

CASTLEGAR

PROGRAM GUIDE SPRING 2026

Registration
Start Date:
Monday, March 9
7:00 am

To view the guide and register online visit rdck.ca/recreation or call 250.365.3386



Updated: March 6





Castlegar & District Recreation Department



Visit Us

2101 6th Ave Castlegar, BC | rdck.ca/recreation

Contact Us

250-365-3386 | casrec@rdck.bc.ca



Online Registration

rdck.ca/recreation

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

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UPDATED How to Register for Included with Admission Programs



PUNCH PASS



TIME-BASED MEMBERSHIP



GENERAL ADMISSION (Cash)



GENERAL ADMISSION (Credit card)

	PUNCH PASS	TIME-BASED MEMBERSHIP	GENERAL ADMISSION (Cash)	GENERAL ADMISSION (Credit card)
ONLINE	Not available	Up to 24 hours in advance	Not available	Up to 24 hours in advance
IN PERSON	Same day	Up to 24 hours in advance	Up to 24 hours in advance	Up to 24 hours in advance

Ice Arena users: Please note that arena included with admission program participants will not be able to register online without a 1, 3, or 6-month Active Pass until the summer. In the meantime, arena program participants without a 1, 3, or 6-month Active Pass must continue to register in person, 1 hour prior to the program start time.

Register online at: www.rdck.ca/recreation

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.



Stay home if you are sick



Masks are a personal choice for guests



Be kind to each other

SPRING HOURS

March 30 – June 28, 2026

Schedule is subject to change. Please visit www.rdck.ca/recreation for up to date information.

	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 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.

CLOSURES FACILITY CLOSURE FOR STAFF TRAINING: APRIL 16



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

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.

GENERAL ADMISSION RATES

	DROP-IN	10-PUNCH*
Child (0-4)	Free	-
Youth (5-18)	\$4.19	\$37.71
Adult (19-74)	\$8.38	\$75.42
Golden Guest (75+)	Free	-
Family (Family of 5. Two adults max.)	\$16.76	-

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 Tubs, Steam Room, Fitness Centre, Included with Admission Programs such as Group and Water Fitness, and Arenas for Recreational Skating and Hockey.

	ACTIVE PROGRAM FEES		
	1 Month	3 Month	6 Month
Adult	\$75.42	\$192.32	\$339.39
Youth	\$37.71	\$96.16	\$169.70
2nd Adult	\$67.89	\$173.09	\$305.45
2nd Youth	\$33.94	\$86.54	\$152.73

Terms and conditions: To qualify for the 2nd Adult or 2nd Youth pass discount, the first pass must be an adult passholder from the same household. Both passes must be purchased at the same time and for the same duration.

FACILITY RENTALS

Looking for the perfect spot for your next event or activity?

Whether you're interested in hosting an event in one of our facilities meeting rooms or wanting to rent ice time we've got you covered. Fill out a [booking request form](#) by scanning the QR Code and make your next gathering or event a hit.



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.



ADMISSION

\$2

+ tax

CHEER ✨

All Ages | CDRD

CHEER (Community Harmony for Equitable Engagement in Recreation) is a one hour period, once a month, where all patrons, regardless of age, pay \$2 + tax to receive general admission access to our facility. The \$2 + tax admission will provide facility users with access to the pool, arena, fitness centre, and any applicable included with admission programs.

Sunday, April 26

3:00 - 4:00pm



Friday, May 22

5:00 - 6:00pm



Saturday, June 20

12:00 - 1:00pm



SPECIAL EVENTS



Easter Egg Swim

All Ages | CDRD - Pool

Come out with your friends and family for this special Easter Swim! There will be an Easter Egg hunt at 2:00pm in the pool and the Easter Bunny will be visiting at 2:30pm. You won't want to miss this eggcellent day!

