

NELSON

PROGRAM GUIDE

WINTER 2025

Registration
Start Date:
Monday, December 2
7:00 am

To view the guide and register online visit rdck.ca/recreation or call 250.354.4386



Last updated: January 22



NDCC
Nelson & District
Community Complex



Nelson & District Community Complex



Visit Us

305 Hall St., Nelson, BC | rdck.ca/recreation

Contact Us

250-354-4FUN (4386) | nelrec@rdck.bc.ca



Online Registration

rdck.ca/recreation

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

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[Like us on Facebook](#)

ENJOY A SAFE AND FUN VISIT

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

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



Stay home if you are sick



Masks are a personal choice for guests



Be kind to each other



WINTER HOURS

Hours of Operation are subject to change

January 5 – March 15, 2025

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	9:00am - 7:00pm	6:00am - 9:15pm	6:00am - 9:15pm	6:00am - 9:15pm	6:00am - 9:15pm	6:00am - 9:30pm	8:00am - 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 in 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 (Family of 5. Two adults max.)	\$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.
- Family pricing for up to five people with two adults max. Families are classified as adults with accompanying dependents.

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 with Admission group fitness classes, Public Skate, and Shiny 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

The Leisure Access Program helps residents of all ages living in the RDCK who are in financial hardship access RDCK recreation services. This program provides further subsidy on general admission, membership services, and registered programs. Individuals and families are welcome to apply.

The program is undergoing changes. All current pass holders will have their pass extended until May 31, 2025. Users will start to see new program details emerge before the reapplication date of May 31, 2025.



SPECIAL EVENTS



Love Float

All Ages | NDCC - Pool

It's time for you to bring that special someone for a relaxing swim in the pool. Love is in the air with the romantic playlist we will have going on this special night.

Friday
6:00-8:00pm
February 14
General Admission



Glow Skate

All Ages | NDCC - Arena

Get ready to light up the ice!

Experience the magic of skating under a dark arena and loud music. Perfect for families, friends, and couples, this event is great for skaters of all ages looking to enjoy a unique experience on the ice.

Don't forget your glow sticks!

Saturday
February 22
12:00-1:00pm

Wednesday
March 19
5:00-6:00pm

General Admission



Sweetheart Skate

All Ages | NDCC - Arena

Bring your sweetheart to the Nelson & District Complex Arena on February 14 and skate to classic love songs from 9:45-10:45am.

Friday
9:45-10:45am
February 14
General Admission



Shamrock Swim

All Ages | NDCC - Arena & Pool

Join us for an afternoon of fun and surprises.

Our amazing team will lead you through some exciting games with prizes!

Monday
4:00-6:00pm
March 17
General Admission



Family Day Swim & Skate

All Ages | NDCC - Arena & Pool

Celebrate Family Day with a Free Swim & Skate at the Nelson & District Community Complex

Monday
Swim: 1:00-5:00pm
Skate: 2:00-4:00pm
February 17
FREE

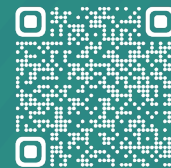
AQUATIC TRAINING OPPORTUNITIES!

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

Bronze Medallion

Prerequisites: 13 yrs of age by last day of course, or hold Bronze Star certification

Multiple dates and locations, see below

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education – judgment, knowledge, skill and fitness. 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 Bronze Cross Assistant Lifeguard.

Cost includes Canadian Lifesaving Manual. Please bring your government-issued ID.

***100% attendance is required**

CASTLEGAR / CDRD
Fridays - 4:00pm - 8:00pm
Saturdays - 12:00pm - 4:00pm
January 10, 11, 17, 18, 24, 25
\$196 + tax 80770

NELSON / NDCC
Fridays - 4:00pm - 8:00pm
Saturdays - 2:00pm - 6:00pm
January 10, 11, 17, 18, 24, 25
\$196 + tax 80767

CRESTON / CDCC
Monday - Thursday
10:00am - 4:00pm
March 17, 18, 19, 20
\$196 + tax 80774

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 assistant lifeguards. Candidates strengthen and 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 prerequisite awards for all advanced Lifeguard and Leadership training programs and is worth two grade 11 high school credits.

Please bring your Canadian Lifesaving Manual, government-issued ID, and copy of your Bronze Medallion certification.

***100% attendance is required**

CASTLEGAR / CDRD
Fridays - 4:00pm - 8:00pm
Saturdays - 12:00pm - 4:00pm
February 7, 8, 14, 15, 21, & 22
\$162 + tax 80769

NELSON / NDCC
Fridays - 4:00pm - 8:00pm
Saturdays - 2:00pm - 6:00pm
February 7, 8, 14, 15, 21, & 22
\$162 + tax 80772

CRESTON / CDCC
Monday - Thursday
10:00am - 4:00pm
March 24, 25, 26, 27
\$162 + tax 80775

National Lifeguard (Pool)

Prerequisites: 15 yrs of age by last day of course, Bronze Cross, and Standard First Aid with CPR-C (or approved alternative) by first day of course

Multiple dates and locations, see below

The National Lifeguard (Pool) certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in swimming pool environments.

National Lifeguard (Pool) is worth two grade 12 high school credits. You must be 16 years of age to be employed as a lifeguard.

Price includes alert manual and lifeguard tool kit. Please bring your government issued ID, and a copy of your Bronze Cross and Standard First Aid certifications.

