

NELSON

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 250.354.4386



RDCK-Funded
**Training
Opportunities**

See page 7
for details



NDCC
Nelson & District
Community Complex



Nelson & District Community Complex



Visit Us

305 Hall St., Nelson, BC | rdck.ca/recreation

Contact Us

250-354-4FUN (4386) | nelrec@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



Register Online: rdck.ca/recreation

Or Register by Phone: 250.354.4386

SUMMER HOURS

Hours of Operation are subject to change

July 2 – September 1, 2024

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	10:00am - 3:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	10:00am - 3:00pm
FITNESS CENTRE	10:00am - 6:00pm	5:30am - 8:00pm	5:30am - 8:00pm	5:30am - 8:00pm	5:30am - 8:00pm	5:30am - 8:00pm	9:00am - 6:00pm

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:

September 2

REOPENING: September 16th

FITNESS STUDIO

SHUTDOWN:

August 25 - September 1

FITNESS CENTRE

SHUTDOWN:

September 1 - 3



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 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.





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

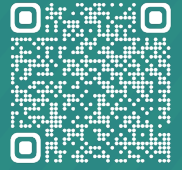
AQUATIC TRAINING OPPORTUNITIES!

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

Nelson Recreation offers quality summer camps for children ages 5-12 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, lake or pool time and opportunities to unleash their imagination each week.

NEW 2024 Specialty Camps: Nelson Recreation is offering a new opportunity for the older youth this summer by including a Specialty Camp option. Each specialty camp will include at least 2 hours each day of higher level instruction of the specific activity for that week. Additionally, campers will also get to enjoy their favorite summer camp activities. Spots are limited.

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 the Recreation Supervisor in your area for more information.

Check – in: 8:30 am – 9:15 am

Staff will start the check-in process at 8:30 am. All campers must be accompanied to camp check-in 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 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
- ✓ Bikes, Scooters and Helmets on designated days

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.

Lee Richmond, Junior Recreation Supervisor
Nelson & District Community Complex
Phone: 250-354-4386 ex. 5109
Email: LRichmond@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 5 - 8	CANADA DAY	ACTIVE ADVENTURERS <i>Lakeside Beach Building</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 71514		FANTASY FANATICS <i>Lakeside Beach Building</i> Ages 5-8 Immerse yourself in a day of enchantment, creativity and imaginative play. A day of dragon quests, dinosaur hunts, fairy-tale crafts and magical adventures! \$38 71518	
AGES 7 - 10		WATER WARRIORS <i>NDCC Arena</i> 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 of fashioned fun. \$110 71515		CRAZY COMPETITIONS <i>NDCC Arena</i> Ages 9-12 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 71519	
AGES 10 - 12		KOOTENAY EXPLORERS <i>Lakeside Beach Building</i> Experience the wonders of our home, the Kootenays. Create unique Kootenay crafts, get active with Kootenay themed games and scavenger hunts. Discover and learn even more about our beautiful home, the Kootenays. \$110 71516			
SPECIALTY CAMP AGES 9 - 12		PADDLE CAMP <i>Lakeside Beach Building</i> Enjoy a week on the water trying out all of our different watercrafts. Each day campers will get to experience sometime out on Kootenay Lake on SUP's or kayaks. Spend the rest of the day playing games and doing exciting activities at Lakeside. Paddling activities are weather and skill level dependent. \$130 71517			



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

	MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
AGES 5 - 8	<p>CRAFTY CRITTERS <i>Lakeside Beach Building</i></p> <p>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.</p> <p>\$140 71520</p>				<p>LITTLE LEARNERS <i>Lakeside Beach Building</i> Ages 5-8</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 day with educational adventures, science experiments and creative discoveries.</p> <p>\$38 71524</p>
AGES 7 - 10	<p>WEEK OF PLAY <i>Lakeside Beach Building</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 71521</p>				<p>CREATIVE CAMPERS <i>Lakeside Beach Building</i> Ages 9-12</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 71525</p>
AGES 10 - 12	<p>SHOW YOUR SKILLS <i>NDCC Arena</i></p> <p>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.</p> <p>\$140 71522</p>				
SPECIALTY CAMP AGES 9 - 12	<p>ARCHERY CAMP <i>North Shore Hall</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 lake!</p> <p>\$175 71523</p>				



