

CRESTON

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 250.428.7127



RDCK-Funded
**Training
Opportunities**

See page 6
for details



Creston & District
Community Complex



Creston & District Community Complex



Visit Us

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

Contact Us

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



Online Registration

rdck.ca/recreation

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

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[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

Hours of Operation are
subject to change

September 3 – December 21, 2024

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	1:00 - 6:00pm	6:30am - 1:00pm 3:30 - 8:00pm	8:00am - 1:00pm 3:30 - 8:00pm	6:30am - 1:00pm 3:30 - 8:00pm	8:00am - 1:00pm 3:30 - 8:00pm	6:30am - 1:00pm 3:30 - 8:00pm	9:00am - 6:00pm
FITNESS CENTRE	1:00 - 6:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	8:00am - 4:00pm

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

CLOSURES ANNUAL POOL SHUTDOWN: August 26 - September 8



FACILITY CODE OF CONDUCT

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

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

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

Participants engaging in inappropriate behaviour may have their privileges revoked.

HOLIDAY HOURS

HOLIDAY CLOSURES

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

HOLIDAYS OPEN

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

EARLY CLOSURES

4:00pm
Christmas Eve
New Year's Eve

GENERAL ADMISSION RATES

	DROP-IN	10-PUNCH*
Child (0-4)	Free	-
Youth (5-18)	\$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 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.



SPECIAL EVENTS



Terry Fox Run

All Ages | CDCC – Parking Lot

To register and/or donate, please visit
<https://run.terryfox.ca/55562>

Sunday, September 15
10:00am



Spooktacular Swim & Skate

All Ages | CDCC – Arena

Join us for an afternoon of spooky fun! Splash into a spooky swim, then get your costume on and hit the ice. There will be loads of fun activities and prizes!

General admission applies

Saturday, October 26th
Swim 4:00-6:00pm
Skate 5:30-6:30pm



Boo Bash

0-6 yrs | CDCC – Arena & Kootenay Room

Calling all little Ghosts, Goblins, Witches, Super Heroes or whoever you and your little one wants to be this Halloween.

Bring your skates or rent some from here and join us for games, crafts, a skate and lots of fun!

Thursday, October 31
10:30am-12:00pm
General Admission or Active Pass



Winter Wonderland Swim & Skate

All Ages | CDCC – Pool & Arena

It's the most wonderful time of the year! There will be games and activities in the pool, and join Santa on the ice. Be sure to bring your camera to capture that special moment!

Saturday, December 7
4:00-6:00pm
General Admission or Active Pass



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

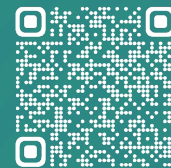
AQUATIC TRAINING OPPORTUNITIES!

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

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

SWIM & SKATE CLUBS



Sea Pups Club

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

3-6yrs | Drop off: CDCC Sunshine 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!

Wednesday
9:00am -10:30am
Sept 18 - Nov 6
\$114 / 8 classes

75864

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

9:00-10:00am Group Circuit

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

Weight room available for use with admission



NEW!

Ice Pups Club

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

3-6yrs | CDCC - Drop off: Arena
Pick Up: Kootenay 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
11:00am -12:30pm
Sept 10 - Oct 8
\$60 / 5 classes

74224

**Oct 8 pick-up will be determined by the instructor as the room is in use*

Tuesdays
11:00am -12:30pm
Oct 15 - Nov 12
\$60 / 5 classes

74229

Tuesdays
11:00am -12:30pm
Nov 19 - Dec 17
\$60 / 5 classes

74230

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

Active for Life!

Active Start (0-6yrs)

The Creston & District Community Complex strives to offer programs that support the Canadian Sport for Life model of physical literacy. At this age, physical activity should always be fun and part of daily life. Active play in a safe environment is the best way to keep children physically and socially active.

Tot Soccer 3 – 6 years

3-6 yrs
Creston Education Centre - Gymnasium

Get your preschooler moving as they learn the basics of soccer! Other games will be introduced and played to develop basic sport skills such as running, jumping, kicking, throwing, catching, and balance.

