

SALMO

PROGRAM GUIDE

SPRING 2024

Registration Start Date:
Monday, March 11, 2024
7:00 am

To view the guide and register online visit rdck.ca/recreation or call 250.357.0121



RDCK-Funded
**Training
Opportunities**
See page 4
for details



GENERAL ADMISSION – FITNESS CENTRE

	DROP-IN	10-PUNCH*
Adult (19-74)	\$5.82	\$52.39
Youth (13-18)	\$2.91	\$26.19
Golden Guest (75+)	Free	-

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

GENERAL ADMISSION – GYM

All Ages	\$3.09
Golden Guest (75+)	Free

ACTIVE PASSES

The Active Pass is a time-based membership that gives pass-holders unlimited general admission to: Fitness Centre, Salmo Rec Gymnasium Drop-in. Passes can be purchased in person or by phone.

PASS FEES	ACTIVE PASS FEES*		
	1 Month Pass	3 Month Pass	6 Month Pass
Adult	\$52.39	\$133.59	\$235.74
Youth	\$26.19	\$66.79	\$117.87
2nd Adult	\$47.14	\$120.23	\$212.17
2nd Youth	\$23.57	\$60.11	\$106.08

Terms and conditions: To receive 2nd Adult or 2nd Youth pass discounts, pass holders must reside in the same household and must be purchased at the same time and of the same duration as regular Adult or Youth passes.

OFFICE HOURS

Monday-Thursday 6:30 - 10:30 am, 4:00 - 8:00 pm
Friday 4:00 - 8:00 pm
Saturday 6:30 - 10:30 am

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

ENJOY A SAFE AND FUN VISIT

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.



Stay home if you are sick



Masks are a personal choice for guests



Be kind to each other



Online Registration

www.rdck.ca/recreation



In Person

Walk right up to the customer service desk and say, "Hello".



Call Us: 250.357.0121



FITNESS CENTRE HOURS

April 2 – June 30, 2024

- 13+ years old
- General Admission and Active Pass fees, see pg. 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30 AM – 10:30 AM	6:30 AM – 10:30 AM	6:30 AM – 10:30 AM	6:30 AM – 10:30 AM		6:30 AM – 10:30 AM
	4:00 PM – 8:00 PM	4:00 PM – 8:00 PM	4:00 PM – 8:00 PM	4:00 PM – 8:00 PM	4:00 PM – 8:00 PM	

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

GYMNASIUM HOURS

April 2 – June 30, 2024

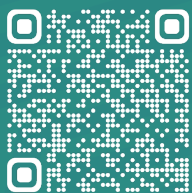
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	OPEN GYM 6:30 AM – 10:30 AM	OPEN GYM 6:30 AM – 10:30 AM	OPEN GYM 6:30 AM – 10:30 AM	OPEN GYM 6:30 AM – 8:30 AM		OPEN GYM 6:30 AM – 10:30 AM
	PICKLE BALL 8:45 AM – 10:30 AM			PICKLE BALL 8:45 AM – 10:30 AM		
	OPEN GYM 4:00 PM – 8:00 PM	OPEN GYM 4:00 PM – 8:00 PM	OPEN GYM 4:00 PM – 8:00 PM	OPEN GYM 4:00 PM – 8:00 PM	OPEN GYM 4:00 PM – 5:00 PM	
		PICKLE BALL 6:30PM – 8:00PM	BASKETBALL 6:30PM – 8:00PM	VOLLEYBALL 6:30PM – 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.

AQUATIC TRAINING OPPORTUNITIES!

Become a qualified Lifeguard, and Swim Instructor.

The RDCK has training funding opportunities for community members that wish to pursue employment within the RDCK.



To learn more and apply go to rdck.ca/GetTraining or scan the QR Code.

Applications must be received 7 days before program starts to be considered and only successful applicants will be contacted.



CAREER IN RECREATION

Bronze Medallion

*Prerequisites: 13 yrs. of age by the last day or hold Bronze Star certification
Salmo POOL*

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education – judgment, knowledge, skill and fitness. Rescuers learn self-rescue techniques, defense and release methods, and tows and carries in preparation for challenging rescues. Lifesavers develop stroke efficiency and endurance in a 500m swim.

