

# CRESTON

## ADMISSION, HOURS + SCHEDULES

January 1<sup>st</sup> to  
March 31<sup>st</sup>, 2024



To view the guide and register online visit [rdck.ca/recreation](https://rdck.ca/recreation) or call 250.428.7127



Creston & District  
Community Complex

# WINTER HOURS

Hours of Operation are  
subject to change

January 2 – March 30, 2024

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	1:00 - 6:00pm	CLOSED	2:00pm - 8:00pm	6:30am - 12:30pm 3:30-8:00pm	2:00pm - 8:00pm	6:30am-12:30pm 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 parent or guardian 16 years of age or older.

## 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 6 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.

## HOLIDAY HOURS

### HOLIDAY CLOSURES

Christmas Day  
New Year's Day

### HOLIDAYS OPEN

**1:00 - 5:00pm**

Boxing Day  
Family Day  
Good Friday

### EARLY CLOSURES

**4:00pm**

Christmas Eve  
New Year's Eve

## 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](https://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.

January 1 - March 16, 2024

**FEBRUARY 19, MARCH 29, 1-5PM**

**SAVE THE DATES!** Save the dates! The last Sunday of the month we will have the **WIBIT** out for the afternoon instead of Splash Squad. **PRO-D DAY** Jan 15, 1-4pm + Feb 16 pool will be open 6:30am-8:00pm, **WIBIT** will be out 1-2:30pm for extra FUN!

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

Come join our Splash Squad, you will get to play with all the fun equipment and new friends too!

# FITNESS SCHEDULE

January - March 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 YIN YOGA FOR SENIORS <i>Kootenay Room</i>	
9:00-10:00 HATHA YOGA	9:00-10:00 CORE N MORE	9:00-10:00 FULL BODY RX	9:00-10:00 FUNCTIONAL FITNESS	9:00-10:00 STUDIO CIRCUIT
10:30-11:30 SLOW STRENGTH FUNCTIONAL TRAINING	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				
		11:15-12:15 MOVE TO IMPROVE <i>Kootenay Room</i>		11:15-12:15 MOVE TO IMPROVE <i>Fitness Studio</i>
	3:30-4:30 WEIGHT TRAINING IN MENOPAUSE			
5:15-6:15 TRX <i>Kootenay Room</i>	5:45-6:45 SPIN & STRENGTH	5:15-6:15 LOWER BODY STRENGTHENING & CONDITIONING	5:15-6:15 FULL BODY STRENGTHENING & CONDITIONING	
6:45-7:45 FULL BODY STRENGTHENING & CONDITIONING			6:30-8:00 HATHA YOGA	

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

Registration for included with admission programs, within 24 hours of a program start time, is only available to those who have purchased a 1, 3, or 6 month Active Pass time-based-membership or Golden Guests.

In-person registration is required, for users who do not have a 1, 3, or 6 month Active Pass time-based membership, one hour prior to the program start time. If you do not have a time-based-membership, you can no longer call the front desk to register.



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



Or Register by Phone: 250-428-7127



# ARENA SCHEDULE

January 8 - March 17, 2024

Schedule Subject to change. Visit [rdck.ca](http://rdck.ca) for up to date information.

Included with  
Admission

Pre Registered  
Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30-10:30am <b>PARENT &amp; TOT</b>	9:00-10:00am <b>PUCK SKATE</b>	9:30-10:30am <b>PARENT &amp; TOT</b>	9:00-10:00am <b>PUCK SKATE</b>	
	10:15-11:30am <b>DROP-IN HOCKEY</b>	10:30-11:30am <b>PUBLIC SKATE</b>	10:15-11:30am <b>DROP-IN HOCKEY</b>	10:30-11:30am <b>PUBLIC SKATE</b>	10:15-11:30am <b>DROP-IN HOCKEY</b>	
3:30-5:00pm <b>PUBLIC SKATE</b> <i>*If No Thunder Cat Game</i>						
						5:00-6:30pm <b>PUBLIC SKATE</b>
				6:00-7:00pm <b>YOUTH SHINNY</b>		
8:45-10pm <b>ADVANCED ADULT HOCKEY</b>				9:45-11pm <b>ADVANCED ADULT HOCKEY</b>		

## SKATE & HELMET RENTALS

**Skates \$3.00 + tax**

**Helmets \$3.00 + tax**

**Skates & Helmet \$5.00**



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

Or Register by Phone: 250-428-7127