Cranbrook Community Services

Program Guide

Check It Out!
Adult Sports
Information on Page 9

Summer 2019

Online registration coming later this year!
The warm weather is here and with it comes a variety of great programs offered through the Community Services Department.

**Kidsport and Jumpstart**
If finances are tight and there isn't much left to put towards extra activities or sports for your kids, KidSport or Jumpstart may be able to help.

KidSport has a local Cranbrook chapter and believes no child should be left out of the opportunity to experience the positive benefits of organized sports. Jumpstart, a program funded by Canadian Tire Jumpstart Charities, is dedicated to helping kids participate in organized activities to improve health and well being. Both programs offer support by assisting with the cost associated with registration, equipment and/or transportation.

In the program guide you will see their icons beside programs that are applicable for funding. Drop by Community Services at Western Financial Place for more information or to pick up a KidSport application. Jumpstart applications can be completed online at jumpstart.canadiantire.ca

**Registration**

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 Community Services desk in Western Financial Place, 1777 2nd St. N.

Pool Hours and Rates 250.426.5050
Registration Inquiries 250.489.0220/0221

Arena Inquiries and Bookings
Denise 250.489.0257

Aquatic Supervisor
Aaron 250.489.0224

Recreation Program Coordinator
Jodine 250.489.0270

Fax Number 250.489.6154

**24 HOUR INFORMATION LINE**

250.426.5050

Aquatic Schedule • Swim Admissions • Special Events

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**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 will 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.

**REGULAR OFFICE HOURS**

Monday - Friday 8:00 am-8:00 pm
Saturdays and Sundays 12:00-7:00 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.

*All prices include GST.

**REFUNDS/CREDITS**

• A $10 administration charge applies to all refunds.

• Requests for refunds/credits will be considered once a signature is received.

• A Doctor’s note must accompany all requests for refunds/credits due to medical reasons.

• 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.

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**CRANBROOK COMMUNITY SERVICES**

Promoting healthy lifestyles.
Summer Playground Program

Non-stop summertime fun!

In The Playground Program you can expect a variety of fun activities to engage your kids in the park each day. Each week has a theme with activities built around that theme. Kids will take part in interactive play, games, sports, art and crafts and tons of field trips. There is weekly swimming at the Aquatic Centre and Fridays are spent at Jim Smith Lake.

The Leaders are students who have First Aid qualifications and have diverse backgrounds in the arts, science and in sports. They are young adults who love kids and many are on the road to become teachers. Ages 5-12 years.

The Playground Programs home base is Rotary Park (the Memorial Arena in case of bad weather.) Pre and post care is available to weekly campers (please note late fees apply.) Children will need a healthy lunch, snacks and a water bottle.

Dates
Monday to Friday
9:00 am-4:00 pm
Pre-care 8:00-9:00 am
Post-care 4:00-5:00 pm
• July 2 - July 5 • July 8 - July 12
• July 15 - July 19 • July 22 - July 26
• July 29 - August 2
•*August 6 - August 9
• August 12 - August 16
• August 19 - August 23

Fees
Weekly Cost: 1st child $132.00 ,
2nd child $86.00, 3rd child $66.00
Daily Cost: $32.00
(Sorry no half days.)
*Shorter camp, reduced fees.
Pre/Post Care
Weekly: $60.00 Daily: $15.00

Email kidsport-cranbrook@shaw.ca
for more information about...
• becoming a member organization
• making a donation
• receiving funds

www.kidsportcanada.ca

Registration: 250-489-0220/0221
Youth Programs

Soccer
McDonald’s League
This non-competitive league is sponsored by McDonald’s Restaurant and provides the younger soccer player with the basic skill and rules of the game. Each child receives their own team t-shirt, ball and season end treat from McDonald’s. No cleats allowed in this league.

Tiny Tot • Ages 3-4 years
Tuesdays • 6:00-6:45 pm
May 7 - June 11
Thursdays • 6:00-6:45 pm
May 9 - June 13
Cost: $58.00

Super Soccer • Ages 5-7 years
Tuesdays • 7:00-7:45 pm
May 7 - June 11
Thursdays • 7:00-7:45 pm
May 9 - June 13
Cost: $58.00

Youth Sport Night
In partnership with: YOUTHIMPACT
This is a great way to spend time this spring while hanging out with your friends. Participants will be part of choosing the sports each week. For more information email Brianna at cranbgc.yl@shaw.ca
Location: Steeples School.
Ages 12-17 years.
Thursdays • 6:00-8:00 pm
April 4 - June 6
Cost: $FREE

Youth Fit
In partnership with: CORE FITNESS
Are you interested in learning how to safely work out at the gym? This class will introduce you to the basics of fitness and weight training using a variety of equipment. Location: CORE Fitness. Ages 12-15 years.
Tuesdays • 3:30-4:30 pm
April 23 - May 14
Cost: $40.00

Golf
In partnership with: WILDSTONE GOLF COURSE

Junior SNAG Golf
SNAG stands for ‘Starting New at Golf’. It is EASY to learn and can be played ANYWHERE. Visit www.snagcanada.com
SNAG contains all the elements of golf but in a modified form. Falling somewhere between miniature golf and regulation golf, SNAG allows for full shots, pitching, chipping, and putting. It is a proven learning & training tool for entry level golfers. Ages 6-9 years.
Tuesdays • 4:30-5:30 pm
April 30 - May 21
Wednesdays • 4:30-5:30 pm
May 1 - May 22
Cost: $45.00

Level 1 Junior Summer Camp
Designed for beginning golfers and juniors who seek a basic knowledge and understanding of golf. Focus on Fun and Safety first, setup fundamentals applied to putting, chipping, pitching and full swing. Incudes 2 days, 10 hours of professional instruction, daily snack and Wildstone hat. Ages 9-13 years.
Monday and Tuesday
8:30am-1:30pm
July 15 and 16
July 22 and 23
August 12 and 13
Cost: $109.00

