

# Program Guide

Fall 2011



**CRANBROOK**  
LEISURE SERVICES



# Welcome

Fall is just around the corner and now is the time to start thinking about the great programs that the Leisure Services has planned. From aquatic lessons, kids fun and fitness programs, to our senior's "Fit over 50" and weight training classes, there is really something for all ages. But these programs just scratch the surface of what we have to offer.

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Programs • Mans (kids) best friend!



## Page 15-16

Pitch-In 2011 • Volunteers show community pride.



## Page 24-25

Aquatics • Great *NEW* special events the fall!

Our program guide will provide you with all the information you need to find out what is happening and how to register. Not only will you find out what the city offers, the guide will also put you in touch with other clubs and organizations within the city.

Drop by the Leisure Services Department in the Cranbrook Rec Plex and let our experienced and friendly staff answer your questions or get you registered. Enjoy what Leisure Services can offer you.

# Check IT OUT!

## CAKE DECORATING

- Hand Shaped Flowers
- Bold Accents
- Beautiful Borders
- Sweet Treats on a Stick
- Elegant Colour Flow

Beginner Cake Decorating is a pre-requisite to the Flower + Cake Design and Gumpaste + Fondant classes. Participants must bring a cake to class. Children 12-15 must be accompanied by a registered adult.

### Beginner

Impress family and friends: learn how to decorate birthday cakes! Students will be given the opportunity to learn and practice various cake decorating techniques. This is a hands on course with a demonstration and practice session each evening. Ages 12 years +.

Wednesdays • 6:00-8:00 pm  
September 14 - October 5                      Course #16368

Thursdays • 6:00-8:00 pm  
September 15 - October 6                      Course #17143  
\$90.00/\$85.00 (City Discount)

### Flowers + Cake Design

Explore sophisticated ways to bring your cakes and desserts to life! You will be taught how to create breathtaking icing flowers such as pansies, lilies and roses. Then, you'll discover the secrets of arranging them in a beautifully balanced cake-top bouquet. Your amazing flowers will be framed by an impressive border treatment or basketweave design. Ages 12 years +.

Wednesdays • 6:00-8:00 pm  
October 19 - November 9                      Course #17144  
\$90.00/\$85.00 (City Discount)



### Gumpaste + Fondant

Discover one of the most exciting and satisfying ways to decorate a cake. You will create amazing hand shaped flowers, beautiful borders and bold accents using these easy-to-shape icings. The confidence you'll gain as you decorate with gum paste and fondant will enable you to create cakes that will add excitement to your family celebrations for years to come. Ages 12 years +.

Wednesdays • 6:00-8:00 pm  
November 16 - December 7                      Course #17145  
\$90.00/\$85.00 (City Discount)

## PROJECT CLASS

### Royal Icing Flowers

As a follow-up to Flower + Cake Design we are offering this class to further your technique of piping royal icing flowers. This colour intensive class is a must for piped-flower lovers! Ages 12 years +.

Tuesdays and Thursdays • 6:00-8:00 pm  
November 15 - November 17                      Course #17158  
\$55.00/\$50.00 (City Discount)

**Page 8** for more great  
NEW Cake Decorating project classes.

## CAKE DECORATING INSTRUCTORS



### Melissa Baranowski

I started out with Wilton classes in Lethbridge, AB, in 2006. I loved it so much that I took all the Wilton Classes offered. After moving to Cranbrook in January 2007, and learning that there were no Wilton Method Instructors in the area, I decided to pursue becoming an Instructor. I completed the Wilton Method Instructor Training in 2008 and have been teaching ever since.



### Bobbi Kirchofer

I took my first cake decorating classes taught by Melissa in the Fall of 2008. I discovered what I should have been doing all my life! I completed all the Wilton classes by early spring of 2009 and Melissa and I started teaching Wilton Classes together in the fall of 2010. I am looking forward to a new year of classes and some new courses that we will be able to provide to our students.

# Programs

## Summer Camps

**THERE IS STILL ROOM  
IN THESE  
GREAT SUMMER CAMPS!**



### Learn 2 Skate Preschool

For the beginner preschool skater. This course will teach preschoolers how to skate using games and fun activities. Ages 3-5 years.

Monday to Friday • 10:00-10:30 am  
August 22 - August 26 Course #16906  
\$44.00/\$40.00 (City Discount)

### Learn 2 Skate Better

Come out of the heat of the summer and get on the ice at the RecPlex Arena. Ages 6 years+.

Monday to Friday • August 22 - August 26  
9:15-10:00 am Course #16907  
10:30-11:15 am Course #17080  
\$60.00/\$55.00 (City Discount)

## SPORT CAMPS

These half day camps are action-packed with multi-sports including swimming everyday. The focus will be on team work and fair play as well as skill development and conditioning. Kids must have a bathing suit, appropriate outdoor clothing and water bottle each day.

### Mini-Sport Squad

Ages 6-9 years.  
Monday to Friday • 8:30 am-11:30 am  
July 25 - July 29 Course #16838  
August 8 - August 12 Course #16839  
August 15 - August 19 Course #16840  
August 22 - August 26 Course #16841  
\$88.00/\$80.00 (City Discount)

### Smorgasports

Ages 10-14 years.  
Monday to Friday • 12:00-3:00 pm  
July 25 - July 29 Course #16832  
August 8 - August 12 Course #16833  
August 15 - August 19 Course #16834  
August 22 - August 26 Course #16835  
\$88.00/\$80.00 (City Discount)

### Baseball/Softball Summer Camp

This program is for boys and girls to learn the skills and drills of the both baseball and softball. Ages 8-14 years.  
Monday - Friday • 9:30 am-1:30 pm  
July 25 - July 29 Course #16878  
\$132.00/\$110.00 (City Discount)



## Summer Art Camps

Put your creative mind to work during these half day camps. Have fun with painting, tie dying and lots of other cool art projects.

### Ages 5-8 years

Monday - Friday • 9:00 am-12:00 pm  
August 8 - August 12 Course #16861  
August 15 - August 19 Course #16865  
\$110.00/\$100.00 (City Discount)

### Ages 9-12 years

Monday - Friday • 1:00 pm-4:00 pm  
August 8 - August 12 Course #16862  
August 15 - August 19 Course #16866  
\$110.00/\$100.00 (City Discount)

## Trail Riding

This class focuses on mountain biking using the Community Forest. Bike safety and general maintenance will be included each week. Kids must have their own bike, helmet and water bottle. Ages 9-13 years.

Wednesdays • 10:00 am-1:00 pm  
August 3 - August 24 Course #16877  
\$75.00/\$70.00 (City Discount)

## Summer Jr. Golf Clinics

Designed for kids new to golf, these clinics will teach the fundamentals including putting, chipping and practice on the driving range. Ages 6-11 years.

Monday - Friday • 9:00 am-12:00 pm  
August 15 - August 19 Course #17095  
August 22 - August 26 Course #17096  
\$170.00/\$165.00 (City Discount)



# Programs

## Summer Camps

**THERE IS STILL ROOM  
IN THESE  
GREAT SUMMER CAMPS!**



### SUMMER FUN EVERYDAY AT IDLEWILD PARK

#### Playground Program

Some events include: creative crafts, various games, nature walks, swim days, team sports, field trips and special guests. Lunch hour is supervised. Pre and Post care available. Ages 5-12 years.

Monday - Friday • 9:00 am-4:00 pm

July 25 - July 29

August 2 - August 5

August 8 - August 12

August 15 - August 19

August 22 - August 26

Fun with Science

Splashing into August

Let's Get Physical!

Community Awareness

Go Wild

Weekly

1st child \$137.50/\$110.00 (City Discount)

2nd child \$58.75/\$47.00 (City Discount)

3rd child \$22.00/\$20.00 (City Discount)

Daily \$37.50/\$30.00 (City Discount)

Sorry, no half days.

### PHOTOGRAPHY

#### Shutter Bugs

Learn the basics of photography, basic composition rules, how to shoot in different formats, transfer images to computer. Must bring own digital camera, dress for weather conditions. Ages 8-12 years.

Monday to Friday • 9:30 am-12:30 pm

August 2 - August 5

Course #16881

\$70.00/\$64.00 (City Discount)

#### Photolicious

Teen beginner photography class, focusing on composition rules, shooting in different formats, and modeling headshots. Must bring own digital camera, dress for weather conditions. Ages 13-17 years.

Monday to Friday • 1:00-4:00 pm

August 2 - August 5

Course #16882

\$70.00/\$64.00 (City Discount)

#### Babysitting Course

This is an extensive Alberta Safety Council course which requires the student to be conscientious and enthusiastic about the material and the children they are to supervise. Ages 12 years + for certification.

Tuesday, Wednesday and Thursday

5:00 pm-8:00 pm

August 16-August 18

Course #16643

Cost: \$77.00/\$70.00 (City Discount)



### KIDS FIT FOR LIFE

Designed specifically for girls, this course will introduce them to yoga as well as some pilates, fitness, core work and relaxation techniques. Learn about body awareness, strength, flexibility and inner strength. Ages 8-16 years.

Monday - Friday • 9:00 am-12:00 pm

August 15 - August 19 Course #16848

August 29 - September 2

Course #16905

Cost: \$88.00 /\$80.00 (City Discount)

### Dog Obedience for Kids Dogs of all ages

This session has been designed to increase the bond that children have with their family dog. It will include basic

obedience commands, games to play and general information regarding care. All vaccinated dogs are welcome. Ages 8-13 years. (Children 8-10 years need to be accompanied by an adult.)

