

# SALMO

## PROGRAM GUIDE

# WINTER 2025

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

To view the guide and register online visit [rdck.ca/recreation](http://rdck.ca/recreation) or call 250.357.0121





## Salmo Recreation & Fitness Centre



### Visit Us

206 7th St, Salmo, BC | [rdck.ca/recreation](http://rdck.ca/recreation)

### Contact Us

250.357.0121 | [salmorec@rdck.bc.ca](mailto:salmorec@rdck.bc.ca)



### Online Registration

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

Need to setup an online registration account?

Fill out the [RDCK Client Profile Form](#)

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# ENJOY A SAFE AND FUN VISIT

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

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

Visit [www.rdck.ca/recreation](http://www.rdck.ca/recreation) or call our front desk to learn more.



**Stay home if you are sick**



**Masks are a personal choice for guests**



**Be kind to each other**

## FACILITY CODE OF CONDUCT

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

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

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

Participants engaging in inappropriate behaviour may their privileges revoked.



# FITNESS CENTRE HOURS

January 5 – March 30, 2025

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

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

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

# GYMNASIUM HOURS

January 5 – March 30, 2025

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

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

## OFFICE HOURS

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

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



# GENERAL ADMISSION - FITNESS CENTRE

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

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

# GENERAL ADMISSION - GYM

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

# ACTIVE PASSES

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

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

**Terms and conditions:** To receive 2nd Adult or 2nd Youth pass discounts, pass holders must reside in the same household and must be purchased at the same time and of the same duration as regular Adult or Youth passes.

# LEISURE ACCESS PROGRAM

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.



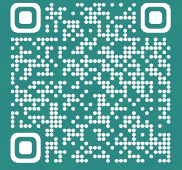
# AQUATIC TRAINING OPPORTUNITIES!

## 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](https://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](http://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 not WorkSafe BC equivalent. 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.



ADULT AND YOUTH PROGRAMS

**PAL**

12+ yrs  
Salmo Rec Centre

This certificate is required to possess, purchase, transfer ownership, sell or trade a firearm, as well as to purchase ammunition.

PAL manuals are recommended and can be found online at [www.bcwf.bc.ca](http://www.bcwf.bc.ca)

**Saturday**  
**8:00am - 5:00pm**  
**Jan 26**  
**\$159+tax** **81267**

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

10+ yrs  
Salmo Rec Centre

This program is mandatory for those wishing to obtain their first BC Hunting License. The purpose of this program is to ensure that hunters meet acceptable standards of knowledge and skill for a safe and responsible season.

CORE manual is required and can be found online at [www.bcwf.bc.ca](http://www.bcwf.bc.ca) and Otter Books in Nelson. For more information, requirements and preparation for courses see [dbozconsulting.ca](http://dbozconsulting.ca). For questions about PAL/CORE courses contact the instructor at [dbozconsulting@gmail.com](mailto:dbozconsulting@gmail.com).

**Saturday and Sunday**  
**8:00am - 5:00pm**  
**Apr 5 & 6**  
**\$179+tax** **81268**



FITNESS

**FITNESS INTENSITY LEVELS**

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

**Strength and Cardio 2**

15+ yrs  
SDRD - Gymnasium

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

**Mondays**  
**6:00 - 7:00pm**  
**Jan 6 - Feb 10**  
**\$56 + tax / 6 classes** **80679**

**Mondays**  
**6:00 - 7:00pm**  
**Feb 24 - Mar 31**  
**\$56 + tax / 6 classes** **80680**

**Small Group Training 1**

15+ yrs  
SDRD - Fitness Centre

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

**Tuesdays**  
**11:00 - 12:00pm**  
**Jan 7 - Feb 11**  
**\$56 + tax / 6 classes** **80677**

**Tuesdays**  
**11:00 - 12:00pm**  
**Feb 18 - Mar 25**  
**\$56 + tax / 6 classes** **80678**



# PERSONAL & GROUP TRAINING

Personal Trainers are available to help you add confidence, effectiveness, and safety to your workouts. Let us design a program specifically for you to help achieve your fitness goals, from beginner to advanced. Complete the [Personal Training Package](#) to get started or contact our Fitness Department at (250) 357-0121 for more information.

