

CASTLEGAR

ADMISSION, HOURS + SCHEDULES

September 1st to
December 31st, 2024



To view the guide and register online visit rdck.ca/recreation or call 250.365.3386



FALL HOURS

ANNUAL SHUT DOWN August 24 -September 8

September 3 – December 21, 2024

Hours of Operation are subject to change

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	9:00am - 4:00pm	6:00am - 8:00pm	6:30am - 8:00pm	6:00am - 8:00pm	2:00pm - 8:00pm	6:00am - 8:00pm	9:00am - 4:00pm
FITNESS CENTRE	9:00am - 4:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	9:00am - 4:00pm

POOL ENTRANCE AGE: Children 7 years of age and older can access the pool without adult supervision. Children 6 years of age and under must be within arm's reach of a parent or guardian 16 years of age or older.

GENERAL ADMISSION RATES

	DROP-IN	10-PUNCH*
Child (0-4)	Free	-
Youth (5-18)	\$4.04	\$36.36
Adult (19-74)	\$8.08	\$72.72
Golden Guest (75+)	Free	-
Family (2 adults and up to 4 dependent children)	\$16.16	-

Prices do not include taxes. *10-punch passes expire 12 months from date of purchase

- Leisure Access Program rates apply.
- Reservations are available for specific programs in advance.
- Youth 13-15 years of age are required to participate in the Youth Weight Room orientations before they can access the Fitness Centre.

ACTIVE PROGRAM

The Active Program is a time-based membership that gives pass-holders unlimited general admission to: Public Swim, Lane Swim, Hot Tub, Fitness Centre, Included with Admission group fitness classes, Public Skate, and Shiny Hockey. Prices do not include tax.

	ACTIVE PROGRAM FEES		
	1 Month	3 Month	6 Month
Adult	\$72.72	\$185.44	\$327.24
Youth	\$36.36	\$92.72	\$163.62
2nd Adult	\$65.48	\$166.90	\$294.52
2nd Youth	\$32.74	\$83.45	\$147.26

Terms and conditions: To receive 2nd Adult or 2nd Youth pass discounts, pass holders must reside in the same household and must be purchased at the same time and of the same duration as regular Adult or Youth passes.

HOLIDAY HOURS

HOLIDAY CLOSURES

Labour Day
Truth & Reconciliation Day
Christmas Day
New Year's Day

HOLIDAYS OPEN 1:00-5:00pm

Thanksgiving Day
Remembrance Day
Boxing Day

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 RDCK are eligible for this program. It is based on the combined annual household income and must be re-applied for each year.

The program is undergoing changes to increase access for RDCK residents. All current pass holders for the 2023/2024 season, will have their pass extended until Dec 31, 2024. New application and program details will be available later in the summer.



Register Online: rdck.ca/recreation

Or Register by Phone: 250.365.3386

POOL SCHEDULE

September 9 – December 31, 2024

SWIMMING POOL CLOSED:

September 30, December 25

All are welcome all pool basins are available, name of swim indicates pool layout.
Schedule is subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LAP SWIM 6:00am-8:00am	LAP SWIM 6:30am-8:00am	LAP SWIM 6:00am-8:00am		LAP SWIM 6:00am-8:00am	
LAP SWIM 9:00-12:00pm	AQUA CONDITIONING 9:00-10:00am	SHALLOW FIT 9:00-10:00am	TOTAL BODY AQUAFIT 9:00-10:00am		TOTAL BODY AQUAFIT 9:00-10:00am	AQUA RUNNING 9:10-10:10am
FUN SWIM 12:30-4:00pm	PUBLIC SWIM 8:00am-4:00pm	PUBLIC SWIM 8:00am-4:00pm	PUBLIC SWIM 8:00am-4:00pm		PUBLIC SWIM 8:00am-4:00pm	PUBLIC SWIM 9:00am-4:00pm
		GENTLE CARDIO 2:15-3:15pm		SHALLOW FIT 2:15-3:15pm		FUN SWIM 12:30-4:00pm
				PUBLIC SWIM 2:00- 4:00pm		
	LEISURE SWIM 4:00-8:00pm	LEISURE SWIM 4:00-8:00pm	LEISURE SWIM 4:00-8:00pm	LEISURE SWIM 4:00-8:00pm	LEISURE SWIM 4:00-8:00pm	
				HYDRO BEAT 7:00-8:00pm		

