LEISURE GUIDE
Creston & District Community Complex
Spring 2019
Bike to Work Week

MAY 27-JUNE 2

Biking to work/school is a healthy, eco-friendly way to commute...saving you money on gas and helps you get some physical activity into your day.

Please don’t forget to:

• Wear your helmet: Helmets must be approved and meet provincial safety standards. You could receive a fine if you are not wearing a helmet while biking.

• Reflective gear: Be extra visible with reflective gear on your bicycle pedals and wheels.

• Stay off the sidewalks: Keep on the right hand side of the road as much as it is safe to do so. It is illegal to ride (you should walk your bike) on sidewalks and crosswalks.

• Follow the rules of the road: Obey all traffic signs and signals.

• Use caution around parked vehicles: Be aware of people in parked vehicles. Avoid getting hit by an opening door (stay 1 metre away)

• Shoulder check: Shoulder check and hand signal before taking any turns. Drivers sometime fail to yield right-of-way.

Visit our Celebration Stations during the Bike to Work Week around town. You can stop for a beverage, tire check and enter a draw to win daily or weekly prizes.

Register yourself online at www.biketowork.ca to log your Kilometres and win prizes!

Compete against other communities and/or cities. Get all of your co-workers biking to work and feeling great! Bike to the Farmer’s Market on Sat, June 1st and visit our table – you will receive $5 certificate to spend at the market. Bike and Win!!

Get ready for...

Kootenay Lake

2019 GRAN FONDO

SEPT 21, 2019

Created by the Creston Valley Chamber of Commerce, Organized with The Rotary Club of Creston

This world-class Fondo event offers riders in all disciplines stunning lakeside and canyon views, as well as seriously challenging climbs and valley vistas for Gran Fondo participants. It will turn downtown Creston into a weekend-long hub of food, fun and cultural activity for the whole family. Gran Fondo 151 km, Medio Fondo 97.8 km, Piccolo Fondo 55.9 km. All funds raised go to support charitable endeavours.

Register now at www.kootenaylakegranfondo.com
Staff Contact Information:

Randy Fediuk  
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rfdiuk@rdck.bc.ca  
Ext 2030

Neil Ostafichuk  
Recreation Coordinator  
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Ext 2031

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Ext 2032

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Recreation Programmer  
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Ext 2033

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Fitness Programmer  
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Ext 2036

Lisa Dear  
Aquatic Programmer  
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Ext 2035

Ashley Grant  
Head Customer Service Representative  
agrant@rdck.bc.ca  
Ext 2034

Online Registration
www.rdck.ca/recreation

In Person
Walk right up to the customer service desk and say, “Hello”.  
312 19th Avenue North in Creston

Information
For more information about our programs and services, please email us at crestonrec@rdck.bc.ca
Busy Bees
3-6 yrs
CDCC - Sunshine Room
Your little one will be busy with a variety of activities in this fun, active playtime. Painting, pasting, music, movement, stories and songs; anything to move the body and spark the imagination. March 11-15 is conveniently right after childminding and March 25-29 is during Spring Break.

00005244 Mon-Fri, 12-1:00pm
Kylie MacVicar

00005426 Mon-Fri, 9-10:30am
Chantel Wishlow

Music and Movement
3-6yrs | Instructor: Leslie LeBlanc
CDCC – Fitness Studio
Your children will be singing, dancing and making instruments as they act out stories and play games. A full hour of activity for your energetic youngster. Please wear indoor shoes and non-restrictive clothing.

Thur, 3:30-4:30pm Apr 18-Jun 6
00008477 $42 (8classes)

Lucky Ducky Play Date
All ages welcome
CDCC - Pool
Lucky Ducky Play Date is a great opportunity to spend quality time with your children and other young families in the leisure pool with tons of yellow rubber ducks. There’s no need to make a reservation to enjoy this full hour of excitement and fun. Just show up, suit up and jump right in. You’ll be happy you did!

Wed, 11:00-12:00pm Apr 3 – Aug 21

WaterBabies Swim Lessons
4-36 Months
CDCC – Pool
This is a combination of all three parented classes (Starfish, Duck and Sea Turtle). Our instructors will lead you through Red Cross Preschool Swim Lessons in exciting ways, ensuring that your little swimmer has all the preparation needed to splash up to the next level (unparented swim lessons) and join our Sea Otter class at the age of 3!

Sign up for an entire set or drop in as you wish.

Register for just $42 per set (8 classes), or drop in for $5.25 each visit! Please call ahead to reserve your spot. Max number of 10 participants.

Mon-Thu, 11:30-11:55am
Mar 18-28
00005201 $42 (8 classes) or $5.25/class

Tue/Thu 5:00-5:25pm Apr 30-May 23
00008245 $42 (8 classes) or $5.25/class

Sat, 12:00-12:25pm Apr 27-Jun 29
00008246 $42 (8 classes) or $5.25/class

No Saturday lessons on June 1st and June 22nd

Register online at www.rdck.ca
BIRTHDAY PARTIES!
CELEBRATE WITH US AT THE CDCC

**OPTION #1**
- 1 hour room rental
- Admissions for 10 children to the pool or arena (call to confirm times)
- $50 + tax

**OPTION #2 (ACTIVITIES)**
- 1 hour room rental
- Admissions for 10 children to the pool or arena (call to confirm times)
- Your choice of Mermaid* for 10 children
- $99 + tax

Setup your party in on one of our Multipurpose Rooms with an option add on a Mermaid swim.

* (call to confirm times)
* Each child must complete a Mermaid Swim Assessment at least one day prior to using our fins
* Maximum of 10 children due to equipment availability.

Note: There must be a ratio of 1 adult to 3 youth (ages 6 & under) in the pool within arms reach at all times. Skate/helmet rentals available during public skate times. Additional admissions over the 10 children for Option #1 will be charged $5+tax. Call 250-428-7127 or visit the CDCC front desk to book your party with at least 1 week notice.

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**Childminding**

Child Minding is for members and participants who require short term care for their children while they are in the facility pursuing their health and fitness goals or just want to relax. Children, ages 18 months to 6 years old, can stay up to a maximum of 2 hours per day.

Join us in the Sunshine Room for crafts, stories and creative play times.

**DAYS/TIMES:**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>8:30 am - 12:00 pm</td>
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<tr>
<td>Tuesday</td>
<td>9:00 am - 11:00 am</td>
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<td>Wednesday</td>
<td>8:30 am - 12:00 pm</td>
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<td>Thursday</td>
<td>9:00 am - 11:00 am</td>
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<tr>
<td>Friday</td>
<td>8:30 am - 12:00 pm</td>
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* FREE child minding with a 6 month or 1 year adult/family pass.
* Includes a wristband for the child for the pool on that day.

Without membership
$4/hr or $35 for a 10 pass, siblings
$3/hr or $30 for a 10 pass

No childminding: Christmas Break, Spring Break and Summer holidays (July & August)
Congratulations on taking your first steps in water safety!

Please keep in mind that all children under the age of 7 must be within arms reach of an adult at a maximum ratio of one adult to three children. Regardless of their swimming ability, young children are not always fully aware of their physical limits and know when to take a rest therefore it is crucial until they are 7 years of age that they are within arms reach of a parent or guardian.

Is the Lesson You Want Full?

Get on the waitlist! Classes are created on demand. With enough interest, waitlists may replace any classes that have been cancelled and instructors may be added to accommodate the demand!

Check out our Custom Private Lessons!

