

# NELSON

## PROGRAM GUIDE

# FALL 2024

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

To view the guide and register online visit [rdck.ca/recreation](http://rdck.ca/recreation) or call 250.354.4386



RDCK-Funded  
**Training  
Opportunities**

See page 5  
for details



**NDCC**  
Nelson & District  
Community Complex

Last Updated October 17



## Nelson & District Community Complex



### Visit Us

305 Hall St., Nelson, BC | [rdck.ca/recreation](http://rdck.ca/recreation)

### Contact Us

250-354-4FUN (4386) | [nelrec@rdck.bc.ca](mailto:nelrec@rdck.bc.ca)



### Online Registration

[rdck.ca/recreation](http://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](http://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 31, 2024

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	9:00am - 7:00pm	6:00am - 8:30pm	6:00am - 8:30pm	6:00am - 8:30pm	6:00am - 8:30pm	6:00am - 9:30pm	9:00am - 8:00pm
FITNESS CENTRE	9:00am - 7:00pm	5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 9:30pm	8:00am - 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.



## FACILITY CODE OF CONDUCT

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

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

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

Participants engaging in inappropriate behaviour may their privileges revoked.

## HOLIDAY HOURS

### HOLIDAY CLOSURES

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

### HOLIDAYS OPEN

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

### EARLY CLOSURES

**4:00pm**  
Christmas Eve  
New Year's Eve



# GENERAL ADMISSION RATES

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





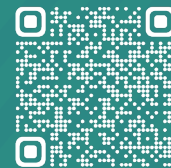
# AQUATIC TRAINING OPPORTUNITIES!

## 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](http://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](mailto: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](http://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

### Silly Monkeys

2-6 yrs  
NDCC Upper Multi - purpose Room

Welcome to Silly Monkeys, where toddlers unleash their creativity through hands-on art projects and sensory exploration. This program is designed to engage young minds in a safe and stimulating environment, encouraging imagination, curiosity, and social interaction. Why make a mess at home? Join us instead!

Parent/guardians can use the Community Complex for activities while children participate in the program.

**For this program children will take their craft home with them!**

**Mondays**  
8:45-10:00am  
Sept 9 – Oct 7  
\$48/ 4 sessions 75556

**No class Sept 30**

**Mondays**  
8:45-10:00am  
Oct 21 – Nov 18  
48/ 4 sessions 75558

**No Class Nov 11**

**Mondays**  
8:45-10:00am  
Nov 25 – Dec 16  
\$48/ 4 sessions 75559

### Tumbleweeds Gym

12 months - up to 5 years with parent participation

Center Upstairs Studio – Vernon St

Get ready for some indoor rolling, jumping and physical skill development, set up for the early years. Increase physical and social literacy with parent/guardian participation and supervision. Story time will be included. Snack tables available for breaks. Clean up with help from adults starts at 11:20pm each session. Bring a lock for large strollers outside the front door.

**Tuesdays**  
10:00-11:30am  
Oct 22- Nov 12  
\$44 / 4 sessions 75551

**Tuesdays**  
10:00-11:30am  
Nov 19 - Dec 10  
\$44 / 4 sessions 75552

### Smiles, Snacks and Stories

2-5 yrs  
NDCC Upper Multi - purpose Room

Children will explore what makes them happy. In this program we will have fun with crafts, getting messy, using our imagination and have open play time and a story!. Parent/guardians can use the Community Complex for activities while children participate in the program. Pack a snack for your child to enjoy.

**Tuesdays**  
9:00-10:30am  
Sept 10 – Oct 1  
\$44 / 4 sessions 75553

**Tuesdays**  
9:00-10:30am  
Oct 8 - 29  
\$44/ 4 sessions 75554

**Tuesdays**  
9:00-10:30am  
Nov 5 - 26  
\$44/ 4 sessions 75555

# SWIM & SKATE CLUBS



## Sea Pups Club

### 2 programs in 1! Swim Lesson included

3-6yrs | NDCC - Lower multipurpose 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!*

Thursday  
9:30 -11:00 am  
Oct 31 - Dec 19  
\$118 / 8 classes

75561

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

Hot tub, steam room and sauna 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 | NDCC - Drop off: Arena  
Pick up: Upper multipurpose 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 a snack for your child to enjoy. \* no peanuts please*

Wednesdays  
9:00 -10:30 am  
Sept 11 - Oct 9  
\$65 / 5 classes

75562

Wednesdays  
9:00 -10:30 am  
Oct 16 - Nov 13  
\$65 / 5 classes

75563

Wednesdays  
9:00 -10:30 am  
Nov 20 - Dec 18  
\$65 / 5 classes

75564

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

Hot tub, steam room and sauna available for use with admission

Weight room available for use with admission

9:15 - 10:15am Full Body Sculpt

10:30-11:30am Baby and Me



## YOUTH PROGRAMS



### Friday FUN Nights

7-12 yrs

NDCC - Upper Multi-Purpose 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 remember to bring a bathing suit and towel. Drop-off and pick up times are flexible. Only pizza is provided. Unfortunately, no special food requests can be accommodated.*

