

NELSON

PROGRAM GUIDE

SPRING 2024

Registration Start Date:
Monday, March 11, 2024
7:00 am

To view the guide and register online visit rdck.ca/recreation or call 250.354.4386



RDCK-Funded
**Training
Opportunities**

See page 6
for details



NDCC
Nelson & District
Community Complex



Nelson & District Community Complex



Visit Us

305 Hall St., Nelson, BC | rdck.ca/recreation

Contact Us

250-354-4FUN (4386) | nelrec@rdck.bc.ca



Online Registration

rdck.ca/recreation

Need to setup an online registration account?
Fill out the [RDCK Client Profile Form](#)

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[Like us on Facebook](#)

ENJOY A SAFE AND FUN VISIT

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

SPRING HOURS

April 21 - June 30, 2024

**POOL CLOSED JUNE 29, 30
FOR SWIM MEET.**

Hours of Operation are subject to change

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| AQUATIC CENTRE | 9:00am - 7:00pm | 6:00am - 8:30pm | 6:00am - 8:30pm | 6:00am - 8:30pm | 6:00am - 8:30pm | 6:00am - 9:30pm | 9:00am - 8:00pm |
| FITNESS CENTRE | 9:00am - 7:00pm | 5:30am - 9:30pm | 5:30am - 9:30pm | 5:30am - 9:30pm | 5:30am - 9:30pm | 5:30am - 9:30pm | 8:00am - 8:00pm |

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 caregiver 16 years of age or older that is the water providing active supervision.



FACILITY CODE OF CONDUCT

To ensure the highest level of enjoyment, the Regional District of Central Kootenay (RDCK) expects that all of our clients, from spectators to active users, will conduct themselves in a manner that creates a friendly and positive environment for recreational, sport and social activities in our facilities.

Participation in recreation activities is a privilege and all participants are expected to:

- Act with courtesy and integrity while respecting the rights, welfare and dignity of other participants.
- Act in a safe and responsible manner regarding themselves and others.
- Treat all other clients, staff and facilities with respect.

Participants engaging in inappropriate behaviour may their privileges revoked.

HOLIDAY HOURS

HOLIDAY CLOSURES

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

HOLIDAYS OPEN

1:00-5:00pm
Family Day
Good Friday
Victoria Day
Thanksgiving Day
Remembrance Day
Boxing Day

EARLY CLOSURES

4:00pm
Christmas Eve
New Year's Eve

GENERAL ADMISSION RATES

| | DROP-IN | 10-PUNCH* |
|---|---------|-----------|
| Child (0-4) | Free | - |
| Youth (5-18) | \$3.88 | \$34.96 |
| Adult (19-74) | \$7.77 | \$69.91 |
| Golden Guest (75+) | Free | - |
| Family (2 adults and up to 4 dependent children) | \$15.54 | - |

Prices do not include taxes.

*10-punch passes expire 12 months from date of purchase

- 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 PROGRAM

The Active Program 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 PROGRAM FEES | | |
|-----------|---------------------|----------|----------|
| | 1 Month | 3 Month | 6 Month |
| Adult | \$69.91 | \$178.28 | \$314.61 |
| Youth | \$34.96 | \$89.14 | \$157.31 |
| 2nd Adult | \$62.93 | \$160.46 | \$283.15 |
| 2nd Youth | \$31.46 | \$80.23 | \$141.57 |

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.

LEISURE ACCESS PROGRAM

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 by May 31st of each year.

Find the application and income guidelines online at 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.





The Rotary Nelson Daybreak presents



11TH ANNUAL EASTER EGG HUNT

Saturday, March 30, 2024
Lakeside Park
9:45 am – 12:00 pm

Easter Bonnet Parade in the Park
for Kids and Parents. Wear your Easter Bonnet. Costumes optional. Start time 9:45 in front of the concession stand.

Egg Hunt schedule by age group:

- 2 and under: 10:45 am
- 3 – 4 yrs: 11:00 am
- 5 – 6 yrs: 11:15 am
- 7+ yrs: 11:30 am

**Rotary Nelson Daybreak
Hot Dog Fundraiser**

Easter Bunny, crafts, face painting

Bring a basket and smile

Thanks to our Major Sponsors:



For more information,
contact Rotary Nelson Daybreak:

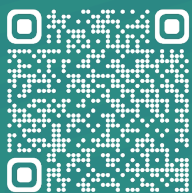
Box 965, Nelson, V1L6A5 www.nelsonrotary.info
<https://www.facebook.com/nelson.rotary>

Phone 250-825-9241

AQUATIC TRAINING OPPORTUNITIES!

Become a qualified Lifeguard, and Swim Instructor.

The RDCK has training funding opportunities for community members that wish to pursue employment within the RDCK.



To learn more and apply go to rdck.ca/GetTraining or scan the QR Code.

Applications must be received 7 days before program starts to be considered and only successful applicants will be contacted.



CAREER IN RECREATION

Bronze Star

Prerequisites: Ability to swim 25m+ comfortably, 11 years
NDCC POOL

Participants will develop a safe attitude and leadership skills as they take the first steps to becoming a certified Lifesaver! Whether you are looking to be safer at the beach or develop a career in aquatics and leadership, this course is the perfect start!

***100% attendance is required.**

April 14, 21, 28, May 5, 12
Sundays
1:30-3:30pm
\$83/ 5 classes

68224

Bronze Medallion

Prerequisites: 13 yrs. of age by the last day or hold Bronze Star certification
NDCC POOL

The Bronze Medallion program challenges candidates both mentally and physically to build the judgement, knowledge, skills and fitness required to perform water rescue. 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.

Bronze Medallion is a prerequisite for the Assistant Lifeguard training program, Bronze Cross.

Cost includes Canadian Lifesaving Manual

***100% attendance is required.**

April 12, 19, 26, May 3, 10
Fridays
4:00-8:30pm
\$171/ 5 classes

68225

Bronze Medallion

Prerequisites: 13 yrs. of age by the last day or hold Bronze Star certification
Salmo POOL

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.

Note: This course is held in Salmo

***100% attendance is required.**

June 3-5, 10-12,
Mondays, Tuesdays, Wednesdays,
3:30pm - 7:15pm
\$171 / 6 classes

68427

Bronze Cross Assistant Lifeguard

Prerequisites: Bronze Medallion
NDCC Pool / Lower Multi Purpose 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. Cost includes Lifeguard Whistle.

Bring your Canadian Lifesaving Manual, **ID**, and **copy of your Medallion certification**.

100% attendance is required.

May 24, 31 June 7, 14, 21
Fridays
4:00-8:30pm
\$141+tax / 5 classes **68226**

Bronze Cross Assistant Lifeguard

Prerequisites: Bronze Medallion
Salmo Pool

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.

Note: This course is held in Salmo

100% attendance is required.

June 17-19, 24-26
Mondays, Tuesdays, Wednesdays,
3:30pm - 7:15pm
\$141 / 6 classes **68428**

National Lifeguard Recert (NLR)

NDCC / Multi-purpose / Pool
Prerequisites: NL certification (need not be current), Standard First Aid (current within 2 years)

The NL Recertification includes 4 hours of review of NL skills and knowledge and provides education on new information before the start of the Recertification examination.

May 25, 26
Saturday 12:30-5:00pm
Sunday 12:30-5:00pm
\$113+ tax / 2 classes **68244**

National Lifeguard

CDCC
Prerequisites: 15yrs by last day of the course, Bronze Cross and Standard First aid with CPR-C by first day of course.

The Lifesaving Society's NL Pool award is recognized as the standard measure of lifeguard performance in Canada. NL training prepares lifeguards in pool surveillance, to prevent incidents, specialized rescue techniques, communication and fitness and in the effective resolution of emergencies as needed.

NL- Pool is worth two Grade 12 High School credits. You must be 16 years of age to be employed as a lifeguard. For those who are 15 and wanting to start training now, please reach out to Programmer at Abeavers@rdck.bc.ca to discuss details.

Price includes Alert Manual and Lifeguard Tool Kit.

Note: This course is held in Creston

100% attendance is required.

