

NELSON

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 250.354.4386



FREE
Training
Opportunities

See page 6
for details



NDCC
Nelson & District
Community Complex



Nelson & District Community Complex



Visit Us

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

Contact Us

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



Online Registration

rdck.ca/recreation

Need to setup an online registration account?

Fill out the [RDCK Client Profile Form](#)

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[Like us on Facebook](#)

ENJOY A SAFE AND FUN VISIT

We want you to enjoy safe, fun experiences at our facility. Our programming and our operating hours—including at our aquatics centres—may be affected by changes to public health measures or RDCK staffing levels. Changes to programs or schedules will be posted on our website and in our online registration system. Thank you for your understanding.

Visit www.rdck.ca/recreation
or call our front desk to learn more.



Stay home if you are sick



Masks are a personal choice for guests



Be kind to each other



Register Online: rdck.ca/recreation

Or Register by Phone: 250.354.4386

WINTER HOURS

Hours of Operation are
subject to change

January 2 – March 31, 2024

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

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



FACILITY CODE OF CONDUCT

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

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

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

Participants engaging in inappropriate behaviour may their privileges revoked.

HOLIDAY HOURS

HOLIDAY CLOSURES

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

HOLIDAYS OPEN

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

EARLY CLOSURES

4:00pm
Christmas Eve
New Year's Eve

GENERAL ADMISSION RATES

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

Prices do not include taxes.

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

- Leisure Access Program rates apply.
- Reservations are available for specific programs in advance.
- Youth 13-15 years of age are required to participate in the Youth Weight Room orientations before they can access the Fitness Centre.

ACTIVE PROGRAM

The Active Program is a time-based membership that gives pass-holders unlimited general admission to: Public Swim, Lane Swim, Hot Tub, Fitness Centre, Included w/Admission group fitness classes, Public Skate, and Shinny Hockey. Prices do not include tax.

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

Terms and conditions: To receive 2nd Adult or 2nd Youth pass discounts, pass holders must reside in the same household and must be purchased at the same time and of the same duration as regular Adult or Youth passes.

LEISURE ACCESS PROGRAM

This program provides low income families and individuals in our community with an opportunity to participate in recreation programs and services.

Residents of the RDCK are eligible for this program. It is based on the combined annual household income and must be re-applied for by May 31st of each year.

Find the application and income guidelines online at rdck.ca/recreation. Once submitted and approved, you will receive up to 50% off general admission to the pool, fitness centre, arena, and all Included with Admission programs.



SPECIAL EVENTS

FAMILY DAY BOOK WALK

*Great Northern Rail Trail
(Mountain Station trailhead)*

**Saturday to Monday
February 17 to February 19
All day**

FREE



11TH ANNUAL EASTER EGG HUNT

Lakeside Park

Hop to the Easter Bonnet Parade for kids and parents in the Park at 10:15am in front of the concession. There will be face painting and crafts start at 9:45am including the Easter bunny. Bring your baskets and smiles!

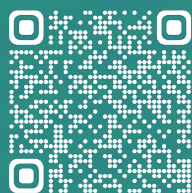
**Saturday
March 30, 2024
9:45am - 12:00pm**

FREE

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

Bronze Star

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

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

***100% attendance is required.**

February 10, 17, 24, March 2, 9
Saturdays
1:30-3:30pm
\$83 / 5 classes

65147

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.

Bronze Medallion

*Prerequisites: 13 yrs. of age by the last day
NDCC POOL*

The Bronze Medallion program challenges candidates both mentally and physically to build the judgement, knowledge, skills and fitness required to perform water rescue. Rescuers learn self-rescue techniques, defense and release methods, and tows and carries in preparation for challenging rescues. Lifesavers develop stroke efficiency and endurance in a 500m swim.

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

Cost includes Canadian Lifesaving Manual

***100% attendance is required.**

Jan 12, 19, Feb 26, 2, 9
Fridays
4:00-8:30pm
\$171 / 5 classes

65148

Bronze Cross Assistant Lifeguard

*Prerequisites: Bronze Medallion
NDCC Pool / Lower Multi Purpose Room*

The Lifesaving Society Bronze Cross begins the transition from Lifesaving to Lifeguarding and prepares candidates for responsibilities as Assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.

Bronze Cross is one of the pre-requisite awards for all advanced Lifeguard and Leadership training programs and is worth two Grade 11 high school credits. Cost includes Lifeguard Whistle.

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

100% attendance is required.

