CASTLEGAR CELEBRATES COMMUNITY!

May 31 – June 2nd
Lots of great fun for the entire family.
Entertainment, Parade, Fireworks, Displays and MUCH more!

BIRTHDAY PARTIES IN THE POOL!

Saturdays 1:00 – 6:00pm | Sundays 2:00 – 6:00 pm
*no games leader on WIBIT/Big Dog Days*

Package #1
• Party package is based on 10 children attending (includes 2 adults)
• Room rental for 1 hour
• Admission into pool
• $60.00 + GST

Package #2
• Party Package is based on 10 children attending (includes 2 adults)
• Room rental for 1 hour
• Lifeguard 30 minutes of games and fun in the pool
• Admission into pool
• $85.00 + GST

Please Note: Children 6 and under in the pool must be within arms reach of an adult at all times.
Ratio of Adult to children 6 & under is 1:3.
Please contact Vanessa Bloodoff at 778-460-5230 if a games leader is required for a party of children 6 and under.

CANADA DAY
July 1st
Come Join in the Community Canada Celebration on July 1st at Millennium Park and Ponds

SAVE THE DATE!
Saturday, July 27 – 10:30am – 7:00 pm
Millennium Park – Downtown Castlegar
A celebration of the regions Arts, Culture and Heritage!
Featuring Kootenay Artisans, Vendors, Live music, Performances and MUCH more!

Register online at www.rdck.ca
APRIL

**Pre-School Easter Party**
Castlegar Community Complex
Selkirk Room
18 months-5 years
Meet the Easter Bunny and have fun with games, songs, crafts and an Easter Egg hunt! Must Pre-Register as no tickets will be available the day of the event. Last day of ticket sales is Monday, April 15th.

Wednesday, April 17
10:00am – 11:00am
$5.00
00005009
Must Register in Advance!

**Big Red Dog**
Complex Pool
Come play on Clifford the "Big Red Dog"! Bring your friends and family and have a wet and wild day!
Sorry no lap lane during this time.
Friday, April 19
1:30 – 4:30pm
Regular Admission

MAY

**Aqua Ninja Warrior Competition!**
Complex Pool
Challenge the lifeguards as you move from one extreme challenge to the next using the WIBIT and CLIMBING WALL!!
Sorry no lap lane during this time.
**Monday, May 20**
1:30-4:30pm
Regular Admission

AUGUST

**Dive In Movie Day!**
Complex Pool
Bring a floaty and some friends and watch a movie on the big screen! Movie will start at 2pm.
**Monday, August 5**
1:30-4:30pm
Regular Admission

Easter Egg Hunt In the Pool
Complex Pool
Come help the Easter bunny and find as many eggs as you can! The hunt will start at 2pm.
**Sunday, April 21**
1:30 – 4:30pm
Regular Admission
Lucky Duck Tot Swim!

Complex Pool

Enjoy a swim with Mom and Dad and all the ducks! (Bring Gramma & Grampa too!)

Mondays and Fridays 1-2pm
Apr 1 – Aug 16
Regular admission

Note: Lucky Duck schedule is subject to change! The Castlegar & District Aquatic Centre is a public facility: as a result, shared use of the pool or a change in scheduling may occur to accommodate bookings. All efforts will be made to provide advance notice of changes whenever possible.

Muckin’ and Messin’

Instructor Daneve Mackie
18months- 3yrs
Castlegar Community Complex- Purcell Room

Why make a mess at home? Join us for painting, gluing, finger paints and loads of fun! We’ll have play time, circle time and songs.

SESSION 1
Tue. 9:30 am- 10:30 am
May 14- June 11
$26 / 5 sessions
00008000

SESSION 2
Tue 9:30 am- 10:30 am
June 19- July 17
$26 / 5 sessions
00008003

Kids Boogie with MUV Studios

Castlegar Community Complex
Fitness Room | 3-6 yrs
Meg Sparks – MUV Studio/ Instructor Bio

Meg trained with Royal Academy of Dance (RAD) for Ballet which is out of London, England and Dupree Dance Academy for Jazz, Hip Hop, Modern and Tap based out of Los Angeles, USA.

A celebration of creative movement and music for all the budding little movers and shakers in the community. A fun, high energy 45 minute class where kids get to explore music and creative movement through different styles of dance, yoga and mime. Please dress in something comfy, with bare feet ready to BOOGIE, and bring a water bottle.

SESSION 1
Tue. 3:00 pm – 3:45 pm
June 4 – July 9
$46 / 6 sessions
00007933

SESSION 2
Tue. 3:00pm – 3:45pm
July 16 - August 13
$39 / 5 sessions
00007986

Register NOW! Don’t be disappointed
SPORTS

Morning Munchkins
Instructor Daneve Mackie
18 months-3 yrs
Castlegar Community Complex
Purcell Room

Together, parents and preschoolers interact with others and explore and play with a variety of sports equipment. Each session ends with parachute activities and songs led by the instructor.

SESSION 1
Thur. 9:30 am-10:30 am
May 16-June 13
$26 / 5 sessions 00008009

SESSION 2
Thur. 9:30 am-10:30 am
June 20-July 18
$26 / 5 sessions 00008012

Mini Mini Soccer
3-4 yrs
Twin Rivers Soccer Field
(Millennium Park)

Your preschooler will have their first soccer action. This program is run in conjunction with Castlegar Minor Soccer Association.

Mon. & Wed. 4:30 pm - 5 pm
Apr 15-Jun 19 (Mon)
(No soccer Victoria Day May 20)
$50 00007681

*Start date is dependent on weather

Register online at www.rdck.ca
# Swim Lessons

## WATER BABIES

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## SEA OTTER

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### CROCODILE/WHALE

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### PRIVATE LESSON RATES APRIL - AUGUST 2019

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To book all private/semi private lessons, please contact Vanessa Bloodoff at 778-460-5230 or vbloodoff@rdck.bc.ca. Please note: Missed lessons will not be reimbursed or re-scheduled.
### LEVEL 4

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### LEVEL 5 AND 6

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### LEVEL 7, 8, 9, AND 10

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SPRING BREAK CAMPS

Rec’ers Spring Break Camps
6-12yrs | Castlegar Community Complex
Monashee Room

In these one week camps, children will have a blast playing and learning lots of new games, exploring their creativity with different arts and crafts projects. Each week will have an element of cooking in the Castlegar & Districts Industrial kitchen where children will learn to make some delicious items, under the guidance of our leaders. Swimming will take place every afternoon, so be sure to bring your bathing suits as well as a snack and lunch. Consent forms must be filled out prior to the first day of camp.

Mon.- Fri. 8:30am- 4:00pm
Mar. 18-22
$140 / 4 days 00005181

Bronze Combination Camp
Pre-requisite: 13yrs by last day
(or Bronze Star)
Castlegar Community Complex

Two certificates within one course! The Bronze Combination Camp combines Bronze Medallion and Cross certifications to progress you through your lifesaving training. Candidates learn advanced lifesaving techniques that include open-water rescues, stroke efficiency and endurance, management of aquatic injuries and emergencies. This course is a pre-requisite of National Lifeguard (NL) and includes a CPR-C/AED certification upon successful completion. 100% attendance required for certificate completion.

