

Trail Parks & Recreation

PROGRAM GUIDE

Fall | Winter 2026-27

September 2026
to March 2027



Fall Registration

Recreation: Tuesday, August 25, 8:30 am

Aquatic: Thursday, August 27, 8:30 am

Winter Registration

Recreation: Tuesday, November 3, 8:30 am

Aquatic: Thursday, November 5, 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,
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INSIDE

- 2 GENERAL INFORMATION
- 4 FEES, PASSES + POLICIES
- 7 FACILITIES & BOOKINGS
- 8 SPECIAL EVENTS
- 9 PUBLIC SKATING
- 10 AQUATIC LESSONS
- 13 AQUAFIT
- 14 AQUATIC LEADERSHIP
- 16 CAMPS
- 18 BIRTHDAY PARTIES
- 19 PRE SCHOOL PROGRAMS
- 20 KIDS PROGRAMS
- 22 YOUTH/ADULT PROGRAMS
- 25 SENIORS PROGRAMS
- 26 FITNESS PROGRAMS
- 27 PERSONAL TRAINING

TRAIL AQUATIC & LEISURE CENTRE HOURS OF OPERATION

Hours also available at trail.ca/aquaticcentre

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

TRAIL AQUATIC & LEISURE CENTRE HOLIDAY CLOSURES

Monday, September 7 (Labour Day)	Closed
Wednesday, September 30 (National Day of Truth & Reconciliation)	Closed
Monday, October 12 (Thanksgiving Day)	Closed
Wednesday, November 11 (Remembrance Day)	Closed
Friday, December 25 (Christmas Day)	Closed
Saturday, December 26 (Boxing Day)	Closed
Friday, January 1 (New Year's Day)	Closed
Friday, March 26 (Good Friday)	Closed
Monday, March 29 (Easter Monday)	Closed

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



We Want to Hear From You!

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

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

To discuss Trail Parks & Recreation services with your City of Trail elected officials, 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	\$3.40	\$6.80	\$4.80	\$9.60	\$6.10	\$12.20	\$8.00	\$16.00	\$17.00	\$34.00
10X	\$28.30	\$56.60	\$42.30	\$84.60	\$53.00	\$106.00	\$70.80	\$141.60	NA	NA
20X	\$47.30	\$94.60	\$73.30	\$146.60	\$94.00	\$188.00	\$129.80	\$259.60	NA	NA
1 MONTH	\$32.90	\$65.80	\$49.50	\$99.00	\$63.40	\$126.80	\$85.50	\$171.00	\$172.70	\$345.40
3 MONTH	\$76.30	\$152.60	\$117.50	\$235.00	\$161.00	\$322.00	\$213.70	\$427.40	\$429.60	\$859.20
6 MONTH	\$116.50	\$233.00	\$219.90	\$439.80	\$291.00	\$582.00	\$390.70	\$781.40	\$789.00	\$1578.00
ANNUAL	\$194.90	\$389.80	\$376.30	\$752.60	\$523.40	\$1,046.80	\$690.10	\$1380.20	\$1435.90	\$2871.80

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 26 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
3 MONTH	\$95.60	\$191.20	\$120.60	\$241.20
6 MONTH	\$147.90	\$295.80	\$194.80	\$389.60
ANNUAL	\$214.00	\$428.00	\$307.10	\$614.20
	YOUTH (10-18 years)		ADULT (19+ years)	
	TRP	NON TRP	TRP	NON TRP
DROP-IN	\$7.70	\$15.40	\$9.30	\$18.60

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

FINANCIAL ASSISTANCE

GREATER TRAIL KIDSPORT

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

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

CANADIAN TIRE JUMPSTART

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

Apply for funding at: <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.

CUSTOMER CARE

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

PROGRAM REFUNDS AND TRANSFERS

1. With a minimum of 3 business days' notice (Monday – Friday) prior to the start date of a program, a full refund will be processed.
2. Refunds or transfer requested on the programs start date are not eligible for refunds or transfers.
3. Aquatic Specialty and Advanced Lifeguarding courses require 3 business days' notice (Monday – Friday) for a full refund.

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

OTHER IMPORTANT INFORMATION

Oh no! We had to cancel!

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

Need more information?

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

Want to book a facility for your own function?

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

Sorry, the course is full!