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

	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
AGES 5 - 8	<p>COLORFUL CHARACTERS <i>Lakeside Beach Building</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 71526</p>				<p>KOOTENAY EXPLORERS <i>Lakeside Beach Building</i></p> <p>Ages 5-8</p> <p>Experience the wonders of our home, the Kootenays. Create unique Kootenay crafts, get active with Kootenay themed games and scavenger hunts. Discover and learn even more about our beautiful home, the Kootenays.</p> <p>\$38 71530</p>
AGES 7 - 10	<p>CREATIVE CAMPERS <i>Lakeside Beach Building</i></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>\$140 71527</p>				<p>WATER WARRIORS <i>Lakeside Beach Building</i></p> <p>Ages 9-12</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 of fashioned fun.</p> <p>\$38 71531</p>
AGES 10 - 12	<p>LAUGH AND LEARN <i>Lakeside Beach Building</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 71528</p>				
SPECIALTY CAMP AGES 9 - 12	<p>DISC GOLF CAMP <i>Art Gibbons Park</i></p> <p>Spend the week learning from our local professionals some tips and tricks on how to succeed on the disc golf course. We will be spending 2 hours each day practicing different throwing techniques for all aspects of the games, while also getting some rounds in on the local course. After throwing some discs, we will play some of our favorite games and spend some time in the skate park. Please bring your bike, skateboard, skates or scooters. Helmets required</p> <p>\$175 71529</p>				



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

	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
AGES 5 - 8	<p>WATER WARRIORS <i>Lakeside Beach Building</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 71532</p>				<p>SHOW YOUR SKILLS <i>Lakeside Beach Building</i></p> <p>Ages 5-8</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 71536</p>
AGES 7 - 10	<p>ACTIVE ADVENTURERS <i>Lakeside Beach Building</i></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>\$140 71533</p>				<p>CRAZY COMPETITIONS <i>NDCC Arena</i></p> <p>Ages 9-12</p> <p>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.</p> <p>\$38 71537</p>
AGES 10 - 12	<p>WEEK OF PLAY <i>Lakeside Beach Building</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 71534</p>				
SPECIALTY CAMP AGES 9 - 12	<p>DANCE CAMP <i>NDCC Arena</i></p> <p>Spend the week learning and dancing with our friends from Intuit Studios. Each day we will have a 2 hour dance instruction with Intuit Studios, which will be sure to be the highlight of your week. Along with dancing, we will get to spend some time in the pool and playing some of our favorite camp games.</p> <p>\$175 71535</p>				



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

	MONDAY 29	TUESDAY 30	WEDNESDAY 31	THURSDAY 1	FRIDAY 2
AGES 5 - 8	<p>WEEK OF PLAY <i>Lakeside Beach Building</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 71541</p>				<p>CRAFTY CRITTERS <i>Lakeside Beach Building</i></p> <p>Ages 5-8</p> <p>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.</p> <p>\$38 71545</p>
AGES 7 - 10	<p>CRAZY COMPETITIONS <i>Lakeside Beach Building</i></p> <p>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.</p> <p>\$140 71542</p>				<p>LAUGH AND LEARN <i>Lakeside Beach Building</i></p> <p>Ages 9-12</p> <p>Today 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 at camp!</p> <p>\$38 71546</p>
AGES 10 - 12	<p>WATER WARRIORS <i>Lakeside Beach Building</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 71543</p>				
SPECIALTY CAMP AGES 9 - 12	<p>ART CAMP <i>North Shore Hall</i></p> <p>This week, local artist Jaymie Johnson, will be inspiring the campers' artistic talents by teaching them low-tech printmaking methods as well as other techniques. Along with some artistic creations, we will also be heading to Lakeside Park in the afternoon for some fun in the lake.</p> <p>\$175 71544</p>				