Mo-Fri 9:30-4:30pm
Mar 25-29
$319/5 00004884

Junior Lifeguard Spring Break Camp
Pre-requisite: Ability to swim 25m & recommended 8 -12yrs
Castlegar Community Complex

Mo - Fr 9:30am – 4:30pm
Mar 18 – 22
$125/5 00004888
CHILDREN

PHOTOGRAPHY

Sharpshots Kids Photo Club
Instructor Jennifer Small | 6-12yrs
Castlegar Community Complex
Selkirk Room

INSTRUCTOR BIOGRAPHY
Jennifer Small has always had a passion for photography whether it be outdoor wildlife, Community events, family and individual portraits, fashion photography and what she is best locally known for, her sports action photography. Jennifer’s work has been published throughout the Province as she covers many of the local Castlegar Rebels, Selkirk Saints and Trail Smokie games.

In this photo activity club we will be going on scavenger hunts, find faces in places, make photo action flipbooks, learn about composition and so much more.

Come join the new exciting photo club!

Wed. 4:30pm- 5:30pm
July 3 - July 24
$38 / 4 sessions

DANCE CLASS

Kids MUV, GROOVE & HIP HOP with MUV Studios
Castlegar Community Complex- Fitness Room | 6-12 yrs
Meg Sparks –MUV Studio/ Instructor Bio
Meg trained with Royal Academy of Dance (RAD) for Ballet which is out of London, England and Dupree Dance Academy for Jazz, Hip Hop, Modern and Tap based out of Los Angeles, USA.

These fun, high energy choreography based classes start with a fast paced warm-up and then dancers get down with the latest in contemporary hip hop & jazz moves, and learn some new dances to perform to family and friends. The pace is fast and the energy is high! Please dress in something comfy, with indoor gym shoes ready to muv and groove to some of today’s favorite tunes.

SESSION 1
Tue. 4:00pm – 4:45pm
June 4 – July 9
$46 / 6 sessions

SESSION 2
Tue. 4:00pm – 4:45pm
July 16 – August 13
$39 / 5 sessions

FUN PROGRAMS

“GO” GIRLS!
Heather Kinicki | 6-13yrs
Castlegar Community Complex
Columbia Room

Come hang out at the Castlegar Rec Center and spend a Friday night with all you old friends and maybe some new ones too! Lots of activities, crafts, and snacks, while listening to your favorite music. A casual, fun time at “GO” GIRLS – Night Out! Snacks provided

Fri. 6:30-8:30pm
May 10
$7 / 1 session
00008148
Fri. 6:30-8:30pm
May 24
$7 / 1 session
00008149
Fri. 6:30-8:30pm
June 7
$7 / 1 session
00008150
Fri. 6:30-8:30pm
June 21
$7 / 1 session
00008151

FRIDAY FUN NIGHTS!
Heather Kinicki & Emily Ashton | 6-13yrs
Castlegar Community Complex
Columbia Room

Come hang out at the Castlegar Rec Center for a fun night of crafts, games and swimming! The evening will start with some games and a craft with our amazing Recreation leaders Heather and Emily and from there the fun will continue in the pool! Be sure to bring your bathing suit and towel. Parents will pick their children up on the pool deck.

Fri. 6:30-8:30pm
May 17
$7 / 1 session
00008151
Fri. 6:30-8:30pm
June 14
$7 / 1 session
00008153
Fri. 6:30-8:30pm
June 28
$7 / 1 session
00008154
Fri. 6:30-8:30pm
July 12
$7 / 1 session
00008155
Fri. 6:30-8:30pm
August 9
$7 / 1 session
00008156
**Tennis**
Cohen Rutherglen - Instructor  
*Castlegar & District Community Complex Courts*  
*Ages 6+*

This tennis program is to teach new players how to play the sport of tennis. It is also about giving the ability to previous players to be able to build and grow their skills.

**GROUP 1: BEGINNER... LEARN TO PLAY TENNIS PROGRAM**
Come out and learn the game of Tennis. We provide racquets, special children’s balls and other equipment. Bring your water bottle and learn the great game of Tennis.

**SESSION 1**  
**Complex Tennis Courts**  
**Tue. 5-6pm**  
**May 7-28**  
**$35/4 00008217**

**SESSION 2**  
**Complex Tennis Courts**  
**Tue. 5-6pm**  
**June 4-25**  
**$35/4 00008218**

**GROUP : INTERMEDIATE/ ADVANCED**
Criteria: Should be able to play the ball back on forth (10x and more) with other junior players in 3/4 court. Should be able to serve, return, know how to play a forehand and a backhand, as well as a volley. Should be able to compete against other players.

Learn how to compete with a strategy in mind. We will focus on learning different strategies used during a tennis game, as well as working on technique and footwork. Possibility to play tennis teams from other towns.

**SESSION 1**  
**Complex Tennis Courts**  
**Tue 6-7pm May 7-28**  
**$35/4 00008219**

**SESSION 2**  
**Complex Tennis Courts**  
**Tue 6-7pm June 5-26**  
**$35/4 00008220**

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**Youth Fencing**
Ali Ulker - Instructor  
*9-13 yrs*  
*Castlegar Community Complex- Purcell Room*

Classes will begin with a warm-up game, then a good stretch, footwork, and the last half of the class is devoted to fencing. There will also be blade-work, team fencing, and tournaments. That being said, I try to cater my classes to the individuals more than anything else. I want my students to be safe, have fun, and learn as much as they possibly can. If they can make some friends, grow more confident, and learn something they can use in life, even better! The fencing community has been very kind to me over the years and I strive to do the same in my classes.

**SESSION 1**  
**Tue 5:00 - 7:00 pm**  
**April 23- May 21**  
**$70 / 5 sessions**  
**00008215**

**SESSION 2**  
**Tue 7:00-9:00pm**  
**May 28- June 25**  
**$70 / 5 sessions**  
**00008216**

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**Power Skating**
Rachel Stewart – Instructor  
*Castlegar & District Community Complex Arena*  
*Ages 6+*

This Power Skating Program will cover all aspects of skating fundamentals and techniques taught in a professional format. Through repetitive, functional movements & proper skating technique will allow the players to improve on their existing skating ability & focus on developing speed, power and efficiency. This program is taught by a Professionally Certified Power Skating Instructor Rachel Stewart.

Full Gear is required, bring a water bottle.

**NOVICE:**  
*Complex Arena*  
**Tue - Thur**  
**8:30 - 9:30 am**  
**August 27 - 29**  
**$45/ 3 days**  
**00008327**

**ATOMS/ PEE WEE:**  
*Complex Arena*  
**Tue - Thur**  
**9:45 - 10:45 am**  
**August 27-29**  
**$45/ 3 days**  
**00008331**

**BANTAM/ MIDGET:**  
*Complex Arena*  
**Tue - Thur**  
**11:00 - 12:00 pm**  
**August 27-29**  
**$45/ 3 days**  
**00008333**
SUMMER COOL CAMPS

July 2 – August 23, 2019
A JAM PACKED SUMMER FULL OF ADVENTURE, GAMES, SPORTS AND MORE!
REGISTER EARLY, LIMITED SPACE!
You will need to complete and return a participant profile and waiver before the first day of camp.
Don’t forget your sunscreen, craft clothes, water bottle, bathing suit, towel, snack and lunch!
Subsidies are available; applications can be picked up at the front office
Sponsored by Zellstoff Celgar

Summer Camp Samplers
July 2, July 3, July 4
6 – 12 yrs – Selkirk Room
Find out what our FUN Summer Cool Camps are ALL about
Bring a towel, bathing suit, snack, lunch and your sense of ADVENTURE!
$25 per day – SPECIAL PRICE!!
8:30 – 3:30 pm
Tue 00007850
Wed 00007854
Thur 00007857

Summer Camp Check List
✔ Sunscreen
✔ Craft Clothes
✔ Water Bottle
✔ Bathing Suit
✔ Towel
✔ Snack
✔ Lunch
✔ Signed Waiver Form
# Multi 4 Day Theme Camps

**Age 6 – 12 yrs | Selkirk Room – Purcell Room | 8:30 – 3:30 pm | $130**

## JULY 8 - 11 MON - THURS

### Space

*Selkirk Room | Age 6 – 12*

Do you ever wonder what astronauts see when they go into outer space? What life would be like on Mars? Or what aliens would look like? Shoot for the stars this week with fun crafts, science experiments and space-themed games. 3-2-1 blast off!