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

FACILITIES & BOOKINGS

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



Trail Aquatic & Leisure Centre 1875 Columbia Avenue

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



Trail Memorial Centre 1051 Victoria Street

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



Bocce Sports Facility 52 Rossland Avenue

- Offered in partnership with the Italico 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 | parksadmin@trail.ca | www.trail.ca/RecFacilities



FREE SKATE WITH THE SMOKIES

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

PUBLIC SKATING with the SMOKIES:

5:45 - 7:00 pm | Trail Memorial Centre, Arena

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



October 7 | November 18
December 2 | January 6
February 10 | March 10

AQUATIC EVENTS

Regular admission applies

HALLOWEEN SPOOKTACULAR

Friday, October 30
6:00 - 8:00 pm

Bring the family for a spooky fun time. There will be spooky games, prizes and face painting!

PIZZA AND MOVIE NIGHT

Friday, November 20
6:00 - 8:00pm

Watch a movie on the big screen while swimming in the pool or chillin' in the hot tub. Pizza is \$2.50/slice with a drink.

SILLY SANTA SWIM

Friday, December 11
6:00 - 8:00 pm

Join the staff for a night of games, face painting, and FUN! There will be a craft and a special visit from Santa!

PIZZA AND MOVIE NIGHT

Friday, January 22
6:00 - 8:00 pm

Watch a movie on the big screen while swimming in the pool or chillin' in the hot tub. Pizza is \$2.50/slice with a drink.



FREE! HALLOWEEN SKATE

Saturday, October 24,
12:45 - 2:15 pm

Dress in your Halloween costume and get scary with us! Enjoy Halloween treats, free hot chocolate and pizza sold by the slice. An event for the whole family!

Trail Memorial Centre, Kids Rink



SPOOKTACULAR

Saturday, October 24,
11:00 am - 3:00 pm

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

Trails incrEDIBLE Farmer's Market, Hay Maze, Live Music, lots of activities for the whole family, downtown businesses Trick or Treat & more.

Details at trail.ca/events



FREE! CHRISTMAS SKATE WITH SANTA

Wednesday, December 16,
5:45 - 7:00 pm

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

Trail Memorial Centre, Arena



HOLIDAY MAGIC SANTA PARADE

Enjoy this magical community tradition. Santa and his merry crew of floats and performers will be spreading holiday cheer along the parade route.

Downtown Trail

Details at trail.ca/events



FREE PUBLIC SKATING

PUBLIC SKATING SCHEDULE

Schedule effective October 2026 – April 2027

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

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

Visit: trail.ca/TMC

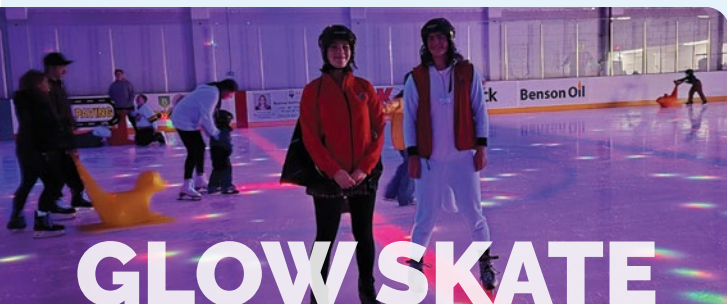
Sponsored by



STICK & PUCK

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

Pay drop-in online at
www.trailrecreation.ca
Please note: times on some dates
may vary due to special events.
See page 21 for details.



GLOW SKATE

October 10, November 7, January 2,
February 6, March 6, April 3
Saturday, 7:00 – 8:15 pm
Trail Memorial Centre, Kids Rink **FREE!**

FORTIS FAMILY GLOW SKATE



Saturday, December 5
7:00 – 8:15 pm
Trail Memorial Centre, Kids Rink **FREE!**

MFF FREE SENSORY-FRIENDLY ICE SKATING



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

First Sunday of each month
5:45 – 7:15 pm

Kids Rink at the Trail Memorial Centre -
Trail British Columbia

Details at: trail.ca/SensorySkate



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	\$61.25	\$91.80
Swimmer 1 - 2 8 lessons, 30 minutes each	\$61.25	\$91.80
Swimmer 3 - 6 8 lessons, 45 minutes each	\$74.30	\$111.45
Swimmer 7 - 9 8 lessons, 60 minutes each	\$87.45	\$131.10
Adult Lessons 4 lessons, 30 minutes each	\$50.00	\$75.00

PRIVATE LESSON FEES		
PRICE PER LESSON	TRP	NON TRP
Half Hour Private	\$29.50	\$44.25
1 Hour Private	\$56.80	\$85.25
Half Hour Semi Private <i>2+ swimmers, fee per person</i>	\$21.05	\$31.30

