LEISURE GUIDE

Nelson & District Community Complex

Spring 2019

Registration for programs starts
Monday March 11th
5:30 am
SUMMER CAMPS

With so many activities to choose from, why wouldn’t you register!

PROGRAM SCHEDULES WILL BE AVAILABLE ONLINE, TUESDAY MAY 14
REGISTRATION OPENS, MON MAY 28 5:30AM

We have a fabulous line-up of programs for every kid, including:

Sailing, paddling, skateboard/scooter, art, swimming, biking and endless games and activities.

Our campers:
- Each day offers opportunities for kids to be kids – outside, learning new skills and meeting new friends.
- Kids will be on or in the water everyday at our local parks.

Our staff:
- We strive for high quality programming delivered by warm, infectious, caring staff members who love children and have a deep sense of accountability. Without the best staff around our camps would not be what they are – AWESOME!
- Our camp staff are provided with a full week of training to teach them about our safety philosophy and general operations so that each day brings a smile to your child’s face.

Quality- Safe Programming:
- Staff to child ratios are 8 children/1 Adult.
- Programming is delivered in age ranges that maximize child development, increasing social opportunities and program options each day.
- All staff are Standard First Aid Certified and provided with Emergency response training.
- Children are required to wear a personal flotation device during all paddling and sailing programs.
- Sailing programs are operated with certified Sail Canada coaches who coach from a water safety boat to ensure new skills are learned with assistance near by.
- Certified Lifeguards maintain safety for all lake or outdoor pool swimming.

It’s not just day care... it’s an adventure!
YOUR PLACE TO DISCOVER WELLNESS.

EVERYONE IS WELCOME

Affordable Admissions .......................... Page 31
- Membership options
- Leisure Access Program
- Regional Wellness Pass

Spring Arena Programs .......................... Page 11

Affordable Childminding .......................... Page 5

NEW FITNESS PROGRAMS
HITT up the Park .................................... Page 15

Exercise and Socialize ............................. Page 21

PLUS, OVER 40
DROP-IN FITNESS AND AQUATIC FITNESS PROGRAMS WEEKLY

Nelson & District Community Complex
305 Hall Street, Nelson, BC
250-354-4FUN (4386)
www.rdck.ca

Contents
CHILDREN ............................ 4 - 5
TEEN ................................. 6
SWIM LESSONS .......................... 7 - 9
ARENA ............................... 10 - 11
ADULT ............................... 17 - 25
TRAINING ............................ 26 - 29
HOURS & ADMISSIONS ........ 31
Tumbleweeds Gym

(Babies who are crawling up to 4 yrs)

_Civic Centre Upstairs Studio,- Vernon St._

Enjoy our indoor play land filled with plenty of opportunities to develop gross motor and social skills. Each week lead seasonal games and activities. Drop by the program for a calendar of seasonal activities or find it under schedules online at: [www.rdck.ca/recreation](http://www.rdck.ca/recreation).

Parent or caregiver should be within arms reach of children at all times. Bring a healthy snack and water bottle.

**Mo - Fr**

10 – 11:30am

Drop-in $5

**Final day of service, Friday May 31**

Closed: Stat holidays, SD#8 District Pro-d Days & School Holidays

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Pro D Camp

(6 – 10 yrs)

_Drop-off location: Civic Center Upstairs Studio, Vernon St._

_Pick-up: NDCC Upper Multi Purpose Rm/ Aquatic Center_

Pack up your skates, helmet and hockey stick for morning shinny and skate time. Enjoy a snack and then gear up for outdoor adventures (weather permitting) or indoor fun in our indoor Civic Center play-land. After our mid day adventures, including hot cocoa, we’ll plunge into the pool to finish off the day.

Parents please pack:

- Skates, helmet (with face mask required for shinny), hockey sticks
- Seasonal clothing, mittens, rain pants/coat, hat and boots
- Swim suit and towel
- Water bottle, 2 snacks, big lunch to keep energy levels up

**8:30am – 4:30 pm $33**

Mo Apr 8 00009096
Mo May 27 00009097

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**Birthday Party Packages**

Set up your party in one of our Multi Purpose Rooms

Add on an activity:

- Pool party
- Skate party
- Wii Dance Party

What is included:

- 1.5 hours room rental
- 10 general admissions
- $51.05 + tax for the package

Call the booking clerk to book your party 250-354-4386 ext 5106

Parents/caregivers, please note if you are swimming with children under 6 yrs old:

- Must be within arms reach of an adult at all times.
- Ratio: Adult (1) : children under 6 yrs old (3)

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**Public Skate Programs**

run through the End of April.

_Arena Program Schedule, Page 11_

Skate rentals: $2.85 + Tax

Helmet rentals: $0.95 + Tax

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Register online at [www.rdck.ca](http://www.rdck.ca)
CHILDMINDING
18mths – 6 yrs | NDCC Multi-Purpose Room

Caring Staff certified in
Standard First Aid & CPR-C

Up to 2 hours of care

Parents required
to stay at the
Community Complex

Monday  8:00 am - 12:00 pm
Tuesday  8:00 am - 12:30 pm
Wednesday  8:00 am - 12:00 pm
Thursday  8:00 am - 12:30 pm
Friday  8:00 am - 12:00 pm
Saturday  8:30 am - 12:30 pm
Sunday  10:00 am - 2:00 pm

Drop – in Admission Rates:
$3.57 + tax per child
$57.14 + tax / 20 punch pass
**PRE - REGISTERED AQUATICS**

**Junior Lifeguard Club**
(9 - 13 yrs)
NDCC Pool

The Junior Lifeguard Club is all about lifesaving, fitness and serious FUN! You can join with your friends! Challenge yourself at your own level! Learn cool lifeguard and lifesaving techniques! Action packed! A great break from regular swimming lessons!

