

Program Guide

Fall 2012



CRANBROOK
LEISURE SERVICES

Welcome

Now is the time to start making your plans for a fun and active fall season. The Leisure Services department has put together an exciting variety of programs, lessons and activities, with something for all ages and abilities. Swim lessons, skating, fitness classes or walking the Western Financial Place concourse - these are just a small sample of what is available to you.

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Programs • Time to teach your dog a new trick.



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Skating • Enjoy **FREE** skating at the Kinsmen arena.



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Aquatics • **NEW** Fall fitness schedule.

Our Program Guide will take you through a variety of recreational programs that will reward you and your family with fun and fitness.

Drop by the Leisure Services Department anytime, located in the Cranbrook Western Financial Place. We'll be happy to tell you about our programs, parks, pool and more!

Check **IT OUT!**

CHILD SAFETY PROGRAMS



in partnership with Kidproof Canada

- Rights and Responsibilities
- Responding to Emergencies
- Dealing with Visitors and Phone Calls
- Plus much more...

Kidproof's reputation is built on our commitment to providing current, effective, empowering, and entertaining safety education that kids love. Thousands of parents, educators, and kids have trusted Kidproof to bring them the most up-to-date child safety programs that raise confidence without fear.

At Home Alone

At Home Alone is an entertaining workshop designed to prepare children for the responsibility of being at home alone. Important skills are learned through interactive lessons and role play that help make both you and your child more confident when they are at home by themselves. Location: Western Financial Place Meeting Room. Ages 10 years +.

Friday • 1:00-3:00 pm
October 19
\$31.00/\$25.00 (City Discount)

Course #18590

Babysitters Training

We want kids to be the best babysitters they can be: professional, safe and in demand! The Kidproof Babysitter Training Program is packed full of advice, guides, tips, and information that is based on real life experiences. We don't just talk about becoming a babysitter, we teach you how to be a great babysitter! This program is packed full of activities and hands-on practice to increase your confidence and give you the skills you need to become a great babysitter. Location: Western Financial Place Meeting Room. Ages 12-18 years.

Wednesdays • 6:00-8:00 pm
November 7-28
\$55.00/\$50.00 (City Discount)

Course #18591



BABYSITTING Instructor Bio

AILI WEAVER

Aili is a home grown Cranbrook girl. She is a certified lifeguard and swimming instructor and has a background in first aid. She loves children and has enjoyed her previous experiences supervising day camps for the City of Cranbrook. Aili looks forward to teaching your kids the skills needed to be safe while babysitting and while at home alone.



KIDS DANCE CLASSES

- Music and Movement
- Fun and Energetic
- Imaginative Thinking
- Ballet, Jazz and Hip Hop

Kids Dance Groove

A fun energetic class designed for boys and girls who love to move. This introduction to dance will be a story-based class where students will learn various locomotor and non-locomotor movements to the rhythm of music from around the world. Students will be able to experience their natural love of music and movement through storytelling and imaginative thinking. Instructor: Heather Davis. Ages 3-4 years.

Tuesdays • 5:30-6:00 pm
October 2 - November 6
\$27.50/\$25.00 (City Discount)

Course #18579

Let's Dance

This program will take your child into the world of ballet, jazz and hip-hop through imaginative creative movement to music from all over the world. The program is designed to enhance your child's natural love for music and movement while developing and mastering gross motor skills. This is an introductory program that will focus on the instruction of various locomotor and non-locomotor movements that match the BC Ministry of Education dance learning outcomes for Physical Education. Instructor: Heather Davis. Ages 5-7 years.

Tuesdays • 6:00 pm-6:45 pm
October 2 - November 6
\$37.00/\$35.00 (City Discount)

Course #18580



DANCE Instructor Bio

HEATHER DAVIS

Heather is a married mother of four. She grew up in Cranbrook and was fortunate enough to be involved in dance as a child. She is excited for the opportunity to be able to pass on her passion for dance to children in Cranbrook.

Fall Programs



Kids Sports and Activities



YOUTH BASKETBALL

Steve Nash youth basketball teaches the fundamentals and skills of basketball in a structured and fun environment.

Run by volunteers, our community-based program incorporates local input within the parameters of a sound, well researched, youth sports program. Each participant receives a basketball, a reversible SNYB jersey, skill development instruction, insurance and a Basketball BC membership. This program consists of practice once a week in the fall session, resuming in January with a practice once a week and a game once a week.

Basketball • Grades 4-6

\$101.00/\$95.00 (City Discount)

Lakers • Kootenay Orchard
Tuesdays • 6:30-8:00 pm
October 16 - November 27



Course #18582

Rockets • Amy Woodland
Mondays • 6:30-8:00 pm
October 15 - November 26

Course #18584

Suns • Gordon Terrace
Mondays • 6:30-8:00 pm
October 15 - November 26

Course #18585

Grizzlies • Highlands
Tuesdays • 6:30-8:00 pm
October 16 - November 27

Course #18587

PARENT coaches are required for the Steve Nash Basketball program to run. Coaching manuals are provided. Please call Leisure Services for more information.

Basketball • Grades 2-3

This program will provide the younger sport enthusiast with some very basic ball handling skills, drills and games and is developed for those interested yet too young to play in the Steve Nash Program. Location: Highlands School. Ages 6-9 years.

Mondays • 6:30-8:00 pm
October 15 - November 26
\$28.00/\$25.00 (City Discount)

Course #18589



Indoor Soccer

Keep up your soccer skills over the long cold winter; learn new skills, practices and games. Bring your friends for fun and be active together. Location: Amy Woodland School.

Little Kickers Ages 3-4 years

Thursdays • 5:00-5:30 pm
October 11 - November 15
Course #18581
\$27.50/\$25.00 (City Discount)

Super Soccer Ages 5-7 years

Thursdays • 5:30-6:15 pm
October 11 - November 15
Course #17899
\$33.00/\$30.00 (City Discount)

Mega Soccer Ages 8-11 years

Wednesdays • 6:00-7:00 pm
October 10 - November 14
Course #17896
\$38.00/\$35.00 (City Discount)

Learn to Skate • Preschool

For the beginner preschool skater. This course will teach preschoolers how to skate using games and fun activities. Location: Kinsmen Arena. Instructor: Dorothy Carter. Ages 3-4 years.

Mondays • 3:30-4:15 pm
October 15 - November 5
November 19 - December 10
Course #17881
Course #17882

Tuesdays • 4:15-5:00 pm
October 16 - November 6
November 13 - December 4
Course #17883
Course #17884

\$65.00/\$57.00 (City Discount)

Learn to Skate • Better

For kids who want to learn the basics of skating. Become more comfortable on skates and have fun with your friends. Location: Kinsmen Arena. Instructor: Dorothy Carter. Ages 5 years +.

Mondays • 4:15-5:00 pm
October 15 - November 5
November 19 - December 10
Course #17874
Course #17875

Tuesdays • 3:30-4:15 pm
October 16 - November 6
November 13 - December 4
Course #17871
Course #17873

\$65.00/\$57.00 (City Discount)

Power Skating

Learn the proper techniques of using your blades which will produce power in each stride. Participants must have a minimum 2 years experience and helmets are mandatory. Taught by certified Can Skate Instructor Dorothy Carter. Location: Kinsmen Arena. Ages 7 years +.

Thursdays • 4:00-5:00 pm
October 25 - November 22
\$130.00/\$112.00 (City Discount)
Course #18595

**Beginner
ADULTS
Welcome!**

Go Bananas - Climb the Wall

Let Leisure Services introduce your child to active play and the Traverse Climbing Wall at Steeples Elementary School. Parents, Grandparent or guardians are encouraged to participate along with the children as they Go Bananas and learn the skill of climbing the wall using upper body strength and lower body coordination.

Ages 4-5 years.

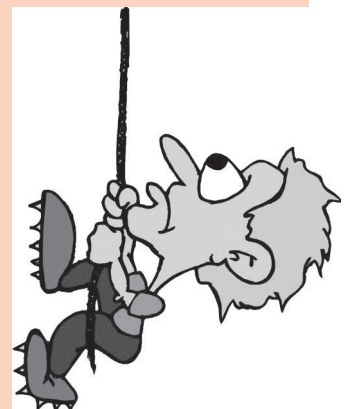
Mondays • 5:00-5:30 pm
October 15 - November 26
Course #18592
\$22.00/\$20.00 (City Discount)

Ages 5-6 years.

Mondays • 5:30-6:00 pm
October 15 - November 26
Course #18593
\$22.00/\$20.00 (City Discount)

Ages 7-8 years.

Mondays • 6:00-6:45 pm
October 15 - November 26
Course #18594
\$27.50/\$25.00 (City Discount)



Fall Programs

Adult Sports and Fitness

Fit Over 50 - Be Smart Fit

Physical activity is one of the most important things you can do to maintain your health and quality of life as you age. Join in for a series of 5 weekly educational and work-out sessions to learn and apply the components of a physical fitness program, including warm-up, cardio, strength and balance training, flexibility and cool-down. You will learn how to exercise outside of a formal gym without major equipment and learn to modify exercises to meet your individual needs. Location: Memorial Arena Viewing Room. Led by Can-Fit-Pro certified Personal Trainers, John and Debbie Mandryk who are also Older Adult Specialists. Ages 50 years +.

Mondays and Wednesdays • 7:00-8:30 pm
October 10-24 Course #18564
\$66.00/\$53.00 (City Discount)

Senior's Weight Training

If you are 65 years or older, join this safe and effective class to learn the essentials of resistance training. Led by Christie Kennedy, who is skilled in working with a variety of concerns and goals for this age group. Resistance training will build confidence, increase bone density, muscle mass, and improve posture and balance. Location: CORE Fitness. Ages 65 years +.

