CRESTON

PROGRAM GUIDE
WINTER 2023

Registration Start Date: Monday, December 5th 8:00 am

To view the guide and register online visit rdck.ca/recreation or call 250.428.7127

Regional District Central Kootenay

Creston & District Community Complex

Online Registration

www.rdck.ca/recreation

Need to setup an online registration account?
Fill out the RDCK Client Profile Form

In Person

Walk-in to speak with one of our friendly staff at: 312 19th Avenue North in Creston

Information

For more information about our programs and services, please email us at crestonrec@rdck.bc.ca

Call Us: 250-428-7127

CRESTON & District Community Complex

312 19th Ave. North
Creston, BC

250-428-7127

crestonrec@rdck.bc.ca

www.rdck.ca/recreation

Like us on facebook

ENJOY A SAFE AND FUN VISIT

RDCK Recreation programs and services are subject to the latest public health measures put in place by the provincial authorities, Interior Health, and the RDCK Board of Directors.

We want you to enjoy safe, fun experiences at our facility. Our programming and our operating hours—including at our aquatics centres—may be affected by changes to public health measures or RDCK staffing levels. Changes to programs or schedules will be posted on our website and in our online registration system. Thank you for your understanding.

Visit www.rdck.ca/recreation or call our front desk to learn more.

Stay home if you are sick

Masks are a personal choice for guests

Be kind to each other

WINTER HOURS January 3 – March 17, 2023

Hours of Operation are subject to change

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	11:00am - 4:00pm	CLOSED	2:00pm - 8:00pm	6:30am - 12:30pm 3:30pm - 7:30pm	2:00pm - 8:00pm	6:30am- 12:30pm 3:30pm - 7:30pm	1:00 - 6:00pm
FITNESS CENTRE	11:00am- 4:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	8:00am - 4:00pm

POOL ENTRANCE AGE: Children 7 years of age and older can access the pool without adult supervision. Children 6 years of age and under must be within arm's reach of a parent or guardian 16 years of age or older.

GENERAL ADMISSION RATES

Child (0-4)	**Free**
Youth (5-18)	**$3.63**
Adult (19-74)	**$7.26**
Golden Guest (75+)	**Free**
Family (2 adults and up to 4 dependent children)	**$14.52**

Prices do not include taxes.

- Leisure Access Program rates apply.
- Reservations are available for specific programs in advance.
- Youth 13-15 years of age are required to participate in the Youth Weight Room orientations before they can access the Fitness Centre.

ACTIVE PASSES

The Active Pass is a time-based membership that gives pass-holders unlimited general admission to: Public Swim, Lane Swim, Hot Tub, Fitness Centre, Included w/Admission group fitness classes, Public Skate, and Shinny Hockey. Prices do not include tax.

	ACTIVE PASS FEES			
	10-Punch	**1 Month**	**3 Month**	**6 Month**
Adult	$65.34	$65.34	$166.62	$294.03
Youth	$32.67	$32.67	$83.31	$147.02
2nd Adult	-	$58.81	$149.96	$264.63
2nd Youth	-	$29.40	$74.98	$132.31

Terms and conditions: *To receive 2nd Adult or 2nd Youth pass discounts, pass holders must reside in the same household and must be purchased at the same time and of the same duration as regular Adult or Youth passes. 10-Punch passes expire 180 days from date of purchase.*

HOLIDAY CLOSURES

New Year's Day
Easter Sunday
Canada Day
BC Day
Labour Day
Truth & Reconciliation Day
Christmas Day
Boxing Day

HOLIDAYS OPEN 1:00-4:00pm

Family Day
Good Friday
Victoria Day
Thanksgiving Day
Remembrance Day

EARLY CLOSURES 4:00pm

Christmas Eve
New Year's Eve

LEISURE ACCESS PASS

This program provides low income families and individuals in our community with an opportunity to participate in recreation programs and services.

Residents of the RDCK are eligible for this program. It is based on the combined annual household income and must be re-applied for each year.

Find the application online at www.rdck.ca/recreation. Once submitted and approved, you will receive up to 50% off general admission to the pool, fitness centre, arena, and all Included with Admission programs.

SPECIAL EVENTS

Complex Arena & Aquatic Centre

Swim with Santa

Sun, Dec 11
2:00-3:30pm

Join Santa and is elves for some holiday cheer in the pool! This is your opportunity for an underwater photo with Santa. General Admission applies.

Family Day FREE Skate & Swim

Mon, Feb 20
1:00-4:00pm

Soak up some quality time with your family and enjoy a fun-filled, FREE afternoon of activities!

St. Paddy's Day Swim

Fri, Mar 17
3:30-5:30pm

Get your green on and join us for an afternoon of fun and surprises! Our Splash Squad will lead you through some fun St. Patrick's games and you may even find some leprechaun gold! General Admission applies.

SWIMMING LESSONS

NEW LSS Swim for Life® *program at the RDCK!*

Starting January 1, 2023, swimming lessons and lifeguard programs at RDCK aquatic facilities will be provided by the Lifesaving Society Canada (LSS).