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## JULY 22 – 25 MON - THURS

### Science

*6 – 8 yrs $130 00008225*

### Chef Camp

*9 – 12 yrs $130 00008249*

## JULY 29 – AUG 1 MON - THURS

### Outdoor Adventure

This week is focused on two things; having fun outside and learning about the environment. Get ready for nature crafts, learning about local wildlife and all those outdoor activities that make us love living in the Kootenays. Ready, set, adventure!

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## AUGUST 12 - 15 MON-THURS

### Art Exploration

Drawing, painting, sculpting, sketching, colouring and so much more! This week is centered around imagination and creativity so whether you’re the next Picasso or new to art, we have a project for you!

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## AUG 19 - 22 MON - THURS

### Best of the Best

All the favorites, back by popular demand. Silly games, wacky science experiments, creative art projects and so much more!

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## AUGUST 6- 9 TUES - FRI

### Sports Camp

This week’s camp is all about getting active! Whether you’re a pro at shooting hoops, capturing the flag or just playing silly games, this camp is for you. Grab a water bottle, running shoes and an enthusiastic, non-competitive attitude and come play!

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<td>9 – 12 yrs</td>
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Don’t forget your sunscreen, craft clothes, water bottle, bathing suite, towel, snack and lunch!
JULY 12

PADDLING WITH ENDLESS ADVENTURE AND MILLENNIUM PARK FUN

6 – 12 yrs

At Endless Adventure we live, breath, and love paddling and our goal is to expand the sport and welcome new paddlers. We offer week long adult and youth kayaking programs thought the summer. Specialize in Kayak, Paddle Boarding and Rafting Courses, Tours and Rentals.

Check out our website for more information and to book your next adventure. www.endlessadventure.ca

Join us for a fun filled day at Millenium Park and ponds. Try Kayaking and Stand Up paddle board lessons. Cool off and paddle in the ponds. Whether it is Kayaking or SUP get on the water with Endless Adventure. Children to be dropped off and picked up at Millennium Park.

Registration Deadline: July 8

8:30- 3:30pm
$60/ day
00008353

JULY 26

EXPLORATION DAY AT PASS CREEK PARK

6 – 12 yrs

Spend the Day exploring Pass Creek Park and Pond. Children to be dropped off and picked up at Pass Creek Park.

Registration Deadline: July 8

8:30- 3:30pm
$30/ day
00008359

AUG 2

COLUMBIA RIVER RAFTING WITH ENDLESS ADVENTURE

6 – 12 yrs

Raft the Columbia from Millennium ponds to fishermans eddy. Explore the mighty Columbia River on a guided raft. Hear the the history of the river and the communities that lived on it. This is a safe experience with certified guides and great wildlife viewing. Children to be dropped off and picked up at Millennium Park.

Registration Deadline: July 29

8:30- 3:30pm
$60/ day
00008356

AUGUST 16

SUN AND SAND AT MILLENNIUM PARK

Spend the Day having fun playing games and playing in the Ponds Millennium Park. Children to be dropped off and picked up at Millennium Park.

8:30- 3:30pm
$30/ day
00008358

AUGUST 23

INTO THE WILD AT PASS CREEK PARK

Spend the Day exploring Pass Creek Park and Pond. Hot dog lunch and special cool treat will be provided on this special last Destination Friday of the Summer!

8:30- 3:30pm
$35/ day
00008361

Don’t forget your sunscreen, water bottle, bathing suit, towel, snack and lunch!
Youth Fencing Camp
JULY 8-12

Ali Ulker – Instructor | 9-17 yrs
Castlegar Community Complex
Purcell Room

Classes will begin with a warm-up game, then a good stretch, footwork, and the last half of the class is devoted to fencing. There will also be blade-work, team fencing, and tournaments. That being said, I try to cater my classes to the individuals more than anything else. I want my students to be safe, have fun, and learn as much as they possibly can. If they can make some friends, grow more confident, and learn something they can use in life, even better!

Mon-Fri 4:00-6:00pm  July 8-12
$90 / 5 sessions 00008368

Tennis Camp
AUGUST 19-23 MONDAY - FRI

Cohen Rutherglen – Instructor
Complex Tennis Courts

This Tennis Camp is a platform to teach kids how to play the sport of tennis. Kids will not have to struggle with the ‘adult’ size tennis court or chase down balls that bounce over their heads, the camp uses mini nets, small racquets and softer balls.

*Tennis rackets will me available for use.

6 – 12 yrs
9- 10:30am
$65
Monday - Friday
00008364

13 – 17 yrs
10:30-12pm
$65
Monday - Friday
00008365

British Soccer Camp
JULY 22-26 MONDAY - FRIDAY

AT Kiwanis Field (Beside the Castlegar Aquatic Centre)

Castlegar & District Recreation Department

Register at www.challengersports.com by June 2nd and receive a FREE replica jersey.

Tiny Tikes-AM
Ages 3-5yrs
8am- 9am
$95

Tiny Tikes-PM
Ages 3-5yrs
1pm- 2:30pm
$105

Player Development Program-AM
Ages 6-16yrs
9am-12pm
$155

Player Development Program-PM
Ages 6-16yrs
1pm-4pm
$155

Full Day Program
Ages 7-16yrs
9am- 4pm
$200

Players will be grouped by age and ability.

Home Alone Safety For Kids

9-12yrs
Castlegar Community Complex – Monashee Room

Empower youth with confidence and skills to care for themselves when home alone!

Participants Learn:

Strategies to create a safe and positive environment and prevent injuries

Problem-solving and decision-making skills to handle emergencies

Basic first aid

Age-appropriate activities and games

Healthy snacks

9:00am-3:00pm  Sat May 11
$49 / 1 session  00008371

Red Cross Babysitting

11 yrs + | Columbia Room

Childcare, tips on behavior, safety, feeding, emergencies and infant care will be covered. Fee includes manual and exam fee. Please bring a pen and paper.

Mon – Tue 10-2 pm  July 8, 9
$49  00008369

Mon – Tue 10-2 pm  Aug 12, 13
$49  00008370
**SPORTS**

### Fencing

**Ali Ulker – Instructor | 14+ yrs**  
Castlegar Community Complex  
Purcell Room

Classes will begin with a warm-up game, then a good stretch, footwork, and the last half of the class is devoted to fencing. There will also be blade-work, team fencing, and tournaments. That being said, I try to cater my classes to the individuals more than anything else. I want my students to be safe, have fun, and learn as much as they possibly can. If they can make some friends, grow more confident, and learn something they can use in life, even better! The fencing community has been very kind to me over the years and I strive to do the same in my classes.

**SESSION 1**  
Tue 7:15-9:15pm     April 23- May 21  
$70/ 5 sessions       00008384

**SESSION 2**  
Tue 7:15-9:15pm     May 28- June 25  
$70/ 5 sessions       00008385

### Tennis

**Castlegar Complex Tennis Courts**  
12+ yrs

Learn how to compete with a strategy in mind. We will focus on learning different strategies used during a tennis game, as well as working on technique and footwork.

