

CASTLEGAR

PROGRAM GUIDE FALL 2024

Registration
Start Date:
Monday, August 19
7:00 am

To view the guide and register online visit rdck.ca/recreation or call 250.365.3386



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



Last updated October 28





Castlegar & District Recreation Department



Visit Us

2101 6th Ave Castlegar, BC | rdck.ca/recreation

Contact Us

250-365-3386 | casrec@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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Like us on Facebook

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



FALL HOURS

September 9 – December 31, 2024

CLOSURES

ANNUAL SHUTDOWN
August 24 -September 8.

Hours of Operation are subject to change

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	9:00am - 4:00pm	6:00am - 8:00pm	6:30am - 8:00pm	6:00am - 8:00pm	2:00pm - 8:00pm	6:00am - 8:00pm	9:00am - 4:00pm
FITNESS CENTRE	9:00am - 4:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	9:00am - 4:00pm

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



FACILITY CODE OF CONDUCT

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

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

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

Participants engaging in inappropriate behaviour may have their privileges revoked.

HOLIDAY HOURS

HOLIDAY CLOSURES

Easter Sunday
Canada Day
BC Day
Labour Day
Truth & Reconciliation Day
Christmas Day

HOLIDAYS OPEN

1:00-5:00pm

New Year's Day
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)	\$4.04	\$36.36
Adult (19-74)	\$8.08	\$72.72
Golden Guest (75+)	Free	-
Family (2 adults and up to 4 dependent children)	\$16.16	-

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 Roller Skating, Drop-in Sports, Public Skate, and Shinny Hockey. Prices do not include tax.

	ACTIVE PROGRAM FEES		
	1 Month	3 Month	6 Month
Adult	\$72.72	\$185.44	\$327.24
Youth	\$36.36	\$92.72	\$163.62
2nd Adult	\$65.48	\$166.90	\$294.52
2nd Youth	\$32.74	\$83.45	\$147.26

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 December 31, 2024. New application and program details will be available later in the summer.



14th Annual

PARADE OF PROGRAMS & FREE SKATE

at the Castlegar & District
Community Complex
Wednesday, September 11
5:00-7:00pm



**One stop registration and information
for all your Fall Activities in Castlegar
and Area.**



**Enjoy a
FREE skate!
5:00-7:00pm**

Skate rentals available for \$3.00.

Some of the organizations that will be a part of this event include:

- ★ Castlegar Skating Club
- ★ Castlegar Rebels
- ★ Castlegar Minor Soccer
- ★ Castlegar Library
- ★ Castlegar Recreation Department
- ★ Selkirk Challengers Gymnastics
- ★ Castlegar Aquanauts
- ★ West Kootenay Minor Lacrosse
- ★ Kootenay Family Place
- ★ Castlegar Special Olympics
- ★ Kootenay Swim Club
- ★ Castlegar Minor Hockey
- ★ Robson 1st Scouts
- ★ Columbia Basin Alliance for Literacy
- ★ Castlegar Early Childhood Advisory Council
- ★ Castlegar Youth Bowling
- ★ Castlegar Curling Club
- ★ Blueberry Creek Community School
- ★ Girl Guides of Canada
- ★ Habitat for Humanity
- ★ Peak Performance Dance Co
- ★ Kootenay Gallery
- ★ Castlegar Volunteer Squad
- ★ Castlegar Youth Action Network
- ★ Castlegar Nordic Ski



SPECIAL EVENTS

SEPTEMBER

14th Annual Parade of Programs & Free Skate

CDRD

Details on page 6.

September 11
Wednesday
5:00-7:00pm

Terry Fox Run

CDRD - Parking Lot

The annual Terry Fox Run has become a classic Canadian tradition every fall with more than 650 diverse communities across the country coming together to fundraise for cancer research.

September 15
Sunday
9:00 am - 11:00 am

OCTOBER

Spooktacular Halloween Swim

CDRD- Aquatic Centre

October 25
Friday
6:00pm-8:00pm
General Admission or Active Pass

DECEMBER

Breakfast with Santa

1 - 6yrs | CDRD - Banquet Room

Bring your children for a yummy breakfast of pancakes and sausages at the Castlegar & District Community Complex. After breakfast, our special guest in the red suit will come to visit with all the children. Every child will have a chance to give their special Christmas list to Santa as well as take a picture. *Children under 12 months are not required to purchase a ticket. Tickets will be available for purchase on November 1st. NO TICKETS WILL BE AVAILABLE THE DAY OF THE EVENT.

PLEASE NOTE: Doors will open at 8:45am. Breakfast will be served from 9:00- 9:30am. Santa will arrive at 9:30am and will be staying until 10:30am.

If you are part of a large group please contact Heather either by email @ handerson@rdck.bc.ca or by phone @ 778-460-5232 to reserve a table for your group.

December 14
Saturday
9:00am -10:30am
\$8 / person

Skate with Santa

CDRD Arena

December 14
Saturday
12:00 - 1:00 pm
General Admission or Active Pass

Boxing Day Free Skate & Swim

Sponsored by Mercer Celgar
CDRD Arena & Aquatic Centre



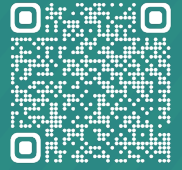
December 26
Thursday
1:00pm - 5:00pm

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.

