FREE FITNESS CLASSES

FOR 2 WEEKS DURING POOL SHUTDOWN THIS FALL!
Monday, Aug 26 – Friday, September 6
More details to come in 2019 Fall Leisure Guide.

DROP-IN TO TRY 1 ACTIVITY OR TRY THEM ALL!

Give it a try is a one-day event where people over 55 are given the opportunity to try a number of sports and activities that are related to the 55+ BC Senior Games.
Luncheon will be available 12:00 - 1:00 pm

- Slow Pitch: 10:00 am - 12:00 pm
- Card Play (Bridge, Whist, Crib): 9:00 am - 12:00 pm
- Soccer: 10:00 am - 12:00 pm
- Swimming: 9:00 - 10:00 am Stroke Technique, 10:00 - 10:45 am Aqua Therapy
- Pickleball - 9:00 am - 12:00 pm
- Tennis - 9:00 - 11:00 am

GIVE IT A TRY
THURSDAY JUNE 20, 2019

An initiative of:

We gratefully acknowledge the financial support of the Province of British Columbia and the Government of Canada.
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Ext 2031

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Head Customer
Service Representative
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Ext 2034

Call Us:
250-428-7127

Online Registration
www.rdck.ca/recreation

In Person
Walk right up to the customer
service desk and say, “Hello”.
312 19th Avenue North in Creston

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

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CRESTON & DISTRICT
COMMUNITY COMPLEX
312 19th Ave. North
Creston, BC | V0B 1G0
250-428-7127
crestonrec@rdck.bc.ca
www.rdck.ca

Like us on facebook
**Lucky Ducky Play Date**

All ages welcome

CDCC - Pool

Lucky Ducky Play Date is a great opportunity to spend quality time with your children and other young families in the leisure pool with tons of yellow rubber ducks. There’s no need to make a reservation to enjoy this full hour of excitement and fun. Just show up, suit up and jump right in. You’ll be happy you did!

**Wednesday 11:00 am - 12:00 pm**

Ends August 21

Membership or general admission

---

**Outdoor Tot Soccer & Sports**

3-6 yrs

*Instructor: Chantel Wishlow*

CDCC – Soccer field

Get your preschooler(s) outside in the fresh air this spring as they learn basic skills of soccer. Other active games will be incorporated to develop a variety of sports skills such as running, jumping, kicking, throwing, catching and balance.

**June 10 - 26**

Monday / Wednesday

3:30 - 4:30 pm

$39 / 6 classes

---

**Lil Science & Swim Explorers**

3-6 yrs

*CDCC – Sunshine Room/Pool*

Your child will discover and explore science through games, hands-on activities, crafts and interesting stories that will keep them engaged and in wonder! Then, you go in the pool for a full RED CROSS preschool swim lesson. Children must be fully potty trained and have completed Sea Otter. Come with a bathing suit on under your child’s clothes. Parents will pick up child for shower and changing.

**June 11 - 27**

Tuesday / Thursday

3:30 - 5:30 pm

$59 / 6 classes

---

**Water Babies**

0-36 months

*CDCC – Pool*

This combination of Starfish, Duck, and Sea Turtle is a flexible and fantastic option for parents looking to learn more about water safety while getting their children comfortable in the water! Register for the full set or drop in for $5.25! *Please call in advance 250-428-7127 to ensure there is space available for drop ins*

**July 2 - 12**

Tuesday - Friday

12:00 - 12:30 pm

$42 / 8 classes

$5.25 drop in

**August 6 - 16**

Tuesday - Friday

12:00 - 12:30 pm

$42 / 8 classes

$5.25 drop in

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**Check out the Outdoor Adventure Camp for ages 4 - 7 yrs**

See page 11 for details

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Register online at www.rdck.ca
Is the Lesson You Want Full?
Get on the waitlist! Classes are created on demand. With enough interest, waitlists may replace any classes that have been cancelled and instructors may be added to accommodate the demand!

Check out our Custom Private Lessons!
Want to improve your strokes and work towards your goals in the water? Customized lessons are great for any age group! We can customize private or semiprivate lessons for you at a time that fits best with your schedule.

Contact the front desk or Aquatic Programmer at (250)-428-7127.

Private: $20 /30 minutes
Semi-Private: $15 /30 minutes (per participant)

Free Lesson Assessments
During your swim, we can assess you at no extra charge. Just ask at the front desk or a lifeguard.

The assessment may take up to 15 minutes depending on swim level.

Congratulations on taking your first steps in water safety!
Please keep in mind that all children under the age of 7 must be within arms reach of an adult at a maximum ratio of one adult to three children. Regardless of their swimming ability, young children are not always fully aware of their physical limits and know when to take a rest therefore it is crucial until they are 7 years of age that they are within arms reach of a parent or guardian.
## Swimming Lessons

### SWIM LESSON DURATION & PRICES

<table>
<thead>
<tr>
<th>Lesson Type</th>
<th>Duration</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Red Cross Swim Preschool</td>
<td>25 min</td>
<td>$42</td>
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<tr>
<td>Red Cross Swim Kids 1-4</td>
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<td>Red Cross Swim Kids 5-7</td>
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<tr>
<td>Red Cross Swim Kids 8-10 &amp; Swim Patrol</td>
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<td>$52</td>
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### Options

- **Red Cross Adapted Swim Lessons** are available for children with limited mobility, physical impairments, or other disabilities. Please contact the Aquatic Programmer for more information.

- **Red Cross Adult Swim Lessons** are available. Please see page 19 for more information.

### Class Times are Subject to Change

#### SET 1 / 8 CLASSES
**JULY 2 - 12 TUESDAY - FRIDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>11:00</td>
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<td>11:30</td>
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#### SET 2 / 8 CLASSES
**AUGUST 6 - 16 TUESDAY - FRIDAY**

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<td>Swim Kids 10</td>
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Register online at www.rdck.ca
Junior Lifeguard Club (JLC) Camp

8 - 15 yrs
Kootenay Lake - Riondel

This year, we have the phenomenal opportunity to offer a JLC Camp at Kootenay Lake! Join us for the first week in August for some serious fun! More information about the JLC on page 8.