Mondays and Thursdays • 10:30-11:30 am
October 15 - November 19 Course #18560
\$70.00/\$64.00 (City Discount)

Boomers Move Weights

Resistance training is vital for Boomers age 55+ to help slow the aging process by increasing muscle mass, improving metabolism (helping with weight loss), and maintaining and improving bone density. Gain confidence and improve your health with this fun program that will introduce you to the weight room and show you proper techniques for a well rounded fitness program. Location: CORE Fitness. Instructor: Christie Kennedy, BHKin. Ages 55 years +.

Mondays and Thursdays • 9:30-10:30 am
October 15 - November 19 Course #18559
\$70.00/\$64.00 (City Discount)

NEW! Learn to Run 10Km

A fun and non-intimidating way to improve running endurance, or learn to run for the first time. This program is designed to safely work your way up from walk/run intervals to running a full 10k distance in 12 weeks! Location: CORE Fitness. Instructor: Christie Kennedy. Ages 18 years +.

Sundays • 10:00-11:00 am
September 16 - December 16 Course #18596
\$57.00/\$52.00 (City Discount)

Volleyball - Competitive Co-Ed Adult

A min 6 players/max 8 per team (2 gals must be on the floor at all times). Participants are responsible for putting nets up and down. Ages 16 years +.

Tuesdays • 8:15-10:15 pm
October 2 - November 27 Course #18578
\$137.50/\$125.00 (City Discount)

Zumba®

Try the hottest new trend in fitness. The Zumba® program fuses hypnotic rhythms and easy-to-follow moves to create a fitness program that you will have an absolute blast in.

The routine features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Bring water and a towel, wear comfortable clothes and sneakers.

Location: Memorial Arena Viewing Room.

Thursdays • October 11- November 29

Zumba® - Ages 55 years +

4:00-5:00 pm Course #18563

Zumba® - Ages 19 years +

5:15-6:15 pm Course #18562

\$70.00/\$64.00 (City Discount)



Whoop Whoop Hula Hoop - Beginners

You will be immersed in the empowering world of Hula Hoop workout! Learn the basics of both on and off-body tricks, find your flow within the hoop, and understand the fundamentals of hoop transitions. This is a pressure-free environment where dropping your hoop is encouraged! Gain self-confidence and knowledge while toning your core and most importantly unleashing your inner child! No previous experience is necessary. Practice Hoops will be provided. Instructor: Kaylee Coates. Ages: 16 years +.

Wednesdays • 6:30-7:15 pm

October 17 - November 28 Course #18570

\$55.00/\$50.00 (City Discount)

Whoop Whoop Hula Hoop - Intermediate

You will be immersed in the empowering world of Hula Hoop workout! Learn the basics of both on and off-body tricks, find your flow within the hoop, and understand the fundamentals of hoop transitions. This is a pressure-free environment where dropping your hoop is encouraged! Gain self-confidence and knowledge while toning your core and most importantly unleashing your inner child! No previous experience is necessary. All ages are welcome! Practice Hoops will be provided. Instructor: Kaylee Coates. Ages: 16 years +.

Wednesdays • 7:15-8:00 pm

October 17 - November 28 Course #18569

\$55.00/\$50.00 (City Discount)

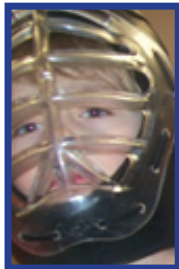


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- CHILDREN'S PROGRAMS
 - PreSchool Pirates
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Key City Gymnastics Club, a parent operated, not-for-profit society is extremely pleased to announce that we will be moving into a brand new facility in the new year (2013)!



Having a new, larger facility will enable us to offer many innovative and exciting opportunities for our members and the community!

We are introducing a new teaching curriculum that will keep kids excited and motivated about learning gymnastics.

Having access to foam pits provides the safety needed for those who enjoy the challenge of non traditional gymnastics such as parkour, enables us to offer cross training opportunities and best of all provides endless FUN for all those who participate in any of our programs!

Our fall schedule and program options will be available by mid August!

If you have any questions please call or email us at the gym.

Also check out our website and follow our building progress and what's new at Key City Gymnastics!



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New members only. Offer based on first visit enrollment, minimum 12 mo. cd/ef. program. Discount applies to initial service fee. Not valid with any other offer. Valid only at participating locations. ©2012 Curves International Inc.

Fall Programs

Adult Special Interest

CAKE DECORATING

Wilton has so many ways to learn cake decorating! It's easy for everyone to gain new skills. Sign up for the fun with Wilton cake decorating classes! Melissa Baranowski will show you, step by step, the right way to decorate so you can delight your family and friends with decorated cakes you learned to create with the Wilton Method of cake decorating! Please bring a cake to class.

Ages 15 years +. (children 12-14 years are permitted to register but must be accompanied by a registered adult.)
Location: Laurie School Specialty Foods Room.

Level I • Decorating Basics

You'll understand how to bake a great cake, see how to make and color icing and learn the best way to ice the cake. You will also practice the three fundamentals of decorating, enabling you to approach each technique the right way for great results.

Along the way, you'll learn to create icing drop flowers, rosettes, shells, pompom flowers, leaves, shaggy mums, and the ribbon rose. You'll also decorate cookies, cupcakes ... and of course cakes!

Wednesdays • 6:00-8:00 pm
October 3-24
\$93.50/\$85.00 (City Discount) Course #18573

Level II • Flowers and Cake Design

After completing Decorating Basics, Flowers and Cake Design will teach you sophisticated ways to bring your cakes and desserts to life! You will learn to create breathtaking icing flowers such as pansies, lilies and the famous Wilton Rose. Then, you'll discover the secrets of arranging them in a beautifully balanced cake-top bouquet.

Wednesdays • 6:00-8:00 pm
November 7-28
\$93.50/\$85.00 (City Discount) Course #18574

Pops

Grabbable goodies on a stick you'll love to dip, decorate and devour. With pops, traditional favorites like cake, cookies, brownies and other treats break away from the plate and stand up to join the celebration.

Tuesday and Thursday • 6:00-8:00 pm
November 6 and 8
\$63.00/\$60.00 (City Discount) Course #18575

NEW Candy (Chocolate) Creations

Must Try! Discover great tools for melting and dipping, fun colors and flavors, and exciting ways to present your candy gifts. Painting, piping, filling chocolate and chocolate pops is covered in these one day project classes.

Halloween Chocolates

Make your own treats for your special Halloween party.

Monday • 6:00-8:00 pm
October 22
Course #18576

Christmas Chocolates

Make special Christmas gifts or just show off your creativity.

Wednesday • 6:00-8:00 pm
December 5
\$51.00/\$46.00 (City Discount) Course #18577

VOICE ACTING

*Presented by Voice Coaches,
from New York*

This single evening class is intended as an upbeat - realistic introduction to the field of voice acting. It's appropriate for anyone who has been told they have a good voice, or anyone in any way curious about the voice over field. Our instructors are highly professional and entertaining! Plus, students get a chance to record a real script under direction from a producer right in class. Each student's recording is played back at the end of the session. Location: Western Financial Place Meeting Room. Ages 16 years +.

Tuesday • 6:30-9:00 pm
October 23
\$30.00/\$25.00 (City Discount) Course #18557

DOG OBEDIENCE

Puppy Training • Dogs 2-5 months

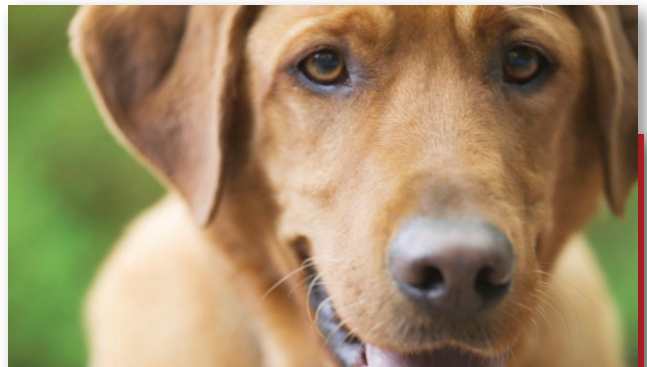
Proper socialization of young puppies is an extremely important phase of dog training. Socialization ensures that your puppy becomes an enjoyable, polite and trusted member of your family. This class will expose your puppy to a variety of situations that will help build his confidence, and teach him to respond appropriately around people and other dogs. Puppies must have had their second vaccinations. Ages 16 years +.

Tuesdays • 6:00-7:00 pm
September 18 - October 30
November 6 - December 11
\$71.00/65.00 (City Discount) Course #18571
Course #18572

Basic Training • Dogs 6 months & up

The purpose of this class is to teach your dog basic obedience commands and good manners. It will also provide the foundation for future activities you may wish to pursue with your dog, including Competitive Obedience, Rally Obedience and Agility. Positive training methods will be used which will include treats and toys as motivators. Participants are welcome to repeat this class as often as they wish. Ages 16 years +.

Tuesdays • 7:00-8:00 pm
September 18 - October 30
November 6 - December 11
\$71.00/65.00 (City Discount) Course #18150
Course #18151





**East Kootenay Music
Teachers' Association**
affiliated with BCRMTA

≈ MUSICAL ENJOYMENT ≈
≈ EDUCATION ≈ OPPORTUNITY ≈

EKMTA teachers are dedicated to promoting musical enjoyment and education in their communities.