**SESSION 1**  
Complex Tennis Courts  
Tue. 7-8pm        May 7-28  
$35/4        00008349

**SESSION 2**  
Complex Tennis Courts  
Tue. 7-8pm        June 4-25  
$35/4        00008350

### Endless Adventure

**Intro to Stand Up Paddle Boarding**

15yrs + | Robson Ferry landing  
Below Lions Head Pub

At Endless Adventure we live, breath, and love paddling and our goal is to expand the sport and welcome new paddlers. We offer week long adult and youth kayaking programs thought the summer Specialize in Kayak, Paddle Boarding and Rafting Courses, Tours and Rentals. Check out our website for more information and to book your next adventure. www.endlessadventure.ca

Meet your paddle board instructor in Robson boat launch across from the Lions Head Pub. In this course we cover proper paddling techniques, stance and water safety. Gain confidence and learn the fundamental skills to prevent injury and to confidently venture off on your local waterways.

Duration: 2.5hrs

**SESSION 1**  
Saturday June 29  
9am – 11:30am  
00008398

**SESSION 2**  
Saturday July 20  
9am – 11:30am  
00008400

$50/ per session

### Creative Photography

**Instructor Jennifer Small | 12+ yrs**  
Castlegar Community Complex  
Selkirk Room

This class is for people with little to no photography experience but would like to get more artistic with their photos. Topics include aperture, depth of field, shutter speed, composition and movement within photography. Then we look at ways to use photography in creative ways. Should have a SLR style camera for this class. If you have any questions about this class please contact Heather Anderson at 778-460-5231

**SESSION 1**  
Wed. 5:30pm- 6:30pm  
July 3- July 24  
$38 / 4 sessions       00008343
ADULT

**SWIMMING**

**Monashee Masters**

16yrs+  
Complex Pool

Looking for a Master's swim club in the Kootenay's where you can train for the fun of it or train and compete in Masters Meets or train for a triathlon? The Kootenay Swim Club Masters group may be for you! As a new branch of the Kootenay Swim Club's offerings, the KSC Master's will train regularly doing drill and swims for each of the 4 strokes, covering anywhere from 500m to 3.5km. As well, we also include a Monashee Master's group for those older teens that are looking to stay fit but want to train with an experienced group of swimmers.

Visit our website or contact the Coach if you would like to know how to join. TheKootenaySwimClub.com

Check the Registration link for information on Master's registrations with MSABC.

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**Senior Swim Club**

50 yrs+  
Complex Pool

Swim for fitness! Swim to learn the strokes! Swim to improve technique! Swim and meet new friends! Swim to compete OR just Swim for Fun! Just come out and Swim! An instructor will provide a workout and assist with swimming techniques.

Mo, 10am – 11am  
Regular Admission  
Apr 1-Aug 12

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**Private Adult Lap/ Triathlon Swimming**

14 yrs+  
Complex Pool

Get a head start on your triathlon training or just join in for a great workout! One of our experienced coaches will provide a swim program designed for long distance swimmers as well as plenty of technical feedback! Finish your workout before the weekend even starts!

Sa, 8am – 9am  
$60/12  
Apr 6 – Jun 22  
00008374

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**Sunday Evening Labyrinth Walks**

Joan Alexander  
Castlegar & District Recreation Centre Labyrinth (Outside Aquatic Centre on Patio)

Learn about the Labyrinth and Experience it's many benefits! Everyone is welcome to enter the gate hidden in the cedars and walk the Castlegar outdoor labyrinth. For five Sunday evenings in June we will follow the setting of the sun by walking into the center of our Chartres labyrinth...and back out again. Please bring a sweater, water bottle and an open heart. Guided by our local Labyrinth Facilitator: Joan Alexander, SD.

Questions, please contact Joan at 250-608-1277 or alexander.joan9@gmail.com

Although this is a free program, participants must pre-register

Sun. 7:30pm – 8:30pm  
June 2- 30  
00008407

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**Summer Solstice Labyrinth Walk**

Joan Alexander  
Columbia Room & Castlegar & District Recreation Centre Labyrinth (Outside Aquatic Centre on Patio)

Come to this free community event where all ages are welcome and no experience is required! On the longest day of the year, you will join others for an evening walk on the Castlegar outdoor labyrinth. Drumming, bubbles and singing bowls, too! Rain or shine.

Host: Joan Alexander, Labyrinth Facilitator

Questions, please contact Joan at 250-608-1277 or alexander.joan9@gmail.com

Although this is a free event, participants must pre-register

Fri 7:00 pm - 8:30 pm  
June 21  
00008408

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Register online at www.rdck.ca
Adult Fencing
Castlegar Community Complex
Purcell Room | 14+ | Ali Ulker –Instructor

Classes will begin with a warm-up game, then a good stretch, footwork, and the last half of the class is devoted to fencing. There will also be blade-work, team fencing, and tournaments. That being said, I try to cater my classes to the individuals more than anything else. I want my students to be safe, have fun, and learn as much as they possibly can. If they can make some friends, grow more confident, and learn something they can use in life, even better!

Session 1
Tue 7:15 - 9:15 pm
April 23 - May 21
$70 / 5 sessions 00008384

Session 2
Tue 7:15 - 9:15 pm
May 28 - June 25
$70 / 5 sessions 00008385

Adult Tennis Lessons
Castlegar Community Complex
Tennis Courts | 18+ yrs
Cohen Rutherglen –Instructor

Learn how to compete with a strategy in mind. We will focus on learning different strategies used during a tennis game, as well as working on technique and footwork.

Session 1
Complex Tennis Courts
Thur. 7-8pm May 9-30
$35/4 00008409

Session 2
Complex Tennis Courts
Thur. 7-8pm June 6-27
$35/4 00008410

Adult Drop In Tennis
Castlegar Community Complex
Tennis Courts | 18+ yrs
Cohen Rutherglen –Instructor

Looking to meet up with some new and old friends on the courts for some organized Tennis? Then this program is for you. Our local tennis instructor Cohen Rutherglen will be on hand to organize everyone in some friendly games of tennis and give some hints to those interested on improving their game (this is not lessons).

Complex Tennis Courts
Wed. 7-8pm
May 8- June 26
$6 drop in fee to be paid at the CDRD

**Private Tennis Lessons Available. Please contact Heather Anderson, Recreation & Cultural Programmer at 778-460-5232 for more information.

WATER SPORTS

ENDLESS ADVENTURE

Intro to Stand Up Paddle Boarding
15yrs +
Robson Ferry landing/ Below Lions Head Pub

At Endless Adventure we live, breath, and love paddling and our goal is to expand the sport and welcome new paddlers.

We offer week long adult and youth kayaking programs thought the summer Specialize in Kayak, Paddle Boarding and Rafting Courses, Tours and Rentals. Check out our website for more information and to book your next adventure. [www.endlessadventure.ca](http://www.endlessadventure.ca)

Session 1
Tue. 7:00-8:00pm June 4 - July 9
$46 / 6 sessions 00007994

Session 2
Tue. 7:00-8:00pm July 16 - August 13
$39 / 5 sessions 00007996

Adults MUV, GROOVE & HIP HOP with MUV Studios

Castlegar Community Complex- Fitness Room
15+ yrs
Meg Sparks –MUV Studio/ Instructor Bio

Meg trained with Royal Academy of Dance (RAD) for Ballet which is out of London, England and Dupree Dance Academy for Jazz, Hip Hop, Modern and Tap based out of Los Angeles, USA.