SWIM FOR LIFE LESSON REGISTRATION



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

Parent & Tots and Preschool Lessons

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

Swimmer Lessons for 5+

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

AQUATIC LESSONS



TUESDAYS & THURSDAYS

SESSION 1 October 6 - 29 **SESSION 2** November 10 - December 3
SESSION 3 January 12 - February 4 **SESSION 4** February 9 - March 4

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 October 3 - November 21 **SESSION 2** January 16 - March 5

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 October 4 - November 22 **SESSION 2** January 17 - March 6

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	Swimmer 4
1:00 - 1:30/1:45 pm		Preschool 4	

SPRING BREAK | MONDAY TO THURSDAY

SESSION 1 March 15 - 25

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

TEEN & ADULT 1

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

SESSION 1

October 7 - 28

Wednesdays 6:30 - 7:00 pm

TRP Fee: **\$50.00**

Non TPR Fee: **\$75.00**

SESSION 2

November 18 - December 9

Wednesdays 6:30 - 7:00 pm

TRP Fee: **\$50.00**

Non TPR Fee: **\$75.00**

SESSION 3

February 3 - 24

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

October 7 - 28

Wednesdays 7:00 - 7:30 pm

TRP Fee: **\$50.00**

Non TPR Fee: **\$75.00**

SESSION 2

November 18 - December 9

Wednesdays 7:00 - 7:30 pm

TRP Fee: **\$50.00**

Non TPR Fee: **\$75.00**

SESSION 3

February 3 - 24

Wednesdays 7:00 - 7:30 pm

TRP Fee: **\$50.00**

Non TPR Fee: **\$75.00**

AM JUMP START

All levels of participants can join this class. Classes focus on cardiovascular training and muscular endurance.

There will be a mix of interval training, choreography, and drills to help you find your challenge. Classes will be a combo of deep and shallow.

SESSION 1

September 14 - October 26

(no class October 12 - 6 sessions)

Mondays 9:00 - 9:45 am

Instructor: Melissa Gresley-Jones

TRP Fee: \$45.00

Non TRP Fee: \$67.50

SESSION 2

September 16 - October 28

(no class September 30 - 6 sessions)

Wednesdays 9:00 - 9:45 am

Instructor: Amie Palmer

TRP Fee: \$45.00

Non TRP Fee: \$67.50

SESSION 3

November 2 - December 14

(7 sessions)

Mondays 9:00 - 9:45 am

Instructor: Melissa Gresley-Jones

TRP Fee: \$52.50

Non TRP Fee: \$78.75

SESSION 4

November 4 - December 16

(no class November 11 - 6 sessions)

Wednesdays 9:00 - 9:45 am

Instructor: Amie Palmer

TRP Fee: \$45.00

Non TRP Fee: \$67.50

SESSION 5

January 4 - March 8

(no class February 15 - 9 sessions)

Mondays 9:00 - 9:45 am

Instructor: Melissa Gresley-Jones

TRP Fee: \$67.50

Non TRP Fee: \$101.25

SESSION 6

January 6 - March 10 (10 sessions)

Wednesdays 9:00 - 9:45 am

Instructor: Amie Palmer

TRP Fee: \$75.00

Non TRP Fee: \$112.50

PM JUMP START

All levels of participants can join this class. Classes focus on cardiovascular training and muscular endurance.

There will be a mix of interval training, choreography, and drills to help you find your challenge. Classes will be a combo of deep and shallow.

SESSION 1

September 15 - October 27

(7 sessions)

Tuesdays 12:15 - 1:00 pm

Instructor: Melissa Gresley-Jones

TRP Fee: \$52.50

Non TRP Fee: \$78.75

SESSION 2

September 17 - October 29

(7 sessions)

Thursdays 12:15 - 1:00 pm

Instructor: Amie Palmer

TRP Fee: \$52.50

Non TRP Fee: \$78.75

SESSION 3

November 3 - December 15

(7 sessions)

Tuesdays 12:15 - 1:00 pm

Instructor: Melissa Gresley-Jones

TRP Fee: \$52.50

Non TRP Fee: \$78.75

SESSION 4

November 5 - December 17

(7 sessions)

Thursdays 12:15 - 1:00 pm

Instructor: Amie Palmer

TRP Fee: \$52.50

Non TRP Fee: \$78.75

SESSION 5

January 5 - March 9 (10 sessions)

Tuesdays 12:15 - 1:00 pm

Instructor: Melissa Gresley-Jones

TRP Fee: \$75.00

Non TRP Fee: \$112.50

SESSION 6

January 7 - March 11 (10 sessions)

