

SALMO

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 250.357.0121



RDCK-Funded
**Training
Opportunities**

See page 7
for details





Salmo Recreation & Fitness Centre



Visit Us

206 7th St, Salmo, BC | rdck.ca/recreation

Contact Us

250.357.0121 | salmorec@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

RDCK Recreation programs and services are subject to the latest public health measures put in place by the provincial authorities, Interior Health, and the RDCK Board of Directors.

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

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.



Register Online: rdck.ca/recreation



Or Register by Phone: 250.357.0121

FITNESS CENTRE HOURS

July 2 – August 31, 2024

- 13+ years old
- General Admission and Active Pass fees, see pg. 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30 AM – 10:30 AM	6:30 AM – 10:30 AM	6:30 AM – 10:30 AM	6:30 AM – 10:30 AM		6:30 AM – 10:30 AM
	4:00 PM – 8:00 PM	4:00 PM – 8:00 PM	4:00 PM – 8:00 PM	4:00 PM – 8:00 PM	4:00 PM – 8:00 PM	

Please note: Facility hours are subject to change or cancellation, based on staff shortages or unforeseen circumstances.

GYMNASIUM HOURS

July 2 – August 31, 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	OPEN GYM 6:30 AM – 10:30 AM	OPEN GYM 6:30 AM – 10:30 AM	OPEN GYM 6:30 AM – 10:30 AM	OPEN GYM 6:30 AM – 8:30 AM		OPEN GYM 6:30 AM – 10:30 AM
	PICKLE BALL 8:45 AM – 10:30 AM			PICKLE BALL 8:45 AM – 10:30 AM		
	OPEN GYM 4:00 PM – 8:00 PM	OPEN GYM 4:00 PM – 8:00 PM	OPEN GYM 4:00 PM – 8:00 PM	OPEN GYM 4:00 PM – 8:00 PM	OPEN GYM 4:00 PM – 8:00 PM	
		PICKLE BALL 6:30PM – 8:00PM	BASKETBALL 6:30PM – 8:00PM	VOLLEYBALL 6:30PM – 8:00PM		

- 13 + years unless designated.
- Co-ed, non-competitive recreation level play during all sessions.
- Recreation Equipment will be available during all Open Gym Sessions.
- Designated Gym Activity times are noted in the schedule below.
- Participants, please put away all equipment after each session.
- Pay Admission or scan your Active Pass in the Fitness Center before using the Gym.

OFFICE HOURS

Monday-Thursday 6:30 - 10:30 am, 4:00 - 8:00 pm
Friday 4:00 - 8:00 pm
Saturday 6:30 - 10:30 am

Salmo Recreation is closed on all Statutory Holidays as well as Christmas Eve and New Year's Eve.

GENERAL ADMISSION - FITNESS CENTRE

	DROP-IN	10-PUNCH*
Adult (19-74)	\$5.82	\$52.39
Youth (13-18)	\$2.91	\$26.19
Golden Guest (75+)	Free	-

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

GENERAL ADMISSION - GYM

All Ages	\$3.09
Golden Guest (75+)	Free

ACTIVE PASSES

The Active Pass is a time-based membership that gives pass-holders unlimited general admission to: Fitness Centre, Salmo Rec Gymnasium Drop-in. Passes can be purchased in person or by phone.

PASS FEES	ACTIVE PASS FEES*		
	1 Month Pass	3 Month Pass	6 Month Pass
Adult	\$52.39	\$133.59	\$235.74
Youth	\$26.19	\$66.79	\$117.87
2nd Adult	\$47.14	\$120.23	\$212.17
2nd Youth	\$23.57	\$60.11	\$106.08

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: 250.357.0121



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

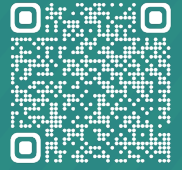
AQUATIC TRAINING OPPORTUNITIES!

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

Salmo Recreation offers quality summer camps for children ages 7-12 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 – 1:30 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

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: 1:30 pm

Parents/Guardians are responsible for picking up their child no later than 1:30pm. 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 1 - 2 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.

