

# CRESTON

## 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 250.428.7127



Creston & District  
Community Complex



## Creston & District Community Complex



### Visit Us

312 19th Ave. North, Creston, BC  
[rdck.ca/recreation](http://rdck.ca/recreation)

### Contact Us

250-428-7127 | [crestonrec@rdck.bc.ca](mailto:crestonrec@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

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	1:00 - 6:00pm	CLOSED	9:00am-2:00pm 3:30-8:00pm	6:30am-2:00pm 3:30-8:00pm	9:00am-2:00pm 3:30-8:00pm	6:30am-2:00pm 3:30-8:00pm	11:00am-4:00pm
FITNESS CENTRE	1:00 - 6:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	8:00am - 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

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](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.



# SPECIAL EVENTS



## Centennial Event!

Keep an eye out for our Centennial Event!

More information coming soon.



## Bike Rodeo

0-12 yrs  
CDCC - Arena Dry Floor

Join us for a fun and educational event where your child will develop and showcase their biking skills! The CDCC has partnered with Creston Valley Early Years to bring back this fantastic event including:

- Obstacle course
- Bicycle safety check
- Helmet fitting and road safety information
- Snacks and giveaways
- A big shiny fire truck!
- Hotdogs

**Saturday**  
10:00am – 1:00pm  
May 4

**FREE!**

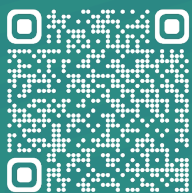
Hosted by the CDCC and CVEYC



# 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 Lifesavers Club

**NEW!**

*Prerequisites: Ability to swim 25m+ comfortably, tread water 1 minute and 10-13 years*  
CDCC 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 5- May 31  
Friday  
4:00pm -5:30pm  
\$91 / 9 classes

68581

*Proof of prerequisites must be presented at the start of the first class to participate in all First Aid and Aquatic certifications.*

*All RDCK First Aid and Aquatic certifications are through the Lifesaving Society.*

*St. Johns Ambulance, Heart & Stroke Foundation of Canada, Canadian Red Cross, and Canadian Ski Patrol are all acceptable prerequisites for Lifesaving First Aid Courses.*

### Bronze Medallion

*Prerequisites: 13 years of age by the last day or hold Bronze Star certification*  
CDCC Erickson 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 5- May 3  
Friday  
3:45-8:00pm  
\$171 / 5 classes

68582



Register Online: [rdck.ca/recreation](https://rdck.ca/recreation)

Or Register by Phone: 250-428-7127

## Bronze Cross Assistant Lifeguard

Prerequisites: 13 years by last day of the course and Bronze Medallion  
CDCC 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 11, 12, 18, 19  
Saturday  
10:00-4:00pm  
Sundays  
12:00-6:00pm  
\$141+ tax / 4 classes

68583

## National Lifeguard (NL)

CDCC/ Erickson room/ Pool

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

This course prepares candidates to perform pool surveillance, prevent incidents, specialized rescue techniques, communication, fitness, and effective resolution of emergencies.

NL Pool is worth two Grade 12 credits toward high school graduation.

You must be 16 years of age to be employed as a lifeguard. For those who are 15 and interested to start training now, please reach out to the Regional Programmer at [abeavers@rdck.bc.ca](mailto:abeavers@rdck.bc.ca) for more information.

Price includes Alert Manual and Lifeguard Tool Kit.

**100% attendance is required.**

May 31, June 1-2, 7-9, 21-23  
Fridays  
4:00-8:00pm  
Saturday  
9:00-4:00pm  
Sunday  
11:00-6:00pm  
\$573+tax/ 9 classes

68516

## 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. You must present your certifications at start of class.

**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: 15 years by last day of the course and Bronze Cross CDRD

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

**100% attendance is required.**

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

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

CDCC – Creston 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. Lifesaving Society's Standard first Aid is equivalent to WorkSafe BC Occupational First Aid Level 1 and covers all aspects of first aid.

Must present your certification and government issued ID

April 6, 7  
Saturday, Sunday  
9:00am – 5:30pm  
\$184+ tax/ 2 classes

68585

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

68586



## 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.*

CDCC – Kootenay Room

Check your award! Standard First Aid awards must be recertified every three years. CPR-C and AED recertification is included.

Must present your certification and government issued ID

May 4  
Saturday  
8:45-5:30pm  
\$116+tax / 1 classes 68584

## 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

## 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.*

Salmo – Multi-purpose Room

Check your award! Standard First Aid awards must be recertified every three years. CPR-C and AED recertification is included.

