

# CASTLEGAR

## PROGRAM GUIDE

# FALL 2026

Registration  
Start Date:  
Monday, August 17  
7:00 am

To view the guide and register online visit [rdck.ca/recreation](https://rdck.ca/recreation) or call 250.365.3386



**NEW**  
Regional  
Parks Info

See page 29  
for details





## Castlegar & District Recreation Department



### Visit Us

2101 6th Ave Castlegar, BC | [rdck.ca/recreation](http://rdck.ca/recreation)

### Contact Us

250-365-3386 | [casrec@rdck.bc.ca](mailto:casrec@rdck.bc.ca)



### Online Registration

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



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

Or Register by Phone: 250.365.3386

# FALL HOURS

September 8 – December 20, 2026

Schedule is subject to change. Please visit [rdck.ca/recreation](http://rdck.ca/recreation) for up to date information.

|                | SUN             | MON             | TUE             | WED             | THU             | FRI             | SAT             |
|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| AQUATIC CENTRE | 9:00am - 4:00pm | 6:00am - 8:00pm | 6:30am - 8:00pm | 6:00am - 8:00pm | 2:00pm - 8:00pm | 6:00am - 8:00pm | 9:00am - 4:00pm |
| FITNESS CENTRE | 9:00am - 4:00pm | 6:00am - 8:00pm | 6:00am - 8:00pm | 6:00am - 8:00pm | 6:00am - 8:00pm | 6:00am - 8:00pm | 9:00am - 4:00pm |

**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

**POOL SHUTDOWN:** August 1 - September 13 | **REOPENING:** September 14  
**FITNESS SHUTDOWN:** August 31 - September 7 | **REOPENING:** September 8  
**FULL FACILITY CLOSURE:** September 5 - 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

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.



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

Or Register by Phone: 250.365.3386

## GENERAL ADMISSION RATES

|                                          | DROP-IN | 10-PUNCH* |
|------------------------------------------|---------|-----------|
| Child (0-4)                              | Free    | –         |
| Youth (5-18)                             | \$4.27  | \$38.39   |
| Adult (19-74)                            | \$8.53  | \$76.78   |
| Golden Guest (75+)                       | Free    | –         |
| Family<br>(Family of 5. Two adults max.) | \$17.06 | –         |

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     | \$76.78             | \$195.78 | \$345.50 |
| Youth     | \$38.39             | \$97.89  | \$172.75 |
| 2nd Adult | \$69.11             | \$176.21 | \$310.95 |
| 2nd Youth | \$34.55             | \$88.10  | \$155.48 |

**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.



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

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
- Personal Training - up to 50% subsidy on advertised rates

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.

ADMISSION  
**\$2**  
+ tax

## CHEER ✨

All Ages | CDRD

CHEER (Community Harmony for Equitable Engagement in Recreation) is a one hour period, once a month, where all patrons, regardless of age, pay \$2 + tax to receive general admission access to our facility. The \$2 + tax admission will provide facility users with access to the pool, arena, fitness centre, and any applicable included with admission programs.

|                       |                |                                                                                                                                                                                                                                                                   |
|-----------------------|----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday, September 28  | 8:00 - 9:00am  |                                                                                         |
| Wednesday, October 28 | 2:00 - 3:00pm  |                                                                                         |
| Saturday, November 28 | 12:00 - 1:00om |    |
| Friday, December 18th | 7:00 - 8:00pm  |                                                                                         |

# SPECIAL EVENTS



## Glow Skate

All Ages | CDRD Arena

Experience the magic of skating under a dazzling display of lights and music. Perfect for families, friends, and couples, this event is great for skaters of all ages looking to enjoy a unique experience on the ice. Don't forget your glow sticks

Saturday  
12:00 - 1:15pm  
October 17

Included with Admission or Active Pass



## Spooktacular Halloween Swim

CDRD - Aquatic Centre

October 30  
Friday  
6:00pm-8:00pm

Included with Admission or Active Pass



## Skate with Santa

CDRD - Arena

December 5  
Saturday  
12:00 - 1:15 pm

Included with Admission or Active Pass

# Breakfast with Santa

1 - 6 years

CDRD - Banquet Room

Bring your children for a yummy breakfast of pancakes and sausages here at the Castlegar & District Community Complex. After breakfast, our special guest in the red suit and a couple of his trusty elves will come to visit with all the children. Every child will have a chance to give their wishlist to Santa as well as take a picture.

*\*Children under 12 months are not required to purchase a ticket.*

*Tickets will be available for purchase on November 2nd*

**NO TICKETS WILL BE AVAILABLE THE DAY OF THE EVENT**

*PLEASE NOTE: Doors will be open at 8:45am. Breakfast will be served from 9:00-9:30am. Santa will arrive at 9:30am and will be staying until 10:30am.*

*If you are part of a large group, Please contact Rene by email at [rgroenhuisen@rdck.bc.ca](mailto:rgroenhuisen@rdck.bc.ca) or by phone at 778-460-5231 to reserve a table for your group*



**Saturday, December 5**  
**9:00 - 10:30am**

\$8.00 per person

# Skate with Santa

All Ages  
CDRD - Arena

**Saturday, December 5**  
**12:00 - 1:15 pm**

Included with Admission  
or Active Pass

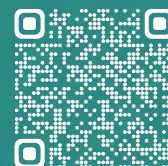


# ADVANCED TRAINING OPPORTUNITIES!

Learn more and apply for funded training at [rdck.ca/GetTraining](https://rdck.ca/GetTraining) or scan the QR Code.

## Start your career in recreation!

Applications for the Fall 2026 season open on August 10, 2026 and close on August 31, 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: judgment, knowledge, skill, and fitness. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Through practical training, participants build fitness while developing self-rescue and lifesaving skills through simulated rescue situations.

Bronze Medallion is a prerequisite for Bronze Cross Assistant Lifeguard.

Cost includes the Canadian Lifesaving Manual. Please bring your government-issued photo ID.

**\*100% attendance is required**

CASTLEGAR / CDRD  
Fridays: 4:00 - 8:00pm  
Saturdays: 12:00 - 4:00pm  
October 9, 10, 16, 17, 23, 24  
\$210 + tax 110288

NELSON / NDCC  
Fridays: 4:00 - 8:00pm  
Saturdays: 2:00 - 6:00pm  
October 16, 17, 23, 24, 30, 31  
\$210 + tax 110191

CRESTON / CDCC  
Mondays  
4:00 - 8:00pm  
September 14, 21, 28, October 5, 19, 26  
\$210 + tax 110289

#### Bronze Cross Assistant Lifeguard

*Prerequisites: Bronze Medallion*

##### Multiple dates and locations, see below

The Lifesaving Society Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.

