

SALMO

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 250.357.0121

NEW
Regional
Parks Info

See page 18
for details





Salmo Recreation & Fitness Centre



Visit Us

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

Contact Us

250.357.0121 | salmorec@rdck.bc.ca



Online Registration

rdck.ca/recreation

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



[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



Stay home if you are sick



Masks are a personal choice for guests



Be kind to each other

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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.



Register Online: rdck.ca/recreation

Or Register by Phone: 250.357.0121

FITNESS CENTRE HOURS

June 29 – September 6, 2026

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

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

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

GYMNASIUM HOURS

June 29 – September 6, 2026

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

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

OFFICE HOURS

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

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

GENERAL ADMISSION - FITNESS CENTRE

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

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

GENERAL ADMISSION - GYM

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

ACTIVE PASSES

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

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

Terms and conditions: To qualify for the 2nd Adult or 2nd Youth pass discount, the first pass must be an adult passholder from the same household. Both passes must be purchased at the same time and for the same duration.

FACILITY CODE OF CONDUCT

To ensure the highest level of enjoyment, the Regional District of Central Kootenay (RDCK) expects that all of our clients, from spectators to active users, will conduct themselves in a manner that creates a friendly and positive environment for recreational, sport and social activities in our facilities.

Participation in recreation activities is a privilege and all participants are expected to:

- Act with courtesy and integrity while respecting the rights, welfare and dignity of other participants.
- Act in a safe and responsible manner regarding themselves and others.
- Treat all other clients, staff and facilities with respect.

Participants engaging in inappropriate behaviour may have their privileges revoked.





LEISURE ACCESS PROGRAM

The Leisure Access Program helps residents of all ages living in the RDCK who are in financial hardship access RDCK recreation services.

This program provides further subsidy on general admission, membership services, and most registered programs. Individuals and families are welcome to apply.

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: 250.357.0121

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 pool 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.



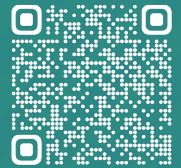
Water Smart® Tips

- 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

SWIMMING LESSONS



GROUP SWIM LESSON FEES

25 minutes	\$49 / 7 classes	\$56 / 8 classes
40 minutes	\$58 / 7 classes	\$66 / 8 classes
55 minutes	\$66 / 7 classes	\$76 / 8 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, 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

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

Session Dates

Monday - Thursday	July 6 - 16	8 classes
Monday - Thursday	July 20 - 30	8 classes
Monday - Thursday	August 4 - 13	7 classes
Monday - Thursday	August 17 - 27	8 classes

Aqua Babies Parent participation

Jellyfish 1 Parent & Tot	July 20 - 30	9:00 - 9:25am	104340
Goldfish 2 Parent & Tot	July 20 - 30	9:00 - 9:25am	104341
	August 17 - 27	9:30 - 9:55am	104342
Seahorse 3 Parent & Tot	August 17 - 27	9:30 - 9:55am	104343

Aqua Tots 3-5 years

Octopus 1	July 6 - 16	9:00 - 9:25am	104319
	July 20 - 30	9:00 - 9:25am	104320
	August 4 - 13	9:00 - 9:25am	104321
Crab 2	July 6 - 16	9:00 - 9:25am	104322
	July 20 - 30	9:00 - 9:25am	104323
	August 4 - 13	9:00 - 9:25am	104324
Orca 3	July 6 - 16	10:00 - 10:25am	104335
	August 4 - 13	10:00 - 10:25am	104336
Sea Lion 4	July 20 - 30	10:00 - 10:25am	104354
	August 17 - 27	9:00 - 9:25am	104356
Narwhal 5	July 20 - 30	10:00 - 10:25am	104355
	August 17 - 27	9:00 - 9:25am	104357

Aqua Kids 6+ years

Swimmer 1	July 6 - 16	10:30 - 10:55am	104337
	August 4 - 13	9:30 - 9:55am	104338
	August 17 - 27	9:30 - 9:55am	104339
Swimmer 2	July 20 - 30	9:30 - 9:55am	104344
	August 4 - 13	10:30 - 10:55am	104364
	August 17 - 27	10:00 - 10:25am	104365
Swimmer 3	July 6 - 16	9:30 - 10:10am	104331
	July 20 - 30	9:30 - 10:10am	104332
Swimmer 4	July 6 - 16	10:15 - 10:55am	104333
	August 4 - 13	9:30 - 10:10am	104334
Swimmer 5	July 20 - 30	10:15 - 10:55am	104358
	August 17 - 27	10:00 - 10:40am	104360
Swimmer 6	July 20 - 30	10:15 - 10:55am	104359
	August 17 - 27	10:00 - 10:40am	104361

Aqua Adapted

Neurodivergent swimmers, 6 - 15 years

Adapted 1	July 6 - 30	9:00 - 9:25am	104318
Adapted 2	August 4 - 13	9:00 - 9:25am	104362

**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.



Register Online: rdck.ca/recreation

Or Register by Phone: 250.357.0121

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.