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

76994

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

77001

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

77004

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

77008



## PRO-D DAY CAMPS

### Super September Pro-D Day Camp

7-12 yrs

NDCC - Upper Multi-Purpose 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 and skates. Free skate rentals are available for campers.*

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

77014

### Outrageous October Pro-D Day Camp

7-12 yrs

NDCC - Upper Multi-Purpose 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 and skates. Free skate rentals are available for campers.*

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

77015

# 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	<b>Jellyfish 1</b> Parent & Tot 1
12 to 24 months old	<b>Goldfish 2</b> Parent & Tot 2
24 to 36 months old	<b>Seahorse 3</b> 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.	<b>Octopus 1</b> 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	<b>Crab 2</b> Preschool 2
Jump into chest-deep water; submerge and exhale underwater; float on front and back assisted	<b>Orca 3</b> Preschool 3
Jump into deep water wearing a life-jacket; hold breath underwater; float, glide and kick on front and back	<b>Sea Lion 4</b> Preschool 4
Do solo jumps into deep water; swim front crawl 5m wearing a lifejacket and flutter kick on front, back and side	<b>Narwhal 5</b> 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 <b>Or completed Sea Lion 4</b>	<b>Swimmer 1</b>
Can jump into chest-deep water by themselves; open eyes, hold breath, exhale under-water; float, kick, glide on front and back <b>Or completed Narwhal</b>	<b>Swimmer 2</b>
Can jump into deep water and support self at the surface for 15 seconds; swim 10m on front and back	<b>Swimmer 3</b>
Can tread water for 30 seconds; do kneeling dives and front somersaults; 10m whip kick on back; swim 15m front crawl	<b>Swimmer 4</b>
Can swim 50m; tread water 1 min, swim underwater; 15m whip kick on front; breaststroke arms with breathing; swim front and back 15m	<b>Swimmer 5</b>
Can do shallow dives and cannon balls; egg beater and scissor kick; swim 50m front and back crawl; breaststroke for 25m;	<b>Swimmer 6</b>
Can do stride entries and compact jumps; legs-only surface support for 45 seconds; swim 100m of front crawl and back crawl	<b>Swimmer 7</b> Rookie Patrol
Completed Swimmer 7/Rookie Patrol	<b>Swimmer 8</b> Ranger Patrol
Completed Swimmer 8/Ranger Patrol	<b>Swimmer 9</b> Star Patrol
Completed Swimmer 9/Star Patrol	<b>Bronze Star*</b>





### 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 with in the withdrawl policy. Please have you 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 with drawl policy will be in affect.

### 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 | SEPTEMBER 26 – NOVEMBER 10 | 10 CLASSES

4:00pm	Crab 2	75967	Swimmer 1	75788	Swimmer 4	75787
4:30pm	Octopus 1	75791	Swimmer 2	75789	4:00-4:40pm 40min	
5:00pm	Crab 2	75792	Swimmer 3	75786	Private	
5:30pm	Orca 3	75790	5:00-5:40pm, 40 min		4:45-5:10pm	
6:00pm	Sea Lion 4	77078	Private		Adult Beginner <b>NEW!</b>	77079
					5:15pm -5:55pm, 40 min	
					Narwhal 5	75794

## SATURDAY | OCTOBER 5 – NOVEMBER 30 | 8 CLASSES

9:15am	JellyFish 1	77094	Swimmer 1	75796	Swimmer 4	75793
9:45am	Octopus 1	75962	Swimmer 2	75963	9:15- 9:55am, 40 min	
10:15am	Crab 2	75964	Swimmer 3	77088	Swimmer 5	75795
10:45am	GoldFish 2	77596	10:15-10:55am, 40 min		10:00-10:40am, 40 min	
11:15am	Octopus 1	77086	Swimmer 2	77091	Swimmer 7- Rookie Patrol	77095
11:45am	Orca 3	77087	11:00am		10:45-11:35am, 50 min	
			Narwhal 5	77081	Swimmer 3	77089
			11:30am		11:40-12:20pm, 40 min	
			Sea Lion 4	77080		
			12:00pm			

2:00pm	Private					
2:30pm	Private					
3:00pm	Private					
3:30pm	Private					
4:00pm	Private					
4:30pm	Adult Intermediate <b>NEW!</b>	77457				
	4:30-5:10pm, 40 min					

## TUESDAY | OCTOBER 8 – DECEMBER 10 | 10 CLASSES

4:00pm	Octopus 1	77090	Swimmer 2	77092	Swimmer 5	77099
4:30pm	Crab 2	75959	Swimmer 1	77093	4:00-4:40pm 40min	
5:00pm	Orca 3	77096	Sea Lion 4	77083	Private	
5:30pm	Narwhal 5	77082	Swimmer 3	77098	4:45-5:10pm	
6:00pm	Swimmer 1	77097	5:30- 6:10pm, 40 min		Adult Intermediate <b>NEW!</b>	77458
			Private		5:15pm -5:55pm, 40 min	
					Private	
					6:15pm	