May 31, June 1-2, 7-9, 21-23
Fridays 4:00-8:00pm
Saturday 9:00-4:00pm
Sunday 11:00-6:00pm
\$573+tax / 9 classes **68516**

For all First Aid course and Aquatic certifications that require a prerequisite the Pre-requisite must be presented at the start of day 1 of class to participate.

RDCK programs are Lifesaving Society issued.

Acceptable certifications cards issued are from Lifesaving Society, St. Johns Ambulance, Heart & Stroke Foundation of Canada, Canadian Red Cross, Canadian Ski Patrol.

Swim Instructor

Prerequisites: 15yrs by last day of the course and Bronze Cross
CDRD

The Lifesaving Society Swim Instructor course prepares the instructor to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim for Life program. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques.

Note: This course is held in Castlegar

100% attendance is required.

April 6, 7, 13, 14, 27, 28, May 4, 5, 11
Saturday and Sunday
9:00-2:30pm
\$571 +tax / 9 classes **68514**

Standard First Aid with CPR-C Recertification

Prerequisite: Must hold a SFA certification that is current or has expired no more than 3 years ago.

NDCC - Upper Multi-purpose Room

Check your award! Standard First Aid awards must be recertified every three years. Don't let your award expire! CPR-C and AED recertification is included.

Must present your certification and government issued ID

June 1
Saturday
9:00am - 5:30pm
\$116+ tax / 1 class **68246**

Standard First Aid with CPR-C

NDCC - Upper Multi-Purpose Room

Be Prepared. Lifesaving Society Standard First Aid is a WorkSafe BC Occupational Level 1 equivalent program that covers all aspects of first aid. Candidates receive comprehensive training to use in their workplaces or homes. Standard First Aid is a prerequisite for National Lifeguard (NL). Certification includes CPR-C /AED.

Must present your certification and government issued ID

June 22, 23
Saturday, Sunday
9:00am - 5:30pm
\$184+ tax / 2 classes **68247**

CPR-C Full course

SLOCAN Park Hall

Be Prepared. CPR- C teaches the skills needed to help adults, children and infants. Be prepared to save a life! Knowing how to activate EMS, perform CPR, and use an AED are critical lifesaving skills that everyone should have. Learn how to recognize and treat the early signs of heart attack - additional skills include how to help someone who is choking and perform CPR when there is more than one rescuer with AED award will help you be prepared for emergency situations that required.

Must present your government issued ID

Note: This course is held in Slocan Valley

May 5
Sunday
12:00-5:00pm
\$56+tax/ 1 class

68424

CPR-C Full course

SALMO – Multi purpose Room

Be Prepared. CPR- C teaches the skills needed to help adults, children and infants. Be prepared to save a life! Knowing how to activate EMS, perform CPR, and use an AED are critical lifesaving skills that everyone should have. Learn how to recognize and treat the early signs of heart attack - additional skills include how to help someone who is choking and perform CPR when there is more than one rescuer with AED award will help you be prepared for emergency situations that required.

Must present your government issued ID

Note: This course is held in Salmo

April 21
Sunday
9:00-2:00pm
\$56+tax/ 1 class

68433

PLEASE NOTE: Advanced Aquatic Leadership Courses (Bronze Medallion, Bronze Cross, NL, NL-R, LSI, LSI-R, SFA, SFA-R, CPR-C): 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. **Medical Conditions:** Will be given special consideration for refunds (may require a doctor's note).



MORE THAN JUST EMPLOYMENT! JOIN THE TEAM!

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

Check out other RDCK program guides for leadership training opportunities that may work for you: rdck.ca/recreation

FITNESS TRAINING OPPORTUNITIES*

*Applicants will receive reimbursement of certification costs upon successful hire with the RDCK

CFES Group Fitness Instructor

16+ yrs

CDCC - Creston & District Community Complex

Pre-requisite: 16 yrs of age and Fitness Knowledge or approved equivalent.

Develop the foundational skills required to deliver a safe, effective group fitness class (cardio/strength). Topics include: musicality, upper and lower body movement, lesson planning, communication, safety, and motivation. Manual included (Individual Skills Assessment cost and professional registration fees as not included in the fee for this course.).

Note: This course is held in Creston

Fridays 5:00-9:00pm

April 5, 19

Sundays 8:00-4:30pm

April 7, 14, 21, May 12

\$484+ tax

68402

*Additional practicum hours will be required outside of these course times.

Individual Skills Assessments: May 25, 26 see below.

Fitness Knowledge is the pre-requisite for both Group Fitness instructor and Weight Training Instructor. If you do not hold this certification yet home study programs are available. For more information please visit: <https://canadianfitness.net/>

CFES Weight Training Instructor

16+ yrs

CDCC - Creston & District Community Complex

Prerequisites: successful completion of Fitness Knowledge or approved equivalent. This is a pre-requisite course for the CFES Personal Training course and is the requirement to work as a Fitness Technician in RDCK Fitness Centre's.

The Weight Training Instructor course covers the practical components and additional theory needed for becoming a Weight Training Instructor and is the second step to becoming a Certified Personal Trainer. Students will learn leadership skills, program design, exercise instruction techniques and safety supervision, and proper exercise technique using hands-on training skills in a weight room setting and classroom. Manual included (Individual Skills Assessment cost and professional registration fees as not included in the fee for this course.)

Note: This course is held in Creston

Fridays 5:00-9:00pm

April 12, 19

Saturdays 9:00-5:30pm

April 6, 13, 20, May 11

\$484 + tax

68407

*Additional practicum hours will be required outside of these course times.

Individual Skills assessment May 25, 26 see below.

TEST DATE for both Group Fitness and Weight Training Instructors will be held on the **May 25, 26** weekend. Duration 1.5 hours, exact time to be coordinated between you and the Trainer.

CFES FITNESS EDUCATION PATHWAY

COMPLETE YOUR FITNESS KNOWLEDGE

In-Person or Online

WEIGHT TRAINING
INSTRUCTOR

GROUP FITNESS
INSTRUCTOR

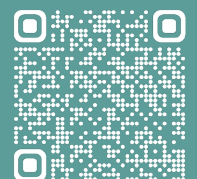
AQUAFIT
INSTRUCTOR

PERSONAL TRAINING
CERTIFICATION

Interested in becoming a **Certified Group Fitness Instructor, Aquafit Instructor, or Personal Trainer** through a different certifying body such as BCRPA, CSEP, ASCM, NSCA, NASM, CANFIT PRO, or another?

Please indicate which certifying body you prefer for your certification when you completing the Free Training intake form.

Learn more at rdck.ca/GetTraining or scan the QR Code.





0-6 YEARS PROGRAMS

First Step

2-5 yrs 12 m
 NDCC Upper Multi - purpose Room

First Step is a program for children that like to learn through exploration!

Here they will be introduced to ABC's, numbers, and shapes as well as seasons and songs!

In addition, open play time and a story will be part of this program that all preschool children will love. Parent/guardians Must remain in the Community Complex while children participate Community Complex while children participate in the program. Pack a snack for your child to enjoy

Mondays
 9:00-10:30am
 April 8 - 29
 \$44 / 4 sessions 68376

Mondays
 9:00-10:30am
 May 27 - Jun 17
 \$44 / 4 sessions 68377

Tumbleweeds Gym

12 months - up to 5 years with parent participation
 Center Upstairs Studio - Vernon St

Get ready for some indoor rolling, jumping and physical skill development, set up for the early years. Increase physical and social literacy with parent/guardian participation and supervision. Snack tables available for breaks. Clean up with help from adults starts at 11:20pm each session. Bring a lock for large strollers outside the front door.

Tuesdays
 10:00-11:30am
 Apr 9 - Apr 30
 \$44 / 4 sessions 68382

Tuesdays
 10:00-11:30am
 May 7 - May 28
 \$44 / 4 sessions 68385

Tuesdays
 10:00-11:30am
 Jun 4 - Jun 18
 \$33 / 3 sessions 68387

PRO-D DAY CAMPS

Active April Pro-D Day Camp

7-12 yrs
NDCC Upper Multi-purpose Room

Spend the day with your friends away from school learning new games, creating art, getting active and having some poolside fun in the afternoon. During our Pro-D Day camps you can expect to stay busy with all of your favorite activities.