February 16, 23, March 1, 8, 15
Fridays
4:00-8:30pm
\$141 +tax / 5classes

65149

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: 250.354.4386

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

National Lifeguard

NDCC Upper Multi-Purpose Room / Pool

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

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

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

Price includes Alert Manual and Lifeguard Tool Kit.

100% attendance is required.

March 18-21, 25-28

Monday to Thursday

10:00am - 4:00pm

\$573+ tax/ 8 classes

65156

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. Excellelant for those who have a back yard pool or are employed with responsibility of pool operation and chemicals.

100% attendance is required, includes incourse exam and practical evaluation.

February 24, 25

Saturday & Sunday

9:00am – 5:30pm

\$261+ tax/ 2 class

65154

Standard First Aid with CPR-C Recertification

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

NDCC – Upper Multi- purpose Room

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

Must present your certification and government issued ID

January 27

Saturday

9:00am – 5:30pm

\$116 + tax/ 1 class

65158

100% attendance is required



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: 250.354.4386

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 Home Study 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 please 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

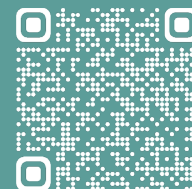
AQUAFIT
INSTRUCTOR

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: 250.354.4386

PRO D DAY CAMPS

Pro-D Day Blast Off

7-12 Years Old

NDCC – Lower Multi-Purpose 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

65004

Water & Ice Camp

7-12 yrs

NDCC Concourse

Lace your skates up in the morning for a fun skate on the ice. After your skate, it is time to bust out your artistic side and get creative with some water colours. After lunch, we will shift over to the warmer water and have a blast in the pool to finish off our day!

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

February 16

Friday

8:30 am – 3:30 pm

\$38

65005

SPRING BREAK CAMPS

Under Construction Camp

7-12 Years Old

NDCC – Upper Multi-Purpose Room

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. We will dust off our pants and head the pool for the afternoons for a well earned break. Grab your tools and get ready for a week of construction!

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

March 18 - 22

Monday - Friday

8:30 am – 3:30 pm

\$180

65008

Spring Break STAYcation

7-12 Years Old

NDCC – Upper Multi-Purpose 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 we will also get some laps in on the rink. 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. For days with skating, please remember your skates and helmets. Rental skates and helmets will be available to campers at no charge.**

March 25 - 28

Monday - Thursday

8:30 am – 3:30 pm

\$145

65009



Register Online: slk.ca/recreation

Or Register by Phone: 250.354.4386



0-6 YEARS PROGRAMS

First Step **NEW**

2-5 yrs

NDCC Upper Multi - purpose Room

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

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

In addition, open play time and a story will be part of this program that all children will love. Parent/guardians can use the Community Complex for activities while children participate in the program but must stay in the building in case of emergency. Pack a snack for your child to enjoy.

Mondays

9:00-10:30am

Jan 8 – Feb 5

\$55 / 5 sessions

65192

Mondays

9:00-10:30am

Feb 12 – Mar 11

\$44 / 4 sessions

65191

***no class Feb 19**

Smiles, Snacks and Stories

2-5 yrs

NDCC Upper Multi - purpose Room

Children will explore what makes them happy. In this program we will have fun with crafts, getting messy, using our imagination and have open play time and a story!. Parent/guardians can use the Community Complex for activities while children participate in the program add: but must stay in the building in case of emergency. Pack a snack for your child to enjoy.

Wednesdays

9:00-10:30am

Jan 10 – Jan 31

\$44/ 4 sessions

65188

Wednesdays

9:00-10:30am

Feb 7 – Feb 28

\$44 / 4 sessions

65190

Sea Monkeys Play and Swim

3-6 yrs

NDCC Upper Multi - purpose Room

This combo program starts in our multi-purpose room with singing songs, playing games and snack time then moves down to the pool for more fun in the water. Children must have their bathing suits on and ready for the water. Parent/guardians can use the Community Complex for activities while children participate in the program. Pack a snack for your child to enjoy. Spaces are limited so book now to avoid missing out.

Fridays

9:00-10:30am

Jan 12 – Feb 9

\$55 / 5 sessions

65168

Fridays

9:00-10:30am

Feb 16 – Mar 15

\$55 / 5 sessions

65170

Tumbleweeds Gym

12 months - up to 5 years with parent participation

Center Upstairs Studio – Vernon St

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

Tuesdays

10:00-11:30am

Jan 9 – Jan 30

\$44/ 4 sessions

65165

Tuesdays

10:00-11:30am

Feb 6 – Feb 27

\$44 / 4 sessions

65166

Tuesdays

10:00-11:30am

Mar 5 - Mar 12

\$22 / 2 sessions

65167



Register Online: rdck.ca/recreation

Or Register by Phone: 250.354.4386

Home Alone Safety For Kids

9-12yrs

NDCC – Upper Multi

Instructor: Daneve

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

Saturday
9:00am – 2:00pm
Jan 13
\$59

65163

Red Cross Babysitting

11+yrs

NDCC– Lower Multi

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

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

Friday
9:00am – 3:00pm
Mar 23
\$71

65160

Friday FUN Nights

7-12

NDCC – Upper Multi-Purpose 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. Thursday nights just became THE nights all of your friends will be talking about at the NDCC.

