

# SLOCAN VALLEY

## PROGRAM GUIDE

# SPRING 2026

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

To view the guide and register online visit [rdck.ca/recreation](https://rdck.ca/recreation).



Last Updated: March 26

**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](http://rdck.ca/recreation)

### Contact Us

250.365.3386



### Online Registration

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

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



[Like us on Facebook](#)

# 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) |
|------------------|---------------|---------------------------|---------------------------|---------------------------------|
| <b>ONLINE</b>    | Not available | Up to 24 hours in advance | Not available             | Up to 24 hours in advance       |
| <b>IN PERSON</b> | 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](http://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**

# 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.

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](http://rdck.ca/recreation) or scan the QR code for more information.



## NEW DENVER FIRST AID TRAINING WEEKEND

Join us at Knox Hall for our training weekend and get certified! First aid training provides life saving knowledge for both work and everyday life. Check page 6 for more details!

### **Standard First Aid with CPR-C & AED**

(Intermediate First Aid equivalent)

Friday & Saturday

June 5, 6

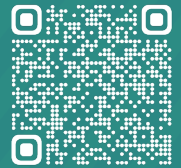
9:00am - 6:00pm

\$239 + tax

100543

# ADVANCED TRAINING OPPORTUNITIES!

Learn more and apply for funded training at [rdck.ca/GetTraining](https://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.*



GENERAL RECREATION

## Family Archery

9+ years  
Slocan Park Hall

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.**

**Mondays and Tuesdays**  
**5:30 - 7:30pm**  
**June 15, 16, 22 and 23**  
**\$42 / person for 4 classes** **100428**

## PAL

12+ years  
Slocan Park Hall

This certificate is required to possess, purchase, transfer ownership, sell or trade a firearm, as well as to purchase ammunition. PAL manuals are recommended and can be found online at [www.bcwfb.bc.ca](http://www.bcwfb.bc.ca)

**Saturday**  
**8:00am - 5:00pm**  
**May 23**  
**\$159 + tax** **100429**

## Volleyball - Intermediate

16+ years  
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**  
**7:30 - 9:30pm**  
**March 31 - May 26**  
**\$5 drop-in fee**

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**  
**9:00 - 10:00am**  
**April 10 - May 15**  
**\$58 + tax / 6 classes** **100717**

**Fridays**  
**9:00 - 10:00am**  
**May 22 - June 26**  
**\$58 + tax / 6 classes** **100718**

**Fridays**  
**10:30 - 11:30am**  
**April 10 - May 15**  
**\$58 + tax / 6 classes** **100719**

**Fridays**  
**10:30 - 11:30am**  
**May 22 - June 26**  
**\$58 + tax / 6 classes** **100720**

# 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.*