Aiko Kreuzer
Junior Recreation Services Supervisor
Salmo Valley Recreation
Phone: 250-357-0121
Email: akreuzer@rdck.bc.ca

Please fill out this intake form before your first day of camp.



4 DAY THEME CAMPS

7-12 YRS

JULY 2 - AUGUST 22 | 8:30AM - 1:30PM

REGISTER EARLY, SPACE IS LIMITED!

A JAM PACKED SUMMER FULL OF ADVENTURE, GAMES, SPORTS & MORE!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
WEEK 1	CANADA DAY NO PROGRAM	CRAZY COMPETITIONS 7-12 yrs Salmo Rec 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.			TUESDAY – THURSDAY 8:30am – 1:30pm July 2-4 \$72/ 3 days 71473
WEEK 2	CREATIVE CAMPERS 7-12 yrs Salmo Rec 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.				MONDAY – THURSDAY 8:30am – 1:30pm July 8-11 \$96/ 4 days 71474
WEEK 3	LAUGH AND LEARN 7-12 yrs Salmo Rec 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!				MONDAY – THURSDAY 8:30am – 1:30pm July 15-18 \$96 / 4 days 71475
WEEK 4	ACTIVE ADVENTURERS AND DISC GOLF 7-12 yrs Salmo Rec Embark on a thrilling journey at our Active Adventure Camp. We will focus on fostering teamwork, completing outdoor challenges and developing new skills. Plus, we will play some disc golf with a small pop-up course.				MONDAY – THURSDAY 8:30am – 1:30pm July 22-25 \$96 / 4 days 71476
WEEK 5	SHOW YOUR SKILLS AND ARCHERY CAMP 7-12 yrs Salmo Rec 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. Additionally, campers will have the opportunity to learn the art of archery from our certified instructor.				MONDAY – THURSDAY 8:30am – 1:30pm July 29 - Aug 1 \$96/ 4 days 71477
WEEK 6	BC DAY NO PROGRAM	CRAFTY CRITTERS 7-12 yrs Salmo Rec 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.			TUESDAY – THURSDAY 8:30am – 1:30pm Aug 6-8 \$72/ 3 days 71478
WEEK 7	COLORFUL CHARACTERS 7-12 yrs Salmo Rec Unleash you 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!				MONDAY – THURSDAY 8:30am – 1:30pm Aug 12-15 \$96/ 4 days 71479
WEEK 8	WACKY WRAP-UP 7-12 yrs Salmo Rec 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!				MONDAY – THURSDAY 8:30am – 1:30pm August 19-22 \$96 / 4 days 71480



Register Online: rdck.ca/recreation

Or Register by Phone: 250.357.0121

SALMO POOL

Opens
June 16, 2024!



POOL SCHEDULE

July 2- August 29, 2024

** Please note - Salmo Pool hours may change and vary depending on staff recruitment. For the most up to date pool schedule please visit rdck.ca/recreation

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	LAP SWIM 8:00-9:30am	LAP SWIM 8:00-9:30am	LAP SWIM 8:00-9:30am	LAP SWIM 8:00-9:30am	CLOSED	CLOSED
	PUBLIC SWIM + LESSONS 9:30am-11:30am	PUBLIC SWIM + LESSONS 9:30am-11:30am	PUBLIC SWIM + LESSONS 9:30am-11:30am	PUBLIC SWIM + LESSONS 9:30am-11:30am		
TOTAL BODY AQUAFIT 12:00-1:00pm	CLOSED 11:30-12:30pm	CLOSED 11:30-12:30pm	CLOSED 11:30-12:30pm	CLOSED 11:30-12:30pm	CLOSED	CLOSED
FAMILY FUN DAY 1:00pm-5:00pm	PUBLIC SWIM 1:00-6:00pm	PUBLIC SWIM 1:00-6:00pm	PUBLIC SWIM 1:00-6:00pm	PUBLIC SWIM 1:00-6:00pm		
SPLASH SUNDAY 1:30-3:30pm						

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 parent or guardian 16 years of age or older.

Splash Sunday – Our Fun and Games leader will have water games planned and extra toys out between 1:30-3:30pm
Lessons – please come in for a skills assessment to register in the correct level.