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

	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
AGES 5 - 8	BRITISH COLUMBIA DAY	KOOTENAY EXPLORERS <i>Lakeside Beach Building</i> Experience the wonders of our home, the Kootenays. Create unique Kootenay crafts, get active with Kootenay themed games and scavenger hunts. Discover and learn even more about our beautiful home, the Kootenays. \$110 71547			CRAZY COMPETITIONS <i>Lakeside Beach Building</i> Ages 5-8 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 71551
AGES 7 - 10		SHOW YOUR SKILLS <i>Lakeside Beach Building</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. \$110 71548			WATER WARRIORS <i>Lakeside Beach Building</i> Ages 9-12 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. \$38 71552
AGES 10 - 12		ACTIVE ADVENTURERS <i>Lakeside Beach Building</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 71549			
SPECIALTY CAMP AGES 9 - 12		PADDLE CAMP <i>Lakeside Beach Building</i> Enjoy a week on the water trying out all of our different watercrafts. Each day campers will get to experience some time out on Kootenay Lake on SUP's or kayaks. Spend the rest of the day playing games and doing exciting activities at Lakeside. Paddling activities are weather and skill level dependent. \$130 71550			



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

	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
AGES 5 - 8	<p>FANTASY FANATICS <i>Lakeside Beach Building</i></p> <p>Immerse yourself in a week of enchantment, creativity and imaginative play. A week of dragon quests, dinosaur hunts, fairy-tale crafts and magical adventures!</p> <p>\$140 71553</p>				<p>LITTLE LEARNERS <i>Lakeside Beach Building</i> Ages 5-8</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 day with educational adventures, science experiments and creative discoveries.</p> <p>\$38 71557</p>
AGES 7 - 10	<p>WATER WARRIORS <i>Lakeside Beach Building</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 71554</p>				<p>CREATIVE CAMPERS <i>Lakeside Beach Building</i> Ages 9-12</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 71558</p>
AGES 10 - 12	<p>CRAZY COMPETITIONS <i>Lakeside Beach Building</i></p> <p>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.</p> <p>\$140 71555</p>				
SPECIALTY CAMP AGES 9 - 12	<p>ARCHERY CAMP <i>North Shore Hall</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 lake!</p> <p>\$175 71556</p>				



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

	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
AGES 5 - 8	<p>WACKY WRAP-UP <i>Lakeside Beach Building</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 71564</p>				<p>WACKY WRAP-UP <i>Lakeside Beach Building</i> Ages 5-8</p> <p>In our final day of summer camp 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 71574</p>
AGES 7 - 10	<p>WACKY WRAP-UP <i>Lakeside Beach Building</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 71566</p>				<p>WACKY WRAP-UP <i>Lakeside Beach Building</i> Ages 9-12</p> <p>In our final day of summer camp 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 71577</p>
AGES 10 - 12	<p>WACKY WRAP-UP <i>Lakeside Beach Building</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 71572</p>				
SPECIALTY CAMP AGES 9 - 12	<p>CIRCUS CAMP <i>NDCC – Upper Multi-Purpose Room</i></p> <p>This week we will be joining our friends at Discover Circus to experience and learn some of the circus arts. Each day we will get to spend some time at the Discover Circus facility, learning from the best in the business. Along with some time at the circus, we will also be enjoying some pool fun and playing our favorite camp games.</p> <p>\$175 71573</p>				



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 SCHEDULES

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

SET 1: TUESDAY – FRIDAY, JULY 9 - 19

9:30am	Sea Lion 4	71575	3:00pm	Sea Lion 4	71581	Swimmer 3 3:00-3:40pm (40min)	71583
10:00am	Octopus 1	71576	3:30pm	Crab 2	71588	Swimmer 4 3:45-4:25pm (40min)	71584
10:30am	Crab 2	71578	4:00pm	Orca 3	71586	Adult Beginner	71590
11:00am	Orca 3	71579	4:30pm	Octopus 1	71587	Swimmer 1	71585
11:30am	Swimmer 1	71580	5:00pm	Private		Swimmer 2	71589
12:00pm	Private		5:30pm	Private			

SET 2: MONDAY –THURSDAY, JULY 22 - AUGUST 1

9:30am	Sea Lion 4	71591	3:00pm	Narwhal 5	71732	Swimmer 3 3:00-3:40pm (40min)	71598
10:00am	Octopus 1	71592	3:30pm	Crab 2	71599	Swimmer 5 3:45-4:25pm (40min)	71602
10:30am	Crab 2	71593	4:00pm	Orca 3	71600	Swimmer 7 4:30-5:20pm (50min)	71716
11:00am	Orca 3	71594	4:30pm	Octopus 1	71601	Private	
11:30am	Swimmer 2	71596	5:00pm	Swimmer 1	71595		
12:00pm	Private		5:30pm	Swimmer 2	71597		

