

NELSON

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 250.354.4386

NEW
Regional
Parks Info

See page 31
for details



NDCC
Nelson & District
Community Complex



Nelson & District Community Complex



Visit Us

305 Hall St., Nelson, BC | rdck.ca/recreation

Contact Us

250-354-4FUN (4386) | nelrec@rdck.bc.ca



Online Registration

rdck.ca/recreation

Need to setup an online registration account?

Fill out the [RDCK Client Profile Form](#)

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[Like us on Facebook](#)

UPDATED How to Register for Included with Admission Programs



PUNCH PASS



TIME-BASED MEMBERSHIP



GENERAL ADMISSION (Cash)



GENERAL ADMISSION (Credit card)

ONLINE

Not
available

Up to 24 hours
in advance

Not
available

Up to 24 hours
in advance

IN PERSON

Same day

Up to 24 hours
in advance

Up to 24 hours
in advance

Up to 24 hours
in advance

Register online at: rdck.ca/recreation

FACILITY CODE OF CONDUCT

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

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

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

Participants engaging in inappropriate behaviour may have their privileges revoked.



Stay home
if you are sick



Masks are a
personal choice
for guests



Be kind
to each other



Register Online: rdck.ca/recreation

Or Register by Phone: 250.354.4386

FALL HOURS

September 8 – December 20, 2026

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

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	9:00am - 7:00pm	6:00am - 9:15pm	6:00am - 9:15pm	6:00am - 9:15pm	6:00am - 9:15pm	6:00am - 9:30pm	8:00am - 8:00pm
FITNESS CENTRE	9:00am - 7:00pm	5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 9:30pm	8:00am - 8:00pm

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

CLOSURES **ANNUAL POOL SHUTDOWN:** September 6 - 20 | **REOPENING:** September 21
FITNESS STUDIO SHUTDOWN: August 30 - September 7 | **REOPENING:** September 8
POOL SWIM MEET CLOSURE: October 3, 12:00pm - October 4, 2:00pm



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 program starts, you will receive a refund of your registration fee minus a 10% administrative fee.

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

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

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

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

GENERAL ADMISSION RATES

	DROP-IN	10-PUNCH*
Child (0-4)	Free	-
Youth (5-18)	\$4.27	\$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 | NDCC

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.

Wednesday, September 23	5:45 - 6:45pm	  
Friday, October 23	10:30 - 11:30am	  
Monday, November 23	12:00 - 1:00pm	 
Saturday, December 12	5:00 - 6:00pm	 



SPECIAL EVENTS



Spooky Skate

All Ages | NDCC – Arena

Calling all goblins and ghouls! Glide into our Halloween-themed public skate where costumes are encouraged and eerie music will get you in the spooky mood! Lace up your skates, put on your costume, and join us for this seasonal skate. Helmet and skate rentals are available with a limited quantity.

Wednesday, October 28
5:45 - 6:45pm

Included with Admission or Active Pass



Santa Skate

All Ages | NDCC – Arena

Get in the holiday spirit with an afternoon skating, hot chocolate and fun for the whole family! Don't forget your camera to capture the special moments with our holiday characters. Helmet and skate rentals are available with a limited quantity.

Saturday, December 12
1:00 - 2:30pm

Included with Admission or Active Pass

Watch for Holiday Themed fitness offerings
in our Winter Break Schedule Brochure!



GLOW SKATE

All Ages | NDCC Arena

Experience the magic of skating under low 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.

Wednesday November 18
5:45 - 6:45pm

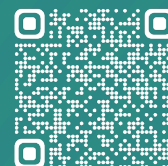
Included with Admission or Active Pass
Helmet and skate rentals available.

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.

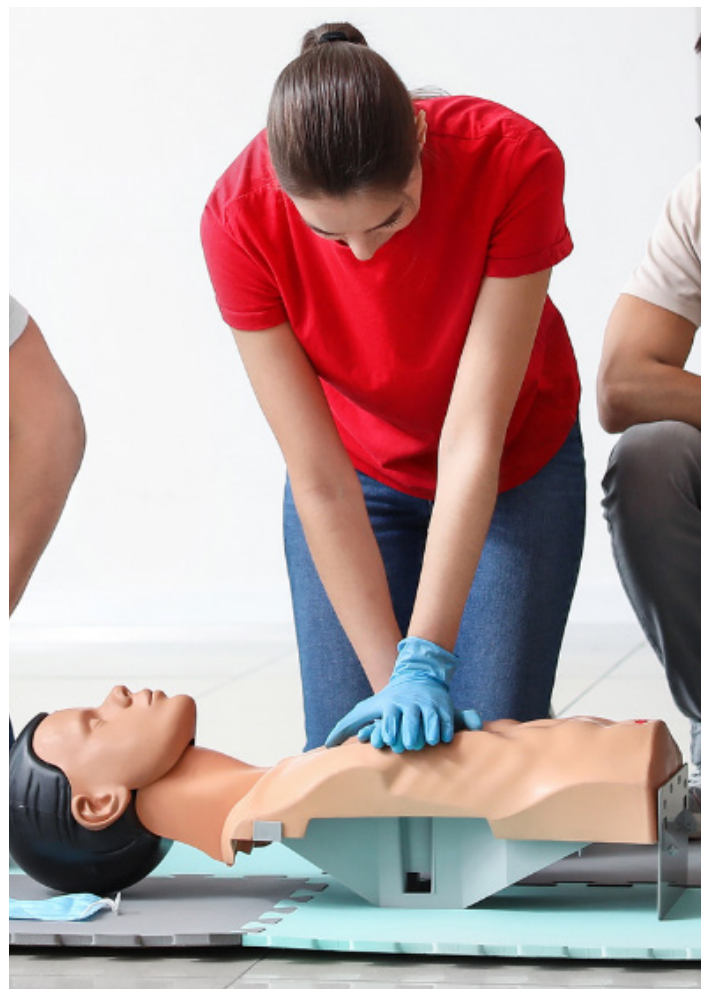
Please bring your Canadian First Aid Manual, pocket mask, previous Standard First Aid certification and government-issued photo ID.