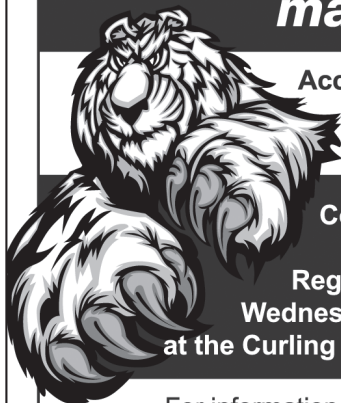
Students studying with EKMTA teachers will be presented with opportunities to perform in the East Kootenay Festival of the Performing Arts, to sit for Royal Conservatory or Conservatory Canada exams, to apply for music scholarships, to perform with the Symphony of the Kootenays, to participate in music workshops and to perform in many public concerts.

EKMTA welcomes new teachers to join our organization to support the vibrant music culture in the East Kootenays.

For more information regarding music teachers or to become an EKMTA member please contact EKMTA President, Lorraine Butler at 250-489-2609 (l_butler@shaw.ca)

WHITE TIGER TAE KWON DO

**Teaches traditional
martial arts**



Accepting enrolment applications for the fall session

Come see us at the Fall Community Registration Night on Wednesday, September 5 at the Curling Club from 6-8 pm

For information on all our programs or to enroll call **Master Steve Desjardin** 250-919-1524 or **Senior Instructor Paula Desjardin** 250-919-1526



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The Facility

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Specialty Programs

- 6 week programs led by expert instructors. Call for start dates & more information.

- TRX Training • Seniors Learn to Weight Train
- Learn to Run 10k • Outdoor Bootcamps
- Beginner Pilates • Women on Weights
- Fit Kids... & more

Personal Training

- Exceptional team of certified, experienced trainers & Kinesiologists for all your fitness goals.
- Fitness testing by certified appraisers.
- Team training available for sports teams of all types!

Group Fitness Classes

Largest selection of group classes in Cranbrook ... ALL INCLUDED

WITH YOUR MEMBERSHIP!

- Spinning, Pilates, Yoga, Step, Muscle Pump, Core, Retro-Robics, Zumba & more!
- Childminding available mornings & evenings.



NO INITIATION FEES!

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Yang Style Tai Chi & Ouigong

Introductory & advanced classes starting
Monday, September 10, 2012
Senior Citizen's Hall • 1-2 & 7-8 pm

For more information call
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Roberta Rodgers
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No registration fees, no association fees.

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of all ages and
abilities welcome!*

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Western Financial Place



Walking in the Western Financial Place

THE WESTERN FINANCIAL PLACE CONCOURSE IS OPEN FOR WALKING DURING OUR REGULAR HOURS OF OPERATION

Research continues to support walking as an excellent form of exercise with a variety of personal benefits. These benefits include lowering blood pressure, reducing the risk of coronary heart disease and stroke and increasing bone density. Health benefits can be realized with as little as 30 minutes a day of brisk walking.

When it is raining outside, it is dry and climate controlled in the Western Financial Place. So bring a friend and enjoy. Distance charts are posted in the concourse.

Each lap = 820 feet = 252 metres
Four laps = 1 km and 6.5 laps = 1 mile

Concourse is available from 5:30 am–10:00 pm daily, closed at 4:00 pm on Kootenay ICE game days and closed all day during Special Events.

Please note, to access the concourse, you will be required to purchase a one-time security card for \$5, available at the Leisure Services front desk. The card system was implemented in 2009 to ensure better security for the facility and its patrons.

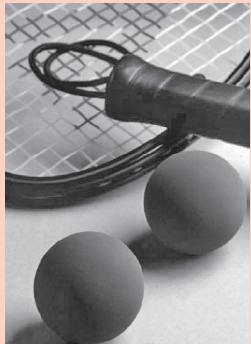
HEARTS IN MOTION WALKING CLUB meets 9:00-10:00 am on Monday, Wednesday and Friday. In the fall and winter they meet at the Western Financial Place and most walk inside but some walk outside all winter. Call Hugo or Marion at 250-426-4529 or Jeanette at 250-426-2393 for more info.

STROLLER WALKING INSIDE THE WESTERN FINANCIAL PLACE

Walking from 10:00-11:00 am at the Western Financial Place and then playing from 11:00 am -12:00 noon at Cranbrook Family Connections, #46-17th Ave. S. For info, contact Niki at 250-421-8096 or e-mail capccran@gmail.com.

Racquet Court

Grab a playing partner or create a wallyball team and enjoy a great way to have fun and improve your fitness.



Our convertible squash / wallyball / racquetball court is a public facility available for scheduled bookings and drop-in play.

Court bookings include access to the Aquatic Centre facilities during the Aquatic Centre operational hours.

Court bookings can be made over the phone by contacting the Leisure Services office at 250-489-0220.

Court fees are due at time of booking. Payment can be made via credit card, pre-purchased passes or by payment at the Leisure Services office. Prices include HST.

COURT ADMISSIONS	Regular	City Disc
Child (3-12 yrs)	\$6.50	\$3.25
Youth (13-18 yrs) Senior (60+ yrs)	\$11.00	\$5.50
Student (must show valid ID)	\$11.00	\$5.50
Adult (19+ yrs)	\$16.00	\$8.00
Ten Ticket Child	\$58.00	\$29.00
Ten Ticket Youth/Senior/Student	\$99.00	\$49.50
Ten Ticket Adult	\$144.00	\$72.00
Yearly Child		\$180.00
Yearly Youth/Senior/Student		\$300.00
Yearly Adult		\$415.00
Yearly Family*		\$723.00
Yearly Adult Court & Aquatic		\$610.00
Yearly Family* Court & Aquatic		\$1098.00
Racquet Equipment Rental		\$2.50
Court bookings(wallyball)	\$66.00	\$33.00

*Family is classified as immediate only, max 4 people.

Sports Pass

SPORT PASSES FOR NON RESIDENTS IN RECREATION AND SPORT

If you and/or your child(ren) participate in any recreation activities or use City recreation facilities through City Programming or other associations such as Minor Hockey, Cranbrook Skate Club, Adult Hockey or Swim Club and are not a city resident, then it is recommended to purchase an annual Sport Pass.

Why should I purchase a sport pass?

The Sport Pass gives a nonresident the City Discount fee on all programs, swim lessons, public swims, aquafit classes and more. If you are involved in any activities in the arenas you will be required to have a Sport Pass.

I am a nonresident, how do I obtain a sport pass?

It is easy, Sport Passes can be purchased at the Leisure Services Desk at the Aquatic Centre any time that the Aquatic Centre is open or by phone. You may purchase the pass with Visa, MasterCard, debit or cash.

How much is a sport pass?

The fees are broken down into **Family \$252.00; Adult \$85.00; Senior \$60.00 and Child \$55.00.**

These rates are valid for one year from date of purchase. If you participate in a winter sport at any arena, your Sport Pass is valid from October 1 to September 30 annually.

Come skate with us

Learn to skate(Canskate) Power skating
Figure skating lessons

REGISTRATION
September 5th • 6-8 pm
The Curling Centre



For more information please contact:
Sue McDonald at 250 427-9645 or
Dorothy Carter at 250 489-1854.



Community



2012 Fall Public Skating Schedules



FREE PUBLIC SKATE
KINSMEN ARENA

Compliments of the Kin Club of Cranbrook

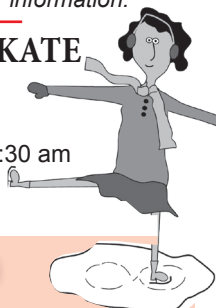
*October 7 - December 14, 2011
Sundays 2:00-4:00 pm
Wednesdays 3:30-5:00 pm
Fridays 7:00-9:00 pm

Additional hours will be scheduled for the Christmas holidays, starting December 14. Call 250-426-5050 for information.

PARENT, TOT & SENIOR SKATE MEMORIAL ARENA

*September 25 - December 11, 2011
Tuesdays 10:30-11:30 am
Cost: \$3.25 per person

*Skating hours are subject to change.



Non-Instructional Fridays Skate and Swim

Oct. 5, 19 & 26 • Nov. 9 & 23 • Dec. 7 & 21

Skate • 11 am-12:30 pm / Swim • 1-3 pm

Helmets recommended!

Cost: \$2.25 for each activity

Call Leisure Services at 250-489-0220 for skating location.


Curling Centre
PRESENTS

Fall

Community Registration

- GET ACTIVE • HAVE FUN
- MEET NEW PEOPLE!

WEDNESDAY
SEPTEMBER 5th

6:00-8:00 PM
AT THE CURLING CLUB

Here is your chance to find out what is happening in your community. Come and see what Cranbrook has to offer for active living and leisure.

For more information call
Leisure Services at **FREE**
250-489-0220 **ADMISSION**

Curling season... just a stone's throw away!



Curling Centre

Registration available for all leagues:

Juniors: Wednesday • Men: Wednesday • Ladies: Thursday
Seniors: Tuesday and Thursday • Mixed and Drop-in: Tuesday

REGISTRATION

at the Cranbrook Curling Centre
Wednesday, September 26th • 7:00 pm



Players of all ages and experience levels are welcome.
Register as a team or an individual.

