

CRESTON

PROGRAM GUIDE

SUMMER 2026

Registration
Start Date:
Monday, June 8
7:00 am

To view the guide and register online visit rdck.ca/recreation or call 250.428.7127

NEW
Regional
Parks Info

See page 27
for details



Creston & District
Community Complex



Creston & District Community Complex



Visit Us

312 19th Ave. North, Creston, BC
rdck.ca/recreation

Contact Us

250-428-7127 | crestonrec@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
- TRAINING8
- CAMPS11
- YOUTH12
- SWIM LESSONS13
- POOL SCHEDULE17
- FITNESS SCHEDULE19
- DRY FLOOR SCHEDULE . 24
- ARENA SCHEDULE.....25



[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)

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

Register online at: 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

SUMMER HOURS

June 29 – September 6, 2026

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

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	1:00 - 6:00pm	7:00am - 8:00pm	9:00am - 8:00pm	7:00am - 8:00pm	9:00am - 8:00pm	7:00am - 8:00pm	1:00 - 6:00pm
FITNESS CENTRE	1:00 - 6:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	8:00am - 6:00pm

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

ANNUAL POOL SHUTDOWN: August 23 - September 7
POOL REOPENING: September 8



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.

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 – up to 50% (Adults) & 75% (Youth)
- Memberships - up to 50% (Adults) & 75% (Youth)
- Programs – up to 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.

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.

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





WATER WISE EVENT

DROWNING IS PREVENTABLE! Are you Water Wise?

Join us for a day of **essential water safety education!** The Regional District of Central Kootenay is excited to invite you to a **special event at the beach.** Our Swim to Survive® instructors will be on hand to provide invaluable insights into water safety, including the latest research findings, tips for selecting the right life jacket, and leading in water Swim to Survive® skill development sessions.

Come on down and connect with your neighbours and learn how to stay safe in, on, and around the water. Whether you're a seasoned swimmer or just starting to dip your toes in the water, there's something for everyone at this event. Don't miss out on this opportunity to equip yourself and your loved ones with life-saving knowledge. See you there!

Saturday, July 18

12:00 - 3:00pm

Slocan Beach, Village of Slocan

Sunday, July 19

12:00 - 3:00pm

Salmo Pool

Saturday, July 25

12:00 - 3:00pm

Crescent Valley Beach Regional Park
Taghum Beach Regional Park
Twin Bays Beach



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

NATIONAL DROWNING PREVENTION WEEK

#NDPW2026

July 19 - 25, 2026



The majority of people who drown had no intention of going into the water. For swimmers and non-swimmers alike, immersion is sudden, unexpected and often silent.

Basic swimming ability and water safety knowledge is a fundamental skill for survival. Join us for swimming lessons for all ages and abilities, or attend a Water Wise event near you to learn how to stay Water Smart this summer!

COLOURING CONTEST

Three Age Groups:

4 - 6 years | 7 - 9 years | 10+ years

Join us this National Drowning Prevention Week to learn about Water Smart messaging in a fun and creative way!

Colouring posters, complete with educational messaging, will be available at the complex from July 10 - 25, and once you complete your masterpiece, it will be proudly put on display

Winners will be chosen and notified by August 10th.

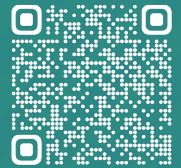


Water Smart® Tips

- 1. Always wear a properly fitting lifejacket!**
Don't just have it in the boat. Pick one and wear it.
- 2. Stay sober in, on, and around the water.**
Both alcohol and cannabis use impair balance, judgment and reflexes.
- 3. Know before you go.**
Check the weather forecast and complete a simple safety checklist.
- 4. Closely supervise young children near water.**
If you're not "within arms' reach" of them, you've gone too far.
- 5. Always swim with a buddy.**
And play and swim in areas supervised by a lifeguard.
- 6. Learn to swim and learn lifesaving skills.**
Go further...take a Lifesaving Society program: swimming lessons for adults and children, Bronze Medallion, Bronze Cross, National Lifeguard or other lifesaving program. Contact your local aquatic facility for more information.

