

SLOCAN VALLEY

PROGRAM GUIDE

Fall 2023

Registration Start Date:
Monday, August 21, 2023
7:00 am

To view the guide and register online visit rdck.ca/recreation or call 250.226.0008



FREE
Training
Opportunities

See page 6
for details



Slocan Valley Recreation
All the fun that fits



Online Registration

www.rdck.ca/recreation



Information

For more information about our programs and services, please email us at slocanvalleyrec@rdck.bc.ca



Visit us on Facebook to learn more about upcoming programs & events www.facebook.com/slocanvalleyrec



Registration

Prices do not include taxes; 5% GST will be added to most programs (children's programs exempt).

Please register at least 1 week in advance of program start date to avoid disappointment due to a program being full or cancelled due to lack of enrollment.

We accept cash, cheque, debit, Visa and Mastercard. Cheques or money orders can be made payable to Slokan Valley Recreation. NSF cheques will have a \$20 admin fee.



Register Early!

To avoid program cancellation or disappointment due to a program being full.

How to Request a Refund, Credit or Transfer:

Full refunds are considered for most courses without penalty, up to 1 week prior to program start dates. Please see our full cancellation policy at www.rdck.ca.

ENJOY A SAFE AND FUN VISIT

RDCK Recreation programs and services are subject to the latest public health measures put in place by the provincial authorities, Interior Health, and the RDCK Board of Directors.

We want you to enjoy safe, fun experiences at our facility. Our programming and our operating hours—including at our aquatics centres—may be affected by changes to public health measures or RDCK staffing levels. Changes to programs or schedules will be posted on our website and in our online registration system. Thank you for your understanding.

Visit www.rdck.ca/recreation or call our front desk to learn more.

Office Hours:

Monday to Wednesday
8:00 pm – 4:30 pm

Please note: Hours can vary according to program commitments.

Photocopying and Scanning Available

\$0.15 for black and white
\$0.25 for color
Scanning is free

Contact Us!

Mailing Address:

Slocan Valley Recreation
3036 Hwy 6, Box 6 Slocan Park, BC
VoG2E0

Phone: 250-226-0008

Email: slocanvalleyrec@rdck.bc.ca



Stay home if you are sick



Masks are a personal choice for guests



Be kind to each other

SPECIAL EVENTS

SENIORS CHRISTMAS TEA

55+ | Slocan Park Hall

This free annual event offers entertainment, refreshments and the company of new and old friends. This event is a great excuse for those over 55 to get together for a fun afternoon near the holidays to enjoy and celebrate community.

Saturday, Dec 9

1:00 – 3:00pm

FREE

Volunteers are needed for this event – this is a great opportunity to help the community, meet friends and have fun doing it! Please give us a call if you are interested in helping out.



Community Awareness Day

Slocan Park Hall

**Come and join us for our Community Awareness Day
at the Slocan Park Community Hall.**

An event to bring our community together to learn about the groups and organizations that support the Slocan Valley. Expect live music, food trucks, face painting, door prizes, activities for kids, and over 20 booths to check out!

Saturday, Sep 16th

10:00am – 2:00pm

FREE

Hosted by the Slocan Park Community Hall Society

JOIN US FOR FITNESS FORUM

Sept 15 - 17, 2023 in Castlegar

Meet the Professionals



Ryoko Donald

BCRPA SFL, Certified Personal Trainer

Ryoko was born and raised in Japan but moved here in 1999. She has been a fitness leader since 2007, after she had her second baby

when she was 33 and has a great passion for helping others become healthier and happier. She was a non-active, sad and overweight person before, but fitness completely changed her. She believes that connecting mind, body and spirit is the key to our health and happiness.

She is an SFL for group and yoga fitness, PT, Older Adult Fitness leader, Buti Yoga Level 1 & 2 and 200H Yoga Alliance RYT. She is also an official Bosu ambassador specializing in stability and balance training; her hobby is competing in bikini bodybuilding, and she enjoys weight training.



Drea Dokuchie

GradDip Kinesiology, 500RYT, NCCP, ABT, YMCA, Business Owner, Entrepreneur.

