

CRESTON

PROGRAM GUIDE WINTER 2025

Registration
Start Date:
Monday, December 2
8:00 am

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



Last Updated: January 16



Creston & District
Community Complex



Creston & District Community Complex



Visit Us

312 19th Ave. North, Creston, BC
rdck.ca/recreation

Contact Us

250-428-7127 | crestonrec@rdck.bc.ca



Online Registration

rdck.ca/recreation

Need to setup an online registration account?
Fill out the [RDCK Client Profile Form](#)

Contents

HOURS.....	3
ADMISSION	4
SPECIAL EVENTS	5
TRAINING	6
YOUTH	9
CAMPS	11
SWIM LESSONS	12
POOL SCHEDULE	16
FITNESS SCHEDULE	18
ARENA SCHEDULE.....	25



[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 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

WINTER HOURS

Hours of Operation are
subject to change

January 5 – March 15, 2025

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	1:00 - 6:00pm	6:30am - 1:00pm 3:30 - 8:00pm	8:00am - 1:00pm 3:30 - 8:00pm	6:30am - 1:00pm 3:30 - 8:00pm	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 caregiver 16 years of age or older that is in 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)	\$4.04	\$36.36
Adult (19-74)	\$8.08	\$72.72
Golden Guest (75+)	Free	-
Family (Family of 5. Two adults max.)	\$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.
- Family pricing for up to five people with two adults max. Families are classified as adults with accompanying dependents.

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 Shiny Hockey. Prices do not include tax.

	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 regular Adult or Youth passes.

LEISURE ACCESS PROGRAM

The Leisure Access Program helps residents of all ages living in the RDCK who are in financial hardship access RDCK recreation services. This program provides further subsidy on general admission, membership services, and registered programs. Individuals and families are welcome to apply.

The program is undergoing changes. All current pass holders will have their pass extended until May 31, 2025. Users will start to see new program details emerge before the reapplication date of May 31, 2025.



SPECIAL EVENTS



Glow Skate

All Ages | CDCC Arena

Get ready to light up the ice!

Experience the magic of skating under dark lights and loud music. Perfect for families, friends, and couples, this event is great for skaters of all ages looking to enjoy a unique experience on the ice.

Don't forget your glow sticks!

Saturday
January 25
5:30-6:30pm

Sunday
February 9
3:30-4:30pm

Friday
March 21
2:45-4:15pm

General admission



Family Day Fun!

All Ages | CDCC Arena & Pool

Soak up some quality family time and enjoy a fun-filled FREE afternoon on the ice, in the pool, or both! Complimentary ice clean at 3:00pm.

Monday
1:00-5:00pm
February 17
FREE



Love Float

All Ages | CDCC Pool

Treat yourself and a loved one for a relaxing swim in the CDCC pool! Love is in the air with a romantic playlist.

Friday
6:00-8:00pm
February 14th
General admission



Shamrock Swim

All Ages | CDCC Pool

Join us for an afternoon of fun and surprises. Our amazing team will lead you through some exciting games with prizes.

Monday
4:00-6:00pm
March 17
General admission

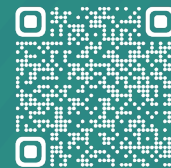
AQUATIC TRAINING OPPORTUNITIES!

Become a qualified Lifeguard, and Swim Instructor.

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

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

Learn more and apply at
rdck.ca/GetTraining
or scan the QR Code.



CAREER IN RECREATION - AQUATICS TRAINING

Bronze Medallion

Prerequisites: 13 yrs of age by last day of course, or hold Bronze Star certification

Multiple dates and locations, see below

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.

Bronze Medallion is a prerequisite for Bronze Cross Assistant Lifeguard.

Cost includes Canadian Lifesaving Manual. Please bring your government-issued ID.

***100% attendance is required**

CASTLEGAR / CDRD

Fridays - 4:00pm - 8:00pm
Saturdays - 12:00pm - 4:00pm
January 10, 11, 17, 18, 24, 25
\$196 + tax

80770

NELSON / NDCC

Fridays - 4:00pm - 8:00pm
Saturdays - 2:00pm - 6:00pm
January 10, 11, 17, 18, 24, 25
\$196 + tax

80767

CRESTON / CDCC

Monday - Thursday
10:00am - 4:00pm
March 17, 18, 19, 20
\$196 + tax

80774

Bronze Cross Assistant Lifeguard

Prerequisites: Bronze Medallion

Multiple dates and locations, see below

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 prerequisite awards for all advanced Lifeguard and Leadership training programs and is worth two grade 11 high school credits.

Please bring your Canadian Lifesaving Manual, government-issued ID, and copy of your Bronze Medallion certification.

***100% attendance is required**

CASTLEGAR / CDRD

Fridays - 4:00pm - 8:00pm
Saturdays - 12:00pm - 4:00pm
February 7, 8, 14, 15, 21, & 22
\$162 + tax

80769

NELSON / NDCC

Fridays - 4:00pm - 8:00pm
Saturdays - 2:00pm - 6:00pm
February 7, 8, 14, 15, 21, & 22
\$162 + tax

80772

CRESTON / CDCC

Monday - Thursday
10:00am - 4:00pm
March 24, 25, 26, 27
\$162 + tax

80775

National Lifeguard (Pool)

Prerequisites: 15 yrs of age by last day of course, Bronze Cross, and Standard First Aid with CPR-C (or approved alternative) by first day of course

Multiple dates and locations, see below

The National Lifeguard (Pool) certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments.

