

NELSON

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 250.354.4386

**CHEER
Events**

See page 5
for details



Updated: April 20



NDCC
Nelson & District
Community Complex



Nelson & District Community Complex



Visit Us

305 Hall St., Nelson, BC | rdck.ca/recreation

Contact Us

250-354-4FUN (4386) | nelrec@rdck.bc.ca



Online Registration

rdck.ca/recreation

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

Contents

- HOURS.....3
- ADMISSION4
- SPECIAL EVENTS6
- TRAINING7
- YOUTH PROGRAMS10
- CAMPS10
- SWIM LESSONS12
- POOL SCHEDULE16
- FITNESS SCHEDULE18
- DRY FLOOR SCHEDULE.. 27



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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 - 7:00pm	6:00am - 9:15pm	6:00am - 9:15pm	6:00am - 9:15pm	6:00am - 9:15pm	6:00am - 9:30pm	8:00am - 8:00pm
FITNESS CENTRE	9:00am - 7:00pm	5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 9:30pm	8:00am - 8:00pm

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

FULL FACILITY CLOSURE FOR STAFF TRAINING: April 15
POOL CLOSED FOR SWIM MEET: May 30, 31



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

Sunday, April 26

5:00 - 6:00pm



Friday, May 22

5:00 - 6:00pm



Saturday, June 20

1:00 - 2:00pm



Easter Colouring Contest

March 30 - April 4
FREE

3 Groups: 4 - 6 years | 7 - 9 years | 10 - 12 years

NDCC Lobby

Celebrate the joy of Easter with a splash of colour. Our Easter Colouring Contest invites creators ages 4 - 12 years to bring classic springtime themes to life from cheerful bunnies and decorated eggs to blooming flowers and bright seasonal scenes. It's a chance to show off your colouring skills, enjoy a festive activity, and share your most vibrant Easter masterpiece. Let your colours hop off the page and spread a little springtime cheer.

Colouring posters will be available at the NDCC, and once you complete your masterpiece, it will be proudly put on display.

A winner will be chosen and notified by April 10th.

Summer Solstice Swim

All Ages | NDCC - Pool

Celebrate the longest day of the year with a refreshing dip. Our Summer Solstice Swim brings the community together to welcome the season with sunshine, laughter, and cool water. Whether you're diving in for fun, fitness, or the festive spirit, it's a perfect way to embrace summer at its peak. Join us for a bright, energizing swim that captures the magic of the solstice

Lights will be low and music will be appropriate for the occasion.

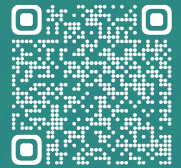
June 21
4:00 - 6:00pm

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.



YOUTH PROGRAMS

Friday Funzone Flip - Where Every Friday is a New Adventure

7 - 12 years
 NDCC - Upper Multi-Purpose 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 100418

Friday
 5:00 - 8:00pm
 May 22
 \$22 / class 100419

Friday
 5:00 - 8:00pm
 June 19
 \$22 / class 100420

Family Archery

9+ years
 North Shore Hall

Explore the art of archery 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.**

Monday & Tuesday
 5:00 - 7:00pm
 May 11, 12, 18 and 19
 \$42 / 4 classes 100421

Home Alone

9 - 12 years
 NDCC - Upper Multi-Purpose 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.

***Please bring a lunch, pen and water bottle.**

Saturday
 9:00am - 2:00pm
 May 9
 \$60/class 100422



PRO D DAY CAMPS

April Pro-D Day Camp

7 - 12 years
NDCC - Upper Multi-Purpose Room

Spend the day with your friends learning new games, creating art, getting active 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 swim suit, towel, lunch and snack.**

Monday
8:30am - 3:30pm
April 13
\$40 100416

May Pro-D Day Camp

7 - 12 years
NDCC - Upper Multi-Purpose 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 swim suit, towel, lunch and snack.**

Monday
8:30am - 3:30pm
May 25
\$40 100417

Sea Pups Club



2 Programs in 1! Swim Lesson Included!

3 - 6 years
Drop off: NDCC - Upper Multi-Purpose Room
Pick Up: Pool Deck

Welcome to Sea Pups club! A dual program for you and your little one. This program will let you get a workout in, go for a swim, or relax in our hot areas, while your little one stays busy and has fun!

Activities include:

1. Playtime (30 minutes)

Your little one will start with age-appropriate games, toys, and activities that promote physical activity and social interaction. Our indoor playroom is designed to stimulate their curiosity and energy.