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

## PERSONAL TRAINING OPTIONS

(rates are per person)

Option	Price	Description
Individual	\$54 + tax	Includes an assessment and progressive resistance and/or cardiovascular training specific to your goals.
Partner	\$38 + tax	Includes everything you receive with individual personal training with the benefit of a partner to help make workouts more enjoyable and keep you accountable.
Group of 3	\$32 + tax	Group training can include 3-6 people with similar goals in mind. Choose days, times, and style of training you want, such as an introduction to weight training, activity specific training (ie. Hiking), and a variety of other formats.
Group of 4	\$28 + tax	
Group of 5	\$25 + tax	
Group of 6	\$23 + tax	

## SDRD FITNESS PROFESSIONALS



### Laura Stavast

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

## YOUTH FITNESS CENTRE ORIENTATIONS

### Salmo Fitness Centre

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

Please register online at [rdck.ca/recreation](http://rdck.ca/recreation) in person or call 250-357-0121 to speak with one of our customer service representatives.

### Mondays

5:00 - 5:30pm

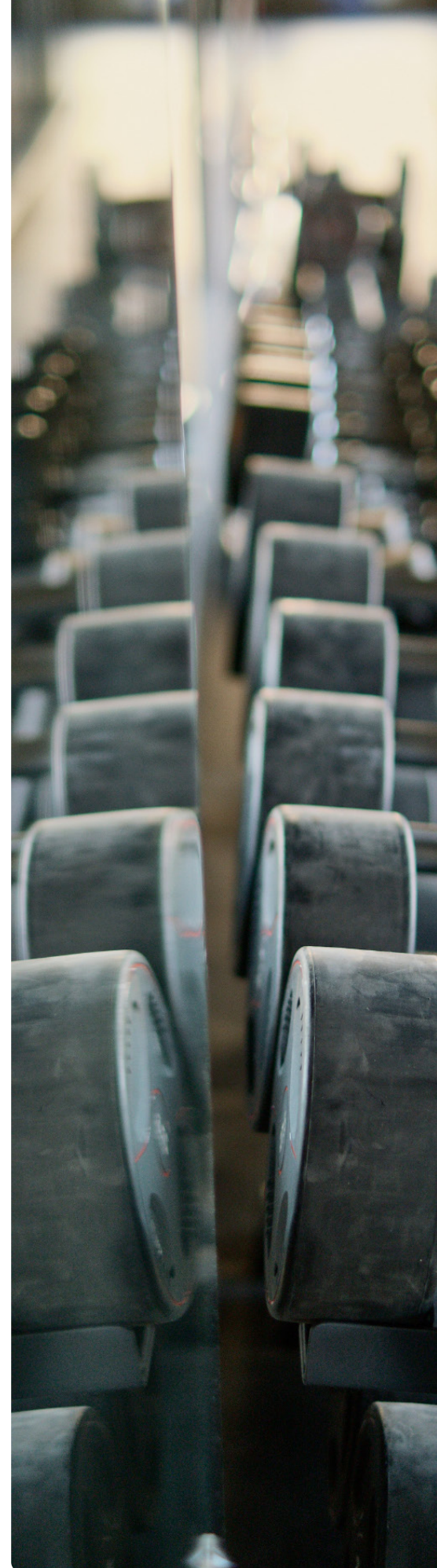
Drop-in/Included with Admission or Active Pass



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



Or Register by Phone: 250.357.0121





## DROP-IN OPPORTUNITIES

### Gymnasium Drop-In

13+ yrs | SDRD – Gymnasium

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

**Monday - Friday 6:30 - 10:30am**

**Monday - Friday 4:00 - 8:00pm**

**Saturdays 6:30 - 10:30am**

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

Gymnasium availability may vary according to programs and facility bookings.

### Drop-In Pickleball

13+ yrs | SDRD – Gymnasium

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

**Tuesdays 6:30 - 8:00pm**

**Mondays & Thursdays 9:00 - 10:30am**

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

### Drop-In Volleyball

13+ yrs | SDRD – Gymnasium

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

**Thursdays 6:30 - 8:00pm**

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

### Drop-In Basketball

13+ yrs | SDRD – Gymnasium

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

**Wednesdays 6:30 - 8:00pm**

**\$3.21 (or access with fitness center admission)**

### Drop-In Walking

13+ yrs | SDRD - Gymnasium

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

**Wednesdays 8:30-9:30am**

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