**SUNDAY | OCTOBER 20 - DECEMBER 8 | 8 CLASSES**

9:30am	Sea Horse 3 24-36months	77459	Private	Swimmer 4 9:30-10:10am, 40min	75965
10:00am	Octopus 1	77101	Swimmer 1	77104	
10:30am	Crab 2	75960	Swimmer 2	77103	Swimmer 5 10:15-10:55am, 40min
11:00am	Orca 3	77102	Swimmer 3 11:00-11:40am, 40 min	77105	Swimmer 6 11:00-11:40am, 40 min
11:30am	Sea Lion 4	77084	Private		
12:00pm	Narwhal 5	77085	Private	Swimmer 8- Ranger Patrol 11:45-12:35pm, 50 min	77106

# PRIVATE & SEMI PRIVATE LESSONS

Private and Semi Private Lessons are available, these lessons are suitable for children and adults. Private lessons are registerable on-line or through phone in to customer service at 250-354-4386

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

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

**Choose from the following classes.**



## PRIVATE SWIM LESSONS SEPTEMBER - DECEMBER 2024 | 4 CLASSES

THURSDAY	SEPTEMBER 26 - OCTOBER 17	OCTOBER 24 - NOVEMBER 14
6:00pm	77107	77108
SATURDAY	OCTOBER 5 - 26	NOVEMBER 2 - 30
2:00pm	77109	77113
2:30pm	77110	77114
3:00pm	77111	77115
3:30pm	77112	77116
TUESDAY	OCTOBER 8 - 29	NOVEMBER 5 - 26
4:45pm	77117	77120
6:00pm	77118	77121
6:15pm	77119	
SUNDAY	OCTOBER 20 - NOVEMBER 10	NOVEMBER 17 - DECEMBER 8
9:30am	77122	77125
11:45am	77123	77126
12:15pm	77124	77127



# POOL SCHEDULE

September 16 – December 31, 2024

**SWIMMING POOL CLOSED:**

September 30 and December 25

All are welcome all pool basins are available, name of swim indicates pool layout.  
The last aquafit class is December 19, 2024.

*Schedule is subject to change.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>PUBLIC SWIM</b> 6:00am- 4:00pm	<b>PUBLIC SWIM</b> 6:00am- 4:00pm	<b>PUBLIC SWIM</b> 6:00am-4:00pm	<b>PUBLIC SWIM</b> 6:00am- 4:00pm		
	<b>AQUA STEP &amp; STRENGTH</b> 9:00-10:00am	<b>CARDIO CORE</b> 9:00-10:00am	<b>AQUA CONDITIONING</b> 9:00-10:00am	<b>AQUA RUNNING</b> 9:00-10:00am	<b>PUBLIC SWIM</b> 6:00am-4:00pm	
<b>SUPER LAP SWIM</b> 9:00-12:30pm	<b>CARDIO JAMS</b> 10:30-11:30am	<b>GENTLE JOINTS</b> 10:30-11:30am	<b>CARDIO JAMS</b> 10:30-11:30am	<b>TOTAL BODY AQUAFIT</b> 10:30-11:30am		<b>PUBLIC SWIM</b> 9:00-12:30pm
		<b>HUSH- SENSORY FRIENDLY SWIM &amp; SOAK</b> 12:00-1:30pm		<b>HUSH- SENSORY FRIENDLY SWIM &amp; SOAK</b> 12:00-1:30pm		
		<b>SUPER LAP SWIM</b> 12:30-2:00pm		<b>SUPER LAP SWIM</b> 12:30-2:00pm		
<b>FUN SWIM</b> 12:30-6:00pm						<b>FUN SWIM</b> 12:30-6:00pm
	<b>PUBLIC SWIM</b> 4:00-8:30pm	<b>PUBLIC SWIM</b> 4:00-8:30pm	<b>PUBLIC SWIM</b> 4:00-8:30pm	<b>PUBLIC SWIM</b> 4:00-8:30pm	<b>FUN SWIM</b> 4:00-9:30pm	
<b>HUSH- SENSORY FRIENDLY SWIM &amp; SOAK</b> 6:00-7:00pm						<b>PUBLIC SWIM</b> 6:00-8:00pm

\*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.