The LSS Swim for Life® program is a complete learn-to-swim program from Parent & Tot to Lifeguard/Instructor training.

Swim for Life® is accessible, flexible, success-oriented and fun. Instructors ensure swimmers get lots of in-water practice in every lesson. Swim for Life flows seamlessly into the CANADIAN Swim Patrol program and then into the Lifesaving Society's lifesaving and vocational training awards.

Whether your child was previously enrolled in a Red Cross Swim Kids program or is just starting to take swim lessons, it's easy to figure out which Swim for Life level they should be registered. Check out the chart below to see which Swim for Life program level swimmers will move into based on their current or previous Red Cross Swim Kids lesson level.

Last level completed	*Register next in....*
Starfish	Jellyfish 1 (4-12months)
Duck	Goldfish 2 (12-24months)
Sea Turtle	Seahorse 3 (2-3yrs)
Sea Otter	Octopus 1
Salamander	Crab 2
Sunfish	Orca 3
Crocodile	Sea Lion 4
Whale	Narwhale 5
	Swimmer 1 or 2 (if 6 years old)

Last level completed	*Register next in....*
Swim Kids 1	Swimmer 1
Swim Kids 2	Swimmer 2
Swim Kids 3	Swimmer 3
Swim Kids 4	Swimmer 3
Swim Kids 5	Swimmer 4
Swim Kids 6	Swimmer 5
Swim Kids 7	Swimmer 6
Swim Kids 8	Canadian Swim Patrol
Swim Kids 9	
Swim Kids 10	Bronze Star*

Learn more about our move to the Swim for Life program at www.rdck.ca/SwimForLife.

You can also use your smartphone to go directly to the website with this QR code.

Not sure which Swim for Life level is the right one? Come in for a FREE evaluation. Our qualified staff will assess your child and recommend the most appropriate level to register in.

GROUP SWIM LESSON FEES	
25 minutes	$56/8 classes
40 minutes	$66/8 classes
50 minutes	$76/ 8 classes

PRIVATE SWIM LESSON FEES		
Private (1 person)	25 minutes	$106.24/4 lessons
Semi Private (2 people)	25 minutes	$67.04/4 lessons

Not sure which level to register in?

We are offering a new swim lesson program and we **highly encourage** you to drop by for a FREE evaluation. One of our qualified staff will assess your child and recommend the appropriate Swim for life level.

If you have attended swim lessons in the last year and know which level was completed, please see the transition chart to determine which level to register in.

Registration Note for Parents

Please be advised that it is the responsibility of the parent/guardian to register children in the correct level of our swim program. Instructors assess all students on the first day of lessons to ensure that they have been placed correctly. Due to the high demand for swim lessons it is not often possible to move a swimmer to a different level. If no spots are available in an appropriate level, the child may be withdrawn from the program at the discretion of the aquatic staff for safety reasons.

Cancelled Classes

A minimum of 48 hours before a class starts, lessons may be cancelled where there is insufficient registration. We will attempt to find space in the next available class or issue a full refund.

Waitlists

If the class you want is full, get on the waitlist! Classes with waitlists may replace any classes that have been cancelled.

Program Fees

Program fees cover access to the CDCC facility for participation in the program only on the dates and time listed. Parents/guardians are welcome to watch their children participate in a program; however, program fees do not include parental/guardian use of the facility before during or after their program. Individuals wishing to use the CDCC before or after their program will be required to pay admission and wear a wristband if pool space permits.

SWIM LESSON SCHEDULE

We strive to offer the best services to the highest capacity but due to staffing limitations, illness and unforeseen circumstances we may have to cancel programs and hours of operations. Thanks you for your continued support and patience.

WEDNESDAY – JANUARY 11- MARCH 1

4:15pm	Swimmer 4 40 min	51622
5:00pm	Swimmer 5 40 min	51623
5:45pm	Swimmer 6 40 min	51624
6:30pm	Canadian Swim Patrol 7 ROOKIE 50min	51625

WEDNESDAY – JANUARY 18 - MARCH 8

10:30am	Octopus 1	51626
11:00am	Crab 2	51627
11:30pm	JellyFish & Goldfish 4-24 months	51628
12:00pm	Orca 3 2-3 years	51629

SUNDAY – JANUARY 22-MARCH 12

11:00am	Octopus 1	51639	Swimmer 1	51633
11:30am	Sea Lion 4	51643	Swimmer2	51634
12:00pm	Narwhal 5	51642	Swimmer 3	51638
12:30pm	Orca 3	51640	Swimmer 2	51635
1:00pm	Crab 2	52047	Swimmer 4 40 min	51641

PRIVATE AND SEMI PRIVATE LESSONS

Private swim lessons are available in 4 week blocks, January through March 2023.

Choose from the following classes.