National Lifeguard (Pool) is worth two grade 12 high school credits. You must be 16 years of age to be employed as a lifeguard.

Price includes alert manual and lifeguard tool kit. Please bring your government issued ID, and a copy of your Bronze Cross and Standard First Aid certifications.

***100% attendance is required.**

NELSON / NDCC

Fridays - 4:00pm - 8:00pm
Saturdays & Sundays
9:00am - 4:00pm
March 14, 15, 16, 21, 22, 23, 28, 29, & 30
\$573 + tax

80773

For all first aid and aquatic certifications that require a prerequisite, the prerequisite must be presented at the start of day 1 of class to participate.

RDCK programs are Lifesaving Society issued.

National Lifeguard (Pool) & Airway Management and Oxygen Administration - Recertification

Prerequisites: National Lifeguard and Airway Management & Oxygen Administration

National Lifeguard Recertification courses are available to renew your National Lifeguard (Pool) award to "current" status.

This course includes a 4 hour precertification, 2 hour Airway Management and Oxygen Administration recertification, and 4 hour recertification. The objective of the precertification is to provide candidates an opportunity to review NL skills and knowledge and to provide education on new information before the start of the recertification. Although not a requirement, it is highly encouraged that candidates attend the precertification prior to attempting the recertification exam.

Please bring your alert Manual, government-issued ID, and copy of your National Lifeguard (Pool) and Airway Management and Oxygen Administration certifications.

CASTLEGAR / CDRD
Saturday - 12:00-4:00pm
Sunday - 9:30am-4:00pm
March 1 & 2
\$143 + tax

80771

Lifesaving Society Standard First Aid with CPR-C

 **Multiple dates and locations, see below**

Standard First Aid is a WorkSafe BC Intermediate First Aid equivalent and can be used in the workplace.

This course includes comprehensive training covering all aspects of first aid, CPR and AED use. Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. Certification includes CPR-C and AED.

Please bring your government-issued ID.

CASTLEGAR / CDRD
Saturday & Sunday
9:00am - 6:00pm
January 25 & 26
\$235 + tax

80776

NELSON / NDCC
Saturday & Sunday
9:00am - 6:00pm
February 15 & 16
\$235 + tax

80779

CRESTON / CDCC
Saturday & Sunday
9:00am - 6:00pm
March 1 & 2
\$235 + tax

80782



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

Lifesaving Society Standard First Aid with CPR-C Recertification

Prerequisites: Standard First Aid with CPR-C Certification from an approved agency (Lifesaving Society, St. John Ambulance, Heart & Stroke Foundation of Canada, Canadian Red Cross, or Canadian Ski Patrol)

Multiple dates and locations, see below

Standard First Aid awards must be recertified every 3 years. Standard First Aid recertifications are equivalent to WorkSafe BC Intermediate First Aid. Recertification includes CPR-C and AED.

Please bring your previous Standard First Aid certification and government-issued ID.

NELSON / NDCC
Thursday & Friday
4:00pm - 8:30pm
January 23 & 24
\$116 + tax

80780

CRESTON / CDCC
Saturday & Sunday
9:00am - 1:30pm
February 1 & 2
\$116 + tax

80783

CASTLEGAR / CDRD
Saturday & Sunday
9:00am - 1:30pm
March 29 & 30
\$116 + tax

80777

CPR-C Recertification

Prerequisites: CPR-C Certification from an approved agency (Lifesaving Society, St. John Ambulance, Heart & Stroke Foundation of Canada, Canadian Red Cross, or Canadian Ski Patrol)

Multiple dates and locations, see below

CPR-C awards must be recertified every 3 years. Recertification includes CPR-C and AED.

Please bring your previous CPR-C certification and government-issued ID.

NELSON / NDCC
Thursday
4:00pm - 8:30pm
January 23
\$56 + tax

80781

CRESTON / CDCC
Saturday
9:00am - 1:30pm
February 1
\$56 + tax

80784

CASTLEGAR / CDRD
Saturday
9:00am - 1:30pm
March 29
\$56 + tax

80778

CAREER IN RECREATION - FITNESS TRAINING OPPORTUNITIES

CFES Fitness Knowledge

16+ yrs

NDCC - Nelson & District Community Complex

Fitness Knowledge is a Prerequisite to Weight Training Instructor, Group Fitness Instructor and Aquatic Fitness Instructor courses. If you are interested in Personal Training, that course follows Weight Training. In this course you will learn the basics that provide the foundation to become a fitness leader in your area of choice. In addition to in class time there will be home-study and an open book exam required for completion.