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 Summer 2026 season open on June 1, 2026 and close on June 22, 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
Monday - Thursday
10:00am - 4:00pm
July 6 - July 9
\$210 + tax 104392

NELSON / NDCC
Monday - Thursday
10:00am - 4:00pm
August 10 - 13
\$210 + tax 104425

SALMO
Monday - Thursday
10:00am - 4:00pm
July 27 - 30
\$210 + tax 104442

CRESTON / CDCC
Monday - Thursday
9:30am - 3:30pm
August 17 - 20
\$210 + tax 104476

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
Monday - Thursday
10:00am - 4:00pm
July 13 - July 16
\$172 + tax 104416

NELSON / NDCC
Monday - Thursday
10:00am - 4:00pm
August 24 - 27
\$172 + tax 104426

SALMO
Monday - Thursday
10:00am - 4:00pm
August 17 - 20
\$172 + tax 104443

CRESTON / CDCC
Monday - Thursday
9:30am - 3:30pm
July 6 - 9
\$172 + tax 104473

National Lifeguard (Pool)

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

Multiple dates and locations, see below

The National Lifeguard (Pool) certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments.

National Lifeguard (Pool) is worth two grade 12 high school credits. You must be 16 years of age to be employed as a lifeguard.

Cost includes alert manual and lifeguard tool kit. Please bring your government-issued photo ID, and a copy of your Bronze Cross and Standard First Aid certifications.

***100% attendance is required**

CRESTON / CDCC
Monday - Thursday
9:00am - 3:30pm
July 13 - 16, July 20 - 23
\$630 + tax

104499

CASTLEGAR / CDRD
Monday - Thursday
10:00 - 4:30pm
July 20 - 23, July 27 - 30
\$630 + tax

104423

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.

CASTLEGAR / CDRD
Monday: 9:00 - 4:30pm
Tuesday: 12:00 - 4:30pm
June 29 & 30
\$157 + tax

104424

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.

Swim for Life Instructor Recertification

Prerequisites: Swim for Life Instructor, Online Adapted Swim Instructor Module

Multiple dates and locations, see below

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

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

CRESTON / CDCC
Thursday
9:30am - 3:30pm
August 6
\$124 + tax

104480

NELSON / NDCC
Monday
10:00am - 4:00pm
August 31
\$124 + tax

104638



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.

CASTLEGAR / CDRD
Thursday & Friday
9:00am - 6:00pm
July 9, 10
\$239 + tax

104438

NELSON / NDCC
Saturday & Sunday
9:00am - 6:00pm
August 15, 16
\$239 + tax

104435

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.

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)

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.

NELSON / NDCC
Saturday & Sunday
9:00am - 2:00pm
July 4, 5
\$128 + tax

104436

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)

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.

NELSON / NDCC
Saturday
9:00am - 2:00pm
July 4
\$62 + tax

104437



JOIN US FOR SUMMER CAMPS IN CRESTON!



Creston Recreation offers quality summer camps for children ages 6-12, providing a fun, safe place to play and meet new friends.

These experiences nurture creativity, build self-esteem, improve social interaction and increase physical stamina. All of our summer camps share a similar daily routine where campers will enjoy arts and crafts, games, outdoor activities, pool time (when applicable) and opportunities to unleash their imagination each week.

The Summer Camp brochure is available online at rdck.ca/recreation or through the QR code. REGISTRATION IS OPEN!



SUMMER AT THE SKATEPARK

Our Skatepark Hosts will be supervising and assisting skatepark users all summer. They will be offering private and group lessons for both new and experienced skateboarders.

If you don't have equipment, there will be skateboards, pads and helmets available for use. Helmets are mandatory for all coaching and lesson sessions.



SKATEBOARD CAMPS

Available this year on the Summer Camp Page!

The Grind 180

8+ years

Participate in these free events and show off your mad skills and creativity!

Thursday, July 16th
5:30 - 7:30pm

104547

Saturday, August 22nd
5:00 - 7:00pm

104548

Private Lessons

6+ years

CDCC - Skatepark

Private Lessons are 45 minute, one-on-one sessions with our qualified skateboard instructors for beginner and intermediate levels. Fill out our [Private Skateboarding Lesson Request Form](#). Partner and group options are also available.

\$25 + tax per lesson

Skateboarding Level 1

CDCC - Skatepark
8+ years

Build your confidence on flat ground while learning the basics of balance, pushing, cruising and a trick or two! Geared towards beginner/novice skateboarders.

Wednesdays
5:15 - 6:45pm
July 8 - 29
\$40 / 4 classes

104141

Wednesdays
5:15 - 6:45pm
August 5 - 26
\$40 / 4 classes

104142

Skateboarding Level 2

CDCC - Skatepark
8+ years

Take it to the next level by learning a variety of new tricks, riding ramps and maybe even the bowl. Catered to those who have taken Skateboarding Level 1 or have a good handle on the basics.