An all levels class designed for those who have never danced but always wanted to, or danced as a child and are wanting to get back into it again as an adult. We explore or revisit all styles of dance in a fun, energizing and pressure free environment focusing on fitness, dance, music and movement.

Session 1
Tue. 7:00-8:00pm June 4- July 9
$46 / 6 sessions 00007994

Session 2
Tue. 7:00-8:00pm July 16 - August 13
$39 / 5 sessions 00007996

Register online at www.rdck.ca
PERSONAL TRAINING

CDRD Weight Room

Experience all the benefits of health and wellness by working with a Personal Trainer.

Let a Personal Trainer help you add confidence, effectiveness, and safety to your workouts. Let us design a program that is specifically for you to help achieve your fitness goals from beginner to advanced.

All new Personal Training clients require an assessment in order to allow the trainer to fully understand the needs and goals of the client.

Individual Personal Training Packages

<table>
<thead>
<tr>
<th>Package</th>
<th>Duration</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Assessment</td>
<td>1 Session</td>
<td>$49 + tax</td>
</tr>
<tr>
<td>3 Sessions</td>
<td>3hrs</td>
<td>$138 + tax</td>
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<tr>
<td>5 Sessions</td>
<td>5hrs</td>
<td>$220 + tax</td>
</tr>
<tr>
<td>10 Sessions</td>
<td>10hrs</td>
<td>$410 + tax</td>
</tr>
</tbody>
</table>

HOW TO SIGN UP:

Fill out the CDRD PT package!
Drop off the completed package at the front office!
A CDRD Trainer will contact you to begin training.

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

ATTENTION! – TEEN WEIGHT ROOM USERS!

All students between 13 - 16 years of age MUST complete a Youth Consent Form (Parent signature required) before using the Weight Room.

Arrange a FREE Weight Room orientation with the Front Desk or Fit Tech on duty.

MEET THE TRAINERS

Shannon

Shannon is a CFES certified Personal Trainer and group fitness instructor, as well as a BCRPA fitness leader. She has a passion for total health and safety in fitness, and an interest in plant-based nutrition.

Melinda

My name is Melinda and I’m a certified persona trainer. My role is to provide you with motivation, accountability, and results! Getting is shape shouldn’t be a punishment or a negative experience for you. It’s an amazing and empowering lifestyle decision that anyone can achieve if you are willing to commit to it. You must also have the mindset: “I can do it, and I will do it.” I’m determined to help you be successful in reaching all your health and fitness goals. Let’s work towards being the healthiest, and strongest version of yourself.

Rene

HEAD FITNESS LEADER

Rene has bee a BCRPA certified personal trainer and CFES group fitness Instructor 9 years now. She is happily employed at the CDRD in her role as Head Fitness Leader. She has experience training teens all the way to seniors. From athletes to injured. Rene believes that a well rounded balance of diet and exercise is crucial in being successful both physically and mentally. She has a passion for her job and life and she would be more than happy to help you find your own success!
# Aqua Fit Drop-In Schedule

## April 1 - June 28

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td><strong>Aqua Cardio Core</strong> 9-10 am</td>
<td><strong>Aqua Fit in Motion</strong> 6-7 pm</td>
<td><strong>Aqua Cardio Core</strong> 9-10 am</td>
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Note: There will be no Aqua Zumba from mid April to end of May. Will replace with Aqua Fit in Motion.

## July 2 - August 16

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Register online at www.rdck.ca
### Drop-In Fitness Schedule April 1 - June 28

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<tr>
<td>Lean Machines</td>
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<td>Studio Circuit</td>
<td>Cardio Core</td>
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<tr>
<td>Fit Happens</td>
<td>Stretch &amp; Strength</td>
<td>Barre Fusion</td>
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<tr>
<td>Yin Yoga</td>
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<td>Step</td>
<td>Barre Fusion</td>
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Register online at www.rdck.ca
Aqua Fit In Motion
Get your body moving to the beat with this high energy, low impact, calorie burning class! You’ll enjoy a great workout toning your entire body using the water resistance for core, cardio and strength all while you move to some great music in the deep end of the main pool.

Aqua Zumba ®
Make a splash by adding low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn’t miss! There is less impact on your joints during an Aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step helps tone your muscles. Just add water and shake for a fun fitness workout all levels will enjoy.

Aqua Cardio Core
A medium to high intensity Aqua – Fit class focusing on cardiovascular fitness and core stability.

Deep Water Aqua Fit
Enjoy this low impact, full body workout using the water for resistance! This class provides cardiovascular training with muscle endurance and core conditioning!

Early Bird Aqua Bootcamp
Get a head start on your day with this EARLY class! This total body workout combines strength, cardio, core and flexibility training using a variety of equipment.

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

Half & Half Aqua Fit
This class is a mix of shallow water and deep water exercises. You will use equipment to strengthen and tone, all while incorporating cardio and endurance to burn those calories!

Shallow Water Bootcamp
Challenge your fitness level and build your strength and cardio.

20/20/20
A great combo of cardio, strength and stretch – the 3 components of true fitness! 20 minutes of warmup and higher intensity cardio. 20 minutes of whole body strength moves including a combo of pilates, balance work, stretchy bands, weights and more. 20 minutes of yoga-like stretching and cool down. It’s been proven that 15 minutes of intense cardio is more effective than longer, less intense sessions.

Cardio Core
Name says it all! In this higher intensity class we target heart rate while hitting the core. Intermediate fitness enthusiasts love this upbeat challenging format. However, modifications are always offered to ensure success.

Barre Fusion
A combination of Pilates, Barre, and muscular activations – the perfect accompaniment to your strength training regime.

Fit Happens
Increase fitness levels while gaining confidence using various equipment. All levels will be welcome as regressions and progressions will be offered with every person’s needs. This is a timed interval style class which allows you to work at your own pace while still being challenged.

HIIT
This class is a high-intensity interval training workout which focuses on full body strength conditioning paired with cardio bursts. This class is a mix of shallow water and deep water exercises.

Lean Machines
Join us every Tuesday, Wednesday and Thursday mornings in the weight room for a timed based circuit using stations and intervals of both cardio and strength. We use all tools in the gym including machines, free weights, kettlebells, medicine balls, and bands. This class is coached by a certified Personal trainer so all your needs will be met accordingly. All levels welcome!

Step
Using the step as a tool for strength exercise, all while still incorporating traditional step moves to improve endurance, making this a well rounded workout.

Stretch & Strength
A light mix of strength training, low impact cardio and stretching to get your day started!

Studio Circuit
Get your body moving in all sorts of good ways! Keeping your muscles guessing, working with stations and timed intervals proves to get you stronger and increase cardio health! Variety is key in this class!

Yoga Classes

Gentle Flow
A restful, calming class including breathing, gentle flowing movements, passive and supported poses. This is a perfect beginning yoga class that is also appropriate for those working with injury, limited mobility, or who prefer a softer, gentler approach to yoga.

Vinyasa Flow
Standing postures are connected in an easy, flowing way. The flow of movement enables the stretching and strengthening of muscles, plus it enhances joint range of motion in a gentle way. Introduction of the finer details of breath, awareness, alignment, balance, and core integration. For beginners to intermediate.

Yin Yoga
We will explore poses while seated or lying down. Stretches will be held for longer periods to go deep into the tissues and improve elasticity of the muscles. A deeply calming and relaxing practice. Excellent for beginners. Beneficial for athletes who want to improve flexibility. Appropriate for those who cannot perform standing yoga sequences.