SET 3: TUESDAY – FRIDAY, AUGUST 6 - 16

9:30am	Sea Lion 4	71718	3:00pm	Swimmer 1	71725	Swimmer 3 3:00-3:40pm (40min)	71760
10:00am	Octopus 1	71720	3:30pm	Crab 2	71726	Swimmer 6 3:45-4:25pm (40min)	71707
10:30am	Crab 2	71721	4:00pm	Orca 3	71735	Swimmer 4 4:30-5:10pm (40min)	71762
11:00am	Orca 3	71722	4:30pm	Octopus 1	71728	Swimmer 2 5:15pm	71723
11:30am	Swimmer 1	71724	5:00pm	Narwhal 5	71737		
12:00pm	Private		5:30pm	Private			

SET 4: MONDAY –THURSDAY, AUGUST 19 - 29

9:30am	Sea Lion 4	71727	3:00pm	Narwhal 5	71738	Swimmer 5 3:00-3:40pm (40min)	71765
10:00am	Octopus 1	71729	3:30pm	Octopus 1	71767	Swimmer 4 3:45-4:25pm (40min)	71763
10:30am	Crab 2	71730	4:00pm	Orca 3	71766	Swimmer 1	71757
11:00am	Orca 3	71756	4:30pm	Crab 2	71768	Swimmer 2	71759
11:30am	Swimmer 2	71758	5:00pm	Private		Swimmer 3 5:30-6:10pm (40 min)	71761
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 250-354-4386

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	72154	72157
5:00pm	72155	72158
5:30pm	72156	72159
MONDAY -THURSDAY	JULY 22 - 25	JULY 29 - AUG 1
12:00pm	72160	72162
5:30pm	72161	72163
TUESDAY -FRIDAY	AUGUST 6 - 9	AUGUST 13 - 16
12:00pm	72177	72180
5:00pm	72178	72185
5:30pm	72179	72186
SATURDAY	JULY 6-27	AUGUST 3-24
10:30am	72187	72191
11:00am	72188	72192
11:30am	72189	72193
12:00pm	72190	72194



POOL SCHEDULE

July- August, 2024

CLOSURES

July 1, August 5th, September 2 - 15th

All are welcome all pool basins are available, name of swim indicates pool layout.

Schedule is subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LAPS & LEISURE 6:00-7:15am	LAPS & LEISURE 6:00-7:15am	LAPS & LEISURE 6:00-7:15am	LAPS & LEISURE 6:00-7:15am	LAPS & LEISURE 6:00-7:15am	
	SPORTS GROUPS 9:30-11:30am	SPORTS GROUPS 7:15-11:30am	SPORTS GROUPS 7:15-11:30am	SPORTS GROUPS 7:15-11:30am	SPORTS GROUPS 7:15-11:30am	
LAPS & LEISURE 10:00am-12:00pm	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	LEADER-SHIP COURSES 9:30am-4:00pm	LAPS & LEISURE 10:00am-12:00pm
FUN SWIM 1:00-3:00pm	LEISURE SWIM 6:00am-8:00pm + SWIM LESSONS 9:30am-12:00pm 3:00-6:00pm	LEISURE SWIM 6:00am-8:00pm + SWIM LESSONS 9:30am-12:00pm 3:00-6:00pm	LEISURE SWIM 6:00am-8:00pm + SWIM LESSONS 9:30am-12:00pm 3:00-6:00pm	LEISURE SWIM 6:00am-8:00pm + SWIM LESSONS 9:30am-12:00pm 3:00-6:00pm	LEISURE SWIM 6:00am-8:00pm + SWIM LESSONS 9:30am-12:00pm 3:00-6:00pm	FUN SWIM 1:00-3:00pm
	SPORTS GROUPS 4:00-7:00pm	SPORTS GROUPS 4:00-7:00pm	SPORTS GROUPS 4:00-7:00pm	SPORTS GROUPS 4:00-7:00pm	SPORTS GROUPS 4:00-7:00pm	
	LAPS & LEISURE 7:00-8:00pm	LAPS & LEISURE 7:00-8:00pm	LAPS & LEISURE 7:00-8:00pm	LAPS & LEISURE 7:00-8:00pm	LAPS & LEISURE 7:00-8:00pm	

*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.

