LEISURE GUIDE
Nelson & District Community Complex
Summer 2019

Registration for programs starts
Tuesday
May 28th
5:30 am
# Paddle Rental Center

**Lakeside Park – Beach Building | All ages**

Equipment available for rent:
- Stand Up Paddle Boards
- Children’s Stand Up Paddle Boards & Kayaks
- Kayaks & Canoes

## Paddle Rental Fees

<table>
<thead>
<tr>
<th>Category</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (19 - 75 yrs)</td>
<td>$12.00</td>
</tr>
<tr>
<td>Family: up to 2 Adults &amp; 2 Youth/Students</td>
<td>$28.00</td>
</tr>
<tr>
<td>Youth/Student (5 - 18 yrs)</td>
<td>$9.00</td>
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<tr>
<td>Golden Guest (76+ yrs)</td>
<td>$9.00</td>
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<tr>
<td>Preschool (&lt;5 yrs)</td>
<td>Free</td>
</tr>
</tbody>
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## What to Bring:
- swimsuit or wetsuit, towel, and change of clothes
- insulating long sleeved non-cotton base layers
- water bottle and snack
- dry bag, waterproof camera, water resistant watch

Children under 15 yrs must be accompanied by an adult over 18 yrs
Youth/Students must have a parent/guardian sign a waiver to rent equipment.
Rental fee includes all safety equipment for up to 3 hours within recommended paddle area of Kootenay Lake.
Register online at www.rdck.ca

Register Today:  www.rdck.ca  250-354-4FUN

Make program registration a breeze …follow these steps

Before registration opens Monday December 3

Step 1:
Call us at 250-354-4FUN (4386) to activate your online account in our new registration software.

Step 2:
Go online to: www.rdck.ca/recreation to:

a. Access your online account using the login and temporary password provided to you via email. Review your account details. Add all family members that will be registering for programs.

b. Browse programs and schedules.

c. To speed up registration, you can update and save your credit card information to your account. Program registration is not held or completed until payment is received. Credit Card payment can only be accepted through your online account or in person at the NDCC front desk.

What to expect when registration opens at 5:30am Monday December 3

• Expect delays
• Phone lines will be busy
• Possible line ups at the front desk
• For the fastest registration experience we encourage you to try registering online.

Go to: www.rdck.ca/recreation.

• If you experience any challenges completing registration online with a mobile device or pad, we suggest trying either:
  • Downloading and using Google Chrome as your internet browser
  • Switching to a laptop or desktop computer

• Program registration is not held or completed until payment is received. Credit Card payment can only be accepted through your online account or in person at the front desk. Go online to register and pay with your credit card information using your online account.

• Once your registration and payment is processed, check the confirmation email delivered to your email address. If you do not receive a confirmation email, please phone the NDCC front desk to determine if registration was completed at, 250-354-4FUN (4386).

Thank you for your continued patience as we continue our transition to the new system

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NELSON & DISTRICT COMMUNITY COMPLEX
305 Hall Street, Nelson, BC
250-354-4FUN (4386)
www.rdck.ca

FITNESS FORUM

Save the Date: Oct 18-20, 2019
Network with other fitness professionals
GET INSPIRED!
PRESCHOOL

AQUATICS

Gym and Swim

3 - 6 yrs
NDCC Lower Multi Purpose Room,
NDCC Pool

Does your Preschooler want to come and explore in the pool, while you get a workout? Then this program is for you! We provide children an energetic alternative to daycare for a period of 2 hours in the mornings. This program includes active play time both in the water and out, followed by eating your packaged snack, and wind down dry activity. This is a great opportunity for parents to maximize use of other areas in the facility while your child stays active under the care of our swim instructors.

July 8 – July 29
Monday 9:00 – 11:00 am
$44 / 4
00012178

August 12 – 26
Monday 9:00 – 11:00 am
$33/3
00012179

Please No Nuts allowed in snacks due to allergies

CHILDMINDING

18 mths – 6 yrs
NDCC Multi-Purpose Room

Caring Staff certified in Standard First Aid & CPR-C

Up to 2 hours of care
Parents required to stay at the Community Complex

Drop – in Admission Rates:
$3.57 + tax per child
$57.14 + tax / 20 punch pass

Monday 8:00 am - 12:00 pm
Tuesday 8:00 am - 12:30 pm
Wednesday 8:00 am - 12:00 pm
Thursday 8:00 am - 12:30 pm
Friday 8:00 am - 12:00 pm
Saturday 8:30 am - 12:30 pm
Sunday 10:00 am - 2:00 pm

Set up your party in one of our Multi Purpose Rooms

Add on an activity:
• Pool party • Skate party • Wii Dance Party

What is included:
1.5 hours room rental • 10 general admissions
$51.05+tax for the package

Call the booking clerk to book your party
250-354-4386 ext 5106

Parents/caregivers, please note if you are swimming with children under 6 yrs old:
• Must be within arms reach of an adult at all times.
• Ratio: Adult (1) : children under 6 yrs old (3)
2019 Summer Camps and Programs
8:00 AM - 5:00 PM Daily

Hours of operation:
8:00 am - 5:00 pm daily

Check-in:
8:00 am - 8:45 am
Check-in will include ice breakers and warm-up activities for participants.

Pick-up:
4:30 pm - 5:00 pm
Staff will ensure your child is at the designated pick-up location during this time. Parents are responsible for ensuring they confirm the pick-up location each morning.

Please bring to camp each day:
• Bathing suit and towel
• Lunch, 3 - 4 snacks (days are longer than school)
• Water bottle
• Sunscreen & hat
• Raincoat
• Shoes for walking and running

Emergency Contact Information:
Please update your family account information by phone at 250-354-4386, including: medical concerns, special needs and BC Health Care Card.

Photos and videos:
By registering for programs, parents are consenting to photo and video images of program participants to be used for promotional materials by the Regional District of Central Kootenay.

Safety:
Staff are certified in Standard First Aid & CPR-C. Lifeguards will be present for all lake swimming. Paddle and sailing participants are required to wear a Personal Floatation Device at all times on the water. Staff will make adjustments to program activities based on weather and skill level of the group to ensure a fun and safe program is delivered for all participants.

Paddle Programs:
All programs indicating all or a portion of the program will include “paddling” utilize equipment specifically designed for youth in a fun activity based environment to build the love of water sports. All participants will have an opportunity to use Stand Up Paddle Boards, kayaks or canoes depending on the weather and skill level of the group.

CanSail Programs:
Certified CanSail Instructors provide a progressive environment for learning basic skills and advancing previously experienced sailors. Programs that include sailing will utilize Opti or Topper Sail boats depending on age, skill and current water-wind conditions. Because our Mountain environment continues to change by the hour, we cannot guarantee conditions. Due to the complexity of the sport, we recommend children participate in more than one week of sailing programs to advance skills.

NEW
Withdrawal Guidelines:
7 days advanced notice is required to receive a full refund for single day or multi day camps.
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<th>WEEK 1: JULY 2 - 5</th>
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<tr>
<td><strong>BEACH PARTY CONSTRUCTION</strong></td>
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<td><strong>SUMMER BLAST OFF</strong></td>
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<td><strong>BIKE RODEO AND BEACH PARTY</strong></td>
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<td><strong>ART + WET &amp; WILD FIELD DAY</strong></td>
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<td><strong>COTTON WOOD LAKE PADDLE + GREAT NORTHERN TRAIL RIDE</strong></td>
<td><strong>Drop off: Cottonwood Park / Pick up: Lions Park</strong></td>
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<td><strong>WATERSPORT INTRO - PADDLE + SAIL</strong></td>
<td><strong>Lakeside Park Beach Building</strong></td>
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<td><strong>WACKY WATER GAMES + SAILING INTRO</strong></td>
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<td><strong>ADVENTURE</strong></td>
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Register online at www.rdck.ca
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<th><strong>WED - JULY 10</strong></th>
<th><strong>THUR - JULY 11</strong></th>
<th><strong>FRI - JULY 12</strong></th>
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| **MAD SCIENCE MONDAY: WONDERS OF WATER**  
*Lakeside Park Beach Building* | Use water to move test gravity. Water is everywhere, so let’s learn more about how to keep it safe and enjoy every last drop.  
$33  00012490 | | | | |
| **BEACH PARTY + BIKE RODEO**  
*Lakeside Park Beach Building* | Work on stopping, starting, turning and balance. Decorate your bike for a parade and ride through our bike wash. Finish the day playing games on the beach and in the park.  
$33  00012518 | | | | |
| **KOOTENAY CARNIVAL & SAIL**  
*Lakeside Park Beach Building* | Obstacles courses, races with our 75 foot water slide, foam party and more. Everyone will win a prize and eat carnival food creations each day. Work on sailing skills each afternoon.  
$144 / 4 days  00012519 | | | | |
| **PADDLE + SCIENCE: H20**  
*Lakeside Park Beach Building* | Paddle party in the am. Get ready for a fun filled afternoon learning about liquids and solid H2O...we’ll play with it and eat it too.  
$36  00012521 | | | | |
| **SKATEBOARD/SCOOTER AND TIE DYE**  
*Meet: Art Gibbons Skate Park – Rosemont  
Pick-up: Lakeside Park Beach Building* | Bring your skateboard/scooter and helmet to ride the park. Create your own rad tie tye t-shirt in the afternoon. Bring a 100% white cotton t-shirt.  
$36  00012525 | | | | |
| **SKATEBOARD/SCOOTER AND ISLAND ART**  
*Meet: Art Gibbons Skate Park – Rosemont  
Pick-up: Lakeside Park Beach Building* | Shred on your wheels each morning. Head to Lakeside Park, to create your own island paradise: tropical fish, textured sand art, bright - colorful landscapes and other fun projects throughout the week.  
$106 / 3 days  00012526 | | | | |
| **PADDLE & OUTDOOR ADVENTURE**  
*Taghum Beach Regional Park* | Enjoy everything outdoors in this adventure based program. Build shelters and learn about outdoor adventure safety. Prepare food and snacks learning about outdoor kitchens.  
$106 / 3 days  00012533 | | | | |
| **BABYSITTERS COURSE**  
*Lakeside Park Rotary Shelter* | Be prepared to start your first job! Learn how to take care of children under 11yrs old, including child development, first aid situations, activity ideas and snack preparation. Leave the program with a Babysitters Manual, Red Cross Pocket First Aid Kit and official Babysitters Card. Bring a pen, doll or stuffy with arms and legs, lunch, snack and water bottle.  
$58  00012542 |

