

# CASTLEGAR

## PROGRAM GUIDE

# SUMMER 2023

Registration  
Start Date:  
Monday, June 12, 2023  
7:00 am

To view the guide and register online visit [rdck.ca/recreation](https://rdck.ca/recreation) or call 250.365.3386



**FREE**  
Training  
Opportunities

See pg. 5  
for details





## Castlegar & District Recreation Department



### Visit Us

2101 6th Ave Castlegar, BC | [rdck.ca/recreation](http://rdck.ca/recreation)

### Contact Us

250-365-3386 | [casrec@rdck.bc.ca](mailto:casrec@rdck.bc.ca)



### Online Registration

[rdck.ca/recreation](http://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

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](http://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**



# SUMMER HOURS

Hours of Operation are  
subject to change

July 2 – September 5\*

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	12:00pm - 4:00pm	6:00am - 8:00pm	1:00pm - 8:00pm	6:00am - 8:00pm	1:00pm - 8:00pm	6:00am - 8:00pm	12:00pm - 4:00pm
FITNESS CENTRE	9:00am - 4:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	9:00am - 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.

## CLOSURES

**SWIMMING POOL CLOSED TO PUBLIC:** June 24-25

**\*ANNUAL POOL & FITNESS STUDIO SHUTDOWN:** August 26 -September 4



## HOLIDAY HOURS

### HOLIDAY CLOSURES

Easter Sunday  
Canada Day  
BC Day  
Labour Day  
Truth & Reconciliation Day  
Christmas Day

### HOLIDAYS OPEN 1:00-4:00pm

New Year's Day  
Family Day  
Good Friday  
Victoria Day  
Thanksgiving Day  
Remembrance Day  
Boxing Day

### EARLY CLOSURES 4:00pm

Christmas Eve  
New Year's Eve

## 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 have their privileges revoked.



## 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 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			
	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

\*10-punch passes expire 6 months from date of purchase

**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.

## 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](http://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.







# FITNESS FORUM 2023

**SAVE THE DATE:  
SEPT 15 - 17, 2023**

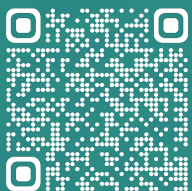
Castlegar & District  
Community Complex

**Network with Other Fitness  
Professionals & Get Inspired!**

## Get FREE Training!

Become a qualified Lifeguard,  
Aquafit, Weight Training or  
Fitness Instructor.

The RDCK is offering courses at **no cost**  
to community members that wish to  
pursue employment within the RDCK.



Learn more at  
**[rdck.ca/GetTraining](https://rdck.ca/GetTraining)**  
or scan the QR Code.





# 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](http://rdck.ca/recreation)

### CAREER IN RECREATION

#### Bronze Star

*Prerequisites: 11 years and ability to swim 25m off front crawl, back crawl and breast stroke in relaxed manner. Recommended Swimmer level 5 ability.*  
CDRD 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.**

Aug 15-18  
Tuesday to Friday  
2:00-4:30pm  
\$72 /4 classes

57599

#### Bronze Medallion

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

Cost includes Canadian Lifesaving Manual.

**\*100% attendance is required.**

July 10-14  
Monday, Wednesday, Friday  
10:30-4pm  
Tuesday, Thursday  
1:00-4:00pm  
\$215 / 4 classes

57259

#### Bronze Cross Assistant Lifeguard

*Prerequisites: Bronze Medallion*  
CDRD Pool / Monashee 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.

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

**100% attendance is required.**

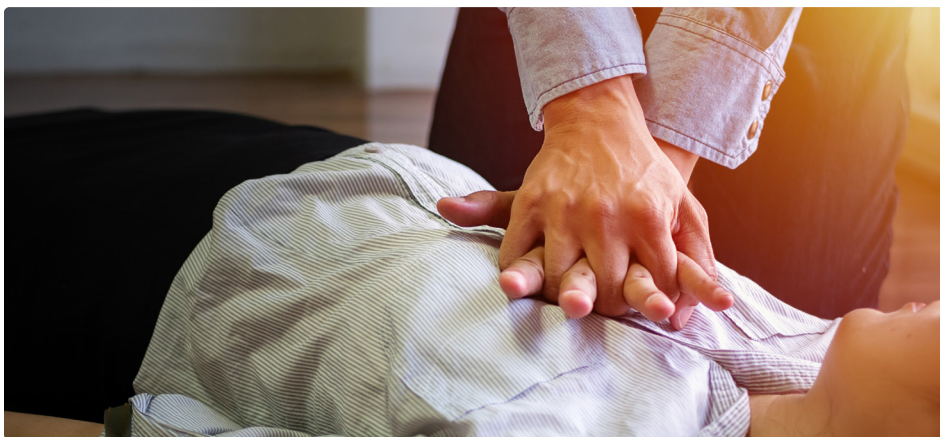
July 17-21  
Monday, Wednesday, Friday  
10:30-4pm  
Tuesday, Thursday  
1:00-4:00pm  
\$142+tax / 4 classes

