

CRESTON

PROGRAM GUIDE

SUMMER 2024

Registration
Start Date:
Monday, June 10
7:00 am

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



**RDCK-Funded
Training
Opportunities**
See page 7
for details



Creston & District
Community Complex



Creston & District Community Complex



Visit Us

312 19th Ave. North, Creston, BC
rdck.ca/recreation

Contact Us

250-428-7127 | crestonrec@rdck.bc.ca



Online Registration

rdck.ca/recreation

Need to setup an online registration account?
Fill out the [RDCK Client Profile Form](#)

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ENJOY A SAFE AND FUN VISIT

We want you to enjoy safe, fun experiences at our facility. Our programming and our operating hours—including at our aquatics centres—may be affected by changes to public health measures or RDCK staffing levels. Changes to programs or schedules will be posted on our website and in our online registration system. Thank you for your understanding.

Visit www.rdck.ca/recreation
or call our front desk to learn more.



Stay home if you are sick



Masks are a personal choice for guests



Be kind to each other

SUMMER HOURS

Hours of Operation are subject to change

July 2 – August 24, 2024

| | SUN | MON | TUE | WED | THU | FRI | SAT |
|----------------|---------------|---|-----------------|-----------------|-----------------|-----------------|-----------------|
| AQUATIC CENTRE | 1:00 - 6:00pm | 6:30am - 12:30pm <i>(Starting July 15th)</i> | 9:00am - 8:00pm | 6:30am - 8:00pm | 9:00am - 8:00pm | 6:30-8:00pm | 11:00am-4:00pm |
| FITNESS CENTRE | 1:00 - 6:00pm | 6:00am - 8:00pm | 6:00am - 8:00pm | 6:00am - 8:00pm | 6:00am - 8:00pm | 6:00am - 8:00pm | 8:00am - 4:00pm |

POOL ENTRANCE AGE: Children 7 years of age and older can access the pool without adult supervision. Children 6 years of age and under must be within arm’s reach of a caregiver 16 years of age or older that is the water providing active supervision.

CLOSURES ANNUAL POOL SHUTDOWN: August 25 - September 9



FACILITY CODE OF CONDUCT

To ensure the highest level of enjoyment, the Regional District of Central Kootenay (RDCK) expects that all of our clients, from spectators to active users, will conduct themselves in a manner that creates a friendly and positive environment for recreational, sport and social activities in our facilities.

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

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

Participants engaging in inappropriate behaviour may have their privileges revoked.

HOLIDAY HOURS

HOLIDAY CLOSURES

New Year’s Day
Easter Sunday
Canada Day
BC Day
Labour Day
Truth & Reconciliation Day
Christmas Day

HOLIDAYS OPEN

1:00-5:00pm
Family Day
Good Friday
Victoria Day
Thanksgiving Day
Remembrance Day
Boxing Day

EARLY CLOSURES

4:00pm
Christmas Eve
New Year’s Eve

GENERAL ADMISSION RATES

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

Prices do not include taxes.

*10-punch passes expire 12 months from date of purchase

- Leisure Access Program rates apply.
- Reservations are available for specific programs in advance.
- Youth 13-15 years of age are required to participate in the Youth Weight Room orientations before they can access the Fitness Centre.

ACTIVE PROGRAM

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

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

Terms and conditions: To receive 2nd Adult or 2nd Youth pass discounts, pass holders must reside in the same household and must be purchased at the same time and of the same duration as regular Adult or Youth passes.

LEISURE ACCESS PROGRAM

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

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

The program is undergoing changes to increase access for RDCK residents. All current pass holders for the 2023/2024 season, will have their pass extended until Aug 31, 2024. New application and program details will be available later in the summer.



NATIONAL DROWNING PREVENTION WEEK

#NDPW2024

July 21-27, 2024



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, in Canada's water rich environment, basic swimming ability is a required life skill for survival as we all as Water Safety knowledge.

Swim to Survive® is a tool to help prevent drowning an education. Swim to Survive® is not a replacement for swimming lessons. The focus is on the essential skills needed to survive an unexpected fall into deep water. Since most drownings occur close to safety and most victims had no intention of going into the water, the standard includes the following three skills performed in sequence:

- Roll into deep water (to simulate a fall into the water – orientate oneself at the surface after an unexpected entry)
- Tread water for 1 minute (support oneself at the surface to locate nearest point of safety)
- Swim 50 metres (swim to closest point of safety)

LEARN HOW TO SWIM TO SURVIVE AT THE RDCK

Join the **Swim to Survive Instructors** in learning the skills to recover from an unexpected fall into the water, roll and recover, tread water, self-rescue, safety help a friend in danger and more. These activities are presented in a supportive environment, fun activities, will be used to help participants learn to make wise water choices.

Come down to the Centre and join in the FREE Swim to Survive activities.

CASTLEGAR

Sunday, July 21

11:30-2:00pm

Wednesday, July 24

11:30-2:00pm

CRESTON

Monday, July 22

10:00-12:30pm

Friday, July 26

11:30-2:00pm

NELSON - NDCC

Monday, July 22

11:30-2:00pm

Friday, July 26

11:30-2:00pm

NELSON - GYRO

Saturday, July 27

1:30-4:00pm

SALMO

Tuesday, July 23

1:30-4:00pm

Thursday, July 25

1:30-4:00pm

For more information, contact your local RDCK Recreation Centre.

Water Smart® Tips

Water safety—knowledge that could prove to be as basic to your survival as breathing...

- 1. Choose it and Use it! Always wear a lifejacket or personal flotation device (PFD)!**
Don't just have it in the boat. Pick one and wear it.
- 2. Stay Sober In, on and Around the Water.**
Both alcohol and cannabis use impair balance, judgment and reflexes. Stay sober when in, on and around the water.
- 3. Know before you go.**
Check the weather forecast and complete a simple safety checklist.
- 4. Closely supervise young children near water.**
Always directly supervise children around the water - if you're not "within arms' reach" of them, you've gone too far.
- 5. Always Swim with a Buddy.**
And play and swim in areas supervised by a lifeguard.
- 6. Learn to Swim and Learn Lifesaving Skills.**
Go further...take a Lifesaving Society program: the Canadian Swim Patrol, Bronze Medallion, Bronze Cross, National Lifeguard Service® (NLS) or other lifesaving program. Contact your local pool or aquatic facility for more information.



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127



WATER WISE COMMUNITY GATHERING

DROWNING IS PREVENTABLE! Are you Water Wise?

Join us for a day of community bonding and **essential water safety education!** The Regional District of Central Kootenay (RDCK) is excited to invite you to a **special event at the beach.** Our Swim to Survive instructors will be on hand to provide invaluable insights into water safety, including the latest research findings, tips for selecting the right life jacket, and leading in water Swim to Survive skill development sessions.

Come on down and connect with your neighbors and learn how to stay safe in, on and around the water. Whether you're a seasoned swimmer or just starting to dip your toes in the water, there's something for everyone at this event. Don't miss out on this opportunity to equip yourself and your loved ones with life-saving knowledge. See you there!

TWO DATES TO LEARN AND CONNECT!

Nakusp Municipal Beach, Nakusp
Sunday, July 21
11:00 - 4:00pm

Slocan Beach, Village of Slocan
Saturday, July 27
11:00 - 4:00pm

For more information visit
rdck.ca/recreation

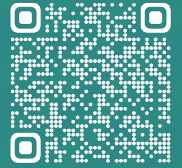
AQUATIC TRAINING OPPORTUNITIES!

