

LEISURE GUIDE

Registration
for programs starts
**Monday
March 11th**

Salmo & District
Recreation Department

Spring & Summer 2019





Representing Diverse Communities in the Kootenays

WELCOME!

Incorporated in 1965, the Regional District of Central Kootenay (RDCK) is a local government that delivers 165 services to approximately 60,000 residents. Our region consists of 11 electoral areas (A, B, C, D, E, F, G, H, I, J, K) and nine member municipalities: Castlegar, Creston, Kaslo, Nakusp, Nelson, New Denver, Salmo, Silvertown and Slocan.

YOUR RDCK GOVERNMENT WORKING FOR YOU

Government working for you! We proudly operate major recreation centres in Creston, Castlegar and Nelson. These community hubs offer a range of programs and services for all ages, interests and fitness levels. Smaller facilities in Salmo and the Slocan Valley also offer valuable services in those communities. Our staff take pride in serving you. You can drop by at your leisure or purchase a Wellness Pass that enables you to access all of our rec centres!

We value the health, wellness and enjoyment of our residents and encourage everyone to check out our many programs and facilities.

OUR MISSION & VISION

The RDCK creates pride of place for current and future generations. We are a role model of local government, inspiring regional thinking and public confidence in a safe and sustainable manner. The Regional District of Central Kootenay promotes regional collaboration, respecting the diversity of our communities and residents.



SALMO & DISTRICT RECREATION DEPARTMENT

Box 372, 206 7th Street, Salmo, BC

250-357-0121 | salmorec@rdck.bc.ca

www.rdck.ca

PROGRAM & COURSE CANCELLATIONS

Programs may be cancelled due to insufficient enrollment. In the event of a program cancellation, participants will be notified with as much time as possible (minimum of 48 hrs); a preference for transfer into another available program, credit on account, or full refund will be offered.

Register early to avoid disappointment!

WITHDRAWALS, TRANSFERS OR REFUNDS

72 hrs prior to course start date:

- Transfer to another course
- Full refund/credit with no admin fee.

Notes: Allow up to 2 weeks for processing

24hrs prior to start date:

Full refund with a 10% admin fee charged

Less than 24 hrs notice: Refund will be provided MINUS: One Prorate class + 10% admin fee charged

Note: The first class is considered to have been attended.

After course begins: Refund will be provided Minus: Prorated class total based on session start date + 10% admin fee charged

After 50% of course is complete: No refunds, transfers or credits will be provided.

For more information please visit our website www.rdck.ca



Like us on Facebook
to view our class schedule!

www.facebook.com/salmorec

PRE-REGISTERED PROGRAMS - FITNESS

Spring into Fitness

Age 13 +

*Instructor: Laura Stavast
Certified Personal Trainer
and Group Fitness Instructor
Gymnasium*

Another one of Laura's full body workout classes! This class welcomes all fitness levels and combines different training styles including HIIT, Tabata, and more, to bring you a well rounded fitness class. Get your body ready for an active Kootenay summer!

We 6:00 – 7:00pm**Mar 6 – Apr 10****00005522****\$35+tax**

Please wear comfortable layers of clothing and bring indoor fitness shoes and water.

Savvy Seniors Open Gym

Age 55 +

*Instructor: Laura Stavast - Certified Personal Trainer and Group Fitness Instructor
Fitness Centre*

Increase your energy levels with a focus on strength training and cardiovascular conditioning. You will gain comfort, confidence and experience in the weight room as you learn to use a variety of machines to help you meet your fitness goals. Supervised by a personal trainer ready to answer your questions and keep you safe.

Fri 11:00 am – 12:00 pm**April 5 – April 26****FREE. Registration is required.**

Please wear comfortable layers of clothing and bring indoor fitness shoes and water. Medical Readiness Questionnaire to be completed.



Savvy Seniors Group Ex

Age 55+

*Instructor: Laura Stavast - Certified Personal Trainer and Group Fitness Instructor
Gymnasium*

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

Tues 10:00 – 11:00 am**April 2 – April 23****FREE. Registration is required.**

Please wear comfortable layers of clothing and bring indoor fitness shoes and water. Medical Readiness Questionnaire to be completed.

Mellow Yoga

Age 14+

*Instructor: Linsey Rose
Registered Yoga Teacher
Zen Den*

This will be a stretchy, mellow class where we take time to unwind physical tension and quiet our mental chatter. Take time to breathe and be present.

Tues 11:15am – 12:30pm**April 2 – May 7****00008661****\$54 + tax****Tues 11:15am – 12:30pm****May 14 – June 18****00008662****\$54 + tax**

Wear comfortable layered clothing and bring water. Participants should be comfortable lying, being seated, on knees and standing.

Badminton & Pickleball

Age 13 +

Gymnasium

Check out one of our most popular and affordable drop-in programs! Bring your friends and family and compliment your active lifestyle with an enjoyable game of singles or doubles.