Thursdays 12:15 - 1:00 pm

Instructor: Amie Palmer

TRP Fee: \$75.00

Non TRP Fee: \$112.50

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: \$9.50

Non-TRP: \$14.25

GENTLE FIT

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

SESSION 1

September 16 - October 28

(no class September 30 - 6 sessions)

Wednesdays 10:00 - 10:30 am

Instructor: Amie Palmer

TRP Fee: \$39.00

Non TRP Fee: \$58.50

SESSION 2

November 4 - December 16

(no class November 11 - 6 sessions)

Wednesdays 10:00 - 10:30 am

Instructor: Amie Palmer

TRP Fee: \$39.00

Non TRP Fee: \$58.50

SESSION 3

January 6 - March 10 (10 sessions)

Wednesday 10:00 - 10:30 am

Instructor: Amie Palmer

TRP Fee: \$65.00

Non TRP Fee: \$97.50

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)

Tuesdays and Thursdays

October 20, 22, 27, 29 & November 3
3:15-8:00 pm

Cost \$150.00

100% attendance is required

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)

Tuesdays and Thursdays

January 19, 21, 26, 28 & February 2
3:15-8:00 pm

Cost \$150.00

100% attendance is required

SWIM FOR LIFE INSTRUCTOR

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

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

(Course included a manual and whistle)

October 9, 10, 16, 17, 23, 24, 30 & 31

Friday's, 4:30-8:00 pm

Saturday's, 9:00-5:00 pm

Cost \$500.00

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

100% attendance is required

Please add

****There is an adapted course portion that must be completed online before the end of the course. This online portion can be found on the lifesaving society website under online learning.**

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?

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.

KIDS CAMPS



CHRISTMAS CAMP CAWABUNGA

6 to 12 Years

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

December 21 - 24

Monday – Thursday,

9:00 am – 3:30 pm (Drop-off starts at 8:30 am)

(camp ends at 2:00pm on Dec. 24)

Trail Memorial Centre, Gym

Fee: \$124.00



TENNIS CAMPS 6 to 13+ Years

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

**camp
1**

**CHRISTMAS
TENNIS CAMP**
December 21 - 23
Monday - Wednesday
11:30 am - 1:00 pm
Fee: \$56.00

**camp
2**

**SPRING BREAK
TENNIS CAMP**
March 15 - 17
Monday - Wednesday
11:30 am - 1:00 pm
Fee: \$56.00

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



BASKETBALL WINTER BREAK CAMP

9 to 14 Years

Check out this winter break Basketball Camp which includes basic basketball training, fun games and drills, and scrimmages. Each day you will learn and practice various techniques to help you become a better basketball player.

December 29 - 31

**Tuesday, Wednesday
& Thursday,**

9:00 am – 12:00 pm

Trail Memorial Centre, Gym

Instructors, Elias Wallace & William Hodgson

Fee: \$64.00



JUNIOR GOLF CAMP 7 to 13 Years

Beginner to Intermediate

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

March 22 - 24

**Monday, Tuesday
& Wednesday,**

9:00 am - 12:00 pm

Willi Krause Fieldhouse

Instructor, Kevin Nesbitt, CPGA

Fee: \$98.00



SPRING BREAK CAMP CHAOS

6 to 12 Years

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

WEEK 1: March 15 - 19

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

Fee: \$155.00

Drop-off starts at 8:30 am

Trail Memorial Centre, Gym

WEEK 2: March 22 - 25

Monday - Thursday, 9:00 am - 3:30 pm
(No camp on March 26)

Fee: \$124.00



CELEBRATE YOUR BIRTHDAY

with Trail Parks & Recreation



Choose a Party Package!

MEMORIAL CENTRE / FIELDHOUSE

PACKAGE A - Gym OR Fieldhouse \$96.00

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

PACKAGE B - Kids Rink \$131.00

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 \$38.00

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

Call 250-364-0888 to book your pool party.

PRE-MIGHTY MITE SOCCER

2 to 3 Years

The goal of this fun program is active play with soccer balls. With the help of the parents, the instructors will encourage interaction and basic skill building with fun games. Parent participation is required.

SESSION 1: October 14 – November 25

(No class Nov. 11)

SESSION 2: January 13 – February 17

Wednesday, 4:00 – 4:30 pm

Willi Krause Fieldhouse

TRP Fee: \$29.00/session**Non-TRP Fee: \$43.50/session**

MIGHTY MITE SOCCER

3.5 to 6 Years

Come on out and learn some skills in a fun atmosphere! Kids will be taught basic soccer skills such as running with the ball, passing, kicking and shooting at the goal. Have fun while burning off some energy!