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



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

CAREER IN RECREATION - AQUATICS TRAINING

Junior Lifesaving Club

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

Multiple dates and locations, see below

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
September 27- November 22
Fridays
4:30-6:00 pm
\$94 / 9 classes **75948**

CRESTON/ CDCC
October 4 - November 29
Fridays
4:30-6:00pm
\$102 / 10 classes **75947**

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 / Columbia Room
September 21, 22, October 5, 6
Saturday+ Sunday
10:00am-4:00pm
\$171/ 4 classes **75949**

CRESTON/ CDCC / Erickson Room
September 27- October 25
Fridays
3:45-8:00pm
\$171/ 5 classes **75942**

NELSON/ NDCC / Lower Multi Room
September 27- October 25
Fridays
4:00-8:30pm
\$171/ 5 classes **75954**

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
October 18- November 5
Fridays
4:00-8:00pm
\$141 / 5 classes **75950**

CRESTON/ CDCC / Erickson Room
November 2, 3, 16, 17
Saturday + Sunday
12:00-6:00pm
\$141 / 4 classes **75943**

NELSON/ NDCC / Lower Multi Room
November 8 - December 6
Fridays
4:00-8:30pm
\$141/ 5 classes **75955**

Swim Instructor Recert (SIR)

Prerequisites: Lifesaving Society Swim instructor certification

Then SI Recertification is 6 hours and includes all updates and review and evaluation of SI swimming skills and teaching competencies. Check your certification expiry dates. You must present your Swim for Life Instructor certification and Government ID at start of class. Bring your Swim for Life and Patrol Award Guides.

CASTLEGAR / CDRD / Kootenay Room

October 20

Sunday

10:00am-4:00pm

\$82 / 1 class

77076

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).

National Lifeguard Pool

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

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 recprogramming@rdck.bc.ca to discuss details.

Price includes Alert Manual and Lifeguard Tool Kit.

100% attendance is required.

CASTLEGAR/ CDRD

November 22-24, 29, 30, December 1, 6-8

Friday

4:00-8:00pm

Saturday + Sunday

9:00-4:00pm

\$573 / 9 classes

75951



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 / Columbia Room
November 16, 17
Saturday, Sunday
9:00am – 5:30pm
\$184+ tax/ 2 classes **77073**

CRESTON/ CDCC / Erickson Room
November 23, 24
Saturday, Sunday
9:00am – 5:30pm
\$184+ tax/ 2 classes **75944**

NELSON/ NDCC / Upper Multi-Room
November 2, 3
Saturday, Sunday
9:00am – 5:30pm
\$184+ tax/ 2 classes **77077**

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

CASTLEGAR/ CDRD / Columbia Room
October 26, 27
Saturday + Sunday
1:00-5:30pm
\$116+ tax/ 2 classes **77074**

CRESTON/ CDCC / Erickson Room
October 5
Saturday
9:00-5:30pm
\$116+ tax/ 1 class **75945**

NELSON/ NDCC / Upper Multi Room
December 7, 8
Saturday + Sunday
1:00-5:30pm
\$116+ tax/ 2 classes **75952**

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
October 12
Saturday
12:00-5:00pm
\$63+tax/ 1 class **77521**

CPR-C Recertification

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

 **Multiple dates and locations, see below**

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

CASTLEGAR/ CDRD / Columbia Room
October 26
Saturday
1:00pm – 5:30pm
\$50+ tax/ 1 class **77075**

CRESTON/ CDCC / Erickson Room
September 28
Saturday
1:00-5:30pm
\$50+ tax/ 1 class **75946**

NELSON/ NDCC / Upper Multi Room
December 7
Saturday
1:00-5:30pm
\$50+ tax/ 1 classes **75953**

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.



CAREER IN RECREATION - FITNESS TRAINING OPPORTUNITIES

CFES Fitness Knowledge

16+ yrs
 CDCC – Creston & District Community Complex

The Fitness Knowledge Home Study course is a pre-requisite for the Weight Training Instructor, and in turn Group Fitness Instructor and Personal Training courses. In this course you will learn the basics that provide the foundation for the Weight Training Instructor and Group Fitness Instructor courses.

Unable to attend in person? CFES also offers a Fitness Knowledge Home Study course for \$275.00

For more information please visit: <https://canadianfitness.net/courses/cfes-fitness-knowledge-homestudy/>

Saturdays & Sundays
 9:00am – 5:30pm
 Sep 14-15, 28-29
 \$364 + tax 77280

CFES Group Fitness Instructor

16+ yrs
 CDCC – Creston & District Community Complex

Develop the foundational skills required to deliver a safe, effective group fitness class (cardio/strength). Topics include: musicality, upper and lower body movement, lesson planning, communication, safety, and motivation. Manual included (Instructor Skills Assessment and professional registration fees separate).