Friday, April 3
1:00 - 3:00pm

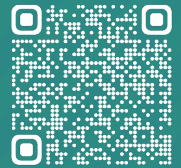
Included with Admission
or Active Pass

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 Spring 2026 season open on March 2, 2026 and close on March 23, 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
April 10, 11, 17, 18, 24, 25
\$210 + tax 100530

NELSON / NDCC
Fridays
4:00 - 8:00pm
Saturdays
2:00 - 6:00pm
April 17, 18, 24, 25, May 1, 2
\$210 + tax 100520

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
May 22, 23, 29, 30, June 5, 6
\$172 + tax 100531

NELSON / NDCC
Fridays
4:00 - 8:00pm
Saturdays
2:00 - 6:00pm
May 8, 9, 15, 16, 22, 23
\$172 + tax 100528

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 5 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.

CRESTON / CDCC

Saturday

11:00am - 6:00pm

Sunday

1:00 - 6:00pm

May 2, 3

\$157 + tax

100511

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.

CASTLEGAR / CDRD

Thursdays & Fridays

4:00 - 8:00pm

April 23, 24, 30, May 1, 7, 8, 21, 22, 28, 29

*please note practical teaching experience is also required outside of class time

\$557 + tax

100518

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.



MORE THAN JUST EMPLOYMENT! JOIN THE TEAM!

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



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.

CRESTON/CDCC
 Saturday & Sunday
 9:00 - 6:00pm
 May 30, 31
 \$239 + tax 100536

CASTLEGAR / CDRD
 Saturday & Sunday
 9:00 - 6:00pm
 April 18, 19
 \$239 + tax 100535

NELSON / NDCC
 Saturday & Sunday
 9:00 - 6:00pm
 May 2, 3
 \$239 + tax 100537

NEW DENVER / KNOX HALL
 Friday & Saturday
 9:00 - 6:00pm
 June 5, 6
 \$239 + tax 100543

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.

CRESTON/CDCC
 Sunday
 9:00am - 6:00pm
 April 26
 \$128 + tax 100540

CASTLEGAR / CDRD
 Sunday
 9:00am - 2:00pm
 Monday
 4:00 - 9:00pm
 June 21, 22
 \$128 + tax 100539

NELSON / NDCC
 Saturday & Sunday
 9:00am - 2:00pm
 April 11, 12
 \$128 + tax 100538

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.

CRESTON/CDCC
 Sunday
 9:00am - 2:00pm
 April 26
 \$62 + tax 100688

CASTLEGAR / CDRD
 Sunday
 9:00am - 2:00pm
 June 21
 \$62 + tax 100541

NELSON / NDCC
 Saturday
 9:00am - 2:00pm
 April 11
 \$62 + tax 100542

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.

Friday Funzone Flip - Where Every Friday is a New Adventure

7 - 12 years
CDRD - Columbia Room

Get ready to kick off your weekend once a month at the Friday Funzone Flip! Each month we will explore a new theme packed with games, activities and crafts to flip the script and keep things fresh and exciting. The fun doesn't stop there, each program will also include pizza and time for making a splash in the pool! This night is all about enjoying some social time with your friends and having some good 'ol fashioned fun!

Themes of the month:

April - Sizzling Suncatchers
May - Plant Power
June - Flight Factory

Friday
5:00 - 8:00pm
April 17
\$22 / class 100411

Friday
5:00 - 8:00pm
May 22
\$22 / class 100412

Friday
5:00 - 8:00pm
June 19
\$22 / class 100413

Family Archery

9+ years
CDRD - Selkirk Room

Explore the art of archery, as a family, in this introductory program. Learn the fundamentals of bow handling, proper stance and aiming technique. Throughout this program you will develop precision and focus as you enhance your skills in the sport of archery. Join us for an exciting blend of theory and hours of hands on experience.