Must present your certification and government issued ID

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

May 19  
Sunday  
8:45-5:30pm  
\$116+ tax / 1 classes 68430

**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

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

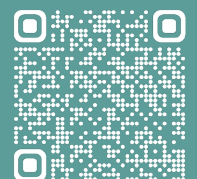
AQUAFIT  
INSTRUCTOR

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



# PRO-D DAY CAMPS

## Active April Pro-D Day Camp

7-12 yrs  
CDCC Erickson 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**

April 22  
Monday  
8:30am – 3:30pm  
\$38

67510

## PLAY in May Pro-D Day Camp

7-12 yrs  
CDCC Erickson 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 27  
Monday  
8:30am – 3:30pm  
\$38

67511

## 0-6 YR PROGRAMS



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

3-5yrs 12m

CDCC Sunshine Room | Pick up: Pool deck

Prerequisite: Children need to be capable of using the washroom interdependently (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 swim suit on and ready to go on drop off and please pick up on the pool deck at 10:30am! 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!

Wednesday  
9:00 am -10:30 am  
Apr 10 – May 29  
\$114 / 8 classes

68408

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

9:00-10:00am Full Body RX until April 24

9:00-10:00am Zumba Step Starts May 1

See pages 19 and 20 for more information on Full Body RX and Zumba Step.

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

Weight room available for use with admission

## Red Cross Babysitting

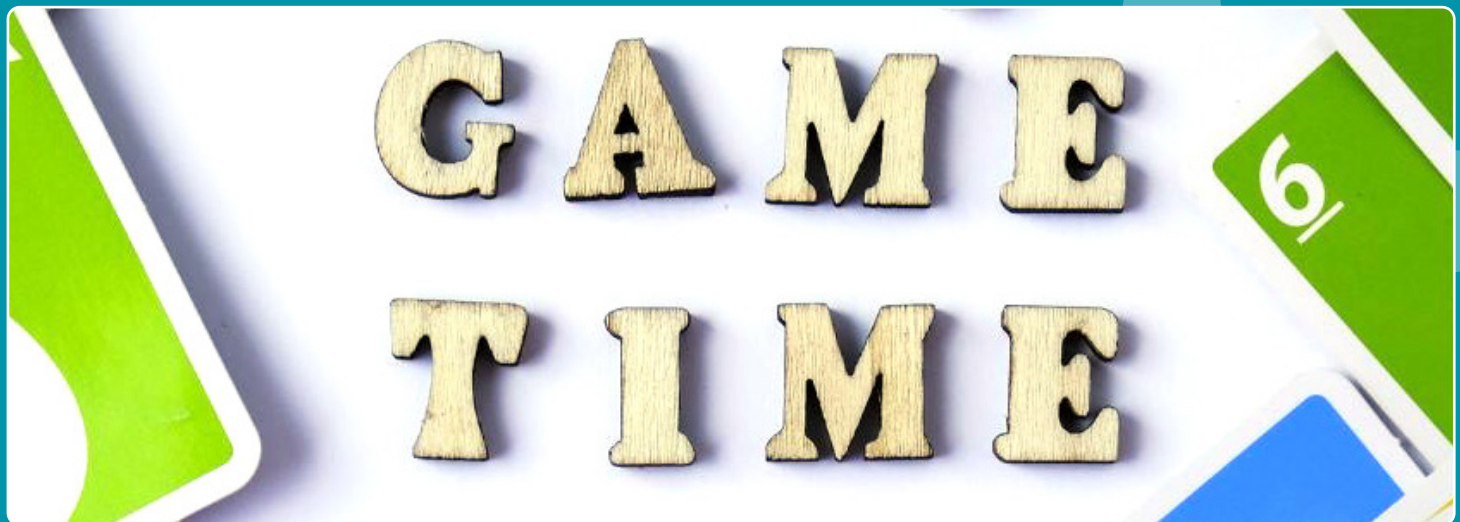
11+yrs  
 CDCC- Erickson Room  
 Instructor: Samantha

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

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

Saturday  
 9:00am - 3:00pm  
 May 25  
 \$71

68409



## Friday FUN Nights

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

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, 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. Fridays 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.*

Friday  
 April 12  
 5:00pm - 8:00pm  
 7-9 yrs \$20/class 68464  
 10-12 yrs \$20/class 68465

