

CASTLEGAR

ADMISSION, HOURS + SCHEDULES

April 1st to
June 30th, 2024



To view the guide and register online visit rdck.ca/recreation or call 250.365.3386



SPRING HOURS

Hours of Operation are subject to change

April 1 – June 30, 2024

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| AQUATIC CENTRE | 9:00am - 4:00pm | 6:00am - 8:00pm | 6:30am - 8:00pm | 6:00am - 8:00pm | 2:00pm - 8:00pm | 6:00am - 8:00pm | 9:00am - 4:00pm |
| FITNESS CENTRE | 9:00am - 4:00pm | 6:00am - 8:00pm | 6:00am - 8:00pm | 6:00am - 8:00pm | 6:00am - 8:00pm | 6:00am - 8:00pm | 9:00am - 4:00pm |

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 arm's reach of a parent or guardian 16 years of age or older.

GENERAL ADMISSION RATES

| | DROP-IN | 10-PUNCH* |
|---|---------|-----------|
| Child (0-4) | Free | - |
| Youth (5-18) | \$3.88 | \$34.96 |
| Adult (19-74) | \$7.77 | \$69.91 |
| Golden Guest (75+) | Free | - |
| Family (2 adults and up to 4 dependent children) | \$15.54 | - |

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.

ACTIVE PROGRAM

The Active Program is a time-based membership that gives pass-holders unlimited general admission to: Public Swim, Lane Swim, Hot Tub, Fitness Centre, Included w/Admission group fitness classes, Public Skate, and Shinny Hockey. Prices do not include tax.

| | ACTIVE PROGRAM FEES | | |
|-----------|---------------------|----------|----------|
| | 1 Month | 3 Month | 6 Month |
| Adult | \$69.91 | \$178.28 | \$314.61 |
| Youth | \$34.96 | \$89.14 | \$157.31 |
| 2nd Adult | \$62.93 | \$160.46 | \$283.15 |
| 2nd Youth | \$31.46 | \$80.23 | \$141.57 |

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.

HOLIDAY HOURS

HOLIDAY CLOSURES

Easter Sunday
Canada Day
BC Day

HOLIDAYS OPEN

1:00-5:00pm

Good Friday
Victoria Day

LEISURE ACCESS PROGRAM

This program provides low income families and individuals in our community with an opportunity to participate in recreation programs and services.

Residents of the RDCK are eligible for this program. It is based on the combined annual household income and must be re-applied for by May 31st of each year.

Find the application and income guidelines online at rdck.ca/recreation. Once submitted and approved, you will receive up to 50% off general admission to the pool, fitness centre, arena, and all Included with Admission programs.

POOL SCHEDULE

April 14- June 30 2024

SWIMMING POOL CLOSED APRIL 21, FROM 8-12PM FOR SWIM MEET.

HOLIDAY HOURS: 1-5PM, MAY 20

All are welcome all pool basins are available, name of swim indicates pool layout.
Schedule is subject to change.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------------------------------------|--------------------------------------|--|-------------------------------------|---|-------------------------------|
| | MORNING LANES 6:00-9:00am | MORNING LANES 6:30-9:00am | MORNING LANES 6:00-9:00am | | MORNING LANES 6:00-9:00am | |
| LEISURE SWIM 9-12pm | LEISURE SWIM 9:00-2:00pm | LEISURE SWIM 9:00am-8:00pm | LEISURE SWIM 9:00-2:00pm | LEISURE SWIM 2-8pm | LEISURE SWIM 9:00-2:00pm | LEISURE SWIM 9-12pm |
| SWIM LESSONS 9:30-12:00pm | | | | | | |
| FUN SWIM 12-4pm | SEA PUPS 9:30-11:00am | SHALLOW FIT 2:15-3:15pm | SCHOOL SWIM LESSONS 10:00am-2:00pm | GENTLE CARDIO 2:15-3:15pm | SCHOOL SWIM LESSONS 10am-1:30pm | FUN SWIM 12-4pm |
| | WATER WELLNESS 2:00-3:00pm | | | | | |
| BIG FEATURE SWIM 1:30-3:30pm <i>*2nd and 4th Sunday of the month</i> | LEISURE SWIM 3-8pm | SWIM LESSONS 4:00-7:00pm | LEISURE SWIM 3-8pm | LEISURE SWIM 3-8pm | LEISURE SWIM 3-8pm | |
| | SPORTS GROUP 4:30-8:30pm | SPORTS GROUP 6-7pm | SPORTS GROUPS 4:30-7:30pm | SPORTS GROUP 6-7pm | SPORTS GROUP 6-7pm | |
| | | | | | AQUATIC LEADERSHIP COURSES 4:7:30pm | |
| | | | | | SPORTS GROUP 4:30-8pm | |