We 3:45pm – 4:45pm
Apr 10 – Jun 12
00008426
$70 / 10

**PRE - REGISTERED FITNESS**

**Youth on Weights**
(13 - 14 yrs)
NDCC Weight Room

This workshop is designed for youth age 13 – 14 that are interested in learning about how to use the weight room safely and effectively so you feel confident on your own. Topics will include: proper set up of cardio and strength machines, gym etiquette, and tips on how to create a safe and balanced program.

Call the NDCC Fitness Programmer at (250) 354 - 4386 (ext 5111) to book your group.

<table>
<thead>
<tr>
<th></th>
<th>2 People</th>
<th>3 People</th>
<th>4+ People</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$88 + tax / 3</td>
<td>$59 + tax / 3</td>
<td>$44 + tax / 3</td>
</tr>
</tbody>
</table>

Register online at www.rdck.ca
Swim Lessons
Registration Note for Parents

Please be advised that it is the responsibility of the parent/guardian to register children in the correct level of our swim program. Instructors assess all students on the first day of lessons to ensure that they have been placed correctly. In the event that a child has not been placed correctly, s(he) may be permitted to transfer to an alternate level, based on program availability, at the discretion of the aquatic staff. If no spots are available in an appropriate level, the child may be withdrawn from the program at the discretion of the aquatic staff for safety reasons.

Not sure which level to register in?

If you’re unsure what level your child should be registered in or it has been over a year since their last session, drop by for a FREE evaluation. One of our qualified instructors will assess your child and recommend the appropriate Red Cross level for enrollment.

Cancelled Classes:

A minimum of 48 hours before a class starts, lessons may be cancelled where there is insufficient registration. We will attempt to find space in the next available class or issue a full refund.

Waitlists:

If the class you want is full, get on the waitlist! Classes with waitlists may replace any classes that have been cancelled.

Combined classes:

Combined classes are being offered in an effort to offer a greater variety of class time options to families. In order to avoid cancelling a class, we may be required to move your child to another time in order to combine 2 classes with low enrollment.

Program fees:

Program fees cover access to the NDCC facility for participation in the program only on the dates and time listed. Parents/guardians are welcome to watch their children participate in a program; however, program fees do not include parental/guardian use of the facility before during or after their program. Individuals wishing to use the NDCC before or after their program will be required to pay admission and wear a wristband if pool space permits.

Free Lessons Assessments

Before you register, we can assess your child at no extra charge. Just ask the lifeguard. The assessment may take up to 15 minutes depending on swim level.
## Swim Lesson Schedules

### SUNDAY- MORNING APRIL 28- JUNE 23 No Lesson May 26 Due to Swim Meet

<table>
<thead>
<tr>
<th>Time</th>
<th>Group 1</th>
<th>Group 2</th>
<th>Group 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30am</td>
<td>Water Babies- 00008104</td>
<td>Swim Kids 3- 00008082</td>
<td>PSD- 00008262</td>
</tr>
<tr>
<td>11am</td>
<td>Sunfish- 00008092</td>
<td>Salamander- 00008084</td>
<td>PSD-00008376</td>
</tr>
<tr>
<td>11:30am</td>
<td>Sea Otter- 00008064</td>
<td>Swim Kids 1- 00008069</td>
<td>PSD-00008379</td>
</tr>
<tr>
<td>12pm</td>
<td>Sea Otter- 00008058</td>
<td>Swim Kids 2- 00008057</td>
<td>PSD-00008381</td>
</tr>
<tr>
<td>12:30pm</td>
<td>Swim Kids 4- 00008191</td>
<td>Salamander- 00008196</td>
<td>PSD-00008382</td>
</tr>
<tr>
<td>1pm</td>
<td>Water Babies -00008066</td>
<td>Sea Otter- 00008197</td>
<td>PSD-00008383</td>
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</tbody>
</table>

### MONDAY-AFTERNOONS APRIL 29-JUNE 24 No Class May 20 Victoria Day

<table>
<thead>
<tr>
<th>Time</th>
<th>Group 1</th>
<th>Group 2</th>
<th>Group 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 pm</td>
<td>Swim Kids 1- 00008076</td>
<td>Sea Otter- 00008086</td>
<td>PSD- 00008413</td>
</tr>
<tr>
<td>4:30 pm</td>
<td>Salamander-00008060</td>
<td>Sunfish- 00008070</td>
<td>PSD- 00008414</td>
</tr>
<tr>
<td>5 pm</td>
<td>Sea Otter- 00008096</td>
<td>Salamander-00008059</td>
<td>PSD- 00008415</td>
</tr>
<tr>
<td>5:30 pm</td>
<td>Swim Kids 2- 00008139</td>
<td>Sea Otter- 00008100</td>
<td>PSD- 00008416</td>
</tr>
</tbody>
</table>