Want to improve your strokes and work towards your goals in the water? Customized lessons are great for any age group! We can customize private or semiprivate lessons for you at a time that fits best with your schedule.

Contact the front desk or Aquatic Programmer at (250)-428-7127.

Private $20 /30 minutes
Semi-Private – 2 people $15 /30 minutes (per participant)

Free Lesson Assessments

During your swim, we can assess you at no extra charge. Just ask at the front desk or a lifeguard.

The assessment may take up to 15 minutes depending on swim level.
## SWIMMING LESSONS

### MONDAY-THURSDAY
**MARCH 18-28**
Set #1 (8 classes)

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<th>Time</th>
<th>Water Babies</th>
<th>Sea Otter</th>
<th>Salamander</th>
<th>Sunfish</th>
<th>Crocodile</th>
<th>Whale</th>
<th>Swim Kids 1</th>
<th>Swim Kids 2</th>
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### TUESDAY/THURSDAY
**APRIL 30 - MAY 23**
Set #2 (8 Classes)

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### SATURDAYS
**APRIL 27 - JUNE 29**
Set #3 (8 Classes)

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### OPTIONS

**Red Cross Adapted Swim Lessons** are available for children with limited mobility, physical impairments, or other disabilities. Please contact the Aquatic Programmer for more information.

**Red Cross Adult Swim Lessons** are available. Please see page 19 for more information.

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### SWIM LESSON DURATION & PRICES

<table>
<thead>
<tr>
<th></th>
<th>Duration</th>
<th>Price</th>
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<tbody>
<tr>
<td>Red Cross Swim Preschool</td>
<td>25 min</td>
<td>$42</td>
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<tr>
<td>Red Cross Swim Kids 1-4</td>
<td>25 min</td>
<td>$42</td>
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<tr>
<td>Red Cross Swim Kids 5-7</td>
<td>40 min</td>
<td>$47</td>
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<tr>
<td>Red Cross Swim Kids 8-10 &amp; Swim Patrol</td>
<td>55 min</td>
<td>$52</td>
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Register online at www.rdck.ca
Watch for new and exciting programs/activities happening at the Creston Education Centre.
The indoor gym and outdoor space will be utilized in various ways for everyone to enjoy!

**BICYCLE RODEO**

**SAT, MAY 11TH**
10:00 am-1:00pm
Ages 5 - 13
Bring your bike to the CDCC parking lot for:
- Obstacle Course
- Bicycle Safety check
- Helmet fitting
- Road safety information
- Bike Wash
There will be snacks, give aways, music and a big, shiny firetruck!

**Fencing**
10-14 yrs
*Instructor: Ali Ulker*
*CDCC – Creston Room*
Classes begin with warm-up games, a good stretch and some footwork. The second hour is devoted strictly to blade-work, team fencing and tournaments. Although fencing is an exhausting full-body work-out, the most crucial part is understanding the psychology of your opponent. Ali caters his classes to the individuals more than anything else. Each class will stress being safe, having fun, and learning as much as possible.

*Thur, 4:30-6:30pm Apr 11-Jun 13*
*00008489 $119 (10 classes)*

**Kids in the Kitchen**
8-12yrs
*Instructor: Loretta Mehrer*
*CDCC - Kitchen*
Kids will start with learning basic kitchen safety, clean up and benefits of recycling. They will experience hands-on how to prepare a variety of meals and desserts - each day is totally different. Future chefs in the making! Recipes are included.

*Wed, 3:30-5:30pm Apr 10-May 8*
*00008488 $82 (5 classes)*
**AQUATICS**

### Wibit™ Days

All ages welcome  
**CDCC-Pool**

Bring your friends and climb, jump, and slide for hours on our inflatable Wibit. Splash into this good time!

**Every Sunday 4:00-6:00pm**  
Membership or general admission

*One lap lane will be available at this time.*

### Wibit™ Warriors

7yrs +  
**CDCC-Pool**

Are you ready for a challenge? Come experience our Wibit™ like never before and compete with your friends to stay on the longest!

**Every Second Saturday**  
Mar 16, Apr 20, May 18  
4:00-6:00pm  
Membership or general admission

*One lap lane will be available at this time.*

### Splash Squad

All ages welcome  
**CDCC-Pool**

Join our Splash Squad for some serious fun!

**Sat, 2:00-3:30pm**  
Jan 5 – Mar 30  
Membership or general admission

*No Splash Squad on days when Wibit™ is in the pool.*

### Water Sports **NEW**

Water Sports is a fun combination of inner tube water polo, under water hockey, and more! Children aged 7-12 will practice team work, increase their physical fitness, and have a unique experience while learning the in’s and out’s of these water sports!

Prerequisites: Ability to swim 25m continuously

**Wed, 6:00-6:45pm**  
**00008733**  
Apr 3 – May 8  
$58 (6 classes)

**Wed, 6:00-6:45pm**  
**00008738**  
May 15- Jun 19  
$58 (6 classes)

### Synchro Sports **NEW**

Come perfect your synchronized swimming, breathing control and even try out our mermaid fins in this challenging and fun program!

Prerequisites: Ability to swim 25m continuously

**Fri, 6:00-6:45pm**  
**00008735**  
Apr 5 – May 17  
$58 (6 classes)

**Fri, 6:00-6:45pm**  
**00008739**  
May 24-Jun 28  
$58 (6 classes)

**No class on April 19th**

Register online at [www.rdck.ca](http://www.rdck.ca)
AQUATICS

Synchro Sports Camp
7-12 yrs
CDCC - Pool
This camp is designed to give swimmers a taste of the wonderful world of synchronized swimming! Swimmers will learn the basic synchro kicks, sculls, floats and positions through fun and games. A variety of aquatic sports will be integrated in to the camp as well! Nose plug and goggles are recommended.
Mon-Fri, 12:45-1:30pm  Mar 25-29
00005253  $50 (5 classes)

Bronze Camp
min 13 yrs or Bronze Star
CDCC – Pool/Sunshine Room
Two certificates within one course! The Bronze 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 spinal injuries and preventing loss of life in a variety of aquatic 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.
Mon-Fri, 9:00am-5:00pm  Mar 18-22
00005251  $310 + tax

Spring Sports Splash!  2:00 - 3:30pm    March 18th – 29th
(Ages 7-12 years)
Come join us for some active fun! The options are endless when it comes to sports in the water! We will host a variety of sports ranging from under water hockey, to pool volley ball, to inner tube water polo, to Wibit™ Warriors!
*The Wibit™ will be in the lap pool on Wednesdays – only 1 lane will be available during this time.
Learn to Skate
7-12 yrs
Instructor: Tammy Bradford
CDCC – Arena
Learn the basics of skating, such as; standing up, falling down, skating forward and backward, gliding on two feet and stopping. Please make sure your child has proper fitting skates and helmet. Warm gloves and clothes (no snow pants) to allow them to fall down and stand up. Sign up early, spaced limited!
Wed-Sat, 1:30-2:45pm Mar 27-30
00005081 $49 (4 classes)

Hop into Spring Cooking Camp
7-12 yrs
Instructor: Loretta Mehrer
CDCC – Kitchen
Children will prepare, cook and eat a light lunch that they created themselves. They will learn proper kitchen safety and use locally produced foods. Entrance to the pool after camp is included. Parents must arrange pick up times with their child.
Tue -Thur, 10 am-1 pm Mar 19-21
00005249 Mar 20 00005430 Mar 22
$72 (3 classes)