Child Safety
In partnership with: Kidproof
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 alone. Ages 10 years +.
Tuesday • 5:00-7:00 pm
April 9
May 21
Friday • 10:00am-12:00 pm
July 12
August 23
Cost: $30.00

Babysitters Training
Babysitter Training is designed to increase confidence and provide the hands-on experience and skills needed to be a great babysitter. This course teaches everything from responsible caregiving to job interview etiquette. Ages 11 years +.
Saturday • 9:00-4:30 pm
April 13
May 25
Thursday • 9:00-4:30 pm
July 11
August 22
Cost: $85.00

No School Fridays Art
Instructor: Colleen Routley
Ages 8-12 years. Supplies included

Pottery
Over this two day program kids will experiment with kiln fired clay and glazing, learn building and forming skills, and take home a variety of fun projects.
Monday / Friday • 12:00-4:00 pm
April 8 and May 3
Cost: $85.00

Suprise Soap and other colourful crafts!
Lots is going on in this two day program. First, kids create fun little items from Fimo clay, then they create colourful soaps to hide them in. Creative packages finish off their projects AND then its a colour explosion with tie dyed shirts.
Fridays • 12:00-4:00 pm
May 17 and May 31
Cost: $96.00
Adult Programs

Dog Obedience
Instructor: Deb Girvin
Deb has been teaching obedience classes for 18 years and has been operating The Leash I Can Do Dog Training Services in Cranbrook since 2011, specializing in home visits to help families get off on the right foot/paw when bringing a new puppy home. Deb has shown golden retrievers through their Canadian Championships in both conformation and obedience and continues to compete in both venues.

Training a Performance Puppy
Dogs 2-6 months
This class is for owners with puppies under (6) months of age that may have aspirations to pursue performance events such as competition obedience, rally obedience, or agility. As well as general socialization activities, the class will introduce puppies to equipment and skills that will provide a solid foundation for future training in performance events. Ages 16 years +.
Tuesdays • 5:00-6:00 pm
May 14 - June 18
Cost: $86.00

Puppy Socialization
Dogs 2-4 months
Proper socialization of puppies is an extremely important phase of dog training and ensures that your puppy becomes an enjoyable, polite and trusted member of your family. This class exposes 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
May 14 - June 18
Cost: $86.00

Basic Training
Dogs 4 months & Up
This class will teach you how to train basic dog obedience commands and good manners. It will also provide the foundation for future activities you may wish to pursue with your dog, including Competition Obedience, Rally Obedience and Agility. Positive training methods will be used, with treats and toys as motivators. Ages 16 years +.
Tuesdays • 7:00-8:00 pm
May 14 - June 18
Cost: $86.00

Adult Art
Instructor: Colleen Routley
Painting
Flowers, Mountains and Sunsets
Using acrylic paints Colleen will walk you through the steps of creating a beautiful painting. You will have a variety of beautiful pictures to choose from or come with your own idea. Supplies included. Ages 19 years +.
Thursdays • 7:00-9:00 pm
May 2 - May 23
Cost: $128.00

Needle Felting
Needle felting is simple in concept but looks complex in execution, and the results are your own adorably fuzzy creations made completely out of wool. Supplies included. Ages 19 years +.
Thursday • 6:30-9:00 pm
April 25
Cost: $48.00

Glass Fusing
Join the fun in this beginner glass fusing and slumping class. You will learn to cut and mold special glass and melt jars into unique items All supplies and kiln firing are included. Ages 19 years +.
Mondays • 7:30-9:30 pm
May 6 and May 13
Cost: $106.00

Guitar Lessons
Instructor: Bill Brewer
Learn to Play in 8 sessions!
It is time to break out your acoustic guitar from the closet and commit to finally learning how to play it! Led by Bill Brewer, a music lover who wants to share his passion for guitar. By the end of this program participants should be able to play the harmony part of a simple 3 chord song. Participants will need to bring a 6 string acoustic guitar - an electronic tuner and capo are recommended. Location: Laurie School band room. Ages 16 years +.
Tuesdays and Thursdays
7:00-9:00 pm
May 7 - May 30
Cost: $86.00

Pottery
If you are interested in experimenting with kiln fired clay and food safe glazes come and try it out! You will learn building and forming skills, and get valuable hands on experience. You will make several hand built pottery pieces like bowls, plates or pendants. Supplies and kiln firing are included. Ages 19 years +.
Mondays • 7:00-9:00 pm
April 8, 15 and 29
May 27, June 3 and 17
Cost: $102.00

Adult Programs

New! 

Registration: 250-489-0220/0221
Adult Programs

Fitness
In partnership with: [CORE FITNESS]

Seniors Boxing
Boxing is a great workout at any age, but did you know that boxing has incredible benefits for Seniors, including improving balance, motor skills, overall strength and mental focus? Did you know boxing is especially great for individuals with Parkinson’s disease. Research has shown it can actually slow down and reverse symptoms! Join our certified boxing instructor, Bill Watson, and try something new! Focus will be on fun. Non contact. All levels welcome (a health screening form must be completed to participate). Location: CORE Fitness. Ages 55 years +.
Tuesdays • 1:15-2:15 pm
April 16 - May 14
Cost: $54.00

Ladies Learn Weights
Learn all the essentials of weight training including proper technique and how to set up a program using free weights and machines. Led by a certified personal trainer, you will finish this program being confident in the gym! Location: CORE Fitness.
Tuesdays • 10:30-11:30 am
April 23 - May 14
Cost: $42.00

Couch to 5K
Have you always wanted to run? Couch to 5K is a fun and non-intimidating way to learn to run for the first time or improve endurance. It is designed to safely work your way up from walk/run intervals to running a 5 km distance in 8 weeks! Meet at CORE Fitness. Ages 18 years +.
Sundays • 10:00-11:00 am
April 28 - June 16
Cost: $60.00