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

Friday
January 12
5:00pm - 8:00pm
\$20/class

64993

Friday
January 19
5:00pm - 8:00pm
\$20/class

64994

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

64995

Friday
February 2
5:00pm - 8:00pm
\$20/class

64996

Friday
February 9
5:00pm - 8:00pm
\$20/class

64997

Friday
February 16
5:00pm - 8:00pm
\$20/class

64998

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

64999

Friday
March 1
5:00pm - 8:00pm
\$20/class

65000

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

65001

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

65002



SWIMMING LESSONS

Finding the Right Program at the RDCK



Aqua Babies Parent participation

Splash! 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 SCHEDULES

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

MONDAY | JANUARY 8 - MARCH 4 | 8 CLASSES (No class Feb 19)

4:00pm	Octopus 1	64560		
4:30pm	Crab 2	64561	Swimmer 1	64564
5:00pm	Sea Lion 4	64567	Swimmer 2	64565
5:30pm	Narwhal 5	64568	Swimmer 1	64569
6:00pm			Orca 3	64562
6:30pm			Swimmer 3	64563

WEDNESDAY | JANUARY 10- MARCH 13 | 10 CLASSES

4:30pm	Octopus 1	64604	
5:00pm	Crab 2	64605	
5:30pm	Orca 3	64606	
6:00pm	Swimmer 4	64607	
6:40pm	Adult Beginner	65688	NEW!

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.

THURSDAY | JANUARY 11 - MARCH 14 | 10 CLASSES

4:00pm	Crab 2	64570		
4:30pm	Octopus 1	64571	Swimmer 2	64575
5:00pm	Crab 2	64572	Swimmer 1	64576
5:30pm	Sea Lion 4	64573	Swimmer 2	64577
6:00pm	Orca 3	64574	Narwhal 5	64578
6:30pm	Swimmer 5	65695	Swimmer 2	64579

SUNDAY | JANUARY 14 - MARCH 3 | 8 CLASSES

9:30am	Sea Horse 3 24-36months	64612	Private		Swimmer 4 9:30-10:10am 40 min	64641
10:00am	Octopus 1	64613	Swimmer 1	64618		
10:30am	Crab 2	64614	Swimmer 2	64617	Swimmer 5 10:15-10:55am, 40 min	64696
11:00am	Orca 3	64615	Swimmer 3	64615		
11:30am	Sea Lion 4	64957	Private		Swimmer 6 11:00-11:40am, 40 min	64705
12:00pm	Narwhal 5	64616	Private		Canadian Swim Patrol – Ranger 8 11:45-12:35pm, 50 min	64620



Register Online: rdck.ca/recreation

Or Register by Phone: 250.354.4386

SATURDAY | JANUARY 20 - MARCH 9 | 8 CLASSES

9:15am	JellyFish 1 4-12months	64958	Swimmer 1	64944	Swimmer 4 9:15- 9:55am 40 min	64601
9:45am	Octopus 1	64947	Swimmer 2	64945		
10:15am	Crab 2	64951	Swimmer 3	64946	Swimmer 5 10:00-10:40am, 40 min	64603
10:45am	GoldFish 2 12-24months	64959	Swimmer 2	65878	Canadian Swim Patrol - Rookie 7 10:45- 11:40am, 50 min	64955
11:15am	Octopus 1	64950	Narwhal 5	64954		
11:45am	Orca 3	64952	Sea Lion 4	64956	Private	
2:00pm	Private					
2:30pm	Swimmer 3			64960		
3:00pm	Crab 2			64961		
3:30pm	Private					
4:00pm	Private					
4:30pm	Adult Beginner	NEW!		65689		

PRIVATE & SEMI PRIVATE LESSONS

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

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

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



Choose from the following classes.