GEMS n’ S.T.E.M
7-13 yrs
Instructor: Chantel Wishlow
CDCC – Creston Room
Just for the girls...we will have crafts, active games, S.T.E.M. (science, technology, engineering & math), self esteem building activities, nutrition, vision boards, and wrap up the week with a pampering spa day. Wristbands to the facility are included with each registration. Please have children dropped off at 11:30 am sharp.
Mon-Fri, 11:30am-4pm Mar 18-22
00008736 $109 (5 days)

SPORTS n’ S.T.E.M
7-13 yrs
Instructor: Chantel Wishlow
CDCC – Creston Room
Just for the boys...we will have a variety of individual and team sports, S.T.E.M. (science, technology, engineering & math), team building activities, nutrition, engineering contests, and wrap up the week with ‘campers choice’. Wristbands to the facility are included with each registration. Please have children dropped off at 11:30 am sharp.
Mon-Fri, 11:30am-4pm Mar 25-29
00008728 $109 (5 days)

Spring Break Public Skating
Mar 20, 22, 25
Mar 23
Mar 24
Mar 27 & 29
12:00-1:30pm
5:00-6:30pm
3:30-5:00pm
3:00-4:30pm
CHILDREN

AQUATICS

Junior Lifeguard Club (JLC)
8-12yrs
CDCC – Pool

The Junior Lifeguard Club (JLC) offers serious fun for children aged 8-12 years who can swim at least 25m and tread water for 2 minutes. The JLC provides an action-packed challenge for children who love the water but want more than “lessons”. Your child will learn about lifesaving and lifeguarding through friendly competition and interactive games. So come down and join the club, the Junior Lifeguard Club!

Mon, 4:15-6:15pm Apr 1 – June 3
00008113 $100 (8 classes)
* No class April 22nd & May 20th

Canadian Swim Patrol
8-12yrs
CDCC – Pool

The Canadian Swim Patrol program is perfect for kids who want to work towards becoming a lifeguard! Ability is the only prerequisite.

The Swim Patrol provides enriched training for anyone ready to go beyond learn-to-swim. Swim Patrol’s three levels - Rookie, Ranger, and Star - continue to develop participants’ swim strokes and provide the skill foundation that prepares them for success in the next steps to become a lifeguard - the Bronze medal awards!

Wed, 4:30-6:00pm May 29-Jul 3
00008118 $76 (6 classes)

I Wear It! Contest
MAY 16TH IS NATIONAL LIFEJACKET DAY

Please submit photos to ld@rdck.bc.ca by May 14th.

With the weather warming up and the beautiful Kootenay Lake and rivers near by, now is the perfect time to refresh your skills and knowledge on water safety. Promote lifejacket awareness in our valley by participating in our photo contest! Photos will have individuals or groups wearing lifejackets correctly, be in a creative location, and demonstrate lifejacket awareness. PRIZES to be won!

There are ducks hidden in this photo of Town of Creston Mayor Ron Toyota wearing his lifejacket. Let our fantastic Customer Service Representatives at the front desk know how many you see to enter a draw for your chance to win a complimentary 1 day pass to the Creston and District Community Complex! The winner will be announced May 21st.

Coming Soon!
National Drowning Prevention Week Free swim to survive sessions on Kootenay Lake! New Lake Front programming in August!

Register online at www.rdck.ca
STAY ACTIVE! DROP-IN AND PLAY!

Bubble Soccer
Bubble Soccer is sweeping the nation because it is so much fun and safe too! Part soccer, part football, part pinball. April 16 to Aug 31. You can drop in and play on Tuesdays 6:30-8pm & Saturdays 10am-12pm on the Soccer Field. Pay at the front desk and get your hand stamp before heading to the field.

$2 youth, $3 adults or use your membership! It’s the funnest workout ever!

Bring shoes with good grip. Participants need to be 4 ft or taller.

Watch for new and exciting programs/activities happening at the Creston Education Centre.

The indoor gym and outdoor space will be utilized in various ways for everyone to enjoy!

Pickleball and Table Tennis
$3 drop in - Curling Rink
Starts April 15th
Monday-Thursday 7:00am-12pm
Mon & Wed 5:30-8:30pm
Sat 10am-2:00pm

Basketball and Floor Hockey
Hockey arena
$2 youth
$3 adults or use your membership!

April 15-Jun 30
Monday-Thursday 3:30-8pm

July 2-Aug 31
Monday-Thursday 10am-8pm
**AQUATICS**

**Water Safety Instructor (WSI) Recert**

Prerequisite: Proof of WSI certificate current within 5 yrs

Instructor: Eric Blow
CDCC-Kootenay Room & Pool

Recertification of Water Safety Instructor certificate trains candidates on changes to the Red Cross Swim continuum and provides instructors with methods on teaching difficult components of the program.

Mon, 10:00am-3:30pm Apr 8
8741 $109+tax

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**Lifesaving Instructor (LSI) Recert**

Pre-req: Proof of previous LSI Certification

Instructor: Cindy Larson
CDCC - Erickson Room & Pool

Recertification of Lifesaving Instructor trains candidates on the new first aid standards both in and out of water and enables candidates to continue teaching the three Canadian Swim Patrol Program awards, as well as the Bronze Star, Bronze Medallion, and Bronze Cross awards.

Sun, 11:00am-4:00pm Mar 10
8742 $109+tax

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**Standard First Aid (SFA) Recert**

Prerequisites: Proof of SFA certification

Instructor: Cindy Larson
CDCC - Sunshine Room

Recertification of cardiopulmonary resuscitation (CPR C) with the use of AED, as well as training in life-threatening emergencies and other common medical emergencies. Candidates should bring their pocket mask (if have one) and Canadian First Aid Manual. Previous SFA Certification card is required.

Sun 9:00am-6:00pm Apr 28
8740 $99+tax

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**Aquatic Programmer Course**

18+ yrs

Stay up to date on current aquatic trends, share ideas regarding your facility operations, meet and exceed program standards and delivery in this 24 hour course.

Fri – Sun, 9:00am-5:00pm
April 12 – 14 $300 +tax

To register visit: https://myrc.redcross.ca/

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**Coming this summer!**

- Water Safety Instructor (WSI)
- Lifesaving Instructor (LSI)
- National Lifeguard (NL) Recert

Register online at www.rdck.ca
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  jbourneis@rdck.bc.ca
Nelson  Anne Gillender  (250) 354-4386  agillender@rdck.bc.ca
Salmo  Ryan Ricalton  (250) 357-0121  rricalton@rdck.bc.ca

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

Aquatic Fitness Instructor Course

16+yrs

Nelson & District Community Complex
Pre-Requisite: Fitness Knowledge

Learn the skills for instructing safe and effective fitness classes in the water. This course builds on your Fitness Knowledge and will cover topics including effective lesson planning, proper use of space, buoyancy, water resistance and verbal cueing for effective leadership, direction, safety and motivation. Additional practical hours will be required outside of course times. Practical Exam Fees and Certification Fees not included.