Register online at www.rdck.ca
**Morning Spin and Sculpt**

16yrs + | Fitness Studio  
This fast paced cardio, fat burning workout will be sure to tone and tighten your muscles, and you will finish with a portion of strength training. Maximum 12 participants.  
Monday 6:10-7am Apr 1 – Jun 17  
$80/10 00008317

**Balance & Mobility**

16yrs + | Fitness Studio  
Balance and Mobility are important components of maintaining our independence as we age. This small group program provides both seated and standing exercises to help you improve your balance, strength and mobility in a fun, encouraging atmosphere. This program is structured to meet a wide variety of skill levels, and incorporate both independent and group work.  
Mo, We, 11:30am-12:30pm  
Apr 1 – May 6  No class April 22  
$50/10 00008273

Mo, We, 11:30am-12:30pm  
May 8 – Jun 12  No class May 20  
$50/10 00008275

Mo, We, 11:30am-12:30pm  
Jun 17 – Jul 22  No class July 1  
$50/10 00008276

Mondays ONLY, 11:30-12:30pm  
Apr 1 – May 6  No class April 22  
$50/10 00007962

Mondays ONLY, 11:30-12:30pm  
May 13 – Jun 10  No class May 20  
$50/10 00008263

Mondays ONLY, 11:30-12:30pm  
Jun 17 – Jul 22  No class July 1  
$50/10 00008268

**Iron Sets & Reps**

16yrs + | Weight Room  
You might think there is not enough time in the day...but taking a mid day break to let your mind refresh, your body unwind, is never a waste of time. Join our trainer in the weight room during your lunch break for a quick, full body strength workout. It is designed to get you moving without working up a big sweat so you can get back to work. Class will be both Monday's and Wednesday's so we can keep you on track.  
Mo, We 12:10-12:55pm  
Apr 1 – May 6  
$80/10 00008280

Mo, We 12:10-12:55pm  
May 8 – Jun 12  
$80/10 00008282

Mo, We 12:10-12:55pm  
Jun 17 – Jul 8  
$80/10 00008283

**Off the Hook Suspension Training**

16yrs + | Fitness Studio  
This 45 min TRX class will go so fast it's like you were never even here! Work your muscles safely using it's own body weight through this suspension training system. This is a progression style class. By the end of the session, you will be hooked and amazed at the things you've accomplished. Maximum 8 participants.  
Mo, 4:15-5pm Apr 1 – Jul 8  
$108/12 00008285

No classes April 22, May 20 and July 1

Register online at www.rdck.ca
**Intro to Spin**
16yrs + | Fitness Studio

This class will help you gain the foundation and confidence you need to feel great and find success with indoor cycling. Rides will fun and exciting while going over all the basics. We will keep intervals shorter, recovery longer all while frequently checking in on form. If you’ve always wanted to try spin, this beginners class is for you!

Mo, 5:30-6:30pm  Apr 1 – Jun 17  
$80/10  00007972

No class April 22 and May 20

**Spring Spin**
16yrs + | Fitness Studio

Strengthen your lower body and sweat as you ride to energetic tunes with an enthusiastic instructor. A variety of drills will help push your fitness to the next level.

Tu, 6:45-7:45pm  Apr 2 – Jun 4  
$80/10  00008306

**Health & Recovery**
16yrs + | 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 class takes place in the Complex Weight room and allows you to progress at your own rate. Whether you are new to fitness or have just been away for awhile, this program is for you! A mandatory assessment with the program’s fitness instructor is required for first time participants.

Tu, Th 9-10:30am  Apr 2 – May 2  
$50/10  00008295

Tu, Th 9-10:30am  May 7 – Jun 6  
$50/10  00008296

Tu, Th 9-10:30am  Jun 11 – Jul 11  
$50/10  00008297

Assessment only  
$35  00007968

**Evening Spin and Sculpt**
16yrs + | Fitness Studio

This fast paced cardio, fat burning workout will be sure to tone and tighten your muscles, and you will finish with a portion of strength training. Maximum 12 participants.

We, 6:45-7:45pm  Apr 3 – Jun 5  
$80/10  00008310

**Evening Vinyasa Flow Yoga**
16yrs + | Selkirk Room

This class consists of dynamic and energetic movements. Focus on building strength, flexibility and cardio with your breath and body movement all while maintaining proper alignment. Modifications will be provided.

Tu, 5:30-6:30pm  Apr 2 – Jun 25  
$120/12  00008344

No class April 16

**Yoga on the Labyrinth**
16yrs + | Selkirk Room/Labyrinth

“Join us for four Wednesday evenings in April as we practice yoga and walk a beautiful cloth labyrinth in a peaceful and meditative indoor setting.” ~ Deb* and Joan*

Gentle Yoga, a slow yoga practice, will be offered to assist participants in “building mindfulness, resilience and an increased sense of peace and happiness”.

Tu, 7-8:30pm  Apr 2 - 30  
$50/5  00008411

*Outdoor labyrinth April 16 only*  

* Deb is a certified yoga instructor in the Kripalu tradition, (250 hour CYT with Yoga Alliance Canada) with the desire of making yoga accessible to everyone.  

* Joan Alexander is a life-long learner certified in Spiritual Direction and trained in Labyrinth Facilitation and Dream Interpretation by the Haden Institute & Mount Carmel Spiritual Centre.

Questions? Please contact Joan at alexander.joan9@gmail.com or 250-608-1277
**Healthy Spine Yin Yoga**

16yrs + | Selkirk Room

A mash-up of gentle twists, back-bends, forward bends, side stretches, and spinal alignment postures to improve flexibility, ease tension, and leave you feeling relaxed and refreshed. Suitable for all levels. (Please inform instructor of any injuries or limitations).

**Register online at www.rdck.ca**

Th, 5:30-6:30pm  Apr 11 – Jun 27
$100/10

No classes April 25 and June 13

**Zumba ®**

16yrs + | Fitness Studio

Ditch the workout and join the party – exercise has never been so fun! This fun, easy to follow cardio dance class combines high energy and motivating Latin music. Unique moves and combinations will make you feel like you are partying on the dance floor. Zumba is the best way to “dance away your worries”!

**Th, 6:45-7:45pm  Apr 4 – Jun 6**
$80/10

**TRX “n” Spin**

16yrs + | Fitness Studio

The perfect combination of strength and cardio to sculpt and tone that body you want! Cycling will improve your cardiovascular fitness and tone your hips and legs. Then adding suspension training using your own body weight will enhance calorie burning by toning muscle and adding flexibility!. Maximum 8 participants. **Intermediate**

**Fr, 6:10-7am  Apr 5 – Jul 5**
$108/12

No class April 19 and June 7

**Spin 45**

16yrs + | Fitness Studio

This indoor cycling class is designed for all fitness levels. The intensity of your ride is under your control, allowing you to work at a pace that is right for your body. You’ll be picking up the pace with flat road sprinting, digging deep as you climb single and rolling hills, and setting your legs on fire with high intensity intervals.

**Sa, 8:15-9am  Apr 6 – Jun 8**
$80/10

**Weekend Warrior**

16yrs + | Fitness Studio

Kickstart your weekend with this full body workout! Build cardio fitness while improving muscular strength and endurance. The workout will be done with high intensity and high energy!