Thursdays
3:30 – 4:15pm
Oct 3 – Nov 7
\$18 + tax / 6 classes **77270**

Thursdays
3:30 – 4:15pm
Nov 14 – Dec 19
\$18 + tax / 6 classes **77271**

Kids Soccer 7 – 10 years

7-10 yrs
Creston Education Centre - Gymnasium

Dribble, pass, shoot, SCORE! Practice your skills with drills, games, and activities to touch up your ball control, passing, and shooting, and have some fun in the process!

Thursdays
4:30 – 5:30pm
Oct 3 – Nov 7
\$24 + tax / 6 classes **77272**

Thursdays
4:30 – 5:30pm
Nov 14 – Dec 19
\$24 + tax / 6 classes **77273**

Learn to Play Tennis 6 – 8 years

6-8 yrs
Creston Education Centre - Gymnasium
Instructor: Brian Bell

The smart and fun way to learn tennis! Progressive Tennis uses modified tennis balls, racquets, nets and courts, so that beginner players at any age are properly equipped to enjoy interactive rallies and be successful. All equipment is supplied. Wear proper running shoes and comfortable clothing.

Tuesdays
6:00 – 7:00pm
Nov 5 – Dec 10
\$24 + tax / 6 classes **77274**

Learn to Play Tennis 9 - 12 years

9-12 yrs
Tennis Courts
Instructor: Brian Bell

The smart and fun way to learn tennis! Progressive Tennis uses modified tennis balls, racquets, nets and courts, so that beginner players at any age are properly equipped to enjoy interactive rallies and be successful. All equipment is supplied. Wear proper running shoes and comfortable clothing.

Tuesdays & Thursdays
5:15 – 6:45pm
Sep 10 - 26
\$36 + tax / 6 classes **77275**

FUN-damentals!

(7-10 yrs)

This stage of physical activity is designed to develop fundamental movement skills, with emphasis on participation and having FUN on a daily basis. Our programs will emphasize the ABCS, agility, balance, and coordination and speed.

YOUTH



Friday FUN Nights

7-12 yrs

CDCC - Kootenay Room

Dive into a night of endless fun with your friends and enjoy some pizza with all of the favorite toppings. Along with the delicious pizza, we will have the best selection of board games in town. Games include strategic challenges or party game favorites that will be sure to create some laughter and friendly competition. After satisfying your taste with pizza and games, we will go for a refreshing swim in the pool. Friday nights just became THE nights all of your friends will be talking about at the Creston Complex.

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

76734

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

76740

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

76745

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

76750



PRO-D DAY CAMPS

Super September Pro-D Day Camp

7 - 12 yrs

CDCC - Erickson 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, towel, skates and a helmet. Free skate and helmet rentals will be available for camp participants.*

September 20
Friday
8:30am – 3:30pm
\$38

76725

Outrageous October Pro-D Day Camp

7 - 12 yrs

CDCC - Erickson 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, towel, skates and a helmet. Free skate and helmet rentals will be available for camp participants.*

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

76732

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

Program Fees

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

SWIM LESSON SCHEDULE

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

THURSDAY | SEPTEMBER 19 - NOVEMBER 21 | 10 CLASSES

3:30pm	Swimmer 1	77391	GoldFish 2 12-24 months	77421	Octopus 1	77393
4:00pm	Sea Lion 4	77396	Orca 3	77395	Crab 2	77394
4:30pm	Swimmer 1	77404	Crab 2	77407	Swimmer 3 40 min	77423
5:00pm	Swimmer 2	77392	Octopus 1	77400		
5:30pm	Swimmer 4 40 min	77399	Swimmer 5 40 min	77398	Swimmer 1	77406
6:30pm	Private		Private		Swimmer 2	77411

TUESDAY | SEP 24 - NOV 26 | 10 CLASSES

5:00pm	Adult Learn to Swim 1 Group Lesson NEW!	77597
5:30pm	5:00-5:40pm, 40 min	
6:00pm	Masters Swim 6:00-7:00pm, 60 min	77397
7:15pm	Adult Private lesson	

**Class you want
to register in already full?
GET ON THE WAIT LIST!**

We create more classes from wait lists when we have increased capacity.