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

NDCC - Upper Multi-Purpose 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:

October 2 - 2026 Pool Noodle Games

October 16 - Pumpkin Painting

November - Nelson Pictionary Palooza

December - Hot Cocoa in a Jar

Friday

5:00 - 8:00pm

October 2

\$22 / class

109253

Friday

5:00 - 8:00pm

October 16

\$22 / class

109255

Friday

5:00 - 8:00pm

November 27

\$22 / class

109258

Friday

5:00 - 8:00pm

December 11

\$22 / class

109259



Family Archery

9+ years

North Shore Hall

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.

Mondays and Tuesdays

5:00 - 7:00pm

October 19, 20, 26 and 27

\$42 / 4 classes

109306



PRO-D DAY CAMPS



Creative Art Camp

Kindergarten - 10 years
NDCC - Upper Multi-Purpose 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 on the ice. During our Pro-D Day camps you can expect to stay busy with all your favourite activities.

Friday
8:30am - 3:30pm
September 25
\$40

109280

STEM Camp

Kindergarten - 10 years
NDCC - Upper Multi-Purpose Room

Spend the day with your friends doing exciting STEM activities and getting active on the ice. During our Pro-D Day camps you can expect to stay busy with all your favourite activities.

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

109292

Sea Pups Club

2 Programs in 1! Swim Lesson Included!

3 - 6 years
Drop off: NDCC - Upper Multi-Purpose 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. Our indoor playroom 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
9:00 - 10:30am
October 6 - December 8
\$150 / 10 classes 110320

Thursdays
9:00 - 10:30am
October 8 - December 10
\$150 / 10 classes 110321

SWIMMING LESSONS



GROUP SWIM LESSON FEES

25 minutes	\$56 / 8 classes	\$70 / 10 classes
40 minutes	\$66 / 8 classes	\$82.50 / 10 classes
55 minutes	\$76 / 8 classes	\$95 / 10 classes

PRIVATE SWIM LESSON FEE

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

NOT SURE WHICH LEVEL TO REGISTER IN?

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

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

Waitlists

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

Cancelled Classes

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

Program Fees

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



Finding the Right Program

Aqua Babies Parent participation

If your child is ...

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

Aqua Tots 3 - 5 years

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

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

Aqua Adapted **NEW!**

Neurodivergent swimmers, 6 - 13 years

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

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

Aqua Kids 6 - 15 years

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

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

Aqua Adults 15+ years

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

LOOKING FOR MORE INFORMATION?

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



SWIM LESSON SCHEDULES

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

Session Dates

TUESDAYS	October 6 - December 8	10 classes
THURSDAYS	October 8 - December 10	10 classes
SATURDAYS	October 17 - December 19	10 classes
SUNDAYS	October 18 - December 20	10 classes

Aqua Babies Parent participation

Jellyfish 1 Parent & Tot	Sundays	9:30 - 9:55am	109197
Goldfish 2 Parent & Tot	Saturdays	9:00 - 9:25am	109199
Seahorse 3 Parent & Tot	Saturdays	9:30 - 9:55am	110721

Aqua Tots 3 - 5 years

Octopus 1	Tuesdays	4:00 - 4:25pm	109058
	Tuesdays	4:30 - 4:55pm	109059
	Thursdays	4:30 - 4:55pm	109060
	Thursdays	5:30 - 5:55pm	109061
	Saturdays	10:00 - 10:25am	109062
	Sundays	10:00 - 10:25pm	109067
Crab 2	Tuesdays	6:00 - 6:25pm	109086
	Thursdays	4:30 - 4:55pm	109088
	Saturdays	11:15 - 11:40am	109091
	Sundays	10:00 - 10:25am	109097
Orca 3	Tuesdays	5:30 - 5:55pm	109101
	Thursdays	4:00 - 4:25pm	109013
	Thursdays	5:00 - 5:25pm	109105
	Saturdays	11:00 - 11:25am	109106
	Sundays	10:30 - 10:55am	109109
Sea Lion 4	Thursdays	4:00 - 4:25pm	109135
	Saturdays	10:30 - 10:55am	109136
	Sundays	11:00 - 11:25am	109139
Narwhal 5	Tuesdays	5:00 - 5:25pm	109177
	Sundays	11:30 - 11:55am	109186

