

SLOCAN VALLEY

PROGRAM GUIDE

SPRING 2024

Registration Start Date:
Monday, March 11, 2024
7:00 am

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

RDCK-Funded
**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 Slocan 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.



Stay home if you are sick



Masks are a personal choice for guests



Be kind to each other

Contact Us!

Mailing Address:

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

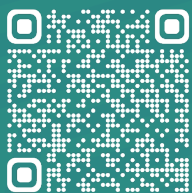
Phone: 250-365-3386 to register for programs

Email: slocanvalleyrec@rdck.bc.ca

AQUATIC TRAINING OPPORTUNITIES!

Become a qualified Lifeguard, and Swim Instructor.

The RDCK has training funding opportunities for community members that wish to pursue employment within the RDCK.



To learn more and apply go to rdck.ca/GetTraining or scan the QR Code.

Applications must be received 7 days before program starts to be considered and only successful applicants will be contacted.



CAREER IN RECREATION

CPR-C Full course

SLOCAN Park Hall

Be Prepared. 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 heart attack - additional skills include how to help someone who is choking and perform CPR when there is more than one rescuer with AED award will help you be prepared for emergency situations that required.

Must present your government issued ID

May 5
Sunday
12:00-5:00pm
\$56+tax/ 1 class

68424

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).

FITNESS TRAINING OPPORTUNITIES*

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

CFES Group Fitness Instructor

16+ yrs

CDCC - Creston & District Community Complex

Pre-requisite: 16 yrs of age and Fitness Knowledge or approved equivalent.

Develop the foundational skills required to deliver a safe, effective group fitness class (cardio/strength). Topics include: musicality, upper and lower body movement, lesson planning, communication, safety, and motivation. Manual included (Individual Skills Assessment cost and professional registration fees as not included in the fee for this course.)

Note: This course is held in Creston

Fridays 5:00-9:00pm

April 5, 19

Sundays 8:00-4:30pm

April 7, 14, 21, May 12

\$484+ tax

68402

*Additional practicum hours will be required outside of these course times.

Individual Skills Assessments: May 25, 26 see below.

Fitness Knowledge is the pre-requisite for both Group Fitness instructor and Weight Training Instructor. If you do not hold this certification yet home study programs are available. For more information please visit: <https://canadianfitness.net/>

CFES Weight Training Instructor

16+ yrs

CDCC - Creston & District Community Complex

Prerequisites: 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 leadership skills, program design, exercise instruction techniques and safety supervision, and proper exercise technique using hands-on training skills in a weight room setting and classroom. Manual included (Individual Skills Assessment cost and professional registration fees as not included in the fee for this course.)

Note: This course is held in Creston

Fridays 5:00-9:00pm

April 12, 19

Saturdays 9:00-5:30pm

April 6, 13, 20, May 11

\$484 + tax

68407

*Additional practicum hours will be required outside of these course times.

Individual Skills assessment May 25, 26 see below.

TEST DATE for both Group Fitness and Weight Training Instructors will be held on the **May 25, 26** weekend. Duration 1.5 hours, exact time to be coordinated between you and the Trainer.

CFES FITNESS EDUCATION PATHWAY

COMPLETE YOUR FITNESS KNOWLEDGE

In-Person or Online

WEIGHT TRAINING
INSTRUCTOR

GROUP FITNESS
INSTRUCTOR

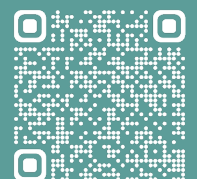
AQUAFIT
INSTRUCTOR

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 250-365-3386
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 season! 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 Slokan Valley Rec Office! Reservations and a minimum donation of \$1 will be required in advance of pick-up.

Contact by emailing:
slokanvalleyrec@rdck.bc.ca



Slokan Valley Recreation
All the fun that fits



Friday FUN Nights

7-12

Slocan Hall

Friday night FUN for everyone! Parents, enjoy a night kid-free while your children dive into endless fun with their friends, enjoying some piping hot pizza and thrilling games. This night is designed for friends to kick back and enjoy some friendly competition with the most popular games being played today and a chance to get creative with your friends. The fun doesn't stop with the kids, parents get to have that night off you've been dreaming of for weeks. Fridays just became the night for the whole family to enjoy!

* Please indicate any food allergies on the parental consent form.

Friday
April 26
4:00pm - 7:00pm
\$20/class 67728

Friday
May 24
4:00pm - 7:00pm
\$20/class 67729

Friday
June 21
4:00pm - 7:00pm
\$20/class 67730

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
Apr 3 - Jun 26
\$5 drop-in

Volleyball - Intermediate

16+ yrs
Mt. Sentinel High School Gym

Join us in this fun, competitive, intermediate level evening of Co-ed Volleyball. 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
7:15 – 9:15pm
Apr 2 - Jun 25
\$5 drop-in



Pickleball

16+yrs
W.E. Graham Elementary

All levels are welcome to enjoy pickleball, meet new friends, and get some exercise. Please bring indoor shoes to wear and a water bottle. Raquets available for use.

Thursdays
7:00-9:00pm
Apr 4 - Jun 20
\$5 drop-in

SOCIAL AND RECREATION PROGRAMS

Archery

9-16 yrs
Slocan Park Hall

Explore the art of archery in this introductory program. Learn the fundamentals of bow handling, proper stance and aiming techniques. Throughout this program you will develop precision and focus as you enhance your skills in the sport of archery. Join us for an exciting blend of theory and hours of hands on experience.

*All equipment is provided. Please bring a water bottle and wear closed toed shoes.