July 29 - August 2
Monday - Friday
1:00 - 4:30 pm
$100 / 5 classes
12378

Bronze Star

New

12 yrs & ability to swim
Kootenay Lake - Riondel

Participants learn to identify potentially dangerous aquatic related situations, develop problem-solving and decision-making skills as individuals and part of a rescue team. Participants develop water smart confidence and learn the basic lifesaving and resuscitation skills needed to be their own personal lifesaver.

August 19 - 22
Monday - Thursday
1:00 - 3:30 pm
$100 / 4 classes
12757

FREE Swim to Survive Sessions!

This year, we will be holding the following FREE Swim to Survive sessions:

Twin Bays July 11 & 12
Mackie Park July 13
Riondel July 14 & 15

For more information check out our Facebook page for updates.

National Drowning Prevention Week

2:00 - 3:00 pm

Join us at the pool July 21 - 27 for National Drowning Prevention Week and become WATER WISE this summer!

(General admission, Ages 7+)

Join our amazing aquatics team as we lead you through activities every day of the week that will teach you all about boat safety, PFDs, and how to be safe in, on, and around the water! Keep a look out at the complex for more exciting details leading up to the event!!

Register online at www.rdck.ca
**AQUATICS**

**Junior Lifeguard Club (JLC)**

8 - 12 yrs  
CDCC – Pool

The Junior Lifeguard Club (JLC) offers serious fun for children aged 8 - 12 years who can swim at least 25m and tread water for 2 minutes. The JLC provides an action-packed challenge for children who love the water but want more than “lessons”. Your child will learn about lifesaving and lifeguarding through friendly competition and interactive games. So come down and join the club, the Junior Lifeguard Club!

**Schedule**

**July 16 - 26**  
Tuesday - Friday  
11:00 am - 1:00 pm  
$100 / 8 classes

**Water Sports**

7 - 12 yrs  
CDCC – Pool

Water Sports is a fun combination of inner tube water polo, under water hockey, and more! Children aged 7-12 will practice team work, increase their physical fitness, and have a unique experience while learning the in’s and out’s of these water sports!

* Minimum of 6 registrants required to guarantee full deep end for Inner Tube Water Polo days; No lane swimming during this time.

**Schedule**

**July 8 - 11**  
Monday - Thursday  
1:00 - 2:00 pm  
$32 / 4 classes

**Synchro Sports**

7 - 12 yrs  
CDCC – Pool

Synchro Sports is a fun introduction to Synchronized Swimming where swimmers can work towards becoming a Mermaid/Man! Practice breathing control, sculling, and maneuvering through the water in a Mermaid/man tail. Join us for a unique underwater experience today!

**Schedule**

**July 29 – Aug 1**  
Monday - Thursday  
1:00 - 2:00 pm  
$32 / 4 classes

**SUMMER SPORT SPLASH!**

Ages 7+. Join our Splash Squad for some awesome aquatic sports/activities from 2:00-3:30 pm Tuesdays, Wednesdays and Thursdays for all of July & August!

**Wibit™ Days**

Sundays 4:00-6:00 pm

**Wibit™ Warriors**

Every 3rd Saturday  
June 15th, July 20th, Aug 17th  
4:00-6:00 pm

**Splash Squad**

Saturdays 2:00 - 3:30 pm

Membership or General Admission

Register online at www.rdck.ca
STAY ACTIVE!
DROP-IN AND PLAY!

Bubble Soccer
Bubble Soccer is sweeping the nation because it is so much fun and safe too! Part soccer, part football, part pinball. May 7 to August 31. You can drop in and play on Tuesdays 3:30 - 5:00 pm & Saturdays 10:00 am - 12:00 pm on the Soccer Field. Pay at the front desk and get your hand stamp before heading to the field.
$2 youth, $3 adults or use your membership! It’s the funnest workout ever!
Bring shoes with good grip. Participants need to be 4 ft or taller.

Pickleball and Table Tennis
$3 drop in - Curling Rink

Monday - Thursday
7:00 am - 12:00 pm

Monday & Wednesday
5:30 - 8:30 pm

Saturday
10:00 am - 2:00 pm

* times are subject to change

Basketball and Floor Hockey
Hockey arena
$2 youth
$3 adults or use your membership!

April 15 - June 30
Monday - Thursday
3:30 - 8:00 pm

July 2 - August 31
Monday - Thursday
10:00 am - 8:00 pm

STAY ACTIVE!
DROP-IN AND PLAY!

Get ready for...
Kootenay Lake
2019 GRAN FONDO
SEPT 21, 2019
Created by the Creston Valley Chamber of Commerce, Organized with The Rotary Club of Creston
This world-class Fondo event offers riders in all disciplines stunning lakeside and canyon views, as well as seriously challenging climbs and valley vistas for Gran Fondo participants. It will turn downtown Creston into a weekend-long hub of food, fun and cultural activity for the whole family. Gran Fondo 151 km, Medio Fondo 97.8 km, Piccolo Fondo 55.9 km. All funds raised go to support charitable endeavours.
Register now at www.kootenaylakegranfondo.com

Register online at www.rdck.ca
Hoopnics Basketball Camp
Instructor: Coach Nicol
Creston Education Centre

This top-notch summer basketball camp is a fantastic opportunity to improve basic fundamentals and focus on team play - all in 4 days! Participants will receive age appropriate skill development and game play techniques at an affordable price. Coach Nicol will provide quality instruction in a positive yet challenging environment. Includes: fundamental footwork, ball handling, passing and shooting while incorporating individual/team offense & defense, team work, plus a BASKET FULL of FUN! Hoopnics backpack included.