Seniors Move Weights
If you are learning how to weight train for the first time or want to perfect your form, join this safe and effective group workout. (led by Christie Kennedy, who is skilled in working with a variety of concerns and goals for older adults.) Resistance training will build confidence, increase bone density, muscle mass, and improve posture and balance. Location: CORE Fitness. Ages 60 years +.
Wednesdays • 10:00-11:00 am
May 1 - May 29
Cost: $54.00

Ladies Learn Weights

Seniors Move Weights

RMRFOOTBALL.CA
rmramsfootball@gmail.com
250-489-9213

ROCKY MOUNTAIN RAMS
YOUTH FOOTBALL
MAY/JUNE

REGISTER/MORE INFO:
RMRFootball.ca
RM RamseyFootball@gmail.com
250-489-9213

JUNE – AUGUST 2019
CORE FITN
HPT
HIGH PERFORMANCE TRAINING
For our fifth consecutive year we are excited to bring a professional dryland training program to the Kootenays! This comprehensive training program is similar to what pro athletes do in their off season! This program will help kids become better overall athletes and prepare for the 2019/20 hockey volleyball, or basketball season.

PROGRAM INCLUDES
3 months of periodized training (June-August)
Pre and post program fitness testing
3+ workouts, designed and led by Kinesiologists and Certified Trainers
Educational workshops
Super cool T-shirt

209 16 Ave N., Cranbrook, BC, V1C 5L8
For more information or to register: Christie Kennedy at 250-426-7110 or email Christie@corefitnessinc.ca
Fitness for 65+
Instructor: Christie Kennedy
If you’re 65 or older and want to get more active these FREE programs are made for you.

Choose to Move
In the Choose to Move Program you get a customized physical activity program that is based on YOUR interests, goals, ability, and income.
By signing up for our unique program you will get: one-on-one meetings with your coach to develop an action plan that will work for you in the long-term, access to group meetings and individual telephone calls to provide ongoing support.
Mondays • 12:30-1:30 pm
Group Meetings • May 6, 20, June 3, 17 and July 15.

ActivAge™
This fun and social program will get you moving in a relaxed and inviting class environment with like minded people.
You have two different program options to choose from: Option 1 focuses on improving activities of daily living, strengthening muscles used day-to-day;
Option 2 focuses on exercises that will enable you to become more involved with other activity programs or sports.
The classes include discussions and handouts to help you improve your overall health and physical well-being. 12 Sessions.
Option 1 • May 1 - July 17
Wednesdays • 1:00-2:00 pm
Option 2 • May 2 - July 18
Thursdays • 1:00-2:00 pm

ActivAge™ and Choose to Move this Spring!
Don’t miss your opportunity to be part of these FREE fitness programs.

Check out the Friend’s bookshelves by the Library circulation desk.
There’s a wide variety of reading material for... only $2.00

BOOKS WANTED!
Donation of good quality books for all ages are accepted year-round.

Acti

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Choose to Move
Are you 65+ and looking for motivation to get physically active?
Join Choose to Move
a motivation and support program to help you set and meet physical activity goals.
To learn more about Choose to Move visit www.choosetomove.info
Read more about Choose to Move and ActivAge™ in the Recreation & Parks BC magazine article at www.bcrpa.bc.ca/media/42921/activage-article-f-2016.pdf

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FIRST AID TRAINING
Cranbrook

We are regularly offering the following courses:

- Level 1, Level 2 & Level 3 First Aid
- Transportation Endorsement
- Standard First Aid
- CPR ‘C’ & AED

Strategic Fire Control is an Approved WorkSafeBC First Aid Training Agency.

Our First Aid Training will help you to feel CONFIDENT and become CERTIFIED for your personal or professional First Aid needs. We offer the WorkSafe BC OFA and Red Cross First Aid courses - recognized throughout Canada.

Call or email us for more information

Phone: 250-426-2525
Email: strategic1@shaw.ca

New Location: 356 VanHorne Street South
When you think First Aid Training, think Strategic!

SUMMER CAMP AT ARQ
Half day(s) & Full day(s) available

YOUTH MEMBERSHIP
Punch cards & monthly pre-paid

climbbarq.com • 250.489.0620
1924 Industrial Rd 2, Cranbrook

*We have air conditioning!!
### Adult Programs

#### Golf

In partnership with: **Wildstone Golf Course**

**Group Programs include:** $120.00 value in extras included!

- 2 hours of group instruction (min 4 max 7 students)
- Punch card for 5 small buckets of balls
- Two-for-One 18 Hole Golf voucher
- Pro Shop clothing discount voucher
- 50% off private lesson certificate

**Swing FUNdamentals 101**

For both beginner golfers and experienced players who seek basic knowledge & understanding of their game. Focus on setup fundamentals and full swing. Ages 16 years +.

**Mondays - 6:00-7:00 pm**
- April 29 and May 6
- May 27 and June 3
- June 10 and June 17
- August 19 and August 26

**Mondays - 7:15-8:15 pm**
- September 9 and September 16

**Wednesdays - 6:00-7:00 pm**
- May 15 and May 22
- July 24 and July 31

**Wednesdays - 7:15-8:15 pm**
- May 1 and May 8
- June 5 and June 12

**Thursdays - 6:00-7:00 pm**
- August 1 and August 8

**Thursdays - 6:30-7:30 pm**
- May 2 and May 9
- June 6 and June 13
- June 20 and June 27

Cost: $68.25

#### Short Game 101

**Designed for all golfers.**

The closer you lie to the hole, the more critical your skills become! Focus on how to play the game on and around the greens. Short game strategies, creativity and different shot scenarios for putting & chipping. Ages 16 years +.

