

CRESTON

PROGRAM GUIDE FALL 2026

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

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

NEW
Regional
Parks Info

See page 32
for details



Creston & District
Community Complex



Creston & District Community Complex



Visit Us

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

Contact Us

250-428-7127 | crestonrec@rdck.bc.ca



Online Registration

rdck.ca/recreation

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

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UPDATED How to Register for Included with Admission Programs



**PUNCH
PASS**



**TIME-BASED
MEMBERSHIP**



**GENERAL
ADMISSION
(Cash)**



**GENERAL
ADMISSION
(Credit card)**

ONLINE

Not
available

Up to 24 hours
in advance

Not
available

Up to 24 hours
in advance

IN PERSON

Same day

Up to 24 hours
in advance

Up to 24 hours
in advance

Up to 24 hours
in advance

Register online at: rdck.ca/recreation

FACILITY CODE OF CONDUCT

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

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

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

Participants engaging in inappropriate behaviour may have their privileges revoked.



**Stay home
if you are sick**



**Masks are a
personal choice
for guests**



**Be kind
to each other**



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

FALL HOURS

September 8 – December 20

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

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	1:00 - 6:00pm	6:30am - 2:00pm 3:30 - 8:00pm	8:00am - 2:00pm 3:30 - 8:00pm	6:30am - 2:00pm 3:30 - 8:00pm	8:00am - 2:00pm 3:30 - 8:00pm	6:30am - 2:00pm 3:30 - 8:00pm	9:00am - 6:00pm
FITNESS CENTRE	1:00 - 6:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	8:00am - 6:00pm

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

CLOSURES

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



HOLIDAY HOURS

HOLIDAY CLOSURES

New Year's Day
Easter Sunday
Canada Day
BC Day
Labour Day
Truth & Reconciliation Day
Christmas Day

HOLIDAYS OPEN

1:00-5:00pm
Family Day
Good Friday
Victoria Day
Thanksgiving Day
Remembrance Day
Boxing Day

EARLY CLOSURES

4:00pm
Christmas Eve
New Year's Eve

WITHDRAWAL FEES POLICY

This policy applies to all recreation and leisure programs offered by the Regional District of Central Kootenay (RDCK) at any of our community complexes, recreation departments or other facilities.

You can withdraw your program registration and receive a full refund without any administrative fee up to 72 hours (3 days) before the program starts.

If you withdraw from the program between 72 and 24 hours before the programs starts, you will receive a refund of your registration fee minus a 10% administrative fee.

If you withdraw from a single-session program or private lesson within 24 hours before the program starts, you will not receive a refund. If the program has multiple sessions, you will receive a refund minus a 25% administrative fee.

If you withdraw from a program after it has started, you will not receive a refund.

If you withdraw from a Specialty, Advanced or Certification course within 7 days before the course starts, you will not receive a refund.

Refunds for program withdrawals due to medical or special circumstances can be requested with appropriate documentation and must be approved by authorized RDCK staff.



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

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 (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 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 | CDCC

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 21 7:00 - 8:00pm



Wednesday, October 21 3:00 - 4:00pm



Saturday, November 21 12:00 - 1:00pm



Thursday, December 17 10:00 - 11:00am



SPECIAL EVENTS



Terry Fox Run

All Ages
CDCC – Parking Lot

Run begins at 10:00am. To donate and register, please visit
<https://run.terryfox.ca/129940>

Sunday, September 20
Registration 9:00am
Run 10:00 - 11:30am

Edward Jones

**FINISH
IT.**



Spooktacular Swim & Skate

All Ages
CDCC – Aquatic Centre & Arena

Join us for an afternoon of spooky fun! Get your costume on and hit the ice, then splash into a spooky swim! There will be loads of fun activities and prizes!

Saturday, October 31
Skate: 12:00 - 1:15pm
Swim: 1:30-3:00pm

Included with Admission
or Active Pass



Winter Wonderland Swim & Skate

All Ages
CDCC – Aquatic Centre & Arena

It's the most wonderful time of the year! There will be games and activities in the pool, and join Santa on the ice. Be sure to bring your camera to capture that special moment!

Saturday, December 12
Skate: 12:00 - 1:15pm
Swim: 1:30 - 3:30pm

Included with Admission
or Active Pass



GLOW SKATE

All Ages | CDCC - Arena

Experience the magic of skating under low lights, disco ball 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 to bring your glow sticks!**

Sunday, November 1
2:45 - 4:15pm

Included with Admission or Active Pass

ADVANCED TRAINING OPPORTUNITIES!

Learn more and apply for funded training at rdck.ca/GetTraining or scan the QR Code.

Start your career in recreation!

Applications for the 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.

