

CRESTON

ADMISSION, HOURS + SCHEDULES

April 1st to
June 30th, 2024



To view the guide and register online visit rdck.ca/recreation or call 250.428.7127



Creston & District
Community Complex

SPRING HOURS

Hours of Operation are subject to change

April 2 – June 30, 2024

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	1:00 - 6:00pm	CLOSED	9:00am - 2:00pm 3:30-8:00pm	6:30am - 2:00pm 3:30-8:00pm	9:00am - 2:00pm 3:30-8:00pm	6:30am-2:00pm 3:30-8:00pm	11:00am-4:00pm
FITNESS CENTRE	1:00 - 6:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	8:00am - 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 - June, 2024

SWIMMING POOL CLOSED MAY 25 & 26 FOR SWIM MEET.

HOLIDAY HOURS: 1-5PM, MAY 20

Schedule is subject to change.

SAVE THE DATES! WIBIT DAYS on the 2nd & 4th Sunday of the month! **PRO-D DAY** April 22 and May 27 pool will be open 1-5pm, **WIBIT** will be out 1-2:30pm for extra FUN!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			MORNING LANES 6:30-9am	AQUA TONI & FLEX 7:15-8am		MORNING LANES 6:30-9am
				CARDIO TONE 8:45-9:30am		AQUA TONE & FLEX 7:15-8am
			LEISURE SWIM 9:00-12:30pm	GENTLE JOINTS 9:45-10:30am		CARDIO TONE 8:45-9:30am
			SEA PUPS CLUB 9:00-10:30am		LEISURE SWIM 9:00-12:30pm	GENTLE JOINTS 9:45-10:30am
		LEISURE SWIM 9:00-2:00pm		LEISURE SWIM 9:00-2:00pm		SCHOOL SWIM LESSONS 10:30-12:30pm
						SWIM LESSONS 11:00-2:00pm
LEISURE SWIM 1:00-6:00pm						
WIBIT DAY 2nd & 4th Sunday of month.						
SWIM LESSONS 3:00-6:00pm						
		SPORTS GROUPS 3:45-4:45pm		SPORTS GROUPS 3:45-4:45pm		
		LEISURE SWIM 3:30-8:00pm	LEISURE SWIM 3:30-8:00pm	LEISURE SWIM 3:30-8:00pm	LEISURE SWIM 3:30-8:00pm	
		SWIM LESSONS 4:30-7:00pm		SWIM LESSONS 4:15-7:30pm		
		MASTERS SWIM 6:45-7:45pm				
			LATE NIGHT LANES 7:00-8:00pm	LATE NIGHT LANES 7:00-8:00pm		AQUATIC LEADERSHIP COURSES 4:00-8:00pm

*POOL ENTRANCE A 5E: Children 7 years of age and older can access the pool without adult supervision. Children 6 years of age and 1 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

2 lap lanes, river and hot areas will be available

Lunch Laps and Late Night Lanes

2 lap lanes, leisure and hot areas will be available

Aquafit are included with admission, please see pg 18 for dates as times are subject to schedule changes.

Leisure Swim

1 lap lane, leisure and hot areas available, a feature will be open, either climbing wall or diving board

Wibit Days

Come join our Splash Squad for some amazing Wibit fun on every 2nd and 4th Sunday.

FITNESS SCHEDULE

April 1 - June 30, 2024

Included with Admission or Active Pass

Pre Registered Program

All programs are located at the Creston & District Community Complex

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00-10:00 CHAIR YOGA <i>Kootenay Room</i>	9:00-10:00 ZUMBA STEP <i>May 1 - Jun 26</i>	9:00-10:00 YIN YOGA <i>Kootenay Room</i>	
9:00-10:00 HATHA YOGA	9:00-10:00 <i>Apr 2 - Apr 30</i> CORE N MORE <i>May 7 - Jun 25,</i> 9:30-10:30	9:00-10:00 FULL BODY RX <i>(ends April 24)</i>	9:00-10:00 FUNCTIONAL FITNESS	9:00-10:00 STUDIO CIRCUIT <i>May 10 - Jun 28,</i> 9:30-10:30
	10:15-11:15 TAI CHI BEGINNER	10:30-11:30 SLOW STRENGTH FUNCTIONAL TRAINING	10:15-11:15 TAI CHI INTERMEDIATE	
10:30-11:30 PELVIC & CORE STRENGTH FOR WOMEN <i>Kootenay Room</i>				
		11:15-12:15 MOVE TO IMPROVE <i>Kootenay Room</i>		11:15-12:15 MOVE TO IMPROVE <i>Fitness Studio</i>
		12:00-1:00pm ZUMBA POWER <i>Erickson Room</i>		
5:00-6:00 BELLY DANCING <i>Erickson Room</i>	3:30-4:30 WEIGHT TRAINING IN MENOPAUSE	5:00-6:00 ZUMBA <i>Erickson Room</i>		
5:15-6:15 TRX <i>Kootenay Room</i>		5:15-6:15 LOWER BODY STRENGTHENING & CONDITIONING	5:15-6:15 FULL BODY STRENGTHENING & CONDITIONING <i>*ends May 30</i>	
5:15-6:15 FULL BODY STRENGTHENING & CONDITIONING			6:30-8:00 HATHA YOGA	

**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.