WEDNESDAY | SEP 25 - NOV 27 | 10 CLASSES

3:00pm	Private - See page 16 for details	
3:30pm	Private - See page 16 for details	
4:00pm	Private - See page 16 for details	
4:30pm	Private - See page 16 for details	
5:00pm	Sea Lion 4	77426
5:30pm	Narwhal 5	77427

SATURDAY | OCTOBER 5 - NOVEMBER 23 | 8 CLASSES

9:00am	Sea Horse 3 24-36 months	77422	Swimmer 1	77414	Swimmer 3 9:00-9:40am, 40 min	77424	Private	
9:30am	Octopus 1	77410	Swimmer 2	77412	Swimmer 5 9:45-10:25am 40min	77403	Swimmer 1	77416
10:00am	Crab 2	77408	Swimmer 1	77415			Swimmer 3 10:00-10:40am, 40min	77425
10:30am	Orca 3	77401	Swimmer 2	77413	Swimmer 6 10:30-11:20am, 50min	77429	Swimmer 4 10:45-11:25am, 40 min	77405
11:00am	Sea Lion 4	77402	Octopus 1	77598			Private	
11:30am	Narwhal 5	77428	Crab 2	77409				

PRIVATE & SEMI PRIVATE LESSONS

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

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

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



Choose from the following classes

PRIVATE SWIM LESSONS | SEPTEMBER - DECEMBER 2024 | 4 CLASSES

THURSDAY	SEPTEMBER 19 - OCTOBER 10	OCTOBER 17 - NOVEMBER 7
6:15pm	77430	77432
6:15pm	77431	77433
WEDNESDAY	SEPTEMBER 25 - OCTOBER 16	OCTOBER 23 - NOVEMBER 13
3:00pm	77434	77438
3:30pm	77435	77439
4:00pm	77436	77440
4:30pm	77437	77441
SATURDAY	OCTOBER 5 - OCTOBER 26	NOVEMBER 2 - 23
9:00am	77444	77446
11:30am	77445	77447

ADULT SWIM LESSONS | SEPTEMBER - DECEMBER 2024 | 4 CLASSES

TUESDAY	SEPTEMBER 24 - OCTOBER 15	OCTOBER 22 - NOVEMBER 12
7:15pm	77442	77443

POOL SCHEDULE

September 9 – December 20, 2024

SWIMMING POOL CLOSED:

September 30, December 25

Schedule is subject to change.

SAVE THE DATES! WIBIT DAYS on the 2nd & 4th Sunday of the month! Pro-D-Day, September 20 and October 25, the pool will be open 6:30am -8:00pm with no mid day shut down. **WIBIT** will be out 1-2:30pm for extra FUN!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	AQUA RUNNING 7:15-8:00am CARDIO AQUA JAMS 8:30-9:15am LEISURE SWIM 6:30am-1:00pm	 LEISURE SWIM 8:00am-1:00pm	H2O CARDIO TONE <i>Starts Oct 2</i> 8:30-9:15am GENTLE JOINTS <i>Starts Oct 2</i> 9:45-10:30am LEISURE SWIM 6:30am-1:00pm	 SHALLOW FIT <i>Starts Oct 3</i> 8:15-9:00am AQUA CONDITIONING 10:30-11:15am LEISURE SWIM 8:00am-1:00pm	 H2O CARDIO TONE 8:30-9:15am GENTLE JOINTS 9:45-10:30am LEISURE SWIM 6:30am-1:00pm	 LEISURE SWIM 9:00-6:00pm
LEISURE SWIM 1:00-6:00pm						
WIBIT DAY <i>2nd and 4th Sunday of the month</i> 1:00-2:30pm	LEISURE SWIM 3:30-8:00pm	LEISURE SWIM 3:30-8:00pm	LEISURE SWIM 3:30-8:00pm	LEISURE SWIM 3:30-8:00pm	LEISURE SWIM 3:30-8:00pm	
	LAPS & LEISURE 7:00-8:00pm	LAPS & LEISURE 7:00-8:00pm	LAPS & LEISURE 7:00-8:00pm	LAPS & LEISURE 7:00-8:00pm	LAPS & LEISURE 7:00-8:00pm	

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

Leisure Swim

A lap lane, leisure pool and hot areas available

Laps & Leisure

3 lap lanes, leisure pool and hot areas available

Wibit Days

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



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127

DROP-IN AQUAFIT

September - December, 2024

No classes on September 30, October 14, November 11

DROP-IN AQUAFIT

Aqua Running

NEW!

15+ years
CDCC Deep Pool

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.