### TUESDAY- AFTERNOONS APRIL 2 - MAY 21

<table>
<thead>
<tr>
<th>Time</th>
<th>Group 1</th>
<th>Group 2</th>
<th>Group 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>4pm</td>
<td>Swim Kids 1- 00008063</td>
<td>Sea Otter- 00008081</td>
<td>PSD- 00008420</td>
</tr>
<tr>
<td>4:30 pm</td>
<td>Sea Otter- 00008071</td>
<td>Swim Kids 3 - 00008097</td>
<td>PSD- 00008422</td>
</tr>
<tr>
<td>5pm</td>
<td>Salamander-00008075</td>
<td>Swim Kids 1 - 00008088</td>
<td>Swim Kids 5/6- 00008425</td>
</tr>
<tr>
<td>5:30pm</td>
<td>Crocodile- 00008423</td>
<td>Sea Otter- 00008079</td>
<td>PSD- 00008422</td>
</tr>
<tr>
<td>6pm</td>
<td>Swim Kids 7,8,9,10 – 00008424</td>
<td>Swim Kids 4- 00008061</td>
<td>PSD- 00008422</td>
</tr>
<tr>
<td>6:30pm</td>
<td>Swim Kids 2- 00008094</td>
<td>Swim Kids 4- 00008090</td>
<td>PSD- 00008422</td>
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</table>

### FRIDAY- AFTERNOONS APRIL 26-JUNE 14

<table>
<thead>
<tr>
<th>Time</th>
<th>Group 1</th>
<th>Group 2</th>
<th>Group 3</th>
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</thead>
<tbody>
<tr>
<td>4pm</td>
<td>Sea Otter – 00008074</td>
<td>Swim Kids 5- 00008065</td>
<td>PSD- 00008420</td>
</tr>
<tr>
<td>4:30pm</td>
<td>Salamander-00008067</td>
<td>Swim Kids 3- 00008089</td>
<td>Swim Kids 6- 00008085</td>
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<tr>
<td>5pm</td>
<td>Swim Kids 2- 00008105</td>
<td>Swim Kids 4- 00008089</td>
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<tr>
<td>5:30pm</td>
<td>Swim Kids 1- 00008068</td>
<td>Swim Kids 4- 00008090</td>
<td>PSD- 00008422</td>
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Register online at www.rdck.ca
SWIM LESSON PRICES  PER CLASS

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
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<tbody>
<tr>
<td>25 minute class</td>
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<tr>
<td>40 minute class</td>
<td>$55</td>
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<tr>
<td>55 minute class</td>
<td>$65</td>
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PRIVATE SKILL DEVELOPMENT  8 CLASSES

<table>
<thead>
<tr>
<th>Type</th>
<th>Price</th>
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<tbody>
<tr>
<td>1 Person – 25 minutes</td>
<td>$136</td>
</tr>
<tr>
<td>2 People – 25 minutes</td>
<td>$184</td>
</tr>
</tbody>
</table>

Adapted Swim Class

Dedicated water safety instructors provide support during one-on-one sessions for those who require special attention by working with the person’s ability, and emphasizing learning at an individual pace. For registration and more details, please call the Head Instructor at 250-354-4386 Ext 5109.
NDCC ICE LAST DAY - APRIL 28TH, 2019
CIVIC CENTRE CLOSED FOR SEASON

To book arena ice, please contact
Kristine Rye at krye@rdck.bc.ca or 250-354-4386 ext 5106

**Non Prime time ice rates are:**
Monday - Friday, 6:00 am - 3:00 pm

**Prime time ice rates are:**
Monday - Friday, 3:00 pm - 12:00 am,
all day Saturday, Sunday & stat holidays

Minors Sport is defined as 18 yrs & younger with 90% of the users on ice falling within this age category

Adult rate is defined as 19 yrs+ with 90% of the users on the ice falling within this age category

1 hour of ice minimum per booking.

<table>
<thead>
<tr>
<th>RATES:</th>
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<tbody>
<tr>
<td>Minor Sport Non Prime</td>
<td>$73.72</td>
</tr>
<tr>
<td>Minor Sport Prime Time</td>
<td>$99.06</td>
</tr>
<tr>
<td>Adult Non Prime Time</td>
<td>$109.66</td>
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<tr>
<td>Adult Prime Time</td>
<td>$155.66</td>
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Note: arena ice rates do not include tax
### Spring Break Arena Public Programs

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>Public Skate 8:45 - 10 am 10:15 - 11:30 am</td>
<td>Public Skate 8:15 - 9:45 am 10 - 11:30 am</td>
<td>Public Skate 8:45 - 10 am</td>
<td>Public Skate 8:45 - 10 am 10:15 - 11:30 am</td>
<td>Public Skate 8:45 - 10 am</td>
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<tr>
<td>Public Skate 3pm - 4:30 pm</td>
<td>Family Skate and Shinny 10:15 - 11:30 am</td>
<td>Adult Stick &amp; Puck 11:45 - 12:45 pm</td>
<td>Family Skate and Shinny 10:15 - 11:30 am</td>
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<tr>
<td>Co-ed Adult Hockey Pick-up 6:30 – 7:45 pm</td>
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### Spring Arena Public Programs

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td>Public Skate 9 –10:30 am</td>
<td>Public Skate 9 –10:30 am</td>
<td>Public Skate 9 –10:30 am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Public Skate 3 - 4:30 pm</td>
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#### Need equipment? Rent from us!

- Skate Rentals: $2.85 + tax
- Helmet Rentals: $.95 + tax

Register online at www.rdck.ca
Personal Training

NDCC Weight Room

Personal Training Programs are a one hour, one on one, activity based session designed to assist you in achieving your specific goals. These programs may include, but are not limited to, certain testing protocols specific to the exercise prescription. Whether you want to lose weight, build muscle, learn how to exercise, or rehabilitate after an injury; our Certified Personal Trainers will help encourage, motivate and hold you accountable on the quests for your goals.