Fridays
5:15 - 6:45pm
July 10 - 31
\$40 / 4 classes

104143

Fridays
5:15 - 6:45pm
August 7 - 28
\$40 / 4 classes

104144

Skatepark Host Hours: July 2nd - August 29th

Skatepark Hosts will be available throughout the summer to offer assistance for all skatepark users. Hosts will be able to answer questions, assist with equipment and offer tips and advice to all skill levels. Skatepark hosts are here to help make your experience at the skatepark memorable!

TUES	WED	THUR	FRI	SAT
9:15 - 11:45am	9:15 - 11:45am	9:15 - 11:45am	9:15 - 11:45am	9:15 - 11:45am
	5:15 - 7:45pm		5:15 - 7:45pm	5:15 - 7:45pm

SWIMMING LESSONS



GROUP SWIM LESSON FEES

25 minutes	\$63 / 9 classes	\$70 / 10 classes
40 minutes	\$74 / 9 classes	\$82.50 / 10 classes
55 minutes	\$85.50 / 9 classes	\$95 / 10 classes

PRIVATE SWIM LESSON FEE

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

Transition to lessons 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!**

Neurodivergent swimmers, 6 - 15 years

If your neurodivergent child is 6 - 15 years old and can...

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

Aqua Kids 6 - 15 years

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

Start their learning. Or completed Sea Lion 4	Swimmer 1
Jump into chest-deep water, hold their breath and exhale underwater, float, kick, glide on front & back. Or completed Narwhal 5	Swimmer 2
Jump into deep water, tread water 15 secs, front and back crawl 10m.	Swimmer 3
Tread water 30 secs, kneeling dive, front somersault, whip kick on back 10m, front crawl 15m.	Swimmer 4
Tread water 1 min, whip kick on front 15m, front and back crawl 25m.	Swimmer 5
Shallow dive, egg beater and scissor kick, front and back crawl 50m and breaststroke 25m.	Swimmer 6
Stride jump, legs only surface support 45 secs, front and back crawl 100m.	Swimmer 7 Rookie Patrol
Completed Swimmer 7 (Rookie Patrol)	Swimmer 8 Ranger Patrol
Completed Swimmer 8 (Ranger Patrol)	Swimmer 9 Star Patrol
Completed Swimmer 9 (Star Patrol)	Lifesaving Training (See pg. 8)

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.	Masters Swim

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

Monday - Friday July 6 - 17 10 classes

Monday - Friday July 20 - 31 10 classes

Monday - Friday August 10 - 21 10 classes

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.

Aqua Babies Parent participation

Jellyfish 1 Parent & Tot	July 20 - 31	10:00 - 10:25am	104280
Goldfish 2 Parent & Tot	July 20 - 31	10:00 - 10:25am	104282
	August 10 - 21	9:30 - 9:55am	104284
Seahorse 3 Parent & Tot	August 10 -	9:30 - 9:55am	104286

Aqua Kids 6+ years

Swimmer 1	July 6 - 17	11:00 - 11:25am	104267
	July 20 - 31	11:00 - 11:25am	104268
	August 10 - 21	10:30 - 10:55am	104269
Swimmer 2	July 6 - 17	11:30 - 11:55am	104270
	July 20 - 31	10:30 - 10:55am	104271
	August 10 - 21	11:00 - 11:25am	104272
Swimmer 3	July 6 - 17	10:00 - 10:40am	104245
	July 20 - 31	10:00 - 10:40am	104247
Swimmer 4	July 6 - 17	10:45 - 11:25am	104265
	August 10 - 21	10:00 - 10:40am	104266
Swimmer 5	July 20 - 31	10:45 - 11:25am	104288
Swimmer 6	July 20 - 31	10:45 - 11:25am	104291

Aqua Tots 3-5 years

Octopus 1	July 6 - 17	9:30 - 9:55am	104237
	July 20 - 31	9:30 - 9:55am	104240
	August 10 - 21	10:00 - 10:25am	104243
Crab 2	July 6 - 17	9:30 - 9:55am	104238
	July 20 - 31	9:30 - 9:55am	104241
	August 10 - 21	10:00 - 10:25am	104244
Orca 3	July 6 - 17	10:30 - 10:55am	104261
	July 20 - 31	11:30 - 11:55am	104262
Sea Lion 4	July 6 - 17	11:30 - 11:55am	104273
	August 10 - 21	10:45 - 11:10am	104274
Narwhal 5	July 6 - 17	11:30 - 11:55am	104275
	August 10 - 21	10:45 - 11:10am	104278

Aqua Adapted

Neurodivergent swimmers, 6 - 15 years

Adapted 1	July 6 - 17	9:30 - 9:55am	104235
Adapted 2	August 10 - 21	11:15 - 11:40am	104295



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, please phone customer service for assistance to add the second participant.