Aqua Kids 6 - 15 years

Swimmer 1	Tuesdays	5:15 - 5:40pm	109220
	Tuesdays	5:45 - 6:10pm	109221
	Thursdays	6:15 - 6:40pm	109222
	Saturdays	9:00 - 9:40am	109223
	Sundays	10:00 - 10:25am	109225
	Sundays	11:15 - 11:40am	109224
Swimmer 2	Tuesdays	4:45 - 5:10pm	109226
	Thursdays	6:00 - 6:25pm	109227
	Saturdays	9:00 - 9:25pm	109234
	Saturdays	10:15 - 10:40am	109233
	Sundays	9:30 - 9:55am	109235
Swimmer 3	Sundays	10:00 - 10:25am	109236
	Tuesdays	4:00 - 4:40pm	109237
	Thursdays	5:00 - 5:40pm	109238
	Saturdays	9:30 - 10:10am	109239
	Sundays	10:30 - 11:10am	109240
Swimmer 4	Tuesdays	4:00 - 4:40pm	109241
	Thursdays	5:00 - 5:40pm	109242
	Saturdays	9:30 - 10:10am	109243
	Sundays	10:30 - 11:10am	109244
Swimmer 5	Tuesdays	4:45 - 5:25pm	109245
	Saturdays	10:15 - 10:55am	109246
	Sundays	11:15 - 11:55am	109247
Swimmer 6	Thursdays	5:45 - 6:25pm	109248
Swimmer 7 Rookie Patrol	Sundays	12:00 - 12:55pm	110722
Swimmer 8 Ranger Patrol	Sundays	12:00 - 12:55pm	110723
Swimmer 9 Star Patrol	Saturdays	11:00 - 11:55am	110724

Aqua Adapted

Neurodivergent swimmers, 6 - 13 years

Adapted 1	Thursdays	4:30 - 4:55pm	109190
Adapted 2	Tuesdays	6:15 - 6:40pm	109192

Aqua Adults 15+ years

Adult 1 Beginner	Saturdays	2:00 - 2:40pm	109194
Adult 2 Intermediate	Saturdays	4:15 - 4:55pm	110731

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.



TUESDAYS	OCTOBER 6 - NOVEMBER 3	NOVEMBER 10 - DECEMBER 8
5:30 - 5:55pm	109250	109252
6:00 - 6:25pm	109251	109277
THURSDAYS	OCTOBER 8 - NOVEMBER 5	NOVEMBER 12 - DECEMBER 10
4:00 - 4:25pm	109451	109452
5:45 - 6:10pm	109453	109454
SATURDAYS	OCTOBER 17 - DECEMBER 20	NOVEMBER 21 - DECEMBER 19
10:45 - 11:10am	109456	109457
11:30 - 11:55am	109458	109459
2:45 - 3:10pm	109460	109461
3:15 - 3:40pm	109462	109463
3:45 - 4:10pm	109465	109464
SUNDAYS	OCTOBER 18 - NOVEMBER 15	NOVEMBER 22 - DECEMBER 20
11:45 - 12:10pm	110396	110397
12:15 - 12:40pm	109466	109467

**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 21 - 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
LAPS & LEISURE 6:00 - 8:00am	LEISURE SWIM 6:00am - 12:00pm	LAPS & LEISURE 6:00 - 8:00am	LEISURE SWIM 6:00am - 12:00pm	LAPS & LEISURE 6:00 - 8:00am		
LEISURE SWIM 8:00am - 7:00pm		AQUA SHALLOW 8:00 - 9:00am		HUSH SWIM & SOAK 8:00 - 9:30am	LAPS & LEISURE 8:00 - 9:30am	
AQUA SHALLOW 9:00 - 10:00am	AQUA DEEP 9:00 - 10:00am		AQUA RUNNING 9:00 - 10:00am			
AQUA DEEP 10:30 - 11:30am	GENTLE JOINTS 10:30 - 11:30am	LEISURE SWIM 8:00am - 7:00pm	AQUA SHALLOW 10:30 - 11:30am	LEISURE SWIM 9:30am - 5:00pm	LEISURE SWIM 9:30am - 12:30pm	LEISURE SWIM 9:00am - 1:00pm
	HUSH SWIM & SOAK 12:00 - 1:30pm					
	LAPS & LEISURE 1:30 - 3:00pm		LAPS & LEISURE 1:30 - 3:00pm			
	LEISURE SWIM 3:00 - 8:15pm		LEISURE SWIM 3:00 - 8:15pm		FUN SWIM 12:30 - 6:00pm	FUN SWIM 1:00 - 6:00pm
FUN SWIM 7:00 - 8:00pm		FUN SWIM 7:00 - 8:00pm		FUN SWIM 5:00 - 9:30pm		
TRANSITION TIME		TRANSITION TIME			LEISURE SWIM 6:00 - 8:00pm	LEISURE SWIM 6:00 - 7:00pm
LAPS & LEISURE 8:15 - 9:15pm	LAPS & LEISURE 8:15 - 9:15pm	LAPS & LEISURE 8:15 - 9:15pm	LAPS & LEISURE 8:15 - 9:15pm			

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

Leisure Swim Pool layout at lifeguards' discretion based on users in the pool.	Laps & Leisure 3 lanes, teach pool, leisure pool and hot areas available.	Fun Swim No lap lane guaranteed. A fun feature (diving board, slide, rope swing, or cliff) will be open.	Included with Admission Program See next page for details.	Hush Sensory Friendly Swim & Soak Inclusive quiet leisure swim. Music and all water features will be off and not available for this time.
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Register Online: rdck.ca/recreation

Or Register by Phone: 250.354.4386

AQUAFIT

September 21 – December 17, 2026



Aqua Shallow ②

15+ years
NDCC - Shallow

This shallow water aquatics class delivers a full-body workout including cardio and resistance training for all of the major muscle groups. Challenge your body with a variety of suspended and rebound movements while under the constant resistance that water workouts provide.