PRIVATE SWIM LESSONS JANUARY THROUGH MARCH 2023

ADULT PRIVATE LESSONS

TUESDAYS 4 CLASSES	JANUARY 17 - FEBRUARY 7		FEBRUARY 14 - MARCH 7	
5:00-4:40pm	Private	52014	Private	52015
5:45-6:25pm	Private	52017	Private	52016

CHILDREN PRIVATE LESSONS

Please fill out the RDCK Private Lesson Request Form to request your private lesson time this winter. All private lessons are booked in groups of 4 lessons.

POOL SCHEDULE

January 3 - March 17, 2023

We strive to offer the best services to the highest capacity but due to staffing limitations, illness and unforeseen circumstances we may have to cancel programs and hours of operations. Thanks you for your continued support and patience.

SAVE THE DATES! The last Sunday of the month we will have the **WIBIT™** out for the afternoon instead of Splash Squad. **PRO-D DAY** February 17 pool will be open 6:30am-7:30pm, **WIBIT™** will be in 2-3:30pm for extra FUN!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			MORNING LANES 6:30-9am		**MORNING LANES** 6:30-9am	
			AQUA CONDITIONING 7:15-8am *Drop in*			
			PUBLIC + RIVER 9am-12:30pm		**PUBLIC + RIVER** 9am-12:30pm	
			AQUA THERAPY 9-10am *Drop in*		**AQUA TONE & FLEX** 9-10am *Drop in*	
			SWIM LESSONS 10:30am-12:30pm			
PUBLIC + RIVER 11am-4:00pm						
SWIM LESSONS 11am-1:30pm						
SPLASH SQUAD 2-3:30pm		**LUNCH LAPS + RIVER RUN** 2-3:30pm		**LUNCH LAPS + RIVER RUN** 2-3:30pm		
		OPEN SWIM 3:30-5pm *no lap lanes*		**OPEN SWIM** 3:30-5pm *no lap lanes*		**PUBLIC + RIVER** 1pm-6pm
		SPORTS GROUPS 3:45-4:45pm		**SPORTS GROUPS** 3:45-4:45pm		
		PUBLIC + RIVER 5-8:00pm	**PUBLIC + RIVER** 3:30-7:30pm	**PUBLIC + RIVER** 5-8:00pm	**PUBLIC + RIVER** 3:30-7:30pm	
		ADULT SWIM LESSONS 5:00-6:30pm		**DEEP H2O CARDIO**** 5:30pm-6:30pm		
		AQUA CIRCUIT ** 5:30pm - 6:30pm			**LEADER-SHIP COURSES** 3:30-7:30pm	
		MASTERS SWIM 6:30-7:30pm				
			SWIM LESSONS 4:15-7:30pm			

Morning Lanes
3 lap lanes, river and hot areas will be available

Lunch Laps + River Run
3 lap lanes, river and hot areas will be available

** pre registered classes

Open Swim
Leisure pool, river and hot areas available.

Public + River
1 lap lane, river and hot areas available, a feature will be open, whether climbing wall or diving board

Splash Squad
Come join our Fun and Games cordinators, you will get to play with all the fun equipment and new friends too.

PRESCHOOL

Tot Soccer

3-6 yrs
CDCC – Creston Education Centre
Instructor: Chantel Bourgeois

Get your preschooler moving as they learn the basics of soccer! Other games will be introduced and played to develop basic sport skills such as running, jumping, kicking, throwing, catching, and balance.

Tuesdays **3:30 – 4:15pm** **Jan 10 – Feb 7** **$20 / 5 classes**	**51851**
Tuesdays **3:30 – 4:15pm** **Feb 14 – Mar 14** **$20 / 5 classes**	**51852**

Active for Life!

Active Start *(0yrs-6yrs)*

The Creston & District Community Complex strives to offer programs that support the Canadian Sport for Life model of physical literacy. At this age, physical activity should always be fun and part of daily life. Active play in a safe environment is the best way to keep children physically and socially active.

Kids Soccer

7-10 yrs
CDCC – Creston Education Centre
Instructor: Chantel Bourgeois

Dribble, pass, shoot, SCORE! Practice your skills with drills, games, and activities to touch up your ball control, passing, and shooting, and have some fun in the process!

Tuesdays
4:30 - 5:30pm
Jan 10 – Feb 7
$27 / 5 classes **51853**

Tuesdays
4:30 - 5:30pm
Feb 14 – Mar 14
$27 / 5 classes **51854**

Learn to Play Tennis

6-8 yrs
CDCC – Creston Education Centre
Instructor: Brian Bell

The smart and fun way to learn tennis! Progressive Tennis uses modified tennis balls, racquets, nets and courts, so that beginner players at any age are properly equipped to enjoy interactive rallies and be successful. All equipment is supplied. Wear proper running shoes and comfortable clothing.

Thursdays
5:45 – 6:45pm
Jan 19 – Feb 23
$32 / 6 classes **51855**

PRO D DAY CAMPS

Superhero Camp

6-12yrs
Creston Education Centre – Classroom/Gymnasium

Campers will use their imagination and creativity today to explore superhero powers and create their own characters through art and guided exploration. The possibilities are limitless as campers explore their own abilities and super powers during activities.