Fri, 4:00-9:00pm  May 31, June 7, 14
Sat, 9:00am – 6:00pm  Jun 1, 8, 15
Sat, 9:00am – 11:00am  Jun 29
00008760  $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, 9:00am – 6:00pm  Jun 1, 8, 15
00008760  $500 + tax

Final Exam June 22 – 2 hours for the written, skills assessment can follow if candidate is ready.
Join us for our 8th Annual CDCC

JUST ‘TRI’ IT TRIATHLON

Registration starts March 4th, 2019
SATURDAY, JUNE 1, 2019 | STARTS 8:00 AM

500m swim | 13km bike | 5km run

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>EARLY REGISTRATION MARCH 4 – MAY 1</th>
<th>LATE REGISTRATION MAY 2 – MAY 30</th>
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<tbody>
<tr>
<td>Individual 00005376</td>
<td>$55</td>
<td>$70</td>
</tr>
<tr>
<td>Team (2-3 people) 00005377</td>
<td>$25/leg</td>
<td>$35/leg</td>
</tr>
</tbody>
</table>

Looking to join a team?
Call/email us – we’re good at matchmaking!

- Register at the CDCC Front Desk or online at www.rdck.ca
- Registration fee includes: race entry, t-shirt, swim cap, post-race snacks & refreshments
- Late registrations are not guaranteed a t-shirt.
- Maps, waivers, and race information are online at www.rdck.ca under “Recreation”
- Contact Jesse at jbourgeois@rdck.bc.ca for more information or to sign up as a volunteer!

SEE PAGE 25 FOR OUR TRIATHLON TRAINING SCHEDULE
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. Pick up a Personal Training Package to get started or contact our Fitness Department at (250) 428-7127 ext. 3115 for more information.

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

INDIVIDUAL PERSONAL TRAINING

<table>
<thead>
<tr>
<th>PACKAGE</th>
<th>PRICE</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 session</td>
<td>$49 + tax</td>
<td>In-depth orientation or assessment with corrective strategies</td>
</tr>
<tr>
<td>3 sessions</td>
<td>$139 + tax</td>
<td>In-depth orientation or assessment with an introduction to exercise techniques.</td>
</tr>
<tr>
<td>5 sessions</td>
<td>$220 + tax</td>
<td>Includes an assessment and customized program design with accountability</td>
</tr>
<tr>
<td>10 sessions</td>
<td>$410 + tax</td>
<td>Let us design a progressive program for you to follow based on your goals and keep you accountable over many weeks</td>
</tr>
</tbody>
</table>

PARTNER PERSONAL TRAINING (RATES ARE PER PERSON)

<table>
<thead>
<tr>
<th>PACKAGE</th>
<th>PRICE</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 session</td>
<td>$27 + tax</td>
<td>In-depth orientation or assessment with corrective strategies</td>
</tr>
<tr>
<td>3 sessions</td>
<td>$79 + tax</td>
<td>Having a partner with similar fitness goals can make your workouts more enjoyable and help keep each other on track. Our trainer will assess you and design one program both of you will benefit from at a reduced cost than on your own!</td>
</tr>
<tr>
<td>5 sessions</td>
<td>$125 + tax</td>
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<tr>
<td>10 sessions</td>
<td>$235 + tax</td>
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</table>

GROUP TRAINING - 3-6 PEOPLE

<table>
<thead>
<tr>
<th>PRICE</th>
<th>DESCRIPTION</th>
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</thead>
<tbody>
<tr>
<td>$13 + tax / hour / person</td>
<td>Group Training can include 3-6 people with similar goals in mind. Choose days, times, and style of training you want like intro to free weights/machines, kettlebell, sport specific, team training, and a variety of other formats.</td>
</tr>
</tbody>
</table>

WHAT CAN A PERSONAL TRAINER DO FOR YOU?

- Help you take the first step in creating a healthier lifestyle
- Help you stay accountable
- Teach you new ways to save time and make your workouts more efficient and effective
- Learn how to properly execute advanced lifting techniques
- Educate you to ensure proper technique and injury avoidance
- Create an individualized program to match your goals

Register online at www.rdck.ca
Thai Cooking/Sushi
15+ yrs
Instructor: Kristen Mitchell
CDCC – Kitchen
Are you thinking about taking an international cooking class, but don’t know if it’s worth it? Do your most common meals have the words “hamburger” or “helper” in it? If so, join us in the kitchen for cooking classes where you can meet new people, enjoying a new experience.

Tue, 6:00-8:30pm  $24 + tax each
00008608 May 28  Sushi
00008602 Jun 4  Thai Cooking

Nia Dance
Instructor: Alanna Wilson
CDCC – Fitness Studio
Nia is a holistic movement practice that combines elements from Dance, Martial Arts, and the Healing Arts to create a workout for Body, Mind, Emotions and Spirit. It is danced barefoot to a variety of music styles to get you inspired. Nia will leave you feeling energized, calm and centered and is adaptable to every body and all levels of fitness. Come and give it a try - the first class is FREE!

Mon, 10:45-11:45am  Apr 8-Jun 10
00008492
Wed, 6:30-7:30pm  Apr 10-Jun 3
00008511
$59 + tax (8 classes)
(No class Mon, May 20)

Nia Dance 52 Moves Workshop
Fitness Studio
Would you like to go deeper into the Nia technique and master the 52 foundational movements? Then this 2 hour workshop is for you. If you are simply curious about what Nia is, this is also a wonderful opportunity to break down the steps and techniques and then try out a class. The first hour will focus on the movements in a relaxed pace, followed by a 45 minute class.

Sat 11am-1pm  April 13th
00009051 $15 + tax

Mindfulness Workshop
Fitness Studio
Discover the power and benefits of practicing mindfulness. Find out what mindfulness means, and how embracing mindfulness is a simple and effective way to help quiet the mind, increase attention, and live in the present moment. Proven practices and techniques reduce stress and help us become more responsive and less reactive, ultimately leading to empowerment and ease.

Sat 11am-1pm  May 4th
00009052 $15 + tax

Fencing
(15+ yrs)
Instructor: Ali Ulker
CDCC – Creston Room
Classes begin with warm-up games, a good stretch and some footwork. The second hour is devoted strictly to blade-work, team fencing and tournaments. Although fencing is an exhausting full-body work-out, the most crucial part is understanding the psychology of your opponent. Ali caters his classes to the individuals more than anything else. Each class will stress being safe, having fun, and learning as much as possible.

Thu, 6:45-8:45pm  Apr 11-Jun 13
00008598  $119 + tax (10 classes)

Table Tennis
15+ yrs
CDCC – Creston Room
Join us for serious, fast paced and focused night of competitive table tennis. All levels are welcome! Pre-register to reserve your place at the table.

Mon, 6:30-8:00pm  Apr 1-May 13
00008491  $29 + tax (6 classes)
(no class May 6)

Creative Card Making
15 + yrs
Instructor: Linsey Rose
Get Creative! Have fun! In this unique card making class learn how to make beautiful cards for a variety of occasions: Easter/Spring Card, Mothers Day card, Thank you and wedding/anniversary card. You will go home with 8 handmade cards to give throughout the year! 2 each of 4 designs. All materials are supplied.

9:00am-12:00pm  $35 + tax
00008518  Sat, Apr 13
00008519  Thu, Apr 25
ADULT

AQUATICS

Inner-Tube Water Polo

CDCC – Pool

Water Polo is fast paced, exciting, and extremely fun to play! Add inner-tubes to the mix and it creates even more of a challenge! It takes great team work as well as individual strength and endurance. Ability to swim and tread water, and be comfortable in deep water are a must. All members of the team, aside from the goalie, are required to float in inflatable inner tubes. We’ve got the gear, so grab your friends and come have a great time!