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<tr>
<th><strong>EXPLORER</strong> (AGES 7 - 10)</th>
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| **WET AND WILD WORLD TRAVELER**  
*Civic Center – Upstairs Studio, Vernon Street* | Pack your bag to experience funky traditions from different countries from around the world everyday. We’ll learn about animals, food and more.  
$98 / 3 days  00012530 | | | | |
| **ULTIMATE CARDBOARD CONSTRUCTION**  
*Lakeside Park Beach Building* | Create a new world using cardboard boxes, sheets and decorating materials. Don’t worry, we’ll have plenty of time to ride slack lines and the 75 ft water slide too.  
$33  00012528 | | | | |
| **PIRATE ADVENTURE & SAILING INTRO**  
*Lakeside Park Beach Building* | Ahoy ye land lovers. We’ll make eye patches and get into the mood to sail away the afternoon.  
$36  00012536 | | | | |
| **MAD SCIENTIST SMASH! BOOM! FIZZLE! & FOAM PARTY**  
*Lakeside Park Beach Building* | Your parents wouldn’t let you do this at home so don’t miss this opportunity to join the fun. We’ll experiment with all sorts of food to watch it smash, boom and fizzle. Finish the day with a foam party.  
$36  00012538 |

<table>
<thead>
<tr>
<th><strong>ADVENTURE</strong> (AGES 10 - 13)</th>
<th><strong>MON - JULY 8</strong></th>
<th><strong>TUE - JULY 9</strong></th>
<th><strong>WED - JULY 10</strong></th>
<th><strong>THUR - JULY 11</strong></th>
<th><strong>FRI - JULY 12</strong></th>
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</table>
| **KOOTENAY EXPLORER**  
*Davis Street Park* | Get ready for an action packed adventure using clues to find a treasure chest. We’ll be searching high and low. Who knows where we will end up by the end of the day and what we’ll find.  
$33  00012535 | | | | |
| **COTTON WOOD LAKE PADDLE + GREAT NORTHERN TRAIL RIDE**  
*Drop off: Cottonwood Park  
Pick up: Lions Park* | Non-stop fun starting with a peaceful paddle to explore Cottonwood Lake. Ride your bike to Lions park and cool off in the spray park. Bring your bike, helmet, shoes for riding.  
$36  00012540 | | | | |
| **BABYSITTERS COURSE**  
*Lakeside Park Rotary Shelter* | Be prepared to start your first job! Learn how to take care of children under 11yrs old, including child development, first aid situations, activity ideas and snack preparation. Leave the program with a Babysitters Manual, Red Cross Pocket First Aid Kit and official Babysitters Card. Bring a pen, doll or stuffy with arms and legs, lunch, snack and water bottle.  
$58  00012542 | | | | |
# WEEK 3: JULY 15 - 19
8:00 AM - 5:00 PM

## MAD SCIENCE: BUBBLE BRAIN
*Lakeside Park Beach Building*
We will challenge ourselves to make bubbles of every shape and size. Finish the day in bubbles during our Foam Party.

$33 00012600

## FIELD DAY
*Lions Park*
Game on! Team up with friends for silly games like egg toss and obstacle course races.

$33 00012609

## MAD SCIENCE MONDAY: BUBBLE BRAIN
*Lakeside Park Beach Building*
We will challenge ourselves to make bubbles of every shape and size. Finish the day in bubbles during our Foam Party.

$33 00012614

## SCOOPER OR SKATEBOARD + PARK GAMES
*Meet: Art Gibbons Skate Park – Rosemont Pick-up: Lakeside Park Beach Building*
Shred on your wheels each morning. Enjoy Paddle games and activities each afternoon to cool off and build your skills. Finish the day with a ride on the 75 foot waterslide with beach party activities. Helmet required and lace up shoes.

$106 / 3 days 00012629

## ART EVERYWAY + SAILING INTRO
*Lakeside Park Beach Building*
Use supplies that are both natural and traditional to explore summer themed art projects. Sail away the afternoon with your friends.

$144 / 4 days 00012615

## COTTONWOOD LAKE PADDLE & GREAT NORTHERN TRAIL RIDE
*Drop-off: Cottonwood Park Pick up: Lions Park*
Non-stop fun starting with a peaceful paddle to explore Cottonwood Lake. Ride your bike to Lions park and cool off in the spray park. Bring your bike, helmet, shoes for riding.

$36 00012616

## COTTONWOOD LAKE PADDLE & GREAT NORTHERN TRAIL RIDE
*Drop-off: Cottonwood Lake Pick up: Lions Park*
Non-stop fun starting with a peaceful paddle to explore Cottonwood Lake. Ride your bike to Lions park and cool off in the spray park. Bring your bike, helmet, shoes for riding.

$36 00012616

## BEACH PARTY & BIKE RODEO
*Lakeside Park Beach Building*
Work on stopping, starting, turning and balance. Decorate your bike for a parade and ride through our bike wash. Finish the day playing games on the beach and in the park.

$98 / 3 days 00012621

## ECO KIDS
*Davis Street Park*
Explore nature, build a bird nest, make a mud building, and create your own nature sketchbook.

$98 / 3 days 00012627

## ART: MESSY
*Davis Street Park*
You’re gonna get paint on your shirt! Colorful art projects will keep us moving and laughing all day. We might even paint your face.

$33 00012658

## PIRATE ADVENTURE
*Lakeside Park Beach Building*
Ahoy ye land lovers. We’ll make eye patches and get into the mood for a treasure hunt and more.

$33 00012655

## WACKY WATER GAMES AND SANDCASTLE CONSTRUCTION
*Lakeside Park Beach Building*
Start the day off by building the sand castle of your dreams and finish the day cooling off in the sun by having a wild and wacky water fight!

$33 00012656

## SURVIVAL SKILLS & ADVANCED SAILING
*Lakeside Park Beach Building*
Learn the basic skills to head out on your own adventure. Make a mid morning snack that will keep you fueled up to advance your sailing skills in the afternoon.

$36 00012660

## TAGHUM BEACH PADDLE ADVENTURE
*Taghum Beach Regional Park*
Join us for this fun filled skill building program including: tarp shelters, trip safety and team building. Work on paddle rescue skills on the water.

$106 / 3 days 00012641

## TAGHUM BEACH PADDLE ADVENTURE
*Taghum Beach Regional Park*
Join us for this fun filled skill building program including: tarp shelters, trip safety and team building. Work on paddle rescue skills on the water.

$106 / 3 days 00012641

## COTTON WOOD LAKE PADDLE & GREAT NORTHERN TRAIL RIDE
*Drop-off: Cottonwood Park Pick up: Lions Park*
Non-stop fun starting with a peaceful paddle to explore Cottonwood Lake. Ride your bike to Lions park and cool off in the spray park. Bring your bike, helmet, shoes for riding.

$106 / 3 days 00012641

## SURVIVAL SKILLS & ADVANCED SAILING
*Lakeside Park Beach Building*
Learn the basic skills to head out on your own adventure. Make a mid morning snack that will keep you fueled up to advance your sailing skills in the afternoon.

$36 00012660

Register online at www.rdck.ca
### Week 4: July 22 - 26

**8:00 AM - 5:00 PM**

#### PLAY & LEARN

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<tr>
<th>Ages 5 - 7</th>
<th>MON - JULY 22</th>
<th>TUES - JULY 23</th>
<th>WED - JULY 24</th>
<th>THURS - JULY 25</th>
<th>FRI - JULY 26</th>
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</thead>
<tbody>
<tr>
<td><strong>MAD SCIENCE MONDAY: CREEPY CRAWLIES</strong>&lt;br&gt;<em>Davis Street Park</em>&lt;br&gt;Learn more about our friendly neighbours! Bugs are all around us, let’s learn about the cool things they do. We’ll go on nature walks and bring our insect viewers and see what we can find.&lt;br&gt;$33 00012663</td>
<td><strong>BACK YARD BBQ</strong>&lt;br&gt;<em>Lions Park</em>&lt;br&gt;We have a million and one backyard BBQ games to keep you tossing, rolling, running and chasing FUN! Ride our 75 foot waterslide. Enjoy a Hotdog and watermelon BBQ Thursday.&lt;br&gt;$98 / 3 days 00012668</td>
<td><strong>ART: CREATE WITH NATURE</strong>&lt;br&gt;<em>Davis Street Park</em>&lt;br&gt;Get inspired collecting natural objects on a walk and enjoy making creations unique to you.&lt;br&gt;$33 00012730</td>
<td><strong>UN-BIRTHDAY</strong>&lt;br&gt;<em>Lions Park</em>&lt;br&gt;We’ll pretend it’s your birthday and celebrate all day.&lt;br&gt;$33 00012663</td>
<td><strong>BACK YARD BBQ</strong>&lt;br&gt;<em>Lions Park</em>&lt;br&gt;We have a million and one backyard BBQ games to keep you tossing, rolling, running and chasing FUN! Ride our 75 foot waterslide. Enjoy a Hotdog and watermelon BBQ Thursday.&lt;br&gt;$98 / 3 days 00012727</td>
<td><strong>DISCOVER SOMETHING GROSS AND GOOEY</strong>&lt;br&gt;<em>Lakeside Park Beach Building</em>&lt;br&gt;Squish and ooze your way through the day with slimy – gooey games that will make you howl with laughter.&lt;br&gt;$33 00012731</td>
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#### EXPLORER