A Kinesiology graduate with over 500Hrs Yoga Teacher training, Drea's career in the fitness industry

has evolved over the past decade. Her teachings weave together ancient yoga philosophy and modern training principles to offer an alignment focused approach to fitness! As the owner of The Nadi Tree, she educates participants how to establish a relationship with their body, mind, and soul. Her passion for yoga, theming, and mobility takes basic fitness to a whole new level.



Jesse Bourgeois

Practicing Kinesiologist, Certified Personal Trainer

Jesse is a Practicing Kinesiologist with a degree in Human Kinetics from UBC Okanagan with a minor in Psychology. Additionally, he holds numerous certifications including, CFES Personal Trainer, NASM Nutrition Coach, UESCA Running Coach, and Spartan SGX Level 1.

He's had the privilege of working with BC Games gold medalists, stroke victims, and everyone in between. Over the years he's developed a passion for sharing what he's learned through his studies and practice in the field with other professionals and the general population.



Cathy Potkins,

B.H.K, MPAS, ACSM Exercise Specialist

Cathy has spent the past 23 years working in the area of Chronic Disease. She has a degree in exercise physiology and a Masters in Cardiac Physiology also

certified through the American College of Sports Medicine as an Exercise Specialist. After 12 years of coordinating Cardiac Rehab and diabetes centers, Cathy has spent the past 14 years working as a consultant in Nelson BC. She continues to be an integral part of the Nelson community and an asset to us here at the NDCC. She is passionate about improving the health of individuals with chronic health concerns and supporting local fitness professionals who share the same passion for the people of our community.



Melissa Gresley-Jones,
BArts, Recreation and Health Education, Trainer Educator, CFES.

Melissa graduated from the University of Victoria with a Bachelor of Arts in Recreation and Health Education. With more than 20 years experience in the fitness industry, ranging from land fitness to cycle fitness and aquatic fitness, Melissa always returns to her passion in aquatics. As a CFES Educator, Melissa is excited to encourage others to re-educate themselves and see the range of benefits aquatic fitness provides to people of all fitness levels.



Jodi Vousden,
RCST®, CFES Fitness Educator

As a fitness professional and educator working in community recreation for over twenty years, Jodi learned that she is passionate about supporting individuals to discover their unique journey towards growth, improved health, and quality of life. This has led her down a path of deepening into intuitive health and movement practices. As a Registered Biodynamic Craniosacral Therapist, she brings this same passion forward through light touch to support individuals toward greater health in a therapeutic environment. Meditative practices, whether still or in motion, support her ability to understand the depth of health possible through the interconnectedness of mind, body, and the world around us.

Session Topics will Include:

- Successful Small Group Training
- Balance and Core Training
- Creative Cueing
- Fitness Outcomes & How to Achieve them
- Deep Water Dynamics
- Incorporating Embodied Movement
- Innovative Strength Training

Why Attend the Forum:

- 16 CEC's available over the weekend
- Network with Other Fitness Professionals
- Ideas to bring back to your clients.
- Refresh and reinspire your passion for health and fitness

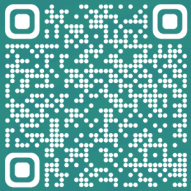
**Registration starts
 August 21st.**

**Brochure Details available
 on-line at RDCK.ca/recreation.**

GET FREE TRAINING!

Become a qualified Lifeguard, Aquafit, Weight Training or Fitness Instructor.

The RDCK is offering courses at **no cost** to community members that wish to pursue employment within the RDCK.



Learn more at rdck.ca/GetTraining or scan the QR Code.



MORE THAN JUST EMPLOYMENT!

JOIN THE TEAM!

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

Check out other RDCK program guides for leadership training opportunities that may work for you: rdck.ca/recreation

FREE FITNESS TRAINING OPPORTUNITIES NOW AVAILABLE!*

*Applicants will receive reimbursement of certification costs upon successful hire with the RDCK

Pre-Requisite: Fitness Knowledge

16+ yrs
CDRD – Castlegar Community Complex

The Fitness Knowledge Home Study course is a pre-requisite for the Weight Training Instructor, and in turn Group Fitness Instructor and Personal Training courses. In this course you will learn the basics that provide the foundation for the Weight Training Instructor and Group Fitness Instructor courses.