**Monday - 7:15-8:15 pm**
- April 29 and May 6
- May 27 and June 3
- June 10 and June 17
- August 19 and August 26

**Mondays - 6:00-7:00 pm**
- September 9 and September 16

**Tuesdays - 6:00-7:00 pm**
- May 7 and May 14
- July 30 and August 6

**Wednesdays - 6:00-7:00 pm**
- May 1 and May 8
- June 5 and June 12
- August 14 and August 21

**Wednesdays - 7:15-8:15 pm**
- May 15 and May 22

**Thursdays - 6:00-7:00 pm**
- July 11 and July 18

**Thursdays - 6:30-7:30 pm**
- May 16 and May 23

**Thursdays - 7:15-8:15 pm**
- August 1 and August 8

**Thursdays - 7:45-8:45 pm**
- June 6 and June 13

Cost: $68.25

**Sign up for Swing AND Short Game and you’ll be at the top of your game!**

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#### Sports

**Mountain Biking Mama**

Instructor: Corrinne DeZoete

If you have biking experience but want to gain confidence biking on varied terrain, join Corrinne who will teach you braking, cornering, climbing hills & navigating small obstacles. First class covers basic maintenance and trail-side repair. Ages 18 years +.

Locations: Maintenance-Memorial Arena, Riding-COTR parking lot.

**Monday • 6:00-8:00 pm**
- May 13 (Maintenance and repair)
- Wednesdays • 6:00-8:00 pm
- May 15 - June 5

Cost: $81.00

**Pickleball Outdoor Beginners Lessons**

Participants will be taught the skills, rules and strategies of Pickleball in a fun and friendly environment. Equipment is provided. Location: Gyro Park Courts. Ages 16 years +.

**Mondays • 6:00-7:30 pm**
- April 29 - May 27
- June 3 - June 24

Cost: $38.00

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**LEARN TO ROW @ JIMSMITH LAKE**

Contact Roberta Rodgers • 250-421-8582
rockiesrowing.jimsmithlake@gmail.com

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**Child Care Resource & Referral**

Funded by: Ministry of Children and Family Development

Sponsored by: Community Connections Society of SE BC

East Kootenay CCRR provides child care information, referrals, and support to E.K. Child Care Providers, families, and community partners.

**Home of Crafty Creations and the Toy Lending Library**

20-B 12th Ave. N., Cranbrook, BC V1C 3V7
250-426-5677, 1-800-661-2445 or ekccrr@ccssebc.com

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**LEARN TO ROW @ JIMSMITH LAKE**

Contact Roberta Rodgers • 250-421-8582
rockiesrowing.jimsmithlake@gmail.com

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**ROCKIES ROWING CLUB**
Springtime Spruce Up

Spruce Up week is April 21-27

Spring is here and it’s time to clean up, restore and beautify our great community. Residents young and old can take part in cleaning up litter and other garbage from our neighbourhoods, fields, parks, forests, empty lots and alleys.

Taking part in Springtime Spruce Up is easy and is one of the simple thing anyone can do that helps our community. We supply the bags, you supply the volunteers! Call to register and let us know which area you are sprucing up, then come down to Western Financial Place to pick up your bags.

Call Community Services to register yourself, school or group 250-489-0220.

The elementary school with the most bags collected will win a free swim for each participating student and teacher!

Community Forest

Welcome

Only a few kilometers from downtown Cranbrook, the Community Forest is open year round for your enjoyment. With over 100 kms to explore, the trail system has become a recreation destination, providing opportunities for hiking, walking, running, mountain biking, horseback riding, photography, and simply to enjoy nature.

Dogs are welcome under the control of their owners. There are “Pet Waste Station Dispensers” at major trailheads providing bags for you to use. Garbage cans are right next to the Waste Stations for your convenience. Please be responsible & help keep our community trails clean.

Five trailheads provide access to the southern area of the Community Forest: Gateway trail at the College of the Rockies parking area; Chief Isadore (North end of Cranbrook); 2nd Street South; Lower Baker Mountain Road; and Upper Baker Mountain Road. For the Northern access into the Forest, use the Eager Hills or Fraggel Rock trailheads.

Last year, Trails BC constructed new, and upgraded existing trails to connect the Chief Isadore trail to Idelwild Park, creating new linkages throughout our community. The Wildhorse Cycling Club also constructed a new section of trail to expand this network (named Elephant Run).

This year, the CCFS has secured funding from the Columbia Basin Trust and local community members to build close to 5 km of new trail in the Minor/Chief Isadore area.

All new trails and current information can be found at https://www.trailforks.com/region/cranbrook/-community-forest/.

E-mail cranbrookcommunityforest@gmail.com with questions or concerns, or find us on Facebook.

How you can help

Become a member of the Cranbrook Community Forest Society. Visit cranbrookcommunityforest.com and click on Memberships.

Donate to the Community Forest Society, to improve trails, signage and other infrastructure; education and outreach; and forest and grassland ecosystem health. Contact cranbrookcommunityforest@gmail.com.
Indoor Walking

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 WFP. 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

The concourse is available from 6:00 am–10:00 pm daily with the exception of special events. It is closed all day during special events.

Please note, to access the concourse, you will be required to purchase a security card for a one-time $5 fee, available at the Community Services desk.

Running is not permitted around the concourse.

HEARTS IN MOTION WALKING CLUB meets from 9:00–10:00 am on Monday, Wednesday and Friday. Walks and meeting places vary throughout the summer with walking generally at WFP during bad weather. Call Hugo or Marion at 250-426-4529 or Jeanette at 250-426-2393 for more information and meeting locations.

Senior’s Park

What the Senior’s Park Exercises Can Do For You

The equipment in the fitness park is designed to provide effective enjoyable workouts focusing on cardio, strength, balance, flexibility and coordination.