July 9 - 12 | Tuesday - Friday
Ages 6 - 8 yrs 10:00 am - 12:00 pm $79 11629
Ages 9 - 12 yrs 2:30 - 5:30 pm $119 11632
Ages 13 - 16 yrs 5:45 - 8:45 pm $119 11630

Challenger Soccer Camp
CDCC – Soccer field

Don’t miss out on Challenger’s International Soccer Camp! Young players will learn and practice fundamental skills through fun soccer challenges and small sided games. Each ability group will be instructed and supervised by its own professional international coach & each player will get a camp Jersey, T-shirt, Soccer Ball, Poster & Full Camp Report! Secure your spot today!

July 22 - 26
Half Day (AM) 5 - 16 yrs (broken into age groupings) 9:00 am - 12:00 pm $140 + tax
Half Day (PM) 6 - 16 yrs (broken into age groupings) 1:00 - 4:00 pm $140 + tax
Full Day 7 - 16 yrs (broken into age groupings) 9:00 am - 4:00 pm $182 + tax

Register at challengersports.com
Free online jersey offer deadline – June 22nd
**Visual & Performing Arts Camp**

*New*

8 - 15 yrs  
Instructor: Chantel Wishlow  
CDCC – Kootenay Room  

This camp specializes in specific arts such as acting, dancing, making musical instruments encouraging creativity and building confidence in all participants. It also includes drawing, painting and sculpting that provides many opportunities to inspire and broaden the imagination. Wristbands included.  

**Monday - Friday**  
8:30 am - 3:30 pm  
$149 / 5 full days  
July 8 - 12  
August 26 - 30  

**Outdoor Adventure Camp**

*New*

Instructor: Chantel Wishlow  
Creston Education Centre  

An exciting 4 days filled with your favourite playground activities, team building games, outdoor sports, scavenger hunts, water balloons and much, much more. Bring water, a snack, hat, running shoes.  

**Tuesday - Friday** $49 / 4 classes  

**Ages 4 - 7 yrs**  
10:00 am - 12:00 pm  
July 2 - 5  
August 6 - 9  

**Ages 8 - 12 yrs**  
1:00 - 4:00 pm  
July 2 - 5  
August 6 - 9  

**Farm to Table**

8 - 13 yrs  
Instructor: Loretta Mehrer  
CDCC - Kitchen  

What’s better than learning and appreciating local foods, then harvesting and cooking with fresh ingredients? Kids will tour our local farms to collect the freshest in-season fruit, veggies, herbs, eggs, milk, etc., afterwards delicious dishes are created to be enjoyed at the end of the day. Your child will discover hidden culinary talents while learning basic kitchen skills. Recipes and transportation will be included. Wristbands also included.  

**July 22 - 26**  
Monday - Friday  
9:00 am - 2:30 pm  
$139 / 5 days  

**GEMS n’ S.T.E.M**

*New*

7 - 13 yrs  
Instructor: Chantel Wishlow  
Creston Education Centre  

Just for the girls...we will have crafts, active games, S.T.E.M. (science, technology, engineering & math), self esteem building activities, nutrition, vision boards, and wrap up the week with a pampering spa day. Wristbands to the facility are included with each registration. Please bring a lunch, snacks, water, sunscreen, hat and running shoes.  

**Monday-Friday, 8:30 am - 3:30 pm**  
July 15 - 19  
August 12 - 16  
$149 / 5 full days  

**SPORTS n’ S.T.E.M**

*New*

7 - 13 yrs  
Instructor: Chantel Wishlow  
Creston Education Centre  

Just for the boys...we will have a variety of individual and team sports, S.T.E.M. (science, technology, engineering & math), team building activities, nutrition, engineering contests, and wrap up the week with campers’ choice. Wristbands to the facility are included with each registration. Please have children dropped off by 11:30am so we can have a prompt start.  

**Monday-Friday, 8:30 am - 3:30 pm**  
July 29 - Aug 2  
August 19 - 23  
$149 / 5 full days
How to Become a Lifeguard Instructor

Water Safety Instructor (WSI)
15 yrs by course end date
Instructor: Eric Blow
CDCC-Pool/Sunshine Room

The Water Safety Instructor (WSI) Course prepares candidates to instruct the Red Cross Swim programs. Candidates focus on strategies to introduce and develop fitness activities, skills and water safety, and swimming skills in the Red Cross Swim Programs.

Pre-requisites: Ability to perform Red Cross Swim Kids 10 strokes and skills, hold one of the following certifications (not required to be current): Red Cross Assistant Lifeguard, Emergency First Aid or equivalent. 100% attendance required.

Stage 1: Skills Evaluation
June 8 1:00 - 6:00 pm

Stage 2: Online Modules
June 8 - 29

Stage 3: Teaching Experience
July 2 - 12

Stage 4: Classroom/Pool
June 29, July 13, 20, 27
10:30 am - 6:00 pm
$400 + tax / 5 classes blended

Lifesaving Instructor (LSI)
16 yrs by course end date
Instructor: Cindy Larson
CDCC-Pool/Kootenay Room

Want to share your knowledge of lifesaving and Aquatics with others? Come get certified as a Lifesaving instructor! This course focuses on teaching instructors how to plan, teach, and evaluate the Lifesaving Programs (Canadian Swim Patrol, Junior Lifeguard, Bronze Medal Awards). Study the different learner types and teaching styles. Work as a team to discover the best way to make an impact on your students and become a leader in the Aquatic industry!

Prerequisites: Bronze Cross

Stage 1: Skills Evaluation
July 3, 5, 8, 10
9:30 am - 4:30 pm
$300 + tax / 4 classes

National Lifeguard (NL) Precert/Recert
CDCC-Pool/Sunshine Room
Proof of previous NL certification card and Manual required.