PRIVATE SWIM LESSONS | JANUARY -MARCH, 2024 | 4 CLASSES

SUNDAY	JANUARY 14- FEBRUARY 4	FEBRUARY 11- MARCH 3
9:30am	65696	65699
11:30am	65697	65700
12:00pm	65698	65701
SATURDAY	JANUARY 20-FEBRUARY 10	FEBRUARY 17-MARCH 9
11:45am	65702	65705
2:00pm	65703	65707
3:30pm	65704	65708
4:00pm	65706	65709



POOL SCHEDULE

January 2 – March 31, 2024

POOL CLOSED TO THE PUBLIC:
ON JANUARY 1 and MARCH 31

ALTERNATE HOURS (1-5PM)
ON FEBRUARY 19 AND MARCH 29

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

Schedule is subject to change.

SUNDAY	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY
	LAPS + LEISURE 6:00-8:00am	SPORTS GROUPS 6:00-8:00am	LAPS + LEISURE 6:30-8:00am	SPORTS GROUPS 6:30-8:00am	LAPS + LEISURE 6:00-8:00am	SPORTS GROUPS 6:00-8:00am	LAPS + LEISURE 6:30-8:00am	SPORTS GROUPS 6:30-8:00am	LAPS + LEISURE 6:00-8:00am	SPORTS GROUPS 6:00-8:00am	
	LAPS + WATER WALKERS 8:00-9:00am		LAPS + WATER WALKERS 8:00-9:00am		LAPS + WATER WALKERS 8:00-9:00am		LAPS + WATER WALKERS 8:00-9:00am		LAPS + WATER WALKERS 8:00-9:00am		
		AQUA STEP + STRENGTH 9:00-10:00am	LAPS & LEISURE 9:00-10:00am	CARDIO CORE 9:00-10:00am		AQUA CONDITIONING 9:00-10:00am					
LAPS + LEISURE 9:00am-12:30pm		CARDIO JAMS 10:30-11:30am	HUSH- SENSORY FRIENDLY SWIM & SOAK 10:00-11:30am			CARDIO JAMS 10:30-11:30am	LAPS & LEISURE 9:00am-12:30pm				LAPS + LEISURE 9:00am-12:30pm
	LAPS + LEISURE 9:00-4:00pm		LUNCH TIME LANES 12:30-2:00pm		LAPS + LEISURE 9:00am-4:00pm		LUNCH TIME LANES 12:30-2:00pm		LAPS + LEISURE 9:00am-4:00pm	SCHOOL SWIM LESSONS 10:00am-2:30pm	SPORTS GROUPS + SWIM LESSONS 9:00am-4:00pm
		SCHOOL SWIM LESSONS 12:00-2:30pm		TOTAL BODY AQUAFIT 1:30-2:30pm				TOTAL BODY AQUAFIT 1:30-2:30pm			
FUN FEATURE SWIM 12:30-5:00pm			LAPS + LEISURE 2:00-4:00pm				LAPS + LEISURE 2:00-4:00pm	*GENTLE WATER JOGGING 2:45-3:30pm			FUN FEATURE SWIM 12:00-6:00pm
HUSH- SENSORY FRIENDLY SWIM & SOAK 5:00- 6:00pm	LEISURE SWIM 4:00-7:30pm	SPORTS GROUPS + SWIM LESSONS 4:00-8:00pm	LEISURE SWIM 4:00-7:30pm	SPORTS GROUPS 4:00-8:00pm	LEISURE SWIM 4:00-7:30pm	SPORTS GROUPS + SWIM LESSONS 4:00-7:30pm	LEISURE SWIM 4:00-7:30pm	SPORTS GROUPS 4:00-8:30pm	FUN FEATURE SWIM 4:00-8:30pm	AQUATIC LEADERSHIP COURSES 4:00-8:30pm	
	LATE NIGHT LAPS 7:30-8:30pm		LATE NIGHT LAPS 7:30-8:30pm		LATE NIGHT LAPS 7:30-8:30pm		LATE NIGHT LAPS 8:00-8:30pm		LATE NIGHT LAPS 8:30-9:30pm		

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

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

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

Aquafit - Included with Admission

Aquafit* - Pre-registered

Laps + Water Walkers - 3 lanes for Laps, 3 lanes for walking stretching and floating. Leisure pool and hot areas available.

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

Leisure Swim - Limited space due to programs in effect, 1 lap lane, leisure pool and hot areas available.