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 arm's reach of a caregiver 16 years of age or older that is the water providing active supervision.

| | |
|---|---|
| MORNING LANES: 3 lap lanes, and hot areas will be available | BIG FEATURE SWIM: Join our Fun Experts, the Big Red dog, Wibit or water walk will be out on the 2nd and 4th Sunday of each month, you will get to play with all the fun equipment and new friends too. |
| LEISURE SWIM: Limited space due to programs in effect, 1 lap lane and hot areas available. | |
| FUN SWIM: A feature will be open, either slide, climbing wall or rope swing. | |
| Aquafit**: Pre- registered | |
| WATER WELLNESS: 2 lanes for those looking to exercise and 2 lap lanes | |

FITNESS SCHEDULE

April 1 - June 30, 2024

Included with Admission or Active Pass

Pre Registered Program

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|--|--------------------------------------|
| 6:10 - 7:00am RISE AND SHINE TOTAL BODY | 6:10 - 7:00 am SPIN | | 6:10 - 7:00am RISE AND SHINE TOTAL BODY | | |
| 7:15 - 8:00 am TRX STRENGTH AND FLEXIBILITY | | 7:15 - 8:00 am TRX STRENGTH AND FLEXIBILITY | | 7:15 - 8:00 am TRX STRENGTH AND FLEXIBILITY | |
| 8:30 - 9:30am WEIGHT ROOM CIRCUIT | 9:00 - 10:00am STEP | 8:30 - 9:30am WEIGHT ROOM CIRCUIT | 9:00 - 10:00am STUDIO CIRCUIT | 9:00 - 10:00am STEP | |
| 9:00 - 10:00 am SPIN & STRENGTH | | | | | |
| 10:15 - 11:15 am BALANCE & MOBILITY | 10:15 - 11:45 am HEALTH & RECOVERY <i>Weight Room</i> | 10:00-11:00am GENTLE FLOW YOGA <i>Selkirk Room</i> | 10:15 - 11:45 am HEALTH & RECOVERY <i>Weight Room</i> | 10:00-11:00am GENTLE YING & YANG YOGA <i>Selkirk Room</i> | 10:00-11:00am GENTLE FLOW YOGA |
| | | 10:15 - 11:15am BALANCE & MOBILITY | | | |
| | | 4:00-4:30 pm YOUTH ORIENTATIONS | | 4:00-4:30 pm YOUTH ORIENTATIONS | |
| | 5:30 - 6:15pm CORE STRENGTHENING & CONDITIONING | 5:30 - 6:15pm FIT FOR LIFE | | | |
| 6:30 - 7:30pm CYCLE POWER | 6:30 - 7:15pm STRENGTH BASICS | 6:30 - 7:15pm FULL BODY STRENGTHENING & CONDITIONING | 6:30 - 7:30 pm SPIN | | |

**Participants must be 15 years of age to attend classes.

Registration for included with admission programs, within 24 hours of a program start time, is only available to those who have purchased a 1, 3, or 6 month Active Pass time-based-membership or Golden Guests.

In-person registration is required, for users who do not have a 1, 3, or 6 month Active Pass time-based membership, one hour prior to the program start time. If you do not have a time-based-membership, you can no longer call the front desk to register.



Register Online: rdck.ca/recreation

Or Register by Phone: 250.365.3386