***Please bring snacks, a lunch, swimsuit and towel**

April 22
Monday
8:30am – 3:30pm
\$38

67505

PLAY in May Pro-D Day Camp

7-12 yrs
NDCC Upper Multi-purpose Room

Spend the day with your friends away from school learning new games, creating art, getting active and having some poolside fun in the afternoon. During our Pro-D Day camps you can expect to stay busy with all of your favorite activities.

***Please bring snacks, a lunch, swimsuit and towel.**

May 27
Monday
8:30am – 3:30pm
\$38

67509

Smiles, Snacks and Stories

2-5 yrs 12 m
NDCC Upper Multi - purpose Room

Children will explore what makes them happy. In this program we will have fun with crafts, getting messy, using our imagination and have open play time and a story!. Parent/guardians must remain in the Community Complex while children participate in the program. Pack a snack for your child to enjoy.

Wednesdays
9:00-10:30am
Apr 17 – May 8
\$37 / 4 sessions

68374

Wednesdays
9:00-10:30am
May 15 – June 5
\$37 / 4 sessions

68375

Sea Pups Club 2 programs in 1! Swim Lesson included



3-5yrs 12m
NDCC - Lower Multi Room | Pick up: Pool Deck
Prerequisite: Children need to be capable of using the washroom dependently (potty trained)

Want to get your self-care scheduled into your life?

Join us for a program that will let you get a work out in, get groceries, go for a swim or even have a quiet hot coffee -in this program your child will participate in a dry portion at drop off which includes craft activities or songs or stories and will follow with a full swim lesson set and play in the pool!

Your child will be assigned into a swim lesson level based on skills.

Parents are not required to stay and children should be ok to go into the water without parent assistance!

Please have your child's suit on and ready to go on drop off and please pick up on the pool deck at 10:30am! Also please pack a small snack for your child to enjoy. See below for our fitness programs happening while your child is cared for by our fantastic staff!

Thursdays
9:00 -10:30 am
Apr 11 – June 6 | No Class April 25
\$114 / 8 classes

68391

What is happening in the facility at the time of the program:

9:15 - 10:15am STEP Class

Lap lane, hot tub and steam room available for use with admission

Weight room available for use with admission



Friday FUN Nights

7-9 yrs and 10-12 yrs

NDCC – Upper Multi-Purpose Room

Friday night FUN for everyone! Parents, enjoy a night kid-free while your children dive into endless fun with their friends, enjoying some piping hot pizza, thrilling games and a pool time extravaganza. Program leaders will split the group into their appropriate age groups during drop-off to maximize the FUN with their peers. This night is designed for friends to kick back and enjoy some friendly competition with the most popular games being played today and good ol fashioned fun in the pool. The fun doesn't stop with the kids, parents get to have that night off you've been dreaming of for weeks. Fridays just became the night for the whole family to enjoy!

5:00 – 6:30pm: Flexible Drop-off, pizza and games

6:30 – 8:00pm: Games, Swimming and Flexible Pick-up

** Please remember to bring a bathing suit and towel. Drop-off and pick up times are flexible. Only pizza is provided. Unfortunately, no special food requests can be accommodated.*

Friday
April 5
5:00pm - 8:00pm
7-9 yrs \$20/class
10-12 yrs \$20/class

68471
67594

Friday
April 12
5:00pm - 8:00pm
7-9 yrs \$20/class
10-12 yrs \$20/class

68472
67595

Friday
April 19
5:00pm - 8:00pm
7-9 yrs \$20/class
10-12 yrs \$20/class

68473
67596

Friday
April 26
5:00pm - 8:00pm
7-9 yrs \$20/class
10-12 yrs \$20/class

68474
67597

Friday
May 3
5:00pm - 8:00pm
7-9 yrs \$20/class
10-12 yrs \$20/class

68475
67598

Friday
May 10
5:00pm - 8:00pm
7-9 yrs \$20/class
10-12 yrs \$20/class

68476
67599

Friday
May 17
5:00pm - 8:00pm
7-9 yrs \$20/class
10-12 yrs \$20/class

68478
67600

Friday
May 24
5:00pm - 8:00pm
7-9 yrs \$20/class
10-12 yrs \$20/class

68479
67601

Friday
May 31
5:00pm - 8:00pm
7-9 yrs \$20/class
10-12 yrs \$20/class

68480
67602

Friday
June 7
5:00pm - 8:00pm
7-9 yrs \$20/class
10-12 yrs \$20/class

68481
67603

Friday
June 21
5:00pm - 8:00pm
7-9 yrs \$20/class
10-12 yrs \$20/class

68482
67604

SWIMMING LESSONS

Finding the Right Program at the RDCK



Aqua Babies Parent participation

Splish! Splash! Laugh! Water can be so much fun! Our instructor-lead sessions will help adult and child safely explore water together.

If your child is ...

| | |
|---------------------|--------------------------------------|
| 4 to 12 months old | Jellyfish 1 Parent & Tot 1 |
| 12 to 24 months old | Goldfish 2 Parent & Tot 2 |
| 24 to 36 months old | Seahorse 3 Parent & Tot |

Aqua Tots 3-5 years

Children will learn to be safe, confident little swimmers.

If your child is 3-5 years old and can...

| | |
|---|----------------------------------|
| Participate on their own. We encourage you to participate until your child lets you know they can do it themselves. | Octopus 1 Preschool 1 |
| Get in and out, jump into chest-deep water assisted: float and glide on their front and back; blow bubbles and get face wet | Crab 2 Preschool 2 |
| Jump into chest-deep water; submerge and exhale underwater; float on front and back assisted | Orca 3 Preschool 3 |
| Jump into deep water wearing a life-jacket; hold breath underwater; float, glide and kick on front and back | Sea Lion 4 Preschool 4 |
| Do solo jumps into deep water; swim front crawl 5m wearing a lifejacket and flutter kick on front, back and side | Narwhale 5 Preschool 5 |

Aqua Kids 6 years +

Swimmers will develop habits for healthy and active living as good swimmers.

If your child is 6 years old and...

| | |
|--|-----------------------------------|
| Is just starting out Or completed Sea Lion 4 | Swimmer 1 |
| Can jump into chest-deep water by themselves; open eyes, hold breath, exhale under-water; float, kick, glide on front and back Or completed Narwhale | Swimmer 2 |
| Can jump into deep water and support self at the surface for 15 seconds; swim 10m on front and back | Swimmer 3 |
| Can tread water for 30 seconds; do kneeling dives and front somersaults; 10m whip kick on back; swim 15m front crawl | Swimmer 4 |
| Can swim 50m; tread water 1 min, swim underwater; 15m whip kick on front; breaststroke arms with breathing; swim front and back 15m | Swimmer 5 |
| Can do shallow dives and cannon balls; egg beater and scissor kick; swim 50m front and back crawl; breaststroke for 25m; | Swimmer 6 |
| Can do stride entries and compact jumps; legs-only surface support for 45 seconds; swim 100m of front crawl and back crawl | Swimmer 7 Rookie Patrol |
| Completed Swimmer 7/Rookie Patrol | Swimmer 8 Ranger Patrol |
| Completed Swimmer 8/Ranger Patrol | Swimmer 9 Star Patrol |
| Completed Swimmer 9/Star Patrol | Bronze Star* |



GROUP SWIM LESSON FEES

| | | |
|------------|----------------|--------------------|
| 25 minutes | \$56/8 classes | \$70/10 classes |
| 40 minutes | \$66/8 classes | \$82.50/10 classes |
| 50 minutes | \$76/8 classes | \$95/10 classes |

PRIVATE SWIM LESSON FEE

| | | |
|----------------------------|------------|--------------------------------|
| Private (1 person) | 25 minutes | \$128/4 lessons |
| Semi Private (2 people) | 25 minutes | \$74 per swimmer/ 4 classes |

Not Sure Which Level to Register In?

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 registered into the wrong level or would like to transfer to another class, refunds will not be provided. Please make sure to have your child assessed before registering.

Registration Note for Caregivers

Please note that it is the responsibility of the caregiver to register children in the correct level of our swim program. Day one of the lessons the instructor will assess all students to ensure that they have been registered 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.

Waitlists

If the class level you want is full, get on the waitlist! Classes with waitlists are used to replace any classes that have been cancelled or new classes are created when there is increased capacity.