Keep current with this NL recertification! Please review the required content and skills prior to the recert and prepare yourself for the practical exam. The exam is based on the NL award curriculum and the required content can be found in your Alert and Canadian Lifesaving Manuals.

Pre-requisite: Proof of NL Certification & Current SFA at time of Recert

CPR-C Recert
15 yrs | Instructor: Cindy Larson
CDCC-Kootenay Room

Recertification of cardiopulmonary resuscitation with the use of an AED. Refresh your CPR skills today!

Prerequisites: Proof of previous CPR C Certification

July 31 Wed, 10:00 am - 2:30 pm
$100 + tax, (1 class)
First Responder Challenge
PUBLIC EVENT
CDCC-Pool/Sunshine Room/Kootenay Room/Parking Lot/Lobby

Now is your chance to get to know your local First Responders and you may even have an opportunity to try a skill specific to each profession!

August 23
Friday 10:00 am - 1:00 pm

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Group Fitness Instructor

16+ yrs
Castlegar & District Community Complex

Develop the foundation 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. Feel confident writing the National Group Fitness Instructor Exam and completing the Group Fitness Instructor Skills Assessment. Manual included (ISA and professional registration fees separate).

Pre-Requisite: Fitness Knowledge

May 31, June 7, 14
Friday 4:00 - 9:00 pm

June 1, 8, 15
Saturday 9:00 am – 6:00 pm

$500 + tax 8760

Final Exam June 22 – 2 hours for the written, skills assessment can follow if candidate is ready.

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Weight Training Instructor Course

16+ yrs
Nelson & District Community Complex

Pre-Requisite: Fitness Knowledge

This course builds on your Fitness Knowledge and covers the practical components required to become a Weight Training Instructor. Students will learn proper set up and use of cardio and weight room equipment as well as proper exercise technique through class room and hands on experience. This course includes the practical. Practical Exam Fees and Certification Fees not included.

May 31, June 7, June 14
Friday 4:00 - 9:00 pm

June 1, June 8, June 15
Saturday 9:00 am – 6:00 pm

$499 + tax 8140

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Personal Trainer Course

COMING THIS FALL

More details to come in the Fall Leisure Guide

Pre-requisite is Weight Training Instructor Course.

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Join us for our 8th Annual CDCC JUST ‘TRI’ IT TRIATHLON
500m swim
13km bike
5km run

SATURDAY, JUNE 1, 2019
STARTS 8:00 AM

Sign up before it’s too late! Registration open until May 30th end of day.

Individual - $70 5376
Team of 2 to 3 - $35/leg 5377

Register at the CDCC Front Desk or online at www.rdck.ca

Contact Jesse at jbourgeois@rdck.bc.ca for more information or to sign up as a volunteer!

Register online at www.rdck.ca
FITNESS

Teen Summer FITcamp
13 - 17 yrs
Instructor: Ryan Lacelle/Jesse Bourgeois
CDCC – Outdoors/Indoors
This FITcamp is designed for youth interested in improving their fitness through the summer. The program will include two instructors allowing the group to split up into boys and girls as well as age groups throughout the program to learn and participate in exercises specific to each group! Join us to get outdoors, try out new styles of fitness, and keep fit for the summer in a fun way!

July 29 - August 26
Monday / Wednesday
8:00 - 9:00 am
$69 + tax / 8 classes
No Class August 5

Youth on Weights
13 - 17 yrs
Instructor: Ryan Lacelle
CDCC – Outdoors/Indoors
This FUNdamental program is designed for youth age 13-17 that are interested in learning how to use the weight room safely and effectively so you feel confident on your own. Topics will include: proper set up of cardio and strength equipment, free weights, gym etiquette, and tips on how to create a safe and balance program.

July 24 - August 14
Wednesday
9:30 - 10:30 am
$34.50 + tax / 4 classes
12397

Hoopnics Basketball Camp
13 - 16 yrs | Instructor: Coach Nicol
Creston Education Centre
This top-notch summer basketball camp is a fantastic opportunity to improve basic fundamentals and focus on team play - all in 4 days! Participants will receive age appropriate skill development and game play techniques. Coach Nicol provides quality instruction in a positive yet challenging environment. Includes: fundamental footwork, ball handling, passing and shooting while incorporating individual/team offense & defense. Hoopnics backpack included.

July 9 - 12
Tuesday - Friday
5:45 - 8:45 pm
$119 + tax
11630

ADULT - GENERAL INTEREST

Fly Tying
14+ yrs
Instructor: Jaymes Veitch
CDCC – Erickson Room
You will be tying 18 flies in total; including 6 surface dry flies, 6 sub surface nymph flies, 3 proven streamers and 3 TBA. Quick and easy flies to tie! You will learn basic lake and stream entomology surrounding the hatches around the Kootenay region and the corresponding flies to match.

June 3 – 19
Monday / Wednesday
6:30 - 8:00 pm
$119 + tax / 6 classes
11680

Fly Casting
14+ yrs
Instructor: Jaymes Veitch
CDCC – Soccer field
All the basics will be covered for beginners, novice fly anglers and moderately skilled casters alike! 3 days of outdoor casting learning basic physics and how to fight a fish with fly reel/casting, then followed by 1 day on Vic Mawson Lake to try your new skills out. Fishing license is required.

June 24, 25, July 2, 3
6:30 - 8:00 pm
$119 + tax / 6 classes
11681

Register online at www.rdck.ca
ARTS & CULTURE

Zumba
Instructor: May Pascuzzo
CDCC – Erickson Room

Jump on board and join the party! This high-energy, dance-fitness program will get you burning calories and working up a sweat to a latin beat. You’ll have so much fun, you won’t even realize you are working out! It’s exercise in disguise!