Mondays
7:15am – 8:00am
Sep 16-Dec 16
Drop-in/Included with Admission or Active Pass

Cardio Aqua Jams

NEW!

15+ years
CDCC Deep Pool

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

Mondays
8:30am – 9:15am
Sep 16-Dec 16
Drop-in/Included with Admission or Active Pass

H2o Cardio Tone

15+ years
CDCC Shallow Pool

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

Wednesdays, Friday
8:30am – 9:15am
Oct 2-Dec 20
Drop-in/Included with Admission or Active Pass

Gentle Joints

15+ years
CDCC Leisure Pool

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

Wednesdays and Fridays
9:45am – 10:30am
Oct 2-Dec 20
Drop-in/Included with Admission or Active Pass

Shallow Fit **NEW!**

15+ years
CDCC Shallow Pool

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.

Thursday
8:15am – 9:00am
Oct 3-Dec 19
Drop-in/Included with Admission or Active Pass



Aqua Conditioning **NEW!**

15+ years
CDCC Various Depths of Pool

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

Thursday
10:30am – 11:15am
Sep 19-Dec 19
Drop-in/Included with Admission or Active Pass

REGISTERED PROGRAMS

Masters Swim

14+ yrs
CDCC Pool

Join Masters Swim for Fun, Fitness and Friendship. Our experienced coach will guide, teach and support you in your swimming goals whether they are cardiovascular, endurance, technique, competition or other.

Tuesdays
6:00-7:00pm
Sep 24-Nov 26
\$95 + tax/ 10 classes

77397

FITNESS SCHEDULE

September 4 – December 21, 2024

Included with Admission or Active Pass

Pre Registered Program

All programs are located at the Creston & District Community Complex

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00-10:00 CHAIR YOGA <i>Kootenay Room</i>			
9:00-10:00 HATHA YOGA	9:00-10:00 CORE N MORE	9:00-10:00 GROUP CIRCUIT	9:00-10:00 FUNCTIONAL FITNESS <i>Starts Sept 12</i>	
	10:15-11:15 TAI CHI BEGINNER	10:30-11:30 SLOW STRENGTH	10:15-11:15 TAI CHI INTERMEDIATE	
		11:15-12:15 MOVE TO IMPROVE <i>Kootenay Room</i> <i>* Starts Oct 2</i> <i>No class Nov 20</i>		11:15-12:15 MOVE TO IMPROVE <i>Fitness Studio</i> <i>Starts Oct 4</i>
		12:00-1:00 ZUMBA STEP		
4:30-5:30 FULL BODY GROUP X	3:30-4:30 WEIGHT TRAINING IN MENOPAUSE	4:30-5:30 FULL BODY GROUP X	4:00-5:00 PELVIC CORE AND STRENGTH	
5:00-6:00 BELLY DANCING LEVEL 1 <i>Erickson Room</i>		5:00 - 6:00 ZUMBA <i>Erickson Room</i>	6:30-8:00 HATHA YOGA	
5:15-6:15 TRX <i>Kootenay Room</i>				

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



Register Online: rdck.ca/recreation

Or Register by Phone: 250-428-7127



CARDIO AND/OR STRENGTH

TRX

15+ yrs
CDCC – Kootenay Room

Whether you are a beginner or have taken TRX before, this class will progress your fitness! You will learn the basics of suspension training and move towards mastery to get an incredible strength, cardio and flexibility workout. It's all core, all the time. All fitness levels welcome.

Mondays
5:15 – 6:15pm
Oct 21 – Dec 16
\$73 + tax / 8 classes

77247

No class Monday November 11

Full Body Group X

15+ yrs
CDCC – Fitness Studio

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

Mondays
4:30 – 5:30pm
Sep 9 – Dec 16
Drop-in/Included with Admission or Active Pass

No class Monday Sep 30, Oct 14, Nov 11

Wednesdays
4:30 – 5:30pm
Sep 4 – Dec 18
Drop-in/Included with Admission or Active Pass

Core n' More

15+ yrs
CDCC – Fitness Studio

Stand taller, feel stronger! This class is designed to improve core stability and posture. This is not your traditional "crunchies" class. Dynamic and functional exercises will be used to help you think about core conditioning in a whole new way. Equipment and formats will vary.