Monday
8:30am – 2:30pm
January 16
$36 **51374**

Storytellers Camp

6-12yrs
Creston Education Centre – Classroom/Gymnasium

Everything from hearing stories to writing, drawing or acting them out. Where do stories come from? What makes a good story? Explore many different ways a story can be told and put your creativity and imagination to work to bring the stories to life.

Friday
8:30am – 2:30pm
February 17
$36 **51375**

SPRING BREAK CAMPS

Colour Camp

6-12yrs
Creston Education Centre – Classroom/Gymnasium
CDCC - Pool

Colour themes in this Spring Break Cool camp will have campers using their imagination this week through games, activities and art projects that will inspire creativity,encourage teamwork, and build physical literacy. On Wednesday and Friday afternoons we will head to the swimming pool so be sure to bring your bathing suit, snacks and lunch to keep you fueled up for the day's activities.

Monday – Friday
8:30am – 2:30pm
March 20 - 24
$180 **51376**

Earth Science Camp

6-12yrs
Creston Education Centre – Classroom/Gymnasium
CDCC - Pool

How does nature impact you and you it? This week we will focus on themes like earth's inhabitants, the solar system, water and the climate to inspire activities, experiments, and art all week long. On Wednesday and Friday afternoons we will head to the swimming pool so be sure to bring your bathing suit, snacks and lunch to keep you fueled up for the day's activities.

Monday – Friday
8:30am – 2:30pm
March 27 - 31
$180 **51378**

Badminton

15+ yrs
CDCC – Creston Education Centre

Badminton helps improve your speed, agility, power and finesse. Join us in a fun, social atmosphere. Bring your own racquet, or borrow one of ours, and non-streaking shoes.

Mondays
7:00 – 8:30pm
Jan 16 – Mar 27
$60 + tax / 10 classes **51856**

Volleyball

15+ yrs
CDCC – Creston Education Centre

Bump, set, spike! Get out and get involved in an evening of exciting volleyball.

Thursdays
7:00 – 8:30pm
Jan 19 – Mar 30
$66 + tax / 11 classes **51857**

Indoor Soccer

15+ yrs
CDCC – Creston Education Centre

Keep that endurance level up over the fall and winter by bringing soccer indoors! Fast paced games with some skill building drills and practices. An excellent way to meet new friends!

Fridays
7:00 – 8:30pm
Jan 20 – Mar 30
$66 + tax / 11 classes **51858**

Basketball

15+ yrs
CDCC – Creston Education Centre

Playing co-ed basketball is a great physical workout! Shoot some hoops and meet new people that enjoy the sport.

Tuesdays
6:30 – 8:00pm
Jan 17 – Mar 28
$66 + tax / 11 classes **51859**

Pickleball - Recreational

15+ yrs
CDCC – Creston Education Centre

Pickleball, North America's fastest growing sport, is a racquet sport that combines elements of badminton, tennis, and table tennis. Great exercise and tons of fun! Paddles are available for use. Spots are limited, so register now!

Wednesdays
5:30 - 7:00pm
Jan 18 – Mar 29
$66 + tax / 11 classes **51860**

Saturdays
9:00 – 11:00am
Jan 14 – Mar 25
$88 + tax / 11 classes **51861**

Pickleball - Competitive

15+ yrs
CDCC – Creston Education Centre

This option is perfect for you if you are an experienced Pickleball player and are looking to add a competitive edge to this fast-paced sport. A great way to improve your fitness, further your skills, and have some fun! Spots are limited, so register now!

Wednesdays
7:00 – 9:00pm
Jan 18 – Mar 29
$88 + tax / 11 classes **51862**

Saturdays
11:00 – 1:00pm
Jan 14 – Mar 25
$88 + tax / 11 classes **51863**

Table Tennis

15+ yrs
CDCC – Creston Room

Join us for a serious, fast paced and focused night of table tennis. All levels are welcome!

Tuesdays
7:00 – 8:30pm
Jan 24 - Mar 2
$60 + tax / 10 classes **51864**

Thursdays
7:00 - 8:30pm
Jan 19 - Mar 30
$66 + tax / 11 classes **52104**

PERSONAL & GROUP TRAINING

Personal Trainers are available to help you add confidence, effectiveness, and safety to your workouts. Let us design a program specifically for you to help achieve your fitness goals, from beginner to advanced. Complete the Personal Training Package found here rdck.jotform.com to get started or contact our Fitness Department at (250) 428-7127 ext. 2038 for more information.

All Personal Training sessions expire 6 months from the date of purchase.

PERSONAL TRAINING OPTIONS (rates are per person)

Option	Price	Description
Individual	$54 + tax	Your first session with a trainer will consist of an assessment specific to your needs. After that, your trainer will coach you safely and effectively towards your personal health and fitness goals.
Partner	$38 + tax	Includes everything you receive with individual personal training with the benefit of a partner to help make workouts more enjoyable and keep you accountable.
Group of 3	$32 + tax	Group training can include 3-6 people with similar goals in mind. Choose days, times, and style of training you want, such as an introduction to weight training, activity specific training (ie. Hiking), and a variety of other formats.
Group of 4	$28 + tax	
Group of 5	$25 + tax	
Group of 6	$23 + tax	

CDCC FITNESS PROFESSIONALS

Jesse Bourgeois

BCAK Practicing Kinesiologist,
CFES Certified Personal Trainer

FITNESS CENTRE ORIENTATIONS

FREE with admission!