New Personal Training clients will be asked to purchase an assessment appointment to meet with one of our Personal Trainers. This allows the trainer to fully understand your needs and goals. An assessment may include a postural analysis, body composition measurements, strength and flexibility testing, cardiovascular and movement pattern testing and body composition measurements. Upon completion of the assessment your trainer will be able to recommend a package to purchase that would best suit your needs.

As part of your ongoing work with your trainer, session time may be used for assessment purposes at the discretion of the trainer.

<table>
<thead>
<tr>
<th>PERSONAL TRAINING PACKAGES</th>
<th>ONE ON ONE</th>
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</thead>
<tbody>
<tr>
<td>Assessment / 1 Session</td>
<td>$54 + tax</td>
</tr>
<tr>
<td>3 X 1 hr Sessions</td>
<td>$154 + tax</td>
</tr>
<tr>
<td>5 X 1 hr Sessions</td>
<td>$244 + tax</td>
</tr>
<tr>
<td>10 X 1 hr Sessions</td>
<td>$469 + tax</td>
</tr>
</tbody>
</table>

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

Anne Gillender
• BCRPA certified Personal Trainer
• BCRPA certified Group Fitness Instructor
• CFES Educator: Fitness Knowledge and Weight Training
• FMS Level 2

Devon Mihalyi
• BCAK practicing Kinesiologist
• FMS level 1

Jane Reynolds
• BCRPA certified Personal Trainer
• CFES certified Aquatic Fitness Instructor

Marj Haire
• Canfitpro certified Personal Trainer
• Canfitpro certified Group Fitness Instructor
• BCRPA certified in Third Age
• YogaLife Institute certified Yoga Teacher

Morgan Burgess
• CFES Personal Trainer
• CFES Group Fitness Instructor

Shannon Shapovalov
• CFES Personal Trainer
• CFES and BCRPA Group Fitness Instructor
• FMS Level 1
• CanfitPro Children’s Fitness Coach
Small Group Training
Build Your Own

NDCC Weight Room

Small Group Training classes offer you the affordability of hiring a trainer to customize a program based on your group’s goals to get you the results you want. Find a mix of 6 people, a day and time that works for you and we will find you a trainer. Have fun and stay motivated exercising under the guidance of one of our qualified Personal Trainers.

For more information please contact the Fitness Programmer at (250)354-4386 ext. 5111

Small Group Training Packages

<table>
<thead>
<tr>
<th></th>
<th>3 ppl</th>
<th>4 ppl</th>
<th>5 ppl</th>
<th>6 ppl</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 sessions*</td>
<td>$214</td>
<td>$164</td>
<td>$139</td>
<td>$114</td>
</tr>
<tr>
<td>24 sessions*</td>
<td>$419</td>
<td>$314</td>
<td>$254</td>
<td>$214</td>
</tr>
<tr>
<td>36 sessions*</td>
<td>$619</td>
<td>$464</td>
<td>$369</td>
<td>$309</td>
</tr>
</tbody>
</table>

* cost per person + tax

Why Choose Small Group Training?

• Comradery improves motivation
• Measure Your Improvements
• Progression Based Workouts improve skills
• Smaller Classes means more Individualized feedback from one of our Personal Trainers

Register online at www.rdck.ca
PRE-REGISTERED PROGRAMS – FITNESS

**All Levels Welcome**

**HIIT up the Park**

*Lakeside Park*

60 minutes of High Intensity Interval Training that will focus on cardio drills. Muscle conditioning work will be integrated throughout with the use of a variety of equipment and body weight exercises. Let the combination of fresh air, exercise and a motivating instructor start your day off right. Meet at the Paddle Rental Centre.

Mo, We 6am – 7am
May 22 – Jun 26
00008127 $99 + tax / 11

**Beginner**

**Introduction to Yoga**

Have you ever wanted to try yoga but felt too intimidated to go to a class because you “aren’t flexible”? Come and find out what yoga is REALLY all about. Learn some basic poses, experience an introductory sequence and gather some tips for success including using props and how to modify poses. (...bring a water bottle, yoga mat if you have one and wear comfortable clothing).

Su 2pm – 4pm
May 5
00008348 $19 + tax / 1

**Beginner**

**More than Just a Walk in the Park!**

*Lakeside Park – Fitness Equipment*

Just like “Working Your Way to a Healthier You” this class is well suited to individuals with health concerns or limited ability to exercise. This program is based on your abilities and activities can be easily modified to meet your needs. Class length is based on your fitness – it’s the class that grows with you.

Take advantage of the spring weather and the opportunity to learn about the free access fitness equipment at Lakeside Park.

Tu, Th 10:30am
Jun 4 - 27
00007889 $40 + tax / 8

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

**S.W.A.T.**

*NDCC Weight Room*

If Strength, Weight loss and Toning are your goals, then check this out. This class is planned outside regular facility hours to help facilitate a less intimidating introduction into the weight room. Gain the skills and knowledge you need through the guidance of a personal trainer to workout confidently and safely on your own during regular hours.

**Su 9am – 10am**  
Apr 7 – Jun 23  
00008126  
$109 + tax / 10

*No Class Apr 21 or May 19*

**All Levels Welcome**

**Spin and Sculpt**

*NDCC Studio*

The best of both words! A fast paced, fat burning, spin cardio session with a resistance training finisher to tone and tighten your upper body. Let the motivating tunes and energetic instructor push you to the next level.

**Fr 6:30am – 7:30am**  
Apr 5 – Jun 28  
00008445  
$99 + tax/12

*No Class Apr 19*

**Beginner**

**Working your way to a healthier you!**

*NDCC Arena Concourse*

This class is designed as a starting point to help you gain an active lifestyle. Well suited to individuals with health concerns or a limited ability to exercise. This program is based on your abilities and activities can be easily modified to meet your needs. This program includes the key components of good fitness: cardio, strength and flexibility. Class length is based on your fitness – it’s the class that grows with you.

