Tennis Courts - Session 3 & 4

Instructor, Cohen Rutherglen - Tennis Canada Certified,

Club Pro 1

TRP Fee: \$187.00/group/session 1

\$129.50/group/session 2

\$115.00/group/session 3

\$86.50/group/session 4

Non-TRP Fee: \$280.50/group/session 1

\$194.00/group/session 2

\$172.50/group/session 3

\$129.75/group/session 4

One day per week registration is also available.

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 9 - June 11 (Omit Apr. 16 & May 7)

Thursday, 7:00 - 9:00 pm

Trail Memorial Centre, Gym

TRP Fee: \$38.00

Non-TRP Fee: \$57.00

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 13 - May 28 (Omit May 18)

SESSION 2: June 1 - 29

SESSION 3: July 6 - 30

SESSION 4: August 10 - 27

Monday & Thursday, 8:00 - 9:15 pm

Willi Krause Fieldhouse - Session 1 & 2

Bulter Park Tennis Courts - Session 3 & 4

Instructor, Cohen Rutherglen - Tennis Canada Certified,

Club Pro 1

TRP Fee: \$187.00/group/session 1

\$129.50/group/session 2

\$115.00/group/session 3

\$86.50/group/session 4

Non-TRP Fee: \$280.50/group/session 1

\$194.00/group/session 2

\$172.50/group/session 3

\$129.75/group/session 4

One day per week registration is also available.

BASKETBALL - REC

14 Years to Adult

Come out and play some fun pick-up basketball games. All ages from 14 and up are welcome. Bring a ball if you have one.

SESSION 1: July 8 - 29

SESSION 2: August 12 - September 2

Wednesday, 6:00 - 8:00 pm

Trail Memorial Centre, Gym

TRP Fee: \$12.00/session

Non-TRP Fee: \$18.00/session

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

Drop-ins purchased online at trailrecreation.ca.

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 6

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

Fee: \$13.00

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 provided.

April 13 – June 15 (Omit May 18)

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

TRP Fee: \$47.00

Non-TRP Fee: \$70.50

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

Drop-ins purchased online at trailrecreation.ca.

PICKLEBALL CLINICS

15 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. The Serving Clinic will show how to add a variety of serves to your game, such as slice, topspin, and lob. Past students have commented on Bruce's 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 2 & 9

Saturday, 11:00 – 12:30 pm

GROUP 2 - INTERMEDIATE: May 2 & 9

Saturday, 1:00 – 2:30 pm

GROUP 3 - SERVING CLINIC (All levels): May 24

Sunday, 11:00 am – 12:30 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

16 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 10

Sunday, 10:00 am – 2:00 pm
Willi Krause Fieldhouse

Fee: \$17.50

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. Please note: this is a playtime for those who want to play at a level of 3.0 and below and does not include instruction.

April 17 – May 29 (Omit Apr. 24)

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

TRP Fee: \$21.00

Non-TRP Fee: \$31.50

LEARN TO JUGGLE

15 Years to Adult

Learn the small steps of juggling. Learning to juggle only needs to be taught once and is made even more memorable and engaging by learning with a group of equally enthusiastic yet unsuspecting individuals ready to have their minds opened.



This activity is inclusive, inspiring, intriguing and motivating, and is for everyone since it is broken down into manageable and simple steps to achieve success. Such a satisfying progressive activity that will help each individual achieve their goals.

The balls and encouragement will be provided.

WORKSHOP 1: Monday, April 20

WORKSHOP 2: Wednesday, April 29

WORKSHOP 3: Monday, May 4

6:30 – 8:00 pm

Trail Memorial Centre, Victoria View Room
Instructor, Sir "Drop-A-Lot", Aladar Reusz

TRP Fee: \$35.00/workshop

Non-TRP Fee: \$52.50/workshop



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 1 | May 6 | June 10
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



Photos by Kenton Doupe

BOOMER FIT CLASS

15 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.

SESSION 1: May 4 – 28 (Omit May 18)

SESSION 2: June 1 – 25

Monday & Thursday, 9:00 – 10:00 am
Trail Memorial Centre, Victoria View Room
Instructor, Julia O'Donoghue

TRP Fee: \$68.25 / session 1

\$78.00 / session 2

Non-TRP Fee: \$102.00 / session 1

\$117.00 / session 2

One day per week registration is also available.