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<thead>
<tr>
<th>Ages 7 - 10</th>
<th>MON - JULY 22</th>
<th>TUES - JULY 23</th>
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<th>THURS - JULY 25</th>
<th>FRI - JULY 26</th>
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<tr>
<td><strong>EXPLORE PADDLING &amp; ADVANCED SAILING</strong>&lt;br&gt;<em>Lakeside Park Beach Building</em>&lt;br&gt;Learn basic Paddling skills in a fun – inclusive environment each morning. Enjoy beach and park games during breaks. In the afternoon, advance your previous experience and love for sailing with new challenges.&lt;br&gt;$144 / 4 days 00012665</td>
<td><strong>RAD RECYCLING</strong>&lt;br&gt;<em>Drop-off: Civic Centre – Upstairs Studio, Vernon St.</em>&lt;br&gt;We’ll recycle fun everyday! Use materials that are old and new to create art, play games and more. You won’t believe what have in store for you.&lt;br&gt;$98 / 3 days 00012727</td>
<td><strong>PADDLE &amp; TIE DYE</strong>&lt;br&gt;<em>Lakeside Park Beach Building</em>&lt;br&gt;Go for a paddling adventure. Bring a 100% white cotton t-shirt to create your tie Dye masterpiece.&lt;br&gt;$36 00012732</td>
<td><strong>SKATEBOARD/SCOOTER + BEACH PARTY</strong>&lt;br&gt;<em>Meet: Art Gibbons Skate Park – Rosemont&lt;br&gt;Pick-up: Lakeside Park Beach Building</em>&lt;br&gt;Shred on your wheels in the morning. Cool off at Lakeside Park playing games on the beach, riding the 75 foot water slide and more.&lt;br&gt;$36 00012666</td>
<td><strong>ULTIMATE CARDBOARD CONSTRUCTION</strong>&lt;br&gt;<em>Lakeside Park – Beach</em>&lt;br&gt;Work together to create a neighborhood of fun buildings, cars, towers and more in the park.&lt;br&gt;$33 00012733</td>
<td><strong>ART EXPLORATION &amp; SAILING – SKILL BUILDING</strong>&lt;br&gt;<em>Lakeside Park Beach Building</em>&lt;br&gt;Let your mind expand with art that is abstract. Improve your sailing skills in the afternoon.&lt;br&gt;$36 00012734</td>
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#### ADVENTURE

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<th>MON - JULY 22</th>
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<td><strong>SKATEBOARD/SCOOTER + WET &amp; WILD BEACH PARTY</strong>&lt;br&gt;<em>Meet: Art Gibbons Skate Park – Rosemont&lt;br&gt;Pick-up: Lakeside Park Beach Building</em>&lt;br&gt;Ride the Rosemont Skate Park in the morning. Head to Lakeside Park to cool off for the afternoon. Helmet required and lace up shoes.&lt;br&gt;$106 / 3 days 00012729</td>
<td><strong>BACK YARD BBQ</strong>&lt;br&gt;<em>Lions Park</em>&lt;br&gt;We have a million and one backyard BBQ games to keep you tossing, rolling, running and chasing FUN! Ride our 75 foot waterslide. Enjoy a Hotdog and watermelon BBQ Thursday.&lt;br&gt;$98 / 3 days 00012728</td>
<td><strong>ART EXPLORATION &amp; SAILING – SKILL BUILDING</strong>&lt;br&gt;<em>Lakeside Park Beach Building</em>&lt;br&gt;Let your mind expand with art that is abstract. Improve your sailing skills in the afternoon.&lt;br&gt;$36 00012734</td>
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## WEEK 5: JULY 29 - AUGUST 2
8:00 AM - 5:00 PM

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<tr>
<td><strong>ART: BIG AND BOLD</strong>&lt;br&gt;<em>Lakeside Park Beach Building</em>&lt;br&gt;Work together to create art that is bigger than your kitchen table. Decorate a tree and hang your art in the wind to celebrate summer.&lt;br&gt;$33 00012735</td>
<td><strong>OLYMPIC WEEK</strong>&lt;br&gt;<em>Lakeside Park Beach Building</em>&lt;br&gt;Celebrate team Canada in this Olympic style summer camp! Participate in a variety of activities to see if you have what it takes to be a Lakeside Olympic medalist!&lt;br&gt;$98 / 3 days 00012738</td>
<td><strong>SMASH! BOOM! FIZZLE! AND FOAM PARTY</strong>&lt;br&gt;<em>Lakeside Park Beach Building</em>&lt;br&gt;Make a mess playing games that are exploding with fun. Your parents wouldn’t let you do this at home so don’t miss this opportunity to join the fun. Finish the day with a foam party.&lt;br&gt;$33 00012753</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>BEACH PARTY &amp; BIKE RODEO</strong>&lt;br&gt;<em>Lakeside Park Beach Building</em>&lt;br&gt;Ride our bike rodeo course to work on stopping, starting, turning and balance. Decorate your bike for a parade and ride through our bike wash. Finish the day playing games on the beach and in the park.&lt;br&gt;$33 00012736</td>
<td><strong>SUPER HEROS</strong>&lt;br&gt;<em>Davis Street Park</em>&lt;br&gt;We’ll create a unique super hero that is all about YOU! Each day we’ll work on dressing up, acting out and playing games that use your new super powers.&lt;br&gt;$98 / 3 days 00012739</td>
<td><strong>FUNKY FRIDAY HAWAIIAN LUAU</strong>&lt;br&gt;<em>Lions Park</em>&lt;br&gt;Limbo with us to funky beach music, play pass the coconut and learn a hoola-hoop luau dance.&lt;br&gt;$33 00012754</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>OLYMPIC WEEK + SAILING</strong>&lt;br&gt;<em>Lakeside Park Beach Building</em>&lt;br&gt;Receive tips to improve your boat handling, agility and speed. Previous intro to sailing recommended. Celebrate team Canada in this Olympic style summer camp each afternoon.&lt;br&gt;$144 / 4 days 00012742</td>
<td><strong>OLYMPIC WEEK</strong>&lt;br&gt;<em>Lakeside Park Beach Building</em>&lt;br&gt;Celebrate team Canada in this Olympic style summer camp! Participate in a variety of activities to see if you have what it takes to be a Lakeside Olympic medalist!&lt;br&gt;$98 / 3 days 00012740</td>
<td><strong>PADDLE PARTY &amp; NATURAL ART</strong>&lt;br&gt;<em>Lakeside Park Beach Building</em>&lt;br&gt;Party your way through the morning. Use your imagination to create a natural art master piece in the afternoon.&lt;br&gt;$36 00012755</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>COTTONWOOD LAKE PADDLE &amp; GREAT NORTHERN TRAIL RIDE</strong>&lt;br&gt;<em>Drop-off: Cottonwood Lake&lt;br&gt;Pick-up: Lions Park</em>&lt;br&gt;Non-stop fun starting with a peaceful paddle to explore Cottonwood Lake. Ride your bike to Lions park and cool off in the spray park. Bring your bike, helmet, shoes for riding.&lt;br&gt;$36 00012737</td>
<td><strong>TAGHUM BEACH PADDLE ADVENTURE</strong>&lt;br&gt;<em>Taghum Beach Regional Park</em>&lt;br&gt;Join us for this fun filled skill building program including: tarp shelters, trip safety and team building. Work on paddle rescue skills on the water.&lt;br&gt;$106 / 3 days 00012751</td>
<td><strong>SAILING – ADVANCED</strong>&lt;br&gt;<em>Lakeside Park Beach Building</em>&lt;br&gt;Receive tips to improve your boat handling, agility and speed. Previous intro to sailing recommended.&lt;br&gt;$36 00012760</td>
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</tbody>
</table>

Register online at www.rdck.ca
## PLAY & LEARN
### Ages 5 - 7

<table>
<thead>
<tr>
<th>Mon - Aug 5</th>
<th>Tues - Aug 6</th>
<th>Wed - Aug 7</th>
<th>Thurs - Aug 8</th>
<th>Fri - Aug 9</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BEACH PARTY &amp; BIKE RODEO</strong>&lt;br&gt;Lakeside Park Beach Building&lt;br&gt;Ride our bike rodeo course to work on stopping, starting, turning and balance. Decorate your bike for a parade and ride through our bike wash. Finish the day playing games on the beach and in the park.&lt;br&gt;$98 / 3 days 00012761</td>
<td><strong>WATER GAMES AND SANDCASTLE BUILDING</strong>&lt;br&gt;Lakeside Park Beach Building&lt;br&gt;Start the day off by building the sand castle of your dreams and finish the day cooling off in the sun by having a wild and wacky water fight!&lt;br&gt;$33 00012766</td>
<td><strong>KOOTENAY CARNIVAL - SPRAY PARK FUN</strong>&lt;br&gt;Lions Park&lt;br&gt;Get your face painted, win prizes and make a carnival treat.&lt;br&gt;$98 / 3 days 00012762</td>
<td><strong>FUNKY FRIDAY FIESTA</strong>&lt;br&gt;Lakeside Park Beach Building&lt;br&gt;Piñatas, pin the tail on the donkey, dance party and quesadilla snack.&lt;br&gt;$33 00012767</td>
<td><strong>OBSTACLE COURSES, GAMES</strong>&lt;br&gt;Lakeside Park Beach Building&lt;br&gt;Create obstacle courses with all types of equipment and our gigantic 75 ft. water slide! Perfect flying objects that you’ll use for carnival style games to win prizes.&lt;br&gt;$98 / 3 days 00012763</td>
</tr>
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</table>
## WEEK 7: AUGUST 12 - 16

