

CASTLEGAR

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 250.365.3386



Last Updated: January 13





Castlegar & District Recreation Department



Visit Us

2101 6th Ave Castlegar, BC | rdck.ca/recreation

Contact Us

250-365-3386 | casrec@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 - 4:00pm	6:00am - 8:00pm	6:30am - 8:00pm	6:00am - 8:00pm	2:00pm - 8:00pm	6:00am - 8:00pm	9:00am - 4:00pm
FITNESS CENTRE	9:00am - 4:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	9:00am - 4:00pm

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

HOLIDAY HOURS

HOLIDAY CLOSURES

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

HOLIDAYS OPEN

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

EARLY CLOSURES

4:00pm
Christmas Eve
New Year's Eve

GENERAL ADMISSION RATES

	DROP-IN	10-PUNCH*
Child (0-4)	Free	-
Youth (5-18)	\$4.04	\$36.36
Adult (19-74)	\$8.08	\$72.72
Golden Guest (75+)	Free	-
Family (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 Roller Skating, Drop-in Sports, 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



Glow Skate

All Ages | CDRD Arena

Get ready to light up the ice!

Experience the magic of skating under a dazzling display of lights and 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
January 4
12:00-1:00pm

Friday
February 7
5:00-6:00pm

Sunday
March 2
12:00-1:00pm

General admission



Love Float

All Ages | CDRD - Pool

Its 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



Sweetheart Skate

All Ages | CDRD - Arena

Bring your sweetheart to the Castlegar & District Complex Arena on February 14 and skate to classic love songs from 5:00 – 6:00 p.m. Regular public skate rates apply.

Friday
5:00-6:00pm
February 14
General Admission



Family Day Swim & Skate

All Ages | CDRD - Arena & Pool

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

Monday
1:00-5:00pm
February 17
FREE



Shamrock Swim & Skate

All Ages | CDRD - Arena & Pool

Join us for an afternoon of fun and surprises while our amazing team will lead you through some exciting games with prizes!

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

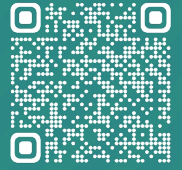
AQUATIC TRAINING OPPORTUNITIES!

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

Junior Lifesaving Club

Age 10 - 13 years

Must be able to swim 25+ metres comfortably & tread water for 1 minute

The Junior Lifesaving 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
Fridays
4:30pm - 6:00pm
January 10 - March 14
\$98/10 classes

81087

Senior Lifesaving Club

Prerequisite: recommended to have completed Junior Lifesaving Club or Swimmer 7

The Senior Lifesaving Club builds on skills learned in Junior Lifesaving Club. Swimmers will be challenged with a timed swim, distance workout, and object recovery. Lifesaving skills include entries, use of rescue aids, defence methods, victim removals, and strengthening lifesaving kicks. First aid topics are introduced to prepare swimmers for lifesaving and lifeguarding.

CASTLEGAR / CDRD
Fridays
6:00pm - 7:30pm
January 10 - March 14
\$98/10 classes

81088

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.





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

SWIM & SKATE CLUBS



Sea Pups Club

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

3-6 yrs | Drop off: CDRD - Purcell Room
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 11am. 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.

Mondays
9:30 - 11:00am
Jan 13 - Mar 10
\$120 / 8 classes

80240

No Class 17-Feb

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

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

Weight room available for use with admission.

Classes: Slow Hatha Flow Yoga



NEW!

Ice Pups Club

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

3-6 yrs | Drop off: CDRD - Arena
Pickup: CDRD - Columbia 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 Columbia room. Please bring snack for child to enjoy after their skate. 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.

Tuesdays
9:00 - 10:30am
Jan 7 - Feb 4
\$60 / 5 classes

80241

Tuesdays
9:00 - 10:30am
Feb 11 - Mar 11
\$60 / 5 classes

80243

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

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

Weight room available for use with admission.

Classes: Step and Strength

Shallow Fit Aquafit



Friday FUN Night

7-12 yrs
CDRD - Kootenay Room

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

* Please indicate any food allergies on the questionnaire. Please remember to bring a bathing suit and towel. Drop-off and Pick-up times are flexible.