Cancelled Classes

Classes may be canceled at a minimum of 48 hours before the first lesson if the minimum numbers for a class are not met. We will attempt to find a space for you child in the next available class/lesson set of issue a full refund.

Program Fees

Caregivers are welcome to watch their children participate in a program; however, program fees do not include use of the facility before during or after their program. Individuals wishing to use the facility will be required to pay admission and wear a wrist band.



SWIM LESSON SCHEDULES

Lesson registration closes 9am the day before the first class starts.

MONDAY APRIL 8 - JUNE 17 | 10 CLASSES (No class May 20)

| | | | | |
|--------|------------|-------|------------|-------|
| 4:00pm | Octopus 1 | 67795 | Swimmer 2 | 67800 |
| 4:30pm | Crab 2 | 67796 | Swimmer 1 | 67801 |
| 5:00pm | Orca 3 | 67797 | Sea Lion 4 | 67802 |
| 5:30pm | Narwhale 5 | 67798 | Swimmer 1 | 67804 |
| 6:00pm | | | Private | |
| 6:30pm | | | Swimmer 3 | 67803 |

WEDNESDAY | APRIL 10 - JUNE 19 | 10 CLASSES

| | | | | |
|--------|----------------------------|-------|--|--|
| 4:00pm | Sea Lion 3 | 67813 | | |
| 4:30pm | Octopus 1 | 67811 | | |
| 5:00pm | Crab 2 | 67810 | | |
| 5:30pm | Orca 3 | 67809 | | |
| 6:00pm | Swimmer 4 | 67807 | | |
| 6:45pm | Adult Beginner NEW! | 67808 | | |

NEW! Adult Beginner Lessons

Learn to swim no matter your age! You will work towards 10-15m swim on your front and back, breath control, underwater skills and floats, glides and work on your swim kicks.

Join the group and learn this life

THURSDAY | APRIL 11- JUNE 13 | 10 CLASSES

| | | | | |
|--------|------------|-------|------------|-------|
| 4:00pm | Crab 2 | 67814 | Swimmer 2 | 67818 |
| 4:30pm | Octopus 1 | 67815 | Swimmer 3 | 67819 |
| 5:00pm | Crab 2 | 67816 | Swimmer 1 | 67822 |
| 5:30pm | Sea Lion 4 | 67817 | Narwhale 5 | 67820 |
| 6:00pm | Orca 3 | 67821 | Private | |

SATURDAY | APRIL 13 - JUNE 1 | 8 CLASSES

| | | | | | | |
|---------|---------------------------|-------------|------------|-------|--|-------|
| 9:30am | JellyFish 1 4-12months | 67823 | Swimmer 1 | 67832 | Swimmer 4 9:30- 10:10am 40 min | 67830 |
| 10:00am | Octopus 1 | 67824 | Swimmer 2 | 67833 | | |
| 10:30am | Crab 2 | 67825 | Swimmer 3 | 67834 | Swimmer 5 10:15-10:55am, 40 min | 67831 |
| 11:00am | GoldFish 2 12-24months | 67827 | Swimmer 2 | 67835 | | |
| 11:30am | Octopus 1 | 67828 | Narwhal 5 | 67836 | Canadian Swim Patrol – Rookie 7 11:00- 11:50am, 50 min | 68579 |
| 12:00pm | Orca 3 | 67829 | Sea Lion 4 | 68248 | | |
| 2:00pm | Private | | | | | |
| 2:30pm | Swimmer 3 | 67838 | | | | |
| 3:00pm | Crab 2 | 67837 | | | | |
| 3:30pm | Private | | | | | |
| 4:00pm | Private | | | | | |
| 4:30pm | Adult Beginner | NEW! | 67839 | | | |

SUNDAY | APRIL 14 - JUNE 2 | 8 CLASSES

| | | | | | | | |
|---------|----------------------------|-------|-----------|-----------------------------------|--|---|-------|
| 9:30am | Sea Horse 3 24-36months | 67840 | Private | Swimmer 4 9:30-10:10am, 40 min | | | 67848 |
| 10:00am | Octopus 1 | 67841 | Swimmer 1 | 67845 | | | |
| 10:30am | Crab 2 | 67842 | Swimmer 2 | 67846 | | Swimmer 5 10:15-10:55am, 40min | |
| 11:00am | Orca 3 | 67843 | Swimmer 3 | 67847 | | | |
| 11:30am | Sea Lion 4 | 67844 | Private | | | Swimmer 6 11:00-11:40am, 40 min | |
| 12:00pm | Narwhal 5 | 68249 | Private | | | Canadian Swim Patrol – Ranger 8 11:45-12:35pm, 50 min | |

Sea Pups Club 2 programs in 1! Swim Lesson included



3-5yrs 12 m

NDCC - Lower Multi Room | Pick up: Pool Deck

Prerequisite: Children need to be capable of using the washroom dependently (potty trained)

Want to get your self-care scheduled into your life?

Join us for a program that will let you get a work out in, get groceries, go for a swim or even have a quiet hot coffee –in this program your child will participate in a dry portion at drop off which includes craft activities or songs or stories and will follow with a full swim lesson set and play in the pool!

Your child will be assigned into a swim lesson level based on skills.

Parents are not required to stay and children should be ok to go into the water without parent assistance!

Please have your child's suit on and ready to go on drop off and please pick up on the pool deck at 10:30am! Also please pack a small snack for your child to enjoy. See below for our fitness programs happening while your child is cared for by our fantastic staff!

Thursdays

9:00 -10:30 am

Apr 11 – June 6 | No Class April 25

\$114 / 8 classes

68391

What is happening in the facility at the time of the program:

9:15 - 10:15am - STEP Class

Lap lane, hot tub and steam room available for use with admission

Weight room available for use with admission

PRIVATE & SEMI PRIVATE LESSONS

Private and Semi Private Lessons are available, these lessons are suitable for children and adults. Private lessons are registerable on-line or through phone in to customer service at 250-354-4386

If interested in Semi private lessons it's important that swimmers have a similar ability so that both may have success in the lesson.

Please note; to take advantage of a semi private lesson please register the first individual for the private lesson and add the second participant to the wait list. After the first individual is registered and spot is held, please phone customer service for assistance to add the second participant.



Choose from the following classes.

PRIVATE SWIM LESSONS | APRIL - JUNE, 2024 | 4 CLASSES

| MONDAY | APRIL 8 - 29 | MAY 6- JUNE 3, no class May 20 |
|----------|------------------|--------------------------------|
| 6:00pm | 68485 | 68486 |
| THURSDAY | APRIL 11- MAY 2 | MAY 9 - 30 |
| 6:00pm | 68487 | 68499 |
| SUNDAY | APRIL 14 - MAY 5 | MAY 12 - JUNE 2 |
| 9:30am | 68488 | 68507 |
| 11:30am | 68491 | 68508 |
| 12:00pm | 68494 | 68509 |
| SATURDAY | APRIL 13 - MAY 4 | MAY 11 - JUNE 1 |
| 11:45am | 68495 | 68510 |
| 2:00pm | 68496 | 68511 |
| 3:30pm | 68497 | 68512 |
| 4:00pm | 68498 | 68513 |

POOL SCHEDULE

April 21- June 30 2024

SWIMMING POOL CLOSED
JUNE 29, 30 FOR SWIM MEET.
HOLIDAY HOURS, 1-5PM MAY20.

All are welcome all pool basins are available, name of swim indicates pool layout.