Mondays
9:00 - 10:00am
September 21 - December 14
Included with Admission or Active Pass
106840

No class October 12

Wednesdays
8:00 - 9:00am
September 23 - December 16
Included with Admission or Active Pass
106841

No class September 30, November 11

Thursdays
10:30 - 11:30am
September 24 - December 17
Included with Admission or Active Pass
106842

Aqua Deep ②

15+ years
NDCC - Deep

This deep water aquatics class provides an environment where there is 90% reduction in body weight, and the ability to tailor your intensity level to your own individual needs. These classes will get your heart pumping and a core focused finisher will leave you smiling.

Mondays
10:30 - 11:30am
September 21 - December 14
Included with Admission or Active Pass
106843

No class October 12

Tuesdays
9:00 - 10:00am
September 22 - December 15
Included with Admission or Active Pass
106844

Gentle Joints ①

15+ years
NDCC - Shallow

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

Tuesdays
10:30 - 11:30am
September 22 - December 15
Included with Admission or Active Pass
106846

Aqua Running ②

15+ years
NDCC - Deep

This class brings running into the pool. Reap the benefits of cross-training. Running in the pool will increase your strength and endurance while reducing the impact and strain on your joints and muscles.

Thursdays
9:00 - 10:00am
September 24 - December 17
Included with Admission or Active Pass
106847

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	SUNDAY
SPIN 6:00 - 7:00am		RISE AND SHINE TOTAL BODY 6:30 - 7:30am			SPIN 6:00 - 7:00am		
BOOTY BURN 8:00 - 9:00am	BARRE 8:00 - 9:00am	WEIGHT ROOM CIRCUIT 8:00 - 9:00am	VINYASA FLOW YOGA 8:00 - 9:00am	ATHLETIC MAT PILATES 8:00 - 9:00am	BEGINNER STEP 8:00 - 9:00am		SWAT 7:45 - 8:45am
WORK TO PROGRESS 9:00 - 10:30am	WORK TO PROGRESS 9:00 - 10:30am	STEP 9:15 - 10:15am	WORK TO PROGRESS 9:00 - 10:30am	FULL BODY FITNESS 9:15 - 10:15am	LOWER BODY STRENGTH 9:15 - 10:15am	POWER HOUR 9:15 - 10:15am	
SILVER STRENGTH 10:30 - 11:30am	YOGA MOBILITY FUSION 10:30am - 12:00pm	BABY AND ME 10:30 - 11:30am		FIT 4 LIFE 10:30 - 11:30am	HATHA FLOW YOGA 10:30 - 12:00pm	VINYASA FLOW YOGA 10:00 - 11:15am	VINYASA FLOW YOGA 10:00 - 11:15am
POWER STEP 12:10 - 12:55pm		FULL BODY FITNESS 12:10 - 12:55pm			STRONG AND STEADY 11:30am - 12:30pm		
BALANCE AND MOBILITY 1:15 - 2:15pm	DRUMBEAT STRONG 1:30 - 2:30pm	CHOOSE TO MOVE 1:15 - 2:15pm			BALANCE AND MOBILITY 1:15 - 2:15pm		
				BALANCE AND MOBILITY 2:30 - 3:30pm			
		SPIN AND SCULPT 3:45 - 4:45pm		SPIN AND SCULPT 3:45 - 4:45pm	PRENATAL STRENGTH 3:45 - 4:45pm		
SPIN AND SCULPT 5:15 - 6:15pm	HIIT 5:15 - 6:15pm	STEP 5:15 - 6:15pm		FULL BODY FITNESS 5:15 - 6:15pm	HIIT 5:00 - 6:00pm		
CLASSICAL HATHA YOGA 6:45 - 8:15pm		CLASSICAL HATHA YOGA 6:45 - 8:15pm			RESTORATIVE YOGA 6:45 - 8:15pm <i>Starts September 25</i>		

NEW!

**DRUMBEAT
STRONG**
on Tuesdays

**ATHLETIC MAT
PILATES**
on Thursdays

**RISE AND SHINE
TOTAL BODY**
on Wednesdays

**VINYASA FLOW
YOGA**
on Sundays

**PRENATAL
STRENGTH**
on Fridays

*Participants must be 15 years of age to attend classes

Included with Admission Program

See pages 19 - 24 for more details.

Pre-Registered Program

See pages 19 - 24 for more details.



Register Online: rdck.ca/recreation

Or Register by Phone: 250.354.4386

FITNESS PROGRAMS

September 8 - December 20, 2026

OLDER ADULT FITNESS

Work to Progress 1

15+ years
NDCC - Arena Concourse

This class is designed as a starting point to help you gain an active lifestyle. Well-suited to individuals with health concerns or a limited ability to exercise. This program is based on your abilities and activities and can be easily modified to meet your needs. This program includes the key components of good fitness: cardio, strength, and flexibility. Class length is based on your fitness - it's the class that grows with you.