Instructor: Deb Girvin

Tuesday and Thursday • 5:30-6:30 pm

August 2 - August 18

Course #16361

Cost: \$66.00/\$60.00 (City Discount)

## & Become the speaker & leader you want to be!

Practice and learn skills by filling a meeting role, ranging from presenting a prepared or impromptu speech, serving as an evaluator, timer or grammarian.

Skills that will better develop your speaking, listening and leadership potential.



### Cranbrook Phoenix Toastmasters

For more information contact:

Roberta 250.489.0174 • Arla 250.422.3253

Lunch Meeting • Thursdays at Noon • Heritage Inn

*Exhale is.....* a beautiful, calm, relaxing studio located in downtown Cranbrook.

### Exhale Yoga & Movement Studio

#201-14A 13th Ave. S.

phone 250-489-9210

email: brendacartier@shaw.ca

[www.exhaleyogastudio.ca](http://www.exhaleyogastudio.ca)



Gentle • Hatha Flow • Yoga Therapy • Restorative  
Corporate, group and individual classes available.

# Programs

## Dog Obedience

### Dog • Puppy Training

#### Dogs 4 months & under

This class is for puppies that have had at least their second set of vaccinations. Proper socialization of young puppies is an extremely important phase of dog training. It ensures your puppy becomes an enjoyable, polite and trusted member of your family. This class exposes your puppy to a variety of situations that help build confidence and teach appropriate responses around people and other dogs. Ages 16 years +. Instructor: Deb Girvin

Tuesday • 7:00-8:00 pm

September 20 - October 25

November 1 - December 6

Course #17122

Course #17129

Cost: \$66.00/\$60.00 (City Discount)

### Dog • Basic Obedience

#### Dogs 5 months & up

This class is for dogs with current vaccinations. 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 +. Instructor: Deb Girvin

Tuesday • 8:00-9:00 pm

September 20 - October 25

November 1 - December 6

Course #17126

Course #17127

Cost: \$66.00/\$60.00 (City Discount)

### Dog • Advanced Training

#### Dogs of all ages over 4 months

All dogs must have current vaccinations. Ages 16 years +. Instructor: Deb Girvin

Tuesday • 9:00-9:30 pm

November 1 - December 6

Course #17123

Cost: \$66.00/\$60.00 (City Discount)

### Dog Obedience for Kids

#### Dogs of all ages

This session has been designed to increase the bond that children have with their family dog. It will include basic obedience commands, games to play and general information regarding care. All vaccinated dogs are welcome. Ages 8-13 years. (Children 8-10 years need to be accompanied by an adult.) Instructor: Deb Girvin

Tuesday • 6:00-7:00 pm

September 20 - October 25

November 1 - December 6

Course #16362

Course #17128

Cost: \$66.00/\$60.00 (City Discount)



### NCCP

The NCCP CBET A Multi sport course (formally Level 1 Theory) covers the following modules: Introduction, Ethics, Planning a Practice and Nutrition. Coaches will be in training upon completion of the course. Course workbook and reference guide included with the course. This course complements the technical portion of sport specific certification programs. Instructor: Karen Kettenacker. Ages 16 years +.

Wednesday • 6:00-9:00 pm

October 5

Course #17134

\$125.00/\$140.00 (City Discount)

## Special Interest

### Babysitting Course

This Alberta Safety Council Course has taken into account the wider range of knowledge and responsibility a babysitter needs to be qualified. Ages 12 years + for certification.

Monday and Wednesday • 5:00 pm-8:00 pm

September 26 - October 3

Course #16644

Saturday • 9:00 am-5:00 pm

November 19

Course #17135

Cost: \$77.00/\$70.00 (City Discount)

**NEW ENERGY WELLNESS**  
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while adding energy and relaxation to your life!*

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Visit us on the web at  
[www.newenergywellness.ca](http://www.newenergywellness.ca)

# Programs

## Sports



### 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.

#### Basketball • Grades 4-7

\$101.00/\$95.00 (City Discount)

##### Lakers • Grade 4-5

Tuesdays • 6:30-8:00 pm  
October 25 - December 6

Course #16344

##### Raptors • Grade 4-5

Wednesdays • 6:30-8:00 pm  
October 26 - December 7

Course #16348

##### Rockets • Grade 6-7

Mondays • 6:30-8:00 pm  
October 24 - December 5

Course #17131

##### Suns • Grade 6-7

Mondays • 6:30-8:00 pm  
October 24 - December 5

Course #16346

##### Grizzlies • Grade 6-7

Tuesdays • 6:30-8:00 pm  
October 25 - December 6

Course #16342

### Basketball 1-2-3

Youth of all ages enjoy the game of basketball. This program will provide the younger sport enthusiast with some very basic ball handling skills, drills and games. It was developed for those interested yet too young to play organized basketball.

#### Grade 2 & 3

Mondays • 6:00-6:45 pm

October 3 - November 7  
November 14 - December 12

Course #17132  
Course #17133

\$44.00/\$40.00 (City Discount)

### Floor Hockey

This is for casual recreation play. Some skills and drills will be covered but most of the time will be spent playing. No experience necessary just a desire to play and have fun. Ages 8-12 years.

Wednesday • 6:30 pm-7:30 pm  
September 21 - October 19  
October 26 - November 23

Course #16336  
Course #17125

Cost: \$30.00/\$27.50 (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  
September 27 - November 22

Course #16338

\$150.00/\$125.00 (City Discount)

### Indoor Soccer

This noncompetitive soccer provides younger soccer players with the basic skills and rules of the game. The emphasis for this activity will be playing for fun and recreation. Meet new friends and get active!!

#### Mega Soccer

Ages 8-11 years.

Thursdays • 6:15-7:15 pm  
September 22 - October 27  
November 3 - December 8  
\$40.00/\$37.50 (City Discount)

Course #16328  
Course #16329

#### Super Soccer

Ages 5-7 years.

Thursdays • 5:30-6:15 pm  
September 22 - October 27  
November 3 - December 8  
\$33.00/\$30.00(City Discount)

Course #16320  
Course #16321

#### Tiny Tot

Ages 3-4 years.

Thursdays • 5:00-5:30 pm  
September 22 - October 27  
November 3 - December 8  
\$27.50/\$25.00 (City Discount)

Course #16331  
Course #16332

## SKATING

### Learn to Skate •Adult

Ages 16 years +.

Thursdays • 4:00-5:00 pm  
October 20 - November 10  
November 24 - December 15  
\$60.00/\$50.00 (City Discount)

Course #17152  
Course #17157

### Learn to Skate • Preschool

For the beginner preschool skater. This course will teach preschoolers how to skate using games and fun activities. Ages 3-4 years.

Mondays • 3:30-4:00 pm  
October 17 - November 7  
November 21 - December 12

Course #16650  
Course #17154

Tuesdays • 4:30-5:00 pm  
October 18 - November 8  
November 22 - December 13  
\$33.00/\$30.00 (City Discount)

Course #16649  
Course #17153

### 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. Ages 5 years +.

Mondays • 4:00-5:00 pm  
October 17 - November 7  
November 21 - December 12

Course #16651  
Course #17155

Tuesdays • 3:30-4:30 pm  
October 18 - November 8  
November 22 - December 13  
\$55.00/\$50.00 (City Discount)

Course #16653  
Course #17156



# Key City Gymnastics Club

Coaching excellence and quality programming built on years of proven experience and success.



Key City Gymnastics Society is a non-profit organization, dedicated to offering gymnastics to all members of our community.

Through a wide variety of recreational and competitive gymnastics and trampoline programs, Key City provides little ones who are just taking their first steps through to teens and adults the chance to develop their abilities in a fun, safe environment.



Please visit [www.keycitygym.ca](http://www.keycitygym.ca) for class descriptions, schedules and registration information.

310 1<sup>st</sup> Avenue South Cranbrook BC VIC 2A8  
250-426-2090 • [keycity@telus.net](mailto:keycity@telus.net) • [www.keycitygym.ca](http://www.keycitygym.ca)

# Cake Decorating



## PROJECT CLASSES

Ages 12 years +.  
(Children 12-15 must be accompanied by a registered adult.)

### Pops

If you can stick it on a stick — it's a pop! Your favourite treats are fun to eat when you can just grab them and enjoy. The fun factor really goes off the charts when you decorate them with colorful candy and sprinkles!

Tuesdays and Thursdays • 6:00-8:00 pm  
October 11 - October 13 Course #17149  
\$55.00/\$50.00 (City Discount)

### Colour Flow

Color flow is an easy and versatile technique every decorator should master! You pipe an icing outline and flow thinned icing over the center for complete coverage. It provides for an extremely elegant look to your decoration and is a lot of fun. Ages 12 years +.

Tuesdays and Thursdays • 6:00-8:00 pm  
December 6 - December 8 Course #17151  
\$55.00/\$50.00 (City Discount)



250-417-2626  
308A 535  
Victoria Ave N  
Cranbrook BC  
VIC 6S3

Phone for  
an appointment



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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. ©2011 Curves International Inc.