Become a qualified Lifeguard, and Swim Instructor.

The RDCK has training funding opportunities for community members that wish to pursue employment within the RDCK.

Applications must be received 7 days before program starts to be considered and only successful applicants will be contacted.

Learn more and apply at rdck.ca/GetTraining or scan the QR Code.



CAREER IN RECREATION - AQUATICS TRAINING

Junior Lifesaving Club

NEW!

Multiple dates and locations, see below

Prerequisites: Ability to swim 25m+ comfortably, tread water 1 min and 10-13 years

The Junior Lifesavers Club is all about lifesaving, fitness, water safe attitudes and FUN. For those who are ready to go beyond learn-to-swim classes while still developing swim strokes and a water safe attitudes and learning cool lifeguard and lifesaving techniques. Bring a friend and build Your club.

CASTLEGAR/ CDRD
August 13-16, 20-23
Tuesday - Friday
2:00-4:00pm
\$91/ 8 classes **72447**

CRESTON/ CDCC
August 13-16, 20-23
Tuesday - Friday
2:00-4:00pm
\$91/ 8 classes **72445**

For all First Aid course and Aquatic certifications that require a prerequisite the Pre- requisite must be presented at the start of day 1 of class to participate.

RDCK programs are Lifesaving Society issued.

Acceptable certifications cards issued are from Lifesaving Society, St. Johns Ambulance, Heart & Stroke Foundation of Canada, Canadian Red Cross, Canadian Ski Patrol.

Bronze Medallion

Prerequisites: 13 yrs. of age by the last day or hold Bronze Star certification

Multiple dates and locations, see below

The Bronze Medallion program challenges candidates both mentally and physically to build the judgement, knowledge, skills and fitness required to perform water rescues. Rescuers learn self-rescue techniques, defense and release methods, and tows and carries in preparation for challenging rescues. Lifesavers develop stroke efficiency and endurance in a 500m swim.

Bronze Medallion is a prerequisite for the Assistant Lifeguard training program, Bronze Cross.

Cost includes Canadian Lifesaving Manual.

***100% attendance is required.**

CASTLEGAR/ CDRD / Monashee room
July 8 - 10, 12
Monday, Tuesday, Wednesday, Friday
10:00-4:00pm
\$171/ 4 classes **72010**

CRESTON/ CDCC / Erickson room
July 9-12
Tuesday - Friday
10:00-4:00pm
\$171/ 4 classes **72140**

NELSON/ NDCC / Lower Multi-purpose room
July 9-12
Tuesday - Friday
10:00-4:00pm
\$171/ 4 classes **72036**

Bronze Cross Assistant Lifeguard

Prerequisites: Bronze Medallion

Multiple dates and locations, see below

The Lifesaving Society Bronze Cross begins the transition from Lifesaving to Lifeguarding and prepares candidates for responsibilities as Lifesavers and Assistant lifeguards. Candidates expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.

Bronze Cross is one of the pre-requisite awards for all advanced Lifeguard and Leadership training programs and is worth two Grade 11 high school credits.

Cost includes Lifeguard Whistle.

Bring your **Canadian Lifesaving Manual, ID, and copy of your Medallion certification.**

***100% attendance is required.**

CASTLEGAR/ CDRD / Monashee room
July 15-17, 19
Monday, Tuesday, Wednesday, Friday
10-4pm
\$141 / 4 classes **72012**

CRESTON/ CDCC / Erickson room
July 16-19
Tuesday - Friday
10:00-4:00pm
\$141/ 4 classes **72142**

NELSON/NDCC/Lower Multi-purpose room
July 16-19
Tuesday - Friday
10:00-4:00pm
\$141 / 4 classes **72144**

Salmo
July 7-11
Sunday -Thursday
1:00-6:00pm
\$141/5 classes **72551**

Swim Instructor

Prerequisites: 15yrs by last day of the course and Bronze Cross

Multiple dates and locations, see below

The Lifesaving Society Swim Instructor course prepares the instructor to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim for Life program. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques.

Candidate will have their swim skills evaluated to meet Instructor Standard, students will be required to complete 8 hours of practicum co-teach time in any RDCK facility between 1st class and last class.

100% attendance is required.

CRESTON/ CDCC / Erickson room
July 3, 4, 5, 10, 11, 12, August 14, 15
Wednesday, Thursday, Friday
10:00-4:00pm
\$560 / 8 classes 72134

NELSON/ NDCC / Upper Multi-Purpose room
July 12, 13, 14, 20, 21, Aug 17, 18
Friday 4:30-8:00pm
Saturdays, Sunday 9:30-4:15pm
\$560/ 7 classes 72130

National Lifeguard Recert (NLR)

Prerequisites: NL certification (need not be current), Standard First Aid (current within 2 years)

The NL Recertification includes 4 hours of review of NL skills and knowledge and provides education on new information before the start of the Recertification examination.

CASTLEGAR/ CDRD / Purcell room
July 16-17
Tuesday -Wednesday
11:00-3:30pm
\$113/ 2 classes 72000

National Lifeguard

Prerequisites: 15yrs by last day of the course, Bronze Cross and Standard First aid with CPR-C by first day of course.

Multiple dates and locations, see below

The Lifesaving Society's NL Pool award is recognized as the standard measure of lifeguard performance in Canada. NL training prepares lifeguards in pool surveillance, to prevent incidents, specialized rescue techniques, communication and fitness and in the effective resolution of emergencies as needed.

NL- Pool is worth two Grade 12 High School credits. You must be 16 years of age to be employed as a lifeguard. For those who are 15 and wanting to start training now, please reach out to Programmer at Abeavers@rdck.bc.ca to discuss details.

Price includes Alert Manual and Lifeguard Tool Kit.

100% attendance is required.

CASTLEGAR / CDRD / Monashee room
July 23, 24, 26, 30, 31-Aug 2, 6, 7, 9
Tuesday, Wednesday, Friday
9:30- 4:00pm
\$573/ 9 classes 72034

NELSON/ NDCC / Upper Multi-Purpose room
August 13-16, 20-23
Tuesday - Friday
9:30-4:15pm
\$573/ 8 classes 72035



MORE THAN JUST EMPLOYMENT! JOIN THE TEAM!

Employment in recreation is a rewarding experience that allows you to gain valuable leadership, communication & teamwork skills!

Check out other RDCK program guides for leadership training opportunities that may work for you: rdck.ca/recreation

Standard First Aid with CPR-C

 **Multiple dates and locations, see below**

Be Prepared. Lifesaving Society Standard First Aid is a WorkSafe BC Occupational Level 1 equivalent program that covers all aspects of first aid. Candidates receive comprehensive training to use in their workplaces or homes. Standard First Aid is a prerequisite for National Lifeguard (NL). Certification includes CPR-C /AED.

Must present your certification and government issued ID

CASTLEGAR/ CDRD / Purcell room
July 13, 14
Saturday, Sunday
9:00am – 5:30pm
\$184+ tax/ 2 classes **72148**

CRESTON/ CDCC / Kootenay room
August 24, 25
Saturday, Sunday
9:00am – 5:30pm
\$184+ tax/ 2 classes **72135**

NELSON/ NDCC / Upper Multi-purpose room
August 1, 2
Thursday, Friday
9:00am – 5:30pm
\$184+ tax/ 2 classes **72145**

Standard First Aid with CPR-C Recertification

Prerequisite: Must hold a SFA certification that is current or has expired no more than 3 years ago.