Mondays
9:00 - 10:30am
September 21 - November 2
\$87 + tax / 6 classes 106719

No class October 12

Mondays
9:00 - 10:30am
November 9 - December 14
\$87 + tax / 6 classes 106720

Tuesdays
9:00 - 10:30am
September 22 - November 3
\$102 + tax / 7 classes 106722

Tuesdays
9:00 - 10:30am
November 10 - December 15
\$87 + tax / 6 classes 106723

Wednesdays
9:00 - 10:30am
September 23 - November 4
\$87 + tax / 6 classes 106724

No class September 30

Wednesdays
9:00 - 10:30am
November 18 - December 16
\$73 + tax / 5 classes 106725

No class November 11

Strong and Steady 2

15+ years
North Shore Hall

This class is designed to help increase full body awareness, improve coordination, circulation, joint mobility and stability. It will consist of mostly standing exercises intermixed with a few seated ones. This class progresses week by week to help you develop through the session.

Fridays
11:30am - 12:30pm
September 11 - October 30
\$67 + tax / 7 classes 106917

No class October 16

Fridays
11:30am - 12:30pm
November 6 - December 18
\$67 + tax / 7 classes 106918

Choose to Move 1

15+ years
NDCC - Fitness Studio

This is an entry-level class to fitness, designed for those clients needing extra support with mobility challenges. This class is mostly seated exercises with some standing and balance exercises.

Wednesdays
1:15 - 2:15pm
September 23 - November 4
\$58 + tax / 6 classes 106726

No class September 30

Wednesdays
1:15 - 2:15pm
November 18 - December 16
\$48 + tax / 5 classes 106727

No class November 11

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.

Silver Strength 2

15+ years
NDCC - Fitness Studio

This fun, upbeat 60-minute class is designed specifically for active adults 60+ who want a balanced workout in a supportive and social environment: 20 minutes cardio - low impact choreographed heart pumping movement, 20 minutes strength - full-body muscle conditioning, and 20 minutes flexibility and balance - exercises to improve stability and range of motion. All levels welcome.

Mondays
10:30 - 11:30am
September 14 - December 14
Included with Admission or Active Pass 106728

No class October 12



Register Online: rdck.ca/recreation

Or Register by Phone: 250.354.4386



Balance and Mobility ¹

15+ years

NDCC - Fitness Studio

Balance and mobility are important components of maintaining our independence as we age. This class provides both seated and standing exercises to help you improve your balance, strength and mobility in a fun, encouraging atmosphere.

Mondays

1:15 - 2:15pm

September 14 - December 14

Included with Admission or Active Pass

106834

No class October 12

Thursdays

2:30 - 3:30pm

September 10 - December 17

Included with Admission or Active Pass

106835

Fridays

1:15 - 2:15pm

September 11 - December 18

Included with Admission or Active Pass

106838

Fit 4 Life ²

15+ years

NDCC - Fitness Studio

This is a fun, active class that incorporates balance, strength, muscular endurance, and choreographed cardio. Exercises will be performed standing and on the floor. You will use a variety of equipment, including resistance bands, handheld weights, and exercise balls.

Thursdays

10:30 - 11:30am

September 10 - December 17

Included with Admission or Active Pass

106823

CARDIO AND/OR STRENGTH PROGRAMS

Spin and Sculpt ²

15+ years

NDCC - 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

5:15 - 6:15pm

October 5 - November 9

\$48 + tax / 5 classes

106729

No class October 12

Mondays

5:15 - 6:15pm

November 16 - December 14

\$48 + tax / 5 classes

106730

Wednesdays

3:45 - 4:45pm

September 9 - October 28

\$67 + tax / 7 classes

110313

No class September 30

Wednesdays

3:45 - 4:45pm

November 4 - December 16

\$58 + tax / 6 classes

110314

No class November 11

Thursdays

3:45 - 4:45pm

September 10 - October 29

\$77 + tax / 8 classes

106828

Thursdays

3:45 - 4:45pm

November 5 - December 17

\$67 + tax / 7 classes

106829

Booty Burn ²

15+ years

NDCC - Fitness Studio

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

Mondays

8:00 - 9:00am

September 14 - December 14

Included with Admission or Active Pass

106737

No class October 12



Power Step 2

15+ years

NDCC - Fitness Studio

Choreographed aerobic combinations on the step are combined with integrated strength exercises to improve cardiovascular fitness, muscular endurance, and coordination.

Mondays

12:10 - 12:55pm

September 14 - December 14

Included with Admission or Active Pass
106827

No class October 12

Step 2

15+ years

NDCC - Fitness Studio

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

Tuesdays

9:15 - 10:15am

September 8 - December 15

Included with Admission or Active Pass
106731

Wednesdays

5:15 - 6:15pm

September 9 - December 16

Included with Admission or Active Pass
106826

No class September 30, November 11

HIIT 2

15+ years

NDCC - Fitness Studio

A rigorous interval training sequence with high-intensity exercises and strength moves. It build cardiovascular fitness while improving muscular strength and endurance. You will be challenged to push your limits and walk out feeling resilient and strong.

Tuesdays

5:15 - 6:15pm

September 8 - December 15

Included with Admission or Active Pass
106732

Fridays

5:00 - 6:00pm

September 11 - December 18

Included with Admission or Active Pass
106839

Drumbeat Strong 1

NEW!