# Stages School of Dance



**Highest Standard of Excellence! Offering Certified Instruction Ages 3 to Adult**

**Jazz • Ballet • Tap • Hip Hop • Modern • Lyrical • Pointe • Musical Theatre • Adult Classes**

**Kinderdance & Combo Class (3-4 yrs) • INTRODUCING OUR NEW CLASS "ACRODANCE"**

**School Credit for Examinations • Exams & Workshops Festivals & Competition • 2 Full Studios • Year End Show  
Kidsport Member • Performance Tour Company • CHOREOGRAPHY 11 AND 12 in conjunction with CHEK across BC**

**Check out our Website for online Registration:**

**[www.stagesschoolofdance.com](http://www.stagesschoolofdance.com)**

**INFORMATION & REGISTRATION CONTACT:**

**Phone: 250-426-6735 or E-mail: [stagesschoolofdance@shaw.ca](mailto:stagesschoolofdance@shaw.ca)**

**REGISTRATION DATES: AT STAGES SCHOOL OF DANCE**

**6 to 9 PM : Tues, Sept. 6th • Mon, Sept. 12th & Wed, Sept. 14th**

**At the Central Registration- RecPlex 6- 8 pm • Thursday, Sept. 8**

**DIRECTOR: SHERI GREEN**

Certificate of High Education, BA Honors, Dance Education, U of D, ADAPT Examiner, RAD Registered teaching member, ADAPT Certified teacher, National Adjudicator

**Experienced, Qualified & Dedicated Staff! Certified Instructors Providing the Highest Quality Dance Training  
RAD & ADAPT Offering Fun and Certified Instruction for the Recreational to Professional Dance. We offer  
exceptional training in performing arts, while providing programs oriented around education, performance  
opportunities, health and awareness, Life skills, friendships, and positive self-esteem.**

**Studio and Store Location: #42 A - 6th Ave. S Cranbrook (upstairs in the Red Cross Bldg. Across from the train museum)**

**Modern Movement Arts and Athletic Wear Store : For all your dancewear needs**



**C R A N B R O O K  
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](mailto:asgreen4@shaw.ca)**

**REGISTRATION** The Central Registration • RecPlex • 6:00-8:00 pm • Thursday, September 8

**#42 - 6<sup>th</sup> Ave. S., Cranbrook** left off Van Horne, Red Cross building

# Programs

## Fall Fitness Classes

### Senior's Weight Training

A safe and effective class to learn the essentials of resistance training appropriate to those 60 years of age +. Led by a Third Age Instructor skilled to work with a variety of concerns and goals for this age group. Resistance training will build confidence, increase bone density and muscle mass and improve posture and balance.

Mondays and Wednesdays • 10:30-11:30 am  
September 26 - November 2                      Course #17147  
\$75.00/\$72.00 (City Discount)

### Fit Over 50

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 sessions to learn and apply the components of a physical fitness program, including the warm-up, cardio, strength and balance training, flexibility and the cool-down. You will learn how to exercise outside of a formal gym without major equipment. Also learn to modify exercises to meet your individual needs. Led by Can-Fit-Pro certified Personal Trainers, John and Debbie Mandryk.

Wednesdays • 7:00-8:30 pm  
September 28 - October 26                      Course #16378  
November 9 - December 7                      Course #17142  
\$56.00/\$60.00 (City Discount)



### Yoga

This class addresses the interdependency of body, mind, and soul, by promoting flexibility, harmony with the body, stress release and a good workout. Participants are asked to bring a mat/blanket.

Ages 13 years +.

Mondays • 5:15-6:30 pm  
September 19 - October 31                      Course #16376  
November 7 - December 12                      Course #17136  
\$60.00/\$56.00 (City Discount)

### Kids Fit for Life

Designed specifically for girls, this course will introduce them to yoga as well as some pilates, fitness, core work and relaxation techniques. Learn about body awareness, strength, flexibility and inner strength. Ages 8-16 years. Instructor : Alison Wager

Monday • 4:00 pm-5:00 pm  
September 19 - October 24                      Course #17137  
November 7 - December 5                      Course #17138  
Cost: \$48.00 /\$44.00 (City Discount)

## The KIMBERLEY GYMNASTICS SOCIETY and GYMINY CRICKETS

IS NOW TAKING REGISTRATIONS for the 2011-2012 season!



**Gyminy Crickets Play Group** is an early learning program running September through June  
• Ages 3-5 • 9:00 am-12:00 pm  
• Monday through Friday

- Recreational Gymnastics & Trampoline
- Advanced Recreational Interclub
- Developmental & Competitive Gymnastics

**Stop** by the gym • 2015 Warren Avenue, Kimberley  
Call • 250-427-4874

**Check** our website • [www.kimberleygymnastics.com](http://www.kimberleygymnastics.com)

**Email** us • [kimgym@shaw.ca](mailto:kimgym@shaw.ca),

**Ask for Shelley or Mike**

The Kimberley Gymnastics Society is a non-profit organization



## 552 Key City Royal Canadian Air Cadets

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

For information call  
Lori or Rob Bott 250-426-3685  
or Lorenza Saule 250-417-0206

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



# Community

## Rails to Trails

### BE PART OF THIS GREAT TRAIL

The 25 km Rails to Trails between Cranbrook and Kimberley have seen considerable use since its formal opening in 2010. The 2.5 metre wide paved trail, is designed for a wide variety of non-motorized uses, with the exception of motorized wheelchairs. Horses are also not allowed on the trail.

The trail meanders its way through a natural setting of forests and grasslands, encompassing fantastic views of the St. Mary's River and the Rocky and Purcell mountain ranges. The trail is being well used by a variety of users including families, commuters and fitness enthusiasts. Users are advised to use the safety equipment recommended with your activity.

While the paving of the main section of the trail is complete, a number of additional enhancements are being planned. These include infrastructure improvements which include retaining walls, washrooms and safety gates at road crossings. The Rails to Trail Advisory Committee are also exploring opportunities for bench and picnic table placements, interpretive signage, and trail maintenance, which could include a future adopt a section of trail program. Watch local media for upcoming opportunities to volunteer on future trail projects.



## Share Your Knowledge

**Do you have what it takes to instruct programs and activities. Do you have a special talent you would like to share with the community?**

Leisure Services is looking to build a qualified list of individuals with special skills or certifications to assist us as we expand our program offerings. If you are interested in possible opportunities with Leisure Services send us an email. If you are not an instructor but have some ideas of programs you would like to see in the community, we would appreciate that feedback as well.

Contact Angie McPherson at [mcperson@cranbrook.ca](mailto:mcperson@cranbrook.ca) or by phone at 250-489-0040, ext. 232.



**CRANBROOK'S FITNESS EXPERTS**  
209-16th Ave North, Cranbrook • 250-426-7161

**We provide the motivation, the expertise and the best facility for all your training needs.**

### The Facility

- Largest fitness facility in Cranbrook
- Free orientation with all memberships!
- Unique equipment such as a Treadclimber, Step Mill, TRX Suspension Training, Skate trainer and Olympic Lifting Platform

### 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

**NO INITIATION FEES!**

web: [www.corefitnessinc.ca](http://www.corefitnessinc.ca)



### 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.



## Enjoy *YOUR* Parks Today!



Park	Location	Amphitheatre/Stage	Baseball	Basketball	Bocce/Bowling	Camping	Covered Shelter	Disk Golf	Exhibition Grounds	Fish Pond	Fitness Circuit	Horse Shoe Pits	Lacrosse Box	Play Equipment	Skateboard/Bike Park	Skating/Outdoor Arena	Soccer	Softball	Splash Pad	Tennis	Track	Walking Trails	Concession	Drinking Fountain	Irrigation	Parking	Washrooms
Balment	17 Ave. N & Baker St.						✓				✓			✓	✓			✓					✓	✓	✓	✓	✓
Confederation	Wattsville Rd. & Hwy 3		✓													✓						✓	✓		✓	✓	✓
Gyro Park	7 Ave. & 7 St. S						✓							✓						✓							✓
Highland Park	30 Ave. & 7 St. S																										
Idlewild Park	34 Ave. & 9 St. S	✓						✓	✓		✓	✓		✓		✓						✓	✓		✓	✓	✓
Kinsmen Greenbelt	Victoria Ave. & 5 St.																✓		✓			✓	✓		✓	✓	✓
Kinsmen Quads	16 & Willowbrook Dr.		✓															✓				✓	✓		✓	✓	✓
Kinsmen Splash Pad	24 Ave. & 4 St. N						✓												✓								
Lionsview - Bob Willis	24 Ave. & 2 St. N																✓										✓
McKinnon - Rotary	18 Ave. & 8 St. N			✓										✓													
McLeary Park	30 12 St. N							✓														✓					
Moir Centennial Athletic	Industrial Rd. C & 27 St. N																	✓	✓			✓		✓	✓	✓	✓
Park Royal	Park Royal Linear																										
Pine Crest	28 Ave. & 8 St. S													✓													
Pop Price	Briar Ave. N													✓													
Rotary Park	10 Ave. & 1st St. S	✓												✓				✓						✓	✓	✓	✓

**Sports** ○ **Family Picnics**  
**Weddings** ○ **Reunions**



**Call Leisure Services at 250-489-0220  
to book a park or for more information.**





# Community

## Move for Health Day



### THE 4<sup>TH</sup> ANNUAL CRANBROOK EVENT WAS A GREAT SUCCESS!

Cranbrook was one of many communities across British Columbia who participated in Move For Health Day on Tuesday, May 10, 2011.



250 elementary children and Seniors participated in structured activities throughout the day. Martial arts, golf, fitness training, soccer, and street hockey. We also had a seniors orientation drop in at the Seniors Community Fitness Park and had approx 30 seniors throughout the day participate. There were 10 Senior Ambassadors who demonstrated the equipment and assisted Seniors as required throughout the day; as well as helped out with the students.

Choosing Activities that aren't most people's standard choices for their kids really made an impact on the kids. Not only were they moving, they were expanding their knowledge base and experiences. As an observer it was amazing to watch these kids experience the new activities, and watch them get so unbelievably excited about their experiences. Overall, everyone had a great day and the weather was perfect.



A big thank you goes out to all the businesses and instructors that volunteered their time to make Move for Health Day a great success. Joel Huncar and his gang at Rocky Mountain Academy of Martial Arts, Brandy and Shelby Penner at Gymfinity Sports and Gymnastics Center, James @ Favorit Cycle, Pricilla Penner the fitness Queen, and all the amazing staff and Senior Ambassadors from Leisure Services. Job well done!



