

CRESTON

PROGRAM GUIDE

WINTER 2024

Registration Start Date:
Monday, December 4
8:00 am

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



FREE
Training
Opportunities

See page 6
for details



Creston & District
Community Complex



Creston & District Community Complex



Visit Us

312 19th Ave. North, Creston, BC

rdck.ca/recreation

Contact Us

250-428-7127 | crestonrec@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



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

WINTER HOURS

Hours of Operation are
subject to change

January 2 – March 30, 2024

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



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

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

	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.



SPECIAL EVENTS



Winter Wonderland

CDCC – Pool & Arena

It's the most wonderful time of the year! There will be games and activities in the pool, and join Santa on the ice. Be sure to bring your camera to capture that special moment!

Saturday
Swim 1:00-4:00pm
Skate 5:00-6:30pm
December 2nd

General Admission



The Love Float

CDCC - Pool
19+ years

Treat yourself or your loved one to a relaxing dip in our pool.

Wednesday
6:00-8:00pm
February 14th

General Admission



Family Day Swim & Skate

CDCC – Pool & Arena
Spend some quality family time while enjoying a fun-filled afternoon of activities!

Monday
1:00-5:00pm
February 19th

Free



Shamrock Swim

CDCC - Pool

Join us for an afternoon of fun and surprises! Our Splash Squad will lead you through some exciting games with prizes!

Sunday
4:00-6:00pm
March 17th

General Admission



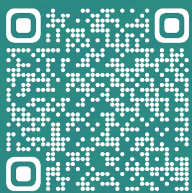
Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

GET FREE TRAINING!

Become a qualified Lifeguard, Swim 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
or scan the QR Code.



CAREER IN RECREATION

Junior Lifesavers Club

NEW!

Prerequisites: Ability to swim 25m+ comfortably, tread water 1 min and 10-13 years
CDCC POOL

The Junior Lifesavers club is all about being with friends, learning and FUN! For those who are ready to go beyond learn-to-swim classes while still developing swim strokes and a water safe attitudes and learning cool lifeguard and lifesaving techniques. Bring a friend and build YOUR club.

January 12, 19, 26, Feb 2, 9, 16, 23,
March 1, 8, 15
Fridays
4:00pm -5:30pm
\$102/ 10 classes

65522

Bronze Medallion

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

January 12, 19, 26, Feb 2, 9
Friday
3:45-8:00pm
\$171/ 5 classes

65252

SPRING BREAK Training!
March 19- 22
Tuesday/Thursday 12:30-6:30pm
Wednesday/ Friday 9:00am-2:00pm
\$171 / 4 classes

65253



Bronze Cross Assistant Lifeguard

Prerequisites: 13yrs by last day of the course and Bronze Medallion CDCC Erickson Room/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. Cost includes Lifeguard Whistle.

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

100% attendance is required.

February 25, Mar 3, 10, 17
Sundays
1:00-6:00pm
\$141+ tax / 4 classes

65254

SPRING BREAK Training!
March 25-28
Monday 12:00-4:00pm
Tuesday/Thursday 12:30-6:30pm
Wednesday 8:30am -2:00pm
\$141/ 4 classes

65255



Pool Operator level 1

NDCC – Upper Multi-purpose Room

Level 1 is an introductory course that provides a strong foundation of core knowledge and skills with topics designed to build an understanding of swimming pool operations and maintenance. Excellent for those who have a back yard pool or are employed with responsibility of pool operation and chemicals. 100% attendance is required, includes in course exam and practical evaluation.

Note: This course is held in Nelson

February 24, 25
Saturday & Sunday
9:00am – 5:30pm
\$261+ tax/ 2 class

65154

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.

National Lifeguard Recert (NLR)

CDRD – Kootenay Room / 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.

Note: This recert is held in Castlegar

February 4,5
Sunday 12:00-4:00pm
Monday 4:00-8:00pm
\$113+tax/ 2 classes

65532

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.

CDCC – Erickson 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

March 9
Saturday
8:45-5:30pm
\$116+tax / 1 classes

65261

CPR-C Recert

CDCC – Erickson 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

February 3
Saturday
12:00pm – 4:30pm
\$50+ tax/ 1 class

65380

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



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

FITNESS TRAINING OPPORTUNITIES*

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

CFES Fitness Knowledge

Pre-Requisite Course – See CFES Pathway Below

16+ yrs

CDCC – Creston & District Community Complex

The Fitness Knowledge course is a pre-requisite for the Weight Training Instructor, and in turn Group Fitness Instructor and Personal Training courses. In this course you will learn the basics that provide the foundation for the Weight Training Instructor and Group Fitness Instructor courses.

Unable to attend in person? Contact recprogramming@rdck.bc.ca to discuss other options available to you.