*Minimum of 6 participants is required to guarantee deep end

*No Lane Swimming Available During This Time

Wed, 7:00-8:00pm  Apr 3 – May 22
General admission applies

Swim Stroke

Instructor: Frank Wishlow
CDCC - Pool

This stroke development program is for adults and teens to further develop strokes and increase swimming distances and proficiency.

Tue, 6:00-6:45 pm  Apr 9 – 30
00008749  $38 + tax (4 classes)

Tue, 6:00-6:45 pm  May 7-28
00008750  $38 + tax (4 classes)

Masters/Tri Swim

Instructor: Frank Wishlow
CDCC - Pool

Masters/Tri swimming offers the perfect options to prepare & train for the 8th Annual Triathlon in June 2019 or a more structured, yet social approach to swimming laps. An experienced swim coach will inspire you through workouts & personal stroke technique to improve your cardiovascular fitness and reach your personal goals.

Tue, 7:00-8:00pm  Apr 9 – May 28
00008747  $76 + tax (8 classes)
$10 + tax (drop-in)

**Drop-in will only be available if the minimum number of registrants has been met. Call 250-428-7127 before dropping in**

Please see page 25 for our new Tri Training Bootcamp aqua sessions with Becky Catherall!

Adult Only Swim

18+ yrs

Whether you come to have a soak in the hot tub, float in the river or swim a few laps around the pool, we turn the lights down so you can relax and recharge with us down at the CDCC.

Tue & Thu 8:00 - 9:00 pm
January 3rd – June 27th

Lane Swim

One lane is guaranteed during our regular hours of operation for your convenience with a few exceptions including Wednesday evenings during water polo (April 3 – May 22 6:00-8:00pm). This is subject to change.

Please be respectful and circle swim. Swimming on the right and passing in the middle will accommodate several swimmers per lane. Share the pool and have fun!

Adult Private Swim Lessons

No matter what your skill level, we’ve got the perfect option for you! From getting used to putting your face in the water to perfecting your strokes for the Triathlon, we’ve got you covered! Book your private one-on-one lesson today with one of our skilled instructors for $40/hour or grab a friend for $30/hour per person.

We are a fully accessible aquatic facility.

We are equipped with an angel lift in the Universal change room, and have a portable lift to access the hot tub and lap pool. We provide wheel chairs for the zero depth entry to the leisure pool.
Small Group Training

Small group training gives you the customization and accountability of having a personal trainer with up to 70% savings. Try one of our specialized formats to change things up or give your fitness level that extra boost! 3-6 people per class.

Group Training - 3-6 People

Group Training can include 3-6 people with similar goals in mind. Choose days, times, and style of training you want like intro to free weights/machines, kettlebell, sport specific, team training, and a variety of other formats.

$13 + tax / hour / person

A pre-screen questionnaire will be administered before starting this program.

Savvy Seniors

50+ yrs

Instructor: Susann Lauzon
CDCC – Fitness Centre

Rediscover youthfulness and increase your energy levels while you gain comfort, confidence, and experience in the Fitness Centre. This small group setting will allow you to work closely with a Personal Trainer to improve posture, balance, strength, and flexibility. Max 6 people. A pre-screen questionnaire will be required before starting this program.

Intro
Mon, 9:00-10:00am  Apr 8-May 27
00008987  $75+tax (6 classes)

Intermediate
Mon, 10:15-11:15am  Apr 8-May 20
00008988  $75+tax (6 classes)

No Class Monday, April 22nd, May 20th
A pre-screen questionnaire will be administered before starting this program.

Perfect Posture

15+ yrs

Instructor: Susann Lauzon
CDCC – Fitness Centre/Studio

A low intensity class focused on improving posture and walking gait. Rediscover movement and postural control with the perks of Personal Training but more affordable. A pre-screen questionnaire will be required before starting this program. Max 6 people.

Fri, 8:00-8:45 am  Apr 5-May 17
00008989  $75+tax (6 classes)

No Class Friday, April 19th
A pre-screen questionnaire will be administered before starting this program.

Plant Based vs. Ketogenic

15+ yrs

Instructor: Jesse Bourgeois, B.H.K.
CDCC – Sunshine Room

Arguably the biggest debate and the biggest trends in Nutrition today! Is the Ketogenic Diet or Plant Based Vegan Diet more efficacious in preventing chronic disease, optimizing health, and improving performance? An unbiased pro’s and con’s based approach to explore these to common patterns of eating!

Mon, 6:30-7:30pm  Mar 25-Apr 1
00005439  $29+tax (2 classes)
Refresher and Introduction to Nutrition
15+ yrs
Instructor: Jesse Bourgeois, B.H.K.
CDCC – Sunshine Room/Fitness Studio

In this Refresher and Introduction to Nutrition course you will develop an understanding of nutrition and its components. This course is highly recommended to take if you are interested in future topics!

You will learn about macronutrients, the role each of them play, as well as how the science of nutrition works!

Sat, 9:15-10:15am Apr 6-13
00008990 $29+tax (2 classes)

Nutrition for Heart Health: UNDERSTANDING CHOLESTEROL
15+ yrs
Instructor: Jesse Bourgeois, B.H.K.
CDCC – Sunshine Room

In this 4 class series develop an understanding of cholesterol: HDL, LDL, VLDL, particle number, particle size, and more. This course will cover how you can use nutrition and nutraceuticals to regulate cholesterol and improve heart health.

Sat, 9:15-10:15am Apr 20-May 11
00008991 $59+tax (4 classes)

KIN-D Nutrition: JESSE’S APPROACH
15+ yrs
Instructor: Jesse Bourgeois, B.H.K.
CDCC – Sunshine Room

Join Jesse to learn about his Kinesiology based diet that promotes a lifestyle with no fad dieting, with an implementation process, and most importantly, that promotes a healthy relationship with food!

Sat, 9:15-10:15am May 18-25
00008992 $29+tax (2 classes)
OUTDOOR FITNESS

Run for Your Life
15+ yrs
Instructor: Sandee Greatrex
CDCC - Outdoors
This outdoor walk/run progressive program gets you running for 1 minute at a time to running a full 5km using routes around town. If your goal is to run 5km or to get your running season off to a good start then join us. Course includes: entry into the Blossomfest 5&10km Run, goal setting, avoiding injury, pacing, and much more! Wear proper attire and footwear for running.
Mon/Wed, 5:30-6:30pm  Apr 1-May 15
00008995  $69+tax (13 classes)
No class Monday Apr 22

Strength to Run
15+ yrs
Instructor: Jesse Bourgeois
CDCC – Fitness Studio / Outdoors
Prepare your body for all of the runs our beautiful valley has to offer – and to better enjoy what the Kootenays have to offer! Develop strength, mobility, and stability through strength training to support your joints and reduce the chances of shin splints, cramps, knee, hip, and back pain while improving your body’s abilities to train harder.
Thurs, 7:00 - 8:00 am  Apr 5 - May 23
00008993  $59+tax (8 classes)

Trail Running
15+ yrs
Instructor: Andrew Stolz
CDCC - Outdoors
Get outside and explore the local mountain trails and loops surrounding us. Distances will vary and there will be 2 groups (beginners and intermediate) depending on fitness levels. Pack water and wear proper attire and footwear for running.
Mon, 6:00-7:00pm  May 27 - Aug 26
00008996  $29+tax (14 classes)
No class Monday Aug 5

Upcoming Races in the Creston Valley

BLOSSOMFEST RUN
Sun, May 19  9:00am
(walkers start 8:00am) Canyon Park
5 & 10 km run routes throughout the scenic Canyon-Lister areas. Prizes available. Register at the CDCC or on-site.
Early Registration: Adults-$9, Students-$7
Onsite Registration: Adults-$12, Students-$10
CDCC JUST ‘TRI’ IT TRIATHLON
Sat, Jun 1 Creston Community Complex
Swim, bike, and run as a team or an individual starting and ending at the CDCC! Our 9th Annual event bringing the community together!’(see pg. 16 for details)'

BLUE HERON HALF MARATHON, 10K & 5K RUN
Sun, Sep 22 9:00am
Creston Valley Wildlife Management Centre
The 15th Annual half marathon, 10km, and 5km route starting and finishing at the beautiful Creston Valley Wildlife Management Centre. This event is proudly brought to you by the Creston Rotary Club and proceeds will be used for water and education projects on Honduras. Visit www.events.runningroom.com to register. 5Kor10K/ Half marathon fees: Aug 5 - $30/$55, Sep 2-$35/$65, Sep 20-$45/$70.

