INSPIRING WELLNESS & LEARNING

The Inspiring Wellness & Learning team welcomes Spring with programs and activities designed specially for you! Let's get the best of the warmer days trying something new or reviving projects. Are you ready to hit the trails?

Spring 2023

"Spring is when you feel like whistling, even with a shoe full of slush." — Doug Larson

Movie Morning

Sign up for the fun!
We will have our draw for 35 pair of tickets.
The lucky winners will see a great movie at the Royal Theatre!
Our next movie will be **Land Before Time** on April 23rd.

Earthy Organics

VEGGIE GARDEN CLASS

Are you wondering how to fit a veggie garden into your life? We will give you the basics to start a small garden with a selection of great veggie and herb plants and a few seeds to plant on your own. We will show you the products we use as an organic farm and answer any questions you have. You can have a tour of our facilities and pat a goat or two. Roll up your sleeves and sign up!

Location: Earthy Organics Farm
Cost: $35.00 per kit
Dates: May 13th, Sat 10:00 - 11:30 am
Instructor: Jeanine Powell

FLOWER GARDEN CLASS

seed, grow, and harvest, beautiful high-quality cut flowers on a small scale. In this upcoming course, you'll learn everything you need to know to successfully start flowers from seed, including all the necessary supplies, step-by-step instructions, special tips and tricks, and how to create a simple outdoor cutting garden. You will get a beautiful selection of seedlings to get your garden growing, including greens, fillers, and so many beautiful flowers all the colors of the rainbow.

Location: Earthy Organics Farm
Cost: $35.00 per kit
Dates: May 13th, Sat 10:00 - 11:30 am
Instructor: Jeanine Powell

Learn to Golf

BEGINNER

Learn to golf with pro Kevin Nesbitt at beautiful Champion Lakes Golf Course. Become familiar with putting and chipping, driving and irons. Golf etiquette and scoring will also be covered. Includes lessons AND a round of golf.
Location: Champion Lakes Golf Course
Cost: $60.00 for Trail Operations Employees; $100.00 for Family Members
Dates: TBA

INTERMEDIATE

Improve your skills with this course, Kevin Nesbitt will guide you to refine your game and get ready for your next tournament. Includes lessons AND a round of golf.
Location: Champion Lakes Golf Course
Cost: $60.00 for Trail Operations Employees; $100.00 for Family Members
Dates: TBA

For more info contact:
Gordon.Menelaws@Teck.com
or Beth.Torres@Teck.com

Pet Training

Training is a life-long adventure. Dogs do not come equipped with the knowledge or skills to understand our crazy human world – it's our job to teach them skills to help them succeed, guide them through challenges, advocate for them, and meet their instinctual needs. Our Team Builders class series is fantastic if you want to learn how to train your dog yourself, and put in the time building that relationship.

All group classes are small, so you'll get a lot of instructor attention. **Dogs must be up to date on rabies, DHPP, and bordatella vaccinations for all training appointments. Proof of vaccination must be provided at the time of the registration; we will NOT hold any spot.**

- Puppy Smart Start Package - 8 classes for $215.00
- Team Builders (teen and adult)– 6 classes for $200

Behaviour lessons

- Building Balance – $225.00 /6 weeks
- Wild Child – $150.00 /4 weeks
- Big Feelings – $110.00 /3 weeks

To make sure you register your furry friend to the right course please contact Beth at Beth.Torres@Teck.com

Eternity Pilates

Pilates offers a healthier lifestyle through mindful movement. It is a very safe system that utilizes mind-body exercises. Pilates builds strength, without bulk, creating a toned body. No matter what your age or ability this safe and sensible exercise system will help you look and feel your very best. It teaches body awareness, proper posture, and graceful movement. It can alleviate many imbalances in the spine thus alleviating pain.

Location: Eternity Pilates Studio, Rossland

Choose one of of the options below:

- **Group mat punch pass (10 sessions)**

This is a mat and props group class (8 participants max). Pre-registration on-line is required.

Cost: $150.00 per person

- **Small group class punch pass (10 sessions)**

This is a equipment based workout class designed for 3 students. Pre-registration online is required.