***100% attendance is required.**

June 3-5, 10-12,
Mondays, Tuesdays, Wednesdays,
3:30pm - 7:15pm
\$171 / 6 classes

68427

Bronze Cross Assistant Lifeguard

*Prerequisites: 13yrs by last day of the course
and Bronze Cross
Salmo Pool*

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 pre-requisite awards for all advanced Lifeguard and Leadership training programs and is worth two Grade 11 high school credits.

100% attendance is required.

June 17-19, 24-26
Mondays, Tuesdays, Wednesdays,
3:30pm - 7:15pm
\$141 / 6 classes

68428

National Lifeguard Recert (NLR)

*NDCC / Multi-purpose / Pool
Prerequisites: NL certification (need not be current), Standard First Aid (current within 2 years)*

The NL Recertification includes 4 hours of review of NL skills and knowledge and provides education on new information before the start of the Recertification examination.

Note: This recert is held in Nelson

May 25, 26
Saturday 12:30-5:00pm
Sunday 12:30-5:00pm
113+ tax/ 2 classes

68224



Swim Instructor

Prerequisites: 15yrs by last day of the course and Bronze Cross CDRD

The Lifesaving Society Swim Instructor course prepares the instructor to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim for Life program. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques.

100% attendance is required.

Note: This course is held in Castlegar

April 6, 7, 13, 14, 27, 28, May 4, 5, 11
Saturday and Sunday
9:00-2:30pm
\$571 +tax/ 9 classes

68514

National Lifeguard

CDCC

Prerequisites: 15yrs by last day of the course, Bronze Cross and Standard First aid with CPR-C by first day of course.

The Lifesaving Society's NL Pool award is recognized as the standard measure of lifeguard performance in Canada. NL training prepares lifeguards in pool surveillance, to prevent incidents, specialized rescue techniques, communication and fitness and in the effective resolution of emergencies as needed.

NL- Pool is worth two Grade 12 High School credits. You must be 16 years of age to be employed as a lifeguard. For those who are 15 and wanting to start training now, please reach out to Programmer at Abeavers@rdck.bc.ca to discuss details.

Price includes Alert Manual and Lifeguard Tool Kit.

100% attendance is required.

Note: This course is held in Creston

May 31, June 1-2, 7-9, 21-23
Fridays
4:00-8:00pm
Saturday
9:00-4:00pm
Sunday
11:00-6:00pm
\$573+tax/ 9 classes

68516

For all First Aid course and Aquatic certifications that require a prerequisite the Pre- requisite must be presented at the start of day 1 of class to participate.

RDCK programs are Lifesaving Society issued.

Acceptable certifications cards issued are from Lifesaving Society, St. Johns Ambulance, Heart & Stroke Foundation of Canada, Canadian Red Cross, Canadian Ski Patrol.

CPR-C Full course

SALMO – Multi-purpose Room

Be Prepared. CPR- C teaches the skills needed to help adults, children and infants. Be prepared to save a life! Knowing how to activate EMS, perform CPR, and use an AED are critical lifesaving skills that everyone should have. Learn how to recognize and treat the early signs of heart attack - additional skills include how to help someone who is choking and perform CPR when there is more than one rescuer with AED award will help you be prepared for emergency situations that required.

Must present your government issued ID

April 21
Sunday
9:00-2:00pm
\$56+tax/ 1 class

68433

Standard First Aid with CPR-C Recertification

Prerequisite: Must hold a SFA certification that is current or has expired no more than 3 years ago.

Salmo – Multi Purpose Room

Check your award! Standard First Aid awards must be recertified every three years. Don't let your award expire! CPR-C and AED recertification is included.

Must present your certification and government issued ID

May 19
Sunday
8:45-5:30pm
\$116+ tax / 1 classes

68430

Standard First Aid with CPR-C Recertification

Prerequisite: Must hold a SFA certification that is current or has expired no more than 3 years ago.

NDCC – Upper Multi- purpose Room

Check your award! Standard First Aid awards must be recertified every three years. Don't let your award expire! CPR-C and AED recertification is included.

Must present your certification and government issued ID

Note: This course is held in Nelson

June 1
Saturday
9:00am – 5:30pm
\$116+ tax/ 1 class

68246



Standard First Aid with CPR-C

NDCC – Upper Multi-Purpose Room

Be Prepared. Lifesaving Society Standard First Aid is a WorkSafe BC Occupational Level 1 equivalent program that covers all aspects of first aid. Candidates receive comprehensive training to use in their workplaces or homes. Standard First Aid is a prerequisite for National Lifeguard (NL). Certification includes CPR-C /AED.