For more alternatives visit: <https://canadianfitness.net/courses/cfes-fitness-knowledge-homestudy/>

Note: This course is held in Creston

Saturdays & Sundays
9:30am – 4:30pm
Jan 13 – 14, Jan 20 – 21
\$364 + tax

65555

CFES Weight Training Instructor

16+ yrs

NDCC – Nelson & District Community Complex

Prerequisites: 15 yrs of age by the last day and 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 proper exercise technique using hands-on training skills in a weight room setting and classroom.

Note: This course is held in Nelson

Sundays, 9:00am – 5:30pm
Feb 4, 18
Thursdays, 4:30 – 9:00pm
Feb 8, 15, 22, 29, Mar 7
\$484 + tax

65557

**Test date: Tuesday, March 19,
5:30-7:30pm**

CFES Aquafit Instructor

16+ yrs

CDRD – Castlegar & District Community Complex

Prerequisites: 15 yrs of age by the last day and successful completion of Fitness Knowledge.

Learn the skills for instructing safe and effective fitness classes in the water. This course builds on your Fitness Knowledge and will cover topics including effective lesson planning, proper use of space, buoyancy, water resistance and verbal cueing for effective leadership, direction, safety, and motivation. Additional practical hours will be required outside of course times. Certification Fees are not included.

Note: This course is held in Castlegar

Saturdays & Sundays
9:00am – 5:30pm
Feb 10-11, Mar 2-3
\$484 + tax

65556

**Test date: Sunday, March 17, 9:00am -
5:30pm**

CFES FITNESS EDUCATION PATHWAY

COMPLETE YOUR FITNESS KNOWLEDGE

In-Person or Online

WEIGHT TRAINING
INSTRUCTOR

GROUP FITNESS
INSTRUCTOR

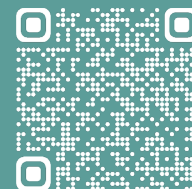
AQUAFIT
INSTRUCTOR

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.



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

PRO D DAY CAMPS

Pro-D Day Blast Off

7-12 Years Old
CDCC – Erickson Room

Embark on an intergalactic adventure at our Blast-Off Pro-D Day Camp. The day will be filled with cosmic activities which will be out of this world! After exploring our universe, we will make a splash in the afternoon in the pool, so don't forget your swimming attire. Dive into fun, exploration and laughter this Pro-D Day!

***Please remember to bring a snack, lunch, bathing suit and towel.**

January 15
Monday
8:30 am – 3:30 pm
\$38

64649

Water & Ice Camp

7-12 yrs
CDCC – Erickson Room

We will start our water adventures by making a splash in the pool. After our swim it is time to bust out your artistic side and get creative with a variety of crafts and games. After lunch, we will head outside for an exhilarating sledding session followed by a skate on the ice to finish our eventful day!

***Please remember to bring a snack, lunch, bathing suit, towel, snow gear, sleds and skates. Rental Skates will be available for campers at no charge**

February 16
Friday
8:30 am – 3:30 pm
\$38

64654

SPRING BREAK CAMPS

Under Construction Camp

7-12 Years Old
Creston Education Centre - Gymnasium

Get ready to don your hard hats and join us for an ultimate adventure. Young builders will get the chance to immerse themselves in a world of creativity with hands on learning as they explore the world of architecture and engineering. Team challenges and unique building projects await the young builders this week. Grab your tools and get ready for a week of construction!

***Please remember a snack and a lunch.**

March 18 - 22
Monday - Friday
8:30 am – 3:30 pm
\$180

64739

Spring Break STAYcation

7-12 Years Old
CDCC – Creston Room

Experience the ultimate getaway without leaving town. Engage in activities from various vacation destinations along with the best of what we have here at home to get the most out of your spring break staycation. Each day we will head poolside for some pool games and loads of swimming. Join us for a week of endless fun and unforgettable memories, without the sunburn.

***Please remember to bring a snack, lunch, bathing suit and towel.**

March 25 - 28
Monday - Thursday
8:30 am – 3:30 pm
\$145

64746



Register Online: cdcc.ca/recreation

Or Register by Phone: 250-428-7127



YOUTH PROGRAMS

Friday FUN Nights

9-12
CDCC – Kootenay Room

Dive into a night of endless fun with your friends and enjoy some pizza with all of the favorite toppings. Along with the delicious pizza, we will have the best selection of board games in town. Games include strategic challenges or party game favorites that will be sure to create some laughter and friendly competition. After satisfying your taste with pizza and games, we will go for a refreshing swim in the pool. Friday nights just became THE nights all of your friends will be talking about at the CDCC.

*** Please indicate any food allergies on the questionnaire. Please remember to bring a bathing suit and towel.**

Friday
January 26
5:00pm - 8:00pm
\$20/class 64908

Friday
February 23
5:00pm - 8:00pm
\$20/class 64912

Friday
March 15
5:00pm - 8:00pm
\$20/class 64916

YOUTH RECREATION

Tot Soccer & Sports

3-6 yrs
Creston Education Centre - Gymnasium

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

Thursdays
3:30 - 4:15pm
Jan 18 - Mar 14
\$27 / 9 classes 65263

Learn to Play Tennis 6 - 8 years

6-8 yrs
Creston Education Centre - Gymnasium
Instructor: Brian Bell

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

Tuesdays
5:15 - 6:15pm
Jan 16 - Feb 20
\$24 / 6 classes 65264

Active for Life!