## The Royal Stewart Highland Dancers

are now accepting students in all levels of **Highland Dance**



Championship, Competitive & Non-Competitive  
Highland Theory & Professional Exam Preparation  
Choreography, Community & Charity Performances

### Jane Stewart Nixon, **BATD, SDTA, AFLCA**

- Fellow & Life Member of the British Association of Teachers of Dance (Highland & National)
- Member of the Scottish Dance Teachers Alliance
- AFLCA Certified Group Fitness and Strength & Conditioning Instructor

Costume Exchange program available.  
No registration fees, no association fees.

*Children and Adults  
of all ages and  
abilities welcome!*

Visit our studio at  
**22-8th Ave S  
Cranbrook**



Member of Kidsport



Contact: Jane at 250-427-2783 or 250-427-8757  
website: [www.rshd.ca](http://www.rshd.ca) • email: [info@rshd.ca](mailto:info@rshd.ca)

# Community

**Keyboard**  
singing & rhythm  
**& Fun**



1.800.828.4334  
myc.com

**Music for Young Children**

2 teachers in Cranbrook  
250-489-1746 • 250-426-4536

## Cranbrook Community Forest



The Cranbrook Community Forest located on the eastern boundary of the city and to the north of Hwy. 3/95 encompasses 2000 hectares of forest, grasslands and lakes. It is designated a provincial recreation site and contains many kilometers of trails of varying difficulty. It is a great place to come for a quiet leisurely stroll, a more energetic hike or a bike ride. In this way you can get some exercise and enjoy the natural environment of this semi-wilderness area so close to the city. A visit to

the self-guided nature trail around Kettle Lake is a fun and educational outing for the whole family.

Access points are located on Mt. Baker Road, beside the residence at the College of the Rockies and via the gravel road to the north of the provincial Fire Suppression Base. The use of motorized vehicles is banned other than on the main gravel access road.

For more information visit the Cranbrook Community Forest Society website: [cranbrook-communityforest.com](http://cranbrook-communityforest.com)



## Community Registration

- GET ACTIVE • HAVE FUN
  - MEET NEW PEOPLE!
- FREE ADMISSION

**THURSDAY, SEPTEMBER 8<sup>th</sup>**  
**6:00-8:00 PM • AT THE REC PLEX**

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  
**250-489-0220**

**CRANBROOK**  
LEISURE SERVICES



# Community

## Pitch-In 2011

### THANK-YOU CRANBROOK!

**PITCH IN 2011 WAS VERY SUCCESSFUL IN OUR COMMUNITY THIS YEAR.** Many thanks go out to the several volunteers from all the schools, youth groups, community service groups, workplaces, and individuals who committed their time to volunteer in picking up litter in and around the City of Cranbrook.

"It is wonderful to see so many volunteers show their pride by trying to keep our city clean. The Pitch-In program is valuable to our community and it's the involvement of our residents that make programs like this work", said Mayor Scott Manjak.



A huge thank you goes out to The Baha'i Community and friends who undertook a massive clean up!

The Baha'i Community and friends collected 74 bags plus 2 truck loads of garbage! Way to go! Areas they cleaned up include:

- Lot behind Walmart, Home Depot and RDEK
- 2<sup>nd</sup> Street S. up to Community Forest parking
- McPhee Road
- Bank by stairwell on 1<sup>st</sup> Street S. and 17<sup>th</sup> Avenue S.
- Victoria Avenue S. up to 7<sup>th</sup> Street S.
- Industrial Road 1 and 2
- Standard Hill Road
- Victoria Avenue between 2<sup>nd</sup> Street N. and 2<sup>nd</sup> Street S.
- Slater Road



Before and after shots of the lot beside Home Depot.

Pitch-In continued • Page 16

# Education @ Home

Consider the advantages offered by

# DESK

DISTANCE EDUCATION  
SCHOOL OF THE KOOTENAYS

- Teacher support and a full K-12 program with **no tuition fee!**
- **FREE** adult graduation program.
- High school students can remain enrolled in their local high school.
- **Over 40 online courses!**

811 Stanley Street, Nelson, BC V1L 1N8  
1-800-663-4614



Is  
DESK  
right  
for  
me?

FIND OUT  
by contacting  
us at...

250-354-4311 or  
1-800-663-4614  
www.desk.bc.ca

# Home

# Community

## Pitch-In 2011

Every school in the district participated and were eligible to win a grand prize for collecting the most trash bags.



Congratulations to Gordon Terrace Elementary School for picking up over 55 bags!



Congratulations also go out to Kootenay Christian Academy who were a close 2<sup>nd</sup> place with over 40 bags.

play early,  
play often



because the first 6 years  
are so important

Success By 6  
Helping all children succeed for life.  
[www.succesby6bc.ca](http://www.succesby6bc.ca)

# CRANBROOK SKATING CLUB

*"Come Skate With Us"*

**PROGRAM REGISTRATION**  
September 8<sup>th</sup> • 6-8 pm • RecPlex

**Programs offered:**

- Tots: 3 & 4 yrs. • Canskate: 5yrs. & up
- Skating for Adults
- Starskate & Competitive Figure Skating
- Power Skate 7-11 yrs.

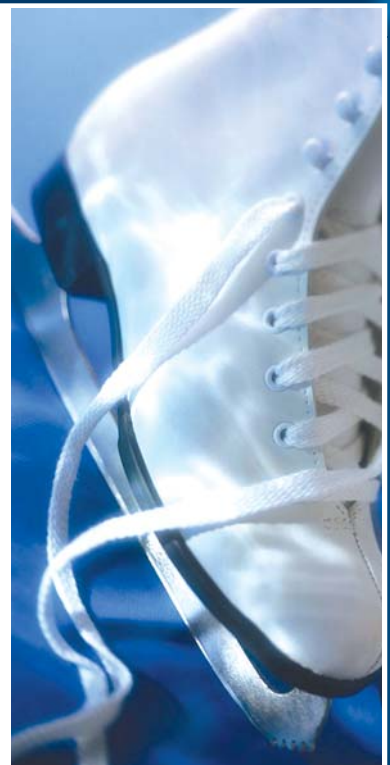
**All non-residents must have their sport pass at time of registration.**



For information on registration contact **Bettina Harach**  
250-426-7103

Program information contact **Sue McDonald**  
250-427-9645

[www.cranbrookskating.com](http://www.cranbrookskating.com)







## ROCKY MOUNTAIN ACADEMY

OF

## MARTIAL ARTS

## 250-489-FIST!

\*CRANBROOKS ONLY FULL TIME MARTIAL  
ARTS CENTER!

\*FULLY EQUIPPED PROFESSIONAL  
FIGHTING GYM!

\*THE ONLY PLACE FOR CERTIFIED MUAY  
THAI, FILIPINO MARTIAL ARTS, REALITY  
BASED COMBATIVES, MMA, AND  
CHILDRENS PROGRAMS FOR AGES 2 AND  
UP!

ALL THIS UNDER ONE ROOF!

UNIT D-517 INDUSTRIAL ROAD D  
CRESCENT  
CRANBROOK BC  
VIC-6R8  
WWW.RMAMA.CA

### RINGSIDE ROGUES AFTER SCHOOL PROGRAM!

WE CAN EVEN PICK THE KIDS UP FROM SCHOOL!

REGISTRATION IS NOW BEING ACCEPTED  
FOR THE 2011/2012 SCHOOL YEAR!

(SPACE IS LIMITED)

PROGRAM RUNS ALL SCHOOL DAYS FROM 3:30-5:00PM  
GAMES, FITNESS AND FUN!



WE ARE PROUD TO OFFER THE BEST MARTIAL ARTS TRAINING,  
COACHES, AND FACILITIES IN THE EAST KOOTENAYS!! CHECK OUT A  
CLASS FOR FREE!

\*MUAY THAI

\*BALINTAWAK ARNIS

\*MMA

\*PRE-SCHOOL PIRATES (AGES 2 -4)

\*LITTLE PIRATES (AGES 5 AND UP)

\*WOMENS SELF DEFENSE (FRIDAYS AT 6:00PM)

\*WOMENS CARDIO KICK-BOX

\*PUNCH FOR LUNCH

\*BIRTHDAY PARTIES (AVAILABLE ON WEEKENDS)

\*AFTER SCHOOL PROGRAMS (PICK-UP AVAILABLE)

\*SUMMER CAMPS

\*FAMILY OWNED AND OPERATED

### OPEN MONDAY TO FRIDAY!

### 9:00AM – 10:00PM

## Walking in the RecPlex

### THE RECPLEX 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 RecPlex. 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 \$5.00, available at the Leisure Services front desk.

## Racquet Court

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



This 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 done via credit card, pre-purchased passes or by payment at the Leisure Services office. Prices include HST.

COURT ADMISSIONS	Reg. Fee	City Disc
Child (3-12 yrs)	\$6.50	\$3.25
Youth (13-18 yrs) Senior (60+ yrs)	\$11.00	\$5.50
Adult (19+ yrs)	\$16.00	\$8.00
Ten Ticket Child	\$58.00	\$29.00
Ten Ticket Youth/Senior	\$99.00	\$49.50
Ten Ticket Adult	\$144.00	\$72.00
Yearly Child		\$180.00
Yearly Youth/Senior		\$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.

The card system was implemented in 2009 to ensure better security for the facility and its patrons.

**HEARTS IN MOTION WALKING CLUB** meets to walk from 9:00 am-10:00 am on Monday, Wednesday and Friday. In the winter they meet at the Rec Plex 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 information.

## 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 advisable 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.