New to the Gym or need a refresher? Let one of our fitness professionals help!

Orientations Include:

- Introduction to a friendly and informative CDCC staff member
- Get to know the fitness centre rules, regulations and etiquette.
- Learn how to use cardio and strength machines
- Description of our various personal training services and fitness classes.

Contact us at (250) 428-7127 to book your orientation. Bring a friend or family member to share the experience.

Maximum 3 people per session, minimum 13 years old.

YOUTH FITNESS CENTRE ORIENTATIONS

Orientations are required by youth ages 13-15 before accessing the fitness centre.

Please call our fitness department to schedule your youth orientation (250) 428-7127 ext. 2038

WELLNESS

Holistic Health and Nutrition

15+ yrs
CDCC - Erickson Room
Instructor: Candi Huscroft

This workshop will equip you with the knowledge you need to take a holistic approach to your health, vitality and longevity. Candi will guide you through practical steps you can take to improve your nutrition, exercise and daily movement,
stress management, hormone health, and sleep. Perfect for those wanting to take back control of their health with the support of a passionate trained professional!

Tuesdays
6:30 - 8:00 pm
Jan 10 - Feb 14
$82 + tax / 6 classes **52204**

FITNESS SCHEDULE

January 2 – April 2 2023

All programs are located at the Creston & District Community Complex

Included with general admission or Active Pass

Pre-regsitration required for program, see specified pages for registration details

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/ SUNDAY
	9:00-10:00AM CHAIR YOGA		9:00-9:45AM TRX		
9:00-10:00AM YOGA	9:00-10:00AM CORE N' MORE	9:00-10:00AM FULL BODY RX	9:00-9:45AM FUNCTIONAL FIT	9:00-10:00AM STUDIO CIRCUIT	
10:15-11:15AM MUSCLE GAIN FUNCTIONAL TRAINING	10:15-11:15AM TAI CHI PRACTICE	10:45-11:45AM ZUMBA GOLD	10:15-11:15AM TAI CHI FOR BEGINNERS	10:15-11:15AM YIN YOGA	
	10:30-11:30AM TRX	11:00-11:45AM MOVE TO IMPROVE (PARKINSON'S)	11:30AM-12:30PM BARBELL POWER HOUR	11:00-11:45AM MOVE TO IMPROVE (PARKINSON'S)	
	12:10-12:55PM LUNCHTIME FLOW				
5:00-6:00PM STUDIO CIRCUIT		5:00-6:00PM ZUMBA			
		5:45-6:45PM SPIN AND SCULPT	6:30-8:00PM HATHA YOGA		

**Participants must be 15 years of age to attend classes

CARDIO AND/OR STRENGTH PROGRAMS

Barbell Power Hour

15+ yrs
CDCC - Fitness Studio

Step and barbells come together to give you a full body dose of strength and cardio! A blend that will keep you engaged and coming back for more.

Thursdays
11:30 -12:30pm
Jan 24 – Mar 16
$100 + tax / 11 classes **51865**

Core n' More

15+ yrs
CDCC - Fitness Studio

Low impact, pilates-inspired moves that focus on core strength and stability. Includes upper and lower body exercises.

Tuesdays
9:00-10:00am
Starts Jan 24
Drop-in/ Included with Admission or Active Pass

Full Body RX

15+ yrs
CDCC - Fitness Studio

Full Body RX is a rigorous interval training sequence of high-intensity exercises and strength moves. It builds cardiovascular fitness while improving muscular strength and endurance. You will be challenged to push to your limits and walk out feeling resilient and strong. All levels welcome.

Wednesdays
9:00-10:00am
Drop-in/ Included with Admission or Active Pass

Functional Fit

15+ yrs
CDCC - Fitness Studio

For active seniors, this class has low impact movements along with easy, but effective strength and balance exercises.

Thursdays
9:00-9:45am
Jan 6 – Mar 17
Drop-in / Included with Admission or Active Pass

Muscle Gain Functional Training

15+ yrs
CDCC – Fitness Studio

Yes, you can still make muscle gains in your later years! Come to this class if you want to learn how to exercise with resistance - weights and bands - to improve your strength and functionality in day to day life.

Mondays
10:15-11:15am
Jan 2 - Mar 13
$91+ tax / 10 classes **51866**

No session Monday Feb 20

Spin and Sculpt

15+ yrs
CDCC - Fitness Studio

Spin and Sculpt is the perfect hybrid of cardio and strength. Starting on the bike with a combination of drills to get your heart pumping ending with a full body strength workout. Simple! Effective! Worth it!