Tuesdays
9:00 – 10:00am
Sep 3 – Dec 17
Drop-in/Included with Admission or Active Pass

Group Circuit

15+ yrs
CDCC – 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.

Wednesdays
9:00 – 10:00am
Sep 4 – Dec 18
Drop-in/Included with Admission or Active Pass



Slow Strength Functional Training

15+ yrs

CDCC – Fitness Studio

Through a method of slow strength training, you will build strength (but not bulkiness) in a safe way. After every class, you will feel stronger and more able to take on the activities of your life. Modifications are available and no experience is necessary.

Wednesdays

10:30 – 11:30am

Sep 11 – Oct 30

\$73 + tax / 8 classes

77248

Wednesdays

10:30 – 11:30am

Nov 6 – Dec 18

\$64 + tax / 7 classes

77249

Zumba Step

15+ yrs

CDCC – Fitness studio

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

Wednesdays

12:00 – 1:00pm

Sep 4 – Nov 13

Drop-in/Included with Admission or Active Pass

Zumba

15+ yrs

CDCC – Erickson Room

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

Wednesdays

5:00 – 6:00pm

Sep 11 – Nov 13

\$91 + tax / 10 classes

77254

Functional Fitness

15+ yrs

CDCC – Fitness Studio

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

Thursdays

9:00 – 10:00am

Sep 12 – Dec 19

Drop-in/Included with Admission or Active Pass



SPECIALTY, MOBILITY AND/OR MINDFULNESS

Hatha Yoga

15+ yrs

CDCC – Fitness Studio

All Fitness Levels

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.

Mondays

9:00 – 10:00am

Sep 9 – Dec 16

Drop-in/Included with Admission or Active Pass

No class Monday Sep 30, Oct 14, Nov 11

Thursdays

6:30 – 8:00pm

Sep 12 – Oct 31

\$109 + tax / 8 classes

77250

Thursdays

6:30 – 8:00pm

Nov 7 – Dec 19

\$96 + tax / 7 classes

77593

Pelvic Floor and Core Strength for Women

15+ yrs

CDCC – Kootenay Room

Instructor: Carmen Ditzler

Pelvic floor challenges such as incontinence, prolapse, and core weakness can sneak up on us as we age. This class is for women in peri to postmenopause (35+ years old). You can learn to improve your pelvic and deep core function in order to enjoy doing the things you love to do! Breathe, move, strengthen, release, and relax in a supportive setting.

Thursdays

4:00 – 5:00pm

Sep 19 – Nov 7

\$73 + tax / 8 classes

77251





Belly Dancing Level 1

15+ yrs
CDCC – Erickson Room

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

Mondays
5:00 – 6:00pm
Sep 9 - Nov 4
\$64 + tax / 7 classes 77255

No classes Sep 30, Oct 14

Chair Yoga

15+ yrs
CDCC – Kootenay Room

Chair Yoga offers a low intensity yoga option for those with mobility constraints. In this class we will flow through various seated poses that will allow you to improve your mobility and in turn reduce the risk of falls and muscle injuries. All levels welcome, a great program for beginners and those needing modifications.

Tuesdays
9:00 – 10:00am
Sep 10 – Oct 29
\$73 + tax / 8 classes 77252

Tuesdays
9:00 – 10:00am
Nov 5 – Dec 17
\$64 + tax / 7 classes 77253

Tai Chi Beginner

15+ yrs
CDCC – Fitness Studio

Yang-style Tai Chi exercises your entire body using gentle, low impact movements that build strength, endurance, flexibility, and balance. A 'meditation in motion' that cultivates a healthy body, mind, and spirit. This practice strengthens joints, connective tissues and improves overall body alignment which helps promote a calm mental focus and sensory awareness.

Tuesdays
10:15 – 11:15am
Sep 10 – Dec 17
\$136 + tax / 15 classes 77256

Weight Training in Menopause

15+ yrs
CDCC – Fitness Studio
Instructor: Carmen Ditzler

Weight training in this stage of life can help maintain muscle mass, strength, balance, bone health, improve mood, decrease hot flashes and other symptoms of menopause. It can also improve pelvic health and function. You'll be supported at your own level and have more information about what works for your body. We'll use body weight, resistance-bands and light weights for full range of motion, feel good movement.