NEW Hush - Sensory Friendly Swim & Soak

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



Register Online: rdck.ca/recreation

Or Register by Phone: 250.354.4386

FITNESS SCHEDULE

January - March, 2024

Included with
Admission or
Active Pass

Pre Registered
Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:15-7:15am SPIN		6:15-7:15am SPIN AND STRENGTH		6:15-7:15am SPIN	
	8:00-9:00am WEIGHT ROOM CIRCUIT	8:00-9:00am CARDIO BARRE	8:00 – 9:00am WEIGHT ROOM CIRCUIT			
	9:00-10:30am WORK TO PROGRESS	9:00-10:30am WORK TO PROGRESS	9:00-10:30am WORK TO PROGRESS			
	9:15-10:15am STUDIO CIRCUIT	9:15-10:15am STEP	9:15-10:15am SPIN AND STRENGTH	9:15-10:15am STEP	9:00-10:00am BABY AND ME	9:00-10:15am WEEKEND WARRIOR
10:00-11:30am HATHA FLOW YOGA		10:30-11:30am FIT 4 LIFE	10:30-11:30am BABY AND ME	10:30-12:00pm HATHA FLOW YOGA	10:30-11:30am FIT 4 LIFE	10:30-12:00pm VINYASA FLOW YOGA
	12:10-12:55pm STEP		12:10-12:55pm CORE STRENGTHENING & CONDITIONING		12:00-1:00pm WEIGHT ROOM CIRCUIT	
	1:15-2:15pm BALANCE AND MOBILITY		1:30-2:30pm CHOOSE TO MOVE		1:30-2:30pm STRONG AND STEADY	
		4:00-5:00pm SPIN				
		4:00-4:30pm YOUTH FITNESS CENTRE ORIENTATION		4:00-4:30pm YOUTH FITNESS CENTRE ORIENTATION		
	5:15-6:15pm SPIN AND STRENGTH	5:15-6:15pm FULL BODY RX	5:15-6:15pm STEP	5:15-6:15pm BOOTY BURN	5:15-6:30pm SPIN	
	6:45-8:15pm CLASSICAL HATHA YOGA	6:30-7:45pm POWER N RELEASE YOGA	6:45-8:15pm CLASSICAL HATHA YOGA	6:30-7:30pm UPPER BODY & CORE	6:45-8:15pm RESTORATIVE YOGA	

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



Register Online: rdck.ca/recreation

Or Register by Phone: 250.354.4386

DROP-IN AQUAFIT

January – March *No class February 19*



DROP-IN AQUAFIT

Aqua Step & Strength

Age 15+ years
NDCC Shallow

Fun step patterns, conditioning drills and interval training, this class will deliver a high intensity workout to achieve muscular tone and balance.

Mondays

9:00am -10:00am

January 8- March 11

Drop-in/Included with Admission or Active Pass

Max capacity 12

No class Feb 19

Cardio Jams

15+ years
NDCC Deep

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

Monday and Wednesday

10:30am -11:30am

January 3 - March 13

Drop-in/Included with Admission or Active Pass

No class Feb 19

Cardio Core

15+ yrs
NDCC Deep

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

Tuesday

9:00am -10:00am

January 2 - March 12

Drop-in/Included with Admission or Active Pass

Total Body Aquafit

Age 15+ years
NDCC Shallow

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

Tuesday and Thursday

1:30-2:30pm

January 2 - March 14

Drop-in/Included with Admission or Active Pass

Aqua Conditioning

Age 15+ years
NDCC Shallow

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.