<p><b>Public Swim</b> Lap lane, leisure pool and hot areas available</p>	<p><b>Fun Swim</b> A feature will be opened, either diving board, plynth, water slide or rope swing</p>	<p><b>Hush - Sensory Friendly Swim &amp; Soak (All Ages)</b> All inclusive Leisure swim for those who may have sensory processing challenges or are simply looking for a quieter swim. Music and all water features will be off and not available for the duration of the swim time.</p>
<p><b>Super Laps Swim</b> 3 laps lanes, leisure pool and hot areas available</p>		

# DROP-IN AQUAFIT

September 16 - December 21, 2024

No classes on September 30, October 14, November 11

## DROP-IN AQUAFIT

### Aqua Step & Strength

Age 15+ years  
NDCC Shallow

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

#### Mondays

9:00am -10:00am

September 16 - December 16

Drop-in/Included with Admission or Active Pass

No class September 30, October 14, November 11

### Cardio Jams

15+ years  
NDCC Deep

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

#### Monday and Wednesday

10:30am -11:30am

September 16- December 18

Drop-in/Included with Admission or Active Pass

No class September 30, October 14, November 11

### Cardio Core

15+ yrs  
NDCC Deep

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

#### Tuesday

9:00am -10:00am

September 17- December 17

Drop-in/Included with Admission or Active Pass

### Gentle Joints

15+ yrs  
NDCC Shallow End of Deep Pool,

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

#### Tuesdays

10:30am - 11:30am

September 17- December 17

Drop-in/Included with Admission or Active Pass

### Aqua Conditioning

Age 15+ years  
NDCC Shallow

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

#### Wednesday

9:00-10:00am

September 18- December 18

Drop-in/Included with Admission or Active Pass



### Aqua Running **NEW!**

Age 15+ years  
NDCC 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.

#### Thursday

9:00-10:00am

September 19- December 19

Drop-in/Included with Admission or Active Pass

### Total Body Aquafit

Age 15+ years  
NDCC Shallow

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

#### Thursday

10:30-11:30am

September 19- December 19

Drop-in/Included with Admission or Active Pass

**NEW TIME!**

# FITNESS SCHEDULE

September 3 – December 21, 2024

Included with Admission or Active Pass

Pre Registered Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:15-7:15am <b>SPIN</b>	6:15-7:15am <b>RISE AND SHINE OUTDOOR BOOTCAMP</b>	6:15-7:15am <b>SPIN AND STRENGTH</b>	6:15-7:15am <b>FULL BODY FITNESS</b>	6:15-7:15am <b>SPIN</b>	
			7:45-8:30am <b>TRX</b>			
7:45-8:45am <b>INTERMEDIATE WEIGHT ROOM GROUP EXERCISE</b>	8:00-9:00am <b>BEGINNER WEIGHT ROOM CIRCUIT</b>	8:00-9:00am <b>CARDIO BARRE</b>	8:00-9:00am <b>INTERMEDIATE WEIGHT ROOM CIRCUIT</b>		8:00-9:00am <b>STEP</b>	
	9:00-10:30am <b>WORK TO PROGRESS</b>	9:00-10:30am <b>WORK TO PROGRESS</b>	9:00-10:30am <b>WORK TO PROGRESS</b>			
		9:15-10:15am <b>STEP</b>	9:15-10:15am <b>FULL BODY SCULPT</b>	9:15-10:15am <b>HIIT</b>	9:15-10:15am <b>IRON REPS</b>	
10:30-12:00pm <b>HATHA FLOW YOGA</b>	11:30-12:30pm <b>STRONG AND STEADY</b> <i>North Shore Hall</i>	10:30-11:30am <b>FIT 4 LIFE</b>	10:30-11:30am <b>BABY AND ME</b>	10:30-12:00pm <b>HATHA FLOW YOGA</b>	10:30-11:45am <b>HATHA FLOW YOGA</b>	10:30-12:00pm <b>QI-FLOW YOGA</b>
	12:10-12:55pm <b>STEP</b>		12:10-12:55pm <b>CORE STRENGTH AND CONDITIONING</b>		11:00am-1:00pm <b>WORKOUT OF THE DAY</b>	
	1:15-2:15pm <b>BALANCE AND MOBILITY</b>		1:15-2:15pm <b>CHOOSE TO MOVE</b>			
		4:00-5:00pm <b>SPIN</b>				
	5:15-6:15pm <b>SPIN AND STRENGTH</b>	5:15-6:15pm <b>HIIT</b>	5:15-6:15pm <b>STEP</b>	5:15-6:15pm <b>BOOTY BURN</b>		
	6:45-8:15pm <b>CLASSICAL HATHA YOGA</b>	6:30-7:30pm <b>ZUMBA</b>	6:45-8:15pm <b>CLASSICAL HATHA YOGA</b>		6:45-8:15pm <b>RESTORATIVE YOGA</b>	

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



Register Online: [rdck.ca/recreation](http://rdck.ca/recreation)

Or Register by Phone: 250.354.4386





## Health and Wellness Classes

Cathy Potkins, B.H.K, MPAS,  
ACSM Exercise Specialist

### Work to Progress

NDCC Arena Concourse

This class is designed as a starting point to help you gain an active lifestyle. Well suited to individuals with health concerns or a limited ability to exercise. This program is based on your abilities and activities can be easily modified to meet your needs. This program includes the key components of good fitness: cardio, strength and flexibility. Class length is based on your fitness – it's the class that grows with you.