BADMINTON

Wed 7:00 - 9:00pm

PICKLEBALL

Tues 7:00 - 9:00pm

Season Pass \$20

Drop-in \$2

Family \$5

(prices are inclusive of tax)

Nets and Rackets available for use.

Hooping - Adult

Age 19+

*Instructor: Maria Bentele
Multi Purpose Room*

Learn various hoop tricks and how to combine them into creative flow all while increasing fitness and flexibility.

GETTING STARTED

Thurs 5:15pm - 6:15pm

April 25 - May 30

00007785

\$60 + tax

ALREADY HOOPING

Thurs

6:30 pm - 7:30pm

April 25 - May 30

00007786

\$60 + tax

Hoops available or bring your own!



Youth and Adult Fencing

Age 10+

*Instructor: Ali Ulker,
Multi Purpose Room*

A skilled swordsman needs agility, flexibility, reaction speed, and cunning. Drawing on over two decades of experience, Ali teaches these skills to help you understand the ancient and challenging art of fencing. A completely weapon-based martial art, fencing has been a part of every modern Olympic Games and continues to grow rapidly in popularity across Canada. A typical class will involve stretching, footwork, bladework, and a chance to fence against other members of the class. Ali's classes are a place to grow your confidence, skills, fitness, and coordination in a judgement-free and supportive atmosphere.

YOUTH (AGE 10 -14)

Wed 5:30 - 7:00 pm

April 3 - May 1

00007670

\$47 + tax

All equipment is provided.

ADULT (AGE 14+)

Wed 7:15pm - 8:45pm

April 3 - May 1

00007671

\$47 + tax

All equipment is provided.

PRE-REGISTERED PROGRAMS - RECREATION

Local Plant Walk

Age 13+

*Instructor: Keith Davis - Botanist, Herbalist, Author of plant identification & medicinal use books
Salmo Recreation*

Take time to get out and connect to your own Kootenay backyard! Join Keith Davis, local Botanist and Herbalist, for a guided outdoor nature walk in our own Salmo region. Keith will introduce us to a diverse array of wild plants, stopping to identify and discuss individual plants along the walk.

Sat 10:00am-12:00pm**June 15****00007672****\$25 + tax**

This is a walk suitable for most fitness levels. Dress in sensible outdoor clothing, be prepared for the weather/ bugs and bring water. End time may vary depending on participant engagement.

Essential Oil Infused Body Care

Age 12 +

*Instructor: Anameka Carmody - Natural Wellness Advocate
Kitchen & Lounge*

Come out for a fun evening creating homemade bath and body products using quality essential oils. Learn how incorporating them into your life can be easy and affordable. Make these for yourself or as gifts to give!

Sat 7:00pm - 9:00pm**March 30****00007673****\$30 + tax**

Anameka uses only high quality Young Living essential oils in her classes.



Beginner 2 Ukulele

Age 14+

*Instructor: Catherine Mcgrath
Zen Den*

This course is designed for people who have taken the preceding beginner class or who are able to play three-chord songs in the keys of C and G with a steady rhythm. The class will explore new keys, new chords, and more complex strumming patterns as they relate to a bunch of fun songs from a variety of genres.

Sat 1pm - 3pm**April 6 - May 25****(No class April 20 or May 18)****00007677****\$150 + tax**

Students are required to bring their own Ukulele.

Embroidery

Age 13+

*Instructor: Erica Tjeerdsma, Artisan
Zen Den*

If you've been wanting to learn embroidery these are the workshops for you! Erica of Aster & Vine will guide you through learning 9 bright and cheerful stitches and participants will go home with a finished funky piece of hoop art, ready to hang with pride. Two dates to choose from, two different designs. Come to one or join us for both!

RAINBOW SAMPLER**Tues 6:30 - 9:00pm****Apr 16****00007790****\$55 + tax****CACTI****Fri 6:30 - 9:00pm****Jun 7****00007791****\$55 + tax**

All materials are included.

Personal Training

Salmo Rec Fitness Centre

Let us support you on your fitness journey! Whether you are looking for a starting place, have a fitness goal, or need extra motivation our CFES and BCRPA trainers will set you up with a tailored program that maximizes results. We strongly recommend a Fitness Assessment to all new clients to allow our trainers to fully understand your needs. Single sessions are for existing clients only that do not require an assessment. Information Packages are available in the Fitness Centre office and must be completed and returned with payment prior to booking your session.

All Personal Training packages expire 6 months from the date of purchase except in the case of a medical note.