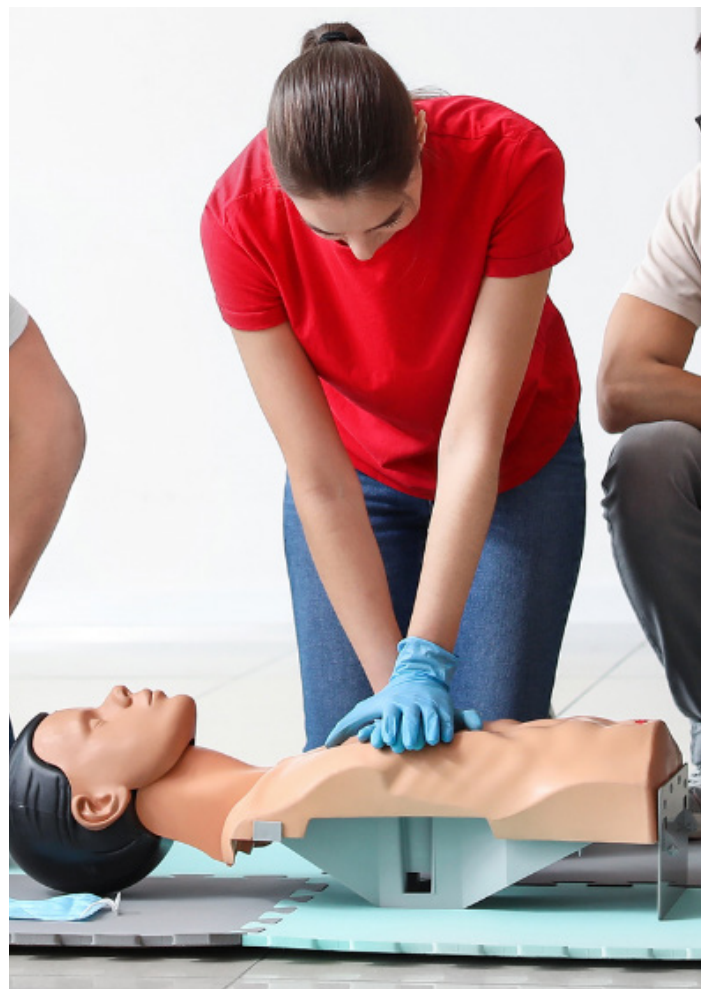
Please bring your Canadian First Aid Manual, pocket mask, previous Standard First Aid certification and government-issued photo ID.

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

Friday Funzone Flip - Where Every Friday is a New Adventure

7 - 12 years
CDCC - Erickson 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 - Creston Pictionary Palooza
December - Hot Cocoa in a Jar

Friday
5:00 - 8:00pm
September 18
\$22 / class 109355

Friday
5:00 - 8:00pm
October 23
\$22 / class 109359

Friday
5:00 - 8:00pm
November 20
\$22 / class 109362

Friday
5:00 - 8:00pm
December 11
\$22 / class 109371

Home Alone

9 - 12 years
CDCC - Erickson 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.

Saturday
9:00am - 2:00pm
October 24
\$60 / class 109400



PRO D DAY CAMPS

Creative Art Camp

Kindergarten - 10 years
CDCC - Erickson 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
September 25
\$40 109406

Chef Camp

Kindergarten - 10 years
CDCC - Erickson 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
October 23
\$40 109407

Sea Pups Club

2 Programs in 1! Swim Lesson Included!

3 - 6 years

Drop off: CDCC - Sunshine Room

Pick Up: Pool Deck

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

Activities include:

1. Playtime (30 minutes)

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

2. Pool Time (1 hour)

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

Please have your child's swimsuit on and ready to go at drop off. Pick up is on the pool deck. Please pack a small snack for your child to enjoy.

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

Tuesdays

9:30 - 11:00am

October 13 - December 15

\$150 / 10 classes

110395



Ice Pups Club

Skate Instruction Included!

3 - 6 years

Drop off CDCC- Arena

Pickup: CDCC - Sunshine Room

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. Our indoor playroom is designed to stimulate their curiosity and energy.

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.

Thursday

11:00am - 12:45pm

September 24 - October 29

\$72 / 6 Classes

106820

Thursday

11:00am - 12:45pm

November 5 - December 10

\$72 / 6 Classes

106822





YOUTH PROGRAMMING

Tot Soccer

3 - 6 years

Creston Education Centre - Gymnasium

Get your preschooler moving as they learn the basics of soccer! Other games will be introduced and played to develop basic sport skills such as running, jumping, kicking, throwing, catching, and balance.

Thursdays

3:30 - 4:15pm

September 17 - October 29

\$21 / 7 classes

109415

Thursdays

3:30 - 4:15pm

November 5 - December 17

\$21 / 7 classes

109423

Thursdays

4:30 - 5:15pm

September 17 - October 29

\$21 / 7 classes

109432

Thursdays

4:30 - 5:15pm

November 5 - December 17

\$21 / 7 classes

109437

Learn to Play Tennis

9 - 12 years

Tennis Courts

The smart and fun way to learn tennis! Progressive Tennis uses modified tennis balls, racquets, nets and courts, so that beginner players at any age are properly equipped to enjoy interactive rallies and be successful. All equipment is supplied. Wear proper running shoes and comfortable clothing.

Tuesdays

5:00 - 6:30pm

September 8 - October 13

\$37 / 6 classes

110450

Floor Hockey **NEW!**

8 - 12 years

Creston Education Centre - Gymnasium

Shoot and score! Get out and get involved in an evening of exciting floor hockey. A great way to get active, practice your hockey skills, and have some fun. All skill levels welcome.

Fridays

4:30 - 6:00pm

September 18 - October 30

\$45 / 7 classes

109447

Fridays

4:30 - 6:00pm

November 6 - December 18

\$45 / 7 classes

109448

Floor Hockey **NEW!**

13 - 17 years

Creston Education Centre - Gymnasium

Shoot and score! Get out and get involved in an evening of exciting floor hockey. A great way to get active, practice your hockey skills, and have some fun. All skill levels welcome.