Friday  
 May 17  
 5:00pm - 8:00pm  
 7-9 yrs \$20/class 68467  
 10-12 yrs \$20/class 68466

Friday  
 June 14  
 5:00pm - 8:00pm  
 7-9 yrs \$20/class 68469  
 10-12 yrs \$20/class 68468

# 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> Parent & Tot 1
12 to 24 months old	<b>Goldfish 2</b> Parent & Tot 2
24 to 36 months old	<b>Seahorse 3</b> 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> 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> Preschool 2
Jump into chest-deep water; submerge and exhale underwater; float on front and back assisted	<b>Orca 3</b> 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> 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> 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 <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 <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> Rookie Patrol
Completed Swimmer 7/Rookie Patrol	<b>Swimmer 8</b> Ranger Patrol
Completed Swimmer 8/Ranger Patrol	<b>Swimmer 9</b> 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 SCHEDULE

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

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

4:30pm	Octopus 1	68172
5:00pm	Crab 2	68173
5:30pm	Orcas 3	68591
6:00pm	Swimmer 1	68175
6:30pm	Swimmer 2	68174

**Class you want to register in already full?**

**Get on the wait list!**

We create more classes from wait lists when we have increased capacity.

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

4:15pm		GoldFish 2 12-24 months (8 classes)	68610
4:45pm	Sea Lion 4	68594	Crab 2 68190
5:15pm	Swimmer 1	68596	Orca 3 68191
5:45pm	Swimmer 2	68597	Octopus 1 68192
6:15pm	Swimmer 4 40 min	68598	Swimmer 5 40 min 68592
7:00pm	Private	Adult Learn to Swim 1 Group Lesson 40 min	<b>NEW!</b> 68615

## SATURDAY | APRIL 13 - JUNE 8 | 8 CLASSES | No class May 25

11:00am	Sea Horse 3 24-36 months	68177	Swimmer 1 68182
11:30am	Octopus 1	68178	Swimmer 2 68184
12:00pm	Crab 2	68179	Swimmer 3 68187
12:30pm	Orca 3	68180	Swimmer 2 68189
1:00pm	Sea Lion 4	68181	Swimmer 5 40 min 68188
1:30pm	Private		Private 1:45-2:10pm

## SUNDAY | APRIL 14- JUNE 9, 8 CLASSES | No class May 26

3:00pm	Private		Swimmer 1 68601
3:30pm	Octopus 1	68604	Swimmer 2 68603
4:00pm	Crab 2	68605	Swimmer 3 68608
4:30pm	Orca 3	68606	Swimmer 4 4:30-5:10pm 40 min 68600
5:00pm	Sea Lion 4	68607	Swimmer 1 5:15pm 68609
5:30pm	Narwhal 5	68612	



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



3-5yrs 12m

CDCC Sunshine 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 10:30am! 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!

**Wednesday**  
9:00 am -10:30 am  
Apr 10 – May 29  
\$114 / 8 classes

68408

### 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

9:00-10:00am Full Body RX until April 24

9:00-10:00am Zumba Step Starts May 1

See pages 19 and 20 for more information on Full Body RX and Zumba Step.

# 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 250-428-7127

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



THURSDAY	APRIL 11- MAY 2	MAY 9 - 30
7:00pm	68624	68625
SATURDAY	APRIL 13 - MAY 4	MAY 11 - JUNE 8 No class May 25th.
1:30pm	68626	68635
1:45pm	68629	68636
SUNDAY	APRIL 14 -MAY 5	MAY 12 - JUNE 9 No class May 26
3:00pm	68630	68637

# POOL SCHEDULE

April - June, 2024

SWIMMING POOL CLOSED MAY 25 & 26 FOR SWIM MEET

ALTERNATE HOURS 1-5PM, MAY 20.

Schedule is subject to change.