**Mondays**  
9:00 – 10:30am  
Sep 16 – Nov 4  
\$82 + tax / 6 classes 77133

**Mondays**  
9:00 – 10:30am  
Nov 18 – Dec 16  
\$68 + tax / 5 classes 77134

No classes Sept 30, Oct 14, and Nov 11

**Tuesdays**  
9:00 – 10:30am  
Sep 17 – Oct 29  
\$96 + tax / 7 classes 77135

**Tuesdays**  
9:00 – 10:30am  
Nov 5 – Dec 17  
\$96 + tax / 7 classes 77136

**Wednesdays**  
9:00 – 10:30am  
Sep 18 – Oct 30  
\$96 + tax / 7 classes 77137

**Wednesdays**  
9:00 – 10:30am  
Nov 6 – Dec 18  
\$96 + tax / 7 classes 77138



### OLDER ADULT FITNESS

#### Strong and Steady

North Shore Hall

This class is designed to help increase full body awareness, improve coordination, circulation, joint mobility and stability. It will consist of mostly standing exercises intermixed with a few seated ones. This class progresses week by week to help you develop through the session!

**Mondays**  
11:30 – 12:30pm  
Sep 16 – Nov 4  
\$55 + tax / 6 classes 77139

**Mondays**  
11:30 – 12:30pm  
Nov 18 – Dec 16  
\$45 + tax / 5 classes 77140

No classes Sep 30, Oct 14, and Nov 11

#### Choose to Move

NDCC Studio

This is an entry level class to fitness, designed for those clients needing extra support with mobility challenges. This class is mostly seated exercises with some standing and balance exercises.

**Wednesdays**  
1:15 – 2:15pm  
Sep 18 – Oct 30  
\$64 + tax / 7 classes 77143

**Wednesdays**  
1:15 – 2:15pm  
Nov 6 – Dec 18  
\$64 + tax / 7 classes 77144

#### Balance and Mobility

15+ yrs

NDCC - Studio

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

**Mondays**  
1:15 – 2:15pm  
Sep 9 – Dec 16  
Drop-in/Included with Admission or Active Pass

No classes Sep 30, Oct 14, and Nov 11

#### Fit for Life

15+ yrs

NDCC - Studio

This is a fun, active class that incorporates balance, strength, muscular endurance, and choreographed cardio. Exercises will be performed standing and on the floor. You will use a variety of equipment, including resistance bands, handheld weights, and exercise balls.

**Tuesdays**  
10:30 – 11:30am  
Sep 3 – Dec 17  
Drop-in/Included with Admission or Active Pass



## CARDIO AND/OR STRENGTH PROGRAMS

### Spin

15+ yrs  
NDCC - Studio

Get your heart pumping with a group journey on our Keiser 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**  
6:15 - 7:15am  
Oct 7 - Dec 16  
\$82 + tax / 9 classes 77145

**No classes Sep 30, Oct 14, and Nov 11**

**Tuesdays**  
4:00 - 5:00pm  
Sep 24 - Oct 29  
\$55 + tax / 6 classes 77146

**Tuesdays**  
4:00 - 5:00pm  
Nov 5 - Dec 17  
\$64 + tax / 7 classes 77147

**Fridays**  
6:15 - 7:15am  
Sep 20 - Nov 1  
\$64 + tax / 7 classes 77148

**Fridays**  
6:15 - 7:15am  
Nov 8 - Dec 20  
\$64 + tax / 7 classes 77149

### Beginner Weight Room Circuit

15+ yrs  
NDCC - Weight Room

Join our Certified Personal Trainer and learn how to use the weight room safely and effectively in a group environment. Beginner strength and cardio exercises will help build your fitness and confidence. This program is for beginners.

**Mondays**  
8:00 - 9:00am  
Sep 9 - Nov 4  
\$64 / 7 classes 77178

**No classes Sep 30, Oct 14, and Nov 11**

**Mondays**  
8:00-9:00am  
Nov 18 - Dec 16  
\$45 + tax / 5 classes 77180

### Intermediate Weight Room Circuit

15+ yrs  
NDCC - Weight Room

Challenge yourself to this 60-minute workout of timed aerobic intervals alternating with sets and reps of strength followed by a focused cool down in the weight room led by one of our NDCC personal trainers. This program is for those with some weight room experience.

**Wednesdays**  
8:00 - 9:00am  
Sep 11 - Oct 30  
\$73 / 8 classes 77181

**No classes Sep 30, Oct 14, and Nov 11**

**Wednesdays**  
8:00 - 9:00am  
Nov 6 - Dec 18  
\$64 + tax / 7 classes 77182

## Workout of the Day

15+ yrs

NDCC – Weight Room

This program is designed for those wanting some guidance and support for their workout. Come anytime between 11:00am and 1:00pm and follow the workout planned for the day. A personal trainer will be floating around the weight room offering support and answering questions. All levels of fitness welcome!