8:00 AM - 5:00 PM

### PLAY & LEARN

#### AGES 5 - 7

<table>
<thead>
<tr>
<th>Monday, Aug 12</th>
<th>Tuesday, Aug 13</th>
<th>Wednesday, Aug 14</th>
<th>Thursday, Aug 15</th>
<th>Friday, Aug 16</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SPACE TRAVELER</strong>&lt;br&gt; <em>Davis Street Park</em>&lt;br&gt; Discover the wonders of the universe with crafty projects, stories and more.</td>
<td><strong>NEVER ENDING SUMMER MADNESS</strong>&lt;br&gt; <em>Lakeside Park Beach Building</em>&lt;br&gt; Do all your favorite summer activities this week. We’ll try to make the biggest mess possible playing games like toilet paper toss and finger and toe painting.</td>
<td><strong>UN - BIRTHDAY PARTY</strong>&lt;br&gt; <em>Lions Park</em>&lt;br&gt; Don’t you wish everyday was your birthday? Join us for birthday games, create birthday treats and play hilarious birthday games.</td>
<td><strong>ANIMAL ADVENTURES + SAIL INTRO</strong>&lt;br&gt; <em>Lakeside Park Beach Building</em>&lt;br&gt; Games, activities and crafts to make your roar! Connect and learn about different animals from around the world each day. Learn basic sailing skills each afternoon.</td>
<td><strong>SPORTS, GAMES AND BIKE RODEO</strong>&lt;br&gt; <em>Lakeside Park Beach Building</em>&lt;br&gt; Game on! We’ll throw, toss, kick and run our way through the day. Bring your bike and helmet for a rip roaring good time learning basic bike handling skills.</td>
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<tr>
<td>$33 00012790</td>
<td>$98 / 3 days 00012797</td>
<td>$33 00012802</td>
<td>$106 / 3 days 00012798</td>
<td>$33 00012804</td>
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<tr>
<td><strong>KOOTENAY CIRCUS CARNIVAL</strong>&lt;br&gt; <em>Lakeside Park Beach Building</em>&lt;br&gt; Win prizes, make animal balloons, walk on stilts, try our our slack line, paint your face and make delicious carnival treats and more.</td>
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<td>$33 00012793</td>
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#### AGES 7 - 10

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<th>Wednesday, Aug 14</th>
<th>Thursday, Aug 15</th>
<th>Friday, Aug 16</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FARM ANIMALS</strong>&lt;br&gt; <em>Lakeside Park Beach Building</em>&lt;br&gt; Get funky with farm animals. We’ll read stories, create fantastic farm crafts and pig out on a homemade snack.</td>
<td><strong>ART &amp; FOREST FUN</strong>&lt;br&gt; <em>Davis Street Park</em>&lt;br&gt; Explore the woods and creek nearby Davis Street Park stopping to create artwork using a combination of items you gather and traditional art supplies. Plus we’ll keep the action high with your favorite summer activities.</td>
<td><strong>UN - BIRTHDAY PARTY + ADVANCED SAILING</strong>&lt;br&gt; <em>Lakeside Park Beach Building</em>&lt;br&gt; Don’t you wish everyday was your birthday? Join us for birthday games, create birthday treats and play hilarious birthday games. Increase your sailing skills in the afternoon.</td>
<td><strong>SKATEBOARD/SCOOTER + SILLY SCIENCE</strong>&lt;br&gt; <strong>Meet: Art Gibbons Skate Park – Rosemont</strong>&lt;br&gt; <strong>Pick-up: Lakeside Park Beach Building</strong>&lt;br&gt; Enjoy riding the park, bring your board/scooter and helmet. Participate in silly science experiments that will be messy and bring a smile to your face.</td>
<td><strong>TAGHUM BEACH PADDLE ADVENTURES</strong>&lt;br&gt; Join us for this fun filled skill building program including: tarp shelters, trip safety and team building. Work on paddle rescue skills on the water.</td>
</tr>
<tr>
<td>$33 00012795</td>
<td>$98 / 3 days 00012799</td>
<td>$36 00012805</td>
<td>$106 / 3 days 00012800</td>
<td>$36 00012806</td>
</tr>
<tr>
<td><strong>EXPLORE PADDLING &amp; SAILING</strong>&lt;br&gt; <em>Lakeside Park Beach Building</em>&lt;br&gt; Go for a paddling adventure. Water sports galore. Improve your sailing skills in the afternoon.</td>
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<tr>
<td>$36 00012796</td>
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#### AGES 10 - 13

<table>
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<tr>
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<th>Tuesday, Aug 13</th>
<th>Wednesday, Aug 14</th>
<th>Thursday, Aug 15</th>
<th>Friday, Aug 16</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PADDLE ADVENTURES + EVERYTHING SUMMER</strong>&lt;br&gt; <em>Lakeside Park</em>&lt;br&gt; Explore the shores around Lakeside Park on paddle adventures each am. Get your favorite summer activities out of the way before it’s too late, each afternoon.</td>
<td><strong>BABYSITTERS COURSE</strong>&lt;br&gt; <em>Civic Centre – Blue Rm</em>&lt;br&gt; Be prepared to start your first job! Learn how to take care of children under 11yrs old, including child development, first aid situations, activity ideas and snack preparation. Leave the program with a Babysitters Manual, Red Cross Pocket First Aid Kit and official Babysitters Card. Bring a pen, doll or stuffy with arms and legs, lunch, snack and water bottle.</td>
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<tr>
<td>$106 / 3 days 00012801</td>
<td>$58 00012807</td>
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## WEEK 8: AUGUST 19 - 23
8:00 AM - 5:00 PM

### PLAY & LEARN

**AGES 5 - 7**

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Location</th>
<th>Description</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
</table>
| MON - AUG 19 | **RAINBOW OF FUN**  
Lakeside Park Beach Building  
Get ready to have an amazing day dancing, creating colorful art and singing songs that make you smile. The park will come alive with you and your friends. | $33 00012809 | |
| TUE - AUG 20 | **SMASH! BOOM! FIZZLE! AND FOAM PARTY**  
Lakeside Park Beach Building  
Make a mess playing games that will result in laughs and create big thrills. Your parents wouldn’t let you do this at home so don’t miss this opportunity to join the fun. Finish the week with a foam party. | $98 / 3 days 00012814 | |
| WED - AUG 21 | **BIKE RODEO & WACKY WILD WATER CARNIVAL**  
Lions Park  
Bring your bike and helmet to practice your stopping, starting and cornering skills in a fun carnival atmosphere. Everyone will win a prize. We’ll create masks and clown around | $33 00012809 | |
| THU - AUG 22 | **DINOS, DRAGONS AND BEASTS**  
Davis Street Park  
Bring your favorite dino roar for three days of beastly fun times with your friends. We’ll muck around in the woods, too. | $98 / 3 days 00012816 | |
| FRI - AUG 23 | **BEACH PARTY CONSTRUCTION + SAIL INTRO**  
Lakeside Park Beach Building  
Learn basic sailing skills before setting out to play some organized games in the park and on the beach each afternoon. | $36 00012824 | |

### EXPLORER

**AGES 7 - 10**

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Location</th>
<th>Description</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
</table>
| MON - AUG 19 | **SKATEBOARD SCOOTER AND TIE DYE**  
Meet: Art Gibbons Skate Park – Rosemont  
Pick-up: Lakeside Park Beach Building  
Bring your skateboard/scooter and helmet to ride the park. Create your own rad tie dye t-shirt in the afternoon.  
Bring a 100% white cotton t-shirt. | $36 00012810 | |
| TUE - AUG 20 | **PADDLE AND BEACH PARTY CONSTRUCTION**  
Lakeside Park Beach Building  
Ride and play on our new fleet of youth stand up paddle boards, kayaks, skim boards in a party style atmosphere. Use a variety of tubes, toys and more to construct and experiment with gravity, floating objects and water flow. | $106 / 3 days 00012818 | |
| WED - AUG 21 | **MAD SCIENCE: EXPLORE FLUIDS**  
Lakeside Park Beach Building  
Observe the characteristics of fluids of different densities interacting and the effect of temperatures on fluids. | $33 00012825 | |
| THU - AUG 22 | **ART: DESIGN IT**  
Lakeside Park Beach Building  
Patterns, Original Designs, Printmaking, Jewelry, Weaving and more... | $98 / 3 days 00012820 | |
| FRI - AUG 23 | **TAGHUM BEACH PADDLE ADVENTURES**  
Join us for this fun filled skill building program including: tarp shelters, trip safety and team building. Work on paddle rescue skills on the water. | $36 00012811 | |

### ADVENTURE

**AGES 10 - 13**

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Location</th>
<th>Description</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
</table>
| MON - AUG 19 | **SPORTS, GAMES +ADVANCED SAILING**  
Play kick ball, pickle ball and more each morning. Advance your sailing skills in the afternoon. | $144 / 4 days 00012813 | |
| TUE - AUG 20 | **ART – ANIMAL PLANET**  
Lions Park  
From the tallest to the smallest, we will play, paint, build and learn all about our favorite animals! | $33 00012826 | |