***100% attendance is required.**

NELSON / NDCC
Fridays - 4:00pm - 8:00pm
Saturdays & Sundays
9:00am - 4:00pm
March 14, 15, 16, 21, 22, 23, 28, 29, & 30
\$573 + tax 80773

For all first aid and aquatic certifications that require a prerequisite, the prerequisite must be presented at the start of day 1 of class to participate.

RDCK programs are Lifesaving Society issued.

National Lifeguard (Pool) & Airway Management and Oxygen Administration - Recertification

Prerequisites: National Lifeguard and Airway Management & Oxygen Administration

National Lifeguard Recertification courses are available to renew your National Lifeguard (Pool) award to "current" status.

This course includes a 4 hour precertification, 2 hour Airway Management and Oxygen Administration recertification, and 4 hour recertification. The objective of the precertification is to provide candidates an opportunity to review NL skills and knowledge and to provide education on new information before the start of the recertification. Although not a requirement, it is highly encouraged that candidates attend the precertification prior to attempting the recertification exam.

Please bring your alert Manual, government-issued ID, and copy of your National Lifeguard (Pool) and Airway Management and Oxygen Administration certifications.

CASTLEGAR / CDRD
Saturday - 12:00-4:00pm
Sunday - 9:30am-4:00pm
March 1 & 2
\$143 + tax

80771

Lifesaving Society Standard First Aid with CPR-C

 **Multiple dates and locations, see below**

Standard First Aid is a WorkSafe BC Intermediate First Aid equivalent and can be used in the workplace.

This course includes comprehensive training covering all aspects of first aid, CPR and AED use. Whether you need training for employment or simply want to be prepared to respond to life-threatening emergencies, this course will give you the skills and knowledge to act with confidence. Certification includes CPR-C and AED.

Please bring your government-issued ID.

CASTLEGAR / CDRD
Saturday & Sunday
9:00am - 6:00pm
January 25 & 26
\$235 + tax

80776

NELSON / NDCC
Saturday & Sunday
9:00am - 6:00pm
February 15 & 16
\$235 + tax

80779

CRESTON / CDCC
Saturday & Sunday
9:00am - 6:00pm
March 1 & 2
\$235 + tax

80782



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

Lifesaving Society Standard First Aid with CPR-C Recertification

Prerequisites: Standard First Aid with CPR-C Certification from an approved agency (Lifesaving Society, St. John Ambulance, Heart & Stroke Foundation of Canada, Canadian Red Cross, or Canadian Ski Patrol)

Multiple dates and locations, see below

Standard First Aid awards must be recertified every 3 years. Standard First Aid recertifications are equivalent to WorkSafe BC Intermediate First Aid. Recertification includes CPR-C and AED.

Please bring your previous Standard First Aid certification and government-issued ID.

NELSON / NDCC
Thursday & Friday
4:00pm - 8:30pm
January 23 & 24
\$116 + tax

80780

CRESTON / CDCC
Saturday & Sunday
9:00am - 1:30pm
February 1 & 2
\$116 + tax

80783

CASTLEGAR / CDRD
Saturday & Sunday
9:00am - 1:30pm
March 29 & 30
\$116 + tax

80777

CPR-C Recertification

Prerequisites: CPR-C Certification from an approved agency (Lifesaving Society, St. John Ambulance, Heart & Stroke Foundation of Canada, Canadian Red Cross, or Canadian Ski Patrol)

Multiple dates and locations, see below

CPR-C awards must be recertified every 3 years. Recertification includes CPR-C and AED.

Please bring your previous CPR-C certification and government-issued ID.

NELSON / NDCC
Thursday
4:00pm - 8:30pm
January 23
\$56 + tax

80781

CRESTON / CDCC
Saturday
9:00am - 1:30pm
February 1
\$56 + tax

80784

CASTLEGAR / CDRD
Saturday
9:00am - 1:30pm
March 29
\$56 + tax

80778

CAREER IN RECREATION - FITNESS TRAINING OPPORTUNITIES

CFES Fitness Knowledge

16+ yrs

NDCC - Nelson & District Community Complex

Fitness Knowledge is a Prerequisite to Weight Training Instructor, Group Fitness Instructor and Aquatic Fitness Instructor courses. If you are interested in Personal Training, that course follows Weight Training. In this course you will learn the basics that provide the foundation to become a fitness leader in your area of choice. In addition to in class time there will be home-study and an open book exam required for completion.

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/>

NELSON / NDCC
Saturdays & Sundays
10:00 - 5:30pm
Jan 18-19, 25-26
\$364 + tax

81198

CFES Weight Training Instructor

16+ yrs

NDCC - Nelson & District Community Complex

Prerequisites: successful completion of Fitness Knowledge or approved equivalent. This is a pre-requisite course for the CFES Personal Training course and is the requirement to work as a Fitness Technician in RDCK Fitness Centre's.

The Weight Training Instructor course covers the practical components and additional theory needed for becoming a Weight Training Instructor and is the second step to becoming a Certified Personal Trainer. Students will learn leadership skills, program design, exercise instruction techniques and safety supervision, and proper exercise technique using hands-on training skills in a weight room setting and classroom. Manual included (Individual Skills Assessment cost and professional registration fees as not included in the fee for this course.)

NELSON / NDCC
Thursdays 4:30 - 9:00pm
Sundays 9:00am - 5:30pm
Feb 6, 9, 13, 20, 23, 27, Mar 6
\$484 + tax

81199

Written exam and practicum day Mar 20th, 4:30 - 9:00pm

If you withdraw from a specialty, advanced or certification course within 7 days before the course starts, you will not receive a refund.