**SAVE THE DATES! WIBIT DAYS** on the 2nd & 4th Sunday of the month! **PRO-D DAY** April 22 and May 27 pool will be open 1-5pm, **WIBIT** will be out 1-2:30pm for extra FUN!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>*Note Aquafit schedule changes indicated on page 18.</i></p> <p><b>WIBIT DAY</b> 2nd &amp; 4th Sunday of month.</p> <p><b>LEISURE SWIM</b> 1:00-6:00pm</p> <p><b>SWIM LESSONS</b> 3:00-6:00pm</p>			<p><b>MORNING LANES</b> 6:30-9am</p> <p><b>AQUA TONE &amp; FLEX</b> 7:15-8am</p> <p><b>LEISURE SWIM</b> 9:00-12:30pm</p> <p><b>SEA PUPS CLUB</b> 9:00-10:30am</p>			
			<p><b>CARDIO TONE</b> 8:45-9:30am</p> <p><b>GENTLE JOINTS</b> 9:45-10:30am</p>			
		<p><b>LEISURE SWIM</b> 9:00-2:00pm</p>		<p><b>LEISURE SWIM</b> 9:00-2:00pm</p>	<p><b>MORNING LANES</b> 6:30-9am</p> <p><b>AQUA TONE &amp; FLEX</b> 7:15-8am</p> <p><b>LEISURE SWIM</b> 9:00-12:30pm</p> <p><b>SCHOOL SWIM LESSONS</b> 10:30-12:30pm</p>	
						<p><b>SWIM LESSONS</b> 11:00-2:00pm</p>
		<p><b>SPORTS GROUPS</b> 3:45-4:45pm</p> <p><b>SWIM LESSONS</b> 4:30-7:00pm</p> <p><b>MASTERS SWIM</b> 6:45-7:45pm</p>	<p><b>LEISURE SWIM</b> 3:30-8:00pm</p>	<p><b>SPORTS GROUPS</b> 3:45-4:45pm</p> <p><b>LEISURE SWIM</b> 3:30-8:00pm</p> <p><b>SWIM LESSONS</b> 4:15-7:30pm</p>	<p><b>LEISURE SWIM</b> 3:30-8:00pm</p> <p><b>AQUATIC LEADERSHIP COURSES</b> 4:00-8:00pm</p>	
			<p><b>LATE NIGHT LANES</b> 7:00-8:00pm</p>	<p><b>LATE NIGHT LANES</b> 7:00-8:00pm</p>		

\*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.

### Morning Lanes

2 lap lanes, river and hot areas will be available

### Lunch Laps and Late Night Lanes

2 lap lanes, leisure and hot areas will be available

**Aquafit** are included with admission, please see pg 18 for dates as times are subject to schedule changes.

### Leisure Swim

1 lap lane, leisure and hot areas available, a feature will be open, either climbing wall or diving board

### Wibit Days

Come join our Splash Squad for some amazing Wibit fun on every 2nd and 4th Sunday.



# FITNESS SCHEDULE

April 1 - June 30, 2024

Included with Admission or Active Pass

Pre Registered Program

All programs are located at the Creston & District Community Complex

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00-10:00 CHAIR YOGA <i>Kootenay Room</i>	9:00-10:00 ZUMBA STEP <i>May 1 - Jun 26</i>	9:00-10:00 YIN YOGA <i>Kootenay Room</i>	
9:00-10:00 HATHA YOGA	9:00-10:00 <i>Apr 2 - Apr 30</i> CORE N MORE <i>May 7 - Jun 25,</i> 9:30-10:30	9:00-10:00 FULL BODY RX <i>(ends April 24)</i>	9:00-10:00 FUNCTIONAL FITNESS	9:00-10:00 STUDIO CIRCUIT <i>May 10 - Jun 28,</i> 9:30-10:30
	10:15-11:15 TAI CHI BEGINNER	10:30-11:30 SLOW STRENGTH FUNCTIONAL TRAINING	10:15-11:15 TAI CHI INTERMEDIATE	
10:30-11:30 PELVIC & CORE STRENGTH FOR WOMEN <i>Kootenay Room</i>				
		11:15-12:15 MOVE TO IMPROVE <i>Kootenay Room</i>		11:15-12:15 MOVE TO IMPROVE <i>Fitness Studio</i>
		12:00-1:00PM ZUMBA POWER <i>Erickson Room</i>		
5:00-6:00 BELLY DANCING <i>Erickson Room</i>	3:30-4:30 WEIGHT TRAINING IN MENOPAUSE	5:00-6:00 ZUMBA <i>Erickson Room</i>		
5:15-6:15 TRX <i>Kootenay Room</i>		5:15-6:15 LOWER BODY STRENGTHENING & CONDITIONING	5:15-6:15 FULL BODY STRENGTHENING & CONDITIONING <i>*ends May 30</i>	
5:15-6:15 FULL BODY STRENGTHENING & CONDITIONING			6:30-8:00 HATHA YOGA	

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



Register Online: [rdck.ca/recreation](http://rdck.ca/recreation)

Or Register by Phone: 250-428-7127

# DROP-IN AQUAFIT

April - June, 2024



## DROP-IN AQUAFIT

### Aqua Tone and Flex

15+ years  
CDCC Lap Pool

This dynamic shallow water class will improve your general fitness levels.