2019 GLOBAL 6K FOR WATER
Sat, May 25th 9:00am Centennial Park
6K is the average distance women and children walk for water in the developing world - water that is often contaminated with life-threatening diseases. When you walk or run the 6K you provide life changing clean water to one person in need and you’ll walk or run with the picture of a child receiving clean water through World Vision’s water projects. With a $50 donation, you receive a T-shirt. Sign up online at https://worldvisioncan. akaraisin.com/ui/Global6K2019/g/19894
SPECIALIZED DROP-IN

Move to Improve (Parkinson’s)

18+ yrs

Instructor: Sandee Greatrex/Jen Schiffke
CDCC - Fitness Studio

This specialized drop-in program has been primarily designed to help improve the mobility and reduce symptoms of those with Parkinson’s. Exercises are modified for all levels of mobility, wheelchair to standing. Those who are at higher risk for falls will also benefit from this program. Please note: Parkinson’s participants will have a reserved spot in the program but remaining available spots can be attended by the public as a Fall Prevention class.

Mon/Wed/Thu, 1:00-2:00pm  Apr 1-May 30

Membership or general admission

No class Mon April 22, Monday May 20

Get Moving Walking Program

18+ yrs

Instructor: Susann Lauzon
CDCC - Fitness Centre

Don’t let the cold keep you from walking and getting your exercise this winter. Take it inside! Susann will lead you through walking exercises on the fitness track that improve strength, flexibility, and endurance – all to uplifting motivating music!

Tue/Thu, 12:10-1:00pm  Apr 2-May 16

Only $2 admission or use your membership

Experience It!
HEALTH & WELLNESS

**Tai Chi for Health**

15+ yrs

*Instructor: Katherine Goodchild*

*CDCC - Fitness Studio*

Yang-style Tai Chi exercises your entire body using gentle, low-impact movements that build strength, endurance, flexibility and balance. A 'meditation in motion' that cultivates a healthy body, mind and spirit, while strengthening joints, connective tissues, improving overall body alignment and promoting calm mental focus and sensory awareness.

**Tues, 10:15-11:15am April 2-June 18**

00009037 $84+tax (12 classes)

-------------------------------------------------------------------------------

**Tai Chi Practice**

15+ yrs

*Instructor: Katherine Goodchild*

*CDCC - Fitness Studio*

The opportunity for those who have a solid understanding of and experience with Yang foundation exercises and the complete set to enjoy a comprehensive practice in a group setting. A great health maintenance program!

**Tues, 11:30am-12:30pm April 2-June 18**

00009038 $84+tax (12 classes)

-------------------------------------------------------------------------------

**Tai Chi: 24 Moves**

18+ yrs

*Instructor: Katherine Goodchild*

*CDCC - Kootenay Room*

Gain confidence quickly by learning the 24 move Beijing Form at a gentle pace, focusing on stretches and low impact moves. This simplified form is widely practiced and can help with balance, flexibility and maintaining overall body strength and stability. A good exercise for all ages.

**Wed, 11:00-12:00pm April 3-June 19**

00009039 $84+tax (12 classes)

-------------------------------------------------------------------------------

**Tai Chi: 24 Moves Practice**

18+ yrs

*Instructor: Katherine Goodchild*

*CDCC - Kootenay Room*

An opportunity for those with a basic understanding and comfort with the 24 move Beijing Form to practice in a group setting and further their abilities; improving balance, flexibility and overall body strength and stability.

**Wed, 12:15-1:15pm April 3-June 19**

00009040 $84+tax (12 classes)

-------------------------------------------------------------------------------

**Hatha Yoga**

15+ yrs

*Instructor: Gary Smith*

*CDCC - Fitness Studio*

Hatha Yoga tones and opens the body, keeping muscles and joints supple and strong. Breathing and deep relaxation help develop calmness and reduce stress - healing the body inside and out. All levels welcome!

**Thurs, 6:30-8:00pm April 4-June 20**

00009041 $119+tax (12 classes)

-------------------------------------------------------------------------------

MONTHLY CHALLENGE!

Congratulations to those of you who are taking a huge step to becoming a stronger version of YOU!!

Sign up today for a daily dose of healthy competition. We are now partnering the Aquatic Centre with the Gym and Fitness Studio upstairs. Prizes will vary each month.

Thank you to the local businesses who have generously donated prizes!! If you are interested in donating a prize, please contact the Aquatic Programmer at 236-532-2035. We will feature your business in our advertising.

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

**Spin**

15+ yrs

*Instructor: Becky Catherall*

CDCC - Fitness Studio

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

**Tue, 6:15-7:00pm**  
**Apr 2-Jun 18**

00009042  
$84+tax (12 classes)

---

**TRX**

15+ yrs

*Instructor: Becky Catherall*

CDCC - Kootenay Room

TRX Suspension Training takes bodyweight exercises to a new, safe and effective level! Develop your strength, balance, flexibility and core stability simultaneously. Appropriate for all skill levels due to the TRX’s ability to leverage gravity, allowing all movements to be made more or less challenging!

**Thu, 9:00-9:45 am**  
**Apr 18-Jun 20**

00009044  
$89+tax (10 classes)

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**Tri Training Bootcamp**

15+ yrs

*Instructor: Becky Catherall*

CDCC – Tues, Fitness Studio / Fri, Pool

Prepare for the CDCC Just Tri It Triathlon! Training dryland on Tuesdays, and in the pool on Fridays, this course will get your body and conditioning prepared for all aspects of triathlon performance. Go into this year’s triathlons feeling confident through this fun and progressive conditioning class!

**Tue/Fri, 6:00-7:00 am**  
**Apr 23-May 31**

00009045  
$89+tax (12 classes)

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**POUND™ Drop In**

15+ yrs

*Instructor: Becky Catherall*

CDCC - Kootenay Room

Curious about POUND™ and want to try it out without the commitment of signing up for multiple classes? Try our DROP IN POUND™! A class where instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND™ transforms drumming into an incredibly effective way of working out for all fitness levels.

**Wed, 6:30-7:15pm**  
**Apr 3-Jun 26**

Membership or general admission

---

Register online at www.rdck.ca
We welcome new patients everyday! Come upstairs and visit us to discuss your healthcare needs!

OUR HEALTHCARE TEAM OFFERS

**PHYSIOTHERAPY** – Treats all types of injuries: from aches and pains, traumatic injuries, work and car accident related injuries, post-op and sports-rehabilitation for people of all ages.