**Sa, 9:15-10am  Apr 6 – Jun 8**
$80/10

**Chair Yoga**

16yrs +

Selkirk Room

If you are experiencing limited mobility or are recovering from an injury, Chair Yoga offers an alternative practice to help you slowly develop balance and stability—while improving strength and flexibility. People with limited mobility often think yoga is not accessible to them. It absolutely can be. By moving slowly and mindfully, you can open up tight areas of your body in a safe and supportive way. This class will include seated and standing poses, mindfulness and pranayama (breath) practices in each class.

**We, 10:15-11:15am  Apr 10 – Jun 26**
$120/12

**Gluten-Free Baking**

16yrs + | Kitchen

Join Kristyn in this hands-on experience baking experience using completely gluten-free (and grain-free) flours, farm fresh eggs, and a variety of other simple ingredients! We will be making and tasting coconut flour bread and pumpkin-spiced muffins. Suitable for a range of allergies / food preferences (ie. gluten-free, dairy-free, soy-free). Free print-outs of both recipes included. Maximum 10 participants.

**Th, 7-8:30pm  Apr 11, 18 and May 2**
$64

**Lunchtime Salad Prep**

16yrs+ | Kitchen

This series is for anyone looking for a simple approach to healthy eating. Kristyn will demonstrate some of her favourite make-ahead salads and dressings, suitable for almost any eating preference (ie. gluten-free, dairy-free, vegetarian). We will be making and tasting a detox salad with green goddess dressing; thai quinoa salad; and rice paper salad rolls with peanut (or almond butter) dipping sauce. Please bring containers to bring home your creations!

**Th, 7-8pm  May 9, 16, 23**
$55

**WORKSHOPS**

Kristyn is a registered health and nutrition coach with a background in psychology. She believes in a whole foods, intuitive approach to eating, and is passionate about helping people master their health (body-mind-spirit) so they can go out into the world and live their dreams. Find out more about what Kristyn has to offer at www.kristyntrickey.com, on Instagram @kristyntrickey, or on Facebook @wellnesswithkristyn

**Gluten-Free Baking**

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**Th, 7-8pm  May 9, 16, 23**
$55
INSTRUCTORS WANTED!

Speak to the Fitness Programmer in your area if you have questions or are interested in becoming a Fitness Leader!

Castlegar  Vanessa Bloodoff  (250) 365-3386  vbloodoff@rdck.bc.ca
Creston  Jesse Bourgeois  (250) 428-7127  jbourneois@rdck.bc.ca
Nelson  Anne Gillender  (250) 354-4386  agillender@rdck.bc.ca
Salmo  Ryan Ricalton  (250) 357-0121  rricalton@rdck.bc.ca

Contact your local Fitness Programmer for more info and possible funding opportunities

Fitness Knowledge
15+ yrs

Salmo and District Recreation Centre
Instructor: Jodi Vousden

This is the first step and pre-requisite course to becoming a leader in fitness. You will learn the anatomy, physiology, and fitness training principles to help you with your goals as fitness professional or as a fitness enthusiast.

Fri  4:30pm - 9:00pm  Mar 29, Apr 5
Sat  9:00am - 6:00pm  Mar 30, Apr 6
00007770

$339 + tax
(includes manual)

Weight Training Instructor Course
16+ yrs

Nelson & District Community Complex
Pre-Requisite: Fitness Knowledge

This course builds on your Fitness Knowledge and covers the practical components required to become a Weight Training Instructor. Students will learn proper set up and use of cardio and weight room equipment as well as proper exercise technique through class room and hands on experience. This course includes the practical. Practical Exam Fees and Certification Fees not included.

Fri, 4:00-9:00 pm  May 31, Jun 7, Jun 14
Sat, 9:00 am – 6:00 pm  Jun 1, Jun 8, Jun 15
Sat, 9:00 am – 11:00 am  Jun 29
00008140  $499+tax

Group Fitness Instructor
16 + yrs

Castlegar & District Community Complex
Pre-Requisite: Fitness Knowledge

Develop the foundation skills required to deliver a safe, effective group fitness class (cardio/strength). Topics include: musicality, upper and lower body movement, lesson planning, communication, safety, and motivation. Feel confident writing the National Group Fitness Instructor Exam and completing the Group Fitness Instructor Skills Assessment. Manual included (ISA and professional registration fees separate).

Pre-Requisite: Fitness Knowledge

Fri, 4:00-9:00pm  May 31, June 7, 14
Sat, 9:00 am – 6:00pm  June 1, 8, 15
00008760  $500 + tax

Final Exam June 22 – 2 hours for the written, skills assessment can follow if candidate is ready.
AQUATIC TRAINING

**Bronze Combination Camp**

Pre-requisite: 13yrs by last day (or Bronze Star)

Castlegar Community Complex

Two certificates within one course! The Bronze Combination Camp combines Bronze Medallion and Cross certifications to progress you through your lifesaving training. Candidates learn advanced lifesaving techniques that include open-water rescues, stroke efficiency and endurance, management of aquatic injuries and emergencies. This course is a pre-requisite of National Lifeguard (NL) and includes a CPR-C/AED certification upon successful completion. 100% attendance required for certificate completion.

Mo-Fri 9:30-4:30pm  Mar 25-29
$319/5  
00004884

**CPR Recertification**

Pre-requisite: Proof of Previous CPR Certification

Castlegar Community Complex

Su, 9-1pm  Jun 23
$80  00008213

**Bronze Medallion**

Pre-requisite: 13yrs by last day (or Bronze Star)

Castlegar Community Complex

The Lifesaving Society Bronze Medallion program is a “building block” toward further lifesaving and lifeguard training. Candidates learn lifesaving techniques for challenging open-water rescues and develop stroke efficiency and endurance (500 metre timed swim). Certification includes CPR-A/AED

Tu - Fri 9-2:30pm  Jul 2-5
$210/4  00008213

**Bronze Cross**

Pre-requisite: 13yrs by last day (or Bronze Star)

Castlegar Community Complex

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safety supervision in aquatic facilities. Candidates develop proficiency at performing patient assessments, managing aquatic spinal injuries and preventing the loss of life, while developing stroke endurance and fitness training skills. Bronze Cross includes the CPR-C certification and is one of the pre-requisite awards for all advanced Lifeguarding and Leadership training programs.

Mo-Fri 9-2:30pm  Jul 8-12
$180/4  00008214

**Standard First Aid Course**

Pre-requisite: 15 years old

Castlegar Community Complex

Lifesaving Society Standard First Aid is the most comprehensive first aid program for the general public and a prerequisite for National Lifeguard. Learn how to assess and treat airway, breathing and circulatory emergencies; and management of medical, musculoskeletal and environmental emergencies. Certification includes CPR-C/AED.

Sa, Su 9am – 5pm  May 25 & 26
$200  00008211

**National Lifeguard Course (NL)**

Pre-requisite: 16yrs by last day, Bronze Cross, and Standard First Aid or Aquatic Emergency Care

Castlegar Community Complex

NL Pool & Core option is the nationally recognized lifeguard certification program. This course is designed to develop a sound understanding of lifeguarding principles! The program covers, general and specialized first aid rescue techniques, accident prevention, communication and fitness. Proof of pre-requisites must be shown prior to course. 100% attendance is required. Includes fanny pack, whistle, pocket mask.

