

NELSON

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 250.354.4386

NEW
Regional
Parks Info

See page 27
for details



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](#)

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[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	11:00am - 5:00pm	6:30am - 8:00pm	6:30am - 8:00pm	6:30am - 8:00pm	6:30am - 8:00pm	6:30am - 8:00pm	10:30am - 5:00pm
FITNESS CENTRE	10:00am - 6:00pm	5:30am - 8:00pm	5:30am - 8:00pm	5:30am - 8:00pm	5:30am - 8:00pm	5:30am - 8:00pm	9:00am - 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: September 6 - 20 | REOPENING: September 21
 FITNESS STUDIO SHUTDOWN: August 30 - September 7 | REOPENING: September 8
 FULL FACILITY CLOSURE: September 6 - 7 | 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

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.



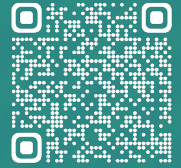
Water Smart® Tips

- 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!



Register Online: rdck.ca/recreation

Or Register by Phone: 250.354.4386



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 NELSON!



Nelson Recreation offers quality summer camps for children ages 5-12, 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 or lake time 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!



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	\$134 / 4 classes	\$168 / 5 classes
Semi Private (2 people)	25 minutes	\$155 / 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, 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...

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. 7)

Aqua Adults 15+ years

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

LOOKING FOR MORE INFORMATION?

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

SWIM LESSON SCHEDULES

Online registration closes at 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
Tuesdays & Thursdays	August 4 - 27	8 classes

Aqua Babies Parent participation

Jellyfish 1 Parent & Tot	Tue & Thu	August 4 - 27	4:00 - 4:25pm	104147
Goldfish 2 Parent & Tot	Tue & Thu	August 4 - 27	3:30 - 3:55pm	104148
Seahorse 3 Parent & Tot	Tue & Thu	August 4 - 27	3:30 - 3:55pm	104149

Aqua Tots 3-5 years

Octopus 1	Mon - Fri	July 6 - 17	10:00 - 10:25am	104010
	Mon - Fri	July 20 - 31	10:00 - 10:25am	104011
	Mon - Fri	August 10 - 21	9:30 - 9:55pm	104012
	Tue & Thu	August 4 - 27	4:45 - 5:10pm	104013
Crab 2	Mon - Fri	July 6 - 17	10:30 - 10:55am	104014
	Mon - Fri	July 20 - 31	10:30 - 10:55am	104015
	Mon - Fri	August 10 - 21	10:00 - 10:25am	104016
	Tue & Thu	August 4 - 27	5:00 - 5:25pm	104017
Orca 3	Mon - Fri	July 6 - 17	11:00 - 11:25am	104019
	Mon - Fri	July 20 - 31	11:00 - 11:25am	104020
	Mon - Fri	August 10 - 21	11:45am - 12:10pm	104021
	Tue & Thu	August 4 - 27	4:30 - 4:55pm	104022
Sea Lion 4	Mon - Fri	July 6 - 17	9:30 - 9:55am	104024
	Mon - Fri	August 10 - 21	11:15 - 11:40am	104026
	Tue & Thu	August 4 - 27	5:15 - 5:40pm	104028
Narwhal 5	Mon - Fri	July 6 - 17	9:30 - 9:55am	104030
	Mon - Fri	August 10 - 21	11:15 - 11:40am	104032
	Tue & Thu	August 4 - 27	5:15 - 5:40pm	104034

Aqua Kids 6+ years

Swimmer 1	Mon - Fri	July 6 - 17	10:30 - 10:55am	104113
	Mon - Fri	July 20 - 31	10:30 - 10:55am	104114
	Mon - Fri	August 10 - 21	10:00 - 10:25am	104115
	Tue & Thu	August 4 - 27	5:30 - 5:55pm	104117
Swimmer 2	Mon - Fri	July 6 - 17	10:00 - 10:25am	104118
	Mon - Fri	July 20 - 31	10:00 - 10:25am	104119
	Mon - Fri	August 10 - 21	11:45am - 12:10pm	104120
	Tue & Thu	August 4 - 27	5:30 - 5:55pm	104121
Swimmer 3	Mon - Fri	July 6 - 17	11:30am - 12:10pm	104122
	Mon - Fri	August 10 - 21	10:30 - 11:10am	104123
	Tue & Thu	August 4 - 27	4:00 - 4:40pm	104124
Swimmer 4	Mon - Fri	July 6 - 17	11:30am - 12:10pm	104125
	Mon - Fri	August 10 - 21	10:30 - 11:10am	104126
	Tue & Thu	August 4 - 27	4:00 - 4:40pm	104127
Swimmer 5	Mon - Fri	July 20 - 31	11:30am - 12:10pm	104128
Swimmer 6	Mon - Fri	July 20 - 31	11:30am - 12:10pm	104129