Bronze Cross is one of the prerequisite awards for all advanced Lifeguard and Leadership training programs and is worth two grade 11 high school credits.

Cost includes a lifeguard whistle. Please bring your Canadian Lifesaving Manual, government-issued photo ID, and a copy of your Bronze Medallion certification.

**\*100% attendance is required**

CASTLEGAR / CDRD  
Fridays: 4:00 - 8:00pm  
Saturdays: 12:00 - 4:00pm  
November 6, 7, 13, 14, 20, 21  
\$172 + tax 110292

NELSON / NDCC  
Fridays: 4:00 - 8:00pm  
Saturdays: 2:00 - 6:00pm  
November 6, 7, 13, 14, 20, 21  
\$172 + tax 110291

CRESTON / CDCC  
Mondays  
4:00 - 8:00pm  
November 9, 16, 23, 30, December 7, 14  
110293

*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.*



## 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*

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**

**NELSON / NDCC**

**Fridays: 4:00 - 8:00pm**

**Saturdays & Sundays: 9:00am - 4:00pm**

**December 4, 5, 6, 11, 12, 13, 18, 19, 20**

**\$630 + tax**

**110294**

## Swim for Life Instructor

*Prerequisites: By last day of course, 15 years of age. By first day of course, Bronze Cross*

The Lifesaving Society Swim for Life Instructor certification prepares candidates to teach and evaluate basic swim strokes and related skills. Swim Instructors teach and evaluate candidates in the Society's Swim for Life® and Canadian Swim Patrol levels. Candidates are trained in, and must demonstrate skills, knowledge, and attitudes at a Competency Level 1 to achieve certification.

Cost includes swim instructor kit. Please bring your government issued photo ID, and a copy of your Bronze Cross certification.

**CASTLEGAR / CDRD**

**Thursdays & Fridays**

**4:00 - 8:00pm**

**September 17, 18, 24, 25, November 5, 6, 26, 27, December 10, 11**

**\$557 + tax**

**110297**

**\*please note practical teaching experience is also required outside of class time**

*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.*



**MORE  
THAN JUST  
EMPLOYMENT!  
JOIN THE TEAM!**

**Employment in recreation is  
a rewarding experience that  
allows you to gain valuable  
leadership, communication  
& teamwork skills!**

## 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.

**NELSON / NDCC**  
Saturday & Sunday  
9:00am - 6:00pm  
November 28, 29  
\$239 + tax

110298

**CRESTON / CDCC**  
Saturday & Sunday  
9:00am - 6:00pm  
December 12, 13  
\$239 + tax

110299

**SALMO**  
Saturday & Sunday  
9:00am - 6:00pm  
September 19, 20  
\$239 + tax

110300

## Standard First Aid with CPR-C Recertification

*Prerequisites: Standard First Aid with CPR-C Certification from an approved agency (Lifesaving Society, St. John Ambulance, Heart & Stroke Foundation of Canada, Canadian Red Cross, or Canadian Ski Patrol)*

### Multiple dates and locations, see below

Standard First Aid awards must be recertified every 3 years. Standard First Aid recertifications are equivalent to WorkSafe BC Intermediate First Aid. Recertification includes CPR-C and AED.

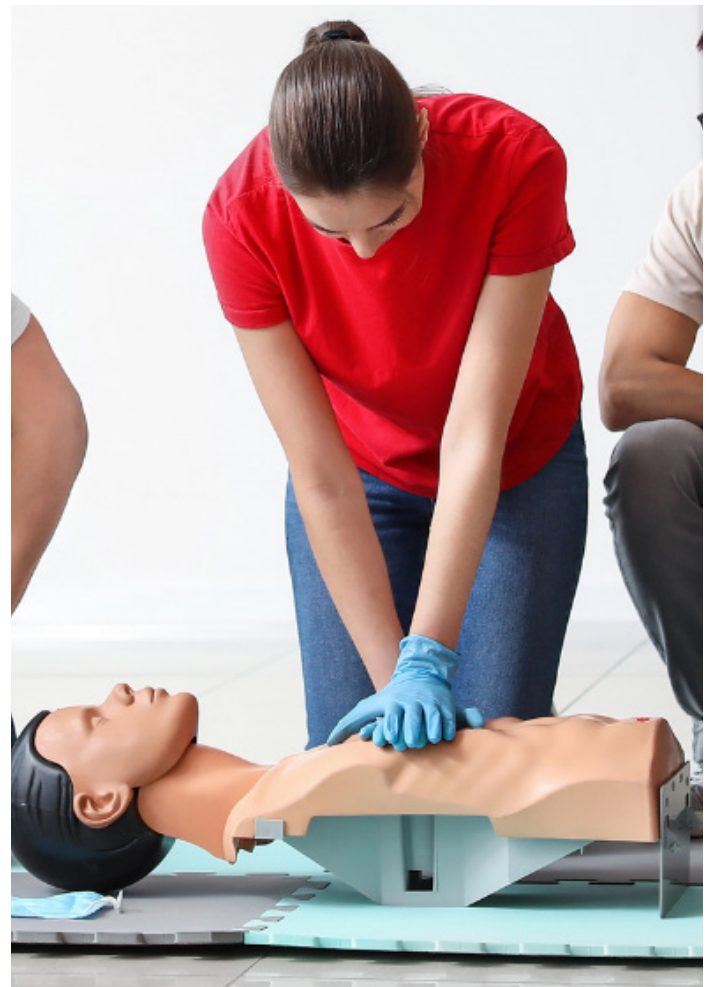
Please bring your Canadian First Aid Manual, pocket mask, previous Standard First Aid certification and government-issued photo ID.

**NELSON / NDCC**  
Saturday & Sunday  
9:00am - 2:00pm  
October 24, 25  
\$128 + tax

110302

**CRESTON / CDCC**  
Saturday & Sunday  
9:00am - 2:00pm  
September 12, 13  
\$128 + tax

110303



## CPR-C Recertification

*Prerequisites: CPR-C Certification from an approved agency (Lifesaving Society, St. John Ambulance, Heart & Stroke Foundation of Canada, Canadian Red Cross, or Canadian Ski Patrol)*

### Multiple dates and locations, see below

CPR-C awards must be recertified every 3 years. Recertification includes CPR-C and AED.

Please bring your pocket mask, previous CPR-C certification and government issued photo ID.