Fridays

6:15 - 7:45pm

September 18 - October 30

\$45 + tax / 7 classes

109449

Fridays

6:15 - 7:45pm

November 6 - December 18

\$45 + tax / 7 classes

109450

Learn to Play Basketball

8 - 12 years

Creston Education Centre - Gymnasium

Learn to play basketball is the perfect introduction for kids who are ready to hit the court, develop their skills and have a blast, once bounce at a time. This is an instructor led program where kids will grow their confidence, coordination and love for basketball.

Mondays

4:00 - 5:00pm

September 14 - October 26

\$27 / 6 classes

109445

No Class October 12

Mondays

4:00 - 5:00pm

November 2 - December 14

\$31 / 7 classes

109446

Youth Basketball

12 - 15 years

Creston Education Centre - Gymnasium

Take your game to the next level! Through high-intensity drills and personalized coaching, this program combines skill development and team play in a gametime atmosphere.

Mondays

5:15 - 6:45pm

September 14 - October 26

\$39 + tax / 6 classes

109443

No class October 12

Mondays

5:15 - 6:45pm

November 2 - December 14

\$45 + tax / 7 classes

109444



SWIMMING LESSONS



GROUP SWIM LESSON FEES

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

PRIVATE SWIM LESSON FEE

Private (1 person)	25 minutes	\$134 / 4 classes	\$168 / 5 classes
Semi Private (2 people)	25 minutes	\$155 / 4 classes	\$194 / 5 classes

NOT SURE WHICH LEVEL TO REGISTER IN?

We highly encourage you to drop by for a swim evaluation (included with admission or active pass). One of our qualified staff will assess your child and recommend the appropriate Swim for Life Level.

Please note that it is the responsibility of the caregiver to register children in the correct level of our swim program. Day one of the lessons the instructor will assess all students to ensure that they have been registered correctly. If a child is registered in the wrong level, they may be withdrawn for safety reasons, and the withdrawal policy will be in effect. Refunds will only be provided if they fall within the withdrawal policy. Please see withdrawal policy on page 3. Please have your child assessed before registering.

Waitlists

If the class you want is full, get on the waitlist! Classes with waitlists are used to replace any classes that have been cancelled and new classes may be created when there is increased capacity.

Cancelled Classes

Classes may be cancelled a minimum of 48 hours before the first lesson if the minimum numbers for a class are not met. We will attempt to find a space for your child in the next available class/lesson set or issue a full refund.

Program Fees

Caregivers are welcome to watch their children participate in a program; however, program fees do not include use of the facility before during or after their program. Individuals wishing to use the facility will be required to pay admission and wear a wristband. Please note, parented lesson program fees include the participation of one adult per registered child.



Finding the Right Program

Aqua Babies Parent participation

If your child is ...

4 to 12 months old	▶ Jellyfish 1 Parent & Tot
12 to 24 months old	▶ Goldfish 2 Parent & Tot
24 to 36 months old	▶ Seahorse 3 Parent & Tot

Aqua Tots 3 - 5 years

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

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

Aqua Adapted **NEW!**

Neurodivergent swimmers, 6 - 15 years

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

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

Aqua Kids 6 - 15 years

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

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

Aqua Adults 15+ years

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

LOOKING FOR MORE INFORMATION?

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



SWIM LESSON SCHEDULES

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

Session Dates

TUESDAY & THURSDAY	October 6 - November 5	10 classes
TUESDAY & THURSDAY	November 17 - December 17	10 classes
SATURDAY	October 17 - December 5	8 classes

GET ON THE WAIT LIST!

Class you want to register in already full?

We create more classes from wait lists when we have increased capacity.

Aqua Babies Parent participation

Jellyfish 1 Parent & Tot	Saturday	Oct 17 - Dec 5	10:30 - 10:55pm	110195
Goldfish 2 Parent & Tot	Saturday	Oct 17 - Dec 5	10:30 - 10:55am	110196
Seahorse 3 Parent & Tot	Saturday	Oct 17 - Dec 5	9:30 - 9:55am	110198

Aqua Tots 3 - 5 years

Octopus 1	Tue & Thu	Oct 6 - Nov 5	4:15 - 4:40pm	110201
	Tue & Thu	Nov 17 - Dec 17	4:15 - 4:40pm	110202
	Saturday	Oct 17 - Dec 5	11:45 - 12:10am	110203
Crab 2	Tue & Thu	Oct 6 - Nov 5	4:15 - 4:40pm	110204
	Tue & Thu	Nov 17 - Dec 17	4:15 - 4:40pm	110206
	Saturday	Oct 17 - Dec 5	10:00 - 10:25am	110208
	Saturday	Oct 17 - Dec 5	11:00 - 11:25am	110210
Orca 3	Tue & Thu	Oct 6 - Nov 5	4:45 - 5:10pm	110218
	Tue & Thu	Nov 17 - Dec 17	4:45 - 5:10pm	110219
	Saturday	Oct 17 - Dec 5	10:00 - 10:25am	110220
Sea Lion 4	Saturday	Oct 17 - Dec 5	11:00 - 11:25am	110221
Narwhal 5	Saturday	Oct 17 - Dec 5	12:15 - 12:40pm	110222