**Mo, We 9:30am – 11:30am**  
Apr 1 – May 29  
00007886  
$80 + tax / 17

*No Class May 20 or Apr 22*

**Tu, Th 10:45am – 11:45am**  
Apr 11 – Jun 27  
00008132  
$99 + tax/12

**Sweat through Suspension**

*NDCC Arena Concourse*

Spend this time focused on improving cardiovascular health, strength and mobility through the use of the suspension trainer (TRX) and your own body weight. Compound movements and Cardio intervals will ensure you get the sweat flowing while all of your major muscle groups are worked. Max 12 people.

**Th 10:45am – 11:45am**  
Apr 11 – Jun 27  
00008132  
$99 + tax/12
# AQUATIC FITNESS CLASS SCHEDULE

**APRIL 1ST - JUNE 28TH • NO CLASS APRIL 19 AND MAY 20**

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| **Total Body Conditioning**  
8:00 – 9:00 am | | | **Step & Strength**  
9:00 – 10:00 am | | **Total Body Conditioning**  
8:00 – 9:00 am | |
| **Senior Swim**  
9:30 - 10:30 am | | | **Senior Swim**  
9:30 - 10:00 am | | | |
| **Cardio Tone**  
10:30 – 11:30 am | | | **Cardio Tone**  
10:30 – 11:30 am | | **Cardio Tone**  
10:30 – 11:30 am | |
| **Gentle Joints**  
12:00 – 12:45 pm | | | **Gentle Joints**  
12:00 – 12:45 pm | | **Gentle Joints**  
12:00 – 12:45 pm | |

Register online at www.rdck.ca
## Fitness Schedule April 1 – June 30, 2019

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spin 6am – 7am</td>
<td>Full Body Barbell 6am – 7am</td>
<td>HIIT up the Park 6am – 7am</td>
<td>Dynamic Yoga 7:15am – 8:15am</td>
<td>Spin 6am – 7am</td>
<td>Spin and Sculpt 6:30am – 7:30am</td>
<td></td>
</tr>
<tr>
<td>HIIT up the Park 6am – 7am</td>
<td>Step 8am – 9am</td>
<td>Step 8am – 9am</td>
<td>HIIT up the Park 6am – 7am</td>
<td>Circuit 7:15am – 8:15am</td>
<td></td>
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</tr>
<tr>
<td>Working Your Way to a Healthier You 9:30am – 11:30am</td>
<td>Working Your Way to a Healthier You 8:30am – 10:15am 10am – 12pm</td>
<td>Working Your Way to a Healthier You 9:30am – 11:30am</td>
<td>Working Your Way to a Healthier You 8:30am – 10:15am 10am – 12pm</td>
<td>Exercise and Socialize 8:30am – 10am</td>
<td>More Than Just a Walk in the Park 9am – 10:30am</td>
<td></td>
</tr>
<tr>
<td>Sunday Morning Yoga 10:30am – 12pm</td>
<td>Parent and Baby 10:30am – 11:30am</td>
<td>Hatha Flow Yoga 10:30am – 11:45am</td>
<td>Parent and Baby 10:30am – 11:30am</td>
<td>Hatha Flow Yoga 10:30am – 11:45am</td>
<td>Hatha Flow Yoga 10:30am – 11:30am</td>
<td>Hatha Flow Yoga 10:30am – 12pm</td>
</tr>
<tr>
<td>Introduction to Yoga 2pm – 4pm</td>
<td>60’s Dance Party 1:30pm – 2:30pm</td>
<td>Chair Yoga 1:30pm – 2:30pm</td>
<td>60’s Dance Party 1:30pm – 2:30pm</td>
<td>Balance and Mobility 1:15pm – 2:15pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HIIT360 5:15pm – 6:15pm</td>
<td>Spin 5:15pm – 6:15pm (Ends Apr 30)</td>
<td>Step 5:15pm – 6:15pm</td>
<td>Triple Threat 5:15pm – 6:15pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Classical Hatha Yoga 7:30pm – 9pm</td>
<td>Classical Hatha Yoga 7:30pm – 9pm</td>
<td>Restorative Yoga 7:30pm – 9pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Age requirement is 13 yrs**

Register online at www.rdck.ca
Seniors Swim
**NDCC Deep Pool**
Drop in Senior Swim Time Provides two instructors who can work with you to accomplish whatever goals you have. Whether you are reacquainting yourself to the pool after surgery, neurological challenges, or it's just been awhile since you've swum. We welcome you to come to a designated time where you will have the assistance of our knowledgeable swimming instructors who will help keep you safe and supported on your transition back into the water.

**Mo, We 9:30am – 10:30am**
April 1- June 26
General Admission

No Class April 19, May 20

---

Gentle Joints
**NDCC Shallow Pool**
This low impact, lower intensity shallow water workout focuses on functional strength, range of motion, balance and fun.

**Mo, We, Fr 12 pm – 12:45 pm**
April 1- June 28
General Admission

No Class April 19 and May 20

---

Cardio Tone
**NDCC Deep Pool**
This deep water aquatics class provides an environment where there is a 90% reduction in body weight, and the ability to tailor your intensity level to your own individual needs. These classes will get your hearts pumping.

**Mo, We, Fr 10:30am – 11:30am**
April 1- June 28
General Admission

No Class April 19 and May 20

---

Step & Strength
**Shallow end of Deep Pool**
Using a variety of equipment, step patterns, conditioning drills and interval training, this class will deliver a high intensity workout to achieve muscular tone and balance.