SENIORS BALANCE CLASS - TUESDAYS

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 7 – June 23 (Omit June 9)

Tuesday, 10:45 – 11:45 am
Trail Aquatic Centre, Multipurpose Room
Instructor, Wendy Robertsen

TRP Fee: \$33.00

Non-TRP Fee: \$49.50

SENIORS BALANCE CLASS - THURSDAYS

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 9 – June 25 (Omit June 4)

Thursday, 9:30 – 10:30 am
Trail Aquatic Centre, Multipurpose Room
Instructor, Wendy Robertsen

TRP Fee: \$33.00

Non-TRP Fee: \$49.50

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 22 "Vision Health"
SESSION 2: May 13 "Dementia"
SESSION 3: June 24 "Osteoarthritis"

Wednesday, 1:00 – 2:30 pm
Trail Aquatic Centre, Multipurpose Room
Facilitator for the Seniors Health & Wellness Institute, Theresa Buchner (Dementia workshop facilitated by Danielle Bywater from Alzheimer Society of B.C)

FREE

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



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

FITNESS PROGRAMS

IGNITION PRIME: MIDLIFE STRENGTH & ENERGY WORKSHOP

Adult to Senior

Many adults in their 40s, 50s and 60s want to train again but feel unsure where to start or how hard to push. Ignition Prime teaches a simple system that prepares your body to handle training again, without jumping too far too fast. Rebuilding strength, work capacity, improving movement, and restoring energy in midlife. Participants learn midlife nutrition, strength training basics, cardio, mobility, and leave with a clear starting plan.

Day 1: Nutrition Seminar

— how to fuel your body for training, recovery and midlife

Day 2: Strength Training Workshop

— learn the exercises and proper techniques in the Prime program

Day 3: Cardio & Mobility Workshop

— learn effective cardio methods and mobility drills that support healthy movement

**Gym clothes required for Days 2 & 3.*

LINK to Program to read more:

<https://www.sculptedbybrandt.com/workshop-seminar>

June 2, 3 & 4

Tuesday, Wednesday & Thursday,
6:00 - 8:00 pm

Trail Memorial Centre, Victoria View Room

Instructor, Chad Brandt, Kinesiologist and Sport Nutritionist

TRP Fee: **\$179.00**

Non-TRP Fee: **\$268.50**



SENIORS GET FIT

Adult to Senior

Exercise and strength training help you look and feel younger and stay active longer. Improve your strength and vitality by maintaining an active lifestyle. In a group setting the personal trainer will show you the various equipment in the fitness centre so you can feel comfortable in a gym setting. You will learn proper form and technique using the cardio equipment, weight machines, and free weights.

SESSION 1: April 20

SESSION 2: May 4

Monday, 11:00 am - 12:30 pm

Trail Aquatic and Leisure Centre

Instructor, Julia O'Donoghue

TRP Fee: **\$25.50/session**

Non-TRP Fee: **\$38.25/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 17

SESSION 2: May 15

SESSION 3: June 5

SESSION 4: June 12

Friday, 4:30 - 6:00 pm

Trail Aquatic and Leisure Centre

Instructor, Logan Pompu, Personal Trainer

TRP Fee: **\$25.50/session**

Non-TRP Fee: **\$38.25/session**

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 prior to attending the class.



COMINCO ARENA WALKING LOOP

Open 7 Days a Week

Closed During Events

Phone 250-364-0888
for more information

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.

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 Balance Class 9:30 - 10:30 am	
Seniors Get Fit Apr. 20 & May 4 11:00 am - 12:30 pm		Seniors Free Health Workshops 1:00 - 2:30 pm April 22, May 13 & June 24		
				Teen Get Fit Apr. 17, May 15, June 5 & 12 4:30 - 6:00 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 Trainer is certified to guide and help you achieve your fitness goals!

Our personal trainer 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	\$56.00	\$84.00
3 SESSIONS	\$160.00	\$240.00
5 SESSIONS	\$257.00	\$385.50
10 SESSIONS	\$492.50	\$739.00
2 CLIENTS		
1 SESSION <i>Includes 1.5 hours with trainer.</i>	\$87.50	\$131.00
3 SESSIONS <i>Includes 1.5 hours per session with trainer.</i>	\$241.00	\$361.50

PERSONAL TRAINER



Logan Pompu

Logan is a certified Personal Trainer and nutritionist through the International Sports Science Association. With 3 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.





**Check out page 12
for upcoming Spring/Summer
swimming lessons!**