Aqua Kids 6+ years

Swimmer 1	Tue & Thu	Oct 6 - Nov 5	3:45 - 4:10pm	110223
	Tue & Thu	Nov 17 - Dec 17	3:45 - 4:10pm	110224
	Saturday	Oct 17 - Dec 5	9:30 - 9:55pm	110225
	Saturday	Oct 17 - Dec 5	11:30 - 11:55pm	110226
Swimmer 2	Tue & Thu	Oct 6 - Nov 5	4:45 - 5:10pm	110238
	Tue & Thu	Nov 17 - Dec 17	4:45 - 5:10pm	110239
	Saturday	Oct 17 - Dec 5	10:30 - 10:55am	110240
Swimmer 3	Tue & Thu	Oct 6 - Nov 5	5:15 - 5:55pm	110241
	Tue & Thu	Nov 17 - Dec 17	5:15 - 5:55pm	110242
	Saturday	Oct 17 - Dec 5	11:30am-12:10pm	110243
Swimmer 4	Tue & Thu	Oct 6 - Nov 5	5:15 - 5:55pm	110244
	Tue & Thu	Nov 17 - Dec 17	5:15 - 5:55pm	110245
Swimmer 5	Saturday	Oct 17 - Dec 5	10:30 - 11:10am	110246
Swimmer 6	Saturday	Oct 17 - Dec 5	9:45 - 10:25am	110247

Aqua Adapted

Neurodivergent swimmers, 6 - 15 years

Adapted 1	Tue & Thu	Oct 6 - Nov 5	3:45 - 4:10pm	110248
Adapted 2	Tue & Thu	Nov 17 - Dec 17	3:45 - 4:10pm	110249

PRIVATE & SEMI PRIVATE LESSONS

Private and semi private lessons are suitable for children and adults. Private lessons are registerable online or by phone. For semi private lessons, it's important that swimmers have a similar ability so that both may have success in the lesson.

To book a semi private lesson, please register the first individual for the private lesson and add the second participant to the waitlist. After the first individual is registered, please phone customer service for assistance to add the second participant.

TUESDAYS	OCTOBER 6 - NOVEMBER 3	NOVEMBER 17 - DECEMBER 15
6:00 - 6:25pm	110258	110262
6:00 - 6:25pm	110259	110263
THURSDAYS	OCTOBER 8 - NOVEMBER 5	NOVEMBER 19 - DECEMBER 17
6:00 - 6:25pm	110260	110264
6:00 - 6:25pm	110261	110265
SATURDAYS	OCTOBER 17 - NOVEMBER 7 (4 classes)	NOVEMBER 14 - DECEMBER 5 (4 classes)
11:15 - 11:40am	110266	110267

ADULT SWIMMING LESSONS

Are you an adult who wants to learn to swim?

Or improve your strength and technique in the water?

We have a program for you!

Adult Private Lesson

15+ years
CDCC Pool

This private or semi-private lesson is suitable for adults of any level. Private lessons are a great opportunity to receive one-on-one support with our experienced adult instructor and improve your technique, skills, or endurance in the water!

Tuesdays
4:30 - 4:55pm
October 13 - November 10
\$168 / 5 classes (private) 110250
November 17 - December 15
\$194 / 5 classes (private) 110251

Adult 1 (Beginner)

15+ years
CDCC Pool

This is an introductory program to support new swimmers who are older than 15 years of age. You'll work towards swimming 10-15m on your front and back. You'll learn safe entries into shallow and deep water (when you're ready) and develop movement skills to help you feel safer in the water.

Tuesdays
5:00 - 5:40pm
October 13 - December 15
\$82.50 / 10 classes 110256

Masters Swim

15+ years
CDCC Pool

Join Masters Swim for fun, fitness, and friendship. Our experienced coach will guide, teach and support you in your swimming goals whether they are cardiovascular, endurance, technique, competition or other.

Tuesdays
6:00 - 7:00pm
October 13 - December 15
\$95 / 10 classes 110257



POOL 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.

SAVE THE DATES! WIBIT™ DAYS on the 2nd & 4th Sunday of the month! **Pro-D Days**, September 25 & October 23, the pool will be open 6:30am - 8:00pm with no midday shut down. WIBIT will be out 1:00 - 2:30pm for extra FUN!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAPS & LEISURE 6:30 - 8:00am		LAPS & LEISURE 6:30 - 8:00am		LAPS & LEISURE 6:30 - 8:00am		
	HUSH SWIM & SOAK 8:00 - 9:30am	CARDIO JAMS 8:30 - 9:15am <i>Starts October 7</i>	HUSH SWIM & SOAK 8:00 - 9:30am	CARDIO JAMS 8:30 - 9:15am <i>Starts October 2</i>		
AQUA CONDITIONING 9:30 - 10:15am	LEISURE SWIM 9:30am - 2:00pm	GENTLE JOINTS 9:30 - 10:15am <i>Starts October 7</i>	LEISURE SWIM 9:30am - 2:00pm	GENTLE JOINTS 9:30 - 10:15am <i>Starts October 2</i>		
LEISURE SWIM 6:30am - 1:00pm		LEISURE SWIM 6:30am - 1:00pm		LEISURE SWIM 6:30am - 1:00pm	LEISURE SWIM 9:00am - 6:00pm	
LAPS & LEISURE 1:00 - 2:00pm		LAPS & LEISURE 1:00 - 2:00pm		LAPS & LEISURE 1:00 - 2:00pm		
LEISURE SWIM 3:30 - 6:00pm	LEISURE SWIM 3:30 - 7:00pm	LEISURE SWIM 3:30 - 6:00pm	LEISURE SWIM 3:30 - 7:00pm	LEISURE SWIM 3:30 - 6:00pm		
LIGHT SWIM 6:00 - 8:00pm	LAPS & LEISURE 7:00 - 8:00pm	LIGHT SWIM 6:00 - 8:00pm	LAPS & LEISURE 7:00 - 8:00pm	LIGHT SWIM 6:00 - 8:00pm		
						FUN SWIM 1:00 - 6:00pm <i>WIBIT™ swim from 1:00 - 2:30pm on 2nd and 4th Sunday of the month</i>