Active Start (0yrs-6yrs)

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



Kids Soccer 7 – 10 years

7-10 yrs

Creston Education Centre - Gymnasium

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

Thursdays

4:30 – 5:30pm

Jan 18 – Mar 14

\$36 / 9 classes

65268

Youth Soccer 11 – 15 years

11-15 yrs

Creston Education Centre - Gymnasium

Soccer is the most popular sport across the world. This program is centered around scrimmaging and some basic skills and drills. A great opportunity for those interested in soccer to enjoy the game in a non-competitive environment.

Mondays

4:45 – 5:45pm

Jan 15 – Mar 11

\$32 / 8 classes

65266

No classes on February 19 for Family Day

Youth Table Tennis 12 – 16 years

12-16 yrs

CDCC – Creston Room

The perfect chance to learn the basic skills of Table Tennis in a fun and supportive environment. An enjoyable balance of learning the skills and playing the game!

Wednesdays

4:00 – 5:00pm

Jan 17 – Mar 13

\$36 / 9 classes

65267

FUN- damentals!

(7-10 yrs)

This stage of physical activity is designed to develop fundamental movement skills, with emphasis on participation and having FUN on a daily basis. Our programs will emphasize the ABCS, agility, balance, and coordination and speed.

Learn to Train!

(10-16yrs)

Our goal is to help youth at this age participate in sport environments that promote and support fun and friendship, while building fundamental skills in a wide range of sports and activities. A little more focus on skill acquisition, while still focusing on enjoyment and encouraging long-term participation.



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	Swimmer 1
Can jump into chest-deep water by themselves; open eyes, hold breath, exhale under-water; float, kick, glide on front and back	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 SCHEDULE

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

FRIDAY | JANUARY 5-MARCH 1 | 8 CLASSES (NO class Feb 16)

12:00pm	Goldfish 12-24 months	65196
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TUESDAYS | JANUARY 9 - MARCH 12 | 10 CLASSES

5:00pm	Adult Private	
6:00pm	Adult Learn To Swim 1 Group Lesson	NEW! 65863
6:45pm	Masters Swim	6584

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 to learn this life skill.

TUESDAY & THURSDAY | JANUARY 9-FEBRUARY 8 | 10 CLASSES

4:15pm			Jelly Fish 4 -12 months	65200
4:45pm	Sea Lion 4	65212	Crab 2	65211
5:15pm	Swimmer 1	65214	Orcas 3	65228
5:45pm	Swimmer 2	65216	Octopus 1	65229
6:00pm	Swimmer 4 40 min	65226	Private	
6:45pm	Swimmer 5 40 min	65227	Private	

SATURDAY | JANUARY 13- MARCH 2 | 8 CLASSES

11:00am	Sea Horse 3 24-36 months	65230	Swimmer 1	65231
11:30am	Octopus 1	65232	Swimmer 2	65236
12:00pm	Crab 2	65233	Swimmer 3	65237
12:30pm	Orca 3	65234	Swimmer 2	65238
1:00pm	Sea Lion 4	65235	Swimmer 5 40 min	65239
1:30pm	Private		Private 1:45-2:10pm	

SUNDAY | JANUARY 14- MARCH 3 | 8 CLASSES

3:00pm	Private		Swimmer 1	65240
3:30pm	Octopus 1	65242	Swimmer 2	65241
4:00pm	Crab 2	65243	Swimmer 3	65244
4:30pm	Orca 3	65245	Swimmer 4 4:30-5:10pm 40 min	65249
5:00pm	Sea Lion 4	65246	Swimmer 1 5:15pm	65248
5:30pm	Narwhal 5	65247		



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

TUESDAY & THURSDAY | FEBRUARY 13 - MARCH 14 | 10 CLASSES

4:15pm	Octopus 1	65533
4:45pm	Crab 2	65534
5:15pm	Orca 3	65535
5:45pm	Swimmer 1	65536
6:00pm	Swimmer 2	65537
6:45pm	Swimmer 3	65874

Class you want to register in already full?

Get on the wait list!

We create more classes from waitlists when we have increased capacity.