Cost: $250.00 per person

Gentle Cruise - Endless Adventure

Raft or kayak the upper Slocan River. Start your trip in Crescent Valley at the Endless Adventure Base. We introduce you to your guide, gear you up and transport you to the upper Slocan River. We take care of the logistics, safety and professional paddling equipment.

Get introduced to the gear and the flow of the river. Practice your paddle technique as the professional guide shares stories of the majestic Slocan.

This trip is for anyone and everyone. Sit back and enjoy the wildlife and river floating experience. Beautiful sandy beaches to swim and a slow and steady current brings you to Crescent Valley Beach. Trips include body surfing, swimming, water fights and more.

Please choose either **Kayak Tour OR Rafting Tour**.

Location: Endless Adventure - Crescent Valley, BC
Cost: $55.00 per adult - $40.00 per youth under 14
Dates: July 22nd, Sat 10 am - Kayak Tour
August 5th, Sat 10 am - Rafting Tour

CFS Non-Restricted

Learn safe handling of all common firearms along with how to collect history on a gun and safe shooting techniques. This course is required to apply for your Possession & Acquisition Licence (PAL).

Cost: $100.00 for Trail Operations Employees;
$110.00 Family Members

Location: **Selkirk College Trail**
Date: May 27 & 28, Sat 9 am-5 pm & Sun 9 am-3:30 pm
Instructor: Colin Kenning and Bruce Donaldson

OR

Location: **Selkirk College Castlegar**
Date: June 23, Friday 8:00am - 6:00pm
Instructor: David White

First Aid Courses (OFA1)

Learn CPR/AED, how to deal with minor wounds, airway breathing, circulatory emergencies and more. Completion of records and reports are part of the course. Know what to do until the paramedics arrive.

Cost: $100.00 for Trail Operations Employees
$110.00 Family Members

Location: ***Selkirk College Trail***
Dates – please choose one only
May 26; Friday 8:30am - 5:00pm
June 5; Monday 8:30am - 5:00pm
July 6; Thursday 8:30am - 5:00pm

CFS Restricted

This course is required to obtain your Restricted Possession and Acquisition Licence (RPAL). Prerequisite: Non-Restricted Firearms. Additional fee from the Government office when submitting your application. Same manual used as in Non-Restricted Firearms. Manual fee is extra (if required). Pre-reading is required.

Location: **Selkirk College Trail**
Cost: $65.00 for Trail Operations Employees;
$75.00 Family Members
Dates – please choose one only
Apr 22, Sat 9 am-5 pm;
Jun 10, Sat 9 am-5 pm
Instructor: Colin Kenning and Bruce Donaldson

Foodsafe

Learn how to protect yourself and others from foodborne illnesses. Foodsafe Level 1 is a comprehensive training program for students, workers, supervisors, and operators in food services. In this course you will learn about basic safe food handling practices and earn a 5 year certificate.

Cost: $90.00 for Trail Operations Employees
$100.00 Family Members

Location: ***Selkirk College Trail***
Date: May 26; Friday 9:00am - 5:00pm

CORE Hunting Training

The Conservation and Outdoor Recreation Education (CORE) program is British Columbia's hunter education program. The B.C. Wildlife Federation (BCWF) operates the CORE Program on behalf of the Ministry of Forests, Lands, and Natural Resource Operations. The CORE course covers Safe Firearms handling, conservation, ethics, law & regulations, first aid & survival, and bird and animal identification. This course is required for BC residents 18+ years to obtain a BC Hunting Licence. The CORE includes both a practical firearm handling test, and a written exam.

Location: **Selkirk College Castlegar**

Cost: $100.00 for Trail Operations Employees; $110.00 Family Members
Dates: May 6 & 7; Saturday, Sunday 9:00am - 6:00pm (2 sessions)
Instructor: Colin Kenning and Bruce Donaldson

For more info contact:
Gordon.Menelaws@Teck.com
or Beth.Torres@Teck.com

We had a great Winter and we are ready for Spring!

Intramurals

Ballroom dance class

Card making class

Pottery class

Ski Lessons at RED