SESSION 1: October 14 – November 25

(No class Nov. 11)

SESSION 2: January 13 – February 17

Wednesday, 4:45 – 5:30 pm

Willi Krause Fieldhouse

TRP Fee: \$35.50/session**Non-TRP Fee: \$53.00/session**

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: October 13 – December 1****SESSION 2: January 12 – March 2**

Tuesday, 4:30 – 5:15 pm

Trail Memorial Centre, Gym

TRP Fee: \$47.50/session**Non-TRP Fee: \$71.25/session**

HOT SHOT TOTS ON ICE

4 to 6 Years

This program is all about action-packed fun! Learn the fundamentals such as skating with a hockey stick, shooting and passing. Basic skating skills are recommended. All participants must wear full hockey gear.

***Coaches are needed!** If interested please call Lisa at 364-0844 or email lmangaigre@trail.ca.

SESSION 1: October 17 – December 12

(No class Oct. 31)

SESSION 2: January 9 – March 6

(No class Feb. 13)

Saturday, 2:30 – 3:15 pm

Trail Memorial Centre, Kids Rink

TRP Fee: \$52.00/session**Non-TRP Fee: \$78.00/session**

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 and thematic vocabulary through songs and stories.

October 15 - November 26

(No class Nov. 5)

Thursday, 11:00 – 11:45 am

Trail Memorial Centre, Victoria View

Instructor, Michelle Bolay

TRP Fee: \$37.50/session**Non-TRP Fee: \$56.25/session**

PEANUT T-BALL

4 to 5 Years

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

SESSION 1: October 25 – December 13**SESSION 2: January 10 – February 28**

Sunday, 12:30 – 1:15 pm

Willi Krause Fieldhouse

Instructor, Tobbi Cutt

TRP Fee: \$47.50/session**Non-TRP Fee: \$71.25/session**

Photo by Kenton Doupe

KIDS PROGRAMS



Photo by Kenton Doupe

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: October 13 – December 1

SESSION 2: January 12 – March 2

Tuesday, 5:15 – 6:00 pm

Trail Memorial Centre, Gym

Instructor, Cory Walker

TRP Fee: \$47.50/session

Non-TRP Fee: \$71.25/session

VOLLEYBALL SKILLS

10 to 13 Years

Looking to learn volleyball or improve your skills? This program is designed for students in Grades 5-7 who want to develop their volleyball skills in a fun and supportive environment. Players will work on serving, passing, setting, hitting, movement, and teamwork through drills, skill-building activities, and game play. Whether you're new to volleyball or have played before, this program will help you build confidence and improve your skills on the court.

FALL SESSION: September 1 – 22

Tuesday, 4:00 – 5:00 pm

WINTER SESSION: January 5 – 26

Tuesday, 4:30 – 5:30 pm

Instructor, Jody Jones

Willi Krause Fieldhouse

TRP Fee: \$33.00

Non-TRP Fee: \$49.50

BASEBALL DEVELOPMENT PROGRAM

9 to 12 Years

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

SESSION 1: October 6 – December 8

SESSION 2: January 5 – March 9

Tuesday, 4:15 – 5:45 pm

Willi Krause Fieldhouse

Instructor, Mike Vandermeer

TRP Fee: \$92.50/session

Non-TRP Fee: \$138.75/session



Photo by Kenton Doupe

GIRLS SOFTBALL PROGRAM

10 to 14 Years

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

SESSION 1: October 25 – December 13

SESSION 2: January 10 – February 28

Sunday, 2:45 – 4:15 pm

Willi Krause Fieldhouse

TRP Fee: \$74.00/session

Non-TRP Fee: \$111.00/session

BASEBALL & SOFTBALL SKILLS

6 to 10 Years

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

SESSION 1: October 25 – December 13

SESSION 2: January 10 – February 28

Sunday, 1:30 – 2:30 pm

Willi Krause Fieldhouse

TRP Fee: \$54.50/session

Non-TRP Fee: \$81.75/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, 4:15 – 5:15 pm

ORANGE: Monday, 5:15 – 6:15 pm

GREEN: Monday, 5:15 – 6:15 pm

SESSION 1: October 19 – December 7

SESSION 2: January 11 – March 8 (No class Feb. 15)

