

SALMO

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 250.357.0121

**CHEER
Events**

See page 5
for details





Salmo Recreation & Fitness Centre



Visit Us

206 7th St, Salmo, BC | rdck.ca/recreation

Contact Us

250.357.0121 | salmorec@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)

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

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.



Stay home if you are sick



Masks are a personal choice for guests



Be kind to each other



Register Online: rdck.ca/recreation

Or Register by Phone: 250.357.0121

FITNESS CENTRE HOURS

March 30 – June 28, 2026

- 13+ years old
- General Admission and Active Pass fees, see pg. 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30 – 10:30am	6:30 – 10:30am	6:30 – 10:30am	6:30 – 10:30am		6:30 – 10:30am
	3:00 – 8:00pm	4:00 – 8:00pm	3:00 – 8:00pm	4:00 – 8:00pm	4:00 – 8:00pm	

Please note: Facility hours are subject to change or cancellation, based on staff shortages or unforeseen circumstances.

GYMNASIUM HOURS

March 30 – June 28, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	OPEN GYM 6:30 – 8:30am	OPEN GYM 6:30 – 10:30am	OPEN GYM 6:30 – 10:30am	OPEN GYM 6:30 – 8:30am		OPEN GYM 6:30 – 10:30am
	PICKLE BALL 8:45 – 10:30am		WALKING 8:30 – 9:30am	PICKLE BALL 8:45 – 10:30am		
	OPEN GYM 3:00 – 6:15pm	OPEN GYM 5:00 – 6:15pm	OPEN GYM 3:00 – 8:00pm	OPEN GYM 5:00 – 6:15pm	OPEN GYM 7:00 – 8:00pm	
	VOLLEYBALL 6:30 – 8:00pm	PICKLE BALL 6:30 – 8:00pm		BASKETBALL 6:30 – 8:00pm		

- 13+ years unless designated.
- Co-ed, non-competitive recreation level play during all sessions.
- Recreation Equipment will be available during all Open Gym Sessions.
- Designated Gym Activity times are noted in the schedule below.
- Participants, please put away all equipment after each session.
- Pay Admission or scan your Active Pass in the Fitness Center before using the Gym.

OFFICE HOURS

Monday & Wednesday 6:30 - 10:30am, 3:00 - 7:00pm
Tuesday & Thursday 6:30am - 10:30pm, 4:00 - 8:00pm
Friday 4:00 - 8:00pm
Saturday 6:30 - 10:30am

Salmo Recreation is closed on all Statutory Holidays as well as Christmas Eve and New Year's Eve.

GENERAL ADMISSION – FITNESS CENTRE

	DROP-IN	10-PUNCH*
Adult (19-74)	\$6.29	\$56.61
Youth (13-18)	\$3.15	\$28.35
Golden Guest (75+)	Free	-

*10-punch passes expire 12 months from date of purchase

GENERAL ADMISSION – GYM

All Ages	\$3.32
Golden Guest (75+)	Free

ACTIVE PASSES

The Active Program is a time-based membership that gives pass-holders unlimited general admission to: Fitness Centre, Gymnasium, and included with admission programs.

PASS FEES	ACTIVE PASS FEES*		
	1 Month Pass	3 Month Pass	6 Month Pass
Adult	\$56.61	\$144.36	\$254.75
Youth	\$28.35	\$72.29	\$127.58
2nd Adult	\$50.95	\$134.50	\$229.28
2nd Youth	\$25.52	\$65.06	\$114.82

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 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.



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 | NDCC

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, fitness centre, and any applicable included with admission programs.

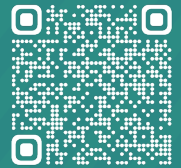
Wednesday, April 22 3:00 - 4:00pm  

Friday, May 22 4:00 - 5:00pm  

Saturday, June 20 9:00 - 10:00am  

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.

SALMO POOL Opens June 2026

Interested in working at the Salmo pool?

Check out our training opportunities on Page 6 or at rdck.ca/gettraining. Funded training opportunities are available.

Already certified? Apply to be a lifeguard at rdck.ca/jobs.