2. Pool Time (1 hour)

Your little one will then head to the pool for a swim lesson and playtime! Children will receive a full swim lesson set, based on their skill level.

Please have your child's suit on and ready to go at drop off. Pick up is on the pool deck. Please pack a small snack for your child to enjoy. Program price includes facility admission for one caregiver.

Parents are required to stay in the facility for the duration of the program and must be available to assist their child if needed.

Tuesdays
9:00 - 10:30am
April 14 - June 2
\$120 / 8 classes 100684

Thursdays
9:00 - 10:30am
April 16 - June 4
\$120 / 8 classes 100685



STREET HOCKEY

RDCK Nelson 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. Sticks available to use at no charge or please bring your own. Helmets available to rent at \$.95 + tax if needed.

U10

7 - 9 years
NDCC - Dry Floor

Fridays
4:30 - 5:30pm
May 1 - June 26
\$40 / 8 classes
99677

No class June 12

U13

10 - 12 years
NDCC - Dry Floor

Fridays
5:30 - 6:30pm
May 1 - June 26
\$40 / 8 classes
99682

No class June 12

U16

13 - 15 years
NDCC - Dry Floor

Fridays
6:30 - 7:30pm
May 1 - June 26
\$40 / 8 classes
99683

No class June 12

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
	40 minutes	\$148 / 4 classes	\$194 / 5 classes
Semi Private (2 people)	25 minutes	\$148 / 4 classes	\$194 / 5 classes
	40 minutes	\$168 / 4 classes	\$220 / 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 **NEW!**

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 <i>(See pg. 7)</i>

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 9:00am the day before the first class. Please phone for late registration.

Session Dates

TUESDAYS	April 7 - June 9	10 classes
THURSDAYS	April 9 - June 11	10 classes
SATURDAYS	April 11 - June 20 (no class May 30)	10 classes
SUNDAYS	April 12 - June 21 (no class May 31)	10 classes

Aqua Babies Parent participation

Jellyfish 1 Parent & Tot	Sundays	9:30 - 9:55am	100236
Goldfish 2 Parent & Tot	Saturdays	10:00 - 10:25am	100224
Seahorse 3 Parent & Tot	Saturdays	9:30 - 9:55am	100218

Aqua Tots 3 - 5 years

Octopus 1	Tuesdays	4:00 - 4:25pm	100190
	Thursdays	4:00 - 4:25pm	100201
	Saturdays	8:30 - 8:55am	100214
	Saturdays	10:00 - 10:25am	100219
	Sundays	12:00 - 12:25pm	100251
Crab 2	Tuesdays	4:30 - 4:55pm	100192
	Thursdays	4:30 - 4:55pm	100203
	Saturdays	9:00 - 9:25am	100228
	Saturdays	9:30 - 9:55am	100216
	Sundays	11:45am - 12:10pm	100245
Orca 3	Tuesdays	5:30 - 5:55pm	100195
	Thursdays	5:30 - 5:55pm	100206
	Saturdays	11:00 - 11:25am	100221
	Sundays	10:30 - 10:55am	100248
Sea Lion 4	Thursdays	5:00 - 5:25pm	100205
	Saturdays	10:30 - 10:55am	100220
	Sundays	11:00 - 11:25am	100249
Narwhal 5	Tuesdays	5:00 - 5:25pm	100194
	Sundays	11:30 - 11:55am	100250

Aqua Kids 6 - 15 years

Swimmer 1	Tuesdays	6:00 - 6:25pm	100197
	Thursdays	5:30 - 5:55pm	100209
	Saturdays	9:00 - 9:25am	100217
	Sundays	10:00 - 10:25am	100242
	Sundays	11:15 - 11:40am	100244
Swimmer 2	Tuesdays	5:30 - 5:55pm	100196
	Thursdays	6:00 - 6:25pm	100211
	Saturdays	11:00 - 11:25am	100226
	Sundays	9:30 - 9:55am	100237
Swimmer 3	Sundays	10:00 - 10:25am	100252
	Tuesdays	4:00 - 4:40pm	100191
	Saturdays	9:15 - 9:55am	100223
Swimmer 4	Sundays	10:30 - 11:10am	100240
	Thursdays	4:00 - 4:40pm	100200
	Saturdays	10:00 - 10:40am	100222
Swimmer 5	Sundays	10:30 - 11:10am	100241
	Tuesdays	4:45 - 5:25pm	100193
Swimmer 6	Sundays	11:15 - 11:55am	100243
	Thursdays	4:45 - 5:25pm	100204
Swimmer 7 Rookie Patrol	Sundays	12:00 - 12:55pm	100246
Swimmer 8 Ranger Patrol	Sundays	9:30 - 10:25am	100238
Swimmer 9 Star Patrol	Saturdays	10:45 - 11:40am	100229

Aqua Adapted 6 - 15 years, with a disability

Adapted 1	Thursdays	6:00 - 6:25pm	100213
Adapted 2	Tuesdays	6:00 - 6:25pm	100199

Aqua Adults 15+ years

Adult 1 Beginner	Saturdays	2:00 - 2:40pm	100231
Adult 2 Intermediate	Saturdays	4:15 - 4:55pm	100235

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.