15+ years

NDCC - Fitness Studio

This Drum & Strength class offers a low-impact, high-energy fun workout using drumsticks, stability balls, light weights, bands, and soft balls with your favourite upbeat tunes. Designed to boost cardiovascular health and build muscle safely from a seated position or standing, it combines rhythm-based drumming with targeted resistance training.

Tuesdays

1:30 - 2:30pm

September 8 - October 27

\$77 + tax / 8 classes
110307

Tuesdays

1:30 - 2:30pm

November 3 - December 15

\$67 + tax / 7 classes
110308

Spin 2

15+ years

NDCC - Fitness Studio

Get your heart pumping with a group journey on our Keiser 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.

Mondays

6:00 - 7:00am

September 14 - October 26

\$58 + tax / 6 classes
106733

No class October 12

Mondays

6:00 - 7:00am

November 2 - December 14

\$67 + tax / 7 classes
106734

Fridays

6:00 - 7:00am

September 11 - October 30

\$77 + tax / 8 classes
106824

Fridays

6:00 - 7:00am

November 6 - December 18

\$67 + tax / 7 classes
106825

Barre 2

15+ years

NDCC - Fitness Studio

Barre workouts offer a low-impact, full-body exercise experience that blends elements of ballet with the fundamental concepts of Pilates and the flexibility of yoga. This class focuses on precise, controlled movements designed to sculpt and strengthen the whole body. No dance background or footwear is needed - just a willingness to move and feel the burn.

Tuesdays

8:00 - 9:00am

September 8 - 22

\$77 + tax / 8 classes
106735

Tuesdays

8:00 - 9:00am

October 20 - December 15

\$67 + tax / 7 classes
106736

Rise and Shine Total Body 2 **NEW!**

15+ years

NDCC - 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.

Wednesdays

6:30 - 7:30am

September 9 - October 28

\$67 + tax / 7 classes
106919

No class September 30

Wednesdays

6:30 - 7:30am

November 4 - December 16

\$58 + tax / 6 classes
106920

No class November 11



Full Body Fitness 2 3

15+ years

NDCC - Fitness Studio

This is an intermediate-level group fitness class designed for those looking to build strength and improve overall fitness. The class focuses primarily on strength training exercises, complemented by short bursts of cardio to elevate the heart rate and enhance cardiovascular conditioning.

Wednesdays
9:15 - 10:15am
September 9 - December 16
Included with Admission or Active Pass 106833

No class September 30, November 11

Wednesdays
12:10 - 12:55pm
September 9 - December 16
Included with Admission or Active Pass 106738

No class September 30, November 11

Thursdays
5:15 - 6:15pm
September 10 - December 17
Included with Admission or Active Pass 106836

Baby and Me 2

15+ years

NDCC - Fitness Studio

Meet other new parents, get fit, and have fun. Parent and baby classes includes cardiovascular and functional strength training. Work on regaining your strength and agility so you can chase after your little one.

Wednesdays
10:30 - 11:30am
September 9 - October 28
\$67 + tax / 7 classes 106831

No class September 30

Wednesdays
10:30 - 11:30am
November 4 - December 16
\$58 + tax / 6 classes 106832

No class November 11

Athletic Mat Pilates 2 NEW!

15+ years

NDCC - Fitness Studio

Join us for a dynamic energizing class blending cardio, athletic and isometric movements, pulsing and classic Pilates to hit your whole body and improve overall strength and stability. No shoes are required for this class.

Thursdays
8:00 - 9:00am
September 10 - 24
\$29 + tax / 3 classes 110481

Thursdays
8:00 - 9:00am
October 15 - December 17
\$97 + tax / 10 classes 110482

Lower Body Strength 2

15+ years

NDCC - Fitness Studio

This is a beginner-intermediate level fitness class designed for those wanting a stronger lower body. By strengthening your lower body you can pursue hobbies with strength, confidence, and a reduced risk of injury.

Thursdays
9:15 - 10:15am
September 10 - December 17
Included with Admission or Active Pass 106740

Beginner Step 2

15+ years

NDCC - Fitness Studio

Master the basics of Step in this beginner-friendly choreographed aerobics class. Move to the music and have fun while improving coordination, balance, agility, and cardiovascular fitness!

Fridays
8:00 - 9:00am
September 11 - December 18
Included with Admission or Active Pass 106742



Power Hour 2

15+ years
NDCC - Fitness Studio

Strength and power are key for long-term health, quality of life, and ensuring you can get out there and have fun in the activities you love! This class focuses on full body strength and power and is best for those with some fitness experience.

Fridays

9:15 - 10:15am

September 11 - December 18

Included with Admission or Active Pass

106741

Intro to Step 2

15+ years
NDCC - Fitness Studio

This class will introduce you to Step, the popular choreographed aerobics class. The exercise combinations on the step helps improve coordination, balance, and agility. A great option for beginners!

Fridays

8:00 - 9:00am

September 11 - December 18

Included with Admission or Active Pass

106742

Prenatal Strength 2 **NEW!**

15+ years
NDCC - Fitness Studio

Build strength and endurance throughout your pregnancy in this supportive prenatal fitness class. Designed for beginner-intermediate fitness levels, each class will focus on functional strength to help support your changing body and prepare you for the physical demands of pregnancy, birth, and postpartum recovery.