**We 9:00 am – 10:00 am**
Apr 3-Jun 26
General Admission

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Total Body Conditioning
**Shallow end of Deep Pool**
This shallow water class will give you a total body workout including cardio and resistance training for all of the major muscle groups. Explore new formats and movement patterns to challenge your body in a new way. Come see what the water can do for you.

**Mo, Fr 8am – 9am**
April 1- June 28
General Admission

No Class April 19 and May 20
60’s Dance Party
NDCC Studio
Have Fun! Get Fit! Improve strength, balance, co-ordination and heart health while moving to the groovy tunes of the 60’s and 70’s.
Mo 1:30pm – 2:30pm
We 1:30pm – 2:30pm
General Admission

Balance and Mobility
NDCC Studio
Balance and mobility are important components of maintaining our independence as we age. This drop in class provides both seated and standing exercises to help you improve your balance, strength and mobility in a fun, encouraging atmosphere.
Th 1:15pm – 2:15pm
General Admission

Body Sculpt
NDCC Studio
Expect to use a variety of proven sculpting tools—step, stability balls, dumbbells, bands—to tone all 360 degrees of your bod. The workout rolls from exercise to exercise without a break using different equipment so you never burn out one muscle group or get bored.
Mo 12:10pm – 12:55pm
General Admission
**Circuit Training**

*NDCC Weight Room*

Challenge yourself to this 60 minute workout of timed aerobic intervals alternating with sets and reps of strength followed by a focused cool down in the weight room led by one of our NDCC weight trainers. All levels of fitness welcome!

- **Mo:** 8am – 9am
- **We:** 8am – 9am
- **Th:** 7:15am – 8:15am

*General Admission*

**Core Conditioning**

*NDCC Studio*

Stand taller, feel stronger! This class is designed to improve core stability and posture. This is not your traditional “crunchies” class. Dynamic and Functional Exercises will be used to help you think about core conditioning in a whole new way. Equipment and formats will vary.

- **We:** 12:10pm – 12:55pm

*General Admission*

**Exercise and Socialize**

This self directed walking based class is designed with flexibility in mind. Your “Working Your Way to a Healthier You” program will be available if you have one, or our Instructor will be available to assist with exercise technique, equipment use and suggested exercises and modifications. Start time is flexible. Arrive and leave anytime that works for you.

- **Fr:** 8:30am – 10am

*General Admission*

**Full Body Barbell**

*NDCC Studio*

Experience a different way to train with barbells in this ultimate endurance class. This class targets all the major muscle groups and encourages a major caloric expenditure using light weights and high reps to increase muscle tone. Cardio intervals may be incorporated throughout.

- **Tu:** 6am – 7am
- **Fr:** 9:15am – 10:15am

*General Admission*

**HIIT: Box Style**

*NDCC Studio*

An aerobic, high-intensity calorie burning class that is based on boxing and kick boxing style movements. This class uses intervals that include shadow-boxing, kicking moves, and conditioning drills. Improve your fitness level and decrease stress with this knockout workout!

- **We:** 9:15am - 10:15am

*General Admission*

**HIIT360**

*NDCC Studio*

Plyometric cardio intervals are the heart of this class. We will include consistent variety to keep you challenged. Bands, balls, bodyweight exercises and balance training will round this class out. Sweat and FUN are on the agenda!

- **Mo:** 5:15pm – 6:15pm

*General Admission*

Register online at www.rdck.ca
Parent and Baby Fitness

NDCC Studio

(parents and babies 6 wks to 18 mos old)

Meet other new parents, get fit and have fun. Parent and baby class includes cardiovascular and functional strength training. Work on regaining your strength and agility so you can chase after your little one.

Mo 10:30am – 11:30am
We 10:30am – 11:30am
General Admission

Rear in Gear

NDCC Studio

This muscle conditioning class focusses on the back side of your body to improve ROM, joint function, muscle activation and posture. Functionally we work the front side of our bodies much more than the back, so this class is all about trying to balance that out.

Tu 12:10pm – 12:55pm
General Admission

Step

NDCC Studio

This is a great class to get that heart rate up and have some fun! If you like traditional step – this is the class for you. Choreographed step patterns with a core finisher will leave you feeling invigorated.

Mo 9:15am - 10:15am
Tu 8am – 9am
We 5:15pm – 6:15pm
Th 12:10pm – 12:55pm
General Admission

Spin

NDCC Studio

These classes feature a group journey on our Keiser spin bikes under the direction of one of our enthusiastic instructors. Work on your cycling technique while improving cardiovascular fitness and toning your legs. Don’t forget your sweat towel and water bottle!

Mo 6:00 am - 7:00 am
Tu 5:15 pm – 6:15 pm
Th 6:00 am - 7:00 am
General Admission

Total Barre™

NDCC Studio

Music, choreography, exercise and correct biomechanics of movement will be the focus of this safe and fun barre class. Allow the power of music to help you focus in on increasing strength, flexibility, stamina and dynamic stability. This is truly a program geared for everyone – no dance experience required.