Tuesdays
3:30 – 4:30pm
Sep 10 – Oct 8
\$45 + tax / 5 classes 77258

Tuesdays
3:30 – 4:30pm
Oct 22 – Dec 17
\$82 + tax / 9 classes 78394

Move to Improve (Parkinson's)

15+ yrs
CDCC – Fitness Studio / Kootenay Room

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

Wednesdays & Fridays
11:15 – 12:15pm
Oct 2 – Dec 20
Drop-in/Included with Admission or Active Pass

Wednesdays: Kootenay Room
Fridays: Fitness Studio

Tai Chi Intermediate

15+ yrs
CDCC – Fitness Studio

The opportunity for those who have a solid understanding and experience with Yang foundation exercises and the complete set to enjoy a comprehensive practice in a group setting. A great health maintenance program!

Thursdays
10:15 – 11:15am
Sep 12 – Dec 19
\$136 + tax / 15 classes 77257

HEALTH AND/OR FITNESS PROGRAMS

PERSONAL & GROUP TRAINING

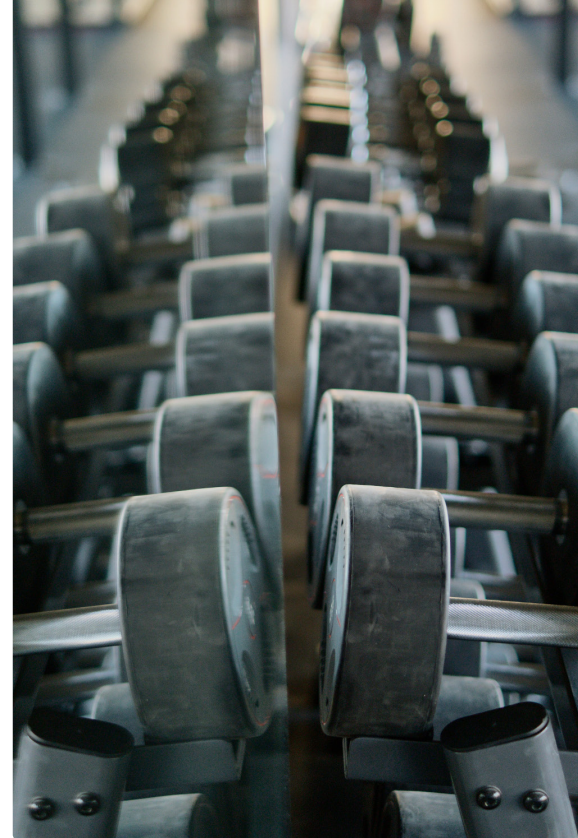
Personal Trainers are available to help you add confidence, effectiveness, and safety to your workouts. Let us design a program specifically for you to help achieve your fitness goals, from beginner to advanced. Complete the [Personal Training Package](#) to get started or contact our Fitness Department at (250) 428-7127 ext. 2038 for more information.

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

PERSONAL TRAINING OPTIONS (rates are per person)

Personal Training Price Changes Effective April 1st

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



FITNESS CENTRE ORIENTATIONS

FREE with admission!

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

Orientations Include:

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

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

Maximum 3 people per session, minimum 13 years old.

CDCC FITNESS PROFESSIONALS



Vanessa

BCRPA - Certified Personal Trainer
Diploma Kinesiology



Brielle

NCSF - Certified Personal trainer
ALFCA - Group Fitness Instructor
Diploma Exercise Science



Hailey

ACE - Certified Personal Trainer
Certified Functional Movement Specialist
Group Fitness Instructor



YOUTH FITNESS CENTRE ORIENTATIONS FOR AGES 13 - 15 YEARS

CDCC Fitness Centre

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

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

5:45 - 6:15pm
Wednesdays
General Admission

Youth on Weights

13-17 yrs

CDCC – Fitness Centre / Fitness Studio

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

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

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

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

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

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



RECREATION SPORTS SCHEDULE

September - December, 2024

Included with
Admission or
Active Pass

Pre Registered
Program

ADULT (16+ yrs)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 - 8:00PM BASKETBALL <i>Creston Education Centre</i>	7:00 - 8:30PM TABLE TENNIS <i>Creston Room</i>	5:30 - 7:00PM PICKLEBALL - RECREATIONAL <i>Creston Education Centre</i>	7:00 - 8:30PM VOLLEYBALL <i>Creston Education Centre</i>	7:00 - 8:30PM SOCCER <i>Creston Education Centre</i>	9:00 - 11:00AM PICKLEBALL - RECREATIONAL <i>Creston Education Centre</i>
	7:00 - 8:30PM BADMINTON <i>Creston Education Centre</i>	7:15 - 9:15PM PICKLEBALL - COMPETITIVE <i>Creston Education Centre</i>			11:15 - 1:15PM PICKLEBALL - COMPETITIVE <i>Creston Education Centre</i>

