

# CASTLEGAR

## 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](http://rdck.ca/recreation) or call 250.365.3386



RDCK-Funded  
**Training  
Opportunities**  
See page 6  
for details





## Castlegar & District Recreation Department



### Visit Us

2101 6th Ave Castlegar, BC | [rdck.ca/recreation](http://rdck.ca/recreation)

### Contact Us

250-365-3386 | [casrec@rdck.bc.ca](mailto:casrec@rdck.bc.ca)



### Online Registration

[rdck.ca/recreation](http://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](http://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

# SPRING HOURS

Hours of Operation are subject to change

April 2 – June 30, 2024

**SWIMMING POOL CLOSED APRIL 21 FROM 8:00AM - 12:00PM FOR SWIM MEET.**

**HOLIDAY HOURS: 1-5PM, MAY 20**

|                | SUN             | MON             | TUE             | WED             | THU             | FRI             | SAT             |
|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| AQUATIC CENTRE | 9:00am - 4:00pm | 6:00am - 8:00pm | 6:30am - 8:00pm | 6:00am - 8:00pm | 2:00pm - 8:00pm | 6:00am - 8:00pm | 9:00am - 4:00pm |
| FITNESS CENTRE | 9:00am - 4:00pm | 6:00am - 8:00pm | 6:00am - 8:00pm | 6:00am - 8:00pm | 6:00am - 8:00pm | 6:00am - 8:00pm | 9:00am - 4:00pm |

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



## FACILITY CODE OF CONDUCT

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

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

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

Participants engaging in inappropriate behaviour may have their privileges revoked.

## HOLIDAY HOURS

### HOLIDAY CLOSURES

Easter Sunday  
Canada Day  
BC Day  
Labour Day  
Truth & Reconciliation Day  
Christmas Day

### HOLIDAYS OPEN

**1:00-5:00pm**  
New Year's Day  
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<br>(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](http://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.





# Early Years Easter Party

**Thursday, March 28 | 10am - 11am**

1-5 yrs | Monashee & Purcell Room

## **Come and Meet the Easter Bunny!**

We will have tons of fun with games, songs, crafts and an Easter Egg Hunt!

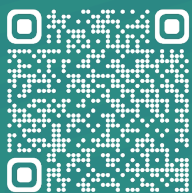
Thursday  
March 28  
10:00-11:00am  
\$7/child

68420

# 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](https://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

### Junior Lifesaving Club

**NEW!**

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

Are you ready to go beyond traditional swim lessons and develop lifesaving techniques while having fun? This is for you! Bring a friend and join the club!

April 12, 19, 26, May 3, 10, 17, 24, 31 June 7  
Fridays  
4:30pm - 6:00pm  
\$93.38/ 9 classes 68294

### Bronze Medallion

*Prerequisites: 13 yrs. of age by the last day or hold Bronze Star certification*  
CDRD /Kootenay Room POOL

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education – judgment, knowledge, skill and fitness. Rescuers learn self-rescue techniques, defense and release methods, and tows and carries in preparation for challenging rescues. Lifesavers develop stroke efficiency and endurance in a 500m swim.

Cost includes Canadian Lifesaving Manual.

**\*100% attendance is required.**

April 12, 19, 26, May 3, 10  
Friday  
3:45-8:00pm  
\$171 / 5 classes 68295

### Bronze Medallion

*Prerequisites: 13 yrs. of age by the last day or hold Bronze Star certification*  
Salmo POOL

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education – judgment, knowledge, skill and fitness. Rescuers learn self-rescue techniques, defense and release methods, and tows and carries in preparation for challenging rescues. Lifesavers develop stroke efficiency and endurance in a 500m swim.

**\*100% attendance is required.**

**Note: This course is held in Salmo**

June 3-5, 10-12,  
Mondays, Tuesdays, Wednesdays,  
3:30pm - 7:15pm  
\$171 / 6 classes 68427



## Bronze Cross Assistant Lifeguard

*Prerequisites: 13yrs by last day of the course and Bronze Medallion  
CDRD Kootenay Room / Pool*

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

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

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

**\*100% attendance is required.**

**May 24, 31, June 7, 14, 21**  
Fridays  
3:45-8:00pm  
\$141+ tax / 5 classes **68343**

## Bronze Cross Assistant Lifeguard

*Prerequisites: 13yrs by last day of the course and Bronze Cross  
Salmo Pool*

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

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

**100% attendance is required.**

**Note: This course is held in Salmo**

**June 17-19, 24-26**  
Mondays, Tuesdays, Wednesdays,  
3:30pm - 7:15pm  
\$141 / 6 classes **68428**

## National Lifeguard Recert (NLR)

*NDCC / Multi-purpose / 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 Nelson**

**May 25, 26**  
Saturday 12:30-5:00pm  
Sunday 12:30-5:00pm  
\$113+ tax / 2 classes **68244**

## Swim Instructor

*Prerequisites: 15yrs by last day of the course and Bronze Cross  
CDRD / Kootenay Room / Pool:*

The Lifesaving Society Swim Instructor course prepares the instructor to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim for Life program. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques.

**April 6, 7, 13, 14, 27, 28, May 4, 5, 11**  
Saturday and Sunday  
9:00-2:30pm  
\$571 +tax/ 9 classes **68514**

## 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.  
CDRD – Kootenay 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

**April 21**  
Sunday  
8:45-5:30pm  
\$116+tax / 1 classes **68439**

## CPR-C Recertification

*CDRD – Kootenay Room  
Prerequisite: Must hold a CPR-C certification that is current or has expired no more than 3 years ago.*

Check your award! CPR-C awards must be recertified every three years.