MONDAY - FRIDAY	JULY 6 - 10	MONDAY - FRIDAY	JULY 27 - 31
10:00 - 10:25am	104249	9:30 - 9:55am	104253
MONDAY - FRIDAY	JULY 13 - 17	11:30 - 11:55am	104256
10:00 - 10:25am	104251	MONDAY - FRIDAY	AUGUST 10 - 14
MONDAY - FRIDAY	JULY 20 - 24	9:30 - 9:55am	104259
9:30 - 9:55am	104252	MONDAY - FRIDAY	AUGUST 17 - 21
11:30 - 11:55am	104255	9:30 - 9:55am	104258

POOL SCHEDULE

June 29 – August 22, 2026

CHECK PAGE 3 FOR CLOSURES AND HOLIDAY HOURS!

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAPS & LEISURE 7:00 - 8:00am		LAPS & LEISURE 7:00 - 8:00am		LAPS & LEISURE 7:00 - 8:00am		
HUSH SWIM & SOAK 8:00 - 9:00am						
		CARDIO JAMS 8:30 - 9:15am		CARDIO JAMS 8:30 - 9:15am		
	CARDIO TONE 9:15 - 10:00am	GENTLE JOINTS 9:30 - 10:15am		GENTLE JOINTS 9:30 - 10:15am		
LEISURE SWIM 8:00am - 8:00pm	LEISURE SWIM 9:00am - 8:00pm	LEISURE SWIM 8:00am - 8:00pm	LEISURE SWIM 9:00am - 8:00pm	LEISURE SWIM 8:00am - 8:00pm		
					FUN SWIM 1:00 - 6:00pm	FUN SWIM 1:00 - 6:00pm
LIGHT SWIM 6:00 - 8:00pm		LIGHT SWIM 6:00 - 8:00pm		LIGHT SWIM 6:00 - 8:00pm		

*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 2+ lap lanes, leisure pool and hot areas available.	Fun Swim A fun feature (rock wall or diving board) 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.	Light Swim Fun leisure swim time with colour-changing underwater LED pool lights.
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AQUAFIT

June 29 – August 22, 2026



Cardio Tone ②

15+ years
CDCC - Shallow End of Lap Pool

Improve your fitness with this low-impact, high-energy aqua workout that offers both cardiovascular and muscle conditioning, incorporating a variety of equipment. Use the water's resistance to condition the entire body.

Tuesdays
9:15 - 10:00am
June 30 - August 18
Included with Admission or Active Pass
104303

Cardio Jams ②

15+ years
CDCC - Shallow End of Lap Pool

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.

Wednesdays
8:30 - 9:15am
July 8 - August 19
Included with Admission or Active Pass
104304

No class July 1

Fridays
8:30 - 9:15am
July 3 - August 21
Included with Admission or Active Pass
104305

Gentle Joints ①

15+ years
CDCC - Leisure Pool

Improve your balance and range of motion through gentle, low-intensity movements to help you with your daily activities. Movement in the water has therapeutic benefits for both the mind and body. This class offers movement to music with a good variety of range of motion exercises. A great way to stay mobile.

Wednesdays
9:30 - 10:15am
July 8 - August 19
Included with Admission or Active Pass
104306

No class July 1

Fridays
9:30 - 10:15am
July 3 - August 21
Included with Admission or Active Pass
104485

FITNESS SCHEDULE

June 29 – September 6, 2026

CHECK PAGE 3 FOR CLOSURES AND HOLIDAY HOURS!

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FULL BODY CIRCUIT 9:00 - 10:00am	BODY IN BALANCE 9:15 - 10:15am	ZUMBA GOLD 9:00 - 10:00am	FUNCTIONAL FITNESS 9:00 - 10:00am	BALL CONDITIONING 9:15 - 10:15am
	STEP AND STRENGTH 11:00am - 12:00pm	MOVE TO IMPROVE 11:00am - 12:00pm <i>Last class August 26th</i>		MOVE TO IMPROVE 11:00am - 12:00pm <i>Last class August 28th</i>
		ZUMBA STEP 12:30 - 1:30pm		
			VINYASA FLOW YOGA 4:30 - 5:30pm	
BELLY DANCING LEVEL 2 5:00 - 6:00pm		ZUMBA 5:00 - 6:00pm		

*Participants must be 15 years of age to attend classes

Included with Admission Program
See pages 20 - 22 for more details.