For more information:

Cranbrook Curling Club
Email: ccclub@telus.net • Phone 250-426-4415

Stages School of Dance

CRANBROOK'S PREMIER DANCE STUDIO

CELEBRATING
20
Years
1992-2013

HIGHEST STANDARD OF EXCELLENCE! OFFERING FUN CERTIFIED INSTRUCTION AGES 3 TO ADULT

Jazz • Ballet • Tap • Hip Hop • Modern • Lyrical • Pointe
Musical Theatre • Adult Classes • Bollywood • ACRODANCE
Creative Dance & Combo Class • School Credit
Exams & Workshops • Festivals & Competition
2 Fully equipped studios • Kidsport Member
Performance Tour Company
High school dance courses in conjunction with CHEK
Warm caring environment
Programs suitable for recreational & vocational dancers



Online Registration: www.stagesschoolofdance.com

INFORMATION & REGISTRATION CONTACT

Phone: 250-426-6735 or

stagesschoolofdance@shaw.ca

REGISTRATION DATES: AT STAGES SCHOOL OF DANCE

6 to 9 PM: Tues Sept 4 + Tues Sept 11 + Thurs Sept 13

Or Register at the Cranbrook Central Registration

We offer exceptional training in performing arts, while providing programs oriented around performance opportunities, arts education, friendships & positive self esteem, health awareness & life skills

Experienced qualified faculty, graduates of recognized dance teacher training programs from Canada, and U.K.



Studio and Store Location
42 -6th Avenue South
Across from the Train Museum



www.stagesschoolofdance.com



CRANBROOK
SHOTOKAN
Traditional Karate

426-3535

Members of Karate BC and The Canadian Shotokan Karate Association

Traditional Karate

BECAUSE IT WORKS!

Instructed by CSKA Registered Black Belts Established in 1994

Self Discipline • Self Defence • Self Respect
Self Confidence • Physical Fitness • Mental Well Being
Fitness Tax Credit • Kidsport Member (Karate BC)

TRAINING

Monday & Wednesday Evenings
Juniors 6:00-7:00 PM /Seniors 7:00-8:30 PM

TO REGISTER PLEASE CONTACT:

Alex or Sheri Green • 250-426-3535 • email: asgreen4@shaw.ca

For Information and Registration 250-426-3535 or email cranbrookshotokankarate@shaw.ca

#42 - 6th Ave. S., Cranbrook left off Van Horne, Red Cross building

Aquatics



NATIONAL DROWNING PREVENTION WEEK

WEDNESDAY, JULY 25TH THE AQUATIC CENTRE hosted games and activities to create awareness for National Drowning Prevention week. This is an annual, public education and drowning prevention initiative of the Lifesaving Society. The goal is to reduce the number of water related fatalities and near drowning incidents through the promotion of key water safety messages.



Heading into the Autumn months here are a few tips that boaters need to keep in mind:

- Never boat and drink
- Always wear an approved lifejacket or PFD
- Check the weather before leaving the dock
- Get your Pleasure Craft Operator Card
- Ensure proper safety equipment is on board

The Executive Director of the Lifesaving Society warns: "While boating, think about your lifejacket the same way you think about your seat belt in the car. When an incident happens, it's too late to put it on!"



Reality is that:

- 80% of drownings involve men
- 40% of boat incidents involve alcohol.
- Over half of the incidents occur in the company of others
- Nearly 60% of drowning victims are over 35 years old



552 Key City
Royal Canadian Air Cadets

Meets
Tuesdays • 6:00-9:00 pm
(September to June)

For more information call
Lori or Rob Bott 250-426-3685
or Kim MacBride 250-426-0131

Headquarters #308 - 10th Ave. S., Cranbrook, BC
Mailing: PO Box 105, Cranbrook, BC V1C 4H6

Motor Skills & Judo



Motor Skills?

Motor Skills is the gross and fine motor abilities that children acquire during infancy and early childhood and the class will focus on the ability to increase balance, improve posture and control, awareness of left and right side of the body, muscle coordination as well as the awareness of the body position in space and in relation to the other objects or people. It also focuses on the interaction between children.



The benefits of Judo:

Children learn how to make souple and harmonious movements. Judo reinforces equilibrium, coordination, speed, strength, soupleness, skill, endurance, as well as bringing a moral code of courtesy, sincerity, courage, respect, self-control, friendship, modesty and honor.

How does Psychomotricity help the development of a child?

- Social development
- Increases patience and perseverance
- Increases awareness of time, breath, relaxation, different parts of the body, sensitivity, equilibrium, laterality, space.

Contact: Jesus & Nadia Navarro
(250) 919-3350
Jesuskaizen@gmail.com

Registration: Sept 5th at the RecPlex, 6-8pm
Dates: Fridays (Beginning September 14th)
Classes: 3:15-4:00 PM (4-5 years old)
4:00-5:00 PM (6-8 years old)
5:00-6:00 PM (9-12 years old)
*5:00-6:30 PM (13 to adult)
Fees: \$125 Sept-Dec/ \$155 Jan-May
*\$160 Sept-Dec/ *\$190 Jan-May (13&up)
Annual Judo BC registration \$55/ *\$70

Location: Cranbrook Judo Club Dojo
Saint Mary's School
(in basement at rear of school)

JOIN US FOR OUR FREE INITIAL CLASS
SEPTEMBER 14TH!

KUNG FU FOR KIDS

Self-Confidence
Self-Discipline
Motivation
Self Esteem



Self-Respect
Well Being
Health
Respect for Others
Achievement

SHARED PRIVATE SESSIONS
AT GROUP RATES.
MAX. 4 PER CLASS FOR OPTIMAL LEARNING!

Lil Pandas
Ages 4-7 (4:00-4:30pm)
Ages 7-12 (4:00-4:50pm)

FOR MOMS!
FUN FITNESS
LADIES ONLY
KICKBOX-FIT & TAI CHI CLASSES

ALSO
Kung Fu • Kick-Boxing
Self-Defense
for Teens & Adults

SPECIAL LOW INCOME FAMILY RATES

BodyMindSpirit

Martial Arts & Family Fitness

Proud Member **218-E-1525 Cranbrook St. N.**
(across from Tamarack Centre in Ranch Home Centre)



For 1 FREE class call Chris
250-417-9027 or 250-426-2401

Community

Clubs and Organizations

SPORTS & FITNESS

ARCHERY Club	Elaine Johnson	417-3413
BADMINTON Club	Frank Berkheim	489-4230
BASEBALL/SOFTBALL:		
Minor Ball	Seana Coolbaugh	426-8820
Mixed Slopitch	Leisure Services	489-0220
BOWLING:		
Cranbrook Youth	Juniper Lanes	426-2865
Cranbrook 5 Pin	Juniper Lanes	426-2865
Cranbrook 55 & Seniors	Hugh Hambleton	426-7824
BOXING Club	Miles Chisholm	426-5821
	Tom White	417-9019
CURLING Club/Rink	Leslie Weaver	426-4415
CYCLING:		
Kootenay Freewheelers	Peter McConnachie	427-2419
Wildhorse Cycling Club	wildhorsebikeclub@gmail.com	
DANCE & MOVEMENT:		
Aspire Dance Studio		489-4257
Cranbrook Dance Club	Randy Tapp	426-1142
(Swing/Latin)		
Highland Dance	Leila Cooper	427-5642
Association, Kimberley/Cranbrook		
Rocky Mtn. Cloggers	Susan Woods	417-7080
Royal Stewart	Jane Stewart Nixon	427-2783
Highland Dancers		
Stages School of Dance	Sheri Green	426-3506
Shimmey Sistas	Kossene Foster	426-8932
(Belly Dance)		
Studio Karma	Katherine Shuflita	464-0928
(Burlesque & Pole Dance)		
DISC Golf	Mike Walls	426-0504
FISHING: Kootenay	James Favel	426-5896
Bug Chuckers		
FOOTBALL, Minor	Tim Coyle	426-8309
GYMNASTICS:		
Key City Club		426-2090
Kimberley Club		427-4874
HOCKEY, Mens:		
Classics Hockey Club	Murray Knipfel	489-3254
Commercial Hockey	Jason Jacob	426-2334
Cranbrook Colonels	Greg Pascuzzo	417-1079
Key City Oldtimers	David Standing	426-8426
Kootenay ICE Hockey Club		417-0322
Minor Hockey	Tracey Reid	489-8199
HOCKEY, Womens:		
Cranbrook Shooters	Diane Butz	829-0769
Cranbrook Rec. League	Jean Terpsma	427-3182
LACROSSE:		
Minor Lacrosse	Tammy Tait	426-0945
Junior Lacrosse	Shellie Hollister	421-8332
MARTIAL ARTS:		
BodyMindSpirit	Barry Northey	417-9027
Cranbrook Judo Club		
Jesus Navarro		919-3350
Evolution Martial Arts		
Simon Wachon		427-4844
Kootenay Tae Kwon-do		
Dorothy Carter		489-1854
RMAMA	Joel Huncar	489-3478
Rocky Mountain Kyokushin Karate Club		
D. Corrigal		489-4392
Tai Chi	Gordon Rae	426-7324
White Tiger Tae Kwon-do	Steve Desjardin	426-4321

OUTDOOR, EK Club	Ted Phillips	427-7264
RUNNING, Big Foot Club	Daryl Calder	489-1601
RUGBY, Rocky Mountain	Sean Sinclair	426-6620
Rogues		
SKIING:		
Kimberley North Star	Wayne Gilbert	427-0309
Racers		
Kimberley Nordic Club	Frank Ackermann	427-4278
Jackrabbits Crosscountry Ski Club		
SNOWMOBILE Club	Dan Hall	426-6411
SOCCER:		
Ladies - Mixed Soccer	Mena Pocha	489-3728
Men's Soccer League	Gary Elliott	489-4922
Youth Soccer	Pamela Berry	919-0655
SPECIAL OLYMPICS	Joanne Thom	417-9781
SKATING:		
Cranbrook Skating Club	Dorothy Carter	489-1854
(CANSKATE)		
Speed Skating,	Bob Bennison	427-0002
Kimberley		
SQUASH/RaquetBall	Leisure Services	489-0220
WALKING:		
Fit Families Group	Niki	421-8096
Hearts in Motion	Hugo or Marion	426-4529
WATER SPORTS:		
DRAGON BOAT,		
Abreast in the Rockies	Connie Savage	489-1032
KAYAKING,	Rob Porter	919-4610
Just Liquid Sports		
ROWING Club, Rockies	Roberta Rodgers	489-0174
SAILING Club	Michael Riemann	426-6597
SWIMMING: Tritons	Dave Chisholm	421-0018
Swim Club/Masters		
YOGA:		
Antara Yoga	Leah Yoshinaka	426-2425
Exhale Yoga	Brenda Cartier	489-9210
New Energy Wellness	Allison Wager	489-5280
Radha House	Joanne Belanger	489-2689
Studio Karma	Katherine Shuflita	464-0928