Unable to attend in person? CFES also offers a Fitness Knowledge Home Study course for \$275.00

For more information please visit: <https://canadianfitness.net/courses/cfes-fitness-knowledge-homestudy/>

NELSON / NDCC
Saturdays & Sundays
10:00 - 5:30pm
Jan 18-19, 25-26
\$364 + tax

81198

CFES Weight Training Instructor

16+ yrs

NDCC - Nelson & 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.)

NELSON / NDCC
Thursdays 4:30 - 9:00pm
Sundays 9:00am - 5:30pm
Feb 6, 9, 13, 20, 23, 27, Mar 6
\$484 + tax

81199

Written exam and practicum day Mar 20th, 4:30 - 9:00pm

If you withdraw from a specialty, advanced or certification course within 7 days before the course starts, you will not receive a refund.

Refunds for program withdrawals due to medical or special circumstances can be requested with appropriate documentation and must be approved by authorized RDCK staff.

0-6 YR PROGRAMS

SWIM & SKATE CLUBS



Sea Pups Club

**2 programs in 1!
Swim Lesson included**

3-6 yrs | Drop off: CDCC - Sunshine Room
Pickup: Pool Deck

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

Join us for a program that will let you get a work out in, 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, games or stories and will follow with a full swim lesson set and play in the pool!

Your child will be assigned into an Octopus 1 or Crab 2 swim lesson level based on skills.

Parents are required to stay within the complex during the duration of the program and must be available to assist with their child/ren if needed.

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 available amenities while your child is cared for by our fantastic staff!

Mondays
9:00 – 10:30am
Jan 13 – Mar 10
\$120 / 8 classes

81248

***No Class February 17**

Wednesdays
9:00 – 10:30am
Jan 15 – Mar 5
\$120 / 8 classes

80287

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

Monday Classes: Hatha Yoga

Wednesday Classes: Gentle Joints AquaFit
Group Circuit



NEW!

Ice Pups Club

**2 programs in 1!
Skate instruction included!**

3-6 yrs | Drop off: CDCC - Arena Pickup: CDCC - Sunshine Room

Welcome to Ice Pups Club, a fun-filled program designed for toddlers to enjoy skating and activities while parents have a well-deserved break. This unique offering combines supervised ice skating sessions with engaging playtime providing a safe and enjoyable environment for little ones.

Activities Include:

- 1. Skating Sessions (45min):** Toddlers will receive basic skating instruction and guidance from our trained staff in a designated area of the ice rink. They'll have the opportunity to glide, twirl, and explore the ice in a supportive and controlled setting. Safety is always our number one priority
- 2. Playtime Fun:** Off the ice, toddlers can engage in age-appropriate games, toys, and activities that promote physical activity and social interaction. Our indoor play room is designed to stimulate their curiosity and energy.

Please drop children off in the arena with a helmet, skates and warm jacket and mittens. Pick up will be located in the Sunshine room. Please bring snack for child to enjoy after their skate. Parents are required to stay in the facility for the duration of the program and must be available to assist their child/ren if needed.

Tuesdays
11:00am – 12:30pm
Jan 7 – Feb 4
\$60 / 5 classes

80270

Tuesdays
11:00am – 12:30pm
Feb 11 – Mar 11
\$60 / 5 classes

80271

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



Tot Soccer

3-6 yrs
Creston Education Centre - Gymnasium

Get your preschooler moving as they learn the basics of soccer! Other games will be introduced and played to develop basic sport skills such as running, jumping, kicking, throwing, catching, and balance.

Thursdays
3:30 - 4:15pm
Jan 23 - Mar 13
\$24 / 8 classes

80028

FUN- damentals!

(7-10 yrs)

This stage of physical activity is designed to develop fundamental movement skills, with emphasis on participation and having FUN on a daily basis. Our programs will emphasize the ABCS, agility, balance, and coordination and speed.

Kids Soccer

7-10 yrs
Creston Education Centre - Gymnasium

Dribble, pass, shoot, SCORE! Practice your skills with drills, games, and activities to touch up your ball control, passing, and shooting, and have some fun in the process!

Thursdays
4:30 - 5:30pm
Jan 23 - Mar 13
\$24 / 8 classes

80029

Active for Life!

Active Start (0-6yrs)

The Creston & District Community Complex strives to offer programs that support the Canadian Sport for Life model of physical literacy. At this age, physical activity should always be fun and part of daily life. Active play in a safe environment is the best way to keep children physically and socially active.

Learn to Play Tennis

9-12 yrs
Creston Education Centre - Gymnasium

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.

Tuesdays
5:00 - 6:30pm
Jan 14 - Feb 18
\$24 / 6 classes

80030

PRO-D DAY CAMPS

Jolly January Pro-D Day Camp

7-12 yrs | CDCC - Erickson Room

Spend the day with your friends learning new games, creating art, getting active on the ice and having some poolside fun. During our Pro-D Day camps you can expect to stay busy with all your favourite activities.

Please remember a swimsuit, towel, skates, helmet, snack and lunch. Rental skates will be available to campers at no cost.

Monday
8:30am - 3:30pm
Jan 20
\$39

79969

Fabulous February Pro-D Day Camp

7-12 yrs | CDCC - Erickson Room

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

Please remember to bring a swimsuit, towel, snack and lunch.