Must present your certification and government issued ID

Note: This course is held in Nelson

June 22, 23
Saturday, Sunday
9:00am – 5:30pm
\$184+ tax/ 2 classes

68247

Standard First Aid with CPR-C Recertification

Prerequisite: Must hold a SFA certification that is current or has expired no more than 3 years ago.

CDRD – Kootenay Room

Check your award! Standard First Aid awards must be recertified every three years. Don't let your award expire! CPR-C and AED recertification is included.

Must present your certification and government issued ID

Note: This course is held in Castlegar

April 21
Sunday
8:45-5:30pm
\$116+tax / 1 classes

68435

Standard First Aid with CPR-C

CDRD – Kootenay Room

Be Prepared. Lifesaving Society Standard First Aid is a WorkSafe BC Occupational Level 1 equivalent program that covers all aspects of first aid. Candidates receive comprehensive training to use in their workplaces or homes. Standard First Aid is a prerequisite for National Lifeguard (NL). Certification includes CPR-C /AED.

Must present your certification and government issued ID

Note: This course is held in Castlegar

May 25, 26
Saturday and Sunday
9:00am – 5:30pm
\$184+ tax/ 2 classes

68435

PLEASE NOTE: Advanced Aquatic Leadership Courses (Bronze Medallion, Bronze Cross, NL, NL-R, LSI, LSI-R, SFA, SFA-R, CPR-C): 7 days advanced notice required for a refund or credit. Refunds will not be granted to participants who do not possess all the pre-requisites or do not present them on the first day of the course. **Medical Conditions:** Will be given special consideration for refunds (may require a doctor's note).



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

FITNESS TRAINING OPPORTUNITIES*

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

CFES Group Fitness Instructor

16+ yrs

CDCC - Creston & District Community Complex

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

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 (Individual Skills Assessment cost and professional registration fees as not included in the fee for this course.)

Note: This course is held in Creston

Fridays 5:00-9:00pm

April 5, 19

Sundays 8:00-4:30pm

April 7, 14, 21, May 12

\$484+ tax

68402

*Additional practicum hours will be required outside of these course times.

Individual Skills Assessments: May 25, 26 see below.

Fitness Knowledge is the pre-requisite for both Group Fitness instructor and Weight Training Instructor. If you do not hold this certification yet home study programs are available. For more information please visit: <https://canadianfitness.net/>

CFES Weight Training Instructor

16+ yrs

CDCC - Creston & District Community Complex

Prerequisites: successful completion of Fitness Knowledge or approved equivalent. This is a pre-requisite course for the CFES Personal Training course and is the requirement to work as a Fitness Technician in RDCK Fitness Centre's.

The Weight Training Instructor course covers the practical components and additional theory needed for becoming a Weight Training Instructor and is the second step to becoming a Certified Personal Trainer. Students will learn leadership skills, program design, exercise instruction techniques and safety supervision, and proper exercise technique using hands-on training skills in a weight room setting and classroom. Manual included (Individual Skills Assessment cost and professional registration fees as not included in the fee for this course.)

Note: This course is held in Creston

Fridays 5:00-9:00pm

April 12, 19

Saturdays 9:00-5:30pm

April 6, 13, 20, May 11

\$484 + tax

68407

*Additional practicum hours will be required outside of these course times.

Individual Skills assessment May 25, 26 see below.

TEST DATE for both Group Fitness and Weight Training Instructors will be held on the **May 25, 26** weekend. Duration 1.5 hours, exact time to be coordinated between you and the Trainer.

CFES FITNESS EDUCATION PATHWAY

COMPLETE YOUR FITNESS KNOWLEDGE

In-Person or Online

WEIGHT TRAINING
INSTRUCTOR

GROUP FITNESS
INSTRUCTOR

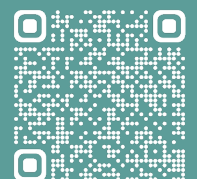
AQUAFIT
INSTRUCTOR

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.





RED CROSS BABYSITTING

Red Cross Babysitting

11+yrs

Salmo- Multipurpose Room

Instructor: Samantha

Childcare, tips on behavior, safety, feeding, emergencies and infant care will be covered in this two day course. Fee includes manual and exam fee.

Please bring a pen, paper and teddy bear or doll to practice putting on diapers.

SATURDAY
9:00am - 3:00pm
June 15
\$71 67921

SALMO POOL

Opens
June 5, 2024!



