

SALMO

PROGRAM GUIDE

WINTER 2024

Registration Start Date:
Monday, December 4, 2023
7:00 am

To view the guide and register online visit rdck.ca/recreation or call 250.357.0121



FREE
Training
Opportunities

See page 4
for details



GENERAL ADMISSION – FITNESS CENTRE

	DROP-IN	10-PUNCH*
Adult (19-74)	\$5.82	\$69.91
Youth (13-18)	\$2.91	\$34.96
Golden Guest (75+)	Free	-

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

GENERAL ADMISSION – GYM

All Ages	\$3.09
Golden Guest (75+)	Free

ACTIVE PASSES

The Active Pass is a time-based membership that gives pass-holders unlimited general admission to: Fitness Centre, Salmo Rec Gymnasium Drop-in. Passes can be purchased in person or by phone.

	ACTIVE PASS FEES*		
PASS FEES	1 Month Pass	3 Month Pass	6 Month Pass
Adult	\$52.39	\$133.59	\$235.74
Youth	\$26.19	\$66.79	\$117.87
2nd Adult	\$47.14	\$120.23	\$212.17
2nd Youth	\$23.57	\$60.11	\$106.08

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.

OFFICE HOURS

Monday-Thursday 6:30 - 10:30 am, 4:00 - 8:00 pm
Friday 4:00 - 8:00 pm
Saturday 6:30 - 10:30 am

Salmo Recreation is closed on all Statutory Holidays as well as Christmas Eve and New Year's Eve.

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



Online Registration

www.rdck.ca/recreation



In Person

Walk right up to the customer service desk and say, "Hello".



Call Us:
250.357.0121



Register Online: rdck.ca/recreation

Or Register by Phone: 250.357.0121



FITNESS CENTRE HOURS

January 2 – March 30, 2024

- 13+ years old
- General Admission and Active Pass fees, see pg. 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30 AM – 10:30 AM	6:30 AM – 10:30 AM	6:30 AM – 10:30 AM	6:30 AM – 10:30 AM		6:30 AM – 10:30 AM
	4:00 PM – 8:00 PM	4:00 PM – 8:00 PM	4:00 PM – 8:00 PM	4:00 PM – 8:00 PM	4:00 PM – 8:00 PM	

Please note: Facility hours are subject to change or cancellation, based on staff shortages or unforeseen circumstances.

GYMNASIUM HOURS

January 2 – March 30, 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	OPEN GYM 6:30 AM – 10:30 AM	OPEN GYM 6:30 AM – 10:30 AM	OPEN GYM 6:30 AM – 10:30 AM	OPEN GYM 6:30 AM – 8:30 AM	OPEN GYM 6:30 AM – 10:30 AM	
	PICKLE BALL 9:00 AM – 10:30 AM			PICKLE BALL 9:00 AM – 10:30 AM		
		SAVVY SENIORS 11:00 – 12:00PM				
	OPEN GYM 4:00 PM – 8:00 PM	OPEN GYM 4:00 PM – 8:00 PM	OPEN GYM 4:00 PM – 8:00 PM	OPEN GYM 4:00 PM – 8:00 PM	OPEN GYM 4:00 PM – 8:00 PM	
	STRENGTH & CARDIO 6:00 PM – 7:00 PM	PICKLE BALL 6:30PM – 8:00PM	BASKETBALL 6:30PM – 8:00PM	VOLLEYBALL 6:30PM – 8:00PM		

- 13 + years unless designated.
- Co-ed, non-competitive recreation level play during all sessions.
- Recreation Equipment will be available during all Open Gym Sessions.
- Designated Gym Activity times are noted in the schedule below.
- Participants, please put away all equipment after each session.
- Pay Admission or scan your Active Pass in the Fitness Center before using the Gym.



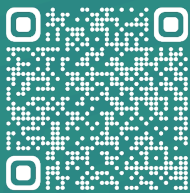
Register Online: rdck.ca/recreation

Or Register by Phone: 250.357.0121

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

Pool Operator level 1

*Prerequisite: Pool Operator 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

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

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.

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).



Register Online: rdck.ca/recreation

Or Register by Phone: 250.357.0121

Standard First Aid with CPR-C

Salmo – Zen Den

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

Must present your certification and government issued ID

January 13, 14
Saturday Sunday
9:00am – 5:30pm
\$184+ tax/ 2 classes

65960

CPR-C

Salmo – Zen Den

Prerequisites: 14+

CPR-C teaches the skills needed to help adults, children and infants. Be prepared to save a life! Knowing how to activate EMS, perform CPR and use an AED are critical lifesaving skills that everyone should have. Learn how to recognize and treat the early signs of a heart attack- additional skills include how to help someone who is choking and perform CPR and also use an AED.