Unable to attend in person? CFES also offers a Fitness Knowledge home study course.

For more information please visit: <https://canadianfitness.net/courses/cfes-fitness-knowledge-homestudy/>

Thursdays, 4:30 – 9:30pm
Sep 14, 21, 28
Fridays, 4:30 – 9:30pm
Sep 22
Sundays, 9:00am – 4:30pm
Sep 24
\$381 + tax

62080

CFES Group Fitness Instructor

16+ yrs
CDRD – Castlegar Community Complex

Develop the foundational skills required to deliver a safe, effective group fitness class (cardio/strength). Topics include: musicality, upper and lower body movement, lesson planning, communication, safety, and motivation. Manual included (Instructor Skills Assessment and professional registration fees separate).

Pre-requisite: 16 yrs of age and Fitness Knowledge or approved equivalent.

Fridays, 6:00 - 9:00pm
Oct 13, 27
Saturdays, 9:00am - 5:30pm
Oct 14, 28
Sundays, 9:00am - 5:30pm
Oct 15, 29
\$641 + tax

62081

Thursday, Nov 9th: Written exam/course completion/practical exam prep (4 hours)

CFES FITNESS EDUCATION PATHWAY

COMPLETE YOUR FITNESS KNOWLEDGE

In-Person or Online

WEIGHT TRAINING INSTRUCTOR

GROUP FITNESS INSTRUCTOR

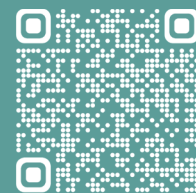
AQUAFIT INSTRUCTOR

PERSONAL TRAINING CERTIFICATION

Interested in becoming a **Certified Group Fitness Instructor, Aquafit Instructor, or Personal Trainer** through a different certifying body such as BCRPA, CSEP, ASCM, NSCA, NASM, CANFIT PRO, or another?

Please indicate *which* certifying body you prefer for your certification when you completing the Free Training intake form.

Learn more at rdck.ca/GetTraining or scan the QR Code.





Reserve Now!

Viewable online at
www.rdck.ca/recreation
or call 250.226.0008
to make a reservation

Recreation Equipment Rentals

We have a wide variety of recreation equipment to help your family stay active, safe and having fun this Fall! Our equipment packages are available by donation, which means you can keep activities fresh at a price that works for you! Choose from one of our many equipment packages;

Equipment packages available now include:

- Badminton
- Bocce
- Croquet
- Cross Country Ski Packages
- Street hockey
- Tennis
- Pickleball
- Snow Shoes
- Soccer
- Spikeball
- Fitness Workout Basics
- Double Dutch jump ropes



Don't see something that you'd like? Let us know! We are continuing to develop additional packages and we want to hear what you want! Equipment availability can be viewed through our registration software by visiting rdck.ca/recreation or give us a call at the Slokan Valley Rec Office! Reservations and a minimum donation of \$1 will be required in advance of pick-up.

Office Hours:

Monday - Wednesday
8:00am-4:30pm

Please note: Hours may vary according to program commitments.



Slokan Valley Recreation
All the Fun that Fits



Attention Teachers!

We've got the perfect way to break out of the ordinary classroom routine. Book time in our Castlegar or Nelson pool, arena or fitness centre for a fun and educational learning experience for your students. Check out the list to see what's available.

- **Swim Lessons**
- **Fun Swim**
- **Skating Lessons**
- **Fun Skate**
- **Fitness Classes**
(water or studio)

School bookings are a first come first basis. Pre-booking is required. Without a booking, we cannot guarantee availability

For all school bookings please contact us at reprogramming@rdck.bc.ca.



NDCC
Nelson & District
Community Complex

PRESCHOOL



Teddy Bear Club

0-5yrs

Slocan Park Hall

Bring your parent or guardian, and teddy bear and come socialize and have fun with other children in our community! Refreshments and snacks will be provided for parents.

Children will explore stations that promote movement, creativity, imagination and play. In addition, open play time and a story will be part of this program that preschool children will love. Join us each Wednesday!