## 2011 Fall Public Skating Schedules



**FREE PUBLIC SKATE**  
**KINSMEN ARENA**  
**October 2 - December 16, 2011**

Sundays	2:00-4:00 pm
Wednesdays	3:30-5:00 pm
Fridays	7:00-9:00 pm
<b>December 19-23 and 28-30, 2011</b>	<b>1:00-3:00 pm</b>

**PARENT, TOT & SENIOR SKATE**  
**MEMORIAL ARENA**  
**September 27 - December 13, 2011**  
**January 3 - March 6, 2012**

Tuesdays	10:30-11:30 am
----------	----------------

Cost: \$3.25 per person

**PUBLIC SKATING COURTESY OF THE KINSMEN CLUB OF CRANBROOK**



# Community

## The Canada Cup of Curling



### 5 DAYS STARTING NOVEMBER 30<sup>th</sup>

**THE CITY OF CRANBROOK WILL BE FILLED WITH EXCITEMENT AS WE HOST THE CANADA CUP OF CURLING STARTING NOVEMBER 30, 2011.** The 5-day event will host an elite field of the best men's and women's teams in the country – The men's teams are, Glenn Howard, Jeff Stoughton, Kevin Martin, Mike McEwen, Kevin Koe, Steve Laycock, Brad Jacobs and the women's teams are Stefanie Lawton, Amber Holland, Jennifer Jones, Shannon Kleibrink, Heather Nedowin, Chelsea Carey, Rachel Homan.... All competing for the first berths in the 2013 Tim Hortons Roar of the Rings – the Canadian Curling Trials which will determine Canada's representative teams for the 2014 Olympic Winter Games in Sochi, Russia. The event will be the first in the Canadian Curling Association's 2011/12 Season of Champions. With a total prize purse of \$140,000, you are sure to see some formidable competition.

The Cup is full of teams but the Rec Plex is NOT full of fans. Lots of great tickets left. The "Old Classic" full event pass – for the hardcore enthusiasts who want to take in all 13 draws gives you the ONLY opportunity to attend the Fan Appreciation Night, Tuesday, November 29 where you can meet the teams and individual athletes.

The Double Impact ticket will NOT be available after August so watch for the new ticket packages to

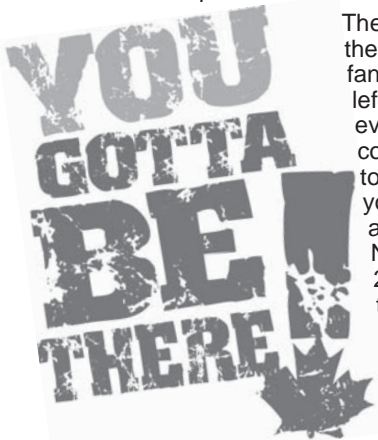
be released. All draw tickets provide daily access to Keith's Patch – the heartbeat of the party, all day every day. The Patch is where fans and competitors alike gather to enjoy an appetizing array of food and beverages... and dance to the sounds of some amazing Canadian bands. The teams will also be available in the Patch for Team Autograph sessions and Up Close and Personal interviews, featuring candid discussions with players. The Patch is also the home of Cool Curling – the tabletop version of the roaring game where fans play to win cash!

Tickets can be purchased by phone at 250-426-SEAT or 866-580-SEAT, or in person at the Cranbrook Rec Plex Box Office (Monday to Friday 10am to 4pm / Saturday noon to 4 pm).

For more information visit [www.cranbrookrecplex.ca](http://www.cranbrookrecplex.ca) or [www.seasonofchampions.ca](http://www.seasonofchampions.ca) or call the Canada Cup office at 778-520-2011.



Michael Burns and Canadian Curling Association



## Curling Centre

Registration available for all leagues:

Juniors • Ladies • Mens  
Seniors • Family • Mixed

All leagues begin the week of October 17th

### REGISTRATION

at the RecPlex

September 8th • 6:00-8:00 pm

at the Curling Rink

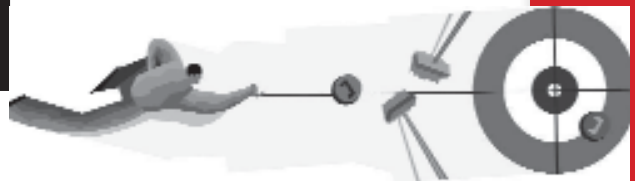
September 26th • 7:30-9 pm

AGM September 26th • 7-7:30 pm

For more information contact:

Cranbrook Curling Centre

250-426-4415 • [ccclub@telus.net](mailto:ccclub@telus.net)



# Community

## Clubs and Organizations

### SPORTS, MISCELLANEOUS

ARCHERY Club	Elaine Johnson	417-3413
BADMINTON Club	Lindy Mikkelson	489-4267
BASKETBALL: EK	Grant Giles	426-3327
Basketball Officials Assoc.		
BOWLING:		
Cranbrook Youth	Karen Johnson	426-2865
Cranbrook 5 Pin	Henry Williams	426-7539
Cranbrook 55 & Seniors	Hugh Hambleton	426-7824
BOXING Club	Miles Chisholm	426-5821
CURLING Club/Rink	Leslie Weaver	426-4415
CYCLING:		
Kootenay Freewheelers	Peter McConnachie	427-2419
DISC golf	Mike Walls	426-0504
DIVING:		
Tsunami Dive Club	Helga Logan	427-4663
FOOTBALL,		
Minor Football	Tim Coyle	426-8309
Touch Football	Paul Duczek	417-0696
GYMNASTICS:		
Gymfinity Club		426-0066
Key City Club		426-2090
Kimberley Club		427-4874
LACROSSE:		
Minor Lacrosse	Sally Struthers	426-7884
Junior Lacrosse	Shellie Hollister	426-4665
MARTIAL ARTS:		
BodyMindSpirit	Barry Northey	417-9027
Cranbrook Judo Club	Jesus Navarro	919-4392
Guild of Combat	Mike Holdsworth	581-0582
Science and Fitness		
Kootenay Tae Kwon-do	Dorothy Carter	489-1854
Rocky Mountain	D. Corrigan	489-4392
Kyokushin Karate Club		
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 Rogues	Ian Allen	426-8482
SKIING: Kimberley	Lara Kahl	489-1999
North Star Racers		
SNOWMOBILE, Cranbrook	Dan Hall	426-6411
SPECIAL OLYMPICS	Joanne Thom	417-9781
SPEEDSKATING:		
Kimberley	Bob Bennison	427-0002
SWIMMING: Tritons		
Swim Club/Masters	Dave Chisholm	421-0018
SQUASH/RaquetBall	Leisure Services	489-0220
TENNIS		
Steve Jablanczy		489-9169
WALKING:		
Hearts in Motion	Hugo or Marion	426-4529
WATER SPORTS:		
Abreast in the Rockies	Connie Savage	489-1032
Just Liquid Sports,	Rob Porter	919-4610
Kayaking		
Rockies		
Rowing Club	Roberta Rodgers	489-0174
Sailing Club	Michael Riemann	426-6597
YOGA:		
Antara Yoga	Leah Yoshinaka	426-2425
Exhale Yoga	Brenda Cartier	489-9210
New Energy	Allison Wager	489-5280
Wellness		
Radha House	Joanne Belanger	489-2689

### BALL LEAGUES

Minor Ball	Pam Hunter	489-5230
Mixed Slopitch	Leisure Services	489-0220

### SOCCER LEAGUES

Ladies - Mixed Soccer	Mena Pocha	489-3728
Men's Commercial	Gary Elliott	489-4922
Youth Soccer	Patrice Golding	489-3608

### ARENA USERS

#### HOCKEY:

Classics Hockey Club	Bill Gibbon	426-5029
Commercial Hockey	Jason Jacob	426-2334
Cranbrook Colonels	Murray Whyte	426-6699
Key City Oldtimers	David Standing	426-8426
Kootenay ICE Hockey Club		417-0322
Minor Hockey	Tracey Reid	489-8199

#### WOMANS HOCKEY:

Cranbrook Shooters	Diane Butz	829-0769
Cranbrook Rec. League	Jean Terpsma	427-3182

#### SKATING:

Cranbrook Skating Club	Dorothy Carter	489-1854
(CANSKATE)		

### DANCE & MOVEMENT

Cranbrook Dance Club	Randy Tapp	426-1142
(Swing/Latin)		
Highland Dance	Leila Cooper	427-5642
Association		
Rocky Mtn. Cloggers	Susan Woods	417-7080
Royal Stewart	Jane Stewart Nixon	427-2783
Highland Dancers		
Stages School of Dance	Sheri Green	426-3506
Studio Karma	Katherine Shufflita	464-0928

### CLUBS

4-H Club	Mark Bostock	426-5681
Backcountry Horsemen	Jean Hannan	427-3831
Boys & Girls Club	Debbie Morris	426-3830
CADETS:		
Army Cadets	Stacey Durksen	489-5767
Cranbrook Air Cadets	Lorenza Saule	417-0206
266 Royal Canadian	Mathew Blackstock	427-0755
Air Cadets		
Car Club	Darlene Demaniuk	489-5638
Chess Club	John Lancaster	489-6225
Fly Fishers	Joe Marko	489-5856
Fly Tying	Brian Hamagami	489-1448
German/Canadian Club	Mary deBruycker	489-5090
Horseshoe Club	Sam Cross	426-5598
Hunters Association, EK	Bob Janzen	829-0689
JCI (Junior Chamber	Mike Adams	426-2801
International)		
Kinsmen Club		
of Cranbrook	Shawn Mooy	489-1866
Kinnette Club		
of Cranbrook	Anita Llewellyn	489-0628
Kennel Club	Chris Burke	426-4981
Lion's Club, Cranbrook	Dale Ostlund	426-5048
Maverick Riding Club	Carmen Guucci	426-8272
Rotary Club	Mike Patterson	426-7588
Sunrise Rotary	Dick Robinson	426-3610