Must present government issued ID

February 16
Friday
12:00pm – 5:00pm
\$56 + tax/ 1 class

65959



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: 250.357.0121

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

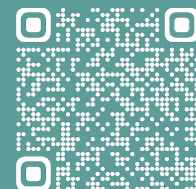
AQUAFIT
INSTRUCTOR

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: 250.357.0121

ADULT AND YOUTH PROGRAMS

PAL (Possession & Acquisition License) – Canadian Firearms Safety Non-Restricted

12+

Salmo Rec Centre Multi-Purpose Room

Instructor – Dorian Boswell

This certificate is required to possess, purchase, transfer ownership, sell or trade a firearm, as well as to purchase ammunition. PAL manuals are recommended and can be found online at www.bcwf.bc.ca

January 27
Saturday
8:00 am – 5:00 pm
\$159 +tax/person

65309



ADULT FITNESS



Strength and Cardio

16+ yrs

SDRD - Gymnasium

Develop your strength, endurance, and confidence in fitness with our Strength & Cardio programs. Instructed by our certified Personal Trainer who is there to support you to meet your goals and motivate you to push yourself safely and with proper technique.

Mondays
6:00 – 7:00pm
Jan 8 – Feb 12
\$55 + tax / 6 classes

65672

Mondays
6:00 – 7:00pm
Feb 26 – Mar 25
\$45 + tax / 5 classes

65673

Senior Small Group Training

16+ yrs

SDRD – Fitness Centre

This program is designed to help you learn how to use the Fitness Centre safely and effectively. With the help of our Personal Trainer, you will finish this program with confidence in the weight room.

Participants will receive a fitness program upon completion of this program.

Tuesdays
11:00 – 12:00pm
Jan 9 - Feb 13
\$55 + tax / 6 classes

65674

Tuesdays
11:00 – 12:00pm
Feb 20 - Mar 26
\$55 + tax / 6 classes

65675

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) 357-0121 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	Includes an assessment and progressive resistance and/or cardiovascular training specific to your 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	

SDRD FITNESS PROFESSIONALS



Laura Stavast
CFES Certified Personal Trainer,
Precision Nutrition Nutrition Coach,
ACE Sports Performance Specialist

YOUTH FITNESS CENTRE ORIENTATIONS

Salmo 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 rdck.ca/recreation in person or call 250-357-0121 to speak with one of our customer service representatives.





DROP-IN OPPORTUNITIES

Gymnasium Drop-In

13+ yrs | SDRD – Gymnasium

Come shoot some hoops, play some floor hockey or play a game of pick-up. The gymnasium will be available, along with our equipment, for you to get back into the swing of things. Fitness equipment is not available for use in the gymnasium at this time.

Monday - Friday 6:30 - 10:30am
Monday - Friday 4:00 - 8:00pm
Saturdays 6:30 - 10:30am
\$2.86 + tax (or access with fitness centre admission)

Gymnasium availability may vary according to programs and facility bookings.

Drop-In Pickleball

13+ yrs | SDRD – Gymnasium

Grab your paddle and tell your friends. Pickleball is back!

Tuesdays 6:30 - 8:00pm
Mondays & Thursdays 9:00 - 10:30am
\$2.86 + tax (or access with fitness centre admission)

Drop-In Volleyball

13+ yrs | SDRD – Gymnasium

Volleyball season is not long enough. Join us once-a-week for open gym! Bring a team or come on your own. Everyone is welcome! Please wear clean non-marking indoor shoes.

Thursdays 6:30 - 8:00pm
\$2.86 + tax (or access with fitness centre admission)

Drop-In Basketball

13+ yrs | SDRD – Gymnasium

Come join us for game of pick up! All skill levels welcome! Please wear clean non-marking indoor shoes.

Wednesdays 6:30 - 8:00pm
\$2.86 (or access with fitness center admission)

Drop-In Walking

13+ yrs | SDRD – Gymnasium

Need a safe, indoor space to keep up your walking exercise? We got you covered! Please bring clean, non-marking shoes.

Wednesdays 8:30-9:30am
\$2.86 + tax (or access with fitness centre admission)