***Please wear closed toed shoes and bring a water bottle.**

Monday & Tuesday
6:00 - 8:00pm
April 13, 14, 20 and 21
\$42 / 4 classes 100414

Home Alone

9 - 12 years
CDRD - Monashee Room

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
9:30am - 2:30pm
May 30
\$60/class 100415



PRO D DAY CAMPS

May Pro-D Day Camp

7 - 12 years
CDRD - Selkirk Room

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

***Please bring a swimsuit, towel, lunch and water bottle.**

Friday
8:30am - 3:30pm
May 15
\$40 100409



STREET HOCKEY

RDCK Castlegar Street Hockey

Grab a stick, lace up your sneakers, and hit the pavement!

Our Street Hockey Program is all about fun, friendship, and play—no experience required. Designed for kids and youth at any skill level. We focus on recreational play, teamwork, and building confidence in a safe, welcoming, and inclusive environment.

Whether you're trying hockey for the first time or already love the game, everyone belongs here. Expect lots of laughs, high-fives, skill-building, and exciting street hockey action—just for the love of the game!

Gloves shin pads and hockey helmets with face shields are strongly recommended. Please bring your own sticks. Dress for the weather, we play rain or shine!

U10

7 - 9 years
CDRD

Fridays
4:30 - 5:30pm
May 1 - June 19
\$40 / 8 classes
99674

U13

10 - 12 years
CDRD

Fridays
5:30 - 6:30pm
May 1 - June 19
\$40 / 8 classes
99675

U16

13 - 15 years
CDRD

Fridays
6:30 - 7:30pm
May 1 - June 19
\$40 / 8 classes
99676

SWIMMING LESSONS



GROUP SWIM LESSON FEES

25 minutes	\$56 / 8 classes	\$70 / 10 classes
40 minutes	\$66 / 8 classes	\$82.50 / 10 classes
55 minutes	\$76 / 8 classes	\$95 / 10 classes

PRIVATE SWIM LESSON FEE

Private (1 person)	25 minutes	\$128 / 4 classes	\$168 / 5 classes
	55 minutes	\$148 / 4 classes	\$194 / 5 classes
Semi Private (2 people)	25 minutes	\$148 / 4 classes	\$194 / 5 classes
	55 minutes	\$168 / 4 classes	\$224 / 5 classes

NOT SURE WHICH LEVEL TO REGISTER IN?

We highly encourage you to drop by for a swim evaluation (included with admission or active pass). 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 see withdrawal policy on page 3. 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 wristband. Please note, parented lesson program fees include the participation of one adult per registered child.

Finding the Right Program

Aqua Babies Parent participation

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

If your child is 3 - 5 years old and can...

Participate on their own.	Octopus 1
With help, get in and out of the water and float and glide on front and back, get face wet, blow bubbles.	Crab 2
Jump into chest-deep water, submerge and exhale underwater, float on front and back with a lifejacket.	Orca 3
Jump into deep water with a lifejacket, hold breath underwater, float, glide and kick on front and back.	Sea Lion 4
Jump into deep water, front crawl 5m with a lifejacket, flutter kick on front, back and side.	Narwhal 5

Aqua Adapted

6 - 15 years, with a disability

If your child with a disability is 6 - 15 years old and can...

Start out on their own or with a family provided support worker.	Adapted 1
Jump into water and float, kick and glide on front and back.	Adapted 2
Jump into deep water and front and back crawl 10m.	Adapted 3

Aqua Kids 6 - 15 years

If your child is 6 years old and can...