Refunds for program withdrawals due to medical or special circumstances can be requested with appropriate documentation and must be approved by authorized RDCK staff.

SWIM & SKATE CLUBS



Sea Pups Club

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

3-6yrs

Drop off: NDCC - Lower MultiPurpose Room
(Tuesdays)

Drop off: NDCC - Upper Multipurpose Room
(Thursdays)

Pickup: 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, 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, games or stories and will follow with a full swim lesson set and play in the pool!

Your child will be assigned into an Octopus 1 or Crab 2 swim lesson level based on skills.

Parents are required to stay within the complex during the duration of the program and must be available to assist with their child/ren if needed.

Please have your child's suit on and ready to go on drop off and please pick up on the pool deck at 10:30am! Also please pack a small snack for your child to enjoy. See below for available amenities while your child is cared for by our fantastic staff!

Tuesdays

9:00 - 10:30am
Jan 14 - Mar 4
\$120 / 8 classes

80249

Thursdays

9:00 - 10:30am
Jan 16 - Mar 6
\$120 / 8 classes

80251

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

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

Fitness Centre available for use with admission

Tuesday Classes: Cardio Core AquaFit
Step

Thursday Classes: Aqua Running
HIIT

NEW!

Ice Pups Club

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

3-6yrs | Drop off: NDCC - Arena

Pickup: NDCC - Upper Multi-Purpose 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 in the arena with a helmet, skates and warm jacket and mittens. Pick up will be located in the upper multi-purpose room. Please bring a snack for child to enjoy after their skate. *No nuts please. Parents are required to stay in the facility for the duration of the program and must be available to assist their child/ren if needed.*

Wednesdays

9:00 - 10:30am
Jan 8 - Feb 5
\$60 / 5 classes

80253

Wednesdays

9:00 - 10:30am
Feb 12 - Mar 12
\$60 / 5 classes

80265

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

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

Fitness Centre available for use with admission

Classes: Total Body AquaFit
Spin and Sculpt



PRO-D DAY CAMPS

Jolly January Pro-D Day Camp

7-12 yrs
NDCC - Upper Multi-Purpose Room

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

*Please remember to bring a swimsuit, towel, snack and lunch.

Monday
8:30am - 3:30pm
Jan 20
\$39 80225

Fabulous February Pro-D Day Camp

7-12 yrs
NDCC - Upper Multi-Purpose Room

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

*Please remember to bring a swim suit, towel, skates, helmet, snack and lunch. Rental skates will be available for campers at no cost.

Friday
8:30am - 3:30pm
Feb 14
\$39 80226

SPRING BREAK CAMP

Spring Break Bash

7-12 yrs
NDCC - Upper Multi-Purpose Room

Make the most of your Spring Break vacation by spending time unwinding with your friends. During the week we will be getting active with your favorite games, creating works of art, spending some time on the ice and enjoying the pool.

*Please remember to bring a swim suit, towel, skates, helmet, snack and lunch. Rental skates will be available for campers at no cost.

WEEK 1
Monday - Friday
8:30am - 3:30pm
Mar 17 - 21
\$180 80227

WEEK 2
Monday - Friday
8:30am - 3:30pm
Mar 24 - 28
\$180 80228



Friday FUN Night

7-12 yrs

NDCC - Upper Multi-Purpose Room

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

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
5:00 - 8:00pm
Jan 17
\$21 / class 80045

Friday
5:00 - 8:00pm
Feb 21
\$21 / class 80046

Friday
5:00 - 8:00pm
Mar 14
\$21 / class 80047

Basics of Archery

9-12 yrs | North Shore Hall

Explore the art of archery in this introductory program. Learn the fundamentals of bow handling, proper stance and aiming technique. 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 wear closed toed shoes and bring a water bottle. All equipment is provided.

Thursday & Friday
4:00 - 5:30pm
Feb 20, 21, 27, 28
\$38 / 4 classes 80191

Intermediate Archery

13-18 yrs | North Shore Hall

Take the next step at improving your archery skills and techniques. This class is designed to focus on building off previous knowledge and experience to take your archery skills to the next level. Beginner and intermediate participants welcome.

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

Thursday & Friday
4:00 - 6:00pm
Mar 13, 14, 20, 21
\$50 + tax / 4 classes 80194



SWIMMING LESSONS

Finding the Right Program at the RDCK



Aqua Babies Parent participation

Splish! Splash! Laugh! Water can be so much fun! Our instructor-lead sessions will help adult and child safely explore water together.

If your child is ...

4 to 12 months old	Jellyfish 1 Parent & Tot
12 to 24 months old	Goldfish 2 Parent & Tot
24 to 36 months old	Seahorse 3 Parent & Tot

Aqua Tots 3-5 years

Children will learn to be safe, confident little swimmers.

If your child is 3-5 years old and can...

Participate on their own. We encourage you to participate until your child lets you know they can do it themselves.	Octopus 1
Get in and out, jump into chest-deep water assisted: float and glide on their front and back; blow bubbles and get face wet	Crab 2
Jump into chest-deep water; submerge and exhale underwater; float on front and back assisted	Orca 3
Jump into deep water wearing a life-jacket; hold breath underwater; float, glide and kick on front and back	Sea Lion 4
Do solo jumps into deep water; swim front crawl 5m wearing a lifejacket and flutter kick on front, back and side	Narwhal 5

Aqua Kids 6 years +

Swimmers will develop habits for healthy and active living as good swimmers.