Friday
8:30am - 3:30pm
Feb 14
\$39

79970

YOUTH PROGRAMS

Friday FUN Nights

7-12 yrs | CDCC - Erickson Room

Dive into a night of endless fun with your friends and enjoy some pizza with all of the favorite toppings. Along with the delicious pizza, we will have the best selection of board games in town. Games include strategic challenges or party game favorites that will be sure to create some laughter and friendly competition. After satisfying your taste with pizza and games, we will go for a refreshing swim in the pool. Friday nights just became THE nights all of your friends will be talking about at the Creston Complex.

5:00 – 6:30pm: Flexible drop-off time

6:30 – 8:00pm: Flexible pick-up time

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

Friday
5:00 - 8:00pm
Jan 24
\$21

79990

Friday
5:00 - 8:00pm
Feb 28
\$21

79991

Friday
5:00 - 8:00pm
Mar 14
\$21

79992

SPRING BREAK CAMP

Spring Break Bash

7-12 yrs | CDCC - Erickson Room

Make the most of your Spring Break vacation by spending time unwinding with your friends. During the week we will be getting active with your favorite games, creating works of art and enjoying the pool and ice.

Please remember a swimsuit, towel, skates, helmet, snack and lunch. Rental skates will be available to campers at no cost.

Week 1
Monday - Friday
8:30am - 3:30pm
Mar 17 - 21
\$180

79976

Week 2
Monday - Friday
8:30am - 3:30pm
Mar 24 - 28
\$180

79984

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



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.

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. If a child is registered in the wrong level, they may be withdrawn for safety reasons, and the withdrawal policy will be in effect. Refunds will only be provided if they fall within the withdrawal policy. Please have your child assessed before registering.

Waitlists


If the class you want is full, get on the waitlist! Classes with waitlists are used to replace any classes that have been cancelled and new classes are created when there is increased capacity.

Cancelled Classes

Classes may be cancelled 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 your child in the next available class/lesson set or 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 LEVEL ASSESSMENT DAY**
Saturday November 30, 2024
1 - 4 pm

SWIM LESSON SCHEDULES

Online registration closes at 9am the day before the first class. Please phone for late registration.

Session Dates

TUESDAY	January 7 - March 11	10 classes
THURSDAY	January 9 - March 13	10 classes
SATURDAY	January 18 - March 8	8 classes
SUNDAY	January 19 - March 9	8 classes

Aqua Babies Parent participation

Jellyfish 1 Parent & Tot	Tuesday	3:45 - 4:10 pm	80860
Goldfish 2 Parent & Tot	Thursday	3:45 - 4:10 pm	80867
Seahorse 3 Parent & Tot	Saturday	9:30 - 9:55 am	80876

Aqua Tots 3-5 years

Octopus 1	Tuesday	4:15 - 4:40 pm	80856	Orca 3	Tuesday	4:45 - 5:10 pm	80857
	Thursday	4:15 - 4:40 pm	80872		Thursday	4:45 - 5:10 pm	80873
	Saturday	9:30 - 9:55 am	80881		Saturday	10:00 - 10:25 am	80882
	Saturday	10:30 - 10:55 am	80887		Saturday	10:30 - 10:55 am	80885
Crab 2	Tuesday	4:15 - 4:40 pm	80861	Sea Lion 4	Tuesday	4:45 - 5:10 pm	80862
	Thursday	4:15 - 4:40 pm	80869	Narwhal 5	Thursday	4:45 - 5:10 pm	80870
	Saturday	10:00 - 10:25 am	80886				
	Saturday	11:00 - 11:25 am	80877				

Aqua Kids 6 years +

Swimmer 1	Tuesday	5:15 - 5:40 pm	80863	Swimmer 3	Tuesday	6:00 - 6:40 pm	80858
	Thursday	5:15 - 5:40 pm	80874		Thursday	5:45 - 6:25 pm	80875
	Saturday	9:30 - 9:55 am	80878		Saturday	11:30 - 12:10 pm	80880
	Saturday	11:00 - 11:25 am	80888		Sunday	4:00 - 4:40 pm	80892
	Sunday	3:00 - 3:25 pm	80890	Swimmer 4	Saturday	11:00 - 11:40 am	80884
Swimmer 2	Tuesday	5:45 - 6:10 pm	80864	Sunday	4:45 - 5:25 pm	80893	
	Thursday	5:15 - 5:40 pm	80871	Swimmer 5	Tuesday	5:15 - 5:55 pm	80859
	Saturday	10:00 - 10:25 am	80879	Swimmer 6	Saturday	11:30 - 12:10 pm	80889
	Saturday	10:30 - 10:55 am	80883				
	Sunday	3:30 - 3:55 pm	80891				

Aqua Adults

Adult Beginner	Tuesday	5:15 - 5:55 pm	80866
Fitness Swimmer	Tuesday	6:00 - 6:55 pm	80865

GET ON THE WAIT LIST!

Class you want to register in already full?