Private Lesson Schedule

Monday - Thursday	July 6 - 9	9:30 - 9:55am	104325
Monday - Thursday	July 13 - 16	9:30 - 9:55am	104326
Monday - Thursday	July 20 - 23	10:30 - 10:55am	104327
Monday - Thursday	July 27 - 30	10:30 - 10:55am	104328
Monday - Thursday	August 10 - 13	10:15 - 10:40am	104366
Monday - Thursday	August 17 - 20	9:00 - 9:25am	104329
Monday - Thursday	August 24 - 27	9:00 - 9:25am	104330

POOL SCHEDULE

June 28 - September 3, 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 8:00 - 9:30am	LAPS & LEISURE 8:00 - 9:30am	TOTAL BODY AQUAFIT 8:15 - 9:15am	LAPS & LEISURE 8:00 - 9:30am	LAPS & LEISURE 8:00 - 9:30am	TOTAL BODY AQUAFIT 8:15 - 9:15am	
LEISURE SWIM 9:30 - 11:30am	LEISURE SWIM 9:30 - 11:30am	LEISURE SWIM 9:30 - 11:30am	LEISURE SWIM 9:30 - 11:30am			
				CLOSED	CLOSED	
LEISURE SWIM 12:30 - 6:00pm	LEISURE SWIM 12:30 - 6:00pm	LEISURE SWIM 12:30 - 6:00pm	LEISURE SWIM 12:30 - 6:00pm			FUN SWIM 12:00pm - 5:00pm

*Admission Policy: Children 7 years of age and older can access the pool without adult supervision. Children 6 years of age and under must be within arms' reach of a responsible adult 16 years of age or older who is in the water providing active supervision. Each adult may supervise a maximum of 3 children.

Leisure Swim Pool layout at lifeguards' discretion based on users in the pool.	Laps & Leisure Space available for lap swimming, water walking, and leisure swimming.	Fun Swim No lap lane guaranteed. A fun feature (rock wall or jumping board) will be open	Total Body Aquafit A full-body workout including cardio and resistance training for all of the major muscle groups under the constant resistance that water workouts provide.
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PERSONAL & GROUP TRAINING

Personal Trainers are available to help you add confidence, effectiveness, and safety to your workouts. Let us design a program specifically for you to help achieve your fitness goals, from beginner to advanced. Complete the [Personal Training Package](#) to get started or contact our Fitness Department at (250) 357-0121 for more information.

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

PERSONAL TRAINING OPTIONS (rates are per person)

Option	Price	Description
Individual	\$62 + tax	Your first session with a trainer will consist of an assessment specific to your needs. After that, your trainer will coach you safely and effectively towards your personal health and fitness goals.
Partner	\$44 + tax	Includes everything you receive with individual personal training with the benefit of a partner to help make workouts more enjoyable and keep you accountable.
Group of 3	\$36 + tax	Group training can include 3-6 people with similar goals in mind. Choose days, times, and style of training you want, such as an introduction to weight training, activity specific training (ie. Hiking), and a variety of other formats.
Group of 4	\$30 + tax	
Group of 5	\$27 + tax	
Group of 6	\$26 + tax	

SDRD FITNESS PROFESSIONALS



Laura Stavast

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

YOUTH FITNESS CENTRE ORIENTATIONS

Salmo Fitness Centre

Fitness Centre Orientations are required by anyone aged 13-15 years before accessing our fitness centre. Etiquette, equipment demonstration and safety are the focus of this general admission class.