 **Multiple dates and locations, see below**

Check your award! Standard First Aid awards must be recertified every three years. Don't let your award expire! CPR-C and AED recertification is included.

Must present your certification and government issued ID

CRESTON/ CDCC / Creston room
August 10
Saturday
9:00am – 5:30pm
\$116+ tax/ 1 class **72136**

NELSON/ NDCC / Upper Multi- purpose room
July 4, 5
Thursday, Friday
4:00-8:30pm
\$116+ tax/ 2 classes **72149**

CPR-C Full course

Prerequisite: Must hold a CPR-C certification that is current or has expired no more than 3 years ago.

Be Prepared. CPR- C teaches the skills needed to help adults, children and infants. Be prepared to save a life! Knowing how to activate EMS, perform CPR, and use an AED are critical lifesaving skills that everyone should have. Learn how to recognize and treat the early signs of heart attack - additional skills include how to help someone who is choking and perform CPR when there is more than one rescuer with AED award will help you be prepared for emergency situations that required.

Must present your government issued ID

Slocan/ Slocan Park Hall
August 16
Friday
12:00-5:00pm
\$63+tax/ 1 class **72153**

CPR-C Recertification

Prerequisite: Must hold a CPR-C certification that is current or has expired no more than 3 years ago.

Check your award! CPR-C awards must be recertified every three years. Don't let your award expire! CPR-C and AED.

Must present your certification and government issued ID

NELSON/ NDCC / Upper Multi-purpose room
July 4
Thursday
4:00-8:30pm
\$50+ tax/ 1 class **72150**

PLEASE NOTE: Advanced Aquatic Leadership Courses (Bronze Medallion, Bronze Cross, NL, NL-R, LSI, LSI-R, SFA, SFA-R, CPR-C):

7 days advanced notice required for a refund or credit. Refunds will not be granted to participants who do not possess all the pre-requisites or do not present them on the first day of the course.

Medical Conditions: *Will be given special consideration for refunds (may require a doctor's note).*

Accepted First Aid prerequisite for are, a Standard First aid certification from any Lifesaving Society Branch, St. John Ambulance, the Canadian Ski Patrol, the Canadian Red Cross or the Heart & Stroke Foundation of Canada can attend a Lifesaving Society CPR-C Recertification or an SFA Recertification.

SUMMER CAMPS & PROGRAMS



Camp Overview

Creston Recreation offers quality summer camps for children ages 6-12 providing a fun, safe place to play and meet new friends. These experiences nurture creativity, build self-esteem, improve social interaction and increase physical stamina. All of our summer camps share a similar daily routine where campers will enjoy arts and crafts, games, outdoor activities, pool time and opportunities to unleash their imagination each week.

Hours of Operation:
8:30 am – 4:30 pm Daily

Additional Support

Children who benefit from 1 to 1 support may be eligible to bring a family provided support worker during the 2024 summer camp season. Contact Kelly Benko for more information.

Check – in: 8:30 am – 9:00 am

Staff will start the check-in process at **8:30 am**. All campers must be accompanied into the centre and signed into camp daily by a parent/guardian.

Pick – up: 3:45 pm – 4:30 pm

Parents/Guardians are responsible for picking up their child no later than 4:30pm. Please confirm the pick-up location each day with staff during drop-off.

Withdrawal Guidelines

72 hours advanced notice is required to receive a full refund for single day or multi day camps.

Bring to Camp Checklist

- ✓ Weather appropriate shoes for walking and running
- ✓ Hat, Sunscreen and long sleeve shirt
- ✓ Swimsuit and Towel
(Swimming or splash park included in all camps)
- ✓ Spare set of clothes
- ✓ Backpack with name visible on the outside
- ✓ Lunch and 2 – 3 snacks (*no nuts please*)
- ✓ 2 water bottles full of water

Safety of your child is our top priority!

Not Feeling Well? – Please stay home and get better! Please refer to the Cancellation Policy which can be found on our webpage at www.rdck.ca

We are here for you!

We encourage you to call your local RDCK recreation department to ask questions about Summer Camps prior to registering to avoid disappointment. We are always striving to improve our programs so please feel free to share any of your comments or suggestions.

Kelly Benko, Head Fitness and Recreation Leader
Creston & District Community Complex
Phone: 236-532-2038
Email: KBenko@rdck.bc.ca

Week 1: July 2 - 5 | 8:30 am - 4:30 pm

| | MONDAY 1 | TUESDAY 2 | WEDNESDAY 3 | THURSDAY 4 | FRIDAY 5 |
|-------------|-------------------|--|-------------|--|----------|
| AGES 6 - 9 | CANADA DAY | ACTIVE ADVENTURERS <i>CDCC – Kootenay Room</i> Embark on a thrilling journey at our Active Adventure Camp. We will focus on fostering teamwork, completing outdoor challenges and developing new skills. \$110 71487 | | OUTRAGEOUS COMPETITIONS <i>CDCC – Kootenay Room</i> Ages 6-12 Get ready to immerse yourself in outrageous challenges and friendly rivalry. During wacky races and quirky contests we will be sure to spark some cheers and laughter. Join us as we engage in creating memorable experiences. \$38 71489 | |
| AGES 9 - 12 | | ARCHERY CAMP <i>CDCC Creston Room</i> Explore the art of archery this week with our certified archery instructor. Each day will consist of 2 hours of hands on archery instruction, focusing on proper stance, bow handling, aiming techniques and archery specific safety. The excitement doesn't end there, the rest of the day will be filled with games, activities and some fun in the pool! \$130 71488 | | | |

Week 2: July 8 - 12 | 8:30 am - 4:30 pm

| | MONDAY 8 | TUESDAY 9 | WEDNESDAY 10 | THURSDAY 11 | FRIDAY 12 |
|-------------|--|-----------|--------------|---|-----------|
| AGES 6 - 9 | CRAFTY CRITTERS <i>CDCC – Kootenay Room</i> This camp is a haven for young artists and crafty enthusiasts. Not only will we be creating art and bringing our masterpieces to life, but we will also be crafting new games and activities to stay active and burn energy. \$140 71490 | | | KOOTENAY EXPLORERS <i>CDCC – Creston Room</i> Ages 6-12 Experience the wonders of our home, the Kootenays. Create unique crafts, get active with Kootenay themed games and scavenger hunts. Discover and learn even more about our beautiful home, the Kootenays. \$38 71492 | |
| AGES 9 - 12 | SHOW YOUR SKILLS <i>CDCC – Creston Room</i> This camp is the ultimate platform for young talents to shine. Throughout the week, everyone will be able to showcase their skills through art, crafts, sports, games and problem-solving challenges. Campers will build confidence and enjoy a week of skillful exploration. \$140 71491 | | | | |