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

Leisure Swim Pool layout at lifeguards' discretion based on users in the pool.	Laps & Leisure 2+ lap lanes, leisure pool and hot areas available.	Fun Swim A fun feature (rock wall or diving board) will be open.	Included with Admission Program See next page for details.	Hush Sensory Friendly Swim & Soak Inclusive quiet leisure swim. Music and all water features will be off and not available for this time.	Light Swim Fun leisure swim time with colour-changing underwater LED pool lights.
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AQUAFIT

September 8 – December 20, 2026



Aqua Conditioning ②

15+ years

CDCC - Lap Pool (Deep and 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

9:30 - 10:15am

September 14 - December 14

Included with Admission or Active Pass

106893

No class October 12, November 2, 9, 16

Cardio Jams ②

15+ years

CDCC - Shallow End of Lap Pool

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

Wednesdays

8:30 - 9:15am

October 7 - December 16

Included with Admission or Active Pass

106895

No class November 11

Fridays

8:30 - 9:15am

October 2 - December 18

Included with Admission or Active Pass

106896

Gentle Joints ①

15+ years

CDCC - Leisure Pool

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

Movement in the water has therapeutic benefits for both the mind and body. This class offers movement to music with a good variety of range of motion exercises. A great way to stay mobile.

Wednesdays

9:30 - 10:15am

October 7 - December 16

Included with Admission or Active Pass

106897

No class November 11

Fridays

9:30 - 10:15am

October 2 - December 18

Included with Admission or Active Pass

106898



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

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
FULL BODY CIRCUIT 7:30 - 8:30am					FULL BODY CIRCUIT 8:00 - 9:00am <i>Starts September 18</i>
HATHA YOGA 9:00 - 10:00am		BOOTY BURN 9:15 - 10:15am	INDOOR CYCLE & STRENGTH 9:15 - 10:15am	FUNCTIONAL FITNESS 9:00 - 10:00am	
		TAI CHI BEGINNER 10:30 - 11:30am	SLOW STRENGTH FUNCTIONAL TRAINING 10:30 - 11:30am	TAI CHI INTERMEDIATE 10:15 - 11:15am	BALL CONDITIONING 9:30 - 10:30am
			MOVE TO IMPROVE 11:00am - 12:00pm <i>Starts October 7 Kootenay Room</i>		MOVE TO IMPROVE 11:00am - 12:00pm <i>Starts October 2</i>
YOGA FUSION 12:00 - 1:00pm		TOTAL BODY BARBELL 12:00 - 1:00pm	ZUMBA STEP 12:00 - 1:00pm	GYM CIRCUIT 12:00 - 1:00pm	
GROUP X 1:30 - 2:30pm		RESTORATIVE YOGA 1:30 - 2:30pm		VINYASA YOGA 1:30 - 2:30pm	HATHA YOGA 12:30 - 1:30PM
ZUMBA 5:00 - 6:00pm	TRX 5:15 - 6:15pm	STEP & STRENGTH 4:30 - 5:30pm	BELLY DANCING 5:00 - 6:00pm		

*Participants must be 15 years of age to attend classes

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

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



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

FITNESS PROGRAMS

September 8 – December 20, 2026

CARDIO AND/OR STRENGTH

Full Body Circuit ②

15+ years
CDCC - Fitness Studio

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

Mondays
7:30 - 8:30am
September 14 - December 14
Included with Admission or Active Pass
106866

No class October 12

Fridays
8:00 - 9:00am
September 18 - December 18
Included with Admission or Active Pass
106867

Group X ②

15+ years
CDCC - Fitness Studio

An intermediate full-body strength-based program. Focus on different portable equipment and proper movement mechanics to create a safe, fun strength program that can easily integrate from the studio to the fitness center.

Mondays
1:30 - 2:30pm
September 14 - December 14
Included with Admission or Active Pass
106869

TRX ②

15+ years
CDCC - Kootenay Room

Whether you are a beginner or have taken TRX before, this class will progress your fitness! You will learn the basics of suspension training and move towards mastery to get an incredible strength, cardio and flexibility workout. All fitness levels welcome.

Mondays
5:15 - 6:15pm
September 14 - November 2
\$58 + tax / 6 classes
106879

No class September 28, October 12

Mondays
5:15 - 6:15pm
November 16 - December 14
\$48 + tax / 5 classes
106880

Zumba ②

15+ years
CDCC - Erickson Room

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

Mondays
5:00 - 6:00pm
September 14 - November 9
\$77 + tax / 8 classes
106882

No class October 12

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.