Register online at www.rdck.ca
### WEEK 9: AUGUST 26 – 30
8:00 AM – 5:00 PM

<table>
<thead>
<tr>
<th>MON - AUG 26</th>
<th>TUE - AUG 27</th>
<th>WED - AUG 28</th>
<th>THU - AUG 29</th>
<th>FRI - AUG 30</th>
</tr>
</thead>
</table>
| **PLAY & LEARN**
   **AGES 5 - 7**
   **MAD SCIENCE: VOLCANOES**
   *Lakeside Park Beach Building*
   We’ll work together to build a volcano and watch it explode! Where does lava come from? How many types of volcanoes are there? $33 00012827 |
| **END OF SUMMER MADNESS**
   *Lakeside Park Beach Building*
   We’ll finish the summer with all your favorite games and activities. Hot Dog and Watermelon picnic Thursday. $98 / 3 days 00012830 |
| **KOOTENAY SAFARI**
   *Lakeside Park Beach Building*
   Learn about animals in our area both domestic and wild. Enjoy stories of local species in danger. Paint your face to act out your favorite animal. $33 00012833 |
| **EXPLORE**
   **AGES 7 - 10**
   **HAWAIIAN LUAU**
   *Lakeside Park Beach Building*
   Limbo with us, make a Lai to wear, play pass the coconut and learn a hoola-hop luau dance. $33 00012828 |
| **WILD WEST ADVENTURE**
   *Lakeside Park Beach Building*
   Get the last of your sillies out with activities that will make you hoot and holler! Creating a cowboy or cowgirl hat to join the square dance. Make cactus artwork. Have a potato sack race. Pan for Gold. And eat some sweet grub you cooked up with your posse. $98 / 3 days 00012831 |
| **PADDLE + END OF SUMMER CELEBRATION**
   *Lakeside Park Beach Building*
   End your summer on the water with fun paddling games. Play in the park to end the day. We’ll break out all your favorite games from summer. $36 00012834 |
| **ADVENTURE**
   **AGES 10 - 13**
   **PADDLE ADVENTURE – WET & WILD BEACH PARTY**
   *Lakeside Park Beach Building*
   Finish the summer using your favorite paddling equipment each day. Every afternoon we’ll ride the 75 foot waterslide, play our favorite summer games on the beach or in the park. Hot dog and watermelon BBQ on Thursday. $106 / 3 days 00012832 |

Register online at www.rdck.ca
## Swim Lessons

### Registration Note for Parents

Please be advised that it is the responsibility of the parent/guardian to register children in the correct level of our swim program. Instructors assess all students on the first day of lessons to ensure that they have been placed correctly. In the event that a child has not been placed correctly, s/he may be permitted to transfer to an alternate level, based on program availability, at the discretion of the aquatic staff. If no spots are available in an appropriate level, the child may be withdrawn from the program at the discretion of the aquatic staff for safety reasons.

### Not sure which level to register in?

If you’re unsure what level your child should be registered in or it has been over a year since their last session, drop by for a FREE evaluation. One of our qualified instructors will assess your child and recommend the appropriate Red Cross level for enrollment.

### Cancelled Classes:

A minimum of 48 hours before a class starts, lessons may be cancelled where there is insufficient registration. We will attempt to find space in the next available class or issue a full refund.

### Waitlists:

If the class you want is full, get on the waitlist! Classes with waitlists may replace any classes that have been cancelled.

### Combined classes:

Combined classes are being offered in an effort to offer a greater variety of class time options to families. In order to avoid cancelling a class, we may be required to move your child to another time in order to combine 2 classes with low enrollment.

### Program fees:

Program fees cover access to the NDCC facility for participation in the program only on the dates and time listed. Parents/guardians are welcome to watch their children participate in a program; however, program fees do not include parental/guardian use of the facility before during or after their program. Individuals wishing to use the NDCC before or after their program will be required to pay admission and wear a wristband if pool space permits.

### Free Lessons Assessments

Before you register, we can assess your child at no extra charge. Just ask the lifeguard. The assessment may take up to 15 minutes depending on swim level.
# Swim Lesson Schedules

## JULY 2 - JULY 12  
**MORNINGS: TUESDAY – FRIDAY**

<table>
<thead>
<tr>
<th>Time</th>
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<th>Group</th>
<th>Code</th>
<th>Group</th>
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</thead>
<tbody>
<tr>
<td>9:00 am</td>
<td>Water Babies</td>
<td>00011243</td>
<td>Salamander</td>
<td>00011248</td>
<td>Swim Kids 2</td>
<td>00011255</td>
</tr>
<tr>
<td>9:30 am</td>
<td>Sea Otter</td>
<td>00011244</td>
<td>Swim Kids 1</td>
<td>00011252</td>
<td>PSD</td>
<td>00011258</td>
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<tr>
<td>10:00 am</td>
<td>Sea Otter</td>
<td>00011245</td>
<td>Salamander</td>
<td>00011249</td>
<td>PSD</td>
<td>00011259</td>
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<tr>
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<td>Salamander</td>
<td>00011247</td>
<td>Swim Kids 2</td>
<td>00011254</td>
<td>Swim Kids 1</td>
<td>00011253</td>
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<tr>
<td>11:00 am</td>
<td>Sunfish</td>
<td>00011250</td>
<td>Sea Otter</td>
<td>00011246</td>
<td>PSD</td>
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<td>00011251</td>
<td>Swim Kids 3</td>
<td>00011256</td>
<td>PSD</td>
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## JULY 16 - JULY 26  
**AFTERNOONS: TUESDAY – FRIDAY**

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<td>00011548</td>
<td>Swim Kids 6</td>
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<td>Sea Otter</td>
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<td>Swim Kids 2</td>
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<td>Swim Kids 1</td>
<td>00011549</td>
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<td>Swim Kids 4</td>
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<td>Swim Kids 5</td>
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<td>Swim Kids 7,8,9,10</td>
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<td>3:00 pm</td>
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<td>00011554</td>
<td>Swim Kids 7,8,9,10</td>
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## JULY 30 - AUGUST 9  
**MORNINGS: TUESDAY – FRIDAY**

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<td>Swim Kids 2</td>
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<td>Sunfish</td>
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<td>Sea Otter</td>
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## AUGUST 13 - AUGUST 23  
**AFTERNOONS: TUESDAY – FRIDAY**

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<td>Swim Kids 1</td>
<td>00011583</td>
<td>Swim Kids 6</td>
<td>00011588</td>
<td>PSD</td>
<td>00011592</td>
</tr>
<tr>
<td>1:30 pm</td>
<td>Sea Otter</td>
<td>00011584</td>
<td>Swim Kids 2</td>
<td>00011589</td>
<td>Swim Kids 1</td>
<td>00011597</td>
</tr>
<tr>
<td>2:00 pm</td>
<td>Swim Kids 3</td>
<td>00011585</td>
<td>Swim Kids 2</td>
<td>00011589</td>
<td>PSD</td>
<td>00011594</td>
</tr>
<tr>
<td>2:30 pm</td>
<td>Salamander</td>
<td>00011586</td>
<td>Swim Kids 4</td>
<td>00011590</td>
<td>PSD</td>
<td>00011595</td>
</tr>
<tr>
<td>3:00 pm</td>
<td>Swim Kids 5</td>
<td>00011587</td>
<td>Swim Kids 7,8,9,10</td>
<td>00011591</td>
<td>PSD</td>
<td>00011596</td>
</tr>
</tbody>
</table>

Register online at www.rdck.ca
**Adapted Swim Class**

Dedicated water safety instructors provide support during one-on-one sessions for those who require special attention by working with the person’s ability, and emphasizing learning at an individual pace. For registration and more details, please call the Head Instructor at 250-354-4386 Ext 5109.

<table>
<thead>
<tr>
<th><strong>SWIM LESSON PRICES</strong></th>
<th><strong>PER LESSON SET</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>25 minute class</td>
<td>$45</td>
</tr>
<tr>
<td>40 minute class</td>
<td>$55</td>
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<tr>
<td>55 minute class</td>
<td>$65</td>
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<table>
<thead>
<tr>
<th><strong>PRIVATE SKILL DEVELOPMENT</strong></th>
<th><strong>8 CLASSES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Person – 25 minutes</td>
<td>$136</td>
</tr>
<tr>
<td>2 People – 25 minutes</td>
<td>$184</td>
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</table>

<table>
<thead>
<tr>
<th><strong>PRIVATE LESSONS</strong></th>
<th><strong>1 LESSON</strong></th>
<th><strong>3+ LESSONS</strong></th>
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</thead>
<tbody>
<tr>
<td>1 person - 25 minutes</td>
<td>$19</td>
<td>$17</td>
</tr>
<tr>
<td>2 people - 25 minutes</td>
<td>$25</td>
<td>$23</td>
</tr>
</tbody>
</table>

Register online at www.rdck.ca
### PRE-REGISTERED FITNESS

#### Youth on Weights

3 – 14 yrs  
NDCC Weight Room

This workshop is designed for youth age 13 – 14 that are interested in learning about 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 machines, gym etiquette, and tips on how to create a safe and balanced program.

Call the NDCC Fitness Programmer at (250) 354 – 4386 (ext 5111) to book your group.

<table>
<thead>
<tr>
<th>2 People</th>
<th>$88 + tax / 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 People</td>
<td>$59 + tax / 3</td>
</tr>
<tr>
<td>4+ People</td>
<td>$44 + tax / 3</td>
</tr>
</tbody>
</table>

### PRE-REGISTERED AQUATICS

#### Junior Lifeguard Club Intensive (JLC)

NDCC Pool  
Lower Multi Purpose Room NDCC  
Pre-Requisites: 9 - 12 years of age

The Junior Lifeguard Club (JLC) offers an action-packed challenge for children aged 9 - 12 years who can swim at least 25m and tread water for 2 minutes. The JLC is designed for children who love the water but want more than “lessons”. In this 2 day intensive training your child will learn about lifesaving and lifeguarding through friendly competition and interactive games. So come and join the club, the Junior Lifeguard Club!