Friday
5:00 - 8:00pm
Jan 17
\$21/class 80042

Friday
5:00 - 8:00pm
Feb 21
\$21/class 80043

Friday
5:00 - 8:00pm
Mar 14
\$21/class 80044

Basics of Archery

9-12 yrs
CDRD - Selkirk Room

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
Jan 9, 10, 16, 17
\$38 / 4 classes 80195

NEW! Intermediate Archery

13-18 yrs
CDRD - Selkirk Room

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
Jan 30, 31 & Feb 6, 7
\$50 + tax / 4 classes 80197





PRO-D DAY CAMPS

Fabulous February Pro-D Day Camp

6-12 yrs
CDRD - Selkirk 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

80100



SPRING BREAK CAMP

Spring Break Bash

6-12 yrs CDRD - Selkirk Room

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

80101

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

80102

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	80726
Goldfish 2 Parent & Tot	Thursday	4:00 - 4:25 pm	80704
Seahorse 3 Parent & Tot	Saturday	9:30 - 9:55 am	80715

Aqua Tots 3-5 years

Octopus 1	Tuesday	4:00 - 4:25 pm	80695	Orca 3	Tuesday	5:00 - 5:25 pm	80698
	Tuesday	4:30 - 4:55 pm	80696		Thursday	5:00 - 5:25 pm	80709
	Thursday	4:30 - 4:55 pm	80707		Saturday	10:00 - 10:25 am	80716
	Saturday	9:30 - 9:55 am	80714		Saturday	11:15 - 11:40 am	80724
	Sunday	11:15 - 11:40 am	80727		Sunday	10:00 - 10:25 am	80729
Crab 2	Tuesday	4:30 - 4:55 pm	80697	Sea Lion 4	Tuesday	5:00 - 5:25 pm	80699
	Thursday	4:30 - 4:55 pm	80708		Saturday	10:30 - 10:55 am	80721
	Saturday	11:45 - 12:10 pm	80718	Narwhal 5	Thursday	5:30 - 5:55 pm	80710
	Sunday	10:45 - 11:10 am	80733		Sunday	10:30 - 10:55 am	80731
	Sunday	12:15 - 12:40 pm	80728				

Aqua Kids 6 years +

Swimmer 1	Tuesday	5:30 - 5:55 pm	80702	Swimmer 3	Tuesday	5:30 - 6:10 pm	80700
	Thursday	6:00 - 6:25 pm	80712		Thursday	5:30 - 6:10 pm	80706
	Saturday	10:30 - 10:55 am	80719		Saturday	10:30 - 11:10 am	80720
	Sunday	10:30 - 10:55 am	80732		Sunday	10:00 - 10:40 am	80730
	Sunday	11:45 - 12:10 pm	80738	Swimmer 4	Saturday	11:30 - 12:10 pm	80725
Swimmer 2	Tuesday	6:00 - 6:25 pm	80703		Sunday	11:00 - 11:40 am	80734
	Thursday	5:00 - 5:25 pm	80705	Swimmer 5	Tuesday	6:15 - 6:55 pm	80701
	Saturday	10:00 - 10:25 am	80717	Swimmer 6	Sunday	11:00 - 11:40 am	80735
	Saturday	11:00 - 11:25 am	80722		Swimmer 7 Rookie Patrol	Saturday	11:30 - 12:25 pm
	Sunday	11:45 - 12:10 pm	80736				

Aqua Adults

Adult Beginner	Thursday	6:30 - 7:10 pm	80713	Adult Intermediate	Sunday	11:45 - 12:25 pm	80737
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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
4:00 pm - 4:25 pm	80739	80741
6:30 pm - 6:55 pm	80740	80742
THURSDAY	JANUARY 9- 30	FEBRUARY 6 - 27
4:00 pm - 4:25 pm	80743	80745
6:15 pm - 6:40 pm	80744	80746
SATURDAY	JANUARY 18 - FEBRUARY 8	FEBRUARY 15 - MARCH 8
9:30 am - 9:55 am	80750	80747
10:00 am - 10:25 am	80751	80748
11:00 - 11:25am	80752	80749
SUNDAY	JANUARY 19 - FEBRUARY 9	FEBRUARY 16 - MARCH 9
9:30 am - 9:55 am	80753	80757
9:30 am - 9:55 am	80758	80754
10:00 am - 10:25 am	80755	80759