Schedule is subject to change.

| SUNDAY | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY |
|---|---------------------------------------|--|---|---|--|--|---|--|--|--|--|
| | LAPS + LEISURE 6:00-8:00am | SPORTS GROUPS 6:00-8:00am | LAPS + LEISURE 6:00-8:00am | SPORTS GROUPS 6:30-8:00am | LAPS + LEISURE 6:00-8:00am | SPORTS GROUPS 6:00-8:00am | LAPS + LEISURE 6:00-8:00am | SPORTS GROUPS 6:30-8:00am | LAPS + LEISURE 6:00-8:00am | SPORTS GROUPS 6:00-8:00am | |
| | WATER WELLNESS 8:00-9:00am | | WATER WELLNESS 8:00-9:00am | | WATER WELLNESS 8:00-9:00am | | WATER WELLNESS 8:00-9:00am | | WATER WELLNESS 8:00-9:00am | | |
| | | AQUA STEP + STRENGTH 9:00-10:00am | | CARDIO CORE 9:00-10:00am | | AQUA CONDITIONING 9:00-10:00am | | | | | |
| LAPS + LEISURE 9:00am-12:30pm | | CARDIO JAMS 10:30-11:30am | LAPS & LEISURE 9:00-12:30pm | HUSH-SENSORY FRIENDLY SWIM+SOAK 10:00-11:30am | | CARDIO JAMS 10:30-11:30am | | SEA PUPS CLUB 9:30-10:30am | | | LAPS + LEISURE 9:00am-12:30pm |
| SWIM LESSONS 9:30am-12:30pm | | | | | LAPS + LEISURE 9:00am-4:00pm | | LAPS & LEISURE 9:00am-12:30pm | | | | |
| | LAPS + LEISURE 9:00-4:00pm | | | LUNCH TIME LANES 12:30-2:00pm | | | LUNCH TIME LANES 12:30-2:00pm | | | LAPS + LEISURE 9:00am-4:00pm | SCHOOL SWIM LESSONS 10:00am-2:30pm |
| | | SCHOOL SWIM LESSONS 12:00-2:30pm | | | LAPS + LEISURE 2:00-4:00pm | | | TOTAL BODY AQUAFIT 1:30-2:30pm | | | |
| FUN FEATURE SWIM 12:30-6:00pm | | | | | | | LAPS + LEISURE 2:00-4:00pm | *GENTLE WATER JOGGING 2:45-3:30pm | | | SPORTS GROUPS + SWIM LESSONS 9:00am-4:00pm |
| | | | | | | | | | | | FUN FEATURE SWIM 12:30-7:00pm |
| HUSH-SENSORY FRIENDLY SWIM + SOAK 6:00-7:00pm | LEISURE SWIM 4:00-8:00pm | SPORTS GROUPS + SWIM LESSONS 4:00-8:00pm | LEISURE SWIM 4:00-8:00pm | SPORTS GROUPS 4:00-8:00pm | LEISURE SWIM 4:00-8:00pm | SPORTS GROUPS + SWIM LESSONS 4:00-8:00pm | LEISURE SWIM 4:00-8:00pm | SPORTS GROUPS & SWIM LESSONS 4:00-8:00pm | FUN FEATURE SWIM 4:00-8:30pm | AQUATIC LEADERSHIP COURSES 4:00-8:30pm | |
| | | | | | | | | | | | LATE NIGHT LAPS 7:00-8:00pm |
| | LATE NIGHT LAPS 8:00-8:30pm | | LATE NIGHT LAPS 8:00-8:30pm | | LATE NIGHT LAPS 8:00-8:30pm | | LATE NIGHT LAPS 8:00-8:30pm | | LATE NIGHT LAPS 8:30-9:30pm | | |

*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 caregiver 16 years of age or older that is the water providing active supervision.

Laps + Leisure - 2 lap lanes, leisure pool and hot areas available

Lunch Time Lanes + Late Night Laps - 3 laps lanes, leisure pool and hot areas available

Aquafit - Included with Admission

Aquafit* - Pre-registered

Water Wellness 4 lanes for Laps, 2 lanes for walking, stretching and floating. Leisure pool and hot areas available.

Fun Swim - A feature will be opened, either diving board, plynth, water slide or rope swing

Leisure Swim - Limited space available due to programs in effect. Leisure pool and hot areas available.

NEW Hush - Sensory Friendly Swim & Soak

All inclusive Leisure swim for those who may have sensory processing challenges or are simply looking for a quieter swim. Music and all water features will be off and not available for the duration of the swim time.

FITNESS SCHEDULE

April 1 - June 30, 2024

Included with Admission or Active Pass

Pre Registered Program

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|---|---|
| | 6:15-7:15am SPIN | 6:15 - 7:15am RISE AND SHINE BOOT CAMP | 6:15-7:15am SPIN AND STRENGTH | 6:15 - 7:15am RISE AND SHINE BOOT CAMP | 6:15-7:15am SPIN | |
| 7:45-8:45am S.W.A.T. | 8:00-9:00am WEIGHT ROOM CIRCUIT | 8:00-9:00am CARDIO BARRE | 8:00-9:00am WEIGHT ROOM CIRCUIT | | 7:45-8:45am INTRO TO STEP | |
| | 9:00-10:30am WORK TO PROGRESS | 9:00-10:30am WORK TO PROGRESS | 9:00-10:30am WORK TO PROGRESS | | | |
| | 9:15-10:15am STUDIO CIRCUIT | 9:15-10:15am STEP | 9:15-10:15am SPIN AND STRENGTH | 9:15-10:15am STEP | 9:00-10:00am BABY AND ME | 9:00-10:00am WEEKEND WARRIOR |
| 10:30-12:00pm HATHA FLOW YOGA | | 10:30-11:30am FIT 4 LIFE | 10:30-11:30am BABY AND ME | 10:30-12:00pm HATHA FLOW YOGA | 10:30-11:30am FIT 4 LIFE | 10:30-12:00pm VINYASA FLOW YOGA |
| | 12:10-12:55pm STEP | | 12:10-12:55pm CORE STRENGTHENING & CONDITIONING | | 12:00-1:00pm WEIGHT ROOM CIRCUIT | |
| 1:30-2:00pm YOUTH 7 FITNESS CENTRE ORIENTATION | 1:15-2:15pm BALANCE AND MOBILITY | | 1:30-2:30pm STRONG AND STEADY <i>NORTH SHORE HALL</i> | | | |
| | | 4:00-5:00pm SPIN | 2:00 - 3:00pm CHOOSE TO MOVE | | | |
| | 5:15-6:15pm FULL BODY STRENGTHENING & CONDITIONING | 5:15-6:15pm FULL BODY RX | 5:15-6:15pm STEP | 5:15-6:15pm BOOTY BURN | | |
| | | 6:30-7:00pm YOUTH FITNESS CENTRE ORIENTATION | | 6:30-7:00pm YOUTH FITNESS CENTRE ORIENTATION | | |
| | 6:45-8:15pm CLASSICAL HATHA YOGA | 6:30-7:30pm ZUMBA | 6:45-8:15pm CLASSICAL HATHA YOGA | 6:30-7:30pm UPPER BODY & CORE | 6:45-8:15pm RESTORATIVE YOGA <i>*ends April 26</i> | |

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



Register Online: rdck.ca/recreation

Or Register by Phone: 250.354.4386

DROP-IN AQUAFIT

April – June, 2024 *No class May 20*



DROP-IN AQUAFIT

Aqua Step & Strength

Age 15+ years
NDCC Shallow

Play with fun step patterns, in this high energy, low impact workout that combines the benefits of step aerobics with the resistance of water. This dynamic class offers a fun and effective way to improve cardiovascular fitness and smile muscles too.

Mondays

9:00am -10:00am

April 1 - June 24

Drop-in/Included with Admission or Active Pass

No class May 20

Cardio Jams

15+ years
NDCC Deep

Music to make us move! Enjoy the music as your instructor guides you in a class that will strengthen and tone your muscles, all while incorporating cardiovascular exercise to help improve your mood, support daily activities and help you sleep better.

Monday and Wednesday

10:30am -11:30am

April 1 - June 26

Drop-in/Included with Admission or Active Pass

No class May 20

Cardio Core

15+ yrs
NDCC Deep

This deep water aquatics class provides an environment where there is a 90% reduction in body weight, and the ability to tailor your intensity level to your own individual needs. These classes will get your hearts pumping and a core focused finisher will leave you smiling.

Tuesday

9:00am -10:00am

April 2- June 25

Drop-in/Included with Admission or Active Pass

Total Body Aquafit

Age 15+ years
NDCC Shallow

Total Body delivers a full body workout including cardio and resistance training for all of the major muscle groups. Challenge your body with a variety of suspended and rebound movements while under the constant resistance that water workouts provide.