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

PRIVATE & SEMI PRIVATE LESSONS

Private and semi private lessons are suitable for children and adults. Private lessons are registerable online or by phone.

For semi private lessons, it's important that swimmers have a similar ability so that both may have success in the lesson. To book a semi private lesson, please register the first individual for the private lesson and add the second participant to the waitlist. After the first individual is registered and spot is held, please phone customer service for assistance to add the second participant.



PRIVATE SWIM LESSONS | JANUARY - MARCH 2025 | 4 CLASSES

TUESDAY	JANUARY 7 - 28	FEBRUARY 4 - 25
3:45 - 4:10 pm	80894	80896
6:15 - 6:40 pm	80895	80897
THURSDAY	JANUARY 9 - 30	FEBRUARY 6 - 27
3:45 - 4:10 pm	80901	80902
5:45 - 6:10 pm	80900	80903
SATURDAY	JANUARY 18 - FEBRUARY 8	FEBRUARY 15 - MARCH 8
11:45 - 12:10 pm	80904	80905
SUNDAY	JANUARY 19 - FEBRUARY 9	FEBRUARY 16 - MARCH 9
5:30 - 5:55 pm	80906	80907

ADULT PRIVATE LESSONS | JANUARY - MARCH 2025 | 4 CLASSES

TUESDAY	JANUARY 7 - 28	FEBRUARY 4 - 25
4:45 - 5:10 pm	80898	80899

POOL SCHEDULE

Schedule is subject to change.

January 5 - March 15, 2025

SAVE THE DATES! WIBIT DAYS on the 2nd & 4th Sunday of the month! Pro-D-Day, January 20 and February 14, 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
			LAPS & LEISURE 6:30-8:00am		LAPS & LEISURE 6:30-8:00am	
	AQUA RUNNING 7:30-8:15am					
	CARDIO TONE 8:30-9:15am		CARDIO JAMS 8:30-9:15am	CARDIO TONE 8:30-9:15am	CARDIO JAMS 8:30-9:15am	
			GENTLE JOINTS 9:30-10:15am	LEISURE SWIM 8:00am-1:00pm	GENTLE JOINTS 9:30-10:15am	
	LEISURE SWIM 6:30am-1:00pm	LEISURE SWIM 8:00am-1:00pm	LEISURE SWIM 8:30am-1:00pm	AQUA CONDITIONING 10:30-11:15am	LEISURE SWIM 8:30am-1:00pm	LEISURE SWIM 9:00am-6:00pm
FUN SWIM 1:00-6:00pm <i>Wibit swim from 1:00 - 2:30 pm on 2nd & 4th Sunday of the month</i>						
	LEISURE SWIM 3:30-5:30pm					
		LEISURE SWIM 3:30-7:00pm	LEISURE SWIM 3:30-7:00pm	LEISURE SWIM 3:30-7:00pm	LEISURE SWIM 3:30-7:00pm	
	HUSH - SENSORY FRIENDLY SWIM & SOAK 5:30-7:00pm					
	LAPS & LEISURE 7:00-8:00pm	LAPS & LEISURE 7:00-8:00pm	LAPS & LEISURE 7:00-8:00pm	LAPS & LEISURE 7:00-8:00pm	LAPS & LEISURE 7:00-8:00pm	

*ADMISSION POLICY: Children 7 years of age and older can access the pool without adult supervision. Children 6 years of age and under must be within arms' reach of a responsible adult 16 years of age or older. Each adult may supervise a maximum of 3 children.

Leisure Swim Pool layout at lifeguards' discretion. 1+ lane, leisure pool and hot areas available.	Laps & Leisure 3 lanes, leisure pool and hot areas available.	Fun Swim A fun feature (rock wall or diving board) will be open	Included with Admission Program See next page for details.	Hush Sensory Friendly Swim & Soak Inclusive quiet leisure swim. Music and all water features will be off and not available for this time.
--	---	---	--	---

AQUAFIT

January 6 - March 15, 2025

No classes on February 17

Aqua Running ②

15+ yrs
CDCC Deep End of Lap Pool

This class brings running into the pool. Reap the benefits of cross training. Running in the pool will increase your strength and endurance while reducing the impact and strain on your joints and muscles.

Mondays
7:30 - 8:15 am
January 6 - March 10
Drop-in/Included with Admission or Active Pass

No class February 17

Cardio Tone ②

15+ yrs
CDCC Shallow End of Lap Pool

A variety of equipment will be incorporated to strengthen and tone your muscles, 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.

Mondays
8:30 - 9:15 am
January 6 - March 10
Drop-in/Included with Admission or Active Pass

No class February 17

Thursdays
8:30 - 9:15 am
January 9 - March 13
Drop-in/Included with Admission or Active Pass

Cardio Jams ②

15+ yrs
CDCC Deep End of Lap Pool

Music to make us move! Enjoy the music as your instructor guides you in a class that will strengthen and tone your muscles, all while incorporating cardiovascular exercise to help improve your mood, support daily activities and help you sleep better.