# Community

## Clubs and Organizations

### LITERARY ARTS

#### – PERFORMING ARTS - CRAFTS

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.	Mark Pinnell	489-4477
Key City Theatre Kimberley		426-7006
Community Band	Laurel Ralston	432-5317
Kootenay Anime Bureau	Sean Schotts	919-6791
Kootenay Harmony Chorus (Barbershop)	Cliff Green	489-5949
Music for Young Children	Wendy Guimont	489-1746
Music Teachers Association, E.K.	Ellen Bailey	426-4784
Photographic Art, Canadian Association	Karen Crawford	489-5298
Pottery	Marry Ann Bennet	489-5256
Quilters Guild	Wendy Litz	489-5642
STUDIO / STAGE DOOR Theatre Association, Cranbrook Community	Harriet Pollock	489-4984

### CULTURE & HERITAGE

Aasland Museum of Taxidermy	Odd Aasland	426-3566
Canadian Museum of Rail Travel	Gary Anderson	489-3918
Cranbrook Archives Museum & Landmark Foundation	Gary Anderson	489-3918
Cranbrook Community Theatre	Nikole Spring	426-2490
Cranbrook Heritage Awards & Maps	Gary Anderson	489-3918
Cranbrook Public Library	Joyce Dupuis	426-2614
East Kootenay Historical Association	Irene Kaun	426-3452
Friends of Fort Steele		417-6000
Ktunaxa/Kinbasket Tribal Council Facility		489-2464
Rocky Mountain Naturalists	Greg Ross	489-2566
Wildlife Museum (EK Hunters Association)	Bob Janzen	829-0689

### PARKS

Ministry of Environment/BC Parks		489-8540
Ft. 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		667-3742
Amnesty International	Max Heyde	426-3468
Arthritis Society	1-800-321-1433	426-4442
Big Brothers, Big Sisters of Cranbrook	Dana Osowy	489-3111
Canadian Cancer Society - Regional Office		426-8916
Chamber of Commerce	1-800-222-6174	426-5914
Can. Federation of University Women	Judie Blakely	489-2112
Communities in Bloom (Trees for life)	Pat Adams	426-2341
Cranbrook & District Restorative Justice	Bill Barger	489-3471
Cranbrook Society for Community Living	Melanie Fiorentino	489-3768
Daughters of the Nile - Olana Club	Judie Blakely	489-2112
Girl Guides of Canada	Shelley Balfour	426-0919
Home Run Society	Garry Slonowski	417-3236
KIDSPORT	Glenn Gill	489-5139
MADD	Christina Davis	489-3225
MS Support Group – EK	John & Sylvia Leasak	489-4740
Muscular Dystrophy	Carlene Charbonneau	489-5761
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	Shane Hoecherl	426-5158
Search & Rescue, President	Richard Banks	489-9167
Senior Games - BC	Hugh Hambleton	426-7824
Senior Citizens Organization	Marlene Schmidt	426-6394
Seniors (BC) Medication Information Line		668-6233
Seniors Association	Warren Collingson	489-2257
Seniors Care	Liz Duchscherer	489-0802
Givers Network		
T.O.P.S.	Evelyne Seminowich	426-6006
TOASTMASTERS: Cranbrook 1st Club	Kathy Simon (days) (evenings)	489-4464
Phoenix Club	Roberta Rodgers	489-0174
United Way or Cranbrook and Kimberley		426-8833

### 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

# Aquatic

## Aquatic Centre Etiquette & Policies

### 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 a 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.

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 seating 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 or a minimum of six years old to slide by themselves.
- No double sliding will be permitted at all — including parents and small children.

## Leisure Access Pass

**It is important for all members of our community to have access to affordable recreation opportunities.**

The City of Cranbrook Leisure Services recognizes that the ability to participate in recreation is important to improve the health and wellness of all members of our community. There are a variety of programs available to assist residents who may find it difficult to pay the fees associated with programs and activities.

City residents with limited income can now access the Leisure Access Card Program which provides a number of benefits to eligible recipients. For example, card holders can access 75% off of the city resident rate to all public swims, aquafit classes and joint mobility classes. Children under seven will receive free public swim access when accompanied by an adult. The process is simple and discrete. Pick up a Leisure Services Access Card application and information brochure at the Leisure Services department or at one of the following adjudicating agencies: Community Connections Society, the Salvation Army, Interior Health Mental Health programs or the Ministry of Housing and Social Development. Take your application to one of the adjudicating agencies who will verify your residency and eligibility as per the information brochure, and will forward completed forms to Leisure Services. Your card will be available at Leisure Services approximately one week from the time your application is received.

### Other Recreation Opportunities

There are also a variety of facilities and services throughout the city which include free public skating times in the Kinsmen Arena (sponsored by the Cranbrook Kinsmen Club), a variety of exercise stations at the Seniors' Community Park, the Rotary Cycle Walk Trail, the Kinsmen Splash Pad, the Viking Youth Skate Park and numerous other parks, trails and playgrounds available free of charge.

## Get with the Game! GO BOWLING

**Juniper Lanes has fun leagues for everyone.**

Youth leagues from age 4 to 19, Adult leagues and Senior leagues

**Youth leagues run from September to April (approx 27 weeks).**

- Coaching is provided for each league.

Age 4-5	\$155.00	10:00AM Saturday • starting Sept. 17th
Age 6-7	\$230.00	10:00AM Saturday • starting Sept. 17th
Age 8-10	\$280.00	10:00AM Saturday • starting Sept. 17th
Age 11-14	\$280.00	6:30PM Sunday • starting Sept. 18th
Age 15-19	\$280.00	6:30PM Sunday • starting Sept. 18th

- Financial help is available for low income families.

**Adult leagues run from the second week of September to the last week of April (approx 31 weeks).**

- Enter with a team or as an individual or couple looking to join a team. Costs are \$11.50 per week (approx \$356.50 for the year, shoe rental, if needed, is extra).
- Super league Thursday \$16.50 per week (approx \$429.00 for the year, shoe rental if needed, is extra).
- Senior leagues, or Club 55+, run from the second week of September to the last week of April (approx 31 weeks). Costs are \$10.50 per week including free shoe rentals, if needed.

• All prices include HST.



**Come join the fun at Juniper Lanes!**

Call 250-426-2865 to register or for more details.



# Aquatics

## Adult and Teen Swimming Lessons and other Aquatic Programs



### Adult/Teen Lessons • Swim Basics 1 & 2

**Swim Basics 1** - We help to increase your comfort level and confidence in the water through floats, glides, kicking and swimming. An introduction to swimming with a focus on front swim.

**Swim Basics 2** - This course focuses on developing the front and back crawl, establishing comfort in deep water, and increasing your swimming distance.

Combined class. Ages 13 years +.

Monday and Wednesdays • 5:30-6:00 pm

September 12 - October 12

October 17 - November 16

November 21 - December 14

\$50.90/\$41.55 (City Discount)

### Adult/Teen Lessons • Swim Strokes

We help you develop one or more swimming strokes, working toward proficiency and increased endurance. If you are interested in developing your strokes so that you can train for a triathlon, this is the ideal course for you.

Ages 13 years +.

Tuesday and Thursdays • 5:30-6:00 pm

September 13 - October 13

October 18 - November 17

November 22 - December 15

\$50.90/\$41.55 (City Discount)

### Swim Sports

Swim Sports modules are designed as an "aquatic sampler". Each sport includes two fun and interactive lessons in the water. Sports include: Boating, diving, lifesaving sport, surfing & boogie boarding, swim workout, synchronized swimming, triathlon swim, underwater hockey and water polo. Ages 13 years +.

Tuesday and Thursdays • 4:00-4:45 pm

September 13 - October 13

October 18 - November 17

November 22 - December 15

\$56.60/\$49.95 (City Discount)

### Canadian Swim Patrol

This program is provided by the Lifesaving Society of Canada and recommended for kids 8-12 yrs old.

It is designed for skilled young swimmers who would like to supplement, or are ready to go beyond, the Red Cross Swim Kids program. Canadian Swim Patrol is organized into three progressive levels – Rookie, Ranger, and Star and is designed to make good swimmers into proficient Water Smart Lifesavers. An excellent option for kids interested in gaining skills for Lifeguarding but also recommended for those kids who are going through the Red Cross continuum but wanting a challenge.

Cranbrook Aquatic Center recommends the following:

Red Cross SK 7 • Canadian Swim Patrol - Rookie

Red Cross SK 8 • Canadian Swim Patrol - Ranger

Red Cross SK 9 • Canadian Swim Patrol - Star

Red Cross SK 10 • Bronze Medal Awards - Bronze Star, Bronze Medallion, & Bronze Cross

(It is possible to complete more than one level per lesson set as Rookie, Ranger, Star will be offered together)

Monday and Wednesdays • 3:45-4:30 pm

September 12 - October 12

October 17 - November 16

November 21 - December 14

\$56.60/\$49.95 (City Discount)

## 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 third year.

Why Grade 5? These kids are at an age where they are old enough to understand rules and participate in a supervised activity, 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 15, 2011 to August 31, 2012.

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.

## Birthday Parties at the Pool

Book your birthday or group party & receive: **A&W Kid's Pack:**

 Fries, drink & your choice of either a baby burger, baby cheeseburger, hot dog or chicken strips.