**NELSON / NDCC**  
Saturday  
9:00am - 2:00pm  
October 24  
\$62 + tax

110305

**CRESTON / CDCC**  
Saturday  
9:00am - 2:00pm  
September 12  
\$62 + tax

110306



## YOUTH PROGRAMS

### Friday Funzone Flip - Where Every Friday is a New Adventure

7-12 years  
CDRD - Columbia Room

Get ready to kick off your weekend once a month at the Friday Funzone Flip! Each month we will explore a new theme packed with games, activities and crafts to flip the script and keep things fresh and exciting. The fun doesn't stop there, each program will also include pizza and time for making a splash in the pool! This night is all about enjoying some social time with your friends and having some good 'ol fashioned fun!

#### Themes of the month:

September - 2026 Pool Noodle Games  
October - Pumpkin Painting  
November - Castlegar Pictionary Palooza  
December - Hot Cocoa in a Jar

Friday  
5:00 - 8:00pm  
September 18  
\$22 / class 107900

Friday  
5:00 - 8:00pm  
October 23  
\$22 / class 107901

Friday  
5:00 - 8:00pm  
November 20  
\$22 / class 107902

Friday  
5:00 - 8:00pm  
December 11  
\$22 / class 107903

### Family Archery

9+ years  
CDRD - Selkirk Room

Explore the art of archery in this introductory program. Learn the fundamentals of bow handling, proper stance and aiming technique. Throughout this program you will develop precision and focus as you enhance your skills in the sport of archery. Join us for an exciting blend of theory and hours of hands on experience.

\*Please note this is not a drop off program, parents/guardians are encouraged to participate. Please wear close toed shoes and bring a water bottle.

Mondays and Tuesdays  
5:30 - 7:30pm  
November 30 and December 1, 7 and 8  
\$42 / 4 classes 107904

### Home Alone

9-12 years  
CDRD - Monashee Room

Empower youth with confidence and skills to care for themselves when home alone. Participants learn strategies to create a safe and positive environment to prevent injuries, problem solving and decision making skills to handle emergencies and basic first aid. Age appropriate activities, games and healthy snacks will be taught in this program.

Sunday  
9:00am - 2:00pm  
November 28  
\$60/class 107905



# PRO D DAY CAMPS

## Creative Art Camp

Kindergarten - 10 years  
CDRD - Selkirk Room

Spend the day with your friends getting creative in the world of art. You will get to focus on art projects throughout the day along with getting active with silly games with your friends. During our Pro-D Day camps you can expect to stay busy with all your favorite activities.

**Friday**  
**8:30am - 3:30pm**  
**October 23**  
**\$40** **107895**

## Chef Camp

Kindergarten - 10 years  
CDRD - Selkirk Room

Spend the day with your friends getting messy in the kitchen. You will get the opportunity to help create some simple treats from the kitchen while also staying active with silly games with your friends. During our Pro-D Day camps you can expect to stay busy with all your favorite activities.

**Friday**  
**8:30am - 3:30pm**  
**November 27**  
**\$40** **107897**

## Ice Pups Club

### 2 Programs in 1! Skate Instruction Included!

3 - 6 years  
CDRD Arena



Welcome to Ice Pups club! A dual program for you and your little one.

#### Activities include:

##### 1. Skating Time (45min)

Your little one will receive basic skating instruction and guidance from our trained staff in a designated area of the rink. They'll have the opportunity to glide, twirl, and explore the ice in a supportive and controlled setting.

##### 2. Playtime

Off the ice, your little one will engage in age-appropriate games, toys, and activities that promote physical activity and social interaction.

**Please bring children with a helmet, skates, warm jacket, and mittens. Please pack a small snack for your child to enjoy.**

*Parents are required to stay in the arena for the duration of the program and must be available to assist their child if needed. Parent on ice support is strongly encouraged.*

**Friday**  
**10:15 -11:30 am**  
**September 25 - October 30**  
**\$72 / 6 Classes** **106538**

**Friday**  
**10:15 -11:30 am**  
**November 6 - December 11**  
**\$72 / 6 Classes** **106644**

# 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<br>(1 person)      | 25 minutes | \$134 / 4 classes | \$168 / 5 classes |
| Semi Private<br>(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  | ▶ <b>Jellyfish 1</b><br>Parent & Tot |
| 12 to 24 months old | ▶ <b>Goldfish 2</b><br>Parent & Tot  |
| 24 to 36 months old | ▶ <b>Seahorse 3</b><br>Parent & Tot  |

## Aqua Tots 3 - 5 years

If your child is 3 - 5 years old and can...

|                                                                                                           |                     |
|-----------------------------------------------------------------------------------------------------------|---------------------|
| Transition to lessons on their own.                                                                       | ▶ <b>Octopus 1</b>  |
| With help, get in and out of the water and float and glide on front and back, get face wet, blow bubbles. | ▶ <b>Crab 2</b>     |
| Jump into chest-deep water, submerge and exhale underwater, float on front and back with a lifejacket.    | ▶ <b>Orca 3</b>     |
| Jump into deep water with a lifejacket, hold breath underwater, float, glide and kick on front and back.  | ▶ <b>Sea Lion 4</b> |
| Jump into deep water, front crawl 5m with a lifejacket, flutter kick on front, back and side.             | ▶ <b>Narwhal 5</b>  |

## 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. | ▶ <b>Adapted 1</b> |
| Jump into water and float, kick and glide on front and back.     | ▶ <b>Adapted 2</b> |
| Jump into deep water and front and back crawl 10m.               | ▶ <b>Adapted 3</b> |

## Aqua Kids 6 - 15 years

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

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

## Aqua Adults 15+ years

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

### LOOKING FOR MORE INFORMATION?

Please reach out to [recprogramming@rdck.bc.ca](mailto: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

|                  |                                                           |                   |
|------------------|-----------------------------------------------------------|-------------------|
| <b>TUESDAYS</b>  | <b>October 6 - December 8</b>                             | <b>10 classes</b> |
| <b>THURSDAYS</b> | <b>October 8 - December 10</b>                            | <b>10 classes</b> |
| <b>FRIDAYS</b>   | <b>October 9 - December 11</b>                            | <b>10 classes</b> |
| <b>SATURDAYS</b> | <b>September 26 - December 5</b><br>(no class October 10) | <b>10 classes</b> |
| <b>SUNDAYS</b>   | <b>September 27 - December 6</b><br>(no class October 11) | <b>10 classes</b> |