SATURDAYS	APRIL 11 - MAY 9	MAY 16 - JUNE 20 (no class May 30)
10:30 - 10:55am	100225	100254
11:30 - 11:55am	100230	100255
2:45 - 3:10pm	100232	100256
3:15 - 3:40pm	100233	100257
3:45 - 4:10pm	100234	100258
SUNDAYS	APRIL 12 - MAY 10	MAY 17 - JUNE 21 (no class May 31)
12:15 - 12:40pm	100247	100253

**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 6:00 - 8:00am	LEISURE SWIM 6:00am - 12:00pm	LAPS & LEISURE 6:00 - 8:00am	LEISURE SWIM 6:00am - 12:00pm	LAPS & LEISURE 6:00 - 8:00am		
AQUA STEP & STRENGTH 9:00 - 10:00am	CARDIO CORE 9:00 - 10:00am		AQUA RUNNING 9:00 - 10:00am		LAPS & LEISURE 8:00 - 9:00am	
CARDIO JAMS 10:30 - 11:30am	GENTLE JOINTS 10:30 - 11:30am		TOTAL BODY AQUAFIT 10:30 - 11:30am		LEISURE SWIM 9:00am - 12:00pm	LEISURE SWIM 9:00am - 1:00pm
LEISURE SWIM 8:00am - 8:00pm	HUSH SWIM & SOAK 12:00 - 1:30pm	LEISURE SWIM 8:00am - 8:00pm	HUSH SWIM & SOAK 12:00 - 1:30pm	LEISURE SWIM 8:00am - 5:00pm		
	LAPS & LEISURE 1:30 - 3:00pm		LAPS & LEISURE 1:30 - 3:00pm			
	LEISURE SWIM 3:00 - 8:00pm		LEISURE SWIM 3:00 - 8:00pm		FUN SWIM 12:00 - 6:00pm	FUN SWIM 1:00 - 6:00pm
				FUN SWIM 5:00 - 9:30pm	LEISURE SWIM 6:00 - 8:00pm	LEISURE SWIM 6:00 - 7:00pm
LAPS & LEISURE 8:00 - 9:15pm	LAPS & LEISURE 8:00 - 9:15pm	LAPS & LEISURE 8:00 - 9:15pm	LAPS & LEISURE 8:00 - 9:15pm			

*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 3 lanes, teach pool, leisure pool and hot areas available.	Fun Swim No lap lane guaranteed. A fun feature (diving board, slide, rope swing, or cliff) 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 Step & Strength 3

15+ years
NDCC - Shallow

Play with fun step patterns in this high-energy, low-impact workout that combines the benefits of step aerobics with the resistance of water. This dynamic class offers a fun and effective way to improve cardiovascular fitness and smile muscles too.

Mondays
9:00 - 10:00am
March 30 - June 22
Included with Admission or Active Pass
100372

No class May 18

Cardio Core 2

15+ years
NDCC - Deep

This deep water aquatics class provides an environment where there is 90% reduction in body weight, and the ability to tailor your intensity level to your own individual needs. These classes will get your heart pumping and a core focused finisher will leave you smiling.

Tuesdays
9:00 - 10:00am
March 31 - June 23
Included with Admission or Active Pass
100375

Aqua Running 2

15+ years
NDCC - Deep

This class brings running into the pool. Reap the benefits of cross-training. Running in the pool will increase your strength and endurance while reducing the impact and strain on your joints and muscles.

Thursdays
9:00 - 10:00am
April 2 - June 25
Included with Admission or Active Pass
100377

Cardio Jams 2

15+ years
NDCC - Deep

Music to make us move! Enjoy the music as your instructor guides you in a class that will strengthen and tone your muscles, all while incorporating cardiovascular exercise to help improve your mood, support daily activities and help you sleep better.