June 10 - August 26
Monday 5:30 - 6:30 pm
$62 + tax / 10 classes

No class on July 1 & August 5

Nia Dance
Instructor: Alanna Wilson
CDCC – Fitness Studio

Nia is a holistic movement practice that combines elements from Dance, Martial Arts, and the Healing Arts to create a workout for Body, Mind, Emotions and Spirit. It is danced barefoot to a variety of music styles to get you inspired. Nia will leave you feeling energized, calm and centered and is adaptable to every body and all levels of fitness. Come and give it a try!

June 13 - July 11
Thursday 11:00 am - 12:00 pm

June 12 - July 10
Wednesday 6:45 - 7:45 pm

$39 + tax / 5 classes
No class Monday, July 1

Noon Hour Zumba
Instructor: May Pascuzzo
CDCC – Fitness Studio

A quick but effective 45 minute Zumba dance aerobic fitness-party! Pretty much the most awesome workout ever. Dance to great music, with great people, and burn a ton of calories. All levels welcome!

June 12 - August 14
Wednesday 12:00 - 12:45 pm
$62 + tax / 10 classes

Bellydancing
Instructor: May Pascuzzo
CDCC – Fitness Studio

Take the journey and explore the mystical art of belly dancing as you learn to isolate the hips, legs and arms to improve flexibility, increase core strength and overall confidence. Make your body move in new, enjoyable ways! No bellydancing experience is necessary.

June 12 - August 14
Wednesday 5:30-6:30pm
$62 + tax / 10 classes

Zumba Gold
Instructor: May Pascuzzo
CDCC – Fitness Studio

This modified, easy-to-follow Zumba class will include choreography that focuses on balance, range of motion, flexibility and coordination. Prepare to leave empowered and feeling strong. This class also includes elements of cardiovascular and muscular conditioning.

First class in the Kootenay Room

June 10 - August 26
Monday 10:45 - 11:45 am
$62 + tax / 10 classes
No class on July 1 & August 5

Register online at www.rdck.ca
**Adult Only Swim**

18+ yrs

Whether you come to have a soak in the hot tub, float in the river or swim a few laps around the pool, we turn the lights down so you can relax and recharge with us down at the CDCC.

**New Summer Hours**
July 2 – August 22
Tuesday & Thursday
7:00 - 8:00 pm

---

**Lane Swim**

One lane is guaranteed during our regular hours of operation for your convenience with a few exceptions. This is subject to change.

Please be respectful and circle swim. Swimming on the right and passing in the middle will accommodate several swimmers per lane. Share the pool and have fun!

---

**Adult Private Swim Lessons**

No matter what your skill level, we’ve got the perfect option for you! From getting used to putting your face in the water to perfecting your strokes for the Triathlon, we’ve got you covered! Book your private one-on-one lesson today with one of our skilled instructors for $40/hour or grab a friend for $30/hour per person.

---

**MONTHLY CHALLENGE!**

Congratulations to those of you who are taking a huge step to becoming a stronger version of YOU!

Sign up today for a daily dose of healthy competition. We are now partnering the Aquatic Centre with the Gym and Fitness Studio upstairs. Prizes will vary each month.

Thank you to the local businesses who have generously donated prizes!! If you are interested in donating a prize, please contact the Aquatic Programmer at 236-532-2035. We will feature your business in our advertising.

---

**Annual Shut Down**

Our pool will be shut down for annual cleaning and maintenance work

August 24th – September 7th
(inclusive). We will re-open Saturday, September 7th. During this time keep using your membership! Make sure you take advantage of our SHUTDOWN SHOWCASE which is a preview of our featured classes.
PERSONAL & GROUP TRAINING

Personal Trainers are available to help you add confidence, effectiveness, and safety to your workouts. Let us design a program specifically for you to help achieve your fitness goals, from beginner to advanced. Pick up a Personal Training Package to get started or contact our Fitness Department at (250) 428-7127 ext. 3115 for more information.

**All Personal Training packages expire 6 months from the date of purchase.**

INDIVIDUAL PERSONAL TRAINING

<table>
<thead>
<tr>
<th>PACKAGE</th>
<th>PRICE</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 session</td>
<td>$49 + tax</td>
<td>In-depth orientation or assessment with corrective strategies</td>
</tr>
<tr>
<td>3 sessions</td>
<td>$139 + tax</td>
<td>In-depth orientation or assessment with an introduction to exercise techniques.</td>
</tr>
<tr>
<td>5 sessions</td>
<td>$220 + tax</td>
<td>Includes an assessment and customized program design with accountability</td>
</tr>
<tr>
<td>10 sessions</td>
<td>$410 + tax</td>
<td>Let us design a progressive program for you to follow based on your goals and keep you accountable over many weeks</td>
</tr>
</tbody>
</table>

PARTNER PERSONAL TRAINING (RATES ARE PER PERSON)

<table>
<thead>
<tr>
<th>PACKAGE</th>
<th>PRICE</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 session</td>
<td>$27 + tax</td>
<td>In-depth orientation or assessment with corrective strategies</td>
</tr>
<tr>
<td>3 sessions</td>
<td>$79 + tax</td>
<td>Having a partner with similar fitness goals can make your workouts more enjoyable and help keep each other on track. Our trainer will assess you and design one program both of you will benefit from at a reduced cost than on your own!</td>
</tr>
<tr>
<td>5 sessions</td>
<td>$125 + tax</td>
<td></td>
</tr>
<tr>
<td>10 sessions</td>
<td>$235 + tax</td>
<td></td>
</tr>
</tbody>
</table>

GROUP TRAINING - 3-6 PEOPLE

<table>
<thead>
<tr>
<th>PRICE</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>$13 + tax / hour / person</td>
<td>Group Training can include 3-6 people with similar goals in mind. Choose days, times, and style of training you want like intro to free weights/machines, kettlebell, sport specific, team training, and a variety of other formats.</td>
</tr>
</tbody>
</table>

Hello Creston! I am thrilled to join the CDCC Fitness Department as the new Fitness Technician and Instructor. Reflecting back to my first gym experience as a youth, I was strongly supported by the staff and that alone encouraged my success and influenced my career path. I aim to continue giving the support needed to all CDCC patrons for personal and community growth in fitness with my background in sport psychology and health promotion. I look forward to meeting all of you real soon! - Happiness & Health, Ryan Lacelle

Register online at www.rdck.ca
Blue Heron Half Marathon
10K & 5K Run

Sunday, September 29 - 9:00 am
Creston Valley Wildlife Management Centre

The 15th Annual half marathon, 10 km, and 5 km route starting and finishing at the beautiful Creston Valley Wildlife Management Centre.