CULTURE & HERITAGE

Aasland Museum	Odd Aasland	426-3566
of Taxidermy		
Canadian Museum of Rail Travel		489-3918
Cranbrook Archives	Gary Anderson	489-3918
Museum & Landmark Foundation		
Cranbrook Heritage	Gary Anderson	489-3918
Awards & Maps		
Cranbrook Public Library		426-4063
East Kootenay Historical	Irene Kaun	426-3452
Association		
Friends of Fort Steele		417-6000
Ktunaxa/Kinbasket		489-2464
Tribal Council Facility		
Wildlife Museum	Bob Janzen	829-0689
(EK Hunters Association)		

PLEASE NOTE: All phone numbers on the Clubs and Organizations pages begin with area code "250" unless otherwise indicated.

Community

Clubs and Organizations

LITERARY & PERFORMING ARTS

Arts Council, Cranbrook & District		426-4223
Arts Group '75, Cranbrook	Ruth Halliwell	426-8070
Bugle Band (Tri School Girls)	Pat Ronalds	489-0086
Festival of Performing Arts, E.K.	Lorraine Butler	489-2609
Key City Theatre		426-7006
Kimberley Community Band	Laurel Ralston	427-3050
Kootenay Anime Bureau	Sean Schotts	919-6791
Music for Young Children	Wendy Guimont	489-1746
Music Teachers Association, E.K.	Ellen Bailey	426-4784
Photographic Arts, Canadian Association	Karen Crawford	489-5298
Quilters Guild	Wendy Litz	489-5642
Studio Stage Door & Cranbrook Theatre Association	Harriet Pollock	489-4984

CLUBS

4-H Club	Mark Bostock	489-8785
Backcountry Horsemen	Rick Fillmore	367-9834
Boys & Girls Club		426-3830

CADETS:

Army Cadets	Bonnie Ratcliffe	489-2869
552 Key City Air Cadets Cranbrook Squadron	Rob or Lori Bott	426-3685
266 Air Cadets Kimberley Squadron	Shawn Ferguson	427-0158

Beta Sigma Phi	Pat Skordal	426-3679
Fly Fishers, Rocky Mountain	Joe Marko	489-5856
Fly Tying	Brian Hamagami	489-1448
Horseshoe Club	Sam Cross	426-5598
Hunters Association, EK	Bob Janzen	829-0689
JCI (Junior Chamber International)	Mike Adams	426-2801
Kin Club of Cranbrook	Anita Llewellyn	489-0628
Kennel Club	Chris Burke	426-4981
Lion's Club, Cranbrook	Jim Hong	426-4618
Maverick Riding Club	Carmen Gnucci	426-8272
Rockin in the Rockies Car Club	Darlene Demaniuk	489-5638
Rocky Mountain Naturalists	Greg Ross	489-2566
Sunrise Rotary	Daryl Richardson	426-3284

TOASTMASTERS:

Cranbrook 1st Club	Kathy Simon (days) (evenings)	489-4464 489-2526
Phoenix Club	Roberta Rodgers	489-0174

PARKS

Ministry of Environment/BC Parks		489-8540
Fort Steele Park Heritage Town		417-6000
Idlewild Park – Leisure Services Department		489-0220
Wycliffe Regional Park - RDEK		489-2791
City Parks - Operations Department-City Hall		426-4211

ORGANIZATIONS

Alzheimer Information Provincial Office		1-800-667-3742
Amnesty International	Max Heyde	426-3468
Arthritis Society	1-800-321-1433	426-4442
BC Nurse Line		1-866-215-4700
Big Brothers, Big Sisters of Cranbrook	Dana Osiowy	489-3111
Canadian Cancer Society - Regional Office		426-8916
Canadian Federation of University Women	Judie Blakely	489-2112
Chamber of Commerce, Cranbrook and District	1-800-222-6174	426-5914
Communities in Bloom (Trees for life)	Pat Adams	426-2341
Community Connections Society of Cranbrook	Gwen Noble	426-2976
Cranbrook Community Forest Society	cranbrookcommunityforest@gmail.com	
Cranbrook & District Community Foundation	Melba Hanson	426-1119
Cranbrook Garden Club	Anna Sandberg	489-2443
Cranbrook Society for Community Living		426-7588
Daughters of the Nile - Olana Club	Judie Blakely	489-2112
EK Child Development Centre	Patricia Whalen patricia.whalen@kootenaycdc.ca	
Farmer's Market, Cranbrook	Erna Jensen-Shill	427-9360
Girl Guides of Canada	Tara Archambault	778-517-4533
Home Run Society	Garry Slonowski	417-3236
KIDSPORT	Stu Deeks	489-2346
MS Support Group – EK	John & Sylvia Leasak	489-4740
Order of Eastern Star	Judie Blakely	489-2112
Red Cross Medical Equipment Loan Services		426-5105
S.P.C.A		426-6751
Sam Steele Society - Chamber of Commerce	Laura Kennedy	426-4161
Scouts Canada	Susan Rad	426-7234
Search & Rescue, President	Judy Bertalanie	919-5190
Senior Games - BC	Hugh Hambleton	426-7824
Senior Citizens Organization	Florence Tomicki	489-2720
Seniors Association	Sharron Schornagel	426-4081
Seniors Care Givers Network	Liz Duchscherer	489-0802
T.O.P.S.	Jennifer De-Kieviet	489-8114
United Way of Cranbrook and Kimberley		426-8833
Weight Watchers	www.weightwatchers.ca	

GYMS

Curves	417-2626
Core Fitness	426-7161
New Pro-Fitness Gym	489-1123
Total Fitness	426-2264
Underground Fitness	420-7726
World Gym	417-4653

Aquatics

Ages 6+ Swimming Lessons



DATES, CLASSES & TIMES

MONDAY & WEDNESDAY

SET 1: *September 10 - October 10

SET 2: October 15 - November 14

SET 3: *November 19 - December 12

Swim Kids 1 and 2

4:00-4:30 pm • 5:00-5:30 pm

Swim Kids 3

4:00-4:30 pm • 4:30-5:00 pm

Swim Kids 4

4:30-5:00 pm • 5:00-5:30 pm

Swim Kids 5

4:30-5:00 pm

Swim Kids 6 and 7

5:15-6:00 pm

Swim Kids 8, 9 and 10

4:30-5:15 pm

TUESDAY & THURSDAY

SET 1: *September 11 - October 11

SET 2: October 16 - November 15

SET 3: *November 20 - December 13

Swim Kids 1 and 2

4:00-4:30 pm • 5:00-5:30 pm

Swim Kids 3

4:00-4:30 pm • 5:30-6:00 pm

Swim Kids 4

4:00-4:30 pm • 5:00-5:30 pm

Swim Kids 5

4:30-5:00 pm • 5:00-5:30 pm

Swim Kids 6 and 7

4:45-5:30 pm

SATURDAY

September 15 - December 1

(No lessons on October 6 or November 10)

Swim Kids 1 and 2

10:00-10:30 am • 11:00-11:30 am

Swim Kids 3

9:00-9:30 am • 10:30-11:00 am

11:30 am-12:00 pm

Swim Kids 4

9:00-9:30 am • 10:30-11:00 am

Swim Kids 5

9:30-10:00 am • 11:00-11:30 am

Swim Kids 6 and 7

10:00-10:45 am

Swim Kids 8, 9 and 10

10:45-11:30 am

Swim Kids 1

This level provides an orientation to the water and pool area. It introduces floats and glides with kicking.

Swim Kids 2

This level helps build skills in front and back swims. Endurance is built on unassisted glides with flutter kick.

Swim Kids 3

This level develops front crawl skills. Endurance is achieved by building strength in kicking and a 15m swim.

Swim Kids 4

Front crawl, back glide and body roll are further developed. 25m endurance swim.

Swim Kids 5

Back crawl, sculling skills and whip kick on the back are introduced. 50m endurance swim.

Swim Kids 6

Front and back crawl continue to be refined and elementary backstroke is introduced. 75m endurance swim.

Swim Kids 7

Skills and endurance for front crawl, back crawl and elementary back stroke are improved. 150m endurance swim.

Swim Kids 8

Introduction of breaststroke, foot first surface dives, and rescue entries. Endurance is built using dolphin kick and 300m swim.

Swim Kids 9

Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined. 400m endurance swim.

Swim Kids 10

Further refinement of strokes, with an introduction to butterfly and side stroke. 500m endurance swim.

FEES

Swim Kids 1 to 5

\$52.50/\$42.00 (City Discount)

Swim Kids 6 to 10

\$60.75/\$48.75 (City Discount)

*Short lesson set, reduced fees.



Private Swimming Lessons

Each 30 minute private lesson is structured to meet your needs for stroke and skill requirements.

Private lessons are for persons who: learn better one-on-one, need to master a few skills to advance to the next level or need to prepare for a Leadership or Lifeguard Course.