Thursday

1:30-2:30pm

April 4 - June 27

Aqua Conditioning

Age 15+ years
NDCC Shallow

Join our shallow water class for refreshing, low impact workout that's perfect for all fitness levels. Fun and effective class will tone your muscles and boost your cardiovascular health.

Wednesday

9:00-10:00am

April 3- June 26

Drop-in/Included with Admission or Active Pass

PRE-REGISTERED WATER FITNESS

Gentle Water Jogging

15+ yrs
NDCC Deep Pool

Improve your muscle balance and cardio capacity while preserving your joints and improving your range of motion through gentle fluid running movements in the water. Guided by a Fitness Leader who will provide guidance for your needs, low intensity jogging or walking movements to help you with your daily activities and recover from lower body injuries.

Thursday

2:45-3:30pm

April 11- June 13 - No Class April 25

\$70.20 + tax/ 9 classes

68580



Health and Wellness Classes

**Cathy Potkins, B.H.K, MPAS,
ACSM Exercise Specialist**

Cathy Potkins has spent the past 23 years working in the area of chronic disease. She has a degree in Exercise Physiology and a Masters in Cardiac Physiology also certified through the American College of Sports Medicine as an Exercise Specialist. After 12 years of coordinating Cardiac Rehab and diabetes centers, Cathy has spent the past 11 years working as a consultant in Nelson BC. She continues to be an integral part of the Nelson community and an asset to us here at the NDCC. She is passionate about improving the health of individuals with chronic health concerns and supporting local fitness professionals whom share the same passion for the people of our community.

Strong and Steady

15+ yrs
North Shore Hall

This class is designed to help increase full body awareness, improve coordination, circulation, joint mobility and stability. It will consist of mostly standing exercises intermixed with a few seated ones as well as mat work.

Wednesdays
12:30 - 1:30pm
Apr 3 - May 8
\$55 + tax / 6 classes **68715**

Wednesdays
12:30 - 1:30pm
May 15 - Jun 26
\$64 + tax / 7 classes **68716**

Choose to Move

15+ yrs
NDCC Studio

This is an entry level class to fitness, designed for those clients needing extra support with mobility challenges. This class is mostly seated exercises with some standing and balance exercises.

Wednesdays
2:00 - 3:00pm
Apr 3 - May 8
\$55 + tax / 6 classes **66303**

Wednesdays
2:00 - 3:00pm
May 15 - Jun 26
\$64 + tax / 7 classes **66304**

Work to Progress

15+ yrs
NDCC – Arena Concourse

This class is designed as a starting point to help you gain an active lifestyle. Well suited to individuals with health concerns or a limited ability to exercise. This program is based on your abilities and activities can be easily modified to meet your needs. This program includes the key components of good fitness: cardio, strength and flexibility. Class length is based on your fitness – it's the class that grows with you.

Mondays
9:00 - 10:30am
Apr 8 - May 27
\$69 + tax / 7 classes **66305**

Tuesdays
9:00 - 10:30am
Apr 2 - May 28
\$89 + tax / 9 classes **66307**

Wednesdays
9:00 - 10:30am
Apr 3 - May 29
\$89 + tax / 9 classes **66309**

Work to Progress - Lakeside Park

15+yrs
Lakeside Park

Just like "Work to Progress" this class is well suited to individuals with health concerns or limited ability to exercise. Class length is based on your fitness - it's the class that grows with you.

Take advantage of the spring weather and the opportunity to learn about the free access fitness equipment at Lakeside Park.

Tuesdays & Thursdays
9:00 - 10:30am
Jun 4 - 27
\$79 + tax / 8 classes **67005**

***Meet at outdoor equipment at Lakeside Park**

Gentle Water Jogging

15+ yrs
NDCC Deep Pool

Improve your muscle balance and cardio capacity while preserving your joints and improving your range of motion through gentle fluid running movements in the water. Guided by a Fitness Leader who will provide guidance for your needs, low intensity jogging or walking movements to help you with your daily activities and recover from lower body injuries.

Thursday
2:45-3:30
April 11 - June 13 - No Class April 25
\$70 + tax / 9 classes **68580**

CARDIO AND/OR STRENGTH PROGRAMS

Spin

15+ yrs
NDCC - Studio

Join us for a group journey on our Keiser spin bikes under the direction of an enthusiastic instructor! Improve your cardiovascular fitness and muscle endurance of your core, hips, and legs. Be sure to bring a sweat towel and a water bottle to this invigorating cardio workout.

Mondays
6:15 – 7:15am
Apr 8 - May 13
\$55 + tax / 6 classes 66313

Mondays
6:15 – 7:15am
May 27 - Jun 24
\$45 + tax / 5 classes 66314

Tuesdays
4:00 – 5:00pm
Apr 2 - May 7
\$55 + tax / 6 classes 66315

Tuesdays
4:00 – 5:00pm
May 14 - Jun 28
\$64 + tax / 7 classes 66316

Fridays
6:15 – 7:15am
Apr 5 - May 10
\$55 + tax / 6 classes 66318

Fridays
6:15 – 7:15am
May 17 - Jun 28
\$64 + tax / 7 classes 66319



Spin and Strength

15+ yrs
NDCC - Studio

The best of both worlds! A fast paced, fun and challenging spin cardio session with a resistance training finisher. Let the motivating tunes and energetic instructor push you to the next level!

Wednesdays
6:15 – 7:15am
Apr 3 - May 8
\$55 + tax / 6 classes 66324

Wednesdays
6:15 – 7:15am
May 15 - Jun 26
\$64 + tax / 7 classes 66325

Wednesdays
9:15 – 10:15am
Apr 3 - May 8
\$55 + tax / 6 classes 66326

Wednesdays
9:15 – 10:15am
May 15 - Jun 26
\$64 + tax / 7 classes 66327

Studio Circuit

15+ yrs
NDCC - 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
9:15 – 10:15
Apr 8 - Jun 24
Drop-in/Included with Admission or Active Pass



Weight Room Circuit

15+ yrs

NDCC - Weight Room

All Fitness Levels

Challenge yourself to this 60-minute workout of timed aerobic intervals alternating with sets and reps of strength followed by a focused cool down in the weight room led by one of our NDCC personal trainers. All levels of fitness welcome!

Mondays & Wednesdays

8:00 - 9:00am

Apr 3 - Jun 26

Drop-in/Included with Admission or Active Pass

No class Monday, May 20

Fridays

12:00 - 1:00pm

Apr 5 - Jun 28

Drop-in/Included with Admission or Active Pass

Step

15+ yrs

NDCC - Studio

Choreographed aerobic combinations on the step helps improve coordination, balance and agility. These combos will get your mind focused and body sweating in no time!

Mondays

12:10 - 12:55pm

Apr 8 - Jun 24

Drop-in/Included with Admission or Active Pass

No classes on Monday, May 20

Tuesdays

9:15 - 10:15am

Apr 2 - Jun 25

Drop-in/Included with Admission or Active Pass

Wednesdays

5:15 - 6:15pm

Apr 3 - Jun 26

Drop-in/Included with Admission or Active Pass

Thursdays

9:15 - 10:15am

Apr 4 - Jun 27

Drop-in/Included with Admission or Active Pass

Zumba®

NDCC Studio

Each Zumba® class is designed to bring people together to dance and sweat. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective and super fun!

Tuesdays

6:30 - 7:30pm

Drop-in/Included with Admission or Active Pass

Cardio Barre

15+ yrs

NDCC - Studio

An upbeat, high-energy barre class that combines traditional, lightweight barre exercises with non-stop, high-intensity, metabolic movements. No shoes required.

Tuesdays

8:00 - 9:00am

Apr 2 - May 7

\$55 + tax / 6 classes

66336

Tuesdays

8:00 - 9:00am

May 14 - Jun 25

\$64 + tax / 7 classes

66337

Intro to Step

15+ yrs

NDCC - Studio

This class will introduce you to Step, the popular choreographed aerobics class. The exercise combinations on the step helps improve coordination, balance and agility. A great option for beginners!

Fridays

7:45 - 8:45am

Apr 5 - Jun 28

Drop-in/Included with Admission or Active Pass

Fit for Life

15+ yrs
NDCC - Studio

Using a variety of equipment including resistance bands, handheld weights and balls, you will work on muscle endurance, balance challenges, bursts of cardio and an overall total body workout to keep you Fit for Life!

