



THE  
**ROSTER**  
SPORTS CLUB

Bar & Grill



Green Dragon Kung Fu  
Instructor Sifu Dr. Jerry Pyrozko

## THE ROSTER ADDS KUNG FU TO ITS GAME PLAN

The Roster Sports Club Bar & Grill is thrilled to add the Green Dragon Kung Fu club to its roster of activities this fall. The Roster, known mostly for squash and racquetball, is on a quest to diversify its sports offerings and create a multisport club in the north Okanagan.

“It’s been my goal for the past year to build a sports club with something for everyone,” said owner Hussein Hollands. “And Kung Fu aligns really well with our mission to promote sports and wellness in the community. The pandemic and social distancing has made it more difficult, but we are finding ways to operate safely while still being able to offer activities important for both physical and mental health.”

Green Dragon offers traditional Chinese Kung Fu hand and weapons training from several different styles, as well as a variety of other programs, including, self-defence workshops, special dragon yoga, and BODYBLADE fitness. All programming will move forward following Covid-19 Health Guidelines and social distance measures in place.

“Kung Fu builds confidence and improves your health while you are learning to defend yourself,” Green Dragon Kung Fu instructor Sifu Dr. Jerry Pyrozko said. “I feel you learn a great deal about yourself and others through martial arts. And those who are inclined, can develop their spiritual selves. I see it as body in motion – mind at peace.”

Green Dragon Kung Fu was first established in 1971 in Edmonton, AB and has affiliated schools in Canada, the United States and Britain. Pyrozko began practising the martial arts in the mid-1970s and holds the rank of 5th degree Black Belt. He opened the Vernon branch over three years ago and is excited to begin teaching classes at The Roster’s Sports Club.

"I was quite happy to learn that The Roster was looking to add new sports and activities," Pyrzoko said. "It's a great club, an excellent location, and has a positive vibe."

Proper sanitization and social distancing measures will be in place and former contact training will be non-contact at this time, he said. "Self defence classes will be offered if participants bring in a family member or someone in their social bubble. Our yoga and fitness classes are easily done with social distancing and are safe and effective for all ages."

Other programming at The Roster is rolling out this fall, with racquet sports continuing to follow Squash Canada and provincial guidelines. Wallyball will be modified to maintain physical distancing. The club has already introduced table tennis and plans to add spikeball in November.

"We are going to also continue with wallyball but with social distance measures that comply with provincial guidelines and it will be organized in a less competitive fashion," says Hollands. "The table tennis has been a hit and naturally conducive to social distancing guidelines."

The club's new licenced lounge area also allows for overflow seating for the pub, and offers a great room for events and parties – with lots of activities to participate in.

Whether you want to blow some steam off on the court, have a friendly game of table tennis or learn a new martial art's move, The Roster Sports Club Bar & Grill is where you want to be, physical distancing and all.

Green Dragon Kung Fu will be accepting new Students for classes beginning September 2020. For those interested, contact Jerry Pyrozko **directly** at 250.351.9694 or [greendragonvernon@gmail.com](mailto:greendragonvernon@gmail.com). For updates and to view the COVID -19 measures in place, please visit their website at [www.greendragonkungfu.ca](http://www.greendragonkungfu.ca)

**Meet you at The Roster!**

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