Week 3: July 15 - 19 | 8:30 am - 4:30 pm

| | MONDAY 15 | TUESDAY 16 | WEDNESDAY 17 | THURSDAY 18 | FRIDAY 19 |
|-------------|--|------------|--------------|-------------|--|
| AGES 6 - 9 | <p>COLORFUL CHARACTERS <i>Creston Education Centre</i></p> <p>Unleash your imagination as you step into the worlds of your favorite characters. Each day we will play new games and create fun crafts based on some of our favorite characters. Leaders will let the campers know who will be featured each day – Day one is Pirates!</p> <p>\$140 71493</p> | | | | <p>ACTIVE ADVENTURERS <i>CDCC – Creston Room</i> Ages 6-12</p> <p>Embark on a thrilling journey at our Active Adventure Camp. We will focus on fostering teamwork, completing outdoor challenges and developing new skills.</p> <p>\$38 71495</p> |
| AGES 9 - 12 | <p>LAUGH AND LEARN <i>CDCC – Creston Room</i></p> <p>This week we will be blending interactive lessons with humor, ensuring that our curiosity for knowledge is mixed with tons of fun. Campers will explore various subjects through games, creative activities and some laughter-filled moments. Smiles and knowledge go hand in hand this week at camp!</p> <p>\$140 71494</p> | | | | |

Week 4: July 22 - 26 | 8:30 am - 4:30 pm

| | MONDAY 22 | TUESDAY 23 | WEDNESDAY 24 | THURSDAY 25 | FRIDAY 26 |
|-------------|--|------------|--------------|-------------|---|
| AGES 6 - 9 | <p>WATER WARRIORS <i>CDCC – Kootenay Room</i></p> <p>Make a splash with water based adventures, including swimming, water games and creative water craft activities. It will be a refreshing blend of imagination and good ol' fashioned fun.</p> <p>\$140 71496</p> | | | | <p>SHOW YOUR SKILLS <i>Creston Education Centre</i> Ages 6-12</p> <p>This camp is the ultimate platform for young talents to shine. Throughout the day, everyone will be able to showcase their skills through art, crafts, sports, games and problem-solving challenges. Campers will build confidence and enjoy a day of skillful exploration.</p> <p>\$38 71498</p> |
| AGES 9 - 12 | <p>WEEK OF PLAY <i>CDCC – Creston Room</i></p> <p>This camp is a dynamic blend of games, sports and interactive activities, fostering a spirit of sportsmanship and camaraderie while focusing on physical literacy. This camp is nothing short of FUN everyday!</p> <p>\$140 71497</p> | | | | |



Week 5: July 29 – August 2 | 8:30 am – 4:30 pm

| | MONDAY 29 | TUESDAY 30 | WEDNESDAY 31 | THURSDAY 1 | FRIDAY 2 |
|-------------|---|------------|--------------|------------|--|
| AGES 6 - 9 | <p>LITTLE LEARNERS <i>Creston Education Centre</i></p> <p>Tailored for curious minds, this camp combines engaging activities, interactive lessons and hands on experiences to spark that curiosity for knowledge. We will fill our week with educational adventures, science experiments and creative discoveries.</p> <p>\$140 71500</p> | | | | <p>CREATIVE CAMPERS <i>CDCC – Creston Room</i> Ages 6-12</p> <p>Unleash your creativity through a variety of activities, imaginative games and artistic expression. Campers will delve into the world of colors and ideas where they will become true creative explorers.</p> <p>\$38 71502</p> |
| AGES 9 - 12 | <p>DISC GOLF AND OUTRAGEUOS COMPETITIONS <i>CDCC – Creston Room</i></p> <p>Go for the ace on our pop-up disc golf course. After throwing some discs, immerse yourself in outrageous challenges and friendly rivalry. During wacky races and quirky contests we will be sure to spark some cheers and laughter. Join us as we engage in creating memorable experiences</p> <p>\$140 71501</p> | | | | |

Week 6: August 6 – 9 | 8:30 am – 4:30 pm

| | MONDAY 5 | TUESDAY 6 | WEDNESDAY 7 | THURSDAY 8 | FRIDAY 9 |
|-------------|-----------------------------|---|-------------|------------|---|
| AGES 6 - 9 | BRITISH COLUMBIA DAY | <p>FANTASY FANATICS <i>CDCC – Kootenay Room</i></p> <p>Immerse yourself in a week of enchantment, creativity and imaginative play as we embark on magical adventures.</p> <p>\$110 71503</p> | | | <p>KOOTENAY EXPLORERS <i>Creston Education Centre</i> Ages 6-12</p> <p>Experience the wonders of our home, the Kootenays. Create unique crafts, get active with Kootenay themed games and scavenger hunts. Discover and learn even more about our beautiful home, the Kootenays.</p> <p>\$38 71506</p> |
| AGES 9 - 12 | | <p>ARCHERY CAMP <i>CDCC Creston Room</i></p> <p>Explore the art of archery this week with our certified archery instructor. Each day will consist of 2 hours of hands on archery instruction, focusing on proper stance, bow handling, aiming techniques and archery specific safety. The excitement doesn't end there, the rest of the day will be filled with games, activities and some fun in the pool!</p> <p>\$130 71505</p> | | | |



Week 7: August 12 - 16 | 8:30 am - 4:30 pm

| | MONDAY 12 | TUESDAY 13 | WEDNESDAY 14 | THURSDAY 15 | FRIDAY 16 |
|-------------|--|------------|--------------|-------------|---|
| AGES 6 - 9 | <p>WEEK OF PLAY <i>Creston Education Centre</i></p> <p>This camp is a dynamic blend of games, sports and interactive activities, fostering a spirit of sportsmanship and camaraderie while focusing on physical literacy. This camp is nothing short of FUN every day!</p> <p>\$140 71507</p> | | | | <p>LAUGH AND LEARN <i>CDCC - Creston Room</i> Ages 6-12</p> <p>This camp we will be blending interactive lessons with humor, ensuring that our curiosity for knowledge is mixed with tons of fun. Campers will explore various subjects through games, creative activities and some laughter-filled moments. Smiles and knowledge go hand in hand today!</p> <p>\$38 71509</p> |
| AGES 9 - 12 | <p>WATER WARRIORS <i>CDCC - Creston Room</i></p> <p>Make a splash with water based adventures, including swimming, water games and creative water craft activities. It will be a refreshing blend of imagination and good ol fashioned fun.</p> <p>\$140 71508</p> | | | | |

Week 8: August 19 - 23 | 8:30 am - 4:30 pm

| | MONDAY 19 | TUESDAY 20 | WEDNESDAY 21 | THURSDAY 22 | FRIDAY 23 |
|-------------|--|------------|--------------|-------------|---|
| AGES 6 - 9 | <p>WACKY WRAP-UP <i>CDCC - Kootenay Room</i></p> <p>In our final week of summer camps we will dive into a whirlwind of silly games, goofy challenges and wacky activities. End summer on a high note with all of your friends as we enjoy all of our favorite games and activities we learnt throughout the summer. Celebrate the end of summer with laughter and friends!</p> <p>\$140 71510</p> | | | | <p>WACKY WRAP-UP <i>CDCC - Creston Room</i> Ages 6-12</p> <p>In our final day of summer camps we will dive into a whirlwind of silly games, goofy challenges and wacky activities. End summer on a high note with all of your friends as we enjoy all of our favorite games and activities we learnt throughout the summer. Celebrate the end of summer with laughter and friends!</p> <p>\$38 71513</p> |
| AGES 9 - 12 | <p>WACKY WRAP-UP <i>CDCC - Creston Room</i></p> <p>In our final week of summer camps we will dive into a whirlwind of silly games, goofy challenges and wacky activities. End summer on a high note with all of your friends as we enjoy all of our favorite games and activities we learnt throughout the summer. Celebrate the end of summer with laughter and friends!</p> <p>\$140 71512</p> | | | | |



SUMMER AT THE SKATEPARK

Our Skatepark Hosts will be supervising and assisting skatepark users all summer. They will be offering free 20-minute skateboarding coaching sessions (drop-ins permitted), as well as private and group lessons for both new and experienced skateboarders.