If your child is 6 years old and...

Is just starting out Or completed Sea Lion 4	Swimmer 1
Can jump into chest-deep water by themselves; open eyes, hold breath, exhale under-water; float, kick, glide on front and back Or completed Narwhal 5	Swimmer 2
Can jump into deep water and support self at the surface for 15 seconds; swim 10m on front and back	Swimmer 3
Can tread water for 30 seconds; do kneeling dives and front somersaults; 10m whip kick on back; swim 15m front crawl	Swimmer 4
Can swim 50m; tread water 1 min, swim underwater; 15m whip kick on front; breaststroke arms with breathing; swim front and back 15m	Swimmer 5
Can do shallow dives and cannon balls; egg beater and scissor kick; swim 50m front and back crawl; breaststroke for 25m;	Swimmer 6
Can do stride entries and compact jumps; legs-only surface support for 45 seconds; swim 100m of front crawl and back crawl	Swimmer 7 Rookie Patrol
Completed Swimmer 7/Rookie Patrol	Swimmer 8 Ranger Patrol
Completed Swimmer 8/Ranger Patrol	Swimmer 9 Star Patrol
Completed Swimmer 9/Star Patrol	Bronze Star*



GROUP SWIM LESSON FEES

25 minutes	\$56/8 classes	\$70/10 classes
40 minutes	\$66/8 classes	\$82.50/10 classes
50 minutes	\$76/ 8 classes	\$95/10 classes

PRIVATE SWIM LESSON FEE

Private (1 person)	25 minutes	\$128/4 lessons
Semi Private (2 people)	25 minutes	\$74 per swimmer/ 4 classes

Not Sure Which Level to Register In?

We highly encourage you to drop by for a **FREE** evaluation. One of our qualified staff will assess your child and recommend the appropriate Swim for Life Level.

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 a child is registered in the wrong level, they may be withdrawn for safety reasons, and the withdrawal policy will be in effect. Refunds will only be provided if they fall within the withdrawal policy. Please have your child assessed before registering.

Waitlists

If the class you want is full, get on the waitlist! Classes with waitlists are used to replace any classes that have been cancelled and new classes are created when there is increased capacity.

Cancelled Classes

Classes may be cancelled 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 your child in the next available class/lesson set or 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 LEVEL ASSESSMENT DAY
Saturday November 30, 2024
1 - 4 pm

SWIM LESSON SCHEDULES

Online registration closes at 9am the day before the first class. Please phone for late registration.

Session Dates

TUESDAY	January 7 - March 11	10 classes
THURSDAY	January 9 - March 13	10 classes
SATURDAY	January 18 - March 8	8 classes
SUNDAY	January 19 - March 9	8 classes

Aqua Babies Parent participation

Jellyfish 1 Parent & Tot	Sunday	9:30 - 9:55 am	80618
Goldfish 2 Parent & Tot	Thursday	4:00 - 4:25 pm	80564
Seahorse 3 Parent & Tot	Saturday	9:30 - 9:55 am	80590

Aqua Tots 3-5 years

Octopus 1	Tuesday	4:00 - 4:25 pm	80552	Orca 3	Tuesday	5:30 - 5:55 pm	80555
	Tuesday	4:30 - 4:55 pm	80549		Thursday	5:00 - 5:25 pm	80586
	Thursday	5:30 - 5:55 pm	80563		Saturday	11:00 - 11:25 am	80599
	Thursday	4:30 - 4:55 pm	80567		Sunday	11:00 - 11:25 am	80625
	Saturday	8:30 - 8:55 am	80602	Sea Lion 4	Thursday	5:45 - 6:10 pm	80587
	Saturday	10:00 - 10:25 am	80595		Saturday	10:30 - 10:55 am	80596
	Sunday	10:00 - 10:25 am	80621		Sunday	10:30 - 10:55 am	80622
Crab 2	Tuesday	4:30 - 4:55 pm	80554	Narwhal 5	Tuesday	5:00 - 5:25 pm	80558
	Thursday	4:30 - 4:55 pm	80566		Saturday	9:30 - 9:55 am	80591
	Saturday	9:00 - 9:25 am	80605		Sunday	9:30 - 9:55 am	80619
	Sunday	12:00 - 12:25 pm	80628				

Aqua Kids 6 years +

Swimmer 1	Tuesday	4:00 - 4:25 pm	80551	Swimmer 3	Tuesday	5:00 - 5:40 pm	80556
	Tuesday	5:45 - 6:10 pm	80560		Thursday	5:00 - 5:40 pm	80570
	Thursday	4:00 - 4:25 pm	80588		Saturday	10:30 - 11:10 am	80597
	Thursday	4:30 - 4:55 pm	80569		Sunday	10:30 - 11:10 am	80624
	Saturday	11:45 - 12:10 pm	80604	Swimmer 4	Tuesday	5:00 - 5:40 pm	80557
	Saturday	9:00 - 9:25 am	80608		Thursday	5:00 - 5:40 pm	80585
	Sunday	11:45 am - 12:10 pm	80629		Saturday	10:30 - 11:10 am	80598
	Sunday	12:00 - 12:25 pm	80630		Sunday	10:30 - 11:10 am	80623
Swimmer 2	Tuesday	4:00 - 4:25 pm	80561	Swimmer 5	Tuesday	5:45 - 6:25 pm	80559
	Tuesday	4:30 - 4:55 pm	80553	Saturday	11:15 - 11:55 am	80601	
	Thursday	4:00 - 4:25 pm	80562	Swimmer 6	Sunday	11:15 - 11:55 am	80627
	Saturday	10:00 - 10:25 am	80594	Swimmer 7 Rookie Patrol	Saturday	9:30 - 10:25 am	80593
	Saturday	11:15 - 11:40 am	80600	Swimmer 8 Ranger Patrol	Sunday	9:30 - 10:25 am	81108
	Sunday	10:00 - 10:25 am	80620	Swimmer 9 Star Patrol	Sunday	9:30 - 10:25 am	81109
	Sunday	11:15 - 11:40 am	80626				