Booty Burn ②

15+ years
CDCC - Fitness Studio

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

Tuesdays
9:15 - 10:15am
September 8 - December 15
Included with Admission or Active Pass
106868



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

Total Body Barbell ②

15+ years

CDCC - Fitness Studio

Experience a new way to train in this ultimate strength and endurance class of multiple reps and sets. This class uses barbells and dumbbells with a strong focus on form and technique.

Tuesdays

12:00 - 1:00pm

September 8 - December 15

Included with Admission or Active Pass

110319

Step and Strength ②

15+ years

CDCC - Fitness Studio

A combination of choreographed aerobic combinations on the step with strength exercises to improve your overall fitness!

Tuesdays

4:30 - 5:30pm

September 8 - December 15

Included with Admission or Active Pass

110318

Gym Circuit ②

15+ years

CDCC - Fitness Studio

Come learn new exercise modalities in the gym. A 1-hour program focusing on targeting specific muscle groups or movement patterns. Each class creates a unique program that you can feel confident in performing on your own.

Thursdays

12:00 - 1:00pm

September 10 - December 17

Included with Admission or Active Pass

106904

Zumba Step ②

15+ years

CDCC - Fitness Studio

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

Wednesdays

12:00 - 1:00pm

September 9 - November 4

Included with Admission or Active Pass

106876

Slow Strength Functional Training ②

15+ years

CDCC - Fitness Studio

Through a method of slow strength training, you will build strength in a safe way. After every class, you will feel stronger and more able to take on the activities of your life. Modifications are available and no experience is necessary.

Wednesday

10:30-11:30am

September 16 - October 28

\$58 + tax / 6 classes

106884

No class September 30

Wednesday

10:30-11:30am

November 4 - December 16

\$58 + tax / 6 classes

106885

No class November 11

Belly Dancing Level 2 ②

15+ years

CDCC - Erickson Room

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

Wednesdays

5:00 - 6:00pm

September 9 - November 4

\$77 + tax / 8 classes

106883

No class September 30

Functional Fitness ②

15+ years

CDCC - Fitness Studio

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

Thursdays

9:00 - 10:00am

September 10 - December 17

Included with Admission or Active Pass

106870

Indoor Cycle & Strength ②

15+ years

CDCC - Fitness Studio

The best of both worlds! A fast-paced, fun, and challenging cardio session on the spin bike with a resistance training finisher. A fun and effective full-body strength and cardio workout.

Wednesdays

9:15 - 10:15am

September 9 - December 16

Included with Admission or Active Pass

110316

Ball Conditioning ②

15+ years

CDCC - Fitness Studio

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

Fridays

9:30 - 10:30am

September 11 - December 18

Included with Admission or Active Pass

106873



Hatha Yoga ①

15+ years

CDCC - Fitness Studio

This yoga class will combine breath work, energizing movement, stretching and meditation to leave you feeling strong, flexible and balanced. Open to all levels, and modifications are available.

Mondays**9:00 - 10:00am****September 14 - December 14****Included with Admission or Active Pass
106874****No class October 12****Fridays****12:30 - 1:30pm****September 11 - December 18****Included with Admission or Active Pass
106875****Vinyasa Flow Yoga ②**

15+ years

CDCC - Fitness Studio

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

Thursdays**1:30 - 2:30pm****September 10 - December 17****Included with Admission or Active Pass
106889****No class October 15****Restorative Yoga ①**

15+ years

CDCC - Fitness Studio

This class is about deep rest and relaxation. Restorative practice is done by supporting the body with props in passive positions, sitting or lying on the ground. Positions are held for longer periods of time to have a deep and meditative experience. This class is for everyone wishing to deepen their yoga practices through stillness and silence.

Tuesdays**1:30 - 2:30pm****September 8 - December 15****Included with Admission or Active Pass
110317****Yoga Fusion ②**

15+ years

CDCC - Fitness Studio

Yoga fusion is a hybrid of dynamic fitness and traditional yoga poses. Incorporating strength training, cardio, balance, and flexibility in a seamless blend of constant movement that your body will love

Mondays**12:00 - 1:00pm****September 14 - December 14****Included with Admission or Active Pass
106872****No class October 12****Move to Improve (Parkinson's) Ⓢ**

15+ years

CDCC - Kootenay Room

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

Wednesdays**11:00am - 12:00pm****October 7 - December 16****Kootenay Room****Included with Admission or Active Pass
106877****No class November 11****Fridays****11:00am - 12:00pm****October 2 - December 18****Fitness Studio****Included with Admission or Active Pass
106878****Tai Chi Beginner ①**

15+ years

CDCC - Fitness Studio

Yang-style Tai Chi exercises your entire body using gentle, low-impact movements that build strength, endurance, flexibility, and balance. A 'meditation in motion' that cultivates a healthy body, mind, and spirit.

Tuesdays**10:30 - 11:30am****September 22 - December 15****\$125 + tax / 13 classes 106886****Tai Chi Intermediate ①**

15+ years

CDCC - Fitness Studio

The opportunity for those who have a solid understanding and experience with the Yang foundation exercises and the complete set to enjoy a comprehensive practice in a group setting. A great health maintenance program!