## Aqua Babies Parent participation

|                                    |           |               |        |
|------------------------------------|-----------|---------------|--------|
| <b>Jellyfish 1</b><br>Parent & Tot | Sundays   | 9:30 - 9:55am | 109973 |
| <b>Goldfish 2</b><br>Parent & Tot  | Sundays   | 9:30 - 9:55am | 109974 |
| <b>Seahorse 3</b><br>Parent & Tot  | Saturdays | 9:30 - 9:55am | 109975 |

## Aqua Tots 3 - 5 years

|                   |           |                 |        |
|-------------------|-----------|-----------------|--------|
| <b>Octopus 1</b>  | Thursdays | 4:30 - 4:55pm   | 109755 |
|                   | Thursdays | 6:00 - 6:25pm   | 109754 |
|                   | Saturdays | 10:00 - 10:25am | 109756 |
|                   | Sundays   | 11:00 - 11:25am | 109757 |
| <b>Crab 2</b>     | Tuesdays  | 4:30 - 4:55pm   | 109760 |
|                   | Tuesdays  | 6:00 - 6:25pm   | 109759 |
|                   | Thursdays | 4:00 - 4:25pm   | 109761 |
|                   | Saturdays | 9:30 - 9:55am   | 109763 |
|                   | Saturdays | 11:00 - 11:25am | 109764 |
|                   | Sundays   | 9:30 - 9:55am   | 109765 |
|                   | Sundays   | 10:00 - 10:25am | 109766 |
| <b>Orca 3</b>     | Tuesdays  | 5:30 - 5:55pm   | 109961 |
|                   | Thursdays | 5:00 - 5:25pm   | 109962 |
|                   | Saturdays | 10:30 - 10:55am | 109963 |
|                   | Saturdays | 11:30 - 11:55am | 109964 |
|                   | Sundays   | 11:30 - 11:55am | 109965 |
| <b>Sea Lion 4</b> | Tuesdays  | 5:00 - 5:25pm   | 109967 |
|                   | Saturdays | 10:00 - 10:25am | 109968 |
| <b>Narwhal 5</b>  | Thursdays | 5:30 - 5:55pm   | 109970 |
|                   | Sundays   | 10:30 - 10:55am | 109971 |

## Aqua Kids 6+ years

|                                   |           |                 |        |
|-----------------------------------|-----------|-----------------|--------|
| <b>Swimmer 1</b>                  | Tuesdays  | 4:00 - 4:25pm   | 109976 |
|                                   | Thursdays | 6:00 - 6:25pm   | 109977 |
|                                   | Saturdays | 9:30 - 9:55am   | 109980 |
|                                   | Sundays   | 11:30 - 11:55am | 109979 |
| <b>Swimmer 2</b>                  | Tuesdays  | 6:00 - 6:25pm   | 109981 |
|                                   | Thursdays | 4:00 - 4:25pm   | 109982 |
|                                   | Saturdays | 11:00 - 11:25am | 109983 |
|                                   | Sundays   | 11:00 - 11:25am | 109985 |
| <b>Swimmer 3</b>                  | Tuesdays  | 4:30 - 5:10pm   | 109986 |
|                                   | Thursdays | 4:30 - 5:10pm   | 109987 |
|                                   | Saturdays | 10:00 - 10:40am | 109988 |
|                                   | Sundays   | 9:30 - 10:10am  | 109989 |
| <b>Swimmer 4</b>                  | Saturdays | 10:45 - 11:25am | 109990 |
|                                   | Sundays   | 11:00 - 11:40am | 109991 |
| <b>Swimmer 5</b>                  | Tuesdays  | 5:15 - 5:55pm   | 109992 |
|                                   | Sundays   | 11:45 - 12:25pm | 109993 |
| <b>Swimmer 6</b>                  | Sundays   | 10:15 - 10:55am | 109994 |
| <b>Swimmer 7</b><br>Rookie Patrol | Saturdays | 11:30 - 12:25pm | 109995 |
| <b>Swimmer 8</b><br>Ranger Patrol | Fridays   | 4:00 - 4:55pm   | 109996 |
| <b>Swimmer 9</b><br>Star Patrol   | Fridays   | 5:00 - 5:55pm   | 109997 |

## Aqua Adults 15+ years

|                                |           |               |        |
|--------------------------------|-----------|---------------|--------|
| <b>Adult 1</b><br>Beginner     | Thursdays | 5:15 - 5:55pm | 109767 |
| <b>Adult 2</b><br>Intermediate | Fridays   | 6:00 - 6:40pm | 110089 |

## Aqua Adapted

Neurodivergent swimmers, 6 - 15 years

|                  |           |                 |        |
|------------------|-----------|-----------------|--------|
| <b>Adapted 1</b> | Sundays   | 10:30 - 10:55am | 109972 |
| <b>Adapted 2</b> | Saturdays | 10:30 - 10:55am | 109768 |



Register Online: [rdck.ca/recreation](https://rdck.ca/recreation)

Or Register by Phone: 250.365.3386

# 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.



| TUESDAY         | OCTOBER 6 - NOVEMBER 3                             | NOVEMBER 10 - DECEMBER 8  |
|-----------------|----------------------------------------------------|---------------------------|
| 6:30 - 6:55pm   | 109998                                             | 110000                    |
| 6:30 - 6:55pm   | 109999                                             | 110001                    |
| THURSDAY        | OCTOBER 8 - NOVEMBER 5                             | NOVEMBER 12 - DECEMBER 10 |
| 6:30 - 6:55pm   | 110002                                             | 110004                    |
| 6:30 - 6:55pm   | 110003                                             | 110005                    |
| SATURDAY        | SEPTEMBER 26 - OCTOBER 31<br>(No class October 10) | NOVEMBER 7 - DECEMBER 5   |
| 11:30 - 11:55am | 110096                                             | 110103                    |
| 12:00 - 12:25pm | 110090                                             | 110091                    |
| 12:00 - 12:25pm | 110094                                             | 110098                    |
| SUNDAY          | SEPTEMBER 27 - NOVEMBER 1<br>(No class October 11) | NOVEMBER 8 - DECEMBER 6   |
| 10:00 - 10:25am | 110108                                             | 110113                    |
| 12:00 - 12:25pm | 110109                                             | 110114                    |
| 12:00 - 12:25pm | 110112                                             | 110116                    |