Aqua Adapted

Neurodivergent swimmers, 6 - 15 years

Adapted 1	Tue & Thu	August 4 - 27	3:30 - 3:55pm	104145
Adapted 2	Tue & Thu	August 4 - 27	3:30 - 3:55pm	104146

Aqua Adults 15+ years

Adult 1 Beginner	Tue & Thu	August 4 - 27	4:45 - 5:25pm	104159
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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.



MONDAY - FRIDAY	JULY 6 - 10	TUESDAYS & THURSDAYS	AUGUST 4 - 13
11:00 - 11:25am	104130	5:45 - 6:10pm	104160
MONDAY - FRIDAY	JULY 13 - 17	MONDAY - FRIDAY	AUGUST 10 - 14
11:00 - 11:25am	104132	9:30 - 9:55am	104134
MONDAY - FRIDAY	JULY 20 - 24	11:15 - 11:40am	104137
11:00 - 11:25am	104131	MONDAY - FRIDAY	AUGUST 17 - 21
MONDAY - FRIDAY	JULY 27 - 31	9:30 - 9:55am	104139
11:00 - 11:25am	104133	11:15 - 11:40am	104140
		TUESDAYS & THURSDAYS	AUGUST 18 - 27
		5:45 - 6:10pm	104161

**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

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	SATURDAY	SUNDAY
LAPS & LEISURE 6:30 - 8:00am	LAPS & LEISURE 6:30 - 8:00am	LAPS & LEISURE 6:30 - 8:00am	LAPS & LEISURE 6:30 - 8:00am	LAPS & LEISURE 6:30 - 8:00am		
		HUSH SWIM & SOAK 8:00 - 9:00am		HUSH SWIM & SOAK 8:00 - 9:00am		
AQUA SHALLOW 9:00 - 10:00am	AQUA DEEP 9:00 - 10:00am		AQUA SHALLOW 9:00 - 10:00am			
LEISURE SWIM 8:00am - 7:00pm	LEISURE SWIM 8:00am - 7:00pm	LEISURE SWIM 8:00am - 7:00pm	LEISURE SWIM 8:00am - 7:00pm	LEISURE SWIM 8:00am - 7:00pm	LAPS & LEISURE 10:30am - 12:00pm	LAPS & LEISURE 11:00am - 12:00pm
					FUN SWIM 12:00 - 3:00pm	FUN SWIM 12:00 - 3:00pm
					LEISURE SWIM 3:00 - 5:00pm	LEISURE SWIM 3:00 - 5:00pm
LAPS & LEISURE 7:00 - 8:00pm	LAPS & LEISURE 7:00 - 8:00pm	LAPS & LEISURE 7:00 - 8:00pm	LAPS & LEISURE 7:00 - 8:00pm	LAPS & LEISURE 7:00 - 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 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

June 29 – September 6, 2026



Aqua Shallow 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.

Monday
9:00 - 10:00am
June 29 - August 31
Included with Admission or Active Pass 104000

No class August 3

Thursday
9:00 - 10:00am
July 2 - September 3
Included with Admission or Active Pass 104002

Aqua Deep 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.

Tuesday
9:00 - 10:00am
June 30 - September 1
Included with Admission or Active Pass 104001

FITNESS SCHEDULE

June 29 - August 30, 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
			FULL BODY FITNESS 6:30 - 7:30am			
	BARRE 8:00 - 9:00am	BOOTY BURN 8:00 - 9:00am				
	STEP 9:15 - 10:15am	FULL BODY SCULPT 9:15 - 10:15am	FULL BODY SCULPT 8:30 - 9:30am	INTERMEDIATE WEIGHT ROOM GROUP CIRCUIT 9:00 - 10:00am		
BALANCE AND MOBILITY 10:30 - 11:30am		BABY AND ME 10:30 - 11:30am				
STEP 12:10 - 12:55pm						
	TOTAL BODY BARBELL 5:15 - 6:15pm	STEP 5:15 - 6:15pm	HIIT 5:15 - 6:15pm			
CLASSICAL HATHA YOGA 6:45 - 8:00pm <i>Last class July 27</i>		CLASSICAL HATHA YOGA 6:45 - 8:00pm				

*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

June 29 - August 30, 2026

CARDIO AND/OR STRENGTH PROGRAMS

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.