July 23 & 25  
Tuesday, Thursday: 10:30 am – 12:30 pm  
$20 + tax

August 27, 28  
Tuesday, Wednesday: 10:30 am – 12:30 pm  
$20 + tax

Register online at www.rdck.ca
Personal Training

NDCC Weight Room

Personal Training Programs are a one hour, one on one, activity based session designed to assist you in achieving your specific goals. These programs may include, but are not limited to, certain testing protocols specific to the exercise prescription. Whether you want to lose weight, build muscle, learn how to exercise, or rehabilitate after an injury; our Certified Personal Trainers will help encourage, motivate and hold you accountable on the quests for your goals.

New Personal Training clients will be asked to purchase an assessment appointment to meet with one of our Personal Trainers. This allows the trainer to fully understand their needs and goals. An assessment may include a postural analysis, body composition measurements, strength and flexibility testing, cardiovascular and movement pattern testing and body composition measurements. Upon completion of the assessment your trainer will be able to recommend a package to purchase that would best suit your needs.

As part of your ongoing work with your trainer, session time may be used for assessment purposes at the discretion of the trainer.

<table>
<thead>
<tr>
<th>PERSONAL TRAINING PACKAGES</th>
<th>ONE ON ONE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assessment / 1 Session</td>
<td>$54 + tax</td>
</tr>
<tr>
<td>3 X 1 hr Sessions</td>
<td>$154 + tax</td>
</tr>
<tr>
<td>5 X 1 hr Sessions</td>
<td>$244 + tax</td>
</tr>
<tr>
<td>10 X 1 hr Sessions</td>
<td>$469 + tax</td>
</tr>
</tbody>
</table>

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

Anne Gillender
- BCRPA certified Personal Trainer
- BCRPA certified Group Fitness Instructor
- CFES Educator: Fitness Knowledge and Weight Training
- FMS Level 2

Devon Mihalyi
- BCAK practicing Kinesiologist
- FMS Level 1

Jane Reynolds
- BCRPA certified Personal Trainer
- CFES certified Aquatic Fitness Instructor

Marj Haire
- Canfitpro certified Personal Trainer
- Canfitpro certified Group Fitness Instructor
- BCRPA certified in Third Age
- YogaLife Institute certified Yoga Teacher

Morgan Burgess
- CFES Personal Trainer
- CFES Group Fitness Instructor

Shannon Shapovalov
- CFES Personal Trainer
- CFES and BCRPA Group Fitness Instructor
- FMS Level 1
- CanfitPro Children’s Fitness Coach
Small Group Training
Build Your Own

NDCC Weight Room

Small Group Training classes offer you the affordability of hiring a trainer to customize a program based on your group's goals to get you the results you want. Find a mix of 6 people, a day and time that works for you and we will find you a trainer. Have fun and stay motivated exercising under the guidance of one of our qualified Personal Trainers.

For more information please contact the Fitness Programmer at (250) 354-4386 ext. 5111

Why Choose Small Group Training?

• Comradery improves motivation
• Measure Your Improvements
• Progression Based Workouts improve skills
• Smaller Classes means more Individualized feedback from one of our Personal Trainers

Small Group Training Packages

<table>
<thead>
<tr>
<th></th>
<th>3 people</th>
<th>4 people</th>
<th>5 people</th>
<th>6 people</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 sessions*</td>
<td>$214</td>
<td>$164</td>
<td>$139</td>
<td>$114</td>
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<tr>
<td>24 sessions*</td>
<td>$419</td>
<td>$314</td>
<td>$254</td>
<td>$214</td>
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<tr>
<td>36 sessions*</td>
<td>$619</td>
<td>$464</td>
<td>$369</td>
<td>$309</td>
</tr>
</tbody>
</table>

* cost per person + tax
ADULT

PRE-REGISTERED PROGRAMS – FITNESS

**All Levels Welcome**

**HIIT up the Park**
*Lakeside Park*

60 minutes of High Intensity Interval Training that will focus on cardio drills. Muscle conditioning work will be integrated throughout with the use of a variety of equipment and body weight exercises. Let the combination of fresh air, exercise and a motivating instructor start your day off right. Meet at the Paddle Rental Centre.

<table>
<thead>
<tr>
<th>July 3 – July 31</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays &amp; Wednesdays</td>
</tr>
<tr>
<td>6:00 – 7:00 am</td>
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<tr>
<td>$84 + tax / 9</td>
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<table>
<thead>
<tr>
<th>August 7 – August 28</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays &amp; Wednesdays</td>
</tr>
<tr>
<td>6:00 – 7:00 am</td>
</tr>
<tr>
<td>$64 + tax / 7</td>
</tr>
</tbody>
</table>

**Beginner**

**S.W.A.T.**
*NDCC Weight Room*

If Strength, Weight loss and Toning are your goals, then check this out. This class is planned outside regular facility hours to help facilitate a less intimidating introduction into the weight room. Gain the skills and knowledge you need through the guidance of a personal trainer to workout confidently and safely on your own during regular hours.

<table>
<thead>
<tr>
<th>July 7 – August 25</th>
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</thead>
<tbody>
<tr>
<td>Sundays: 9:00 – 10:00 am</td>
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<tr>
<td>$79 + tax / 7</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>July 5 – August 23</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fridays: 6:30 – 7:30 am</td>
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<tr>
<td>$69 + tax / 8</td>
</tr>
</tbody>
</table>

**All Levels Welcome**

**Spin and Sculpt**
*NDCC Studio*

The best of both words! A fast paced, fat burning, spin cardio session with a resistance training finisher to tone and tighten your upper body. Let the motivating tunes and energetic instructor push you to the next level.

<table>
<thead>
<tr>
<th>July 5 – August 23</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fridays: 6:30 – 7:30 am</td>
</tr>
<tr>
<td>$69 + tax / 8</td>
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</table>

Register online at www.rdck.ca
<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Full Body Barbell</td>
<td>6:00 – 7:00 am</td>
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<td></td>
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<tr>
<td></td>
<td></td>
<td>HIIT up the Park</td>
<td>6:00 – 7:00 am</td>
<td>Spin and Sculpt</td>
<td>6:30 - 7:30 am</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>HIIT up the Park</td>
<td>6:00 – 7:00 am</td>
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<tr>
<td></td>
<td></td>
<td>Circuit</td>
<td>7:15 – 8:15 am</td>
<td>Circuit</td>
<td>7:15 – 8:15 am</td>
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<tr>
<td></td>
<td></td>
<td>Circui</td>
<td>8:00 – 9:00 am</td>
<td>Step</td>
<td>8:00 - 9:00 am</td>
<td></td>
</tr>
<tr>
<td>SWAT</td>
<td>Step</td>
<td>Total Barre™</td>
<td>9:15 – 10:15 am</td>
<td>Cycle Fusion</td>
<td>9:15 –10:15 am</td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td>Parent and Baby</td>
<td>Hatha Flow Yoga</td>
<td>10:30 – 11:30 am</td>
<td>Hatha Flow Yoga</td>
<td>10:30 – 11:45 am</td>
<td></td>
</tr>
<tr>
<td>Morning Yoga</td>
<td>10:30 - 12:00 pm</td>
<td>Hatha Flow Yoga</td>
<td>10:30 – 11:45 am</td>
<td>Hatha Flow Yoga</td>
<td>10:30 – 12:00 pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Balance and Mobility</td>
<td>10:30 – 11:30 am</td>
<td>Dynamic Yoga</td>
<td>7:15 – 8:15 am</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Core Express</td>
<td>12:10 – 12:55 pm</td>
<td>Step</td>
<td>12:10 – 12:55 pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chair Yoga</td>
<td>1:30 – 2:30 pm</td>
<td>60’s Dance Party</td>
<td>1:30 – 2:30 pm</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>Core Cycle</td>
<td>5:15 - 6:15 pm</td>
<td>Step</td>
<td>5:15 – 6:15 pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Triple Threat</td>
<td>5:15 – 6:15 pm</td>
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<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Classical Hatha Yoga</td>
<td>6:30 - 7:45 pm</td>
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</tbody>
</table>

* Age requirement is 13yrs old

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

# AQUATIC FITNESS CLASS SCHEDULE

**JULY 2 - AUGUST 31 - No Class July 1, August 5**

<table>
<thead>
<tr>
<th>SUN</th>
<th>MONDAY</th>
<th>TUE</th>
<th>WEDNESDAY</th>
<th>THUR</th>
<th>FRIDAY</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Total Body Conditioning</strong>&lt;br&gt;8:00 – 9:00 am</td>
<td></td>
<td><strong>Step &amp; Strength</strong>&lt;br&gt;9:00 – 10:00 am</td>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td><strong>Senior Swim</strong>&lt;br&gt;9:30 - 10:30 am</td>
<td></td>
<td><strong>Cardio Tone</strong>&lt;br&gt;10:30 – 11:30 am</td>
<td></td>
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<tr>
<td></td>
<td><strong>Cardio Tone</strong>&lt;br&gt;10:30 – 11:30 am</td>
<td></td>
<td><strong>Gentle Joints</strong>&lt;br&gt;12:00 – 12:45 pm</td>
<td></td>
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</table>

## DROP IN PROGRAMS, GENERAL ADMISSION – AQUATIC FITNESS

### Seniors Swim
**NDCC Deep Pool**

Drop in Senior Swim Time Provides two instructors who can work with you to accomplish whatever goals you have. Whether you are brand new to swimming, have fear around water, reacquainting yourself to the pool after surgery, neurological challenges, or it’s just been awhile since you’ve swum. We welcome you to come to a designated time where you will have the assistance of our knowledgeable swimming instructors who will help keep you safe and supported.