Fridays 5:00-9:00pm
Saturdays & Sundays
 8:30am-5:00pm
 Oct 11-13, 18-20
 \$484 + tax 77283

Written exam and practicum day Nov 17th 9:00am – 5:30pm



0-6 YEARS PROGRAMS

NEW! Forever Young Arts, Crafts, Reading and Play

2 - 6 yrs AND 55+
CDRD Purcell Room

We invite you to join this enriching experience where laughter, learning, and creativity know no age limits. Whether you're a senior or a toddler, come share in the magic of making memories together to explore the joy of singing, create beautiful art, and embark on literary adventures. Our program, bridges the gap between generation, fostering meaningful connections and shared creativity.

Mondays 10:30-11:30am Sept 23 - Oct 14	
Child Participants \$32 / 4 Classes	75870
55+ Participants \$32 / 4 Classes	75872

No classes Sept 30 or Oct 14

Mondays 10:30-11:30am Nov 4 - Dec 2	
Child Participant \$32 / 4 classes	75874
55+ Participant \$32 / 4 classes	75873

No classes Nov 11

NEW! Busy Bee's Get Messy!

2 - 5 yrs
CDRD Purcell Room

This hands-on program designed specifically for our youngest adventurers, aged 2-5 years old. This engaging experience encourages toddlers to explore their creativity through a variety of sensory activities in a safe and supervised environment.

Each session is carefully crafted to stimulate curiosity and motor skills development. From finger painting and squishy play to sensory bins filled with textures and colors, every activity is designed to ignite their imagination and foster early learning.

Our experienced instructors guide toddlers through playful experiences that promote social interaction, language development, and sensory exploration. Parents or guardians are encouraged to participate alongside their little ones, creating precious bonding moments while witnessing their child's joy and discovery.

Join us and watch your child blossom as they dive into a world of sensory delights, laughter, and messy fun!

Thursdays 10:30 - 11:30 Sept 19 - Oct 24 \$50 / 5 classes	75868
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No Class Oct 10

Thursdays 10:30 - 11:30 Nov 7 - Dec 5 \$50 / 5 classes	75869
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SWIM & SKATE CLUBS



Sea Pups Club

**2 programs in 1!
Swim Lesson included**

3-6yrs | Drop off: CDRD Purcell Room
Pick up: Pool Deck

Want to get your self-care scheduled into your life?

Join us for a program that will let you get a work out in, get groceries, go for a swim or even have a quiet, hot coffee. In this program your child will participate in a dry portion at drop off which includes craft activities or songs or stories and will follow with a full swim lesson set and play in the pool!

Your child will be assigned into a swim lesson level based on skills.

Parents are not required to stay and children should be ok to go into the water without parent assistance!

Please have your child's suit on and ready to go on drop off and please pick up on the pool deck at 11am! Also please pack a small snack for your child to enjoy. See below for our fitness programs happening while your child is cared for by our fantastic staff!

Mondays
9:30 -11:00 am
Sept 16 - Nov 25
\$114 / 8 classes

75877

No classes Sept 30, Oct 14 or Nov 11

What is happening in the facility at the time of the program:

Lap lane hot tub and steam room available for use with admission

Weight room available for use with admission

Mondays, 10:00-11:00am: Hatha Flow Yoga



NEW!

Ice Pups Club

**2 programs in 1!
Skate instruction included!**

3-6yrs | CDRD Drop Off: Arena
Pick up: Valhalla Room

Welcome to Ice Pups Club, a fun-filled program designed for toddlers to enjoy skating and activities while parents have a well-deserved break. This unique offering combines supervised ice skating sessions with engaging playtime and snacks, providing a safe and enjoyable environment for little ones.

Activities Include:

- 1. Skating Sessions (45min):** Toddlers will receive basic skating instruction and guidance from our trained staff in a designated area of the ice rink. They'll have the opportunity to glide, twirl, and explore the ice in a supportive and controlled setting. Safety is always our number one priority
- 2. Playtime Fun:** Off the ice, toddlers can engage in age-appropriate games, toys, and activities that promote physical activity and social interaction. Our indoor play room is designed to stimulate their curiosity and energy.

Please drop children off with a helmet, skates and warm jacket and mittens on in the area. We will also have snack time and warm up after our skating session. Please bring snack for child to enjoy after their skate

Tuesdays
9:00 -10:30 am
Sept 17 - Oct 15
\$65/ 5 classes

75878

Tuesdays
9:00 -10:30 am
Oct 29 - Dec 3
\$ 78 / 6 classes

75879

What is happening in the facility at the time of the program:

Lap lane hot tub and steam room available for use with admission

Weight room available for use with admission

9:00-10:00am STEP

PRO-D DAY CAMPS

Outstanding October Pro-D Day Camp

6-12 yrs | CDRD - Selkirk Room

Spend the day with your friends away from school learning new games, creating art, getting active and having some poolside fun in the afternoon. During our Pro-D Day camps you can expect to stay busy with all of your favorite activities.

*Please bring snacks, a lunch, swimsuit and towel.

October 25
Friday
8:30am – 3:30pm
\$38

76833

Fresh November Pro-D Day Camp

6-12 yrs | CDRD - Selkirk Room

Spend the day with your friends away from school learning new games, creating art, getting active and having some poolside fun in the afternoon. During our Pro-D Day camps you can expect to stay busy with all of your favorite activities.