Tuesdays
10:30 – 11:30am
Apr 2 - Jun 25
Drop-in/Included with Admission or Active Pass

Fridays
10:30 – 11:30am
Apr 5 - May 10
\$55 + tax / 6 classes **66339**

Fridays
10:30 – 11:30am
May 17 - Jun 28
\$64 + tax / 7 classes **66340**

Full Body RX

15+ yrs
NDCC - Studio

Full Body RX is a rigorous interval training sequence with 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.

Tuesdays
5:15 - 6:15pm
Apr 2 - Jun 25
Drop-in/Included with Admission or Active Pass

Weekend Warrior

15+ yrs
NDCC - Studio

If choreography is not your thing, this class just might be! This high intensity workout mixing strength and cardio will ramp it up a level. Best suited for those ready and able to handle a high intensity workout guaranteed to push you!

Saturdays
9:00 – 10:00am
Apr 6 - Jun 29
Drop-in/Included with Admission or Active Pass

Baby and Me

Parents & Babies 6 weeks – 18 months
NDCC - Studio

Meet other new parents, get fit and have fun. Parent and baby classes includes cardiovascular and functional strength training. Work on regaining your strength and agility so you can chase after your little one.

Wednesdays
10:30 – 11:30am
Apr 3 - May 8
\$55 + tax / 6 classes **66341**

Wednesdays
10:30 – 11:30am
May 15 - Jun 26
\$64 + tax / 7 classes **66342**

Fridays
9:00 - 10:00am
Apr 5 - May 10
\$55 + tax / 6 classes **66343**

Fridays
9:00 - 10:00am
May 17 - Jun 28
\$64 + tax / 7 classes **66344**

Core Strengthening & Conditioning **NEW**

15+ yrs
NDCC - Studio

This is a beginner-intermediate level fitness class designed for those wanting a stronger, more conditioned core. This class is a mix of floor and standing exercises with a variety of intensities used to improve your overall core fitness.

Wednesdays
12:10 – 12:55pm
Apr 3 - Jun 26
Drop-in/Included with Admission or Active Pass

Rise and Shine Outdoor Bootcamp

15+ yrs
Lakeside Park

Join us for this early morning full body workout! Bootcamps are a great way to improve your overall fitness while taking in the fresh morning air. Great for beginners with some fitness experience and intermediates.

Tuesdays & Thursdays
6:15 - 7:15am
Jun 4 - 27
\$73 + tax / 8 classes **67008**

Booty Burn

15+ yrs
NDCC - Studio

Squats, lunges, deadlifts and a selection of single leg exercises will get your booty burning in no time!

Thursdays
5:15 – 6:15pm
Apr 4 - Jun 27
Drop-in/Included with Admission or Active Pass

Upper Body and Core Strengthening & Conditioning **NEW**

15+ yrs
NDCC - Studio

This is a beginner-intermediate level fitness class designed for those wanting a stronger, more conditioned upper body and core. This class uses both floor and standing exercises with a variety of intensities and fitness equipment used to improve your overall upper body and core fitness.

Thursdays
6:30 – 7:30pm
Apr 4 - Jun 27
Drop-in/Included with Admission or Active Pass

Full Body Strengthening & Conditioning

15+ yrs
NDCC - Studio

This is a beginner-intermediate level fitness class designed for those who want to become stronger and fitter, achieving both improvements in muscle and cardio. This class uses a variety of exercises and intensities to improve your overall full body fitness.

Mondays
5:15 - 6:15pm
Apr 8 - May 13
\$55 + tax / 6 classes **66322**

Mondays
5:15 - 6:15pm
May 27 - Jun 24
\$45 + tax / 5 classes **66323**



MOBILITY AND/OR MINDFULNESS

Balance and Mobility

15+ yrs
NDCC - Studio

Balance and mobility are important components of maintaining our independence as we age. This class provides both seated and standing exercises to help you improve your balance, strength and mobility in a fun, encouraging atmosphere.

Mondays
1:15 – 2:15pm
Apr 8 - Jun 24
Drop-in/Included with Admission or Active Pass

No classes on Monday, May 20

Classical Hatha Yoga

15+ yrs
NDCC - Studio

This class focuses on quietening the mind and using the breath to sustain long-held postures. Movement is slow and deliberate. Inspired by the teachings of Baba Hari Dass. Each class is unique! Mixed levels but experience is required. Please wear warm layers.

Mondays
6:45 – 8:15pm
Apr 8 - Jun 24
Drop-in/Included with Admission or Active Pass

No classes on Monday, May 20

Wednesdays
6:45 – 8:15pm
Apr 3 - Jun 26
Drop-in/Included with Admission or Active Pass

Hatha Flow Yoga

15+ yrs
NDCC - Studio

This yoga class provides an environment that is safe, noncompetitive and welcoming to all. Come and explore what happens to the body when you release the tension your body habitually holds allowing you to slow the mind and find your inner calm. Please bring your own mat.

Thursdays
10:30am – 12:00pm
Apr 4 - Jun 27
Drop-in/Included with Admission or Active Pass

Sunday
10:30am - 12:00pm
Apr 7 - Jun 30
Drop-in/Included with Admission or Active Pass

Restorative Yoga

15+ yrs
NDCC - Studio

Inspired by the wisdom of Baba Hari Dass, amongst other yogis, this class is comprised of pranayama to focus the mind, warm up postures for half the class to prepare the body for deeply restful long-hold restorative postures for the remaining half of class. Please bring your own mat. Some knowledge of yoga is beneficial.

Fridays
6:45 – 8:15pm
Apr 5 - Apr 26
Drop-in/Included with Admission or Active Pass

Vinyasa Flow Yoga

15+ yrs
NDCC - Studio

Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Vinyasa classes offer a variety of postures, and no two classes are ever alike. All levels welcome. Please bring your own mat.

Saturdays
10:30 – 12:00pm
Apr 6 - Jun 29
Drop-in/Included with Admission or Active Pass

HEALTH AND/OR FITNESS PROGRAMS

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](#) to get started or contact our Fitness Department at (250) 354-4386 ext. 5111 for more information.

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

PERSONAL TRAINING OPTIONS (rates are per person)

Personal Training Price Changes Effective April 1st

| Option | Price | Description |
|------------|------------|--|
| Individual | \$59 + 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 | \$42 + 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 | \$34 + 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 | \$29 + tax | |
| Group of 5 | \$26 + tax | |
| Group of 6 | \$25 + tax | |

NDCC FITNESS PROFESSIONALS



Haley Mosdell

Bachelors of Kinesiology
CFES Certified Personal Trainer



Morgan Burgess

ISSA/CFES Certified Personal Trainer
CFES Certified Group Fitness Instructor
GGS Certified Pre & Postnatal Coach



Sierra Jones

ISSA Certified Personal Trainer





S.W.A.T.

13+ yrs
NDCC – Weight Room

This workout is planned outside regular facility hours to help facilitate a less intimidating introduction into the weight room. Gain the skills, knowledge and confidence you need to workout safely on your own during regular hours.

Sundays
7:45 – 8:45am
Apr 7 – May 12
\$59 + tax / 6 classes 67662

Sundays
7:45 – 8:45am
May 26 – Jun 30
\$59 + tax / 6 classes 67663

Youth on Weights

13-17 yrs
NDCC – Weight Room

This program goes into greater depth than the Youth Weight Room Orientation and is designed for youth that are interested in learning more about how to use the weight room safely and effectively. Topics will include the proper set up of equipment, gym etiquette, and how to create a safe and well-balanced fitness program.

This is a great option for youth to receive supervised and guided training to build their fitness, improve their athletic development, and improve their health.

| YOUTH ON WEIGHTS TRAINING PACKAGES | 2 PPL | 3 PPL | 4 PPL | 5 PPL | 6 PPL |
|------------------------------------|---------------|---------------|---------------|---------------|---------------|
| 3 sessions (cost per person) | \$76 + tax | \$51 + tax | \$38 + tax | \$30 + tax | \$25 + tax |

To get the process started, each participant will need to complete the [intake form](#) or contact the NDCC for more information.

* Please try to form groups where the youth have similar goals and abilities.