Start their learning. Or completed Sea Lion 4	Swimmer 1
Jump into chest-deep water, hold their breath and exhale underwater, float, kick, glide on front & back. Or completed Narwhal 5	Swimmer 2
Jump into deep water, tread water 15 secs, front and back crawl 10m.	Swimmer 3
Tread water 30 secs, kneeling dive, front somersault, whip kick on back 10m, front crawl 15m.	Swimmer 4
Tread water 1 min, whip kick on front 15m, front and back crawl 25m.	Swimmer 5
Shallow dive, egg beater and scissor kick, front and back crawl 50m and breaststroke 25m.	Swimmer 6
Stride jump, legs only surface support 45 secs, front and back crawl 100m.	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)	Lifesaving Training (See pg. 7)

Aqua Adults 15+ years

You are just starting out.	Adult 1 Beginner
You can enter deep water and front and back crawl 15m.	Adult 2 Intermediate
You want to master front crawl, back crawl, and breaststroke, build fitness and learn treading and underwater skills.	Adult 3 Advanced
You are a comfortable swimmer who wants to improve their overall physical fitness in the water.	Fitness Swimmer

LOOKING FOR MORE INFORMATION?

Please reach out to recprogramming@rdck.bc.ca with any questions

SWIM LESSON SCHEDULES

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

Session Dates

TUESDAYS	April 7 - June 9	10 classes
THURSDAYS	April 9 - June 18 <i>(no class April 16)</i>	10 classes
FRIDAYS	April 17 - June 19	10 classes
SATURDAYS	April 18 - June 20	10 classes
SUNDAYS	April 19 - June 21	10 classes

Aqua Babies Parent participation

Jellyfish 1 Parent & Tot	Sundays	9:30 - 9:55am	100104
Goldfish 2 Parent & Tot	Saturdays	10:00 - 10:25am	100099
Seahorse 3 Parent & Tot	Saturdays	9:30 - 9:55am	100101

Aqua Tots 3 - 5 years

Octopus 1	Tuesdays	4:00 - 4:25pm	100062
	Tuesdays	4:30 - 4:55pm	100063
	Thursdays	4:30 - 4:55pm	100075
	Saturdays	9:30 - 9:55am	100086
	Sundays	11:30 - 11:55am	100115
Crab 2	Tuesdays	4:30 - 4:55pm	100064
	Thursdays	4:30 - 4:55pm	100076
	Saturdays	11:00 - 11:25am	100098
	Sundays	11:00 - 11:25am	100112
	Sundays	12:00 - 12:25pm	100118
Orca 3	Tuesdays	5:00 - 5:25pm	100065
	Thursdays	4:00 - 4:25pm	100074
	Thursdays	5:00 - 5:25pm	100077
	Saturdays	10:30 - 10:55am	100103
	Sundays	10:00 - 10:25am	100108
Sea Lion 4	Tuesdays	5:00 - 5:25pm	100066
	Saturdays	10:00 - 10:25am	100093
Narwhal 5	Thursdays	5:30 - 5:55pm	100079
	Sundays	10:30 - 10:55am	100110

Aqua Kids 6+ years

Swimmer 1	Tuesdays	5:30 - 5:55pm	100068
	Thursdays	6:00 - 6:25pm	100082
	Saturdays	10:30 - 10:55am	100094
	Sundays	10:30 - 10:55am	100111
	Sundays	12:00 - 12:25pm	100117
Swimmer 2	Tuesdays	6:00 - 6:25pm	100069
	Thursdays	5:45 - 6:10pm	100078
	Saturdays	11:00 - 11:25am	100097
	Saturdays	11:30 - 11:55am	100091
	Sundays	11:30 - 11:55am	100116
Swimmer 3	Tuesdays	5:30 - 6:10pm	100067
	Saturdays	10:30 - 11:10am	100102
	Sundays	9:30 - 10:10am	100109
Swimmer 4	Thursdays	5:00 - 5:40pm	100081
	Saturdays	11:15 - 11:55am	100095
	Sundays	11:00 - 11:40am	100113
Swimmer 5	Tuesdays	6:15 - 6:55pm	100070
Swimmer 6	Sundays	10:15 - 10:55am	100114
Swimmer 7 Rookie Patrol	Fridays	4:00 - 4:55pm	100084
Swimmer 8 Ranger Patrol	Fridays	5:00 - 5:55pm	100085

Aqua Adapted 6 - 15 years, with a disability

Adapted 1	Sundays	10:00 - 10:25am	100105
Adapted 2	Sundays	11:00 - 11:25am	100106

Aqua Adults 15+ years

Adult 1 Beginner	Thursdays	6:15 - 6:55pm	100083
Adult 2 Intermediate	Sundays	11:45 - 12:25pm	100120

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.



