

# SLOCAN VALLEY

## 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).



RDCK-Funded  
Training  
Opportunities

See page 4  
for details



Slocan Valley Recreation  
All the fun that fits



# Slocan Valley Recreation

## All the fun that fits



### Visit Us

3036 Hwy 6, Slocan Park, BC | [rdck.ca/recreation](http://rdck.ca/recreation)

### Contact Us

250-365-3386 | [slocanvalleyrec@rdck.bc.ca](mailto:slocanvalleyrec@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](#)



Visit us on Facebook to learn more about upcoming programs & events [www.facebook.com/slocanvalleyrec](http://www.facebook.com/slocanvalleyrec)

# 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](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**

## 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.



# SENIORS HOLIDAY TEA

55+ | Slovan Park Hall

This free annual event offers entertainment, refreshments and the company of new and old friends. This event is a great excuse for those over 55 to get together for a fun afternoon near the holidays to enjoy and celebrate community.

**Tuesday**  
**December 17**  
**1:00-3:00pm**  
**FREE**

**Volunteers are needed for this event** – this is a great opportunity to help the community, meet friends and have fun doing it! Please give us a call if you are interested in helping out.

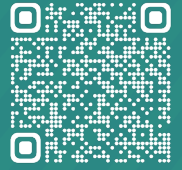


# AQUATIC TRAINING OPPORTUNITIES!

## Become a qualified Lifeguard, and Swim Instructor.

The RDCK has training funding opportunities for community members that wish to pursue employment within the RDCK.

Learn more and apply at [rdck.ca/GetTraining](https://rdck.ca/GetTraining) or scan the QR Code.



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

### CAREER IN RECREATION - AQUATICS TRAINING

#### Junior Lifesaving Club

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

**Multiple dates and locations, see below**

The Junior Lifesavers Club is all about lifesaving, fitness, water safe attitudes and FUN. For those who are ready to go beyond learn-to-swim classes while still developing swim strokes and a water safe attitudes and learning cool lifeguard and lifesaving techniques. Bring a friend and build Your club.

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

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

*For all First Aid course and Aquatic certifications that require a prerequisite the Pre-requisite must be presented at the start of day 1 of class to participate.*

*RDCK programs are Lifesaving Society issued.*

*Acceptable certifications cards issued are from Lifesaving Society, St. Johns Ambulance, Heart & Stroke Foundation of Canada, Canadian Red Cross, Canadian Ski Patrol.*

#### Bronze Medallion

*Prerequisites: 13 yrs. of age by the last day or hold Bronze Star certification*

**Multiple dates and locations, see below**

The Bronze Medallion program challenges candidates both mentally and physically to build the judgement, knowledge, skills and fitness required to perform water rescues. Rescuers learn self-rescue techniques, defense and release methods, and tows and carries in preparation for challenging rescues. Lifesavers develop stroke efficiency and endurance in a 500m swim.

Bronze Medallion is a prerequisite for the Assistant Lifeguard training program, Bronze Cross.

Cost includes Canadian Lifesaving Manual

**\*100% attendance is required.**

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

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

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

#### Bronze Cross Assistant Lifeguard

*Prerequisites: Bronze Medallion*

**Multiple dates and locations, see below**

The Lifesaving Society Bronze Cross begins the transition from Lifesaving to Lifeguarding and prepares candidates for responsibilities as Lifesavers and Assistant lifeguards. Candidates expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies.

Bronze Cross is one of the pre-requisite awards for all advanced Lifeguard and Leadership training programs and is worth two Grade 11 high school credits. Cost includes Lifeguard Whistle.

Bring your Canadian Lifesaving Manual, ID, and copy of your Medallion certification.

**100% attendance is required.**

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

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

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

## Swim Instructor Recert (SIR)

Prerequisites: Lifesaving Society Swim instructor certification

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

CASTLEGAR / CDRD / Kootenay Room

October 20

Sunday

10:00am-4:00pm

\$82 / 1 class

77076

**PLEASE NOTE:** *Advanced Aquatic Leadership Courses (Bronze Medallion, Bronze Cross, NL, NL-R, LSI, LSI-R, SFA, SFA-R, CPR-C):*

*7 days advanced notice required for a refund or credit.*

*Refunds will not be granted to participants who do not possess all the pre-requisites or do not present them on the first day of the course. **Medical Conditions:** Will be given special consideration for refunds (may require a doctor's note).*

## National Lifeguard Pool

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

The Lifesaving Society's NL Pool award is recognized as the standard measure of lifeguard performance in Canada. NL training prepares lifeguards in pool surveillance, to prevent incidents, specialized rescue techniques, communication and fitness and in the effective resolution of emergencies as needed.

NL- Pool is worth two Grade 12 High School credits. You must be 16 years of age to be employed as a lifeguard. For those who are 15 and wanting to start training now, please reach out to Programmer at [recprogramming@rdck.bc.ca](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**



## ADULT AND YOUTH PROGRAMS

### Volleyball - Intermediate

16+ yrs

Host: Kathryn Regin

Mt. Sentinel High School Gym

Join us in this fun, competitive, intermediate level evening of Co-ed Volleyball. A great way to get some exercise, meet new friends, and enjoy the sport you love! While everyone is certainly welcome, this is an experienced group that enjoys a higher level of play. Please bring clean, non-marking indoor footwear.

**Tuesdays**

**7:30 - 9:30pm**

**Sep 24 - Dec 17**

**\$5 drop-in**

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

12+ yrs

Slocan Park Hall

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.bcwf.bc.ca](http://www.bcwf.bc.ca)

**Sunday**

**November 17**

**8:00am - 5:00pm**

**\$159 +tax**

**77326**

### CORE (Conservation & Outdoor Recreation Education) Certificate

10+ yrs (10-12 year olds require parental supervision)

Slocan Park Hall

Instructor - Dorian Boswell

This program is mandatory for those wishing to obtain their first BC Hunting License. The purpose of this program is to ensure that hunters meet acceptable standards of knowledge and skill for a safe and responsible season. CORE manual is required and can be found online at [www.bcwf.bc.ca](http://www.bcwf.bc.ca) and Otter Books in Nelson. For more information, requirements and preparation for courses see [dbozconsulting.ca](http://dbozconsulting.ca). For questions about PAL/CORE courses contact the instructor at [dbozconsulting@gmail.com](mailto:dbozconsulting@gmail.com).

**Saturday & Sunday**

**November 30 & December 1**

**8:00 am - 5:00 pm**

**\$179+tax**

**77328**

## 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 17**

**\$71**

**77173**