57419

#### 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).





## National Lifeguard (NL) Pool course

*Prerequisites: 15yrs by last day of the course and Bronze Cross and Standard First Aid with CPR-C. Must be presented the first day of class.*

CDRD Pool/Monashee Room

The National Lifeguard Pool certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. NL training will assist a lifeguard to provide effective safety supervision in the swimming pool environment. NL will give you opportunities to be employed in the role of a lifeguard, prevent drowning, support your community in recreation and develop your leadership skills while on the job making friends and money.

**July 26- Aug 11**  
**Wednesday thru Friday**  
**9:00-3:30pm**  
**\$573 +tax/ 9 classes**

**57263**

## National Lifeguard Recert (NLR)

*Prerequisites: NL certification, Standard First Aid (current within 2 years)*

CDRD – Monashee Room

The objective of the NL Precertification is to provide candidates an opportunity to review NL skills and knowledge and to provide education on new information before the start of the Recertification. Precertification promotes professional development and successful recertification.

**100% attendance is required.**

You must present your NL certification to attend.

**June 29, Thursday**  
**4:00-8:30pm**  
**June 30, Friday**  
**11:30-4pm**  
**\$117 +tax**

**57255**

## Standard First Aid with CPR-C

*Prerequisite: 14 years old.*

CDRD – Monashee 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 in events of medical emergencies. SFA includes the treatment and management of injuries, medical emergencies, environmental emergencies, skeletal emergencies, and circulatory and respiratory emergencies. Includes CPR-C & AED certification.

Must bring government issued ID

**July 15, 16**  
**Saturday Sunday**  
**8:45am – 5:30pm**  
**\$201 +tax/ 2 classes**

**57260**

## 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.*

CDRD – Monashee 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

**Aug 12,13**  
**Saturday**  
**9:00am-1:30pm**  
**Sunday**  
**9:00am-2:30pm**  
**\$116+tax/ 2 classes**

**57261**

## CPR-C Recertification

CDRD- Monashee Room

*Prerequisite: Must hold a CPR-C certification that is current or has expired no more than 3 years ago.*

Check your award! CPR-C awards must be recertified every three years. Don't let your award expire! CPR-C and AED.

Must present your certification and government issued ID

Pre requisite must be shown, for a Standard first aid re-certification or CPR-C recertification from any Lifesaving Society Branch, St. John Ambulance, the Canadian Ski Patrol, the Canadian Red Cross or the Heart & Stroke Foundation of Canada can attend a Lifesaving Society CPR-C Recertification or an SFA Recertification.

**Aug 12**  
**Saturday**  
**9:00am-1:30pm**  
**\$53 +tax/ 1 class**

**57262**

## National Lifeguard Instructor Course

NDCC – POOL

Become a National Lifeguard Instructor/ Examiner.

Get certified to train the next Lifeguard Leaders in your community. For more information visit [HYPERLINK "http://www.lifesaving.bc.ca"](http://www.lifesaving.bc.ca) [www.lifesaving.bc.ca](http://www.lifesaving.bc.ca) to learn more about this powerful teaching certification and pre-requisites.

This is a branch delivered course, registration is at [camps.cui.active.com](http://camps.cui.active.com)

**100% attendance is required.**

**Aug 18-21**  
**Friday – Monday**  
**9-5:00pm**  
**\$375 register @ [www.lifesaving.bc.ca](http://www.lifesaving.bc.ca)**



# SUMMER CAMPS & PROGRAMS



## Camp Details

### HOURS OF OPERATION:

**8:30 am – 3:30 pm Daily**

### Additional Support

Children who benefit from 1 to 1 support may be eligible to bring a family provided support worker during the 2023 summer camp season. Contact the programmer in your area for more information.