For information or to book a lesson call 250-489-0225.

Cost per 1/2hr • Child \$24.00/\$19.00 (City Discount)

• Adult (14 yrs.+) \$26.90/\$21.30 (City Discount)



Cranbrook KidSport™ Funding

Grants are awarded to individual athletes and are designed to support children whose sport opportunities are financially limited.

• Grants have a cap of \$100.00 per year, per child. The KidSport™ calendar year runs September 1st through to August 31st.

- Children 6-18 years are eligible to apply for a grant.
- Grants are for registration fees only to a recognized sport, led by a qualified coach.
- Travel, equipment and camps are not eligible for expenses.
- The sport must be affiliated with a member organization of Sport BC and must be a member of the Cranbrook KidSport™ Fund.

“So ALL Cranbrook Kids Can Play!”

The Cranbrook KidSport™ Fund is sustained through contributions from individual and Corporate Sponsors in Cranbrook, where funds are raised locally, distributed locally, and support Cranbrook. Stop by Leisure Services for more information or to pick up a KidSport™ application.

Aquatics

Preschool Swimming Lessons



DATES, CLASSES & TIMES

MONDAY & WEDNESDAY

SET 1: *September 10 - October 10

SET 2: October 15 - November 14

SET 3: *November 19 - December 12

Duck • Sea Turtle

4:00-4:30 pm

Sea Otter

3:30-4:00 pm • 4:30-5:00 pm

Salamander

3:30-4:00 pm • 5:00 -5:30 pm

Sunfish • Crocodile

3:30-4:00 pm • 5:30-6:00 pm

Whale

5:30-6:00 pm

TUESDAY & THURSDAY

SET 1: *September 11 - October 11

SET 2: October 16 - November 15

SET 3: *November 20 - December 13

Starfish

9:30-10:00 am • 5:30-6:00 pm

Duck • Sea Turtle

10:00-10:30 am • 4:00-4:30 pm

Sea Otter

9:00-9:30 am • 10:30-11:00 am
3:30-4:00 pm • 4:30-5:00 pm

Salamander

9:30-10:00 am • 10:30-11:00 am
3:30-4:00 pm • 4:30-5:00 pm
5:00-5:30 pm

Sunfish

10:00-10:30 am • 4:30-5:00 pm
5:30-6:00 pm

Crocodile

9:00-9:30 am • 3:30-4:00 pm
4:30-5:00 pm • 5:30-6:00 pm

Whale

9:00-9:30 am • 3:30-4:00 pm
5:30-6:00 pm



8-level program for children 4 months to 6 years of age. Songs, games and introductory swimming skills will make your child comfortable and happy in the water.

Each level is built around an aquatic animal mascot, which makes lessons engaging and fun. The Instructor uses progressive teaching techniques adapted to each child and provides constant feedback and encouragement. Parents get to participate in the classes with their child for the first three to four levels.



Starfish 4-12 months

(Parent & Tot) Orientation to water for babies that can hold their head up. Babies experience buoyancy, movement, entries, songs and play in the water. Parents learn age specific water safety.



Duck 12-24 months

(Parent & Tot) Toddlers build confidence while enjoying the water through games, songs and active water play. Parents learn age specific water safety.



Sea Turtle 24-36 months

(Parent & Tot) Swimmers learn through fun, games, and songs, how to kick with buoyant objects and how to perform basic glides and kicks.



Sea Otter 3-5 years

(Transitional level) All skills are assisted by the instructor.

Preschoolers learn to open their eyes under water and learn assisted floats and glides through games and songs. They also learn age appropriate water safety skills.



Salamander 3-5 years

Preschoolers further develop basic floats and increase distance on front and back glides. They also learn rollover glides, how to use a PFD and how to jump into chest deep water.



Sunfish 3-5 years

Preschoolers work on safety and skill progressions. The learning focus is on good judgement around the water, entries and floats in deep water.



Crocodile 3-6 years

Preschoolers work on glides with kicking in deep water and learn the dolphin kick. Endurance is built through front/back swims.



Whale 3-6 years

Preschoolers will increase their distance and improve skills in front and back swims. Sitting dives are taught and swimmers learn about throwing assists to help others in the water.

SATURDAY

September 15 - December 1

(No lessons on October 6 or November 10)

Starfish • Duck • Sea Turtle

11:30 am-12:00 pm

Sea Otter

9:30-10:00 am • 10:30-11:00 am
11:00-11:30 am • 11:30 am-12:00 pm

Salamander

9:00-9:30 am • 10:00-10:30 am
11:30 am-12:00 pm

Sunfish

10:00 am-10:30 am • 11:00 am-11:30 am

Crocodile • Whale

9:30-10:00 am • 10:30-11:00 am

FEES

Starfish • Duck • Sea Turtle
Sea Otter • Salamander
Sunfish • Crocodile • Whale
\$52.50/\$42.00 (City Discount)

*Short lesson set, reduced fees.

**Not sure what level
your child should
be enrolled in?
Contact Jari at 250-489-0224
for a free assessment.**

Aquatics

Action Packed Aquatics

AQUATIC SAMPLER
with a variety
of **AWESOME**
water sports!

Swim Sports

Ideal program for kids who want to be active in the water. In this program kids experience a variety of aquatic sports & activities including water polo, under water hockey, surfing, diving, synchronized swimming & more. The goal is to keep kids active & to expose them to a variety of water related sports. Ages 8-12 years.

Tuesdays and Thursdays • 4:00-4:45 pm

September 11 - October 11

October 16 - November 15

November 20 - December 13

Course # 18387

Course # 18452

Course # 18517

\$60.75/\$48.75 (City Discount)



Adult and Teen Swimming Lessons

Adult/Teen Lessons • Swim Basics

Would you like to be more comfortable in the water? This course is for beginner adults and teens who would like to increase their confidence in the water and improve basic swimming skills. Ages 13 years +.

Mondays and Wednesdays • 5:30-6:00 pm

September 10 - October 10

October 15 - November 14

November 19 - December 12

Course # 18358

Course # 18450

Course # 18515

\$57.50/\$46.95 (City Discount)

Adult/Teen Lessons • Swim Strokes

Whether you're a moderate swimmer or a master, we can improve your strokes and swimming efficiency! This course is designed for adults and teens that can already swim and would like to improve their swimming technique or learn another swim stroke. Ages 13 years +.

Tuesdays and Thursdays • 5:30-6:00 pm

September 11 - October 11

October 16 - November 15

November 20 - December 13

Course # 18386

Course # 18451

Course # 18516

\$57.50/\$46.95 (City Discount)



**Is now accepting registrations
for the 2012-2013 preschool year**

**WE OFFER THREE CLASS OPTIONS
for children age 30 months to 5 years old:**

Baker Class:	Mon/Wed/Fri	8:45 am to 12:45 pm
Fisher Class:	Tues/Thurs	8:45 am to 11:15 am
Steeple Class:	Tues/Thurs	12:15 pm to 2:45 pm

Contact us for more information,
to arrange a tour, or to register:

Phone: 250-426-2289

Email: kidsconnection@shaw.ca

Web: kids.ccsranbrook.ca

22 12th Avenue North, Cranbrook, B.C.

Operated by the Community Connections Society
of Southeast B.C.

FREE
COMMUNITY
FAMILY SWIM

Thank-You
to our last
sponsors...
Pepsi and Lions Club

The 3rd Saturday of each month • 4:00-5:00 pm
Children must be accompanied by a parent or adult guardian. Patrons will be asked to leave the pool for the transition before and after the free swim.

August 18 • Michelle Shemilt-Doll Interior Design

September 15 • Dr. Craig Spowart

October 20 • KD Electric

November 17 • **AVAILABLE!** *Could it be your business?*

December 15 • *Call Jari at 250-489-0224.*

KOOTENAY ICE GAMES

Special swim rate during every Kootenay Ice home game!

\$10.75 families • \$2.25 child/youth
\$3.25 adult/seniors



SPECIAL EVENT
DIVE-IN MOVIE



Friday, November 30th • 7:00-9:00 pm

Bring your favorite beach floaty to the pool!

We will be featuring a great-not-yet-released DVD
suitable for the whole family.

\$2.25 child/youth • \$3.25 adult/senior • \$10.75 families

Aquatics

Aquatic Leadership

Bronze Star/Medallion

This course will certify the candidate in Bronze Star and Bronze Medallion. Developing proficiency in lifesaving, resuscitation and water rescue skills. These awards are important building blocks toward further first aid and lifeguard training. Pre-requisites: Bronze Star - 12 years. Bronze Medallion - 13 years and/or have Bronze Star.

Mondays and Wednesdays • 3:45-6:15 pm
November 19 - December 12 Course # 18597

\$229.50/\$197.00 (City Discount)
Cost includes candidate fees.

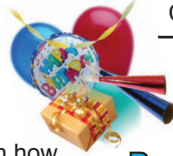
START
on your journey
to lifeguarding with
2 courses in one!

WSI (Water Safety Instructor)

WSI further develops instructional ability by focusing on how to effectively plan and teach the Red Cross Swim program. Other topics include instructional emergency response skills, stroke development, drills, and corrective strategies. Candidates apply their teaching skills and knowledge during 9-11 hrs. of practical teaching experience. Upon successful completion the candidates are certified as Water Safety Instructors and can teach the Red Cross Swim program anywhere in Canada. Pre-requisite: AWSI. Ages 15 years +.

Mondays and Wednesdays • 4:00-9:00 pm
October 15 - October 29 Course # 18598

\$307.50/\$259.60 (City Discount)
Cost includes course manual.