*Please bring snacks, a lunch, swimsuit and towel.

November 8
Friday
8:30am – 3:30pm
\$38

76838

YOUTH PROGRAMS

Home Alone Safety For Kids

9-12yrs

CDRD - Columbia Room

Instructor: Daneve

Empower youth with confidence and skills to care for themselves when home alone.

Participants learn; Strategies to create a safe and positive environment and prevent injuries, problem-solving and decision-making skills to handle emergencies, basic first aid.

Age appropriate activities and games and healthy snacks will be taught in this program.

9:00am – 2:00pm
Saturday
October 19
\$59

77170

Red Cross Babysitting

11+yrs

CDRD - Purcell Room

Childcare, tips on behavior, safety, feeding, emergencies and infant care will be covered in this two day course. Fee includes manual and exam fee.

Please bring a pen, paper and teddy bear or doll to practice putting on diapers.

Sunday
9:00am – 3:00pm
November 3
\$71

77173

Friday FUN Nights

7-12 yrs

CDRD - Kootenay Room

Friday night FUN for everyone! Parents, enjoy a night kid-free while your children dive into endless fun with their friends, enjoying some piping hot pizza, thrilling games and a pool time extravaganza. This night is designed for friends to kick back and enjoy some friendly competition with the most popular games being played today and good ol fashioned fun in the pool. The fun doesn't stop with the kids, parents get to have that night off you've been dreaming of for weeks. Fridays just became the night for the whole family to enjoy!

5:00 – 6:30pm: Flexible drop-off time.

6:30 – 8:00pm: Flexible pick-up time.

* Please indicate any food allergies on the questionnaire.

Please remember to bring a bathing suit and towel. Drop-off and

Pick-up times are flexible.

Friday
September 20
5:00 - 8:00pm
\$20/class

76752

Friday
October 18
5:00 - 8:00pm
Columbia Room
\$20/class

76753

Friday
November 15
5:00 - 8:00pm
\$20/class

76789

Friday
December 13
5:00 - 8:00pm
\$20/class

76800

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*



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 cancelled 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.

THURSDAY | SEPT 26 - NOV 28 | 10 CLASSES

4:00pm	Octopus 1	75373	Private
4:30pm	Crab 2	75374	Swimmer 3 40 min 75377
5:00pm	Orca 3	75375	Swimmer 1 5:15pm 75380
5:30pm	Sea Lion 4	75379	Swimmer 2 5:45pmn 75381
6:00pm	Narwhal 5	75382	Swimmer 4 75378
6:30pm	Private		6:15pm, 40 min

SUNDAY | SEPTEMBER 29 - NOVEMBER 17 | 8 CLASSES

9:30am	Sea Horse 3 24-36months	77345	Swimmer 1 75416	Swimmer 7 -Rookie Patrol 75415
10:00am	Octopus 1	75439	Swimmer 2 75419	9:30-10:20am, 50 min
10:30am	Crab 2	75434	Swimmer 3 40min 75425	Private 10:30am
11:00am	Orca 3	75442	Swimmer 4 75426	Private 11:00am
11:30am	Sea Lion 4	75452	11:15-12:00pm, 40min	
12:00pm	Private		Private	Swimmer 6 75464

SATURDAY | OCTOBER 5 - NOVEMBER 23 | 8 CLASSES

9:15am	Goldfish 2 12-24 months	75427	Swimmer 1 75445	Private
9:45am	Octopus 1	75443	Swimmer 2 75446	Swimmer 4 75450
10:15am	Crab 2	75448	Swimmer 3 75447	9:45am, 40min
10:45am	Orca 3	75449	Swimmer 5 75465	Private 10:30am
11:15am	Sea Lion 4	75456	10:15-10:55am, 40min	Octopus 1 11:00am 75444
11:45am	Narwhal 5	75466	11:00am, 40 min	Private 11:30am
			Adult Learn to Swim 1 NEW! 75475	Private 12:00pm

TUESDAY | OCTOBER 8 - DECEMBER 10 | 10 CLASSES

4:00pm	Jellyfish 4-12 months	77346	Swimmer 1 75468
4:30pm	Crab 2	75472	Swimmer 2 75469
5:00pm	Orca 3	75473	Swimmer 3 40 min 75470
5:30pm	Narwhal 5	75467	Sea Lion 4 75471
6:00pm	Adult Learn to Swim 1 NEW! Group Lesson, 40 min	75474	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 250-365-3386.