It can:
• Improve cardiovascular and muscle endurance, strength, range of motion, balance, coordination and agility.
• Provide a balanced exercise program.
• Give variety to your exercise regime – there are numerous variations for all abilities.
• Decrease your risk of falls.
• Increase strength to muscles that support your joints.
• Increase your bone mineral density.
• Decrease pain.
• Provide you with the fitness so that you can better enjoy your recreational activities with decreased risk of injury.
• Reverse many of the age related changes to your body and mind.

The City of Cranbrook, in partnership with the Provincial Government has provided seniors with this great outdoor Fitness Park which offers free recreation for seniors and anyone over the age of 11.

Racquet Court

Grab a 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 calling Community Services at 250-489-0220.

Court fees are due at time of booking. Payment can be made over the phone with a credit card, pre-purchased passes or by payment at Community Services. Prices include GST.

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<thead>
<tr>
<th>COURT ADMISSIONS</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Child (3-12 yrs)</td>
<td>$3.35</td>
</tr>
<tr>
<td>Youth (13-18 yrs) Senior</td>
<td>$5.65</td>
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<td>Adult (19+ yrs)</td>
<td>$8.30</td>
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<td>Ten Ticket Child</td>
<td>$29.95</td>
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<tr>
<td>Ten Ticket Youth/Senior</td>
<td>$51.20</td>
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<tr>
<td>Ten Ticket Adult</td>
<td>$74.45</td>
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<tr>
<td>Yearly Child</td>
<td>$186.05</td>
</tr>
<tr>
<td>Yearly Youth/Senior</td>
<td>$310.05</td>
</tr>
<tr>
<td>Yearly Adult</td>
<td>$429.00</td>
</tr>
<tr>
<td>Yearly Family</td>
<td>$747.30</td>
</tr>
<tr>
<td>Yearly Adult Court &amp; Aquatic</td>
<td>$630.45</td>
</tr>
<tr>
<td>Yearly Family* Court &amp; Aquatic</td>
<td>$1134.90</td>
</tr>
<tr>
<td>Racquet Equipment Rental</td>
<td>$2.55</td>
</tr>
<tr>
<td>Court bookings(wallyball)</td>
<td>$34.05</td>
</tr>
</tbody>
</table>

*Family is classified as immediate only, max 4 people.
EAST KOOTENAY TRACK AND FIELD CLUB
JOIN THE WOLFPACK

2019 Season Now Open For Registration
- Open to all athletes ages 6+
  Great training for swimmers, hockey & soccer players,
  gymnasts and more!
Open to athletes in Cranbrook, Kimberley and
surrounding areas.
Practices Tuesdays and Thursdays 4:30-6:00pm
Starting April 2, 2019
Competitive and non-competitive options

For more information or to register
please find us on facebook or email us at
ektfc1@gmail.com

CRANBROOK, BC
AUGUST 12TH - AUGUST 16TH 2019

AGES 5-14
MUST HAVE PLAYED 1 YEAR OF MINOR HOCKEY
2 HOURS ON ICE INSTRUCTION
1 HOUR HOCKEY TALK AND
1 HOUR DRYLAND TRAINING
EACH DAY

HOCKEY SCHOOL COST: $450.00 TAXES INCLUDED
Register Online At: hockeyintherockies.ca
Contact: Don @ 250.489.5386 or Colin @ 403.793.5435
Or Email: sines24@hotmail.com

CRANBROOK FARMER’S MARKET
Spring Markets
Saturdays: 10am to 1pm
in the Ktunaxa Gym: 220 Cranbrook St. N.
The market moves back to 10th Ave. S. after Sam Steele Days

Summer Markets
Every Saturday: 9am to 1pm
From: JUN 22 To: AUG 31

Fall Markets
Every Saturday: 10am to 1pm
From: SEP 07 To: OCT 12

www.cranbrookfarmersmarket.com Find us! • Facebook

JOIN US FOR OUR 2019 SUMMER PROGRAMS!

WEEKLY CLASSES
- Junior Gym
  walking 5 years
  daytime classes
evening classes
  Tues & Thurs

- FUNDamental Gym
  5+ years
  Mon & Wed
  9:00-10:30

- Skill Clinics
  6+ years
  Fri 4:00-5:30

- Minicampers
  3-5 Years
  9:30-12:00
  Mon, Wed & Fri each week

DAY CAMPS
- 5+ Years
  full day - 9-4
  half day - 9-12 or 1-4

PARKOUR CAMPS
- 5+ Years
  July 8-11
  August 19-22
  10:00-2:00

MINI CAMPERS
- 3-5 Years
  9:30-12:00
  Mon, Wed & Fri each week

We gratefully acknowledge the financial support of the Province of British Columbia through the Ministry of Community Sport and Cultural Development

Registration: 250-489-0220/0221
Aquatics

Special Events

Free Community Sponsored Family Swim
On the following Saturdays, 12-1 pm
Children must be accompanied by a parent or guardian over the age of 16 years.
April 20 • sponsor: Silverado Construction
May 18 • sponsor: KD Electric
June 15 • sponsor: CANFOR
July 20 • sponsor: Dixon’s Service Centre
August 17 • sponsor: CUPE Local 2090

End of Summer Extravaganza Saturday
August 24 • 1-4 pm
Come on down to the pool and celebrate the end of summer and the beginning of school. Tons of fun filled activities!
Water balloon toss, ice cube game, mat races, tub races, swim races, speed glides, watermelon challenge, treasure hunt, jump rope splash, tug-a-war and lots more!

Swimming Lessons

Adult and Teen Swimming 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 +.

Spring
Mondays and Wednesdays 5:30-6:00 pm
*April 1 - May 1
*May 6 - June 5
Cost: $49.05
*Short lesson set, reduced fees.

Summer
Mondays, Wednesdays and Friday 11:00-11:45 am
*July 3 - July 12
July 15 - July 26
July 29 - August 9
August 12 - August 23
Cost: $33.85
*Short lesson set, reduced fees.

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 +.