### Check – in: 8:30 am – 9:15 am

Staff will start the check-in process at 8:30 am. Check-in will include ice breakers and warm-up games until all camp participants arrive. Please drop your child off on time so we can start the main activities on schedule.

### Pick – up: 2:45 pm – 3:30 pm

Staff will ensure your child is at the designated pick-up location during this time. Parents are responsible for ensuring they confirm the pick-up location each morning and picking their child up no later than 3:30 pm.

## Withdrawal Guidelines

7 days advanced notice is required to receive a full refund for single day or multi day camps.

Please fill out this intake form before your first day of camp.



## Bring to Camp Checklist

- ✓ Weather appropriate shoes for walking and running
- ✓ Hat, Sunscreen and long sleeve shirt
- ✓ Swimsuit and Towel
- ✓ Spare set of clothes
- ✓ Backpack with name visible on the outside
- ✓ Lunch and 2 – 3 snacks (no nuts please)
- ✓ 2 water bottles full of water

## Safety of your child is our top priority!

Not Feeling Well? – Please stay home and get better! Please refer to the Cancellation Policy which can be found on our webpage at [www.rdck.ca](http://www.rdck.ca)

## We are here for you!

We encourage you to call your local RDCK recreation department to ask questions about Summer Camps prior to registering to avoid disappointment.

## We want your Feedback!

Staff are committed to ongoing monitoring and evaluation of camps to continue to evolve our programs and practices to suit the interests of the community. Please contact us to share any comments and/or suggestions:

Daneve Mackie,  
Head Recreation Leader  
Castlegar & District Community Complex  
Phone: 778-460-5228  
Email: [dmackie@rdck.bc.ca](mailto:dmackie@rdck.bc.ca)



Register Online: [rdck.ca/recreation](http://rdck.ca/recreation)

Or Register by Phone: 250.365.3386



# SUMMER COOL CAMPS!

JULY 3 - AUGUST 25 | 8:30AM-3:30PM

A JAM PACKED SUMMER FULL OF ADVENTURE, GAMES, SPORTS & MORE!



REGISTER EARLY, SPACE IS LIMITED!

## 4 DAY THEME CAMPS

6-9yrs (or completed kindergarten) 10-12yrs  
Castlegar Community Complex - Selkirk Room & Child Care Centre

### WEEK 1, JULY 3-6

#### Sport'tastic

CDRD- Child Care Centre/ Selkirk room

Calling all aspiring Olympians! Grab a water bottle, running shoes and an enthusiastic, non-competitive attitude and come play! Spend your days playing your favorite games whether you're a pro at shooting hoops, capturing the flag or playing silly games, this week is going to be filled with fun activities and lots of sports and will introduce new games you will want to play again and again.

Monday - Thursday  
8:30 - 3:30pm  
July 3-6  
\$140 / 4 days  
6-9yrs  
10-12yrs

57147  
57104

### WEEK 2, JULY 10-13

#### Around the World in 4 Days

CDRD- Child Care Centre/ Selkirk room

Konichiwa, Kia Ora, Geia, Hola, Hello Explorers! This summer the Castlegar & District Community Complex is travelling around the world in just four days! Join us while we explore other countries and cultures. Everyday will be different.

Monday - Thursday  
8:30 - 3:30pm  
July 10-13  
\$140 / 4 days  
6-9yrs  
10-12yrs

57148  
57107

### WEEK 3, JULY 17-20

#### Game Show

CDRD- Child Care Centre/ Selkirk room

Get your game face on. Come play epic camp versions of gameshows. \*Minute to win it, \*Are you Smarter than a Camper, \*Newlymet, \*Name that tune, \*Amazing Race and more.

Monday - Thursday  
8:30 - 3:30pm  
July 17-20  
\$140 / 4 days  
6-9yrs  
10-12yrs

57149  
57108



## WEEK 4, JULY 24-27

### Chef Camp

CDRD- Child Care Centre

If you love to cook, want to have fun in the kitchen or just love food, join us for this creative and fast paced camp as we have a big dish of fun coming your way. Get "egg-cited" because you "donut" want to miss it!

**Monday – Thursday**

**8:30 - 3:30pm**

**July 24-27**

**\$140 / 4 days**

**6-9yrs**

**57111**

### Science Camp

CDRD- Selkirk room

Calling all junior scientists! Get ready to embark on a week packed with science-themed games, silly science experiments and fizzy fun! It will be a week like no other!