POOL SCHEDULE

January 5 - March 15, 2025

All are welcome all pool basins are available, name of swim indicates pool layout.
Schedule is subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LAP SWIM 6:00am-8:00am	LAP SWIM 6:30am-8:00am	LAP SWIM 6:00am-8:00am		LAP SWIM 6:00am-8:00am	
	AQUA CONDITIONING 9:00-10:00am	SHALLOW FIT 9:00-10:00am	TOTAL BODY AQUAFIT 9:00-10:00am		TOTAL BODY AQUAFIT 9:00-10:00am	
LEISURE SWIM 9:00am-12:30pm	LEISURE SWIM 8:00am-2:00pm	LEISURE SWIM 8:00am-8:00pm	LEISURE SWIM 8:00am-2:00pm		LEISURE SWIM 8:00am-8:00pm	LEISURE SWIM 9:00am-12:30pm
	FITNESS SWIMMER 11:00am-12:00pm					
FUN SWIM 12:30-4:00pm	HUSH - SENSORY FRIENDLY SWIM & SOAK 2:00-3:30pm	GENTLE CARDIO 2:15-3:15pm	HUSH - SENSORY FRIENDLY SWIM & SOAK 2:00-3:30pm	SHALLOW FIT 2:15-3:15pm		FUN SWIM 12:30-4:00pm
	LEISURE SWIM 3:30-8:00pm		LEISURE SWIM 3:30-8:00pm	LEISURE SWIM 2:00-8:00pm		

ADMISSION POLICY: Children 7 years of age and older can access the pool without adult supervision. Children 6 years of age and under must be within arms' reach of a responsible adult 16 years of age or older. Each adult may supervise a maximum of 3 children.

Leisure Swim Pool layout at lifeguards' discretion. 1 + lane, leisure pool and hot areas available.	Laps & Leisure 3 lanes, leisure pool and hot areas available.	Fun Swim No lap lane guaranteed. A fun feature (rope swing, rock wall, or slide) 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



Aqua Conditioning 2

15+ yrs
CDRD Shallow

Improve your overall conditioning with this fun and challenging water workout. The water provides a no impact workout that challenges core stability and increases muscle tone by working against constant resistance.

Mondays
9:00am - 10:00am
January 6 - March 31
Drop-in/Included with Admission or Active Pass

No class February 17

Shallow Fit 2

15+ yrs
CDRD Shallow

A low impact but high intensity water aerobics class. This dynamic class offers a fun way to improve cardiovascular fitness and is guaranteed to put a smile on your face.

Tuesdays
9:00am - 10:00am
January 7 - March 25
Drop-in/Included with Admission or Active Pass

Thursdays
2:15pm - 3:15pm
January 9 - March 27
Drop-in/Included with Admission or Active Pass

Gentle Cardio 1

15+ yrs
CDRD Shallow

Moderate intensity and low impact aquafit. This class is perfect for improving flexibility, cardiovascular fitness, flexibility and range of motion.

Tuesdays
2:15pm - 3:15pm
January 7 - March 25
Drop-in/Included with Admission or Active Pass

Total Body Aquafit 2

15+ yrs
CDRD 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.

Wednesdays
9:00am - 10:00am
January 8 - March 26
Drop-in/Included with Admission or Active Pass

Fridays
9:00am - 10:00am
January 10 - March 28
Drop-in/Included with Admission or Active Pass

Aqua Babies 2

Recommended for babies 4 months to 24 months & caregiver 15+ yrs
CDRD Shallow & Deep

Bring your baby and get active. Build your strength and cardio and have fun moving to the music with others. 45 minute workout in the pool followed by 15 minutes to relax in the warm water, play and connect with other parents or caregivers and their babies.