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

Mondays

5:00 - 5:30pm

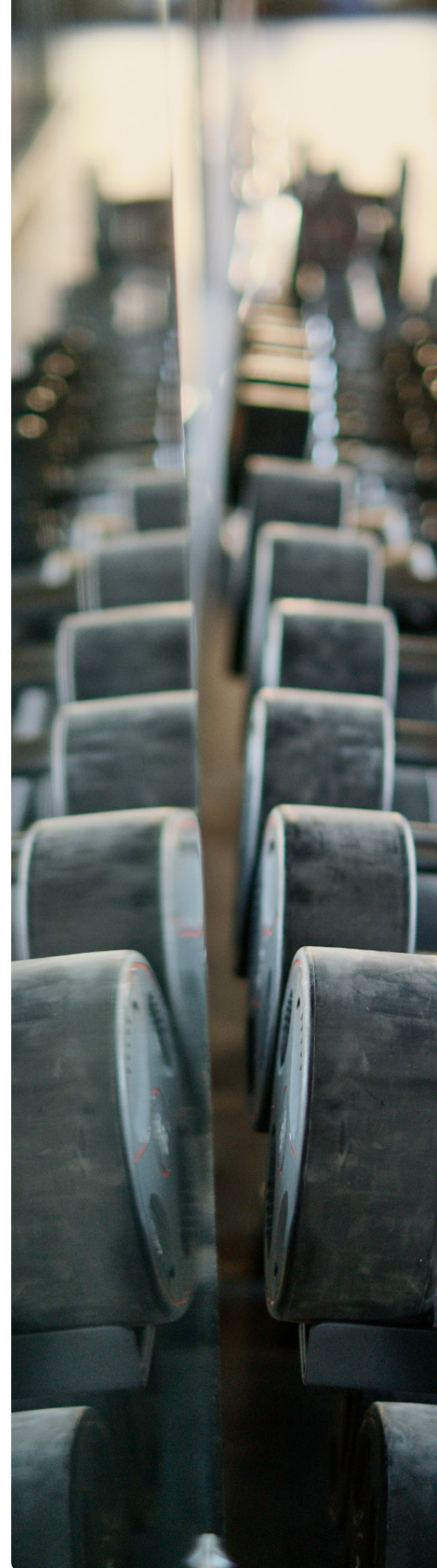
Included with Admission or Active Pass



Register Online: rdck.ca/recreation



Or Register by Phone: 250.357.0121





DROP-IN OPPORTUNITIES

Gymnasium Drop-In

13+ years
SDRD – Gymnasium

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

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

Gymnasium availability may vary according to programs and facility bookings.

Drop-In Pickleball

13+ years
SDRD – Gymnasium

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

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

***No session June 2 and 9**

Drop-In Basketball

13+ years
SDRD – Gymnasium

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

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

Drop-in Volleyball

13+ years
SDRD - Gymnasium

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

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

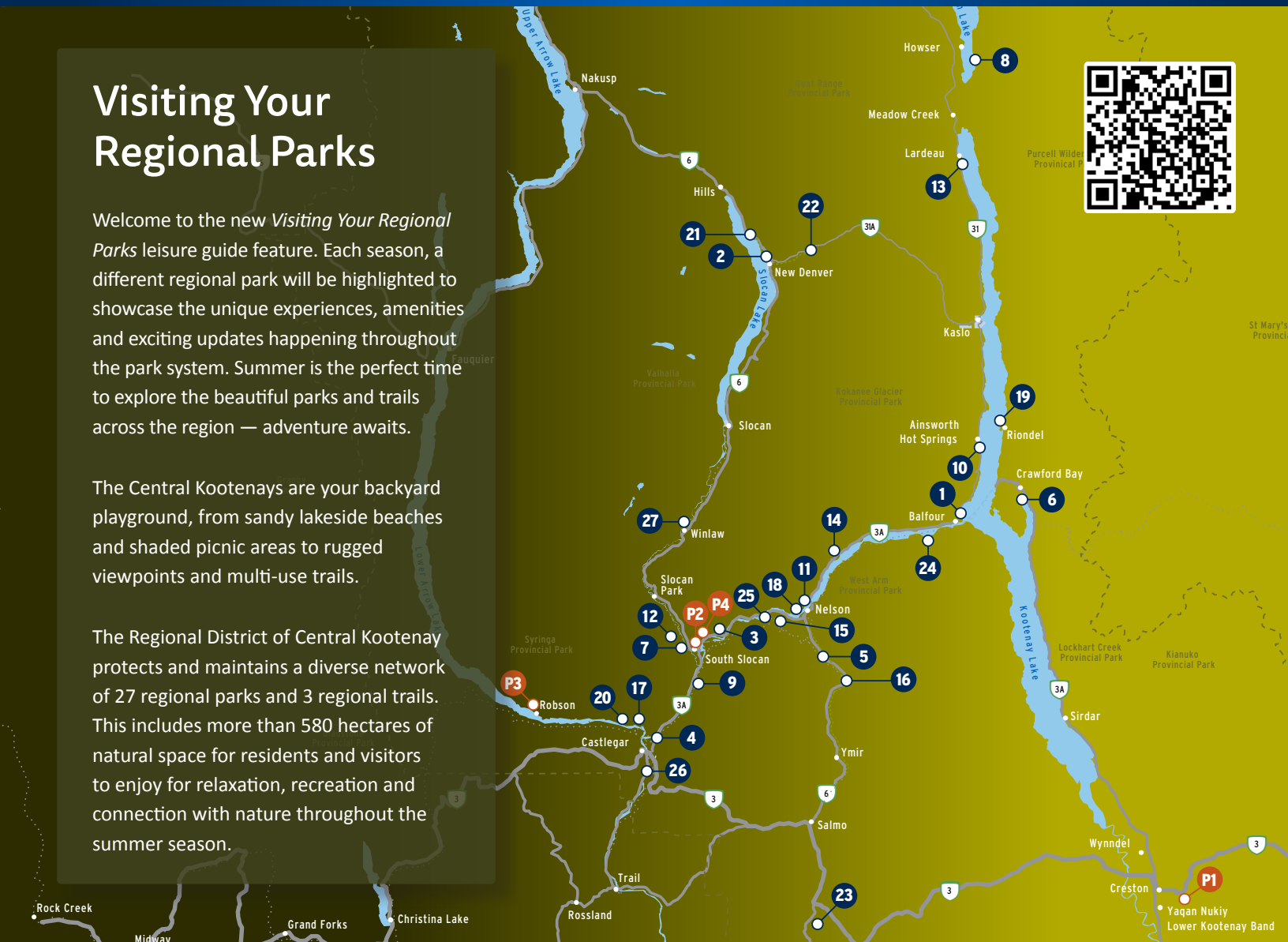
Explore Central Kootenay

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)