Aqua Adults

Adult Beginner	Saturday	2:00 - 2:40 pm	80614
Adult Intermediate	Thursday	5:45 - 6:25 pm	80589

GET ON THE WAIT LIST!



Class you want to register in already full?
We create more classes from wait lists when we have increased capacity.

PRIVATE & SEMI PRIVATE LESSONS

Private and semi private lessons are suitable for children and adults. Private lessons are registerable online or by phone.

For semi private lessons, it's important that swimmers have a similar ability so that both may have success in the lesson. To book a semi private lesson, please register the first individual for the private lesson and add the second participant to the waitlist. After the first individual is registered and spot is held, please phone customer service for assistance to add the second participant.



PRIVATE SWIM LESSONS JANUARY – MARCH 2025 | 4 CLASSES

TUESDAY	JANUARY 7 - 28	FEBRUARY 4 - 25
6:00 - 6:25pm	80631	80641
6:15 - 6:40pm	80632	80642
THURSDAY	JANUARY 9 - 30	FEBRUARY 6 - 27
6:00 - 6:25pm	80633	80643
6:15 - 6:40pm	80634	80644
SATURDAY	JANUARY 18 - FEBRUARY 8	FEBRUARY 15 - MARCH 8
2:45 - 3:10pm	80635	80645
3:15 - 3:40pm	80636	80646
3:45 - 4:10pm	80637	80647
4:15 - 4:40pm	80638	80648
SUNDAY	JANUARY 19 - FEBRUARY 9	FEBRUARY 16 - MARCH 9
11:30 - 11:55am	80639	80649
12:15 - 12:40pm	80640	80650



POOL SCHEDULE

Schedule is subject to change.

January 5 - March 15, 2025

All are welcome all pool basins are available, name of swim indicates pool layout.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LAPS & LEISURE 6:00- 8:00am	LEISURE SWIM 6:00am-12:00pm	LEISURE SWIM 6:00am-8:15pm	LEISURE SWIM 6:00am-12:00pm	LAPS & LEISURE 6:00- 8:00am	
LEISURE SWIM 9:00-12:30pm	AQUA STEP & STRENGTH 9:00-10:00am	CARDIO CORE 9:00-10:00am		AQUA RUNNING 9:00-10:00am		LAPS & LEISURE 8:00- 9:00am
	CARDIO JAMS 10:30-11:30am	GENTLE JOINTS 10:30-11:30am	CARDIO JAMS 10:30-11:30am	TOTAL BODY AQUAFIT 10:30-11:30am		LEISURE SWIM 9:00-12:30pm
	LEISURE SWIM 8:00am- 8:15pm	HUSH- SENSORY FRIENDLY SWIM & SOAK 12:00-1:30pm		HUSH- SENSORY FRIENDLY SWIM & SOAK 12:00-1:30pm	LEISURE SWIM 8:00am- 4:00pm	
FUN SWIM 12:30-6:00pm		LAPS & LEISURE 1:30-3:00pm		LAPS & LEISURE 1:30-3:00pm		FUN SWIM 12:30-6:00pm
HUSH- SENSORY FRIENDLY SWIM & SOAK 6:00-7:00pm		LEISURE SWIM 3:00-8:15pm		LEISURE SWIM 3:00-8:15pm		
	LAPS & LEISURE 8:15-9:15pm	LAPS & LEISURE 8:15-9:15pm	LAPS & LEISURE 8:15-9:15pm	LAPS & LEISURE 8:15-9:15pm	FUN SWIM 4:00-9:30pm	LEISURE SWIM 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.

Leisure Swim Pool layout at lifeguards' discretion based on users in the pool.	Laps & Leisure 3 lanes, leisure pool and hot areas available.	Fun Swim No lap lane guaranteed. A fun feature (diving board, slide, rope swing, or cliff) will be open.	Included with Admission Program See next page for details.	Hush Sensory Friendly Swim & Soak Inclusive quiet leisure swim. Music and all water features will be off and not available for this time.
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AQUAFIT

January 6 - March 15, 2025

No classes on February 17



DROP-IN AQUAFIT

Aqua Step & Strength ³

15+ yrs
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

9:00 - 10:00am

January 6 - March 31

Drop-in/Included with Admission or Active Pass

No class February 17

Cardio Jams ²

15+ yrs
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.

Mondays

10:30 - 11:30am

January 6 - March 31

Drop-in/Included with Admission or Active Pass

No class February 17

Wednesdays

10:30 - 11:30am

January 8 - March 26

Drop-in/Included with Admission or Active Pass

Cardio Core ²

15+ yrs
NDCC Deep

This deep water aquatics class provides an environment where there is a 90% 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.