Pre-Registered Program
See pages 20 - 22 for more details.

FITNESS PROGRAMS

June 29 – September 6, 2026

CARDIO AND/OR STRENGTH

Full Body Circuit **2**

15+ years
CDCC - Fitness Studio

A circuit style workout combining cardio, core, and upper and lower body movements using a variety of equipment for a well-balanced routine. Join the group and have some fun while getting fit!

Mondays
9:00 - 10:00am
June 29 - August 31
Included with Admission or Active Pass
104150

No class August 3

Belly Dancing Level 2 **2**

15+ years
CDCC - Fitness Studio

This class let's you improve your belly dance technique, posturing, terminology, movement skills and will help you build the conditioning and strength for this fun and energetic style dance! Great for those with some Belly Dancing experience!

Mondays
5:00 - 6:00pm
June 29 - August 31
\$87 + tax / 9 classes
104218

No class August 3

Zumba Gold **1 2**

15+ years
CDCC - Fitness Studio

Zumba Gold is a modified low impact version of the standard Zumba Fitness class. Designed for beginners and active older adults. It features Latin and international music with easy to follow steps and simplified choreography.

Wednesdays
9:00 - 10:00am
July 8 - September 2
Included with Admission or Active Pass
104208

No class July 1

Body in Balance **2**

15+ years
CDCC - Fitness Studio

Learn how to move more efficiently throughout your activities of daily living. This class will focus on proper form and technique in specific movement patterns.

Tuesdays
9:15 - 10:15am
June 30 - September 1
Included with Admission or Active Pass
104151

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.

Zumba Step **2**

15+ years
CDCC - Fitness Studio

A dance fitness party mixing low-intensity and high-intensity dance and step moves that are adaptable for all fitness levels! Once the Latin and World rhythms take over, you'll see why Zumba classes are often called exercise in disguise. Effective and fun fitness for all!

Wednesdays
12:30 - 1:30pm
July 8 - September 2
Included with Admission or Active Pass
104152

No class July 1



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

Step and Strength 2

15+ years
CDCC - Fitness Studio

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

Tuesdays

11:00am - 12:00pm

July 7 - September 1

Included with Admission or Active Pass

104153

Move to Improve (Parkinson's) +

15+ years
CDCC - Fitness Studio

This specialized drop-in program has been primarily designed to help improve mobility and reduce symptoms of those with Parkinson's. Exercises are modified for all levels of mobility, from wheelchairs to standing. Those who are at a higher risk for falls will also benefit from taking this program. Please note: Parkinson's participants will have a reserved spot in the program but the remaining available spots can be attended by the public as a Fall Prevention class.

Wednesdays

11:00am - 12:00pm

July 8 - August 26

Included with Admission or Active Pass

104154

No class July 1

Fridays

11:00am - 12:00pm

July 3 - August 28

Included with Admission or Active Pass

104155

Zumba 2

15+ years
CDCC - Erickson Room

A dance fitness party mixing low-intensity and high-intensity moves that are adaptable for all fitness levels! Once the Latin and World rhythms take over, you'll see why Zumba classes are often called exercise in disguise. Effective and fun fitness for all!

Wednesdays

5:00 - 6:00pm

July 8 - August 26

\$77 + tax / 8 classes

104212

Functional Fitness 2

15+ years
CDCC - Fitness Studio

This program is tailored for active older adults and includes low impact movements for cardiovascular fitness along with safe and effective strength and balance exercises.

Thursdays

9:00 - 10:00am

July 2 - August 27

Included with Admission or Active Pass

104156

Ball Conditioning 2

15+ years
CDCC - Fitness Studio

Have fun conditioning your body in all its movement patterns using an assortment of ball equipment. This class combines a variety of strength, balance, and stability exercises.

Fridays

9:15 - 10:15am

July 3 - September 4

Included with Admission or Active Pass

104157

SPECIALITY, MOBILITY AND/OR MINDFULNESS

Vinyasa Flow Yoga 2

15+ years
CDCC - Fitness Studio

Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Vinyasa classes offer a variety of postures, and no two classes are ever alike. All levels welcome.