**ACUPUNCTURE** – Offers a FREE 15 minute consultation to introduce you to the science, art and benefits of Acupuncture

**OCCUPATIONAL THERAPY** – Offers Workplace & Functional Ability Assessments, Cognitive & Home Assessments, Rehab Coordination and equipment ordering & Splinting needs

**REGISTERED MASSAGE THERAPY** – Our clinic offers Registered Massage Therapy. We specialize in rehab for sports injuries, ICBC, WSBC, pain management and relaxation massages.

**CLINICAL COUNSELLING** – offers assistance with anger management, anxiety, mood, parenting, addiction, relationships & workplace stress

➔ We offer Direct Billing for Physio, Massage, Acupuncture & Clinical counselling
➔ We accept WSBC, ICBC, MSP, RCMP, DVA & private clients

Phone: 250-428-8962
www.crestonphysioworks.com

We welcome new patients everyday! Come upstairs and visit us to discuss your healthcare needs!
Aquafit Schedule April 1-June 29

No class April 19 & May 20. All drop-in classes are included with purchase of membership or day admission. Please see page 19 for more information on our registered Aquafit Class - Aqua Tabata.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aqua Fusion</td>
<td>Aqua Conditioning</td>
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<td>Aqua Flex</td>
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<td>7:00 - 7:45 am</td>
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<td>9:00 - 9:45 am</td>
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<tr>
<td>Aqua Tone</td>
<td>Aqua Core</td>
<td>Aqua Therapy</td>
<td>Aqua Flex</td>
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<td>9:00 - 9:45 am</td>
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<tr>
<td>Aqua Circuit</td>
<td>Aqua Deep</td>
<td></td>
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<tr>
<td>6:15 - 7:00 pm</td>
<td>6:15 - 7:00 pm</td>
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Aquafit Descriptions

AQUA THERAPY:
Low to moderate intensity, low impact aquafit focusing on functional strength, balance and coordination. This class is great for rehabilitation.

AQUA TONE:
Moderate intensity and impact aquafit focusing on cardiovascular fitness, muscular endurance, and conditioning.

AQUA CORE:
Moderate intensity and impact aquafit focusing on cardiovascular fitness and core stability.

AQUA FLEX:
Moderate intensity and impact aquafit focusing on cardiovascular fitness and flexibility.

AQUA CIRCUIT:
Moderate intensity, moderate impact workout in the deep and shallow ends using a variety of equipment to improve strength and cardiovascular fitness.

AQUA DEEP:
High intensity, low impact workouts using anaerobic intervals to maximize results. Class focuses on core conditioning and can utilize both deep and shallow water.

AQUA FUSION:
High intensity, low impact, full body aquafit with cardiovascular training, muscular endurance and core conditioning.

AQUA CONDITIONING:
High intensity, zero to high impact in deep and/ or shallow water. Improve overall body conditioning with this fun and challenging workout in the pool that’s guaranteed to make you sweat.
DROP-IN DESCRIPTIONS

CARDIO KICK:
Mid to high intensity cardiobox class focusing on strengthening the core, while increasing your endurance and power. Fast paced music will keep your heart rate racing!

CORE & MORE:
Low impact, pilates inspired moves that focuses on core strength and stability. Includes some upper/lower body exercises.

FULL BODY BARBELL:
A full body strength training class using barbells in safe, fun and unique ways! Suitable for all ages and skill levels by making the weight lighter or heavier!

GET MOVING
Walk on our indoor track in the Fitness Centre. Our instructor will lead you through simple upper body movements and various brisk walking steps.

GENTLE FIT:
For active seniors, this class has low impact movements along with effective strength and balance exercises.

GROUP CIRCUIT:
Fitness Centre circuits, combining free weights, accessories and machines with high energy cardio for a total workout.

LINEDANCING
No partner required. Move to fun and upbeat music while learning some choreographed dances.

MOVE TO IMPROVE (PARKINSON’S):
A Parkinson’s and fall prevention program that works on improving mobility, balance, and coordination. See pg. 24 for details.

POUND™:
A full body strength and endurance class using drum sticks and energetic music! For more information see pg. 30.

SPINTASTIC:
A low impact, med to high intensity indoor cycling class with motivational music and instructor. Sure to burn the calories!

STEP IT UP:
Med impact step class for all levels of fitness. Great cardio and strength workout.

STRENGTH & MOBILITY:
A low impact, med intensity whole body strength class with a focus on joint mobility and stability.

SWEAT & SCULPT:
Med intensity and challenging balance of cardio and strength using a variety of equipment for maximum results!

TAI CHI:
Smooth, flowing movements for better flexibility, strength, and balance. No mat work.

TOTAL BODY FITNESS:
Mid to high impact cardio with total body strength exercises included. Never the same class twice.

YOGA:
Increase your flexibility, balance and strength while relieving stress and tension with this gentle exercise. Bring a yoga mat (if you have one) and a blanket.
Drop-In Fitness Schedule
April 1 - June 29, 2019

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group Circuit 6:00 - 7:00 am</td>
<td>Group Circuit 6:00 - 7:00 am</td>
<td>Group Circuit 6:00 - 7:00 am</td>
<td>Group Circuit 6:00 - 7:00 am</td>
<td>Group Circuit 8:00 - 9:00 am</td>
<td></td>
</tr>
<tr>
<td>Core &amp; More 9:00 - 10:00 am</td>
<td>Total Body Fitness 9:00 - 10:00 am</td>
<td>Gentle Fit 9:00 - 9:45 am</td>
<td>Step It Up 9:00 - 10:00 am</td>
<td>Yoga 9:30 - 10:30 am</td>
<td></td>
</tr>
<tr>
<td>Yoga 9:30 - 10:30 am</td>
<td>Full Body Barbell 10:15 - 11:15 am</td>
<td>Get Moving Walking 12:10 - 1:00 pm (ends April 30)</td>
<td>Linedancing Creston Room 10-11 am Beg 11-12 pm Int</td>
<td>Get Moving Walking 12:10 - 1:00 pm (ends April 25)</td>
<td></td>
</tr>
<tr>
<td>Get Moving Walking 12:10 - 1:00 pm (ends April 30)</td>
<td>Linedancing Creston Room 10-11 am Beg 11-12 pm Int</td>
<td>Move to Improve (Parkinson's) 1:00 - 2:00 pm</td>
<td>Move to Improve (Parkinson's) 1:00 - 2:00 pm</td>
<td>Move to Improve (Parkinson's) 1:00 - 2:00 pm</td>
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<tr>
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<td>Move to Improve (Parkinson's) 1:00 - 2:00 pm</td>
<td>Get Moving Walking 12:10 - 1:00 pm (ends April 25)</td>
<td></td>
</tr>
<tr>
<td>Sweat &amp; Sculpt 5:00 - 5:45 pm</td>
<td>Cardio Kick 5:15 - 6:00 pm</td>
<td>POUND™ 6:30 - 7:15 pm (April 3 - June 26)</td>
<td>Strength &amp; Mobility 5:15 - 6:15 pm</td>
<td>Spintastic 4:00 - 4:45 pm (ends Apr 26)</td>
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</table>
LEISURE ACCESS PROGRAM

This program provides low income families and individuals in our community with an opportunity to participate in recreation programs and services.

Residents of the Town of Creston, Areas A, B & C are eligible for this program. It is based on the combined annual household income and must reapply each year.