If you don't have equipment, there will be skateboards, pads and helmets available for use. Helmets are mandatory for all coaching and lesson sessions.



Summer Skate Nights

(8+ years)

Participate in these free events and show off your mad skills and creativity!

Saturday, July 13th
6:00-8:00pm

Saturday, August 24th
5:00-7:00pm

Private Lessons

6+ years

CDCC - Skatepark

Private Lessons are 45 minute, one-on-one sessions with our qualified skateboard instructors for beginner and intermediate levels. Fill out our [Private Skateboarding Lesson Request Form](#). Partner and group options are also available.

\$25 + tax per lesson

Skateboarding Level 1

CDCC - Skatepark

Build your confidence on flat ground while learning the basics of balance, pushing, cruising and a trick or two! Geared towards beginner/novice skateboarders. Register online at www.rdck.ca/recreation or by phone (250) 428-7127.

8-12 years
Wednesdays
5:30 - 6:30pm
July 10-31
\$40 / 4 classes 72377

13+ years
Wednesdays
6:45 - 7:45pm
July 10-31
\$40 + tax / 4 classes 72378

Skateboarding Level 2

CDCC - Skatepark

Take it to the next level by learning a variety of new tricks, riding ramps and maybe even the bowl. Catered to those who have taken Skateboarding Level 1 or have a good handle on the basics. Register online at www.rdck.ca/recreation or by phone (250) 428-7127.

8-12 years
Tuesdays
5:30 - 6:30pm
July 9-30
\$40 / 4 classes 72380

13+ years
Tuesdays
6:45 - 7:45pm
July 9-30
\$40 / 4 classes 72381

Free 20 Minute Intro Lessons

Receive 20 minutes of FREE skateboard coaching with a qualified skateboard instructor. Drop-in during the times below and join up to 3 others to learn the basics of skateboarding. Waivers signed by a parent / guardian are required prior to participating.

Lessons are on a first come first serve basis, 20-minute wait times may occur if arriving just after a lesson has began.

| TUES | WED | THUR | FRI | SAT |
|------------------|---------------|--|---------------------------------|---------------------------------|
| 9:30am - 12:30pm | 5:00 - 5:30pm | 5-7 yrs 10:00 am 10:30am - 12:30pm | 9:00 - 11:30am 5:00 - 8:00pm | 9:00 - 11:30am 5:00 - 8:00pm |

SWIMMING LESSONS

Finding the Right Program at the RDCK



Aqua Babies Parent participation

Splish! Splash! Laugh! Water can be so much fun! Our instructor-lead sessions will help adult and child safely explore water together.

If your child is ...

| | |
|---------------------|--------------------------------------|
| 4 to 12 months old | Jellyfish 1 Parent & Tot 1 |
| 12 to 24 months old | Goldfish 2 Parent & Tot 2 |
| 24 to 36 months old | Seahorse 3 Parent & Tot |

Aqua Tots 3-5 years

Children will learn to be safe, confident little swimmers.

If your child is 3-5 years old and can...

| | |
|---|----------------------------------|
| Participate on their own. We encourage you to participate until your child lets you know they can do it themselves. | Octopus 1 Preschool 1 |
| Get in and out, jump into chest-deep water assisted: float and glide on their front and back; blow bubbles and get face wet | Crab 2 Preschool 2 |
| Jump into chest-deep water; submerge and exhale underwater; float on front and back assisted | Orca 3 Preschool 3 |
| Jump into deep water wearing a life-jacket; hold breath underwater; float, glide and kick on front and back | Sea Lion 4 Preschool 4 |
| Do solo jumps into deep water; swim front crawl 5m wearing a lifejacket and flutter kick on front, back and side | Narwhal 5 Preschool 5 |

Aqua Kids 6 years +

Swimmers will develop habits for healthy and active living as good swimmers.

If your child is 6 years old and...

| | |
|---|-----------------------------------|
| Is just starting out Or completed Sea Lion 4 | Swimmer 1 |
| Can jump into chest-deep water by themselves; open eyes, hold breath, exhale under-water; float, kick, glide on front and back Or completed Narwhal | Swimmer 2 |
| Can jump into deep water and support self at the surface for 15 seconds; swim 10m on front and back | Swimmer 3 |
| Can tread water for 30 seconds; do kneeling dives and front somersaults; 10m whip kick on back; swim 15m front crawl | Swimmer 4 |
| Can swim 50m; tread water 1 min, swim underwater; 15m whip kick on front; breaststroke arms with breathing; swim front and back 15m | Swimmer 5 |
| Can do shallow dives and cannon balls; egg beater and scissor kick; swim 50m front and back crawl; breaststroke for 25m; | Swimmer 6 |
| Can do stride entries and compact jumps; legs-only surface support for 45 seconds; swim 100m of front crawl and back crawl | Swimmer 7 Rookie Patrol |
| Completed Swimmer 7/Rookie Patrol | Swimmer 8 Ranger Patrol |
| Completed Swimmer 8/Ranger Patrol | Swimmer 9 Star Patrol |
| Completed Swimmer 9/Star Patrol | Bronze Star* |

FALL SWIM LESSON LEVEL ASSESSMENT DAY

SAVE THE DATE:
August 11th, 1:00-3:00pm

The RDCK is offering a **free swim level assessment**, to ensure you have a current assessment of which swim level to register in starting on August 19.

Evaluations will take approximately 5 minutes and are on a first come first serve basis. Visit the front desk and they will connect you with our experienced Swim level evaluator.

Remember to bring a swimsuit for your young swimmer!

Swim Lesson Registration Day is August 19th, 7am.



GROUP SWIM LESSON FEES

| | | |
|------------|----------------|--------------------|
| 25 minutes | \$56/8 classes | \$70/10 classes |
| 40 minutes | \$66/8 classes | \$82.50/10 classes |
| 50 minutes | \$76/8 classes | \$95/10 classes |

PRIVATE SWIM LESSON FEE

| | | |
|-------------------------|------------|----------------------------|
| Private (1 person) | 25 minutes | \$128/4 lessons |
| Semi Private (2 people) | 25 minutes | \$74 per swimmer/4 classes |

Not Sure Which Level to Register In?

We highly encourage you to drop by for a FREE evaluation. One of our qualified staff will assess your child and recommend the appropriate Swim for Life Level.

If you have registered into the wrong level or would like to transfer to another class, the cancellation policy will be followed. [POLICY](#) refunds will only be provided if they fall within the withdrawal policy. Please have your child assessed before registering.

Registration Note for Caregivers

Please note that it is the responsibility of the caregiver to register children in the correct level of our swim program. Day one of the lessons the instructor will assess all students to ensure that they have been registered correctly. 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, and the withdrawal policy will be in effect.

Waitlists

If the class level you want is full, get on the waitlist! Classes with waitlists are used to replace any classes that have been cancelled or new classes are created when there is increased capacity.