Must present your certification and government issued ID

**May 12**  
Sunday  
1:00pm – 5:30pm  
\$50 + tax/ 1 class **68671**

## Standard First Aid with CPR-C

*CDRD – Kootenay Room*

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

**May 25, 26**  
Saturday and Sunday  
9:00am – 5:30pm  
\$184+ tax/ 2 classes **68435**

*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.*

## CPR-C Full course

SLOCAN Park Hall

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 as well as help someone who is choking and perform CPR when there is more than one rescuer. CPR-C with AED teaches the skills required to help adults, children and infants.

Must present your government issued ID

**Note: This course is held in Slocan Valley**

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

68424

## CPR-C Full course

SALMO – Multi purpose Room

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 as well as help someone who is choking and perform CPR when there is more than one rescuer. CPR-C with AED teaches the skills required to help adults, children and infants.

Must present your government issued ID

**Note: This course is held in Salmo**

April 21  
Sunday  
9:00-2:00pm  
\$56+tax/ 1 class

68433

**PLEASE NOTE: Advanced Aquatic Leadership Courses (Bronze Medallion, Bronze Cross, NL, NL-R, LSI, LSI-R, SFA, SFA-R, CPR-C):** 7 days advanced notice required for a refund or credit. Refunds will not be granted to participants who do not possess all the pre-requisites or do not present them on the first day of the course. **Medical Conditions:** Will be given special consideration for refunds (may require a doctor's note).



# MORE THAN JUST EMPLOYMENT!

## JOIN THE TEAM!

Employment in recreation is a rewarding experience that allows you to gain valuable leadership, communication & teamwork skills!

Check out other RDCK program guides for leadership training opportunities that may work for you: [rdck.ca/recreation](http://rdck.ca/recreation)



# 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

Prerequisite: 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

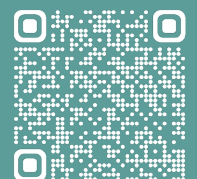
AQUAFIT  
INSTRUCTOR

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](http://rdck.ca/GetTraining) or scan the QR Code.





## 0-6 YEARS PROGRAMS

### Busy Bee's Arts and Crafts

18months- 4yrs  
CDRD Kootenay Room

Why make a mess at home? Join us for painting, gluing, finger paint and loads of fun! We'll have play time, circle time and songs. This program is a great opportunity for parents to socialize and meet new parents and children to make long-lasting friends. Please bring a snack for your child to enjoy. Parents need to be present to help their child during this program.

Thursdays  
9:30 -11:00 am  
Apr 11 - May 2  
\$44 / 4 classes

67925

### Busy Bee's Explore our City!

18m-4yrs  
CDRD Purcell Room

Let's learn about our city! What do we see and what do we hear? This program looks at where we live – animals in the area, outdoor activities to do with our family, police, construction, ambulance workers and more! In addition, open play time and a story will be part of this program that preschool children will love. Parent/guardians need to be present to help their child during this program. Please pack a snack for your child to enjoy!

Mondays  
9:30 -11:00 am  
May 9 - May 30  
\$44 / 4 classes

67929

### Sea Pups Club 2 programs in 1! Swim Lesson included



3-5yrs 12m  
CDRD Columbia Room | Pick up: Pool Deck

Prerequisite: Children need to be capable of using the washroom dependently (potty trained)

Want to get your self-care scheduled into your life?

Join us for a program that will let you get a work out in, get groceries, go for a swim or even have a quiet hot coffee –in this program your child will participate in a dry portion at drop off which includes craft activities or songs or stories and will follow with a full swim lesson set and play in the pool!

Your child will be assigned into a swim lesson level based on skills.

Parents are not required to stay and children should be ok to go into the water without parent assistance!

Please have your child's suit on and ready to go on drop off and please pick up on the pool deck at 11am! Also please pack a small snack for your child to enjoy. See below for our programs happening while your child is cared for by our fantastic staff!

Monday  
9:30 -11:00 am  
Apr 8 - Jun 17  
\$114 / 8 classes

68422

\* no class May 20th

\* no class April 22nd

### What is happening in the facility at the time of the program:

Lap lane, hot tub and steam room available for use with admission

Weight room available for use with admission

# PRO-D DAY CAMPS



## PLAY in May Pro-D Day Camp

6-12 yrs  
CDRD Selkirk Room

Spend the day with your friends away from school learning new games, creating art, getting active and having some poolside fun in the afternoon. During our Pro-D Day camps you can expect to stay busy with all of your favorite activities.

**\*Please bring snacks, a lunch, swimsuit and towel.**

May 17  
Friday  
8:30am - 3:30pm  
\$38

67498



## YOUTH PROGRAMS

### Home Alone Safety For Kids

9-12yrs  
CDRD - Columbia Room  
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  
June 1  
\$59

67909



## Thursday FUN Nights

7-9 yrs and 10-12 yrs  
CDRD - Kootenay Room

Thursday 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, thrilling games and a pool time extravaganza. Program leaders will split the group into their appropriate age groups during drop-off to maximize the FUN with their peers. This night is designed for friends to kick back and enjoy some friendly competition with the most popular games being played today and good ol fashioned fun in the pool. The fun doesn't stop with the kids, parents get to have that night off you've been dreaming of for weeks. Thursdays just became the night for the whole family to enjoy!