This event is proudly brought to you by the Creston Rotary Club and proceeds will be used for water and education projects on Honduras. Visit www.events.runningroom.com to register.

5K or 10K / Half marathon fees:

• August 5 - $30/55
• September 2 - $35/65
• September 20 - $45/70

———

HEALTH & WELLNESS

Move to Improve (Parkinson’s)

18+ yrs
Instructor: Sandee Greatrex/Jen Schiffke
CDCC - Fitness Studio

This specialized drop-in program has been primarily designed to help improve the mobility and reduce symptoms of those with Parkinson’s. Exercises are modified for all levels of mobility, wheelchair to standing. Those who are at higher risk for falls will also benefit from this program. Please note: Parkinson’s participants will have a reserved spot in the program but remaining available spots can be attended by the public as a Fall Prevention class.

June 3 – August 29
Monday/Wednesday/Thursday
1:00 - 2:00 pm
Membership or general admission
No Class July 1, August 5

———

Tai Chi Practice

15+ yrs
Instructor: Katherine Goodchild
CDCC - Fitness Studio

The opportunity for those who have a solid understanding of and experience with Yang foundation exercises and the complete set to enjoy a comprehensive practice in a group setting. A great health maintenance program!

June 25 - August 13
Tuesday 10:15 - 11:15 am
$59 + tax / 8 classes

———

Balance and Mobility

15+ yrs
Instructor: Susann Lauzon
CDCC – Studio

Balance and mobility are important components of maintaining our independence as we age. Providing both seated and standing exercises, this class helps you improve your balance, strength and mobility in a fun, encouraging atmosphere.

June 18 – August 6
Tuesday 6:15 - 7:00 pm
$69 + tax / 8 classes
**Fitness**

**Tabata Fit**  
*New*  
15+ yrs | CDCC – Studio  
Instructor: Ryan Lacelle  
Cardio, strength and flexibility intervals are the heart of this class. Tabata training is structured around sets of 20 seconds of work, 10 seconds rest, making it a high intensity fat burn! A constant variety to keep your body challenged and progressing.  
**June 28 - August 23**  
**Friday 4:00 - 5:00 pm**  
$69 + tax / 8 classes  
No Class July 19  
12412

**Fit Happens**  
*New*  
15+ yrs | CDCC – Studio/Fitness Centre  
Instructor: Susann Lauzon  
Increase fitness levels while gaining confidence using various equipment. All levels will be welcome as regressions and progressions will be offered with every person’s needs. Focused around overall fitness this class will allow you to work at your own pace while still being challenged!  
**July 23 - August 15**  
**Tuesday / Thursday**  
11:45 am - 12:45 pm  
$69 + tax / 8 classes  
12416

**Functional Fitness Outdoor Bootcamp**  
*New*  
15+ yrs | CDCC – Outdoors/Indoors  
Instructor: Jesse Bourgeois  
A bootcamp based around Building Better Humans! Join Jesse and start your day off right! Focus on improving your core, conditioning, strength, agility and athleticism, working towards the goal to be fit for life! Regressions and progressions are available to meet each individual at the fitness level they are at.  
**June 3 - 26**  
**Monday / Wednesday**  
9:00 - 10:00 am  
$69 + tax / 8 classes  
12417

**X-Creston Walking**  
*New*  
15+ yrs | CDCC - Outdoors  
Instructor: Sandee Greatrex  
Walking with poles burns 20% more calories than regular walking, strengthens the upper body and core, and decreases stress on the hips and knees. It is an efficient and effective workout that promotes good posture, balance, and stability. Poles are provided or bring your own to walk out and about the town of Creston.  
**June 3 - 26**  
**Monday / Wednesday**  
9:00 - 10:00 am  
$69 + tax / 8 classes  
12418