Mo-Fri, 9-3:30pm  Jul 22, 23, 24, 25, 26, 29, 30, 31
$450  00008210

**NOTE:**

Advanced Aquatic Leadership Courses (Bronze Medallion, Bronze Cross, NL, NL-R, WSI, WSI-R, LSI, LSI-R, AEC, SFA, SFA-R, CPR-C): 7 days advanced notice required for a refund or credit. Refunds will not be granted to registrants who do not possess all the pre-requisites or do not present them on the first day of the course. Medical Conditions: Will be given special consideration for refunds (may require a doctor’s note).
Leisure Access Program
You and your family may qualify to receive up to 50% off admission to the CDRD.
Guidelines and applications online at www.rdck.ca

Golden Guest Facility Membership
If you are 80 years or older you can receive a free CDRD Facility Membership. Free Swimming, Free Drop In Fitness Classes, Free Skating

Canadian Tire Jump Start
Jumpstart is a program that provides financial support to enable children to take part in sports and recreational activities. Funding is available to subsidize children and youth in programs, activities, leagues, sports, etc. with a physical activity component. Pickup your paper copy at the CDRD or go on line at canadiantire.ca/jumpstart to learn about grant applications and eligibility criteria.

RDCK Wellness Pass
The RDCK Wellness Pass will allow pass holders entry into any of the RDCK’s Community Complexes and Fitness Centres located in Castlegar, Creston, Nelson and Salmo during public admission times. Contact us for rates!

Code of Conduct
The Castlegar & District Community Complex is a busy, client focused, multi activity, inclusive and welcoming Community Centre.

To ensure the highest level of enjoyment for our clients, the CDRD requests that all of our clients, from spectators to active users, conduct themselves in a manner that creates a friendly and positive environment for recreational, sport and social activities in our facilities.

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

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

Participants engaging in inappropriate behavior may have their privileges revoked.
COMMUNITY GROUPS

CASTLEGRAR AQUANAUTS
The Castlegar Aquanauts Swim Club is a member of the British Columbia Summer Swimming Association (BCSSA). Our goal is to promote a healthy lifestyle, develop lifelong swim skills and promote the sport of swimming in our region. The club offers children and youth the opportunities to stay physically fit, develop their swim skills, compete in local, regional and provincial swim meets, make new friends, and have fun. This year the Aquanauts will be celebrating their 50th Anniversary! For more information go to their website at www.castlegaraquanauts.ca

CASTLEGRAR SLO-PITCH
Castlegar Slo-Pitch is a fun, recreational league. The season runs from April to July with games played Sunday through Friday. We also host 3 tournaments a year - Sunfest, League Wind-up & a wooden bat charity tournament in the September. New Players and teams are always welcome. For more information contact us at castlegarslopitch@hotmail.com

CASTLEGRAR GIRLS SOFTBALL ASSOCIATION
Castlegar Girls Softball hosts Tball for both boys and girls ages 4-6 and Fastpitch for girls ages 7-19. We teach the rules and regulations of the game and instill respect, values, ethical conduct, good sportsmanship and fair play. Our season runs from April to June and ball is played 2 to 3 weekdays per week. Registration will be starting soon! Forms will be available for pickup and drop off at the complex. Check us out/join our group on Facebook for the most up to date information https://www.facebook.com/groups/623103314486975/ or email us at castlegarsoftball@hotmail.com

CASTLEGRAR MINOR SOCCER
Castlegar Minor Soccer Association (CMSA) welcomes any youth aged 3 -17 to register to play the world’s most recognized sport of soccer (otherwise known as ‘football’)! The mini-mini program allows 3-4 yr old’s the opportunity to run and play fun games while the mini and youth programs build on their skills to become confident, competent players. Our organization is affiliated with BC Soccer and as such is supported with coaching and referee courses, as well as the delivery of the Long-Term Player Development programme for enthusiastic players. We offer an affordable 3-month program that promotes getting the kids outside and enjoying the beautiful game of soccer! Please see our website: www.castlegarsoccer.com for more information.

WEST KOOTENAY MINOR LACROSSE ASSOCIATION
Is for all players, boys & girls, between the ages of 5 & 16. Our goal is to promote Canada’s National Sport & with Fair Play, physical activity, basic rules, skills & fun in all levels. For further information, please use the website www.wkmla.com
### AQUATIC & FITNESS CENTRE

**CLOSED**
- July 1st - Canada Day
- July 6 & 7 - Aquanauts Swim Meet
- Aug 3 & 4 - Regional Swim Meet
- Aug 19 - Sept 2 - Annual Pool Shut Down
- Aug 24 to Sept 2  
  Weight Room Annual Shut Down
**REOPENS SEPTEMBER 3RD**

**OPEN**
- Stat Holidays - 1:30-4:30pm
- Victoria Day – May 20
- BC Day – Aug 5

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**SPRING HOURS** (Feb 23 – June 30)

<table>
<thead>
<tr>
<th></th>
<th>AQUATIC CENTRE</th>
<th>FITNESS CENTRE</th>
</tr>
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<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td>6:30 am – 9:00 pm</td>
<td>6:00 am – 9:00 pm</td>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
<td>8:00 am – 9:00 pm</td>
<td>6:00 am – 9:00 pm</td>
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<tr>
<td><strong>WEDNESDAY</strong></td>
<td>6:30 am – 9:00 pm</td>
<td>6:00 am – 9:00 pm</td>
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<tr>
<td><strong>THURSDAY</strong></td>
<td>8:00 am – 9:00 pm</td>
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<td><strong>FRIDAY</strong></td>
<td>6:30 am - 8:30 pm</td>
<td>6:00 am – 8:30 pm</td>
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<tr>
<td><strong>SATURDAY</strong></td>
<td>9:00 am – 6:00 pm</td>
<td>9:00 am – 6:00 pm</td>
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<tr>
<td><strong>SUNDAY</strong></td>
<td>1:00 pm – 6:00 pm</td>
<td>1:00 pm – 6:00 pm</td>
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* Summer Hours (July 2- August 18) Saturdays 10am- 6pm

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**AQUATIC CENTRE ADMISSION RATES** - Taxes Included

<table>
<thead>
<tr>
<th></th>
<th>ADULT 19-59YRS</th>
<th>SENIOR 60+</th>
<th>STUDENT 15-18YRS</th>
<th>YOUTH 7-14YRS</th>
<th>CHILD 2-6YRS</th>
<th>FAMILY MAX 5*</th>
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</thead>
<tbody>
<tr>
<td>Single</td>
<td>$6.00</td>
<td>$5.00</td>
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<td>$3.75</td>
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<td>10 Passes</td>
<td>$53.97</td>
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<td>$45.08</td>
<td>$33.71</td>
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<td>20 Passes</td>
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<tr>
<td>1 Month Membership</td>
<td>$64.05</td>
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<td>$42.00</td>
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<td>3 Month Membership</td>
<td>$147.00</td>
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<td>6 Month Membership</td>
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<td>Annual Membership</td>
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**LEISURE ACCESS PROGRAM**

You and Your family may qualify to receive 50% off admissions to CDRD. Guidelines & applications in person or online at www.rdck.ca

**REQUEST A REFUND, CREDIT OR TRANSFER**

Please contact customer service during business hours 250 365-3386 ext 0
Please see our program cancellation policy at www.rdck.ca or at the front desk.

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Register online at www.rdck.ca
Rental Opportunities
CASTLEGAR & DISTRICT RECREATION COMPLEX

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, home to the KIJHL Junior B Castlegar Rebels and the BCIHL Selkirk Saints, includes a regulation ice surface, 5 dressing rooms, referees room and concession. The arena dry floor is available for conventions, exhibitions and trade shows from April through July. Our outdoor areas include a sports field, skate park and tennis courts.

Exceptional facilities. Exceptional rates.

CONTACT US TODAY TO BOOK YOUR SPACE
778-460-5226 EXT 5226