NLS Pool

Candidates will develop their skills in team work, judgement, water rescue techniques and dealing with aquatic emergencies. Bronze Cross and a Standard First Aid or AEC ticket are required. Ages 16 years +.

Mondays & Thursdays • 5:00-9:00 pm
(*Last Thursday only 5:00-7:00 pm)
Sundays • 11:00 am - 4 pm
September 10 - October 4 Course # 18287

\$481.40/\$401.40 (City Discount)
Cost includes course manual and candidate fees.

Birthday Parties at the Pool

Book your birthday or group party & receive:

- **CJ Express Kids' Pack:** Fries, drink & your choice of either a hamburger, hot dog or chicken strips.
- **Pool Swimming Admission:** During public swimming hours with access to the wave pool & waterslide.

ALL FOR ONLY: \$9.00/child 12 yrs and under
For information call Leisure Services 250.489.0220



Kootenay THERAPY CENTER

#8-1777 2nd St. N., Cranbrook
Conveniently located in the Rec Plex
www.kootenaytherapycenter.com

Physiotherapy

Suzanne Thompson, PT
Niki Giesbrecht, PT
Tania Doerksen, PT
Christia Molnar-Martens, PT
Laura Cain, PT
Candice Bridge, PT

Kinesiology

Jodie Holley, BHK
Kaitland Couperus, BScKin

Massage

Chris Nakahara, RMT

*"No matter what your age or condition,
you can become more mobile, flexible and fit,
improving your quality of life!"*

Suzanne Thompson, Physiotherapist

**Open Monday to Saturday
250-426-4629**

- No referral required for our multi-disciplinary facility.
- Many services covered by insurance companies.
- Phone or drop into our office for further information or to book your appointment.

Aquatics



POOL

For everyone's safety and health, please use **dedicated deck shoes or bare feet** while walking from the change rooms to poolside. To maintain clear water conditions and to keep the water filter system working optimally, please have a **cleansing shower BEFORE** entering the pools.

Children in diapers must wear an approved swim diaper with a tight fitting swim suit or plastic diaper cover. For your convenience, we sell disposable and Gabby's reusable swim diapers at the front desk.

Children under seven years of age must be within arms reach of a parent or guardian 16 years of age or older at all times. There is a maximum ratio of one parent or guardian to three children under the age of seven.

Free Grade 5 Swim Pass

In 2009, the City partnered with School District #5 through the School Community Connections Program to fund a pilot program allowing grade five students to swim free. This program has been a big success and as a result the Leisure Services department is pleased to continue the project for a fourth year.

Why Grade 5? These kids are at an age where they are old enough to understand rules and participate in supervised activities, without requiring parental supervision. Studies have also identified a number of health issues with regards to exercise and bone development occurring in ages 11-14, so getting children active at age 10 works towards establishing a healthy life style pattern. We hope to encourage them to choose to a healthy, active lifestyle, spending more time at the pool rather than in front of the screen (tv, computer etc).

Eligible students include those registered at School District #5 Cranbrook schools, Kootenay Christian Academy, St. Mary's Catholic Independent School, Ktunaxa Independent School Society and students from Cranbrook or Area C registered in home school. Students will receive free access to public swim times from September 17, 2012 to August 31, 2013.

Schools will receive a package in September which will provide the information parents need to get their kids signed up in the program. Parents of home schooled children can pick up an approval form at Leisure Services.

For more information, contact Chris New at 250-489-0040 ext. 252.

Aquatic Centre Etiquette & Policies

Although our public swim often runs for a continuous block of time, it is advisable that children take a break after a maximum of 2 hours in the pool to rest and rehydrate.

VIEWING DECK The viewing deck is an area for individuals who want to watch the pool activities and is a great place to read or visit with a friend while your kids are swimming. This is the only location on the poolside where health standards allow street clothing and shoes. Please be advised that **NO FOOD** is allowed in this area but there are seats and tables in the lobby. Please do not use the viewing deck as an entrance or exit to the pool, or as an area to change your children. For the safety of all our visitors, camera and video use is restricted and requires supervision by staff. Please ask one of our staff before using a camera.

CHANGE ROOM Parents changing children over five years of age of the opposite gender must use the family change room. Please do not leave your belongings in the family change rooms while you are swimming. It is strongly advised to lock up all belongings. There are lockers available for 25 cents. It is prohibited to eat or drink in any of the change rooms.

WATERSLIDE The BCSA and the Safety Code for Amusement Rides and Devices Act have implemented new regulations for the use of our waterslide.

- A child must be **42"** tall to ride the waterslide.
- No double sliding will be permitted at all - including parents and small children.

TAKE THE PLUNGE

Swimming is an activity that is easy on the joints, supports your weight, builds muscular strength and endurance, and improves your cardiovascular fitness. It is something you can safely do at all ages.

Do it for fitness or just to de-stress after a long day at work. We always have a lane available for you.

If you don't know how to swim, we'll teach you how in our Red Cross adult and teen program or during a private lesson. The choice is yours, check it out!

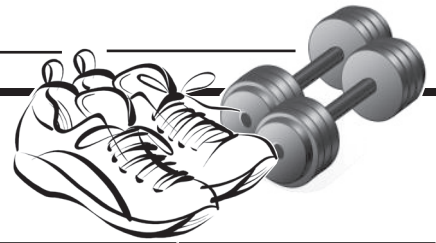


COUNT YOUR KLICKS CLUB

Are you training for a triathlon or just interested in improving your swimming endurance?

This program is designed to track your total swimming distance and will help keep you in shape while tracking improvement in swimming skills at the same time. Come in during any lane swimming time and record your lengths. For more information see the Leisure Services desk.

Aquatics



FALL Fitness Schedule September 4 - December 14

*Fitness classes are subject to change based on pool rentals and instructor availability.

Monday	Tuesday	Wednesday	Thursday	Friday
Deep Aquafit 7:15-8:00 am	NEW CLASS & TIME Sport Conditioning 7:30-8:15 am	Deep & Shallow Water Running 7:15-8:00 am	NEW CLASS & TIME Sport Conditioning 7:30-8:15 am	Deep Aquafit 7:15-8:00 am
SHOES MUST BE WORN FOR THESE CLASSES				
Shallow Transitional Aquafit 8:45-9:30 am SHOES RECOMMENDED		Deep Aquafit 8:45-9:30 am		Shallow Transitional Aquafit 8:45-9:30 am SHOES RECOMMENDED
Senior Swim & Functional Fitness 11:15-12:00 noon SHOES ARE RECOMMENDED FOR THESE CLASSES	Joint Mobility 11:15-12:00 noon	Senior Swim & Functional Fitness 11:15-12:00 noon SHOES ARE RECOMMENDED FOR THESE CLASSES	Joint Mobility 11:15-12:00 noon	Senior Swim & Functional Fitness 11:15-12:00 noon
Shallow Aquafit 6:15-7:00 pm SHOES RECOMMENDED	Deep Aquafit 6:15-7:00 pm	Shallow Aquafit 6:15-7:00 pm SHOES RECOMMENDED	Deep Aquafit 6:15-7:00 pm	



MEET BETTY CARMELLO AQUAFIT/SWIMMING INSTRUCTOR & LIFEGUARD

Betty loves teaching swimming lessons and Aquafit classes! Her background as an Early Childhood Educator for Special Needs has been an asset to our instructing team. Betty is an avid skier and instructs at the Kimberley Alpine Resort. And, as if teaching kids to swim and ski isn't enough... in her spare time she plays soccer and ladies hockey. She is fit, fabulous, fun and fifty!!!

DEEP H2O AQUAFIT

Deep-water training provides a unique and open environment free from gravity and impact. Classes will incorporate cardiovascular and muscle conditioning exercises. This is a challenging workout for both skilled and unskilled aquatic fitness participants.

JOINT MOBILITY

Helps to relieve pain, maintain or increase range of motion, strengthen weak muscles and improve circulation. This class is for those seeking injury rehabilitation, arthritis joint therapy or those wishing to improve their strength and range of motion.

SENIOR "FUN"CTIONAL FITNESS

Using a variety of equipment, participate in exercises designed to aid the aging population in improving function and completing their daily living activities. You may choose to swim laps, participate in the class, relax in the hot tub, sauna or steam room, or choose your own activities in the deep end or wave pool.

FITNESS PASS

12 visit pass **\$82.20/\$66.00 (City Discount)**

Valid Monday-Friday 6:30 am - 6:00 pm

WHY SHOES?

Aquatic shoes provide the wearer with more stability and traction for an upright stance when moving through the water. They reduce the effects of impact when jumping in shallow water and add resistance in deep and shallow water, thereby further helping build strength. They help to prevent accidental slips on the deck and in the pool. They also help protect the feet from infection and protect the joints from impact.

What kind of shoes can you wear? Old trainers (as long as they are clean!), surf walkers, sport sandals, or specific shoes made for aquatic fitness. Ask any of our aquafit instructors where to buy these types of shoes, they will be happy to assist you!

SHALLOW/TRANSITIONAL AQUAFIT

Shallow water aquafit has the benefit of providing excellent cardio, strength and flexibility training. The option to work at a transitional depth (neck deep with or without a buoyancy belt), provides participants who experience lower body joint issues, to participate and improve in all weight bearing activities. Suitable for everyone.