Cancelled Classes

Classes may be canceled at a minimum of 48 hours before the first lesson if the minimum numbers for a class are not met. We will attempt to find a space for you child in the next available class/lesson set of issue a full refund.

Program Fees

Caregivers are welcome to watch their children participate in a program; however, program fees do not include use of the facility before during or after their program. Individuals wishing to use the facility will be required to pay admission and wear a wrist band.

SWIM LESSON SCHEDULE

Lesson registration closes 9am the day before the first class starts.

SET 1: TUESDAY - FRIDAY, JULY 9 - 19

| | | | | | | | |
|---------|------------|-------|--------|------------|-------|----------------------------------|-------|
| 9:30am | Sea Lion 4 | 71983 | 3:00pm | Sea Lion 4 | 71992 | Swimmer 3 3:00-3:40pm (40min) | 71979 |
| 10:00am | Octopus 1 | 71981 | 3:30pm | Crab 2 | 71994 | | |
| 10:30am | Crab 2 | 71974 | 4:00pm | Orca 3 | 71995 | Swimmer 4 3:45-4:25pm (40min) | 71978 |
| 11:00am | Orca 3 | 71982 | 4:30pm | Octopus 1 | 71993 | Parent + Tot 1 & 2 | 72198 |
| 11:30am | Swimmer 1 | 71975 | 5:00pm | Private | | Swimmer 1 | 72002 |
| 12:00pm | Private | | 5:30pm | Private | | Swimmer 2 | 71977 |

SET 2: TUESDAY - FRIDAY, JULY 23 - AUGUST 2

| | | | | | | | |
|---------|--------------------|-------|--------|------------|-------|----------------------------------|-------|
| 10:00am | Narwhal 5 | 72020 | 3:00pm | Sea Lion 4 | 72003 | Swimmer 3 3:00-3:40pm (40min) | 71989 |
| 10:30am | Octopus 1 | 72005 | 3:30pm | Crab 2 | 72016 | | |
| 11:00am | Crab 2 | 72014 | 4:00pm | Orca 3 | 72017 | Swimmer 5 3:45-4:25pm (40min) | 72019 |
| 11:30am | Orca 3 | 72015 | 4:30pm | Octopus 1 | 72018 | Swimmer 7 4:30-5:20pm (50min) | 72475 |
| 12:00pm | Parent + Tot 2 & 3 | 72199 | 5:00pm | Swimmer 1 | 72004 | | |
| 12:00pm | Private | | 5:30pm | Swimmer 2 | 71990 | Private | |

SET 3: TUESDAY - FRIDAY, AUGUST 6 - 16

| | | | | | | | |
|---------|-----------|-------|--------|------------|-------|----------------------------------|-------|
| 9:30am | Swimmer 2 | 72021 | 3:00pm | Sea Lion 4 | 72026 | Swimmer 3 3:00-3:40pm (40min) | 72033 |
| 10:00am | Octopus 1 | 72022 | 3:30pm | Crab 2 | 72028 | | |
| 10:30am | Crab 2 | 72023 | 4:00pm | Orca 3 | 72029 | Swimmer 6 3:45-4:25pm (40min) | 72476 |
| 11:00am | Orca 3 | 72024 | 4:30pm | Octopus 1 | 72030 | Swimmer 2 | 72032 |
| 11:30am | Swimmer 1 | 72025 | 5:00pm | Private | | Swimmer 1 | 72031 |
| 12:00pm | Private | | 5:30pm | Private | | | |

PRIVATE & SEMI PRIVATE LESSONS

Private and Semi Private Lessons are available, these lessons are suitable for children and adults. Private lessons are registerable on-line or through phone in to customer service at 250-428-7127

If interested in Semi private lessons it's important that swimmers have a similar ability so that both may have success in the lesson.

Please note; to take advantage of a semi private lesson please register the first individual for the private lesson and add the second participant to the wait list. After the first individual is registered and spot is held, please phone customer service for assistance to add the second participant.



Choose from the following classes

PRIVATE SWIM LESSONS JULY - AUGUST 2024 | 4 CLASSES

| TUESDAY - FRIDAY | JULY 9 -12 | JULY 16 - 19 |
|------------------|--------------|-----------------|
| 12:00pm | 72200 | 72203 |
| 5:00pm | 72201 | 72204 |
| 5:30pm | 72202 | 72205 |
| TUESDAY - FRIDAY | JULY 23 - 26 | JULY 30 - AUG 2 |
| 12:00pm | 72206 | 72208 |
| 5:30pm | 72207 | 72209 |
| TUESDAY -FRIDAY | AUGUST 6 - 9 | AUGUST 13 - 16 |
| 12:00pm | 72210 | 72214 |
| 5:00pm | 72211 | 72215 |
| 5:30pm | 72212 | 72216 |

POOL SCHEDULE

July - August, 2024

SWIMMING POOL CLOSED:

July 1, August 5th

POOL ANNUAL SHUTDOWN:

August 25 - September 9

Schedule is subject to change.

SAVE THE DATES! The 2nd & 4th Sunday of the month we will have the **WIBIT DAY**.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|---|---|--|
| | NEW HOURS Starting July 15th | | LAPS & LEISURE 6:30-7:15am | | LAPS & LEISURE 6:30-7:15am | |
| | LAPS & LEISURE 6:30-8:30am | | AQUA TONE & FLEX 7:15-8:00am | | CARDIO H2O 7:15-8:00am | |
| | LEISURE SWIM 6:30am-12:30pm | AQUA DEEP H2O 8:30-9:15am NEW | AQUA GENTLE JOINTS 8:30-9:15am 9:00-10:00am | AQUA GENTLE JOINTS 8:30-9:15am 9:00-10:00am | AQUA GENTLE JOINTS 8:30-9:15am | |
| | | AQUA CONDITIONING 9:15-10:00am | LEADER-SHIP COURSES 9:30am-4:00pm | LEADER-SHIP COURSES 9:30am-4:00pm | LEADER-SHIP COURSES 9:30am-4:00pm | |
| | | LEADER-SHIP COURSES 9:30am-4:00pm | LEISURE SWIM 6:00am-8:00pm | SWIM LESSONS 9:30am-12:30pm + 3:00-6:00pm | SWIM LESSONS 9:30am-12:30pm + 3:00-6:00pm | LEISURE SWIM 11:00am-4:00pm |
| LAPS & LEISURE 1:00-2:00pm | | LEISURE SWIM 9:00am-8:00pm | SWIM LESSONS 9:30am-12:30pm + 3:00-6:00pm | LEISURE SWIM 9:00am-8:00pm | LEISURE SWIM 6:00am-8:00pm | LAPS & LEISURE 11:00-12:00pm |
| LEISURE SWIM 1:00-6:00pm | | SPORTS GROUPS 3:45-5:45pm | SPORTS GROUPS 3:45-5:45pm | SPORTS GROUPS 3:45-5:45pm | SPORTS GROUPS 3:45-5:45pm | |
| WIBIT DAY <i>2nd & 4th Sunday of the month</i> 2:00-3:30pm | | LAPS & LEISURE 7:00-8:00pm | LAPS & LEISURE 7:00-8:00pm | LAPS & LEISURE 7:00-8:00pm | LAPS & LEISURE 7:00-8:00pm | |

Leisure Swim

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

Laps & Leisure

3 lap lanes, leisure pool and hot areas available

Wibit Days

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



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

DROP-IN AQUAFIT

July - August, 2024

No classes July 1, 8, August 5



DROP-IN AQUAFIT

Aqua Deep H2O

NEW DAY!