Willi Krause Fieldhouse

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

TRP Fee: \$99.75/group/session

Non-TRP Fee: \$149.50/group/session



STAY SAFE! PROGRAM

9 to 13 Years

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

SESSION 1: November 7

SESSION 2: April 3

Saturday, 9:00 am – 1:45 pm

Trail Memorial Centre, McIntyre Room

Instructor, Nicole Morrison

TRP Fee: \$43.80/session

Non-TRP Fee: \$65.70/session

BABYSITTER TRAINING COURSE

11 to 15 Years

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

SESSION 1: November 21

SESSION 2: March 13

Saturday, 9:00 am – 4:30 pm

Trail Memorial Centre, McIntyre Room

Instructor, Nicole Morrison

TRP Fee: \$70.00/session

Non-TRP Fee: \$105.00/session

STICK & PUCK

8 Years and Up

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

SESSION 1: October 11 - December 27

SESSION 2: January 3 - April 19

Sunday, 1:30 – 2:30 pm

Trail Memorial Centre, Kids Rink

Pay \$5.00 drop-in online prior to going on the ice at www.trailrecreation.ca.

Please note: times on some dates may vary due to special events.

YOUTH / ADULT PROGRAMS

TABLE TENNIS

Youth to Adult

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

SESSION 1: September 19 – December 19

SESSION 2: January 9 – April 10

Saturday, 10:00 am – 12:00 pm

Trail Memorial Centre, Victoria View Room

TRP Fee: \$60.00/session

Non-TRP Fee: \$90.00/session



LADIES RECREATIONAL HOCKEY

16 Years to Adult

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

SESSION 1: October 19 - December 7

SESSION 2: January 11 – March 8 (No class Feb. 15)

Monday, 7:45 – 9:00 pm

Trail Memorial Centre, Kids Rink

TRP Fee: \$86.00/session

Non-TRP Fee: \$129.00/session



RINGETTE

15 Years to Adult

Come out and join our new Ringette program, where you can enjoy an exciting, engaging and inclusive sport for all skill levels. Basic skills will be introduced. Full hockey or ringette gear is required. A limited number of ringette sticks will be available to use for those who don't have one.

SESSION 1: October 25 – December 6 (No class Nov. 15)

SESSION 2: January 10 – February 14

Sunday, 11:00 am – 12:00 pm

Trail Memorial Centre, Kids Rink

TRP Fee: \$64.50/session

Non-TRP Fee: \$96.75/session

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.

SESSION 1: October 19 - December 7

SESSION 2: January 11 – March 8 (No class Feb. 15)

Monday, 8:15 – 9:15 pm

Willi Krause Fieldhouse

TRP Fee: \$43.00/session

Non-TRP Fee: \$64.50/session

PICKLEBALL

15 Years to Adult

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

SESSION 1: October 5 - December 20

(No playtimes Oct. 12, 24, Nov. 11, Dec. 5, 7, 9, 14 & 15).

SESSION 2: January 4 - April 30

(No playtimes Feb. 15, 20, Mar. 16, 18, 23, 25 & 29).

Monday: 6:30 pm - 8:30 pm
Tuesday: 9:00 am - 11:00 am
OR 11:30 am - 1:30 pm
Wednesday: 6:30 pm - 8:30 pm
Thursday: 9:00 am - 11:00 am
OR 11:30 am - 1:30 pm
Saturday: 8:30 am - 11:30 am
Sunday: 8:30 am - 11:30 am

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

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

All levels are welcome at all play times. Fees vary depending on the day of the week. A detailed schedule is available at registration.

PICKLEBALL FLEXPASS

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

TRP Fee: **SESSION 1: \$100.30**
SESSION 2: \$158.10
Non-TRP Fee: **SESSION 1: \$150.45**
SESSION 2: \$ 237.15

PLEASE NOTE: due to the rising numbers of players, drop in is no longer available for playtimes on Monday, Tuesday, Wednesday and Thursday at the Gym.



Photo by Kenton Doupe

PICKLEBALL TOURNAMENT

15 Years to Adult

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

FALL Tournament: December 5

WINTER Tournament: February 20

Saturday, 9:00 am - 1:00 pm

Willi Krause Fieldhouse

Fee: **\$18.00 / tournament**

PICKLEBALL LESSONS FOR BEGINNERS

14 Years to Adult

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

SESSION 1: November 7 - 28

SESSION 2: February 6 - March 6

(No class on Feb. 20)

Saturday, 11:45 am - 1:00 pm

Willi Krause Fieldhouse

TRP Fee: **\$19.00/session**

Non-TRP Fee: **\$28.50/session**

BEGINNER PLAY PICKLEBALL

14 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 not an instructed program.*

SESSION 1: October 9 - December 18

SESSION 2: January 8 - March 19

Friday, 6:45 - 8:45 pm

Willi Krause Fieldhouse

TRP Fee: **\$34.00/session**

Non-TRP Fee: **\$51.00/session**

ADVANCED PLAY PICKLEBALL

15 Years to Adult

Participants have the opportunity to play at an advanced level. This playtime is intended for those playing at a minimum 3.5 skill level and above.