Wednesday

9:00-10:00am

January 3- March 13

Drop-in/Included with Admission or Active Pass

REGISTERED WATER FITNESS

Gentle Water Jogging

15+ yrs
NDCC Deep Pool,

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

Thursday

2:45-3:30pm January

11- March 7 \$70.20 +
tax/ 9 classes

65945



Register Online: rdck.ca/recreation

Or Register by Phone: 250.354.4386



Health and Wellness Classes

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

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

Strong and Steady

15+ yrs
North Shore Hall

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

Fridays
1:30 - 2:30pm
Jan 12 - Feb 16
\$49 + tax / 5 classes **65293**

No class Friday, February 9

Fridays
1:30 - 2:30pm
Mar 1 - 29
\$39 + tax / 4 classes **65304**

Choose to Move

15+ yrs
NDCC Studio

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

Wednesdays
1:30 - 2:30pm
Jan 10 - Feb 14
\$59 + tax / 6 classes **65307**

Wednesdays
1:30 - 2:30pm
Feb 21 - Mar 27
\$59 + tax / 6 classes **65308**

Work to Progress

15+ yrs
NDCC - Arena Concourse

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

Mondays
9:00 - 10:30am
Jan 8 - Feb 12
\$59 + tax / 6 classes **65310**

Mondays
9:00 - 10:30am
Feb 26 - Mar 25
\$49 + tax / 5 classes **65311**

Tuesdays
9:00 - 10:30am
Jan 9 - Feb 13
\$59 + tax / 6 classes **65312**

Tuesdays
9:00 - 10:30am
Feb 20 - Mar 26
\$59 + tax / 6 classes **65313**

Wednesdays
9:00 - 10:30am
Jan 10 - Feb 14
\$59 + tax / 6 classes **65314**

Wednesdays
9:00 - 10:30am
Feb 21 - Mar 27
\$59 + tax / 6 classes **65315**

CARDIO AND/OR STRENGTH PROGRAMS

Spin

15+ yrs

NDCC - Studio

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

Mondays

6:15 – 7:15am

Jan 8 – Feb 12

\$55 + tax / 6 classes

65316

Mondays

6:15 – 7:15am

Feb 26 – Mar 25

\$45 + tax / 5 classes

65317

Tuesdays

4:00 – 5:00pm

Jan 9 – Feb 13

\$55 + tax / 6 classes

65318

Tuesdays

4:00 – 5:00pm

Feb 20 – Mar 26

\$55 + tax / 6 classes

65319

Fridays

6:15 – 7:15am

Jan 12 – Feb 16

\$55 + tax / 6 classes

65320

Fridays

6:15 – 7:15am

Feb 23 – Mar 22

\$45 + tax / 5 classes

65321

Fridays

5:15 – 6:30pm

Jan 12 – Feb 16

\$68 + tax / 6 classes

65322

Fridays

5:15 – 6:30pm

Feb 23 – Mar 22

\$57 + tax / 5 classes

65323

Studio Circuit

15+ yrs

NDCC - Studio

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

Mondays

9:15 – 10:15

Jan 8 – Mar 25

Drop-in/Included with Admission or Active Pass





Weight Room Circuit

15+ yrs

NDCC – Weight Room

All Fitness Levels

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

Mondays & Wednesdays

8:00 – 9:00am

Jan 3 – Mar 27

Drop-in/Included with Admission or Active Pass

Fridays

12:00 – 1:00pm

Jan 5 – Mar 22

Drop-in/Included with Admission or Active Pass

Step

15+ yrs

NDCC – Studio

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

Mondays

12:10 – 12:55pm

Jan 8 – Mar 25

Drop-in/Included with Admission or Active Pass

No classes on February 19 for Family Day

Tuesdays

9:15 – 10:15am

Jan 6 – Mar 26

Drop-in/Included with Admission or Active Pass

Wednesdays

5:15 – 6:15pm

Jan 7 – Mar 27

Drop-in/Included with Admission or Active Pass

Thursdays

9:15 – 10:15am

Jan 8 – Mar 28

Drop-in/Included with Admission or Active Pass

Spin and Strength

15+ yrs

NDCC – Studio

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

Mondays

5:15 – 6:15pm

Jan 8 – Feb 12

\$55 + tax / 6 classes

65324

Mondays

5:15 – 6:15pm

Feb 26 – Mar 25

\$45 + tax / 5 classes

65325

Wednesdays

6:15 – 7:15am

Jan 10 – Feb 14

\$55 + tax / 6 classes

65326

Wednesdays

6:15 – 7:15am

Feb 21 – Mar 27

\$55 + tax / 6 classes

65328

Wednesdays

9:15 – 10:15am

Jan 10 – Feb 14

\$55 + tax / 6 classes

65329

Wednesdays

9:15 – 10:15am

Feb 21 – Mar 27

\$55 + tax / 6 classes

65330

Cardio Barre

15+ yrs

NDCC – Studio

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

Tuesdays

8:00 – 9:00am

Jan 9 – Feb 13

\$55 + tax / 6 classes

65331

Tuesdays

8:00 – 9:00am

Feb 20 – Mar 26

\$55 + tax / 6 classes

65332



Fit for Life

15+ yrs
NDCC - Studio

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

Tuesdays
10:30 – 11:30am
Jan 2 – Mar 26
Drop-in/Included with Admission or Active Pass

Fridays
10:30 – 11:30am
Jan 12 – Feb 16
\$55 + tax / 6 classes 65333

Fridays
10:30 – 11:30am
Feb 23 – Mar 22
\$49 + tax / 5 classes 65334

Full Body RX

15+ yrs
NDCC - Studio

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

Tuesdays
5:15 – 6:15pm
Jan 2 – Mar 26
Drop-in/Included with Admission or Active Pass

Weekend Warrior

15+ yrs
NDCC - Studio

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

Saturdays
9:00 – 10:15am
Jan 6 – Mar 30
Drop-in/Included with Admission or Active Pass