**Monday – Thursday**

**8:30 - 3:30pm**

**July 24-27**

**\$140 / 4 days**

**10-12yrs**

**57112**

## WEEK 5, JULY 31-AUG 3

### Mad Science Camp

CDRD- Child Care Centre

Calling all junior scientists! Get ready to embark on a week packed with science-themed games, silly science experiments and fizzy fun! It will be a week like no other!

**Monday – Thursday**

**8:30 - 3:30pm**

**July 31-Aug 3**

**\$140 / 4 days**

**6-9yrs**

**57151**

### Chef Camp

CDRD- Selkirk Room

If you love to cook, want to have fun in the kitchen or just love food, join us for this creative and fast paced camp as we have a big dish of fun coming your way. Get "egg-cited" because you "donut" want to miss it!

**Monday – Thursday**

**8:30 - 3:30pm**

**July 31-Aug 3**

**\$140 / 4 days**

**10-12yrs**

**57150**

## WEEK 6, AUG 8-10

### Career Investigators

CDRD- Child Care Centre/ Selkirk room

An awesome week of investigating and discovery of jobs that may intrigue you. Whether it is being a firefighter, a chef, an astronaut, mechanic, reporter or more, we will get a chance to gain insight into what these workers really do! This week will feature guests, fieldtrips, games and crafts to explore all sorts of jobs and what they do in our community!

**Tuesday – Thursday**

**8:30 - 3:30pm**

**Aug 8-10**

**\$105 / 3 days**

**6-9yrs**

**10-12yrs**

**57152**

**57113**

## WEEK 7, AUG 14-17

### Creatives Camp

CDRD- Child CareCentre/ Selkirk room

Want to let your creative side shine? Join us this week to show off your creativity and art skills and get down on the dance floor! Throughout the week we will explore all types of art including collages, nature rubbings, music, and movement!

**Monday – Thursday**

**8:30 - 3:30pm**

**Aug 14-17**

**\$140 / 4 days**

**6-9yrs**

**10-12yrs**

**57153**

**57114**

## WEEK 8, AUG 21-24

### Rewind and Repeat- Favorites

CDRD- Child Care Centre/ Selkirk room

All the favorites of this Summer Camp Season, back by popular demand. Silly games, wacky science experiments, creative art projects and so much more!

**Monday – Thursday**

**8:30 - 3:30pm**

**Aug 21-24**

**\$140 / 4 days**

**6-9yrs**

**10-12yrs**

**57154**

**57115**



Register Online: [rdck.ca/recreation](https://rdck.ca/recreation)

Or Register by Phone: 250.365.3386





## FIELD TRIP FRIDAYS | 8:30AM - 3:30PM

Friday's are for Field trips. Join us to explore our community and go on adventures. Drop off at the CDRD, from there we will go out and explore all that our community and parks have to offer. Adventures may include bus rides, hikes, parks, Zuckerberg Island, Fire Hall. Adventure awaits you.

Please note our adventures will include transportation by foot OR bus, wear appropriate shoes and be prepared to walk. Remember your sunscreen, water bottle, bathing suit, towel, snack and lunch!

**6-12yrs** (or completed kindergarten)  
**Drop off at Castlegar Community  
 Complex Child Care Centre**

July 7  
 \$35 / 1 day  
 6-12yrs

57116

Aug 4  
 \$35 / 1 day  
 6-12yrs

57120

July 14  
 \$35 / 1 day  
 6-12yrs

57117

Aug 11  
 \$35 / 1 day  
 6-12yrs

57121

July 21  
 \$35 / 1 day  
 6-12yrs

57118

Aug 18  
 \$35 / 1 day  
 6-12yrs

57122

July 28  
 \$35 / 1 day  
 6-12yrs

57119

Aug 25  
 \$35 / 1 day  
 6-12yrs

57123



Register Online: [rdck.ca/recreation](https://rdck.ca/recreation)

Or Register by Phone: 250.365.3386

## YOUTH PROGRAMS

### Tennis Lessons

6-10+ yrs

CDRD – Tennis Courts

Instructor: Cohen Rutherglen

This FUNdamentals program is designed to build a solid foundation for future success and promote enjoyment and improvement. Learn to serve, rally, score, and play at the net in singles and doubles. Racquets and balls provided; proper footwear is required; bring a water bottle.

**Red Ball. . .** This program introduces the foundation skills of tennis with an oversized low-compression ball on a smaller court. Players learn coordination, balance and agility, and ball control in a fun and interactive way. No tennis experience is required.