**Wednesdays, Fridays**  
7:15am – 8:00am  
April 3 - April 26  
Drop-in/Included with Admission or Active Pass

### Aqua Tone

15 years  
CDCC Lap Pool

A variety of equipment will be incorporated to strengthen and tone your muscles, all while incorporating cardiovascular exercise to help improve your mood, support daily activities and help you sleep better. Instructors will offer options that can be adapted to any depth

**Wednesdays**  
8:45am – 9:30am  
April 3 - April 24

**8:00am - 8:45am**  
May 1-June 26  
Drop-in/Included with Admission or Active Pass

### Gentle Joints

15 years  
CDCC Leisure Pool

Improve your balance and range of motion through gentle, low intensity movements to help you with your daily activities.

**Wednesdays and Fridays**  
9:45am – 10:30am  
April 3 - April 26

**9:00-9:45am**  
May 1-June 28  
Drop-in/Included with Admission or Active Pass

### Aqua Deep

15 years  
CDCC Lap Pool

This deep water Aquafit will challenge your core stability and mind body awareness while working high intensity with zero impact.

**Fridays**  
8:45am – 9:30am  
April 5 - April 26

**8:00-8:45am**  
May 3-June 28  
Drop-in/Included with Admission or Active Pass

## REGISTERED WATER FITNESS

### Masters Swim

14 years  
CDCC Pool

Join Masters Swim for Fun, Fitness and Friendship. Our experienced coach will guide, teach and support you in your swimming goals whether they are cardiovascular, endurance, technique, competition or other.

**Tuesdays**  
6:45 – 7:45pm  
April 9- June 11  
\$95 + tax/ 10 classes

68638

## CARDIO AND/OR STRENGTH

### TRX

15+ yrs  
CDCC – Kootenay Room

Whether you are a beginner or have taken TRX before, this class will progress your fitness! You will learn the basics of suspension training and move towards mastery to get an incredible strength, cardio and flexibility workout. It's all core, all the time. All fitness levels welcome.

**Mondays**  
5:15 – 6:15pm  
Apr 8 - May 13  
\$55 + tax / 6 classes **66354**

**Mondays**  
5:15 – 6:15pm  
May 27 - Jun 24  
\$45 + tax / 5 classes **66355**

### Full Body Strengthening & Conditioning

15+ yrs  
CDCC – Fitness Studio

This is an intermediate level fitness class designed for those who want to become stronger and fitter, achieving both improvements in muscle and cardio. This class uses a variety of exercises and intensities to improve your overall full body fitness.

**Mondays**  
5:15 - 6:15pm  
Apr 8 - Jun 24  
Drop-in/Included with Admission or Active Pass

**No class Monday, May 20**

**Thursdays**  
5:15 – 6:15pm  
Apr 4 - May 30  
Drop-in/Included with Admission or Active Pass

### Core n' More

15+ yrs  
CDCC – Fitness Studio

Stand taller, feel stronger! This class is designed to improve core stability and posture. This is not your traditional "crunchies" class. Dynamic and functional exercises will be used to help you think about core conditioning in a whole new way. Equipment and formats will vary.

**Tuesdays**  
9:00 – 10:00am  
Apr 2 - 30  
Drop-in/Included with Admission or Active Pass

**Tuesdays**  
9:30 - 10:30am  
May 7 - Jun 25  
Drop-in/Included with Admission or Active Pass

**No class Monday, May 20**

### Zumba Step

15+ yrs  
CDCC – 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!

**Wednesdays**  
9:00 – 10:00am  
May 1 - Jun 26  
Drop-in/Included with Admission or Active Pass

### Belly Dancing Level 1

15+ yrs  
CDCC – Fitness Studio

This class gives you the understanding of basic belly dance technique, posturing, terminology, movement skills and will help you build the conditioning and strength for this fun and energetic style of dance! A great introduction to belly dancing for all levels.