Wednesdays
5:45-6:45pm
Jan 25– Mar 15
$100 + tax / 11 classes **51867**

Studio Circuit

15+ yrs
CDCC - Fitness Studio

If choreography is not your thing, this class just might be! A circuit style workout mixing strength and cardio will provide a well-balanced workout.

Mondays
5:00 – 6:00pm
Jan 2 – Mar 13
$91 + tax / 10 classes **51868**

No class Feb 20

Fridays
9:00 – 10:00am
Drop-in / Included with Admission or Active Pass

TRX

15+ yrs
CDCC - Kootenay Room

Whether you are a beginner or have taken TRX before, come try this class! You will learn the basics of suspension training and move towards mastery to get an incredible strength, cardio and flexibility workout. It's all core, all the time. TRX is for anyone, at any level of fitness.

Tuesdays
10:30-11:30am
Jan 3 - Mar 14
$100 + tax/ 11classes **51869**

Zumba Gold

15+ yrs
CDCC – Fitness Studio

A dance fitness party mixing low-intensity and high-intensity moves that are adaptable for all fitness levels! Once the Latin and World rhythms take over, you'll see why Zumba classes are often called exercise in disguise. Effective and fun fitness for all!

Wednesdays
10:45 – 11:45am
Feb 15 – Mar 29
$64 + tax / 7 classes **51878**

Zumba

15+ yrs
CDCC – Erickson Room

A dance fitness party mixing low-intensity and high-intensity moves that are adaptable for all fitness levels! Once the Latin and World rhythms take over, you'll see why Zumba classes are often called exercise in disguise. Effective and fun fitness for all!

Wednesdays
5:00 – 6:00pm
Feb 15 – Mar 29
$64 + tax / 7 classes **51879**

Lunchtime Flow

15+ yrs
CDCC - Fitness Studio

Connect movement to breathe in this yoga class as you develop balance, flexibility and sense of calm that will carry you through the rest of your day. All levels welcome.

Tuesdays
12:10-12:55pm
Jan 3 – Mar 14
$66 + tax / 11 classes **51874**

Chair Yoga

15+ yrs
CDCC - Kootenay Room

Chair Yoga offers a low intensity yoga option for those with mobility constraints. In this class we will flow through various seated poses that will allow you to improve your mobility and in turn reduce the risk of falling and muscle injuries. All levels welcome, modifications available.

Tuesdays
9:00-10:00am
Jan 3 - Mar 14
$100 + tax / 11 classes **51870**

No session Friday Feb 17

Move to Improve (Parkinson's)

15+ yrs
CDCC - Kootenay Room

This specialized drop-in program has been primarily designed to help improve mobility and reduce symptoms of those with Parkinson's. Exercises are modified for all levels of mobility, from wheelchairs to standing. Those who are at higher risk for falls will also benefit from this program. Please note: Parkinson's participants will have a reserved spot in the program but the remaining available spots can be attended by the public as a Fall Prevention class.

Wednesdays/Fridays
11:00-11:45am
Drop-in/ Included with Admission or Active Pass

No session Friday Feb 17

Tai Chi for Beginners

15+ yrs
CDCC - Fitness Studio

Yang-style Tai Chi exercises your entire body using gentle, low impact movements that build strength, endurance, flexibility, and balance. A 'meditation in motion' that cultivates a healthy body, mind, and spirit. This practice strengthens joints, connective tissues and improves overall body alignment which helps promote a calm mental focus and sensory awareness.

Thursdays
10:15 – 11:15am
Jan 5 – Mar 16
$100 + tax / 11 classes **51871**

Tai Chi Practice

15+ yrs
CDCC - Fitness Studio

The opportunity for those who have a solid understanding and experience with Yang foundation exercises and the complete set to enjoy a comprehensive practice in a group setting. A great health maintenance program!

Tuesdays
10:15 – 11:15am
Jan 3 – Mar 14
$100 + tax / 11 classes **51872**

Yin Yoga

15+ yrs
CDCC - Fitness Studio

Melt away tension and stress in this yoga class where seated and supine poses are held for minutes rather than seconds. You will use this time of stillness to observe your breath and the sensations in your body, leaving you feeling more flexible and self-aware.

Fridays
10:15 – 11:15am
Jan 6 – Mar 17
$100 + tax/ 11 classes **51873**

Yoga

15+ yrs
CDCC - Fitness Studio

This yoga class will combine breath work, energizing movement , stretching and meditation to leave you feeling strong, flexible and balanced. Open to all levels, and modifications are available.

Mondays
9:00-10:00am
Drop-in/ Included with Admission or Active Pass

DROP IN AQUA FIT
January 2 – March 31

Aqua Conditioning

Improve overall conditioning with this fun and challenging workout in the pool that's sure to make you sweat. High Intensity and lower impact with the option to participate in shallow or deep water.

Wednesdays
7:15am – 8:00am
January 2 – March 31
Drop-in/Included with Admission or Active Pass

Aqua Therapy

Enjoy a gentle aquafit class focusing on functional strength, balance and conditioning. This low to moderate intensity class is great for rehabilitation.