Baby and Me

Parents & Babies 6 weeks – 18 months
NDCC - Studio

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

Wednesdays
10:30 – 11:30am
Jan 10 – Feb 14
\$55 + tax / 6 classes 65336

Wednesdays
10:30 – 11:30am
Feb 21 – Mar 27
\$55 + tax / 6 classes 65337

Fridays
9:00 – 10:00am
Jan 12 – Feb 16
\$55 + tax / 6 classes 65338

Fridays
9:00 – 10:00am
Feb 23 – Mar 22
\$45 + tax / 5 classes 65339

Core Strengthening & Conditioning **NEW**

15+ yrs
NDCC - Studio

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

Wednesdays
12:10 – 12:55pm
Jan 3 – Mar 27
Drop-in/Included with Admission or Active Pass

Booty Burn

15+ yrs
NDCC - Studio

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

Thursdays
5:15 – 6:15pm
Jan 4 – Mar 28
Drop-in/Included with Admission or Active Pass

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

15+ yrs
NDCC - Studio

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

Thursdays
6:30 – 7:30pm
Jan 4 – Mar 28
Drop-in/Included with Admission or Active Pass



Balance and Mobility

15+ yrs

NDCC - Studio

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

Mondays

1:15 – 2:15pm

Jan 8 – Mar 25

Drop-in/Included with Admission or Active Pass

No classes on February 19 for Family Day

Classical Hatha Yoga

15+ yrs

NDCC - Studio

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

Mondays

6:45 – 8:15pm

Jan 8 – Mar 25

Drop-in/Included with Admission or Active Pass

No classes on February 19 for Family Day

Wednesdays

6:45 – 8:15pm

Jan 3 – Mar 27

Drop-in/Included with Admission or Active Pass



Power n Release Yoga

NEW

15+ yrs

NDCC - Studio

The first half of this class focuses on power yoga helping develop strength and mobility, while the second half of the class will focus on releasing and relaxing, helping calm the body and mind.

Tuesdays

6:30 – 7:45pm

Jan 9 – Feb 13

\$68+ tax / 6 classes

65341

Tuesdays

6:30 – 7:45pm

Feb 20 – Mar 26

\$68 + tax / 6 classes

65342

Hatha Flow Yoga

15+ yrs

NDCC - Studio

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

Thursdays

10:30am – 12:00pm

Jan 4 – Mar 28

Drop-in/Included with Admission or Active Pass

Sunday

10:00 – 11:00am

Jan 7 – Mar 24

Drop-in/Included with Admission or Active Pass

Restorative Yoga

15+ yrs

NDCC - Studio

Inspired by the wisdom of Baba Hari Dass, amongst other yogis, this class focuses on long-held restorative postures and breath exercises to give the body and nervous system a deep rest. Please wear warm clothes. Some knowledge of yoga is beneficial.

Fridays

6:45 – 8:15pm

Jan 5 – Mar 22

Drop-in/Included with Admission or Active Pass

Vinyasa Flow Yoga

15+ yrs

NDCC - Studio

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

Saturdays

10:30 – 12:00pm

Jan 6 – Mar 30

Drop-in/Included with Admission or Active Pass



HEALTH AND/OR FITNESS PROGRAMS

PERSONAL & GROUP TRAINING

Personal Trainers are available to help you add confidence, effectiveness, and safety to your workouts. Let us design a program specifically for you to help achieve your fitness goals, from beginner to advanced. Complete the [Personal Training Package](#) to get started or contact our Fitness Department at (250) 354-4386 ext. 5130 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	