Mondays
10:30 - 11:30am
March 30 - June 22
Included with Admission or Active Pass
100374

No class May 18

Gentle Joints 1

15+ years
NDCC - Shallow

Improve your balance and range of motion through gentle, low-intensity movements to help you with your daily activities.

Tuesdays
10:30 - 11:30am
March 31 - June 23
Included with Admission or Active Pass
100376

Total Body Aquafit 2

15+ years
NDCC - Shallow

Total Body 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 workouts provide.

Thursdays
10:30 - 11:30am
April 2 - June 25
Included with Admission or Active Pass
100378

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	SUNDAY
SPIN 6:00 - 7:00am	SPIN 6:00 - 7:00am			SPIN 6:00 - 7:00am		
	BARRE 8:00 - 9:00am	INTERMEDIATE WEIGHT ROOM GROUP CIRCUIT 8:00 - 9:00am		INTRO TO STEP 8:00 - 9:00am		SWAT 7:45 - 8:45am
WORK TO PROGRESS 9:00 - 10:30am	WORK TO PROGRESS 9:00 - 10:30am	WORK TO PROGRESS 9:00 - 10:30am	LOWER BODY STRENGTH 9:15 - 10:15am	POWER HOUR 9:15 - 10:15am	WEEKEND WARRIOR 9:00 - 10:00am	
	STEP 9:15 - 10:15am	FULL BODY SCULPT 9:15 - 10:15am				
SILVER STRENGTH 10:30 - 11:30am	YOGA MOBILITY FUSION 10:30 - 12:00pm	BABY AND ME 10:30 - 11:30am	FIT 4 LIFE 10:30 - 11:30am	HATHA FLOW YOGA 10:30 - 12:00pm	WORK-OUT OF THE DAY Come Anytime Between 11:00 - 1:00pm	HATHA FLOW YOGA 10:30 - 12:00pm
STEP 12:10 - 12:55pm		CORE CONDITIONING 12:10 - 12:55pm				
BALANCE AND MOBILITY 1:15 - 2:15pm		CHOOSE TO MOVE 1:15 - 2:15pm	STRONG AND STEADY 1:30 - 2:30pm <i>North Shore Hall</i>			
			BALANCE AND MOBILITY 2:30 - 3:30pm			
CARDIO BOXING AND STRENGTH 4:00 - 5:00pm			SPIN AND SCULPT 3:45 - 4:45pm	CORE CONDITIONING 3:45 - 4:45pm		
SPIN AND SCULPT 5:15 - 6:15pm	HIIT 5:15 - 6:15pm	STEP 5:15 - 6:15pm		HIIT 5:00 - 6:00pm		
CLASSICAL HATHA YOGA 6:45 - 8:15pm		CLASSICAL HATHA YOGA 6:45 - 8:15pm				

*Participants must be 15 years of age to attend classes

Included with Admission Program See pages 19 - 23 for more details.	Pre-Registered Program See pages 19 - 23 for more details.
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FITNESS PROGRAMS

March 30 – June 28, 2026

OLDER ADULT FITNESS

Work to Progress 1 +

15+ years
NDCC - Arena Concourse

This class is designed as a starting point to help you gain an active lifestyle. Well-suited to individuals with health concerns or a limited ability to exercise. This program is based on your abilities and activities and can be easily modified to meet your needs. This program includes the key components of good fitness: cardio, strength, and flexibility. Class length is based on your fitness - it's the class that grows with you.

Mondays
9:00 - 10:30am
March 30 - April 20
\$58 + tax / 4 classes 100431

Mondays
9:00 - 10:30am
April 27 - May 25
\$58 + tax / 4 classes 100433

No class May 18

Tuesdays
9:00 - 10:30am
March 31 - April 21
\$58 + tax / 4 classes 100436

Tuesdays
9:00 - 10:30am
April 28 - May 26
\$72 + tax / 5 classes 100438

Wednesdays
9:00 - 10:30am
April 1 - April 29
\$58 + tax / 4 classes 100439

No class April 15

Wednesdays
9:00 - 10:30am
May 6 - 27
\$58 + tax / 4 classes 100440

Strong and Steady 2 +

15+ years
North Shore Hall

This class is designed to help increase full body awareness, improve coordination, circulation, joint mobility and stability. It will consist of mostly standing exercises intermixed with a few seated ones. This class progresses week by week to help you develop through the session.

Wednesdays
1:30 - 2:30pm
April 1 - May 6
\$58 + tax / 6 classes 100442

Wednesdays
1:30 - 2:30pm
May 13 - June 24
\$67 + tax / 7 classes 100443

Choose to Move 1

15+ years
NDCC - Fitness Studio

This is an entry-level class to fitness, designed for those clients needing extra support with mobility challenges. This class is mostly seated exercises with some standing and balance exercises.