TUESDAY	APRIL 7 - MAY 5	MAY 12 - JUNE 9
4:00 - 4:25pm	100061	100129
6:30 - 6:55pm	100071	100131
THURSDAY	APRIL 9 - MAY 14 (No class April 16)	MAY 21 - JUNE 18
4:00 - 4:25pm	100073	100130
6:30 - 6:55pm	100080	100365
SATURDAY	APRIL 18 - MAY 16	MAY 23 - JUNE 20
9:30 - 9:55am	100090	100125
10:00 - 10:25am	100092	100127
11:30 - 11:55am	100096	100128
SUNDAY	APRIL 19 - MAY 17	MAY 24 - JUNE 21
9:30 - 9:55am	100107	100126

**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.

POOL SCHEDULE

March 30 – June 28, 2026

CHECK PAGE 3 FOR CLOSURES AND HOLIDAY HOURS!

Schedule is subject to change. Please visit www.rdck.ca/recreation for up to date information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAPS & LEISURE 6:00am - 8:00am	LAPS & LEISURE 6:30am - 8:00am	LAPS & LEISURE 6:00am - 8:00am		LAPS & LEISURE 6:00am - 8:00am		
AQUA CONDITIONING 9:00 - 10:00am		TOTAL BODY AQUAFIT 9:00 - 10:00am		TOTAL BODY AQUAFIT 9:00 - 10:00am		
LEISURE SWIM 8:00am - 2:00pm	LEISURE SWIM 8:00am - 8:00pm	LEISURE SWIM 8:00am - 2:00pm		LEISURE SWIM 8:00am - 8:00pm	LEISURE SWIM 9:00am - 12:30pm	LEISURE SWIM 9:00am - 12:30pm
HUSH - SENSORY FRIENDLY SWIM & SOAK 2:00 - 3:30pm	GENTLE CARDIO 2:15 - 3:15pm	HUSH - SENSORY FRIENDLY SWIM & SOAK 2:00 - 3:30pm			FUN SWIM 12:30 - 3:30pm	FUN SWIM 12:30 - 3:30pm
LEISURE SWIM 3:30 - 8:00pm		LEISURE SWIM 3:30 - 8:00pm	LEISURE SWIM 2:00 - 8:00pm		LEISURE SWIM 3:30 - 4:00pm	LEISURE SWIM 3:30 - 4:00pm

*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 who is in the water providing active supervision. 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 No lap lane guaranteed. A fun feature (rope swing or rock wall) 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.
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AQUAFIT

March 30 – June 28, 2026



Aqua Conditioning ②

15+ years
CDRD - Shallow

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

Mondays
9:00 - 10:00am
March 30 - June 22
Included with Admission or Active Pass 100366

No class May 18

Gentle Cardio ①

15+ years
CDRD - Shallow

Moderate intensity and low impact aquafit. This class is perfect for improving flexibility, cardiovascular fitness, flexibility and range of motion.

Tuesdays
2:15 - 3:15pm
March 31 - June 23
Included with Admission or Active Pass 100368

Total Body Aquafit ②

15+ years
CDRD - Shallow

Total body aquafit delivers a full body workout including cardio and resistance training for all of the major muscle groups. Challenge your body with a variety of suspended and rebound movements while under the constant resistance that water provide.

Wednesdays
9:00 - 10:00am
April 1 - June 24
Included with Admission or Active Pass 100369

Fridays
9:00 - 10:00am
April 10 - June 26
Included with Admission or Active Pass 100370

No class April 3

FITNESS SCHEDULE

March 30 – June 28, 2026

CHECK PAGE 3 FOR CLOSURES AND HOLIDAY HOURS!