SESSION 1: October 8 - December 17

SESSION 2: January 7 - March 11

Thursday, 3:00 - 5:00 pm

Trail Memorial Centre, Gym

TRP Fee: **\$34.00/session 1**
\$31.00/session 2

Non-TRP Fee: **\$51.00/session 1**
\$46.50/session 2

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. Some of his students have won major tournaments, including gold and silver at the BC Senior Games.

SERVING CLINIC (All levels):

September 19

Saturday, 11:00 am - 12:30 pm

BEGINNERS CLINIC:

September 26 & October 3

Saturday, 11:00 - 12:30 am

INTERMEDIATES CLINIC

September 26 & October 3

Saturday, 1:00 - 2:30 pm

Willi Krause Fieldhouse

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

TRP Fee: **\$95.00/group**

Non-TRP Fee: **\$142.50/group**

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.

SESSION 1: October 1 – December 3

SESSION 2: January 7 – March 11

Thursday, 7:00 – 9:00 pm

Trail Memorial Centre, Gym

TRP Fee: \$47.50/session

Non-TRP Fee: \$71.25/session

TENNIS LESSONS – LEVEL 1

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

SESSION 1: October 23 – December 11

SESSION 2: January 15 – March 5

Friday, 4:15 – 5:15 pm

Willi Krause Fieldhouse

Instructor, Cohen Rutherglen –

Tennis Canada Certified, Club Pro 1

TRP Fee: \$116.00/session

Non-TRP Fee: \$174.00/session

TENNIS LESSONS – LEVEL 2

13 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 groundstrokes. Learn to rally, score and play the net in singles and doubles. Racquets and balls provided; proper footwear is required; bring a water bottle.

SESSION 1: October 23 – December 11

SESSION 2: January 15 – March 5

Friday, 5:15 – 6:15 pm

Willi Krause Fieldhouse

Instructor, Cohen Rutherglen –

Tennis Canada Certified, Club Pro 1

TRP Fee: \$116.00/session

Non-TRP Fee: \$174.00/session



Photo by Kenton Doupe

LEARN TO JUGGLE

15 Years to Adult

Learn the foundational 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 activity with progressive steps that will help each individual achieve their goals. The balls and encouragement will be provided.



Workshop 1: October 19

Workshop 2: November 30

Workshop 3: January 25

Monday, 6:30 – 8:00 pm

Trail Memorial Centre, Victoria View Room

Instructor, Sir "Drop-A-Lot", Aladar Reusz

TRP Fee: \$30.00/workshop

Non-TRP Fee: \$45.00/workshop

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.

SENIORS BALANCE CLASS

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

TUESDAY CLASS

SESSION 1: September 8 - 29

SESSION 2: October 27 - December 15

SESSION 3: January 5 - March 9

9:30 - 10:30 am

THURSDAY CLASS

SESSION 1: September 10 - October 1

SESSION 2: October 29 - December 17

SESSION 3: January 7 - March 11

9:30 - 10:30 am

Trail Aquatic Centre, Multipurpose Room

Instructor, Wendy Robertsen

TRP Fee: \$12.50/session 1

\$25.00/session 2

\$31.00/session 3

Non-TRP Fee: \$18.75/session 1

\$37.50/session 2

\$46.50/session 3

SENIORS HEALTH & WELLNESS WORKSHOPS
COSCO

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



SESSION 1: November 25

"Frauds and Scams"

SESSION 2: January 27

"Stroke and TIA"

SESSION 3: February 24

"Skin Conditions"

Wednesday, 1:00 - 2:30 pm

Trail Aquatic Centre, Multipurpose Room

Facilitator for the Seniors Health & Wellness Institute, Theresa Buchner

FREE

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



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.caVISIT: rossland.ca/skseniorsFACEBOOK: facebook.com/skseniors

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:

September 23 | October 28

December 2 | January 20 | February 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

FITNESS PROGRAMS

MUSCLE ACTIVATION TECHNIQUES (MAT) WORKSHOPS

Age isn't what slows us down - losing the ability to move is. Maybe you've noticed you can't turn your head as far, squat as deeply, or get up off the floor as easily. Your workouts leave you feeling sore for days, stretching doesn't seem to help.