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 | SEPTEMBER - DECEMBER 2024 | 4 CLASSES

THURSDAY	SEPTEMBER 26 - OCTOBER 17	OCTOBER 24 - NOVEMBER 14
4:00pm	75476	75478
6:30pm	75477	75479
SUNDAY	SEPTEMBER 29 - OCTOBER 20	OCTOBER 27 - NOVEMBER 17
10:30am	75480	77349
11:00am	75481	77350
12:00pm	77347	77351
12:00pm	77348	77352
SATURDAY	OCTOBER 5 - 26	NOVEMBER 2 - 23
9:15pm	77353	77357
10:30am	77354	77358
11:30am	77355	77359
12:00pm	77356	77360
TUESDAY	OCTOBER 8 - 29	NOVEMBER 5 - 26
6:15pm	77361	77362

POOL SCHEDULE

September 9 – December 31, 2024

SWIMMING POOL CLOSED:

September 30, December 25

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
	LAP SWIM 6:00am-8:00am	LAP SWIM 6:30am-8:00am	LAP SWIM 6:00am-8:00am		LAP SWIM 6:00am-8:00am	
LAP SWIM 9:00-12:00pm	AQUA CONDITIONING 9:00-10:00am	SHALLOW FIT 9:00-10:00am	TOTAL BODY AQUAFIT 9:00-10:00am		TOTAL BODY AQUAFIT 9:00-10:00am	AQUA RUNNING 9:10- 10:10am
FUN SWIM 12:30-4:00pm	PUBLIC SWIM 8:00am-4:00pm	PUBLIC SWIM 8:00am-4:00pm GENTLE CARDIO 2:15-3:15pm	PUBLIC SWIM 8:00am-4:00pm	SHALLOW FIT 2:15-3:15pm PUBLIC SWIM 2:00- 4:00pm	PUBLIC SWIM 8:00am-4:00pm	PUBLIC SWIM 9:00am-4:00pm FUN SWIM 12:30-4:00pm
	LEISURE SWIM 4:00-8:00pm	LEISURE SWIM 4:00-8:00pm	LEISURE SWIM 4:00-8:00pm	LEISURE SWIM 4:00-8:00pm HYDRO BEAT 7:00-8:00pm	LEISURE SWIM 4:00-8:00pm	

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.

Public and Leisure Swim Lap lane, leisure pool and hot areas available	Lap Swim 3 lap lanes, leisure pool and hot areas available	Fun Swim A feature will be opened.	Laps & Leisure Limited space due to programs in effect
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Register Online: rdck.ca/recreation

Or Register by Phone: 250.365.3386

DROP-IN AQUAFIT

September – December, 2024

No classes on September 30, October 14, November 11

Aqua Conditioning

Age 15+ years
CDRD Deep

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

Mondays

9:00am -10:00am

September 9- December 16

Drop-in/Included with Admission or Active Pass

No class September 30, October 14, November 11

Shallow Fit

15+ yrs
CDRD Shallow

A low impact but high intensity water aerobics class. This dynamic class offers a fun way to improve cardiovascular fitness and is guaranteed to put a smile on your face.

Tuesdays

9:00-10:00am

Thursdays

2:15-3:15pm

September 10- December 19

Drop-in/Included with Admission or Active Pass

Total Body Aquafit

Age 15+ years
CDRD 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.

Wednesdays and Fridays

9:00-10:00am

September 11- December 20

Drop-in/Included with Admission or Active Pass

AquaBabes **It's Back!**

Recommended for babies 4 months to 24 months, caregiver 15+
CDRD Shallow and Deep

Bring your babe and get active. Build your strength and cardio and have fun moving to the music with others. 45 minute workout in the pool followed by 15 minutes to relax in the warm water, play and connect with other parents or caregivers and their babies.

When registering, please register the adult for the program, not the child.

Wednesdays

10:15-11:15am

October 2- December 4

\$78 + tax/ 10 classes

77383

Gentle Cardio

Age 15+ years
CDRD Deep

Moderate intensity and low impact Aquafit perfect for improving flexibility, on cardiovascular fitness, flexibility and range of motion.

Tuesdays

2:15-3:15pm

September 12- December 19

Drop-in/Included with Admission or Active Pass

Senior Swim Club

Age 55+ years
CDRD Pool

Join a supportive environment to gain confidence in the water, learn new skills, and make new friends. Mature swimmers of any skill level are welcome to attend this class with structured activities. The goal is to promote fitness and wellbeing.

Monday

10:15-11:15am

September 9 - December 16

Drop-in/Included with Admission or Active Pass



HydroBeat **NEW!**

15+ years
CDRD Shallow

Join us for HydroBeat Fitness! Join us for a dynamic water workout making waves both physically & mentally. Get ready to splash & feel fantastic!

Thursdays

7:00-8:00pm

September 12 – December 12

Drop-in/Included with Admission or Active Pass

Aqua Running **NEW!**

15+ years
CDRD Deep

This class brings running into the pool. Reap the benefits of cross training. Running in the pool will increase your strength and endurance while reducing the impact and strain on your joints and muscles.