Schedule is subject to change. Please visit www.rdck.ca/recreation for up to date information.

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		RISE AND SHINE TOTAL BODY 6:10 - 7:00am		RISE AND SHINE TOTAL BODY 6:10 - 7:00am		
TRX STRENGTH AND FLEXIBILITY 7:15 - 8:00am			TRX STRENGTH AND FLEXIBILITY 7:15 - 8:00am			
			WEIGHT ROOM CIRCUIT 8:30 - 9:30am		WEIGHT ROOM CIRCUIT 8:30 - 9:30am	
STUDIO CIRCUIT 9:00 - 10:00am		STEP 9:00 - 10:00am				SPIN 9:15 - 10:15am
BALANCE & MOBILITY 10:30 - 11:30am	GENTLE YIN YOGA 10:30 - 11:45am	HEALTH & RECOVERY 10:15 - 11:45am <i>Weight Room</i>	BALANCE & MOBILITY 10:30 - 11:30am	HEALTH & RECOVERY 10:15 - 11:45am <i>Weight Room</i>	FULL BODY GROUP X 10:30 - 11:30am	
		YOUTH FITNESS CENTRE ORIENTATIONS 4:00 - 4:30pm		YOUTH FITNESS CENTRE ORIENTATIONS 4:00 - 4:30pm		
SPIN AND STRENGTH 5:30 - 6:30pm			SPIN 5:30 - 6:30pm	BEGINNER TRX 5:15 - 6:00pm		

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

Included with Admission Program

See pages 19 - 21 for more details.

Pre-Registered Program

See pages 19 - 21 for more details.



Register Online: rdck.ca/recreation





Or Register by Phone: 250.365.3386

FITNESS PROGRAMS

March 30 – June 28, 2026

CARDIO AND/OR STRENGTH

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.

TRX Strength and Flexibility ²

15+ years
CDRD - Fitness Studio

The TRX suspension trainer system is designed to help you focus on form, strength, core and flexibility using your body weight. By changing angles, you can increase or decrease resistance making the workout more or less challenging. Modifications and variations will be offered throughout the class, ending with a few mobility exercises and static stretching.

Mondays and Wednesdays
7:15 - 8:00am
March 30 - April 29
\$65 + tax / 8 classes **100379**

No class on April 6

Mondays and Wednesdays
7:15 - 8:00am
May 4 - 27
\$50 + tax / 7 classes **100380**

No class on May 18

Mondays and Wednesdays
7:15 - 8:00am
June 1 - 24
\$58 + tax / 8 classes **100381**

Studio Circuit ²

15+ years
CDRD - 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.

Mondays
9:00 - 10:00am
March 30 - June 22
Included with Admission or Active Pass **100402**

No class on May 18

Spin and Strength ²

15+ years
CDRD - Fitness Studio

The best of both worlds! A fast paced, fun and challenging spin cardio session with a resistance training finisher. Let the motivating tunes and energetic instructor push you to the next level!

Mondays
5:30 - 6:30pm
March 30 - May 4
\$58 + tax / 6 classes **100382**

Mondays
5:30 - 6:30pm
May 11 - June 22
\$58 + tax / 6 classes **100383**

No class on May 18



Spin 2

15+ years
CDRD - Fitness Studio

Get your heart pumping with a group journey on our spin bikes under the direction of an enthusiastic instructor! Improve your cardiovascular fitness and muscle endurance of your core, hips, and legs. Be sure to bring a sweat towel and a water bottle to this cardio workout.

