



WINTER 2019

Registration for programs
starts Dec 3rd



LEISURE GUIDE

Salmo & District Recreation Department



Register online:
www.rdck.ca/recreation



REPRESENTING DIVERSE COMMUNITIES IN THE KOOTENAYS

Welcome!

Incorporated in 1965, the Regional District of Central Kootenay (RDCK) is a local government that delivers 165 services to approximately 60,000 residents. Our region consists of 11 electoral areas (A, B, C, D, E, F, G, H, I, J, K) and nine member municipalities: Castlegar, Creston, Kaslo, Nakusp, Nelson, New Denver, Salmo, Silverton and Slocan.

YOUR RDCK Government working for you!

We proudly operate major recreation centres in Creston, Castlegar and Nelson. These community hubs offer a range of programs and services for all ages, interests and fitness levels. Smaller facilities in Salmo and the Slocan Valley also offer valuable services in those communities. Our staff take pride in serving you. You can drop by at your leisure or purchase a Wellness Pass that enables you to access all of our rec centres!

We value the health, wellness and enjoyment of our residents and encourage everyone to check out our many programs and facilities .

Our Mission & Vision

The RDCK creates pride of place for current and future generations. We are a role model of local government, inspiring regional thinking and public confidence in a safe and sustainable manner. The Regional District of Central Kootenay promotes regional collaboration, respecting the diversity of our communities and residents.

PROGRAM & COURSE CANCELLATIONS

Programs may be cancelled due to insufficient enrollment. In the event of a program cancellation, participants will be notified with as much time as possible (minimum of 48 hrs); a preference for transfer into another available program, credit on account, or full refund will be offered.

Register early to avoid disappointment!

WITHDRAWALS, TRANSFERS OR REFUNDS

72 hrs prior to course start date:

- Transfer to another course
- Full refund/credit with no admin fee.

Notes: Allow up to 2 weeks for processing
24hrs prior to start date:

Full refund with a 10% admin fee charged

Less than 24 hrs notice: Refund will be provided MINUS: One Prorate class + 10% admin fee charged

Note: The first class is considered to have been attended.

After course begins: Refund will be provided Minus: Prorated class total based on session start date + 10% admin fee charged

After 50% of course is complete: No refunds, transfers or credits will be provided.

For more information please visit our website www.rdck.ca



Salmo & Area C Recreation Commission No. 7



Like us on Facebook to view our class schedule!

www.facebook.com/salmorec



Register Today: www.rdck.ca 250-357-0121



ADULT

Canadian Firearms Safety: Non-Restricted Firearms (PAL)

Instructors: Colin Kenning, Bruce Donaldson

Multi-Purpose Room

Learn safe handling of all common firearms along with how to collect history on a gun and safe shooting techniques. This course is required to apply for your Possession & Acquisition License (PAL). Open to ages 15 and up, however you can't apply for your license until you are 18 or older. Youth may require parental support to complete the course. Pick up your manual before class to pre-read. Bring photo ID.

Sa, Su 9:30am – 5:30pm Feb 2 - 3
00005500 \$115 +tax



Essential Oil Infused Body Care

Anameka Carmody - Natural Wellness Advocate

Kitchen & Lounge

Come out for a fun evening creating homemade bath and body products using quality essential oils and learn how incorporating them into your life can be easy and affordable. Anameka uses only high quality Young Living essential oils in her classes. Make these for yourself or as gifts to give at the holidays!

Sa 7:00pm – 9:00pm Nov 17
00005444 \$30+tax

Creative Card Making

Linsey Rose – Local Artist

Zen Den

Get Creative! Have fun!

Join Linsey Rose for this unique Card Making class and learn how to make beautiful cards for Valentines Day. You will go home with two handmade cards to give, a handful of Valentines to share, and a surprise item! All supplies are included.

Su 1:00pm – 4:00pm Feb 3
00005501 \$25+tax

New Year, New You

Laura Stavast – Certified Personal Trainer and Group Fitness Instructor

Gymnasium

Get inspired and get sweating! This is a great way to jumpstart your 2019 fitness goals. This full body, all levels welcome, fitness class is lead by an experienced personal trainer and group fitness instructor. Laura will show you the ropes while helping you progress in a safe and challenging atmosphere. Don't think about it, just do it! Pre-register early for this class.

We 6:00pm – 7:00pm Jan 9 – Feb 13
00005523 \$35+tax

Spring into Fitness

Laura Stavast – Certified Personal Trainer and Group Fitness Instructor

Gymnasium

This is another one of Laura's full body workout classes. This class welcomes all fitness levels and combines different training styles including HIIT, Tabata, and more, to bring you a well rounded fitness class. Get your body ready for an active Kootenay summer! Pre-register early for this class.

We 6:00pm – 7:00pm Mar 6 – Apr 10
00005522 \$35+tax



Hooping Class

Maria Bentele – Fabulous Hooper

Multi Purpose Room

Learn various hoop tricks and how to combine them into creative flow all while increasing fitness and flexibility. Hoops provided or bring your own.