When registering, please register the adult for the program, not the child.

Wednesdays
10:15am - 11:15am
Jan 8 - Feb 12
\$56 + tax/6 classes 81093

Wednesdays
10:15am - 11:15am
Feb 19 - Mar 26
\$56 + tax/6 classes 81094

Fitness Swimmer 2

15+ yrs
CDRD Pool

Join a supportive environment to gain confidence in the water, learn new skills, and make new friends. Adult swimmers of any skill level are welcome to attend this class with structured activities. The goal is to promote fitness and wellbeing

Mondays
11:00am - 12:00pm
January 6 - March 31
Drop-in/Included with Admission or Active Pass

No class February 17

FITNESS SCHEDULE

January 6 - March 31, 2025

Included with Admission or Active Pass

Pre Registered Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:10-7:00am RISE AND SHINE TOTAL BODY		6:10-7:00am RISE AND SHINE TOTAL BODY		
7:15-8:00am TRX STRENGTH AND FLEXIBILITY		7:15-8:00am TRX STRENGTH AND FLEXIBILITY		7:15-8:00am TRX STRENGTH AND FLEXIBILITY	
8:30-9:30am WEIGHT ROOM CIRCUIT		8:30-9:30am WEIGHT ROOM CIRCUIT			
	9:00-10:00am STEP AND STRENGTH	9:00-10:00am FULL BODY GROUP X	9:00-10:00am STEP	9:00-10:00am STUDIO CIRCUIT	
10:00-11:00am SLOW HATHA FLOW YOGA <i>Purcell Room</i>		10:00-11:00am SLOW HATHA FLOW YOGA <i>Purcell Room</i>		10:00-11:00am GENTLE YIN YOGA <i>Purcell Room</i>	
10:30-11:30am BALANCE & MOBILITY	10:15-11:45am HEALTH & RECOVERY <i>Weight Room</i>	10:30-11:30am BALANCE & MOBILITY	10:15-11:45am HEALTH & RECOVERY <i>Weight Room</i>		
	4:00-4:30pm YOUTH FITNESS CENTRE ORIENTATIONS			4:00-4:30pm YOUTH FITNESS CENTRE ORIENTATIONS	
	5:30-6:30pm GENTLE FLOW YOGA <i>Purcell Room</i>		5:30-6:15pm BEGINNER TRX		
6:30-7:30pm SPIN			5:45-6:45pm MEDITATION YOGA <i>Purcell Room</i>		

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

FITNESS PROGRAMS

January – March, 2025

CARDIO AND/OR STRENGTH PROGRAMS

TRX Strength and Flexibility ②

15+ yrs | CDRD - Fitness Studio

The TRX suspension trainer system is designed to help you focus on form, strength, core and flexibility using your body weight. By changing angles, you can increase or decrease resistance making the workout more or less challenging. Modifications and variations will be offered throughout the class, ending with a few mobility exercises and static stretching.

Mondays, Wednesdays & Fridays

7:15 - 8:00am

Jan 6 - 31

\$84 + tax / 12 classes

80056

Mondays, Wednesdays & Fridays

7:15 - 8:00am

Feb 3 - Feb 28

\$77 + tax / 11 classes

80057

No Class Feb 17

Mondays, Wednesdays & Fridays

7:15 - 8:00am

Mar 3 - 28

\$84 + tax / 12 classes

80058

Weight Room Circuit ②

15+ yrs | CDRD - 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 CDRD weight training instructors. All levels of fitness welcome!

Mondays & Wednesdays

8:30 - 9:30am

Jan 6 - Mar 31

Drop-in / Included with Admission or Active Pass 81100

No Class February 17

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.

Spin ②

15+ yrs

CDRD - Fitness Studio

Finish your Monday off right with a group journey on our 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

6:30 - 7:30pm

Jan 6 - Feb 10

\$56 + tax / 6 classes

80062

Mondays

6:30 - 7:30pm

Feb 24 - Mar 31

\$56 + tax / 6 classes

80063

Step and Strength ②

15+ yrs

CDRD - 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!