Saturdays

9:10-10:10am

September 14 – December 7

Drop-in/Included with Admission or Active Pass



FITNESS SCHEDULE

September 9 – December 21, 2024

Included with Admission or Active Pass

Pre Registered Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:10 - 7:00am RISE AND SHINE TOTAL BODY			6:10 - 7:00am RISE AND SHINE TOTAL BODY		
7:15 - 8:00 am TRX STRENGTH AND FLEXIBILITY		7:15 - 8:00am TRX STRENGTH AND FLEXIBILITY		7:15 - 8:00 am TRX STRENGTH AND FLEXIBILITY	
8:30 - 9:30am WEIGHT ROOM CIRCUIT	9:00 - 10:00am STEP	8:30 - 9:30am WEIGHT ROOM CIRCUIT	9:00 - 10:00am STUDIO CIRCUIT	9:00 - 10:00am STEP	
10:00 - 11:00am HATHA FLOW YOGA <i>Selkirk Room</i>		9:00 - 10:00am CARDIO BARRE			
10:15-11:15am BALANCE & MOBILITY	10:15 - 11:45 am HEALTH & RECOVERY <i>Weight Room</i>	10:15-11:15am BALANCE & MOBILITY	10:15 - 11:45 am HEALTH & RECOVERY <i>Weight Room</i>	10:00-11:00am GENTLE YIN & YANG YOGA <i>Selkirk Room</i>	
4:00-4:30 pm YOUTH FITNESS CENTRE ORIENTATIONS	5:30 - 6:30pm GENTLE FLOW YOGA <i>Selkirk Room</i>			4:00-4:30 pm YOUTH FITNESS CENTRE ORIENTATIONS	
6:30 - 7:30pm SPIN	5:30 - 6:30PM FULL BODY GROUP X		5:30 - 6:15pm BEGINNER TRX		

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





CARDIO AND/OR STRENGTH PROGRAMS

Rise and Shine Total Body

15+ yrs
CDRD – Fitness Studio

Wake up and get moving with this whole-body workout! Isolating muscles and stabilizing joints is critical for strengthening muscles and creating a solid foundation. We add balance and core exercises throughout to help improve daily function as well. Two days per week will keep you accountable and help you get the results you are looking for!

Mondays & Thursdays
6:10 - 7:00am
Sep 9 – Oct 3
\$53 + tax / 7 classes 77183

No class on Monday, September 30

Mondays & Thursdays
6:10 - 7:00am
Oct 7 - 31
\$53 + tax / 7 classes 77184

No class on Monday, October 14

Mondays & Thursdays
6:10 - 7:00am
Nov 4 - 28
\$53 + tax / 7 classes 77185

No class on Monday, November 11

Mondays & Thursdays
6:10 - 7:00am
Dec 2 - 19
\$45 + tax / 6 classes 77186

TRX Strength and Flexibility

15+ yrs
CDRD – Fitness Studio

The TRX suspension trainer system is designed to help you focus on form, strength, core and flexibility using your body weight. By changing angles, you can increase or decrease resistance making the workout more or less challenging. Modifications and variations will be offered throughout the class, ending with a few mobility exercises and static stretching.

Monday, Wednesday, Friday
7:15 - 8:00am
Sep 9 - 27
\$61 + tax / 9 classes 77187

Monday, Wednesday, Friday
7:15 - 8:00am
Oct 2 - Nov 1
\$89 + tax / 13 classes 77188

No class on Monday, October 14

Monday, Wednesday, Friday
7:15 - 8:00am
Nov 4 - 29
\$75 + tax / 11 classes 77190

No class on Monday, November 11

Monday, Wednesday, Friday
7:15 - 8:00am
Dec 2 - 20
\$61 + tax / 9 classes 77191

Weight Room Circuit

15+ yrs
CDRD – 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 CDRD weight training instructors. All levels of fitness welcome!

Mondays
8:30 - 9:30am
Sep 9 – Dec 16
Drop-in/Included with Admission or Active Pass

Wednesdays
8:30 - 9:30am
Sep 11 – Dec 18
Drop-in/Included with Admission or Active Pass

Spin

15+ yrs

CDRD - Fitness Studio

Finish your Monday off right with a group journey on our spin bikes under the direction of an enthusiastic instructor! Improve your cardiovascular fitness and muscle endurance of your core, hips, and legs. Be sure to bring a sweat towel and a water bottle to this cardio workout.

Mondays

6:30 - 7:30pm

Sep 9 - Oct 28

\$55 + tax / 6 classes

77212

Mondays

6:30 - 7:30pm

Nov 4 - Dec 16

\$55 + tax / 6 classes

77213

No classes Sep 30, Oct 14, Nov 11

Step

15+ yrs

CDRD - Fitness 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!

Tuesdays

9:00 - 10:00am

Sep 10 - Dec 17

Drop-in/Included with Admission or Active Pass

Fridays

9:00 - 10:00am

Sep 13 - Dec 20

Drop-in/Included with Admission or Active Pass

Full Body Group X

15+ yrs

CDRD - Fitness Studio

This is a fun, active class that incorporates strength, muscular endurance, and cardio. You will use a variety of equipment, including resistance bands, handheld weights, and exercise balls.

Tuesdays

5:30 - 6:30pm

Sep 10 - Oct 22

\$64 + tax / 7 classes

77214

Thursdays

5:30 - 6:30pm

Oct 29 - Dec 17

\$73 + tax / 8 classes

77215

Cardio Barre

15+ yrs

CDRD - Fitness Studio

An upbeat, high-energy barre class that combines traditional, lightweight barre exercises with non-stop, high-intensity, metabolic movements. No shoes required.