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
July 8 - 29
\$38 + tax / 4 classes **104250**

No class July 1

Wednesdays
10:30 - 11:30am
August 5 - 26
\$38 + tax / 4 classes **104254**

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
June 29 - August 24
Included with Admission or Active Pass **104225**

No class August 3

Tuesdays
9:15 - 10:15am
June 30 - August 25
Included with Admission or Active Pass **104227**

Wednesdays
5:15 - 6:15pm
July 8 - August 26
Included with Admission or Active Pass **104228**

No class July 1

Balance & 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
10:30 - 11:30am
June 29 - August 24
Included with Admission or Active Pass **104229**

No class August 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
June 30 - August 25
Included with Admission or Active Pass **104231**

Total Body Barbell ②

15+ years
NDCC - Fitness Studio

Experience a new way to train in this ultimate strength and endurance class of multiple reps and sets. This class uses barbells with a strong focus on form and technique pushing you to complete... just one more rep!

Tuesdays
5:15 - 6:15pm
June 30 - August 25
Included with Admission or Active Pass **104232**

Booty Burn ②

15+ years
NDCC - Fitness Studio

Squats, lunges, deadlifts and a selection of single leg exercises will get your booty burning in no time!

Wednesdays
8:00 - 9:00am
July 8 - August 26
Included with Admission or Active Pass **104233**

No class July 1

Full Body Fitness ②

15+ years
NDCC - Fitness Studio

A progressive group fitness class that pairs cardio choreography with strength training for full-body conditioning. Classes build across the classes to develop endurance, strength, and athletic capacity. Intermediate level.

Thursdays
6:30 - 7:30am
July 9 - 30
\$38 + tax / 4 classes **104257**

Thursdays
6:30 - 7:30am
August 6 - 27
\$38 + tax / 4 classes **104260**

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
July 8 - August 26
Included with Admission or Active Pass **104481**

Thursdays
8:30 - 9:30am
July 2 - August 27
Included with Admission or Active Pass **104234**

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.

Thursdays
5:15 - 6:15pm
July 2 - August 27
Included with Admission or Active Pass **104236**

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.

Fridays
9:00 - 10:00am
July 3 - 31
\$48 + tax / 5 classes **104263**

Fridays
9:00 - 10:00am
August 7 - 28
\$38 + tax / 4 classes **104264**

Classical Hatha Yoga 2

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 - 8:00pm
June 29 - July 27
Included with Admission or Active Pass **104239**

Last class July 27

Wednesdays
6:45 - 8:00pm
July 8 - August 26
Included with Admission or Active Pass **104242**

No class July 1



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





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 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 **104483**

1:30 - 2:00pm
Sundays **104484**

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

August 15 - 29 2026
SATURDAYS ONLY

CHECK PAGE 3 FOR CLOSURES AND HOLIDAY HOURS!

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

INCLUDED WITH ADMISSION

Stick & Puck

New Participant Age!

5+ years
 NDCC - 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.

Parents with children under 7 need to stay on the bench or pay to participate. Parents participation is recommended for younger skaters. Children are encouraged to come to this program so hard shots are discouraged.

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

Saturdays
 9:15 - 10:15am
 August 15, 22 & 29
 Included with Admission or Active pass
 100965

Public Skate

All Ages
 NDCC - 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.

Saturdays
 10:30 - 11:30am
 August 15, 22 & 29
 Included with Admission or Active pass
 100962

SATURDAY

Stick and Puck
 9:15 - 10:15am

Public Skate
 10:30 - 11:30am

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



CHECK PAGE 3 FOR CLOSURES AND HOLIDAY HOURS!

DRY FLOOR SCHEDULE

July 2 - 19, 2026

Schedule is subject to change. Please visit 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
						Public Roller Skating/Blading 2:45 - 4:15pm
		Roller Hockey Stick & Puck 5:30 - 6:30pm				

DRY FLOOR PROGRAMS

July 2 - 19, 2026



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.