**5:00 – 6:30pm: Flexible drop-off, pizza and games**  
**6:30 – 8:00pm: Swimming, games and flexible pick-up**

*\* Please indicate any food allergies on the parental consent form. Please remember to bring a bathing suit and towel. Drop-off and pick up times are flexible.*

|  |                |
|--|----------------|
| <b>Thursday</b><br>April 4<br>5:00pm - 8:00pm<br>7-9 yrs \$20/class<br>10-12 yrs \$20/class  | 68452<br>67576 |
| <b>Thursday</b><br>April 11<br>5:00pm - 8:00pm<br>7-9 yrs \$20/class<br>10-12 yrs \$20/class | 68454<br>67579 |
| <b>Thursday</b><br>April 18<br>5:00pm - 8:00pm<br>7-9 yrs \$20/class<br>10-12 yrs \$20/class | 68455<br>67578 |
| <b>Thursday</b><br>April 25<br>5:00pm - 8:00pm<br>7-9 yrs \$20/class<br>10-12 yrs \$20/class | 68456<br>67577 |
| <b>Thursday</b><br>May 2<br>5:00pm - 8:00pm<br>7-9 yrs \$20/class<br>10-12 yrs \$20/class    | 68457<br>67580 |
| <b>Thursday</b><br>May 9<br>5:00pm - 8:00pm<br>7-9 yrs \$20/class<br>10-12 yrs \$20/class    | 68458<br>67581 |
| <b>Thursday</b><br>May 16<br>5:00pm - 8:00pm<br>7-9 yrs \$20/class<br>10-12 yrs \$20/class   | 68459<br>67582 |
| <b>Thursday</b><br>May 23<br>5:00pm - 8:00pm<br>7-9 yrs \$20/class<br>10-12 yrs \$20/class   | 68460<br>67583 |
| <b>Thursday</b><br>May 30<br>5:00pm - 8:00pm<br>7-9 yrs \$20/class<br>10-12 yrs \$20/class   | 68641<br>67585 |
| <b>Thursday</b><br>June 6<br>5:00pm - 8:00pm<br>7-9 yrs \$20/class<br>10-12 yrs \$20/class   | 68462<br>67586 |
| <b>Thursday</b><br>June 20<br>5:00pm - 8:00pm<br>7-9 yrs \$20/class<br>10-12 yrs \$20/class  | 68463<br>67587 |

# SWIMMING LESSONS

## Finding the Right Program at the RDCK



### Aqua Babies Parent participation

Splish! Splash! Laugh! Water can be so much fun! Our instructor-lead sessions will help adult and child safely explore water together.

#### If your child is ...

|                     |                                      |
|---------------------|--------------------------------------|
| 4 to 12 months old  | <b>Jellyfish 1</b><br>Parent & Tot 1 |
| 12 to 24 months old | <b>Goldfish 2</b><br>Parent & Tot 2  |
| 24 to 36 months old | <b>Seahorse 3</b><br>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.         | <b>Octopus 1</b><br>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 | <b>Crab 2</b><br>Preschool 2     |
| Jump into chest-deep water; submerge and exhale underwater; float on front and back assisted                                | <b>Orca 3</b><br>Preschool 3     |
| Jump into deep water wearing a life-jacket; hold breath underwater; float, glide and kick on front and back                 | <b>Sea Lion 4</b><br>Preschool 4 |
| Do solo jumps into deep water; swim front crawl 5m wearing a lifejacket and flutter kick on front, back and side            | <b>Narwhale 5</b><br>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<br><b>Or completed Sea Lion 4</b>   | <b>Swimmer 1</b>                  |
| Can jump into chest-deep water by themselves; open eyes, hold breath, exhale under-water; float, kick, glide on front and back<br><b>Or completed Narwhale</b> | <b>Swimmer 2</b>                  |
| Can jump into deep water and support self at the surface for 15 seconds; swim 10m on front and back  | <b>Swimmer 3</b>                  |
| Can tread water for 30 seconds; do kneeling dives and front somersaults; 10m whip kick on back; swim 15m front crawl   | <b>Swimmer 4</b>                  |
| Can swim 50m; tread water 1 min, swim underwater; 15m whip kick on front; breaststroke arms with breathing; swim front and back 15m                            | <b>Swimmer 5</b>                  |
| Can do shallow dives and cannon balls; egg beater and scissor kick; swim 50m front and back crawl; breaststroke for 25m;                                       | <b>Swimmer 6</b>                  |
| Can do stride entries and compact jumps; legs-only surface support for 45 seconds; swim 100m of front crawl and back crawl                                     | <b>Swimmer 7</b><br>Rookie Patrol |
| Completed Swimmer 7/Rookie Patrol  | <b>Swimmer 8</b><br>Ranger Patrol |
| Completed Swimmer 8/Ranger Patrol  | <b>Swimmer 9</b><br>Star Patrol   |
| Completed Swimmer 9/Star Patrol  | <b>Bronze Star*</b>               |