POOL SCHEDULE

June 1 - 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 8:00-9:30am	LAPS & LEISURE 8:00-9:30am	LAPS & LEISURE 8:00-9:30am	LAPS & LEISURE 8:00-9:30am			
	TOTAL BODY AQUAFIT 8:15 - 9:15am <i>Starts June 16th</i>		TOTAL BODY AQUAFIT 9:00-9:45am <i>Starts June 16th</i>	CLOSED	CLOSED	FUN SWIM 12:00pm-5:00pm

**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 based on users in the pool.

Laps & Leisure

Space available for lap swimming, water walking, and leisure swimming.

Fun Swim

No lap lane guaranteed. A fun feature (rock wall or jumping board) will be open

Total Body Aquafit

A full-body workout including cardio and resistance training for all of the major muscle groups under the constant resistance that water workouts provide.





YOUTH PROGRAMMING

Family Archery

9+ years
Salmo Rec Centre

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 close toed shoes and bring a water bottle.**

Mondays and Tuesdays
6:00 - 8:00pm
June 1, 2, 8 and 9
\$42 / person for 4 classes

100427

Family FUN Day

All Ages
Salmo Rec Centre - Gymnasium

Join Salmo 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.

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

Monday
11:30am - 2:30pm
April 13
Included with Admission or Active Pass 100746

Monday
11:30am - 2:30pm
May 25
Included with Admission or Active Pass 100747

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) 357-0121 for more information.

All Personal Training sessions expire 6 months from the date of purchase.

PERSONAL TRAINING OPTIONS (rates are per person)

Option	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	

SDRD FITNESS PROFESSIONALS



Laura Stavast

CFES Certified Personal Trainer,
Precision Nutrition Nutrition Coach,
ACE Sports Performance Specialist

YOUTH FITNESS CENTRE ORIENTATIONS

Salmo 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 rdck.ca/recreation in person or call 250-357-0121 to speak with one of our customer service representatives.

Mondays

5:00 - 5:30pm

Included with Admission or Active Pass



Register Online: rdck.ca/recreation

Or Register by Phone: 250.357.0121





DROP-IN OPPORTUNITIES

Gymnasium Drop-In

13+ years
SDRD – Gymnasium

Come shoot some hoops, play some floor hockey or play a game of pick-up. The gymnasium will be available, along with our equipment, for you to get back into the swing of things. Fitness equipment is not available for use in the gymnasium at this time.

Monday
6:30 – 8:30am and 3:00 – 6:15pm
Tuesdays
6:30 – 10:30am and 5:00 – 6:15pm
Wednesdays
6:30 – 10:30am and 3:00 – 8:00pm
Thursdays
6:30 – 8:30am and 5:00 – 6:15pm
Fridays
7:00 – 8:00pm
Saturdays
6:30 – 10:30am
\$3.32 + tax (or access with fitness centre admission)

Gymnasium availability may vary according to programs and facility bookings.

Drop-In Pickleball

13+ years
SDRD – Gymnasium

Grab your paddle and tell your friends. Pickleball is back!

Tuesdays
6:30 – 8:00pm
Mondays & Thursdays
9:00 – 10:30am
\$3.32 + tax (or access with fitness centre admission)

***No session June 2 and 9**

Drop-In Basketball

13+ years
SDRD – Gymnasium

Come join us for game of pick up! All skill levels welcome! Please wear clean non-marking indoor shoes.

Thursdays
6:30 – 8:00pm
\$3.32 (or access with fitness center admission)

Drop-In Walking

13+ years
SDRD - Gymnasium

Need a safe, indoor space to keep up your walking exercise? We got you covered! Please bring clean, non-marking shoes.

Wednesdays
8:30 – 9:30am
\$3.32 + tax (or access with fitness centre admission)

Drop-in Volleyball

13+ years
SDRD - Gymnasium

Come join us for a game of pick-up volleyball! All skill levels welcome. Please wear clean non-marking indoor shoes.

Mondays
6:30 – 8:00pm
\$3.32 (or access with fitness centre admission)

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.*