

SLOCAN VALLEY

PROGRAM GUIDE

WINTER 2026

Registration
Start Date:
Monday, December 1
7:00 am

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



Last Updated: December 12

Slocan Valley Recreation
All the fun that fits



Slocan Valley Recreation

All the fun that fits



Visit Us

3036 Hwy 6, Slocan Park, BC | rdck.ca/recreation

Contact Us

250-226-0008



Online Registration

rdck.ca/recreation

Need to setup an online registration account?

Fill out the [RDCK Client Profile Form](#)



Visit us on Facebook to learn more about upcoming programs & events www.facebook.com/slocanvalleyrec

ENJOY A SAFE AND FUN VISIT

RDCK Recreation programs and services are subject to the latest public health measures put in place by the provincial authorities, Interior Health, and the RDCK Board of Directors.

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

WITHDRAWAL FEES POLICY

This policy applies to all recreation and leisure programs offered by the Regional District of Central Kootenay (RDCK) at any of our community complexes, recreation departments or other facilities.

You can withdraw your program registration and receive a full refund without any administrative fee up to 72 hours (3 days) before the program starts.

If you withdraw from the program between 72 and 24 hours before the programs starts, you will receive a refund of your registration fee minus a 10% administrative fee.

If you withdraw from a single-session program or private lesson within 24 hours before the program starts, you will not receive a refund. If the program has multiple sessions, you will receive a refund minus a 25% administrative fee.

If you withdraw from a program after it has started, you will not receive a refund.

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.



Register Online: rdck.ca/recreation

Or Register by Phone: 250.226.0008

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.

Terms and conditions: *Discounts can only be applied if the LAP member has subsidy credit remaining on their account. LAP members are not able to choose to use more of their subsidy credit towards a discount greater than the allotted discount amount, even if the user has credit available. They are able to choose to use less of their subsidy credit if they wish.

Once approved, LAP members will be given a subsidy credit amount of \$100 for adults and \$150 for youth. LAP members can use their available subsidy towards accessing recreation services based on the following discounts*:

- General Admissions – 50% (Adults) & 75% (Youth)
- Memberships – 50% (Adults) & 75% (Youth)
- Programs – 50% subsidy on advertised rates for programs.
- CHEER events – 100% subsidized admission

A Leisure Access Pass is valid for up to one year and will expire every May 31st.

Visit rdck.ca/recreation or scan the QR code for more information.



Office Open for Rentals
Mondays & Thursdays
Starting January 5th, 2026

Recreation Equipment Rentals

We have a wide variety of recreation equipment to help your family stay active, safe and having fun this Winter! Our equipment packages are available by donation, which means you can keep activities fresh at a price that works for you! Choose from one of our Winter equipment packages;

Equipment packages available now include:

- **Cross Country Ski Packages**
- **Snow Shoes**

Equipment inventory can be viewed through our registration software by visiting www.rdck.ca/recreation or give us a call at the Slokan Valley Rec Office during office hours, Mondays and Thursdays, to see what is available. Equipment can be rented out for up to a week with a donation to the rental program. Equipment can be rented out and dropped off during the following office hours only, no advanced reservations needed. Equipment availability cannot be guaranteed until the day of pick up. For any questions, please contact, Rene Groenhuysen, at RGroenhuysen@rdck.bc.ca.

Office Hours for Rentals:

Mondays: 9:00am - 1:00pm

Thursdays: 12:00 - 4:00pm

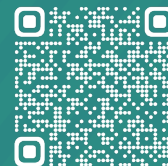
Please note: Hours may vary according to program commitments.

ADVANCED TRAINING OPPORTUNITIES!

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

Start your career in recreation!

Applications for the Winter 2026 season open on November 24, 2025 and close on January 4, 2026.



CAREER IN RECREATION - AQUATICS TRAINING

Bronze Medallion

Prerequisites: 13 years 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 400m swim.

Bronze Medallion is a prerequisite for Bronze Cross Assistant Lifeguard.

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

***100% attendance is required**

CASTLEGAR / CDRD

Fridays

4:00 - 8:00pm

Saturdays

12:00 - 4:00pm

January 16, 17, 23, 24, 30, 31

\$210 + tax

98034

NELSON / NDCC

Fridays

4:00 - 8:00pm

Saturdays

2:00 - 6:00pm

January 9, 10, 16, 17, 23, 24

\$210 + tax

98043

CRESTON / CDCC

Fridays

4:00 - 8:00pm

Saturdays

2:00 - 6:00pm

January 23, 24, 30, 31, February 6, 7

\$210 + tax

98044

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.

Cost includes a lifeguard whistle. Please bring your Canadian Lifesaving Manual, government-issued photo ID, and a copy of your Bronze Medallion certification.

***100% attendance is required**

CASTLEGAR / CDRD

Fridays

4:00 - 8:00pm

Saturdays

12:00 - 4:00pm

February 13, 14, 20, 21, 27, 28

\$172 + tax

98064

NELSON / NDCC

Fridays

4:00 - 8:00pm

Saturdays

2:00 - 6:00pm

February 6, 7, 13, 14, 20, 21

\$172 + tax

98067

CRESTON / CDCC

Monday - Thursday

8:00am - 2:00pm

March 16, 17, 18, 19

\$172 + tax

98069

SPRING BREAK COURSE





MORE THAN JUST EMPLOYMENT!

JOIN THE TEAM!

Employment in recreation is a rewarding experience that allows you to gain valuable leadership, communication & teamwork skills!

National Lifeguard (Pool)

Prerequisites: By last day of course, 15 years of age. By first day of course, Bronze Cross and Standard First Aid with CPR-C

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.