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 250-428-7127

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 JANUARY - MARCH 2023 | 4 CLASSES

SATURDAY	JANUARY 13- FEBRUARY 3	FEBRUARY 10- MARCH 12
1:30pm	65710	65714
1:45pm	65711	65715
SUNDAY	JANUARY 14- FEBRUARY 4	FEBRUARY 11- MARCH 13
3:00pm	65712	65713
TUESDAY & THURSDAY	JANUARY 9-18	JANUARY 23- FEBRUARY 1
6:00pm	65870	65072
6:30pm	65871	65873

ADULT PRIVATE SWIM LESSONS JANUARY - MARCH 2023 | 4 CLASSES

TUESDAY	JANUARY 23- FEBRUARY 13	FEBRUARY 20- MARCH 12
5:00pm	65868	65869



POOL CLOSED TO THE PUBLIC: MARCH 31
ALTERNATE HOURS: MARCH 29, 1-5PM

Schedule is subject to change.

POOL ENTRANCE AGE: Children 7 years of age and older can access the pool with out adult supervision. Children 6 years of age and under must be with in arm's reach of a parent or guardian 16 years of age or older.

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

POOL SCHEDULE

January 1 - March 16, 2024

POOL CLOSED TO THE PUBLIC:
JANUARY 1, MARCH 31
ALTERNATE HOURS
FEBRUARY 19, MARCH 29, 1-5PM

Schedule is subject to change.

SAVE THE DATES! Save the dates! The last Sunday of the month we will have the **WIBIT** out for the afternoon instead of Splash Squad. **PRO-D DAY** Jan 15, 1-4pm + Feb 16 pool will be open 6:30am-8:00pm, **WIBIT** will be out 1-2:30pm for extra FUN!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			MORNING LANES 6:30-9am		MORNING LANES 6:30-9am	
			AQUA TONE & FLEX 7:15-8am		AQUA TONE & FLEX 7:15-8am	
			CARDIO TONE 8:45-9:30am		CARDIO TONE 8:45-9:30am	
			GENTLE JOINTS 9:45-10:30am		GENTLE JOINTS 9:45-10:30am	
			LEISURE SWIM 9:00-12:30pm		LEISURE SWIM 9:00-12:30pm	
					SCHOOL SWIM LESSONS 10:30-12:30pm	
						SWIM LESSONS 11:00-2:00pm
LEISURE SWIM 1:00-6:00pm						LEISURE SWIM 11:00-4:00pm
SPLASH SQUAD 1:00-2:30pm						
SWIM LESSONS 3:00-6:00pm						
		LUNCH LAPS 2:00-3:30pm		LUNCH LAPS 2:00-3:30pm		
		SPORTS GROUPS 3:45-4:45pm		SPORTS GROUPS 3:45-4:45pm		
		SWIM LESSONS 4:15-7:15pm	LEISURE SWIM 3:30-7:00pm	LEISURE SWIM 3:30-7:00pm	LEISURE SWIM 3:30-8:00pm	
		MASTERS SWIM 6:30-7:30pm		SWIM LESSONS 4:15-7:15pm	AQUATIC LEADERSHIP COURSES 4:00-8:00pm	
			LATE NIGHT LANES 7:00-8:00pm	LATE NIGHT LANES 7:00-8:00pm		

*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 parent or guardian 16 years of age or older.

Morning Lanes

2 lap lanes, river and hot areas will be available

Lunch Laps and Late Night Lanes

3 lap lanes, leisure and hot areas will be available

AquaFit are included with admission

Leisure Swim

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

Splash Squads

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



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

FITNESS SCHEDULE

January - March 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 <i>Kootenay Room</i>		9:00-10:00 YIN YOGA FOR SENIORS <i>Kootenay Room</i>	
9:00-10:00 HATHA YOGA	9:00-10:00 CORE N MORE	9:00-10:00 FULL BODY RX	9:00-10:00 FUNCTIONAL FITNESS	9:00-10:00 STUDIO CIRCUIT
10:30-11:30 SLOW STRENGTH FUNCTIONAL TRAINING	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 <i>Kootenay Room</i>				
		11:15-12:15 MOVE TO IMPROVE <i>Kootenay Room</i>		11:15-12:15 MOVE TO IMPROVE <i>Fitness Studio</i>
	3:30-4:30 WEIGHT TRAINING IN MENOPAUSE			
5:15-6:15 TRX <i>Kootenay Room</i>	5:45-6:45 SPIN & STRENGTH	5:15-6:15 LOWER BODY STRENGTHENING & CONDITIONING	5:15-6:15 FULL BODY STRENGTHENING & CONDITIONING	
6:45-7:45 FULL BODY STRENGTHENING & CONDITIONING			6:30-8:00 HATHA YOGA	

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



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

DROP-IN AQUAFIT

January – March, 2024



DROP-IN AQUAFIT

Aqua Tone and Flex

15+ years
CDCC Shallow Pool

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

Wednesdays, Fridays
7:15am – 8:00am
January 3 - March 15
Drop-in/Included with Admission or Active Pass

Cardio Tone

15+ yrs
CDCC Deep Pool

A variety of equipment will be incorporated to strengthen and tone your muscles, all while incorporating cardiovascular exercise to help improve your mood, support daily activities and help you sleep better. Instructors will offer options that can be adapted to any depth

Wednesdays
8:45am – 9:30am
January 3-March 13
Drop-in/Included with Admission or Active Pass

Gentle Joints

15+ yrs
CDCC Leisure Pool

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

Wednesdays and Fridays
9:45am – 10:30am
January 3 - March 15
Drop-in/Included with Admission or Active Pass

Cardio Core

15+ yrs
CDCC Deep Pool

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.