Wednesdays
9:00am – 10:00am
January 2 – March 31
Drop-in/Included with Admission or Active Pass

Aqua Tone and Flex

Moderate intensity and low impact aquafit focusing on cardiovascular fitness, flexibility and range of motion.

Fridays
9:00am – 10:00am
January 2 – March 31
Drop-in/Included with Admission or Active Pass

PRE REGISTERED AQUATIC FITNESS

Aqua Circuit

15+ yrs
CDCC - Pool

This circuit class will guide you through a variety of moderate to high intensity moves to improve strength and cardiovascular fitness. This class may be in deep or shallow water and will utilize a variety of training tools to maximize the training benefits.

Tuesdays
5:30pm – 6:30pm
January 3 – February 7
$59+ tax/ 6 classes **51380**

Tuesdays
5:30pm – 6:30pm
February 14 – March 28
$68+ tax / 7 classes **51381**

Deep Water Cardio

15+ yrs
CDCC - Pool

Improve cardiovascular fitness, muscular endurance, and flexibility with this no-impact water workout that allows you the opportunity to tailor your intensity level to your own individual needs. These classes will get your hearts pumping and leave you smiling.

Thursdays
5:30pm – 6:30pm
January 12 - February 16
$59+ tax /6 classes **51382**

Thursdays
5:30pm – 6:30pm
February 23 - March 30
$59+tax/ 6 classes **51383**

Masters Swim

15+ yrs
CDCC - Pool

Join Masters Swim for Fun, Fitness and Friendship. Our experienced coach will guide, teach and support you in your swimming goals whether they are cardiovascular, endurance, technique, competition or other.

Tuesdays
6:30pm-7:30pm
January 10 – March 14
$95+ tax/ 10 classes **52022**

ARENA SCHEDULE

January 2 – April 1, 2023

Schedule Subject to change. Visit rdck.ca for up to date information.

Included with general admission or Active Pass

Pre-regsitration required for program, see specified pages for registration details

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30-10:30am **PUBLIC SKATE**	9:00-10:00 am **PUCK SKATE**	9:30-10:30am **PUBLIC SKATE**	9:00-10:00 am **PUCK SKATE**	
		10:30-11:30am **PARENT & TOT**	10:00-11: 30am **DROP-IN HOCKEY**	10:30-11:30am **PARENT & TOT**	10:00-11:30am **DROP-IN HOCKEY** *No ice Friday Feb 17*	
3:30-5:00pm **PUBLIC SKATE**						
						5:00-6:30 pm **PUBLIC SKATE**
				6:00-7:00 pm **YOUTH SHINNY**		
8:30-9:30pm **ADVANCED ADULT HOCKEY**	9:15-10:15pm **ALL REC HOCKEY**			10:15-11:15pm **ADVANCED ADULT HOCKEY**		

EQUIPMENT RENTALS

Skate Rentals	$3
Helmet Rentals	$3
Helmets & Skates	$5
Skate Carts (for inexperienced skaters only)	FREE

FAMILY DAY

February 20, 2023

Public Skating
1:00-4:00 pm

ARENA PROGRAMS

INCLUDED WITH YOUR ACTIVE PASS OR GENERAL ADMISSION

Public Skate

All Ages
CDCC - Arena

Everyone is welcome during public skating times. Lots of fun and a great way to be active with your whole family. 2/3rds of the ice for skating, (carts available for those just learning) and 1/3rd for broomball (helmets recommended). Helmet and skate rentals available.

Tuesdays/Thursdays
9:30-10:30am
Included with Admission or Active Pass

Saturdays
5:00-6:30pm
Included with Admission or Active Pass

Sundays
3:30-5:00pm
Included with Admission or Active Pass

Parent & Tot

Parents & 0-6yrs
CDCC - Arena

Join us during Parent and Tot skate and introduce your little one(s) to skating in a safe setting. We have an instructor available to create a fun and encouraging atmosphere and to help assist you if necessary.

Tuesdays/Thursdays
10:30-11:30am
Included with Admission or Active Pass

Drop-in Hockey

15+ yrs
CDCC - Arena

An opportunity to come together and play some fun, non-competitive, non-contact hockey. Goalies play for free.

Wednesdays/Fridays
10:15-11:30am
Included with Admission or Active Pass

Puck Skate

All Ages

Puck skate provides an opportunity for you to come practice your puck handling skills. Please be mindful of other skaters while shooting. Please bring your own stick and pucks. A limited amount of pucks will be available.

Wednesdays /Fridays
9:00-10:00am
Included with Admission or Active Pass

PRE-REGISTERED ARENA PROGRAMS

Advanced Adult Hockey

15+yrs
CDCC - Arena

For those with hockey experience wanting to play a fast paced, no contact and more competitive game. Full gear required – goalies play free.

Sundays
8:30-9:30pm
Jan 8 – Mar 12
$120 + tax / 11 classes **51875**

Thursdays
10:15-11:15pm
Jan 5 – Mar 16
$120 + tax / 11 classes **51876**

All Rec Hockey

15+ yrs
CDCC - Arena

An opportunity to come together and play some fun, non-competitive, non-contact hockey. Goalies play free.