**6+ yrs**  
**Tuesdays**  
**4:00 – 5:00pm**  
**Jul 18 - Aug 15**  
**\$27 / 5 classes**

**56766**

**Orange Ball. . .** This level further refines the rally, serve and net play. Players will learn tennis tactics: controlling the ball with height, direction, depth, speed, and spin.

**9+ yrs**  
**Tuesdays**  
**5:15 – 6:15pm**  
**Jul 18 - Aug 15**  
**\$27 / 5 classes**

**56767**

**Green Ball. . .** Players learn to serve with tactics, power and control, rally with improved direction and height, return serves, practice court position, score, and approach and play the net using volleys and overheads. Play is on a regulation sized court with a green dot or regulation ball.

**10+ yrs**  
**Tuesdays**  
**6:30 – 7:30pm**  
**Jul 18 - Aug 15**  
**\$27 / 5 classes**

**56765**



### Family Tennis Lessons

6+ yrs

CDRD – Tennis Courts

Instructor: Cohen Rutherglen

A great opportunity to learn tennis as a family! Participate in lessons alongside your dependent and learn together and be a part of their skill development. Exercising together and learning new skills outdoors is a great way to bond and improve your health!

**Fridays**  
**6:45 – 7:45pm**  
**Jul 21 – Aug 25**  
**\$27 + tax per person / 5 classes**  
**56768**

**No class Friday, August 25**

## YOUTH SKILL DEVELOPMENT

### Home Alone Safety for Kids

9-12yrs

CDRD – Columbia Room

Empower youth with confidence and skills to care for themselves when home alone.

Participants learn; Strategies to create a safe and positive environment and prevent injuries, problem-solving and decision making skills to handle emergencies, basic first aid.

Age appropriate activities and games and healthy snacks

**Friday**  
**9:00am – 2:00pm**  
**July 7**  
**\$71**

**57609**

**Friday**  
**9:00am – 2:00pm**  
**August 18**  
**\$71**

**57610**

### Red Cross Babysitting

11+yrs

CDRD – Purcell room

Childcare, tips on behavior, safety, feeding, emergencies and infant care will be covered in this two day course. Fee includes manual and exam fee.

Please bring a pen, paper and teddy bear or doll to practice putting on diapers.

**Friday**  
**9:00am – 3:00pm**  
**July 14**  
**\$81**

**57611**





# 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....	Last level completed		Register next in....
Starfish	▶	Jellyfish 1 4-12months	Swim Kids 1	▶	Swimmer 1
Duck	▶	Goldfish 2 12-24months	Swim Kids 2	▶	Swimmer 2
Sea Turtle	▶	Seahorse 3 2-3yrs	Swim Kids 3	▶	Swimmer 3
Sea Otter	▶	Octopus 1	Swim Kids 4	▶	Swimmer 3
Salamander	▶	Crab 2	Swim Kids 5	▶	Swimmer 4
Sunfish	▶	Orca 3	Swim Kids 6	▶	Swimmer 5
Crocodile	▶	Sea Lion 4	Swim Kids 7	▶	Swimmer 6
Whale	▶	Narwhale 5	Swim Kids 8	▶	Canadian Swim Patrol
		Swimmer 1 or 2 (if 6 years old)	Swim Kids 9	▶	
			Swim Kids 10	▶	Bronze Star*



Learn more about our move to the Swim for Life program at [www.rdck.ca/SwimForLife](http://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 FEE

Private (1 person)	25 minutes	\$106.24 / 4 lesson
Semi Private (2 people)	25 minutes	\$67.04 per swimmer / 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.

Registration is non-transferrable. If you have registered in the wrong level due to not having an evaluation, no refund will be provided. Transferring to another level will not permit a refund of the original registration.

#### 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 CDRD 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 CDRD before or after their program will be required to pay admission and wear a wristband if pool space permits.