### Fridays

11:00am - 1:00pm

Sep 8 – Dec 22

Drop-in/Included with Admission or Active Pass

## Step

15+ yrs

NDCC - Studio

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

### Mondays

12:10 – 12:55pm

Sep 9 – Dec 16

Drop-in/Included with Admission or Active Pass

**No classes Sep 30, Oct 14, and Nov 11**

### Tuesdays

9:15 – 10:15am

Sep 3 – Dec 17

Drop-in/Included with Admission or Active Pass

### Wednesdays

5:15 – 6:15pm

Sep 4 – Dec 18

Drop-in/Included with Admission or Active Pass

### Fridays

8:00 – 9:00am

Sep 6 – Dec 20

Drop-in/Included with Admission or Active Pass

## Cardio Barre

15+ yrs

NDCC – Studio

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

### Tuesdays

8:00 – 9:00am

Sep 10 – Oct 22

\$64 + tax / 7 classes

77150

### Tuesdays

8:00 – 9:00am

Oct 29 – Dec 17

\$73 + tax / 8 classes

77151

## Rise and Shine Outdoor Bootcamp

15+ yrs

Lakeside Park

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

### Tuesdays

6:15 – 7:15am

Sep 10 – Oct 29

\$73 + tax / 8 classes

77152

## HIIT

15+ yrs

NDCC - Studio

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

### Tuesdays

5:15 – 6:15pm

Sep 3 – Dec 17

Drop-in/Included with Admission or Active Pass

### Thursdays

9:15 – 10:15am

Sep 5 – Dec 19

Drop-in/Included with Admission or Active Pass

## Zumba

15+ yrs

NDCC – Studio

Join us for a unique Zumba experience! This Master Zumba Class with Color Lights is a cardio workout unlike any other with music and an environment that will inspire you to lose yourself in the fun and movements while working up a sweat.

### Tuesdays

6:30 – 7:30pm

Sep 10 – Oct 15

\$55 + tax / 6 classes

77153

### Tuesdays

6:30 – 7:30pm

Oct 22 – Nov 26

\$55 + tax / 6 classes

77154

## Spin and Strength

15+ yrs

NDCC - Studio

The best of both worlds! A fast paced, fun and challenging spin cardio session with a resistance training finisher. Let the motivating tunes and energetic instructor push you to the next level!

### Mondays

5:15 – 6:15pm

Sep 23 – Nov 4

\$45 + tax / 5 classes

77155

### Mondays

5:15 – 6:15pm

Nov 18 – Dec 16

\$45 + tax / 5 classes

77156

**No classes Sept 30, Oct 14, and Nov 11**

### Wednesdays

6:15 – 7:15am

Sep 25 – Oct 30

\$55 + tax / 6 classes

77157

### Wednesdays

6:15 – 7:15am

Nov 6 – Dec 18

\$64 + tax / 7 classes

77158







## Full Body Fitness

15+ yrs  
NDCC - Studio

This is a beginner-intermediate level fitness class designed for those wanting a stronger, more conditioned body, without the choreography of a typical group fitness class. This class uses both floor and standing exercises with a variety of intensities and fitness equipment used to improve your overall fitness.

**Thursdays**  
6:15 - 7:15am  
Sep 12 - Oct 24  
\$00 + tax / 7 classes **77161**

**Thursdays**  
6:15 - 7:15am  
Oct 31 - Dec 19  
\$00 + tax / 8 classes **77162**

## TRX

15+ yrs  
NDCC - Studio

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

**Wednesdays**  
7:45 - 8:30am  
Sep 11 - Oct 23  
\$48 + tax / 7 classes **77167**

**Wednesdays**  
7:45 - 8:30am  
Oct 30 - Dec 18  
\$55 + tax / 8 classes **77168**

## Full Body Sculpt

15+ yrs  
NDCC - Studio

This is a beginner-intermediate level group fitness class designed for those wanting to improve their strength and cardiovascular fitness with a combination of classic group fitness choreography and strength exercises.

**Wednesdays**  
9:15 - 10:15am  
Sep 11 - Oct 30  
\$73 + tax / 8 classes **77159**

**Wednesdays**  
9:15 - 10:15am  
Nov 6 - Dec 18  
\$64 + tax / 7 classes **77160**

## Baby and Me

Parents & Babies 6 weeks - 18 months  
NDCC - Studio

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

**Wednesdays**  
10:30 - 11:30am  
Sep 11 - Oct 23  
\$64 + tax / 7 classes **77169**

**Wednesdays**  
10:30 - 11:30am  
Oct 30 - Dec 18  
\$73 + tax / 8 classes **77171**

## Core Strengthening & Conditioning

15+ yrs  
NDCC - Studio

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

**Wednesdays**  
12:10 - 12:55pm  
Sep 4 - Dec 18  
Drop-in/Included with Admission or Active Pass

## Booty Burn

15+ yrs  
NDCC - Studio

Squats, lunges, deadlifts and a selection of single leg exercises will get your booty burning in no time!

**Thursdays**  
5:15 - 6:15pm  
Sep 5 - Oct 24  
\$73 + tax / 8 classes **77163**

**Thursdays**  
5:15 - 6:15pm  
Oct 31 - Dec 19  
\$73 + tax / 8 classes **77164**

## Iron Reps

15+ yrs  
NDCC - Studio

Experience a new way to train in this ultimate strength and endurance class of multiple reps and sets. This class uses barbells with a strong focus on form and technique pushing you to complete ... just one more rep!