**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

September 14 – December 20, 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                                  |
|--------------------------------------------------|----------------------------------------------|--------------------------------------------------|--------------------------------------|-------------------------------------------------|-----------------------------------------|-----------------------------------------|
| <b>LAPS &amp; LEISURE</b><br>6:00am - 8:00am     | <b>LAPS &amp; LEISURE</b><br>6:30am - 8:00am | <b>LAPS &amp; LEISURE</b><br>6:00am - 8:00am     |                                      | <b>LAPS &amp; LEISURE</b><br>6:00am - 8:00am    |                                         |                                         |
| <b>AQUA<br/>CONDITIONING</b><br>9:00 - 10:00am   |                                              | <b>TOTAL BODY<br/>AQUAFIT</b><br>9:00 - 10:00am  |                                      | <b>TOTAL BODY<br/>AQUAFIT</b><br>9:00 - 10:00am |                                         |                                         |
| <b>LEISURE SWIM</b><br>8:00am - 2:00pm           | <b>LEISURE SWIM</b><br>8:00am - 8:00pm       | <b>LEISURE SWIM</b><br>8:00am - 2:00pm           |                                      | <b>LEISURE SWIM</b><br>8:00am - 8:00pm          | <b>LEISURE SWIM</b><br>9:00am - 12:30pm | <b>LEISURE SWIM</b><br>9:00am - 12:30pm |
| <b>HUSH SWIM<br/>&amp; SOAK</b><br>2:00 - 3:30pm | <b>GENTLE<br/>CARDIO</b><br>2:15 - 3:15pm    | <b>HUSH SWIM<br/>&amp; SOAK</b><br>2:00 - 3:30pm |                                      |                                                 | <b>FUN SWIM</b><br>12:30 - 3:30pm       | <b>FUN SWIM</b><br>12:30 - 3:30pm       |
| <b>LEISURE SWIM</b><br>3:30pm - 8:00pm           |                                              | <b>LEISURE SWIM</b><br>3:30pm - 8:00pm           | <b>LEISURE SWIM</b><br>2:00 - 8:00pm |                                                 | <b>LEISURE SWIM</b><br>3:30 - 4:00pm    | <b>LEISURE SWIM</b><br>3:30 - 4:00pm    |

*\*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. 1+ lane, leisure pool and hot areas available.

## Laps & Leisure

3 lanes, leisure pool and hot areas available.

## Fun Swim

No lap lane guaranteed. A fun feature (rope swing or rock wall) may 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.



Register Online: [rdck.ca/recreation](https://rdck.ca/recreation)

Or Register by Phone: 250.365.3386

# AQUAFIT

September 14 – December 20, 2026



## Aqua Conditioning ②

15+ years  
CDRD - Shallow

Improve your overall conditioning with this fun and challenging water workout. The water provides a no impact workout that challenges core stability and increases muscle tone by working against the constant resistance of the water.

### Mondays

9:00 - 10:00am

September 14 - December 14

Included with Admission or Active Pass

106957

**No class October 12**

## Gentle Cardio ①

15+ years  
CDRD - Shallow

Moderate intensity and low impact aquafit. This class is perfect for improving flexibility, cardiovascular fitness, flexibility and range of motion.

### Tuesdays

2:15 - 3:15pm

September 15 - December 15

Included with Admission or Active Pass

106958

## Total Body Aquafit ②

15+ years  
CDRD - Shallow

Total body aquafit 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 provide.

### Wednesdays

9:00 - 10:00am

September 16 - December 16

Included with Admission or Active Pass

106959

**No class September 30, November 11**

### Fridays

9:00 - 10:00am

September 18 - December 18

Included with Admission or Active Pass

106960



Register Online: [rdck.ca/recreation](https://rdck.ca/recreation)

Or Register by Phone: 250.365.3386

# FITNESS SCHEDULE

September 8 – December 20, 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                        |
|----------------------------------------------------------|-------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------|---------------------------------------------|---------------------------------|
|                                                          | <b>RISE AND SHINE<br/>TOTAL BODY</b><br>6:10 - 7:00am |                                                          | <b>RISE AND SHINE<br/>TOTAL BODY</b><br>6:10 - 7:00am |                                             |                                 |
| <b>TRX STRENGTH<br/>AND FLEXIBILITY</b><br>7:15 - 8:00am |                                                       | <b>TRX STRENGTH<br/>AND FLEXIBILITY</b><br>7:15 - 8:00am |                                                       |                                             | <b>SPIN</b><br>9:15am - 10:15am |
|                                                          |                                                       | <b>WEIGHT ROOM CIRCUIT</b><br>8:30 - 9:30am              |                                                       | <b>WEIGHT ROOM CIRCUIT</b><br>8:30 - 9:30am |                                 |
| <b>STUDIO CIRCUIT</b><br>9:00 - 10:00am                  | <b>STEP</b><br>9:00 - 10:00am                         |                                                          | <b>STEP</b><br>9:00 - 10:00am                         |                                             |                                 |
|                                                          |                                                       |                                                          |                                                       |                                             |                                 |
| <b>BALANCE &amp; MOBILITY</b><br>10:30 - 11:30am         | <b>HEALTH &amp; RECOVERY</b><br>10:15 - 11:45am       | <b>BALANCE &amp; MOBILITY</b><br>10:30 - 11:30am         | <b>HEALTH &amp; RECOVERY</b><br>10:15 - 11:45am       |                                             |                                 |
|                                                          |                                                       |                                                          |                                                       |                                             |                                 |
| <b>SPIN AND STRENGTH</b><br>5:30 - 6:30pm                | <b>BEGINNER TRX</b><br>5:15 - 6:00pm                  | <b>SPIN</b><br>5:30 - 6:30pm                             | <b>BEGINNER TRX</b><br>5:15 - 6:00pm                  |                                             |                                 |

*\*Participants must be 15 years of age to attend classes.*

**Included with Admission Program**  
See pages 20 - 21 for more details.

**Pre-Registered Program**  
See pages 20 - 21 for more details.



Register Online: [rdck.ca/recreation](https://rdck.ca/recreation)

Or Register by Phone: 250.365.3386

# FITNESS PROGRAMS

September 8 – December 20, 2026

## CARDIO AND/OR STRENGTH

### 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.

### TRX Strength and Flexibility ②

15+ years

CDRD - Fitness Studio

The TRX suspension trainer system is designed to help you focus on form, strength, core and flexibility using your body weight. By changing angles, you can increase or decrease resistance making the workout more or less challenging. Modifications and variations will be offered throughout the class, ending with a few mobility exercises and static stretching.

