

SLOCAN VALLEY

PROGRAM GUIDE

WINTER 2024

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

To view the guide and register online visit rdck.ca/recreation or call 250.226.0008



FREE
Training
Opportunities

See page 3
for details



Slocan Valley Recreation
All the fun that fits



Online Registration

www.rdck.ca/recreation



Information

For more information about our programs and services, please email us at slocanvalleyrec@rdck.bc.ca



Visit us on Facebook to learn more about upcoming programs & events www.facebook.com/slocanvalleyrec



Registration

Prices do not include taxes; 5% GST will be added to most programs (children's programs exempt).

Please register at least 1 week in advance of program start date to avoid disappointment due to a program being full or cancelled due to lack of enrollment.

We accept cash, cheque, debit, Visa and Mastercard. Cheques or money orders can be made payable to Slokan Valley Recreation. NSF cheques will have a \$20 admin fee.



Register Early!

To avoid program cancellation or disappointment due to a program being full.

How to Request a Refund, Credit or Transfer:

Full refunds are considered for most courses without penalty, up to 1 week prior to program start dates. Please see our full cancellation policy at www.rdck.ca.

ENJOY A SAFE AND FUN VISIT

RDCK Recreation programs and services are subject to the latest public health measures put in place by the provincial authorities, Interior Health, and the RDCK Board of Directors.

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

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

Office Hours:

Tuesday to Thursday
8:00 pm – 4:30 pm

Please note: Hours can vary according to program commitments.

Photocopying and Scanning Available

\$0.15 for black and white
\$0.25 for color
Scanning is free

Contact Us!

Mailing Address:

Slocan Valley Recreation
3036 Hwy 6, Box 6 Slocan Park, BC
VoG2E0

Phone: 250-226-0008

Email: slocanvalleyrec@rdck.bc.ca



Stay home if you are sick



Masks are a personal choice for guests

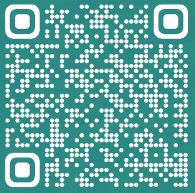


Be kind to each other

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.



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**

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

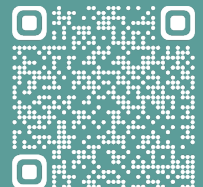
AQUAFIT
INSTRUCTOR

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.





Reserve Now!

Viewable online at
www.rdck.ca/recreation
or call 250.226.0008
to make a reservation

Recreation Equipment Rentals

We have a wide variety of recreation equipment to help your family stay active, safe and having fun this Fall! Our equipment packages are available by donation, which means you can keep activities fresh at a price that works for you! Choose from one of our many equipment packages;

Equipment packages available now include:

- Badminton
- Bocce
- Croquet
- Cross Country Ski Packages
- Street hockey
- Tennis
- Pickleball
- Snow Shoes
- Soccer
- Spikeball
- Fitness Workout Basics
- Double Dutch jump ropes



Don't see something that you'd like? Let us know! We are continuing to develop additional packages and we want to hear what you want! Equipment availability can be viewed through our registration software by visiting rdck.ca/recreation or give us a call at the Slovan Valley Rec Office! Reservations and a minimum donation of \$1 will be required in advance of pick-up.

Office Hours:

Tuesday to Thursday
8:00am-4:30pm

Please note: Hours may vary according to program commitments.



Slovan Valley Recreation
All the Fun that Fits

Home Alone Safety For Kids

9-12yrs
Crescent Valley Hall
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 will be taught in this program.

9:00am – 2:00pm
Saturday
Mar 2
\$59

65157



Basketball

12yrs and under
Winlaw Elementary Gym
Host: Rob Hay

Co-ed, youth basketball for 12 years and under.

All skill levels are encouraged to come, play, and learn! Please bring indoor shoes to wear and a water bottle. Check-in with staff upon entry.

4:30 - 6:00pm
Fridays
Feb 9 – Mar 15
\$2.50 drop-in



SPRING BREAK CAMPS

Drama Camp

6-12 Years Old
Slocan Park Hall

Immerse yourself in the world of theatre. The instructor will facilitate the creation of an immersive theatre experience by helping the participants develop characters, costumes, props and scenery.

Participants will end the week with skits and a short performance from their time in the theatre!