**Fridays**  
9:15 - 10:15am  
Sep 13 - Oct 25  
\$64 + tax / 7 classes **77165**

**Fridays**  
9:15 - 10:15am  
Nov 1 - Dec 20  
\$73 + tax / 8 classes **77166**



## MOBILITY AND/OR MINDFULNESS

### Classical Hatha Yoga

15+ yrs  
NDCC - Studio

This class focuses on quietening the mind and using the breath to sustain long-held postures. Movement is slow and deliberate. Inspired by the teachings of Baba Hari Dass. Each class is unique! Mixed levels but some experience is beneficial. Please bring your own mat.

**Mondays**  
6:45 – 8:15pm  
Sep 9 – Dec 16  
Drop-in/Included with Admission or Active Pass

**No classes Sept 30, Oct 14, and Nov 11**

**Wednesdays**  
6:45 – 8:15pm  
Sep 4 – Dec 18  
Drop-in/Included with Admission or Active Pass

### Restorative Yoga

15+ yrs  
NDCC - Studio

Inspired by the wisdom of Baba Hari Dass, amongst other yogis, this class is comprised of pranayama to focus the mind, warm up postures for half the class to prepare the body for deeply restful long-hold restorative postures for the remaining half of class. Please bring a yoga mat. Some knowledge of yoga is beneficial.

**Fridays**  
6:45 – 8:15pm  
Sep 6 – Dec 20  
Drop-in/Included with Admission or Active Pass

### Hatha Flow Yoga

15+ yrs  
NDCC - Studio

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

**Thursdays**  
10:30am – 12:00pm  
Sep 5 – Dec 19  
Drop-in/Included with Admission or Active Pass

**Fridays**  
10:30 – 11:45am  
Sep 6 – Dec 20  
Drop-in/Included with Admission or Active Pass

**Sunday**  
10:30 – 12:00am  
Sep 8 – Dec 15  
Drop-in/Included with Admission or Active Pass

**No class Oct 13**

### Qi-Flow Yoga

15+ yrs  
NDCC - Studio

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

**Saturdays**  
10:30 – 12:00pm  
Sep 7 – Dec 14  
Drop-in/Included with Admission or Active Pass



## HEALTH AND/OR FITNESS PROGRAMS

### PERSONAL & GROUP TRAINING

Personal Trainers are available to help you add confidence, effectiveness, and safety to your workouts. Let us design a program specifically for you to help achieve your fitness goals, from beginner to advanced. Complete the [Personal Training Package](#) to get started or contact our Fitness Department at (250) 354-4386 ext. 5111 for more information.

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

### PERSONAL TRAINING OPTIONS (rates are per person)

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



## NDCC FITNESS PROFESSIONALS



### Haley Mosdell

Bachelors of Kinesiology  
CFES Certified Personal Trainer



### Max Loran

Ace Certified Personal Trainer



### Morgan Burgess

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



### Sierra Jones

ISSA Certified Personal Trainer



### Jazmin McLaughlin

ACE, Certified Personal Trainer  
ACE, Fitness Nutrition Specialist  
ACE, Functional Training Specialist





# YOUTH FITNESS CENTRE ORIENTATIONS

NDCC Fitness Centre

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

Please register online at [www.rdck.ca/recreation](http://www.rdck.ca/recreation), in person or call 250-354-4386 to speak with one of our customer service representatives.

**6:30-7:00pm**  
Tuesdays and Thursdays

**1:30-2:00pm**  
Sundays

**General Admission**

## Youth on Weights

13-17 yrs  
NDCC – Weight Room

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

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

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

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

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

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



## Intermediate Weight Room Group Exercise

15+ yrs

NDCC – Weight Room

You've built the habit, you've learned the basics, and now you're ready to take your fitness to the next level. Does that sound like you? This program is the perfect match! Learn how to take your weight room workouts to an intermediate level.

Sunday  
7:45 - 8:45am  
Sep 8 – Oct 27  
\$64 + tax / 7 classes

77172

No class Oct 13

Sunday  
7:45 - 8:45am  
Nov 3 – Dec 15  
\$64 + tax / 7 classes

77174

## WEIGHT ROOM WORKSHOPS:

Learn How to Squat, Bench, and Deadlift with Proper Technique to Maximize Gains and Avoid Injury

### Learn to Squat

15+ yrs

NDCC – Weight Room & Multipurpose Room

Squats, one of the most valuable lower body exercises to improve strength, longevity, and performance. This workshop will help you understand the mechanics and technique that will allow you and your unique and specific proportions squat to achieve maximal strength gains.

Sunday  
8:00 - 10:00am  
Oct 6  
\$27 + tax / 1 class

77175

### Learn to Bench

15+ yrs

NDCC – Weight Room

The Bench Press may look straight forward, but learning to engage your lats, keep tension on the bar, and other technique tricks and tips will allow you to get the most out of your bench. Join our personal trainer for this in-depth workshop that will take your bench press to the next level.