YOUTH (3-12 yrs) *See [page 11](#) for more information*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			3:30-4:15PM TOT SOCCER <i>Ages 3-6</i>		
			4:30-5:30PM KIDS SOCCER <i>Ages 7-10</i>		
	5:15-6:45PM LEARN TO PLAY TENNIS <i>Ages 9-12</i>		5:15-6:45PM LEARN TO PLAY TENNIS <i>Ages 9-12</i>		
	6:00-7:00PM LEARN TO PLAY TENNIS <i>Ages 6-8</i>				

Basketball

16+ yrs

Creston Education Centre - Gymnasium

Playing co-ed basketball is a great physical workout! Shoot some hoops and meet new people that enjoy the sport.

Mondays

6:30 – 8:00pm

Oct 7 – Dec 9

\$53 + tax / 8 classes

No classes Monday Oct 14, Nov 11

77259

Badminton

16+ yrs

Creston Education Centre - Gymnasium

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

Tuesdays

7:00 – 8:30pm

Oct 1 – Dec 17

\$79 + tax / 12 classes

77260

Table Tennis

16+ yrs

CDCC – Creston Room

Join us for a fun, fast paced and focused night of table tennis. All levels are welcome!

Tuesdays

7:00 – 8:30pm

Oct 1 – Dec 17

\$79 + tax / 12 classes

77267

Pickleball - Recreational

16+ yrs

Creston Education Centre - Gymnasium

Pickleball, North America's fastest growing sport, is a racquet sport that combines elements of badminton, tennis, and table tennis. Great exercise and tons of fun! Paddles are available for use. Spots are limited, so register now!

Wednesdays

5:30 – 7:00pm

Nov 6 – Dec 18

\$46 + tax / 7 classes

77261

Saturdays

9:00 – 11:00am

Nov 9 – Dec 21

\$62 + tax / 7 classes

77262

Pickleball - Competitive

16+ yrs

Creston Education Centre - Gymnasium

This option is perfect for you if you are an experienced Pickleball player and are looking to add a competitive edge to this fast-paced sport. A great way to improve your fitness, further your skills, and have some fun! Spots are limited, so register now!

Wednesdays

7:15 – 9:15pm

Nov 6 – Dec 18

\$62 + tax / 7 classes

77263

Saturdays

11:15am – 1:15pm

Nov 9 – Dec 21

\$62 + tax / 7 classes

77264

Volleyball

16+ yrs

Creston Education Centre - Gymnasium

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

Thursdays

7:00 – 8:30pm

Oct 3 – Dec 19

\$79 + tax / 12 classes

77265

Soccer

16+ yrs

Creston Education Centre - Gymnasium

Keep that endurance level up over the fall and winter by joining our indoor soccer! Fun, fast paced games with some skill building drills. An excellent way to meet new friends and improve your fitness! Two different options for various skill levels.

Fridays

7:00 – 8:30pm

Oct 4 – Dec 20

\$79 + tax / 12 classes

77266



ARENA SCHEDULE

September – December, 2024

Schedule Subject to change. Visit rdck.ca for up to date information.

Included with Admission

Pre Registered Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		11:00am-12:00pm ICE PUPS CLUB	11:00am-12:00 pm STICK & PUCK SKATE	11:00am-12:00pm PARENT & TOT	10:30-11:30am STICK & PUCK SKATE	
		12:15 – 1:30pm LUNCH HOUR DROP IN HOCKEY	12:15 – 1:30pm SENIOR DROP-IN HOCKEY	12:15 – 1:15pm PUBLIC SKATE	11:45am – 12:45pm LUNCH HOUR DROP IN HOCKEY	
3:30-4:30pm PUBLIC SKATE					2:45-4:15pm PUBLIC SKATE	
				6:00-7:00pm RINK RATS: KIDS REC HOCKEY		5:30-6:30 pm PUBLIC SKATE
8:45-10:15pm ADVANCED REC HOCKEY	9:30-10:30pm ADULT/TEEN LEARN TO PLAY HOCKEY			10:00-11:15pm ADVANCED REC HOCKEY		