# SWIM LESSON SCHEDULES

## NEW!

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

### SET 1: MONDAY – THURSDAY JULY 3-13

2:00pm	Jellyfish 4-12months	57031	Crab 2	57033
2:30pm	Octopus 1	57032	Swimmer 1	57035
3:00pm	Orca 3	57034	Swimmer 3	57036
3:30pm	Sea Lion 4	57040	Swimmer 2	57037
4:00pm	Octopus 1	57038	Orca 3	57039

### SET 2: MONDAY – THURSDAY JULY 17-27

2:00pm	Swimmer 4 start @1:45pm , 40 min	54050	Swimmer 1	57041
2:30pm	Octopus 1	57042	Swimmer 3	57045
3:00pm	Crab 2	57043	Swimmer2	57047
3:30pm	Orca 3	57044	Swimmer 1	57046
4:00pm	Crab 2	57051	Goldfish 2 (12-24 months)	57049

### SET 3: TUESDAY – FRIDAY AUG 1- AUG 11

2:00pm	Octopus 1	57052	Swimmer 1	57054	Swimmer 4, (40min )	57429
2:30pm	Crab 2	57053	Swimmer 2	57056	Swimmer 5 @ 2:45pm, (40 min)	57430
3:00pm	Octopus 1	57425	Swimmer 3	57055		
3:30pm	Crab 2	57426	Swimmer 2	57427	Swimmer 6 @ 3:30pm, (40min)	57431
4:00pm	Orca 3	57057	Narwhal 5	57432	Private	
4:30pm	Sea Horse 3, (24-36 months)	57433	Sea Lion 4	57428		



## SET 4: MONDAY – THURSDAY AUG 14- 24

3:30pm	Private		Swimmer 1	57438	Canadian Swim Patrol-Rookie 7 (50min)	57436
4:00pm	Octopus 1	57441	Swimmer 2	57440		
4:30pm	Crab 2	57601	Swimmer 3	57439	Private	
5:00pm	Private		Swimmer 2	57446	Swimmer 1	57448
5:30pm	Octopus 1	57445	Narwhal 5	57435	Swimmer 3	57423
6:00pm	Orca 3	57443	Sea Lion 4	57444	Swimmer 4	57437

## 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 250-365-3386

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 JULY - AUGUST 2023

SET 1, MONDAY-THURSDAY 4 classes	JULY 4-7	JULY 11-14
1:30pm	Private 57520	Private 57521
SET 2, MONDAY - THURSDAY 4 classes	JULY 18-21	JULY 25-28
1:30pm	Private 57522	Private 57524
SET 3, TUESDAY – FRIDAY 4 classes	AUGUST 1-4	AUGUST 8-11
1:30pm	Private 57526	Private 57527
SET 4, MONDAY - THURSDAY 4 classes	AUGUST 14-17	AUGUST 21-24
3:30pm	Private 57528	Private 57606
4:30pm	Private 57602	Private 57607
5:00pm	Private 57603	Private 57608





July 2 – August 25

**POOL CLOSED TO THE PUBLIC:**

July 24 - 25 for Swim Meet

## ANNUAL POOL SHUTDOWN:

August 26 - September 4

**CLOSED STATUTORY HOLIDAYS:**

July 1 and August 7

*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.*

**MORNING LANES:** 3 lap lanes, and hot areas will be available

**PUBLIC SWIM:** 1 lap lane, hot areas available, limited public space due to programs in effect.

**FUN SWIM:** A feature will be open, either slide, climbing wall or rope swing.

**BIG FEATURE SWIM:** Come join our Fun experts, the Big red dog, Wibit or Water Walk will be out the 2nd and 4th Sunday of each month, you will get to play with all the fun equipment and new friends too

**Aquafit:** Included with admission

# FITNESS SCHEDULE

July - August, 2023

Included with  
Admission or  
Active Pass

Pre Registered  
Program

**ANNUAL WEIGHT ROOM/ FITNESS STUDIO SHUTDOWN:** August 26 -September 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:10 - 7:00 am RISE AND SHINE TOTAL BODY		6:10 - 7:00 am RISE AND SHINE TOTAL BODY	6:10 - 7:00 am RISE AND SHINE TOTAL BODY	
7:30 - 8:15 am TRX STRENGTH AND FLEXIBILITY		7:30 - 8:15 am TRX STRENGTH AND FLEXIBILITY	7:30 - 8:15 am TRX STRENGTH AND FLEXIBILITY	
	9:00 - 10:00 am STUDIO CIRCUIT	9:00 - 10:00 am SPIN & STRENGTH	9:00 - 10:00 am STUDIO CIRCUIT	9:00 - 10:00 am FULL BODY RX
		10:00-11:00am GENTLE FLOW YOGA		
10:15 - 11:45 am HEALTH & RECOVERY (WEIGHT ROOM)	10:15 - 11:15 am BALANCE & MOBILITY	10:15 - 11:45 am HEALTH & RECOVERY (WEIGHT ROOM)	10:15 - 11:15 am BALANCE & MOBILITY	
		4:00-4:30 YOUTH ORIENTATIONS		4:00-4:30 YOUTH ORIENTATIONS

