

# CRESTON

## ADMISSION, HOURS + SCHEDULES

April 1<sup>st</sup> to  
June 30<sup>th</sup>, 2024



To view the guide and register online visit [rdck.ca/recreation](http://rdck.ca/recreation) or call 250.428.7127



# SPRING HOURS

Hours of Operation are subject to change

April 2 – June 30, 2024

	SUN	MON	TUE	WED	THU	FRI	SAT
AQUATIC CENTRE	1:00 - 6:00pm	CLOSED	9:00am-2:00pm 3:30-8:00pm	6:30am - 2:00pm 3:30-8:00pm	9:00am-2:00pm 3:30-8:00pm	6:30am-2:00pm 3:30-8:00pm	11:00am-4:00pm
FITNESS CENTRE	1:00 - 6:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	6:00am - 8:00pm	8:00am - 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)	\$3.88	\$34.96
Adult (19-74)	\$7.77	\$69.91
Golden Guest (75+)	Free	-
Family (2 adults and up to 4 dependent children)	\$15.54	-

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 w/Admission group fitness classes, Public Skate, and Shinny Hockey. Prices do not include tax.

	ACTIVE PROGRAM FEES		
	1 Month	3 Month	6 Month
Adult	\$69.91	\$178.28	\$314.61
Youth	\$34.96	\$89.14	\$157.31
2nd Adult	\$62.93	\$160.46	\$283.15
2nd Youth	\$31.46	\$80.23	\$141.57

**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

Easter Sunday  
Canada Day  
BC Day

### HOLIDAYS OPEN

**1:00-5:00pm**

Good Friday  
Victoria 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 by May 31st of each year.

Find the application and income guidelines online at [rdck.ca/recreation](http://rdck.ca/recreation). Once submitted and approved, you will receive up to 50% off general admission to the pool, fitness centre, arena, and all Included with Admission programs.



# FITNESS SCHEDULE

April 1 - June 30, 2024

Included with Admission or Active Pass

Pre Registered Program

All programs are located at the Creston & District Community Complex

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00-10:00 CHAIR YOGA <i>Kootenay Room</i>		9:00-10:00 YIN YOGA <i>Kootenay Room</i>	
9:00-10:00 HATHA YOGA	CORE N MORE <i>May 7 - Jun 25, 9:30-10:30</i>	9:00-10:00 ZUMBA STEP <i>May 1 - Jun 26</i>	9:00-10:00 FUNCTIONAL FITNESS	STUDIO CIRCUIT <i>May 10 - Jun 28, 9:30-10:30</i>
	10:15-11:15 TAI CHI BEGINNER	10:30-11:30 SLOW STRENGTH FUNCTIONAL TRAINING	10:15-11:15 TAI CHI INTERMEDIATE	
10:30-11:30 PELVIC & CORE STRENGTH FOR WOMEN <i>Kootenay Room</i>				
		11:15-12:15 MOVE TO IMPROVE <i>Kootenay Room</i>		11:15-12:15 MOVE TO IMPROVE <i>Fitness Studio</i>
		12:00-1:00pm ZUMBA POWER <i>Erickson Room</i>		
5:00-6:00 BELLY DANCING <i>Erickson Room</i>	3:30-4:30 WEIGHT TRAINING IN MENOPAUSE	5:00-6:00 ZUMBA <i>Erickson Room</i>		
5:15-6:15 TRX <i>Kootenay Room</i>		5:15-6:15 LOWER BODY STRENGTHENING & CONDITIONING	5:15-6:15 FULL BODY STRENGTHENING & CONDITIONING <i>*ends May 30</i>	
5:15-6:15 FULL BODY STRENGTHENING & CONDITIONING			6:30-8:00 HATHA YOGA	

\*\*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.