Wednesdays
1:15 - 2:15pm
April 1 - April 29
\$38 + tax / 4 classes 100444

No class April 15

Wednesdays
1:15 - 2:15pm
May 6 - 27
\$38 + tax / 4 classes 100445

FITNESS INTENSITY LEVELS



Health Conditions

Appropriate for individuals with health concerns or physical limitations. Program tailored to individual abilities and needs.

1

Low

Appropriate for those with mobility challenges or newcomers to fitness.

2

Medium

Appropriate for those looking to progress their fitness.

3

High

Appropriate for regular fitness enthusiasts looking for a challenge.

Balance and Mobility 1

15+ years
NDCC - 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.

Mondays
1:15 - 2:15pm
March 30 - June 22
Included with Admission or Active Pass 100488

No class May 18

Thursdays
2:30 - 3:30pm
April 2 - June 25
Included with Admission or Active Pass 100489



CARDIO AND/OR STRENGTH PROGRAMS

Silver Strength ²

15+ years

NDCC - Fitness Studio

This fun, upbeat 60-minute class is designed specifically for active adults 60+ who want a balanced workout in a supportive and social environment: 20 minutes cardio - low impact choreographed heart pumping movement, 20 minutes strength - full-body muscle conditioning, and 20 minutes flexibility and balance - exercises to improve stability and range of motion. All levels welcome.

Mondays

10:30 - 11:30am

March 30 - May 25

Included with Admission or Active Pass

100699

No class May 18

Spin ² ³

15+ years

NDCC - Fitness Studio

Get your heart pumping with a group journey on our Keiser 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.

Mondays

6:00 - 7:00am

March 30 - May 4

\$58 + tax / 6 classes

100446

Mondays

6:00 - 7:00am

May 11 - June 22

\$58 + tax / 6 classes

100447

No class May 18

Tuesdays

6:00 - 7:00am

March 31 - April 28

\$48 + tax / 5 classes

100448

No class April 15

Tuesdays

6:00 - 7:00am

May 5 - 26

\$38 + tax / 4 classes

100449

Fridays

6:00 - 7:00am

April 10 - May 15

\$58 + tax / 6 classes

100450

No class April 3

Fridays

6:00 - 7:00am

May 22 - June 26

\$58 + tax / 6 classes

100451



Fit 4 Life ²

15+ years

NDCC - Fitness Studio

This is a fun, active class that incorporates balance, strength, muscular endurance, and choreographed cardio. Exercises will be performed standing and on the floor. You will use a variety of equipment, including resistance bands, handheld weights, and exercise balls.

Thursdays

10:30 - 11:30am

April 2 - June 25

Included with Admission or Active Pass

100490

Spin and Sculpt ²

15+ years

NDCC - 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

5:15 - 6:15pm

March 30 - May 4

\$58 + tax / 6 classes

100472

Mondays

5:15 - 6:15pm

May 11 - June 22

\$58 + tax / 6 classes

100474

No class May 18

Thursdays

3:45 - 4:45pm

April 2 - May 7

\$58 + tax / 6 classes

100475

Thursdays

3:45 - 4:45pm

May 14 - June 25

\$67 + tax / 7 classes

100476

Step 2

15+ years
NDCC - Fitness Studio

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

Mondays
12:10 - 12:55pm
March 30 - June 22
Included with Admission or Active Pass
100491

No class May 18

Tuesdays
9:15 - 10:15am
March 31 - June 23
Included with Admission or Active Pass
100492

Wednesdays
5:15 - 6:15pm
April 1 - June 24
Included with Admission or Active Pass
100493

No class April 15

Cardio Boxing and Strength 2

15+ years
NDCC - Fitness Studio

A music-driven, moderate-to-high intensity class mixing coached boxing combinations, interval rounds, and targeted strength. Modifications provided.

Mondays
4:00 - 5:00pm
March 30 - June 22
Included with Admission or Active Pass
100494

No class May 18

HIIT 2

15+ years
NDCC - Fitness Studio

A rigorous interval training sequence with high-intensity exercises and strength moves. It build cardiovascular fitness while improving muscular strength and endurance. You will be challenged to push your limits and walk out feeling resilient and strong.