Wednesdays
8:30 - 9:15 am
January 8 - March 12
Drop-in/Included with Admission or Active Pass

Fridays
8:30 - 9:15 am
January 10 - March 14
Drop-in/Included with Admission or Active Pass



Gentle Joints ①

15+ yrs
CDCC Leisure Pool

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

Wednesdays
9:30 - 10:15 am
January 8 - March 12
Drop-in/Included with Admission or Active Pass

Fridays
9:30 - 10:15 am
January 10 - March 14
Drop-in/Included with Admission or Active Pass

Aqua Conditioning ②

15+ yrs
CDCC Deep End of Lap Pool

Improve your overall conditioning with this fun and challenging water workout. Deep water provides a no impact workout that challenges core stability and increases muscle tone by working against the constant resistance of the water.

Thursdays
10:30 - 11:15 am
January 9 - March 13
Drop-in/Included with Admission or Active Pass

FITNESS SCHEDULE

January 6 - March 29, 2025

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 HATHA YOGA	9:00 - 10:00 CORE N MORE	9:00 - 10:00 GROUP CIRCUIT	9:00 - 10:00 FUNCTIONAL FITNESS	9:00 - 10:00 HATHA YOGA
	10:15-11:15 TAI CHI BEGINNER		10:15-11:15 TAI CHI INTERMEDIATE	
		11:15 - 12:15 MOVE TO IMPROVE <i>Kootenay Room</i>		11:15 - 12:15 MOVE TO IMPROVE <i>Fitness Studio</i>
4:30 - 5:30 FULL BODY GROUP X <i>Starts January 20</i>		4:30 - 5:30 FULL BODY GROUP X <i>Starts January 15</i>		
5:15-6:15 TRX <i>Kootenay Room</i>				

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



FITNESS PROGRAMS

January – March, 2025

FITNESS INTENSITY LEVELS



Health Conditions

Appropriate for individuals with health concerns or physical limitations. Program tailored to individual abilities and needs.



Low

Appropriate for those with mobility challenges or newcomers to fitness.



Medium

Appropriate for those looking to progress their fitness.



High

Appropriate for regular fitness enthusiasts looking for a challenge.

CARDIO AND/OR STRENGTH

TRX 2

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. All fitness levels welcome.

Mondays

5:15 - 6:15pm

Jan 13 - Mar 10

\$75 + tax / 8 classes

80017

No Class Feb 17

Core n' More 2

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

Jan 7 - Mar 25

Drop-in / Included with Admission or Active Pass 80021

Full Body Group X 2

15+ yrs

CDCC - Fitness Studio

This is a beginner-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 & Wednesdays

4:30 - 5:30pm

Jan 15 - Mar 31

Drop-in / Included with Admission or Active Pass 80022

No Class Feb 17

Group Circuit 2

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.

Wednesdays

9:00 - 10:00am

Jan 8 - Mar 26

Drop-in / Included with Admission or Active Pass 80023

Functional Fitness 2

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

Jan 9 - Mar 27

Drop-in / Included with Admission or Active Pass 80024



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127



Hatha Yoga 1

15+ yrs
CDCC - Fitness Studio

This yoga class will combine breath work, energizing movement, stretching and meditation to leave you feeling strong, flexible and balanced. Open to all levels, and modifications are available.

Mondays & Fridays
9:00 - 10:00am
Jan 6 - Mar 31
Drop-in / Included with Admission or Active Pass 80025

No Class Feb 17

Tai Chi Beginner 1

15+ yrs
CDCC - Fitness Studio

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

Tuesdays
10:15 - 11:15am
Jan 14 - Mar 25
\$103 + tax / 11 classes 80015

Tai Chi Intermediate 1

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
Jan 16 - Mar 27
\$103 + tax / 11 classes 80016

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
Jan 8 - Mar 28
Drop-in / Included with Admission or Active Pass 80026

HEALTH AND/OR FITNESS PROGRAMS

PERSONAL & GROUP TRAINING

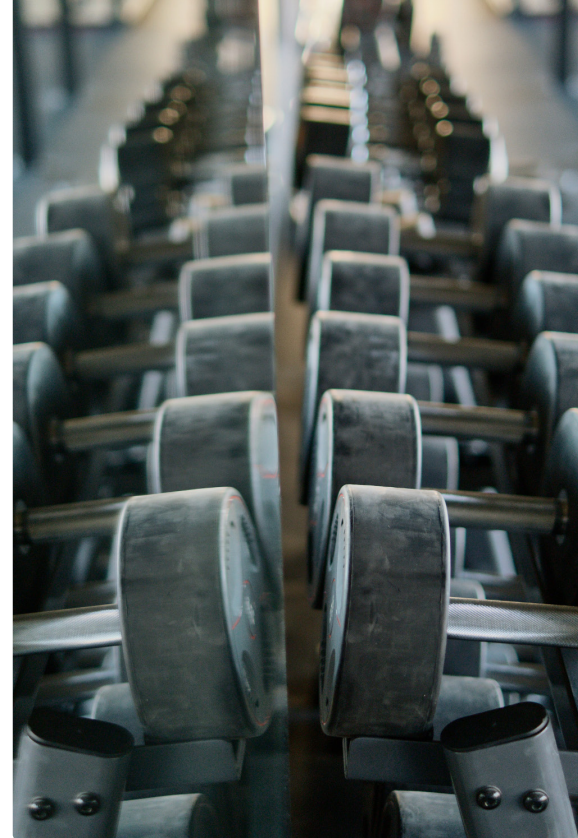
Personal Trainers are available to help you add confidence, effectiveness, and safety to your workouts. Let us design a program specifically for you to help achieve your fitness goals, from beginner to advanced. Complete the [Personal Training Package](#) to get started or contact our Fitness Department 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	



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.