Thursdays

4:30 - 5:30pm

July 2 - September 1

Included with Admission or Active Pass

104158

HEALTH AND/OR FITNESS PROGRAMS

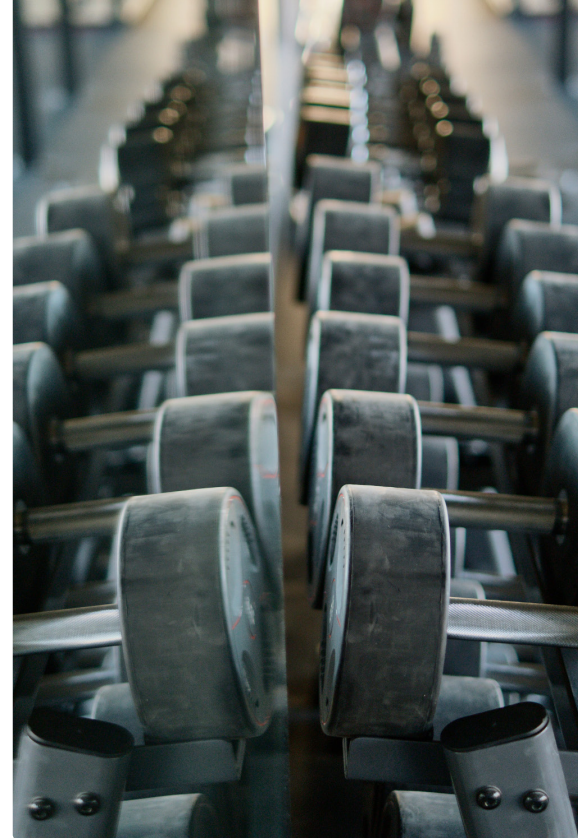
PERSONAL & GROUP TRAINING

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) 428-7127 ext. 2038 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	



FITNESS CENTRE ORIENTATIONS

Included with Admission or Active Pass

New to the Gym or need a refresher? Let one of our fitness professionals help!

Orientations Include:

- Introduction to a friendly and informative CDCC staff member
- Get to know the fitness centre rules, regulations and etiquette.
- Learn how to use cardio and strength machines
- Description of our various personal training services and fitness classes.

Contact us at 250-428-7127 to book your orientation. Bring a friend or family member to share the experience.

Maximum 3 people per session, minimum 13 years old.

CDCC FITNESS PROFESSIONALS



Vanessa

BCRPA - Certified Personal Trainer
 Diploma Kinesiology
 CFES - Group Fitness Instructor



Brielle

NCSF - Certified Personal trainer
 ALFCA - Group Fitness Instructor
 Diploma Exercise Science



Hailey

ACE - Certified Personal Trainer
 Certified Functional Movement Specialist
 Group Fitness Instructor



YOUTH FITNESS CENTRE ORIENTATIONS

MANDATORY FOR AGES 13 - 15 YEARS

CDCC 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 250-428-7127 to speak with one of our customer service representatives.

**5:45 - 6:15pm
Wednesdays
General Admission**

104486

Youth on Weights

13 - 15 years

CDCC – Fitness Centre / Fitness Studio

This program goes into greater depth than the Youth Weight Room 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 CDCC 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!*





DRY FLOOR SCHEDULE

July 2 - 31 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						ROLLER HOCKEY STICK & PUCK 1:00 - 2:30pm
		ROLLER HOCKEY STICK & PUCK 4:00 - 5:30pm				PUBLIC ROLLER SKATING/BLADING 2:30 - 4:00pm

INCLUDED WITH ADMISSION OR ACTIVE PASS

Roller Hockey Stick & Puck

All Ages
CDCC - 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.**

Wednesdays
4:00 - 5:30pm
July 8 - 29
Included with Admission or Active Pass 99188

No Session July 15

Sundays
1:00 - 2:30pm
July 5 - 26
Included with Admission or Active Pass 103569

Public Roller Skating/Blading

All Ages
CDCC - 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
2:30 - 4:00pm
July 5 - 26
Included with Admission or Active Pass 103570



ARENA SCHEDULE

August 19 - September 6, 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					PUBLIC SKATE 9:00 - 10:00am	
		STICK & PUCK 4:45 - 5:45pm		PUBLIC SKATE 4:00 - 6:00pm		ADULT DROP-IN HOCKEY 5:15 - 6:30pm <i>August 23rd only</i>
		YOUTH SHINNY 6:00 - 7:00pm				

Skate Rentals: \$2.85 + tax

Helmet Rentals: \$0.95 + tax

ARENA PROGRAMS INCLUDED WITH ADMISSION

Public Skate

All Ages
CDCC - Arena

Everyone is welcome during public skating times. Lots of fun and a great way to be active with your whole family! Helmets are highly recommended.