### 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.

## TUESDAY | APRIL 9 - JUNE 11 | 10 CLASSES

|        |                                      |       |                                  |       |
|--------|--------------------------------------|-------|----------------------------------|-------|
| 4:00pm | Jellyfish<br>4-12 months (8 classes) | 68672 | Swimmer 1                        | 67678 |
| 4:30pm | Crab 2                               | 67883 | Swimmer 2                        | 67879 |
| 5:00pm | Orca 3                               | 67884 | Swimmer 3                        | 67880 |
| 5:30pm | Narwhale 5                           | 67885 | Sea Lion 4                       | 67881 |
| 6:00pm | Adult Learn to Swim 1 <b>NEW!</b>    | 67886 | Swimmer 4<br>6:00-6:40pm, 40 min | 67882 |
| 6:30pm | Private                              |       |                                  |       |

### 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 | APRIL 11 - JUNE 13 | 10 CLASSES

|        |            |       |                                  |       |
|--------|------------|-------|----------------------------------|-------|
| 4:00pm | Octopus 1  | 67887 | Private                          |       |
| 4:30pm | Crab 2     | 67888 | Swimmer 3                        | 67890 |
| 5:00pm | Orca 3     | 67889 | Swimmer 1                        | 67893 |
| 5:30pm | Sea Lion 4 | 68690 | Swimmer 2                        | 68691 |
| 6:00pm |            |       | Swimmer 5<br>6:00-6:40pm, 40 min | 67892 |

## SATURDAY | APRIL 13 - JUNE 8 | 8 CLASSES | NO CLASS APRIL 20

|         |                            |       |   |                      |  |
|---------|----------------------------|-------|---|----------------------|--|
| 9:15am  | Goldfish 2<br>12-24 months | 67899 | Swimmer 1                                     | 67906                | Private                                |
| 9:45am  | Octopus 1                  | 67900 | Swimmer 2                                     | 67907                | Swimmer 4<br>9:45-10:25am, 40min 67908 |
| 10:15am | Crab 2                     | 67902 | Swimmer 3                                     | 68692                | Private 10:30am                        |
| 10:45am | Orca 3                     | 67903 | Swimmer 5<br>10:45-11:20pm, 40 min            | 67914                | Octopus 1 11:00am 67915                |
| 11:15am | Sea Lion 4                 | 67904 | Adult Learn to Swim 1<br>Group Lesson 11:30am | <b>NEW!</b><br>68695 | Private 11:30am                        |
| 11:45am | Narwhale 5                 | 67905 |   |                      |  |

## SUNDAY | APRIL 7 - JUNE 2 | 8 CLASSES | NO CLASS APRIL 21

|         |                            |       |                            |       |   |
|---------|----------------------------|-------|----------------------------|-------|---|
| 9:30am  | Sea Horse 3<br>24-36months | 67916 | Swimmer 1                  | 67928 | Canadian Swim<br>Patrol- Rookie 7<br>9:30-10:20am, 50 min 67923 |
| 10:00am | Octopus 1                  | 67917 | Swimmer 2                  | 67930 | Private   |
| 10:30am | Crab 2                     | 67919 | Swimmer 3                  | 67927 | Private   |
| 11:00am | Orca 3                     | 67920 | Swimmer 4<br>11:00-11:40am | 68694 | Private   |
| 11:30am | Sea Lion 4                 | 68693 | Private<br>11:45am         |       | Swimmer 6<br>11:30-12:10pm, 40 min 67924                        |

## Sea Pups Club 2 programs in 1! Swim Lesson included



3-5yrs 12m

CDRD Columbia Room | Pick up: Pool Deck

Prerequisite: Children need to be capable of using the washroom dependently (potty trained)

Want to get your self-care scheduled into your life?

Join us for a program that will let you get a work out in, get groceries, go for a swim or even have a quiet hot coffee –in this program your child will participate in a dry portion at drop off which includes craft activities or songs or stories and will follow with a full swim lesson set and play in the pool!

Your child will be assigned into a swim lesson level based on skills.

Parents are not required to stay and children should be ok to go into the water without parent assistance!

Please have your child's suit on and ready to go on drop off and please pick up on the pool deck at 11am! Also please pack a small snack for your child to enjoy. See below for our programs happening while your child is cared for by our fantastic staff!

**Monday**  
9:30 -11:00 am  
Apr 8 - Jun 17  
\$114 / 8 classes

68422

\* no class April 22nd  
\* no class May 20th

### What is happening in the facility at the time of the program:

Lap lane, hot tub and steam room available for use with admission

Weight room available for use with admission

# 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 250-365-3386.

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 | APRIL - JUNE, 2024 | 4 CLASSES

| TUESDAY  | APRIL 9-30                          | MAY 7-28       |
|----------|-------------------------------------|----------------|
| 6:30pm   | 68696                               | 68697          |
| THURSDAY | APRIL 11-MAY 2                      | MAY 9- 30      |
| 4:00pm   | 68699                               | 68700          |
| SATURDAY | APRIL 13-MAY 11   NO CLASS APRIL 21 | MAY 18- JUNE 8 |
| 9:15am   | 68701                               | 68705          |
| 10:30am  | 68702                               | 68706          |
| 11:30am  | 68703                               | 68707          |
| SUNDAY   | APRIL 17-MAY 5   NO CLASS APRIL 21  | MAY 12- JUNE 2 |
| 10:30m   | 68708                               | 68711          |
| 11:00am  | 68709                               | 68712          |
| 11:45am  | 68710                               | 68713          |