Spring
Tuesdays and Thursdays 5:30-6:00 pm
April 2 - May 2
May 7 - June 6
Cost: $49.05

Summer
Tuesday and Thursdays 11:00-11:45 am
July 2 - July 11
July 16 - July 25
July 30 - August 8
August 13 - August 22
Cost: $22.55

Action Packed Aquatics

Lifesaving Sport
This course is designed for kids who have a passion for swimming, water safety and want to work on their aquatic fitness. It teaches leadership, team building, fair play, ethics in sports & responsibility. Ages 8 - 12 years.
Tuesday and Thursdays 11:00 am - 12:00 pm
July 2 - July 25
July 30 - August 22
Cost: $72.00

Lifesaving Sport
This course is designed for kids who have a passion for swimming, water safety and want to work on their aquatic fitness. It teaches leadership, team building, fair play, ethics in sports & responsibility. Ages 8 - 12 years.
Tuesday and Thursdays 11:00 am - 12:00 pm
July 2 - July 25
July 30 - August 22
Cost: $72.00

SPECIAL EVENT PRICES
$2.30 kids • $3.45 youth & seniors • $4.65 adults
$11.65 families (*Grade 5 passes are not valid!)

Fun in the Sun Saturday
July 6 • 1-4 pm
Come join the Lifeguards for a super fun filled day!
Diving board challenge, beach volleyball games, relay races, waterslide race, team races slip, slap, slop.... the list goes on and on of fun activities that will get you ready for summer.

No School Friday Swimming
Fridays
May 3, May 17, May 31 and June 14
Swim 1:00-3:00 pm
Children under 7 years must be accompanied by a parent or guardian over the age of 16 years.
*NI swims are subject to change.
Swimming Lessons

Preschool Ages
An 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 two levels, transitioning out during Sea Turtle, but are welcome at any time for all levels.

---

**Spring**

<table>
<thead>
<tr>
<th>MONDAY &amp; WEDNESDAY</th>
<th>TUESDAY &amp; THURSDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Set 1 • April 1 - May 1</em></td>
<td><em>Set 1 • April 2 - May 2</em></td>
</tr>
<tr>
<td><em>Set 2 • May 6 - June 5</em></td>
<td><em>Set 2 • May 7 - June 6</em></td>
</tr>
</tbody>
</table>

**Starfish**
4:00-4:30 pm

**Duck - Sea Turtle**
4:30-5:00 pm

**Sea Otter**
4:00-4:30 pm • 5:00-5:30 pm

**Salamander**
4:30-5:00 pm • 5:00-5:30 pm

**Sunfish • Crocodile**
5:30-6:00 pm

**SATURDAY**

April 6 - June 15

**Starfish**
11:30am-12:00pm

**Duck - Sea Turtle**
10:00-10:30 am

**Sea Otter**
10:00-10:30 am • 5:00-5:30 am

**Salamander**
9:30-10:00 am • 10:00-10:30 am • 4:00-4:30 pm

**Sunfish**
10:00-10:30 am • 4:30-5:00 pm

**Crocodile**
5:30-6:00 pm

---

**Summer**

<table>
<thead>
<tr>
<th>MONDAY TO FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Set 1 • July 2 - July 12</em></td>
</tr>
<tr>
<td><em>Set 2 • July 15 - July 26</em></td>
</tr>
<tr>
<td><em>Set 3 • July 29 - August 9</em></td>
</tr>
<tr>
<td><em>Set 4 • August 12 - August 23</em></td>
</tr>
</tbody>
</table>

**Starfish**
10:30-11:00 am

**Duck - Sea Turtle**
10:00-10:30 am

**Sea Otter**
9:00-9:30 am • 9:30-10:00 am • 10:30-11:00 am • 4:00-4:30 pm • 5:00-5:30 pm

**Salamander**
9:30-10:00 am • 10:00-10:30 am • 4:00-4:30 pm

**Sunfish**
10:00-10:30 am • 4:30-5:00 pm

**Crocodile • Whale**
9:00-9:30 am

---

**FEES**

| Starfish • Duck • Sea Turtle • Sea Otter • Salamander • Sunfish • Crocodile • Whale Cost: $49.05
| **Cost:** $49.05

*Short lesson set, reduced fees.*

---

Children aged 0-6 years must have direct adult supervision before and after lessons. A parent or guardian must also be present and available throughout the duration of the lesson.

Thank-you

Registration: 250-489-0220/0221
Swimming Lessons

Kids Aged 5+

Private Lessons
Each 30 minute private lesson is structured to meet your needs for time 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
• need to prepare for a Leadership or Lifeguard Course

To book a lesson or information call 250-489-0225
Cost per 1/2hr: Child $22.20, Adult (14 yrs.+)$24.90

Swim Kids 1
This level provides an orientation to the water and the 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 improved by building strength in kicking and a 15m endurance 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. 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 backstroke are improved. 150m endurance swim.

Swim Kids 8
Level 8 provides an introduction to the 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 side stroke. 500m endurance swim.

We reserve the right to combine levels at any time.

