

SALMO

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 250.357.0121



NEW
Regional
Parks Info

See page 14
for details





Salmo Recreation & Fitness Centre



Visit Us

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

Contact Us

250.357.0121 | salmorec@rdck.bc.ca



Online Registration

rdck.ca/recreation

Need to setup an online registration account?

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

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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

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.



**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: 250.357.0121

FITNESS CENTRE HOURS

September 8 – December 30, 2026

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

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

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

GYMNASIUM HOURS

September 8 – December 30, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	OPEN GYM 6:30 – 8:30am	OPEN GYM 6:30 – 10:30am	OPEN GYM 6:30 – 10:30am	OPEN GYM 6:30 – 8:30am		OPEN GYM 6:30 – 10:30am
	PICKLE BALL 8:45 – 10:30am		WALKING 8:30 – 9:30am	PICKLE BALL 8:45 – 10:30am		
	OPEN GYM 3:00 – 6:15pm	OPEN GYM 5:00 – 6:15pm	OPEN GYM 3:00 – 8:00pm	OPEN GYM 5:00 – 6:15pm	OPEN GYM 7:00 – 8:00pm	
	VOLLEYBALL 6:30 – 8:00pm	PICKLE BALL 6:30 – 8:00pm		BASKETBALL 6:30 – 8:00pm		

- 13+ years unless designated.
- Co-ed, non-competitive recreation level play during all sessions.

- Recreation Equipment will be available during all Open Gym Sessions.
- Designated Gym Activity times are noted in the schedule below.

- Participants, please put away all equipment after each session.
- Pay Admission or scan your Active Pass in the Fitness Center before using the Gym.

OFFICE HOURS

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

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



GENERAL ADMISSION – FITNESS CENTRE

	DROP-IN	10-PUNCH*
Adult (19-74)	\$6.40	\$57.63
Youth (13-18)	\$3.21	\$28.86
Golden Guest (75+)	Free	-

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

GENERAL ADMISSION – GYM

Adult (19-74)	\$3.38
Youth (13-18)	\$3.21
Golden Guest (75+)	Free

ACTIVE PASSES

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

	ACTIVE PASS FEES*		
PASS FEES	1 Month Pass	3 Month Pass	6 Month Pass
Adult	\$57.63	\$146.96	\$259.34
Youth	\$28.86	\$73.59	\$129.88
2nd Adult	\$51.87	\$136.92	\$233.41
2nd Youth	\$25.98	\$66.23	\$116.89

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

FACILITY CODE OF CONDUCT

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

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

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

Participants engaging in inappropriate behaviour may have their privileges revoked.



LEISURE ACCESS PROGRAM

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

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



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 | SALMO

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 fitness centre, open gymnasium, and any applicable included with admission programs.

Thursday, September 10 8:45 - 9:45am



Tuesday, October 13 5:00 - 6:00pm



Saturday, November 21 9:30 - 10:30am



Friday, December 4 7:00 - 8:00pm

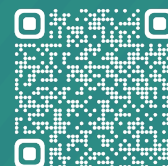


ADVANCED TRAINING OPPORTUNITIES!

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





FAMILY ARCHERY

Family Archery

9+ years

Salmo Rec Centre Gymnasium

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

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

Mondays and Wednesdays

5:30 - 7:30pm

November 9, 11, 16 and 18

\$42 / 4 classes

110483



PERSONAL & GROUP TRAINING

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

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

PERSONAL TRAINING OPTIONS (rates are per person)

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

SDRD FITNESS PROFESSIONALS



Laura Stavast

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

YOUTH FITNESS CENTRE ORIENTATIONS

Salmo Fitness Centre

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

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

Mondays

5:00 - 5:30pm

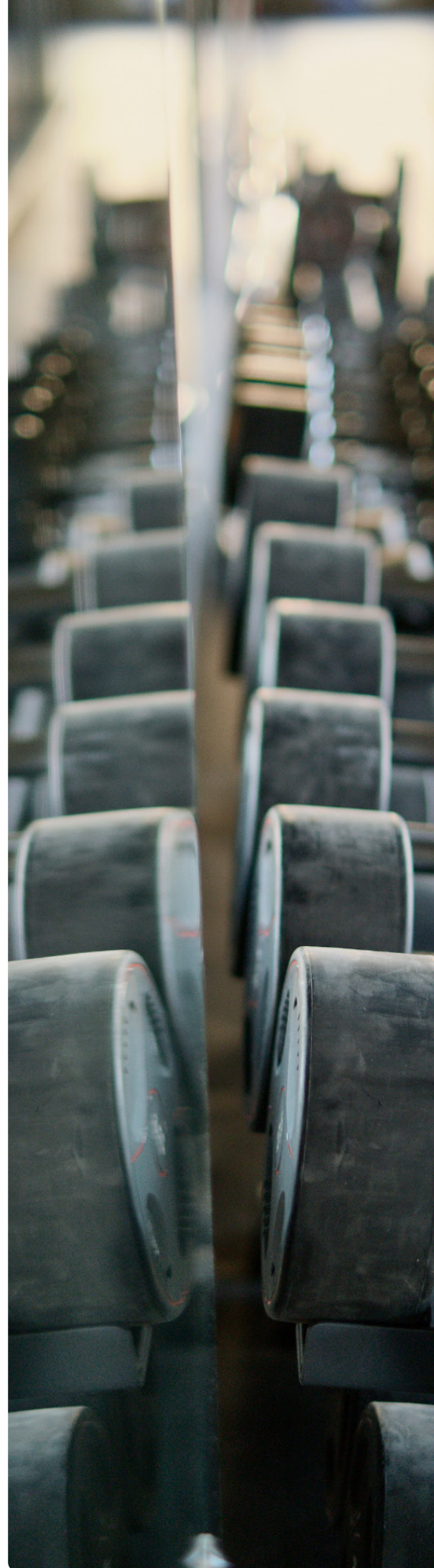
Included with Admission or Active Pass



Register Online: rdck.ca/recreation



Or Register by Phone: 250.357.0121





DROP-IN OPPORTUNITIES

Gymnasium Drop-In

13+ years
SDRD – Gymnasium

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

Monday
6:30 – 8:30am and 3:00 – 6:15pm
Tuesdays
6:30 – 10:30am and 5:00 – 6:15pm
Wednesdays
6:30 – 10:30am and 3:00 – 8:00pm
Thursdays
6:30 – 8:30am and 5:00 – 6:15pm
Fridays
7:00 – 8:00pm
Saturdays
6:30 – 10:30am
\$3.32 + tax (or access with fitness centre admission)

Gymnasium availability may vary according to programs and facility bookings.

Drop-In Pickleball

13+ years
SDRD – Gymnasium

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

Tuesdays
6:30 – 8:00pm
Mondays & Thursdays
9:00 – 10:30am
\$3.32 + tax (or access with fitness centre admission)

Drop-In Basketball

13+ years
SDRD – Gymnasium

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

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

Drop-In Walking

13+ years
SDRD - Gymnasium

Need a safe, indoor space to keep up your walking exercise? We got you covered! Please bring clean, non-marking shoes.

Wednesdays
8:30 – 9:30am
\$3.32 + tax (or access with fitness centre admission)

Drop-in Volleyball

13+ years
SDRD - Gymnasium

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

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



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 annual Poker Ride!

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

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

109202

Poker Ride Rules and Guidelines:

1. The ride is an out and back, starting and ending at the South 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) | |