Mondays
9:30 - 10:30pm
Jan 2 – Mar 13
$109 / 10 classes **51877**

No class Feb 20

Youth Shinny

7-12/12-15 yrs
CDCC - Arena

This program is great for those wanting to try out hockey or get some extra time on the ice playing with friends. Gloves, helmets, and sticks required – additional gear recommended. The rink will be divided into two separate sides to accommodate the 7-12 yrs and the 12-15yrs.

Thursdays
6:00-7:00pm
Jan 5 – Mar 16
Included with Admission or Active Pass

CAREER IN RECREATION

Bronze Medallion

Prerequisites: 13 yrs. of age by the last day or hold Bronze Star certification
CDCC - Pool/Erickson Room

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education – judgment, knowledge, skill and fitness. Rescuers learn self-rescue techniques, defense and release methods, and tows and carries in preparation for challenging rescues. Lifesavers develop stroke efficiency and endurance in a 500m swim.

Cost includes Canadian Lifesaving Manual.

*100% attendance is required.

Friday
3:30-7:30pm
January 6, 13, 20, 27, February 3
$188 + tax/ 5 classes **51402**

Bronze Cross Assistant Lifeguard

Prerequisites: 13 years of age by last day and hold Bronze Medallion certification
CDCC - Pool/Erickson Room

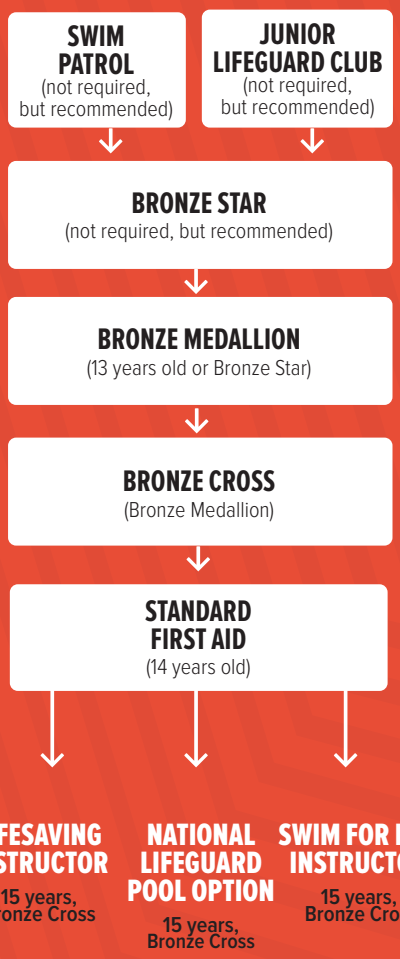
The Lifesaving Society Bronze Cross begins the transition from Lifesaving to Lifeguarding and prepares candidates for responsibilities as Assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.

Bronze Cross is one of the pre-requisite awards for all advanced Lifeguard and Leadership training programs and is worth two Grade 11 high school credits.

*100% attendance is required.

Friday
3:30-7:30pm
February 10, 17, 24, Mar 3, 10, 17
$209 + tax/ 6 classes **51403**

How to Become a Lifeguard Instructor



MORE THAN JUST EMPLOYMENT!

JOIN THE TEAM!

Employment in aquatics is a rewarding experience that allows you to gain valuable leadership, communication & teamwork skills!

Standard First Aid w/ CPR-C & AED

14+ yrs
CDCC –Erickson Room
This course is for people who want an in-depth understanding of first aid and CPR training. Participants will find they are better prepared to respond to medical emergencies. SFA includes the treatment and management of injuries, medical emergencies, environmental emergencies, skeletal emergencies, and circulatory and respiratory emergencies. CPR-C & AED certification included.

Saturday, Sunday
9:00-5:30pm
March 11, 12
$170+ tax/ 2 classes **51401**

PLEASE NOTE:

Advanced Aquatic Leadership Courses: 7 days advanced notice required for a refund or credit. Refunds will not be granted to participants who do not possess all the pre-requisites or do not present them on the first day of the course.

RENTAL OPPORTUNITIES

The Creston & District Community Complex (CDCC) offer a wide range of rental opportunities for meetings, banquets, receptions, and social gatherings, which have access to a full commercial kitchen and audio/visual equipment.

The CDCC has rooms available to host everything from a small meeting to an event up to 450 people. The property also contains a 7,000 sq.ft. stand-alone community hall (Rotacrest Hall) available for rentals.

The multi-purpose recreational facility, which sits on over 20 acres of land, also offers sport facility rentals including an ice arena, aquatic centre, baseball and soccer fields, and a variety of outdoor sport courts including pickleball, beach volleyball, basketball, and a 10,000 square foot skatepark.

Our professional and experienced staff are happy to assist you in planning the most satisfying and memorable experience. Visit www.rdck.ca/recreation for more detailed information about our rental spaces and how to book them.

Exceptional facilities. Exceptional service.

CONTACT US TODAY
TO BOOK YOUR SPACE