POOL SCHEDULE

June 2 - June 30, 2024

** Please note- Salmo Pool hours may change and vary depending on staff recruitment.
For the most up to date pool schedule please visit rdck.ca/recreation

Closed June 9, 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LAP SWIM 8:00-9:30am	LAP SWIM 8:00-9:30am	LAP SWIM 8:00-9:30am	LAP SWIM 8:00-9:15am	CLOSED	CLOSED
				TOTAL BODY AQUAFIT 9:00-9:45am		
PUBLIC SWIM 12:00pm-5:00pm						



DROP-IN OPPORTUNITIES

Gymnasium Drop-In

13+ yrs | 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 - Thursday 6:30 - 10:30am
Monday - Friday 4:00 - 8:00pm
Saturdays 6:30 - 10:30am
\$2.86 + tax (or access with fitness centre admission)

Gymnasium availability may vary according to programs and facility bookings.

Drop-In Pickleball

13+ yrs | SDRD – Gymnasium

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

Tuesdays 6:30 – 8:00pm
Mondays & Thursdays 8:45 - 10:30am
\$2.86 + tax (or access with fitness centre admission)

Drop-In Volleyball

13+ yrs | SDRD – Gymnasium

Volleyball season is not long enough. Join us once-a-week for open gym! Bring a team or come on your own. Everyone is welcome! Please wear clean non-marking indoor shoes.

Thursdays 6:30 – 8:00pm
\$2.86 + tax (or access with fitness centre admission)

Drop-In Basketball

13+ yrs | SDRD – Gymnasium

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

Wednesdays 6:30 - 8:00pm
\$2.86 (or access with fitness center admission)

Drop-In Walking

13+ yrs | 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
\$2.86 + tax (or access with fitness centre admission)



1st 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. Kick off the summer 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.

Sunday

June 23

12:00 – 3:00pm

FREE REGISTRATION

68704

SOCIAL AND RECREATION PROGRAMS

Outdoor Pursuits Social Hour

Salmo Recreation Centre

Share your love for the outdoors with other enthusiasts in our community, it's why we live in this beautiful place after all! Are you planning a ride on the Rails to Trails or a paddle down the river? New to the area and need some advice or a place to meet some fellow adventurers? Need a spot just to meet as a group? The Slokan Valley Recreation is offering a space for everyone to connect and plan, relive or find an introduction to your next Kootenay Adventure. Each week will be highlighted by a different interest group to help connect like-minded individuals, but anyone can use this time to stop in and share your passion for the outdoors. It's time to have fun and stay wild.

**This is a self-directed program, there are no pre-planned presentations during these sessions. Local groups and clubs are encouraged to attend.*

Tuesday
June 4 – Hiking
4:00 – 5:00pm
FREE

Tuesday
June 11 – Biking
4:00 – 5:00pm
FREE

Tuesday
June 18 – Fishing
4:00 – 5:00pm
FREE

Tuesday
June 25 – Water Sports (Kayaking, SUP, Swimming, Boating)
4:00 – 5:00pm
FREE

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 50 km. Ride begins at 12:00pm and ends at 2:30 pm.
 - B. Short (Family Friendly) Option: Up to 15km. Ride begins at 1:00pm and ends at 2:30 pm.
3. Registration is required. Register online at rdck.ca, by calling 250-226-0008 or at your local facility. Pre-registration is highly encourage. 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:

Search for Sasquatch



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 months of June, July and August, get outside and spend some time searching for our sneaky friend anywhere within the RDCK.

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 his hiding spot. Try your best to be the first one to find our friend in this inaugural "Search for Sasquatch" competition.

If you are lucky enough to come across our friend this season, be sure to take a photo with him to be entered in the prize drawing at the end of the season. Sasquatch hunters, good luck!

Competition Guidelines

- 1 Explore our local trails, parks and water sources anytime between the months of June-August and try your best to find the hidden Sasquatches (2 total).
- 2 Use the weekly clues posted on Facebook and in your local facility to help narrow your search.
- 3 If you successfully find a sasquatch, complete one of the 3 options below:
 - A Post a photo of yourself with the Sasquatch on Facebook and tag the RDCK.
 - B Email a photo of yourself with the Sasquatch to tuhlenbrauck@rdck.bc.ca.
 - C Bring a photo of yourself with the Sasquatch to your local facility and show the front desk staff, they will record your name and contact.
- 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.*