CDCC FITNESS PROFESSIONALS



Vanessa

BCRPA - Certified Personal Trainer
Diploma Kinesiology



Brielle

NCSF - Certified Personal trainer
ALFCA - Group Fitness Instructor
Diploma Exercise Science



Hailey

ACE - Certified Personal Trainer
Certified Functional Movement Specialist
Group Fitness Instructor



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 in person or call 250-428-7127 to speak with one of our customer service representatives.

5:45 - 6:15pm
Wednesdays
General Admission

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 to create a group!



RECREATION SPORTS SCHEDULE

January - March, 2025

Included with Admission or Active Pass

Pre Registered Program

ADULT (16+ yrs)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 - 8:00PM BASKETBALL <i>Creston Education Centre</i>	7:00 - 8:30PM TABLE TENNIS <i>Creston Room</i>	5:30 - 7:00PM PICKLEBALL - RECREATIONAL <i>Creston Education Centre</i>	7:00 - 8:30PM VOLLEYBALL <i>Creston Education Centre</i>	7:00 - 8:30PM SOCCER <i>Creston Education Centre</i>	9:00 - 11:00AM PICKLEBALL - RECREATIONAL <i>Creston Education Centre</i>
	7:00 - 8:30PM BADMINTON <i>Creston Education Centre</i>	7:15 - 9:15PM PICKLEBALL - INTERMEDIATE <i>Creston Education Centre</i>			11:15 - 1:15PM PICKLEBALL - INTERMEDIATE <i>Creston Education Centre</i>

YOUTH (3-12 yrs) See [page 10](#) for more information

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			3:30-4:15PM TOT SOCCER <i>Ages 3-6</i> <i>Creston Education Centre</i>		
	5:00-6:30PM LEARN TO PLAY TENNIS <i>Ages 9-12</i> <i>Creston Education Centre</i>		4:30-5:30PM KIDS SOCCER <i>Ages 7-10</i> <i>Creston Education Centre</i>		

Basketball

15+ 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

Jan 13 - Mar 10

\$55 + tax / 8 classes

80031

No class Feb 17

Badminton

15+ 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

7:00 - 9:00pm

Jan 14 - Mar 11

\$82 + tax / 9 classes

80032

Table Tennis

15+ 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

Jan 14 - Mar 11

\$62 + tax / 9 classes

80041

Pickleball - Recreational

15+ yrs

Creston Education Centre - Gymnasium

Pickleball, North America's fastest growing sport, is a racquet sport that combines elements of badminton, tennis, and table tennis. Great exercise and tons of fun! Paddles are available for use. Spots are limited, so register now!

Wednesdays

5:30 - 7:00pm

Jan 15 - Mar 12

\$62 + tax / 9 classes

80033

Saturdays

9:00 - 11:00am

Jan 11 - Mar 15

\$91 + tax / 10 classes

80036

Pickleball - Intermediate

15+ yrs

Creston Education Centre - Gymnasium

This option is perfect for you if you are an experienced Pickleball player and are looking to add a competitive edge to this fast-paced sport. A great way to improve your fitness, further your skills, and have some fun! Spots are limited, so register now!

Wednesdays

7:15 - 9:15pm

Jan 15 - Mar 12

\$82 + tax / 9 classes

80037

Saturdays

11:15 - 1:15pm

Jan 11 - Mar 15

\$91 + tax / 10 classes

80038

Volleyball

15+ 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. Two different times for various skill levels – there's an option for everyone!

Thursdays

7:00 - 8:30pm

Jan 16 - Mar 13

\$62 + tax / 9 classes

80039

Soccer

15+ 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! Two different options for various skill levels.

Fridays

7:00 - 8:30pm

Jan 17 - Mar 14

\$62 + tax / 9 classes

80040



ARENA SCHEDULE

January – March, 2025

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

Included with Admission

Pre Registered Program

Public Skate on February 7 will run from 1:00-2:30pm.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		11:00am-11:45am 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: FAMILY LEARN TO PLAY HOCKEY		5:30-6:30 pm PUBLIC SKATE
9:15-10:45pm ADVANCED REC HOCKEY	9:30-10:30pm ADULT/TEEN LEARN TO PLAY HOCKEY			9:45-11:00pm ADVANCED REC HOCKEY		

There are no public skates on the following days:

January 10th, January 17th, January 19th, February 13th - 16th February 21st and March 1st

Skate Rentals: \$3.00 + tax Helmet Rentals: \$3.00 + tax Skate & Helmet Combo: \$5.00 + tax