Tu 9:15am – 10:15am
Fr 12:10pm - 12:55pm
General Admission
Total Body Conditioning
NDCC Studio
Metabolic Conditioning Workouts are fast paced, higher intensity workouts completed in a short period of time that challenge your cardiovascular capacity. Functional Resistance Training and Dynamic Core focused movements will be incorporated throughout to round out this full body conditioning
Th 9:15 am – 10:15 am
General Admission

Triple Threat!
NDCC Studio
If you like variety, then you will love the spontaneity of this class. Always a combination of strength, cardio and core - but every week will be a surprise!
Th 5:15 pm - 6:15 pm
Sa 9:15 am - 10:15 am
General Admission

Zumba®
NDCC Studio
Each Zumba® class is designed to bring people together to sweat. We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Super effective and Super fun.
Tu 6:30 pm - 7:30 pm
Th 6:30 pm - 7:30 pm
General Admission

Register online at www.rdck.ca
Chair Yoga

NDCC Studio

Participants will be practicing breathing exercises (Pranayamas), Sun Salutation and gentle variations of yogic postures (asanas) on, and with the support of a chair. This soft practice helps to bring vitality back to the body and mind, gently improving strength, mobility, flexibility and circulation.

Tu 1:30pm – 2:30pm
General Admission

Classical Hatha Yoga

NDCC Studio

This class focuses on breath work to calm the mind and sustain our postures. We move through slowly and deeply, with long holds to give time to fully surrender. Inspiration is drawn from Baba Hari Dass and other yogis. Class is constantly evolving based on the needs and energy of the students. Some experience of asana and pranayama is recommended.

Fr 7:30 - 9:00 pm
General Admission

Dynamic Yoga

NDCC Studio

If you don’t have time to do it all you will simply love this class. Dynamic Yoga uses basic yoga movements with a touch of fitness to improve your heart health, muscle tone and flexibility. This class will leave you in a relaxed state of mind, ready to take on your day.

Fr 10:30am – 11:30am
General Admission
Mo, We 7:30pm – 9pm
General Admission

Hatha Flow Yoga

NDCC Studio

Hatha Flow Yoga is a moderately-paced class that synchronizes yoga postures with the breath. This fun and uplifting class will build strength, flexibility and balance. You will be encouraged to work at your level, honour your body and limitations in a non-competitive environment. Breath work, relaxation and meditation are part of this class well rounded class. You will leave feeling refreshed, renewed and rejuvenated!

Tu, Th 10:30am – 11:45am
Sa 10:30am – 12pm
General Admission

Restorative Yoga

Inspired by the wisdom of Baba Hari Dass, amongst other yogis, this class is comprised of pranayama to focus the mind, warm up postures for half the class to prepare the body for deeply restful long-hold restorative postures for the remaining half of class. Please bring a yoga mat. Some knowledge of yoga is beneficial.

Fr 7:30pm – 9pm
General Admission

Sunday Morning Yoga

NDCC Studio

Move, stretch and awaken your body. This energizing practice moves to the rhythm of the breath; connecting traditional yoga poses to build strength, flexibility and inner focus. The steady paced flow is centered on a sequence of Sun Salutations, incorporating challenge and fun into every well-rounded class that includes standing poses, balancing postures, backbends, seated and reclining poses, breath work and relaxation.

Su 10:30am – 12pm
General Admission
Introduction to Yoga

Have you ever wanted to try yoga but felt too intimidated to go to a class because you “aren’t flexible”? Come and find out what yoga is REALLY all about. Learn some basic poses, experience an introductory sequence and gather some tips for success including using props and how to modify poses.

...bring a water bottle & yoga mat if you have one and wear comfortable clothing.

Su 2pm – 4pm
May 5
00008348
$19 + tax /1
FIRST AID PROGRAMS

Standard First Aid
Full Course

Lower Multi-Purpose room NDCC
Suggested 11yrs+

This course provides comprehensive training covering all aspects of first aid and CPR. For people who want an in-depth understanding of first aid training including: spinal injuries, chest & abdominal injuries, burns, circulatory and respiratory emergencies. Includes a CPR-C/AED certification. 100% attendance is required.

Mo, Tu 9am-6pm
Apr 8, 9
00008430 $199+tax

Standard First Aid
Recertification

Lower Multi-Purpose room NDCC
Prerequisite: Must hold a SFA certification that is current or has expired no more than 3 years ago.

Check your award! Standard First Aid awards must be recertified every three years. Don’t let your award expire! CPR-C and AED recertifications are included.

Sa 9am-6pm
May 4
00008431 $95 + tax

CPR-C Recertification

Lower Multi-Purpose room NDCC

Healthcare professionals and lifeguards are required to recertify CPR-C every year. Lay rescuers are required to recertify every three years. Don’t let your award expire! Keep yourself up-to-date with this course.

Mo 9am - 1pm
May 27
00008429 $60 + tax

Mo 9am - 1pm
Jun 17
00008443 $60 + tax

Have a group of 6 or more who need their CPR-C recertified? Contact the NDCC and we will set up a course just for you.

Register online at www.rdck.ca
Red Cross Babysitting Workshop

(11 – 15 yrs)

Lower Multi Room - NDCC

Be prepared to start your first job! Learn how to take care of children under 11 including child development, first aid situations, activity ideas and snack preparation. Leave the program with a Babysitters Manual, Red Cross Pocket First Aid Kit and official Babysitters Card. Bring a pen, doll or teddy with arms and legs, lunch, snacks and water bottle.

Sa 9am – 5pm
May 4
00008440 $54 + tax
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 jbourne@rdck.bc.ca
Nelson  Anne Gillender  (250) 354-4386 agillender@rdck.bc.ca
Salmo  Ryan Ricalton  (250) 357-0121 rricalton@rdck.bc.ca

INSTRUCTORS WANTED!

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

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 June 1, 8, 15
00008760 $500 + 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).

Fri, 4:00-9:00pm May 31, June 7, 14
Sat, 9:00am – 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.
JOIN THE RECREATION TEAM AT THE NDCC!