Tuesdays

9:00 - 10:00am

Jan 7 - Mar 25

Drop-in / Included with Admission or Active Pass 80082



Register Online: rdck.ca/recreation

Or Register by Phone: 250.365.3386



Health & Recovery +

15+ yrs
CDRD - Weight Room

Have you been told by your doctor that you need to start exercising? Let us get you started with the Health & Recovery program where the focus is on your comfort level in the gym! This supportive and integrative class takes place in the weight room (equipment may be limited) and allows you to progress at your own rate. An assessment is required before enrolling in this program. Please call our front desk to schedule your assessment. The assessment is conducted by a Certified Personal Trainer at a cost of \$59 + tax.

Tuesdays & Thursdays
10:15 - 11:45am
Jan 7 - 30
\$113 + tax / 8 classes 80064

Tuesdays & Thursdays
10:15 - 11:45am
Feb 4 - 27
\$113 + tax / 8 classes 80065

Tuesdays & Thursdays
10:15 - 11:45am
Mar 4 - 27
\$113 + tax / 8 classes 80066

Full Body Group X 2

15+ yrs
CDRD - Fitness Studio

TBD

Wednesdays
9:00 - 10:00am
Jan 8 - Mar 26
Drop-in / Included with Admission or Active Pass 80085

Step 2

15+ yrs
CDRD - 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!

Thursdays
9:00 - 10:00am
Jan 9 - Mar 27
Drop-in / Included with Admission or Active Pass 80084

Beginner TRX 1

15+ yrs
CDRD - Fitness Studio

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

Thursdays
5:30 - 6:15pm
Jan 9 - Feb 13
\$42 + tax / 6 classes 80067

Thursdays
5:30 - 6:15pm
Feb 20 - Mar 27
\$42 + tax / 6 classes 80068

Studio Circuit 2

15+ yrs
CDRD - Fitness Studio

If choreography is not your thing, this class just might be! A circuit style workout mixing strength and cardio will provide a well-balanced workout.

Fridays
9:00 - 10:00am
Jan 10 - Mar 28
Drop-in / Included with Admission or Active Pass 80086

Balance and Mobility 1

15+ yrs
CDRD - 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. All levels welcome.

No Class February 17

Mondays
11:45 - 12:45pm
Jan 13 - Mar 14
\$75 + tax / 8 classes 82766

Rise and Shine Total Body 2

15+ yrs
CDRD - Fitness Studio

Wake up and get moving with this whole-body workout! Isolating muscles and stabilizing joints is critical for strengthening muscles and creating a solid foundation. We add balance and core exercises throughout to help improve daily function as well. Two days per week will keep you accountable and help you get the results you are looking for!

Tuesdays & Thursdays
6:10 - 7:00am
Jan 7 - 30
\$62 + tax / 8 classes 80059

Tuesdays & Thursdays
6:10 - 7:00am
Feb 4 - 27
\$62 + tax / 8 classes 80060

Tuesdays & Thursdays
6:10 - 7:00am
Mar 4 - 27
\$62 + tax / 8 classes 80061

Slow Hatha Flow Yoga 1

15+ yrs
CDRD - Purcell Room

This class begins with relaxing breath work to help calm the mind and become centered, moving into a mindful warm up leading into gentle postures slowly moving into final resting. This practice gives lots of permission to explore where you are in your body through movement and meditation. All levels welcome.

Mondays
10:00 - 11:00am
Jan 6 - Feb 10
\$56 + tax / 6 classes **80072**

Mondays
10:00 - 11:00am
Feb 24 - Mar 31
\$56 + tax / 6 classes **80073**

Wednesdays
10:00 - 11:00am
Jan 8 - Feb 12
\$56 + tax / 6 classes **80076**

Wednesdays
10:00 - 11:00am
Feb 19 - Mar 26
\$56 + tax / 6 classes **80077**

Balance & Mobility 1

15+ yrs
CDRD - 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. All levels welcome.