Fridays
8:45am – 9:30am
January 5 – March 15
Drop-in/Included with Admission or Active Pass

REGISTERED WATER FITNESS

Masters Swim

14+ yrs
CDCC Pool

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

Tuesdays
6:30-7:30pm
January 9 – March 12
\$95+ tax/ 10 classes

65864





CARDIO AND/OR STRENGTH

TRX

15+ yrs

CDCC – Kootenay Room

Whether you are a beginner or have taken TRX before, this class will progress your fitness! You will learn the basics of suspension training and move towards mastery to get an incredible strength, cardio and flexibility workout. It's all core, all the time. All fitness levels welcome.

Mondays

5:15 – 6:15pm

Jan 8 – Feb 12

\$55 + tax / 6 classes

65269

Mondays

5:15 – 6:15pm

Feb 26 – Mar 25

\$36 + tax / 4 classes

65271

No class Monday, March 18

Full Body Strengthening & Conditioning

15+ yrs

CDCC – Fitness 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

6:45 – 7:45pm

Jan 8 – Mar 25

Drop-in/Included with Admission or Active Pass

No class Monday February 19 for Family Day

Thursdays

5:15 – 6:15pm

Jan 4 – Mar 28

Drop-in/Included with Admission or Active Pass

Core n' More

15+ yrs

CDCC – Fitness Studio

Stand taller, feel stronger! This class is designed to improve core stability and posture. This is not your traditional "crunchies" class. Dynamic and functional exercises will be used to help you think about core conditioning in a whole new way. Equipment and formats will vary.

Tuesdays

9:00 – 10:00am

Jan 2 – Mar 26

Drop-in/Included with Admission or Active Pass



Spin and Strength

15+ yrs

CDCC – Fitness 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!

Tuesdays

5:45– 6:45pm

Jan 9 – Mar 12

\$91 + tax / 10 classes

65538

Full Body RX

15+ yrs

CDCC – Fitness Studio

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

Wednesdays

9:00 – 10:00am

Jan 3 – Mar 27

Drop-in/Included with Admission or Active Pass

Slow Strength Functional Training

15+ yrs

CDCC – Fitness Studio

Through a method of slow strength training, you will build strength (but not bulkiness) in a safe way. After every class, you will feel stronger and more able to take on the activities of your life. Modifications are available and no experience is necessary.

Mondays

10:30 – 11:30am

Jan 8 – Mar 11

\$82 + tax / 9 classes

65539

Wednesdays

10:30– 11:30am

Jan 10 – Mar 13

\$91 + tax / 10 classes

65272

No class Monday, February 19th

Functional Fitness

15+ yrs

CDCC – Fitness Studio

This program is tailored for active older adults and includes low impact movements for cardiovascular fitness along with safe and effective strength and balance exercises.

Thursdays

9:00 – 10:00am

Jan 4 – Mar 28

Drop-in/Included with Admission or Active Pass



Lower Body Strengthening & Conditioning

15+ yrs

CDCC – Fitness Studio

This is a beginner-intermediate level fitness class designed for those wanting a stronger, more conditioned lower body. This class uses a variety of exercises and intensities to improve your overall lower body fitness.