Fridays

3:45 - 4:45pm

September 11 - October 30

\$77 + tax / 8 classes

106905

Fridays

3:45 - 4:45pm

November 6 - December 18

\$67 + tax / 7 classes

106906

WEIGHT ROOM PROGRAMS AND WORKSHOPS

Weight Room Group Circuit 2

15+ years
NDCC - Weight Room

Challenge yourself to this 60-minute workout of timed aerobic intervals alternating with sets and reps of strength followed by a focused cool down in the weight room led by one of our NDCC personal trainers. This program is for those with some weight room experience.

Wednesdays

8:00 - 9:00am

September 9 - October 28

\$67 + tax / 7 classes

106744

No class September 30

Wednesdays

8:00 - 9:00am

November 4 - December 16

\$58 + tax / 6 classes

106745

No class November 11

S.W.A.T. 2

15+ years
NDCC - Weight Room

You've built the habit, you've learned the basics, and now you're ready to take your fitness to the next level. Does that sound like you? This program is the perfect match! Learn how to take your weight room workouts to an intermediate level.

Sundays

7:45 - 8:45am

September 13 - October 25

\$67 + tax / 7 classes

106746

Sundays

7:45 - 8:45am

November 1 - December 13

\$67 + tax / 7 classes

106747



Classical Hatha Yoga ②

15+ years

NDCC - Fitness Studio

This class incorporates the whole practice of yoga, inspired by the teaching of Baba Hari Dass. Movement is slow and deliberate, with long-held postures sustained with deeply focused breathing. The sessions are uniquely delivered to offer space for quiet presence and thoughtful refinement. This is a supportive community class where students of all levels are encouraged to work within their range.

Mondays

6:45 - 8:15pm

September 14 - December 14

Included with Admission or Active Pass

106748

No class October 12

Wednesdays

6:45 - 8:15pm

September 9 - December 16

Included with Admission or Active Pass

106749

No class September 30, November 11

Yoga Mobility Fusion ②

15+ years

NDCC - Fitness Studio

This class blends traditional yoga postures and breathwork with active movements to build strength, improve flexibility, and move with greater ease in your everyday life. Drawing inspiration from practices like Pilates and occasionally incorporating simple props, this class supports healthy movement patterns, builds strength, and increased body awareness. Designed for all fitness levels, this class invites you to move, explore, and support overall well-being.

Tuesdays

10:30am - 12:00pm

September 8 - December 15

Included with Admission or Active Pass

106750

Hatha Flow Yoga ②

15+ years

NDCC - Fitness Studio

This yoga class provides an environment that is safe, non-competitive, and welcoming to all. Come and explore what happens to the body when you release the tension your body habitually holds, allowing you to slow the mind and find your inner calm.

Fridays

10:30am - 12:00pm

September 11 - December 18

Included with Admission or Active Pass

106751



Restorative Yoga ①

15+ years

NDCC - Fitness Studio

This class is about deep rest and relaxation. Restorative practice is done by supporting the body with props in passive positions, either sitting or lying on the ground. Positions are held for longer periods of time to have a deep and meditative experience. Yoga Nidra is also a part of this practice on occasion. Inspired by the teachings of Baba Hari Dass and other yogis, this class is for everyone wishing to deepen their yoga practices through stillness and silence.

Fridays

6:45 - 8:15pm

September 25 - December 18

Included with Admission or Active Pass

106752

Vinyasa Flow Yoga

15+ years

NDCC - Fitness Studio

In Vinyasa yoga we connect movement and breath into a creative, dynamic and moving meditation. It builds strength, flexibility, and inner calm through fluid transitions. All levels are welcome.

Wednesdays

8:00 - 9:00am

September 9 - December 16

Included with Admission or Active Pass

110677

No class September 30, November 11

Saturdays

10:00 - 11:15am

September 12 - December 19

Included with Admission or Active Pass

110678

Sundays

10:00 - 11:15am

September 13 - December 20

Included with Admission or Active Pass

110480



HEALTH AND/OR FITNESS PROGRAMS

PERSONAL & GROUP TRAINING

Personal Trainers are available to help you add confidence, effectiveness, and safety to your workouts. Let us design a program specifically for you to help achieve your fitness goals, from beginner to advanced. Complete the [Personal Training Package](#) to get started or contact our Fitness Department at (250) 354-4386 ext. 5130 for more information.



PERSONAL TRAINING OPTIONS (rates are per person)