Mondays & Wednesdays
10:30 - 11:30am
Jan 6 - 29
\$75 + tax / 8 classes **80069**

Mondays & Wednesdays
10:30 - 11:30am
Feb 3 - 26
\$66 + tax / 7 classes **80070**

No Class February 17

Mondays & Wednesdays
10:30 - 11:30am
Mar 3 - 26
\$75 + tax / 8 classes **80071**

Gentle Flow Yoga 1

15+ yrs
CDRD - Purcell Room

This yoga class will combine breath work, energizing movement, stretching and meditation to leave you feeling strong, flexible and balanced. Open to all levels, and modifications are available.

Tuesdays
5:30 - 6:30pm
Jan 7 - Feb 11
\$56 + tax / 6 classes **80074**

Tuesdays
5:30 - 6:30pm
Feb 18 - Mar 25
\$56 + tax / 6 classes **80075**

Meditation Yoga 1

15+ yrs
CDRD - Purcell Room

A Guided meditation to quiet the mind and connect to the body, using the breath. Practice regulating the nervous system and harness the power of a natural calm state. Reduce anxieties and reactions to everyday stress. Focus attention to bring feelings of calm, heightened energy and awareness. Come, lay down and explore what it means to relax.

Thursdays
5:45 - 6:45pm
Jan 9 - Feb 13
\$56 + tax / 6 classes **80078**

Thursdays
5:45 - 6:45pm
Feb 20 - Mar 27
\$56 + tax / 6 classes **80079**

Gentle Yin Yoga 2

15+ yrs
CDRD - Purcell Room

Yin yoga is a gentle, meditative practice that involves holding passive yoga poses for extended periods, typically ranging from one to five or more minutes. This class requires students to be in seated or floor positions for long periods of time and is ideal for students who do not have limited mobility.

Fridays
10:00 - 11:00am
Jan 10 - Feb 14
\$56 + tax / 6 classes **80080**

Fridays
10:00 - 11:00am
Feb 21 - Mar 28
\$56 + tax / 6 classes **80081**

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) 365-3386 ext. 5231 for more information.

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

PERSONAL TRAINING OPTIONS (rates are per person)

Personal Training Price Changes Effective April 1st

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



FITNESS CENTRE ORIENTATIONS

FREE with admission!

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

Orientations Include:

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

Contact us at (250) 365-3386 to book your orientation. Bring a friend or family member to share the experience.

Maximum 4 people per session, minimum 13 years old.

YOUTH FITNESS CENTRE ORIENTATIONS

CDRD Fitness Centre

Fitness Centre Orientations are required by anyone aged 13-15 years before purchasing a membership or paying general admission. Etiquette, equipment demonstration and safety are the focus of this class.

Please register online at www.rdck.ca/recreation or in person at 250-354-3386

**4:00 - 4:30pm
Tuesdays & Fridays
Included with Admission
or Active Pass**



ARENA SCHEDULE

Included with Admission

Pre Registered Program

January – March, 2025

Schedule is subject to change due to Junior Hockey Games and Tournaments. Please visit www.rdck.ca or call 250-365-3386 for up to date information..

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		ICE PUP CLUB 9:00-10:00am				
			STICK & PUCK 9:30-11:00am	PUBLIC SKATE 10:00-11:00am	LUNCH HOUR HOCKEY 11:00am-12:30pm	
PUBLIC SKATE 12:00-1:00pm						PUBLIC SKATE 12:00-1:00pm
		STICK & PUCK 2:00-3:45pm				
				KIDS LEARN HOCKEY 5:15-6:15pm	PUBLIC SKATE 5:00-6:00pm	
				KIDS REC HOCKEY 6:15-7:15pm		
	ADULT /TEEN LEARN HOCKEY 8:45-9:45pm <i>in the pioneer</i>					

Skate Rentals \$3.00 + tax

Helmet Rentals \$1.00 + tax

ARENA PROGRAMS

PROGRAMS INCLUDED WITH ADMISSION

Lunch Hour Hockey

All Ages
CDRD Arena

A great way to get some exercise and have some fun. Full equipment is required. All ages welcome!