Sticks and pucks are not permitted during public skate for the safety of all participants. Helmet and Skate rentals are available.

Fridays
4:00 - 6:00pm
August 21, 28 & September 4
Included with Admission or Active pass 100054

Saturdays
9:00 - 10:00am
August 22, 29 & September 5
Included with Admission or Active pass 100058

Stick & Puck **New Participant Age!**

5+ years
CDCC - Arena

Bring your sticks and hockey gear to have fun on the ice! This program provides an opportunity for you to practice your puck handling and shooting skills. Please be mindful of other skaters while shooting.

Parents with children under 7 need to stay in the arena lobby or bleachers or pay to participate. Parents participation is recommended for younger skaters. Children are encouraged to participate in this program, therefore, age appropriate play will be enforced.

Helmets and gloves are required to participate in Stick & Puck. Please bring your own stick and gloves. Max 25 people.

Wednesdays
4:45 - 5:45pm
August 19, 26 & September 2
Included with Admission or Active pass 100052

Youth Shinny

5-15 years
CDCC - Arena

This program is great for those wanting to try out hockey or get some extra time on the ice playing with friends.

Parents with children under 7 need to stay in the arena lobby or bleachers.

Full gear recommended for children under 12
CSA hockey helmet, gloves, and stick are required

Wednesdays
6:00 - 7:00pm
August 19, 26 & September 2
Included with Admission or Active pass 100056



Adult Drop-in Hockey

16+ years
CDCC - Arena

First Game of the Season! One day in August! A great way to get some exercise and have some fun. This slightly more competitive in nature program provides a fun lunch hour activity for the players that want to come out and play the sport they love! Full gear is required. If no goalies, there will be alternative net aids. No referee. Please register to secure your spot.