Skate Rentals \$3.00 + tax Helmet Rentals \$3.00 + tax
Skate & Helmet Combo \$5.00 + tax



ARENA PROGRAMS

PROGRAMS INCLUDED WITH ADMISSION

Parent & Tot Skate

3 - 6 yrs

CDCC – Johnny Bucyk Arena

Join us during Parent & Tot Skate and introduce your little one(s) to skating in a safe setting. Our instructor is there to assist and help make the experience fun and encouraging.

Thursdays

11:00am – 12:00pm

Sept 12 – December 19

NEW! Lunch Hour Hockey

16 +yrs

CDCC – Arena

An opportunity to come together and play some fun, non-competitive, non-contact hockey. Full Gear Required

Tuesdays

12:15 – 1:30pm

Fridays

11:45am – 12:45pm

Senior Hockey

55 +yrs

CDCC – Arena

This program is for 55 plus players that want to come out for a friendly game hockey!

An opportunity to come together and play some fun, non-competitive, non-contact hockey.

Wednesdays

12:15 – 1:30pm

No Hockey Dec 25 or Jan 1

Public Skate

All Ages

CDCC – 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! Helmets are recommended

Thursdays

12:15-1:15pm

**No skate Dec 26*

Fridays

2:45 – 4:15pm

Saturdays

5:30 – 6:30pm

Sundays

3:30 – 4:30pm

**If no Thunder Cat Game (Sept 29, Oct 27, Nov 24)*

Stick & Puck

All Ages

CDCC – Arena

Bring your sticks and hockey gear to have fun on the ice! Previously called Puck Skate - Stick & Puck provides an opportunity for you to practice your puck handling skills. Please be mindful of other skaters while shooting. Please bring your own stick and pucks. A limited number of pucks will be available

Wednesday

11:00am – 12:00pm

Fridays

10:30 – 11:30am

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

7 - 13 yrs
 CDCC – 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. Participants must have basic skating skills (forward and backward skating, turns and stopping). There will be a large emphasis on having fun and playing the great sport of hockey. Our Staff are skilled coaches with many years of experience under their skates. All girls and boys interested in having fun playing hockey are encouraged to join this program! Full hockey gear is required.

Thursdays
 6:00-7:00pm
 Sept 12 - Oct 24
 \$77 + tax / 7 Classes 75858

Thursdays
 6:00-7:00pm
 Nov 7 - Dec 19
 \$77 + tax / 7 Classes 75859

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

15+ yrs
 CDCC 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 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
 9:30 - 10:30pm
 Sept 9 - Oct 28
 \$66 + tax / 6 classes 74285

No Class Sept 30 & Oct 14

Mondays
 9:30 - 10:30pm
 Nov 4 - Dec 16
 \$66 + tax / 6 classes 74286

No Class Nov 11

Advanced Rec Hockey

15+ yrs
 CDCC – Arena

An opportunity to come together and play some fun, non-competitive, non-contact hockey.

Sundays
 8:45 - 10:15pm
 Sept 8 - Dec 15
 \$168 + tax for 12 sessions 75860

***no program on Oct 20, Nov 17 or Dec 8**

Thursdays
 10:00 - 11:15pm
 Sept 5 - Dec 19
 \$220 + tax for 16 sessions 75862

Advanced Rec Hockey – Goalie

18+ yrs
 CDCC Arena

- Full goalie pads & facemask required
- Arrive up to 30 minutes early to access dressing rooms
- 4 Goalies Max

Sundays
 8:45 - 10:15pm
 Sept 8 - Dec 15
 \$60.00 + tax for 12 sessions 75861

***no program on Oct 20, Nov 17 or Dec 8**

Thursdays
 10:00 - 11:15pm
 Sept 5 - Dec 19
 \$75.00 + tax for 15 sessions 75863



RENTAL OPPORTUNITIES

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

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

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

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



**Exceptional facilities.
Exceptional service.**

**CONTACT US TODAY
TO BOOK YOUR SPACE**