**Mondays**  
5:00 – 6:00pm  
Apr 8 – Jun 24  
\$100 + tax / 11 classes **66372**

**No class Monday, May 20**

### Zumba Power

15+ yrs  
CDCC – Erickson Room

A fun fitness regimen that combines high-energy cardio workouts with strength training exercises. This class includes a variety of upbeat Zumba dance routines designed to burn calories along with strength training exercises. Enjoy a comprehensive workout that targets both aerobic and muscular endurance motivated through dynamic movements and music.

**Wednesdays**  
12:00 – 1:00pm  
Apr 10 – Jun 26  
\$109 + tax / 12 classes **66370**

### Zumba

15+ yrs  
CDCC – Erickson Room

A dance fitness party mixing low-intensity and high-intensity moves that are adaptable for all fitness levels! Once the Latin and World rhythms take over, you'll see why Zumba classes are often called exercise in disguise. Effective and fun fitness for all!

**Wednesdays**  
5:00 – 6:00pm  
Apr 10 – Jun 26  
\$109 + tax / 12 classes **66368**



## Full Body RX

15+ yrs  
CDCC – Fitness Studio

Full Body RX is a rigorous interval training sequence of 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.

**Wednesdays**  
**9:00 – 10:00am**  
**Apr 3 - 24**  
**Drop-in/Included with Admission or Active Pass**

## Slow Strength Functional Training

15+ yrs  
CDCC – Fitness Studio

Through a method of slow strength training, you will build strength (but not bulkiness) in a safe way. After every class, you will feel stronger and more able to take on the activities of your life. Modifications are available and no experience is necessary.

**Wednesdays**  
**10:30 - 11:30am**  
**Apr 10 - Jun 19**  
**\$100 + tax / 11 classes** **66358**

## Functional Fitness

15+ yrs  
CDCC – Fitness Studio

This program is tailored for active older adults and includes low impact movements for cardiovascular fitness along with safe and effective strength and balance exercises.

**Thursdays**  
**9:00 – 10:00am**  
**Apr 4 - May 30**  
**Drop-in/Included with Admission or Active Pass**



## Lower Body Strengthening & Conditioning

15+ yrs  
CDCC – Fitness Studio

This is a beginner-intermediate level fitness class designed for those wanting a stronger, more conditioned lower body. This class uses a variety of exercises and intensities to improve your overall lower body fitness.

**Wednesdays**  
**5:15 – 6:15pm**  
**Apr 3 - Jun 26**  
**Drop-in/Included with Admission or Active Pass**

## Studio Circuit

15+ yrs  
CDCC – 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.

**Fridays**  
**9:00 – 10:00am**  
**Apr 5 - 26**  
**Drop-in/Included with Admission or Active Pass**

**Fridays**  
**9:30 - 10:30**  
**May 10 - Jun 28**  
**Drop-in/Included with Admission or Active Pass**



SPECIALTY, MOBILITY AND/OR MINDFULNESS

### Hatha Yoga

15+ yrs  
 CDCC – Fitness Studio  
 All Fitness Levels

Hatha Flow Yoga is a moderately-paced class that synchronizes yoga postures with the breath. This fun and uplifting class will build strength, flexibility and balance. Breath work, relaxation and meditation are part of this well rounded class. You will leave feeling refreshed, renewed and rejuvenated!

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

No class Monday, May 20

**Thursdays**  
 6:30 – 8:00pm  
 Apr 11 - Jun 27  
 \$164 + tax / 12 classes 66361

### Pelvic Floor and Core Strength for Women

15+ yrs  
 CDCC – Kootenay Room  
 Instructor: Carmen Ditzler

Pelvic floor challenges such as incontinence, prolapse, and core weakness can sneak up on us as we age. This class is for women in peri to postmenopause (35+ years old). You can learn to improve your pelvic and deep core function in order to enjoy doing the things you love to do! Breath, move, strengthen, release, and relax in a supportive setting.

**Mondays**  
 10:30 – 11:30am  
 Apr 8 - May 13  
 \$55 + tax / 6 classes 66359

**Mondays**  
 10:30 – 11:30am  
 May 27 - Jun 24  
 \$45 + tax / 5 classes 66360

### Yin Yoga

50+ yrs  
 CDCC – Kootenay Room

This quiet, reflective yoga class is designed for those who would like to feel better in their bodies through a slow-paced practice. Poses are held for a long time, allowing for a stretch of the deeper tissues and a greater stimulus for increased flexibility and range of motion. Poses are seated and supine, and there is no fast movement from seated to standing. No experience necessary for this class, and there are modifications available for every pose.