Tuesdays
5:15 - 6:15pm
March 31 - June 23
Included with Admission or Active Pass
100495

Fridays
5:00 - 6:00pm
April 10 - June 26
Included with Admission or Active Pass
100497

No class April 3

Barre 2

15+ years
NDCC - Fitness Studio

Barre workouts offer a low-impact, full-body exercise experience that blends elements of ballet with the fundamental concepts of Pilates and the flexibility of yoga. This class focuses on precise, controlled movements designed to sculpt and strengthen the whole body. No dance background or footwear is needed - just a willingness to move and feel the burn.

Tuesdays
8:00 - 9:00am
March 31 - May 5
\$58 + tax / 6 classes
100478

Tuesdays
8:00 - 9:00am
May 12 - June 23
\$67 + tax / 7 classes
100479

Full Body Sculpt 2 3

15+ years
NDCC - Fitness Studio

This is an intermediate-level group fitness class designed for those wanting to improve their strength and cardiovascular fitness with a combination of classic group fitness choreography and strength exercises.

Wednesdays
9:15 - 10:15am
April 1 - June 24
Included with Admission or Active Pass
100498

No class April 15

Baby and Me 2

15+ years
NDCC - Fitness Studio

Meet other new parents, get fit, and have fun. Parent and baby classes includes cardiovascular and functional strength training. Work on regaining your strength and agility so you can chase after your little one.

Wednesdays
10:30 - 11:30am
April 1 - May 13
\$58 + tax / 6 classes
100481

No class April 15

Wednesdays
10:30 - 11:30am
May 20 - June 24
\$58 + tax / 6 classes
100482

Core Conditioning 2

15+ years
NDCC - Fitness Studio

This is a beginner-intermediate level fitness class designed for those wanting a stronger, more conditioned core. This class is mostly floor exercises with a variety of intensities used to improve your overall core fitness.

Wednesdays
12:10 - 12:55pm
April 1 - June 24
Included with Admission or Active Pass
100500

No class April 15

Fridays
3:45 - 4:45pm
April 10 - June 26
Included with Admission or Active Pass
100502

No class April 3

Lower Body Strength 2

15+ years NDCC - Fitness Studio

This is a beginner-intermediate level fitness class designed for those wanting a stronger lower body. By strengthening your lower body you can pursue hobbies with strength, confidence, and a reduced risk of injury.

Thursdays

9:15 - 10:15am

April 2 - June 25

Included with Admission or Active Pass

100504

Power Hour 2 3

15+ years

NDCC - Fitness Studio

Strength and power are key for long-term health, quality of life, and ensuring you can get out there and have fun in the activities you love! This class focuses on full body strength and power and is best for those with some fitness experience.

Fridays

9:15 - 10:15am

April 10 - June 26

Included with Admission or Active Pass

100506

No class April 3

Intro to Step 1

15+ years NDCC - Fitness Studio

This class will introduce you to Step, the popular choreographed aerobics class. The exercise combinations on the step helps improve coordination, balance, and agility. A great option for beginners!

Fridays

8:00 - 9:00am

April 10 - June 26

Included with Admission or Active Pass

100505

No class April 3

Weekend Warrior 3

15+ years

NDCC - Fitness Studio

If choreography is not your thing, this class just might be! This high-intensity workout, which mixes strength and cardio, will ramp it up a level. It is best suited for those ready and able to handle a high-intensity workout guaranteed to push you!

Saturdays

9:00 - 10:00am

April 4 - June 27

Included with Admission or Active Pass

100507

WEIGHT ROOM PROGRAMS AND WORKSHOPS

Intermediate Weight Room Group Circuit 2

15+ years

NDCC - 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 NDCC personal trainers. This program is for those with some weight room experience.

Wednesdays

8:00 - 9:00am

April 1 - May 13

\$58 + tax / 6 classes

100483

No class April 15

Wednesdays

8:00 - 9:00am

May 20 - June 24

\$58 + tax / 6 classes

100484

Workout of the Day 1 2

15+ years

NDCC - Weight Room

This program is designed for those wanting some guidance and support for their workout. Come anytime between 11:00am - 1:00pm and follow the workout planned for the day. A personal trainer will offer support and answer questions. All levels of fitness welcome!

Fridays

11:00am - 1:00pm

April 10 - June 26

Included with Admission or Active Pass

100509

No class April 3

S.W.A.T 2

15+ years

NDCC - Weight Room

You've built the habit, you've learned the basics, and now you're ready to take your fitness to the next level. Does that sound like you? This program is the perfect match! Learn how to take your weight room workouts to an intermediate level.