Discover why your body creates stiffness and why stretching isn't always the solution.

If your goal is to stay active, keep doing the things you love, and move well for years to come, this workshop is for you.

WORKSHOP 1: October 8

11:00 am - 12:00 pm

WORKSHOP 2: November 26

6:00 - 7:00 pm

WORKSHOP 3: January 21

11:00 am - 12:00 pm

Trail Aquatic Centre, Multipurpose Room
Sarah Sparks, Muscle Activation Techniques Specialist & Personal Trainer

FREE

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

Please refer to the MAT chart and fees to book a private assessment.

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: September 14 - October 29

(No class Oct. 8 & 12)

SESSION 2: November 2 - December 17

SESSION 3: January 11 - March 11

(No class Jan. 18, 21, 25 & Feb. 15)

Monday and Thursday, 9:00 - 10:00 am
Trail Memorial Centre, Victoria View Room

Instructor, Julia O'Donoghue

TRP Fee: \$120.00/session 1

\$140.00/session 2

\$140.00/session 3

Non-TRP Fee: \$180.00/session 1

\$210.00/session 2

\$210.00/session 3

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: September 25

SESSION 2: October 16

SESSION 3: November 20

SESSION 4: January 22

SESSION 5: February 26

Friday, 4:30 - 6:00 pm

Trail Aquatic and Leisure Centre
Instructor, Logan Pompu, Personal Trainer

TRP Fee: \$25.75/session

Non-TRP Fee: \$38.50/session

MUSCLE ACTIVATION TECHNIQUES (MAT)

with Sarah Sparks

PRIVATE	TRP	NON TRP
FIRST ASSESSMENT - 1 hour	\$132.00	\$198.00
50 MIN FOLLOW UP	\$115.50	\$173.25
25 MIN FOLLOW UP	\$94.50	\$141.75

Monday	Tuesday	Wednesday	Thursday	Friday
Boomer Fit 9:00 - 10:00am			Boomer Fit 9:00 - 10:00am	
	Seniors Balance Class 9:30 - 10:30 am		Seniors Balance Class 9:30 - 10:30 am	
		Seniors Free Health Workshops Nov. 25, Jan. 27, Feb. 24 1:00 - 2:30 pm		
				Teen Get Fit Sept. 25, Oct. 16, Nov. 20, Jan. 22 & Feb. 26 4:30 - 6:00 pm



COMINCO ARENA WALKING LOOP

Open 7 Days a Week

Closed During Events

Phone 250-364-0888
for more information

ARE YOU READY TO MAKE THE COMMITMENT?

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

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

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

PERSONAL TRAINING FEES

PRIVATE	TRP	NON TRP
1 SESSION	\$57.50	\$86.25
3 SESSIONS	\$165.00	\$247.50
5 SESSIONS	\$265.00	\$397.50
10 SESSIONS	\$507.00	\$760.50
2 CLIENTS		
1 SESSION <i>Includes 1.5 hours with trainer.</i>	\$90.00	\$135.00
3 SESSIONS <i>Includes 1.5 hours per session with trainer.</i>	\$248.00	\$372.00

FITNESS CENTRE ORIENTATION

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

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

Personal Trainers

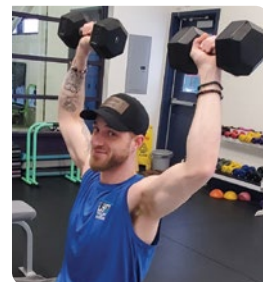


Logan Pompu

Logan is a certified Personal Trainer and nutritionist through the International Sports Science Association. With 4 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.



Sarah Sparks

Sarah is a certified Personal Trainer and Muscle Activation Techniques (MAT) Specialist with over 15 years of experience helping people move better, feel stronger, and stay active. She has completed Master Level certification in Muscle Activation Techniques and has continued to expand her education through specialized training in movement therapy and running injuries.

Sarah works with clients of all ages and activity levels, from individuals looking to reduce everyday aches and pains to recreational and competitive athletes wanting to improve performance and recover from injuries. Her approach focuses on identifying muscle imbalances and restoring proper muscle function so clients can move with greater confidence, efficiency, and less discomfort. Whether your goal is to stay active with your family, get back to your favourite sport, or simply move through life with less stiffness and discomfort, Sarah is committed to helping you build a stronger, more resilient body and reach your goals.



**Turn to pages 16 & 17
to discover all our fun
kids holiday camps!**