Tuesdays

9:00 - 10:00am

January 7 - March 25

Drop-in/Included with Admission or Active Pass

Gentle Joints ¹

15+ years
NDCC Shallow

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

Tuesdays

10:30 - 11:30am

January 7 - March 25

Drop-in/Included with Admission or Active Pass

Total Body Aquafit ²

15+ yrs
NDCC Shallow

Total body aquafit 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 provide.

Thursdays

10:30 - 11:30am

January 9 - March 27

Drop-in/Included with Admission or Active Pass

Aqua Running ²

15+ yrs
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.

Thursdays

9:00 - 10:00am

January 9 - March 27

Drop-in/Included with Admission or Active Pass

FITNESS SCHEDULE

January – March, 2025

Included with Admission or Active Pass

Pre Registered Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:15-7:15am SPIN		6:15-7:15am SPIN AND STRENGTH		6:15-7:15am SPIN	
7:45-8:45am INTERMEDIATE WEIGHT ROOM GROUP EXERCISE			7:45-8:30am TRX <i>Concourse</i>		7:45-8:45am INTRO TO STEP	
	8:00-9:00am BEGINNER WEIGHT ROOM CIRCUIT		8:00-9:00am INTERMEDIATE WEIGHT ROOM CIRCUIT			
	9:00-10:30am WORK TO PROGRESS	9:00-10:30am WORK TO PROGRESS	9:00-10:30am WORK TO PROGRESS			9:00-10:00am WEEKEND WARRIOR
10:30 -12:00pm HATHA FLOW YOGA	10:30-11:30am FIT 4 LIFE	9:15-10:15am STEP	9:15-10:15am SPIN AND SCULPT		9:15-10:15am IRON REPS	
		10:30-12:00pm HATHA FLOW YOGA	10:30-11:30am BABY AND ME	10:30 - 11:30am FIT 4 LIFE	10:30-11:45am HATHA FLOW YOGA	10:30-12:00pm QI-FLOW YOGA
	12:10-12:55pm STEP		12:10-12:55pm CORE STRENGTH AND CONDITIONING		11:00-1:00pm WORKOUT OF THE DAY	
	1:00-2:00pm STRONG AND STEADY <i>North Shore Hall</i>					
1:30-2:00pm YOUTH FITNESS CENTRE ORIENTATIONS <i>See Page 25 for Additional Times</i>	1:15-2:15pm BALANCE AND MOBILITY		1:15-2:15pm CHOOSE TO MOVE			
		4:00-5:00pm SPIN		4:00 - 5:00pm FULL BODY FITNESS		
	5:15-6:15pm UPPER BODY AND CORE	5:15-6:15pm HIIT	5:15-6:15pm STEP	5:15-6:15pm BOOTY BURN		
	6:45-8:15pm CLASSICAL HATHA YOGA	6:30-7:30pm ZUMBA	6:45-8:15pm CLASSICAL HATHA YOGA		6:45-8:15pm RESTORATIVE YOGA	

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




Register Online: rdck.ca/recreation

Or Register by Phone: 250.354.4386

FITNESS PROGRAMS

January – March, 2025

FITNESS INTENSITY LEVELS

	Health Conditions	Appropriate for individuals with health concerns or physical limitations. Program tailored to individual abilities and needs.
1	Low	Appropriate for those with mobility challenges or newcomers to fitness.
2	Medium	Appropriate for those looking to progress their fitness.
3	High	Appropriate for regular fitness enthusiasts looking for a challenge.

OLDER ADULT FITNESS

Strong and Steady

15+ yrs
NDCC - 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
1:00 - 2:00pm
Jan 6 - Feb 10
\$56 + tax / 6 classes **80097**

No Class Feb 17

Mondays
1:00 - 2:00pm
Feb 24 - Mar 31
\$56 + tax / 6 classes **80098**

Fit 4 Life

15+ yrs
NDCC - Fitness Studio

This fun, active class incorporates fifteen minutes of choreographed cardio, strength training and balance. You will use a variety of equipment including handheld weights, resistance bands and exercise balls. Exercises will be performed standing and on the floor. Bring your enthusiasm and move to the tunes of the 70's and 80's and stay fit for life!

Mondays & Thursdays
10:30 - 11:30am
Jan 6 - Mar 27
Drop-in / Included with Admission or Active Pass **80145**

Choose to Move

15+ yrs
NDCC - Fitness 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
Jan 8 - Feb 12
\$56 + tax / 6 classes **80103**

Wednesdays
1:15 - 2:15pm
Feb 19 - Mar 26
\$56 + tax / 6 classes **80104**

Balance and Mobility

15+ yrs
NDCC - Fitness Studio

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

Mondays
1:15 - 2:15pm
Jan 6 - Mar 31
Drop-in / Included with Admission or Active Pass **80144**

Health and Wellness Classes

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

Work to Progress

15+ yrs
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
Jan 6 - Feb 10
\$84 + tax / 6 classes **80089**

No Class Feb 17

Mondays
9:00 - 10:30am
Feb 24 - Mar 31
\$84 + tax / 6 classes **80090**

Tuesdays
9:00 - 10:30am
Jan 7 - Feb 11
\$84 + tax / 6 classes **80091**

Tuesdays
9:00 - 10:30am
Feb 18 - Mar 25
\$84 + tax / 6 classes **80092**

Wednesdays
9:00 - 10:30am
Jan 8 - Feb 12
\$84 + tax / 6 classes **80095**

Wednesdays
9:00 - 10:30am
Feb 19 - Mar 26
\$84 + tax / 6 classes **80096**

CARDIO AND/OR STRENGTH PROGRAMS

Spin 3

15+ yrs
NDCC - Fitness 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
Jan 6 - Feb 10
\$56 + tax / 6 classes **80107**