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



Register Online: [rdck.ca/recreation](https://rdck.ca/recreation)

Or Register by Phone: 250.365.3386



# DROP-IN AQUAFIT

July 3 – August 26 No class August 7



## AQUA FIT

### Deep Water Running

Age 15+ years  
CDRD Deep Pool

Warm up in the shallow end, then move deep for the cardio portion of the workout focussed on running drills and techniques to improve heart health and work towards your training goals. The class will finish with a muscle conditioning component and stretch to balance out the workout.

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

### Gentle Joints

15+ yrs  
CDRD Shallow End of Deep Pool

Improve your balance and range of motion through gentle, low intensity movements to help you with your daily activities.

**Tuesdays**  
1:15pm – 2:15pm  
Drop-in/Included with Admission or Active Pass

### Gentle Cardio

15+ yrs  
CDRD Shallow End of Deep Pool

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

**Thursdays**  
1:15pm – 2:15pm  
Drop-in/Included with Admission or Active Pass

### Aqua Conditioning

Age 15+ years  
CDRD Deep Pool

Improve overall conditioning with this fun and challenging water workout. Deep water workouts provide a no impact workout that challenges core stability and increases muscle tone by working against the constant resistance of the water.

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

### Total Body Aquafit

Age 15+ years  
CDRD Shallow End of Deep Pool

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 formats that included suspended and rebound movements while under the constant resistance that water workouts provide.

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



## CARDIO AND/OR STRENGTH PROGRAMS

### Rise and Shine Total Body

15+ yrs  
CDRD – Fitness Studio

Wake up and get moving with this whole-body workout! Isolating muscles and stabilizing joints is critical for strengthening muscles and creating a solid foundation. We add balance and core exercises throughout to help improve daily function as well. Three days per week will keep you accountable and help you get the results you are looking for!

**Please note**, this class will be offered in person with an option to participate virtually – let us know if you need an online link!

**Monday, Wednesday, Thursday**  
**6:10 – 7:00am**  
**Jul 3 – 27**  
**\$108 + tax / 12 classes** **56757**

**Monday, Wednesday, Thursday**  
**6:10 – 7:00am**  
**Jul 31 – Aug 24**  
**\$99 + tax / 11 classes** **56758**

**No class on Monday, August 7**

### Full Body RX

15+ yrs  
CDRD – Fitness Studio

A rigorous interval training sequence combining high-intensity exercises and strength exercises. It improves cardiovascular fitness as well as muscular strength and endurance. You will be challenged to push your limits and walk out feeling resilient and strong. All levels welcome.

**Fridays**  
**9:00 – 10:00am**  
**Jul 4 – Aug 29**  
**Drop-In / Included with Admission or Active Pass**

### Gentle Flow Yoga

15+ yrs  
CDRD – Fitness Studio

This class begins with relaxing breath work to help calm the mind and become centered, moving into a mindful warm up leading into gentle postures slowly moving into final resting. This practice gives lots of permission to explore where you are in your body through movement and meditation. All levels welcome.

**Wednesdays**  
**10:00 – 11:00am**  
**Jul 12 – Aug 23**  
**\$64 + tax / 7 classes** **57731**

### Spin & Strength

15+ yrs  
CDRD – Fitness Studio

The best of both worlds! A fast-paced cardio session finishing with resistance training with an emphasis on core strength. Let the motivating tunes and energetic instructor push you to the next level.

**Wednesdays**  
**9:00 – 10:00am**  
**Jul 5 – Aug 30**  
**Drop-In / Included with Admission or Active Pass**

### Studio Circuit

15+ yrs  
CDRD – Fitness Studio

Get your body moving in all sorts of good ways! Keeping your muscles working with stations and timed intervals. A great way to help you get stronger and improve cardiovascular health! Variety is key in this class!

**Tuesdays & Thursdays**  
**9:00 – 10:00am**  
**Jul 5 – Aug 30**  
**Drop-In / Included with Admission or Active Pass**



## TRX Strength and Flexibility

15+ yrs

CDRD – Fitness Studio

The TRX suspension trainer system is designed to help you focus on form, strength, core and flexibility using your body weight. By changing angles, you can increase or decrease resistance making the workout more or less challenging. Modifications and variations will be offered throughout the class, ending with a few mobility exercises and static stretching.