- **July 2 – August 30**<br>  Mondays: 9:30 – 10:30 am<br>  No Class August 5

### Total Body Conditioning
**NDCC Shallow End of Deep Pool**

This shallow water class will give you a total body workout including cardio and resistance training for all of the major muscle groups. Explore new formats and movement patterns to challenge your body in a new way. Come see what the water can do for you.

- **July 2 – August 30**<br>  Mondays: 8:00 – 9:00 am<br>  No Class August 5

### Gentle Joints
**NDCC Shallow Pool**

This low impact, lower intensity shallow water workout focuses on functional strength, range of motion, balance and fun.

- **July 2 – August 30**<br>  Wednesdays, Fridays: 12:00 – 12:45 pm

### Step & Strength
**NDCC Shallow End of Deep Pool**

Using a variety of equipment, step patterns, conditioning drills and interval training, this class will deliver a high intensity workout to achieve muscular tone and balance.

- **July 2 – August 30**<br>  Wednesdays: 9:00 – 10:00 am

Register online at www.rdck.ca
### 60’s Dance Party
**NDCC Studio**
Have Fun! Get Fit! Improve strength, balance, co-ordination and heart health while moving to the groovy tunes of the 60’s and 70’s.

**Wednesdays 1:30 - 2:30 pm**

### Balance and Mobility
**NDCC Studio**
Balance and mobility are important components of maintaining our independence as we age. This drop in class provides both seated and standing exercises to help you improve your balance, strength and mobility in a fun, encouraging atmosphere.

**Wednesdays 10:30 - 11:30 am**

### Barre Fitness
**NDCC Studio**
Music, choreography, exercise and correct biomechanics of movement will be the focus of this safe and fun barre class. Allow the power of music to help you focus in on increasing strength, flexibility, stamina and dynamic stability. This is truly a program geared for everyone – core stability and functional strength are the primary focus!

**Fridays 12:10 – 12:55 pm**

### Body Sculpt
**NDCC Studio**
Expect to use a variety of proven sculpting tools—step, stability balls, dumbbells, bands—to tone all 360 degrees of your body. The workout rolls from exercise to exercise without a break using different equipment so you never burn out one muscle group or get bored.

**Mondays 12:10 – 12:55 pm**

### Circuit Training
**NDCC Weight Room**
Challenge yourself to this 60 minute circuit class in the weight room led by one of our NDCC weight trainers. All levels of fitness welcome!

- **Monday 8:00 – 9:00 am**
- **Tuesday 7:15 –8:15 am**
- **Wednesday 8:00 – 9:00 am**
- **Thursday 7:15 – 8:15 am**

### Core Cycle
**NDCC Studio**
This 60 minute class is designed to strengthen your body in more ways than one that will fit into any fitness regime. Starting on the bike with a combination of drills focusing on speed, endurance and power then moving off the bike for core specific training. A great class to leave you feeling stronger, faster and fitter!

**Tuesday 5:15 – 6:15 pm**

### Core Xpress
**NDCC Studio**
Using a variety of conditioning techniques and movements to target your abdominal and back muscles this class will improve your core stability, posture, strength and flexibility. Stand taller, feel stronger! Equipment and formats will vary.

**Wednesdays 12:10 – 12:55 pm**

### Cycle Fusion
**NDCC Studio**
This fusion session is the perfect hybrid of cardio and strength. Starting on the bike with a combination of drills to get your heart pumping ending with a full body strength workout. Simple! Effective! Worth it! Gym shoes required for this class.

**Thursdays 9:15 – 10:15 am**

### Exercise and Socialize
**Arena Concourse**
This self directed walking based class is designed with flexibility in mind. Your “Working Your Way to a Healthier You” program will be available if you have one, or our Instructor will be available to assist with exercise technique, equipment use and suggested exercises and modifications. Start time is flexible. Arrive and leave anytime that works for you.

**Fridays 8:30 – 10:00 am**

### Full Body Barbell
**NDCC Studio**
Experience a different way to train with barbells in this ultimate endurance class. This class targets all the major muscle groups and encourages a major caloric expenditure using light weights and high reps to increase muscle tone. Cardio intervals may be incorporated throughout.

**Mondays 5:15 – 6:15 pm**
**Tuesdays 6:00 – 7:00 am**
**Fridays 9:15 – 10:15 am**
HIIT360  
NDCC Studio
Plyometric cardio intervals are the heart of this class. We will include consistent variety to keep you challenged. Bands, balls, bodyweight exercises and balance training will round this class out. Sweat and FUN are on the agenda!

Wednesday 9:15 – 10:15 am

Parent and Baby Fitness  
NDCC Studio  
(parents and babies 6 wks to 18 mos old)
Meet other new parents, get fit and have fun. Parent and baby class includes cardiovascular and functional strength training. Work on regaining your strength and agility so you can chase after your little one.

Monday 10:30 – 11:30 am

Step  
NDCC Studio
This is a great class to get that heart rate up and have some fun! If you like traditional step – this is the class for you. Choreographed step patterns with a core finisher will leave you feeling invigorated.

Monday 9:15 - 10:15 am  
Wednesday 5:15 – 6:15 pm  
Thursday 12:10 – 12:55 pm  
Friday 8:00 – 9:00 am

Rear ‘N’ Gear  
NDCC Studio
Rear ‘n’ gear uses a circuit training approach that includes the use of different equipment and total body exercises to strengthen and shape your posterior chain.

Tuesday 12:10 - 12:55 pm

Total Barre™  
NDCC Studio
This fun barre class is designed to improve strength, flexibility, stamina and dynamic stability through the essence of dance, Pilates and strength training. You will use light weights, balls, bands and choreographed movement to develop better coordination, balance and control. No dance experience required.

Tuesday 9:15 – 10:15 am

Triple Threat!  
NDCC Studio
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!

Thursday 5:15 – 6:15 pm  
Saturday 9:15 – 10:15 am

Chair Yoga  
NDCC Studio
Participants will be practicing breathing exercises (Pranayamas), Sun Salutation and gentle variations of yogic postures (asanas) on, and with the support of a chair. This soft practice helps to bring vitality back to the body and mind, gently improving strength, mobility, flexibility and circulation.

Tuesday 1:30 – 2:30 pm

Classical Hatha Yoga  
NDCC Studio
This class focuses on breath work to calm the mind and sustain our postures. We move through slowly and deeply, with long holds to give time to fully surrender. Inspiration is drawn from Baba Hari Dass and other yogis. Some experience of asana and pranayama is recommended.

Monday, Wednesday 6:30 – 7:45 pm

Dynamic Yoga  
NDCC Studio
If you don’t have time to do it all you will simply love this class. Dynamic Yoga uses basic yoga movements with a touch of fitness to improve your heart health, muscle tone and flexibility. This class will leave you in a relaxed state of mind, ready to take on your day.

Friday 10:30 – 11:30 am

Hatha Flow Yoga  
NDCC Studio
Hatha Flow Yoga is a moderately-paced class that synchronizes yoga postures with the breath. This fun and uplifting class will build strength, flexibility and balance. You will be encouraged to work at your level, honour your body and limitations in a non-competitive environment.

Tuesday, Thursday 10:30 – 11:45 am  
Saturday 10:30 – 12:00 pm

Sunday Morning Yoga  
NDCC Studio
Move, stretch and awaken your body. This energizing practice moves to the rhythm of the breath; connecting traditional yoga poses to build strength, flexibility and inner focus. The steady paced flow is centered on a sequence of Sun Salutations, incorporating challenge and fun into every well-rounded class that includes standing poses, balancing postures, backbends, seated and reclining poses, breath work and relaxation.

Sunday 10:30 – 12:00 pm
Aquatic Leadership Training

Bronze Star
Pool and Lower Multi-Purpose Room NDCC
Pre-Requisites: 12 years by first day of class.

The Lifesaving Society Bronze Star program helps to prepare skilled swimmers for success in Bronze Medallion. In Bronze Star, participants develop problem-solving and decision-making skills as individuals and with partners. Candidates develop WaterSmart confidence and learn basic lifesaving and resuscitation skills needed to be safe and help others be safe around water. Participants develop stroke efficiency and endurance in timed swims (400 meters)

July 2 – July 5
Tuesday - Friday 12:00 – 4:00 pm
$95+tax
00011224

Bronze Medallion
Pool and Lower Multi-Purpose Room NDCC
Pre-Requisites: Completion of Bronze Star by first class OR 13 years of age by first class.


July 9 – July 12
Tuesday - Friday 10:00 – 4:00 pm
$155+tax
00011228

Bronze Cross
Pool and Lower Multi-Purpose Room NDCC
Pre-Requisites: Completion of Bronze Medallion by first class. Canadian Lifesaving Manual and Pocket Mask are also required materials.

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safety supervision in aquatic facilities. Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries and preventing the loss of life in a variety of aquatic emergencies, while developing stroke endurance and fitness training skills. Bronze Cross includes the CPR-C/AED certification and is one of the pre-requisite awards for all advanced Lifeguarding and Leadership training programs.

July 30 – August 2
Tuesday - Friday 9:30 am – 4:00pm
$155+tax
00011228

Lifesaving Instructor (LSI)
NDCC Pool
Lower Multi Purpose Room NDCC
Pre-Requisites: 16 years and Bronze Cross

Lifesaving Instructor (LSI) is one of the first steps a candidate can take in developing leadership skills that can last a lifetime. The Lifesaving Instructor course trains candidates to teach and evaluate the lifesaving programs including the Bronze Medal Awards. Candidates are trained in aspects of learning as well as various approaches required to teach water rescue, first aid, and related aquatic skills. Candidates also learn about long term and short term lesson planning, class management, safety supervision and evaluation.