Hooping – Getting Started

Th 5:15pm – 6:15pm Jan 3-Feb 7
00005516 \$60.00 +tax

Session 2 – Getting Started

Th 5:15pm – 6:15pm Feb 28-April 4th
00005518 \$60.00 +tax

Hooping – Already Hooping

Th 6:30pm – 7:30pm Jan 3-Feb 7
00005519 \$60.00 +tax

Session 2 – Already Hooping

Th 6:30pm – 7:30pm Feb 28-Apr 4th
00005520 \$60.00 +tax

Savvy Seniors – Group X

Laura Stavast – Certified Personal Trainer

Gymnasium

This group setting will allow you to work closely with a Trainer to improve posture, balance, strength, and flexibility. This class can be modified to fit most fitness levels. Modifications for seated and standing exercises and a variety of intensities will be given. Bring indoor fitness shoes and water.

Tu 10:00am – 11:00am Nov 27 – Dec 18

Tu 10:00am – 11:00am Jan 8 – Jan 29

Tu 10:00am – 11:00am Feb 12 – Mar 5

FREE! Registration is required.

Savvy Seniors – Open Gym

Laura Stavast – Certified Personal Trainer

Gymnasium

Increase your energy levels with a focus on strength training and cardiovascular conditioning. You will gain comfort, confidence and experience in the weight room as you learn to use a variety of machines to help you meet your fitness goals. Supervised by a personal trainer ready to answer your questions and keep you safe. Bring indoor fitness shoes and water.

Fr 11:00am – 12:00pm Nov 23 – Dec 14

Fr 11:00am – 12:00pm Jan 11 – Feb 1

Fr 11:00am – 12:00pm Feb 8 – Mar 1

FREE! Registration is required.



Plant Based Cooking for Kids

Kitchen

Do you have a young culinary enthusiast in your home who would love to learn more skills in the kitchen? During this 3-hour, in-the-kitchen workshop, kids will measure, chop, and follow recipes together to create a delicious, plant based meal. We will talk about the benefits of Plant Based Eating, choosing real, whole food ingredients, and how to convert recipes and read food labels. Kids will practice measurement, cooking and chopping skills, and go home with several recipes to recreate in your kitchen. Send me your young chefs for a morning of food, fun, and creation!

Fr 9:00am – 12:00pm
00005499

Feb 15
\$35 + tax



Kids Rule! – Ages 4-6

Multi- Purpose Room

Spend some quality time with your little ones. Salmo Recreation and the Salmo Valley Early Childhood Advisory Council have partnered to bring the community a free weekly gathering including dinner and play time for families with little ones ages 4 – 6 years old

Tu 5pm – 6:30pm

Nov 20 – Dec 18
Jan 8 – Feb 5

FREE Register through Salmo Recreation

Badminton & Pickleball

Gymnasium

Check out one of our most popular and affordable drop-in programs! Badminton and Pickleball are accessible with nets and rackets available for use. Bring your friends and family and compliment your active lifestyle with an enjoyable game of singles or doubles.

Badminton We 7pm – 9pm
Pickleball Tu 7pm – 9pm
Season Pass \$20.00
Drop-in \$2 Family \$5

Register Today: www.rdck.ca 250-226-0008



Personal Training

Salmo Rec Fitness Centre

Let us support you on your fitness journey! Whether you are looking for a starting place, have a fitness goal, or need extra motivation our CFES and BCRPA trainers will set you up with a tailored program that maximizes results. We strongly recommend a Fitness Assessment to all new clients to allow our trainers to fully understand your needs. Single sessions are for existing clients only that do not require an assessment.

Information Packages are available in the Fitness Centre office and must be completed and returned with payment prior to booking your session. All Personal Training packages expire 6 months from the date of purchase except in the case of a medical note.

Personal Training Packages	One on One
Assessment or 1 hr Session	\$44 + tax
3 X 1 hr Session	\$126 + Tax
5 X 1 hr Sessions	\$199 + tax
12 X 1 hr Sessions	\$444 + tax

Ask us about Small Group Personal Training deals for two or more people



Fitness Centre Hours

Mo, We, Fr	6am - 11am , 4pm - 8pm
Tu, Th	8am - 11am , 4pm - 8pm
Saturday	8am - 11am
Sunday	Closed

Closed Statutory holidays



Toonie Drop-in

FALL

Wednesday 8:00am – 9:00am

Friday 7:00pm – 8:00pm

Saturday 9:00am – 10:00am

Note: times are subject to change.



Admission Rates

	Adult	Student
Daily	\$5.71	\$5.71
1 Month Pass	\$47.62	\$28.57
3 Month Pass	\$110.48	\$66.67
6 Month Pass	\$187.81	\$112.38
1 Year Pass	\$319.05	\$191.43

Note: Prices do not include taxes; tax will be added to fees listed. Rates and fees are subject to change. Memberships are non refundable and non transferable. Please be sure to scan your membership ID card before you begin your workout. Student rates apply to youth currently attending high school.



Register Today: www.rdck.ca 250-226-0008



New Year, New You

**Laura Stavast – Certified Personal Trainer
and Group Fitness Instructor**

Gymnasium

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**We 6:00pm – 7:00pm Jan 9 – Feb 13
00005523 \$35+tax**

3 Ways to Register



Online Registration
Visit www.rdck.ca/OnlineReg



Telephone
Call 250-357-0121.



In Person
Come see us in our Fitness Centre office and say, "Hello."

Salmo & District Recreation Department

Box 372, 206 7th Street
Salmo, BC V0G 1Z0

P: 250-357-0121

E: SalmoRec@rdck.bc.ca

W: www.rdck.ca

