

# CASTLEGAR

## ADMISSION, HOURS + SCHEDULES

March 31<sup>st</sup> to  
June 29<sup>th</sup>, 2025



To view the guide and register online visit [rdck.ca/recreation](http://rdck.ca/recreation) or call 250.365.3386



# SPRING HOURS

March 31 – June 29, 2025

**FACILITY CLOSURE:** Apr 22  
**POOL CLOSURES:** Jun 28-29

Hours of Operation are subject to change

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

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

## HOLIDAY HOURS

### HOLIDAY CLOSURES

Easter Sunday  
Canada Day

### HOLIDAYS OPEN

**1:00-5:00pm**  
Good Friday  
Victoria Day

## 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 most registered programs. Individuals and families are welcome to apply.

A Leisure Access Pass is valid for up to one year and will expire every May 31st. Visit [rdck.ca/lap](http://rdck.ca/lap) or scan the QR code for more information



# POOL SCHEDULE

**CHECK PAGE 2 FOR CLOSURES AND HOLIDAY HOURS!**

March 31 - June 29, 2025

All are welcome all pool basins are available, name of swim indicates pool layout.  
Schedule is subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>LAP SWIM</b> 6:00am-8:00am	<b>LAP SWIM</b> 6:30am-8:00am	<b>LAP SWIM</b> 6:00am-8:00am		<b>LAP SWIM</b> 6:00am-8:00am	
	<b>AQUA CONDITIONING</b> 9:00-10:00am		<b>TOTAL BODY AQUAFIT</b> 9:00-10:00am		<b>TOTAL BODY AQUAFIT</b> 9:00-10:00am	
<b>LEISURE SWIM</b> 9:00am-12:30pm	<b>LEISURE SWIM</b> 8:00am-2:00pm	<b>LEISURE SWIM</b> 8:00am-8:00pm	<b>LEISURE SWIM</b> 8:00am-2:00pm		<b>LEISURE SWIM</b> 8:00am-8:00pm	<b>LEISURE SWIM</b> 9:00am-12:30pm
<b>FUN SWIM</b> 12:30-4:00pm	<b>HUSH - SENSORY FRIENDLY SWIM &amp; SOAK</b> 2:00-3:30pm	<b>GENTLE CARDIO</b> 2:15-3:15pm	<b>HUSH - SENSORY FRIENDLY SWIM &amp; SOAK</b> 2:00-3:30pm	<b>SHALLOW FIT</b> 2:15-3:15pm		<b>FUN SWIM</b> 12:30-4:00pm
	<b>LEISURE SWIM</b> 3:30-8:00pm		<b>LEISURE SWIM</b> 3:30-8:00pm	<b>LEISURE SWIM</b> 2:00-8:00pm		
				<b>HYDROBEAT</b> 6:45 - 7:45pm Ends April 24		

\*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 who is in the water providing active supervision. Each adult may supervise a maximum of 3 children.

<b>Leisure Swim</b> Pool layout at lifeguards' discretion. 1 + lane, leisure pool and hot areas available.	<b>Laps &amp; Leisure</b> 3 lanes, leisure pool and hot areas available.	<b>Fun Swim</b> No lap lane guaranteed. A fun feature (rope swing, rock wall, or slide) will be open	<b>Included with Admission Program</b> See program guide for details.	<b>Hush Sensory Friendly Swim &amp; Soak</b> Inclusive quiet leisure swim. Music and all water features will be off and not available for this time.
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# FITNESS SCHEDULE

March 31 – June 29, 2025

Included with  
Admission or  
Active Pass

Pre Registered  
Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:10-7:00am RISE AND SHINE TOTAL BODY		6:10-7:00am RISE AND SHINE TOTAL BODY		
7:15-8:00am TRX STRENGTH AND FLEXIBILITY		7:15-8:00am TRX STRENGTH AND FLEXIBILITY		7:15-8:00am TRX STRENGTH AND FLEXIBILITY	
8:30-9:30am WEIGHT ROOM CIRCUIT <i>No class April 21</i>		8:30-9:30am WEIGHT ROOM CIRCUIT			
9:00 - 10:00am CORE CONDITIONING <i>No class April 21</i>	9:00 - 10:00am STEP AND STRENGTH <i>No class April 22</i>	9:00 - 10:00am FULL BODY GROUP X	9:00 - 10:00am STEP	9:00 - 10:00am STUDIO CIRCUIT	
10:15 - 11:15am GENTLE FLOW YOGA <i>Purcell Room</i>		10:00 - 11:00am GENTLE FLOW YOGA <i>Purcell Room</i>			
10:30 - 11:30am BALANCE & MOBILITY	10:15 - 11:45am HEALTH & RECOVERY <i>Weight Room</i>	10:30 - 11:30am BALANCE & MOBILITY	10:15 - 11:45am HEALTH & RECOVERY <i>Weight Room</i>	10:30 - 11:30am BALANCE & MOBILITY	
11:45 - 12:45pm BALANCE & MOBILITY					
	4:00-4:30pm YOUTH FITNESS CENTRE ORIENTATIONS			4:00-4:30pm YOUTH FITNESS CENTRE ORIENTATIONS	
	5:30-6:30pm GENTLE FLOW YOGA <i>Purcell Room</i>	5:15-6:00pm BEGINNER TRX			
6:30-7:30pm SPIN			5:30-6:30pm YIN YOGA <i>Purcell Room</i>		

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



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

Or Register by Phone: 250.365.3386



# DRY FLOOR SCHEDULE

May - June 2025

Included with Admission

Pre Registered Program

Schedule is subject to change. Please visit [www.rdck.ca](http://www.rdck.ca) or call 250-365-3386 for up to date information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>DROP-IN SPORTS</b> 8:00am - 4:00pm	<b>DROP-IN SPORTS</b> 8:00am - 4:00pm	<b>DROP-IN SPORTS</b> 8:00am - 4:00pm	<b>DROP-IN SPORTS</b> 8:00am - 4:00pm	<b>DROP-IN SPORTS</b> 8:00am - 4:00pm	<b>ROLLER HOCKEY STICK AND PUCK</b> 1:00 - 2:30pm <i>*Max 25 Participants</i>
						<b>PUBLIC ROLLER SKATING/BLADING</b> 2:30 - 4:00pm
			<b>ROLLER HOCKEY STICK AND PUCK</b> 4:00 - 5:30pm <i>*Max 25 Participants</i>		<b>TEEN BALL HOCKEY</b> 6:00 - 7:00pm	
					<b>ADULT BALL HOCKEY</b> 7:00 - 8:00pm	