Fridays
11:00am-12:30pm
Included with Admission or Active pass

Stick and Puck

All Ages
CDRD Arena

Bring your sticks and hockey gear to have fun on the ice! Helmets are strongly recommended.

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

Tuesdays
2:00-3:45pm
Included with Admission or Active pass

Wednesdays
9:30 - 11:00am
Included with Admission or Active pass

Public Skate

All Ages
CDRD Arena

Everyone is welcome during public skating times. Lots of fun and a great way to be active with your whole family. Please bring your skates and helmets are recommended.

Sticks and pucks are not permitted during public skate for the safety of all participants.

Thursdays
10:00-11:00am
Included with Admission or Active pass

Fridays
5:00-6:00pm
Included with Admission or Active pass

Saturdays/Sundays
12:00-1:00pm
Included with Admission or Active pass

REGISTERED ARENA PROGRAMS

NEW! Rink Rookies (Kids Recreational Hockey)

6-10yrs | CDRD Arena

Rink Rookies is an exciting and engaging program designed to introduce kids to the fundamentals of hockey in a fun and supportive environment. Aimed at beginners aged 6-10, this program focuses on building foundational skills while fostering a love for the game.

Participants will learn basic hockey techniques such as skating, stickhandling, passing, and shooting through interactive drills and games. Our experienced coaches emphasize teamwork, sportsmanship, and confidence-building throughout each session.

Whether your child dreams of becoming the next hockey star or simply wants to try a new sport, Rink Rookies provides a safe and encouraging space to learn and grow. By the end of the program, kids will have developed essential skills and a deeper appreciation for the excitement and camaraderie that hockey offers.

Participants must have basic skating skills (forward and backward skating, turns and stopping). Full hockey gear is required. Participants with no or little prior hockey experience only

Thursdays
5:15-6:15pm
Jan 9 - Mar 13
\$80/ 10 classes **79109**

Rink Rats (Kids Recreational Hockey)

7-13yrs | CDRD Arena

An alternative to minor hockey for non-competitive players; both boys and girls welcome. This program is designed to help build confidence. Skill development, drills and scrimmage are included. There will be a large emphasis on having fun and playing the great sport of hockey. All girls and boys interested in having fun playing hockey are encouraged to join this program! Full hockey gear is required.

*Skill levels for this program have changed. Kids Recreation Hockey now will be aimed at children that want to play at a high skill level. If your child has never played but wishes to please check out Rink Rookies!

Thursdays
6:15-7:15
Jan 9 - Mar 13
\$80/ 10 classes **79111**

Adult/Teen Learn to Play Hockey

15+ yrs
Pioneer Arena

If you have always wanted to learn to play hockey or haven't played in a very long time, this program is for you! In this 6 session program you will learn the rules around hockey, practice your skating and stick handling skills, and have fun with individuals that love the sport!

This program is designed for Teens and Adults that have little to no prior hockey experience but being able to skate is a must.

Full hockey gear is also required.

Mondays
8:15-9:15pm
Jan 6 - Feb 10
\$68 + Tax/6 classes **79112**

Glow Skate

All Ages | CDRD 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
January 4
12:00-1:00pm

Friday
February 7
5:00-6:00pm

Sunday
March 2
12:00-1:00pm

General admission



RENTAL OPPORTUNITIES

The Castlegar & District Community Complex offers a wide range of rental opportunities for meetings, banquets, conventions, workshops, weddings, receptions, reunions and other social gatherings. Our professional and experienced staff is happy to assist you in planning a most satisfying and memorable experience.

The 20,000 square foot multipurpose recreational facility offers meeting room space with full catering facilities, audio visual equipment, easels, whiteboards and flipcharts. Round and rectangular tables, chairs to seat 500 and rooms with removable walls to meet a variety of user needs.

The 1050 seat ice arena is home to the KIJHL Junior A Castlegar Rebels, this arena includes a regulation ice surface, 5 dressing rooms, referees room and concession. Our outdoor areas include a sports field, skate park and tennis and pickleball courts.



**Exceptional facilities.
Exceptional service.**

**CONTACT US TODAY
TO BOOK YOUR SPACE
250-365-3386**