

CRESTON

ADMISSION, HOURS + SCHEDULES

September 3rd to
December 21st, 2024



To view the guide and register online visit rdck.ca/recreation or call 250.428.7127



Last updated on November 5



Creston & District
Community Complex

FALL HOURS

November 5 – December 21, 2024

ANNUAL POOL SHUTDOWN

August 26 -September 8

Hours of Operation are subject to change

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

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)	\$4.04	\$36.36
Adult (19-74)	\$8.08	\$72.72
Golden Guest (75+)	Free	-
Family (2 adults and up to 4 dependent children)	\$16.16	-

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 with Admission group fitness classes, Public Skate, and

	ACTIVE PROGRAM FEES		
	1 Month	3 Month	6 Month
Adult	\$72.72	\$185.44	\$327.24
Youth	\$36.36	\$92.72	\$163.62
2nd Adult	\$65.48	\$166.90	\$294.52
2nd Youth	\$32.74	\$83.45	\$147.26

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

HOLIDAY HOURS

HOLIDAY CLOSURES

Labour Day
Truth & Reconciliation Day
Christmas Day
New Year's Day

HOLIDAYS OPEN 1:00-5:00pm

Thanksgiving Day
Remembrance Day
Boxing Day

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 each year.

The program is undergoing changes to increase access for RDCK residents. All current pass holders for the 2023/2024 season, will have their pass extended until Dec 31, 2024. New application and program details will be available later in the summer.

POOL SCHEDULE

October 29 – December 20, 2024

SWIMMING POOL CLOSED:

September 30, December 25

Schedule is subject to change.

SAVE THE DATES! WIBIT DAYS on the 2nd & 4th Sunday of the month! Pro-D-Day, September 20 and October 25, the pool will be open 6:30am -8:00pm with no mid day shut down. **WIBIT** will be out 1-2:30pm for extra FUN!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<p>AQUA RUNNING 7:15-8:00am</p> <p>CARDIO AQUA JAMS 8:30-9:15am</p> <p>LEISURE SWIM 6:30am-1:00pm</p>		<p>H2O CARDIO TONE Starts Oct 2 8:30-9:15am</p> <p>GENTLE JOINTS Starts Oct 2 9:45-10:30am</p> <p>LEISURE SWIM 6:30am-1:00pm</p>		<p>SHALLOW FIT Starts Oct 3 8:15-9:00am</p> <p>AQUA CONDITIONING 10:30-11:15am</p> <p>LEISURE SWIM 8:00am-1:00pm</p>	<p>H2O CARDIO TONE 8:30-9:15am</p> <p>GENTLE JOINTS 9:45-10:30am</p> <p>LEISURE SWIM 6:30am-1:00pm</p>	
<p>LEISURE SWIM 1:00-6:00pm</p>							
<p>WIBIT DAY 2nd and 4th Sunday of the month 1:00-2:30pm</p>							
		<p>LEISURE SWIM 3:30-8:00pm</p>	<p>LEISURE SWIM 3:30-8:00pm</p>	<p>LEISURE SWIM 3:30-8:00pm</p>	<p>LEISURE SWIM 3:30-8:00pm</p>		
		<p>LAPS & LEISURE 7:00-8:00pm</p>	<p>LAPS & LEISURE 7:00-8:00pm</p>	<p>LAPS & LEISURE 7:00-8:00pm</p>	<p>LAPS & LEISURE 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.

Leisure Swim

A lap lane, leisure pool and hot areas available

Laps & Leisure

3 lap lanes, leisure pool and hot areas available

Wibit Days

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



Register Online: rdck.ca/recreation



Or Register by Phone: 250-428-7127

FITNESS SCHEDULE

September 3 – December 21, 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 HATHA YOGA	9:00-10:00 CORE N MORE	9:00-10:00 GROUP CIRCUIT	9:00-10:00 FUNCTIONAL FITNESS	
	10:15-11:15 TAI CHI BEGINNER	10:30-11:30 SLOW STRENGTH	10:15-11:15 TAI CHI INTERMEDIATE	
		11:15-12:15 MOVE TO IMPROVE <i>Kootenay Room</i> <i>Classes start October 2nd</i> <i>No class Sep 11, Nov 20</i>		11:15-12:15 MOVE TO IMPROVE <i>Classes start October 4th</i>
		12:00-1:00 ZUMBA STEP		
4:30-5:30 FULL BODY GROUP X	3:30-4:30 WEIGHT TRAINING IN MENOPAUSE	4:30-5:30 FULL BODY GROUP X	4:00-5:00 PELVIC CORE AND STRENGTH	
5:00-6:00 BELLY DANCING LEVEL 1 <i>Erickson Room</i>		5:00 - 6:00 ZUMBA <i>Erickson Room</i>	6:30-8:00 HATHA YOGA	
5:15-6:15 TRX <i>Kootenay Room</i>				

**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.

ARENA SCHEDULE

September 3 – December, 2024

Schedule Subject to change. Visit rdck.ca for up to date information.

Included with Admission

Pre Registered Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		11:00am-12:00pm ICE PUPS CLUB	11:00am-12:00 pm STICK & PUCK SKATE	11:00am-12:00pm PARENT & TOT	10:30-11:30am STICK & PUCK SKATE	
		12:15 – 1:30pm LUNCH HOUR DROP IN HOCKEY	12:15 – 1:30pm SENIOR DROP-IN HOCKEY	12:15 – 1:15pm PUBLIC SKATE	11:45am – 12:45pm LUNCH HOUR DROP IN HOCKEY	
3:30-4:30pm PUBLIC SKATE					2:45-4:15pm PUBLIC SKATE	
				6:00-7:00pm RINK RATS: KIDS REC HOCKEY		5:30-6:30 pm PUBLIC SKATE
8:45-10:15pm ADVANCED REC HOCKEY	9:30-10:30pm ADULT/TEEN LEARN TO PLAY HOCKEY			10:00-11:15pm ADVANCED REC HOCKEY		

Skate Rentals: \$3.00 + tax

Helmet Rentals: \$3.00 + tax

Skate & Helmet Combo: \$5.00 + tax