CRESTON ADMISSION, HOURS + SCHEDULES April 1st to

June 30th, 2024



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





SPRING HOURS

April 2 – June 30, 2024

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	1:00 - 6:00pm	CLOSED	9:00am - 2:00pm 3:30-8:00pm	6:30am - 12:30pm 3:30-8:00pm	9:00am - 2:00pm 3:30-8:00pm	6:30am- 12:30pm 3:30-8:00pm	11:00am- 4:00pm
FITNESS CENTRE	1:00 - 6:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	8:00am - 4:00pm

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

GENERAL ADMISSION RATES

	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.

Register Online: rdck.ca/recreation

HOLIDAY HOURS

HOLIDAY CLOSURES

Canada Day

HOLIDAYS OPEN 1:00-5:00pm

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.

POOL SCHEDULE

April 21 - June, 2024

SWIMMING POOL CLOSED MARCH 31 & APRIL 1. AND FOR SWIM MEET MAY 25 & 26.

HOLIDAY HOURS: 1-5PM, MAY 20

Schedule is subject to change.

SAVE THE DATES! The 2nd & 4th Sunday of the month we will have the **WIBIT DAY**. **PRO-D DAY** May 27 the pool will be open from 1-5pm, **WIBIT** will be out 1-2:30pm for extra FUN!

SUN	IDAY	MONDAY	TUES	SDAY	WEDNESDAY		THUE	RSDAY	FRIDAY		SATURDAY	
					MORNING LANES 6:30-9am	AQUA TONE 8:00- 8:45am			MORNING LANES 6:30-9am	AQUA DEEP 8:00- 8:45am		
					LEISURE SWIM 9:00- 12:30pm	GENTLE JOINTS 9:00- 9:45am			LEISURE SWIM	GENTLE JOINTS 9:00- 9:45am		
			LEISURE SWIM 9:00-2:00pm		SEA PUPS CLUB 9:00- 10:30am		LEISURE SWIM 9:00-2:00pm		9:00- 12:30pm	SCHOOL SWIM LESSONS 10:30- 12:30pm	SWIM LESSONS 11:00-	
	WIBIT DAY 2nd & 4th Sunday of										LEISURE SWIM 11:00-	2:00pm
LEISURE SWIM 1:00-	month. 1:00- 2:30pm		LUNCF 2:00-3					H LAPS 3:30pm			4:00pm	
6:00pm	SWIM LESSONS 3:00-			SPORTS GROUPS 3:45- 4:45pm			LEISURE	SPORTS GROUPS 3:45- 4:45pm				
	6:00pm	LEISURE SWIM 3:30- 8:00pm	SWIM LESSONS 4:30- 7:00pm MASTERS SWIM	SW	LEISURE SWIM 3:30-8:00pm		SWIM LESSONS 4:15-7:30pm	LEISURE SWIM 3:30- 8:00pm	AQUATIC LEADERSHIP COURSES 4:00- 8:00pm			
				6:45- 7:45pm		HT LANES 3:00pm		HT LANES 3:00pm				

^{*}POOL ENTRANCE A 3E: Children 7, years of age and old ?r 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.

Morning Lanes

2 lap lanes, river and hot areas will be available

Lunch Laps and Late Night Lanes

2 lap lanes, leisure and hot areas will be available

Aquafit are included with admission, please see pg 18 for dates as times are subject to schedule changes.

Leisure Swim

1 lap lane, leisure and hot areas available, a feature will be open, either climbing wall or diving board

Wibit Days

Come join our Splash Squad for some amazing Wibit fun on every 2nd and 4th Sunday.

FITNESS SCHEDULE

April 1 - June 30, 2024

Included with Admission or Active Pass

Pre Registered Program

All programs are located at the Creston & District Community Complex

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00-10:00 CHAIR YOGA Kootenay Room	9:00-10:00 ZUMBA STEP	9:00-10:00 YIN YOGA Kootenay Room	
9:00-10:00 HATHA YOGA	9:30-10:30 CORE N MORE		9:00-10:00 FUNCTIONAL FITNESS	9:30-10:30 STUDIO CIRCUIT
	10:15-11:15 TAI CHI BEGINNER	10:30-11:30 SLOW STRENGTH FUNCTIONAL TRAINING	10:15-11:15 TAI CHI INTERMEDIATE	
10:30-11:30 PELVIC & CORE STRENGTH FOR WOMEN Kootenay Room				
		11:15-12:15 MOVE TO IMPROVE Kootenay Room		11:15-12:15 MOVE TO IMPROVE Fitness Studio
		12:00-1:00pm ZUMBA POWER Erickson Room		
5:00-6:00 BELLY DANCING Erickson Room	3:30-4:30 WEIGHT TRAINING IN MENOPAUSE	5:00-6:00 ZUMBA Erickson Room		
5:15-6:15 TRX Kootenay Room		5:15-6:15 LOWER BODY STRENGTHENING & CONDITIONING	5:15-6:15 FULL BODY STRENGTHENING & CONDITIONING *ends May 30	
5:15-6:15 FULL BODY STRENGTHENING & CONDITIONING			6:30-8:00 HATHA YOGA	

^{**}Participants must be 15 years of age to attend classes

Registration for included with admission programs, within 24 hours of a program start time, is only available to those who have purchased a 1, 3, or 6 month Active Pass time-based-membership or Golden Guests.

In-person registration is required, for users who do not have a 1, 3, or 6 month Active Pass time-based membership, one hour prior to the program start time. If you do not have a time-based-membership, you can no longer call the front desk to register.