Sundays

7:45 - 8:45am

April 12 - May 17

\$58 + tax / 6 classes

100485

Sundays

7:45 - 8:45am

May 24 - June 28

\$58 + tax / 6 classes

100486





MOBILITY AND/OR MINDFULNESS

Hatha Flow Yoga

15+ years
NDCC - Fitness Studio

This yoga class provides an environment that is safe, non-competitive, and welcoming to all. Come and explore what happens to the body when you release the tension your body habitually holds, allowing you to slow the mind and find your inner calm. Please bring your own mat.

Sundays

10:30am - 12:00pm

April 12 - June 28

Included with Admission or Active Pass

100510

No class April 5

Fridays

10:30am - 12:00pm

April 10 - June 26

Included with Admission or Active Pass

100512

No class April 3

Classical Hatha Yoga

15+ years
NDCC - Fitness Studio

This class incorporates the whole practice of yoga, inspired by the teaching of Baba Hari Dass. Movement is slow and deliberate, with long-held postures sustained with deeply focused breathing. The sessions are uniquely delivered to offer space for quiet presence and thoughtful refinement. This is a supportive community class where students of all levels are encouraged to work within their range.

Mondays

6:45 - 8:15pm

March 30 - June 22

Included with Admission or Active Pass

100513

No class May 18

Wednesdays

6:45 - 8:15pm

April 1 - June 24

Included with Admission or Active Pass

100514

No class April 15

Yoga Mobility Fusion

15+ years
NDCC - Fitness Studio

This class blends traditional yoga postures and breathwork with active movements to build strength, improve flexibility, and move with greater ease in your everyday life. Drawing inspiration from practices like Pilates and occasionally incorporating simple props, this class supports healthy movement patterns, builds strength, and increased body awareness. Designed for all fitness levels, this class invites you to move, explore, and support overall well-being.

Tuesdays

10:30am - 12:00pm

March 31 - June 23

Included with Admission or Active Pass

100515

HEALTH AND/OR FITNESS PROGRAMS

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) 354-4386 ext. 5130 for more information.



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	

NDCC FITNESS PROFESSIONALS



Haley Mosdell

Bachelors of Kinesiology
CFES Certified Personal Trainer
CFES Group Fitness Instructor



Max Loran

ACE Certified Personal Trainer
ACE Functional Training Specialist



Amelia Savazzi

CSEP Certified Personal Trainer
Bachelor's of Kinesiology





YOUTH FITNESS CENTRE ORIENTATIONS

NDCC 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 www.rdck.ca/recreation, in person or call 250-354-4386 to speak with one of our customer service representatives.

6:30 - 7:00pm
Tuesdays and Thursdays **100516**

1:30 - 2:00pm
Sundays **100517**

Included with Admission or Active Pass

Youth on Weights

13 - 17 years
NDCC - Weight Room

This program goes into greater depth than the Youth Fitness Centre Orientation and is designed for youth that are interested in learning more about how to use the weight room safely and effectively. Topics will include the proper set up of equipment, gym etiquette, and how to create a safe and well-balanced fitness program.

This is a great option for youth to receive supervised and guided training to build their fitness, improve their athletic development, and improve their health.

YOUTH ON WEIGHTS TRAINING PACKAGES	2 PPL	3 PPL	4 PPL	5 PPL	6 PPL
3 sessions (cost per person)	\$76 + tax	\$51 + tax	\$38 + tax	\$30 + tax	\$25 + tax

To get the process started, each participant will need to complete the [intake form](#) or contact the NDCC for more information.

** Please try to form groups where the youth have similar goals and abilities.*

*** If you are unable to find others to join you, let us know and we can help to create a group!*



ARENA SCHEDULE

March 30 – April 10, 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.

MON 30	TUE 31	WED 1	THU 2	FRI 3	SAT 4	SUN 5
			Adult Stick & Puck 11:45 - 12:45pm			
				Public Skate 2:00 - 4:00pm	Public Skate 1:00 - 2:30pm	
Family Stick & Puck 5:45 - 6:45pm	Youth Shinny 4:45 - 5:45pm Public Skate 6:00 - 7:00pm	Public Skate 5:45 - 6:45pm				
MON 6	TUE 7	WED 8	THU 9	FRI 10		
	Public Skate 10:00 - 11:00am Youth Shinny 4:45 - 5:45pm					
		Public Skate 5:45 - 6:45pm				