15+ years
CDCC Deep Pool

Improve overall conditioning with this fun and challenging water workout. Deep water workouts provide a no impact workout that challenges core stability and increases muscle tone by working against the constant resistance of the water.

Monday
8:30 - 9:15am
July 15- Aug 19
Drop-in/Included with Admission or Active Pass

Aqua Conditioning

NEW!

15+ yrs
CDCC Shallow Pool

A variety of equipment will be incorporated to strengthen and tone your muscles, all while incorporating cardiovascular exercise to help improve your mood, support daily activities and help you sleep better. Instructors will offer options that can be adapted to any depth

Tuesdays
9:15-10:00am
July 3 -Aug 28
Drop-in/Included with Admission or Active Pass

Aqua Tone and Flex

15+ years
CDCC Shallow Pool

Moderate Intensity and low impact Aquafit focusing on cardiovascular fitness, flexibility and range of motion

Wednesdays
7:15am - 8:00am
July 3- Aug 23
Drop-in/Included with Admission or Active Pass

Aqua Gentle Joints

15+ yrs
CDCC Leisure Pool

Improve your balance and range of motion through gentle, low intensity movements to help you with your daily activities.

Wednesdays and Fridays
8:30 - 9:15am
July 3- Aug 23
Drop-in/Included with Admission or Active Pass

Cardio H2O

15+ yrs
CDCC Shallow Pool

This deep water aquatics class provides an environment where there is a 90% reduction in body weight, and the ability to tailor your intensity level to your own individual needs. These classes will get your hearts pumping and a core focused finisher will leave you smiling.

Fridays
7:15am - 8:00am
July 3- Aug 23
Drop-in/Included with Admission or Active Pass

FITNESS SCHEDULE

July - August, 2024

Included with Admission or Active Pass

Pre Registered Program

All programs are located at the Creston & District Community Complex

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---------|--|--|---|
| | | | 9:00-10:00 FUNCTIONAL FITNESS | |
| | | | 10:30 - 11:30AM BALANCE AND MOBILITY | |
| | | 11:15-12:15 MOVE TO IMPROVE <i>Fitness Studio</i> | | 11:15-12:15 MOVE TO IMPROVE <i>Fitness Studio</i> |
| | | | | |
| 5:00 - 6:00PM ZUMBA <i>Erickson Room</i> | | 5:00 - 6:00PM BELLY DANCING | | |
| 5:15-6:15 FULL BODY STRENGTH AND CONDITIONING | | 5:15 - 6:15PM BOOTCAMP <i>Curling Rink Dry Floor</i> | | |

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





CARDIO AND/OR STRENGTH

Full Body Strengthening & Conditioning

15+ yrs
CDCC – Fitness Studio

This is an intermediate level fitness class designed for those who want to become stronger and fitter, achieving both improvements in muscle and cardio. This class uses a variety of exercises and intensities to improve your overall full body fitness.

Mondays
5:15 – 6:15pm
Jul 8 – Aug 26
Drop-in/Included with Admission or Active Pass

No class Monday July 1st for Canada Day

Bootcamp

15+ yrs
CDCC – Curling Rink Dry Floor

This intermediate level fitness class is a high-intensity blend of strength exercises and cardio. Designed for those who want a time-efficient way to improve their fitness and have fun in the process.

Wednesdays
5:15 – 6:15pm
Jul 3 – Aug 28
Drop-in/Included with Admission or Active Pass

Functional Fitness

15+ yrs
CDCC – Fitness Studio

This program is tailored for active older adults and includes low impact movements for cardiovascular fitness along with safe and effective strength and balance exercises.

Thursdays
9:00 – 10:00am
Jul 4 – Aug 29
Drop-in/Included with Admission or Active Pass

Belly Dancing

15+ yrs
CDCC – Fitness Studio

This class gives you the understanding of basic belly dance technique, posturing, terminology, movement skills and will help you build the conditioning and strength for this fun and energetic style of dance! A great introduction to belly dancing for all levels.

Wednesdays
5:00 – 6:00pm
Jul 10 – Aug 28
\$73 + tax / 8 classes 72069

Zumba

15+ yrs
CDCC – Erickson Room

A dance fitness party mixing low-intensity and high-intensity moves that are adaptable for all fitness levels! Once the Latin and World rhythms take over, you'll see why Zumba classes are often called exercise in disguise. Effective and fun fitness for all!

Mondays
5:00 – 6:00pm
Jul 8 – Aug 26
\$73 + tax / 8 classes **72070**

No class Friday, March 29

SPECIALTY, MOBILITY AND/OR MINDFULNESS

Move to Improve (Parkinson's)

15+ yrs
CDCC – Fitness Studio

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

Wednesdays & Fridays
11:15 – 12:15pm
Jul 3 - Aug 30
Drop-in/Included with Admission or Active Pass

Wednesdays: Fitness Studio

Fridays: Fitness Studio

Balance and Mobility

15+ yrs
CDCC – Fitness Studio

Through progressive strength building exercises, balancing challenges, and mindfulness movement, participants are guided towards more confidence and enjoyment of movement.

Pre-requisites: Participants need to be able to move (sit to stand) on their own, otherwise caregivers/assistants may be required to attend with the participant.

Thursdays
10:30 – 11:30am
Jul 11 – Aug 29
\$73 + tax / 8 classes **72071**



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. Complete the [Personal Training Package](#) to get started or contact our Fitness Department at (250) 428-7127 ext. 2038 for more information.

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

PERSONAL TRAINING OPTIONS (rates are per person)

Personal Training Price Changes Effective April 1st

| Option | Price | Description |
|------------|------------|--|
| Individual | \$59 + tax | Your first session with a trainer will consist of an assessment specific to your needs. After that, your trainer will coach you safely and effectively towards your personal health and fitness goals. |
| Partner | \$42 + tax | Includes everything you receive with individual personal training with the benefit of a partner to help make workouts more enjoyable and keep you accountable. |
| Group of 3 | \$34 + tax | Group training can include 3-6 people with similar goals in mind. Choose days, times, and style of training you want, such as an introduction to weight training, activity specific training (ie. Hiking), and a variety of other formats. |
| Group of 4 | \$29 + tax | |
| Group of 5 | \$26 + tax | |
| Group of 6 | \$25 + tax | |

Youth on Weights

13-17 yrs

CDCC – Fitness Centre / Fitness Studio

This program goes into greater depth than the Youth Weight Room Orientation and is designed for youth that are interested in learning more about how to use the weight room safely and effectively. Topics will include the proper set up of equipment, gym etiquette, and how to create a safe and well-balanced fitness program.

This is a great option for youth to receive supervised and guided training to build their fitness, improve their athletic development, and improve their health.

| YOUTH ON WEIGHTS TRAINING PACKAGES | 2 PPL | 3 PPL | 4 PPL | 5 PPL | 6 PPL |
|------------------------------------|------------|------------|------------|------------|------------|
| 3 sessions (cost per person) | \$76 + tax | \$51 + tax | \$38 + tax | \$30 + tax | \$25 + tax |

To get the process started, each participant will need to complete the [intake form](#) or contact the CDCC for more information.