Parent/Guardians need to be active participants for this program to learn and lead your child through activities

Please bring a snack for your child to enjoy.

Wednesdays
9:00-10:30am
Sep 15 - Dec 13
Drop in admission 5.00

No class on Nov 1

YOUTH PROGRAMS

Children's Theatre Experience

6 - 12yrs

Slocan Park Hall

Instructor - Marya Folinsbee

Immerse yourself in the world of theatre. Marya will facilitate the creation of an immersive theatre experience by helping the participants develop characters, costumes, props and scenery. Participants will end the day with skits and a short performance from their day in the theatre!

Please bring a nutritious lunch, snacks and a water bottle

Friday
9:00 am - 3:30 pm
October 20
\$36

60207



Fall Mushroom Talk and Walk

12+ years

Threads Guild

Instructor - Rob Macrae

Learn to identify and gather a variety of local fall mushrooms and develop an appreciation for their many fascinating qualities and characteristics. Bring in pictures or samples of mushrooms you wish to have identified by mycologist Robert Macrae as he shares his extensive knowledge in this popular fall program which is part presentation and part guided expedition. This program fills up quickly, so please register early to avoid disappointment.

Please bring a basket, gardening gloves, wax paper, water, your lunch, a notebook, pen, appropriate clothing for the outdoors and footwear for rough terrain. Children (age 12-15) must be accompanied by an adult. No dogs please.

Sunday

10:00am – 3:00 pm

October 1

\$45 +tax/person

60142

CORE (Conservation & Outdoor Recreation Education) Certificate

10+ years (10-12 years old require parental supervision)

Slocan Park Hall

Instructor – Dorian Boswell

This program is mandatory for those wishing to obtain their first BC Hunting License. The purpose of this program is to ensure that hunters meet acceptable standards of knowledge and skill for a safe and responsible season. CORE manual is required and should be reviewed beforehand. Manuals can be found online at www.bcwf.bc.ca and Otter books in Nelson. For more information, requirements and preparation for courses, please go to dbozconsulting.ca.

Saturday & Sunday

8:00 am – 5:00 pm

September 2 & 3

\$179 +tax/person

60205

PAL (Possession & Acquisition License) – Canadian Firearms Safety Non-Restricted

12+ years

Slocan Park Hall

Instructor – Dorian Boswell

This certificate is required to possess, purchase, transfer ownership, sell or trade a firearm, as well as to purchase ammunition. PAL manuals are not recommended.

Saturday

8:00 am – 5:00 pm

October 28

\$159 +tax/person

60179





ADULT RECREATION & FITNESS

Basketball

16+ yrs
 Host: Rob Hay
 Winlaw Elementary Gym

Co-ed, recreational level, pick-up basketball games. All skill levels are encouraged to come and play! Please bring indoor shoes to wear and a water bottle. Check-in with staff upon entry.

Wednesdays
6:30 – 8:30pm
Sep 6 – Dec 20
\$5 drop-in

Tai Chi Beginner

40+ yrs
 Instructor: Daphne Fields
 Slocan Park Hall

Yang-style Tai Chi exercises your entire body using gentle, low impact movements that build strength, endurance, flexibility, and balance. Daphne will teach from the Guang Ping Yang tradition a 64 piece set. The journey to mastery will take until the spring with consistent practice, and then you get the rest of your life to refine, practice, and enjoy! This program is best suited for those in their 40's.

Spots are limited to a maximum of 11 participants. Please bring a thick mat if you have one.

Thursdays
6:30 - 8:00pm
Sep 14 - Oct 26
\$95 + tax / 7 classes **61310**

Thursdays
6:00 - 7:30pm
Nov 2 - Dec 14
\$95 + tax / 7 classes **61311**

Pilates Fundamentals

15+ yrs
 Instructor: Daphne Fields
 Slocan Park Hall

Beginner Pilates - Mat Class. Please bring a mat and a towel. Pilates is a fitness system that can help you increase strength, balance, muscle mass, and flexibility. It's a fun way to accomplish a full body workout - with an emphasis on core muscles.

Fridays
9:00 - 10:00am
Sep 15 - Dec 22
\$127 + tax / 14 classes **61312**

No class Friday Oct 20