Wednesdays

5:15 – 6:15pm

Jan 3 – Mar 27

Drop-in/Included with Admission or Active Pass

Studio Circuit

15+ yrs

CDCC – Fitness Studio

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

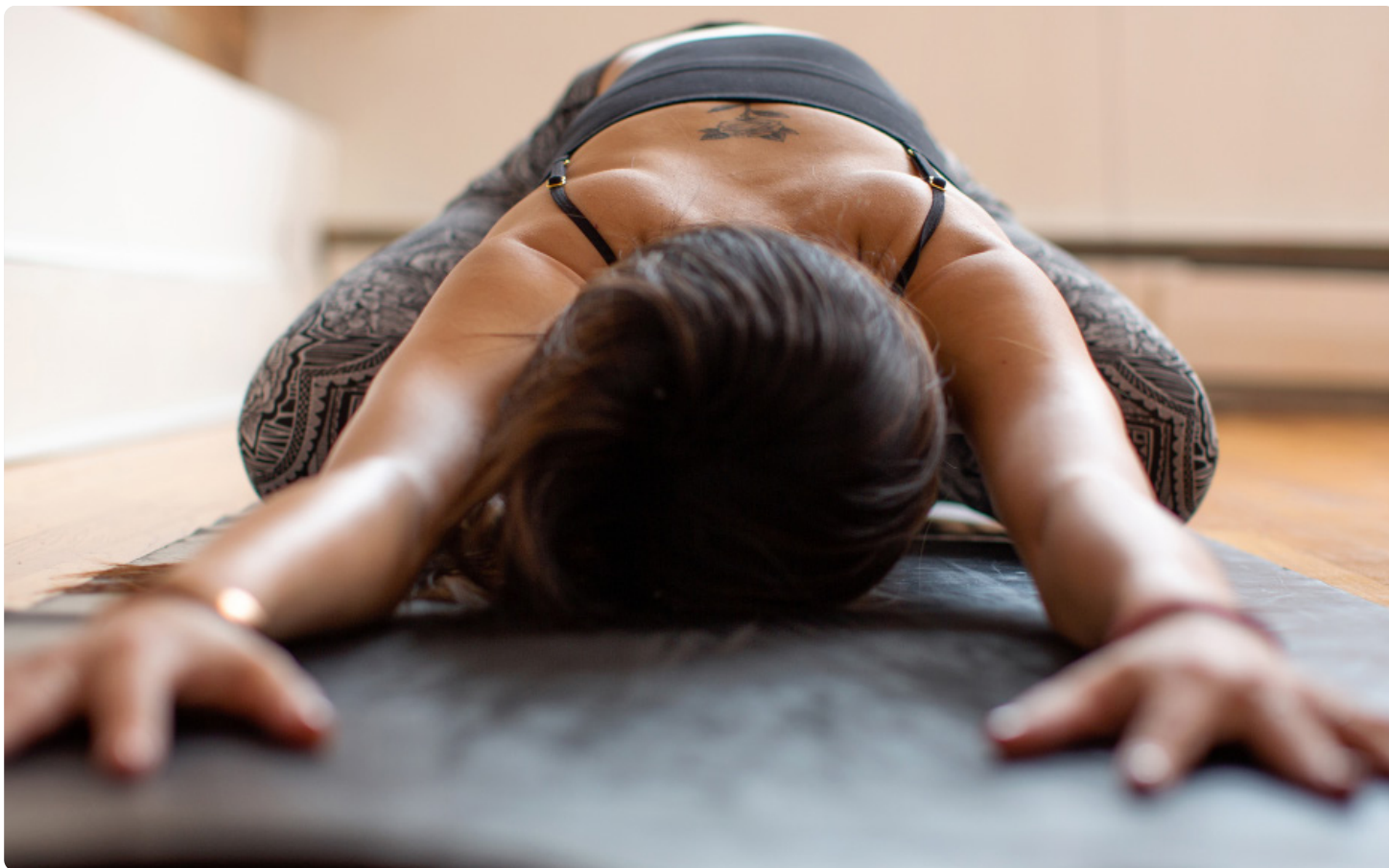
Fridays

9:00 – 10:00am

Jan 5 – Mar 29

Drop-in/Included with Admission or Active Pass





SPECIALTY, MOBILITY AND/OR MINDFULNESS

Hatha Yoga

15+ yrs

CDCC – Fitness Studio

All Fitness Levels

Hatha Flow Yoga is a moderately-paced class that synchronizes yoga postures with the breath. This fun and uplifting class will build strength, flexibility and balance. Breath work, relaxation and meditation are part of this well rounded class. You will leave feeling refreshed, renewed and rejuvenated!

Mondays

9:00 – 10:00am

Jan 8 – Mar 25

Drop-in/Included with Admission or Active Pass

No class Monday February 19 for Family Day

Thursdays

6:30 – 8:00pm

Jan 11 – Feb 15

\$83 + tax / 6 classes

65273

Thursdays

6:30 – 8:00pm

Feb 22 – Mar 28

\$83 + tax / 6 classes

65274

Pelvic Floor and Core Strength for Women

15+ yrs

CDCC – Kootenay Room

Instructor: Carmen Ditzler

Pelvic floor challenges such as incontinence, prolapse, and core weakness can sneak up on us as we age. This class is for women in peri to postmenopause (35+ years old). You can learn to improve your pelvic and deep core function in order to enjoy doing the things you love to do! Breath, move, strengthen, release, and relax in a supportive setting.

Mondays

10:30 – 11:30am

Jan 8 – Feb 12

\$59 + tax / 6 classes

65280

Mondays

10:30 – 11:30am

Feb 26 – Mar 25

\$39 + tax / 4 classes

65281

No class Monday, March 18

Yin Yoga for Seniors

50+ yrs

CDCC – Kootenay Room

This quiet, reflective yoga class is designed for those who would like to feel better in their bodies through a slow-paced practice. Poses are held for a long time, allowing for a stretch of the deeper tissues and a greater stimulus for increased flexibility and range of motion. Poses are seated and supine, and there is no fast movement from seated to standing. No experience necessary for this class, and there are modifications available for every pose.