**Pool swimming admission:** During public swimming hours with access to the wave pool & waterslide.

**PARTY ROOM! TREAT BAGS! FUN!**

**ALL FOR ONLY:**

\$8.00/child 12 yrs and under

\$10.00/child 13yrs+

(Minimum 8 kids)

For information contact

Leisure Services at 250.489.0220

  
**CRANBROOK**  
LEISURE SERVICES

# Aquatics



East Kootenay Music  
Teachers' Association

~ 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.

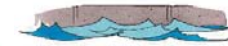
**For more information regarding music teachers or to become an EKMTA member** please contact EKMTA President, Lorraine Butler at 250-489-2609 (l\_butler@shaw.ca)

## Special Events

### SUNDAY SWIM!

12:00 noon - 8:00 pm

Every Sunday families can swim for \$10.75.  
Some restrictions apply.



### KOOTENAY ICE GAMES

Special swim rate during every Kootenay Ice home game!

• \$2.25 for kids • \$3.25 for adults • \$10.75 for families

### MOVIE NIGHT

FRIDAY, OCTOBER 14<sup>TH</sup> • 7:00-9:00 PM

Skip the popcorn and 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 for kids • \$3.25 for adults • \$10.75 for families



## Kootenay THERAPY CENTER

#8-1777 2nd St. N., Cranbrook  
Conveniently located in the Rec Plex  
[www.kootenaytherapycenter.com](http://www.kootenaytherapycenter.com)

### Physiotherapy

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

### Kinesiology

Jodie Holley, BHK

### Massage

Chris Nakahara, RMT

*"No matter what your age or condition now, 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

## Special Events

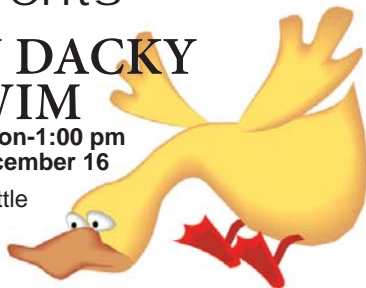
### It's the **WACKY DACKY DUCKY SWIM**

Every Friday • 12:00 noon-1:00 pm  
from September 2 - December 16

Over one thousand fun little rubber duckies will be in the pool, swimming around, waiting for you!

See if you can collect all of the fireman ducks, or the nurse ducks, or the cowboy duckies. Each one has its own personality!

• \$2.25 for kids • \$3.25 for adults • \$10.75 for families



### SWIM WITH SANTA

SUNDAY, DECEMBER 11<sup>TH</sup>  
2:00-4:00 PM

Celebrate the holiday with family, friends and Santa! He will be at the pool spreading holiday cheer before he gets to work on his busiest night of the year.

• \$2.25 for kids • \$3.25 for adults • \$10.75 for families

## Psychomotricity & Judo



### What is Psychomotricity?

Psychomotricity (Psychomotor Education) 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, suppleness, 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.

### JOIN US FOR OUR FREE INITIAL CLASS, SEPT. 9TH!

Contact: Jesus Navarro  
250-919-3350  
Jesuskaizen@gmail.com

### Fees:

\$110 Sept-Dec / \$140 Jan-May  
\*\$150 Sept-Dec/ \*\$180 Jan-May (13 & up)  
Exam fee: \$15  
Annual Judo BC registration \$50/\*\*\$60

### Location:

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

### Registration:

RecPlex • Sept. 8 • 6-8pm

Dates: Fridays (start Sept 9)

### Classes:

3:15-4:00 pm (4-5 yr. olds)  
4:00-5:00 pm (6-8 yr. olds)  
5:00-6:00 pm (9-12 yr. olds)  
5:00-6:30 pm (\*13 to adult)

# What are you waiting for?

RECREATION • COMPETITIVE • MASTERS • TRIATHLON

Find out why swimming is one of BC's favourite sports on the local and world stage?

**FREE TRIAL** in the pool every Monday  
from 4:00 to 5:00 pm beginning September 12, 2011.



See yourself swimming!



## CRANBROOK TRITON SWIM CLUB

FOR INFORMATION CONTACT **DAVE 250-421-0018** Coach, Triton Swim Club

# Aquatics

## Ages 6+ Swimming Lessons



### DATES, CLASSES & TIMES

#### MONDAY & WEDNESDAY

Set 1 • September 12 - October 12

Set 2 • October 17 - November 16

Set 3 • November 21 - December 14

#### Swim Kids 1 and 2

4:00 pm-4:30 pm • 5:00 pm-5:30 pm

#### Swim Kids 3

4:00 pm-4:30 pm • 4:30 pm-5:00 pm

#### Swim Kids 4

4:30 pm-5:00 pm • 5:00 pm-5:30 pm

#### Swim Kids 5

4:30 pm-5:00 pm

#### Swim Kids 6 and 7

5:15 pm-6:00 pm

#### Swim Kids 8, 9 and 10

4:30 pm-5:15 pm

#### TUESDAY & THURSDAY

Set 1 • September 13 - October 13

Set 2 • October 18 - November 17

Set 3 • November 22 - December 15

#### Swim Kids 1 and 2

4:00 pm-4:30 pm • 5:00 pm-5:30 pm

#### Swim Kids 3

4:00 pm-4:30 pm • 5:30 pm-6:00 pm

#### Swim Kids 4

4:00 pm-4:30 pm • 5:00 pm-5:30 pm

#### Swim Kids 5

4:30 pm-5:00 pm • 5:00 pm-5:30 pm

#### Swim Kids 6 and 7

4:45 pm-5:30 pm

#### SATURDAY

September 10 - November 26

(No lessons on October 8 or November 12)

#### Swim Kids 1 and 2

10:00 am-10:30 am

11:00 am-11:30 am

#### Swim Kids 3

9:00 am-9:30 am • 10:30 am-11:00 am

11:30 am-12:00 pm

#### Swim Kids 4

9:00 am-9:30 am • 10:30 am-11:00 am

#### Swim Kids 5

9:30 am-10:00 am

11:00 am-11:30 am

#### Swim Kids 6 and 7

10:00 am-10:45 am

#### Swim Kids 8, 9 and 10

10:45 am-11:30 am

#### Swim Kids 1

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

#### Swim Kids 2

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

#### Swim Kids 3

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

#### Swim Kids 4

Front crawl, back glides and body rolls are further developed. 25m endurance swim.

#### Swim Kids 5

Back crawl, sculling skills and whip kick on the back are introduced. Endurance is increased to a 50m 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

Level 8 provides an introduction to 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 scissor kick. 500m endurance swim.

#### FEES

##### Swim Kids 1 to 5

\$50.50/\$41.00 (City Discount)

##### Swim Kids 6 to 10

\$58.50/\$47.25 (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 1<sup>st</sup> through to August 31<sup>st</sup>.
- 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.

#### HOW THE PROCESS WORKS

- An adult initiates the application on behalf of a child.
- The adult forwards the application to the adjudicator who is familiar with the applicant's financial situation. The Adjudicator must be a professional in the community, i.e. Principal, Counselor, Social Worker etc.
- Coaches, directors of clubs, co-workers, or family members are not accepted as Adjudicators.
- The Adjudicator must agree to participate in this process and a brief telephone follow-up is required.

#### “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 stay in Cranbrook.



# Aquatics

## Preschool Swimming Lessons



### DATES, CLASSES & TIMES

#### MONDAY & WEDNESDAY

Set 1 • September 12 - October 12

Set 2 • October 17 - November 16

Set 3 • November 21 - December 14

#### Duck • Sea Turtle

4:00 pm-4:30 pm

#### Sea Otter

3:30 pm-4:00 pm • 4:30 pm-5:00 pm

#### Salamander

3:30 pm-4:00 pm • 5:00 pm-5:30 pm

#### Sunfish • Crocodile

3:30 pm-4:00 pm • 5:30 pm-6:00 pm

#### Whale

5:30 pm-6:00 pm

#### TUESDAY & THURSDAY

Set 1 • September 13 - October 13

Set 2 • October 18 - November 17

Set 3 • November 22 - December 15

#### Starfish

9:30 am-10:00 am • 5:30 pm-6:00 pm

#### Duck • Sea Turtle

10:00 am-10:30 am • 4:00 pm-4:30 pm

#### Sea Otter

9:00 am-9:30 am • 10:30 am-11:00 am

3:30 pm-4:00 pm • 4:30 pm-5:00 pm

#### Salamander

9:30 am-10:00 am • 10:30 am-11:00 am

3:30 pm-4:00 pm • 4:30 pm-5:00 pm

5:00 pm-5:30 pm

#### Sunfish

10:00 am-10:30 am • 4:30 pm-5:00 pm

5:30 pm-6:00 pm

#### Crocodile

9:00 am-9:30 am • 3:30 pm-4:00 pm

4:30 pm-5:00 pm • 5:30 pm-6:00 pm

#### Whale

9:00 am-9:30 am • 3:30 pm-4:00 pm

5:30 pm-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 will participate in the classes with their child for the first three 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 a buoyant object and how to perform basic glides and kicks.