# POOL SCHEDULE

April 14- June 30 2024

**SWIMMING POOL CLOSED APRIL 21 FROM 8:00AM - 12:00PM FOR SWIM MEET.**

**ALTERNATE HOURS 1-5PM, MAY 20**

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                         |
|---|--------------------------------------|--|--|-------------------------------------|---|----------------------------------|
|   | <b>MORNING LANES</b><br>6:00-9:00am  | <b>MORNING LANES</b><br>6:30-9:00am    | <b>MORNING LANES</b><br>6:00-9:00am          |                                     | <b>MORNING LANES</b><br>6:00-9:00am           |                                  |
| <b>LEISURE SWIM</b><br>9-12pm   | <b>LEISURE SWIM</b><br>9:00-2:00pm   | <b>LEISURE SWIM</b><br>9:00am - 8:00pm | <b>LEISURE SWIM</b><br>9:00-2:00pm           |                                     | <b>LEISURE SWIM</b><br>9:00-2:00pm            | <b>LEISURE SWIM</b><br>9-12pm    |
| <b>SWIM LESSONS</b><br>9:30-12:00pm   | <b>AQUA CONDITIONING</b><br>9-10am   |  | <b>TOTAL BODY AQUAFIT</b><br>9-10am          |                                     | <b>TOTAL BODY AQUAFIT</b><br>9-10am           | <b>SWIM LESSONS</b><br>9:15-12pm |
|   | <b>SEA PUPS</b><br>9:30-11:00am      |  | <b>**AQUA BABES</b><br>10:15-11:15am         |                                     | <b>SCHOOL SWIM LESSONS</b><br>10am-1:30pm     |                                  |
| <b>FUN SWIM</b><br>12-4pm   |                                      |  | <b>SCHOOL SWIM LESSONS</b><br>10:00am-2:00pm |                                     |   |                                  |
| <b>BIG FEATURE SWIM</b><br>1:30-3:30pm<br><i>*2nd and 4th Sunday of the month</i> | <b>WATER WELLNESS</b><br>2:00-3:00pm | <b>SHALLOW FIT</b><br>2:15-3:15pm      | <b>WATER WELLNESS</b><br>2:00-3:00pm         | <b>GENTLE CARDIO</b><br>2:15-3:15pm | <b>WATER WELLNESS</b><br>2:00-3:00pm          | <b>FUN SWIM</b><br>12-4pm        |
|   | <b>LEISURE SWIM</b><br>3-8pm         | <b>SWIM LESSONS</b><br>4:00-7:00pm     | <b>LEISURE SWIM</b><br>3-8pm                 | <b>LEISURE SWIM</b><br>2-8pm        | <b>LEISURE SWIM</b><br>3-8pm                  |                                  |
|   | <b>SPORTS GROUP</b><br>4:30-8:30pm   | <b>SPORTS GROUP</b><br>6-7pm           | <b>SPORTS GROUPS</b><br>4:30-7:30pm          | <b>SWIM LESSONS</b><br>4:00-7:00pm  | <b>AQUATIC LEADERSHIP COURSES</b><br>4:7:30pm |                                  |
|   |                                      |  |  | <b>SPORTS GROUP</b><br>6-7pm        | <b>SPORTS GROUP</b><br>4:30-8pm               |                                  |

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 caregiver 16 years of age or older that is the water providing active supervision.

|   |   |
|---|---|
| <b>MORNING LANES:</b> 3 lap lanes, and hot areas will be available                                | <b>BIG FEATURE SWIM:</b> Join our Fun Experts, the Big Red dog, Wibit or water walk will be out on the 2nd and 4th Sunday of each month, you will get to play with all the fun equipment and new friends too. |
| <b>LEISURE SWIM:</b> Limited space due to programs in effect, 1 lap lane and hot areas available. | <b>Aquafit**:</b> Pre- registered   |
| <b>FUN SWIM:</b> A feature will be open, either slide, climbing wall or rope swing.               | <b>WATER WELLNESS:</b> 2 lanes for those looking to exercise and 2 lap lanes  |

# FITNESS SCHEDULE

April 1 - June 30, 2024

Included with Admission or Active Pass

Pre Registered Program

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY                             |
|---|--|---|--|--|--------------------------------------|
| 6:10 - 7:00am<br>RISE AND SHINE<br>TOTAL BODY     | 6:10 - 7:00 am<br>SPIN   |   | 6:10 - 7:00am<br>RISE AND SHINE<br>TOTAL BODY                  |  |                                      |
| 7:15 - 8:00 am<br>TRX STRENGTH<br>AND FLEXIBILITY |  | 7:15 - 8:00am<br>TRX STRENGTH<br>AND FLEXIBILITY              |  | 7:15 - 8:00 am<br>TRX STRENGTH<br>AND FLEXIBILITY                  |                                      |
| 8:30 - 9:30am<br>WEIGHT ROOM<br>CIRCUIT           | 9:00 - 10:00am<br>STEP   | 8:30 - 9:30am<br>WEIGHT ROOM<br>CIRCUIT                       | 9:00 - 10:00am<br>STUDIO CIRCUIT                               | 9:00 - 10:00am<br>STEP   |                                      |
| 9:00 - 10:00 am<br>SPIN & STRENGTH                |  |   |  |  |                                      |
| 10:15 - 11:15 am<br>BALANCE &<br>MOBILITY         | 10:15 - 11:45 am<br>HEALTH &<br>RECOVERY<br><i>Weight Room</i> | 10:00-11:00am<br>GENTLE FLOW<br>YOGA<br><i>Selkirk Room</i>   | 10:15 - 11:45 am<br>HEALTH &<br>RECOVERY<br><i>Weight Room</i> | 10:00-11:00am<br>GENTLE YING &<br>YANG YOGA<br><i>Selkirk Room</i> | 10:00-11:00am<br>GENTLE FLOW<br>YOGA |
|   |  | 10:15 - 11:15am<br>BALANCE &<br>MOBILITY                      |  |  |                                      |
| 4:00-4:30 pm<br>YOUTH<br>ORIENTATIONS             |  |   |  | 4:00-4:30 pm<br>YOUTH<br>ORIENTATIONS                              |                                      |
|   | 5:30 - 6:15PM<br>CORE<br>STRENGTHENING<br>& CONDITIONING       | 5:30 - 6:15pm<br>FIT FOR LIFE                                 |  |  |                                      |
| 6:30 - 7:30pm<br>CYCLE POWER                      | 6:30 - 7:15PM<br>STRENGTH<br>BASICS                            | 6:30 - 7:15pm<br>FULL BODY<br>STRENGTHENING<br>& CONDITIONING | 6:30 - 7:30 pm<br>SPIN   |  |                                      |