Cost includes alert manual and lifeguard tool kit. Please bring your government-issued photo 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 13, 14, 15, 20, 21, 22, 27, 28, 29

\$630 + tax 98084

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, whistle and lifeguard toolkit, government-issued photo ID, and copy of your National Lifeguard (Pool) and Airway Management and Oxygen Administration certifications.

NELSON / NDCC

Saturday

12:30 - 5:00pm

Sunday

9:00am - 4:45pm

January 31, February 1

\$157 + tax

98104

Swim for Life Instructor

Prerequisites: By last day of course, 15 years of age. By first day of course, Bronze Cross

The Lifesaving Society Swim for Life Instructor certification prepares candidates to teach and evaluate basic swim strokes and related skills. Swim Instructors teach and evaluate candidates in the Society's Swim for Life® and Canadian Swim Patrol levels. Candidates are trained in, and must demonstrate skills, knowledge, and attitudes at a Competency Level 1 to achieve certification.

Cost includes swim instructor kit. Please bring your government issued photo ID, and a copy of your Bronze Cross certification.

CRESTON / CDCC
Monday - Thursday
March 23, 24, 25, 26
8:30am - 2:00pm
Saturdays
April 18, 25, May 2
1:00 - 6:00pm
\$557 + tax

98316

Swim for Life Instructor Recertification

Prerequisites: Swim for Life Instructor

The Swim For Life Instructor Recertification includes 2.5 hours of classroom learning 2.5 hours of in-water learning. Come prepared to demonstrate your swim strokes and skills, be evaluated and learn all updates of the Swim for Life program.

Please bring your swim instructor kit, whistle, government-issued photo ID, and swim for life instructor certification.

CASTLEGAR / CDRD
Saturday
9:30am - 3:30pm
January 10
\$124 + tax

98105





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. Please see withdrawal policy on page 2.

CAREER IN RECREATION - FIRST AID

Standard First Aid with CPR-C

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

Multiple dates and locations, see below

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.

Cost includes the Canadian First Aid Manual and pocket mask. Please bring your government-issued photo ID.

CASTLEGAR / CDRD
Saturday & Sunday
9:00 - 6:00pm
January 24, 25
\$239 + tax **98058**

NELSON / NDCC
Saturday & Sunday
9:00 - 6:00pm
February 21, 22
\$239 + tax **98060**

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 Canadian First Aid Manual, pocket mask, previous Standard First Aid certification and government-issued photo ID.

CASTLEGAR / CDRD
Sunday
9:00am - 2:00pm
Monday
4:00 - 9:00pm
March 22, 23
\$128 + tax **98053**

NELSON / NDCC
Saturday & Sunday
9:00am - 2:00pm
January 17, 18
\$128 + tax **98050**

CRESTON/CDCC
Saturday & Sunday
9:00am - 2:00pm
January 31, February 1
\$128 + tax **98046**

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 pocket mask, previous CPR-C certification and government issued photo ID.

CASTLEGAR / CDRD
Sunday
9:00am - 2:00pm
March 22
\$62 + tax **98054**

NELSON / NDCC
Saturday
9:00am - 2:00pm
January 17
\$62 + tax **98051**

CRESTON/CDCC
Saturday
9:00am - 2:00pm
January 31
\$62 + tax **98047**

YOUTH PROGRAMMING

Home Alone

9 - 12 years

Slocan Park Hall

Empower youth with confidence and skills to care for themselves when home alone. Participants learn strategies to create a safe and positive environment to prevent injuries, problem solving and decision making skills to handle emergencies and basic first aid. Age appropriate activities, games and healthy snacks will be taught in this program.

Saturday

9:00am - 2:00pm

February 21

\$60 / class

98612

Family FUN Day

All Ages

Slocan Park Hall

Join Slocan Recreation in a day of family fun. The Salmo Recreation Staff will provide refreshments, exciting activities and crafts led by our instructors for everyone that wants to spend the Pro-D Day socializing and enjoying time with friends. Participants can pre-register or drop-in the day of the program.

*Please note this is not a drop-off program, parents/guardians need to stay during the duration you attend the program.

Monday

9:00am - 12:00pm

January 19

\$3/person

Children 5 and under / free

98613

Friday

12:00 - 3:00pm

February 13

\$3 / person

Children 5 and under / free

98614



ADULT PROGRAMMING

Balance & Mobility ¹

15+ years

Slocan Park Hall

Balance and mobility are important components of maintaining our independence as we age. This class provides both seated and standing exercises to help you improve your balance, strength and mobility in a fun, encouraging atmosphere. All levels welcome.

Fridays

10:30 - 11:30am

January 16 - February 13

\$48 + tax / 5 classes

98005

Fridays

10:30 - 11:30am

February 20 - March 27

\$58 + tax / 6 classes

98006

Basketball

16+ years

Winlaw Elementary School

Co-ed, recreational level, pick-up basketball games. All skills levels are encouraged to come and play! Please bring indoor shoes to wear and a water bottle. Check-in with staff upon entry.

Wednesdays

7:00 - 9:00pm

January 7 - March 11

\$5 drop-in

Volleyball - Intermediate

16+ yrs

Mt. Sentinel High School Gym

Join us in this fun, competitive, intermediate level evening of Co-ed Volleyball. A great way to get some exercise, meet new friends, and enjoy the sport you love! While everyone is certainly welcome, this is an experienced group that enjoys a higher level of play. Please bring clean, non-marking indoor footwear.

Tuesdays

7:00 - 9:00pm

January 6 - March 31

\$5 drop-in