**Thursdays**  
 9:00 – 10:00am  
 Apr 11 - Jun 20  
 \$100 + tax / 11 classes 66362

## Chair Yoga

15+ yrs  
CDCC – Kootenay Room

Chair Yoga offers a low intensity yoga option for those with mobility constraints. In this class we will flow through various seated poses that will allow you to improve your mobility and in turn reduce the risk of falls and muscle injuries. All levels welcome, a great program for beginners and those needing modifications.

**Tuesdays**  
9:00 – 10:00am  
Apr 9 - Jun 18  
\$100 + tax / 11 sessions **66363**

## Tai Chi Beginner

15+ yrs  
CDCC – Fitness Studio / Erickson Room

Yang-style Tai Chi exercises your entire body using gentle, low impact movements that build strength, endurance, flexibility, and balance. A 'meditation in motion' that cultivates a healthy body, mind, and spirit. This practice strengthens joints, connective tissues and improves overall body alignment which helps promote a calm mental focus and sensory awareness.

**Tuesdays**  
10:15 – 11:15am  
Apr 9 - Jun 25  
\$109 + tax / 12 sessions **66364**

## Tai Chi Intermediate

15+ yrs  
CDCC – Fitness Studio

The opportunity for those who have a solid understanding and experience with Yang foundation exercises and the complete set to enjoy a comprehensive practice in a group setting. A great health maintenance program!

**Thursdays**  
10:15 – 11:15am  
Apr 11 - Jun 27  
\$109 + tax / 12 classes **66365**



## Weight Training in Menopause

15+ yrs  
CDCC – Fitness Studio  
Instructor: Carmen Ditzler

Weight training in this stage of life can help maintain muscle mass, strength, balance, bone health, improve mood, decrease hot flashes and other symptoms of menopause. It can also improve pelvic health and function. You'll be supported at your own level and have more information about what works for your body. We'll use body weight, resistance-bands and light weights for full range of motion, feel good movement.

**Tuesdays**  
3:30 – 4:30pm  
Apr 9 - May 14  
\$55 + tax / 6 classes **66366**

**Tuesdays**  
3:30 – 4:30pm  
May 28 - Jun 25  
\$45 + tax / 5 classes **66367**

## Move to Improve (Parkinson's)

15+ yrs  
CDCC – Fitness Studio / Kootenay Room

This specialized drop-in program has been primarily designed to help improve mobility and reduce symptoms of those with Parkinson's. Exercises are modified for all levels of mobility, from wheelchairs to standing. Those who are at a higher risk for falls will also benefit from taking this program. Please note: Parkinson's participants will have a reserved spot in the program but the remaining available spots can be attended by the public as a Fall Prevention class.

**Wednesdays & Fridays**  
11:15 – 12:15pm  
Apr 3 - Jun 26  
Drop-in/Included with Admission or Active Pass  
Wednesdays: Kootenay Room  
Fridays: Fitness Studio

**No class Friday, March 29**

## 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) 428-7127 ext. 2038 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**

Option	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	

## Youth on Weights

13-17 yrs

CDCC – Fitness Centre / Fitness Studio

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 CDCC 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!

## 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 CDCC 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 250-428-7127 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 FOR AGES 13 - 15 YEARS

CDCC 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](http://www.rdck.ca/recreation) in person or call 250-428-7127 to speak with one of our customer service representatives.

**4:30-5:00pm  
Mondays  
General Admission**

## Basketball

16+ yrs

Creston Education Centre - Gymnasium

Playing co-ed basketball is a great physical workout! Shoot some hoops and meet new people that enjoy the sport.

**Mondays**

6:30 – 8:00pm

Apr 15 - Jun 24

\$66 + tax / 10 sessions

66373

**No class Monday, May 20**

Join us for a FREE try it out day! Monday, Apr 8, 6:30-8:00pm

## Badminton

16+ yrs

Creston Education Centre - Gymnasium

Join us for a fun night of Badminton, appropriate for all levels! Bring your own racket if you have one, or use one of ours.

**Tuesdays**

6:30 – 8:00pm

Apr 9 - Jun 25

\$79 + tax / 12 classes

66374

Join us for a FREE try it out day! Tuesday, Apr 2, 6:30-8:00pm

## Table Tennis

16+ yrs

CDCC – Creston Room

Join us for a fun, fast paced and focused night of table tennis. All levels are welcome!