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



# DROP-IN AQUAFIT

April – June, 2024

No class May 20



## DROP-IN AQUA FIT

### Aqua Conditioning

Age 15+ years  
CDRD Deep

Improve your 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.

**Mondays**  
9:00am - 10:00am  
April 1 - June 28  
Drop-in/Included with Admission or Active Pass

No class May 20

### Shallow Fit

15+ years  
CDRD Shallow

A low impact but high intensity water aerobics class. Class is designed to improve flexibility, range of motion, strength, muscle tone and cardio vascular endurance while using the resistance of the water to cushion the feet, knees and back,

**Tuesdays**  
2:15-3:15pm  
April 2- June 25  
Drop-in/Included with Admission or Active Pass

### Total Body Aquafit

Age 15+ years  
CDRD 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.

**Wednesdays & Fridays**  
9:00-10:00am  
April 3 - June 28  
Drop-in/Included with Admission or Active Pass

### AquaBabes **NEW!**

Recommended for babies 4 months to 24 months, caregiver 15+ years  
CDRD Shallow and Deep

Bring your babe and get active. Build your strength and cardio and have fun moving to the music with others. 45 minute workout in the pool followed by 15 minutes to relax in the warm water, play and connect with other parents or caregivers and their babies.

When registering, please register the adult for the program, not the child.

**Wednesdays**  
10:15-11:15am  
April 10- June 5  
\$70 + tax/ 9 classes **68682**

### Gentle Cardio

Age 15+ years  
CDRD Deep

Moderate intensity and low impact Aquafit perfect for improving flexibility, on cardiovascular fitness, flexibility and range of motion.

**Thursday**  
2:15-3:15pm  
April 4- June 27  
Drop-in/Included with Admission or Active Pass



CARDIO AND/OR STRENGTH PROGRAMS

### Rise and Shine Total Body

15+ yrs  
CDRD – Fitness Studio

Wake up and get moving with this whole-body workout! Isolating muscles and stabilizing joints is critical for strengthening muscles and creating a solid foundation. We add balance and core exercises throughout to help improve daily function as well. Two days per week will keep you accountable and help you get the results you are looking for!

Please note, this class will be offered in person with an option to participate virtually – let us know if you need an online link!

**Mondays & Thursdays**  
6:10 – 7:00am  
Apr 4 - 29  
\$60 + tax / 8 classes 66385

**Mondays & Thursdays**  
6:10 – 7:00am  
May 2 - 30  
\$60 + tax / 8 classes 66386

**No class on Monday, May 20**

**Mondays & Thursdays**  
6:10 – 7:00am  
Jun 3 - 27  
\$60 + tax / 8 classes 66387

### TRX Strength and Flexibility

15+ yrs  
CDRD – Fitness Studio

The TRX suspension trainer system is designed to help you focus on form, strength, core and flexibility using your body weight. By changing angles, you can increase or decrease resistance making the workout more or less challenging. Modifications and variations will be offered throughout the class, ending with a few mobility exercises and static stretching.

**Monday, Wednesday, Friday**  
7:15 – 8:00am  
Apr 3 - 29  
\$82 + tax / 12 classes 66389

**Monday, Wednesday, Friday**  
7:15 – 8:00am  
May 1 - 31  
\$89 + tax / 13 classes 66390

**No class on Monday, May 20**

**Monday, Wednesday, Friday**  
7:15 – 8:00am  
Jun 3 - 28  
\$82 + tax / 12 classes 66391

### Weight Room Circuit

15+ yrs  
CDRD – 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 CDRD weight training instructors. All levels of fitness welcome!

**Mondays**  
8:30 - 9:30am  
Apr 8 - Jun 24  
Drop-in/Included with Admission or Active Pass

**No class on Monday, May 20**

**Wednesdays**  
8:30 - 9:30am  
Apr 3 - Jun 26  
Drop-in/Included with Admission or Active Pass

## Spin and Strength

15+ yrs  
CDRD – Fitness Studio

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

**Mondays**  
9:00 – 10:00am  
Apr 8 - Jun 24  
Drop-In / Included with Admission or Active Pass

## Spin

15+ yrs  
CDRD – Fitness Studio

Start or finish your day off right with a group journey on our 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 cardio workout.