We are training & hiring energetic & fun loving people in all areas.

Funding may be available for required training, please contact supervisors in each area for more information.

Aquatics:
• Lifeguards
• Swim Instructors
• Aquafit Instructors

More information regarding training opportunities on page 28

More info, contact:
Clement Lam
Head Instructor
clam@rdck.bc.ca

Amanda Beavers
Head Lifeguard
abeavers@rdck.bc.ca

Fitness:
• Group Fitness Instructors
• Weight Training Instructors
• Personal Trainers

More information, regarding training opportunities on page 28

More info contact:
Anne Gillender
Fitness Programmer
agillendar@rdck.bc.ca

Community Recreation:
We are looking for individuals who have interest and certifications in the following areas to lead summer camps, hiring all positions starting now:
• Sailing Instructors
• Skateboard & Scooter
• Arts and crafts
• Paddling: flatwater SUP, kayak and canoe
• Previous experience working with school aged children

More information, contact:
Rebecca Scheller
Recreation Programmer
rscheller@rdck.bc.ca

Go to www.rdck.ca to learn more about current recruitment opportunities.
### Code of Conduct

The Nelson & District Community Complex is a busy, client focused, multi activity, inclusive welcoming Community Centre.

To ensure the highest level of enjoyment for our Clients, the NDCC 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.

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### ADMISSION RATES

<table>
<thead>
<tr>
<th></th>
<th>FAMILY</th>
<th>ADULT</th>
<th>STUDENT/SENIOR</th>
<th>YOUTH</th>
<th>CHILD</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2 adults &amp; 3 children</td>
<td>19-59</td>
<td>15-18</td>
<td>7-14</td>
<td>2-6</td>
</tr>
<tr>
<td><strong>Daily Admission</strong></td>
<td>$13.35</td>
<td>$6.43</td>
<td>$5.00</td>
<td>$3.35</td>
<td>$2.41</td>
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<tr>
<td><strong>1 Month Pass</strong></td>
<td>$126.70</td>
<td>$64.78</td>
<td>$46.92</td>
<td>$31.70</td>
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<tr>
<td><strong>3 Month Pass</strong></td>
<td>$304.78</td>
<td>$157.14</td>
<td>$114.29</td>
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<td>$54.29</td>
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<tr>
<td><strong>6 Month Pass</strong></td>
<td>$533.35</td>
<td>$271.43</td>
<td>$197.14</td>
<td>$133.35</td>
<td>$95.27</td>
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<tr>
<td><strong>1 Year Pass</strong></td>
<td>$914.29</td>
<td>$466.70</td>
<td>$338.12</td>
<td>$228.57</td>
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<tr>
<td><strong>10x Admission</strong></td>
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<td>$57.90</td>
<td>$45.00</td>
<td>$30.00</td>
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<tr>
<td><strong>20x Admission</strong></td>
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<td>$103.00</td>
<td>$80.00</td>
<td>$53.40</td>
<td>$38.20</td>
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</tbody>
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**TOTS: 0 - 2 YRS – FREE**

**GOLDEN GUEST: 80+ YRS – FREE**

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**Child minding drop-in:** $3.57  
**Child minding 20x admissions:** $57.20  
**Skate Rentals:** $2.85 + tax  
**Helmet Rentals:** $0.95 + tax

*Schedule and program info, page 5*

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- Note: Prices do not include taxes; 5% GST will be added to programs for ages 14 and older.
- Passes are non refundable and non transferable.
- Please wear your wristband on your wrist, ankle, laces, or bathing suit during your visit.
- Adults attending college/university need to show a valid student ID or verification of current enrollment to receive the Student Rate.
- One Caregiver will be offered free access to the NDCC for each client with special needs during his/her visit.

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**LOONIE & TOONIE TIMES**

January 2nd – June 30th 2019

- **Mondays** 10:30-11:30am
- **Wednesdays** 5:45-6:45am
- **Fridays** 5:30-6:30pm

*Note: Times are subject to change*
LEISURE ACCESS PROGRAM
Individuals and families with a combined gross income that falls within or below the “Low Income” levels recognized by Statistics Canada, can receive affordable admission options up to 50% off general admission to local community complex within the RDCK. Applications are available online at www.rdck.ca or at any of our community complexes.

REGIONAL WELLNESS PASS
One pass that allows admission to any of the RDCK’s Community Complexes located in Castlegar, Creston, Nelson and Salmo during regular operating hours. Find out more online at www.rdck.ca or at any location.

REFUNDS, WITHDRAWALS AND TRANSFERS
We understand that changes in programming and life occur. Please review our full refund guidelines online at www.rdck.ca for options.

CLOSED
STATUTORY HOLIDAYS
- New Years Day
- Easter Sunday
- Canada Day
- Victoria Day
- BC Day
- Labour Day
- Christmas Day
- Boxing Day

POOL CLOSURE
May 25th and 26th due to Nelson Neptunes Swim Meet

OPEN
STATUTORY HOLIDAYS
1:00 pm – 5:00 pm
- Family Day
- Good Friday
- Thanksgiving Day
- Remembrance Day
- Early closure Christmas Eve & New Years Eve - 5pm
Egg Hunt schedule by age group:

- Under 2 yrs:  10:45 am
- 3 – 4 yrs:    11:00 am
- 5 – 6 yrs:   11:15 am
- 7+ yrs:     11:30 am

Easter Bunny, crafts, Balloons, face painting
Rotary Daybreak Hot Dog Fundraiser

Bring a basket and smile

Thanks to our Major Sponsor:

[Logo: save-on-foods]