Private Lessons

Spring
MONDAY & WEDNESDAY
*Set 1 • April 1 - May 1
*Set 2 • May 6 - June 5
Swim Kids 1
4:00-4:30 pm • 5:00-5:30 pm
Swim Kids 2
4:00-4:30 pm • 4:30-5:00 pm
Swim Kids 3
5:30-6:00 pm
Swim Kids 4
4:30-5:00 pm
Swim Kids 5
5:30-6:00 pm • 5:00-5:30 pm
SATURDAY
April 6 - June 15
Swim Kids 1
9:30-10:00 am • 10:30-11:30 am
Swim Kids 2
10:00-10:30 am • 11:00-11:30 am
Swim Kids 3
10:30-11:00 am
11:30am-12:00pm
Swim Kids 4
10:30-11:00 am
Swim Kids 5
11:30 am-12:00 pm
Swim Kids 6 • Swim Kids 7
10:00-10:45 am
Swim Kids 8, 9 & 10
10:45-11:30 am

TUESDAY & THURSDAY
Set 1 • April 2 - May 2
Set 2 • May 7 - June 6
Swim Kids 1
4:00-4:30 pm • 4:30-5:00 pm • 5:00-5:30 pm
Swim Kids 2
4:00-4:30 pm • 5:00-5:30 pm
Swim Kids 3
4:30-5:00 pm • 5:30-6:00 pm
Swim Kids 4
4:00-4:30 pm
Swim Kids 5
5:00-5:30 pm
Swim Kids 6 • Swim Kids 7
4:30-5:15 pm
Swim Kids 8, 9 & 10
5:15-6:00 pm

Summer
MONDAY TO FRIDAY
*Set 1 • July 2 - July 12
Set 2 • July 15 - July 26
*Set 3 - July 29 - August 9
Set 3 • August 12 - August 23
Swim Kids 1
9:00-9:30 am • 10:30-11:00 am • 4:30-5:00 pm
Swim Kids 2
9:30-10:00 am • 10:30-11:00 am • 5:30-6:00 pm
Swim Kids 3
9:00-9:30 am • 9:30-10:00 am • 5:00-5:30 pm
Swim Kids 4
10:00-10:30 am • 5:30-6:00 pm
Swim Kids 5
9:00-9:30 am • 5:00-5:30 pm
Swim Kids 6 • Swim Kids 7
9:30-10:15 am
Swim Kids 8, 9 & 10
10:15-11:00 am

FEES
Swim Kids 1 to 5
Cost: $49.05
Swim Kids 6 to 10
Cost: $56.40
*Short lesson set, reduced fees.

We reserve the right to combine levels at any time.

FULL CLASS?
We will create wait lists for full classes. There is always a chance a spot will open up or a new class made.
Aquatics

Aquatic Leadership

Lifesaving Society certifications shown here are accepted in BC’s workplace. EFA-Emergency First Aid and SFA- Standard First Aid are now recognized by Worksafe BC and are equivalent to OFA Level 1.

Standard First Aid (SFA) with CPR ‘C’

Standard First Aid is the most comprehensive first aid training for the general public. It trains rescuers in the skills and knowledge needed to assess and provide basic life support to patients with airway, breathing or circulatory emergencies as well as managing medical, musculoskeletal and environmental emergencies. SFA can be used as a prerequisite for both the WSI and NLP courses. Ages 15 years +.

Spring
Saturday and Sunday 8:30 am-5:30 pm
April 13 and April 14

Summer
Friday • 5:00-9:00 pm
Saturday and Sunday
10:00 am-4:00 pm
July 5 - July 7
Cost: $177.00
Cost includes course manual and candidate fees.

Water Safety Instructor (WSI)

This course is designed to provide candidates with the proper knowledge and skills to teach swimming and water safety. Topics include teaching methods, learning styles, communication, safety supervision, injury prevention, and feedback.

Upon successful completion of the co-teaching, candidates are certified as Red Cross Water Safety Instructors.

National Lifeguard Pool (NLP)

The National Lifeguard Pool certification will develop the fundamental values, judgement, knowledge, skills, and fitness required by a lifeguard. Prerequisites are: Bronze Cross and Standard First Aid or Aquatic Emergency Care. Ages 16 years +.

Spring
Friday • 5:00-9:00 pm
April 26
Saturday and Sunday
9:00 am-5:00 pm
April 27 - May 12

Summer
Monday to Thursday
9:00 am - 5:00 pm
August 19 - August 29
Cost: $406.40
Cost includes course manual and candidate fees.

Bronze Medallion, Bronze Cross and CPR C

Candidates work through basic lifesaving skills and basic first aid tailored to a water filled environment. Candidates can register for only Bronze Medallion or Bronze Cross if they desire. The Bronze Cross certification is a prerequisite for the National Lifeguard – Pool course. Ages 13 years +.

Wednesday to Friday
11:30 am-6:00 pm
July 10 - July 19
Cost: $355.10
Cost includes course manual and candidate fees.

Physical Literacy

Leaders from recreation, sport, education, health and media are collaborating to ensure that everyone has the opportunity to develop the movement skills, confidence, motivation and enjoyment to be active for life. This Physical Literacy for Communities project is supported by the BC Physical Activity Strategy.

Movement

is the development of fundamental movement skills (e.g. run, wheel, jump, throw) in different environments (land, water, air, ice/snow).

Confidence

is developed in welcoming and inclusive environments that allow everyone to participate to their own abilities in a way that challenges them.

Motivation

is developed in program environments that are fun and exciting, have a purpose to develop skills, and facilitate knowledge about activities to value the importance of being active.

physicalliteracy.ca

Registration: 250-489-0220/0221
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.

Verbal and Physical Abuse from patrons will not be tolerated. Our staff has the right to be treated with respect at all times and should be able to do their jobs without being abused. Abusive patrons will be asked to leave immediately.

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 sixteen 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 advised that children take a break after a maximum of two hours in the pool to rest and rehydrate.

WATERSLIDE
The BCSA and the Safety Code for Amusement Rides and Devices Act have implemented 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.

VIEWING DECK
The viewing deck is an area for individuals who want to watch pool activities. It 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. Eating or drinking in any of the change rooms is prohibited.

Fitness Class Descriptions

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

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

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.

SHALLOW 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.

MEET Burke Bidder
Hi, I’m Burke. I have been a lifeguard on and off for several years while attending school. I’ve recently returned to the Cranbrook Aquatic Centre.