Wednesdays

9:00 - 10:00am

Sep 11 - Oct 23

Drop-in/Included with Admission or Active Pass

Health & Recovery

15+ yrs

CDRD - Weight Room

Have you been told by your doctor that you need to start exercising? Let us get you started with the Health & Recovery program where the focus is on your comfort level in the gym! This supportive and integrative class takes place in the weight room (equipment may be limited) and allows you to progress at your own rate.

An assessment is required before enrolling in this program. Please call our front desk to schedule your assessment. The assessment is conducted by a Certified Personal Trainer at a cost of \$59 + tax.

Tuesdays & Thursdays

10:15 - 11:45am

Sep 10 - Oct 3

\$109 + tax / 8 classes

77218

Tuesdays & Thursdays

10:15 - 11:45am

Oct 8 - 31

\$109 + tax / 8 classes

77219

Tuesdays & Thursdays

10:15 - 11:45am

Nov 5 - 28

\$109 + tax / 8 classes

77220

Tuesdays & Thursdays

10:15 - 11:45am

Dec 3 - 19

\$82 + tax / 6 classes

77221



Studio Circuit

15+ yrs

CDRD - Fitness Studio

If choreography is not your thing, this class just might be! A circuit style workout mixing strength and cardio will provide a well-balanced workout.

Thursdays

9:00 - 10:00am

Sep 12 - Dec 19

Drop-in/Included with Admission or Active Pass

Beginner TRX

15+ yrs

CDRD - Fitness Studio

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

Thursdays

5:30 - 6:15pm

Sep 12 - Oct 24

\$47 + tax / 7 classes

77216

Thursdays

5:30 - 6:15pm

Oct 31 - Dec 19

\$54 + tax / 8 classes

77217



Balance and Mobility

15+ yrs
CDRD – Fitness 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. All levels welcome.

Mondays & Wednesdays
10:15 – 11:15am
Sep 9 – Oct 2
\$64 + tax / 7 classes **77222**

No class on Monday, September 30

Mondays & Wednesdays
10:15 – 11:15am
Oct 7 - 30
\$64 + tax / 7 classes **77223**

No class on Monday, October 14

Mondays & Wednesdays
10:15 – 11:15am
Nov 4 - 27
\$64 + tax / 7 classes **77224**

No class on Monday, November 11

Mondays & Wednesdays
10:15 – 11:15am
Dec 2 - 18
\$55 + tax / 6 classes **77225**

Gentle Yin & Yang Yoga

15+ yrs
CDRD - Selkirk Room

This class will consist of a combination of flow sequences with stretching. Yin poses focus on the joint and connective tissue. Yang poses focus on the muscles. The mixture of the two styles benefits both your body and mind.

Fridays
10:00 – 11:00am
Oct 18 – Dec 20
\$91 + tax / 10 classes **77226**

Hatha Flow Yoga

15+ yrs
CDRD - TBD

This class begins with relaxing breath work to help calm the mind and become centered, moving into a mindful warm up leading into gentle postures slowly moving into final resting. This practice gives lots of permission to explore where you are in your body through movement and meditation. All levels welcome.

Mondays
10:00 – 11:00am
Sep 9 – Nov 4
No class Monday, Sep 30 and Oct 14 **77712**

Mondays
10:00 – 11:00am
Nov 18 – Dec 16
No class Monday, Nov 11 **77713**

Gentle Flow Yoga

15+ yrs
CDRD - Selkirk Room

This yoga class will combine breath work, energizing movement, stretching and meditation to leave you feeling strong, flexible and balanced. Open to all levels, and modifications are available.

Tuesdays
5:30 - 6:30pm
Oct 15 - Dec 10
\$81 + tax / 9 classes **77529**

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) 365-3386 ext. 5231 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

	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	



FITNESS CENTRE ORIENTATIONS

FREE with admission!

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

Orientations Include:

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

Contact us at (250) 365-3386 to book your orientation. Bring a friend or family member to share the experience.

Maximum 4 people per session, minimum 13 years old.

YOUTH FITNESS CENTRE ORIENTATIONS

CDRD Fitness Centre

Fitness Centre Orientations are required by anyone aged 13-15 years before purchasing a membership or paying general admission. Etiquette, equipment demonstration and safety are the focus of this class.

Please register online at www.rdck.ca/recreation or in person at 250-354-3386

**4:00 - 4:30pm
Mondays & Fridays
Included with Admission
or Active Pass**



SOCIAL & RECREATION PROGRAMS

Archery

9-16 yrs

CDRD – Selkirk Room

Explore the art of archery in this introductory program. Learn the fundamentals of bow handling, proper stance and aiming techniques. Throughout this program you will develop precision and focus as you enhance your skills in the sport of archery. Join us for an exciting blend of theory and hours of hands on experience..

***Please bring a water bottle and wear closed toed shoes. All equipment is provided.*

Sundays
September 15 and 22
2:00 – 4:00pm
Thursdays
September 19 and 26
4:00 – 6:00pm
\$46 / 4 classes

76966

Sundays
November 3 and 10
2:00 – 4:00pm
Monday
November 4
4:00 – 6:00pm
Tuesday
November 12
4:00 – 6:00pm
\$46 / 4 classes

76987



ARENA SCHEDULE

September – December, 2024

Included with Admission

Pre Registered Program

Schedule is subject to change due to Junior Hockey Games and Tournaments. Please visit www.rdck.ca or call 250-365-3386 for up to date information..

