LEISURE GUIDE
Salmo & District
Recreation Department
Spring & Summer 2019

Registration for programs starts
Monday March 11th
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, Silverton 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.

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:
  a. Transfer to another course
  b. 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

Register online at www.rdck.ca
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
$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
$54 + tax

Tues 11:15am – 12:30pm
May 14 - June 18
$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

ADULT (AGE 14+)
Wed 7:15pm – 8:45pm
April 3 – May 1
00007671 $47 + tax

All equipment is provided.
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*

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### 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_

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#### 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.

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### 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.

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### Personal Training Packages One On One

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Price</th>
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<tbody>
<tr>
<td>Assessment or 1 hr Session</td>
<td>$44 + tax</td>
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<tr>
<td>3 X 1 hr Sessions</td>
<td>$126 + Tax</td>
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<tr>
<td>5 X 1 hr Sessions</td>
<td>$199 + tax</td>
</tr>
<tr>
<td>12 X 1 hr Sessions</td>
<td>$444 + tax</td>
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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  jbourneois@rdck.bc.ca
Nelson  Anne Gillender  (250) 354-4386  agillender@rdck.bc.ca
Salmo  Ryan Ricalton  (250) 357-0121  rricalton@rdck.bc.ca

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

Fitness Knowledge

**15+yrs**

Salmo and District Recreation Centre
Instructor: Jodi Vousden

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

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

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, 4:00-9:00 pm  Apr 26, May 10
Sat, 9:00 am – 6:00 pm  Apr 27-28, May 11-12
Sat, 9:00 am – 11:00 am  May 25
00008140       $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
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, Jun 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
(10% discount for 2nd and 3rd child from the same family)
$65
Ages 10-12 00007788
(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.

ADMISSION RATES

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<tr>
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<th>ADULT</th>
<th>STUDENT</th>
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<tr>
<td>DAILY</td>
<td>$5.71</td>
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<tr>
<td>1 MONTH PASS</td>
<td>$47.26</td>
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<tr>
<td>3 MONTH PASS</td>
<td>$110.48</td>
<td>$66.67</td>
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<tr>
<td>6 MONTH PASS</td>
<td>$187.81</td>
<td>$112.38</td>
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<tr>
<td>1 YEAR PASS</td>
<td>$319.05</td>
<td>$191.43</td>
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TOONIE DROP-IN

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<tr>
<td>Wednesday</td>
<td>8:00am - 9:00am</td>
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<tr>
<td>Friday</td>
<td>7:00pm - 8:00pm</td>
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<tr>
<td>Saturday</td>
<td>9:00am – 10:00am</td>
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Note: times are subject to change.