No Class Feb 17

Mondays
6:15 - 7:15am
Feb 24 - Mar 31
\$56 + tax / 6 classes **80108**

Tuesdays
4:00 - 5:00pm
Jan 7 - Feb 11
\$56 + tax / 6 classes **80109**

Tuesdays
4:00 - 5:00pm
Feb 18 - Mar 25
\$56 + tax / 6 classes **80110**

Fridays
6:15 - 7:15am
Jan 10 - Mar 14
\$94 + tax / 10 classes **80111**

Spin and Strength 2

15+ yrs
NDCC - Fitness 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!

Wednesdays
6:15 - 7:15am
Jan 8 - Feb 12
\$56 + tax / 6 classes **80115**

Wednesdays
6:15 - 7:15am
Feb 19 - Mar 26
\$56 + tax / 6 classes **80116**

Upper Body and Core 2

15+ yrs
NDCC - Fitness Studio

This class is designed for those wanting a stronger, more conditioned upper body and core. This class uses both floor and standing exercises with a variety of intensities and fitness equipment used to improve your overall upper body and core fitness.

Mondays
5:15 - 6:15pm
Jan 6 - Feb 10
\$56 + tax / 6 classes **80113**

No Class 17-Feb

Mondays
5:15 - 6:15pm
Feb 24 - Mar 31
\$56 + tax / 6 classes **80114**

Step 3

15+ yrs
NDCC - Fitness Studio

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

Mondays
12:10 - 12:55pm
Jan 6 - Mar 31
Drop-in / Included with Admission or Active Pass **80146**

Tuesdays
9:15 - 10:15am
Jan 7 - Mar 25
Drop-in / Included with Admission or Active Pass **80147**

Wednesdays
5:15 - 6:15pm
Jan 8 - Mar 26
Drop-in / Included with Admission or Active Pass **80148**

80149

HIIT 3

15+ yrs
NDCC - Fitness 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.

Tuesdays
5:15 - 6:15pm
Jan 7 - Mar 25
Drop-in / Included with Admission or Active Pass **80150**

Zumba 2

15+ yrs
NDCC - Fitness 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
Jan 7 - Feb 11
\$56 + tax / 6 classes **80117**

Tuesdays
6:30 - 7:30pm
Feb 18 - Mar 25
\$56 + tax / 6 classes **80118**

TRX 2

15+ yrs
NDCC - Arena Concourse

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
Jan 8 - Feb 12
\$42 + tax / 6 classes 80119

Wednesdays
7:45 - 8:30am
Feb 19 - Mar 26
\$42 + tax / 6 classes 80120

Spin and Sculpt 2

15+ yrs
NDCC - Fitness Studio

This fast paced cardio workout will be sure to give you a fun and effective full body workout! You will finish with a portion of strength training and mat work.

Wednesdays
9:15 - 10:15am
Jan 8 - Feb 12
\$56 + tax / 6 classes 80121

Wednesdays
9:15 - 10:15am
Feb 19 - Mar 26
\$56 + tax / 6 classes 80122

Baby and Me 2

15+ yrs
NDCC - Fitness 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
Jan 8 - Feb 12
\$56 + tax / 6 classes 80123

Wednesdays
10:30 - 11:30am
Feb 19 - Mar 26
\$56 + tax / 6 classes 80125

Iron Reps 2

15+ yrs
NDCC - Fitness 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
Jan 10 - Feb 14
\$56 + tax / 6 classes 80126

Fridays
9:15 - 10:15am
Feb 21 - Mar 28
\$56 + tax / 6 classes 80127

Core Strength and Conditioning 2

15+ yrs
NDCC - Fitness 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
Jan 8 - Mar 26
Drop-in / Included with Admission or Active Pass 80152

Intro to Step 1

15+ yrs
NDCC - Fitness Studio

This class will introduce you to Step, the popular choreographed aerobics class. The exercise combinations on the step helps improve coordination, balance and agility. A great option for beginners!

Fridays
7:45 - 8:45am
Jan 10 - Mar 28
Drop-in / Included with Admission or Active Pass 80154

Full Body Fitness 2

15+ yrs
NDCC - Fitness 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
4:00 - 5:00pm
Jan 9 - Mar 27
Drop-in / Included with Admission or Active Pass 80153

Booty Burn 2

15+ yrs
NDCC - Fitness Studio

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

Thursdays
5:15 - 6:15pm
Jan 9 - Feb 13
\$56 + tax / 6 classes 80128

Thursdays
5:15 - 6:15pm
Feb 20 - Mar 27
\$56 + tax / 6 classes 80129

Weekend Warrior 3

15+ yrs
NDCC - Fitness Studio

If choreography is not your thing, this class just might be! This high intensity workout mixing strength and cardio will ramp it up a level. Best suited for those ready and able to handle a high intensity workout guaranteed to push you!

Saturdays
9:00 - 10:00am
Jan 11 - Mar 29
Drop-in / Included with Admission or Active Pass 80155

Intermediate Weight Room Group Exercise 2

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.