**Mondays and Wednesdays**

7:15 - 8:00am

September 9 - 28

\$43 + tax / 6 classes

106908

**No class September 30**

**Mondays and Wednesdays**

7:15 - 8:00am

October 5 - 28

\$50 + tax / 7 classes

106909

**No class October 12**

**Mondays and Wednesdays**

7:15 - 8:00am

November 2 - 25

\$50 + tax / 7 classes

106910

**No class November 11**

**Mondays and Wednesdays**

7:15 - 8:00am

November 30 - December 16

\$43 + tax / 6 classes

106911

### Studio Circuit ②

15+ years

CDRD - Fitness Studio

If choreography is not your thing, this class just might be! A circuit style workout mixing strength and cardio will provide a well-balanced workout.

**Mondays**

9:00 - 10:00am

September 21 - December 14

Included with Admission or Active Pass

106912

**No class October 12**

### Balance & Mobility ①

15+ years

CDRD - 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. All levels welcome.

**Mondays**

10:30 - 11:30am

September 14 - November 2

\$67 + tax / 7 classes

106913

**No class October 12**

**Mondays**

10:30 - 11:30am

November 9 - December 14

\$58 + tax / 6 classes

106914

**Wednesdays**

10:30 - 11:30am

September 9 - October 28

\$67 + tax / 7 classes

106915

**No class September 30**

**Wednesdays**

10:30 - 11:30am

November 4 - December 16

\$58 + tax / 6 classes

106916

**No class November 11**



Register Online: [rdck.ca/recreation](https://rdck.ca/recreation)

Or Register by Phone: 250.365.3386

## Spin and Strength 2

15+ years

CDRD - Fitness Studio

The best of both worlds! A fast paced, fun and challenging spin cardio session with a resistance training finisher. Let the motivating tunes and energetic instructor push you to the next level!

### Mondays

5:30 - 6:30pm

September 14 - November 2

\$67 + tax / 7 classes

106941

No class October 12

### Mondays

5:30 - 6:30pm

November 9 - December 14

\$58 + tax / 6 classes

106942

## Rise and Shine Total Body 2

15+ years

CDRD - Fitness Studio

Wake up and get moving with this whole-body workout! Isolating muscles and stabilizing joints is critical for strengthening muscles and creating a solid foundation. We add balance and core exercises throughout to help improve daily function as well. Two days per week will keep you accountable and help you get the results you are looking for!

### Tuesdays and Thursdays

6:10 - 7:00am

September 8 - October 1

\$64 + tax / 8 classes

106943

### Tuesdays and Thursdays

6:10 - 7:00am

October 6 - 29

\$64 + tax / 8 classes

106944

### Tuesdays and Thursdays

6:10 - 7:00am

November 3 - 26

\$64 + tax / 8 classes

106945

### Tuesdays and Thursdays

6:10 - 7:00am

December 1 - 17

\$48 + tax / 6 classes

106946

## Health & Recovery

15+ years

CDRD - Weight Room

Have you been told by your doctor that you need to start exercising? Let us get you started with the Health & Recovery program where the focus is on your comfort level in the gym! This supportive and integrative class takes place in the weight room (equipment may be limited) and allows you to progress at your own rate. An assessment is required before enrolling in this program. Please call our front desk to schedule your assessment. The assessment is conducted by a Certified Personal Trainer at a cost of \$59 + tax.

### Tuesdays and Thursdays

10:15 - 11:45am

September 8 - October 1

\$115 + tax / 8 classes

106947

### Tuesdays and Thursdays

10:15 - 11:45am

October 6 - 29

\$115 + tax / 8 classes

106948

### Tuesdays and Thursdays

10:15 - 11:45am

November 3 - 26

\$115 + tax / 8 classes

106949

### Tuesdays and Thursdays

10:15 - 11:45am

December 1 - 17

\$86 + tax / 6 classes

106950

## Step

15+ years

CDRD - 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

9:00 - 10:00am

September 8 - December 15

Included with Admission or Active Pass

110424

### Thursdays

9:00 - 10:00am

September 10 - December 17

Included with Admission or Active Pass

110425



## Beginner TRX

15+ years

CDRD - Fitness Studio

This class will help you improve overall strength in all your major muscle groups through the use of the TRX and your own body weight.

### Tuesdays

5:15 - 6:00pm

September 8 - October 27

\$58 + tax / 8 classes

110429

### Tuesdays

5:15 - 6:00pm

November 3 - December 15

\$50 + tax / 7 classes

110430

### Thursdays

5:15 - 6:00pm

September 10 - October 29

\$58 + tax / 8 classes

110431

### Thursdays

5:15 - 6:00pm

November 5 - December 17

\$50 + tax / 7 classes

110432

## Weight Room Circuit 2

15+ years

CDRD - 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 CDRD weight training instructors. All levels of fitness welcome!

### Wednesdays

8:30 - 9:30am

September 9 - December 16

Included with Admission or Active Pass

106951

**No class September 30, November 11**

### Fridays

8:30 - 9:30am

September 11 - December 18

Included with Admission or Active Pass

106952



## Spin 2

15+ years

CDRD - Fitness Studio

Get your heart pumping with a group journey on our spin bikes under the direction of an enthusiastic instructor! Improve your cardiovascular fitness and muscle endurance of your core, hips, and legs. Be sure to bring a sweat towel and a water bottle to this cardio workout.

### Wednesdays

5:30 - 6:30pm

September 9 - October 28

\$67 + tax / 7 classes

106953

**No class September 30**

### Wednesdays

5:30 - 6:30pm

November 4 - December 16

\$58 + tax / 6 classes

106954

**No class November 11**

### Saturdays

9:15 - 10:15am

September 12 - October 24

\$58 + tax / 6 classes

106955

**No class October 3**

### Saturdays

9:15 - 10:15am

October 31 - December 12

\$67 + tax / 7 classes

106956



## 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) 365-3386 ext. 5231 for more information.



### PERSONAL TRAINING OPTIONS (rates are per person)

| 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

**FREE** with admission!

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

#### **Orientations Include:**

- Introduction to a friendly and informative CDRD 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) 365-3386 to book your orientation. Bring a friend or family member to share the experience.

*Maximum 4 people per session, minimum 13 years old.*

## YOUTH FITNESS CENTRE ORIENTATIONS

#### **CDRD - Weight Room**

Fitness Centre Orientations are required by anyone aged 13 - 15 years before purchasing a membership or paying general admission. Etiquette, equipment demonstration and safety are the focus of this class.

Please register online at [rdck.ca/recreation](http://rdck.ca/recreation), in person or by phone at 250-365-3386

**4:00 - 4:30pm  
Tuesdays & Thursdays  
Included with Admission  
or Active Pass**

**109316**



# ARENA SCHEDULE

September 8 - December 20, 2026

Schedule is subject to change. Please visit [www.rdck.ca](http://www.rdck.ca) or call 250-365-3386 for up to date information.

