

CASTLEGAR

ADMISSION, HOURS + SCHEDULES

January 5th to
March 15th, 2025



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



WINTER HOURS

January 5 – March 15, 2025

ANNUAL SHUT DOWN August 24 -September 8

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

Christmas Day
New Year's Day

HOLIDAYS OPEN

1:00-5:00pm

Boxing Day
Family Day

EARLY CLOSURES

4:00pm

Christmas Eve
New Year's Eve

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.

POOL SCHEDULE

January 5 - March 15, 2025

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	
	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	
LEISURE SWIM 9:00am-12:30pm	LEISURE SWIM 8:00am-2:00pm	LEISURE SWIM 8:00am-8:00pm	LEISURE SWIM 8:00am-2:00pm		LEISURE SWIM 8:00am-8:00pm	LEISURE SWIM 9:00am-12:30pm
	FITNESS SWIMMER 11:00am-12:00pm					
FUN SWIM 12:30-4:00pm	HUSH - SENSORY FRIENDLY SWIM & SOAK 2:00-3:30pm	GENTLE CARDIO 2:15-3:15pm	HUSH - SENSORY FRIENDLY SWIM & SOAK 2:00-3:30pm	SHALLOW FIT 2:15-3:15pm		FUN SWIM 12:30-4:00pm
	LEISURE SWIM 3:30-8:00pm		LEISURE SWIM 3:30-8:00pm	LEISURE SWIM 2:00-8:00pm		

ADMISSION POLICY: Children 7 years of age and older can access the pool without adult supervision. Children 6 years of age and under must be within arms' reach of a responsible adult 16 years of age or older. Each adult may supervise a maximum of 3 children.

Leisure Swim Pool layout at lifeguards' discretion. 1 + lane, leisure pool and hot areas available.	Laps & Leisure 3 lanes, leisure pool and hot areas available.	Fun Swim No lap lane guaranteed. A fun feature (rope swing, rock wall, or slide) will be open	Included with Admission Program See next page for details.	Hush Sensory Friendly Swim & Soak Inclusive quiet leisure swim. Music and all water features will be off and not available for this time.
---------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------

FITNESS SCHEDULE

January 6 - March 31, 2025

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		
7:15-8:00am TRX STRENGTH AND FLEXIBILITY		7:15-8:00am TRX STRENGTH AND FLEXIBILITY		7:15-8:00am TRX STRENGTH AND FLEXIBILITY	
8:30-9:30am WEIGHT ROOM CIRCUIT		8:30-9:30am WEIGHT ROOM CIRCUIT			
	9:00-10:00am STEP AND STRENGTH	9:00-10:00am FULL BODY GROUP X	9:00-10:00am STEP	9:00-10:00am STUDIO CIRCUIT	
10:00-11:00am SLOW HATHA FLOW YOGA <i>Purcell Room</i>		10:00-11:00am SLOW HATHA FLOW YOGA <i>Purcell Room</i>		10:00-11:00am GENTLE YIN YOGA <i>Purcell Room</i>	
10:30-11:30am BALANCE & MOBILITY	10:15-11:45am HEALTH & RECOVERY <i>Weight Room</i>	10:30-11:30am BALANCE & MOBILITY	10:15-11:45am HEALTH & RECOVERY <i>Weight Room</i>		
	4:00-4:30pm YOUTH FITNESS CENTRE ORIENTATIONS			4:00-4:30pm YOUTH FITNESS CENTRE ORIENTATIONS	
	5:30-6:30pm GENTLE FLOW YOGA <i>Purcell Room</i>		5:30-6:15pm BEGINNER TRX		
6:30-7:30pm SPIN			5:45-6:45pm MEDITATION YOGA <i>Purcell Room</i>		

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



Register Online: rdck.ca/recreation

Or Register by Phone: 250.365.3386



ARENA SCHEDULE

Included with Admission

Pre Registered Program

January – March, 2025

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