July 19, 20, 21, 22
Friday, Saturday, Sunday, Monday
12:30pm – 7:30pm
$265 + tax
00011230

National Lifeguard Course (NL)
NDCC / Multi-Purpose Room / Pool
Prerequisites: 16 yrs by last day of the course, Bronze Cross by first day of course, Standard First Aid with CPR-C or AEC with CPR-C by first day of course.

The Lifesaving Society’s NL award is recognized as the standard measure of lifeguard performance in Canada. NL training prepares lifeguard’s to prevent incidents and in the effective resolution of emergencies if needed. NL is worth two Grade 12 High School credits. Price includes Alert Manual and Lifeguard Tool Kit.

August 13, 14, 15, 20, 21, 22
Tue, Wed, Thu 9:00 am – 6:00pm
$480+tax
00011229

Become a Lifeguard

Bronze Star (Optional)

Bronze Medallion

Bronze Cross

Standard First Aid

National Lifeguard (NL)
FIRST AID PROGRAMS

Standard First Aid Full Course
Lower Multi-Purpose room NDCC
Suggested 11yrs+
This course provides comprehensive training covering all aspects of first aid and CPR. For people who want an in-depth understanding of first aid training including: spinal injuries, chest & abdominal injuries, burns, circulatory and respiratory emergencies. Includes a CPR-C/AED certification. 100% attendance is required.

August 7, 8
Wednesday, Thurs 9:00 am - 6:00 pm
$199 + tax
00011233

Standard First Aid Recertification
North Shore Hall
Prerequisite: Must hold a SFA certification that is current or has expired no more than 3 years ago.
Check your award! Standard First Aid awards must be recertified every three years. Don’t let your award expire! CPR-C and AED recertification’s are included.

July 15 Monday 9:00 am - 6:00 pm
$95 + tax
00011234

CPR-C Recertification
North Shore Hall
Healthcare professionals and lifeguards are required to recertify CPR-C every year. Lay rescuers are required to recertify every three years. Don’t let your award expire! Keep yourself up-to-date with this course.

July 29
Monday 9:00 am – 1:00 pm
$60 + tax
00011235

As of July 1st, 2019 Standard First Aid and Emergency First aid are recognized as an equivalent to Occupational First Aid - Level 1

FITNESS PROGRAMS

Personal Training Course
Nelson & District Community Complex
This course takes you through the steps to become a CFES Certified Personal Trainer and makes sure that you are prepared to enter the fitness industry with confidence and a solid knowledge base. You will learn how to properly assess your clients and prescribe the most appropriate program design with good communication skills. Advanced theory will also be learned and put into practice in the weight room so you gain experience delivering programs that are professional, educational, and effective. In-class instruction and webinars (after in-class time) will be used to total the 40 hours of instruction. Manuals included. Practicum, exam and Personal Trainer Skills Assessment are not included.

September / October 2019

Register online at www.rdck.ca
ARENA ICE BOOKINGS

CIVIC CENTRE CLOSED FOR SEASON
NDCC FIRST DAY OF RENTABLE ICE
MONDAY, JULY 29TH, 2019

To book arena ice, please contact
Kristine Rye at krye@rdck.bc.ca or 250-354-4386 ext 5106

Non Prime time ice rates are:
Monday - Friday, 6:00 am - 3:00 pm

Prime time ice rates are:
Monday - Friday, 3:00 pm - 12:00 am,
all day Saturday, Sunday & stat holidays

Minor Sport is defined as 18 yrs & younger with 90%
of the users on ice falling with in this age category
Adult rate is defined as 19 yrs+ with 90%
of the users on the ice falling with in this age category
1 hour of ice minimum per booking.

RATES:

<p>| | |</p>
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>Minor Sport Non Prime</td>
<td>$73.72</td>
</tr>
<tr>
<td>Minor Sport Prime Time</td>
<td>$99.06</td>
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<tr>
<td>Adult Non Prime Time</td>
<td>$109.66</td>
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<tr>
<td>Adult Prime Time</td>
<td>$155.66</td>
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Note: arena ice rates do not include tax

Register online at www.rdck.ca
**Code of Conduct**

The Nelson & District Community Complex is a busy, client-focused, multi-activity, inclusive welcoming Community Centre.

To ensure the highest level of enjoyment for our Clients, the NDCC requests that all of our clients, from spectators to active users conduct themselves in a manner that creates a friendly and positive environment for recreational, sport and social activities in our facilities.

Participation in all recreation activities is a privilege and all participants are expected to:

- Act with courtesy and integrity while respecting the rights, welfare and dignity of others
- Act in a safe and responsible manner regarding themselves and others
- Treat all other clients, staff and facilities with respect.

Participants engaging in inappropriate behavior may have their privileges revoked.

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**ADMISSION RATES**

<table>
<thead>
<tr>
<th></th>
<th>FAMILY 2 adults &amp; 3 children</th>
<th>ADULT 19-59</th>
<th>STUDENT/SENIOR 15-18</th>
<th>YOUTH 7-14</th>
<th>CHILD 2-6</th>
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<tbody>
<tr>
<td>Daily Admission</td>
<td>$13.35</td>
<td>$6.43</td>
<td>$5.00</td>
<td>$3.35</td>
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<tr>
<td>1 Month Pass</td>
<td>$126.70</td>
<td>$64.78</td>
<td>$46.92</td>
<td>$31.70</td>
<td>$22.63</td>
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<tr>
<td>3 Month Pass</td>
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<td>$157.14</td>
<td>$114.29</td>
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<td>6 Month Pass</td>
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<td>$197.14</td>
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<tr>
<td>1 Year Pass</td>
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<td>$338.12</td>
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<tr>
<td>20x Admission</td>
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<td>$80.00</td>
<td>$53.40</td>
<td>$38.20</td>
<td>$00.00</td>
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TOTS: 0 - 2 YRS – FREE

GOLDEN GUEST: 80+ YRS – FREE

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**Child minding drop-in:** $3.57

**Child minding 20x admissions:** $57.20

**Skate Rentals:** $2.85 + tax

**Helmet Rentals:** $0.95 + tax

Schedule and program info, page 4

- Note: Prices do not include taxes; 5% GST will be added to programs for ages 14 and older.
- Passes are non-refundable and non-transferable.
- Please wear your wristband on your wrist, ankle, laces, or bathing suit during your visit.
- Adults attending college/university need to show a valid student ID or verification of current enrollment to receive the Student Rate.
- One Caregiver will be offered free access to the NDCC for each client with special needs during his/her visit.

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**LOONIE & TOONIE TIMES**

**July 2 – August 31, 2019**

**Tuesday** 6:00 - 7:00 pm

**Thursday** 12:00 - 1:00 pm

**Saturday** 4:00 - 5:00 pm

*Note: Times are subject to change*
**LEISURE ACCESS PROGRAM**
Individuals and families with a combined gross income that falls within or below the “Low Income” levels recognized by Statistics Canada, can receive affordable admission options up to 50% off general admission to local community complex within the RDCK. Applications are available online at www.rdck.ca or at any of our community complexes.

**REGIONAL WELLNESS PASS**
One pass that allows admission to any of the RDCK’s Community Complexes located in Castlegar, Creston, Nelson and Salmo during regular operating hours. Find out more online at www.rdck.ca or at any location.

**REFUNDS, WITHDRAWALS AND TRANSFERS**
We understand that changes in programming and life occur. Please review our full refund guidelines online at www.rdck.ca for options.

**SUMMER HOURS**  (Canada Day - Labour Day)

<table>
<thead>
<tr>
<th></th>
<th>AQUATIC CENTRE</th>
<th>FITNESS CENTRE</th>
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<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td>6:00 am – 8:00 pm</td>
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<td>6:30 am – 8:00 pm</td>
<td>5:30 am – 8:00 pm</td>
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<tr>
<td><strong>WEDNESDAY</strong></td>
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<tr>
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<tr>
<td><strong>SATURDAY</strong></td>
<td>1:00 pm – 6:00 pm</td>
<td>9:00 am - 6:00 pm</td>
</tr>
<tr>
<td><strong>SUNDAY</strong></td>
<td>1:00 pm – 6:00 pm</td>
<td>10:00 am - 6:00 pm</td>
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**SPRING/FALL/WINTER HOURS**  (Labour Day – Canada Day)

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<tr>
<td><strong>SUNDAY</strong></td>
<td>10:00 am – 8:00 pm</td>
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**CLOSED**
**STATUTORY HOLIDAYS**
- New Years Day
- Easter Sunday
- Canada Day
- Victoria Day
- BC Day
- Labour Day
- Christmas Day
- Boxing Day

**OPEN**
**STATUTORY HOLIDAYS**
1:00 pm – 5:00 pm
- Family Day
- Good Friday
- Thanksgiving Day
- Remembrance Day

**EARLY CLOSURE**
CHRISTMAS EVE & NEW YEARS EVE - 5PM

Register online at www.rdck.ca
The majority of people who drown had no intention of going into the water. For swimmers and non-swimmers alike, immersion is sudden, unexpected and often silent. For this reason, the Lifesaving Society believes that in Canada’s water rich environment, minimum swimming ability is a required life skill for survival.

Through Swim to Survive (STS) and Swim to Survive program, the Society gives everyone the opportunity to learn how to protect themselves. Like fire safety and bike safety, everyone deserves to learn the life skills that Swim to Survive provides…the skills necessary to survive an unexpected fall into deep water.

Come join us for a complimentary lesson to increase your swimming skills and stay safe in and around the water. No registration required just pay Drop-in and let a lifeguard know your interested!

Lessons are approx. 30 - 45min long and run at the top of the hour.

All Ages Welcome

Gyro – July 25
1:30 - 3:30 pm

NDCC – July 27
1:30 - 4:30 pm