Sunday  
8:00 - 10:00am  
Oct 20  
\$27 + tax / 1 class

77176

### Learn to Deadlift

15+ yrs

NDCC – Weight Room

Deadlifts are the exercise that many worry about injuring themselves on most. Join us and learn how to Deadlift with good form specific to your needs and biomechanics, reducing your risk of injury significantly and sky-rocketing your strength gains.

Sunday  
8:00 - 10:00am  
Nov 3  
\$27 + tax / 1 class

77177





# SOCIAL & RECREATION PROGRAMS

## Archery

9-16 yrs

North Shore Hall

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**

**October 6 and 13**

**2:00 - 4:00pm**

**Thursdays**

**October 10 and 17**

**4:00 - 6:00pm**

**\$46/4 classes**

**77016**

**Sundays**

**December 1 and 8**

**2:00 - 4:00pm**

**Tuesdays**

**December 3 and 10**

**4:00 - 6:00pm**

**\$46/4 classes**

**77020**







# ARENA SCHEDULE

Included with Admission

September 16 - 30

Schedule is subject to change. Please visit [www.rdck.ca](http://www.rdck.ca) or call 250-354-4FUN for up to date information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:00 - 10:30am Public Skate		8:15 - 9:30am Public Skate	9:45 - 10:45am Public Skate	
12:00pm - 1:00pm Public Skate						12:00pm - 1:00pm Public Skate

No public skate Sept 4 due to a Nelson Leafs game.

**Skate Rentals \$2.85 + tax**      **Helmet Rentals \$.95 + tax**



# ARENA SCHEDULE

October 1 – December 30, 2024

Included with Admission

Pre Registered Program

Schedule is subject to change. Please visit [www.rdck.ca](http://www.rdck.ca) or call 250-354-4FUN for up to date information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:00 - 10:30am Public Skate	9:00-10:00am Ice Pups <i>Pg. 10 for info</i>	8:15 - 9:30am Public Skate	9:45 - 10:45am Public Skate	
12:00pm - 1:00pm Public Skate						
				1:00-2:00pm Adult Stick and Puck		
			5:00 - 6:00pm Public Skate			

**Skate Rentals \$2.85 + tax      Helmet Rentals \$.95 + tax**



## INCLUDED WITH ADMISSION

### Public Skate

NDCC Arena

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

**Tuesdays**  
9:00-10:30am

**Wednesdays**  
5:00-6:00pm

**Thursdays**  
8:15-9:30am

**Fridays**  
9:45 - 10:45am

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

Included with Admission or Active Pass

### Family Shinny

All Ages | NDCC Arena

- Helmet with face mask required for children under 18 yrs playing shinny
- Helmets required for all adults playing shinny
- Small sided game with up to 10 players
- Skate and Helmet rentals available

**Saturdays**  
1:15 - 2:15pm

Included with Admission or Active Pass

### Family Stick and Puck

All Ages | NDCC Arena

- Helmet with face mask required for children under 18 yrs and helmets required for Adults
- No scrimmages.
- Hard pucks will be used.
- Skate and Helmet rentals available

**Mondays**  
5:45-6:45pm

### Adult Stick and Puck

18yrs +

NDCC Arena

- Helmets and gloves required
- No scrimmages

**Thursdays**  
1:00 - 2:00pm

Included with Admission or Active Pass

## REGISTERED PROGRAMS

### **NEW!** Rink Rats

#### Kids Recreational Hockey (Play Hockey & Skill Development)

7 - 13 yrs

NDCC - 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.

**Tuesdays**

4:45 - 5:45pm

Sept 10 - Oct 29

\$80+ tax / 8 classes

75671

**Tuesdays**

4:45-5:45pm

Nov 5 - Dec 17

\$70+ tax / 7 classes

75672

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

15+ yrs

NDCC 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.

**Sundays**

4:15 - 5:15pm

Sept 15 - Oct 13

\$55+ tax / 5 classes

75799

**Sundays**

4:15 - 5:15pm

Oct 27 - Dec 1

\$55 + tax / 5 classes

75800

No class Nov 17

### Adult Co-Ed Hockey - Player

18+yrs

Civic Arena

- Helmet, shoulder pads, shorts, shin pads required.
- Inclusive recreation level play.
- Arrive up to 30 minutes early to access dressing rooms

**Fridays**

4:45 - 6:00pm

Oct 25

77276

Nov 1

77277

Nov 8

77278

Nov 15

77279

Nov 22

77281

Nov 29

77282

Dec 6

77284

Dec 13

77285

Dec 20

77286

\$11+ tax /session

### Adult Co-Ed Hockey - Goalie

18+ yrs

Civic Arena

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

**Fridays**

4:45 - 6:00pm

Oct 25

77287

Nov 1

77288

Nov 8

77289

Nov 22

77290

Nov 29

77291

Dec 6

77292

Dec 13

77293

Dec 20

77294

\$5+ tax /session