Monday, Tuesday & Thursday
8:00am - 6:00pm
July 2 - 16
Included with Admission or Active Pass
103376

Wednesday
8:00am - 5:00pm
July 8 - 15
Included with Admission or Active Pass
103377

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
July 8 - 15
Included with Admission or Active Pass
103379

Sundays
1:30 - 2:30pm
July 5 - 19
Included with Admission or Active Pass
103381

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
July 5 - 19
Included with Admission or Active Pass
103382

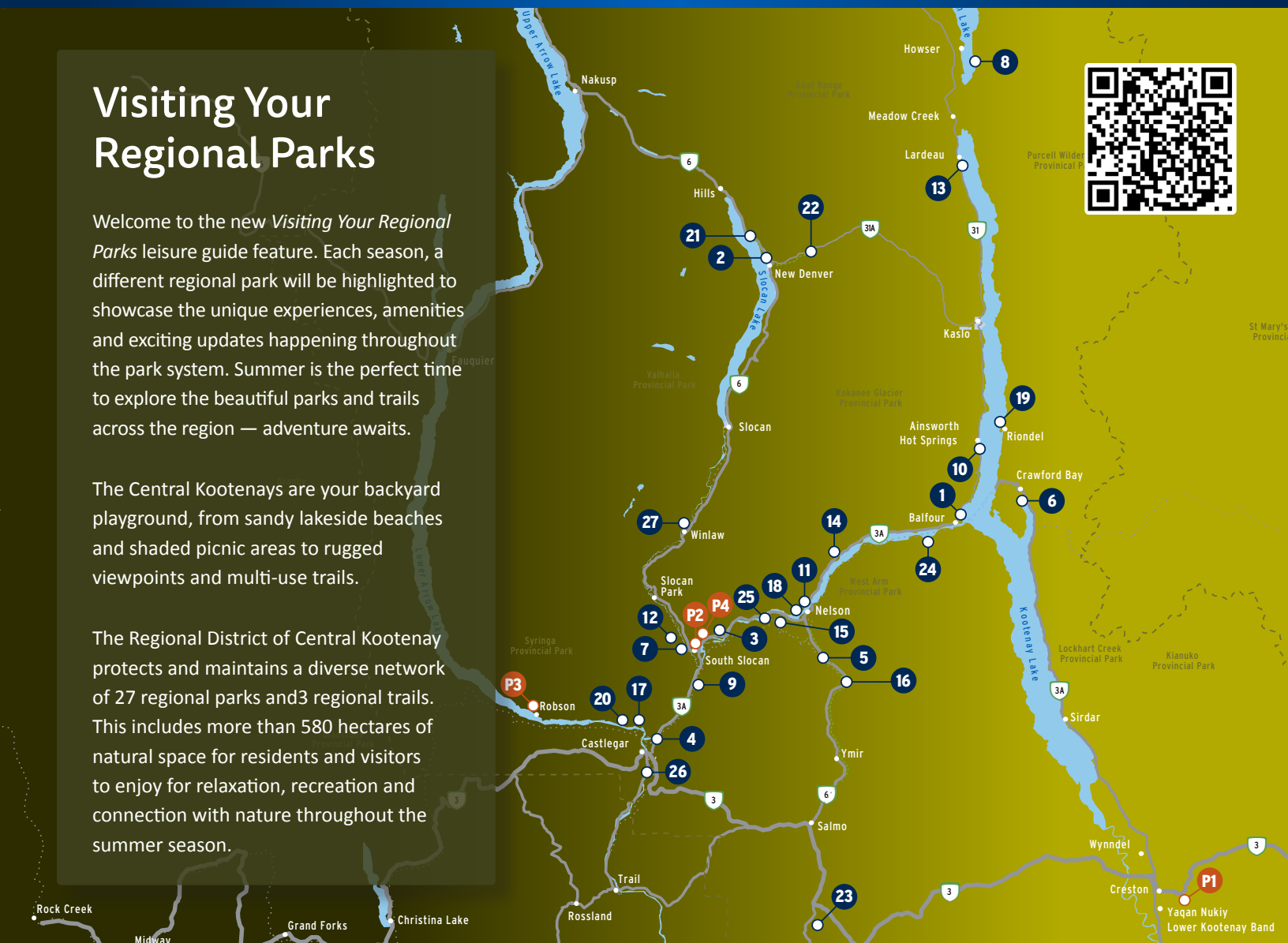
Explore Central Kootenay

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)

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