**Tuesdays**

7:00 – 8:30pm

Apr 9 - Jun 25

\$79 + tax / 12 sessions

66377

**No session Tuesday, March 19**

Join us for a FREE try it out day! Tuesday, Apr 2, 7:00-8:30pm

## Volleyball

16+ yrs

Creston Education Centre - Gymnasium

Bump, set, spike! Get out and get involved in an evening of exciting volleyball. A great way to get active, meet new people, and have some fun.

**Thursdays**

7:00 – 8:30pm

Apr 11 - Jun 27

\$79 + tax / 12 sessions

66375

Join us for a FREE try it out day! Thursday, Apr 4, 7:00-8:30pm



## Learn to Play Tennis - 13+ Years

13+ yrs

Creston Tennis Courts

The smart and fun way to learn tennis! Progressive Tennis uses modified tennis balls, racquets, nets and courts, so that beginner players at any age are properly equipped to enjoy interactive rallies and be successful. All equipment is supplied. Wear proper running shoes and comfortable clothing.

**Wednesdays**

6:00 - 7:30pm

May 22 - Jun 26

\$41 + tax / 6 sessions

66485

Join us for a FREE try it out day! Wednesday, May 15, 6:00 - 7:30pm

## Soccer

16+ yrs

Creston Education Centre - Gymnasium

Keep that endurance level up over the fall and winter by joining our indoor soccer! Fun, fast paced games with some skill building drills. An excellent way to meet new friends and improve your fitness!

**Fridays**

7:00 - 8:30pm

Apr 12 - May 31

\$53 + tax / 8 sessions

66376

Join us for a FREE try it out day! Friday, Apr 5, 7:00-8:30pm



# RECREATION SPORTS SCHEDULE

April - June, 2024

Included with  
Admission or  
Active Pass

Pre Registered  
Program

## YOUTH (0-16 yrs)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>6:00 - 7:30PM</b> <b>LEARN TO PLAY TENNIS</b> (13+ yrs) <i>Tennis Courts</i>			

## ADULT (16+ yrs)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:30 - 8:00PM</b> <b>BASKETBALL</b> <i>Creston Education Centre</i>	<b>7:00 - 8:30PM</b> <b>TABLE TENNIS</b> <i>CDCC - Creston Room</i>	<b>6:00 - 7:30PM</b> <b>LEARN TO PLAY TENNIS</b> <i>Tennis Courts</i>			
	<b>6:30 - 8:00PM</b> <b>BADMINTON</b> <i>Creston Education Centre</i>		<b>7:00 - 8:30PM</b> <b>VOLLEYBALL</b> <i>Creston Education Centre</i>	<b>7:00 - 8:30PM</b> <b>SOCCER</b> <i>Creston Education Centre</i>	

## SOCIAL AND RECREATION PROGRAMS

### Public Roller Skating/Blading

CDCC 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 and available for rent. No skateboards or scooters. No rental skates available.

May 5 - July 24

Sundays

2:30 - 4:00pm

Wednesdays

4:00 - 5:30pm

Included with Admission or Active Pass

### Outdoor Pursuits Social Hour

CDCC - Erickson 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 fishing excursion on Duck Lake or a hike up the Thompson Rim trail? 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 CDCC 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

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

## 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 - 3:00 pm

FREE REGISTRATION

68704

### 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](http://rdck.ca), by calling 250-226-0008 or at your local facility. Pre-registration is highly encourage. 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:

# 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 Creston & District Community Complex (CDCC) offer a wide range of rental opportunities for meetings, banquets, receptions, and social gatherings, which have access to a full commercial kitchen and audio/visual equipment.

The CDCC has rooms available to host everything from a small meeting to an event up to 450 people. The property also contains a 7,000 sq.ft. stand-alone community hall (Rotacrest Hall) available for rentals.

The multi-purpose recreational facility, which sits on over 20 acres of land, also offers sport facility rentals including an ice arena, aquatic centre, baseball and soccer fields, and a variety of outdoor sport courts including pickleball, beach volleyball, basketball, and a 10,000 square foot skatepark.

Our professional and experienced staff are happy to assist you in planning the most satisfying and memorable experience. Visit [www.rdck.ca/recreation](http://www.rdck.ca/recreation) for more detailed information about our rental spaces and how to book them.



**Exceptional facilities.  
Exceptional service.**

**CONTACT US TODAY  
TO BOOK YOUR SPACE**