Sundays
7:45 - 8:45am
Jan 12 - Feb 16
\$56 + tax / 6 classes **80142**

Sundays
7:45 - 8:45am
Feb 23 - Mar 30
\$56 + tax / 6 classes **80143**

Beginner Weight Room Circuit 1

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 but is not recommended for those with chronic health conditions.

Mondays
8:00 - 9:00am
Jan 6 - Feb 10
\$56 + tax / 6 classes **80133**

No class February 17

Mondays
8:00 - 9:00am
Feb 24 - Mar 31
\$56 + tax / 6 classes **80138**

Intermediate Weight Room Circuit 2

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
Jan 8 - Feb 12
\$56 + tax / 6 classes **80140**

Wednesdays
8:00 - 9:00am
Feb 19 - Mar 26
\$56 + tax / 6 classes **80141**

Workout of the Day 2

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
11:00 - 1:00pm
Jan 10 - Mar 28
Drop-in / Included with Admission or Active Pass **80162**

Learn to Squat 2

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
9:30 - 11:30am
Jan 12
\$27 + tax / 1 class **81058**

Learn to Bench 2

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
9:30 - 11:30am
Feb 2
\$27 + tax / 1 class **81059**

Learn to Deadlift 2

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
9:30 - 11:30am
Mar 2
\$27 + tax / 1 class **81060**

MOBILITY AND/OR MINDFULNESS

Hatha Flow Yoga ②

15+ yrs

NDCC - Fitness Studio

Start your day uniting body, breath and mind. This class starts with gentle movement and stretching to warm up your muscles and joints. We will move to more challenging movements that will include Sun Salutations, standing, seated, and relaxation postures along with breath work. This class will create an opportunity for you to become stronger, more flexible and balanced. You will leave feeling calm, relaxed and energized. Please bring your own mat.

Sundays, Tuesdays & Fridays

10:30 - 12:00pm

Jan 5 - Mar 30

Drop-in / Included with Admission or Active Pass 80158

Classical Hatha Yoga ②

15+ yrs

NDCC - Fitness Studio

This class incorporates the whole practice of yoga, inspired by the teachings of Baba Hari Dass. Movement is slow and deliberate, with long-held postures sustained with deeply focused breathing. The sessions are uniquely delivered to offer space for quiet presence and thoughtful refinement. This is a supportive community class where students of all levels are encouraged to work within their range.

Mondays & Wednesdays

6:45 - 8:15pm

Jan 6 - Mar 31

Drop-in / Included with Admission or Active Pass 80161

No Class Feb 17

Restorative Yoga ①

15+ yrs

NDCC - Fitness Studio

This class is about deep rest and relaxation. Restorative practice is done by supporting the body with props in passive positions either sitting or lying on the ground. Positions are held for longer periods of time to have a deep and meditative experience. Yoga Nidra is also a part of this practice on occasion. Inspired by the teachings of Baba Hari Dass and other yogis, this class is for everyone wishing to deepen their yoga practice through stillness and silence.

Fridays

6:45 - 8:15pm

Jan 10 - Mar 28

Drop-in / Included with Admission or Active Pass 80160



Qi-Flow Yoga ②

15+ yrs

NDCC - Fitness 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. Please bring your own mat.

Saturdays

10:30 - 12:00pm

Jan 11 - Mar 29

Drop-in / Included with Admission or Active Pass 80159

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



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, 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!*



ARENA SCHEDULE

January – March, 2025

Included with Admission

Pre Registered Program

Schedule is subject to change. Please visit 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 (starting Jan 11)
				1:00-2:00pm Adult Stick and Puck		1:15-2:15pm Family Shiny (starting Jan 11)
			5:15-6:15pm Public Skate		4:45-6:00pm Adult Co-ed Hockey *Civic Arena*	

Skate Rentals \$2.85 + tax

Helmet Rentals \$.95 + tax

INCLUDED WITH ADMISSION

Public Skate

All Ages | 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
5:15-6:15pm

Thursdays
8:15-9:30am

Fridays
9:45 - 10:45am

Saturdays
12:00-1:00pm
*Starting January 11

Sundays
12:00-1:00pm

Included with Admission or Active Pass

Adult Stick and Puck

18yrs+ | NDCC Arena

- Helmets and gloves required
- No scrimmages

Effective January 1, 2025, helmets will be required to participate in Stick & Puck.

Thursdays
1:00 - 2:00pm
Included with Admission or Active Pass

Glow Skate

All Ages | NDCC Arena

Get ready to light up the ice!

Experience the magic of skating under dark lights and loud music.

Perfect for families, friends, and couples, this event is great for skaters of all ages looking to enjoy a unique experience on the ice.

Don't forget your glow sticks!

Saturday
February 22
12:00-1:00pm

Wednesday
March 19
5:15-6:15pm

General admission

REGISTERED PROGRAMS

Adult Co-Ed Hockey - Player

17+ | Civic Arena

- Helmet, Shoulder Pads, Elbow Pads Shorts, Shin Pads Required. Neck Protector Recommended
- Inclusive recreation level play.
- Arrive up to 30 minutes early to access dressing rooms

Fridays
4:45-6:00pm
Jan 10 - Mar 14
\$99 + tax/ 9 Sessions **81200**

No Session Jan 24

individual registration for this program will continue next year. This year we appreciate you understanding with arena changes and adaptations

Adult Co-Ed Hockey - Goalie

18+ | Civic Arena

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

Fridays
4:45-6:00pm
Jan 10 - Mar 14
\$45 + tax 9/sessions **81201**

No Session Jan 2

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
*Starting January 11