ARENA PROGRAMS



ARENA PROGRAMS INCLUDED WITH ADMISSION

Public Skate

All Ages
CDCC Arena

Everyone is welcome during public skating times. Lots of fun and a great way to be active with your whole family. Please bring your skates! Helmets are recommended

Thursdays
12:15 - 1:15pm
Included with Admission or Active pass

Fridays
2:45-4:15pm
Included with Admission or Active pass
*Feb 7 session will run from 1:00-2:30pm

Saturdays
5:30-6:30pm
Included with Admission or Active pass

Sundays
3:30-4:30pm
Included with Admission or Active pass

There are no public skates on the following days:

- January 10th
- January 17th
- January 19th
- February 14 - 16th
- March 1st
- March 15

Parent & Tot Skate

2-6 yrs
CDCC Arena

Join us during Parent & Tot Skate and introduce your little one(s) to skating in a safe setting. Our instructor is there to assist and help make the experience fun and encouraging.

Thursdays
11:00am-12:00pm
Included with Admission or Active pass

No session Feb 13th

NEW! Lunch Hour Drop-In Hockey

16+ yrs
CDCC Arena

An opportunity to come together and play some fun, noncompetitive, non-contact hockey. Full Gear Required

Tuesdays
12:15-1:30pm
Included with Admission or Active pass

Fridays
11:45am - 12:45pm
Included with Admission or Active pass

Senior Drop-In Hockey

55+ yrs
CDCC Arena

This program is for 55 plus players that want to come out for a friendly game hockey! An opportunity to come together and play some fun, noncompetitive, non-contact hockey.

Wednesdays
12:15-1:30pm
Included with Admission or Active pass

Stick & Puck

All Ages
CDCC Arena

Bring your sticks and hockey gear to have fun on the ice!

Previously called Puck Skate - Stick & Puck provides an opportunity for you to practice your puck handling skills. Please be mindful of other skaters while shooting. Please bring your own stick and pucks. A limited number of pucks will be available"

Effective January 1, 2025, helmets will be required to participate in Stick & Puck.

Wednesdays
11:00am - 12:00pm
Included with Admission or Active pass

Fridays
10:30-11:30am
Included with Admission or Active pass

NEW! **Rink Rats
(Family Learn to Play
Hockey)**

7-99 yrs
CDCC – Arena

If you, or your child has ever wanted to learn to play hockey - this program is for you!

This program is the whole family! An alternative to minor hockey for non-competitive players; boys, girls and parents welcome. This program is designed to help build confidence in the sport and try something new. Skill development, drills and scrimmage are included. Participants must have basic skating skills. There will be a large emphasis on having fun and playing the great sport of hockey. Our staff are Hockey coaches with years of coaching under their skates. All children and families interested in having fun playing hockey are encouraged to join this program!

Full hockey gear is required and basic skating skills are needed.

Thursday
6:00-7:00pm
Jan 16 - Mar 13
\$88 + tax / 8 classes 79558

Each Participant needs to register individually.

No Class Feb 13

NEW! **Adult/Teen
Learn to Play Hockey
(& Skill Development)**

15+ yrs
CDCC Arena

If you have always wanted to learn to play hockey or haven't played in a very long time, this program is for you! In this 7 session program you will learn the rules around hockey, practice your skating and stick handling skills, and have fun with individuals that love the sport!

This program is designed for Teens and Adults that have little to no prior hockey experience but being able to skate is a must. **Full hockey gear is required.**

Mondays
9:30-10:30pm
Jan 13 - Mar 3
\$80+ tax / 7 classes 79564

No Class Feb 17



**Adult Advanced Rec
Hockey - Player**

18+ yrs
CDCC Arena

An opportunity to come together and play some fun, noncompetitive, non-contact hockey.

Sundays
Jan 5, 19, 26, Feb 2, 16
Start time is 8:45
Jan 12, Feb 9, 23, Mar 2, 9
Start time is 9:15
\$140 + tax / 10 sessions 79566

Thursdays
9:45 - 11:00pm
Jan 9 - Mar 13
\$123.75 +tax / 9sessions 79567

No session Feb 13th

**Adult Advanced Rec
Hockey - Goalie**

18+ yrs
CDCC Arena

- Full goalie pads & facemask required
- Arrive up to 30 minutes early to access dressing rooms

Sundays
9:15-10:45pm
Jan 5 - Mar 9
\$50 / 10 sessions 79565

Thursdays
9:45-11:00pm
Jan 9 - Mar 13
\$45 / 9 sessions 79568

No session Feb 13th

Glow Skate

All Ages | CDCC Arena

Get ready to light up the ice!

Experience the magic of skating under dark lights and loud music.

Perfect for families, friends, and couples, this event is great for skaters of all ages looking to enjoy a unique experience on the ice.

Don't forget your glow sticks!

Saturday
January 25
5:30-6:30pm

Sunday
February 9
3:30-4:30pm

Friday
March 21
2:45-4:15pm

General admission



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 for more detailed information about our rental spaces and how to book them.



**Exceptional facilities.
Exceptional service.**

**CONTACT US TODAY
TO BOOK YOUR SPACE**