

SALMO

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 250.357.0121



RDCK-Funded
Training
Opportunities

See page 5
for details





Salmo Recreation & Fitness Centre



Visit Us

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

Contact Us

250.357.0121 | salmorec@rdck.bc.ca



Online Registration

rdck.ca/recreation

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

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[Like us on Facebook](#)

ENJOY A SAFE AND FUN VISIT

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

We want you to enjoy safe, fun experiences at our facility. Our programming and our operating hours—including at our aquatics centres—may be affected by changes to public health measures or RDCK staffing levels. Changes to programs or schedules will be posted on our website and in our online registration system. Thank you for your understanding.

Visit www.rdck.ca/recreation or call our front desk to learn more.



Stay home if you are sick



Masks are a personal choice for guests



Be kind to each other

FACILITY CODE OF CONDUCT

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

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

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

Participants engaging in inappropriate behaviour may their privileges revoked.



FITNESS CENTRE HOURS

September 3 - December 30, 2024

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

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

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

GYMNASIUM HOURS

September 3 - December 30, 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	OPEN GYM 6:30 AM – 10:30 AM	OPEN GYM 6:30 AM – 10:30 AM	OPEN GYM 6:30 AM – 10:30 AM	OPEN GYM 6:30 AM – 8:30 AM		OPEN GYM 6:30 AM – 10:30 AM
	PICKLE BALL 8:45 AM – 10:30 AM		WALKING 8:30 AM – 9:30 AM	PICKLE BALL 8:45 AM – 10:30 AM		
	OPEN GYM 4:00 PM – 8:00 PM	OPEN GYM 4:00 PM – 8:00 PM	OPEN GYM 4:00 PM – 8:00 PM	OPEN GYM 4:00 PM – 8:00 PM	OPEN GYM 4:00 PM – 8:00 PM	
		PICKLE BALL 6:30PM – 8:00PM	BASKETBALL 6:30PM – 8:00PM	VOLLEYBALL 6:30PM – 8:00PM		

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

OFFICE HOURS

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

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

GENERAL ADMISSION – FITNESS CENTRE

	DROP-IN	10-PUNCH*
Adult (19-74)	\$6.06	\$54.54
Youth (13-18)	\$3.03	\$27.27
Golden Guest (75+)	Free	-

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

GENERAL ADMISSION – GYM

All Ages	\$3.21
Golden Guest (75+)	Free

ACTIVE PASSES

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

PASS FEES	ACTIVE PASS FEES*		
	1 Month Pass	3 Month Pass	6 Month Pass
Adult	\$54.54	\$139.08	\$245.44
Youth	\$27.27	\$69.54	\$122.72
2nd Adult	\$49.10	\$125.00	\$220.90
2nd Youth	\$24.55	\$62.50	\$110.45

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.



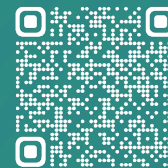
AQUATIC TRAINING OPPORTUNITIES!

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
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



Register Online: rdck.ca/recreation

Or Register by Phone: 250.357.0121

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

ADULT AND YOUTH PROGRAMS

PAL (Possession & Acquisition License) – Canadian Firearms Safety Non-Restricted

12+

Salmo Rec Centre Multi-Purpose Room

Instructor – Dorian Boswell

This certificate is required to possess, purchase, transfer ownership, sell or trade a firearm, as well as to purchase ammunition. PAL manuals are recommended and can be found online at www.bcwfb.ca

Sunday
September 15
8:00am - 5:00pm
\$159 +tax/person

77313



FITNESS



Strength and Cardio

16+ yrs

SDRD - Gymnasium

Develop your strength, endurance, and confidence in fitness with our Strength & Cardio programs. Instructed by our certified Personal Trainer who is there to support you to meet your goals and motivate you to push yourself safely and with proper technique.

Mondays
6:00 – 7:00pm
Sep 16 – Nov 4
\$55 + tax / 6 classes

77227

No classes Monday Sep 30, Oct 14

Mondays
6:00 – 7:00pm
Nov 18 – Dec 16
\$45 + tax / 5 classes

77229

Senior Small Group Training

16+ yrs

SDRD – Fitness Centre

This group setting will allow you to work closely with a trainer to improve your posture, balance, strength, and flexibility. This class can be modified to fit most fitness levels. Modifications for seated and standing exercises, and a variety of intensities will be given.

This program is offered in partnership with Salmo Community Resource Society.

Tuesdays
11:00 – 12:00pm
Sep 17 – Oct 29
\$64 + tax / 7 classes

77231

Tuesdays
11:00 – 12:00pm
Nov 5 – Dec 17
\$64 + tax / 7 classes

77232

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) 357-0121 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	\$54 + tax	Includes an assessment and progressive resistance and/or cardiovascular training specific to your goals.
Partner	\$38 + 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	\$32 + 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	\$28 + tax	
Group of 5	\$25 + tax	
Group of 6	\$23 + tax	

SDRD FITNESS PROFESSIONALS



Laura Stavast

CFES Certified Personal Trainer,
Precision Nutrition Nutrition Coach,
ACE Sports Performance Specialist

YOUTH FITNESS CENTRE ORIENTATIONS

Salmo 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 rdck.ca/recreation in person or call 250-357-0121 to speak with one of our customer service representatives.

Mondays

5:00 - 5:30pm

Drop-in/Included with Admission or Active Pass



DROP-IN OPPORTUNITIES

Gymnasium Drop-In

13+ yrs | SDRD – Gymnasium

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

Monday - Friday 6:30 - 10:30am

Monday - Friday 4:00 - 8:00pm

Saturdays 6:30 - 10:30am

\$3.21 + tax (or access with fitness centre admission)

Gymnasium availability may vary according to programs and facility bookings.

Drop-In Pickleball

13+ yrs | SDRD – Gymnasium

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

Tuesdays 6:30 - 8:00pm

Mondays & Thursdays 9:00 - 10:30am

\$3.21 + tax (or access with fitness centre admission)

Drop-In Volleyball

13+ yrs | SDRD – Gymnasium

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

Thursdays 6:30 - 8:00pm

\$3.21 + tax (or access with fitness centre admission)

Drop-In Basketball

13+ yrs | SDRD – Gymnasium

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

Wednesdays 6:30 - 8:00pm

\$3.21 (or access with fitness center admission)

Drop-In Walking

13+ yrs | SDRD - Gymnasium

Need a safe, indoor space to keep up your walking exercise? We got you covered! Please bring clean, non-marking shoes.

Wednesdays 8:30-9:30am

\$3.21 + tax (or access with fitness centre admission)



YOUTH PROGRAMS

Home Alone Safety For Kids

9-12yrs

CDRD – Columbia Room

Instructor: Daneve

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

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

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

9:00am - 2:00pm

Saturday

October 19

\$59

77170

Red Cross Babysitting

11+yrs

CDRD – Purcell Room

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

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

Saturday

9:00am - 3:00pm

November 2

\$71

77173