Ask us about Small Group Personal Training deals for two or more people

PERSONAL TRAINING PACKAGES ONE ON ONE

Assessment or 1 hr Session	\$44 + tax
3 X 1 hr Session	\$126 + Tax
5 X 1 hr Sessions	\$199 + tax
12 X 1 hr Sessions	\$444 + tax



Creative Card Making Spring Inspiration

Age 14+

Instructor: Linsey Rose, Paper Crafter
Zen Den

Get Creative! Have fun! In this unique card making class learn how to make beautiful 'Spring Inspired' cards. You will go home with 3 handmade cards and a surprise item! All supplies are included.

Thurs 5:30pm – 7:30pm

March 21

00007679

\$25 + tax

Creative Card Making Occasions Card Stack

Age 14+

Instructor: Linsey Rose, Paper Crafter
Zen Den

Get Creative! Have fun! In this unique card making class learn how to make beautiful cards for a variety of occasions. You will go home with 8 handmade cards to give throughout the year! 2 each of 4 designs.

Different dates = different cards!

Sun 2:00pm – 4:00pm

May 5

00007680

\$30 + tax

Thurs 5:30pm – 7:30pm

June 20

00007682

\$30 + tax

Please bring your own craft scissors and adhesive if you have it. Adhesive will be available for purchase at the class from the instructor if needed.

Youth Cross Stitch

Age 9 - 12

Instructor: Erica Tjeerdsma, Artisan
Zen Den

You're never too young to get crafty! Have your kids join Erica of Aster & Vine to learn how to cross stitch. Two dates to choose from, two different designs. Come to one or join us for both!

PANDA HEART

Sun 1:00 – 2:30pm

April 28

00007792

\$35 + tax

CACTUS

Sat 1:00-2:30pm

June 15

00007793

\$35 + tax

All materials are included.

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 jbourgeois@rdck.bc.ca
 Nelson Anne Gillender (250) 354-4386 agillender@rdck.bc.ca
 Salmo Ryan Ricalton (250) 357-0121 rricalton@rdck.bc.ca



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

Fitness Knowledge

15+yrs

Salmo and District Recreation Centre
 Instructor: Jodi Vousden

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

Fri 4:30pm - 9:00pm Mar 29, Apr 5
 Sat 9:00am - 6:00pm Mar 30, Apr 6
 00007770 \$339 + tax
 (includes manual)

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 Apr 26, May 10
 Sa/Su, 9:00am - 6:00pm Apr 27-28, May 11-12
 Sat, 12:30-1:30pm May 25
 00008760 \$499+tax

Weight Training Instructor Course

16+ yrs

Nelson & District Community Complex
 Pre-Requisite: Fitness Knowledge

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

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

Group Fitness Instructor

16 + yrs

Castlegar & District Community Complex

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 June 1, 8, 15
 00008760 \$500 + tax
 Final Exam June 22 - 2 hours for the written, skills assessment can follow if candidate is ready.



Kevin Hearne Memorial Soccer Camp

*Instructor: Coaches Norm & Rachelle and team!
Age 3-12 Gymnasium & Soccer Field*

Returning for it's 14th consecutive year, Kevin Hearne's past teammates, friends and family bring you this popular Soccer Camp! Kids will enjoy learning about the game of soccer and the offense and defense skills necessary to play. Participants will have the opportunity to learn, practice, play and have a lot of fun! Included in registration is a team jersey, a team photo and certificate.

AUG 12 - 16 MONDAY - FRIDAY

9:00am - 12:00pm (Soccer Tots 10:00 - 11:00am ONLY)

Ages 6-9 00007787 \$65
(10% discount for 2nd and 3rd child from the same family)

Ages 10-12 00007788 \$65
(10% discount for 2nd and 3rd child from the same family)

Ages 3-5 00007789 \$15

*Bring water, snacks, shin guards, indoor AND outdoor shoes.
Wednesday 12:00pm-1:00pm there is a group swim at the pool.
3-5 year olds must be accompanied by an adult. Please bring swimsuit and towel.*

FITNESS CENTRE HOURS

Closed Statutory Holidays

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	6:00 - 11 am	8:00 - 11 am	6:00 - 11 am	8:00 - 11 am	6:00 - 11 am	8:00 - 11 am
	4:00 - 8 pm	4:00 - 8 pm	4:00 - 8 pm	4:00 - 8 pm	4:00 - 8 pm	

ADMISSION RATES

	ADULT	STUDENT
DAILY	\$5.71	
1 MONTH PASS	\$47.26	\$28.57
3 MONTH PASS	\$110.48	\$66.67
6 MONTH PASS	\$187.81	\$112.38
1 YEAR PASS	\$319.05	\$191.43

Note: Prices do not include taxes; tax will be added to fees listed. Rates and fees are subject to change. Memberships are non refundable and non transferable. Please be sure to scan your membership ID card before you begin your workout.

TOONIE DROP-IN



Wednesday 8:00am - 9:00am
Friday 7:00pm - 8:00pm
Saturday 9:00am - 10:00am

Note: times are subject to change.