Leisure Swim

A lap lane, leisure pool and hot areas available

Laps & Leisure

3 laps lanes, leisure pool and hot areas available

Fun Swim

A feature will be opened, either diving board, plynth, water slide or rope swing



Register Online: rdck.ca/recreation

Or Register by Phone: 250.354.4386

DROP-IN AQUAFIT

July – August, 2024

No classes July 1, 8, Aug 5



DROP-IN AQUAFIT

Aqua Step & Strength

Age 15+ years
NDCC Shallow

Play with fun step patterns, in this high energy, low impact workout that combines the benefits of step aerobics with the resistance of water. This dynamic class offers a fun and effective way to improve cardiovascular fitness and smile muscles too.

Mondays
9:00am-10:00am
July 22 - Aug 26
Drop-in/Included with
Admission or Active Pass

No class July 1, 8

Cardio Core

15+ yrs
NDCC Deep

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.

Tuesday
11:30- 12:30pm
July 2, 9, 16
Drop-in/Included with Admission or
Active Pass

Tuesday
9:30am -10:30am
July 23 - Aug 27
Drop-in/Included with
Admission or Active Pass

Aqua Conditioning

Age 15+ years
NDCC Shallow

Join our shallow water class for refreshing, low impact workout that's perfect for all fitness levels. Fun and effective class will tone your muscles and boost your cardiovascular health.

Wednesday
9:30-10:30am
July 17 - Aug 28
Drop-in/Included with
Admission or Active Pass

No class Aug 5

Cardio Jams

15+ years
NDCC Deep

Music to make us move! Enjoy the music as your instructor guides you in a class that will strengthen and tone your muscles, all while incorporating cardiovascular exercise to help improve your mood, support daily activities and help you sleep better.

Monday & Wednesday
10:45am -11:45am
July 22 - 28
Drop-in/Included with
Admission or Active Pass

Total Body Aquafit

Age 15+ years
NDCC Shallow

Total Body delivers a full body workout including cardio and resistance training for all of the major muscle groups. Challenge your body with a variety of suspended and rebound movements while under the constant resistance that water workouts provide.

Thursday
11:30- 12:30pm
July 4, 11, 18
Drop-in/Included with
Admission or Active Pass

Thursday
9:30-10:30am
July 25 - Aug 29
Drop-in/Included with
Admission or Active Pass



FITNESS SCHEDULE

July 2 - August 24, 2024

Included with Admission or Active Pass

Pre Registered Program

***FITNESS STUDIO IS CLOSED AUGUST 25 - SEPTEMBER 1**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					6:30 - 7:30am FULL BODY STRENGTH AND CONDITIONING	
			8:00-8:45am TRX		7:45-8:45am INTRO TO STEP	
	8:00-9:00am WEIGHT ROOM CIRCUIT		8:00-9:00am WEIGHT ROOM CIRCUIT			
		9:15-10:15am ADVANCED STEP	9:15-10:15am FULL BODY CONDITIONING	9:15-10:15am HIIT	9:15-10:15am FULL BODY STRENGTH	
10:30-12:00pm HATHA FLOW YOGA <i>Ends July 28th</i>		10:30-11:30am FIT 4 LIFE	10:30-11:30am BABY AND ME			10:30-12:00pm QI-FLOW FLOW YOGA
	12:10-12:55pm STEP		12:10-12:55pm CORE STRENGTH AND CONDITIONING		12:00-1:00pm WEIGHT ROOM CIRCUIT	
1:30-2:00pm YOUTH FITNESS CENTRE ORIENTATION	1:15-2:15pm BALANCE AND MOBILITY					
	5:15-6:15pm STEP	5:15-6:15pm HIIT	5:15-6:15pm STEP	5:15-6:15pm FULL BODY STRENGTH AND CONDITIONING		
	6:45-8:00pm CLASSICAL HATHA YOGA <i>Ends July 29th</i>	6:30-7:00pm YOUTH FITNESS CENTRE ORIENTATION		6:30-7:00pm YOUTH FITNESS CENTRE ORIENTATION		

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





CARDIO AND/OR STRENGTH PROGRAMS

Weight Room Circuit

15+ yrs
 NDCC - Weight Room
 All Fitness Levels

Challenge yourself to this 60-minute workout of timed aerobic intervals alternating with sets and reps of strength followed by a focused cool down in the weight room led by one of our NDCC personal trainers. All levels of fitness welcome!