Up to 50% off general admission to the pool, fitness centre, arena and all drop in programs.

Pick up the application form at the complex, fill it out and if you and your family meet the requirements, then access to our facility is 50% less!

Childminding included in adult or family 6 month and 1 year memberships!! See page 8 for details.

BENEFITS TO MEMBERSHIP AT THE CDCC

GET ACTIVE AND BE HEALTHY! BE A HEALTHIER YOU...

Join today! A membership at our complex just makes sense! Live life to the fullest and make an investment in your health!

When you purchase a membership pass, you will have access to:

- Lap swimming, public swimming, hot tub, steam room, lazy river and the aquatic climbing wall
- All drop in classes – including Tai Chi, Fitness, Line dancing and Aquatic classes
- Full access to the Fitness Centre (cardio & strength equipment, indoor track)
- Public skating and arena drop in programs (hockey, parent & tot, adult skate etc)
- Spring/Summer indoor sports – Pickleball, Basketball & Floor Hockey
- Additional events and features to come

GIVE THE GIFT OF HEALTH!

A perfect gift for that special someone – ask us about our Gift Certificates!

You can get a gift certificate equivalent to:

- A single day admission
- A membership pass (10 pass, 1 month, 3 month, 6 month or 1 year)
- Their favourite program or personal training

Register online at www.rdck.ca
### SPRING HOURS  MARCH - JUNE, 2019

<table>
<thead>
<tr>
<th></th>
<th>SUN</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>POOL</strong></td>
<td>1pm-6pm</td>
<td>5:30am-2pm 3:30-8pm</td>
<td>9am-2pm 3:30-9pm Adult Swim 8-9pm</td>
<td>5:30am-2pm 3:30-8pm</td>
<td>9am-2pm 3:30-9pm Adult Swim 8-9pm</td>
<td>5:30am-2pm 3:30-8pm</td>
<td>1pm-6pm</td>
</tr>
<tr>
<td><strong>FITNESS CENTRE</strong></td>
<td>12pm-7pm</td>
<td>5:30am-8:00pm</td>
<td>8am-9pm</td>
<td>5:30am-8pm</td>
<td>8am-9pm</td>
<td>5:30am-8pm</td>
<td>9am-7pm</td>
</tr>
<tr>
<td><strong>OFFICE</strong></td>
<td>12pm-6:30pm</td>
<td>6am-7:30pm</td>
<td>8am-8:30pm</td>
<td>6am-7:30pm</td>
<td>8am-8:30pm</td>
<td>6am-7:30pm</td>
<td>9am-6:30pm</td>
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</tbody>
</table>

Children under 7 must be accompanied by an adult and remain within arms reach at all times.
Midday closure except March 8, 18-29, Apr 8, 19, 22, May 20, 22

### ADMISSION RATES

<table>
<thead>
<tr>
<th></th>
<th>FAMILY*</th>
<th>ADULT</th>
<th>STUDENT</th>
<th>CHILD</th>
<th>SENIOR</th>
<th>GOLDEN</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DAILY</strong></td>
<td>$15.40</td>
<td>$6.47</td>
<td>$4.91</td>
<td>$3.33</td>
<td>$4.91 Free</td>
<td>Free</td>
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<tr>
<td><strong>10X ADMISSION</strong></td>
<td>$123.80</td>
<td>$57.80</td>
<td>$45.00</td>
<td>$29.71</td>
<td>$45.00 Free</td>
<td>Free</td>
</tr>
<tr>
<td><strong>1 MONTH PASS</strong></td>
<td>$139.05</td>
<td>$64.76</td>
<td>$46.90</td>
<td>$34.29</td>
<td>$46.90 Free</td>
<td>Free</td>
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<tr>
<td><strong>3 MONTH PASS</strong></td>
<td>$352.38</td>
<td>$157.14</td>
<td>$114.29</td>
<td>$82.29</td>
<td>$114.29 Free</td>
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<tr>
<td><strong>6 MONTH PASS</strong></td>
<td>$603.81</td>
<td>$271.43</td>
<td>$197.14</td>
<td>$142.22</td>
<td>$197.14 Free</td>
<td>Free</td>
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<tr>
<td><strong>1 YEAR PASS</strong></td>
<td>See below*</td>
<td>$437.14</td>
<td>$340.00</td>
<td>$224.52</td>
<td>$340.00 Free</td>
<td>Free</td>
</tr>
</tbody>
</table>

**SPRING BREAK PUBLIC SKATING TIMES**
- Mar 20, 22, 25: 12:00-1:30pm
- Mar 23: 5:00-6:30pm
- Mar 24: 3:30-5:00pm
- Mar 27 & 29: 3:00-4:30pm

**CLOSED STAT HOLIDAYS**
- Easter Sunday - April 21

**OPEN STAT HOLIDAYS**
- Good Friday April 19 - 2pm - 6pm
- Victoria Day May 20 - 2pm - 6pm

**TOONIE SWIM**
- Fridays - 3:30pm - 5:30pm
  (Adults $3)

Infant: under 2 (Free); Child: 2-14; Student: 15-18; Adult: 19-59; Senior: 60-79; Golden Guest: 80+
Note: Prices do not include taxes. *Definition of a Family: up to 5 people, residing together, no more than 2 adults or seniors.
Family Annual Rates: 1st Adult - $437.14, 2nd Adult - $366.27, 1st Senior - $340.00, 2nd Senior - $285.70, Child/Student - $119.05.
BICYCLE RODEO  
SAT, MAY 11TH  
10:00AM-1:00PM  
ages 5-13yrs  
Bring your bike to the CDCC parking lot for:  
• Obstacle Course  
• Bicycle Safety check  
• Helmet fitting/ Road safety information  
• Bike Wash  
There will be snacks, give aways, music and a big, shiny firetruck!

NATIONAL LIFEJACKET DAY  
THUR, MAY 16TH  
I WEAR IT! Contest – Please submit photos to ldear@rdck.bc.ca by May 14th.  
Photos will have individuals or groups wearing lifejackets correctly, be in a creative location, and demonstrate lifejacket awareness. PRIZES to be won!  
See Page 12 for more information

BIKE TO WORK/SCHOOL WEEK  
MAY 27-JUNE 2  
Sign up on the Bike to Work Week website and commit to commuting to work or to school by bicycle for one week. Win prizes and compete against other businesses, schools and/or other communities!  
www.biketowork.ca  
See page 3 for more information.

MOVE FOR HEALTH DAY  
FLOOR HOCKEY TOURNAMENT  
SAT, MAY 11TH  
9:30AM-3:30PM  
Prizes! Snacks and refreshments! Fun floor hockey action at the Johnny Bucyk Arena. Sign up your team of 5 players for $30. Age groups include: 6-9yrs, 10-13yrs and 14-16yrs.

BLOSSOMFEST  
5&10 KM RUN  
SUN, MAY 19TH  
Runners start at 9am, walkers at 8am. Both 5km and 10km routes are laid out through the beautiful and scenic Canyon-Lister areas. Prizes are available for best times in each age category. Water and fruit also available. Pre-register: Adults $9, Students $7  On site: Adults $12, Students $10

8th ANNUAL JUST ‘TRI’ IT TRIATHLON  
SAT, JUNE 1ST  
Registration starts March 4th. Fee includes: race entry, t-shirt, swim cap, post-race snacks and refreshments. Contact Jesse at jbourgeois@rdck.bc.ca for more information.