**Monday, Wednesday, Thursday**

**7:30 – 8:15am**

**Jul 3 – 27**

**\$82 + tax / 12 classes**

**56759**

**Monday, Wednesday, Thursday**

**7:30 – 8:15am**

**Jul 31 – Aug 24**

**\$75 + tax / 11 classes**

**56760**

**No class on Monday, August 7**

## Balance and Mobility

15+ yrs

CDRD – Fitness 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. All levels welcome.

**Tuesdays & Thursdays**

**10:15 – 11:15am**

**Jul 4 – 27**

**\$73 + tax / 8 classes**

**56761**

**Tuesdays & Thursdays**

**10:15 – 11:15am**

**Aug 1 – 24**

**\$73 + tax / 8 classes**

**56762**

## Health & Recovery

15+ yrs

CDRD – Fitness Studio

Have you been told by your doctor that you need to start exercising? Let us get you started with the Health & Recovery program where the focus is on your comfort level in the gym! This supportive and integrative class takes place in the weight room (equipment may be limited) and allows you to progress at your own rate.

Whether you are new to fitness or have previous experience, this program is for you! An assessment is required before enrolling in this program.

**Mondays & Wednesdays**

**10:15 – 11:45am**

**Jul 3 – 28**

**\$109 + tax / 8 classes**

**56763**

**Mondays & Wednesdays**

**10:15 – 11:45am**

**Jul 31 – Aug 25**

**\$95 + tax / 7 classes**

**56764**

**No class on Monday, August 7**



## ADULT RECREATION

### Adult Tennis

16+ yrs

CDRD – Tennis Courts

*Instructor: Cohen Rutherglen*

Cohen is a certified Tennis Instructor that brings his passion for tennis to the courts to teach people of all ages.

In these lessons, participants will learn how to compete with a strategy in mind. There will be a focus on technique, footwork and overall skill development.

**Fridays**

**5:30 – 6:30pm**

**Jul 21 – Aug 25**

**\$37 + tax / 5 classes**

**56769**

**No session on Friday, August 4**



Register Online: [rdck.ca/recreation](https://rdck.ca/recreation)

Or Register by Phone: 250.365.3386

## 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) 365-3386 ext. 0000 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	
Rehabilitation Specialist Personal Training	\$70 + tax	Specialized personal training with our qualified Practicing Kinesiologist designed to help those with prehab/rehab related goals.

## 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 CDRD 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) 365-3386 to book your orientation. Bring a friend or family member to share the experience.

*Maximum 3 people per session, minimum 13 years old.*

## CDRD FITNESS PROFESSIONALS



### Rene Rotar

BCRPA Certified Personal Trainer,  
CFES Certified Group Fitness Instructor



### Tanja Totzauer

BCAK Practicing Kinesiologist,  
NSCA CSCS, Canfitpro Personal  
Training Specialist, FMS Level

## YOUTH FITNESS CENTRE ORIENTATIONS

#### CDRD Fitness Centre

Fitness Centre Orientations are required by anyone aged 13-15 years before purchasing a membership or paying general admission. Etiquette, equipment demonstration and safety are the focus of this class.

Please register online at [www.rdck.ca/recreation](http://www.rdck.ca/recreation) or in person at 250-354-3386

**4:00 - 4:30pm  
Wednesdays & Fridays  
Included with Admission  
or Active Pass**







# RENTAL OPPORTUNITIES

The Castlegar & District Community Complex offers a wide range of rental opportunities for meetings, banquets, conventions, workshops, weddings, receptions, reunions and other social gatherings. Our professional and experienced staff is happy to assist you in planning a most satisfying and memorable experience.

The 20,000 square foot multipurpose recreational facility offers meeting room space with full catering facilities, audio visual equipment, easels, whiteboards and flipcharts. Round and rectangular tables, chairs to seat 500 and rooms with removable walls to meet a variety of user needs.

The 1050 seat ice arena is home to the KIJHL Junior B Castlegar Rebels, this arena includes a regulation ice surface, 5 dressing rooms, referees room and concession. The arena dry floor will be getting replaced in the Spring/ Summer of 2023. Our outdoor areas include a sports field, skate park and tennis and pickleball courts.



**Exceptional facilities.  
Exceptional service.**

**CONTACT US TODAY  
TO BOOK YOUR SPACE  
250-365-3386**