**Class full?**  
Get on the waitlist.  
We may be able to fit you in or create another class!
## ADULT

### DROP-IN DESCRIPTIONS | FITNESS & AQUATICS

<table>
<thead>
<tr>
<th><strong>AQUA CIRCUIT</strong></th>
<th><strong>CARDIO KICK:</strong></th>
<th><strong>TRIPLE THREAT FITNESS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderate intensity, moderate impact workout in the deep and shallow ends using a variety of equipment to improve strength and cardiovascular fitness.</td>
<td>Mid to high intensity cardio box class focusing on strengthening the core, while increasing your endurance and power. Fast paced music will keep your heart rate racing!</td>
<td>If you like variety, then you will love the spontaneity of this class. Always a combination of strength, cardio and core, but every week will be a surprise!</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>AQUA CONDITIONING</strong></th>
<th><strong>CORE &amp; MORE</strong></th>
<th><strong>TOTAL BODY FITNESS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>High intensity, zero to high impact in deep and/or shallow water. Improve overall body conditioning with this fun and challenging workout in the pool that’s guaranteed to make you sweat.</td>
<td>Low intensity, pilates inspired moves that focuses on core strength and stability. Includes some upper/lower body exercises.</td>
<td>Mid to high impact cardio with total body strength exercises included. Never the same class twice.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>AQUA CORE</strong></th>
<th><strong>FULL BODY BARBELL</strong></th>
<th><strong>YOGA</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderate intensity and impact aquafit focusing on cardiovascular fitness and core stability.</td>
<td>A full body strength training class using barbells in safe, fun and unique ways! Suitable for all ages and skill levels by making the weight lighter or heavier!</td>
<td>Increase your flexibility, balance and strength while relieving stress and tension with this gentle exercise. Bring a yoga mat (if you have one) and a blanket.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>AQUA DEEP</strong></th>
<th><strong>GENTLE FIT</strong></th>
<th><strong>AQUA FUSION</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>High intensity, low impact workouts using anaerobic intervals to maximize results. Class focuses on core conditioning and can utilize both deep and shallow water.</td>
<td>For active seniors, this class has low impact movements along with easy, but effective strength and balance exercises.</td>
<td>High intensity, low impact, full body aquafit with cardiovascular training, muscular endurance and core conditioning.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>AQUA FLEX</strong></th>
<th><strong>GROUP CIRCUIT</strong></th>
<th><strong>MOVE TO IMPROVE (PARKINSON’S)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderate intensity and impact aquafit focusing on cardiovascular fitness and flexibility.</td>
<td>Fitness Centre circuits, combining free weights, accessories and machines with high energy cardio for a total workout.</td>
<td>A Parkinson’s and fall prevention program that works on improving mobility, balance, and coordination. See pg. 24 for details.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>AQUA THERAPY</strong></th>
<th><strong>STEP IT UP</strong></th>
<th><strong>STRENGTH &amp; MOBILITY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Low to moderate intensity, low impact aquafit focusing on functional strength, balance and coordination. This class is great for rehabilitation.</td>
<td>Med impact step class for all levels of fitness. Great cardio and strength workout.</td>
<td>A low impact, med intensity whole body strength class with a focus on joint mobility and stability.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>AQUA TONE</strong></th>
<th><strong>TRIPLE THREAT FITNESS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderate intensity and impact aquafit focusing on cardiovascular fitness, muscular endurance, and conditioning.</td>
<td>If you like variety, then you will love the spontaneity of this class. Always a combination of strength, cardio and core, but every week will be a surprise!</td>
</tr>
</tbody>
</table>

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**Aqua Tabata**

*Instructor: Tina Rake*  
*CDCC – Pool*

Experience exercise in the water like never before! This powerful workout will have you feeling strong and focused every single session. Come join Tina for an extreme anaerobic workout with high intensity intervals to start your day right! Introduction to deep water running throughout the course.

- **July 2 - August 20**
- **Tuesday 6:15 - 7:00 pm**
- **$70 / 7 classes**
- **No class July 23rd** (12812)
## Drop-In Fitness Schedule
### July – August, 2019

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aquafusion</strong> 7:00 - 7:45 am</td>
<td><strong>Group Circuit</strong> 6:00 - 7:00 am</td>
<td><strong>Aqua Conditioning</strong> 7:00 - 7:45 am</td>
<td><strong>Group Circuit</strong> 6:00 - 7:00 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Aqua Tone</strong> 9:00 - 9:45 am</td>
<td><strong>Core &amp; More</strong> 9:00 - 10:00 am</td>
<td><strong>Aqua Core</strong> 9:00 - 9:45 am</td>
<td><strong>Gentle Fit</strong> 9:00 - 9:45 am</td>
<td><strong>Aqua Flex</strong> 9:00 - 9:45 am</td>
<td><strong>Group Circuit</strong> 8:00 - 9:00 am</td>
</tr>
<tr>
<td><strong>Yoga</strong> 9:30 - 10:30 am</td>
<td><strong>Aqua Therapy</strong> 10:00 - 10:45 am</td>
<td><strong>Total Body Fitness</strong> 9:00 - 10:00 am</td>
<td><strong>Aqua Therapy</strong> 10:00 - 10:45 am</td>
<td><strong>Step It Up</strong> 9:00 - 10:00 am</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><strong>Full Body Barbell</strong> 10:15 - 11:15 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Move to Improve (Parkinson’s) 1:00 - 2:00 pm</td>
<td>Move to Improve (Parkinson’s) 1:00 - 2:00 pm</td>
<td>Move to Improve (Parkinson’s) 1:00 - 2:00 pm</td>
<td>Move to Improve (Parkinson’s) 1:00 - 2:00 pm</td>
<td>Move to Improve (Parkinson’s) 1:00 - 2:00 pm</td>
<td></td>
</tr>
<tr>
<td><strong>New</strong> <strong>Triple Threat Fitness</strong> 5:00 - 6:00 pm</td>
<td>Cardio Kick 5:15 - 6:00 pm * ends June 18</td>
<td></td>
<td><strong>Strength &amp; Mobility</strong> 5:15 - 6:15 pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Register online at www.rdck.ca
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 Town of Creston, Areas A, B & C are eligible for this program. It is based on the combined annual household income and must reapply each year.

Up to 50% off general admission to the pool, fitness centre, arena and all drop in programs.

Pick up the application form at the complex, fill it out and if you and your family meet the requirements, then access to our facility is 50% less!

WITHDRAWL POLICY

1. Less than 72 hours before course start (but more than 24): 10% admin fee.
2. Multi-session courses: less than 24 hours before course start 25% flat admin fee.
3. Single session courses and private lessons less than 24 hours before course start 100% penalty.
4. After start of any course: no refund except in special circumstances.
5. Advanced courses have 100% penalty if cancelled less than 7 days before course start.

GIVE THE GIFT OF HEALTH!

A perfect gift for that special someone – ask us about our Gift Certificates!

You can get a gift certificate equivalent to:

- A single day admission
- A membership pass (10 pass, 1 month, 3 month, 6 month or 1 year)
- Their favourite program or personal training

BENEFITS TO MEMBERSHIP AT THE CDCC

GET ACTIVE AND BE HEALTHY! BE A HEALTHIER YOU...