* Please try to form groups where the youth have similar goals and abilities.

** If you are unable to find others to join you, let us know and we can help to create a group!

FITNESS CENTRE ORIENTATIONS

FREE with admission!

New to the Gym or need a refresher? Let one of our fitness professionals help!

Orientations Include:

- Introduction to a friendly and informative CDCC staff member
- Get to know the fitness centre rules, regulations and etiquette.
- Learn how to use cardio and strength machines
- Description of our various personal training services and fitness classes.

Contact us at 250-428-7127 to book your orientation. Bring a friend or family member to share the experience.

Maximum 3 people per session, minimum 13 years old.

YOUTH FITNESS CENTRE ORIENTATIONS FOR AGES 13 - 15 YEARS

CDCC Fitness Centre

Fitness Centre Orientations are required by anyone aged 13-15 years before accessing our fitness centre. Etiquette, equipment demonstration and safety are the focus of this general admission class.

Please register online at www.rdck.ca/recreation in person or call 250-428-7127 to speak with one of our customer service representatives.

**4:30-5:00pm
Mondays
General Admission**



RECREATION SPORTS SCHEDULE

Included with
Admission or
Active Pass

Pre Registered
Program

July - August, 2024

ADULT (16+ yrs)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|-----------|--|--------|----------|
| | 6:30 - 8:00PM BADMINTON <i>Creston Education Centre</i> | | 7:00 - 8:30PM VOLLEYBALL <i>Creston Education Centre</i> | | |

ADULT RECREATION

Badminton

16+ yrs

Creston Education Centre - Gymnasium

Join us for a fun night of Badminton, appropriate for all levels!
Bring your own racket if you have one, or use one of ours.

Tuesdays
6:30 - 8:00pm
Jul 9 - Aug 27
\$53 + tax / 8 classes

72072

Volleyball

16+ yrs

Creston Education Centre - Gymnasium

Bump, set, spike! Get out and get involved in an evening of exciting
volleyball. A great way to get active, meet new people, and have
some fun. Two different times for various skill levels – there’s an
option for everyone!

Thursdays
7:00 - 8:30pm
Jul 11 - Aug 29
\$53 + tax / 8 classes

72073



SOCIAL AND RECREATION PROGRAMS

Public Roller Skating/Blading

CDCC Arena

Glide into an evening of fun with friends and family. Whether you are a seasoned or novice skater, join the community for an evening of laughter, movement and endless enjoyment. Everyone is welcome, so lace up and let the good times roll!

Wheelchairs and strollers welcome. Helmets are highly recommended and available for rent. No skateboards or scooters. No rental skates available.

July 3 - July 24
Wednesdays
3:30 - 5:00pm
Included with Admission or Active Pass

1st Annual Poker Ride

South Slokan Trailhead – Slokan Valley Rail Trail

Embark on an adventurous poker bike ride along the famed Slokan Valley Rail Trail. Collect wristbands at each check point as you pedal through the picturesque landscape of the Slokan Valley. For each wristband you collect, you will receive one playing card at the end of the ride. Determine your highest scoring poker hand with the cards you receive and submit them into the contest at the end of the ride. Prizes will be awarded to the winning hands, along with random draw prizes for the registered participants. Kick off the summer riding season with a fusion of cycling, strategy and nature in this inaugural Poker Ride!

**Registration is required to participate. Wheelchairs and bike carriers are welcome. Event is weather dependent.*

Sunday
June 23
12:00 – 3:00 pm
FREE REGISTRATION **68704**

Poker Ride Rules and Guidelines:

1. The ride is an out and back, starting and ending at the South Slokan trailhead.
2. There are 2 riding options available:
 - A. Long Option: Up to 50 km. Ride begins at 12:00pm and ends at 2:30 pm.
 - B. Short (Family Friendly) Option: Up to 15km. Ride begins at 1:00pm and ends at 2:30 pm.
3. Registration is required. Register online at rdck.ca or by calling 250-226-0008. Pre-registration is highly encourage. Same day registration will be available.
4. Riders will receive a playing card for each wristband they collect on their ride. Riders may collect more than 5 wristbands to increase their chances of crafting the best poker hand.
5. Prizes will be awarded to the top 3 poker hands for each ride option (long or short).
6. Additional random draw prizes will be awarded to registered riders
7. Poker hand and random draw winners will be announced at 3:00pm.
8. Riders must follow proper trail etiquette. A reminder on trail etiquette can be found here: slokanvalleyrailtrail.ca/etiquette

Search for Sasquatch



Mystery Location

Sasquatch is on the loose and hiding out on one of our favorite trails, in one of our popular parks or possibly even at our local watering hole. Throughout the months of June, July and August, get outside and spend some time searching for our sneaky friend anywhere within the RDCK.

Each week a new clue will be revealed on the Regional District of Central Kootenay [Facebook page](#), as well as in the facility, to help narrow down his hiding spot. Try your best to be the first one to find our friend in this inaugural "Search for Sasquatch" competition.

If you are lucky enough to come across our friend this season, be sure to take a photo with him to be entered in the prize drawing at the end of the season. Sasquatch hunters, good luck!

Competition Guidelines

- 1 Explore our local trails, parks and water sources anytime between the months of June-August and try your best to find the hidden Sasquatches (2 total).
- 2 Use the weekly clues posted on Facebook and in your local facility to help narrow your search.
- 3 If you successfully find a sasquatch, complete one of the 3 options below:
 - A Post a photo of yourself with the Sasquatch on Facebook and tag the RDCK.
 - B Email a photo of yourself with the Sasquatch to recprogramming@rdck.bc.ca.
 - C Bring a photo of yourself with the Sasquatch to your local facility and show the front desk staff, they will record your name and contact.
- 4 All entries will be entered into a random draw for the Search for Sasquatch prizes. Max of 1 entry for each Sasquatch found.
- 5 If you find a Sasquatch, do not disclose the location on social media. Please leave it where you find it so everyone has the opportunity to enjoy the search.

Outdoor Safety Reminders:

- ✓ Pack food and water
- ✓ Use sun protection
- ✓ Wear appropriate clothing and shoes
- ✓ Be Bear Aware –Travel in groups
- ✓ Inform someone about your plan
- ✓ Carry first aid supplies
- ✓ Follow all provincial guidelines and restrictions

**Please remember participating in any outdoor activity is at your own risk.*



RENTAL OPPORTUNITIES

The Creston & District Community Complex (CDCC) offer a wide range of rental opportunities for meetings, banquets, receptions, and social gatherings, which have access to a full commercial kitchen and audio/visual equipment.

The CDCC has rooms available to host everything from a small meeting to an event up to 450 people. The property also contains a 7,000 sq.ft. stand-alone community hall (Rotacrest Hall) available for rentals.

The multi-purpose recreational facility, which sits on over 20 acres of land, also offers sport facility rentals including an ice arena, aquatic centre, baseball and soccer fields, and a variety of outdoor sport courts including pickleball, beach volleyball, basketball, and a 10,000 square foot skatepark.

Our professional and experienced staff are happy to assist you in planning the most satisfying and memorable experience. Visit www.rdck.ca/recreation for more detailed information about our rental spaces and how to book them.



**Exceptional facilities.
Exceptional service.**

**CONTACT US TODAY
TO BOOK YOUR SPACE**