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

NDCC FITNESS PROFESSIONALS



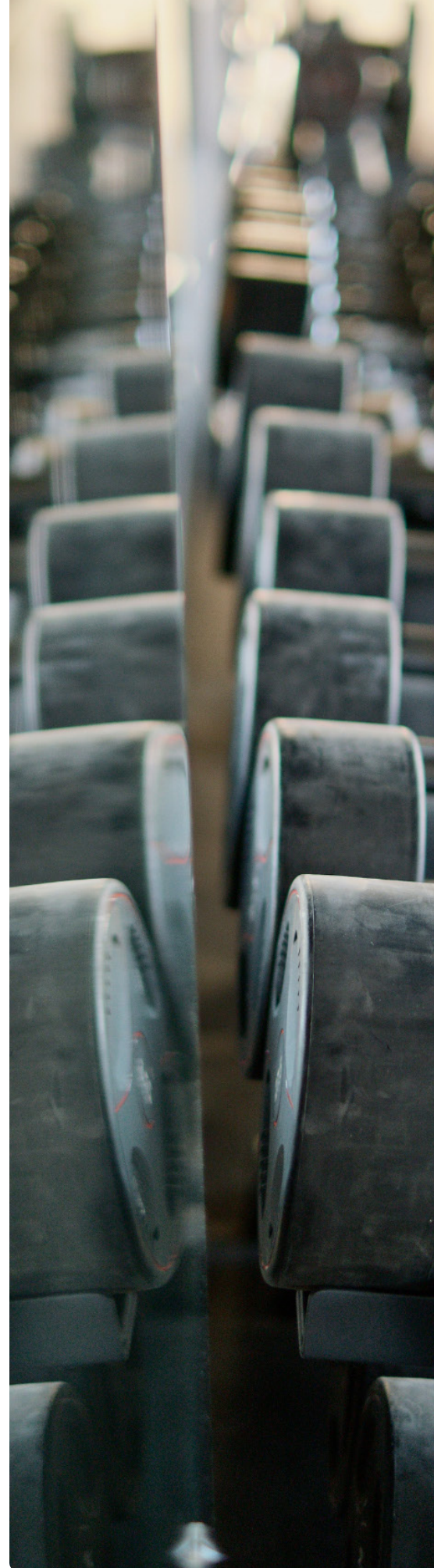
Haley Mosdell

Bachelors of Kinesiology
CFES Certified Personal Trainer
CFES Group Fitness Instructor



Max Loran

ACE Certified Personal Trainer
ACE Functional Training Specialist





YOUTH FITNESS CENTRE ORIENTATIONS

NDCC Fitness Centre

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

Please register online at rdck.ca/recreation, in person or call 250-354-4386 to speak with one of our customer service representatives.

6:30 - 7:00pm
Tuesdays and Thursdays

109333

1:30 - 2:00pm
Sundays

109337

Included with Admission or Active Pass

Youth on Weights

13 - 17 years

NDCC – Weight Room

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

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

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

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

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

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



ARENA SCHEDULE

September 8 - December 20, 2026

**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	SUNDAY
	PUBLIC SKATE 8:45 - 9:45am					
				PUBLIC SKATE 10:30 - 11:30am		
			15+ STICK & PUCK 12:00 - 1:00pm		STICK & PUCK 11:45 - 12:45pm	
					PUBLIC SKATE 1:00 - 2:30pm	
						PUBLIC SKATE 3:30 - 4:30pm
	SCHOOL AGED SHINNY 4:45 - 5:45pm					ADULT CO-ED HOCKEY 4:45 - 6:00pm
STICK & PUCK 5:45 - 6:45pm		PUBLIC SKATE 5:45 - 6:45pm				

Included with Admission Program
See page 28 for more details.

Skate Rentals \$2.85 + tax

Helmet Rentals \$.95 + tax

Public Skate

All ages
NDCC - Arena

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

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

Tuesday
8:45 - 9:45am
September 8 - December 15
Included with Admission or Active Pass
106228

Wednesday
5:45 - 6:45pm
September 16 - December 16
Included with Admission or Active Pass
106229

No session September 9, 30, November 11

Friday
10:30 - 11:30am
September 11 - December 18
Included with Admission or Active Pass
106237

Saturday
1:00 - 2:30pm
September 12 - December 19
Included with Admission or Active Pass
106246

Sunday
3:30 - 4:30pm
September 13 - December 13
Included with Admission or Active Pass
106253

No session September 20, November 1 and December 20

Stick & Puck

5 + year
NDCC - 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, gloves and stick 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
5:45 - 6:45pm
September 14 - December 14
Included with Admission or Active Pass
106220

Saturday
11:45 - 12:45pm
September 12 - December 19
Included with Admission or Active Pass
106268

15 + Stick & Puck

15 + years
NDCC - Arena

Ready to work on your shot? This dedicated ice time is perfect for players ages 15+ who want to practice shooting, improve puck control, and get comfortable handling the puck on the ice.

Whether you're fine-tuning your wrist shot, working on accuracy, or just enjoying some extra time with a stick and puck, this session provides a fun and welcoming space to build confidence and develop skills at your own pace.

This program is not intended for shinny, scrimmages, or games.

CSA-certified hockey helmet, gloves, and stick are required. **Maximum 25 participants**

Thursday
12:00 - 1:00pm
September 10 - December 17
Included with Admission or Active Pass
106293

School Aged Shinny

5 - 15 years
NDCC - 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 hockey equipment is 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.

Tuesday
4:45 - 5:45pm
September 8 - December 15
Included with Admission or Active Pass
106227

Adult Co-ed Hockey

18 + years
NDCC - 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 fun, 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.

Sundays
4:45 - 6:00pm
September 13 - December 20
Included with Admission or Active Pass
106315

September 20 and December 20 program will run 5:00-6:00pm

Adult Co-ed Hockey - Goalie

Goalies - please register for the goalie specific program.

Sundays
4:45 - 6:00pm
September 13 - December 20
Included with Admission or Active Pass
106332

September 20 and December 20 program will run 5:00-6:00pm





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 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 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 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



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) | |