Thursdays

9:00 – 10:00am

Jan 11 – Mar 14

\$91 + tax / 10 classes

65279



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

Chair Yoga

15+ yrs

CDCC – Kootenay Room

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

Tuesdays

9:00 – 10:00am

Jan 9 – Mar 12

\$91 + tax / 10 classes

65278

Tai Chi Beginner

15+ yrs

CDCC – Fitness Studio

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

Tuesdays

10:15 – 11:15am

Jan 9 – Mar 26

\$109 + tax / 12 classes

65275

Tai Chi Intermediate

15+ yrs

CDCC – Fitness Studio

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

Thursdays

10:15 – 11:15am

Jan 11 – Mar 28

\$109 + tax / 12 classes

65276



Weight Training in Menopause

15+ yrs

CDCC – Fitness Studio

Instructor: Carmen Ditzler

Weight training in this stage of life can help maintain muscle mass, strength, balance, bone health, improve mood, decrease hot flashes and other symptoms of menopause. It can also improve pelvic health and function. You'll be supported at your own level and have more information about what works for your body. We'll use body weight, resistance-bands and light weights for full range of motion, feel good movement.

Tuesdays

3:30 – 4:30pm

Jan 9 – Feb 13

\$59 + tax / 6 classes

65283

Tuesdays

3:30 – 4:30pm

Feb 20 – Mar 26

\$59 + tax / 6 classes

65284

Move to Improve (Parkinson's)

15+ yrs

CDCC – Fitness Studio / Kootenay Room

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

Wednesdays & Fridays

11:15 – 12:15pm

Jan 3 – Mar 22

Drop-in/Included with Admission or Active Pass

Wednesdays: Kootenay Room

Fridays: Fitness Studio

No class Friday, March 29



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) 428-7127 ext. 2038 for more information.

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

PERSONAL TRAINING OPTIONS (rates are per person)

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

Youth on Weights

13-17 yrs

CDCC – Fitness Centre / Fitness Studio

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 CDCC 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!

FITNESS CENTRE ORIENTATIONS

FREE with admission!

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

Orientations Include:

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

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

Maximum 3 people per session, minimum 13 years old.

YOUTH FITNESS CENTRE ORIENTATIONS FOR AGES 13 - 15 YEARS

CDCC 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 250-428-7127 to speak with one of our customer service representatives.

**4:30-5:00pm
Tuesdays & Thursdays
General Admission**



Basketball

16+ yrs

Creston Education Centre - Gymnasium

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

Mondays

6:30 – 8:00pm

Jan 15 - Mar 11

\$53 + tax / 8 classes

65285

No class Monday, February 19 for Family Day

Join us for a FREE try it out day! Monday, Jan 8, 6:30-8:00pm

Badminton

16+ yrs

Creston Education Centre - Gymnasium

Join us for a fun night of Badminton, appropriate for all levels! Bring your own racket if you have one, or use one of ours.

Tuesdays

6:30 – 8:00pm

Jan 9 - Mar 26

\$79 + tax / 12 classes

65286

Join us for a FREE try it out day! Tuesday, Jan 2, 6:30-8:00pm

Table Tennis

16+ yrs

CDCC – Creston Room

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

Tuesdays

7:00 – 8:30pm

Jan 9 - Mar 12

\$65 + tax / 10 classes

65540

No session Tuesday, March 19

Join us for a FREE try it out day! Tuesday, Jan 2, 7:00-8:30pm

Volleyball

16+ yrs

Creston Education Centre - Gymnasium

Bump, set, spike! Get out and get involved in an evening of exciting volleyball. A great way to get active, meet new people, and have some fun.

Thursdays

7:00 – 8:30pm

Jan 11 - Mar 28

\$79 + tax / 12 classes

65291

Join us for a FREE try it out day! Thursday, Jan 4, 7:00-8:30pm

Pickleball - Recreational

16+ yrs

Creston Education Centre - Gymnasium

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

Wednesdays

5:30 – 7:00pm

Jan 10 - Mar 27

\$79 + tax / 12 classes

65287

Join us for a FREE try it out day! Wednesday, Jan 3, 5:30-7:00pm

Saturdays

9:00 – 11:00am

Jan 13 - Mar 30

\$106 + tax / 12 classes

65288

Join us for a FREE try it out day! Saturday, January 6, 9:00-11:00am

Pickleball - Competitive

16+ yrs

Creston Education Centre - Gymnasium

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

Wednesdays

7:00 – 9:00pm

Jan 10 - Mar 27

\$106 + tax / 12 classes

65290

Saturdays

11:00 – 1:00pm

Jan 13 - Mar 30

\$106 + tax / 12 classes

65289

Soccer

16+ yrs

Creston Education Centre - Gymnasium

Keep that endurance level up over the fall and winter by joining our indoor soccer! Fun, fast paced games with some skill building drills. An excellent way to meet new friends and improve your fitness!