**CHECK PAGE 3 FOR CLOSURES AND HOLIDAY HOURS!**

Schedule is subject to change. Please visit [rdck.ca/recreation](http://rdck.ca/recreation) for up to date information.

| MONDAY                        | TUESDAY                        | WEDNESDAY                              | THURSDAY                                    | FRIDAY                                 | SATURDAY                       | SUNDAY                         |
|-------------------------------|--------------------------------|----------------------------------------|---------------------------------------------|----------------------------------------|--------------------------------|--------------------------------|
|                               |                                |                                        |                                             | ICE PUPS<br>10:15 - 11:00am            |                                |                                |
|                               | CHILL SKATE<br>11:30 - 12:30pm | LUNCH HOUR HOCKEY<br>11:15am - 12:45pm |                                             | LUNCH HOUR HOCKEY<br>11:15am - 12:45pm |                                |                                |
|                               |                                |                                        |                                             |                                        | PUBLIC SKATE<br>12:00 - 1:15pm | PUBLIC SKATE<br>12:00 - 1:15pm |
| STICK & PUCK<br>1:30 - 2:30pm |                                |                                        |                                             |                                        |                                |                                |
|                               | STICK & PUCK<br>2:45 - 3:45pm  |                                        |                                             |                                        |                                |                                |
|                               |                                |                                        | RINK ROOKIES/<br>RINK RATS<br>5:45 - 6:45pm |                                        |                                |                                |

**Included with Admission Program**  
See pages 24 - 25 for more details.

**Pre-Registered Program**  
See pages 24 - 25 for more details.

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

## Rink Rookies

6 - 10 years  
CDRD - Arena

Rink Rookies is an exciting and engaging program designed to introduce kids to the fundamentals of hockey in a fun and supportive environment. Aimed at beginners aged 6-10, this program focuses on building foundational skills while fostering a love for the game. Participants will learn basic hockey techniques such as power skating, stickhandling, passing, and shooting through interactive drills and games. Our experienced coaches emphasize teamwork, sportsmanship, and confidence building throughout each session.

Whether your child dreams of becoming the next hockey star or simply wants to try a new sport, Rink Rookies provides a safe and encouraging space to learn and grow. By the end of the program, kids will have developed essential skills and a deeper appreciation for the excitement and camaraderie that hockey offers.

**Participants MUST have basic skating skills (forward skating, turns and stopping). Full hockey gear is required. Participants with no or little prior hockey experience only**

Thursday  
5:45 - 6:45pm  
September 17 - December 10  
\$117.00 / 13 Classes 106529

## Rink Rats

7 - 13 years  
CDRD - Arena

An alternative to minor hockey for noncompetitive players; both boys and girls welcome. This program is designed to help build confidence. Skill development, drills and scrimmage are included. There will be a large emphasis on having fun and playing the great sport of hockey. All girls and boys interested in having fun playing hockey are encouraged to join this program!

Full hockey equipment is required.

Rink Rats is for children that want to play at a medium to high skill level. **If your child has never played but wishes to please check out Rink Rookies!**

Thursday  
5:45 - 6:45pm  
September 17 - December 10  
\$117.00 / 13 Classes 106530

## Ice Pups

3 - 6 years  
CDRD Arena

Welcome to Ice Pups club! A dual program for you and your little one.

### Activities include:

#### 1. Skating Time (45min)

Your little one will receive basic skating instruction and guidance from our trained staff in a designated area of the rink. They'll have the opportunity to glide, twirl, and explore the ice in a supportive and controlled setting.

#### 2. Playtime

Off the ice, your little one will engage in age-appropriate games, toys, and activities that promote physical activity and social interaction.

**Please come to the arena with a helmet, skates, warm jacket, and mittens. Please pack a small snack for your child to enjoy.**

Parents are required to stay in the facility for the duration of the program and must be available to assist their child if needed. **Parent on ice support is strongly encouraged.**

Friday  
10:15 - 11:30am  
September 25 - October 30  
\$72 / 6 Classes 106538

Friday  
10:15 - 11:30am  
November 6 - December 11  
\$72 / 6 Classes 106644



## Chill Skate **NEW!**

All ages  
CDRD - Arena

Enjoy a relaxed and welcoming skate in a comfortable, slower-paced environment. Whether you're new to skating, building confidence on the ice, returning after time away, or simply prefer a more leisurely experience, Chill Skate offers a safe space for everyone to enjoy the ice at their own pace.

**Tuesday**  
**11:30 - 12:30pm**  
**September 8 - December 15**  
**Included with Admission or Active Pass**  
**106536**

## Public Skate

All ages  
CDRD - Arena

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

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

**Saturday**  
**12:00 - 1:15pm**  
**September 12 - December 19**  
**Included with Admission or Active Pass**  
**106534**

**Sunday**  
**12:00 - 1:15pm**  
**September 13 - December 20**  
**Included with Admission or Active Pass**  
**106535**

**No session October 18, November 1**



## Stick & Puck

5+ years  
CDRD - Arena

Hit the ice and practice your hockey skills in a fun, non-competitive environment. Work on skating, puck handling, and shooting while being mindful of participants of all ages and abilities. Controlled shots are encouraged.

CSA-certified hockey helmet and gloves are required. Participants must bring their own stick and equipment.

**Children 6 years of age and under must be accompanied by a responsible adult 16 years of age or older who is in the arena or on the ice.**

**Maximum 25 participants.**

**Monday**  
**1:30 - 2:30pm**  
**September 14 - December 14**  
**Included with Admission or Active Pass**  
**106504**

**No session October 12**

**Tuesday**  
**2:45 - 3:45pm**  
**September 8 - December 15**  
**Included with Admission or Active Pass**  
**106503**

## Lunch Hour Hockey

15+ years  
CDRD - Arena

Enjoy a fun and welcoming game of hockey in a relaxed, non-competitive environment. This co-ed shinny-style session is designed for players looking for a slower-paced, non-contact level of play where the focus is on participation, fitness, and enjoying the game.

Full hockey equipment is required. There are no referees, so players are expected to play respectfully and help maintain a safe and positive experience for everyone on the ice.