I enjoy teaching swimming lessons and working with children. I also really enjoy being on deck as a lifeguard and interacting with all of our swimmers.
### Spring  April 1 - June 14

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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Deep Aquafit 7:15-8:00 am</td>
<td>Shallow Aquafit 7:15-8:00 am</td>
<td>Deep Aquafit 7:15-8:00 am</td>
<td>Shallow Aquafit 7:15-8:00 am</td>
<td>Deep Aquafit 7:15-8:00 am</td>
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<tr>
<td>Shallow Aquafit 8:15-9:00 am</td>
<td>Deep Aquafit 8:15-9:00 am</td>
<td>Shallow Aquafit 8:15-9:00 am</td>
<td>Deep Aquafit 8:15-9:00 am</td>
<td></td>
</tr>
<tr>
<td>Senior Swim &amp; Functional Fitness 11:15-12:00 noon</td>
<td>Joint Mobility 11:15-12:00 noon</td>
<td>Senior Swim &amp; Functional Fitness 11:15-12:00 noon</td>
<td>Joint Mobility 11:15-12:00 noon</td>
<td></td>
</tr>
</tbody>
</table>

**SHOES MUST BE WORN FOR ALL OF THE 11:15 CLASSES**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deep Aquafit 6:15-7:00 pm</td>
<td>Deep Aquafit 6:15-7:00 pm</td>
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</tbody>
</table>

### Summer  July 2 - August 30

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

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<td>Shallow Aquafit 7:15-8:00 am</td>
<td>Deep Aquafit 7:15-8:00 am</td>
</tr>
<tr>
<td>Senior Swim &amp; Functional Fitness 11:15-12:00 noon</td>
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<td>Senior Swim &amp; Functional Fitness 11:15-12:00 noon</td>
<td>Joint Mobility 11:15-12:00 noon</td>
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</tbody>
</table>

**SHOES MUST BE WORN FOR ALL OF THE 11:15 CLASSES**

### Fitness Class Descriptions  ON PAGE 17

**WHY WEAR 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!
Aquatics Spring & Summer April 1 - June 15 & July 2 - September 1

**POOL SCHEDULE**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Bird Laps • 6:30-9 am (3-4 lanes available) <strong>No slide</strong></td>
<td>Adult Laps &amp; Lessons • 9 am-12 pm (1 lane available)</td>
<td>Lunchtime Laps • 12-1 pm (3-4 lanes available) <strong>No slide</strong></td>
<td>Family Swim 12-1 pm</td>
<td>Every SUNDAY families swim for $11.65</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Public Swim • 1-3 pm (2 lanes available)</th>
<th>Public Swim • 1-9 pm (2 lanes available)</th>
<th>Public Swim 1-8 pm (2 lanes available)</th>
<th>Public Swim 1-8 pm (2 lanes available)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Laps &amp; Lessons • 3-6 pm (1 lane available) <strong>NO PUBLIC SWIM</strong></td>
<td>Family Swim • 6-7 pm (2 lanes available)</td>
<td>Wednesday • 7-8 pm (1 lane available)</td>
<td>Public Swim • 7-9 pm (2 lanes available)</td>
</tr>
</tbody>
</table>

*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, even if a child is wearing a lifejacket! Children not potty trained MUST wear an appropriate swim diaper.

**POOL SCHEDULE**

- **HOLIDAY HOURS**
  - The aquatic center will be closed

- **APRIL**
  - **Friday** April 19
  - **Monday** April 22

- **MAY**
  - **Monday** May 20

- **JUNE**
  - **Sunday** June 16
  - **Monday** July 1

- **AUGUST**
  - **Monday** August 5

- **SEPTEMBER**
  - **Monday** Sept 2

- **WEEKEND SWIMMING**
  - Family swim is 12:00-1:00 pm, and this time is also reserved for clubs and organizations to rent space for activities. Public swim runs from 1:00-8:00 pm. Watch for Free Family Swims held 12:00-1:00 pm on a Saturday once a month, by sponsors in our community. The free family swim runs only if sponsored.

**POOL SCHEDULE**

**ADULT LAPS AND LESSONS**

Full use of the hot tub, steam room and sauna. At least one lane of the main pool available to the public for laps. Some features will be open but both pools will be shared with organized instructional programs. Priority will be given to our instructional programs therefore most of the facility will not be accessible for public use. The waterslide is not available due to aquatic programs.

**PUBLIC SWIM**

All features will be open including the diving board, sauna, steam room, hot tub, leisure pool, bubble pit, raindrop, rope swing and slide. There will usually 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 leisure pool without the large crowds. Children must be accompanied by a parent or guardian over the age of 16 years.

**Pool Admissions**

<table>
<thead>
<tr>
<th></th>
<th>Single</th>
<th>10 Visit</th>
<th>1 Month</th>
<th>6 Month</th>
<th>12 Month</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infants (0-2 yrs)</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Child (3-12 yrs)</td>
<td>$3.50</td>
<td>$32.00</td>
<td>$39.10</td>
<td>$166.55</td>
<td>$273.90</td>
</tr>
<tr>
<td>Youth (13-18 yrs)</td>
<td>$4.65</td>
<td>$41.90</td>
<td>$51.25</td>
<td>$204.85</td>
<td>$345.15</td>
</tr>
<tr>
<td>Senior (60+ yrs)</td>
<td>$4.65</td>
<td>$41.90</td>
<td>$51.25</td>
<td>$218.05</td>
<td>$370.35</td>
</tr>
<tr>
<td>Adult (19-59 yrs)</td>
<td>$6.05</td>
<td>$54.35</td>
<td>$66.25</td>
<td>$281.55</td>
<td>$465.60</td>
</tr>
<tr>
<td>Family (Immediate Only)</td>
<td>$14.75</td>
<td>$133.05</td>
<td>$162.95</td>
<td>$668.40</td>
<td>$821.75</td>
</tr>
</tbody>
</table>

Registration: 250-489-0220/0221
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Endless Possibilities!

Cranbrook Community Services
Promoting healthy lifestyles.

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