*POOL ENTRANCE AGE: Children 7 years of age and older can access the pool without adult supervision.
Children 6 years of age and under must be within arm's reach of a caregiver 16 years of age or older that is the water providing active supervision.*

Public and Leisure Swim Lap lane, leisure pool and hot areas available	Lap Swim 3 lap lanes, leisure pool and hot areas available	Fun Swim A feature will be opened.	Laps & Leisure Limited space due to programs in effect
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FITNESS SCHEDULE

September 9 – December 21, 2024

Included with Admission or Active Pass

Pre Registered Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:10 - 7:00am RISE AND SHINE TOTAL BODY			6:10 - 7:00am RISE AND SHINE TOTAL BODY		
7:15 - 8:00 am TRX STRENGTH AND FLEXIBILITY		7:15 - 8:00am TRX STRENGTH AND FLEXIBILITY		7:15 - 8:00 am TRX STRENGTH AND FLEXIBILITY	
8:30 - 9:30am WEIGHT ROOM CIRCUIT	9:00 - 10:00am STEP	8:30 - 9:30am WEIGHT ROOM CIRCUIT	9:00 - 10:00am STUDIO CIRCUIT	9:00 - 10:00am STEP	
10:00 - 11:00am HATHA FLOW YOGA <i>Selkirk Room</i>		9:00 - 10:00am CARDIO BARRE			
10:15-11:15am BALANCE & MOBILITY	10:15 - 11:45 am HEALTH & RECOVERY <i>Weight Room</i>	10:15-11:15am BALANCE & MOBILITY	10:15 - 11:45 am HEALTH & RECOVERY <i>Weight Room</i>	10:00-11:00am GENTLE YIN & YANG YOGA <i>Selkirk Room</i>	
4:00-4:30 pm YOUTH FITNESS CENTRE ORIENTATIONS	5:30 - 6:30pm GENTLE FLOW YOGA <i>Selkirk Room</i>			4:00-4:30 pm YOUTH FITNESS CENTRE ORIENTATIONS	
6:30 - 7:30pm SPIN	5:30 - 6:30PM FULL BODY GROUP X		5:30 - 6:15pm BEGINNER TRX		

**Participants must be 15 years of age to attend classes.

Registration for included with admission programs, within 24 hours of a program start time, is only available to those who have purchased a 1, 3, or 6 month Active Pass time-based-membership or Golden Guests.

In-person registration is required, for users who do not have a 1, 3, or 6 month Active Pass time-based membership, one hour prior to the program start time. If you do not have a time-based-membership, you can no longer call the front desk to register.



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ARENA SCHEDULE

September – December, 2024

Included with Admission

Pre Registered Program

Schedule is subject to change due to Junior Hockey Games and Tournaments. Please visit www.rdck.ca or call 250-365-3386 for up to date information..

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		ICE PUP CLUB 9:00-10:00am	STICK & PUCK 9:30-11:00am			
				PUBLIC SKATE 10:00-11:00am	LUNCH HOUR HOCKEY 11:00am-12:30pm	
PUBLIC SKATE 12:00-1:00pm						PUBLIC SKATE 12:00-1:00pm
		STICK & PUCK 2:00-3:45pm				
				KIDS LEARN HOCKEY 5:15-6:15pm	PUBLIC SKATE 5:00-6:00pm	
				KIDS REC HOCKEY 6:15-7:15pm		
	ADULT /TEEN LEARN HOCKEY 8:45-9:45pm <i>in the pioneer</i>					

Skate Rentals \$3.00 + tax

Helmet Rentals \$1.00 + tax