**Wednesday**  
**11:15am - 12:45pm**  
**September 9 - December 16**  
**Included with Admission or Active Pass**  
**106505**

**No session September 30, November 11**

**Friday**  
**11:15am - 12:45pm**  
**September 11 - December 18**  
**Included with Admission or Active Pass**  
**106528**



# 3rd Annual Poker Ride

## 3rd Annual Poker Ride

South Slokan Trailhead – Slokan Valley  
Rail Trail

Embark on an adventurous poker bike ride along the famed Slokan Valley Rail Trail. Collect wristbands at each check point as you pedal through the picturesque landscape of the Slokan Valley. For each wristband you collect, you will receive one playing card at the end of the ride. Determine your highest scoring poker hand with the cards you receive and submit them into the contest at the end of the ride. Prizes will be awarded to the winning hands, along with random draw prizes for the registered participants. Enjoy the Fall riding season with a fusion of cycling, strategy and nature in this annual Poker Ride!

*\*Registration is required to participate.  
Wheelchairs and bike carriers are welcome.  
Event is weather dependent.*

**Saturday  
October 17  
12:00 – 3:00pm  
FREE REGISTRATION**

**109202**

## Poker Ride Rules and Guidelines:

1. The ride is an out and back, starting and ending at the South Slokan trailhead.
2. There are 2 riding options available:
  - A. Long Option: Up to 30 km. Ride begins at 12:00pm and ends at 2:30pm.
  - B. Short (Family Friendly) Option: Up to 15km. Ride begins at 1:00pm and ends at 2:30pm
3. Registration is required. Register online at [rdck.ca](http://rdck.ca) or by calling 250-365-3386. Pre-Registration is highly encouraged. Same day registration will be available.
4. Riders will receive a playing card for each wristband they collect on their ride. Riders may collect more than 5 wristbands to increase their chances of crafting the best poker hand.
5. Prizes will be awarded to the top 3 poker hands for each ride option (long or short).
6. Additional random draw prizes will be awarded to registered riders
7. Poker hand and random draw winners will be announced at 3:00pm.
8. Riders must follow proper trail etiquette. A reminder on trail etiquette can be found here: [slokanvalleyrailtrail.ca/etiquette](http://slokanvalleyrailtrail.ca/etiquette)



# Search for Sasquatch

## October 2026



### Mystery Location

Sasquatch is on the loose and hiding out on one of our favorite trails, in one of our popular parks or possibly even at our local watering hole. Throughout the month of October get outside, enjoy the warmer weather and spend some time searching for our sneaky friends within one of RDCK's regional parks.

Each week a new clue will be revealed on the Regional District of Central Kootenay [Facebook page](#), as well as in the facility, to help narrow down their hiding spots. Try your best to be the first one to find our friends in this "Search for Sasquatch" competition.

If you are lucky enough to come across one of our friends this season, be sure to enter the contest using the QR code found on the sasquatch to be entered in the prize drawing at the end of the competition. Sasquatch hunters, good luck!

### Competition Guidelines

- 1 Explore our regional parks during the month of October and try your best to find the hidden Sasquatches (2 total).
- 2 Decipher the weekly clues posted on Facebook and in your local facility to help narrow your search.
- 3 If you successfully find a sasquatch, use the QR code found on the sasquatch to enter the competition.
- 4 All entries will be entered into a random draw for the Search for Sasquatch prizes. Max of 1 entry for each Sasquatch found.
- 5 If you find a Sasquatch, do not disclose the location on social media. Please leave it where you find it so everyone has the opportunity to enjoy the search.

### Outdoor Safety Reminders:

- ✓ Pack food and water
- ✓ Use sun protection
- ✓ Wear appropriate clothing and shoes
- ✓ Be Bear Aware –Travel in groups
- ✓ Inform someone about your plan
- ✓ Carry first aid supplies
- ✓ Follow all provincial guidelines and restrictions

*\*Please remember participating in any outdoor activity is at your own risk.*

# Explore

## Central Kootenay



### Waterloo Eddy Regional Park

Waterloo Eddy is a Regional park located along the eastern shores of the Columbia River in Castlegar. Waterloo Eddy is a fantastic spot to spend the day with numerous activities available.

Here are some of the most popular activities:

1. Waterfront Access
2. Fishing
3. Birding
4. Hiking
5. Picnicking

Summer and early Fall are a great time to visit Waterloo Eddy to enjoy all of its amenities!



- |                                           |                                           |                                       |
|-------------------------------------------|-------------------------------------------|---------------------------------------|
| 1 Balfour Beach Regional Park             | 13 Lardeau Regional Park                  | 25 Taghum Beach Regional Park         |
| 2 Bigelow Bay Regional Park               | 14 McDonalds Landing Regional Park        | <b>26 Waterloo Eddy Regional Park</b> |
| 3 Bonnington Regional Park                | 15 Morning Mountain Regional Park         | 27 Winlaw Regional and Nature Park    |
| 4 Brilliant Bridge Regional Park          | 16 Nelson Salmo Great Northern Trail      | P1 3823 Goat Canyon Road              |
| 5 Cottonwood Lake Regional Park           | 17 Pass Creek Regional Park               | P2 Campbell Field                     |
| 6 Crawford Creek Regional Park            | 18 Pulpit Rock Access Regional Park       | P3 Robson Community Park              |
| 7 Crescent Valley Beach Regional Park     | 19 Riondel Regional Park                  | P4 Former Old School House Site       |
| 8 Glacier Creek Regional Park             | 20 Robson Boat Ramp Regional Park         |                                       |
| 9 Glade Regional Park                     | 21 Rosebery Parklands Regional Park       |                                       |
| 10 Historic Ainsworth Wharf Regional Park | 22 Rosebery to Three Forks Regional Trail |                                       |
| 11 James Johnstone Regional Park          | 23 Rosebud Lake Regional Park             |                                       |
| 12 Krestova Regional Park                 | 24 Sunshine Bay Regional Park             |                                       |

#### 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 Castlegar & District Community Complex offers a wide range of rental opportunities for meetings, banquets, conventions, workshops, weddings, receptions, reunions and other social gatherings. Our professional and experienced staff is happy to assist you in planning a most satisfying and memorable experience.

The 20,000 square foot multipurpose recreational facility offers meeting room space with round and rectangular tables, chairs to seat 500, audio visual equipment and rooms with removable walls to meet a variety of user needs.

The 1050 seat ice arena is home to the WIJHL Castlegar Rebels, this arena includes a regulation ice surface, 5 dressing rooms, referees room and concession. Our outdoor areas include a sports field, skate park and tennis and pickleball courts.



**Exceptional facilities.  
Exceptional service.**



Fill out a booking request form by scanning the QR Code!