Wednesdays
5:30 - 6:30pm
April 1 - May 6
\$58 + tax / 6 classes 100384

Wednesdays
5:30 - 6:30pm
May 13 - June 24
\$67 + tax / 7 classes 100385

Saturdays
9:15 - 10:15am
April 4 - May 16
\$67 + tax / 7 classes 100386

Saturdays
9:15 - 10:15am
May 23 - June 27
\$58 + tax / 6 classes 100387

Rise and Shine Total Body 2

15+ years
CDRD - Fitness Studio

Wake up and get moving with this whole-body workout! Isolating muscles and stabilizing joints is critical for strengthening muscles and creating a solid foundation. We add balance and core exercises throughout to help improve daily function as well. Two days per week will keep you accountable and help you get the results you are looking for!

Tuesdays and Thursdays
6:10 - 7:00am
March 31 - April 30
\$64 + tax / 8 classes 100388

No class April 2, April 16

Tuesdays and Thursdays
6:10 - 7:00am
May 5 - 28
\$64 + tax / 8 classes 100389

Tuesdays and Thursdays
6:10 - 7:00am
June 2 - 23
\$56 + tax / 7 classes 100390

No class June 25

Step 2

15+ years
CDRD - Fitness Studio

Choreographed aerobic combinations on the step helps improve coordination, balance and agility. These combos will get your mind focused and body sweating in no time!

Tuesdays
9:00 - 10:00am
March 31 - June 23
Included with Admission or Active Pass
100403

Health & Recovery +

15+ years
CDRD - Weight Room

Have you been told by your doctor that you need to start exercising? Let us get you started with the Health & Recovery program where the focus is on your comfort level in the gym! This supportive and integrative class takes place in the weight room (equipment may be limited) and allows you to progress at your own rate. **An assessment is required before enrolling in this program. Please call our front desk to schedule your assessment. The assessment is conducted by a Certified Personal Trainer at a cost of \$62 + tax.**

Tuesdays and Thursdays
10:15 - 11:45am
March 31 - April 30
\$130 + tax / 9 classes 100391

No class April 16

Tuesdays and Thursdays
10:15 - 11:45am
May 5 - 28
\$115 + tax / 8 classes 100392

Tuesdays and Thursdays
10:15 - 11:45am
June 2 - 25
\$115 + tax / 8 classes 100393



Gentle Yin Yoga ²

15+ years
CDRD - Purcell Room

Yin yoga is a gentle, meditative practice that involves holding passive yoga poses for extended periods, typically ranging from one to five or more minutes. This class requires students to be in seated or floor positions for long periods of time and is ideal for students who do not have limited mobility.

Mondays
10:30 - 11:45am
April 13 - May 11
\$60 + tax / 5 classes 100700

Mondays
10:30 - 11:45am
May 25 - June 22
\$60 + tax / 5 classes 100701

No class May 18

Balance & Mobility ¹

15+ years
CDRD - Fitness Studio

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.

Mondays
10:30 - 11:30am
March 30 - May 4
\$58 + tax / 6 classes 100394

Mondays
10:30 - 11:30am
May 11 - June 22
\$58 + tax / 6 classes 100395

No class on May 18

Wednesdays
10:30 - 11:30am
April 1 - May 6
\$58 + tax / 6 classes 100396

Wednesdays
10:30 - 11:30am
May 13 - June 24
\$67 + tax / 7 classes 100397

Weight Room Circuit ²

15+ years
CDRD - Weight Room

Challenge yourself to this 60-minute workout of timed aerobic intervals alternating with sets and reps of strength followed by a focused cool down in the weight room led by one of our CDRD weight training instructors. All levels of fitness welcome!

Wednesdays
8:30 - 9:30am
April 1 - June 24
Included with Admission or Active Pass
100407

Fridays
8:30 - 9:30am
April 10 - June 26
Included with Admission or Active Pass
100408

No class April 3

Beginner TRX ¹

15+ years CDRD - Fitness Studio

This class will help you improve overall strength in all your major muscle groups through the use of the TRX and your own body weight.