Mondays & Wednesdays
 8:00 - 9:00am
 Jul 3 - Aug 21
 Drop-in/Included with Admission or Active Pass

Fridays
 12:00 - 1:00pm
 Jul 5 - Aug 23
 Drop-in/Included with Admission or Active Pass

No classes on July 1st and August 5th

Step

15+ yrs
 NDCC - Studio

Choreographed aerobic combinations on the step helps improve coordination, balance and agility. These combos will get your mind focused and body sweating in no time!

Mondays
 12:10 - 12:55pm
 Jul 8 - Aug 19
 Drop-in/Included with Admission or Active Pass

Mondays
 5:15-6:15pm
 Jul 8 - Aug 19
 Drop-in/Included with Admission or Active Pass

No classes on July 1st and August 5th

Wednesdays
 5:15 - 6:15pm
 Jul 3 - Aug 21
 Drop-in/Included with Admission or Active Pass

Full Body Strength and Conditioning

15+ yrs
 NDCC - Studio

This is a beginner-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.

Thursdays
 5:15 - 6:15pm
 Jul 4 - 26
 \$36 + tax / 4 classes 72118

Thursdays
 5:15 - 6:15pm
 Aug 1 - 22
 \$36 + tax / 4 classes 72165

Fridays
 6:30 - 7:30am
 Jul 5 - 26
 \$36 + tax / 4 classes 72119

Fridays
 6:30 - 7:30am
 Aug 2 - 23
 \$36 + tax / 4 classes 72166

Advanced Step

15+ yrs
 NDCC - Studio

Advanced level choreographed aerobic combinations on the step helps improve coordination, balance and agility. These combos will get your mind focused and body sweating in no time!

Tuesdays
 9:15 - 10:15am
 Jul 2 - 23
 \$36 + tax / 4 classes 72116

Tuesdays
 9:15 - 10:15am
 Jul 30 - Aug 20
 \$36 + tax / 4 classes 72167

Fit 4 Life

15+ yrs
NDCC - Studio

Using a variety of equipment including resistance bands, handheld weights and balls, you will work on muscle endurance, balance challenges, bursts of cardio and an overall total body workout to keep you Fit for Life!

Tuesdays
10:30 – 11:30am
Jul 2 - 23
\$36 + tax / 4 classes 72117

Tuesdays
10:30 – 11:30am
Jul 30 - Aug 20
\$36 + tax / 4 classes 72169

HIIT

15+ yrs
NDCC - Studio

This class is a rigorous interval training sequence with high-intensity exercises and strength moves. It builds cardiovascular fitness while improving muscular strength and endurance. You will be challenged to push to your limits and walk out feeling resilient and strong. All levels welcome.

Tuesdays
5:15 – 6:15pm
Jul 2 - Aug 20
Drop-in/Included with Admission or Active Pass

Thursdays
9:15 - 10:15am
Jul 4 - Aug 22
Drop-in/Included with Admission or Active Pass

TRX

NDCC - Studio
All Fitness Levels

This 45-minute class will help you improve overall strength in all your major muscle groups through the use of the TRX and your own body weight.

Wednesdays
8:00 – 8:45am
Jul 3 - 24
\$27 + tax / 4 classes 72114

Wednesdays
8:00 - 8:45am
Jul 31 - Aug 21
\$27 + tax / 4 classes 72432

Full Body Strength

15+ yrs
NDCC - Studio

This is a beginner-intermediate level fitness class designed for those who want to become stronger, achieving improvements in their ability to resist injuries, bone density, and overall quality of life. This class uses a variety of exercises and intensities to improve your overall full body strength.

Fridays
9:15 - 10:15am
Jul 5 - Aug 23
Drop-in/Included with Admission or Active Pass

Full Body Conditioning

15+ yrs
NDCC - Studio

This is a beginner-intermediate level fitness class designed for those who want to become fitter, achieving improvements in their cardiovascular fitness. This class is progressive ensuring you achieve measurable improvements in your aerobic conditioning.

Wednesdays
9:15 – 10:15am
Jul 3 - 24
\$36 + tax / 4 classes 72115

Wednesdays
9:15 - 10:15am
Jul 31 - Aug 21
\$36 + tax / 4 classes 72171

Baby and Me

Parents & Babies 6 weeks – 18 months
NDCC - Studio

Meet other new parents, get fit and have fun. Parent and baby classes includes cardiovascular and functional strength training. Work on regaining your strength and agility so you can chase after your little one.