Skate Rentals \$2.85 + tax Helmet Rentals \$.95 + tax



DRY FLOOR SCHEDULE

April 20 - June 30, 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Drop-in Sports 8:00am - 6:00pm	Drop-in Sports 8:00am - 6:00pm	Drop-in Sports 8:00am - 5:00pm	Drop-in Sports 8:00am - 6:00pm			Roller Hockey Stick & Puck 1:30 - 2:30pm <i>Starting May 3rd</i>
						Public Roller Skating/Blading 2:45 - 4:15pm <i>Starting May 3rd</i>
		Roller Hockey Stick & Puck 5:30 - 6:30pm <i>Starting May 8th</i>		Street Hockey U10 4:30 - 5:30pm		
				Street Hockey U13 5:30 - 6:30pm		
				Street Hockey U16 6:30 - 7:30pm		

INCLUDED WITH ADMISSION PROGRAM
 See page 29 for more details

PRE-REGISTERED PROGRAM
 See page 29 for more details.

DRY FLOOR PROGRAMS

March 30 – June 28, 2026

PRE REGISTERED PROGRAMS

RDCK Nelson 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 and hockey helmets with face shields are strongly recommended. Sticks available to use at no charge or please bring your own. Helmets available to rent at \$.95 + tax if needed.

Play occurs inside on the dry floor so weather does not affect program!

U10

7 - 9 years
NDCC - Arena Dry Floor

Fridays
4:30 - 5:30pm
May 1 - June 26
\$40 / 8 classes **99677**

No class June 12

U13

10 - 12 years
NDCC - Arena Dry Floor

Fridays
5:30 - 6:30pm
May 1 - June 26
\$40 / 8 classes **99682**

No class June 12

U16

13 - 15 years
NDCC - Arena Dry Floor

Fridays
6:30 - 7:30pm
May 1 - June 26
\$40 / 8 classes **99683**

No class June 12

INCLUDED WITH ADMISSION PROGRAMS

Drop - in Sports

All Ages
NDCC - Arena Dry Floor

Drop-in to the NDCC for some casual sports with your friends or family. The arena dry floor will be split into sections for various sports. All ages and abilities will be able to try a new sport or hone their skills. Clean gym shoes.

Monday, Tuesday & Thursday
8:00am - 6:00pm
April 20 - June 24
Included with Admission or Active Pass
98972

No session May 18 and June 11

Wednesday
8:00am - 5:00pm
May 6 - June 24
Included with Admission or Active Pass
99175

Roller Hockey Stick & Puck

All Ages
NDCC - Arena Dry Floor

Bring your roller hockey gear and sticks to have some fun and practice those skills on the dry floor. No games or scrimmages. Helmets and gloves are required

Wednesday
5:30 - 6:30pm
May 6 - June 24
Included with Admission or Active Pass
98973

Starting May 8

Sundays
1:30 - 2:30pm
May 3 - June 28
Included with Admission or Active Pass
98977

Starting May 3

Public Roller Skating/Blading

All Ages
NDCC - Arena Dry Floor

Roll in, gear up, and get ready for a whole lot of smiles! This skating session is all about enjoying the moment—cruising, wobbling, twirling, and laughing alongside friends and family. Whether you're confidently gliding or finding your balance for the first time, you'll fit right in. It's relaxed, welcoming, and full of good vibes—so lace up your skates and come make some fun memories on wheels! No skate rentals available. Helmets are strongly recommended

Sundays
2:45 - 4:15pm
May 3 - June 28
Included with Admission or Active Pass
98978

Starting May 3



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.*

PADDLE RENTAL CENTRE

June 11th | Opening Day!

We are launching the summer season on June 11th. Come down to Lakeside Park and try out a Paddleboard, Kayak, or Canoe. The best place to kick off the summer is on the lake!

Lakeside Park – Beach Building

Open June 11th and last day August 31st

12:00 – 7:00 pm

Thursday - Monday

Closed Tuesdays & Wednesdays

Equipment Available for Rent

- Stand Up Paddleboards
- Children's Stand Up Paddle Boards and Kayaks
- Kayaks and Canoes

Paddle Rental Fees

Adult (19 - 74 years)	\$22
Youth (5 - 18 years)	\$17
Family - up to 2 adults + 2 youth	\$48
Golden Guest (75+ years)	Free
Child (<5 years)	Free

Prices do not include taxes.

What to Bring

- Swimsuit or wetsuit, towel and change of clothes
- Insulated long sleeved non-cotton base layers
- Water bottle and snack
- Dry bag, waterproof camera, water resistant watch

- Children under 15 years must be accompanied by an adult over 18 years
- Youth must have a parent/guardian sign a waiver to rent equipment
- Rental fee includes all safety equipment for up to 3 hours within the designated paddle area of Kootenay Lake