Thursdays
5:15 - 6:00pm
April 2 - May 14
\$43 + tax / 6 classes 100400

No class April 16

Thursdays
5:15 - 6:00pm
May 21 - June 25
\$43 + tax / 6 classes 100401

Full Body Group X ²

15+ years
CDRD - Fitness Studio

This is a beginner-intermediate level fitness class designed for those wanting to become stronger and improve their conditioning without the choreography of a typical group fitness class.

Fridays
10:30 - 11:30am
April 10 - June 26
Included with Admission or Active Pass
100404

No class April 3

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) 365-3386 ext. 5231 for more information.



PERSONAL TRAINING OPTIONS (rates are per person)

	Price	Description
Individual	\$62 + 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	\$44 + 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	\$36 + 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	\$30 + tax	
Group of 5	\$27 + tax	
Group of 6	\$26 + 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 CDRD 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) 365-3386 to book your orientation. Bring a friend or family member to share the experience.

Maximum 4 people per session, minimum 13 years old.

YOUTH FITNESS CENTRE ORIENTATIONS

CDRD Fitness Centre

Fitness Centre Orientations are required by anyone aged 13 - 15 years before purchasing a membership or paying general admission. Etiquette, equipment demonstration and safety are the focus of this class.

Please register online at www.rdck.ca/recreation, in person or by phone at 250-365-3386

**4:00 - 4:30pm
Tuesdays & Thursdays
Included with Admission
or Active Pass**

100426

Search for Sasquatch

May 2026



Mystery Location

Sasquatch is on the loose and hiding out on one of our favorite trails, in one of our popular parks or possibly even at our local watering hole. Throughout the month of May, get outside, enjoy the warmer weather and spend some time searching for our sneaky friends within one of RDCK's regional parks.

Each week a new clue will be revealed on the Regional District of Central Kootenay [Facebook page](#), as well as in the facility, to help narrow down their hiding spots. Try your best to be the first one to find our friends in this "Search for Sasquatch" competition.

If you are lucky enough to come across one of our friends this season, be sure to enter the contest using the QR code found on the sasquatch to be entered in the prize drawing at the end of the competition. Sasquatch hunters, good luck!

Competition Guidelines

- 1 Explore our regional parks during the month of May and try your best to find the hidden Sasquatches (2 total).
- 2 Decipher the weekly clues posted on Facebook and in your local facility to help narrow your search.
- 3 If you successfully find a sasquatch, use the QR code found on the sasquatch to enter the competition.
- 4 All entries will be entered into a random draw for the Search for Sasquatch prizes. Max of 1 entry for each Sasquatch found.
- 5 If you find a Sasquatch, do not disclose the location on social media. Please leave it where you find it so everyone has the opportunity to enjoy the search.

Outdoor Safety Reminders:

- ✓ Pack food and water
- ✓ Use sun protection
- ✓ Wear appropriate clothing and shoes
- ✓ Be Bear Aware –Travel in groups
- ✓ Inform someone about your plan
- ✓ Carry first aid supplies
- ✓ Follow all provincial guidelines and restrictions

**Please remember participating in any outdoor activity is at your own risk.*



RENTAL OPPORTUNITIES

The Castlegar & District Community Complex offers a wide range of rental opportunities for meetings, banquets, conventions, workshops, weddings, receptions, reunions and other social gatherings. Our professional and experienced staff is happy to assist you in planning a most satisfying and memorable experience.

The 20,000 square foot multipurpose recreational facility offers meeting room space with round and rectangular tables, chairs to seat 500, audio visual equipment and rooms with removable walls to meet a variety of user needs.

The 1050 seat ice arena is home to the KIJHL Junior A Castlegar Rebels, this arena includes a regulation ice surface, 5 dressing rooms, referees room and concession. Our outdoor areas include a sports field, skate park and tennis and pickleball courts.



**Exceptional facilities.
Exceptional service.**



Fill out a booking request form by scanning the QR Code!