Wednesdays
10:30 – 11:30am
Jul 3 - 24
\$36 + tax / 4 classes 72113

Wednesdays
10:30 - 11:30am
Jul 31 - Aug 21
\$36 + tax / 4 classes 72170

Core Strength and Conditioning

15+ yrs
NDCC - Studio

This is a beginner-intermediate level fitness class designed for those wanting a stronger, more conditioned core. This class is a mix of floor and standing exercises with a variety of intensities used to improve your overall core fitness.

Wednesdays
12:10 – 12:55pm
Jul 3 – Aug 21
Drop-in/Included with Admission or Active Pass

Intro to Step

15+ yrs
NDCC - Studio

Choreographed aerobic combinations on the step helps improve coordination, balance and agility. These combos will get your mind focused and body sweating in no time!

Fridays
7:45 – 8:45am
Jul 5 – Aug 23
Drop-in/Included with Admission or Active Pass

Rise & Shine Bootcamp - Lakeside Park

15+
Lakeside Park

Join us for this early morning full-body workout! Bootcamps are a great way to improve your overall fitness while taking in the fresh morning air. Great for beginners with some fitness experience and intermediates.

Tuesdays & Thursdays
6:15 - 7:15am
Jul 2 - 25
\$73 + tax / 8 classes 73869



MOBILITY AND/OR MINDFULNESS

Balance and Mobility

15+ yrs
NDCC - Studio

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

Mondays
1:15 – 2:15pm
Jul 8 – Aug 19
Drop-in/Included with Admission or Active Pass

No classes on July 1st and August 5th

Classical Hatha Yoga

15+ yrs
NDCC - Studio

This class focuses on quietening the mind and using the breath to sustain long-held postures. Movement is slow and deliberate. Inspired by the teachings of Baba Hari Dass. Each class is unique! Mixed levels but experience is required. Please wear warm layers.

Mondays
6:45 – 8:00pm
Jul 8 – Jul 29
Drop-in/Included with Admission or Active Pass

No classes on July 1st and August 5th

Hatha Flow Yoga

15+ yrs
NDCC - Studio

This yoga class provides an environment that is safe, noncompetitive and welcoming to all. Come and explore what happens to the body when you release the tension your body habitually holds allowing you to slow the mind and find your inner calm. Please bring your own mat.

Sunday
10:30 – 12:00pm
Jul 7 - 28
\$55 + tax / 4 classes

72111

Qi-Flow Yoga

15+ yrs
NDCC - Studio

This yoga classes focuses on stringing postures together so that you move from one to another, seamlessly, using breath. Classes will offer a variety of postures and be infused with Qigong principles. All levels welcome. Please bring your own mat.

Saturdays
10:30 – 12:00pm
Jul 6 – Aug 24
Drop-in/Included with Admission or Active Pass

HEALTH AND/OR FITNESS PROGRAMS

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) 354-4386 ext. 5111 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	

NDCC FITNESS PROFESSIONALS



Haley Mosdell

Bachelors of Kinesiology
CFES Certified Personal Trainer



Morgan Burgess

ISSA/CFES Certified Personal Trainer
CFES Certified Group Fitness Instructor
GGS Certified Pre & Postnatal Coach



Sierra Jones

ISSA Certified Personal Trainer





YOUTH FITNESS CENTRE ORIENTATIONS

NDCC 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 250-354-4386 to speak with one of our customer service representatives.

6:30-7:00pm
Tuesdays and Thursdays

1:30-2:00pm
Sundays

General Admission

Youth on Weights

13-17 yrs
NDCC – Weight Room

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 NDCC 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!*



SOCIAL AND RECREATION PROGRAMS

Public Roller Skating/Blading

NDCC - 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.

Wednesdays

July 3 - July 26

4:00 - 5:30pm

Fridays

6:00 - 7:30pm

Included with Admission or Active Pass

Drop-in Sports

NDCC - Arena

Looking to shoot some hoops, score a goal playing floor hockey, or get in a few games of badminton? Drop-in to the NDCC for some casual sports with friends or your family. The arena dry floor will be split into sections for each sport and there will be space for all ages and abilities to practice their skills. This is a great way to stay active and enjoy quality social time with others.