Thursdays**10:15 - 11:15am****September 24 - December 17****\$125 + tax / 13 classes 106887**

PERSONAL & GROUP TRAINING

Personal Trainers are available to help you add confidence, effectiveness, and safety to your workouts. Let us design a program specifically for you to help achieve your fitness goals, from beginner to advanced. Complete the [Personal Training Package](#) to get started or contact our Fitness Department at (250) 428-7127 ext. 2038 for more information.



PERSONAL TRAINING OPTIONS (rates are per person)

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



CDCC FITNESS PROFESSIONALS



Vanessa

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



Brielle

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



Hailey

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



Candace

Diploma Kinesiology
CSEP - Certified Personal Trainer

FITNESS CENTRE ORIENTATIONS

Included with Admission or Active Pass

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

Orientations Include:

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

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

Maximum 3 people per session, minimum 13 years old.





YOUTH FITNESS CENTRE ORIENTATIONS

**MANDATORY FOR
AGES 13 - 15 YEARS**

CDCC Fitness Centre

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

Please register online at rdck.ca/recreation in person or call 250-428-7127 to speak with one of our customer service representatives.

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

109324

Youth on Weights

13 - 15 years

CDCC – Fitness Centre / Fitness Studio

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

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

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

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

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

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



RECREATION SPORTS SCHEDULE

September 8 – December 20, 2026

Adult (15+ years)

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					PICKLEBALL - RECREATIONAL 9:00 - 11:00AM <i>Creston Education Centre</i>
	VOLLEYBALL 5:00 - 6:30PM <i>Creston Education Centre</i>				PICKLEBALL - COMPETITIVE 11:15AM - 1:15PM <i>Creston Education Centre</i>
	TABLE TENNIS 6:30 - 8:00PM <i>Creston Room</i>	PICKLEBALL - RECREATIONAL 5:30 - 7:00PM <i>Creston Education Centre</i>			
BASKETBALL 7:00 - 8:30PM <i>Creston Education Centre</i>	BADMINTON 7:00 - 9:00PM <i>Creston Education Centre</i>	PICKLEBALL - COMPETITIVE 7:15 - 9:15PM <i>Creston Education Centre</i>	VOLLEYBALL 7:00 - 8:30PM <i>Creston Education Centre</i>		

YOUTH (3 - 15 years)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			TOT SOCCER 3:30 - 4:15PM Ages 3 - 6 years <i>Creston Education Centre</i>		
LEARN TO PLAY BASKETBALL 4:00 - 5:00PM Ages 8 - 12 years <i>Creston Education Centre</i>			TOT SOCCER 4:30 - 5:15PM Ages 3 - 6 years <i>Creston Education Centre</i>	FLOOR HOCKEY 4:30 - 6:00PM Ages 8 - 12 years <i>Creston Education Centre</i>	
YOUTH BASKETBALL 5:15 - 6:45PM Ages 12 - 15 years <i>Creston Education Centre</i>	LEARN TO PLAY TENNIS 5:00 - 6:30PM Ages 9 - 12 years <i>Tennis Courts</i>			FLOOR HOCKEY 6:15 - 7:45PM Ages 13 - 17 years <i>Creston Education Centre</i>	

Included with Admission Program
See page 26 for more details.

Pre-Registered Program
See pages 12 & 26 for more details.



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

Basketball

16+ years

Creston Education Centre - Gymnasium

Playing co-ed basketball is a great physical workout! Shoot some hoops and meet new people that enjoy the sport.

Mondays

7:00 - 8:30pm

September 14 - October 26

\$44 + tax / 6 classes

109474

No Class October 12

Mondays

7:00 - 8:30pm

November 2 - December 14

\$51 + tax / 7 classes

109475

Badminton

16+ years

Creston Education Centre - Gymnasium

Join us for a fun night of Badminton, appropriate for all levels! Bring your own racket if you have one, or use one of ours.

Tuesdays

7:00 - 9:00pm

September 15 - October 27

\$68 + tax / 7 classes

109476

Tuesdays

7:00 - 9:00pm

November 3 - December 15

\$68 + tax / 7 classes

109477

Table Tennis

16+ years

CDCC - Creston Room

Join us for a fun, fast paced and focused night of table tennis. All levels are welcome!

Tuesdays

6:30 - 8:00pm

September 15 - October 27

\$51 + tax / 7 classes

109478

Tuesdays

6:30 - 8:00pm

November 3 - December 15

\$51 + tax / 7 classes

109479



Pickleball - Recreational

16+ years

Creston Education Centre - Gymnasium

Pickleball, North America's fastest growing sport, is a racquet sport that combines elements of badminton, tennis, and table tennis. Great exercise and tons of fun! Paddles are available for use. Spots are limited, so register now!

Wednesdays

5:30 - 7:00pm

November 4 - December 16

\$44 + tax / 6 classes

109480

No class November 11

Saturdays

9:00 - 11:00am

November 7 - December 19

\$68 + tax / 7 classes

109481

Pickleball - Competitive

16+ years

Creston Education Centre - Gymnasium

This option is perfect for you if you are an experienced Pickleball player and are looking to add a competitive edge to this fast-paced sport. A great way to improve your fitness, further your skills, and have some fun! Sots are limited, so register now!