Saturdays
June 8, 15, 22
12:00 – 2:00pm
Thursdays
June 13, 20 and 27
4:00 – 6:00pm
\$69 / 6 classes

67696

CORE (Conservation & Outdoor Recreation Education) Certificate

10+ yrs (10-12 year olds require parental supervision)
Slocan Park Hall
Instructor - Dorian Boswell

This program is mandatory for those wishing to obtain their first BC Hunting License. The purpose of this program is to ensure that hunters meet acceptable standards of knowledge and skill for a safe and responsible season. CORE manual is required and can be found online at www.bcwf.bc.ca and Otter Books in Nelson. For more information, requirements and preparation for courses see dboxconsulting.ca. For questions about PAL/CORE courses contact the instructor at dboxconsulting@gmail.com.

Saturday & Sunday
June 1 & 2
8:00 am – 5:00 pm
\$179+tax

67713



1st Annual Poker Ride

South Slocan Trailhead – Slocan Valley Rail Trail

Embark on an adventurous poker bike ride along the famed Slocan Valley Rail Trail. Collect wristbands at each check point as you pedal through the picturesque landscape of the Slocan Valley. For each wristband you collect, you will receive one playing card at the end of the ride. Determine your highest scoring poker hand with the cards you receive and submit them into the contest at the end of the ride. Prizes will be awarded to the winning hands, along with random draw prizes for the registered participants. Kick off the summer riding season with a fusion of cycling, strategy and nature in this inaugural Poker Ride!

**Registration is required to participate. Wheelchairs and bike carriers are welcome. Event is weather dependent.*

Sunday

June 23

12:00 – 3:00pm

FREE REGISTRATION

68704

Outdoor Pursuits Social Hour

Slocan Park Hall

Share your love for the outdoors with other enthusiasts in our community, it's why we live in this beautiful place after all! Are you planning a ride on the Rails to Trails or a paddle down the river? New to the area and need some advice or a place to meet some fellow adventurers? Need a spot just to meet as a group? The Slocan Valley Recreation is offering a space for everyone to connect over a cup of coffee and plan, relive or find an introduction to your next Kootenay Adventure. Each week will be highlighted by a different interest group to help connect like-minded individuals, but anyone can use this time to stop in and share your passion for the outdoors. It's time to have fun and stay wild.

*Coffee and tea will be available. This is a self-directed program, there are no pre-planned presentations during these sessions.

Tuesday

June 4 – Hiking

4:00 – 5:00pm

FREE

Tuesday

June 11 – Biking

4:00 – 5:00pm

FREE

Tuesday

June 18 – Fishing

4:00 – 5:00pm

FREE

Tuesday

June 25 – Water Sports (Kayaking, SUP, Swimming, Boating)

4:00 – 5:00pm

FREE

Poker Ride Rules and Guidelines:

1. The ride is an out and back, starting and ending at the South Slocan trailhead.
2. There are 2 riding options available:
 - A. Long Option: Up to 50 km. Ride begins at 12:00pm and ends at 2:30 pm.
 - B. Short (Family Friendly) Option: Up to 15km. Ride begins at 1:00pm and ends at 2:30 pm.
3. Registration is required. Register online at rdck.ca, by calling 250-226-0008 or at your local facility. Pre-registration is highly encouraged. Same day registration will be available.
4. Riders will receive a playing card for each wristband they collect on their ride. Riders may collect more than 5 wristbands to increase their chances of crafting the best poker hand.
5. Prizes will be awarded to the top 3 poker hands for each ride option (long or short).
6. Additional random draw prizes will be awarded to registered riders
7. Poker hand and random draw winners will be announced at 3:00pm.
8. Riders must follow proper trail etiquette. A reminder on trail etiquette can be found here: slocanvalleyrailtrail.ca/etiquette

Search for Sasquatch



Mystery Location

Sasquatch is on the loose and hiding out on one of our favorite trails, in one of our popular parks or possibly even at our local watering hole. Throughout the months of June, July and August, get outside and spend some time searching for our sneaky friend anywhere within the RDCK.

Each week a new clue will be revealed on the Regional District of Central Kootenay [Facebook page](#), as well as in the facility, to help narrow down his hiding spot. Try your best to be the first one to find our friend in this inaugural "Search for Sasquatch" competition.

If you are lucky enough to come across our friend this season, be sure to take a photo with him to be entered in the prize drawing at the end of the season. Sasquatch hunters, good luck!

Competition Guidelines

- 1 Explore our local trails, parks and water sources anytime between the months of June-August and try your best to find the hidden Sasquatches (2 total).
- 2 Use the weekly clues posted on Facebook and in your local facility to help narrow your search.
- 3 If you successfully find a sasquatch, complete one of the 3 options below:
 - A Post a photo of yourself with the Sasquatch on Facebook and tag the RDCK.
 - B Email a photo of yourself with the Sasquatch to tuhlenbrauck@rdck.bc.ca.
 - C Bring a photo of yourself with the Sasquatch to your local facility and show the front desk staff, they will record your name and contact.
- 4 All entries will be entered into a random draw for the Search for Sasquatch prizes. Max of 1 entry for each Sasquatch found.
- 5 If you find a Sasquatch, do not disclose the location on social media. Please leave it where you find it so everyone has the opportunity to enjoy the search.

Outdoor Safety Reminders:

- ✓ Pack food and water
- ✓ Use sun protection
- ✓ Wear appropriate clothing and shoes
- ✓ Be Bear Aware –Travel in groups
- ✓ Inform someone about your plan
- ✓ Carry first aid supplies
- ✓ Follow all provincial guidelines and restrictions

**Please remember participating in any outdoor activity is at your own risk.*