** If you are unable to find others to join you, let us know and we can help to create a group!

YOUTH FITNESS CENTRE ORIENTATIONS

NDCC Fitness Centre

Fitness Centre Orientations are required by anyone aged 13-15 years before accessing our fitness centre. Etiquette, equipment demonstration and safety are the focus of this general admission class.

Please register online at www.rdck.ca/recreation, in person or call 250-354-4386 to speak with one of our customer service representatives.

6:30-7:00pm
Tuesdays and Thursdays
1:30-2:00pm
Sundays
General Admission



Public Roller Skating/Blading **NEW!**

NDCC - Arena

Glide into an evening of fun with friends and family. Whether you are a seasoned or novice skater, join the community for an evening of laughter, movement and endless enjoyment. Everyone is welcome, so lace up and let the good times roll!

Wheelchairs and strollers welcome. Helmets are highly recommended and available for rent. No skateboards or scooters. No rental skates available.

May 8- July 24
Wednesdays
4:00 - 5:30pm
Included with Admission or Active Pass

Archery **NEW!**

9-16 yrs
 North Shore Hall

Explore the art of archery in this introductory program. Learn the fundamentals of bow handling, proper stance and aiming techniques. Throughout this program you will develop precision and focus as you enhance your skills in the sport of archery. Join us for an exciting blend of theory and hours of hands on experience.

*All equipment is provided. Please bring a water bottle and wear closed toed shoes.

Thursdays
May 9 and 16
Fridays
May 10 and 17
Sunday
May 12
4:30 - 6:30
\$57 / 5 classes

68777

Outdoor Pursuits Social Hour **NEW!**

NDCC - Upper Multi-Purpose Room

Share your love for the outdoors with other enthusiasts in our community, it's why we live in this beautiful place after all! Are you planning a shuttle day at Morning Mountain or a hike up to Gimli Ridge? New to the area and need some advice or a place to meet some fellow adventurers? Need a spot just to meet as a group? The NDCC is offering a space for everyone to connect over a cup of coffee and plan, relive or find an introduction to your next Kootenay Adventure. Each week will be highlighted by a different interest group to help connect like-minded individuals, but anyone can use this time to stop in and share your passion for the outdoors. It's time to have fun and stay wild.

**Coffee and tea will be available. This is a self-directed program, there are no pre-planned presentations during these sessions. Local clubs and groups are encouraged to attend.*

Tuesday
June 4 - Hiking
6:00 - 7:00pm
FREE

Tuesday
June 11 - Biking
6:00 - 7:00pm
FREE

Tuesday
June 18 - Fishing
6:00 - 7:00pm
FREE

Tuesday
June 25 - Climbing
6:00 - 7:00pm
FREE

Drop-in Sports **NEW!**

NDCC - Arena

Looking to shoot some hoops or get in a few games of badminton? Drop-in to the NDCC for some casual sports with friends or your family. The arena dry floor will be split into sections for each sport and there will be space for all ages and abilities to practice their skills. This is a great way to stay active and enjoy quality social time with others.

**Limited badminton equipment will be available for use, you are encouraged to bring your own. Sport areas may be modified to accommodate participants.*

May 5 - July 21
Sundays
2:30 - 4:00pm
Included with Admission or Active Pass

***No program June 16**

1st Annual Poker Ride

1st Annual Poker Ride

South Slokan Trailhead – Slokan Valley
Rail Trail

Embark on an adventurous poker bike ride along the famed Slokan Valley Rail Trail. Collect wristbands at each check point as you pedal through the picturesque landscape of the Slokan Valley. For each wristband you collect, you will receive one playing card at the end of the ride. Determine your highest scoring poker hand with the cards you receive and submit them into the contest at the end of the ride. Prizes will be awarded to the winning hands, along with random draw prizes for the registered participants. Kick off the summer riding season with a fusion of cycling, strategy and nature in this inaugural Poker Ride!

**Registration is required to participate.
Wheelchairs and bike carriers are welcome.
Event is weather dependent.*

Sunday

June 23

12:00 – 3:00pm

FREE REGISTRATION

68704

Poker Ride Rules and Guidelines:

1. The ride is an out and back, starting and ending at the South Slokan trailhead.
2. There are 2 riding options available:
 - A. Long Option: Up to 50 km. Ride begins at 12:00pm and ends at 2:30pm.
 - B. Short (Family Friendly) Option: Up to 15km. Ride begins at 1:00pm and ends at 2:30pm
3. Registration is required. Register online at rdck.ca, by calling 250-226-0008 or at your local facility. Pre-Registration is highly encouraged. Same day registration will be available.
4. Riders will receive a playing card for each wristband they collect on their ride. Riders may collect more than 5 wristbands to increase their chances of crafting the best poker hand.
5. Prizes will be awarded to the top 3 poker hands for each ride option (long or short).
6. Additional random draw prizes will be awarded to registered riders
7. Poker hand and random draw winners will be announced at 3:00pm.
8. Riders must follow proper trail etiquette. A reminder on trail etiquette can be found here: slokanvalleyrailtrail.ca/etiquette

Search for Sasquatch



Mystery Location

Sasquatch is on the loose and hiding out on one of our favorite trails, in one of our popular parks or possibly even at our local watering hole. Throughout the months of June, July and August, get outside and spend some time searching for our sneaky friend anywhere within the RDCK.

Each week a new clue will be revealed on the Regional District of Central Kootenay [Facebook page](#), as well as in the facility, to help narrow down his hiding spot. Try your best to be the first one to find our friend in this inaugural "Search for Sasquatch" competition.

If you are lucky enough to come across our friend this season, be sure to take a photo with him to be entered in the prize drawing at the end of the season. Sasquatch hunters, good luck!

Competition Guidelines

- 1 Explore our local trails, parks and water sources anytime between the months of June-August and try your best to find the hidden Sasquatches (2 total).
- 2 Use the weekly clues posted on Facebook and in your local facility to help narrow your search.
- 3 If you successfully find a sasquatch, complete one of the 3 options below:
 - A Post a photo of yourself with the Sasquatch on Facebook and tag the RDCK.
 - B Email a photo of yourself with the Sasquatch to tuhlenbrauck@rdck.bc.ca.
 - C Bring a photo of yourself with the Sasquatch to your local facility and show the front desk staff, they will record your name and contact.
- 4 All entries will be entered into a random draw for the Search for Sasquatch prizes. Max of 1 entry for each Sasquatch found.
- 5 If you find a Sasquatch, do not disclose the location on social media. Please leave it where you find it so everyone has the opportunity to enjoy the search.

Outdoor Safety Reminders:

- ✓ Pack food and water
- ✓ Use sun protection
- ✓ Wear appropriate clothing and shoes
- ✓ Be Bear Aware –Travel in groups
- ✓ Inform someone about your plan
- ✓ Carry first aid supplies
- ✓ Follow all provincial guidelines and restrictions

**Please remember participating in any outdoor activity is at your own risk.*

PADDLE RENTAL CENTRE

June 15th | Opening Day!*

We are launching the summer season off on June 15th. Come down to Lakeside Park and try out a Paddleboard, Kayak, or Canoe.

The best place to kick off the summer is on the lake!

Lakeside Park – Beach Building



**Open June 15th
to September 4th.**

10:00 am – 7:00 pm

Thursday - Monday

Closed Tuesdays & Wednesdays

Equipment Available for Rent

- Stand Up Paddleboards
- Children's Stand Up Paddle Boards and Kayaks
- Kayaks and Canoes

Paddle Rental Fees

| | |
|-----------------------------------|------|
| Adult (19-74 yrs) | \$20 |
| Youth (5-18 yrs) | \$15 |
| Family - up to 2 adults + 2 youth | \$45 |
| Golden Guest (75+ yrs) | Free |
| Child (<5 yrs) | Free |

What to Bring

- Swimsuit or wetsuit, towel and change of clothes
- Insulated long sleeved non-cotton base layers
- Water bottle and snack
- Dry bag, waterproof camera, water resistant watch

- Children under 15 yrs must be accompanied by an adult over 18 yrs
- Youth must have a parent/guardian sign a waiver to rent equipment
- Rental fee includes all safety equipment for up to 3 hours within the recommended paddle area of Kootenay Lake