

SLOCAN VALLEY

PROGRAM GUIDE

WINTER 2025

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

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



Slocan Valley Recreation
All the fun that fits



Slocan Valley Recreation

All the fun that fits



Visit Us

3036 Hwy 6, Slocan Park, BC | rdck.ca/recreation

Contact Us

250-226-0008 | slocanvalleyrec@rdck.bc.ca



Online Registration

rdck.ca/recreation

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



Visit us on Facebook to learn more about upcoming programs & events www.facebook.com/slocanvalleyrec

OFFICE HOURS

Monday: 12:00 - 5:15pm
Tuesday: 11:00am - 4:15pm
Wednesday: 12:00- 5:15pm
Thursday: 11:00am - 4:15pm
Friday: 11:00am - 4:15pm

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.

ENJOY A SAFE AND FUN VISIT

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

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

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



Stay home if you are sick



Masks are a personal choice for guests



Be kind to each other

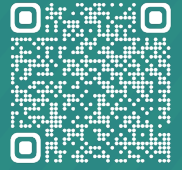
AQUATIC TRAINING OPPORTUNITIES!

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.



ADULT AND YOUTH PROGRAMS

PAL

12+ yrs
Slocan Park Hall

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

Saturday
8:00am - 5:00pm
Jan 25
\$159+tax
81269

RENTALS

Winter Recreation Equipment Rentals

Slocan Park Hall

Rental Equipment is FREE or by donation on a first come, first serve basis. Equipment rentals can be checked out for a 48 hour period.

Stop by during our office hours for equipment rentals:

Monday: 12:00 - 5:15pm
Tuesday: 11:00am - 4:15pm
Wednesday: 12:00 - 5:15pm
Thursday: 11:00am - 4:15pm
Friday: 11:00am - 4:15pm