#### Sea Otter 3-5 years

##### (Transitional level)

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 stroke 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 17 - November 26

(No lessons on October 8 or November 12)

#### Starfish • Duck • Sea Turtle

11:30 am-12:00 pm

#### Sea Otter

9:30 am-10:00 am • 10:30 am-11:00 am

11:30 am-12:00 pm

#### Salamander

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

### FEES

Starfish • Duck • Sea Turtle

Sea Otter • Salamander

Sunfish • Crocodile • Whale

\$50.50/\$41.00 (City Discount)



## Private Swimming Lessons

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

Private lessons are for children or adults who:

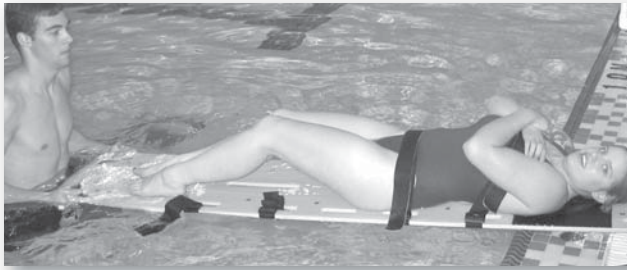
- learn better one-on-one
- need to master a few skills to advance to the next level
- need to prepare for a Leadership or Lifeguard Course

**For information or to book a lesson call 489-0224.**

Cost per 1/2hr: Child \$23.00/\$18.00 (City Discount)  
Adult (14 yrs. +) \$30.25/\$20.20 (City Discount)

# Aquatics

## Aquatic Leadership



### AWSI

#### (Assistant Water Safety Instructor)

This course covers the foundation of instructional skills, including teaching methods, learning styles, physical principles, progressions, communication, safety supervision and feedback. Candidates are evaluated during 8 hours of assistant teaching and through individual study assignments. Upon successful completion of the course, candidates are able to co-teach the Red Cross Swim programs under the supervision of a fully certified Water Safety Instructor.

The AWSI certification is current for two years and is a prerequisite to the Red Cross Water Safety Instructor course. Ages 15 years +.

Friday to Sunday • 4:30-8:30 pm  
September 23 to October 2

Course # 17119

\$369.50/\$313.20 (City Discount)  
Cost includes course manual.

### WSI (Water Safety Instructor)

This course further develops instructional ability by focusing on how to effectively plan and teach the Red Cross Swim program continuum. Other topics include instructional emergency response skills and stroke development, drills, and corrective strategies. Candidates apply their teaching skills and knowledge during 9 - 11 hours of practical teaching experience.

Upon successful completion of the course, candidates are certified as Water Safety Instructors and can teach the Red Cross Swim program anywhere in Canada. Ages 15 years +.

Saturday and Sundays • 11:00 am-6:00 pm  
November 26 to December 4

Course # 17120

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

### NLS Waterpark

For Lifeguards who would like to gain knowledge and skills in Water Park equipment and rescue. Must hold a current NLS Pool option. Ages 16 years +.

Wednesday to Friday • 10:00 am-5:30 pm  
Saturday • 1:00-5:00 pm

August 31 to September 3

Course # 17090

\$269.60/\$222.30 (City Discount)  
Cost includes candidate fees.

### Bronze Star/Medallion

This course will certify the candidate in Bronze Star and Bronze Medallion. Developing proficiency in life-saving, resuscitation and water rescue skills, these awards are important 'building blocks' towards further first aid and lifeguard training. Pre-requisites: Bronze Star - 12 years. Bronze Medallion - 13 years + or have Bronze Star.

Monday, Wednesday and Friday • 3:45-6:30 pm

September 12 to October 14

Course # 17117

\$209.25/\$171.25 (City Discount)  
Cost includes candidate fees.

### AEC (Aquatic Emergency Care)

Take your lifesaving training to the next level! This course is specially designed for the lifeguard in training. It is the equivalent to Standard First Aid. The course includes a water rescue component to better prepare a candidate for Aquatic emergencies as well as to care for injuries and illness in a non aquatic setting. Bronze Medallion is the pre-requisite. Ages 15 years +.

Sunday to Wednesday • 11:00- am 6:00 pm

December 18-21

Course # 17118

\$286.70/\$236.50 (City Discount)  
Cost includes course manual and candidate fees.

### COMING SOON!

#### First Aid Instructor

As a Lifesaving First Aid Instructor you will be qualified to teach CPR Level A, B, C, CPR-HCP, Emergency and Standard First Aid, AED Responder and AED Provider, Oxygen Therapy and Aquatic Emergency Care (if you hold LSI or NLS certification). Ages 18 years +. SFA and AED need to be current 1 year.

## Certified DIVING instruction

CRANBROOK  
& KIMBERLEY



SEPTEMBER 12<sup>TH</sup> TO NOVEMBER 30<sup>TH</sup>

#### Learn to Dive Classes

6-8 years who can swim in deep water.  
Limit 6 per class.

Monday • 6:00-6:30 pm

Cost: 1 night per week: \$60

plus \$10 registration fee to Dive BC.

#### Regular Dive Club

Monday • 6:30-7:30 pm

&/or Wednesday • 6:00-7:00 pm

Cost for 1 night a week: \$120, both nights  
\$210 plus \$10 registration fee to Dive BC.

\*Diver Registration fees are paid yearly  
starting in September.

For information call Helga  
at 250-427-4663



# Aquatics

## Fitness Schedule • September 5 - December 16

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

Monday	Tuesday	Wednesday	Thursday	Friday
Deep Aquafit 7:15-8:00am	Specialty Aquafit 7:30-8:15am	Deep Water Running 7:15-8:00am	Specialty Aquafit 7:30-8:15am	Deep Aquafit 7:15-8:00am
Shallow Transitional Aquafit 8:45-9:30am		Deep Aquafit 8:45-9:30am		Shallow Transitional Aquafit 8:45-9:30am
Senior Swim & Functional Fitness 11:15-12:00 noon	Joint Mobility 11:15-12:00 noon	Senior Swim & Functional Fitness 11:15-12:00 noon	Joint Mobility 11:15-12:00 noon	Senior Swim & Functional Fitness 11:15-12:00 noon
Shallow Transitional Aquafit 6:15-7:00pm	Deep Aquafit 6:15-7:00pm	Shallow Transitional Aquafit 6:15-7:00pm	Deep Aquafit 6:15-7:00pm	



### MEET JARI WEAVER AQUATIC COORDINATOR.

Jari has a keen interest in fitness and is currently a WaterART Master Trainer of Aquafit Instructors. She has been a certified Aquafit instructor herself since 1992 and has achieved the status of a

WaterART 'Gold' certified instructor, having at least 5 different aqua fitness certifications to her credit.

As well she is certified as group exercise instructor and currently loves to teach spinning classes. As a fitness leader Jari says it is important for her to make a connection with her class. *"It is not always easy to be in front of a large group of people – its intimidating. I aim to have a good time with the group and I try to let my personality shine through. I don't take myself too seriously."*

Jari trains all our Aquafit instructors as well as those in the Kootenays.

### SENIOR "FUN"CTIONAL FITNESS PROGRAM

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.

### 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.

### 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.

### SPECIALTY AQUAFIT

There are many exciting programs your instructor may choose from or combine. Some of these may include, Awesome Abdominals – using balls to challenge balance and stability. Finning – uses flippers and concentrates on exercises that target muscles in the hips and thighs. Aquatic Step - a fun and challenging program using the Speedo steps in the pool. Circuit Training – using stations a mix of cardio and muscle sets doing specific exercises as you go through the circuit. This program is for the intermediate to advanced participant.

### FITNESS PASS

12 visit pass \$82.20/\$66.00 (City Discount)  
Valid Monday-Friday 6:30am - 6:00pm



### 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 and improve 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 Pool Schedule • September 3 - December 18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Bird Lap and Leisure • 6:30am-9:30am					Every <b>SUNDAY</b> families can swim for \$10.75	
Public Swim 9:30am-11:00am	Limited Use • 9:30am-12:00pm (1 lane available)			Public Swim 9:30am-11:00am		
Lunchtime Lap and Leisure • 12:00pm-1:00pm (3-4 lanes available) No Waves				<b>Wacky Dacky Ducky Swim</b> 12:00-1:00pm	Family Swim • 12:00-1:00pm (1 lane available)	
Public Swim • 1:00pm-3:00pm (2 lanes available)				Public Swim 1:00pm-9:00pm (2 lanes available)	Public Swim 1:00pm-8:00pm (2 lanes available)	
Limited Use • 3:00pm-6:00pm (1 lane available)						
Family Swim • 6:00pm-7:00pm (1 lane available)						
Public Swim • 7:00pm-9:00pm (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.

## Swim Admissions

	Single		10 Visit		1 Month		6 Month		12 Month	
Infants (0-2yrs)	\$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 (13-18yrs)	\$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

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.

**LAP AND LEISURE** Some facilities will be open, but both pools will be shared with organized instructional programs. The wave pool, water slide and diving board may not be available during these times.

**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.

**LIMITED USE** At least one lane of the main pool available to the public for laps, water walking or running. Full use of hot tub, steam room and sauna. The waves and water slide are not available due to aquatic programs.

**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, whirlpool, wave pool, bubble pit and raindrop. The rope swim and slide will be open when there is a staff supervision. The lap pool will have a minimum of two lanes open for lane swimming.





# 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 the Cranbrook Rec Plex, 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 Development

**Angie 250.489.0040 ext. 232**

Fax Number

**250.489.6154**

### REGULAR OFFICE HOURS

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

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

### 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 10 for more information on the Sport Pass.

**\*All prices include HST.**

### REFUNDS/CREDITS

- 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 a medical reason.
- A \$10 administration charge applies to all refunds.
- 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](http://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.*

### 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](http://www.cra.gc.ca/fitness).***

# At a glance



## Swimming

Adult, teens, kids and toddlers, lessons for all ages.

Swimming lessons • Page 23, 26 and 27

## Out on the ice!

Learn to skate at any age.

Skating lessons • Page 7



## Soccer

Play indoors this fall.

Indoor Soccer • Page 7



## Fit for life!

Girls will increase, flexibility muscle and inner strength.

Girls fitness class • Page 10

**Come and hit the ball around!**

Squash, Racquetball and Wallyball all at the RecPlex!

Racquet Court • Page 18



**CRANBROOK**  
LEISURE SERVICES