SPORT CONDITIONING **NEW**

Every class is a mixed bag of sport specific activities. Circuit work and interval training will be incorporated to deliver a challenging workout. Aquatic steps, fins, balls, noodles, kickers and cuffs, paddles, tethers and dumbbells may be used to increase intensity of a workout. The focus is to strengthen the weak musculature while providing challenging cardio. This is neither specific to shallow or deep water. Instructors will determine at the time of the class which areas will be used. Participants must be skilled Aquafit participants or athletic persons wanting to cross train. **Shoes must be worn.**

Aquatics

FALL Pool Schedule • September 1 - December 16

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Laps • 6:30-9:30 am (3-4 lanes available) <i>No waves or slide</i>					Every SATURDAY & SUNDAY families can swim for \$10.75	
Public Swim 9:30-11:00 am	Adult Laps & Limited Use • 9:30 am-12 pm (1 lane available) <i>No waves or slide</i>			Public Swim 9:30-11:00 am		
Lunchtime Laps • 12-1 pm (3-4 lanes available) <i>No waves or slide</i>				Wacky Dacky Duck Swim 12-1 pm	Family Swim • 12-1 pm	
Public Swim • 1-3 pm (2 lanes available)				Public Swim 1-9 pm (2 lanes available)	Public Swim 1-3:30 pm	Public Swim 1-8 pm (2 lanes available)
Adult Laps & Limited Use • 3-6 pm (1 lane available) <i>No waves or slide</i>					Family Swim & Group Rentals 3:30-5:30 pm	
Family Swim • 6-7 pm (1 lane available)					Public Swim 5:30-8 pm	
Public Swim • 7-9 pm (2 lanes available)						

*Children under the age of 7 must be accompanied by a responsible person 16 years or older and **MUST** be within arms reach at all times.

HOLIDAY HOURS

The aquatic center will be closed during all Statutory holidays.



CLOSED

SEPTEMBER

Monday
September 3

OCTOBER

Monday
October 8

NOVEMBER

Sunday
November 11

Swim Admissions

	Single		10 Visit		1 Month		6 Month		12 Month	
Infants (0-2 yrs)	\$1.00	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Child (3-12 yrs)	\$6.50	\$3.25	\$58.50	\$29.25	**	\$35.75	**	\$152.00	**	\$250.00
Youth (13-18 yrs)	\$8.50	\$4.25	\$76.50	\$38.25	**	\$46.75	**	\$187.00	**	\$315.00
Senior (60+ yrs)	\$8.50	\$4.25	\$76.50	\$38.25	**	\$46.75	**	\$199.00	**	\$338.00
Adult (19+ yrs)	\$11.00	\$5.50	\$99.20	\$49.60	**	\$60.50	**	\$257.00	**	\$425.00
Family (Immediate Only)	\$27.00	\$13.50	\$242.80	\$121.40	**	\$148.75	**	\$610.00	**	\$750.00
12 Visit Fitness Pass \$82.20/\$66.00 (City Discount) Valid Monday-Friday 6:30 am - 6:00 pm										

The discounted rates in Red apply to anyone who has a Resident Card or has purchased a Sport Pass. Prices include HST. Prices subject to change without notice. **1 month, 6 month and 12 month passes only available to City Residents or Sports Pass holders.

ADULT LAPS AND LIMITED USE Some facilities will be open but both pools will be shared with organized instructional programs. Priority for space will be given to our instructional programs therefore most of the facility will not be accessible for public use. We will have at least one lane of the main pool available to the public for laps. Full use of the hot tub, steam room and sauna. The waves and waterslide are not available due to aquatic programs. Adult swim rates apply. *(In force during all swim lesson times)*

LANE SWIMMING A lap lane will be available during all facility open hours.

PUBLIC SWIM All facilities will be open including the diving board, sauna, steam room, hot tub, wave pool, bubble pit, raindrop, rope swing and slide. There will be a minimum of two lanes open for lane swimming.

FAMILY SWIM A time set aside for families with young children to enjoy the warm and shallow water of the wave pool without the waves and large crowds. Children must be accompanied by a parent or adult guardian.

WACKY DACKY DUCK SWIM A time for families with young children to play with a pool full of ducks. Children must be accompanied by a parent or adult guardian. The lap pool will have three to four lanes open for lane swimming.

SATURDAY SWIMMING We will now offer two public swim times from 1:00-3:30 & 5:30-8:00 pm. We have scheduled a family swim from 3:30-5:30 pm and this time is also reserved for clubs and organizations to rent space for activities. On the third Saturday of every month from 4:00-5:00 pm we make available a Community Sponsored free family swim. For more details see page 18 of this brochure.

Register **NOW!**



In Person

Cash . Cheque . Credit Card . Debit
Cheques payable to the City of Cranbrook



Telephone

Credit Card only

HOW TO REACH US

Our office is located at the Leisure Services desk in Western Financial Place, 1777 2nd St. N.

Pool Hours and Rates 250.426.5050

Registration Inquiries 250.489.0220

Arena Inquiries and Bookings

Denise 250.489.0040 ext. 240

Aquatic Program Development

Jari 250.489.0224

Recreation Program Coordinator

250.489.0040 ext. 232

Fax Number 250.489.6154

REGULAR OFFICE HOURS

Monday - Friday 8:00 am-8:00 pm

Saturdays and Sundays 12:00 pm-7:00 pm

REGISTRATION POLICIES

- Registration is on a first come, first serve basis.
- All fees are payable in full at the time of registration unless otherwise advertised.
- **DON'T WAIT TO REGISTER!** Some courses fill up quickly, while others are cancelled if there is insufficient registration prior to the class start date.
- If a course is full, request to be placed on a waitlist. New courses are sometimes added if there is enough interest.
- Class dates and times are subject to change.

Discount Rates apply to anyone who has Cranbrook City **Resident Status** or has purchased a **Sport Pass**. To obtain your Cranbrook City Resident Status proof of Cranbrook residency is required. For example: Utility Bill, Tax Assessment or Property Tax Bill along with a Driver's License. Please inquire at the Aquatic Centre front desk for more information. See page 14 for more information on the Sport Pass.

***All prices include HST.**

REFUNDS/CREDITS

- A \$10 administration charge applies to all refunds.
- Requests for refunds/credits will be considered as of the date they are received.
- A Doctor's note must accompany all requests for refunds/credits due to medical reasons.
- Sorry, no refunds or credits for classes which have passed.
- Classes with insufficient registration will be cancelled and a full refund or credit will be issued.

24 HOUR INFORMATION LINE

250.426.5050

Aquatic Schedule . Swim Admissions . Special Events

www.cranbrook.ca

Satisfaction **GUARANTEED!**

Whether you are a repeat participant or you are trying one of our programs for the first time, we want you to be completely satisfied with our programs.

If you find that the program does not meet your expectations after the first session, we'll give you a full refund or apply a credit to your account for another program.

Refunds do not apply to one day classes and special events.

NEW Children's Art Tax Credit

Similar to the fitness credit, a new non-refundable tax credit is now available for children in a prescribed program of artistic, cultural, recreational or developmental activity.

The maximum tax credit is \$500, which, if fully utilized, could add up to an additional \$75 savings on your taxes.

Full eligibility criteria can be found online at www.cra-arc.gc.ca/artscredit

Children's Fitness Tax Credit

The Children's Fitness Tax credit is designed to promote physical fitness among children.

The fitness tax credit will allow parents to claim a maximum of \$500 per year for eligible fees paid for each child who is under 16 at any time during the year.

Eligibility is based on a number of definitions and criteria.

In order to qualify, a program must be:

- Either a min. of eight weeks duration with a min. of one session per week or, five consecutive days in the case of children's camps.
- Supervised and suitable for children.
- All of the activities must include a significant amount of physical activity that contributes to cardio-respiratory endurance plus one or more of: muscular strength, muscular endurance, flexibility, or balance.

Fur further information on eligibility and calculation of tax credits, please refer to the Canada Revenue Agency website at www.cra.gc.ca/fitness.

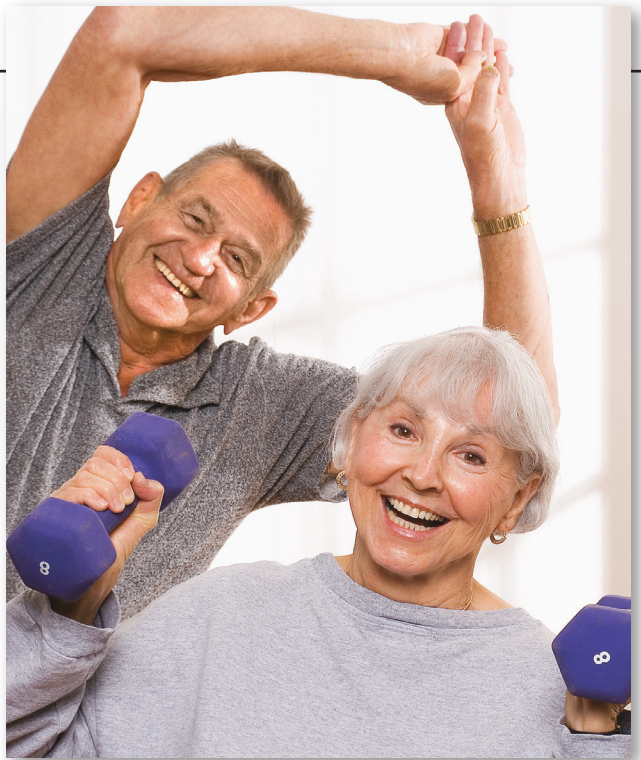
At a glance



Living & Leisure

What is happening in your community?

Fall Community Registration • Page 11



Keeping Active

Weights, hoops, rhythm and more.

Adult and senior fitness classes • Page 5



Action Packed Aquatics

Learn a variety of new water sports.

Swim Sports
Page 18



Get into the Groove

Have fun, be active and learn the moves.

Dance classes for kids • Page 3



Learning Skills & Drills

Shoot some hoops this fall.

Basketball for grades 2-6 • Page 4



CRANBROOK
LEISURE SERVICES