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		ICE PUP CLUB 9:00-10:00am	STICK & PUCK 9:30-11:00am			
				PUBLIC SKATE 10:00-11:00am	LUNCH HOUR HOCKEY 11:00am-12:30pm	
PUBLIC SKATE 12:00-1:00pm						PUBLIC SKATE 12:00-1:00pm
		STICK & PUCK 2:00-3:45pm				
				KIDS LEARN HOCKEY 5:15-6:15pm	PUBLIC SKATE 5:00-6:00pm	
				KIDS REC HOCKEY 6:15-7:15pm		
	ADULT /TEEN LEARN HOCKEY 8:45-9:45pm <i>in the pioneer</i>					

Skate Rentals \$3.00 + tax

Helmet Rentals \$1.00 + tax

ARENA PROGRAMS

PROGRAMS INCLUDED WITH ADMISSION

Lunch Hour Hockey

All Ages
CDRD – Arena

A great way to get some exercise and have some fun. Full equipment is required.

All ages welcome!

Fridays
11:00am - 12:30pm
Sep 6 - Dec 27
Included with Admission or Active pass

Public Skate

All Ages
CDRD – Arena

Everyone is welcome during public skating times. Lots of fun and a great way to be active with your whole family. Please bring your skates and helmets are recommended.

Sticks and pucks are not permitted during public skate for the safety of all participants.

Thursdays
10:00-11:00am

Fridays
5:00pm - 6:00pm

Saturdays/Sundays
12:00pm - 1:00pm

Stick and Puck

All Ages
CDRD – Arena

Bring your sticks and hockey gear to have fun on the ice!

Tuesdays
2:00-3:45pm

Wednesday
9:30am - 11:00am

REGISTERED ARENA PROGRAMS

NEW! Rink Rookies Kids Learn to Play Hockey

6 - 10 yrs
CDRD – Arena

Rink Rookies is an exciting and engaging program designed to introduce kids to the fundamentals of hockey in a fun and supportive environment. Aimed at beginners aged 6-10, this program focuses on building foundational skills while fostering a love for the game.

Participants will learn basic hockey techniques such as skating, stickhandling, passing, and shooting through interactive drills and games. Our experienced coaches emphasize teamwork, sportsmanship, and confidence-building throughout each session.

Whether your child dreams of becoming the next hockey star or simply wants to try a new sport, Rink Rookies provides a safe and encouraging space to learn and grow. By the end of the program, kids will have developed essential skills and a deeper appreciation for the excitement and camaraderie that hockey offers.

Participants must have basic skating skills (forward and backward skating, turns and stopping). Full hockey gear is required

Participants with no or little prior hockey experience only

Thursdays
5:15 - 6:15pm
Sept 26 – Dec 12
\$91.20 + tax / 12 classes **75865**

Rink Rats Kids Recreational Hockey (Play Hockey & Skill Development)

7 - 13 yrs
CDRD – Arena

An alternative to minor hockey for non-competitive players; both boys and girls welcome. This program is designed to help build confidence. Skill development, drills and scrimmage are included. There will be a large emphasis on having fun and playing the great sport of hockey. Head Coach Daneve Mackie is a qualified BC Hockey coach with many years of coaching under her skates. All girls and boys interested in having fun playing hockey are encouraged to join this program! Full hockey gear is required.

*Skill levels for this program have changed. Kids Recreation Hockey now will be aimed at children that want to play at a medium skill level.

Thursdays
6:15 - 7:15pm
Oct 3 – Dec 12
\$83.60 + tax / 11 sessions **75866**

NEW! Adult/Teen Learn to Play Hockey (& Skill Development)

15+ yrs
Pioneer Arena

If you have always wanted to learn to play hockey or haven't played in a very long time, this program is for you! In this 9 session program you will learn the rules around hockey, practice your skating and stick handling skills, and have fun with individuals that love the sport!

This program is designed for Teens and Adults that have little to no prior hockey experience but being able to skate is a must.

Full hockey gear is also required.

Mondays
8:45 - 9:45pm
Oct 21 – Dec 16
\$88.00+ tax / 8 classes **75867**

No class Nov.11





RENTAL OPPORTUNITIES

The Castlegar & District Community Complex offers a wide range of rental opportunities for meetings, banquets, conventions, workshops, weddings, receptions, reunions and other social gatherings. Our professional and experienced staff is happy to assist you in planning a most satisfying and memorable experience.

The 20,000 square foot multipurpose recreational facility offers meeting room space with full catering facilities, audio visual equipment, easels, whiteboards and flipcharts. Round and rectangular tables, chairs to seat 500 and rooms with removable walls to meet a variety of user needs.

The 1050 seat ice arena is home to the KIJHL Junior A Castlegar Rebels, this arena includes a regulation ice surface, 5 dressing rooms, referees room and concession. Our outdoor areas include a sports field, skate park and tennis and pickleball courts.



**Exceptional facilities.
Exceptional service.**

**CONTACT US TODAY
TO BOOK YOUR SPACE
250-365-3386**