NDCC FITNESS PROFESSIONALS



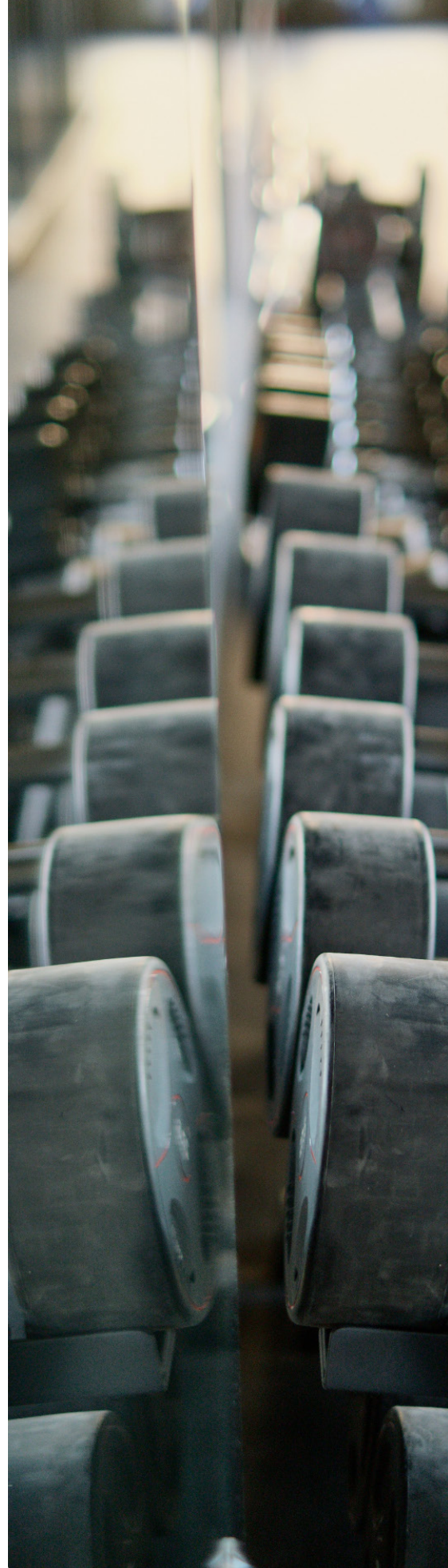
Haley Mosdell

Bachelors of Kinesiology
CFES Certified Personal Trainer



Morgan Burgess

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





YOUTH FITNESS CENTRE ORIENTATIONS

NDCC Fitness Centre

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

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

4:00-4:30pm
Tuesdays and Thursdays
General Admission

Youth on Weights

13-17 yrs

NDCC – Weight Room

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

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

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

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

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

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



ARENA SCHEDULE

January 2 – March 16, 2024

Included with Admission

Pre Registered Program

Schedule is subject to change. Please visit www.rdck.ca or call 250-354-4FUN for up to date information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30 – 11:30am Public Skate		9:30 – 10:45am Public Skate		9:30 – 10:45am Public Skate	9:45 – 10:45am Public Skate	
						12:00 – 1:00pm Public Skate
				1:00-2:00pm Adult Stick and Puck		1:15– 2:15pm Family Shinny
4:15-5:15 pm Family Shinny	5:30-6:30pm Public Skate		5:15 – 6:15pm Public Skate		4:45-6:00pm Adult Co-ed Hockey <small>*Civic Arena*</small>	

Skate Rentals
\$2.85 + tax
Helmet Rentals
\$.95 + tax

ARENA PROGRAMS



INCLUDED WITH ADMISSION

Public Skate

NDCC Arena

Everyone is welcome during public skating times! Lots of fun and a great way to be active with your whole family. Wheelchair and stroller access. Helmet and skate rentals available.

Mondays
5:30-6:30pm

Tuesday
9:30-10:45am

Wednesdays
5:15-6:15pm

Thursday
9:30-10:45am

Fridays
9:45 - 10:45am

Saturdays
12:00-1:00pm

Sundays
10:30-11:30am

Included with Admission or Active Pass

Family Shinny

All Ages

NDCC Arena

- Helmet with face mask required for children under 18 yrs playing shinny
- Helmets required for all adults playing shinny
- Skate and Helmet rentals available

Saturdays
1:15 - 2:15pm

Sundays
4:15-5:15pm

No Family Shinny Sun Jan 21 due to Leafs Game

Included with Admission or Active Pass

Adult Stick and Puck

17+ yrs

NDCC Arena

- Helmets and gloves required
- No scrimmages
- Max 16 participants

Thursdays
1:00 - 2:00pm
Jan 4 - Mar 14

REGISTERED PROGRAMS

Adult Co-Ed Hockey – player

17+yrs

Civic Arena

- Helmet, shoulder pads, shorts, shin pads required.
- Inclusive recreation level play.
- Arrive up to 30 minutes early to access dressing rooms

Fridays
4:45pm – 6:00pm

Jan 5	65193
Jan 12	65194
Jan 19	65195
Jan 26	65197
Feb 2	65198
Feb 9	65199
Feb 16	65220
Feb 23	65221
Mar 1	65222
Mar 8	65204
Mar 15	65205

\$11+ tax /session

Adult Co-Ed Hockey – goalie

17+ yrs

Civic Arena

- Full goalie pads & facemask required
- Arrive up to 30 minutes early to access dressing rooms

Fridays
4:45pm – 6:00pm

Jan 5	65207
Jan 12	65208
Jan 19	65213
Jan 26	65215
Feb 2	65217
Feb 9	65218
Feb 16	65201
Feb 23	65202
Mar 1	65203
Mar 8	65223
Mar 15	65225

\$volunteer /session