**Limited equipment will be available for use, you are encouraged to bring your own. Sport areas may be modified to accommodate participants. SHOES ONLY for floor hockey, no skates please.*

Sundays

June 9 - July 28

2:30 - 4:00pm

Included with Admission or Active Pass

ARENA PROGRAMS

Included with Admission

Pre Registered Program

August Summer Ice 2024

Schedule is subject to change. Please visit www.rdck.ca or call 250-354-4FUN for up to date information.

SATURDAY AUGUST 17	SUNDAY AUGUST 18	SATURDAY AUGUST 24	SATURDAY AUGUST 31	SUNDAY SEPTEMBER 1
Public Skate 11:30am-12:30pm	Public Skate 11:30am-12:30pm		Public Skate 11:30am-12:30pm	Public Skate 11:30am-12:30pm
Family Stick & Puck 12:45pm-1:45pm	Family Stick & Puck 12:45pm-1:45pm		Family Stick & Puck 12:45pm-1:45pm	Family Stick & Puck 12:45pm-1:45pm
Adult Stick & Puck 4:00pm – 5:00pm	Adult Stick & Puck 4:00pm – 5:00pm	Adult Stick & Puck 4:00pm – 5:00pm	Adult Stick & Puck 4:00pm – 5:00pm	Adult Stick & Puck 4:00pm – 5:00pm

Skate Rentals

\$2.85 + tax

Helmet Rentals

\$.95 + tax

INCLUDED WITH ADMISSION

Public Skate

NDCC Arena

Everyone is welcome during public skating times! Lots of fun and a great way to be active with your whole family. Wheelchair and stroller access. Helmet and skate rentals available.

Saturday Aug 17
11:30am-12:30pm

Sunday Aug 18
11:30am-12:30pm

Saturday Aug 31
11:30am-12:30pm

Sunday Sept 1
11:30am-12:30pm

Included with Admission or Active Pass

Family Stick and Puck

All Ages

NDCC Arena

- Hard pucks are used during this program
- Helmet with face mask required for children under 18 yrs
- Helmets and gloves required
- No scrimmages
- Skate and Helmet rentals available

Saturday August 17
12:45pm-1:45pm

Sunday August 18
12:45pm-1:45pm

Saturday August 31
12:45pm-1:45pm

Sunday September 1
12:45pm-1:45pm

Included with Admission or Active Pass

Adult Stick and Puck

17+ yrs

NDCC Arena

- Helmets and gloves required
- No scrimmages

Saturday August 17
4:00pm – 5:00pm

Sunday August 18
4:00pm – 5:00pm

Saturday August 24
4:00pm – 5:00pm

Saturday August 31
4:00pm – 5:00pm

Sunday September 1
4:00pm – 5:00pm

Included with Admission or Active Pass



Register Online: rdck.ca/recreation

Or Register by Phone: 250.354.4386

1st Annual Poker Ride

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 – 3:00pm

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 2:30pm.
 - B. Short (Family Friendly) Option: Up to 15km. Ride begins at 1:00pm and ends at 2:30pm
3. Registration is required. Register online at rdck.ca or by calling 250-226-0008. Pre-Registration is highly encouraged. 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.*

PADDLE RENTAL CENTRE

June 15th | Opening Day!*

We are launching the summer season off on June 15th. Come down to Lakeside Park and try out a Paddleboard, Kayak, or Canoe.

The best place to kick off the summer is on the lake!

Lakeside Park – Beach Building



**Open June 15th
to September 4th.**

10:00 am – 7:00 pm

Thursday - Monday

Closed Tuesdays & Wednesdays

Equipment Available for Rent

- Stand Up Paddleboards
- Children's Stand Up Paddle Boards and Kayaks
- Kayaks and Canoes

Paddle Rental Fees

Adult (19-74 yrs)	\$20
Youth (5-18 yrs)	\$15
Family - up to 2 adults + 2 youth	\$45
Golden Guest (75+ yrs)	Free
Child (<5 yrs)	Free

What to Bring

- Swimsuit or wetsuit, towel and change of clothes
- Insulated 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 must have a parent/guardian sign a waiver to rent equipment
- Rental fee includes all safety equipment for up to 3 hours within the recommended paddle area of Kootenay Lake