**Mondays**  
6:30 – 7:30pm  
Apr 8 - May 13  
\$55 + tax / 6 classes **66392**

**Mondays**  
6:30 – 7:30pm  
May 27 - Jun 24  
\$45 + tax / 5 classes **66393**

**Tuesdays**  
6:10 – 7:00am  
Apr 2 - May 7  
\$45 + tax / 5 classes **66394**

**Tuesdays**  
6:10 – 7:00am  
May 14 - Jun 25  
\$53 + tax / 7 classes **66395**

**Thursdays**  
6:30 – 7:30pm  
Apr 4 - May 9  
\$55 + tax / 6 classes **66396**

**Thursdays**  
6:30 – 7:30pm  
May 16 - Jun 27  
\$53 + tax / 7 classes **66397**



## Health & Recovery

15+ yrs  
CDRD – Weight Room

Have you been told by your doctor that you need to start exercising? Let us get you started with the Health & Recovery program where the focus is on your comfort level in the gym! This supportive and integrative class takes place in the weight room and allows you to progress at your own rate.

Whether you are new to fitness or have previous experience, this program is for you!

*An assessment is required before enrolling in this program at an additional cost of \$59 + tax. Please contact us for more information.*

**Tuesdays & Thursdays**  
10:15 – 11:45am  
Apr 2 - 25  
\$109 + tax / 8 classes **66398**

**Tuesdays & Thursdays**  
10:15 – 11:45am  
Apr 30 - May 30  
\$136 + tax / 10 classes **66399**

**Tuesdays & Thursdays**  
10:15 – 11:45am  
June 4 - 27  
\$109 + tax / 8 classes **66400**

## Step

15+ yrs  
CDRD – Fitness 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!

**Tuesdays**  
9:00 – 10:00am  
Apr 2 - Jun 25  
Drop-in/Included with Admission or Active Pass

**Friday**  
9:00 – 10:00am  
Apr 5 - Jun 28  
Drop-in/Included with Admission or Active Pass

## Studio Circuit

15+ yrs  
CDRD – Fitness Studio

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

**Thursdays**  
9:00 – 10:00am  
Apr 4 - Jun 27  
Drop-in/Included with Admission or Active Pass



## Core Strengthening & Conditioning

15+ yrs  
CDRD – Fitness Studio

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

**Tuesdays**  
5:30 – 6:15pm  
Apr 2 - May 7  
\$41 + tax / 6 classes 66401

**Tuesdays**  
5:30 – 6:15pm  
May 14 - Jun 25  
\$48 + tax / 7 classes 66402

## Strength Basics

15+ yrs  
CDRD – Fitness Studio

This is a beginner-intermediate level fitness class designed for those wanting a full body strengthening workout. This class uses both floor and standing exercises with a variety of intensities and fitness equipment used to improve your overall fitness.

**Tuesdays**  
6:30 – 7:15pm  
Apr 2 - May 7  
\$41 + tax / 6 classes 66403

**Tuesdays**  
6:30 – 7:15pm  
May 14 - Jun 25  
\$48 + tax / 7 classes 66404

## Fit for Life

15+ yrs  
CDRD – Fitness 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!

**Wednesdays**  
5:30 – 6:15pm  
Apr 3 - May 8  
\$41 + tax / 6 classes 66405

**Wednesdays**  
5:30 – 6:15pm  
May 15 - Jun 26  
\$48 + tax / 7 classes 66406

## Full Body Strengthening & Conditioning

15+ yrs  
CDRD – Fitness Studio

This is a beginner-intermediate level fitness class designed for those wanting a full body strengthening and cardio conditioning workout. This class uses both floor and standing exercises with a variety of intensities and fitness equipment used to improve your overall fitness. The optimal blend of strengthening exercises and aerobic intervals to produce full body health and fitness.

**Wednesdays**  
6:30 – 7:15pm  
Apr 3 - May 8  
\$41 + tax / 6 classes 66407

**Wednesdays**  
6:30 – 7:15pm  
May 15 - Jun 26  
\$48 + tax / 7 classes 66408



**MOBILITY AND/OR MINDFULNESS**

**Balance and Mobility**

15+ yrs  
CDRD – Fitness 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. All levels welcome.

**Mondays & Wednesdays**  
10:15 – 11:15am  
Apr 3 - 29  
\$73 + tax / 8 classes 66409

**Mondays & Wednesdays**  
10:15 – 11:15am  
May 1 - 29  
\$73 + tax / 8 classes 66410

**No class on Monday, May 20**

**Mondays & Wednesdays**  
10:15 – 11:15am  
June 3 - 26  
\$73 + tax / 8 classes 66411

**Gentle Flow Yoga**

15+ yrs  
CDRD - Selkirk Room Wednesdays  
CDRD - Fitness Studio Saturdays

This class begins with relaxing breath work to help calm the mind and become centered, moving into a mindful warm up leading into gentle postures slowly moving into final resting. This practice gives lots of permission to explore where you are in your body through movement and meditation. All levels welcome.

**Wednesdays**  
10:00 – 11:00am  
Apr 3 - May 8  
\$55 + tax / 6 classes 66412

**Wednesdays**  
10:00 - 11:00am  
May 15 - Jun 26  
\$64 + tax / 7 classes 66413

**Saturdays**  
10:00 – 11:00am  
Apr 6 - May 11  
\$55 + tax / 6 classes 68683

**Saturdays**  
10:00 - 11:00am  
May 18 - Jun 29  
\$55 + tax / 6 classes 68685

**Gentle Yin & Yang Yoga**

15+ yrs  
CDRD – Selkirk Room

This class will consist of a combination of flow sequences with stretching. Yin poses focus on the joint and connective tissue. Yang poses focus on the muscles. The mixture of the two styles benefits both your body and mind.