Fridays

7:00 – 8:30pm

Jan 12 - Mar 22

\$72 + tax / 11 classes

65292

Join us for a FREE try it out day! Friday, Jan 5, 7:00-8:30pm





RECREATION SPORTS SCHEDULE

January - March 2024

All programs are located at the Creston Education Centre

Included with
Admission or
Active Pass

Pre Registered
Program

YOUTH (0-16 yrs)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:45 - 5:45PM YOUTH SOCCER (12-16 YRS) <i>Creston Education Centre</i>			3:30 - 4:15PM TOT SOCCER (3-6 yrs) <i>Creston Education Centre</i>		
	5:15 - 6:15PM LEARN TO PLAY TENNIS (6-8 yrs) <i>Creston Education Centre</i>	4:00 - 5:00PM YOUTH TABLE TENNIS (12-16 yrs) <i>CDCC - Creston Room</i>	4:30 - 5:30PM KIDS SOCCER (7-10 yrs) <i>Creston Education Centre</i>		

ADULT (16+ yrs)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 - 8:00PM BASKETBALL <i>Creston Education Centre</i>	7:00 - 8:30PM TABLE TENNIS <i>CDCC - Creston Room</i>	5:30 - 7:00PM PICKLEBALL - RECREATIONAL <i>Creston Education Centre</i>			9:00 - 11:00AM PICKLEBALL - RECREATIONAL <i>Creston Education Centre</i>
	6:30 - 8:00PM BADMINTON <i>Creston Education Centre</i>	7:00 - 9:00PM PICKLEBALL - COMPETITIVE <i>Creston Education Centre</i>	7:00 - 8:30PM VOLLEYBALL <i>Creston Education Centre</i>	7:00 - 8:30PM SOCCER <i>Creston Education Centre</i>	11:00AM - 1:00PM PICKLEBALL - COMPETITIVE <i>Creston Education Centre</i>



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

ARENA SCHEDULE

January 8 - March 17, 2024

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

Included with
Admission

Pre Registered
Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30-10:30am PARENT & TOT	9:00-10:00am PUCK SKATE	9:30-10:30am PARENT & TOT	9:00-10:00am PUCK SKATE	
	10:15-11:30am DROP-IN HOCKEY	10:30-11:30am PUBLIC SKATE	10:15-11:30am DROP-IN HOCKEY	10:30-11:30am PUBLIC SKATE	10:15-11:30am DROP-IN HOCKEY	
3:30-5:00pm PUBLIC SKATE <i>*If No Thunder Cat Game</i>						
						5:00-6:30pm PUBLIC SKATE
				6:00-7:00pm YOUTH SHINNY		
8:45-10pm ADVANCED ADULT HOCKEY				9:45-11pm ADVANCED ADULT HOCKEY		

SKATE & HELMET RENTALS

Skates \$3.00 + tax

Helmets \$3.00 + tax

Skates & Helmet \$5.00



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

ARENA PROGRAMS

INCLUDED WITH ADMISSION

Parent & Tot Skate

To start January 9

3 - 6 yrs

CDCC – Johnny Bucyk Arena

Join us during Parent & Tot Skate and introduce your little one(s) to skating in a safe setting. Our instructor is there to assist and help make the experience fun and encouraging.

Tuesdays & Thursdays

9:30-10:30am

Jan 9 - Mar 14

Youth Shinny

Jan 4 - Mar 14

7-12yrs/12-15+ yrs

CDCC – Arena

This program is great for those wanting to try out hockey or get some extra time on the ice playing with friends. Gloves, helmets, and sticks required – additional gear recommended.

Thursdays

6:00 - 7:00pm

Drop-In Hockey

16 +yrs

CDCC – Arena

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

All Gear Required

Mondays, Wednesdays & Fridays

10:15 – 11:30am

Jan 3 – Mar 15

Public Skate

All Ages

CDCC – Arena

Everyone is welcome during public skating times. Lots of fun and a great way to be active with your whole family. Please bring your skates and helmets are recommended..

2/3rds of the ice for skating, (carts available for those just learning) and 1/3rd for broomball (helmets recommended). Helmet and skate rentals available.

Saturdays

5:00pm - 6:30pm

Sundays

3:30pm - 5:00pm

Puck Skate

To start January 10

All Ages

CDCC – Arena

Bring your sticks and hockey gear to have fun on the ice!

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

Wednesday/Friday

9:00am - 10:00am

PRE-REGISTERED ARENA PROGRAMS

Advanced Adult Hockey

15+ yrs

CDCC – Arena

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

Thursdays

9:45 - 11pm

Jan 4 – Mar 14

\$156 / 11 classes

65277

Sundays

8:45 - 10pm

Jan 7 – Mar 10

\$142 / 10 classes

65282





RENTAL OPPORTUNITIES

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

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

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

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



**Exceptional facilities.
Exceptional service.**

**CONTACT US TODAY
TO BOOK YOUR SPACE**