Join today! A membership at our complex just makes sense! Live life to the fullest and make an investment in your health!

When you purchase a membership pass, you will have access to:

- Lap swimming, public swimming, hot tub, steam room, lazy river and the aquatic climbing wall
- All drop in classes – including Tai Chi, Fitness, Line dancing and Aquatic classes
- Full access to the Fitness Centre (cardio & strength equipment, indoor track)
- Public skating and arena drop in programs (hockey, parent & tot, adult skate etc)
- Spring/Summer indoor sports – Pickleball, Basketball & Floor Hockey
- Additional events and features to come
## SUMMER HOURS  JULY & AUGUST 2019

**SUN** | **MON** | **TUE** | **WED** | **THU** | **FRI** | **SAT**
--- | --- | --- | --- | --- | --- | ---
**POOL** | 1:00 pm - 6:00 pm | 5:30 am - 8:00 pm | 9:00 am - 8:00 pm | 5:30 am - 8:00 pm | 9:00 am - 8:00 pm | 5:30 am - 8:00 pm | 1:00 pm - 6:00 pm
**ADULT SWIM** |  | 7:00 pm - 8:00 pm |  | 7:00 pm - 8:00 pm |  |  |  
**FITNESS CENTRE** | 12:00 pm - 7:00 pm | 5:30 am - 8:00 pm | 8:00 am - 9:00 pm | 5:30 am - 8:00 pm | 8:00 am - 9:00 pm | 5:30 am - 8:00 pm | 9:00 am - 7:00 pm
**OFFICE** | 12:00 pm - 6:30 pm | 6:00 am - 7:30 pm | 8:00 am - 8:30 pm | 6:00 am - 7:30 pm | 8:00 am - 8:30 pm | 6:00 am - 7:30 pm | 9:00 am - 6:30 pm

*Children under 7 must be accompanied by an adult and remain within arms reach at all times.*

### ADMISSION RATES

<table>
<thead>
<tr>
<th></th>
<th><strong>FAMILY</strong>*</th>
<th><strong>ADULT</strong></th>
<th><strong>STUDENT</strong></th>
<th><strong>CHILD</strong></th>
<th><strong>SENIOR</strong></th>
<th><strong>GOLDEN</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DAILY</strong></td>
<td>$15.40</td>
<td>$6.47</td>
<td>$4.91</td>
<td>$3.33</td>
<td>$4.91</td>
<td>Free</td>
</tr>
<tr>
<td><strong>10X ADMISSION</strong></td>
<td>$123.80</td>
<td>$57.80</td>
<td>$45.00</td>
<td>$29.71</td>
<td>$45.00</td>
<td>Free</td>
</tr>
<tr>
<td><strong>1 MONTH PASS</strong></td>
<td>$139.05</td>
<td>$64.76</td>
<td>$46.90</td>
<td>$34.29</td>
<td>$46.90</td>
<td>Free</td>
</tr>
<tr>
<td><strong>3 MONTH PASS</strong></td>
<td>$352.38</td>
<td>$157.14</td>
<td>$114.29</td>
<td>$82.29</td>
<td>$114.29</td>
<td>Free</td>
</tr>
<tr>
<td><strong>6 MONTH PASS</strong></td>
<td>$603.81</td>
<td>$271.43</td>
<td>$197.14</td>
<td>$142.22</td>
<td>$197.14</td>
<td>Free</td>
</tr>
<tr>
<td><strong>1 YEAR PASS</strong></td>
<td>See below*</td>
<td>$437.14</td>
<td>$340.00</td>
<td>$224.52</td>
<td>$340.00</td>
<td>Free</td>
</tr>
</tbody>
</table>

*Prices do not include taxes

### CLOSED STAT HOLIDAYS
- **BC Day - August 5**

### OPEN STAT HOLIDAYS
- **Canada Day - July 1 : 2 - 6pm**

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**Annual Aquatic Centre Shut Down**

**August 24 - September 7**

**TOONIE SWIM**

**Fridays - 3:30 - 5:30 pm**

*(Adults +3)*

Infant: under 2 (Free); Child: 2-14; Student: 15-18; Adult: 19-59; Senior: 60-79; Golden Guest: 80+

Note: Prices do not include taxes.

*Definition of a Family: up to 5 people, residing together, no more than 2 adults or seniors.

Family Annual Rates: 1st Adult - $437.14, 2nd Adult - $366.27, 1st Senior - $340.00, 2nd Senior - $285.70, Child/Student - $119.05.
Canada Day Celebrations
Celebrate Canada’s Birthday with an exciting Volleyball Tournament. Ages 14+, 12-4pm at the Creston Education Centre. Come with a team or individually and win prizes. $5 per person to sign up.
BONUS! Canada Day FREE Swim 4:00-6:00pm. The whole family can cool down in our pool after a day full of active fun!

SPECIAL EVENTS

JUNE 22 & 23  Creston Wave Swim Meet
Come support our local athletes and watch exciting swimming events! *Please note that the pool will be closed on these dates.

JULY 1  Canada Day Celebrations
Celebrate Canada’s Birthday with an exciting Volleyball Tournament. Ages 14+, 12-4pm at the Creston Education Centre. Come with a team or individually and win prizes. $5 per person to sign up.
BONUS! Canada Day FREE Swim 4:00-6:00pm. The whole family can cool down in our pool after a day full of active fun!

JULY 21 – 27  National Drowning Prevention Week!
Join us for a week of fun & educational water games that the whole family can participate in. See page 7 for more information.

AUGUST 23  First Responder Challenge!
Get to know your local First Responders and you may even have an opportunity to try a skill specific to each profession! 10:00 am - 1:00 pm. See page 13 for more details.

AUGUST 24 - SEPTEMBER 7  Shut Down Showcase
While the Aquatic Centre is closed for annual maintenance and cleaning, try out our phenomenal free fitness classes. More information on page 2