**Fridays**  
10:00 - 11:00am  
Apr 5 - May 10  
\$55 + tax / 6 classes 66414

**Fridays**  
10:00 - 11:00am  
May 24 - Jun 14  
\$36+ tax / 4 classes 66415

## 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) 365-3386 ext. 5231 for more information.

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

### PERSONAL TRAINING OPTIONS (rates are per person)

Personal Training Price Changes Effective April 1st

|            | Price      | Description  |
|------------|------------|--|
| Individual | \$59 + 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    | \$42 + 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 | \$34 + 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 | \$29 + tax |  |
| Group of 5 | \$26 + tax |  |
| Group of 6 | \$25 + tax |  |



## FITNESS CENTRE ORIENTATIONS

FREE with admission!

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

#### Orientations Include:

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

Contact us at (250) 365-3386 to book your orientation. Bring a friend or family member to share the experience.

*Maximum 3 people per session, minimum 13 years old.*

## YOUTH FITNESS CENTRE ORIENTATIONS

#### CDRD Fitness Centre

Fitness Centre Orientations are required by anyone aged 13-15 years before purchasing a membership or paying general admission. Etiquette, equipment demonstration and safety are the focus of this class.

Please register online at [www.rdck.ca/recreation](http://www.rdck.ca/recreation) or in person at 250-354-3386

**4:00 - 4:30pm  
Mondays & Fridays  
Included with Admission  
or Active Pass**





## Outdoor Pursuits Social Hour **NEW!**

CDRD – Kootenay Room

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 Seven Summits ride or a hike up Brilliant overlook? 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 CDRD is offering a space for everyone to connect 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!

\*This is a self-directed program, there are no pre-planned presentations during these sessions.

**Tuesday**  
**June 4 – Hiking**  
 6:00 – 7:00pm  
 FREE

**Tuesday**  
**June 11 – Biking**  
 6:00 – 7:00pm  
 FREE

**Tuesday**  
**June 18 – Fishing**  
 6:00 – 7:00pm  
 FREE

**Tuesday**  
**June 25 – Climbing**  
 6:00 – 7:00pm  
 FREE

## Drop-in Sports **NEW!**

CDRD - Arena

Looking to shoot some hoops or get in a few games of pickle ball? Drop-in to the CDRD for some casual sports with friends or your family. The arena dry floor will be split into sections for each sport and there will be space for all ages and abilities to practice their skills. This is a great way to stay active and enjoy quality social time with others.

*\*Limited pickleball equipment will be available for use, you are encouraged to bring your own. Sport areas may be modified to accommodate participants.*

**May 10 – July 26 -**  
**Fridays**  
 6:30 – 8:00pm  
**Included with Admission or Active Pass**  
**No Program June 14**

## Public Roller Skating/Blading **NEW!**

CDRD Arena

Glide into an evening of fun with friends and family. Whether you are a seasoned or novice skater, join the community for an evening of laughter, movement and endless enjoyment. Everyone is welcome, so lace up and let the good times roll!

Wheelchairs and strollers welcome. Helmets are highly recommended. No skateboards or scooters. No rental skates available.

**May 5 - July 1**  
**Sundays**  
 2:30 - 4:00pm  
**Included with Admission or Active Pass**

**\*No program June 16**

## Archery **NEW!**

9-16 yrs  
 CDRD – Arena

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.

**Sundays**  
**May 19, 26 and June 2**  
 12:00 – 2:00pm  
**Fridays**  
**May 24, 31, and June 7**  
 4:00 – 6:00pm  
**\$69 / 6 classes**

67571

# 1st Annual Poker Ride

## 1st Annual Poker Ride

South Slokan Trailhead – Slokan Valley Rail Trail

Embark on an adventurous poker bike ride along the famed Slokan Valley Rail Trail. Collect wristbands at each check point as you pedal through the picturesque landscape of the Slokan 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**

## Poker Ride Rules and Guidelines:

1. The ride is an out and back, starting and ending at the South Slokan trailhead.
2. There are 2 riding options available:
  - A. Long Option: Up to 50 km. Ride begins at 12:00pm and ends at 2:30pm.
  - B. Short (Family Friendly) Option: Up to 15km. Ride begins at 1:00pm and ends at 2:30pm
3. Registration is required. Register online at [rdck.ca](http://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: [slokanvalleyrailtrail.ca/etiquette](http://slokanvalleyrailtrail.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](mailto: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.*



# RENTAL OPPORTUNITIES

The Castlegar & District Community Complex offers a wide range of rental opportunities for meetings, banquets, conventions, workshops, weddings, receptions, reunions and other social gatherings. Our professional and experienced staff is happy to assist you in planning a most satisfying and memorable experience.

The 20,000 square foot multipurpose recreational facility offers meeting room space with full catering facilities, audio visual equipment, easels, whiteboards and flipcharts. Round and rectangular tables, chairs to seat 500 and rooms with removable walls to meet a variety of user needs.

The 1050 seat ice arena is home to the KIJHL Junior A Castlegar Rebels, this arena includes a regulation ice surface, 5 dressing rooms, referees room and concession. Our outdoor areas include a sports field, skate park and tennis and pickleball courts.



**Exceptional facilities.  
Exceptional service.**

**CONTACT US TODAY  
TO BOOK YOUR SPACE  
250-365-3386**