Sunday
5:15 - 6:30pm
August 23
Included with Admission or Active pass 100059

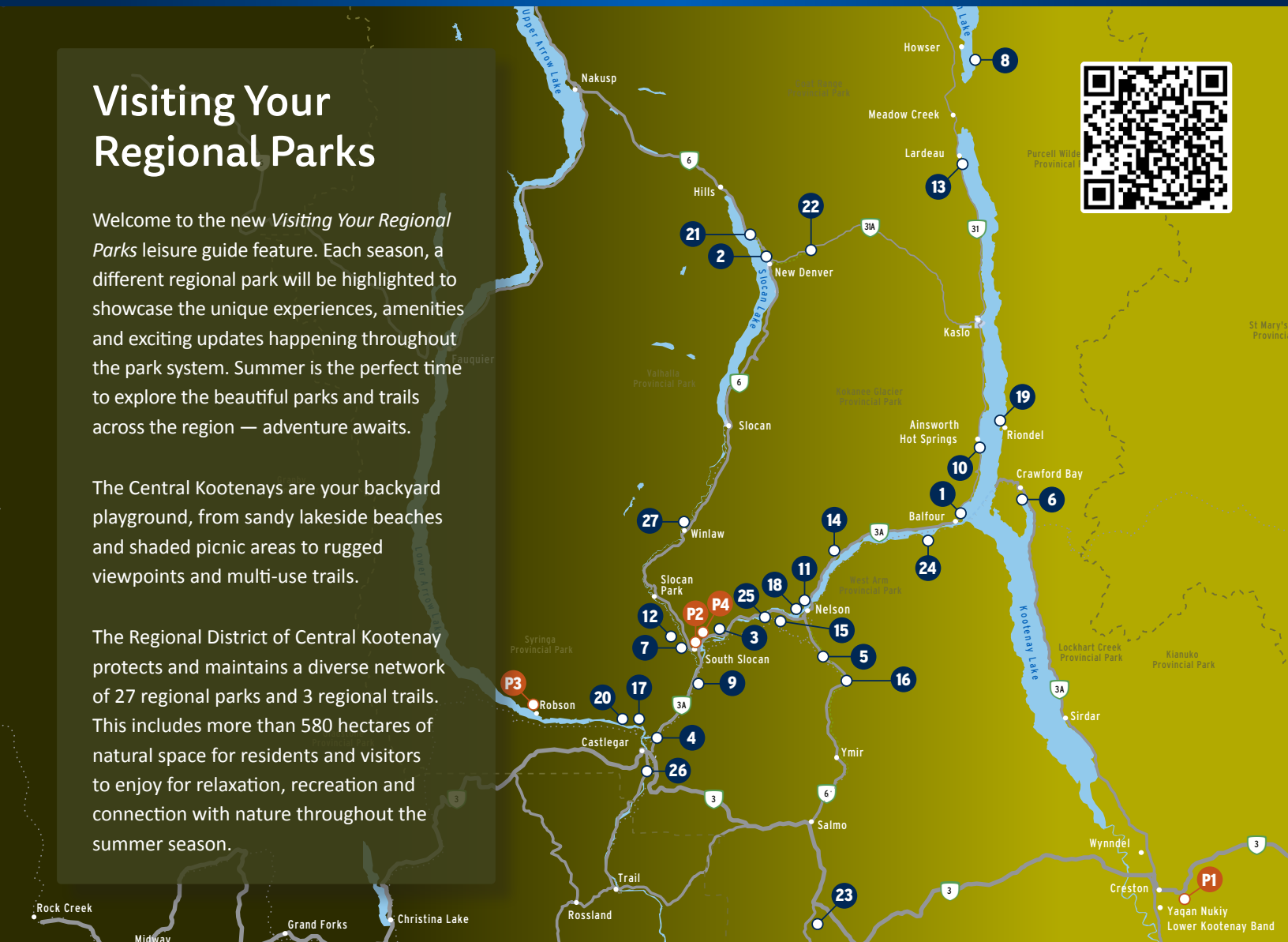
Explore Central Kootenay

Visiting Your Regional Parks

Welcome to the new *Visiting Your Regional Parks* leisure guide feature. Each season, a different regional park will be highlighted to showcase the unique experiences, amenities and exciting updates happening throughout the park system. Summer is the perfect time to explore the beautiful parks and trails across the region — adventure awaits.

The Central Kootenays are your backyard playground, from sandy lakeside beaches and shaded picnic areas to rugged viewpoints and multi-use trails.

The Regional District of Central Kootenay protects and maintains a diverse network of 27 regional parks and 3 regional trails. This includes more than 580 hectares of natural space for residents and visitors to enjoy for relaxation, recreation and connection with nature throughout the summer season.



- | | | |
|--|--|---|
| <ul style="list-style-type: none"> 1 Balfour Beach Regional Park 2 Bigelow Bay Regional Park 3 Bonnington Regional Park 4 Brilliant Bridge Regional Park 5 Cottonwood Lake Regional Park 6 Crawford Creek Regional Park 7 Crescent Valley Beach Regional Park 8 Glacier Creek Regional Park 9 Glade Regional Park 10 Historic Ainsworth Wharf Regional Park 11 James Johnstone Regional Park 12 Krestova Regional Park | <ul style="list-style-type: none"> 13 Lardeau Regional Park 14 McDonalds Landing Regional Park 15 Morning Mountain Regional Park 16 Nelson Salmo Great Northern Trail 17 Pass Creek Regional Park 18 Pulpit Rock Access Regional Park 19 Riondel Regional Park 20 Robson Boat Ramp Regional Park 21 Rosebery Parklands Regional Park 22 Rosebery to Three Forks Regional Trail 23 Rosebud Lake Regional Park 24 Sunshine Bay Regional Park | <ul style="list-style-type: none"> 25 Taghum Beach Regional Park 26 Waterloo Eddy Regional Park 27 Winlaw Regional and Nature Park P1 3823 Goat Canyon Road P2 Campbell Field P3 Robson Community Park P4 Former Old School House Site |
|--|--|---|

Primary Park Type	
● Open Parks	● Future Parks
▲ Multiple Purpose Park (6)	
▲ Waterfront Access Park (16)	
▲ Regional Trails (3)	
▲ Waterfront Access & Multiple Purpose Park (2)	



RENTAL OPPORTUNITIES

The Creston & District Community Complex (CDCC) offer a wide range of rental opportunities for meetings, banquets, receptions, and social gatherings, which have access to a full commercial kitchen and audio/visual equipment.

The CDCC has rooms available to host everything from a small meeting to an event up to 450 people. The property also contains a 7,000 sq.ft. stand-alone community hall (Rotacrest Hall) available for rentals.

The multi-purpose recreational facility, which sits on over 20 acres of land, also offers sport facility rentals including an ice arena, aquatic centre, baseball and soccer fields, and a variety of outdoor sport courts including pickleball, beach volleyball, basketball, and a 10,000 square foot skatepark.

Our professional and experienced staff are happy to assist you in planning the most satisfying and memorable experience. Visit rdck.ca/recreation for more detailed information about our rental spaces and how to book them.



**Exceptional facilities.
Exceptional service.**

**CONTACT US TODAY
TO BOOK YOUR SPACE**