*** Please remember to bring snacks and a lunch.**

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

65335

Spring Break STAYcation

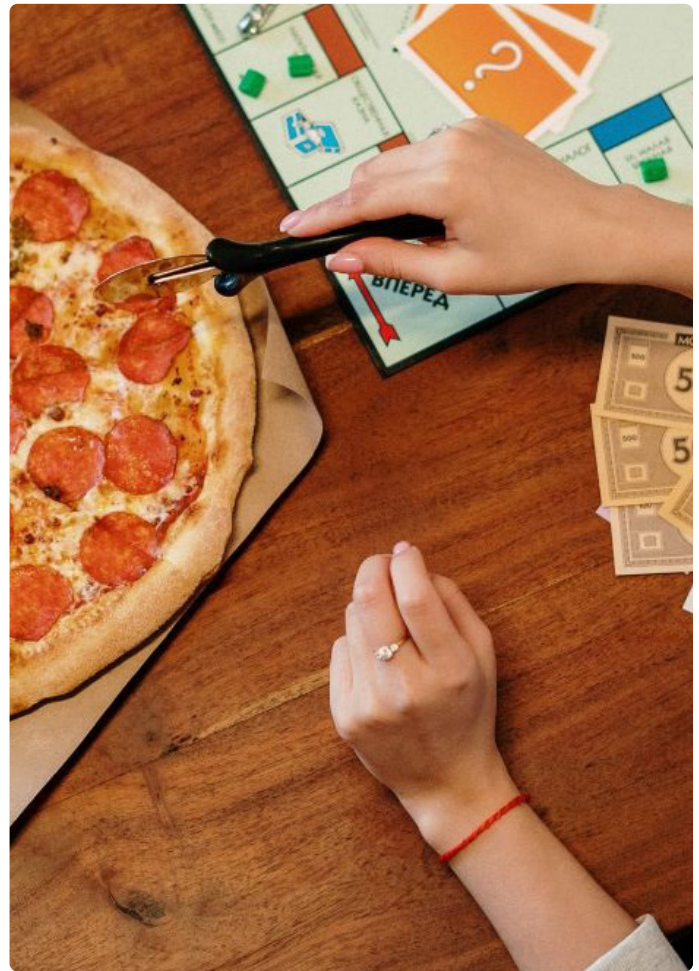
6-12 Years Old
Slocan Park Hall

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. Join us for a week of endless fun and unforgettable memories, without the sunburn

*** Please remember to bring snacks and a lunch.**

March 25 - 28
Monday - Thursday
8:30am - 3:30pm
\$135

65348



Friday FUN Nights

7-12
Slocan Park Hall

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. Friday nights just became THE nights all of your friends will be talking about in the valley.

*** Please indicate any food allergies on the questionnaire.**

Friday
January 26
4:00 - 7:00pm
\$20/class

65353

Friday
February 23
4:00 - 7:00pm
\$20/class

65354

Friday
March 15
4:00 - 7:00pm
\$20/class

65356

ADULT AND YOUTH PROGRAMS



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

12+ years

Slocan Park Hall

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

March 3
Sunday
8:00 am – 5:00 pm
\$159 +tax/person

65327

ADULT RECREATION & FITNESS

Basketball

16+ yrs

Host: Rob Hay

Winlaw Elementary Gym

Co-ed, recreational level, pick-up basketball games. All skill levels are encouraged to come and play! Please bring indoor shoes to wear and a water bottle. Check-in with staff upon entry.

Wednesdays
6:30 – 8:30pm
Jan 10 – Mar 27
\$5 drop-in

Volleyball - Intermediate

16+ yrs

Host: Jackie Barber

Mt. Sentinel High School Gym

Join us in this fun, competitive, intermediate level evening of Co-ed Volleyball. A great way to get some exercise, meet new friends, and enjoy the sport you love! While everyone is certainly welcome, this is an experienced group that enjoys a higher level of play. Please bring clean, non-marking indoor footwear.

Tuesdays
7:30 – 9:30pm
Jan 9 – Mar 26
\$5 drop-in



Pickleball

16+ yrs

Host: Leslie Campos

W.E. Graham Gym

Co-ed, recreational level, pickleball. All skill levels are encouraged to come and play! Please bring indoor shoes to wear and a water bottle. Check-in with staff upon entry.

Thursdays
7:00 - 9:00pm
Jan 11 – Mar 28
\$5 drop-in