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

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

SET 1: MONDAY – THURSDAY JULY 2 - 11 (7 classes)

9:30am	Octopus 1	71779	Swimmer 2	71781
10:00am	Crab 2	71780	Swimmer 3 10:00-10:40am (40 min)	71772
10:30am	Orca 3	71910		
11:00am	Swimmer 1	71778	Swimmer 4/5 10:45- 11:25am (40 min)	71773

SET 2: MONDAY – THURSDAY, JULY 15 - 25

9:30am	Swimmer 2	71782	Swimmer 1	70906
10:00am	Orca 3	71914	Swimmer 3 10:00-10:40am (40 min)	71774
10:30am	Crab 2	71903		
11:00am	Octopus 1	71898	Swimmer 5 & 6 10:45- 11:25am (40 min)	71912

SET 3: MONDAY – FRIDAY, JULY 29 – AUGUST 8 (7 classes, no class August 5th)

9:30am	Octopus 1	71899	Swimmer 1	71907
10:00am	Crab 2	71904	Swimmer 4 & 5 10:00-10:40am (40 min)	71776
10:30am	Sea Lion 4	71911		
11:00am	Swimmer 2	71909	Swimmer 7 & 8 10:45- 11:25am (40 min)	71913

SET 4: MONDAY – THURSDAY, AUGUST 12 - 22

9:30am	Orca 3	71915	Swimmer 1 & 2	71908
10:00am	Crab 2	71905	Swimmer 3 10:00-10:40am (40 min)	71775
10:30am	Sea Lion 4	71916		
11:00am	Octopus 1	71900	Swimmer 4 & 5 10:45- 11:25am (40 min)	71777



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 250-357-0121

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

SET 1	JULY 2- 4 (3 classes)	JULY 8-11 (4 classes)
1:30pm	Private 71478	Private 72482
2:00pm	Private 72479	Private 72483
2:30pm	Private 72480	Private 72484
3:00pm	Private 72481	Private 72485
SET 2	JULY 15-18 (4 classes)	JULY 22-25 (4 classes)
1:30pm	Private 72486	Private 72490
2:00pm	Private 72487	Private 72491
2:30pm	Private 72488	Private 72492
3:00pm	Private 72489	Private 72493
SET 3	JULY 29-AUGUST 1 (4 classes)	AUGUST 6-8 (3 classes)
1:30pm	Private 72494	Private 72498
2:00pm	Private 72495	Private 72499
2:30pm	Private 72496	Private 72500
3:00pm	Private 72497	Private 72501
SET 4	AUGUST 12-15 (4 classes)	AUG 19-22 (4 classes)
1:30pm	Private 72502	Private 72506
2:00pm	Private 72503	Private 72507
2:30pm	Private 72504	Private 72508
3:00pm	Private 72505	Private 72509





DROP-IN OPPORTUNITIES

Gymnasium Drop-In

13+ yrs | SDRD – Gymnasium

Come shoot some hoops, play some floor hockey or play a game of pick-up. The gymnasium will be available, along with our equipment, for you to get back into the swing of things. Fitness equipment is not available for use in the gymnasium at this time.

Monday - Thursday 6:30 - 10:30am
Monday - Friday 4:00 - 8:00pm
Saturdays 6:30 - 10:30am
\$2.86 + tax (or access with fitness centre admission)

Gymnasium availability may vary according to programs and facility bookings.

Drop-In Pickleball

13+ yrs | SDRD – Gymnasium

Grab your paddle and tell your friends. Pickleball is back!

Tuesdays 6:30 - 8:00pm
Mondays & Thursdays 8:45 - 10:30am
\$2.86 + tax (or access with fitness centre admission)

Drop-In Volleyball

13+ yrs | SDRD – Gymnasium

Volleyball season is not long enough. Join us once-a-week for open gym! Bring a team or come on your own. Everyone is welcome! Please wear clean non-marking indoor shoes.

Thursdays 6:30 - 8:00pm
\$2.86 + tax (or access with fitness centre admission)

Drop-In Basketball

13+ yrs | SDRD – Gymnasium

Come join us for game of pick up! All skill levels welcome! Please wear clean non-marking indoor shoes.

Wednesdays 6:30 - 8:00pm
\$2.86 (or access with fitness center admission)



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.*