Wednesdays

7:15 - 9:15pm

November 4 - December 16

\$58 + tax / 6 classes

109482

No Class November 11

Saturdays

11:15 - 1:15pm

November 7 - December 19

\$68 + tax / 7 classes

109483

Volleyball

16+ years

Creston Education Centre - Gymnasium

Bump, set, spike! Get out and get involved in an evening of exciting volleyball. A great way to get active, meet new people, and have some fun. Two different times for various skill levels – there's an option for everyone!

Tuesdays

5:00 - 6:30pm

September 15 - October 27

\$51 + tax / 7 classes

110475

Tuesdays

5:00 - 6:30pm

November 3 - December 15

\$51 + tax / 7 classes

110476

Thursdays

7:00 - 8:30pm

September 17 - October 29

\$51 + tax / 7 classes

109484

Thursdays

7:00 - 8:30pm

November 5 - December 17

\$51 + tax / 7 classes

109485





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

ARENA SCHEDULE

September 8 - December 20, 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			CHILL SKATE 8:00am - 9:00am			
			CO-ED REC HOCKEY 9:15am - 10:45am			
CO-ED REC HOCKEY 10:00am - 11:30am						
	LUNCH HOUR HOCKEY 11:45am - 1:00pm		PUBLIC SKATE/ ICE PUPS 11:00am - 12:00pm	LUNCH HOUR HOCKEY 11:45am - 1:00pm	PUBLIC SKATE 12:00pm - 1:15pm	
		STICK & PUCK 3:15pm - 4:15pm				YOUTH SHINNY 3:30pm - 4:30pm
						PUBLIC SKATE 4:45pm - 6:00pm

Included with Admission Program
See page 28-29 for more details.

Pre-Registered Program
See page 28-29 for more details.

Skate Rentals: \$2.85 + tax

Helmet Rentals: \$0.95 + tax



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

PRE REGISTERED PROGRAMS

Ice Pups Club

3 - 6 years

Drop off: CDCC - Arena | Pickup: CDCC - Sunshine Room

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

Activities include:

1. Skating Time (45 min)

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. Our program is designed to stimulate their curiosity and energy.

Please drop children off in the arena with a helmet, skates, warm jacket, and mittens. Pick up is in the sunshine room. 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.

Limited skate rentals and helmets available.

Thursdays
11:00am - 12:30pm
September 24 - October 29
\$72 / 6 Classes

106820

Thursdays
11:00am - 12:30pm
November 5 - December 10
\$72 / 6 Classes

106822

INCLUDED WITH ADMISSION PROGRAMS

Public Skate

All ages

CDCC - Arena

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

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

Thursdays
11:00 - 12:00pm
September 10 - December 17
Included with Admission or Active Pass 106163

Saturdays
12:00 - 1:15pm
September 12 - December 19
Included with Admission or Active Pass 106160

No session October 17

Sundays
4:45 - 6:00pm
September 13 - December 20
Included with Admission or Active Pass 106161

No session October 18 & November 8

GLOW skate November 1 - time change to 2:45 - 4:00pm

Chill Skate **NEW!**

All ages

CDCC - 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.

Thursdays
8:00 - 9:00am
September 10 - December 17
Included with Admission or Active Pass 106165

Stick & Puck

5 + year

CDCC - 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.

Wednesdays
3:15 - 4:15pm
September 9 - December 16
Included with Admission or Active Pass 106166



Youth Shinny

5-15 years
CDCC - Arena

Lace up, hit the ice, and have some fun! Youth Shinny is a great opportunity for players to try hockey, build their skills, and enjoy extra ice time with friends in a relaxed and welcoming environment.

Full Gear Recommended. CSA-certified hockey helmet, gloves, and stick are required.

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.

Sundays
3:30 - 4:30pm
September 13 - December 20
Included with Admission or Active Pass 106169

No session October 18, November 1

Co-Ed Rec Hockey

15+ years
CDCC - Arena

Enjoy a fun and welcoming game of hockey in a relaxed, non-competitive environment. This co-ed 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. If no goalies, net aids will be available.

Mondays
10:00 - 11:30am
September 14 - December 14
Included with Admission or Active Pass 106156

Thursdays
9:15 - 10:45am
September 10 - December 17
Included with Admission or Active Pass 106157

Lunch Hour Hockey

16+ years
CDCC - Arena

A great way to get some exercise and have some fun. **A higher paced, slightly more competitive in nature program**, Lunch hour hockey provides a fun game for the players that want to come out and play the sport they love!

Full hockey equipment is required. If there are no goalies, there will be alternative net aids. No referees.

Tuesdays
11:45 - 1:00pm
September 8 - December 15
Included with Admission or Active Pass 106168

Fridays
11:45 - 1:00pm
September 11 - December 18
Included with Admission or Active Pass 106168





3rd Annual Poker Ride

3rd Annual Poker Ride

South Slocan Trailhead – Slocan Valley
Rail Trail

Embark on an adventurous poker bike ride along the famed Slocan Valley Rail Trail. Collect wristbands at each check point as you pedal through the picturesque landscape of the Slocan 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 inaugural 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 Slocan 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 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: slocanvalleyrailtrail.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 | 26 Waterloo Eddy Regional Park |
| 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 Creston & District Community Complex (CDCC) offer a wide range of rental opportunities for meetings, banquets, receptions, and social gatherings, which have access to a full commercial kitchen and audio/visual equipment.

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

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

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



**Exceptional facilities.
Exceptional service.**

**CONTACT US TODAY
TO BOOK YOUR SPACE**